

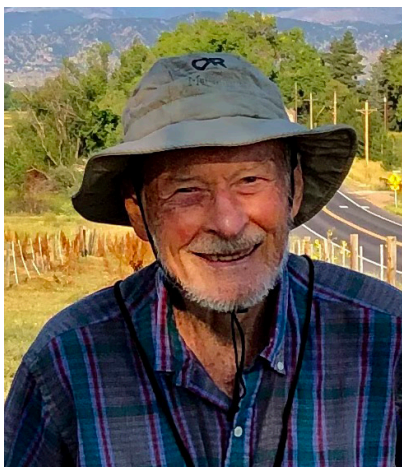
The President's Message



Happy Autumn, everyone, lots going on, as always in the Boulder running community:

We had Don Hayes' 90th birthday celebration out at Niwot Market after Coot Lake Purple runner. Jeff Du-

mas tells us that the Niwot party "was a great success. Lots of attendees," and he thanked Vinnie Gulliani for "a great birthday cake." Don is an example of successful aging; he is sharp and active. Running plays a key role. In addition to running's myriad physical benefits, ranging from the production of trophic factors that stimulate stem cells in Don's hippocampus, there are the ineffable social benefits from spending time with friends. See the photos in the newsletter, as well as Don's bio. Wishing many more birthdays and runs, Don!



Don Hayes

I missed the birthday celebration as there was a reunion of the CU track and cross



country athletes from across the decades on the same weekend. Club founder Rich Castro was prominent, as the university's first women's coach. Some of his former runners showed up, such as national champ Dana Slater, now a university Athletic Director. The number of good athletes coming through CU is amazing. One of them is club member Chris McDonald, M50+ team captain, who was there, along with his brother. Fun times and good stories. Chris has the second fastest mile in the nation for his age group at 4:46 and did a great job organizing the supply of new BRR kit that many of you have ordered. Some of you might see Rich flying along the South Boulder Creek Trail Tuesday and Thursday mornings as he gets ready for the big masters race this month in Boston. Joining him on the M70+ team are Doug Bell, Carl Mohr and new club member Gary Ostwald, with a chance that the always-tough Rick Katz will join them

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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 OCT 4
 BRR FIRST MONDAY. AT THE RUNNERS
 ROOST 629 S. BROADWAY, 5:30-7:30
 P.M.**



President's Message, *continued*

in the starting box.

In attendance at the CU reunion were former CU runners and Olympic athletes Emma Coburn, Jenny Simpson and Val Constien, all of whom received monetary help from the Boulder Road Runners during the early part of their careers. Another BRR stipend recipient is Nell Rojas, who enthralled club members at the September monthly meeting --- see you all Monday, Oct. 4 at Runners Roost for this month's meeting -- with the story of her career, and how she won the U.S. 10-mile national championship at the Cherry Blossom road race. Nell's mom, the ageless Mary Dahlstrom was there, and told us how she was an original member of the club back in its early days. Nell, a Boulder native who has known many club members since she was a kid, outkicked Olympic and World Champs 1500 meter medalist Simpson to earn the Cherry Blossom win. Some of us were surprised when I asked Nell who her shoe sponsor was, and she replied that she does not have one. Nell is a natural for one of the companies wanting a fit, fast and fun spokeswoman. Shoe companies might be clamoring to sign up Nell after she races the Boston Marathon Oct. 11.



Nell Rojas breaks the tape at the Cherry Blossom 10-miler, with Jenny Simpson just behind

It was inspiring to see Val Constien place 12th in the Tokyo Olympic steeplechase final, one spot ahead of Emma. Val also does not have a shoe sponsor, and, at the reunion, mentioned she had just been to one of our local running stores to buy three pairs of training flats. Maybe by the dispersal of next year's stipends, both Nell and Val will be sponsored. Send any nominations for young runners deserving and needing financial help to: track@boulderroadrunners.org.

Volunteers Needed: Some good racing coming up this fall. Club member Lee Troop has his cross country series as well as the annual Thanksgiving Run. Lots of goodies for those volunteering. Contact john@boulderroadrunners.org if you can help out. Discounts given to all club members racing. Lee's cross country races are Oct. 16 and Nov. 6, with the Turkey Day Run set for Nov. 25. He is looking for 10-15 volunteers each race; always lots of fun. Goodies are also available for anyone wanting to help out at the Oct. 10 inaugural BoulderThon marathon and half marathon, starting out at the Reservoir and finishing in downtown Boulder. Leigh Anne Shirey wrote that volunteers get 50 percent off of the 2022 BoulderThon, as well as a club shoutout and branding if we get more than 10 volunteers out there. Details: leighanne@boulderthon.org or 570-687-0123 ... And John Minen, local top runner and head of Colorado Sports Chiropractic, is helping out at the Oct. 12 East End Social, put on by Full Cycle. Tickets are \$35.



