

April 2012

Boulder Road Runners

Since 1979 and Still Running

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Health

Meet Dan
Pierce

Athens
Marathon

Kim Shafer

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C U Outdoor Track Meet April 13&14

Friday: 2 p.m.
Javelin &
Hammer

Saturday:
Field and running
events begin at 11
a.m.

Dear Boulder Road Runners

This month we start to get busy with many events. One of our club strengths and a source of pride is the race support we do throughout the year. I hope we can continue to show the running community of Boulder how to give

back to our sport.

Thanks to all the members of the Boulder Road Runners who have stepped up to help at the Earth Day 5K on April 22nd. We need a couple more volunteers for our

marshaling/parking positions. Also, there is always a need for help on race day with set up. If you come to the event don't be shy about asking Benji, John or Doug Yetman about helping. Often help is needed before the event. You can volunteer and still participate in the race. Help with cleanup is always needed.



Frank Shorter RACE4Kids' Health

Sunday, April 15,
2012 @ 9:00 AM
1STBANK CENTER
11450 Broomfield
Lane, Broomfield, CO
Early Registration:
\$25 before 3/09/12;
Registration: \$30
3/09/12 - 4/13/12;
Race Day: \$35
4/15/12; Family: \$80
flat fee, Family of 4 or
more

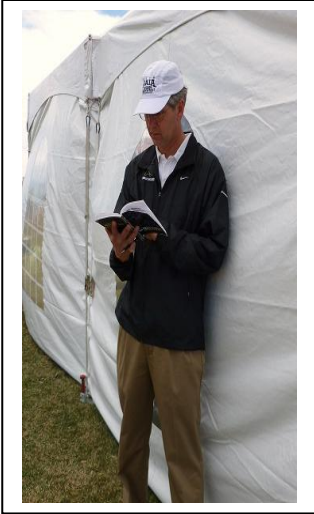
REGISTER:
[http://www.runninggur
u.com/Event](http://www.runninggur
u.com/Event)

ROGRAM: 7:30 am
Registration and
Packet Pick Up 8:00
am - 12:00 Healthy
Kids' Expo 8:00 am
Welcome and Warm
Up 9:00 am Timed 5K
Run/Walk - electronic
chip timing 10:00 am
1K Run/Walk - Free
and Fun for All Ages
10:30 am Awards
Ceremony 10:45 am
Buzz (100 yd.) 3-5
year olds 11:00 am
Diaper Dash (6 ft.) - 2
years and under with

adult 11:30 am Frank
Shorter Runners'
Clinic

We will have a club booth
at the Race4Kids to
promote our club and our
events. Gavin Slater and
Genevieve Jacobi will be
helping out.

Boulder Road Runners
will have a drawing for two
complementary entries to
the Bolder Boulder.
Come on by and fill out an
entry.

MEET DAN PIERCE by Gail Hunter

Dan Pierce, vice president of the Boulder Road Runners, always has his nose in a good book. One of his all-time favorites is: *Competition Rules USA Track and Field*.

In late June, Dan will be traveling to Hayward Field, again, to officiate at the US Olympic trials.

One World Running will have used running shoe collection box, during the Race4Kids' Health, at the Boulder Road Runners booth, #32.

As you head out on one of the Boulder Road Runners' Sunday runs, you may notice a tall guy to the right of one of the runners. You look again, as you realize that the person on the left is running, but the tall guy on the right is walking. He's walking smoothly, seemingly without effort, and at the same speed as the runner next to him. The tall guy is Dan Pierce, the national record holder in the 100 kilometer race walk, and the person who organizes the Boulder Road Runners' summer track meets. If you volunteer to work at one of those meets, you'll spend an evening (actually, we hope you'll volunteer at more than one) in a world where Dan has lived since high school.

Dan began running in high school, where he ran track for three years. In the summer, he would go with his friends to track meets, where he found that if he helped work at the meets, there was free pizza. Working at the meets, he began learning how the different events were conducted. He tried race walking at the summer meets, learning by watching at the track meets and by seeing it on Wide World of Sports on TV. He had no instruction or coaching until he was out of college. In fact, although race walking was allowed at the University of Washington, where he began college, it was not permitted at Washington State, to which he transferred after his freshman year.

Dan was certified as a race walk official in the early 1980's, and shortly thereafter received his certification as a coach. He trained in Puerto Rico as a race walking judge, and has been working U.S. national and international meets. He enjoys traveling and enjoys staying a few days extra to tour the area where he has been working. He recently visited Washington, D.C. and El Salvador. Dan is quietly, constantly working; he's the guy in the background who gets things done. He is head of the University of Colorado track officials, and he just returned from Eugene, Oregon, where he served as chief judge of the World Cup Trials in race walking.

Dan has been coaching a group, the High Altitude Racewalk Team, since 1992, and many of his team have been very successful in their racing. He also was team manager for the World Cup race walking meet in Italy, and for other international teams.

