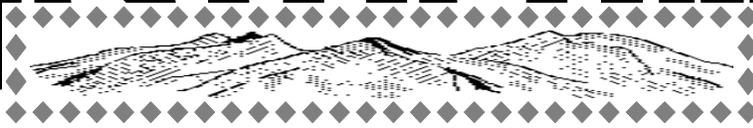


# MASTER TIMES



March/April 2004

Volume 30, Issue 2

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## PRESIDENT'S CORNER by Rob Fisher

### TAKE ME TO YOUR LEADERSHIP

Having just become the president of this group, I have discovered a great thing. The president doesn't do much of anything. Maybe that's why I volunteered, was asked, whatever, to do this job.

In the first 2 months of my tenure I have:

1. Conducted one board meeting.
2. Signed insurance forms for three races.
3. Signed four check requests. Not too bad, I can do this.

Everyone thinks this is such a big job. Once a year someone on the board of directors brings up the issue of who or whom will be the next "PRESIDENT". That seems to be the queue for people to go to the bathroom, search under the table for that lost pen, etc. Thus buying enough time to think up an excuse not to be president. So that's the type of president you have for 2004. One who ran out of excuses.

Seriously, what makes the President's job so easy is that we have A LOT of dedicated people doing their part.

### MEET YOUR LEADERSHIP

Joe "Finish Line" Sanchez-Hauls all our race stuff out to the sites every month. Very important.

Joe "Elmers" Baird-He has kept our race directors and races together what seems like forever.

Tom "Bottom Line" Alison-Our money man. Tries to keep the board from spending too much.

Kim "Spell Check" Massey-Gets those minutes and reminders out.

Connie "Information Please" Ahrnsbrak and Ken "Cool Shades" Randall-Newsletter Editors.

Scott "Spider Man" McFarlane-Our web guy. Check it out. Outstanding!

Rosalia "VP" Murch-Insurance in case the president is assassinated.

Ray "Mr. Membership" Grundmeyer-He knows if you have paid or not.

Deb Acree, Levi Gonzales, & Vici DeHaan-Valuable consultants. We don't pay you much but your council is appreciated. Last, but not least, thanks to all the 2004 Race Directors. They keep giving us all an opportunity to test our lungs, legs and will. Enjoy 2004.

**SPECIAL ITEMS**

**Chivalry has not gone by the wayside. Race director, Lee Bengston, presented all the ladies at the Forty Furlongs' race with a long-stem Valentine rose. Very nice!**

**Also at the February race, Scott Chamberlin treated runners to bagels and great danish after the 5-mile haul, including coffee. Thank you Scott from CMRA!**

**The Board of Directors has announced that the Memorial Race 5K/10K at DeKoevand Park on May 22, will be "Bring a Friend and he/she can Run Free." Hopefully the inspiration to join CMRA will follow.**

**Spring Spree 10K/ 3 mile/RW (Twin Lakes Park)  
March 28, 2004**

**First** and most importantly, thank you volunteers in alpha order: Deb Acree, Joe Baird, Levi Gonzales, \*Steven Gurile, \*Mary Hudson, Lew Hutch, Jerry Murch, \*Jesika Murch, Don Robinson, Joe Sanchez, \*Candace Sayre, and Troy Waycott. \*Aurora high school students. The story is the same, the race doesn't happen without them. Also, thanks to all our great sponsors & Rosalie Murch for Mary Kay products for the lady winners.

**Secondly**, the general consensus regarding the race was that the wind out on the course was not very friendly. It was flat and fast was another comment.

The overall winner was twenty-six year old Oscar Ponce in 32:08. This young Denverite is starting to stack up wins in the local running circuit. Our female overall winner (23), Christy Marvin also burned some rubber with a time of 38:20. However, both runners worked hard for their respective wins as Ben Marvin (22), was on Oscar's heels with a 32:28 time and Erin Cunningham followed Christy with a 39:01. Our overall racewalkers (3-miles) were Ed Guiff and Connie Holman, 34:09 and 42:00 respectively.

**Third**, I would like to recognize three members who come out no matter the course. All three of them push onward to the finish: Howard Palmer, Larry Vincent and Charlie Schmucker. Good Job!

**NOTE:** Troy & Chris Waycott (daughter of the late Donna/Bill Abbott) have started a new sports drink business. Troy donated several gift products as prize drawings for the Spring Spree. Troy will be introducing the new product at various races in the future. Please feel free to call him at 303-823-6684 for additional information on the product or check out the website at [www.quixtar.com](http://www.quixtar.com).

**Once your over the hill, you just keep running!**

## Forty Furlongs

Sixty-four runners and walkers turned out for a crisp, but sunny winter morning run along the Platte River Trail.

