



BOULDER ROAD RUNNERS

OCTOBER 2010

PowerBar

Sunday Group
Run at 9:00 AM

What's inside the Oct. Newsletter?

- ROCKY MT SHOOTOUT XC MEET SAT. 10/2** 1
- VOLUNTEER APPRECIATION NIGHT AT AVERY'S BREWING CO.** 2
- FIRST MONDAY AT AVERY'S OCT 4** 2
- CU @ TURLEY'S TURKEY TROT ENTRY FORM** 3
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- ROTARY CLUB TWIN PEAKS XC CHALLENGE** 7
- REACH THE BEACH TEAM WINS GRAND MASTERS DIVISION** 8-9

OF INTEREST:

Articles needed for on line newsletter.

Find out what races are happening in our area.

25TH ROCKY MOUNTAIN SHOOTOUT

The 2010 CU Rocky Mt. Shootout is scheduled for Saturday October 2nd at the Buffalo Ranch course. This year the open and collegiate divisions have been combined with the men's 8k race going off at 9:00 AM and the women's 5.8k at 9:45 AM. For detailed information on the course, entry information and how to find Buffalo Ranch go to **the coming events section on our homepage or go to: www.cubuffs.com**

The meet is traditionally scored separately for the Division I schools and Division II schools but that doesn't stop fans from calculating how well CU does in this early season meet against the perennial powerhouses in D-II, Western State and Adams State. Other schools in attendance in past years include The Air Force Academy, Wyoming, University of Northern Colorado, Metro State, Colorado School of Mines, Regis and Colorado College. The men's team comes into their first real test of the season ranked 6th nationally while the women are ranked 11th nationally. They

have several young and talented athletes in their ranks and it will be interesting to see who will follow in the steps of Jenny Barringer. CU's steeplechasers seem up to the task as Emma Coburn, who flashed her talents with an American Junior Record in the Steeplechase and finished second in the NCAA Championships during her spring track campaign. The other steepler is Shalaya Kipp who took 5th at the NCCA Champs in 2010. After her Freshman XC season the diminutive Allie McLaughlin from Colorado Springs proved that she is a huge talent as she took 5th at the NCAA XC Championships. Only 4 feet 10 inches tall she has looked out of place at the team workouts due to her size but her racing speaks volumes and leads a very solid CU team into their last Big 12 XC season.

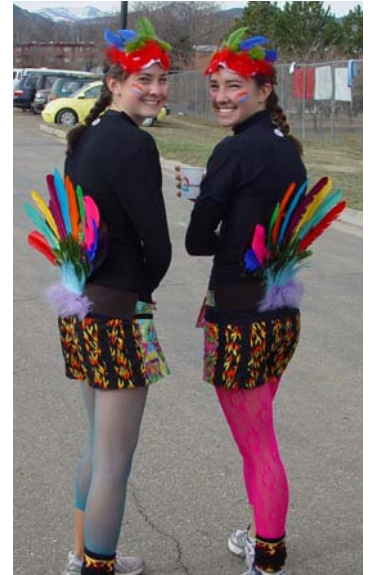


Above: Allie McLaughlin,
below: Emma Coburn



OCTOBER 4TH FIRST MONDAY AT AVERY'S

The next **First Monday of the Month BRR Social** will take place at the Avery Brewing Co., 5763 Arapahoe Ave. #E on October 4th. This will be our last club social under our current format. On November 1 we switch to the Walnut Brewery in downtown Boulder for our winter meetings but will employ a **NO HOST Format**, which means The Nut will offer us Happy Hour Prices but members are responsible for their food and drinks. If you have questions about our new format please contact me, Rich Castro at 303-449-6650. This month the adult beverages will be compliments of Avery's with long time club supporter and member Larry Avery acting as our host. There is an optional buffet offered for \$10 which I strongly encourage to promote responsible drinking. It is volunteer appreciation night so if you did 4 events this summer or the Humane Society's "Cause for Paws", you will be guests of the BRR. October 5th is also my 63rd birthday so there will be birthday cake (no gifts or cards please). Join me as I celebrate the start of my 50th year of running and racing. If you really feel like you would like to do something for me, please consider making a donation to the scholarship fund in my name at the CU Foundation. See you all soon, I hope.

