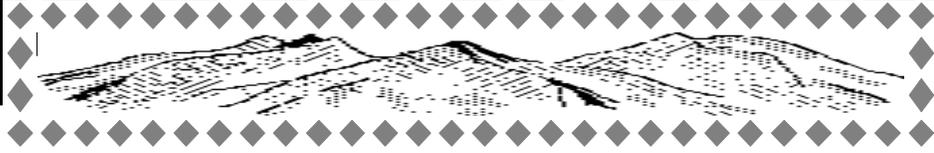


# MASTER TIMES



November/December 2010

Volume 42 Issue 6

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## PRESIDENT'S CORNER

By Dan Shaw

### ANNUAL MEETING

The annual meeting for the Colorado Masters Running and Racewalking Association will occur the evening of Saturday, January 22, 2011. All club members are welcome to join in the meeting to welcome in the new year and elect the new board membership. This year the club has found a new meeting location more centrally located in the Denver metro area, the Fox Hollow Golf Club in Lakewood, at 13410 Morrison Road. The entrance is on the south side of Morrison Road about ½ mile west of Kipling Parkway.

The cost of the dinner remains \$20 per person. The meeting will begin at 6:30 p.m. with a cash bar. Dinner will be served at 7:00 p.m., followed by a short (20 minutes - I promise!) talk by special guest Melody Fairchild. You may remember her as a phenomenal Colorado high school runner from the early 90's. Regarded as perhaps the best female high school runner ever, Melody still holds the FootLocker National high school cross country course record.

A board meeting of the newly elected CMRA board will follow.

### COMING ATTRACTIONS

The 2011 schedule has been finalized. It is included in the back of this newsletter. Although we are hopeful no last minute changes will be needed to the information in the schedule, please be aware of what transpired this past year and remember dates and locations are subject to change. If schedule changes are needed, notification will be broadcast to CMRA members via email. Please be sure to provide a current email address when you renew your membership. And just in case, it's always a good idea to check the CMRA website ([www.comastersrun.org](http://www.comastersrun.org)) to confirm dates and locations prior to the event.

### JOINT CALENDAR

In a new promotion for 2011, the club has arranged with the Rocky Mountain Road Runners to produce a joint calendar, highlighting the race schedules for both clubs. The calendar will be available to new, active and renewing members at upcoming CMRA races.

Visit us on the web at [www.comastersrun.org](http://www.comastersrun.org)

## UPDATED MEMBER INFORMATION

I was reminded at the most recent board meeting that my work phone number in our member database is a couple of years out of date. Don't be like me! Please take a minute to notify us when your personal information changes. The easiest way to notify the club of changes is to complete an application form and turn it in with your annual dues. Applications can be printed off the website and are also available at the registration table at our races. As a reminder, club memberships are annual, following the calendar year and renewing on the first of January. You can mail a check (please remember to include an updated application form each time!) or simply renew at the registration table at any CMRA race. Continuing a club tradition, new members who join the club in November or December get to race through the following year. That means, if you join in November 2010, your membership will not expire until December 31, 2011!

## UPDATED RACE DIRECTOR GUIDELINES

Race directors, please visit the website for updated Race Director Guidelines, complete with step-by-step procedures to keep your event on track and phone numbers and email addresses for contacts you will need to organize your event. In addition, Rosalia Murch has agreed to serve as race director coordinator. In this role, she will be contacting race directors prior to their event to ensure preparations are complete and provide advice if needed. Thanks, Rosalia!

## QUARTERMASTER CHANGE

Following the retirement of Joe Sanchez, Mike Vanoni has offered to serve the club as quartermaster. In this role he will work to maintain the club's clocks and timing equipment in good working order and assist in keeping track of this equipment. Joe Baird has taken over from Joe Sanchez in storing the race equipment between races. Thanks, Mike and Joe, and especially, thank you Joe Sanchez for more than 15 years of dedicated and selfless service to your club.

## Race Results

### **Coal Creek Cross Country Challenge 2010**

By Bruce Kirschner

The eleventh anniversary Coal Creek X-C Challenge on October 10 (that's right, 10/10/10) attracted 108 participants despite temperatures in the 40s and overcast skies. But once again it was perfect conditions for true cross country running.

