



VOLUME 2 ISSUE 1



BOULDER ROAD RUNNERS

JANUARY 2010...HAPPY
NEW YEAR!!



RUNNING SHORTS

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3 BRR CLUB DIRECTORY TO BE AVAILABLE TO ALL MEMBERS VIA PDF. FORMAT.

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SPECIAL POINTS OF INTEREST:

Articles needed for on line newsletter.

Find out what members are up to these days. Page 5

Looking for a race? The XC race on Jan. 24th at Viele Lake.

USA NATIONAL CROSS COUNTRY

The USA National Cross Country Championships move to Spokane, WA on February 13th. Expected to compete are a host of former CU Buffaloes with Dathan Ritzenhein leading the way. "Ritz" is coming off an excellent track season where he broke Bob Kennedy's long standing American 5000 meter record, posted a personal best in the 10,000 meters and captured a bronze medal at the World Half Marathon Championships. To read more about Dathan and his accomplishments check out the November issue of the BRR Newsletter which is available on line via our homepage. For more information on the USA National Cross Country Championships

go to www.usatf.org. We will be cheering not only for former CU Buffaloes like Dathan and Jorge Torres, Billy Nelson, Stephen Pifer and Tera Moody but current ones as well. Coach Mark Wetmore makes the USA XC meet a regular part of the schedule and we should have at least one or two athletes in the junior race. This year the Buffs will send Laura Tremblay a freshman from Loveland and Dillon Shije from New Mexico. The Boulder Road Runners will be sending teams in several division and there is still time to join a group if you are interested. Contact me, Rich Castro if you are in the

60+ category for the men and Gail Hunter for the women. Our 80+ men's team will make history as they become the first complete team to travel to a national meet. Last time an 80+ team was entered was right here in Boulder when we hosted the meet in 2007. The team will be comprised of Ken Wright, Bill Turley, Rod Smythe and honorary team captain 90 year old Irving Weiss.



WOODWISE SPONSORS FIRST MONDAY

The First Monday Social on January 11th will be sponsored by Woodwise and owner Clarence Harrison. Clarence has been a long time BRR member and active in the Boulder running community of many years. Following our traditional format members will receive two complimentary drink tickets courtesy of Woodwise and the Walnut Brewery will be offering half price spe-

cial on all appetizers and drinks during our social from 5:30 to 7:00 PM. Something you wine drinkers should enjoy. The food and gratuity are the responsibility of the individual club members. We will remain at the "NUT through the month of May and other sponsors include: Jim Christoph,

Attorney, Altitude Physical Therapy, Solepepper Sports and The Bolder Boulder. National Running Day will once again be at the Avery Brewing Company and serve as our monthly BRR social on June 2 and will be jointly sponsored by our club and the Boulder Running Co.

2009 USATF NATIONAL CLUB CROSS COUNTRY CHAMPIONSHIPS, LEXINGTON, KY



At the recent National Club XC Champs individual medalists included Tom LeMire (bronze) and Betty Valent (gold). The men's 60-69 team finished third and was comprised of Rich Castro, Dave Dooley, Bob Cooper, Tom LeMire and John Roeske. The women's 50-59 team finished 7th and included Lorraine Green, Loraine Gruber, Patti Castro, Nancy Antos and Betty Valent. Also competing were Richard Valent and Forest Barclay. The USATF National Club Cross Country Championships is scheduled for Charlotte, NC on December 11, 2010 so save the date and plan on joining us at this great club event.

The Sunday Group Run continues to be one of the cornerstones of the Boulder Road Runners. The group meets in the rear parking lot of the First National Bank of Colorado, 3033 Iris Ave. start time is 9:00 AM until after the Boulder Boulder, which falls on May 31, 2010 this year. Refreshments are provided post run to encourage runners to stick around and interact with the running community and potential future running partners. Runners visiting Boulder after a long time away are amazed that the tradition continues uninterrupted after 31 years which is quite a testament. *The 2010 BRR Club Directory will be offered to current club members in a digital format upon request. So if you want to update your contact information notify Connie Harmon: brr_membership@comcast.net The advantages are much lower cost to the club and it can be updated throughout the year.*



LOOKING FOR A GROUP TO TRAIN WITH?

Looking for a low key group to train with throughout the year? I lead and coach a group that meets Tuesdays/Thursday at Flatiron Athletic Club at 7:00 AM. FAC does offer BRR members a nice discounted rate to join as well. They have great facilities and the trails are only 3 kilometers away from the CU track and the South Boulder Creek Trail is 10 minutes away. You do not have to be a member of the Flatiron Athletic Club to join us. On Saturdays there

is a scheduled long run from the Left-hand Trail Head parking area on Neva Rd. (one mile east of U.S. 36) and the entry road to Lake Valley Golf Course. The area offers country roads, open space trails and paved roads and plenty of hills. We are currently meeting at 8 AM through February. Contact me if you have questions or want more information. You can call me at home at 303-449-6650 or e-mail

Richard.Castro@colorado.edu.

