

MASTER TIMES



March / April 2014

Volume 47 Issue 2

PRESIDENT'S CORNER

By Jennifer Forker

Here's some news from the Board:

- Race director and Board member Dan Shaw is going to cut the distance of his December Stapleton Central Park Cross-country race from a 12K to a 6K.
- We had 62 members in attendance at our January banquet "meeting" at The Arvada Center. We are looking at the same venue for next year.
- If you haven't done so already, please pay for your 2014 membership at the next race. And grab a membership card, if you don't have one.
- Pick up a handful of CMRA information cards to share with your friends. We have lots.

Race news:

Our races are moving from the 10:00 a.m. winter start time to the earlier spring – then summer -- start times. This is designed to ensure optimal racing temperatures – planned to the best of our abilities, considering our Colorado weather. Thus, our upcoming March race and that in April both begin at 9:00 a.m. After that through September – except for our evening race and potluck in August -- we entertain 8:00 a.m. race starts. Set your alarm clocks according.

Our races are becoming very popular! Thanks to you, our membership, for talking up the club among your running friends, our races are more popular than ever and the club continues to grow with new memberships and annual renewals.

Thank you for spreading the good word about CMRA. As *Competitor* magazine said in its November issue, we really are the best unknown deal in town. We're lesser unknown now!

As a courtesy to our race-day, registration-table volunteers, registration closes 15 minutes before the race start (in March and April, that's 8:45 a.m.) Our volunteers need to get ready to run, too. Please arrive at least 30 minutes before the start of a race to ensure you get signed up.

If you arrive after that 15-minute window, you'll likely be able to run but we won't enter your name in the race raffle and you might not receive a racing tag. Your time might not get registered. Please save yourself – and the volunteers – this hassle by showing up on time.

Finally, the Full Moon training runs have been a blast. I'm getting better at telling the club about these (thanks to my spiffy new CMRA email address). Nine hearty souls came out for our March run at North Table Mountain and the pub time that followed at Cannonball Creek Brewing Co. in Golden on Saturday, March 15. Thanks to Bill and Pat, Matt and Helen, Ben, Scott, Kim and Angela for braving the darned cold and wind that night. I enjoyed running and hanging out with each of you!

I look forward to more Full Moon runs as it warms up. If anyone would like to host one in their part of town, let me know. Otherwise, I'll keep them on the West side, where we can see the full moon glow large with few impediments.

On the next page are a few photos of the March Full Moon run.

I hope to see a lot of you at our upcoming races.

Run well. Be well.

Jen



March Full Moon run →



Here are a couple of pics from our Wichita member. Anyone remember Ray Grundmeyer? He is 76 years old now.



Thanks to Jen & Connie for the pictures.

Once you are over the hill, you pick up speed

February 8th Forty Furlongs Race Results

5 Miler				
PLACE	NAME	SEX	TIME	AGE
1	Lonnie Cruz	M	27:40	30
2	Sam Blackshear	M	29:17	26
3	Daniel Barron	M	29:26	19
4	Omar Martinez	M	30:07	28
5	Ely Porter	M	31:01	27
6	Matt Smith	M	31:26	37
7	Eric Albright	M	31:29	41
8	Dan Evans	M	31:51	36
9	Noe Cuevas	M	32:02	34
10	<i>Bret Scofeld</i>	F	32:04	25
11	David Rothenburger	M	32:39	45
12	<i>Molly Smith</i>	F	32:52	33
13	<i>Christine Adamowski</i>	F	34:02	46
14	<i>Melissa Rickman</i>	F	34:16	28
15	Shawn Shafer	M	34:40	46
16	<i>Kimberly Hassett</i>	F	35:33	26
17	Brian Cross	M	35:36	55
18	Jason Kaminski	M	35:54	44
19	Chuck Lowrie	M	37:40	66
20	Bibek Regmi	M	37:42	33
21	Wade Jensen	M	38:18	39
22	Todd Burgess	M	38:31	44
23	Ben Bergstrand	M	38:42	38
24	<i>Theresa Jockers</i>	F	38:50	52
25	<i>Jitka O'Farrell</i>	F	39:11	36
26	Jeremy O'Farrell	M	39:12	37
27	Dale Doughman	M	39:24	56
28	<i>Stacy Totherow</i>	F	39:37	46
29	Dan Shaw	M	39:48	54
30	John Perez	M	39:58	63
31	Robert Kanieski	M	40:03	36
32	Joe Benvegna	M	40:30	47
33	Fred Sumner	M	40:39	54
34	John Shea	M	41:15	57
35	Jim Bosik	M	41:26	63
36	Rich Martinez	M	41:33	67
37	<i>Laurie Nakauchi</i>	F	41:39	44
38	<i>Laurie Mizener</i>	F	42:10	44

