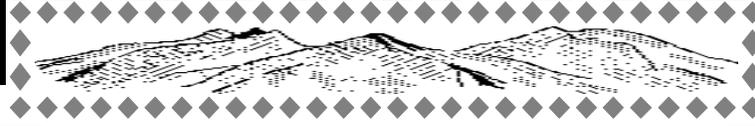


MASTER TIMES



May/June 2008

Volume 40 Issue 3

PRESIDENT'S CORNER

By Ken Simons

RACE DIRECTOR(S) NEEDED

A director is needed for the 2009 Memorial 5K race held in May. If you have someone who could work with you as co-director, that would be even better. There should be no problem enlisting help from experienced people with the planning and conducting of the race. You could help decide any changes to the location, time, or format of the race. If interested, please contact any of the board members.

QUARTERMASTER NEEDED

A quartermaster is needed for at least the summer months, beginning in 2009. The quartermaster keeps the equipment for the race, and brings it to the races. The present quartermaster wants the summer months off, but would be willing to serve the rest of the year if needed. The quartermaster should have a vehicle such as a pickup or van to haul the equipment. If interested, please contact any of the board members.

ZEN RUNNING

Early this year, I had received in the mail a catalog of bargain books. For \$28.25 including shipping I ordered five pretty good books. One of them was entitled "Zen Putting". One of the central themes presented in the book was that procedure is more important than results.

I started wondering how this would apply to running. Is the way we run more important than how we place in a race? I remembered that I did have a small paperback on Zen running from years ago. However, I was unable to locate it, so I resorted to looking on a couple of internet web sites.

From Cocacabana.net, I first looked at the meaning of Zen. "Zen is an oriental mystical practice whose aim is to reach the awareness of the moment, by practicing meditation... liberating ourselves from the crowd of the conscious thoughts that are usually on our mind". Zen running is "to be completely free from your conscious thoughts, letting yourself go to the deep freedom of your running".

Then from Anthropology.suite101, there was an article entitled "The Runners' Ego or Lack Thereof", by Gerda Wever-Rabel. The article seems to imply that Zen running discards the thoughts of self as "good" or "bad" related to how well the person runs (e.g. time in a race). There would be a distancing from the self. A Dutch runner Klaartje said "I am present but my mind is empty, and there are no thoughts." Another Dutch runner Hans said, "When I run by myself on trails, I often find myself observing things without judging, without forming an opinion... the simplicity of focusing only on my breath and steps helps me to empty my mind so that I can really take in what is around me."

Once over the hill, you pick up speed!

RUNNING IN TUCSON

The motel we stay at during part of March is located near a recreation center with a large parcel of desert behind it. Directly next to the motel is a gravel alley. Running down it, crossing a non-busy street, I continue on (1/2 mile total) to where I can begin a two-mile loop. Much of the loop is through the desert, with a smaller amount next to a 1K asphalt loop frequented by walkers and runners. After completing one or more loops, I can return the same way to the motel. This year, I ran several 7-mile distances, as well as a few 3-mile runs.

In past years, I would include one or two mountain trail runs, either in Sabino Canyon or Saguaro National Park East. I have not done that for a few years though.

I have noticed a lot of runners on a largely gravel route along the streets near Hi Corbett Field where the Rockies have their spring training and near the Del Ulrich and Randolph Golf Course. I think they begin their runs from a nearby recreation center. One downside to their route is that it crosses several entrances to parking lots; the runners need to be careful there.

RUNNING: A TRIATHLETE'S PERSPECTIVE

By Jason Myers

I come from a running background. In the fifth grade, my father signed me up for cross-country. I was told I was a "natural runner," but I don't believe I ever knew what that meant. Logically I ran track simply to keep in shape for XC. Late in high school I grew to appreciate track as I began to excel at middle distances, which I largely attribute to weight training.

I tried running a bit in college: a marathon and a few visits to the university's XC team practice as I entertained walking on. However, I became focused on staying in school, joined a fraternity, and subsequently gained 26 lbs.

Fast-forward to the next decade: I got the urge to compete in a triathlon. I had a few friends complete one, and naturally if they could do it I could. For over a year the urge would revisit me. Whimsically, I signed up for my first triathlon. I had to learn to swim 500 meters, which took me a few weeks to do. I'd done a lot of mountain biking over the years so I was well prepared for the 15K bike. A 5K run, well, shouldn't be an issue.

