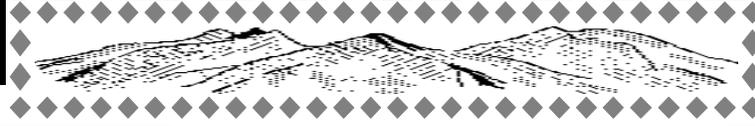


# MASTER TIMES



January/February 2007

Volume 39 Issue 1

## PRESIDENT'S CORNER

By Ken Simons

### THE YEAR 2006

I want to thank all of the people who made 2006 a good year. The list is long and includes all the race directors and the many race volunteers, both those who handle the registration and finish line as well as bring the supplies and equipment. Thanks to all other board members for their attendance, participation, and support. Some of them also have other duties such as newsletter co-editor, treasurer, secretary, membership chairperson, website chairperson, finish line coordinator, or acting president for the first half of the year. Thanks also to former board members who help keep the club on an even keel as well as the people who conducted the races. I probably left out some people so please forgive me for that.

When comparing the number of race finishers in 2006 compared to the previous year, the average number was close if we throw out the February Forty Furlongs race. If you remember the bitter cold at the 2006 race with the cold wind blowing off the Platte River, you'll understand why the number was lower for this race. We're looking forward to a fun and successful 2007. We hope to have participation from a lot of people.

### DO YOU REMEMBER?

I'm sure that some of you, especially those living in the Arvada, Westminster, or Broomfield areas remember the Mongoose Runners Den which was located next to the Westminster Mall. If you look at the Worthy News article by Connie Ahrensbrak in the last newsletter, you'll notice that one of the new members is Bob Mercil. Bob, who is owner and operator of Mongoose Autofix, was also owner of the Mongoose Runners Den. I'm fairly certain the store was still in business sometime during the last ten years, because I remember one of his store managers, Larry, was running the White Ranch trails the same time I was. Incidentally, Bob joins other members of the club who have finished the Leadville Trail 100 race.

### STRETCHING

I'm not trying to provide any answers here, just stimulate thinking on the subject. To stretch or not to stretch, that is the question. Actually, that is probably an over-simplification. Then also, if a person does stretch, should it be before or after he or she exercises, or both?

I believe the majority of authorities on the subject favor a set of stretches after exercising so that the muscles are properly warmed up. However, I have had health care practitioners tell me to stretch both before and after running. Then two of the authors who I admire for some of their other training advice, namely Tom Osler and Phil Maffetone, recommend no stretching at all. Osler contends that stretching adds more irritation to that caused by running. Maffetone has seen a higher rate of injuries in those athletes who stretch. He goes on to say that some increased range of motion is required for distance runners, but not as much as for dancers, sprinters, gymnasts, and certain other athletes. He feels that exercise alone provides the necessary increased range of motion. However, he does say that yoga and other "whole body" flexibility exercises are very different from traditional stretching and when done properly, are healthful and effective.

Runners who choose to stretch need to decide which ones to include in their regular routine. Many standard stretches can be found in books such as the one written by Bob Anderson. Other sources include magazines, the internet, and television. Trying to do all of the routines available from various sources would probably take most of a person's waking hours. Probably a selection of stretches should target the back, hamstrings, quads, and calf muscles.

Until recently, I was doing perhaps ten minutes of basic stretching after running. Realizing that one of my recent running ailments has been my hips, I read an article in the latest issue of the RMRR newsletter about stretches for hips. This article was written by Peter Syzymanski and Karen Voss, who are also CMRA members. I think these exercises are helping, so I will continue with them also. Then at least twice a week, I do some stretching over an exercise ball.

I probably deserve some kind of recognition (not the positive type) for a high ratio of number of exercises trained in to the number actually used. Around 20 years ago, I attended Pilates training in Boulder, using a reformer. I was so impressed by it that I built my own reformer, using photographs and measurements. But gradually I quit using it as much, and I couldn't remember the routines very well. Later I heard that the instructor I had in Boulder was at the Lakewood Athletic Club after spending several years in California teaching movie stars and the like for more money. I went back to him for some refresher lessons. But again I didn't stay with it very well. Eventually the reformer found its way from our basement to our new garage addition. So occasionally I use it out there. I realize that much of Pilates training now involves exercises on mats rather than using a reformer, but my only experience with that is a couple of books on the subject. I still believe Pilates is a very good thing to do for one's core.

Likewise I took some training at Coreance in Boulder around the same time. I was trying to battle an injury. Some of the exercises focused on dynamic range of motion. They are somewhat related to Pilates exercises in that pelvic tilt is maintained. With dynamic range training, when a muscle is contracted the opposing muscle is relaxed.

Then there is yoga. I've had a couple of classes on that some time ago, and also have a couple of videotapes on the subject. So occasionally I'll watch one of them and try some of the poses. This is one activity that I'm trying to spend a little more time with because I think it's quite important. I really would like to do more of these things on a regular basis. I don't seem to be able to allocate the time. I don't know whether other people have this problem. One way to force it is to be involved in a regular class led by an instructor, but I tend not to want to do that on a continuing basis; I'd rather do my exercises independently.

