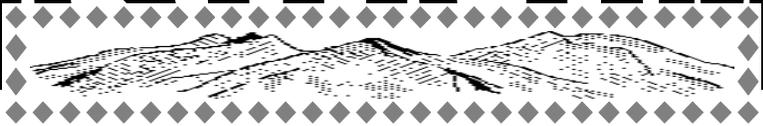


# MASTER TIMES



March/April 2007

Volume 39, Issue 2

---

## PRESIDENT'S CORNER

By Ken Simons

### RACING SERIES WINNERS

Two of our well-known members were featured in the January-February issue of the Colorado Runner. Both Connie Ahmsbrak and Jim Romero won the senior division of the 2006 Colorado Racing Series. Congratulations to you both!

### JOE SANCHEZ'S ARTICLE

I read with interest the article by Joe in the last issue of our newsletter. I had been wondering about how the club started. Though not a member, I did run some of the races in earlier years, the first one being a 5.4 mile run at Sloans Lake in February 1978. I knew some of the people that Joe was talking about including George Lundmark, Bill Hamaker, Chuck Weaver, and John Miller; also Bob Green.

### NEW RACE DIRECTORS

Thanks to Paul Madden and Jason Myers for volunteering to be race directors for the South Valley 10k in June. Deb Acree agreed to be available to answer any of their questions and to make sure things are o.k. with the liability insurance for the event. Thanks to her for hosting this event in the past.

### RUNNING IN EXTREME COLD

In late January and early February we had to spend nearly a week in the Midwest for family reasons. I realize there were worse places in the nation at the time, but this was pretty bad; tough to just walk from the motel to the car in the -20 deg. F wind chill. I was able to run a few mornings a short distance wearing a ski mask, but there was one morning it was too much and I resorted to using the indoor equipment. I think everyone experience this extreme cold once in a while. Why do I say that? So that they will appreciate the conditions in Colorado even though they have been far from perfect. An analogy would be to spend some time in a foreign country so that you appreciate some of the things we have here.

### MILESTONE

Possibly I should call it a millstone instead, although on the other hand, I should be happy that I (hopefully) make it that far in life and still be running. I'll be starting my life in my 70's later this year. I'm not sure what changes I will or should make in my running because of this. No answers, I'm just thinking about it. I'm being more careful on my downhill xctry ski runs in the mountains, being more wimpish by often wearing my climbing skins on the downhill runs for more control. This idea is reinforced since I fell twice on CMC trips, both of them being on the Spruce Creek course south of Breckenridge. The first time I hurt my shoulder, and the second time, the side of my hip.

Other CMRA members I can think of who will be making the transition to their 70's this year include Tom Alison, Joe Sanchez, and Lee Bengston.

(Continued on p. 2)

**Once you're over the hill, you just keep running!**

## RUNNING FORM

It might seem strange for me to talk about running form because I know that mine is far from what it should be. I've tried to address it at times but haven't stayed with it.

There is one school of thought which says that there isn't a lot that can be done to change form; once it is established, it pretty much stays that way. Mainly work with the existing form to introduce more rhythm, smoothness, and relaxation.

On the other hand, many coaches and other professionals have definite ideas regarding how form can be improved. Just a few examples include Arthur Lydiard saying that arm action should be kept low and the feet should fall directly behind each other. Also, Bill Bowerman felt that it is quite important to carry the body in an upright position. I remember seeing a videotape of a training camp by a Coach Hunt who said the heel should come up toward the bottom of the "butt", the two parts of the body being closer with increasing speed. Jack Heggie is a Feldenkrais practitioner who wrote a book and conducts training classes on "Running with the Whole Body". I took his class some time ago and have his book. He had us crawling around on the floor with exaggerated arm and leg movements. The idea was to integrate the entire body into running.

Probably one of the most beneficial things in making any changes is to be videotaped while running so the person can see what is happening for him (or her) self. I was videotaped while running around 20 years ago by Eric Hanson who was with Coreance at the time, but I can't locate the videotape.

I know that there are training classes available in the area on running form. People in our club who teach these classes include Adam Feerst and the duo of Peter Szymanski and Karen Voss.

**Shop at our sponsor!**

**The Boulder Running Company**  
**8116 W. Bowles Ave 303 932-6000**  
**2775 Pearl St., Boulder 303 786-9255**

**Shop at our sponsor!**

**Runners Roost**  
**2685 S. Colorado Blvd. 303 759-8455**  
**Parker & Arapahoe 303 766-3411**

**Shop at our sponsor!**

**Great Harvest Bread**  
**7745 Wadsworth Blvd., Arvada**  
**303 420-0500**

**Shop at our sponsor!**

**Running Wild**  
**1970 E. County Line Rd.**  
**Highlands Ranch, CO 80126**  
**303-738-9446**

**ANNOUNCEMENT:** On **Saturday June 16<sup>th</sup>** 10:30 AM at the First Plymouth Congregational Church at 3501 South Colorado Boulevard a Memorial Service for Tom Bailey, past president of both Masters and Road Runners and internationally ranked master's runner, will be held.

At **9:00 AM**, a **Memory 5K Run/ Walk** will be held in Tom's honor. The run/walk will be **free and open to all** and will start and finish at the church parking lot. The Memorial Service will follow at the Church at 10:30 AM. Running attire is acceptable at the service.

