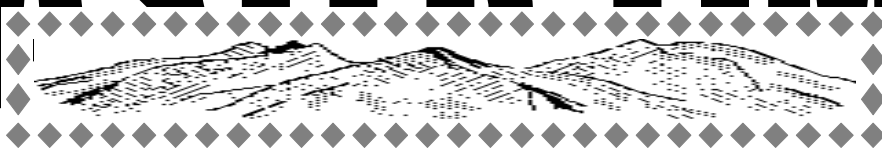


MASTER TIMES



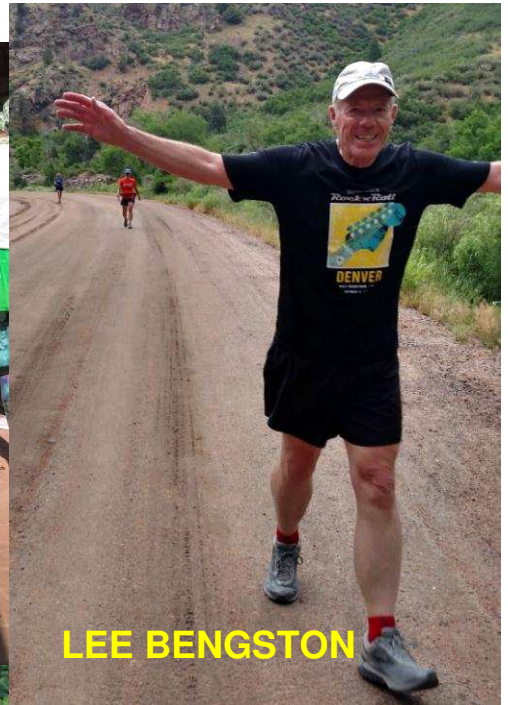
May / June 2018

Volume 51 Issue 3

PICTURE PAGES



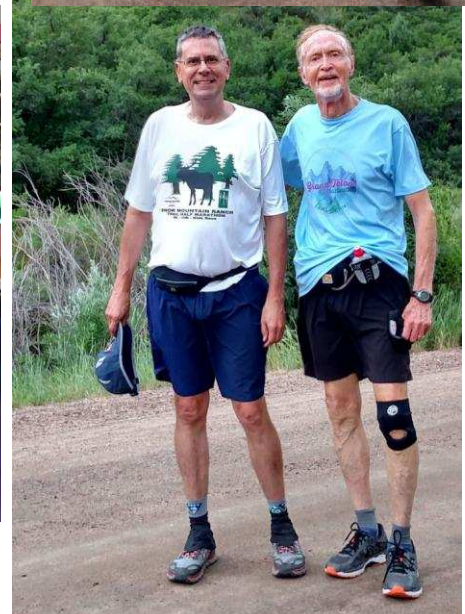
RUNNING OF THE GREEN GROUP



LEE BENGSTON



CHERRY CREEK SNEAK



TIM BUNTROCK & TALL RED

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

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

Visit us on the web at www.cmrrun.org

APRIL 21ST CLEAR CREEK 5K RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Jonathan Huie	M	18:30	38
2	Andrew Terrill	M	19:50	48
3	Scott Kukel	M	20:19	44
4	Jeremy Johnson	M	20:40	43
5	David Blankinship	M	20:55	44
6	Todd Morrissette	M	21:02	46
7	<i>Rachel Perez</i>	F	21:48	38
8	Keith Johnson	M	21:59	56
9	David Rothenburger	M	22:07	49
10	Mike Bennett	M	22:39	62
11	Tim Lewis	M	22:48	45
12	Sam Simkin	M	22:59	45
13	Kevin Yeatts	M	23:03	48
14	Robert Kanieski	M	24:16	40
15	Brett Allendorf	M	24:49	49
16	William Lewis	M	24:59	12
17	John Brackney	M	25:52	51
18	Chauncey Wenner	M	26:08	58
19	Bob Caillouette	M	26:33	63
20	Paul Sanchez	M	26:34	46
21	<i>Pareesa Goshtasebi</i>	F	26:37	25
22	John Crowther	M	27:00	50
23	Dan Shaw	M	27:31	58
24	<i>Jennifer Yeatts</i>	F	28:32	49
25	Mark Hasseman	M	28:35	62
26	<i>Amanda Price</i>	F	29:28	40
27	Stephen Price	M	29:29	44
28	<i>Julie Fuller</i>	F	29:31	60
29	<i>Meg McWilliam</i>	F	29:48	35
30	Scott McFarlane	M	29:54	67
31	<i>Lisa Brocard</i>	F	30:26	46
32	Max Stafford	M	30:33	72
33	Michael Keyes	M	30:38	72
34	Neil Thomson	M	31:36	61
35	<i>Deborah Stafford</i>	F	31:46	66
36	<i>Melissa Wood</i>	F	31:50	37
37	<i>Lisa Atencio</i>	F	31:50	52
38	<i>Jenn Bieber</i>	F	31:51	39

Once you are over the hill, you pick up speed

39	<i>Janet Ralston</i>	F	32:06	56
40	<i>Patricia Jones</i>	F	32:14	66
41	John Perez	M	32:31	67
42	<i>Kathy Johnson</i>	F	32:37	57
43	Ed Youngberg	M	32:54	75
