



BOULDER ROAD RUNNERS

JANUARY 2011



LAFAYETTE OATMEAL FESTIVAL JANUARY 8

RUNNING SHORTS

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The Boulder Road Runners enter their fourth decade as a club and there are a host of events to kick off the new year. We started with our monthly club social at the Walnut Brewery on Monday January 3rd as we hosted the BRR men's 60-69 USATF National Club XC Champions along with our club volunteers. With the help of our partners such as Saucony, PowerBar, Turley's, The Great Harvest Bread Co., The Avery Brewing Co. and Goodbye Blue Monday our volunteer program has continued to thrive as the club remains a fixture within the Boulder running community. We assisted and volunteered at scores of events throughout the area and further solidified our

reputation as a key contributor at such events as the Earth Day 5k, The Bolder Boulder 10k, The 4 on the 4th of July and the Thanksgiving Day classic, CU@ Turley's Turkey Trot 5k, which raised over \$10,000 for Community Food Share. Dan Pierce and his crew of volunteer officials drew over 2,000 competitors to our legendary BRR Summer Track Series. The early meets in particular continue to draw large numbers of younger runners and we look for that trend to continue.

Inside the January edition of our newsletter you will find information about the Oatmeal Festival 5k on

Saturday January 8 and the upcoming cross country meet at Viele Lake, the annual Fast & Flurrious 4 mile XC race.

The BRR will be taking several teams to the USA National XC Championships in San Diego, the weekend of Feb. 5th. This is the meet that Boulder hosted back in 2007. If you are interested in running on a BRR age group team please contact me ASAP. For more details: www.usatf.org/events/2011/USAXCChampionships



SPECIAL POINTS OF INTEREST:

If you have ideas, comments, articles or a correction please contact Rich Castro: 303-449-6650 or Richard.Castro@colorado.edu




The Fast and Flurry-ous
4 MILER

www.BoulderRunningCompany.com

The Fast and Flurry-ous



www.fastandflurry-ous.com

January 15, 2011 @ 9am

Harlow Platts Park Near Fairview High School.

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 17th, 2010 through noon January 14, 2011 or online at RunningGuru.com

Entry Fee

Includes Saucony beanie and first 50 entrants at pickup will receive a tech tee. Post-race refreshments. (While supplies and sizes last.)

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

4 Miler Awards- Male and Female

1st place overall = \$200

2nd place overall = \$100

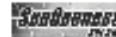
3rd place overall = \$50

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 1/15/2011 _____

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)

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



Avoid Financial Pornography

By Dave Gardner, CFP, EA

At the end of the year, the financial press is filled with financial retrospectives and prognostications. Pick up your favorite monthly financial magazine and you're treated to articles that tell you the best stocks and mutual funds to own for 2011.

That a calendar event has any bearing on why it may be time to load up on a given stock seems nonsensical. If the financial analyst or journalist comes across a good idea in September, it's hard to understand why we should wait until the end of the year.

My recommendation is that when you discover a headline trumpeting the top funds for the new year, you promptly recycle it and get on with some activity that is more profitable or at least more enjoyable. Whenever advice is rendered, whether from a financial planner, an insurance agent or via an article in the financial press, it's wise to consider the motivation of the source of information.

Put yourself in the shoes of a publisher of a monthly financial magazine. Your job is to inform and entertain the public, but also to attract a loyal and wealthy readership in order to maximize advertiser support. The most profitable and proven strategy for investors to accumulate wealth is to put your dollars into investments with stakes in hundreds or more individual stocks and bonds.

Index funds do a good job of this, with one example being the Vanguard Large Cap Index Fund with 750 U.S. stocks at a cost of 0.26 percent a year. The even more prosaically named passively managed funds, which are not forced to strictly follow a given index, can be attractive investments as well.

When it comes to investments, cheaper is usually better as Morningstar recently released a study concluding that lower cost funds outperform the averages in all time periods.

