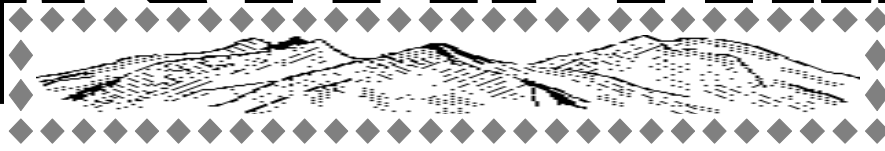


MASTER TIMES



January/February 2012

Volume 45 Issue 1

PRESIDENT'S CORNER

By Dan Shaw

ANNUAL MEETING

The Colorado Masters Running Association held its 2012 annual meeting at West Woods Golf Club on Saturday evening, January 21, 2012. The new venue was well received. Members gave Steve and his crew a healthy round of applause for the service provided. Runners never seem to mind sweet treats, and the desserts were especially delightful.

Board members for 2012 were elected at the meeting. The new board consists of the following members: Ed Youngberg, Jane Harbert, Connie Ahrnsbrak, Scott McFarlane, Ken Simons, Chris Vanoni, Mike Vanoni, Dan Shaw, Mark Hackett, Amy Lease, Cheryl Ames, Rob Fisher, David Wise and Valerie Passerini. At a short meeting after the banquet, the following officers were elected: President: Dan Shaw; Vice president: Cheryl Ames; Treasurer: Amy Lease; Secretary: Chris Vanoni; Webmaster: Scott McFarlane; and Membership Coordinator: Mark Hackett.

At the board meeting held before the banquet, the CMRA board voted to recognize the long and dedicated service to the club of original club members Joe Sanchez and Gabe Sisneros by granting permanent membership in the club. Legend has it these two characters were present at the very first CMRA race ever held, more than 35 years ago. According to version I heard, they were the only two runners in attendance! From this humble beginning, the club has grown, now hosting an average of almost 100 runners at each of a dozen or more races every year. Thanks Joe and Gabe – we wouldn't even have the club without you!

The board would like to recognize the service of Tom Chambers to the club. Tom has served as awards coordinator for the past two years, not only working with Crown trophy to produce and supply the club with the medals and ribbons we present to the overall and age group winners at each race, but also helping to present the many awards given out – not an easy task! Special thanks also go Rosalie Dexter who is ever present at the races helping with registration and to Joe Baird for managing the timing. Thank you, Tom, Rosalie and Joe for your hard work and dedication!

2012 SCHEDULE

The 2012 schedule has been finalized and is posted on the CMRA website, www.comastersrun.org. You'll also find our races on numerous running web-calendars such as Colorado Running, Racing Underground, Running Guru, The Competitor, and The Keeper (due out next month).

The 2012 joint RMRR-CMRA calendar is now available on a first come – first served basis when you renew your membership.

SINGLET

At long last! New CMRA club singlets are now available for purchase (at cost - \$15 each). The new shirts are tank-style with a snugger fit than the old singlets. The color of the initial order is the club's traditional navy blue with the CMRA logo in white, in sizes small, medium and large.

2011 CMRA CLUB CHAMPIONSHIP

In a very competitive year, David Rothenburger claimed the CMRA club championship for 2011, totaling 49 points and narrowly edging out both Lou Huie and defending champion Theresa Jockers, who each collected 48 points. Based on his greater age, Lou is awarded 2nd place and Theresa 3rd place. Scott Kukel took 4th, with 45 points, and Omar Martinez garnered 43 points and 5th place.



Dan Shaw presents the CMRA club championship trophy to David Rothenburger

Once you are over the hill, you pick up speed



Theresa Jockers collects 3rd place championship trophy.

For the racewalkers, Rosalie Dexter took home the trophy, with a total of 42 points.

The Colorado Masters would like to extend their deepest condolences to Lee Bengston & family in the passing of his sister on Tuesday, January 24, 2012.

Terry McFarlane – Iron Woman! Edited by Constance Ahrnsbrak

On November 20, 2011, Terry McFarlane (61) competed in her first Ironman - Ironman Arizona in Tempe:

"I had some training setbacks and wasn't sure I had the base to race. However, after talking it over with Scott, together with lots of encouragement from coaches and friends, I figured I would give it my best shot!

I got to Phoenix three days before the race and shared a condo with a friend (Stephanie Stevens.) I picked up my packet, wandered through the Exhibition and then picked up my bike from Pro Express.

Stephanie invited me to the Endurance Nation dinner Thursday night at Monti's. I got some last minute swim tips, such as, don't expect to see your hands under water, and the later you enter the water, the less time you will spend treading water.

Upon returning to the condo I finished getting my bags equipped and readied my bike for the transition area. I had some ideas, but was amazed at how Stephanie had a list prepared for each bag. I also realized that I didn't have my nutrition figured out. Despite all the long training days and trying different things, I usually finished my training without using what I had – then became hungry. In the end a friend came over and helped me figure it out. She wrote down when to drink what, when to eat what, and when to take gels.

Scott drove down from Denver and dropped me off at the start on Sunday morning; he has never seen me do a triathlon before. I dropped off my special needs bags and then went to retrieve my bike. I noticed one of my tires seemed to be leaking out of the valve, this caused some panic. I rushed my bike over to the maintenance tent and got some air in my tires and back to my assigned spot. It was still dark as I glided my legs and got into my wetsuit and was ready to go.

The canon boomed at 7 a.m., and the elites were off, which meant the rest of us had about ten more minutes. Very soon the shouts for us to enter the water came leaving two minutes before our start.

I tried not to get my head too wet (based on what I read in Lynn Cox's *Swimming to Antarctica*). I had a short swim to the approximate start, treaded water for about 30 seconds and the canon went off. The swim was awful, it was crowded and I was sandwiched at least twice which caused me to actually stop swimming. Then my body started shaking from my solar plexus to my feet and I couldn't stop. I am not sure if I just panicked. I swam almost the entire 2.4 miles shaking uncontrollably, but managed to climb out on my own. After I faltered a volunteer helped me to a medical tent where they had tubs of hot water. After sitting for a while I decided to continue, not knowing if I could.