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@specifiededge.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

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2021 USATF Masters 12 km Championships

article provided by USATF New Jersey and photos from Jason Timochko

The 2021 USATF Masters 12 km Championships were held on Sunday (19-Sept) in Highlands, NJ. The championships were held in conjunction with the By Hook or By Crook 12k and managed by USATF New Jersey.

Five (5) athletes from Colorado were among the record setting 326 competitors in the USATF masters road championships. All five athletes represented the Boulder Road Runners.

The storylines of the day for the Colorado athletes was the second place finish by Roger Sayre (Boulder Road Runners) in the men's 60-64 division and the third place team finish by the Boulder Road Runners M60+ team.



Roger Sayer finishing 2nd in 60-64 division

Sayre, 63, of Golden ran 45:51 to only trail Rick Lee, 60, of New Jersey. Lee stopped the clock at 44:16. Sayre averaged 5:54 per mile over the 7.5 mile course. Finishing 21st in the same 60-64 division was Jeffery Barros, 64, of Thornton. Barros ran 55:22.

In the men's 65-69 division Jack Pottle, 66, of Denver finished fourth, just missing making the podium. He stopped the clock at 50:47. His BRR teammate Bruce



Kirschner, Pottle, Sayre, Barros, Frisby

Kirschner, 68, of Louisville finished 14th running 1:01:12.

In the men's 75-79 division Jan Frisby, 77, of Grand Junction finished fifth in the 75-79 division running 1:03:22.

As a team the Boulder Road Runners M60+ finished third with a total cumulative time of 2:32:00 (50:40 average/runner). The scoring members were Sayre, Pottle, and Barros. The Shore AC (New Jersey) and Greater Philadelphia TC (Mid-Atlantic) finished first and second, respectively. The Shore AC total time was 2:23:11 while the Greater Philadelphia TC time score was 2:29:21.



Jim Fixx: Running Guru

from Dr. Gabe Mirkin's Fitness and Health e-Zine, Sept 14, 2021



A huge number of studies have shown that running helps to prevent heart attacks, so I couldn't believe the news that running guru

Jim Fixx had died of a heart attack at age 52 after his daily run in Hardwick, Vermont. He was the guy who made running popular, healthful, and desirable. He sold more than a million copies of his book *The Complete Book of Running*, published in 1977. He was a close friend and had been a guest on my radio show. At the time of his death, the whole country believed that running was healthful because Jim Fixx had transformed himself from an obese smoker into a svelte runner who appeared to be at the peak of health. On his many television shows and other public appearances, he would bring out his old pants with a waistband of more than 50 inches that could easily fit three men, and hold them up against his slim, muscular body.

Fixx started running in 1967 at age 35. At that time, he weighed 240 pounds and smoked two packs of cigarettes per day. Ten years later, when his *Complete Book of Running* was published, he had taken off more than 70 pounds and had given up smoking. He used himself as an example of how healthy a person can be after changing to a healthful lifestyle. However, his autopsy showed that what was inside his body was much different from what appeared on the outside. The three main arteries leading to his heart were almost completely blocked with plaques, and his other arteries were filled with plaques as well. The autopsy also showed that he had

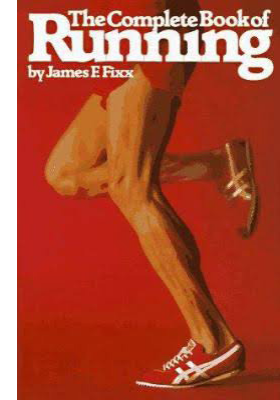
at least three heart attacks in the weeks before the one that killed him.

