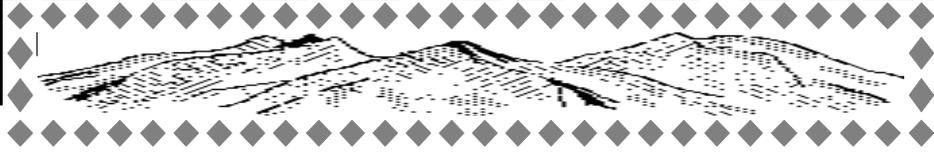


MASTER TIMES



Jan/Feb 2010

Volume 42 Issue 1

PRESIDENT'S CORNER

By Dan Shaw

ANNUAL MEETING

The annual meeting was held January 21 at Christie's at Genesee. After a hearty feast of barbeque, guest speaker Lorraine Moller enthralled the gathering with tales of her running achievements and lessons learned in the course of her long and stellar career. For any runner who has dreamed of succeeding at an elite level, it was not surprising to learn that the highest highlight of Lorraine's career was standing on the podium at the Barcelona Olympics in 1992 to accept the bronze medal in the women's marathon. The more striking insight was to hear that the value of that tremendous success wasn't appreciated until four years later when she found she wasn't going to get back to the podium. It's a lesson everyone can take to heart; we often don't get what we strive for, but maybe what we do get is in some ways more important.

More important than the medal certainly was the impact Lorraine and other women runners from the middle decades of the past century had in opening our sport to women. All of us at the meeting had a chance to reflect on some amazing changes in our world. While not too long ago, elite runners like her were not even allowed to race the marathon, we can all appreciate that nowadays it is not uncommon for a major marathon to include more women runners than men.

Following the extended talk, the CMRA board met briefly and continued the board and club officers in their current posts for another year, with the addition of Amy Lease to the board. Amy, welcome a-board!

During the meeting the CMRA honored members who served the club throughout the past year as a race director, board member, or in some other demanding capacity. I would like to specially recognize two volunteers who, due to brain lock on my part were omitted from the list at the meeting: Joe Sanchez, our quartermaster extraordinaire, who faithfully ensures the success of each race; and Kathy Johnson, who diligently and professionally compiles each club newsletter that you read. Thanks to you both for your invaluable contributions.

VOLUNTEERS NEEDED

Would you like to help at a race? Race directing is not an overwhelming responsibility, but it's a lot easier and more fun when shared by two or three eager individuals. If you are interested in helping put on one of our events, please consider volunteering as a co-director. Several experienced race directors are looking for assistance. For more information, please visit the CMRA website and check out "Race Director Duties," under the Member Information link. Contact information for the race directors is listed in this guide.

Visit us on the web at www.comastersrun.org

CLUB CHAMPIONSHIP

New for 2010, CMRA will award a championship. Races will be scored throughout the year, beginning with the Lake Arbor 5K already run in early January and culminating with the Aurora Sports Park XC in December. The ten best finishes during the year will be scored for each runner. The five runners with the most points at the end of the year will take the championship awards, with all runners are eligible for the championship and a total of five awards presented to the top five scorers (i.e., first through fifth place), to be presented at next January's annual meeting. A separate championship will be scored for walkers (first through third place).

Points are scored for finishing first through fifth in your age group (male and female) at the club's races, with five points for first place, four points for second, three for third, two for fourth, and one for fifth, and with the overall winners of each race scoring six points (that is, one point more than age group winners). Please check the website in the coming weeks for the standings and the rules. Since this is the first year we're trying this, we may need to tweak things as we go, and the website will be updated as needed.

WEBSITE CHANGES

The CMRA website has served the club well the past several years and continues to meet our needs, providing information to members, prospective members, and the general public. Our webmaster, Scott McFarlane does a terrific job maintaining and enhancing its features. As we move forward into the new decade, we'd like to make sure the website continues to serve well. In the ever changing virtual world, there is an exciting array of new technology and applications coming to market, and at the annual meeting this month Scott and I had a lively discussion about possible enhancements for the club's front porch. If you have ideas you would like to share, please contact Scott (simcfarl@pcisys.net), me (dshaw_64@yahoo.com; 720-480-2370), or any board member.

