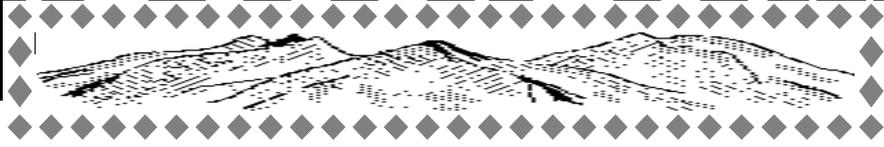


MASTER TIMES



March/April 2011

Volume 43 Issue 2

PRESIDENT'S CORNER

By Dan Shaw

NEW BOARD REVISITED

The 2011 board membership continues to evolve. Due to outside commitments, Cliff Jurgens is unable to continue serving on the board and has resigned his position. Valerie Passerini has agreed to step into Cliff's role as CMRA's liaison with other local clubs and running organizations.

The eleven returning board members are at large members Joe Baird, Rich Romero, and Rob Fisher; quartermaster Mike Vanoni; website chairperson Scott McFarlane; membership chairperson Mark Hackett; secretary Chris Vanoni; treasurer Amy Lease; vice president Ken Simons; and president Dan Shaw.

If you are interested in being involved in running your club, please feel free to attend the next board meeting on Sunday afternoon, May 1st, at 4:00 p.m. Please contact Dan Shaw (dshaw_64@yahoo.com ; 720-480-2370) for details and directions if you would like to attend.

RACE DIRECTOR APPRECIATION DAY

The Colorado Masters is organizing its first Race Director Appreciation Day! Directors of 2011 races have been invited to meet with board members on Sunday afternoon, May 1st, at 4:00 p.m at Penterra Plaza, 8100 East Union Avenue, in the Denver Tech Center (Thanks, Tom!). Pizza and beer will be served, followed by a presentation of CMRA's race director guidelines. The May board meeting will follow.

RACE DIRECTOR NEEDED (NON-CMRA EVENT)

The Superior Downhill Mile has been held each year on Independence Day beginning in 2006. This celebration of speed is run on the streets of Superior, Colorado on the morning of July 4th, prior to the city's traditional parade. Not a CMRA event, the original organizers are now reaching out to the local running community, including CMRA members, seeking to identify an individual to take over as director of the event. If this sounds like an intriguing opportunity, please contact Bruce Kirschner (ph: 303-666-0864; email: bhkirsch@comcast.net).

THANKS KEITH AND KATHY!

Keith and Kathy Johnson have been serving as co-editors of CMRA's bimonthly newsletter for the past 2 years. Due to some family issues, they will be stepping aside after the March-April issue. If you are interested in helping out with your running club's newsletter, please contact Dan Shaw (dshaw_64@yahoo.com ; 720-480-2370) or any board member.

Come out and support Horizon HighSchool

The Hawk Hustle 5K is on Sunday, May 1, starting at 9:00 a.m. It runs on scenic bike paths in the neighborhoods around Horizon High School. Start and finish is at the school, 5321 East 136th Avenue, Thornton. It's a fun, community-oriented race that benefits the athletic programs at Horizon High School. Registration is available at active.com and includes a race shirt, food, five-year age group awards supplied by Runner's Roost, and other prizes.

Bill Stahl Horizon H.S. Cross Country and Track & Field GO HAWKS! silly_billy@msn.com

CMRA ELK Meadow Fun Run

The CMRA ELK Meadow fun run has been moved to Sunday August 28,

Once you are over the hill, you pick up speed

Race Results

Forty Furlongs February 12, 2011 by Jason Myers

The weather cooperated for our racers and volunteers today. The temperature warmed to 43* at race start, although the winds were persistently ~20mph from the West. The paved portions of the trail were reasonably clear and we altered the course this year to maximize using these. The outer half mile was very rough snowpack, just to remind us that we are racing in February in Colorado. The course was kept as an out-and-back, with the first and last miles in City Park and the middle miles on Big Dry Creek trail. The turnaround this year was at the trailhead of Westfield Village Park.

We are very impressed with the turnout of runner and volunteers! The overall winners were Jonathan Huie and Christine Adamowski, both with impressive times on this course and conditions.