39	Mick Vollmar	M	42:15	59
40	Kevin Snyder	M	42:16	50
41	Bruce Wilson	M	42:20	51
42	Vishesh Regmi	M	42:46	29
43	Wayne Stewart	M	42:52	67
44	Jim Romero	M	42:56	73
45	<i>Martha Martinez</i>	F	42:57	46
46	Ed Youngberg	M	42:58	71
47	<i>Anaka Norfleet</i>	F	43:35	40
48	Aryal Prashanta	M	43:39	31
49	<i>Claradene Stewart</i>	F	44:30	64
50	Mark Hasseman	M	44:34	58
51	Tom Chambers	M	44:39	70
52	<i>Jane Harbert</i>	F	44:45	52
53	<i>Jennifer Forker</i>	F	45:09	48
54	<i>Erin Bosik</i>	F	45:41	28
55	Scott McFarlane	M	45:51	62
56	<i>Elizabeth Hayden</i>	F	46:10	41
57	Jeff Olson	M	46:32	54
58	<i>Tina Akin</i>	F	46:51	52
59	J Gutierrez	M	46:54	61
60	Rich Romero	M	46:55	77
61	Ian Monk	M	47:08	57
62	<i>Karen McKean</i>	F	47:22	58
63	Bruce Rasor	M	47:39	65
64	<i>Resse Evenson</i>	F	47:41	45
65	David Taylor	M	47:42	27
66	Jack Barry	M	48:10	75
67	<i>Anne Marie Schmit</i>	F	48:41	56
68	<i>Kathy Berberick</i>	F	49:28	55
69	Gabe Sisneros	M	49:42	75
70	<i>Sandy Morrissey</i>	F	53:47	54
71	<i>Emily Clary</i>	F	54:09	37
72	<i>Lisa Wilson</i>	F	54:34	48
73	<i>Julie Carroll</i>	F	54:39	40
74	<i>Irene Keeley</i>	F	55:08	38
75	Sherman Lambert	M	55:40	54
76	<i>Trina Lambert</i>	F	55:42	51
77	Lee Bengston	M	58:43	76
78	<i>Mindy Bradford</i>	F	59:07	53
79	<i>Joan Lockwood</i>	F	1:04:08	69
80	Tom Duran	M	1:04:24	66
81	Tom Alison	M	1:08:19	76

Once you are over the hill, you pick up speed

Racewalkers - 5K				
1	Ed Gussie	M	39:24	72
2	Laura McCoy	F	39:30	58
3	Colleen Jurgens	F	43:25	45
4	Cliff Jurgens	M	43:26	48

5 Miler results by age group

Place	Name	Time	Name	Time
Men		Women		
Overall				
1	Lonnie Cruz	27:40	Bret Scofeld	32:04
75-79				
1	Rich Romero	46:55		
2	Jack Barry	48:10		
3	Gabe Sisneros	49:42		
4	Lee Bengston	58:43		
5	Tom Alison	1:08:19		
70-74				
1	Jim Romero	42:56		
2	Ed Youngberg	42:58		
3	Tom Chambers	44:39		
65-69				
1	Chuck Lowrie	37:40	Joan Lockwood	1:04:08
2	Rich Martinez	41:33		
3	Wayne Stewart	42:52		
4	Bruce Rasor	47:39		
5	Tom Duran	1:04:24		
60-64				
1	John Perez	39:58	Claradene Stewart	44:30
2	Jim Bosik	41:26		
3	Scott McFarlane	45:51		
4	J Gutierrez	46:54		
55-59				
1	Brian Cross	35:36	Karen McKean	47:22
2	Dale Doughman	39:24	Anne Marie Schmit	48:41
3	John Shea	41:15	Kathy Berberick	49:28
4	Mick Vollmar	42:15		
5	Mark Hasseman	44:34		
50-54				
1	Dan Shaw	39:48	Theresa Jockers	38:50
2	Fred Sumner	40:39	Jane Harbert	44:45

