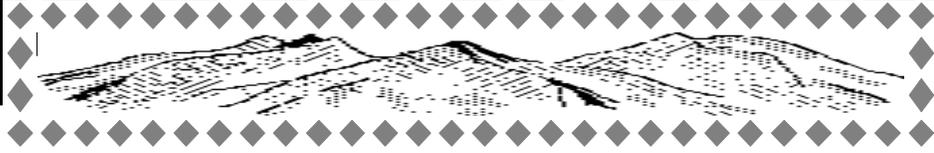


MASTERS TIMES



Mar/Apr 2010

Volume 42 Issue 2

PRESIDENT'S CORNER

By Dan Shaw

BECOMING ONE WITH YOUR SHOE SIZE

Not long ago my daughter Shannon caused some excitement for me by suggesting she might have an interest in running a half marathon. Of course the suggestion was backhanded, as in, "If I ever run a half marathon it'll be the Slacker," with its 2500 vertical feet of downhill. Still, I was intrigued.

Like many runners, I have hoped, mostly in vain, that my kids would develop an interest in running. They've each participated in several Cherry Creek Sneaks, Mile High Turkey Trots and Bolder Boulders. My oldest son Joey has shown the greatest interest, joining me often over the past few years for Tuesday evening runs with the Nike Run Club and completing a half marathon himself, the 2008 Autumn Color Run at Buena Vista. But to be honest, Joey loves football and for him running is viewed more as cross training for football than for its own sake.

Shannon's sporting interests are relatively modest. Like many girls, she dabbled in dance classes and tumbled through several years of gymnastics. Neither really grabbed her full attention. Now as a graduating high school senior, her exercise consists mainly of walking the dog and occasional swims at the rec center. Perhaps her only strenuous exercise is fighting with her brothers.

Of greater interest to Shannon than sports is that comfort food for the brain known as cartoons. Rather than running, cartoons are more her speed. The slap stick cartoon *Ed, Edd n Eddy* is among her favorites. One quote from *Ed, Edd and Eddy* that has stuck with us involved an episode where the boys tried to learn eastern martial arts, and one of them remarked that he was becoming "one with his shoe size." Now while this amounted to high comedy for Shannon, for me as a runner it struck another chord altogether. I become one with my shoe size on a daily basis, not by watching cartoons or even by attending running events, but by simply running. The act of tying on the size 11-1/2's and heading out the door puts me in touch with my world in a way my offspring haven't yet realized.

As much as Shannon enjoys being planted in front of Cartoon Central, it isn't putting her in touch with her shoe size, so to speak. As parents, grandparents, or coaches perhaps, many of us live to see our young charges get up off the couch and achieve something by exerting themselves, striving for success in whatever they choose. Perhaps the biggest thrills relate to the isolated moments when we come to find our children as growing as

people. Teenagers like Shannon seem especially tricky in this regard because this period is when they are turning into “real people” and since that happens on the inside it isn’t always easy to note. To my way of seeing, although her shoe size is waiting patiently, I’m afraid she may not notice it beyond the lure of the cartoon sound track. Or is it more truthfully to fear that I just won’t notice because she’s growing in ways I may not see or understand?

In the end, there is hope (for me) - the Slacker Half Marathon could be calling! But I know my selfish desire to see Shannon follow in my footsteps is less important than the pride I seek to feel from seeing her become the “real person” that she chooses to be, for her to become one with her own shoe size, whatever that may be.

VOLUNTEERS NEEDED

There are several club race directors who are interested in finding help to share the load of directing one of our races. If you would be interested in learning about this opportunity to assist in putting on one of our events, please contact me (dshaw_64@yahoo.com; 720-480-2370), any board member, or any of the race directors. A list of race directors and their contact information is available on our website. Click on the “Member Info” link and go to “Race Director Duties.”

SPOKANE 2010 USA CROSS COUNTRY CHAMPIONSHIPS

By: Vici DeHaan

On Saturday, February 13th, the Boulder Road Runners participated in the 8K championship race in Spokane. We have taken teams to these races for several years, and I have been a member of a team with two other runners whenever we have gone.

