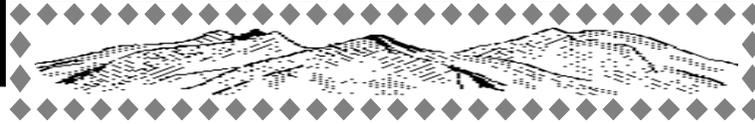


MASTER TIMES

Nov



Dec 2008

PRESIDENT'S CORNER By Ken Simons

CMRA ANNUAL MEETING AND BANQUET

Thursday January 15th, 2009, 6:30 p.m. Cash Bar starts at 6:30, with a Mexican buffet (\$20) at 7:00 p.m. There will be a presentation by Ric Rojas from Boulder, who is a running coach and former world-class distance runner. Following this, there will be a presentation of awards and an election of nominees for the 2009 board. Please come to visit with many of the other runners you have seen at the races.

Directions: Christies of Genesee, 25928 Genesee Trail Road. Take I-70 west to Genesee exit (exit 254). Turn left across the viaduct, then left, and an immediate right. On your right will be a small shopping complex, which includes Christies.

NEW RACE DIRECTOR

We welcome Chris Stone as the new race director of the Mountain Madness 12K in July. Jim Romero will be helping him with the race, and of course he can also rely on several other people who usually help.

I'm encouraged by new, usually somewhat younger, members taking responsibility for some of the key functions of the club. It bodes well for the future of CMRA.

RACE DIRECTOR FOR ELK MEADOW RACE

We still have a need for a race director for the Elk Meadow Trail race in August. The current director Wayne Mathis has been directing the race for several years. He would be willing to help the new director.

In addition, some of the other race directors could use a co-director to help spread the effort.

SUSTAINABLE RUNNING

Sometimes I'm tempted to not renew my subscription to the running magazine I receive. A lot of the content seems to me to be a re-hash of various training schedules, diets, etc. that I'm not going to follow anyway. When I read the November issue of Runners World, I saw an article that was different and that I thought was interesting. It was concerned with various aspects of the environmental impact of running. It especially dealt with the impact caused during the manufacture of running shoes, and the subsequent disposal in a landfill where they do not decompose. This has proven to be a very difficult technological challenge to solve; various shoe manufacturers are working on the problem, but it isn't easy. It has also been shown that running shoes should be worn for only a certain number of miles because of the breakdown of the EVA in the midsoles. To not follow this guideline is an invitation to injury. One thing that can be done is to donate the old shoes to a running store where they can either be donated to needy people or have the material ground up and recycled for other uses.

In a previous issue (May/June 2007), I mentioned that I had tried for a while in the past going with a minority opinion which advocated a cheaper shoe with little cushioning and a flat surface on the sole and heel. I had quit wearing them when the store quit carrying a wide size. Recently I thought I might try alternating such a pair with my other shoes. However, I have not been able to find any shoes resembling them, in any width.

Club Member Updates

Congratulations to members Rich and Connie Martinez, first-time grandparents. Avalyn Martinez, 7 pounds, 2 ounces was born October 7 to their son, Captain David Martinez, MD and Captain Regina Martinez, RN, stationed at the airforce base in Clovis, New Mexico.

Coal Creek Cross Country Challenge 2008

By Bruce Kirschner

Picture perfect fall weather returned for the tenth annual Coal Creek X-C Challenge on October 19. Unlike the relentless rain the previous year, the skies were clear blue with a gentle breeze and temperatures in the low 60s. There were probably some who missed the mud and wet conditions from 2007, but everyone seemed to appreciate the optimal running conditions this year.

The event had about 150 participants this year, the largest Challenge ever and the biggest CMRA race in memory. Incomparable weather and being the third event in the Fall Cross race series may have contributed to the great turnout. The \$500 in prize money from Fleet Feet of Boulder for the top 3 overall, top 2 Masters (40-49) and top 2 Grand Masters (50 and over) male and female finishers may have contributed to the event being the most competitive ever (it will also be included in the 2009 *Colorado Runner* magazine race series).

Boulder's Robert Mandje, a former track Olympian, was the first male finisher in 32:04. According to 26 year old Mandje, "I hadn't run this event before, so everything was brand new and I didn't know what to expect. Before the race started I overheard someone say something about a creek crossing. I wasn't worried, but just wanted to be in control, stay with leaders, and finish well. I decided to grab the lead [from Tommy Manning of Colorado Springs] just before the turnaround. I had a good lead when we crossed the creek, where things got more interesting. Since I'm a steeplechaser I decided to just hurtle the barbed wire fence, but I snagged my shorts. I then decided to slow down and let Tommy catch up to me because I wasn't quite sure where I was heading and thought he might know. We ran shoulder-to-shoulder for a while and once we got out of the field and back to the trail I knew the rest of the way back. I didn't know who [Tommy] was and whether he could kick well. Although I was pretty tired, I luckily had enough to finish well. But seeing that it was a cross country race, I was more concerned with simply having fun and finishing first." Thirty-two year old Manning finished close behind Mandje in 32:21. James Johnson finished third in 32:32.

Mandje went on to say, "I really didn't know about the creek crossing, the fence, the prairie dog holes, the steep hill and the ditch, so this made it a great challenge and fatiguing for me. After the race I talked to some of my overseas training mates and told them that I had just run a classic European and New Zealand style cross country race. It was really outstanding – true cross country, not a groomed golf course, where you don't worry about time or distance. It's all about whoever finishes first and not like the track, where it's time, time, time! Next year I'll know what to expect."

Born in Barcelona to diplomatic parents, he moved to Boulder in 2004 and currently lives with former New Zealand Olympic marathoner Lorraine Moller and her husband, who help him with his training. Mandje ran the 1,500 meter event at the Athens Olympics in 2004 for Equatorial Guinea (his mother's homeland) and still competes for them internationally. He hopes to land a spot this spring on their World Cross Country Team.

