

MASTER TIMES



Jan /Feb 2009

Volume 41 Issue 1

PRESIDENT'S CORNER

By Ken Simons and Dan Shaw

Ken Simons

CHANGE OF OFFICERS

Thank you for the opportunity to serve as the CMRA president the past 2 ½ years. I have really enjoyed it, but think it's time to let someone else serve in that capacity. I know that Dan will do a great job.

It is apparent to me that there are many capable people in the club that make things happen. These people include, but are not limited to the race directors, other board members, and the quartermaster. I have been privileged to help coordinate their activities.

COLORADO RUNNER RACING SERIES WINNERS

Once again, Connie Ahrnsbrak and Jim Romero were the winners for the 65 and over age categories, as shown in the January/February issue of the Colorado Runner. I know that this is at least the second time that both of them have won this award for their age group, and it probably has been several times more than that. Also, Jack Berry at age 70 placed third for the 65 and over age group. Congratulations to all three of you!

CO-DIRECTOR FOR MAY RACE

We welcome Cliff Jurgens as a co-director for the May Memorial Run 10K.

NEWSLETTER EDITOR NEEDED

We need a newsletter editor for alternate issues. This would involve 3 issues per year. For information regarding the effort involved, contact either Keith Johnson or Dan Shaw. If interested, please contact one of the board members.

RACE DIRECTOR REQUESTED

We could use at least one additional race director or co-director for the coming year. For information about what is involved, contact one of the race directors listed in the back of a newsletter. If interested, please contact one of the board members.

SATURDAY VS SUNDAY RACES

It is my understanding that one of the founders or early members of the club, Andy Hornbaker made it known that he wanted most of the club races to be held on Saturday rather than Sunday. The percentage of races held on Saturday is still fairly high. I think that is good; for one thing, RMRR has almost exclusively Sunday races. If CMRA stays mostly with a Saturday schedule, runners will have a clear choice regarding this matter. Admittedly this a personal matter with me also, although I'm sure there are other members who feel the same. I realize of course that some members have their reasons for disagreeing with this.

GATORS

Probably at least partly due to my shuffling gait, I tend to kick up rocks into my shoes when I run trails. For this reason, I like to wear trail gators. Some people (like Lee Bengston) like to give me a hard time about my "spats". The ones found in local stores have shoe strings under the shoes to hold them on, which tend to wear through very fast. There is another type I have sent for use Velcro instead; however the upper part of these don't wear very well and get holes in them very

soon. I found that if I buy a more durable type with the shoe strings at REI and then discard the shoestrings and glue on Velcro patches, they work out pretty well.

Thank you, Ken!
by Dan Shaw

I'd like thank you to Ken Simons for his work as President through the past 2-1/2 years. His low-key style, stable leadership, and approachability are qualities that I admire and will try to emulate.

Under Ken's leadership over the past couple of years, we've seen some exciting growth in the average number of runners at our races. Bruce Kirschner and Randy Luallin's CCCCC, the Coal Creek Cross Country Challenge, this race consistently registers more than 100 runners, with about 147 official finishers this year, which was at least for a month, a record turnout for CRMA. Bruce has worked hard and put in a lot of time and energy, working with the Boulder running community and the Colorado Race Series to promote and grow this race.

We've also registering over 100 runners for Kim Massey and Scott McFarlane's Chatfield trail race the past two years, and for this year's race which was co-sponsored by the Columbine's women's running club, the results were amazing: 289 official finishers.

The December edition of the Aurora Sports Park XC served as the Road Runners Club of America's 2008 Colorado State Championship cross country race. The RRCA provided commemorative wall plaques to first place finishers in open, masters and grand masters age groups for both men and women. CMRA board member Chris Vanoni serves as the RRCA's state representative. Race directors who may be interested in having their event designated an RRCA state championship are encouraged to contact Chris.

