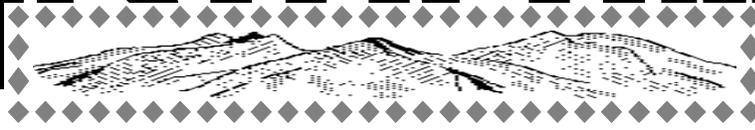


MASTER TIMES



November/December 2006

Volume 38, Issue 6

2006 Coal Creek Cross Country Challenge

by Bruce Kirschner

The 8th annual Coal Creek Cross Country Challenge on October 15 enjoyed the usual grand Colorado fall weather, but this year's event featured a brand new venue, the recently unveiled Louisville Community Park. No more raucous roosters and rambling rabbits running rascally at race registration. No more portable potty toilets "borrowed" from local construction sites -- only sparkling public restrooms...and a covered park pavilion for post-race festivities. So goodbye West Virginia and Randy's Ranch!

This year's race began with co-race director Randy Luallin's traditional firecracker start...although getting it lit right took a bit longer than expected. Meanwhile, Fleet Feet Masters Team runners Ken Pliska, Peter Hegelbach and Rich Dissly had a plan at the start: go out easy, stay together as long as they could, and then run as hard as possible the second half. The plan worked and they split up after the mid-race water stop turnaround. Pliska then picked up the lead and never looked back, finishing first on the 5.72 mile course in 32:48. According to Pliska, "It was a fun course. I ran cross country in high school and college back in New England, mostly on traditional courses: grass, dirt, hills, rain, snow, etc. But none of the courses I ever ran on crossed a stream or brook or had us jumping barb wire...and definitely no prairie dogs back East. So this race's barbed wire, creek crossing, and prairie dog holes made for a very interesting second half. The most challenging part of the race for me was the small steep hill after crossing the road. It was hard...and running just after going through the creek was tough with wet heavy shoes!"

Top overall women's finisher Monica Ryan was running the race for the first time. "It really reminded me of adventure, it was one of the funnest races I've ever done...and I just laughed all the way through the creek." Ryan finished in 42:18.

Although this race has welcomed visitors from far and wide in the past, no runners have ever come as far away as married couple Joe Doyle and Dianne Monteith – hailing from Glasgow, Scotland. According to Joe, "I got on the Internet in Scotland before we made the trip over here to Colorado and found the Coal Creek Challenge...so we were definitely going to do it." When asked about how this race compared with cross country racing in his native country, Doyle responded "Well, it was really the second half of the race that was true cross country. But in Scotland they would have run us up that short but steep hill, over the ditch and then DOWN again and then UP AND DOWN another three more times!"

After the race, finishers were treated to the Boulder Brewery's Single Track Copper Ale and a generous prize drawing under the park's Caranci Pavilion. Age group winners were also awarded the event's customary race medals: handcrafted Buffalo Nickel race necklaces (that is, once Randy Luallin succeeded in untangling them!).

A big thank you to all the volunteers who made this event possible! Jerry and Rosalia Murch and Tom Alison did a fine job with the registration. Jim Price performed finish line timing in his usual fine form. Joe Baird, Rob Fisher, Joe Sanchez, and Connie Ahrnsbrak (after she ran the race!) managed the finish line and scoring duties in great form. Connie also transcribed all race results. Other volunteers along the course were Scott Valentine (pace bike), Mark Bailey (ditch marshal), Rollie Erickson (Empire Road crossing), Lori Dill (creek crossing), Pete Wolfe (fence crossing), and Bonnie Valentine (finish line half pint coupon dispenser). Donna Luallin served as traffic and parking coordinator. Sam Kirschner handled opening the livestock gates in superb fashion. Caleb Luallin managed the water stop at the turnaround and wife Keely served as split timer at the first and final mile points. CMRA Quartermaster Joe Sanchez assisted with equipment transportation and logistics as well. Photos of the participants crossing Coal Creek were courtesy of Desiree Hotz and Steve Glass (see note on latter below). Special thanks are in order for Steve Sellars, who set up course measurement calibration points, and Rob Fisher, who accurately measured the course for the first time since the race's inception in 1999.

Our commercial race sponsors and supporters for prize drawing merchandise warrant special recognition: Tess McFadden and Boulder Brewery for not only delivering a fresh beer keg but donating two cases of beer for the top male and female finishers and a \$25 gift certificate; Garrett McCarthy of the Old Louisville Inn (a pub that is not coincidentally CCCCC World Race

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Headquarters) for 100 half pints coupons; Boulder Running Company for two \$50 gift certificates; Fleet Feet of Boulder for four \$15 gift certificates; Roger Rettig and Broomfield's Colorado Physical Therapy Institute for ten free AquaMassages; Barry Sparks and the Arvada Great Harvest Bakery for all the baked goods; the Blue Parrot Restaurant for two \$15 gift certificates; and Derek Griffiths and Colorado Runner Magazine for four 1-year subscriptions. Also, a warm thanks to Bolder Boulder Logistics Coordinator Matt Jenkins's donation of special event signs and Fineline Graphics of Denver for donating sign lettering services.