My swim time was 1:39. I had hoped for a faster time – but the challenge was the cold water and mass start. As I entered the changing tent a volunteer helped me change and I went outside to the Bike out where someone had my bike. Twenty-four minutes in T1 – yuck!

I felt very sluggish on my first loop. The weather was nice with nothing but blue skies above and puffy white clouds. This made for a very lovely desert. By the end of the first

Once you are over the hill, you pick up speed

loop I had warmed up and the announcer – I assumed was *Mike Riley yelled out at me, "Terry McFarlane, are you having fun?" So, by then I could shout, "Yes!" pray for me. There was a little wind coming back down the hill on the second loop, but it was my fastest loop even though I dropped a chain. I dedicated the second loop to my triathlon friends, bringing one at a time to mind, thinking about our friendship and how we met.

On the third loop I stopped at an aid station for water and fuel and the volunteer asked me if I needed anything else, I said, "A hug" thus I received a hug. My total bike time was 7:36:31 which included two/three stops for filling water bottles and potty breaks.

Lastly, into the last tent to change for the run. The run consisted of three loops so I thought about it in terms of three loops rather than a marathon. I ran, walked, and ran walked, tried to get my pace up, but I was tired and my legs hurt. I really didn't know what I had in me and how much to push, each loop was slower than the previous. Finally the sun went down and it was a beautiful night.

At last, volunteers asked, "Is this your last loop?" I said, "Yes." They answered, "You're going to make it! Congratulations! You are an Ironman!" I started feeling better, tired and sore all at once, but very happy. When I realized I had just a few yards to go, I saw there were still a lot of people holding out their hands for high fives. What an awesome feeling! A volunteer wrapped a silver space blanket around me, got my timing chip, and gave me a finisher's medal. The same volunteer led me to the photographer and then to the food. I went for the nice warm, salty French fries. My finishing run time was 6:40:51.

Shortly after Scott and I met up, Stephanie told me I had placed second in my age, which made me a podium finisher; I was second out of five in my age group. She suggested I go to the Awards Ceremony breakfast the next day in case I wanted a Kona slot. However, my goal was to finish rather than qualify for Kona, but now I wish I would have pushed more.

I did attend the awards ceremony breakfast and made my podium appearance. The first place woman in my age group is a veteran Ironman and she took the Kona slot.

I am still amazed that I completed an Ironman! It was a very challenging goal for me. Thanks to my husband Scott, coaches, fellow tri-athletes and friends. With their guidance and encouragement, **I AM an Ironman!**"

*Mike Riley is the "voice of Ironman." He presides over the pre-race dinner and the post-race awards breakfast of every Ironman in the world. He says your name when you cross the finish line, "Terry McFarlane, 61 years old from Littleton Colorado, you are an Ironman!"(16:29:24)



New Vice President Cheryl Ames presents Race directors Scott McFarlane and Kim Massey with singlets

LAS VEGAS HALF MARATHON By: Vici DeHaan

On Sunday, Dec. 4th 2011, my son, Mark and I did my first ever night race at Las Vegas. This was the third Rock and Roll event I did this year, and it was far more exciting than the others.

The half marathon didn't begin until 5:30 at night which made it difficult to figure out how to eat and drink prior to the run. Fortunately, my daughter had booked the three of us into the host hotel, the Mandalay Bay, so parking wasn't a problem. Both the half and the full marathon began from the parking lot outside of the hotel. Since the entire strip was closed down for six hours, much of the course ran all the way down the strip beside all the brightly colored lights of the various hotels including past the dancing waters of the Bellagio.

Because it was run at night, a novelty for most of us, the race attracted 6,000 marathoners and 38,000 of us running the half. Around 6:30, 40 couples took time off from their race to join in a mass wedding ceremony outside one of the hotels on the strip, where they gathered to hear a minister who conducted the short wedding ceremony. Then the newlyweds and sometimes their attendants rejoined the race. The brides were very easy to pick out along the course since they were still wearing their veils, and some kind of wedding finery, and of course, running shoes.

The course was lined with rock bands who kept us entertained as we ran past. The half marathon field was loaded with elite athletes, especially Americans, since it was the last chance to qualify for next month's US Olympic trials. Since the men had to run 1:05 to qualify, three qualified: Sean Houseworth from CO Springs, who took first place with a time of 1:03:12, followed by Jason Hartmann of Boulder in 1:03:34, and Jason Lehmkuhlee

