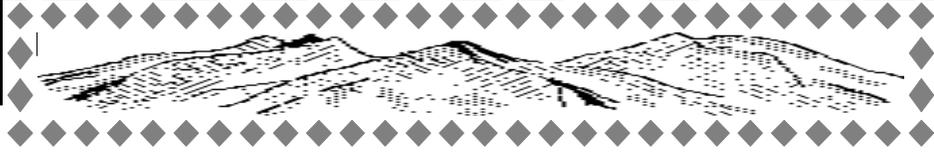


# MASTERS TIMES



July/August 2010

Volume 42 Issue 4

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## PRESIDENT'S CORNER

By Dan Shaw

### NEW CLUB TREASURER

At the July board meeting, Amy Lease officially took over the role of club treasurer from Tom Alison. Club information is being updated to reflect this change. In the meantime if you need to forward requests for reimbursement or other materials to Amy, her email address is [amyl\\_80222@yahoo.com](mailto:amyl_80222@yahoo.com). For regular mail please use the following address:

CMRA

Attn: Amy Lease  
3009 S Holly Place  
Denver, CO 80222-7010

### THE LONG RUN

For anyone who may have missed the recent article about club member Jim Romero in *Colorado Runner Magazine*, the Mountain Madness race director recently celebrated his 70<sup>th</sup> birthday by running 70 miles. Have you ever attempted to run farther than the marathon distance? Driving that far is a chore. Having recently struggled for over six hours to complete a mere 38 mile training run, I have a tremendous respect for the fortitude required to run the equivalent of almost three full marathons at an age when the most strenuous activity people typically endure comprises a short walk to their car. Well done, Jim!

### CLUB CHAMPIONSHIP UPDATE

After the first seven races of the year, the competition for the inaugural CMRA club championship is very close. Keith Johnson is currently leading the standings with 26 points. David Rothenburger holds second place with 24 points, and four runners are tied at 23 points (Tom Chambers, Wayne Stewart, Claradene Stewart, and Omar Martinez). Rosalia Murch leads the walker competition with 17 points. Please check out the full standings on the CMRA website: [http://www.comastersrun.org/Race\\_Info/Championship/2010/index.html](http://www.comastersrun.org/Race_Info/Championship/2010/index.html).

With six more events on the schedule, nothing has been decided yet!

Visit us on the web at [www.comastersrun.org](http://www.comastersrun.org)

## AN OFFER FOR RUNNERS INTERESTED IN RUNNING FOR CHARITY

New club member Valerie Passerini was recently hired by the American Cancer Society as their DetermiNation Coordinator. As Valerie describes the position, "It is my job to create partnerships between running clubs, running stores, training programs, and businesses to support a network of Determination athletes.

Determination athletes dedicate their efforts and raise donations to help fund the American Cancer Society's programs and research. Our race is the Inaugural Denver Rock 'n' Roll Marathon on Sunday, October 17, 2010. Check out the Denver Determination page at [www.determinationdenver.org](http://www.determinationdenver.org). Participant benefits include:

- Free race entry! Right now the 1/2 is \$95.00 and the full is \$115.00. These Rock'n'Roll races have bands at every mile and a headliner concert (TBA);
- Training Program (*Personal Best Marathon Coaching* for those in metro Denver, and *Training Peaks* outside the metro area);
- Race weekend VIP experience: private changing rooms; bathrooms; massage therapists; exclusive pre- and post-race tent (at the Rock'n'Roll Seattle, we were the only tent there with tables, food, etc. besides Team in Training);
- DetermiNation dinner for you and your guests on race weekend;
- A great tech race day jersey and training tech tee;
- DetermiNation Discounts at Boulder Running Company – Littleton;
- Fundraising support (help with ideas);
- The opportunity to dedicate your hard work to those affected by cancer;

The fundraising minimum is 1,250.00 due on November 1, 2010. To see how donor dollars are utilized, go to: <http://www.cancer.org/Involved/Participate/DetermiNation/your-determination-dollars-at-work>.

