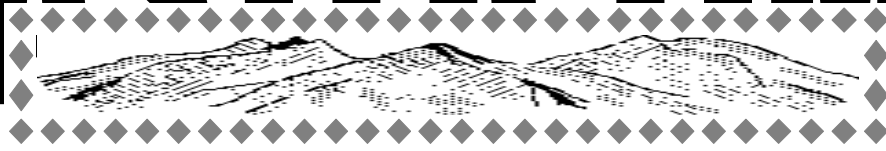


MASTER TIMES



July / August 2017

Volume 50 Issue 4

Hello Masters!!

I hope you are all ready for some cooler Fall weather! CMRA had a great summer turnout we had 242 racers in the past 3 months!! We released our new medal design and hope everyone is loving them, thanks to Tom Chambers for working on that for all of us - FANTASTIC job!! We mentioned in our previous news letter our new domain <http://cmrarun.org/> along with that came a new email domain as well and we have had a few bumps and bruises - please be patient with us as we get this ironed out and please forgive the monthly emails, we will be working on fixing that to a bi-yearly email reminder if we can.

As you know we could never do all of this without great volunteers. We currently have a key open position on the board for a Vice President. This is role is vital to the board as it assists the President in filling in the gaps. If you are interested or know of someone that could fill the role please reach out to us at board@cmra.org

Finish line training! We have some fantastic finish line people at our races, however they cannot always make every race. We will be offering training, so if you'd like to join in and help out please email us at board@cmra.org and we will get you trained! (no you do not have to do every race)

Last but not least - we are on social media and we have a new hashtag **#CMRARun**, please tag us!!

Lisa
Run well. Be well.



