



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

### BTC Updates 6/12/2017

Hope everyone had a great couple of months with April and May. 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](mailto:hpteam@bouldertrackclub.com)). Thank you to all our members for making our club amazing!

#### 1) New Club Sponsor Modern Market.

Modern Market (<http://www.modernmarket.com/>) has come on as a new sponsor for the club and is offering a 10% discount for all BTC members at all of their Colorado locations (excluding airports). All you have to do is show your BTC membership card and you will receive your discount. This is not valid with any other promotional offer and it is not available for online orders!

#### What is Modern Market?

“Fast food can be good food”. That idea led to the creation of Modern Market in Boulder in 2009 and it took two people with zero restaurant experience to figure out that you could serve healthy, scratch made fare for reasonable prices in a beautiful environment. Breakfast, lunch and dinner rule the day at Modern Market with a broad menu of farm to table food that tastes even better than it looks. The company aims to bring healthy, sustainable dining to the masses and there are 10 locations in Colorado.



**MODERN**  
*market*

FARM FRESH EATERIES

#### 2) Monthly BTC - Upslope Fun Run

Don't forget our monthly fun run from Upslope which is the second Tuesday of every month. The run starts at 6pm and is an easy 3 – 5M with a great chance for members to socialize and get to know each other better over a cold beer. Next one is 6/13 and it is open to everyone.

**Where:** Upslope Brewing Co  
1898 S. Flatiron Ct. Boulder

**When:** Second Tuesday of each Month

**Time:** 6pm

**Run:** 3 – 5M

#### 3) Social Event



This month, our club social event will be at the Gateway Park Fun Center on Saturday June 17<sup>th</sup> from 5pm – 7pm.

Gateway Park is an amusement park with indoor and outdoor attractions including mini-golf, go-karts and arcade games.

**Where:** Gateway Fun Park

<http://www.gatewayfunpark.com/>

**Address:** 4800 28th St, Boulder, CO 80301

**When:** 17<sup>th</sup> June from 5pm – 7pm.

**Cost:** You pay your own way.

**RSVP:** Please email Zak Weinberg ([zak@bouldertrackclub.com](mailto:zak@bouldertrackclub.com)) if you plan to come.

**4) Youth Group Parents “DATE NIGHT” 6/15**

This Thursday night is the Boulder Road Runners Track Meet at Potts Field, which is also a National Olympic Day Celebration Event that goes from 6 - 8pm. Parents will have the chance to have their kids babysat while they head out for dinner or go to a movie! Yes, that’s right, we will look after your kids and feed them, so you can have some alone OR quality time with your loved one. If you would like to take advantage of this opportunity, please email Josh ([youthgroup@bouldertrackclub.com](mailto:youthgroup@bouldertrackclub.com)) with the name of your child and also if they have any food allergies. Dinner will be sandwiches and fruit with a drink. Please email no later than Wednesday night.

Your kids can be dropped off at Potts Field around 5:30pm and we will have a number of BTC coaches and members who will be volunteering their time to come and watch your kids. Please note that the meet costs \$7.00 but their dinner and drinks will be free. You have freedom from 5:30 - 8:00pm to go and do as you please while your kids will get to compete in 2 races and have the chance to meet Olympic athletes, get photos and some signed autographs.

**5) Boulder Road Runners Need Volunteers for Track 6/15**

If you can assist this Thursday night as a volunteer at the BRR track meet, please turn up at 5:30pm and sign in to help our club partners.



Thursday, June 15th is Boulder Road Runners Olympic Day our largest track and field meet of the season. We need the help of any and all BRR members and friends to help us event happen smoothly. This time of year, some members are away on vacation, so we need both novice and experienced volunteers.

Date: Thursday, June 15th  
Time: 5:30 pm to 8:30 pm  
Location: Potts Field on the East Campus of the University of Colorado, Boulder

RSVP not required. Just sign in at the volunteer table. You will be assigned a specific duty. Early arrivals appreciated.