As it turned out, if Boulder hadn’t brought their three racing teams including not only the Boulder Road Runners, but also from Fleet Feet and the Running Republic of Boulder, the only other teams that showed up were from the military.

For the first time in USATF history, the Boulder Road Runners even fielded a three-man team of men in their 80s. The rules require a minimum of three runners per team in order to qualify for the team awards. At the awards ceremony, when it was announced that we had brought these guys, they obviously got a standing ovation. Maybe some of our members know one of these intrepid men: Ken Wright who is known for all his research on Machu Pichu, Bill Turley from Broomfield, and Rod Smythe from Boulder.

Despite having gotten a cracked rib from a fall four days before the race while skiing downhill at Winter Park, I was a member of the only team of women 70+. Boulder also sent a team of women 60+, and two teams of men in their sixties. The two women’s teams and the 80s men’s team knew that there was no other competition, which is why I decided to run since we had to have three members to win, and I knew I could always walk if breathing got too difficult.

Colleen DeReuck had just turned 45 and ran an awesome 27:27 to win over-all. It’s always humbling to be lapped, but when it happens by someone of Colleen’s caliber, it was more inspiring for me to just keep going.

Once you are over the hill, you pick up speed

The day we arrived to check out the course, it poured, but fortunately, cleared up and was sunny so that the grass course held at the Plantes Ferry Sports Complex was only squishy, and nice and soft. But as luck would have it, when we left on Sunday, it began raining once again.

Even though we all know we're all getting slower, it's comforting to know that even the elites are slowing as well, just not as rapidly. As a white-haired female runner, I hear what a lot of us hear at races after the usual dialogue begins: "Can I ask you a personal question?...How old are you?...I want to be just like you when I get to be your age." So I guess I'll go with what one of my running shirts proclaims: "Finishing is winning."

Race Results

Forty Furlongs

February 13, 2010

by Jason Myers

The 2010 Forty Furlongs event was held at Westminster City Park this year and ran on the city's Big Dry Creek Trail. We were provided with wonderful weather and great trail conditions for a February in Colorado. The morning turned out to be mostly sunny, nearing 45 deg F, and calm. The trail conditions were dry with ice still lingering in only a few isolated spots.

The five mile race was run as an out-and-back course on Big Dry Creek Trail with a five kilometer option. Race walkers participated in both distances. In total, the races included 80 runners and 6 walkers.

Scott Kukel was the overall male winner with a time of 29:27. It was a good race at the front of the field with the top ten coming in under 33 min. It was a competitive finish for the overall female winner with Callie James finishing the last 200m very strong to a contesting Esmeralda Martinez. Callie's time was 31:56.

Special thanks to our sponsors: Road Runners Sports (gift certificate for a pair of shoes), Boulder Running Company (gift certificates and hats), Running Wild (gift certificates), and Great Harvest Bread.

Thank you to all the volunteers that made the Forty Furlongs a safe and successful race this year: Dan Shaw, Tom Alison, Joe Sanchez, Joe Baird, Bruce Kirschner, Ian Monk, Dave Wise, Earl Pitzer, Ken Randall, and Holy Dahm. Thanks to Dan Shaw, Ken Simons, and Scott McFarlane for helping with many pre-race logistics.

Thanks to the city of Westminster for the use of their wonderful facilities. City Park is a great host venue and Big Dry Creek is a wonderful trail system.

CMRA piloted a new timing system at this event. We expect to utilize this technology in future races.

February 13, 2010 Race Results

5 Miler			
PLACE	NAME	TIME	AGE
1	Scott Kukel	0:29:27	36
2	JESUS LAZO	0:29:55	14
3	MATT SMITH	0:30:23	33
4	CHRISTIAN OLIPHANT	0:30:26	41
5	CALEB MATHEWSON	0:30:35	21
6	DAVID ROTHENBURGER	0:30:47	41
7	DAVE SLINGSBY	0:31:21	40
8	<i>CALLIE JAMES</i>	0:31:56	26
9	<i>Esmeralda Martinez</i>	0:32:00	23
10	DEVIN CROFT	0:32:57	57
11	TOM JONES	0:33:15	49
12	LOUIS MARTINEZ	0:33:31	24
13	<i>CHRISTINE ADAMOWSKI</i>	0:33:33	42
14	SCOTT PALMER	0:33:54	54
15	<i>MOLLY SMITH</i>	0:34:07	29
16	BRYCE RICH	0:34:48	14
17	FERNANDO MORENO	0:34:59	15

