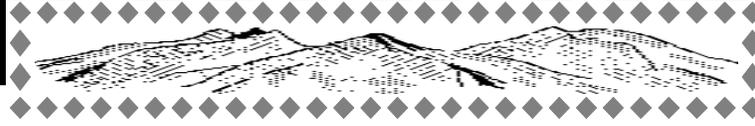


MASTER TIMES



Sep/Oct 2007

Volume 39 Issue 5

PRESIDENT'S CORNER

By Ken Simons

CONGRATULATIONS, ADAM!

Many of you know Adam Feerst as the director of trail races and trail clinics in the area, as well as the organizer of the Denver Trail Runners. He has announced that he and his wife are expecting a baby daughter in late January.

FOURTH SEGMENT, COLORADO TRAIL

The day started by arising a little before 4 a.m. I picked up Ken Randall around 5 a.m. and drove to Evergreen to meet Ed Youngberg. Ed graciously offered to be our driver. The road trip went up Highway 285 to the edge of Bailey, then south on Park County Road 68, continuing on dirt roads for approximately 8 miles to a small parking area.

Before Ed left us there around 7:20, I told him that I would be humming the tune "They never returned, they never returned, and their fate is still unlearned." Fortunately, at least for Ken R. and me, this didn't happen. We were well prepared as far as hydration, both of us carrying a camelback full of water, as well as bottles of liquid in our belt-packs.

Our journey began at 8,280 feet of elevation and gained around 300 feet of elevation in the first mile, which didn't seem too bad. The trail was also fairly easy to run at first, being relatively free of rocks. Soon this began to change, with very steep ascents and many rocks, making footing more difficult and slowing our speed considerably. There were a few stream crossings, some a little difficult, and some marshy areas to traverse. It was interesting to see long strings of moss hanging from trees in certain areas of the trail. The temperature was comfortable, being so much cooler in a wooded area at this elevation than it was along the Front Range at this time. This ascent topped out at mile 6.7, the elevation being 10,650 feet.

The terrain then became more rolling, dropping in elevation temporarily. On this downward stretch, while on an old logging road, we met a couple riding horses. They were the only people not in our party that we met on the trail. At mile 8, we entered a valley, which was a marshy area, and the elevation had dropped to 10,310 feet. Now without the protection of the trees, the temperature seemed much higher. At mile 8.7, we saw a couple of campsites on the other side of a nearby stream. A man was washing his dishes in the stream. We stopped to talk with him and he took a picture of us with Ken R's camera. Apparently there is a rough 4-wheel drive road leading to the campsite, which two vehicles had negotiated.

Around a mile later, we met Ed on the trail, he having started from the other end of the segment. The trail was beginning to climb in elevation again, and there were a few muddy areas to walk around and through. The highest point was a little under 11,000 feet, after which we descended over a series of switchbacks to the parking lot at 10,105 feet.

Once over the hill, you pick up speed!

This was the longest segment (16.6 miles) that we have run and definitely the most difficult. We had spent almost 5 ½ hours on the trail. Ed's distance was not trivial either; he had run almost 13 miles in addition to driving from the start to the finish.

CARMEL, CALIFORNIA

My wife and I spent 5 days in the Carmel area in late July and early August. It was generally cool and cloudy, which was a welcome change from the hot days here.

Each morning, I ran on the beach for between a half-hour and an hour, then the first few blocks uphill toward the motel where there was dirt on the side. One of the highlights was Point Lobos, where hiking trails along the coast led to points with spectacular views of the waves crashing against rock formations.

2007 HIGH SCHOOL RUNNER INITIATIVE

The CMRA is a proud sponsor of the Colorado High School Runner Initiative. The Initiative will enable any Colorado high school track or cross country team member between the ages of 14 and 18 years to participate in any and all CMRA race events from October through December 2007 for only \$5. Up to 12 runners from each high school will be allowed to participate in each individual CMRA event and be eligible for high school age group awards in both male and female categories.

The purpose of the Initiative is three-fold:

- to encourage participating high school runners to run and stay fit all year round;
- to provide opportunities for high school runners to compete against runners from other high schools in organized events outside the regular season and throughout the year at low cost;
- to allow CMRA members to fulfill a stewardship role in the wider community and serve as role models for engaging in lifelong running and physical fitness.

Interested students need only complete and submit a registration/waiver form with the \$5 fee at their first CMRA event. This form, which requires signatory approval from the student's parent or guardian, is available as a PDF file for download on the CMRA website, comastersrun.org.

Based on actual experience with the Initiative in 2007, the CMRA hopes to offer it again for the entire calendar year 2008.

