

# MASTER TIMES

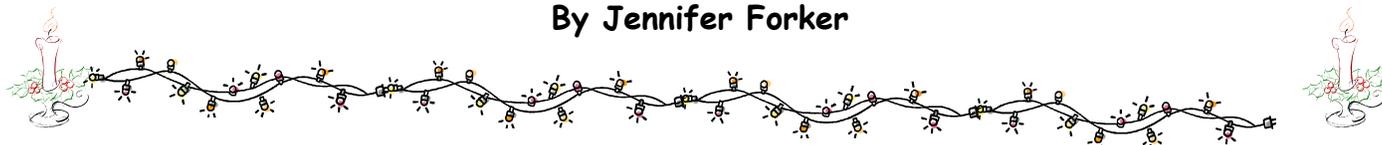


November / December 2014

Volume 47 Issue 6

## PRESIDENT'S CORNER

By Jennifer Forker



I'd like to thank the Board for pulling together to put on the November race at Hildebrand Park. It was a last-minute hustle to get the race details in place, and we couldn't have pulled it off without so many willing hands. I'd like to especially thank Board members Rob Fisher, Ed Youngberg, Dan Shaw, Beth Hayden and Scott McFarlane for stepping in behind the scenes and the day of the race to ensure we put on a good show.

Please visit Dan's write up of the race in this newsletter for more details about the day and our slew of thank you's to our volunteers. We say it often only because it's true: We couldn't have put the race on without you!

### SAVE THIS DATE: SATURDAY JANUARY 17

If it's not on your 2015 calendar, please get this added: Our Annual Awards Banquet is Saturday, January 17, at The Arvada Center, 6901 Wadsworth Blvd., Arvada, 80003. We'll start with a cash bar at 6:30 p.m. and move into a buffet dinner at 7:00.

Ultrarunner **Michele Yates** will be our guest speaker! Michele ran our November race while she was eight months pregnant! This is a tough gal; you know she has some great stories to share. She's also a lot of fun. Read up about Michele in this running magazine story:-

<http://www.runnersworld.com/trail-runner-profiles/meet-top-ultrarunner-michele-yates>

At the banquet, we strive to serve most dietary needs, so we'll have a main meat dish, a vegetarian main dish, side vegetables, salad, a side grain of some kind and – of course! – a full array of delicious desserts. (I'm a former large-newspaper restaurant reviewer, and I was very pleased with last year's food spread.)

We're still working on the menu but we hope to maintain a \$25 per person cost (for members and their spouses or significant other). **If you have friends who'd like to attend this fabulous evening, their non-member cost will include an additional \$10.** (Better to recommend they apply that extra \$10 to their 2015 CMRA membership, which makes good financial sense.)



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

## MEMBERSHIP REGISTRATION & RENEWAL GOES ONLINE!

We now can renew our CMRA memberships for 2015 – and our running and racewalking friends can join anytime – via our handy online registration service through RunSignUp. Membership dues have not changed: It's still \$30 for individuals and \$45 for couples and families. We're still the best, little-known deal in town (according to *Competitor* magazine) – not only does membership equal 12 outstanding races each year, it includes a free subscription to *Colorado Runner* magazine (a \$10/year savings) and all the fun and making merry you can have with your CMRA run family.

Please take a moment to renew your CMRA membership for 2015 online here:

<https://runsignup.com/Club/CO/Denver/ColoradoMastersRunningRacewalkingAssociation>.

This is important: Because we're trying to keep up with the times – and make life easier for our hard-working Treasurer Amy Lease – there will be an additional \$5 fee for members who renew via check and the postal system or on race day. Yes, this means we're encouraging everyone to sign up via the RunSignUp website. (There is a sign-up cost there, too, but it's less: \$2.50 for a single membership and \$3.50 for couples and families.)

The online registration site will streamline the work of both our treasurer, Amy and membership chairperson, Nicole Shaklee, which is important (everyone on the Board is a volunteer). Thanks for your understanding and for renewing your membership before or during January for 2015. (I'll send you a few reminders. I know I need them too!)

More details about how and when to RSVP for the banquet will come to you in an email, and I'll post details to the CMRA's Facebook page.

Thanks, all. Happy holidays and happy winter running! Please stay safe out there.

