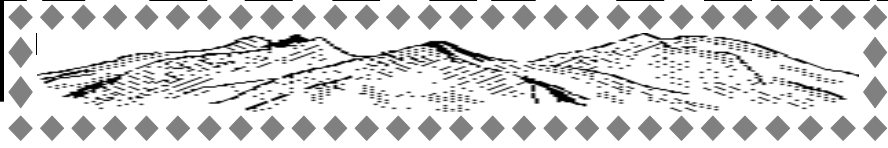


MASTER TIMES

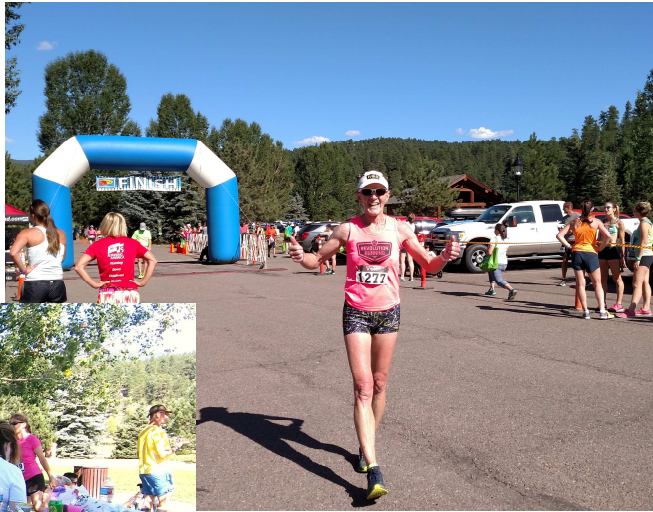


July / August 2016

Volume 49 Issue 4

PICTURE PAGE

AMY LEASE EVERGREEN 10K FINISH →



← EVERGREEN 10K



THE STACY MOVING COMPANY →



← ROBERT KANIESKI AFTER HIS HALF IN CRESTED BUTTE



THANKS TO CONI FOR THE PICTURES SEE MORE ON OUR FACEBOOK PAGE :-
<https://www.facebook.com/groups/118401460391/>

Visit us on the web at www.comastersrun.org

FRAN SCHNEIDER – IRONMAN, AUGUST 7, 2016

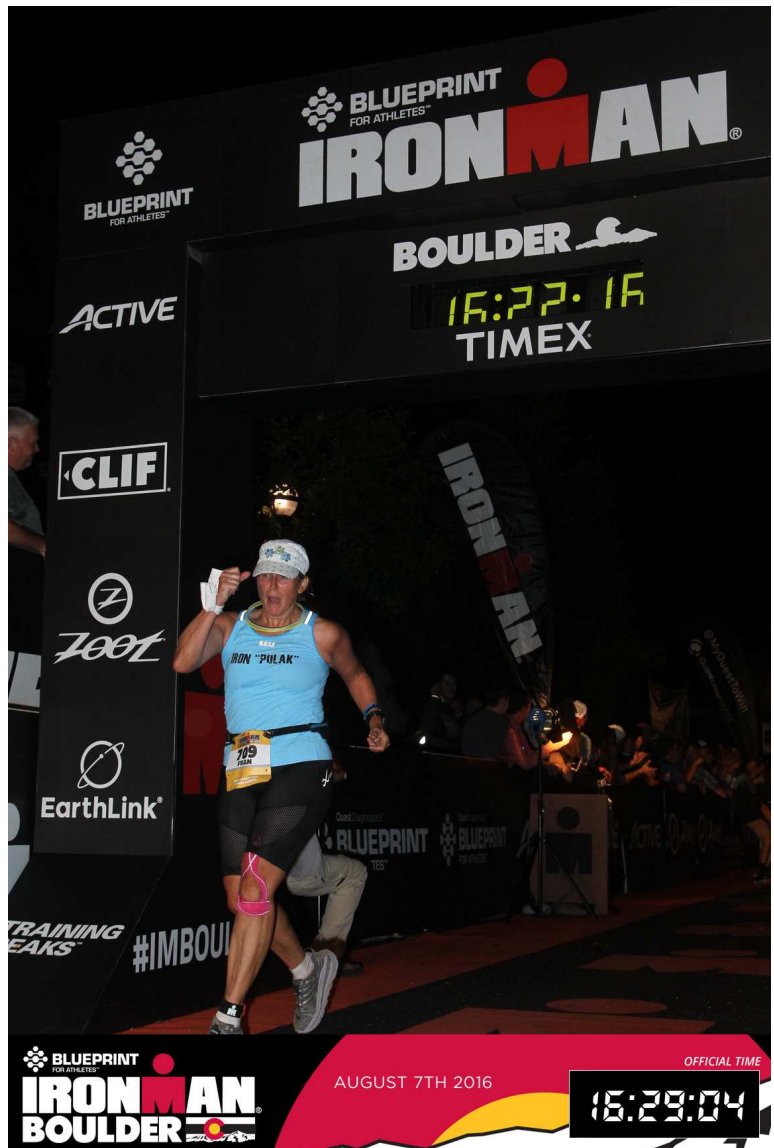
Fran had this to say after completing her first Ironman at the Boulder Rez on Sunday, 16:29:

“It was amazing to hear your name followed by “You are an Ironman!” Thanks to many, Cassie Klumpp, Tina Akin, Trish Blake, Martha Fulford, Suzanne Buntrock who stuck by my side on the run course and always encouraging me, reminding me to keep the nutrition going. They patiently waited for me as I threw up along the run course; I used their cells to light the dark parts of the course so I could see where I was going. It was so helpful to have you all there!

I was screaming and doing the happy dance as I came through the finish line. It was truly an indescribable feeling.”

I think it is best described by Michael Blake’s comment: “Iron body, Iron Mind, Heart of gold and a Heart of a Champion.”

Congrats Ironlady!
Connie A.



Once you are over the hill, you pick up speed

JUNE 11 ELK MEADOW TRAIL 5.1M RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Andrew Biglow	M	33:27	45
2	Eric Albright	M	35:41	43
3	George Forbes	M	35:46	47
4	Jonathan Fenske	M	36:54	46
5	Scott Kukel	M	37:22	42
6	Kish Warren	M	37:43	43
7	Keith Johnson	M	37:54	55
8	Jeremy Johnson	M	38:24	41
9	David Rothenburger	M	39:44	47
10	<i>Ashlee Romani</i>	F	40:57	29
11	Michael Brenner	M	41:00	57
12	Brandon Rockwood	M	41:02	20
13	Rich Hadley	M	41:54	60
14	<i>Julie George</i>	F	43:31	45
15	Scott Hogg	M	43:39	47
16	Brett Allendorf	M	44:15	47
17	Robert Kanieski	M	44:29	39
18	Russ Kutzman	M	45:14	55
19	Colby Smith	M	45:44	39
20	Aaron Ruhnow	M	45:56	45
21	Tim Lewis	M	45:58	44
22	Cam McWilliam	M	46:19	35
23	Heather Biglow	M	46:30	42
24	Scott Foster	M	50:12	54
25	Michael Keyes	M	51:59	70
26	<i>Mirka Gores</i>	F	53:15	39
27	Matthew Barnes	M	53:18	36
28	Jay D. Trujillo	M	53:34	57
29	Robert Caillouette	M	53:44	61
30	Wayne Stewart	M	53:54	69
31	<i>Jill Sellars</i>	F	54:26	48
32	Scott McFarlane	M	54:42	65
33	Dan Shaw	M	54:49	56
34	David Taylor	M	55:06	30
35	Nathan Evenson	M	55:07	39
36	<i>Allison Fultineer</i>	F	55:31	30
37	<i>Elizabeth Kinsey</i>	F	56:39	51
38	Richard Price	M	57:33	51
39	John Shea	M	58:31	59
40	<i>Lisa Brocard</i>	F	1:00:06	44
41	<i>Claradene Stewart</i>	F	1:00:23	67

