

The President's Message



Like many of you, I went for a run last Thursday morning, even as the winds picked up, reaching 100 miles an hour or more. Feeling the power of the wind that stood us up in

mid-stride, it is easy to see how one spark can turn into a conflagration. Outgoing club treasurer Don Tubbs and his wife lost their house, as did several Boulder running families, including Lori and Steve Roch. Our thoughts are with all affected by the Marshall fire. Please reach out to Don and other families if you are able to help in any way.

"Tubby" is stepping down as club treasurer, as I am as club president; elections are set for Jan. 10. Looking back at 2021, the Boulder Road Runners continued to shine. The focus for many of us as fans was the U.S. Olympic Trials, where Dan Pierce was once again in the midst of the action officiating, and something like 30 Boulder County athletes competed in very hot conditions. The BRR Development Scholarship Fund was launched in 2021, with \$500, no-strings-attached grants handed out to five local runners. One of them, University of Colorado grad Val Constien, made the Olympic team in the 3,000 meter steeplechase.

The other scholarship recipients included Nell Rojas, Carrie Verdon and David Goodman both Team BOCO and Frank Lara of Roots Racing. They all made nice appearances at BRR meetings.

The club was a presence at several races during the year, volunteering and racing,



Val Constien

earning the club some funds, and the Sunday morning run continued. We moved the monthly meetings to Runners Roost – a shout out to Tricia and R.L. for hosting us – and we had a volunteer dinner social event.

The Summer All Comers track meets were a big deal once again, a highlight for many runners, from kids to elites to masters. The final event of the final meet was the inaugural Teri Leicker Memorial Mile, held in honor of one of the victims of the March shooting. Spearheaded by Brendan Reilly of Boulder Wave, it was boosted by Boulder Strong Japan. The Mile was an emotional race, with some family and store staff walking and running with runners with disabilities. Boulder Deputy Mayor Junie Joseph attended and walked the mile.

BRR partnered with Boulder Strong Japan, which included Olympic marathon gold medalist Naoko Takahashi, and Boulder Wave to host the Teri Leickcer Mile. Brendan Reilly, far right, facilitated the Boulder

continued on next page

Contents

President's message	Look left
Elite Training Methods	3
BRR 60+ Team at Nationals	5
BRR 70+ Team at Nationals	6
Calendar	8

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 JAN 10 (RESCHEDULED) BRR FIRST MONDAY. AT THE RUNNERS ROOST 629 S. BROADWAY, 5:30-7:30 P.M.



President's Message, *continued*

Strong Japan donation. The mile was held in memory of Teri Leiker.



Naoka Takahashi



Brendan Riley, far right

Another key event was the Mile High Mile race night, moved to Niwot High School track. Finally, at the end of year the club made a large donation to the CU track program. A public presentation of the check is set for the indoor meet Jan. 22 on campus. CU is raising funds to refurbish the Potts Field outdoor track in time to host the 2024 Pac 12 championships. John Bridges will provide details at the Jan. 10 meeting.



Nell Rojas and Mike Sandrock

I enjoyed my year as club president, attending Board meetings. I am looking forward to working with the new president, officers, and Board members. Elections are Monday, Jan. 10, at the First Monday club meeting at Runners Roost. Come on by starting at 5:30 p.m. Nominations are being accepted; you should be receiving another email reminder; if you did not receive one, write to todd@boulderroadrunners.org. Come and serve the club!

In this issue of the newsletter, you will see excellent write-ups from Jeff Dumas and Bruce Kirschner about the Dec. 11 club championships, as well as another good health article from Gabe Mirkin. As many of you know, three BRR teams competed at club nationals; while the M50+ placed eighth in the most competitive race of the day. Well done, all.



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

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.

All Exercisers Can Gain Health Benefits from Elite Training Methods

from Dr. Gabe Mirkin's Fitness and Health e-Zine, Checked 12/17/21

The training principles that improve performance in competitive athletes can be used by all exercisers, even those who have never exercised previously, and can help to prevent heart attacks and prolong lives.

