

The President's Message



Have you noticed the squirrels scurrying around as the nights grow colder and the days shorter? You might have seen them darting from branch to branch gathering nuts, seeds and

apples to hide, "squirreling" them away to have on hand for the winter months. The squirrels are chock full of a neuro-transmitter called dopamine, which spurs their motivation. In fact, scientists sometimes call it the "motivation molecule."

After visiting with some of the club's runners recently, I came away with the sense that they are much like the squirrels, with high levels of dopamine urging them on to gather together as much training as they can in preparation for 2021's remaining races, which include the Dec. 11 U.S. club national championships in Tallahassee, Florida. Take a read through the nice newsletter articles by Jeff Dumas and Chris McDonald, two of the team captains for the BRR masters teams. They, along with Virginia Schultz and Bruce Kirschner, have done a good job organizing their teams for the Tallahassee championships.

Best of luck to all of you. And for club members not racing but wanting to purchase some of the new club uniforms, please see Chris' article for details. The New Balance on-line store closes Nov. 10. Take a look at the photos of Chris and some of his trig M50+ teammates, looking fit and fast in their new, matching uniforms. They form an impressive lineup, and likely the Atlanta Track Club is quaking in their Mizunos. Seeing them, I

thought, as you might have, of the Greeks lined up at the Battle of Platea, after Xeres had left on his ships soon after his defeat at Salamis, worried that Themistocles was going to beat him to the Bosphorus and destroy the bridge of ships. Surely the Athenian and Spartan hoplites gathered together on the Platean hillsides looked a bit like Flavio and the other BRR runners; tough, gritty, hardy guys.

The new BRR uniforms will be on display Saturday, Nov. 6, at the Colleen De Reuck Cross Country Classic. The meet is set for Nevin Platt Middle School, 6096 Baseline Ave., on a mostly flat course. The racing starts at 9 a.m. with the kids 1K and ends with the women's and men's open 6K, at 10:45 a.m. Be prepared for any kind of weather; the last time the meet was held, several inches of crunchy snow covered the grass. That year the little kids, being first up, had to post hole their way through the snow, leaving some of them bawling.

Some of the BRR masters runners will be using the De Reuck race as a pre-nationals tune-up. The race is named for four-time Olympian and World Cross Country medalist Colleen De Reuck. Each year, organizer Lee Troop honors a past running legend on the race medal. This year's medal, given to every finisher in each of the several races, features an image of Steve Jones, a long-time Boulder resident and coach of the Boulder Harriers. While best known for setting the world record in the marathon and half marathon and for winning the New York City, London, Chicago and Toronto marathons, "Jonesy"

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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 NOV 1
 BRR FIRST MONDAY. AT THE RUNNERS
 ROOST 629 S. BROADWAY, 5:30-7:30
 P.M.**



President's Message, *continued*



Steve Jones

cut his teeth on cross country racing in his native Wales.

Jonesy, the epitome of a tough, gritty runner, will be the speaker at the club's December First Monday, which we hope will serve as the Volunteer Appreciation Dinner. Stay tuned, and watch for emails from Todd Straka with details on time and place. Speaking of cross country, many of you likely saw the stellar results from the University of Colorado cross country teams; both the women and the men won Pac 12 titles, with senior Abby Nichols taking the women's race in 20:54. The Buffs placed four runners in the top five conference finishers. Domination.

And next month is the Colder Boulder, coming just about six months before what race director Cliff Bosley plans to be the resumption of the full Bolder Boulder 10K. One of the stalwarts of the early years of the Bolder Boulder was Francie Bosley, Cliff's mom and wife of race founder Steve Bosley. Francie, whom many of us knew, passed away last month. A Celebration of Life for Francie is set for Dec. 11 at Niwot's Rocky Mountain Christian Church, 9447 Niwot Road, starting at 2 p.m.

What is Cross Country?

Local software engineer/photographer and running superfan David Albo gave a great definition when I asked him to describe cross country:

"A cross country race is like nothing else. The starting line has runners spread out wide and everyone starts fast like flood waters from a burst dam. It then becomes a river of runners flowing along an undulating winding path. With teams, like the NCAA, the pageantry and team colors are amazing to see."

It is that team aspect of cross country racing -- where the finishing places of a team's fastest runners are added together, with the low score winning -- that draws the BRR masters squads together. There is a bonding that takes place, and pacemakers and splits are not a concern. As Jonesy put it:

"How can you time cross country? Each course is different; sometimes it's muddy; some courses are hilly, some are dry; it could be very hot, or snowing and icy, or blowing a gale. A cross country race can kick you in the backside when you least expect it."

Added Troop; "Running road or track races is purely about time, whereas cross country racing is unique in that it is measured by effort. All athletes, whether middle distance or distance, get such a great benefit out of racing cross country.

