

MASTERS TIMES



Sep/Oct 2009

Volume 41 Issue 5

PRESIDENT'S CORNER

Dan Shaw

MISSION STATEMENT

The CMRA is a non-profit all-volunteer organization that promotes running, racewalking, and fitness by regularly sponsoring distance running-related activities, including races, fun runs, training sessions, and social events. Membership and activities are open to people of all ages, abilities, and levels of fitness, with awards oriented toward athletes age 35 and older.

To be a successful organization, it helps to know who you are and what you want to accomplish. Board member Bruce Kirschner asked these questions and put together some ideas. After much discussion at the past few board meetings, the board has adopted the above mission statement for the club, replacing the club's "Purpose" as noted in the bylaws posted on our website (www.comastersrun.org). This mission statement is intended to accurately define for the club and its members our focus as an organization. Please feel free to let us know your thoughts.

PARTICIPATION LIMIT ON THE COAL CREEK CROSS COUNTRY CHALLENGE

Please be aware that October's Coal Creek Cross Country Challenge has a cap on the race of 150 participants. Due to a large turnout last October that almost reached the cap, for this year's race the club is asking members who intend to run the race to pre-register in order to reserve a spot. To register, please contact race director Bruce Kirschner by email (bhkirsch@comcast.net) or phone (303-666-0864).

TRAFFIC REMINDER

Although several of our race courses run across or alongside public roads, we have fortunately avoided automobile accidents at CMRA events. Unlike for many larger events, traffic is not diverted for our races; we must share the road. I think we haven't seen accidents because our race directors and participants are generally careful to make way for traffic. There have however been a few minor non-accident incidents in the past year between drivers and our runners. In addition to the risk of accidents, such incidents may affect our ability to obtain permits in the future. Please help keep our name good and our races accident-free by watching for traffic, staying to the side of the road and out of the traffic lane when vehicles approach, alerting fellow runners to approaching danger, and sharing the road in a polite, respectful manner. A friendly wave or nod can often go a long way.

VOLUNTEERS NEEDED

The Colorado Masters "runs" on the volunteer efforts of its members. The club has no paid positions, so we serve each other with the tasks at hand. We are always looking for help, and this fall is no exception.

Currently, the club is seeking a treasurer to assume the reins from Tom Alison. The treasurer position is an officer and board member with the club.

A race director position is also open, April's Bluff Run, a new event at a new venue. This might be a great opportunity for a team of runners to gain race management experience, perhaps with an older coach assisting a team of younger co-directors. As a scheduling change for 2010, please note the Bluff Run effectively replaces the South Valley 10K that had been held in June, and the Sand Creek 5K/5 Miler will move from April to June.

If you have an interest in serving, or in assisting a new race director, please contact me (dshaw_64@yahoo.com; 720-480-2370) or any board member.

LENDING EQUIPMENT

The past few months, especially with the coming of cross country season for area middle and high schools, the club has received several requests to borrow clocks. This is a new development, and after some discussion the board approved lending or renting club equipment to club members for use at outside events, with approval from the board on a case by case basis. A rental agreement form is being prepared. A fee (likely in the amount of \$50) may be charged, and a damage deposit may be required.

In a related development, at a middle school race earlier this month, club member Keith Johnson arranged to use our old timing clock. This old war horse (the clock I mean, not Keith) is in generally good working order, but the hour digits had over the years fallen out of position and were no longer functional. Seeing the clock, one of the cross country parents, an IT specialist, insisted he could fix the faulty characters, took the clock home that night, and I am happy to report was successful in repairing it. On behalf of the club, I'd like to say thanks, Keith. You can borrow the clock anytime!

In a further related development, congratulations are in order to Keifer Johnson, son of members Keith and Kathy Johnson. Keifer ran away with the first place spot for this year's varsity cross-country team at the Grizzly 5K XC meet on Saturday, August 29, placing first in the time of 18:15. Keifer is a sophomore at Thunder Ridge high school in Highlands Ranch. Keith finished right behind Keifer in 18:16, taking first place in his age group.

