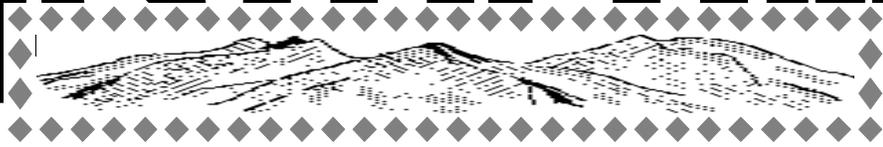


MASTER TIMES



May / June 2016

Volume 49 Issue 3

PRESIDENT'S CORNER

Good day, all.

Your President has been remiss in some responsibilities. I need to humbly apologize to all who had wanted to run the Colfax Marathon as part of a team. I had some personal issues that impacted my ability to get the registration done, and I've felt guilty about that and haven't apologized. I feel horribly. There's nothing I can do but say, please forgive me. I'll try to be more responsible.

This has been an interesting couple of months for running. We've had our winter in the spring, instead. This led to the unprecedented second year in a row cancellation of the Bluffs Run. We are looking at changing that race to a different month, as we believe the venue is important. Stay tuned for official word on that.

I've personally been having trouble running in this weather. Mud on the trails, ice on the roads, wet everywhere, and cold. But spring IS coming, and we'll enjoy it at the CMRA / RRCA Colorado State 6K Championship at Bluff Lake Nature Center on May 21st. This is a beautiful course, and a favorite among the CMRA faithful.

Kevin Snyder
Your Pres-dude.



PICTURE PAGES



MAY 17 STONEHOUSE RUN



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MAY 24 GREEN MOUNTAIN RUN



*THANKS TO CONI & SCOTT FOR THE PICTURES
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Once you are over the hill, you pick up speed

The April race was cancelled, here is what Ross Westley and Ed Youngberg did instead

COLORADO SPRING RUNNING

What do you do when a Colorado spring snow causes cancellation of a trail run and threatens the same for the following day? Stay inside and watch it snow? No! You put on your adverse weather running gear and check if a race close to home is happening. Much to your surprise you discover that in spite of snow/rain conditions the race is on! The marathon and half marathon groups are gone. You have to choose a 5K or 10K. With just 30 minutes left you quickly register for the 10K. The race starts right on time. Within the first quarter mile you slush through mud getting wet feet, but determination forces you to continue on the outback course on a combination of cement and a muddy wet trail, finishing in an unbelievable slow time but still warm, sweating with soaking wet socks and quite muddy shoes.

You go home to shower and open the computer and find out the Tunnel 10 mile run the next day in the mountain town of Buena Vista, Colorado is "a go". You have been waiting a whole year for this run because it was cancelled last year due to a freak snowstorm that occurred in this Colorado "banana belt".

With much excitement you pack your running gear, call for a motel room and call a good running friend with an invitation to go along, with only 30-45 minutes notice. He calls back in a few minutes and accepts the challenge to potentially run in mud and snow for ten miles. You head out on the adventure in light snow and a wet roadway hoping to get to your destination in time to pick up the race packet later that afternoon.

After checking (511) the Colorado state road conditions, you decide to take an alternate route through Colorado Springs, Canyon City, Salida, and on to Buena Vista. Surprisingly, the road is either wet or dry for most of the way except for blowing snow over Monument Hill.

After an uneventful trip we arrive in Buena Vista about 5 o'clock, in time to pick up our race packet. We talk to the race director about their decision to make a course change due to weather conditions. Instead of a "point to point" it was changed to an "out and back" but still running over the old Midland Railroad bed. We are delighted with the change which now includes two opportunities to go through four of the old tunnels on the railroad bed, (now a dirt road) once on the way out which was a gradual uphill and again on the way back. Being an old railroad buff, this is part of the excitement of the race.

We check into our motel and then have dinner at a nice, medium priced restaurant with excellent food. After a good night's sleep we awake to find some new snow, but the weather was clearing, with the sun making sporadic appearances. After breakfast at the motel, we head for the race start only to find about 35 seasoned runners ready to go.

The race begins at the announced start time and the snow and mud on the roadway makes footing a bit difficult to maneuver. The miles go by slowly but soon the half way point is reached and it is time to head back to the finish line. When it is crossed there is a sense of elation when you realize you have survived and conquered the elements that made your goal of running this race a success. We both place in our age group and have a gift certificate to redeem at a local sports store, which makes your effort even more worthwhile.