3	Kevin Snyder	42:16	Tina Akin	46:51
4	Bruce Wilson	42:20	Sandy Morrissey	53:47
5	Jeff Olson	46:32	Trina Lambert	55:42
45-49				
1	David Rothenburger	32:39	Christine Adamowski	34:02
2	Shawn Shafer	34:40	Stacy Totherow	39:37
3	Joe Benvegna	40:30	Martha Martinez	42:57
4			Jennifer Forker	45:09
5			Resse Evenson	47:41
40-44				
1	Eric Albright	31:29	Laurie Nakauchi	41:39
2	Jason Kaminski	35:54	Laurie Mizener	42:10
3	Todd Burgess	38:31	Anaka Norfleet	43:35
4			Elizabeth Hayden	46:10
5			Julie Carroll	54:39
35-39				
1	Matt Smith	31:26	Jitka O'Farrell	39:11
2	Dan Evans	31:51	Emily Clary	54:09
3	Wade Jensen	38:18	Irene Keeley	55:08
4	Ben Bergstrand	38:42		
5	Jeremy O'Farrell	39:12		
19-34				
1	Sam Blackshear	29:17	Molly Smith	32:52
2	Daniel Barron	29:26	Melissa Rickman	34:16
3	Omar Martinez	30:07	Kimberly Hassett	35:33
4	Ely Porter	31:01	Erin Bosik	45:41
5	Noe Cuevas	32:02		

A very nice morning for February in Colorado. Saturday rebounded from our deep freeze, seeing over 40 at race start with sunny skies. Most of the race course was clear, with a good amount of snow still on the portions of the course that were not plowed. This year's race was once again hosted by Roadrunner Sports in Westminster. We sincerely appreciate the store playing host and providing shelter. The course was an out-and-back from Sensory Park utilizing City of Westminster Open Space trails Walnut Creek and Big Dry Creek.

We had a fun group of runners turn out for this event, perhaps to recover from the previous week's chilling temperatures. Our overall winners were Lonnie Cruz and Bret Scofield. Since thanks to all of our volunteers and club member support: Rob Fisher, Joe Baird, Marie Drake, Alan Johnson, Connie Ahrensbrak, Janet Harbert, Ian Monk, Tom Chambers, Scott McFarlane, and Dan Shaw, and others. Thank you to our sponsors and supporters! Thank you to RoadRunner Sports for hosting our event and providing generous give-aways for free shoes. Also thank you to Asics for their support and raffle contribution (running backpack). We were given a generous contribution from Great Harvest Bread! Thanks to Westminster for use of their wonderful facility and trails.

Cheryl Ames & Jason Myers Race Directors

Once you are over the hill, you pick up speed

March 22 Spring Spree Results

PLACE	NAME	SEX	TIME	AGE
1	Lenny Laraid	M	35:55	40
2	Danial Barron	M	37:03	19
3	Noe Antonio Cuevas	M	37:49	34
4	Raul Carrizalez	M	37:51	53
5	Ely Porter	M	38:08	38
6	Steven Johnson	M	39:17	31
7	David Rothenburger	M	39:40	45
8	<i>Bret Scofield</i>	F	39:54	25
9	Rich Herbst	M	39:57	47
10	German Rameriz	M	40:30	36
11	<i>Molly Smith</i>	F	40:33	33
12	Tom Weber	M	41:56	38
13	Michael Guenther	M	42:53	52
14	Dan Cornell	M	42:59	43
15	<i>Kimberly Hassett</i>	F	43:28	26
16	Shaun Schafer	M	43:34	46
17	Mark Erickson	M	44:55	47
18	Sean Bannon	M	45:10	26
19	Charley Perez	M	45:25	66
20	Chuck Lowie	M	46:29	66
21	Todd Burgess	M	47:04	45
22	<i>Callie Cole</i>	F	47:59	25
23	Dennis Cisco	M	48:03	46
24	<i>Ashley Portrzeba</i>	F	48:24	24
25	Brett Allendorf	M	48:27	45
26	<i>Theresa Jockers</i>	F	48:53	52
27	John Perez	M	49:08	63
28	Robert Caillouette	M	49:15	59
29	Dale Doughman	M	49:26	56
30	Michael Abbott	M	49:40	44
31	Greg Wobbema	M	50:07	54
32	Andrew McMorrow	M	50:15	31
33	Dan Shaw	M	50:38	54
34	Roger Allen	M	50:44	62
35	Robert Kanieski	M	51:10	36
36	<i>Laurie Nakauchi</i>	F	51:34	44
37	Rich Martinez	M	51:37	67
38	Kevin Snyder	M	51:38	50
39	<i>Brook Brandt</i>	F	51:39	39
40	Bruce Wilson	M	51:56	51