Jim Fixx was Probably a Diabetic

At that time I did not know, Jim Fixx did not know, and Jim Fixx's doctors most likely did not know that Jim Fixx was probably an out-of-control diabetic. If you take a look at the American Express commercial shot in 1979, five years before his death, you will see that he has a large belly and small buttocks. Almost everyone who has these features is diabetic because they store most of their fat in their liver and a liver full of fat is a common cause of diabetes. A high rise in blood sugar after meals causes high insulin levels and inflammation that punch holes in your arteries to cause plaques to form in arteries (Clin Chem, 2018;64:192–200), and heart attacks are caused by plaques breaking off from arteries. When blood sugar rises after meals, your pancreas releases insulin that lowers blood sugar by driving sugar from the bloodstream into the liver. However if the liver is full of fat, the liver does not accept sugar and blood sugar levels rise even higher to damage arteries, form plaques and then to break off the plaques to cause heart attacks. Almost 50 percent of North American adults are diabetic or pre-diabetic and more than 30 percent do not know that because their fasting blood sugars are normal. If your fasting blood sugar is normal (<100), and your blood sugar is greater than 145 one hour after you eat a meal, you are diabetic and are at increased risk for a heart attack (Diabetes Care, October 2017). That does not mean that you have to take drugs, but it does mean that you need a major change in your lifestyle.

Exercise Does Not Prevent Plaques

The world learned from Jim Fixx's death that it takes more than just running



marathons to prevent a heart attack. A heart attack is not caused by narrowed arteries. It is caused by a sudden complete obstruction of all blood flow to the heart muscle that causes the heart muscle to die from lack of oxygen. First a plaque breaks off from the inner lining of an artery leading to the heart and this is followed by bleeding and the formation of a clot that completely blocks all blood flow to the heart. Plaques are caused by a faulty diet, usually with lots of sugared drinks and foods, refined grains, red meats and processed meats (Journal of the American College of Cardiology, July 2017;70(4)).

Exercise does not prevent plaques from forming, but it can stabilize plaques so that they are far less likely to break off to cause a heart attack (Circulation, April 27, 2017;136:138-148; May 2, 2017;136:126-137). A faulty pro-inflammatory diet is the major cause of plaque formation. Plaques start to form when blood levels of the bad LDL cholesterol exceed 50 mg/dl (J of the Am Coll of Cardiol, Dec 19, 2017;70:2979-2991) and almost all North Americans have blood levels higher than that. You can tell if you have stable plaques that are not likely to break off to cause a heart attack by getting a CT scan of your arteries

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Jim Fixx: Running Guru, Continued

(American Journal of Roentgenology, March 2015;204(3):W249-W260). If you have unstable plaques, you are at high risk for a heart attack. Your doctor is likely to prescribe an exercise program and you should restrict red meat and fried foods, avoid sugared drinks and sugar-added foods except during exercise, and eat plenty of fruits and vegetables. You should avoid being overweight, keep your blood levels of hydroxy-vitamin D above 20 ng/ml, and avoid smoking, second hand smoke and excess alcohol.

How Risky is Running a Marathon?

Fixx's death scared runners around the world. Many had taken up running because they wanted to gain the health benefits that Jim Fixx appeared to have gotten from running. Fixx had often quoted California pathologist Tom Bassler who said that any nonsmoker who could run a marathon in under four hours would never die from a heart attack. Jim Fixx ran his best marathon, a mediocre 3:15:54, in the 1974 Boston Marathon. Tom Bassler compared marathon runners to the heart-disease-free Masai warriors and Tarahumara indians. In 1968, Tom Bassler was the respected editor of the American Medical Jogging Association. We communicated a lot because we both started our sons in running programs before they went to elementary school. His son finished a marathon at age four, and my son ran an age-group-world record 4:54 mile at age nine. Both kids quit running before high school, probably because they were tired of spending all their time running instead of playing.

The incidence of deaths over 23 years in the London Marathon is one out of sixty-seven thousand runners, or one death per two million miles run. In the New York City Marathon, three deaths occurred among 400,000 entries. Data from North America's largest twenty 10

kilometer runs, ten 12 kilometer runs, twelve 15 kilometer runs and twenty half-marathon races showed five deaths from 1,636,720 race finishers. That's one out of three hundred twenty three thousand, or 0.0003 percent. These figures were gathered and published by a good friend of mine, Dr. Lou Maharam (Phys Sportsmed, April 2004;32(4):33-40).

