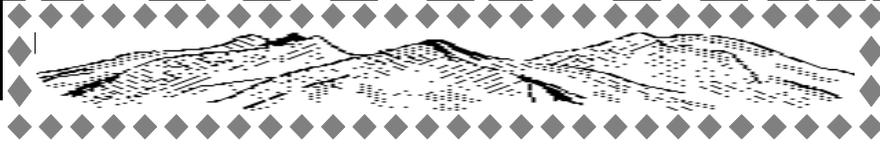


MASTER TIMES



July/August 2011

Volume 43 Issue 4

PRESIDENT'S CORNER

By Dan Shaw

SINGLET'S AND T-SHIRTS

Please bring your opinions to Fairmount Park for the Fairmount Trail 5K and picnic. We'll take a survey to gather your interest in purchasing club singlets or t-shirts.

A GOOD PLACE TO RUN

I recently saw a video (Runners World website, dated 06/20/11) about Geoff Roes, an elite ultrarunner who sometimes uses Boulder as a training base. Geoff has been very successful through the past few years. I believe he has won 7 consecutive 100-milers without a loss. Geoff's journey to top of the running world is interesting because of where he comes from. Born and raised in New England, after finishing college he moved to Juneau, Alaska, not known as a running mecca. In fact, he explained in the video that when he first moved to Alaska he couldn't imagine how he could run there at all. Juneau is a coastal town nestled on a beachfront, and behind the narrow coastal plain on which it sits, steep, forest covered mountains rise abruptly more than two thousand feet, not what would be considered conventional ideal running terrain. Eventually though he began to run the steep, technical trails, adapted to them, and became the elite force he is today.

Here in Colorado however, where Geoff comes to train for a change of pace, ideal running terrain is readily available, no matter what type of training you seek, from tracks, to flat, open fields and roads, to the steep, rocky, technical challenges. Good for us!

In my part of town the Sand Creek Greenway Trail runs north of Colfax Avenue and west from the Aurora Sports Park, under Airport Boulevard in Aurora and west through fields of prairie grass that sway gently under light summer breezes, light brown and contrasting nicely against the pale blue sky of the horizon. Like much of the terrain along the Front Range, running out here, alone on a warm Sunday morning, the sound of the breeze is a soft hum over the fields, coming from no particular place. In the trail ahead you may see a crow inspecting a discarded, flattened water bottle that lies where carelessness has left it, worn and tattered from abuse on the gravel greenway trail, but still perhaps retaining something edible. The

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crow I see today flaps away suddenly, startled by a plastic grocery bag, also dirty and scuffed, loosed from the weeds by the wind and tossed onto the path. This bag pauses when it skids onto a puddle in a shallow rut along the middle of the road.

The Sand Creek Greenway Trail is wide enough for the occasional police car which patrols the trail once a day or so. The cars have left two shallow ruts in the trail, like a long driveway running through the field to the next paved road, Chambers Road, over half a mile to the west down this flat stretch of prairie boarding Sand Creek. The running is easy if you like it that way. Down at Chambers Road the banks of the creek deepen, creating a dark, damp secluded place where the creek runs under the road. Further west the creek winds down to the Platte River, rolling along in a narrow, tree filled gulch until it meets the river in Commerce City. Despite a little rain yesterday afternoon, the trail this morning is already mostly dusty dry so that footsteps are sure to stir up dust, a light, almost skin-shaded powder rising just high enough to collect on shoes and ankles. The coat of dust above the sock line will suddenly become apparent when socks are stripped off.

Running here is liberty. For people who haven't learned how to run, running seems like torture, a constriction of freedom. For those who run, it has the opposite effect; it creates a sense of freedom. When running, there are no bills to pay, or arguments to make; there is only one foot in front of the other. Some people get addicted to it, this sense of freedom. It can give you strength and poise, confidence and stoicism, peace of mind. It can also absorb your time and keep you from your responsibilities, but mostly it's a good addiction. Mostly it keeps idle minds out of trouble.

The secret, if there is a secret to something as simple as running, is pace. Non-runners think about running as an activity which involves pushing through anaerobic stress for a minute or two. Of course, this is not really running; it's sprinting. At the other end of the scale, are middle aged office refugees perhaps a lot like me, people who trundle along suburban sidewalks or treadmills for 20 or 30 minutes when guilt over that extra helping of fries grows too great to tolerate, also known as jogging. This isn't really running either. Between those extremes is a middle zone where people push the pace while going long.

The running takes a while to take hold. After 20 or 30 minutes, the body is just getting warmed up. Beyond that range something starts to happen mentally and physically. You settle in. It's running's equivalent to a comfort zone. When you settle into your pace, you can go for 5 or 10 or 15 miles without breaking stride or slowing, or climb impossibly high ridges like Geoff Roes does.

