

MASTER TIMES



May/June 2004

Volume 30, Issue 3

PRESIDENT'S CORNER

By: Rob Fisher

WHERE WERE YOU 25 YEARS AGO ?

During the first week of May 2004 the running and the sporting world celebrated the 50th anniversary of the most celebrated of running feats; Roger Bannister's breaking the four minute barrier for the one mile distance. What other monuments in the sports world can match it. Certainly not many. Just read the coverage over the past couple of months.

It was a story that has fantastic drama and interesting side stories. There are at least two books recently published on the subject. May 2004's Running Times has a good article (6 pages) with a lot of facts that make you want to learn more. Our own Denver Post's, Saturday May 1st article that focused on University of Kansas's Wes Santee was excellent.

But, I asked you, where were you 25 years ago? And where was running 25 years ago? After all wasn't that the middle of the great "Running Boom". To help answer that question I went back to my collection of old running magazines and pulled out the May 1979 issue of The Runner. Surprise, there was Roger Bannister on the cover. By the way Roger did not get on the cover of the May 2004 Running Times. The article in The Runner ran to 11 pages. I guess Roger was "bigger" in 1979.

On the competition side, 1979 was just before the invasion of the African runners. In 1978 Bill Rogers was "King of the Road". In a feat that will never be duplicated, Rogers won 27 of 30 road races. These were not your local CMRA races; these were all high profile races, including the Boston and New York Marathons. In a goofy twist Rogers was NOT voted marathoner of the year by Track and Field News. That honor went to Leonid Moseyev, whoever he was.

Looking through those old mags sure was interesting. Giving me plenty of ideas for my next "Presidents Corner".

Rob

EXTRA !!!!!!!

**We are in need of a Race Director for the
Red Rocks Race**

EXTRA !!!!!!!

**Red Rocks 5 Mile April 17, 2004
Overall Results**

PLACE	NAME	TIME	AGE
1	Adam Adamowski	30:43:00	30
2	Adam Feerst	31:29:00	44
3	Bob Jones	31:50:00	44
4	David Rothenburger	32:16:00	35
5	Brian Klink	32:35:00	38
6	Devin Croft	32:42:00	51
7	Gary Black	32:53:00	18
8	Mike Bennett	33:33:00	48
9	Ray Rupel	33:59:00	49
10	Bruce Kirschner	34:29:00	50
11	Brian Cross	34:47:00	45
12	<i>Christine Gould</i>	34:55:00	36
13	Ray Blum	35:53:00	47
14	Greg Frauenhoff	36:24:00	46
15	Jay D Trujillo	37:13:00	45
16	George Greco	37:35:00	56
17	Dave Stewart	37:56:00	42
18	Andy Potter	38:02:00	34
19	Robert Kanieski	38:30:00	26
20	Ken Randall	39:27:00	65
21	Doug Berling	39:49:00	46
22	Jim Romero	39:57:00	64
23	Jim Bosik	40:06:00	54
24	<i>Angela Will</i>	40:12:00	36
25	<i>Julie Kimpel</i>	41:09:00	33
26	Ken Lutze	41:32:00	53
27	Jack Barry	41:40:00	66
28	Scott McFarlane	42:11:00	53
29	Gale Meuret	42:28:00	56
30	<i>Kim Massey</i>	43:02:00	45
31	<i>Deb Acree</i>	43:03:00	52
32	Scott Nakauchi-Hawn	43:21:00	47
33	John McWilliams	43:33:00	59
34	Mitch Chesbro	43:41:00	45
35	Tom Chambers	43:55:00	61
36	Fred Trentaz	44:55:00	62
37	Todd D	45:08:00	39

