

The President's Message

We hear you!

Our members have spoken, and we are amazed by all of you.

You sent a clear message at Harlow Platts and the USATF Master's 5K Cross Country Championship.

BRR singlets and volunteers were literally everywhere. Over 20% of the field wore the BRR insignia on their chest. We are proud of our Club and our Community. The day was a sample of what is possible when Colorado works together. Our guests from around the country were amazed by the quality of the event. All of us were essential to that outcome!

Strong turnout for our member banquet from all age and interest groups in the Club made for a remarkable evening. Diversity is a real and tangible strength of our Club. We are rapidly evolving into

a true reflection of our community. John Bridges recognized over 40 volunteers. And I was honored to recognize John for his **Extraordinary Service to Club and Community**.

Response to our Member Survey was strong. Your input was clear. Members are pleased with the direction of the Club, while recognizing there is more to be done. Our Board and 2023 planning team has the feedback needed to guide the work before us. Summary results are enclosed in this newsletter with complete results available on the website.

Our annual election of Board members for the 2023 Club year will be held December 10 – 15th. Our schedule leading up to the election will be as follows:

- Nov 14th – Board meeting and member feedback session
- Nov 16th – Nov 30th – Board candidate nominations
- Dec 5th – Meeting the Board candidates via Zoom
- Dec 10 – 15th – Club elections
- Dec 20 – New Board announced
- Jan 1st, 2023 – Begin new Club year

Lorraine Green and John Bridges are retiring from Board service. I greatly appreciate their many contributions, especially this year with four first-termers on the Board.

We met all our goals in 2022, including:

- Adding nearly 100 new members
- Meeting transparency and compliance goal
- Growing our All-Corner Track Series and the Mile High Mile
- Expanding our volunteer base



Chris and John

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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

**NOVEMBER 14TH - BOARD MEETING -
OPEN FEEDBACK SESSION**



Summary of Member Survey Results

- Creating race teams in the Women's 50 and Men's 40 categories
- And, most importantly, coming together as one Club.

There is, of course, more to be done. Please consider how you might be able to contribute time, talent, or treasure in 2023. "Many hands makes for light work."

Summary of Member Survey Results

Completed over the course of two weeks in October, our member survey effectively drew responses from a representative and diverse group of members. Of the survey responders:

- 36% have been Club members for more than 10 years; and 40% for 5 years or less
- The majority of responders attended a Club social event, and competed on a Club race team at some point
- 40% are active volunteers; 40% attend Club group runs; 38% participated in an All-Comers meet, and 30% participated in the Mile High Mile

85% of members agree, or strongly agree, that they receive appropriate value for their membership dues. Members most value supporting the Club's mission and that membership makes them eligible to race in USATF and other Club competitions. Discounts from local running stores and volunteer opportunities are also important to members

92% of members rated the Board's 2022 performance as 4 or 5 stars (out of 5 possible stars) for an overall rating of 4.6 (out of 5).

A small majority of members (54%) believe there should be a monthly Club Social, but only 41% attend whenever possible. One-third of members who live in Boulder choose not to attend the monthly social. Feedback on what would improve the social varied widely, concluding only that there is not a consensus opinion at

this time on the role of a monthly social.

79% of members agree, or strongly agree, that the Club should support local community initiatives consistent with the mission statement. Members prefer community outreach focused on building and maintaining places to run and providing restroom facilities at popular running locations. Support for community food banks is low relative to other initiatives that are more directly related to the Club's mission.

Nearly half of members are willing to donate more than \$100 annually to support the Club's community initiatives; 10% are willing to donate more than \$250 dollars. Survey results suggest the potential to raise an additional \$12,000 to \$20,000 annually for initiatives that members support.

89% of members agree that Club race teams are essential to our mission and building the BRR brand. 55% of members who do not race on Club teams also agree or strongly agree.

Members overwhelmingly support the Club Race Team Policy and Code of Conduct passed by the Board in April 2022.

A majority of members are interested in participating with the Club if it offered organized destination events that might include team relays like Hood to Coast, destination marathons, the Carlsbad 5000, Cherry Blossom Ten, etc.

For complete results visit our website at: <https://boulderroadrunners.org/2022-member-survey/>

You may also attend the Nov 14th Board meeting for a discussion of results or to provide direct feedback to the Board.