Peace,

Jennifer

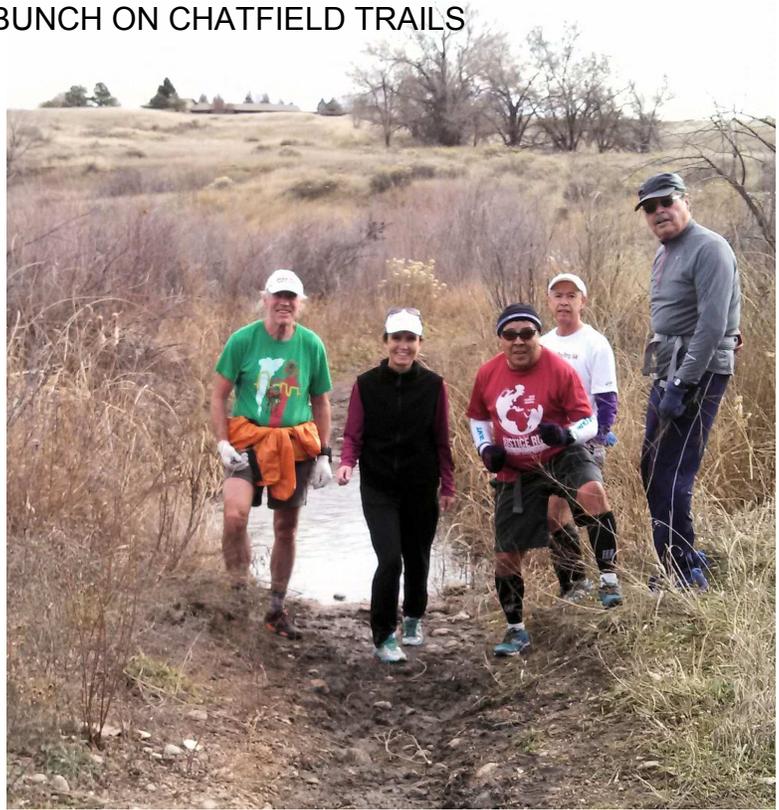
CMRA president



Once you are over the hill, you pick up speed

# PICTURE PAGE

## BLACK FRIDAY BRUNCH BUNCH ON CHATFIELD TRAILS



## TUESDAY NIGHTERS UNDER A FULL MOON



## CMRA NEW CLUBHOUSE →



Thanks to Connie for the pictures.

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

## October 11<sup>th</sup> Stone House (2x) TripleCross Results

PLACE	NAME	SEX	TIME	AGE
1	Chris Knott	M	54:46	34
2	Eric Albright	M	57:42	42
3	Sam Simkin	M	59:16	41
4	Steven Johnson	M	1:00:23	32
5	David Rothenburger	M	1:02:10	46
6	Jeremy O'Farrell	M	1:02:19	38
7	<i>Bret Scofeld</i>	F	1:03:13	26
8	Tim Miller	M	1:04:42	44
9	Kurt Hardester	M	1:05:02	46
10	Michael Brenner	M	1:05:52	56
11	<i>Christine Adamowski</i>	F	1:05:59	47
12	Mark Erickson	M	1:07:39	49
13	Matt Thomford	M	1:08:54	29
14	Dan Evans	M	1:09:52	37
15	Sean Connor	M	1:10:49	52
16	Greg Wobbema	M	1:10:51	55
17	<i>Hana Fiserova</i>	F	1:11:41	34
18	David Taylor	M	1:12:23	28
19	Dan Shaw	M	1:12:46	55
20	Michael Blanchette	M	1:14:43	57
21	Rich Price	M	1:14:51	49
22	<i>Theresa Jockers</i>	F	1:15:06	53
23	<i>Laurie Nakauchi</i>	F	1:16:19	44
24	Robert Kanieski	M	1:17:58	37
25	<i>Sara Foster</i>	F	1:19:26	39
26	Jim Bosik	M	1:19:29	64
27	Frank Kunkel	M	1:21:10	65
28	Bradley Troyer	M	1:21:18	9
29	Mason Smith	M	1:21:58	10
30	Wayne Stewart	M	1:22:47	68
31	Matt Rutledge	M	1:22:57	38
32	Mivk Vollmar	M	1:23:30	60
33	<i>Jitka O'Farrell</i>	F	1:23:59	36
34	The B-Man (Jim) Romero	M	1:24:01	74
35	<i>Carolyn Hicks</i>	F	1:24:09	57
36	Bill Faulkner	M	1:24:21	73
37	Tall Red (Ed) Youngberg	M	1:24:55	71
38	Charles Hawes	M	1:26:03	43
39	<i>Claradene Stewart</i>	F	1:28:33	65
40	Tom Chambers	M	1:29:50	71