Ken Cooper and Nathan Pritikin Criticized Fixx's Diet

I had dinner with Jim Fixx several times when we spoke at running clinics together, and he usually ordered a steak. Dr. Kenneth Cooper, exercise physiologist and aerobics pioneer, reviewed Fixx's medical records two years after his death and concluded that:

- Fixx had a horrible family history of early heart disease. His father had a heart attack at age 35 and died of one at age 43.
- Fixx had been a heavy smoker and was under stress from a second divorce.
- Even though he had lost 70 pounds, he did not have a healthful diet.

Nathan Pritikin wrote in his book *Diet for Runners*, "Jim Fixx phoned me and criticized me for writing that many runners on the average American diet have died and will continue to drop dead during or shortly after long-distance events or training sessions. Jim thought the chapter was hysterical in tone and would frighten a lot of runners. I told him that was my intention. I hoped it would frighten them into changing their diets. I explained that I think it is better to be hysterical before someone dies than after. Too many men, I told Jim, had already died because they believed Dr. Bassler when he said that anyone who could run a marathon in under four hours and who was a nonsmoker had immunity from having a heart attack. Six months later, a passing motorcyclist

discovered a man lying dead beside a road in northern Vermont. He was clad only in shorts and running shoes. The man was Jim Fixx."

We Owe Jim Fixx a Debt of Gratitude

Jim Fixx helped to foster the running boom. Before him, many people including physicians felt that running was a waste of time, harmful and even dangerous. Now we know that running can be an enjoyable, social exercise that can be part of a healthful lifestyle. When I used to run down the roads in the 1940s and 50s, people would stop me and ask me if I was boxer. That was ridiculous because I was six feet tall and weighed 120 pounds, but at that time, boxers were the only people who ran. Fixx changed all that. Today, more than nine million North Americans compete in organized running events each year (Run-Repeat.com, August 6, 2021).

James Fuller Fixx

April 23, 1932 – July 20, 1984

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

MEMBER PROFILE

CHARLES TRUJILLO

Chris McDonald, Elite Masters Men's 50+ Team Coordinator interviewed Charles for the October member profile.

Charles, you have accumulated a remarkable list of accolades during your athletic career. Are there any moments that stand out above the rest? Why?

I have been fortunate and have had the ability to come back and race at a high level for many years. While the majority of my races have all gone well, a few I recall were pretty miserable for a variety of reasons. Unfortunately, none, good or bad, really stand out. I don't necessarily look at my races as accomplishments. Rather, I look at them as feats, opportunities to challenge myself and experience something new or different. Being able to race cross country, track, trail, triathlon, and duathlon in different stages in my life has been very gratifying.

Why did you choose CU Boulder to continue your career collegiately after a great start at Northglenn HS that included a 3,200-meter state title?

That's a good question. I was recruited by quite a few schools but decided to stay

in Colorado. Of course, I considered CU, CSU, and Adams State but, in the end, CU won because I liked what coach Troy was trying to do and that was to build a winning program. Plus, the likes of Dan Reese, Andy Dunn, and other outstanding runners had all signed on. The campus and overall feel of the school were amazing. And at that time, many world-class runners were finding their way to Boulder. It was becoming this huge running mecca. Regarding my choice, it just felt like CU was the best fit for me at the time.

Are there any parallels you can draw between your transition from High School to College and what has gone into ultimately competing as a nationally ranked Master's Athlete?

There's a fine line between pushing yourself in high school and running to the point of injury and/or burnout. It's different for everyone who runs at a high level. For me, I was coming into my own at CU until I got injured my Jr year, which forced me to redshirt an entire year. For a competitive college athlete, sitting out is tough to endure. After two knee surgeries, I was never really the same. It was a difficult time for me, searching for answers but not really getting the results or guidance I needed. After years of mediocre results, I stepped away from running when I turned 35. Then, ten years later, I just naturally fell back into it. I was working in the night-life industry and got tired of looking and feeling horrible. That's when a friend of mine convinced me to train and race in a triathlon with her. Getting back into racing shape kicked my ass, but I caught the bug. Some 12 years and 40 + sprints wins later, here I am. Running has always been my foundation, so I will always do it!

What continues to motivate you to train and compete at such a high level after all

these years?

The motivation for me is to look and feel good. That, and I love to compete! Need I say more? There's something enchanting about race mornings, getting up early, drinking a warm cup of java, loading up the car, driving to the race venue when it's still dark. I like taking in the whole experience, the people you meet, the venues you race at, the excitement in the air, the fans who cheer you on, the medals, all of it. It somehow consumes you and just feels right. I think I appreciate it more now than when I was younger. As long as my body and mind cooperate, I will continue to race!