### Special Request from the Johnson Family

Come out and support ThunderRidge High School Cross Country! Our high school hosts an annual 5K, Grizzly Fun Run, as a fundraiser for the cross country team. The race will be held on Saturday, August 28<sup>th</sup> at 9:00, behind the high school. Registration will be available that morning and is only \$20.00, which includes a tee shirt. The race is somewhat of a loop on bike paths, with a downhill start on grass and a challenging hill about half way. When was the last time you ran a 5K with 100 or more screaming teenagers? Please join us!

Grizzly 5K

ThunderRidge High School

1991 Wildcat Reserve

Highlands Ranch, Co 80129

Saturday August 29<sup>th</sup>

*Call Keith or Kathy at 303-683-2932 if you have any questions or need directions.*

Once you are over the hill, you pick up speed

## HERDING CATS

By Vici DeHaan

Have you ever tried to get ten people together in the same place at the same time? You have? Did it work out better than it did for me at the Bolder Boulder?

I had signed ten of us up to run in the same wave: MM, since this was the wave that three of my grandchildren were running in along with many of their classmates from Mesa Elementary. Mesa ran a month-long training program preparing the kids to run the Bolder Boulder, so it made sense to try to at least start out together.

That was my first mistake. My 10-year-old grandson, Ben, was coming from Greeley with his mom and they had planned to drive to my house so we could all go to the race start together. Unfortunately, they left Greeley too late to get even close, so when they called at the appointed meeting hour, they were on the Diagonal still a ways away from the start.

We wished them good luck in finding parking near the race start, and called my daughter, Kathy, to see how their departure time was going. Since they were bringing seven people from Devil's Thumb, we had agreed to meet at the race start. Only problem was that my oldest granddaughter, 25, was just coming upstairs for breakfast when we were going out the door. So much for getting together at the start. By the time they fought their way across town in the traffic, they had obviously missed our wave and started way behind.

When our wave started out, I was alone, but only momentarily. My grandson and his mom from Greeley had somehow managed to make our wave start. This was his first race ever, so I had no idea how our pace was going to be. I mainly wanted it to be fun for him so he would want to do another race. He is tall and lanky like his mom and dad, and he started out at a pretty good pace.

But being 11, of course he had to stop along the way to sit in the wading pool in a front yard, make a pit stop at the porta-potties near the school I retired from, and ran through as many hoses he could find. But then his youthful energy must have kicked in. At around mile 4, he said, "Grandma, is it OK if mom and I go ahead?" Then he was gone. He and his mom finished five minutes ahead of me.

Meanwhile the other grandchildren made their way to the finish line. Four of them finished around 1:45, but my grandson, adopted from Korea, started out with his dad. They managed to run the first block, then slowed to a walk. By the time they reached the stadium, he got a burst of energy and ran the last 100 yards into the finish, posting a time of over 2 1/2 hours.

Fortunately everyone, including all the grandkids, carry cell phones, making it possible to meet in the stands to watch the inspiring ceremonies. In all, it was a most memorable way to spend Memorial Day.

## Race Results

### Sand Creek 5 Miler, 6th Annual

Saturday, June 19, 2010

By Rob Fisher - Race Director

Let me start by thanking all of our great volunteers. We had a big crew of them this year and everyone did a fantastic job. Tom Chambers got me the awards on time and in good order. Ken Simons and Kelli got the bread to the race. Joe Sanchez was the master with the race day set up of tables, water, etc. Connie and Rosalia handled the registration with finesse. Out on the course Bruce Kirschner, Larry Ashton, Ed Ewing, Lu Shaw and Shannon Shaw made sure all the runners stayed on course. At the finish Nancy Denniston, Joe Sanchez and Joe Baird took care of the times and the finish line. Thanks to Tom Chambers and Bruce Kirschner for organizing and handing out the awards.

I would also like to thank Dan Shaw for doing multiple duties. He helped me design and map out the course. He organized the course marshals and helped me collect all the course markers at the end of the race. Fantastic job.

There were lots of changes to the race this year. For one the race was moved to June from April. I had an opportunity to move it with last years June race not coming back. This certainly helped the weather, it was fantastic. I moved the location as well taking advantage of the facilities at Central Park in Stapleton. The facilities were very nice with a nice shelter and restrooms included with the \$90 rental fee. And the course was new with some interesting single track thrown in with the Sand Creek trail used last year. Comments on the course were overwhelmingly positive.