After a great lunch at a local restaurant and a cup of coffee using a gift card from our race packet it was time to head for home. Thankfully the drive home on US 285 goes by quickly, much better than the trip to the race.

The roads were clear and dry with the sunshine.

We arrive home safely, and quite satisfied with the spontaneous decision to drop everything and "go for it" in spite of some iffy weather.

As we reflect on the race, the run through the tunnels twice was a real treat. In addition, with the weather clearing, the snow covering the Collegiate Range to the west, and the sun shining on the surrounding country side, there was a resemblance of a true winter wonderland.

A potential "no run weekend" was well redeemed.

Ross Westley and Ed Youngberg

MAY 21 6K X COUNTRY CHAMPIONSHIPS RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Patrick Richards	M	24:08	36
2	Eric Albright	M	24:48	43
3	Jonathan Fenske	M	25:12	46
4	David Rothenburger	M	25:43	47
5	Keith Johnson	M	25:44	54
6	<i>Rachel Perez</i>	F	25:49	36
7	<i>Molly Smith</i>	F	25:58	36
8	Jeremy Johnson	M	26:27	41
9	Brandon Rockwood	M	26:53	20
10	Sam Simkin	M	27:28	43
11	<i>Sydney Ayers</i>	F	27:44	52
12	Michael Brenner	M	27:51	57
13	Allen Wat	M	28:30	43
14	Evan Stark	M	29:08	31
15	Robert Kanieski	M	30:08	39
16	Robert Caillouette	M	30:38	61
17	<i>Jitka O'Farrell</i>	F	30:42	38
18	Tim Lewis	M	30:44	44
19	Brett Allendorf	M	30:59	47
20	<i>Helen Degennaro</i>	F	32:18	49
21	Scott Foster	M	32:32	54
22	Michael Keyes	M	34:09	70
23	Trujillo Jay	M	34:28	57
24	<i>Sara Foster</i>	F	35:31	40
25	Tom Chambers	M	36:19	73
26	Mark Hasseman	M	36:30	60
27	Scott McFarlane	M	36:37	65
28	Todd Shaklee	M	37:07	46
29	<i>Karen McKean</i>	F	38:05	61
30	<i>Janet Sandoval</i>	F	38:34	67
31	<i>Lisa Oroc card</i>	F	39:48	44
32	<i>Siri Lewis</i>	F	40:19	42
33	<i>Patricia Jones</i>	F	40:21	64
34	<i>Nicole Shaklee</i>	F	40:36	52
35	Kevin Snyder	M	40:47	52
36	Tom Duran	M	40:49	68
37	Richard Romero	M	40:55	79
38	<i>Anne-Marie Schmidt</i>	F	41:04	58

Once you are over the hill, you pick up speed

39	<i>Francie Kinney</i>	F	42:15	33
40	Scott Bulfin	M	42:34	49
41	Gabe Sisneros	M	43:19	77
42	<i>Becky Ross</i>	F	43:33	42
43	Lee Bengston	M	44:47	78
44	<i>Jenny Hurst</i>	F	45:33	12
45	<i>Jaelyn Douglas</i>	F	46:17	12
46	Eric Welch	M	46:35	51
47	Earl Beam	M	47:53	65
48	Jordan Douglas	M	48:15	12
49	<i>Virginia Schultz</i>	F	48:25	61
50	Andy McKean	M	48:45	71
51	<i>Stephanie Morrison</i>	F	49:06	34
52	Jason Bouska	M	49:07	38
53	<i>Mindy Bradford</i>	F	50:46	55
54	<i>Allison Douglas</i>	F	54:01	40
RACEWALKERS				
1	Ken Simons	M	51:40	78
2	Ed Gussie	M	60:14	75

MAY 21 6K RACE RESULTS BY AGE GROUP

PLACE	OVERALL MEN		OVERALL WOMEN	
	NAME	TIME	NAME	TIME
	MEN		WOMEN	
OVERALL				
1	Patrick Richards	24:08	Rachel Perez	25:49
75-79				
1	Richard Romero	40:55		
2	Gabe Sisneros	43:19		
3	Lee Bengston	44:47		
70-74				
1	Michael Keyes	34:09		
2	Tom Chambers	36:19		
3	Andy McKean	48:45		
65-69				
1	Scott McFarlane	36:37	Janet Sandoval	38:34
2	Tom Duran	40:49		
3	Earl Beam	47:53		
60-64				
1	Robert Caillouette	30:38	Karen McKean	38:05
2	Mark Hasseman	36:30	Patricia Jones	40:21