La Sportiva Mountain Running Team member Lisa Goldsmith was top woman finisher in 38:26. A massage therapist in Nederland, she's been a competitive athlete since 4th grade soccer. For the race, Goldsmith reported "On the first hill...I felt my internal drive to work the hill and before I knew it I was alone in front. So now I was time trialing to stay away [from the other women leaders]... At the turn around...I wasn't THAT far ahead and sure enough it was my 3 masters friends lined up behind me! [My body was at its limit], so I just focused on holding the effort and...would simply throw in some surges and then relax. I pushed that last uphill with the [haybales] and to the turn before the downhill, knowing I could relax again on the way down. I looked back before the last tunnel, couldn't see Lesia [Atkinson], and knew I just had to hold my pace and I'd be fine!

Lisa continued, "I REALLY enjoyed the course! I have never run on the Coal Creek Trail and it is sooo nice. I was glad we got a little variety with the water crossing, field traverse and the barbed wire negotiation. Of course, I always like some good steep hills too!" Lesia Atkinson was second overall woman in 38:57. Christy Jordan finished third in 39:26.

A big thanks to all the volunteers who made this event possible. Rob and Nancy Fisher, Scott McFarlane, and Kim Massey did a fine job with the hordes at registration. Jim Price lent his expert and reliable hand with finish line timing. Mike Vanoni, Rob Fisher, Dave Swanson, Kim Massey and Ken Simons deftly managed the finish line and scoring duties. Cameron Menezes volunteered to provide timing splits at the 1 mile point, help with the finish line chutes, awards, and cleanup. CMRA Joe Sanchez was there plenty early with all the equipment. Chris Vanoni handled all the post-race refreshments. Connie Ahrnsbrak dutifully transcribed full race results. Other volunteers along the course were Rob

Cassady (pace bike), Mark Bailey (ditch marshal), Randy Luallin (Empire Road crossing), Lori Dill (creek crossing), and Pete Wolfe (fence crossing). Donna Luallin managed the water stop at the turnaround point.

Also a hearty thanks to our commercial race sponsors and prize drawing donors: Jay Johnson of Fleet Feet of Boulder for \$500 in prize money; Doug Christie at Boulder Beer for providing two cases of Buffalo Gold for participants and donating a case of beer each for the top male and female finishers; Garrett McCarthy of the Old Louisville Inn for 100 half pint coupons; Roger Rettig and Broomfield's Colorado Physical Therapy Institute for 5 free AquaMassages; Barry Sparks and the Arvada Great Harvest Bakery for all the baked goods; the Blue Parrot Restaurant for a \$25 gift certificate; and Derek Griffiths and *Colorado Runner* for four 1-year subscriptions to their fine magazine.

Coal Creek October 19, 2008 Race Results

(AGE GROUP AWARDS are posted on Web site)

1	Rob Mandje	00:32:04	26
2	Tommy Manning	00:32:21	32
3	James Johnson	00:32:32	40
4	Andy Ames	00:32:39	45
5	Matthew Russell	00:32:52	25
6	John Tribbis	00:33:03	26
7	Jim Robbins	00:33:06	33
8	Mike Selig	00:33:31	30
9	Harrison Wilson	00:34:03	22
10	Steve Gallegos	00:34:08	53
11	Keith Johnson	00:34:23	47
12	Hector Martinez	00:34:31	25
13	Eric Burel	00:34:33	26
14	Matt Davies	00:34:42	37
15	Nick Cady	00:34:49	30
16	Ken Rennick	00:35:01	19
17	Peter Hegelbach	00:35:02	44
18	David Glemon	00:35:21	27
19	Matt Nolen	00:36:00	25
20	Doug Bell	00:36:10	57
21	Chai Engrakul	00:36:11	32
22	Omar Martinez	00:36:18	22
23	John Glennon	00:36:27	29
24	Daniel Greer	00:36:35	49
25	Adam Feerst	00:36:49	48
26	Tyler Johnson	00:36:52	24
27	Erik Weaver	00:37:16	39
28	Russel Bollig	00:37:38	45
29	Kevin Krizek	00:37:59	37
30	Alan Enos	00:38:04	31
31	Justin Little	00:38:08	34
32	Joshua Butler	00:38:20	23
33	<i>Lisa Goldsmith</i>	00:38:26	44
34	<i>Lesia Atkinson</i>	00:38:57	42
35	Tim Hoppin	00:39:17	27
36	<i>Kristy Jordan</i>	00:39:26	45
37	<i>Cristy Totten</i>	00:39:27	23
38	<i>Susan Krakoff</i>	00:39:46	43
39	Brian Crotteau	00:39:53	47
40	<i>Stacie Bell</i>	00:40:05	39
41	Eric Patterson	00:40:19	43
42	Jeff Moline	00:40:39	44

43	Joe Kosenski	00:40:41	46
44	James Choathon	00:40:57	38
45	Rich Sandoval	00:41:15	54
46	Brent Dickinson	00:41:25	33
47	Bob Cooper	00:41:26	60
48	Jeremy O'Farrell	00:41:39	32
49	<i>Sara Pickering</i>	00:42:05	41
50	Mike Ruhe	00:42:12	56
51	Rick Dewing	00:42:14	47
52	Dylan W.	00:42:22	29
53	George Good	00:42:31	49
54	Philip diZerega	00:42:34	39
55	Rich Michelson	00:42:39	51
56	Tom Lemire	00:42:59	65
57	David Hanburger	00:43:10	40
58	Chris Reeves	00:43:25	27
59	Mike Hampton	00:43:31	35
60	Bruce Dahm	00:43:32	39
61	Greg Frauenhoff	00:43:34	51
62	Chris Stone	00:43:54	41
63	<i>Chelsea Strautman</i>	00:43:55	24
64	<i>Heather Enos</i>	00:44:06	30
65	Jason Herkbous	00:44:08	30
66	Scott Wilkey	00:44:10	44
67	Rick Benge	00:44:24	41
68	<i>Jitka O'Farrell</i>	00:44:54	30
69	<i>Erin Chernack</i>	00:45:03	27
70	Mitch Menezes	00:45:03	47
71	Jonathon Cawley	00:45:12	51
72	Dennis Cisco	00:45:16	41
73	William Ledden	00:45:16	39
74	Seth Campbell	00:45:17	33
75	<i>Michelle Berige</i>	00:45:20	40
76	Vinnie Basile	00:45:38	32
77	<i>Megan Hebbe</i>	00:45:56	25
78	Jeff Adkins	00:45:57	46
79	Doug	00:46:10	30
80	<i>Tina Albert</i>	00:46:40	57
81	Eric Brandt	00:46:42	37
82	Jeff Dumas	00:46:42	63
83	<i>Natalie Anderson-Coats</i>	00:46:52	13
84	<i>Kristin Ryder</i>	00:47:12	36

