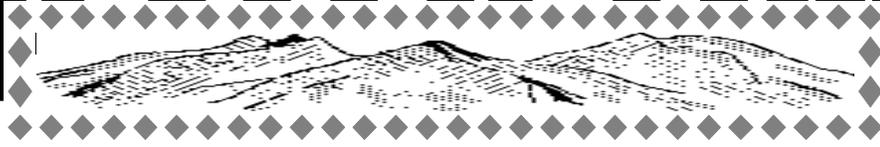


# MASTER TIMES



January / February 2015

Volume 48 Issue 1

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## PRESIDENT'S CORNER

By Jennifer Forker

The banquet, which The Board prepared many months for, with Treasurer Amy Lease doing most of the heavy lifting, was a pretty huge success: We had 70+ in attendance at The Arvada Center to dine on excellent cuisine, socialize with one another, receive running awards and hear from ultrarunner Michele Yates. There are photos of the big night somewhere in this newsletter. Look for yourself and others!

### 2014 Championship Awards

Here's how the 2014 Championship Awards broke down: Laurie Nakauchi took first place with 50 points; Jack Barry took second with 49 points; Claradene Stewart took third with 49 points (we count age before beauty, y'all); Theresa Jockers took fourth with 49 points; and David Rothenburger took fifth place with 47 points. It was a tight race this year, as you can see. Also, the older you are, the higher up you rate: Getting older has got to count for something!

### 2014 Achievement Awards

And then there are the awards I launched at last year's banquet simply to add some merriment to the party. This year, those awards looked like this, and each winner received a \$5 gift card to Starbuck's (it's not much but it's something!):

**Tom Chambers** won the "keeping your running pals on our toes" achievement award.

**Pat Tolleson and Bill Faulkner** won "for being one of our longtime club running couples" (they also volunteer at a lot of our races).

**Mike Vanoni**, who steps off the Board this year, won "for hosting the best Race Director meetings and being a Master(s) timing guy." [Mike wasn't at the banquet. I need to mail this to you, Mike.]

**Jane Harbert**, who's likewise leaves the Board this year, won an achievement award "for filling whatever Board position needed you, most recently as the meetings Scribe, and doing the work beautifully" (every Board position takes a lot of time and commitment, and especially the secretary gig).

**Amy Lease** won this year for having a "bloody" good year of running (& a few falls). Nothing keeps her down (for long). You'll have to ask Amy about her running adventures this year.

**2015 Membership: Please Renew Your Membership in CMRA!**

I sound like a broken record by now, but please renew your CMRA membership for 2015, if you haven't done so yet. The CMRA Board encourages everyone to renew via our new, online system at RunSignUp:-

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

Renewing your membership at RunSignUp lessens the workloads of our volunteer treasurer and our volunteer membership chair. They thank you in advance for renewing via RunSignUp -- and soon!

We only have 136 paid memberships totaling 207 members so far in 2015 – down from 195 memberships totaling nearly 270 people in 2014. I'll keep hawking club membership benefits to our Facebook followers – that's 560 people! – but we need current members to renew, too.

We're trying to make it easy for everyone. That's what the RunSignUp site is for. We've had a few initial glitches with its use, but those are getting ironed out. Next year this will work more smoothly. Thanks for your patience with the new system!

Unfortunately, members who don't renew by March will be charged the non-member \$10/race fee (until membership is renewed), and that's no fun for anyone. Please renew your membership! If you absolutely cannot do so online, you can renew in person at one of our upcoming races (but there's a \$5 extra charge -- an incentive to renew online).

**Don't forget to pick up your CMRA sticker!**

A new incentive to membership: Everyone receives a CMRA oval sticker (the kind you see on cars). If you've renewed your membership, you can pick up your Very Cool Sticker at any upcoming monthly race. We're offering one sticker per individual membership and two stickers per family memberships (so we don't run out). They are very handsome stickers and if you put them on your cars, they help us "sell the club" without your having to say a word!