For the first race of 2009, Ken Randall's Lake Arbor 5K earlier this month drew in Ken's estimation its largest field ever, 96 finishers. Talking with some of our more experienced runners after the race, I came to understand that this venue is one of the CMRA's oldest, dating back to Seventies. The field for this year's race included a healthy mix of club members who have run it since its early years, several young children, and a pack of competitive speedsters running sub-six minute miles at the front of the pack.

I will certainly look to keep the club growing and moving forward with these and other initiatives, probably some new venues, more to come on this, and look to lean on Ken's expertise. I've enjoyed working with all of you on the board of the Colorado Masters Running Association over the past two years. It has been fun. I look forward to continuing the fun over the next year or two as president of the club.

I'd like to recognize Keith and Kathy Johnson for taking over (at least for the next few issues) full responsibility for editing this newsletter. Their gracious support of the club is much appreciated. If you or someone you know is interested in helping Keith and Kathy with the newsletter, please contact one of our board members.

And I'd like to close by joining President Obama in throwing my weight behind an 8-team playoff for the major college football championship!

Race Results

Aurora Sports Park XC

December 6, 2008

By Dan Shaw

The 12K distance of the December edition of this Colorado Masters Running Association race served as the Road Runners Club of America state championship for cross country. 70 hardy runners came to play in the fields around Aurora Sports Park and the surrounding open space, none speedier than 26 year-old Boulder steeplechase specialist Robert Mandje, who also won the October Colorado Masters race. Unlike the relatively close finish of the Coal Creek Cross Country Challenge, Robert built and maintained a lead to the finish. A professional runner coached by former marathon great Lorraine Moller, Robert claimed the Open Championship in a blazing 43:14 (5:48 per mile) on this challenging course. Jitka O'Farrell, 31, claimed the women's open title with a time of 57:29 (7:43). The 2008 Masters (40+) winner is Keith Johnson, 47, with a time of 47:32 (6:23). The Grand Masters (50+) title went to Greg Ayres, 50, in a time of 61:08 (8:12). There were no women competitors in the masters and grand masters age groups.

This edition of the race again featured 3 laps of a 4 kilometer (about 2-1/2 miles) loop. The race course started and finished at Coal Creek Rodeo Arena off 6th Avenue in eastern Aurora. About half of the course was run on the beautiful green lawns bordering the soccer fields of Aurora Sports Park. The other sections of the course included a variety of surfaces: sandy, single track trails, a dirt road, short stretches of gravel and asphalt paths, and open fields. The most unique portion was a 100 meter-long narrow, winding "tunnel" through willow brush. Most challenging to runners was an icy creek crossing. Most competitors avoided getting their feet wet by working their way over fallen logs that bridged the cold water. A few brave harriers chose to save time by splashing through the murky foot-deep pool at the crossing.

At the 9:00 am start the sandy trail sections, rutted by horse hooves, were frozen into ankle busting ridges and portions of the lawns were crusty. By the time the 12K race was over the trails and lawns grew soggy with melting snow. Despite the challenges, our youngest competitor, 7 year-old Kathryn Stone was the first female finisher, completing the 4K distance running with her father Chris Stone in an amazing 23:33. The oldest competitor in the field, Ken Green, age 79, impressed and brought a rousing cheer from the finish line crowd by completing the full 12K distance with a time of 94:27.

It took a tremendous effort by a great number of people to put this event together. Along with race co-director Rob Fisher, I'd like to thank all the volunteers who made this event possible, including; Joe Sanchez (equipment, water and soda); Tom Alison (awards coordinator); Vici DeHaan (prize coordinator and course marshal); Joe Baird (timing); Connie Ahrnsbrak (registration), Rosalia Murch (registration); Mike Vanoni (scoring); Chris Vanoni (RRCA awards and banners); Ken Simon (course marshal and insurance); and Ashley Birger (photos). Special thanks to my wife Lu and sons Joey and Sam for their assistance in course set-up, tear down, and marshaling. Also, I'd like to extend special thanks to the City of Aurora for permitting the event, including Ranger Justin Clark with Aurora Open Space and Manager Dan Adams with Aurora Sports Park.

