

MASTER TIMES



May/June 2009

Volume 41 Issue 3

PRESIDENT'S CORNER

Dan Shaw

THE SUMMER SEASON

With Memorial Day in the rearview mirror, summer is unofficially upon us, and along with it, the summer racing season. For the Colorado Masters, this summer features many familiar favorite venues and a couple of new twists. South Valley Park, Christie's at Genesee, Fairmount Park, and Elk Meadow in Evergreen fill their usual spots on the race calendar. To spice things up a little, new for this year the 1/3 Marathon formerly held at Barr Lake has been moved to the Bear Creek Trail in Lakewood. Also new this year will be a hot dog roast following the Fairmount 5K. A little change sometimes tastes good too!

HAPPY 50th TO THE ROCKY MOUNTAIN ROAD RUNNERS

Our sister running club, the Rocky Mountain Road Runners is celebrating their 50th anniversary the first week of June, and from the Colorado Masters, here's wishing them a great week and another terrific 50 years building friendship and support for our local running community. Many Masters members also run Road Runners races or participate in their club activities. As part of the week of festivities, our members have been invited to join their weekly track workout at 6:00 p.m. Wednesday evening, June 3 at Heritage High School in Littleton. As a past participant in these track sessions, I can vouch for the fun to be had as well as the effectiveness in improving one's speed, and strongly encourage anyone interested to check it out. It sure helps to have company to ease the misery of intense workouts. Please visit the Road Runners website www.rmrr.org for directions or additional information about their club activities.

BOLDER BOULDER

Is this the biggest party in town or what? It certainly is the biggest running event, with 53,000 registered and 49,000 finishers, not to mention the jet fighter flyover, the parachuting flag bearers, Memorial Day speeches, Taps, a 21-gun salute, the richest non-marathon runner purse in America, and belly dancers! It just seems somehow to get bigger and better every year. I must confess I am addicted to this race and have run every year since 1996.

One improvement this year was moving the start of the elite races prior to the ceremonies so that the stadium was filled with 40,000 screaming fans when the elite runners entered to finish. The women's winner, Mamito Daska was quoted in the local newspaper as being a little frightened by all the cheering when she entered the arena. I think that's a great statement about our running community that we can generate such a wonderful and surprising level of enthusiasm.

But of course, the Bolder Boulder isn't just about elites. There may be as many walkers as runners who finish the event, and the race is as much about them as it is the elites. In between, the wave start allows

competitors of all levels to compete against racers of like abilities, and honors runners of all ages by providing awards for the first 15 men and women for every single year of age. This totals an astounding number of awards, well over 1,000.

For me, I'm inspired to try to improve my wave each year. This year I was in wave AB (the third wave – I got room to improve!) for the second year in a row and my highest wave so far. The downhill start often suckers me into running too fast the first mile, but I was able to hold back this time, ran even splits and came within 3 seconds of last year's time, my current PR for the course. My time this year was good for 10th place in my age group out of 372 competitors. Good, but not as good as Vici DeHaan who finished in 77:54, good for 2nd in her age group, or Jim Romero, at 52:39, who placed 4th in his age group. Congratulations to every CMRA member who ran or walked the Bolder Boulder!

Thanking Spiderman

By Connie Arhnsbrak

Remember when Colorado Master's members had to wait until the next publication of a newsletter before reviewing race results, and other club information in general?

Thanks to Spiderman (Scott McFarlane) we are up and running high-tech. Perhaps we are still little fish, but we certainly have a full plate of club resources provided not only to our members, but nation-wide. Several runners from out of state have sought us out.

Scott approached CMRA President, Vici Dehaan in February of 2003 with the desire to setup a website for the club. It was ready by May 2003 with the first posting of results from the Memory Run at Dekovend Park.

The first window depicts our mountain logo, important announcements, rescheduling of races, etc. We move forward to the windows of general club info, Race Schedule (2003-present) and club officers/Board members, and so on.

The photo of the pelican for reporting other events outside the club was taken by Spiderman while vacationing in San Diego.

Not only does the race schedule give you all the pertinent information, but Scott has added other running links as well. These include informal groups, race calendars and a link to the Colorado Running magazine. The Colorado Running Magazine race result listing is the first to ever include Colorado Master race results in their publication. If you haven't checked out the race schedule, there are some results posted as far back as 1999.

The above is all very general, nothing new, even *passé*. However, the fact remains that through volunteerism, Spiderman's maintenance of the website is ongoing. I believe it's important to recognize all the nice changes that have taken place from year to year.

In addition to maintaining the website, Scott also keeps and maintains the club membership. Plus he programmed a membership database so he can print all the labels not only for the newsletter, but the race tags as well.

