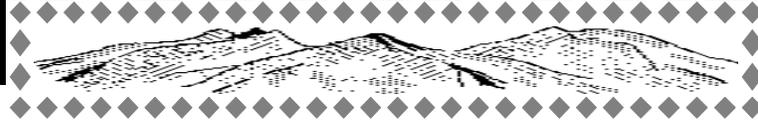


# MASTER TIMES



May/June 2006

Volume 38 Issue 1

## Thank You, Ken!

Hello, fellow Masters Runners! Ken Randall has finally found a gullible sort to take the newsletter co-editor position off his hands, beginning with this issue. I'll be alternating with Julie Kimpel to produce the bimonthly editions. Julie covers March/April, July/August, and November/December, and I'll take over for Ken on the January/February, May/June, and September/October issues. It is time to say thanks to Ken for his service to the group in editing the newsletter, and I want to pass along a special thank you for helping me get a handle on things while assuming this role.

Many of you may not recognize my name since I just joined the Colorado Masters Running/ Racewalking Association in January. I've had the pleasure to make acquaintance with many of you at races this year, and look forward to meeting more members at upcoming races ahead on the schedule. My first impression of the CRMA is that is a wonderfully dynamic and fun bunch. It's hard to express how much I have enjoyed running with you the past few months.

Over the many years since I became addicted to running, I've spent innumerable hours running solo along the streets and trails in and around Denver. I love it. There is something inspirational about heading out the door with no greater goal than to put one foot in front of the other. However, like most of us, I value the company of kindred spirits along the road or trail. Whether they be friends, family, or fellow runners and walkers, it sure is nice to look forward to meeting periodically to share the joys of our sport. Not only joining the group, but taking an active part in its operation is inspirational as well. So, thanks for sharing the CMRA with me.

Happy running!  
Dan Shaw, Co-Editor

## Sand Creek 5 Miler April 8, 2006

Well, once again the club was blessed with great weather. There was no 18 inches of snow the day after but that would have been all right. It was a little warmer this year but nobody complained.

There was a repeat winner. Keith Johnson toured the course in 28:17, 25 seconds slower that last year. Maybe it was that extra hill I threw in at the turn around. A quick check of the times compared to last year showed that some runners who ran both years were slower and some faster. On the female side Kristen Moreau set a women's course record with a 34:42, over 2 minutes faster than last years time. There were 58 total finishers, about 13 less than last year.

All seemed to have a good time except the race director about 1 hour before the start and the port-a-john had not shown up yet. Luckily it showed about 8:15 and everyone was relieved to see it arrive.

**Once over the hill, you pick up speed!**

The course was changed slightly to include the new trail that goes under Peoria St. This of course added an extra hill but it turned out a bit more interesting. The course will probably continue to change over the next couple of years. The Sand Creek Trail winds through the giant Stapleton development that is not near to being completed. Look for different course changes and perhaps a completely new start next year. Hopefully there will be some permanent restroom facilities to use.

A big thank you to all the volunteers who helped out. They were Rosalia and Jerry Murch, Joe Baird, Joe Sanchez and all the rest who pitched in at the finish and awards.

See you again in 2007.  
Rob Fisher, Race Director

### Sand Creek 5 Miler Race Results

PLACE	NAME	TIME	AGE
1	Keith Johnson	0:28:17	44
2	Steven Sellers	0:29:00	45
3	Michael Quispe	0:30:55	39
4	Jade Holscher	0:31:55	29
5	Benjamin Brisbane	0:32:02	19
6	Bruce Kirschner	0:32:40	52
7	Bob Caillouette	0:34:27	51
8	<i>Kristin Moreau</i>	0:34:42	39
9	Bruce Dahm	0:35:30	37
10	Jay Trujillo	0:36:23	47
11	<i>Jill Zancanelli-Sellers</i>	0:36:23	37
12	<i>Julie Kimpel</i>	0:36:48	35
13	Brett Allendorf	0:36:49	37
14	Jim Romero	0:37:10	66
15	Ken Randall	0:37:26	67
16	Dan Shaw	0:37:37	46
17	Ric Robinette	0:38:16	53
18	Ed Arenas	0:38:24	43
19	Richard Romero	0:38:28	69
20	<i>Eve Sheridan</i>	0:38:36	27
21	Scott McFarlane	0:38:48	55
22	<i>Nichole Quinn</i>	0:38:56	30
23	David Kroll	0:39:05	52
24	Kent Mitchell	0:39:30	64
25	Bob Zweifel	0:39:36	40
26	Tom Chambers	0:39:56	63
27	<i>Kelly Campbell</i>	0:39:57	29
28	Ed Youngberg	0:40:16	63
29	Raul Herrera	0:40:59	47