Note: Great job, Steve! Check out Steve Glass's wonderful Coal Creek crossing photos of runners at: <http://www.eventpictures.com/app/event/viewEvent?eventInstanceId=8007>

PLACE	NAME	TIME	AGE
1	Ken Pliska	0:32:48	41
2	Peter Hegelbach	0:33:24	42
3	Todd Larson	0:33:44	24
4	Rich Dissly	0:33:46	41
5	Mike Selig	0:34:25	28
6	Keith Johnson	0:34:37	45
7	Steve Gallegos	0:35:15	51
8	Steven Sellars	0:36:07	46
9	Jared Berg	0:36:28	32
10	Thomas Kehoe	0:36:42	44
11	John Delmez	0:37:26	49
12	Bob Jones	0:37:59	46
13	Dan Meehan	0:38:34	39
14	Joe Doyle	0:39:03	52
15	Rich Hadley	0:39:10	50
16	Bobby Lehman	0:39:48	35
17	Bob Cooper	0:40:06	58
18	David Carver	0:40:13	40
19	David Ross	0:40:16	36
20	J.P. Ingebrigtsen	0:40:41	46
21	Robb Seal	0:40:30	35
22	Joe Franklin	0:41:45	38
23	Kevin Cubillas	0:42:00	42
24	Stephen Brabandt	0:42:03	30
25	<i>Monica Ryan</i>	0:42:18	45
26	Philip Dizerega	0:42:19	37
27	Hampton Islan	0:42:40	56
28	Steve Piper	0:42:50	40
29	Dan Shaw	0:42:55	47

30	Keegan Parker	0:43:07	16
31	Rich Ruhser	0:43:21	39
32	Alex Robertson	0:43:46	33
33	Bruce Dahm	0:43:55	37
34	<i>Jill Zancanelli-Sellars</i>	0:44:04	38
35	Eric Szabo	0:44:10	35
36	Glenn Turner	0:44:13	47
37	Jay D. Trujillo	0:44:17	45
38	Chris Stone	0:44:35	39
39	Jim Barlow	0:44:57	48
40	Chris Dizon	0:45:15	36
41	Chris Lee	0:46:05	36
42	<i>Heather Seaton</i>	0:46:11	36
43	<i>Kimman Harman</i>	0:46:16	47
44	Rob Cassady	0:46:17	40
45	J. C.	0:46:19	47
46	<i>Denise Glenn</i>	0:46:20	39
47	Mike Cavaleri	0:46:31	32
48	Could not read name	0:46:34	44
49	Douglas Berling	0:47:03	49
50	Spiderman (Scott McFarlane)	0:47:49	55
51	Paul Madden	0:47:59	30
52	<i>Kathy Johnson</i>	0:48:13	45
53	Alan Johnson	0:48:21	45
54	Ben O'Brien	0:48:22	40
55	Paul Sommer	0:48:24	40
56	Ted Kowalski	0:48:30	38

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57	Kent Mitchell	0:48:55	65
58	Sheila Hausbeck	0:49:02	42
59	Mike Pharris	0:49:26	38
60	Michele VanPelt	0:49:30	45
61	Gale Meuret	0:49:33	59
62	Dianne Monteith	0:49:35	54
63	Mel Parker	0:49:43	50
64	Pam Buderus	0:50:27	41
65	David Roberts	0:50:41	42
66	Bill Faulkner	0:50:54	65
67	Holly Dahm	0:51:21	36
68	Erin Ressler	0:51:22	29
69	Taunya Wilson	0:51:23	59
70	Pat Drayton	0:51:38	58
71	Jennifer Lovely	0:51:51	29
72	Elisa Miller	0:51:52	31
73	Dorothy Trawick	0:52:18	23
74	Jeff Wilber	0:52:32	51
75	Kathy Klesmitt	0:52:35	55
76	Michael F.	0:52:47	31
77	Ken Roth	0:53:04	57
78	Megan Vanoni	0:53:52	26
79	Brad Bennett	0:54:24	36
80	Jim Peterson	0:54:53	68
81	Ulla Westermann	0:55:02	44
82	Keri Ottoson	0:55:31	25
83	Heidi Knaggs	0:55:38	15
84	Thad Smith	0:55:41	58
85	Ed Evans	0:55:55	52
86	Patricia Tolleson	0:56:30	57
87	Roger Rybicka	0:56:50	58
88	Mike Vanoni	0:59:13	58
89	Jennifer Jas	0:59:30	36
90	The Captain (Don Robinson)	0:59:58	74
91	Bob Mercil	1:00:16	66

92	Michelle Kelble	1:02:13	38
93	Terry McFarlane	1:02:18	56
94	Judy Smythe	1:03:05	69
95	Fearless Fay Dizerega	1:05:05	63
96	Christine Vanoni	1:06:31	55
97	Larry Vincent	1:07:03	65
98	Dave Black	1:08:21	55
99	Tom Alison	1:09:33	69
100	Bill Moyle	1:13:12	67
101	Chuck Goodman	1:14:22	56
102	Lynn Young	1:14:22	50
103	Rosalia Murch	1:14:28	65
Racewalkers			
1	Ken Weller	1:15:21	59

Editor's Note: Please see the web site result page for age-group awards. Thank you!

http://www.comastersrun.org/Race_Info/2006/Coal_Creek_Results.html

Kudos to CMRA for Barr Lake Run

I was please to participate in this years Barr Lake third of a marathon. The weather was perfect for a race, a slight breeze off the lake and the lack of moisture keep the body cool all race long. I was able to follow the race course. Dave Black did a wonderful job organizing the race. The people I saw and talk with were pleasant. It looks like you have a good group. I plan to keep up on what you're doing and attend more races--I may even join (although I'm not much of a joiner). Thanks to everyone for a wonderful day at the races.