## **EXERCISING AFTER SNOWSTORMS**

With the two snowstorms in late December, I found myself able to do some crosscountry skiing and snowshoeing starting almost from our house. Since my body doesn't respond very well to treadmills, that worked out fairly well. However, after melting and freezing resulted in the snow becoming crusty, workouts became more difficult for me.

### **A TIME REMEMBERED**

**By Joe Sanchez, the Industrial Runner**

**Edited by Connie Ahrnsbrak**

Once upon a time, a truck rumbled up Flechado Pass near Taos Canyon in New Mexico. I could see Moreno Valley below as my dad drove up the distant mountain to the Cartwright saw mill to bring a load of lumber back to Cimarron. Half way up I would get off to fish for brookies in a mountain stream. I usually had a string of fish when dad picked me up later in the day. Today we know that area as the Angel Fire Ski Resort.

Four miles out of Eagle Nest on Highway 38 you will see a house or two, maybe just part of a stone structure. That is all that remains of my home. Elizabeth Town was a gold mining camp which at the turn of the century

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had a population of several hundred people. By the late '30s and early '40s when I was living there maybe only 15 families remained.

During the '40s we moved to Cimarron where I attended school. I dropped out in my junior year to get married. For several months I worked at a local lumber yard knowing that the future looked dismal. In 1955, Mary and I made a decision to move to Denver. For several years I was employed as an equipment operator driving an 18-wheeler for a company that manufactured concrete pipe.

In 1967, I went to work for Gates Rubber Co. The production lines were tough in the summer, the temperature would hit 120 degrees, and the fumes and smoke made it almost unbearable. However for a blue collar worker the pay and benefits were great.

In the middle 1970s, I transferred into another division and became friends with George Lundmark. George was a walker, a rare sport in those days. Shortly after, George and a friend came up with the idea of starting a club for master/senior runners since the younger runners were receiving all the recognition. It was sometime in the summer of 1976 that George called all his friends and neighbors and told them he was putting on a race at Kennedy High School. Three runners showed up: George, his neighbor, and yours truly.

The next race George put on was at Washington Park. When the gun went off only one runner left the starting line. It was the only time I ever won a race. I could almost hear the roar of the crowd; I was a winner!

The third race started in front of George's house in Northglenn, running throughout the neighborhood. Some of the runners at that third race were the late John Miller and his wife Barbara. Also there were two legendary names, Bob Poppe and Bob Carlson. Bob Carlson was a phenomenal race walker, sometimes passing up some of the slower runners. Although Bob has long been retired from race walking, he is the chief, cook and bottle washer of the Front Range Race Walkers and publishes a newsletter for same.

By the late '70s, the club began to pick up members. Some say it was the best kept secret in town. It was during this time that George turned the club over to a runner by the name of Bill Hamaker, and it was under Bill's leadership that the club officially became the Colorado Masters' Running Association.

The first rule the club made was never cancel a race no matter the weather conditions. However, two races to my knowledge had to be cancelled, one in Northglenn due to snow drifts and the then Chuck Weaver Red Rocks 5-miler due to icy roads.

Although most of you today do not recognize the members of long ago, I will never forget the hard work these early members contributed to make the club what it is today. John Raveling III and his wife directed many races, which included the initiation of the Turkey Trot at Washington Park. As the story goes, on one very cold Turkey Trot race, John drove up with a truck load of turkeys and tossed out a turkey to almost every runner after the race.

The late John Miller, the late Chuck Weaver, Jim Price, and The Master (Richard Romero) are but a few of the original charter members that I personally knew/know well. The latter of these is still outrunning most of us today.

Presently, some members not only serve on the Board, but are officers, editors and race directors at the same time. One particular individual that certainly stands out above the crowd is Joe Baird. Joe serves in many capacities. He is seldom absent from a race, however never runs because he always volunteers. I personally want to thank Joe Baird for all that he gives and also thank my friend George Lundmark who made his dream a reality and invited me to be part of it.

As for me, my strongest running career was in the '70s. I ran only nine marathons during that decade and have not run another since. During this time, I was not only working graveyard but the job was very physical. I found myself unable to adjust. Therefore even though I was still racing, I was only averaging 10 miles a week. By the time I was able to get back on a regular schedule, I found it difficult to pick up where I had left off.

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I am retired now and sometimes when I am out running my mind drifts back to those days long ago. I can almost see the saw mill and my favorite fishing spot. I wonder what kind of runner I could have become under different circumstances, but reality swiftly returns and I know it will always be a time remembered.

### **TOM BAILEY**

Former CMRA member Tom Bailey passed away December 27<sup>th</sup> at the Hospice of Metro Denver, at the age of 77. He is survived by his wife of 55 years, Marcia Mae, children Cheryl Clive, Alicia Bailey, Angela Laubacher and Jocelyn Esch, and two grandchildren. An outdoor memorial service is planned in the spring. Contact Cheryl at 303-995-8162 for memorial service details and condolences. An online guest book is available at [www.Legacy.com](http://www.Legacy.com).

Having never met his father, who died just prior to his birth, Tom's most compelling desire was to be a good and loving father.