Dan has been married to Jean for ten years. When he's not working as a finish carpenter or remodeling houses, he enjoys bird watching and genealogy. He has found that his family is considered German, but they were actually Huguenots who had been driven out of France.

As an elite race walker, Dan has competed internationally. He considers himself to be best at the 50k distance. His PR for the mile is 6:30, which is considered slow for short races (the Olympic distances are 20k and 50k), but he can race walk all day long. In 1987, the United States sent a team of four race walkers to a 30k race in Venezuela. The coach wanted Dan off the team, thinking that the 20k racers, whose PRs for the mile were under 6:10, and whose 20k pace was about 7:00 minutes per mile, were more likely to win. Dan won the race (and \$270), and the U.S. team came in first. Dan's name can be found in Best Race Walk Times (4:18:00) for 50k on 2/21/88 in Raleigh, NC, and he is the U.S. national champion in the 100k race walk, with a time of 9:36:33. That means he walked 62.14 miles at a kilometer pace of about 5:45, and a mile pace was just under 9:20. Wow.

Athens Marathon

I would like to thank Paul Samaras, owner of Apostolos Greek Tours -- Athens Marathon Specialist, for coming to our last gathering at Avery Brewing Co. He gave a wonderful presentation about Greece and his program with the Athens Marathon. He reassured everyone that Greece is a safe place to visit despite the recent news headlines. The Greek people are always welcoming to tourists and are very protective of them.

I highly recommend Apostolos Greek Tours Inc. for the best packages for the Athens Marathon. Lois Calhoun and Vern Carlson have also been on Paul's tour and will vouch for the great time they had in Greece.

Paul is offering a special offer of \$100.00 off for each Boulder Road Runner member and their family on top of the current \$100.00 off if you book before May 1st. That's a total of \$ 200.00 off (For the 6 day and 12 day package) To take advantage of this great offer please mention that you are a member of the Boulder Road Runners on the comments box of the booking form at www.athensmarathon.com Space is limited and expires May 15th

If you have any question contact:
Paul Samaras paul@athensmarathon.com
www.athensmarathon.com
APOSTOLOS GREEK TOURS INC.
Athens Marathon Specialist Since 1994
Office 303-755-2888
Cell # 720-980-4345

Barry Siff and 5430 Sports

Barry has returned as the owner of the Boulder Downtown Race Series. With this development, some changes will come to the race series. The Uni-Hill 2K has been canceled. The West End 3K (July 19th) and Pearl Street Mile (August 9th) will still be held, as in the past. There will be a new race added. This new race will mostly likely to be held on the 13th of September. Barry expressed that he is looking forward to partnering with the Boulder Road Runners to help with these events.

Kim Schafer Reaches Out to Share Running

by Deb Conley

It was wonderful to receive an email from Kim Schafer after she read the Pacesetters article about me in the *Daily Camera*. She wrote "I'm 49 and a runner who's been through hip replacement and had times of not being able to run so I know very well the quality of life improvements it brings to my life. If I can help someone else experience that, I'd like to try."

With that gesture, she has given Maureen Hogg, a woman who lost her sight and hearing when she was 14, another running guide. Kim meets Maureen at her home, in Louisville, every other week and guides her for 2.5 – 4 mile runs.

Kim is learning how to communicate efficiently while running with Maureen. As the weather gets warmer and the days longer, Kim is looking forward to acting as a guide to blind CU students.

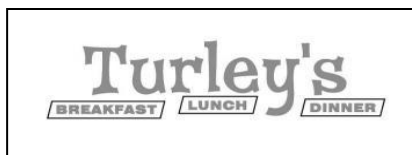


Libby James, flanked by Larry Avery, Arturo Barrios, and Don Janicki, at our last Monday Social. She will be inducted into the Colorado Running Hall of Fame on April 19th.

Leah Colby, of the Colfax Marathon, visited our last Monday Social and held a drawing for tickets to the Colorado Running Hall of Fame induction, April 19th, and \$25 off entry fees to Colfax Marathon events.

Next
First Monday Social

May 7th
5:30-7 p.m.
At
Avery Brewing



Recent Race Results

Boulder Half Marathon

Steve Carlson (55-59) 1:27:46+ 14th overall
Gavin Slater (50-54) 1:37:07
Chuck Lowrie (60-64) 1:44:11
Jeff Dumas (65-69) 1:48+.

Vici Dehann (70+) 3:20

10 Mile

David Smith (50-59) 1:17:53 19th Over All 3rd age group

5 Mile

Ken Wright (80+) 1:20:21

Carlsbad 5000K

Woody Green 23:59
Vern Carlson 27:17
Eda Leptich 27:17
Lorraine Green 27:45

Azalea Trail Run 10K- Mobile Alabama

Drew Henderson (56) 49+ min.
(Drew has housing available in Mobile for anyone wanting to try a low elevation run for a little less cost.

Chasing the Sun 5K- Phoenix

Scott Hooten (40) 18+ 3rd overall

Send Results to:
John@bridgesclassicalimports.com

Society Page *Just for Fun*

Vern Carlson is a well-recognized much older member of the Boulder Road Runners. This reporter was told that he is well known for his speed on the roads, both in running and otherwise. Recently he won his age group at the Canyon Lands five mile foot race and, it is rumored he won his age group in a recent NASCAR event.