Once you are over the hill, you pick up speed

41	Alan Johnson	M	1:31:20	53
42	J Gutierrez	M	1:31:28	61
43	Jack Barry	M	1:32:14	76
44	<i>Tina Akin</i>	F	1:32:21	53
45	<i>Janet Ralston</i>	F	1:33:38	52
46	<i>Karen McKean</i>	F	1:34:35	59
47	Spiderman (Scott) McFarlane	M	1:38:24	63
48	<i>Lori Bollendonk</i>	F	1:40:27	54
49	<i>Amy Geiger</i>	F	1:42:47	46
50	Andy McKean	M	1:44:45	69
51	<i>Nicky Lee</i>	F	1:48:06	50
52	John Seidle	M	1:48:07	64
53	Derek Troy	M	1:48:34	39
54	Gabe Sisneros	M	1:48:46	76
55	<i>Patricia Tolleson</i>	F	1:57:45	65
56	<i>Elizabeth Ryan</i>	F	2:07:05	59
57	<i>Leslie Thompson</i>	F	2:09:14	58
<b>RACEWALKERS (5K)</b>				
1	Ed Gussie	M	43:37	73
2	<i>Loree Hoag</i>	F	43:47	48
3	Richard Ralston	M	53:01	53
4	<i>Shannon Shaw</i>	F	1:09:40	22
5	<i>Lu Shaw</i>	F	1:09:41	56

### October 11<sup>th</sup> Stone House (2x) TripleCross Results by Age Group

PLACE	NAME	TIME	NAME	TIME
MEN		WOMEN		
<b>OVERALL</b>				
1	Chris Knott	54:46	Bret Scofeld	1:03:13
<b>75-79</b>				
1	Jack Barry	1:32:14		
2	Gabe Sisneros	1:48:46		
<b>70-74</b>				
1	The B-Man (Jim) Romero	1:24:01		
2	Bill Faulkner	1:24:21		
3	Tall Red (Ed) Youngberg	1:24:55		
4	Tom Chambers	1:29:50		
<b>65-69</b>				
1	Frank Kunkel	1:21:10	Claradene Stewart	1:28:33
2	Wayne Stewart	1:22:47	Patricia Tolleson	1:57:45
3	Andy McKean	1:44:45		

<b>60-64</b>				
1	Jim Bosik	1:19:29		
2	Mivk Vollmar	1:23:30		
3	J Gutierrez	1:31:28		
4	Spiderman (Scott) McFarlane	1:38:24		
5	John Seidle	1:48:07		
<b>55-59</b>				
1	Michael Brenner	1:05:52	Carolyn Hicks	1:24:09
2	Greg Wobbema	1:10:51	Karen McKean	1:34:35
3	Dan Shaw	1:12:46	Elizabeth Ryan	2:07:05
4	Michael Blanchette	1:14:43	Leslie Thompson	2:09:14
<b>50-54</b>				
1	Sean Connor	1:10:49	Theresa Jockers	1:15:06
2	Alan Johnson	1:31:20	Tina Akin	1:32:21
3			Janet Ralston	1:33:38
4			Lori Bollendonk	1:40:27
5			Nicky Lee	1:48:06
<b>45-49</b>				
1	David Rothenburger	1:02:10	Christine Adamowski	1:05:59
2	Kurt Hardester	1:05:02	Amy Geiger	1:42:47
3	Mark Erickson	1:07:39		
4	Rich Price	1:14:51		
<b>40-44</b>				
1	Eric Albright	57:42	Laurie Nakauchi	1:16:19
2	Sam Simkin	59:16		
3	Tim Miller	1:04:42		
4	Charles Hawes	1:26:03		
<b>35-39</b>				
1	Jeremy O'Farrell	1:02:19	Sara Foster	1:19:26
2	Dan Evans	1:09:52	Jitka O'Farrell	1:23:59
3	Robert Kanieski	1:17:58		
4	Matt Rutledge	1:22:57		
5	Derek Troy	1:48:34		
<b>19-34</b>				
1	Steven Johnson	1:00:23	Hana Fiserova	1:11:41
2	Matt Thomford	1:08:54		
3	David Taylor	1:12:23		
<b>13 AND UNDER</b>				
1	Bradley Troyer	1:21:18		
2	Mason Smith	1:21:58		

