

2005 Coal Creek Cross Country Challenge, by Bruce Kirschner

Once again there were near perfect racing conditions for the 7th annual CCXCC in Louisville. Fall foliage was in glorious bloom for the 108 finishers. This year also marked the first time that a CMRA race was included in the USA Track & Field's Cross Country Grand Prix Series.

The condition of the classic-style cross country course is always a mystery, even to the race directors. But this year's race featured an unexpected surprise in the form of non-human fleet feeted creatures. Top men's 50-54 age group finisher Pablo Vigil was stunned mid way into the race to be chased by the herd of wild horses, donkeys, and mules that graze in the open space the course traverses. "Heck, they were the real pacesetters. They came out of nowhere and cut right in front of me. First I thought they were going to attack me and then I couldn't get away from them. It definitely added to the mystique of this race!" But there were other surprises in the form of ordinary two-legged race participants. Lisa Grant astounded those in the vicinity of the creek crossing when she first asked race volunteers if she could get into the creek...literally. First she started to splash herself and then proceeded to lie down and submerge herself in the foot plus deep cold water before picking herself up and finishing the race. Heck...whatever!

Lesia Atkinson, the first woman to finish in 38:50 and 9th overall, was enthusiastic about her first running of the Challenge. "It was so much fun although challenging...I really enjoyed the course. I was looking for the creek earlier in the race and couldn't wait to do the crossing. It was a blast going through there and then running through the farmer's field, which was the toughest part, but still great fun. What was cool about this race was that it was not measured exactly or at all like most races. All I really needed to know was roughly what the distance was and then just went for it."

American national marathon champion Scott Larson was top male finisher in 31:21. Just coming off a layoff due to an injury and not having raced since last summer, he decided to run the Challenge "to shock [my] system" to prepare for more intense training in the months ahead. He started the race just behind (3rd place kid), but passed him before the first mile. Like Vigil, he was challenged by a horse and burro just before the creek crossing -- having to come to a near stop because they ran right in front of him. The toughest part of race for Larson was waiting for the turnaround and then the steep hill climb after crossing the farmer's field. According to Larson, "I liked the way it was real cross country and not at all like what most [cross country events] are today, always very flat and held on golf courses."

Thanks to all the volunteers who made this event possible. Connie Ahrnsbrak, Scott McFarlane, Nancy Fisher, and Ray Grunmeyer did a fine job with the registration. Jim Price performed finish line timing in fine form as usual. Joe Baird, Levi Gonzales, Rob Fisher, Don Robinson and Joe Sanchez ran the finish line and scoring duties in great form. Other volunteers along the course were Mark Bailey (ditch marshal), Lori Dill (creek crossing), Rollie Erickson (Empire Road crossing), Nate Pierce (pace bike), Pete Wolfe (fence crossing), and Sue Schmidt, Pat Phillips and Donna Luallin (parking). Sam Kirschner, Nick Thurman, and Adam Call handled opening the livestock gates in superb fashion. Caleb Luallin managed the water stop at the turnaround. 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), the Old Louisville Inn, Blue Parrot Restaurant, and the Boulder Running Company. Also, a big thanks to the U.S.A. Track & Field Colorado Association's state director Tim Dolen, who arranged for the race's placement in their Grand Prix Series.

The plan is to hold next year's race at the new Louisville Community Park, located directly west of the race start. This was a "dry" year for the Challenge, but we'll hope the beer returns next year!