**Running Shorts**

John Bridges is organizing the 24 mile water stop at the Denver Rock N' Roll Marathon and needs about a dozen more volunteers. If you are interested in getting involved and checking out Colorado's largest marathon and half marathon this is your opportunity. We are at 9th and Lipan. I need about 6 people there at 7 a.m. and the bulk of people from 9:30 a.m. to 12:30 p.m., although as the number of runners thins out and we have most of the clean-up done people can leave early. WATER STATION SIGN-UP LINK: http://www.elitevolunteer.com/er/signup_form1.php?event_id=211&group_id=1157 This link is for our site only. John will have parking information and more details for the volunteers in a couple weeks. john@bridgesclassicalimports.com or 303-464-0147.

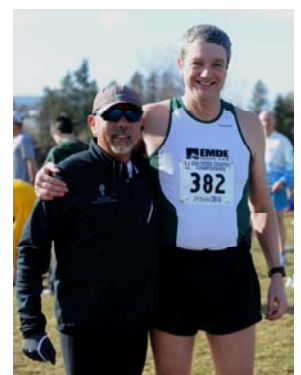
**USATF NATIONAL CLUB XC CHAMPIONSHIPS 2010**

The 2010 USATF National Club XC Championships will be held in Charlotte, North Carolina in McAlpine Park on Saturday Dec. 11, 2010. The masters women's 6k and the masters men's 10k will be run prior to the open division at 10:30 am and 11:30 am respectively. If you are looking to be on one of our BRR age group teams for 2010 please come to the First Monday Social at the Avery Brewing Co. on October 4th at 5:30-7:00 PM. You must be a current BRR member and USATF member for 2010. If you register with USATF please designate the

Boulder Road Runners as your club and we are club #158 in the Colorado Association. Additional information about the event is available on this website: www.usatf.org/events/2010/USATFClubXCChampionships/index.asp

Team leaders will be named at a later date. Let me know if you are interested in organizing your age group team.

USA National XC Championships will be in San Diego, CA on February 5, 2011 and we will be sending age group teams to that event.





Turley's

BREAKFAST LUNCH DINNER



Photos of the Turkey Trot by Johnny Chapin. The inflatable turkey was a big hit with the kids and it will return, along with the CFS truck and hopefully our great volunteers and finish line crew.

CU @ Turley's Turkey Trot

Thanksgiving Day 11/25/10
A benefit for

Community Food Share is the Feeding America food bank for all of Boulder and Broomfield counties”
Please bring a canned food item or monetary donation to the race!
Remember \$1=4 Meals

Race Information
Date: Thursday November 25, 2010
Events: 5k start time 10:00 AM New, faster Course!
Place: CU Potts Field. Chip Timing.
Entry fee: \$15 Race day fee: \$20
Walk-in registration ends Noon WED 11/24/10
Age Group Awards & Turley's Gift certificate to all finishers. Free Kids 12 & under track races. Weather permitting following the 5k. No registration required.
Start/Finish Area
Located in the CU Research Park, north side of Colorado Ave. between 30th Street & Foothills. Follow the signs for Free Parking Park at the CU Research Park.

GOODBYE BLUE MONDAY

BIB Number

BOULDER ROAD RUNNERS
OFFICIAL ENTRY FORM
Print Clearly. One entry per form.

