

MASTER TIMES

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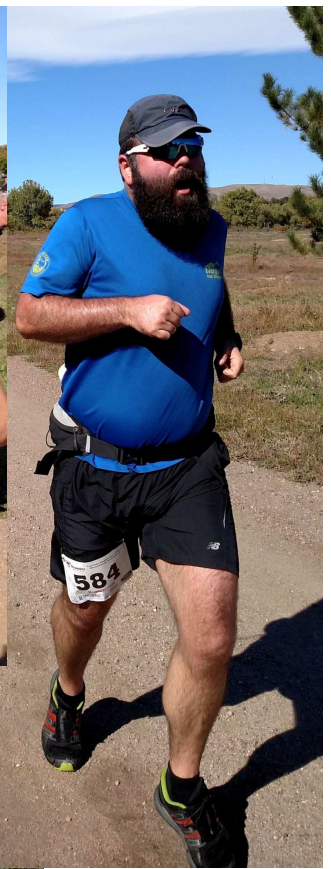
PICTURE PAGES



Visit us on the web at www.cmrrarun.org



**STONE HOUSE
TRIPLE CROSS**



**SUZANNE BUNTROCK
NEWPORT MARATHON**



ROBERT KANIESKI

CONNIE

ROSS WESTLY

5K PUMPKIN PATCH MAZE ATWOOD

*THANKS TO CONT FOR THE PICTURES SEE MORE ON OUR FACEBOOK PAGE :-
<https://www.facebook.com/groups/118401460391/>*

Once you are over the hill, you pick up speed

AUGUST 2ND FAIRMOUNT PARK 5K RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Justin Perry	M	18:45	17
2	Connor Ellertson	M	18:58	17
3	Matt Chu	M	19:06	23
4	Adrian Villagrana	M	19:08	17
5	Rick Granquist	M	19:10	51
6	Scott Kukel	M	19:15	43
7	Jeremy Johnson	M	19:24	42
8	George Forbes	M	19:46	48
9	<i>Kayla Young</i>	F	19:53	18
10	Eric Patterson	M	20:33	52
11	Michael Quispe	M	20:35	50
12	Donovan Marshall	M	20:51	16
13	<i>Isla Anderson</i>	F	21:00	15
14	Brandon Rockwood	M	21:09	21
15	Nate Zeile	M	21:09	22
16	David Rothenburger	M	21:16	48
17	Heath Johnson	M	21:21	46
18	<i>Laura Romero</i>	F	21:25	14
19	Sam Simkin	M	21:36	44
20	<i>Amelia Gardner</i>	F	21:43	16
21	Matt Olson	M	21:54	31
22	Cooper Brown	M	21:58	14
23	<i>Esther Fornish</i>	F	21:59	15
24	<i>Rachel Perez</i>	F	22:23	38
25	Colby Smith	M	22:50	40
26	<i>Candice Brown</i>	F	23:01	45
27	Kevin Yeatts	M	23:26	47
28	Robert Kanieski	M	23:56	40
29	Chris Hice	M	24:02	44
30	Cam McWilliam	M	24:06	36
31	Dennis Cisco	M	24:42	49
32	<i>Datni Martinez</i>	F	24:52	14
33	John Brackney	M	25:11	51
34	<i>Megan Vanoni</i>	F	25:23	37
35	Dan Shaw	M	25:33	58

36	Cliff Jurgens	M	25:42	51
37	<i>Lori Woods</i>	F	26:09	54
38	Michael Keyes	M	26:43	71
39	Mark Hasseman	M	27:03	61
40	Rich Martinez	M	27:17	70
41	John Crowther	M	27:39	49
42	Bill Faulkner	M	27:51	76
43	John Perez	M	28:00	66
44	Jay D. Trujillo	M	28:20	59
45	<i>Izzy Ellertson</i>	F	28:43	15
46	John Shea	M	28:55	60
47	Wayne Stewart	M	28:59	70
48	<i>Shawn Forbes</i>	F	29:00	42
49	<i>Meg Rapp</i>	F	29:09	34
50	Max Stafford	M	29:25	71
51	<i>Jennifer Bieber</i>	F	29:32	38
52	<i>Tina Akin</i>	F	29:37	55
53	Ed Youngberg	M	30:12	74
54	<i>Deb Stafford</i>	F	30:16	65
55	<i>Karen McKean</i>	F	30:28	62
56	Jon Frohlich	M	30:33	40
57	<i>Donna Sakdol</i>	F	30:33	53
58	<i>Cass Pangell</i>	F	30:40	30
59	<i>Carolyn Hicks</i>	F	30:52	60
60	<i>Claradene Stewart</i>	F	30:56	68
61	Tom Chambers	M	31:27	74
62	<i>Elizabeth Kinsey</i>	F	31:47	52
63	<i>Siri Lewis</i>	F	31:47	43
64	<i>Jennifer Yeatts</i>	F	31:57	48
65	<i>Ruth Clymor</i>	F	32:05	33
66	<i>Lisa Brocard</i>	F	32:51	45
67	<i>Janet Sandoval</i>	F	32:55	69
68	Tom Duran	M	32:59	69
69	<i>Liz Keyser</i>	F	33:07	51
70	<i>Suzanne Buntrock</i>	F	33:15	58
71	Lee Bengston	M	33:34	79
72	<i>Michell Washmuth</i>	F	33:48	28