42	Fred Trentaz	M	1:00:45	74
43	David Gibson	M	1:01:30	53
44	<i>Siri Lewis</i>	F	1:01:56	42
45	<i>Suzanne Buntrock</i>	F	1:02:24	57
46	Tim Buntrock	M	1:02:25	57
47	<i>Nicole Shaklee</i>	F	1:02:39	52
48	<i>Tina Akin</i>	F	1:03:20	54
49	Lee Bengston	M	1:03:46	78
50	<i>Reese Evenson</i>	F	1:03:56	47
51	<i>Deb Hadley</i>	F	1:05:03	59
52	<i>Ellen Moeller</i>	F	1:06:19	43
53	<i>Melissa Wood</i>	F	1:11:38	35
54	<i>Heather Huntoon</i>	F	1:12:13	48
55	<i>Sam Sherwood</i>	F	1:12:33	46
56	<i>Martha Scott</i>	F	1:12:50	60
57	Gabe Sisneros	M	1:12:56	77
58	<i>Virginia Schultz</i>	F	1:16:00	61
59	Reinaldo Rosario	M	1:16:25	51
RACEWALKERS 5K				
1	Ken Simons	M	42:51	78
2	<i>Patricia Jones</i>	F	44:40	64
3	Benton Albright	M	57:10	8
4	<i>Maria Albright</i>	F	57:10	6
5	<i>Sarah Albright</i>	F	57:10	42
6	<i>Lu Shaw</i>	F	1:06:49	58

JUNE 11 ELK MEADOW TRAIL 5.1M RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
MEN		WOMEN		
OVERALL				
1	Andrew Biglow	33:27	Ashlee Romani	40:57
75-79				
1	Lee Bengston	1:03:46		
2	Gabe Sisneros	1:12:56		
70-74				
1	Michael Keyes	51:59		
2	Fred Trentaz	1:00:45		
65-69				
1	Wayne Stewart	53:54	Claradene Stewart	1:00:23
2	Scott McFarlane	54:42		
60-64				
1	Rich Hadley	41:54	Martha Scott	1:12:50
2	Robert Caillouette	53:44	Virginia Schultz	1:16:00

Once you are over the hill, you pick up speed

55-59				
1	Keith Johnson	37:54	Suzanne Buntrock	1:02:24
2	Michael Brenner	41:00	Deb Hadley	1:05:03
3	Russ Kutzman	45:14		
4	Jay D. Trujillo	53:34		
5	Dan Shaw	54:49		
50-54				
1	Scott Foster	50:12	Elizabeth Kinsey	56:39
2	Richard Price	57:33	Nicole Shaklee	1:02:39
3	David Gibson	1:01:30	Tina Akin	1:03:20
4	Reinaldo Rosario	1:16:25		
45-49				
1	George Forbes	35:46	Julie George	43:31
2	Jonathan Fenske	36:54	Jill Sellars	54:26
3	David Rothenburger	39:44	Reese Evenson	1:03:56
4	Scott Hogg	43:39	Heather Huntoon	1:12:13
5	Brett Allendorf	44:15	Sam Sherwood	1:12:33
40-44				
1	Eric Albright	35:41	Lisa Brocard	1:00:06
2	Scott Kukel	37:22	Siri Lewis	1:01:56
3	Kish Warren	37:43	Ellen Moeller	1:06:19
4	Jeremy Johnson	38:24		
5	Tim Lewis	45:58		
35-39				
1	Robert Kanieski	44:29	Mirka Gores	53:15
2	Colby Smith	45:44	Melissa Wood	1:11:38
3	Cam McWilliam	46:19		
4	Matthew Barnes	53:18		
5	Nathan Evenson	55:07		
19-34				
1	Brandon Rockwood	41:02	Allison Fultineer	55:31
2	David Taylor	55:06		