18	JEFF YOUNG	0:35:01	53
19	Josh Schachtone	0:35:12	38
20	<i>MONICA RYAN</i>	0:35:17	49
21	BOB CAILLOUETTE	0:35:21	55
22	MICHAEL LALLI	0:35:34	24
23	RICH FITZPATRICK	0:35:36	44
24	DAN SHAW	0:35:40	50
25	SHANE MILLER	0:35:46	15
26	BILL STAHL	0:36:05	51
27	<i>KAREN VOSS</i>	0:36:16	44
28	ROBERT KANIESKI	0:36:18	32
29	BRETT ALLENDORF	0:36:29	41
30	JONATHAN CAWLEY	0:37:22	52
31	Kevin Darit	0:37:55	45
32	JIM BOSIK	0:38:07	59
33	Mark Kupps	0:38:15	35
34	BRUCE DAHM	0:38:17	41
35	<i>Michelle SLINGSBY</i>	0:38:22	40
36	<i>THERESA JOCKERS</i>	0:38:27	48

Once you are over the hill, you pick up speed

37	JOHN SHEA	0:38:36	52
38	WAYNE STEWART	0:38:36	63
39	JOHN PEREZ	0:38:41	59
40	<i>KELLY CAMPBELL</i>	0:38:49	33
41	MIKE PUHR	0:39:13	58
42	DAVID HILL	0:39:41	58
43	JOE BENVENU	0:39:53	43
44	JIM ROMERO	0:39:55	69
45	<i>JANE HARBERT</i>	0:39:59	48
46	<i>ADRIA OWENS</i>	0:40:06	42
47	SCOTT MCFARLANE	0:40:33	58
48	Tim Woods	0:40:34	36
49	TOM CHAMBERS	0:40:45	66
50	JACK BARRY	0:41:40	71
51	<i>CLARADENE STEWART</i>	0:41:58	60
52	<i>KELLIE STEWARD</i>	0:42:36	46
53	SCOTT MILLER	0:42:41	48
54	BILL FAULKNER	0:42:55	68
55	<i>AMY LEASE</i>	0:43:34	56
56	ALAN JOHNSON	0:43:55	49
57	<i>JANET RALSTON</i>	0:44:01	47
58	AMISADAI ACOSTA	0:44:05	16

59	RICHARD ROMERO	0:44:15	73
60	PETER SZYMANSKI	0:44:31	53
61	<i>N NELAN</i>	0:44:35	41
62	<i>BETH THOMPSON</i>	0:44:40	42
63	<i>TAUNYA WILSON</i>	0:44:58	63
64	BRENT JOCKERS	0:45:48	59
65	JEFF OLSON	0:45:56	50
66	DOUGLAS TOLLIN	0:46:25	65
67	<i>TINA AKIN</i>	0:46:41	48
68	<i>PATRICIA TOLLESON</i>	0:46:53	61
69	<i>Mayer</i>	0:47:05	39
70	LEE BENGSTON	0:47:09	72
71	<i>DEBORAH ACREE</i>	0:48:17	58
72	FRED TRENTAZ	0:48:17	67
73	DAN WALL	0:50:37	49
74	<i>NATALIE BURNINGHAM</i>	0:50:55	30
75	<i>KYLE KOYLE</i>	0:50:56	26
76	TOM DURAN	0:51:13	62
77	CHARLIE SCHMUCKER	0:51:41	63
78	<i>RHIANNON FADEYIBI</i>	0:58:23	47
79	<i>OLGA HNIZDIL</i>	1:00:56	65
Racewalkers			

1	<i>Jan Hill</i>	53:01	51
2	<i>Lynn Rich</i>	57:08	45
5 Kilometers			
PLACE	NAME	TIME	AGE
1	Jay Trujullo	25:55	51

