

The President's Message

Our Future comes into Focus

The health of The Boulder Road Runners is a function of member engagement. That engagement is a function of how well our Club's plan aligns with our members' passions. As a

not-for-profit 501(c)(3) organization with no paid staff, our Club is entirely dependent on accurate alignment of plans and passions. Periods of misalignment have led to atrophy. Periods of alignment have led to phenomenal growth and meaningful engagement. Input from as many members as possible gives our planning team the greatest odds for successfully aligning our plans and passions.

On November 14th, our 2023 planning team met to review input provided by 60 members through the online survey. Five members responded to our invitation (open to all members) to provide direct input to the planning team. For me personally, this evening brought our Club's future into focus for the first time. There have been lots of swirling ideas, opinions, and a few single-issue pulpit pounders. Our team diligently worked to cull facts from fiction, passions from prejudice, and our successes from our failures. At times, I have wondered if the Club has a role in our community's future or if it is an artifact of our community's past.

My conclusion, and that of our planning team, is that our community does, indeed, need the Boulder Road Runners to step

fully into a servant leadership role. We need to work across clubs, age and ability groups, and factions, to unite our community. This is how we make the kind of profound impact that comes only from our working together. If we choose to rise to the occasion, our future is bright. This future may be different than our past. Yet, it will reflect the current desires of our community, and the expressed passions of our members. This exciting future is entirely up to our engaged members who contribute their time, talent, or treasure – all of which are essential to moving forward.

We saw many examples of what is possible in 2022. Our engaged members know what examples I reference because you felt the same positive energy I did. Ultimately, our Club will take on as much as we have volunteer support to get done.

Please join us December 15 for an online member meeting to share the planning team's work. Joining will also help you know how to make your own impact in 2023. Moreover, joining will help you place an informed vote as we elect a new board for the 2023 Club year.

Board Elections

Nomination of candidates for the 2023 Club year are now open. All seven seats are to be re-elected per our bylaws. We have two open seats to fill this election – one executive role and one at-large role.

Experience serving on a not-for-profit board is not required. Board members are unpaid volunteers that should bring a member and community service mindset to the team. Candidates must be able to

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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

DECEMBER 15TH, 6PM - ONLINE

MEMBER MEETING

Join Online -

<http://meet.google.com/upa-xajt-grn>

Join by phone -

(US) +1 216-512-0554 PIN: 569 529 777#



News and Notes

participate in six to eight board meetings per year and willing to serve on one or more topic teams (i.e. Marketing Communications, Governance, All-Corner Track Series, Events and Socials, Race Teams, Membership, Community Outreach, and Athlete Support). Please visit our website to express interest in running or make a nomination.

(<https://forms.gle/B4tmtPSGmrSy2vU68>)

If you are not currently engaged, or waiting to see what happens, I encourage you to invest 75 minutes on December 15. There is a lot to share. Get the facts. Make a purposeful decision. The new Club year begins January 1, 2023. Let's hit the ground running!

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/>

End of an Era - Thank You Elliott Henry
With this December Running Club Newsletter, Elliott Henry signs off as our creator and publisher. Looking back through 2 years of newsletters posted to our website reveals a remarkable body of work.

Club XC Championships – December 10 at Golden Gate Park

If April showers bring May flowers, Fall miles bring Winter XC trials. The "Super-bowl of Club Racing" is upon us. Fields are stacked with talented California teams intent on using the advantages proximity brings to defend home turf. A classic cross-country course, Golden Gate Park features hilly sections typical of San Francisco, a mix of grass and dirt surfaces, with some long start and finish straights for runners to open it up.

The State of Colorado will be well represented, including sixteen Boulder Road Runners athletes composing three teams to represent the Club in the Men's 50, 60, and 70 team races. Each year age group races feature a fresh crop of determined athletes

aging up to race as the youngster in their new age group.