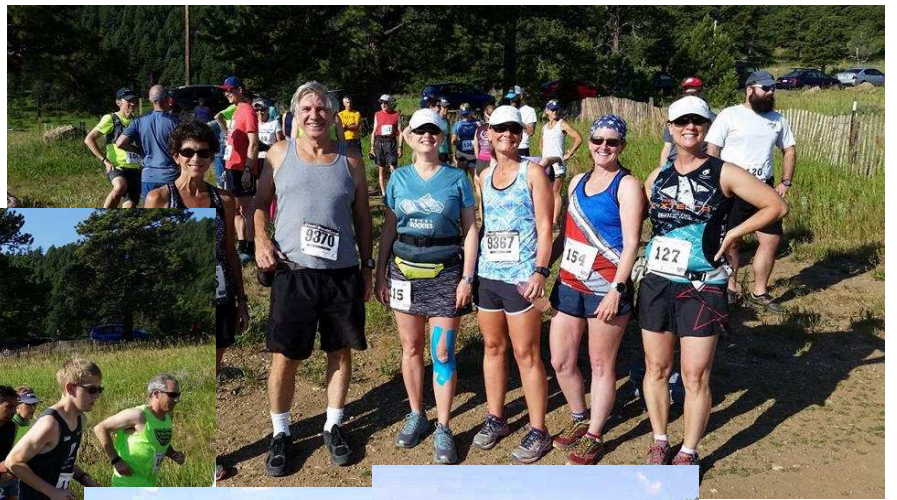
PICTURE PAGES

WHITE RANCH



Visit us on the web at www.cmRARun.org

WHITE RANCH CONTINUED





ELK MEADOW

DANIELLE CAROL



ELK MEADOW



FRAN SCHNIEDER & SUZANNE BUNT

X TERRA 10 BEAVER CREEK
SYDNEY AYERS. JEN FORKER. TALL RED.
JEREMY JOHNSON - RAN THE 21K



FRIDAY CHAMPAGNE BRUNCH BUNCH



THANKS TO CONI & JEN FOR THE PICTURES SEE MORE ON OUR FACEBOOK PAGE :-

<https://www.facebook.com/groups/118401460391/>

Once you are over the hill, you pick up speed

JUNE 10TH ELK MEADOW 5.1 RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
4	Trevor Smith	M	33:56	18
5	Cody Dewitt	M	36:56	16
6	Scott Kukel	M	38:14	43
7	Jeremy Johnson	M	38:33	42
8	Bob Jones	M	39:38	56
9	Mike Bennett	M	40:07	61
10	<i>Molly Smith</i>	F	40:18	37
11	Daniel Alvarado	M	41:04	23
12	Brandon Rockwood	M	41:33	21
	David Rothenburger	M	41:35	48
	Colby Smith	M	41:54	40
	Ben Hasseman	M	41:59	21
13	Heath Johnson	M	42:10	46
14	Michael Brenner	M	42:11	58
15	Ryan Dunning	M	43:19	17
16	<i>Jill Howard</i>	F	44:30	46
17	William Pearson	M	45:45	42
18	Brett Allendorf	M	46:02	48
19	Cam McWilliam	M	46:37	36
20	<i>Rachel Perez</i>	F	47:13	38
21	Paul Sanchez	M	47:13	47
22	Eric Brenner	M	47:26	25
23	Dan Shaw	M	47:44	57
24	Dennis Cisco	M	48:59	49
25	<i>Jessie Stedman</i>	F	50:16	44
26	John Brackney	M	50:54	51
27	Tim Clancy	M	52:27	58
28	Wayne Stewart	M	52:50	70
29	<i>Trina Cisco</i>	F	52:53	46
30	Chad Stedman	M	52:56	45
31	Michael Keyes	M	53:17	71
32	<i>Nicole Adams</i>	F	53:18	31
33	Jay D. Trujillo	M	53:54	58
34	<i>Colleen Clancy</i>	F	53:57	28
35	Donald Troike	M	54:06	68
36	Todd Nikkel	M	54:52	48
37	<i>Lori Woods</i>	F	55:40	54
38	Mark Hasseman	M	56:00	61

39	David Kelble	M	56:43	59
40	Neil Thomson	M	57:05	60
41	<i>Patricia Jones</i>	F	57:58	65
42	<i>Claradene Stewart</i>	F	58:24	68
43	Sawyer Graubins	M	58:30	10
44	Garrett Graubins	M	58:34	44
45	<i>Holly Graubins</i>	F	58:42	46
46	<i>Lisa Brocard</i>	F	58:56	45
47	<i>Jennifer Bieber</i>	F	59:11	38
48	<i>Amy Vance</i>	F	59:14	43
49	<i>Julie Carroll</i>	F	59:56	43
50	Tim Buntrock	M	01:00:13	58
51	Mark Walker	M	01:00:31	54
52	<i>Donna Sakdol</i>	F	01:00:47	53
53	Justin Maxwell	M	01:01:10	38
54	<i>Tristin Blake</i>	F	01:01:24	56
55	Robert Romero	M	01:01:37	70
56	<i>Ruth Clymor</i>	F	01:01:47	33
57	<i>Elizabeth Kinsey</i>	F	01:02:07	52
58	J Gutierrez	M	01:02:08	64
59	<i>Siri Lewis</i>	F	01:02:43	43
60	John Perez	M	01:02:48	66
61	Charles Scheibe	M	01:03:43	62
62	<i>Allison Williams</i>	F	01:03:54	38
63	<i>Meredith Brady</i>	F	01:04:26	
64	<i>Danielle Carroll</i>	F	01:06:06	41
65	<i>Suzanne Buntrock</i>	F	01:06:42	58
66	<i>Teri Devlin</i>	F	01:06:46	49
67	<i>Kelly Barnes</i>	F	01:07:50	36
68	Matthew Barnes	M	01:07:50	37
69	Glenn Bakke	M	01:07:58	66
70	Todd Dunning	M	01:08:37	52
71	<i>Francie Kinney</i>	F	01:13:10	34
72	<i>Dorothy Bensusan</i>	F	01:13:20	58
73	Reinaldo Rosario	M	01:15:19	52
74	<i>Kelly Smith</i>	F	01:28:15	41
Racewalkers (5K)				
1	Kenneth Simons	M	44:38	79
2	<i>Jennifer Forker</i>	F	46:48	51
3	<i>Leslie Maxwell</i>	F	47:58	37

Once you are over the hill, you pick up speed

4	Holly Romero	F	48:42	57
5	Dana Smith	F	51:02	45
6	Lu Shaw	F	1:06:00	59
7	Vicki McCarthy	F	1:16:59	69
8	Aubrey Barnes	F	1:17:00	7
9	Andrew Barnes	M	1:17:01	5

