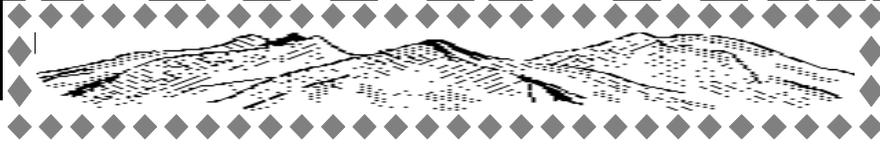


MASTER TIMES



May/June 2011

Volume 43 Issue 3

PRESIDENT'S CORNER

By Dan Shaw

NEW NEWSLETTER EDITOR

Following the resignation of Keith and Kathy Johnson as editors of the CMRA newsletter, who served since 2008, Jane Harbert has volunteered to take over this responsibility. Going forward, if you have articles or other items for the newsletter, please send them to Jane by email at tace_tigger@hotmail.com or by regular mail to

4794 S Yank Way, Morrison CO 80465.

Thanks Jane!

RACE DIRECTOR APPRECIATION DAY

The Colorado Masters held its first Race Director Appreciation Day on May 1st, hosted by Tom Alison at Penterra Plaza. Directors of 2011 races were invited to meet with board members on a Sunday afternoon. Several directors ran the Colorado Marathon or another in the morning then came to the celebration. Pizza and beer were served, followed by a review of CMRA's race director guidelines. Getting together to talk about race directing seemed fruitful, and the consensus was that a lot of good information was shared, especially helpful for newer race directors. A big Thank You to all our members who volunteer to serve as race directors, including those who were not able to attend!

SINGLET'S ANYONE?

Some club members have expressed an interest in obtaining a CMRA club singlet. There are only a few remaining leftovers from the previous order from a few years ago. Amy Lease will have them available for sale while they last. If there is substantial demand, we will look to order more. Please let Amy (or any board member) know if you would be interested in purchasing a new club singlet.

RACE UPDATES

From time to time, issues with a governing agency or other difficulties require the race director to alter the scheduled date or location of a CMRA event. Please see the notes below, as there have a few tweaks made to the CMRA race schedule for 2011. The website will always have the most current information. It's a good idea to refer to the CMRA website (www.comastersrun.org) to confirm the date and venue of each race, just in case changes have been made.

June - Sand Creek 5 Miler This race has a new start/finish area. It will start and finish near the turn-around point from past Sand Creek races, at the Bluff Lake Nature Center on Havana Street, approximately two miles east of last year's start/finish location.

August - Elk Meadow Fun Run This event has been moved from Saturday, August 27th to Sunday, August 28th, due to another event scheduled at this location on Saturday morning.

September - Hildebrand Ranch Trail Run Yes, you read right; Hildebrand Ranch and Stone House have flip-flopped, with Hildebrand moving to September and...

November - Stone House (2X) Triple-Cross. Stone House will be held on the November date for which Hildebrand was previously scheduled.

December - Aurora Sports Park XC The hunt is on for a new location for this event. If a suitable alternate venue is located this race will be moved from its present location. If you have a suggestion for a new place to hold this December cross country race, please contact Dan Shaw (dshaw_64@yahoo.com).

Race Results

Memorial Run 10K, May 7, 2011

Kellie Steward

What a beautiful, sunny and warm 8AM start for our 10k race at Twin Lakes Trailhead in Adams County. Thank you to Adam Feerst, with Runuphill Racing, who planned and marked the course along Clear Creek. The race headed west, with a 5k turn around after Pecos Street. The 10k continued on the trail with the turn around just after the tunnel under Federal Boulevard.

There were 66 runners, one walker and two people choose to just run the 5k. Our overall Male winner with a time of 37:18 was Julio Bonilla. Our female winner was Chris Adamowski, with a time of 43:40. Her husband Andrew ran pushing 2-year old Kelsey and 4-year old Finnegan in the jogger. Andrew was 9th overall with a time of 40:41.

Once you are over the hill, you pick up speed

Thank you to our many volunteers who make these events such a success: Connie Ahrnsbrak Co-Director who worked registration, finish line and raffle.

Also at the finish and helped with set-up: Joe Baird, Ken Simons, Mark Hackett, Jane Harbert and Rosalie Murch. Rich Martinez helped with logistics and Amy Lease helped at registration. Tom Chambers arranged getting medals and awarding runners. At the water stations: Kellie, Terra and Ian Steward and Sandra Reich.

