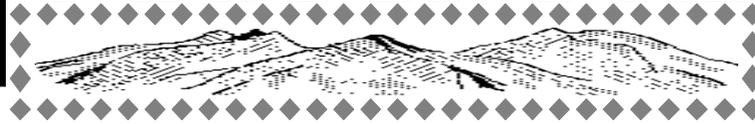


MASTER TIMES

July



/Aug 2008

PRESIDENT'S CORNER

By Ken Simons

- RACE CO-DIRECTOR NEEDED

Kellie Steward has volunteered to be a co-director for the 2009 Memorial 5k race in May, if another co-director would volunteer to work with her on the race. This would be a good opportunity to learn about race directing. There would be plenty of experienced people willing to help. If interested, please contact one of the board members.

- MILESTONES

Congratulations go out for two of our first CMRA members - they have reached a new milestone this year - both Joe Sanchez (our quarter master) and Gaberial Sisneros turned 70 this summer. Also, youngster Jay D. Truillo turned the big 50 this past month.

- QUARTERMASTER

We are still looking for a person or persons to help out with the quartermaster duties next year, especially during the summer season. The quartermaster hauls the equipment to and from the races. The equipment includes the large clock and finishing chutes, orange mileage cones, registration tables and chairs, and containers for the soft drinks. The main qualification is having access to a vehicle such as a van or pickup to haul the equipment. The quartermaster Joe Sanchez tells us that only the large clock needs indoor storage; the rest of the equipment could be stored outside. Actually the clock could be hauled in an SUV, so the clock could be stored and hauled separately from the other items. This means that more than one person could share the duties for an individual race; possibly the race director could keep the clock and someone else could bring the rest of the equipment. Also, more than one person could share the duties for different races.

At the last board meeting, we decided to reimburse the quartermaster or acting quartermaster for their mileage using the current mileage rate. We felt that would be only fair.

Of course, Joe Sanchez has served as quartermaster for years with no mileage compensation. He is one of the founding members of the club. For all his service, he deserves to have other club members share some of his duties so that he can have some time off for other interests during the summer season.

- DECEMBER RACE

In case you hadn't noticed, the Aurora Sports Park XC race that some of you ran in January will be held again December 6th. This takes the place of the Clear Creek 4-mile which would have had to be revised because of road construction. The race will again be directed by Dan Shaw and Rob Fisher. Vici DeHaan will also be assisting with the race.

VAIL HALF MARATHON (Revisited)

By Vici DeHaan

Attention flower lovers. This is the race for you.

Last year, I learned the hard way that their “half” marathon actually measured 14.5 miles, so when I decided to give it another go, at least I knew why they had an aid station at mile 13. This year, because of the huge snow pack still in some of the high mountains, the top part of the mountain had some interesting challenges. Part of the service road we ran up had huge puddles and deep mud to cross, but what I hadn't anticipated was having to cut steps up the snow in order to cross a couple of huge snow banks completely covering the road. Luckily, in order to keep us on course, the marshals had painted blue arrows along the side of the biggest snow banks so we could tell that we were still on course. At one point, someone had driven their 4-wheel drive vehicle into the edge of the biggest snow bank so that as we slid down the other side, we had something to hold on to.

Now I've been racing for 29 years and know better than to put in high mileage right before such an event. However, the previous week, because of the high temperatures in Boulder, I spent three days hiking/running in the high country around Brainard Lake. I should have known after going up to Blue Lake where I tromped through various snow fields and found the lake still half covered with a huge snow field that it that shouldn't be that unusual to find snow banks on the top of Vail Mountain.

As a result of over-training, the climb up to the top of the mountain required everything I had in my endurance bank since we climbed 4,020 feet before reaching the highest ridge. The best part of the run came from this point since we ran along some single track through fields of the most colorful flowers I've seen in years. The red Indian paintbrush and blue chiming bells were absolutely stunning. Talk about a wild botanical garden! Some of the flowers were just below our knees as a result of all the moisture they've had this year. Whenever I took a second to look around at the mountains surrounding us, I was reminded about why I do these tough runs, but in the end, it was worth all the effort. Even climbing down the rock steps of a rock outcrop with the assistance of two ropes hanging along each side plus the help of a cheerful volunteer, made this another race that I will long remember.

As has been the case much of this year, I was the oldest female on the course by 14 years, thus winning the 60+ age division. When I read about the “older” athletes competing in the Olympics, it gives me encouragement to keep on running as long as I can still finish the courses, even though it's getting harder in the smaller races not to come in last. I guess even if I do, I'm still out there when most of my age competitors have stopped racing.

