



BOULDER ROAD RUNNERS

MARCH 2011

Sunday Group Run

at 9 AM

DAYLIGHT SAVINGS

BEGINS MARCH 13

BOULDER RUNNERS AT 2011 USA XC

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Boulder runners once again took the annual USA National Cross Country Championships by storm with two individuals titlist hailing from Boulder and several Boulder based teams shining brightly. Colleen De Reuck put on her usual dominating performance in the women's masters 8k competition while leading the Boulder Running Republic to the women's 40-49 title and Boulder Fleet Feet grabbed the silver medal. Brent Vaughn, the former CU Buff who came out of Aurora and Smokey Hill High School captured his first national championship and will represent the USA at the World Cross Country Championships in Spain later this month. You can learn a little more about Brent in his interview found on pages 8 and 9. Brent will be our special guest at our March 7th BRR Club Social at the Walnut Brewery, please join us in honoring Brent for his exceptional achievement.

Also making the podium were the BRR team champion men's and women's 60+ teams, led by Doug Bell and Edie Stevenson; both captured their respective age group 60-64 titles. Our own unique 80-89 team of Rod Smythe, Bill Turley and Ken Wright swept the individual honors and notched a perfect score as

well. The 65-69 individual gold medals were captured by another pair of BRR members, Jeff Dumas and Gail Hunter. The 60+ runners for the BRR seemed to dominate almost every facet of the competition as the BRR Men's B team also took home the team bronze medal. Completing our list were the women's 50+ and 70+ teams which took home the silver medals respectively. I would be remiss if I didn't mention the incredible show put on by Shalane Flanagan in the women's open 8k since she was born in Boulder. For complete results and information of the USA National Cross Country Championships you can go to: www.usatf.org/events/2011/USAXCChampionships/results.asp

New Boulder Road Runner racing singlets will go on sale at the Sunday Group Run on March 6th and be available at our club social on Monday March 7th. Volunteer course marshals for the Earth Day 5k on Sunday May 1st are eligible to receive one for their efforts. Contact Rich Castro to volunteer at Richard. Castro@colorado.edu or 303-449-6650.



Our next monthly club social will take place at the Walnut Brewery, 1123 Walnut St. in Boulder from 5:30 to 7:00 PM on Monday March 7th. We will continue to follow our no host format as we welcome our special guest that evening, 2011 USA National Cross Country Champion Brent Vaughn.



BOULDER
 ★★★ Distance Classic

BROOKS

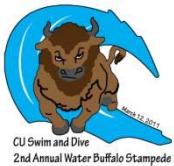
Boulder Running Company

SATURDAY, APRIL 23RD AT THE RES

CHOOSE YOUR DISTANCE
15K 5K 1K^{FUN} RUN

A CELEBRATION OF RUNNING AT THE BOULDER RESERVOIR TO BENEFIT THE ORPHANS OF AIDS TRUST FOUNDATION AND THE CITY OF BOULDER PARKS & RECREATION EXPAND PROGRAM

REGISTER AT BOULDER RUNNING COMPANY OR RUNNINGGURU.COM



- Qualifier for the Bolder Boulder!
- 5k through the CU Boulder Campus
 - 3/12/11 : 9am Start
- Support the CU Club Swimming & Diving Team for it's quest for a
 - 5th Championship Title. Register
 - [Online @ RacingUnderground.com](http://RacingUnderground.com)
 - General Public : \$15
 - Teams of 10+ : \$10 / person
 - College Students : \$12
 - Youth (12&U) : \$10
 - First 100 to register get a FREE t-shirt
 - T-shirt : \$5
 - T-shirts (Race day) : \$10

www.colorado.edu/StudentGroups/swimdive/stampede.html

Recipe for Retirement Fund Disaster

David Gardner, CFP, EA

It's the single largest portfolio holding for many investors. Directing it wisely can make the difference between thriving and struggling in retirement. With the 2011 retirement plan year upon us, how do you go about making fund choices?

