

MASTER TIMES



July/August 2004

Volume 31, Issue 4

PRESIDENT'S CORNER (Rob Fisher)

LOOKING FOR HEROS AND INSPIRATION IN SPORTS

I grew up in Detroit, Michigan and lived for sports. Detroit was and still is a great sports town. Its pro team sports have blessed its fans with world championships at intervals that are not too few but also not too many to get really spoiled. Big Lions fans will probably disagree since it's been almost 50 years since the 1957 Lions. It's been 20 years for the Tigers, but within the last 10 years or so the Red Wings and Pistons have 3 each.

My first hero growing up was Al Kaline, a Hall of Fame right fielder. He played over 20 with the Tigers. For a while I actually thought I would grow up and play major league baseball. Sports are a great way to grow up and test yourself. It didn't really take too long to figure out my future was not in baseball.

But I am still out there testing myself and looking for heroes to inspire me. If you love hockey how could you not be inspired by Steve Yzerman the Red Wings captain. You may hate the Wings but you got to love how he plays all out every night. Steve's last operation on his knee was a medical wonder. Doctors actually sawed his tibia in half and then fused it back together to align the knee. I will never again complain about the plate in my shoulder.

Lately I have become fascinated with pro bike racing. I have followed Lance Armstrong over the past 5 years and watched him rise to the top and stay. But what really inspires me are his team mates and all those guys that work their butts off every day to put the stars into position to win. Most of us can relate to that.

Now I have a new hero. His name is Ed Baron. I never met him or even knew about him when he was alive. In fact he died 25 years ago. He died of cancer in 1979 at 54 years of age. Ed lived in Washington DC and took up running at age 40. Ed started running to help himself recover from and deal with the cancer that would eventually take his life 14 years later. In those 14 years he would become a leader and an inspiration in the running community. He wasn't a gifted athlete just a gifted organizer and persuasive voice for running. He used running to inspire himself and wanted to pass it on to others.

It's never too late to find heroes. Get out there and run.

DATE CHANGE !!!!!!!

**CHATFIELD 10-MILER race changed to
September 18th (Saturday) due to conflict.**

Look for possible trail RUN!!!!

WATERTON CANYON 4-MILER, JUNE 12, 2004

NAME	TIME	AGE	NAME	TIME	AGE
1. Jonathan Huie	23:35	24	40. Mike Goldhammer	41:05	
2. Scott Kukel	24:35	30	41. <i>Olga Hnizdel</i>	41:31	59
3. Bob Jones	24:54	43	42. <i>Karen O'Neil</i>	41:39	48
4. Greg Damian	25:13	41	43. Earl Beam	42:07	53
5. Philip Dizerega	26:27	34	44. <i>Penelope</i>	42:37	55
6. Ray Rupel	26:37	49	44. <i>Marriott Smart</i>	43:12	68
7. Ernesto Garica	27:44	44	46. David Boyle	45:08	69
8. Lou Huie	27:54	57	47. Dave Black	45:44	53
9. Joe Petterle	28:22	40	48. <i>Marquerite Kaspereu</i>	48:53	38
10. <i>Susan Bellard</i>	28:43	32	49. <i>Kim Shenfeld</i>	49:10	45
11. Jay Trujillo	30:36	45	50. Dennis Velenchenko	49:29	57
12. Ken Lotze	30:51	33	51. <i>Tandy Zitkus</i>	50:45	30
13. Spider Man	31:09	53	52. Owen Rarden	51:26	72
14. Chuck Thies	31:14	57	53. <i>Arlene Boyle</i>	51:29	68
15. <i>Julie Kimpel</i>	31:18	34	54. <i>Leslie Woods</i>	56:40	57
16. Jon Alexander	31:23	40	Racewalkers		
17. Todd Dunning	31:40	39	1. Neil Horton	46:35	
18. Andy McKean	31:50	59	2. Ed Guiff	46:58	60
19. Michael Benidt	32:02	57	3. Jan Hallez	49:36	
20. Gale Mueret	32:25	57	4. Lew Hutch	50:09	66
21. <i>M J. Jones</i>	32:57	43	5. Dave Banko	51:16	52
22. Robbey Jones	34:02	14	6. <i>Rosalia Murch</i>	51:30	63
23. Dennis Woljan	34:18	62	7. <i>Tena Eckert</i>	54:14	57
24. Pitts O'Donnell	34:52	58	8. Paige Vincent	60:42	37
25. Jimbo Peterson	34:59	65	9. Larry Vincent	60:42	63
26. Sir Fred Trentaz	35:59	62			
27. <i>Rhonda O'Grady</i>	36:20	37			
28. <i>Annette Nebeker</i>	36:39	37			
29. David Christie	37:16	53			
30. <i>Janet Ralston</i>	37:22				
31. <i>Jennifer Murton</i>	37:32	32			
32. <i>Kirsten Ruiz</i>	37:40	32			
33. Bruce Young	37:45				
34. <i>Carol Johnson</i>	38:21	50			
35. Lee Bengston	38:36	66			
36. Don Robinson	38:48	72			
37. Bodo Schultz	40:38	56			
38. Lynn Young	40:49	48			
39. J Gutierrez	41:03	52			