But imagine the quandary of the beleaguered financial publisher. The headlines are enough to bring on a mid-winter's nap. Index your way to wealth today! Passively managed funds win again!

As these headlines could conceivably be run every month, they are hardly the action-oriented, cocksure rallying cries that will encourage readers to pass over Outside Magazine in the checkout line. They need something like "the 10-bagger stocks for the next decade."

Financial pornography is perhaps the best term for this phenomenon. It is that shiny object that we catch in the corner of our eye that distracts, but does little to enhance our long-term well being.

How do you spot financial writing that's injurious to your wealth? Headlines such as the "Best Ten Stocks for 2011" are a clear giveaway. Wise investors should avoid articles that emphasize superlative returns and quick results -- the hottest sectors, the best mutual funds and the smartest strategies.

Weston Wellington of Dimensional Fund Advisors torments this illicit segment of the financial press, reminding us that Business Week and Money Magazine published reasons to avoid Apple stock in 2001 and 2004 respectively. In April 2004, Apple could be found at \$23 a share and has since appreciated to more than \$320. Fortune urged readers to sell Amazon.com at \$12 in 2001. It's now priced at over \$180.

If you're dead set on improving your financial knowledge, there are many books that detail reasoned investment approaches that have stood the test of time. While we'll review some promising new ones later this season, the Investment Answer by Daniel Goldie and Gordon Murray is an easily digestible book that punches far above its 93 pages.

It may not be your winning lottery ticket, but it can get you on the road for financial success in 2011.

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.

HEALTH FAIR ACTIVITIES

Bonfils Community Blood Drive

Bonfils Blood Center. Two bloodmobile vans will be in the parking lot between Pioneer Elementary and the Rec Center from 8:00am – 1:30pm. Appointments can be scheduled online at www.bonfils.org. You may also call Bonfils Appointment Center at 303.363.2300.

Adopt-A-Pet-Today

Humane Society of Boulder Valley. Find your perfect pet at the Humane Society's van in the parking lot between Pioneer Elementary and the Recreation Center from 8:00am – 1:00pm.

Health Screenings

YO/PI (Yoga/Pilates) class 11:00am – 12noon (Greenlee room)
Blood Pressure Check and Heart Rate
Body Fat Analysis
Hearing Screening (in Knee Bone room)
Hip to Waist Ratios & BMI
Lung Function (BCH Cardiopulmonary Lab)
Osteoporosis Screening – Bone Density Heel Scan

Laboratory Tests provided by BCH/CMC at low cost, payment expected at time of testing (\$5-\$35)

CBC
Cholesterol check – non-fasting
Complete lipid panel – 12-hour fast
Complete Metabolic Panel
Glucose
Highly Sensitive CRP for Cardiac Risk
Homocysteine for Cardiac Risk
PSA for men over 50 yrs
Thyroid

Especially For The Kids presented by the Denver Museum of Nature & Science inside the racquetball courts.

Brain and Helmet Safety, View a real human brain. See how helmets protect the head.

The Heart, Observe a sheep heart dissection and complete a craft project to take home.

Bones and Muscles, Observe a chicken wing dissection and complete a craft project to take home.

Museum Unwrapped, Optical Illusions.

The Inside Story, Discover the function of bones, follow the journey of food through the digestive system, figure out how your diaphragm works, and even listen to your own heart!

Planet Fitness, Explore the 3 vital components of physical fitness through hand-on-activities.

Child Safety and Kid's ID Program BCH/CMC

Stuffee! 9:00am – 12noon. Stuffee is a one-of-a-kind ambassador for health. He is a super-sized doll with a zipper down the middle of his chest. When the zipper is opened you will find all of a human body's internal organs. In addition to learning about organ and tissue donation, children in pre-kindergarten through grade 4 can also listen to Stuffee's heartbeat, take his pulse, and hold soft sculpture reproductions of the heart, lungs, intestine, stomach and other organs.