For more information about the Initiative, contact Bruce Kirschner, CMRA Board Member and program point-of-contact, at bhkirsch@comcast.net or 303-666-0864.

A BRIGHT AUTUMN COLOR By Dan Shaw

Like many adult runners, I would love to pass my love of running to my kids. And also like many others, I have experienced limited success in my efforts to develop their interest. I'm not sure why kids don't take more easily to the sport. I think the gene for running may be recessive. At any rate, my kids have now become teenagers, and not one of them has joined a track or cross country team. I've accepted that they'll join me for fun runs on occasion, such as for the Thanksgiving Day Mile High Turkey Trot, but that's about it.

Once over the hill, you pick up speed!

Earlier this year, I signed up my family to run the Bolder Boulder for the first time. My wife and the other three kids agreed to participate if they didn't have to actually train, but my oldest son, nineteen year old Joey, surprisingly seemed inspired by the challenge. Seeing his budding enthusiasm, I offered to join him on Tuesday evenings for the Nike Running Club runs from Niketown in downtown Denver. I'd run with the club before. It's friendly, casual, and – importantly – they give away free stuff!

A few weeks into this rudimentary training program, Joey told me during one of these Niketown runs, "I kind of like running now." Not wanting to reveal my true feelings and possibly nip the bud, I contained my enthusiasm. "Cool," I replied, but inside I was screaming, "Yes!"

I need not have worried; Joey was committed. He even brought along a friend once or twice. While I was steadily racking up 50 mile weeks, Joey didn't run much the rest of the week, but he was a regular on Tuesdays. And I had a blast, finally realizing the opportunity to run with my kid. We ran easy miles and talked a lot. Talking is good. We talked about running technique. I'd throw in some coaching pointers. We discussed future races and cars and jobs and school and even girls. Joey likes to tell stories about his experiences and friends. He's a good story teller.

After a couple months of this light training, Joey completed the Bolder Boulder in under 60 minutes. I was proud, and Joey was absolutely thrilled with his accomplishment. And he kept on running. We soon added a second weekly run together, doing speedwork on Wednesday evenings with the Rocky Mountain Road Runners, and occasionally Thursday evening runs with Adam Feerst's Denver Trail Runners.

Joey has continued running through the summer. In mid-September on a beautiful late summer day, we ran Buena Vista's Autumn Color Run, Joey's first half marathon. He finished in under 2 hours, placing 2nd in his age group. And let me tell you, the yellows of the aspen on that sunny Colorado morning seemed very bright indeed!

FAIRMOUNT PARK 5K TRAIL RUN

August 15, 2007

By Pat Phillips

It was a dark and stormy...never mind, that's been done. It was a beautiful day when I marked the course about 3:00pm. It had rained earlier to cool things off as I had planned, but as race time approached another storm with a fair amount of lightning arrived, that wasn't part of the plan. Fortunately a gaggle of mostly-patient runners waited for the storm to pass, and we finally got the race underway about twenty minutes late.

Many thanks to the volunteers who waited out the rain and made the race a success. Kathy Klesmitt and Jim Price took care of the water stop and Bill Smitham worked the turnaround. All of them got a little wet and their services were much appreciated. Connie Ahrnsbrak and Rosalia Murch did their normal expert job with registration. Also noteworthy was the efficiency of our crack finish line crew. Tom Alison, Joe Baird, Joe Sanchez (quartermaster), Mike Vanoni, and myself took care of the timing and scoring. Thanks to their expertise, we had the finish results ready before some of the runners returned to the registration area and we cleared the area before dark.

As usual for this race we were joined by a number of North High School runners and alumni and their coach, Jeff Young. The high schoolers ran unofficially, beginning 2 minutes after the official start. Not surprisingly, Hector and Esmeralda Martinez took first overall for both genders with times of 18:12 and 19:52 respectively. Esmeralda was 6th overall. Hector ran slower than normal, since he was recovering from a 5th place at Georgetown, and tapering (?) for the Leadville 100 the following weekend. He is the youngest finisher ever at Leadville.

Once over the hill, you pick up speed!

The fastest master was Keith Johnson in 2nd overall at 18:21, followed by Dave O'Sadnick at 18:31. Dave also had a fast time at Georgetown. The fastest lady master was Dense Glenn in 16th place at 22:21.

As usual the door prizes were supplied by Great Harvest Bread Co., and were greatly appreciated. These were supplemented by an entry to the El Grito 5K, donated by Bob Caillouette who had won it at a previous race but will be unable to attend.

Thanks again to all the volunteers. They made it fun to put on the race!