Scott is an avid trail runner, he runs the trails in the foothills year around. When you think of a postman delivering his mail through rain, sleet and snow – this also applies to Scott and trail running.

He is a member of the Rocky Mountain Road Runners club, the Denver Trail runners group on Thursday evenings and the CMRA trail group on Tuesday evenings. He heads up the early group on Thursday evening and usually leads the Tuesday group as well. Although he claims that eight miles is his favorite distance, his zeal for trail running would suggest otherwise.

He has run two half marathons, Ft. Collins Old Town and Boulder Backroads, both in 2003. He has also run the Golden Gate Canyon 12.75 mile trail several times, which more than qualifies for a half marathon. His running career started in 1979, running 5 miles, three times a week.

Scott is a Californian. He is retired Air Force Reserve, completing his 23 years at Peterson Air Force Base in Colorado Springs. He is currently a Computer Systems Administrator and Software Developer for the U.S. Geological Survey Department at the Federal Center.

In his spare time, Scott enjoys biking, winter hut trips and playing around on the computer. He joined CMRA in 2002 with the Coal Creek Crossing being his first CMRA race.

Thanks to Spiderman for www.comastersrun.org.

Connie Arhmsbrak

Race Results

Sand Creek 5 Miler Results

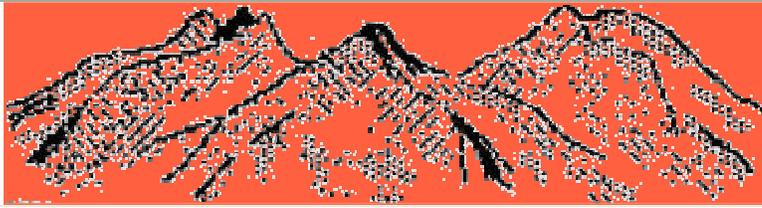
May 20, 2009 5 Mile Race Results

PLACE	NAME	TIME	AGE
1	Kris Swygert	30:52	32
2	Matt Smith	32:54	32
3	<i>Molly Smith</i>	36:35	29
4	<i>Carrie Zogratis</i>	37:27	29
5	Justin Moody	39:10	16
6	The Hammer	40:14	47
7	Angel Cruz	41:01	16
8	Jay D. Trujillo	41:04	50
9	Mark Ramsey	41:25	46
10	Greg Parent	41:47	28
11	The B-Man (Jim Romero)	42:40	69
12	<i>Jane Harbert</i>	42:51	48
13	Spiderman (Scott McFarlane)	43:16	58

14	Richard Romero	43:22	72
15	Kool Shades (Ken Randall)	46:05	70
16	Tall Red (Ed Youngberg)	46:34	66
17	<i>Allison Lyle</i>	46:57	29
18	<i>Sarah Recktenwall-Work</i>	49:29	25
19	<i>Rhiannon Fadeyibi</i>	59:59	47
Racewalkers			
1	Ian Monk	34:51	53

Age Group and 5K Results are posted on the Web Site

CMRA Memorial 5/10K Results



The CMRA Memorial run held on May 9, 2009 at 8:00am turned into a great day to race. The morning started out cool and overcast, but soon turned sunny and warm after the start. The Twin Lakes Trailhead, at 70th and Broadway had recently been nicely landscaped, which made it a pleasant location to park, take registration and serve our refreshments. The new course this year traveled west along Clear Creek and turned around after running though the Pecos and Federal Boulevard tunnels. A total of 47 runners and race walkers turned out for this 5k and 10k event.

This race was planned with the assistance of Boy Scout CJ Jurgens, who used this event for his Eagle Scout Project. Thank you to all our many Boy Scout volunteers and the many other volunteers from CMRA who made this race a success.

We had donations from many businesses in Old Town Arvada, including Be Jeweled Bead Shop, Steve's Meat Market, Red Robin, and Charlie's Flybox to name a few. The Great Harvest Bread Co. and Road Runner Sports in Westminster were very generous also.