Beyond 15 miles, things start to get a bit dicey, because the human body can only store enough energy to run at pace about 15 miles or so. When you use up those energy stores, you're pretty much done. It doesn't matter whether you are a supremely trained elite runner or an easy paced back of the packer; you will hit the wall somewhere after 15 miles; the only question is when. And the answer is dictated by pace. Your pace will determine when your personal wall arrives. If you aren't well trained and haven't discovered your pace, you may hit the wall well before 15 miles have passed. If you train well and pace right, with a little help from Gatorade or GU, you may make it all the way to mile 26.2 with a little something still in the tank. And who knows? With an open mind and proper training you might be able to challenge Geoff Roes!

Once you are over the hill, you pick up speed

Race Results

Sand Creek 5 Miler June 18, 2011 – Rob Fisher

Saturday June 18th was a great day for a running event. Excellent weather and a great course to run. 87 contestants showed up to test themselves on this new course at the Bluffs Lake Nature Center. The course was 2 loops of a 2.5 mile course featuring crushed gravel trails and a few steep grades. I received many thank-yous from the runners on the course and the event in general. It was very enjoyable to bring this event to the club.

And as usual it is impossible to conduct one of our CMRA races without help so here is my list of Thank You's. If I omitted you my apologies there were so many.

-To Ken Randall and Ken Simon for directing the parking of cars.

-To Dan and Lu Shaw for being course marshals helping to collect cones and flags afterwards.

-To Connie Ahrnsbrak and Rosalia Murch for doing registration.

-To Joe Baird, Ian Monk and Annette for helping at the finish line.

-To Scott McFarlane for doing the labels.

-To Connie Ahrnsbrak for compiling the results.

-To my wife Nancy for course marshalling and putting up with me in general.

-To Tom Chambers for getting me the ribbons.

-To the young lady who reminded me at the last minute that I forgot the Aid Station. Oops. No harm, it got up and running in time.

-To everyone who helped me clean up afterwards.

And a Big Thank You, to the Bluffs Nature Center for all their cooperation. Chris Story the facility manager was there the day of and even helped park cars and clean up. Also, we are sorry that our runners ate a bunch of their volunteers' food. I should have warned them about that.

We hope to have the event in the same spot next year. Thank you runners it was a pleasure.

PLACE	NAME	TIME	AGE
1	Kent Worries	29:04	25
2	Julio Bonilla	29:50	23
3	Michael Nothem	30:01	17
4	Keith Johnson	30:27	50
5	Fernando Moreno	31:07	16

6	Jesus Lazo	31:10	16
7	Scott Kukel	31:37	37
8	David Rothenburger	32:23	42
9	Jeremy Anderson	32:52	35
10	Omar Martinez	32:53	25
11	Kevin Andrus	33:18	36
12	<i>Laura Mortimer</i>	33:30	25
13	Edgar Garcia	33:49	17
14	Dave Cenicerros	33:51	23
15	Paul Moreau	34:22	45
16	Daniel Barron	34:32	16
17	John Ramos	35:02	35
18	<i>Kristin Moreau</i>	35:43	44
19	Jason Myers	35:54	37
20	Robb Sarchet	36:09	36
21	Rich Fitzpatrick	36:20	46
22	<i>Betzabeth Garcia</i>	36:48	16
23	<i>Karen Voss</i>	36:49	46
24	Glenn Johns	36:57	14
25	<i>Rachel Perez Tetreault</i>	37:17	32
26	<i>Kari Price</i>	37:24	34
27	Bob Irving	37:26	56
28	Michael Brenner	37:36	52
29	Robert Kanieski	38:00	34
30	Bruce Dahm	38:20	42
31	Chris Stone	38:44	44
32	Scott Jackson	38:56	43
33	Jacob Wyatt	39:17	42
34	Matt Hall	39:32	24
35	Jacques Moreau	39:56	14
36	Robert Whittemore	40:04	42
37	<i>Kathy Johnson</i>	40:10	50
38	<i>Randi Strand</i>	40:14	33
39	<i>Elizabeth Campagna</i>	40:23	32
40	<i>Nadia Gonzales</i>	40:28	16
41	Rich Martinez	40:55	64
42	<i>Jane Harbert</i>	41:06	50
43	<i>Irene Barrea</i>	42:10	16