PLACE	NAME	TIME	AGE
30	<i>Colleen Frank</i>	0:41:31	33
31	<i>Connie Ahrnsbrak</i>	0:41:53	65
32	<i>Holly Dahm</i>	0:41:59	36
33	Jeff Dawson	0:42:18	57
34	<i>Kimberly Massey</i>	0:43:05	47
35	<i>Erin Bosik</i>	0:43:09	20
36	Jim Peterson	0:44:11	67
37	Mark Johnson	0:44:49	48
38	Buck Beltz	0:44:50	30
39	Lee Bengston	0:45:02	68
40	<i>Julie Orr</i>	0:45:42	56
41	Earl Beam	0:48:31	55
42	Ken Green	0:49:01	77
43	Dave Banko	0:49:07	54
44	Frank Hathorn	0:49:41	72
45	<i>Vici DeHaan</i>	0:50:08	71
46	Mike Knipps	0:51:45	53
47	<i>Jen Diennger</i>	0:52:01	39
48	<i>Laura Rovner</i>	0:52:02	31
49	No Tag	0:52:03	??
50	Tom Alison	0:53:13	68
51	Palmer Beam	0:53:25	62
52	<i>Lynn Young</i>	0:53:25	49
53	Don Robinson	0:54:22	74
54	<i>Rosalia Murch</i>	0:55:08	65
55	Dave Black	0:56:11	55
56	<i>Kimberly Shenfeld</i>	1:03:48	47
58	<i>Sharyl Riley</i>	1:17:00	56
Racewalkers			
1	<i>Leslie Woods</i>	1:07:50	59

Once over the hill, you pick up speed!

### Sand Creek 5 Miler Age Group Awards

Place	Name	Time	Name	Time
<b>Overall Men</b>		<b>Overall Women</b>		
	Keith Johnson	28:17	Kristin Moreau	34:42
<b>75 and Over</b>				
1	Ken Green	0:49:01		
<b>70-74</b>				
1	Frank Hathorn	0:49:41	Vici DeHaan	0:50:08
2	Don Robinson	0:54:22		
<b>65-69</b>				
1	Jim Romero	0:37:10	Connie Ahrnsbrak	0:41:53
2	Ken Randall	0:37:26	Rosalia Murch	0:55:08
3	Richard Romero	0:38:28		
4	Jim Peterson	0:44:11		
5	Lee Bengston	0:45:02		
<b>60-64</b>				
1	Kent Mitchell	0:39:30		
2	Tom Chambers	0:39:56		
3	Ed Youngberg	0:40:16		
4	Palmer Beam	0:53:25		
<b>55-59</b>				
1	Scott McFarlane	0:38:48	Julie Orr	0:45:42
2	Jeff Dawson	0:42:18	Sharyl Riley	1:17:00
3	Earl Beam	0:48:31		
4	Dave Black	0:56:11		
<b>50-54</b>				
1	Bruce Kirschner	0:32:40		
2	Bob Caillouette	0:34:27		
3	Ric Robinette	0:38:16		
4	David Kroll	0:39:05		
5	Dave Banko	0:49:07		
<b>45-49</b>				
1	Steven Sellers	0:29:00	Kimberly Massey	0:43:05
2	Jay Trujillo	0:36:23	Lynn Young	0:53:25
3	Dan Shaw	0:37:37	Kimberly Shenfeld	1:03:48
4	Raul Herrera	0:40:59		
5	Mark Johnson	0:44:49		
<b>40-44</b>				
1	Ed Arenas	0:38:24		
2	Bob Zweifel	0:39:36		