GOLDEN OLDIE

In late August, Niketown Denver hosted a week of festivities to celebrate the 10th anniversary of their retail outlet at the Pavilions on the 16th Street Mall in downtown Denver. Among the events was an appearance by Nike-sponsored elite runner Colleen De Reuck. Standing next to the petite blond and chatting briefly, her appearance struck me as startlingly thin – little more than skin and bones among the robust and much younger crowd of Nike Run Club regulars. A more astute observer might have understood she was exceptionally fit. A few days later on Labor Day, the 45 year old Boulder resident blew away the kids and claimed the USA 20K Title, becoming the oldest woman to win a major US Championship. Please see the Colorado Runner Magazine (or its website) for a full report. Well done, Colleen!

To lend a little perspective on Colleen's achievement, please see the October issue of Running Times Magazine for an article on Zola Budd. Like De Reuck, she was born in South Africa and developed into an elite runner. A quarter century ago this summer, Budd famously was involved in an incident at the Los Angeles Olympics in which American Mary Decker tripped and lost her final chance at Olympic glory. After setting world records at multiple distances (2000, 3000, and 5000 meters) in the 1980's, Zola retired from elite competition in 1991. Colleen De Reuck is two years older than Zola Budd.

Race Results

Fairmount Park 5K Trail 2009 August 12, 2009

The Fairmount 5k drew a record 90 runners and 5 walkers in the 5k and 9 runners in the kids' 1/2 mile run on a hot, sunny evening. Oscar Ponce won overall in a blistering 17:50, with the next 8 men running sub-19 minutes. Esmeralda Martinez outpaced the womens' field in a great time of 20:13. Six men in the 70-74 age category ran under 30 minutes, with the leader being Ross Westley, on his birthday (73rd), in an impressive 26:05. We had a great turn-out in the high school (14-19) category, and 5 boys in the 13 and under all ran well. Hopefully we'll have some girls in that category in the future. Jan Hill was the overall winner for the walkers with a time of 35:48, while Ian Monk was the first male walker in 38:00.

The new 1/2 mile kids' race was well-attended, with 9 promising young runners putting forth a great effort on the path around the park. Nine year old Dallas Hackett led the pack in 3:41, and the first girl, second overall, was 8 year old Gina Kelble in 3:58.

Apologies to the first couple of runners, who were misdirected briefly near the water station. Apologies are also due to those who finished between 25 and 28 minutes, approximately, whose times we missed due to a malfunction with our timing device. Next year we will have a person assigned to write down finish times by hand as a back-up.

I'd like to thank my many, helpful volunteers. Adam Feerst kindly helped me set the course, lent me his race flags, and swept the course after the finish. Connie Ahrnsbrak and Rosalia Murch did their usual good work at registration, then Connie helped at the finish line and Rosalia helped with the awards. Joe Sanchez brought all the race equipment. Joe Baird lent his expertise at the finish, with the help of Rob Fisher, Paul Welschinger, Diane Ghormley and Carol Bengston. Paul also provided traffic control at the start. I'm sure many overheated runners appreciated the services of Gayle Zorilla, Patrick Gaines and his son, Christopher, at the water station, and thanks to Julia Keedy for making sure everyone turned around at the right spot. Thanks also to Patrick for donating leftover Fuze, vitamin water and other drinks to thirsty racers.

Thanks to Runners Roost for the gift certificates, to Eric and Kathy Frank, Mizuno reps, for the bags, and to Great Harvest for all the great bread, cinnamon rolls, muffins, cookies and scones.

Next year I plan to look into moving the finish line into Fairmount Park, where water will be immediately available. Hopefully the CMRA picnic will continue to follow this race in future years. Thanks again to all the runners, walkers and volunteers.

August 12, 2009 Kids' 1/2 mile Race Results

PLACE	NAME	TIME	AGE
1	Dallas Hackett	3:41	9
2	Gina Kelble	3:58	8
3	Colin Szuch	4:05	7
4	Kassy Hackett	4:14	11
5	Kayla	5:10	14

	Danelson		
6	Alaya Vigil	5:28	7
7	Katie Kelble	5:56	4
8	Lanie Szuch	6:14	5
9	Mikayla Frank	11:25	15 months