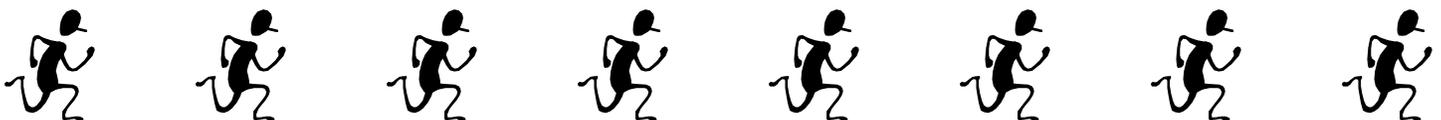
Feel free to grab a handful of our CMRA business cards to spread the word, too. Those are handy for tossing at running and gym buddies. I've been known to accost fellow runners mid-stride along the North Table Mountain single tracks to hand out our biz cards! It's funny, silly ... and a lot of fun to spread the word of our good club.

If you're not one of our "followers" on Facebook, consider doing so to receive last-minute club news and running engagements. The link is here:

[https://www.facebook.com/groups/118401460391/?ref=br\\_tf](https://www.facebook.com/groups/118401460391/?ref=br_tf).

Thank you, everyone, for your CMRA membership, your attendance at our monthly races and fun runs and for volunteering when you're able. This is a great running club! Thanks for making it so.

Jennifer  
CMRA president



Once you are over the hill, you pick up speed

# PICTURE PAGES

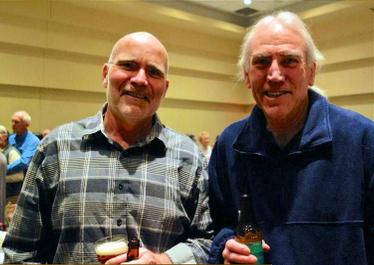


STAPLETON RACE PICTURES  
FROM THE HAND OF JAY.  
THANKS JAY

## *CMRA BANQUET PICTURES* *THANKS TO LAURI NAKAUCHI FOR THE PICTURES*



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



Once you are over the hill, you pick up speed

## **RUNNING TIPS & ADVICE FROM ULTRARUNNER MICHELE YATES**

BY JENNIFER FORKER

I took a few notes while Michele Yates was speaking during our Annual Banquet January 17th at the Arvada Center. I figured some of you who couldn't join us that evening might enjoy a glimpse of what Michele said (and she was great!):

### **MICHELE TRAINS SMART**

Michele talked about transitioning from marathon to ultrarunning, saying "quality" miles are more important than quantity. Running smart keeps infections and injuries at bay.

She cross-trains to build her strength and endurance. Rides a bike outside and uses an elliptical inside. Her running routine includes tempo and speed runs. She runs about 80 miles/week (sometimes pushing 100 miles) but none of her miles are "empty" -- she doesn't waste her runs, e.g., she won't do back-to-back 20-to-30 mile runs.

"You don't need to run 100 miles to run a 100-mile race," she explained.

She trains on backcountry roads with rolling hills, which helps with her anaerobic and speed building. She doesn't do her speed work on a track; she prefers these back roads. On Sundays you may find her running at Green Mountain, Lookout Mountain or Mount Falcon -- those are some of her favorite trails in the Golden-Morrison area.

### **SHOE TIPS**

Because Michele runs flat footed and over-pronates, she trains in the Brooks Transcend shoe and trail races in a road shoe she equips with ice spikes to better grip the trails; she likes the stability and extra cushioning this gives her during 50+ mile trail races. She also races in Saucony Peregrine and likes the Nike Wildhorse and the New Balance Leadville 1210.