38	<i>Michelle DelPiccolo</i>	45:34:00	40
39	BobbyWitt	46:07:00	35
40	<i>Kathy Burberick</i>	46:29:00	45
41	Lee Bengston	46:33:00	66
42	Ray Grundmeyer	46:49:00	66
43	Rick Stubbs	47:10:00	55
44	Jim Murray	47:21:00	54
45	Mark Johnson	48:17:00	46
46	<i>Janet Ralston</i>	48:32:00	42
47	<i>Michelle Slingsby</i>	48:34:00	34
48	Mike Giller	49:16:00	43
49	David Christie	49:17:00	53
50	Don Robinson	49:29:00	72
51	Rick Voorhees	51:19:00	51
52	Frank Hathorn	51:41:00	70
53	Ken Green	52:30:00	76
54	<i>Emily Comfort</i>	53:00:00	29
55	<i>Elaine McGuffin</i>	53:30:00	45
56	<i>Carol Johnson</i>	54:58:00	50
57	<i>Kirsten Ruiz</i>	55:51:00	32
58	<i>Vici DeHaan</i>	56:01:00	69
59	Mike goldhammer	56:04:00	60
60	Earl Beam	57:30:00	53
61	Santa Card	57:37:00	70
62	<i>Sabina Kruger</i>	58:47:00	32
63	Dave Black	59:18:00	53
64	<i>Pat Crespi</i>	61:06:00	45
65	Jim Thomas	61:44:00	52
66	Janover	62:22:00	58
67	Tim Rand	62:23:00	44
68	Wayne Mathis	62:32:00	60
69	<i>Annette Tapia</i>	64:50:00	38
70	Dennis Holman	64:51:00	54
71	Howard Palmer	76:55:00	75

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

Age Group Results

Overall Man

Overall Woman

Name	Time	Name	Time
Adam Adamowski	30:43	Christine Gould	34:55

:

70 and Over

1. Don Robison	49:29
2. Frank Hathorn	51:41
3. Ken Green	52:30
4. Santa Card	57:37
5. Howard Palmer	76:55

65 - 69

1. Ken Randall	39:27	Vici DeHaan	56:01
2. Jkack Barry	41:40		
3. Lee Bengston	46:33		
4. Ray Grundmeyer	46:49		

60 - 64

1. Jim Romero	39:57
2. Tom Chambers	43:55
3. Fred Trentaz	44:55
4 Mike Goldhammer	56:04
5. Wayne Mathis	62:32

55 - 59

1. George Greco	37:35
2. Gale Meiret	42:28
3. John McWilliams	43:33
4. Rick Stubbs	47:10
5. Janover	62:22

50 - 54

1. Devin Croft	32:42	Deb Acree	43:03
2. Bruce Kirschner	34:29	Carol Johnson	54:58
3. Jim Bosik	40:06		
4. Ken Lutze	41:32		
5. Scott McFarlane	42:11		

45 - 49

1. Mike Bennett	33:33	Kim Massey	43:02
2. Ray Rupel	33:59	Kathy Burberick	46:29
3. Brian Cross	34:47	Elaine McGuffin	53:30
4. Ray Blum	35:53	Pat Crespi	61:06
5. Greg Frauenhoff	36:24		

40 - 44

1. Adam Feerst	31:29	Michelle DelPiccolo	45:34
2. Bob Jones	31:50	Janet Ralston	48:32
3. Dave Stewart	37:56		
4. Mike Giller	49:16		
5. Tim Rand	62:23		

35 - 39

1. David Rothenburger	32:16	Christine Gould	34:55
2. Brain Klink	32:35	Angela Will	40:12
3. Todd D	45:08	Annette Tapia	64:50
4. Bobby Witt	46:07		

34 and Under

1. Adam Adamowski	30:43	Julie Kimpel	41:09
2. Gary Black	32:53	Michelle Slingsby	48:34
3. Any Potter	38:02	Emily Comfort	53:00
4. Robert Kanieski	38:30	Kirsten Ruiz	55:51
5.		Sabina Kruger	58:47