A lot of teamwork went into making this race a success this year and we want to sincerely thank you all! Dan Shaw for his leadership and logistics support leading up to this event. Will Shaw for creating the attractive race posters. Connie Ahrnsbrak and Rosalia Murch for helping with registration and awards presentation. Amy Lease for helping with registration. Ken Simon, Lu Shaw, Joe Sanchez, Scott Jackson, Emily Myers, John Perez, Bill, Wayne, ???, for helping with timing, scoring, and marshaling. Rob Fisher for helping with supplies and at the finish & start. Scott McFarlane for helping keep the Forty Furlongs web page up to date. Tom Chambers for coordinating the race ribbons and assisting with presentation. Adam Feerst for taking the time to consult on course alterations.

Thank you to our sponsors and supporters! RoadRunner Sports, and specifically Sam Trevino, for coming out to support the racers. Their generous offer of up to 25% discount, and the especially generous gift card for a pair of shoes that we raffled off at the end of the awards. Thank you to Boulder Running Company for their gift cards to the overall winners. Great Harvest Bread for their ongoing contribution to CMRA races. Thanks to Westminster for use of their wonderful facility and trails. Of particular treat, thank you to Dr. Dustin Ferrell (www.OHChiro.com) and his associates for providing pre and post race massage, chiropractic services and injury related services.

February 12, 2011 Race Results

5 Miler			
PLACE	NAME	TIME	AGE
1	Jonathan Huie	27:40	30
2	Hector Martinez	29:16	27
3	Josh Melve	29:38	35
4	Jesus Lazo	30:14	15
5	Matt Smith	30:18	34
6	Justin Little	30:43	36
7	Adam Feerst	30:49	50
8	Luis Ronquillo	30:52	16
9	Daniel Barron	31:06	16
10	Julio Bonilla	31:51	22

11	Scott Kukel	31:57	37
12	Christian Oliphant	32:34	42
13	David Rothenburger	32:41	42
14	Fernando Moreno	33:09	16
15	Stuart Siekmeier	33:14	48
16	Brian Hansen	33:52	32
17	Shane Miller	34:08	16
18	Stephen Ho	34:17	41
19	Steve Cavalli	34:41	50
20	Landon Sterner	34:50	9
21	Tim Miller	34:57	40
22	John Ramos	35:01	34

23	<i>Christine Adamowski</i>	35:02	43
24	<i>Molly Smith</i>	35:14	30
25	BJ Swenson	35:17	29
26	Andrew Adamowski	36:39	37
27	Finnegan Adamowski	36:39	4
28	<i>Kelsey Adamowski</i>	36:39	2
29	Bruce Kirshner	36:46	57
30	Dan Shaw	36:53	51
31	Chris Duffield	37:27	21
32	Alonzo Espinoza	37:47	15
33	Bruce Dahm	37:57	42
34	Lou Huie	38:16	64
35	<i>Monica Ryan</i>	38:34	50
36	Robert Kanieski	38:41	33
37	<i>Rachel Perez</i>	38:49	31
38	<i>Theresa Jockers</i>	39:04	49
39	Jesse Tijerina	39:20	59
40	Bill Stahl	39:21	52
41	Matt Hall	39:29	24
42	Rob Fisher	39:38	60
43	<i>Betzabeth Garzia</i>	39:56	16
44	Joe Black	40:00	12
45	Robert Whittemore	40:10	42
46	Tom O'Brien	40:16	55
47	Amisadai Acosta	40:24	17
48	Scott Jackson	40:30	43
49	David Hill	41:37	59
50	<i>Nadia Gonzales</i>	41:57	16
51	Joe Benvegna	42:47	44
52	Colin Szuch	42:53	9
53	<i>Emily Cruz</i>	42:55	15
54	Joe Walker	43:19	37
55	<i>Jane Harbert</i>	43:21	49
56	Scott McFarlane	43:27	59
57	Rich Martinez	43:35	64
58	Patrick Smith	43:52	29
59	John Perez	43:57	60
60	Brent Jockers	44:17	60
61	Scott Miller	44:20	49
62	<i>Tera Dunn</i>	44:36	26
63	<i>Martha Martinez</i>	44:39	43
64	<i>Irene Barrea</i>	44:42	16