The race was a disaster, but I'll spare you the details. However, I had a great time and couldn't wait to do another! I participated in a few more triathlons and immediately eyed the coveted Ironman triathlon: 2.4 mile swim, 112 mile bike, 26.2 mile run. I signed up, a year in advance, and began training diligently. Through the course of this training I matured tremendously as an amateur athlete and gained new perspectives as a runner.

Following are highlights from my recent triathlon journey:

Triathlon training is logistically complicated

It's challenging to balance training of the three disciplines and as well as plan for the next day's workout. Swimming requires a good level of planning: pool schedules for lap lanes, swim gear, towel and pool pass. Biking requires a massive list of equipment and, in my case, moderate to fair weather: inspect, check weather, spare tube, air, helmet, glasses, gloves, jersey, tools, recheck weather, etc. Running, on the other hand, is simple: shoes & socks, shorts, and a trail or road; rain or snow.

Triathlon is expensive

See above paragraph. Cycling for certain is expensive given all the equipment required. Swimming, surprisingly, is far from cheap depending upon pool access fees. Triathlon races are very expensive. Most

Once over the hill, you pick up speed!

Ironman events are now close to \$500, or more. Local medium-distance races are very nearly twice the cost of running events.

Triathletes wear strange clothes

But the clothes are functional and justifiably being embraced by the running community. In fact, I see traditional triathlon jerseys more and more in running races. Triathlon tops are much like a running singlet, but firmer fitting, made from technical material, and have pockets for storage. Another less commonplace example is in the case of compression socks, which are compression-fitting “tube socks” marketed to reduce fatigue. These have been gaining popularity in the triathlon market and are making their way into running.

Triathlon tests your limits

While training for an Ironman race, I felt that triathlon tested and stretched my endurance longer than running alone. Spreading endurance training over multiple disciplines allowed my body to go longer and recover faster. I’d never consider a five-hour running workout weekend after weekend, but did often perform five-hour workouts via swim/bike/run. I will certainly embrace cross-training in the future to capitalize on these fitness benefits.

Triathlon training takes discipline and commitment

Managing and focusing the hours required more discipline than I had exploited as a runner. I had never embraced endurance-training fundamentals such as periodization, build periods, tapering, etc. These are all proven techniques learned by necessity in triathlon training that I’ve since applied to preparing for running races.

Nutrition is a critical triathlon component

In triathlon, the fourth discipline is often referred to as nutrition. In my previous marathon days, back in my naiveté, I’d run a race sipping on water and sports drinks and maybe eat a nutrition bar. Shortcuts aren’t tolerated in 10hr+ races, and triathlon requires diligent race and recovery nutrition to be competitive and stay on plan.

My Ironman race last November was a great success. The weather was great, the event was wonderful, I was well prepared, and executed my plan nearly flawlessly. And although completing an Ironman gave me a great sense of satisfaction, the event itself was overshadowed by the months of consistent training, disciplined nutrition, and learning experiences leading up to the event.

One thing the sport of triathlon did is reunite me with running. I’ve gained a new appreciation for the simplicity of the sport and a new passion for disciplined training and smart goal-setting. Triathlon will soon drift into my past, but running has found me again. The lessons learned will make me a better runner, and the cross-training workouts of swimming and biking will increase my level of motivation and reduce my chance of being sidelined by injury.

I encourage you to explore the vast world of triathlon. Participate in a team relay or volunteer at an upcoming event. Maybe you will fall in love with the sport, but if not, you will come out of your experience a more complete and competitive runner.

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RUNNING DOWN THE MOUNTAIN

By Dan Shaw

As luck would have it, I happened to run this year's Colorado Marathon in Ft. Collins, a wonderfully orchestrated event on a beautiful spring morning on Colorado's Front Range, and it was a great experience. The revised course this year started at Steven's Gulch Campground up the Poudre Canyon west of the city. The winding course followed the river out of the mountains and onto the flatland, ending in the charismatic setting of Old Town Ft. Collins. A good time was had, a PR was set, and the race's technical t-shirt is a pretty cool memento.

Sometimes whimsy brings rewards. Now, whimsy and marathons do not usually make a good mix, and the result in this case was not complete success, but without doubt good fun.

You see, what happened was, somehow last year I got the crazy idea to try to qualify for the New York City Marathon. Whether this wild side effect of my addiction to running was a bad idea or not, it was motivating and fortunately pushed me to give Ft. Collins' renovated spring marathon a try.