Twin Lakes Memorial Run			
May 9, 2009 10K Race Results			
PLACE	NAME	TIME	AGE
1	Keith Johnson	36:45	47
2	Isaiah Rubio	27:17	22
3	Matt Smith	38:13	32
4	Bob Cooper	28:08	60
5	<i>Molly Smith</i>	44:27	29
6	Dan Shaw	44:33	49
7	Jeff Dumas	44:59	63
8	Robert Kanieski	46:12	31
9	Lou Huie	47:47	62
10	Danny Collins	48:35	24
11	Fred Summer	49:03	49
12	Alan Johnson	49:35	48
13	J. D. Trujillo	50:40	50
14	Tall Red (Ed Youngberg)	51:11	66

15	<i>Kathy Johnson</i>	51:47	48
16	Rich Romero	51:56	72
17	Spiderman (Scott McFarlane)	52:15	58
18	Rich Martinez	54:10	62
19	<i>Taunya Wilson</i>	57:08	62
20	Gabe Sisneros	58:00	70
21	<i>Valerie Passerini</i>	58:27	29
22	Bob Ghormley	59:40	70
23	<i>Haddas Lev</i>	01:00:21	29
24	<i>Trina Lambert</i>	01:00:27	46
25	<i>Kelly Zuniga</i>	01:01:27	37
26	Mark Walker	01:04:27	59
27	<i>Cyndi Suckow</i>	01:12:33	35
28	<i>Carolyn Nelson</i>	01:12:34	44

Twin Lakes Memorial Run May 9, 2009 5K Race Results			
PLACE	NAME	TIME	AGE
1	Omar Martinez	17:52	23
2	Scott Kukel	18:03	35
3	Kevin Dant	22:05	45
4	Jeff Young	22:33	53
5	John Shea	24:11	52
6	Jane Harbert	24:16	48
7	Ric Robinette	24:37	57
8	Joanne Dant	25:48	42
9	Martha Martinez	26:57	41
10	Jan Huie	27:26	59

11	Douglas Tollin	27:46	64
12	Kathy Klesmitt	30:20	57
13	Santa Card	35:58	75
14	Olga Hnizdil	44:28	64
15	Laina Nelson	49:10	11
16	Presley Harrington	49:13	17
RaceWalkers (5K)			
1	Ian Monk	38:18	52
2	Summer Edwards	58:00	23
3	Rebecca W.	1:01:50	41

Age Group Results are posted on the Web Site

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



2/1- Tallahassee, FL Marathon: David Wise, 4:11 (*Boston qualifying time*).

3/21- Canyonlands Half, Moab, UT: Dave O'Sadnick, 1:29 & Polly Zimmerman, 1:57. **5-Mile-** George Greco, 37:46 (2) & Cassie Klumpp, 50:20.

4-5- Platte River Half: Kyle McElroy, 1:29; Dave O'Sadnick, 1:30:44; Michael Quispe, 1:30:52; Kevin McElroy, 1:30:54; Bob Cooper, 1:34 (1); Forrest (Bob Caillouette), 1:36; Paul Welschinger, 1:40:23; Green Machine (Alyn Park), 1:40:34 (1); Bruce Dahm, 1:42; Joe Benvegenu, 1:44:17; Lou Huie, 1:44:32 (2); Robert Kanieski, 1:49; The B-Man (Jim Romero), 1:50:09 (1); Rich Romero, 1:50:20 (1); Dani Phillips, 1:52 (2); David Wise, 1:57 (2); Polly Zimmerman, 1:58; Jay Wissot, 1:59; Jack Barry, 1:59 (2); Jan Huie, 1:59:33; Janet Ralston, 2:00; Charles Scheibe, 2:07; Lee Bengston, 2:08:22 (3); Sharon Majetich, 2:08:25 & Rhiannon Fadeyibi, 2:57.

4/11- Heritage Adventure, HLR: **5K-** Rona Kadish, 39:32 & The Oak (Ross Westley). **10K-** The B-Man, 54:41; Strider (Tom Chambers), 56:07; Jack Barry, 58:07; Connie Arhnsbrak, 1:01; Sandra Rostie, 1:10 & Santa Card, 1:21.

4/19- Horsetooth Half, FTC: *Slimfast (Bruce Kirschner) 1:36 (2); Alyn Park, 1:47 (1); Phillip Dizerega, 1:48; David Wise, 2:01 (1); Jay Wissot, 2:06 & Fay Dizerega, 2:41.

St. Louis Half Marathon, MO: Jonathan Huie, 1:20; Lou Huie, 1:45 (1) & Jan Huie, 1:55 (3).

4/20- Boston Marathon: Forrest (Bob Caillouette), 3:17:42.

4/25- Sierra's 5K Race Against Meningitis, Loveland: The B-Man, 24:00; Connie Arhnsbrak, 26:18 (3); Sandra Rostie, 29:32 & Bruce Brandt, 30:38.

4/26- Cherry Creek Sneak: **5K-** Mean Ed Green, 23:18; Doug Tollin, 27:47 & Santa Card, 35:24 (1).