Following the service, the family will travel to the mountains to disburse Tom's ashes in one of his favorite places.

**Once you're over the hill, you just keep running!**

**Forty Furlongs**

February 10, 2007

By Rick Voorhees

The Platte River Grille provided access for the 2007 version of Forty Furlongs. Construction on the west side of the river and around the Tennis Bubble meant shifting the locations. Owner Frank Redman was a gracious host.

For the 63 runners and 2 race walkers, the day dawned clear and cold but warmed to above freezing by the 9:00 a.m. start. Unlike previous Saturdays along the Platte River this year, the course was almost dry with only a few fingers of ice on the sidewalk.

Keith Johnson, 45, was the fast male, cruising to a 29:06 finish while Tania Pacev, 47, led all females with a time of 33:26. Leslie Woods, 60, prevailed in the race walker division with a time of 63:11. Finishers were treated to candy Valentine hearts. Age division winners received an even more generous chocolate treat!

**Running Wild** in Highlands Ranch provided a gift certificate while **Boulder Running Company** provided a gift certificate and 12 pairs of running socks. **Runners Roost** in Lakewood donated hats and bags. **Great Harvest Bread** made their traditional donation of bakery items. Many thanks to the volunteers, especially Mike Vanoni and Adam Feerst for marking the new course.

**Forty Furlongs Overall Results**

PLACE	NAME	TIME	AGE
1	Keith Johnson	0:29:06	45
2	Adam Feerst	0:30:56	46
3	Chris Voellar	0:31:16	37
4	Mike Robert	0:32:56	31
5	David Rothenburger	0:33:12	38
6	Tania Pacev	0:33:26	47
7	Lonnie Pilkington	0:33:36	36
8	Dave Slingsby	0:33:42	37
9	Tanya Santer	0:34:11	28
10	Susan Bellard	0:34:30	35
11	Jason Meyers	0:34:48	33
12	Tim Flanigan	0:34:54	45
13	Kristin Moreau	0:35:03	39
14	Paul Madden	0:35:14	30
15	Dan Shaw	0:35:40	47
16	Bob Caillouette	0:35:53	52
17	Diane Vanderhoeven	0:37:41	45
18	Lou Huie	0:37:46	60
19	Jim Romero	0:37:51	66
20	Mark Ramsey	0:38:06	44
21	Denise Glenn	0:38:10	39
22	Ric Robinette	0:38:13	54
23	David Kelble	0:38:17	49
24	Jim Bosik	0:38:38	56
25	Rich Romero	0:38:46	70

26	Kathy Johnson	0:39:01	45
27	Chris Stone	0:39:16	40
28	Harry Dykstra	0:39:25	57
29	Mike Cavaleri	0:39:43	32
30	Spiderman	0:39:44	55
31	Mitch Chesbro	0:39:46	48
32	Bob Gassen	0:40:04	59
33	George Huner	0:40:05	53
34	Ed Arenas	0:40:06	44
35	Shelly Hawk	0:40:33	32
36	Amy Lease	0:40:44	53
37	Jerold Gardner	0:41:24	56
38	Jack Barry	0:41:27	68
39	Tom Chambers	0:41:57	63
40	Deb Acree	0:43:42	55
41	Bruce Razor	0:43:44	58
42	Mark Johnson	0:44:29	49
43	Doug Tollin	0:44:42	62
44	Link Lubken	0:44:43	57
45	Rich Martinez	0:45:06	60
46	Pitts O'Donnell	0:46:13	60
47	Janet Ralston	0:46:23	44
48	Michelle Kelble	0:46:36	38
49	Lee Bengston	0:46:53	69
50	Michelle Slingsby	0:47:00	37
51	Paul Rundle	0:47:46	42

**Once you're over the hill, you just keep running!**

**Master Times**

**Colorado Masters Running Club**

**4**

52	<i>Kathleen Porter</i>	0:48:04	48
53	Rich Muldoon	0:48:14	70
54	<i>Deb Rochaur</i>	0:49:32	33
55	Fred Trentaz	0:50:44	64
56	<i>Jan Huie</i>	0:50:50	57
57	Ken Green	0:51:29	78
58	<i>Penelope</i>	0:54:09	57
59	Palmer Beam	0:55:12	63

60	David Boyle	0:55:21	72
61	Dave Black	0:57:30	55
62	<i>Rosalie Murch</i>	1:01:00	66
63	<i>Kim Shenfeld</i>	1:02:36	48
<b>Racewalkers</b>			
1	<i>Leslie Woods</i>	1:03:11	60
2	<i>Arlene Boyle</i>	1:05:29	71

<b>AGE GROUP AWARDS</b>			
<b>Overall Men</b>		<b>Overall Women</b>	
Keith Johnson	0:29:06	Tania Pacev	0:33:26
<b>75 and Over</b>			
1	Ken Green	0:51:29	
<b>70-74</b>			
1	Rich Romero	0:38:46	
2	Rich Muldoon	0:48:14	
3	David Boyle	0:55:21	
<b>65-69</b>			
1	Jim Romero	0:37:51	Rosalie Murch 1:01:00
2	Jack Barry	0:41:27	
3	Lee Bengston	0:46:53	
<b>60-64</b>			
1	Lou Huie	0:37:46	
2	Tom Chambers	0:41:57	
3	Doug Tollin	0:44:42	
4	Rich Martinez	0:45:06	
5	Pitts O'Donnell	0:46:13	
<b>55-59</b>			
1	Jim Bosik	0:38:38	Deb Acree 0:43:42
2	Harry Dykstra	0:39:25	Jan Huie 0:50:50
3	Spiderman	0:39:44	Penelope 0:54:09
4	Bob Gassen	0:40:04	
5	Jerold Gardner	0:41:24	
<b>50-54</b>			
1	Bob Caillouette	0:35:53	Amy Lease 0:40:44
2	Ric Robinette	0:38:13	
3	George Huner	0:40:05	
<b>45-49</b>			