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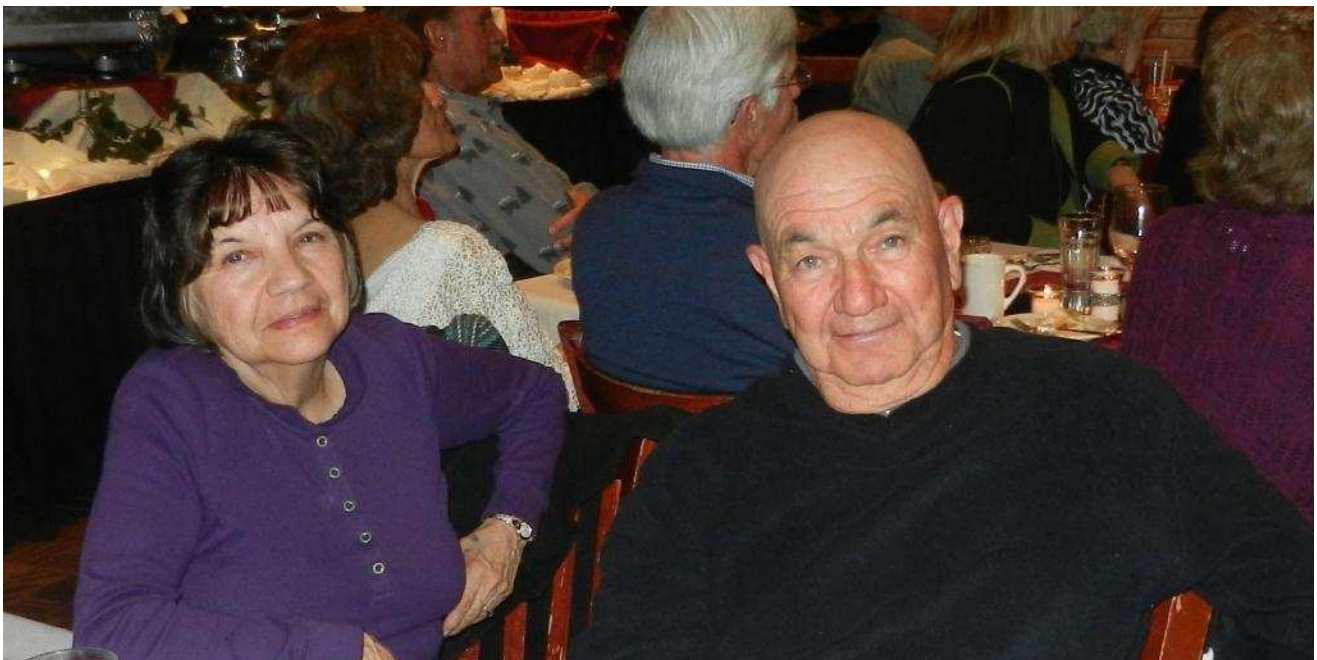
in 1:03:37. Peter Omaa of Kenya won the men's marathon in 2:29:13, and Zsofia Erdelyi of Hungary won the women's division in 2:48:58.

This half marathon was my fifth for the year, and my fastest by 17 minutes, thanks to patient pacing by my tall son. At least he was fairly easy to keep track in the crowd. Even though the half was supposed to have a wave start, by the time my wave approached the start line, there was no separation. This meant that actually hundreds of the runners were walking from start, making it difficult to get around them.

As part of the festivities, they had a stiletto dash Saturday afternoon on the Palazzo's red carpet. Amazingly 100 women entered the event, plus a few men, and from the event pictures, it must have been quite a challenge.

The race directors now talk about making the race even larger next year, even though it was the third largest race run in the US to date. My only hope is that they figure out how to accommodate over 40,000 finishers, many of whom had drop bags waiting for them at our hotel. By time some of us finished, it was raining so the crush inside the hotel was the worst I've ever encountered. Knowing there was no way to even get up to the lobby, never mind getting an elevator to the 32nd floor, fortunately a security guard routed us outside of the building around the swimming pool to another elevator from the basement, which worked! I overheard many of the runners stuck in an unbelievable gridlock wondering how they were ever going to get out of the hotel, never mind back to their hotels along the strip.

Would I do it again? Possibly, since running down the strip at night flanked by all the rock bands made for an entirely different kind of race.



Founding and long standing CMRA members. Joe and Mary Sanchez.

2011 RRCA Colorado State Cross Country Championship By Dan Shaw

The December race for the CMRA served again as the 2011 edition of the Road Running Club of America Cross Country Championship for the state of Colorado. For 2011, the race moved from the Aurora Sports Park/Coal Creek Arena locale used in previous years to Stapleton Central Park, about 7 miles downstream.

The new venue offered many enhancements over the old venue. Located a few blocks off I-70 in northeast Denver, Stapleton is easy to find, with plenty of space in its paved parking area, and instead of a chilly, overused port-o-let Stapleton offers heated, well-maintained bathrooms. The race course is similar in many ways to the Sports Park course, with some grass lawns, single track trails, dirt roads, and re-grown prairie fields. Unlike the Sports Park, Stapleton also offers some pea gravel trails and small, man-made hills in the finished sections of the park that lending variety and a playful feel.

November and early December brought a relatively heavy load of snow to the Denver area, and cold temperatures ensured that several inches remained on the ground the day of the race. For the first time in over a week, temperatures on race day rose into the fifties. By the time the race kicked off the thaw was on.

The race consisted of 2 laps of a 6K loop, the first half mile of which crossed grass lawns across the park, difficult for running because of 6 inches of crusty snow and noisy at times from honking Canada geese which call the park home in the winter months. The second section of the loop, across the north side of the park, was composed of pea gravel trails which wind over man-made hillocks, easier to run on than snow covered grass but more than a little goofy and artificial, giving this stretch a surreal feel. The second half of the course ran down to Sand Creek, then followed trails along the south bank up to Havana Street where it turned around and rose onto the top of the creek bank and angled back to the park.

By the end of the first lap the snow was softening. The second lap got a little muddy and slick in places, a lot muddier in others. In some areas, the track proved to be more difficult than the old Aurora course, reflected in slower times compared with past years. Rob Mandje, three-time defending overall champion, was unable to defend his title this year. In his absence, 25-year old Omar Martinez claimed the open title in 51:43. Molly Smith, 31, collected the women's open title with a time of 59:53. In the Masters division (over age 40), David Rothenburger took the award, clocking 56:11. Jill Sellars won for the women, in 68:37. Keith "War Horse" Johnson, after leading much of the first lap, finished second overall in a time of 52:30 to take the Grand Masters plaque (age 50+), and Teresa Jockers took the women's Grand Masters award in 67:00. In the Senior Grand Masters division (60+), Bob Cooper's winning time was 65:34, and a time of 80:11 brought victory to Kathy Kirsling. Our oldest competitor was Ken "Stonewall" Green, 82, who completed the race in 107:09.