44	Bill Faulkner	M	33:16	76
45	Earl Beam	M	33:50	67
46	<i>Nicole Shaklee</i>	F	33:59	54
47	Hank Burkman	M	38:07	66
48	Jim Romero	M	39:32	78
49	Richard Romero	M	39:34	81
50	Rich Ralston	M	44:59	57
Racewalkers (5K)				
1	<i>Lu Shaw</i>	F	54:28	60

APRIL 21ST CLEAR CREEK 5K RACE RESULTS BY AGE GROUP

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Jonathan Huie	18:30	Rachel Perez	21:48
80 and Over				
1	Richard Romero	39:34		
75-79				
1	Ed Youngberg	32:54		
2	Bill Faulkner	33:16		
3	Jim Romero	39:32		
70-74				
1	Max Stafford	30:33		
2	Michael Keyes	30:38		
65-69				
1	Scott McFarlane	29:54	Deborah Stafford	31:46
2	John Perez	32:31	Patricia Jones	32:14
3	Earl Beam	33:50		
4	Hank Burkman	38:07		
60-64				
1	Mike Bennett	22:39	Julie Fuller	29:31
2	Bob Caillouette	26:33		
3	Mark Hasseman	28:35		
4	Neil Thomson	31:36		
55-59				
1	Keith Johnson	21:59	Janet Ralston	32:06

2	Chauncey Wenner	26:08	Kathy Johnson	32:37
3	Dan Shaw	27:31		
4	Rich Ralston	44:59		
50-54				
1	John Brackney	25:52	Lisa Atencio	31:50
2	John Crowther	27:00	Nicole Shaklee	33:59
45-49				
1	Andrew Terrill	19:50	Jennifer Yeatts	28:32
2	Todd Morrisette	21:02	Lisa Brocard	30:26
3	David Rothenburger	22:07		
4	Tim Lewis	22:48		
5	Sam Simkin	22:59		
40-44				
1	Scott Kukel	20:19	Amanda Price	29:28
2	Jeremy Johnson	20:40		
3	David Blankinship	20:55		
4	Robert Kanieski	24:16		
5	Stephen Price	29:29		
35-39				
1			Meg McWilliam	29:48
2			Melissa Wood	31:50
3			Jenn Bieber	31:51
19-34				
1			Pareesa Goshtasebi	26:37
13 and Under				
1	Andrew Terrill	19:50		
2	William Lewis	24:59		

2 score and ten showed up to run. 2% that number arrived to walk. Another dozen arrived with thoughts of collective good over personal glory and volunteered to help, knowing payment was cold hands, smiles, and hearty exclamations of thanks. All 51 competitors finished. All volunteers smiled.

