

## The President's Message

Lots to share and celebrate – our volunteers, Nell the sequel, the BolderBoulder returns, more new members, June Club Social, and a May Member Meeting. This issue is a must read!

**BRR Volunteers** are the shoulders on which our running community stands...

...huge thanks to Carl Mohr, Don Janicki, Lyle Rosbothum, Andy Edmonson, Dan Pierce, John Bridges, and Todd Straka for all their efforts to help produce four home track and field meets for CU this season.

...BRR volunteers will set up and take down the mile and kilometer course markers (30 in total). We need four teams of 5 people. There are other opportunities as well to pack lunches on Saturday and sort out unregistered runners before they enter the stadium. Text or email Bridges or me to join a crew.

### Socials and Club Meeting...

...May 23rd please join online for an All-Club Meeting where the Board will share the Club's 2022 plan, budget, and 2021 results to deliver on our promise of transparency.

...Our June 6th First Monday will be a very special "Club Night" hosted by Shoes & Brews in Longmont featuring an 800 meter road challenge – a fun out and back, around the keg route – plus game night, beer and food trucks. Prizes are on the line for game night! Other Colorado Running Clubs will be joining us for a fun evening. RSVP appreciated. More to come.

### Membership...

...our ranks are swelling again as folks join to serve our community mission and represent on a Club race team. Special welcomes to new members of our Men's 40 team and Women's 50 and Open teams. Hosting the USA Master's 5K Cross-Country Championship is motivating those presently unaffiliated with a Club.

### How about Nell?!

...When Nell Rojas joined our First Monday on February 7th via Zoom from Arizona to give members an update on her training you would have never known from her calm demeanor she was about to repeat as top American. We are blessed to have such a great Boulder native representing our community on the world stage.

### Race Roundup...

- 127th Boston Marathon...shouts outs to Nell, Mike Wein, Roger Sayre!
- Mike Fanelli Track Classic ...John Minen wins the mile (4:15.8)
- Boulder Track Series, Meet #1...Becca Evans phenomenal club debut in the 1500 (4:49). Kudos to Nancy Antos, Virginia Schultz, Lesia Atkinson, Todd Straka, Jason Renk, Bob West, and Chris McDonald.
- Half Marathons – Duane Rorie (1:18 @ OKC), Michael Kraus (1:16 @ Equinox), Glen Mays (1:21 @ Ocrakoke Island)
- 10K USATF Championship – Tom DeGrado (M60 National Champion), Jeff Barros, Jan Frisby, John Borthwick,
- Grand Blue Mile...John Borthwick, M55 Champion (5:12), Jason Renk, M40 5th place (5:06)

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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 MAY  
 2 BRR FIRST MONDAY AT UPSLOPE  
 BREWING COMPANY, 5:30-7:30 P.M.**

### BRR Member Meeting 5/23

**Join via Google Meet:**  
[meet.google.com/bdc-sari-jee](https://meet.google.com/bdc-sari-jee)  
**Join via Phone:**  
 (US) +1 508-970-9182 PIN: 615 156 612#



## Our BOLDERBoulder Returns

The Boulder Road Runners and the BolderBoulder grew up together. Nothing illustrates that fact more than our club's long history of volunteerism and blanketing the All-Time Age Group records.

All-Time Age Group records is arguably the most prestigious list to make in Boulder. Earning a spot means you were among the top 20 across all 41 years of the BolderBoulder. Look it up at [bolderboulder.com/all-time-records](https://bolderboulder.com/all-time-records).

Our own Dave Dooley has made the list 31-times. Doug Bell 21 times, including 15-times in the #1 position. Nobody has more #1s than Doug. Arguably they are the greatest age group racers in BolderBoulder history. On the women's side, Lesia Atkinson leads the way for BRR women with 7 results on the list in a 9 year span.

Strong honorable mentions to Andy Ames (13), Rick Katz (13), Tom Lemire (11), Elliott Henry (11), Melody Fairchild (6), Kyle Hubbart (6), Jay Survil (6), Dan Spale (5), Bob Weiner (5), Todd Straka (4), Kevin Konczak (4), Jeff Dumas (4), Roger Sayre (4).

"When the BolderBoulder started keeping all-time records, that got me hooked," Doug Bell commented. "Every year I wanted to set a new age record or at least place in the top few. It still drives me."