Once you are over the hill, you pick up speed

## November 8, Hildebrand Ranch Pk 6.6 Mile Race Results

PLACE	NAME	SEX	TIME	AGE
1	Chris Knott	M	40:35	34
2	Ryan Guldán	M	42:09	31
3	Eric Albright	M	43:39	42
4	Steven Johnson	M	44:07	32
5	George Forbes	M	44:20	45
6	Tim Miller	M	45:19	44
7	David Rothenburger	M	46:00	46
8	Kurt Hardester	M	47:54	46
9	Tello Chavez	M	48:13	30
10	Michael Brenner	M	48:27	56
11	Jeff Mages	m	48:30	50
12	<i>Christine Adamowski</i>	F	48:34	47
13	Dan Evans	M	49:28	37
14	Bruce Kirschner	M	49:30	61
15	Charlie Perez	M	50:30	67
16	Dennis Cisco	M	51:57	47
17	Greg Wobbema	M	52:17	55
18	Mark Erickson	M	53:11	49
19	David taylor	M	53:39	28
20	Brett Allendorf	M	53:56	45
21	<i>Theresa Jockers</i>	F	54:01	53
22	Dan Shaw	M	54:09	55
23	Roger Allen	M	54:15	63
24	<i>Michele Yates</i>	F	54:43	32
25	Wyatt Yates	M	54:44	31
26	Michael Blanchette	M	55:22	57
27	David Kelble	M	56:26	57
28	Todd Burgess	M	56:33	45
29	Michael Welk	M	56:43	41
30	Matt Rutledge	M	56:48	38
31	Robert Kanieski	M	57:00	37
32	<i>Laurie Nakauchi</i>	F	57:17	44
33	Jim Bosik	M	57:29	64
34	Rich Martinez	M	58:07	67
35	Jay D. Trujillo	M	58:41	56
36	John Shea	M	58:51	57
37	<i>Lisa Atencio</i>	F	59:53	49
38	<i>Ellen Kennard</i>	F	1:00:01	53
39	Mark Hasseman	M	1:00:18	59
40	Mick Vollmar	M	1:00:20	60

41	<i>Claradene Stewart</i>	F	1:00:32	65
42	<i>Lori Woods</i>	F	1:01:42	51
43	Matt Damjanov	M	1:02:09	34
44	Wayne Stewart	M	1:02:54	68
45	The B-Man (Jim) Romero	M	1:03:10	74
46	Tom Chambers	M	1:03:17	71
47	Matthew Barnes	M	1:03:32	35
48	Chuck Hawes	M	1:03:38	43
49	<i>Erin Bosik</i>	F	1:05:21	29
50	Bill Faulkner	M	1:05:26	73
51	Robert Romero	M	1:05:58	68
52	Tall Red (Ed) Youngberg	M	1:06:01	71
53	<i>Janet Ralston</i>	F	1:06:16	52
54	William Truesdale	M	1:06:31	35
55	Jeff Hesse	M	1:06:40	50
56	Spiderman (Scott) McFarlane	M	1:07:20	63
57	George Huner	M	1:07:23	61
58	Hank Burkman	M	1:08:03	63
59	<i>Donna Sakdol</i>	F	1:09:11	50
60	Jack Barry	M	1:10:40	76
61	<i>Elizabeth Hayden</i>	F	1:11:21	42
62	<i>Karen McKean</i>	F	1:11:40	59
63	<i>Liza Graznak</i>	F	1:13:37	44
64	Gabe Sisneros	M	1:13:38	76
65	<i>Nicky Lee</i>	F	1:13:54	50
66	<i>Anne-Marie Schmidt</i>	F	1:13:59	56
67	Tom Duran	M	1:14:08	66
68	<i>Patricia Tolleson</i>	F	1:14:59	65
69	John Seidle	M	1:15:00	64
70	Lee Bengston	M	1:15:04	77
71	<i>Tina Akin</i>	F	1:15:40	53
72	Andy McKean	M	1:16:52	69
73	<i>Mindy Brandford</i>	F	1:17:11	54
74	<i>JoAnn Weaver</i>	F	1:17:30	54
75	Ken Simons	M	1:18:11	77
76	Derek Troy	M	1:18:27	39
77	<i>Leslie Thompson</i>	F	1:33:11	58
78	Stonewall (Ken) Green	M	1:40:06	85