Once you are over the hill, you pick up speed

73	<i>Amy Winston</i>	F	33:57	48
74	<i>Carol Johnson</i>	F	34:14	63
75	Ken Lotze	M	34:30	66
76	Hank Burkman	M	34:47	65
77	Jim Romero	M	35:35	77
78	Richard Romero	M	35:43	80
79	<i>Melissa Wood</i>	F	35:43	36
80	<i>Paula Dean</i>	F	36:01	32
81	Andy McKean	M	37:19	72
82	<i>Katrina Bramhall</i>	F	38:16	31
83	Ross Westley	M	38:27	80
84	<i>Patricia Tolleson</i>	F	41:15	68
Racewalkers (5K)				
1	<i>Patricia Jones</i>	F	38:27	65
2	Ken Simons	M	44:18	79

AUGUST 2ND FAIRMOUNT PARK 5K RACE RESULTS BY AGE GROUP

Place	Name	Time	Name	Time
Overall				
1	Justin Perry	18:45	Kayla Young	19:53
80 and Over				
1	Richard Romero	35:43		
2	Ross Westley	38:27		
75-79				
1	Bill Faulkner	27:51		
2	Lee Bengston	33:34		
3	Jim Romero	35:35		
70-74				
1	Michael Keyes	26:43		
2	Rich Martinez	27:17		
3	Wayne Stewart	28:59		
4	Max Stafford	29:25		
5	Ed Youngberg	30:12		
65-69				
1	John Perez	28:00	Deb Stafford	30:16
2	Tom Duran	32:59	Claradene Stewart	30:56
3	Ken Lotze	34:30	Janet Sandoval	32:55
4	Hank Burkman	34:47	Patricia Tolleson	41:15

60-64				
1	Mark Hasseman	27:03	Karen McKean	30:28
2	John Shea	28:55	Carolyn Hicks	30:52
3			Carol Johnson	34:14
55-59				
1	Dan Shaw	25:33	Tina Akin	29:37
2	Jay D. Trujillo	28:20	Suzanne Buntrock	33:15
50-54				
1	Rick Granquist	19:10	Lori Woods	26:09
2	Eric Patterson	20:33	Donna Sakdol	30:33
3	Michael Quispe	20:35	Elizabeth Kinsey	31:47
4	John Brackney	25:11	Liz Keyser	33:07
5	Cliff Jurgens	25:42		
45-49				
1	George Forbes	19:46	Candice Brown	23:01
2	David Rothenburger	21:16	Jennifer Yeatts	31:57
3	Heath Johnson	21:21	Lisa Brocard	32:51
4	Kevin Yeatts	23:26	Amy Winston	33:57
5	Dennis Cisco	24:42		
40-44				
1	Scott Kukel	19:15	Shawn Forbes	29:00
2	Jeremy Johnson	19:24	Siri Lewis	31:47
3	Sam Simkin	21:36		
4	Colby Smith	22:50		
5	Robert Kanieski	23:56		
35-39				
1	Cam McWilliam	24:06	Rachel Perez	22:23
2			Megan Vanoni	25:23
3			Jennifer Bieber	29:32
4			Melissa Wood	35:43
19-34				
1	Matt Chu	19:06	Meg Rapp	29:09
2	Brandon Rockwood	21:09	Cass Pangell	30:40
3	Nate Zeile	21:09	Ruth Clymor	32:05
4	Matt Olson	21:54	Michell Washmuth	33:48
5			Paula Dean	36:01

Once you are over the hill, you pick up speed

14-18 (High School)				
1	Connor Ellertson	18:58	Isla Anderson	21:00
2	Adrian Villagrana	19:08	Laura Romero	21:25
3	Donovan Marshall	20:51	Amelia Gardner	21:43
4	Cooper Brown	21:58	Esther Fornish	21:59
5			Datni Martinez	24:52

We had another great turnout for the Fairmount 5K trail run and race walk on Aug. 2 with 84 runners and two walkers. What else did we have going for us this year? Cooler evening temperatures!