--Vici DeHaan

CMRA South Valley Park 10K Results



South Valley 10K and Kids Run

by Jason Myers & Paul Madden

June 14, 2008

What a beautiful morning to spend at South Valley Park! It warmed up quickly despite the early start. We had a healthy turnout for the club's third race at South Valley Park / Ken-Caryl Ranch: 48 10k racers, four race walkers, and three kids runners. Our race course is set with a slight modification to the course from last year, bringing us in at 10K for the race, and 2.5mi for the race walking course. Barring trail closures or poor trail conditions, this is the director's choice for the courses going forward.

The women's race was won by Lindsay Krause with a blistering time of 47:01 on this challenging course. The men's race was won by Andrew Adamoski with a flying time of 40:07. Both of these establish a course record. The kids race course was just under a half mile and was held at the end of the adult race. Three of CMRA's hottest prospects turned out with bright smiles for the run. Congratulations to Alissa, Dafni, and Isabela.

Thanks to our volunteers and club officers who make these events such a success: Connie Ahrnsbrak, Joe Baird, Joe Sanchez, Tom Alison, Ken Simons, Greg Ayers, Chris Cranor, Mike "Z" Cavaleri, Deb Acree. Thank you to Ken Caryl Ranch and Jefferson County Open Space for the use of these amazing trails.

Huge thanks to our generous sponsors: Boulder Running Company for the technical running shirt, hats, and gift certificates, Running Wild for the gift certificates, Great Harvest Bread Company for the delicious loaves. Hope to see everyone next year!

Great effort everyone!

- Jason & Paul

South Valley June 14, 2008 Kids Race Results

Place	Name	Time
1	Isabela Glenn	03:53
2	Dafni Martinez	04:33
3	Alissa Jackson	04:47

South Valley June 14, 2008 10K Race Results

PLACE	NAME	TIME	AGE
1	Andrew Adamoski	00:40:07	34
2	Hector Martinez	00:41:20	24
3	Keith Johnson	00:42:17	47
4	Troy Abfalter	00:43:09	27
5	Adam Feerst	00:43:41	48
6	Randy Luallin	00:44:32	50
7	Eric Black	00:45:36	44
8	David Rothenburger	00:46:23	39
9	Lindsay Krause	00:47:01	30
10	Bob Cailloute	00:47:23	53
11	Patrick Gaines	00:47:45	41
12	Kristin Moreau	00:47:52	41
13	Dan Dobler	00:48:43	42
14	Dan Shaw	00:49:15	48

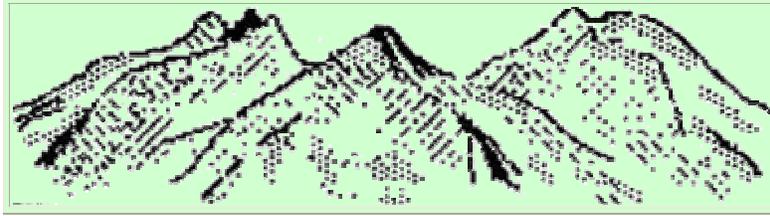
15	Scott (Ironman) Jackson	00:50:53	40
16	<i>Denise Glenn</i>	00:51:20	41
17	Jay Trujillo	00:53:38	49
18	<i>Laurel Dale</i>	00:53:49	40
19	Chris Bader	00:54:49	43
20	<i>Caitlin Jones</i>	00:56:30	24
21	George Huner	00:56:47	54
22	<i>Diane Vanderhoven</i>	00:57:32	46
23	<i>Kathy Johnson</i>	00:58:44	47
24	Richard Romero	00:59:22	71
25	Rich Martinez	00:59:50	61
26	Tom Chambers	01:00:03	65
27	Ken Randall	01:00:44	70
28	Spiderman	01:02:07	57
29	Ken Simons	01:02:24	70
30	<i>Jeanean O'Brien</i>	01:02:49	25
31	Joe Sanchez	01:03:42	71
32	Paul Rundle	01:05:01	43
33	Mike Knipps	01:06:16	55
34	Jim Gleason	01:06:18	61
35	Alex Duncan	01:08:13	45
36	<i>Cherly Terns</i>	01:09:42	45
37	Brian Field	01:09:43	60
38	<i>Martha Martinez</i>	01:11:45	40
39	<i>Rhonan O'Grady</i>	01:12:40	41
40	Fred Trentaz	01:12:42	66
41	Dick Grauer	01:15:27	70
42	Curtis Carlson	01:17:57	64
43	Tom Duran	01:18:30	60
44	Charlie Schmucker	01:19:05	61
45	Joe Black	01:28:45	10
46	Gary Black	01:28:47	22
47	Dave Black	01:31:32	57
48	Wayne Mathis	01:48:06	64