Co-director Rob Fisher and I would like to say thanks to the volunteers who helped with this year's event: prize maven Vici DeHaan; David Wise who picked up bread from Great Harvest; Connie Ahrnsbrak and Tom Chambers who helped hand out awards and prizes; registration coordinators Connie and Rosalie Dexter [Happy 71st Birthday, Rosalie!]; timing, finish line and scoring by Joe Baird with able assistance from Ken Simons and Mike Vanoni; Joe also helped out bringing equipment; coffee, soda, snacks, and water stop brought to you by my lovely wife Lu; course marshals Larry Ashton and Ed Ewing; and special thanks to Adam Feerst without whose guidance many more people would have headed off course in the confusing backstretch from the creek up to

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the park. Special thanks go to our sponsors who provided prizes to give away: Great Harvest Bread (bread), Boulder Running Company (gift certificates) and Runners Roost (more gift certificates). Thanks also go to the City of Denver, without whose gracious cooperation we could not begin to put on this event.

December 10, 2011 12K Race Results

PLACE	NAME	TIME	AGE
1	Omar Martinez	51:43	25
2	Keith Johnson	52:30	50
3	Anthony Kunkel	52:53	19
4	Matt Smith	54:00	35
5	Steven Sellars	54:24	51
6	Luis Ronquillo	54:25	16
7	Steven Johnson	54:33	29
8	David Rothenburger	56:11	43
9	Jay Survill	56:36	52
10	Sean Wetstine	56:37	35
11	Marco Cornacchione	57:21	48
12	Scott Kukel	58:26	37
13	Daniel Barron	59:37	16
14	John Ramos	59:40	35
15	Alonzo Espinosa	59:46	15
16	<i>Molly Smith</i>	59:53	31
17	Eric Marsh	1:00:05	36
18	Vincent Workman	1:04:28	13
19	Phil Snyder	1:05:27	42
20	Bob Cooper	1:05:34	63
21	<i>Rachel Perez-Tetreault</i>	1:06:23	32
22	Bob Irving	1:06:37	57
23	<i>Theresa Jockers</i>	1:07:00	50
24	Lou Huie	1:07:21	65
25	Brett Allendorf	1:07:35	42
26	David Kelble	1:09:32	54
27	Link Lubken	1:09:40	62
28	John Shea	1:10:38	54
29	Carlos Garcia	1:11:20	14
30	Bruce Dahm	1:11:27	43
31	Joe Black	1:12:35	13
32	Robert Kanieski	1:13:01	34

33	<i>Jitka O'Farrell</i>	1:14:06	34
34	Wayne Stewart	1:14:08	65
35	Tall Red (Ed) Youngberg	1:14:15	68
36	Spiderman (Scott) McFarlane	1:14:45	60
37	Strider (Tom) Chambers	1:14:53	68
38	Chris Stone	1:18:11	44
39	The B-Man (Jim) Romero	1:18:25	71
40	<i>Jill Sellars</i>	1:18:37	43
41	John Perez	1:18:41	61
42	Glenn Bakken	1:18:43	61
43	<i>Sara Foster</i>	1:18:45	36
44	<i>Martha Martinez</i>	1:18:50	44
45	Bill Faulkner	1:19:12	70
46	J Gutierrez	1:19:27	59
47	<i>Sabrina Ruiz</i>	1:19:33	19
48	<i>Kathy Kirsling</i>	1:20:11	63
49	Richard Romero	1:20:37	75
50	Brent Jockers	1:23:43	61
51	Ted Dunst	1:24:48	53
52	<i>Claradene Stewart</i>	1:25:08	62
53	<i>Julie Carroll</i>	1:25:57	38
54	<i>Holly Dahm</i>	1:27:45	41
55	<i>Susan Rome</i>	1:27:54	58
56	<i>Janet Ralston</i>	1:28:21	49
57	David Wise	1:31:18	69
58	Jeff Olson	1:31:55	52
59	<i>Tina Akin</i>	1:32:16	50
60	<i>Nicole Shaklee</i>	1:35:45	48
61	<i>Patricia Tolleson</i>	1:39:59	60
62	Gabe Sisneros	1:42:34	73
63	Sir Fred Trentaz	1:44:15	69
64	<i>Cheryl Ames</i>	1:44:18	64
65	Dave Black	1:46:27	60
66	Ken (Stonewall) Green	1:47:09	82
RaceWalkers (5K)			
1	<i>Rosalia Dexter</i>	1:00:00	70
2	<i>Susan Stone</i>	1:02:32	47
3	<i>Laura McCoy</i>	1:02:38	55

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12K Age group results

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Omar Martinez	51:43	Molly Smith	59:53
80 and Over				
1	Ken (Stonewall) Green	1:47:09		
75-79				
1	Richard Romero	1:20:37		
70-74				
1	The B-Man (Jim) Romero	1:18:25		
2	Bill Faulkner	1:19:12		
3	Gabe Sisneros	1:42:34		
65-69				
1	Lou Huie	1:07:21		
2	Wayne Stewart	1:14:08		
3	Tall Red (Ed) Youngberg	1:14:15		
4	Strider (Tom) Chambers	1:14:53		
5	David Wise	1:31:18		
60-64				
1	Bob Cooper	1:05:34	Kathy Kirsling	1:20:11
2	Link Lubken	1:09:40	Claradene Stewart	1:25:08
3	Spiderman (Scott) McFarlane	1:14:45	Patricia Tolleson	1:39:59
4	John Perez	1:18:41	Cheryl Ames	1:44:18
5	Glenn Bakken	1:18:43		
55-59				
1	Bob Irving	1:06:37	Susan Rome	1:27:54
2	J Gutierrez	1:19:27		
50-54				
1	Keith Johnson	52:30	Theresa Jockers	1:07:00
2	Steven Sellars	54:24	Tina Akin	1:32:16
3	Jay Survill	56:36		
4	David Kelble	1:09:32		
5	John Shea	1:10:38		
45-49				
1	Marco Cornacchione	57:21	Janet Ralston	1:28:21
2			Nicole Shaklee	1:35:45

