

## The President's Message



With the BolderBoulder and our first two All-Comer track meets complete, the Summer season is in full swing. Our volunteers are the headline and absolutely crushing it for us, thank you!

Our June 16th meet may have been an attendance record. In case you missed it – the Butterfield family highlighted the meet especially Walker (age 8) and Fletcher (age 2) rousing the crowd to cheers for their 100 meter performance. We also saw a meet record for the mile from Daniel Michalski 4:05.6. Talk about all ages and abilities! Such fun!

Todd Straka and John Bridges are working wardrobe updates for all our volunteers working the Summer Track meets. New USATF / BRR Polos and Hats are in the works for volunteers working 3 or more events this summer. Visit our website to volunteer! <https://boulderroadrunners.org/all-comers-track-and-field/> We have 4 more All-Comer meets and the Mile High Mile still to come.

Special thanks to all the Club members who attended 1 (or more) of the 4 sessions the Board hosted to share the Club's historical financial results and the 2022 plan and budget. Our Board worked hard

to honor the commitment to inclusion and transparency. It was a great opportunity to get us all working from a common set of facts and toward an exciting future.

July First Monday will be on Tuesday, July 5th at Avery Brewing this month. We will join Team Boulder for their weekly social run from the brewery.

July 23rd is a special event to preview the course for the upcoming 5K Masters Cross-Country Championship. We will meet at 8:30am at Runners Roost's Table Mesa store for a course overview presentation from Lee Troop. Teams are invited to jog up to the course for a run or workout and return for refreshments and shopping at the Roost.

Our 2023 planning kicks off August 29th. We will be looking for volunteers to lead various aspects of our plan processes. Mark your calendars now. More news to come in the August 1st newsletter.

Please welcome 12 new members in June!

The Butterfield Family, Rose Aweida, Rich Roylance, Sedge Southworth, Ryan Singman, Mary Haskins, Shannon Mae Leach, Ryan Weir, Bryce and Piper Daranouvon, Charles Garabedian, Geneva German, and Ellie Klish.

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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 JULY 5 BRR FIRST TUESDAY AT AVERY BREWING, 5:30-7:00 P.M.**



# Club News and Notes

## By Chris McDonald



We want to include your story on our website and the monthly newsletter. Submit your news, race reports, or anything notable you would like us to mention by visiting our website and clicking on "submit your story." <https://boulderroadrunners.org/news/>

Our triathletes performed well in June!

...Lorraine Greene and Mike Wien represented the Club and Team USA in Montreal at the Sprint Triathlon World Championships. Lorraine won a Silver medal in the W70-79 mixed team race. Mike won bronze individually in the M70-79 division.



Lorraine Greene

Kevin Konczak won the M50 division at Ironman Lubbock 70.3 overcoming stomach problems from eating too many Banana Peppers on his Jimmy John's Sub the night before. Oh Kevin!

Our Club Race Team members also hit the track in June to sharpen up.

....Todd Straka represented the Club at the Music City Track Carnival in Nashville posting a 4:58 mile in his debut as an M55 athlete.

BRR Club race team members are successfully using our All-Comer meets to sharpen up

...Becca Evans posted a dazzling 2:14 at 800 meters for the win

...Chris McDonald posted a 59.4 for 400 meters, a top 5 time in the US for the M50 age group as he gets ready to represent the Club (and Team USA) at the World Masters Championships in Tampere, Finland in July

...Flavio De Simone posted a solid 3000 meter during his final run up the Grandma's Marathon where he won the M50 Age Group on an "off day"

...Jeannie Freis (200, 800), Virginia Schultz (400, 800), Lynn Hermanson (800, Mile), and Kirsten Borbe(Relays) have also put the All-Comer meet to good use in their summer training.

...good luck to all our local athletes racing the World Championships this month in Eugene, especially Joe Klecker, Alicia Monson, Elise Cranny, George Beamish, Olie Hoare, Emma Bates and Emma Coburn!

Other notable items

...Duane Rorie! Yes, Duane is quietly putting in the work ahead of the USATF Fall season! Most recently he conquered the Mount Evans Ascent, a grueling 3,300' vertical gain over 14+ mile. Duane has been biking the hills around Loveland, trail running, and rumor has it he was even sited on the track running 100 – 400 meter intervals. Look out M50 team – Duane is coming for you!