There were several heated contests in the age groups. The open group under age 35 was pretty well dominated by these youngsters who love to run our races. Twenty-year-old Hector Martinez was the overall male winner with a time of 27:42. Genevieve Rubio, age 18, was overall in the ladies' race with a time of 38:58.

It should be noted, however that two other more mature women broke 40 minutes: Deb Acree, 39:42, and Nancy Denniston, 39:57.

Among the men all age groups except one were represented and contested. Frank Hathorn, literally his first day in the 70 plus group, won with a great time of 49:35. In the 65-69 group, **The Master** (Rich Romero), apparently fully recovered from his injury, smoked a 36:14 time. Interestingly only one person in the 60-64 age group showed up, The B-Man, 37:53 (Jim Romero), also recovering from an injury. What's going on here, is he really now in a class by himself? Pat Drayton won the 55-59 age group in 37:24, while Slimfast (Bruce Kirschner) smoked a 33:31 winning the 50-54 age group. The Kid (Jim Perry) did his usual best, winning the 40-44 group with a time of 32 minutes flat.

In the racewalk category, Carrots (Rosalia Murch), the perpetual motion machine, did the course in 62 minutes. However, she was only a shout behind her male counterparts, Neil Horton and Ray Adams at 59:29 and 59:31 respectively.

Some trivia; The Wizard (Scott McFarlane), our fearless Web master has fixated recently on the obscure English measure called the rod. My only recollection of its use goes back to my early days in Minnesota canoeing in the boundary water wilderness. All the portages were measured and marked on the maps in rods. I think that was because you really didn't want to know how long the portages were in regular measurements when carrying a canoe and two 40-pound packs. Anyway thanks to Scott we now can tell you that there are 40 rods in a furlong, so the race was 1600 rods long. Quick, exercise your brains and convert a rod to feet.

Thanks to our volunteers: Deb Acree, Constance Ahrnsbrak, Joe Baird, Carol Bengston, Rob Fisher, Jerry Murch, Joe Sanchez, Dennis Valenchenko, Chris Vanoni & Mike Vanoni. Runner's Roost came through with gift certificates and thanks to Great Harvest for our monthly bread.

## FORTY FURLONGS February 14, 2004 Race Results

Place	Name	Age	Time
1.	Hector Martinez	20	27:22
2.	Isaiah Rubio	16	28:22
3.	Jason DeHerrera	18	30:06
4.	Miguel Cozares	17	30:27
5.	Omar Torres	16	30:30
6.	Mauro Martinez	14	30:45
7.	Jesus Martinez	18	30:47
8.	Louis Martinez	17	31:18
9.	Mike Bennett	47	31:20
10.	Jeff Young	47	31:49
11.	Gary Black	17	31:59
12.	Jim Perry	42	32:00
13.	Scott Chamberlin	48	32:31
14.	Bruce Kirschner	50	33:31
15.	David Kelble	46	33:58
16.	Ray Blum	47	34:28
17.	William Eckley	54	34:54
18.	Jesse Tijerina	52	35:18
19.	Ken Skelly	50	35:46
20.	Rich Romero	67	36:14
21.	Jay Trujillo	45	36:31
22.	Kevin McNamara	44	36:51
23.	Jim Bosik	53	36:55
24.	Mark Ramsey	41	37:17
25.	Pat Drayton	55	37:24
26.	Ken Lotze	53	37:28
27.	Jim Romero	63	37:53
28.	Ken Randall	65	38:00
29.	Scott McFarlane	52	38:01
30.	<i>Genevieve Rubio</i>	18	38:58
31.	Jack Barry	65	39:07
32.	Jeff Rasor	27	39:08
33.	<i>Deb Acree</i>	52	39:42
34.	Steve Walker	44	39:43
35.	<i>Nancy Denniston</i>	53	39:57
36.	Bruce Raser	55	42:08
37.	<i>Kim Massey</i>	45	40:11
38.	Mitch Chesbro	45	42:22
39.	Jim Peterson	65	43:04
40.	Ray Grundmeyer	66	44:58
41.	Bob Volzer	56	45:28
42.	<i>Michelle Slingsby</i>	34	45:48
43.	<i>Janet Ralston</i>	42	46:05
44.	<i>Carol Johnson</i>	45	46:45
45.	Mike Vanoni	55	47:33
46.	Rick Voorhees	51	48:52
47.	Terry Lauhon	57	49:28
48.	Frank Hathorn	70	49:35
49.	Ken Green	75	49:37
50.	Earl Beam	53	49:38
51.	<i>Vici DeHaan</i>	68	51:16