One Mile- *6-year old Alaya Vigil, 13:08. **5-Mile-** Scott Kukel, 29:46 (3); David Rothenburger, 31:56; Bob Cooper, 33:04 (1); George Greco, 36:56 (3); Mean Ed Green, 39:08; Richard Martinez, 41:43; Rich Romero, 41:55 (1); Lee Bengston, 47:24 (3) & Kent Mitchell, 50:38. **Connie's grand daughter.*

Double Dip 7.2, Chatfield: Keith Johnson, 47:33 (1); Lindsay Krause, 52:15 (F/OA); John Shea, 1:03 (2); Spiderman (Scott McFarlane), 1:07 (3); Strider, 1:08:31 (1); The B-Man, 1:08:35 (2); Kool Shades (Ken Randall), 1:09 (1); Tall Red (Ed Youngberg), 1:12 (3) & Bruce Brandt, 1:34.

5/2- Take 5 in the Garden, CS: 5-Miler- Roger Rybicka, 47:55 & Connie Arhnsbrak, 48:07 (1). **5K-** George Greco, 23:33 (1).

5/3- Homerun 5K, Coors Field: Christian Oliphant, 18:34 (1); Dave O'Sadnick, 19:38 (1); Jeremy O'Farrell, 20:33; Jitka O'Farrell, 23:03 (2); The B-Man (Jim Romero), 23:35 (1); Alan Johnson, 24:37; Polly Zimmerman, 24:42 (1); Rich Romero, 25:31 (1); Jerry O'Donnell, 28:22; Sir Fred Trentaz, 28:35; Penelope, 33:55; Jim Peterson, 35:33; Tom Alison, 37:16; Kim Shenfeld, 38:42; Leslie Woods, 43:07; Marie Romero, 47:00 & Lew Hutchinson, 54:30.

Colorado Marathon, FTC: Half- Michael Quispe, 1:21 (OA Master) & John Perez, 2:10. **Marathon –** Kevin McElroy, 3:30; Nick Sterner, 3:34; Bruce Dahm, 3:40; Paul Rundle, 3:48; Joe Benvegna, 4:09; Bill Faulkner, 4:32; & Pat Tolleson, 4:50 (1). **10K-** Bob Cooper, 41:56 (1); Taunya Wilson, 57:01 (1); Jim Dizerega, 1:04; Santa Card, 1:11 (2) & Fay Dizerega, 1:17.

Cinco De Mayo 10K, Pueblo: Lou Huie, 46:32 (1) & Janice Huie, 54:36 (3).

5/9- Greenland Trails, Larkspur: 8 Miler- Strider (Tom Chambers), 1:14 (2). **25K-** Charles Scheibe, 2:36 & Nick Sterner, 3:02.

Tony's Market Canal runs: 10K- The B-Man (Jim Romero), 50:43 (2); Bruce Brandt, 1:05:04; Stonewall (Kenneth Green), 1:05:38 & Kimberly Shenfeld, 1:22.

5/10- Mississauga, Ontario marathon: Jerry O'Donnell, 4:40 & Penelope, 4:57. *Penelope turned the big 60 this weekend and her birthday wish was to run a marathon. Jerry & Penelope run 3/4 marathons a year.*

5/16- Kid's Colfax Marathon Mile: Alaya Vigil (*completing 35:65 miles for the **Marathon Miles for kids** program*).

CottonWood Classic 5K, Thornton: Bob Cooper, 19:49 (1); The B-Man, 23:45; Connie Arhnsbrak, 25:54 (3); Bob Ghormley, 28:04 (2).

5/17- Colfax Marathon: Miguel Cazares, 2:49 (2nd/OA) & David Rothenburger, 3:07 (1). **Half:** Scott Kukel, 1:23; Lou Huie, 1:43 (1); The B-Man (Jim Romero), 1:47 (2); Bob Tafelski, 1:48 (3); Rich Romero, 1:52 (1); Jack Barry, 1:55:01 (2); Polly Zimmerman, 1:55:37; Kool Shades (Ken Randall), 1:55:38 (3); Tall Red (Ed Youngberg), 1:55; David Wise, 1:56; J Gutierrez, 2:05; Jerry O'Donnell, 2:13; Penelope, 2:28 (3) & Leslie Woods, 3:12.

Upcoming Races

South Valley 10K
Saturday, June 13 - 8 AM
South Valley Park

Directions:

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 [Google Map](#) for Details.

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

For information or to volunteer call Jason Myers at 720-936-7860.

Mountain Madness 12K
Sunday, July 19 - 7:30 AM Christies of Genesee

Directions:

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 [Google Map](#) for details

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

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	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail	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
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DENVER, CO 80237**