August 12, 2009 Race Results

PLACE	NAME	TIME	AGE
1	Oscar Ponce	17:50	31
2	Julio Bonilla	18:00	21
3	Keith Johnson	18:04	48
4	Mauro Martinez	18:12	20
5	Erik Frank	18:22	34
6	Scott Kukel	18:34	35
7	Adam Feerst	18:44	49
8	Goutier Pena	18:45	17
9	Kevin Durke	18:52	28
10	Juandel Hernandez	19:19	16
11	Irving Reza	19:37	17
12	Noe Cuevas	19:50	29
13	David Rothenburger	20:08	40
14	Javier Reyes	20:09	18
15	<i>Esmeralda Martinez</i>	20:13	23
16	Dave Slingsby	20:20	40
17	Gabe Villegas	20:52	17
18	Justin Moody	21:14	16
19	Necolas Flores	21:16	16
20	Luis Medrano	21:25	14
21	Jesus Iazo	21:25	14
22	Eric Brandt	21:35	37
23	Robert Kanieski	21:43	32
24	Jim Perry	21:45	48
25	Bruce Kirschner	21:50	55
26	Dan Shaw	22:00	50
27	Josh Schachterk	22:16	38
28	Bob Irving	22:22	54

29	Bill Smitham	22:25	65
30	Jacques Moreau	22:41	12
31	<i>Karen Voss</i>	22:45	44
32	Kevin Dant	23:02	45
33	David Kelble	23:14	51
34	Glenn Bakken	23:14	58
35	<i>Evangeline Lambert</i>	23:24	24
36	<i>Michelle Slingsby</i>	23:25	40
37	<i>Jenny Carlin</i>	23:37	45
38	Justin Perry	23:48	9
39	Jose Carrizales	23:50	18
40	Alan Johnson	23:57	48
41	Jay Trujillo	24:03	51
42	<i>Kathy Frank</i>	24:11	30
43	Jane Harbert	24:23	48
44	<i>Kathy Johnson</i>	24:41	48
45	Basilio	24:56	16
46	Rich Martinez	25:05	62
47	<i>Adria Owens</i>	25:06	42
48	David Hill	25:06	58
49	John Perez	25:07	58
50	Jim Romero	25:??	69
51	Charles Velasquez	25:??	14
52	Maverick	25:??	14
53	Ed Youngberg	26:00	66
54	Ross Westley	26:05	73
55	<i>Jana Bloomquist</i>	26:0?	28
56	Scott McFarlane	26:09	58
57	Ken Randall	26:23	71

58	<i>Denise Boselli</i>	26:??	49
59	<i>Brianna Esquibel</i>	26:??	15
60	Douglas Tollin	26:49	64
61	<i>Karen Nunez</i>	?	15
62	Joe Sanchez	27:19	72
63	Joe Black	27:52	10
64	<i>Coraina Velazquez</i>	27:5?	16
65	Stanley Obernyer	27:5?	63
66	<i>Elena Ramos</i>	27:5?	47
67	<i>Michelle Kelble</i>	27:56	41
68	Jay Lefever	?	42
69	Ken Simons	28:51	71
70	<i>Maria Martinez</i>	28:52	17
71	<i>Tania Moliror</i>	28:53	15
72	Bob Ghormley	29:05	70
73	<i>Deborah Acree</i>	29:30	57
74	Patrick Dorn	29:32	53

75	Roger Carlin	29:38	46
76	Lee Bengston	29:53	71
77	Mark Hackett	31:29	39
78	Dallas Hackett	31:31	9
79	<i>Julie McAvoy</i>	31:33	23
80	<i>Michele Boselli</i>	31:37	25
81	<i>Kim Massey</i>	31:42	51
82	<i>Joanne Dant</i>	32:17	43
83	Ben Dant	32:18	13
84	Don Robinson	32:12	77
85	Anthony	33:15	37
86	<i>Sarah Jennings</i>	33:36	32
87	<i>Annabelle Pera</i>	37:10	41
88	<i>Olga Hnizdil</i>	37:21	65
89	Wayne Mathis	37:56	66
90	Dave Black	38:58	58

Racewalkers			
1	<i>Jan Hill</i>	35:48	51
2	Ian Monk	38:00	53
3	<i>Summer Edwards</i>	46:55	23
4	<i>Rosalia Murch</i>	48:16	68
5	<i>Connie Martinez</i>	48:17	