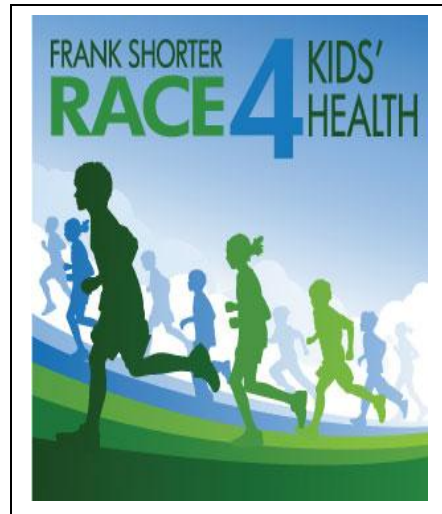
This past April 1st he participated in the Carlsbad 5K. Vern drove his new Subaru to the event in California. Since this was a “break-in” drive of the new car, he took emergency backup transportation by mounting a bike rack on the rear of his car and loading on his motorcycle. No word has been received on how well this worked out.

2012 Upcoming High School Track Meets

Boulder County Championships April 21st at
Broomfield High School Volunteers are needed!

St. Vrain Invite, May 4th, Longmont

State Championships, May 17, 18 & 19th, Jeffco
Stadium, Lakewood



BOULDER RUNNERS PROM

Whether You Hail from the Road, Trail or Track,
Let's All Meet Up for a Fancy Spring Soiree!



Friday
May 18

Strut Your Stuff & Shake It Out!

Ever wonder what your running pals would look like sans headlamps, Garmin watches, hats, traction and sweaty gear?

Don your fancy duds and join fellow Boulder-area runners for a night of drinks, mingling, music and fun!

Enjoy drink specials at one of Boulder's best bars. Switch out your steaks for dancing shoes and shake what your runnin' gave ya to tunes from a great DJ!

Support a fellow runner as she fundraises for G-Row, a non-profit that introduces underprivileged girls to sports. Donations of any size are welcome!

Whether you're a road warrior, track racer or a champion of the trails, save the date for this season's most anticipated event:

The Boulder Runners Prom!

Cedar's Lounge @

The Millennium Hotel

1345 28th Street Boulder, CO

May 18, 2012

9:00pm - ???

\$5 Donation, Cash Bar

For more info, contact Meg @ info@sparkbehavior.com

One World Running will have a collection box for used running shoes, during the Race4Kids' Health, at the Boulder Road Runners booth, #32.



Earth Day 5K April 22nd

We need a couple more volunteers for marshaling and parking duty.

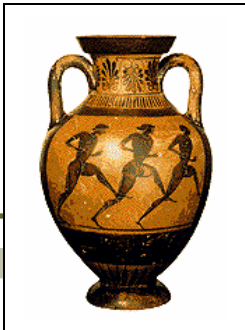
Contact: John Bridges for more information.

Arts & Entertainment:

....in a
Race,
And in
Running,
Swiftness
Is a
Good.



Socrates
Lesser Hippias 373D



Items of Possible Interest:

Scartop Mountain 12k and Spruce Canyon 5k on the 4th of July! Visit runcoalcreek.com for the details. The fees are relatively cheap but we also have youth group registration available at \$5 off the 5k. All proceeds go to the Coal Creek Canyon improvement Association to provide scholarships, community services and events throughout the year to mountain residents in our tri-county region (Boulder/Jefferson/Gilpin).
Tim Reid
Volunteer Race Coordinator

Colfax Marathon, May 22nd. Full and Half marathon, relay, 10 miler and 5K.

www.coloradocolfaxmarathon.org Boulder Road Runners will have a club tent in the expo area near the finish.

Chi Running Company, Recently featured in [USA Today](#) and [Time Magazine](#), Chi. **Date:** June 2, 2012 **Time:** 9:00am- 4:30pm **Cost:** \$225 (Special early- bird pricing until May 2, 2012) **Feel free to [register online](#), or call 866-327-7867.**

Down and Dirty Mud Run will be held Sunday, June 24, 2012 at the Aurora Sports Park. 5k and 10k course filled with Military style obstacles.

For more information about the event visit our website at www.downanddirty mudrun.com

Spring is here, which means it's time for the [XTERRA Colorado Trail Run Series](#) to spring into action again.

CitySolve (April 28th) is a unique urban adventure that takes a lot of brain, a bit of brawn, and a ton of fun! More than a scavenger hunt, but less physical than a 5k-road race, this unique hybrid combines trivia, from pop culture to world history, with a team-oriented adventure. Add in the occasional checkpoint challenge (think Double Dare without the slime) and you've got CitySolve Urban Race! www.citysolveurbanrace.com

One World Running: Up Coming Trips:
Cuba July 7-14 and Haiti Dec. 7-12.

PowerBar®