JULY 16 WHITE RANCH PARK 6.5M RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Jordan Jones	M	48:22	34
2	George Forbes	M	53:41	47
3	Hector Martinez	M	55:03	32
4	Adrian Villagrana	M	55:31	16
5	Keith Johnson	M	57:11	55
6	Connor Ellerton	M	57:13	16
7	Brandon Rockwood	M	57:30	20
8	Sam Reilly	M	57:44	15
9	David Rothenburger	M	58:54	47
10	<i>Rachel Perez</i>	F	58:56	37
11	Jeremy Johnson	M	59:32	41
12	Sam Simkin	M	1:01:18	43
13	Michael Brenner	M	1:01:30	57
14	<i>Jitka O'Farrell</i>	F	1:02:43	38
15	<i>Isla Anderson</i>	F	1:03:42	14
16	Jesus Cruz	M	1:04:31	16
17	Greg Wobbema	M	1:05:01	57
18	<i>Kayla Young</i>	F	1:05:37	17
19	Tim Lewis	M	1:06:08	44
20	Robert Kanieski	M	1:07:00	39
21	Michael Blanchette	M	1:07:23	59
22	Dan Shaw	M	1:08:01	57
23	Brett Allendorf	M	1:08:42	47
24	Cam McWilliam	M	1:09:04	35
25	<i>Amelia Gardner</i>	F	1:09:30	15
26	Ben Bergstrand	M	1:09:35	40
27	Colby Smith	M	1:10:19	39
28	Robert Caillouette	M	1:10:38	61
29	<i>Helen Degennaro</i>	F	1:10:39	49
30	Eli Martin	M	1:13:17	31
31	Guy Pauley	M	1:13:21	45
32	<i>Michelle Driscoll</i>	F	1:14:09	27
33	Scott Foster	M	1:15:43	54
34	Jay D. Trujillo	M	1:16:49	58
35	<i>Geyer Jamie</i>	F	1:17:03	32
36	Michael Keyes	M	1:17:14	70
37	Grank Kunkel	M	1:17:42	67
38	<i>Rosa Guterrez</i>	F	1:18:11	16
39	Wayne Stewart	M	1:18:23	69
40	Scott McFarlane	M	1:19:14	65
41	David Kelble	M	1:19:46	58

Once you are over the hill, you pick up speed

42	<i>Jill Sellars</i>	F	1:19:49	48
43	Donald Troike	M	1:22:21	67
44	<i>Lisa Atencio</i>	F	1:22:23	50
45	Bill Faulkner	M	1:23:18	75
46	Matthew Barnes	M	1:23:29	36
47	<i>Izzy Ellerton</i>	F	1:23:52	14
48	Ed Youngberg	M	1:23:58	73
49	<i>Elizabeth Kinsey</i>	F	1:24:13	51
50	Richard Price	M	1:24:55	51
51	<i>Jennifer Forker</i>	F	1:25:32	50
52	<i>Patricia Jones</i>	F	1:25:38	64
53	<i>Anne-Marie Schmidt</i>	F	1:28:37	58
54	Rick Nistico	M	1:28:38	63
55	<i>Julie Carroll</i>	F	1:31:20	43
56	<i>Siri Lewis</i>	F	1:31:27	42
57	Ross Westley	M	1:32:07	79
58	<i>Lisa Brocard</i>	F	1:32:56	44
59	<i>Tina Akin</i>	F	1:33:10	54
60	Fred Trentaz	M	1:33:17	74
61	<i>Jean Nistico</i>	F	1:33:28	69
62	<i>Penney Rachel</i>	F	1:34:46	34
63	Neil Thomson	M	1:34:59	60
64	Gavin Gilchrist	M	1:35:00	41
65	Lee Bengston	M	1:35:34	78
66	Nate Hero	M	1:39:01	37
67	Reinaldo Rosario	M	1:39:38	51
68	<i>Denae Vanwestrienen</i>	F	1:46:00	39
69	<i>Kelly Barnes</i>	F	1:46:00	35
70	<i>Brea Olson</i>	F	1:46:30	35
71	<i>Ellen Moeller</i>	F	1:51:19	43
72	<i>Patricia Tolleson</i>	F	1:51:48	67
73	<i>Mindy Bradford</i>	F	1:52:53	55
74	Jeffrey Young	M	1:55:44	60
RACEWALKERS 5K				
1	Ken Simons	M	43:00	78
2	<i>Sara Pittman</i>	F	54:43	33

JULY 16 WHITE RANCH PARK 6.5M RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	MEN		WOMEN	
OVERALL				
1	Jordan Jones	48:22	Rachel Perez	58:56
75-79				