FAIRMOUNT 5K RACE RESULTS

PLACE	NAME	TIME	AGE
1	Hector Martinez	18:12	23
2	Keith Johnson	18:21	46
3	Julio Bonilla	18:27	16
4	Dave O'Sadnick	18:37	51
5	Bob Jones	19:45	46
6	<i>Esmerelda Martinez</i>	19:52	21
7	Matt Poundstone	20:48	27
8	Bob Caillouette	20:57	52
9	Paul Welschinger	21:03	50
10	Gary Black	21:05	21
11	Randy Lynch	21:14	32
12	Dan Shaw	21:22	48
13	Chris Stone	21:55	40
14	Robert Kanieski	21:57	30
15	Jeff Young	22:17	51
16	<i>Denise Glenn</i>	22:21	40
17	Keifer Johnson	22:30	14
18	John Davies	22:59	31
19	David Kelble	23:18	49
20	Harry Dykstra	23:20	58
21	Glenn Bakken	23:21	56
22	Jeff Martin	23:36	66
23	<i>Megan Vanoni</i>	23:50	27
24	Scott McFarlane	24:11	56
25	Ken Randall	24:25	69
26	George Huner	24:27	54

27	Mitch Chesbro	25:09	48
28	Joey Shaw	25:19	19
29	Jim Romero	25:29	67
30	Jeff Duran	25:31	25
31	<i>Polly Zimmerman</i>	25:45	51
32	Rich Martinez	26:09	60
33	Ross Westley	26:11	71
34	Ken Simons	26:37	69
35	Reed Jones	26:53	10
36	<i>Mary Jo Jones</i>	26:55	46
37	Lee Bengston	26:59	69
38	Gale Meuret	27:26	60
39	Ed Youngberg	27:29	64
40	<i>Erin Bosik</i>	27:38	22
41	Roger Rybicka	28:05	59
42	Gabriel Sisneros	28:24	69
43	Bob Ghormley	29:17	68
44	<i>Michelle Kelble</i>	29:24	39
45	<i>Carol Johnson</i>	30:21	53
46	Don Robinson	30:47	75
47	Tom Duran	31:21	59
48	<i>Chris Vanoni</i>	35:03	56
49	<i>Rosalia Murch</i>	35:48	66
50	Joe Black	36:32	9
51	Dave Black	36:38	56

*Editor's note: For age group awards please see the website results page:
http://www.comastersrun.org/Race_Info/2007/Fairmont_Results.html*

Once over the hill, you pick up speed!

ELK MEADOW TRAIL 10K**August 26, 2007****By Wayne Mathis**

The Elk Meadow race is a trail run near Evergreen, Colorado. This course contains similar features to a NASCAR race way. The course has altitude gain with sweeping "S" Turns. The flat part of the course has a fast straightway for fast runners. The course has a cork screw feature in the Meadow View part of the trail along with sharp banked turns. The course tests the agility and speed of all runners.

Congratulations to the Johnson family. They finished first in both the overall male and female divisions. Keith and Kathy Johnson finished early and fast. Keith did not break the course record but placed second in recent records. The course record is 35:09 held by Johnathan Huie.

The club thanks volunteers Connie Ahrnsbrak, Rosalia Murch and Joe Baird. Our special thanks to the Great Harvest Bread Company. Please patronize this club supporter.

Mark your calendar for August of 2008!

ELK MEADOW TRAIL 10K RACE RESULTS

PLACE	NAME	TIME	AGE
1	Keith Johnson	38:40	46
2	Randy Freeman	38:49	49
3	John Victoria	39:06	53
4	Adam Feerst	39:28	47
5	Todd Gangelhoff	40:55	35
6	Dave O'Sadnick	40:57	51
7	Bob Cooper	43:10	59
8	Darren Clifford	44:09	45
9	Philip DiZerega	44:12	37
10	Dan Shaw	45:26	48
11	Brian Cross	47:26	48
12	Josh Gabrielson	47:42	28
13	Paul O'Conner	47:58	24
14	Bruce Dahm	48:43	38
15	Robert Kanieski	48:59	30
16	David Kelble	49:14	49
17	Jim Romero	50:45	67
18	Greg Ayres	50:48	48
19	George Huner	50:51	54
20	Ken Lotze	52:45	56
21	Bill Falkner	53:19	66
22	<i>Kathy Johnson</i>	53:20	46