**Once over the hill, you pick up speed!**

Place	Name	Time	Name	Time
<b>35-39</b>				
1	Michael Quispe	0:30:55	Jill Zancanelli-Sellers	0:36:23
2	Bruce Dahm	0:35:30	Julie Kimpel	0:36:48
3	Brett Allendorf	0:36:49	Holly Dahm	0:41:59
4			Jen Diennger	0:52:01
<b>34 and Under</b>				
1	Jade Holscher	0:31:55	Eve Sheridan	0:38:36
2	Benjamin Brisbane	0:32:02	Nichole Quinn	0:38:56
3	Buck Beltz	0:44:50	Kelly Campbell	0:39:57
4	No Tag	0:52:03	Colleen Frank	0:41:31
5			Erin Bosik	0:43:09

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2460 Canyon Blvd. Boulder  
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**Shop at our sponsor!**

**Great Harvest Bread  
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303 420-0500**

### **Memory Run 5K, 5/20/06 Writers' Vista Park**

Thirty members came out to try something a little different. It was low maintenance, not easy, not hard and luckily we had some cloud cover. I heard some pros and some cons, but that's to be expected.

You hear it over and over again, but take a minute and thank the gracious volunteers who give their time and effort to make CMRA races happen: Scott McFarlane is not only our webmaster, membership chair, prints out our race labels, but helped measure and set the course. Also, what would we do without Joe Sanchez and Joe Baird? In addition, thanks to Rob Fisher, Lynn Young, Chuckie Cheese, Mike Vanoni, Phyllis Green & Deborah Acree. Thanks Great Harvest, Runners' Roost in Parker & Boulder Running Company for prizes and overall gift certificates.

Speaking of overall – our overall male and female are a fast couple, Steven and Jill Sellars, 18:10 & 22:51 respectively. It was also refreshing to have several youngsters on the course. Dan Shaw's family came to run, Julie Kimpel's little girls and Ryan Ratledge. Jay Trujillo also brought his mom to the race.

The potluck was definitely a success – we had two great summer pastas made by Marriott Smart & Rosalia Murch, just to mention at random. Deb Acree provided wine to go with our feast. Marie Romero slaved all day making her salsa, however, she said the hardest part was getting that King Soopers' label to print just right on the computer. Thanks everyone for all the goodies!

Stuff: Jim Romero and the O'Donnell's did not waste the day; they ran the Cottonwood Classic 5K in the a.m. Robert Kanieski has moved down to Denver from Grandby, Jim Perry got to sleep till noon because our race was later in the day and Pitts O'Donnell turned the big 60 on Saturday.

Connie Arhrnsbrak/Rosalia Murch

**Once over the hill, you pick up speed!**

### Memorial 5K Race Results

Place	Name	Time	Age	Place	Name	Time	Age
1.	Steven Sellars	0:18:10	45	16.	Pitts O'Donnell	0:28:02	60
2.	Michael Quispe	0:19:04	39	17.	Earl Beam	0:29:05	55
3.	Keith Johnson	0:19:07	44	18.	Ken Green	0:30:42	77
4.	Jim Perry	0:20:04	45	19.	Palmer Beam	0:33:14	62
5.	Jay D. Trujillo	0:22:21	47	20.	Penelope	0:34:17	57
6.	Jill Sellars	0:22:51	38	21.	Marriott Smart	0:38:57	70
7.	Dan Shaw	0:23:08	46	22.	Kim Shenfeld	0:42:34	47
8.	Ken Lotze	0:23:19	55	23.	Leslie Woods	0:42:57	59
9.	Ryan Franklin	0:23:50	12	24.	Sam Shaw	0:44:33	12
10.	Joe Franklin	0:23:51	38	25.	Courtney Kimpel	0:44:48	9
11.	Ed Arenas	0:24:19	43	26.	Katrina Kimpel	0:48:14	7
12.	Jim Romero	0:24:54	66	27.	Julie Kimpel	0:48:15	35
13.	Tom Chambers	0:24:59	63	28.	Shannon Shaw	0:50:40	15
14.	Robert Kanieski	0:25:36	29	29.	Lu Shaw	0:51:27	48
15.	Scott McFarlane	0:25:45	55	.	RACEWALKERS		
				1.	Carol Johnson	0:40:06	51