Exercise helps to prevent heart attacks because exercise makes muscles stronger, including your heart muscle. All people lose heart muscle as they age, which increases risk for frailty and heart failure. Strengthening your heart muscle helps you to live a more vigorous lifestyle and to protect you from heart failure. Intense exercise also helps to stabilize plaques in arteries and widens heart arteries to help protect you from a heart attack.

- Regular exercise and a Mediterranean-style diet, individually and combined, are associated with reduced risk for heart attacks and strokes (Eur J of Prev, June 26, 2018).
- An extensive review of major studies showed that exercise helps to prevent heart attacks and strokes (J of Clinical and Preventive Cardiology, 2017;6(3):109-114).
- The amount of time teenagers spend exercising intensely predicts markers of arteriosclerosis and inflammation far more than the amount of time they spend sitting (PLoS Medicine, Sept 2018;15(9):e1002649).
- Even low intensity exercise, such as slow walking, is associated with reduced likelihood for heart attacks and strokes (Am J Lifestyle Med, Jul 1, 2009;3(1 Suppl):44S-49S).

The SUN Study on 18,737 middle-aged people showed that those who exercise intensely have half the rate of heart attacks as those who do the same amount of exercise less intensely (Am J of Cardiology, Sept 11, 2018). Vigorous exercise is associated with a much lower rate of

pre-diabetes and diabetes than low-intensity exercise (American J of Prev Med, April 2017;52(4):e95-e101).

How to Make Muscles Stronger

Muscles are made up of thousands of individual fibers just like a rope is made of many fibers. Each fiber is a series of blocks called sarcomeres lined up end to end. Each sarcomere is attached to the one next to it at the "Z line." Muscle fibers do not contract equally along their lengths; they contract only at each "Z line." If you want to make a muscle stronger, you have to exercise it hard enough to damage the muscle fibers at the "Z lines" and when they heal, they will be stronger than they were. You can tell you are causing muscle damage because of soreness in that muscle you feel four to eight hours later (Strength & Conditioning Journal, October 2013;35(5):16-21). This is called Delayed Onset Muscle Soreness (DOMS).

When a muscle is damaged, your immune system repairs the damaged tissue with the same cells and chemicals 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 that heal the damaged muscle fibers. The healed muscle fibers become larger and increase in number by splitting to form new fibers. If you do not wait until the soreness goes away before exercising intensely again, the fibers can be torn, the muscles can weaken and you can become injured.

What to Do When You Have DOMS

You can take off when you have DOMS if you want to, but you will become stronger by taking easy workouts while your muscles are sore. Athletes do not usually plan

to take off workouts during recovery, even though resting when the muscles feel sore will allow muscles to heal faster than exercising at a low intensity. If you exercise at low intensity during recovery, your muscles will become more fibrous and resistant to injury when you stress them in the next intense bout of exercise. If you are a runner, run faster two or three times a week and much more slowly when you feel soreness on the days after running fast. If you are a weightlifter, lift heavy weights once or twice a week and much lighter ones on the following day or days when your muscles feel sore. If you are a basketball player, scrimmage hard for several hours on one day, then run plays and practice shooting on the next days when your muscles feel sore. If you play golf, practice your long drives on one day and practice putting on the following days if your muscles feel sore.

Stress and Recover

Elite athletes do not exercise intensely every day. If they did, they would not be able to train because of injuries. To become stronger and faster and have greater endurance, you need to exercise on one day intensely enough to damage your muscle fibers and feel short of breath. Then you exercise at a reduced intensity for as many days as it takes for your muscles to heal and the soreness to disappear. Only then should you take your next intense workout.

- You can usually tell that you are exercising intensely enough when you feel the beginning of burning in your muscles.
- You will not improve your maximal ability to take in and use oxygen unless you exercise hard enough to become short of breath.

