

The President's Message

On my first day in elected service to the Club, our distinguished editor, Elliott Henry, sent me an email stating my newsletter article was due. Loosely translated: "Welcome...there are jobs to be done."

Our running community has long stood on the shoulders of hardworking BRR volunteers. It is our members' spirit of service that caused me to choose the BRR race singlet when returning to competition; and, what moved me to accept the call-to-serve as an elected representative and go to work for our members. There are jobs to be done.

First Monday Social moves to Zoom for February 7th

Please join Todd and me for a very special first Monday Social that will include a slate of special guests including Colorado native and 2021 Olympian **Val Constein** and Boulder native **Nell Rojas**, the first American finisher at the 2021 Boston Marathon.

Get involved in our 2022 Planning

We will do as much for our Boulder and greater Colorado running community as our collective time, talent, and treasure permits. Our first order of business is to narrow the list of our collective ambitions compiled the last three months to create and approve a 2022 Plan. I invite you to join one of the working topic teams. The more members engaged in the process, the better the outcome.

· **Club Governance, Bylaws, and**

Policies – Deb Conley will lead a review and update of how we manage the Club to ensure timely planning and complete transparency.

· **Fund Raising, Sponsor and Advertiser Development** – We are looking for several members to work with me to package the opportunity our Club represents to sponsors and advertisers and take our fund raising to a higher level.

· **Community Partners + Projects** – We are looking for several candidates to take point in our efforts with several key community partners.

· **Communications and Social Media** – Todd Straka and Marcey Cote are leading development of a robust communications team to refine our messaging and grow our addressable audience.

· **Group Runs + Socials** – A primary reason people join running clubs is to find other people to run with. To that end, we are looking for group leaders to create a master schedule of the options available to our many age and ability groups.

· **Events / Summer Track Series** – Todd Straka seeks additional members to produce our signature All-Corner Summer Track Series, the Mile High Mile, and think through additional Club racing opportunities with other Colorado Clubs.

· **Club Racing Teams** – Bruce Kirschner, Dan Reese, and Becca Evans are looking for racing team members to help update our Club Racing Team policies, identify focus events in Colorado, and the key races on the USA Track & Field schedule where our goal is to make the Team podium including the the National Club Cross Country Championship - the

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Your 2022 Board Members

Chris McDonald, President
Todd Straka, Vice President
Flavio De Simone, Treasurer
Becca Evans, Secretary
John Bridges, Membership Chair
Lorraine Green, At-Large
Deb Conley, At-Large

FIRST MONDAY
JOIN VIA ZOOM (WWW.ZOOM.US)
MEETING ID: 822 2292 0390
PASSWORD: "1MSocial"



President's Message, continued

de facto "Superbowl of Club Racing."

Athlete Development Fund – We are actively recruiting a committee to define how we identify and select post-collegiate, under-sponsored, emerging elite athletes to receive travel and training grants and what we will ask them to give back to the Club.

Please reach out to me or the leaders of topic teams that speak to you and lend the Club some of your available time and talent.

Our Gift to CU Cross Country and Track and Field

Twenty of our club members presented a gift of \$24,000 on behalf of BRR to CU Head Track and Field Coach Mark Wetmore. The gift represents participant entry fees from our All-Comer Summer Track Series over several years. Once again, our volunteers make us proud. Please visit our website at boulderroadrunner.org for photos and more on the gift.

Race Report

Our racing teams continue to post remarkable results: **John Minen** raced the Spokane invitational posting a 4:14.5 Mile and doubled back in 8:38 for 3,000 meters. **Flavio De Simone** (M50 – 54) and **Tim DeGrado** (M60-64) won their age group race at the Houston Marathon in 2:40:40

and 2:47:59, respectively. See this month's member profile for more on Tim. Finally, our M60 Team was back in action at the USA Cross Country Nationals in San Diego...read the full report below.

Upcoming race Opportunities

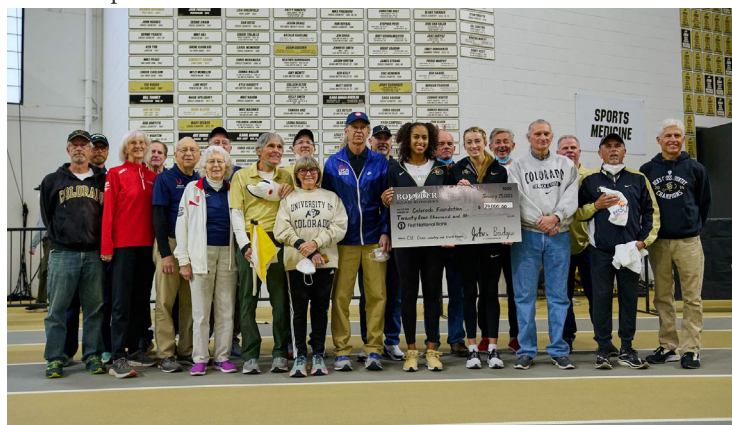
The Spring Boulder Track Series returns April 23rd and May 7th; the Frank Shorter Classic is May 21st and honors CU Coach and 2008 Olympian Billy Nelson. All members receive 20% off entry fees with the promotion code "BRR22."

