

# MASTER TIMES



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## CROSS-TRAINING by Vici DeHann

Over Thanksgiving Warren and I flew our Cessna Turbo 210 all the way from Boulder to the Islands of Turks and Caicos located in the West Indies. We got to Tampa in time to have a Thanksgiving dinner with the director of our tour of Flying Physicians.

The day after Thanksgiving we flew on to Ft. Lauderdale to rent a raft for the over 500-mile over water hop down to the islands. From this point, we were joined by nine other private planes including another Turbo 210 from Colorado Springs. Our two planes did some loose formation flying in which we were in constant contact both visually and on our plane radios. In this way, besides wearing our life vests and having the raft ready to kick out the door should we end up ditching, we had the extra safety of knowing our friends were close by at all times.

While on the island, we did some beautiful diving, but also some great beach running. The beach was several miles long, so I could go as long as I felt like it without running out of sand. My first foray out, however, I neglected to look back at our individual condo so that I would recognize it when I returned. Consequently, on my return as I got close to where I thought we were staying, since I knew what our place looked like from the road, I decided to simply go up to the unimproved road and find my way from there.

Wrong! Nothing looked familiar from this point of view, and after getting several incorrect steers from some of the other resorts along the way, I finally ended up flagging down a police car. Good thing! At that point, I had been out over 3 hours, was running out of water, had managed to go a couple of miles in the opposite direction along another intersecting road, and the temperature was climbing. Wouldn't you know it---one of the couples from our group was sitting out front when I disembarked from the police car.

The flight back to Ft. Lauderdale was uneventful. After overnighing in Jacksonville, we were met with a line of storms between us and Boulder. Since the other plane also had two certificated pilots on board, we put our four heads together and decided to stay low and file instruments so we could fly through the clouds with heavy rain, but fortunately no thunderstorms or icing.

We had left Caicos with a filthy plane since they were doing runway work all week. By the time we got to Boulder, our plane was squeaky clean! All the way back, a ten-hour flight, we chatted with our friends in the other Cessna, and began planning our second Africa flying safari to South Africa for the fall of 2005. Talk about a great way to while away your time while flying in the clouds with nothing to do but sit there and watch the water stream by.

So now I'm back to cross-training with lots of cross-country skiing. Since I turn 70 in February, I can look forward to a brand-new decade of racing. Look out all you seniors!

**Note!!**  
President's Corner will return  
in March.  
- Editor

**Clear Creek 4 Miler**

**December 11, 2004**

By Dave Black

The Clear Creek 4 Miler and pancake breakfast was held at Prospect Park in Wheat. 59 runners and 2 racewalkers- exactly the same number as in 2003- showed up on what was actually a rather warm (for winter) morning. So warm, in fact, that it was just the right temperature for the ice to be the slipperiest.

The course starts out on the bike path, out and back to the I-70 frontage road, going up a hill alongside the freeway; this part was all concrete asphalt and dry. Then comes the backstretch, around a mile on dirt through the trees on the other side of the creek from the start; this part had 3 icy stretches that were extremely slippery. Then comes the homestretch, doubling back onto the bike path. I was giving directions at this hairpin turn when the men's winner Fernando Herrera came by; he was flying, eventually finishing in 22:23 (which was 3:13 faster than last year's men's winning time). And it wasn't long until women's winner Christine Adamowski came by; She ran 26:20, which was 2:01 faster than the 2003 women's winner. And everyone seemed to be having a good time, so the race came off well.

Thanks to all the volunteers, without whose help the race couldn't happen- Tom Alison, Lou Hatch, Jim Price, Rich Romero, Pat Phillips, Adam Feerst, Rob Fisher, Joe Sanchez, Joe Baird, Lisa Black, Moriah Prescott and Marie Nguyen.

**Overall Results**

Place	Name	Age	Time
1.	Fernando Herrera	44	22:23
2.	Andrew Adamowski	30	23:44
3.	Scott Kukel	30	24:20
4.	Patrick Casto	17	25:16
5.	<i>Christine Adamowski</i>	37	26:20
6.	Jim Perry	43	26:26
7.	Bruce Kirschner	51	26:52
8.	Jay Dee Trujillo	46	27:56
9.	Paul Welschinger	47	28:13
10.	Bob Caillouette	50	28:41
11.	Kent Enwright	42	28:45
12.	Jim Romero	64	29:06
13.	Jim Bosik	54	29:15
14.	Rich Romero	68	29:28
15.	Scott McFarlane	53	29:54
16.	Ross Westley	68	30:23
17.	Ken Lotze	54	30:25
18.	Mitch Chesbro	46	30:32
19.	Ken Randall	66	30:39

20.	<i>Nancy Denniston</i>	54	30:47
21.	Andy McKean	59	30:50
22.	<i>Julie Kimpel</i>	33	30:53
23.	<i>Theresa Jockers</i>	43	30:56
24.	Gale Meuret	57	31:38
25.	Tom Chambers	61	31:43
26.	Todd Dunning	40	31:50
27.	Adam Lee	32	31:54
28.	Patrick Shea	42	32:04
29.	<i>Kim Massey</i>	46	32:36
30.	<i>Julie Thenell</i>	46	32:46
31.	Jim Fay	53	32:52
32.	Ed Youngberg	61	33:08
33.	<i>Carmen West</i>	53	33:44
34.	Brent Jockers	54	33:49
35.	<i>Deb Holland</i>	32	33:53
36.	Ray Grundmeyer	66	34:02
37.	Mark Johnson	47	34:25
38.	Roy Bengston	65	34:37
39.	Mike Vanoni	56	35:08
40.	James Chow	48	35:29
41.	J. Gutierrez	52	35:38
42.	Ron Lopez	49	35:42
43.	<i>Janet Ralston</i>	42	35:56
44.	<i>Michelle Slingsby</i>	35	36:06
45.	<i>Chris Vanoni</i>	53	37:19
46.	Bruce Young	52	37:53
47.	<i>Carol Johnson</i>	50	37:34
48.	Jim Foley	63	37:47
49.	Lee Bengston	67	37:54
50.	Don Robinson	72	38:21
51.	Ken Green	75	38:29
52.	Olga Hnizdil	60	39:08
53.	Earl Beam	54	39:30
54.	Vici DeHann	69	40:50
55.	Frank Hathorn	71	40:56
56.	Roger Gerard	61	41:22
57.	<i>Denise Lopez</i>	48	44:06
58.	Dennis Velenchenko	58	46:42
59.	<i>Pat Crespi</i>	46	48:38