### **MEMBER PROFILE: TOM BAILEY**

By Chris Vanoni

*from the July 2000 issue of RMRR News on The Run*

When was the last time you met someone who dwells in a home containing five harpsichords, a clavichord and one grand piano? How about someone who designs and creates harpsichords? And how many people do you know who have set national age group running records? If you know long time RMRR member Tom Bailey, you know someone who has done all of the aforementioned and more.

Tom was a member of his high school track team, running the quarter and half mile. But it wasn't until he was in his forties and feeling the need to get in better shape that he began distance running. Initially, he began running a 1½-mile loop through his neighborhood and was unable to go the entire distance without walking part of the way. While working as an engineer for Martin Marietta, he discovered Waterton Canyon and began running there during his 45-minute lunch break. Within a few years, he was running 4-6 miles a day alone in the canyon. After four years of running at Waterton, he finally met two other runners there. As luck would have it, they were members of RMRR and they told him about the club's upcoming Four Race Series. In the Five Mile race, he won first in the "Over 40" age category. He began increasing his daily mileage (8-10 miles) and exceeding his allotted lunch time. Fortunately, his supervisors were willing to overlook his extended lunch break, realizing that it gave him uninterrupted time for thinking and problem solving. He wound up winning First Overall in that Four Race Series, and as they say, "The rest is history."

Tom has racked up 32 marathons (once running six marathons in one year) and established several national age group records in the process. To celebrate their 30th anniversary, Tom and his wife, Marcia went to Europe. While there, he ran a marathon in Paris. He didn't do a lot of training during the trip, but on the way through England, he decided to do the Windsor Castle Marathon. Even with the lack of training, he took first place in his age group. (The prize was two dozen eggs, which he managed to get as far as Stapleton Airport before they were confiscated by customs officials.) He once ran the Pikes Peak Half Marathon as part of a medical experiment, fitted with heart monitoring equipment. He also regularly ran the Mount Evans Climb. He stopped doing marathons about ten years ago, but if you think he's given up on distance running, you're wrong. He still does half marathons - usually two per year, the Colorado Masters Running Association Half Marathon and the Basalt Half Marathon in August.

Very few of us could boast of Tom's running accomplishments. Nick Accardi says of Tom, "The guy was incredible. I couldn't touch him when he was in his fifties." Tom laments his slower times and the fact that he now has difficulties running hills. But according to Dick Van Wagenen, "he's still quite a runner, for a guy who's seventy." (I should add that Tom doesn't look as though he's even close to age seventy. And, a great many of us who are a lot younger than seventy can sympathize with the business of slower times and having to exert more on the hills. Most of us would be delighted to be doing half marathons at that age.) Tom now trains

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regularly on the Bear Creek Bike Path near his home, where he averages about four miles per day. He still does a number of Trophy Series and Colorado Masters races.

In addition to his many running activities, Tom was an active member of RMRR, helping to develop the computer scoring system for the handicapped race series. He was instrumental in developing a Waterton Canyon marathon in conjunction with the Colorado Masters. He participated in course certification and has also served as president of the Colorado Masters. He started a running club for Martin workers and their families, the Waterton Shepherders, and developed a handicap series similar to the one RMRR uses. That group is still in existence.

Tom's talents don't just lie in running. In the 1980's he became fascinated with the sound of the harpsichord and began designing and constructing them. He makes full-sized harpsichords and smaller, more portable ones. He took early retirement from Martin-Marietta at age 55 and began devoting more time to Bailey Works, his harpsichord business.

Talent definitely runs in Tom's family. His wife is a professional musician - originally a pianist, and now (not surprisingly) a harpsichordist who performs regularly with a group from Evergreen, Baroque Folk. According to Tom, "She's an incredible performer." Two of their five children are artists and have done magnificent paintings on the soundboards of some of his harpsichords. Their home is filled with artwork created by their daughters. It will be interesting to see how all of this talent manifests itself in the next generation - Tom and Marcia are to become first-time grandparents this winter. He is certain to be as much of an inspiration to his grandchildren as he is to all of the rest of us.

### **CLEAR CREEK 4-MILER** **By Vici DeHaan**

The weather gods really smiled on us for this pancake race. Even though the temperature when I arrived at 8:00 a.m. was only 24 degrees, it rose slowly throughout the morning, even reaching 50 by the time I left.

Volunteerism in this club is alive and well! Many thanks to the many people who came out to make this race happen so successfully:

- Dan Shaw and his family did a fantastic job providing almost 100 people with pancakes, bacon, and lots of coffee after the race. They had plenty for all us, even though our numbers (77 finishers) were up from last year;
- Pat Phillips set up the course and cones;
- Rosalia and Jerry Murch handled registration;
- Joe Sanchez brought the cones, water, water table and clock and set up the finisher's chute;
- Scott Chamberlin manned the water stop;
- Sam Kirschner (age 15) rode his bike to the east end turn-around, despite having gotten home at midnight the night before;
- Levi Gonzalez once again manned the turn-around point by the highway, and directed Don Robinson to the bridge to make sure we got onto the other side of the river;
- Connie Ahrnsbrak and Kristin Moreau handled the finishing line, and Kristin's littlest son even assisted her in setting up the awards table;
- Thanks to Mike Vanoni for helping to get our finishing clock working and begun at the proper time.