Qualifying for the Boston Marathon had been my holy grail for years, as it is for many non-elite road runners. As our capabilities improve over time, many among us eventually look to qualify for this granddaddy of all marathons. My focus on this goal began in 2001. After many years of struggle, I managed to qualify for Boston at the flat, fast 2006 Chicago Marathon. Whoopee! For a few months, pride and glory were mine while training to run Boston. Then, after surviving one of the coldest, windiest Boston Marathons in history, it was over. Goal achieved. Time to move on. But to what?

Well, the prestigious New York City Marathon came to mind. Unfortunately, this race as a goal didn't seem to satisfy. New York has a lottery for entries, so anyone can run. What glory in that? Checking out their website however, a more interesting prospect presented itself: New York offers automatic entry for qualifying runners! A review of the qualifying times opened my eyes to a daunting proposition. To qualify for my age group at Boston required a mere 3:30 marathon. Qualifying for New York's automatic entry on the other hand demanded a far more challenging 3:10, or a 1:30 half-marathon. Tough certainly, I thought, but not completely out of reach. Perfect!

The half-marathon time seemed more likely somehow. Over the following year I attempted three halves, getting close each time but missing the goal. After failing to qualify at the Platte River Half Marathon in April, it was time to reassess my initial strategy. Maybe a marathon would be easier after all? How about fast, downhill course to stimulate a sweet pace? On the spur of the moment, I entered the Colorado Marathon, just four weeks away. Smart move? Not in the least. Motivating? Absolutely!

Now, legends are not made from four-week marathon training plans, but what the heck! With no time to lose, after just one day off to recover from the half marathon, it was right back to training. With just one long run of more than 15 miles since January, endurance appeared to be – and eventually proved to be – too much of a challenge. Three weeks out, I logged a 20 miler. Six days later, another. Four days later, and just 15 days before the marathon, a final long run of 16 miles was logged.

I knew my best shot at attaining the goal was to maintain even pacing. Early in the race, I clicked off the miles steadily at goal pace. The last several miles, after the course left the beautiful canyon and flattened out, the short training plan forced me off pace by several minutes. Still, the result was a satisfying eight minute personal record. Not bad! For now.

Once over the hill, you pick up speed!

I guess it's high time to go ahead and put October's Denver Marathon on the schedule, to allow scheduling a more traditional 16-week marathon training plan for this next attempt. Unfortunately, downtown Denver won't provide any mountains to run down.

SAND CREEK 5 MILER

April 12, 2008

By Rob Fisher

Wow, it is hard to believe that this is the 4th Annual already. It seems like yesterday I was laying the course out for the first time. It's a lot easier now with experience but I still needed plenty of help to put on the show.

First, I want to thank the Weatherman. In the four years there has only been one bad day. Some of you will remember last year with the snow and sleet, enough cold and wind to cancel the awards and keep us from putting the frosting on the cake. The first couple weekends in April can bring almost anything. Three years ago we had a magnificent day for the race and then 18 inches of snow the next day. So, this year was great: temperatures in the 50's and a little cold wind that came up near the end but all in all a very good weather day.

We changed up the course just a little this year. Dan Shaw and I spend a couple afternoons running over the old course doing some measuring and discussing changes. In an effort to make it a little more compact we added a loop down along the Sand Creek in the first mile. Most of the runners liked the change. Expect more changes in the future. Once Westerly Creek is rerouted to the satisfaction of the Corps of Engineers the Sand Creek Trail in the Stapleton area will be completely redone. Who knows when that will happen, but more than likely within the next couple years.

The race was another "run away" with Stan Pyle winning by almost one minute over two-time winner Keith Johnson (2005 and 2006). Keith has finished in the top 3 in each of the races. At 26 years old, Stan was hardly a master but he sure did master the course. Tania Pacev took the honors on the female side, winning by almost one minute over Denise Glenn. 71 runners showed up to test the course and themselves.

The awards presentations were held this year thanks to the weather. There were plenty of great prizes for the drawings and most runners walked away with some type of reward for their day's efforts. As usual, Great Harvest Bread in Arvada provided some great bread. Road Runner Sports gave us hats and a gift certificate for a pair of high end shoes. Boulder Running Company gave us several gift certificates. Please buy some stuff at their stores. And don't forget our great medals. There is no better place to get value for your running dollar than at a CMRA race.

As usual lots of people pitched in to make sure the event was successful. Rosalia Murch took care of registration. Joe Baird and Tom Alison helped with the finish line. Will Shaw created the promotional posters. Lu and Joey Shaw manned the turn around and aid station. And of course Joe Sanchez brought all the support equipment and supplies. I can't forget my wife. Nancy again pitched in and filled in where ever we needed help.

