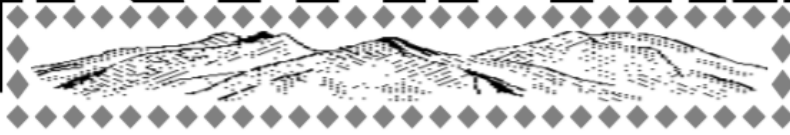


MASTER TIMES



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FROM THE BOARD

2020 has been a year that many of us would like to forget and most of us are glad to see come to a close. We started out with monthly in-person Colorado Masters Running Association (CMRA) races, switched to virtual races, transitioned to modified in-person races and closed the year with another virtual race. Thanks to all of our members for continuing to support the CMRA and for all your efforts to keep running, walking, and exercising, no matter where you had to accomplish those feats (and frequently without your favorite exercise partner).

The CMRA Board agreed that our members needed a little pick-me-up right before Christmas and therefore this newsletter is devoted to sharing a bit of background about a fellow CMRA member that we hope will make you smile. Happy Holidays, everyone!

Meet Dr. Jeff Young, CMRA Member, Veterinarian and Owner of Planned Pethood Plus

Dr. Jeff Young is a charismatic hero who embodies a maverick, "can-do" spirit while treating a wide variety of animals in Denver and beyond. Straight-talking, warm-hearted and effortlessly cool, he's one of America's busiest veterinarians. His clinic, Planned Pethood Plus, is a local landmark.

It's always a madhouse in Dr. Jeff's animal house. With more than 80,000-plus clients, approximately 30 surgeries a day, 30 staff, a bustling emergency room, and a far-reaching mobile clinic, Dr. Jeff is under constant pressure to keep his staff, clients and patients both healthy and happy.

From the moment his childhood dog died, Dr. Jeff knew he'd found his calling. His love for animals continued to grow as he would always try to free injured creatures, often taking them home as pets. After high school, his love for animals brought him to Colorado State University where he studied veterinary medicine, graduating in 1989. He was hired as an animal welfare officer in Fort Collins which bolstered his strong ethics on animal care.

To build on his commitment to his "low-cost animal care for all" mission statement, he moved to Denver. He started working more than 100 hours a week, built his Denver clinic and began travelling across America with his mobile clinic, which offers animal care to those who struggle to access or afford it.

Dr. Jeff's biggest cause is providing low-cost spaying and neutering of animals in an effort to control the population of cats and dogs that end up in shelters combined with improving the health of intact pets. Now more than 25 years later, Dr. Jeff's goal remains the same. He is not afraid to perform very difficult surgeries if he believes the outcomes could outweigh the risks. And, his loyalty to the welfare of animals sometimes calls for him to step in, remove pets from abusive owners and find them new, healthy forever homes.

Eternally young at heart, Dr. Jeff loves the freedom, variety and sense of adventure that his mobile clinics offer. He has satellite clinics in Mexico and Eastern Europe, contacts on every continent and a support team that will follow him anywhere.

Dr. Jeff lives above the clinic with his wife Petra. When he's not at the clinic, he spends time coaching the North High School cross-country team and focuses on karate at the dojo. As an active CMRA member, he has run many of our races, most along with members of his North High School team. He has made generous donations to our club, assisted the CMRA with obtaining race permits in Wheat Ridge, and currently takes part in as many races as his busy schedule permits! We salute Dr. Jeff Young!

Happy Holidays Everyone! Keep Smiling and We'll See You in 2021!