Tommy Manning, last year's overall winner from Colorado Springs, led the field with a 31:55 finish. Fleet Feet's James Johnson finished second place in 32:24. Nick Cady was third place finisher in 33:40.

In the women's field, Rachel Gioscia-Ryan was first woman finisher in 35:00. Sara Tarkington finished second. Amanda Scott was third woman overall in 36:54.

Once you are over the hill, you pick up speed

A hearty thanks to all the volunteers who really made this event possible. Rosalia Murch, Connie Ahrnsbrak, Amy Lease, and Scott McFarlane did a fine job with registration. Cameron Menezes served in fine form as the pace biker. Joe Baird, Amy Lease, Janet Lowe, Ken Simons, and Dave Swanson, handily managed the 2-chute finish line. Jim Price served in his legacy role as finish line timer extraordinaire. Tom Chambers took good care of scoring duties and the racewalker turnaround. Tom Navarro made his San Luis hay bales available with Dave Swanson and Gale Meuret transporting them to the race site. Gale also provided timing splits at the 1 mile point and marshaled the ditch at the top of the steep hill. Rich Fitzpatrick served as hill swath marshal. Rob Cassady was Empire Road crossing flagger. Alfie Pena was Coal Creek crossing monitor, and Pete Wolfe the barbed wire fence crossing guard. Keely and Mitch Menezes managed the water stop at the turnaround point. Brent and Theresa Jockers appeared, respectively, as pre-Halloween gorilla and witch, to confound everyone. Amy Lease handled all the post-race refreshments.

Also a hearty thanks to our commercial race sponsors and prize drawing donors: Doug Christie at Boulder Beer for providing the pony keg for participants and donating a case of beer each for the top male and female finishers; Lily Johnson of Boulder's Fleet Feet Sports for gift bags; Runner's Roost Louisville for goody bags; Garrett McCarthy of the Old Louisville Inn for free half pint coupons and a gratis dinner; the Arvada Great Harvest Bakery for all the baked goods and the Blue Parrot Restaurant for two \$15 gift certificates.

## October 10, 2010 Race Results

| COAL CREEK XC CHALLENGE |                            |       |     |
|-------------------------|----------------------------|-------|-----|
| PLACE                   | NAME                       | TIME  | AGE |
| 1                       | Tommy Manning              | 31:34 | 34  |
| 2                       | James Johnson              | 32:24 | 42  |
| 3                       | Nicholas Cady              | 32:40 | 32  |
| 4                       | Mike Roth                  | 33:06 | 22  |
| 5                       | Jonathan Huie              | 33:15 | 30  |
| 6                       | Jeffrey Buechler           | 34:12 | 36  |
| 7                       | Ryan Lawrence              | 34:48 | 25  |
| 8                       | Keith Johnson              | 35:00 | 49  |
| 9                       | <i>Rachel Gioscia-Ryan</i> | 35:00 | 23  |
| 10                      | Matt Hajny                 | 35:09 | 34  |
| 11                      | Antonio Cuevas             | 35:30 | 30  |
| 12                      | Steve Gallegos             | 35:33 | 55  |
| 13                      | Rudy Kahiser               | 35:50 | 22  |
| 14                      | Michael Kraus              | 36:10 | 35  |
| 15                      | <i>Sara Tarkington</i>     | 36:29 | 29  |
| 16                      | Matt Martinez              | 36:30 | 21  |
| 17                      | Zach Martin                | 36:47 | 22  |
| 18                      | <i>Amanda Scott</i>        | 36:54 | 22  |