### 5K Age Group Awards

Place	Name	Time	Name	Time
	Stephen Sellars	0:18:10	Jill Sellars	0:22:51
<b>75 and Over</b>				
1	Ken Green	0:30:42		
<b>70-74</b>				
1			Marriott Smart	0:38:57
<b>65-69</b>				
1	Jim Romero	0:24:54		
<b>60-64</b>				
1	Tom Chambers	0:24:59		
2	Pitts O'Donnell	0:28:02		
3	Palmer Beam	0:33:14		
<b>55-59</b>				
1	Kem Lotze	0:23:19	Penelope	0:34:17
2	Scott McFarlane	0:25:45	Leslie Woods	0:42:57
3	Earl Beam	0:29:05		
<b>45-49</b>				
1	Jim Perry	0:20:04	Kim Shenfeld	0:42:34
2	Jay D Trujillo	0:22:21	Lu Shaw	051:27
3	Dan Shaw	0:23:08		
<b>40-44</b>				
1	Keith Johnson	0:19:07		
2	Ed Arenas	0:24:19		
<b>35-39</b>				
1	Michael Quispe	0:19:04	Julie Kimpel	0:48:15
2	Joe Franklin	0:23:51		
<b>34 and Under</b>				
1	Ryan Franklin	0:23:50	Courtney Kimpel	0:44:48
2	Robert Kanieski	0:25:36	Katrina Kimpel	0:48:14
3	Sam Shaw	0:44:33	Shannon Shaw	0:50:40

Once over the hill, you pick up speed!

**PELICAN UPDATES** by Connie Ahrnsbrak**PELICAN Update** (Cahrnsbrak@yahoo.com)

**Oops!** Stan the Man Hayes, Team EnCanables running the **Outward Bound Relay** this past September, 27 hours, 10 min!

**3/12- Valley of the Sun, Phoenix, AZ:** Christine Vanoni, 2:01 (3<sup>rd</sup>).

**3/18-St. Patty's Run for The Green 5K, HLR:** Keith Johnson, 17:16 (OA) & Jack Barry, 24:10 (1<sup>st</sup>).

**Lucky Clover 10K, Chatfield Rez:** Grid Iron (David Kelble), 51:52 & Dick Grauer, 66:44 (1<sup>st</sup>).

**Run Through Time Marathon, Salida:** Adam Feerst, 3:39 (5<sup>th</sup> OA). The **Half** saw The Oak (Ross Westley), 2:08 (1<sup>st</sup>) & Tall Red (Ed Youngberg), 2:18 (3<sup>rd</sup>).

**3/19-Orphans of Violence, WP:** Michelle Kelble, 25:25 (2<sup>nd</sup>).

**3/26-Colfax 15-Mile Training Series, Dekoevend:** Robert Kanieski, 2:08; Bob Reilly, 2:14; The Oak, 2:18; Mark Johnson, 2:31; Steadfast Earl Beam, 2:49 & Sir Fred Trentaz, 3:00.