Once you are over the hill, you pick up speed

44	Glenn Bakken	42:10	60
45	<i>Jill Moyer</i>	42:18	32
46	Bill Stahl	42:40	52
47	John Perez	43:01	60
48	Rich Romero	43:02	74
49	Spiderman (Scott) McFarlane	44:00	60
50	<i>Emily Cruz</i>	44:16	16
51	Strider (Tom) Chambers	44:18	68
52	<i>Valerie Sidles</i>	44:45	29
53	Andrew Sidles	44:46	39
54	<i>Holly Dahm</i>	44:52	41
55	Wayne Stewart	45:02	64
56	Reid Wiecks	45:19	65
57	Link Lubken	45:26	62
58	Niles Down	45:41	57
59	<i>Kellie Steward</i>	46:08	47
60	Kelly Hood	46:25	15
61	<i>Dorothy Bensusan</i>	46:41	52
62	<i>Claradene Stewart</i>	46:45	62
63	<i>Janet Sandoval</i>	46:50	62
64	<i>Constance Ahrnsbrak</i>	46:54	71
65	Kool Shades (Ken) Randall	47:00	73
66	Bill Faulkner	47:30	69
67	Jeff Olson	47:55	51
68	<i>Julie Blaine</i>	48:45	51
69	Sanjiv Gupta	49:04	40
70	Ken Simons	49:35	73
71	Joe Sanchez	49:40	74
72	Tom Duran	49:41	63
73	Lee Bengston	50:04	73
74	Michael Sorensen	50:45	45
75	Mark Walker	51:10	61
76	<i>Patricia Tolleson</i>	54:10	62
77	<i>J J Sorensen</i>	55:21	16
78	Stonewall (Ken) Green	56:20	82
79	<i>Kyle Koyle</i>	56:57	28
80	<i>Natalie Burningham</i>	56:58	31
81	<i>Amber Ralston</i>	57:55	19

82	<i>Janet Ralston</i>	57:56	49
83	Bruce Brandt	59:17	66
84	Tom Alison	1:06:42	74
85	<i>Leslie Thompson</i>	1:07:27	57
86	<i>Vici DeHaan</i>	1:10:42	76
Racewalkers			
1	Rosalia Murch	1:09:25	70

Age group awards

	Overall Men		Overall Women	
Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Kent Worries	29:04	Laura Mortimer	33:30
80 and Over				
1	Stonewall (Ken) Green	56:20		
75-79				
1			Vici DeHaan	1:10:42
70-74				
1	Rich Romero	43:02	Constance Ahrnsbrak	46:54
2	Kool Shades (Ken) Randall	47:00		
3	Ken Simons	49:35		
4	Joe Sanchez	49:40		
5	Lee Bengston	50:04		
65-69				
1	Strider (Tom) Chambers	44:18		
2	Reid Wiecks	45:19		
3	Bill Faulkner	47:30		
4	Bruce Brandt	59:17		
60-64				
1	Rich Martinez	40:55	Claradene Stewart	46:45
2	Glenn Bakken	42:10	Janet Sandoval	46:50
3	John Perez	43:01	Patricia Tolleson	54:10
4	Spiderman (Scott) McFarlane	44:00		
5	Wayne Stewart	45:02		
55-59				
1	Bob Irving	37:26	Leslie Thompson	1:07:27

Once you are over the hill, you pick up speed

2	Niles Down	45:41		
50-54				
1	Keith Johnson	30:27	Kathy Johnson	40:10
2	Michael Brenner	37:36	Jane Harbert	41:06
3	Bill Stahl	42:40	Dorothy Bensusan	46:41
4	Jeff Olson	47:55	Julie Blaine	48:45
45-49				
1	Paul Moreau	34:22	Karen Voss	36:49
2	Rich Fitzpatrick	36:20	Kellie Steward	46:08
3	Michael Sorensen	50:45	Janet Ralston	57:56
40-44				
1	David Rothenburger	32:23	Kristin Moreau	35:43
2	Bruce Dahm	38:20	Holly Dahm	44:52
3	Chris Stone	38:44		
4	Scott Jackson	38:56		
5	Jacob Wyatt	39:17		
35-39				
1	Scott Kukel	31:37		
2	Jeremy Anderson	32:52		
3	Kevin Andrus	33:18		
4	John Ramos	35:02		
5	Jason Myers	35:54		
19 - 34				
1	Julio Bonilla	29:50	Rachel Perez Tetreault	37:17
2	Omar Martinez	32:53	Kari Price	37:24
3	Dave Cenicerros	33:51	Randi Strand	40:14
4	Robert Kanieski	38:00	Elizabeth Campagna	40:23
5	Matt Hall	39:32	Jill Moyer	42:18
14-18 (High School)				
1	Michael Nothem	30:01	Betzabeth Garcia	36:48
2	Fernando Moreno	31:07	Nadia Gonzales	40:28
3	Jesus Lazo	31:10	Irene Barrea	42:10
4	Edgar Garcia	33:49	Emily Cruz	44:16
5	Daniel Barron	34:32	J J Sorensen	55:21

White Ranch 10K – Chris Stone

July 16, 2011

We had a great turnout and perfect weather for the White Ranch 10K on Saturday. Runners were treated to a scenic course with over 4 miles of single track that provided panoramic views of the eastern plains and Denver. Jonathan Huie set a blistering pace from the start and finished in an amazing 39mins 03 secs on a difficult course; three minutes ahead of second place 15 year old Jesus Lazo who won the high school category. Afterwards Jonathon said he had prepared for the race and took the time to complete a few training runs on the race course, clearly the preparation was worth it. Boulder Trail Runner regular Lisette Arellano was overall female winner finishing in 49mins 16 secs.

