

(CCCC continued from page 1)

successful crossing of Coal Creek...without a bridge. Although the race directors had dammed the water crossing point the day before, Randy Luallin was unable to serve as "creek crossing marshal" this year (he assumed the pace bike role instead) to ensure that every participant got at least one leg in the creek. As a result, a number of participants attempted to maneuver across without getting wet. Boulder's Chris Valenti, the first to make the attempt (and eventual 2003 CCCC champion), achieved the noteworthy feat of very nearly completely hurtling the 10 foot wide creek – managing to only moisten the back of one of his heels (Luallin later stated, "That's criminal! Next year we just won't give him his beer [award]."). Second overall finisher Hector Martinez tried to cross the makeshift branch twig dam only to get thoroughly wet in the process. Longmont's Jim Stewart later succeeded in staying dry using this "traverse the dam" race strategy. But just about everyone else had a more difficult time, including one female competitor who reportedly fell into the creek face forward(!).

The next challenge was the farmer's field, the condition of which is always a mystery and a surprise. Past years have featured plowed furrows, soggy mush, and knee high brush. The year participants were in luck – dry conditions and Boulder County Open Space had recently bought the property from the owner in Sri Lanka – so no furrows. Runners and walkers could also avoid the undergrowth if they stayed in the tire tread tracks left by Randy Luallin's pickup truck the day before, making the field crossing significantly less arduous.

Valenti bested the course record he set in 2001 by nearly 2 minutes, finishing in 30:33 and several minutes ahead of second place finisher Hector Martinez. Sara Tarkington was top woman finisher and 9th place overall in 36:03, almost 3 minutes ahead of second place female finisher Amanda McCracken.

At the post-race awards ceremony a number of age group winners were treated to Buffalo nickel necklaces, handmade by Randy Luallin. This year's race also had the distinction of having 4 runners in the "70+" age group. A special recognition award for "Racers From The Most Distant Location" goes to Rod and Sandy Hurlbert of Hot Springs Village, Arkansas, who stopped in on their way home from Bryce Canyon National Park, where they had served as seasonal campground hosts.

A hearty thanks to all the volunteers who made this event possible. Rob Fisher and Keiko Takeshi

did a fine job with the registration. Jim Price, Joe Baird, Jerry Murch, and Joe Sanchez performed finish line timing and scoring duties in their usually superb manner. Other volunteers along the course were Mark Bailey (road crossing), Caleb Luallin and Jody Pinteric (water stop), Lori Dill (creek crossing), Pete Wolfe (fence crossing), Sue Schmidt (parking), Lee Palmer (ditch marshal) John Augustine (course set up) and Donna Luallin (parking). The club also extends its appreciation to Jim Vinsen, for loaning his traffic cones, and to V-3 Construction, for use of their portable toilet. CMRA Quartermaster Joe Sanchez assisted with equipment transportation and logistics as well.

Special recognition to our commercial race sponsors and supporters for prize drawing merchandise: Runner's Choice of Boulder, the Arvada Great Harvest Bakery (Barry Sparks), Louisville's Blue Parrot Restaurant, and the Old Louisville Inn.

This year marked Odell Brewing Company's fifth anniversary at the event. The race's biggest sponsor, Odell has been a fixture at the race since 1999. Headquartered in Fort Collins, the microbrewery makes fine beers such as "90 Shilling" and "Cutthroat Porter". Odell Sales Manager Rick Newell was able to attend the CCCC despite his son's confirmation that same day. This continues to be the only CMRA event that features beer as a post-race treat and participants showed their appreciation by finishing off the entire "Easy Street Wheat" keg. In the past, Odell has awarded a case of beer to the top male and female runners, but this year also awarded 12-packs to the 2nd place male and female finishers. The company also contributed t-shirts and hats to the post-race prize drawing.

A final acknowledgement to all the participants who have contributed to the race's success by promoting this special event by word-of-mouth. We expect to see everyone back here next year on October 17, 2004...and bring at least one newcomer for a unique racing experience!

THANKS TO

KIM MASSEY, RAY GRUNDMEYER, CONNIE AHRNSBRAK, & KEN RANDALL!

Kim & Ray volunteered to be on the board. Yea! Connie & Ken will be co-editors of the newsletter. Ken will publish the Jan, May, & Sept issues. Connie will publish the Mar, July, & Nov issues. Please send them information for the newsletter. See pg. 11 for their email addresses & phone numbers.