40-44				
1	David Rothenburger	56:11	Jill Sellars	1:18:37
2	Phil Snyder	1:05:27	Martha Martinez	1:18:50
3	Brett Allendorf	1:07:35	Holly Dahm	1:27:45
4	Bruce Dahm	1:11:27		
5	Chris Stone	1:18:11		
35-39				
1	Matt Smith	54:00	Sara Foster	1:18:45
2	Sean Wetstine	56:37	Julie Carroll	1:25:57
3	Scott Kukul	58:26		
4	John Ramos	59:40		
5	Eric Marsh	1:00:05		
19 - 34				
1	Anthony Kunkel	52:53	Rachel Perez-Tetreault	1:06:23
2	Steven Johnson	54:33	Jitka O'Farrell	1:14:06
3	Robert Kanieski	1:13:01	Sabrini Ruiz	1:19:33
14-18 (High School)				
1	Luis Ronquillo	54:25		
2	Daniel Barron	59:37		
3	Alonzo Espinosa	59:46		
4	Carlos Garcia	1:11:20		
13 and Under				
1	Vincent Workman	1:04:28		
2	Joe Black	1:12:35		



Lee Bengston and Jim Romero quiz Banquet speaker Don Janicki

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LAKE ARBOR 5K January 7th 2012 by Ken Randall, Race Co-director

We got our 2012 CMRA running season off to a great start! After a couple years of ice and snow we were favored with a clear running surface and good running temperature.

Congratulations to the Overall winners, JJ(Jonathon) Huie 16:06 and Mary Miholka (19:59), to Jan Hill-1st Place in the Race Walkers and to all who participated and finished. The large field, 98 runners and 4 Race Walkers was very encouraging. Thanks to all for your great support and positive feedback.

My thanks to Ed Youngberg for his help as Co-director, to Rob Fisher for measuring, marking the course and making the maps, to those doing registration and those helping at the finish line. Thanks also to Tom Chambers for ordering the ribbons and helping with the presentation and to Joe Baird for bringing all the equipment, running the time clock and helping with the awards presentation.

Our thanks to Great Harvest for the Gift Basket, Boulder Running Company and Runners Roost for the gift certificates and to Connie for the drawing items she provided.

The water bottles were courtesy of the vendor promoting their new product, a combination GPS and MP3 player.

January 7, 2012 Race Results

PI ΔCF	NAME	TIME	ΔGF
1	JJ (Jonathon) Huie	16:06	31
2	Matt Nolen	17:22	29
3	Luis Ronquillo	17:46	16
4	Daniel Barron	17:58	17
5	Andrew Terrill	18:01	42
6	Eric Hislop	18:02	26
7	Keith Johnson	18:13	50
8	G. Anthony Kunkel	18:29	19
9	Scott Kukul	18:34	38
10	Steven Johnson	18:36	29
11	Antonio Cuevas	18:46	32
12	Christian Oliphant	19:11	44
13	David Rothenburger	19:21	43
14	Jeremy O'Farrell	19:26	35
15	Michael Quispe	19:29	45
16	<i>Mary Mihalko</i>	19:59	27
17	Richard Hadley	20:06	56

18	<i>Rachel Perez-Tetreault</i>	20:12	32
19	Jacob Wyatt	20:59	42
20	Joe Black	21:28	13
21	<i>Karen Voss</i>	21:35	45
22	Dave Crawford	21:37	53
23	Carlos Garcia	22:16	14
24	Robert Whittemore	22:24	43
25	Chuck Lowrie	22:34	64
26	Bob Irving	22:45	57
27	Sean Connor	22:50	50
28	<i>Theresa Jockers</i>	22:51	50
29	<i>Jitka O'Farrell</i>	23:06	34
30	Painted Horse (Jesse) Tijernia	23:15	60
31	John Perez	23:17	61
32	Robert Kanieski	23:18	34
33	Link Lubken	23:23	62
34	<i>Dena Coates</i>	23:30	35
35	Chris Stone	23:35	45
36	Dan Shaw	23:45	52
37	Justin Perry	23:49	12
38	Jim Bosik	24:04	61
39	<i>Kathy Johnson</i>	24:06	50
40	David Hill	24:12	60
41	<i>Elizabeth Hayden</i>	24:21	37
42	Richard Martinez	24:27	65
43	<i>Sabrina Ruiz</i>	24:32	19
44	Michael Abbott	24:37	42
45	Wayne Stewart	24:41	65
46	Larry Avery	24:48	70
47	<i>Jane Harbert</i>	24:50	50
48	Scott McFarlane	25:21	60
49	The B-Man (Jim) Romero	25:29	71
50	Strider (Tom) Chambers	25:41	68
51	Rich Romero	25:59	75
52	<i>Valerie Sidles</i>	26:01	30
53	Andrew Sidles	26:02	40
54	<i>Cindy Suttan</i>	26:03	58
55	Kim Handy	26:04	43