### **FUEL ON THE ROAD**

Michele likes these energy boosters while trail racing: Simply Protein Bars, Bobo's Oat Bars (made in Boulder), salt tabs (she recommends the SaltStick brand) and GU gels. She sometimes makes her own cookies of nuts and peanut butter -- providing dense protein and calories for fuel. She eats ginger for nausea and consumes Ramen chicken noodle soup (for the salt). She only drinks water while racing -- no sports drinks, nothing added to her water. She doesn't know what aid stations are putting in their sports drinks and at what percentage; she wants to manage all that enters her body -- no surprises -- so she drinks water. Only.

She said that training and fuel can only get you so far. "Your heart takes you the rest of the way."

### **WARMING UP**

Before an ultra, she'll run for 10 minutes to warm up and do a series of running and stretching drills, but doesn't do a full stretching routine until after she runs or races.

### **RECOVERY**

Michele says it takes her 5 to 6 days to recover from a road marathon but only 3 days to recover from a 100-mile trail race. [This is why so many of us prefer trail running! -- Jen]

She uses a Lacrosse ball and a stick roller, especially to work on her calf muscles. She visits her chiropractor -- that's Barnes Chiropractic, owned and operated by our very own CMRA family members Matt and Kelly Barnes -- to work on old scar tissue, she says. She takes 10-minute ice baths as needed.

“Most people don’t want to cause more pain for themselves but 10 minutes of time (in an ice bath) is good for you,” Michele says.

After an ultra race, she stretches and eats high-protein meals to help her body rebuild itself and she drinks a lot of fluids, mostly water, to flush her body.

“You retain 19 percent more (of your workout) if you stretch afterward,” Michele says. “And increasing the blood flow helps muscles recover. You get a benefit from that.”

OK, that was my take-away. Now it’s yours, too. Find out more about Michele and receive additional training and nutrition tips, by following her blog, Rugged Running (<http://ruggedrunning.com/>). Join our CMRA Facebook page to connect with Michele there, too. Find us at “Colorado Masters Running” on Facebook.

### MICHELE YATES PERSONAL RECORDS:

Marathon - 2:38:37 Rock n Roll Seattle Marathon 2009

Half Marathon - 1:17:23 Spirit of the Marathon Columbus OH 2009

10K - 34:16 Salt Lake City UT 2009

2nd Place National Mountain Trail Race 2011

21st World Mountain Trail Championships Tirana Albania 2011

5th North American Trail Championships Vancouver BC 2012

2x National Champ and Record holder 50 Mile Trail 2012 & 2013

National Champ 100k Trail 2013

National Champ and record holder 50k Trail 2013

Overall winner- Indiana Trail 100 17:35:18 2013

Female Winner- Run Rabbit Run 100 mile 20:16:54 2013

3rd Place Ultra Run of Champions 100k World Championships 2013

1st USA 50k Trail Champs, 1st USA 50 mile Trail Champs, 1st USA 100k Trail Champs 2013

1st place North Face Endurance Challenge 50 mile)

ULTRA RUNNER OF THE YEAR 2013



**MICHELE YATES - 2013 ULTRARUNNER OF THE YEAR**



**ULTRARUNNING** Michele Yates named UltraRunner of the Year by Ultrarunning Magazine. Michele Yates is the Female Ultra Runner of the Year. Yates, a triathlete and triathlete from Utah, Colorado, won six of the seven races she entered in 2013.

Osprey 100k - First Place	Northern 50m - First Place
Staggner 50k - First Place	Run Rabbit Run 100 Mile - First Place
Indiana Trail 100m - First Place (Overall)	North Face 50 Mile - First Place