|    |                          |       |    |
|----|--------------------------|-------|----|
| 19 | <i>Melody Fairchild</i>  | 37:18 | 37 |
| 20 | Bob Jones                | 37:23 | 50 |
| 21 | Bill Lawrence            | 37:32 | 55 |
| 22 | David Rothenburger       | 37:51 | 42 |
| 23 | Jeremy O'Farrell         | 38:00 | 34 |
| 24 | Eric Patterson           | 38:24 | 45 |
| 25 | Rob P.                   | 38:32 | 24 |
| 26 | Rob Baumgartner          | 38:37 | 35 |
| 27 | Peter Lehman             | 38:50 | 35 |
| 28 | Stuart Siekmeier         | 39:09 | 48 |
| 29 | <i>Lauren Gregory</i>    | 39:21 | 11 |
| 30 | <i>Jennifer Cubillas</i> | 39:25 | 41 |
| 31 | Simon Martin             | 39:25 | 57 |
| 32 | Joe Kosenski             | 39:51 | 48 |
| 33 | <i>Emily Lawrence</i>    | 40:13 | 22 |
| 34 | Juan Ortiz               | 40:21 | 19 |
| 35 | James Farrell            | 40:25 | 30 |
| 36 | Rich Sandoval            | 41:08 | 56 |
| 37 | Jason Kaminski           | 41:40 | 40 |

|    |                             |       |    |
|----|-----------------------------|-------|----|
| 38 | <i>Dawn Schwarck</i>        | 41:50 | 25 |
| 39 | Tim Miller                  | 41:55 | 40 |
| 40 | Dale Walker                 | 41:56 | 46 |
| 41 | Bob Irving                  | 42:02 | 56 |
| 42 | <i>Rachel Downy</i>         | 42:08 | 25 |
| 43 | <i>Liz Weiss</i>            | 42:17 | 25 |
| 44 | Gary James                  | 42:37 | 49 |
| 45 | Dan Connors                 | 42:42 | 37 |
| 46 | Robb Seal                   | 42:51 | 39 |
| 47 | David Cenicerros            | 42:59 | 23 |
| 48 | Bryan                       | 43:30 | 34 |
| 49 | Ben Bergstrand              | 43:38 | 34 |
| 50 | Michael DiPiero             | 43:51 | 51 |
| 51 | Dan Shaw                    | 44:01 | 50 |
| 52 | John Michael                | 44:08 | 49 |
| 53 | Rob V.                      | 44:08 | 34 |
| 54 | Chris Stone                 | 44:18 | 43 |
| 55 | David Kelble                | 44:35 | 53 |
| 56 | <i>Jitka O'Farrell</i>      | 44:35 | 32 |
| 57 | Jeff Dumas                  | 44:37 | 65 |
| 58 | <i>Holly Grarbino</i>       | 45:11 | 39 |
| 59 | <i>Bonnie Keefe</i>         | 45:27 | 45 |
| 60 | <i>Kelly Bassett</i>        | 46:32 | 27 |
| 61 | <i>Ann Remmers</i>          | 46:38 | 48 |
| 62 | <i>Kathy Johnson</i>        | 47:06 | 49 |
| 63 | Jay Jester                  | 47:57 | 52 |
| 64 | <i>Ann Martub</i>           | 47:59 | 52 |
| 65 | Joe Benvegna                | 48:18 | 44 |
| 66 | Jose Gaytan                 | 49:14 | 29 |
| 67 | Rich Martinez               | 49:15 | 63 |
| 68 | Spiderman (Scott) McFarlane | 49:49 | 59 |
| 69 | Nash Flores                 | 49:57 | 38 |
| 70 | James Gregory               | 50:09 | 8  |
| 71 | <i>Pat Parkhill</i>         | 50:09 | 50 |
| 72 | <i>Anna Hurbace</i>         | 50:19 | 28 |
| 73 | Christopher Reap            | 50:29 | 44 |
| 74 | Doug Smith                  | 50:44 | 60 |
| 75 | Pavel Thomas                | 50:55 | 33 |