Race photo's are now available and be can downloaded for free by following the link below.

<https://picasaweb.google.com/casualpicks/CMRAWhiteRanchJuly2011>

If you prefer your photo not to be in the album or have any questions please send an e-mail with your request to casualpicks@gmail.com Higher resolution RAW files are available on request.

Thanks to our sponsors. Boulder Running Store, Great Harvest Bread, Road Runner Sports, Runners Roost, Ultimate Direction and finally MKS Instruments for donating \$250 for the overall, masters and race walker winners.

The race would not have been possible without the help of the many volunteers. Thanks go out to Connie Ahrnsbrak, Rosalia Murch, Scott McFarlane, Adam Feerst, Joe Baird, Rob Fisher and the many Boulder Trail Runners who not only raced but helped to mark the course, marshall, sweep the course and provide the race photo's.

See you at White Ranch 2012!

Chris Stone and Theresa Do

PLACE	NAME	TIME	AGE
1	Jonathan Huie	39:03	31
2	Jesus Lazo	42:02	15
3	Michael Nothem	43:40	17
4	Antonio Cuevas	44:28	31
5	Andrew Terrill	44:48	41
6	Omar Martinez	45:23	25
7	Daniel Barron	45:24	16
8	Isaiah Rubio	45:30	24
9	Steve McCrohan	47:05	37

Once you are over the hill, you pick up speed

10	Scott Kukel	47:24	37
11	Trailman (Adam) Feerst	47:54	51
12	David Rothenburger	48:13	42
13	Paul Moreau	48:29	45
14	Fernando Moreno	49:02	16
15	<i>Lisette Arellano</i>	49:16	23
16	Ian Young	49:32	40
17	Luis Ronquillo	49:57	16
18	Nick Buchanan	50:30	30
19	Jacques Moreau	50:59	14
20	Julio Bonilla	51:41	22
21	Edgar Garcia	51:52	17
22	Jason McGowen	52:05	41
23	John Ramos	52:18	35
24	Jerry Greenwald	52:30	43
25	<i>Theresa Ruland</i>	53:24	23
26	Jeffery Lazo	53:47	15
27	<i>Karen Voss</i>	54:25	46
28	<i>Christy Dixon</i>	55:06	23
29	Alonzo Expinosa	55:11	15
30	Bob Irving	55:24	56
31	<i>Rachel Perez Tetreault</i>	55:43	32
32	Aaron Ruhnow	55:44	40
33	Rich Sandoval	55:50	57
34	<i>Andrea Hill</i>	55:57	33
35	<i>Debra Cunningham</i>	56:51	49
36	Jacob Wyatt	56:52	42
37	<i>Portia Hensley</i>	57:06	32
38	Mike Banks	57:24	28
39	<i>Jen Lavelly</i>	57:44	34
40	Robert Kanieski	57:48	34
41	Mike Roche	58:24	58
42	Brett Allendorf	58:25	42
43	Jared Moyer	58:45	32
44	David Kelble	58:56	53
45	Glenn Johns	59:04	14
46	<i>Betzabeth Garcia</i>	59:27	16
47	Alan Johnson	59:43	50

48	Joe Black	59:44	13
49	JP Ingebrigtsen	59:59	50
50	Robb Sarchet	1:00:27	36
51	El Caballo (Rich) Martinez	1:00:51	64
52	Dan Shaw	1:00:58	52
53	Josh Gabrielson	1:01:04	32
54	<i>Theresa Jockers</i>	1:01:11	50
55	Wade Schroeder	1:01:39	46
56	<i>Delcia Litt</i>	1:02:13	53
57	<i>Jane Harbert</i>	1:03:27	50
58	<i>Christy Gabrielson</i>	1:03:58	29
59	Lou Huie	1:04:03	64
60	<i>Stacey Totherow</i>	1:04:42	43
61	Wayne Stewart	1:04:47	64
62	<i>Pam Iyer</i>	1:04:45	55
63	<i>Irene Barrea</i>	1:04:56	16
64	<i>Jill Moyer</i>	1:05:07	32
65	Robert Whittemore	1:05:30	42
66	<i>Jitka O'Farrell</i>	1:05:34	33
67	<i>Adelaide Perr</i>	1:05:35	24
68	Amisadai Acosta	1:05:54	17
69	Link Lubken	1:06:00	62
70	Glenn Bakken	1:06:04	60
71	Rob Timko	1:06:11	29
72	<i>Erin Reger</i>	1:06:21	26
73	<i>Emily Jones</i>	1:06:45	26
74	Spiderman (Scott) McFarlane	1:06:48	60
75	<i>Nadia Gonzales</i>	1:07:32	16
76	John Perez	1:07:52	60
77	Todd Shaklee	1:08:12	41
78	Robert Romero	1:08:21	65
79	Bill Rael	1:09:00	56
80	Ken Simons	1:09:03	73
81	Bill Faulkner	1:09:28	70
82	Tall Red (Ed) Youngberg	1:09:30	68
83	Eric Vera	1:09:36	37
84	<i>Carolyn Hicks</i>	1:09:42	54
85	J Hill	1:10:13	54