23	<i>Amy Lease</i>	54:37	53
24	Scott McFarlane	55:00	56
25	Rich Martinez	56:03	60
26	Robert Romero	56:08	61
27	Ken Simons	56:57	69
28	<i>Deborah Acree</i>	57:34	55
29	Kent Mitchell	58:02	66
30	Roger Rybicka	58:05	59
31	Lee Bengston	58:23	70
32	Bill Adler	58:33	50
33	J Gutierrez	58:52	54
34	<i>Constance Ahrnsbrak</i>	58:53	67
35	<i>Patricia Tolleson</i>	59:33	58
36	Joey O'Conner	59:48	32
37	LM Polvani	59:49	46
38	<i>Holly Dahm</i>	60:29	37
39	Ed Youngberg	62:35	64
40	Salamah Souloucy	63:17	42
41	<i>Carol Johnson</i>	64:23	53
42	<i>Anna Thai</i>	64:42	33
43	<i>Holly Romero</i>	65:33	47
44	<i>Rosalia Murch</i>	67:58	66
45	Don Robinson	69:51	75

Once over the hill, you pick up speed!

46	Charlie Schmucker	70:35	61
47	Arian Lorenz	72:33	74
48	Palmer Beam	77:14	63
49	Fay DiZerega	77:45	64
50	Michelle Kelble	81:45	39
51	Tom Duran	85:47	59

52	Dave Black	88:36	56
53	Linda Neale	2:01:13	63
54	Elicitas Duran	2:11:54	71
55	Mark Duran	2:41:32	42

*Editor's note: For age group awards please see the website results page:
http://www.comastersrun.org/Race_Info/2007/Lake_Arbor_Results.html*

BARR LAKE 1/3 MARATHON
September 22, 2007
By Dave Black

The 3rd annual Barr Lake 1/3 marathon was held Saturday morning, September 22, 2007 on a beautiful, warm last day of summer at Barr Lake State Park near Brighton on the high plains of Colorado. There were 68 runners, and hopefully a good time was had by all.

There were some very fast times on this mostly flat and dirt road course that circles the reservoir (and almost tapes itself next to the coal-hauling railroad tracks for a short, straight and possibly exciting stretch). The fastest female was Clarissa Roberts-Sprouse, 35, with a time of 65:15, and the fastest male was Jonathan Huie, 27, in 51:03.

One great thing about our running club is the number of older runners who always turn out. There were 8 of 70 years or older.

Thanks are due our volunteers: Connie Ahrnsbrak, Tom Alison, and Adam Feerst at registration; Gary Black, Joe Black, and Adam Feerst at the water stations; Mike Vanoni, Jim Romero, Ric Robinette, and Joe Sanchez at the finish line; and Joe Sanchez for hauling all the equipment and waiting at the end for it to be brought back. And thanks to Great Harvest Bread for their prize contributions.

Last month club president Ken Simons had an answer for the question "a runner might be a red-neck if..." Another is: "A runner might be a redneck if he thinks it is cool to leave a 4 foot dead bull snake on the race course."

BARR LAKE RACE RESULTS

PLACE	NAME	TIME	AGE
1	Jonathan Huie	00:51:03	27
2	Sascha Kosewski	00:55:48	37
3	Michael Quispe	00:56:43	41
4	Steve Merschel	00:56:55	30
5	Derek Griffiths	00:59:21	32
6	Richard O'Dell	01:02:24	45
7	Dan Shaw	01:02:34	48

8	Bob Cooper	01:02:50	59
9	Joe Kosewski	01:03:21	45
10	C. Roberts-Sprouse	01:05:15	35
11	Peggy Muhn	01:05:31	55
12	Ric Robinette	01:05:50	55
13	Tanya Perry	01:06:05	36
14	Jay Trujillo	01:06:27	49
15	Nick Sterner	01:06:54	45

Once over the hill, you pick up speed!

16	Carlos Vera	01:08:42	50
17	Gene Wassman	01:09:04	43
18	Bruce Dahm	01:09:07	38
19	<i>Jen Merschel</i>	01:09:49	31
20	Mark Ramsey	01:11:08	44
21	The Oak	01:12:01	71
22	Spiderman	01:12:28	56
23	Bob Tafelski	01:12:39	67
24	Bob Caillouette	01:13:03	52
25	Bill Faulkner	01:13:05	66
26	Rich Romero	01:13:45	71
27	Foghorn Leghorn	01:13:52	41
28	Kool Shades	01:14:05	69
29	<i>Kelly Campbell</i>	01:14:29	30
30	<i>Deb Acree</i>	01:15:53	55
31	Tom Chambers	01:16:03	64
32	Kent Mitchell	01:16:27	66
33	Mike Van Norstrom	01:16:43	45
34	Steven Wirclars	01:17:25	40
35	Michael Storms	01:17:30	46
36	Greg Frederick	01:19:05	33
37	<i>Connie Ahrnsbrak</i>	01:19:22	67
38	Lee Bengston	01:20:23	70
39	Mike Jezier	01:20:53	50
40	<i>Taunya Wilson</i>	01:21:13	60
41	Tall Red	01:21:32	64
42	<i>Erin Bosik</i>	01:22:41	22

