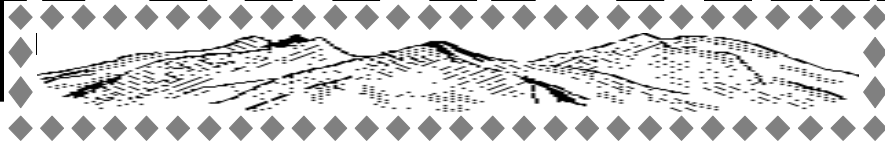


MASTER TIMES



March / April 2017

Volume 50 Issue 2

PREZ LETTER

Hello Masters!!

Hope you have all been doing great and have been enjoying the longer daylight hours. Great news we've obtained a new domain and it is now available cmraran.org, our old domain is still available but will eventually go away, so please update your bookmarks to the new link.

If you have any ideas or recommendations on how we are doing, please reach out to us and let us know! This is YOUR club and we CARE!! Feel free to message us on Facebook or send an email to info@cmraran.org

Race Recaps

Our January 7 Lake Arbor race did not disappoint - we had some great running weather with a nice pile of snow. Next up was Forty Furlongs on February 11. We were blessed with fabulous weather and a great turnout of 99 run/walkers!! Thank you to all of our members who were able to join us for our first two races – we hope to see many more of you at the upcoming races! And don't forget, you can see each Race Director's race report on each race's results page!



Check out the [schedule for our upcoming races](#) on our website or our Facebook event pages. ☺

Visit us on the web at www.cmraran.org

FULL MOON RUNS!

We've had some amazing full moon runs! With the sun being out later, it has been great to get out on the trails and enjoy a fun time with running friends! Please continue to watch our FB page for upcoming runs



Also, let us know of any other runs that you have and would like to share, rumor has it that there are some morning runs that have become a favorite of some of our members. Please post these to Facebook so fellow CMRA'ers can join in on the

running fun!



CUPLESS!!

CMRA running events will be going cupless!! Starting with our July 8th race at White Ranch Trail, we will no longer provide cups, however we will provide water for you to refill your personal water bottles, handhelds or hydration packs.

HELP US GROW - BRING A FRIEND & WIN!!



You love CMRA right?! Well, who have you told about the fabulousness that is CMRA lately?! Please reach out to your friends, family and fellow runners and invite them to our upcoming events! Our membership prices can't be beat, and it's always more fun when running and walking with friends! Don't let the best-kept secret running group stay a secret anymore – spread the word today! We are working on a contest for people who recruit the most new members – stay tuned to our Facebook page for more info! **PLUS YOU WIN!! If your guest becomes a new member we will give you a cool new CMRA shirt (unveiling soon) !!**

While we are always looking for new runners and WALKERS alike, we also want YOUR continued membership. Not sure if your membership is up for renewal? Head on over to our [RunSignUp Page](#) and check! This is also the same link for new members to sign up.

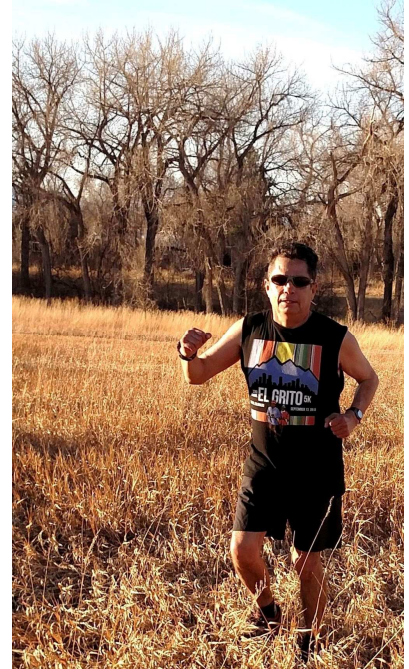
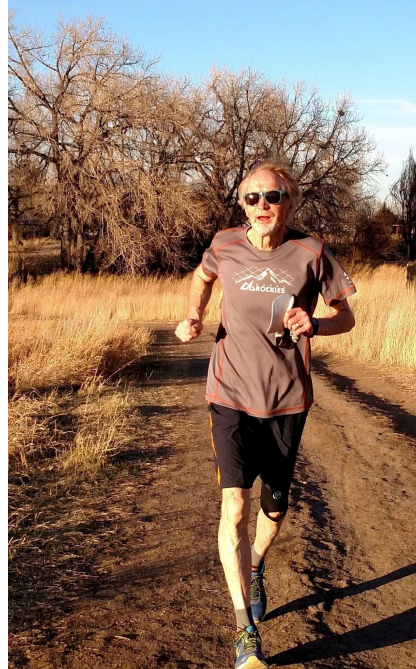
Lisa
Run well. Be well.