Dan Shaw was again the co-director. It is always good to have someone to share ideas with in planning any event. We went over the course several times and he helped me put the whole thing together. Thank you Dan.

Hope to see you all next year. It was a pleasure.

SAND CREEK RACE RESULTS

PLACE	NAME	TIME	AGE				
				2	Keith Johnson	28:51	46
1	Stan Pyle	27:59	26	3	Salem Haji	31:54	36

Once over the hill, you pick up speed!

4	Adam Feerst (Trailman)	31:59	48		<i>baby</i>		
5	Michael Quispe	32:29	41	38	Jeff Underwood	43:43	59
6	Bob Cooper	34:41	59	39	Connie Ahrnsbrak	43:59	68
7	Scott Dailey	34:55	42	40	Deborah Acree	44:00	56
8	Paul Moreau	35:20	42	41	Rich Martinez	44:06	61
9	Tania Pacey	35:28	49	42	Kellie Steward	44:06	44
10	Jason Myers	35:36	34	43	Lauren Dutterer	45:12	30
11	Todd Forkner	36:00	41	44	Taunya Wilson	45:16	61
12	Denise Glenn	36:20	40	45	Holly Dahm	45:17	38
13	Kirschner	36:44	54	46	Ken Simons	45:29	70
14	Karen Voss	36:48	42	47	Gale Meuret	45:35	60
15	Chris Stone	37:13	41	48	Jacques Moreau	45:59	10
16	Theresa Jockers	37:15	46	49	Bob Ryan	46:02	49
17	Robert Kanieski	37:18	30	50	Mike Jezier	46:15	50
18	Tim Clingerman	37:25	31	51	Kent Mitchell	46:23	66
19	Jay D. Trujillo	37:41	49	52	Lee Bengston	46:40	70
20	Scott Jackson	37:59	40	53	Mark Hackett	48:15	37
21	Bruce Dahm	38:15	39	54	Pitts O'Donnell	48:35	61
22	Alan Johnson	39:33	47	55	Jim Thomas	48:46	56
23	Kimball Crangle	39:36	31	56	Sara Singh	48:48	33
24	Michelle Slingsby	40:17	38	57	Bee McLeod	49:34	45
25	The B-Man (Jim Romero)	40:31	68	58	Rick Voorhees	51:49	55
26	Rich Romero	40:35	71	59	Dick Grauer	52:05	70
27	Brent Jockers	40:50	57	60	Rich Muldoon	52:15	71
28	George Huner	41:12	54	61	Alice Bedard- Voorhees	53:33	56
29	Caitlen Jones	41:25	24	62	Ken Green	53:59	79
30	Amy Lease	41:56	54	63	Don Robinson	54:20	76
31	Kool Shades (Ken Randall)	42:02	69	64	Goody Tyler	53:29	55
32	Kirpal Singh	42:24	33	65	Chris Vanoni	57:06	56
33	Kathy Johnson	42:27	47	66	Charles Schmucker	1:00:43	61
34	Peter Szymanski	42:41	52	67	Rosalia Murch	1:03:49	67
35	Gery Bates	42:45	51	68	Bob Bussey	1:08:36	73
36	Spiderman (Scott McFarlane)	42:51	57	69	Wayne Mathis	1:10:29	64
37	Kristin Moreau &	42:58	41				
					Racewalkers		
				1	Dave Banko	1:16:55	56
				2	Sheryl Riley	1:18:08	58

Editor's note: For age group results, please visit the CMRA website at http://www.comastersrun.org/Race_Info/2008/Sand_Creek_Results.html.

MEMORIAL RUN 5K
May 10, 2008
By Connie Ahrnsbrak & Rosalia Murch

The third time was not a charm weather-wise. We had some snow, rain, wind and sunshine which made it not too boring for our small group of members who came out to run. Michael Quispe led the way with an overall time of 19:31 with Robert Kessler chasing him with a close second in 19:47. Our overall woman was 51-year old Dani Phillips with a time of 27:17. I am hearing it is not necessarily a flat course.

The addition of a kid's run did not prove a good idea, however, we had one little lady in pink. Five year old Alaya Vigil (Connie's granddaughter) came out to run about 3/4 of the one mile kid's run course. She wanted to know where all the people were. Mats Moreau (8), Jacques Moreau (11) and Joe Black (9) all chose to run the 5K.

