

The President's Message



Great Summer race results start with a strong foundation built in the Winter months. With nary an open parking spot to be found at Tom Watson after 9am on Sunday, it is clear resident elite, college, and age group athletes alike are putting in the work.

Similarly, our new Board, and a handful of new volunteers, went to work on our own foundation to set the Club up for another good year. Nearly every volunteer who answered our call last month is new to the Club in the last one-year. Thank you for joining us and infusing our ranks with energy and enthusiasm!

On the next page, please find a summary of the Board's 'To Do' List. We are making progress but need more hand raisers. If you have yet to volunteer for a topic team, this is the time. Email me today and we will find the right team for you to make an impact.

Member Town Hall

All members are invited to join in person or via Zoom for a Town Hall on Saturday, March 26th. This is your opportunity to meet Board members, ask questions, and provide input. We promised this session during our Annual Club meeting in January. Your invitation, including the locations and start time, will be delivered shortly via email.

Club Governance

Deb Conley, At Large Board Member, acted with great skill and precision in

reviewing our policies and bylaws, including completion of a third-party review by Road Runners Club of America (RRCA). Our Club is a member of the RRCA. Through the RRCA, we are a 501(c)3 non-profit organization. Jean Knaack, RRCA President, provided us with a roadmap of maintenance actions we need to take to our policies and bylaws to raise ourselves to a best practice standard. There are six actions in process. Attend the Town Hall to learn more.

Community Partner – Shoes & Brews

Ashlee Anderson joined our First Monday Social last month to rave reviews. Eight BRR members were named to the Shoes & Brews "Podium Team" for 2022. Our partnership provides reciprocal racing opportunities that will see BRR field a Men's Age 40-49 (M40) team at USATF competitions this year. We are also close to announcing new teams on the women's side, a major goal for 2022!

Zoom Social with Nell and Val

Nell Rojas and Val Constien also joined us for First Monday last month via Zoom to share updates on their training and racing plans. It was, in a word, phenomenal. The event was our best attended First Monday event in at least three years.

March First Monday at Rayback Collective Please join us at 6pm Monday, March 7th. First round for everyone who arrives before 6:15pm is on the House.

Board 'To Do' List

Summary of completed and planned actions:

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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

**JOIN YOUR CLUBMATES FOR THE MAR
 7 BRR FIRST MONDAY AT RAYBACK
 COLLECTIVE, 5:30-7:30 P.M.**



continued on next page

President's Message, *continued*



Status	Actions	Description
✓	Treasurer Transition	· Completed
✓	Interim Budget	· Completed
✓	RRCA Membership Renewal	· Completed
✓	File Club Taxes	· Filed 2019, 2020, and 2021
✓	Conflict of Interest Policy	· Passed unanimously on 2/28 by the Board
○	Updated Club Governance	<ul style="list-style-type: none"> · Update to Club Bylaws to RRCA best practices · Adopt Officer roles and responsibilities · Adopt required RRCA policies on Donations and Anti-Harassment
○	Club Racing Teams	<ul style="list-style-type: none"> · Update plan and policies for Club Racing Teams · Appoint Program Director for All Club Teams · Define responsibilities for Team Coordinators · Designate Club focus races · Build new women's teams and Men's 40 Team
○	Summer Track Series	· Set goals for 2022 series and complete planning
○	Appointed Positions	Appoint Program Directors in key roles, including: <ul style="list-style-type: none"> · Socials and Events · Club Racing Teams · Communications · Athlete Development Fund · All-Comer Track Series

Boulder Road Runners, Inc.
Officers and Contact Information
2022

ELECTED OFFICERS

Chris McDonald, President
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Todd Straka, Vice President
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Becca Evans, Secretary
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John Bridges, Membership Chair
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Lorraine Green, At-Large
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APPOINTED POSITIONS

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membership expired?**

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Boulder Road Runners
PO Box 1866
Boulder, CO 80306
www.boulderroadrunners.org

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Over-Training, or Too Much Exercise

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

Exercise helps to prevent disease and prolong life. The Copenhagen City Heart Study found that those who exercised 2.6 to 4.5 hours per week were 40 percent less likely to die over the next 25 years than the less active people (Mayo Clinic Proceedings, August 17, 2021). Participants were 8697 healthy adults who recorded their time in leisure-time sports activities such as tennis, cycling, swimming, jogging, calisthenics, health club activities and weightlifting. Surprisingly, those who worked out more than 10 hours per week lost some of that advantage, but were still better off than the less active people. Another recent study following 2110 people for almost 11 years found similar results (JAMA Netw Open, 2021;4(9):e2124516). Those taking at least 7000 steps per day had a 50 to 70 percent lower death rate than the more sedentary group, but taking over 10,000 steps per day did not increase that advantage.

