

# MASTER TIMES



September/October 2012

Volume 45 Issue 5

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## PRESIDENT'S CORNER

By Dan Shaw

### A CHANGE ON THE BOARD

Mark Hackett has resigned from the board and as Membership Chairperson due to conflicts with family and work commitments. Happily, Nicole Shaklee has volunteered to take over membership duties and was elected to the board at its meeting earlier this month. Thank you Mark, for your service to the club, and thank you Nicole, for stepping up!

### 2013 RACE CALENDAR

The club is in the process of putting together its 2013 race calendar. If you have suggestions for changes or new events, or if you would like help direct a race, please contact any board member. I can be reached at [dshaw\\_64@yahoo.com](mailto:dshaw_64@yahoo.com) or by phone at 720-480-2370. Also, if you are interested in helping Connie Ahrnsbrak with registration at races, please contact her at 303-985-1168 or by email at [cahrnsbrak@yahoo.com](mailto:cahrnsbrak@yahoo.com).

### CLUB DUES FOR 2013

One of the best values in running, CMRA club dues have been at \$25 annual for single members for several years and will continue to be \$25 for 2013, with family memberships remaining \$35. One change is the cost of printed newsletters which increases to \$10 annually, reflecting the increased cost of printing and mailing. In a replacement for the calendar that appears in the newsletter the club will provide printed calendars available at the registration table at races.

## MELODY EARNS WORLD TITLE

The US team at the World Mountain Running Championships, including local runner Melody Fairchild, who has run a few CMRA races in recent years, brought home the gold at the 2012 event held on September 2. Melody finished as the 3<sup>rd</sup> American, in 8<sup>th</sup> place overall. Way to go, Melody!

## SAVE THE DATE

The CMRA annual banquet will be held at the Westwood Golf Club on January 19<sup>th</sup> 2013. Save the date.

# Fairmount Park 5K Trail 2012

Fairmount 5K - Kristin Moreau

August 7, 2012

The Fairmount 5k took place on Tuesday, August 7th in hot (~90 deg. F) and dry conditions, making for a tough race. We had a good turn-out anyway, with 17 kids in the half mile race, and 89 runners and one racewalker in the 5k. Michael Nothem, age 17, won the race overall in 16:53, while Betzabeth Garcia, age 17, won overall for females, in 21:09, followed closely by Naomi Chu in 21:10. Omar Martinez was second overall in 17:17.

Susan Stone was the first and only racewalker in 49:00.

The first masters' runners (>40) were Andrew Terrill in 19:00 and Theresa Jockers in 22:51. The most hotly contested age groups besides the high school and male 34 and under were the male 60-64, won by John Perez in 23:23, female 60-64, won by Claradene Stewart in 27:30, male 65-69, won by Bill Smitham in 24:18, and male 70-74 won by Bill Faulkner in 26:52. The oldest runner was Ross Westley, age 75, who won his age group in a fantastic time of 29:35.

Maddi Hart, age 11, won the kids' half mile in 3:37, with 9 year old Dafni Martinez in second in 3:51. The 17 future masters runners in the kids' race ranged in age from 3 to 11.

I'd like to thank my volunteers, without whom the race wouldn't happen. Connie, Jane Harbert, and Ian Monk at registration, Joe Baird, Rob Fisher, Mike Vanoni, Cheryl Ames and Jane Harbert at the finish line, Bogie D. and Kristen Raymond's husband with traffic control, Becca Hall, Liz Donaldson and Tasha at our water station, Adam Feerst for his race markings, Amy Lease for helping me with awards, and especially to Monica Ryan, my codirector, for all of her help.

Congratulations to everyone who ran and finished the race on this hot evening. The potluck after the race was well-attended and fun for everyone to kick back, relax and drink something cool after the race. Thanks to those who brought food, drinks, especially Jeff Young who

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brought additional hot dogs, buns, and watermelons, and to grillmasters Link Lubken and Jim Romero at the potluck. Hope to see everyone back next year for another great race!

