



VOLUME 1, ISSUE 1



# BOULDER ROAD RUNNERS

NOVEMBER 2008



## RUNNING SHORTS

**BRR FIRST MNDAY SOCIALS MOVE TO THE NUT** 2

**COMMUNITY FOOD SHARE AND THE 2008 TURKEY TROT** 2

**COLDER BOULDER 5K VOLUNTEERS NEEDED** 2

**FOOD ITEMS FOR COMMUNITY FOOD SHARE** 4

**THE MIRACLE ON WALNUT STREET** 4

**WEIRD RUNNING NEWS** 3

## SPECIAL POINTS OF INTEREST:

Articles needed for on line newsletter.

Find out what members are up to these days.

Looking for a race? Look at Upcoming Events on our homepage.

## BRR ENTERS A NEW ERA...ON LINE NEWSLETTER

Well we have printed our final printed newsletter for the Boulder Road Runners and so we are forced to move on. So hopefully our members will be able to find this new online PDF. version useful and a more timely resource. If you know someone who would like to receive our latest news via e-mail please send me their address and I will be glad to add them to our growing list.

The Sunday group run is at 9 AM, (the meeting time will change back to 8 AM after the Bolder Boulder) and will 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. Special thanks to our refreshment coordinators Bill Allen

([ballen@boulderco.com](mailto:ballen@boulderco.com)) and John Bridges [boulder-galloway@bridgesclassicalimports.com](mailto:boulder-galloway@bridgesclassicalimports.com) for their continued efforts. 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 or speak to Bill or John. 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 51<sup>st</sup> Street back toward Boulder.

Parade of Lights -- Volunteer Opportunity Saturday, Dec. 6th 5pm-7pm (Check-in at 4:30pm)

Have a front row seat at Boulder's very own hometown holiday parade. All volunteers will be given the choice of a \$10 downtown Boulder gift certificate or a free dinner afterwards at the Walnut Brewery (up to \$25 in free food/drink). Contact Carl Mohr 303-818-6390

[carlmohr@comcast.net](mailto:carlmohr@comcast.net)

if you wish to participate



## BUFFALOESXC TEAMS HEAD TO MOUNTAIN REGIONALS

**NCAA Mountain Region Cross Country Championships** November 15.

11:00 AM Women's 6k,  
11:45 AM Men's 10k

Collindale Golf Course at  
1441 E Horsetooth Rd

Fort Collins, CO, Carpool  
from First National Bank  
9AM.

**CU @ Turley's Turkey Trot 5k \$5 for BRR members before race day!!!**

Thursday November 27,  
2008 (Thanksgiving Day)

CU Potts Field, 10:00 AM,  
10:45 AM Kid's half mile  
and mile \$5 race day registration only.

Register at Boulder Running Co., Fleet Feet or [www.active.com](http://www.active.com)

**Please bring a canned food item with you on race day.**

On Sunday Nov. 23 we will distribute Bag Hunger grocery bags after the group run.

## BOULDER RUNNING CELEBRITIES

### Local resident and Olympic Gold Medalist Tomescu-Dita and Ndereba Will Have a Re-match at Great Australian Run 15K

Constantina Tomescu-Dita, of course, was the Olympic marathon gold medalist in Beijing. Catherine Ndereba, a two-time World Champion, was an Olympic silver medalist for the second time and claimed she never

realized the Romanian had broken away until it was way, way too late. They'll both be in the field for Great Australian Run in Melbourne on November 30, along with Jo Pavey of Great Britain, the 2006 Commonwealth Games 5000-meter silver medalist, and Australia's 2004 World Cross Country

champion Benita Johnson. On the men's side, of course, Haile Gebrselassie has announced his intent to go after the 15K world record. Luke Kibet, the 2007 World Championships marathon gold medalist, and Australian hero Craig Mottram are his challengers.



## COMMUNITY FOOD SHARE

***It is estimated that Boulder and Broomfield Counties have over 40,000 residents living in poverty, and hunger is a real part of their lives, every day....that's enough people to fill up Folsom Field!***

In response, Community Food Share is dedicated to improving lives by turning your small acts of generosity and kindness into a big difference in the lives of hungry families and children in your community. Working through 63 member agencies, Community Food Share efficiently delivers more than four million nutritionally balanced meals each

year, and serves as a safety net for those who are hungry in Boulder and Broomfield Counties. Also, as part of the Feeding America network, **Community Food Share can provide four meals for each dollar contributed.**

It is through these efforts that Community Food Share makes a huge impact; we distributed **4.5 MILLION meals** in 2007. But in order to sustain activities at this level, we need your help! Please join us in our mission to ensure that people in Boulder & Broomfield Counties are food secure.

The 2008 Turkey Trot benefits CFS and we hope to exceed our donation of \$5500 from 2007.

**Volunteer course marshals should contact John Bridges, [bouldergalloway@bridgesclassicalimports.com](mailto:bouldergalloway@bridgesclassicalimports.com) for the Turkey Trot on Nov. 27.**



## WEIRD RUNNING NEWS

### Jogger Runs Mile With Rabid Fox Locked on Her Arm

PRESCOTT, Ariz. (AP) -- Authorities in Arizona say a jogger attacked by a rabid fox ran a mile with the animal's jaws clamped on her arm and then drove herself to a hospital. The Yavapai County sheriff's office

said the woman told deputies she was on a trail near Prescott on Monday when the fox attacked and bit her foot.

She said she grabbed the fox by the neck when it went for her leg but it bit her arm.

The woman wanted the animal tested for rabies so she ran a mile to her

car with the fox still biting her arm, then pried it off and tossed it in her trunk and drove to the Prescott hospital.