WATERTON CANYON 4-MILE June 12, 2004

Congratulations to the overall winners of the race: young Jonathan Huie had a smashing time of 23:35, while Susan Bellard blazed a time of 28:43!

We were not only blessed with some fast runners, but we had nine competitive walkers as well. In addition, we had four children for the kid's one miler this year. Ken Green's granddaughter, Taylor, has finished a 5K so this must have been very easy for her. We also had a stroller, which goes to prove that running is a lifetime sport.

Next year we will get back to the 10K race at Waterton. The Denver Water Board has been helpful and supportive. Somewhere after the first two miles we enter Forest Service land, however, the Forest Service was unable to tell us where. In May of 2001 CMRA received a FAX stating that we did not need a permit from the Forest Service to conduct a 10K, however, that is no longer the case. Therefore we will begin to seek a permit in the fall for 2005.

Thanks to Great Harvest Bread on north Wadsworth and Runners Roost for donating two \$25 gift certificates. Please let our sponsors know they are appreciated.

This is a volunteer organization and the race would not have happened without the following folks. Here is just part of what they did: Joe Baird (you saw him at the finish line with a timer, but the list is too long to name how he supports this club), Joe Sanchez (set up the course and carried the supplies), Levi Gonzales (at the turn around), Connie Ahrnsbrak (went to the Forest Service twice seeking a permit, worked registration and did lots of other stuff), Rosalia Murch (making sure things are in the right place), Jerry Murch (registration and overall Devil's Advocate), Rob Fisher (club president at the finish line), Kenneth Green (finish line), Cindy Trotter (water table), and behind the scenes Scott McFarlane (web page), Tom Allison (brought money box to my house), Bill Smitham (brought bike with Jones Counter to my house). Course measurement, pop, ice, bread, awards, insurance, equipment maintenance and set up all goes into making sure things turn out fun.

Pulling off a race is a team sport. It is well worth the effort when I see runners and walkers stepping over the finish line.

Deb Acree

.....

The CMRA members would like to express their condolences to Jerry O'Donnell and family for the recent loss of Jerry's mother.