-Ken Weller

Shop at our Sponsor!

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303-738-9446

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CMRA Annual Member Meeting and Banquet

January 19th, 2007 at 6:30pm

Christies of Genesee, 25918 Genesee Trail Rd, Golden, CO 80401

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.

Cash bar starts at 6:30pm with a Mexican buffet at 7pm. Adam Feerst will be the featured speaker and we will elect new Board members. All members are welcome!

Clear Creek 4 Miler and Pancake Breakfast

Saturday, Dec 8 @ 9 AM

Prospect Park, Wheat Ridge

Join us for a festive run in beautiful Prospect Park in Wheat Ridge. After the race, join us for a simple Pancake Breakfast! A Great Way to refuel your body and meet other CMRA Members!

Directions: From I-70, exit Kipling. Go south on Kipling to 44th Ave. Go west on 44th Avenue to the Prospect Park entrance on the south side of the street. For information or to volunteer call Vici DeHaan 303-494-1782. Support the club or come help the cooking crew!

Lake Arbor 5K

Saturday, January 13 @ 9 AM Lake Arbor

Directions: Take I-70 to Wadsworth. Go north past 80th to the signal at Pomona Drive. Turn right (east) at Pomona Drive. Continue straight past the four-way stop until you see the lake. The race starts on the east side of the lake. For information or to volunteer call Ken Randall at 303-422-3745.

40 Furlongs (5 Miler)

Saturday, February 10 @ 9 AM

Directions: Go west on Bowles from Santa Fe. Drive to the dome at South Suburban Golf and Tennis Club. Park on the East side of the "bubble" at South Platte River.

PRESIDENT'S CORNER

By Ken Simons

I'd like to ramble on a bit about training pace and related matters. I by no means consider myself an authority on the subject (and those of you who know me very well would agree), but I've read quite a bit on the subject in the past, and would like to share some of it with you.

It seems that if one reads enough articles in running publications, almost any viewpoint on training methods seems justified. In some respects, this might be acceptable; probably no one method is the best for everyone.

Certainly some runners seem to thrive on a much more consistent schedule of fast running that I can endure. In the past I've tried several days in a row of fast running, always resulting in injury. But I must admit that part of my reason for training at a slow pace is laziness on my part; it's easier.

I realize that most of the authors I'm referring to here date me, having written their opinions some time ago. Arthur Lydiard is one who advised that much of the training should be done at an aerobic pace, although he wasn't advocating very slow running. At least in some of his work, he recommended sort of a seasonal approach, with an extended season of aerobic training, followed by hill training, and then "sharpening" training. The main idea was for the runner to select a few key races during the year for which to be in top form and be reasonably sure of peaking out for these races. This of course varies somewhat depending on which distances the runner is concentrating. I was privileged to hear Arthur speak twice during trips he made to Colorado. I think the first time was at a Fleet Feet store in Aurora, and he went for a run with us after the talk. The second time was before a much larger audience in Boulder.

One author who caught my fancy was Tom Osler. One of his publications was "Serious Runner's Handbook", World Publishing, 1978. I'm thinking the smaller booklet written before that was "The Conditioning of Distance Runners". He was a mediocre high school runner who developed into a national-caliber competitor. Tom advocated that the majority of the training be at a "base" level of slower running, followed by a short period of "sharpening" training for important races. For his sharpening work, he often used an 880-yard build-up, beginning at slightly faster than normal training pace; gradually picking up the pace until going at full speed at around 660 yards, and then gradually decelerating (He called these Oslerians). I like this type of speed work because it puts less stress on the muscles; I have used it a lot in the past. Tom also agrees with Jeff Galloway that it is o.k. to mix some walking with the running. **(Continued on p. 9)**

Once over the hill, you pick up speed!

North High School CMRA Runners Win Wild West Relay

A 12-person team comprised of Jeff Young and the following North high school runners and North High School graduates won the Wild West Relay, a 195-mile race from Fort Collins to Steamboat Springs. There were more than 90 teams in the competition. Jeff has coached all of the runners listed.

Here is a little bio on each runner that competed in the Relay race this summer:

Mauro Martinez – 12th grader at NHS, ranked among top 15 at state this year in cross country. Has shown tremendous improvement over 1 year, ran some incredible legs during the relay because he loves hills and climbs like a goat.

Erik Ndikumana – 11th grader at NHS, ranked among top 10 in state, top of his class at North. One of the best runners North has ever had and only being outdone by his younger brother who is a phenom.