South Valley June 14, 2008 Race Walkers Results

Racewalkers			
1	Jaques Moreau	0:21:20	11
2	Rob Ivker	0:29:38	71
3	<i>Lu Shaw</i>	0:40:28	50
4	Mats Moreau	1:10:25	8

Age group results can be found on the web site.

CMRA Christie's @ Genesee Mountain Madness 12K Results



July 13, 2008 Race Results

PLACE	NAME	TIME	AGE
1	Hector Martinez	44:21	24
2	Hans Funke	45:11	47
3	Keith Johnson	46:12	47
4	Chris Ubias	47:28	17
5	Michael Quispe	47:32	41
6	<i>Lindsey Krause</i>	51:17	30
7	Dave O'Sadnick	51:48	52
8	Bob Jones	52:14	47
9	<i>Kristin Moreau</i>	53:05	41
10	Sam Granados	53:16	17
11	Bob Cooper	53:28	60
12	Robert Kanieski	54:21	31
13	Bob Caillouette	55:16	53
14	Stephen Brabandt	56:31	32
15	Bruce Dahm	57:37	39
16	Paul Madden	58:30	31
17	Jay Trujillo	58:38	49
18	Alan Johnson	58:55	47
19	<i>Pam Iyer</i>	59:15	52
20	Jim Bosik	59:32	58
21	<i>Carolyn Smith</i>	60:59	35
22	Luke Mathews	61:40	25
23	<i>Kathy Johnson</i>	62:27	47
24	<i>Holly Dahm</i>	63:12	38
25	Greg Ayres	63:34	49
26	Mark Ramsey	63:50	45
27	The B-Man (Jim Romero)	64:11	68
28	Strider (Tom Chambers)	65:17	65
29	Jim Fay	65:34	56
30	Spiderman (Scott McFarlane)	65:52	57
31	Tall Red (Ed Youngberg)	65:54	65
32	Richard Romero	66:05	71
33	Roger Rybicka	66:41	60
34	Will ?	66:48	29
35	<i>Browyn Sarlock</i>	66:49	29
36	Kent Mitchell	67:42	66
37	Rich Martinez	68:21	61
38	<i>Julie Thenell</i>	68:59	50
39	Gale Meuret	69:24	61
40	<i>Jennifer Geeslin</i>	69:54	29
41	<i>Megan Vanoni</i>	70:36	28
42	Jack Barry	71:22	70

43	David Christie	72:26	57
44	<i>Erin Bosik</i>	72:38	22
45	Prashanta Anyal	72:42	25
46	Jerry O'Donnell	73:00	62
47	Bruce Brandt	78:07	63
48	<i>Michelle Kelble</i>	79:19	39
49	Stonewall (Ken Green)	79:53	79
50	Gabe Sisneros	80:14	70
51	Tom Duran	82:25	60
52	<i>Rhiannon Fadeyibi</i>	85:00	46
53	<i>Vici Dehaan</i>	85:29	73
54	Charlie Schmucker	85:36	61
55	The Captain (Don Robinson)	85:38	76
5K Racers			
1	Jacques Moreau	23:09	11
2	Mauro Martinez	24:56	18
3	Jeff Young	33:08	51

Age group results can be found on the web site.

Shop at our sponsor!

Runners Roost

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

Shop at our Sponsor!