**RACEWALKERS**

1.	<i>Laura McCoy</i>	49	54:00
2.	<i>Connie Ahrnsbrak</i>	65	54:09

<b>Overall Man</b>		<b>Overall Woman</b>	
Name	Time	Name	Time
Fernado Herrera	22:23	Christine Adanowski	26:20
<b>70 and Over</b>			
1. Don Robinson	38:21		
2. Frank Hathorn	40:56		
<b>65 - 69</b>			
1. Rich Romero	29:28	Vivi DeHann	
2. Ross Westley	30:23		
3. Ken Randall	30:39		
4. Ray Grundmeyer	34:02		
5. Roy Bengston	34:37		
<b>60 - 64</b>			
1. Jim Romero	29:06	Olga Hnizdil	39:08
2. Tom Chambers	31:43		
3. Ed Youngberg	33:08		
4. Jim Foley	37:47		
5. Roger Gerard	41:22		
<b>55 - 59</b>			
1. Andy McKean	30:50		
2. Gale Meuret	31:38		
3. Mike Vanoni	35:08		
4. Dennis Velenchenko	46:42		
<b>50 - 54</b>			
1. Bruce Kirschner	26:52	Nancy Denniston	30:47
2. Bob Caillouette	28:41	Carmen West	33:44
3. Jim Bosik	29:15	Chris Vanoni	37:19
4. Scott McFarlane	29:54	Carol Johnson	37:34
5. Ken Lotze	30:25		
<b>45 - 49</b>			
1. Jay Dee Trujillo	27:56	Kim Massey	32:36
2. Paul Welschinger	28:13	Julie Thenell	32:46
3. Mitch Chesbro	30:32	Denise Lopez	44:06
4. Mark Johnson	34:25	Pat Crespi	48:38
5. James Chow	35:29		

<b>40 - 44</b>			
1. Jim Perry	56:26	Theresa Jockers	30:56
2. Kent Enwright	28:45	Janet Ralston	35:56
3. Todd Dunning	31:50		
4. Patrick Shea	32:04		
<b>35 - 39</b>			
1.		Michelle Slingsby	36:06
<b>34 and Under</b>			
1. Andrew Adamowski	23:44	Julie Kimpel	30:53
2. Scott Kukel	24:20		
3. Patrick Casto	25:16		
4. Adam Lee	31:54		
5.			
<b>Racewalkers</b>			
1.		Laura McCoy	54:00
2.		Connie Ahrnsbrak	54:09

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Pelican Update  
By Connie Ahrnsbrak

**Oops! 9/5-** Kool Shades (Ken Randall) in **Greeley** for **Run for Jesus 12K**, 56:02.

**Oops! 10/3 – Portland Marathon** saw Pitts & Penelope O'Donnell, 4:24 & 4:55 respectively.

**10/25 – Relentless Dave Black** running the **Dublin, Ireland marathon**, 6:21:23!

**11/6 – Boyd Lake Half, Loveland:** Rob Fisher, 1:39 (2<sup>nd</sup>); Kool Shades, 1:43 (1<sup>st</sup>); The B-Man (Jim Romero) 1:46 (2<sup>nd</sup>); Nancy Denniston, 1:51 (1<sup>st</sup>) & Fern Oliner, 2:29 (1<sup>st</sup>). The **10K** saw The Painted Horse (Jesse Tijerina), 47:32 (4<sup>th</sup>); David Schmaltz, 47:45; Light Foot (Deb Acree) 48:39 (2<sup>nd</sup>); Jimbo (Jim Peterson) 52:16 (3<sup>rd</sup>) & Connie Ahrnsbrak, 53:05 (1<sup>st</sup>).

**11/7 –X-Country 5K Fest @ Chatfield:** Painted Horse (Jesse Tijerina), 23:10 (1<sup>st</sup>); Light Foot, 25:28 (1<sup>st</sup>); K2S (Ken Simons), 26:33 (1<sup>st</sup>); Kim Massey, 26:46 (2<sup>nd</sup>) & Connie Ahrnsbrak, 27:00 (1<sup>st</sup>). *Fun course, bales of hay to traverse, all trail running, but not all flat.*

**City of Trees Marathon, Boise, ID** saw Walking Man (Neil Horton), 6:03. *Outstanding, small city marathon.* Also, the **Santa Barbara News Press Half, CA:** Mike Vanoni, 2:12; Christine Vanoni, 2:18 & Terry Mcfarlane, 2:21.

**11/13 – Turkeys @ the Longmont 10K Turkey Trot:** Diane Ridgway, 45:04 (1<sup>st</sup>) & The Master (Rich Romero) 47:33 (1<sup>st</sup>). Jimbo, 15:40 (1<sup>st</sup>) & Leslie Woods, 26:04 opted for the **2-miler**.

