

# MASTER TIMES

March / April 2015

Volume 48 Issue 2

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## PRESIDENT'S CORNER

By Jennifer Forker

Dear CMRA members,

Welcome to springtime! I hope some of your best running and racewalking adventures are ahead. As you're out there doing that thing you love, please keep your CMRA monthly races in mind. We love seeing everyone running, racewalking and enjoying each other's company. Go to [www.comastersrun.org](http://www.comastersrun.org) for a list of our 2015 monthly races.

Please consider volunteering at one of our races, too. This is just as much fun as racing! Spouses, families with young children and teenagers who need to accrue volunteer hours are all welcomed.

We can find a volunteering gig that feels right for you: Our primary needs are to fill registration, course marshal, water station and finish line posts.

It's so helpful to round a bend and get cheered on by our course marshal volunteers. And who doesn't appreciate reaching our finish line volunteers? Your volunteering is greatly appreciated. Thank you to all the volunteers past and current who have helped CMRA put on our monthly races; we truly could not do this without you.

Signing up to volunteer is easy: Simply contact the volunteer race director for the event you're interested in. I'll continue to post requests for volunteers on our Facebook page and send them out in our monthly group emails, as needed.

I was injured for seven months last year; it was gratifying to be able to join you all as a course volunteer.

### RACE NEWS

Our March race ended with its usual party atmosphere thanks to its location at the Platte River Bar & Grill in Littleton. If you haven't seen our photos, please check them out on CMRA's Facebook page.

Meanwhile, our April race approaches: It's Saturday, April 18. I hope you can join us for this beautiful (and usually windy) 5K at Bluffs Regional Park in Lone Tree. There are several run stores nearby, if you need to load up on summertime gear. We'll have our usual door prizes, which include *the gift of bread* from Great Harvest Bread Company in Arvada. Please buy bread here when you can; this is one of our longest-running & most accommodating sponsors (it's delicious bread, too!). They're at 7745 Wadsworth Blvd., Arvada, 80003.

### UPCOMING STUFF

I'm working with the Boulder Running Company and several of our own CMRA members who are willing to share their respective running-related expertise to provide several FREE running clinics at the BRC Cherry Creek store this summer. I'll send out emails about this as we get these programs set up. I think they'll prove beneficial to everyone at every level of running and racewalking.

As always, run safely out there. And have a glorious spring run/racewalking season!

Jennifer  
CMRA president



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

PICTURE PAGES

FOURTY FURLONGS



PLATTE RIVER



THANKS TO CONI FOR THE PICTURES

Once you are over the hill, you pick up speed



## February 7th 2015. 40 Furlongs Race Results

PLACE	NAME	SEX	TIME	AGE
1	Jonathan Huie	M	28:30	34
2	Sam Blackshear	M	29:54	27
3	Luis Ronquillo	M	30:32	20
4	Phil Germakian	M	30:36	30
5	E Stuart	M	30:46	30
6	Scott Kukel	M	30:50	41
7	Eric Albright	M	31:22	42
8	Adam Blca	M	31:24	30
9	David Rothenburger	M	31:41	46
10	Antonio Cuevas	M	31:57	35
11	Sam Simkin	M	32:57	41
12	Michael Quispe	M	33:07	48
13	Neil Galvez	M	33:14	29
14	<i>Molly Smith</i>	F	33:39	34
15	Clifford Divinsky	M	34:01	39
16	Brad Bishop	M	35:09	29
17	Charley Perez	M	35:33	67
18	Justin Wehrheim	M	37:02	32
19	Adam Vannoy	M	37:47	34
20	Robert Caillouette	M	37:56	60
21	Timothy Pendarvis	M	38:01	23
22	Brett Allendorf	M	38:04	46
23	James Worthen	M	38:24	30
24	Robert Kanieski	M	38:32	37
25	<i>Theresa Jockers</i>	F	38:44	53
26	Michael Blanchette	M	38:51	57
27	Dale Doughman	M	39:30	57
28	Jesse Tijerina	M	39:55	63
29	Matthew Rutledge	M	40:07	38
30	<i>Karen Voss</i>	F	40:14	49
31	Robert Whittemore	M	40:31	46
32	Dan Shaw	M	40:35	55
33	Frank Kunkel	M	40:53	65
34	David Kelble	M	41:02	57
35	<i>Sara Foster</i>	F	41:22	39
36	David Martinez	M	41:34	36
37	Rich Martinez	M	41:54	68
38	Wayne Stewart	M	42:34	68
39	<i>Claradene Stewart</i>	F	42:49	65
40	Richard Price	M	42:54	49