Visit us on the web at www.comastersrun.org

1	Bill Faulkner	1:23:18		
2	Ross Westley	1:32:07		
3	Lee Bengston	1:35:34		
70-74				
1	Michael Keyes	1:17:14		
2	Ed Youngberg	1:23:58		
3	Fred Trentaz	1:33:17		
65-69				
1	Grank Kunkel	1:17:42	Jean Nistico	1:33:28
2	Wayne Stewart	1:18:23	Patricia Tolleson	1:51:48
3	Scott McFarlane	1:19:14		
4	Donald Troike	1:22:21		
60-64				
1	Robert Caillouette	1:10:38	Patricia Jones	1:25:38
2	Rick Nistico	1:28:38		
3	Neil Thomson	1:34:59		
4	Jeffrey Young	1:55:44		
55-59				
1	Keith Johnson	57:11	Anne-Marie Schmidt	1:28:37
2	Michael Brenner	1:01:30	Mindy Bradford	1:52:53
3	Greg Wobbema	1:05:01		
4	Michael Blanchette	1:07:23		
5	Dan Shaw	1:08:01		
50-54				
1	Scott Foster	1:15:43	Lisa Atencio	1:22:23
2	Richard Price	1:24:55	Elizabeth Kinsey	1:24:13
3	Reinaldo Rosario	1:39:38	Jennifer Forker	1:25:32
4			Tina Akin	1:33:10
45-49				
1	George Forbes	53:41	Helen Degennaro	1:10:39
2	David Rothenburger	58:54	Jill Sellars	1:19:49
3	Brett Allendorf	1:08:42		
4	Guy Pauley	1:13:21		
40-44				
1	Jeremy Johnson	59:32	Julie Carroll	1:31:20
2	Sam Simkin	1:01:18	Siri Lewis	1:31:27
3	Tim Lewis	1:06:08	Lisa Brocard	1:32:56
4	Ben Bergstrand	1:09:35	Ellen Moeller	1:51:19
5	Gavin Gilchrist	1:35:00		
35-39				
1	Robert Kanieski	1:07:00	Jitka O'Farrell	1:02:43
2	Cam McWilliam	1:09:04	Denae Vanwestrienen	1:46:00
3	Colby Smith	1:10:19	Kelly Barnes	1:46:00

Once you are over the hill, you pick up speed

4	Matthew Barnes	1:23:29	Brea Olson	1:46:30
5	Nate Hero	1:39:01		
19-34				
1	Hector Martinez	55:03	Michelle Driscoll	1:14:09
2	Brandon Rockwood	57:30	Geyer Jamie	1:17:03
3	Eli Martin	1:13:17	Penney Rachel	1:34:46
14-18 (HIGH SCHOOL)				
1	Adrian Villagrana	55:31	Isla Anderson	1:03:42
2	Connor Ellerton	57:13	Kayla Young	1:05:37
3	Sam Reilly	57:44	Amelia Gardner	1:09:30
4	Jesus Cruz	1:04:31	Rosa Guterrez	1:18:11
5			Izzy Ellerton	1:23:52

The Pelican Brief (Constance Ahrnsbrak)

6/4

Health Foundation River Run 10K, Wichita, KS: Ray Grundmeyer 1:27.

6/11

Coors 5K, Golden: Lonnie Stafford 26:39 (1). Deborah Stafford 27:59 (1).

Summer Breeze 5K, Arvada: Earl Beam 32:10 (2).

6/12

Revel Marathon, Mt. Evans/Morrison: Robert Kanieski 4:00. Johnny Ramos 4:19.

Revel Half Marathon: Bill Faulkner 1:54 (1). Ed Youngberg 1:55 (2). Patti Thurman 1:58 (3).

Lisa Atencio 2:18. Garland Thurman 2:36. Patricia Tolleson 2:36. Michael Blanchette 3:04.

Garden of the Gods 10-mile, CS: Michael Abbott 1:45.

6/18

Lookout Mtn. Tri: Jay Dee Trujillo 1:36. **Teams:-** Lonnie Stafford 1:29 & Deborah Stafford 1:37.

6/25

Slacker Half Marathon: Michael Blanchette 1:37. Christine Rodriguez 1:47 (1).

Johnny Ramos 1:49. Lisa Atencio 2:11. Bill Faulkner 2:18 (3). Nichole Shaklee 2:25.

Todd Shaklee 2:31. Fred Trentaz 2:29. Pat Tolleson 2:44.

Slacker 4-Miler: Jay Dee Trujillo 30:17 (1). Patti Thurman 33:10 (1). Deborah Stafford 33:53 (2).