**Rim Rock 37K, Grand Junction:** Ray Blum, 2:52 (2<sup>nd</sup>); Mean Ed Green, 3:28 (2<sup>nd</sup>); Michelle DelPiccolo, 3:31; Wm Faulkner, 3:36 (3<sup>rd</sup>); Pitts O'Donnell, 3:53; Pat Emigh, 4:21 (1<sup>st</sup>) & Penelope, 4:36.

**11/14– Turkeys @ Panicking Poultry 5K, Boulder Rez:** Painted Horse, 21:28 (2<sup>nd</sup>); Connie Ahrnsbrak, 25:19 (1<sup>st</sup>); Earl Beam, 28:27; Jan Hallez, 35:53 (4<sup>th</sup>/RW) & Rosalie Murch, 37:15 (2<sup>nd</sup>/RW).

Also, **Rattlesnake Rumble 7.4, FTC** saw Jimbo & Traveling Man (Roger Rybicka) sharing 42:30. *Fun x-country with 16 bales of hay to jump over, but not all at once.*

**11/19 – Gilbert Days 5K, Gilbert, AZ:** Pitts O'Donnell captured 1<sup>st</sup> place, 23:38.

**11/20 – Turkeys @ Brighton Turkey Trot 5K:** Slimfast (Bruce Kirschner) 20:12 (1<sup>st</sup>); Painted Horse, 21:19 (2<sup>nd</sup>); Race Man (Mitch Chesbro) 23:24; K2S (Ken Simons), 24:44 (2<sup>nd</sup>); Taunya Wilson, 25:38 (1<sup>st</sup>); \*DeAnn Reaves, 28:05; \*Matthew Reaves, 29:22; Frank Hathorn, 30:28; Shirley Simons, 36:01 (1<sup>st</sup>); Kim Shenfeld, 37:17 & Leslie Woods, 41:03. \*Ken's family.

The Oak (Ross Westley), 21:30, placed 2<sup>nd</sup> in a 50 plus age group @ the **Gobble Gallop 5K trail, Ft. Morgan.**

**11/25 – Fair weather turkey in San Francisco, Turkey Beach Trot,** Jay D. Trujillo, 45:04, & another turkey @ **Topanga Turkey Trail 15K,** Trail Man (Adam Feerst), 1:11 (1<sup>st</sup>/OA), **Canyon State Park, CA.** (*somewhere around LA*)

Turkeys @ **Greeley Turkey Trot 5K:** Painted Horse, 21:03 (4<sup>th</sup>); Bob Caillouette, 21:04 (5<sup>th</sup>); Traveling Man, 26:24; & J Gutierrez, 26:29. Two turkeys @ **Highlands Ranch Turkey Trot 5K:** The Oak, 23:46 (1<sup>st</sup>) & Bob Fancher, 27:26 (3<sup>rd</sup>).

**Mile Hi United Way 4-Mile** turkeys were: Oscar Ponce, 20:02 (2<sup>nd</sup>/OA); Hector Martinez, 21:10; Isaiah Rubio, 22:17; Miguel Cazares, 22:28; Luis Flores, 24:09; Jeff Young, 24:16; Grid Iron (David Kelble) 25:39; Mean Ed Green, 28:25; James Dowdell, 28:33; Lightfoot, 29:40; Gait Man (Grayson Drexel) 29:57; Bob Reilly, 30:00; Robert Klumpp, 33:06; Kim Massey, 34:02; Lee Bengston, 37:11; Earl Beam, 37:22; Frank Hathorn, 38:02; Joe "Elmers" Baird, 39:00; Carl Schiele, 39:37; Carol Dowdell, 39:55; Alice Bernard-Vorhees, 40:40; Cassie Klumpp, 41:15 & Shenfeld/Woods, 41:42/49:36 respectively.

**CU Turkey Trot 5K** saw Palmer Beam, 32:51 & Linda Neale, 43:51, while Jimbo ran the **Tynan's FTC Thanksgiving Day 4-miler**, 32:46 (1<sup>st</sup>).

**11/27 – A crispy Fisher's of Men Fellowship 5K, Aurora:** Painted Horse, 21:22 (2<sup>nd</sup>); The B-Man, 22:12 (1<sup>st</sup>); The Master (Rich Romero) 22:45 (1<sup>st</sup>); Race Man, 22:49 (3<sup>rd</sup>); Connie Ahrnsbrak, 24:41 (1<sup>st</sup>); Sir Fred Trentaz, 26:02 (2<sup>nd</sup>); Pitts O'Donnell,

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26:21 (2<sup>nd</sup>); Dennis Velenchenko, 34:41 (4<sup>th</sup>); Kim Shenfeld, 35:23 (2<sup>nd</sup>); Penelope, 35:27 (3<sup>rd</sup>); Rosalia Murch, 36:39 (1<sup>st</sup> RW) & Leslie Woods, 40:42. *Sunflowers to Mike/Christine Vanoni, they ran the course early, then worked the finish!*

**12/4 – Rock Canyon Half, Pueblo:** Lou Huie, 1:36 (1<sup>st</sup>); The B-Man, 1:43 (1<sup>st</sup>); The Oak, 1:51 (1<sup>st</sup>); Gale Meuret, 1:53 (5<sup>th</sup>) & Christine Vanoni, 2:13 (6<sup>th</sup>), while Jan Huie, 25:54 opted for the **Jingle Bells 5K**, in the **Springs**.