Age Group Results are on the Web Site

Elk Meadow Trail Results
August 23, 2009

PLACE	NAME	TIME	AGE
1	Keith Johnson	00:37:54	48
2	David Rothenburger	00:41:20	40

3	Brian Dixon	00:41:22	39
4	Paul Moreau	00:42:02	43
5	Dave O'Sadnick	00:42:51	53
6	<i>Kristin</i>	00:43:49	42

	<i>Moreau</i>		
7	<i>Chris Adamowski</i>	00:44:35	42
8	Robert Kanieski	00:45:52	32
9	Dan Shaw	00:46:06	50
10	Carl Madden	00:46:44	32
11	David Kelble	00:47:14	51
12	Phil DiZerega	00:47:17	39
13	Bill Smitham	00:47:33	65
14	<i>Angela Witt</i>	00:48:10	42
15	Eric Brandt	00:48:31	37
16	Brett Allendorf	00:48:32	40
17	Bruce Dahm	00:48:46	40
18	<i>Evangeline Lambert</i>	00:51:04	25
19	Brent Rosie	00:51:05	45
20	<i>Carolyn</i>	00:51:12	36
21	Joe Benvegna	00:51:23	43
22	Kevin Smith	00:51:35	46
23	Glenn Bakken	00:52:13	58
24	Jennifer Meaqder	00:53:30	40
25	<i>Kathy Johnson</i>	00:54:28	48
26	Rich	00:54:44	62

	Martinez		
27	Tall Red (Ed Youngberg)	00:55:16	66
28	Strider (Tom Chambers)	00:55:53	66
29	Bill Faulkner	00:58:20	68
30	<i>Jane Harbert</i>	00:58:35	48
31	<i>Polly Zimmerman</i>	00:58:53	53
32	David Christie	01:00:37	58
33	Rich Barrows	01:00:45	49
34	<i>Aletha Farrell</i>	01:01:02	52
35	Jacques Moreau	01:01:48	12
36	Colin Szuch	01:04:18	7
37	Mike Giller	01:04:27	49
38	Greg Damian	01:07:17	40
39	Lee Bengston	01:09:07	72
40	<i>Fay DiZerega</i>	01:15:08	66
41	<i>Vici Dehaan</i>	01:19:21	74
Racewalkers			
1	Ian Monk	47:58	53

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

7/25- 10K Classic, CS: Rich Hadley, 39:03 (2); George Greco, 43:47 (3); The B-Man (Jim Romero), 48:53 (3); Jack Barry, 49:02 (1); Connie Arhrnsbrak, 52:31 (1) & Deb Hadley, 1:03. **Run for Hope, FTC:** Forrest (Bob Caillouette), 20:35 (2).

7/26- San Francisco Marathon: Jim Bosik, 3:38.

8/1- Single Mingles 5K, CP: Rosalie Murch, 43:36 (W).

Grizzley Half, Choteau, MT: Lou Huie, 1:51 (1) & Janice Huie, 2:00 (1). **Eldora 10K, Nederland,** David Kelble, 58:07.

8/2 – Evergreen 10K: Dave O’Sadnick, 39:46 (1); Megan O’Sadnick, 43:56 (2); Brett Allendorf, 44:21; Alan Johnson, 47:03; Jay D. Trujillo, 47:30; The B-Man, 47:53; Tall Red (Ed Youngberg), 52:25; Bruce

Brandt, 59:55; Lee Bengston, 1:02 (2) & Vici Dehaan, 1:24 (1). **Evergreen 5K**: Scott Kukel, 16:50; Christine Adamoski, 19:31 (2); Bill Stahl, 20:01; Bill Smitham, 20:34 (1); Robert Kanieski, 21:05; Polly Zimmerman, 23:28 (1); Bill Obert, 25:23 (1); Connie Arhnsbrak, 25:31 (2); Jerry O'Donnell, 25:50; Jim Peterson, 28:05 (2); Penelope, 32:45; Tom Alison, 33:11; Kim Shenfeld, 35:37; Earl Beam, 35:45; Carol Bengston, 41:37; Rosalie Murch, 41:49 (W); Leslie Woods, 43:07 & Summer Edwards, 56:50.

8/8- Iron Girl 5K, CP: Connie Arhnsbrak, 26:31 (1); Olga Hnizdil, 36:08; Kim Shenfeld, 39:35; Rosalie Murch, 41:28 (W) & Leslie Woods, 42:55.