**4/2- Platte River 13.8 Miles:** Ray Blum, 1:35; Ray Rupel, 1:37; The B-Man (Jim Romero), 1:51 (1<sup>st</sup>); The Oak, 1:59; Jim Fay, 1:59; Pitts O'Donnell, 2:14; Taunya Wilson, 2:15; Sir Fred Trentaz, 2:22; Steadfast Earl Beam, 2:23; Dave Banko, 2:24; Dick Grauer, 2:25; Karen Conway, 2:38; Darla Yoerg, 3:05; Kim Shenfeld & Leslie Woods, 3:10. *Kudos to Fern Oliner for manning the #1 aid station, while Connie Ahrnsbrak & Rosalia Murch helped on the course, handled light rail tickets & drank beer.*

**4/8-Eisenhower Marathon, Abilene, KS:** Pitts O'Donnell, 4:33; Penelope, 5:00 (3<sup>rd</sup>) & Neil Horton, 6:28. *Small town enthusiasm, country course, everything was good!*

**4/9 -Go Metro State 5K:** Alyn Park, 21:53 (2<sup>nd</sup>) & Jay Wissot, 23:44 (1<sup>st</sup>).

**4/15- Earth Day 4-Mile Challenge, Evergreen:** Adam Adamowski, 23:45 (OA); The Oak, 33:38 (1<sup>st</sup>); Mark Johnson, 35:41; Jim Peterson, 37:56 (2<sup>nd</sup>) & Kathy Klesmitt, 38:49 (1<sup>st</sup>).

**4/17- Boston Marathon:** Alyn Park, 3:23:39 (3<sup>rd</sup>) & Jay Wissot, 4:05:17.

**4/22 -Horsetooth Half, FTC:** Dave O'Sadnick, 1:30; Bob Cailhouette, 1:40; The B-Man, 1:50 (2<sup>nd</sup>); Polly Zimmerman, 1:55; Jack Barry, 1:56; Charles Scheibe, 1:57; Melissa Johnson, 2:08; Roger Rybicka, 2:17; Christine Vanoni, 2:23; Fay Dizerega, 2:36 & Vici Adele Dehaan, 2:36

**Camp Pendleton Devil Dog Duathlon, SDiego, CA:** Terry McFarlane, 2:14. 5K run, 30K bike & 5K run. Also **Elbert Reflections, Elbert:** Race Man (Mitch Chesbro), 25:34 ran the **5K**, while John Miranda, 1:00 (2<sup>nd</sup>) & Stonewall (Ken Green), 1:09 (2<sup>nd</sup> in 60 plus age) ran the **10K**.

**4/23-Earth Day 5K, Boulder:** Steven Sellars, 17:45; Bob Fancher, 26:55 & Vici Dehaan, 30:50 (1<sup>st</sup>).

**Bellevue Chiropractic 5K, CCSP:** Trail Man (Adam Feerst), 18:48 (2<sup>nd</sup>/OA); Robert Kanieski, 22:48 (2<sup>nd</sup>); Connie Ahrnsbrak, 25:40 (1<sup>st</sup>); Kathy Klesmitt, 26:41 (1<sup>st</sup>); Fern Oliner, 34:50 (2<sup>nd</sup>); Rosalie Murch, 35:06 (3<sup>rd</sup>); Kimberly Shenfeld, 39:36 & Leslie Woods, 41:45 (1<sup>st</sup>).

**Colfax 20-Mile Training, DeKovend:** Steadfast Earl Beam, 4:09.

**4/28-Greenland Trail Runs: 8-Miler-**Dave O'Sadnick, 57:07 (2<sup>nd</sup>); Kristin Moreau, 1:07; The B-Man, 1:08 (2<sup>nd</sup>); Polly Zimmerman, 1:09 (1<sup>st</sup>); Alan Johnson, 1:10; Jack Barry, 1:11; Tom Chambers, 1:12; Connie Ahrnsbrak, 1:17 (1<sup>st</sup>) & Dave Banko, 1:26. **25K-**Michael Quispe, 1:51; Paul Welschinger, 2:15; Kool Shades (Ken Randall), 2:27 (1<sup>st</sup>); The Oak, 2:38 (2<sup>nd</sup>); Robert Kanieski, 2:39. **50K-**Shane Holonitch, 5:48 (1<sup>st</sup>) & Bill Moyle, 7:40 (3<sup>rd</sup>). *Thank you Doug Smith & Bonnie Keefe @ registration and Jeff O'Rielly & Paul @ water station!*

**Once over the hill, you pick up speed!**

**4/30-Fairmont 5000, Golden:** Lou Huie, 21:55; Ross Westley, 24:57 (1<sup>st</sup>); Kathy Klesmit, 26:14 (1<sup>st</sup>); Robert Fancher, 26:39 (3<sup>rd</sup>); Jan Huie, 27:40 (2<sup>nd</sup>) & Bob Ghormley, 28:54.