COAL CREEK XC CHALLENGE 5.5
OCT. 12, 2003

1.Chris Valenti	24	30:33	46.Bill Faulkner	62	44:35
2.Hector Martinez	20	32:21	47.Ken Lotze	53	44:38
3.Andrew Holton	35	34:01	48.Scott Nakauchi-Hawn	45	44:46
4.Don Tomlin	40	34:13	49.Jeff Underwood	54	44:59
5.Kenn Seibel	38	34:37	50.Mark Ramsey	40	45:04
6.Adam Feerst	43	34:48	51.Pat Drayton	55	45:22
7.Matt Biviano	24	35:02	52.Kent Mitchell	62	45:25
8.Bob Jones	43	35:26	53.Michelle Delpiccolo	39	45:26
9.Sara Tarkington	22	36:03	54.Jeff Kasor	27	45:45
10.Neal Henderson	30	36:13	55.Connie Ahrnsbrak	63	45:46
11.Scott Chamberlin	48	36:43	56.Gale Meuret	56	45:51
12.Mike Hakanson	34	36:52	57.Rick App	36	46:07
13.Steven Sellars	43	37:20	58.Tom Chambers	60	46:25
14.Eric Patterson	38	37:39	59.Steve Walker	44	46:51
15.Kyle Thomas	16	37:41	60.Jeff Mazer	45	47:12
16.Jeffrey Young	47	38:04	61.Rob Fisher	53	47:27
17.Stan Gill	45	38:07	62.Jim Murrae	52	47:51
18.Amanda McCracken	25	38:47	63.Marianela Trujillo	39	48:04
19.Bill Smitham	59	38:50	64.Rod Smythe	73	48:31
20.Chip Lee	48	38:58	65.Mike Stadler	44	48:38
21.Bob Caillouette	48	39:02	66.Jay Gutierrez	50	48:46
22.Paul Kammermeier	41	39:42	67.Thad Smith	55	48:54
23.Scott Tarpinian	28	39:44	68.Neil MacFarlane	61	50:00
24.David Acosta	28	39:58	69.Jim Peterson	65	50:08
25.James Remeffe	21	40:03	70.Term Lauhon	56	50:24
26.Peggy Muhn	51	40:06	71.Roger Rybicka	55	50:26
27.Kevin McNamara	43	40:26	72.Jim Foley	62	51:01
28.Pam Pruto	39	40:29	73.Lee Bengston	66	51:43
29.Jesus T.	51	40:36	74.Michelle Slingsby	34	52:01
30.Steve Meyers	55	40:55	75.Kjell Arselios	70	52:04
31.Grahm Wilson	51	40:58	76.Carol Johnson	49	52:41
32.Laurie Nakauchi-Hawn	32	41:34	77.Judy Smythe	66	53:09
33.Sara Hanifin	44	41:36	78.Lucia Gill	53	53:20
34.Ken Randall	65	41:49	79.Ray Grundmeyer	65	53:28
35.Harold Spreake	39	41:49	80.Frank Hathorn	69	54:41
36.Trish Ramos	37	41:51	81.Don Robinson	71	55:16
37.David Lamon	5?	42:08	82.Rod Hurlbert	61	55:57
38.Kevin Riddlebergen	26	42:14	83.Pat Emigh	54	56:38
39.Warren Sill	51	42:52	84.Bob Cooper	55	56:42
40.Stanley Obermeyer	58	43:12	85.Tom Street	45	56:43
41.Kim Massay	45	43:47	86.Carl Schiele	65	57:56
42.Terri Sommer	44	43:52	87.Kirsten Ruiz	31	58:21
43.Ellen Kennard	42	44:09	88.Dennis Holman	54	58:35
44.Polly Zimmerman	48	44:19	89.Emily Comfort	29	58:58
45.Scott McFarlane	52	44:25	90.Vici DeHaan	68	59:20
			91.Tom Duran	5?	59:56
			92.Mallory Norway	56	1:01:54
			93.Leslie Holman	35	1:03:27

Once you're over the hill, you just keep on running!

CCCC Overall continued from pg. 3

94.Dave Black	52	1:03:43
95.Chuck Kipp	77	1:05:54
96.Jay Scott	35	1:07:25
97.Jim Stewart	66	1:09:10
98.Howard Palmer	74	1:10:28
99.Chris Vanoni	52	1:13:05
100.Irene Betin	57	1:13:19
101.Sandy Hurlbert	61	1:13:48
102.Gail Stewart	64	1:13:48
103.Linda Negle	59	1:28:46

RACEWALKERS

1.Ray Adams	67	1:07:12
2.Rosalia Murch	61	1:12:57
3.Sheila Gremse	58	1:24:31

Coal Creek XC Age Group Results

Overall Man Overall Woman

Chris Valenti	30:33	Sara Tarkington	36:03
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70 and Over

1.Rod Smythe	48:31
2.Don Robinson	55:16
3.Chuck Kipp	1:05:54
4.Howard Palmer	1:10:28

65 - 69

1.Ken Randall	41:49	Judy Smythe	53:09
2.Jim Peterson	50:08	Vici DeHaan	59:20
3.Lee Bengston	51:43		
4.Ray Grundmeyer	53:28		
5.Frank Hathorn	54:41		

60 - 64

1.Bill Faulkner	44:35	Connie Ahrensbrach	45:56
2.Kent Mitchell	45:25	Sandy Hurlbert	1:13:48
3.Tom Chambers	46:25	Gail Stewart	1:13:48
4.Neil McFarlane	50:00		
5.Jim Foley	51:01		

55 - 59

1.Bill Smitham	38:50	Mallory Norway	1:01:54
2.Steve Myers	40:55	Irene Betin	1:13:19
3.Stan Obermeyer	43:12		
4.Pat Drayton	45:22		
5.Thad Smith	48:54		

50 - 54

1.Jesus T.	40:36	Peggy Muhn	40:06
2.Gramm Wilson	40:58	Lucia Gill	53:20
3.David Lemon	42:08	Pat Emigh	56:38
4.Warren Sill	42:52	Chris Vanoni	1:13:05
5.Scott McFarlane	44:25		

45 - 49

1.Scott Chamberlain	36:43	Kim Massey	43:47
2.Jeff Young	38:04	Polly Zimmerman	44:19
3.Stan Gill	38:07	Carol Johnson	52:41
4.Chip Lee	38:58		
5.Bob Caillouette	39:02		