December 6, 2008 Aurora Sport Park Race Results

Overall results

4K				8K				12K			
PLACE	NAME	TIME	AGE	PLACE	NAME	TIME	AGE	PLACE	NAME	TIME	AGE
1	Jay Luna	13:39	24	1	Kris Swygert	33:53	31	1	Robert Mandje	43:14	26
2	Omar Martinez	14:20	23	2	Dave Slingsby	35:57	39	2	Oscar Ponce	45:06	30
3	Gabe Villegas	16:49	16	3	Robert Kanieski	37:31	31	3	Hector Martinez	45:53	25
4	Keifer Johnson	17:26	15	4	Javier Reyes	38:22	17	4	Keith Johnson	47:32	47
5	Juan Ortiz	17:57	17	5	Necolas Flores	40:21	15	5	Victor Salvatierra	49:22	16
6	Sullivan	19:38	38	6	Michelle Slingsby	40:33	39	6	Michael Quispe	50:37	42
7	Chris Reeher	22:08	36	7	David Kelble	41:05	51	7	Scott Dailey	51:22	43
8	Will Thompson	22:09	24	8	Luis Medrano	41:15	14	8	David Rothenburger	52:50	40
9	Kathryn Stone	23:33	7	9	Gustavo Reyes	41:28	15	9	Brian Hollister	55:32	41

10	Chris Stone	23:34	41	10	Raymond	41:29	15	10	Nicholas Sterner	56:04	46
11	Connie Ahrnsbrak	24:45	68	11	Bob Talfelski	42:40	68	11	Jitka O'Farrell	57:29	31
12	Earl Beam	28:45	58	12	Tom Chambers	43:36	65	12	Jason Myers	58:26	35
13	Shawna Freeborn	29:12	26	13	Peter Szymanski	46:50	52	13	Tara Breed	58:50	38
14	Rick Callow	29:13	57	14	Allison Lyle	46:58	28	14	Scott Jackson	60:11	41
15	Mandy Lucht	29:16	26	15	Roger Rybicka	48:02	60	15	Greg Ayres	61:48	50
16	Tom Duran	29:27	61	16	Kimberly Massey	50:04	50	16	Jim Romero	63:56	68
17	Charlie Schmucker	29:31	62	17	Haddas Lev	55:28	29	17	Scott McFarlane	66:09	57
18	Chris Vanoni	29:49	57	18	Valerie Passerini	55:29	29	18	Joe Sanchez	66:41	71
19	Tom Alison	30:45	71					19	Ken Randall	66:45	70
20	Olga Hnizdil	36:15	64					20	Angel Cruz	68:05	16
21	Rosalia Murch	46:46	67					21	John Perez	68:06	58
22	Susan Stone	46:47	44					22	D. Amundson	73:18	39
23	Nancy Stone	46:47	10					23	Lee Bengston	77:14	71
24	Kristina Schreiber	54:30	8					24	Foghorne Leghorne	78:43	42
25	Maren Schreiber	54:30	40					25	Michelle Driscoll	79:32	20
								26	Gabriel Sisneros	87:37	70
								27	Ken Green	94:27	79

Age group results are posted on the Web site.

2009 Lake Arbor 5K
January 3, 2009

WOW!!! What a nice turnout for our first race of 2009 -- 91 runners and 5 racewalkers. Thanks to everyone for the fantastic support. The weather conditions were on the chilly side, but no ice, so we were able to run the regular course. This race was on Active.com and we had 3 people register, plus some response from internet exposure.

Our overall male runner was 27-year old Justin Mock finishing in 16:46. Christine Adamowski pushing baby Kelsey was our overall female in a time of 22:28. Adam Adamowski also pushed two year old Finnegan in a stroller placing 6th overall. Of note we had six kids under the age of 12 finishing. The youngest was 5-year old Gina Narod running her first 5K in 41.39.