Once you are over the hill, you pick up speed

RACEWALKERS (5K)				
1	Ed Gussie	M	39:47	73
2	Marie Drake	F	40:38	64
3	Lu Shaw	F	1:11:40	56
4	Shannon Shaw	F	1:11:40	22

## November 8, Hildebrand Ranch Pk 6.6 Mile Race Results by Age Group

PLACEe	NAME	TIME	NAME	TIME
	MEN		WOMEN	
<b>OVERALL</b>				
1	Chris Knott	40:35	Christine Adamowski	48:34
<b>80 AND OVER</b>				
1	Stonewall (Ken) Green	1:40:06		
<b>75-79</b>				
1	Jack Barry	1:10:40		
2	Gabe Sisneros	1:13:38		
3	Lee Bengston	1:15:04		
4	Ken Simons	1:18:11		
<b>70-74</b>				
1	The B-Man (Jim) Romero	1:03:10		
2	Tom Chambers	1:03:17		
3	Bill Faulkner	1:05:26		
4	Tall Red (Ed) Youngberg	1:06:01		
<b>65-69</b>				
1	Charlie Perez	50:30	Claradene Stewart	1:00:32
2	Rich Martinez	58:07	Patricia Tolleson	1:14:59
3	Wayne Stewart	1:02:54		
4	Robert Romero	1:05:58		
5	Tom Duran	1:14:08		
<b>60-64</b>				
1	Bruce Kirschner	49:30		
2	Roger Allen	54:15		
3	Jim Bosik	57:29		
4	Mick Vollmar	1:00:20		
5	Spiderman (Scott) McFarlane	1:07:20		
<b>55-59</b>				
1	Michael Brenner	48:27	Karen McKean	1:11:40
2	Greg Wobbema	52:17	Anne-Marie Schmidt	1:13:59
3	Dan Shaw	54:09	Leslie Thompson	1:33:11
4	Michael Blanchette	55:22		
5	David Kelble	56:26		

<b>50-54</b>				
1	Jeff Hesse	1:06:40	Theresa Jockers	54:01
2			Ellen Kennard	1:00:01
3			Lori Woods	1:01:42
4			Janet Ralston	1:06:16
5			Donna Sakdol	1:09:11
<b>45-49</b>				
1	George Forbes	44:20	Lisa Atencio	59:53
2	David Rothenburger	46:00		
3	Kurt Hardester	47:54		
4	Dennis Cisco	51:57		
5	Mark Erickson	53:11		
<b>40-44</b>				
1	Eric Albright	43:39	Laurie Nakauchi	57:17
2	Tim Miller	45:19	Elizabeth Hayden	1:11:21
3	Michael Welk	56:43	Liza Graznak	1:13:37
4	Chuck Hawes	1:03:38		
<b>35-39</b>				
1	Dan Evans	49:28		
2	Matt Rutledge	56:48		
3	Robert Kanieski	57:00		
4	Matthew Barnes	1:03:32		
5	William Truesdale	1:06:31		
<b>19-34</b>				
1	Ryan Guldán	42:09	Michele Yates	54:43
2	Steven Johnson	44:07	Erin Bosik	1:05:21
3	Tello Chavez	48:13		
4	David Taylor	53:39		
5	Wyatt Yates	54:44		

### Hildebrand Ranch Trail Race Report

November can be dicey, especially in Colorado. Indian summer, blizzard, monsoon, frost, wind – no one would have been surprised by any of this on any given November day. Although we couldn't be surprised, we were very grateful for the beautiful, calm, sunny day with temperatures in the mid-50's we were given for the race this year. It would be hard to imagine a prettier day in November.

In this, the fifth running of the Hildebrand Ranch Trail Race, not only was the weather kind to us but the course was in great shape despite some rain earlier in the week. There were no puddles or sticky mud and the ground was just a bit damp in spots on the single track sections. The course for this year's race remained the same as for the prior years, and despite some warning signs that were posted regarding possible plague among the prairie dog population inhabiting the southern portion of the open space, no prairie dogs molested us.

Before starting the race, a special presentation was made to Joe Baird of a gift card as a small Thank You for his many years of service to the club, along with a nice round of applause from the gathered runners and racewalkers.

Once you are over the hill, you pick up speed

Benefiting from the wonderful weather and course conditions, Chris Knott blasted out to the overall win in a time of 40:35, a new course record by 35 seconds. Christine Adamowski took the title for the women in 48:34, her third victory in the five years the club has held this event. Notable also was Ken “Stonewall” Green, who at age 85 was our oldest finisher and who upon crossing the finish line was given a rousing ovation by the runners gathered at the finish.