65	<i>Cathy Coomes</i>	44:43	43
66	<i>Kellie Steward</i>	46:07	47
67	Tom Chambers	46:12	67
68	David Wise	46:20	68
69	<i>Claradene Stewart</i>	46:30	61
70	Jeff Olson	46:42	51
71	<i>Erin Bosik</i>	46:50	25
72	<i>Valerie Sidles</i>	46:53	29
73	Andrew Sidles	47:47	39
74	Prashanta Aryal	47:48	28
75	Arion Herrera	48:20	10
76	<i>Marci Roschke</i>	48:41	62
77	Link Lubken	49:00	62
78	<i>Kathryn Stone</i>	49:16	9
79	Chris Stone	49:19	44
80	Ken Randall	49:20	72
81	Ian Monk	49:36	54
82	Roger Hannagon	50:10	16
83	<i>Alondra Gonzalez</i>	50:45	11
84	Jeff Young	51:18	54
85	<i>Patricia Tolleson</i>	51:42	62
86	Fred Trentaz	51:43	68
87	<i>Carol Tudor</i>	52:03	35
88	<i>Kim Massey</i>	53:36	52
89	Earl Beam	54:15	60
90	<i>Tara Hickey</i>	55:08	35
91	Melvin Bond	55:15	48
92	Bob Fancher	55:16	71
93	<i>Cheryl Ames</i>	55:29	63
94	Vincent Ashton	55:51	55
95	Don Robinson	56:51	78
96	Robert Caldwell	58:01	30
97	Ajon Brown	59:13	11
98	<i>Janis Dickman</i>	01:01:47	29
Racewalkers			
1	<i>Jan Hill</i>		52
2	<i>Rosalia Murch</i>	1:11:00	70

Age group results can be found on the Web Site

Once you are over the hill, you pick up speed

Spring Spree Run 10K South Platte River March 19, 2011

By .. David Wise

What a difference a year makes! Last years race was held with ice and snow. This year's race was almost picture perfect weather. With the exception of a few minor glitches in awarding medals, everything went perfectly. The turn out was fantastic with 104 participants spanning ages 8 to 80. Runners came from more distant than usual places such as Canon City, Palmer Park, Grandby, Millicent, Ft. Collins and Cheyenne. In setting up the course I was a bit worried with the number of bikers, runners, walkers, skaters, etc. using the course. But that didn't seem to be a problem once the race started. As promised, this year, in addition to the usual age category awards, we had an age-graded category, that is the competitor's time was compared to the world record for that competitor's age and gender. The results were in a percentage of the world record time. The Runner's World website list classes for these percentage. The classes indicate competitor groups in which, if a runner runs such a time, he or she would not be "outclassed" in that competitor group. The percentages are "would not be outclassed in" : 90-100% = world class; 80-90% = national class, 70-80% = regional class; 60-70% = local class. It was impressive that over half of our participants were at least in the "would not be outclassed in local class winner category. We had 22 participants in would not be outclassed in regional competition and three in the national class. Our winner in the age-graded competition, Stephanie Weicks ran a time that was 88% of her age group world record. That time almost got her into the "world class" competitor group. The other age-graded award winners were Alyn Park (83%), Adam Feerst (81%); Tristain Mitchell (77%) and Bob Caillouette (76%). Thanks to Mike and Chris Vanoni and their timing company for promptly providing these more complicated results. Thanks also to Physiotherapy Associates for sponsoring the beautiful plaques awarded in this category.

Times were relatively fast this year with many good in all age and gender categories. Overall 10K winners were 25 year-old Tristain Mitchell (35:00) and 30 year-old Molly Smith (42:39). Age division winners were Ken Green (M 80+), Jim "the B-man" Romero (M70-74), Larry Avery (M 65-69); Alyn Park (F60-64); Lou Huie (M60-64), Bob Caillouette (M55-59); Monica Ryan (F50-54); Adam Feerst (M50-54); Jane Harbart (F45-49); Michael Guenther (M45-49), Martha Martinez (F40-44), Marcus Dever (M40-44), Teresa Gessner (F35-39), Justin Little (M35-39), Molly Smith (F19-34), Tristain Mitchll (M19-34), Alondra Gonzales (F1-13) and Arion Herrera (M 1-13). Overall 5K winner was Ian Monk (38:41). Trailing him were Kim Shenfield (42:34), Robert Dexter(46:04), and Leslie Woods (46:06).

Many thanks to all the volunteers: Connie Ahrnsbrak and Joe Sanchez with registration, Tom Baird for handling usual timing at the finish line. Earl Pitzer for help in setting up the course; Bonnie Pitzer and the volunteers from Physiotherapy Associates especially Julie Miller and Dawn Wild for being race marshals, clean up and helping with awards and drawing.