A hearty thanks to all the volunteers: Tom Alison, Connie Ahrnsbrak and Rosalie Murch working registration. Ken Simons was course marshal and Joe Baird, Connie Ahrnsbrak, Joe Sanchez and Rosalie Murch were at the finish line. In addition, some much needed "on the spot" volunteers at the result table: John Perez, David Rothenburger, Tom Chambers, Adam Feerst, Scott Kukel and Michael Quispe. We appreciate your help.

Kudos to our sponsors: Boulder Running for the hats and Great Harvest Bread for all the goodies.

Thanks again, Ken Randall, Race Director

January 3, 2009 Race Results

PLACE	NAME	TIME	AGE
1	Justin Mock	16:46	27
2	Omar Martinez	17:07	23
3	Hector Martinez	17:30	25
4	Scott Kukel	18:07	35
5	Michael Quispi	18:47	42
6	Andrew Adamoski	18:53	32
7	Finneghan Adamoski	18:53	2
8	Christian Oliphant	19:00	40
9	Trailman (Adam Feerst)	19:13	48
10	David Rothenburger	19:59	40
11	Dave Slingsby	20:14	39
12	Philip Mazza	20:22	39
13	Nick Sterner	20:32	47
14	Jim Perry	20:46	47
15	Robert Kanieski	21:13	31

16	Dan Shaw	21:23	49
17	Bob Caillouette	21:54	54
18	Cliff Jurgens	21:57	43
19	Mike Hampton	21:59	35
20	Craig Chamberlin	22:14	47
21	<i>Christine Adamoski</i>	22:28	41
22	<i>Kelsey Adamoski</i>	22:28	0
23	Kevin McNamara	22:31	49
24	Scott Shaver	22:36	38
25	<i>Samantha Towne</i>	22:43	20
26	Bob Irving	22:43	54
27	<i>Michelle Slingsby</i>	23:02	39
28	Painted Horse (Jesse Tijerina)	23:17	57
29	Chris Reeher	23:33	36
30	Mark Erikson	23:34	43
31	Todd Gentry	23:35	39
32	David Kelble	23:40	51

33	Mark Ramsey	23:46	46
34	Joe Benvegna	23:48	42
35	Casey Dowling	23:49	20
36	Dave Hill	23:49	57
37	Jeff Rasor	24:03	32
38	Jackson Lambert	24:10	16
39	<i>Jane Harbert</i>	24:13	47
40	The B-Man (Jim Romero)	24:19	68
41	Rich Romero	24:38	72
42	Strider (Tom Chambers)	24:39	65
43	John Perez	24:42	58
44	Reeves Smith	24:44	40
45	Glenn Bakken	24:45	58
46	Rich Martinez	25:42	62
47	Brendan Duke	25:59	29
48	David Gill	26:23	52
49	Frank Torres	26:33	48
50	<i>Priya Rao</i>	26:34	23
51	<i>Jordan McNamara</i>	26:40	19
52	<i>Janet Ralston</i>	26:49	46
53	Sam Wood	26:58	50
54	<i>Kellie Steward</i>	27:01	45
55	<i>Martha Martinez</i>	27:46	41
56	<i>Trina Lambert</i>	27:52	46
57	Bruce Rasor	28:07	60
58	Fred Trentaz	28:14	66
59	Ina Monk	28:46	52
60	Doug Tollin	28:50	64
61	<i>Nancy Stone</i>	28:51	10
62	Chris Stone	28:52	41
63	Justin Perry	28:53	9
64	Mike Knipps	29:34	56
65	Sherman Lambert	29:44	48
66	The Oak (Ross Westley)	30:10	72
67	Tom Duran	30:16	61