Racewalkers

1. Ray Adams	58:47	Rosalia Murch	64:27
2. Ed Guiff	58:57	Jan Hallez	65:32
3. John Shadle	64:23	Norma Briones	78:01

Pelican Updates
By Connie Ahrnsbrak

3/21 –Never mundane for the B-Man (Jim Romero), 4:46 (45th/3,200). Heavy security, hot desert-like conditions, a host of critters (rattlesnakes, tarantulas & bees) at the **Bataan Memorial Death March Marathon, White Sands Missal Base, NM.**

04/03 – A lone CM @ **Y-Dash 5K, Superior Community Park, Mitch Chesbro, 24:26**

04/04 – **Platte River Trail Half:** Bob Cooper, 1:34 (1st); The Master (Rich Romero), 1:42 (1st); James Dowdell, 1:48; The Oak (Ross Westley), 2:01 (3rd); Julie Thenell, 2:14 & Fern Oliner, 2:32 (1st).

RMRR, Bear Valley Greenbelt 4-Mile: Chuck Thies, 29:12; The B-Man, 29:36; Spiderman, 30:05; Mitch Chesbro, 31:33; Bob Volzer, 34:33; Ray Grundmeyer, 34:44; Pitts O'Donnell, 35:00; Lee Bengston, 36:15; Rick Voorhees, 36:59; Mark Johnson 38:20; Penelope, 41:15; Dennis Velenchenko, 43:34; Dave Black, 44:09 & Pat Crespi, 44:46.
RW: Ed Guiff, 45:17 & Ray Adams, 46:21.

4/18 – **Bittersweet Park Spring Feet 5K, Greeley:** J Gutierrez, 26:02 & Laura McCoy running w/canine, 38:38.

Also, the **Raintree Half, Lawrence, KS:** Philip Dizerega, 1:35 & Fearless Fay, 2:16. Jim Dizerega ran the **5K, 27:53.**

4/19 -Running the **Finest Half, Sandia Mountains, NM:** The B-Man, 1:45 (2nd), while Leslie Mitchell tackled **The Horsetooth Half in Fort Collins, 1:58.**

Run for Larosa 5K, Cincinnati, OH (River Downs Race Track): Jimbo (Jim Peterson), 24:30 (4th). *Like horses we started in the gates, with bells & doors opening. Due to the river running high, the track was sandy & wet.*

Boston Marathon: Bob Caillouette finished in 1:17, about 7 minutes slower than last year. *He was seeded in the 7000 series, but finished 1,975 OA(they cap @ 20,000)*

4/24 -Julie Kimpel had a super Salt Lake City Marathon time, 3:53. Mostly flat & downhill, perfect weather. Few logistical problems, the bus did not show up @ our hotel so we hopped a train, delayed start, still a marathon I would recommend.

Also, Ken Simons @ **The Drake Half, Des Moines, IA, 1:54.** Ken was 7/12 in the 60 plus age group. *Cold!*

Boulder Distance Carnival runs @ the Boulder Rez: Kool Shades (Ken Randall), 1:17 (1st) **10-mile**, while Jimbo, 44:30 (1st) & Terry Lauhon, 46:12 (3rd) placed in the **5-mile.**

Race of Sentry 5K, FTC: Despite a small field, The Oak, 25:10 (2nd) took charge in an age grouping of 50-99.

Elbert Reflections 10K, Elbert: Our young CS member, Johnathan Huie claimed overall with time to spare, 37:53! Also, young Gary Black, 43:26 (2nd); Lou Huie, 46:37 (1st) & Dave Black, 1:16. *Sunny, but the heavy snow made the dirt roads a bit sloppy.*

4/25 – **Cherry Creek 5-Mile Sneak:** Ken Skelly, 35:33; Jay Trujillo, 35:53; James Dowdell, 36:31; The B-Man, 36:32; The Master, 36:58; Leslie Mitchell, 37:57; Ray Grundmeyer, 43:18; Don Robinson, 45:15; Joe “Elmers” Baird, 47:15; Santa Card, 50:23; Mark Johnson, 50:43; Dennis Velenchenko, 58:33; Annette Tapia, 59:33 & Dennis Holman, 59:35. The **5K** saw Jack Barry, 23:08 (1st); Jimbo, 30:27 (2nd); Terry Lauhon, 30:27; Kimberly Shenfeld, 37:52 & Leslie Woods, 39:16. The Romero’s (not related) both placed 2nd in their respective age group.