Once you are over the hill, you pick up speed

86	Mark Perschbaher	1:10:25	50
87	<i>Kim Zamudio</i>	1:11:05	49
88	The B-Man (Jim) Romero	1:11:18	71
89	<i>Laura Timko</i>	1:11:25	28
90	<i>Cathy Coomes</i>	1:11:26	44
91	Brent Jockers	1:11:48	60
92	Kevin Rasor	1:12:06	32
93	John Crowther	1:12:34	43
94	<i>Alexa Delpaete</i>	1:12:53	34
95	Derek Troy	1:13:17	36
96	<i>Kimberly Massey</i>	1:13:27	52
97	Roger Rybicka	1:13:30	63
98	<i>Megan Kienbusch</i>	1:14:00	25
99	<i>Martha Martinez</i>	1:14:28	43
100	<i>Claradene Stewart</i>	1:15:04	62
101	Kool Shades (Ken) Randall	1:15:42	73
102	<i>Elizabeth</i>	1:15:49	29
103	<i>Nicole Shaklee</i>	1:15:55	47
104	<i>Jennifer Forker</i>	1:16:04	45
105	<i>Constance Ahrnsbrak</i>	1:16:04	71
106	Jeffery Olson	1:17:41	51
107	Sir Fred Trentaz	1:18:58	69
108	Joe Mauer	1:20:35	52
109	<i>Kelly Backens</i>	1:24:36	34
110	Tom Duran	1:31:47	63
111	Stonewall (Ken) Green	1:33:19	82
112	Relentless Dave Black	1:36:10	50
113	<i>Monique Wiles</i>	2:07:00	35
Racewalkers (5K)			
1	Joe Zamudio	46:30	59
2	<i>Jan Huie</i>	46:35	62
3	<i>Rosalia Murch</i>	52:50	70
4	Jose Villalobos		23

Age group awards

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Jonathan Huie	39:03	Lisette Arellano	49:16
80 and Over				
1	Stonewall (Ken) Green	1:33:19		
70-74				
1	Ken Simons	1:09:03	Constance Ahrnsbrak	1:16:04
2	Bill Faulkner	1:09:28		
3	The B-Man (Jim) Romero	1:11:18		
4	Kool Shades (Ken) Randall	1:15:42		
65-69				
1	Robert Romero	1:08:21		
2	Tall Red (Ed) Youngberg	1:09:30		
3	Sir Fred Trentaz	1:18:58		
60-64				
1	El Caballo (Rich) Martinez	1:00:51	Claradene Stewart	1:15:04
2	Lou Huie	1:04:03		
3	Wayne Stewart	1:04:47		
4	Link Lubken	1:06:00		
5	Glenn Bakken	1:06:04		
55-59				
1	Bob Irving	55:24	Pam Iyer	1:04:45
2	Rich Sandoval	55:50		
3	Mike Roche	58:24		
4	Bill Rael	1:09:00		
50-54				
1	Trailman (Adam) Feerst	47:54	Theresa Jockers	1:01:11
2	David Kelble	58:56	Delcia Litt	1:02:13
3	Alan Johnson	59:43	Jane Harbert	1:03:27
4	JP Ingebrigtsen	59:59	Carolyn Hicks	1:09:42
5	Dan Shaw	1:00:58	Kimberly Massey	1:13:27
45-49				
1	Paul Moreau	48:29	Karen Voss	54:25
2	Wade Schroeder	1:01:39	Debra Cunningham	56:51
3			Kim Zamudio	1:11:05