Coal Creek Cross Country Challenge 5.5

PLACE in PLACE in								
NAME	TIME	AGE	AGE	NAME	TIME	AGE	AGE	
Scott Larson	31:21:00	35	Overall Male	David Meuret	45:54:00	20		
Greg Krause	33:01:00	28	First	Todd Salzer	45:56:00	31		
Jesus Martinez	33:20:00	19	second	Jill Zancanelli	46:13:00	37	Third	
Tim Galdean	33:30:00	36	First	Cathy Pacocha	46:15:00	29	Third	
Jim Robbins	33:33:00	25	Third	Warren Sill	46:19:00	53	Fifth	
Keith Johnson	33:37:00	44	First	Gale Meuret <i>Meaghan</i>	46:46:00	58	second	
Pablo Vigil	35:31:00	53	First	Goedde Jeanne	46:47:00	31	Fourth	
Hector Martinez	35:35:00	22	Fourth	Moinceau	46:54:00	28	Fifth	
Mark Mathieu	35:39:00	48	First	Derek Moore	47:00:00	42		
Tony Tochtrap	35:50:00	42	second	Bill Faulkner <i>Nancy</i>	47:10:00	64	second	
Nathan Kirkland	35:53:00	30	Fifth	Denniston	47:10:00	54	second	
Erik Solof	37:12:00	38	second	Joe Franklin	47:41:00	37		
Chuck Jernigan	38:17:00	38	Third	Scott McFarlane <i>Polly</i>	47:43:00	54		
Gary Black	37:59:00	20		Zimmerman	47:47:00	50	Third	
Michael Collins	38:38:00	34		Noel Davidson	48:21:00	28		
			Overall					
Lesia Atkinson	38:50:00	39	Female	Rob Claus	48:24:00	36		
Bob Cooper <i>Catriona</i>	39:32:00	57	First	Kevin Luehrs <i>Conni</i> e	48:26:00	47		
Dowling	39:36:00	47	First	Ahrnsbrak	48:39:00	65	First	
Steve Santana	39:43:00	54	second	Robert Kennet	48:53:00	37		
Steve Leland Paul	40:35:00	38	fourth	Tom Chambers	49:05:00	62	Third	
Welschinger	41:47:00	48	second	Lindsey Kraus	49:17:00	27		
Bob Caillouette Walter	42:05:00	50	Third	Rich Romero	49:24:00	69	second	
Kingsberry	42:23:00	52	Fourth	George Huner	49:26:00	52		
Jay Trujillo	42:32:00	47	Third	Rob Fisher	49:38:00	55	Third	
Mitch Menezes	42:37:00	44	Third	Austin Baskett	50:23:00	39		
Heather Walker	42:40:00	31	First	Erin Bosik	51:08:00	20		
Ash McDavis	42:42:00	41	Fourth	Woody Green	51:14:00	47		
Steve Piper	42:44:00	39	Fifth	Kathy Klesmit	51:40:00	53	Fourth	
Peggy Muhn	42:49:00	53	First	Joanna Baskett	52:14:00	35		
Trisha McCarthy	42:56:00	34	second	Todd Dunning	52:24:00	41		
Susan Scholtz	43:25:00	49	second	J Gutierrez	53:25:00	52		
Rickie Jimenez	43:31:00	30		Neddi Legg	53:32:00	54	Fifth	
Bruce Dahm	43:49:00	36		Kay Hartmann	53:41:00	34		
David Kelble	43:52:00	48	Fourth	Sonya Gary	53:47:00	39	Fourth	
Bill Smitham	44:14:00	61	First	Lorraine Green	54:05:00	53		
Stacie Bell	44:19:00	36	First	Seth Peterson	54:15:00	34		
Joshua Brock	44:29:00	34		Kel Anzelius <i>Melissa</i>	54:20:00	72	First	
Jim Romero	44:33:00	65	First	<i>Johnson</i> Ray	54:25:00	40	First	
Brent Allendorff	44:55:00	36		Grundmeyer Tom	54:27:00	67	Third	
Kent Enwright	45:07:00	42	Fifth	Sanviriyaka	54:31:00	22		
David Bachrach	45:26:00	45	Fifth	Don Hayes	54:51:00	74	second	
Gerald Huffman Jenny	45:32:00	42		Chris Coston	54:54:00	31		
Blackmore	45:48:00	36	second	Tom McGarry	54:56:00	47		

50-Mile Challenge Walk, Rosalia Murch

First, a special thanks to the following who made my goal possible: Deb Acree, Connie Ahrnsbrak, Joe & Ann Baird, Tom Chambers, Dave Black, Vici Dehann, Fay diZerega, Nancy Denniston, Grayson Drexel, Rob Fisher, Levi Gonzales, Kenneth Green, Ray Grundmeyer, Ed Guiff, J Gutierrez, Frank Hathorn, Neil Horton, Lew Hutch, Bruce Kirschner, Kim Massey, Laura McCoy, Scott & Terry McFarlane, Fern Oliner, Jim Peterson, Jim & Marie Romero, Rich & Esther Romero, Marriott Smart, Bill Smitham, Jerry Murch, Ross Westley, Mike & Christine Vanoni.