Also, **Get Fit 5K, Oro Valley, AZ:** Pitts O'Donnell, 26:14. *Temp in low 40s & heavy rain.*

**12/5 – Bobbie Olson Half in Tucson, AZ:** Pitts O'Donnell, 1:53. Michelle Delpiccolo, 3:40 & Bob Reilly, 3:46 took on the **Marathon**. *Temp was perfect, in the 40s, course was benign, either flat or slightly downhill.* Plus, **Jingle Bells 5K, FTC** saw Painted Horse, Roger Rybicka, J Gutierrez, 27:15 & Laura McCoy, 38:50 (RW).

**12/11 – Rudolph Run 5K, FTC:** Lone Painted Horse, 22:00 (1<sup>st</sup>).

**12/12 – Jingle Bells 5K, Covington, KY,** Jimbo, 24:40 (1<sup>st</sup>). *Huge race, rainy & cold!* Plus Walking Man @ **Honolulu Marathon**, 6:30.

**12/19 – Rudolph Ramble 5K, WP:** Oscar Ponce, 16:09 (2<sup>nd</sup> OA); Isaiah Rubio, 16:38 (2<sup>nd</sup>); Miguel Cazares, 17:22 (3<sup>rd</sup>); Hector Martinez, 16:41 (1<sup>st</sup>); Jesus Martinez, 18:36; Oscar Flores, 22:08; Mean Ed Green, 22:28; Jeff Young, 22:38; The Oak, 22:44 (2<sup>nd</sup>); Jack Barry, 23:24 (3<sup>rd</sup>); James Dowdell, 23:40; Leslie Mitchell, 23:49 (2<sup>nd</sup>); Sir Fred Trentaz, 25:08; Connie Ahrnsbrak, 25:28 (1<sup>st</sup>); J Gutierrez, 27:55; Earl Beam, 29:56; Carol Dowdell, 30:12; Rosalie Murch, 38:12 (3<sup>rd</sup>/RW); Kim Shenfeld, 38:53; Laura McCoy, 40:36 (4<sup>th</sup>/RW) & Leslie Woods, 40:38. *Kudos to J Gutierrez for volunteering after running the race!*

CMs @ the **4-Mile Xmas Classic, FTC:** Painted Horse, 22:00 (1<sup>st</sup>); Traveling Man (Roger Rybicka), 34:22 & Jimbo, 34:46 (3<sup>rd</sup>).

**12/26 – Kwanzaa 5K, Aurora:** Miguel Cazares 16:04 (1<sup>st</sup>/OA); Hector Martinez, 16:09 (2<sup>nd</sup>/OA); Isaiah Rubio, 17:04 (3<sup>rd</sup>/OA); Jesus Martinez, 17:55 (3<sup>rd</sup>); Mauro Martinez, 18:14; Jeff Young, 21:12 (3<sup>rd</sup>); Mean Ed Green, 21:44 (1<sup>st</sup>); Kim Massey, 24:21 (1<sup>st</sup>); Connie Ahrnsbrak, 24:29 (1<sup>st</sup>); Race Man (Mitch Chesbro), 25:14; Pitts O'Donnell, 25:28 (2<sup>nd</sup>); J Gutierrez, 26:34; The B-Man, 28:05 (1<sup>st</sup>); Lee Bengston, 28:12 (1<sup>st</sup>); John Hallez, 29:49; Penelope, 33:44 (2<sup>nd</sup>); Jan Hallez, 35:10 (3<sup>rd</sup>/RW); Rosalia Murch, 36:32 (2<sup>nd</sup>/RW); Kim Shenfeld, 38:24 (2<sup>nd</sup>) & Leslie Woods, 39:50. *Thanks to Mike/Christine Vanoni for working the finish.*

**12/31- Resolution 5K Run, WP:** Hector Martinez, 16:52 (OA); Miguel Cazares, 17:08 (2<sup>nd</sup> OA); Jesus Martinez, 17:26 (3<sup>rd</sup> OA); Isaiah Rubio, 17:31; Alex Dowdell, 19:34; Jeff Young, 20:46; James Dowdell, 23:34 & Earl Beam, 29:04. Spiderman/Terry McFarlane, Rick/Alice Voorhees, Kim Shenfeld, & Leslie Woods were not timed. Bandits were Connie Ahrnsbrak, Carol/Lee Bengston, Kim Massey & Chris/Mike Vanoni.

**1/01 – New Years 5K, FTC:** Painted Horse, 20:34; Bob Caillouette, 21:13; Connie Ahrnsbrak, 24:36 (1<sup>st</sup>); Traveling Man (Roger Rybicka), 25:44; Jimbo, 25:57; J Gutierrez, 27:05 & Laura McCoy, 37:33. *Congratulations to Jim Peterson, recipient of a special award as a running icon in the area.*

Lastly, **Rescue Run** in the **Springs**. Jan Huie, 28:40 (3<sup>rd</sup>) in the **5K**, while Lou Huie, 45:36; The Oak, 51:07 (2<sup>nd</sup>); Terry Luahon, 58:52 & Tall Red (Ed Youngberg) 59:05 ran the **10K**.

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**A Taste of Colorado IX - Part 1, January through June****C. Ross Westley**

Happy New Year, 2005. It's hard to believe that our Colorado Tour has completed nine years, participating each year in a whole host of new and different races from all over beautiful, colorful Colorado.

Nationally, we had the excitement of a presidential campaign and the sobering struggle with the radical Islamic terrorism and the Iraq war. In spite of it all, it was a great year for running in our state, as we continued to pursue the state's half-marathons and sample races in our small, rural towns with associated festivals and also taking on some of the race series.