68	Dean Hess	30:34	41
69	Jim Dowling	30:54	51
70	The Captain (Don Robinson)	31:54	76
71	Ben Kirkpatrick	31:58	29
72	Matt Steinberg	32:08	37
73	Earl Beam	33:00	58
74	Wyatt Bubeck	33:06	11
75	<i>Ole Ferguson</i>	33:42	52
76	<i>Anabelle Perry</i>	33:50	41
77	<i>Halli Jefferson</i>	34:09	22
78	<i>Deborah Gill</i>	34:14	51
79	Keith Prokusky	34:34	53
80	Brandon Duke	35:13	20
81	Tom Alison	35:59	71
82	<i>Kathryn Stone</i>	36:44	7
83	<i>Deb Walker</i>	37:41	45
84	Ed Gussie	39:05	67
85	<i>Nanette Benvegna</i>	39:52	51
86	<i>Sophia Narod</i>	41:28	8
87	No Name	41:30	14
88	<i>Gina Narod</i>	41:39	5
89	<i>Regan Peschel</i>	42:00	32
90	<i>Michell Baker</i>	42:10	30
91	<i>Lyssa Hansard</i>	42:12	30
Racewalkers			
1	Jan Hill	33:34	50
2	Rachel Oliphant	39:00	41
3	Rosalie Murch	43:01	68
4	Phillis Bubeck	47:51	46
5	William Bubeck	47:52	13

Age group results are posted on the Web site.



PELICAN Update 08'/09' (Cahrnsbrak@yahoo.com)

10/4-St. George Marathon, UT: David Wise, 4:24.

10/9-Athens Greece Marathon: David Wise, 4:26.

Turkey Runs: CU Boulder 5K: Palmer Beam, 35:14 & Linda Neale, 46:41. **United Way 4 Mile:** Isaiah Rubio, 23:49; Ray Blum, 26:13 (3); Kyle McElroy, 26:18; Kevin McElroy, 27:00; David Kelble, 29:45; Mean Ed Green, 30:08; George Huner, 30:50; Bill Obert, 32:16; Charles Scheibe, 33:21; Bob Ghomley, 36:11 (1); Rich Romero, 38:11 (2); Earl Beam, 44:01 & Tom Alison, 46:38 (3). **Briargate 5K, CS:** George Greco, 23:46 (2); Lou Huie, 24:09 (3) & Lee Bengston, 31:25 (2). **HLR 5K, Redstone Park:** Keith Johnson, 17:52 (1); Dennis Cisco, 21:47 & Kathy Johnson, 23:42. **Loveland 5K:** Forest (Bob Caillouette), 20:47 (1). **UNC 51 Greeley:** Painted Horse (Jesse Tijerina), 23:02. **Anthem 5K, Broomfield:** Bob Cooper, 20:00 (1); Rich Hadley, 23:16; Jeff Underwood, 24:26; Patricia Tolleson, 27:04 (3); Bill Faulkner, 28:43 (2); Gary Winer, 29:10 & Deb Hadley, 29:50. **Wichita 10-mile Turkey Trot, KS:** R2G2 (Ray Grundmeyer), 1:41. **Pederson 4-mile, FTC:** J Gutierrez, 34:12 & Laura McCoy, 48:17.

11/29- Flagman 5K, Aurora: Rosalie Murch, 40:01 (1/W). Robert Kanieski, 21:29 (OA); Greg Ewing, 23:18 (1); Mean Ed Green, 23:30 (2); The B-Man (Jim Romero), 23:44 (1); Bob Tafelski, 23:58 (2); Jack Barry, 24:42 (1); Strider (Tom Chambers), 24:44 (3); Rich Romero, 24:47 (2); Mitch Chesbro, 27:25 (3); The Oak (Ross Westley), 30:13 (3); Tom Alison, 35:32 (4); Bob Bussey, 43:13 (5) & Leslie Woods, 43:50 (1).

12/6- Rock Canyon Half, Pueblo: Salim Haji, 1:29; George Greco, 1:46 (2); Lou Huie, 1:47 (3); Tall Red (Ed Youngberg), 1:54 (2) & Janice Huie, 1:57 (2).

12/7- California International Marathon: Mark Ramsey, 3:35.