85	John Kelber	00:47:13	50
86	<i>Kimball Crangle</i>	00:47:24	32
87	Ed Rodriguez	00:47:45	28
88	Ben Nell	00:47:47	51
89	Chuck Lowrie	00:47:47	61
90	Seamus Doyle	00:48:11	37
91	Brian Hoffmeyer	00:48:26	36
92	<i>Ashley Palubinski</i>	00:48:45	28
93	<i>Nichole Boudreaux</i>	00:48:46	40
94	<i>Julie Franklin</i>	00:48:47	37
95	Jeff Underwood	00:49:01	59
96	<i>Amanda Bammann</i>	00:49:20	26
97	Sayan Chakraborty	00:49:48	41
98	Ted Kowalski	00:49:51	40
99	Joe Sanchez	00:50:17	71
100	<i>Ellen Rickert</i>	00:50:18	55
101	Spiderman (Scott McFarlane)	00:50:31	57
102	Jeff Young	00:50:34	52
103	<i>Rachel Moline</i>	00:50:59	13
104	<i>Jennifer Stone</i>	00:51:04	37
105	Rich Martinez	00:51:12	61
106	<i>Holly Duncan</i>	00:51:38	40
107	Gale Meuret	00:52:05	61
108	Bill Faulkner	00:52:23	67
109	Paul Rundle	00:52:44	44
110	Kent Mitchell	00:52:57	67
111	<i>Holy Dahm</i>	00:52:58	38
112	David Rose	00:53:00	55
113	Tall Red (Ed Youngberg)	00:53:03	65
114	<i>Tess DeLaney</i>	00:53:30	35
115	<i>Susan Crotteau</i>	00:53:51	38
116	Tim Conway	00:54:11	62
117	<i>Taunya Wilson</i>	00:54:53	61
118	<i>Lisa Jackson</i>	00:54:56	37
119	<i>Michelle Driscoll</i>	00:55:23	19
120	<i>Beth Whalen</i>	00:55:40	36
121	<i>Amy Essig</i>	00:55:56	33

122	Darwin Anderson	00:56:01	64
123	<i>Pat Tolleson</i>	00:57:21	57
124	Antonio Desimone	00:57:34	69
125	<i>Kathy Klesmit</i>	00:57:38	56
126	<i>Francine Smith</i>	00:57:41	39
127	<i>Judy Smythe</i>	00:57:52	71
128	<i>Karly Bjella</i>	00:58:37	23
129	<i>Aimee Fenlon</i>	00:59:17	30
130	<i>Beth Sheppard</i>	01:00:02	48
131	Jim Youngquist	01:00:22	35
132	Jim diZerega	01:00:41	68
133	<i>Lorraine Green</i>	01:01:05	56
134	<i>Mallory Norway</i>	01:01:35	60
135	Don Robinson	01:01:42	76
136	<i>Barb Stiehl</i>	01:02:43	48
137	Rod Smythe	01:02:52	78
138	<i>Jody Hughes</i>	01:02:56	56
139	<i>Vici DeHann</i>	01:05:39	73
140	<i>Kelly Chilvers</i>	01:05:41	45
141	Greg Ayres	01:05:43	50
142	<i>Penny Bowman</i>	01:06:09	35
143	<i>Colette Kinnard</i>	01:06:14	52
144	Dan Wall	01:08:40	48
145	<i>Fay diZerega</i>	01:11:49	65
146	Tim Thomas	01:11:53	57
147	<i>Betsy Kalber</i>	01:23:31	53

Barr Lake 1/3 Marathon

by Dave Black
September 20, 2008

The 4th annual Barr Lake 1/3 marathon was held on a beautiful day; the reservoir was full, shimmering and blue, the train tracks were singing a loud racket at least once, and a good time was had by all 41 runners. First across the finish line was Steven Sellars, in a time of 54:23 (a 6:14 per mile pace). The next runner didn't cross until almost 8 minutes later; (Jason Myers, 61:55 (7:05 per)). Dan Shaw was third, (62:16 (7:08 per)), and then the top 5 was rounded out by 2 women: Sarah Hansen (63:07 (7:14 per)) and Monica Ryan (64:17(7:21 per)).

Thanks to Joe Baird, Joe Sanchez, Ken Simons, Kim Massey, and my son Joe and his friends Jeremiah and Brandon for making the race happen, and thanks to our sponsors, Great Harvest Bread Co. and Boulder Running Co. for their prizes.

September 20, 2008 Race Results (AGE GROUP AWARDS are posted on Web site)

1	Steven Sellars	54:23	48
2	Jason Myers	61:55	34
3	Dan Shaw	62:16	49
4	<i>Sara Hansen</i>	63:07	31
5	<i>Monica Ryan</i>	64:17	47
6	Bob Irving	65:11	54
7	Anthony Calderwood	66:31	47
8	John Shea	66:48	51
9	David Mendoza	67:11	47
10	Greg Woodman	68:42	48
11	Chris Stone	69:28	41
12	<i>Denise Glenn</i>	69:38	41
13	Ricky Graver	70:33	49
14	Scott Jackson	72:13	40
15	Ryan Sestric	72:51	27
16	Mark Ramsey	73:39	45
17	Jay D. Trujullo	74:07	50
18	<i>Kelly Campbell</i>	74:08	31
19	Scott McFarlane	74:11	57
20	<i>Shawna Kinkead</i>	75:39	44
21	Richard Romero	75:59	72
22	<i>Kristina Schneider</i>	77:48	40
23	Rich Martinez	79:36	61