The year kicked off with the Ft. Collins premier New Year's Day 5K along with a clear, sunny day and warm enough for running in short sleeves and shorts. What Colorado weather! I was surprised when the race director, from the Runner's Roost Running Store, announced that I would receive the Runner of the Year Award (a new pair of Saucony shoes) for participating in so many Ft. Collins area races and driving up from Arvada. The Saucony Stabile M.C. are now my best training shoes.

The tour has experienced in previous years, most of the races in January, but the winter series in Colorado Springs in January and February is worth revisiting. This is a challenging four-race series consisting of a varying distances with the short series starting at a 5K and progressing to 10K and a long series beginning with a 10K and progressing to 20K. The weather can be unpredictable, but the races can keep you going through the winter. Some of the races have great winter views of Pikes Peak. The 20K in late February is a good start for the half marathon season. Due to slipping on the ice and sustaining a significant hamstring pull, the tour was sidelined from mid-February into March, but recovery was just in time for the new St. Patrick's Day 5K, the Shamrock Shuffle on the rolling terrain around the Colorado Inverness Athletic Club in Douglas County. We'll just have to wait until 2005 to do some of the March races on the western slope, and the rugged Alfie Packer Half-Marathon in Chatfield State Park.

The tour greeted spring on a cold, cloudy day with a 10K run on the bike path in Westminster. Instead of entering April with rain showers we found ourselves in Parker running a 5K in snow showers. Twenty-four hours later, however, we initiated the half-marathon season with the new point-to-point Platte River Half-Marathon, beginning in Littleton, continuing on the bike path and ending up at the Buckhorn Exchange in downtown Denver. There's an old saying, "If you don't like Colorado weather, wait twenty-four hours" and sure enough, the day was warm and sunny enabling running in shorts and allowing for a very enjoyable spring half-marathon. I was thrilled that my hamstrings cooperated so well.

Continuing in April we had our glimpse of 'spring in the Rockies' with a venture over the mountains and onto Moab, Utah, for the maiden running of the Moab Marathon and 20K. The 20K was the main attraction, starting in the foothills of the LaSalle Mountains and gradually descending through the Castle Valley to finish at Red Cliffs Lodge on the Colorado River. The course was fast and very scenic, being surrounded by the red cliffs. You are bussed from Moab to the start. The start is in the early morning before sunrise, and as the sun rose, the canyon walls lit up in a spectacular, brilliant red color. This is a must for you fans who love the Moab, Utah area.

Rounding out April, we traveled again for a double header of 5Ks to Ft. Collins. The first race started on the CSU Oval and was organized by the Army ROTC Team. Then we drove over to the Veterinary School to join the First Annual Fast and Furiest Run With Your Dog.

Also, be on the lookout in April for a new trail half-marathon in the Montrose area and a multi-distance 12.5-50K run in Greenland (no not in the North Atlantic) just a few miles south of Castle Rock.

Moving into May with many choices of different races, the tour ramped up into high gear. May 1, I had the unique experience to win the Mustang Stampede, the First Annual 5K. This was a benefit run sponsored by our local neighborhood middle school. I haven't won a race in years! The rest of the month was filled with exciting races which include the Make-A-Wish Half-Marathon on a warm, sunny, blue-sky, Colorado spring morning, looping around Cherry Creek State Park with great views of the mountains. There was also The Great Escape Half-Marathon Trail Run, on another gorgeous, warm, sunny spring morning on the trails of Deer Creek Canyon in Jefferson County Open Space. The race started with a long, challenging uphill section to the summit of the mesa followed by a 2.5-mile loop on the summit before returning back down. One steep area on the ascent required a short walk, but the rest of the course was runnable. Throughout the run, the course ducked in and out of the pines, with some views of the local Red Rocks area. Small purple flowers were also in full bloom along the trail. One tour member erroneously made a couple of loops on the summit loop, which stretched his run into 16-17 miles. He was rescued by the sweeper or he still might be loopin' that summit! For you trail lovers, be sure and put this on your 2005 calendar.

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For some mid-week fun, try out the Dash and Dine Series on alternate Tuesdays during May and continuing into the summer. This is an evening 5K race at Coot Lake near the Boulder Reservoir. This is good for a little mid-week spadework followed by a nice picnic in the park with salad, Boca Burgers, hot dogs and hamburgers for the runners.

A few Mothers' Day races are now cropping up. Check out the Mama Mia 5K in City Park on a uniquely different course configuration in the park. It also is a Bolder Boulder qualifier.

One of the highlights of the month was our tour's first trip of the year to the Western slope, to the small town of Hayden for the 26th Annual 8.6 mile Cog Run. Where is that? This was an incredibly nice, sunny but cool morning with the sun backlighting the previous evening's new snow on the peaks around Rabbit Ears Pass as the highway descended into the brilliant, green Yampa Valley and continued to Hayden. Hayden is 25 miles to the west of Steamboat Springs in the western Colorado coal country. This race now includes a 5K and a 10K as well as the Cog Run. The Cog Run was the original run and has been in existence as long as the Bolder Boulder and is part of the Steamboat Springs Summer Race Series. The Cog Run is actually on paved roads, starting in town and continuing mostly level for the first 1½ miles and then it climbs up switchbacks to the summit of the cliffs just north of Hayden and returns back to town. The pace down was about 10 minutes faster than the pace going up. Give it a try and stay for the weekend and enjoy the Steamboat Springs area.

The remaining events of the month included a dynamic duo combining 5Ks, one in Highlands Ranch and the other a 5K in Parker. The Highlands Ranch was one of the most challenging community 5Ks, with multiple uphill (some even quite steep) and downhill on varied surface including concrete, blacktop and dirt trails. The refreshments and prizes were excellent for a small race. There also was a very nice Native American dance performed by a local Denver Native American family. The race actually benefited the local Indian PowWow Association.