Kristin Moreau

## August 7, 2012 Kids' 1/2 mile Race Results

PLACE	NAME	TIME	AGE
1	<i>Maddi Hart</i>	03:37	11
2	<i>Dafni Martinez</i>	03:51	9
3	Riley Terrill	04:48	7
4	Joshua Jackson	05:01	6
5	Evan Raymond	05:22	5
6	Teo Moreau	05:48	4
7	<i>Kylee Ryan</i>	06:00	4
8	<i>Willa Bransberger</i>	06:14	4
9	<i>Gwendolyn Hanks</i>	06:24	7
10	<i>Isabelle Hanks</i>	06:28	4
11	<i>Marissa Hart</i>	06:29	10
12	<i>Hannah Sills-Feerst</i>	06:31	4
13	Joseph Jackson	06:42	4
14	Liam Foley	07:34	7
15	<i>Naomi Terrill</i>	07:36	3
16	<i>Nisha Gupta</i>	07:53	3
17	<i>Diya Gupta</i>	08:31	5

## Fairmount 5k Race Results

PLACE	NAME	TIME	AGE
1	Michael Nothem	16:53	17
2	Omar Martinez	17:17	25
3	Juan Ortiz	17:32	21
4	Daniel Barron	17:43	16
5	Luis Ronquillo	17:59	16
6	Jeffery Lazo	18:01	15
7	Jaasiel Velo	18:07	17
8	Jesus Lazo	18:17	15
9	Aaron Velo	18:32	19

10	Scott Kukel	18:43	38
11	Andrew Terrill	19:00	42
12	Antonio Cuevas	19:03	32
13	Jairo Tiscareno	19:30	16
14	Steven Johnson	19:43	30
15	Adam Feerst	20:04	52
16	David Rothenburger	20:09	43
17	Jeremy O'Farrell	20:19	36
18	Eric Hislop	20:31	27
19	Justin Perry	20:54	12
20	Matthew Roho	20:58	26
21	Tim Miller	21:07	42
22	<i>Betzabeth Garcia</i>	21:09	17
23	<i>Naomi Chu</i>	21:10	30
24	Jeff Duran	22:09	39
25	Jacques Moreau	22:23	15
26	Jim Perry	22:24	51
27	<i>Irene Barrea</i>	22:50	16
28	<i>Theresa Jockers</i>	22:51	51
29	Chris Stone	23:10	45
30	Bob Weber	23:13	54
31	Robert Whittemore	23:22	43
32	John Perez	23:23	61
33	Link Lubken	23:53	63
34	Bill Smitham	24:18	68
35	Thomas Rubio	25:04	24
36	Rich Martinez	25:18	65
37	Alan Johnson	25:32	51
38	Michael Abbott	25:42	43
39	<i>Elizabeth Hayden</i>	25:43	40
40	Scott McFarlane	26:06	61
41	<i>Stacy Totherow</i>	26:20	44
42	Todd Shaklee	26:21	43
43	Robert Kanieski	26:25	35
44	Mark Hasseman	26:27	56
45	Ed Youngberg	26:35	69
46	Jay Trujillo	26:44	54
47	Bill Faulkner	26:52	71
48	<i>Natalie Rooks</i>	26:53	25
49	Glenn Bakken	26:56	61
50	<i>Michelle Hart</i>	27:11	33

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51	Wayne Stewart	27:24	65
52	<i>Claradene Stewart</i>	27:30	63
53	Chris Sierra	27:42	55
54	Ian Monk	27:44	56
55	<i>Terri Wickstrom</i>	27:46	49
56	<i>Jennifer Forker</i>	27:54	46
57	Ben Brandt	27:56	11
58	John Brandt	27:56	41
59	<i>Connie Ahrnsbrak</i>	28:25	72
60	Sanjiv Gupta	28:26	41
61	<i>Amy Lease</i>	28:27	58
62	Ken Randall	28:45	74
63	Brent Jockers	28:50	61
64	Hank Burkman	29:04	60
65	<i>Deb Stafford</i>	29:06	60
66	Andy McKean	29:25	67
67	Ross Westley	29:35	75
68	<i>Janet Ralston</i>	29:48	50
69	<i>Taunya Wilson</i>	30:06	65
70	<i>Neddie Legg</i>	30:27	61
71	Earl Beam	30:30	62
72	Ken Simons	30:30	74
73	Lee Bengston	30:39	74
74	<i>Alissa Jackson</i>	30:44	9
75	<i>Kaye McDaniel</i>	31:04	24
76	<i>Patricia Tolleson</i>	31:10	63
77	Leo Rubio	31:45	59
78	Lonnie Max Stafford	32:24	66
79	Tom Duran	32:31	64
80	<i>Nicole Shaklee</i>	32:56	48
81	Jim Peterson	34:26	73
82	<i>Jitka O'Farrell</i>	34:43	34
83	<i>Chris Vanoni</i>	35:32	61
84	George Schafer	38:37	63
85	<i>Kathryn Stone</i>	39:40	11
86	<i>Bethany Jackson</i>	42:47	11
87	Scott Jackson	42:47	44
88	<i>Jan McBee</i>	45:30	61
89	<i>Eva Hart</i>	45:30	60
<b>Racewalkers</b>			
1	<i>Susan Stone</i>	49:00	47

