

The President's Message

And just like that it's Summer!

The crown jewel of BRR takes center stage the next three months: BRR's All-Corner Summer Track Series! Nothing speaks to our mission like a community event designed for people of all ages and

abilities to race together. Tradition runs deep with this legacy BRR event, which is well-loved by so many. Now in its 4th decade, the meet welcomes people of ages 2 – 80+ (including the timeless Don Hayes!) – youth, masters, elites, and community members. Heats are organized by predicted finish time giving everyone peers to pace with. Try a new event; practice your favorite. Watch, participate, volunteer... but whatever you do, come out for this one-of-a-kind track and field experience. Visit our website to register AND to volunteer. Registration is open for all six meet dates...field sizes are large but limited so pick your dates and sign up today. All BRR members get a 33% discount on entry fees!

Speaking of our mission, thank you to those who attended our May member meeting. It was a pleasure to share the Club's 2022 plan and budget. Great progress is being made to better live our mission, including becoming more inclusive at all age groups and abilities. For our sport to thrive in Boulder, in Colorado, and beyond, it is essential that our club, as well as other mission-driven clubs, thrive, and participate in the movement. Every executive member of USA Track & Field and Road Runners Club of America will tell you success at an Olympic level begins

at the grass roots level. That's why USATF puts as much focus on Youth, Open, and Master's competition, as it does our National team.

The three member meetings hosted the past two months have been attended by over 60 members. It has been so successful in uniting various interest groups within the club around our mission that we are going to host one more session on Sunday evening, June 5th. I am specifically inviting feedback from those with the most questions! We have lots of Q&A time saved.

Member Meeting: 2022 Plan and Feedback
Sunday, June 5 · 7:00 – 8:15pm
Google Meet joining info
Video call link: <https://meet.google.com/poq-ikkt-fws>
Or dial: (US) +1 240-800-7036
PIN: 287 177 092

Welcome New Members in May

Jason Renk
Myles McDonald
The Perales Family (Kim, Kim, John, Victoria, and Natasha)
Kathleen Gatcliffe
Charlie LaFore
Addison Edwards
Brooke Franke
Jacob Kilmer
Grace Solarin
Tristan Quintana
Timothy Kearley
Ten Eyck, Jr and Thomas W.
Mark Tucan
Marcey Cote

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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 JUNE 6 BRR FIRST MONDAY AT SHOES AND BREWS, 5:30-7:30 P.M.



Club News and Notes

By Chris McDonald



Our weekly 8am fun run from East Boulder Rec Center is thriving in its new location. Park at the east parking lot closest to the trails and footbridge. Clean restrooms, access to the South Boulder Creek Path, and the nearby Manhattan Middle School track create options for everyone.

The BoulderBoulder's return was a smashing success for the Club in every way... over 30 members volunteered to work the race from the Elite start and post-race drug testing, supporting the press box, delivering coffee and food to 30+ stations along the route, to set up and take down of all the course mile and kilometers markers. Special thanks to those who ran the race and volunteered including the amazing Dan Spale who posted the fastest all-time result for M66 (41:13) and worked take down crew!

In total, 18 members added their name to the Boulder Boulder's ultimate list – the top 20 All-Time results. Top 5 all-time results were posted by Dan Spale (M66), Doug Bell (M71), Tom Lemire (M79), Jack Pottle (M67), Kyle Hubbart (M65), Amanda Tyndall (34), Jay Survil (M63), and Don Hayes (M90). Other Top 20 results include: Lynn Hermanson (W70), Dave Dooley (M75), Jim Reynolds (M74), Vicki Hunter (W61), Kevin Konczak (M53), Carl Mohr (M71), Jeff Dumas (M76), Mike Wien (M70), Glen Mays (M51), Flavio De Simone (M51).

Other May shout outs go to...

...Amanda Tyndall (36:39) posting the fastest BoulderBoulder time in the Club!

...Open division athletes Becca Evans and John Minen racing the 1500 at the Asuza Pacific Last Chance Meet - Becca 4:34.78 and John 3:54.67. Smoking fast!

...John Borthwick won the M55 title at the Grand Blue Mile and made the Podium at

the National Road Mile championship in Rochester, NY.

... Michael Kraus winning the Colorado Marathon. Yes, winning the Overall title!