Men's 70 Team: **Doug Bell, Mike Wien, and Gary Ostwald** are out to defend the National Club Championship won last year in Tallahassee. Doug is also the defending individual champion. The race is also the first event of the 2023 USATF Long Distance Running Grand Prix where the Club is also the defending champions. The entire field will have an eye on Doug, Mike, and Gary.

Men's 60 Team: **Roger Sayre, Dan Spale, Jack Pottle, Bob West,** and new team coordinator **Adam Feerst** have eyes on the podium as well. Shore AC (New Jersey), SRA Elite (Sacramento), Atlanta Track Club, Cal Coast (Los Angeles), Bowerman TC (Oregon) and Athletics Boulder, among others, offer stiff competition.

Men's 50 Team: **Rick Granquist, John Borthwick, and Glen Mays** will run their first Club XC Championship for BRR joining **John Probst, Kevin Konczak, Flavio De Simone, and Chris McDonald** from the team that raced in Tallahassee last year. With no less than 8 teams capable of making the podium, the M50 team race is wide open and likely to be decided over the final 2Ks of the 10K distance.

USATF Colorado Cross Country Championship: In snowy, slushy, and super-windy conditions, Club teams persevered. The W50 ladies took the top podium spot, besting two other teams. Congrats to **Marcey Cote, Lesia Atkinson, Kate De Simone, and Jeannie Freis.** The W60 team of **Nancy Antos, Lorraine Green, and Mary Sparks** also placed first. On the men's side, the M50 team of **Flavio De Simone, Rick Granquist, Duane Rorie, Chris McDonald, and Todd Straka** placed first, as did the M70 team of **Jeff Dumas, Tom LeMire, and Rich Castro.**

Longmont Turkey Trot: **Jeannie Freis** ran the 2-mile in 16:11 to win her 50-54 age group. **Marcey Cote** ran the 10k in 43:30, also winning her 50-54 age group, and notching a lifetime PR.



Boulder Road Runners, Inc.
Officers and Contact Information
2022

ELECTED OFFICERS

Chris McDonald, President
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Graduate transfers find happy place with CU cross country

By MICHAEL SANDROCK



Mike Sandrock On Running

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When Bailey Hertenstein finished her undergraduate career at Indiana University with her degree and two runner-up Big Ten cross country finishes in hand, she looked for a school to get a graduate degree and use her remaining year of eligibility, seeking, she said when we chatted after a workout earlier this month, a school where she could “run happier.”

Hertenstein found her happy place at the University of Colorado Boulder, as did seven other graduate transfer student athletes — Gabrielle Orie, Ella Baran, India Jones, Charlie Sweeney, Andy Kent, Seth Hirsch and Brendan Fraser. The graduate transfers came from different schools, backgrounds and undergrad success, but all were united by the common theme of finding the best place to pursue educational and running success.

This is by far the largest number of grad transfers Colorado coaches Billy Nelson, Heather Burroughs and Mark Wetmore have brought in, due mainly to the COVID-19 pandemic that canceled many collegiate sports' seasons and gave athletes extra eligibility. “We are pleased with all



University of Colorado Boulder associate head coach Heather Burroughs, left, Kaitlyn Barthell, Emily Covert, Carley Bennett and Bailey Hertenstein talk with head coach Mark Wetmore after a recent cross country practice. The team's season finished with the NCAA championships Saturday. (Mike Sandrock — For the Camera)

of them,” said Wetmore, CU’s longtime head coach. “Everyone has made a special contribution.”

One reason for the transfers’ success, several said after a session of 500-meter repeats on the football practice field — “fun hard” is how Wetmore described the presumptive pace as he went over the workout with his runners — is the supportive atmosphere they found on the team. “I am running much happier here,” said Hertenstein, the Pac-12 cross country champ who sped to a fifth-place individual finish at Saturday’s NCAA championship. “I love the team; I love the coaches.” Hertenstein smiled as she described how after one not-so-stellar workout — yes, even conference champs have off days — her teammates boosted her spirits, saying, “You’ve helped us so much, let us help

you.” The “safe, positive” environment fostered by returning runners such as Emily Covert helped make her more outgoing, Hertenstein added.