At this year's run, we had comparably cool temperatures from recent years, when our racers ran in mid-90 degree heat. At the 6:30 p.m. race start, temperatures were about 70 degrees and we were gifted with a misting of light rain (absolutely, I put in a request for that).

We host this race as early in August as we can, hoping our high school friends will join us. We were not disappointed! Thanks go to Hector Martinez and Jeff Young for bringing their North High School athletes to our August race. They push the rest of us to run harder!

Our overall (OA) winner was Justin Perry, age 17, with a time of 18:45. Our OA female finisher was Kayla Young, 18, with a time of 19:53. Go to our website (www.cmrrun.org) to see the rest of the results and where our Masters runners fit in among the young'uns. You'll be pleasantly surprised! (Hint: Half of the Top 10 finishers were in their 40s and 50s.)

This was my first year directing the August race. Previously, I directed the Amazing Race at Matthews-Winters Park in September for four years. We retired that race so we could move our Bluffs Regional Park race from April, where inclement weather resulted in that race's cancelation in 2015 and 2016, to September and drier conditions.

I'm grateful for **Monica Ryan**, who has been the assistant race director (ARD) for this race for many years. She provided invaluable ARD work, including marking the race route and hauling supplies to the park. She had her own sidekick in town on race day – her daughter, **Kylee**, age 9, who helped mark the course!

We started the racing off with the Kids' Fun Run – about 15 young ones raced around the walking track at the park and finished with ribbons. That's always a fun run to spectate.

The runners and race walkers took off at the same time. We had no mishaps.

I'd like to thank all of the volunteers without whom this (or any CMRA) race would not be possible. At registration in August, we had Registration Lead **Patty Jones** and **Ruth Clymor**, **Lisa Atencio** and **Shelley** (a friend of Monica's). Thank you!

Our parking attendants – and this really matters because the dog kennel across the street from the park is very sensitive about parking during events such as ours – were **Ed Youngberg**, **Jim Romero**, **Bill Smitham** and **Ken Randall**. Thanks to you, fellas!

Our course marshals were my husband, **Jim Clarke**, and **Bill Smitham**, who is re-entering the CMRA scene after a brief hiatus – thank you!

Our water station attendants were the dynamic duo **Laurie Nakauchi** and **Kurt Hardester** – thank you!

Our finish line workers – we can't host a race without you – were the dream team of **Joe Baird**, **Rob Fisher** and **Scott McFarlane** with special guest appearances by **Mike Vanoni** and this race's former director **Kristin Paul Moreau**. **Monica Ryan** and I also worked the finish line. Thanks to the whole gang!

Our course sweepers were newlyweds **Meg McWilliam** and **Cam McWilliam**. It is a big deal when someone offers to clean the course of flags and other markers, so a big thanks to Meg and Cam.

We never know what we're going to get from one year to the next for the picnic. A few years ago, all we had were bags of chips to go with our burgers and hotdogs (and that was fine). This year members outdid themselves – we had lots of great vittles – sides, desserts, fruit and veggies. It was a smorgasbord. Thank you to everyone who chipped in food to round out our excellent potluck meal.

Our biggest picnic thanks go to club President **Lisa Atencio** and her father, **George Solorzano**, who got the grill briquettes lighted. George grilled our hamburgers, hot dogs and veggie burgers. I know there are waits involved in this; every year we try to make it better (some years we succeed better than others). I appreciate everyone's patience at the grills. We have a new and improved plan for next year's picnic that I hope will solve the waiting scene.

Bill Faulkner removed the hot coals at the end of the evening – the 3rd or 4th year he's done this for the club, and I'm always grateful. Thanks, Bill.