# Fairmount 5k Age Group Results

Place	Name	Time	Name	Time
<b>Overall</b>				
1	Michael Nothem	16:53	Betzabeth Garcia	21:09
<b>75-79</b>				
1	Ross Westley	29:35		
<b>70-74</b>				
1	Bill Faulkner	26:52	Connie Ahrnsbrak	28:25
2	Ken Randall	28:45		
3	Ken Simons	30:30		
4	Lee Bengston	30:39		
5	Jim Peterson	34:26		
<b>65-69</b>				
1	Bill Smitham	24:18	Taunya Wilson	30:06
2	Rich Martinez	25:18		
3	Ed Youngberg	26:35		
4	Wayne Stewart	27:24		
5	Andy McKean	29:25		
<b>60-64</b>				
1	John Perez	23:23	Claradene Stewart	27:30
2	Link Lubken	23:53	Deb Stafford	29:06
3	Scott McFarlane	26:06	Neddie Legg	30:27
4	Glenn Bakken	26:56	Patricia Tolleson	31:10
5	Brent Jockers	28:50	Chris Vanoni	35:32
<b>55-59</b>				
1	Mark Hasseman	26:27	Amy Lease	28:27
2	Chris Sierra	27:42		
3	Ian Monk	27:44		
4	Leo Rubio	31:45		
<b>50-54</b>				
1	Adam Feerst	20:04	Theresa Jockers	22:51
2	Jim Perry	22:24	Janet Ralston	29:48
3	Bob Weber	23:13		
4	Alan Johnson	25:32		
5	Jay Trujillo	26:44		
<b>45-49</b>				
1	Chris Stone	23:10	Terri Wickstrom	27:46
2			Jennifer Forker	27:54
3			Nicole Shaklee	32:56

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40-44				
1	Andrew Terrill	19:00	Elizabeth Hayden	25:43
2	David Rothenburger	20:09	Stacy Totherow	26:20
3	Tim Miller	21:07		
4	Robert Whittemore	23:22		
5	Michael Abbott	25:42		
35-39				
1	Scott Kukel	18:43		
2	Jeremy O'Farrell	20:19		
3	Jeff Duran	22:09		
4	Robert Kanieski	26:25		
19 - 34				
1	Omar Martinez	17:17	Naomi Chu	21:10
2	Juan Ortiz	17:32	Natalie Rooks	26:53
3	Aaron Velo	18:32	Michelle Hart	27:11
4	Antonio Cuevas	19:03	Kaye McDaniel	31:04
5	Steven Johnson	19:43	Jitka O'Farrell	34:43
14-18 (High School)				
1	Daniel Barron	17:43	Irene Barrea	22:50
2	Luis Ronquillo	17:59		
3	Jeffery Lazo	18:01		
4	Jaasiel Velo	18:07		
5	Jesus Lazo	18:17		
13 and Under				
1	Justin Perry	20:54	Alisa Jackson	30:44
2	Ben Brandt	27:56	Kathryn Stone	39:40
3			Bethany Jackson	42:47

## Elk Meadow 5.5m August 18, 2012 Race Results

PLACE	NAME	TIME	AGE
1	War Horse (Keith) Johnson	39:17	51
2	Steven Johnson	39:56	30
3	Jeremy O'Farrell	41:13	36
4	Colin Szuch	43:32	10
5	<i>Christine Adamowski</i>	43:35	45
6	Dan Shaw	46:22	53
7	Jacob Wyatt	46:56	43
8	<i>Theresa Jockers</i>	47:10	51