**ULTIMATE DIRECTION®**



Once you are over the hill, you pick up speed

## CMRA JAN 3<sup>rd</sup> LAKE ARBOR 5K RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	G. Anthony Kunkel	M	18:08	22
2	<i>Kayla Young</i>	F	19:04	16
3	Hector Martinez	M	19:18	31
4	Scott Kukel	M	19:33	41
5	Matt Smith	M	19:47	38
6	Eric Patterson	M	19:50	50
7	Justin Perry	M	19:55	15
8	David Rothenburger	M	20:12	46
9	Sam Simkin	M	20:25	41
10	<i>Molly Smith</i>	F	21:28	34
11	Shaun Schafer	M	21:37	47
12	Michael Brenner	M	22:04	56
13	Sam Trevino	M	22:15	55
14	Adam Vannoy	M	22:18	34
15	Mark Erickson	M	22:21	49
16	Bradley Bishop	M	22:29	29
17	Jim Perry	M	22:45	53
18	Robert Kanieski	M	23:10	37
19	<i>Irene Barrera</i>	F	23:59	20
20	Brett Allendorf	M	24:03	46
21	Robert Caillouette	M	24:31	60
22	Jesse Tijerina	M	24:52	63
23	Dale Doughman	M	25:04	57
24	Dan Shaw	M	25:17	55
25	<i>Theresa Jockers</i>	F	25:21	53
26	John Perez	M	25:25	64
27	Richard Martinez	M	25:34	68
28	<i>Sara Foster</i>	F	25:38	39
29	<i>Ashley Potrzeba</i>	F	25:45	25
30	Cliff Jurgens	M	25:58	49
31	<i>Lisa Atencio</i>	F	26:06	49
32	Jim Bosik	M	26:15	64
33	Michael Abbott	M	26:26	45
34	Jeff Hesse	M	26:45	50
35	Owen Myers	M	26:48	9
36	Matthew Barnes	M	26:49	35
37	John Shea	M	26:55	57
38	<i>Martha Martinez</i>	F	27:11	47
39	Kevin Snyder	M	27:12	51
40	Wayne Stewart	M	27:22	68

41	Mick Vollmer	M	27:49	60
42	Mark Hasseman	M	28:10	59
43	Tom Chambers	M	28:20	71
44	<i>Claradene Stewart</i>	F	28:21	65
45	<i>Erin Bosik</i>	F	28:26	29
46	<i>Carolyn Hicks</i>	F	28:46	57
47	<i>Sylvia Martinez</i>	F	29:03	31
48	Jason Myers	M	29:05	41
49	<i>Reese Evenson</i>	F	29:23	45
50	Spiderman (Scott) McFarlane	M	29:29	63
51	<i>Elizabeth Hayden</i>	F	30:12	42
52	<i>Tina Akin</i>	F	30:32	53
53	Hank Burkman	M	30:35	63
54	Lonnie Max Stafford	M	30:49	69
55	<i>Karen McKean</i>	F	30:51	59
56	Gabe Sisneros	M	30:57	76
57	<i>Janet Sandoval</i>	F	31:18	66
58	<i>Deb Stafford</i>	F	31:30	62
59	Alan Johnson	M	31:32	54
60	Richard Romero	M	31:41	78
61	<i>Anne-Marie Schmidt</i>	F	32:25	57
62	Doug Tollin	M	32:37	70
63	<i>Iron Lady (Nicole) Shaklee</i>	F	32:56	51
64	<i>Nicky Lee</i>	F	32:57	51
65	Tom Duran	M	32:59	67
66	Earl Beam	M	33:55	64
67	Lambert Sherman	M	34:57	54
68	<i>Mindy Bradford</i>	F	36:42	54
69	Derek Troy	M	36:46	39
70	<i>Trina Lambert</i>	F	37:29	52
71	Reinaldo Rosario	M	37:18	50
72	<i>Trina Lambert</i>	F	37:29	52
73	<i>Julie Linkus</i>	F	38:50	52
74	<i>Leslie Thompson</i>	F	39:16	58
75	Riley Myers	M	40:21	7
76	<i>Emily Myers</i>	F	40:46	39
77	<i>Hannah Nikkel</i>	F	44:18	10
78	Todd Nikkel	M	44:19	46