41	Lou Huie	M	43:39	68
42	Todd Shaklee	M	43:44	45
43	Jim Romero	M	43:54	73
44	Kevin Snyder	M	44:22	51
45	<i>Tonya Fuller</i>	F	44:27	44
46	Tom Chambers	M	45:00	70
47	Ed Youngberg	M	45:13	71
48	Mick Vollmar	M	45:18	60
49	J Gutierrez	M	46:08	62
50	Matthew Barnes	M	46:56	35
51	<i>Reese Evenson</i>	F	47:00	46
52	<i>Janet Sandoval</i>	F	47:22	66
53	<i>Julie Millar</i>	F	47:29	35
54	<i>Jennifer Burnett</i>	F	47:37	33
55	Patrick Roesler	M	47:37	32
56	Alan Johnson	M	47:53	54
57	<i>Jennifer Forker</i>	F	48:04	49
58	Hank Burkman	M	48:10	63
59	Kenny Johnson	M	48:10	44
60	<i>Julie Carroll</i>	F	48:42	41
61	Jeff Olson	M	48:45	55
62	<i>Tina Akin</i>	F	48:48	53
63	<i>Nicole Shaklee</i>	F	48:58	51
64	Scott Bulfin	M	49:11	47
65	<i>Nicky Lee</i>	F	49:37	51
66	<i>Danielle Carroll</i>	F	49:38	38
67	<i>Heather Turner</i>	F	50:12	26
68	Tom Duran	M	50:15	67
69	Gabe Sisneros	M	50:19	76
70	<i>Katie Kelble</i>	F	50:25	10
71	<i>Karen McKean</i>	F	51:19	59
72	Rich Romero	M	51:37	78
73	<i>Suzanne Buntrock</i>	F	52:07	56
74	<i>Fran Schneider</i>	F	52:51	59
75	Doug Tollin	M	53:26	79
76	John Seidle	M	54:50	64
77	Andy McKean	M	55:44	70
78	<i>Michelle Kelble</i>	F	56:03	46
79	<i>Heather Huntoon</i>	F	56:14	46
80	<i>Jennifer Gulley</i>	F	56:17	36
81	<i>Kylie Gulley</i>	F	56:39	12
82	Lee Bengston	M	56:58	77
83	<i>Mindy Bradford</i>	F	57:05	54

Once you are over the hill, you pick up speed

84	<i>Trina Lambert</i>	F	57:42	52
85	Derek Troy	M	59:17	39
<b>RACEWALKERS - 5K</b>				
1	Ed Gussie	M	38:07	73
2	<i>Laura McCoy</i>	F	39:16	59
3	<i>Colleen Jurgens</i>	F	43:25	45
4	Cliff Jurgens	M	43:26	48

### February 7th 2015. 40 Furlongs Race Results by age group

PLACE	NAME	TIME	NAME	TIME
	Men		Women	
<b>OVERALL</b>				
1	Jonathan Huie	28:30	Molly Smith	33:39
<b>75-79</b>				
1	Gabe Sisneros	50:19		
2	Rich Romero	51:37		
3	Doug Tollin	53:26		
4	Lee Bengston	56:58		
<b>70-74</b>				
1	Jim Romero	43:54		
2	Tom Chambers	45:00		
3	Ed Youngberg	45:13		
4	Andy McKean	55:44		
<b>65-69</b>				
1	Charley Perez	35:33	Claradene Stewart	42:49
2	Frank Kunkel	40:53	Janet Sandoval	47:22
3	Rich Martinez	41:54		
4	Wayne Stewart	42:34		
5	Lou Huie	43:39		
<b>60-64</b>				
1	Robert Caillouette	37:56		
2	Jesse Tijerina	39:55		
3	Mick Vollmar	45:18		
4	J Gutierrez	46:08		
5	Hank Burkman	48:10		
<b>55-59</b>				
1	Michael Blanchette	38:51	Karen McKean	51:19
2	Dale Doughman	39:30	Suzanne Buntrock	52:07
3	Dan Shaw	40:35	Fran Schneider	52:51
4	David Kelble	41:02		
5	Jeff Olson	48:45		