40 - 44

1.Dan Tomlin	34:13	Sara Hanifin	41:36
2.Adam Feerst	34:48	Terri Sommer	43:52
3.Bob Jones	35:26	Ellen Dennard	44:09
4.Steve Sellars	37:20		
5.Paul Kammenmeir	39:42		

35 - 39

1.Andrew Helton	34:01	Pam Pruto	40:28
2.Kenn Seibel	34:37	Trish Ramos	41:51
3.Eric Patterson	37:39	Michelle Delpiccola	45:26
4.Rick App	46:07	Marianela Trujillo	48:04
5.		Leslie Holman	1:03:27

34 and Under

1.Chris Valenti	30:33	Sara Tarkington	36:03
2.Hector Martinez	32:21	Amanda McCracken	38:47
3.Matt Biviano	35:02	Laurie Naguchi-Hawn	41:34
4.Neal Henderson	36:13	Michelle Slingsby	52:01
5.Mike Hankanson	36:52	Kirsten Ruiz	58:21
6.Kyle Thomas	37:41		

Racewalkers

1.Ray Adams	1:07:12
2.Rosalia Murch	1:12:57
3.Sheila Gremse	1:24:31

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(Pres continued from page 1)

parks in Botswana, we were warned never to leave the grounds unless accompanied by a guide carrying a rifle. The need for such a warning was soon apparent since in every case, the grounds we were staying on were completely open to all the wildlife living in the area. This included huge elephants, lions, giraffes, zebras, hippos, rhinos and baboons. The second night we were in camp, we were enjoying a candlelight dinner in an open area when we kept hearing an elephant crashing his tusks into the palm trees in the area as he dislodged the nuts from the trees.

The next thing we knew, the elephant was standing about ten feet from us in our enclosure, ready to join us for dinner. After we guests moved quietly away from the area, our host managed to pitch a complete fit by clapping, yelling and acting totally deranged. The elephant at that point could easily have just stomped him into the ground, but after a few moments of a stand-off, did agree to move aside. For the balance of our interrupted dinner, we could hear the cooks in the kitchen banging their pots and pans in an effort to scare it off.

Since we were never allowed to walk on the grounds after dark unless accompanied by a guard, I was beginning to feel like totally confined. While at this same camp, I decided to take my chances with walking back and forth between our cabin and the main lodge during the afternoon while the four other pilots were doing their flight planning for the next day's flight. I could see a huge elephant grazing right outside our cabin separated from me by a shallow river.

At first, it looked like the elephant was going to stay where it was, so each time I went back forth along the trail, I would climb up onto a viewing platform next to our cabin to check on its whereabouts. Unfortunately, after just a few trips, the elephant started crashing through the water, getting much too close for comfort, so I abandoned my exercise.

At another camp, I went with eight others on a very challenging mountain bike ride through the bush accompanied by a guide carrying a rifle. The ride itself was challenging enough plowing through soft sand and across gravel, always keeping a wary eye out for wildlife. At one point, we could hear baboons nearby raising a ruckus, possibly alerting other animals to the presence of lions, so we rode quietly in the other direction. We soon reached the bottom of what our guide referred to as "Disappointment Hill." We learned its name came from the all but impossible challenge of actually riding a bicycle up the steep embankment complete with more soft

sand and a hill so steep, it was all I could do to simply push my bike up.

By the end of the second week, I was feeling totally out of shape, when we stopped at another five-star hotel in Botswana with beautiful grounds, surrounded by a high fence to keep the animals out. Finally I got a short run in among some of the most colorful gardens ever.

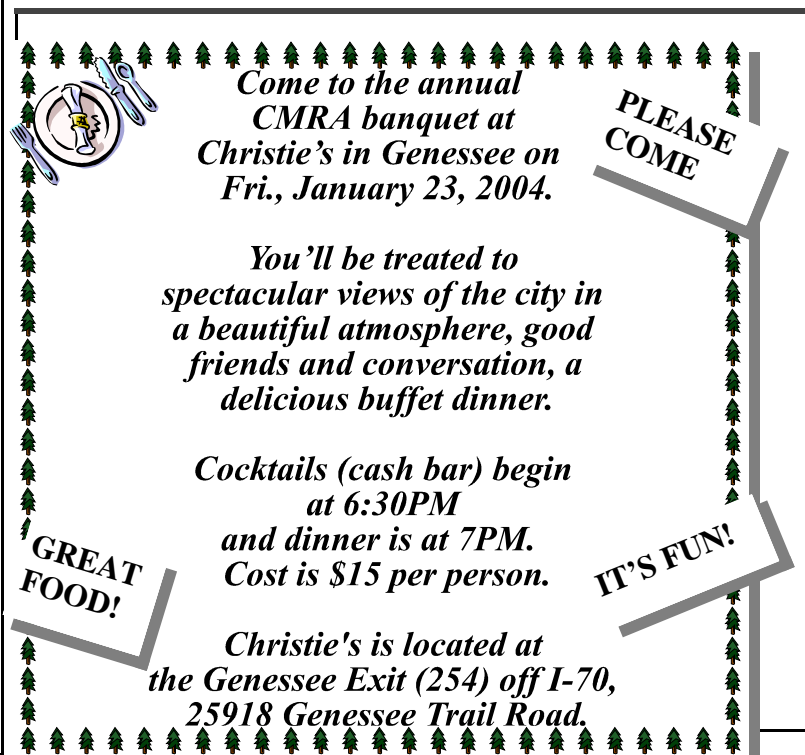
At our last game camp, I managed to run a flight of steps leading to a swimming pool on a lower deck. At last I was able to break a sweat. Then on the day we were to fly home, Warren and I were able to take a three-hour walk around Joburg, ending up at its zoo, before we boarded our flight home.