9	<i>Alayna Szuch</i>	48:39	8
10	Cliff Jurgens	48:40	46
11	Joe Black	50:26	15
12	Alan Johnson	50:32	51
13	Rich Martinez	50:58	65
14	Missing Link Lubken	51:02	63
15	Michael Abbott	52:24	43
16	Matt Krebs	52:25	43
17	Todd Nikkel	52:42	43
18	Robert Kanieski	54:13	35
19	Jay D. Trujillo	54:20	54
20	Spiderman (Scott) McFarlane	56:03	61
21	<i>Elizabeth Hayden</i>	56:14	40
22	<i>Stacey Totherow</i>	56:56	44
23	Strider (Tom) Chambers	57:15	69
24	<i>Holly Dahm</i>	1:00:30	42
25	<i>Deb Stafford</i>	1:01:10	60
26	The B-Man (Jim) Romero	1:02:06	72
27	<i>Janet Sandoval</i>	1:02:08	64
28	Ken Simons	1:02:13	74
29	Brent Jockers	1:04:07	61
30	Kool Shades (Ken) Randall	1:04:08	74
31	<i>Constance Ahrnsbrak</i>	1:06:36	72
32	Joe Sanchez	1:07:14	75
33	<i>Valerie Shockley</i>	1:11:36	46
34	<i>Jitka O'Farrell</i>	1:20:01	34
35	Dave Black	1:26:22	61

## Race Results by Age Group

Place	Name	Time	Name	Time
	Men		Women	
<b>Overall</b>				
1	War Horse (Keith) Johnson	39:17	Christine Adamowski	43:35
<b>75-79</b>				
1	Joe Sanchez	1:07:14		
<b>70-74</b>				
1	The B-Man (Jim) Romero	1:02:06	Constance Ahrnsbrak	1:06:36
2	Ken Simons	1:02:13		
3	Kool Shades (Ken) Randall	1:04:08		

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<b>65-69</b>				
1	Rich Martinez	50:58		
2	Strider (Tom) Chambers	57:15		
<b>60-64</b>				
1	Missing Link Lubken	51:02	Deb Stafford	1:01:10
2	Spiderman (Scott) McFarlane	56:03	Janet Sandoval	1:02:08
3	Brent Jockers	1:04:07		
4	Dave Black	1:26:22		
<b>50-54</b>				
1	Dan Shaw	46:22	Theresa Jockers	47:10
2	Alan Johnson	50:32		
3	Jay D. Trujillo	54:20		
<b>45-49</b>				
1	Cliff Jurgens	48:40	Valerie Shockley	1:11:36
<b>40-44</b>				
1	Jacob Wyatt	46:56	Elizabeth Hayden	56:14
2	Michael Abbott	52:24	Stacey Totherow	56:56
3	Matt Krebs	52:25	Holly Dahm	1:00:30
4	Todd Nikkel	52:42		
<b>35-39</b>				
1	Jeremy O'Farrell	41:13		
2	Robert Kanieski	54:13		
<b>19 - 34</b>				
1	Steven Johnson	39:56	Jitka O'Farrell	1:20:01
<b>14-18 (High School)</b>				
1	Joe Black	50:26		
<b>13 and Under</b>				
1	Colin Szuch	43:32	Alayna Szuch	48:39

## Stonehouse (2x) triplecross September 15, 2012 Race Results

PLACE	NAME	TIME	AGE
1	Bill Fanselow	53:34	45
2	Aaron Velo	53:58	19
3	Andrew Terrill	55:48	42
4	Warhorse (Keith) Johnson	56:13	51
5	G. Anthony Kunkel	57:00	20
6	Jaasiel Velo	58:08	17
7	Steven Johnson	58:47	30