Also, **Boulder Distance Carnival: 30K**-Jeff Young, 2:17 (2<sup>nd</sup>). **15K**- Steven Sellers, 56:40; Jesus Martinez, 57:08 (2<sup>nd</sup>); Karen Voss, 1:09 (2<sup>nd</sup>); Jill Zancanelli, 1:12 & Vici Dehaan, 1:40 (1<sup>st</sup>). **5- Mile**- Pete Szymanski, 38:06 (3<sup>rd</sup>) & Jim Peterson, 45:50.

**Cherry Creek Sneak: 5 Mile**- Grid Iron (David Kelble), 36:04; Painted Horse (Jesse Tijerina), 37:10; The B-Man, 38:05 (1<sup>st</sup>); The Master (Rich Romero), 39:03 (2<sup>nd</sup>); Kent Mitchell, 41:28; Doug Tollin, 43:24; Tall Red, 43:46; J Gutierrez, 44:23; Joe Ratledge, 44:30; Lee Bengston, 45:31; The Captain (Don Robinson), 50:01; Frank Hathorn, 53:14 & Laura McCoy, 1:09 (W). **5K**-Dan Shaw, 22:47 (3<sup>rd</sup>); Joey Shaw, 26:12; Steadfast Earl Beam, 27:21; Pitts O'Donnell, 28:07; Kimberly Shenfeld, 38:53; Willy Shaw, 41:01; Shannon Shaw, 41:01; Leslie Woods, 41:59 Sam, 45:08 & Lu Shaw, 46:15.

**5/6- Take Five in the Garden:** Doug Tollin, 46:33 (1<sup>st</sup>) in the **5-mile** & Ruth Tollin, 49:54 (2<sup>nd</sup>)/**5K**. Also, **Rug Rats 5K, Prospect Park:** Dan Shaw, 23:53 (OA); Joey Shaw, 25:22 (2<sup>nd</sup>) & Shannon Shaw, 35:29. *The rest of the Shaw family also ran.*

**Castlewood Canyon 6.8, Franktown:** The Oak, 1:10 (1<sup>st</sup>); Kool Shades, 1:11 (2<sup>nd</sup>); Tall Red (Ed Youngberg), 1:14 (1<sup>st</sup>); Ken Simons, 1:18 (3<sup>rd</sup>) & Fern Oliner, 1:39 (1<sup>st</sup>).

**The Wichita River Run 10K:** R2G2 (Ray Grundmeyer), 57:49. Also, **Dick's Sporting Goods Flat Out 5K, Broomfield** saw Joe Ratledge, 24:17 and son Sean Ratledge, 25:17.

**5/7- Make-A-Wish, CCSP: Half-** Jeff Young, 1:38 (2<sup>nd</sup>); Alyn Park, 1:41 (1<sup>st</sup>); The B-Man, 1:48, (1<sup>st</sup>); The Master (Rich Romero), 1:50 (2<sup>nd</sup>); Jay Wissot, 1:54 (2<sup>nd</sup>); Taunya Wilson, 2:04 (2<sup>nd</sup>) & Steadfast Earl Beam, 2:26. **5K**-Connie Ahrnsbrak, 25:09 (1<sup>st</sup>); Jim Peterson, 27:09 (1<sup>st</sup>); Pitts O'Donnell, 27:44 (3<sup>rd</sup>); Penelope, 34:44 (2<sup>nd</sup>); Rosalie Murch, 35:07 (2<sup>nd</sup>); Kim Shenfeld, 40:28 & Leslie Woods, 42:58. *Rosalie nursed war wounds on this one after falling while changing lanes, broken finger and bruises.*

**Colorado Marathon, FTC** saw Bob Caillouette, 3:24 & Kent Enwright, 4:02 while Bruce Kirschner, 1:42 (2<sup>nd</sup>) ran the **Half**. The Oak placed 1<sup>st</sup> in the **10K**, 52:11.