About the only thing that did not change was the winner. Keith Johnson has pretty much owned this race from the very first one. He won the first 2 editions and finished in the top 3 in the next 2. He blew away the field winning by 36 seconds over James Daul in 30:53. Sarah Schmidt in 36:10 took the race for the females over Theresa Jockers.

There was a 5 km course for walkers and runners. Rosalia Murch took the walk in 45:32 and Shane Miller the 5 km run in 23:55. A total of 70 runners and walker completed the course.

Thanks to all, see you next year.

### June 19, 2010 5 Mile Race Results

PLACE	NAME	TIME	AGE
1	Keith Johnson	30:53	49
2	James Daul	31:29	25
3	Jim Gross	31:36	46
4	Scott Kukel	31:52	36
5	David Rothenburger	32:33	41
6	TrailMan Adam Feerst	32:37	50
7	Caleb Mathewson	32:38	21
8	Tim Miller	35:21	40

9	Rich Fitzpatrick	35:31	45
10	Michael Brenner	36:04	51
11	<i>Sarah Schmidt</i>	36:10	31
12	Justin Stewart	36:29	21
13	Ellis Windholz	36:32	41
14	Bruce Dahm	37:05	41
15	Bill Stahl	37:21	51
16	<i>Theresa Jockers</i>	37:42	48
17	Kevin Dant	38:14	46
18	Jonathan Cawley	38:17	53

Once you are over the hill, you pick up speed

19	Robert Kanieski	38:23	33
20	Fred Lian	38:51	60
21	Justin Spring	38:58	34
22	Tim Gautier	39:10	21
23	Chris Stone	39:25	43
24	Chris Rhea	39:45	33
25	Wayne Stewart	40:10	63
26	<i>Kelly Campbell</i>	41:01	33
27	Tarry Harry	41:08	38
28	Nash Flores	41:35	38
29	Bob Tafelski	41:40	70
30	Joe Benvegenu	42:05	43
31	<i>Jane Harbert</i>	42:07	49
32	David Hill	42:12	59
33	Rich Martinez	42:13	63
34	Seth Campbell	42:14	34
35	John Perez	42:24	59
36	Brent Jockers	42:32	59
37	Glenn Bakken	42:58	59
38	Cliff Jurgens	42:58	44
39	Strider Tom Chambers	43:50	67
40	<i>Claradene Stewart</i>	43:56	61
41	Scott Miller	44:14	48
42	Link Lubken	45:27	61

43	<i>Kellie Stewart</i>	45:50	46
44	Rich Romero	46:16	73
45	David Wise	46:44	67
46	John Miranda	46:46	63
47	Jay D. Trujillo	47:20	51
48	<i>Valerie Passerini</i>	47:21	30
49	Rob Langley	49:10	53
50	Tom Duran	49:17	62
51	<i>Taunya Wilson</i>	49:29	63
52	<i>Lightfoot Deb Acree</i>	51:56	58
53	<i>Joanne Dant</i>	52:46	44
54	<i>Lucy Fales Evans</i>	54:06	59
55	Stonewall Ken Green	57:41	81
56	<i>Holly Lang</i>	57:45	38
57	Dan Wall	59:35	49
58	<i>Rebecca Wilcox</i>	1:00:28	28
59	<i>Kyle Koyle</i>	1:00:29	27
60	<i>Kareema Pettigen</i>	1:00:42	32
61	<i>Zolo</i>	1:05:57	29
62	<i>Leslie Thompson</i>	1:06:51	54

Age group results can be found on the web site.

### CMRA Christie's @ Genesee Mountain Madness 12K Results July 18, 2010

Mountain Madness 12K Race  
Chris Stone

Almost 100 runners gathered for this years race, with a predicted high of 100 deg F in Denver we were all happy to start the race under a clear blue sky with temperatures in the mid 60's at 7:30am. Well we were all happy with the exception of the local park ranger who insisted on sounding her horn as she followed the runners up the first hill in her truck. Despite the initial distractions 17 year old Joseph Manaliafashia took the lead early on and finished in 45:21 with Keith Johnson finishing second in 46:45. Christine Adamowski was the first female across the finishing line in 53:07. Having two young daughters that I encourage to run the shorter CMRA races it was particularly pleasing to see 13 year old Jacques Moreau compete and finish in 1:04:31. Congratulations Jacques on a great time. Sadly due to the requirement to have a park permit (yes the road is outside the park) and the cost of the permit, this is likely to be the last Mountain Madness Race at Genesee. Thanks to our sponsors Boulder Running Store, Running Wild, Runners Roost, Great Harvest Bread for providing lots of great

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raffle prizes and thanks to all the volunteers for making this race a great success. Once again David Christie owner of the Christies of Genesee Restaurant hosted the runners on his excellent patio for the post race food and awards.