What are your goals for the upcoming Club XC Championships as a key member of the Club's M50 Team and individually competing in the M55 - 59 AG?

I was honored when Chris McDonald, our 50+ team captain, invited me to race at the XC Championships. I saw it as another challenge. I haven't run Cross in over three decades, but I am looking forward to it. The difficult part for me is getting my legs ready to run fast again (sub 36). I'm not sure if I can get there, but it's going to be fun trying! Anyone who knows me knows that once I commit I will prepare. I love racing in all its forms. The preparation, the planning, the strategy, all of it! Ultimately, my goal is to beat as many people as I can and to get the most out of myself on that day. By doing this, I will help my team and hopefully earn a high placing.

What advice would you give an athlete considering competing as a Master?

You would be surprised, masters fields are highly competitive these days. If you still have the drive and are willing to make time, do it! Well, we always hear people say, life is short, but it really is. Once you

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reach the halfway point, you start to realize you have to go for it in whatever way you can. If you have the talent or your hard work has put you in a position to succeed, then do it. As long as you don't feel it's a waste of time and energy, go for it.

What are some future running/racing goals?

Honestly, I just take it one year at a time. I have no idea when my legs will give out, but, until then, I intend to race. My focus will be on the Duathlon Nationals, Triathlon Nationals, XC Nationals, and any World Championship event I attend. My goal is to make as many world teams as possible and be competitive in my age group.

What are your thoughts about being a new M50+ team member?

It's an exciting time to sync up with some like-minded guys who are really fast and want to continue racing. It's fun being around athletes who are still pushing themselves and seeking out new opportunities to achieve what I call "feats."

Here are some stats...

1984 Colorado State Champ and Colorado Record Holder 3200 Meter Run (9:29)

Indoor 2 Mile (8:47)

Indoor 3 Mile (13:45)

Outdoor 10k (29:08)

Big 8 Champ - Cross Country Individual Title

Big 8 Champ - Indoor 3 Mile Individual Title

Big 8 Champ - Outdoor 10,000 Meter Individual Title

1-Time All-American in Cross Country... Highest Place 13th

2-Time All-American in Track & Field... Highest Place 8th

7-Time US World Team Member (Cross, Road, Triathlon, and Duathlon)



Summer Track Poem

FIVE to FIFTY to EIGHTY-NINE (5 to 50 to 89)

WHERE

do generations cross,
move bodies around ovals
on shoe-tied feet – one in
front of the other, lift
sun-strong arms high, un-
leash jumps, issue throws?

WHERE

can cheers ignite muscles'
exertion-ism, power-fresh
at once leaning against gravity,
greet the twist-pain-fatigue,
elation of accomplishment?

WHERE

does age make no difference
entombed in perceived effort,
embrace the sensation of flying
on knee-lifting platforms, freeing
objects, lungs, all expectations?

WHERE

do we skip-lunge through
Summer's eves, stop-watched
in time under the high
white clouds, lightening
in the near-distance ---

Elated,

Entranced,

Exhilarated

Virginia Schultz

June 13, 2022

Boulder, CO

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

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	BRR Group Run	BolderBoulder Offices, 5500 Central at 55th, Boulder	BRR, FREE/OPEN
Club Races			
Oct. 16, 2021	Boulder X-Country Race Series, Race 1	Harlow Platts Community Park	TEAM, BRR
Sept. 27 Nov. 5, 2021	Mountain Lions X-Country Season	Centennial Middle School, Boulder	TEAM, BRR
November 6, 2021	USATF Colorado Masters 5K XC Championship	Nevin Platt Middle School	TEAM, BRR
November 6, 2021	Colleen De Reuck Cross Country Classic	Nevin Platt Middle School	TEAM, BRR
November 25, 2021	Boulder Thanksgiving Day 5K	Flatiron Park, Boulder	TEAM, BRR
USATFMasters LDR Schedule * (For more information, contact Bruce Kirschner, bhkirsch@comcast.net)			
September 19, 2021	USATF Masters 12 km Championships	Sandy Hook, NJ	USATF
October 17, 2021	USATF Masters 5K X-Country Championships	Boston, MAI	USATF
December 11, 2021	USATF Masters Club X-Country Championships	Tallahassee, FL	USATF



As Always, Thanks to Our Associates and Sponsors!