Once you are over the hill, you pick up speed

PICTURE PAGES

CLUB RUN MARCH 15 CROWN HILL



SPRING SPREE



40 FURLONG TOM DURAN KIM MASSEY ->

Once you are over the hill, you pick up speed

THANKS TO CONI & JEN FOR THE PICTURES SEE MORE ON OUR FACEBOOK PAGE :-

<https://www.facebook.com/groups/118401460391/>

FEB 11TH 40 FURLONGS RACE RESULTS

5 Miler				
PLACE	NAME	SEX	TIME	AGE
1	Collin Knaub	M	28:11	33
2	Scott Kukel	M	31:14	43
3	George Forbes	M	31:41	47
4	Eric Patterson	M	31:50	52
5	Brandon Rockwood	M	32:02	21
6	Jeremy Johnson	M	33:00	42
7	Euripides Solis-Ramos	M	33:01	43
8	Scott Yamada	M	33:23	35
9	Scott Hogg	M	33:36	48
10	Mike Bennett	M	33:52	60
11	Shaun Schafer	M	34:09	49
12	<i>Rachel Perez</i>	F	34:59	37
13	David Rothenburger	M	35:09	48
14	<i>Jitka O'Farrell</i>	F	35:15	39
15	Matt Olson	M	35:18	31
16	<i>Sydney Ayers</i>	F	35:41	53
17	Colby Smith	M	35:44	40
18	Robert Kanieski	M	35:51	39
19	<i>Julie George</i>	F	35:56	46
20	Eyal Sella	M	36:40	53
21	Chauncey Wenner	M	36:53	57
22	Cam McWilliam	M	36:56	35
23	John Brackney	M	37:21	50
24	Ryan Proctor	M	37:32	36
25	<i>Helen DeGannaro</i>	F	37:46	49
26	Mark Jahnke	M	37:47	45
27	Dan Shaw	M	40:27	57
28	Brett Allendorf	M	40:33	48
29	<i>Mirka Gomes</i>	F	40:50	40
30	<i>Lori Woods</i>	F	41:01	54
31	Nathan Evenson	M	41:25	39
32	Cliff Jurgens	M	42:02	51
33	<i>Heidi Somer</i>	F	42:15	55
34	Johnny Ramos	M	42:59	40

35	Jeremy Hamilton	M	44:05	39
36	Michael Keyes	M	44:19	71
37	Bill Faulkner	M	44:20	75
38	<i>Jayna Bond</i>	F	44:34	34
39	Ed Youngberg	M	44:35	74
40	Neil Thomson	M	44:37	60
41	<i>Lisa Atencio</i>	F	44:38	51
42	Mark Hasseman	M	44:50	61
43	Tom Chambers	M	44:59	73
44	David Kelble	M	45:12	59
45	<i>Karen McKean</i>	F	45:19	61
46	<i>Elizabeth Kinsey</i>	F	45:27	52
47	<i>Kim Massey</i>	F	45:36	58
48	Bruce Wilson	M	45:42	54
49	Matthew Barnes	M	45:46	37
50	<i>Claradene Stewart</i>	F	45:55	67
51	<i>Lisa Brocard</i>	F	46:10	45
52	<i>Jane Allard</i>	F	46:28	50
53	<i>Josette Harris</i>	F	46:37	59
54	<i>Meg Rapp</i>	F	46:49	34
55	<i>Melissa Wood</i>	F	47:05	36
56	Wayne Stewart	M	48:09	70
57	<i>Laura Laski</i>	F	48:19	38
58	<i>Joellen Carter</i>	F	48:35	54
59	John Shea	M	48:47	59
60	Gavin Gilchrist	M	49:36	42
61	<i>Pat Gleason</i>	F	49:55	64
62	<i>Kelly Barnes</i>	F	50:07	36
63	Chris Corbin	M	50:58	38
64	CJ DeDios	M	51:06	41
65	<i>Suzanne Buntrock</i>	F	51:11	58
66	Tim Buntrock	M	51:14	58
67	John Perez	M	51:35	66
68	<i>Kelly Smith</i>	F	51:38	41
69	<i>Anne-Marie Schmidt</i>	F	51:40	59
70	<i>Ruth Clymor</i>	F	51:49	32
71	Gabe Sisneros	M	51:49	78
72	<i>Francie Kinney</i>	F	51:54	34
73	<i>Janice Skovich</i>	F	51:59	48
74	<i>Heather Huntoon</i>	F	52:00	48