Once you are over the hill, you pick up speed

4			Nicole Shaklee	1:15:55
5			Jennifer Forker	1:16:04
40-44				
1	Andrew Terrill	44:48	Stacey Totherow	1:04:42
2	David Rothenburger	48:13	Cathy Coomes	1:11:26
3	Ian Young	49:32	Martha Martinez	1:14:28
4	Jason McGowen	52:05		
5	Jerry Greenwald	52:30		
35-39				
1	Steve McCrohan	47:05	Monique Wiles	2:07:00
2	Scott Kukel	47:24		
3	John Ramos	52:18		
4	Robb Sarchet	1:00:27		
5	Eric Vera	1:09:36		
19 - 34				
1	Antonio Cuevas	44:28	Theresa Ruland	53:24
2	Omar Martinez	45:23	Christy Dixon	55:06
3	Isaiah Rubio	45:30	Rachel Perez Tetreault	55:43
4	Nick Buchanan	50:30	Andrea Hill	55:57
5	Julio Bonilla	51:41	Portia Hensley	57:06
14-18 (High School)				
1	Jesus Lazo	42:02	Betzabeth Garcia	59:27
2	Michael Nothem	43:40	Irene Barrea	1:04:56
3	Daniel Barron	45:24	Nadia Gonzales	1:07:32
4	Fernando Moreno	49:02		
5	Luis Ronquillo	49:57		
13 and Under				
1	Joe Black	59:44		

Upcoming Races of interest to CMRA runners

Horizon Runner's Roost Cross Country Classic

Tuesday, Sept. 27, 5:30 p.m.

Addenbrooke Park, Lakewood

Only \$15 for CMRA members, \$25 for non-members

Bill Stahl

Horizon H.S. Cross Country and Track & Field

Visit us on the web at www.comastersrun.org

Pelican Update (Connie Ahrnsbrak)

5/21- Buffalo Creek 8-miler, Pine Valley: David Kelble, 1:13 (2); Brett Allendorf, 1:16; Ken Simons, 1:35 (1); Cheryl Ames, 1:52 & Dave Black, 1:58.

East vs West End 5K, Wichita, KS: R2G2 (Ray Grundmeyer), 31:41. **Federal Cup 5K:** Rob Martinez, 22:08; Rich Martinez, 24:25 (2) & Amanda Martinez, 34:10.

5/22 – Lancer’s Fast 5K, WP: Keifer Johnson, 16:30 (OA); Omar Martinez, 17:36 (3/OA); Keith Johnson, 18:25 (1); Fernando Moreno, 18:53 (3); Louis Moreno, 19:07; Luis Ronquillo, 19:35; Daniel Barron, 21:38; Amisadai Acosta, 22:33; Jesse Tijerina, 23:00 (1); Kathy Johnson, 23:58 (1); John Perez, 24:08 (1); Alan Johnson, 24:17 (3); The B-Man (Jim Romero), 24:45 (2); Tom Chambers, 25:40 (3); Link Lubkin, 26:05; Jack Barry, 27:25; Martha Martinez, 27:47 (1) & Connie Ahrnsbrak, 28:06 (1). **Mountain Mountaineer Marathon, Lake City:** Robert Kanieski, 5:03

5/30- Bolder Boulder 10K: Scott Kukel, 37:37 (6); Keith Johnson, 37:46 (2); Trailman (Adam Feerst), 37:58 (2); Jay Survil, 39:07 (1); David Rothenburger, 39:18 (11); Rich Fitzpatrick, 41:17; Michael Quispi, 41:33 (5); Bob Caillouette, 43:35 (8); Alan Johnson, 45:22 (5); Jonathan Cawley, 46:11; Deb Cunningham, 46:48 (7); Brett Allendorf, 47:23; Jeff Duran, 47:28; Robert Whittemore, 47:45; Bruce Dahm, 48:05; Kathy Johnson, 48:18 (8); Bill Smitham, 48:48 (1); Dave Cunningham, 48:52; John Shea, 49:30; Rich Martinez, 50:21 (6); Scott Miller, 50:51; The B-Man, 51:12 (1); Wayne Stewart, 53:14; Holly Dahm, 53:25 (2); Amy Lease, 53:47 (4); Tall Red (Ed Youngberg), 54:29 (5); Connie Ahrnsbrak, 56:37 (1); Bill Faulkner, 57:05 (6); Bob Romero, 57:08; Claradene Stewart, 57:19 (3); Tom Duran, 57:42; J Gutierrez, 58:07; Janet Sandoval, 58:10 (5); Doug Tollin, 58:17; Bill Obert, 59:02 (3); Lee Bengston, 1:01 (5); Robert Ghormely, 1:02 (4); Pat Tolleson, 1:03; Stonewall (Ken Green), 1:04 (1); Terry McFarlane, 1:05; Holly Romero, 1:06 (12); Jim Peterson, 1:06 (10); The Captain (Don Robinson), 1:13 (1); Sir Fred Trentaz, 1:14; Fay Dizerega, 1:17 (9); Vici Dehaan, 1:23 (3); Rosalia Murch, 1:28 (12/RW); Jerry O’Donnell, 1:41 & Robert Dexter, 1:47 (W).

6/4- Wichita River Run 10K, KS: R2G2, 1:07. **Habitat for Humanity 5K, Berthoud:** Jim Peterson, 29:18 (1). **Jodi’s Race for Awareness 5K, CP:** Amy Lease, 25:56 (2).