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

Slimfast (Bruce Kirschner) @ **Big Sur Marathon, CA**, 3:53. *Only train to finish this one, brutal course due to long hills, better to coast (Ha! get it?). Marvelous scenery on Hwy #1, even heard seals barking*

Race for the Warriors 5K, Westminster: Mitch Chesbro, 23:15 & Bob Fancher, 26:48. Both placed 2nd
5/2 – Make A Wish @ Cherry Creek State Park: CMs in the **Half** were The Master, 1:43:48 (1st); The B-Man, 1:44:05 (1st); Kool Shades, 1:44:13 (2nd); The Oak, 1:53 (3rd); Ed Youngberg, 1:53 (4th); Pitts O'Donnell, 2:05; Taunya Wilson, 2:09 (2nd) & Cassie Klumpp, 2:24. **Half Relay Teams** were *Siocon* (Connie Ahrnsbrak) 1:55 (4th) & *Wish to Run* (Kim Massey) 2:00 (7th). ***5.15 miles:** Mean Ed Green, 36:50 (1st); Jimbo, 39:11 (1st); Leslie Woods, 47:29; Rosalie Murch, 52:23 (**RW/3rd**); Fern Oliner, 1:02 (4th) & Kim Shenfeld, 1:12. *Not entirely accurate.

Littleton Stride runs, Ketring Park: The **10K** saw Devin Croft, 40:22 (1st) & Stonewall (Ken Green) 1:01 (1st). Ray Blum, 19:42 (1st); James Dowdell, 22:14 (2nd); Jack Barry, 23:51 (1st); Carol Dowdell, 30:50; Santa Card, 32:10 (1st) & Dennis Velenchenko, 1:09 opted for the **5K**.

5/8 – Great Escape Trail Runs, Deer Creek Canyon: The **Half** – The Oak, 2:23; Melissa Johnson, 2:48; Dave Black, 3:20 & Ken Simons, 4:01. **10K** – Robert Reilly, 57:04; Spiderman, 59:29; Deb Acree, 1:00:57; Connie Arhnsbrak, 1:05 & Terry McFarlane, 1:18. *Great trail runs for an awesome cause!*

Copper for Colfax Elementary 5K, Sloan's Lake: The B-Man, 22:20 (1st); Ray Adams, 36:28 (1st RW); Rosalie Murch, 37:04 (2nd RW) & Dennis Velenchenko. *Many thanks to The B-Man, Rosalie & Jerry Murch for working the race as well as competing.*

In addition, **Panoramic 4-miler @ Bear Creek Park,CS:** Lou Huie, 29:18 (1st). Also, **Highline Canal races @ Dekoevand Park:** Mitch Chesbro, 51:50 ran the **10K**, while James Dowdell, 22:20 (2nd) & Stonewall, 29:35 ran the **5K**. Leslie Woods & Kim Shenfeld competed in the **RW**, 43:51/45:02 respectively.

Lastly, **The Barking Dog Duathlon, Keensburg:** Diane Ridgway, 1:45:28 & Grid Iron (David Keble), 1:45:45. This consisted of a 5K run, 30K bike, 5K run.

5/9 – Mama Mia 5K, City Park: Jesse Tijerina, 21:59 (2nd); The Oak, 23:58 (1st); Mitch Chesbro, 24:27 & Taunya Wilson, 26:40 (2nd).