Once you are over the hill, you pick up speed

# CMRA JAN 3<sup>RD</sup> LAKE ARBOR 5K RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	<b>MEN</b>		<b>WOMEN</b>	
<b>OVERALL</b>				
1	G. Anthony Kunkel	18:08	Kayla Young	19:04
<b>75-79</b>				
1	Gabe Sisneros	30:57		
2	Richard Romero	31:41		
<b>70-74</b>				
1	Tom Chambers	28:20		
2	Doug Tollin	32:37		
<b>65-69</b>				
1	Richard Martinez	25:34	Claradene Stewart	28:21
2	Wayne Stewart	27:22	Janet Sandoval	31:18
3	Lonnie Max Stafford	30:49		
4	Tom Duran	32:59		
<b>60-64</b>				
1	Robert Caillouette	24:31	Deb Stafford	31:30
2	Jesse Tijerina	24:52		
3	John Perez	25:25		
4	Jim Bosik	26:15		
5	Mick Vollmer	27:49		
<b>55-59</b>				
1	Michael Brenner	22:04	Carolyn Hicks	28:46
2	Sam Trevino	22:15	Karen McKean	30:51
3	Dale Doughman	25:04	Anne-Marie Schmidt	32:25
4	Dan Shaw	25:17	Leslie Thompson	39:16
5	John Shea	26:55		
<b>50-54</b>				
1	Eric Patterson	19:50	Theresa Jockers	25:21
2	Jim Perry	22:45	Tina Akin	30:32
3	Jeff Hesse	26:45	Iron Lady (Nicole) Shaklee	32:56
4	Kevin Snyder	27:12	Nicky Lee	32:57
5	Alan Johnson	31:32	Mindy Bradford	36:42
<b>45-49</b>				
1	David Rothenburger	20:12	Lisa Atencio	26:06
2	Shaun Schafer	21:37	Martha Martinez	27:11
3	Mark Erickson	22:21	Reese Evenson	29:23
4	Brett Allendorf	24:03		
5	Cliff Jurgens	25:58		

<b>40-44</b>				
1	Scott Kukel	19:33	Elizabeth Hayden	30:12
2	Sam Simkin	20:25		
3	Jason Myers	29:05		
<b>35-39</b>				
1	Matt Smith	19:47	Sara Foster	25:38
2	Robert Kanieski	23:10	Emily Myers	40:46
3	Matthew Barnes	26:49		
4	Derek Troy	36:46		
<b>19-34</b>				
1	Hector Martinez	19:18	Molly Smith	21:28
2	Adam Vannoy	22:18	Irene Barrera	23:59
3	Bradley Bishop	22:29	Ashley Potrzeba	25:45
4			Erin Bosik	28:26
5			Sylvia Martinez	29:03
<b>14-18 (HIGH SCHOOL)</b>				
1	Justin Perry	19:55		
<b>13 &amp; UNDER</b>				
1	Owen Myers	26:48	Hannah Nikkel	44:18
2	Riley Myers	40:21		

Once you are over the hill, you pick up speed

## The Pelican Brief (Constance Ahrnsbrak)

**12/6**

**Rudolph Ramble 5K, WP:** Marc Waxman 18:41 (1/3<sup>rd</sup> OA). J Gutierrez 29:00.

**Colder Boulder 5K:** Todd Shaklee 28:00. Nicole Shaklee 30:18.

**12/20**

**Christmas Carol 5K:** Marc Waxman 18:06 (2/Master OA). Constance Ahrnsbrak 26:52 (1). Earl Beam 30:08.

**Santa's Stampede 10K, Hudson Gardens:** Matt Smith 39:19 (1). Robert Kanieski 50:00.

Tall Red (Ed Youngberg) 56:04 (1). Michael Abbott 56:26. Jim Romero 57:08 (2).

Ross Westley 1:05 (1). John Seidle 1:09.