**5/13-Mama Mia 5K, CP:** Ray Blum, 19:43; Michelle Delpiccolo, 24:05 (1<sup>st</sup>); 15-year old Sean Ratledge, 26:43 (3<sup>rd</sup>); Robert Ghormley, 27:39 (2<sup>nd</sup>) & Santa Card, 41:51 (3<sup>rd</sup>). Also, **Highland Canal, Dekovend: 10K**-Dave O'Sadnick, 41:11 (1<sup>st</sup>); George Huner, 54:16; Dave Banko, 1:01 & Stonewall (Kenneth Green), 1:04. **5K**-Jack Barry, 24:37 (1<sup>st</sup>) & Ken Simons, 26:19 (2<sup>nd</sup>).

**Journey's End Marathon, Eagle River, WI:** Pitts O'Donnell, 4:10 & Penelope, 4:57 (2<sup>nd</sup>).

**5/14- Colorado Rockies Homerun 5K:** Omar Martinez, 16:27 (1<sup>st</sup>); Mauro Martinez, 16:57 (1<sup>st</sup>); Miguel Cazares, 17:27 (2<sup>nd</sup>); Steven Sellars, 17:41 (3<sup>rd</sup>); Irving Reza, 19:42 (1<sup>st</sup>); Karen Voss, 20:24 (2<sup>nd</sup>); Jill Sellars, 22:01 (3<sup>rd</sup>); Pete Szymanski, 22:09; The B-Man, 22:33 (2<sup>nd</sup>); The Master, 23:23 (3<sup>rd</sup>); Kent Mitchell, 23:41 (3<sup>rd</sup>); Connie Ahrnsbrak, 24:05 (1<sup>st</sup>); Doug Tollin, 25:20; Tanuya Wilson, 25:30 (1<sup>st</sup>); Jim Peterson, 26:28; The Captain Don Robinson, 29:55 (1<sup>st</sup>); \*Ryan Hathorn, 29:56; Bruce Brandt, 30:50; Frank Hathorn, 31:02 (3<sup>rd</sup>); Carl Schiele, 34:18; Rosalie Murch, 34:11 (2<sup>nd</sup>); Ken Nakauchi, 36:37; Kim Shenfeld, 38:49; Leslie Woods, 40:58; Mary Nakauchi, 47:01; Ruth Tollin, 47:02 & Marie Romero, 55:14 (W). Hunter & Taylor Marie Karickhoff, Alaya Vigil (Connie's grandchildren) ran the kids' fun run. \*Frank Hathorn's grandson.

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

**Once over the hill, you pick up speed!**

**South Valley 10K**  
**Saturday, June 10 - 8 AM**  
**South Valley Park**

From the metro area, travel south on C-470 and exit westbound on Ken Caryl Avenue. Turn left onto South Valley Road to the park's north parking area. Alternately, from South Platte Canyon Road (S. Wadsworth and C-470) take Deer Creek Canyon Road west to South Valley Road and go north on South Valley Road to the parking area.

The race director will be implementing a kids run following the 10K. Ribbons will be awarded to all the kids. so bring the kids, grand kids or the neighbors' kids.

For information or to volunteer call Deb Acree at 303-279-7020.

**Mountain Madness 12K**  
**Sunday, July 16 – 7:30 AM**  
**Christies @ Genesee**

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 at 303-794-2952.

**Fairmount 5K Trail**  
**Wednesday, August 16 - 6:30 PM Fairmount Park in Golden**

Take I-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 I-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 call Pat Phillips at 303-279-4305.

**Elk Meadow 10K**  
**Sunday, August 28 - 8 AM Elk Meadow Park, Evergreen**

A challenging run on a beautiful trail. (Not for Run-Walkers).

Take I-70 west to exit 252. Go south past Bergen Park to Stagecoach Blvd and right on Stagecoach. Go up to the parking lot of the park on the right.