"Jonesy was one of the best cross country runners in the world. His grit and strength made him so tough to beat."

Steve's advice to those of you racing Nov. 6: "Don't go off too hard."



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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Boulder Road Runners Apparel and Team Kit

Back by popular demand, the Club's New Balance Store is open again until November 10th

Updating the Club wardrobe was a major 2021 initiative. New Balance delivered our first order last week, and the results exceed all our expectations. Club members and friends of the Club from around the country asked that we open the store a second time.

Visit the store and enter password "clubxc" before November 10th to place your order <https://www.newbalanceteam.com/team/member/order?orderId=60946>

What you need to know:

The Apparel is for Everyone. Our race singlet is one of our best opportunities to create awareness for the Club in our local communities. You don't need to be on a competitive team to wear the Kit or represent the Club.

Purchase at the Club's Cost. All items are once again offered at the Club's cost with New Balance (35% discount). This is the last opportunity to purchase at this rate.

Purchase and Fulfillment. Place your order directly at the store. Items are shipped direct to your home except for shorts and singlets ("Team Kit"). All shorts and singlets are made-to-order at a New Balance sewing ship in Costa Rica. All orders are bulk shipped to one location in the US to facilitate clearing US customs. Upon arrival, the Club will breakout the order for final delivery to each member by one of three methods:

1. Runners Roost – You may pick up your Kit at the Runners Roost in South Boulder
2. Event Pick Up – You may pick up your Kit at one of the races the Club supports
3. Priority Mail – You may pay an additional \$9.30 to have your order delivered via USPS Priority Mail.

You do not need to decide how to receive your singlet and shorts until after it arrives in the US.

About the Wardrobe:

All Apparel items reflect the Colorado Palette adopted by the Club in June. We adopted three elements into our visual

identity that communicate what makes the Club unique:

1. Flatirons – our club logo featuring the Flatirons is used to visually communicate our location via our best known landmark
2. 5,430' Altitude – our race singlets and pullover includes a reference to the altitude that attracts people to come from all over the world to train
3. Colorado Colors – our wardrobe wraps you in our state flag reminding everyone we are the premier running club representing the entire state of Colorado



Back of singlet showing Altitude logo



Flavio De Simone running



Team Photo



Chris McDonald and Flavio De Simone showing Club Tee and Pullover

BRR 70+ Team in Boston

Article provided by Jeff Dumas

IT WAS SOOOOOOOO CLOSE!!!

The final race of the pandemic-afflicted and pandemic-elongated 2020-21 USATF Grand Prix series took place on Sunday, October 17, 2021. The finale for the GP was the USATF Masters 5K Cross Country Championships held on fabled Franklin Field just outside of Boston.

Ironically, this final race would determine the final GP standing for our age-group -- because the USATF had decided that the GP team standings would be determined by taking the results of the two best races of each team and adding up their two scores (100 points for a first place finish, 90 points for second, 80 for third, etc.).

On the morning of the race, there were three teams in our age-group which had each scored a single gold (worth 100 points). They were: the Atlanta Track Club, the Boulder Road Runners, and Shore

Athletic. But only two of these teams were travelling to Boston: The BRR (Membership: 350+) and the ATC (Membership: 30,000+). So, basically, this was going to be an old fashioned “dual meet” between the BRR and the ATC, to determine the winner of this two-year-long GP series.

The BRR Men's 70+ Team had opened the Grand Prix series with a gold medal finish at Mission Bay in San Diego at the USATF Cross Country National Championships way back on January 18, 2020. For that race, we fronted five strong runners: Dave Dooley, Jeff Dumas, Jan Frisby, Rick Katz and Jim Reynolds. Fortunately, we were once again able to send a troop of our best runners to Boston, including Rich Castro, Doug Bell, Jan Frisby, Carl Mohr and Gary Ostwald.

Although we had a GREAT showing in Boston, we ended up in second place behind the ATC in a very close race with the final team scores: ATC: 9 and BRR:13. So,

none-the-less, our teammates returned to Colorado sporting two great souvenirs: A silver team medal for the 5K and a silver team trophy for the 2020-21 GP (to be picked up in Tallahassee)!

In order of finish times, our teammates came in as follows: Doug Bell, second overall, with a remarkable time of 22:36. Carl Mohr, fourth overall, with a great time of 23:10. Jan Frisby, seventh overall, rounding out the three scoring members of the team with an outstanding time of 24:29. Gary Ostwald finished right behind Jan, crossing the line in eighth place with a 24:34, completing an outstanding first appearance with the BRR (Congrats!!!) and was followed by Rich Castro with a solid 25:37, for 12th place overall. Incidentally, Rich is the person most responsible for getting this super-elite BRR Men's 70+ team in the starting box at Franklin Field (Many Thanks!!!).