|                         |                          |         |    |
|-------------------------|--------------------------|---------|----|
| 76                      | The B-Man (Jim) Romero   | 51:10   | 70 |
| 77                      | <i>Karli Atwell</i>      | 51:20   | 41 |
| 78                      | Bob Annear               | 51:22   | 54 |
| 79                      | Daniel Bressan           | 51:33   | 21 |
| 80                      | <i>Emily Moll</i>        | 51:46   | 19 |
| 81                      | <i>Andrea Gregory</i>    | 51:50   | 40 |
| 82                      | Joseph Gregory           | 51:51   | 41 |
| 83                      | <i>Aleah Edwards</i>     | 52:43   | 11 |
| 84                      | <i>Laurie Mizener</i>    | 52:44   | 41 |
| 85                      | <i>Anne Neubauer</i>     | 54:02   | 30 |
| 86                      | Mike Chessnoe            | 54:49   | 69 |
| 87                      | Patrick Smith            | 55:26   | 26 |
| 88                      | <i>Tera Dunn</i>         | 55:27   | 26 |
| 89                      | Bill Faulkner            | 56:05   | 69 |
| 90                      | Dale Aychman             | 56:09   | 48 |
| 91                      | <i>Amy Winstead</i>      | 56:16   | 35 |
| 92                      | <i>Mara Kuezun</i>       | 56:36   | 41 |
| 93                      | <i>Lisa Wilson</i>       | 56:37   | 45 |
| 94                      | <i>Janet Ralston</i>     | 57:00   | 48 |
| 95                      | <i>Patricia Tolleson</i> | 57:14   | 61 |
| 96                      | <i>Helen Juliqnor</i>    | 57:21   | 50 |
| 97                      | <i>Terri Abbott</i>      | 57:23   | 41 |
| 98                      | <i>Deb Hadley</i>        | 57:40   | 54 |
| 99                      | <i>Angie</i>             | 58:36   | 34 |
| 100                     | Lee Bengston             | 59:34   | 73 |
| 101                     | <i>Lesley Socash</i>     | 59:52   | 37 |
| 102                     | <i>Elisa Cripps</i>      | 1:00:19 | 35 |
| 103                     | Tom Duran                | 1:04:00 | 62 |
| 104                     | Rod Smythe               | 1:05:38 | 80 |
| 105                     | <i>Cheryl Ames</i>       | 1:07:02 | 62 |
| 106                     | <i>Judy Smythe</i>       | 1:09:21 | 73 |
| 107                     | <i>Patricia Crespi</i>   | 1:10:31 | 51 |
| 108                     | <i>Ellen Rickert</i>     | 1:15:14 | 57 |
| <b>Racewalkers (5K)</b> |                          |         |    |
| 1                       | <i>Rosalia Murch</i>     | 36:42   | 69 |

Once you are over the hill, you pick up speed

## Hildebrand Ranch 7 Miler Results November 13, 2010

| PLACE | NAME                       | TIME    | AGE |
|-------|----------------------------|---------|-----|
| 1     | Keith Johnson              | 44:18   | 49  |
| 2     | Ryan Stranahan             | 46:06   | 32  |
| 3     | Trailman (Adam) Feerst     | 46:25   | 50  |
| 4     | Scott Kukel                | 47:34   | 36  |
| 5     | David Rothenburger         | 48:00   | 42  |
| 6     | Bret Rose                  | 48:17   | 46  |
| 7     | Jeremy O'Farrell           | 49:11   | 34  |
| 8     | Eric Cameron               | 49:29   | 43  |
| 9     | Julio Bonilla              | 50:15   | 22  |
| 10    | David Cenicerros           | 52:03   | 23  |
| 11    | <i>Christine Adamowski</i> | 52:24   | 43  |
| 12    | John Ramos                 | 53:44   | 34  |
| 13    | <i>Lindsey Krause</i>      | 53:50   | 32  |
| 14    | Shane Miller               | 54:14   | 16  |
| 15    | Dan Shaw                   | 54:21   | 51  |
| 16    | <i>Karen Voss</i>          | 55:09   | 45  |
| 17    | Michael Brenner            | 55:48   | 52  |
| 18    | <i>Heather Biglow</i>      | 56:26   | 36  |
| 19    | Bill Stahl                 | 56:37   | 52  |
| 20    | Rob Fisher                 | 56:51   | 60  |
| 21    | Dave Cunningham            | 56:55   | 50  |
| 22    | Chris Stone                | 57:17   | 43  |
| 23    | <i>Theresa Jockers</i>     | 57:34   | 49  |
| 24    | <i>Jitka O'Farrell</i>     | 58:25   | 32  |
| 25    | <i>Deb Cunningham</i>      | 58:33   | 49  |
| 26    | Chris Sullivan             | 58:59   | 40  |
| 27    | Robert Kanieski            | 1:00:10 | 33  |
| 28    | John Perez                 | 1:01:34 | 60  |
| 29    | <i>Jane Harbert</i>        | 1:01:36 | 49  |
| 30    | Joe Benvegna               | 1:02:05 | 44  |
| 31    | The B-Man (Jim)            | 1:02:12 | 70  |