NAME: _____

PHONE: _____

E-mail: _____

Circle One: (MALE) (FEMALE) Age on race day: _____

REGISTRATION LOCATIONS
Boulder Running Co. 28th & Pearl St. 303-786-9255
Fleet Feet, 2624 Broadway, 303-939-8000
Runners Roost, 459 S. McCaslin Blvd. Suite 2, Louisville. 303-926-SOLE
Make checks payable to the Boulder Road Runners.
Walk in registration ends NOON Nov. 24
MAIL IN REGISTRATION
Turley's Turkey Trot
654 Tantra Dr.
Boulder, Colorado 80305
ON LINE REGISTRATION:
www.active.com
RACE DAY REGISTRATION: Begins at 9 AM CU Potts Field, located in the CU Research Park

Information:
Contact Rich Castro/Race Director
303-449-6650, Richard.Castro@colorado.edu
BRR website: www.boulderroadrunners.org
Start/Finish Area: Start/Finish at the CU Outdoor Track.
Waiver (please read and sign)

In consideration of acceptance of this entry form, I hereby declare that I am physically able and properly prepared to participate in this running event. I also intend to be legally bound for myself my heirs, executors and administrators and do hereby release and discharge any and all sponsors and officials of this event from any and all liability arising from illness, injury and/or damages I may suffer as a result of my participation in this running event.

Signature: _____

Parent's signature if under 18 _____



BOULDER ROAD RUNNERS

Think insurance coverage before disaster hits

Let's face it, property and casualty insurance is not the most scintillating subject. When it comes to their finances, most would rather pay attention to the price of gold than to their insurance policies. But as the Fourmile Fire vividly reminds us, homeowners and renters insurance fulfill the incredible need for protection against a catastrophic loss.

With 169 homes burned to the ground, the Fourmile Fire serves as a stark example of how hazards can descend upon Boulder Valley and its surrounding foothills. Not only do we contend with wildfires here, including last year's Olde Stage Fire, but we also face threats from windstorms and hail, and are the most flood-threatened community in the state.

While this fire has been tragic for many families, it's also a warning for those with gaps in their insurance that would leave them exposed in a catastrophe. While we keep the affected households in our thoughts, here's what we can learn from the fire to improve our financial security.

Renters need insurance too. While most homeowner losses were covered, often many of the most tragic stories come from renters. Mortgage companies demand homeowners keep policies in force, but there is no such requirement for renters. As a result, some renters have lost everything and the landlord's policy will not replace their belongings. Renters' policies are cheap and offer coverage to many who would find it hard to recover from a total loss of personal belongings.

Raise your deductible before you cut your coverage. There are stories from the fire of people who previously reduced the level of insurance in order to save on premiums. The golden rule with insurance is to insure those risks you could not bear on your own. The potential additional loss for changing a \$500 to a \$1,000 deductible policy is \$500, while reducing the limits on your renters insurance from \$100,000 to \$20,000 for belongings could crater your finances.

Your business property is probably excluded. Many in Boulder County work out of their homes and have significant business property there, whether it's a woodshop, studio or eBay business. Most business personal property will only be covered at a minimal level. Seek a modification of your existing policy or different policy to cover your business property.

Use that camera phone. The hardest thing to reconstruct in the wake of a total loss may be an inventory of your personal property. "If I had to sit here and list all of my significant belongings without seeing them, I'd still be thinking of things a year from now," said Brent Friesth, a Boulder-based insurance agent. It's much easier for you to document your personal property with a camera phone and store it off site, than to spend hours filling out forms of everything you own, he points out.

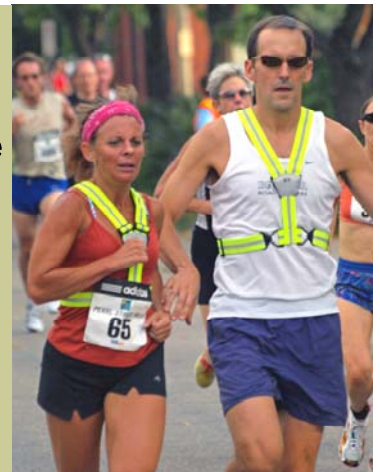
Threat of mudslide. With thousands of acres of denuded hillside, homes that escaped the ravages of the fire may now be exposed to a new threat: mudslides. Without the trees retaining the soil, a significant rainfall or snowmelt event could place your house at risk. Think you're covered for this? Think again. Mudslide is considered "earth movement" in most cases, and is not covered by most standard homeowners or flood policies. You must specifically request it, according to Friesth.

