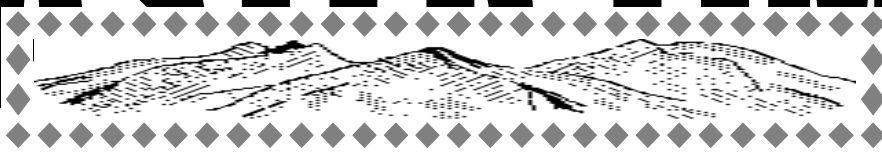


MASTER TIMES



March / April 2018

Volume 51 Issue 2

PICTURE PAGES



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THANKS TO CONI & JEN FOR THE PICTURES SEE MORE ON OUR FACEBOOK PAGE :-
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Once you are over the hill, you pick up speed

FEB 10TH 40 FURLONGS RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Collin Knaub	M	28:48	34
2	DJ Hummel	M	29:10	38
3	Andrew Terrill	M	31:15	48
4	Scott Kukel	M	32:40	44
5	Todd Morresette	M	33:10	46
6	Jeremy Johnson	M	33:47	43
7	Euripides Solis	M	34:03	44
8	Eric Patterson	M	34:25	53
9	Keith Johnson	M	34:50	56
10	David Rothenburger	M	35:29	49
11	Brandon Rockwood	M	35:31	22
12	Tim Lewis	M	35:45	45
13	Kevin Yeatts	M	35:49	48
14	Luis Medrano	M	35:57	23
15	Shaun Schafer	M	36:01	50
16	Mike Bennett	M	37:03	61
17	Ryan Dunning	M	37:44	18
18	Kurt Hardester	M	37:56	50
19	<i>Elspeth Monigle</i>	F	38:27	29
20	Matt Olson	M	38:30	32
21	Roger Kame	M	39:03	60
22	Antonio Cuevas	M	39:16	38
23	<i>Helen Degennaro</i>	F	39:41	50
24	Robert Kanieski	M	40:32	40
25	Seth Coliver	M	40:40	28
26	<i>Laurie Nakauchi</i>	F	40:54	48
27	John Brackney	M	41:53	51
28	Bob Caillouette	M	42:34	63
29	Dan Shaw	M	44:37	58
30	<i>Siri Lewis</i>	F	46:32	43
31	<i>Jeffifer Yeatts</i>	F	46:33	49
32	Wayne Stewart	M	47:03	71
33	Scott McFarlane	M	47:07	66
34	<i>Julie Fuller</i>	F	47:18	59
35	<i>Claradene Stewart</i>	F	48:02	68
36	<i>Lisa Brocard</i>	F	49:10	46
37	Ed Youngberg	M	50:01	75

38	John Shea	M	50:43	60
39	<i>Karen McKean</i>	F	51:09	62
40	<i>Ruth Clymor</i>	F	52:18	33
41	<i>Diane Gross</i>	F	52:53	46
42	<i>Reese Evenson</i>	F	53:29	49
43	Lee Bengston	M	54:39	80
44	<i>Carmen Kitts</i>	F	59:08	66
45	Todd Dunning	M	59:10	53
46	Richard Romero	M	59:54	81
RACEWALKERS 5K				
1	Michael Blanchard	M	33:08	56
2	Andy McKean	M	35:59	73
3	<i>Patricia Jones</i>	F	40:16	66
4	Shaun Olson	M	42:13	44

FEB 10TH 40 FURLONGS RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	MEN		WOMEN	
OVERALL				
1	Collin Knaub	28:48	Elsbeth Monigle	38:27
80 and Over				
1	Lee Bengston	54:39		
2	Richard Romero	59:54		
75-79				
1	Ed Youngberg	50:01		
70-74				
1	Wayne Stewart	47:03		
65-69				
1	Scott McFarlane	47:07	Claradene Stewart	48:02
2			Carmen Kitts	59:08
60-64				
1	Mike Bennett	37:03	Karen McKean	51:09
2	Roger Kame	39:03		
3	Bob Caillouette	42:34		
4	John Shea	50:43		
55-59				
1	Keith Johnson	34:50	Julie Fuller	47:18
2	Dan Shaw	44:37		
50-54				
1	Eric Patterson	34:25	Helen Degennaro	39:41