Some of us approach it like the stars of Top Chef improvising a dish -- a little crushed Latin America fund here, some filleted China growth fund there, and drizzled with a flavorful commodities ETF. For those of you without a lot of investment acumen, this ad hoc approach can lead to financial indigestion.

Others think of retirement plan choices much like a spring evening at Churchill Downs. Instead of grabbing the Racing Form, investors pour over 401(k) annual reports to determine the winners from last year and pencil them in for 2011. While thoroughbreds such as Secretariat rightly become favored after blowing by the field, last year's retirement plan champion is more likely to fall back in the pack than its cohorts.

Despite the importance of retirement plans, there are not legions of qualified advisers ready to assist you. Your company may sponsor an annual presentation on the plan. But financial advice does not work well as a broadcast. It should be tailored to the individual and coordinated with the rest of the portfolio.

Your neighborhood broker or agent may be a trustworthy source of financial advice, but many are paid through one-time and recurrent commissions on mutual funds, variable annuities, and cash value life insurance. They may desire to provide advice on your retirement plan, but are unable to do so. Even fee-only financial planners are primarily compensated as a percentage of managed assets in affiliated brokerage accounts. Your retirement plan at work usually cannot pay a fee to your investment manager.

If you can find a qualified planner who is willing to take on this work and integrate plan choices with the rest of your portfolio, their services can be invaluable. Failing that, consider these rules of retirement plan investing as you navigate through the different options.

Keep your entire portfolio in mind. Retirement plan choices should not be made in a vacuum. You must consider your spouse's plan, as well as the rest of your IRA, Roth, and taxable investment assets. Target date fund options can be alluring, but most fail to work

in concert with your other investments and may not be tax-efficient.

Concentrate first on tax-disadvantaged investments. Retirement plans, like traditional IRAs, are best used to hold positions in asset classes that are most susceptible to a tax drag. Real estate investment trusts (REITs), inflation-protected bonds, commodities, and corporate bonds can see returns decimated by taxes if held in taxable accounts. In your retirement plan, they can continue to play an important role in your portfolio without being taxed every year.

Make the "least harmful" selections. Retirement plans can have high fees, which tend to lead to lower returns over time. Look for the passively managed options that don't attempt to beat the market, and expend high trading and research costs in the attempt to do so. Sometimes it will be easy to ferret out these plums, other times you'll need to examine the plan documents.

Rebalance regularly. It's important to take a look at your retirement plan balances annually to make sure you haven't strayed too much from your desired allocation. Over the last 12 months, the stock market has been on a tear, which may have left you overweighed in equities.

Following these steps, you have a better chance than most of achieving retirement plan success over the years to come.

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: Recipe for retirement plan disaster - Boulder Daily Camera](http://www.dailycamera.com/ci_17320576?IADID=Search-www.dailycamera.com-www.dailycamera.com#ixzz1EtMincN4)
http://www.dailycamera.com/ci_17320576?IADID=Search-www.dailycamera.com-www.dailycamera.com#ixzz1EtMincN4
DailyCamera.com





BOLDERBOULDER twenty eleven



Moving to End Sexual Assault invites you to The 11th Annual CANINE CLASSIC April 17, 2011.

www.canineclassicboulder.webs.com

The Annual Canine Classic at the Boulder Reservoir is a 5K for runners, walkers and dog lovers of all ages.

The event is also a popular tune-up for the BolderBoulder and though while encouraged, canine companions are not required.

9:00 AM Start Time.