|                         |                           |         |    |
|-------------------------|---------------------------|---------|----|
|                         | Romero                    |         |    |
| 32                      | Robert Tafelski           | 1:03:18 | 70 |
| 33                      | Scott Miller              | 1:03:28 | 49 |
| 34                      | Glenn Bakken              | 1:03:38 | 60 |
| 35                      | Rich Martinez             | 1:03:50 | 63 |
| 36                      | Brent Jockers             | 1:04:37 | 60 |
| 37                      | Jack Barry                | 1:05:35 | 72 |
| 38                      | Brent Loomis              | 1:05:53 | 42 |
| 39                      | Colin Whitmore            | 1:08:29 | 47 |
| 40                      | Doug Tollin               | 1:10:44 | 66 |
| 41                      | Kool Shades (Ken) Randall | 1:10:53 | 72 |
| 42                      | Tall Red (Ed) Youngberg   | 1:11:03 | 67 |
| 43                      | <i>Claradene Stewart</i>  | 1:11:17 | 61 |
| 44                      | Jeff Olsen                | 1:12:27 | 51 |
| 45                      | <i>Martha Martinez</i>    | 1:12:56 | 43 |
| 46                      | <i>Tina Akin</i>          | 1:22:15 | 49 |
| 47                      | Sir Fred Trentaz          | 1:22:17 | 68 |
| 48                      | Wayne Stewart             | 1:25:55 | 64 |
| 49                      | Stonewall (Ken) Green     | 1:27:56 | 81 |
| 50                      | <i>Patricia Crespi</i>    | 1:30:01 | 52 |
| 51                      | <i>Cassie Klumpp</i>      | 1:41:25 | 59 |
| <b>Racewalkers (5K)</b> |                           |         |    |
| 1                       | Rosalia Murch             | 46:38   | 69 |
| 2                       | Ian Monk                  | 46:39   | 54 |

Age group results can be found on the web site.

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## Upcoming Races

**Aurora Sports Park XC Saturday, December 11 at  
10:00 AM - Coal Creek Rodeo Arena, Aurora, CO**

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Runners can choose to run 1, 2, or 3 laps of this challenging, sandy 4K (2 1/2 mile) loop. The course is mostly single and double-track trails and dirt roads that weave along creek bottom, through trees bordering the Aurora Sports Park soccer and softball complex. This beautiful open space is home to oodles of wildlife, including fox, mule deer, toads, hawks, and great horned owls.

Directions:

From I-70, take Airport Blvd south to 6th Avenue. Go east 2 miles on 6th Avenue to Coal Creek Rodeo Arena.

See the [Google Map](#) for directions.

Once you are over the hill, you pick up speed

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For information or to volunteer call Dan Shaw at 720-480-2370 or Rob Fisher at 303-363-2377.

## **New Year's Day 5K Fun Run**

**Saturday, January 1<sup>st</sup>, 2011**

**Stapleton Central Park - 10 am**

Directions:

From I-70, go south 1 mile on Quebec Street, take a left on MLK Blvd and go 1.3 miles east. Parking and the pavilion are on the north side of MLK. See the [Google Map](#) for details.

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For information or to volunteer call Rob Fisher at 303-738-0115 or Dan Shaw at 720-480-2370.

## **Lake Arbor 5K Saturday, January 8 , 2011 - 10 AM Lake Arbor**

Directions:

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.

See the [Google Map](#) for details.

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For information or to volunteer call Ken Randall at 303-422-3745.

### **Pelican Update (Connie Ahrnsbrak)**

**9/18 – Safari 5K, Greeley:** J Gutierrez, 26:41 (1) & Laura McCoy, 41:09 (W). **Farmers 5000, Wheat Ridge:** Bill Smitham, 22:27 (1).

