

The President's Message



The evidence is all around us – American running is in the midst of (another) popular revolution. At every level, participation is up, records are falling, and the culture of our sport is evolving in powerful ways. Access to live streams makes the sport very personal and easy to follow.

No more network commercial breaks from racing action during distance events!

Who watched Elise Cranny run the 5K indoor American Record (AR) at Boston University? Or again, a few weeks later, when she out ran the pacing lights but missed the AR by just 1 second in posting a remarkable 30:14. How about Niwot High School elite Zane Bergen's 4:02 Mile for a runner up finish at New Balance High School Indoor Nationals?

We got to watch CU Buff Micaela De-Genero move from last position with 420 meters remaining to win the NCAA Indoor Mile Championship, closing in 61 seconds for the final 400 to blow away the field. My favorite highlight from indoor season – George Beamish outsmarting and out running Cole Hocker and Cooper Teare in the 3,000 meters last month at the Armory.

Even Masters athletes were live streamed for 3 days from the Armory during Indoor Nationals (including our own Todd Straka's medal winning mile performance). I confess to being so star struck by Greater Philadelphia TC's Michelle Rohl and her three W55 American Records in three

days that I went back and watched them again on USATF TV!

The point is if you want front row seats to this action and more, it is available for less than a Starbucks visit. Support has swollen at a grass roots level that is causing big sponsors to pay attention. Shoe and apparel companies are posting record sales. More brands are diving into the running market. When Lululemon signs an Olympian and launches a running shoe line, you know it's on.

As I walked around the Armory last month gawking at decades upon decades of displayed track and field memorabilia, it hit me what a special time this is in our sport. The Club scene is back stronger than ever. Remember the heyday of Athletics West and Santa Monica Track Club? Remember live broadcasts of the Mile from Madison Square Garden?

It's all back and better than ever. Why better?

Age group athletes are racing at the same prestigious venues, streamed from the same cameras, using the same high quality production equipment. Imagine what baseball and football enthusiasts would give to compete in the venue hosting a World Series or Super Bowl and then watch it all back in broadcast quality. This is the new norm in our sport.

We also get the equivalent of backstage passes to any event we want courtesy of Social Media, live streams, You Tube, and pro athletes who have learned they can make a living in the sport by interacting

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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 APRIL
4 BRR FIRST MONDAY AT SANITAS
BREWING, 5:30-7:30 P.M.**



President's Message, *continued*

with their fans.

Representing BRR in three National competitions, I better understand what a special place our Club occupies in our sport's past, present, and future. Todd and I spent three days with the best of the best from iconic Club's like West Valley TC, Greater Philadelphia TC, Central Park TC, So Cal TC, Garden State TC, as well as other Colorado Clubs. Going out to dinner together and hanging out in the stands of the Armory between races, you quickly realize we are all a part of something far greater than ourselves.

Immersing yourself in the center of this experience is as easy as immersing yourself in our Club. Give yourself the opportunity to enjoy this remarkable time in our sport. Make time for it.

Your Club membership, and active participation, places you at the heart of the greatest renaissance in American running since names like Pre, Frank, Bill, Marty, Grete, Joan, and Mary lit the flame of popular running in the USA.

Here's a stat care of John Bridges, Membership Chair: 25% of our active membership is new to the Club in the past 15 months. Further, a whopping 60% of this group joined to represent the Club on one of our Race teams. Lets' go!

With new Women's 50 and Men's 40 teams set to debut this year, our membership and teams are poised to show strong growth again this year.

As for the 40% of new members joining the Club without plans to race, THANK YOU! You are already leading the way by taking on essential roles – organizing events, club socials, developing content, event planning, and serving on the Board. You represent the hardworking, philanthropic, and community-minded, resources we need to thrive. You are the brightest of the lights in our Club without whom we would achieve very little of our mission.

With our All-Comer Track Series fast approaching and co-hosting the National 5K Masters Cross-Country Championship in October, we truly need everyone. Our largest source of income is our signature Track Series. Hand raisers, please be at the ready as the call for volunteers starts going out next month.

BRR is home to our communities' true enthusiasts of the sport. Our spirit of community service and not-for-profit status cement our servant leadership status. We have a remarkable opportunity to stoke the flame locally and nationally this year. It is a very exciting time to be a part of our Club.



Todd (3rd place) and Chris at the Armory Indoor Mile



Boulder Road Runners, Inc.
Officers and Contact Information
2022

ELECTED OFFICERS

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Do You Need Vitamin Pills?