43	<i>Kristina Schneider</i>	01:23:08	39
44	Gabe Sisneros	01:23:13	69
45	J Gutierrez	01:23:14	54
46	Ken Simons	01:23:56	70
47	<i>Holly Dahm</i>	01:24:28	37
48	<i>Pat Tolleson</i>	01:26:26	58
49	Tom Whitchurd	01:28:01	27
50	Roger Niyers	01:28:26	59
51	<i>Jan Huie</i>	01:28:41	58
52	Gabe Roffe	01:29:18	40
53	<i>Melissa Whitchurd</i>	01:31:25	26
54	<i>Audrey Krebs</i>	01:31:42	50
55	<i>Jody Kamm</i>	01:33:30	35
56	Bruce Stark	01:33:31	37
57	Rich Muldoon	01:33:37	71
58	The Captain	01:35:50	75
59	<i>Sarah Muhn</i>	01:36:36	24
60	<i>Victoria Dehaan</i>	01:37:53	72
61	Tom Duran	01:38:52	59
62	Lou Huie	01:39:07	61
63	Jim Thomas	01:39:15	56
64	Earl Beam	01:41:44	57
65	<i>Lisa Paige</i>	01:47:04	49
66	<i>Chris Vanoni</i>	01:47:10	56
67	Henry Amador	02:00:18	44
68	Bob Bussey	02:03:21	72

*Editor's note: For age group awards, please see the website results page:
http://www.comastersrun.org/Race_Info/2007/Lake_Arbor_Results.html*

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PELICAN UPDATE
By Connie Ahrnsbrak
(Cahrnsbrak@yahoo.com)

6/23- Slacker Half: Michael Quispe, 1:20 (2nd/ OA); Derek Griffiths, 1:31 (3); David Rothenburger, 1:33; Bob Caillouette, 1:37; Rich Romero, 1:48 (1); George Huner, 1:50:49; Ken Randall, 1:50:54 (1); Ross Westley, 1:52 (2) & Victoria Dehaan, 2:40 (1). **4-Mile:** Jay Trujillo, 28:47 (1); Mitch Chesbro, 32:05; Fred Trentaz, 38:23 (2) & Leslie Woods, 55:23 (3).

7/4- Superior Downhill One-mile: Trail Man (Adam Feerst), 4:40 & Michael Quispe, 4:55.

Independence 4-Mile, Palmer Lake: Dave O'Sadnick, 24:07 (1); Rich Hadley, 25:01 (2); Lou Huie, 29:34 (2); Polly Zimmerman, 30:40 (3); Connie Ahrnsbrak, 32:20 (1); Jan Huie, 35:18 (1); Deb Hadley, 40:40; Rosalie Murch, 42:41 (3); Dave Banko, 50:33 & Joan Banko, 1:02.

Scar Top Mountain 12K: Trail Man, 49:30 (2); Chris Voeller, 52:55; Jim Romero, 1:03 (1) & Scott McFarlane, 1:09. **5K-** Eric Ndikumana, 17:17 (OA); Julio Bonilla, 18:16 (2); Michael Quispe, 19:08 (2); Irving Reza, 19:47; Mitch Chesbro, 25:30; Sylvia Martinez, 27:54 (1) & Bruce Brandt, 30:50 (3).

Freedom 5K, Evergreen: Keith Johnson, 17:24 (1); Andrew Adamowski, 17:25 (2); David Rothenburger, 19:54; Chris Adamowski, 20:15 (1); Jay Trujillo, 21:59; Kathy Johnson, 22:58; Mark Ramsey, 23:56; George Huner, 24:04; Taunya Wilson, 25:07 (1) & David Christie, 28:10. **HLR Independence 11K:** Tom Chambers, 51:30 (1).

Liberty 4-Miler, WP: Bob Romero, 31:21 (1); Jack Barry, 32:00 (2); J Gutierrez, 35:45; Bob Ghormley, 36:22; Holly Romero, 36:36; Rocket Voorhees, 37:18 & Laura McCoy, 46:05.

7/7- Leadville Marathon: Hector Martinez, 4:52; Dan Shaw, 5:18; Bob Cooper, 5:21; Jeff Young, 5:43 & Dave Black, 8:54. **Heavy Half 25K:** Joseph Manilafasha, 2:13 (OA); Irving Reza, 2:29:00; Derek Griffiths, 2:29:10; The B-Man, 3:12 (2) & Ed Ewing, 4:18.