Our favorite spring series, the [Dash & Dine](#) returns with four Tuesday evening races - May 3, 10, 17, and 24 - to get you race ready for the BolderBoulder.

Our signature All-Comer Summer Track Series begins June 2nd with several fun enhancements planned for this year. Fort Collins Running Club plans to host All-Comer meets in the interval between our races, setting up many friendly competition opportunities for Club members.

Whether you're a new member or a club veteran, there is a role for you in our Club focused on promoting running, walking, and fitness-related activities for people of all ages and abilities. Pick a topic and reach out today.

Dave Albo photo



BRR volunteers present Head Coach Mark Wetmore our gift January 29th before the Colorado Invitational.



Boulder Road Runners, Inc.
Officers and Contact Information
2022

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Over-Training, or Too Much Exercise

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

A regular exercise program can help to prevent disease and to prolong lives, but every serious exerciser learns sooner or later that exercising too much can cause injuries and health issues. A recent study from Austria reports that emotional symptoms can often be an early sign that a person is exercising too much: restlessness, mood changes, irritability, emotional instability, recurring states of fear, emerging indifference and reduced performance motivation (*Dtsch Z Sportmed*, Oct 2021;72(6):271-279).

In an earlier study, elite athletes were instructed to over-train for three out of nine weeks, and were then compared to a group who did a normal nine-week training program (*Current Biology*, September 26, 2019). Not only did the over-trained athletes perform worse on endurance tests, their brains were affected as well as their muscles and other body functions. The overworked athletes suffered from mental symptoms including depression, irritability, restlessness, insomnia, and loss of appetite. They also made poor decisions in tests such as choosing meager immediate personal rewards over more substantial delayed rewards (i.e., taking \$10 now rather than \$50 in six months). fMRIs of their brains showed reduced activity of the lateral prefrontal cortex, a key region in which a person makes important decisions.

Signs of Over-Training

A regular exercise program is supposed to make you feel good, increase your energy level and help to control your weight. You may be exercising too much if you have:

- Quality-of-life signs of over-training: Lack of energy, increase in tension, depression, anger or confusion, inability to relax, poor-quality sleep, decreased motivation, moodiness, not feeling joy from things that

were once enjoyable.

- Health-related signs of over-training: Frequent colds, increased blood pressure or resting heart rate, irregular menstrual cycles or missed periods, unintended weight loss, loss of appetite, constipation, diarrhea.

- Signs of an impending injury: Muscle soreness on one side of your body or localized pain on one side, unusual soreness after a workout, inability to train or compete at a previously manageable level, delays in recovery from workouts.

My Personal History of Over-Training

Athletes train by stressing and recovering. You make a muscle stronger by stressing that muscle, feeling sore on the next day, and taking easy workouts or days off until the soreness goes away. Then you are supposed to take a hard workout again. If you do not feel muscle soreness on the day after a hard workout, you have not injured your muscles and they will not become stronger. Sometimes your muscles still feel a little sore several days after a hard workout, but you think that you have recovered and are ready to stress your muscles again, so you go ahead and try to run very fast. You start to feel sore all the time, your joints, muscles and tendons ache, and you feel tired. You can still run with the soreness in your muscles and tendons, but the soreness prevents you from running fast. Each succeeding day, the soreness increases and you think that you are sick.

This happened to me when I was training for a marathon, so I ordered tests including a complete blood count, liver tests, BUN, creatinine, urinalysis, and a throat culture, but all the results were normal. I couldn't run my intervals as fast as usual. I had been able to run 10 quarters in 65 seconds and now I couldn't get through more than three of them without my

muscles feeling very sore. I knew something was wrong, so I asked a friend who was a researcher at a nearby university to test me. He told me that I had impaired anaerobic lactic acid clearance and a reduced time-to-exhaustion in standardized high-intensity endurance exercise tests. My maximum heart rate was 10 beats lower than normal, my lactate levels were lowered during sub-maximal performance, and I had a reduced respiratory exchange ratio during exercise. By now I was quite depressed, so I got further tests and decided I might have a hidden lymphoma, but my complete diagnostic workup was normal. I was stuck with a diagnosis of training too much.

