



Boulder Track Club
5165 Santa Clara Place Unit: A
Boulder, CO 80303 USA
hpteam@bouldertrackclub.com
Ph: 720 532 5549

BTC Updates 4/01/2017

Hope everyone had a great month of March and you are looking forward to April. Below is some club news and information to help keep you updated and if you have any questions or concerns, please email me (hpteam@bouldertrackclub.com).

1) New Treasurer

Last month I had listed new changes with our club President, Vice President and Treasurer. I made a mistake listing Freyja Troop as the new Treasurer for the remainder of the year, but in fact it will be Bria Wetsch (treasurer@bouldertrackclub.com). Bria, who is a CPA, also currently trains with our High Performance team. She moved to Boulder last year after 3.5 years with the Mammoth Track Club and prior to that she was on scholarship at the University of Oregon.

A fun fact about Bria: *As a prep, she was a national 2-mile champion, top-10 Foot Locker finisher and five-time Minnesota state track and cross country champion.*



2) New Monthly BTC - Upslope Fun Run



Last Monday we trialed a new BTC - Upslope Fun Run, which was a great success. This will now be a monthly event commencing Tuesday April 11th and it will be every 2nd Tuesday of each month until November. It will start at 6pm and it is open to everyone. There will be live music and we will have shoe vendors attending regularly with shoes for all runners to demo as well as giveaways and prizes. Even our evening Coach Zak Weinberg will be linking in his training group for this run each month!

Where: Upslope Brewing Co
1898 S. Flatiron Ct. Boulder
When: Second Tuesday of each Month
Time: 6pm
Run: 3 – 5M

3) Social Event

We started with our first social event for 2017, which was bowling at CU last month. Thank you to those who turned up and things got really heated up on lane 2!! Our Webmaster, Charles Wilbur was slaying the pins and was putting on a real show!

This month, join us on April 19th for dinner and the movie, "Boston - An American Running Story" which is about the Boston Marathon.

****Please note**, this movie is only being shown on this one night and there are limited tickets. Cost for the movie is, Adult \$15/ Student \$14/ Senior \$14 and Child \$13.

We will be having dinner at BJ's from **6pm** with the movie starting at **7:30pm**.



Where: BJ's and Century Theater at the 29th Street Mall

Cost: You will be responsible for your own dinner and you have to purchase your own movie tickets. Go online a.s.a.p as they do sell out!

RSVP: Please email Elizabeth McClain (manager@bouldertrackclub.com) by Friday, April 14th if you plan to come to dinner, as a reservation for the group will need to be made.

4) First Tuesday of the month – ALL BTC Combined Training Groups

Our next all combined training group workout will be Tuesday April 4th. This is open to members and non-members regardless of whether you train in an established BTC training group or not. This month we are doing 1M efforts on Monarch Rd and we will park and start from Tom Watson Park. Be warmed up and ready to start the workout at 7am.

5) Youth Group

Saturday, April 1st is the last day of the Winter training block. Youth Group's Spring training season will go from Saturday April 22nd until Saturday June 24th from Viele Lake.

Good Luck to those that are racing the Frank Shorter Race 4 Kids on Sunday April 9th.

6) Athlete Blogs

We are seeking BTC member input for our Athlete Blog section on our website. If you currently write a blog, OR would be interested in writing up a race report, OR a typical training week, OR "A day in the life of piece", then please email it to me (hpteam@bouldertrackclub.com), along with a photo and we will add it to our website along with sending it out on all of our social media platforms.

This request is open to all our members and we want to showcase the many different members that we have within our club. Our High Performance and Development team athletes will be involved and supplying us content too! We would like to post something every 2 weeks, so no matter whom you are and what you do, please send it in.

7) Website

Our Webmaster Charles Wilbur, has been updating our website and we are in the process of trying to make it mobile phone friendly. We know the website does not conform efficiently to mobile phones, but we are working on it.

8) BTC and Boulder Road Runners Partnership (boulderroadrunners.org)

Don't forget you are all invited to join them for their 1st Monday of the month social event at Avery Brewing Co from 5:30pm - 7pm. The next event for them will be Monday, April 3rd.