1	<i>Rachel Oliphant</i>	39:55	43
2	Cliff Jurgens	39:58	44
3	<i>Martina Poon</i>	48:32	39
4	<i>Nanette Benvegna</i>	48:33	53

Age Group Results can be found on the Web Site

CMRA Spring Spree Results March 21, 2010 Race Results

PLACE	NAME	TIME	AGE
1	Omar Martinez	37:18	24
2	Antonio Cuevas	37:22	30
3	Isaiah Jansen	38:00	23
4	Keith Johnson	39:45	48
5	Scott Daily	39:47	44
6	Caleb Mathewson	40:11	21
7	Scott Kukel	40:40	36
8	David Rothenburger	41:01	41
9	Eric Cameron	41:07	43
10	<i>Jessica Broderic</i>	41:41	19
11	Dan Shaw	45:52	50
12	Juan Ortiz	45:55	18
13	Felix Lopez	46:30	57
14	Brett Allendorf	46:32	41
15	Michael Brenner	47:01	51
16	David Kelble	50:31	52
17	John Shea	50:45	52
18	<i>Kate Shapland</i>	50:47	33
19	Gary Butler	51:14	38
20	Joe Benvegna	52:56	43
21	<i>Kathy Johnson</i>	53:38	48
22	The B-Man (Jim Romero)	54:40	69
23	Bill Faulkner	55:07	68
24	Tall Red (Ed Youngberg)	56:26	67

25	<i>Janet Ralston</i>	56:30	47
26	Brent Loomis	57:52	41
27	Richard Kalasky	57:52	34
28	Carlos Hill	57:57	28
29	Link Lubken	58:25	60
30	Rich Martinez	58:45	63
31	<i>Andrea Jacobson</i>	59:01	29
32	Richard Romero	59:41	73
33	Jeff Olson	59:54	50
34	Steve Lineriger	1:00:18	25
35	Lee Bengston	1:02:20	72
36	Gabe Sisneros	1:04:13	71
37	Dan Wall	1:05:20	49
38	<i>Michele Hart</i>	1:06:01	31
39	<i>Patricia Tolleson</i>	1:14:32	61
40	Tom Duran	1:15:09	62
RaceWalkers (5K)			
1	<i>Jan McBee</i>	49:04	59
2	Ian Monk	1:01:01	53
5K Run			
1	<i>Jane Harbert</i>	25:25	48

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Age Group Results can be found on the Web Site

Please shop at our sponsors:



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Upcoming Races

Bluffs 5K **Saturday, Apr 17 - 9 AM Bluffs Regional Park** **Lone Tree, Colorado**

Directions:

From C-470, take the Yosemite Street exit and head south 1-1/2 miles to Lincoln Avenue. Or from I-25, take the Lincoln Avenue exit and head west 9 tenths of a mile to Yosemite Street. Either way, from the intersection of Yosemite and Lincoln, go south on Yosemite about 200 yards, to Crooked Stick Trail. Turn right and continue south another 400 yards to the Bluffs Regional Park parking area. See a map of the race course on the USATF site [here](#). See the [Google Map](#) for details.

For information or to volunteer contact John Perez at jperez1290@hotmail.com; 303-912-6401 or Dan Shaw at dshaw_64@yahoo.com; 720-480-2370.

CMRA Memorial Run 5/10K **Saturday, May 8 - 8 AM Twin Lakes Park, 70th and** **Broadway**

Your choice of a 5 or 10 K run or a 5K walk.

Directions:

Go to I-25 and 58th. Go west on 58th to Broadway, north on Broadway to 72nd. Left to Twin Lakes Park.

From the west, take I76 to Pecos St. Go North on Pecos to W 70th Ave, and east on W 70th to the park.

Park on the North side at the Park-N-Ride.

The race starts directly south across the street at Twin Lakes Park at 8 AM. See the [Google map](#) for details.

For information or to volunteer call Kellie Steward at 303-422-2054 or Cliff Jurgens at 303-431-6809.

Once you are over the hill, you pick up speed



PELICAN UPDATES (Cahrnsbrak@yahoo.com)

1/1 – YMCA Frosty 5K, Wichita, KS: Ray Grundmeyer, 26:31 (1).