Another of the supportive teammates is Orie, who is working on her master’s degree in Integrative Physiology. After graduating from Cornell University, “I wanted to go somewhere where I would have the best chance of chasing my dreams,” she said, “and this was the program that would let me do that.”

Orie added that being in Boulder, in the mountains and in nature, was part of the appeal of joining the Buffs. Now, she said, looking over at her teammates changing back into training flats after the workout, “These women are my best friends. We work hard to lift each other up.” One of CU’s key runners this season,

Graduate transfers (Continued)

Brendan Fraser, matriculated at Notre Dame. Sitting in front of the Indoor Practice Facility after cooling down with his teammates, Fraser said that when it came time to transfer, he looked for a school that would let him find “a balance with everything, running and enjoying life.” At CU, he said, “I’ve found happiness and success at the same time. I wish I had more time.”

Don’t we all, Brendan, don’t we all.

Listening in was CU’s top runner this fall, Andy Kent, who finished his collegiate career Saturday. (The other transfers have 2023 track eligibility remaining, including Jones.) Kent’s reason for transferring to Colorado after completing his undergraduate degree at Georgia Tech was simple — the chance to train under Wetmore. “Mark has so much experience and knows exactly what workout is right for us. We might be feeling good, and he’ll have us run an easy day, instead of a workout. He knows what’s best.”

Before and after the set of 500-meter repeats, the Colorado runners exchanged easy banter. There was, a visitor could sense, a feeling of quiet confidence and satisfaction, the kind you get from sharing “hard fun” with your peers. That is what Sweeney found here after finishing his undergrad at Western State Colorado University in Gunnison.

“Everyone here is like family,” said Sweeney. “I really enjoy the team and always have since I got here. The older guys look out for the younger guys more than I personally have ever known on a team. The younger guys are never afraid to reach out and ask questions or for anything from the older guys.”

Added Sweeney, who is working on a master’s of science in Organizational Leadership, as is teammate Fraser, “I look forward to going to practice every day and just being able to catch up with my best friends who also happen to be my teammates.”

Follow Sandrock on Instagram: @Mike Sandrock.



Hertenstein, Ella Baran, Gabrielle Orie, Brendan Fraser, Seth Hirsch, Charlie Sweeney and Andy Kent are the seven graduate transfer students who competed for the University of Colorado Boulder cross country team this fall. (Zion Atwater / CU Boulder)

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now?
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BOX.**

Connie Harmon - founding member, administrator, and the “Club’s Heart and Soul.”

An opportunity to talk about the Club’s past, present, and future with Connie is truly a gift. In the early 1980s the Club’s newsletter called Connie “the heart and soul of the Boulder Road Runners. If you need something, its most likely Connie who will provide it.”

The Club’s “administrator,” Connie managed membership, got the newsletter out, managed financial affairs, and even worked the finish line of events, and compiled race results. If there is anything you want to know, just ask Connie.

“I still have the thank you notes Jenny and Emma wrote to us,” a beaming Connie Harmon shared over a recent Zoom call. “They were both so nice and so grateful we were able to help them early in their careers.” Sure enough...before Jenny Simpson and Emma Coburn were Olympic Medalists, they were aspiring members of the CU Cross-Country and Track Program with big dreams.

“We also had a scholarship fund for high school runners going into college” Connie continued as we talked about the Club’s role in the formative early days of the Boulder running community.

Connie has every newsletter the club published from 1979 through her retirement from administrative duties in 2018. “Ask Connie” is the most common answer to any question asked about the Club’s first thirty years.

Club founder Rich Castro described Connie as “someone you could always count on to help. She was the unsung hero and backbone of what we were doing for some 30+ years. She was always calm and cool, quite the opposite of my early days. She methodically took care of business, whatever that might be, and she did so without a lot of fanfare.”



Connie runs in the BRR 100 Mile Relay in 1984 at Boulder High School with husband Ron and their 3 month old daughter Cara

Question: Connie, what should new members know about the Club?