I think that both of these studies do not give you the whole picture because they did nothing to measure the level of fitness achieved by the exercisers; they looked only at hours spent exercising or number of steps. A huge study from the Cleveland Clinic that used treadmill stress tests to classify fitness levels found that the more fit a person was, the less likely they were to die (JAMA Network Open, Oct 19, 2018;1(6):e183605). This study followed more than 120,000 patients for up to 27 years, and there was no limit to the increase in benefits from improving fitness. The elite athletes (top quartile) had an 80 percent reduction in risk for death during the study period, compared to the group with the lowest fitness level (bottom

quartile). See *You Can't Be Too Fit*

More Is Not Always Better

There may be an upper limit to the amount of exercise people need to help retain their health. A study from the Karolinska Institute showed that people who tried to do intense workouts on an almost daily basis developed damage to their mitochondria (Cell Metab, Mar 13, 2021;S1550-4131(21):00102-9). The Million Women Study found that women who tried to exercise strenuously every day were at increased risk of blood clots, strokes and heart disease (Circulation, Feb 16, 2015;131:721-729). Some people are at increased risk for heart attacks because of lifestyle factors such as a pro-inflammatory diet or genetics, and intense exercise or inadequate recovery from a previous exercise session could dislodge their unstable arterial plaques to cause a heart attack.

Most athletes know that they should not train intensely every day; they take a harder workout on one day, feel sore on the next day, and then go at a slower pace until their muscles feel fresh again. If you do not have heart problems, you probably should do the same. Compared to exercising at the same leisurely pace every day, you become more fit by taking a workout of slightly increased intensity on one day, feeling muscle soreness on the next day, and then going at a reduced pace for as many days as it takes for your muscles to recover. See *Recovery: the Key to Improvement in Your Sport*

Why Non-Athletes Should Exercise Every Day

Forty percent of North Americans die of heart attacks. One of the common causes

of the arterial damage that precedes heart attacks is a high rise in blood sugar after meals. Blood sugar always rises after meals and because of faulty lifestyle habits, most North Americans have blood sugars that rise too high. Resting muscles remove no sugar from the bloodstream, but contracting muscles remove sugar rapidly from the bloodstream and can do so without even needing insulin. This effect is strongest during exercise and diminishes to no benefit about 17 hours after you stop exercising. If you want to use exercise to help control blood sugar, you should try to do it every day.

If you are just starting out, spend at least six weeks at a slow pace until you are comfortable in your activity. Then you are ready to alternate more intense days with easier workouts.

My Recommendations

I think that every healthy person should try to exercise every day. You will gain a much higher level of fitness by "stressing and recovering," where you exercise more intensely on one day, feel sore on the next and go slowly until the soreness is gone, then try to pick up the pace again.

Caution: Intense exercise can cause a heart attack in susceptible people. Check with your doctor before you start a new exercise program or increase the intensity of your current program. Stop any workout immediately if you feel unusual discomfort or pain. If you feel chest pain, excessive shortness of breath or any other severe symptom, call 911 or if the pain subsides in a few minutes, check with your doctor before you work out again.

Men's 70+ Team Results: Atlanta

Inputs provided by Jeff Dumas

Following closely on the heels of the Omicron Variant as it washed over the country from east to west, we had to cancel our plans to send five runners to participate in the USATF Cross Country Championships held in Mission Bay, on Saturday, January . However, on Saturday, February 26th, the BRR Men's 70+ Team was able to send a full five-man contingent to the East Coast to challenge the lion in its lair. That is to say, we sent a team to Atlanta, home of our archrival (and much respected) Atlanta Track Club (the "ATC") to contest the USATF 5K Masters Championships road race which finished up at the historic Centennial Olympic Park.