### July 18, 2010 Race Results

PLACE	NAME	TIME	AGE
1	Joseph Manaliafasha	45:21	17
2	Keith Johnson	46:45	49
3	Eric Cameron	48:28	43
4	Jesus Lazo	49:45	15
5	Fernando Moreno	50:09	16
6	Omar Martinez	50:21	24
7	David Rothenburger	51:31	41
8	Mark Seaton	52:41	35
9	<i>Christine Adamowski</i>	53:07	43
10	Jeremy Rietmann	53:08	27
11	Rich Fitzpatrick	53:36	45
12	Andrew Adamowski	53:41	36
13	<i>Kelsey Adamowski</i>	53:41	1
14	Finnegan Adamowski	53:41	3
15	<i>Kristin Moreau</i>	54:09	43
16	Rich Michelin	54:33	53
17	Eric Windholz	55:40	41
18	Daniel Barron	56:03	15
19	Nick Sterner	56:52	48
20	Luis Ronquillo	57:08	15
21	Jeff Young	57:21	54
22	<i>Laura Eichert</i>	57:27	22
23	Forrest (Bob) Caillouette	57:36	55
24	Brett Allendorf	57:44	41
25	Jonathan Cawley	57:54	53
26	<i>Theresa Jockers</i>	58:10	49
27	<i>Bonnie Keefe</i>	58:19	45
28	Robert Kanieski	58:34	33
29	<i>Allison Collins</i>	59:24	38
30	Barry Brewster	59:38	49
31	Andy Demarco	1:00:28	43

32	Michael Ford	1:00:47	40
33	Greg Frauenhoff	1:00:52	52
34	Jim Bosik	1:01:01	60
35	Lupe Martinez	1:01:04	41
36	Lou Huie	1:01:57	63
37	Cliff Jurgens	1:02:16	44
38	<i>Karen Voss</i>	1:02:17	45
39	John Shea	1:02:28	53
40	<i>Kathy Johnson</i>	1:02:52	49
41	<i>Jane Harbert</i>	1:02:59	49
42	Alan Johnson	1:03:15	49
43	Jacques Moreau	1:04:31	13
44	David Hill	1:04:35	59
45	Alex Hauzer	1:04:36	65
46	<i>Stephanie Wiecks</i>	1:04:41	63
47	Nash Flores	1:04:54	38
48	Rich Martinez	1:06:07	63
49	Brent Jockers	1:06:22	59
50	<i>Rachel Hosmer</i>	1:06:35	23
51	Strider (Tom) Chambers	1:06:57	66
52	Aaron Rubenstein	1:07:09	31
53	Tall Red (Ed) Youngberg	1:08:03	67
54	Kool Shades (Ken) Randall	1:08:36	72
55	<i>Laura Phenix</i>	1:08:37	51
56	Doug Smith	1:08:58	60
57	<i>Sarah Skarie</i>	1:09:00	37
58	Spiderman (Scott) McFarlane	1:09:21	59
59	George Huner	1:09:28	56
60	Link Lubkin	1:09:38	61
61	<i>Kellie Steward</i>	1:10:11	46
62	Matthew Schroeder	1:10:32	34
63	<i>Audra Fenimore</i>	1:11:29	27