Genessee 12K, July 11, 2004

Name	Age	Time			
Scott Kukel	30	49:02	Todd Dunning	39	70:00
Bob Jones	43	49:53	Jerry O'Donnell	58	70:07
David			Jim Peterson	65	70:09
Rothenburger	35	51:29	Ray Grundmeyer	66	70:24
Philip diZerega	34	52:53	<i>Judy Forsha</i>	51	70:50
Brian Cross	45	53:27	Roger Rybicka	56	71:54
<i>Christine Gould</i>	37	54:03	Manuoz Joanjun	26	75:02
Bob Caillouette	49	56:02	Allen Gay	42	75:33
Bruce Kirschner	50	56:17	<i>Lisa Ensign</i>	41	75:35
J.D. Trujillo	45	56:45	Don Robinson	72	75:39
Mike Forsha	51	57:05	Jim diZerega	63	76:00
Matt Swenson	35	59:25	Dick Grauer	66	76:45
Jim Romero	64	60:52	<i>Fay diZerega</i>	61	77:45
Greg Forsha	23	61:01	<i>Carol Johnson</i>	50	80:19
<i>Angela Witt</i>	37	61:11	<i>Kirsten Ruiz</i>	32	81:03
Dave Schmaltz	54	61:13	<i>Emily Comfort</i>	30	81:05
Dave Stewart	42	61:55	<i>Olga Hinzdil</i>	59	82:08
Scott McFarlane	53	62:58	<i>Leigha Wilkinson</i>	28	82:50
Rich Romero	67	63:07	Bodo Schultz	56	83:00
Gale Meuret	57	63:20	<i>Vici DeHaan</i>	69	84:00
Kent Mitchell	62	63:40	Frank Hathorn	70	85:57
Jack Barry	66	64:05	Tom Alison	67	86:00
Ross Westley	67	64:26	Palmer Beam	60	88:50
<i>Deb Acree</i>	52	64:57	<i>Pat Crespi</i>	46	91:56
O.Bradford	44	66:22	Howard Palmer	75	129:12
<i>Julie Thenell</i>	46	66:49	Racewalkers		
Jim Fay	52	67:07	Rosàlia Murch		
<i>Kim Massey</i>	45	67:20	12K	63	104:00
Tom Chambers	61	67:35	Ed Guiff 5K	60	37:06
John Mc Williams	59	68:35	Neil Horton 5K	63	41:14
Mitch Chesbro	45	68:43	Lew Hutch 5K	67	41:25
Lee Bengston	66	69:20			

On June 19, 2004, I finished something I started 13 years ago at age 50. I ran or race walked a marathon in all 50 states including DC. This places me in a group of some 200 folks who have accomplished this since the beginning of time. (Sounds more impressive than just saying that I am a member of a club of 200 masochists with the time and inclination). This gave me & my wife not only the opportunity, but a purpose in seeing the greatest country in the world!

My achievements in the running and race walking worlds have been very modest and my times, of course, are slowing down, but I am still getting a workout. My fastest marathon time was 3:47 at age 55, and the fastest race walk was 5:20 at age 60. I ran the first 34, and race walked the last 26 (I have duplicated 9 states). My arthritic knee convinced me to convert from running to race walking. My lessons from Bob Carlson showed me how to do this, and according to my heart rate monitor I still get the same workout by race walking.

Neil Horton

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

Genesse 12K, Mountain Madness, July 11, 2004

	Overall Men		Overall Women	
Place	Name	Time	Name	Time
	Scott Kukel	49:02	Christine Gould	54:03
70 and Over				
1	Don Robinson	75:39		
2	Frank Hathorn	85:57		
3	Howard Palmer	129:12		
65-69				
1	Rich Romero	63:07	Vici DeHaan	84:00
2	Jack Barry	64:05		
3	Ross Westley	64:26		
4	Lee Bengston	69:20		
5	Jim Peterson	70:09		
60-64				
1	Jim Romero	60:52	Fay diZerega	77:45
2	Kent Mitchell	63:40		
3	Tom Chambers	67:35		
4	Jim diZerega	76:00		
5	Palmer Beam	88:50		
55-59				
1	Gale Meuret	63:20	Olga Hinzdil	82:08
2	John Mc Williams	68:35		
3	Jerry O'Donnell	70:07		
4	Roger Rybicka	71:54		
5	Bodo Schultz	83:00		
50-54				
1	Bruce Kirschner	56:17	Deb Acree	64:57
2	Mike Forsha	57:05	Judy Forsha	70:50
3	Dave Schmaltz	61:13	Carol Johnson	80:19
4	Scott McFarlane	62:58		
5	Jim Fay	67:07		
45-49				
1	Brian Cross	53:27	Julie Thenell	66:49
2	Bob Caillouette	56:02	Kim Massey	67:20
3	J.D. Trujillo	56:45	Pat Crespi	91:56
4	Mitch Chesbro	68:43		
5	Manuoz Joanjun	75:02		
40-44				
1	Bob Jones	49:53	Lisa Ensign	75:35