Once you are over the hill, you pick up speed

75	Richard Romero	M	52:10	80
76	<i>Reese Evenson</i>	F	52:15	48
77	Earl Beam	M	52:29	66
78	<i>Julie Carroll</i>	F	52:33	43
79	<i>Lisa Wilson</i>	F	52:45	51
80	<i>Carmen Kitts</i>	F	53:26	65
81	Jeff Olson	M	53:29	57
82	<i>Janet Ralston</i>	F	54:05	54
83	<i>Tina Akin</i>	F	54:06	55
84	<i>Kathleen McMahon</i>	F	54:19	51
85	Tom Duran	M	55:03	69
86	Dean Hess	M	55:12	49
87	<i>Brea Olson</i>	F	56:31	35
88	<i>Jennifer Forker</i>	F	56:35	51
89	<i>Stephanie Morrison</i>	F	56:40	34
90	Andy McKean	M	56:57	72
91	<i>Mindy Bradford</i>	F	58:53	56
92	Lee Bengston	M	57:29	79
93	<i>Patricia Tolleson</i>	F	58:53	68
Racewalkers - 5K				
1	<i>Patricia Jones</i>	F	34:58	65
2	<i>Carol Johnson</i>	F	36:57	62
3	Ken Lotze	M	36:58	66
4	Kenneth Simons	M	38:08	79
5	Mark Greeott	M	42:44	51
6	Ed Gussie	M	44:55	75
7	<i>Olga Hnizdil</i>	F	45:23	72
8	<i>Colleen Jurgens</i>	F	47:38	48
9	<i>Lu Shaw</i>	F	54:41	57
5 K Run				
PLACE	NAME	SEX	TIME	AGE
1	Porter Hahn	M	00:26:41	8
2	Riley Myers	M	00:27:32	9
3	Owen Myers	M	00:31:53	11
4	Camden Hahn	M	00:32:26	6
5	Philip Hahn	M	00:32:29	45
6	<i>Emily Myers</i>	F	00:33:11	41
7	Bennett Hahn	M	00:34:46	6
8	<i>Janelle Hahn</i>	F	00:34:47	43

FEB 11TH 40 FURLONGS RACE RESULTS BY AGE GROUP

5 Miler By Age Groups				
Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Collin Knaub	28:11	Rachel Perez	34:59
80 and Over				
1	Richard Romero	52:10		
75-79				
1	Bill Faulkner	44:20		
2	Gabe Sisneros	51:49		
3	Lee Bengston	57:29		
70-74				
1	Michael Keyes	44:19		
2	Ed Youngberg	44:35		
3	Tom Chambers	44:59		
4	Wayne Stewart	48:09		
5	Andy McKean	56:57		
65-69				
1	John Perez	51:35	Claradene Stewart	45:55
2	Earl Beam	52:29	Carmen Kitts	53:26
3	Tom Duran	55:03	Patricia Tolleson	58:53
60-64				
1	Mike Bennett	33:52	Karen McKean	45:19
2	Neil Thomson	44:37	Pat Gleason	49:55
3	Mark Hasseman	44:50		
55-59				
1	Chauncey Wenner	36:53	Heidi Somer	42:15
2	Dan Shaw	40:27	Kim Massey	45:36
3	David Kelble	45:12	Josette Harris	46:37
4	John Shea	48:47	Suzanne Buntrock	51:11
5	Tim Buntrock	51:14	Anne-Marie Schmidt	51:40
50-54				
1	Eric Patterson	31:50	Sydney Ayers	35:41
2	Eyal Sella	36:40	Lori Woods	41:01
3	John Brackney	37:21	Lisa Atencio	44:38
4	Cliff Jurgens	42:02	Elizabeth Kinsey	45:27