52. Carl Schiele	66	52:04
53. Dave Black	52	52:26
54. Tom Alison	66	52:56
55. <i>Fern Oliver</i>	62	53:04
56. Ken Nakauchi	67	64:55
57. Dave Banko	52	56:32
58. Dennis Valenchenko	57	58:10
59. Neil Horton (racewalker)	62	59:29
60. Ray Adams (racewalker)	67	59:31
61. <i>Kim Shenfeld</i>	45	60:50
62. <i>Rosalia Murch (racewalker)</i>	63	62:00
63. Howard Palmer	75	63:15
64. <i>Leslie Woods</i>	57	72:40

**AGE Group Awards**

**Overall Man**

**Overall Woman**

Name	Time	Name	Time
Hector Marrtinez	27:22	<i>Genevieve Rubio</i>	38:58

**70 and Over**

1. Frank Hathorn	49:36
2. Ken Green	49:37
3. Howard Palmer	63:15

**65 - 69**

1. Rich Romero	36:14	<i>Vici DeHaan</i>	51:16
2. Ken Randall	38:00		
3. Jack Barry	39:07		
4. Jim Peterson	43:04		
5. Ray Grundmeyer	44:58		

**60 - 64**

1. Jim Romero	37:53	<i>Fern Olver</i>	53:04
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**55 - 59**

1. Pat Drayton	37:24	<i>Leslie Woods</i>	72:40
2. Bruce Raser	42:08		
3. Bob Volzer	45:28		
4. Mike Vanoni	47:33		
5. Terry Lauhon	49:28		

**50 - 54**

**45 - 49**

1. Mike Bennett	31:20	<i>Kim Massey</i>	40:11
2. Jeff Young	31:49	<i>Carol Johnson</i>	46:45
3. Scott Chamberlin	32:31	<i>Kim Shenfeld</i>	60:50
4. David Kelbe	33:58		
5. Ray Blum	34:28		

**40 - 44**

1. Jim Perry	32:00	<i>Janet Ralston</i>	46:05
2. Kevin McNamara	36:51		
3. Mark Ramsey	37:17		
4. Steve Walker	39:43		

**35 - 39**

**34 and Under**

1. Hector Martinez	27:22	<i>Genevieve Rubio</i>	38:58
2. Isaiah Rubio	28:22	<i>Michelle Slingsby</i>	45:48
3. Jason DeHerrera	30:06		
4. Miguel Cozares	30:27		
5. Omar Torres	30:30		

**Racewalkers**

1. Neil Horton	59:29	<i>Rosalia Murch</i>	62:00
2. Ray Adams	59:31		

## Pelican Update

By Connie Ahrnsbrak

**1/4 -Swift Skeddle 10K snowshoe, Silverthorne** saw lone Gale Meuret, 1:42.

**RMRR TS 10K, City Park:** Adam Feerst, 41:05; \*Spiderman (Scott Mcfarlane) 48:37; Chuck Thies, 53:11; Rick Voorhees, 57:04; Lee Bengston, 57:17; Ray Grundmeyer, 1:00; Jerry Wischmeyer, 1:02; Olga Hnizdel, 1:04 and Dennis Velenchenko, 1:13. \*henceforth will be known as Spiderman

**1/18 – Polar Bear 5K, WP:** Wm Eckley, 21:43 (2<sup>nd</sup>); Jack Barry, 22:27 (1<sup>st</sup>); Rich Romero, 22:47 (2<sup>nd</sup>); Mitch Chesbro, 24:16 and Earl Beam, 31:30. **RW**-Leslie Woods, 41:02 & Steadfast Bronstien (Jim) 54:33.

**1/19 – Frozen Ass trail runs, Chatfield:** Mean Ed Green, 1:29; Tom Chambers, 1:34 & Melissa Johnson, 1:42 ran the 10-mile course.

**1/24 –Colorado Governors Cup 5K snowshoe, Frisco:** Grid Iron (David Kelble), 25:31; Mean Ed Green, 28:15 (2<sup>nd</sup>); Bill Faulkner, 29:23 (1<sup>st</sup>) & Patricia Emigh, 34:32 (1<sup>st</sup>).

**1/25 –Las Vegas International Half:** The Master (Rich Romero) 1:37 (2<sup>nd</sup>); the B-Man (Jim Romero), 1:42:30; Jesse Tijerina, 1:42:46; Mike & Christine Vanoni, 2:06/2:30 respectively.