Boulder Road Runners, Inc.
Officers and Contact Information
2022

ELECTED OFFICERS

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Boulder Running Community Shines on Home Turf

Local clubs host and compete at the USATF Masters Cross Country National Championship

By Chris McDonald and Marcey J. Cote

Boulder, CO, October 22, 2022

Packed with cheering running enthusiasts, and full of hundreds of running competitors, the cross-country course at Harlow Platts Park was an exciting scene for all. The blue flags lining the grass course were used more to guide fans on where to stand than athletes on where to run. More than 300 men and women from across the U.S. charged the challenging 5k race amidst striking fall colors, and under Colorado bluebird skies.

It didn't matter which of the local running clubs' insignia adorned your race singlet. "Go Boulder!" was heard everywhere," remarked Thomas French, a member of the Boulder Road Runners Men's 40-49 team. In fact, the whole State of Colorado turned out to support USA Track and Field's Masters National Championship. Clubs from Fort Collins to Colorado Springs joined multiple Boulder-area teams to put on a celebration worthy of Boulder's running reputation.

"This event was all about the athletes," Race Director Lee Troop stated passionately. "Every dollar we raised from the event was invested back into the athletes to

deliver the best possible experience."

With post-race festivities including gourmet sandwiches, a beer garden stocked by Avery Brewing, and multiple generations of local Olympians handing out awards, Boulder put its best foot forward.

"I got a selfie with Joe Klecker. That made my trip," commented one of the top masters runners in the world who was visiting from the Bay Area.

At the center of the event is a partnership between two local clubs: Team Boulder founded by Lee Troop, and Boulder Road Runners, the community's longest-tenured club in the community, dating to its founding by the life-long, do-it-all, running guru Rich Castro in 1979.

"Sixty-four Boulder Road Runners raced for our Club today," said Chris McDonald, the first-year president of Boulder Road Runners. "And even more volunteers from every club in Boulder came together today to make this event successful. That's what we are most proud of."

"Half of our members still love to race and come to the Club to do so. But overall, our members are very mission-driven. We are

a resource for the entire running community – from youths to masters to elites, to CU's running programs, and to local races. We are very excited about the running movement, and committed to seeing it thrive in Boulder, and across Colorado," continued McDonald.

On the racing side, Boulder Road Runners also stood tall, with teams making the podium in nearly every age group. Led by the Club's Women's 50-59 team's first place, the men followed with team titles at ages 60-69 and 70-79. Runner-up finishes by the Men's 50-59, Women's 60-69, and Women's 70-79 teams put six Boulder Road Runners teams on the podium (out of eight total podium spots).

Women's 50-59 Team Captain Lesia Atkinson finished third on her Boulder Road Runners team, and just ahead of Impala Racing Team's third runner to clinch the team title on a tie-breaker between the two teams. Allyson Serrao (2nd), Marcey Cote(5th), Katherine De Simone, and Jeannie Freis combined for the win in the team's debut race together.

In the Women's 60s race, Lisa Mills (2nd),



Allyson Serrao finishes strong to lead the Women's 50+ team to the top podium spot.



The winning Women's 50+ team is all smiles before their debut race: Marcey Cote, Allyson Serrao, Lesia Atkinson, Kate De Simone, Jeannie Freis

Masters Cross Country National Championship (Continued)



Women's 60, 70+ Team Members (Left to Right - Stephanie Scholl, Ellen Hart, Mary Sparks, Lorraine Green)

Stephanie Scholl (6th), and Ellen Hart (8th) led the team to second place on the podium, just four points behind Impala Racing Team. In the Women's 70+ race, Edie Stevenson (3rd), Nancy Antos (5th), and Lynn Hermanson (6th) notched second place for their team.



Anthony Bruns took 2nd overall, and lead the Men's 40+ team to a 2nd place finish.

On the Men's side, Anthony Bruns (Men's 40) and Chris Grauch (Men's 50) led the Club with 2nd and 8th place individual finishes overall. Bruns also finished second in the Men's 40 division leading his team to 4th position as a team, and just nine points off the podium. Chris Grauch won the Men's 50 division individually to lead Glen Mays (4th), Flavio De Simone (8th), Chris McDonald (9th), and John Borthwick (10th) to second position on the team podium.