Due to unforeseen circumstances, the named race directors were unable to fulfill their duties this year. Instead, the CMRA board stepped in and took over race director duties, primarily Jen Forker, Ed Youngberg and Rob Fisher. These folks assumed coordinator responsibilities, seamlessly arranging for volunteers and assuring all aspects of the race functioned well. Keith Johnson obtained the Jefferson County race permit before bowing out, and Tom Chambers obtained the South Suburban Parks race permit. Scott McFarlane laid out the course and (non-board members) Lori Nakauchi and **others** helped with sweeping the course after the race. Joe Baird coordinated timing and the finish line, with assistance from Rob Fisher, Joe Sanchez and **others**. Connie Ahrnsbrak and Tom Chambers handled the presentation of awards and the raffle of a large array of gifts. Course marshals were **2-3 people** at the road crossing and **3-4 children** at the water station. **I'm sure there are some others I'm overlooking.** A big Thank You goes out to everyone who helped pull the race together.

Boulder Running Company and Runners Roost – Lakewood provided gift cards. The Colfax Marathon provided a race entry and tee shirts. **Someone** provided clothing, **someone else** provided **watches(?)**, and Great Harvest Bread provided a nice selection of breads and other baked goods. Club member Matt Barnes set up his chiropractic bench at start/finish area and provided diagnostic analyses and suggested treatments for runners.

Dan Shaw



## The Pelican Brief (Constance Ahrnsbrak)

10/5

**Justice 10K, Hudson Gardens:** The B-Man 53:42 (1). Tom Chambers 54:22 (3).

**5K – Rich Martinez** 23:51(1). Connie Ahrnsbrak 27:15(1). Jack Barry 27:37(1).

Robert Romero, 28:27.

**Free 2 Breath 5K, WP:** J Gutierrez 28:40 (2).

**Hot Chocolate 15K, Civic Center:** Terry McFarlane 1:46. Cassie Klump, 1:50.

10/12

**Louisville Half:** John Ramos 1:55:47. Rich Martinez 1:55:52 (2). Nicole Shaklee 2:28. **10K - Connie Ahrnsbrak** 58:31 (1).

10/18

**CSU 5K, FTC:** Rich Martinez 23:14.

10/19

**RNR Marathon, Denver:** John Ramos 4:23, Stacy Totherow 4:24. **Half – Rich Sandoval** 1:36 (2). Amy Lease 1:47 (1).

**Duke City Half, Albuquerque:** The B-Man 2:11. **5K – Robert Tafelski** 26:46 (1).

**Beware the Bear, BCLP:** **5K – Robert Kanieski** 27:02. Tom Chambers 30:08 (1).

**15K - Jairo Tiscanero** 57:37 (1). Hector Martinez 1:03 (1). Jason Kaminski 1:16 (2). Irene Barrera 1:21 (3).

Robert Kanieski 1:25. Hank Burkman 1:45 (1).

**The Other Half, Moab:** Tall Red (Ed Youngberg) 1:59 (1). Bill Faulkner 2:02 (2). Patricia Tolleson 2:34.

10/25

**Live Big 10K, Castle Rock:** Jay D. Trujillo 1:01. The Oak (Ross Westley) 1:18 (1).

**Eerie Erie 10K:** Bill Faulkner 57:27 (1). Patricia Tolleson 1:06 (3).

**Flatiron XC 6K, Boulder:** Richard Sandoval 31:20 (1).

11/1

**Stepping Out 4 Diabetes 10K:** Tom Duran 58:16.

**Indianapolis Monumental Marathon:** Nicole Shaklee 5:14.

11/2

**New York Marathon:** Tina Akin 4:16. Fran Schneider 5:17.

11/9

**Honor Our Veterans 5K, Johnstown:** Jonathan Fenske 19:07 (3/OA). Bob Callioutte 21:53 (3). Connie Ahrnsbrak 26:58 (1). J Gutierrez 26:59 (1). Laura McCoy 42:29 (RW).

11/15

**Pumpkin Pie 10K, CP:** Robert Kanieski 52:28. Tall Red (Ed Youngberg) 56:21 (1). Patricia Tolleson 1:16 (2).

**5K – Marc Waxman** 19:04 (1). Jonathan Fenske 20:06 (1). Matt Smith 20:22 (2). Molly Smith 20:44 (1).

Bruce Kirschner 23:05 (1). Robert Kanieski 24:14. Rich Martinez 25:49 (1). Tom Chambers 27:45 (1).