The end result "potluck" was a good time with lots of yummy food and sunshine, thanks to everyone! We can't thank our volunteers enough so I will just mention their names in alpha order: Joe Baird, Carol Bengston, Dawn & Joseph Estes (Rosalie's daughter & grandson), Scott McFarlane, Joe Sanchez, Ken Simons, and Amber Vigil (Connie's daughter). Also, Jim Peterson helped unload during the snow time. Rosalie and Carol handled registration in the car during the rain time. Our members who came the distance were: Jim & Jenny Peterson from Longmont; Robert Kanieski and Glenn Bakken from Grandby; and Wayne Mathis and Tall Red from Evergreen.

Lastly, thanks to Great Harvest Bread, Boulder Running Company, Runner's Roost, Running Wild, CMRA, and Rosalie Murch for gift certificates, and various door prizes.

NOTE: PLEASE LOCK YOUR CARS AT ALL TIMES AND KEEP VALUABLES HOME OR HIDDEN. Jay Trujillo and Dani Phillips had their cars broken into as we sat over at the shelter.

MEMORIAL RUN RESULTS

PLACE	NAME	TIME	AGE		NAME	TIME	AGE
1	Michael Quispe	19:31	41	15	Tall Red (Ed Youngberg)	26:49	65
2	Robert Kessler	19:47	52	16	<i>Dani Phillips</i>	27:17	51
3	David Rothenburger	19:52	39	17	Alan Gay	28:13	47
4	Paul Moreau	20:30	42	18	Joe Black	28:14	9
5	Don Rosenberry	22:08	50	19	Jim Peterson	28:48	69
6	Jay D. Trujillo	22:41	49	20	Lee Bengston	28:53	70
7	Robert Kanieski	22:52	30	21	<i>Kim Massey</i>	29:23	49
8	Jacques Moreau	23:33	11	22	Tom Duran	29:30	60
9	Joseph Estes	24:57	16	23	Mats Moreau	29:50	8
10	Rich Romero	25:01	71	24	<i>Kristen Moreau</i>	29:51	41
11	Spiderman (Scott McFarlane)	25:53	57	25	Andy McKean	30:54	62
12	The B-Man (Jim Romero)	26:09	68	26	Rich Muldoon	31:09	71
13	Rich Martinez	26:33	61	27	<i>Sharon Majetich</i>	32:01	48
14	Glenn Bakken	26:35	57	28	Kevin Haggerty	32:02	48
				29	Dave Black	36:13	57
				30	<i>Rona Kadish</i>	36:38	55

Once over the hill, you pick up speed!

31	Wayne Mathis	39:42	64	1	Alaya Vigil	8:42	5
32	Ron Turk	50:02	57				

Kids' 3/4 Mile

Editor's note: For age group results, please visit the CMRA website at http://www.comastersrun.org/Race_Info/2008/Memory_Run_Results.html



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

3/2 – 8K Stick Race, Derby, KS: R2G2 (Ray Grundmeyer), 47:50.

3/15- Army Reserve St. Patrick's' 4-miler, Wichita, KS: R2G2, 36:16 (1).

3/22- Easter Sunday 10K: Wichita, KS: R2G2, 53:22 (1).

4/6- Platte River Half, Buckhorn Xchange: Bob Basse, 1:30 (1); Dan Shaw, 1:31 (3); Denise Glenn, 1:33 (2); Forrest Caillouette (Bob), 1:35; Green Machine (Alyn Park), 1:41 (1); Lou Huie, 1:48 (3); Jay Wissot, 1:49; Rich Romero, 1:50 (1); The Oak (Ross Westley), 1:53 (2); Jay D. Trujillo, 1:55; Janice Huie, 1:58 (4); Mark Ramsey, 2:09 & Leslie Woods. *CM volunteers*

were Connie Ahrnsbrak, Shane Holonitch, Terry McFarlane & Rosalie Murch.

4/13- Go Metro 5K, Denver: George Greco, 20:49 (1) & The Oak, 24:12 (1). **Arbor Day 5K, Denver:** Jill Zancanelli, 22:48 (2); The Oak, 24:12 (1) & Julie Orr, 30:00. **HLR 5K:** Strider (Tom Chambers), 50:48 (1).

Horsetooth Half, FTC: Phillip Dizerega, 1:39; Roger Rybicka, 2:18; Vici Dehaan, 2:36 (1) & Fay Dizerega, 2:50 (1).