Fortunately the race course wasn't as icy as I had anticipated. We did have hard-packed snow along the trail on the south side of the creek, but it was certainly manageable. For the drawing, I brought many miscellaneous items that I had collected throughout the past year, so most participants went home with something in hand.

As a race director, I've learned once again there are many details to keep track of, but special thanks once again to all the club members who ran and assisted in putting this whole event together. I hope to see you all again next year.

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**CLEAR CREEK 4 MILE RUN OVERALL RESULTS**  
**December 9, 2006**

PLACE	NAME	TIME	AGE
1	Dart Schwaderer	0:22:36	15
2	Hector Martinez	0:22:40	23
3	Henry Cowhick	0:22:45	16
4	Steven Sellars	0:23:26	46
5	Austin Schwaderer	0:23:40	21
6	Derek Griffiths	0:24:21	31
7	Peter Weber	0:24:40	17
8	Salim Haji	0:24:42	35
9	Rich Hadley	0:25:08	50
10	Luke Porters	0:25:51	16
11	Dave Slingsby	0:25:56	37
12	David Rothenburger	0:26:05	38
13	Jim Perry	0:26:14	45
14	Anthony Lee	0:26:36	33
15	<i>Monica Ryan</i>	0:26:59	45
16	Jac Roh	0:27:17	35
17	Jason Myers	0:27:23	33
18	Bob Caillouette	0:27:25	52
19	<i>Lara Usinowicz</i>	0:27:33	36
20	Bruce Kirschner	0:27:35	53
21	Jay D. Trujillo	0:27:43	48
22	Dewayne Gill	0:27:51	36
23	Paul Moreau	0:27:54	40
24	Rich Ruhser	0:27:58	40
25	Editor Dan Shaw	0:28:00	47
26	Bob Weber	0:28:21	48
27	Kent Enwright	0:29:06	44
28	Painted Horse (Jesse Tijerina)	0:29:17	55
29	Lou Huie	0:29:20	60
30	Mike Cavalery	0:29:34	32
31	<i>Denise Glenn</i>	0:29:40	39
32	Paul Maden	0:29:41	30
33	Race Man (Mitch Chesbro)	0:29:49	48
34	George Huner	0:30:05	53
35	<i>Lisa Matlock</i>	0:30:09	32
36	Douglas Berling	0:30:17	49
37	Bob Gassen	0:30:28	59
38	Harry Dykstra	0:30:39	57
39	Robert Kanieski	0:30:41	29
40	Spiderman (Scott McFarlane)	0:30:47	55

41	The Oak (Ross Westley)	0:30:51	70
42	Mark Ramsey	0:31:15	43
43	<i>Jill Sellars</i>	0:31:31	38
44	Kool Shades (Ken Randall)	0:32:11	68
45	Jim Thomas	0:32:35	55
46	<i>No Name</i>	0:32:47	39
47	Strider (Tom Chambers)	0:33:01	63
48	<i>(Lightfoot) Deb Acree</i>	0:33:26	54
49	Gale Meuret	0:34:39	59
50	Mark Johnson	0:35:07	48
51	<i>Megan Vanoni</i>	0:35:08	26
52	<i>Lynn Bush</i>	0:36:00	27
53	Bob Ghormley	0:36:35	68
54	<i>Michelle Slingsby</i>	0:36:38	37
55	<i>Julie Orr</i>	0:37:12	56
56	<i>Jan Huie</i>	0:37:23	57
57	Jacque Moreau	0:37:32	9
58	Gabriel Sisneros	0:37:40	68
59	Earl Beam	0:37:55	56
60	<i>Carol Johnson</i>	0:39:10	52
61	Tall Red (Ed Youngberg)	0:39:52	63
62	Stonewall (Ken Green)	0:39:55	77
63	<i>Christine Vanoni</i>	0:40:17	55
64	<i>Audrey Krebs</i>	0:40:48	50
65	<i>Deb Hadley</i>	0:40:48	50
66	Rich Muldoon	0:41:26	70
67	<i>Vici Dehaan</i>	0:41:36	71
68	Matt Carrillo	0:42:36	32
69	Relentless Dave Black	0:42:53	55
70	<i>Jessica Griffiths</i>	0:43:10	29
71	Larry Vincent	0:43:27	65
72	<i>Rosalia Murch</i>	0:44:10	65
73	Wayne Mathis	0:45:58	63
74	Charlie Schmucker	0:46:00	60
<b>RACE WALKERS</b>			
1	Ken Weller	0:48:17	59
2	Ted Epstein	0:60:00	71
3	<i>Janine Hall</i>	0:60:00	40

*Editor's note: For age group awards, please see the website results page:*  
[http://www.comastersrun.org/Race\\_Info/2006/Clear\\_Creek\\_Results.html](http://www.comastersrun.org/Race_Info/2006/Clear_Creek_Results.html)

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**LAKE ARBOR 5-K**  
**1/20/07**

Congratulations on an awesome turnout (45), more than I expected considering the weather/temperature. Thanks for the positive feedback on the course modification. Thanks also to the volunteers- Joe Baird, Joe Sanchez, Ken Simons and Prashanta Atyal and to Barry at Arvada Great Harvest and Runners Roost and Boulder Running Co for the gift certificates.