- In addition, this year we have added a Canine Carnival throughout the day
 - featuring:
- A robust expo area
- Kids area (New this year!)
 - Great food
- Avery Brewing beer garden
- Kick'n live music





DASH N' DINE 5K SERIES

Presented
By



Local events & races

Dash & Dine Series, April 12, 19 & 26. May 10, 17, 24

Canine Classic 5k, April 17 at the Res

Colorado Hall of Fame Ceremony, Denver Athletic Club April 19

April 23, Boulder Distance Carnival, 5 & 15k @ the RES

May 1, Earth Day 5k, CU Research Park

May 30, The Bolder Boulder 10km * new course, see page 4

RUN BOULDER SERIES

Uni-Hill 2k June 9, West End 3k July 21 & Pearl St. Mile August 11

Summer Track Series, First & Third Thursdays of June, July & August

Avery's 4k on the 4th of July

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

Interview with Brent Vaughn, 2011 USA National Cross Country Champion

Q. Did the 2011 USA XC Championship go as planned or was it a last minute decision because of what transpired in Houston?

A. I only raced XC because I was unable to finish in Houston. I was pretty upset after Houston but I was glad I could get right back at it the next week.

Q. During the race were you aware that you were in control or did the other competitors just play into your hands?

A. I was feeling very comfortable at 6k, I was expecting the race to start hurting at that point but I felt very relaxed and decided I would get the race going a bit and test the field to see who else was feeling fresh at that point on the race.

Q. Talk about making your first USA Team and are you going to the World XC Championships in Spain?

A. Its great to finally get the opportunity to wear the USA uniform. I am planning on going to Spain and representing the US very well.



Q. Your training and racing have been somewhat up and down since you left CU. Do you have a game plan in place to reach the next level? What does that involve?

A. I wouldn't say my training has been up and down since I left college. I have been pretty healthy throughout and maybe I just wasn't training hard enough. Since I have been working with Jay we have tried to hit a whole new level of training. I feel like each year I have trained harder than the year before and at some point it's got to pay off. My racing has been mostly down. I haven't had any races that I was really pleased with afterwards outside of one or two in the last two years. I believe success in running has a lot to do with confidence and after my breakthrough at USA XC I think I can have build on it and have a breakthrough year.

Q. You are working with Jay Johnson these days. How does his approach to running and racing fit with your previous experiences?

A. Jay is very focused on developing the aerobic system just like every coach I have had. He knows in order to compete we have to run a lot and we do put a lot of emphasis on the long run just like Wetmore and Weich. The biggest difference between Jay and my other coaches is his focus on supplemental work before and after workouts. I am spending a few extra hours a week doing a lot of extra strength work trying to keep the body in balance.

Q. What are your long term plans at this point, World Championships, Olympics, road races or track?

A. My long term plan is to make as many USA teams as I can. I would love to compete in World Championships and Olympics.

Q. You have a national class athlete as your wife, how do the two of you juggle your running careers, parenting (2 young daughters) and marriage?

A. I think we enjoy doing it and it doesn't seem like much of a juggle. I like to get up early and get out the door and she likes running a little later in the day so it works out pretty well. We have child care for the girls two days a week and the other days we alternate runs. We just recently got a membership at Rally sport and they have a child care program which allows us to do some of our easy runs together.

Q. What hobbies do you have outside of running or do you time for anything else with two young ones running around?

A. When I have free time and I'm not spending it with my girls I do enjoy playing some poker and watching the home sports teams play (Broncos, Nuggets, Rockies and Buffs).

See ya on March 7th Rich

Harness the Wind

By Sakyong Mipham Rinpoche (part I in Feb. newsletter)

To optimize the relationship between our mind and body, we must harness the wind. One aspect of meditation is learning how to strengthen and center our mind by learning how to breathe properly. We often regard meditation as a spiritual practice, purely a way to work with our mind. But in harnessing this wind, we are also working with our body. The result is joy and flexibility. We feel peaceful, in tune, and focused. Our body is relaxed. Our mind can handle whatever life offers.

Knowingly or not, people arrive at this union of mind and body through exercise and other physical activity. We hear of it as a "runner's high" or "being in the zone," but what is really happening is that we are engaging with the breath—oxygen—the most basic element of being alive. Consciously or accidentally, we have settled the wind. Our body is more pliable, and as a result we have more control over our mind.