Thanks to the sponsors: Physiotherapy Associates (plaques for the age-graded division), Great Harvest Bread of Arvada (12 delicious loaves of bread), Boulder Running Company of Denver and Boulder (gift certificates and hats) , and Runners Roost (gift certificates). After the race I was very pleased to see so many runners enjoying lunch at the Platte River Bar and Grille. I hope this is enough thanks to them for the generous use of their back parking lots for this event.

March 19, 2011 Spring Spree Race Results

PLACE	NAME	TIME	AGE
1	TRISTAIN MITCHELL	35:00	25
2	OMAR MARTINEZ	35:31	25
3	MAURO MARTINEZ	36:42	21
4	JUSTIN LITTLE	36:59	36
5	MATT SMITH	37:17	34
6	STUART EVANS	37:48	26
7	ADAM FEERST	38:08	51
8	SCOTT KUKEL	38:36	37
9	CHRISTIANOLIPHANT	38:40	42
10	DAVIDROTHENBURGER	39:14	42
11	JEREMY O'FARRELL	39:17	34
12	BJ SWENSON	40:41	29
13	ADAM BUNDY	41:05	35
14	MICHAEL GUENTHER	42:15	49
15	BOB CAILLOUETTE	42:17	56
16	MOLLY SMITH	42:39	30
17	BRUCE KIRSCHNER	43:08	57
18	KENTON GUILBERT	43:34	40
19	MICHAEL BRENNER	43:57	52
20	JITKA O'FARRELL	43:59	33
21	DAN SHAW	45:07	51
22	TOM O'BRIEN	45:32	55
23	BRUCE DAHM	45:35	42
24	ROBERTWHITTEMORE	45:38	42
25	BRET ALLENDORF	46:08	42
26	CHRIS STONE	46:33	44
27	RICH HADLEY	47:05	55
28	LOU HUIE	47:07	64
29	STEVE BROOKS	47:11	30
30	ALYN PARK	47:13	60
31	MONICA RYAN	47:17	50
32	STEPHANIEWIECKS	47:20	64
33	ROBERT KANIESKI	48:08	33
34	MATTHEW HALL	48:20	24
35	DOUG AYERS	48:29	47
36	LARRY AVERY	49:01	69
37	HEATHERICHARDSON	49:03	33
38	ALONDRA GONZALES	49:20	11
39	ARION HERRERA	49:22	10
40	DALE CARICO	50:00	44
41	JIM ROMERO	50:12	70
42	JARED MOYER	50:13	31
43	RICH MARTINEZ	50:48	64
44	TOM WONG	50:50	41
45	CAROL STEPHENS	50:55	50
46	TODD SHAKLEE	51:22	41
47	JANE HARBERT	51:48	49
48	BOB TAFELSKI	51:56	70
49	JAY WISSOT	52:00	66
50	JEFF RASOR	52:03	34
51	JIM BOSIK	52:04	60
52	TOM CHAMBERS	52:45	67
53	JOE BENVEGNU	53:07	44
54	JAMES JONES	53:13	25

55	RICHARD ROMERO	53:16	74
56	COLIN MITCHELL	53:33	60
57	SCOTT MCFARLANE	53:59	59
58	RICK STUBBS	54:08	62
59	SAGE ENOS	54:12	39
60	JILL MOYER	54:22	32
61	ED YOUNGBERG	54:45	68
62	MARK CAMPBELL	55:06	36
63	JEFF OLSON	55:29	51
64	KATE YOUNG	55:36	34
65	VALERIE SIDLES	55:44	29
66	ANDREW SIDLES	55:44	39
67	JULIE BLAINE	55:48	51
68	REID WIECKS	56:24	65
69	SCOTT WOOTEN	56:26	47
70	MARTHA MARTINEZ	56:29	43
71	LINK LUBKEN	56:34	61
72	DOUGLAS TOLLIN	57:14	66
73	BARRY MUNION	57:51	38
74	JED GAINES	58:14	44
75	KEN RANDALL	59:09	72
76	JAN HUIE	59:21	61
77	KEVIN RASOR	59:59	31
78	ERIN BOSIK	59:59	25
79	DEB HADLEY	1:00:00	54
80	BRUCE RASOR	1:00:06	62
81	TINA AKIN	1:00:10	49
82	MARIA WONG	1:00:14	28
83	KENFLEISCHHACKER	1:00:23	74
84	TOM DURAN	1:00:41	63
85	KARRIESIMMONS	1:01:10	32
86	AGATHARITTER	1:01:13	34
87	JEFF MARTEN	1:01:13	34
88	PAT TOLLESON	1:01:36	62
89	SHANNON SHAW	1:02:10	18
90	MELVIN BOND	1:02:11	48
91	KAREN CIPOLLA	1:02:26	30
92	LEE BENGSTON	1:02:38	72
93	FRED TRENTAZ	1:03:20	69
94	TERESA GESSNER	1:03:28	39
95	BILL BEARDALL	1:04:11	59
96	SANJIV GUPTA	1:04:57	39
97	ANN GARFINKEL	1:05:10	41
98	KRISTIN BROOKS	1:06:24	30
99	JOY JACKSON	1:06:25	38
100	CHERYL AMES	1:06:49	63
101	KATHY CAIN	1:08:08	38
102	KEN GREEN	1:08:34	82
103	RANDY STEPHENS	1:09:43	54
104	BARBARA KOSTNER	1:10:03	62
105	AMY NIELSON	1:10:18	33
106	JILL WAIT	1:10:22	36
107	NANCY KERN	1:16:29	36
108	RHIANNON FADEYIBI	1:16:41	49
109	DAVE BLACK	1:17:29	59