JUNE 10TH ELK MEADOW 5.1 RACE RESULTS BY AGE GROUP

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Trevor Smith	33:56	Molly Smith	40:18
70-74				
1	Wayne Stewart	52:50		
2	Michael Keyes	53:17		
3	Robert Romero	01:01:37		
65-69				
1	Donald Troike	54:06	Patricia Jones	57:58
2	John Perez	01:02:48	Claradene Stewart	58:24
3	Glenn Bakke	01:07:58		
60-64				
1	Mike Bennett	40:07		
2	Mark Hasseman	56:00		
3	Neil Thomson	57:05		
4	J Gutierrez	01:02:08		
5	Charles Scheibe	01:03:43		
55-59				
1	Bob Jones	39:38	Tristin Blake	01:01:24
2	Michael Brenner	42:11	Suzanne Buntrock	01:06:42
3	Dan Shaw	47:44	Dorothy Bensusan	01:13:20
4	Tim Clancy	52:27		
5	Jay D. Trujillo	53:54		
50-54				
1	John Brackney	50:54	Lori Woods	55:40
2	Mark Walker	01:00:31	Donna Sakdol	01:00:47
3	Todd Dunning	01:08:37	Elizabeth Kinsey	01:02:07
4	Reinaldo Rosario	01:15:19		
45-49				
1	David Rothenburger	41:35	Jill Howard	44:30
2	Heath Johnson	42:10	Trina Cisco	52:53
3	Brett Allendorf	46:02	Holly Graubins	58:42

4	Paul Sanchez	47:13	Lisa Brocard	58:56
5	Dennis Cisco	48:59	Teri Devlin	01:06:46
40-44				
1	Scott Kukel	38:14	Jessie Stedman	50:16
2	Jeremy Johnson	38:33	Amy Vance	59:14
3	Colby Smith	41:54	Julie Carroll	59:56
4	William Pearson	45:45	Siri Lewis	01:02:43
5	Garrett Graubins	58:34	Danielle Carroll	01:06:06
35-39				
1	Cam McWilliam	46:37	Rachel Perez	47:13
2	Justin Maxwell	01:01:10	Jennifer Bieber	59:11
3	Matthew Barnes	01:07:50	Allison Williams	01:03:54
4			Kelly Barnes	01:07:50
19-34				
1	Daniel Alvarado	41:04	Nicole Adams	53:18
2	Brandon Rockwood	41:33	Colleen Clancy	53:57
3	Ben Hasseman	41:59	Ruth Clymor	01:01:47
4	Eric Brenner	47:26	Francie Kinney	01:13:10
14-18 (High School)				
1	Cody Dewitt	36:56		
2	Ryan Dunning	43:19		
13 and Under				
1	Sawyer Graubins	58:30	Meredith Brady	01:04:26

JULY 8TH WHITE RANCH PARK 7M RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Andrew Terrill	M	51:49	47
2	Jeremy Johnson	M	54:08	42
3	Bob Jones	M	56:58	56
4	Scott Kukel	M	57:23	43
5	Mike Bennett	M	57:53	61
6	Brandon Rockwood	M	57:58	21
7	David Rothenburger	M	1:00:06	48
8	Steven Sellars	M	1:01:20	56
9	Daniel Alvarado	M	1:01:24	23
10	<i>Rachel Perez</i>	F	1:01:41	38
11	Ben Hasseman	M	1:03:35	21
12	<i>Julie George</i>	F	1:03:45	47
13	Michael Brenner	M	1:04:09	58
14	Vishesh Regmi	M	1:04:20	33

Once you are over the hill, you pick up speed

15	Shaun Schafer	M	1:04:24	49
16	Scott Hogg	M	1:04:28	48
17	Colby Smith	M	1:04:33	40
18	Kevin Yeatts	M	1:04:34	47
19	Tony Halland	M	1:06:14	35
20	Bob Weber	M	1:07:18	58
21	<i>Jill Howard</i>	F	1:08:57	46
22	Cliff Jurgens	M	1:10:09	51
23	Cam McWilliam	M	1:10:38	36
24	Scott Foster	M	1:11:50	55
25	Bibek Regmi	M	1:11:51	36
26	Paul Soto	M	1:11:55	47
27	Dennis Cisco	M	1:12:25	49
28	Bob Caillouette	M	1:13:25	62
29	<i>Lori Woods</i>	F	1:13:29	54
30	<i>Jessie Stedman</i>	F	1:14:37	44
31	<i>Kim Grant</i>	F	1:16:19	57
32	Jay D. Trujillo	M	1:17:50	58
33	<i>Alison Halland</i>	F	1:17:59	37
34	Michael Keyes	M	1:18:12	71
35	<i>Kelly Smith</i>	F	1:20:48	41
36	<i>Jill Sellars</i>	F	1:20:59	49
37	Chad Stedman	M	1:21:53	45
38	Donald Troike	M	1:21:55	68
39	<i>Jennifer Bieber</i>	F	1:23:02	38
40	<i>Carolyn Hicks</i>	F	1:23:21	59
41	Bill Faulkner	M	1:23:32	75
42	<i>Tonya Fuller</i>	F	1:23:51	46
43	Rich Martinez	M	1:25:19	70
44	<i>Marla MacGill</i>	F	1:25:21	46
45	Matthew Barnes	M	1:25:41	37
46	Ed Youngberg	M	1:25:59	74
47	Mark Hasseman	M	1:26:02	61
48	<i>Elizabeth Kinsey</i>	F	1:26:37	52
49	<i>Tina Akin</i>	F	1:28:09	55
50	Todd Nikkel	M	1:28:24	48
51	<i>Meg McWilliam</i>	F	1:29:11	34
52	<i>Gosia Kung</i>	F	1:29:38	45
53	<i>Michelle Sroda</i>	F	1:30:22	45
54	Neil Thomson	M	1:30:32	61

