

MASTERS TIMES



January / February 2014

Volume 47 Issue 1

PRESIDENT'S CORNER

By Jennifer Forker

Our annual Awards Banquet, held Jan. 18 at The Arvada Center, was well attended and a lot of fun. We heard some inspirational personal stories and lessons from our dynamic guest speaker, Rich Castro of Boulder, who attended the dinner with his wife, Patti. We pretty much hung on Rich's every word. He and Patti graciously stayed to talk with CMRA members after the award presentations. Thank you, Rich and Patti!

Also at the banquet, guests had plenty of time to catch up with one another in our spacious party room. The buffet dinner was excellent. Three cheers to Treasurer Amy Lease, who arranged this year's banquet. She did a great job. From our photos – in the newsletter here and posted to the CMRA Facebook page -- I can tell folks had a good time. It's too bad we only get together like this once a year.

In CMRA news, Connie Ahrnsbrak stepped down from the Board, and banquet guests (the banquet was a meeting, too, after all), voted to add Beth Hayden and Michael Abbott to the Board. The Board is saddened to lose longtime Board member Connie from its ranks but glad and thankful to welcome Beth and Michael.

The official awards: -

Claradene Stewart took first place in CMRA's 2013 Championship Points with 50 points. Keith Johnson also garnered 50 points, and came in second (age breaks a tie). Third place went to Jim Romero (49 points). Stacy Totherow got 4th place (45 points), and David Rothenburger got 5th place (44 points). See more of the 2013 Championship results online at:- http://www.comastersrun.org/Race_Info/Championship/2013/index.html. And please know that the 2014 Championship Points are already being counted! See those as they accrue throughout the year, posted here:- http://www.comastersrun.org/Race_Info/Championship/2014/index.html.

Thank you to those who painstakingly keep track of our Championship points, which I know includes Connie Ahrnsbrak and Scott McFarlane.

The unofficial awards (we added some fun ones):-

Tom Chambers won for "great sportsmanship and team spirit"; Rich Martinez and Janet Sandoval, respectively, for "keeping your running pals on our toes!" and "being great inspiration". Tom Duran won for "A 'bloody' good year of running (& a few falls)." He's a resilient guy (and a good sport).

Each of these four award winners received one of the four (highly coveted!) CMRA car magnets I test-made last month. The magnets look great, so I'll make more. They'll likely cost \$5 each. I'll have them for purchase at our March race.

Don't forget we have other CMRA gear for sale at races, in particular the \$5 gloves. We also have membership cards (that list our sponsors on the back) and informational cards for handing out to friends and fellow runners (if, like me, you enjoy accosting strangers on the road and trail to share "the goods news" about the Colorado Masters!).

To share that good news, including race and sponsors' info, we have a Twitter handle! This thanks to CMRA member Bret Scofield, who set it up and will tweet CMRA news for us. (Thanks, Bret!) If you tweet, please follow us @COMastersRun. We already have 80 followers. That's pretty good for its being new.

Primarily, the Board works on bringing you, the members, well executed and enjoyable (also, challenging) monthly races. But check here and on our Facebook page for more: We've already instituted the monthly Full Moon Runs and we've received a number of requests to team up to offer other running opportunities and fun times.

If you have any ideas, news or concerns to share with me or the group, please contact me at jsforker@gmail.com; 303-242-1947.

Keep on running, folks. (But please stay safe out there, especially on the roads.)

Cheers,
Jen



20140118 CMRA BANQUET. JENPICS



Once you are over the hill, you pick up speed



← 201312 EMPIRE TRAIL RACE

From left to right: →
 Snr Grand Master Bruce Kirschner
 Overall Winner Lonnie Cruz
 Overall Female Winner Megan Fibbe
 Snr Grand Master Claradene Stewart
 Grand Master Ellen Kennard

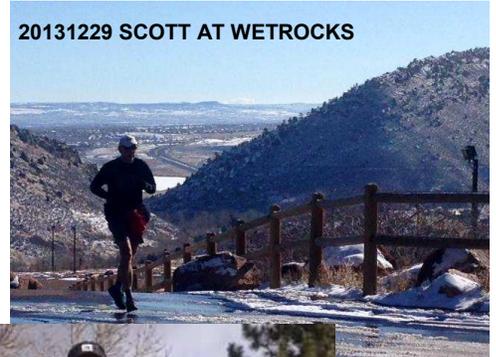
Missing from photo
 Masters winner Keith Johnson
 Masters winner Stacy Totherow
 Grand Master Michael Brenner