CLUB LIAISON

The local running community continues to grow organically, with the number of races at historic highs, increasing race participation, and new running-related organizations sprouting. Managing CMRA's relations in this environment has become a big task. In addition to our existing relationship as a member club of the Road Runners Club of America, we have cordial relations with several local clubs, including the Rocky Mountain Road Runners, Denver Trail Runners, Potts Trotters, and Columbines. The club uses Active.com to help with registration at certain races, is developing a new relationship with Running Guru, and works to include our races in schedules and results published by Colorado Runner Magazine, Competitor Magazine, and others. In addition, just in the past few months, the club has been approached about developing relationships with new partners such as Colorado Runners Association, American Running Federation, and Colorado Event Guidebook, and expanded partnering with the Rocky Mountain Road Runners.

Stepping forward to help manage CMRA's relationship with these organizations, Cliff Jurgens has volunteered to review and explore possible benefits to the club offered by these other organizations. I look forward to working with Cliff in developing those relationships of which the club's board approves. If you have information about interesting opportunities for the club, please feel free to contact Cliff (cojurgens1@msn.com), myself (dshaw_64@yahoo.com; 720-480-2370), or any board member.

Once you are over the hill, you pick up speed

Race Results

Aurora Sports Park XC 2009 RRCA Colorado State Cross Country Championship

December 12, 2009

By Dan Shaw

Some December days the weather is bleak in central Colorado. At other times, sunny skies prevail and the day evolves into a celebration of blues and golds. Regardless, it's always darn chilly in the early morning so we pushed the start of the race this year back to 10:00 a.m. and hoped for the best. With good fortune smiling, race day dawned clear and cold and warmed into the 30's by the time Joe Baird yelled "Go" to start the runners. Even as the crowd of more than 90 cross country runners dashed off from a traditional spread start in the yard of Coal Creek Rodeo Arena and its fresh coat of snow, many faster runners bore only a t-shirt and shorts and perhaps a hat and gloves.

After 100 meters, the course funneled through two gates in succession and onto on a loop course newly devised for this year's race. As with former versions, this loop challenged runners with a mix of sandy single track, two track and grass lawns. The winding trails, turned over by constant horse traffic, were soft and loose in sunny stretches and frozen into ankle busting unevenness elsewhere. Don't imagine the lawns served as much of a break. Grown long since their last mowing and heavy with 6 inches of fresh snow, the open stretches of grass dragged on the fleetest of feet until a path was worn through the snow and the green stuff flattened. Even as the lawns became easier to negotiate, the several creek crossings on the loop grew treacherous as the day warmed. Initially well frozen, the cover of ice began to melt, opening cracks and holes that soaked a few unlucky feet.

However, all was not pure torment. By general consensus, the passages through the willows were favored sections of this obstacle course, especially where the older stands have grown tall, forming a tunnel over the trail and whipping only those runners who were inattentive. After leaving the last of the willows and creek crossings, the final 200 yards of the loop crossed an uneven field of prairie grass, yucca and thistles, under the watch of a burly pair of hawks that roost in an overhanging cottonwood tree.

Boulder-based elite runner and defending overall champion Robert Mandje had some company while leading through the first lap, but stretched ahead on the second and finished the 12K distance with a winning margin of 45 seconds over Denver-Lincoln High School coach Oscar Ponce. Robert's time was more than 4 minutes slower than his winning time last year, an indication of a higher level of difficulty to this year's loop. Esmeralda Martinez took the women's overall title, just 24 seconds ahead of Maggie Conley.

Congratulations, Champions! The 12K (3 lap) distance of the race served as the 2009 Road Runners Club of America state championship for cross country. The following runners took advantage of the beautiful weather and wrested the championship for their division.

Women's Grand Masters Champion

Claradene Stewart, age 60, 78:53

Women's Masters Champion

Karen Voss, age 44, 63:17

Women's Overall Champion

Esmeralda Martinez, age 23, 54:38

Men's Grand Masters Champion

Jeff Young, age 53, 57:31

Men's Masters Champion

Keith Johnson, age 48, 49:49

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Men's Overall Champion
 Robert Mandje, age 27, 47:54

Perhaps the most impressive finish was logged by Ken Randall, age 71, who completed the full, brutal 12K distance in 76:01. Of the runners who chose to run the 4K (1 lap) event, the quickest time of the day (19:16) went to Carrie Zografos, age 30. 15-year old Matt Thompson was the fastest at the 8K (2 lap) distance, with a time of 37:52. Thanks to all the runners who showed up and helped to make this race a success.