Before you start a program with more

continued on next page

All Exercisers Can Gain Health Benefits from Elite Training Methods (Continued)

intense training to improve your endurance, you should have exercised regularly for many months, be in good shape and not have any health conditions that can harm you. CAUTION: Intense exercise can cause heart attacks in people who have narrowed coronary arteries. Check with your doctor before you start a new exercise program or make a dramatic change in your level of intensity.

When you are ready to start your new program, warm up by jogging, cycling or doing your chosen activity at a very slow pace for 10 to 15 minutes. If your muscles do not feel fresh by then, take the day off. If your muscles feel good after your warm-up, you are ready to try a more intense interval workout. If you are walking, jogging, or cycling, pick up the pace for 5 to 10 strides or pedal strokes and then

slow down. When your leg muscles feel fresh again, pick up the pace again for 5 to 10 steps or pedal strokes. Never time your recoveries and never start your next interval until your muscles feel fresh again. When your legs start to feel heavy or tight, stop the workout for that day. On the next day, plan to go at a very slow pace and stop your workout when your legs feel heavy or you feel any muscle discomfort. Remember, recovery days are for recovery. When your legs feel fresh again, do your next interval workout.

Training Program Example

Sunday — Rest day

Monday — Hard interval day

Tuesday — Easy recovery day

Wednesday — Easy recovery

Thursday — Hard interval day

Friday — Easy recovery day

Saturday — Easy recovery day

As you become stronger, you can extend your intervals up to 30 seconds each. Non-competitive exercisers do not need to do longer intervals. For most people, an interval day can include about 20 repeats of 10 to 30 seconds each, followed by adequate recovery after each interval (as long as it takes until your muscles feel fresh and your breathing has returned to normal). If you do this twice a week, you will become far more fit than if you jog or cycle at the same slow pace for many hours.

I do not recommend taking NSAIDs to relieve muscle soreness; they can interfere with your strength gains. If you feel pain in one spot that does not go away after you slow down, stop that workout immediately. Otherwise you are headed for an injury.

Join us Monday Jan 10 at Runners Roost Boulder at 5:30pm (presentation at 6pm) for Board Elections

Meet the nominees for the 2022 Board and learn more about the proposed 3-year plan for the club on how we build back and grow in the upcoming years.

Enthusiastic club members have helped articulate a first draft of a new three year plan that include but not limited to:

- Build and continue our club legacy
- Grow a healthy, active Membership
- Supporting our club and running community as a whole
- Increase participation in running groups and racing teams
- Support our key events: Summer Track & Field, and more
- Be inclusive within our club and community

Please plan to attend to learn where the Club is headed and in what way you may be able to apply your skills and experience. We will also have this meeting available via zoom as well for those who can't make it. Please keep an eye out for that in the next communication and in our Facebook event.

We need our member's feedback and input!

BRR 60+ Team at USATF Masters Club X-Country Championships

Extracted from article by Paul Carlin

Article provided by Paul Carlin. The complete article can be found on Paul's website: runningprof.com

Men's 60+ Race This was a highly anticipated race, a possible match-up between 2020 Masters Harrier of the Year, Joe Sheeran Club Northwest, middle distance record smasher, Dan King Athletics Boulder, and 2021 Dipsea Champion, Mark Tatum Boulder Road Runners. Tatum had a terrific race at Dipsea; winning that race raised his profile among mountain and trail runners, for sure, not to mention LDR types generally. Dipsea, however, with its 4400' of ascent and descent over 13.7 miles, with steps and lots of steep climbs and falls, is a far cry from an 8 kilometer race on a groomed trail over grass, dirt and shells, with two comparatively mild hills.

I anticipated that others, like Roger Sayre Boulder Road Runners, with a number of national road championships under his belt, and Rick Lee Shore AC, who set a new American 50 km Record this year, would likely be in the mix as well.