We then ran the Colorado Rockies Home Run 5K in LoDo. My grandson joined us and we ran together. He was really excited when we ran the last two tenths of a mile around the warning track in Coors Field and finished just outside the field in the parking lot. Each participant received a ticket to a Rockies game.

The final race of the month was on Memorial Day and was a 10K back at the Colorado Athletic Club Inverness campus. This was the tour's alternative to the Bolder Boulder. It was a rolling course with excellent views of the snow-capped Front Range mountains. I was surprised at the good turnout, but again, no traffic and no crowd. The race was also part of the Club's Summer Race Triad (Memorial Day, 4th of July and Labor Day).

Also in June and continuing into August came a new addition to the tour, the mid-week Summit Running Series on the mountain trails around Breckenridge. The runs were on Wednesday evenings, frequently associated with beautiful sunsets, but fortunately no thunderstorms. Three runs are in June, two in July and one in August. The elevation for all of these races is over 9,000 feet. These runs are great mid-week workouts. All runners who completed the series received a very nice sports bag with the race logo. The Breckenridge Recreation Center plans to continue the series next year. You trail hounds should check it out.

Other June events included the inaugural running of the U.S. Half-marathon Denver in Cherry Creek State Park. The course was similar to the Make-A-Wish Half-marathon. This was also on a bright and sunny, hot spring morning, again with some great views of the mountains. All participants received a very fine inaugural medal, however, the race occurred on the same day as the ever-popular Steamboat Springs Half-marathon. Apparently the U.S. Half-marathon series is continued in various cities throughout the country.

Another special feature of our tour is participating in small-town Colorado races. We kicked off this feature in June with a short jaunt up I-25 to the small farming community of Berthoud, for the Annual 5K Run for Habitat. As usual, the race was part of the Annual Berthoud Days Spring Celebration which also incorporated a pancake breakfast and a parade. These are the three ingredients of almost all small Colorado town events. Fortunately, we had another beautiful sunny spring morning. The course was fast and flat, running through the neighborhood of the delightful small town.

The June tour was then abbreviated due to my 45th wedding anniversary and a wonderful trip with my bride to the Maritime Canadian Provinces.

Well, fans, we've completed the winter and spring tour of the Taste of Colorado IX. Look for Part II (Summer and Fall) sometime in the spring of the year. Check out Colorado Runner Magazine [active.com](http://active.com) and Rocky Mountain Sports for future races during the winter and spring of 2005. Happy running in 2005 and stay injury free!

**Once you're over the hill, you just keep running!**

Lake Arbor

**Jan 8, 2005**

Another year is here. We had 53 runners and walkers came out for our first race of 2005. The weather was perfect, sunny and cool. Despite the course being icy there were still good finish times.

Overall male was Bob Jones in 19:34, overall woman was Theresa Jockers in 23:15.

Our thanks go to those who gave donations for the drawing:

Great Harvest Bread for the bread, cinnamon rolls and scones. Boulder Running Company-Denver for the gift certificates.

As always thanks and kudos to all the volunteers: Joe Braid, Tom Alison, Joe Sanchez, Jerry and Rosalia Murch, Rob Fisher, Howard and Lee Palmer, Bruce Kirchner and Connie Ahrensbrak who helped tabulate the results.

Thanks to everybody--Ken

**Overall**

Place Name	Age	Time
1. Bob Jones		19:34
2. Ray Blum	48	19:56
3. Jim Perry	43	20:25
4. Philip DiZerega	35	20:35
5. Paul Welschinger	47	21:30
6. Jay Dee Trujillo	46	21:34
7. Bob Caillouette	50	21:58
8. David Kelbe	47	22:29
9. David Stewart	43	22:45
10. Kent Enwright	42	22:56
11. Ken Lotze	54	23:00
12. Scott McFarlane	53	23:12
13. Theresa Jockers	43	23:15
14. Robert Kanieski	27	23:37
15. No Name		23:43
16. Mitch Chesbro	46	24:00
17. Deb Acree	52	24:13
18. Nancy Denniston	54	24:21
19. Todd Dunning	40	24:48
20. Tom Chambers	61	25:04
21. Susan Stewart	45	25:15
22. Kim Massey	46	25:36
23. Connie Ahrensbrak	65	25:42
24. Brent Jockers	54	25:51

25. Roger Rybicka	56	25:59
26. Jim Peterson	66	26:36
27. Jerry O'Donnell	58	26:47
28. Roy Bengston	65	26:28
29. Jim Romero	64	27:13
30. Ray Grundmeyer	66	27:19
31. Doug Tolin	60	27:25
32. Michelle Slingsby	35	27:58
33. Carol Johnson	50	28:25
34. Charles Schumacker	58	28:33
35. Jeff Rasor	28	28:36
36. Bruce Rasor	56	28:37
37. Earl Beam	54	29:09
38. Don Robinson	72	29:26
39. Ken Green	75	29:57
40. Todd Brand	37	30:20
41. Vici DeHann	69	31:24
42. No Name		32:24
43. Dave Black	53	33:00
44. Dave Blanko	53	33:10
45. Fay diZerega	62	33:45
46. Penelope O'Donnell	55	34:19
47. Larry Vincent	63	35:02
48. Dennis Velenchenko	58	39:00

**RACEWALKERS**

1. Lew Hutch	67	33:00
2. Rosalia Murch	64	33:10
3. Darla Yoerg	37	44:42
4. Lisa Gotlin	53	44:43
5. Gay Thames	63	44:45
6. Joan Banko	61	45:05