Running Wild

1970 E. County Line Road, Littleton
303-738-9446

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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Great Harvest Bread

7745 Wadsworth Blvd., Arvada
303-420-0500

PELICAN Update (Cahrnsbrak@yahoo.com)



5/26- Bolder Boulder 10K: Joseph Manilafasha, 31:39 (3rd/OA); Oscar Ponce, 34:04 (3); Hector Martinez, 37:00 (1); Trailman (Adam Feerst), 37:50 (4); Omar Martinez, 38:21 (2); Dave O'Sadnick, 40:00 (7); Bob Cooper, 41:20 (1); Michael Quispe, 42:07; Bobcat (Bob Caillouette), 42:33 (8); Slimfast (Bruce Kirschner), 44:28 (9); Amy Lease, 48:56 (3); Bill Smitham, 48:58 (2); Alan Johnson, 49:28; Connie Arhnsbrak, 51:07 (1); Polly Zimmerman, 51:23; Bill Faulkner, 51:29; Taunya Wilson, 52:07 (1); Rich Martinez, 52:42; Robert Romer 54:26; Gale Meuret, 55:09; Jerry O'Donnell, 56:10; Jim Peterson, 57:08 (4); Pat Tolleson, 58:11; Kathy Klesmit, 59:04; Sir Fred Trentaz, 1:00; Jim Dizerega, 1:00; The Captain (Don Robinson), 1:01 (2); Holly Romero, 1:02; Rich Muldoon, 1:03; Doug Tollin, 1:03; Vici Dehaan, 1:04 (1); Stonewall (Ken Green), 1:05 (1); Penelope, 1:06; Fay Dizerega, 1:10; Earl Beam, 1:10; Kim Shenfeld, 1:22; Leslie Woods, 1:27 & Ruth Tollin, 1:38.

5/28- Wesley Friends 5K, Wichita, KS: R2G2, 26:09 (2).

6/1- Mile High 1-Mile: The B-Man (Jim Romero), 7:08 (1); Taunya Wilson, 7:12 (2) & Jack Barry, 7:22 (1).

RMRR 2.4, Stone House: Trailman (Adam Feerst), 14:13; David Rothenburger, 15:03; Theresa Jockers, 16:04; Karo Voss, 16:17; Jay Trujillo, 17:03; George Huner, 18:05; Spiderman, 18:51; Rich Martinez, 19:06; Brent Jockers, 19:2; Jerry O'Donnell, 20:40; Tom Duran, 21:38; Joe Black, 22:15; Penelope, 22:26; Dave Black, 26:26 & 5-yr. old Alaya Vigil, 37:13.

6/10-Garden of the Gods 10-Mile: Bob Cooper, 1:13 (3); Michael Quispi, 1:16; George Greco, 1:18; Bruce Dahm, 1:20; Shane Holonitch, 1:24 (1); Caitlin Jones, 1:26; The B-Man, 1:27; Connie Arhnsbrak, 1:33:34 (1); Jan Huie, 1:33:37 (3); Holly Dahm, 1:35:13; Jack Barry, 1:35:53 (3); Robert Romero, 1:39; Lee Bengston, 1:43; Joe Chimban 1:46; Ana Chimbanda, 1:49 & Stonewall (Ken Green), 1:54 (3).

Rocky Mtn. Half, Denver: Oscar Ponce, 1:17 (1); Dave O'Sadnick, 1:30 (1); Denise Glenn, 1:36 (1); Green Machin (Alyn Park), 1:40 (1); Robert Tafelski, 1:49 (1) & Tom Duran, 2:27. **7K (women)-** Polly Zimmerman, 41:14 (2); Ki Shenfeld, 1:05 & Leslie Woods, 1:07.

Teva Mtn. Games, Vail 10K: Paul Moreau, 53:32; Robert Kanieski, 58:55 & Alan Johnson, 1:07.

6/14- Joe Colton's Off Road, Rollinsville: 10K- Kathy Klesmit, 1:01; **10-Mile-** Tall Red (Ed Youngberg), 1:36 & Vici Dehaan, 2:08; **14.2 Mile-** The Oak (Ross Westley), 2:20 (1).

6/15- Stadium Stampede 5K, Invesco: Julio Bonilla, 17:55 (3); Chris Oliphant, 18:31; Esmeralda Martinez, 19:58 (Green Machine (Alyn Park), 22:34 (1); Bob Tafelski, 23:54 (2); Strider (Tom Chambers), 24:48 (3); Rich Romero, 24:55 (1); Jerry O'Donnell, 26:30; Penelope, 35:01; Kim Shenfeld, 39:57 & Leslie Woods, 42:56.

Estes Park Half: The B-Man, 1:57 (1) & Kathy Klesmit in the **10K**, 59:15 (2).

6/18- Solistice 5K, CP: Joseph Manilafasha, 16:59 (OA); Hector Martinez, 17:20 (1st/2nd OA); Miguel Cazares, 17:4 (2); Julio Bonillo, 18:02 (3); Eric Ndikumana, 19:11; Rich Martinez, 25:18 (1); Connie Arhnsbrak, 25:37 (1); J Gutierrez, 26:52; Earl Beam, 33:32; Laura McCoy, 39:58 & Leslie Woods, 43:38.