Clean up is one of the toughest jobs after this race, thanks to the picnic that is probably attended by 100+ folks. A very big thank you to **Lisa Atencio**, **Elizabeth Kinsey**, **Monica Ryan**, **Melissa Wood** and **Ruth Clymor**. I was pretty darn tired by the end of the night and it was dark. Thank you so much for staying to help clean up the park.

Our continued thanks to the **Prospect Recreation & Park District** for continuing to allow CMRA to host its August race and picnic at Fairmount Park in Golden. We really appreciate how the district trusts and works with us.

We always must thank **Great Harvest Bread Co. of Arvada** for the gift of bread. It is quite the treat. Finally, I received deep discounts from **Runners High** in Golden on some of our door prizes.

Monica and I look forward to providing another solid race experience next year for the Fairmount 5K Trail run. Thanks for coming out this year. We look forward to seeing you next year.

Jennifer Forker. Race Director

SEPTEMBER 16TH SOUTH 7 RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Jeremy Johnson	M	49:03	42
2	Steven Sellars	M	51:43	57
3	Adam Feerst	M	52:50	57
4	Andres Garcia	M	55:33	13
5	Kevin Yeatts	M	55:35	48
6	Cam McWilliam	M	1:00:07	36
7	Chris Hice	M	1:01:13	45
8	<i>Sonja Demuth</i>	F	1:01:26	34
9	<i>Wendy Hansen</i>	F	1:03:21	30
10	Robert Kanieski	M	1:04:40	40
11	Frank Kunkel	M	1:05:31	68
12	<i>Jill Sellars</i>	F	1:05:46	49
13	<i>Heidi Somer</i>	F	1:07:28	56

Once you are over the hill, you pick up speed

14	Jay D. Trujillo	M	1:07:33	59
15	Mark Hasseman	M	1:08:03	61
16	Todd Shaklee	M	1:09:35	48
17	<i>Jennifer Yeatts</i>	F	1:09:37	48
18	Michael Keyes	M	1:10:55	71
19	Max Stafford	M	1:11:28	71
20	<i>Deborah Stafford</i>	F	1:12:24	65
21	<i>Jane Allard</i>	F	1:13:26	51
22	<i>Elizabeth Kinsey</i>	F	1:14:13	52
23	<i>Julie Fuller</i>	F	1:14:42	59
24	Scott Lutz	M	1:15:19	52
25	<i>Lisa Brocard</i>	F	1:15:37	45
26	<i>Patti Thurman</i>	F	1:17:13	65
27	<i>Suzanne Dysard</i>	F	1:18:14	47
28	Matthew Barnes	M	1:19:14	37
29	<i>Jennifer Forker</i>	F	1:21:34	51
30	Earl Beam	M	1:21:45	67
31	Lee Bengston	M	1:22:02	80
32	<i>Lesley Humphrey</i>	F	1:23:14	49
33	<i>Kelly Barnes</i>	F	1:25:01	36
34	Jim Romero	M	1:26:39	77
35	Fred Trentaz	M	1:26:40	75
36	Richard Romero	M	1:27:27	81
37	<i>Allison Douglas</i>	F	1:31:48	42
38	Dave Banko	M	1:33:09	66
39	<i>Darla Morton</i>	F	1:34:52	54
40	<i>Francie Kinney</i>	F	1:35:59	35
Racewalkers (5K)				
1	<i>Patricia Jones</i>	F	42:19	65
2	Kenneth Simons	M	45:10	79
3	Andrew Barnes	M	1:26:00	5
4	<i>Aubrey Barnes</i>	F	1:26:01	7
5	<i>Sharon Barnes</i>	F	1:26:02	66
5K Runners				
1	<i>Debra Sandberg</i>	F	1:00:36	61
2	<i>Ale Mora</i>	F	1:00:37	47

SEPTEMBER 16TH SOUTH 7 RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	MEN		WOMEN	
OVERALL				
1	Jeremy Johnson	49:03	Sonja Demuth	1:01:26
80 and Over				
1	Lee Bengston	1:22:02		
2	Richard Romero	1:27:27		
75-79				
1	Jim Romero	1:26:39		
2	Fred Trentaz	1:26:40		
70-74				
1	Michael Keyes	1:10:55		
2	Max Stafford	1:11:28		
65-69				
1	Frank Kunkel	1:05:31	Deborah Stafford	1:12:24
2	Earl Beam	1:21:45	Patti Thurman	1:17:13
3	Dave Banko	1:33:09		
60-64				
1	Mark Hasseman	1:08:03		
55-59				
1	Steven Sellars	51:43	Heidi Somer	1:07:28
2	Adam Feerst	52:50	Julie Fuller	1:14:42
3	Jay D. Trujillo	1:07:33		
50-54				
1	Scott Lutz	1:15:19	Jane Allard	1:13:26
2			Elizabeth Kinsey	1:14:13
3			Jennifer Forker	1:21:34
4			Darla Morton	1:34:52
45-49				
1	Kevin Yeatts	55:35	Jill Sellars	1:05:46
2	Chris Hice	1:01:13	Jennifer Yeatts	1:09:37
3	Todd Shaklee	1:09:35	Lisa Brocard	1:15:37
4			Suzanne Dysard	1:18:14
5			Lesley Humphrey	1:23:14