4/19- Greenland Trail runs: 8-Mile: The B-Man, 1:10 (3); Caitlin Jones 1:11; Lou Huie, 1:16; Tom Chambers, 1:17; Connie Ahrnsbrak, 1:18; Jack Barry, 1:20; Jan Huie, 1:25; Pitts O'Donnell, 1:29 & Jim Peterson, 1:40. **25K:** Michael Quispe, 1:48 (5/OA); Salim Haji, 2:07; George Greco II, 2:18 (1); Diane Vanderhoven, 2:27; Bill Faulkner, 2:39 & Pat Tolleson, 3:01.

Elbert Reflections 10K, Elbert: John Miranda, 1:02 (3) & Stonewall (Ken Green), 1:09. **Desert R.A.T.S., Fruita:** 10-Miler- Shane Holonitch, 1:59 & **25-Mile:** Saw Shane Holonitch, 5:14. **Ryan Elementary 5K, Westminster:** Hector Martinez, 17:19 (OA).

4/20- Bellview Chiropractic 5K, CCSP: The Oak (Ross Westley), 25:04 (1) & Leslie Woods, 42:50 (2). **Earth Day 5K, CU Campus:** Vici Dehaan, 32:01 (1).

4/26- Louisville Derby Half, KY: Connie Ahrnsbrak, 1:55 (1) & Roger Rybicka, 2:09. **Marathon:** Bob Cooper, 3:21 (2).

McIntosh Mud Hen 5K: Robert Kanieski, 22:25 (1); Jim Peterson, 27:41 (1); Jim Dizerega, 34:34; Fay Dizerega, 39:06 (1) & Dick Grauer, 34:08 (3).

4/27- Fisher 5K, Columbus, OH: Connie Ahrnsbrak, 25:03 (1).

Cherry Creek Sneak 5-Miler: Oscar Ponce, 27:00 (8/OA); Paul Moreau, 32:01; David Rothenburger, 31:24; Karen Voss, 34:49; George Huner, 39:37; Rich Romero, 40:01 (1); Rich Martinez, 41:59; Kent Mitchell, 43:32; J Gutierrez, 44:08 & Joe Baird, 55:01. **5K-** Dan Shaw, 20:56; Greg Ewing, 22:51; Joey Shaw, 26:58; 10-year old Jacques Moreau, 27:12; Willy Shaw, 28:35; Sir Fred Trentaz, 31:31; Sam Shaw, 35:51; Shannon Shaw, 39:32; Leslie Woods, 42:13; & Lu Shaw, 46:33.

Once over the hill, you pick up speed!

5/3- Bloomington 12K, IL: Strider (Tom Chambers), 1:03 (3). *Cold, misty & extremely windy, 27th anniversary.* **Genesee Mountain Fitness 5K, Golden:** Lightfoot (Deb Acree), 27:59.

5/4- Iron Girl 2.8, Veterans Park: Julie Orr, 25:20 (2) & Kathy Klesmit, 26:34 (3). **Fairmont 5000, Golden:** Keith Johnson, 17:40 (1); Kathy Johnson, 24:11 (2) & Taunya Wilson, 25:32 (1). **Colorado Marathon, Ft. Collins:** Bobcat (Bob Caillouette), 3:13 (2); Dan Shaw, 3:19 & Mark Ramsey, 3:44. **The Half-** Jason Myers, 1:31; SlimFast (Bruce Kirchner), 1:34; George Greco, 1:41; Lou Huie, 1:43; The B-Man (Jim Romero), 1:46; The Oak, 1:53 & Jan Huie, 1:55 (2).

5/10- Balarat Trail 6 miles, Jamestown: The Oak, 1:10 (1) & Ken Simons, 1:12 (2).

5/11- Rockies 5K Home Run: Jesse Tijerina, 23:07; The B-Man, 23:19 (1); Rich Romero, 23:58; Taunya Wilson, 24:49 (1); J Gutierrez, 26:07; Kent Mitchell, 26:27 (3); Jerry O'Donnell, 27:01; Doug Tollin, 27:52; Kathy Klesmit, 28:23 (1); Roger Rybicka, 28:31; The Captain, 29:29; Jim Peterson, 32:59; Bob Bussey, 36:13 & Leslie Woods, 43:42.