Information: Dan Pierce—[dptrack@gmail.com](mailto:dptrack@gmail.com)  
Bill Buffum—[bill@boulderroadrunners.org](mailto:bill@boulderroadrunners.org)

**VOLUNTEERS URGENTLY NEEDED**

## 6) BTC Hats



The BTC Trucker and Run Hats are 2 – 3 weeks away. There was a lapse in what needed to be done for sign off and for BOCO to start working on them, but this has been corrected. I apologize for the delay.

## 7) Website

Our Webmaster Charles Wilbur, has now updated our website to make it mobile phone friendly. Thank you Charles!

## 8) Race Results – Take a look at some AMAZING results from our members!

We would like ALL our BTC members that have upcoming races OR have raced, to email our club manager Elizabeth McClain ([manager@bouldertrackclub.com](mailto: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 April and May.

### 3/31/2017

#### Stanford Invitational, CA

-	David Goodman	3,000m Steeplechase	8:35.07 PR	3 <sup>rd</sup>
-	Alex Monroe	5,000m	14:00.68	18 <sup>th</sup>
-	Alicia Nelson	3,000m Steeplechase	10:00.99	3 <sup>rd</sup>

#### San Francisco Distance Carnival, CA

-	Jordan Jennings	800m	1:55.75	40 <sup>th</sup>
-	Lindsey Putman	800m	2:09.43	6 <sup>th</sup>
-	Tim Rackers	5,000m	14:21.39	21 <sup>st</sup>
-	Connor Ryan	1,500m	3:59.48	

### 4/1/2017

#### Cooper River Bridge 10K, SC

-	Jonathan Grey	28:49	6 <sup>th</sup>
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### 4/2/2017

#### Cherry Blossom 10M, Washington DC

-	Caitlin Standifer	64:34	
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### 4/8/2017

#### Bellaire Trolley Run 5K

-	Alan McClain	18:00	5 <sup>th</sup> AG 40-44
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#### CU Invitational, Boulder CO

-	Jordan Jennings	800m	1:56.88	15 <sup>th</sup>
-	Alex Monroe	1500m	3:59.56	14 <sup>th</sup>
-	Lindsey Putman	400m	60.32	14 <sup>th</sup>
-	Tim Rackers	1500m	4:01.27	16 <sup>th</sup>
-	Jason Simpson	3000m	8:47	7 <sup>th</sup>
-	Zak Weinberg	3000m	9:41.67	25 <sup>th</sup>

**4/9/2017**

**Frank Shorter 5K 4 Kids Health & Mazzola's Miracle Fun Run/Walk 1M, Broomfield CO**

-	Ian Anderson	5K	17:31	9 <sup>th</sup>
-	Gavin Engtrakul	5K	20:23	1 <sup>st</sup> AG
-	Mackenzie Olson	5K	27:22	4 <sup>th</sup> AG
-	Gabi Patarini	5K	22:29	13 <sup>th</sup> F
-	Jeff Schuler	5K	17:10	6 <sup>th</sup>
-	Christopher Smit	5K	25:00	8 <sup>th</sup> AG
-	Macy Troop	5K	25:57	3 <sup>rd</sup> AG
-	Avery Harmon	1M	No times taken	
-	Max Troop	1M	No times taken	
-	Jack Troop	1M	No times taken	

**Platte River Half Marathon, Littleton, CO**

-	Lindsey Koch		1:18:47	1 <sup>st</sup>
-	Roger Sayre		1:21:48	2 <sup>nd</sup> Master (13 <sup>th</sup> OA)

**4/13/2017**

**Bryan Clay Invitational, Azusa CA**

-	David Goodman	5,000m	13:59.13	5 <sup>th</sup>
-	Lindsey Putman	800m	2:10.13	21 <sup>st</sup>

**4/14/2017**

**Mt Sac Relays, Torrance CA**

-	David Goodman	3,000m Steeplechase	8:56.14	18 <sup>th</sup>
-	Alex Monroe	5,000m	14:05.71	27 <sup>th</sup>
-	Alicia Nelson	3,000m Steeplechase	10:05.86	7 <sup>th</sup>
-	Tim Rackers	5,000m	14:10.44	34 <sup>th</sup>

**4/15/2017**

**Beat the Heat 5K/ 10K**

-	Kacey Kendrick	5K	27:58	13 <sup>th</sup> OA (1 <sup>st</sup> AG/ 3 <sup>rd</sup> F)
-	Norm Kendrick	10K	42:24 PR	2 <sup>nd</sup> OA