Review your coverage limits. Check with your agent to verify your homeowner's coverage has matched but not exceeded the

replacement cost of your house. Building costs have remained flat and yet your insurance levels may be increasing every year with an automated inflation factor. Being fully insured is important, but you don't need more coverage than the true cost of rebuilding your home.

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

Dave Gardner acting as a guide for blind runner Luanne Burke at the 2009 Pearl Street Mile. Luanne ran 6:23.9 finishing 5th in her age category .



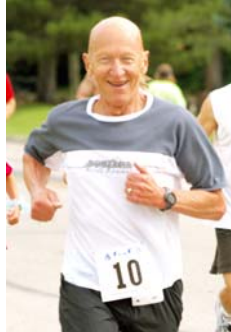


Photos of the Fourmile Canyon Fire taken by club member Rod Smythe.
Quoting Rod "I was tremendously impressed by the fire defense area that she had maintained around her cabin. I found out this morning that she had created it by keeping the weeds mowed in the field around her house, it was not watered down by the firemen, as I had suspected. I did not see any other examples of fire defense that were as striking as what she had done. As you can see, the fire was completely around her house, 360 degrees, but the house was not burned! It is a great lesson for others." The photos are of the area around Gold Hill and club member Rima Lurie's home which thankfully was spared. The house is undergoing smoke mitigation and she is being housed by club members Dave & Lada Hardwick.



We are still on the web at
www.boulderroadrunners.org

SUNDAY GROUP RUNS AT 9:00 AM



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 or the South Boulder Creek Trail. You do not have to be a member of the Flatiron Athletic Club to join us. On Saturdays there is a scheduled long run (approximately 90 minutes) from a variety of locations around Boulder's incredible trail system. 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.

A typical training session consists of a 20 minute + easy warm up, followed by several repetitions of anywhere from 1 to 8 minutes of running at or near your 5k date pace and to be done within a 30 minute window and that includes your recovery time. We then do a 15 minute cool down and head back to our starting point at FAC. Running any hard training session is difficult enough and doing it alone during the winter months can quickly become discouraging. So check us out sometime and see if we fit your needs.



Looking For a New Gym?

Give us a try.
Bring in your current membership card and receive your first month FREE upon joining.
Special rates apply for Boulder Road Runners.

Call 303-499-6590 for details.



The Sunday group runs continue 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 or bringing the water coolers get in touch with me, Rich Castro, at one of our functions. 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 this fall.



4th Annual Twin Peaks Rotary XC Challenge

Saturday, November 6, 9AM at Roger's Grove Park, 220 Hover Street, Longmont

100% of race proceeds benefit the Longmont Twin Peaks Rotary Club scholarship fund. This is a 3.5 mi running race. Race fee includes professional race timing, CASH prizes to Overall & Masters winners, an awesome raffle, and a goody bag to the first 150 registered. Please thank and support our sponsors! Separate men's and women's races, with a shorter FREE kid's fun run to follow. Course is run entirely on soft surface (dirt, grass) so spikes are allowed and encouraged. Race will be held rain, snow, or shine. Registration: \$18 in advance, \$25 race day. Pre-register by 12PM, November 5: On-line at www.RunningGuru.com OR walk-in at the Boulder Running Company, Boulder Fleet Feet Sports, or Longmont Vision Source! Mees & Kaminski Eyecare, P.C.

Race Day Schedule:

- 7:30- 8:45AM Registration and bib pick-up
 - 9:00AM Women's race
 - 9:45AM Men's race
 - 10:30AM 10-and-under kids' 1.2 mi free fun run
-
- Race will be held rain, snow, or shine
 - No strollers, headphones, or whining allowed
 - Entry fees are nonrefundable & nontransferable
 - There is LIMITED parking @ Roger's Grove (49 spaces), otherwise park across street @ Boulder County Fairgrounds lot. Races will commence promptly at 9AM. Please give yourselves plenty of time to park, get your bib & packet, return to your car, and warm up!
 - Questions contact: jasonod@comcast.net



REACH THE BEACH RELAY 2010, CAPTAINED BY Pat Tolleson, with 9 BRR members.