5/17- Cottonwood Classic 5K, Thornton: Oscar Ponce, 15:59 (1); Omar Martinez, 16:44 (3); Hector Martinez, 17:07; Bob Cooper, 20:13 (2); Bruce Dahm, 21:13; Lou Huie, 23:14; The B-Man, 23:32; Taunya Wilson, 24:36 (2); Connie Ahrnsbrak, 25:00 (3); Jan Huie, 26:27; Jack Barry, 26:40 (1); Pitts O'Donnell, 27:12; Rich Muldoon, 29:07 (2); Don Robinson, 29:15 (3). **Fisher DeBerry Foundation 5K, CS:** George Greco, 21:05 (1).

5/18- Colorado Colfax Marathon: Tania Pacev, 3:20 (1) & Denise Glenn, 3:28 (2). **HALF- Master 3rd/OA-** Alyn Park, 1:37. Dave O'Sadnick, 1:29 (4); Philip Dizergea, 1:34; Jim Romero, 1:46 (3); Bob Tefelski, 1:48 (4); Rich Romero, 1:51 (1); Polly Zimmerman, 1:55 (2); The Oak, 1:55 (2); Kool Shades (Ken Randall), 1:55; Connie Ahrnsbrak, 1:58 (2); Doug Tollin, 2:01; J Gutierrez, 2:07; Jerry O'Donnell, 2:08; Earl Beam, 2:34; Kim Shenfeld, 3:08 & Leslie Woods, 3:10.

Miles for Smiles 5K, Broomfield: Kathy Klesmit, 29:07 (1). **Sky Mesa Trail Marathon, Gateway:** Shane Holonitch, 5:36 & Bill Moyle, 6:46. **Gallup @ The Grove 5K, Golden:** Robert Kanieski, 21:36 (2); Glenn Bakken, 24:02 (1); Bill Smitham, 24:28 & Jim Peterson, 28:18 (1).

SOUTH VALLEY 10K

8:00 a.m., Saturday, June 14 at South Valley Park, Ken Caryl Ranch

From the metro area, travel south on C-470 and exit westbound on Ken Caryl Avenue. Turn left onto South Valley Road to the park's north parking area. Alternately, from South Platte Canyon Road (S. Wadsworth and C-470) take Deer Creek Canyon Road west to South Valley Road and go north on South Valley Road to the parking area. See the MapQuest Map on our website for details at http://www.comastersrun.org/Race_Info/2008/South_Valley.html.

The race director will hold a kids' run following the 10K. Ribbons will be awarded to all the kids, so bring your kids, grandkids or the neighbors' kids.

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

MOUNTAIN MADNESS 12K

7:30 a.m., Sunday, July 13 at Christies of Genesee
25918 Genesee Trail Rd, Golden, CO 80401-5775

Take I-70 west to exit 254. Go left over I-70 and turn left. Take the first right up to Christies of Genesee, across from the Chart House. See the Yahoo Map on the CMRA website for details at http://www.comastersrun.org/Race_Info/2008/Christies.html.

For information or to volunteer call Jim Romero at 303-794-2952.

Once over the hill, you pick up speed!



COLORADO MASTERS RUNNING / RACEWALKING ASSOCIATION

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.

2008 OFFICERS & BOARD OF DIRECTORS

		<u>Home Phone</u>	<u>Work Phone</u>	<u>E-mail Address</u>
President:	Ken Simons	303-421-5835		kssimons5@aol.com
Vice President:	Rob Fisher	303-738-0115	720-333-0624	rob_fisher@bonfils.org
Treasurer:	Tom Alison	303-791-6166		motnosila@comcast.net
Secretary:	Chris Vanoni	303-744-9067		m_c_vanoni@msn.com
Membership Chairperson:	Scott McFarlane	303-904-4542	303-236-5692	simcfarl@pcisys.net
Web Site Chairperson:	Scott McFarlane	303-904-4542	303-236-5692	simcfarl@pcisys.net
Members At Large:	Joe Baird	303-758-1934	303-465-9898	jbaird@alliancereloservices.com
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	Dan Shaw	303-371-6468	720-480-2370	dshaw_64@yahoo.com
4417 Dearborn Street, Denver, CO 80239-5402		Jan/Feb, May/June, Sep/Oct newsletters		

The Colorado Masters Running Association newsletter is published bi-monthly. Issues are distributed approximately the 1st day of February, April, June, August, October, and December to 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 editor noted above for that newsletter.

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

Shop at our sponsors!



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COLORADO MASTERS RUNNING / RACEWALKING ASSOCIATION

To join, simply complete an application, available on our website, www.comastersrun.org, and bring it to our next race.

