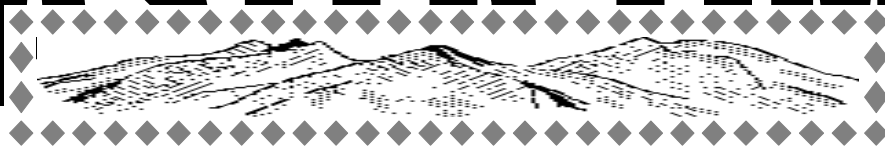


# MASTER TIMES



September/October 2013

Volume 46 Issue 5

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## PRESIDENT'S CORNER

By Jennifer Forker

We've had a good CMRA racing summer. All of our races have been well attended and executed so professionally. For the most part, we've had good racing weather. I'd like to commend and thank our race directors for the hard work they put into planning and leading their respective races. Now that I've co-directed one myself – The Amazing Race 6-miler in September -- I know how much time and effort goes into putting on one of these. All of our races are organized by volunteer members, and CMRA races remain the best trail-racing bargain in town! Please thank the race directors yourself. You'll have another opportunity soon ... **our next race is the Hildebrand Ranch Park 6-6-mile Veterans Run at 10:00 a.m., Saturday, Nov. 9.** It's mostly single-track trail with some crushed gravel through a neighborhood and a lake loop – very nice course. I hope to see you there.

Thanks to the ingenuity and persistence of CMRA member Ed Youngberg, who got several permits in place, we were able to quickly respond to the devastation of the September rainstorm, which washed out Coal Creek Trail in several places. That's the site of our regularly planned October race – the Coal Creek XC Challenge 6M in Louisville. (It's a favorite race for many, but maybe all of our races are "favorites"?)

We couldn't run on a non-existent trail, so a brain trust, including Youngberg and race director Rich Fitzpatrick, got to work. They came up with an ingenious and beautiful substitute race: The Clear Creek 6-miler, or as it was posted on our CMRA Facebook page: the Clear Creek Trail Boogie Run. (Thanks, Cliff Jurgens.)

We ran that last Saturday, October 12, at Prospect Park in Wheat Ridge under gray skies, which proved supportive of a fast morning run. (Check our web site for the race results: We've got some fast numbers listed there.)

For a last-minute hustle, it was a splendid 6 miles of roiling river (very full, hardly a creek), a serene lake, and trees slipping into their fall riot of color: the bright yellows, oranges and reds that define fall in Colorado. Rich planned a great race, and we had some wonderful volunteers who made the race possible: Connie Ahrnsbrak and Jim Romero (registration), Michael Brenner and an anonymous gal (water station), Lee Bengston (the turn around), and Joe Baird, Rob Fisher, Laura McCoy and Connie Ahrnsbrak (finish line/timers). Seriously, folks. **We cannot run our races without our volunteers, so always thank those who you see helping out.**

Finally, I'd like to issue a shout-out to our fine sponsors, who provide us with the race prizes we depend upon and offer our CMRA members discounts at their stores. Just in case you need this reminder (I did):

**Runner's Roost** (7978 W. Alameda Ave., Lakewood 80226): 15 percent discount

**Boulder Running Co.** (8116 W. Bowles Ave. Littleton 80123): 15 percent discount

**Road Runner Sports** (10436 Town Center Dr., Westminster 80021): 15 percent discount

**Great Harvest Bread Co.** (Arvada store only: 7745 Wadsworth Blvd., Arvada, 80003): 10 percent discount

**Catalyst Therapies, LLC** (2680 18th St., Denver 80211) remains a sponsor (call them for details). You may need to enlist their physical therapy expertise if you experience pain or an injury during your training or racing.

This is why we have our lovely CMRA Membership Cards, which list our sponsors on the back. Pick up your card at the registration table before a monthly race. (I made the cards to last two years to save club money.)

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

We have a new running store to support: **Runners High** (103 N. Rubey Dr., Golden, 80403; off Highway 93, a mile South of North Table Mountain) is a new, locally owned running store that generously provided two \$25 gift certificates to Eric Hislop's and my Sept. 21 race. Owners Ken Pliska and Deb Spence offer a 10 percent discount to CMRA members.

I'm so proud of our organization that I stop people at coffee shops, the grocery store and others' races – including at my daughter Grace's high-school cross-country meets this fall – to tell fellow runners about our great "team." It's really fun. Most folks want to hear about what we offer: great trail races with post-race camaraderie at an unbeatable price. I hand out the CMRA "business cards" that are available for your pick up at the race registration table each month (if you don't see them, you can ask for them). These are for you to take by the handful and share with your friends. You, too, can accost the people you come into contact with to tell them about CMRA. It's a heck of a conversation starter!

As always, happy trails.

Once you are over the hill, you pick up speed



← Andrew Terrill won the Matthews/Winters 6-mile race and Kevin Snyder, with mud on his face, was our "sweeper." He followed racers, ensuring everyone finished the race.

