

The President's Message

On Gratitude.

"We will do as much this year as we have member support to deliver" were the words we started this club year with. As we close the books on our Summer season, I am filled with gratitude.

Though our members share a common joy for our sport, it doesn't mean we always agree on the best way to express it. This year we have seen people with different points of view come together to achieve several remarkable outcomes.

Our All-Comer Track Series is a shining example. The recap in this newsletter inspires club pride. The 4th edition of the Mile High Mile was our best yet. Stalwart and first-time volunteers showed up all Summer. Our Club race team members volunteered and raced local including the remarkable Pearl Street Mile.

Next up is the USATF Masters 5K Championship we and Team Boulder are hosting. It is another remarkable opportunity to stand tall in the National running community. It will be the debut event for many of our new teams. The pasta dinner Friday night and Saturday race are showcase opportunities to demonstrate how we get it done in Boulder!

2023 Planning

Our August 29 Board meeting kicked off a new planning cycle. We will again do as much as our membership will support. Some of the ways you could help include:

- Planning our Annual Appreciation Banquet
- Sponsorship Development Team
- Marketing Communications and the content team for our newsletter and website

Please reach out to me directly to volunteer.

Let's keep the momentum rolling!



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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
 SEPTEMBER 6, BRR FIRST TUESDAY
 AT AVERY BREWING, 5:30-7:00 P.M.**



Club News and Notes

By Chris McDonald



Summer Track Playback

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/>

In their 43rd year, our signature All-Comer's Meets are thriving! High fives all around for a very successful summer of track & field. We exceeded our expectations. Some highlights:

Participants: Record attendance with over 1,214 event entries across the six meets!

All Ages and Abilities: Broader than ever spanning two-years-old to 90+; from first-time tracksters to paralympics and Team USA members!

Running Groups and Teams from all over, RISE Athletics, Revolution Running, Boulder Mountain Warriors, the Storm from Wyoming, Rock Creek Track Club, Mind Over Matter Athletics, Roots Running, Denver Track Club, Centennial Track Club, Fort Collins Running Club

Wide Reach: People from Wyoming, Nebraska, and Denver Metro to Colorado Springs; Richard Roycastle, 58, drove from Nebraska for the 800m several times

Community Support: In person, and on social media, many people commented on the fun, friendly, and positive environment of our meets. Lots for our club to be proud of!

Club Race Teams: Strongest support yet from BRR teams as volunteers and competitors

Volunteers: Terrific turnout by over 40 volunteers with many first-timers to augment our many long-serving veterans, YES!!

Funds: Entry fees, donations, and sponsorship dollars made this summer our highest grossing Series to date

Events that stood out:

- **Long Jump:** Very popular, with over 30 jumpers on July 21
- **Throws:** Consistent participation, particularly from high-schoolers
- **Relays:** Large field of eight 4x400 teams at the final meet, leading to an exciting end of the season

Memorable Performances:

- Carmen Graves tuned up her Steeple at our meet and went on to win bronze for Team USA in the Steeplechase at the recent NACAC Championships hosted in the Bahamas
- Sylvia Hoffman, US Olympic Bobsled bronze medalist, competed in the Long jump
- Tyler Butterfield, age 2, stole our hearts in the early meets with his whale button down shirt style while crushing the 100m
- Daniel Michalski ran a 4:05.6 meet record in the Mile, then went on to make the finals in the Steeplechase at the US Champs
- Billy Ulrich ran an impressive 800m, running 1:52.9, the 4th fastest time since Golden Coachman and Jackson Langat ran 1:48.5 and 1:48.9 at the same meet in 2011



Boulder Road Runners, Inc.
Officers and Contact Information
2022

ELECTED OFFICERS

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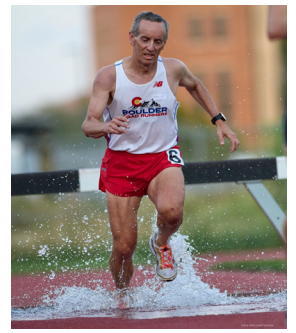
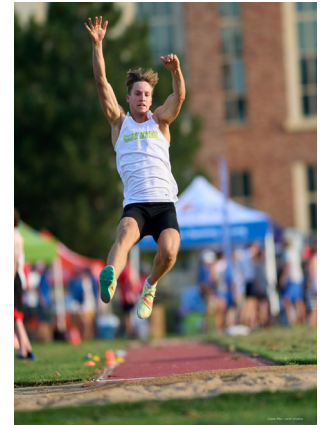
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Summer Track Series
Photos by David Albo



Boulder Road Runners Set Three American Records

Masters 4 x 800 relay teams post record times at USA Track & Field's Mid-America Region Masters Outdoor Track & Field Championship

Boulder, CO, August 14, 2022 – Running clubs around the country are thriving in America's newest running boom. Sparked by innovations in running shoes and gear, the return of our favorite races from COVID hibernation, and convenient access to live events and pro athletes over streaming apps and social media, track is back in America. Clubs are giving athletes of all ages and abilities the opportunity to immerse themselves in this exciting movement.