<b>50-54</b>				
1	Kevin Snyder	44:22	Theresa Jockers	38:44
2	Alan Johnson	47:53	Tina Akin	48:48
3			Nicole Shaklee	48:58
4			Nicky Lee	49:37
5			Mindy Bradford	57:05
<b>45-49</b>				
1	David Rothenburger	31:41	Karen Voss	40:14
2	Michael Quispe	33:07	Reese Evenson	47:00
3	Brett Allendorf	38:04	Jennifer Forker	48:04
4	Robert Whittemore	40:31	Michelle Kelble	56:03
5	Richard Price	42:54	Heather Huntoon	56:14
<b>40-44</b>				
1	Scott Kukel	30:50	Tonya Fuller	44:27
2	Eric Albright	31:22	Julie Carroll	48:42
3	Sam Simkin	32:57		
4	Kenny Johnson	48:10		
<b>35-39</b>				
1	Antonio Cuevas	31:57	Sara Foster	41:22
2	Clifford Divinsky	34:01	Julie Millar	47:29
3	Robert Kanieski	38:32	Danielle Carroll	49:38
4	Matthew Rutledge	40:07	Jennifer Gulley	56:17
5	David Martinez	41:34		
<b>19-34</b>				
1	Sam Blackshear	29:54	Jennifer Burnett	47:37
2	Luis Ronquillo	30:32	Heather Turner	50:12
3	Phil Germakian	30:36		
4	E Stuart	30:46		
5	Adam Blca	31:24		
<b>13 and Under</b>				
1			Katie Kelble	50:25
2			Kylie Gulley	56:39

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5K FUN RUN				
PLACE	NAME	SEX	TIME	AGE
1	Cliff Jurgens	M	24:03	49
2	Eric Welch	M	30:11	49
3	Sherman Lambert	M	34:56	55
4	Owen Myers	M	35:17	9
5	Riley Myers	M	35:17	7
6	<i>Emily Myers</i>	F	35:18	39
7	<i>Julie Linkus</i>	F	35:39	52
8	<i>Julie Gedge</i>	F	41:36	36
9	<i>Kristi Snyder</i>	F	41:47	43
10	<i>Angela McCorrison</i>	F	45:11	64
11	<i>Regina Martinez</i>	F	51:14	40
12	<i>Kendra Gulley</i>	F	57:29	10
13	Ryan Gulley	M	57:32	36
14	Seth Gulley	M	1:02:51	17
15	Brent Jockers	M	1:04:45	64
16	<i>Leslie Thompson</i>	F	1:04:45	58
17	<i>Ambrielle Gulley</i>	F	1:20:20	15
18	<i>Anne-Marie Schmidt</i>	F	1:23:20	57

An amazingly warm day in Colorado for February! Sunny and 62 degrees at the race, however the winds were brutal @ 25-35mph from the West.

This year's race was once again hosted by Roadrunner Sports Westminster. We sincerely appreciate the store for being a generous host. Also joining us in the store was Honey Stinger (Scott Compton, representative) providing wonderful samples of their products!

Congratulations to our overall 5 Miler winners Jonathan Huie and Molly Smith! We also offered a 5K course, enjoyed by a spirited group of runners, walkers, families, and kids. Thank you all for coming out.

Sincere thanks to all of our volunteers and club member support: Rob Fisher, Ken Simons, Ken Randal, Joe Sanchez, Lisa Atencio, Larry Schmidt, Jennifer Forker, Connie Ahrnsbrak, Kevin Snyder, 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 Honey Stinger for their generous "buffet." Prizes were also provided by: Arvada Sport and Spine Group ([www.arvadasportandspine.com](http://www.arvadasportandspine.com)), Colfax Marathon (t-shirts), and Great Harvest Bread! Thanks to Westminster for use of their wonderful facility and trails.