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

2	Dave Stewart	61:55		
3	O.Bradford	66:22		
4	Allen Gay	75:33		
35-39				
1	David Rothenburger	51:29	Angela Witt	61:11
2	Matt Swenson	59:25		
3	Todd Dunning	70:00		
34 and Under				
1	Philip diZerega	52:53	Kirsten Ruiz	81:03
2	Greg Forsha	61:01	Emily Comfort	81:05
3			Leigha Wilkinson	82:50

Pelican Updates

By Connie Ahrnsbrak

5/04-RMRR 5-Miler, Carson Nature Center: Young Gary Black, 35:29; Chuck Thies, 36:54; Spiderman (Scott McFarlane), 37:21; Race Man (Mitch Chesbro), 38:43; Leslie Mitchell, 38:54; Bob Reilly, 39:22; R2G2 (Ray Grundmeyer), 45:49; Rick Voorhees, 47:25; Olga Hnizdel, 51:25 & unsinkable Dave Black, 57:02.

5/8 – The Oak (Ross Westley) prevailed @ the **Hayden Cog 8.4 miles**, 68:19 (1st). *Three miles of steep uphill, with the turn around @ the top of the cog.*

5/15-16 – Go Fast 24-Hour Adventure run, Boulder: Logging 194.4 miles, team Jackson Five placed 2nd. CM team members were Trail Man (Adam Feerst) & Bob Cooper.

5/22 – Cottonwood Classic 5K, Thornton: Slimfast (Bruce Kirschner) 20:26 (2nd); Patti Gilmour, 22:40 (1st); Taunya Wilson, 25:44 (2) & Don Robinson, 36:09 (1st).

5/23 – CMs' prevail @ **Rockies Home Run 5K:** Jesse Tijerina, 21:16 (4th); The B-Man (Jim Romero), 22:18 (1st); Jack Barry, 22:45 (1st); Connie Ahrnsbrak, 24:31 (1st); Jimbo (Jim Peterson), 25:58 (4th); Terry Luahon, 25:59 (5th); Pitts O'Donnell, 26:55 (6th); Don Robinson, 27:26 (1st); The Oak, 28:05 (6th); Bob Bussey, 28:17 (7th); Frank Hathorn, 28:35 (3rd); Carl Schiele, 31:45, (9th); Rosalie Murch, 33:59 (7th); Ken Nakauchui, 34:08; Dennis Velenchenko, 34:25; Penelope, 34:31; Kim Shenfeld, 34:32; Leslie Woods, 46:32 (RW).

5/29 & 30 – Trail Man (Adam Feerst) back to back feats, **Ironman cycling classic** in 2:58:41, & **Narrow Gauge 10-miler**, 62:16 (5th/OA), **Durango**.

5/31 – Bolder Boulder 10K Young Gary Black, 38:34; Jeff Young, 40:24, (3rd/397); Bob Cooper, 40:39 (2nd); Ray Rup Ray Blum, 41:01 (11th); The Kid (Jim Perry), 41:03; Bob Caillouette, 42:34 (9th); Ken Skelly, 43:01 (12th); James Dowdell, 45:46; Speedy Bill Smitham, 45:54 (3rd); The Master (Rich Romero), 46:46 (1st); Diane Ridgeway, 46:57 (1st); Bob Reilly, 47:39; Rob Fisher, 47:47; Light Foot (Deborah Acree), 48:50 (5th); Earl Beam, 49:13; Bill Faulkner, 49:29; Gale Meuret, 49:52; Connie Ahrnsbrak, 49:56 (1st); Ed Youngberg, 50:18 (9th); Julie Kimpel, 51:01; Nancy Denniston, 51:04 (6th); Race Man (Mitch Chesbro), 51:21; Jimbo, 51:56 (3rd); Sir Fred Trentaz, 53:25 (12th); Taunya Wilson, 53:40 (3rd); Terry Luahon, 54:11; Pitts, O'Donnell, 54:19; Roger Rybicka, 54:29; Bill Turley, 55:19; J Gutierrez, 55:20; R2G2 (Ray Grundmeyer), 55:47 (7th); Don Robinson, 56:21 (3rd); Jim Dizerega, 57:23; Bob Volzer, 57:51; Kirsten Ruiz, 57:44; Stonewall (Ken Green), 58:44 (1st); Frank Hathorn, 59:00 (4th); Pat Emigh, 59:27; Terry McFarlane, 1:00; Fearless Fay, 1:01 (7th); Cassie Klumpp, 1:02; Emily Comfort, 1:02; James Ramsey, 1:03; Penelope, 1:04; Santa Card, 1:05; Mariott Smart, 1:06 (2nd); Unsinkable Dave Black, 1:10; Dave Banko, 1:14; Laura