55	<i>Jennifer Forker</i>	F	1:30:47	51
56	<i>Laura Laski</i>	F	1:31:50	38
57	<i>Ruth Clymor</i>	F	1:32:28	33
58	Nate Hero	M	1:33:59	38
59	<i>Nicole Shaklee</i>	F	1:36:47	53
60	<i>Danica Lucker</i>	F	1:37:56	50
61	<i>Patti Thurman</i>	F	1:38:40	65
62	Fred Trentaz	M	1:38:53	75
63	Scott Lutz	M	1:39:40	52
64	<i>Ina Olsson</i>	F	1:40:14	55
65	<i>Annette Dupuis</i>	F	1:40:35	50
66	Alan Lanctot	M	1:42:53	65
67	Garland Thurman	M	1:43:51	69
68	Reinaldo Rosario	M	1:44:19	52
69	<i>Paula Dean</i>	F	1:45:30	32
70	<i>Meredith Brady</i>	F	1:45:31	35
71	<i>Patricia Tolleson</i>	F	1:55:34	68
72	<i>Virginia Schultz</i>	F	1:56:43	62
73	<i>Katrina Bramhall</i>	F	1:57:49	31
Racewalkers (4K)				
1	Ken Simons	M	36:54	79
2	<i>Kelly Barnes</i>	F	1:04:30	36
3	Andrew Barnes	M	1:04:31	5
4	<i>Aubrey Barnes</i>	F	1:04:32	7

JULY 8TH WHITE RANCH PARK 7M RESULTS BY AGE GROUP

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Andrew Terrill	51:49	Rachel Perez	1:01:41
75-79				
1	Bill Faulkner	1:23:32		
2	Fred Trentaz	1:38:53		
70-74				
1	Michael Keyes	1:18:12		
2	Rich Martinez	1:25:19		
3	Ed Youngberg	1:25:59		
65-69				
1	Donald Troike	1:21:55	Patti Thurman	1:38:40
2	Alan Lanctot	1:42:53	Patricia Tolleson	1:55:34
3	Garland Thurman	1:43:51		

Once you are over the hill, you pick up speed

60-64				
1	Mike Bennett	57:53	Virginia Schultz	1:56:43
2	Bob Caillouette	1:13:25		
3	Mark Hasseman	1:26:02		
4	Neil Thomson	1:30:32		
55-59				
1	Bob Jones	56:58	Kim Grant	1:16:19
2	Steven Sellars	1:01:20	Carolyn Hicks	1:23:21
3	Michael Brenner	1:04:09	Tina Akin	1:28:09
4	Bob Weber	1:07:18	Ina Olsson	1:40:14
5	Scott Foster	1:11:50		
50-54				
1	Cliff Jurgens	1:10:09	Lori Woods	1:13:29
2	Scott Lutz	1:39:40	Elizabeth Kinsey	1:26:37
3	Reinaldo Rosario	1:44:19	Jennifer Forker	1:30:47
4			Nicole Shaklee	1:36:47
5			Danica Lucker	1:37:56
45-49				
1	David Rothenburger	1:00:06	Julie George	1:03:45
2	Shaun Schafer	1:04:24	Jill Howard	1:08:57
3	Scott Hogg	1:04:28	Jill Sellars	1:20:59
4	Kevin Yeatts	1:04:34	Tonya Fuller	1:23:51
5	Paul Soto	1:11:55	Marla MacGill	1:25:21
40-44				
1	Jeremy Johnson	54:08	Jessie Stedman	1:14:37
2	Scott Kukel	57:23	Kelly Smith	1:20:48
3	Colby Smith	1:04:33		
35-39				
1	Tony Halland	1:06:14	Alison Halland	1:17:59
2	Cam McWilliam	1:10:38	Jennifer Bieber	1:23:02
3	Bibek Regmi	1:11:51	Laura Laski	1:31:50
4	Matthew Barnes	1:25:41	Meredith Brady	1:45:31
5	Nate Hero	1:33:59		
19-34				
1	Brandon Rockwood	57:58	Meg McWilliam	1:29:11
2	Daniel Alvarado	1:01:24	Ruth Clymor	1:32:28
3	Ben Hasseman	1:03:35	Paula Dean	1:45:30
4	Vishesh Regmi	1:04:20	Katrina Bramhall	1:57:49

The Pelican Brief (Constance Ahrnsbrak)

Last date 7/4

7/1

Rendezvous for Independence 5 miler: David Rothenburger, 33:47 (3), Jitka O'Farrell, 34:01 (5th on the Leader Board) & Michael Keys, 43:33 (1).