Georgetown Half: Oscar Ponce, 1:16 (2); Keith Johnson, 1:19 (1); Scott Kukel, 1:21 (1); David Rothenburger, 1:24; Dave O'Sadnick, 1:29; Michael Quispi, 1:30; Nick Sterner, 1:39; Deb Cunningham, 1:43 (3); The B-Man, 1:46 (1); Jeff Young, 1:47; Rich Martinez, 1:55; Strider (Tom Chambers), 1:55 (3); Bill Faulkner, 1:58; Sir Fred Trentaz, 2:07; Patricia Tolleson, 2:11; Stan the Man Hayes, 2:12 (2) & Vici Dehaan, 3:06.

8/8- Rat Race 10K, Ault: Doug Tollin, 56:29 (3). **5K** – Forrest (Bob Caillouette), 20:36 (3) & Painted Horse (Jesse Tijerina), 24:24.

8/9- ReRun 5K, CP: J Gutierrez, 27:13 & Laura McCoy, 40:24.

8/15- 10K @ 10,000', Fairplay to Alma: Connie Ahrnsbrak, 1:06.

Pikes Peak Ascent: David Rothenburger, 3:17; Bob Cooper, 3:20 (1); The B-Man, 4:10 (5); Bill Faulkner, 4:28; Pat Tollelson, 4:34 (3); Bill Moyle, 5:19 & Vici Dehaan, 6:22 (3).

8/16- Pikes Peak Marathon: Bill Faulkner, 7:54 (4); Pat Tollelson, 8:00 (3) & Bill Moyle, 9:31.

Thigunawat 10K Trail, Mesa: The Oak (Ross Westley), 1:10 (1).

Danver Days 5K, Danver, IL: Tom Chambers, 22:45 (2). *This was age group 55-99*

8/23- Race for Research 5K, WP: Jonathan Huie, 17:24 (OA); Lou Huie, 23:07 (3); Jan Huie, 26:55 (1) & Jim Peterson, 28:20 (1).

8/29- Grizzly XC 5K, HLR: Keifer Johnson, 18:15 (1); Keith Johnson, 18:16 (1) & Connie Ahrnsbrak, 27:20.

Coyote Chase 5K, Louisville: Slimfast (Bruce Kirschner), 21:27 (3).

Erace Homelessness 10K, CP: Karen Voss, 45:54; The B-Man, 51:49 & Bruce Brandt, 1:05. **5K**- Jack Barry, 24:38.

9/2- Lakewood Series 4-Mile, BCP: Keith Johnson (2/OA), 23:11; David Rothenburger, 25:18; Dave O'Sadnick, 26:24; Kristin Moreau, 28:41 (OA); Dennis Cisco, 30:28; Jim Romero, 33:21; Tom Chambers, 33:36; Tina Cisco, 34:58 & Connie Ahrnsbrak, 36:21.

9/6- Coal Creek Xing 5K, Louisville: Painted Horse (Jesse Tijerina) 22:12 (2) & Kellie Steward, 25:13.

9/7- Park to Park 10-Miler: Kevin McElroy, 1:08; Bob Basse, 1:09, Forrest (Bob Caillouette), 1:11; Alyn Park, 1:16 (1); Deb Cunningham, 1:18; Nick Sterner, 1:19; Dave Hill, 1:21; The B-Man, 1:22 (1); Bob Tafelski, 1:23 (2); David Wise, 1:27; Charles Scheibe, 1:28; Jack Barry, 1:30 (1); Jay Wissot, 1:31; Connie Arhnsbrak, 1:33 (1); Jerry O'Donnell, 1:36; Sir Fred Trentaz, 1:37; Jan Hill, 1:48 (RW); Penelope, 1:49; Kim Shenfeld, 2:22 & Leslie Woods, 2:24.

9/7- Elk Meadow 5.6, Evergreen: Brett Allendorf, 46:05 (OA). **Tiger 5K, Broomfield:** The Oak (Ross Westley), 25:09.

American Discovery Half: Rich Hadley, 1:33 (1); Lou Huie, 1:46 (2) & Janice Huie, 1:58 (1).

9/9- Lakewood Series 5.3 Mile, BCP: Keith Johnson, 29:51 (2); David Rothenburger, 33:10; Lindsay Krause, 33:53 (OA); Kristin Moreau, 36:03 (2); Dennis Cisco, 39:04; The B-Man (Jim Romero), 43:30; Tom Chambers, 43:58; Connie Ahrnsbrak, 48:10 & Trina Cisco, 48:33.