I apologize for being late in thanking all of you for supporting the MS Challenge Walk, but Jerry was in the hospital from September 7th to September 30th, so everything else was secondary.

Nature was good to us with three days of beautiful weather. Once again we began Day 1 at Red Rocks heading east to the Bear Creek Trail system and after meeting the infamous Platte River bike path we headed south. At Bowles we headed west through parks and neighborhoods with a hot midday finish at Columbine High School. Out of town walkers, etc. spent the night in the gym, but waking to a great breakfast.

Day 2, we left Columbine, tracing our footsteps back to the Platte River pathway. Here we headed downtown and connected to the Cherry Creek Trail, onward to the Denver Athletic Club, with another grand breakfast on Sunday morning. Day 3 we walked through Civic Center Park, back to the Cherry Creek trail, through Cheeseman Park, etc., finishing at Stapleton's Founder's Green. It was a fun time and very rewarding!

The best part was my walking companions. Connie walked the first 20 miles with me and 10 miles on the second day. Lynn Young walked the last 10 miles of the second day. The third day and last 10 miles I was on my own.

FAREWELL RAY GRUNDMEYER

For all who do not know him well you surely recognize the work he has done for the club. **Ray Grundmeyer** will be leaving us around January 2006 or so, he will be making his home in Wichita, KS. Please take a moment when you see Ray to thank him for the wonderful job he has done as Membership Chair, Board member & volunteer.

Some of us met Ray at a trail run and out of the blue he became a member of our club, RMRR and a hard core trail runner, running the trails continuously year around. I don't know even remember how it came to be that he took on the position, but he has worked effortlessly on the membership, he not only gets out the newsletter to all of you, but picks it up as well. We are going to miss his quiet way and the fun running companion he has been to us all. Ray took quite a big fall on his first trail run with us, he was a mess, he was wearing white, and he brought all this wonderful fruit to share. Thanks a bunch Ray, go get them in Kansas!

WELCOME NEW CMRA MEMBERS

Jill Zancanelli, Ash M. Davis, Lorraine/Woody Green, Teri Horner, Chuck Jernigan, Catriona Dowling, Mitchell Menezes, Jeannine Moineau, Kathleen Porter, Susan Schulte, Michael Quispe, Mark Weaver and Chris Stone. Welcome back Bill Moyle, Warren Sill, Pat Phillips and Don Hayes.

We welcome new ideas, changes, suggestions, etc. Please call any Board member anytime if you have questions.

CHATFIELD 10-MILER, November 20th, Sunday

Hector Martinez 22 Overall Male Megan Heine 85:03:00 32 Krith Johnson 61:38:00 44 First Ken Lotze 85:13:00 55 Mike Wasson 61:45:00 37 First Bill Faulkner 85:63:00 64 Eric Noikuniana 63:17:00 15 First Bill Faulkner 85:57:00 64 Keith Joston 65:24:00 39 second Sciento 38 Michael Quispe 68:52:00 39 second Melissa Johnson 88:18:00 37 Jaulo Bonilla 72:20:00 49 First George Huner 88:32:00 20 Jeff Young 72:42:00 49 First George Huner 88:32:00 52 Mart Ryan 73:13:00 15 fourth Valerie Zason 92:31:00 62 third Jeff Sucay 17 74:40:00 18 First Mellicoclo 93:32:00 41 third Joseph 76:17:00 41 First <th>NAME</th> <th>TIME</th> <th>AGE</th> <th>PLACE in AGE</th> <th colspan="2">NAME TIME AG</th> <th>AGE</th> <th>PLACE in AGE</th>	NAME	TIME	AGE	PLACE in AGE	NAME TIME AG		AGE	PLACE in AGE
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MASTER TIMES	COLORADO MASTER	RS RUNNING CLUB	Page 5				
COLORADO	MEMI	BERSHIP APPL		ASSOCIATION			
For the mutual benefit of runners and racewalkers 35 years and older Monthly events Free to members All ages welcome Runners Male/Female "Masters Divisions" 35-39,40-44,45-49,50-55,60-64,65-69,70-74,(men)75+							
		Racewalkers	5				
Dues: Single member		e and Female d Famil		35.00 per year			
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"CMRA" 8100 E. Union Ave. #R Denver, CO 80237 I would like to p Work a race Even Newsletter Editor Membership Database _	Darticipate in the f nt Director _ Event registration	following club Member Board Member R	operational a of Directors ecruitment				
Racewalking Training Course Measurement Race committee Newsletter: (please select one)							
I will download fro	om the website "www	.comastersrun.o	rg"(dates will be	e-mailed to you)			