9) New Sponsorships/ Marketing Manager Needed

The club is seeking a new Sponsorship and Marketing Manager. If you are interested in learning more about the role, please email me (hpteam@bouldertrackclub.com).

10) New Merchandise

Recently you all have received emails to place orders for our new 2017 Singlet's, T-Shirts and NOW Trucker and Run Hats. We have been excited by the demand of orders placed from our members!!



If you would like to pre-order one of our new Trucker or Run Hats, then the price of each Hat will be:

- Trucker Hat \$17.00
- Run Hat \$16.00

* The above cost INCLUDES a \$1.50 PayPal charge.

Please get back to me by **Monday, April 3rd** if you wish to purchase or email me at hpteam@bouldertrackclub.com with any questions.

We are still designing the Youth Group T-Shirt and we are awaiting a new BTC Jacket design to be completed. Once it is all completed, we will email it out to you and

this will finalize merchandising until the Fall/ Winter where we will then look at a Fleece Jacket, Long Sleeve T-Shirt and Beanie.

11) Sunday Long Run

Our Sunday Long Run time will now switch to **8am** instead of 8:30am. We start at 8am from April 1st to September 30th and go from 8:30am on October 1st to March 31st.

12) Race Results

We would like ALL our BTC members that have upcoming races OR have raced, to email our club manager Elizabeth McClain (manager@bouldertrackclub.com). We are proud of every member and we want to promote everyone that represents our club. We ask that all race results (or upcoming races) are emailed every Monday to Elizabeth and she will email all this information out on Tuesday. Please send the date of the race, where the race was, the distance and your time (your finishing place is optional).

CONGRATULATIONS to all our members that raced during the month of March.

3/4/2017

NACAC 8K XC, Boca Raton FL

- Jonathan Grey 22:56.95 5th

Conoco Phillips Rodeo Run 5k, Houston TX

- Alan McClain 18:54 1st Masters

3/11/2017

Gate River 15km, Jacksonville FL

- Jon Grey 44:00 7th
- Sean Quigley 45:34 20th
- Tim Rackers 46:20 30th
- Laura Thweatt 49:54 4th F
- Brooke Kish 58:54 52nd F

Law Week 8k, Houston TX

- Alan McClain 31:45 1st AG 40-44

3/12/2017

Running of The Green 7K, Denver CO

- Krystalanne Curwood 24:48 1st F
- Lindsey Koch 24:59 2nd F
- Caitlin Standifer 27:34 9th F

3/18/2017

Bayou City Classic 10K, Houston TX

- Andrew Armiger 44:09

Jerry Quiller Classic - Potts Field, Boulder CO

- Alicia Nelson 1500m 4:32.33 2nd
3000m 10:19.39 1st
- Lindsey Putman 400m 59.94 4th
800m 2:13.68 2nd
- Tim Rackers 1500m 3:56.43 2nd
3000m 8:47.08 2nd
- David Goodman 1500m 3:58.02 3rd
3000m 8:51.80 4th
- Connor Ryan 1500m 4:01.00 5th
- Jordan Jennings 400m 52.91 23rd
800m 2:00.27 14th
- Todd Straka 800m 2:03
- Robert Schauer 3000m 10:24

Canyonlands Half Marathon, Moab UT

- Chai Engtrakul 1:14:45 2nd

3/19/2017

Central Park Spring Classic 10K, New York NY

- Roger Sayre 36:09 10th & 1st AG 50+

St Paddy's Day Half Marathon, Sugarland TX

- Alan McClain 1:29:10 1st AG 40-44

NYC Half Marathon, New York NY

- Jason Simpson 1:08:06 - Alison Steele 1:27:14
- Chris Guerrero 1:08:57 - Gabi Patarini 1:39:06
- Clint Wells 1:10:11
- Jeff Schuler 1:12:09 (PR)
- Justin Henry 1:12:43
- Ian Anderson 1:12:53
- Devin Rourke 1:17:23
- Alex Norton 1:18:56 (PR)