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8	Hector Martinez	59:31	29
9	Eric Hislop	59:55	27
10	Jeffery Lazo	1:00:32	16
11	Marco Cornacchione	1:01:44	42
12	Daniel Barron	1:06:10	16
13	<i>Karen Voss</i>	1:06:13	47
14	Colin Szuch	1:07:14	10
15	Daniel Shaw	1:07:49	53
16	Sean Connor	1:08:05	50
17	Ben Bergstrand	1:08:50	36
18	<i>Theresa Jockers</i>	1:09:49	51
19	Jeff Duran	1:10:15	30
20	<i>Letiaa Robledo</i>	1:10:31	35
21	<i>Sabrina Ruiz</i>	1:11:13	19
22	<i>Bridget Dunn</i>	1:12:26	44
23	Missing Link Lubken	1:12:31	63
24	Cliff Jurgens	1:13:25	46
25	Robert Whittemore	1:13:36	44
26	John Scott	1:13:38	47
27	Scott Jackson	1:13:59	44
28	Michael Abbott	1:14:50	43
29	Greg Wobbema	1:15:23	53
30	Jim Bosik	1:15:32	62
31	<i>Jessie Stedman</i>	1:16:23	39
32	Chad Stedman	1:16:23	40
33	<i>Alyna Szuch</i>	1:16:27	8
34	Roger Allen	1:16:33	61
35	Andrew Sidles	1:19:03	41
36	Rich Martinez	1:20:10	67
37	<i>Rosario Gonzalez</i>	1:20:39	36
38	Wayne Stewart	1:20:42	66
39	Robert Romero	1:21:21	66
40	<i>Jennifer Forker</i>	1:21:38	46
41	Bill Faulkner	1:21:45	71
42	<i>Elizabeth Hayden</i>	1:22:21	40
43	<i>Erin Bosik</i>	1:23:36	27
44	<i>Kristen Demis</i>	1:23:50	41
45	Robert Kanieski	1:25:58	35
46	Juan Ortiz-Navarro	1:26:00	21
47	Tall Red (Ed) Youngberg	1:26:08	69
48	Frank Shea	1:27:40	42

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49	Kevin Rasor	1:29:09	33
50	The B-Man (Jim) Romero	1:29:57	72
51	Joe Sanchez	1:30:29	75
52	<i>Dianne Flinn</i>	1:31:19	33
53	<i>Janet Sandoval</i>	1:31:22	64
54	Brent Jockers	1:33:46	61
55	Jeff Young	1:34:16	56
56	Ken Simons	1:34:27	74
57	Earl Beam	1:34:52	62
58	Kool Shades (Ken) Randall	1:34:59	74
59	<i>Patricia Tolleson</i>	1:36:43	63
60	<i>Miriam Lang</i>	1:41:56	27
61	Tom Duran	1:43:24	64
62	Gabriel Sisneros	1:44:26	74
63	<i>Julie Carroll</i>	2:05:50	39
64	<i>Lisa Wilson</i>	2:05:50	46
65	Dave Black	2:07:52	61
<b>Racewalkers (5K)</b>			
1	<i>Valerie Sidles</i>	1:03:27	30
2	<i>Rosalia Dexter</i>	1:03:28	71

## September 15, 2012 Race Results by Age Group

Place	Name	Time	Name	Time
Men		Women		
<b>Overall</b>				
1	Bill Fanselow	53:34	Karen Voss	1:06:13
<b>75-79</b>				
1	Joe Sanchez	1:30:29		
<b>70-74</b>				
1	Bill Faulkner	1:21:45		
2	The B-Man (Jim) Romero	1:29:57		
3	Ken Simons	1:34:27		
4	Kool Shades (Ken) Randall	1:34:59		
5	Gabriel Sisneros	1:44:26		
<b>65-69</b>				
1	Rich Martinez	1:20:10		
2	Wayne Stewart	1:20:42		
3	Robert Romero	1:21:21		
4	Tall Red (Ed) Youngberg	1:26:08		