Jason Myers  
Race Director

## CMRA MAR 21<sup>ST</sup> 2015 SPRING SPREE RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Jay Luna	M	34:32	?
2	Sam Blackshear	M	36:49	27
3	Chris Gregory	M	37:52	34
4	Neil Galvez	M	37:59	29
5	Matt Smith	M	39:00	38
6	David Rothenburger	M	39:04	46
7	George Forbes	M	39:28	45
8	Eric Albright	M	39:37	42
9	Keith Johnson	M	39:50	53
10	Sam Simkin	M	40:52	41
11	<i>Bret Scofield</i>	F	40:56	26
12	Eric Patterson	M	41:00	50
13	<i>Molly Smith</i>	F	41:28	34
14	Daniel Evans	M	41:53	37
15	<i>Sydney Ayers</i>	F	42:03	51
16	Allen Wat	M	42:41	42
17	Devin Croft	M	42:46	62
18	Michael Brenner	M	42:54	56
19	Bruce Kirschner	M	43:25	61
20	Michael Guenther	M	43:46	53
21	Mark Erickson	M	43:56	49
22	James Worthen	M	44:27	30
23	Brett Allendorf	M	45:05	46
24	Shaun Schafer	M	45:06	47
25	Aaron Ruhnow	M	45:12	44
26	Timothy Pendarvis	M	45:20	24
27	Michael Le Page	M	45:45	57
28	<i>Theresa Jockers</i>	F	47:38	53
29	Adam Vannoy	M	47:41	34
30	David Martinez	M	48:10	36
31	<i>Helen DeGennaro</i>	F	48:37	47
32	Robert Kanieski	M	48:45	37
33	Dennis Cisco	M	48:54	47
34	Michael Blanchette	M	48:54	58
35	Dale Doughman	M	49:18	57
36	<i>Stacy Gapper</i>	F	49:47	41
37	Russell Bloom	M	50:27	48
38	Jim Bosik	M	50:36	64
39	Tim Boettcher	M	50:42	51
40	Lou Huie	M	50:46	68

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41	<i>Ashley Potrzeba</i>	F	51:35	25
42	<i>Sarah Skarie</i>	F	51:47	41
43	<i>Judy Laney</i>	F	53:26	62
44	<i>Erin Rolf</i>	F	53:37	39
45	<i>Emily Clark</i>	F	53:40	32
46	<i>Lori Woods</i>	F	53:41	52
47	Ron Siefkes	M	53:42	54
48	Rich Martinez	M	53:47	68
49	Bill Faulkner	M	53:50	73
50	John Shea	M	53:53	57
51	<i>Maria Le Page</i>	F	53:54	57
52	Nick Vollmar	M	54:00	61
53	Todd Shaklee	M	54:01	45
54	The B-Man (Jim Romero)	M	54:59	74
55	Robert Romero	M	55:43	68
56	Ron Thomas	M	55:53	48
57	Matthew Barnes	M	56:11	35
58	Spiderman (Scott McFarlane)	M	56:12	63
59	<i>Erin Bosik</i>	F	56:19	29
60	Jeff Hesse	M	56:25	50
61	J Gutierrez	M	56:32	62
62	Chuck Hawes	M	56:36	43
63	<i>Carol Williams</i>	F	56:58	60
64	<i>Janet Sandoval</i>	F	57:01	66
65	<i>Constance Ahrnsbrak</i>	F	57:33	75
66	<i>Justina Faulkner</i>	F	58:10	42
67	Rick Nistico	M	58:17	61
68	Jeff Olson	M	58:24	55
69	<i>Donna Thomas</i>	F	58:26	51
70	<i>Jennifer Burnett</i>	F	58:33	33
71	Patrick Roesler	M	58:34	32
72	Bruce Wilson	M	58:45	52
73	<i>Julie Carroll</i>	F	58:46	41
74	Hank Burkman	M	59:34	63
75	<i>Jennifer Forker</i>	F	59:37	49
76	<i>Leslie Mitchell</i>	F	59:58	53
77	<i>Patricia Jones</i>	F	1:00:00	63
78	<i>Danielle Carroll</i>	F	1:00:05	38
79	<i>Karen McKean</i>	F	1:01:11	59
80	Jay Dee Trujillo	M	1:01:43	57
81	<i>Tina Akin</i>	F	1:02:38	53
82	<i>Jean Nistico</i>	F	1:02:50	68
83	Gabe Sisneros	M	1:02:56	76