"The great thing about athletics is that it's like poker, sometimes you know what's in your hand and it may be a load of rubbish, but you've got to keep up the front."

Sebastian Coe

THE ROMEOS

The ROMEOS at Turley Restaurant for their monthly breakfast. This is a group of long time BRR Members and the acronym stands for Retired Old Men Eating Out. Seated, from L-R, Bill Turley (who just turned 80), Andy Edmondson, Bill Faulkner, Tam Stubbs, standing, Verne Carlson, Don Hayes, Rod Smythe (who turns 80 1/7/10), Dave Hardwick, Dick Gardner and Irving Weiss (our oldest member at 90). With the addition of Ken Wright the BRR will field an 80+ team at the USA National Cross Country Championships, with Irving serving as the Honorary Team Captain for the squad.





Quicker Quaker 5k

14th Annual - January 9, 2010

Saturday, January 9, 2010 – 5K starts at 9:30am

Quicker Quaker 5K Entry Form

Save Money, Pre-Register. Registration Begins on December 1, 2009

Personal Information/Mailing Address
(Please print. One entry per form. OK to photocopy)

FIRST NAME	LAST NAME	
STREET ADDRESS	APT.#	
CITY	STATE	ZIP
DAY PHONE No.	EVENING PHONE No.	
EMAIL ADDRESS		

Age on Race Day Male Female

AGREEMENT & WAIVER: PLEASE READ ENTRY FORM CAREFULLY. MUST BE SIGNED BEFORE ENTRY CAN BE PROCESSED.

In consideration of your accepting my entry into the Lafayette Quaker® Oatmeal Festival 5K Quicker Quaker, I (intending to be legally bound for myself, my heirs, executor, and administration, do hereby release and discharge Lafayette Chamber, its volunteers, sponsors, employees, officers, agents and directors, the City of Lafayette, the City of Lafayette Recreation and Facilities Department and Lafayette Parks Department and race sponsors from and of liability arising from illness, injuries and damages I may suffer from as a result of participation in this event. I also understand and agree that photographs of me at this event may be used for promotion of this event in the future. I have read the entry information provided and verify compliance by my signature below. I understand entry fees are non-refundable.

YOUR SIGNATURE _____ DATE _____

Official Use Only

BIB#

Every entry must be signed by participant before they can be processed.

HOW TO REGISTER

ONLINE

Until Thursday January 7, 2010 at 11:00pm
Go to www.active.com. This is the quickest and most accurate way to register. For those who register online at www.active.com, you may ONLY pick up your packet on Friday, January 8, from 12:00pm – 6:00pm at the Lafayette Chamber, 1290 S. Public Road, Lafayette or on race day at the Rocky Mountain Center for Musical Arts (RMCMA)

BY MAIL

Until January 7, 2010 at Lafayette Chamber, P.O. Box 1018, Lafayette, CO 80026

BY FAX

Until January 7, 2010 at 4:00pm at fax# 303.666.4392

IN PERSON

Until January 8, 2010 at 6:00pm (late fees apply)
Lafayette Chamber, 1290 South Public Road, Lafayette
Until January 8, 2010 at 12 noon (late fees apply)
Bob L. Burger Rec. Center, 111 W. Baseline Road, Lafayette

RUNNING STORES

Until January 7, 2010 at 12:00pm
Boulder Running Co., 2775 Pearl St., Boulder
Fleet Feet, 2624 Broadway, Boulder
Sole Pepper, 459 S. McCaslin Blvd., Louisville

RACE DAY REGISTRATION/RACE DAY PICK UP 7:30am - 9:00am
Rocky Mountain Center for Musical Arts (RMCMA)
200 East Baseline Road, Lafayette (Across the street from Pioneer Elementary).

PRE-REGISTRATION BEGINS DECEMBER 1st, 2009

Prizes:

\$200 - First Place Male	\$200 - First Place Female
\$100 - Second Place Male	\$100 - Second Place Female
\$75 - Third Place Male	\$75 - Third Place Female

FREE SHUTTLE TO PIONEER ELEMENTARY & BOB L. BURGER REC CENTER
Park at the lot at S. Public Road and South Boulder Road. Shuttle service will run continuously from 7:30am – 1:30pm. Parking is limited, please carpool or take the RTD bus (for schedule go to www.rtd-denver.com).