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3			Virginia Schultz	48:25
55-59				
1	Michael Brenner	27:51	Anne-Marie Schmidt	41:04
2	Trujillo Jay	34:28	Mindy Bradford	50:46
50-54				
1	Keith Johnson	25:44	Sydney Ayers	27:44
2	Scott Foster	32:32	Nicole Shaklee	40:36
3	Kevin Snyder	40:47		
4	Eric Welch	46:35		
45-49				
1	Jonathan Fenske	25:12	Helen Degennaro	32:18
2	David Rothenburger	25:43		
3	Brett Allendorf	30:59		
4	Todd Shaklee	37:07		
5	Scott Bulfin	42:34		
40-44				
1	Eric Albright	24:48	Sara Foster	35:31
2	Jeremy Johnson	26:27	Lisa Orocara	39:48
3	Sam Simkin	27:28	Siri Lewis	40:19
4	Allen Wat	28:30	Becky Ross	43:33
5	Tim Lewis	30:44	Allison Douglas	54:01
35-39				
1	Robert Kanieski	30:08	Molly Smith	25:58
2	Jason Bouska	49:07	Jitka O'Farrell	30:42
19-34				
1	Brandon Rockwood	26:53	Francie Kinney	42:15
2	Evan Stark	29:08	Stephanie Morrison	49:06
13 & UNDER				
1	Jordan Douglas	48:15	Jenny Hurst	45:33
2			Jaelyn Douglas	46:17

A month before the race, co-director Rob Fisher called with the bad news. Kate from the Sand Creek Greenway Authority had called to say Denver Parks & Rec. had assumed control of the portion of the greenway we were planning to use for our race course. What did that mean for the race? After a couple of weeks' discussion with the permitting office, in addition to permit applications, submission of race plans and a meeting with park rangers to review the course, we were suddenly looking at \$600 in permitting fees.

Weighing these factors against the disruption of a last minute change in location, the choice was plainly in favor of a move. Just a few hundred yards upstream on the creek, the very accommodating management of the Bluff Lake Nature Center graciously consented to permit our race, charging us a fraction of the fees that the city wanted to impose. The move was on.

And well worth the effort involved to change. A new course, still consisting of 2 circuits of a 3K loop, was quickly laid out, following a similar route to prior races the club has held at Bluff Lake. As a result of the move, the race course now circled

Once you are over the hill, you pick up speed

the little lake on well-maintained gravel paths, with some beautiful single track along the creek and a few hundred yards of rough open space featuring fallen trees, a prairie dog town and small patches of sand. Quite a delightful little course, decorated with the many greens of spring.

The weather on race day couldn't have been sweeter, with sunny morning lows in the forties. By 9 o'clock, when the walkers were finishing, the temperature was climbing into the sixties. Since this was the first warm race day of the year, the water stop was popular.

And the racing was grand! Rachel Perez claimed the RRCA's Colorado State Cross Country title with a time for the 6K distance of 25:49. Patrick Richards took the title for the men with his time of 24:08. The Masters (age 40+) titles went to Sydney Ayers (27:44) and Eric Albright (24:48). Karen McKean (38:05) brought home the Grand Masters (50+) award, and Keith Johnson (25:44) took the men's award. For the Senior Grand Masters (60+), the champions are Janet Sandoval (38:34) and Bob Caillouette (30:38).

Many thanks to the members who volunteered their time to make this race happen, including: Patty Jones, Nicole Shaklee and Kevin Snyder (registration); Joe Baird (timing, scoring and equipment); Amy Lease, Matt Barnes and Bill Faulkner (timing and scoring); course marshals Pat Tolleson and Lu Shaw; Tom Chambers (awards); and Shannon Shaw (course marshal, awards and the raffle). And a huge thanks is due to Bluff Lake Nature Center for kindly hosting this event on such short notice.

The Pelican Brief (Constance Ahrnsbrak)

4/23

Oklahoma City Memorial Marathon: Suzanne Buntrock 5:10.

Spring Classic 10k, Norway, MI: Robert Kanieski 43:55

4/24

Cherry Creek Sneak 10-miler: Stacy Totherow 1:23. Michael Abbott 1:29. Ed Youngberg 1:34 (1). Elizabeth Hayden 1:53. Lee Bengston 1:55.

CCS 5-Miler: Rich Martinez 41:13. Karen McKean 44:32 (1). Bobby Romero 46:43.