This is a "Zero-Waste" event provided by the Lafayette Waste Reduction Advisory Committee – a 2005 Bronze Environmental Achievement Award recipient from the Colorado Department of Public Health and Environment.

sponsored by



Boulder Community Hospital
Community Medical Center

For Active Older Adults

Aging Services, Boulder County Division of Aging Services
Community Resources, Recreation, and Nutrition for Older Adults, City of Lafayette Senior Services. Consultation with Older Adults, caregivers, and families of older adults, recreation, programs including classes, fitness, wellness and educational and nutrition congregate meal program.

Lifeline, Lifeline

Meals on Wheels, Meals on Wheels of East Boulder County Delivering hot nutritious noon meals for homebound residents of East Boulder County five days per week.

For Everyone

Alzheimer's Association

Ask the Nurse Practitioner, Family Medical Associates

Autism Focus, Boulder Community Hospital

Body Fat Testing & Winter Meltdown Weigh-In, Bob L. Burger Recreation Center

Breast Cancer Exhibit, Boulder Community Hospital Breast Cancer Specialist

Comfort Touch Acupressure, Hospice of Boulder and Broomfield Counties

Complimentary Acupuncture, Tongue & Pulse Diagnosis, Left Hand Community Acupuncture

Crime prevention, Lafayette Police Department

Head Injury and Fall Prevention, Boulder Community Hospital Rehabilitation Services

Health & Wellness/Massage Therapy & Chiropractic, Mark the Sport Massage Therapy/Dr. Zack Alme D.C.

HIV Prevention, Boulder County AIDS Project

Jobs in Healthcare, Boulder Community Hospital

Immunization information, Boulder Community Hospital

Mammography information, Community Medical Center Imaging

Models, Videos & Patient Education, Rocky Mountain Cyberknife

New Surgical Procedures, Boulder Community Hospital Surgical Services

Pain Relief Massage, Complete Care Chiropractic

Pet Visitation, Boulder Community Hospital Pet Therapy

Preserve Your Spine, hints for a healthier spine, Back to Action P/T

Prosthetic Devices, experiment with Hanger P&O

Pulse Reading, Elements of Health

Sleep Problems, Boulder Community Hospital Sleep Laboratory

Spinal Analysis, Postural Analysis, Moore-Life Chiropractic

Sports Medicine, Boulder Center for Sports Medicine

Video Otoscopy, (See your ears on TV), Flatirons Audiology, Inc.

Vision Screening, Beyer Laser Center

Weight Loss and Natural Medicine, Pure Homeopathy

Trager Work Movement Re-Education, The Trager Approach

Family Matters presented by the Denver Museum of Nature & Science inside the racquetball courts.

Heart Health, View an actual pig heart specimen and a specimen showing a real human "clogged" artery in comparison to a "clean" artery. Common treatments are presented, including an angioplasty device, stent, and heart bypass model. Pacemakers and an implantable defibrillator are on view.

The News on Tobacco, Come and learn about tobacco and its effect on the human body, why it is so addictive, and how it causes havoc on different organs in the body. View human specimens that show the damage smoking does to arteries and lungs. Learn ways to help your children remain smoke-free. What about secondhand smoke? What's in cigarette smoke that makes it so deadly to non-smokers? Are cigars or "chew" safer than cigarettes?

Under the Influence: Drugs and Alcohol, see the "pickling" effect alcohol has on the liver. Learn how alcohol and drugs change the way the brain functions.



Saturday, January 8, 2011
5K starts at 9:30am

Quicker Quaker 5K Entry Form

Save Money, Pre-Register. Registration Begins on December 1, 2010

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

FIRST NAME	LAST NAME	
STREET ADDRESS		
CITY		
DAY PHONE No.	STATE	ZIP
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 intend to be legally bound for myself, my heirs, executors, and administrators, 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
PARENT'S SIGNATURE (IF YOU'RE UNDER 18)	

Note: each participant must sign a separate waiver.

