

BOULDER ROAD RUNNERS

FEBRUARY 2011



Sunday Group Run
at 9:00 AM

JOIN US FOR OUR FIRST MONDAY SOCIAL

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SPECIAL POINTS OF INTEREST:

- Time to start thinking about the 2011 Bolder Boulder.
- Time for a road trip?
- USA XC National Championships in San Diego, CA Feb. 5

The Sunday Group Run continues to meet at the First National Bank of Colorado (3033 Iris Ave, rear parking lot) and we have PowerBar recovery drinks, muffins, cookies and cinnamon rolls from the Great Harvest Bread Co. If you would like to help out the BRR and take a turn picking up our bakery goods get in touch with me, Rich Castro, or speak to Nancy Peter and /or Gail Hunter at one of our runs. Please invite fellow runners to join us for a go-as-you please social run any Sunday. The run travels east to the Cottonwood Trails and allows runners to choose their own routes, by doing an out and back after reaching Jay Road or the Diagonal Highway or going through Waterstone Subdivision and taking 51st Street back toward Boulder. I would love to have more runners join us, so let's encourage runners of all abilities to join us for one of our runs or functions in 2011.



As we head into 2011 I join some two dozen other BRR members traveling to the USA XC National Championships in San Diego on February 5th. This is the same event that Boulder hosted in 2007.

These days I am content to be part of a very competitive 60-69 BRR Team and have the opportunity to be part of something bigger than myself. Winning the USATF National Club XC Team Championship with our BRR 60+ men's team was really something very special. This fall I celebrate my Golden Anniversary of racing God willing. As for the club I plan on continuing as the President through XC Club Nation-

als in December 2011, which happens to be in Seattle, WA. After that I plan to retire and hope that someone with younger legs and fresh ideas will step forward to fill the spot.

Team Leaders for our BRR entries for USA XC include: Gail Hunter W/60+, Gavin Slater M/50+, Chuck Lowrie and Rich Castro M/60+, Rod Smythe M/80+, Lois Calhoun and Judy Smythe W/70+, Lorraine Green W/50+, Hank Kaplan M/70+. Last year every member who traveled to Spokane came home with at least one medal. For updated information on USA XC : www.usatf.org

FIRST MONDAY BRR SOCIAL AT THE NUT

The February 7, 2011 First Monday BRR Social at the Walnut Brewery will be a no host format. The Nut is providing Happy Hour pricing for all members from 5:30 to 7:00 PM. The rooms in the rear of the pub will be reserved for our activity. Come hear the stories of the members who participated in the USA XC Cham-

pionships in San Diego and tell folks how you picked the winner of the Super Bowl in your office pool.



An Evening of Music

with

Ken Masarie

A benefit concert for
The Rock 'N' Soul Café

Saturday, March 12, 2011 @ 7:30 pm

The Rock 'N' Soul Café

5290 Arapahoe Ave. Suite I, Boulder, CO
(4 blocks east of Foothills Pkwy, south side)

(303) 443-5108; <http://www.rocknsoulcafe.com>
\$10 at the door, \$8 in advance (at Cafe)

Local musician **Ken Masarie** will be featured at one of Boulder's finest intimate music venues, **The Rock 'N' Soul Café**. Besides the killer sound system and great atmosphere, owners Sam and Sheryl Radetsky are salt of the earth. They have poured their hearts into creating a venue accessible to the community's storytellers and musicians of all ages. Ken has performed there for the past 6 years and says "Their vision is simple and admirable and I want to do what I can to keep it alive". On **Saturday, March 12, 2011** Ken will share an evening of songs and stories filled with honesty, humility and humor. Ken is an accomplished acoustic guitarist with a sweet and soothing voice that for a few hours will capture your heart and imagination. All proceeds will go towards keeping the Radetsky's dream alive.



Photo by Ben Miller

January 27, 2011

Harness the Wind

By Sakyong Mipham Rinpoche

"It is said that our mind runs through our body, and that it rides the element of wind," says Sakyong Mipham Rinpoche, who recently ran his second marathon. "By harnessing this wind, our body is relaxed and our mind can handle whatever life offers."

According to the Buddhist teachings, the relationship between the mind and the body is like that of a traveler and the hotel he is staying in—temporary. We avoid becoming attached to a hotel room that we are staying in for a night. To orient ourselves in this direction, a traditional contemplation suggests that we meditate on the idea that our mind has been traveling endlessly throughout time and space, inhabiting various bodies, always moving on.