**9/19 – Crescent Moon Sprint Tri, CCSP:** Holly Dahm, 1:29 (7). **Crossroads Half, FTC:** Bob Cailloutte, 1:30 (1).

**Lead King Loop 25K, Marble:** The B-Man (Jim Romero), 3:12 (1) & Robert Kanieski, 3:23. **12.5K-** Jack Barry, 1:20 (1) & Jerry O'Donnell, 1:28 (2).

**9/22- Cops N' Robbers, Roo Bar:** The B-Man, 24:20 & Dorothy Bensusan, 25:02.

**9/25 – Hike for Kids 10K, Notts Creek @ Golden Gate Canyon:** Lightfoot (Deb Acree), 1:28; Connie Ahrnsbrak, 1:32 & Tom Duran, 1:33.

**9/26 – Trot 4 Our Troops 5K, Parker:** Doug Tollin, 26:17 (1). **Blue Shoe 5K:** Dave Hill, 23:37 (1); Tall Red (Ed Youngberg), 25:48 (1); Rich Romero, 26:21 (1); Jim Peterson, 30:57 & Dick Grauer, 32:27.

**South Lake Tahoe 10K:** Stan the Man Hayes, 58:52 (1) & Janis Hayes, 1:25. *A beautiful lake & woods course, well organized.*

**9/28 – Horizon XC 5K, Addenbrook Park:** Oscar Ponce, 17:25 (OA); Omar Martinez, 17:29 (1); Noe Cuevas, 18:54 (2); Juan Ortiz, 21:19 (2); Jeff Young, 22:12 (1); Jim Romero; Scott McFarlane; Bill Stahl, 23:57 (1); John Perez, 24:03 (1); Rich Martinez; Deb Acree & Connie Ahrnsbrak, 30:54 (1). Joe Black, 13:23 (2-mile/Middle School). *Joe finished 63/OA with his street shoes.*

**10/2- Rim to Rim 10K Challenge, Royal Gorge:** Rich Hadley, 45:05 (1); The Oak (Ross Westley), 56:52 (2) & Connie Ahrnsbrak, 1:01 (1). **5K** – Robert Kanieski, 23:05 (2) & Deb Hadley, 29:09 (2).

**St. George Marathon, UT:** Jonathan Cawley, 3:37 & Claradene Stewart, 4:08. **Rosstoberfest 5K, Wichita, KS:** Ray Grundmeyer, 25:36 (1).

**10/3- Boulder Rez Half:** Bob Cailloutte, 1:34 (2); Stephanie Wiecks, 1:52 (1); Reid Wiecks, 2:13 & Earl Beam, 2:31. **Bear Chase 50K, BCLP:** Karen Voss, 4:33 (1). **13.1-** The Oak (Ross Westley), 2:18 (1).

**10/8 – Kent School 5K XC:** Joe Black, 23:06 (12<sup>th</sup>). Good job!

**10/9 –Lair O' Bear 10-Miler:** Jim Romero, 1:47 (1) & Ken Simons, 2:04 (2). **Crested Butte Fall Classic Half:** The Oak, 2:17 (1).

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**10/10- Chicago Marathon:** John Perez, 4:31. **Fans on the Field 10K, Invesco:** Jack Barry, 54:31 (1); J Gutierrez, 55:52 & Jim Peterson, 1:06 (3).

**Prairie Fire Marathon, Wichita, KS:** Ray Grundmeyer, 5:37 (3). **The Other Half, Moab, UT:** Bob Basse (RMRR), 1:34 (3); Earl Beam, 2:27 & Mike Knipps, 3:04.

**10/17- Denver RNR Marathon:** Miguel Cazares, 2:42 (1st/2<sup>nd</sup> OA); David Rothenburger, 3:00 (3); Scott Kukel, 3:09; Bob Caillouette, 3:12 (1) & John Shea, 3:31. **Half:** Rich Romero, 2:01:04 (1); The Oak (Ross Westley), 2:01:50 (2); Jerry O'Donnell, 2:14; Tom Duran, 2:23; Terry McFarlane, 2:27; Cassie Klumpp, 2:34; Penelope, 2:40 & Patricia Crespi, 2:42. **Relay Teams:** *Air DRM I* (Karen Voss & Pete Szymanski), 3:28. *Masters' Four* (Jim Romero, Bill Obert, Jack Barry & Bob Tafelski), 3:48 (1).