On the event horizon...join us Monday, June 6th starting at 5:30pm for a very special First Monday Social hosted by Shoes & Brews in Longmont. We invited several Colorado clubs to join as we collaborate on growing Club running in Colorado. Events include an 800-meter challenge (out and back around the keg), casual run on the St. Vrain Greenway, Game Night, Food Trucks, and plenty of Beer. We will also recognize our BoulderBoulder Age Group Champs and 18 members who made the All-Time top 20 this year.

There is a Facebook event posted on the Boulder Road Runners page with more details. Please RSVP to help us organize the 800-meter challenge and plan logistics.

Scan or click to RSVP now!

<https://tinyurl.com/First-Monday-RSVP>



Boulder Road Runners, Inc.
Officers and Contact Information
2022

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THE BOLDER BOULDER IS BACK!

By Jeff Dumas

It was a great day for a race. Memorial Day started cool with a temperature at the start of the qualified waves in the mid-50's. To keep it cool, it was partially cloudy with a light breeze. And following the previous evenings' light rains, the course was dry. This made for fast running conditions -- and our BRR Men's 70+ teammates finish times confirm that!

By age group, here are the results for the members of the BRR Men's 70+ team who participated in this Memorial Day's Bolder Boulder 10K:

Age 70: Mike Wein, in second place at 50:11, averaging 8:05 min/mile

Benji Durden, in third place at 50:56, averaging 8:12 min/mile

Age 71: Doug Bell, in first place at 44:33, averaging 7:11 min/mile

Carl Mohr, in second

place at 49:54, averaging 8:02 min/mile

Age 72: Lyle Rosbotham, in fifth place at 1:00:31, averaging 9:45 min/mile

Age 73: Jim Reynolds, in first place at 50:01, averaging 8:03 min/mile

Age 74: Dave Dooley, in first place at 52:18, averaging 8:26 min/mile

Age 76 Jeff Dumas, in first place at 53:50, averaging 8:40 min/mile

Age 79: Tom LeMire, in first place at 55:12, averaging 8:54 min/mile

But, here's "The rest of the story" for some of our runners... **At age 70**, Mike Wien finished strong -- coming within seconds of a sub-50-minute finish on a

very tough course. Also very noteworthy, with his outstanding finish time, Benji Durden is definitely back on the track!

At age 71, Doug Bell stole the show -- for all the thousands of runners over age 70, and many who were younger, often much younger! His time was remarkable -- and is one that is destined for the Bolder Boulder record books. Also very noteworthy, at the last-minute Carl Mohr suited up and finished with an admirable sub-50 time -- on a very difficult course! **At age 79**, Tom LeMire finished ahead of his long-time (say 20+ or so years) Bolder Boulder nemesis, Ed Craighead, a very fast runner who comes up to Boulder just about every Memorial Day from his far away home in Dalhart, TX. I should mention that the reason I dwell on Ed is that a couple of years ago, he was being recruited by the BRR and expressed interest in joining our men's 70+ team. Ed could still be our "ringer", if he'd like! It might also be noted that both Tom and Ed beat the fastest of their younger (and presumably faster) 78 year old rivals by well over 15 minutes. In that regard, and in almost every instance, our teammates finished at least several minutes ahead of their next age-group runner to cross the finish line.

Incidentally, John Van Camp from Denver who will be joining our team in October for the USATF Masters 5K Cross Country Championships, finished the Bolder Boulder with an admirable time of 51:16, averaging 8:16 min/mile. John, we're looking forward to having you join us in the starting box!

It should also be mentioned that several of our runners stayed after the race to work as Bolder Boulder volunteers (Doug Bell and Tom LeMire come immediately to mind) -- thereby helping the BRR to earn a few bucks for the cause!

WELL DONE TEAM MATES!



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

Why not renew right now?
JUST CLICK THIS BOX.