84	Rich Romero	M	1:02:58	78
85	<i>Lisa Wilson</i>	F	1:03:20	49
86	<i>Carmen Kitts</i>	F	1:04:36	63
87	<i>Anne-Marie Schmidt</i>	F	1:04:41	57
88	<i>Heather Huntoon</i>	F	1:05:08	47
89	<i>Nicky Lee</i>	F	1:05:35	51
90	Charles Scheibe	M	1:06:29	60
91	<i>Ironlady (Nicole Shaklee)</i>	F	1:07:55	51
92	Lee Bengston	M	1:07:56	78
93	Earl Beam	M	1:08:26	64
94	<i>Patricia Tolleson</i>	F	1:09:05	66
95	John Seidle	M	1:09:05	64
96	Andy McKean	M	1:10:29	70
97	<i>Mindy Bradford</i>	F	1:10:50	54
98	<i>Jo Ann Weaver</i>	F	1:11:05	55
99	Derek Troy	M	1:11:28	39
100	Dave Banko	M	1:14:33	63
101	<i>Theresa Ulrich</i>	F	1:18:47	33
102	Brent Jockers	M	1:19:03	64
103	<i>Leslie Thompson</i>	F	1:23:35	58
104	<i>Regina Martinez</i>	F	1:33:38	40
105	Sonewall (Kenneth Green)	M	1:34:04	86

### March 21, 2015 Spring Spree Race Results by Age Group

PLACE	NAME	TIME	NAME	TIME
MEN		WOMEN		
<b>Overall</b>				
1	Jay Luna	34:32	Bret Scofield	40:56
<b>80 and Over</b>				
1	Sonewall (Kenneth Green)	1:34:04		
<b>75-79</b>				
1	Gabe Sisneros	1:02:56	Constance Ahrensbrak	57:33
2	Rich Romero	1:02:58		
3	Lee Bengston	1:07:56		
<b>70-74</b>				
1	Bill Faulkner	53:50		
2	The B-Man (Jim Romero)	54:59		
3	Andy McKean	1:10:29		
<b>65-69</b>				
1	Lou Huie	50:46	Janet Sandoval	57:01
2	Rich Martinez	53:47	Jean Nistico	1:02:50
3	Robert Romero	55:43	Patricia Tolleson	1:09:05

Once you are over the hill, you pick up speed

<b>60-64</b>				
1	Devin Croft	42:46	Judy Laney	53:26
2	Bruce Kirschner	43:25	Carol Williams	56:58
3	Jim Bosik	50:36	Patricia Jones	1:00:00
4	Nick Vollmar	54:00	Carmen Kitts	1:04:36
5	Spiderman (Scott McFarlane)	56:12		
<b>55-59</b>				
1	Michael Brenner	42:54	Maria Le Page	53:54
2	Michael Le Page	45:45	Karen McKean	1:01:11
3	Michael Blanchette	48:54	Anne-Marie Schmidt	1:04:41
4	Dale Doughman	49:18	Jo Ann Weaver	1:11:05
5	John Shea	53:53	Leslie Thompson	1:23:35
<b>50-54</b>				
1	Keith Johnson	39:50	Sydney Ayers	42:03
2	Eric Patterson	41:00	Theresa Jockers	47:38
3	Michael Guenther	43:46	Lori Woods	53:41
4	Tim Boettcher	50:42	Donna Thomas	58:26
5	Ron Siefkes	53:42	Leslie Mitchell	59:58
<b>45-49</b>				
1	David Rothenburger	39:04	Helen DeGennaro	48:37
2	Mark Erickson	43:56	Jennifer Forker	59:37
3	Brett Allendorf	45:05	Lisa Wilson	1:03:20
4	Shaun Schafer	45:06	Heather Huntoon	1:05:08
5	Dennis Cisco	48:54		
<b>40-44</b>				
1	Eric Albright	39:37	Stacy Gapper	49:47
2	Sam Simkin	40:52	Sarah Skarie	51:47
3	Allen Wat	42:41	Justina Faulkner	58:10
4	Aaron Ruhnow	45:12	Julie Carroll	58:46
5	Chuck Hawes	56:36	Regina Martinez	1:33:38
<b>35-39</b>				
1	Matt Smith	39:00	Erin Rolf	53:37
2	Daniel Evans	41:53	Danielle Carroll	1:00:05
3	David Martinez	48:10		
4	Robert Kanieski	48:45		
5	Matthew Barnes	56:11		
<b>19-34</b>				
1	Sam Blackshear	36:49	Molly Smith	41:28
2	Chris Gregory	37:52	Ashley Potrzeba	51:35
3	Neil Galvez	37:59	Emily Clark	53:40
4	James Worthen	44:27	Erin Bosik	56:19
5	Timothy Pendarvis	45:20	Jennifer Burnett	58:33

## The Pelican Brief (Constance Ahrnsbrak)

**2/14**

**PPRR 10-Mile:** Robert Kanieski, 1:17.

**Loveland Sweetheart 4-Miler:** Jonathan Huie 21:50 (3/OA). Lou Huie 33:46. Todd Shaklee 34:55. Nicole Shaklee 37:56. Jan Huie 39:11.