It took a tremendous effort by a large 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); Connie Ahrnsbrak, Tom Alison and Rosalia Murch (registration and finish line); Tom Chambers (CMRA awards coordinator); Vici DeHaan (prize coordinator); Joe Baird, Mike Vanoni and Ken Simon (timing and scoring); Chris Vanoni (RRCA awards and banners); course marshals Ed Ewing, Larry Ashton, Jacob Fisher, and Dave Wise; and special thanks to my lovely wife Lu for helping set up and sweep the course, among other duties. Also, thanks to Justin Clark with Aurora Open Space for his assistance throughout the year and without whose early morning emergency intervention the port-o-let conveniently stationed in the start/finish area would have been situated 1/4 mile up the trail!

December 12, 2009

12K Race Results

PLACE	NAME	TIME	AGE
1	Robert Mandje	47:54	27
2	Oscar Ponce	48:39	27
3	Sam Yount	49:20	28
4	Keith Johnson	49:49	48
5	Moe Martinez	49:59	20
6	Juan Navarro	52:19	18
7	Antonio Cuevas	52:54	29
8	<i>Esmeralda Martinez</i>	54:38	23
9	<i>Maggie Conley</i>	55:02	25
10	David Rothenburger	55:23	41
11	Matt Smith	56:25	33
12	Ryan	56:38	15

	Miller		
13	Jesus Herrera	57:06	16
14	Jeff Young	57:31	53
15	<i>Maureen Conley</i>	58:19	25
16	Simon Martin	59:08	56
17	<i>Molly Smith</i>	01:01:00	29
18	Scott Dailey	01:01:24	44
19	Forrest (Bob Caillouette)	01:03:08	55
20	<i>Karen Voss</i>	01:03:17	44
21	Jerry Greenwald	01:03:52	42
22	<i>Monica Ryan</i>	01:03:54	48
23	Chuck Lowrie	01:04:03	62

Once you are over the hill, you pick up speed

24	Robert Kanieski	01:05:03	32
25	Chris Stone	01:06:45	42
26	Joe Benvegna	01:08:43	43
27	Wayne Stewart	01:11:13	63
28	Rick Stubbs	01:11:39	60
29	Spiderman (Scott McFarlane)	01:11:56	58
30	The B-Man (Jim Romero)	01:14:20	69
31	John Perez	01:14:21	59
32	Toby Kinney	01:15:05	44
33	<i>Madeline McKee</i>	01:15:56	15
34	Kool Shades (Ken	01:16:01	71

	Randall)		
35	<i>Claradene Stewart</i>	01:18:53	60
36	<i>Kellie Stewart</i>	01:19:27	46
37	<i>Martha Martinez</i>	01:21:05	42
38	<i>Sandra Horn</i>	01:26:49	31
39	Jay D Trujillo	01:28:11	51
40	Lee Bengston	01:28:40	72
41	Dave Black	01:49:37	58
RaceWalkers (4K)			
1	<i>Yvonne Allmaras</i>		48
2	<i>Nancy Denniston</i>		58
3	Ian Monk	36:33	53
4	<i>Rosalia Murch</i>	49:14	69

Age Group Results for the 12K can be found on the Web Site

8K Female Race Results

PLACE	NAME	TIME	AGE
1	<i>Jitka O'Farrell</i>	42:33	32
2	<i>Jane Harbert</i>	46:08	48
3	<i>Kathy Johnson</i>	48:35	48
4	<i>UK Connie (Constance</i>	56:00	69

	Randall)		
5	<i>Janet Ralston</i>	58:32	47
6	<i>Jordan Sunset</i>	01:00:15	14
7	<i>Vici Dehaan</i>	01:16:00	74