Once you are over the hill, you pick up speed

5	Bruce Wilson	45:42	Jane Allard	46:28
45-49				
1	George Forbes	31:41	Julie George	35:56
2	Scott Hogg	33:36	Helen DeGannaro	37:46
3	Shaun Schafer	34:09	Lisa Brocard	46:10
4	David Rothenburger	35:09	Janice Skovich	51:59
5	Mark Jahnke	37:47	Heather Huntoon	52:00
40-44				
1	Scott Kukel	31:14	Mirka Gomes	40:50
2	Jeremy Johnson	33:00	Kelly Smith	51:38
3	Euripides Solis-Ramos	33:01	Julie Carroll	52:33
4	Colby Smith	35:44		
5	Johnny Ramos	42:59		
35-39				
1	Scott Yamada	33:23	Jitka O'Farrell	35:15
2	Robert Kanieski	35:51	Melissa Wood	47:05
3	Cam McWilliam	36:56	Laura Laski	48:19
4	Ryan Proctor	37:32	Kelly Barnes	50:07
5	Nathan Evenson	41:25	Brea Olson	56:31
19-34				
1	Brandon Rockwood	32:02	Jayna Bond	44:34
2	Matt Olson	35:18	Meg Rapp	46:49
3			Ruth Clymor	51:49
4			Francie Kinney	51:54
5			Stephanie Morrison	56:40

Thank you to all who participated in, and helped make, the 2017 CMRA Forty Furlongs event. We all experienced amazing Spring-like conditions and very nice course conditions. With strong winds from the east, the outbound was challenging, yet bolstered the return.

We had 110 participants, which included a good turnout of kids 5K runners.

Thank you to our gracious host Roadrunner Sports and Sam Trevino! The store's venue offers us guaranteed comfort for those years we have seasonal conditions and a great vibe and atmosphere! Roadrunner sports offered generous discounts to all participants and provided our overall race winners with individual prizes.

Thank you to our vendors: Honey Stinger, Longmont Dairy, Great Harvest Bread Company (Arvada store donated an assortment of breads for the raffle), Pinnacle Foot and Angle Clinic, 3W Races (raffle prizes for March race). Thank you to all of our volunteers: Joe Baird, Ken Randall, Charlie Perez, Bruce Kirchner, Lisa Antencio, Ed Youngberg, Larry Schmidt, Patricia Jones.

Sorry Robert Kanieski for missing your results at the awards ceremony. Your time of 35:51 earned 2nd place in the M35-39 category! Great job!