Dash and Dine Race, May Photos by David Albo



Frank Shorter Track Classic Multi-Year Photos



Resistance Exercise Becomes Even More Important As You Age

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

Recent studies suggest that lifting weights can help to prolong your life (Brit J of Sport Med, published online February 28, 2022). An analysis of 16 studies including almost 480,000 people, 18 to 98 years of age, found that those who spent 30 to 60 minutes per week in strength training had:

- 40 percent lower risk of premature death
- 46 percent lower risk of heart disease
- 28 percent lower risk of dying from cancer

An earlier study of almost 30,000 older women followed for 12 years showed that those who did strength training had fewer deaths from heart attacks and all causes than those who did not lift weights (J Am Heart Assoc, Oct 31, 2017;6(11)). Another study that followed 80,306 adults for two years (Am J Epidemiol, Dec 12, 2017) showed that people who did:

- strength training at least twice a week by lifting weights or using weight machines were at 20 percent reduced risk for dying from cancers and from all causes
- aerobic exercise for 2.5 hours per week had a 20 percent reduced chance of dying from heart attacks and all causes
- both strength training and aerobic exercises had a 30 percent reduced rate of death from cancers and all causes

Muscles Weaken with Aging Even If You Exercise

You can expect to lose muscle size and strength as you age. Between 40 and 50 years of age, the average person loses more than eight percent of their muscle size. This loss increases to 15 percent per decade after age 75. The people who lose the most muscle usually are the least active, exercise the least and are the ones

who die earliest. Older people who lose the most muscle are four times more likely to be disabled, have difficulty walking, and need walkers and other mechanical devices to help them walk (Am J Epidemiol, 1998; 147(8):755–763).

Every muscle in your body is made up of thousands of muscle fibers just as a rope is made up of many strands. Every muscle fiber is innervated by a single nerve fiber. With aging you lose nerves, and when you lose a nerve attached to a muscle fiber, that muscle fiber is lost also. A 20-year-old person may have 800,000 muscle fibers in the vastus lateralis muscle in the front of his upper leg, but by age 60, that muscle would have only about 250,000 fibers. For a 60-year-old to have the same strength as a 20-year-old, the average muscle fiber needs to be three times as strong as the 20-year-old's muscle fibers. You cannot stop this loss of the number of muscle fibers with aging, but you certainly can enlarge each muscle fiber and slow down the loss of strength by exercising muscles against progressive resistance using strength-training machines or by lifting weights (Experimental Gerontology, August 13, 2013).

My Recommendations

If you are not already doing strength-training exercise, first check with your doctor to make sure you do not have any condition that may be harmed by exercise (for example, exercise can cause a heart attack in people who have unstable plaques in their arteries). Then join a gym and ask for instructions on how to use the weight-training machines (Nautilus and similar brands). Used properly, these machines will guide your body to use the correct form and help to prevent injuries as you move weights that match your level of strength. If you are not comfortable with going to a gym, consider setting up a resistance exercise program at home. See [Resistance Exercise You Can Do at Home](#). I recommend that you hire a knowledgeable personal trainer at least for a few sessions to set up your home program and help with choices of equipment.

I recommend lifting light weights with more repetitions, because lifting lighter weights many times is less likely to cause injuries than lifting heavier weights a few times. See [Making Muscles Stronger](#)



USATF Masters 1 Mile Championship - Rochester

Another Podium Finish for the BRR Men's 70+ Team!

by Jeff Dumas

The 2022 USATF Masters 1 Mile Championships took place Saturday evening, May 21, 2022 in Rochester, New York. The Mile Championship was hosted by our long-time friends and honorable competitors in the Genesee Valley Harriers. For excitement, the Mile Championship was a part of the fabled Rochester Twilight Festival, which made for a fun setting for this popular race.

We sent our top three milers to this race for yet another head-to-head competition with the Atlanta Track Club. Unfortunately, due to an injury suffered by one of our runners just a week before the race, we placed third just behind the ATC in the team competition. The start was narrow and the masters runners were compelled to line up behind all the younger (and therefore, allegedly) faster runners. The masters race included all men over age 40 and had about 135 entrants. This is a huge problem for a short race like the mile – where runners are timed and ranked by gun time alone.

And, as follows, you will quickly see that a couple of seconds difference for the total for the three scoring runners can be decisive, with the advantage going to those runners who squeeze the closest to the starting line -- and who can survive the packed and dangerous takeoff (remember the disastrous start of the USATF Race at the Shamrock 8k in Virginia Beach a couple of years ago, when Bill Dunn was

seriously injured in the melee). Incidentally, the weather was muggy, with the temperature in the low 80s and breezy -- quite a contrast to the friggid Boulder weather on the same day!