A huge thanks to our generous sponsors: Great Harvest Bread Company in Arvada, Boulder Running Company, and Running Wild.

Kellie

Memorial 10K			
PLACE	NAME	TIME	AGE
1	Julio Bonilla	37:18	22
2	Josh Melver	38:00	35
3	Trailman (Adam) Feerst	38:15	51
4	Keith Johnson	38:45	49
5	Scott Kukel	39:21	37
6	David Rothenburger	40:27	42
7	Michael Quispe	40:35	42
8	Jay Reyes	40:37	35
9	Andrew Adamowski	40:41	37
10	<i>Kelsey Adamowski</i>	40:41	2
11	Finnegan Adamowski	40:41	4
12	Jeremy Anderson	41:47	35
13	Rich Fitzpatrick	42:18	46
14	Jeremy O'Farrell	42:23	34
15	Thomas Loeger	42:28	27
16	<i>Christine Adamowski</i>	42:35	43
17	<i>Melissa Menard</i>	44:35	37
18	<i>Justen Blair</i>	46:10	26
19	<i>Monica Ryan</i>	46:14	50
20	<i>Theresa Jockers</i>	46:43	49
21	<i>Shannon Prince</i>	46:44	43
22	Steven Brooks	46:44	30
23	Robert Whittmore	47:33	42
24	Scott Jackson	47:37	43

25	Matthew Hall	47:47	24
26	Jonathan Cawley	47:51	51
27	<i>Rachel Tetreault</i>	47:56	32
28	Bill Smitham	48:30	67
29	Lou Huie	48:41	64
30	Robert Kanieski	49:45	33
31	Andrew Martin	49:49	16
32	<i>Kathy Johnson</i>	49:49	50
33	Brett Allendorf	50:00	42
34	John Perez	51:17	60
35	Joe Benvegna	51:24	44
36	Jordan Guttormson	51:31	23
37	John Shea	51:56	54
38	The B-Man (Jim) Romero	52:06	71
39	Rich Martinez	52:13	64
40	Alan Johnson	52:16	50
41	<i>Jane Harbert</i>	52:25	50
42	Samuel Granados	52:45	20
43	Richard Romero	52:48	74
44	Brent Jockers	53:02	60
45	<i>Jill Moyer</i>	53:53	32
46	Strider (Tom) Chambers	54:04	68
47	Don Martin	54:47	57
48	<i>Amy Lease</i>	55:13	57
49	<i>Valerie Passerini</i>	55:14	31
50	<i>Cathy Coomes</i>	55:25	44
51	Link Lubken	55:48	61
52	Spiderman (Scott) McFarlane	56:07	60
53	<i>Valerie Sidles</i>	57:18	29
54	Andrew Sidles	57:18	29
55	Jeff Olson	57:46	51
56	<i>Erin Boski</i>	57:55	25
57	Justin Perry	58:06	11
58	Jeff Clark	58:09	15
59	J Gutierrez	58:19	58
60	Kool Shades (Ken) Randall	59:24	72
61	Kevin Rasor	1:00:35	31
62	<i>Catlin Harris</i>	1:01:40	26

Once you are over the hill, you pick up speed

63	Bill Faulkner	1:02:03	69
64	Tom Duran	1:02:40	63
65	Sanjiv Gupta	1:02:59	39
66	<i>Patricia Tolleson</i>	1:05:40	62
67	<i>Joy Jackson</i>	1:07:11	38
68	Tom Alison	1:25:22	74
Racewalkers (5K)			
1	Laura McCoy	44:30	56

10K AGE GROUP AWARDS			
Overall			
1	Julio Bonilla	37:18	Christine Adamowski 42:35
70-74			
1	The B-Man (Jim) Romero	52:06	
2	Richard Romero	52:48	
3	Kool Shades (Ken) Randall	59:24	
4	Tom Alison	1:25:22	
65-69			
1	Bill Smitham	48:30	
2	Strider (Tom) Chambers	54:04	
3	Bill Faulkner	1:02:03	
60-64			
1	Lou Huie	48:41	Patricia Tolleson 1:05:40
2	John Perez	51:17	
3	Rich Martinez	52:13	
4	Brent Jockers	53:02	
5	Link Lubken	55:48	
55-59			
1	Don Martin	54:47	Amy Lease 55:13
2	J Gutierrez	58:19	
50-54			
1	Trailman (Adam) Feerst	38:15	Monica Ryan 46:14
2	Jonathan Cawley	47:51	Kathy Johnson 49:49
3	John Shea	51:56	Jane Harbert 52:25
4	Alan Johnson	52:16	
5	Jeff Olson	57:46	