20131214 RRCOA WESTERN REGION CHAMPIONSHIP WINNERS



← 20131224 CONNIES BIRTHDAY RUN



20131229 SCOTT AT WETROCKS



CONNIE

RIGHT LEG 1ST

LEFT LEG 3RD



JANET



JIM

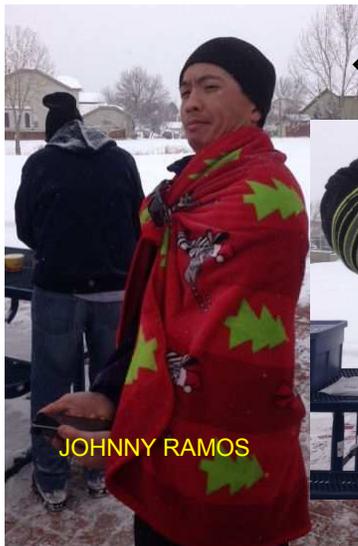
ED

BOB

←←← 20140101 RESOLUTION 5K →→→



20140118 LAKE ARBOR 5K GROUP



← 20140118 LAKE ARBOR →



MICHAEL ABBOTT & BETH HAYDEN



JOHNNY RAMOS

← 20140124 CROWN HILL PARK →



← 20140126 RED ROCKS →



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20140118 CMRA BANQUET. IANPICS



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Thanks to Connie, Jen, Scott, & Ian for all the pictures

Once you are over the hill, you pick up speed

December 14, 2013 Stapleton 12K Race Results
RRCA US Western Region Cross Country Championship.

PLACE	NAME	SEX	TIME	AGE
1	Lonnie Cruz	M	43:52	30
2	Anthony Kunkel	M	44:25	21
3	Michael Jackson	M	44:57	39
4	Adam Burrack	M	45:38	30
5	Keith Johnson	M	47:19	52
6	Mark Waxman	M	48:36	41
7	Richard Williams	M	48:48	45
8	Mike Decker	M	49:05	36
9	Alejandro Jimenez	M	50:09	26
10	Ely Porter	M	50:38	26
11	<i>Megan Fibbe</i>	F	50:50	34
12	<i>Molly Smith</i>	F	51:24	33
13	Ben Fibbe	M	51:50	41
14	<i>Melissa Rickman</i>	F	52:42	28
15	Kurt Hardester	M	54:15	45
16	<i>Kim Hassett</i>	F	54:57	26
17	Jason Kaminski	M	55:05	44
18	Michael Brenner	M	55:57	55
19	Bruce Kirschner	M	57:36	60
20	Brian Cross	M	58:22	55
21	Todd Burgess	M	58:47	44
22	John Ramos	M	58:55	37
23	<i>Stacy Totherow</i>	F	58:57	46
24	Bibek Regmi	M	59:03	32
25	Roger Allen	M	61:28	62
26	Joe Benvegnu	M	63:21	47
27	<i>Ellen Kennard</i>	F	63:41	52
28	Rich Martinez	M	64:38	66
29	Mark Hasseman	M	65:10	58
30	John Perez	M	65:22	63
31	Jay D Trujillo	M	65:58	55
32	<i>Laurie Nakauchi</i>	F	66:50	44
33	Vishesh Regmi	M	67:45	29
34	Wayne Stewart	M	68:11	67
35	Todd Shaklee	M	68:13	44
36	Michael Blanchette	M	68:42	56
37	<i>Anaka Norfleet</i>	F	68:59	40
38	Dan Evans	M	69:09	36
39	<i>Elizabeth Hayden</i>	F	69:11	41

40	Jim Romero	M	69:22	73
41	Alan H. Johnson	M	70:13	53
42	Tom Chambers	M	70:21	70
43	<i>Jane Harbert</i>	F	70:36	52
44	Jeff Hesse	M	71:19	49
45	<i>Claradene Stewart</i>	F	71:45	64
46	Scott McFarlane	M	73:07	62
47	Lonnie Max Stafford	M	73:40	67
48	<i>Kim Massey</i>	F	74:29	55
49	<i>Deb Stafford</i>	F	78:59	61
50	Gabe Sisneros	M	81:23	75
51	<i>Nicole Shaklee</i>	F	83:12	50
52	Ross Westley	M	86:50	77
53	Tom Duran	M	87:14	66
54	Lee Bengston	M	87:25	76
RACEWALKERS (5K)				
1	Ed Gussie	M	52:38	72
2	<i>Rosalia Dexter</i>	F	57:41	73