5K Walk/Run	Early Registration	Registration
INCLUDES BREAKFAST	12/1/10-1/6/11	After 1/6/11
Without long sleeved t-shirt	\$17	\$27
With long sleeved t-shirt	\$34	\$44
Indicate size (circle one)	XS SM MED LG XL XXL	
To Purchase T-shirt ONLY	Early Registration	Registration
	12/1/10-1/6/11	After 1/6/11
Long sleeved t-shirt	\$17	\$27
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

OFFICE USE ONLY
 Received T-shirt

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

Official Use Only
BIB/CHIP #

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

HOW TO REGISTER: PICKUPS ARE ONLY ON FRIDAY, JAN. 7
ONLINE until Thursday, January 6, 2011 at 12noon. Go to www.active.com. This is the quickest and most accurate way to register. Please read below when/where to pick up bib/chip.
BY MAIL must be postmarked by 12/31/10. Please read below when/where to pick up bib/chip.
BY FAX until Thursday, January 6, 2011 at 12noon, fax# 303-666-4392. Please read below when/where to pick up bib/chip.
IN PERSON until Thursday, January 6, 2011 at 12 noon at:
 Lafayette Chamber, 1290 S. Public Rd. Lafayette, 303-666-9555
 Bob L. Burger Recreation Center, 111 W. Baseline Rd., Lafayette, 303-665-0469
 Hanners Hoost, 459 S. McCaslin Blvd., Louisville, 303-926-7653
 Fleet Feet, 2624 Broadway, Boulder, 303-939-8000
 Boulder Running Co. 2775 Pearl St., Boulder, 303-786-9255
 You can go to www.runningbears.com/oatmeal to see that you are confirmed as a registered runner (time is needed to process entry form).

★ **PICK UP BIB/TIMING CHIP & LATE REGISTRATION** Only on Friday, January 7, 2011 9am - 6pm at the Lafayette Chamber, 1290 S. Public Rd. OR on race day at the RMCMA 200 East Baseline Rd., 7:30am-9:15am.

TIMING This year we're using timing chip technology to time your race.
 • Pick up your chip along with your bib at the Chamber on Friday, January 7th.
 • Make sure the number on your chip matches your bib number.
 • Attach your chip to your shoe with the ties given to you at pick up.
 • You must run over the mats at all course locations to receive any race times.
 • The timing chip must be turned in at the finish line after the race, volunteers will help you.
 • If you forget to turn in your chip you will be charged \$5.00.
 • Official time used for race placement will be **gun time**, timing chip times will be provided for your information. Competitive runners should plan accordingly at the start line.

PRE-REGISTRATION BEGINS DECEMBER 1, 2010

Prizes:	\$200 First Place Male	\$200 First Place Female	No Age Group Awards
	\$100 First Place Male	\$100 First Place Female	
	\$75 Third Place Male	\$75 First Place Female	

PHOTOS Fotojack will capture digital photos of you, must wear bib on your front. Go to www.fotojack.com to see all 5k participant photos.

RESULTS Results will be posted following the race:
 Bob L. Burger Recreation Center, www.boulderroadrunners.org, www.active.com

FREE SHUTTLE
 Park at City Bldg. located at S. Public Road and South Boulder Road. Shuttle service will run continuously from 7:30am - 1:30pm to and from Pioneer Elementary. Parking is limited, please carpool or take the RTD bus (for schedule go to www.rtd-denver.com).