12/20-Rudolph's Revenge, Chatfield: 10K- Lindsay Krause, 41:59 (OA); Dave O'Sadnick, 42:25 (2); Robert Kanieski, 46:50; Dennis Cisco, 47:05; John Shea, 48:54; Micol Rothman-Haji, 50:12; Mean Ed Green, 51:26 (2); George Huner, 51:36 (3); Paul Rundle, 56:57 & Lee Bengston, 1:02 (1). **5K-** Kevin McElroy, 20:33 (2); Diane Vanderhoven, 25:36 (3); Strider, 26:10 (1); Kim Massey, 28:13 (2); Mitch Chesbro, 28:15; Kelly Chivers, 32:48 & E Beam, 35:46.

Rudolph Ramble 5K, CP: Jonathan Huie, 17:39, (3/OA); Rich Hadley, 21:00 (1); George Greco, 23:20 (1); Lou Huie, 23:45 (2); Jack Barry, 25:53, (1); Peter Szymanski, 26:50; Robert Ghormley, 27:38 (2); Deb Hadley, 30:33 (2) & Bob Bussey, 42:32. .

12/27- Kwanzaa 5K, Aurora: Jonathan Huie, 17:33 (OA); Robert Kanieski, 21:32 (1); Lou Huie, 23:13 (1); Mean Ed Green, 23:31; Painted Horse (Jesse Tijerina), 23:32; Bob Tafelski, 24:50 (2); Jack Barry, 25:14 (1); Strider, 25:18 (3); Rich Romero, 25:34 (2); Mitch Chesbro, 26:00; Jan Huie, 27:19 (1); The B-Man, 27:41; Connie Arhnsbrak, 27:58 (1); Jerry O'Donnell, 28:58; Lee Bengston, 30:15 (3); Rick Vorhees, 31:39; Penelope, 32:33 (3); Rosalie Murch, 40:37 (3/RW); Bob Bussey, 41:28 & Leslie Woods, 43:24 (3). .

12/31- Resolution 5K, WP: Hector Martinez, 17:28 (3/OA); Noe Cuevas, 18:47; Miguel Cazares, 19:00; Irving Reza, 19:07; Kyle McElroy, 20:09; Kevin McElroy, 21:17 & Jeff Young, 23:16. *Only the first 100 scored.*

New Years' Day Rescue Run, CS: 5K- Nigel Miller, 18:49 (2/OA); Chief Reno, 23:35; George Greco, 24:15 (1); Lou Huie, 24:35 (2); *Connie Arhnsbrak, 29:33 (1) & Rosalie Murch, 44:08 (W). **10K-** Bill Moyle, 1:16. *age CR.

1-10-09- Oatmeal 5K, Lafayette: Oscar Ponce, 19:53; Jeremy O'Farrell, 20:18; Painted Horse, 23:06; Jim Bosik, 23:34; The B-Man, 24:22; Jack Barry, 25:10 (1); Connie Arhnsbrak, 27:15 (1); Kim Massey, 27:17; Lee Bengston,

28:51 (3); Sandra Rostie, 30:56 (3); Vici Dehaan, 33:31 (1); Kim Shenfeld, 38:10; Rosalie Murch, 41:42 (W); Leslie Woods, 42:55 & *Dawn Estes, 50:38 (W). **Rosalie's daughter.*

1-11- River, Roots & Ruts Trail run, Alva, FL: Trailman (Adam Feerst), 1:30:50 (**OA Master**)!

1-17- Run for the Dream 5K, Aurora: Robert Kanieski, 21:04 (1); Dave Hill, 23:09 (2); The B-Man, 24:13 (1); J Gutierrez, 27:04 (3); Jerry O'Donnell, 28:14 (3); Fred Trentaz, 28:22; The Oak, 29:34 (1); Jan Hill, 32:18 (1/RW); Kimberly Shenfeld, 38:15 (1); Rosalie Murch, 39:41 (3/RW); Leslie Woods, 41:39 (1); Laura McCoy, 48:21 & Dawn Estes, 51:49 (2/Fitness Walk).