PARENT'S SIGNATURE (IF YOU'RE UNDER 18) _____

Note: each participant must sign a separate waiver.

5K Walk/Run	Early Registration	Registration
INCLUDES BREAKFAST	12/1/09-1/7/10	After 1/7/10
Without short sleeved t-shirt	\$16	\$26
With short sleeved t-shirt	\$32	\$42

Indicate size (circle one) **XS SM MED LG XL XXL**

To Purchase T-shirt ONLY	Early Registration	Registration
	12/1/09-1/7/10	After 1/7/10
Short sleeved t-shirt	\$16	\$26

Indicate size (circle one) **XS SM MED LG XL XXL**

To Purchase Oatmeal Breakfast ONLY
Adults \$8 Youth 3-12/Senior 60+ \$6 Tots (2 years and under) FREE

Breakfast lines are shorter between 7:30am and 9:30am

Total due (non-refundable) \$ _____

ACCEPTED Method of Payment (please print)

- check (payable to Lafayette Chamber)
 Cash Visa MasterCard

CARD NUMBER _____ EXP DATE _____ C.V.V.# _____

SIGNATURE _____

NAME AS IT APPEARS ON CARD

Return entry to: Lafayette Chamber
P.O. Box 1018, Lafayette, CO 80026
or fax to 303.666.4392

www.lafayettecolorado.com or call 303.666.9555
Results will be posted on www.active.com

See 5K participants photos on: www.fotojack.com

Go to www.lafayettecolorado.com for more info or call 303.666.9555
This form can also be downloaded at www.lafayettecolorado.com

The Fast and Flurry-ous



January 24, 2010

Harlow Platts Park Near Fairview High School.

To Benefit: The Orphans of AIDS Trust Foundation and Boulder Parks and Recreation EXPAND Program

This 4-mile cross country race starts and finishes at Harlow Platts Park near Fairview High School.

Registration at Boulder Running Company
(28th and Pearl St.) from Friday December 18th, 2009 through noon January 23, 2010 or online at Active.com

Entry Fee

Includes Saucony hat and gloves, Frasca gift certificates and refreshments

4 mile race ~ \$20 advance; \$25 race day

4 Miler Awards- Male and Female

1st place overall = \$200

2nd place overall = \$100

3rd place overall = \$50

Top Age Groupers receive \$25 gift certificate to BRC: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 65-69, 70-74, 75-79, 80+

What is EXPAND?

EXPAND = EXciting Programs, ADventures and New Dimensions! The EXPAND program helps people with disabilities improve and gain new recreation and leisure skills that will enhance their overall well being and quality of life. For more information about EXPAND visit the EXPAND website.

Special thanks to our sponsors



Race Start Times

7:45am

9:00am

10:00am

On-Site Registration/Bib Pick-up

Women's 4 Mile Race Start

Men's 4 Mile Race Start

Fast and Flurry-ous Entry Form

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____

Email _____

Male Female Age on 1/24/10 _____

Race Entry Fee \$ _____

Additional Donation to OAT & EXPAND \$ _____

Total Amount Paid \$ _____

Please make checks payable to "Boulder Running Company"

BIB # _____ (Official Use Only)

ALL ENTRANTS MUST SIGN WAIVER

The undersigned for myself, my heirs and assigns, hereby RELEASES, WAIVES, DISCHARGES and COVENANTS NOT TO SUE Boulder Running Company, their affected organizations, administrators, directors, agents, volunteers, and employees, other participants, sponsoring agencies, sponsors and advertisers, all of which are hereinafter collectively referred to as releases from any and all claims, demands, losses or damages on account of personal injury, death or damages to property arising out of or incurred in connection with or related to in any way with the Fast and Flurry-ous 4 miler or the undersigned's participation in such race, whether caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise. I/WE HAVE READ THE ABOVE WAIVER AND RELEASE UNDERSTANDING THAT I/WE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY. I/We also authorize and consent of the use of the participant's name and/or picture in television, newspaper, advertisement or any other media by releases in connection with the Fast and Flurry-ous 4 miler or otherwise.

Signature _____ Date _____

(If under 18 years of age, must be signed by parent or guardian)

How to find the best fixed-income investments:

By Dave Gardner, CFP

For the last year or two, looking for good, secure fixed-income investments has been a little like playing a game of Whac-a-Mole. Every time you find a good investment idea, the next time around it seems like you need to look in another hole.

The joke among my financial planner colleagues is that never has so much effort been expended for a measly half-percent yield. Fifty basis points is nothing to sneeze at, though, meaning an extra \$5,000 a year on a \$1 million fixed income portfolio.