The longtime proprietor of Bell's Running in Greeley, Doug's customers began asking in 1988 if he was going to run the BolderBoulder. After the race they asked if he

did the BB. He decided it was "good for business." The race has also had a terrific effect on the Greeley running community. With 26 finishes to his name, I suspect Doug celebrates the return to racing after the two-year COVID hiatus with another #1 result for his age.

According to Tom Lemire: "BRR member duties have included 5am day of race barricades, motorcycle patrol for towing clueless cars on the course, Medical Tent volunteers with Dr. Todd Dorfman from BCH, mile Marshalls willing to find 50 friends per mile prior to the orange plastic fencing days, WADA chaperones to escort elites for selected drug testing immediately after the pro race, wave start rope handlers and finish line spindlers."

BRR volunteers often run first and work the race afterward, but for most, like course Marshalls, it is a six hour commitment to keeping the course safe while cheering for even the slowest waves.

"By hour three of having a continuous stream of bodies flow past, some volunteers hallucinated that the street had started to flow in the opposite direction," joked Tom.

This year our club is setting up and tearing down mile and kilometer markers for the race. Consistent with tradition, so far the entire tear down crew is also racing first. To volunteer, please drop a note to John Bridges or [president@boulderroadrunners.org](mailto:president@boulderroadrunners.org)

## bOLDERbOULDER

planning, training, organizing paced miles, arrangements collimating wee-hour hung banners, regulated clocks, race-ready arms and legs **volRUNteers** stationed ready on their marks

from **nervous** corrals bodies bugle-burst into roll-stepping tutus, uniforms, singlets, socks, costumes, kits, shoes, shorts, t-shirts, hats, headbands, leggings, gloves  
100 **waves** seriatim wet, **Slip 'N Slide** wet, sweat-wet multi-**colors** scattered across Boulder roads worn from 43 years' **speed-kick** of **always hilly**, belly dancers, bands, **bagpipes**

**tired persistence** step-rolling drawn on by **stadium** cheers, intent, determined, the **beer**, a lunch bag boosting proof to respite-ripples with **family and friends**, skydivers' **military** tribute 50,000 drift together, auras basking **honored, elated** on **Memorial Day** – the **tradition**, the **spectacle**, the **fun**, held tight by the doing, soaked into each bib

10  
Rimming  
Running  
Walking  
Kilometers

~Virginia Schultz  
4/30/2022

## Volunteer Photos



Dan Pierce



John Bridges



Andy Edmonson (left) and  
Lyle Rosbotham



Don Jancki



Boulder Road Runners, Inc.  
Officers and Contact Information  
2022

### ELECTED OFFICERS

Chris McDonald, President  
president@boulderroadrunners.org  
Todd Straka, Vice President  
toddstraka@gmail.com  
Flavio DeSimone, Treasurer  
flaviodesimone1@gmail.com  
Becca Evans, Secretary  
rdgarst@gmail.com  
John Bridges, Volunteer Coordinator  
John@boulderroadrunners.org  
Lorraine Green, At-Large  
toucanlorraine@gmail.com  
Deb Conley, At-Large-,  
deborahconley19@gmail.com

### APPOINTED POSITIONS

Mike Wien, Advisor to the Board  
mike@specifedge.com  
Todd Straka, Meet Director,  
Summer Track & Field Series  
toddstraka@gmail.com  
Elliott Henry, Newsletter Editor  
ejhenry@pcisys.net  
Ken Thurow, Volunteer Coordinator  
kdthurow@aol.com  
Tom Lemire, Historian  
Tom\_lemire@yahoo.com  
Lee Troop, T.E.A.M. Liaison  
lee@teamboco.com  
Ewen North, Revolution Running Liaison  
ewen@revolution-running.com

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

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now?

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BOX.

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# Irregular Heartbeats in Lifelong Exercisers

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

Many studies show that a lifetime of vigorous exercise makes the heart stronger and healthier and does not harm it. However, as I reported earlier, a few studies that got a lot of media attention suggested that chronic intense exercise can damage the heart to cause irregular heartbeats.