69 years separated the youngest from the oldest, 34 minutes separated the fastest from the slowest. A love of running, fraternity and competition brought them together.

They united under skies that were described as "closer to the Earth than usual in Colorado." Many people questioned the wisdom of running down slick paths and over icy bridges only to arrive on muddy paths but these hearty souls found a happiness in the task they could rarely explain to non-runners. It was almost like running itself was the reward (though a loaf of that amazing Great Harvest Bread was a pretty darn good consolation prize).

Rachel Perez maintained her status as the only Woman's winner of the Runners High Clear Creek 5k, taking home the crown for the second consecutive year. Rachel took 15 seconds off last years CMRA record time in an impressive effort. Hopefully she's back to defend her crown again in 2019.

Young master Jonathan Huie scorched the course on this frigid morning, taking over 1:30 off last years CMRA record. An electric performance on a morning many in the area were left powerless.

Once you are over the hill, you pick up speed

The Runners High Clear Creek 5k couldn't take place without the great folks over at Runners High. They love helping people get the right running shoes on their feet. Ken and Deb have a special shop and it's always 10% off for CMRA club members. Give them a visit next time you need a new pair of shoes.

It goes without saying, but it can't be spoken enough, that this clubs backbone are the volunteers who show up every month to do service by womanning registration tables, running computer systems, and managing the always chaotic finish line, along with anything else they are asked. It's an honor to work with such dedicated and selfless folks! Please make sure to give them thanks at your next race.

See you next year!
Colby

MAY 12TH KIDS 3K XC RACE RESULTS

PLACE	NAME	SEX	AGE	TIME
1	Nam McCush	M	6	33:17
2	Vince McCush	M	10	35:09
3	Anthony McCush	M	4	35:36

MAY 12TH 6K XC RACE RESULTS

PLACE	NAME	SEX	AGE	TIME
1	Patrick Richards	M	24:19	38
2	Andrew Terrill	M	24:29	48
3	Jeremy Johnson	M	24:38	43
4	Todd Morrisette	M	24:48	46
5	Scott Kukel	M	25:12	44
6	David Blankinship	M	25:21	44
7	Tim Miller	M	25:44	47
8	Jackie McCush	M	26:02	38
9	Keith Johnson	M	26:16	56
10	David Rothenburger	M	26:24	49
11	Mike Bennett	M	26:27	62
12	Adam Feerst	M	26:39	58
13	Ryan Dunning	M	26:55	18
14	Sam Simkin	M	27:30	45
15	<i>Erin Bonthrom</i>	F	27:33	26
16	Tim Lewis	M	27:39	46
17	Steven Sellars	M	27:48	57
18	Brandon Rockwood	M	27:53	22
19	Kevin Yeatts	M	28:03	48
20	<i>Melissa Menard</i>	F	29:00	44
21	<i>Julie George</i>	F	29:03	47
22	Chauncey Wenner	M	30:40	59
23	Charley Perez	M	30:56	70
24	Ron Nelson	M	31:05	59
25	<i>Helen Degennaro</i>	F	31:24	51