What is the Colorado Masters Running & Racewalking Association (CMRA)?

The CMRA is a non-profit group organized in 1976 to promote running and racewalking for health and exercise. The club regularly sponsors running-related activities, including 14 races a year, fun runs, training sessions, track workouts, and social events. Races are held at least once a month all over the greater Denver metro area. Races are as short as 5 kilometers (3.1 miles) and as long as about 16 kilometers (10 miles). Age group awards and prize drawings are held following each race.

CMRA Award Divisions

Running:

Male & Female

Open Division

34 and Under

Masters Divisions:

35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Racewalking: Top 3 Males & Females

Who is eligible to join?

Membership in CMRA is open to all, regardless of skill or experience, although race awards are geared to runners age 35 and over. CMRA is an all-volunteer effort -- races are conducted by CMRA members without monetary compensation. Members are expected to pitch in and help with club events!

How much does membership cost?

Annual dues are \$25 for individuals and \$35 for families based on a calendar year membership beginning in January. Since registration for club races are \$10 each for nonmembers and members race free, an individual CMRA membership pays for itself after just 3 races!

What are member benefits?

Aside from racing free each month, the CMRA newsletter, the *Master Times*, is sent to all club members every other month. Each issue includes recent race results, special articles about training and racing by club members, and information about future events.

How do I find out about CMRA races?

The 2007 CMRA race calendar and contact information is listed in this brochure and the club's Web site at www.comastersrun.org. The *Master Times* also provides an annual race calendar and the specific directions for each upcoming race. Local newspapers and running publications, like *Rocky Mountain Sports*, also list club events and contact information.

Shop at our sponsor!

Runners Roost

2685 S. Colorado Blvd. 303-759-84555
437 S Wadsworth Blvd 303 991-1851

Shop at our sponsor!

Boulder Running Company

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

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2008 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**

Date	Day	Time	Location	Name	Director(s)	Telephone
Jan 5	Sat	9:00 a.m.	Lake Arbor Park, Arvada	Lake Arbor 5K	Ken Randall	303-422-3745
Jan 19	Sat	9:00 a.m.	Coal Creek Arena, Aurora	Aurora Sports Park XC (4/8/12K)	Dan Shaw Rob Fisher	720-480-2370 303-738-0115
Feb 9	Sat	9:00 a.m.	S. Platte River Bike Path	40 Furlongs (5M)	Greg Ayres	303-325-7877
Mar 22	Sat	9:00 a.m.	Twin Lakes Park	Tom Bailey Spring Spree 10K	Tom Alison Rich Romero	303-791-6166 303-751-4284
Apr 12	Sat	9:00 a.m.	Stapleton	Sand Creek 5 Miler	Rob Fisher Dan Shaw	303-738-0115 720-480-2370
May 10	Sat	4:00 p.m.	Writer's Vista Park	Memorial Run 5K and Potluck	Rosalia Murch Connie Ahrnsbrak	303-693-2278 303-985-1168
Jun 14	Sat	8:00 a.m.	South Valley Park	South Valley 10K	Paul Madden Jason Myers	303-868-7248 720-936-7860
Jul 13	Sun	7:30 a.m.	Christies @ Genesee	Mountain Madness 12K (5K for racewalkers)	Jim Romero Jerry O'Donnell	303-794-2952
Aug 13	Wed	6:30 p.m.	Fairmount Park, Golden	Fairmount 5K Trail	Kristin Moreau	303-279-3509
Aug 24	Sun	8:00 a.m.	Elk Meadow, Evergreen	Elk Meadow Trail Race (10K)	Wayne Mathis	303-979-9592
Sep 20	Sat	9:00 a.m.	Barr Lake State Park	Barr Lake 1/3 Marathon	Dave Black	303-781-1738
Oct 19	Sun	9:00 a.m.	Louisville	Coal Creek XC Challenge 5.72 Mi and Pancake Breakfast	Bruce Kirschner Randy Luallin	303-666-0864
Nov 15	Sat	9:00 a.m.	Chatfield Lake State Park	Chatfield 10 Miler (5 miles for racewalkers)	Kim Massey Scott McFarlane	303-765-5572 303-904-4542
Dec 6	Sat	9:00 a.m.	Coal Creek Arena, Aurora	Aurora Sports Park XC (4/8/12K)	Dan Shaw Rob Fisher	720-480-2370 303-738-0115

CMRA
8100 E UNION AVE UNIT 1601
DENVER, CO 80237

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