Once you are over the hill, you pick up speed

2	Shaun Schafer	36:01		
3	Kurt Hardester	37:56		
4	John Brackney	41:53		
5	Todd Dunning	59:10		
45-49				
1	Andrew Terrill	31:15	Laurie Nakauchi	40:54
2	Todd Morresette	33:10	Jeffifer Yeatts	46:33
3	David Rothenburger	35:29	Lisa Brocard	49:10
4	Tim Lewis	35:45	Diane Gross	52:53
5	Kevin Yeatts	35:49	Reese Evenson	53:29
40-44				
1	Scott Kukel	32:40	Siri Lewis	46:32
2	Jeremy Johnson	33:47		
3	Euripides Solis	34:03		
4	Robert Kanieski	40:32		
35-39				
1	DJ Hummel	29:10		
2	Antonio Cuevas	39:16		
19-34				
1	Brandon Rockwood	35:31	Ruth Clymor	52:18
2	Luis Medrano	35:57		
3	Matt Olson	38:30		
4	Seth Coliver	40:40		
14-18 (High School)				
1	Ryan Dunning	37:44		

MARCH 24TH SPRING SPREE 10K RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Scott Kukel	M	40:33	44
2	Michael Quispe	M	40:36	51
3	Jeremy Johnson	M	41:01	43
4	David Blankinship	M	41:52	44
5	Heath Johnson	M	42:09	47
6	James Worthen	M	42:44	33
7	George Forbes	M	42:47	48
8	<i>Jitka O'Farrell</i>	F	43:41	40
9	Mike Bennett	M	43:42	61
10	Keith Johnson	M	43:42	56
11	<i>Rachel Perez</i>	F	43:56	38
12	Ryan Dunning	M	44:17	18

13	Kevin Yeatts	M	44:30	48
14	<i>Melissa Menard</i>	F	44:55	44
15	Michael Brenner	M	45:03	59
16	Johnny Ramos	M	45:30	41
17	Brandon Rockwood	M	45:49	22
18	Tim Lewis	M	45:53	45
19	<i>Sydney Ayers</i>	F	45:58	54
20	Shaun Schafer	M	46:43	50
21	Robert Kanieski	M	46:48	40
22	<i>Nicole Adams</i>	F	46:53	32
23	Bruce Kirschner	M	47:23	64
24	Bob Caillouette	M	47:44	63
25	Ken Baldrey	M	47:59	65
26	<i>Molly Smith</i>	F	48:38	37
27	Pete Foster	M	48:59	64
28	John Brackney	M	49:03	51
29	Brett Allendorf	M	50:17	49
30	Cliff Jurgens	M	50:44	52
31	<i>Laurie Nakauchi</i>	F	51:24	48
32	<i>Helen Degennaro</i>	F	51:37	50
33	Seth Colliver	M	52:37	28
34	Paul Sanchez Soto	M	52:38	47
35	John Crowther	M	52:40	50
36	<i>Pareesa Goshtasebi</i>	F	52:49	25
37	Wayne Stewart	M	55:48	71
38	Mark Hasseman	M	56:07	62
39	Todd Shaklee	M	56:16	48
40	Dennis Thies	M	56:24	57
41	Rich Martinez	M	56:35	71
42	<i>Jennifer Yeatts</i>	F	56:37	49
43	Scott McFarlane	M	57:05	66
44	<i>Julie Fuller</i>	F	57:36	60
45	<i>Maria Terry</i>	F	58:11	62
46	<i>Claradene Stewart</i>	F	58:17	68
47	Charlie Schlaufman	M	58:35	66
48	Robert Reilly	M	58:57	63
49	<i>Heather Heumann</i>	F	59:11	35
50	<i>Jennifer Bieber</i>	F	59:17	39
51	<i>Donna Sakdol</i>	F	59:31	54
52	<i>Lori Woods</i>	F	59:37	55