**10/22 – Scream Scram 5K, WP:** David Kelble, 23:50 (1); Stephanie Wiecks, 28:54 (1); Reid Wiecks, 29:09 & Jim Peterson, 32:57 (1).

**10/23 – Galloping Goose 10K, Quincy Rez, Aurora:** Lou Huie, 51:33; The B-Man, 54:09; Doug Tollin, 57:14; Lightfoot (Deb Acree), 58:44 (1) & Connie Ahrnsbrak, 59:46. **WSU Pumpkin 5K, Wichita, KS:** Ray Grundmeyer, 25:59 (1).

**Shake, Rattle, Roll 5K, Westminster:** Bruce Dahm, 21:46; The Oak, 25:27; Holly Dahm, 26:24; Taunya Wilson, 27:12; Bob Ghormley, 29:05 & Jim Peterson, 30:24.

**10/30- Phantom 4-Mile, Loveland:** Painted Horse (Jesse Tijerini), 31:58 (2); Connie Ahrnsbrak, 34:05; J Gutierrez, 34:11 (3) & Rosalie Murch, 50:37 (W). **Ten Spot/10-miler, BCLP:** Karen Voss, 1:23 (2); Kristin Moreau, 1:24 (3); John Shea, 1:28; Jay D. Trujillo, 1:34; Jim Romero, 1:42 (1); Lee Bengston, 2:04 (2); Bill Moyle, 2:15 (3) & Dave Black, 2:18.

**Eerie Erie 5.9:** Bruce Dahm, 43:22; Cliff Jurgens, 46:24; Holly Dahm, 55:06 & Sir Fred Trentaz, 1:03. **2.8 mile:** Jim Perry, 17:54 (2); Taunya Wilson, 24:07 (3); Jerry O'Donnell, 25:23; Jim Peterson, 26:59 (3); Penelope, 31:04 & Vici Dehaan, 42:09.

**10/31 – Washington D.C. Marathon:** Dorothy Bensusan, 4:50

**11/6- Warrior 10K, Gering, NE:** Amy Lease, 51:05 (1). **5K-** Connie Ahrnsbrak, 27:37 (1).

**Twin Peaks XC, Longmont:** Bob Jones, 23:02 (2); Ken Simons, 35:18 & Jim Peterson, 39:03.

**SPECIAL FEATURE:** CMRA member, 10-year old Dallas Hackett placed 6<sup>th</sup> OA at the USATF Cross Country Junior Olympics on November 6. The meet was held at DeKoevend Park, qualifying Dallas for the Regionals. He will be traveling to Glendale, AZ and competing in the Regionals on November 20. Dallas' goal is to finish in the top 20 so he continue on to the Nationals in Hoover, Alabama on December 11. Congratulations and good luck Dallas!

## COLORADO MASTERS RUNNING / RACEWALKING ASSOCIATION

The CMRA is a non-profit group organized in 1976 to promote running and racewalking for health and exercise. The club regularly sponsors running-related activities, including 13 races a year, fun runs, training sessions, track workouts, and social events. Races are held at least once a month all over the greater Denver metro area. Races are as short as 5 kilometers (3.1 miles) and as long as 16.1 kilometers (10 miles). Age group awards and prize drawings are held following each race.

Membership in CMRA is open to all, regardless of skill or experience, although race awards are geared to runners age 35 and over. CMRA is an all-volunteer effort. Races are conducted by CMRA members without monetary compensation. Members are expected to pitch in and help with club events! Annual dues are \$25 for individuals and \$35 for families based on a calendar year membership beginning in January. Since registration for club races are \$10 each for nonmembers and members race free, an individual CMRA membership pays for itself after just 3 races!

Aside from racing free each month, the CMRA newsletter, the *Master Times*, is issued every other month. Each issue includes recent race results, special articles about training and racing by club members, and information about future events.

To join, simply complete an application, available on our website, [www.comastersrun.org](http://www.comastersrun.org), and bring it to our next race.