The sheriff's office says the fox later bit an animal control officer. He and the woman are both receiving rabies vaccinations.





## BRR FIRST MONDAY SOCIALS

The next First Monday of the Month BRR Social will take place at the Walnut Brewery at 1123 Walnut Street on December 1<sup>st</sup> from 5:30 to 7:00 PM. and it will be sponsored by Jim Martin. I would like to thank Larry Avery and the Avery Brewery Co. staff and Front Range Catering for hosting our BRR socials for the last few months and we will return to Avery's in the spring. Our format for the socials at the NUT will remain identical to those in the past. BRR members are given two tickets good for a pint of beer each. The food and service are paid for by our members. The BRR social in January will be sponsored by Boulder Traffic Control and Carl Mohr, February will be hosted by McCormack & Christoph P.C. (Jim Christoph is a longtime BRR member) and March is hosted by The American Family Insurance Co. and Brent Friesth who will be celebrating their 20<sup>th</sup> anniversary in March.

## LOOKING FOR A GROUP TO TRAIN WITH?

Looking for a low key group to train with throughout the year? I lead and coach a group that meets Tuesdays/Thursday at Flatiron Athletic Club at 7:00 AM. FAC does offer BRR members a nice discounted rate to join as well. They have great facilities and the trails are only 3 kilometers away from the CU track and the new cinder 800 meter loop or the South Boulder Creek Trail. You do not have to be a member of the Flatiron Athletic Club to join us. On Sat-

urdays there is a scheduled long run from the Lefthand Trail Head parking area on Neva Rd. (one mile east of U.S. 36) and the entry road to Lake Valley Golf Course. The area offers country roads, open space trails and paved roads and plenty of hills. We are currently meeting at 7:30 AM this fall. 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](mailto:Richard.Castro@colorado.edu).

Yes the occasional runner dying in a marathon gets all the attention, but what about the thousands of other individuals who benefit from the experience.

## VOLUNTEERS NEEDED FOR COLDER BOULDER

The annual festival of tights is set for Sunday December 7th on the scenic CU Boulder Campus. Participants have a variety of races to choose from based on their 2008 Bolder Boulder finishing time. You may have already received a post card in the mail but if not, details and registration for the race can be found on the BB website, [www.bolderboulder.com](http://www.bolderboulder.com)

Volunteers are needed and will be given a complimentary entry to the 2009 Bolder Boulder 10km set for Memorial Day, May 25, 2009. If you would like to volunteer please contact Matt Jenkins at [Matt@Bolderboulder.com](mailto:Matt@Bolderboulder.com)

BolderBOULDER  
5500 Central Ave., #110  
Boulder, Colorado

**COLDERBOULDER08**

We are still on the web at  
[www.boulderroadrunners.org](http://www.boulderroadrunners.org)

**PRESIDENT & FOUNDER**

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1695 Linden Ave.  
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Let's Bag Hunger, Nov 16 - 26, 2008 is sponsored by the **Daily Camera**. Drop off bags of food at grocery stores in Boulder, Louisville, Lafayette and Niwot.

The foods we need the most are:

Canned fruit  
Canned meat (tuna)  
Canned meals (stews, chili)  
Pasta and pasta sauce  
Canned tomatoes  
Fruit Juice  
Cold and hot cereal  
Refried beans

[communityfoodshare.org](http://communityfoodshare.org)

The BRR will be distributing bags after our Sunday Group Run on

November 23, see Rich Castro for more details

Here is the volunteer web site for the Miracle on Walnut Street at the Walnut Brewery. If you have any questions please let me know. Click on Holiday Programs and then on Volunteer Now-Miracle. You can see what positions still need to be filled for their Christmas Day event.

[WWW.ROCKBOTTOMRESTAURANTSINC.COM/FOUNDATION.PHP](http://WWW.ROCKBOTTOMRESTAURANTSINC.COM/FOUNDATION.PHP)



**WHAT DO YOU WANT TO SEE IN YOUR NEWSLETTER?**

As a BRR member what are you looking for in a newsletter? Do you want only current running news or perhaps you like to know what our members are up to. We have a diverse group of individuals that are continually traveling in search of new adventures, people that are active in the community and involved in all types of hobbies and undertaking. Let me give you a few examples, Tonya Riggs and her new husband Brad return from their trip to Tibet, the Himalayas and Annapurna. Ruth Wright is giving a talk on her new book "Machu Picchu Revealed" at the Boulder Book Store on November 13<sup>th</sup> and Verne Carlson is building a new glider. These are just a few of our members and their activities and for me this is a constant source of amazement. We have some great people that do more than run, yet that is the constant denominator for our organization. I am not a great writer, remember English is my second language so I can always use some help with articles and ideas on articles to include in our newsletter. Recently long time member Rich Sandoval sent me a map of the Coot Lake/Eagle Trail that is on the web. If you've never seen what is available and to see it from the air is really cool. Check it out at [www.usatf.org/routes/view.asp?rID=257190](http://www.usatf.org/routes/view.asp?rID=257190)

I want to wish good luck to Alan Culpepper and his wife Shayne as they open their new running specialty store, Solepepper Sports, 459 McCaslin Blvd., Louisville, CO 80027 Phone: 303-926-SOLE.



Solepepper Sports will be sponsoring the kid's portion of our annual Turkey Trot, providing prizes for the kid's half mile and mile. Those races will take place after the conclusion of the 5k run/walk at 10:45 AM on the cinder loop across from the CU Potts Track. The entry fee is \$5 for all kid's and we will take race day entries only. In addition we will run some shorter track races for little ones and if you've never seen them in action take the time to check it out.