The Men's 60-69 and 70-79 teams are the reigning Club Cross Country champions, and they delivered again, on their home course. Mark Tatum (2nd), Tim DeGrado (3rd), and Roger Sayre (6th) combined to lead the M60 team while Doug Bell (1st), Carl Mohr (2nd), and Gary Ostwald (5th) won the day, and clinched the season-long Grand Prix title in the process.

Check out all the individual, team, and Age-Graded Results at USATF.org

Thank you to Dave Albo for all the great photos. More great photos for purchase and download from Lane1photos.com



Doug Bell Men's 70+ team lead the team to a top podium finish, and to win the season-long USATF Masters Grand Prix title in the process

BRR MEN'S 70+ TEAM WINS USATF NATIONAL CHAMPIONSHIP!

By Team Captain, Jeff Dumas

The **USATF Masters 5K CC Championships** was held here in Boulder in front of a large hometown crowd on Saturday, October 22, 2022 -- on grass, on gravel, over hills, over a bridge and around Viele Lake in Harlow Platts Park at the South Boulder Rec Center.

The final team standings for the entire 2022 USATF Grand Prix ("2022 GP") came down to this the last race of the series. Had the Atlanta Track Club ("ATC") placed first on the podium in this race, then the USATF officials would have had to go back to their mysterious "GP rule book" to determine the winner of the 2022 GP. Although, prior to this race, it looked like the BRR Men's 70+ Team was slated to win the 2022 GP, that outcome was not a given. It certainly is now. Period!

By finishing with team wins in both first and second place and ahead of the third place ATC, the USATF rule book, the USATF mathematicians and USATF lawyers were not needed. It's official: The BRR Men's 70+ Team are the 2022 USATF Grand Prix national champions!

Incidentally, longtime USATF competitor, Doug Bell, believes that examples of a single club winning both a first and second places on the podium at a USATF national championship event has only been achieved maybe a couple times -- by any age group team. Here are the team's and runner's performances at this all important finale to the 2022 GP race series:

Our A-Team, finished first with a team score of 8 points: Doug Bell (23:08, first place overall), Carl Mohr (23:51, second overall), Gary Ostwald (24:42, 5th overall), Rick Katz (26:01, 8th overall) & Rich Castro (28:31, 15th overall).

Our B-Team finished second, with a team score of 22 points: John Van

Camp (25:24, 6th place overall), John Trull (25:45, 7th overall), Jeff Dumas (26:42, 9th overall), Jim Reynolds (27:38, 10th overall), & Dave Dooley (29:00, 17th overall).

Our C-Team finished fourth, with a team score of 41 points: Don Price (27:44, 11th place overall), John Roeske (28:10, 14th overall) & Tom LeMire (29:00, 16th overall).

The ATC team was the third-place finisher with a team score of 26. The ATC's scoring runners were Dave Glass (23:59, 3rd place overall), Jerry Learned (24:18, 4th overall) & Sam Benedict (33:04, 19th overall). And the Genesee Valley Harriers finished in fifth place with a team score of 43 points.

With a 2022 GP cumulative score of 490 points over the requisite five GP races needed to determine the outcome, the BRR Men's 70+ Team achieved the 2022 GP win via our team's four first places finishes and one second place finish (to the ATC) in the 2022 GP race series. Here are our team's 2022 GP race details:

The 2022 USATF Grand Prix series started with a bang at the **2021 USATF Club Cross Country Championships** which took place on December 11, 2021 at the fabled Apalachee Regional Park in Tallahassee, Florida. First Place!

The team's three scoring runners were: Doug Bell, 1st place overall in 35:38, Mike Wien, 3rd place overall in 36:55 and Rick Katz, 7th place overall in 38:37 -- resulting in a 1st place, gold medal winning team score of 11 points, in a field of about a dozen teams! The next BRR runner to cross the finish line was Jan Frisby in 17th place overall in 44:29 followed shortly by Ray Eck who finished 22nd overall in 47:00. The 2nd place, team silver medal went to the San Diego Striders



who finished with 18 points and were led by Rick Pfeiffer and Ronald Wells, who finished in 2nd and 4th places respectively. The Atlanta Track Club came in 3rd place for the team bronze medal with 22 points, led by Dave Glass and Jerry Learned who finished in 4th and 5th place respectively.

The **2022 USATF 5K Masters Championships** (Road Race) took place in Atlanta, Georgia on February 26, 2022, finishing up in the historic Centennial Olympic Park. First Place!