The self-piloted flying safari was most exciting, over the very desolate terrain of Botswana, up the Zambezi River, where we did some formation flying in which my neck got a workout keeping track of the other planes flying so close to us on both sides.

Upon returning home, I set out on my usual loop in the greenbelt in my backyard, only to find that one of the trails had been closed to allow the bears to forage undisturbed. Since I had had an encounter with an aggressive black bear the preceding fall when running the Mesa Trail, I was happy to choose an alternate route. At least I could go my way without having an armed guard accompany me.

As anyone knows who counts on a daily workout, you get 'em wherever you can. See you at the next race!

--Vici



**Come to the annual
CMRA banquet at
Christie's in Genessee on
Fri., January 23, 2004.**

**You'll be treated to
spectacular views of the city in
a beautiful atmosphere, good
friends and conversation, a
delicious buffet dinner.**

**Cocktails (cash bar) begin
at 6:30PM
and dinner is at 7PM.
Cost is \$15 per person.**

**Christie's is located at
the Genessee Exit (254) off I-70,
25918 Genessee Trail Road.**

PLEASE COME

GREAT FOOD!

IT'S FUN!

Once you're over the hill, you just keep on running!

Pelican Updates by Constance Ahrnsbrak

8/30 - **RMRR 20-Miler, Chatfield:** The Oak, 3:12; Jimbo (Jim Peterson), 3:15; Terry Luahon, 3:16; Mark Johnson, 3:28 & Rosalie Murch, 4:45 (RW).

The **Blue River 5K run, Breckenridge** saw Michelle Kelble, 27:38 (3rd).

8/31 -**Breckenridge Crest runs:** Mr. Endurance (Bill Moyle) ran the **marathon**, 7:33. **Tenmiler:** Grid Iron (David Kelble), 2:10 (3rd); Mean Ed Green, 2:26 (1st); Fast Tracks (Ken Randall), 2:36 (1st) & Ken Simons, 2:42 (2nd). **5 miler** -Tom Chambers, 59:04 (2nd).

Pace Race 5K, WP: Jack Barry running berry fast, 22:35 (1st); Mitch Chesbro, 24:59; Bob Bussey, 27:02; Frank Hathorn, 27:11; Leslie Woods, 40:38 & Steadfast Bronstien, 51:36.

9/1 - **KUVO Race in the City,WP: RW** - Ed Guiff, 38:14 (2nd) & Rosalie Murch, 41:22 (1st). **5280m** - Adam Feerst, 19:11 (2nd/OA); Speedy Bill Smitham, 21:15; Nick Accardi, 21:19; Peggy Muhn, 21:58 (1st); Jim Romero, 22:55 (1st); Kim Massey, 23:52 (2nd); Gait Man (Grayson Drexel), 24:02; Mean Ed Green, 24:23; Leslie Mitchell, 24:52 (3rd); the Wizard (Scott McFarlane), 24:59; Connie Ahrnsbrak, 25:28 (1st); Deb Acree, 25:40 (2nd); Mitch Chesbro, 26:40; Pitts O'Donnell, 26:53; Don Robinson, 29:46 (1st); Olga Hinzdel, 29:53; Terry McFarlane, 30:28; Penelope, 30:57; Marriot Smart, 35:23 (3rd); Kim Shenfeld, 38:55; Dave Banko, 40:59; Leslie Woods, 43:14 & Carol Bengston, 44:16. *Good job Lee Bengston, co-director!*

American Discovery Trail Marathon, CS: Jim Bosik, 3:37 (3rd) & Dick Grauer, 4:44 (2nd).

Also, **CU Classic Kickoff 5K, Boulder:** Bob Shurte, 33:08 (3rd) & The **Windsor Parks & Rec 5K**, saw The Oak, 23:00 (1st).

9/6 -**Imogene Pass 18-miler, Ouray:** Adam Feerst, 2:37:45 (1st); Bill Faulkner, 3:49 (6th); Patricia Emigh, 4:22 & Mr. Endurance 5:06.

Homes for the Homeless 5-Miler, Greeley: J Gutierrez, 42:41 (2nd).

9/11 -**Day to Remember Twilight Run, Fitzsimmons: RW** - Ed Guiff, 34:38 (1st) & Rosalie Murch, 37:38(1st). **5K** - Wm Eckley, 21:20 (1st); The B-Man, 21:25 (1st); Connie Ahrnsbrak, 23:57 (1st); Pitts O'Donnell, 25:21 (2nd); Frank Hathorn, 27:58 (3rd); Penelope, 31:04 (2nd); Doris Vecquery, 31:21(1st); Kim Shenfeld, 35:40 (2nd); Leslie Woods, 41:31 (3rd) & Jim Bronstien, 51:57 (2nd). **Fitness Walk:** Dave Banko, 38:53 (1st); Marie Romero, 46:04 & Joan Banko, 47:53 (1st). *Thanks to Chris & Mike Vanoni, Terry Mcfarlane & Nick Accardi for working stats & finish.*

9/12-9/13 -**Colorado Outward Bound, Idaho Springs to Glenwood Springs:** Kim Massey & Terry McFarlane. Kim took on 4 legs, including Georgia Pass. *Thanks to volunteers, Ellen Kennard, The Wizard & Laurie Nakauchi-Hawn.*

9/14 - **Denver Half Marathon:** *His first race for the day,* The B-Man, 1:39 (1st).