Once you are over the hill, you pick up speed

64	Reid Wiecks	1:11:39	64
65	David Dondelinger	1:13:29	29
66	<i>Samantha Martinez</i>	1:13:36	22
67	Brent Tuttle	1:13:38	46
68	Mario Mercil	1:13:44	27
69	<i>Janet Sandoval</i>	1:13:51	62
70	<i>Carly Rietmann</i>	1:14:10	28
71	Douglas Tollin	1:14:46	65
72	<i>Valerie Passerini</i>	1:15:06	31
73	<i>Christine Vanoni</i>	1:15:32	59
74	Tom Duran	1:15:36	62
75	<i>Alison Lowrie</i>	1:15:45	32
76	<i>Martha Martinez</i>	1:15:46	42
77	Lee Bengston	1:15:47	72
78	<i>Jessica Christopher</i>	1:16:16	22
79	Gabriel Sisneros	1:16:19	72
80	Jason Sharrett	1:16:38	39
81	David Wooden	1:16:48	20
82	Oscar Castaneda	1:19:15	24
83	David Christie	1:20:15	59

84	<i>Becky MacKay</i>	1:20:51	41
85	Stonewall (Ken) Green	1:23:54	81
86	<i>Michele Hart</i>	1:23:55	31
87	Zach Adam	1:27:28	27
88	Philip Kovell	1:28:15	36
89	The Captain (Don) Robinson	1:28:33	78
90	<i>Olga Hnizdil</i>	1:34:31	66
91	<i>Patricia Crespi</i>	1:35:35	52
92	<i>Vici Dehaan</i>	1:37:33	75
93	<i>Leslie Thompson</i>	1:39:02	54
94	Gordon Thompson	1:45:48	58
<b>Racewalkers (5K)</b>			
	<i>Rosalia Murch (4 Mile)</i>	54:21	69
1	<i>Summer Edwards</i>	44:23	24
2	<i>Jan McBee</i>	1:04:38	59

Age group results can be found on the web site.

***Please shop at our sponsors:***



Arvada, CO



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# HORIZON RUNNER'S ROOST 5K CROSS COUNTRY RACE

**Remember high school cross country? The dirt. The trails. The water. The mud. The FUN!**

Get off the roads and have some REAL RUNNING FUN! This 17-year old perennial favorite high school favorite is now open to all runners. You will run a varied and interesting course that includes a gully, a very entertaining water jump, dirt, weeds, more water crossings, and ravenous sharks, whales, lobsters, piranhas, and gators. Every entry includes a "Creek Critter"-themed meet T-shirt, snacks, and giveaways from Runners Roost and Brooks Running! Proceeds benefit the rapidly-growing cross country program at Horizon High School.

**DATE AND LOCATION Tuesday, September 28, 5:30 p.m.** ADDENBROOKE PARK is located between Garrison and Kipling Streets, and Alameda and Mississippi Avenues, in Lakewood.

### COURSE

The 5K course includes dirt trails, pavement (less than 25 percent of the course), grass, weeds, four water crossings, plus the infamous, crocodile-inhabited water jump. The course is mostly flat, but soft dirt and fun obstacles don't make it super fast. Parking is very limited and the school meet begins at 3:30, so please give yourself extra time to park and get to the starting line.

### POST-RACE

Awards will be given in the following age groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. Free refreshments, including Gatorade, water, fruit, and other snacks will be available at the pavilion, where the PVHS booster club will also be selling other concession items.

**Registration fee:** \$25 by Sept. 24. \$30 for late registration. Please make checks to payable to Horizon High School. Please mail registrations to: 7260 West 28th Avenue, Wheat Ridge CO 80033, or you may register online at [www.active.com](http://www.active.com)

NAME \_\_\_\_\_ M F (circle one)  
ADDRESS \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

CITY, ZIP \_\_\_\_\_ SHIRT SIZE S M L XL (circle one)  
PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

In consideration of the acceptance of my entry, I, the undersigned participant, for myself, my family members, heirs, administrators, personal representatives, successors and assigns hereby fully release, discharge and hold harmless Horizon High School, Runner's Roost, the City of Lakewood, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Horizon Runner's Roost Cross Country Race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I assume all risks associated with running, but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the track and traffic on the course, all such risks being known and appreciated by me. I represent by my application for entry that my physical condition is adequate to compete safely in the Horizon Runner's Roost Cross Country Race. I understand no headsets, dogs, carriages, or skates are permitted on run routes. I hereby certify that I have fully read and understand the foregoing release, waiver and covenant not to sue and sign it voluntarily

-----Signature Date

Once you are over the hill, you pick up speed

## Upcoming Races

### **Fairmount 5K Trail** **Wednesday, August 11 - 6:30 PM Fairmount Park in Golden**

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Directions:

Take I-70 west to highway 58 (Immediately after the Ward Road exit). Take the first exit off 58th to McIntyre. North on McIntyre to 54th. West on 54th to Quaker. South on Quaker to Fairmount Park.