8K Male Race Results

PLACE	NAME	TIME	AGE
1	Matt Thompson	37:52	15
2	Cisco Lopez	39:34	17
3	Justin Moody	41:45	17
4	Carl Mandrioli	42:12	32
5	Jesse Tijerina	42:30	58
6	Bill Stahl	42:38	51
7	John Shea	44:20	52

8	Kevin Smith	45:17	46
9	Jonathan Cawley	45:36	52
10	Tom Chambers	47:47	66
11	Jack Barry	49:37	71
12	Rich Martinez	50:29	62
13	Mitchell Martinez	50:49	25
14	Wayne Pallas	51:29	55
15	Pete Szymanski	54:55	53

4K Female Race Results

PLACE	NAME	TIME	AGE
1	<i>Carrie Zografos</i>	19:16	30
2	<i>Peyton Dailey</i>	25:19	10
3	<i>Jamilah Rashrd</i>	25:49	15
4	<i>Tania Molinar</i>	25:50	15
5	<i>Kyle Koyle</i>	27:57	26

6	<i>Dani Phillips</i>	28:11	52
7	<i>Kathryn Stone</i>	28:26	8
8	<i>Christina Lambert</i>	29:51	17
9	<i>Nancy Stone</i>	31:38	11
10	<i>Dafini Martinez</i>	45:52	6

4K Male Race Results

PLACE	NAME	TIME	AGE
1	Juan Hernandez	19:29	15
2	Adam Hartman	20:12	16
3	Luis Medrano	20:14	15
4	Daniel Zamarripa	20:17	18
5	Angel Mendez	20:55	15
6	Mike Quispe	21:40	43
7	Alex Herrera	21:41	14
8	Oscar Cortez	21:42	17
9	Jacob Hartman	22:16	18

10	Felix Lopez	23:14	56
11	Daniel Barron	23:19	15
12	Stefan Morano	25:02	14
13	Bob Tafelski	25:23	69
14	Eduardo Ortiz	27:43	17
15	Ken Simons	31:37	72
16	Tom Duran	34:02	62
17	Joe Black	35:15	11
18	Dan Wall	38:46	49

Once you are over the hill, you pick up speed

2010 Lake Arbor 5K

January 2, 2010

Eighty-eight runners/walkers started the new year for another season with the Colorado Masters. Due to safety issues with the City of Arvada, the course had to be altered once again. Runners had to remain on the sidewalks surrounding the lake and park. I was encouraged with the positive response to the change.

It was good to have better weather than in the past, which always determines the condition of the course at this time of year. There were some icy spots and part of the walks were snow-packed.

Despite these conditions we had some very fast times. The first 12 runners including the top female were under 20 minutes.

Our overall male was Omar Martinez clocking 17:18, while Esmeralda Martinez was the leading female with a time of 19:51. Our top master needs no introduction, Keith Johnson not only ran 18:00 minutes flat, but was third overall. Scott Kukel was close on his heels with a time of 18:42.

Making a strong comeback in the grandmaster division was Jeff Young, running a strong 21:02. He had Dave Good on his heels with a close 21:05. The top female grandmaster was Amy Lease, 26:48. The top senior was new member Wayne Stewart, 24:18 and Claradene Stewart was first female in this division, 27:27.

Both of the Adamowski's pushed strollers, Christine pushing 1-year old Kelsey for a time of 23:07. Christine was not only the second woman overall, but top female master as well. Adam pushed 3-year old Finnegan with a time of 19:23 placing 8th overall.

We also had four youngsters under 12 years running the course. Justin Perry (10), Joe Black (11), Kathryn Stone (8) and Nancy Stone (11) finishing in that order. Ian Monk was the first place male walker and Jan Hill was our first female walker with a time of 37:10.

My thanks to all the volunteers: Connie Ahrnsbrak, Rosalia Murch and Tom Alison with registration, Joe Baird, Ken Simons, Bruce Kirschner & Ian Monk at the finish line. Joe Sanchez handles equipment and Tom Chambers procured ribbons. Joe Baird also announced the awards and prize drawings.

Special thanks to our sponsors: Great Harvest Bread, Boulder Running Co-Boulder, Roadrunner Sports. And Colorado Runner magazines for two subscriptions.