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

The U.S. Preventive Services Task Force does not recommend the routine use of vitamin or mineral pills to prevent chronic diseases (USPSTF Bulletin, May 4, 2021). Heart disease is the leading cause of death in the U.S. today, but taking vitamin pills has not been shown to prevent heart disease, and neither the American Heart Association nor the American College of Cardiology recommend them. A study of 14,000 middle-aged doctors found that those taking vitamin pills for more than 10 years did not have a reduced incidence of heart attacks, strokes, or death (JAMA, Nov 7, 2012;308(17):1751-60). Multivitamins also have not been shown to prevent dementia; an analysis of 28 different studies that followed more than 83,000 healthy people over age 40 for up to 18 years found that pills containing B vitamins, beta carotene, vitamins C, vitamin D, vitamin E, zinc, copper or selenium (alone or in combinations) did not prevent or treat dementia and loss of brain function with aging (Cochrane Database of Systematic Reviews, December 17, 2018).

All of the vitamins necessary for human life and health come from foods, with the exception of vitamin D which comes primarily from sunlight. Your body requires 13 vitamins and more than 15 minerals, but taking vitamin or mineral pills will not compensate for a poor diet, obesity, lack of exercise, smoke or alcohol. You should be preventing disease and prolonging life by eating a healthful, plant-based diet that limits sugar-added foods, mammal meat, processed meats and fried foods. Then check with your doctor to see if you need tests for specific deficiencies, particularly:

- vitamin D in people who do not get sun exposure

- vitamin B12 in older people and vegetarians
- protein in people who eat no animal products

Your risk for B12 deficiency increases with age because you can lose much of your stomach acidity that is necessary to help you absorb B12. Most healthful diets restrict animal products, the major source of B12 (Annu Rev Nutr, 1999;19:357-77), and vegans and vegetarians may also suffer from other deficiencies (Nutr Rev, 2013 Feb;71(2):110-7).

How Vitamins Work in Your Body

Most vitamins, particularly the B vitamins, are parts of enzymes that start chemical reactions. Chemical reactions break down food so that it can be absorbed into your bloodstream, start the processes that turn food into the fuel that your body uses for its various functions, and build and repair all of the tissues in your body. All of these chemical reactions are started by enzymes made by your body and by the bacteria that live in your body.

For example, for chemical A to go to chemical B and release energy for your cells to use, you need a first enzyme to start that chemical reaction. Then you need a second enzyme to break down chemical B to form chemical C and release more energy. If you have the first enzyme, you make lots of chemical B. If you lack the second enzyme that breaks down chemical B, chemical B could accumulate in large amounts in your body and may be toxic and harm you.

Scientists do not know all of the chemical reactions started by vitamins, but they have worked out how some of the B vitamins help to make all of the proteins in your body. All human protein is made up of building blocks called amino acids. Nine amino acids cannot be made by the human body, so they are called essential amino acids. The other 13 can be made from the essential amino acids, so you don't need to get them from your food; these are called the non-essential amino acids

You use enzymes from the B vitamins to make the non-essential amino acid cysteine from the essential amino acid, methionine. However, methionine must go through several chemical reactions that make homocysteine before it makes cysteine. Thus Methionine > Homocysteine > Cysteine. However, homocysteine is associated with increased risk for heart attacks, so if it accumulates in the body it may be harmful. Vitamin B6 (pyridoxine) converts homocysteine to methionine and vitamin B9 (folic acid), and/or B12 (cobalamin) converts homocysteine to cysteine. Vitamin B3 (niacin) converts cysteine back into homocysteine. The B vitamins depend on all of the other B vitamins and more to avoid the buildup of toxic chemicals in your body.

Who May Benefit from Specific Vitamin or Mineral Pills

Many years ago, scurvy was common in people who did not eat fruit as a source of vitamin C, and beriberi was common in people who lacked thiamine because they did not eat whole grains. Today diets are more varied and many processed

Do You Need Vitamin Pills (continued)?

foods are fortified, so these deficiency diseases are rarely seen, and then usually only in illness or severe deprivation. North Americans die far more often from diseases caused by excess food than from deficiencies.

Doctors may recommend specific vitamins or minerals in their treatment recommendations for patients such as:

- people with conditions that make it difficult to absorb and retain some nutrients
- people with diseases that cause body or muscle wasting
- pregnant women
- vegans who eat no animal products at all and need a source of vitamin B12
- some older people who do not eat properly or people with restricted eating patterns

- vitamin D for people who do not get adequate sunlight
- people who cannot metabolize B12
- possibly people with macular degeneration
- people with stomach problems who must take proton pump inhibitors
- possibly some people on metformin to treat diabetes

My Recommendations

There is no scientific evidence that vitamin or mineral pills prevent dementia, heart attacks or chronic diseases. Micronutrients in food are typically better absorbed by the body than those from pills, so I do not recommend taking vitamin pills, mineral pills or other supplements unless you and your doctor have identified a special need such

as those listed above. Since nobody knows all of the chemical reactions that go on in your body, I recommend that you follow what most scientists consider to be healthful lifestyle habits (including diet), and not depend on pills that have more questions than answers.