From I-70 eastbound, take the Ward Rd exit. Stay in the right lane as you exit and turn right onto Ward Road. Take Ward Road north to 52nd Ave. Take 52nd Ave west to McIntyre. Go north on McIntyre to 54th, west on 54th to Quaker. Take Quaker south to Fairmount Park. See The [Google Map](#) for directions.

There will be a kids run at 6:00 before the 5K race. The length will be 1/2 mile. Ribbons will be awarded to all the kids. so bring the kids, grand kids or the neighbors' kids.

For more information or to volunteer call Kristin Moreau at 303-279-3509.

### **Elk Meadow 10K** **Sunday, August 29 - 8 AM Elk Meadow Park, Evergreen**

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A challenging run on a beautiful trail. (Not for Race-Walkers). Directions:

Take I-70 west to exit 252. Go south past Bergen Park to Stagecoach Blvd and right on Stagecoach. Go up to the parking lot of the park on the right. See the [Google Map](#) for directions.

[Park Information and Maps](#)

For more information or to volunteer call Wayne Mathis at 303-979-9592.

## **Stone House (2x) Triple-Cross Sunday, September 19 - 9 AM Stone House Park 2800 S Estes St, Lakewood, CO**

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The race will begin just west of Estes St across from the Stone House Park on Bear Creek in Lakewood. It will head west mostly on dirt trails through the creekside trees with a short piece on the Bear Creek bike path. Near the Fox Hollow golf course the route crosses Bear Creek 3 times (with 3 more times for the return) to the west end of the Stone House trail, heads north around and over the Bear Creek Lake Dam, and back to Mt Carbon in Bear Creek Lake park. After climbing over Mt Carbon the return is back on the Stone House trail. The distance will be approximately 8.6 miles.

Non CMRA Members may register early online at [Running Guru](#). The cost is \$10.00 + a 99 cent service charge.

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

Directions to the start:

The Stone House Park is on S Estes St (between S Kipling Parkway and S Wadsworth Blvd) just south of Morrison Rd. Take C470 to Morrison Rd. Go East on Morrison Rd past Kipling to Estes St. Go South on Estes Street to the Park. Park on the West side (across from the park) of Estes Street. See the [Google map](#) for details.

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

## **Coal Creek Cross Country Challenge 5.72 Miles Sunday, October 10, 9 AM Louisville**

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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!

The registration cap on the race has been raised to 250 participants by Boulder County, the City of Louisville, and the City of Lafayette. This should allow for race day registration this year for both CMRA members and non-CMRA members. Advance registration is also available at:

<http://www.RunningGuru.com/Event/CoalCreekXC>

Non-CMRA member online registration is \$10 plus a 99 cents registration fee.

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.

Once you are over the hill, you pick up speed



### **Pelican Update (Connie Ahrnsbrak)**

**5/8 – BofA River Run 10K, Wichita:** Ray Grundmeyer, 52:37 (1). **Jemez Mountain 50K:** Relentless Dave Black, 12:22; Mean Ed Green took on 50 miles. *Four big climbs, 7,781' elevation, for most it was a power walk.*

**5/23 – Lancers 5K, Bear Creek Park:** Jesus Lazo, 17:31 (1); Pena Gauntier, 18:29 (2); Juan Navarro, 18:35 (3); Jeff Young, 21:49 (1); Alan Johnson, 23:23 (2); The B-Man (Jim Romero), 23:38 (1); Connie Ahrnsbrak, 27:43 (1) & Summer Edwards, 51:42 (1).