Vail Half : David Kelble, 2:07 & The B-Man (Jim Romero), 2:21 (1). **Turquoise Lake Half:** Tall Red (Ed Youngberg), (1).

6/11- Run the Rockies 10K, Frisco: Jonathan Huie, 32:41 (OA); Scott Kukel, 36:21; Michael Quispe, 37:29 (3); David Rothenburger, 39:04; Devin Croft, 40:55 (2); Bob Caillouette, 43:43; The B-Man, 50:47 (3); Holly Dahm, 50:50; Connie Ahrnsbrak, 55:13 (1); J Gutierrez, 56:57; Stan the Man Hayes, 1:01; Amber Ralston, 1:18; Janet Ralston, 1:18; Vici Dehaan, 1:20 (2) & Laura McCoy, 1:26. **The Half:** Bruce Dahm, 1:43 & Alan Johnson, 1:57. **Evergreen Mtn. Trail, 8.8:** Andrew Adamowski, 1:05 (OA); Chris Adamowski, 1:15 (1); Brett Allendorf, 1:24 (2); David Kelble, 1:29 (3); Robert Kanieski, 1:31; Ken Simons, 1:46 (1); Glenn Bakken, 1:53 (1); Kool Shades, 1:55 & Cheryl Ames, 2:05 (1). **Banner County 5K, NE:** Amy Lease, 26:21 (OA).

6/12: Foothills Sprint Tri, Ridge Center: Tom Chambers (1). *300 yard swim, 11 mile bike & 3-mile run.*

Once you are over the hill, you pick up speed

Estes Park Marathon: Jim Bosik, 4:22 (1) & Robert Kanieski, 5:12. **5K** – Jim Peterson, 33:20 (1). **Garden of the Gods 10-Mile, CS:** Karen Voss, 1:16 (1).

6/18- Mt. Evans Ascent, 14.5: Trailman (Adam Feerst), 2:18 (1); Jay Survil, 2:54 ; David Kelble, 3:10; Alan Johnson, 3:22; Stephanie Wiecks, 3:42 (1); Michele Hart, 3:51; David Wise, 4:01 & Patricia Crespi, 4:05. **Big Horn 30K, Dayton, WY:** 13-year old Joe Black, 3:18.

6/19- Father's Day 5K, Apex: Robert Whittemore, 21:42 (3); Link Lubken, 25:24 (1) & Tom Duran, 27:18 (2). **Fathers's Day 5K, FTC:** Rob Martinez, 21:28 & Rich Martinez, 23:57.

6/25- Slacker Half Marathon: Michael Quispe, 1:18 (1); Scott Kukel, 1:19 (2); Jay Survil, 1:22 (1); David Rothenburger, 1:27 (3); Janet Ralston, 2:03; Dorothy Bensusan, 2:06 & Vici Dehaan, 3:19 (3). **4-Mile:** Doug Tollin, 34:55 (1); Bill Obert, 35:26 (1); Stan the Man Hayes, 35:44 (2); Sir Fred Trentaz, 36:02 (2) & Janis Hayes, 57:14 (3).

Raider Classic XC 10K, Quincy, IL: Spiderman Scott, 55:32 (1) & Terry McFarlane, 1:04 (1). **5K** – daughter Christine Jacobsen, 36:21.

Lake to Lake Olympic Tri, Loveland: Cassie Klump, 4:15 (2). *1 mile swim, 30 mile bike & 10K run.* **Keys to Peak 50K, Florence, WI:** Robert Kanieski, 6:43. *Temp was 80 degrees and disappointed that the sheriff decided it was too dangerous to cross the river.*

6/26- Stadium Stampede 5K: Chris Oliphant, 18:54; Devin Croft, 20:36 (1); Scott Chamberlin, 20:42 (2); Bob Caillouette, 21:07; Karen Voss, 21:34 (2); Judy Chamberlin, 22:16 (1); Deb Cunningham, 22:44; Bill Smitham, 23:25 (2); Alyn Park, 23:54 (2); Jay Wissot, 25:57; Jack Barry, 27:13 (3); J Gutierrez, 27:19; Connie Ahrnsbrak, 27:51 (1); Rich Romero, 31:07; Jim Peterson, 32:02; *Alexander Martinez, 32:21; Jerry O'Donnell, 32:28; Bruce Brandt, 32:47; Penelope, 35:43; Tom Alison, 39:01; Rosalia Murch, 43:07 (3) & Laura McCoy, 44:09 (2/RW).
**Connie's grandson.*

7/3- Vail Climb 7.5: Alyn Park, 1:20 (1); The B-Man, 1:27 (1); Jay Wissot, 1:32:03 & Valerie Passerine, 1:32:41.