7/4

Evergreen Freedom 5K: David Rothenburger, 23:47 (3), Tim Buntrock, 29:42, Suzanne Buntrock, 32:45, Bill Obert, 34:02 (3) & The Hankster (Hank Burkman), 43:23.

Four on the 4th, 4K, Boulder: Bill Falukner, 21:24 (1) & Lee Bengston, 27:20 (2).

Liberty 4-Mile, WP: Tom Chambers, 37:02 (2), Jack Barry, 39:14 (3), Earl Beam, 41:12, Lisa Wilson, 46:08 & Jim Romero, 47:30.

Let Freedom Ring 10K, Louisville: Michael Blanchett, 46:17 (1), Lisa Atencio, 1:06 (3) & Jeff Hesse, 1:09.

Palmer Lake 4th of July – 4 Miler: Rich Hadley, 27:02 (3), Lonnie Max Stafford, 35:31 (2), Dave Banko, 46:50 & Joan Banko, 1:14.

7/8

Sand Creek 10K, Aurora: Thomas Chambers, 59:17 (1).

Vail Hill Climb 7.2: Jim Romero, 1:57

7/16

Donor Dash 5K, WP: Jack Barry, 29:01 (2), Constance Ahrnsbrak, 29:23 (1), J. Gutierrez, 30:32, Michael Blanchett, 31:20, Ross Westley, 37:15 & Laura McCoy, 54:55 (W).

Xterra 10K, Beaver Creek: Sydney Ayers, 53:58 (1), Ed Youngberg, 1:09 (1) & Jennifer Forker, 1:10. **21K:** Jeremy Johnson, 1:35.

7/29

Classic 10K, CS: Michael Quispe, 38:44 (1).

8/6

Evergreen Town Race, 10K: Ed Youngberg, 56:47 & Mike Burzynski, 1:16. **5K:** Scott Kukel, 17:34 (3), Michael Quispe, 18:05 (1), David Rothenburger, 19:39 & Michael Blanchett, 22:20.

8/12

Holy Cow 5K: J. Gutierrez, 31:11 & Ken Simons, 40:55 (3). **10K** – Michael Abbott, 58:23.

8/26

Leading Ladies Half, Spearfish, SD: Terry McFarlane, 2:27 (2).

8/27

Bluffs 8K, Lone Tree: Rich Martinez, 50:41

GTIS Half: Michael Quispe, 1:22 (**1/14 OA**), Scott Kukel, 1:26, David Rothenburger, 1:30, Amy Lease, 1:59, Bill Faulkner, 2:02 (1), Jill Sellars, 2:03, Deborah Stafford, 2:05 (1), Lonnie Max Stafford, 2:05 (2), Fred Tentaz, 2:42 & Patricia Tolleson, 2:53.

9/4

Fortitude 10K, FTC: Michael Blanchette, 45:46 (2), Bob Cailloutte, 47:19 (3), Amy Lease, 50:50 (1), Jill Sellars, 53:04, J. Gutierrez, 1:02 & Earl Beam, 1:12.

9/9

Blue Shoe 5K: Constance Ahrnsbrak, 29:39 (1) & Rich Romero, 33:26 (1) & Joe Baird, 57:04 (W).

9/10

El Grito 5K: Michael Blanchett, 22:17 (3), Rich Martinez, 26:12 (1), Jeff Hesse, 30:34, Tom Duran, 31:27, Lee Bengston, 31:41 (3), bobby Romero, 32:45, Rich Romero, 32:55, Holly Romero, 40:19 & Carol Bengston, 54:45 (2).

Once you are over the hill, you pick up speed

2017 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)
Oct 7	(Sat)	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.8M Results -->	Matthew Rutledge / DeNae VanWestrienen
Nov 11	(Sat)	10 AM	Hildebrand Ranch Park	Veterans run 6.6M	?
Dec 2	(Sat)	10 AM	Bluff Lake Nature Center	Sand Creek 5M	Rob Fisher / ?

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 2017. If sending an email, please add CMRA to the title so we know it's not spam.

Please shop at our sponsors:



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