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

McCoy, 1:18; Levi Gonzales, 1:18; Dennis Velenchenko, 1:18; Owen Rarden, 1:21; Janis Hayes, 1:24; Ed Gussie, 1:27; Joan Banko, 1:44 & Janet Youngberg, 2:05. *Kudos to CMRA volunteers: Lee & Carol Bengston, The B-Man, R2G2, Pitts & Penelope O'Donnell & Spiderman (Scott McFarlane).*

6/5 - Schooner Wharf 8K, Key West, FL: Pitts & Penelope O'Donnell, 46:30(4th) & 47:09 (2nd) respectively. *Evening run with a great sunset. Conditions were steamy--temperature was low 90's at start with 90+ percent humidity.*

Cancer Relay for Life, Greeley: J Gutierrez, 23:55 & Laura McCoy, 38:18.

Stapleton Charity Chase 5K saw El Presidente (Rob Fisher), 21:47 (1st); Nancy Denniston, 25:24; John Miranda, 26:19 (2nd); Kim Shenfeld, 38:23 & Leslie Woods, 45:26.

6/6 –The CM lighter side @ Mickelson Trail Half, Deadwood, SD: Kim Massey, 1:50:53 (3rd); Connie Arhnsbrak, 1:52:49 (1st); Christine Vanoni, 2:27 & Patricia Crespi, 2:34:54. The far side, Roger Rybicka, 2:33, while Dick Grauer took on the marathon, 5:23.

The relentless & unsinkable Dave Black running a not easy **Taos, NM marathon**, 5:59:45. Also, the **US Half, Denver:** James Dowdell, 1:49 (2nd).

In addition, Grid Iron (David Kelble) 1:02 (3rd) & The B-Man, 1:07:50 (1st). **Teva Mountain Games, 10K Trail, Vail.**

Steamboat Springs' races: marathon – Diane Ridgeway, 3:29 (1st) & Priscilla Nodine, 5:11. **Half** – the Master (Rich Romero), 1:44:49 (2nd); Earl Beam, 2:26 & Thomas Alison, 2:28, while Terry McFarlane, 1:04 ran the **10K**.

6/12 –Sunrise Stampede 10K, Longmont: R2G2, 53:37 (2nd).

Run the Rockies 10K, Frisco: The B-Man, 44:46 (2nd) & Jack Barry, 48:17 (5th), while Fast Tracks ran the **Telluride Mountain Challenge**, 1:34:08.

6/13 – Garden of the Gods 10 Mile: Ray Blum, 1:08 (3rd); The B-Man, 1:22 (4th); Michelle DelPiccolo; 1:26; Gale Mueret, 1:29; Traveling Man (Roger Rybicka), 1:38; Jimbo, 1:38 (5th); Stonewall (Ken Green) 1:48 (1st); & Earl Beam, 1:51.

Strawberry Shortcut, Glenwood Springs: 10K –Sir Fred Trentaz, 53:48 & Joe “Elmers” Baird, 60:52.

5K- Sir Fred, 26:36; Janis Hayes, 41:55 & Ann Baird, 53:05. Also, **Race the Rockies Sprint Tri #1, Boulder:** Tom Chambers, 1:31:22 (1st). 16:36 swim, 43:50 bike ride & 26:22 5K run.

6/16 – Summer Solstice 5K, CP: Just running & walking in the rain: Ray Blum, 19:51 (1st); John Miranda, 25:30 (5th); Earl Beam, 29:50 & Rosalie Murch, 38:28 (2nd/RW).

6/19 –Wine Festival 5K, Lafayette: Jesse Tijerina, 22:03 (3rd) & Frank Hathorn, 28:42 (1st).