The gun sounded and Lee took off with McCormack in hot pursuit, followed by King, with Johnson's teammate, Rob Class, on his heels, with Abdalla, Litoff and Ostenberg right there behind him. By the time they reached the first timing mat, Litoff and King had moved to the front, with a time of 4:16, but it was still a tight pack of runners, with most contenders in



Mark Tatum, Adam Feerst, Bruce Kirschner, Tim DeGrado, and Roger Sayre

the top 10. Johnson started more conservatively and was in 13th at 4:25, followed two seconds later by DeGrado, Sayre and Tatum. all of the Boulder Road Runners. If they could keep that pack together they had a good chance at the Team win, their main concern at Club Cross. From that point to the 2nd split at 2170 meters, King dropped the pace to 5:30 per mile and created a gap of 20 meters over McCormack, with Lee, Litoff, Ostenberg and Class barely keeping contact with McCormack. Joe Mora Genesee Valley Harriers was 15 meters behind Class, with Enicks, Philip Garland F and M TC, and Abdalla in 10th crossing the mat one by one after Mora. The Boulder RR pack followed right behind in 11th through 13th.



Dan King leading the pack



Pack Running from the Boulder Road Runners- from left: Tim DeGrado, Roger Sayre, Mark Tatum ending the first loop

By the time he passed the Jumbotron a second time at the 6 km mark, in 22:14, he had a 200 meter lead on a chase pack of DeGrado, McCormack, Ostenberg, and Sayre. That group had 50 meters on Litoff, Tatum, Enicks, Lee, and Abdalla in that order. With a kilometer to go, King's lead was as big as ever. DeGrado and Sayre were fighting it out for second, 40 meters ahead of Ostenberg and McCormack in 4th and 5th.

DeGrado crossed the line in 2nd 47 seconds later. His teammate, Sayre, came across in 3rd, just 6 seconds behind. Remarkably, the top 3 finishers all run for either Athletics Boulder or the Boulder Road Runners. Those two teams from the same high altitude city comprised 5 of the top ten!

Tatum, by the way, was perfectly happy with this race. He and his two teammates raced together for most of the race and did well as a team! Dipsea was great but a different mindset, a very different course that plays to his training and his strengths. That was a magical moment to win Dipsea. This was brilliant in a different way.



Tim DeGrado claims second at the 2021 USATF Club Cross Country Championships



Roger Sayre finishes 3rd as he carries his sprint all the way to the finish line

BRR 70+ Team at USATF Masters Club X-Country Championships

Article provided by Jeff Dumas

WE DID IT!

Well, actually, five of our teammates “DID IT!” And, they “DID IT!” in grand style in Tallahassee!!!

The 2022 USATF Grand Prix series started with a bang at the 2021 USATF Club Cross Country Championships which took place on Saturday, December 11th at the fabled Apalachee Regional Park in Tallahassee, Florida – site for the 2021 NCAA D1 cross country championships three weeks earlier. Without a doubt, this is the most contested race of the Grand Prix series. And, for the occasion, we sent a very strong contingent of our teammates to represent the BRR, including: Doug Bell, Ray Eck, Jan Frisby, Rick Katz and Mike Wien. And, working together, they won the gold!

The team's three scoring runners were: Doug Bell, 1st place overall in 35:38 (1st in his 70-74 age group), Mike Wien, 3rd place overall in 36:55 (4th in his 70-74 age group) and Rick Katz, 7th place overall in 38:37 (6th in his 70-74 age group) --



Mike Wien, Doug Bell, Rick Katz, Jan Frisby, and Ray Eck

for a 1st place, gold medal winning team score of 11 points! The next BRR runner to cross the finish line was Jan Frisby in 17th place overall in 44:29 followed shortly by Ray Eck who finished 22nd overall in 47:00.

