

Sunday Group
Runs at 8:00 AM

BOULDER ROAD RUNNERS



SEPTEMBER 2010

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line newsletter.

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ing in on the Boulder
running scene.

Looking for that per-
fect race? Check out
our coming events,
now on line.

MEMBERS ONLY SAUCONY SALE

Our annual fundraiser for the CU Track & Field Program, The CU Kickoff Classic 5k walk/run will not take place this year on Labor Day. The BRR continues to support the CU T&F program but due to complications with the course, sponsorship and the multitude of races on the Labor Day Weekend we have elected to cancel the event.

The CU Buffaloes kick off their XC season with their Alumni/ Open meet on Saturday September 4 at 8:30 AM with the 5.8km race for women and the 8.0km race for men at 9:15. The Buffs only major home meet comes on Saturday October 2nd with the **25th Anniversary of the Rocky Mt. Shootout XC Meet** that will once again feature open and collegiate races for both men and women. Our BRR homepage will carry details on that meet and entry information as it becomes available.

The CU Buffaloes will also host a reunion for all alumni XC and track athletes and coaches on CU homecoming weekend, Oct. 23-24, and the BRR will host the Sunday morning breakfast run at 9 AM in conjunction with our regular group run. If you would like to help out with coordination, let me know, it will be fun.

Runners Roost in Louisville, formerly Solepepper Sports will host a special Saucony Sale for BRR Members on Wednesday September 8 at 6:30 PM. There is a group run scheduled at 6 PM from the store if you're looking for an evening workout.



Runners Roost
COLORADO

The store is located at 459 Mc Caslin Blvd. suite 2. Refreshments will be served. You will have the opportunity to learn about the latest in compression apparel from Saucony sponsored Pro Athletes and the new Saucony AmpPro line.

20% discount on all Saucony footwear, apparel and the New AmpPro gear.

The Sunday 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. **Sunday Group Run will switch to 9 AM October 3.**

Volunteer Opportunities

The BRR has remained active with all facets of the Boulder running community through the years; from our annual summer track series, to local high school XC meets, to National class events like the Big 12 T&F Championships and the USA National XC Championships. I would like to encourage you to become involved at whatever level you feel comfortable. Giving back to our sport is the best way of keeping it viable.

September 11, Cause for Paws, benefit for the Boulder Humane Society 4k. Volunteers can contact Dave Hardwick. 303-499-9205.

October 1, Pat Patton Invitation XC Meet. High school meet hosted by Boulder High at Viele Lake South Boulder Rec, 3 PM.

November 25, CU @ Turley's Turkey Trot 5k, 10:00 AM. Contact Rich Castro at 303-449-6650.



Spirit of the Dancing Warrior

Asian Wisdom for Peak Performance in Athletics and Life.

Jerry Lynch and Chungliang Al Huang

Commitment

Many people in sports and fitness are complacent, content with their level of accomplishment; they lack the desire to discover their true greatness. It's fine to be happy with your level of competency, but if wonder why you remain stagnant, consider the notion of committing to higher levels and all that it may entail. Taking your performance to another, higher level demands the attitude of a warrior: the commitment of the heart to the journey from merely competent to superb. We encourage you to commit to doing all you can to be the best you can be, regardless of sacrifice or suffering. Zen teaches that suffering is the path to awareness. In sports, it's the way of the champion warrior and the path to greatness. And besides, doing anything at a higher level is simply more satisfying.

In athletics as well as other aspects of your life, your level of commitment is constantly being tested. Some of the more easily recognizable indicators that you have made a commitment to a certain path are these: you insist that you will not make excuses for marginal performances; you view your competitor as a partner to help bring out your best; your thirst for new ways to improve; you are eager to put forth extra effort when needed; you experience an absence of lingering doubt; you refuse to view discouragement and disappointment as anything but natural; you feel a natural and all-encompassing sense of joy and motivation to do all you can to be the best you can be.

The sky is the limit when you demonstrate a consistent never-ending commitment to what you deeply desire and want to achieve. It is the main ingredient that separates ordinary performers from those who do extraordinary things. True commitment is devotion to a cause, ideal, or a goal that may be more crucial than victory itself. German poet and philosopher Johann von Goether once wrote: "Until one is committed, there is hesitancy, the chance to draw back...there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: All sorts of things occur to help one that never would have occurred...incidents, meetings and material assistance which no man could have dreamed would come his way."

Consider whether your lack of commitment is simple complacency or whether you might want to look deeper to see if there is another sport or activity that will engender a higher level of commitment. In to her words, lack of commitment may be a sign that it's time to move on to something else that's more appropriate to your development at this particular time. Remember, too, that if your performance consistently falls short of your potential, you may lack commitment. Anything that is truly important to you in life is worth of your full commitment.