**AGE Group Awards**

**Overall Man**

**Overall Woman**

Name	Time	Name	Time
Bob Jones	19:34	Theresa Jockers	23:15

**75 +**

1. Ken Green	29:57
--------------	-------

**70 - 74**

1. Don Robinson	29:26
-----------------	-------

**65 - 69**

- |                   |       |                  |       |
|-------------------|-------|------------------|-------|
| 1. Jim Peterson   | 26:36 | Connie Ahrnsbrak | 25:42 |
| 2. Roy Beengston  | 26:58 | Vici DeHann      | 31:24 |
| 3. Ray Grundmeyer | 27:19 |                  |       |

**60 - 64**

- |                  |       |              |       |
|------------------|-------|--------------|-------|
| 1. Tom Chambers  | 25:04 | Fay DiZerega | 33:45 |
| 2. Jim Romero    | 27:13 |              |       |
| 3. Doug Tolin    | 27:25 |              |       |
| 4. Larry Vincent | 35:02 |              |       |

**55 - 59**

- |                       |       |                    |       |
|-----------------------|-------|--------------------|-------|
| 1. Roger Rybicka      | 25:39 | Penelope O'Donnell | 34:19 |
| 2. Jerry O'Donnell    | 26:47 |                    |       |
| 3. Charles Schmacher  | 28:33 |                    |       |
| 4. Bruce Rasor        | 28:37 |                    |       |
| 5. Dennis Velenchenko | 39:00 |                    |       |

**50 - 54**

- |                    |       |                 |       |
|--------------------|-------|-----------------|-------|
| 1. Bob Caillouette | 21:58 | Deb Acree       | 24:13 |
| 2. Ken Lotze       | 23:00 | Nancy Denniston | 24:21 |
| 3. Scott McFarlane | 23:12 | Carol Johnson   | 28:25 |
| 4. Brent Jockers   | 25:51 |                 |       |
| 5. Earl Beam       | 29:09 |                 |       |

**45 - 49**

- |                     |       |               |       |
|---------------------|-------|---------------|-------|
| 1. Ray Blum         | 19:56 | Susan Stewart | 25:15 |
| 2. Paul Welschinger | 21:30 | Kim Massey    | 25:30 |
| 3. Jay Trujillo     | 21:34 |               |       |
| 4. David Kelbe      | 22:29 |               |       |
| 5. Mitch Chesbro    | 24:00 |               |       |

**40 - 44**

- |                  |       |
|------------------|-------|
| 1. Jim Perry     | 20:25 |
| 2. Dave Stewart  | 22:45 |
| 3. Kent Enwright | 22:56 |
| 4. Todd Dunning  | 24:48 |

**35 - 39**

- |                    |       |                   |       |
|--------------------|-------|-------------------|-------|
| 1. Philip DiZerega | 20:35 | Michelle Slingsby | 27:58 |
| 3. Todd Brand      | 30:20 |                   |       |

**34 and Under**

- |                    |       |
|--------------------|-------|
| 1. Robert Kanieski | 23:37 |
| 2. Jeff Rasor      | 28:36 |

**Racewalkers**

- |              |       |               |       |
|--------------|-------|---------------|-------|
| 1. Lew Hutch | 33:00 | Rosalia Murch | 33:10 |
| 2.           |       | Darla Yoerg   | 44:42 |
| 3.           |       | Lisa Gotlin   | 44:43 |
| 4.           |       | Gay Thames    | 44:45 |

**CMRA BANQUET**

We express our thanks to the Christie's for hosting our Annual Banquet again this year. As always the food was outstanding and everyone enjoyed the evening.

The highlight was having Bob Findlay from the Rocky Mountain News share some of his experiences in training for and competing in the Leadville 100. As always the food was outstanding and everyone enjoyed the evening.

The highlight was having Bob Linday from the Rocky Mountain News share some of his experiences in training for and competing in the Leadville 100.

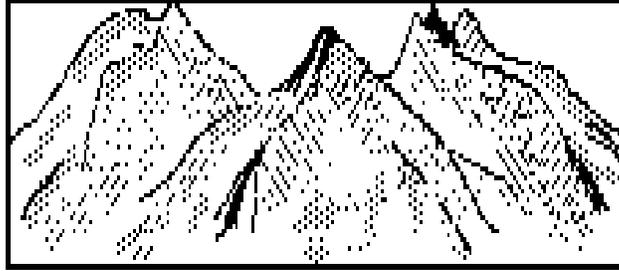


**Forty Furlongs****Sat. Feb. 12, 2005 9 AM**

Warm up your winter running with this fast  
CMRA 5 mile race

To reach the start, go west on Bowles from  
Santa Fe Dr. to the dome at South Suburban  
Golf and Tennis Club. Park on the east side  
of the "Bubble" at South Platte River.

Call Lee Bengston at 303-282-7531 or see  
[www.comastersrun.org](http://www.comastersrun.org) for more  
information or to volunteer.



**SPRING SPREE 10K**  
**SUN MARCH 19, 2005**  
**9 AM**

**Twin Lakes Park****Directions:**

Take I-25 to Boulder Turnpike (west). Exit at  
Pecos and get back on the turnpike going east  
(you can't exit at Broadway going west). Exit  
at Broadway and go south, then turn west onto  
70<sup>th</sup> Ave and park on the North side at the  
Park-N-Ride. Race starts directly south across  
the street at Twin Lakes Park

**Sand Creek 5 Miler**  
**Stapleton**  
**April 9, 2005**  
**9 AM**

This race is replacing Red Rocks!!!!!!  
Directions: See the next Newsletter or the  
web site for directions.