7/8- Summer Roundup 12K, CS: Michael Quispe, 53:40 (4th master); Diane Vanderhoven, 1:07 (1); Kent Mitchell, 1:18 (2); Connie Ahrnsbrak, 1:22 (1); Roger Rybicka, 1:25; Ken Green, 1:32 (1) & Don Robinson, 1:33 (2).

Vail Hill Climb 7-Miler: The B-Man, 1:20 (2); Robert Romero, 1:27; Rocket Voorhees, 1:37:09 & Lee Bengston, 1:37:39.

7/13-Don Child Memorial 5-Mile, Gering, NE: Amy Lease, 38:58 (1/4th OA).

7/14- Green Mountain 10K, Evergreen: Ken Simons, 62:54 (1).

7/15- Copper Mountain Half: Dereck Griffiths, 1:33 (2); Dave O'Sadnick, 1:38 (1); Ken Randall, 2:04 (2) & Taunya Wilson, 2:19 (2). **12K-** Connie Ahrnsbrak, 1:13 & Rosalie Murch, 1:37. **High Mountain Institute 50K, Leadville:** Vince Gerber, 6:36

7/21- Grand Lake Buffalo 5K: Glenn Bakken, 24:03

7/22- Rancho Viejo 10K, Santa Fe: Connie Ahrnsbrak, 55:08 (1) & Rosalia Murch, 1:13 (2).

Golden Gate Trail Half: Hector Martinez, 1:49; Irving Reza, 2:02; Jeff Young, 2:05; Alan Johnson, 2:13; Diane Vanderhoven, 2:21; George Greco, 2:27; Spiderman, 2:33; Bob Romero, 2:36; Ken Simons, 2:37; Tom Chambers, 2:44; Roger Rybicka, 2:48; Lee Bengston, 2:51; *Holly Romero, 3:29 & Bill Moyle, 3:32. **Holly & Kathy Klesmitt assisted an injured runner to the finish. Bravo!*

Vail Half: Jim Romero, 2:44:41 (1); Alan Johnson, 2:44:43 & Victoria Dehaan, 4:11 (2). **Miles for Miracles 5K, Invesco:** The Oak, 24:58 (1); J Gutierrez, 27:14 (3); Pitts O'Donnell, 28:40 (3) & Laura McCoy, 41:27.

7/28-Spring Creek Memorial 9-mile trail, Steamboat: Dave O'Sadnick, 1:15 (1); Rich Hadley, 1:21; Lou Huie, 1:32; Roger Rybicka, 1:50; Connie Ahrnsbrak, 1:55 & Jan Huie, 2:22.

Mt. Hood Pacific Coast Trail 50K: Paul Welschinger, (1st/6 OA).

8/4- Indian Peaks 10K Trail: Derek Griffiths, 46:17 (2); Alan Johnson, 58:11; David Kelble, 1:00; The B-Man, 1:02 (1); Spiderman, 1:07; Ken Simons, 1:10 (2); Roger Rybicka, 1:11 & Bruce Brandt, 1:15 (2). **Grandby Gut Buster 5K:** Robert Kanieski, 22:32 & Glenn Bakken, 23:56.

8/5-Evergreen Town 10K: Trail Man (Adam Feerst), 35:19 (1); Michael Quispe, 36:22 (1); Dave O'Sadnick, 37:38 (1); Rich Romero, 48:51 (1); Ed Youngberg, 57:11; Dave Christie, 58:23 & Victoria Dehaan, 1:05 (1). **5K-** Chris Adamowski, 19:33 (1); George Huner, 22:49 (3); Mitch Chesbro, 23:19; Taunya Wilson, 24:49 (1); Pitts O'Donnell, 26:34; Earl Beam, 26:50; Bob Ghormley, 26:54; Kim Shenfeld, 34:15; Penelope, 34:19 & Leslie Woods, 43:05.

Tri for Cure, CCSP: Megan Vanoni, 1:24; Christine Vanoni, 1:47; Terry McFarlane, 1:52 & Jennifer McFarlane.

8/8-Eldorado Springs 4-Mile: Robert Kanieski, 29:03.

8/11-Georgetown Half: Omar Martinez, 1:11 (1); Hector Martinez, 1:12 (2); Jonathan Huie, 1:14 (2); Dave O'Sadnick, 1:26 (2); Rich Hadley, 1:27 (3); David Rothenburger, 1:30; Bob Cooper, 1:31 (3); Dan Shaw, 1:33; Alan Johnson, 1:47; Lou Huie, 1:50; Ross Westley, 1:52 (1); Rich Romero, 1:53 (2); Connie Ahrnsbrak, 1:57 (1); Rich Martinez, 2:01; Lee Bengston, 2:02; Taunya Wilson, 2:04 (3); J Gutierrez, 2:04; Fred Trentaz, 2:07; Earl Beam, 2:27; Deb Hadley, 2:28; Victoria Dehaan, 2:38 (3) & Rosalia Murch, 2:46. **Rat Race 5K, Ault:** Roger Rybicka, 25:57 (2).