Now a study of elite lifetime endurance athletes has found no evidence of irregular heartbeats from damage to the right ventricular heart chamber (*Circulation*, May 17, 2016;133(20):1927-35). Thirty-three world-class endurance athletes, 30 to 60 years old and training for more than 15 hours per week, received extensive heart function tests that were compared to the same number of healthy men who did not have a regular exercise program. Of course the athletes had larger and stronger right ventricles, and there was no evidence of damage or potentially harmful effects. Their hearts pumped more blood, beat at a much slower resting rate, and most importantly, had no evidence of irregular heartbeats called atrial fibrillation that had been reported in an earlier study. Note that the tests in this study were not done immediately after racing, while a previous study (see below) tested the athletes right after a race. This new study shows that athletes with lifelong high volumes of training seem to be very unlikely to suffer from heart disease.

## ***Why the Earlier Studies May Not Show Heart Damage***

Forty athletes were tested immediately after a three-to-11-hour cross country ski race and were found to have right ventricular abnormalities (*Eur Heart J*, Apr 2012;33(8):998-1006). However, the abnormalities returned to normal when the athletes were retested at a later date. This

shows that the reported short-term heart muscle damage may really not have been heart damage at all. It could be the same changes that occur after vigorous exercise in all muscles that are exercised vigorously. Your skeletal muscles are supposed to feel sore after vigorous exercise because all muscles in your body show signs of damage after being vigorously exercised, and that can also apply to your heart muscle. All competitive athletes learn very quickly that to be competitive, they have to exercise very intensely. To make a muscle stronger, you have to exercise so intensely that you damage the z-lines that join the sarcomere blocks in muscle fibers. You can tell you are doing this when you feel a burning in muscles during exercise and delayed onset muscle soreness (DOMS) several hours afterwards. When the Z-lines in a muscle heal, the muscle is stronger.

## ***More Evidence that Vigorous Exercise Strengthens the Heart***

In another study, male participants in a 54 mile (90 km) cross-country skiing event were followed for several years. Those who skied faster and in more events had slow resting heart rates and had increased rates of atrial fibrillation (*European Heart Journal*, June 11, 2013;34(47):3624-3631). However, they were not at increased risk for the types of irregular heartbeats in the lower heart chambers that are more likely to kill them: ventricular tachycardia and ventricular fibrillation. Many other studies show that regular exercise is associated with a reduced risk of atrial fibrillation (*Heart*, 07/27/2015). Olympic endurance athletes, followed for up to 17 years, had no evidence of any damage whatever to the size, shape and function of their main pumping chambers (left ventricles) and suffered no evidence of heart

damage or disease (*J Am Coll Cardiol*, 2010;55(15):1619-1625).

## ***Lack of Exercise Increases Risk for Irregular Heartbeats***

Not exercising is a risk factor for atrial fibrillation (*Am J Cardiol*, 2012 Aug 1;110(3):425-32). A slow resting heart rate in an athlete generally indicates a strong heart, but apparently healthy men who do not exercise and have slow resting heart rates are at increased risk for atrial fibrillation (*Circ Arrhythm Electrophysiol*, Aug, 2013;6(4):726-31). Obesity is also a major risk factor for atrial fibrillation (*J Am Coll Cardiol*, Jul 7, 2015 and *JAMA*, 2004 Nov 24;292(20):2471-7). Elite endurance athletes are virtually never obese and they are unlikely to have high blood pressure, which is a major risk factor for atrial fibrillation (*J Am Soc Hypertens*, Mar 2015;9(3):191-6).

## ***Most Studies Associate Vigorous Exercise with Increased Longevity***

A review of fourteen articles on the life spans and death rates of elite endurance athletes shows that they live longer than the general population, and suffer far less from heart disease (*J of Sci and Med in Sport*, July 2010;13(4):410-416). Another review of 174 studies shows that even activities such as gardening and household chores are associated with a lower risk of stroke, breast cancer, colon cancer, diabetes and heart disease. Larger risk reductions came with increasing intensity and duration of exercise (*British Med J*, August 9, 2016). However, one study reported that intense exercise could cause scarring in the heart that may increase the risk of death from heart disease (*Mayo Clinic Proc*, June 2012;87(6):587-595),

# Irregular Heartbeats in Lifelong Exercisers (Continued)

and another article questioned the safety of exercising for more than an hour a day (Mayo Clinic Proc, 2014;89(9):1171-1175).