1	Adam Feerst	0:30:56	Diane Vanderhoeven	0:37:41
2	Tim Flanigan	0:34:54	Kathy Johnson	0:39:01
3	Dan Shaw	0:35:40	Kathleen Porter	0:48:04
4	David Kelble	0:38:17	Kim Shenfeld	1:02:36
5	Mitch Chesbro	0:39:46		
<b>40-44</b>				
1	Mark Ramsey	0:38:06	Janet Ralston	0:46:23
2	Chris Stone	0:39:16		
3	Ed Arenas	0:40:06		
4	Paul Rundle	0:47:46		
<b>35-39</b>				
1	Chris Voellar	0:31:16	Susan Bellard	0:34:30
2	David Rothenburger	0:33:12	Kristin Moreau	0:35:03
3	Lonnie Pilkington	0:33:36	Denise Glenn	0:38:10
4	Dave Slingsby	0:33:42	Michelle Kelble	0:46:36
5			Michelle Slingsby	0:47:00
<b>34 and Under</b>				
1	Mike Robert	0:32:56	Tanya Santer	0:34:11
2	Jason Meyers	0:34:48	Shelly Hawk	0:40:33
3	Paul Madden	0:35:14	Deb Rochaur	0:49:32
4	Mike Cavaleri	0:39:43		

**Once you're over the hill, you just keep running!**

**TOM BAILEY SPRING SPREE**

By Tom Alison

Irene and I arrived at Twin lakes Park at 7:30 AM. Lo and Behold Joe Sanchez was already there with the equipment. Other volunteers began to arrive, including Rosalia Murch and Connie Ahrnsbrak, Levi and Linda Gonzales, Ken Green, his wife, and granddaughter Taylor, Joe Baird, Ken Simons, Rob Fisher and my director partner Rich Romero and wife Esther. What a great crew. Thanks for all you do and did. We couldn't put on these events without all the help. Remember to try and volunteer for at least one run a year. It makes the club run so much smoother, plus you get to meet such great people.

Run got started right on time preceded by a moment of silence for two recently deceased very important members of our club. Tom Bailey, past president, who actually started the Spring Spree in Washington park and Jerry Murch who was always there to help with registration and did so much to promote our club.

The weather was perfect, in fact, some runners, because of the very cold winter, couldn't believe how much they perspired. Hector Martinez led all runners to the finish in a time of 34:24 and Tanya Pacev led the distaff side in a fast time of 41:54. Thanks to Runners Roost and to Great Harvest Bread door prizes were awarded at the awards ceremony. Be sure to support our benefactors.

Find at the end of this article the order of finish and the age group awards. They can also be found at the web site, [www.comastersrun.org](http://www.comastersrun.org). Be sure to visit often to be kept completely up to date with club happenings.

**Spring Spree Overall Results**

PLACE	NAME	TIME	AGE
1	Hector Martinez	0:34:24	
2	Keith Johnson	0:34:55	45
3	Peter Hopkins	0:37:24	43
4	Adam Feerst	0:39:10	47
5	Adam Adamowski	0:39:55	33
6	Anthony Lee	0:40:17	34
7	David Rothenburger	0:40:35	38
8	Rich Hadley	0:40:58	51
9	Irving Reza	0:41:36	15
10	Tania Pacev	0:41:54	47
11	Dave Slingsby	0:41:59	37
12	Jeff Young	0:42:20	51
13	Samantha Towne	0:42:59	19
14	Craig McSavaney	0:43:27	42
15	Bob Cooper	0:43:52	58
16	Jason Myers	0:44:10	33
17	Jeremy Mulkern	0:44:18	46
18	Dan Shaw	0:45:02	47
19	Theresa Jockers	0:45:19	45
20	Bob Irving	0:45:29	52

21	Trisha Francis	0:45:35	35
22	Denise Glenn	0:45:55	39
23	Bruce Dahm	0:46:02	38
24	Jay D Trujillo	0:46:15	48
25	Ric Robinette	0:47:05	54
26	Micol Rothman	0:47:09	35
27	Harry Dykstra	0:47:21	57
28	Paul Madden	0:47:26	30
29	Christine Adamowski	0:47:30	39
30	Finnegan Adamowski	0:47:30	0
31	Chris Stone	0:48:51	40
32	Scott McFarlane	0:49:25	55
33	Ken Randall	0:49:35	68
34	Eve Sheridan	0:49:45	28
35	Jim Romero	0:49:58	66
36	Tom Chambers	0:50:21	63
37	Kathy Johnson	0:50:35	45
38	Ross Westley	0:50:52	70
39	Amy Lease	0:51:08	53
40	John Kanarowski	0:52:12	36
41	Charles Scheibe	0:52:31	52
42	Leslie Mitchell	0:52:35	45