9/13- El Grito 5K: Jesse Tijerina, 21:58 (3); Jeff Young, 22:49; Alyn Park, 23:05 (2); Glenn Bakken, 23:08; David Hill, 23:38; Jim Romero, 24:06 (1); Scott McFarlane, 24:34; Tom Chambers, 24:47 (3); Rich Martinez, 24:59; Jay Wissot, 25:36; Gale Meuret, 25:42; Connie Ahrnsbrak, 25:57 (1); Rob Martinez, 26:27; *Annika Eberle, 27:06 (2); Jerry O'Donnell, 27:23; Bob Ghormley, 27:58 (1); Kim Massy, 27:59; Lee Bengston, 29:22 (2); Bruce Brandt, 29:37; Penelope, 29:53; Tom Duran, 31:16; Robert Romero, 31:39; Holly Romero, 31:45; Jan Hill, 32:33 (1/RW); Terry McFarlane, 33:09; Stan Hask, 37:40; Kim Shenfeld, 37:58; Nancy Meuret, 39:03 (W); Charles Schmucker, 39:11; Carol Bengston, 42:42 (1); Leslie Woods, 44:57; Amanda Martinez, 46:43; Rosalie Murch, 47:51 (W) & Marie Romero, 55:50 (W). *Rich Romero-Director; Joe Baird, Joe Sanchez & Hutch- finish; Esther Romero @ the helm; Chris & Mike Vanoni – Timing. *Kim Massey's daughter.*

Fans on the Field 10K: J Gutierrez, 57:47. **Indian Summer Half, Boulder:** The Oak, 2:04 (1). **Neder-Neder, Nederland: 5K-** Jim Peterson, 29:25 (1) & Jim Dizerega, 31:52. **10K-** Kelly Steward, 54:35 (2). **13K-** Philip Dizerega, 1:04 (2); Tall Red (Ed Youngberg), 1:16 (1) & Fay Dizerega, 1:43 (1).

Note: R2G2 (Ray Grundmeyer), Wichita, KS: 2/15- **Not for Wimps 10-Mile**, Derby, KS: 1:56; 4/11- **Easter 10K**, 56:24 (1); 5/9- **River Run 10K**, 58:46 (2) & 7/4- **Firecracker 4-Mile**, Derby, KS, 36:17 (1). *Good show from our Kansas member!*

Upcoming Races

Coal Creek Cross Country Challenge 5.72 Miles
Sunday, October 11, 9 AM
Louisville

Didn't run cross country in high school? Well, now's your chance! This is a classic European style cross country race with dirt trails, farmer's fields, ditches, hills, and even a creek crossing. Full of surprises ... a CMRA race you don't want to miss!

Important Note: This year's race is limited to only 150 participants to comply with Boulder County Parks and Open Space requirements. Non-CMRA members must register on Active.com.

CMRA members must notify the race director no later than Thurs., October 1 if they are absolutely sure they will be there to run on race day. Colorado Runner 2008 race series first place age group winners will receive comp registrations for the event. Both CMRA members and Colorado Runner 2008 race series age group winners should send an e-mail to cccc@comastersrun.org requesting registration. All race participants should register as soon as possible to ensure entry. All runners must complete their waiver and obtain their bib on race day morning. There will be no race day registration.

Alan Culpepper, two-time Olympic marathoner and owner of Louisville's Solepepper Sports, will serve as the official race starter.

There will be prize money courtesy of Fleet Feet Boulder for the top 3 overall and top 2 Masters (over 40) and Grand Masters (over 50) male and female runners.



Overall 1st place male and female win a case of beer from the Boulder Beer Company.



Official Event Photographer: Running Guru



The Coal Creek Cross Country Challenge is the last race in the 2009 Colorado Runner race series. For more information visit <http://www.coloradoplayermag.com/2009-colorado-runner-racing-series>. It is also one of the 5-race Fall Cross cross country 2009 race series. For more information visit <http://www.fallcross.com>

Refreshments, awards and a prize drawing will be held at the new Louisville Community Park, which is located at 955 Bella Vista Drive in Louisville.