Old Town Marathon/Half, FTC: Diane Ridgway was 5th female OA, 3:21 in the **marathon**, and top grand master. Mike Forsha also took on the **marathon**, 3:41. **Half** -Slimfast, 1:30 (26/250 OA). Slimfast earned 1st place in age group plus top grand master. Priscilla Nodine, 2:16 also ran the **half**. **10K** –Jay Trujillo, 45:28; Judith Forsha, 56:56; Jim Dizerega, 58:30 & Fearless Fay, 1:10.

5/16 – Airlife Memorial, Hudson Gardens: Ray Blum, 40:37; James Dowdell, 45:47; Mean Ed Green, 47:23 & Dave Banko, 1:09 in the **10K**. Mitch Chesbro, 23:12/**5K**, while Joan Banko clocked 48:21 in the **RW**.

***Kids Feats of Fire, CS:** Hunter Karickhoff (4), 7:33 & Alexander Martinez (4), 7:36 in the 0.5 mile. Taylor Marie Karickhoff (2) & Alaya Vigil (2) ran a very long 200 meters. *Connie Arhnsbrak's grandkids.

Congratulations to Bob Reilly. While the **Boston Marathon** was a positive experience it was a war of attrition. "It was an accomplishment in itself, one I will never forget."

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**Memorial Run 5K –10K Dekoevand Park
May 22, 2004**

Tom Alison and Rich Romer

Again this year, “Oh what a beautiful morning.” It seems as though since we changed the name to the Memorial Run the weather has smiled upon us.

A very interesting morning. Ken Greene brought his granddaughter Taylor (10) and she ran her first 5K. Grandpa went and did another 5K following so he could get in his run for the day. Dave and Joan Banko, celebrating their 11th wedding anniversary walked the 10K together and said it was just as beautiful a Saturday as when they married. Marriott Smart won the traveling trophy for obtaining the permit for the use of the park. It saves us money to use a resident of the area. New member Mike Wakai isn’t as slow as he thinks, welcome to the club Mike. Also, welcome to Bruce Young to the club. Hope to see you both at many more club events.

We ran in memory of those runners who have gone to the great beyond but we are sure are still running. So far, the only past runners listed are: Jack Buckner, Ray La Mountain, Jack Newman, Swarnjit Singh, Bill Abbott, Donna Peterson Abbott, John Miller, Frank Waggoner, and Chuck Weaver. We are sure there are others but we need you to make sure those who shouldn’t be forgotten make the list for next year.

Thanks to all the wonderful volunteers: Irene Sulzberger, Esther Romero, Linda Gonzales, Levi Gonzales, Joe Sanchez, Lee Palmer and Joe Baird. Because of these wonderful people, everything went off smoothly and all said they had a good morning.

5K Overall Results

Place	Name	Age	Time
1.	Ray Blum	47	19:45
2.	Jim Perry	43	19:57
3.	Bob Caillouette	49	20:47
4.	Karen Voss	35	22:06
5.	Peter Szymanski	49	22:10
6.	Noel Rupel	17	22:33
7.	Tom Chanbers	61	23:51
8.	Mitvh Chesbro	47	23:54
9.	Ken Simons	66	24:22

10.	Jim Peterson	65	25:24
11.	Denise Smith	38	25:33
12.	Jan Huie	54	25:33
13.	Janet Ralston	42	26:17
14.	Michelle Slingsby	34	26:29
15.	Carol Johnson	50	28:53
16.	Tom Chambers	54	28:53
17.	Penelope O'Donnell	55	31:05
18.	Robert Youngberg	57	28:41
19.	Earl Beam	53	39:49
20.	Jim Thomas	52	39:52
21.	David Boyle	69	33:34
22.	Kim Shenfeld	45	36:14
23.	Arlene Boyle	68	38:17
24.	Taylor Golden	10	41:10
25.	Ken Green	75	41:35