Once you are over the hill, you pick up speed

RaceWalkers (5K)			
1	Ian Monk	38:41	54
2	Kim Shenfeld	42:34	52

3	Robert Dexter	46:04	73
4	Leslie Woods	46:06	64

Age group results can be found on the Web Site

Please shop at our sponsors:

Please shop at our sponsors



Arvada, CO



Visit us on the web at www.comastersrun.org

CMRA Bluffs 5K run Results April 9, 2011 Race Results

PLACE	NAME	TIME	AGE
1	John Tribbia	17:50	29
2	Julio Bonilla	19:06	22
3	Stuart Evans	19:21	26
4	Scott Kukel	19:56	37
5	Jeremy O'Farrell	20:02	34
6	Steven Johnson	20:12	25
7	DavidRothenburger	20:50	42
8	Bob Jones	21:07	50
9	Jeremy Anderson	21:58	35
10	Michael Guenther	22:02	49
11	Eric Marsh	22:12	35
12	Brian Gessel	22:44	32
13	Brett Allendorf	23:13	42
14	Jared Moyer	23:28	31
15	Dan Shaw	23:29	51
16	Jitka O'Farrell	23:33	33
17	Martin Remy	23:52	43
18	Aaron Ruhnow	23:52	40
19	Eric Kulpa	24:15	20
20	Amita Chugh	24:20	30
21	Theresa Jockers	24:22	49
22	RobertWhittemore	25:00	42
23	Steven Brooks	25:02	30
24	Mitchell Ryan	25:06	20
25	John Ramos	25:10	35
26	Matthew Hall	25:11	24
27	Walt Coughter	25:22	49
28	Joe Black	25:26	12
29	Scott Jackson	25:43	43
30	MatthewRochester	25:51	19
31	Lisa Bonnici	25:56	44
32	Alan Johnson	26:06	50
33	Stephanie Wiecks	26:10	64
34	David Kelble	26:17	53
35	Bob Stuart	26:40	56
36	Jane Harbert	26:42	50
37	Chris Ryan	26:50	44
38	B-Man(Jim)Romero	26:50	71
39	Rich Martinez	26:55	64
40	SpidermanMcFarlane	27:08	60
41	David Blumberg	27:43	32
42	Tall Red Youngberg	27:48	68
43	Sara Foster	27:52	35
44	Amy Lease	27:59	57
45	Joe Benvegna	28:03	44