Total due (non-refundable) \$ _____
 ACCEPTED Method of Payment (please print)
 check (payable to Lafayette Chamber)
 Cash Visa MasterCard

CARD NUMBER _____ EXP DATE _____ CUV# _____
 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

Saturday, January 8, 2011, 7:30am to 1:00pm

Breakfast – Pioneer Elementary,
101 East Baseline Road
7:30am-12:30pm

Health Fair – Bob L. Burger Recreation Center,
111 West Baseline Road
8:00am-1:00pm

Festival Events Schedule

7:30 am – 9:00 am **Registration 5K Walk/Run**
Rocky Mountain Center for Musical Arts
200 East Baseline Road

7:30 am – 12:30 pm **Oatmeal Breakfast**
Pioneer Elementary, 101 East Baseline

8:00 am – 9:00 am **Drop Off Baking Contest Entries**
Pioneer Elementary Atrium, 101 East Baseline

8:00 am – 1:00 pm **Health Fair**
Bob L. Burger Recreation Center, 111 West Baseline

9:30 am – **5K Walk/Run Begins**
Corner of E. Geneseo and N. Harrison

10:30 am – 11:30 am **Community Choice Tasting**
Pioneer Elementary Atrium, 101 East Baseline

12 Noon **Baking Contest Winners Announced**
Pioneer Elementary Atrium, 101 East Baseline

8:00 am – 1:00 pm **Humane Society of Boulder Valley**
Parking lot between Pioneer Elem. & Rec. Center

8:00 am – 1:30 pm **Bonfils Community Blood Drive**
Parking lot between Pioneer Elem. & Rec. Center

Hot Oatmeal Breakfast
World's Largest Toppings Bar
Includes bowl of oatmeal, toppings,
muffins, pancakes, juice and coffee.

Health Fair
Health screenings, interactive stations
& special programs.

Quicker Quaker 5K Walk/Run
Certified course

Oatmeal Baking Contest
Enter your favorites and sample delectable
goodies. Fabulous prizes

Community Blood Drive
Two bloodmobiles will be located in the park-
ing lot between Pioneer Elementary and the
Rec Center. Appointments can be scheduled
online at www.bonfils.org. You may also call
Bonfils appointment center at 303.363.2300.
Please start donation process inside at the
Health Fair.



For more information:
303.666.9555
lafayettecolorado.com

Bob L. Burger Recreation Center
111 West Baseline Road
Hours for January 8, 2011
8:00am-1:00pm Health Fair
3:00pm-6:00pm Normal Operations
No dogs allowed inside health fair
or breakfast

Thank You Sponsors:



Regional Community Hospital
Colorado Medical Center

Lafayette
COLORADO



Para más información:
303.666.9555
lafayettecolorado.com

Centro de Recreo Bob L. Burger
111 West Baseline Road
Horas de operación, 8 de enero, 2011
8:00 am – 1:00 pm: Féría de Salud
3:00 p.m. – 6:00 p.m.: Operación
regular del Centro
NO se permiten perros en la Féría
de Salud ni durante el desayuno

Sábado, Enero 8, 2011 7:30am to 1:00pm

Desayuno – Pioneer Elementary,
101 East Baseline Road
7:30am-12:30pm

Féría de Salud – Bob L. Burger Recreation Center,
111 West Baseline Road
8:00am-1:00pm

Eventos del Festival De Avena

7:30 am – 9:00 am **Inscripción para Carrera/Caminata**
Rocky Mountain Center for Musical Arts,
200 East Baseline Road

7:30 am – 12:30 pm **Desayuno de Avena**
Pioneer Elementary, 101 East Baseline

8:00 am – 9:00 am **Entrega de Productos Horneados Para el Concurso**
Pioneer Elementary Atrium, 101 East Baseline

8:00 am – 1:00 pm **Féría de Salud**
Bob L. Burger Recreation Center, 111 West Baseline

9:30 am – **Empieza Carrera/Caminata 5K**
Esquina de E. Geneseo y N. Harrison

10:30 am – 11:30 am **La Comunidad Prueba los Productos Horneados**
Pioneer Elementary Atrium, 101 East Baseline

12:00 **Anuncio de Ganadores del Concurso de Productos Horneados**
Pioneer Elementary Atrium, 101 East Baseline

8:00 am – 1:00 pm **Humane Society of Boulder Valley**
Estacionamiento entre Pioneer Elem. & Centro de Recreo

8:00 am – 1:30 pm **Bonfils Community Blood Drive (Donación de Sangre)**
Estacionamiento entre Pioneer Elem. & Centro de Recreo

Desayuno de Avena Calientita...y muchos ingredientes adicionales. Además del plato de avena, habrán frutas y nueces, mantecadas, panqueques, jugo y café.