**Anthem Richmond Marathon, VA:** Janet Ralston 4:42. Suzanne Buntrock 4:57. **Half - Cassie Klumpp** 2:38.

11/22

**Panicking Poultry 5K, Boulder Rez:** Connie Ahrnsbrak 28:01 (1). Lonnie Stafford 28:56 (2). Deb Stafford 29:27 (1).

**Brighton Turkey Trot 5K:** Theresa Jockers 22:52 (1). Rich Martinez 23:37 (1). Bill Faulkner 25:46. (1).

Tall Red 25:52 (2). Patricia Tolleson 30:36. Ken Simons 32:21 (1). Brent Jockers 40:49. Ed Gussie 41:58 (W).

**Turkey Trek Trail 10K, Arvada:** Greg Wobbema 48:03 (2). Robert Kanieski 50:41. Michael Abbott 56:52.

Elizabeth Hayden 1:03. Cheryl Ames 1:15.

11/27

**United Way 4-Mile, WP:** J Gutierrez 36:49. Rich Romero 40:31 (1). Lee Bengston 45:23 (3). Laura McCoy 56:50 (RW).

**Gobble Wobble 5K, Clement Park:** Robert Klumpp 28:40. Suzanne Buntrock 29:48. Fran Schneider 30:10.

Cassie Klumpp 34:38.

**Anthem Turkey Trot 5K:** Bill Faulkner 26:20 (1). Patricia tolleson 30:11 (2).

11/28

**Black Friday 5K, Centennial:** Michael Abbott 24:50. Tall Red 26:08 (1). Ross Westley 30:56 (3).



Once you are over the hill, you pick up speed

## 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)
Dec 13	Sat	10 AM	<a href="#">Stapleton Central Park</a>	Stapleton Central Park XC 6K	Dan Shaw / Rob Fisher

## 2015 Colorado Masters Running / Racewalking Association Schedule

DATE	DOW	TIME	LOCATION	NAME	DIRECTOR(s)
Jan 3	(Sat)	10 AM	<a href="#">Lake Arbor</a>	Lake Arbor 5K	Ed Youngberg / Ken Randall
Feb 7	(Sat)	10 AM	<a href="#">Roadrunner Sports, Westminster</a>	Forty Furlongs (5M)	Jason Myers / Cheryl Ames
Mar 21	(Sat)	9 AM	<a href="#">Platte River Bar &amp; Grill</a>	Spring Spree 10K	Greg Wobbema / Matthew Rutledge
Apr 18	(Sat)	9 AM	<a href="#">Bluffs Regional Park</a>	Bluffs Run 5K	John Perez
May 9	(Sat)	8 AM	<a href="#">Stapleton Central Park</a>	Stapleton Central Park XC 6K	Dan Shaw / Rob Fisher
Jun 13	(Sat)	8 AM	<a href="#">Elk Meadow, Evergreen</a>	Elk Meadow Trail Race	Ed Youngberg / Janet Sandoval
Jul 18	(Sat)	8 AM	<a href="#">White Ranch Park</a>	White Ranch Trail Run	Kevin Snyder / Chris Stone
Aug 12	(Wed)	6:30 PM	<a href="#">Fairmount Park, Golden</a>	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Sep 12	(Sat)	8 AM	<a href="#">Matthews-Winters / Redrocks</a>	The Amazing Race	Eric Hislop / Jennifer Forker
Oct 10	(Sat)	9 AM	<a href="#">Stone House Park, Lakewood</a>	Stone House (2x) Triple-Cross trail 8.5M	Elizabeth Hayden / Michael Abbott
Nov 14	(Sat)	10 AM	<a href="#">Hildebrand Ranch Park</a>	Veterans run	Keith Johnson / Kathy Johnson
Dec 5	(Sat)	10 AM	<a href="#">Bluff Lake Nature Center</a>	Sand Creek 5M	Rob Fisher / Dan Shaw

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](mailto:icm-13@hotmail.com)) or Jane Harbert ([tace\\_tigger@hotmail.com](mailto:tace_tigger@hotmail.com)) before 20<sup>th</sup> January 2015. 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.**  
\*\*\*\*\*

A HAPPY  
NEW YEAR  
TO ALL OUR READERS

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