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56	<i>Carolina Mendez</i>	26:05	44
57	<i>Valerie Passerini</i>	26:24	32
58	<i>Amy Lease</i>	26:48	58
59	Brett Suttan	27:03	29
60	Bruce Rasor	27:08	63
61	Brett Jockers	27:11	61
62	Jeff Olson	27:14	52
63	J Gutierrez	27:21	59
64	Ian Monk	27:30	55
65	Kevin Rasor	27:39	32
66	<i>Janet Ralston</i>	27:40	49
67	David Wise	27:58	69
68	<i>Erin Bosik</i>	28:16	26
69	The Oak(Ross) Westley	28:21	75
70	<i>Becky Cartwright</i>	28:35	48
71	<i>Tina Akin</i>	28:39	50
72	Tom Duran	28:46	64
73	Michael Brenner	28:52	53
74	Steadfast (Earl) Beam	29:13	61
75	<i>Sara Capra</i>	29:17	23
76	Ben Scott	29:18	27
77	Douglas Tollin	29:48	67
78	Gabe Sisneros	30:32	73
79	Jerry O'Donnell	30:36	65
80	Jay D. Trujillo	31:01	53
81	Terry Lauhon	31:02	65
82	<i>Nancy Stone</i>	31:03	13
83	<i>Deb Hadley</i>	31:08	55
84	<i>Debra Prinzler</i>	31:11	42
85	<i>Nicole Shaklee</i>	31:15	48
86	<i>Katherine Klesmit</i>	31:59	59
87	Mark Walker	32:18	61
88	Jim Peterson	33:00	70
89	Hunter Karickhoff	33:11	12
90	<i>Angela Horvat</i>	33:19	48
91	<i>Penelope O'Donnell</i>	33:24	62
92	David Snyder	33:27	42
93	<i>Nancy Patridge</i>	33:36	48

94	George Schaffer	34:52	62
95	<i>Kathryn Stone</i>	35:33	10
96	<i>Vici DeHann</i>	36:45	76
97	Dave Black	38:18	60
98	Tom Alison	39:33	74
Racewalkers			
1	<i>Jan Hill</i>	33:40	53
2	<i>Rosalia Dexter</i>	41:57	71
3	<i>Laura McCoy</i>	45:06	56
3	<i>Susan Stone</i>	45:07	47

Lake Arbor 5K AGE GROUP AWARDS

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	JJ (Jonanathan) Huie	16:06	Mary Mihalko	19:59
75-79				
1	Rich Romero	25:59	Vici DeHann	36:45
2	The Oak(Ross) Westley	28:21		
70-74				
1	Larry Avery	24:48		
2	The B-Man (Jim) Romero	25:29		
3	Gabe Sisneros	30:32		
4	Jim Peterson	33:00		
5	Tom Alison	39:33		
65-69				
1	Richard Martinez	24:27		
2	Wayne Stewart	24:41		
3	Strider (Tom) Chambers	25:41		
4	David Wise	27:58		
5	Douglas Tollin	29:48		
60-64				
1	Chuck Lowrie	22:34	Penelope O'Donnell	33:24
2	Painted Horse (Jesse) Tijernia	23:15		
3	John Perez	23:17		
4	Link Lubken	23:23		
5	Jim Bosik	24:04		

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55-59				
1	Richard Hadley	20:06	Cindy Suttan	26:03
2	Bob Irving	22:45	Amy Lease	26:48
3	J Gutierrez	27:21	Deb Hadley	31:08
4	Ian Monk	27:30	Katherine Klesmit	31:59
50-54				
1	Keith Johnson	18:13	Theresa Jockers	22:51
2	Dave Crawford	21:37	Kathy Johnson	24:06
3	Sean Connor	22:50	Janet Harbert	24:50
4	Dan Shaw	23:45	Tina Akin	28:39
5	Jeff Olson	27:14		
45-49				
1	Michael Quispe	19:29	Karen Voss	21:35
2	Chris Stone	23:35	Janet Ralston	27:40
3			Becky Cartwright	28:35
4			Nicole Shaklee	31:15
5			Angela Horvat	33:19
40-44				
1	Andrew Terrill	18:01	Carolina Mendez	26:05
2	Christian Oliphant	19:11	Debra Prinzler	31:11
3	David Rothenburger	19:21		
4	Jacob Wyatt	20:59		
5	Robert Whittemore	22:24		
35-39				
1	Scott Kukel	18:34	Denae Coates	23:30
2	Jeremy O'Farrell	19:26	Elizabeth Hayden	24:21
19 - 34				
1	Matt Nolen	17:22	Rachel Perez-Tetreault	20:12
2	Eric Hislop	18:02	Jitka O'Farrell	23:06
3	G. Anthony Kunkel	18:29	Sabrina Ruiz	24:32
4	Steven Johnson	18:36	Valerie Sidles	26:01
5	Antonio Cuevas	18:46	Valerie Passerini	26:24
14-18 (High School)				
1	Luis Ronquillo	17:46		
2	Daniel Barron	17:58		
3	Carlos Garcia	22:16		
13 and Under				
1	Joe Black	21:28	Nancy Stone	31:03

2	Justin Perry	23:49	Kathryn Stone	35:33
3	Hunter Karickhoff	33:11		



CMRA Treasurer, Amy Lease

If you have any items, photos or articles for the next newsletter (don't be shy), please give them to Jane Harbert (email: tace_tigger@hotmail.com) before 20thth March 2012. If sending an email, please add CMRA to the title so I know it's not spam.

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Pelican Update (Connie Ahrnsbrak)

11/5- Twister 5K, Cheesman Park: Trailman (Adam Feerst), 19:19 (OA); Joe Benvegna, 25:45; Connie Ahrnsbrak, 27:50 & Nanette Benvegna, 48:50 (W). **Moab Trail Marathon:** Robert Kanieski, 6:02 & Mr. Endurance (Bill Moyle), 7:34. **Half:** Link Lubken, 2:48.

Home for the Holidays, CP: J Gutierrez, 28:24 & Robert Ghormley, 29:29 (1). **Veterans Day 5K, Mile Hi Stadium:** JJ (Jonathan Huie), 16:49 (OA) & Tall Red (Ed Youngberg), 27:52.

11/6- Golden Gallup 10K: Bob Jones, 42:18 (**Grand Master**); Bob Irving, 48:02 (1); Link Lubken, 50:55 (1); Tom Duran, 1:04 & Cheryl Ames, 1:10 (1). **5K-** Robert Whittemore, 23:37 (3); Jay Wissot, 26:29 (1) & Jim Peterson, 36:40 (3).