Ken Randall, Race Director

January 2, 2010 Race Results

PLACE	NAME	TIME	AGE
1	Omar Martinez	17:18	24
2	Justin Mock	17:22	28
3	Keith Johnson	18:00	48
4	Scott Kukel	18:42	36
5	Keifer Johnson	19:03	17

6	Dave Slingsby	19:05	40
7	Hector Martinez	19:09	26
8	Christian Oliphant	19:13	41
9	Andrew Adamowski	19:23	33
10	Finneghan Adamowski	19:23	3
11	Eric Cameron	19:36	43

12	David Rothenburger	19:49	41
13	<i>Esmeralda Martinez</i>	19:51	23
14	Justin Bigelow	19:55	16
15	Jeff Young	21:02	53
16	Ryan Miller	20:03	15
17	Adam Hartman	20:19	16
18	Daniel Frauenhoff	20:26	16
19	Dave Good	21:05	51
20	Jim Perry	21:16	48
21	Robert Kanieski	21:42	32
22	Nick LeMans	21:53	16
23	Dan Shaw	21:55	50
24	Greg Frauenhoff	21:58	52
25	Felix Lopez	22:08	56
26	Scott Shaver	22:25	39
27	Painted Horse (Jesse Tijerina)	22:38	58
28	Jonathan Cawley	22:59	52
29	<i>Christine Adamowski</i>	23:07	42
30	<i>Kelsey Adamowski</i>	23:07	1
31	Bill Stahl	23:17	51
32	<i>Michelle Slingsby</i>	23:18	40
33	Jim Bosik	23:18	59
34	Shane Miller	23:29	15
35	Wayne Stewart	24:18	63
36	Jacob Hartman	24:22	18
37	Mitch Martinez	24:32	25
38	Roger Miller	24:39	48
39	Joe Benvegna	24:49	43
40	Spiderman	25:07	58
41	John Shea	25:13	52
42	<i>Jane Harbert</i>	25:16	48
43	Justin Perry	25:18	10
44	Rich Martinez	25:38	63

45	Strider (Tom Chambers)	25:40	66
46	<i>Amy Lease</i>	26:48	56
47	Rob Fisher	26:54	59
48	Pete Szymanski	27:08	53
49	<i>Claradene Stewart</i>	27:27	60
50	Rich Romero	27:28	73
51	<i>Janet Ralston</i>	27:42	47
52	<i>Erin Bosik</i>	27:30	24
53	Link Lubken	27:51	60
54	David Hill	27:52	58
55	Joe Black	28:05	11
56	Sam Wood	28:07	51
57	J Gutierrez	28:09	57
58	Doug Tollin	28:56	65
59	<i>Tina Akin</i>	29:08	48
60	<i>Deb Acree</i>	29:09	57
61	Lee Bengston	29:33	72
62	<i>Kathryn Stone</i>	30:22	8
63	Sven Leyffer	30:24	44
64	Pat Mengan	30:29	39
65	<i>Trina Lambert</i>	31:15	47
66	<i>Nancy Stone</i>	31:48	11
67	Chris Stone	31:49	42
68	<i>Martina Poon</i>	31:54	39
69	Sherman Lambert	32:33	49
70	Dean Hess	32:43	42
71	Dan Wall	32:47	49
72	<i>Lisa Shaver</i>	33:25	39
73	The Captain (Don Robinson)	33:40	77
74	Steve Elliott	33:57	42
75	<i>Michelle Hart</i>	33:58	31
76	<i>Jennifer Szabo</i>	34:00	37
77	Tom Alison	36:07	72

Once you are over the hill, you pick up speed

78	Dave Black	38:45	58
79	<i>Olga Hnizdil</i>	38:51	65
80	<i>Amber Ralston</i>	38:54	17
81	Rich Ralston	38:56	45
Racewalkers			
1	<i>Jan Hill</i>	37:10	51

2	Ian Monk	38:29	53
3	<i>Rosalia Murch</i>	46:01	69
4	<i>Susan Stone</i>	46:07	45
5	Lonnie Stafford		60
6	<i>Nanette Benvegna</i>		52

Lake Arbor 5K AGE GROUP AWARDS can be found on the WebSite

Please shop at our sponsors:

 <p>Arvada, CO</p>	
	

Upcoming Races

**Forty [Furlongs](#) (5 Miles) Saturday, February 13 at 9 AM
Roadrunner Sports 10436 Town Center Dr, Broomfield, CO**

Warm up your winter running with this fast CMRA 5 mile (1600 rod) race

Directions:

To reach the start, take the Boulder - Denver turnpike (36) toward Broomfield. Take the 104th Ave / Church Ranch Blvd exit and head west on Church Ranch Blvd. Turn right (North) at Town Center Drive. See the [Google map](#) for details.