46	Brent Jockers	28:06	60
47	Jake Smith	28:19	27
48	Wayne Stewart	28:22	64
49	Jill Moyer	28:26	32
50	Strider Chambers	28:33	68
51	Andy McKean	28:52	66
52	Karen Jankowski	29:59	55
53	Reid Wiecks	30:06	65
54	Claradene Stewart	30:13	61
55	Cheryl Ames	30:14	63
56	Douglas Tollin	30:16	66
57	MackenzieGuttormson	30:20	18
58	Link Lubken	30:31	61
59	Mike Goodfellow	30:36	18
60	Melissa Snyder	30:57	32
61	Kool Shades Randall	31:02	72
62	Ken Simons	31:15	73
63	Jeff Olson	31:25	51
64	Tom Duran	31:34	63
65	Kimberly Massey	31:36	52
66	David Send	32:21	28
67	Karen Cipolla	32:28	30
68	Kari Mello	32:31	26
69	Laura Iverson	32:32	28
70	Nicole Shaklee	32:33	47
71	Analee Gessel	32:34	28
72	Tina Akin	32:52	49
73	Tommy Bahn	32:56	16
74	Kristin Brooks	32:57	30
75	Sir Fred Trentaz	33:34	69
76	Nuuh Hutchins	34:17	16
77	Kristopher March	34:28	32
78	Lillian Steed	34:43	24
79	Mark Walker	35:12	60
80	Stonewall (Ken) Green	36:47	82
81	Charlie Schmucker	36:48	64
82	Mary Dickenson	37:16	63
83	Cary Griffith	37:57	41
84	Joslyn Hutchens	39:56	33
85	Dave Black	41:21	60
86	Leslie Thompson	41:30	54
Racewalkers (5K)			
1	Rosalia Murch	44:10	70
2	Robert Dexter	49:57	73
3	Joan Banko	51:12	67

Once you are over the hill, you pick up speed

Upcoming Races

CMRA Memorial Run 10K

Saturday, May 7 - 8 AM Twin Lakes Park, 70th and Broadway

Enjoy a 10 K run or a 5K walk.

The race begins and ends in Twin Lakes Park. The course runs out-and-back along the Clear Creek bike path. The surface is a flat, fast concrete, gently uphill running west and downhill running east.

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 Constance Ahrnsbrak [connie@comastersrun.org].

Pelican Update (Connie Ahrnsbrak)

02-06- Super Bowl 5K, Wash Park: Rich Romero, 27:56 (1) & Jim Peterson, 34:50 (3). **Super Bowl Sunday, 4-Mile, Wichita, KS:** Ray Grundmeyer, 35:08.

2/12- Mardi Gras Half, New Orleans: The B-Man, 1:50 (1), Roger Rybicka, 2:12 & Tom Duran.

Santa Fe 10-Mile Trail, CS: Tall Red (Ed Youngberg), 1:42 (1) & The Oak (Ross Westley), 1:51 (1)

12/13- Valentine 5K, WP: Bob Caillouette, 20:44; Rich Hadley, 23:19; Glenn Bakken, 25:59; Reid Wiecks, 27:53; J Gutierrez, 28:27; Constance Ahrnsbrak, 28:47 (1); Deb Hadley, 29:18; Jim Peterson, 33:45 & Rosalia Murch, 40:43 (2).

Screaming Snowman SS 10K, Eldora: Patricia Tolleson, 1:52 (1). **5K-** Gale Meuret, 49:24 (1); Chuck Lowrie, 50:07 (2) & Bill Faulkner, 51:51 (3).

2/19- Snowman Stampede 10-Mile, Hudson Gardens: Jonathan Huie, 56:20 (3); Jay Survil, 1:04 (2); Karen Voss, 1:12 (1) & Lou Huie, 1:18. **5-Mile -**David Kelble, 39:54 & Doug Tollin, 45:39 (3).

Black Warrior 50K trail, Moulton, AL: *Dave Black, 8:23, while Joe Black ran the 25K, 3:28. *See *Special Feature*.

2/20- AIA Half, Ft. Lauderdale, FL: The B-Man, 1:56 (2). **Frozen Foot 5K, Boulder:** Painted Horse (Jesse Tijerini), 23:14.

2/26 -PPRS Winter Series, Black Forest 10-Mile: Tall Red, 2:06 & The Oak, 2:17. *Strong winds during the race.*

2/27 - Disney's Princess Half, FL: Terry McFarlane, 2:34 & Cassie Klump, 2:41.

3/5- Red Rock Canyon Half, Las Vegas: The B-Man, 2:05 (1) & Patricia Crespi, 2:42. *Lots of ups and downs.*

3/6- That Dam Half, CC Rez: Jay Survil, 1:28 (1); Luis Ronquillo, 1:29 (2); Fernando Moreno, 1:32 (3); Isaiah Rubio, 1:34; Karen Voss, 1:36 (2/OA); Monica Ryan, 1:41 (1); Tall Red, 2:02 (2); Genevieve Rubio, 2:07; Martha Martinez, 2:11; Dorothy Bensusan, 2:16 (2); The Oak, 2:22 (1); Jerry O'Donnell, 2:23 & Penelope, 2:36 (1). **5K-** Painted Horse (Jesse Tijerina), 22:28 (2); Connie Ahrnsbrak, 28:05 (1); Jim Peterson, 30:46 (2); Rosalia Murch, 40:21 (RW/2); Leslie Woods, 45:03 & Robert Dexter, 48:11 (RW).

