

The President's Message

You are Cordially Invited to Attend!



Consider this newsletter your invitation to join fellow members for a string of remarkable events this month, highlighted by Championship Week-end and our Member Banquet:

Friday, Oct 21 you're invited to a Pasta Dinner on the eve of the 5k Mas-

ters Cross Country Championships from 6 to 7:30pm at the Millennium Harvest House Boulder. Sign-up via the link found in the email for this newsletter.

Saturday, Oct 22 is the Women's and Men's 5K National Cross Country Championship Races at 1 and 2pm. We have over 50 Boulder Road Runners set to represent the club and our community. If you're not racing, come out to cheer and enjoy the post-race Beer Garden!

Sunday, Oct 23rd our Team Coordinators are hosting long runs for members and the many guests in town. Groups are set to run Magnolia Road and Tom Watson.

Tuesday, Oct 25th Best for last – the Club Member Banquet hosted by Kate and Flavio De Simone at the Dakota Ridge Clubhouse in North Boulder. We have many volunteers to thank, and some tremendous achievements to celebrate. Stay tuned for details.

Member Survey

It has been a year of excellent results and growth. We want to hear your thoughts on how to keep it rolling in 2023. Watch your inbox for a Member Survey mid-October.

Your input is essential to make sure the planning process is well-informed by our members.

You are also invited to join one of our planning teams: Club Governance, Events and Socials, Community Outreach, Sponsor Development, Marketing Communications, Membership, Summer Track Series, Club Race Teams, and Elite Athlete Development Grants. Please reach out and I will connect you with planning team leaders.

Club News and Notes

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/>

Equinox Half-Marathon: Congratulations to our new Men's 40 Team members posting exceptional results at the Equinox Half-Marathon in Fort Collins. **Anthony Bruns** (43) ran 1:08:43 breaking the master's course record by over 2 minutes and placing 4th overall. Teammates **Thomas French** (44) and **Jason Renk** (42) posted times of 1:17:05 and 1:25:40 good for 2nd and 4th in their age group. **Paul Hughes** (65) continued his brilliant string of results at the distance posting a 1:20 to win the M65 title and a top 20 result.

Sunrise Stampede: **Marcey Cote**, W50-55, ran a lifetime PR of 21:25, and **Vicki Hunter**, W60-65, won her age group in 22:50, and **Paul Moeller**, M50-55, won his age group in 18:43.

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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
OCTOBER 4, BRR FIRST TUESDAY AT
AVERY BREWING, 5:30-7:00 P.M.**



Club News and Notes (Continued)

5th Avenue Mile: Amazing races again this year along Central Park's east side borderline. Local Boulder elites and club runners represented well. Laura Muir and Jake Wightman's wins are absolutely worth a view on YouTube. **Becca Evans** led the way for Boulder Road Runners posting the top age 30+ result at 4:54 in the NYRR Invitational Road Mile. **Charles Garabedian** streak of great mile results this summer continued posting a 5:25 in the Men's age 40-49 heat.

12K USATF Master's Road Championship: Roger Sayre, Adam Feerst, and Michael Fronsoe combined for 3rd on the team podium in Sandy Hook, New Jersey, matching Roger's 3rd place result overall, with an impressive 88.39 age-graded performance.

5K Masters National XC Championship: Training at Harlow Platts Community Park on September 24th, where we will host the Championships on October 22nd, suggests our Team will be ready. Men's 70 Team Coordinator **Jeff Dumas** put the team through a 5K time trial, while members of the Men's 40, 50, and 60 teams ran a workout. Defending National Club XC Champion **Doug Bell** looks sharp, as does National M60 runner-up **Roger Sayre**.

On the Women's side, members of the age 50s, 60s, and 70s teams turned out to introduce themselves to the course and each other. Women's 50 Team Coordinators **Lesia Atkison** and **Kate De Simone** introduced new member **Allyson Serrao** to the rest of the Club. Welcome Allyson!

Several of our triathletes are in the final stretches of their season:
...**Mike Wien** winning the M70 Championship at the World Triathlon Long Course Championship held in Slovakia. Now Mike is off to Kona for the 2022 Ironman World Championship.
...**Lorraine Greene** following her podium results at World's with an age group win locally at the Oktoberfest Triathlon in Longmont.
... **Flavio De Simone** heads to Kona this weekend for the 2022 Ironman World Championship.