6/21- Mt Evans 14.2: Bob Cooper, 2:37 (1); Alan Johnson, 2:47; Craig Ewing, 2:52; David Kelble, 2:54; The B-Man 2:58 (2); Shane Holonitch, 3:02 (1); George Greco, 3:08 (3); Pat Tolleson, 3:30 & Bill Faulkner, 3:49.

Grandma's Marathon, Duluth, MN: Green Machine (Alyn Park), 3:23 (1).

Colorado Senior Games, Greeley: Tom Chambers, (three gold medals), **10K**, 50:03 (1); Butterfly & Individual Medley (1st).

6/28- Slacker Half, Georgetown: Dave O'Sadnick, 1:27; Robert Kanieski, 1:35; Lou Huie, 1:44 (3); The B-Man, 1:56; Janice Huie, 1:56; Connie Arhnsbrak, 1:57 (3); Jack Barry, 2:01 (1) & Vici Dehaan, 2:36 (2). **4-Mile:** Bob Tafelski, 28:48 (1); Polly Zimmerman, 30:59 (1); Jerry O'Donnell, 34:05 (2); Earl Beam, 39:57; Penelope, 43:41; Kim Shenfe 46:50 & Leslie Woods, 51:34.

6/29- Lyons River Run 5K: Philip Dizerega, 20:03; Roger Rybicka, 24:57; Jim Dizerega, 30:29 & Fearless Fay, 33:45.

4th of July:

Duxbury, MA 4.25 mile: Paul Moreau, 26:50 (6); Kristen Moreau, 27:31 (1st/3rd OA) & Jacques Moreau, 33:52.

Scar Mtn. 12K, Coal Creek Canyon: Karen Voss, 57:25 (2); David Kelble, 1:02; Scott Jackson, 1:03; The B-Man, 1:06; Jim Bosik, 1:07; Lou Huie, 1:09; Peter Szymanski, 1:11; Connie Arhnsbrak, 1:13 (2); Jan Huie, 1:14; Jack Barry, 1:16 & Erin Bosik, 1:20. **Spruce Canyon 5K:** Bruce Brandt, 32:05 (2) & Shelly Brandt, 35:39.

Race for Cure 5K, Greeley: Bob Caillouette, 20:54 (3). **FireCracker 5K, FTC:** Roger Rybicka, 24:43. **Superior Downhill Mile:** Taunya Wilson, 6:38 (1)

Freedom 5K, Evergreen: Adam Adamowski, 17:19 (2); David Rothenburger, 19:00; Dave O'Sadnick, 19:18 (2); Polly Zimmerman, 25:23 (1); Dani Phillips, 25:35 (2); Gale Meuret, 26:43 (3) & Kathy O'Sadnick, 30:44.

7/6- Vail Hill Climb-7 Mile: Bob Cooper, 1:06 (1); The B-Man, 1:20; Jay Wissot, 1:27; Robert Romero, 1:30 & Bill Moyle, 1:47.

Summer Roundup 12K, CS: Michael Quispe, 53:35 (3); George Greco, 1:05 (2); Shane Holonitch, 1:09 (1); Roger Rybicka, 1:18; Kent Mitchell, 1:21; Jim Peterson, 1:28; The Captain, 1:33 (1) & Stonewall, 1:35 (2).

7/12- Three Sister's Alderfer 10K, Evergreen: Ken Simons, 62:35 (1). **Don Child's Memorial 5-Mile, Gering, N** Amy Lease, 40:37 (1).

7/13- Salomon Trespass Challenge 10 Mile, Nederland: Tall Red (Ed Youngberg), 1:48 (1) & Santa Card, 1:15 (2) i the **4.5**.

7/20- Leadville Silver Rush 50-Mile: Shane Holonitch, 11:13 (3). **Vail Half:** Bob Cooper, 2:33 (1); Stephen Brabandt, 2:34; Alan Johnson, 2:37; Jay Wissot, 3:19 (4) & Vici Dehaan, 4:06 (1).

7/24- Paint Mines 1.95 mile, Calhan: Craig Ewing, 12:45.

7/26- Grand Prix 10K Classic, CS: George Greco, 43:52 (2); Lou Huie, 47:54; The B-Man (Jim Romero), 47:57 (2); Connie Arhnsbrak, 51:01 (1); Roger Rybicka, 51:49 & Jan Huie, 53:18 (1).