Lonnie Stafford 33:59 (1). Robert Tafelski 34:26 (1). Tom Chambers 34:27 (2). Bill Obert 37:06 (3).

Janet Ralston 38:34. Jeff Hesse 38:37. Garland Thurman 41:32 (2).

6/26

Stadium Stampede: 10K: Rich Hadley 45:05 (1). Mike Burzynski 1:16 (3).

5K: Deb Hadley 33:04 (3). Rich Romero 33:15 (2).

7/2

Run the Like the Wind 5K, Allenspark: J Gutierrez 32:59 (3). Laura McCoy 48:07.

Amasa 5K, Amasa, MI: Robert Kanieski 20:54.

7/4

Well Fleet 5-Miler, MA: Robert Romero 47:13 (3).

Independence Day 5K, HLR: Keifer Johnson 17:19 (2/OA). Patti Thurman 29:13 (1).

Garland Thurman 32:44.

Let Freedom Run 10K, Longmont: Reinaldo Rosario 1:18.

Four on the Fourth, Boulder: Bill Faulkner 20:51 (3). Tom Chambers 21:11. Jack Barry 23:24 (1). Lee Bengston 25:37 (2). Carol Bengston 40:50 (2).

Freedom Run 5K, Evergreen: Lonnie Stafford 27:52 (3). Deborah Stafford 28:14 (1). Suzanne Buntrock 31:19. Dorothy Bensusan 31:29. Bill Obert 32:12 (1). Fran Schneider 35:55.

7/4

Run 4 Greeley 5K: Jesse Tijerina 24:38.

7/9

Don Child 5-miler, Gering, NE: Stacy Totherow 42:00 (3).

7/10

Silver Rush 50 Miler, Leadville: Jim Bosik 12:09. Dan Shaw 12:49.

7/17

Donor Dash 5K WP: Rich Martinez 25:07 (3). Tom Chambers 27:05 (1). Janet Sandoval 28:22 (1).

Connie Ahrnsbrak 28:37 (1). Jack Barry 28:50 (2). Tom Duran 32:03., Robert Ghormley 33:07.

Morgan Martinez (7 yrs) 36:13. Rob Martinez 36:13. Connie Martinez 36:47.

Lucy Martinez (4 yrs) 56:22.

Xterra 10K, Beaver Creek: Helen DeGennaro 57:18. Grace Clark 1:02 (2). Jennifer Forker 1:08.

7/23

Living Journey Half, Crested Butte: Robert Kanieski 2:29.

7/24

LaSportive Half, Red Cliff: Robert Kanieski 2:08.

8/6

Run for Tuesday 5K, Breckenridge Brewery: J Gutierrez 31:40. Laura McCoy 47:58 (W).

8/7

Evergreen Town 5K: Scott Kukel 17:35 (2). Janet Sandoval 26:44 (3).

Constance Ahrnsbrak 27:20 (1). Dorothy Bensusan 29:47.

10K: Amy Lease 47:59 (1). Stacy Totherow 50:03. Rich Martinez 51:42.

Jay Dee Trujillo & Mike Burzynski 1:10.

Boulder Ironman: Fran Schneider (**Iron Woman**) 16:27

2016 Colorado Masters Running / Racewalking Association Schedule

Registration begins 1 hour prior to and closes 15 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.

Date	DOW	Time	Location	Name	Director(s)
Sep 17	(Sat)	8 AM	TBD	The Amazing Race	Eric Hislop / Jennifer Forker
Oct 8	(Sat)	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Matthew Rutledge / DeNae VanWestrienen
Nov 19	(Sat)	10 AM	Hildebrand Ranch Park	Veterans run 6.6M	Ben Bergstrand / Nick Vollmar
Dec 3	(Sat)	10 AM	Bluff Lake Nature Center	Sand Creek 5M	Rob Fisher / Dan Shaw

Once you are over the hill, you pick up speed

If you have any items, photos or articles for the next newsletter (don't be shy), please give/send them to:-
Ian Monk (email: icm-13@hotmail.com) or Jane Harbert (tace_tigger@hotmail.com)
before 20thth September 2016. If sending an email, please add CMRA to the title so we know it's not spam.

Please shop at our sponsors:

Please shop at our sponsors



Arvada, CO and Centennial, CO



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

.....