**LAKE ARBOR 5-K OVERALL RESULTS**

<b>Place</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>			
1.	Bob Jones	46	19:03	23.	Rich Romero	70 23:55
2.	Keith Johnson	45	19:04	24.	Kathy Johnson	45 24:03
3.	Steven Sellars	46	19:54	25.	Scott McFarlane	55 24:43
4.	Jim Perry	45	19:56	26.	Vince Gerber	51 25:10
5.	Dave Slingsby	37	20:19	27.	Chris Stone	40 26:29
6.	Jason Myers	33	20:33	28.	Connie Ahrnsbrak	67 26:50
7.	Anthony Lee	33	21:02	29.	Michelle Slingsby	37 27:05
8.	Lara Usinowicz	36	21:24	30.	Sam Wood	48 27:31
9.	Ned Deakin	28	21:48	31.	Roger Rybicka	58 27:35
10.	Dan Shaw	47	22:01	32.	Lee Bengston	69 27:42
11.	Paul Madden	30	22:03	33.	Paul Rundle	42 27:50
12.	Bob Caillouette	52	22:04	34.	Douglas Tollin	62 27:52
13.	Mark Ramsey	44	22:28	35.	Fred Trentaz	64 27:58
14.	Jesse Tijerina	55	22:35	36.	Earl Beam	56 28:19
15.	Robert Kanieski	29	22:40	37.	Erin Bosik	21 28:48
16.	Diane Vanderhoeven	45	23:04	38.	Rich Muldoon	70 29:14
17.	Jim Bosik	44	23:09	39.	Carol Johnson	52 30:36
18.	Jim Romero	66	23:12	40.	Don Robinson	74 31:46
19.	Ed Arenas	44	23:13	41.	Vici Dehaan	71 32:27
20.	Jill Zancanelli-Sellars	38	23:14	42.	Rosalia Murch	66 35:28
21.	Kent Enwright	44	23:29	43.	Charlie Schmucker	60 35:33
22.	George Huner	53	23:46	44.	Wayne Mathis	63 37:57
				45.	Larry Vincent	65 37:58

*Editor's note: For age group awards, please see the website results page:  
[http://www.comastersrun.org/Race\\_Info/2007/Lake\\_Arbor\\_Results.html](http://www.comastersrun.org/Race_Info/2007/Lake_Arbor_Results.html)*

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**PELICAN UPDATE**  
**By Connie Ahrnsbrak**  
**(Cahrnsbrak@yahoo.com)**

**Catching up: 5/28-**Wyoming Marathon, Vedavoo: Gary Black, 4:40 & Relentless Dave Black, 6:57. **6/17-** Highlands Sky 40 miles, West Virginia: Relentless Dave Black, 10:24. **7/15-** Half Voyageur, Duluth, MN: Dave Black, 9:05. single track, washed out bridges, got lost. **9/9-** Uncle Joe's 50K, Newport, WA: Relentless Dave Black, 8:08. Mostly on fire roads. San Jose Rock N Roll Half, CA: Leslie Woods, 3:07 Kim Shenfeld, 3:09. **10/7-**Telegraph 50K, Durango: Relentless Dave Black, 8:17. Very muddy, a beautiful course. **10/8-**San Juan Mountains Half: Dave Black, 2:55.

**10/27-** Scream Scram 5K: Oscar Ponce, 16:16 (OA); Jeff Young, 19:45; Robert Kanieski, 23:19 & Steadfast Earl Beam, 27:30. **10/28-** Eerie Erie 10K: Steven Sellars, 36:54 (2nd); Jill Sellars, 47:34; Rich Romero, 48:42 (1st); Connie Ahrnsbrak, 52:23 (2nd); Holly Dahm, 53:10; Don Hayes, 58:14; Bill Moyle, 1:06; Vici Dehaan, 1:08 (1st) & Larry Vincent, 1:17. 5K- Jim Perry, 20:25; Kent Mitchell, 23:20 (1st); Painted Horse (Jesse Tijerina), 24:52; Lorraine Green, 27:00; Pitts O'Donnell, 27:54; The Captain (Don Robinson), 28:30; Earl Beam, 28:45; Penelope, 33:04 & Sir Fred Trentaz, 35:36. Goblin Valley 50K, Green River, UT: Mean Ed Green, 5:25; Shane Holonitch, 5:36; Neddie Legg, 6:02; Bill Faulkner, 6:19 & Wonder Woman (Patricia Tolleson), 6:22. Also, Mayor's 5K Cup, Manitou Springs: Michael Quispi, 19:06 & Lou Huie, 23:09 (1st). **10/29-** Halloween Hustle 5K, WP: Dave O'Sadnick, 18:46 (2nd); The B-Man (Jim Romero), 23:02 (1st); Polly Zimmerman, 23:04 (4th); Mitch Chesbro, 23:40; Jay Wissot, 23:51 (2nd); Mean Ed Green. 25:42; J Gutierrez, 26:29; Laura McCoy, 37:34; Kim Shenfeld, 38:44 & Leslie Woods, 42:00.