## *My Recommendations*

The existing evidence is that intense exercise is good for you, provided that you have a normal heart and do not have any

underlying disease. Of course, if you have chest pain or any questions about your health, you should check with your doctor.

Many different factors can damage your heart. While vigorous exercise

can help to prevent heart disease and long-term heart damage, it does not guarantee protection against irregular heartbeats and heart damage. See Atrial Fibrillation in Endurance Athletes

Checked 4/15/22

## USATF Masters 10 Mile Championship - Sacramento

The 2022 USATF Masters 10 Mile Championships, hosted by the Credit Union SACTOWN 10 Mile Run, took place Sunday morning, April 3, 2022 in Sacramento, CA. The Boulder Road Runners men's 70+ team placed first overall, led by Doug Bell of Greeley in 1:14:45, with Mike Wien, Gary Ostwald, and Jan Frisby following close behind.

The Boulder Road Runners 60+ men's team placed second in their division with Tim DeGrado of Arvada first in 59:47, followed by Adam Feerst, Jeffrey Barros, and Bruce Kirschner. The Athletics Boulder 60+ team placed fourth with Jay Littlepage, Martin Lascelles and Rick Bruess.

Additional results can be found at: <https://runsra.org/sactown-run/results-photos/>

Conducted by the Sacramento Running Association that offers the California International Marathon (CIM), the SACTOWN 10 has been run since 2010 as a sister race of the Credit Union Cherry Blossom Run on the East Coast. Over the years, they have raised nearly \$2 million for Children's Miracle Network Hospitals.

The course started at the Capitol Mall between 6th and 7th streets. Athletes looped around the downtown area, circling Southside Park and the Old Sacramento

Waterfront before crossing the Tower Bridge over the Sacramento River. They ran a circuit on the far side of the river and finish with a straight shot up the Capitol Mall to finish across the Mall from the start.

The Boulder Road Runners men's 60+ team leads the Masters National Grand Prix standings, which consists of races throughout the country. The 2022 series concludes with the Masters 5K Cross country National Championships on October 22 in Boulder.



Left to Right -Martin Lascelles, Lin Lascelles, Adam Feerst, Bruce Kirschner, Rick Bruess, and Laura Bruess

# USATF Masters 10 Mile Championship 70+ Team

## Three Down, Two to Go!

We sent four of our finest runners to Sacramento to compete in the USATF Masters 10 Mile Championship on April 3rd – in the popular SACTOWN 10. They did great!

Doug Bell finished in 1:14:45 followed closely by Mike Wien in 1:16:08 followed closely by Gary Ostwald in 1:19:50 and then by Jan Frisby with a 1:23:21. When the fantastic sub 1:20 finish times of Doug, Mike and Gary were added up, the total team score came to 3:50:42. Since the total time for the top three finishers determines the team “score” and the team rankings, this total team time earned the team another first-place team finish – the third such finish in a row!

The semi-local Tamalpa Runners scored a second-place team finished with a team time of 3:58:09 followed by the Atlanta Track Club in third-place with a team time of 4:15:28.

Also of note, Gary placed second over all in his age group (75+)! In so doing, he just edged out Leonard Goldman, one of our most popular and congenial running friends from the Bay Area in Sunny California. In the past, Len has been a “guest of honor” at the BRR dinner table the night before USATF races. Also of interest, at the ripe young age of 77, following this 10-mile race, Jan went out and played 18 holes of golf!

Also, it is worthy of note is that this 10-mile race was a mere warmup for our team’s “Energizer Bunny” who will soon be heading east to participate in the 126th running of the Boston Marathon, on Patriots Day, Monday, April 18th. As may be recalled, Mike won his age group in the



*Left to right: Mike Wien, Doug Bell, Gary Ostwald, and Jan Frisby*

Boston Marathon just last October! Interestingly, at the ripe young age of 74 Gene Dykes placed first in his age group with a phenomenal 1:07:51. As a fellow septuagenarian, one has to wonder how that is even possible! And it was good to see the Running Professor, Paul Carlin, in the lineup in Sacramento. Paul had come all the way from Michigan just so he could run shoulder-to-shoulder with his buddy, Jan.