...**Flavio** and **Kevin Konczak** will also race the World 70.3 Championship in St. George, UT in late October.

Race Course Preview

Men's 70+ Team Coordinator Jeff Dumas reports our 5K Championship event is very important for the Club: "If we win this event, we win the (season long) Grand Prix Title besting the Atlanta Track Club." Jeff wrote a very thorough account of the course worth sharing with everyone:

It is important to know this course. It is tricky -- and for the unwary, each blind turn can present unexpected obstacles. If possible, everyone who wants to run in this race should be familiar with the course before the starter's gun goes off. This is because the terrain is quite variable with short grass, tall grass, sand, tree roots, sidewalks, a wooden bridge, and possible soggy areas if over-watered or if it has recently rained.

We have observed that runners will cross 13 concrete walkways -- most, fortunately, being a one-step crossing. However, the wood plank bridge is about ten meters in length and has been recently resurfaced with new wood that is harder on spikes than its weathered predecessor -- and, there is a two-step concrete lip at each end of the bridge that must be traversed. It is best to know all of this and know it well in advance of the race.

Also, on this course, runners will need to be aware of positioning for navigating hard to foresee sharp turns, for dodging trees, roots and branches -- and, for anticipating that single but relatively steep hill (that doubles in vertical during the second loop!). During the race, runners should anticipate the best vantage points for runner visibility (both friend and foe) -- and, the timing for making moves (there is no point in getting forced into the weeds or marsh when trying to pass). Since this is just a two-lap 5K race, there will be no second chances on the course -- particularly during the second and final lap. A runner will need to know what lies ahead in order to make a move and make it stick!



Boulder Road Runners, Inc.
Officers and Contact Information
2022

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Summer Track Series
Photos by David Albo



Physical Activity and Longevity

from Dr. Gabe Mirkin's *Fitness and Health e-Zine*,
September 4, 2022

Four interesting studies supporting the benefits of physical activity have appeared in recent medical journals:

Activity level and lifespan: The Women's Health Initiative Objective Physical Activity and Cardiovascular Health study (OPACH) followed 5,446 women, 63 and older, for more than eight years (J of Aging and Physl Activ, Aug 24, 2022). The participants wore accelerometers for up to seven days at a time to measure:

- the time they spent moving,
- the intensity of physical activity, and
- the amount of time spent sitting.

The researchers found that higher levels of light physical activity and moderate-to-vigorous physical activity were associated with reduced risk of death and the more time spent sitting, the shorter the lifespan. This association was stronger than the association with how long their parents and other family members had lived.

Handgrip strength predicts risk for death:

Testing a patient's handgrip strength can be used as an additional test to predict how long an older person will live (BMJ Open, August 10, 2022). The study used a Smedley spring-type hand dynamometer to assess the handgrip strength of 8,156

U.S. adults aged 50-80 years and found that decreased handgrip strength for age was associated with decreased remaining years of life. The authors suggest that a sudden drop in muscle strength may be a sign that a physician should look for a harmful condition or disease. It can be used by doctors as they use blood pressure as a sign of impending heart disease.

Underweight in older women and overweight in older men associated with increased dementia risk: A study of 296,767 patients, average age 70.2 years, followed in one of 832 general medical practices in Germany for 10 years, found that women who were underweight and men who were overweight were at increased risk for dementia (Journal of Alzheimer's Disease, Aug 23, 2022;88(2)). The study suggests that cognitive impairments should be regularly assessed in both underweight and overweight patients.

Older people with small muscles are at increased risk for future loss of mental function: A study of 8279 adults, 65 to 86 years old, found that having low muscle size is associated with significantly faster loss of executive function over three years (JAMA Netw Open, July 1, 2022;5(7):e2219926). This study showed

that having small muscles is associated with faster loss of mental function. Many previous studies show that older people who have low muscle size and strength are more likely to suffer loss of mental function.

My Recommendations

You do not need to have a specific exercise program to stay fit; you just need to keep on moving for a large part of each day. It is healthful to mow your lawn, wash your dishes, make your bed, vacuum your house, go for a walk, and participate with your friends in activities where you are moving your arms and legs – dancing, cycling, swimming, running, nature walks and so forth. To gain maximum health benefits from your skeletal muscles, I recommend including some sort of resistance exercise. If you are not already doing strength training, first check with your doctor to make sure you do not have any condition that may be harmed by exercise.