**11/4-** Red Thread 5K, City Park: Robert Kanieski, 23:05 (1st); J Gutierrez, 26:17; Doug Tollin, 26:49 (1st); Robert Ghormley, 27:56 (2nd) & Ruth Tollin, 46:18. Heart Center of the Rockies, Boyd Lake-Loveland: Half-The B-Man, 1:44 (2nd); 10K- Jim Peterson, 55:31 (3rd); 5K- Philip Dizerega, 20:53 (3rd) & Roger Rybicka, 27:28. **11/5-**Littleton Stride 10K: Dave Banko, 1:02 & Kimberly Shenfeld, 1:20. 5K- Keith Johnson, 17:02 (2nd/OA); Kern Karkos, 18:52 (2nd) & Leslie Woods, 41:37 (1st).

**11/11-** Denison Montessori Run for Arts, City Park: Robert Kanieski, 23:43 (1st); Mitch Chesbro, 24:08 (3rd) & Bob Ghormley, 28:35. Rim Rock 37K, Grand Junction: Omar Martinez, 2:33 (1st); Ray Blum, 2:49; Dave O'Sadnick, 2:54; Jeff Young, 3:07; Polly Zimmerman, 3:26 (4th); Bill Faulkner, 3:39 (3rd); Patricia Tolleson, 3:55 (1st); Mr. Endurance (Bill Moyle), 5:22. **11/12-** Panicking Poultry 5K, Boulder Rez: Keith Johnson, 16:56 (1st); Steven Sellars, 18:14; Bob Jones, 18:44; Jill Sellars, 22:54; Holly Dahm, 25:06; Don Hayes, 26:42; Steadfast Earl Beam, 28:21; Darla Yoerg, 32:06 (1st/RW) & The Ladies of Late Summer, (Connie Ahrnsbrak, 25:23, (1st)/Rosalia Murch, 35:47 (3rd).

**11/18-** Brighton 5K Turkey Trot: Steven Sellars, 17:23 (1st); Michael Quispi, 18:49 (2nd); Slimfast (Bruce Kirschner), 20:25 (1st); Jill Sellars, 22:25 (2nd); Painted Horse (Jesse Tijerina), 22:33 (2nd); Taunya Wilson, 24:19 (1st); Ken Simons, 25:28 (2nd); Roger Rybicka, 25:39 (1st); Jim Peterson, 26:06 (3rd); J Gutierrez, 26:12; Doug Tollin, 27:42 (1st); Deann Reaves, 27:45 (3rd); Vici Adele Dehaan, 31:15 (1st); Frank Hathorn, 32:36 (1st); Rosalia Murch, 33:06 (1st); Laura McCoy, 38:18 & Ruth Tollin, 47:42. JFK 50 miles, Hagertown, MD: Gary Black, 11:48 & Relentless Dave, 13:48. Eight-year old Joe ran miles 42-45. Wichita Turkey Trot 10-Miler: Kansas member, R2G2 (Ray Grundmeyer), 1:47:37.

**11/23- Turkey Day:** Inverness Athletic Club 4-Miler- Rosalia Murch, 43:44 & Roger Rybicka. CU 5K: Don Hayes, 26:34 (1st); FTC 4-Miler: Philip DiZerega, 26:23 & Jim DiZerega, 40:50. Mile Hi United Way 4-Mile, WP- Oscar Ponce, 21:05; Dan Shaw, 28:02; Bob Zweifel, 28:42; Grid Iron (David Kelble), 29:07; Lean Green Machine (Alyn Park), 29:31 (1st); Robert Kanieski, 29:51; Mark Ramsey, 30:06; Mean Ed Green, 30:17; Jay Wissot, 32:05; George Huner, 33:11; Bob Ghormley, 36:07; Joey Shaw, 36:09; J Gutierrez, 36:42; Grayson Drexel, 36:46; Steadfast Earl Beam, 36:51; Joe Baird, 39:23; Lee Bengston, 45:54; Willy Shaw, 46:01; Laura

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McCoy, 48:29; Shannon Shaw, 51:00; Kate Baird, 1:05; Lu & Sam Shaw, 1:07. **11/25-** Fishers of Men 5K, Aurora: Painted Horse, 22:12; Race Man (Mitch Chesbro), 22:15 (2nd); The B-Man, 22:27 (1st); J Gutierrez, 26:34; Chuck Thies, 35:03 (2nd RW); Ken Weller, 35:22 (3rd RW); Bob Bussey, 36:38 (1st); Kim Shenfeld, 36:40; Laura McCoy, 37:21; Leslie Woods, 39:37; Marie Romero, 54:41 (W) & The Ladies of Late Summer (Connie Ahrnsbrak, 24:23 (1st)/Rosalie Murch, 32:53.) CMRA took 1st team with 13 participants. Jesse Tijerina was appointed keeper of the award with the fastest time.

**12/3-**Rock Canyon Half, Pueblo: Keith Johnson, 1:27 (1st); Slimfast, 1:41 (2nd); Lou Huie, 1:49 (1st) & The B-Man, 1:57 (1st). California International Marathon, Sacramento: Kristen Moreau, 3:18:26.