24	Mike Knipps	82:23	56
25	Greg Marquis	82:37	41
26	<i>Erin Bosik</i>	83:59	23
27	<i>Jackie Marquis</i>	84:15	40
28	Fred Trentaz	85:08	66
29	Foghorn Leghorn	86:03	42
30	<i>Robin Gunther</i>	86:24	38
31	<i>Taunya Wilson</i>	86:48	61
32	<i>Mary Pitz</i>	88:34	45
33	Lee Bengston	91:07	71
34	<i>Patricia Tolleson</i>	91:56	59
35	Dick Grauer	92:28	70
36	Brian Moffett	92:52	62
37	Dave Banko	93:36	57
38	Jim Thomas	100:21	57
39	Ken Green	101:11	79
40	Tom Duran	102:04	60
41	Charlie Schmucker	105:03	62

Chatfield Five and Dime November 15, 2008
 Chatfield 10 and 5-Miler Age Group Awards are posted on the Web site

10-Miler Race Results

1	Brian Ream	01:00:02	32
2	Matt Thrasher	01:00:03	25
3	Keith Johnson	01:01:12	47
4	Marcus Arbett	01:01:24	32
5	Tristan Mitchell	01:02:20	23
6	P J Spina	01:04:00	30
7	Erik Davidson	01:04:54	26
8	Micah Mohler	01:06:31	25
9	Scott Dailey	01:06:41	43
10	Dan O'Connell	01:06:43	30
11	Gregg Geddes	01:07:15	40
12	<i>Amanda Nilsen</i>	01:07:44	29
13	David Rothenburger	01:07:55	40
14	Joe Wolf	01:08:20	40
15	Tyler Sewald	01:08:23	26
16	Gary Provost	01:09:26	36
17	Douglas Brown	01:09:50	34
18	<i>Heather Utratel</i>	01:10:01	26
19	Salim Haji	01:10:02	37
20	Mike Thompson	01:10:14	37
21	Ryan Adams	01:10:15	30
22	Paul Santi	01:10:30	44
23	Nate Moyer	01:10:52	30
24	Kyle McElroy	01:10:58	38
25	Jeremy O'Farrell	01:11:05	32
26	Irving Reza	01:11:56	17
27	<i>Caroline Szuch</i>	01:12:03	36
28	Bob Caillouette	01:12:22	53
29	Chris Boyack	01:12:55	39
30	Brian Hollister	01:12:56	41
31	<i>Jen Hurley</i>	01:13:37	30
32	Ryan Tam	01:13:52	23
33	Nathan Lucherinni	01:13:53	27
34	Dan Shaw	01:14:01	49
35	Scott Palmer	01:14:03	53
36	Bob Cooper	01:14:09	60
37	Kevin McElroy	01:14:25	41
38	Pat Haldeman	01:14:41	33
39	Pablo Franck	01:14:55	27
40	<i>Amy Schneicher</i>	01:15:01	31
41	Nick Sterner	01:15:04	46
42	<i>Kristin Moreau</i>	01:15:22	41
43	Richard Park	01:15:30	55
44	<i>Tracie Winterbottom</i>	01:15:47	44
45	Roger Bowles	01:15:50	54
46	Chris Sullivan	01:16:14	30
47	<i>Jitka O'Farrell</i>	01:16:52	30
48	Jesse Clark	01:16:53	22
49	Scott Jackson	01:17:23	40

50	<i>Tara Breed</i>	01:17:25	38
51	John Shea	01:17:56	51
52	Bruce Dahm	01:17:57	39
53	Chris Stone	01:18:09	41
54	<i>Sharon Kolarik</i>	01:18:23	49
55	Ben Lawellin	01:18:24	27
56	<i>Amy Lopez</i>	01:18:27	25
57	Jim Cornehlsen	01:18:37	37
58	<i>Ashley Spees</i>	01:18:38	
59	<i>Angela Witt</i>	01:18:39	41
60	<i>Jennifer Seidel</i>	01:18:40	32
61	Rob Cobb	01:19:01	37
62	Robert Gilbert	01:19:08	38
63	Steve McQueen	01:19:13	38
64	Ka Yu	01:19:34	38
65	<i>Meredith Noblett</i>	01:19:38	27
66	<i>Elizabeth L.</i>	01:19:48	41
67	Mike Wilkinson	01:19:52	37
68	<i>Denise Glenn</i>	01:20:04	41
69	Bruce Snyder	01:20:53	41
70	<i>Diane Vanderhoven</i>	01:20:54	46
71	<i>Jody Adams</i>	01:20:55	31
72	Robert Kanieski	01:20:58	31
73	<i>Kathy Andrews</i>	01:21:24	46
74	<i>Rachael Munroe</i>	01:21:35	31
75	<i>Jesse Prather</i>	01:21:41	20
76	Aaron Ruhrow	01:21:50	37
77	<i>Amy Kirk</i>	01:22:07	25
78	Cliff Jurgens	01:22:10	43
79	Jim Bosik	01:22:16	58
80	Greg Ayres	01:22:44	50
81	Steve Pelletier	01:22:51	33
82	Eric Christopher	01:23:16	30
83	<i>Libbie Poremba</i>	01:23:19	20
84	<i>Amy Schneider</i>	01:23:48	42
85	<i>Kelly Campbell</i>	01:23:52	32
86	Glenn Bakken	01:24:12	58
87	<i>Maria Hopp</i>	01:24:27	44
88	<i>Shane Holonitch</i>	01:24:31	58
89	Kevin Smith	01:24:36	45
90	Doug E.	01:24:46	46
91	Charles Scheibe	01:24:55	54
92	<i>Jennifer Meader</i>	01:24:57	40
93	David Rauscher	01:25:00	29
94	Mike Hurley	01:25:08	37
95	Pete Warne	01:25:10	45
96	<i>Alice Lehne</i>	01:25:30	30
97	Ron Harper	01:25:41	43
98	<i>Kati Yturri</i>	01:25:42	38