1-18- Frosty's Frozen, Chatfield: 5-Mile- Nigil Miller, 29:05 (1); Scott Kukel, 30:30 (1); Kyle McElroy, 32:55 (2) Kevin McElroy, 34:02 (3); Jesse Tijerina, 38:14 (4); Jane Harbert, 38:54 (1); Bob Tafelski, 39:40 (1); Tom Chamber 40:12 (2); Connie Ahrensbrak, 43:29 (1); *Martha Martinez, 43:51; Deb Hadley, 50:30 & Earl Beam, 58:12. **10-mile-** Hector Martinez, 1:02; Omar Martinez, 1:03 (2); Dave O'Sadnick, 1:09 (2); Nick Sterner, 1:11; Rich Hadley, 1:13; Dennis Cisco, 1:15:22; Forest (Bob Caillouette), 1:15:23; John Shea, 1:20:32; Lou Huie, 1:20:51; (1); Jeff Young, 1:23:11; George Huner, 1:23:54 (3); Jim Romero, 1:24 (1); Janice Huie, 1:29 (2); Paul Rundle, 1:31; Polly Zimmerman, 1:32 (2); Jerry O'Donnell, 1:36; Janet Ralston, 1:38 & Mary Pitz, 1:40. **Hector's mom.*

1/24- PPRR Series II, CS: 10-Mile- Rich Hadley, 56:06 (1) & Lou Huie, 1:04 (2). **5-Mile-** George Greco, 30:36 (2) Jill Miller, 31:39 (2) & The Oak, 36:30 (1). **Fast & Furry 4-Mile, Boulder:** Keith Johnson, 24:16 (3).

1/25- Ing Miami Marathon: Green Machine (Alyn Park), 3:29 (1) & Jay Wissot, 4:13. **Polar Bear 5K, WP:** Bill Stahl, 21:36 (1); J Gutierrez, 27:56 (3) & Laura McCoy, 40:45

2/1-Super 5K Run @ Cornerstone Park: Keith Johnson, 18:32 (**OA**); Jill Miller, 23:28 (**OA**); Sharon Majetich, 26:32; Connie Ahrensbrak, 26:36 (1); Kevin Haggerty, 33:22 & Rosalie Murch, 41:09 (W) . **Super Bowl 5K, WP:** George Greco, 22:26 (1); Mean Ed Green, 24:13; Bob Tafelski, 24:29 (2); Jack Barry, 25:08 (1); Rich Romero, 25:20 (2); Bill Obert, 26:25 (3); Mitch Chesbro, 27:04; J Gutierrez, 27:08; Sandra Rostie, 30:24 (1); Kim Shenfeld, 38:36; Laura McCoy, 40:29 & Leslie Woods, 42:57.

Upcoming Races

Spring Spree 10K
Saturday, March 21 at 9 AM
Platte River Bar & Grill
5995 S Santa Fe Dr, Littleton, CO

Directions:

To reach the start, go south on Santa Fe Drive from Bowles / Littleton Blvd to 5995 S Santa Fe Drive in Littleton. This is across Santa Fe from Arapahoe Community College. See the [Google Map](#) for details.

For information or to volunteer call Tom Alison at 303-791-6166 or Rich Romero at 303-751-4284.

Sand Creek 5-Miler
Saturday, April 18 - 9 AM
Sand Creek Trail - Denver

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

Directions:

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

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

See the [Google Map](#) for details.

For information or to volunteer call Rob Fisher at 303-738-0115 or Dan Shaw at 720-480-2370.

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 Results	Ken Randall
Feb 14	(Sat)	9 AM	Roadrunner Sports, Broomfield	Forty Furlongs (5M)	Greg Ayres / Jason Myers
Mar 21	(Sat)	9 AM	Platte River Bar & Grill	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 / Cliff Jurgens
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

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