Kids' Cure for Cancer, Inverness Metro Park: Bob Fancher, 28:14 (1); Santa Card, 38:13 (2); Kim Shenfeld, 40:10; Leslie Woods, 42:50 (1) & Rosalie Murch, 49:56 (3rd/Walk).

Upcoming Races

Fairmount 5K Trail

Wednesday, August 13 - 6:30 PM Fairmount Park in Golden

Directions:

Take I-70 west to highway 58 (Immediately after the Ward Road exit). Take the first exit off 58th to McIntyre. North on McIntyre to 54th. West on 54th to Quaker. South on Quaker to Fairmount Park.

From I-70 eastbound, take the Ward Rd exit. Stay in the right lane as you exit and turn right onto Ward Road. Take Ward Road north to 52nd Ave. Take 52nd Ave west to McIntyre. Go north on McIntyre to 54th, west on 54th to Quaker. Take Quaker south to Fairmount Park. (Mapquest Map)

For more information or to volunteer call Kristin Moreau at 303-279-3509.

Elk Meadow 10K

Sunday, August 24 - 8 AM Elk Meadow Park, Evergreen

A challenging run on a beautiful trail. (Not for Race-Walkers).

Directions:

Take I-70 west to exit 252. Go south past Bergen Park to Stagecoach Blvd and right on Stagecoach. Go up to the parking lot of the park on the right.

Park Information and Maps

For more information or to volunteer call Wayne Mathis at 303-979-9592.

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION
2008 MEMBERSHIP APPLICATION
(APRIL 2008 THROUGH DECEMBER 2008)**

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, & 75+
Racewalkers Male and Female divisions

Dues: Single member **\$25.00 per year** Family (household) **\$35.00 per year**
(Add **\$5.00** if opting below for newsletters by snail mail)

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 emailed to you.)

_____ Please send it snail mail (for an additional \$5.00 per year)

2008 Colorado Masters Running / Racewalking Association Schedule

Registration begins 1 hour prior to and closes 10 minutes before the race time.
Race cost is \$10 for non-members with no charge for members.

There are no T-Shirts but there are drawings for door prizes as well as prizes for the top 3 male and female racewalkers and 5-year age groupings for runners. The Elk Meadow race will have awards for the top 10 Males and the top 10 Females.

The course for Racewalkers will be the same as that of the Runners for distances of up to 5 miles. If the running course is over 5 miles the Racewalker course will be 5 Kilometers. The Racewalker course for the Chatfield 10 Miler will be 4-5 miles. Racewalkers will begin 15 minutes earlier than the runners.

Date	DOW	Time	Location	Name	Director(s)
Jan 5	(Sat)	9 AM	Lake Arbor	Lake Arbor 5K Results	Ken Randall
Jan 19	(Sat)	9 AM	Aurora Sports Park	Aurora Sports Park XC 4/8/12K Results	Dan Shaw / Rob Fisher
Feb 9	(Sat)	9 AM	Platte River Bar & Grill	40 Furlongs (5M) Results	Greg Ayres
Mar 22	(Sat)	9 AM	Twin Lakes Park	Tom Bailey Spring Spree 10K Results	Tom Alison / Rich Romero
Apr 12	(Sat)	9 AM	Stapleton	Sand Creek 5 Miler	Rob Fisher / Dan Shaw
May 10	(Sat)	4 PM	Writer's Vista Park	Memorial Run 5K & Potluck	Rosalia Murch / Connie Ahrnsbrak
Jun 14	(Sat)	8 AM	South Valley Park	South Valley 10K / Kids Run	Paul Madden / Jason Myers
Jul 13	(Sun)	7:30 AM	Christies @ Genesee	Mountain Madness 12K	Jim Romero / Jerry O'Donnell
Aug 13	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail	Kristin Moreau
Aug 24	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race	Wayne Mathis
Sep 20	(Sat)	9 AM	Barr Lake State Park	Barr Lake 1/3 Marathon	Dave Black
Oct 19	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72M	Bruce Kirschner / Randy Luallin
Nov 15	(Sat)	9 AM	Chatfield Lake State Park	Chatfield 10 Miler	Kim Massey / Scott McFarlane
Dec 6	(Sat)	9 AM	Aurora Sports Park	Aurora Sports Park XC 4/8/12K	Dan Shaw / Rob Fisher

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