Once you are over the hill, you pick up speed

40-44				
1	Robert Kanieski	1:04:40	Allison Douglas	1:31:48
35-39				
1	Cam McWilliam	1:00:07	Kelly Barnes	1:25:01
2	Matthew Barnes	1:19:14	Francie Kinney	1:35:59
19-34				
1			Wendy Hansen	1:03:21
13 AND UNDER				
1	Andres Garcia	55:33		

THE LATEST RESULTS FOR THE 2017 CHAMPIONSHIP MAY BE FOUND [HERE](#)

The Pelican Brief (Constance Ahrnsbrak)

9/17

Santa Fe Thunder Half, NM: Tall Red (Ed Youngberg) 2:04 (1). Rich Martinez, 2:06 (2).

5K - Tom Duran 35:01.

9/31

Marine Corp 5K: Bobby Romero 31:15 (1).

Wineglass Marathon, NY: Suzanne Buntrock 5:21. **Half** - Cassie Klumpp 2:43.

10/1

Hot Chocolate 15K: Bill Faulkner 1:24.

Justice 5K, Hudson Gardens: Jack Barry 29:42 (1).

10/8

Ute Scoot 5K: Jim Worthen (1). Robert Kaniesk (3).

Newport Marathon: Suzanne Buntrock 5:23.

10/28

Baseggio 5K Corn Maze, Atwood: Robert Kanieski 23:00 (2nd/OA). Constance Ahrnsbrak & Ross Westley.

Erie Eerie 10K: Bill Faulkner 57:22 (1). Lonnie Max Stafford 55:56 (3). Deborah Stafford 56:20.

Patricia Tolleson 1:19 (3).

5K - Jill Sellars 25:26 (1). Rich Romero 33:13 (2).

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.

Visit us on the web at www.cmrrun.org

DATE	DOW	TIME	LOCATION	NAME	DIRECTOR(S)
JAN 6	SAT	10 AM	Lake Arbor	Lake Arbor 5K	Ed Youngberg / Ken Simons
FEB 10	SAT	10 AM	Roadrunner Sports, Westminster	Forty Furlongs (5M)	Jason Myers / Rob Fisher
MAR 24	SAT	9 AM	Platte River Bar & Grill	Spring Spree 10K	John Perez
APR 21	SAT	9 AM	Runners High	Clear Creek 5K	Colby Smith / Ken Pliska
MAY 12	SAT	8:20 AM	Lowry neighborhood, Denver	CMRA XC Challenge	Dan Shaw / Michael Blanchette
MAY 12	SAT	8 AM	Lowry neighborhood, Denver	Colorado Middle School Runner Challenge 3K	Rob Fisher / Bruce Kirschner
JUN 9	SAT	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race 5.1M	Tom Duran / Lisa Atencio
JUL 7	SAT	8 AM	White Ranch Park	White Ranch Trail Run	Kevin Snyder / Maggie Fiorini
AUG 1	WED	6:30PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast & potluck	Jennifer Forker / Monica Ryan
SEP 15	SAT	7:30 AM	Bluffs Regional Park	The South Seven	Melissa Wood / Rachael Kenney
OCT 13	SAT	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.8M	Matthew Rutledge / DeNae VanWestrienen
NOV10	SAT	10 AM	Hildebrand Ranch Park	Veterans run 6.6M	Lisa Atencio / Reinaldo Rosario
DEC 8	SAT	10 AM	Bluff Lake Nature Center	Sand Creek 5M	Rob Fisher / Donna Wood Wise

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 December 2017. If sending an email, please add CMRA to the title so we know it's not spam.

PLEASE SHOP AT OUR SPONSORS



Arvada, CO & 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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