**Once you're over the hill, you just keep running!**

## Master Times

## Colorado Masters Running Club

6

43	<i>Elisabeth Kandel</i>	0:52:51	64
44	Kent Mitchell	0:53:02	65
45	Brent Jockers	0:53:10	56
46	Rich Martinez	0:54:13	60
47	Jim Peterson	0:56:05	68
48	<i>Alisa Emerson</i>	0:56:05	32
49	<i>Michelle Slingsby</i>	0:56:32	37
50	Lee Bengston	0:57:08	69
51	King E Medlin	0:57:31	42
52	Gabe Sisneros	0:58:02	68
53	Rich Muldoon	0:58:38	70
54	Rick Voorhees	0:59:31	54
55	Fred Trentaz	0:59:59	65
56	<i>Janet Ralston</i>	1:00:54	44
57	<i>Taunya Wilson</i>	1:01:04	60
58	<i>Holly Dahm</i>	1:01:17	37
59	<i>Carol Johnson</i>	1:02:43	52

60	<i>Audrey Krebs</i>	1:03:10	50
61	Edward Ewing	1:03:18	53
62	Earl Beam	1:03:26	56
63	<i>Deb Hadley</i>	1:04:19	50
64	Ken Green	1:05:41	78
65	<i>Paige Vincent</i>	1:06:44	37
66	<i>Vici Dehaan</i>	1:07:25	72
67	Palmer Beam	1:11:43	63
68	Joe Black	1:14:00	8
69	Dave Black	1:14:02	55
70	Larry Vincent	1:16:36	65
71	Charlie Schmucker	1:16:37	60
Race Walkers (5K)			
1	Rocilla Dilger	1:03:43	68

## Spring Spree Age Group Awards

Overall Men		Overall Women		
Place	Name	Time	Name	Time
	Hector Martinez	34:24	Tania Pacev	41:54
<b>75 and Over</b>				
1	Ken Green	1:05:41		
<b>70-74</b>				
1	Ross Westley	0:50:52	Vici Dehaan	1:07:25
2	Rich Muldoon	0:58:38		
<b>65-69</b>				
1	Ken Randall	0:49:35		
2	Jim Romero	0:49:58		
3	Kent Mitchell	0:53:02		
4	Jim Peterson	0:56:05		
5	Lee Bengston	0:57:08		
<b>60-64</b>				
1	Tom Chambers	0:50:21	Elisabeth Kandel	0:52:51
2	Rich Martinez	0:54:13	Taunya Wilson	1:01:04
3	Palmer Beam	1:11:43		
4	Charlie Schmucker	1:16:37		
<b>55-59</b>				
1	Bob Cooper	0:43:52		
2	Harry Dykstra	0:47:21		
3	Scott McFarlane	0:49:25		

4	Brent Jockers	0:53:10		
5	Earl Beam	1:03:26		
<b>50-54</b>				
1	Rich Hadley	0:40:58	Amy Lease	0:51:08
2	Jeff Young	0:42:20	Carol Johnson	1:02:43
3	Bob Irving	0:45:29	Audrey Krebs	1:03:10
4	Ric Robinette	0:47:05	Deb Hadley	1:04:19
5	Charles Scheibe	0:52:31		
<b>45-49</b>				
1	Keith Johnson	0:34:55	Theresa Jockers	0:45:19
2	Adam Feerst	0:39:10	Kathy Johnson	0:50:35
3	Jeremy Mulkern	0:44:18	Leslie Mitchell	0:52:35
4	Dan Shaw	0:45:02		
5	Jay D Trujillo	0:46:15		
<b>40-44</b>				
1	Peter Hopkins	0:37:24	Janet Ralston	1:00:54
2	Craig McSavaney	0:43:27		
3	Chris Stone	0:48:51		
4	King E Medlin	0:57:31		
<b>35-39</b>				
1	David Rothenburger	0:40:35	Trisha Francis	0:45:35
2	Dave Slingsby	0:41:59	Denise Glenn	0:45:55
3	Bruce Dahm	0:46:02	Micol Rothman	0:47:09

**Once you're over the hill, you just keep running!**

**Master Times****Colorado Masters Running Club****7**

4	John Kanarowski	0:52:12	Christine Adamowski	0:47:30
5			Michelle Slingsby	0:56:32
<b>34 and Under</b>				
1	Adam Adamowski	0:39:55	Samantha Towne	0:42:59
2	Anthony Lee	0:40:17	Eve Sheridan	0:49:45
3	Irving Reza	0:41:36	Alisa Emerson	0:56:05
4	Jason Myers	0:44:10		
5	Paul Madden	0:47:26		

**USA CROSS COUNTRY CHAMPIONSHIP RACE**  
by Vici DeHaan

On Saturday, February 10th, I had the privilege of running as part of a team of three women 70-79 in the USA Cross Country Championship 8K race held in Boulder on the Flatirons Golf Course. When Boulder won the opportunity to host this race, part of the requirement was to hold it on a flat course since it was held at altitude.

That requirement was no problem, but since it was cross country, we also had to provide some obstacles, which involved crossing through two irrigation ditches. Luckily the first ditch was shallow and filled with leaves, but the second ditch, nicknamed "Jonesy's Surprise," was a real hurdle. It had steep sides leading down to a small stream running through the bottom of it.