Joseph Manilafasha – 10th grader at NHS, high school All American 2005, National Champion at USATF XC. Has broken every distance record at NHS as a freshman. Has ran one of the fastest 3200 meter times for a freshman in H.S. on U.S. soil (9:26 at altitude). Has broken 5 XC course records so far this season.

Julio Bonilla – NHS class of 2006, currently attending University of Miami with full ride Daniels Fund scholarship. At cross country time trials he finished as UM 4th overall runner.

Samantha Towne – Class of 2006, currently attending Mesa State College on a running scholarship (2nd on the team). 2005 high school all American at USATF XC.

Esmeralda Martinez – Class of 2004 NHS, currently attending Mesa State College on an athletic scholarship, #1 runner on the team as a sophomore.

Noe Cuevas – Class of 2002, one of my past runners, has dramatically changed his life around.

Miguel Cazares – Class of 2005, currently attending Community College of Denver. Competed in Colfax Marathon and placed 3rd overall. Has a great running career ahead of him in the longer distances.

Jesus Martinez – Class of 2005 NHS, currently helping as assistant coach at MSC. Ran the Rim Rock Run last year and set the 19 and under record by more than 9 minutes while winning the race overall.

Oscar Ponce – Class of NHS 1995, one of my best runners ever. First one in family to graduate from high school and attend college. Attended University of Colorado and graduated in 2000. Competed at the varsity level and was part of multiple Championship teams in XC and track from 1995 to 2000. Recently received a Master's Degree in Education from Boston University. Has run competitively since college career. Has competed at the US XC nationals the last three years and has placed in the top 50 all three years. A true success story. He is currently working for Denver Public Schools as a Parent/Family Liaison and assistant coach at North.

Carrie Zografos – Oscar's better half (fiancée). Graduated from high school in Portland, then attended CU- Boulder and was initially a hurdler/sprinter at CU. She then decided to give distance running a try. Transferred to University of Oregon where she was the #1 runner for two years. All American in NCAA XC championships in 2002. Last year she finished her first marathon at the Boston Marathon, where she ran 3:06. She has incredible range as a runner as she has run 56 seconds for 400 meters.

Jeff Young – Coach, slow guy. Has coached at NHS since 1994. Has had 98% of his runners graduate from high school and many go on to attend college. Played rugby in high school and college and later in life discovered running. Has run Boston Marathon in 3:21 (2006) and has competed in the Leadville 100 the last 4 years. Is also one the best veterinary doctors in the U.S. Has set up veterinary hospitals in Mexico and Slovakia, where focus is low cost spay and neuter clinics.

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PELICAN UPDATE By Connie Ahrnsbrak (Cahrnsbrak@yahoo.com)



Hood to Coast Relay, OR: Terry McFarlane and team Rocky Mountain Highnesses, 33:30:48.

8/19- Holy Cow Stampede: 10K- Holly Dahm, 51:02 (3rd) & Robert Fancher, 56:16 (2nd). **5K-** Bruce Dahm, 21:22 (2nd); Taunya Wilson, 25:24 (1st/3rd **OA**) & Doug Tollin, 26:26 (1st).

8/20- Leading Ladies Half, Spearfish, SD: Megan Vanoni, 2:20 & mom Christine Vanoni, 2:29 (3rd). Also, **Continental Divide 16-Mile, Steamboat Springs:** Robert Kanieski, 3:44.

8/27- RMRR 20-Miler: Robert Kanieski, 3:16.

9/2 –Balboa 4-Mile XC, SDiego, CA: Spiderman (Scott McFarlane), 34:06 & Terry McFarlane, 43:40.

9/3- Coal Creek XC 5K, Louisville: Steven Sellars, 17:44 (1st); Bruce Kirschner, 19:53 (2nd); Jill Sellars, 21:43 (2nd); Robert Fancher, 26:25 (2ⁿ) & Santa Card, 32:04.

9/4 -Inverness Athletic Club Series, 5K –Rosalie Murch, 34:07 & **American Discovery Marathon, CS:** Jim Romero, 4:04 (2nd). *Boston qual*
Half: Michael Quispi, 1:25 (2nd)

KUVO Jazz in the City, WP: Ray Blum, 19:53 (1st); Jay Trujillo, 21:21 (2nd); speedy Bill Smitham, 22:26 (1st); Rich Romero, 23:28 (1st); Pitts O'Donnell, 26:48 (2nd); Steadfast Earl Beam, 28:07; Alice Voorhees, 29:51 (3rd); Santa Card, 32:59 (3rd); Tom Alison, 34:50; Kim Shenfeld, 36: Penelope, 37:48; Leslie Woods, 42:16 & Lew Hutch, 43:51 (W).