**5/26 – Wichita Seniors 5K:** Ray Grundmeyer, 25:42 (2).

**5/31- Bolder Boulder:** Michael Quispe, 38:00 (2); David Rothenburger, 38:59 (9); Forrest (Bob Caillouette), 42:24 (6); Dan Shaw, 43:41; Bruce Kirscher, 44:22 (5); Theresa Jockers, 45:34 (2); Bill Smitham, 46:53 (1); Brett Allendorf, 47:35; Wayne Stewart, 48:16 (6); The B-Man, 49:47 (1); Amy Lease, 50:58 (1); Alan Johnson, 51:22; Rich Martinez, 51:47 (11); Mean Ed Green, 52:10; Claradene Stewart, 52:11 (1); Brent Jockers, 52:33; Bill Faulkner, 55:19; Janet Ralston, 55:49; Taunya Wilson, 55:59 (3); Robert Romero, 56:03; David Wise, 56:03; Tall Red (Ed Youngberg), 56:07; Connie Ahrnsbrak, 56:21 (1); J Gutierrez, 57:02; Bill Obert, 57:08 (4); Doug Tollin, 57:39; Jerry O'Donnell, 57:43; Patricia Tolleson, 58:33 (8); Jim Peterson, 1:00:52 (8); Holly Romero, 1:02; Fred Trentaz, 1:03; Stonewall (Ken Green), 1:04 (1); Penelope, 1:07; Earl Beam, 1:14; Vici Dehaan, 1:17 (2); Rosalie Murch, 1:21 (8) & Ruth Tollin, 1:40.

**6/5- Running the Pink 10K, Jamestown, ND:** Connie Ahrnsbrak, 54:14. *No age group awards, a good course with friendly people all around.*

**6/6 - Steps N' Strides 5K, Littelton:** Bob Tafelski, 24:05(2) & Strider (Tom Chambers) 24:50(3). **Mickelson Trail Marathon, Deadwood, SD:** Robert Kanieski, 4:18.

**6/12- Longmont Sunrise Stampede 10K:** Forrest (Bob Caillouette), 41:20 (1) & Jim Peterson, 1:02 (1).

**6/13- GOTG 10-Mile, CS:** Devin Croft, 1:10 (4); The B-Man, 1:31 (1); Bill Faulkner, 1:33; Patricia Tolleson, 1:43 & Stonewall (Ken Green), 1:53 (1). **Estes Park Marathon:** \*Jim Bosik, 4:10 (1). **Half –** David Wise, 2:12. *\*hard marathon, cold & constant rain.*

**Swan Lake Marathon, Viborg, SD:** Dan Wall, 5:21. *Small rural race, hills were gentle rollers, steady drizzle, lots of marathon maniacs.*

**6/19- Grandma's Marathon, Duluth, MN:** Amy Lease, 4:09. *Overcast, excellent race management.* **Mohican Trail 50-miles, Loudonville, OH:** Relentless Dave Black, 15:37.

**Mt. Evans Ascent:** Michael Quispe, 2:18; David Kelble, 2:56; Alan Johnson, 3:05; Charles Scheibe, 3:14; Bill Faulkner, 3:20 (3) & Patricia Tolleson, 3:29 (3).

**6/26 -Northside Stride 5K, Sloan's Lake:** Joseph Manilafasha, 16:41 (OA); Eric Ndikumana, 16:49 (1); Oscar Ponce, 17:01 (1); Gautier Pena, 18:42 (3); Jesus Lazo, 19:39; Irving Reza, 20:09; Jeff Young, 21:25 (1); Juan Ortiz-Navarro, 22:35; Patricia Martinez-Ramos, 24:16 (1); John Perez, 24:24 (2); Amisadai Acosta, 24:51 & Constance Ahrnsbrak, 27:49 (1). **NALEO 5K, Denver:** The B-Man (Jim Romero), 22:33 (1).

**Slackers Half, Loveland Ski/Georgetown:** Scott Kukel, 1:20; David Rothenburger, 1:22; Robert Kanieski, 1:38; Charles Scheibe, 1:51 & Vici Dehaan, 3:07 (2). **4-Mile:** Michael Quispe, 23:39 (OA); Bob Tafelski, 29:01 (1); Jay Trujillo, 30:34 (2); Bill Obert, 33:07 (2); Doug Tollin, 33:58 (2); Kim Shenfeld, 52:58 & Leslie Woods, 56:32.