The out-and-back race will begin and end at the Coal Creek Trailhead sign, which is located just east of the Louisville Community Park and just west of the railroad tracks near Lock Street. For information about the race course see the [Course Map](#).

The City of Louisville has requested that on the return to the finish line race participants disperse within the clearly flagged boundaries located south of Empire Road and north of the Coal Creek Trail to mitigate open space degradation. Runners will be reminded about this during pre-race announcements.

For photos of last year's race see:

<http://www.flickr.com/photos/18767293@N00/sets/72157608175244588/>

*** Word to the wise: bring an extra pair of shoes or sandals for afterwards. ***

Directions to the Coal Creek Cross Country Challenge

Directions from Denver and points south:

Take the Boulder Turnpike (Highway 36) northwest toward Boulder. Take the second exit after Broomfield, which is Storage Tech Drive. Make a right off the exit ramp heading north. Continue north to 2nd traffic light. Make a left on to South 96th Street. Continue north through the traffic light on Dillon Road, go about a half mile and make your first left turn on to County Road (just before the railroad overpass). After coming down a short steep hill make your first left turn on to Bella Vista Drive and then your first right turn into the park and parking areas.

Directions from Boulder and points north: Take South Boulder Road east to Main Street, Louisville. Make a right and head south about 1 mile to the 4-way stop at the intersection of Main Street and Pine Street (the Blue Parrot Restaurant is on the SE corner). Make a left onto Pine Street. Make the first right on to Front Street. Continue south about 1/4 mile and make a right turn into the Louisville Community Park and parking.

See the [Google Map for the location](#)

For Race information or to volunteer call Bruce Kirschner, Race Director, at bhkirsch@comcast.net or 303-666-0864.

**Cherry Creek 7.5 miler
Saturday, November 14 - 9 AM
Bellevue Elementary School**

This course will be a trail run. The route consists of part wide trail and part single-track.

See the [Race Course](#) in Google Maps or add this [Network Link](#) to Google Earth to view the race course.

Directions:

From I-25 head east on E Bellevue Ave and turn N on S Dayton St. The Bellevue elementary school parking lot is on the left.

See the [Google Map](#) for directions

For more information or to volunteer call Kim Massey at 303-765-5512 or Scott McFarlane at 303-904-4542.



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**
(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 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. Racewalkers will begin 15 minutes earlier than the runners.

Note: The October 11 Coal Creek Cross Country Challenge has a strict limit of 150 race participants this year. All race participants -- including CMRA members -- must pre-register. There will be no race day registration. **Non-members** of CMRA can only register in advance online at Active.com. **CMRA members** and Colorado Runner 2008 race series first place age group winners must register by **October 1, 2009** (for free, of course) by sending an e-mail to ccccc@comastersrun.org requesting registration. Simply put "CCCCC Registration" in the message subject field and include your name in the message text (in case we can't determine it from your e-mail address). CMRA members should not register unless they will definitely participate on October 11. See the race Web page for more info.

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) Results	Greg Ayres / Jason Myers
Mar 21	(Sat)	9 AM	Platte River Bar & Grill	Spring Spree 10K Results	Tom Alison / Rich Romero
May 9	(Sat)	8 AM	Twin Lakes Park	Memorial Run 5/10K (5K walk) Results	Kellie Steward / Cliff Jurgens
May 20	(Wed)	6:30 PM	Stapleton	Sand Creek 5K / 5M Results	Rob Fisher / Dan Shaw
Jun 13	(Sat)	8 AM	South Valley Park	South Valley 10K / Kids Run Results	Jason Myers
Jul 19	(Sun)	7:30 AM	Christies @ Genesee	Mountain Madness 12K Results	Chris Stone / Jim Romero
Aug 12	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast Results	Kristin Moreau
Aug 23	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race Results	Wayne Mathis
Sep 27	(Sun)	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail	Dave Black / Scott McFarlane
Oct 11	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72M (All racers must pre-register)	Bruce Kirschner
Nov 14	(Sat)	9 AM	Bellevue Elementary School	Cherry Creek Lake 7.5 miler	Kim Massey / Scott McFarlane
Dec 12	(Sat)	10 AM	Aurora Sports Park	 Aurora Sports Park XC 4/8/12K	Dan Shaw / Rob Fisher

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DENVER, CO 80237**