<b>60-64</b>				
1	Missing Link Lubken	1:12:31	Janet Sandoval	1:31:22
2	Jim Bosik	1:15:32	Patricia Tolleson	1:36:43
3	Roger Allen	1:16:33		
4	Brent Jockers	1:33:46		
5	Earl Beam	1:34:52		
<b>55-59</b>				
1	Jeff Young	1:34:16		
<b>50-54</b>				
1	Warhorse (Keith) Johnson	56:13	Theresa Jockers	1:09:49
2	Daniel Shaw	1:07:49		
3	Sean Connor	1:08:05		
4	Greg Wobbema	1:15:23		
<b>45-49</b>				
1	Cliff Jurgens	1:13:25	Jennifer Forker	1:21:38
2	John Scott	1:13:38	Lisa Wilson	2:05:50
<b>40-44</b>				
1	Andrew Terrill	55:48	Bridget Dunn	1:12:26
2	Marco Cornacchione	1:01:44	Elizabeth Hayden	1:22:21
3	Robert Whittemore	1:13:36	Kristen Demis	1:23:50
4	Scott Jackson	1:13:59		
5	Michael Abbott	1:14:50		
<b>35-39</b>				
1	Ben Bergstrand	1:08:50	Letiaa Robledo	1:10:31
2	Robert Kanieski	1:25:58	Jessie Stedman	1:16:23
3			Rosario Gonzalez	1:20:39
4			Julie Carroll	2:05:50
<b>19 - 34</b>				
1	Aaron Velo	53:58	Sabrina Ruiz	1:11:13
2	G. Anthony Kunkel	57:00	Erin Bosik	1:23:36
3	Steven Johnson	58:47	Dianne Flinn	1:31:19
4	Hector Martinez	59:31	Miriam Lang	1:41:56
5	Eric Hislop	59:55		
<b>14-18 (High School)</b>				
1	Jaasiel Velo	58:08		
2	Jeffery Lazo	1:00:32		
3	Daniel Barron	1:06:10		
<b>13 and Under</b>				
1	Colin Szuch	1:07:14	Alyna Szuch	1:16:27

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## A page of running photos – Thanks to Link Lubken



Link running to a 3<sup>rd</sup> in age place in the Liberty 4mile race (also winning the best dressed runner) and Jim Romero accepting his 1<sup>st</sup> in age place award at Wash park.



Rich Martinez (4<sup>th</sup>) and Link Lubken (3<sup>rd</sup>) in the Classic 10k in Colorado Springs.

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 20th<sup>th</sup> November 2012. If sending an email, please add CMRA to the title so I know it's not spam.

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## **Pelican Update (Constance Ahrnsbrak)**

**7/14- Golden Gate trail runs, SFran, CA: 30K -** Relentless Dave Black. **Marathon** – 15-year old Joe Black, 5:46 (2). *This was Joe's first marathon.* **Sand Creek 5K, Aurora:** Bob Tafelski, 24:42 (1).

**7/21 – Classic 10K, CS:** Rochelle Persson, 38:59; Rich Hadley, 42:29; Missing Link, 45:43 (3); Rich Martinez, 49:24; Jim Peterson, 1:03 (3) & Deb Hadley, 1:08. **Vail Half:** Alan Johnson, 2:40 & the B-Man (Jim Romero), 2:55 (1).

**7/28 – Mt. Falcon 15K, Evergreen:** Lonnie Cruz, 1:09 (3); David Kelble, 1:45 (2) & The B-Man, 2:01 (1).

**8/5- I Run Colorado 5K, WP:** Tom Chambers, 25:07 (2); Bobby Romero, 26:02 (3); Jack Barry, 26:21; Todd Shaklee, 26:53; Connie Ahrnsbrak, 26:56 (1); Leslie Mitchell, 27:42; Ross Westley, 28:41; Holly Romero, 33:46 & Nichole Shaklee, 35:21.

**Tri for Cure, CCSP:** Christine Vanoni, 1:51 & **Grand Prix Top Ten-10-Miler, CS:** Robert Whittemore, 1:16.

**Evergreen Town 10K race:** Michael Quispe, 37:25; Brett Allendorf, 45:28; Tall Red, 51:42; Mike Burzynski, 56:58 (3) & Vici Dehaan, 1:20. **5K** – Scott Kukel, 17:18 (3); Christine Adamowski, 18:45 (2); Devin Croft, 19:29 (3) Bill Smitham, 23:12 (1); Lee Bengston, 27:53 (2); Jerry O'Donnell, 28:33; Jim Peterson, 29:38; Stan the Man Hayes, 29:48 (2); Penelope, 33:45; Janis Hayes, 42:25 (2) & Carol Bengston, 43:06 (3);

**8/11- Georgetown Half:** Omar Martinez, 1:12 (2); Scott Kukel, 1:21; Michael Quispe, 1:22; Jeremy O'Farrell, 1:25; David Rothenburger, 1:26; Bob Caillouette, 1:37; Rob Martinez, 1:40; John Perez, 1:47; Rich Martinez, 1:52; Bill Faulkner, 1:54 (2); Amy Lease, 1:55; Bobby Romero, 1:58:17; Tall Red, 1:58:39; Janet Sandoval, 2:02; Patricia Tolleson, 2:12; Sir Fred Trentaz, 2:20 & Jan McBee, 2:58.