- get plenty of exercise
- eat lots of vegetables, fruits, and seeds (nuts, beans, whole grains)
- restrict sugar-added foods and drinks, red meat, processed meats and fried foods
- avoid being overweight
- avoid all forms of tobacco
- restrict or avoid alcohol
- avoid recreational drugs and unnecessary prescription drugs or over-the-counter products

Has your Boulder Road Runners membership expired?
Please renew today!
<http://boulderroadrunners.org>

Why not renew right now?
JUST CLICK THIS BOX.

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

BRR Men 60-69 Team Wins Gold at USATF Half Marathon National Championship

From Adam Feerst and Bruce Kirschner

USATF's "Running Professor" Paul Carlin had been prognosticating in advance of the Half Marathon National Championship about the Men 60-64 age division: "This division should come down to Rick Lee vs. [BRR's] Roger Sayre. When they met at Sandy Hook in September, Sayre was still not back to 100%. It will be interesting to see how these two match up on Sunday. It is not long distance and it is on the turf, not the roads, but in December Sayre ran a half minute faster than Lee at the Club Cross Country championships in Tallahassee. In October Sayre ran a 1:23:05 Half at the Colorado Marathon at altitude. In January he turned in a 39:45 10K, also at altitude. Lee is favored over Sayre at the half marathon distance but it will likely be close. It will probably take a sub 1:30 to be the third athlete on this division's podium. Who will it be? [BRR's] Adam Feerst ran the Horsetooth [Half Marathon] at altitude in 1:29:28 last November..."

As it turned out, Sayre ran 1:21:42 for second in the 60-64 age group the Boulder Road Runner Men 60+ team took first at the USATF Half Marathon Championships in Syracuse, New York on March 20. Adam Feerst ran 1:26:23 for fourth and Mike Fronsoe ran 1:29:35 for sixth. The team finished over 6 minutes ahead of the second place team, New Jersey's Shore Athletic Club, and over 20 minutes ahead



Roger Sayre finishing 2nd



Left to right: Adam Feerst, Roger Sayre, Mike Fronsoe

of the third place team, New York's Genesee Valley Harriers.

Beside finishing second in his age group, Sayre was also the second highest age graded male with a 90.66%, surpassing the 90% "world class" gold standard. Feerst age graded at 84.07% and Fronsoe at 81.86%, both exceeding the "national class" 80% bronze standard.

According to Feerst, "The course could've been easier and the weather better. There was about an average of 450 feet of climbing according to multiple Strava apps. Although we raced during the small window without rain on Sunday, it was chilly, with temperatures in the low 40s, and much of the middle and latter miles were into a stiff headwind. Sayre agreed, "...much of the way after about five miles was into a headwind and that's where we had the downhill, but it could have been worse. We had good day out there."

Adam: BRR's 60+ team now leads the 2022 USATF Masters National Grand Prix (MNGP) team standings with 360 points through four races, including two first place finishes at the series first race in the series, the Club Cross national championship in Tallahassee, Florida last December, and now the Syracuse race. The team

also has two third place finishes: the XC national championship in January at San Diego and the 5K national championship in February at Atlanta. It is the only Men 60+ team to have scored in all four MNGP races. BRR's 70+ team is in third place with two first place finishes from their two races.

In the individual MNGP standings, BRR's Tim DeGrado is in fourth place, Roger Sayre fifth, and Adam Feerst seventh in the Men 60-64 age group. Kyle Hubbart is sixth in the Men 65-69 age group. BRR's Doug Bell is in fourth place, Mike Wien sixth place, and Rick Katz seventh place in the Men 70-74 age group. Gary Ostwald is seventh and Jan Frisby tenth in the Men 75-79 age group.

Next up is the Masters National 10 Mile National Championship in Sacramento, California on April 3. Both the BRR Men 60+ and Men 70+ teams will be competing.

The USATF MNGP consists of nine races from 1 mile to half marathon. Team and individual standings are based on the best five scores. The 2022 MNGP race series concludes with the Masters 5k cross country championships in Boulder on October 22.