We sent five runners to Atlanta, including: Doug Bell, Jan Frisby, Rick Katz, Gary Ostwald and Mike Wien (Note: As a reminder, Mike used to run with and even captained the ATC Men's 60+ team while he was living in Atlanta!). The host team, the ATC, had entered three teams of its own -- just as we did when we hosted the USATF Masters 5K CC Championships! Also participating were the Ann Arbor Track Club, the Shore Athletic Club, the San Diego Striders and Greater Philadelphia Tack Club. None-the-less, in Atlanta we took the gold! The finishing times for our teammates were: Doug Bell at 21:12 with a 6:49 pace; Mike Wien at 22:23 with a 7:12 pace; Rick Katz at 22:40 with a 7:17 pace; Gary Ostwald at 23:12 with a 7:28 pace and Jan Frisby at 24:32 with a 7:53 pace. Team scores and rankings are determined by averaging the finish time of the first three runners to cross the finish line. For this race, the BRR took first place with an average time of 22:11; the ATC took second place with an average time of 23:06; and the San Diego Striders took third place with an average time of 26:17.

The **2022 USATF Masters 10 Mile National Championships** took place in

BRR MEN's 70+ TEAM (Continued)

Sacramento, California on April 23, 2022 as a part of the famous SACTOWN 10 – First Place!

Our runners placed as follows:
Doug Bell in 1:14:45; Mike Wien in 1:16:08; Gary Ostwald in 1:19:50 and 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. That being the way the team rankings were determined, it was good enough for another first-place team finish! The local Tamalpa Runners scored a second-place team finished with a team score of 3:58:09 followed by the ATC in third-place with a team time of 4:15:28.

The **2022 USATF Masters 1 Mile Championships** took place in Rochester, New York on May 21, 2022. Second Place!

Our runners placed as follows: Doug Bell led the team with a remarkable 6:08 finish, followed by Rick Katz with a 6:48 and with John Roeske completing the team scoring with a 7:05. 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. The ATC placed first with an average finish time of 6:40 just a second ahead of the BRR in second with an average finish time of 6:41. The Syracuse Track Club secured the bronze medal. with an average time

of 6:53.

Looking ahead: The first event of the 2023 USATF Grand Prix series will be the **US-ATF Club CC National Championships** will be held in Golden Gate Park in San Francisco on Saturday, December 10, 2022. There are already five teams signed up for the 70-79 team competition: the ATC, the Cal Coast Track Club, the Jamul Toads, the San Diego Striders and the Tamalpa Runners. By the time the gun goes off, there will almost certainly be a dozen or more teams in our age bracket. And, of course, we will definitely be sending another strong team to this most important-of-all team competition. In that regard, so far, we have Doug Bell, Rich Castro, Gary Ostwald and Mike Wien signed up to go. If you are interested in being the teams fifth runner, please let Doug and Mike know. Here's a link to the USATF race website: <https://www.usatf.org/events/2022/2022-usatf-national-club-cross-country-championships>

Looking far ahead: The USATF Cross Country National Championships in Richmond, Virginia on Saturday, January 21, 2023. Rick Katz and I are planning to attend – since we are both from Tidewater Virginia, have family in The Old Dominion and attended high school there. For those who might be interested, here's a link to the USATF race website: <https://www.usatf.org/events/2023/2023-usatf-cross-country-championships>

Late breaking news: Although I was pleased to be a scoring runner on our

BRR Men's 70+ A/B-Teams in the last two USATF championship events that I participated in, at age 77 I'm getting to be a little long-on-the-tooth for national competitions in the elite 70 -79 age group. So, I have asked two of our most active, enthusiastic and longstanding team mates to take over as our formally designated BRR Men's 70+ Team "captains/coordinators" for the 2023 GP season. Fortunately, both readily agreed! So, for the 2023 GP season, your new team "co-captains/co-coordinators" will be drum roll please... Doug Bell and Mike Wien! As I told them both, I could not think of any one better prepared and motivated to take this leadership baton in hand and run with it! And, of course, I will assist in every way possible to ensure that we don't drop the proverbial baton in the exchange zone!

Lastly, included at the top of this article is an image of a 4" by 3" embroidered cloth patch that I have designed and commissioned to commemorate the BRR Men's 70+ Team 2022 USATF Grand Prix national championship. Once received, these patches will be made available to our teammates who have signed up for or participated in a 2020 USATF GP event. This will be our "varsity letter", if you will. Incidentally, this red, white and blue image is also readily adaptable for a tattoo!