99	Jeff Metz	01:25:44	36
100	<i>Erin Goff</i>	01:26:24	39
101	<i>Carol Clark</i>	01:26:53	45
102	Keith Negri	01:26:55	49
103	(Strider) Tom Chambers	01:27:02	65
104	<i>Kathleen Harrington</i>	01:27:14	41
105	Timothy Morse	01:27:53	46
106	<i>Erica St Germain</i>	01:28:45	27
107	Tall Red (Ed Youngberg)	01:28:46	65
108	Joe Sanchez	01:28:52	71
109	Rich Martinez	01:28:56	61
110	Danny Collins	01:29:08	24
111	Jim Fay	01:29:11	57
112	John Payne	01:29:14	36
113	<i>Katie Fox</i>	01:29:27	39
114	Hank Burkman	01:30:10	57
115	George Huner	01:30:30	55
116	<i>Misty Rauscher</i>	01:31:08	28
117	Bill Faulkner	01:31:18	67
118	<i>Kaylen O'Donnell</i>	01:31:26	25
119	<i>Amanda Tam</i>	01:31:31	24
120	<i>Leslie Mitchell</i>	01:31:58	47
121	Jonathan Jenkins	01:32:10	24
122	Andrew Sundet	01:32:12	24
123	Chris Reeher	01:32:14	36
124	<i>Sandra Clemons</i>	01:32:20	29
125	<i>Jessica Bohn</i>	01:32:25	32
126	<i>Julie Thenell</i>	01:32:32	50
127	Steve S.	01:33:07	36
128	<i>Julie Smith</i>	01:33:49	38
129	<i>Donna Sakdol</i>	01:33:49	40
130	<i>Kristin Willis</i>	01:33:56	41
131	<i>Michelle Kitchens</i>	01:33:57	36
132	<i>Teres Brown</i>	01:33:58	34
133	<i>Sharon Johnson</i>	01:34:15	48
134	Paul Rundle	01:34:30	44
135	<i>Paula Shanley</i>	01:35:15	44
136	Kool Shades (Ken Randall)	01:36:05	70
137	<i>Pam Richer</i>	01:36:37	29
138	<i>Amanda Murray</i>	01:37:25	40
139	Ed Bowen	01:37:27	46
140	<i>Amber Hermann</i>	01:37:28	21
141	Eliil Yuvarajan	01:37:31	32
142	Frank Torres	01:37:49	48
143	<i>Holly Stone</i>	01:38:43	31
144	<i>Janet Ralston</i>	01:38:44	46
145	Clint Krajlik	01:39:01	36
146	Peter Szymanski	01:39:08	52
147	<i>Mindy O'Toole</i>	01:39:21	39
148	<i>Priscilla Tomescu</i>	01:39:27	26
149	David Amundson	01:39:28	39
150	<i>Kate Friedman</i>	01:40:20	31
151	<i>Kari Timothy</i>	01:41:02	31

152	<i>Alicia Hegie</i>	01:41:09	24
153	<i>Laura Fink</i>	01:41:26	45
154	<i>Lynette Adams</i>	01:41:29	36
155	Fred Trentaz	01:41:52	66
156	<i>Delinda Waldron</i>	01:42:21	55
157	Foghome Leghome (Rob)	01:42:25	52
158	<i>Jen Holladay</i>	01:42:27	38
159	<i>Cathy Crites</i>	01:42:29	39
160	Mike Knipps	01:43:32	56
161	<i>Patricia Tolleson</i>	01:43:48	59
162	<i>Christi Smith</i>	01:44:22	40
163	<i>Rebecca Hill</i>	01:44:29	23
164	Ryan Munroe	01:44:37	25
165	<i>Amy Pacelko</i>	01:45:08	34
166	<i>Saia Johnson</i>	01:45:18	33
167	Lee Bengston	01:45:58	71
168	<i>Joanna Lanz</i>	01:46:41	20
169	Joe	01:46:51	51
170	<i>Raechel Owens</i>	01:48:04	20
171	<i>Jessica Wight</i>	01:48:53	28
172	<i>Doretha Martin</i>	01:48:54	28
173	Dave Banko	01:49:08	57
174	Jason Prusse	01:49:40	
175	<i>JoAnn Weaver</i>	01:50:56	48
176	<i>Terri DesChenes</i>	01:52:12	43
177	<i>Mimina Bau</i>	01:52:43	20
178	<i>Jennifer Frost</i>	01:52:43	48
179	<i>Margaret Figgins</i>	01:52:49	49
180	Sal Montalto	01:53:22	58
181	Brandon Gipson	01:54:17	29
182	Jack Griffin	01:54:26	33
183	<i>Samantha Bucero</i>	01:54:48	19
184	<i>Lori Dunn</i>	01:55:09	21
185	<i>Laura Cawthorne</i>	01:56:07	47
186	<i>Patience Hooks</i>	01:56:53	32
187	Tom Duran	01:58:12	61
188	Jim Youngquist	01:58:13	35
189	<i>Rachel Hill</i>	01:58:50	23
190	<i>Martie Bruns</i>	01:19:12	47
191	Ken Green	02:01:12	79
192	<i>Mackenzie Brown</i>	02:02:55	20
193	<i>Vici DeHaan</i>	02:07:06	73