45-49			
1	Keith Johnson	38:45	Theresa Jockers 46:43
2	Rich Fitzpatrick	42:18	
40-44			
1	David Rothenburger	40:27	Shannon Prince 46:44
2	Michael Quispe	40:35	Cathy Coomes 55:25
3	Robert Whittmore	47:33	
4	Scott Jackson	47:37	
5	Brett Allendorf	50:00	
35-39			
1	Josh Mever	38:00	Melissa Menard 44:35
2	Scott Kukel	39:21	Joy Jackson 1:07:11
3	Jay Reyes	40:37	
4	Andrew Adamowski	40:41	
5	Jeremy Anderson	41:47	
19 - 34			
1	Jeremy O'Farrell	42:23	Justen Blair 46:10
2	Thomas Loeger	42:28	Rachel Tetreault 47:56
3	Steven Brooks	46:44	Jill Moyer 53:53
4	Matthew Hall	47:47	Valerie Passerini 55:14
5	Robert Kanieski	49:45	Valerie Sidles 57:18
14-18 (High School)			
1	Andrew Martin	49:49	
2	Jeff Clark	58:09	
13 and Under			
1	Justin Perry	58:06	

Upcoming CMRA Races

Sand Creek 5m. Saturday June 18th at 8AM - Bluff Lake Nature Center

White Ranch 10k trail run. Saturday July 16th at 8AM– White Ranch Park

Fairmount 5k trail run. Wednesday August 10th at 6.30PM – Fairmount Park

Elk meadow 10k trail run. Sunday (note new date) August 28th at 8AM – Elk Meadow

Once you are over the hill, you pick up speed

Pelican Update (Connie Ahrnsbrak)

2/19- First Gear XC 5K, Pawnee Prairie Park, KS: R2G2 (Ray Grundmeyer), 31:10.

3/12 – St. Pat’s 5K, Wichita, KS: R2G2, 26:16.

Canyonlands Half, Moab, UT: Claradene Stewart, 2:01 (3).

3/27 – Rudi’s Spring Half, Boulder Rez: Lou Huie, 1:45 (1); Stephanie Wiecks, 1:49 (1) & David Wise, 2:08 (2). **10K-** Vici Dehaan, 1:27 (2).

3/20 – RMRR- Crown Hill 3M: Scott Kukel, 17:18; David Rothenburger, 18:09; Jeramy O’Farrell, 18:14; Dan Shaw, 21:23; Jitka O’Farrell, 21:28; Brent Allendorf, 21:41; Robert Kanieski, 21:42; Theresa Jockers, 22:15; Dave Hill, 23:38; John Shea, 23:52; Rich Martinez, 24:27; Spiderman, 24:45; Jane Harbert, 25:13; Brent Jockers, 25:16; Link Lubken, 26:53; Tina Akin, 28:00; Lee Bengston, 28:53; Tom Duran, 29:54; Jan Hill, 31:40 (W); Ian Monk, 32:09; Christine Vanoni, 32:59; Joe Black, 33:48; Rhiannon Fadeyibi, 34:41; Dave Black, 36:00; & Leslie Thompson, 38:35.

RMRR 20-Miler: Omar Martinez, 2:06 (3); David Rothenbuger, 2:15:21; Jay Survil, 2:15:39 & Robert Kanieski, 2:57. **10-Miler-** Jesus Lazo, 1:01 (2); Daniel Barron, 1:03 (3); Fernando Moreno, 1:15; Glenn Bakken, 1:27; Sanjiv Gupta, 1:55.

4/10- Frank Shorter 5K, Broomfield: Jim Peterson, 30:45 (2).

Platte River Half: Jay Survil, 1:25 (2); Michael Quispe, 1:30; Rich Fitzpatrick, 1:34; John Ramos, 1:36; Bob Caillouette, 1:43; The B-Man (Jim Romero), 1:54 (1); Rich Romero, 2:00 (2); Tall Red (Ed Youngberg), 2:01 (3); John Perez, 2:05; Janet Ralston, 2:13; Dorothy Bensusan, 2:17; Lee Bengston, 2:18, Pat Tolleson, 2:20; Cheryl Ames, 2:37; Barb Kostner, 2:40 & Dave Banko, 2:45.