Recovery from Over-Training

When you are suffering from over-training, you need to go back to background work. These principles apply to any sport. For a runner, jog on the days that you can. Take days off when you feel sore. After several weeks, you are able to start regular jogging and your muscles feel fresh again. When this happens, you are ready to start training, but first you must promise yourself that you will never try to run fast when you feel soreness in your muscles and tendons. Set up a schedule in which you take a hard-fast workout, feel sore on the next day, and then go at an easy pace in your workouts until the soreness has completely disappeared. You may set up a schedule to try to take a hard workout every third or fourth day, but you will skip a hard workout on any day that you feel sore.

Most runners plan to run very fast once a week and long once a week. You recover faster from a hard workout by doing nothing, but jogging slowly on recovery days causes more fibrous tissue to form in your muscles so that they are more

continued on next page

Over-Training, or Too Much Exercise (Continued)

resistant to injury. Don't calculate total miles per week in your diary; that will encourage you to pile up junk miles and prevent you from learning how to run fast. You can run in races only as fast as your fastest workout intervals. Set up a program in which you run very fast on Wednesdays and long and brisk on Sundays, and make all your other workouts easy recovery ones.

Competitive runners usually use interval workouts to increase their speed. When you have recovered from overuse syndrome, you should start with short intervals before you try longer ones. For example, you could start with 110 yard intervals. Mark the track in quarters, using the fifty yard lines and the middle of the goal posts. Alternate running 110 yards fast and comfortably, and jogging 110 yards until your legs start to feel heavy and stiff. When you can run at last 20 repetitions of 110 yards fairly fast, try doing repeat 220s, and as the weeks progress, work up to repeat half miles. Don't try to run through the stiffness or you will take

weeks to recover. If your legs are exceptionally sore, take the next day off. If they are not sore, jog easily on the next two or three days.

Use your Sunday workouts to try to gain endurance. Your endurance day should not be as fast as your interval day. Each Sunday, try to work up to where you can run fairly fast for up to two hours. You may have to start out with a long run of only 30 minutes, but be patient. Lack of patience can lead to overtraining syndrome. You should eventually be able to learn how to train without injuring yourself and avoid making the same overtraining mistakes again.

My Recommendations

I believe that all regular exercisers should set up a program in which they exercise a little more intensely on one day, feel sore on the next day and go easy for as many days as it takes for them to feel fresh again. They should take the day off if they feel local tenderness in one muscle group that does not go away when they stop or slow

down. If they develop symptoms of overtraining, they may need to check with a doctor or seek out a knowledgeable coach in their sport.



The advertisement features a background image of a red running track with white lane markings. Overlaid on this image is white text that reads: "Has your Boulder Road Runners membership expired? Please renew today! <http://boulderroadrunners.org>". At the bottom of the ad is a blue rectangular button with white text that says: "Why not renew right now? JUST CLICK THIS BOX."

BRR Compete in USATF Masters 8K Cross Country Championships in San Diego

Inputs provided by Chris McDonald and Jeff Dumas

Photos provided by Michael Scott

The USATF Masters 8K Cross Country Championships were held on January 8 at Mission Bay Park in San Diego. The Mission Bay course was also used for the 2008, 2011 and 2020 USATF Cross Country Championships.

Two of our Men's 50-59 team members raced individually with John Borthwick making a solid debut race with the club and Chris McDonald finishing just off the podium in 5th.

Our Men's age 60-69 team flexed its depth making the podium with three different scoring runners than led the team to

the National Club XC championship last month. Congrats to Adam Feerst, Jeffery Barros, and Kyle Hubbart. The team finished tied for 3rd but podiomed on a tiebreaker.

The Men's age 70-79 team planned to send a full team of five strong runners to this event -- and, originally Doug Bell, Jeff Dumas, Rick Katz, Gary Ostwald and Jim Reynolds committed to run in Mission Bay. Unfortunately, due to (quite valid) concerns about the Omicron variant, Jeff, Rick and Jim decided not to take the risk -- and as a result, our team dissolved and only Gary Ostwald showed up sporting the

new BRR singlet. And, as expected, Gary ran an outstanding race, bettering his time from two years ago on the same course by a full minute (when we spotted him as a potential teammate!) finishing in 41:08 this year and coming in a full 12 seconds ahead of arch rival Dave Glass of the ATC. Clearly, had the BRR been able to field the team originally envisioned, we would have won the team competition. Gary also took home a bronze medal in the Men's 75-79 race.