What a great finale for a fantastic year for an absolutely remarkable team!!!



Photos from USATF 5K Championships 70+ Teams



A Team (Left to Right) Doug Bell, Carl Mohr, Gary Ostwald, Rick Katz, and Rich Castro



B Team (Left to Right) John Van Camp, John Trull, Jeff Dumas, Jim Reynolds, and Dave Dooley



C team (Left to Right) Don Price, John Roeske, and Tom LeMire



Pre- and Post Dispatches from the London Marathon

By Paul Hughes

Paul Hughes, a member of BRR and its M60+ team since 2018, won the M65-69 silver medal in the cross country race and the age group gold medal in the half marathon at the World Masters Athletics (WMA) Championships held this past July in Tampere, Finland. What follows is a series of reports to me prior to and following his breaking the Colorado age group record for the half marathon and his second place age group finish in the London Marathon on October 2. Paul demonstrated once again that this Boulder Road Runner is truly world class. He lives in Pagosa Springs and is a British citizen. Here is Paul's story in his own words. Only minor editing performed simply to arrange the narrative in sequence and enhance readability. - Bruce Kirschner

August 31: Not Quite a HM Record

Thank you kindly for noticing the results, Bruce. I remain a little stunned by this performance, I was not expecting it quite like this. Here is some background.

Durango is the closest to a hometown race for me and I have run it each of the last four years (throughout the pandemic). This year the course changed back to its original which I last ran a great race in 2019 of 1:22:34. Mostly downhill but starts at 8,500 feet with four challenging up-hills. I recovered from the WMA in about 3 weeks and I have since put in four more weeks of marathon training. Nothing unusual and my speed workouts have been achieved exactly as they were in 2021.

Physically I did not feel great in the 24 hours before the race, I felt the most I could expect would be to equal my time from 2019. I drove over there at 5.00 am, and prepared exactly as I always do, except one mistake I made when transferring from my car to the bus I forgot my prescription sunglasses behind. I never train without these glasses. Stay calm. Since I know the course well enough, I raced without glasses which is not far off being blind for me. I could see the mile markers but not read them all and I could not read my watch until I finished.

The weather was perfect. The lead runner went off ahead immediately, as is often the case, but I stayed with 2nd and 3rd for most of the course. I moved into 3rd at 10 miles. The last mile is brutally uphill, and the young one caught my willowy legs about 60 yards from the finish. Only then did I see 1:21:03. I had intended to set this new state record for M65 by almost 4 minutes, but today I learned there is a twist in the tale, as Derek Griffiths at Colorado Runner informed me that since Durango has never been a USATF certified course, my time does not count as a record. Anyway, this was my warm-up race for the World Age Group Championships at the London Marathon on October 2nd and so Durango certainly gave me a boost in confidence going into the marathon.

September 17: Dare to Dream

Hello Bruce, I just wanted to update you on my imminent plans. I decided to delay my flight to the UK by a couple of days

(now 9/20) for a couple of reasons. First, I didn't want to arrive at London Heathrow [airport] on the day of Her Majesty's Funeral. I will watch the event on live TV from home and then reflect upon it during my following travel.

Secondly, I made a late entrant to the Equinox Half Marathon in Fort Collins for tomorrow. As you know my effort in Durango was not certified by Colorado USATF and I want to try again while in form. I know from experience that the Equinox is the fastest certified course around. I looked up the equivalent marathon time for my half marathon 1:21:02 in Durango and it's 2:49:56, dare I dream? My focus is to try and win (without knowing who else is in the race) the M65 in London. Incidentally I looked up the M65 British National Record which stands at 2:51:39, dare I dream again?

October 1: Assessing My Condition

Yes, I'm in London Greenwich right now, I'm staying about a half mile from the start line. The weather forecast all week has been calling for dry, 55 degrees and windy (as it was last year). The day before the race the outlook now is definitely wet but much less windy. I have to convince myself that I'd rather race in the rain than against the wind. Many runners from the US here although I don't recognize any of them from before. By a process of elimination, I've come to the conclusion that Jacob Nur is not on the start-list, so the opportunity for me is open.