**Super Bowl 5K, WP:** Mean Ed Green, 22:15 (2<sup>nd</sup>); Mitch Chesbro, 24:12; Connie Arhnsbrak, 25:01 (1<sup>st</sup>); Earl Beam, 30:18; Annette Tapia, 32:53; Kimberly Shenfeld, 35:05; Rosalia Murch, 38:02 (1<sup>st</sup>/RW) and Leslie Woods, 40:15.

Also, Grid Iron @ the **Chilly Cheeks Duathlon #2, Cherry Creek**, 1:04:06. (1.6 run, 4-mile bike, 2.8 run and 6 mile bike)

2/1 –The **Miami Tropical Marathon** saw **RW**, Neil Horton, 5:59, while the B-Man clocked 1:49:15 (5<sup>th</sup>) in the **Half**.

2/7 – **RMRR TS 7-Mile, Cherry Creek Rez:** Adam Feerst, 45:26; young Gary Black, 49:44; Spiderman, 57:03; Leslie Mitchell, 59:39; Chuck Thies, 59:42; Connie Ahrnsbrak, 1:01; Lee Bengston, 1:02; Deb Acree, 1:03; Mitch Chesbro, 1:04; Mike Vanoni, 1:06; Ray Grundmeyer, 1:11; Mark Johnson, 1:14; Rick Voorhees, 1:15; Olga Hnizdel, 1:16; Dave Black, 1:20; Ray Adams, 1:24:24 (RW); Ed Guiff, 1:24:26 (RW); Dennis Velenchenko, 1:25; Christine Vanoni, 1:26; Rosalie Murch, 1:26:18 (RW) & Pat Crespi, 1:37. *Special thanks to Ken Simons & Carol Bengston for working the race.*

2/8 –Very cold @ **Screaming Snowman Snowshoe, Nederland: 10K**-Adam Feerst, 1:08; Bob Cooper, 1:13; Bill Faulkner, 1:26; Ken Simons, 1:31; Mean Ed Green, 1:32; Gale Mueret, 1:34 & Pat Emigh, 1:44. **5K**-Connie Arhnsbrak, 54:16; Rosalie Murch, 1:26:16 (RW) & Lynn Young, 1:26:30 (RW).

2/13 **Valentine's 5K @ WP:** Mitch Chesbro, 24:23; Earl Beam, 30:17 & Cassie Klumpp, 30:42.

2/14 – **Frosty Trail runs @ Chatfield:** 12.5K – Tom Chambers, 1:11; Leslie Mitchell, 1:16; Melissa Johnson, 1:23 & Terry McFarlane, 1:33. **25K** –Mean Ed Green, 2:30.

2/15 –Congratulations to Bob Caillouette finishing 5<sup>th</sup> age & 1<sup>st</sup> Police/Firefighters Team @ the **Motorola Half** in **Austin, TX**. *Two days prior to race day, Austin had 2" of snow, thus temperature was at 30° with wind chill, a fast point-to-point downhill course.*

2/21 – Almost spring weather for the **Presidents' 5K, WP:** Wm Eckley, 21:40 (3<sup>rd</sup>); James Dowdell, 22:39; Mitch Chesbro, 23:53; Carol Johnson, 27:32; Earl Beam, 30:04; Neil Horton, 35:10 (2<sup>nd</sup>/RW); Kim Shenfeld, 35:11; Rosalia Murch, 37:17 (4<sup>th</sup>/RW); Leslie Woods, 40:13 & Steadfast Bronstien, 49:34.

2/28 – **Swift Skeddaddle 10K Snowshoe, Frisco:** Bob Cooper, 1:02 (3<sup>rd</sup>); Mean Ed Green, 1:15; Ken Simons, 1:17 (1<sup>st</sup>); Bill Faulkner, 1:19 (2<sup>nd</sup>); Gale Mueret, 1:20 & Pat Emigh, 1:32.

**Once your over the hill, you just keep running!**

**3/8 – RMRR TS Crown Hill, 3 miles:** Jesse Tijerina, 20:34; The B-Man, 22:06; Chuck Theis, 22:29; Jay Trujillo, 22:47; Leslie Mitchell, 22:56; Mitch Chesbro, 23:00; The Oak, 24:23; Gait Man (Grayson Drexel) 24:31; Mike Vanoni, 25:40; Lee Bengston, 25:46; Bob Volzer, 26:00; Carol Johnson, 26:54; Ray Grundmeyer, 27:20; Rick Voorhees, 27:28; Jerry Wischmeyer, 27:38; Christine Vanoni, 31:32; Dave Black, 32:01; Pat Crespi, 34:02 and Ed Guiff, 34:08 **RW**.