Once you are over the hill, you pick up speed

53	<i>Jane Allard</i>	F	59:38	51
54	<i>Lisa Brocard</i>	F	1:00:16	46
55	John Shea	M	1:00:42	60
56	<i>Patti Thurman</i>	F	1:01:26	66
57	<i>Ruth Clymor</i>	F	1:01:34	34
58	Karim Malek	M	1:01:58	52
59	<i>Janet Ralston</i>	F	1:04:40	55
60	J Gutierrez	M	1:04:52	65
61	Tom Chambers	M	1:04:56	74
62	<i>Anne-Marie Schmidt</i>	F	1:06:11	60
63	<i>Laura Albin</i>	F	1:07:04	39
64	Earl Beam	M	1:07:20	67
65	<i>Suzanne Buntrock</i>	F	1:07:39	59
66	<i>Carolyn Hicks</i>	F	1:10:12	60
67	<i>Siri Lewis</i>	F	1:10:28	43
68	<i>Nicole Shaklee</i>	F	1:10:29	54
69	Gabe Sisneros	M	1:11:14	79
70	Todd Dunning	M	1:12:46	53
71	<i>Cass Pangell</i>	F	1:13:06	31
72	Garland Thurman	M	1:16:17	69
73	Hank Burkman	M	1:16:57	66
74	Richard Romero	M	1:16:58	81
75	Ross Westley	M	1:19:11	81
76	<i>Mindy Bradford</i>	F	1:20:46	57

RACEWALKERS 5K

1	Michael Blanchard	M	25:38	56
2	Kenneth Simons	M	35:55	80
3	<i>Michelle Malek</i>	F	36:23	47
4	<i>Colleen Morrison</i>	F	36:27	44
5	<i>Olga Hnizdil</i>	F	36:33	73
6	Ed Gussie	M	36:43	76
7	<i>Patricia Jones</i>	F	37:37	66
8	Shaun Olson	M	37:53	44
9	Kevin Snyder	M	51:43	54

MARCH 24TH SPRING SPREE 10K RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	MEN		WOMEN	
OVERALL				
1	Scott Kukel	40:33	Jitka O'Farrell	43:41
80 and Over				

1	Richard Romero	1:16:58		
2	Ross Westley	1:19:11		
75-79				
1	Gabe Sisneros	1:11:14		
70-74				
1	Wayne Stewart	55:48		
2	Rich Martinez	56:35		
3	Tom Chambers	1:04:56		
65-69				
1	Ken Baldrey	47:59	Claradene Stewart	58:17
2	Scott McFarlane	57:05	Patti Thurman	1:01:26
3	Charlie Schlaufman	58:35		
4	J Gutierrez	1:04:52		
5	Earl Beam	1:07:20		
60-64				
1	Mike Bennett	43:42	Julie Fuller	57:36
2	Bruce Kirschner	47:23	Maria Terry	58:11
3	Bob Caillouette	47:44	Anne-Marie Schmidt	1:06:11
4	Pete Foster	48:59	Carolyn Hicks	1:10:12
5	Mark Hasseman	56:07		
55-59				
1	Keith Johnson	43:42	Lori Woods	59:37
2	Michael Brenner	45:03	Janet Ralston	1:04:40
3	Dennis Thies	56:24	Suzanne Buntrock	1:07:39
4			Mindy Bradford	1:20:46
50-54				
1	Michael Quispe	40:36	Sydney Ayers	45:58
2	Shaun Schafer	46:43	Helen Degennaro	51:37
3	John Brackney	49:03	Donna Sakdol	59:31
4	Cliff Jurgens	50:44	Jane Allard	59:38
5	John Crowther	52:40	Nicole Shaklee	1:10:29
45-49				
1	Heath Johnson	42:09	Laurie Nakauchi	51:24
2	George Forbes	42:47	Jennifer Yeatts	56:37
3	Kevin Yeatts	44:30	Lisa Brocard	1:00:16
4	Tim Lewis	45:53		
5	Brett Allendorf	50:17		
40-44				
1	Jeremy Johnson	41:01	Melissa Menard	44:55
2	David Blankinship	41:52	Siri Lewis	1:10:28