RACEWALKERS

1.	Ed Guiff	60	35:01
2.	Jan Hallez	49	36:11
3.	Leslie Woods	57	40:19
4.	Sheila Molde	49	40:21
5.	Linda Drexel	50-54	41:55
6.	Sonja Youngberg	35	60:00
7.	Dave Banko	52	DNT
8.	Linda Banko	60	DNT

AGE Group Awards

Overall Man

Overall Woman

Name	Time	Name	Time
Ray Blum	19:45	Karen Voss	22:06

70 and Over

1.	Ken Green	41:35
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65 - 69

1.	Ken Simons	24:22	Arlene Boyle	38:17
2.	Jim Peterson	25:24		
3.	David Boyle	33:34		

60 - 64

1.	Tom Chambers	23:51
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55 - 59

1.	Robert Youngberg	38:41	Penelope O'Donnell	31:05
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50 - 54

1. Tom Smith	28:53	Jan Huie	28
2. Earl Beam	39:49	Carol Johnson	28
3. Jim Thomas	39:52		

45 - 49

1. Bob Caillouette	20:47	Kim Shenfeld	38
2. Peter Szymanski	22:10		
3. Mitch Chesbro	23:54		

40 - 44

1. Jim Perry	19:57	Janet Ralston	28
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35 - 39

1.		Denise Smith	28
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34 and Under

1. Noel Rupel	22:33	Michelle Slingsby	28
2.		Taylor Golden	48

Racewalkers

1. Ed Guiff	35:01	Jan Hallez	38
2.		Leslie Woods	48
3.		Sheila Molde	48
4.		Linda Drexel	48
5.		Sonja Youngberg	68

10K Overall

Results

Place	Name	Age	Time
1.	Ray Rupel	49	39:45
2.	Lou Huie	57	42:10
3.	Rachel Farrett	35	43:20
4.	Jay D Trujillo	45	44:38
5.	Ken Randall	65	45:37
6.	Chuch Theis	57	46:52
7.	Jim Romero	64	46:58
8.	Robert Reilly	49	47:10
9.	Scott McFarlane	53	47:12
10.	Grayson Drexel	54	47:58
11.	Niles Downen	50	48:25
12.	Deb Acree	52	49:18
13.	Kurt Mole	33	49:49
14.	Ed Youngberg	61	50:06
15.	Niccole Brownfield	33	50:29

16. Marian D'Angelo	38	51:59
17. Kathy Berberick	45	52:10
18. Ray Grundmeyer	66	54:05
19. Nick Wakai	38	54:44
20. Todd Downing	39	56:25
21. Mark Johnson	46	56:39
22. Bruce Young	52	59:12
23. Bob Bussey	69	59:36
24. Dennis Holman	54	60:28
25. Vici DeHaan	69	61:48
26. Dave Black	63	65:09
27. Marriott Smart	68	66:25
28. Howard Palmer	75	85:41

AGE Group Awards

Overall Man

Overall Woman

Name	Time	Name
Ray Rupel	39:45	Rachel Farrett

70 and Over

1. Howard Palmer	85:41
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65 - 69

1. Ken Randall	45:37	Vici DeHaan
2. Ray Grundmeyer	54:05	Marriott Smart
3. Bob Bussey	59:36	

60 - 64

1. Jim Romero	46:58
2. Ed Youngberg	50:06
3. Dave Black	65:09

55 - 59

1. Lou Huie	42:10
2. Chuck Theis	46:52

50 - 54

1. Scott McFarlane	47:12	Deb Acree
2. Grayson Drexel	47:58	
3. Niles Downen	48:25	
4. Bruce Young	59:12	
5. Dennis Holman	60:28	

45 - 49

1. Jay D Trujillo	44:38	Kathy Berberick
2. Robert Reilly	47:10	
3. Mark Johnson	56:25	

35 - 39

- | | | |
|-----------------|-------|-----------------|
| 1. Nick Wakai | 54:44 | Marian D'Angelo |
| 2. Todd Downing | 56:25 | |