**12/10-** Jingle Bells 5K, WP: Rich Hadley, 19:18; Mark Ramsey, 23:19; Green Machine (Alyn Park), 23:35 (1st); Jay Wissot, 24:04; Leslie Mitchell, 25:57; Doug Tollin, 27:09 (3rd); Robert Ghormley, 28:15; Steadfast Earl Beam, 28:28; Terry McFarlane, 31:27; Deb Hadley, 31:43; Audrey Krebs, 32:05; Ruth Tollin, 38:27 (W); Kin Shenfeld, 39:15 & Leslie Woods, 41:14. New Las Vegas Marathon: Rich Romero, 3:48 (2nd); Pitts O'Donnell, 4:53 & Penelope, 5:06. The Half: The B-Man, 1:48 (2nd) & Tom Alison, 2:30.

**12/15-** D.A.R.E. 5K, Aurora: Robert Kanieski, 22:15; Race Man, 22:33 (3rd); Connie Ahrnsbrak, 24:40 (OA); Doug Tollin, 26:46 (1st); Pitts O'Donnell, 28:04 (2nd); Rosalie Murch, 33:19 (2nd); Penelope, 37:15 (3rd); Kim Shenfeld, 37:15 & Leslie Woods, 41:01 (3rd). CMRA was 1st team with most participants. Robert Kanieski will be keeper of the award with fastest time. Rudolph's Revenge, Chatfield: 10K- Brandy Erholtz, 39:34 (OA); Rich Hadley, 40:26 (2nd); Lou Huie, 48:08 (1st); Carol Clark, 48:39 (2nd); The B-Man (Jim Romero), 49:13 (2nd); Mark Ramsey, 50:41; The Oak, 53:53 (3rd) & Julie Orr, 1:01 (1st). 5K- Michael Quispe, 19:45 (2nd); Strider (Tom Chambers), 25:26 (2nd); Jack Barry, 26:24 (3rd); Rick Voorhees, 27:58; Steadfast Earl Beam, 28:20 & Deb Hadley, 32:36 (3rd). 12/16- Rudolph Ramble 5K, WP: Race Man (Mitch Chesbro), 23:28; Earl Beam, 28:24; Gabe Sisneros Jr., 31:27 & Sir Fred Trentaz, 28:33. 12/17- Xmas Classic 4-Miler, FTC: J Gutierrez, 35:58; Roger Rybicka, 37:42 & Laura McCoy, 50:06.

### **WELCOME NEW MEMBERS!**

Brandy Erholtz, Bailey, CO; Janine Hall, Chris Hall & Ted Epstein (Racewalkers); Shane Holonitch; Caroline Szuch; Bob Tafelski; Jac Roh; Pamela Campos; David Rothenberg (DTR); Ken Weller (Racewalker); Deb & Rich Hadley, Florence, CO; Julie Orr; Amy Lease (CMRA's editor for over six years, welcome back!); Derek & Jessica Griffiths (If you don't subscribe to *Colorado Runner* magazine, you are missing out!)

### **FORTY FURLONGS**

Saturday, February 10 at 9:00 a.m. - South Suburban Golf and Tennis Club

Warm up your winter running with this fast CMRA 5 mile (1600 rod) race! To reach the start, go south on Santa Fe Drive from Bowles/Littleton Blvd to 5995 South Santa Fe Drive in Littleton. This is across Santa Fe from Arapahoe Community College. For more detail, see the Yahoo map on the CMRA website ([http://www.comastersrun.org/Race\\_Info/2007/Lake\\_Arbor.html](http://www.comastersrun.org/Race_Info/2007/Lake_Arbor.html)). For additional information or to volunteer call Rick Voorhees at 303-794-6526.

### **CMRA SPRING SPREE 10-K**

Saturday, March 10 at 9:00 a.m. - Twin Lakes Park, 70th and Broadway

Take I-25 to 58<sup>th</sup> Avenue, then head west on 58th to Broadway, north on Broadway to 72<sup>nd</sup>, and left to the park. From the west, take I-76 to Pecos Street. Go North on Pecos to W 70th Avenue and east on W 70th to the park. Park on the North side at the Park-N-Ride. See the Yahoo map for details on the CMRA website ([http://www.comastersrun.org/Race\\_Info/2007/Forty\\_Furlongs.html](http://www.comastersrun.org/Race_Info/2007/Forty_Furlongs.html)). For further information or to volunteer call Tom Alison at 303-791-6166 or Rich Romero at 303-751-4284.

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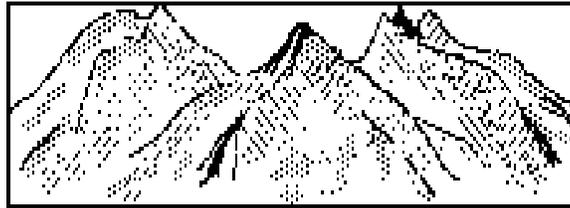
## SAND CREEK 5-MILER

Saturday, April 7 at 9:00 a.m. - Sand Creek Greenway at Stapleton, Denver

Come run this urban trail race in the Sand Creek Greenway near the old Stapleton Airport complex. Due to ongoing construction in this area, please check the CMRA website as the race date approaches at [http://www.comastersrun.org/Race\\_Info/2007/Sand\\_Creek.html](http://www.comastersrun.org/Race_Info/2007/Sand_Creek.html), for updates regarding the exact start location and the section of trail to be used for the race course. For additional information or to volunteer call Rob Fisher at 303-738-0115 or 720-333-0624.