Sailing Shoes 10K, CS: Young Jonathan Huie, 35:46 (2nd/ 3rd OA), while dad (Lou Huie), 43:32 placed (1st).

6/20 –Coopers Father's Day 5K, FTC: J Gutierrez, 25:30 & Laura McCoy, 38:06 (2nd/RW). Jim & Phillip Dizerega placed 2nd in a father/son category with a combined time of 47:05.

Joe Colton Off Road, Rollinsville: 15-miler- Gale Meuret, 2:10 (4th); Bill Faulkner, 2:17 (1st); Melissa Johnson, 2:28 & Pat Emigh, 2:51 (1st). **10 mile** – Jim Bosik, 1:18 (4th); Light Foot (Deb Acree), 1:28 (1st) & Don Robinson, 1:40 (1st). **5K** –Roger Rybicka, 27:37 (4th); Jimbo, 28:05 (1st) & Terry Lauhon, 28:09.

Run for a Child's Sake 5K, WP: James Dowdell, 22:08 (3rd); Leslie Mitchell, 23:19 (2nd); Race Man (Mitch Chesbro),

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

24:35; Bob Fancher, 25:37 (1st); Santa Card, 33:13 (1st) Jan Hallez, 36:45 (1st RW); Shenfeld, 37:06 & Woods, 43:17.

6/26 –NorthStride 5K, Sloan’s Lake: Ray Blum, 19:30 (1st); Jeff Young, 20:40 (2nd); Speedy Bill Smitham, 21:45 (1st); The B-Man, 22:52 (2nd); Spiderman, 23:11 (2nd); Michelle Del Piccolo, 23:45 (2nd) & Constance Ahrnsbrak, 24:50 (1st). *Jeff Young was race director & Pitts O’Donnell was an all around volunteer – good job!*

Also, **Slackers Half, ending in Georgetown:** Dave Stewart, 1:41; Leslie Mitchell, 1:46 (2nd); Race Man, 1:56; Bob Volzer, 2:14 & Christine Vanoni, 2:44. **5K** –Santa Card, 31:52 (1st); Kim Shenfeld, 33:48 & Leslie Woods, 41:17.

Pilot Hill 25K, Laramie, WY: Jimbo, 3:31 (1st) while Terry Lauhon opted for the 8K.

6/27 – Stadium Stampede 5K, Invesco Field: RW: Laura McCoy, 38:32 (1st) & Rosalie Murch, 38:34 (2nd). Bob Jones, 18:59 (4th); Jesse Tijerina, 21:53 (3rd); The B-Man, 23:03 (1st); Jack Barry, 23:13 (1st); Wm Eckley, 23:30 (5th); Connie Ahrnsbrak, 24:55 (1st); Pitts O’Donnell, 26:00 (5th); Tanuya Wilson, 26:06 (1st); Terry Lauhon, 26:39; J Gutierrez, 26:57; Don Robinson, 27:09 (2nd); Jimbo, 27:32 (4th); Frank Hathorn, 30:00 (3rd); Penelope, 31:24 (4th); Dennis Velenchenko, 37:31; Dennis Holman, 39:48; Annette Tapia, 39:48; Kim Shenfeld, 40:04; Leslie Woods, 43:43 & Marie Romero, 52:56. *Good or bad, it looked like the beer garden had been reserved just for CMRA!*

Lyons River Run 5K, Lyons: Roger Rybicka, 25:16; Bob Fancher, 26:10 (5th); Betsy Harrower, 27:52 (1st) & Vici Adele Dehaan, 30:33 (2nd). Also, **Spirit Sprint 5K, CP** saw The Oak, 24:10 (1st).

6/30 -Lastly, Horseshoe Gulch Trail 10-miler, Breckenridge: Trail Man, 1:06 (2nd); Fast Tracks (Ken Randall), 1:34 (3rd); The Oak, 1:38:04 (4th); Ken Simons, 1:38:47 (5th) & Ed Youngberg, 1:48 (6th).