**3/13 – Alfred Packer 13.1 Trail, Chatfield** saw Ray Blum, 2:00; Tom Chambers, 2:24:02; Mean Ed Green, 2:24:03; Leslie Mitchell, 2:27; & Melissa Johnson, 2:50.

**3/14 – Running of the Green 7K, LoDo:** Jay Trujillo, 29:25; The B Man, 30:54 (1<sup>st</sup>); The Master, 31:20 (3<sup>rd</sup>); Jesse Tijerina, 31:34; James Dowdell, 31:39; Ken Skelly, 32:16; Mean Ed Green, 32:43; Spiderman, 32:45; Connie Arhnsbrak, 34:12 (1<sup>st</sup>); Mitch Chesbro, 34:17; Bob Fancher, 37:06; Sarah Baird, 37:03; Celeste Callahan, 37:35 (3<sup>rd</sup>); J Gutierrez, 38:02; Lee Bengston, 38:26; Don Robinson, 39:50; Joe Baird, 39:56; Frank Hathorn, 42:36; Jim Dizerega, 43:09; Jimbo (Jim Peterson), 43:55.2; Terry Lauhon, 43:55.5; Melissa Johnson, 44:55; Earl Beam, 44:56; Carl Schiele, 47:25; Dennis Velenchenko, 48:29; Fearless Fay, 44:58; Cassie Klumpp, 45:57; Patricia Crespi, 47:39; Kim Shenfeld, 49:57; Rosalie Murch, 50:05; Laura McCoy, 52:26 & Leslie Woods, 1:00.

**3/20 -** A hot summer day in March for **The Canyonlands, Moab: Half** –Kim Massey, 1:55; Lee Bengston, 2:02 (4<sup>th</sup>); Joe Baird, 2:18 & Alice Bedard-Voorhees/Rick Voorhees, 2:31. **Five Miler** –Constance Ahnsbrak, 39:28 (1<sup>st</sup>); Rosalia Murch, 56:12 (5<sup>th</sup>) & Dennis Velenchenko, 57:28.

Results to [Cahrnsbrak@yahoo.com](mailto:Cahrnsbrak@yahoo.com)

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## A Taste of Colorado VIII - Part 2 (2003) C. Ross Westley

As summer moved into July, the choice of races are numerous on weekends, the 4th of July being no exception. In spite of running a different 4th of July race over the last 8 years, there are still at least seven more races around the state I have not run. This year I chose to run the Palmer Lake 4-mile run near Colorado Springs. The course was point-to-point, starting at the Santa Fe trailhead in Palmer Lake and finishing in Monument. It was fast and provided great views of the Pikes Peak foothills. Another new mid-week mountain trail running series was initiated in Summit County. I sampled the 10K on the "Pennsylvania Loop" near Breckenridge. This was a challenging mountain adventure on single-track and dirt road, with lots of elevation gain and evolved into the state's longest 10K, taking well over an hour to finish. The actual mileage was between 7½ and 8½ miles, with lots of beautiful scenery. Other trail races during July included the 10K, summiting Evergreen Mountain in Evergreen and lastly the new 10-mile Trespass Trail Run in Nederland. This run was on a dirt road reaching 10,000 feet in elevation at the turnaround.

I completed the month with a weekend "duo" in Eagle county. The first race was the Gypsum Daze 5-K, part of Gypsum's annual summer festival that included a parade and a pancake breakfast. Then on to the Vail Half-Marathon on Vail Mountain. The race started in Vail Village and after ninety minutes of climbing on single-track studded with rocks and roots the course reached the turnaround at the China Bowl Ski Area. The course then followed the grand traverse back over Eagle Ridge to the finish at the top

**Once your over the hill, you just keep running!**

of the Lion's Head gondola. Also squeezed into July were the Boulder Pearl Street mile, a 10K on the runway and roads at the Centennial Airport and the 15-mile leg (3rd run) in the Marathon Training Series at Chatfield Park.

I kicked off August with a drive over Berthoud Pass for the 15th Annual Grandby Gut Buster (named for the uphill start). The mountain views were awesome, apropos to the name Grand County .

My birthday run took me on an early morning drive to the Western Slope for the Basalt Half-Marathon. Runners were bused to the start at Reudi Reservoir Dam. The course is a gradual downhill paralleling the rapid-flowing Frying Pan River, shaded by large cottonwood trees and winding through the ranch-studded valley, great views of Mount Sopris and finishing in Basalt. The weekend concluded with a double-header back in Littleton, for the 36th Annual 5K /10K "Y Trail Trot" on the Highline Canal. This is one of a few remaining races where you can do both the 5K and 10K race. Mid-week was the Boulder West-End 5K, the final leg of the Boulder Race Series, and a nice summer evening run.