Farmers 5K, Wheat Ridge saw The Kid (Jim Perry), 19:34 (3rd); Speedy Bill Smitham, 19:46 (2nd); Nick Accardi, 20:03 (2nd); Peggy Muhn, 20:40 (1st); Karen Conway, 27:58 & Nona Chamberlin, 32:19 (1st).

El Grito, 10th & Osage: RW - Rosalie Murch, 36:13 (1st master). **5K** - young Gary Black, 17:45 (1st); Jack Barry, 21:33 (1st); the Wizard, 22:09 (5th); The B-Man, 22:36 (2nd); Constance Ahrnsbrak, 23:13 (1st); Pitts O'Donnell, 24:19 (3rd); Gabe Sisneros, 24:30 (2nd); Lee Bengston, 25:05 (3rd); Don Robinson, 26:29 (1st); Penelope, 28:40; Doris Vecquery, 29:04 (1st); Kim Shenfeld, 31:56; Dave Black, 32:27; Leslie Woods, 38:07 (2nd) & Marie Romero, 48:10. *Special thanks to Joe Baird for working the finish.*

Lastly, the **Pony Express Trail Run, CS:** Mr. Endurance (Bill Moyle) 3:30, while Jesse Tijerina, 20:32 (8/237); Mitch Chesbro, 24:49 & Michelle Kelble, 25:56 ran **Run for Your Life 5K, Lowry Town Center.**

9/20 -Two mountain goats @ **Jelm Mtn 11-Mile, Woods Landing, WY:** David Schmaltz, 1:44 (2nd) & Jimbo (Jim Peterson), 2:06 (1st).

Holy Cow Trail Stampede, Thornton: Ken Skelly, 44:38 (3rd); Ken Simons, 50:43 (1st) & Bob Fancher, 54:40 (2nd) in the **10K**, while Jeff Underwood, 23:31 (3rd); Taunya Wilson, 25:18 (1st) & Don Robinson, 28:20 (1st) ran the **5K**.

9/21 - **Governor's Cup: RW-** Rosalie Murch, 37:49 (4th) &

(Continued on page 7)

(Continued from page 6)

Laura McCoy, 38:16 (5th). **5K** –Jesse Tijerina, 20:06 (3rd); Javier Burciaga, 20:41 (3rd); Jack Barry, 22:06 (2nd); Scott Nakauchi-Hawn, 23:09; Connie Ahrnsbrak, 23:36 (1st); J Gutierrez, 25:05; Pitts O'Donnell, 25:37; Jimbo, 26:17; Penelope, 29:23; Ken Nakauchi, 31:01 (3rd); Kim Shenfeld, 34:38 & Leslie woods, 39:44. **10K**- Adam Feerst, 36:20 (3rd); young Gary Black, 39:55 (1st); Gait Man (Grayson Drexel), 46:41; Terry Luahon, 47:32; Leslie Mitchell, 48:04; Jerry Wischmeyer, 55:40; Joe Baird, 56:53; Doris Vecquary, 62:14 (1st) & Dave Black, 71:07. *Special thanks to Lew Hutch for volunteering.*

Its lonely @ the top -Run for Literacy 7-miler, Steamboat Springs: The Master (Rich Romero), 1:03 (1st).

9/28 – Remnants of an overnight rain made for a fresh 6 am start (MST), **Run for The Grapes Half, St. Catherines, ON:** Connie Ahrnsbrak, 1:52 (1st). *This one is a keeper!*

Bolder Backroads: Marathon –Leslie Mitchell, 4:33; Melissa Johnson, 5:28 & Dave Black, 6:39. **Half-** The B-Man, 1:40 (2nd); Laurie Nakauchi-Hawn, 1:42 (9th); The Wizard (Scott McFarlane), 1:50 & Mitch Chesbro, 2:11.

Also, **Lupus Loop 5K, WP:** Jesse Tijerina, 20:39 (4th); Taunya Wilson, 24:37 (2nd); Bob Fancher, 26:43 (3rd); Ken Nakauchi, 32:34; Ed Guiff, 34:45 (3rd/RW) & Mary Nakauchi, 46:16

10/4 – **Lair O' Bear 10-mile Trail, Idledale:** The B-Man, 1:27 (1st); Robert Romero, 1:32; Ken Simons, 1:38 (1st); Connie Ahrnsbrak, 1:47 (1st); Holly Romero, 1:57 & Rosalie Murch, 2:29 (2nd/RW). Plus, **St. Mary's 5K run, Greeley:** J Gutierrez, 24:55 (2nd) & Laura McCoy w/ canine, 40:07.

Also, **Cougar 5K Stride Community Run, Evergreen,** Wm Eckley, 21:08 (3rd).

10/12 -Great pace for Lightning Rod (Randy Rodman), 3:01 & Bob Rielly, 3:46 @ **Chicago Marathon.** *Fast & flat, outstanding crowd support.* Also, the B-Man @ **Durango Half,** 1:44 (1st).

10/18 –**Grand Canyon West Half, AZ:** The B-Man, 1:43 (1st, 3rd/OA); Robert Romero, 1:48 (1st, 4th/OA) & Holly Romero, 2:19 (4th). Also, Terry Mcfarlane @ the **US Half Marathon, San Francisco:** 2:16.