**2005 OFFICERS****President: Rob Fisher****Home: 303-738-0115****Fax:****Vice President: Vici DeHann 303-494-1782****Secretary: Kim Massey 303-765-5512****Treasurer: Tom Alison 303-791-6166****Membership Chair: Ray Grundmeyer 303 526-5156****Quartermaster: Joe Sanchez 720-962-6642****C0-Editors:****Connie Ahrnsbrak (March, July, November Issues)**

**Phone: 303-985-1168 Email: cahrnsbrak@yahoo.com**  
**10190 W Jewell Ave Unit B Lakewood CO 80232-6244**

**Ken Randall (January, May, September Issues)**

**Phone: 303-422-3745 Email: runnerincolorado@juno.com**  
**10900 W 41st Ave WheatRidge CO 80033-3918**

**CMRA Website: <http://www.comastersrun.org/>**

**BOARD OF DIRECTORS**

***Rob Fisher, Levi Gonzales, Todd Dunning, Deb Acree,  
Vici DeHaan, Ray Grundmeyer, Scott McFarlane,  
Connie Ahrnsbrak, Joe Baird, Ken Randall, Tom Alison,  
Kim Massey***

The Colorado Masters Running Association newsletter is  
published bi-monthly. Issues are mailed approximately the 1st  
day of February, April, June, August, October, and December.  
Distribution is free to all members and associates of the CMRA.

Deadlines for articles are the 15th of January, March, May,  
July, September, and November. All material should be mailed  
or e-mailed to editors listed above.

Membership information is available from the Membership  
Chairperson and at all races.

*The CMRA is a non-profit group organized to promote running  
and walking for health and exercise. The club conducts regular  
running activities, including training sessions, fun runs, races,  
and social events. Membership in CMRA is open to all,  
regardless of skill or experience.*

*Annual dues are \$25 for individuals and \$35 for families.*

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION  
MEMBERSHIP APPLICATION**

**CALENDAR YEAR JANUARY-DECEMBER 2005**

For the mutual benefit of runners and racewalkers 35 years and older  
Monthly events Free to members  
**All ages welcome**

Runners Male/Female  
"Masters Divisions" 35-39,40-44,45-49,50-55,60-64,65-69,70-74,(men)75+

Racewalkers  
Male and Female divisions

Dues: Single member **\$25.00 per year** Family (household) **\$35.00 per year**

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: \_\_\_\_\_ B'date: \_\_\_\_\_

Mail completed form with check payable to  
**"CMRA"**

**8100 E. Union Ave. #R 1601  
Denver, CO 80237**

I would like to participate in the following club operational activities:

Work a race \_\_\_\_\_ Event Director \_\_\_\_\_ Member Board of Directors \_\_\_\_\_

Newsletter Editor \_\_\_\_\_ Event registration \_\_\_\_\_ Member Recruitment \_\_\_\_\_

Membership Database \_\_\_\_\_ Quartermaster Corps \_\_\_\_\_ Coaching \_\_\_\_\_

Racewalking Training \_\_\_\_\_ Course Measurement \_\_\_\_\_ Race committee \_\_\_\_\_

**Newsletter:** (please select one)

\_\_\_\_\_ I will download from the website "www.comastersrun.org"(dates will be e-mailed to you)

\_\_\_\_\_ Please mail it snail mail

## 2005 COLORADO MASTERS RUNNING ASSOCIATION SCHEDULE

Registration begins 1 hour prior to race time. \$10 for non-members.

For more information or to volunteer, call race director listed below or log on to our website:

[www.comastersrun.org](http://www.comastersrun.org)

Jan	8	Sat	9 AM	Lake Arbor	Lake Arbor 5K	Ken Randall	303-422-3745
Feb	12	Sat	9 AM	S. Suburban Tennis Center	40 Furlongs (5M)	Lee Bengston	303-693-2278
Mar	19	Sat	9 AM	Twin Lakes Park	Spring Spree	Tom Alison	303-791-6166
						Rich Romero	303-751-4284
Apr	9	Sat	9 AM	Stapleton	Sand Creek 5 Mile	Rob Fisher	303-738-0115
May	21	Sat	9 AM	DeKoevend Park	Memorial Run 5K/10K*	Rosalie Murch/ Connie Ahrnsbrak	303-693-2278 303-985-1168
Jun	12	Sun	8 AM	Water Canyon	Waterton Canyon 10K*	Deb Acree	303-279-7020
July	17	Sun	8 AM	Christies @ Genesse	Mountain Madness 12K*	Jim Romero	303-794-2952
Aug	10	Wed	6:30 PM	Fairmount Park, Golden	Fairmont 5K Trail	Pat Phillips	303-238-4405
Aug	28	Sun	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail 10K	Wayne Mathis	303-979-9592
Sept	25	Sun	8 AM	Barr Lake State Park	Barr Lake 15K	Dave Black	303-781-1738
Oct	16	Sun	9 AM	Randy's Ranch, Louisville	Coal Creek XC Challenge 5.5	Bruce Kirschner/ Randy Luallin	303-666-0864 303-765-5572
Nov	20	Sun	9 AM	Chatfield State Park	Chatfield 10 Miler	Kim Massey/ Scott McFarland	303-904-4542
Dec	10	Sat	9 AM	Prospect Park Wheat Ridge	Clear Creek 4-Miler	Vici DeHaan	303-494-1782
*				<b>PANCAKE BREAKFAST</b>			
*				<b>5K FOR RACEWALKERS</b>			
***				<b>5 MILES FOR RACEWALKERS</b>			

**CMRA**  
**8100 E. UNION AVE.**  
**# R1601**  
**DENVER, CO 80237**

Once you're over the hill, you just keep running!