Look no further than the University of Colorado's Potts Field this past weekend where masters runners, jumpers, and throwers from around the Mid-America region gathered to try their hand at the sport they love.

"We specifically circled this meet on the calendar to go after the club American record," said John Borthwick, a member of the record-setting relay team for the Boulder Road Runners' Men's 55 age group. "Studying the records, we realized our club could potentially set three new marks in the same race."

Boulder Road Runners women's track and cross country teams are especially deep in the age 60 – 75 age groups. Team Coordinator Virginia Schultz's Women's age 70 4 X 800 relay team consisting of Nancy Antos, Linda Yarr, Lynne Kidder, and Lynn Hermanson averaged just over 4:00 minutes per athlete (16:54:93) to smash the prior American Club record by over five minutes, set just last month by Atlanta Track Club.

"I love trying new things, so I was game to try a relay," said team member Linda



W70: 16:54.93, Nancy Antos, Linda Yarr, Lynne Kidder, Lynn Hermanson

Yarr. "I never imagined I could be part of a record-breaking team. It was a terrific team effort on our homefield."

"With the start time moved up, we almost didn't get our team on the track with our lead runner having to jump out of her car, pin on a number, and get on the track, jogging in place to warm up," commented Schultz. "Regardless, they managed to keep nerves at bay, the magic baton in hand, and bring the new record to their Club!"

On the strength of Dan Spale's mad sprint to the finish line, the Men's age 65 team posted a mark of 11:59.52, a stunning sub-

3 minute average per relay leg for Dan and teammates Jack Pottle, Bruce Kirschner, and Mike Wien. Though five minutes under the current record, the team soon learned of another mark of 11:27.74 run last month by Shore Athletic Club that is pending ratification from USA Track & Field.

"If we don't get the record, we will be more motivated to take it down next season," Jack Pottle commented with a determined look that says they will indeed get it done in 2023.

"The pursuit of these kinds of records in Club sports is part of what makes it great,"

Boulder Road Runners Set Three American Records (Continued)

added Team Coordinator Bruce Kirshner. “Its equal parts rivalry and camaraderie with other teams from around the country. Most of all, it is an opportunity, at any age, to come together around a sport none of us will ever outgrow.”

Fresh off setting the 4 x 800 American Record for the Non-Club Men's 55 age group at the Masters Outdoor Nationals as part of a mixed-club team, Todd Straka and John Borthwick set sights on the club record, and recruited fellow Boulder Road Runners members John Probst, and former CU Track and Cross-Country All-American Charles Trujillo. The four-some's record time of 10:14.17 represents an average pace of nearly five minutes per mile.

“Our Club focused a lot of energy on adding new age-group racing teams to represent Boulder Road Runners in USA Track and Field Masters competitions on the roads, track, and cross-country. It is really rewarding to see that payoff today with three records from teams representing three different decades,” said Todd Straka, Club Vice President (and relay team member).

Founded in 1979, Boulder Road Runners (BRR) joins clubs like New York Road Runners (NYRR), Boston Athletic Association (BAA), Atlanta Track Club and other long-tenured clubs determined to see the sport prosper.

In addition to providing Boulder Road

Runners members with USATF sanctioned club racing opportunities, the Club produces Colorado's largest, and longest running All-Comers Summer Track and Field Series, as well as the Mile High Mile. Club volunteers also help produce meets for the University of Colorado Track & Field program and the renowned Boulder-Boulder.

“We are the shoulders on which our running community stands,” added Club President Chris McDonald. “Our members are servant leaders committed to seeing running in Boulder, and across Colorado, thrive regardless of an athlete's club affiliation or nationality.”



M55: 10:14.17, John Borthwick, Todd Straka, John Probst, Charles Trujillo



M65: 11:59.52, Jack Pottle, Bruce Kirschner, Mike Wien, Dan Spale

Don't Straighten Your Knees While Running or Cycling

from Dr. Gabe Mirkin's Fitness and Health e-Zine,
August 21, 2022

Always try to keep at least a slight bend in your knee when you run or ride a bicycle. When you run, you are supposed to land on each foot with a partially-bent knee. Otherwise you transmit the shock of your foot hitting the ground directly onto your knees, hips and back. Straightening your knees when you pedal a bicycle markedly increases risk for knee pain by increasing the force on your knee joints.

Shorter Strides Keep You from Straightening Your Knees

I do not run anymore, and virtually all of the runners who ran with me in the 1940s through 1960s don't run either, mostly because of the very high rate of running injuries. Up to eighty percent of long-distance runners suffer injuries that force them to take time off from running each year (Br J Sports Med, Aug 2007;41(8):469-80). Most wear-and-tear running injuries are caused by the high impact of your foot hitting the ground, which is determined most by the length of person's natural stride (Scan J Med & Sci in Sports, May 30, 2018). Unnecessarily high impact is often caused by over-striding. Frequently-injured runners take longer strides than those who are not injured (J Phys Ther Sci, 2022 Apr; 34(4): 327-334). Runners who are most likely to be able to continue to run as they age are the ones who take shorter strides (Med Sci Sports Exerc, Jan 2016;48(1):98-106), and you take shorter strides by never fully straightening your knees. Shorter strides help to reduce the tremendous ground foot-strike force that tears muscles and tendons, cracks bones, and injures joints. To convince yourself, place your hands on the huge quad muscles in the front of your upper leg while you run. Each time your foot strikes the ground, you will feel the muscles shake like jelly. This force is transmitted up your legs to your hips and back, and done