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2006 COLORADO MASTERS RUNNING ASSOCIATION SCHEDULE Registration begins 1 hour prior to race time. \$10 for non-members.

PELICAN UPDATE, Connie Arhrnsbrak

9/4 -10K @ **10,000, Rabbit Ears Pass**: Bill Faulkner, 71:41 (2nd); Patricia Emigh, 93:38 (2nd) & Roger Rybicka, 93:39.

9/5 KUVO 5280 meters, **WP:** Jay Trujillo, 22:29; Bill Smithman, 23:31, (1st); The B-Man, 23:56 (1st); Jack Berry, 24:25 (2nd); Scott Mcfarlane, 24:55; Rich Romero, 25:17 (3rd); Tanuya Wilson, 26:17; Mitch Chesbro, 26:45; Ray Grundmeyer, 27:12; Jerry O'Donnell, 27:20; Carmen West, 27:36 (2nd); Tom Alison, 32:30; Penelope, 32:41 (2nd); Kim Shenfeld, 32:46 & Leslie Woods, 35:29.

9/7 – Surf N Turf, Chatfield: Tom Chambers, 42:32 (1st), 15:48 swim & 25:40 **5K** run.

9/9-9/11- MS 50-Mile Challenge Walk, Golden/Littleton/Denver: Rosalia Murch

9/10 – American 1st Bank Fitness 5K, Greenwood Village: Mitch Chesbro, 25:28

Barr Lake Boogie 15K, Brighton: Fernando Herrera-Lopez, 52:28 (1st); Alan Johnson, 1:13; Lightfoot (Deb Acree), 1:17 (1st); Doug Tollin, 1:22 (1st) & Roger Rybicka, 1:28.

Elk Meadow Trail runs, Evergreen: 10K -Fern Oliner, 1:15 (1st) while the **11-miler** saw Adam Adamowski, 1:27 (1st); Robert Kanieski, 1:52 (1st); Jim Bosik, 2:06; Gale Meuret, 2:06 & Kool Shades, 2:26 (1st).

9/11 – Day to Remember 5K, Aurora: Connie Arhrnsbrak. 24:02 (1st); Mitch Chesbro, 24:24 (2nd) & Dave Banko, 31:43.

Neil Horton, Preque Isle Marathon, Erie, PA, 6:28, plus the B-Man @ Teva EverGold 10K, Vail, 1:03:42 (1st).

El Grito 5K, Buckhorn Xchange @ **Osage**: Bob Cooper, 19:16 (1^{st}); Scott McFarlane, 22:07 (1^{st}); Jack Barry, 22:12 (1^{st}); John Miranda, 24:17 (3^{rd}); Pitts O'Donnell, 24:44; Penelope, 27:04 (1^{st}); Earl Beam, 27:55; Lee Bengston, 28:20: Rick Vorhees, 28:41; Kim Shenfeld, 40:03 & Leslie Woods, 40:33.