**DaVita Kidney 5K, Coors Field:** J Gutierrez, 26:59; Connie Ahrnsbrak, 27:31 (1); Jerry O'Donnell, 29:42 & Penelope, 36:52. **Holy Cow 5K, Westminster:** Ken Simons, 30:51 (3). **10K-** Bob Cooper, 46:15 (1); Robert Kanieski, 54:14; Holly Dahm, 56:28 (3); Glenn Bakken, 1:00 & Cheryl Ames, 1:10.

**8/19- Pikes Peak Marathon:** Andrew Terrill, 4:56; Jim Bosik, 7:23:12; Stephanie Weicks, 7:23:44 (1<sup>st</sup>/age CR); Patricia Tolleson, 8:32 & Bill Faulkner, 8:43 (3).

**8/26 – 10K @ 10,000', Vail:** David Kelble, 1:06 & The B-Man, 1:14 (1). **5K** – 11-year old Gina Kelble, 41:24 (2).

**9/2 -Rabbit Ears Pass, 10K:** Robert Kanieski, 1:12.

Once you are over the hill, you pick up speed

**9/3- Kids for Kyla, Greeley:** **10K** – Deborah Stafford, 58:59 (1). **5K** – Connie Ahrnsbrak, 27:20 (1) & Lonnie Stafford, 30:35 (1).

**Park to Park 5-miler:** Bob Tafelski, 42:46 (1); Jack Barry, 44:14 (2); Jim Peterson, 50:44 (3); Kim Shenfeld, 1:09 & Leslie Woods, 1:14.

**9/8 – FSBF 5K, Greenwood Village:** Chris Adamowski, 20:29 (5/OA); Wayne Stewart, 25:30 (2); Claradene Stewart, 26:53 (1); \*Hunter Karickhoff, 34:21 & Fred Trentaz, 43:03. \**Connie's grandson.*

**Waneka Clasic 5K, Lafayette:** Omar Martinez, 17:11; Jeffery Lazo, 17:18; Hector Martinez, 18:50; Amy Lease, 24:39 & Jay D. Trujillo, 25:19.

**9/9 -Denver Half, CCSP:** Karen Voss, 1:38 (1). **10K** – Eric Windholz, 45:12 (2); Tom Chambers, 55:31 (2); Kevin Rasor, 58:02; Todd Shaklee, 58:18 & Nicole Shaklee, 1:10.

**Harvest Moon Tri, Aurora:** Judith Laney, 5:43 (1); Terry McFarlane, 8:20 & Cassie Klump, 9:09.  
**Blue Shoe 5K, Denver:** Jeremy O'Farrell, 19:19 (4/OA); Dave Hill, 24:19 (1); Robert Tafelski, 25:11 (1); Rich Romero, 27:48 (1); Bill Obert, 27:59 (2); Jim Peterson, 31:53 & Tom Alison, 40:08.

**9/16 – El Grito 5K:** Omar Martinez, 16:52 (1); Aaron Velo, 16:56 (1); Jeffery Lazo, 18:13 (2); Bob Cooper, 21:58 (1); Alyn Park, 23:48 (1); David Hill, 24:41; Rich Martinez, 25:01 (2); Bob Tafelski, 25:23 (1); Spiderman Scott, 26:39; Holly Dahm, 27:01; Jay Wissot, 27:04; Janet Sandoval, 27:07 (3); Connie Ahrnsbrak, 27:33 (1); J Gutierrez, 28:42; Jerry O'Donnell, 29:39; Robert Ghormley, 29:46; Bobby Romero, 30:43; Lee Bengston, 30:55 (1); Tom Duran, 30:59; Penelope, 32:41; 9-year old Dafni Martinez, 33:14; Hector Martinez, 33:15; Jan Hill, 34:46 (3/W); Rosalia Dexter, 45:04 (W); Laura McCoy, 45:37 (W) & Carol Bengston, 48:49 (2).