We sent five of our best runners to Atlanta, including: Doug Bell, Jan Frisby, Rick Katz, Gary Ostwald and Mike Wien (Note: As a reminder, Mike used to run with and even captained the ATC Men's 60+ team while he was living in Atlanta!). The host team, Mike's ole ATC, had entered three teams of its own – and the Ann Arbor Track Club, the Shore Athletic Club, the San Diego Striders and Greater Philadelphia Track Club also signed up to compete in Atlanta. Clearly, this was going to be another very competitive venue!

The morning of the race dawn broke over Atlanta with a cool temperature, a light breeze and cloud cover. A great day for a race! And, as hoped the BRR Men's 70+ Team stood atop the podium when the final results were tallied!

The finishing times for our teammates were: Doug Bell at 23:13 with a 6:49 pace (for a third place age group finish); Mike Wien at 22:23 with a 7:12 pace; Rick Katz at 22:40 with a 7:17 pace; Gary Ostwald at 23:12 with a 7:28 pace and Jan Frisby at 24:32 with a 7:53 pace. Team scores and

rankings are determined by averaging the finish time of the first three runners to cross the finish line. For this race, the BRR took first place with an average time of 22:11; the ATC took second place with an average time of 23:06; and the San Diego Striders took third place with an average time of 26:17. As the average times indicate, it was a close run race between the BRR and the ATC: with Doug Bell edging out Jerry Learned by just 15 seconds and Mike Wien clipping Jerry Learned by a mere three seconds and Dave Glass by nine seconds.

Incidentally, the day after completing the 5K race, our proverbial "energizer bunny", Mike Wien, participated in and won his age group at the Publix Atlanta Half

Marathon with a remarkable finish time of 1:44:24 – which equates to a sub-8 minute pace over the entire course!

The next race on the 2022 Grand Prix schedule will be the USATF Masters Half Marathon Championships that will take place in Syracuse, New York on Sunday, March 20, 2022. If we can send a team, with our altitude training, we would be very tough to beat! Following that race, on Sunday April 3, 2022, the USATF Masters 10 Mile National Championships will take place in Sacramento, California. We have a number of runners who have expressed interest in participating in that race, so hopefully we'll be able to send a full five man roster to Sunny Cal!



*Mike Wien, Gary Ostwald, Richard Katz,
Jan Frisby, Doug Bell*

Men's 50+ Team Coordinator: Chris McDonald, mcdonaldjc@gmail.com

Women's 50+ Team Coordinator: Deb Conley, deborahconley19@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

MEMBER PROFILE

JEFF BARROS

From Bruce Kirschner

Long-time BRR member Jeff Barros ran his first race with the club at age 51 in December 2009 at the USA Track & Field (USATF) Masters Grand Prix Club Cross Country National Championships in Lexington, Kentucky. He was there with Doug Bell and finished in 27th place in the 10 kilometer event. Jeff and I first met six years later at the same USATF Masters XC championship held at San Francisco's Golden Gate Park in 2015. Doug Bell had referred him to me at the last minute because Jeff needed lodging to attend the race. He shared a little motel room on one of the city's most busy streets with John Victoria and I and was quite content to sleep on the couch. Jeff was still in his late 50s then so he did not join our team until he turned 60 in 2017. He has been a key stalwart member of the BRR Men 60-69 team ever since. The words presented in this profile are his. Any editing performed was simply to arrange the narrative in sequence and enhance readability.

Where were you born and where did you grow up?

I was born in Denver, Colorado in 1957 and I grew up in the West Side projects near Colfax Avenue in the poorest part of the city. Then it was low-income housing for people who didn't have jobs and were on welfare. My family moved each year until we moved to the East Side projects. Back then it was 99 percent Hispanic. People who lived there were in bad circumstances.

Both my parents were Native American. My dad was an Apache from Aguilar, Colorado near Trinidad and my mom was a Jicarilla Apache from the Las Vegas area of northern New Mexico. They had met in Denver. My dad was a laborer and a brick carrier for Denver's downtown buildings.

But his arm was injured in a car accident and could no longer work. He began to drink hard alcohol, like whiskey, became an alcoholic and passed away at age 33 when I was 10 years old. He lived with his grandmother for his last couple of years and she took care of him until he died. My mom had separated from my father when I was 6 years old because he was physically and psychologically abusive to her.