**6/27 – Stadium Stampede 5K:** Christian Oliphant, 18:26 (1); Robert Kanieski, 22:57; Strider (Tom Chambers), 25:32 (2); Polly Zimmerman, 27:01; (1); Andy McKean, 27:07 (3); Jack Barry, 27:13 (2); Connie Ahrnsbrak, 27:36 (1); Doug Tollin, 27:48; Penelope, 35:08; Tom Alison, 37:36; Rosalie Murch, (4/RW) & Ruth Tollin, 47:19.

**Lyons River Run 5K:** Simon Martin, 19:26 (2); Philip Dizerega, 22:08; Painted Horse (Jesse Tijerina), 22:47; Bill Faulkner, 25:41; Patricia Tolleson, 29:12; Jim Peterson, 29:39 & Fay Dizerega, 35:48.

**7/3- Vail 7.5 Hill Climb:** Karen Voss, 1:15; The B-Man (Jim Romero), 1:22 (1); Joe Benvegna, 1:27; Peter Szymanski, 1:39; Connie Ahrnsbrak, 1:46 (1) & Vici Dehaan, 2:02 (2).

**Leadville Trail Marathon:** Jim Bosik, 6:08 (1); Bill Faulkner, 6:55; Patricia Tolleson, 7:10 & Bill Moyle, 8:03.

**7/4- Four on the Fourth 4K, Boulder:** Simon Martin, 15:05 (3); Devin Croft, 15:19; Forrest (Bob Caillouette), 16:20; Bonnie Keefe, 17:21; \*Rob Martinez, 17:35; The B-Man, 19:02 (1); Rich Martinez, 19:10; Doug Smith, 19:47; Strider (Tom Chambers), 19:58 (3); Jack Barry, 20:34 (3); Constance Ahrnsbrak, 21:28 (1); Lee Bengston, 23:43; Connie Martinez, 27:50; \*Regina Martinez, 31:12; \*Amanda Martinez, 31:12 & Rosalie Murch, 32:11 (RW). \**Rich Martinez family.* **Freedom 5K, Evergreen:** Taunya Wilson, 27:36 (2).

**7/10- Rock N Roll 10K, Cozad, NE:** Connie Ahrnsbrak, 55:36 (1). **Howelson Hill 8-Mile, Steamboat:** Trailman (Adam Feerst), 1:02 (1) & Chris Stone, 1:20. **Rogers River Run 5K, Longmont:** Bill Faulkner, 27:27; Patricia Tolleson, 29:04 (2) & Jim Peterson, 30:07.

**7/12 – Longest Day 5K, Pelican Lakes, Windsor:** Connie Ahrnsbrak, 26:12 (1) & Rosalie Murch, 38:16 (2/RW).

**7/18- Westside Duathlon (short), Arvada:** Ken Simons, 1:34:37 (1). Long – David Kelble, 1:58:37 & Taunya Wilson, 2:46 (1). **Donor Dash 5K, WP:** Bob Ghormley, 28:57; Jim Peterson, 29:13 & Lucy Fales-Evans, 30:14.

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](http://www.comastersrun.org), and bring it to our next race.

### **2010 OFFICERS & BOARD OF DIRECTORS**

President	Dan Shaw	<a href="mailto:dshaw_64@yahoo.com">dshaw_64@yahoo.com</a>
Vice President	Ken Simons	<a href="mailto:kssimons5@aol.com">kssimons5@aol.com</a>
Treasurer	Amy Lease	<a href="mailto:amyl_80222@yahoo.com">amyl_80222@yahoo.com</a>
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Membership Chairperson	Scott McFarlane	<a href="mailto:simcfarl@pcisys.net">simcfarl@pcisys.net</a>
Newsletter (Co)Editors	Keith Johnson	<a href="mailto:johnsonhr@comcast.net">johnsonhr@comcast.net</a>
Web Site Chairperson	Scott McFarlane	<a href="mailto:simcfarl@pcisys.net">simcfarl@pcisys.net</a>
Members at Large	Joe Baird, Rich Romero, Mike Vanoni, Bruce Kirschner, Connie Ahrnsbrak, Rosalia Murch, Rob Fisher, Amy Lease	

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 race-walkers  
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  
3009 S Holly Place  
Denver, CO 80222-7010**

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)

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