Nancy Antos competed in the women's 70+ individual category.



Adam Feerst



John Borthwick



Jeff Barros



Gary Ostwald



Kyle Hubbart



Chris McDonald



Nancy Antos



Gary, Adam, Kyle, and Jeff

Mike Wien in Disneyland

Article provided by Jeff Dumas

Over the weekend of the USATF Cross Country National Championships, Mike and Nannette Wien had plans to take in the sights at Disney World in Orlando. The visit had been on Mike's "bucket list" for years – maybe from when he was a teenager (close anyway: Disney World opened in 1972). But Mike's "bucket list" was not to visit Space Mountain and the Magic Kingdom or to tour the Pirates of the Caribbean. Nope he was there for the "Disney Marathon Weekend". In fact he was going to be there for four whole days of racing – called (most appropriately) the "Goofy & Dopey Challenge". The "Goofy" is running the half-marathon on Saturday followed by running the Disney Marathon on Sunday. The "Dopey" is running in the "Goofy" challenge and adding a 5 K on the previous Thursday and a 10 K on the previous Friday. Theoretically, participants can compete in all four races and earn six unique (and, very Disneyesque) medals. Mike says that this was a bucket list event for him because it is as much a mental challenge (for pacing) as it is a physical challenge (logging the many miles!).

It turns out that Mike won three of his races that weekend – winning his age group in the 5K, the 10K and the full marathon. In the half-marathon, Mike came in just 51 seconds behind the winner. But, of course, from day one, Mike had his eye on the finish line for the full marathon – which he won handily by finishing in 3:40, more than half-an-hour ahead of his nearest competitor! Ironically, Mike would have finished even faster – perhaps much faster

– if he hadn't been stopping along the way to have his photo taken with all the different Disney characters that line the route! As the "RunDisney" race apparel states, "A smile every mile." And, as Mike (being a corporate marketing guru of long standing) states in an obvious understatement: "Maybe the Disney marketing team got this one right." Yep!

Incidentally, as with all his big races (think New York Marathon, Boston Marathon and the USATF Club Cross Country

Championships), Mike thanks the leader of his support team and cheering squad, Nannette for making this extraordinary weekend at Disney World possible. For example, Nannette insured that they could eat their meals in their condo during the entire four day stay in Orlando – to better could practice "social distancing". Nannette also saw to the laundry, etc. and insured that Mike was getting to bed by 8:30 PM every night so he would be ready for his 3:00 am wakeup call each morning. Great job (again) Nannette!



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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

MEMBER PROFILE

TIM DEGRADO

From Bruce Kirschner

Tim DeGrado ran his first race with the BRR Men 60-69 team at the Colleen De Reuck Cross Country Classic at Boulder's Nevin Platt Middle School in early November 2021. The team won the USATF Colorado Masters Cross Country Championships for their age group. In mid-December he debuted with the team at the USA Track & Field's National Club Cross Championships in Tallahassee Florida. This 8K (5 mile) race is the first and most competitive event in USATF's 2022 Masters National Grand Prix championship race series. Tim was the first team member to cross the finish line (30:42) in a field of 126 runners. He finished second overall and was quickly followed by team members Roger Sayre (3rd place) and Mark Tatum. (7th place). The team took first place in the M60-69 age group and captured the gold medal in a tough field of 15 age group teams from across the U.S. On January 16, 2022 61 year old Tim DeGrado won the 60-64 age group at the Houston Marathon in 2:47 (6:25 min/mile). The second place age group finisher was nearly 6 minutes behind him in the field of 190.

Where were you born and where did you grow up?

I was born in Covina, California and grew up in Whittier and Paradise, California.

What brought you to Colorado?

A great job opportunity and the chance to join the great endurance community here.

Where do you live now?

Arvada, Colorado

What do you do for a living/professionally?

I am directing a recently formed Research

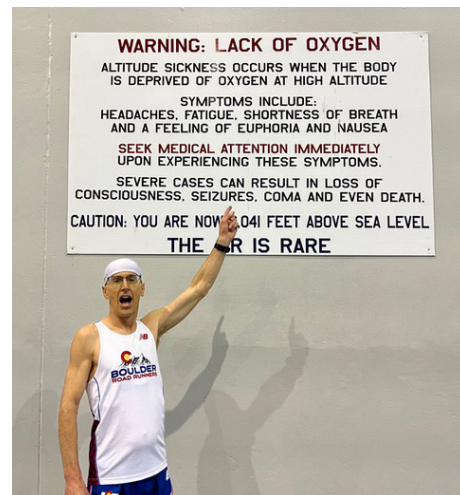
Imaging Center at the University of Colorado's Anschutz Medical Campus in Denver. It has Positron Emission Tomography/Computed Tomography (PET/CT) and Positron Emission Tomography/Magnetic Resonance (PET/MR) scanners for research and some clinical applications.