10/25 – Goblins @ **Eerie Erie: RW**-Ray Adams, 37:58 (1st). **10K**-Jesse Tijerina, 43:37 (5th); Rich Romero, 48:01 (3rd); Connie Ahrnsbrak, 50:37 (1st); Terry Mcfarlane, 1:02

(5th) & Bill Moyle, 1:02. **5.25K**- Ellen Kennard, 25:03 (2nd); Mitch Chesbro, 26:27; Kim Shenfeld, 39:48; Leslie Woods, 42:50; & Steadfast Bronstien, 56:22.

10/26 –CM ladies @ the **Girl Scout 5K, WP** were Leslie Mitchell, 23:34 (5th); Betsy Harrower, 28:30 (1st); Kim Shenfeld, 37:19 & Leslie Woods, 42:33.

*The B-Man @ **Casino Niagara International Half, ON,** 1:38 (3rd), while Pitts O'Donnell & Penelope ran the whole **enchilada**, 4:25 & 4:48 respectively. **He just keeps going & going & going...*

10/31 – Goblins @ **Halloween Hustle 5K, WP:** Jeff Young, 20:17 (1st) & Ed Gussie, 41:13 (2nd RW).

Whispers of time, the rustle of leaves, the dew of dawn – the Runner goes on

....

Note: Please send results to Connie Ahrnsbrak.

E-mail: cahrnsbrak@aol.com

**Or mail: 10190 W. Jewell Ave. #B
Lakewood, CO 8023**



**CLEAR CREEK 4-MILER
AND
PANCAKE BREAKFAST**

Sat., Dec. 13, 2003
9 AM

Join us for a festive run in beautiful Prospect Park in Wheat Ridge. After the race, Join us for a simple Pancake Breakfast! A GreatWay to refuel your body and Meet other CMRA Members!

Directions: From I-70, exit Kipling. Go south on Kipling to 44th Ave. Go West on 44th Avenue to the Prospect Park entrance on the south side of the street.

*For more information or to volunteer, call
Dave Black (303-781-1738) or see
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Once you're over the hill, you just keep on running!



PRESIDENT'S 7 MILE RUN

Sun., November 16, 2003

By Vici DeHaan

We were truly blessed with ideal running conditions for this seven-mile race. The temperature at the start was in the low thirties, and stayed there throughout the race. This was one of our largest turn-outs, 93 participants. Thanks to Runners' Roost who donated six gift certificates and the Great Harvest Bread Company which completely loaded my car with a wide assortment of breads, cookies and rolls, almost everyone came away with something. Volunteers are what make races like this one go as smoothly as this one did. What would we do without volunteers like Joe Baird who always comes early to set up our various race courses? We can always count on Joe Sanchez to be there as quartermaster to provide for the water stops with many containers of water, cups and a table. We also had Tom Alison at the turn-around point. Then we had very efficient volunteers at the registration desk including Kim Massey and Connie Ahrnsbrak. Assisting with the finish line included Joe Baird, Rosalia Murch, Connie Ahrnsbrak, Neil Horton, Joe Sanchez and Fay di Zerega. The mid-course water station featured my middle daughter, Lisa, and her friend Rhonda. Thanks to everyone who made this race such a success!

President's 7 Mile Run Overall Results

1.Jonathan Huie	23	40:03
2.Hector Martinez	20	40:21
3.Paul Brett	30	40:49
4.Jesus Martinez	17	41:08
5.Isaiah Rubio	16	42:33
6.Luis Flores	17	42:47
7.Jason Kaminsky	34	43:58
8.Noreen Shea	41	44:20
9.Oscar Flores	15	44:33
10.Randy Rodman	42	44:57
11.Jeff Young	47	45:09
12.Tim Noel	35	45:21
13.Scott Chamberlin	48	45:25
14.Tom O'Brien	48	45:35
15.Eric Windholz	35	46:08
16.Javier Burciaga	42	47:00
17.Steve Huda	49	47:16
18.Louis Martinez	17	47:17
19.Bobi Limon	16	48:18
20.Robert Esquibel	16	48:27
21.Liza York	35	48:40
22.Lou Huie	57	48:49
23.Brad Hemmingsen	37	49:01
24.Jesse Tijerina	51	49:06
25.Valerie Shockley	37	49:38

26.Jim Romero	63	49:50
27.William Eckley	53	50:02
28.Mauro Martinez	14	50:20
29.Bruce Kirschner	50	50:35
30.Keith Wilmot	56	51:07
31.Rich Romero	67	51:11
32.Charlie Tomlinson	51	51:48
33.Amanda Solomon	28	52:57
34.Tracy Fisher	39	53:02
35.Andy McKean	58	53:27
36.Bob Reilly	49	53:42
37.James Dowell	53	53:48
38.Scott McFarlane	52	55:01
39.Grayson Drexel	54	55:22
40.Gale Meuret	56	55:40
41.Tom Chambers	60	56:23
42.Patty Noel	45	56:34
43.Niles Downen	50	57:08
44.Marcy Bogner	47	57:13
45.Wayne Pallas	49	57:21
46.Brett Allendorf	34	57:35
47.Doug Pierce	33	57:42
48.Dennis Woljan	61	57:49
49.Fred Trentaz	61	58:03
50.Terry Samuel	36	58:03
51.Laura Tomlinson	49	58:46
52.Melissa Johnson	38	59:22
53.Jim Murray	52	59:24
54.Jim Peterson	65	59:59
55.Lee Bengston	66	61:06
56.Jeff Rasor	27	62:03
57.Bruce Rasor	55	62:41
58.Jerry O'Donnell	57	62:49
59.Jerry Wischmeyer	62	63:21
60.Bob Bussey	68	64:12
61.Ray Grundmeyer	65	64:52
62.Don Robinson	71	65:01
63.Garnett Linkus	16	66:09
64.Jim di Zerega	63	66:20
65.Mark Johnson	45	66:22
66.Celeste Callahan	61	66:26
67.Terry McFarlane	53	66:38
68.Carol Johnson	49	66:48
69.Julie Linkus	40	66:59
70.Olga Hnizdil	59	67:37
71.Dennis Holman	54	67:42
72.Carol Dowdell	48	68:26
73.Jennifer Jeffers	29	69:17
74.Frank Hathorn	69	69:18
75.Vici DeHaan	68	70:10