Left to right: Gary Ostwald, Carl Mohr, Rich Castro, Jan Frisby, Doug Bell

How to Prevent Wear-and-Tear Injuries

from Dr. Gabe Mirkin's Fitness and Health e-Zine, October 13, 2021

If you think that football is the sport with the most injuries, you would be wrong. Each year, 79 percent of long-distance runners suffer injuries that force them to take time off from running (Br J Sports Med, Aug, 2007;41(8):469-80). The most-injured part is the knee and the chance for an injury increases with running longer distances and having previous injuries. Injuries occur most often after a rapid increase in weekly distance, intensity, or frequency of hill or track workouts.

You can help to prevent wear-and-tear injuries from any type of exercise by warming up, by stopping exercise when you feel pain and by not exercising intensely when your muscles feel heavy or sore. Muscles are made of millions of individual fibers. When you first contract a muscle, you use only one percent of the fibers. As you continue to exercise, you contract more fibers to share the load, which places less force on each fiber and helps to prevent injuries. Always warm up, and go slow before you go fast. If you take a hard workout and feel sore the next day, go easy until your muscles no longer feel sore after you have warmed up. It usually takes at least 48 hours for muscles to recover from hard exercise. When you feel pain in one muscle during exercise, that's a signal that it may be starting to tear and you should stop exercising for that day.

Why Running Causes So Many Injuries

When you run, one foot is always off the ground, so each foot strikes the ground with a force equal to three times body weight (at 6-minute-mile pace) and the faster you run, the greater the force of each foot strike. Walking is much safer. When you walk, you always have one foot on the ground, so the force of a walking foot strike almost never exceeds your body weight.

A study from the University of Wisconsin-La Crosse showed that as people start

to feel tired during running, they shorten their strides and this decreases the force of their foot striking the ground (Medicine and Science in Sports and Exercise, Dec 1999;31(12):1828-33). The shorter stride lessens the force of their heel striking the ground and places it forward to the area behind the big toe. To compensate for the decreased force of their feet hitting the ground, they move their legs at a faster cadence. You can use this information to help you prevent injuries when you run. Shortening your stride will help to protect you from injuries by shifting your foot strike force forward. You can keep your speed by moving your legs at a faster cadence. See Prevent Running Injuries with Shorter Strides and Orthotics

Understanding How to Train Helps to Prevent Injuries

The most common cause of injuries is not listening to your body when it talks to you. Every wear-and-tear injury you have had probably gave you signals long before you were injured. Most exercisers who are training properly have sore muscles every day when they wake up in the morning. However as they start to exercise, the soreness goes away and their muscles feel good. On days when your muscles do not feel better after you warm up, take the day off. Pain in one area, such as a leg, and no discomfort in the other leg, is a strong warning of impending injury that could still be prevented.

To strengthen your heart and increase your ability to take in and use oxygen, you have to exercise intensely enough to feel muscle burning and become somewhat short of breath. That stresses your muscles also. To make a muscle stronger, you need to exercise vigorously enough to damage it. You go a little faster on one day, damage the muscles and feel sore on the next day. This delayed-onset muscle soreness (DOMS) is evidence that you have damaged muscles.

The soreness is a sign that you should spend that day exercising at a more relaxed pace and not put much pressure on your healing muscles.

In a stress/recover training program, you should set up your schedule to go a little faster with more intensity on one day, feel sore on the next day and go at low intensity for that day and as many additional days as it takes for the soreness to go away. Then, when the soreness is gone, you exercise more intensely again.

My Recommendations

- Do not do the same exercise at the same intensity every day. Use the hard/easy principle: faster on one day and much slower on the next.
- Always go much slower for several minutes before you go faster.
- If your muscles do not feel fresh after you have warmed up for a few minutes, take the day off.
- Stop exercising immediately if you feel pain in one area that worsens with exercise.
- Whatever your sport, understanding the principles of training helps to prevent injuries.

Caution: Almost everyone should exercise. Check with your doctor before you start a new exercise program or increase the intensity of your existing program. Blocked arteries leading to your heart can cause a heart attack during exercise.

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

National Club Cross Country Championship Preview

BRR enters three masters teams determined to make the podium

Article provided by Chris McDonald,

“Cross runners” know Cross Country is unique and special. A runner’s finishing place is the number of points they score for their team. The individual race winner scores one point for the team while a runner who places 20th overall scores 20 points. Add up your places and the low team score wins. A team’s final scoring runner, usually the 5th place finisher on a team, is often the lynch pin to winning a team championship as they contribute more points to the team score than the first place finisher on the team. A team’s depth is essential to winning a team title.

Rich Castro, BRR Club Founder and member of the Club’s M70 team, recalls clinching a High School State Championship for his team as his team’s 6th finisher:

“I outkicked the 5th man, a point scorer, on our rival team. I added one point to their team score and we won the meet by one point. I was hooked realizing I could make a difference on my own team by adding points to other team’s scores, even if I didn’t finish in the top 5 scoring spots on my own team.”