Constance Ahrnsbrak, 46:57 (1). J Gutierrez 47:10. Hunter Karickhoff 47:19. Tom Duran 50:23.

CCS, 5K – Tom Chambers 27:01 (1). Fred Trentaz 32:25. Holly Romero 36:49. Carol Bengston 52:12 (2).

4/30

Greenland Trails, Larkspur: 50K – Dan Shaw 7:16 (2). **25K –** Molly Smith 2:38. Jim Bosik 3:33 (1). Lisa Antencio 3:52. **8-Miler –** Dave Banko, 2:14.

5/1

Columbine Classic 4-Mile, Aurora: Scott Kukel 24:53 (**3/OA**). Suzanne Buntrock 38:21 (2).

Fran Schneider 45:12.

5/7

Sheep Dog 5K Trail, Hotchkiss: Robert Kanieski 22:06 (OA).

Colorado Women's Classic 10K, Thornton: Dave Black 1:01.

Grand Canyon Half, Tusayan, AZ: Ed Youngberg 2:29(1). Ross Westley 2:46.

5/8

Rockies 5K for Homeless: Patti Thurman 28:01 (3). Leslie Mitchell 29:16. Rich Romero 31:23 (2).

Lee Bengston 33:50 (3). Fran Schneider 34:11. Suzanne Buntrock 42:56. Carol Bengston 50:06 (3).

5/15

Summit to Summit 7.2, Scotts Bluff Nat'l Mnmnt, NE: Stacy Totherow 1:01 (1). Connie Ahrnsbrak 1:18 (1).

5/21

Air Life Memorial 10K, Hudson Gardens: Bob Romero 1:01 (3). **5K –** Holly Romero 37:12.

5/30

Bolder Boulder 10K: Scott Kukel 39:28 (5). David Rothenburger 40:26 (8). Bruce Kirschner 43:42 (1).

Michael Brenner 43:48 (7). Bob Caillouette 46:41 (3). Amy Lease 48:53 (2). Dan Shaw 49:22.

Rich Martinez 51:57 (3). Jesse Tijerina 52:02. Sara Foster 52:12 (6). Erin Bosik 54:56. Lisa Antencio 55:08,

Karen McKean 55:56 (6). Pattie Thurman 57:08 (4). Ed Youngberg 57:12 (3) Debbie Stafford 58:32 (5).

Janet Sandoval 58:38 (3). Lonnie Stafford 59:26 (12). Hunter Karickhoff 59:35.

Constance Ahrnsbrak 100:37 (1). Bobby Romero 1:00:39. Jean Nistico 1:03 (3). Bill Faulkner 1:03 (5).

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Bill Obert 1:04 (1). Bill Smitham 1:05. Tom Duran 1:06. Rick Nistico 1:06. Lee Bengston 1:07 (1). Garland Thurman 1:09. Dorothy Bensusan 1:10. Fran Schneider 1:10. Patricia Tolleson 1:14. Earl Beam 1:14. Holly Romero 1:19. Fred Trentaz 1:35.

6/4

North Park 50- miler, Pine: Tina Akin 13:27. **50K –** Dan Shaw 6:35 (2). Jim Bosik 6:50 (1)
Arvada Park to Park 10K: J Gutierrez 1:01 (1). **5K:** Constance Ahrnsbrak 28:45 (1). Earl Beam 33:40 (2).
Half Marathon: Ross Westley 2:45.

Thelma & Louise Half, Moab: Nicky Lee 2:47 Nicole Shaklee 2:47.

Deadwood Fast 5K, SD: Tom Duran 26:50 (3).

6/5

Deadwood Half Marathon: Stacy Totherow 1:50. Rich Martinez 1:54.

Boulder Rez 5K: Earl Beam 31:00 (2).

2016 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)
Jun 11	(Sat)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race 9K	Tom Duran
Jul 16	(Sat)	8 AM	White Ranch Park	White Ranch Trail Run	Kevin Snyder / Chris Stone
Aug 3	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Sep 17	(Sat)	8 AM	TBD	The Amazing Race	Eric Hislop / Jennifer Forker
Oct 8	(Sat)	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Matthew Rutledge / DeNae VanWestrienen
Nov 19	(Sat)	10 AM	Hildebrand Ranch Park	Veterans run 6.6M	Ben Bergstrand / Nick Vollmar
Dec 3	(Sat)	10 AM	Bluff Lake Nature Center	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) or Jane Harbert (tace_tigger@hotmail.com) before 20th July 2016. If sending an email, please add CMRA to the title so we know it's not spam.

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