At the same time, we respect the body, because it provides a vehicle for our enlightenment. Our embodiment is a rare and precious situation. Without proper care and appreciation of this body, enlightenment becomes impossible. When we aren't paying attention to our body, we are not maintaining our vehicle, and it begins to atrophy. This has a direct impact on our mind. If we're ignoring our body, our mind has fewer and fewer possibilities to work with. A healthy body—and the ability to maintain it—demonstrates that we appreciate who we are and what we can do.

Joy is an experience of the mind, but it often begins with physical exhilaration. An ancient list names four causes for physical joy. These "four exhilarations" are opportunities to cultivate health and well-being. The first one is eating. Our body needs nutrition. The second cause is getting enough sleep. Without a good night's sleep, it's hard to function. Next is meditation. We might be sleeping well and eating well, but if we're not working with our mind, its weakness and wildness can sabotage our happiness. We're caught up in fear, anger and worry. The fourth joy is taking care. We may have slept well, eaten well and meditated, but we also need to bathe, moisturize, groom, stretch, move and take our medicine. Engaging in these four activities every day brings vitality to our lives.

Most of us spend a lot of time trying to achieve this balance of health and wholesomeness. We are constantly working to mix the ingredients in the right proportion. We sleep too much, and therefore our meditation is hazy; we eat too much and that affects our sleep; we exercise too much and forget about strengthening our mind. It's a continual juggling act, but when it's working, we feel good because our mind and body are in sync. Is this enlightenment? Probably not, but at least we have created a balanced and decent relationship between mind and body.

It is said that our mind runs through our body, and that it rides the element of wind. Wind and mind have a unique relationship, sometimes likened to the relationship between horse and rider. The rider is mind, and the horse is wind. Most of the time, the wind carries our consciousness through our body uncontrolled. The horse is wild, the mind its helpless passenger. Our experience of this free-for-all is discursiveness, inability to focus, spacing out, or moodiness. In one minute we are laughing; in the next, we're intensely worried.

PLATTE RIVER

HALF MARATHON & BUCKHORN EXCHANGE RELAY

APRIL 10TH

2011

LITTLETON - DENVER

Full event details at:

WWW.PLATTERIVERHALF.COM

This slightly downhill, point to point course starts in Downtown Littleton and ends at the Buckhorn Exchange. The Platte River Half Marathon was recognized as Colorado Runner Magazine's Best Half Marathon in 2009! Come run and see why

Each participant receives: A Brooks long sleeve technical shirt, a great post-race meal, live music at the post-race party, a ticket on the RTD Light Rail for return

Register at any Denver area Runners Roost or on-line at www.active.com or by mail

Entry fees:
Thru January 31st: \$45 per person or \$90 per relay team
Feb. 1st - April 3rd: \$55 per person or \$105 per relay team
April 4th - April 9th: \$65 per person or \$120 per relay team
Race Day Entry Fee: \$75 per person or \$135 per relay team



BOLD RUNNING FITTER | FASTER | BOLDER

KICK START YOUR *BOLDERBOULDER* TRAINING WITH FREE FEBRUARY FITNESS:

BOLDRUNNING, THE OFFICIAL TRAINING PROGRAM OF THE BOLDERBOULDER WILL OFFER A MONTH OF FREE RUNS AND WORKOUTS FROM FEBRUARY 12TH - MARCH 12TH TO HELP GET YOU STARTED.

WEEKLY GROUP RUNS WILL MEET AT THE FOLLOWING LOCATIONS:

TUE 6PM: CU RESEARCH PARK/POTTS FIELD, BOULDER [MAP](#)

THU 6PM: VIELE LAKE/HARLOW PLATTS PARK, BOULDER [MAP](#)

SAT 9AM: EAST BOULDER REC CENTER MAP, BOULDER [MAP](#)

Coaches will be on hand to guide workouts and to answer questions.

NO NEED TO REGISTER FOR THIS PROGRAM. JUST COME OUT, JOIN IN, AND MEET OTHERS.