SENIOR RACE RESULTS

1	Michael Quispe	00:31:13	42
2	Lindsay Krause	00:32:05	30
3	Bob Jones	00:32:42	47
4	Kari Samuelson	00:33:25	26
5	Daniel Horton	00:34:53	28
6	Emily Carroll	00:35:15	38
7	William Wycokoff	00:36:57	44
8	James Houghton	00:36:58	37
9	Felix Lopez	00:37:03	55
10	Jackson Lambert	00:37:11	16
11	Steve Holonitch	00:38:10	51
12	Joe Benvegno	00:38:22	42
13	Katie Clifford	00:38:40	32
14	George Greco	00:38:54	60
15	David Kelble	00:39:12	51
16	Danica Lucker	00:39:35	41
17	The B-Man (Jim Romero)	00:40:01	68
18	Tony Watson	00:41:16	48
19	Sara Brunken	00:42:23	40
20	Robert Klumpp	00:42:45	55
21	Cindy Cain	00:42:53	50
22	Julie Berland	00:43:31	40
23	Stephanie Maltarich	00:43:54	25
24	Gale Meuret	00:43:58	61
25	Lori Woods	00:45:04	45
26	Rich Harris	00:45:23	59
27	Lisa Hilsden	00:45:29	36
28	Megan McDonough	00:45:31	25
29	Valerie Paserini	00:46:33	29
30	The Oak (Ross Westley)	00:46:45	72
31	Lynnette Wargin	00:46:45	34
32	Anne Wachtel	00:47:11	24
33	Michelle Driscoll	00:47:16	19
34	Melissa Hoskins	00:47:19	37
35	Erin Calswell	00:47:20	29
36	Laura Stanley	00:47:40	34
37	Mallory Carlton	00:47:58	21
38	Jessica Leto	00:48:04	37
39	Robyn S.	00:48:07	24
40	Kevin Paus	00:48:32	52
41	Trina Lambert	00:49:04	46
42	Chuck Hurley	00:49:26	59
43	Patricia Henke	00:49:34	37
44	Sharon Mau	00:49:52	50
45	Haddas Lev	00:49:59	29
46	Jen Hendle	00:50:12	45
47	Kaitly Irvin	00:50:37	34
48	Susan Yasuhara	00:50:38	54
49	C J Jurgens	00:51:09	16
50	The Captain (Don Robinson)	00:51:36	76
51	Caitlin May	00:51:51	24
52	Megan Smith	00:51:55	29

53	Colin Szuch	00:52:03	6
54	Susan Hupp	00:52:06	29
55	Susan Bowles	00:52:26	54
56	Nina Walsh	00:52:27	58
57	Christy Goodwill	00:52:40	42
58	Judy Middleton	00:52:45	57
59	Joseph Bearss	00:53:15	38
60	Marsha Wagner	00:53:37	53
61	Lindsay VanNunturk	00:54:00	26
62	Nancy Crow	00:54:34	60
63	Libbie Tuthill	00:55:07	41
64	Cassie Klumpp	00:55:52	57
65	Jill Hollingsworth	00:55:53	49
66	Mandy Lucht	00:58:04	26
67	Shana F.	00:58:05	26
68	Daniel Morse	00:58:15	12
69	Patrick Morse	00:58:17	11
70	Maria Stachelek	00:58:18	45
71	Renne Reeves	00:58:47	47
72	Tom Alison	00:59:46	71
73	Patty Beach	01:00:05	45
74	Gary G.	01:00:51	47
75	Nancy Schindler	01:01:06	40
76	Michele Meininger	01:01:07	46
77	Lorreta Huff	01:01:25	
78	Martha Fulford	01:01:33	62
79	Jody Hilden	01:01:38	47
80	Charlie Schmucker	01:01:41	62
81	Paul Leasure	01:01:48	54
82	Chris Van Coney	01:02:10	59
83	Carol Emrick	01:02:12	61
84	Ana T.	01:03:21	45
85	Heather Morse	01:03:55	44
86	Kathy Johnson	01:04:18	47
87	Kent Bramley	01:04:45	46
88	Gina Lanz	01:04:53	50
89	Carol Reed	01:05:31	55
90	Lisa Orr	01:07:23	45
91	Grace Reader	01:07:34	12
92	Bailey Reader	01:10:01	12
93	Jen Schwartz	01:12:52	35
94	Kelly Miller	01:12:53	28
95	Carmen Zamora	01:15:11	51
96	Kim Zahn	01:20:48	52

THE GOOD, THE BAD AND THE UGLY

by Vici DeHaan

On November 4th, I ran my 4th New York Marathon, and 62nd lifetime marathon. The first time I ran New York was in 1986.

The good news first. The temperature was in the 40s with a 15 mph north wind in our faces throughout the race so it never got too hot like Chicago did. The wave start worked well, like it does at the Bolder Boulder. The crowds along the route were the best part of the race. They came out all along the course apparently numbering two million strong. They cheered and shouted encouragement the entire route.

Going through Harlem, the church attendees had just gotten out and were lined up along the street shouting for us. I got lots of "You go girl," and even one: "Go Grandma," which I found amazing since I was totally covered up except for my white bangs showing. As in the past, lots of people along the sidelines exchanged high fives with us which always gave a boost.

Since the race was just before the election, there were quite a few banners and rap groups for Obama, but nary a one for McCain. This was especially true whenever blacks were congregated, and I could imagine the pride they must have felt to be able to be able to support Obama after all these years of discrimination.

There were many "bands" stationed along the course who did their best to damage my eardrums with their loud amplifiers, but helped to give a beat for running. The trees throughout the city were peaking out in their full autumn colors, especially in Central Park where the late afternoon sun filtering through the yellows and reds was awe inspiring. The aid station volunteers were stationed about every mile starting around mile three, but especially during the last 15 miles, so we stayed well hydrated. Even though I could hardly drink the Gatorade because of its sweetness, but I knew it was necessary. The gels have never worked for me, so I stuck to water and a few swallows of Gatorade.

Since I love to read t-shirts on the backs of the runners, here are 3 of my favorites: "If you think training for an endurance event is tough, try chemotherapy;" "I'm working on my "Bucket" list;" and "When you decide not to do a workout, know that someone is doing theirs so they can kick your butt."

For once I wasn't the oldest female on the course which has been the case most of the time nowadays. The New York Times profiled an amazing 81-year-old from San Jose, CA who completed her 21st consecutive New York Marathon. She finished in seven hours, and believe it or not, was one of 26 runners over 80, mostly men, who registered for the race. I love her attitude: She has told her family and friends, "I want to die running. That's my goal." In fact she has said that if she dies on the track during a workout not to call 911 because she doesn't want to be revived. She insists they should "wait a half hour, maybe 45 minutes, and then call the mortician."

My middle daughter, Lisa, has been my faithful companion for most of my out-of-state marathons. She even sprang for matinee tickets for "Mama Mia" on Broadway on Saturday. Then she waited patiently at the end of the day Sunday while freezing in the cold and wind to pick up the pieces of this grandma's body and even managed to snag a taxi to get us back to our hotel.