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

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Course Map

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Spring Spree 10K

Saturday, March 20 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.

Registration will be on the rear deck of the Platte River Bar & Grill. Food will be available for purchase starting at 10:00 AM.

The course will go south from there on the S. Platte trail with a turnaround at the Carson Nature Center, back North to Prince St, across the river, and back south to the Platte River Bar & Grill.

Look [here](#) to see the course route overlaid on google maps or load http://www.comastersrun.org/Race_Info/Maps/Spring_Spree.kmz into Google earth.

For information or to volunteer call David Wise at 303-955-8492.

Visit us on the web at www.comastersrun.org



PELICAN Update Feb/2010 (Cahrnsbrak@yahoo.com)

10/3- Rosstober Fest 5K, Wichita: R2G2 (Ray Grundmeyer), 25:34 (2).

10/18- Mayor's Challenge 5K, Wichita: R2G2, 25:22 (1) & **10/24- WSU Pumpkin 5K, Wichita:** R2G2, 26:47 (1).

11/15- San Antonio Rock N Roll Marathon: Jim Bosik, 4:09 & Sara Wynne Bosik, 4:53.

11/21 – Bear Creek Park-10-Spot: Kristin Moreau, 1:29 (Master/OA); Mark Koppa, 1:31:02; Brett Allendorf, 1:31:23; Diane Vanderhoven, 1:37; The B-Man (Jim Romero), 1:43 (1); The Oak (Ross Westley), 1:44:27 (1); Spiderman (Scott McFarlane), 1:44:39; Tall Red (Ed Youngberg), 1:49 (3); Kool Shades (Ken Randall) (2) & Lee Bengston, 2:06 (3).

11/22- Fall Cross 5-Mile XC, Boulder: Keith Johnson, 31:26 (1) & Kathy Johnson, 32:29 (2). *Women*

ran a 3.9 mile.

11/26- Turkeys @ FTC 4-Mile: J Gutierrez, 35:09 & Jim Peterson, 38:26. **Atalaya Turkey Trot 5K, Santa Fe, NM:** Mark Koppa, 22:03; **Five Mile Pelican Lakes, Windsor:** Dani Phillips, 40:14 (1); The Oak, 42:18 (1) & Connie Ahrnsbrak, 45:39 (1). **Loveland 5K:** Forrest (Bob Caillouette), 20:34 (2) & Doug Tollin, 27:25 (3); **Turkey Trot 10-Mile, Wichita:** Ray Grundmeyer, 1:32; **United Way 4-mile, WP:** Kevin McElroy, 25:58; Jeff Young, 26:43; Brett Allendorf, 28:07; David Kelble, 29:36; Mean Ed Green, 31:02; Bill Obert, 34:44 (3); Robert Ghormley, 36:34; Lee Bengston, 38:13 & Arlene Boyle, 1:04. **HLR 5K:** Keith Johnson, 18:05 (1); Kathy Johnson, 23:30; John Perez, 24:43 & Jay D Trujillo, 24:51.

11/28- Fishers of Men 5K, Aurora: Robert Kanieski, 21:26 (1); Glenn Bakken, 23:16; Mean Ed Green, 23:41 (1); Strider (Tom Chambers), 24:08 (2); The B-Man, 24:31 (3); Jack Barry, 24:38 (1); Rich Romero, 26:26 (2); Ken Simons, 28:04 (3); Jerry O'Donnell, 28:12; Lee Bengston, 29:01; Tom Alison, 34:29; Kim Shenfeld, 37:15; Penelope, 37:16 (3); Leslie Woods, 42:03 & Rosalia Murch, 43:54 (2 Fitness Walk).