26	<i>Pareesa Goshtasebi</i>	F	31:34	25
27	John Brackney	M	31:45	51
28	John Crowther	M	31:48	50
29	William Lewis	M	32:12	13
30	Dan Shaw	M	33:04	58
31	<i>Molly Smith</i>	F	33:47	38
32	John Perez	M	33:53	67
33	Mark Hasseman	M	34:16	62
34	<i>Jenn Bieber</i>	F	34:18	39
35	Wayne Stewart	M	34:26	71
36	Scott McFarlane	M	35:20	67
37	<i>Jennifer Yeatts</i>	F	35:30	48
38	Jay D. Trujillo	M	35:39	59
39	<i>Jill Sellars</i>	F	35:48	50
40	<i>Siri Lewis</i>	F	36:39	44
41	<i>Kelly Smith</i>	F	36:40	42
42	<i>Mirka Gores</i>	F	36:40	41
43	<i>Jane Allard</i>	F	36:42	52
44	<i>Julie Fuller</i>	F	36:47	60
45	<i>Maria Terry</i>	F	36:51	62
46	Michael Keyes	M	37:26	72
47	<i>Sally Alderwick</i>	F	37:45	61
48	<i>Claradene Stewart</i>	F	37:56	69
49	<i>Melissa Wood</i>	F	38:04	37
50	<i>Lisa Atencio</i>	F	38:05	52
51	Steve Hatfield	M	38:26	73
52	John Shea	M	38:28	61
53	Max Stafford	M	38:29	72
54	<i>Patricia Jones</i>	F	38:31	66
55	Ed Youngberg	M	38:35	75
56	<i>Holly Dahm</i>	F	39:13	48
57	<i>Nicole Shaklee</i>	F	39:21	54
58	<i>Donna Sakdol</i>	F	39:48	54
59	<i>Lisa Wilson</i>	F	39:52	52
60	Charlie Schlaufman	M	39:54	66
61	<i>Janet Ralston</i>	F	40:37	56
62	Jeff Hesse	M	42:21	54
63	Tom Chambers	M	42:34	75
64	<i>Carmen Kitts</i>	F	43:14	66
65	Bill Obert	M	44:16	79

Once you are over the hill, you pick up speed

66	<i>Cass Pangell</i>	F	44:19	31
67	<i>Trina Lambert</i>	F	44:24	55
68	Todd Dunning	M	45:19	53
69	Sherman Lambert	M	45:25	58
70	Dave Banko	M	45:58	66
71	Gabe Sisneros	M	46:42	79
72	Andy McKean	M	46:50	73
73	<i>Virginia Schultz</i>	F	47:16	63
74	Lee Bengston	M	47:56	80
Racewalkers				
1	Michael Blanchard	M		56
2	<i>Darla Morton</i>	F		55
3	Ken Simons	M		80
4	<i>Lu Shaw</i>	F		60

MAY 12TH 6K XC RACE RESULTS BY AGE GROUP

	Overall Men		Overall Women	
Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Patrick Richards	24:19	Erin Bonthrom	27:33
80 and Over				
1	Lee Bengston	47:56		
75-79				
1	Ed Youngberg	38:35		
2	Tom Chambers	42:34		
3	Bill Obert	44:16		
4	Gabe Sisneros	46:42		
70-74				
1	Charley Perez	30:56		
2	Wayne Stewart	34:26		
3	Michael Keyes	37:26		
4	Steve Hatfield	38:26		
5	Max Stafford	38:29		
65-69				
1	John Perez	33:53	Claradene Stewart	37:56
2	Scott McFarlane	35:20	Patricia Jones	38:31
3	Charlie Schlaufman	39:54	Carmen Kitts	43:14
4	Dave Banko	45:58		
60-64				
1	Mike Bennett	26:27	Julie Fuller	36:47

2	Mark Hasseman	34:16	Maria Terry	36:51
3	John Shea	38:28	Sally Alderwick	37:45
4			Virginia Schultz	47:16
55-59				
1	Keith Johnson	26:16	Janet Ralston	40:37
2	Adam Feerst	26:39	Trina Lambert	44:24
3	Steven Sellars	27:48		
4	Chauncey Wenner	30:40		
5	Ron Nelson	31:05		
50-54				
1	John Brackney	31:45	Helen Degennaro	31:24
2	John Crowther	31:48	Jill Sellars	35:48
3	Jeff Hesse	42:21	Jane Allard	36:42
4	Todd Dunning	45:19	Lisa Atencio	38:05
5			Nicole Shaklee	39:21
45-49				
1	Andrew Terrill	24:29	Julie George	29:03
2	Todd Morrissette	24:48	Jennifer Yeatts	35:30
3	Tim Miller	25:44	Holly Dahm	39:13
4	David Rothenburger	26:24		
5	Sam Simkin	27:30		
40-44				
1	Jeremy Johnson	24:38	Melissa Menard	29:00
2	Scott Kukel	25:12	Siri Lewis	36:39
3	David Blankinship	25:21	Kelly Smith	36:40
4			Mirka Gores	36:40
35-39				
1	Jackie McCush	26:02	Molly Smith	33:47
2			Jenn Bieber	34:18
3			Melissa Wood	38:04
19-34				
1	Brandon Rockwood	27:53	Pareesa Goshtasebi	31:34
2			Cass Pangell	44:19
14-18 (High School)				
1	Ryan Dunning	26:55		
13 and Under				
1	William Lewis	32:12		