The bad included another unreal migraine the day before, leaving me drained and nauseated on race day, so I was hardly able to eat anything all day. Not good. You'd think by age 73 that I would have outgrown them by now. My husband's take on it is that I must not have hardening of the arteries yet or they wouldn't be so flexible. So which is better: migraines or hardening of the arteries? Great choice, huh?

The ugly? My time (which shall remain my secret) was my personal worst ever. However, a finish is a finish, and when the race started, I knew that my ultimate goal was going to be just to get from the start to the finish without having to bail along the way. I kept remembering a billboard I saw once while running the LA Marathon: "Which is worse: finishing or not?" I decided that not finishing was much worse, so kept on trucking.

What did I learn from this adventure which cost a pretty penny to do? Lisa has tried to convince me that this would be a good marathon to go out on since some call it the granddaddy of them all. So while I slowly come back from punishing my body, I am considering her advice and will probably stick with half marathons instead. At least when I do them, I can still run the day after.

--
PELICAN Update (Cahrnsbrak@yahoo.com)

9/4- American Discover Marathon, CS: Jim Bosik, 3:51 & Diane Vanderhoven, 4:09. **Ent Community 5K, CS:** Bob Gasser 24:18 (1).

9/14- Credit Harvest 5K, Broomfield: J Gutierrez, 27:09 & Laura McCoy, 40:44. **Lead King Loop 25K, Marble:** Lou Huie 2:57 (3) & The B-Man (Jim Romero), 3:05.

9/21- Boulder Marathon: Jim Bosik, 3:45 & Charles Schiebe, 4:29. **Half-** Alyn Park, 1:39 (1); Lou Huie, 1:46 (2); Jay Wissc 1:57; Leslie Mitchell, 1:59; Jerry O'Donnell, 2:05; Vici Dehaan, 2:33 & Earl Beam, 2:47.

9/24- Lakewood Series IV-1.2 mile, Green Mountain: David Rothenburger, 11:04; Paul Moreau, 11:13; Kristen Moreau, 12:01 (1) & Tom Chambers, 16:35.

9/28- Capital Pursuit 5K, Des Moines, IA: Ken Simons, 25:40 (1). **Hope w/Every Step 10K, Chatfield:** Strider (Tom Chambers, 54:15 (1).

Fans on the Field 10K: Christian Oliphant, 39:05; Robert Kanieski, 44:44; Alan Johnson, 48:29; Pam Iyer, 58:17; Roger Rybicka, 58:17 & Bob Bussey, 1:24 (1).

10/5- Block Buster 10K, Federal Center: Miguel Cazares, 35:09 (OA); Oscar Ponce, 35:20 (1); David Rothenburger, 40:08 Ray Blum, 42:04 (1); Robert Kanieski, 43:27 (2); Glenn Bakken, 48:10 (2); Janet Young, 50:28 (1) & Sylvia Martinez, 52:41 (2) **5K-** Hector Martinez, 17:11 (OA); Bill Smitham, 22:15 (1); Jeff Young, 26:18 (2); Connie Arhrnsbrak, 27:04 (1); Santa Card, 36:10 (2) & 5-yr. old Dafni Martinez, 36:51 (1). **Teams:** Planned Pethood Posse placed first in both the **5K** and **10K**.

10/11- Compass Montessori, Golden: 5K- Connie Arhrnsbrak, 25:41 (3/OA); Rosalie Murch, 40:25 (W). **10K-** Robert Ghormerly, 57:58. *No age group awards.*

HRC A Back Country 10-Mile: Bob Cooper, 1:19 (1); The Oak (Ross Westley), 1:29 (1); Strider (Tom Chambers), 1:36 (2); E Faulkner, 1:39 (3) & Patricia Tolleson, 1:46 (1).

10/12- Run the Rock 5K, Red Rocks: Connie Arhrnsbrak, 31:05 (1); *The B-Man (Jim Romero), 35:39; *Ross Westley, 36: & *Alan Johnson, 38:08. * ran 4 miles. **Chicago Marathon:** Karen Voss, 3:14.

10/18- Toronto Half: Lou Huie, 1:40 (4/74) & Jan Huie, 1:56 (5/82).

10/19- Duke City 5K, Albuquerque: Connie Arhrnsbrak, 25:23 (1) & Rosalie Murch, 41:24 (3/W).

The Other Half, Moab: Steven Sellars, 1:21 (5/OA); Pam Iyer, 1:43 (3); Roger Rybicka, 2:08; Mike Knipps, 2:08; Joe Baird, 2:28; Joy Knipps, 2:41 & Earl Beam, 2:43.

Denver Marathon: Oscar Ponce, 2:45 (3); *Bob Caillouette, 3:12 (1); Noe Cuevas, 3:15; Ray Blum, 3:21; Dan Shaw, 3:26; Ji Bosik, 3:41; Derek Griffiths, 3:49; Robert Kanieski, 4:03; Charles Scheibe, 4:16 & Dick Grauer, 5:49. **Half :** David Rothenburge 1:27 (3); Dave O'Sadnick, 1:30 (2); Lindsey Krause, 1:34 (3); Denise Glenn, 1:41; The B-Man, 1:46 (1); Craig Ewing, 1:52; Ric Romero, 1:53 (1); The Oak (Ross Westley), 1:54 (2); Tom Chambers, 1:54 (3); Leslie Mitchell, 1:56; Polly Zimmerman, 2:01 & Leslie Woods, 3:10. **Boston qualifier*

10/25- Erie Eerie 5K: Lou Huie, 23:25 (3); The B-Man, 24:09; Taunya Wilson, 26:29 (2); Connie Arhrnsbrak, 26:33; Jerry O'Donnell, 27:46; Jan Huie, 28:08; Deb Hadley, 30:53; Sandra Rostie, 31:18; Penelope, 31:40; Bill Turley, 32:13; Earl Beam, 34:00; Charles Schmucker, 37:46 & Linda Schmucker, 38:00. **10K-** Rich Hadley, 42:11 (2); Bob Cooper, 43:46 (2); Chris Stone 44:50; Micol Rothman-Haji, 47:26 (3); Bruce Dahm, 46:27; Holly Dahm, 53:26; Bill Faulkner, 53:27 & Pat Tolleson, 58:32.