**The Race to Robie Creek 1/2M, Boise ID**

-	Becca Evans		1:36:08	6 <sup>th</sup>
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**Central Arkansas Invite**

-	Connor Ryan	1500m	4:01	
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**Desert RATS Trail Festival 1/2M**

-	Ben Mow		1:37	
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**4/17/2017**

**Boston Marathon, Boston MA**

-	Sean Quigley		2:15.34	11 <sup>th</sup>
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**4/23/2017**

**London Marathon, London UK**

-	Laura Thweatt		2:25.38 PR	6 <sup>th</sup> F
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**Cherry Creek Sneak 5K & 10M, Denver CO**

-	Brooke Kish	5K	18:50	4 <sup>th</sup> F
-	Eric Mellow	5K	19:28	
-	Kacey Kendrick	10M	1:37:28 PR	45 <sup>th</sup> F
-	Norm Kendrick	10M	1:09:45 PR	35 <sup>th</sup> OA (3 <sup>rd</sup> AG)

**School of Mines Track 5K, Golden CO**

-	Justin Henry		16:42	
-	Jeff Schuler		16:38	
-	Joe Zamadics		15:53	

**Stow Lake Stampede 5K**

- Ian Anderson 16:18
- Gabi Patarini 21:26

**4/27/2017****Drake Relays 5K Track**

- Jason Simpson 14:33 PR

**4/29/2017****USATF 1/2M, Columbus, OH**

- Krystalanne Curwood 1:22:37 31<sup>st</sup> F
- Jon Grey 1:04.10 7<sup>th</sup>
- Emma Kertesz 1:15.39 PR 12<sup>th</sup> F

**Cheyenne Mountain Trail Race 25km, Colorado Springs**

- Fanny Toorenburg 2:25.20 2<sup>nd</sup> Master (8<sup>th</sup> F)

**5/5/2017****Payton Jordan Track Meet, Stanford University CA**

- David Goodman 3,000m Steeplechase 8.44.74 6<sup>th</sup>

**5/6/2017****Kohl Elementary 5K Broomfield, CO**

- Emma Kenyon 18:25 2<sup>nd</sup>
- Brooke Kish 19:24 3<sup>rd</sup>
- Freyja Troop 23:36 1<sup>st</sup> AG

**Oxy Invite, Occidental College, CA**

- Connor Ryan 1500m 3:56.65

**5/7/2017****Eugene Half Marathon, Eugene, OR**

- Alfred De Wijn 1:22:07 36<sup>th</sup>
- Greg Nash 1:16:02 16<sup>th</sup> (2<sup>nd</sup> Master)

**Bloomsday 12K Spokane, WA**

- Emma Kertesz 42:30 13<sup>th</sup> F (4<sup>th</sup> American)

**Pittsburgh 1/2M, PA**

- Bria Wetsch 76.33 8<sup>th</sup> F (2<sup>nd</sup> American)

**Colorado Marathon**

- Roger Sayre 2:58:10 21<sup>st</sup> (1<sup>st</sup> Master)

**5/9/2017****Dash 'n Dine 5km, Boulder, CO**

- Ian Anderson 17:09 3<sup>rd</sup>
- Devin Rourke 17:45 8<sup>th</sup>
- Zak Weinberg 17:23 5<sup>th</sup>

**5/11/2017****Medtronic TC 1 Mile, Minnesota MN**

- Alex Monroe 4:11 9<sup>th</sup>
- Lindsey Putman 5:14 12<sup>th</sup> F

**5/12/2017****St Vrain New Balance Invitational Mile Longmont, CO**

- Jason Simpson 4:21 8<sup>th</sup>

**Colorado School of Mines Last Chance Meet, Golden, CO**

- Jon Aziz 5K 15:17
- Tim Rackers 5K 15:09.34 3<sup>rd</sup>
- Connor Ryan 800m 1:56.75 5<sup>th</sup>