Forty Furlongs Directors; Rob Fisher & Jason Myers

MAR 25TH SPRING SPREE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Marty Billings	M	38:45	39
2	Daniel Barron	M	39:20	22
3	Patrick Richards	M	39:24	37
4	George Forbes	M	39:27	47
5	Jonathan Fenske	M	40:07	47
6	Eric Patterson	M	40:11	52
7	Brandon Rockwood	M	40:17	21
8	Jeremy Johnson	M	41:31	42
9	Sam Simkin	M	42:28	43
10	David Rothenburger	M	42:33	48
11	Tim Miller	M	42:38	46
12	<i>Blake Wageman</i>	F	42:40	31
13	Shaun Schafer	M	43:00	49
14	Scott Hogg	M	43:08	48
15	Keith Johnson	M	43:22	55
16	Mike Bennett	M	43:38	60
17	<i>Rachel Perez</i>	F	43:48	37
18	<i>Jitka O'Farrell</i>	F	43:52	39
19	Michael Brenner	M	44:28	58
20	<i>Sydney Ayers</i>	F	44:32	53
21	Matt Olson	M	44:32	31
22	Colby Smith	M	44:39	40
23	Heath Johnson	M	44:50	46
24	Michael Blanchette	M	45:12	60
25	Ryan Dunning	M	45:40	17
26	Ken Baldrey	M	45:54	64
27	Ondrej Hejduk	M	45:55	43
28	Robert Kanieski	M	46:27	39
29	William Pearson	M	48:31	42
30	John Brackney	M	48:45	50
31	Dan Shaw	M	48:57	57
32	Tim Lewis	M	49:00	44
33	Brett Allendorf	M	50:07	48
34	<i>Kimberly Drechsel</i>	F	50:41	54

Once you are over the hill, you pick up speed

35	Jim Bosik	M	50:59	67
36	<i>Brenda Rosario</i>	F	51:38	39
37	<i>Lori Woods</i>	F	52:20	54
38	Angel Romero	M	53:10	22
39	Cliff Jurgens	M	53:13	51
40	Andy James	M	53:13	31
41	Daniel Thies	M	54:28	23
42	Rich Martinez	M	54:35	70
43	Todd Shaklee	M	55:05	47
44	<i>Barbara Manarin</i>	F	55:07	38
45	Wayne Stewart	M	55:09	70
46	Bob Caillouette	M	55:21	62
47	<i>Meg Rapp</i>	F	56:09	34
48	Ed Youngberg	M	56:21	74
49	Tom Chambers	M	56:31	73
50	Mark Hasseman	M	56:39	61
51	<i>Karen McKean</i>	F	56:41	61
52	<i>Janet Sandoval</i>	F	56:48	68
53	<i>Claradene Stewart</i>	F	56:55	67
54	<i>Elizabeth Kinsey</i>	F	57:13	52
55	Dennis Thies	M	58:05	56
56	<i>Kim Massey</i>	F	58:18	58
57	Michael Keyes	M	58:33	71
58	John Shea	M	58:45	59
59	Tim Buntrock	M	59:17	58
60	<i>Lisa Brocard</i>	F	59:21	45
61	<i>Amy Vance</i>	F	59:30	43
62	Scott McFarlane	M	59:55	65
63	Matthew Barnes	M	01:00:36	37
64	Robert Romero	M	01:00:52	70
65	Randy Drechsel	M	01:01:32	55
66	<i>Jane Allard</i>	F	01:01:47	50
67	<i>Siri Lewis</i>	F	01:01:48	43
68	J Gutierrez	M	01:02:27	64
69	<i>Kelly Smith</i>	F	01:03:33	41
70	<i>Michelle Sroda</i>	F	01:04:02	44
71	<i>Patricia Jones</i>	F	01:04:08	65
72	<i>Tina Akin</i>	F	01:04:16	55
73	<i>Anne-Marie Schmidt</i>	F	01:04:32	59

74	Earl Beam	M	01:05:24	66
75	<i>Ruth Clymor</i>	F	01:05:50	33
76	Nate Hero	M	01:06:03	38
77	Gabe Sisneros	M	01:06:51	78
78	Richard Romero	M	01:07:13	80
79	Tom Duran	M	01:07:15	69
80	<i>Suzanne Dysard</i>	F	01:07:15	47
81	<i>Cori Canty Woessner</i>	F	01:07:29	48
82	<i>Francie Kinney</i>	F	01:07:31	34
83	Jim Romero	M	01:07:34	76
84	<i>Lisa Wilson</i>	F	01:09:26	51
85	<i>Julie Fuller</i>	F	01:09:37	59
86	<i>Diane Gross</i>	F	01:10:11	45
87	<i>Ina Olsson</i>	F	01:10:12	55
88	<i>Fran Schneider</i>	F	01:10:13	61
89	<i>Suzanne Buntrock</i>	F	01:10:33	58
90	Fred Trentaz	M	01:10:36	75
91	<i>Kathleen McMahon</i>	F	01:10:53	51
92	<i>Carmen Kitts</i>	F	01:10:54	65
93	<i>Stephanie Morrison</i>	F	01:11:14	34
94	Reinaldo Rosario	M	01:12:27	52
95	Todd Dunning	M	01:13:11	52
96	Dave Banko	M	01:14:16	65
97	Ross Westley	M	01:17:31	80
98	<i>Holly Romero</i>	F	01:18:09	57