8/12- Lookout Mtn. Trail 4.5: Michael Quispe, 41:42; Derek Griffiths, 43:43; David Kelble, 51:41; 10-year old Jacques Moreau, 56:00 & *Tom Chambers, 58:29 (1). **Tom Chambers is a Sportiva Trail age series winner!*

10K Berry Picker, Vail: The B-Man, 1:36 (1). **Leadville Trail 10K:** The B-Man, 57:51 & Bruce Brandt, 1:10.

Railroad 5K Run, Strasburg: Robert Kanieski, 20:41 (3) & Mitch Chesbro, 23:50 (2).

8/13- Idiot's Hill 9.5 Trail, Kremmling: Glenn Bakken, 1:34.

8/18- Pikes Peak Ascent: Andrew Adamoski, 2:43 (3); Michael Quispe, 3:03; Bob Cooper, 3:12 (2); Diane Vanderhoven, 3:55; The B-Man, 4:04; Kent Mitchell, 4:18 & Kenneth Green, 6:12.

8/19- Pikes Peak marathon: Victoria Dehaan, 9:48 (1). **Triple Crown age series winners:** Michael Quispe, 5:01 (4th master); Diane Vanderhoven, 6:22 (1); Kent Mitchell, 7:16 (1) & Kenneth Green, 9:36 (1).

Leadville 100- Eric Binder, 21:05 (2), Tania Pacev, 24:40 (4th) & Vince Gerber, 28:34. **Fans on the Field 10K, Invesco:** Sir Fred Trentaz, 1:01.

Alfred Packer 10K, Lee Gulch: The Oak (Ross Westley), 53:41 (3/OA). **5K-** Robert Romero, 24:38 (1); Kim Shenfeld, 39:58 & Leslie Woods, 44:31.

8/25- Arkansas Riverwalk 8K Prediction, Canon City: Jonathan Huie, 26:22 & Lou Huie, 36:44.

8/26- Tiger Prowl 5K, Lakewood: David Rothenburger, 18:54 (2/OA); Strider (Tom Chambers), 23:11 (1); The Oak, 23:18 (1) & Sir Fred Trentaz, 27:09 (2).

COAL CREEK CROSS COUNTRY CHALLENGE

5.72 Miles

The best cross country race in the region!

Sunday, October 14 at 9:00 a.m. - Louisville Community Park, Louisville, CO

This is a CMRA race you don't want to miss! A true cross country race with dirt trails, farmer's fields, ditches, hills, and even a stream crossing. Full of Surprises!

From Denver, take the Boulder Turnpike (Highway 36) northwest toward Boulder. Take the second exit after Broomfield, making a right turn onto Storage Tech Drive, heading north. Continue north to the 2nd traffic light, where you will turn left onto South 96th Street. Continue north, through the traffic light on Dillon Road. About a half mile past Dillon Road, turn left onto County Road, just before the crossing the railroad tracks. After coming down a short steep hill, make your first left turn onto Bella Vista Drive, then a quick right turn into the park.

From Boulder, go east on South Boulder Road to Main Street in Louisville. Turn right and head south about 1 mile to the 4-way stop at Pine Street. (The Blue Parrot Restaurant is on the SE corner). Make a left onto Pine Street and a quick right onto Front Street. Continue south about 1/4 mile and make a right turn into the Louisville Community Park.

For additional race information or to volunteer call Bruce Kirschner at 303-666-0864.

A word to the wise: bring an extra pair of shoes or sandals for afterwards.

Once over the hill, you pick up speed!

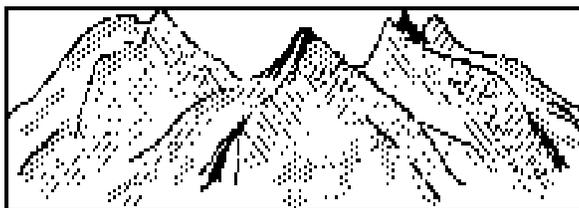
CHATFIELD 10 MILER

Saturday, November 10 at 9 a.m. - Gravel Pond, Chatfield Lake State Recreation Area

This delightful, mostly flat trail run consists of about half dirt road across open terrain and half single track trails much of which is wooded, along the South Platte River south of Chatfield Reservoir.