Tell us a little about your immediate family.

My wife, Jan, and I live in Arvada with our border terrier, Yallah. Jan is a homemaker. We have two sons and a daughter, scattered between Sacramento and Milwaukee. We also have one granddaughter.

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

I did some 5ks and short course triathlons in my 20s and then just low-key recreational running for some 30 years. At age 48 I was found to be prediabetic so I took diet and exercise more seriously. To continue to motivate myself, I tried a half



marathon and then a couple marathons at the age of 55. I then set a goal to do a half Ironman and full Ironman. I ended up qualifying and racing in Kona twice in the Men 55-59 age group, a real blast. After that, it was obvious that running was my best sport, so I decided to focus in on running races, all kinds of them, including short and ultramarathon trail races.



Roger Sayre, Tim DeGrado and Dan King at USATF 60+ Championships

What is your regular training program like, e.g., weekly mileage, workout types, etc.?

I am coached by Lee Troop. We have quality sessions Tuesdays and Thursdays with various interval workouts. A long run on the weekend. I am free to improvise with rest days, recovery sessions or cross-training as I see fit on the remaining days. I have learned the art of listening to my body pretty well to avoid overtraining and injury, although there are going to be niggles. Honestly, weekly mileage is not very important to me. It is more important to be sure to have a good mix of slower aerobic running with quality intensity sessions. This is particularly true when I put in a lot of trail running into the mix.

What do you consider your favorite race? Why?

I'm probably best suited for the half marathon or marathon on roads or shorter trail races. I really enjoyed racing the Black Squirrel Trail Half Marathon in Fort Collins because it had just one uphill at the beginning and then I could let loose on the way back down. It was also ego boosting to have outright wins in two small local marathons in 2021, All-Out Beat the Heat in Arvada (April) and Long View in Fort Collins (October).

What is your favorite race distance?

Half Marathon. What is your personal record (PR) at that distance? 1:15:59 (2019).

What are some future running/racing goals?

I would like to finish a 100 mile ultra in under 24 hours. A really far-fetched goal is to stay fast enough to some day challenge a world record in the half marathon or marathon. Winning an Abbott Major Marathon in my age group would also be great.

What are your thoughts about being a new M60+ team member?

It has been very rewarding and enjoyable to become a BRR team member. This is a fabulous and just serious enough group of runners that are tremendously supportive and active. It is clear that they just love running. I also enjoy the playful competitive side of club events as well. It's a great place to have that sense of belonging and pride for each other's accomplishments.



Tim DeGrado (#877) and Roger Sayre (#888)

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			
1 st Mondays, 5:30 pm	BRR Club Social	Zoom Meeting, Meeting ID: 822 2292 0390 Password: "1MSocial"	BRR, Free
Feb 28th & Mar 28th, 5:30 pm	BRR Board Meeting	Zoom Meeting	BRR
Club Races			
23 April	Boulder Spring Track Series #1	Manhattan Middle School	BRR, Website
7 May	Boulder Spring Track Series #2	Manhattan Middle School	BRR, Website
May 3, 10, 17, 24	Dash & Dine 5K	Boulder Reservoir	BRR, Website
June 2 & 16, July 7 & 21, August 4 & 18	All Comers Summer Track Series		BRR, Website
Co-operative Races/ Events			
May 30	BolderBoulder	CU Campus, Field House	BolderBoulder
USATF Masters LDR Schedule <small>(For more information, contact Bruce Kirschner, bhkirsch@comcast.net)</small>			
January 8	USATF Masters 8K Cross Country	San Diego, CA	USATF
February 26	USATF Masters 5KM	Atlanta, GA	USATF
March 20	USATF Masters Half Marathon	Syracuse, NY	USATF
April 3	USATF Masters 10M	Sacramento, CA	USATF
April 24	USATF Masters 10KM	Dedham, MA	USATF
May 21	USATF Masters 1 Mile	Rochester, NY	USATF
September 18	USATF Masters 12KM	Highlands, NJ	USATF
October 22	USATF Masters 5KM	Boulder, CO	USATF
December 10	USATF National Club Cross Country	San Francisco, CA	USATF

As Always, Thanks to Our Associates and Sponsors!