**Heart Throb 5K, Arvada:** Cliff Jurgens 23:02. Hunter Karickhoff 25:00. J Gutierrez 27:33 (1). Dorothy Bensusan 28:56. Fran Schneider 30:15.

**2/21**

**Snowman Stampede, Hudson Gardens: 10-Mile –** Matt Smith 1:04. Molly Smith 1:09 (2<sup>nd</sup>/OA) Bruce Kirschner 1:14 (2). Michael Blanchette 1:21. The B-Man 1:35 (1). Michael Abbott 1:40.

**5-Mile:** Tall Red (Ed Youngberg) 44:59 (3). Jack Barry 46:57 (1). Elizabeth Hayden 47:52. Leslie Mitchell 48:16. Earl Beam 53:15.

**Gasparilla 15K, FL:** Todd Shaklee 1:27. Nicole Shaklee 1:35.

**5K –** Todd Shaklee 30:18. Nicole Shaklee 32:13.

**2/22**

**Gasparilla Half, FL -** Todd/Nicole Shaklee 3:08.

**2/28**

**PPRR 20K, Black Forest:** Rich Hadley 1:40 (1). Robert Kanieski 1:57. Tall Red 2:14 (1).

**10K –** Deb Hadley 1:22.

**Special Olympic 5K, City Park:** Nicole Shaklee 30:36 (2).

**3/1**

**– Dam 13.1, CCSP:** Anthony Kunkel 1:17 (3/OA) & Michael Blanchette, 1:47 (3).

**Dam 5K –** J Gutierrez, 27:55; Constance Ahrnsbrak, 28:13 (1) & Laura McCoy, 44:11 (W).

**3/14**

**– Lucky Laces 10K, CP:** Ashley Potrzeba, 48:38, David Kelble, 52:33, Deborah Stafford, 59:24, Nichol Shaklee, 1:00 & Lonnie Max Stafford, 1:01. **5K –** 10- year old Katie Kelble, 29:23 (1) & Earl Beam, 32:17.

**Sharin O Green 5K, FTC:** Rich Martinez, 24:11.

**Erin Go Braugh 7.77K, Westminster:** Jay Dee Trujillo, 42:07, Michael Abbott, 42:13 & Dorothy Bensusan, 46:17. **Highlands Ranch St. Pats' 5K:** Jack Barry, 28:39 (3).

**3/15**

**- ROTG 7K, LoDo:** Scott Kukel, 26:10, David Rothenburger, 26:49, Brett Allendorf, 31:36, Michael Blanchett, 32:12, Bob Caillouette, 32:33 (3), Amy Lease, 33:50 (1), Stacy Totherow, 34:54, Rich Martinez, 35:44, Todd Shaklee, 38:52, Bob Romero, 39:14, Tom Chambers, 39:18 (1), J Gutierrez, 40:10, Connie Ahrnsbrak, 40:19 (1), Nichole Shaklee, 43:17, Tom Duran, 43:37, Lee Bengston, 46:28, Doug Tollin, 46:37, Holly Romero, 52:59, Dave Banko, 54:05, Laura McCoy, 54:48, Ed Gussie, 1:03 (W) & Ruth Tollin, 1:05 (3).

**Run Through Time Marathon, Salida:** Robert Kanieski, 5:28.

**Canyonlands Half, Moab:** Claradene Stewart, 1:55 (2), Wayne Stewart, 1:59, Suzanne Buntrock, 2:24 and Cassie Klump, 2:45.

**3/22**

**– Spring Fever 5K, Golden:** Earl Beam, 32:39 (2).

Once you are over the hill, you pick up speed

## **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**

<b>DATE</b>	<b>DOW</b>	<b>TIME</b>	<b>LOCATION</b>	<b>NAME</b>	<b>DIRECTOR(s)</b>
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> May 2015. If sending an email, please add CMRA to the title so we know it's not spam.



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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: \_\_\_\_\_

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Mail completed form with check payable to:

**CMRA  
16608 W 73rd Dr  
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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

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