41	<i>Sarah Skarie</i>	F	52:50	40
42	<i>Anaka Norfleet</i>	F	53:05	40
43	<i>Judy Laney</i>	F	53:23	61
44	Wayne Stewart	M	53:23	67
45	Bill Faulkner	M	53:27	72
46	Tall Red (Ed) Youngberg	M	53:29	71
47	Jay Wissot	M	53:51	69
48	David Hill	M	54:40	63
49	The B-Man (Jim) Romero	M	54:41	73
50	John Shea	M	54:42	56
51	<i>Claradene Stewart</i>	F	55:00	64
52	<i>Jane Harbert</i>	F	55:13	52
53	Michael Blanchette	M	55:24	56
54	<i>Suzanna Stellar</i>	F	55:26	44
55	Todd Shaklee	M	55:27	44
56	<i>Jennifer Leavitt</i>	F	55:28	41
57	Jeff Hesse	M	55:45	49
58	<i>Stacy Totherow</i>	F	55:48	46
59	Spiderman (Scott) McFarlane	M	55:52	62
60	Tom Chambers	M	56:17	70
61	<i>Kimberly Massey</i>	F	56:59	55
62	<i>Carolyn Hicks</i>	F	57:40	56
63	David Taylor	M	57:46	27
64	<i>Janet Ralston</i>	F	57:53	51
65	Jack Barry	M	57:58	75
66	<i>Karen McKean</i>	F	58:37	58
67	<i>Carmen Kitts</i>	F	58:59	62
68	Ian Monk	M	59:06	57
69	<i>Jennifer Forker</i>	F	59:37	48
70	<i>Elizabeth Hayden</i>	F	59:38	41
71	<i>Janet Sandoval</i>	F	59:49	65
72	Hank Burkman	M	59:54	62
73	<i>Anne-Marie Schmidt</i>	F	1:00:36	56
74	<i>Lisa Howell-Wilson</i>	F	1:00:51	48
75	Gabe Sisneros	M	1:00:55	75
76	<i>Nicole Shaklee</i>	F	1:03:16	50
77	Richard Romero	M	1:03:16	77
78	Tom Duran	M	1:03:24	66
79	Derek Troy	M	1:04:24	66
80	<i>Sherry Spotted Bear</i>	F	1:05:38	41
81	Joe Keeley	M	1:06:06	42
82	<i>Suzanne Buntrock</i>	F	1:07:12	55
83	John Sidle	M	1:07:27	63

Once you are over the hill, you pick up speed

84	<i>Nicky Lee</i>	F	1:08:41	50
85	Brent Jockers	M	1:09:25	63
86	<i>Patricia Tolleson</i>	F	1:09:25	65
87	<i>Mindy Bradford</i>	F	1:12:05	53
Racewalkers (5K)				
1	<i>Rosalia Dexter</i>	F	37:40	73
2	Ed Gussie	M	42:15	72
Run/Walk	<i>Olga Hnizdil</i>	F	41:15	21

March 22 Spring Spree Results by age group

Place	Name	Time	Name	Time
Men		Women		
1	Lenny Laraid	35:55	Bret Scofield	39:54
75-79				
1	Jack Barry	57:58		
2	Gabe Sisneros	1:00:55		
3	Richard Romero	1:03:16		
70-74				
1	Bill Faulkner	53:27		
2	Tall Red (Ed) Youngberg	53:29		
3	The B-Man (Jim) Romero	54:41		
4	Tom Chambers	56:17		
65-69				
1	Charley Perez	45:25	Janet Sandoval	59:49
2	Chuck Lowie	46:29	Patricia Tolleson	1:09:25
3	Rich Martinez	51:37		
4	Wayne Stewart	53:23		
5	Jay Wissot	53:51		
60-64				
1	John Perez	49:08	Judy Laney	53:23
2	Roger Allen	50:44	Claradene Stewart	55:00
3	David Hill	54:40	Carmen Kitts	58:59
4	Spiderman (Scott) McFarlane	55:52		
5	Hank Burkman	59:54		
55-59				
1	Robert Caillouette	49:15	Kimberly Massey	56:59
2	Dale Doughman	49:26	Carolyn Hicks	57:40
3	John Shea	54:42	Karen McKean	58:37
4	Michael Blanchette	55:24	Anne-Marie Schmidt	1:00:36
5	Ian Monk	59:06	Suzanne Buntrock	1:07:12
50-54				