11/13- Fetal Hope 5K, WP: Michael Blanchette, 23:17; Robert Tafelski, 25:05 (1); Jay Wissot, 25:16; J Gutierrez, 27:29; The Oak (Ross Westley), 28:56 & Jim Peterson, 34:27.

11/19- Panicking Poultry 5K, Boulder Rez: JJ (Jonathan Huie), 15:55 (2); Lou Huie, 23:02 (2); Rich Martinez, 24:41 (3); Connie Ahrnsbrak, 26:52 (1); J Gutierrez, 26:55; Jan Huie, 28:16 (2); Bob Ghormley, 29:59 (3); Earl Beam, 30:40; Jim Peterson, 32:37 & Laura McCoy, 43:02 (W).

Brighton 5K Turkey Trot: Scott Kukel, 18:18 (1); Michael Quispe, 18:50 (2); David Rothenburger, 19:19 (2); Bob Cooper, 21:32 (1); Chuck Lowrie, 21:41 (2); Bruce Dahm, 22:06; Theresa Jockers, 22:26 (1); Holly Dahm, 23:48 (1); Bob Tafelski, 24:43 (2); Bill Faulkner, 24:53 (3); Tall Red, 25:36 (2); Brent Jockers, 26:28; Doug Tollin, 28:24; Ken Simons, 29:23; Patricia Tolleson, 29:25 (3) & Vici Dehaan, 37:41 (2).

11/24- Thanksgiving Day, 4-mile, FTC: Lou Huie, 29:53 (2); Jan Huie, 36:33 (2); Jim Dizerega, 50:20 & Fay Dizerega, 52:55. **Turkey Chase 5.3, Arvada:** Robert Whittemore, 50:48; Link Lubken, 52:25 (1); The Oak, 59:36; Tom Duran, 1:02 & Robert Ghormley, 1:05. **5K-** Dorothy Bensusan, 28:05 (1).

United Way 4-Mile, WP: Deb Cunningham, 28:58 (2); Robert Klumpp, 33:14; Rich Romero, 33:32 (3); J Gutierrez, 34:51; Mike Burzynski, 37:55; Lee Bengston, 40:38; Cassie Klumpp, 44:21 & Laura McCoy, 56:13 (W). **Turkey Trot 5K, Greeley:** Judy Chamberlin, 20:39; Cabri Chamberlain, 21:58 & Painted Horse (Jesse Tijerina), 23:14. **Loveland Turkey Trot 5K:** (run Forest) Bob Caillouette, 21:25 (1).

11/26- The Flagman 5K, Aurora: Link Lubkin, 23:05 (2); Painted Horse (Jesse Tijerina), 23:53 (3); Bob Tafelski, 25:21 (1); The B-Man (Jim Romero), 25:23 (2); Strider (Thomas Chambers), 25:45; Jack Barry, 26:09; The Oak, 27:30 (1); Rich Romero, 27:31 (2); *Alexis Romero, 31:32 (1); Jerry O'Donnell, 31:33; Jim Peterson, 33:38; Kim Shenfeld, 37:29; Penelope, 37:54 & Leslie Woods, 44:36. **Jim Romero's grand daughter.*

12/3- Rudolph Ramble 5K, CP: Bob Tafelski, 24:53 (1); Robert Ghormley, 27:35 (3); Jim Peterson, 30:53 & Katherine Klesmit, 33:05. **Chilly Cheeks Duathlon, Cherry Creek Rez:** Dvid Kelble, 35:58 run/46:27 bike, 1:23:36 (1).

Jingle Bells 4-Mile, Wichita, KS: R2G2 (Ray Grundmeyer), 43:18.

12/4 – Xterra Trail Championship Half: Kaaawa, HI: Rober Kanieski, 2:48. Tough hills and humid.

Rock Canyon Half, Pueblo: Rich Hadley, 1:39 (1); The B-Man, 2:01 (1); Bill Faulkner, 2:02 (2) & Patricia Tolleson, 2:28.

12/17- Christmas Carol 5K, CP: Lou Huie, 22:48 (1); J Gutierrez, 27:21; Jan Huie, 28:37 (1) & *Hunter Karickhoff, 40:50. **10K –** Jeff Olson, 56:09. **Connie's grand son. Mike Vanoni & Company* were official timers.

Rudolf's Revenge 10K, Hudson Gardens: John Ramos, 40:53; Rich Hadley, 42:46 (1); Forest (Bob Caillouette), 45:36 (2); The B-Man, 54:25 (2); Dorothy Bensusan, 59:10; Deb Hadley, 1:05 & Cheryl Ames, 1:07. **5K-** David Kelble, 24:17; Bob Tafelski, 25:06 (1); Strider (Tom Chambers), 25:16 (2); Jack Barry, 26:45 (2); Nancy Denniston, 30:01; Earl Beam, 31:46 & Jim Peterson, 34:01 (3).

01/01/12 – 3W 5K Resolution, Arvada: JJ (Jonathan) Huie, 15:56 (OA); Todd Shaklee, 24:13; Connie Ahrnsbrak, 26:28; Jen Forker, 26:44; Jeff Olson, 26:50; J Gutierrez, 26:56; Tom Duran, 27:29(1); Nicole Shaklee, 29: 40 & Rosalia Dexter, 41: 22(W).

Rescue Run 10K, CS: Rich Hadley, 45:07 (1); *Stephanie Wiecks, 52:06 (1); Reid Wiecks, 57:29 & Mr. Endurance (Bill Moyle), 1:21. **5K –** Deb Hadley, 33:30. *60-64 year new age CR.

YMCA Frosty 5K, Wichita, KS: R2G2 (Ray Grundmeyer), 30:29.