Half Marthon Relay Teams: Alyn Park, Jay Wissot, J Gutierrez, Rosalia Murch, & Connie Ahrnsbrak.

4/16 – Desert Rats 25-mile trail, Fruita: Robert Kanieski, 5:21. **Eagles’s Heart 5K, Longmont:** Jim Peterson, 30:56 (2).

4/17 – Horsetooth Half, FTC: Devin Croft, 1:35 (2); Bob Caillouette, 1:36 (3); Stephanie Wiecks, 1:51 (1); Lou Huie, 1:55; The B-Man, 2:01 (1); Patricia Tolleson, 2:20; Fay DiZerega, 3:01 (1) & Vici Dehaan, 3:19 (2).

4/18- Boston Marathon: Green Machine (Alyn Park), 3:27 (2); Jay wissot, 4:14.

4/23- Mt. Carbon Half, BCLP: Christine Adamowski, 1:41 (**OA**/Master); The B-Man, 2:06 (1); Patricia Tolleson, 2:37 (2) & Dave Black, 3:02. **5K-** Tom Chambers, 28:31 (1); Bill Faulkner, 31:05 (2) & Ken Simons, 31:49 (3).

Cheyenne Mountain 14.5, CS: Stephanie Wiecks, 3:06 (1).

4/30- Sierras 5K, Loveland: Devin Croft, 20:41; Bob Caillouette, 22:11 & The B-Man, 25:13 (1). **Colorado Half, FTC:** Jay Survil, 1:22 (**1/Grandmaster**); Mark Hackett, 2:21.

Kohl Elementary 5K, Broomfield: Rich Fitzpatrick, 20:11 (2); Robert Whittmore, 22:00.

5/1- Cherry Creek Sneak, 5-Mile: Jim Romero, 40:31 (1); Rich Martinez, 41:38; Rich Romero, 41:47, (2); Tall Red, 44:40; J Gutierrez, 44:51; Tom Duran, 45:56 & Lee Bengston, 47:43. **5K** – Keith Johnson, 17:56 (1); Monica Ryan, 21:36 (1); Kathy Johnson, 23:20 (3); Doug Tollin, 26:55 (1); Sir Fred Trentaz, 29:51; Jim Peterson, 31:35; Kim Shenfeld, 38:13; Rosalia Murch, 40:55 (1); Leslie Woods, 44:54; Ruth Tollin, 47:06; Carol Bengston, 47:27 & Robert Dexter, 48:10 (W).

Hawk Hustle 5K, Westminster: Bruce Dahm, 21:50 (2); Robert Whittmore, 22:17 (3); Holly Dahm, 27:24 (2) & Link Lubken, 27:35 (1).

5/7- Collegiate Peaks 25-miler: Dave Black, 6:55:28. **Greenland 25K:** Janet Ralston, 2:51 & Cheryl Ames, 3:45. **8-Mile:** Roger Rybicka, 1:27; Jerry O'Donnell, 1:29 & Penelope O'Donnell, 1:35 (1).

Black Canyon Ascent 7 Miler, Gunnison: Reid Wiecks, 1:12 & Stephanie Wiecks, 1:26 (1).

5/8- Rockies Homerun 5K: Christian Oliphant, 18:43 (1); Rich Hadley, 20:49; Robert Kanieski, 21:53; Alan Johnson, 24:47; The B-Man, 25:28 (2); Rich Romero, 26:04; Doug Tollin, 27:37 (1); Connie Ahrnsbrak, 27:49 (1); Deb Hadley, 28:57; Jerry O'Donnell, 29:12; Dave Hill, 32:02 (*injured*); Penelope O'Donnell, 32:58; Jim Peterson, 35:14; Jan Hill, 35:59 (RW); Tom Alison, 40:24; Rosalia Murch, 42:35 (RW); Robert Dexter, 47:17 (W) & Lew Hutchinson, 49:30.

5/14- Highland Canal 10K: Devin Croft, 42:00 (2); Bob Caillouette, 44:23 (3); Chuck Lowrie, 49:48; The B-Man, 50:31 (1); Rich Martinez, 51:49 & Tom Chambers, 52:55. **5K** – Christine Adamowski, 20:06 (2/OA); Jerry O'Donnell, 33:19; Penelope O'Donnell, 38:09 (3) & Leslie Woods, 45:40. **Miles for Miners 5K:** Robert Kanieski, 20:53 (2).