**5/14/2017**

**Mother's Day 5K, Denver, CO**

-	Bridget End	19:40	9 <sup>th</sup>	
-	Brooke Kish	18:53	5 <sup>th</sup> (1 <sup>st</sup> Master)	
-	Lyndsey Koch	18:04	2 <sup>nd</sup>	

**5/18/2017**

**USATF Distance Classic, Los Angeles CA**

-	David Goodman	3,000m Steeplechase	8:37.43	12 <sup>th</sup>
-	Alicia Nelson	3,000m Steeplechase	10:01.00	10 <sup>th</sup>

**5/20/2017**

**Bangkok Midnight Marathon, Bangkok, Thailand**

-	Nick Boehlke	2 <sup>nd</sup>		
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**5/21/2017**

**Colfax Marathon, CO**

-	Bryan Journey	1:29:43		
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**5/28/2017**

**Ottawa 1/2 Marathon and Marathon, Canada**

-	Kacey Kendrick	1/2M	2:08:23	
-	Norm Kendrick	Marathon	3:46:22	

**5/29/2017**

**Bolder Boulder 10K Professional Race**

-	Jon Grey	30:25.01	16 <sup>th</sup>	
-	Alex Monroe	30:47.01	19 <sup>th</sup>	
-	Emma Kertesz	36:33.10	17 <sup>th</sup> F	

**Bolder Boulder 10K Citizens Race**

Alec Norton	38:23	336 <sup>th</sup>	Alicia Nelson	36:36.82	8 <sup>th</sup> F
Alison Steele	41:56	834 <sup>th</sup>	Brad Seng	34:58	84 <sup>th</sup>
Brian Schroy	45:42	1712 <sup>th</sup>	Brooke Kish	39:22	35 <sup>th</sup> F
Bryan Journey	42:18		Caitlin Standifer		
Carlos Espinoza	1:09:18		Dan Feeney	33:06	22 <sup>nd</sup>
Daniel Quatrochi	41:26	754 <sup>th</sup>	Emma Kenyon	37:12	14 <sup>th</sup> F
Eric Mellow	39:56	551 <sup>st</sup>	Erika Wood	58:31	
Bridget End	39:58	44 <sup>th</sup> F	Freyja Troop	57:27	
Gabi Patarini	48:18	2653 <sup>rd</sup>	Ian Anderson	35:04	89 <sup>th</sup>
Jeff Schuler	34:52	78 <sup>th</sup>	Jennifer Galeo	2:02:25	
Jenny Burns	48:20:52		Joe Zamadics	34:03	47 <sup>th</sup>
Jon Aziz	32:43	19 <sup>th</sup>	Joshua Gomez	32:52	20 <sup>th</sup>
Juan'Carlos Espinoza	1:08:18		Justin Henry	34:57	83 <sup>rd</sup>
Krystalanne Curwood	36:31	7 <sup>th</sup> F	Kyle Mena	33:40	38 <sup>th</sup>
Lauri Takacsi-Nagy	34:14	54 <sup>th</sup>	Lindsey Hanna	1:10:39	
Lindsey Koch	36:14	5 <sup>th</sup> F	Luis Campos	43:45	
M.E Selker	39:19	441 <sup>st</sup>	Maor Tiyouri	35:35.49	3 <sup>rd</sup> F
Matthew Yung	40:35	643 <sup>rd</sup>	Melissa Mazzo	39:54	541 <sup>st</sup>
Michael Kloosterman	37:31	258 <sup>th</sup>	Paul Ambrose	37:08	231 <sup>st</sup>
Paul Banel	38:03	302 <sup>nd</sup>	Philip Regnier	39:24.66	
Roger Sayre	38:37	1 <sup>st</sup> AG	Scott Woods	2:02:25	
Tim Rackers	31:41.52	8 <sup>th</sup>	Yoko Smith	50:16 PR	
Zana Leiferman	44:31				

**BTC Youth Group Bolder Boulder 10K**

Annalise Parcels	1:44:53		Dario Barnes	48:04	
Ella Parcels	1:10:40		Gavin Engrakul	41:49	
Liam Brod	49:56		Lucas Wik	1:13:57	
Macy Troop	57:28 PR		Matthew Parcels	1:39:51	

\* AG = Age Group/ OA = Overall/ F = Female/ PR = Personal Record.