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## COLORADO MASTERS RUNNING / RACEWALKING ASSOCIATION

[www.comastersrun.org](http://www.comastersrun.org)

*The CMRA is a non-profit group organized to promote running and walking for health and exercise. The club conducts regular running activities, including training sessions, fun runs, races, and social events. Membership in CMRA is open to all, regardless of skill or experience. Annual dues are \$25 for individuals and \$35 for families.*

### 2007 OFFICERS & BOARD OF DIRECTORS

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<b>President:</b>	Ken Simons	303-421-5835		kssimons5@aol.com
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<b>Treasurer:</b>	Tom Alison	303-791-6166		motnosila@comcast.net
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<b>Web Site Chairperson:</b>	Scott McFarlane	303-904-4542	303-236-5692	simcfarl@pcisys.net
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The Colorado Masters Running Association newsletter is published bi-monthly. Issues are mailed approximately the 1st day of February, April, June, August, October, and December. Distribution is free to all members and associates of the CMRA. Deadlines for articles are the 15th of January, March, May, July, September, and November. All material should be mailed or e-mailed to the co-editors listed above.

Membership information is available from the Membership Chairperson and at all races.

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**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION  
MEMBERSHIP APPLICATION  
CALENDAR YEAR 2007 (JANUARY-DECEMBER)**

For the mutual benefit of runners and racewalkers 35 years and older  
Monthly events free to members

***ALL AGES WELCOME***

Runners Male/Female Masters Divisions: 35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,(men)75+  
Racewalkers Male and Female divisions

Dues: Single member **\$25.00 per year** Family (household) **\$35.00 per year**

Runner (\_\_\_\_\_) Racewalker (\_\_\_\_\_) Wheelchair (\_\_\_\_\_)

NAME: \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_

ADDRESS: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIPCODE+4: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

FAMILY MEMBERSHIP: (please list only members from immediate household)

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Mail completed form with check payable to:

**CMRA  
8100 E. Union Ave. Unit 1601  
Denver, CO 80237**

I would like to participate in the following club operational activities:

Work a race	<input type="checkbox"/>	Event Director	<input type="checkbox"/>	Member Board of Directors	<input type="checkbox"/>
Newsletter Editor	<input type="checkbox"/>	Event registration	<input type="checkbox"/>	Member Recruitment	<input type="checkbox"/>
Membership Database	<input type="checkbox"/>	Quartermaster Corps	<input type="checkbox"/>	Coaching	<input type="checkbox"/>
Racewalking Training	<input type="checkbox"/>	Course Measurement	<input type="checkbox"/>	Race committee	<input type="checkbox"/>

**Newsletter:** (please select one)

\_\_\_\_\_ I will download from the website "www.comastersrun.org." (Dates will be e-mailed to you.)

\_\_\_\_\_ Please send it snail mail

Revised 09/17/06

**2007 COLORADO MASTERS RUNNING ASSOCIATION SCHEDULE**

Registration begins 1 hour prior to race time. \$10 for non-members.

For more information or to volunteer, call race director listed below or log on to our website:

**[www.comastersrun.org](http://www.comastersrun.org)**

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Name</b>	<b>Director(s)</b>	<b>Telephone</b>
Jan 20	Sat	9:00 AM	Lake Arbor	Lake Arbor 5K	Ken Randall	303-422-3745
Feb 10	Sat	9:00 AM	S. Suburban Tennis Ctr	40 Furlongs (5M)	Rich Voorhees	
Mar 10	Sat	9:00 AM	Twin Lakes Park	Spring Spree 10K	Tom Alison Rich Romero	303-791-6166 303-751-4284
Apr 7	Sat	9:00 AM	Stapleton	Sand Creek 5 Miler	Rob Fisher Dan Shaw	303-738-0115 720-480-2370
May 12	Sat	4:00 PM	Writer's Vista Park	Memorial Run 5K and Potluck	Rosalie Murch Connie Ahrnsbrak	303-693-2278 303-985-1168
Jun 9	Sat	8:00 AM	South Valley Park	South Valley 10K	Deb Acree	
Jul 15	Sun	7:30 AM	Christies @ Genesee	Mountain Madness 12K (5K for racewalkers)	Jim Romero Jerry O'Donnell	303-794-2952
Aug 15	Wed	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail	Pat Phillips	303-279-4305
Aug 26	Sun	8:00 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race (~9K)	Wayne Mathis	303-979-9592
Sep 22	Sun	9:00 AM	Barr Lake State Park	Barr Lake 1/3 Marathon	Dave Black	303-781-1738
Oct 14	Sun	9:00 AM	Louisville	Coal Creek XC Challenge 5.5 Mi	Bruce Kirschner Randy Luallin	303-666-0864
Nov 17	Sat	9:00 AM	Chatfield Lake State Park	Chatfield 10 Miler (5 miles for racewalkers)	Kim Massey Scott McFarlane	303-765-5572 303-904-4542
Dec 8	Sat	9:00 AM	Prospect Park, Wheat Ridge	Clear Creek 4-Miler and Pancake Breakfast	Vici DeHaan	303-494-1782

**CMRA**  
**8100 E UNION AVE UNIT 1601**  
**DENVER, CO 80237**