Personally, I've always enjoyed the simplicity of physical exercise. With a more joyous body, my mind is able to relax. A little over a year ago, I began running. I was traveling a great deal of the time, teaching and studying, and running offered me an opportunity to get outside and breathe fresh air, wherever I happened to be.

Often beginning runners start hunching, taking shallower and shallower breaths, which only compounds their struggling. Aware of this possibility, I began to enjoy the basic discipline of working on my form and breathing deeply. In Tibetan, one of the words for meditation, gom, means "familiarity." In meditation, we're becoming familiar with our breathing or with a visualization. In running, I am becoming familiar with the breath while moving my arms and legs. People ask me if meditation helps my running. Of course it does. Since it stabilizes, clarifies and strengthens the mind, meditation helps everything we do. It always boosts our stamina and focus. And breathing feels good.

After I'd been running for a while, two of my running friends—both experienced marathoners—said that I was in good enough shape to run a marathon myself. It hadn't been that long since running for an hour had felt like a long time, but the principles of meditation were paying off. I was up to it.

Now I've completed two marathons. The responses to my doing such a thing have ranged from disbelief to delight. But I enjoy running, and it's keeping me healthy. It's been a pleasurable way to raise funds for the Kunchok Foundation, which helps rebuild monasteries and supports medical centers, orphanages and other charitable work for the Tibetan people. Some of my Tibetan friends had never heard of a marathon, but when they heard that it would bring benefit for Tibet, they supported and encouraged me.

As I ran the Big Sur marathon recently—considered one of the most beautiful and difficult—I felt relaxed and comfortable. I thought about all the miles I'd run to get to this point, through snow and rain, heat and cold. When the race was over, someone asked me who had won. I said, "I'm not trying to be comy, but everybody won." What's interesting about a marathon is that even though it is considered a race, most of the competition is with ourselves. We are rising to our own challenge.

What happens when we achieve a balance of mind and body? The mind is no longer using its energy to deal with the demands of an unhealthy or unattended body. It is freed from endless preoccupations with how to feel good. It feels good, and it can take that power and shine it on profound issues.

Thus it can generate compassion. Now the mind has the ability to really shine. It has the opportunity to tunnel in and liberate the wisdom, compassion and courage of which it is capable. These qualities reveal to us that we do not have to be constantly preoccupied with ourselves, that we can use our lives to help others. This is the true purpose of bringing mind and body together in the first place—no matter where we finish in the race.

Sakyong Mipham Rinpoche is spiritual director of Shambhala, an international network of meditation and retreat centers. He is author of *Turning the Mind into an Ally*.

Harness the Wind, Sakyong Mipham Rinpoche, Shambhala Sun, September 2004.

Explore/Practice/Apply

Think about how treatment of the body affects the mind. Which of the “four exhilarations” mentioned above challenge you more? What components are necessary to utilize physical exercise as a form of mediation?

Engage in a form of cardio exercise. Pay special attention to your breath. Notice the qualities of the mind and breath, before, during, and after exercise. How does physical exercise facilitate “becoming familiar” with self?



Volunteer course marshals are needed for the Earth Day 5k, please contact Rich Castro at 303-449-6650 or Richard. Castro@colorado.edu. The race will take place at the CU Research Park and utilize the same course design used at our annual CU Turkey Trot. Volunteers will be eligible to receive a new BRR racing singlet from Saucony. If you wish to volunteer for other events those dates are listed on page 5.

We all have our reasons...



title 9K

Boulder, CO 2011

Mother's Day - Sunday, May 8, 2011

Where: Boulder, Colorado at the Boulder Reservoir

What: A 9K+ (it's actually 9.9K or 6 miles) loop run, jog, walk, skip, hop on dirt roads and trails around the reservoir

Who: ALL ladies and your kids, mothers, sisters and girlfriends. First timers, walkers, joggers, weekend warriors, elite runners, and Moms with baby joggers - yep, Mom's with kids in strollers are welcome!

Get the full scoop at www.titlenine.com/t9k