Féría de Salud
Exámenes de salud, actividades interactivas, y programas especiales.

Carrera/Caminata 5K "Quicker Quaker"
Pista certificada

Concurso de Horneados
¡Comparta sus recetas favoritas y pruebe las de otros...y a ver si su receta gana! Premios fabulosos

Donación de Sangre
Habrá dos clínicas móviles (en camionetas) donde se puede donar sangre, en el estacionamiento entre Pioneer Elementary y el Centro de Recreo. Para hacer una cita, vaya al www.bonfils.org, o llame al 303.363.2300. El día del evento, diríjase primero al mostrador de inscripción en la féría de salud.

15th Annual Lafayette Quaker® Oatmeal Festival

- HOT OATMEAL BREAKFAST** World's largest toppings bar. Includes bowl of oatmeal, pancakes, muffins, toppings, juice and coffee. Please note: lines are shorter between 7:30am – 9:30am.
- HEALTH FAIR** Health screenings, interactive stations and special programs.
- QUICKER QUAKER 5K WALK/RUN** Certified course, includes oatmeal breakfast. NEW! Electronic chip timing!
- OATMEAL BAKING CONTEST** Enter your favorites and sample delectable goodies. Fabulous prizes.
- HUMANE SOCIETY OF BOULDER VALLEY** Adopt a pet from the Humane Society's van in the parking lot between Pioneer Elementary and the Rec Center.
- BONFILS COMMUNITY BLOOD DRIVE** Bloodmobiles are located in the parking lot between Pioneer Elementary and the Rec Center.
- FREE SHUTTLE**
Park at City Bldg. located at S. Public Road and South Boulder Road. Shuttle service will run continuously from 7:30am – 1:30pm to and from Pioneer Elementary. Parking is limited, please carpool or take the RTD bus (for schedule go to www.rtd-denver.com).

Bob L. Burger Recreation Center hours for January 8, 2011:
8:00am – 1:00pm Health Fair
3:00pm – 6:00pm Normal Operations
No dogs allowed inside buildings.

OATMEAL BAKING CONTEST

Sponsored by Lafayette Senior Services and held at Pioneer Elementary School Atrium, 101 East Baseline Road.
All entries must include oatmeal as a main ingredient.
All participants must pre-register!
Recipe must be in U.S. measurements not metric

CATEGORIES

- A) Cookies/Bars: Submit one dozen
- B) Muffins and Breads: Submit one dozen muffins or one loaf of bread
- C) Desserts (example: cobbler, candy): Submit entire recipe
- D) Kid's Creations: Submit entire recipe
- E) Healthy Alternatives: Submit entire recipe
- F) Pet Treats: submit entire recipe (Pets are not permitted inside Pioneer Elementary)

Official Rules

ELIGIBILITY Contest is open to the public. Kid's Creations contest entrants may be any age and parents may participate with their child. Previous years' winning entries may not be resubmitted to the contest. A \$5 entry fee/recipe will be required and collected when you drop off your entry form no later than the day of the event.

REQUIREMENTS Your recipe(s) may be your own creation or simply your favorite(s). Include recipe source if it is not your own. For categories "A-F" your recipe must include a minimum of one cup of oatmeal or oat flour. For category "F" you must reduce fat and/

Festival Events Schedule Saturday, January 8, 2011

7:30am – 9:00am REGISTRATION 5K WALK/RUN
Rocky Mountain Center for Musical Arts (RMCMA)
200 East Baseline Road (across the street from Pioneer Elementary).