The next race for the BRR Men’s 70+ team will be the USATF Masters One Mile Championship – a road race to be held in Rochester, New York on Saturday evening on May 21st, during their famous Rochester Twilight Festival. At this time, it looks like the BRR will be fielding three fast runners, including, so far: Doug Bell, Rick Katz and Jan Frisby. If we could enlist one or two more “sprinters” for this race, we could just about lock up the title for the 2022 Grand Prix series!

Because our teammates performed so well over the ten mile course in this race, I

can only assume that they all got a decent night’s sleep before the race. But, had any of them decided to go out partying in downtown Sacramento (definitely against the “team coordinator’s” desires!) they would have been in for a real live, old time shootout. Sadly, in the wee hours in the morning before the race, six people were killed and a dozen wounded in a hail of bullets during a gang confrontation in a part of town between the race headquarters hotel and the starting line. As one team member said, they could see the yellow tape as they made their way to the starting area -- but were not going to let the unfortunate events of the prior night throw off their focus.

“News Flash: We have just learned that Mike finished the Boston Marathon in 3:29:12 -- earning fourth place in his age group. Ironically, that time was exactly two seconds faster than Mike finished the Boston Marathon last October. How’s that for uniformity?!? Amazing!! The difference was probably due entirely to windage!”

Men’s 50+ Team Coordinator: Chris McDonald, [mcdonaldjc@gmail.com](mailto:mcdonaldjc@gmail.com)  
Women’s 50+ Team Coordinator: Deb Conley, [deborahconley19@gmail.com](mailto:deborahconley19@gmail.com)  
Men’s 60+ Team Coordinator: Bruce Kirschner, [bhkirsch@comcast.net](mailto:bhkirsch@comcast.net)  
Women’s 60+ Team Coordinator: Virginia Schultz, [Virginia.Schultz@Colorado.edu](mailto:Virginia.Schultz@Colorado.edu)  
Men’s 70+ Team Coordinator: Jeff Dumas, [jeff.dumas@comcast.net](mailto:jeff.dumas@comcast.net)



# MEMBER PROFILE

## CARL MOHR

*Jeff Dumas has provided the BRR Newsletter with another running bio for one of his BRR Men's 70+ team members. Following his long established format, Jeff started by providing Carl Mohr with a dozen questions to answer. Carl, not feeling constrained by the old "Q & A" format, responded in with a continuous narrative, as follows. Jeff thought this was great, so here you have it -- an inspiring running bio from a runner who has been racing in USATF events while sporting the BRR singlet for perhaps longer than any other currently competing BRR runner!*

As a long-time BRR member, I've got a fair number of "origin" stories that many of the newer members may find entertaining, so I'll make that the focus of this narrative, starting with my own.

I was born on a small island off the coast of New Jersey, aka Manhattan. I was an only child. We lived in a small apartment in the Bronx before moving, at age three, to a small town on the north shore of Long Island Sound called Rye which, to this day, is an idyllic place passed over by time. I could ride my bike anywhere, knew all the other kids my age and spent most of my free time playing outside. In Rye, we had a 2 bedroom apartment which remained my residence until age 22. I went to a coed parochial school (K thru 8) where we were taught by nuns and required to wear uniforms -- complete with jackets and ties. To this day many of those classmates are still my best friends. Sadly, my Dad passed away from a sudden heart attack right after my 12th birthday. After that, our only income was the monthly widow benefit provided to us by Social Security and any summer jobs that a teen could do. In those days, at age 55, my Mom was unable to find any meaningful work plus she'd never learned how to drive. Fortunately, Dad had left us the '62 Volkswagen that he used for commuting and enough savings to cover any modest indulgences or unplanned expenses.

After graduating from 8th grade, I attended Stepinac, an all-boys Catholic High School in White Plains, NY roughly 10 miles from Rye. No uniform, but jacket and tie still required. As an aside, Fr. Terry Ryan, a BRR Founding member and really fast local runner, graduated 5 years ahead of me. Alan Alda and Jon Voight also went there. The first two years, I took a bus back and forth, learning rather quickly that if I missed it there was no one to come get me and I was completely on my own getting home -- usually without any money. Finally, my 16th birthday arrived. I passed the driving test, got a license and my world became significantly larger thanks to that old '62 VW.