When my team of ladies checked the course out on Friday, the temperature was in the low 30s and the course was mainly muddy, including the two ditches. However, the morning of the race, we were greeted with dense fog, temperature in the teens, and ice!

Our team captain, a very serious competitor, inserted spikes in her running shoes. My other team member and I used ice joggers over our running shoes which helped to keep us upright. The course was a 2K course, which we had to run around four times. Since the masters' women were the first on the course at 9 a.m., we had to be especially careful since the previous day's muddy footsteps were now covered with ice. "Jonesy's Surprise" also had ice on both sides of it, making footing precarious. The

third time I went to cross the ditch, my left foot slid off the embankment, burying my foot in the water and mud.

Since the three of us in our 70s and another lady who just turned 80 were at the back of the pack, we were obviously lapped by the front runners, and it was inspiring to watch Patty Murray fly past us, finishing in 29:54. She was followed by Michelle Simonaitis from Utah who finished in 30:32, and Tanya Poel from Boulder who finished in 31:19.

The Boulder Road Runners fielded teams in every division, beginning with the teens and up through the 80s. The men in the age group 80-84 had three competitors, with Glen McIntosh of Boulder finishing in 1:11. We even had a competitor in the 85-89 age category: Irving Weiss, 87, a retired CU professor and avid cyclist, who finished in 1:41. The 80s women originally had a full team of three, but age took out two of them, one with a hip replacement.

As the younger groups competed, the crowd grew and it's estimated that around 10,000 spectators lined the course to watch the best runners from the US compete. Deena Kastor won the open women's 8K race in 28:47, and Alan Culpepper from Lafayette took the men's open category in 37:09 for 12K.

A well-known running couple here in Boulder, the Gouchers, both ran very well. Adam Goucher ran the 12 K in 37:35 placing 2nd for the open men, and his wife, Kara Goucher, ran the 8K in 28:01 for third in the open women's category.

Now the top runners will go on to Mombassa, Kenya on March 24 to compete in the IAAF World Cross Country Championships.

Next year's cross country championship race will be held in San Diego in February. Maybe we can get some masters teams together to participate. We have some fast, fit runners in our club, so if interested, talk to me (Vici) and I'll get you the necessary information when it becomes available.

**Once you're over the hill, you just keep running!**

**SOME RESULTS FROM NATIONAL XC AND AN OUT OF STATE EVENT:**

**Cross Country Nationals** in Boulder Feb 10th. Steven Sellars 20th overall masters, 4th place 45-49 in 28:54

**27th annual Charles Harris 10k Run**, Atlanta, Georgia Feb. 24th

Steven Sellars 34:15 - 13th overall, 3rd overall Masters, First place age group 45-49 (1 of 101), Jill Sellars 44:55 6th place in the 35-39 age group (6 of 55), Benji Durden 36:27 First place 55-59 age group (1 of 52) (This is the Benji that ran 2:09 at Boston in 83'), Amie Durden 46:56 7th place 50-55 age group (7 of 33)

**PELICAN UPDATE** ([Cahrnsbrak@yahoo.com](mailto:Cahrnsbrak@yahoo.com))

**11/06- Turkey Trot 5K, El Paso, TX:** Michael Quispi, 18:19.

**12/3/06- Fiesta Bowl Half, Scottsdale, AZ:** Pitts O'Donnell, 1:59

**12/10/06-Las Vegas Marathon:** Rich Romero, 3:48 (2<sup>nd</sup>); Pitts O'Donnell, 4:53 & Penelope, 5:06. The Half: Phillip Dizerega, 1:38; The B-Man (Jim Romero), 1:48 (2<sup>nd</sup>) & Tom Alison, 2:30.

**12/30/06- Kwanza 5K, Aurora:** Eric Ndikumana, 16:16 (OA); Omar Martinez, 16:36 (1<sup>st</sup>); Hector Martinez, 17:00 (1<sup>st</sup>); Esmerlda Martinez, 19:35 (OA); Jeff Young, 20:30 (1<sup>st</sup>); Samantha Towne, 22:04 (1<sup>st</sup>); Julio Bonilla, (2<sup>nd</sup>); \*Race Man (Mitch Chesbro), 22:16 (1<sup>st</sup>); Kim Shenfeld, 42:42 (1<sup>st</sup>) & Leslie Woods, 43:43 (1<sup>st</sup>). \*PR for Mitch Chesbro.

**1/01- New Years Day 5K, FTC:** Bobcat (Bob Caillouette), 21:09 (2<sup>nd</sup>); Roger Rybicka, 29:09 & Jim Peterson, 29:14.

**1/06- Turquoise Lake 20-Mile SS:** Trail Man (Adam Feerst), 4:14 (3<sup>rd</sup>) & Tania Pacev, 5:34.

**1/07- RMRR Twin Lakes 10K:** Michael Quispi, 41:36; Trail Man, 42:22; David Rothenburger, 43:28; Race Man, 50:15; George Huner, 52:40; Spiderman, 54:56; The B-Man, 56:33; Rocket Vorhees, 1:01; Mark Johnson, 1:03; Lee Bengston, 1:04; Alice Bernard-Vorhees, 1:10; & Chuck Thies, 1:26 (RW).