7:30am – 12:30pm OATMEAL BREAKFAST
Pioneer Elementary, 101 East Baseline Road

8:00am – 9:00am DROP OFF BAKING CONTEST ENTRIES
Pioneer Elementary Atrium, 101 East Baseline Road

8:00am – 1:00pm HEALTH FAIR
Bob L. Burger Recreation Center, 111 West Baseline Road

8:00am – 1:30pm BONFILS COMMUNITY BLOOD DRIVE
Parking lot between Pioneer Elementary and the Rec Center

8:00am – 1:00pm HUMANE SOCIETY OF BOULDER VALLEY
Parking lot between Pioneer Elementary and the Rec Center

9:30am 5K WALK/RUN BEGINS
Corner of E. Genesee and N. Harrison

10:30am – 11:30am COMMUNITY CHOICE TASTING
\$1 per person, Pioneer Elementary Atrium,
101 East Baseline Road

12:00pm BAKING CONTEST WINNERS ANNOUNCED
Pioneer Elementary Atrium, 101 East Baseline Road

12:30pm OATMEAL CREATION CHALLENGE WINNERS ANNOUNCED
Pioneer Elementary Atrium, 101 East Baseline Rd.

TO PURCHASE OATMEAL BREAKFAST ONLY

Adults \$8, Youth 3-12/Senior 60+ \$6,
Tots 2 yrs and under free.

or sugar by 1/4. (For suggestions on modifying your favorite recipe contact Ann Zander at 303.678.6238 or azander@co.boulder.co.us) Please submit two copies of the recipe with each entry (one without your name for judging during the contest and one with your name for publication in our Oatmeal Cookbook). If available, submit cookbook recipe electronically to loriw@cityoflafayette.com. Participants must supply serving utensils. No items that require refrigeration or heating will be accepted.

HOW TO ENTER Each entry can only be submitted for one of these five categories. Recipe entry deadline is 12 noon, January 6, 2011. Bring entry items to Pioneer Elementary School Atrium, 101 E. Baseline Rd., between 8:00am – 9:00am on January 8, 2011. You will have a 14 x 14 inch space to display your entry – use attractive containers, but the judging emphasizes taste, not accessories. Containers and utensils MUST be picked up following the contest.

PRIZES Winners announced 12 noon, January 8, 2011.

Grand Prize: Best of Contest Winner

First through Third Place. In each of the six categories

Community Choice: Voted by participants and visitors present on contest day.

JUDGING Conducted by local judges. All decisions are final. Entries will be judged on the basis of taste, appearance, and creativity. Samples of entries will be made available to the public (\$1.00 per person) from 10:30am – 11:30am for the Community Choice Award voting. Winners will be announced at 12 noon in the Pioneer School Atrium.

Names of winners and the Grand Prize winner's recipe will be posted at the Bob L. Burger Recreation Center, on www.lafayettecolorado.com and submitted to local newspapers.

OATMEAL BAKING CONTEST ENTRY FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ E-MAIL _____

Categories (Circle one)

A) Cookies/Bars B) Muffins and Breads C) Desserts D) Kid's Creations E) Healthy Alternatives F) Pet Treats

I have not entered this recipe in previous Oatmeal Baking Contests.

Return by 12 noon,
Thursday, January 6, 2011
with two copies of recipe(s) to:
Lori Wolf – Lafayette Senior Services
103 S. Iowa Ave., Lafayette, CO 80026
Phone: 303.665.9052 ext. 6
Fax: 303.604.6130
loriw@cityoflafayette.com

15th Annual Quicker Quaker 5K

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

HOW TO REGISTER: PICKUPS ARE ONLY ON FRIDAY, JAN. 7

ONLINE until Thursday, January 6, 2011 at 12noon. Go to www.active.com. This is the quickest and most accurate way to register. Please read below when/where to pick up bib/chip.