Moving on to a weekend double-header starting on Saturday with a non-competitive run on Lookout Mountain - a 10K Climb for the Cure - then cross-town for the Fitness Festival 5K at Greenwood Athletic Club. Sunday back to the mountains for a Figure Eight Trail Run at the Beaver Creek Ski Area. This one is a keeper for your mountain trail schedule. The month concluded with the final leg of the Marathon Training Series, a 20-Mile run in Chatfield State Park.

I initiated September with a Labor day 5K in Windsor. The course circumnavigated the lake, which became visible only at the end of the race due to the foggy conditions at the start. Other highlights of my September tour included a new 5-Mile on the Ralston Creek Bike Path in Arvada, Run the Rapids race at Invesco Field, and the Sugar Beet Days 10K in Sterling. Sugar Beets was the tour's first race in Sterling. The major run in September was an overnight stay in Raton, New Mexico, for the Old Santa Fe Trail Half-Marathon. The course started in Raton, climbed up five miles to the mesa on the south side of Raton Pass. The course was on rolling terrain to the turnaround point at the Colorado border and back to town, mainly on a dirt road. The course had an elevation gain of approximately 1000 feet. A nice low-key run.

October started with an early morning mid-week 5K in Denver's Cheesman Park. Followed by another beautiful fall morning 5K at Regis College, winding through the hilly neighborhoods of west Denver and circling Berkley Lake. This was a first time race in Cheesman Park, and Regis College.

Due to a medical mission outreach program in mid-October in Indonesia, Malaysia and Thailand the tour recessed. However, in spite of 90-degree heat and 90% humidity I was still able to train and run during the trip. Arriving home in early November the tour picked up immediately with a quick trip north for Loveland's first Half-Marathon at Boyd Lake State Park. The course was a flat figure eight on park roads and bike paths.

November would not be complete without some traditional Turkey Trots. This year found me at the Boulder Rez for the 2nd Annual Panicking Poultry 5K benefiting MS. I also sampled the 2nd Annual Loveland 5K Turkey Trot, and in the tradition of northern Colorado turkey trots, the awards were apple pies. The tour rounded out the month with Potts Trotters' Fishers of Men Fellowship 5K in City Park.

Moving into December, (Pearl Harbor Day) was Pueblo's only Half-Marathon, the 17th Annual Rock Canyon Run. This is an out/back course, starting in City Park and continuing on the bike path along the Arkansas River. Mother Nature provided a warm and sunny December day. The results were displayed almost immediately on a large, continually updating monitor screen.

My 2003 tour took in over fifty events. Since beginning the tour eight years ago, I have covered dozens of cities, towns and villages in Colorado, and yet there are still many to visit. I hope you had as much fun as I had running in 2003. Enjoy 2004 running in Colorful Colorado!

**Once your over the hill, you just keep running!**

## SPRING SPREE 10K/3 Mile RW

March 28, 2004

NAME	TIME	AGE	NAME	TIME	AGE
1. Oscar Ponce	32:08	26	34. Bob Kanieski	47:46	26
2. Ben Marvin	32:28	22	35. Ed Youngberg	48:05	61
3. Hector Martinez	33:42	20	36. Ross Westley	48:18	67
4. Fernando Herrera	35:11	43	37. Gale Meuret	48:26	56
5. Devin Croft	37:05	51	38. <i>Kim Massey</i>	49:28	45
6. Greg Damian	37:28	41	39. Jim Peterson	50:45	65
7. Mike Bennett	37:39	47	40. Scott N-Hawn	50:29	41
8. Gary Black	37:57	18	41. Rick Stubbs	51:23	55
9. Jeff Young	37:59	47	42. J Gutierrez	52:30	52
10. Steven Sellars	38:11	43	43. <i>Taunya Wilson</i>	52:50	57
11. <i>Christy Marvin</i>	38:20	23	44. Gabe Sisneros	52:59	65
12. Ray Rupel	38:25	49	45. Pitts O'Donnell	53:03	57
13. <i>Erin Cunningham</i>	39:01	26	46. Ray Grundmeyer	53:11	66
14. Jim Perry	39:59	42	47. Lee Bengston	53:58	66
15. Dan McDonald	40:34	49	48. <i>Priscella Nodine</i>	54:22	48
16. Byron Boyle	41:32	22	49. <i>Judy Forsha</i>	54:25	50
17. Mike Forsha	42:06	51	50. <i>Karen Conway</i>	54:51	52
18. <i>Tania Pacev</i>	42:15	44	51. <i>Elaine McGuffin</i>	57:13	45
19. <i>Laurie Nakauchi-Hawn</i>	42:50	34	52. Frank Hathorn	57:22	70
20. <i>Sue Bellard</i>	42:56	32	53. Vicki Gricius	58:23	46
21. Ken Skelly	43:22	50	54. Terry Lauhon	58:36	57
22. Diane Ridgeway	43:55	55	55. Ken Green	59:04	75
23. Jay Trujillo	44:28	45	56. <i>Fearless Fay</i>	60:00	61
24. Rich Romero	44:35	67	57. Carl Schiele	62:02	62
25. Chuck Thies	44:38	55	58. Earl Beam	1:03:29	53
26. Kevin McNamara	46:06	44	59. Tom Alison	1:03:41	67
27. The B-Man	46:53	63	60. <i>Lori Heymarn</i>	1:03:44	31
28. Scott Mcfarlane	46:57	52	61. Fern Oliner	1:03:39	62
29. Mark Ramsey	47:01	41	62. Ken Nakauchi	1:05:32	67
30. <i>Sue Stewart</i>	47:11	44	63. Dave Black	1:05:27	53
31. Jeff Rasor	47:24	27	64. <i>Penelope</i>	1:07:03	54
32. Pat Drayton	47:27	55	65. Howard Palmer	1:20:12	75
33. Steve Walker	47:36	44	66. Larry Vincent	1:23:18	62
			67. Charlie Schmucker	1:23:19	57