My Mom was, to say the least, a bit overwhelmed with the reality of having to raise a teenage boy on her own so she left the job to me. Fortunately, I was self-aware enough to realize that, at a minimum, I had to get to school on time, attend all my classes and get good grades. However, during the off-hours, I enjoyed what can politely be referred to as an undisciplined upbringing. No boundaries, no consequences, no safety net. It wasn't as much fun as you might think. The process went



Carl and Sally going Gothic

something like this: "Make a dumb mistake, then learn from it." Really NOT the best way to raise a boy.

My good grades earned me a New York Regents' Scholarship where the stipend was based upon need and I got a tuition-free ride to Syracuse University. I immediately got a hasher (waiter) job at the Gamma Phi Beta Sorority House. It provided me with all my meals and we'd get paid if there were any special weekend events like Homecoming. My only fixed expenses were substandard housing and gas money. Ah, the good old days!

It was easy to maintain good grades in College because, if you fell below 12 credit hours or a 2.0 GPA, you got drafted and (most likely) sent to Vietnam. In any case, once you graduated you were subject to immediate service based upon your "lottery" number. This was initially assigned to EVERY male under the age of 26 based upon their birthday during a live televised drawing held on Dec 1, 1969. Much like the "Hunger Games", we all sat in front of the TV as numbers 1 thru 366 were randomly attached to every month/day combination. There was much consolatory and celebratory drinking afterwards. My number was 120. In May, 1972 -- one month before my graduation, the Pentagon announced that they were stopping that year at number 95. The three prior years were all higher than 120. Just like that, the war was winding down and young men could plan their futures again.

During my four years at Syracuse, I'd gravitated toward the burgeoning field of computer science and discovered that I was pretty good at it -- enough so that I'd applied to and was accepted at the graduate school there. Since I hadn't planned on actually being able to attend until after military service, I had not yet put aside sufficient funds to make it happen. A classmate with a degree in accounting was planning to move to Colorado at the end

of the Summer and asked if I wanted to share an apartment in the Boulder area. I figured: "Why not?" I could get a waiter job or some entry level computing gig, save up some money and have enough to begin my graduate studies the following Fall.

The rest is history. Boulder became home. I got an entry level programmer job at NCAR, worked my way up the food chain into management, got a Masters in Computer Science from CU -- courtesy of NCAR, and married a nice girl from Omaha. Together we raised a daughter and a son, both of whom are happy, self-sufficient and a joy to hang with. Because of my unconventional upbringing, having a family and being a hands-on parent was especially important to me. Job one, in fact. That's the main reason why I left NCAR after 20 years to assist Sally in the operation of the Boulder Wine Merchant which we co-owned with another couple from 1985-2010. I wanted to ensure that our kids were never in day-care; that there would always be a parent home to greet them after school; and to be in attendance at every concert, every sporting event. As a stay-at-home Dad, I made it a point to have a home-cooked, sit-down dinner most evenings at 6:00pm when Sally came home from the wine shop. Owning our business and having a great partner (which we did) gave us that flexibility and I wouldn't have traded a single minute with my kids for another one at the office. To this day, my Groundhog Day meatloaf is the stuff of Mohr family legend.

One benefit of being a stay-home parent and runner is that once the kids are off to school you've got plenty of time to train. Although I was on the High School track team, I was never much of a runner. I never broke 60 seconds in the quarter or cracked 26 seconds in the 200. We had a really large and really good team at Stepinac. I was just another face in the crowd who could score easy points every now and then in the Long Jump which required minimal practice time. We had two milers who ran under 4:15 -- on cinders! Cross-country -- too much work,

why bother? I was having way more fun driving friends around after school with a cooler full of beer in the back. I got all the exercise I needed playing pickup football games. Now there was a REAL sport. Needless to add, I never ran in College, but I did play a lot of recreational football. The high point of that career was in 1980 when the Boulder Valley Insulation Bushwackers, the team I captained, won the City of Boulder "A" League flag football championship. Still my favorite trophy.