Take C470 to the Wadsworth interchange. Go south to the main entrance to Chatfield State Park. The CMRA will be paying entrance fees, so let the attendant know you are there for the CMRA race. After entering, turn right and follow the main road past the bend until just before the bridge. Park in the lot to the north of the road.

For more information or to volunteer call Kim Massey at 303-765-5512 or Scott McFarlane at 303-904-4542.



COLORADO MASTERS RUNNING / RACEWALKING ASSOCIATION

www.comastersrun.org

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.

2007 OFFICERS & BOARD OF DIRECTORS

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(January-February; May-June; September-October issues)
4417 Dearborn Street, Denver, CO 80239

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 the co-editors listed above.

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

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION
2008 MEMBERSHIP APPLICATION
(OCTOBER 2007 THROUGH DECEMBER 2008)**

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: 35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74, & 75+
Racewalkers Male and Female divisions

Dues: Single member **\$25.00 per year** Family (household) **\$35.00 per year**
(Add **\$5.00** if opting below for newsletters by snail mail)

Runner (_____) Racewalker (_____) Wheelchair (_____)

NAME: _____ SEX: M _____ F _____

ADDRESS: _____ BIRTHDATE: _____

CITY: _____ ST: _____ ZIPCODE+4: _____

HOME PHONE: _____ WORK PHONE: _____

E-MAIL: _____

FAMILY MEMBERSHIP: (please list only members from immediate household)

Name: _____ Sex: _____ Birthdate: _____

Mail completed form with check payable to:

**CMRA
8100 E. Union Ave. Unit 1601
Denver, CO 80237**

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

Work a race	<input type="checkbox"/>	Event Director	<input type="checkbox"/>	Member Board of Directors	<input type="checkbox"/>
Newsletter Editor	<input type="checkbox"/>	Event registration	<input type="checkbox"/>	Member Recruitment	<input type="checkbox"/>
Membership Database	<input type="checkbox"/>	Quartermaster Corps	<input type="checkbox"/>	Coaching	<input type="checkbox"/>
Racewalking Training	<input type="checkbox"/>	Course Measurement	<input type="checkbox"/>	Race committee	<input type="checkbox"/>

Newsletter: (please select one)

_____ I will download from the website "www.comastersrun.org." (Dates will be emailed to you.)

_____ Please send it snail mail (for an additional \$5.00 per year)

Revised 09/21/07

Once over the hill, you pick up speed!

2007 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

Date	Day	Time	Location	Name	Director(s)	Telephone
Jan 20	Sat	9:00 AM	Lake Arbor	Lake Arbor 5K	Ken Randall	303-422-3745
Feb 10	Sat	9:00 AM	S. Suburban Tennis Ctr	40 Furlongs (5M)	Rich Voorhees	
Mar 10	Sat	9:00 AM	Twin Lakes Park	Spring Spree 10K	Tom Alison Rich Romero	303-791-6166 303-751-4284
Apr 7	Sat	9:00 AM	Stapleton	Sand Creek 5 Miler	Rob Fisher Dan Shaw	303-738-0115 720-480-2370
May 12	Sat	4:00 PM	Writer's Vista Park	Memorial Run 5K and Potluck	Rosalie Murch Connie Ahrnsbrak	303-693-2278 303-985-1168
Jun 9	Sat	8:00 AM	South Valley Park	South Valley 10K	Paul Madden Jason Myers	303-868-7248 720-936-7860
Jul 15	Sun	7:30 AM	Christies @ Genesee	Mountain Madness 12K (5K for racewalkers)	Jim Romero Jerry O'Donnell	303-794-2952
Aug 15	Wed	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail	Pat Phillips	303-279-4305
Aug 26	Sun	8:00 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race (~9K)	Wayne Mathis	303-979-9592
Sep 22	Sat	9:00 AM	Barr Lake State Park	Barr Lake 1/3 Marathon	Dave Black	303-781-1738
Oct 14	Sun	9:00 AM	Louisville	Coal Creek XC Challenge 5.72 Mi	Bruce Kirschner Randy Luallin	303-666-0864
Nov 10	Sat	9:00 AM	Chatfield Lake State Park	Chatfield 10 Miler (5 miles for racewalkers)	Kim Massey Scott McFarlane	303-765-5572 303-904-4542
Dec 8	Sat	9:00 AM	Prospect Park, Wheat Ridge	Clear Creek 4-Miler and Pancake Breakfast	Vici DeHaan	303-494-1782

CMRA
8100 E UNION AVE UNIT 1601
DENVER, CO 80237

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