**Racewalkers:** Ed Guiff, 34:09; Lew Hutch, 37:51; Connie Holman, 42:00 and Norman Briones, 42:01.

Once your over the hill, you just keep running!

**SPRING SPREE 10K/3 MILE RW  
MARCH 28, 2004****AGE GROUP AWARDS**

Overall: Oscar Ponce, 32:08 Christy Marvin, 38:20

**70 Plus**

Male : Frank Hathorn, 57:52 (1<sup>st</sup>); Ken Green, 59:04 (2<sup>nd</sup>); Howard Palmer, 1:20:12 (3<sup>rd</sup>)

**65-69**

Male: Rich Romero, 44:35 (1<sup>st</sup>); The Oak, 48:18 (2<sup>nd</sup>); Jim Peterson, 50:15 (3<sup>rd</sup>);  
Gabe Sisneros, 52:59 (4<sup>th</sup>); Ray Grundmeyer, 53:11 (5<sup>th</sup>)

**60-64**

Male: Jim Romero, 46:53 (1<sup>st</sup>); Ed Youngberg, 48:05 (2<sup>nd</sup>)

Female: Fearless Fay, 60:50 (1<sup>st</sup>); Fern Oliner, 63:49 (2<sup>nd</sup>)

**55-59**

Male: Chuck Thies, 44:35 (1<sup>st</sup>); Pay Drayton, 47:27 (2<sup>nd</sup>); Gale Meuret, 48:26;  
Rick Stubbs, 51:23 (4<sup>th</sup>); Pitts O'Donnell, 53:03 (5<sup>th</sup>)

Female: Diane Ridgeway, 43:55 (1<sup>st</sup>); Taunya Wilson, 52:50

**50-54**

Male: David Croft, 37:05 (1<sup>st</sup>); Mike Frosha, 42:06 (2<sup>nd</sup>); Ken Skelly, 43:22 (3<sup>rd</sup>); Scott Mcfarlane, 46:57  
J Gutierrez, 52:30

Female: Judy Frosha, 54:25 (1<sup>st</sup>); Karen Conway, 54:51 (2<sup>nd</sup>); Penelope, 62:03 (3<sup>rd</sup>)

**45-49**

Male: Mike Bennett, 37:39 (1<sup>st</sup>); Jeff Young, 37:59 (2<sup>nd</sup>); Ray Rupel, 38:25 (3<sup>rd</sup>); Dan McDonald, 40:54 (4<sup>th</sup>)  
Jay Trujillo, 44:28 (5<sup>th</sup>)

Female: Kim Massey, 49:28 (1<sup>st</sup>); Priscella Nodine, 54:22 (2<sup>nd</sup>); Elaine McGuffin, 58:13 (3<sup>rd</sup>)  
Vici Gricius, 58:23 (4<sup>th</sup>)

**40-44**

Male: Fernando Herrera, 35:11 (1<sup>st</sup>); Greg Damian, 37:28 (2<sup>nd</sup>); Steven Sellars, 38:11 (3<sup>rd</sup>); Jim Perry, 39:59 (4<sup>th</sup>)  
Kevin McNamara, 46:06 (5<sup>th</sup>)

Female: Tania Pacev, 42:15 (1<sup>st</sup>); Sue Stewart, 47:11 (2<sup>nd</sup>)