1/23 – First Gear 5K XC, Wichita, KS: Ray Grundmeyer, 30:08. **PPRR-El Pomar Park 8-Mile, CS:** Rich Hadley, 53:41 (1) & The Oak (Ross Westley), 1:13 (1). **4-Mile:** George Greco, 29:38 (1); Lou Huie, 30:10 (2) & Deb Hadley, 39:09.

1/24- The Fast & Flurry-ous 4.1, Boulder: Keith Johnson, 24:40 (1); Bob Cooper, 29:32 (2); Kathy Johnson, 34:24; Bill Faulkner, 38:22 & Patricia Tolleson, 41:06 (1).

2/7- Super Bowl 5K, WP: George Greco, 23:01 (1); Jeff Young, 23:03 (2); Rich Romero, 27:15 (1); Martha Martinez, 27:37; J Gutierrez, 29:13 & Jerry O'Donnell, 31:26. **Super Bowl 5K, Wichita, KS:** R2G2 (Ray Grundmeyer), 25:55.

2/13- Red Hot 50K, Moab: Ondrej Hejduk, 5:17 & Relentless Dave Black, 9:55.

2/14- Bosque Sweetheart 5K, Albuquerque: Connie Ahrnsbrak, 27:53 (1) & Rosalia Murch, 40:39 (W).

Screaming Snowman 10K SS, Eldora: Bruce Dahm, 1:26; David Kelble, 1:30; Gale Meuret, 1:34 (1); Bill Faulkner, 1:35 (2); Charles Scheibe, 1:37 & Patricia Tolleson, 1:39 (1). **5K -** Mike Puhr, 43:26; Michelle Kelble, 43:37 (1) & Holly Dahm, 45:03.

2/21 – AIA Half, Ft. Lauderdale, FL: Dave O'Sadnick, 1:32 (3); The B-Man, 1:48; Bob Tafelski, 1:51 & Pamela O'Sadnick, 2:52.

Frozen Foot 5K, Boulder: Omar Martinez, 18:06; Jesus Lazo, 20:56; Louis Martinez, 21:13; Jeff Young, 21:55 (1); Martha Martinez, 22:23 (1); Amisaki Acosta, 28:36 & Taunya Wilson, 29:53 (1).

2/27 – Snowman Stampede 10-Miles: Rich Hadley, 1:09 (2); Kevin McElroy, 1:10 & Karen Voss, 1:15 (2). **5-Miles:** Oscar Ponce, 28:01 (1); Devin Croft, 33:35; Forrest (Bob Caillouette), 35:19; Dennis Cisco, 40:19; Jane Harbert, 40:43 (2); Strider (Tom Chambers), 40:48 (2); Peter Szymanski, 45:37; Connie Ahrnsbrak, 46:26 (1); Lee Bengston, 47:32 (1); Deb Acree, 47:42; Deb Hadley, 48:01; Mary Pitz, 54:35 & Rosalia Murch, 1:07 (1).

2/28 – New Orleans Marathon, LA: The B-Man, 4:16; Jerry O'Donnell, 4:51 & Penelope, 5:22.

3/1- RMRR 3-Mile, Crown Hill: David Rothenburger, 13:41; Trailman (Adam Feerst), 14:15; Keith Johnson, 15:10; Keifer Johnson, 16:52; Scott Kukel, 17:21; Michael Quispe, 19:20; Robert Kanieski, 20:42; Dan Shaw, 20:49; Brett Allendorf, 20:58; Karen Voss, 21:49; Kathy Johnson, 22:47; Dave Hill, 23:09; Spiderman, 23:30; The B-Man, 24:21; Rich Martinez, 24:46; Pete Szymanski, 25:54; Jay Trujillo, 27:07; Tom Duran, 29:50; Jan Hill, 30:49 (W) & Olga Hnizdil, 34:56.

3/7- That Dam 5K Run, CCSP: Omar Martinez, 17:03 (2); Jeff Young, 21:12; George Greco, 21:50 (1); Martha Martinez, 25:34; Jerry O'Donnell, 28:57; Jim Peterson, 29:37 (1) & Jan Hill (1/W). **Pueblo Chieftan 10-Mile:** Rich Hadley, 1:08 (1) & Lou Huie, 47:23 in the **10K**.