Racewalkers (5K)

Male

1	Ken Simons	M	32:40	79
2	Ed Gussie	M	34:40	75
3	Andy McKean	M		72

Female

1	<i>Julie Carrol</i>	F		43
2	<i>Jennifer Forker</i>	F		51
3	<i>Lu Shaw</i>	F		59

MAR 25TH SPRING SPREE RESULTS BY AGE GROUP

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Marty Billings	38:45	Blake Wageman	42:40

Once you are over the hill, you pick up speed

80 and Over				
1	Richard Romero	01:07:13		
2	Ross Westley	01:17:31		
75-79				
1	Gabe Sisneros	01:06:51		
2	Jim Romero	01:07:34		
3	Fred Trentaz	01:10:36		
70-74				
1	Rich Martinez	54:35		
2	Wayne Stewart	55:09		
3	Ed Youngberg	56:21		
4	Tom Chambers	56:31		
5	Michael Keyes	58:33		
65-69				
1	Jim Bosik	50:59	Janet Sandoval	56:48
2	Scott McFarlane	59:55	Claradene Stewart	56:55
3	Earl Beam	01:05:24	Patricia Jones	01:04:08
4	Tom Duran	01:07:15	Carmen Kitts	01:10:54
5	Dave Banko	01:14:16		
60-64				
1	Mike Bennett	43:38	Karen McKean	56:41
2	Michael Blanchette	45:12	Fran Schneider	01:10:13
3	Ken Baldrey	45:54		
4	Bob Caillouette	55:21		
5	Mark Hasseman	56:39		
55-59				
1	Keith Johnson	43:22	Kim Massey	58:18
2	Michael Brenner	44:28	Tina Akin	01:04:16
3	Dan Shaw	48:57	Anne-Marie Schmidt	01:04:32
4	Dennis Thies	58:05	Julie Fuller	01:09:37
5	John Shea	58:45	Ina Olsson	01:10:12
50-54				
1	Eric Patterson	40:11	Sydney Ayers	44:32
2	John Brackney	48:45	Kimberly Drechsel	50:41
3	Cliff Jurgens	53:13	Lori Woods	52:20
4	Reinaldo Rosario	01:12:27	Elizabeth Kinsey	57:13
5	Todd Dunning	01:13:11	Jane Allard	01:01:47
45-49				
1	George Forbes	39:27	Lisa Brocard	59:21

2	Jonathan Fenske	40:07	Suzanne Dysard	01:07:15
3	David Rothenburger	42:33	Cori Canty Woessner	01:07:29
4	Tim Miller	42:38	Diane Gross	01:10:11
5	Shaun Schafer	43:00		
40-44				
1	Jeremy Johnson	41:31	Amy Vance	59:30
2	Sam Simkin	42:28	Siri Lewis	01:01:48
3	Colby Smith	44:39	Kelly Smith	01:03:33
4	Ondrej Hejduk	45:55	Michelle Sroda	01:04:02
5	William Pearson	48:31		
35-39				
1	Patrick Richards	39:24	Rachel Perez	43:48
2	Robert Kanieski	46:27	Jitka O'Farrell	43:52
3	Matthew Barnes	01:00:36	Brenda Rosario	51:38
4	Nate Hero	01:06:03	Barbara Manarin	55:07
19-34				
1	Daniel Barron	39:20	Meg Rapp	56:09
2	Brandon Rockwood	40:17	Ruth Clymor	01:05:50
3	Matt Olson	44:32	Francie Kinney	01:07:31
4	Angel Romero	53:10	Stephanie Morrison	01:11:14
5	Andy James	53:13		
14-18 (High School)				
1	Ryan Dunning	45:40		

The Pelican Brief (Constance Ahrnsbrak)

2/5

Super Bowl Sunday, 4-miler, Wichita, KS: Ray Grundmeyer, 51:35

3/11

Lucky Charms 5K, CP: Robert Kanieski, 21:26 (3), Michael Blanchett

St. Patrick's Micro Brewery 5K: Thomas Chambers, 26:20 (1).