Pueblo City Park 5K: Bob Gasson, 24:54 (1st). **Neder-Nederland 10K**: Bruce Brandt, 58:05 (5th). **Flying Horse Fling 5miler, Castle Rock**: Lou & Jan Huie, 35:41/43:59 respectively (1st & 1st)

9/17 – Ken Simons, 23:44 (1st) @ Beaverdale 5K, Des Moines, IA. Also,

Terry McFarlane @ Heartbreak Hill Half, Camp Pendleton, CA: 2:35, plus Sombrero Roundup 4.45, Estes Park, Bob Caillouette, 43:08 (1st).

Robert's 5K Run, Monument Valley Park, CS: Jan Huie, 27:19 (1st), and lastly, **Race for Resource 5K, Conifer**: Mary Boschen, 25:24 (2nd).

9/18- Indian Summer, Boulder Rez: Paul Welschinger ran the 10K, 42:52, (2nd) & Race Man (Mitch Chesbro), 25:14 -5K.

Golden Leaf Half, Aspen: Michael Quispe, 1:51 & Melissa Johnson, 2:32.

Farmer's 5000, Wheatridge: Ray Blum, 19:49 (1^{st}); Judy Chamberlin, 20:53 (2^{nd}); Speedy Bill Smitham, 21:50 (1^{st}); Polly Zimmerman, 24:32; Kathy Klesmit, 25:34; Pat Phillips, 29:50 (3^{rd}); Karen Conway, 30:46; Tom Alison, 32:01 & Nona Chamberlin, 33:27 (1^{st}).

Governor's Cup: 5K – Lex Kamstra, 20:47; Doug Tollin, 24:17 (3^{rd}); Pitts O'Donnell, 26:12; Sir Fred Trentaz, 27:07; Steadfast Earl Beam, 28:06; Penelope, 30:45; Jim Peterson, 30:55; Levi Gonzales, 38:16 (2^{nd}); Kim Shenfeld, 42:32 & Leslie Woods, 42:48. **10K** – The B-Man, 45:32 (2^{nd}); Jack Barry, 46:35 (3rd); Rich Romero, 46:42; Tall Red (Ed Youngberg), 51:32; Bruce Brandt, 55:11; Bob Fancher, 55:14; Joseph Baird, 58:48 & Dave Banko, 1:08.

9/24 – Cub Creek Crossover, Evergreen: George Huner, 1:13; Ken Simons, 1:14 (1^{st}); Roger Rybicka, 1:21; Kathy Klesmit,1:29 & Bruce Brandt, 1:31. Also, **Our Great Race 5K, CS** saw the Huies': Jonathan, 17:01 (**OA**); Lou, 21:09 (1^{st}) & Jan, 25:55 (1^{st}).

9/25- Lead King Loop 25K, Marble: The Oak, 3:52 & Tall Red (Ed Youngberg) 4:11.

Boulder Backroads Marathon saw Dick Grauer, 4:56 (3rd). **Half**-The B-Man, 1:42 (1st); Julie Thenell, 2:06; Jim Peterson, 2:08; Steadfast Earl Beam, 2:19; Lee Bengston, 2:20; Alice Bedard-Vorhees, 2:24; Vici Dehaan, 2:28 & Howard/Gracelee Palmer, 3:24 (1st & 1st).

10/1 – The Bristol, NH Marathon, 6:45. Small field of 200, beautiful course around a lake plus two hills.

10/2 -Race for Cure 5K, Pepsi Center: Ismeralda Martinez, 21:43; Kent Enwright, 22:23; Jack Barry, 23:03; The B-Man, 23:04; Connie Ahrnsbrak, 24:11; Pitts O'Donnell, 26:40; Steadfast Earl Beam, 29:52; Penelope, 30:57; Karen Conway, 31:32 & Leslie Woods, 42:50. Also **St. Mary's 5K, Greeley**: J Gutierrez, 25:58 (3rd) & Laura McCoy, 38:00 (1st RW).

10/8-Silent Memorial Trail -10 Miles, Laramie, WY: Karen Voss, 1:29 (2nd/3rd OA); Gary Black, The B-Man, 1:35 (1st); Jeff O'Reilly, 1:42; Connie Ahrnsbrak, 1:54 (1st) & Dave Black, 2:40. *A beautiful trail from start to finish!* **Deca Dash, Pueblo West** saw Lou Huie, 21:33 (1st); Bob Gasson, 23:20 (2nd) & Jan Huie, 25:59 (1st/OA).