Connie: (The Club) was such a community affair from the very beginning. It was the beginning of women’s running and women’s-only races. We were a very diverse club. We even had a high school board member. Our first President was Pearl Mehl, age 65, the rest of us were in our twenties and thirties.

When Club was founded, the only organized running groups were Rocky Mountain Road Runners, Pikes Peak Road Runners, and Colorado Track Club (more elite focused). People in Boulder wanted some type of organization and to run with others.

Question: What does representing the Club in the 5K Masters National Cross-Country Championship in Boulder mean to you?

Connie: I was (a competitor) before Title IX and never got a chance to run on a

team. It’s been a long time since I ran on a Club Team. I will be racing on the W60 B Team and excited to get to know my new BRR Club teammates.

I am still here. Still active. I am more excited now than 15 years ago. I am happy to see the Club still going and doing well.

Our whole family has grown up in the Club, Boulder Road Runners from birth.

Question: What was running in Boulder like during the early days?

Connie (and husband Ron): We moved to Boulder in 1977. There weren’t a lot of trails or bike paths. The track was like a bombed out airfield. It was an asphalt surface full of potholes. I (Ron) still managed to run a 4:20 mile on it. Tuesday afternoons were the club’s interval workouts on the track followed by all you can eat pasta at the Gondolier.

Question: What were your favorite local races in the early days that nobody will

Connie Harmon (Continued)

remember if they weren't there?

Connie (and husband Ron): Run for the Roses (15K) and the High-Altitude Challenge (10K) were great races. The annual Kick-Off Classic and of course the Club started the Turkey Trot. The race always finished on the CU Track. We had a high of 1,800 runners (for the Turkey Trot) and raised a lot of money for the community food share.

Thank you Connie and Ron... for your many contributions to the Club through the years. You have been a source of truth and inspiration whenever we have needed your counsel.



Connie at 5K Championships

It is worth noting, Connie is still running very well. Running with her son Stephen, she posted a 28-minute 5K on Thanksgiving Day to place 3rd in her age group.

At the 5K Cross-Country Championships in October, Connie ran with nine teammates including Lisa Mills, Stephanie Scholl, Ellen Hart, Vicki Hunter, Lynn O'Donnell, Mary Sparks, Monica Montanez, Ellen Rich, and team coordinator Virginia Schultz.

Next year, our W70 team, consisting of Edie Stevenson, Nancy Antos, Lynn Hermanson, Lorraine Green, and Linda Yarr, will undoubtedly welcome Connie to a new age group with open arms!

Thanksgiving 5K, Photos by David Albo



2022/2023 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			
December 15, 6 PM	Zoom Meeting - Meet the 2023 Board Candidates	Join Online - http://meet.google.com/upa-xajt-grn Join by phone - (US) +1 216-512-0554 PIN: 569 529 777#	
December 18	Super Santa 5K	Twisted Pine Brewing Co	Team Boco
Jan 1, 2023	2.023 mile Prediction Run	TBD	
USATF Masters LDR Schedule <i>(For more information, contact Bruce Kirschner, bhkirsch@comcast.net)</i>			
December 10, 2022	USATF National Club Cross Country	San Francisco, CA	USATF
January 21, 2023	USATF Cross Country Championships	Richmond, VA	USATF
February 25	USATF Masters 5KM	Atlanta, GA	USATF
March 26-Apr 01	WMA Indoors-Non-Stadia Events (XC, 10K, or HM)	Torun, Poland	USATF
April 2	USATF Masters 10M	Sacramento, CA	USATF
April 16	USATF Masters HM Championships	Syracuse, NY (pending)	USATF
April 30	USATF Masters 10 Km Championships	Dedham, MA	USATF
April 30	USATF Masters 1 M Championships	Rochester, NY	USATF
Sep 17	USATF Masters 12Km Championships	Highlands, NJ	USATF
Oct/Nov TBD	USATF Masters 5KM Cross Country Championships		USATF

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