Once you're over the hill, you

Pres. Run continued from pg. 8)

76.Adele Graslek	56	71:12
77.Bodo Schultz	55	75:18
78.Doris Vecqueray	69	75:21
79.Dave Black	52	76:52
80.Cassie Klungo	52	77:08
81.Irene Betin	57	78:28
82.Mike Weigand	51	78:56
83.Kim Shenfeld	45	82:13
84.Leslie Woods	57	91:30
85.Jan Huie	54	98:56

RACEWALKERS 5K

1.Neil Horton	31:42
2.Ray Adams	32:15
3.Ed Guiff	33:00
4.Lew Hutch	35:21
5.Rosalia Murch	35:52
6.Mike Goldhammer	35:52
7.Constance Holman	43:10
8.Norma Briones	43:10

President's 7 Mile Run Age Group Results

Overall Man Overall Woman

Jonathan Huie	40:03	Noreen Shea	44::20
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70 and Over

1.Don Robinson	65:01
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65 - 69

1.Rich Romero	51:11	Vici DeHaan	70:10
2.Jim Peterson	59:59	Doris Vecqueray	75:21
3.Lee Bengston	61:06		
4.Bob Bussey	64:12		
5.Ray Grundmeyer	64:52		

60 - 64

1.Jim Romero	49:50	Celeste Callahan	66:26
2.Tom Chambers	56:23		
3.Dennis Woljan	57:49		
4.Fred Trentaz	58:03		
5.Jerry Wischmeyer	63:21		

55 - 59

1.Lou Huie	48:49	Olga Hnizdil	67:37
2.Keith Wilmot	51:07	Adele Graslek	71:12
3.Andy McKean	53:27	Irene Betin	78:28
4.Gale Meuret	55:40	Leslie Woods	91:30
5.Bruce Rasor	62:41		

50 - 54

1.Jesse Tijerina	49:06	Terry McFarlane	66:38
2.William Eckley	50:02	Cassie Klungo	77:08
3.Bruce Kirschner	50:35	Jan Huie	98:56
4.Charlie Tomlinson	51:48		
5.James Dowell	53:48		

45 - 49

1.Jeff Young	45:09	Patty Noel	56:34
2.Scott Chamberlin	45:25	Marcy Bogner	57:13
3.Tom O'Brien	45:35	Laura Tomlinson	58:46
4.Steve Huda	47:16	Carol Johnson	66:48
5.Bob Reilly	53:42	Carol Dowdell	68:26

40 - 44

1.Randy Rodman	44:57	Julie Linkus	66:59
2.Javier Burciaga	47:00		

35 - 39

1.Tim Noel	45:21	Valerie Shockley	49:38
2.Eric Windholz	46:08	Tracy Fisher	53:02
3.Brad Hemmingsen	49:01	Terry Samuel	58:03
4.		Melissa Johnson	59:22

34 and Under

1.Hector Martinez	40:21	Liza York	48:40
2.Paul Brett	40:49	Amanda Solomon	52:57
3.Jesus Martinez	41:08	Jennifer Jeffers	69:17
4.Isaiah Rubio	42:33		
5.Luis Flores	42:47		

Shop at our Sponsor

Runners Choice
2460 Canyon Blvd, Boulder
303 449-8551

Shop at our Sponsor

Great Harvest Bread
7745 Wadsworth Blvd, Arvada
303 420-0500

**COLORADO MASTERS RUNNING/RACEWALKING
ASSOCIATION**

**Membership Application
2004**

Calendar Year January through December
For the benefit of Runners and Racewalkers 35 and older
Monthly Events- Free to members;

Runners

"Open division" - under 35
"Masters Divisions"-35-39, 40-44, 45-49, 50-55, 55-59
60-64, 65-69, 70 and older

RaceWalkers

Male/ Female Divisions

Dues: Single Member \$25.00 per year Family (Household) \$35.00

(Runner____) (Racewalker____) (Wheelchair____)

Name: _____ Sex M _____ F _____

Address: _____ Birth Date: _____

City: _____ State: _____ Zipcode+4 _____

Home Phone: _____ Work Phone: _____

Fax: _____ E-mail _____

Family membership: (please, only members from immediate household)

Name: _____ Sex: _____ B'date _____ R—RW

Name: _____ Sex: _____ B'date _____ R—RW

Name: _____ Sex: _____ B'date _____ R—RW

Name: _____ Sex: _____ B'date _____ R—RW

Mail completed form with check payable to "CMRA"

TO: CMRA
9222 S. Rockport Lane
Highlands Ranch. Co 80126-5002

I would like to participate in the following club operational activities:

Work a race _____ Direct an event _____ Board of Directors _____
Newsletter _____ Event Registration _____ Member Recruitment _____
Database _____ Prize procurement _____ Quartermaster corps _____
Coaching _____ Racewalker training _____ Course Measurement _____

Lake Arbor 5K

**Saturday, January 10,
2004, 9 AM**



Take I-70 to Wadsworth. Go north past 80th to the signal at Pomona Drive. Turn right (east) at Pomona Drive. Continue straight past the four-way stop until you see the lake. The race starts on the east side of the lake.