Caution: Intense exercise can cause a heart attack in a person who has blocked arteries or heart damage. Check with your doctor before you start a new exercise program or increase the intensity of your existing program.



Meet the New Men's 40 Team

Article by Marcey J. Cote

Sometimes you find friends in funny ways. Like running against them. Over and over again. Michael Kraus and Eric Monda were getting used to racing head-to-head. They'd toed the line several times over the last few years, mostly at local races like the West End 3k, and some Colorado USATF events. Competitive runners by nature, they both ran hard as soon as the gun went off.

"I really wanted to beat Eric because we battled back and forth", chuckles Kraus. "But then we started talking after our races, and I thought, 'Dang it! I really like this guy!' And here we are... now we're friends!"

Some relief seeps in for Kraus and Monda, as they're certainly happy to be teammates instead of opponents. The two friends, along with five others, comprise the new Boulder Road Runners Men's 40 team. The official roster reads: Kirk Anderson, Anthony Bruns, Thomas French, Michael Kraus (team coordinator), Eric Monda, Jeremy Parks, and Jason Renk. These 40-something-year-olds will represent BRR at the USATF Masters 5k Cross Country Championships here in Boulder on Oct 22.

"We are a group of guys who all get along well, and share a deep love for running. We are competitive, but supportive of one another, and also to our opponents," says Kraus. "We are loving coming together as a team."

Until now, M40-49 was the only men's masters age group in the BRR club that didn't have an active team. Various connections through the running community brought this gang together. Most have raced each other sometime during their

masters years, including some speedy runs at the club's All-Comers meets. Some guys were social acquaintances, and Kraus knew club President Chris McDonald, who foresaw the logical step of forming a BRR M40 team.

"Fortunately we already knew this was a high integrity group of guys that share the club's values and sense of purpose", explains McDonald. "They are a great fit with the culture we are building at the club, one based on the pure joy that comes from the camaraderie of achieving together."

While team members live across the Boulder/Denver metro area, they are newly minted BRR members. They've been training twice per month together

repetition to adjust to that style of racing," says Kraus.

Recently on a crisp, bluebird Sunday morning at a park in Westminster, the team enthusiastically pushed through some intervals with a few of the M50 members. The mood was lively, the effort strong, and the joy of a team dynamic was obvious.

"Workout was a blast! A lot of fun. It's great to have buddies you can get out and roll with", says Monda with a big grin. "In races, it can be intimidating to see certain guys at the start, but once you've run hard together, and the race is over, that's when you become friends. And doing workouts with friends is much better!"

Perhaps even more fun than working out is enjoying a runner's thirst for beer. Three M40 members also run for BRR's partner, Shoes & Brews, on their Elite Racing Team. This is yet another tie that spurred the new team to reality. What's more, it shows another dividend of BRR's collaboration with Shoes & Brews. "This team is a great example of how partnerships can benefit both clubs," says McDonald. "We encourage BRR members to be out in the community making an impact. That doesn't mean you are required to exclusively wear a BRR kit."

No doubt, there will be many BRR harriers – from several masters age groups – charging the cross country course in October. While the M40 team reports being "a really strong team" on paper, they know they will have to be patient, and see how the race unfolds.

"It's an honor to represent Boulder and the Boulder Road Runners," says Kraus. The area and the club have so much history when it comes to the sport, we look forward to giving it our all and, hopefully, making the community and club proud."



M40 and M50 teams pose after a joint XC workout

er – usually a tough workout on grass. The challenge (and pain) cross country inevitably serves up is balanced by the synergy of working as a team. The crew takes pride in pushing their bodies to see what they can accomplish together.

"Cross country is so much different than road or track racing. There's almost an art to it. It definitely takes some work and

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 Tuesdays, 5:30 pm	BRR Club Social	Avery Brewing Co	BRR, Free
Every Sunday 9 am	BRR Sunday Club 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
October 25 (Tuesday)	Member Banquet	Dakota Ridge Clubhouse 640 Terrace Avenue, Boulder, CO 80304	
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