For more information or to volunteer call Wayne Mathis at 303-979-9592.

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION  
MEMBERSHIP APPLICATION  
CALENDAR YEAR JANUARY-DECEMBER 2006**

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" 35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,(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: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

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

Revised 10/14/05

**Once over the hill, you pick up speed!**

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## **2006 OFFICERS**

**President: TBA**

**Vice President: Rob Fisher 303-738-0115**

**Secretary: Chris Vanoni 303-744-9067**

**Treasurer: Tom Alison 303-791-6166**

**Membership Chair: Scott McFarlane 303-904-4542**

**Quartermaster: Joe Sanchez 720-962-6642**

### **C0-Editors:**

**Julie Kimpel (March, July, November Issues)**

**Phone: 303-232-0881 Email: [Kimpel@hotmail.com](mailto:Kimpel@hotmail.com)**

**989 Van Gordon Street, Golden, CO 80401**

**Dan Shaw (January, May, September Issues)**

**Phone: 720-480-2370 Email: [dshaw\\_64@yahoo.com](mailto:dshaw_64@yahoo.com)**

**4417 Dearborn Street, Denver, CO 80239**

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

### **BOARD OF DIRECTOR**

***Rob Fisher, Todd Dunning, Scott McFarlane,  
Joe Baird, Ken Randall, Tom Alison, Rich Romero,  
Julie Kimpel, Melissa Johnson, Mike Vanoni,  
Chris Vanoni, Dan Shaw***

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.*

**Shop at our sponsor!**

**Runners Roost**

**1685 S. Colorado Blvd. 303-759-8455**

**Parker & Arapahoe 303-766-3411**

**Once over the hill, you pick up speed!**

**2006 COLORADO MASTERS RUNNING ASSOCIATION SCHEDULE**  
**Registration begins 1 hour prior to race time. Entry fee is \$10 for non-members.**  
**For more information or to volunteer, call the race director listed below or log on to our website:**  
**[www.comastersrun.org](http://www.comastersrun.org)**

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Name</b>	<b>Director</b>	<b>Phone</b>
Sat	Jan 7	9:00 AM	Lake Arbor	Lake Arbor 5K	Ken Randall	303-422-3745
Sat	Feb 11	9:00 AM	So. Suburban Tennis Center	40 Furlongs (5 Miles)	Lee Bengston	303-367-1058
Sat	Mar 18	9:00 AM	Twin Lakes Park	Spring Spree 10K	Tom Alison Rich Romero	303-791-6166 303-751-4284
Sat	Apr 8	9:00 AM	Stapleton	Sand Creek 5 Miler	Rob Fisher	303-363-2377
Sat	May 20	4:00 PM	Writer's Vista Park	Memorial 5K Run and Potluck	Rosalia Murch Connie Ahrnsbrak	303-693-2278 303-985-1168
Sat	Jun 10	8:00 AM	South Valley Park	South Valley 10K	Deb Acree	303-279-7020
Sun	Jul 16	7:30 AM	Christies @ Genesee	Mountain Madness 12K (5K for racewalkers)	Jim Romero	303-794-2952
Wed	Aug 16	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail	Pat Phillips	303-238-4405
Sun	Aug 27	8:00 AM	Elk Meadow, Evergreen	Elk Meadow Trail 10K	Wayne Mathis	303-979-9592
Sun	Sep 17	9:00 AM	Barr Lake State Park	Barr Lake 1/3 Marathon	Dave Black	303-781-1738
Sun	Oct 5	9:00 AM	Louisville	Coal Creek XC Challenge 5.5 Mile	Bruce Kirschner Randy Luallin	303-666-0864
Sat	Nov 18	9:00 AM	Chatfield Lake State Park	Chatfield 10 Miler	Kim Massey Scott McFarlane	303-765-5512 303-904-4542
Sat	Dec 9	9:00 AM	Prospect Park, Wheat Ridge	Clear Creek 4 Miler and Pancake Breakfast	Vici DeHaan	303-494-1782

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

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