### 2010 OFFICERS & BOARD OF DIRECTORS

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| President              | Dan Shaw   | dshaw_64@yahoo.com   |
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| Newsletter (Co)Editors | Keith Johnson  | johnsonhr@comcast.net  |
| Web Site Chairperson   | Scott McFarlane  | simcfarl@pcisys.net  |
| Members at Large       | Joe Baird, Rich Romero, Mike Vanoni, Bruce Kirschner, Connie Ahrnsbrak, Rosalia Murch, Rob Fisher, Amy Lease |  |

The Colorado Masters Running Association newsletter is published bi-monthly. Issues are distributed approximately the 1st day of February, April, June, August, October, and December to 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 editor noted above for that newsletter. Membership information is available from the Membership Chairperson and at all races.

Once you are over the hill, you pick up speed

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION  
MEMBERSHIP APPLICATION FOR CALENDAR YEAR 2011  
(11/01/2010 THROUGH 12/31/2011)**

For the mutual benefit of runners and racewalkers  
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 Event Director Member Board of Directors

Newsletter Editor Event registration Member Recruitment

Membership Database Quartermaster Corps Coaching

Racewalking Training Course Measurement Race committee

**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 09/15/2009

## 2011 Colorado Masters Running / Racewalking Association Schedule

Registration begins 1 hour prior to and closes 10 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.

| <b>Date</b> | <b>DOW</b> | <b>Time</b> | <b>Location</b>                                    | <b>Name</b>  | <b>Director(s)</b>   |
|-------------|------------|-------------|--|--|--|
| Jan 1       | (Sat)      | 10 AM       | <a href="#">Stapleton Central Park</a>             | New Years Day Fun Run                                    | Rob Fischer  |
| Jan 8       | (Sat)      | 10 AM       | <a href="#">Lake Arbor</a>                         | Lake Arbor 5K  | Ken Randall  |
| Feb 12      | (Sat)      | 10 AM       | <a href="#">Westminster City Park, Westminster</a> | Forty Furlongs (5M)                                      | Jason Myers  |
| Mar 19      | (Sat)      | 10 AM       | <a href="#">Platte River Bar &amp; Grill</a>       | Spring Spree 10K   | David Wise   |
| Apr 9       | (Sat)      | 9 AM        | <a href="#">Bluffs Regional Park</a>               | Bluffs Run 5K  | John Perez / David Banko   |
| May 7       | (Sat)      | 8 AM        | <a href="#">Twin Lakes Park</a>                    | Memorial Run 10K   | Kellie Steward / Connie Ahrnsbrak  |
| June 18     | (Sat)      | 8:00 AM     | <a href="#">Stapleton Central Park</a>             | Sand Creek 5M  | Rob Fisher / Dan Shaw  |
| Jul 16      | (Sun)      | 7:30 AM     | <a href="#">White Ranch Park</a>                   | White Ranch Trail Run                                    | Chris Stone / Theresa Do   |
| Aug 10      | (Wed)      | 6:30 PM     | <a href="#">Fairmount Park, Golden</a>             | Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast | Kristin Moreau / Monica Ryan   |
| Aug 27      | (Sun)      | 8 AM        | <a href="#">Elk Meadow, Evergreen</a>              | Elk Meadow Trail Fun Run                                 | N/A  |
| Sep 17      | (Sat)      | 8:30 AM     | <a href="#">Stone House Park, Lakewood</a>         | Stone House (2x) Triple-Cross trail 8.5M                 | Kim Massey / Scott McFarlane   |
| Oct 9       | (Sun)      | 9 AM        | <a href="#">Louisville</a>                         | Coal Creek XC Challenge 5.72M                            | Rich Fitzpatrick / Mike Brenner / Bruce Kirschner / Lucy Fales Evans / Vici DeHaan |
| Nov 12      | (Sat)      | 9 AM        | <a href="#">Hildebrand Ranch Park</a>              | Veterans run   | Dave Black / Jim Romero  |
| Dec 10      | (Sat)      | 10 AM       | <a href="#">Aurora Sports Park</a>                 | Aurora Sports Park XC 12K                                | Dan Shaw / Rob Fisher  |

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