**1/13- Grand Lake 7K SS:** Kristin Moreau, 49:49 (OA) & David Rothenburger.

**1/14- MLK 5K, Aurora:** Race Man, 23:03 (2<sup>nd</sup>/OA) & Leslie Woods, 45:00.

**1/21- Frosty's Frozen runs, Chatfield: 10 Mile-** Eric Ndikumana, 1:03 (OA); Hector Martinez, 1:04 (1<sup>st</sup>); Oscar Ponce, 1:07 (2<sup>nd</sup>); Lee Anthony, 1:19:32; Jeff Young, 1:19:36 (2<sup>nd</sup>); Susan Bellard, 1:25:11 (1<sup>st</sup>); Irving Reza, 1:25:34; Mark Ramsey, 1:29 & Joseph Manilafasha, 1:37. **5 Mile-** Omar Martinez, 29:50 (OA); Mauro Martinez, 31:02 (2<sup>nd</sup>); Michael Quispi, 34:31 (1<sup>st</sup>); Diane Vanderhoven, 41:10 (1<sup>st</sup>); Strider (Tom Chambers), 46:15 (1<sup>st</sup>) & Steadfast Earl Beam, 53:59 (1<sup>st</sup>).

**PF Chang RNR Marathon, Phoenix:** Dave O'Sadnick, 3:14 & Polly Zimmerman, 3:54. *Both qualified for Boston! This was Dave's first marathon.*

**1/27- Best XC on Planet 4-Mile, Boulder:** Hector Martinez, 23:57; Mauro Martinez, 24:01; Keith Johnson, 24:07 (2<sup>nd</sup>); Steven Sellars, 24:54 (5<sup>th</sup>); Anthony Lee, 27:53; Irving Reza, 28:25; Bobcat (Bob Caillouette), 29:23; David Kelble, 32:28; Jill Sellars, 33:53; Kathy Johnson, 34:17 (2<sup>nd</sup>); Don Hayes, 38:22 & Michelle Kelble, 42:01.

**1/28- Polar Bear 5K, WP:** Race Man, 23:53 (1<sup>st</sup>); Leslie Mitchell, 25:59 (3<sup>rd</sup>); Earl Beam, 30:13; \*Karen Chase, 31:52; The Oak (Ross Westley), 31:56 (1<sup>st</sup>); Ken Weller, 37:47 (RW) & Ladies of Late Summer (Connie Ahrnsbrak, 27:27 (1<sup>st</sup>)/ Rosalie Murch, 37:06 (3<sup>rd</sup>). \*Ross's daughter running her first 5K.

**2/4- RMRR 7-Mile, CCSP:** Oscar Ponce, 39:11; Eric Ndikumana, 40:15; Joseph Manilafasha, 40:33; Hector Martinez, 41:13; Trail Man, 43:53; Chris Voellar, 44:45; Michael Quispi, 46:00; Dave Rothenburger, 47:56; Jeff Young, 50:48; Irving Reza, 52:38; Mark Ramsey, 57:10; Ric Robinett, 57:26; Race Man, 57:34; George Huner, 58:25; The B-Man, 59:42; Jerold Gardner, 1:00; Spiderman, 1:01:36; Leslie Mitchell, 1:01:57; Paul Rundle, 1:08:43; Sylvia Martinez, 1:08:46; Mark Johnson, 1:09; Lee Bengston, 1:10; Chuck Theis, 1:30 (RW); Olga Hnizdel, 1:37 & Ladies of Late Summer (Connie Ahrnsbrak, 1:04/ Rosalia Murch, 1:28.)

**Super Bowl 4-Mile, Wichita, KS:** R2G2 (Ray Grundmeyer), 35:56. Also, **Super Bowl 5K, WP:** Rich Romero, 24:08 (1<sup>st</sup>)

**Once you're over the hill, you just keep running!**

& Ken Weller, 37:49 (1<sup>st</sup>/RW).

**Frisco Gold Rush 7K SS:** Kristin Moreau, 40:24 (OA); Tania Pacev, 41:30 (1<sup>st</sup>) & Grid Iron (David Kelble); 44:19.

**2/11- Valentine Twosome 5K, Pueblo:** Connie Ahrnsbrak/ The Oak, 24:42 (1<sup>st</sup>) & Jan/Lou Huie, 25:42 (1<sup>st</sup>). *Each runner ran 1.6.*

**Valentine 5K, WP:** Polly Zimmerman, 24:44 (1<sup>st</sup>); Leslie Mitchell, 26:01; J Gutierrez, 27:50; Kim Shenfeld, 32:42 & Leslie Woods, 37:44. Also, **Santa Fe 7-Mile Trail, CS:** Rich Hadley, 51:55 (1<sup>st</sup>). Plus, **Greeley Valentine 5K,** Painted Horse (Jesse Tijerina), 22:13.