Doug Bell led the team with a remarkable 6:08 finish time (a mere two seconds behind fabled Jerry Learned of the ATC – who Doug matched on chip time), followed by Rick Katz with a 6:48 finish time (a 6:45 on chip time) and with John Roeske completing the team scoring with a 7:05 finish time (his chip time was a full five seconds better). Unfortunately for John (and the BRR), John had suffered a serious fall just a week before the race – which required a visit to the ER. Based on John's 3K finish time in the USATF National Indoor Championships in New York City on March 18, 2022 (with an outstanding 12:40, which was good for a second-place age-group finish!) -- sans the injuries, he could have easily joined Doug and Rick with a sub-7:00 finish. Had that happened, then the BRR would have once again bested the ATC!

The USATF National Masters 70+ team results were as follows: first place, the Southern Cal Track Club with an average finish time of 6:28; second place, the Atlanta Track Club with an average finish time of 6:40; and in third place, the BRR with an average finish time of 6:41 – a mere one second behind the ATC! Other teams in the race were the Syracuse Track Club in fourth with an average time of 6:53, followed by the host team, the Genesee Valley Harriers, with an average finish time of 6:58 followed by the Shore Athletic Club

with an average finish time of 7:27.

Next up for the BRR Men's 70+ Team will be the USATF Masters 12K Championships that will be held in Highlands, New Jersey on September 18, 2022. If we can send a team to this race, we could very probably best the ATC at this distance. If we were to do that, then we would have won the 2022 Grand Prix outright. However, the latest wave of the Omicron COVID variants (ie Omicron B.4 & B.5) may warrant sitting this one out. In any event, determining the winner of the 2022

So, the 2022 Grand Prix championship could come down to the wire here in Boulder -- at Lee Troop's USATF Masters 5K Cross Country Championships that will take place at Viele Lake on October 22, 2022. For that race, we will probably be able to front three teams – to end the 2022 Grand Prix season with a flare!

BREAK, BREAK (as "Maverick" would say): Just as this writeup was going to press, we received word that the Southern Cal Track Club had been DQ'd. Although the reason has not been stated, it appears that, among other possible reasons, the team was not wearing uniform singlets. So, with that announcement, the BRR Men's 70+ team medal was upgraded to silver – with the ATC getting the gold. The Syracuse Track Club now has the bronze team medal. In any event, I thought it would be more interesting to add this footnote rather than rewrite the report. And, that said, the GP race is still coming down to the wire – to be precise the "three wire" (as "Maverick" would say)!

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Men's 70+ Team Coordinator: Jeff Dumas, jeff.dumas@comcast.net

Sara Slattery and Molly Huddle (“How She Did It”)

article by Michael Sandrock

One morning in November 2019, former University of Colorado four-time NCAA champ Sara Slattery and her friend, the two-time Olympian Molly Huddle, went for a run through the desert near Scottsdale, Ariz., where Slattery is head men’s and women’s track and cross country coach at Grand Canyon University. Talk turned to a prep star whose “messy underside” of a career had been exposed in national media and was being widely discussed in the running community.

As Slattery and Huddle ran and chatted, they agreed that many young, female runners ended up with “derailed” careers, facing obstacles that include “coercive coaching, hyperfocus on weight, under-fueling, chronic injuries.” As Slattery recounts in “How She Did It,” her new book co-authored with Huddle, a light went off:

“You know,” Slattery told Huddle, “the success stories are just as important as (the) cautionary tale. We’ve all learned a lot over the years. If the women who’ve made it shared what they know, then the girls coming up would understand the unique issues we face in this sport, and how to navigate them to stay in the game.”

Huddle, 37, and Slattery, 40, have both been in the game for a long time, since they were kids. Both rose through the ranks by showing early talent; winning races; becoming prep and college stars; racing internationally; and going on to solid professional careers as sponsored athletes. Along the way, they raced against and met many of the elites profiled in “How She Did It,” which was written “as a resource for the next generation.”

Or as Huddle put it, this is the book she would have wanted to read when she was a beginning runner, “or during the tough times when I was doubting myself ... or just not sure what lay ahead.”