**Under 35**

Male: Ben Marvin, 32:28 (1<sup>st</sup>); Hector Martinez, 33:42 (2<sup>nd</sup>); Gary Black, 37:51 (3<sup>rd</sup>);  
Byron Boyle, 41:32 (4<sup>th</sup>); Jeff Rasor, 47:24 (5<sup>th</sup>)

Female: Erin Cunningham, 39:01 (1<sup>st</sup>); Laurie Nakauchi-Hawn, 42:50 (2<sup>nd</sup>); Sue Bellard, 42:56  
Lori Heymarn, 63:44 (4<sup>th</sup>)

On February 6th, I left with two Boulder running groups for Indianapolis to participate in the USA Cross-Country Championship race. February in Indianapolis is still in the middle of winter with snow, ice and freezing temperatures.

It had rained the day before we arrived which then turned to solid ice overnight. Upon arriving to preview the course not only was the parking lot a skating rink, but the 2-K loop course as well. We were scheduled to run the loop three times.

The following day the master females were scheduled to go out first. It was snowing lightly with temperatures in the lower 20s. I ran as the third member of the Boulder Road Runners 60-69 women's team. Our first loop required breaking through a crunchy layer of hardened snow down to the ice. Most of the runners had screwed in one-inch spikes in order to get some sort of footing. I had a pair of ice joggers that I wore over my trail shoes which enabled me to run up the short steep hill three times. Needless to say we had no other competition.

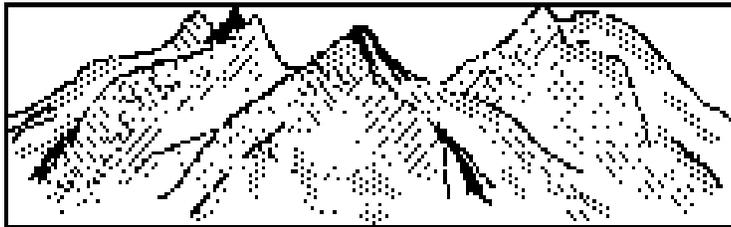
Had not the two teams from Boulder with around 40 runners attended, they might just as well cancelled the entire meet. There was very little competition in any of the women's categories or the masters men's categories. Perhaps next year they will focus on a warmer location. By Vici Dehaan

## Red Rocks 5 Miles

Saturday, April 17, 2004  
9 AM

### Red Rocks Park—Directions:

Take C-470 to Morrison Road. Go through the town of Morrison and take the turnoff on the right after the light on the west end of town. Go north to the trading post, bearing right through the park. For more information or to volunteer, call 303-791-3384 or see [www.comastersrun.org](http://www.comastersrun.org).



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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.*

## MEMORIAL 5K/10K RUNS

9 AM

Sat, May 22, 2004

### DeKoevand Park Littleton

#### Directions:

Going south on University, approximately ½ mile south of Orchard, take a right on Recreation Center Dr. Follow road around to shelter "C" (left of Center).

Going No. on University, go past the parking lot for the park. Take a left on Recreation Center Dr.

## WATERTON CANYON 7M SATURDAY, JUNE 12, 8AM

**Directions:** Take C470 to Wadsworth. Go south about 4.5 miles. Turn left @ the sign for Waterton Canyon and watch for the Big parking lot on the left. Walk across the road to the west about ½ mile to the start.

**Contact:** Deb Acree, 303-279-7020 or see [www.comastersrun.org](http://www.comastersrun.org)

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

Feb	14	Sat 9 AM	S. Suburban Tennis Center	40 Furlongs 5M	Lee Bengston	303-282-7521
Mar	28	Sun 9 AM	Twin Lakes Park, 70th/Broadwy	Spring Spree 10K *	Rosalia Murch	303-693-2278
					Connie Ahrnsbrak	303-985-1168
Apr	17	Sat 9 AM	Red Rocks Park, Morrison	Red Rocks 5 Miles	Jim Perry	303-430-8731
May	22	Sat 9 AM	DeKoevand Park, Littleton	Memorial Run 5K/10K*	Tom Alison	303-791-6166
					Rich Romero	303-751-4284
June	12	Sat 8 AM	Waterton Canyon, Littleton	Waterton Canyon 10K*	Deb Acree	303-279-7020
July	11	Sun 8 AM	Christies @ Genessee	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	11	Sat 8 AM	Chatfield State Park	Chatfield 10 Miler***	Kim Massey	303-765-5512
Oct	17	Sun 9 AM	Randy's Ranch, Louisville	Coal Creek XC 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**

Once your over the hill, you just keep running!