9/8-9/9-Outward Bound Relay, Idaho Springs to Glenwood Springs (170 mi.): Stan the Man Hayes, team time- 26 hrs & 57 minutes. *Snow c*
rain both days. Ten runners to a team, each runner had to run 3 legs for an average of 17 miles

9/9- First Bank of America 5K Fitness, DTC: Lean Green Machine (Alyn Park), 22:41 (1st); Bob Reilly, 24:13; Lightfoot (Deb Acree), 25:33 (2nd); *7-yr old Hunter Karickhoff completing his first **5K**, 47:06. **Connie's grandson*

Day to Remember (9-11), Aurora: Pitts O'Donnell, 26:30 (2nd); Rosalie Murch, 32:24 (1st) & Penelope, 33:42. *Thanks Mitch Chesbro for volunteering.*

Bergen's Peak 11.2 trail, Evergreen: Kool Shades (Ken Randall), 2:22 (1st); Shane Holnitch, 2:25 (1st) & Ken Simons, 2.28 (2nd). **Chamber Challenge 5K, Westminster:** Bob Caillouete, 20:01 (1st); Patti Gilmour, 25:05 (1st); Taunya Wilson, 25:46 (2nd); The Captain (Don Robinson), 28:19 (1st) & Larry Vincent, 35:10 (2nd).

Neder-Neaderland 10K: Catriona Dowling, 44:35 (3rd); Bruce Brandt, 1:02 & Vici Dehaan, 1:05 (1st). **5K-** Steven Sellars, 17:55 (1st); Jill Sella 21:53 (1st) & Jim Peterson, 27:28.

9/10- El Grito 5K, Buckhorn XChange: Omar Martinez, 15:55 (**OA**); Keith Johnson, 16:13 (2nd); Jeff Young, 19:31 (1st); Jay Trujillo, 20:24; Green Machine, 21:25 (1st); Jay Wissot, 22:04 (2nd); Scott McFarlane, 22:21 (3rd); The Oak (Ross Westley), 22:24 (1st); Jack Barry, 22:36 (1st); Kathy Johnson, 23:00 (2nd); Taunya Wilson, 23:40 (2nd); Sylvia Martinez, 24:35 (3rd); Lee Bengston, 25:52; (3rd); Pitts O'Donnell, 26:08; Earl Beam, 26:55; Penelope, 27:30; Alice Voorhees, 28:58 (3rd); Santa Card, 33:21 (2nd); Bob Bussey, 33:24; Kim Shenfeld, 33:34; *Isaiah Espinoza, *Fabian Espinoza, 35:47; Leslie Woods, 39:31 (2nd); Carol Bengston, 44:19; *Buzz Espinoza, 46:13; Dean Bobian, 46:17; Marie Romero, 53:27 (3rd) & The Ladies of Late Summer (Connie Arhnsbrak, 23:14 (1st)/Rosalie Murch, 32:07 (2nd). **The Bobian family. Special thanks to Esther Romero, Joe Baird, Joe Sanchez, Levi & Linda Gonzales for volunteering.*

Colorado Run 5K, FTC: Phillip Dizerega, 19:26 (3rd); Bob Caillouete, 19:38 (3rd); Jim Peterson, 25:51 (3rd) & Fearless Fay Dizerega, 31:19 (2ⁿ)
Evergold 10K trail: The B-Man, 1:08 (2nd).

9/16- Octoberfest 5K, HLR: Mitch Chesbro, 25:59 & **Run for Resources 5K, Conifer:** Robert Kanieski, 24:54 (3rd).

9/17-High Desert Run for the Hills 10K Trail, Albuquerque: Connie Arhnsbrak, 58:05 (1st).

Lead King Loop 25K, Marble: Kristen Moreau, 2:44 (1st); Neddie Legg, 3:22 & Kathleen Porter, 3:52 (2nd).

Disneyland Half, Anahiem, CA saw Bruce and Holly Dahm, 1:41 & 1:56 respectively. **Sombrero Ranch Roundup 4.45 miles, Estes Park:** The Oak (Ross Westley), 50:23 (1st).

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Governor's Cup: 10K-Dave O'Sadnick, 38:26 (2nd); Green Machine, 44:32 (1st); Polly Zimmerman, 47:30 (3rd); Lou Huie, 46:45 (2nd); Jay Wissot, 47:14 & Robert Zweifel, 48:04. **5K**-Jim Peterson, 26:49 (3rd); Earl Beam, 27:24; Pitts O'Donnell, 27:44; Bob Bussey, 35:28 (2nd); Ken Nakauchi, 46:53 & Mary Nakauchi, 46:53.

9/23- Cub Creek X-Over, Evergreen: Keith Johnson, 58:38; Kristin Moreau, 59:49 (OA); Grid Iron (David Kelble), 1:05; George Huner, 1:10; the B-Man, 1:12 (1st); Kathy Klesmitt, 1:33 & Bill Moyle, 1:40. Also, **Our Great Race 5K, CS:** Lou Huie, 23:27 (2nd).

9/24- Second Wind 5K, Lakewood: Connie Ahrnsbrak, 24:37 & Michelle Kelble, 27:06.

Boulder Backroads Half: Dave O'Sadnick, 1:28 (3rd); Karen Voss, 1:35 (3rd); Green Machine (Alyn Park), 1:39 (2nd); The B-Man, 1:44 (2nd); J. Wissot, 1:50 (2nd); Bob Reilly, 1:52; The Oak, 1:56 (1st); Pitts O'Donnell, 2:05; Jim Peterson, 2:10; Fearless Fay, 2:39; Grace Lee Palmer, 3:29 (Howard Palmer, 3:54 (2nd)). **Marathon**- Editor Dan Shaw, 3:39 (5/31 age); Steadfast Earl Beam, 4:45 & Vici Dehaan, 6:08 (1st).