10/26- U.S. Marine Corp 5K, Golden: Rich Hadley, 19:57 (1); Painted Horse (Jesse Tijerina), 24:44 & Deb Hadley, 30:10 (3)

11/1- Heart of Rockies 5K, Boyd Lake: Bob Caillouette, 20:42 (OA/Master). **Half-** Slimfast (Bruce Kirschner), 1:38 & The Oak, 1:53 (2).

11/2- Park County XC 5K, Bailey: Brandy Erholtz, 19:15 (OA); Robert Kanieski, 22:02 (3); Polly Zimmerman, 26:59 (2); Connie Arhnsbrak, 29:12 (1) & Rosalie Murch, 41:20 (3). **Littleton Stride 10K:** J Gutierrez, 58:07. **5K-** Kim Shenfeld, 39:43; Laura McCoy, 39:46

11/8-Turkey Trot 10K, Longmont: Steven Sellars, 35:53 (2); Chris Stone, 45:24; Robert Kanieski, 45:55; Dennis Cisco, 45: Glenn Bakken, 48:06; Rich Romero, 51:29 (1) & Dick Graur, 1:02. **2-Mile:** Roger Rybicka, 18:11 (1). **Red Thread Run, CP:** Christian Oliphant, 18:18 (2) & Micol Rothman-Haji, 23:12 (3).

11/9- TTTS 5K, WP: Salim Haji, 18:18 (1); Dave O'Sadnick, 19:18 (1); George Greco, 21:39 (1); Bill Smitham, 21:57 (2); Jim Romero, 24:21; Leslie Mitchell, 25:09 (2); Polly Zimmerman, 25:13 (1); Connie Arhnsbrak, 26:31 (1); J Gutierrez, 26:45; Kim Shenfeld, 38:56; Laura McCoy, 41:51 (W); Rosalie Murch, 41:52 (W) & Leslie Woods, 42:21.

11/16- Panicking Poultry 5K, Boulder Rez: Dennis Cisco, 21:23; George Huner, 23:44; Jim Romero, 24:10; Jack Barry, 24:46; Spiderman (Scott McFarlane), 25:13; Jeff Underwood, 25:44; Connie Arhnsbrak, 26:12 (2); Jan Huie, 26:21; J Gutierrez, 26:24; Roger Rybicka, 27:42; Robert Ghormley, 28:15; Sandra Rosti, 29:40; Earl Beam, 35:49; Rosalie Murch, 39:20 (2/W) & Laura McCoy, 39:38 (W). **San Antonio R'N'R Half, TX:** Rich Romero, 1:51 (2); Kim Shenfeld, 3:08 & Leslie Woods, 3:11.

11/22- Brighton Turkey Trot 5K: Michael Quispe, 17:56 (1); Steven Sellars, 18:44; David Rothenburger, 19:20 (2); Bob Cooper, 20:14 (1); Bill Stahl, 20:32 (2); George Greco, 21:04 (2); Pam Iyer, 21:54 (1); Theresa Jockers, 21:55 (1); Micol Haji, 22:00 (1); Painted Horse (Jesse Tijerina), 23:09 (3); The B-Man (Jim Romero), 23:17 (1); Jack Barry, 24:47 (1); Bob Gassen, 24:50, (3); Roger Rybicka, 24:59; Ed Youngberg, 25:08 (3); Connie Arhnsbrak, 25:42 (1); Ken Simons, 27:06 (2); Pat Tollesor, 27:56 (1); Sandra Rostie, 28:55 (2); *Deann Reave, 29:35; Brent Jockers, 29:39; *7-yr-old Isaac Reaves, 31:04; Ross Westley, 31:16; Vici Dehaan, 32:09 (1); Kim Shenfeld, 38:46; Matthew Reaves, 39:05 & Leslie Woods, 41:49. **Walk:** Rosalie Murch, 39:19 (3) & Taunya Wilson & hubby walking leisurely, 49:07. **The Ken Simons family.*

Upcoming Races

Lake Arbor 5k

Saturday January 3 – 9AM Lake Arbor

Directions:

Take I-70 to Wadsworth. Go north past 80th to the signal at Pomona Drive. Turn right (east) at Pomona Drive. Continue straight past the four-way stop until you see the lake. The race starts on the east side of the lake. See the [Google Map](#) for details. For information or to volunteer call Ken Randall at 303-422-3745.

Forty Furlongs (5 Miles)

Saturday February 14 9AM Roadrunner Sports, Westminster. For information or to volunteer call Greg Ayres at 303-325-7877.

Please shop at our sponsors



Arvada, CO



**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION
2009 MEMBERSHIP APPLICATION**

(January 2009 THROUGH December 2009)

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)

2009 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 3	(Sat)	9 AM	Lake Arbor	Lake Arbor 5K	Ken Randall
Feb 14	(Sat)	9 AM	Roadrunner Sports, Westminster	Forty Furlongs (5M)	Greg Ayres
Mar 21	(Sat)	9 AM	Platte River Bar & Grill	Tom Bailey Spring Spree 10K	Tom Alison / Rich Romero
Apr 18	(Sat)	9 AM	Stapleton	Sand Creek 5 Miler	Rob Fisher / Dan Shaw
May 9	(Sat)	8:00 +	Twin Lakes Park	Memorial Run 10K	Kellie Steward / Anthony Calderwood
Jun 13	(Sat)	8 AM	South Valley Park	South Valley 10K / Kids Run	Paul Madden / Jason Myers
Jul 19	(Sun)	7:30 AM	Christies @ Genesee	Mountain Madness 12K	Chris Stone / Jim Romero
Aug 12	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail	Kristin Moreau
Aug 23	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race	Wayne Mathis
Sep 27	(Sun)	9 AM	To Be Announced		Dave Black
Oct 11	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72M	Bruce Kirschner
Nov 14	(Sat)	9 AM	Chatfield Lake State Park	Chatfield Five & Dime (5 / 10 miles)	Kim Massey / Scott McFarlane
Dec 12	(Sat)	9 AM	Aurora Sports Park	 Aurora Sports Park XC 4/8/12K	Dan Shaw / Rob Fisher

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