The 2nd place, team silver medal went to the San Diego Striders who finished with 18 points and were led by Rick Pfeiffer and Ronald Wells, who finished in 2nd and 4th places respectively. The Atlanta Track Club came in 3rd place for the team bronze medal with 22 points, led by Dave Glass and Jerry Learned who finished in 4th and 5th place respectively. However, it should be noted that the “dual meet” between the BRR and the ATC would have been much, much closer if the ATC's fabled speedster, Rick Larson, had not had to drop out at about half-way through the course due to leg cramps.

It might be particularly interesting to note that this was Mike Wien's first race sporting the BRR singlet. As you may recall from the December BRR Newsletter write-up, Mike ran with the ATC for almost a decade and was captain of his age-group team there for a couple of years.



Doug Bell blue cap reversed and James Foster, side by side as they lead out the M70

BRR 70+ Team at USATF Masters Club X-Country Championships (Continued)

The ATC has always fielded a superb team in our age group, and many a USATF race has come down to a dual meet between the BRR and the ATC. So, many of us couldn't help but wonder how this "change of colors" was going to play out between Mike and his former colleagues. Whew, it went well. Actually, absolutely no surprise there. The comradery among our peers is absolutely amazing. As an example, when Mike was passed by his former teammate, and perennially outstanding age group runner, Kirk Larson, he was hailed with a "Hi buddy" greeting! Soon Mike was sandwiched between two former ATC teammates, Larson and Jerry Learned, which according to Mike, was "the perfect reunion"! Unfortunately, as mentioned above, Larson was forced to drop out of the race prior to crossing the finish line. And, when that happened, no one was more disappointed than Mike.

Incidentally, supervising this event was the final service to the USATF by Lloyd Hansen, as the Chair of the USATF Masters Long Distance Committee. Hansen has



Rick Katz on the right at the end of the first 3 km loop

done a fantastic job in just one short year of rejuvenating the Grand Prix circuit. Unfortunately, Hansen recently had to resign as Chair because of health problems. Rick Katz, who is about the same age as Hansen, has had several close finishes with him in USATF cross country championships in recent years. Rick was very pleased to be able to spend some time reminiscing with Hansen before the race. Incidentally, Bruce Kirschner leader of the BRR Men's 60+ Team (and, who participated on that gold medal team in Tallahassee) was also able to spend time visiting with Hansen. As you may recall, Bruce was instrumental in per-

suading Hansen to heading up the Masters Long Distance Committee. Lloyd Hansen will be sorely missed by all of us who have known him or who have participated in any of his 2022 Grand Prix races.

In closing, now is time to start thinking seriously about the next event in the 2022 USATF Grand Prix schedule – the 2022 USATF Cross Country Championships which will take place on Saturday, January 8, 2022 at Mission Bay Park in San Diego, California. We definitely want to try to send a full team of five strong runners to this event – especially since this is the hometown for the San Diego Striders who were close on our heels in Tallahassee – and, the perennial powerhouse SDTC. So far, (and Omicron permitting) Doug Bell, Jeff Dumas, Rick Katz and Gary Ostwald have committed to run in Mission Bay. So, there is still room for one more of our teammates to step forward to help round out another winning five man team

Additional details/photos of the 70+ race can be found on Paul Carlin's website: runningprof.com

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

2022 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			
TBD			
USATFMasters LDR Schedule * (For more information, contact Bruce Kirschner, bhkirsch@comcast.net)			
January 8, 2022	USATF Masters 8K Cross Country Championships	San Diego, CA	USATF
February 26, 2022	USATF Masters 5KM Championship	Atlanta, GA	USATF
March 20, 2022	USATF Masters Half Marathon Championship	Syracuse, NY	USATF
April 24, 2022	USATF Masters 10KM Championships	Dedham, MA	USATF
October 22, 2022	USATF Masters 5KM Championships	Boulder, CO	USATF



As Always, Thanks to Our Associates and Sponsors!