Colfax 5K, CP: Dorothy Bensusan, 26:55, while Alaya Vigil ran the one mile for Marathon Miles for kids.

5/15 - Colfax Half, CP: Lou Huie, 1:47; The B-Man, 1:54 (2); Rich Romero, 1:57 (3); J Gutierrez, 2:05; Connie Ahrnsbrak, 2:09 (1) & Ross Westley, 2:16. **Colfax Marathon:** Jay Survil, 2:59 (1); Kristin Moreau, 3:21 (1); Karen Voss, 3:26 & *Martha Martinez, 4:51. *This was Martha's first marathon, congratulations!

Special Feature: Keifer Johnson, son of Kathy & Keith Johnson placed as one of the top 18 track students in Colorado qualifying for the 5A Track Championships. Keifer is a junior at Highlands Ranch and qualified for three events. The following are his stats: 800, 1:54 (6); 1600, 4:22 (4) & 3200, 9:18 (2). Congratulations!

Also, relentless Dave Black continues to inspire us all with 50Ks. Completing another on May 14, Dances with Gnaw Bone, Brown County State Park near Nashville, TN. Dave ran a 19 minute mile pace on a not so flat course, lots of slimy mud. There were long stretches where the trail was covered in 3-4 inches of leaves with downed branches underneath. The trail was marked with only pink surveyor flags so you had to pay some attention. Runners also had the company of a friendly white dog for almost 21 miles of the trail run. Dave comments that it was a very nice area with lots of friendly neighbors.

Once you are over the hill, you pick up speed

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, and bring it to our next race.

2011 OFFICERS & BOARD OF DIRECTORS

President	Dan Shaw	dshaw_64@yahoo.com
Vice President	Ken Simons	kssimons5@aol.com
Treasurer	Amy Lease	amyl_80222@yahoo.com
Secretary	Chris Vanoni	m_c_vanoni@msn.com
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Web Site Chairperson	Scott McFarlane	simcfarl@pcisys.net
Quartermaster Chairperson	Mike Vanoni	mev@cre-denver.com
Members at Large	Joe Baird, Rich Romero, Connie Ahrnsbrak, Rosalia Murch, Rob Fisher	

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.

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

3009 S Holly Place

Denver, CO 80222-7010

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

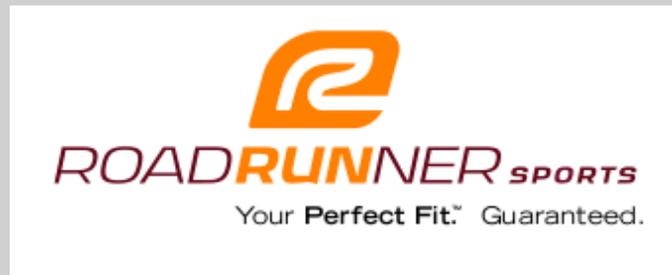
Once you are over the hill, you pick up speed

Please shop at our sponsors:

Please shop at our sponsors



Arvada, CO



Or visit and let them know how much we appreciate their continued support.

Visit us on the web at www.comastersrun.org

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.

Date	DOW	Time	Location	Name	Director(s)
June 18	(Sat)	8:00 AM	Stapleton Central Park	Sand Creek 5M	Rob Fisher / Dan Shaw
Jul 16	(Sun)	8 AM	White Ranch Park	White Ranch Trail Run	Chris Stone / Theresa Do
Aug 10	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Aug 28	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Fun Run	Ed Youngberg
Sep 17	(Sat)	8 AM	Hildebrand Ranch Park	Veterans run	Dave Black / Jim Romero
Oct 9	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72M	Rich Fitzpatrick / Mike Brenner / Bruce Kirschner / Lucy Fales Evans / Vici DeHaan
Nov 12	(Sat)	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Kim Massey / Scott McFarlane
Dec 10	(Sat)	10 AM	Aurora Sports Park	Aurora Sports Park XC 12K	Dan Shaw / Rob Fisher

Thanks once again to Kathy and Keith Johnson for their hard work with the CMRA newsletter over the past 3 years.

If you have any items, photos or articles for the next newsletter (don't be shy), please give them to Jane Harbert (email: tace_tigger@hotmail.com) before 24th July. If sending an email, please add CMRA to the title so I know it's genuine.

Any format is fine, from a neatly laid out word document to a scrawl on the sole of an old running shoe.

Once you are over the hill, you pick up speed