Once you are over the hill, you pick up speed

3	Johnny Ramos	45:30		
4	Robert Kanieski	46:48		
35-39				
1			Rachel Perez	43:56
2			Molly Smith	48:38
3			Heather Heumann	59:11
4			Jennifer Bieber	59:17
5			Laura Albin	1:07:04
19-34				
1	James Worthen	42:44	Nicole Adams	46:53
2	Brandon Rockwood	45:49	Pareesa Goshtasebi	52:49
3	Seth Colliver	52:37	Ruth Clymor	1:01:34
4			Cass Pangell	1:13:06
14-18 HIGH SCHOOL				
1	Ryan Dunning	44:17		

The Pelican Brief (Constance Ahrnsbrak)

03/11

Running of the Green: Scott Kukel 26:40 (2). Michael Quispe 28:14. David Rothenburger 30:01. Bob Caillouette 34:12. Amy Lease 36:16 (1). Rich Martinez 38:58 (1). Lisa Wilson 39:38. Spiderman Scott 40:02. Mark Hasseman 41:00. Christine Rodriguez 41:06. Leslie Mitchell 42:11. J. Gutierrez 46:01. Lisa Atencio 46:48. Laura McCoy 1:01.

4/8

Platte River Half: Michael Brenner 1:42 (3). Bob Cailloutte 1:53. Todd Shaklee 2:11. Bill Faulkner 2:13 (1). Nicole Shaklee 2:28.

4/14

Bulldog Half, Trinidad, CO: Robert Kanieski 2:05 (OA).

4/17

Boston Marathon: Christine Rodriguez 3:58. Amy Lease. 4:11.

4/22

Cherry Creek Sneak: 10 Mile – Lisa Atencio 1:46 **5-Mile** – Rich Martinez 43:55 (1). J Gutierrez 53:43. Lee Bengston 1:09. Laura McCoy 1:18. **5K** – Thomas Chambers 30:50. Constance Ahrnsbrak 31:44 (1). Fred Trentaz 45:17.

4/28

Nashville RNR 1: Suzanne Buntrock 6:08. **Half:** Cassie Klumpp 3:01.

4/29

Rockies Homeless 5K: Spiderman Scott 27:23. Michael Abbott 27:34. Mark Hasseman 27:36. Frank Kunkel, J. Gutierrez 32:00. Lee Bengston 41:45 (1). Fran Schneider 44:07. Randi Ralston 49:48. Janet Ralston 49:49. Richard Ralston 49:51. Laura McCoy 51:10. Carol Bengston 55:36 (3). Fred & Judy Trentaz 1:08.

Big Sur Marathon, CA: Todd Shaklee 5:24. Ed Youngberg 5:29 (2). Nichole Shaklee – 21 miles, 4:53.

Flying Pig Marathon, OH: Suzanne Buntrock 5:44.

2018 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)
Jul 7	SAT	8 AM	White Ranch Park	White Ranch Trail Run	Kevin Snyder / Maggie Fiorini
Aug 3	FRI	6:30PM	DeKoevend Park - University between Arapahoe and Orchard	In conjunction with the Rocky Mountain Roadrunners. Huge potluck after	Scott Newman / Jennifer Forker
Sep 15	SAT	7:30 AM	Bluffs Regional Park	The South Seven	Melissa Wood / Rachael Kenney
Oct 13	SAT	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.8M	Matthew Rutledge / DeNae VanWestrienen
Nov 10	SAT	10 AM	Hildebrand Ranch Park	Veterans run 6.6M	Lisa Atencio / Reinaldo Rosario
Dec 8	SAT	10 AM	Bluff Lake Nature Center	Sand Creek 5M	Rob Fisher / Donna Wood Wise

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 20th July 2018. If sending an email, please add CMRA to the title so we know it's not spam.

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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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