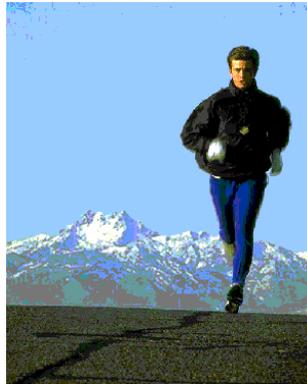
34 and Under

- | | | |
|--------------|-------|--------------------|
| 1. Kurt Mole | 49:49 | Niccole Brownfield |
|--------------|-------|--------------------|

Boulder Backroads Marathon and Half Marathon

Registration is officially open for the 2004 Nike ACG Boulder Backroads Marathon & Half Marathon, Sunday, September 26, at the Boulder Reservoir. Register on line through Active.com, by mail using our printable entry form, or at local area running stores - see our website at www.boulderbackroads.com for more information, including details about certification of the 2004 course - Backroads is now a Boston Qualifying race!

What sets Backroads apart is an ongoing commitment to excellence. Runners, volunteers and spectators all agree: Backroads is something special! To celebrate our 6th anniversary, we're offering participants a special commemorative, long-sleeve dark gray race shirt. It's our way of saying thanks for the memories, and here's to more fun to come! Log onto www.boulderbackroads.com to register online, buy cool Nike ACG/Backroads training and running gear, and learn more about Colorado's premier distance running event!



Lesley Kinder, Race Director Nike ACG Boulder
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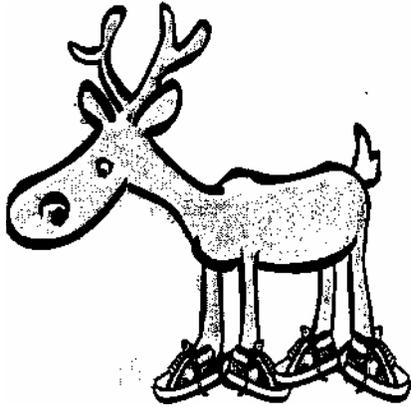
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Once you're over the hill, you just keep running!

ELK MEADOW 10K
SUNDAY, AUGUST 22
8 AM

A challenging run on a beautiful trail (Not for RW)



Directions: Take 1-70 west to exit 252. Go South past Bergen Park to Stagecoach Blvd and right on Stagecoach. Go up to parking lot of the park on right. For more information or to volunteer, call Wayne Mathis at 303-791-3384 or see 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

FYI—As of press time the distance for Waterton Canyon is probably going to be 4 miles. Due to circumstances beyond our control.

Mountain Madness 12K
Sunday, July 11 8 AM

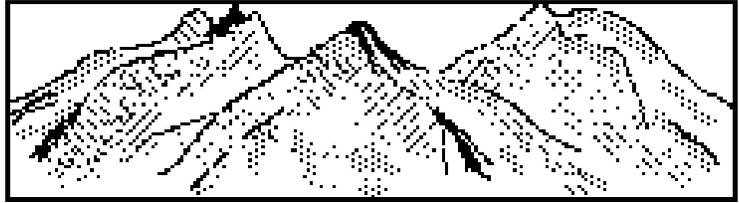
Directions: Take I-70 west to exit 254. Go left over I-70 and turn left. Take the first right up to Christies of Genesee, across from the Chart House.

For information or to volunteer:
 Call Jim Romero 303 794-2952 or see
www.comastersrun.org

Waterton Canyon 4 Mile
Saturday, June 12, 2004

Directions: Take C470 to Wadsworth. Go south about 4.5 miles. Turn left at 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 go to
www.comastersrun.org



2004 OFFICERS

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BOARD OF DIRECTORS

Rob Fisher, Levi Gonzales, Rosalia Murch, Deb Acree, Vici DeHaan, Ray Grundmeyer, Scott McFarlane, Connie Ahrnsbrak, Tom Alison, Kim Massey, Ken Randall

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*	TBA	
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***	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
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