Carl Touchstone 50K, DeSoto Nat'l Forest, MS: Relentless Dave Black, 8:50. *Lots of mud, I have run ultras in 20 states thus far.*

3/13 – St. Patricks’ 5K, Colorado Springs: George Greco, 22:22; The B-Man, 24:00 (3); Connie Arhnsbrak, 27:19 (1) & Lee Bengston, 28:19 (1). **Sharin’ Of The Green, FTC:** Lou Huie, 23:01 (2).

Run Through Time Marathon, Salida: Robert Kanieski, 5:57.

3/14 – Boulder Spring Half @ The Rez: Patricia Crespi, 3:05.

ROTG 7K, LoDo: David Rothenburger, 26:52 (2); Dave O’Sadnick, 28:02 (2); Bob Caillouette, 30:14; Brett Allendorf, 31:08; Karen Voss, 32:32; Robert Kanieski, 32:49; Dave Hill, 33:50; Spiderman, 35:17; The B-Man, 35:51; Polly Zimmerman, 36:17; Jack Barry, 36:23 (1); Joe Benvegno, 36:53; Tom Chambers, 37:00; Alan Johnson, 38:55; J Gutierrez, 40:15; Jan Hill, 45:49 (1/W); Rosalia Murch, 57:40 (W) & Laura McCoy, 1:03:22.

SPECIAL FEATURE Most stories are always about the elite runner, we forget those middle packers that run the same races and the same distance. Penelope O’Donnell is one of those runners that cranks out the miles. Her favorite distance is a marathon and /or half marathon. Penelope has run 73 marathons thus far and has been running for 27 years.

Remembering some brutal races like the China Coast in the Guangdong Province outside Hong Kong - roller coaster hills, fog, high humidity; Rio De Janiero in Brazil - humidity and heat (in the 90's); Mexico City - heat, altitude, pollution.

On the other side her favorites were: Antarctica because of the journey; difficult but extremely worth the trip; Paris - the race hit the highlights of the city; New York because of the excitement; Boston because of the tradition and lastly Grandma’s because of the beautiful lakeshore course, this marathon was a PR.

Penelope’s 2010 plans include the Oklahoma City Marathon, Colfax 1/2 Marathon, RNR Seattle Marathon, and a Marathon in Africa.

Once you are over the hill, you pick up speed

COLORADO MASTERS RUNNING / RACEWALKING ASSOCIATION

The CMRA is a non-profit group organized in 1976 to promote running and racewalking for health and exercise. The club regularly sponsors running-related activities, including 13 races a year, fun runs, training sessions, track workouts, and social events. Races are held at least once a month all over the greater Denver metro area. Races are as short as 5 kilometers (3.1 miles) and as long as 16.1 kilometers (10 miles). Age group awards and prize drawings are held following each race.

Membership in CMRA is open to all, regardless of skill or experience, although race awards are geared to runners age 35 and over. CMRA is an all-volunteer effort. Races are conducted by CMRA members without monetary compensation. Members are expected to pitch in and help with club events! Annual dues are \$25 for individuals and \$35 for families based on a calendar year membership beginning in January. Since registration for club races are \$10 each for nonmembers and members race free, an individual CMRA membership pays for itself after just 3 races!

Aside from racing free each month, the CMRA newsletter, the *Master Times*, is issued every other month. Each issue includes recent race results, special articles about training and racing by club members, and information about future events.

To join, simply complete an application, available on our website, www.comastersrun.org, and bring it to our next race.

2010 OFFICERS & BOARD OF DIRECTORS

President	Dan Shaw	dshaw_64@yahoo.com
Vice President	Ken Simons	kssimons5@aol.com
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The Colorado Masters Running Association newsletter is published bi-monthly. Issues are distributed approximately the 1st day of February, April, June, August, October, and December to members and associates of the CMRA. Deadlines for articles are the 15th of January, March, May, July, September, and November. All material should be mailed or e-mailed to the editor noted above for that newsletter. Membership information is available from the Membership Chairperson and at all races.

**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

Once you are over the hill, you pick up speed

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