**5K -** Bruce Kirschner 22:33 (1). Michael Abbott 26:09. Tall Red 26:28 (2). Robert Tafelski 27:02.

Jack Barry 28:28 (1). George Huner 29:16. Ross Westley 30:52 (2). Mike Burzynski 31:54 (3).

Dorothy Bensusan 32:26.

**1/1/15**

**Resolute 5K, Arvada:** Michael Abbott 25:50. Connie Ahrnsbrak 31:20 (1). J Gutierrez 32:06.

Laura McCoy 47:58 (W).

**Resolution 5K, WP:** Kayla Young 19:06. Hector Martinez 19:16. Rivers Flores 20:23.

David Hill 27:00. Martha Martinez 27:59. Sylvia Martinez, 28:59.

**1/10**

**Quaker Oatmeal 2.7K, Lafayette:** Bruce Kirschner 18:50 (1). Rich Martinez 20:50 (2).

Tall Red 22:51 (1). Bill Faulkner 23:19 (2). Lonnie Max Stafford 25:20. Deb Stafford 25:47 (2).

Nicole Shaklee 25:52. Tom Duran 26:13. Patricia Tolleson 31:12 (3).

**Polar Bear Prowl Half, BCLP:** Ross Westley 2:35 (1). **5K -** Earl Beam 32:13 (2).

**1/17**

**Frosty Frozen 10-Miler, Hudson Gardens:** Matt Smith 1:04 (2). Molly Smith 1:09 (1).

Michael Blanchett 1:21. Robert Kanieski 1:27. Jim Romero 1:34 (1). Michael Abbott 1:40 (1).

Tall Red 1:41 (3). John Seidle 2:01.

**5 Miler –** Scott Kukel 30:46. Bruce Kirschner 36:36 (3). Robert Kanieski 39:02. Amy Lease 39:39 (1).

Rich Martinez 40:42 (1). Joe Benvegnu 42:31. Missing Link 43:26 (2). Tall Red 45:28 (2).

Jack Barry 47:47 (1). Robert Romero 47:50 (3). Ross Westley 51:27 (2). Earl Beam 56:58.

**1/18**

**Polar Bear 5K, WP:** Connie Ahrnsbrak 27:35 (1). J Gutierrez 28:12. Mike Burzynski 30:34 (1).

Michael Blanchett 31:36.

**Prairie Dog Half, 3W:** Lisa Atencio 2:10. Nicole Shaklee 2:20. Reinaldo Rosario 2:45.

Cheryl Ames 2:46. **5K –** Deborah Stafford 29:13 (1). Lonnie Max Stafford 30:09 (2).

**1/24**

**Yeti Chase 5K, BCLP:** Dorothy Bensusan 28:18 (2). Reinaldo Rosario 35:18.

**10K –** Lisa Atencio 53:01. Michael Abbott 54:53.

**Las Vegas Community 5K, NV:** Jim Romero 25:52. Bobby Romero 26:34. Holly Romero, 34:26.

## 2015 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.

## 2015 Colorado Masters Running / Racewalking Association Schedule

DATE	DOW	TIME	LOCATION	NAME	DIRECTOR(s)
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="#">Sand Creek Greenway</a>	CO State 6K XC Championship	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

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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> March 2015. If sending an email, please add CMRA to the title so we know it's not spam.

Once you are over the hill, you pick up speed

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION  
MEMBERSHIP APPLICATION FOR 12 Months**

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+  
Also Below 35 and High School (14-18)  
Racewalkers Male and Female divisions

Dues: Single member **\$35.00 per year**      Family (household) **\$50.00 per year**

**Membership is \$5.00 less plus a fee if you sign up at:**

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

(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       Race Director       Member Board of Directors   
Event registration       Coaching

**Newsletter:** (please select one)

\_\_\_\_\_ I will download from the website "www.comastersrun.org."

\_\_\_\_\_ Please send it snail mail (for an additional \$10.00 per year)

Revised 1/4/15

*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.**

\*\*\*\*\*

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