10/1- Fans on the Field 10K, Invesco: Jim Romero, 47:56 (1st); The Oak, 49:00(1st); Connie Ahrnsbrak, 50:37 (1st); Mitch Chesbro, 51:54; Pat Drayton, 52:19 (2nd); Taunya Wilson, 52:45; Kent Mitchell, 53:25 (2nd); The Captain (Don Robinson), 1:00 (2nd); Bruce Brandt, 1:07; Rosalia Murch, 1:10; Bob Bussey, 1:17 & Kim Shenfeld, 1:20. **Credit Union Harvest 5K, Broomfield:** Slimfast (Bruce Kirschner), 22:33 (1st); J Gutierrez, 28:11; Bob Ghormley, 29:35 (3rd) & Laura McCoy, 41:25.

10/8 -Kokanee Trail Half, Lake Tahoe: The B-Man, 1:57 (1st) & **Race for the Cure 5k:** Earl Beam, 28:06; Jerry Murch Jr., 32:03 & Rosalie Murch, 35:12. **Westchester Half, New York:** Alyn Park, 1:35 & Jay Wissot, 1:41.

10/14-Barr Lake Boogie 15K, Brighton: Slimfast (Bruce Kirschner), 1:04 (1st); Jay Trujillo, 1:08 (2nd); Connie Ahrnsbrak, 1:19 (1st); Painted Horse (Jesse Tijerina), 1:25; J Gutierrez, 1:27:03 (3rd); Alan Johnson, 1:27:48; Vici Dehaan, 1:43 (1st) & Rosalie Murch, 1:55 (2nd).

Also, Dave Banko, 2:08, at the **Toronto Half** and **Erace Homelessness 5K, Sloan's Lake: 8.125K**- The Oak, 41:48 (1st) & Robert Ghormley, 47:38 (2nd). **4K**-Steven Sellars, 14:06 (1st) & Jill Sellars, 18:06 (1st).

10/15- Denver Marathon: Bob Caillouette, 3:26 (3rd); Ray Blum, 3:32; Bob Weber, 3:36; Paul Welschinger, 3:46; Robert Kanieski, 4:10; Joe Ratledge, 4:20; Jim Thomas, 4:44; Pitts O'Donnell, 4:45 & Penelope, 5:58. **The Half:** Dave O'Sadnick, 1:26 (2nd); The B-Man, 1:44 (1st); Polly Zimmerman, 1:47 (1st); Rich Romero, 1:47 (1st); The Oak, 1:53 (2nd); Lee Bengston, 2:10 (2nd); Karen Conway, 2:11 (2nd); Alice Bernard-Voorh 2:22 & Leslie Woods, 3:07. **Master's Four Relay team,** 3:32: The B-Man, Tom Chambers, Ken Randall & Bill Oberet.

Mt. Desert Island Marathon, Bar Harbor, ME., Fern Oliner, 5:27 (2nd)

10/21- The Other Half, Moab, UT: Connie Arhnsbrak, 1:51 (2nd); Joe Baird, 2:14; Earl Beam, 2:20 & Rosalia Murch, 2:51

10/22 -La Salle Chicago Marathon: Lean Green Machine (Alyn Park), 3:22 (1st); Dan Shaw, 3:27 & Mark Ramsey, 3:50. **Duke City Half, Albuquerque, NM:** Johnathan Huie, 1:15 (2nd/OA) & dad Lou Huie, 1:40 (1st).

Worthy News

By Connie Arhnsbrak

First, CMRA would like to welcome the following new members in random order: Denise Glenn, Kevin Cubillas, David Carner, Chris Klafehn & family, Grey Ayes, Kelly Chilvers, Gin Ressler, Bob Mercil, Rick Ruhser, Chuck Goodman & Vince Gerber.

Secondly, welcome to the world, Finnegan Paul Adamowski, born on October 26, weighing 5lbs, 13 ounces. Congratulations Chris and Adam Adamowski!

Next, active member Robert Kanieski ran his first marathon (The new Denver marathon) in 4:10:50. Robert broke his 20-mile time well over 15 minutes. His 20-mile time last February was 3.5 hours, while his 20-mile time for the Denver marathon was 3:02. Great job!

Also, Editor Dan Shaw's LaSalle Chicago marathon time of 3:27:15 qualified him for Boston. Jim Romero also qualified for Boston with his winning time at the American Discovery Trail marathon. Congratulations!

Most importantly, two of our very active members reached significant milestones in 2006. Joe Baird turned the big 60 in November, while The Master (Richard Romero) has turned the big 70!

Once over the hill, you pick up speed!

Lastly, most of us will probably never accomplish the following: On September 10, 2006 at the DDRC Harvest Festival 3-miler, Speedy Bill Smitham took **overall** in 21:38; Master's 40 plus, Bill Smitham, 21:38; Grand Master's 50 plus, Bill Smitham, 21:38 and 60 plus, Bill Smitham, 21:38.