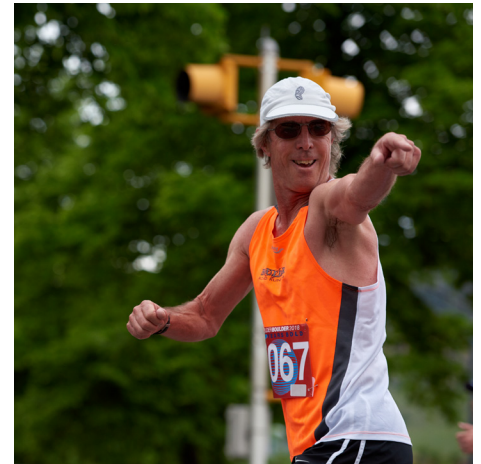
That same year, my 30th, the Doctor told me that I should exercise more regularly and I took it to heart. By then it seemed as if everyone in Boulder had taken up distance running. I figured it was time to join the crowd. So I signed up for the Lafayette 5-Miler. I'd never run more than a mile in my life and that was back when I was a 13 year-old when Coach made all the Freshmen do one. I ran an easy 5:55 and never did another. As Lafayette race day approached, I began to panic since I hadn't really done any training. The day before the race, I went over to the Boulder High track and knocked out 20 continuous laps just to reassure myself that I could complete the distance. The next day I finished in the low 40's on really sore legs. Thus began my distance running career.

So that's my origin story. Things only got better from there. Three races in my masters career, all PRs, bring a smile to my face (age in parenthesis): Boston Marathon (43) 2:45:18, Colorado Championship 10K (44) 36:29, Carlsbad 5K (48) 17:15. I have also enjoyed being on BRR medal winning age-group Cross Country championship



Carl and Sally Diving

Photo by Dave Albo



Carl at mile 4 in 2018 Bolder Boulder

teams in my 40s, 50s, 60s, and even now into my 70s! The greatest achievement, however, is still being able to run happily and injury free at the age of 71 in the company of supportive companions across this magical front-range landscape called Boulder. Although I continue to run regularly, the only competition that I plan to participate in this year will be the National 5K Cross Country Champs to be held right here in Boulder at Vielle Lake next October. Wouldn't miss it for the world! In the meantime, if I get on a plane to go anywhere, it will be someplace warm -- and underwater!

I owe everything to Rich Castro who, over time, became my coach, mentor, role model and as good a friend to me as anyone I've ever had the privilege to have known. He was, first and foremost, a family man. To me, and the rest of the membership, he relentlessly stressed the importance of giving back to the sport by volunteering. Without that critical component we're just another bunch of runners. There's a lot of history regarding BRR that hasn't been documented. And there are many more good people and significant events that have shaped its origins and development. I am glad to see that it continues to evolve and that there are individuals who continue to step up and selflessly offer their services to nurture its continued success and longevity. It has always been a group effort and we're all in this together to promote the sport we love. Let's keep it going.



# 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
<b>Recurring Club Events</b>			
First Mondays, 5:30 pm	BRR Club Social	Upslope Brewing (May 2) Shoes & Brews (June 6)	BRR, Free
May 23, 5:30 pm	All Member Meeting	Google Meets: <a href="https://meet.google.com/bdc-sari-jee">meet.google.com/bdc-sari-jee</a> Join via Phone: (US) +1 508-970-9182 PIN: 615 156 612	BRR
Every Sunday 9 am	BRR Sunday Goup Run	Parking lot at 5500 Central Ave Suite 110, Boulder	BRR
3/15 to 11/1	Tuesday Fun run	Avery Brewing Co.	<a href="#">Team</a> , BRR
<b>Events and Races</b>			
7 May	Boulder Spring Track Series #2	Manhattan Middle School	BRR, <a href="#">Website</a>
May 3, 10, 17, 24	Dash & Dine 5K	Boulder Reservoir	BRR, <a href="#">Website</a>
May 21	Frank Shorter Track Classic	Nevin Platt Middle School	<a href="#">Team</a> , BRR
May 30	BolderBoulder	CU Campus, Field House	<a href="#">BolderBoulder</a>
June 2 & 16, July 7 & 21, August 4 & 18	All Comers Summer Track Series		BRR, <a href="#">Website</a>
August 13	Mile High Mile		<a href="#">Website</a>
October 22	USATF Masters 5KM	Boulder, CO	USATF
<b>USATF Masters LDR Schedule</b> (For more information, contact Bruce Kirschner, <a href="mailto:bhkirsch@comcast.net">bhkirsch@comcast.net</a> )			
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
June 26 - July 10	World Masters	Tampere, Finland	<a href="#">Website</a>
July 29 - 31	US Masters Nationals	Lexington, KY	<a href="#">Website</a>
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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