Questions or to volunteer: Call Ken Randall at 303-422-3745 or see www.comastersrun.org

Sat. Feb. 14, 2004 9 AM

**February
Forty
Furlongs**

Warm up your winter running with this fast CMRA 5 mile race.

To reach the start, go west on Bowles from Santa Fe Drive to the dome at South Suburban Golf and Tennis Club. Park on the east side of the "Bubble" at South Platte River.

Call Lee Bengston at 303-282-7521 or see www.comastersrun.org for more information or to volunteer.



SPRING SPREE 10K

9 AM

SUN MARCH 28, 2004

Twin Lakes Park

Directions:

Take I-25 to Boulder Turnpike (west). Exit at Pecos and get back on the turnpike going east (you can't exit at Broadway going west). Exit at Broadway and go south, then turn west onto 70th Ave and park on North side at Park-N-Ride. Race starts directly south across the street at Twin Lakes Park at 9 am.

For information or to volunteer: Call Connie Ahrnsbrak (303-985-1168) or Rosalia Murch (303-693-2278) or see www.comastersrun.org



2003 OFFICERS

President: Vici DeHaan

Home: 303-494-1782

Fax: 303-494-1631

President Elect: Open

Secretary: Connie Ahrnsbrak 303-985-1168

Treasurer: Tom Alison 303-791-6166

Registration Chairperson: Rob Fisher 303-738-0115

Quartermaster: Joe Sanchez 720-962-6642

C0-Editors:

Connie Ahrnsbrak (March, July, November Issues)

Phone: 303-985-1168 Email: cahrnsbrak@aol.com

10190 W Jewell Ave Unit B Lakewood CO 80232-6244

Ken Randall (January, May, September Issues)

Phone: 303-422-3745 Email: runnerincolorado@juno.com

10900 W 41st Ave WheatRidge CO 80033-3918

CMRA Website: <http://www.comastersrun.org/>

BOARD OF DIRECTORS

Rob Fisher, Levi Gonzales, Rosalia Murch, Deb Acree, Stanley Obernyer

The Colorado Masters Running Association newsletter is published bi-monthly. Issues are mailed approximately the 1st day of February, April, June, August, October, and December. Distribution is free to all 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 editors listed above.

Membership information is available from the Membership Chairperson and at all races.

The CMRA is a non-profit group organized to promote running and walking for health and exercise. The club conducts regular running activities, including training sessions, fun runs, races, and social events. Membership in CMRA is open to all, regardless of skill or experience.

Annual dues are \$25 for individuals and \$35 for families.

2003/04 COLORADO MASTERS RUNNING ASSOCIATION SCHEDULE

Registration begins 1 hour prior to race time. \$10 for non-members.

For more information or to volunteer, call race director listed below or log on to our website:

www.comastersrun.org

Dec	13	Sat	9 AM	Prospect Park ,Arvada	Clear Creek 4-Miler**	Dave Black	303-781-1738
Jan	10	Sat	9 AM	Lake Arbor, Arvada	Lake Arbor 5K	Ken Randall	303-422-3745
Jan	23	Fri	6:30 PM	Christie's of Genesee	Banquet/Annual Meeting	See Pg. 5 for Directions	
Feb	14	Sat	9 AM	S. Suburban Tennis Center	40 Furlongs 5M	Lee Bengston	303-282-7521
Mar	28	Sun	9 AM	Twin Lakes Park, 70th/Broadwy	Spring Spree 10K *	Rosalia Murch	303-693-2278
						Connie Ahrnsbrak	303-985-1168
Apr	17	Sat	9 AM	Red Rocks Park, Morrison	Red Rocks 5 Miles Jeremy	Monsma/Jim Perry	303-430-8731
May	15	Sat	9 AM	DeKoevand Park, Littleton	Memorial Run 5K/10K*	Tom Alison	303-791-6166
						Rich Romero	303-751-4284
June	12	Sat	8 AM	Waterton Canyon, Littleton	Waterton Canyon 10K*	Deb Acree	720-338-2202
July	11	Sun	8 AM	Christies @ Genesee	Mountain Madness 12K*	TBA	
Aug	11	Wed	6:30 PM	Fairmont Park, Golden	Fairmont 5K Trail	Pat Phillips	303-238-4405
Aug	22	Sun	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail 10K	Wayne Mathis	303-979-9592
Sept	11	Sat	8 AM	Chatfield State Park	Chatfield 10 Miler***	Rob Fisher	303-363-2377
Oct	17	Sun	9 AM	Randy's Ranch, Louisville	Coal Creek XC Challenge 5.5	Bruce Kirschner	303-666-0864
Nov	14	Sun	9 AM	Cherry Creek State Park	President's 7 Mile*	Vici DeHaan	303-494-1782
Dec	11	Sat	9 AM	Prospect Park Arvada	Clear Creek 4-Miler	Dave Black	303-781-1738

** PANCAKE BREAKFAST

* 5K FOR RACEWALKERS

*** 5 MILES FOR RACEWALKERS

CMRA

**9222 SOUTH ROCKPORT LANE
HIGHLANDS RANCH, CO 80126**