I was the youngest of six children. My older fraternal twins, John and Joan, died at birth. My mother was nearly full-term with the twins, about 9 months pregnant, when she was in a physical fight and got hurt, which caused their deaths in the womb. So I had only two older brothers and a sister.

Without a father to help my family had to live in a survival mode. Mom worked as a seamstress and she took us to her parents when she was working during the day. But they would beat my siblings and I. We would fight back, which they didn't like. So Mom couldn't take us there anymore. She would leave us at home alone. My oldest brother would beat and torture us. It was

brutal. But we knew how to fight others in the neighborhood...and run too! Eventually Mom abandoned our home and my siblings and I no longer had food. So I ran away from home in the 8th grade and never went back home. I slept under viaducts and in the back seat of cars that I broke into. There was an Italian family that took me in when I was about 13 years old. Then I went to Manual High School near Curtis Park and the East Side projects, which had mostly African American students. When I was a senior I was bused to John F. Kennedy High School as a minority student. I got my girlfriend pregnant in 1974 and we got married when I was in 11th grade. I graduated from high school in 1975.

I started attending the University of Northern Colorado after graduating high school. I was a walk on to the college cross country team and the fifth man on team my first semester. I worked two jobs One in the school library after track practice and the other until midnight five nights a week as a dishwasher in the dormitory dining room. I also ran the steeplechase. As a freshman, I was the only member of the team who was willing to race the 5K,



Jeff in his first steeplechase race for the University of Northern Colorado. This meet took place at the University of Southern Colorado in Pueblo, CO in 1976.



Jeff as a Senior at Denver's John F. Kennedy High School in 1975

10K and steeplechase all in the same day. I'll never forget one winter steeplechase race we had in Spearfish, South Dakota. There were hunks of ice floating in the water jump pit!

My second semester I got a track and cross country scholarship for the rest of my college career. It paid my tuition, fees, and books and I no longer had to work two jobs. My wife and I got divorced in 1977.

In 1978 when I was in my junior year a freshman team member from Cincinnati started to pick on me one day because I was a minority. He wanted to fight me. I was stretching and sitting on the ground. I ignored him. He was frustrated because I didn't respond. Then he kicked me. Had he known that I was a very good fighter he would have never done that. I jumped up to take him on and beat him up pretty easily. Then our new coach came over and said to me, "You want to fight someone, fight me!" That was Doug Bell. He diffused the situation and cooled me down. That was the beginning of a 44-year friendship with Doug. Many years later he invited me to serve on the BRR M60 team. I graduated UNC with a degree in Business Management in 1980.

Where do you live now?

I retired and moved to Thornton last August. Before that I moved around a fair amount. After graduating college I started coaching for the UNC track and cross country team. Then I briefly coached the male and female long distance runners for the University of New Mexico in Albuquerque. That was followed by a similar graduate assistant coaching position for Texas Tech University in Lubbock, Texas. I continued to live and work in Texas until retiring last August and moving to Thornton. However, this winter has been too cold for me so I'm now planning on living in El Paso during the winter.

What did you do for a living/professionally?

The first 30 years of my career I worked many jobs from janitor to serving as a purchasing agent for General Motors in El Paso. I would buy auto parts made throughout the world that would be assembled in Mexico and sent to GM plants all over the U.S. In 2001 I became a full-time Socorro High School "Bulldogs" girls and boys track and cross country coach and taught financial literacy there for the previous 20 years before I retired in 2021.

Tell us a little about your immediate family.

My oldest daughter from my first marriage lives in New Jersey and serves an executive for a German based import/export company. When I was at Texas Tech I started dating one of the women on the team, Maria Medina. She was a miler and the first NCAA All-American from Texas Tech in cross country. We got married in 1984. We had a son and daughter together. Our youngest daughter lives in El Paso and is a professional artist and has her own company. She paints portraits of people and animals. Our son lives in Japan and teaches English to public school Japanese children. He is also an artist. Maria is a sales representative for a company that



At Texas Tech's Jarvis Scott Open indoor meet on February 18, 2022 with twin sisters Janeth and Jazmine Chacon. Jeff coached both sisters in high school.

provides sports equipment for high school and colleges. She is my equipment sponsor and supplies me with running shoes, racing shorts and tops, warm-ups, and socks.