1	Raul Carrizalez	37:51	Theresa Jockers	48:53
2	Michael Guenther	42:53	Jane Harbert	55:13
3	Greg Wobbema	50:07	Janet Ralston	57:53
4	Dan Shaw	50:38	Nicole Shaklee	1:03:16
5	Kevin Snyder	51:38	Nicky Lee	1:08:41
45-49				
1	David Rothenburger	39:40	Stacy Totherow	55:48
2	Rich Herbst	39:57	Jennifer Forker	59:37
3	Shaun Schafer	43:34	Lisa Howell-Wilson	1:00:51
4	Mark Erickson	44:55		
5	Todd Burgess	47:04		
40-44				
1	Dan Cornell	42:59	Laurie Nakauchi	51:34
2	Michael Abbott	49:40	Sarah Skarie	52:50
3	Todd Shaklee	55:27	Anaka Norfleet	53:05
4	Joe Keeley	1:06:06	Suzanna Stellar	55:26
5			Jennifer Leavitt	55:28
35-39				
1	Ely Porter	38:08	Brook Brandt	51:39
2	German Rameriz	40:30		
3	Tom Weber	41:56		
4	Robert Kanieski	51:10		
19-34				
1	Danial Barron	37:03	Molly Smith	40:33
2	Noe Antonio Cuevas	37:49	Kimberly Hassett	43:28
3	Steven Johnson	39:17	Callie Cole	47:59
4	Sean Bannon	45:10	Ashley Portrzeba	48:24
5	Andrew McMorrow	50:15		

Well, it wasn't especially good weather this year but it was much better than 2013 and much better than forecast. The snow held off and the high winds were moderate but cold. We had a good turn out of 100 participants and, considering the temperature and a moderate wind, times were good.

The courses this year had to be changed significantly from the past 4 years races are now not permitted south of Lee Gulch trail. These changes and a freak heavy snow storm caused problems when RMRR staged a race on a similar course a few weeks back. We were determined for that to not happen for our race.

Overall winners were (Male) Lenny Laraid (35:55) and (Female) Bret Scofield (39:54). Age group winners were Jack Berry (M75-79, 57:58), Bill Faulker (M70-74, 53:27), Janet Sandoval (F 65-69, 59:49), Charley Perez (M65-69, 45:25, a great time), Judy Laney (F 60-64, 53:23), John Perez (M60-64, 49:08), Kimberly Massey (F 55-59, 56:59), Robert Caillouette (M 55-59, 49:15), Teresa Jockers (F 50-54, 48:53), Raul Carrizalez (M 50-54, 37:51, a great time), Stacey Totherow (F 45-49, 55:48), David Rothenburger (M45-49, 39:40), Laurie Nakauchi (F40-44, 51:34), Dan Cornell (M 40-44, 42:59), Brooke Brandt (F 35-39, 51:39), Ely Porter (M 35-39, 38:08), Molly Smith (F 35 and under, 40:33) and Danial Barron (M34 and under, 37:03).

Once you are over the hill, you pick up speed

In the 5K walk, first female was Rosalie Dexter (37:40) while first male was Ed Gussie (42:15). While not an official category, mention should be made of Olga Hnizdil who ran/walked the 5 K in 41:15.

I like to recognize outstanding times run in the different races. I think one of the best ways is to look at an age-graded chart to see good percentage results. I would like to point out a few of these. I used the USTAF age-graded calculator for a 10K road race. Roughly, if a runner scores a 90%, he or she would be considered a "world class" runner for his age category. A percentage 80% or higher would be 80% or better and 70% or higher would be the top regional runner. While there were no runners in this race that were in the first international category, 3 runners were in the national category and 4 in the top-regional category. In descending those runners were: Bill Faulkner (M, age 72, 88%), Ed Youngberg (M, age 71, 86%), Raul Carrizalez (M, age 53, 83%), Charley Perez (M, age 66, 83%), Robert Caillouette, M, age 59, 79%, Bret Schofield (F, age 26, 75%), Chuck Lowrie (M, age 66, 75%), and Molly Smith (F, age 33, 75%).

Many thanks to all the volunteers: Connie Ahrnsbrak did a great job with registration and results. Jane Harbert and Ian Monk helped with registration. Karen Voss of Catalyst Physical Therapy was the starter and helped with the 3-mile water station. Bonnie Pitzer and Cathy Wise stood in the bitter cold to at the 3 mile water station and clean up. Ed Ewing doubled as race marshal and water station at the first footbridge and Link Lubken was marshal for the tricky second footbridge. Earl Pitzer helped with course measuring, set up the courses on Saturday, and course clean up. Thanks to Tom Chambers and John Perez for help with awards.