repetitively, it can cause injuries (Br J Sports Med, Apr 2016;50(8):450-7). Runners who are injured frequently are likely to benefit most by shortening their strides, which then coincidentally increases likelihood of their landing on the front part of their feet, rather than on their heels. Contrary to common belief, it is not important whether you land on the front of your foot or the heel. However, the more you overstride, the more likely you are to land on your heel. Landing on the front of your foot does not prevent injuries, it is only a marker that you are not overstriding. A study of the 2017 IAAF World Championships showed that 54 percent of the men and 67 percent of women landed on their heels (Journal of Biomechanics, May 22, 2019).

Lower Seat to Keep Knees Bent While Pedaling

The most common cause of knee pain in bicycle riders is having the seat set so high that it forces you to fully straighten the knee as the pedal reaches its lowest level. You are never supposed to fully straighten your knee when you do any kind of exercise, particularly cycling or running. If you set your seat too low, you will bend your knee excessively and be at high risk for developing pain behind your knee cap. Other common causes of knee pain are over-training, setting your seat too far forward or backward, not having the cleats on your bike shoes set correctly, or not having the correct crank length. For other causes of knee pain on a bicycle, see [Knee Pain in Bicycle Riders](#)

Why Running Causes So Many Injuries

When you run, both feet are momentarily off the ground at the same time, and each foot strikes the ground with a force equal to three times body weight at six-minute-mile pace. The faster you run,

the greater the force of each foot strike. Walking is much safer because when you walk, you always have one foot on the ground, so the force of a walking-foot strike almost never exceeds your body weight. As runners start to feel tired, they naturally shorten their strides and this decreases the force of their foot striking the ground (Med Sci Sports Exerc, Dec 1999;31(12):1828-33). The bent-knee shorter stride lessens the force of their heel striking the ground and places it forward on the foot to the area behind the big toe. To compensate for the shorter stride, they move their legs at a faster cadence. Shortening your stride will help to protect you from injuries by shifting your foot strike force forward. You can keep your speed by moving your legs at a faster cadence.

Shorter Strides Can Help You to Run Faster

When most experienced runners go as fast as they can, they run at close to the same cadence. For example, a video at the New York City Marathon showed that all of the top 150 runners had the same cadence, taking 92 to 94 steps a minute. The difference between the top runners and the others is that the best runners are able to take longer strides without any special effort. Trying to extend your stride consciously slows you down and increases your chance of injuring yourself. When you try to take longer strides than what is natural for you, you lose energy and run more slowly.

Shorter strides help you to run faster because of stored energy. When your foot hits the ground, the tendons in your legs (particularly the Achilles tendon in the back of your lower leg) absorb some of this energy and then the tendons contract forcibly so you regain about 60 to 75

Don't Straighten Your Knees While Running or Cycling (Continued)

percent of that stored energy . When you try to take a stride that is longer than your natural stride, you lose a great deal of this stored energy, tire much earlier and move your legs at a slower rate.

The key to running faster in races is to make your leg muscles stronger so you can contract them with greater force so they drive you forward with a longer stride. Competitive runners strengthen their legs by running very fast in practice two or three times a week, and by running up and down hills once or twice a week. If you want to be a faster runner, learn to take stride lengths that feel comfortable, do not try to extend your stride, and try to increase your cadence (Sports Health, 2014 May; 6(3): 210-217).

My Recommendations

If you are a regular runner or cyclist, realize that you can become stronger and faster, and gain more health benefits, if you try to pick up the pace during some of your workouts. However, this can increase your chances of injuries. To help to protect yourself from running injuries:

- Run at your most comfortable stride length and do not try to extend your stride length
- When your muscles are fatigued or sore, you may feel better if you shorten your stride length a small amount
- Run slowly on days when your muscles are sore from running fast on the previous days

- Stop your workout immediately if you feel localized pain that does not go away as soon as you slow down
- If your knees hurt while cycling, lower your seat so your knees do not straighten fully when you pedal. If this does not correct the problem, see [Knee Pain in Bicycle Riders](#) for other adjustments that should be checked.



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			
Tuesday Sept 6, Oct 4	BRR Club Social	Avery Brewing Co	BRR, Free
Every Sunday 9 am	BRR Sunday Goup Run	East Boulder Rec (Community) Center, 5660 Sioux Dr, Boulder	BRR
March 15- October 4	Tuesday Fun run	Avery Brewing Co.	Team , BRR
Events and Races			
October 22	USATF Masters XC 5KM	Boulder, CO	USATF, TEAM, BRR
Registration is now open -> https://www.usatf.org/events/2022/2022-usatf-masters-5-km-cross-country-championship			
November 24	Boulder Thanksgiving Day 5k	Boulder, CO	TEAM, BRR
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

As Always,
Thanks to our Partners and Sponsors