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

I had to take the Denver public bus to Manual High School because there were no school buses to take us there. I would often get jumped and beaten up by gang members from another school in the back of the bus. From then on I ran to school in the morning and then back home when school was over to survive. Once Billy Mills, the Native American Olympian, came to our high school as a guest speaker to motivate students. He told us about his 10,000 meter gold medal win at the Tokyo Olympics in 1964. He was an inspiration to me. I realized that I could run a race like that too. I joined the track team. I wasn't that good at the shorter track distances. They were Colorado high school champions in the 100, 200, 400 and 800 meter events. So I became their only miler because no one else on the team wanted to run that distance. My

first race was the mile in February 1973 at Fairview High School in Boulder. I placed second with a 4:51 time.

What do you consider your favorite race? Why?

The steeplechase requires speed, strength, endurance and toughness. I ran this event through 1985 and then didn't race it again until 2001. I placed third in my age group at the steeplechase event at the USATF Masters Track & Field outdoor national championship meet at Iowa State University in Ames, Iowa last July. I ran the first lap and water jump with four other guys. Five of us hit it the water jump at the same time. One of them stepped on my right big toe and broke it. There was blood all over. Now my right toe was broken and left ankle was sprained. I just wanted to quit. But I was sixth place, just held on, and kept getting faster. In the next lap I was in fifth place. In the last lap I focused on catching up to the guy in third place. I passed him at the 200 meter mark just before the water jump and he couldn't believe it. My last lap was the fastest of anyone, 1:40. I ran a 8:49 race and finished in third place. I then ran a 10K race the next day in honor of Billy Mills.

What is your favorite race distance? What is your personal record (PR) at that distance?

My favorite race distance is the mile with a personal record best time of 4:07. I have now run a sub-five or sub-six minute mile every year for 50 years in a row. It started in 1973 at Boulder's Fairview High School. For the next 31 years I annually ran a sub-five minute mile. Since 2004 I have succeeded in running a sub-six minute mile every year in a race. The last time I raced the mile was at Texas Tech's Jarvis Scott Open indoor meet on February 18 of this year. Jarvis Scott was an Olympic runner and my coach, so I was one of their guests of honor at the meet. I ran 5:54.98 and kept my sub-six mile streak alive for another year. I went out too fast with a

bunch of younger guys and the rest of the race hung on for my dear life. It was the toughest mile I ever ran.

What are some future running/racing goals?

My racing goals are to 1) continue racing with the BRR Men 60-69 team at the national level; 2) prepare for the steeplechase; 3) race the mile under six minutes for as long as I can; and 4) and keep my nearly 43 year running streak (over 15,600 days) without missing a day, even when sick or hurt. I want to stay with the BRR age group teams as long as I can and race USATF's Masters track and field and long distance running events.

What are your thoughts about being a member of the BRR M60+ team?

I love being a member of the M60+ Boulder Road Running team. It's part of my history from being from Colorado and where my running first started. I don't want to belong to any other club. I will certainly continue to train smart to stay on the team.

Is there anything else that you would like to share with us?

The students I had at Socorro High School in El Paso were primarily Hispanic and the poorest of the poor. When I first started coaching these kids many smoked pot, drank alcohol, and weren't very good. But I worked with them. I got rid of the bad kids. I told them that they had to do well academically and taught them how they needed to prepare for college. They got better and I started taking them all over the state of Texas to be seen by college coaches.

Since I had been a college coach I knew what schools were looking for in new recruits. Soon many of the universities wanted my students because they knew they were being trained properly to be excellent college runners. I succeeded in getting many of them university scholarships. Originally, I encouraged them to go to Texas Tech. But soon my student runners told me that they preferred not to go to school there because now they were better able to pick and choose where they went to college. After I retired the colleges were still coming to me for my student runners. I was very fortunate to be able to have helped my runners.



Left to Right, Jeff, Kyle Hubbard, George Braun, Doug Bell. Taken when the BRR M60+ team won gold at the USATF Masters 5K National Championship in Syracuse, New York in October 2017

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
3/15 to 11/1	Tuesday Fun run	Avery Brewing Co.	Team , BRR
Club Races			
March 17	St. Patrick's Day 5K Fun Run	Avery Brewing Co.	Team , BRR
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
May 21	Frank Shorter Track Classic	Nevin Platt Middle School	Team , BRR
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 <i>(For more information, contact Bruce Kirschner, bhkirsch@comcast.net)</i>			
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

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