Labor of Love 10K, Lovell Canyon, NV: Cliff Jurgens.

Erin Go Bragh 7.77, Westminster: Michael Blanchett, 35:44 (1), Todd Shaklee, 42:42

Bill Faulkner, 44:06 (1), Nicole Shaklee, 46:54 & Patricia Tolleson, 1:00.

3/12

ROTG 7K, LoDo: David Rothenburger, 29:33, Michael Blanchett, 32:50, Christine Rodriguez, 36:05

(1), Rich Martinez, 37:26 (2), Janet Sandoval, 41:12, Bobby Romero, 43:32, J Gutierrez, 44:39

Tom Duran, 47:01, Lee Bengston, 50:18, Fred Trentaz, 50:29, Cassie Klumpp, 52:34

Laura McCoy, 1:05 (W).

3/18

Lucky Laces 5K: Jane Allard, 28:32, Constance Ahrnsbrak, 29:06 (1), J Gutierrez, 30:28

Earl Beam, 30:29 & Laura McCoy, 45:27 (W). **10K** – Michael Blanchette, 47:41 (1).

3/19

Spring Fever 5K, Golden: Earl Beam, 32:07 (3).

Once you are over the hill, you pick up speed

4/9

Platte River Half & Relay: Michael Brenner, 1:42, Bill Faulkner, 2:06:27 (1)
Ed Youngberg 2:06:42 (3), Todd Shaklee, 2:11, Earl Beam, 2:14, Nicole Shaklee, 2:23
Cassie Klumpp, 2:54, Patricia Tolleson, 2:55 & Ross Westley, 2:55
Relay – Team Family Trio, 2:02:04 (Stacy Totherow, J Gutierrez & Constance Ahrnsbrak).
Team Flat Footed Platte Y-PI (Michael Abbott & co-workers), 2:02:58
Spring Prairie Dog Half, Arvada: Michael Blanchett, 1:43 (1), Lisa Atencio, 2:03
Reinaldo Rosario, 2:48.

4/15

Bunny Bolt 10K, CP: Thomas Chambers, 57:52 (1). **Beat the Heat 5K:** Earl Beam, 30:32 (2).
4/23

Cherry Creek Sneak: 10-Mile: Christine Rodriguez, 1:23 (1), Stacy Totherow, 1:24 (3)
Tall Red (Ed Youngberg), 1:34 (2) & Cassie Klumpp, 2:06 (2). **5-Mile:** Rich Martinez, 43:08 (2)
Janet Sandoval, 45:02 (1), Michael Abbott, 46:30, Tom Duran, 52:13, J. Gutierrez, 52:19
Lee Bengston, 57:49 & Laura McCoy, 1:17 (W). **5K:** Constance Ahrnsbrak, 29:05 (1)
Earl Beam, 30:09, Holly Romero, 38:27 & Carol Bengston, 52:44.

2017 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)
Jul 8	(Sat)	8 AM	White Ranch Park	White Ranch Trail Run	Kevin Snyder / ?
Aug 2	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast & potluck	Jennifer Forker / Monica Ryan
Sep 23	(Sat)	8 AM	Highlands Ranch	The Highlands Ranch Race	Melissa Wood / ?
Oct 7	(Sat)	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.8M Results -->	Matthew Rutledge / DeNae VanWestrienen
Nov 11	(Sat)	10 AM	Hildebrand Ranch Park	Veterans run 6.6M	?
Dec 2	(Sat)	10 AM	Bluff Lake Nature Center	Sand Creek 5M	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 March 2017. 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