The USA Track & Field (USATF) Club Cross Country Championship is widely regarded as the premier event contested among Clubs. The team orientation of the sport is certainly one factor. Since 1998, the Club Championship has been contested separately from the US Cross Country Championship.

“Giving Clubs and Age Groups the spotlight, and opportunity to perform well, was the late Bill Roe’s idea,” Castro explained. “Boulder Road Runners has always been at the forefront of our sport and capitalizing on these opportunities for our members. Our Club thrived on age group racing.”

The Club enters teams in three men’s age groups this year: M50 (age 50 – 59), M60

(age 60 – 69), M70 (age 70 – 79).

Competition is expected to be more intense than usual following the one-year COVID-related hiatus from racing. Another draw is the opportunity to race at Apalachee Regional Park in Tallahassee, Florida. Purpose-built for Cross Country, the venue is fast and features 2K and 3K loops ideal for spectators. It is considered by running aficionados to be one of the premier cross country race courses in the U.S. It also hosts the 2021 NCAA Championship just three weeks earlier.

“An opportunity to race on the same course as the best College teams in the country is a draw for our team,” shared Todd Straka, BRR Board Member. “In fact, it was the catalyst for building a new M50 team at the Club. Several of our members wanted to take their shot at this course.”

M50 Team Preview

Chris McDonald, M50 Team Coordinator, intends to declare the maximum of nine runners for the 10 kilometers (6.2 miles) race where the top 5 finishers on the team will score points based on their finishing place. “Our team is deep,” commented McDonald. “We believe our 6th – 9th place runners are capable of finishing ahead of other team’s 4th and 5th place runners. This is Boulder after all. Our community runs.”

M50 team athletes have posted times in 2021 that rank in the top 5 in North America from every event from the 800 meters up to the Marathon and even the Ironman 70.3 distance. Team strong men Flavio De Simone, 3rd with a 2:35 at the World Age Group Marathon championships run as part of the London Marathon last month, and Kevin Konczak, 2nd in the North American Ironman 70.3 Championship, are likely to vie individually for top 10 medal positions. Milers, Chris McDonald



John Probst, Kevin Konczak, Chris McDonald, Craig Person, and Flavio De Simone

(4:46 season best) and Todd Straka (4:26 masters personal best), along with Glen Mays (1:18 half marathon season best), and marathoners Craig Person (2:56 at Boston) and John Probst (2:50 at London) all have potential to pack into medal position as well.

“We have six team members capable of making the top 10 to 15 finishers,” said McDonald. “Equally important, we have 3 other members returning to form from injury or otherwise, that have the benefit of running without expectation until next season. Yet, they could be the ones



Roger Sayre (left) and Bruce Kirschner (right)

National Club Cross Country Championship Preview (Cont.)



Left to right: Bruce Kirschner, Jack Pottle, Roger Sayre, Jeff Barros, and Jan Frisby

stacking points on other teams that puts our team on the top step of the podium this season.”

M60 Team Preview

Fresh off National Runner up finishes individually and as a team, the M60 team is already in form. Their Tallahassee team will feature veterans Roger Sayre and Jack Pottle, and Jeff Barros. They will be joined for the first time in a USATF national championship by more recent team members Tim DeGrado, Adam Feerst, and Mark Tatum. Team coordinator, Bruce Kirschner, will also be at the Florida event and believes the podium is within reach once again.

“Our goal is to make the podium (top 3 finish) and put ourselves in position to compete for the 2022 Masters National Grand Prix title once again,” said Kirschner.

M70 Team Preview

“Just three runners score points for the

team scores in M70+ competitions, making racing in our age group very tactical,” explained Jeff Dumas, Team Coordinator. “With fewer athletes scoring, the individual match ups within the race are more important. Visibility and situational awareness is critical as runners will race specific competitors more than they concentrate on their own age-group places.”

Fresh off a closely contested runner-up finish to rival Atlanta Track Club at the 5K Cross Country Championship in Boston, Dumas is keeping his cards close to the chest. “We are going to race the Colleen DeRueck Classic in Boulder on November

6th to confirm which of us has the legs (i.e. are both healthy and fit!) to represent the BRR in Tallahassee.”

Mike Wein will inevitably be in the BRR Kit come Tallahassee following M70+ age group wins this year at the Boston Marathon and the Ironman 70.3 World Championship. Perennial front runner and Club veteran, Doug Bell is likely to be in the Kit, too. Dumas has confirmed that the BRR intends to send a full M70+ five-man team to Tallahassee.

Follow the team’s build up to Nationals on Facebook and Instagram @ boulderroadrunners



George Braun and Jan Frisby



Rich Castro



Gary Ostwald



Jan Frisby

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!