Q'S: EWEN@BOLDERBOULDER.COM. 303-444-7223 X111

[HTTP://WWW.BOLDERBOULDER.COM/TRAINING/BOLDRUNNING/PROGRAMS/SPRING.HTM](http://www.bolderboulder.com/training/boldrunning/programs/spring.htm)



Local Triathlon Talk Series to Benefit Boulder Parks and Recreation Department & Youth Triathlon Teams

Professional & Champion Triathlete Duo to Address Mental Aspect of Triathlon in “Train Your Mind”

Colorado Athletic Club member, age group triathlete and NLP expert Will Murray and professional triathlete and coach Craig Howie are offering a series of training sessions on the topic of “Vital Mental Skills for Enjoying and Succeeding in Triathlon ,” based on their in-progress book, *Train Your Mind*.

The seminars will be held at the East Boulder Recreation Center on February 17 at 7:30 p.m. and Flagstaff Academy of Longmont on March 9 at 7:00 p.m. In an effort to give back to the sport and raise awareness of triathlon’s “fourth discipline”—mental training—all proceeds will be donated to the Boulder Parks and Recreation Department, the Longmont Youth Triathlon Team, and the Flagstaff Academy Triathlon Team.

The training series enhances the triathlon experience by learning such skills as rising to the challenge of overcoming competitors and acquiring the motivation to hit workouts regardless of the weather.

Pure runners also will find benefit from these hands-on, highly interactive 90-minute sessions.

Swag and raffle prizes have been donated by Colorado Athletic Club, Zoot, Timex, Justin's Nut Butter, Tri-Massage, Boulder Center for Sports Medicine, D3 Energy Lab, Max Muscle, Bulumu Granola, VeloPress, Howie Endurance Project, Real People Press, Bobby McGee Endurance Sports, Boulder Sports Acupuncture, Crane Acupuncture, and more.

Thursday, Feb. 17, 7:30-8:45 p.m.

East Boulder Recreation Center

\$20 (RO/\$25 (N) Code: 128632

Register Online at www.BoulderParks-Rec.org

or call 303-413-7270

100% of proceeds will go to Boulder Parks and Recreation Fitness Program

Wednesday, Mar. 9, 7:00-8:30 p.m.

Flagstaff Academy Gymnasium

2040 Miller Drive, Longmont

\$20 - email jl_howie@msn.com

100% of proceeds will go to Flagstaff Youth

Triathlon Club and Longmont Youth Triathlon Club

For more information contact Will Murray at 303.550.4974 will@willmurraycompany.com

How Did Your Portfolio Perform in 2010?

By Dave Gardner, CFP, EA

With 2010 in the books, your inbox and mailbox has already been flooded with annual investment statements. For most of you, it was a positive year thanks to the strong fourth quarter. You would probably say last year went pretty well for your investments.

Certainly in absolute terms, this is true for most of us. The total return of the S&P 500, comprised of roughly the 500 largest U.S. public companies, was 15.1 percent last year. When you consider this in the context of almost non-existent inflation, this year was certainly above average.

Those investing in smaller companies did even better for 2010. The S&P 400 MidCap Index, made up of U.S. companies just under the S&P 500 in market capitalization, returned 26.6 percent in 2010. More than half of that gain was achieved in the last quarter alone.

Those who waded into international markets last year largely fared worse. The MSCI EAFE Index of large cap equities in international developed markets was up 7.8 percent for the year. Bondholders in many cases suffered from a poor fourth quarter, but were up 6.5 percent, according to the BarCap Aggregate Bond Index.

So how did you do? First you need to determine your investment earnings for the year. Take a look at your annual statements from your accounts, add the balances, subtract your personal and employer contributions for 2010, and then compare it to your 2009 statement.

Divide your 2010 portfolio earnings by the 2009 end of year balance to approximate an annual portfolio return. If you're lucky, the statements will provide your personal 2010 return so you don't have to wade through the fourth grade math.

Let's say your return was 10 percent last year. Is that good or not? It's impossible to know without having suitable benchmarks, or measuring sticks, to evaluate your performance. If you have a conservative 80 percent bond portfolio, then 10 percent would be tremendous performance. If you were invested completely in small cap U.S. equities, it would be atrocious.

This month we will be introducing the Laid Back Portfolio for those who need some guideline of investment performance. This is an investment strategy anyone can follow on their own or with the help of an investment adviser. It is comprised of 60 percent of the S&P 500 index and 40 percent of the BarCap U.S. Aggregate Bond portfolio. This is the classic balanced mix that is often used for those in the pre-retirement stage.

