

January 2012

Dear Boulder Road Runners,

Welcome to a new year of running. The names of some of the officers have changed, but the club remains as viable as ever.

Over the past couple weeks I've been chatting with people about a Boulder Road Runners membership drive. I've heard great support for this idea. The past months we have seen an increase in visitors to our Sunday social runs. This development is wonderful and very satisfying. But as I sat down to design a membership campaign, I had to ask myself why someone should join our club. What are the benefits and advantages of membership?

The on-going weekly Sunday social runs and "First Monday Social" at Avery's Brewing, give new and old members unique opportunities to socialize and network with other avid runners. A new member has available to them advice and encouragement from a membership with unique and varied running experiences. At these events people can network with other runners and can hook up with a new friend to train with during the week. Or perhaps join members who regularly hike or snowshoe. The contacts someone can make at these events are priceless.

Being a member of the club gives new and old members the opportunity to give back to the sport and support local charities and causes by volunteering at various events around Boulder, Boulder County and beyond. Volunteering for events gives a deeper appreciation for what it takes to put on a race, and it promotes to our sport.

If you seek the accountability of a group to train with on weekdays, here it is. Rich Castro has his training group that meets at 7:30 Tuesday and Thursday mornings at the Flat Iron Athletic Club, as well as a run on Saturday mornings at various trails. Rich offers additional professional coaching for a nominal fee. There are other members training together around the area; for example, in Broomfield, Lafayette, and Louisville and in Westminster on Tuesday and Thursday evenings.

On the practical side, membership dues are off-set by the numerous discounts businesses in the area give members. An example is the 15% discount at the Boulder Running Company.

Then there are the intangibles of belonging to a club with such a storied thirty year long tradition. It is also very possible that at Boulder Road Runners' events you will end up rubbing elbows with some of our sports notables and heros.

When the membership drive starts, I hope you all well share with interested people, why you enjoy belonging to the Boulder Road Runners and encourage them to join.

#### ODDs and Ends

- CU Track Meet January 19<sup>th</sup> -21<sup>st</sup> Balch Fieldhouse Details:  
[http://www.cubuffs.com/SportSelect.dbml?DB\\_OEM\\_ID=600&SPID=265&SPSID=4064](http://www.cubuffs.com/SportSelect.dbml?DB_OEM_ID=600&SPID=265&SPSID=4064)
- January 28<sup>th</sup>, Fast & Flurry-ous 5K, 9 a.m. Harlow Pratt Park
- First Monday February 6<sup>th</sup> 5:30 p.m. Avery Brewing , Hosted by Betty and Richard Valent
- CU Triathlon Team fund raiser 5 K run: February 19<sup>th</sup> 9 a.m. Starts/Ends 200 Colorado Ave.
- 2012 OTS/Bolder Boulder Olympic Seminar W/ Olympic Coach Dr. Vigil! March 3<sup>rd</sup>, in Pueblo  
[tim@olympiainrainingsystems.com](mailto:tim@olympiainrainingsystems.com)



See selected pictures from the Seattle Club Championships on next page.



# USATF X-C Club Championships December 10th, Seattle Pictures by Ruth Wright



60-69 Women's Team  
USATF National Champions  
by James First 75-79  
udy Smythe Second 70-74  
is Calhoun Second 75-79  
tty Valent First 70-74



Women's 60-69 Team  
USATF National Champions  
Nancy Antos  
C.Gail Hunter Second 65-69  
Sandi Wieb  
Edie Stevenson Second Overall 60-64



Men's 60-69 Second Place  
Dave Dooley, Jan Frisby,  
Chuck Smead, Doug Bell, Rich Castro



80-89 Men's Team  
USATF National Champions  
Rod Smythe second 80-84  
Ken Wright third 80-84  
Bob Fenerty First 80-84



70-79 Men's Team  
USATF National Champions  
Larry Avery third 70-74  
Bob Tafelski  
Not shown: Hank Kaplan &  
Paul Turley