DECLARATION: *If I am to discover the next level of performance in my sport, fitness routine and work, I must commit to doing event that which I do not wish to do.*

REFLECTION: *What do I need to commit to that will kick my performance up a notch? What is required in order to make that commitment happen?*

Editor's Note: BRR talk and presentation by Dr. Jerry Lynch will be held on Wednesday September 15th, 7:00 PM at Jubilee Hall at Sacred Hall of Jesus, 2312 14th Street. It is free and everyone is welcome.

website: www.wayofchampions.comE-mail: docj@wayofchampions.com

COMING EVENTS



Looking for a low key group to train with during the week? Try our Tuesday and Thursday group that meets at the Flatiron Athletic Club (505 Thunderbird Dr.) at 7:00 AM. We also gather for a longer run on Saturdays and the time and location will vary in the fall so feel free to contact me and see what we're up to that week. Everyone is welcome to join us and if you would like a more formal training schedule that can also be arranged. The weekday runs are normally fartlek sessions done on the South Boulder Creek Trail and we can easily link up with Buffalo Ranch and the CU south campus as well as Bobolink Trail. The Saturday session is a long steady run that tends to avoid traffic and paved roads. We have been meeting at the Left Hand Trail Head parking lot on Neva Road, just off US 36. Contact me at 303-449-6650 or Richard.Castro@colorado.edu



The **First Monday** of the Month BRR Social will skip the month of September since the date falls on Labor Day. The Avery Brewing Co. will host our next club social from 5:30 to 7:00 PM on the October 4th. Our format for the socials at Avery's has remained identical to those in the past. BRR members are given complimentary pints of Avery's Big Beers. The charge for the food buffet is optional but always welcome, and we encourage you to drink responsibly. So please join us and make new friends while getting together with our regular members. Invite your friends, everybody is welcome. www.averybrewing.com The October meeting will serve as the birthday celebration for our club president, Rich Castro since he turns 63 the next day so plan on some birthday cake to go with that beer. Rich recently commented "I tend to be the focus of the compliments for all the good works the club does within the community and folks often ask what they can do for me personally as a thank you." My reply is that I am very blessed and if they would like to thank me, to please consider making a donation to the Rich Castro CU Track & Field Endowment Fund held by the CU Foundation. The fund benefits the CU cross country and track program and is administered by Scott McMichael, Assistant Athletics Director for Development, University of Colorado Foundation, Department of Intercollegiate Athletics 369 UCB, Stadium Gate 10 174, Boulder, Colorado 80309

303-492-5695 (Phone), 303-594-6578 (Cell), 303-492-1700 (Fax)

Scott.McMichael@cufund.org



September 5, 2010

5K Run/Walk
1 Mile Family Fun Walk
City Park
Denver, Colorado
8:30am

WALK.RUN.SUPPORT.



Celebrate life with you friends and family as we honor prostate cancer patients, survivors, and those who support them through their journey.

For more information,
call 303.316.4685 or visit
www.SETthePACE.org.

In this together.

Prostate Conditions Education Council
7009 S. Palomac St.
Suite 125
Centennial, CO 80112

A Taxing Election Season

With Colorado's primary election behind us, let's hope our legislators get to work on the federal tax code. But with the general election and summer recesses, Congress has little time to tackle a complex topic fraught with controversy. The bottom line is this: barring new legislation, the large majority of us will see a tax increase.

President Obama did pledge to not raise taxes on individuals earning less than \$200,000 and couples earning less than \$250,000. But the President is not able to legislate income tax changes by fiat. There's that part of the Constitution that states "all bills for raising revenue shall originate in the House of the Representatives" that stands in the way of unilateral action. With the Republicans expecting to gain members in the upcoming election, they may hold out for an across-the-board tax cut instead of mere upper middle income tax relief.

If no legislation is passed, here's what we would face next year:

Ordinary income tax rates increase. At almost every income level people will pay higher taxes as the Bush tax cuts expire. The top income tax rate will jump to 39.6 percent from 35 percent. The lowest 10 percent bracket will disappear and be folded into the 15 percent bracket that extends to about \$70,000 in taxable income for joint filers. Those in the 25 percent, 28 percent, and 31 percent brackets (ranging from about \$70,000 to \$385,000 in taxable income) will see their marginal tax rate increase by 3 percent. Most anyone who pays federal income taxes now would owe more in 2011.

Investment tax rates change. Even the wealthy have used the advantageous 15 percent tax on qualified investment dividends and long-term capital gains over most of the last decade. Without new legislation, the tax on long-term capital gains will increase to 20 percent for many. Even more onerous, the tax on qualified dividends would skyrocket from 15 percent to ordinary income tax rates - as high as 39.6 percent for high earners.

Estate tax returns with a vengeance. This year the unthinkable happened - the estate tax disappeared albeit just through the end of the year. The heirs of billionaires, such as Yankee's owner George Steinbrenner, are saving hundreds of millions in estate tax this year. In 2011 the estate tax will increase to 55 percent (from an effective 0 percent this year) with an exclusion of \$1 million.