Remembering Louise Adams

From Michael Sandroock and Daily Camera

When I read the obituary for Louise Adams in last Wednesday's Camera, I knew right away there could have been only one runner to have contributed to it — her longtime friend and Boulder Road Runner clubmate Carl Mohr.

Louise Adams was a fixture in the Boulder running community and a top age-group masters competitor for many years. She had a simple explanation of why she kept racing well into her 80s: "I enjoyed it." (Carl Mohr/Courtesy photo)

Adams passed away at age 100 two weeks ago, and the obit summed up her life story well, from her days serving in World War II for her native Canada to walking up and down Broadway Street twice a day on her way to and from her job at Mapleton Elementary to her many U.S. masters age-group records and wins.

Adams "embraced the sport of running, traveling to all but two continents in the company of like-minded companions," wrote Mohr. "The fitness community fondly remembers her glory days as a competitive masters runner when folks decades younger than Louise would struggle to match her pace over any distance." Indeed, Adams was still clocking 26 minutes for 5K well into her 70s and would match strides with many of us on Sunday group runs. Adams was a diminutive runner, standing all of 5-feet in thick-soled running shoes, and when I first interviewed her years ago at her house, she had a brace of medals around her neck.

When I joked that the weight of the medals weighed her down and likely knocked a couple of inches off her height, she glanced up with a stern look, saying what I saw was but a small part of her racing hardware. Beneath glass in a coffee table were some of her World Championship medals; up on a wall, scores more. Somewhere in there were the 19 U.S. records and four world age-group records she ran on her way to

being named Colorado Sportswoman of the Year and being inducted into the U.S. Masters Running Hall of Fame.

I thought of Adams when reading about a new book co-authored by former University of Colorado star Sara Slattery (with Molly Huddle) titled "How She Did It." For women of Adams' generation and the generation after, there were no opportunities to compete, no organized teams, no races, no mentors or guides. How Adams did it was through grit and determination, seizing the opportunity to age-group race when it came in 1977, in the nascent years of the Running Boom. She is a link to the condition of women growing up in the Depression years — marrying, starting a family and discovering running later in life.

Remember, it was not until 1972 that the 1500 meters for women became an Olympic event, and when women were allowed to enter the New York City Marathon the same year, they staged a sit-in because of the requirement that the women — all six



Louise Adams, center, poses with teammates on the Potts Field track before traveling to the 2009 World Masters Track and Field Championships in Riccione, Italy.

of them — start 10 minutes before or after the men. It changed quickly in the ensuing decades, and Adams did not begrudge her late start in running. She had a joie de vivre in her running that was apparent to all, including CU head coach Mark Wetmore, who would see Adams down at Potts Field years ago doing her workout while his runners were warming up.

"Louise is an inspiration," Wetmore said about Adams and her training at the time for the World Masters Track and Field Championships. "I have more respect for Louise than for many other runners. Training is easy to do when you are 20, and very difficult when you are 85."

Training was indeed getting more difficult, and those 2009 World Championships held in Italy were to be her swan song from racing. Adams stayed active in the ensuing years, coming to social events in the company of Mohr and his wife, Sally. Their daughter Katrina remembers as a child trying to keep up with Adams during Sunday club runs and seeing her drive around town in her beloved Mustang.

"She was inspiring because she embodied strength and always did her own thing and followed her interests," Katrina Mohr wrote in an email. "Louise didn't care if people thought she was too small or old to be driving a muscle car or running all over the world. She was the best. I'm glad she was such a big part of my childhood."

Perhaps Adams' friend, Rich Castro, head of the Boulder Road Runners during her time with the club, said it best after her retirement from racing: "Louise always has a smile and a quick hello for everyone and is a pleasure to work with. You can't have enough people like Louise in your club — or in this world."

Follow Mike Sandroock on Instagram: @Mike Sandroock

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	Partnership
Upcoming Events			
First Mondays, 5:30 pm	BRR First Monday Social	Sanitas Brewing (April 4) Upslope Brewing (May 2)	BRR, Free
Every Sunday 9 am	BRR Sunday Group Run	Parking lot at 5500 Central Ave Boulder	BRR
3/15 to 11/1	Tuesday Fun run	Avery Brewing Co.	Team
8 & 9 April	CU Colorado Invitational	CU Potts Field	Officials & Volunteers
Upcoming 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
May 21	Frank Shorter Track Classic	Nevin Platt Middle School	Team , BRR
May 30	BolderBoulder	CU Campus, Field House	BolderBoulder
June 2 & 16, July 7 & 21, August 4 & 18	All Comers Summer Track Series		BRR, Website
October 22	USATF Masters 5KM	Boulder, CO	Officials & Volunteers
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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