December 14, 2013 Stapleton 12K Age Group Results

PLACE	NAME	TIME	NAME	TIME
MEN		WOMEN		
OVERALL				
1	Lonnie Cruz	43:52	Megan Fibbe	50:50
75 - 79				
1	Gabe Sisneros	81:23		
2	Ross Westley	86:50		
3	Lee Bengston	87:25		
70 - 74				
1	Jim Romero	69:22		
2	Tom Chambers	70:21		
65 - 69				
1	Rich Martinez	64:38		
2	Wayne Stewart	68:11		
3	Lonnie Max Stafford	73:40		
4	Tom Duran	87:14		
60 - 64				
1	Bruce Kirschner	57:36	Claradene Stewart	71:45
2	Roger Allen	61:28	Deb Stafford	78:59
3	John Perez	65:22		
4	Scott McFarlane	73:07		
55 - 59				
1	Michael Brenner	55:57	Kim Massey	74:29

Once you are over the hill, you pick up speed

2	Brian Cross	58:22		
3	Mark Hasseman	65:10		
4	Jay D Trujillo	65:58		
5	Michael Blanchette	68:42		
50 - 54				
1	Keith Johnson	47:19	Ellen Kennard	63:41
2	Alan H. Johnson	70:13	Jane Harbert	70:36
3			Nicole Shaklee	83:12
45 - 49				
1	Richard Williams	48:48	Stacy Totherow	58:57
2	Kurt Hardester	54:15		
3	Joe Benvegna	63:21		
4	Jeff Hesse	71:19		
40 - 44				
1	Mark Waxman	48:36	Laurie Nakauchi	66:50
2	Ben Fibbe	51:50	Anaka Norfleet	68:59
3	Jason Kaminski	55:05	Elizabeth Hayden	69:11
4	Todd Burgess	58:47		
5	Todd Shaklee	68:13		
35 - 39				
1	Michael Jackson	44:57		
2	Mike Decker	49:05		
3	John Ramos	58:55		
4	Dan Evans	69:09		
19 - 34				
1	Anthony Kunkel	44:25	Molly Smith	51:24
2	Adam Burrack	45:38	Melissa Rickman	52:42
3	Alejandro Jimenez	50:09	Kim Hassett	54:57
4	Ely Porter	50:38		
5	Bibek Regmi	59:03		

The weak December sunshine struggled to warm the day, and light winds enhanced the chill of cool temperatures in the 30's. Compared to past years, the course offered solid footing, with the grassy areas free of old snow, and on the trail sections the bare ground stayed cool enough to remain frozen, not muddy. Fast times reflected the good course conditions.

For the second consecutive year, this race has served as the RRCA US Western Region Championship Event. The 12K course consisted of 2 laps of the 6K (3.73 miles) loop. Defending women's open champion Molly Smith clocked 51:24, beating her time from last year but not beating Megan Fibbe, who took the 2013 title in 50:50. Stacy Totherow took the Masters (age 40+) title in a time of 58:57. Ellen Kennard is the Grand Masters (50+) titlist, in 63:41, and Claradene Stewart grabbed the Senior Grand Master (60+) championship in 71:45. For the men, Lonnie Cruz claimed the open championship with a time of 43:52. Keith Johnson is the Masters champion, clocking 47:19. Michael Brenner finished in 55:57 to take the Grand Masters title, and Bruce Kirschner, entering a new age group this year, took the Senior Grand Masters title in 57:36. Congratulations to all our 2013 champions!

Co-director Rob Fisher and I would like to extend a big thank you to all the volunteers who pitched in to help, including: Todd Nikkel, Ian Monk, Jane Harbert, Jen Forker, Joe Sanchez, Joe Baird, Ben Bergstrand, Michael Abbot, Ken Randall, and Tom Chambers. We'd also like to thank Boulder Running Company for providing gift certificates, Great Harvest Bread Company's Arvada store, providing scones and breads, and the City of Denver's Parks Department.