**2/17-Better Day 5K, Ft. Lauderdale, FL:** The B-Man (Jim Romero), 21:59 (1<sup>st</sup>).

**2/18- AIA Half, Ft. Lauderdale, FL:** The B-Man, 1:48 (2<sup>nd</sup>). Also, **Presidents' 5K, WP:** Painted Horse, 22:18 (3<sup>rd</sup>); Race Man, 23:42; J Gutierrez, 27:48; Ken Weller, 37:12 (RW) & Laura McCoy, 39:26. *Thank you Leslie Woods for volunteering!*

**2/24-Snowman Stampede, CCSP: 20 miler-**Hector Martinez, 2:17 (1<sup>st</sup>); Mauro Martinez, 2:20 (2<sup>nd</sup>); Lee Anthony, 2:26 (3<sup>rd</sup>); Tania Pacev, 2:30 (OA); David Rothenburger, 2:33; Mark Ramsey, 2:50 & Shane Holonitch, 3:11 (1<sup>st</sup>). **10 Miler-** Joseph Manilafasha, 57:09 (OA); Omar Martinez, 57:23 (1<sup>st</sup>); Eric Ndikumana, 1:03 (3<sup>rd</sup>); Michael Quispe, 1:07 (1<sup>st</sup>); Susan Bellard, 1:13 (1<sup>st</sup>); Irving Reza, 1:15; Diane Vanderhoven, 1:20 (2<sup>nd</sup>); Strider, 1:30 (2<sup>nd</sup>); Leslie Mitchell, 1:32 & Jerold Gardner, 1:34. *Spiderman & Connie Ahrnsbrak volunteered.*

**Antarctica Marathon:** The B-Man, 5:12 (2<sup>nd</sup>). *Brrrrrrrrrrrrrr*

**2/25- Run the Register:** Paul Moreau, 6:25 (2<sup>nd</sup>); Trail Man (Adam Feerst), 6:25 (3<sup>rd</sup>); Kristin Moreau, 7:39 (OA); Bruce Dahm, 8:36; Holly Dahm, 10:13 & Sir Fred Trentaz, 11:15 (5<sup>th</sup>).

**3/4- Fin Del Mundo Marathon, Ushuala, Argentina:** The B-Man, 4:12. Also, **Pueblo Chieftain Spring Runoff: 10-Mile-** Dave O'Sadnick, 1:06:31 (1<sup>st</sup>); Rich Hadley, 1:06:51 (2<sup>nd</sup>); Lou Huie, 1:20 (1<sup>st</sup>); Polly Zimmerman, 1:22 (1<sup>st</sup>); Kent Mitchell, 1:26:37 (1<sup>st</sup>) & The Oak, 1:26:39 (1<sup>st</sup>). **10K-** Janice Huie, 56:19 (1<sup>st</sup>).

**3/11- ROTG:** Omar Martinez, 22:50 (3<sup>rd</sup>); David Rothenburger, 26:30; Dave O'Sadnick, 26:38 (2<sup>nd</sup>); Rich Hadley, 26:53 (3<sup>rd</sup>); Bobcat (Bob Caillouette), 28:42; Painted Horse, 30:15; Green Machine (Alyn Park), 31:05 (3<sup>rd</sup>); Robert Kanieski, 31:15; Jay Wissot, 32:07 (1<sup>st</sup>); Lou Huie, 32:17 (2<sup>nd</sup>); Megan O'Sadnick, 32:39 (3<sup>rd</sup>); Scott McFarlane, 33:00; Rich Romero, 33:33 (1<sup>st</sup>); Mitch Chesbro, 33:40; Greg Ayres, 33:40; Connie Ahrnsbrak, 35:59 (2<sup>nd</sup>); J Gutierrez, 38:19; Janice Huie, 38:21; Pitts O'Donnell, 39:12; Lee Bengston, 39:57; Michelle Kelble, 40:03; Rocket Voorhees, 40:47; Kathy O'Sadnick, 41:02; Jim Peterson, 41:06; Sir Fred Trentaz, 42:12; Alice Voorhees, 42:17; Earl Beam, 42:57; Audrey Krebs, 43:04; Deb Hadley, 43:12; Joe Baird, 45:42; Rosalie Murch, 48:58; Kim Shenfeld, 51:14; Laura McCoy, 51:52; Kate Baird, 56:23; Leslie Woods, 56:48 & Penelope.

### **Memorial Run 5K and Potluck** **Writer's Vista Park - Saturday, May 12 @ 4pm**

Writers' Vista Park is located about a mile east of Santa Fe and Mineral on the right-hand side.

If you are coming south on Santa Fe, make a left at the lights which is Santa Fe and Mineral. Coming north on Santa Fe, make a right on Mineral. See the [Yahoo Map](#) for details

There will be a POT LUCK right after the race. Bring whatever to share and whatever beverage you prefer or care to share.

For information or to volunteer call Rosalie Murch at 303-693-2278 or Connie Ahrnsbrak at 303-985-1168.

**Once you're over the hill, you just keep running!**

**Sand Creek 5 Miler**  
**Saturday, April 7 @ 9am**

Course: Dirt trail. Mostly flat. One uphill grade from mile 1 to mile 2. Out and back.

**Directions:** Take I-70 east from downtown Denver to the Havana St. exit. Exit and go south on Havana to Smith Rd. (4 way stop). Go right (west) on Smith to the trail head where Smith dead-ends.

Note: No access to the trail head from Quebec St.

**CALL FOR VOLUNTEERS:** Call Rob Fisher at 303-738-0115 or 720-333-0624 to volunteer. We need help at the aid station and at the finish.

**South Valley 10K**  
**Saturday, June 9 @ 8am - South Valley Park**

Directions: From the metro area, travel south on C-470 and exit westbound on Ken Caryl Avenue. Turn left on South Valley Road to the park's north parking area

Alternately, from South Platte Canyon Road (C-470 and S. Wadsworth) take Deer Creek Canyon Road west to South Valley Road and go north on South Valley Road to the parking area.