Boulder Road Runners, Inc.  
Officers and Contact Information  
2022

### ELECTED OFFICERS

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### APPOINTED POSITIONS

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## Return to Bolder Boulder

### Michael Sandroek

Leave it to Nobel Prize-winning physicist Eric Cornell to provide some good insight into what last week's return of the Bolder Boulder meant to runners, and to the Boulder community. On Memorial Day, I was down at the start early, watching the waves fill up, with literally hundreds of people entering at the last minute.

So many were registering that race officials were simply handing out numbers, telling folks they could pay later and their times and race gear would be sent to them. After jogging the course, cheering on friends old and new (but skipping the Jello shots and bacon burgers), I stopped for coffee. Walking back to Folsom Field for the start of the professional race, I saw a runner walking back up University Avenue, lunch bag in hand, race number still pinned to his shirt. Instantly recognizable was Eric Cornell, the University of Colorado physics professor and researcher who shared the 2001 Nobel Prize in physics for his work with ultra-cold atoms.

Cornell, 60, has raced the Bolder Boulder many times since moving here in 1990, with a goal now, he said after we stopped to chat for a bit, of trying to beat his age. He did so for the first time at age 50; on Monday, he did so again, clocking 56 minutes, 21 seconds.

"It felt great," said Cornell, a swimmer in high school who runs early mornings a couple of times a week with some buddies he calls the 'Old Guys, on trails such as Lion's Lair, Wonderland Lake or Sanitas. These friends had breakfast set up along

the course on 13th Street, just before the hill at Casey Junior High School, and they helped Cornell along by running up the hill with him. That's a small part of the support that endears the Bolder Boulder to Cornell, and to so many others.

"It's the pinnacle of road racing," Cornell said. "It's as good as it gets. I just love the strong community vibe, how the whole town is out supporting each other, the volunteers, the bands through the residential streets. I like all the aspects of enjoying the town while the town is on display. Especially this year; Boulder waking up again after the long Covid" hiatus.

Cornell explained his race strategy by saying that after the 13th Street hill, he regrouped going down through the downtown business district, "cruising along on the endorphins," before trying to go faster heading back up Folsom Street and mustering a sprint into the stadium finish. "I'm just going to enjoy this," he thought to himself.

I was enjoying our conversation, but Cornell needed to get back home. He still teaches freshman physics at CU, the introductory course, and is a natural teacher. I asked him about the electromagnetic spectrum, and it is true, he said, that while we were standing there talking, or while you are sitting reading this, that we are being bathed by invisible waves, ranging from low frequency radio waves to high-energy gamma rays, all part of the same "basic physical phenomenon as the visible sunshine we were enjoying," as

he later elaborated on.

What a mystery the universe is, I thought. What's the source of the "basic physical phenomenon" that gives us life? No one knows, although we call it by many names. As I watched the elites come in to big cheers, I thought of something Cornell said, that "I do think that running and research reward sustained effort over the years. It's not a sprint."

Two of the runners receiving the biggest cheers for their stadium finishes were Ukrainians Valentyna Poltavska and Valentyna Veretska. Displaced from her husband and her home because of the war, Veretska left her daughter Alisa, 11, in their temporary lodgings in Krakow, Poland, to make the long, last-minute journey to come to the Bolder Boulder.

"Just being here is a victory," said Veretska, 31, who flashed peace signs to the thousands cheering her on along the course and in the stadium. "I hear the support and see the love here. I am changed. Now, I race to meet people and take their love and energy. I run for peace. Everyone understands peace."

And is peace possible?

She paused. "I hope it's possible. When I was invited, I asked Alisa if I should go. 'Mom, it is important for you, you can speak about Ukraine. For me it is OK.'"



Summer Track Series  
Photos by David Albo





# Resistance Exercise Becomes Even More Important As You Age

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

May 2022

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.



**Has your Boulder Road Runners  
membership expired?  
Please renew today!**

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right now?  
JUST CLICK THIS  
BOX.**

# 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
<b>Recurring Club Events</b>			
First Tuesday- July 5	BRR Club Social	Avery Brewing 6pm run	BRR, Free
Every Sunday 8 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.	<a href="#">Team</a> , BRR
<b>Events and Races</b>			
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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