Dan Shaw

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January 4, 2014 Lake Arbor 5K Results

PLACE	NAME	SEX	TIME	AGE
1	Omar Martinez	M	18:39	28
2	Sam Blackshear	M	19:29	31
3	Steven Johnson	M	19:33	31
4	Eric Albright	M	19:34	41
5	Hector Martinez	M	19:36	30
6	Sam Simkin	M	19:43	40
7	Eric Patterson	M	20:17	49
8	<i>Bret Scofeld</i>	F	20:19	25
9	Dan Evans	M	20:39	36
10	Justin Perry	M	20:41	14
11	David Rothenburger	M	20:57	45
12	Carlos Garcia	M	21:08	16
13	Robert Wade-Gasca	M	21:11	15
14	Corey Humrich	M	22:15	27
15	<i>Irene Barrera</i>	F	22:35	19
16	Michael Brenner	M	22:40	55
17	Jairo Tiscareno	M	22:53	17
18	Ben Bergstrand	M	23:12	38
19	Wade Jensen	M	23:17	37
20	Chris Stone	M	23:50	47
21	John Romos	M	23:59	37
22	<i>Stacey Totherow</i>	F	24:03	46
23	Chuck Lowrie	M	24:07	66
24	Cliff Jurgens	M	24:11	48
25	Todd Burgess	M	24:33	44
26	Dale Doughman	M	24:42	56
27	<i>Ashley Potrzeba</i>	F	24:48	24
28	Michael Abbott	M	24:59	44
29	Brett Allendorf	M	25:00	45
30	Fred Sumner	M	25:03	53
31	Robert Kanieski	M	25:04	36
32	Dan Shaw	M	25:26	54
33	<i>Ellen Kennard</i>	F	25:32	52
34	Jim Bosik	M	25:38	63
35	Rich Martinez	M	25:44	67
36	<i>Laurie Nakauchi</i>	F	26:16	44
37	<i>Martha Martinez</i>	F	26:19	46
38	John Shea	M	26:37	56
39	J Bedford	M	26:49	39
40	Bob Caillouette	M	26:53	59

Once you are over the hill, you pick up speed

41	Ian Monk	M	26:54	57
42	Wayne Stewart	M	27:17	67
43	<i>Jane Harbert</i>	F	27:18	52
44	<i>Erin Bosik</i>	F	27:23	28
45	<i>Elizabeth Hayden</i>	F	27:25	41
46	<i>Naomi Martinez</i>	F	27:26	32
47	<i>Slyvia Martinez</i>	F	27:35	30
48	The B-Man Romero	M	27:37	73
49	Spiderman Scott McFarlane	M	27:54	62
50	Michael Blanchette	M	27:56	56
51	<i>Jennifer Forker</i>	F	27:59	47
52	Tom Chambers	M	28:00	70
53	<i>Claradene Stewart</i>	F	28:39	64
54	Bruce Wilson	M	28:54	51
55	Jack Barry	M	29:00	75
56	<i>Kim Massey</i>	F	29:08	55
57	<i>Anne-Marie Schmidt</i>	F	30:02	56
58	<i>Nicole Shaklee</i>	F	30:10	50
59	Sam Wood	M	30:33	55
60	Derek Troy	M	31:01	38
61	Hank Burkman	M	31:02	62
62	<i>Reese Everson</i>	F	31:09	44
63	Tom Duran	M	31:30	66
64	Gabe Sisneros	M	31:36	75
65	David Wise	M	31:37	71
66	David Taylor	M	31:38	27
67	<i>Trina Lambert</i>	F	31:57	51
68	Sherman Lambert	M	32:01	53
69	<i>Maddy Norfleet</i>	F	34:52	12
70	<i>Anaka Norfleet</i>	F	34:56	40
71	<i>Emily Clary</i>	F	35:14	37
72	<i>Marie Drake</i>	F	37:27	63
RACEWALKERS				
1	Ed Gussie	M		72
2	<i>Lu Shaw</i>	F		55
3	<i>Shannon Shaw</i>	F		21
4	<i>Susan Stone</i>	F		49
5	<i>Tess Humrich</i>	F		26
6	<i>Darla Humrich</i>	F		49
7	Scot Humrich	M		52