Subtitled “Stories Advice, and Secrets to Success from 50 Legendary Distance Runners,” the book is full of so many good stories that I don’t know where to start. From the pioneers of the 1960s, women from the following decades are given the space to tell their stories; how they got started running, obstacles they faced, training and racing highlights, and hard-earned advice to pass along. There are several runners with Boulder connections, starting with Cheryl Bridges Flanagan, the first woman to earn an athletic scholarship, a former world record holder in the marathon, and a survivor of sexual abuse as a child. She trained in Boulder, and her daughter, U.S. star Shalane Flanagan, grew up here. Shalane’s insights are included.

Niwot High grad Elise Cranny, a 2021 Olympic 5000 meter runner, recounts how her Niwot assistant coach, Jason Hartmann, “completely opened my eyes to the world of competitive running,” and how the four bone injuries she suffered from while competing for Stanford University were related to her fear of gaining of weight, not eating a healthful diet, and not having a regular period. Locals Sara Vaughn, Kara Goucher, Emma Coburn and Jenny Simpson are included, as well as runners well-known from winning the Bolder Boulder, Deena Kastor and Aliphine Tuliamuk. Slattery is also a past Bolder Boulder champ.

Black 800 meter runners Madeline Manning Mims, Joetta Clark Diggs, Ajee Wilson and Raevyn Rogers tell their stories, as do Joan Benoit Sameulson, winner of the first women’s Olympic marathon in 1984. A nice part of “How She Did It” are the footnotes Huddle and Slattery intersperse with the runners’ stories. This helps give the book its cozy, intimate feeling, as if the reader is in a conversation with Slattery, Huddle and each of the 50 runners.

That is all in Part 2 of “How She Did It.”

The book’s first section comprises medical advice from a variety of experts, divided into the “Four Keys to Being a Healthy Runner.” There you will read that “girls and women are bombarded with harmful messages about food, exercise and appearance,” messages that can lead to “two common traps: low energy availability (LEA) and relative energy deficiency in sports (RED-S).” Both of these are new terms for me.

“How She Did It” is a celebration of the female runner, with a two-page timeline of the progress women have made since the 800 meters for women was removed from the Olympics in 1928 (and not reinstated until 1960). There is a nice section called “Laughs along the way,” with some amusing running stories. Locals Edna Kiplagat, Colleen De Reuck and Aisha Praught-Leer are in there, with Commonwealth Games steeplechase gold medalist Praught-Leer recounting her “steeple belly flop.” At a big meet in Oslo, the steeplechase barrier was inadvertently left at the men’s height. Praught-Leer’s coach, former CU runner Joe Bosshard, was among those who ran onto the track during the race, to try and lower the barrier to its correct height.

After reading “How She Did It,” I was struck by something 2021 Olympic marathon bronze medalist Molly Seidel, who overcame an eating disorder on her way to the top, told Huddle and Slattery. While her running accomplishments are special, “I feel like it’s almost more about the connections that you make while you’re doing this,” Seidel said. “Running brings so many people together.”

Well said. And kudos to Slattery and Huddle for bringing all these powerful female voices together as a guide for the young female runners out there right now. As “How She Did It” shoes, they do not have to go it alone.

2022 Calendar of Running and Fitness Events

Note: Events listed are only those in which the Boulder Road Runners have significant participation.

| Date, Time | Event | Location | Sponsorship |
|--|-----------------------------------|---|------------------------------|
| Recurring Club Events | | | |
| First Mondays, 5:30 pm | BRR Club Social | Shoes & Brews (June 6) | BRR, Free |
| Every Sunday 9 am | BRR Sunday Goup Run | East Boulder Rec (Community) Center, 5660 Sioux Dr, Boulder | BRR |
| 3/15 to 11/1 | Tuesday Fun run | Avery Brewing Co. | Team , BRR |
| Events and Races | | | |
| June 2 & 16, July 7 & 21, August 4 & 18 | All Comers Summer Track Series | | BRR, Website |
| August 13 | Mile High Mile | | Website |
| October 22 | USATF Masters 5KM | Boulder, CO | USATF |
| USATF Masters LDR Schedule (For more information, contact Bruce Kirschner, bhkirsch@comcast.net) | | | |
| 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 | Website |
| July 29 - 31 | US Masters Nationals | Lexington, KY | Website |
| 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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