Chatfield 10 Miler Results – November 18, 2006

PLACE	NAME	TIME	AGE
1	Oscar Ponce	0:58:04	29
2	Chris Voeller	1:04:22	37
3	Trail Man (Adam Feerst)	1:04:57	46
4	Brian Fisher	1:05:10	40
5	<i>Brandy Erholtz</i>	1:05:57	29
6	Dwayne Jenkins	1:07:51	42
7	Matthew Caldwell	1:07:55	14
8	Matt Santo	1:08:57	30
9	Dave Rothberger	1:10:05	38
10	<i>Tania Pacev</i>	1:10:10	47
11	<i>Carrie Zourafos</i>	1:10:58	27
12	Anthony Lee	1:11:20	33
13	Bob Cooper	1:11:41	58
14	John Hemsy	1:11:45	37
15	Jon Sauer	1:12:22	48
16	Jae Roh	1:12:41	35
17	<i>Caroline Szuch</i>	1:13:05	34
18	Bob Caillouette	1:14:19	51
19	Paul Welschinger	1:14:36	49
20	<i>Kristen Moreau</i>	1:14:56	39
21	Jay D. Trujillo	1:14:58	48
22	<i>Karen Voss</i>	1:15:51	41
23	<i>Lara Usinowicz</i>	1:16:01	36
24	Editor Dan Shaw	1:16:42	47
25	Greg Frauenhoff	1:16:50	49
26	Foghome Leghome	1:17:10	40
27	Bruce Dahm	1:18:41	47
28	Kent Enwright	1:19:04	43
29	<i>Laura McDonald</i>	1:19:07	24

30	Lou Huie	1:20:16	60
31	The B-Man (Jim Romero)	1:20:40	66
32	The Master (Rich Romero)	1:21:03	70
33	Greg Ayres	1:21:12	48
34	Dewayne Gill	1:21:28	36
35	Bob Zweifel	1:21:39	41
36	Douglas Berling	1:22:16	49
37	<i>Jen Peppmuller</i>	1:22:15	32
38	<i>Heather Carlson</i>	1:22:16	32
39	Mean Ed Green	1:23:13	57
40	Bob Tafelski	1:26:45	66
41	Jerry Gardner	1:27:00	56
42	Gordon Koury	1:27:12	46
43	Robb Cobb	1:27:15	35
44	<i>Kate Fogelberg</i>	1:27:27	27
45	Ron Saccomano	1:29:38	48
46	<i>Amy Lease</i>	1:29:52	53
47	<i>Stephanie Johansen</i>	1:30:32	25
48	<i>Eve Sheridan</i>	1:30:50	27
49	Joe Methner	1:30:52	44
50	Charles Scheibe	1:31:05	52
51	Wrong Way (Bill Faulkner)	1:31:17	65
52	<i>Lisa Jenkins</i>	1:31:38	45
53	<i>Colleen Lebkuecher</i>	1:31:42	35
54	George Huner	1:32:00	53
55	<i>Leslie Mitchell</i>	1:32:02	45
56	<i>Laura Fisher</i>	1:32:11	40
57	<i>Shane Holonitch</i>	1:32:28	56
58	<i>Holly Dahm</i>	1:32:49	36
59	<i>Kristine Schneider</i>	1:32:50	38

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60	Joe Sanchez	1:33:12	69
61	Paul Rundle	1:33:28	42
62	Strider (Tom Chambers)	1:33:59	63
63	<i>Lady of Late Summer</i>	1:35:03	66
64	<i>Heather Dokken</i>	1:35:38	27
65	<i>Gena Lokken</i>	1:37:38	28
66	<i>Linda Saccomano</i>	1:38:15	49
67	Rick Voorhees	1:38:18	53
68	Lee Bengston	1:38:29	69
69	Mark Johnson	1:39:29	48
70	<i>Holly Storm</i>	1:39:55	29
71	<i>Kathleen Porter</i>	1:41:00	48
72	<i>Wonder Woman (Pat Tolleson)</i>	1:41:40	57
73	<i>Rebecca Meyer</i>	1:42:53	28
74	Edward Ewing	1:43:04	52
75	Steadfast Earl Beam	1:43:50	56
76	Dave Banko	1:44:53	55
77	<i>Jennifer Shouth</i>	1:45:16	29
78	Stonewall (Ken	1:52:05	77

	Green)		
79	<i>Editor Fern Oliner</i>	1:55:10	65
80	Bob Mercil	1:56:08	66
81	Tom Alison	1:56:29	69
82	<i>Audrey Krebs</i>	1:58:53	50
83	<i>Janine Hall</i>	2:15:55	40
84	Ted Epstein	2:15:56	70
85	<i>Carpenter</i>	2:37:35	58
Racewalkers			
1	Mike Hayes	53:04	59
2	<i>Leslie Woods</i>	53:23	60
3	<i>Octavia Hayes</i>	53:32	59
4	Mike Wellers	56:36	59
5	<i>Kimberly Shenfeld</i>		

Editor's note: Please see the website result page for age group awards. Thank you!
http://www.comastersrun.org/Race_Info/2006/Chatfield_Results.html

President's Corner (continued from p. 4)

Dr. Phillip Maffetone was one of the chief advisors of Mark Allen, six-time winner of the Ironman triathlon. He is a big advocate of using a heart-rate monitor to keep the runner in an aerobic rather than anaerobic state. He also believes that runners should spend the first 12-15 minutes of a training run bringing the heart rate up to the maximum aerobic range, and the last 12-15 minutes bringing the heart rate back down. Reasons include increased blood flow, increased fats in the blood, and increased flexibility in the joints. Dr. Maffetone also makes a big distinction between fitness and health. Books he has written include "Everyone is an Athlete" and "In Fitness and in Health". (see p.