BY MAIL must be postmarked by 12/31/10. Please read below when/where to pick up bib/chip.

BY FAX until Thursday, January 6, 2011 at 12noon, fax# 303-666-4392. Please read below when/where to pick up bib/chip.

IN PERSON until Thursday, January 6, 2011 at 12noon at:
Lafayette Chamber, 1290 S. Public Rd. Lafayette, 303-666-9555
Bob L. Burger Recreation Center, 111 W. Baseline Rd., Lafayette, 303-665-0469
Runners Roost, 459 S. McCaslin Blvd., Louisville, 303-926-7653
Fleet Feet, 2624 Broadway, Boulder, 303-939-8000
Boulder Running Co. 2775 Pearl St., Boulder, 303-786-9255
You can go to www.runningbears.com/oatmeal to see that you are confirmed as a registered runner. (Time is needed to process entry form).

PICK UP BIB and TIMING CHIP & LATE REGISTRATION ONLY ON FRIDAY, JAN. 7

Friday, January 7, 2011 9am – 6pm at the Lafayette Chamber, 1290 S. Public Rd.

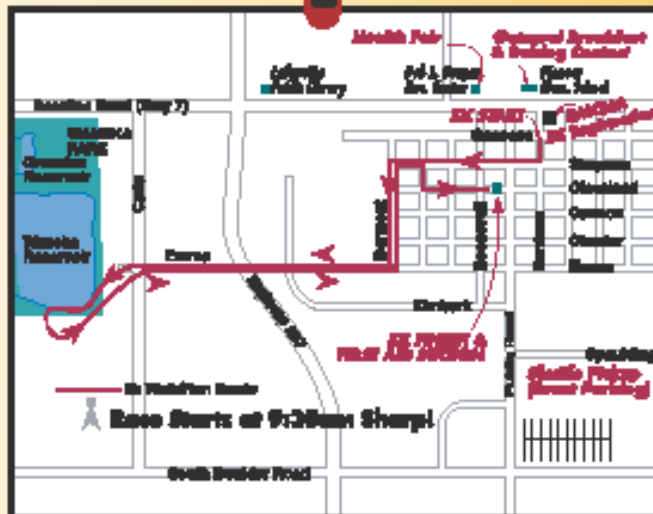
OR on race day at the RMCMA 200 East Baseline Rd.

TIMING This year we're using timing chip technology.

- Pick up your chip and bib at the Chamber on Friday, January 7th.
- Make sure the number on your chip matches your bib number.
- Attach your chip to your shoe with the ties given to you at pick up
- You must run over the mats at all course locations to receive any race times.
- The timing chip must be turned in at the finish line after the race, volunteers will help you.
- If you forget to turn in your chip you will be charged \$5.00.
- Official time used for race placement will be **gun time**, timing chip times will be provided for your information. Competitive runners should plan accordingly at the start line.

FREE SHUTTLE

Park at City Bldg. located at S. Public Road and South Boulder Road. Shuttle service provided by Special Transit will run continuously from 7:30am – 1:30pm to and from Pioneer Elementary. Parking is limited, please carpool or take the RTD bus (for schedule go to www.rtd-denver.com).



5K Walk /Run

5K participants may bring their dogs (one dog only per participant). BUT dogs are absolutely not allowed in Pioneer Elementary or Bob L. Burger Recreation Center. All abilities welcome. Strollers welcome.

Your 5k Walk/Run Results will be mailed to you or can be seen at www.active.com

Prizes: \$200–1st place Male \$200–1st place Female
\$100–2nd place Male \$100–2nd place Female
\$75–3rd place Male \$75–3rd place Female

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

FotoJack.com is here today to capture great digital photos of you in action. Be sure to wear your bib number on your front so that they may easily identify you. Visit FotoJack.com in a few days to view your photos, share them with your family and friends and order them on mugs, mouse pads, high quality prints, and more!