This report would be woefully incomplete without mention of the Pancho and staff of Platte River Bar and Grill who provided a warm, welcoming place for registration and awards. 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 generosity.

Thanks also to Boulder Running Club and Runner's Roost, Lakewood who donated several door prizes and Great Harvest Bread Company of Arvada for bread loaves as raffle prizes.

David Wise, 2014 Spring Spree Race Director

The Pelican Brief (Constance Ahrnsbrak)

2/1

Hale Freezes Over 10K, Orem, UT: Robert Kanieski 48:00.

2/2

Super Bowl Sunday 5K, Platte River B&G: Robert Kanieski 25:12 (3). Connie Ahrnsbrak 31:11 (3)
Ross Westley 31:29 (2).

Wichita Super Bowl 4-mile, KS: R2G2 (Ray Grundmeyer) 47:47.

Super Bowl 5K, WP: Tom Chambers 27:19 (1). Jay Wissot 27:32 (2). George Huner 29:05 (3).
Rich Romero 30:18 (2). Jim Peterson, 33:40. Kathy Klesmit 34:12 (3).

2/8

Loveland Sweetheart Classic 4-mile: Shak Attack Couple – Todd/Nicole Shaklee, 34:21 & 40:24
respectively.

2/9

Valentine 5K, Wash Park: Connie Ahrnsbrak 28:28 (1). Kathy Klesmit, 30:32 (3)
Jim Peterson, 33:37 (2).

2/15

3W Six Pack, Westminster: J Gutierrez, 29:17.

The Course of Love 5K: Michael Abbott, 23:39 (3). Elizabeth Hayden, 24:43 (1).

10K: Michael Abbott, 50:44 (3). Elizabeth Hayden, 54:19 (3).

2/22

Snowman Stampede 5-mile, Hudson Gardens: Scott Kukel, 30:09 (2). Robert Kanieski, 39:23.
Tall Red, 45:17 (2). David Bedard, 45:30. Jack Barry, 47:01 (1). Mike Burzynski, 51:34 (2).
Ross Westley, 55:29 (3).

Snowman Stampede 10-miler: David Rothenburger, 1:05 (3). Amy Lease, 1:24 (1).
Michael Abbott, 1:27. Robert Kanieski, 1:31. Elizabeth Hayden, 1:34.

The B-Man (Jim Romero), 1:36 (1). Tall Red, 1:39 (2). Terry McFarlane, 1:58. Ross Westley, 2:00.

3/2

Dutch Clark Stadium 10K, Pueblo: Michael Guenther, 45:24.

Dam Half Marathon, CCSP: Todd Shaklee, 2:04. Nicole Shaklee, 2:18.

5K: Jim Peterson, 32:16 (3).

3/15

Canyonland Half, Moab: Wayne Stewart, 1:59. Janet Ralston, 2:25. Fran Schneider, 2:30.
Terry McFarlane, 2:36. Suzanne Buntrock, 2:40. Cassie Klumpp, 2:59.

St. Patrick's Day 5K, Wichita, KS: R2G2 (Ray Grundmeyer), 32:26.

Running of the Green 7K:

Scott Kukel, 25:34 (3). Michael Quispe, 26:42. David Rothenburger, 26:56.

Christine Adamowski, 28:33. David Hill, 33:55. Amy Lease, 34:38 (1). Brett Allendorf, 35:07.

Rich Martinez, 35:09. Joe Benvegna, 35:35. Thomas Chambers, 37:57 (2). George Huner, 38:39.

Robert Romero, 38:51. Connie Ahrnsbrak, 39:39 (1). J Gutierrez, 40:31. Tom Duran, 40:59.

Nicole Shaklee, 42:38. Lee Bengston, 44:28. Holly Romero, 51:14. Rosalie Dexter, 59:36 (W).

Laura McCoy, 1:00 (W). Nannette Benvegna, 1:06 (W).

Erin Go Braugh 7.77K, Westminster: Michael Abbott, 38:55. Elizabeth Hayden, 44:00.

Dorothy Bensusan, 45:57 (3). Cheryl Ames, 56:51.

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)
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/send them to:- Ian Monk (email: icm-13@hotmail.com) or Jane Harbert (tace_tigger@hotmail.com) before 20th May 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

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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.