Percy Cerutti recommended breaking the year into three segments; six months of conditioning involving a great deal of mileage, three months of practice with some segments of race pace or better, and three months of competition with speed sharpening. Dr. Enst Van Aaken advocated the "Pure Endurance Method"; endurance preferably gained on long runs at a moderate pace. Then of course there is Joe Henderson, who preaches long slow distance. There are countless other authors who advocate various types of training. I did subscribe for a while to the "Running Research News", a newsletter written by Owen Anderson PhD., who gives updated ideas for effective training. Long-time CMRA member Bruce Kirschner subscribes to this publication and said I should refer the readers to www.researchnews.com. Bruce said that this is the best running training site in existence. That probably means something, noting how well Bruce has been running. For example, he was first overall in our Barr Lake 1/3 Marathon.

Switching gears on a personal note, I've started doing some ankle strengthening exercises. I thought perhaps I should do that since the one health care practitioner said that my left ankle being unstable is affecting the area around my knee. It seems to be helping, although things improve rather gradually, especially at my age.

Once over the hill, you pick up speed!

COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION

MEMBERSHIP APPLICATION

CALENDAR YEAR JANUARY-DECEMBER 2007

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

Family (household) **\$35.00 per year**

Dues: Single member **\$25.00 per year**

Runner (____)

Racewalker (____)

Wheelchair (____)

NAME: _____ SEX: M _____ F _____

ADDRESS: _____ BIRTHDATE: _____

CITY: _____ ST: _____ ZIPCODE+4 _____

HOME PHONE: _____ WORK PHONE: _____

E-MAIL: _____

FAMILY MEMBERSHIP: (please list only members from immediate household)

Name: _____ Sex: _____ B'date: _____

Mail completed form with check payable to

“CMRA”

8100 E. Union Ave Unit 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 9/17/06

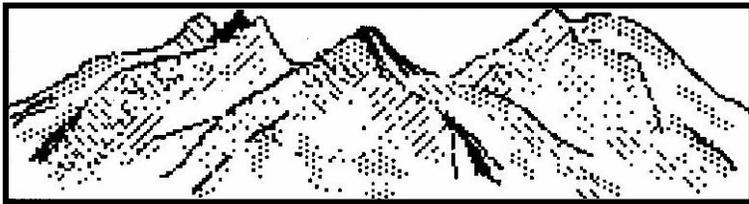
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BOARD OF DIRECTOR

*Ken Simons, Rob Fisher, 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.

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2006-7 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 onto our website:

www.comastersrun.org

Date	DOW	Time	Location	Name	Director(s)	Phone
Dec 9, 06	(Sat)	9 AM	Prospect Park (Wheatridge)	Clear Creek 4-Miler and Pancake Breakfast	Vici DeHaan	303-494-1782
Jan 13	(Sat)	9 AM	Lake Arbor	Lake Arbor 5K	Ken Randall	303-422-3745
Feb 10	(Sat)	9 AM	S. Suburban Tennis Center	40 Furlongs (5M)	Rick Voorhees	303-794-6526
Mar 10	(Sat)	9 AM	Twin Lakes Park	Spring Spree 10K	Tom Alison Rich Romero	303-791-6166 303-751-4284
Apr 7	(Sat)	9 AM	Stapleton	Sand Creek 5 Miler	Rob Fisher Dan Shaw	303-363-2377 720-480-2370
May 12	(Sat)	4 PM	Writer's Vista Park	Memorial Run 5K & Potluck	Rosalie Murch Connie Ahrnsbrak	303-693-2278 303-985-1168
Jun 9	(Sat)	8 AM	South Valley Park	South Valley 10K	Deb Acree	303-279-7020
Jul 15	(Sun)	7:30 AM	Christies @ Genessee	Mountain Madness 12K	Jim Romero Jerry O'Donnell	303-794-2952 303-279-6139
Aug 15	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail	Pat Phillips	303-238-4405
Aug 26	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail 10K	Wayne Mathis	303-979-9592
Sep 22	(Sun)	9 AM	Barr Lake State Park	Barr Lake 1/3 Marathon	Dave Black	303-781-1738
Oct 14	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72 M	Bruce Kirschner Randy Luallin	303-666-0864
Nov 17	(Sat)	9 AM	Chatfield Lake State Park	Chatfield 10 Miler	Kim Massey Scott McFarlane	303-765-5512 303-904-4542
Dec 8	(Sat)	9 AM	Prospect Park (Wheatridge)	Clear Creek 4-Miler and Pancake Breakfast	Vici DeHaan	303-494-1782

CMRA

8100 E. Union Ave.

#R1601

Denver, CO 80237

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