Let me warn you that the Laid Back Portfolio is not fancy. It does not include small cap stocks, international stocks, real estate investment trusts, commodities, high-yield bonds, hedge funds, or real return categories.

Although putting some of your money in these asset classes could be advisable, we're going to keep it real easy for you. We will not time the market, other than rebalancing the portfolio on an annual basis. We won't build in any tax or transaction costs, but will subtract a 1 percent annual investment fee deducted quarterly. This should be enough to account for mutual fund management and investment adviser assistance with such a Nilla Wafer strategy.

How did the Laid Back Portfolio do in 2010? It was up 10.6 percent for the year. Should you exult if you beat this handily or sulk if you didn't? Absolutely not.

You need to adjust this benchmark to how much risk you're taking with your portfolio. Those invested in mostly stocks should have done much better. Also, even good managers and advisers can have a bad year or two. It's persistent underperformance that exceeds the natural randomness of returns that should concern you.

Dave Gardner is a certified financial planner with a practice in Boulder and is the president-elect of Alliance of Cambridge Advisors, a national organization of fee-only financial planners. He can be reached through his Web site at yellowstonefinancial.com.

Read more: [Dave Gardner: So how did your stock portfolio do in 2010? - Boulder Daily Camera](http://www.dailycamera.com/ci_17078237?IADID=Search-www.dailycamera.com-)http://www.dailycamera.com/ci_17078237?IADID=Search-www.dailycamera.com-

More on Pheidippides

I thoroughly enjoyed Amby Burfoot's article on participating in the 2010 Athens Marathon (*Greek for a Day, March*). Amby's hallmark self-deprecating humor is always appreciated and enjoyed – particularly at USATF cross country championships. However, even though Amby was careful to separate fact from fiction with respect to the legendary run by Pheidippides in his article, I think Amby should have gone the additional step (no pun intended) by explaining the role that Pheidippides did actually play in the Battle of Marathon – which was perhaps the most important single battle in the history of western civilization.

As Amby noted, the “marathon” alleged to have been run by Pheidippides -- and after which he allegedly expired -- is generally agreed by historians to be a much later generated Roman myth. However, historians do generally agree that Pheidippides was a real live person, that he was a professional Athenian message runner, and that his running prowess played an important role in the Battle of Marathon.

But, the actual run by Pheidippides was in fact quite a bit longer than a mere 26.2 miles of legend. In fact, Pheidippides was sent running as a messenger from Marathon all the way to Sparta -- where he was directed to urge the Spartans to quickly send their first rate hoplite troops to support the severely out numbered Athenians who were camped in the hills just above a huge invading Persian army.

After stay of only a few hours in Sparta, Pheidippides ran back to Marathon with the shocking news that the Spartans would not be ready to march in force in support of the Athenians until the coming full moon -- a full six days away.

This round trip run by Pheidippides covered more than 140 miles!

And, it was with that unfortunate news that the Athenian generals decided that they would have to attack the Persians without awaiting the critical Spartan reinforcements. And, the event that compelled the Athenian generals to initiate that attack was the word that a substantial portion of the Persian army was going to re-board their ships and make sail directly for a now largely undefended Athens. And, as they say, the rest is history. Much to their surprise and against long odds, after a grueling four hour battle, the Athenians won a crushing victory.

But, the Persian fleet had already set sail and the Athenian generals realized that they had to quickly get back to Athens to defend that city from the remaining Persian fleet. So, immediately following the battle, almost the entire Athenian army set out in a race back to Athens. Fortunately (for all of us), a large number of the Athenian hoplites ran the distance quickly enough to just beat the Persians to the shoreline near Athens.

Some historians have estimated that the first Athenian hoplites to reach Athens must have been running at about a five hour marathon pace. Not bad for a runner wearing a full complement of armor, consisting of almost 60 pounds of gear, including: bronze and leather body armor, a heavy bronze helmet, a heavy wood and bronze shield, a large sword -- and carrying a 10 foot bronze tipped spear. And, this run took place on a hot August afternoon -- following a physically and mentally exhausting morning spent in mortal combat on the Plain of Marathon.

Thus, it would appear that although Pheidippides did not run the fabled 26.2 miles between Marathon and Athens – almost the entire Athenian army did, in fact, run that first-ever marathon, back in 490 BC.

-- JEFF DUMAS, Boulder, Colorado

Editor's note: Jeff is a longtime BRR member and part of our 60-69 USATF Club Championship Team.