10/9-Credit Harvest 5K, Broomfield: Slimfast (Bruce Kirschner, 21:21 (3rd); Bob Fancher, 27:29 (3rd); J Gutierrez, 27:31; Pitts O'Donnell, 27:47; Lee Bengston, 29:39; Earl Beam, 29:49; Laura McCoy, 41:26; Kim Shenfeld, 41:52; Penelope, 41:54 & Leslie Woods, 43:16.

Relentless Dave Black the **Boston Half Marathon**, 2:31:41.

10/22 –Breakers Marathon, Newport, RI: Walking Man, 6:35. Presented by the 50 States Club, Neil is a member.

10/23- The Other Half, Moab: The Oak (Ross Westley), 1:44 (1st); Connie Ahrnsbrak, 1:53 (1st); Joe Baird, 2:10 & Rosalia Murch, 2:48 (RW). **Girl Scout 5K, WP** saw Steadfast Earl Beam, 28:32, Carly Frick & grandmother Olga Hnizdil, 40:24, Leslie Woods, 43:50.

Duke City Half, Albuquerque, NM: Lou Huie, 1:35 (2nd) & Rich Romero, 1:48 (1st). Jan Huie -5K, 25:22 (2nd).

10/28-Scream Scram 5K, WP saw Keith Johnson, 17:24; Michael Quispe, 19:15; Jeff Young, 20:39; Polly Zimmrman, 24:26 & Steadfast Earl Beam, 30:10.

10/29 – Eerie Erie: Jay Trujillo, 44:43; Pitts O'Donnell, 55:45 & Vici Dehaan, 1:02 (1st) -**10K**, while Jim Peterson, 25:57 (2nd); Don Robinson, 29:01 (1st); Kim Shenfeld, 39:04 & Leslie Woods, 41:48- **5K**. Also, **Manitou Springs Mayors 5K**: Lou & Jan Huie, 22:16/26:27 (1st). Plus **Pumpkin Dash 5K, Ritchie Center**: Earl Beam, 30:02.

10/30- Goblin Valley Ultra 50K, Green River, UT: Jeff O'Reilly, 6:03 & Relentless Dave Black, 8:01. Also, Halloween Hustle, WP saw Mitch Chesbro, 24:30; Earl Beam, 29:26 & Leslie Woods, 41:15.

Shop at our sponsor

Great Havest Bread 7745 Wadsworth Blvd 303-420-0500 Shop at our sponsor

 Runners Rost

 1685 S. Colorado Blvd
 303 759-8455

 Parker & Arapahoe
 303 766-3411

CMRA ANNUAL Banquet and MEETING

Friday, January 20th, 6:30 PM!

Cash bar starts at 6:30 with a pasta buffet at 7 PM

DIRECTIONS: CHRISTIES OF Genesee, 25928 Genesee Trail Road. Take I-70 west to the Genesee exit. Across from

the Chart House. We will have a presentation by Jim Romero and Jerry O'Donnell on their marathon adventure in Africa and the mighty Mt.Kilimanjaro.

In addition, the election of new officers and Board will take place!

CLEAR CREEK 4-MILER Saturday, December 10, 9AM PROSPECT PARK, ARVADA

Go south on Kíplíng from I-70. West On 44th Ave: then left ínto the park:

www.comastersrun.org

Please call Vící Dehaan to volunteer:303-494-1782 or the above website for additional information.

<u>NOTE</u>: This is our **pancake breakfast run**, come support the Club or come and help the cooking Crew. Lake Arbor 5K January 7, 2006, 9AM

Take I-70 to Wadsworth. go North past 80th to the light At Pomona Drive. Go east On Pomona and continue Until you see the lake. Park On the east side, race starts On the east side.