Sharin 'O' Green, FTC: Bob Caillouette, 20:14; Painted Horse (Jesse Tijerini), 22:03; Lou Huie, 22:42; Connie Ahrnsbrak, 27:21 & Rosalia Murch, 40:11. **St. Pats' 5K, HLR:** The Oak, 28:45 (1) & Jerry O'Donnell, 31:05. **Run Through Time Marathon, Salida:** Robert Kanieski, 5:32. *Robert beat last years' time by 27 minutes.*

12/13- ROTG: Scott Kukel, 25:42; David Rothenburger, 26:33; Jay Survil, 26:37 (3); Bruce Dahm, 31:02; Robert Kanieski, 34:11; Rich Martinez, 35:48; Jim Romero, 36:01 (1); Connie Ahrnsbrak, 39:47 (1); J Gutierrez, 40:33; Lee Bengston, 42:59 (2); Jerry O'Donnell, 43:06; Fred Trentaz, 43:10; Tom Duran, 44:18; Rosalie Murch, 58:50 (W); Leslie Woods, 1:03 & Bob Dexter, 1:10 (W).

Special Feature: On February 19, Moulton, AL, Relentless Dave Black and Joe ran the Black Warrior trail races, not far from the Tennessee River. Dave noticed there were lots of horses out, from time to time you had to stand on the side of the trail to let them pass. Around mile 22 a couple came up on a fine looking gray and a fine looking chestnut, with big ears. "Those are good looking horses" I said as they went by; "Actually their mules," they replied.

Dave ran the 50k in 8:23:18, 84/93, which had 26+ miles of easy single track with 3600' elevation gain. Young Joe ran the 25k in 3:28:18, which were on some of the same trails. The weather was in the low 60s, a well organized and friendly race. Another great trip!

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.

2011 OFFICERS & BOARD OF DIRECTORS

President	Dan Shaw	dshaw_64@yahoo.com
Vice President	Ken Simons	kssimons5@aol.com
Treasurer	Amy Lease	amyl_80222@yahoo.com
Secretary	Chris Vanoni	m_c_vanoni@msn.com
Membership Chairperson	Mark Hackett	mhack70@aol.com
Web Site Chairperson	Scott McFarlane	simcfarl@pcisys.net
Quartermaster Chairperson	Mike Vanoni	mev@cre-denver.com
Members at Large	Joe Baird, Rich Romero, Connie Ahrnsbrak, Rosalia Murch, Rob Fisher	

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 2011
(10/11/2010 THROUGH 12/31/2011)**

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)

Revised 10/11/10

Once you are over the hill, you pick up speed

2011 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 1	(Sat)	10 AM	Stapleton Central Park	New Years Day Fun Run	Rob Fischer
Jan 8	(Sat)	10 AM	Lake Arbor	Lake Arbor 5K	Ken Randall
Feb 12	(Sat)	10 AM	Westminster City Park, Westminster	Forty Furlongs (5M)	Jason Myers
Mar 19	(Sat)	10 AM	Platte River Bar & Grill	Spring Spree 10K	David Wise
Apr 9	(Sat)	9 AM	Bluffs Regional Park	Bluffs Run 5K	John Perez / David Banko
May 7	(Sat)	8 AM	Twin Lakes Park	Memorial Run 10K	Kellie Steward / Connie Ahrensbrak
June 18	(Sat)	8:00 AM	Stapleton Central Park	Sand Creek 5M	Rob Fisher / Dan Shaw
Jul 16	(Sun)	7:30 AM	White Ranch Park	White Ranch Trail Run	Chris Stone / Theresa Do
Aug 10	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Aug 28	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Fun Run	N/A
Sep 17	(Sat)	8:30 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Kim Massey / Scott McFarlane
Oct 9	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72M	Rich Fitzpatrick / Mike Brenner / Bruce Kirschner / Lucy Fales Evans / Vici DeHaan
Nov 12	(Sat)	9 AM	Hildebrand Ranch Park	Veterans run	Dave Black / Jim Romero
Dec 10	(Sat)	10 AM	Aurora Sports Park	Aurora Sports Park XC 12K	Dan Shaw / Rob Fisher