The Pelican Brief (Constance Ahrnsbrak)

Greenland 50K: Dan Shaw 6:16. **25K** – Christine Rodriguez 2:38 (1). **8-Mile** – Steven Sellars 1:03. Dave Banko 1:41. **4- Mile** – Hank Burkman 48:14 (3).

5/19

Bellco Colfax 5K: Lisa Wilson 27:26. Constance Ahrnsbrak 30:25 (1). Thomas Chambers 31:11 (3). Jim Romero 33:48.

Fargo, North Dakota 5K: Todd & Nichole Shaklee 29:44.

5/20

Colfax Marathon: David Rothenburger 3:11. Helen Degennaro 3:49. Lisa Atencio 5:37.

Colfax Half: Christine Rodriguez 1:57. **10- Mile:** Jane Allard 1:41.

Fargo, North Dakota Marathon: Nicole Shaklee 5:41. **10K** – Todd Shaklee 55:59.

5/28

Bolder Boulder 10K – Scott Kukel 39:15 (5). David Rothenburger 42:01 (12). Bob Cailloutte 47:50 (4).

Bruce Kirschner 48:08 (4). Amy Lease 53:00 (1). Rich Martinez 54:42 (5). Christine, Rodriguez 55:41 (3).

Bill Faulkner 56:58 (1). Lisa Atencio 57:27. Lisa Wilson 57:32. Claradene Stewart 59:14 (4).

Michael Keys 1:01:03. Lonnie Max Stafford 1:01:47 (6). Wayne Stewart 1:01. Leslie Mitchell 1:01.

Patti Thurman 1:03 (11). Constance Ahrnsbrak 1:04 (1). Tom Chambers 1:06 (9). J. Gutierrez 1:07.

Bobby Romero 1:09. Bill Obert 1:11 (3). Garland Thurman 1:12. Fred Trentaz 1:16. Lee Bengston 1:19 (5).

Jim Romero 1:20 (9). Holly Romero 1:23. Patricia Tolleson 1:24. Judith Trentaz 2:27.

6/2

Louisville 5K: J. Gutierrez 31:59. Laura McCoy 47:32.

Deadwood Half Mrathon, SD: Lisa Atencio 1:58. Jay D. Trujillo 2:07.

6/3

Revel Half Marathon, Morrison: Christine Rodriguez 1:46 (1). Bill Faulkner 2:09 (1). Patricia Tolleson 2:48.

Revel Marathon: Ed Youngberg 4:37 (1).

6/23

Running Wild, Regis Campus: J. Gutierrez 32:50. Laura McCoy 52:23. Jennifer Forker 1:00.

Slacker HM: Scott Kukel 1:23 (1). David Rothenburger 1:31. Robert Kanieski 1:40.

Rich Martinez 2:03 (1). **4-Mile:** Jay D. Trujillo 32:10 (1). Lisa Wilson 32:13 (1).

Patti Thurman 35:34 (1). Jeff Hess 41:42 (3).

Mt. Vista Trail 10K, HLR: Thomas Chambers 1:13 (1).

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)
Aug 1	WED	6:30PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast & potluck	Jennifer Forker / Monica Ryan
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 20thth October 2018. If sending an email, please add CMRA to the title so we know it's not spam.

Visit us on the web at www.cmrrun.org

Please shop at our sponsors:



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

Once you are over the hill, you pick up speed