Other changes. The alternative minimum tax (AMT), aimed at ensnaring high income earners that take large deductions, could expand its reach to millions more next year. Also, the 2010 hiatus of the itemized deduction phaseout for high earners would expire, reducing their deductible expenses.

Strategies. As we get closer to the end of the year and have a clearer understanding of the tax landscape, we may see traditional tax planning turned on its ear. Usually the advice is: delay income and accelerate deductions. Keeping your dollars from the IRS for a few more years allows you to use that money in a productive way. But what should you do this year?

Businesses should look at accelerating receivables to realize income this year. Investors with appreciated assets in taxable accounts should consider selling them to generate long-term capital gains in 2010, at a tax rate of 0 to 15 percent versus 20 percent next year. If you have income that puts you in the 15 percent bracket or lower (about \$70,000 in taxable income for a married couple), this is a particularly viable strategy. Converting a traditional IRA to a Roth could make sense this year as you pay taxes on the conversion at ordinary income tax rates. If you can't save enough to fully fund retirement plan contributions in 2010 and 2011, consider delaying your contributions until next year.

Stay tuned in the coming months to the national tax debate. The results will help inform your actions to minimize the taxes you pay.

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



Sunday **SEPTEMBER 12 2010**

5k & 10K

**29th Annual
Neder-Nederland**

Race Start 9 AM

Chipeta Park

Registration 7:30 am

**Fun Prizes & Big Giveaways Including
4 Eldora Season Ski Passes
& Tickets to Ride the Carousel of Happiness**

**More info & Register online @
www.neder-nederlandrace.com
or Call 303-258-0700**



Dear Boulder Road Runner,

One of Denver's "must run" races, the Aetna Park to Park 10 Miler will be held on Labor Day, September 6th beginning in Denver's City Park and finishing in Washington Park. We encourage you to take advantage of the current race pricing before the price increases on July 1st.

If you are a previous Aetna Park to Park 10 Miler participant you can get \$10 off the regular registration fee by entering this year's race and referring a 1st time Aetna Park to Park 10 Miler participant. Referral discounts must be submitted via U.S. Mail with both entries submitted together. The 1st time participant will pay the regular race entry fee.

On-line registration is open and available at www.active.com. In-store registration is open at many Colorado Front Range running stores. Complete registration and race information is available at www.parktopark10miler.com.

Another way to save is by taking advantage of the Brooks/Runners Roost/Alamo Events shoe and race entry special. Details of this special are available at Denver area Runners Roost stores and on the race website listed above.

Meet Nikki Spurgiesz: Born in Trenton, NJ and raised in Colorado. She turned 28 in July and works as our regional Saucony Rep. A graduate of Columbine High School in Littleton, CO and attended BYU, receiving her degree in Sociology in 2007. Nikki is blessed with a great smile and wonderful sense of humor, which I am sure comes in handy with all the characters she is bound to encounter during her work day. "My mom always said "you can never be too nice". Plus, it is hard not to smile when I have been blessed with so many great things in my life!" When asked about her connection to running. "I actually didn't take up running until after my junior year of high school. I was a junior at Columbine High School when the shootings took place in April. On the really rough days following that event my dad would drag me out to go running with him. I ended up falling in love with running and found myself on a lot of long runs to clear my head. I joined cross country my senior year and have been running ever since! I have raced everything from the 5k to the half-ironman but I am far from the fastest one out there!" Her favorite part of the job? "I get to work with a lot of amazing people and travel a ton! But my favorite thing is when people tell me their Saucony success stories. How our shoe helped them reach a big goal or has been the only shoe to keep them injury free."

I have put together a photo collage of her in action (page 8) and you can easily see that she enjoys her work. Nikki will join us at the Special Saucony Sale being hosted by the Louisville Runner's Roost on Wednesday September 8 at 6:30 PM. She is a wonderful resource for the Boulder running community and is a tremendous asset for the BRR.



BOULDER **ROAD RUNNERS**

www.boulderroadrunners.org

BRR Sunday Group Runs 8 AM

Runs move to 9 AM on Sunday October 3rd.

30th Street & Iris Ave. First National Bank of Colorado

Post run refreshments, Runners of all abilities welcome.

BRR Activities

Members ONLY Sale @ Runner's Roost in Louisville (formerly Solepepper)

Wednesday September 8th, 6:30 PM.

20% discount on Saucony footwear, running gear and New Amp Pro compression apparel.

Meet Dr. Jerry Lynch, Author of "Spirit of the Dancing Warrior"

See the BRR September Newsletter for details. Free, open to the public

Wednesday September 15th 7:00 PM, Jubilee Hall, Sacred Heart of Jesus 2312 14th Street

Humane Society 4k "Cause for Paws"

Saturday September 11, www.boulderhumane.org

CU Rocky Mt. Shootout XC Meet, Saturday October 2nd

CU @ Turley's Turkey Trot 5k,

Thanksgiving Day November 25, 10 AM

FOR MORE BRR CLUB INFORMATION

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