January 4, 2014 Lake Arbor 5K Age Group Results

Place	Name	Time	Name	Time
	Men		Women	
OVERALL				
1	Omar Martinez	18:39	Bret Scofeld	20:19
75 - 79				
1	Jack Barry	29:00		
2	Gabe Sisneros	31:36		
70 - 74				
1	The B-Man Romero	27:37		
2	Tom Chambers	28:00		
3	David Wise	31:37		
65 - 69				
1	Chuck Lowrie	24:07		
2	Rich Martinez	25:44		
3	Wayne Stewart	27:17		
4	Tom Duran	31:30		
60 - 64				
1	Jim Bosik	25:38	Claradene Stewart	28:39
2	Spiderman Scott McFarlane	27:54	Marie Drake	37:27
3	Hank Burkman	31:02		
55 - 59				
1	Michael Brenner	22:40	Kim Massey	29:08
2	Dale Doughman	24:42	Anne-Marie Schmidt	30:02
3	John Shea	26:37		
4	Bob Caillouette	26:53		
5	Ian Monk	26:54		
50 - 54				
1	Fred Sumner	25:03	Ellen Kennard	25:32
2	Dan Shaw	25:26	Jane Harbert	27:18
3	Bruce Wilson	28:54	Nicole Shaklee	30:10
4	Sherman Lambert	32:01	Trina Lambert	31:57
45 - 49				
1	Eric Patterson	20:17	Stacey Totherow	24:03
2	David Rothenburger	20:57	Martha Martinez	26:19
3	Chris Stone	23:50	Jennifer Forker	27:59
4	Cliff Jurgens	24:11		
5	Brett Allendorf	25:00		

Once you are over the hill, you pick up speed

40 - 44				
1	Eric Albright	19:34	Laurie Nakauchi	26:16
2	Sam Simkin	19:43	Elizabeth Hayden	27:25
3	Todd Burgess	24:33	Reese Everson	31:09
4	Michael Abbott	24:59	Anaka Norfleet	34:56
35 - 39				
1	Dan Evans	20:39	Emily Clary	35:14
2	Ben Bergstrand	23:12		
3	Wade Jensen	23:17		
4	John Romos	23:59		
5	Robert Kanieski	25:04		
19 - 34				
1	Sam Blackshear	19:29	Irene Barrera	22:35
2	Steven Johnson	19:33	Ashley Potrzeba	24:48
3	Hector Martinez	19:36	Erin Bosik	27:23
4	Corey Humrich	22:15	Naomi Martinez	27:26
5	David Taylor	31:38	Slyvia Martinez	27:35
14 - 18 (High School)				
1	Justin Perry	20:41		
2	Carlos Garcia	21:08		
3	Robert Wade-Gasca	21:11		
4	Jairo Tiscareno	22:53		
13 and Under				
1			Maddy Norfleet	34:52

The Pelican Brief (Constance Ahrnsbrak)

12/1

Rudolph Ramble 5K: CP: Rich Hadley, 21:46 (1). J Gutierrez, 28:23. Deb Hadley, 30:24.

Laura McCoy, 43:11(RW)

12/7

Colder Boulder 5K: Stacey Totherow, 23:42

Rock Canyon Half, Pueblo: Rich Hadley, 1:44 (2); Bill Faulkner, 2:05 (1); Tall Red (Ed Youngberg), 2:06 (2)
Patricia Tolleson, 2:42.

Jingle Bell 4-mile, Wichita, KS: R2G2 (Ray Grundmeyer), 42:26.

12/8

Jingle Bell 5K, WP: Robert Ghormley, 32:23 (1).

12/21

Christmas Carol 5K, CP: Michael Guenther, 20:47 (1); Rich Martinez, 24:07 (1); John Ramos, 24:35;

Jay Wissot, 26:24 (2); Dorothy Bensusan, 28:58; Kathy Berberick, 29:17; Marc Waxman, 29:52;

Hunter Karickhoff, 30:38; Deb Hadley, 30:40; Jim Peterson, 31:50 (1).

Christmas Carol 10K – Rich Hadley, 44:33; Brian Cross, 46:19; Tall Red, 52:28 (1) Nichole Shaklee, 1:05.

2014

1/1

Resolute 5K, Arvada: Michael Guenther, 20:51 (2); Birdie (Stacy Totherow), 21:56 (2);

Painted Horse (Jesse Tijernia), 23:34 (1); Michael Abbott, 23:52; Rich Martinez, 23:56 (2);

Jay d. Trujillo, 25:03; Tall Red (Ed Youngberg), 25:10 (1); Elizabeth Hayden, 25:25; The B-Man, 25:32 (2);

Jennifer Forker, 26:17; Janet Sandoval, 26:27 (1); Connie Ahrnsbrak, 27:57 (1); Tom Duran, 27:57;

Robert Ghormley, 30:28 (3) Dorothy Bensusan, 31:06 (3).

New Years' 5K, FTC: J Gutierrez, 27:22. Laura McCoy, 39:58 (W).

YMCA Frostbite 5K, Wichita: R2G2, 35:51.

Oatmeal 5K, Lafayette: Omar Martinez, 17:29; 11-year old Colin Szuch, 19:47 (1); Caroline Szuch, 20:52 (2);

Rich Martinez, 24:33 (1); Tall Red (Ed Youngberg), 26:23 (1); Bill Faulkner, 27:41 (2); Rich Romero, 28:31 (1);

Tom Duran, 29:15 & Patricia Tolleson, 31:59.