MS 50-Mile CHALLENGE WALK

The 50 Mile Challenge walk benefiting the National Multiple Sclerosis Society will be held September 10 through the 12th in Denver. My experience last year was tremendously rewarding, as I raised over \$3,000 in the fight against MS. As I prepare for the Challenge Walk this fall, my goal is to exceed last year's total. Your generous donation is tax deductible payable directly to the National MS Society, % Rosalia Murch, 4225 S. Grandby, Unit E, Aurora, CO 80114.

Thank you for your support!

Rosalia Murch

<p>Shop at our sponsor</p> <p>Runners Choice 2460 Canyon Blvd, Boulder 303-449-8551</p>
--

<p>Shop at our sponsor</p> <p>Runners Roost 1685 S. Colorado Blvd 303 759-8455 Parker & Arapahoe 303 766-3411</p>
--

Shop at our sponsor

Great Harvest Bread
7745 Wadsworth Blvd
303 420-0500

Shop at our sponsor

The Boulder Running Company
8116 W. Bowles Ave 303 932-6000
2775 Pearl St., Boulder 303 786-9255

CHATFIELD 10-MILE

Saturday, September 18, 8 AM

WE HAVE A TEAM OF TRAIL XPERTS (OR NOT) THAT ARE WORKING ON A TRAIL RUN. EXPECT SOME FUN!

Please arrive early, park @ the Waterton lot, take a short walk to the start. The start will be on the east side of the Discovery Pavilion.

VOLUNTEERS ARE NEEDED!

Contact Kim Massey: 303-765-5512

Directions: Take C470, exit @ WADSWORTH. Go south about 4.5 miles. Turn left @ the sign for Waterton Canyon. Go down the road to the big parking lot on the left.

www.comastersrun.org



FAIRMOUNT 5K

WEDNESDAY, AUGUST 11TH

AT 6:30PM

COME RUN A SCENIC COURSE THROUGH THE FOOTHILLS OF GOLDEN

DIRECTIONS:

TAKE 1-70 WEST TO HIGHWAY 58 (IMMEDIATELY AFTER THE WARD ROAD EXIT). TAKE THE FIRST EXIT OFF 58TH TO McINTYRE. NORTH ON McINTYRE TO 54TH. WEST ON 54TH TO QUAKER, SOUTH ON QUAKER TO FAIRMOUNT PARK.

FROM 1-70 EASTBOUND, TAKE THE WARD RD. EXIT. STAY IN THE RIGHT LANE AS YOU EXIT AND TURN RIGHT ONTO WARD ROAD. TAKE WARD ROAD NORTH TO 52ND AVE. TAKE 52ND AVE WEST TO McINTYRE. GO NORTH ON McINTYRE TO 54TH, WEST ON 54TH TO QUAKER. TAKE QUAKER SOUTH TO FAIRMOUNT PARK.

FOR MORE INFORMATION OR TO VOLUNTEER, PLEASE CALL Pat Phillips 303-238-4405 or see www.comastersrun.org

Genessee 12K Mountain Madness (By The B-Man)

We had a beautiful morning, a good turn out. Some found the hilly course somewhat harder than the previous years, minus the flag pole. Our overall male winner, Scott Kukel was untouchable, his time 49:02. Christine Gould with a time of 54:03 was our female overall winner.

This was my first race as a director and I found out that it takes some work and plenty of help. I want to thank all the Colorado Master members who not only helped, but offered advice (nag, nag). Also, my special thanks to all of my friends who volunteered during and after the race. Last, but not least thanks to Dave & Jane Christie for opening up their beautiful facility before and after the race (especially the great coffee) and all our sponsors.

I encourage some new members who have not been a Race Director to help out and/or get involved with a race.

.....

GOLDEN GATE CANYON TRAIL RUN, 10.3 MILES

Sunday, August 1, 8:30 AM

Registration limited to 100 participants, log on to www.active.com by July 28th

Race Director: Trail Man (Adam Feerst)

The second annual 10.3 mile Golden Gate Canyon Trail race is on a mix of single-track and 4WD roads (closed to traffic), with a one mile dirt road stretch and a short paved section. You run through pine and aspen forests with great views of the divide and Indian Peaks Wilderness area. There is ~2,000' of climbing. Some of the terrain is very steep and rocky. This includes a 600' climb, in 3/4 mi, after 6.5mi, with some rock scrambling at the top.