Please call Ken Randall to Volunteer 303-422-3745 or Vísít our websíte for addítíonal Informatíon:

www.comastersrun.org

CMRA SLATE OF NOMINEES FOR 2006 BOARD/OFFICERS:

Melissa Johnson Christine Vanoni Michael Vanoni Rob Fisher Scott Mcfarlane Tom Alison Ken Randall Richard Romero Todd Dunning Rosalie Murch Kim Massey Joe Baird Co-editor is still needed

Julie Kimpel will be appointed Co-editor for 2006, thank you Julie and welcome to the Board!

The 40 Furlongs 5-Míler

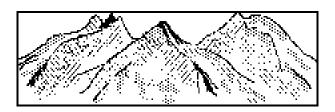
February 11, SAT @ 9 AM

Contact Lee Bengston to volunteer 303-367-1124 or above website.

Go west on Bowles from Santa Fe Drive to the dome at S. Suburban Golf & Tennis Club. Park on the East side of the "bubble" at South Platte river.

> Nice dirt path to run On this year.

Why do you suppose they put an expiration date on sour cream?



SPRING SPREE 10K

March 18, SAT, 9 AM

TWIN LAKES PARK

Take I-25 to Boulder Turnpike (west) Exit @ Pecos & get back on the Turnpike Going east (you can't exit @ Broadway Going west). Exit @ Broadway and go South, then turn west onto 70th ave. The park is on your left hand side.

Contact:

Tom Alison-791-6166 or Rich Romero-303-751-4284

2005 OFFICERS

President: Rob Fisher Home: 303-738-0115 Fax: Vice President: Vici Dehaan 303-494-1782 Secretary: Kim Massey 303-765-5512 Treasurer: Tom Alison 303-791-6166 Membership Chair: Ray Grundmeyer 303 526-5156 Quartermaster: Joe Sanchez 720-962-6642 Co-Editors:

<u>Connie Ahrnsbrak</u> (*March, July, November Issues*) Phone: 303-985-1168 Email: cahrnsbrak@yahoo.com 10190 W Jewell Ave Unit B Lakewood CO 80232-6244

<u>Ken Randall</u> (*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

Levi Gonzales, Rob Fisher, Vici DeHaan, Ray Grunmeyer, Scott McFarlane, Connie Ahrnsbrak, Todd Dunning, Joe Baird, Kim Massey, Ken Randall, Tom Alison

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.

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

		www.comastersrun.org						
Jan	07 Sat	9 AM	Lake Arbor	Lake Arbor 5K	Ken Randall	303-422-3745		
Feb	11 Sat	9 AM	S.Suburban Tennis Ctr.	40 Furlongs 5-mile	Lee Bengston	303-367-1124		
Mar	18 Sat	9 AM	Twin Lakes Park	Spring Spree 10K	Tom Alison/	303-791-6166		
					Rich Romero	303-751-4284		
Apr	08 Sat	9 AM	Stapleton	Sand Creek 5-mile	Rob Fisher	303-363-2377		
May	13 Sat	9 AM	Writers' Vista	Memorial Run 10K*	Rosalia Murch	303-693-2278		
June	10 Sat	8 AM	TBA	TBA	TBA			
July	16 Sun	7:30 AM	Christies @ Genesse	Mountain Madness 12K*	Jim Romero	303-794-2952		
Aug	16 Wed	6:30 PM	Fairmont Park, Golden	Fairmont 5K Trail	Pat Phillips	303-238-4405		
Aug	28 Sun	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail 10K	Wayne Mathis	303-979-9592		
Sept	17 Sun	9 AM	Barr Lake State Park	Barr Lake 15K	Dave Black	303-781-1738		
Oct	15 Sun	9 AM	Randy's Ranch, Louisville	Coal Creek XC Challenge 5.5	Bruce Kirschner	303-666-0864		
Nov	18 Sat	9 AM	TBA	10-Miler*	Kim Massey	303-765-5512		
					Scott Mcfarlane	303-904-4542		
Dec	09 Sat	9 AM	Prospect Park Wheatridge	Clear Creek 4-Miler**	Vici Dehaan	303-494-1782		
**	** PANCAKE BREAKFAST							

* 5K FOR RACEWALKERS

*** 5 MILES FOR RACEWALKERS

CMRA 8100 E. Union Ave. #R1601 Denver, CO 80237

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