The race director will be implementing a kid's run after the 10K. Ribbons will be awarded to all of the children, so bring the kids, grandkids or the neighbor's kids!

For information or to volunteer call Paul Madden at 303-868-7248 or Jason Myers at 720-936-7860

**Want to give back to the Colorado Masters? Consider volunteering as newsletter editor. Put together only 3 newsletters each year, get to know the others in the club better, and have fun at the same time! Call Julie Kimpel at 303-232-0881 or email to [kimpel@adnmail.com](mailto:kimpel@adnmail.com) for more information.**

**Once you're over the hill, you just keep running!**

## 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

		Home Phone	Work Phone	E-mail Address
<b>President:</b>	Ken Simons	303-421-5835		<a href="mailto:kssimons5@aol.com">kssimons5@aol.com</a>
<b>Vice President:</b>	Rob Fisher	303-738-0115	720-333-0624	<a href="mailto:rob_fisher@bonfils.org">rob_fisher@bonfils.org</a>
<b>Treasurer:</b>	Tom Alison	303-791-6166		<a href="mailto:motnosila@comcast.net">motnosila@comcast.net</a>
<b>Secretary:</b>	Chris Vanoni	303-744-9067		<a href="mailto:m_c_vanoni@msn.com">m_c_vanoni@msn.com</a>
<b>Membership Chairperson:</b>	Scott McFarlane	303-904-4542	303-236-5692	<a href="mailto:simcfarl@pcisys.net">simcfarl@pcisys.net</a>
<b>Web Site Chairperson:</b>	Scott McFarlane	303-904-4542	303-236-5692	<a href="mailto:simcfarl@pcisys.net">simcfarl@pcisys.net</a>
<b>Members At Large:</b>	Joe Baird	303-758-1934	303-465-9898	<a href="mailto:jbaird@alliancereloseservices.com">jbaird@alliancereloseservices.com</a>
	Rich Romero	303-751-4284	303-751-4284	<a href="mailto:estrichromero@comcast.net">estrichromero@comcast.net</a>
	Mike Vanoni	303-744-9067	303-758-7373	<a href="mailto:mev@cre-denver.com">mev@cre-denver.com</a>
	Bruce Kirschner	303-666-0864	303-671-1037	<a href="mailto:bhkirsch@comcast.net">bhkirsch@comcast.net</a>
<b>Newsletter Co-Editors:</b>	Julie Kimpel	303-232-0881		<a href="mailto:kimpel@adnmail.com">kimpel@adnmail.com</a>
	(March-April; July-August, November-December issues)			
	989 Van Gordon St Golden CO 80401			
	Dan Shaw	303-371-6468	720-480-2370	<a href="mailto:dshaw_64@yahoo.com">dshaw_64@yahoo.com</a>
	(January-February; May-June; September-October issues)			
	4417 Dearborn Street, Denver, CO 80239			

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.

**Once you're over the hill, you just keep running!**

## 2006 COLORADO MASTERS RUNNING ASSOCIATION SCHEDULE

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

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

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

Day	Date	Time	Event	Location	Contact
Sat	1/20/07	9:00 am	Lake Arbor 5K	Lake Arbor, Arvada	Ken Randall, 303-422-3745
Sat	2/10/07	9:00 am	40 Furlongs (5 Miles)	South Suburban Tennis Center, Littleton	Rich Voorhees, 303-794-6526
Sat	3/10/07	9:00 am	Spring Spree 10K	Twin Lakes Park, 70 <sup>th</sup> & Broadway, Westminster	Tom Alison, 303-791-6166 Rich Romero, 303-751-4284
Sat	4/7/07	9:00 am	Sand Creek 5 Miler	Old Stapleton Airport, Denver	Rob Fisher, 303-738-0115
Sat	5/12/07	4:00 pm	Memorial Run 5K and Potluck	Writer's Vista Park, Littleton	Connie Ahrnsbrak, 303-985-1168 Rosalia Murch 303-693-2278
Sat	6/9/07	8:00 am	South Valley 10K	South Valley Park, Littleton	Deb Acree, 303-279-7020
Sun	7/15/07	7:30 am	Mountain Madness 12K (5k for racewalkers)	Christie's Event Center, Genesee	Jim Romero, 303-794-2952 Jerry O'Donnell
Wed	8/15/07	6:30 pm	Fairmont 5K Trail	Fairmount Park, Golden	Pat Phillips, 303-279-4305
Sun	8/26/07	8:00 am	Elk Meadow Trail 10K	Elk Meadows Park, Evergreen	Wayne Mathis, 303-979-9592
Sat	9/22/07	8:00 am	Barr Lake 1/3 Marathon	Barr Lake State Park, Brighton	Dave Black, 303-781-1738
Sun	10/14/07	9:00 am	Coal Creek X-Country 5.72 Miler	Louisville Community Park, Louisville	Bruce Kirschner, 303-666-0864 Randy Luallin, 303-665-4995
Sat	11/17/07	9:00 am	Chatfield 10 Miler	Chatfield State Park, Littleton	Kim Massey, 303-765-5512 Scott McFarlane, 303-904-4542
Sat	12/8/07	9:00 am	Clear Creek 4 Miler	Prospect Park, Wheatridge	Vici DeHaan, 303-494-1782

**CMRA**  
**8100 E. Union Ave.**  
**#R1601**  
**Denver, CO 80237**

**Once you're over the hill, you just keep running!**