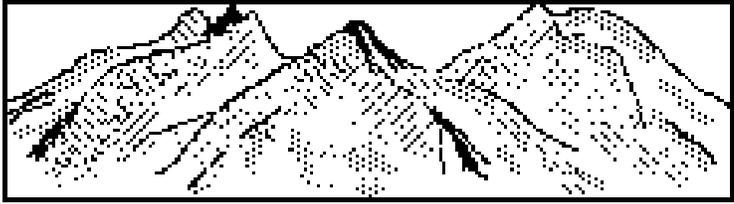
Golden Gate Canyon State Park is 15mi West of Golden, off Hwy 93 and 10mi South of Nederland.

COLORADO TRAIL TRAINING RUN in JULY

Kool Shades (Ken Randall), Ed Youngberg, & Ken Simons recently completed a training run on the first segment of the Colorado Trail. In order to make this work, one vehicle was left the night before at the end of the segment, which can be reached via US 285, Foxton Road, on some gravel county roads. They started from the Waterton Canyon parking lot at 7 AM sharp and ran the six miles to Strontia Dam. At this point the single track portion of the Colorado Trail began. This complete segment consisted of a total distance of 15.4 miles.

Shortly before the transition to the single track portion, several large Bighorn sheep were spotted.. The scenery was beautiful, there was varied terrain and vegetation, several stream crossings, and generally good trail conditions. It was a worthwhile experience, and the main advice to anyone else doing this is to take plenty of water.

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



Coal Creek Cross Country Challenge

Randy Luallin (665-4995)
Bruce Kirschner (666-0864)

Coal Creek XC 5.5
Oct 17th, Sunday 2004, 9 AM
Randy's Ranch, Louisville

Directions: Take Hwy 36 west, Take StorageTek Drive exit, make right off exit ramp, head north. North on Dillon Rd, turn right onto Lock Street. Cross tracks & park designated area. Or take Wadsworth north to Dillon Rd., turn left & head west to Storage Tek (96th St.), turn right & head north to Lock St. (See directions above).

ELK MEADOW TRAIL 10K

AUGUST 22, SUNDAY 8 AM

DIRECTIONS: Take I-70 west to exit 252. Go South past Bergen Park to Stagecoach Blvd & right on stagecoach. Go up to Parking lot of the park on the right.

For more information: Wayne Mathis
At 303-791-3384 or see www.comasters.org

2004 OFFICERS

President: Rob Fisher

Home: 303-738-0115

Fax:

Vice President: Rosalia Murch 303-693-2278

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@aol.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

Levi Gonzales, Rosalia Murch, Deb Acree, Vici DeHaan, Ray Grunmeyer, Scott McFarlane, Connie Ahrnsbrak,

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.

2004 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

June	12	Sat	8 AM	Waterton Canyon, Littleton	Waterton Canyon 10K*	Deb Acree	720-338-2202
July	11	Sun	8 AM	Christies @ Genesse	Mountain Madness 12K*	Jim Romero	303-794-2952
Aug	11	Wed	6:30 PM	Fairmont Park, Golden	Fairmont 5K Trail	Pat Phillips	303-238-4405
Aug	22	Sun	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail 10K	Wayne Mathis	303-979-9592
Sept	18	Sat	8 AM	Chatfield State Park	Chatfield 10 Miler***	Rob Fisher	303-363-2377
Oct	17	Sun	9 AM	Randy's Ranch, Louisville	Coal Creek XC Challenge 5.5	Bruce Kirschner	303-666-0864
Nov	14	Sun	9 AM	Cherry Creek State Park	President's 7 Mile*	Vici DeHaan	303-494-1782
Dec	11	Sat	9 AM	Prospect Park Arvada	Clear Creek 4-Miler	Dave Black	303-781-1738

** **PANCAKE BREAKFAST**

* **5K FOR RACEWALKERS**

*** **5 MILES FOR RACEWALKERS**

CMRA

**9222 SOUTH ROCKPORT LANE
HIGHLANDS RANCH, CO 80126**