Pre- and Post Dispatches (Continued)

My only concern is whether I'm recovered enough from the Equinox Half Marathon in Fort Collins two weeks ago. I finished that in a Masters personal record by the way, of 1:20:25 and so I finally got that M65 Colorado record. The only drama was that a marshal mis-directed me just 50 yards from the finish line, as I changed direction suddenly and tripped over a metal barrier and went down hard into the gravel. I jumped up to cross the line before the pain set in but spent half an hour in the EMS tent being patched up. No permanent damage done.

October 3: Ready to Race

I'm still in central London today recuperating. As always there is always a back story. The first thing was that the forecasted rain did not materialize, in fact the second half of the event was bathed in sunshine. The wind was not too severe and so I decided to go for it and try and challenge the British record (2.51) and felt confident that would win the age group.

Everything started great and my first 7 miles I hit my splits exactly (39.30 for the first 10K). Around mile 8 I felt myself imperceptibly slowing as more runners came past me than usual. At 9 miles I felt as I should normally at 15 miles and so I knew it was going to be a longer day. Why did this happen? I think it's fair to assume that my Equinox race from two weeks ago was still residue in my legs despite me resting up as much as possible during the taper.



I went through half-way in 1:25 and then recalibrated believing that I could still record a 2:55 for the win. As is typical in these big city races one cannot see your competition but later discovered that I was four minutes ahead at this stage.

The second half I stayed on course for my revised goal up until 22 miles when suddenly I stepped on a full bottle of water. I didn't go down this time but my hamstring went into instantaneous meltdown brought me to a standstill for a moment. I thought of my 87-year-old very sick mother and told myself I have to finish for her and so that is how I got going again but slowing by another 30 seconds per mile. The hamstring pain was terrible but did not deteriorate further.

At this pace I was praying that no one in the 65-69 age group would catch me but it happened at 25.5 miles as I recognized the back bib of Dave Walters (I believe he's from Chicago). I risked staying with him and he didn't get away. As we made the final turn in front of Buckingham Palace, he recognized me and we went into drag-race mode for the final 200 meters. I dipped at the line a fraction of a second in front. I knew that he must have crossed the start line after me and so it was, he had a 58 seconds buffer on me (both of us would have been unaware in the moment).

Disappointing for sure but you can't win them all and I duly turned up at the awards ceremony with my wife last evening and glad to be a part of it all. And the icing on that cake? Entirely unannounced until it happened, but the one and only Eliud Kipchoge was in town and spent half an hour with us all and we had photos taken with the great man. Talk about a rock-star! The crowd went wild and stormed the stage when they recognized Eliud.

To wrap up, the finishing times for the 2022 Abbott World Marathon Age Group Championships M65-69 at the London Marathon were:

- | | | |
|-------------------|-------|---------|
| 1. Dave Walters | (USA) | 2:56:45 |
| 2. Paul Hughes | (GBR) | 2:57:43 |
| 3. Helvecio Silva | (BRA) | 3:00:41 |

Note that the 2023 World Marathon Age Group Championships will take place at the Bank of America Chicago Marathon on October 8, 2023.

It's been an incredible year for my running; I've had some life-time experiences, and my hamstring should heal quickly (it's not torn). There's a good chance I will get an invite to the 2023 Marathon Championships in Chicago but it's too early to say or whether I will take it up. I hope all is well under the fall colors back home.

October 17: A Happy Postscript

PostScript. I'm happy to say that my injured hamstring has healed completely and I'm running gently again. Attached are a few of the photos from the London Marathon, scenic as you can see, and including one of Dave Walters and myself 'sprinting' for the line outside Buckingham Palace. There are also a couple of the great Eliud Kipchoge at the post race awards.

Best Regards, Paul



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			
Every Sunday 9 am	BRR Sunday Club Run	East Boulder Rec (Community) Center, 5660 Sioux Dr, Boulder	BRR
Events and Races			
November 14, 6 pm	Board Meeting and open member feedback.	Dakota Ridge Clubhouse 640 Terrace Avenue, Boulder, CO	
Nvember 24	Boulder Thanksgiving Day 5K	Flat Iron Park, 55th and Central	Team Boco
December 5	Zoom Meeting - Meet the 2023 Board Candidates		
December 18	Super Santa 5K	Twisted Pine Brewing Co	Team Boco
USATF Masters LDR Schedule <small>(For more information, contact Bruce Kirschner, bhkirsch@comcast.net)</small>			
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



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