1/18

Baton Rouge 5K, LA: Todd Shaklee, 28:51 & Nicole Shaklee, 30:14.

Frosty's Frozen 5-Mile: Scott Kukel, 30:05 (2); Michael Quispe, 32:23; Christine Adamowski, 33:23 (2);

Amy Lease, 39:18 (1); Rich Martinez, 40:06 (1); Robert Kanieski, 42:07; Jay Wissot, 44:29 (3).

Mike Burzynski, 52:18 (1).

Frosty's Frozen 10-Miler: Robert Kanieski, 1:49.

Orlando Goofy Challenge Half: Fran Schneider, 2:44.

1/19

Baton Rouge Marathon, LA: Todd Shaklee, 4:45 & Nichole Shaklee, 5:28. **Half –** The B-Man, 2:12 (3).

Orlando Goofy Challenge Marathon: Fran Schneider, 4:52.

Polar Bear 5K, WP: Michael Guenther, 21:06 (1); Rich Hadley, 21:36 (2); Connie Ahrnsbrak, 27:42 (1);

J Gutierrez, 28:31; Deb Hadley, 29:49; Kathy Klesmit, 30:24 (2); Robert Ghormley, 30:37 (2);

Jim Peterson, 31:35 (3); Laura McCoy, 40:36 (RW). Rosalie Dexter, 41:35 (RW).

Arctic Prairie Dog Half: Bill Faulkner, 1:59:45 (1); Tall Red, 2:02 (2) & Patricia Tolleson, 2:29.

Arctic Prairie Dog 10K: John Ramos, 47:13; Stacey Totherow, 47:24 (2); Michael Abbott, 49:15.

Elizabeth Hayden, 52:26.

1/25

Swift Skedaddle SS 5K: Cassie Klumpp, 1:30. **10K –** Robert Klumpp, 1:42 (1); Bill Faulkner, 1:42 (1).

Patricia Tolleson, 2:03 (2).

PPRR Series 4-Mile, CS: Michael Guenther, 28:26.

1/26

Yeti Chase 10K: Brian Cross, 47:40 (1); Robert Kanieski, 53:04 & Thomas Chambers, 56:51 (1).

Yeti Chase 5K: Kathy Berberick, 30:15. Earl Beam, 31:23.

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2014 Colorado Masters Running / Racewalking Association Schedule

Registration begins 1 hour prior to and closes 15 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)
Feb 8	Sat	10 AM	Roadrunner Sports, Broomfield	Forty Furlongs (5M)	Jason Myers / Cheryl Ames
Mar 22	Sat	9 AM	Platte River Bar & Grill	Spring Spree 10K	David Wise
Apr 12	Sat	9 AM	Bluffs Regional Park	Bluffs Run 5K	John Perez
May 10	Sat	8 AM	Bluff Lake Nature Center	Memorial Run at Sand Creek 5M	Rob Fisher / Dan Shaw
Jun 7	Sat	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race	Ed Youngberg / Janet Sandoval
Jul 19	Sat	8 AM	White Ranch Park	White Ranch Trail Run	Kevin Snyder / Chris Stone
Aug 6	Wed	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Sep 13	Sat	8 AM	Matthews-Winters / Hogback	The Amazing Race	Eric Hislop / Jennifer Forker
Oct 11	Sat	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Elizabeth Hayden / Michael Abbott
Nov 8	Sat	10 AM	Hildebrand Ranch Park	Veterans run	Keith Johnson / Kathy Johnson
Dec 13	Sat	10 AM	Stapleton Central Park	 Stapleton Central Park XC 6K	Dan Shaw / Rob Fisher

If you have any items, photos or articles for the next newsletter (don't be shy), please give them to:-
 Ian Monk (email: icm-13@hotmail.com) or Jane Harbert (tace_tigger@hotmail.com)
 before 20th March 2014. If sending an email, please add CMRA to the title so we know it's not spam.

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION
MEMBERSHIP APPLICATION FOR CALENDAR YEAR 2014 (01/01/2014 THROUGH 12/31/2014)**

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 **\$30.00 per year** Family (household) **\$45.00 per year**
(Add **\$10.00** 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 \$10.00 per year)

Revised 11/4/12

Once you are over the hill, you pick up speed

Please shop at our sponsors:

Please shop at our sponsors



Arvada, CO and Centennial, CO



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