REACH THE BEACH 2010

BY Pat Tolleson

We Reached the Beach! Our team, the Rocky Mountain Rams and Ewes, ran the Reach the Beach relay starting at Franconia Notch State Park in New Hampshire on Friday, September 17th, finishing at Hampton Beach State Park, also in New Hampshire on Saturday. We entered the Mixed Grandmasters category consisting of 6 women & 6 men, ranging in age from 51 to 70, with a majority in their 60s. The team included 9 Boulder Road Runners: Nancy Antos, Dee Dee Beard, Barbara Connell, Bill Faulkner, Lorraine Green, David Hardwick, Tom LeMire, Judy Moir, and Pat Tolleson; 2 members of the Colorado Masters Running Association: Gale Meuret and Ed Youngberg; and a friend of David's from Pennsylvania: Don Halke. After starting at 8:40 AM with our first runner, Gale Meuret, and running 209 miles, Judy Moir ran over the finish line 31:47:17 hours later. We were 373rd out of 429 teams and first in our category (although that was out of one and over the prior 5 years no teams had entered this category). It was raining when we started and did so lightly for the first four hours. After that, the weather was great.

This relay consisted of 36 sections called legs. Each runner ran 3 legs with each of the 12 runners running in an order that we determined at a team meeting that was in part based on the person's running skills and preferences (good on uphills, prefers more flat terrain, has good endurance, etc.) and in part on those that would like to be together in each vehicle since you will be in close quarters with your teammates for over 30 hours. We had two mini-vans with 6 runners in each. Runners 1-6 were in one vehicle and runners 7-12 were in the other and when one vehicle's runners finished their legs, they handed off the running to the other vehicle and then became the resting van and would do such things as eat and/or rest. After the 12th runner ran her first leg, we started over with the first runner again & continued in the same order until each runner had completed their three legs. The total mileage that a runner ran varied from 12.7 miles to 22.5 miles. I was in the first vehicle and our resting areas were at two gorgeous state parks where we could put our sleeping bags down & get some rest and/or sleep.

This course was run virtually all on picturesque, hilly, two-lane asphalt roads throughout New Hampshire. Usually there was lush and beautiful foliage around & in at least one case we saw a number of very large pigs near the road, some piglets & some beef cattle (it was definitely a picture opportunity; ask Nancy). This course also had excellent signage; you would have to work to get lost. All turns were well-marked & were on reflective material for the night runs. Safety of the runners was a priority with the relay people so runners were required to wear a reflective vest, 2 flashing lights (one on the front & one on the back) and use a headlamp or flashlight from 5:30 PM to 7 AM.

Two of our team members (Nancy and Ed) had never run a relay but found that any concerns about not getting a lot of sleep and possibly getting lost disappear once the relay started; the adrenaline is definitely flowing then. When your vehicle is active with a runner on the course, the time seems to go quickly by the time you check on your runner at least once (at night, sometimes more) and then get your next runner to the next exchange area where each runner hands off a wristband to the next runner.



As team captain, my goal was to put together a team that could have a lot of fun and enjoy the relay. Everyone seemed to have a really good time making it a successful relay.

Team photo, the back row is Ed Youngberg, Lorraine Green, David Hardwick & Pat Tolleson. The next row is Don Halke & Barb Connell. The next row is Judy Moir, Nancy Antos, Gale Meuret, & Tom LeMire. The front row is Bill Faulkner & Dee Dee Beard.



BRR Running & Racing Gear from Saucony (with club logo)

Men's package: long sleeve quarter zip (\$35) & sleeveless (\$30) package: \$60

Women's package: long sleeve (\$30) & short sleeve (\$30) package \$55

Sizes available: men small, medium, large & X-large

Women, X-small, small, medium, large

Contact: Rich Castro at 303-449-6650 or Richard.Castro@colorado.edu to place your order.

Supplies are limited. The long sleeve tops are embroidered with BRR footprint and the short sleeve & sleeveless have the BRR with mountains as a chest print.



Men



women