7/4- Scar Top Mtn 12K: Bob Irving, 1:02 (2); Brett Allendorf, 1:04:22 (1); David Kelble, 1:04:31 (3); Robert Whittemore, 1:11 (3); Spiderman Scott, 1:14 (2); Connie Ahrnsbrak, 1:25 (1) & Patricia Crespi, 1:39. **5K-** Kim Massey, 30:34 (1); Jim Peterson, 33:50 (1) & Rosalia Murch, 43:07 (1). **Genesse 5K:** Janet Sandoval, 31:53 (1). **Copper Mtn. Half:** Cassie Klump, 3:33. **Firecrackers & Flapjacks 4-Mile, Northglenn:** 17-year old Shane Miller, 25:33 (3); Bob Cooper, 27:59 (1); Bruce Dahm, 28:58 (1); Holly Dahm, 33:00; Link Lubken, 33:19 (2) Rich Romero, 33:35 (1); & Tom Alison, 50:22 (3). **Liberty Point 5K, Pueblo West:** Ed Youngberg, 26:34 (2). **FireKacker 5K, FTC:** Lou Huie, 23:49 (3) & Jan Huie, 27:40 (1). **Four on the 4th, Boulder:** Devin Croft, 15:42 (2); Bob Caillouette, 16:12; Rob Martinez, 17:25; Rich Martinez, 19:00; Todd Shaklee, 19:39; The B-Man, 20:25 (2); Jack Barry, 20:36 (3); Tom Chambers, 20:42 (2); Jerry O'Donnell, 24:49; Nicole Shaklee, 25:47; Bruce Brandt, 25:50 & Penelope, 26:01. **Palmer Lake 4-Mile:** David Banko, 51:22 & Joan Banko, 1:03.

Freedom Run 5K, Evergreen: David Rothenburger, 19:40; Stan the Man Hayes, 29:40 (1); Dorothy Bensusan, 29:00 & Janis Hayes, 45:34. **Fireworks 4-Mile, Derby, KS:** R2G2 (Ray Grundmeyer), 38:35.

And some achievements submitted by Cathy Coomes:

Cherry Creek Sneak, 5 miles -- 43:08 (my best 5-mile time yet!)

Federal Cup 5k -- 25:55 (2nd in age group 40-49)

BolderBoulder -- 54:19 (my best 10k time yet!)

Father's Day 5k -- 25:40 (4th in age group 40-49)

SPECIAL FEATURES

On May 29, Relentless Dave Black continued to burn off one more state with a 50K run at Pineland Farms in Maine. Dave described the two-loop Pineland course as wide and rolling with freshly mowed grass. There were no roots or rocks, thus a few runners went barefoot. *“There were markers for every kilometer, everything so auspicious that I was hoping to do 7:50. The temperature got up to 85 degrees, humidity much higher.”* Dave, 8:31 and Joe Black, 2:46 (25K)

Ride the Rockies, June 11 2011:

Cassie Klump comments: *“Loved the organization along with the support of medical staff and state troopers. Two favorite things were helping charities of small communities and all the beautiful scenery. However, I did not like getting up at 5:30 a.m. in 35-40 degrees to start the ride again. The best part was the shower truck and dinner after a long ride. Now I am hooked on cheeseburgers and massages.”*

Ian Monk comments: *“This was my 4th Ride, third as a Ride Official. The Ride was 100 miles shorter than last year, 430 miles over six days. The hardest part for me was Bunny Ears Pass, just a long drag. This is one of the best organized rides around, the support from the local communities is fantastic and all the monies go to charities. One of the sponsors this year was Odell Brewing Company so we had good beer all week, most welcomed at the end of the day after a long ride. I recommend this to anyone who loves this type of ride.”*



Snow bank on Ride the Rockies – still has some thawing to go!

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@q.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.

Visit us on the web at www.comastersrun.org

COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION

**MEMBERSHIP APPLICATION FOR CALENDAR YEAR 2011
(11/01/2010 THROUGH 12/31/2011)**

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

3009 S Holly Place

Denver, CO 80222-7010

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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Arvada, CO



Great Harvest Bread in Arvada will give a 10% discount to CMRA members when they present their membership card.

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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)
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	Ed Youngberg
Sep 17	(Sat)	8 AM	Hildebrand Ranch Park	Veterans run	Dave Black / Jim Romero
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	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Kim Massey / Scott McFarlane
Dec 10	(Sat)	10 AM	Aurora Sports Park	Aurora Sports Park XC 12K	Dan Shaw / Rob Fisher

Thanks to everyone who contributed to this newsletter and thanks to Scott McFarlane for his help with printing the address labels and posting the newsletter on the website.

If you have any items, photos or articles for the next newsletter (don't be shy), please give them to Jane Harbert (email: tace_tigger@hotmail.com) before September 24th.

If sending an email, please add CMRA to the title so I know it's not spam.

Once you are over the hill, you pick up speed