01/14-Run for A Dream 5K, Aurora: 17-year old Michael Nothem (Posse) 17:22 (OA); Luis Ronquillo (Posse) 17:23 (2); Daniel Barron (Posse) 18:18 (3); Rich Hadley, 20:20 (1); Robert Kanieski, 22:43 (2); Amisadai Acosta (Posse) 23:26; Martha Martinez, 24:40 (OA); Deb Hadley, 31:18 (2); Kim Shenfeld, 38:10; Sir Fred Trentaz, 30:35 (2); Penelope, 38:09 (3); Leslie Woods, 44:46 & Rosalia Dexter, 40:42 (2/RW).

Oatmeal 5K, Lafayette: JJ, 16:07 (3); Antonio Cuevas, 18:53; Juan Ortiz-Navarro, 19:05 (2); Judy Chamberlin, 21:30 (1); Forrest (Bob Caillouette), 21:51; Chuck Lowrie, 21:56 (3); Robert Whittemore, 23:09; Lou Huie, 23:31 (2); Painted Horse (Jesse Tijerina), 23:31; The B-Man (Jim Romero), 24:52 (1); Bill Faulkner, 25:55 (2); Andrew Sidles, 26:40; Jan Huie, 28:10; Roger Rybicka, 28:36; Patricia Tolleson, 30:31 & Jim Peterson, 33:44.

Cheyenne Mtn. State Park 6.7 Trail, CS: Tall Red (Ed Youngberg), 1:12. Very icy!

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2011 Colorado Masters Running / Racewalking Association Schedule

Registration begins 1 hour prior to and closes 10 minutes before the race time. Race cost is \$10 for non-members with no charge for members. There are no T-Shirts but there are drawings for door prizes as well as prizes for the top 3 male and female racewalkers and 5-year age groupings for runners. The course for Racewalkers will be the same as that of the Runners for distances of up to 5 miles. If the running course is over 5 miles the Racewalker course will be 5 Kilometers. Racewalkers will begin 15 minutes earlier than the runners.

2012 Colorado Masters Running / Racewalking Association Schedule

Date	DOW	Time	Location	Name	Director(s)
Feb 11	(Sat)	10 AM	Roadrunner Sports, Broomfield	Forty Furlongs (5M)	Jason Myers
Mar 24	(Sat)	10 AM	Platte River Bar & Grill	Spring Spree 10K	David Wise
Apr 7	(Sat)	9 AM	Bluffs Regional Park	Bluffs Run 5K	David Banko / John Perez
May 12	(Sat)	8 AM	Twin Lakes Park	Memorial Run 7 Mile	Connie Ahrnsbrak / Rosalia Dexter / Rich Martinez
June 16	(Sat)	8 AM	Bluff Lake Nature Center	Sand Creek 5M	Rob Fisher / Dan Shaw
Jul 14	(Sat)	8 AM	White Ranch Park	White Ranch Trail Run	Chris Stone / Theresa Do
Aug 8	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Aug 26	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race	Ed Youngberg
Sep 15	(Sat)	8 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Kim Massey / Scott McFarlane
Oct 14	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72M	Rich Fitzpatrick / Mike Brenner / Bruce Kirschner / Lucy Fales Evans / Vici DeHaan
Nov 10	(Sat)	9 AM	Hildebrand Ranch Park	Veterans run	Dave Black / Jim Romero
Dec 8	(Sat)	10 AM	Stapleton Central Park	 Stapleton Central Park XC 12K	Dan Shaw / Rob Fisher

COLORADO MASTERS RUNNING / RACEWALKING ASSOCIATION

The CMRA is a non-profit group organized in 1976 to promote running and racewalking for health and exercise. The club regularly sponsors running-related activities, including 13 races a year, fun runs, training sessions, track workouts, and social events. Races are held at least once a month all over the greater Denver metro area. Races are as short as 5 kilometers (3.1 miles) and as long as 16.1 kilometers (10 miles). Age group awards and prize drawings are held following each race.

Membership in CMRA is open to all, regardless of skill or experience, although race awards are geared to runners age 35 and over. CMRA is an all-volunteer effort. Races are conducted by CMRA members without monetary compensation. Members are expected to pitch in and help with club events! Annual dues are \$25 for individuals and \$35 for families based on a calendar year membership beginning in January. Since registration for club races are \$10 each for nonmembers and members race free, an individual CMRA membership pays for itself after just 3 races!

Aside from racing free each month, the CMRA newsletter, the **Master Times**, is issued every other month. Each issue includes recent race results, special articles about training and racing by club members, and information about future events.

To join, simply complete an application, available on our website, www.comastersrun.org, and bring it to our next race.

2011 OFFICERS & BOARD OF DIRECTORS

President	Dan Shaw	dshaw_64@yahoo.com
Vice President	Cheryl Ames	Cheryl_e_ames@msn.com
Treasurer	Amy Lease	amyl_80222@yahoo.com
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Quartermaster Chairperson	Mike Vanoni	mev@cre-denver.com
Members at Large	Connie Ahrnsbrak, Rob Fisher, David Wise, Ken Randall, Ed Youngberg	

The Colorado Masters Running Association newsletter is published bi-monthly. Issues are distributed approximately the 1st day of February, April, June, August, October, and December to 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 the editor noted above for that newsletter. Membership information is available from the Membership Chairperson and at all races.

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COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION

MEMBERSHIP APPLICATION FOR CALENDAR YEAR 2012

For the mutual benefit of runners and racewalkers

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, & 75+

Racewalkers Male and Female divisions

Dues: Single member **\$25.00 per year** Family (household) **\$35.00 per year**

(Add **\$5.00** if opting below for newsletters by snail mail)

Runner (_____) Racewalker (_____) Wheelchair (_____)

NAME: _____ SEX: M _____ F

ADDRESS: _____ BIRTHDATE: _____

CITY: _____ ST: _____ ZIPCODE+4: _____

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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

3009 S Holly Place

Denver, CO 80222-7010

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 emailed to you.)

_____ Please send it snail mail (for an additional \$5.00 per year)

Revised 09/15/2009

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Great Harvest Bread in Arvada will give a 10% discount to CMRA members when they present their membership card.

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