Many of us may prefer thinking about the upside of equities, but with a little effort you can also increase returns in fixed income.

Fixed-income investments are used to help us sleep at night and keep our hands off the more volatile (and potentially higher earning) equities. Even those investors who scoffed at risk tolerance questionnaires and pounded their chests on their appetite for aggressive investments were often reduced to a wide-eyed panic as financial Armageddon closed in a year ago.

Fixed income investments enabled my clients to keep their hands off the switch in those dark days and avoid the atavistic urge to sell, sell, sell. Here are some fixed-income options you may not have considered:

Negotiable CDs. FDIC-guaranteed certificates of deposit are available at local institutions, but the rates can be relatively anemic at about 1.25 percent with a local five-year CD. Negotiable CDs are also offered by banks around the country, but are traded on the market like bonds and are available through online and traditional brokerage firms.

Just like the CDs at the bank around the corner, most of them are guaranteed by the FDIC up to \$250,000 through the end of 2013.

You can either purchase new issues at face value without a commission or secondary offerings for a modest transaction fee. So how much better can we do than 1.25 percent? There are FDIC-guaranteed five-year CDs currently available that pay a 3.3 percent yield to maturity -- a striking difference.

Unlike traditional CDs, there is no penalty for early withdrawal with negotiable CDs. However, you can lose principal if you decide to sell them before maturity.

Also, take care that you don't invest in some of their more complex brethren -- callable CDs, stepped coupons or indexed CDs -- without understanding the risks. Just like your local institution, it pays to know the financial health of the bank standing behind the negotiable CD through Web sites such as bankrate.com.

Even though you're protected by the FDIC, you don't want to get your principal back two years into a five-year CD if interest rates happen to be in a swoon.

Treasury Notes and STRIPS. In an interesting flip, for the past few months Treasury Notes and STRIPS are now beating the yields of most CDs. That's true even without considering the advantage of Treasury income being free from state income taxation. Five-year Treasury Notes pay 2.11 percent annually at this time, beating the locally available CD mentioned earlier by almost 1 percent.

Treasury STRIPS, like Notes, are guaranteed by the full faith and credit of the U.S. government. However, they do not generate interest every six months, but instead pay all accrued interest at maturity. They're perfect for bond ladders with their predictable income streams in future years.

If you're in an upper income tax bracket, watch out the "phantom income" of STRIPS that is taxed even though the investor must wait until maturity to receive it. That's why tax-deferred accounts such as IRAs are the best place to hold STRIPS. Notes are available from treasurydirect.gov or your broker or financial planner, who can offer Treasury STRIPS as well.

So you can see with a little diligence, you or your adviser can discover a gift this holiday season -- additional income without additional risk.

Dave Gardner is a certified financial planner with a practice in Boulder. He can be reached through his Web site at yellowstonefinancial.com.



Hey Rich & The BRR

Hope you had a nice Holiday Season. This is an email that went out and I wanted to make sure you were included. I am not sure if you are familiar with the Air Foundation but briefly it is a nonprofit group that is affiliated with the Denver Rescue Mission and basically they work with former Homeless individuals and addicts and as part of their rehabilitation they train for Marathons. I am working closely with the organization to bring awareness to how they are literally saving lives through running. Some amazing success stories have come from this organization. They are hosting an evening to launch their Rescue Runners Program here in about 10 days in Denver at the Jet Hotel. It will be a nice evening and we are reaching out to anyone in the Running Community so any Road Runner would be welcome to attend. Let me know if you have questions, there are links below with more info.

Thanks Rich, talk to you soon.

Alan Culpepper
Solepepper Sports
459 McCaslin Blvd. Suite 2
Louisville, CO 80027
303-926-SOLE
www.solepepper.com

The AIR Foundation Starting Line Event and 2010 Campaign Launch

Event Name: The AIR Foundation Starting Line Event and 2010 Campaign Launch Event Date: Thursday, January 14, 2010 Event Time: 6:30 - 8:30 pm City and State: Denver, CO Description: Join Olympians Alan Culpepper, Tera Moody and others to see how we can make a difference in our community by helping those who are helping themselves overcome addiction and homelessness.

Your support allows for athletic programs that are changing lives by:

- Establishing the means to achieve a goal
- Participating in training programs to maintain focus
- Creating positive environments

Don't miss this Starting Line Event to learn more and connect with others in our industry!

Where:

The Jet Hotel
1612 Wazee Street
Denver, Co 80202

For more information on this event.

www.runningguru.com/EventInformation.asp