12/5- Rock Canyon Half, Pueblo: Rich Hadley, 1:34 (2); Jeremy O'Farrell, 1:35; Jitka O'Farrell, 1:38 (1); The B-Man, 1:56 (1); Bill Faulkner, 1:59 (2); Tall Red (Ed Youngberg), 2:00 (3); Patricia Tolleson, 2:09 (2) & Janet Ralston, 2:16. **Colder Boulder 5K:** David Rothenburger, 19:24 (3) & Robert Ghormley, 28:21. **Jingle Bells 5K, FTC:** Jim Peterson, 29:31.

12/6- California International Marathon: Mark Ramsey, 3:29:49 (Boston Qualifier).

West Palm Beach Half, FL: Roger Rybicka, 2:14:40 & Pam Iyer, 2:14:41. **Rudolph Ramble 5K, CP:** Omar Martinez, 18:55 (OA); George Greco, 24:48 (1).

12/12- Jingle Bell 5K, CS: Rich Hadley, 22:42 (1); The Oak, 29:33 (1) & Deb Hadley, 36:30 (3).

12/13- Christmas Classic 4-Mile, FTC: Lou Huie, 29:39 (2), J Gutierrez, 38:14; Jim Peterson, 39:44 & Laura McCoy, 56:37 (W). **Lou & Jan Huie now reside in Fort Collins.**

Las Vegas Half: Jerry O'Donnell, Penelope, 2:56; Leslie Woods, 3:21 & Kim Shenfeld, 3:27.

12/19- Rudolph Revenge 10K, Chatfield: Rich Hadley, 40:42 (2); Simon Martin, 41:03 (1); Forrest (Bob Caillouette), 43:56 (2); Karen Voss, 45:50 (1); Dennis Cisco, 48:16; The B-Man, 51:20 (1); Dani Phillips, 53:04 (3); The Oak, 54:52 (1); Pete Szymanski, 59:29; Doug Tollin, 59:34 (2) & Bill Moyle, 1:17 (2). **5K-** Kevin McElroy, 19:48 (1); George Greco, 21:56 (1); Bob Tafelski, 23:59 (2); Jack Barry, 24:53 (1); Strider (Tom Chambers), 25:00; Lee Bengston, 30:38 (2); Deb Hadley, 30:43 & Mary Pitz, 31:06.

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12/31- Resolution 5K, WP: Joseph Manilafasha, 15:38 (OA); Oscar Ponce, 17:07 (1); Eric Ndikumana, 17:17; Juan Ortiz-Navarro, 18:29; Jeff Young, 20:32 (1) & Kevin McElroy, 21:04. *Only the first 100 runners are scored.*

New Years' Day Rescue 5K, CS: *George Greco, 23:56 (1); Lou Huie, 24:33 (2); Jill Miller, 25:21 (1); *Connie Ahrnsbrak, 30:20 (1); Deb Acree, 32:53 (late start) & Rosalie Murch, 47:40 (W). **10K-** The Oak, 55:55 (1); Angela Chambliss, 1:23 & Bill Moyle, 1:23. **Age course records.*

01/09- Oatmeal 5K, Lafayette: Oscar Ponce, 16:43

(3); Justin Mock, 17:08; Paul Welschinger, 21:29; Forrest (Bob Cailloutte), 22:52; Wayne Stewart, 23:23; Pam Iyer, 23:28 (2); The B-Man- 24:44 (1); Strider, 24:55 (2); Claradene Stewart, 25:58 (2); Roger Rybicka, 26:20; Polly Zimmerman, 26:33; Kellie Steward, 26:42; Jack Barry, 26:47 (1); Lightfoot (Deb Acree), 27:49; J Gutierrez, 28:02; Connie Ahrnsbrak, 28:33 (1); Lee Bengston, 29:29; Jonathan Cawley, 33:54; Kim Shenfeld, 39:44; Laura McCoy, 42:45 (W); Rosalie Murch, 43:53 (W); Leslie Woods, 44:47 & *Dawn Estes, 51:02 (W). **Rosalie's daughter.*

1/16- Dream Run 5K, CP: Hector Martinez, 19:17 (OA); Louis Martinez, 19:48 (2); Robert Kanieski, 21:53 (1); Jay Trujillo, 25:34 (3); Rich Martinez, 25:53 (2); Rich Romero, 27:05 (1); J Gutierrez, 27:32; Connie Ahrnsbrk, 27:56 (1); Lightfoot, (Deb Acree), 29:11 (1); Tom Alison, 36:52 (2); Kim Shenfeld, 39:55; Laura McCoy, 40:48 (1/RW); Leslie Woods, 42:54 (2); & Rosalie Murch, 40:59 (1/FW).