**Drake Dragon Dash 5K, Arvada:** Jay D Trujillo, 26:00 & Jennifer Forker, 27:17. **Evergold 11K, Vail:** The B-Man, 1:43 (1). **5K** – David Kelble, 36:51 (2); 11-year old Gina Kelble, 51:46 (3) & Roger Rybicka, 52:02 (1).

**Farmers 5000, Wheat Ridge:** Bill Smitham, 23:30 (1); Bob Caillouette, 23:37 & Taunya Wilson, 27:47 (1). **Panerathon 5K, Westminster:** Bill Faulkner, 26:39 (1); Patricia Tolleson, 30:25 & Kathy Klesmit, 30:31 (2). **Top of Utah Marathon:** Claradene Stewart, 4:33 (1); Todd Shaklee, 5:00 & Nichole Shaklee, 6:30.

**9/22- Lowry Harvest 10K:** David Hill, 51:18 (1). **5K-** Connie Ahrnsbrak, 26:46 (1); J Gutierrez, 27:44 (3); Chris Bengston, 27:56 (3) Lee Bengston, 29:50 (2); Laura McCoy, 44:15 (3/W) & Carol Bengston, 48:30.

**Denver Rock N Roll Half:** – Alyn Park, 1:39 (1); Jay Wissot, 1:57; Tall Red (Ed Youngberg), 1:58; Fred Trentaz, 2:25 & Cassie Klumpp, 2:37.

## **2012 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.

## **2012 Colorado Masters Running / Racewalking Association Schedule**

Oct 14	(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 10	(Sat)	9 AM	<a href="#">Hildebrand Ranch Park</a>	Veterans run	Dave Black / Joe Black
Dec 8	(Sat)	10 AM	<a href="#">Stapleton Central Park</a>	 Stapleton Central Park XC 12K	Dan Shaw / Rob Fisher

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 special articles about training and racing by club members as well as 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.

### 2011 OFFICERS & BOARD OF DIRECTORS

President	Dan Shaw	<a href="mailto:dshaw_64@yahoo.com">dshaw_64@yahoo.com</a>
Vice President	Cheryl Ames	<a href="mailto:Cheryl_e_ames@msn.com">Cheryl_e_ames@msn.com</a>
Treasurer	Amy Lease	<a href="mailto:amyl_80222@yahoo.com">amyl_80222@yahoo.com</a>
Secretary	Chris Vanoni	<a href="mailto:m_c_vanoni@msn.com">m_c_vanoni@msn.com</a>
Membership Chairperson	Nicole Shaklee	<a href="mailto:ctshaklee@msn.com">ctshaklee@msn.com</a>
Club liaison	Valerie Passerini	<a href="mailto:vpasserini@gmail.com">vpasserini@gmail.com</a>
Newsletter Editor	Jane Harbert	<a href="mailto:tace_tigger@hotmail.com">tace_tigger@hotmail.com</a>
Web Site Chairperson	Scott McFarlane	<a href="mailto:simcfarl@pcisys.net">simcfarl@pcisys.net</a>
Quartermaster Chairperson	Mike Vanoni	<a href="mailto:mev@cre-denver.com">mev@cre-denver.com</a>
Members at Large	Connie Ahrnsbrak, Rob Fisher, David Wise, Ken Randall, Ed Youngberg	

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 2013

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 **\$10.00** if opting below for newsletters by snail mail)

Runner (\_\_\_\_\_) Racewalker (\_\_\_\_\_) Wheelchair (\_\_\_\_\_)

NAME: \_\_\_\_\_ SEX: M \_\_\_\_\_ F

ADDRESS: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIPCODE: \_\_\_\_\_

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 \$10.00 per year)

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Please shop at our sponsors



Arvada, CO



\*\*\*\*\*

**Great Harvest Bread in Arvada will give a 10% discount to CMRA members when they present their membership card.**

\*\*\*\*\*

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