Frosty's Frozen 10-Mile, Chatfield: Rich Hadley, 1:08 (2); Lindsay Krause, 1:09 (OA); Bob Cooper, 1:13 (1); Karen Voss, 1:17 (1); Dennis Cisco, 1:20; The B-Man, 1:24 (2); Doug Tollin, 1:40 (3) & Fred Trentaz, 1:41. **5-Mile:** Simon Martin, 32:18 (1); Kevin McElroy, 33:29 (3); George Greco, 36:48 (2); Robert Tafelski, 39:58 (2); Jane Harbert, 40:25 (2); Pete Szymanski, 44:17; Lee Bengston, 47:08 (1); Deb Hadley, 49:12 & Terry McFarlane, 53:28 (2).

Special Feature: Traveling Man (Roger Rybicka) completed racing in all 50 states this past August in Anchorage, Alaska. Roger started this back in 1984, but really didn't have a goal of getting all 50 states initially.

Some special and unusual races were Towpath Half on a rail to trail in Wisconsin this year which featured a 3/4 mile long tunnel which we ran through twice in the race.

Also, running along the edge of the Pacific in the Santa Cruz Half, running through the fall leaves in the Enduro Half in Kettle Moraine State Park in Wisconsin, the magnificent redwoods of the Humboldt County Half, as well as, the New York Marathon.

The hardest race in recent memory was the Double Dipsea, Marin County, CA. The temp was 90 degrees with unrelenting climbs up and down steep slippery single track with almost 900 stair steps. In addition, Roger completed a goal of running a Half marathon every calendar month in 2009 with a few others along the way.

Pelican Feature:

Congratulations to member Michael Quispe who ran a strong 2:47 at the P.F. Chang Rock N' Roll Marathon in Arizona. Michael finished 5th in his age group! Great run!

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION
MEMBERSHIP APPLICATION FOR CALENDAR YEAR 2010
(11/01/2009 THROUGH 12/31/2010)**

For the mutual benefit of runners and racewalkers
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 Event Director Member Board of Directors

Newsletter Editor Event registration Member Recruitment

Membership Database Quartermaster Corps Coaching

Racewalking Training Course Measurement Race committee

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)

Revised 09/15/2009

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2010 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.

Date	DOW	Time	Location	Name	Director(s)
Jan 2	(Sat)	9 AM	Lake Arbor	Lake Arbor 5K	Ken Randall
Feb 13	(Sat)	9 AM	Roadrunner Sports, Westminster	Forty Furlongs (5M)	Jason Myers
Mar 20	(Sat)	9 AM	Platte River Bar & Grill	Spring Spree 10K	David Wise
Apr 17	(Sat)	8 AM	Bluffs Regional Park	Bluffs Run (3 miles)	Dan Shaw
May 8	(Sat)	8 AM	Twin Lakes Park	Memorial Run 5/10K (5K walk)	Kellie Steward / Cliff Jurgens
June 12	(Sat)	8:00 AM	Stapleton	Sand Creek 5K / 5M	Rob Fisher / Dan Shaw
Jul 18	(Sun)	7:30 AM	Christies @ Genesee	Mountain Madness 12K	Chris Stone / Jim Romero
Aug 11	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau
Aug 29	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race	Wayne Mathis
Sep 19	(Sun)	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail	Dave Black / Scott McFarlane
Oct 10	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72M (All racers must pre-register)	Bruce Kirschner
Nov 13	(Sat)	9 AM	TBA	Veterans run	Kim Massey / Scott McFarlane
Dec 11	(Sat)	10 AM	Aurora Sports Park	 Aurora Sports Park XC 4/8/12K	Dan Shaw / Rob Fisher