Mathews/Winters runners →



← Apres Run feast. Crown Hill



Shaklee Family 5K →



← This is why we run ☺

Thanks to Connie, Amy, Jen for the pictures

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

# Fairmount Park 5K Trail Aug 7<sup>th</sup> 2013 Results

## Kids' 1/2 mile Race Results

PLACE	NAME	SEX	TIME	AGE
1	Lucas Adams	M	3:45	8
2	Cameron Kramp	M	3:56	7
3	Wiley Carlin	M	4:09	5
4	Daniel Olds	M	4:26	6
5	Adam Ziegenfuss	M	4:27	5
6	Micah	M	4:32	5
7	Dylan Ziegenfuss	M	4:33	5
8	Teo Moreau	M	4:41	5
9	Ronan Healy	M	4:53	8
10	Seamus Healy	M	4:54	8
11	Delaney Kramp	F	4:57	4
12	Rosario Cornell	F	5:03	5
13	Hannah Feerst	F	5:58	5
14	Rachel Flores	F	6:08	8
15	Desire Flores	F	6:13	6
16	Thomas Olds	M	6:32	4

## Race Results

PLACE	NAME	SEX	TIME	AGE
1	Michael Nothem	M	16:51	18
2	Drew Ryther	M	16:56	20
3	Jairo Tiscareno	M	17:14	17
4	Jeffery Lazo	M	17:15	17
5	G. Anthony Kunkel	M	17:27	21
6	Omar Martinez	M	17:45	26
7	Luis Ronquillo	M	18:16	18
8	Eric Albright	M	18:35	41
9	Juandel	M	18:53	20
10	Warhorse (Keith) Johnson	M	18:57	52
11	Juan Navarro-Ortiz	M	19:03	22
12	Steven Johnson	M	19:07	31
13	Eric Hislop	M	19:08	28
14	Hans Funke	M	19:16	52
15	Scott Kukel	M	19:18	39
16	Brett Scofeld	F	19:26	25
17	Joe Ziegenfuss	M	19:36	38

Once you are over the hill, you pick up speed

<b>PLACE</b>	<b>NAME</b>	<b>SEX</b>	<b>TIME</b>	<b>AGE</b>
18	David Rothenburger	M	19:37	44
19	Michael Quispe	M	19:53	46
20	Rachel Perez-Tetrault	F	19:59	34
21	Tim Miller	M	20:04	43
22	Bob Jones	M	20:05	52
23	Adam Feerst	M	20:14	53
24	Daniel Barron	M	20:15	17
25	Justin Perry	M	20:23	13
26	David Herring	M	20:31	29
27	Joe Black	M	20:34	15
28	Cruz Jimenez	M	20:37	14
29	Julian Cazares	M	20:38	16
30	Antonio Cuevas	M	20:39	33
31	Dan Cornell	M	20:57	42
32	Jacques Moreau	M	21:06	15
33	Paul Moreau	M	21:13	47
34	Joe Trubacz	M	21:45	54
35	Karen Kantor	F	21:48	43
36	Jakob Fanning	M	22:03	14
37	Irene Barrea	F	22:04	19
38	Todd Burgess	M	22:36	44
39	Ben Bergstrad	M	22:37	37
40	Bob Irving	M	22:44	58
41	Jim Perry	M	22:46	52
42	Nolan Greenberg	M	22:53	21
43	Bruce Kirschner	M	22:57	59
44	Sabrina Ruiz	F	23:03	20
45	Scott Jackson	M	23:16	45
46	Roger Allen	M	23:17	61
47	Stacy Totherow	F	23:28	45
48	Theresa Jockers	F	23:32	52
49	Missing Link Lubkin	M	23:46	64
50	Rosa Gutierrez	F	24:26	13
51	Dan Shaw	M	24:38	54
52	Layne Poskie	F	24:59	14
53	Rich Martinez	M	25:03	66
54	Ben Brandt	M	25:04	12
55	John Brandt	M	25:18	42
56	John Perez	M	25:35	62
57	River Spotted Bear	M	25:38	15
58	Jenny Carlin	F	26:08	49



PLACE	NAME	TIME	NAME	TIME		
<b>M</b>		<b>OVERALL</b>			<b>F</b>	
1	Michael Nothem	16:51	Brett Scofeld	19:26		
<b>75-79</b>						
1	The Oak (Ross) Westley	29:58				
2	Kool Shades (Ken) Randall	32:54				
<b>70-74</b>						
1	Tall Red (Ed) Youngberg	27:16	Constance Ahrnsbrak	28:24		
2	The B-Man (Jim) Romero	27:26				
3	Tom Chambers	27:58				
<b>65-69</b>						
1	Rich Martinez	25:03	Janet Sandoval	27:41		
2	Wayne Stewart	27:43				
3	Lonnie Max Stafford	28:48				
4	Tom Duran	29:05				
5	Andy McKean	36:36				
<b>60-64</b>						
1	Roger Allen	23:17	Claradene Stewart	26:44		
2	Missing Link Lubkin	23:46	Deborah Stafford	30:15		
3	John Perez	25:35				
4	Spiderman (Scott) McFarlane	28:18				
5	Hank Burkman	29:13				
<b>55-59</b>						
1	Bob Irving	22:44	Karen McKean	29:40		
2	Bruce Kirschner	22:57				
3	Jeffery Young	31:30				
<b>50-54</b>						
1	Warhorse (Keith) Johnson	18:57	Theresa Jockers	23:32		
2	Hans Funke	19:16	Tina Akin	28:07		
3	Bob Jones	20:05				
4	Adam Feerst	20:14				
5	Joe Trubacz	21:45				
<b>45-49</b>						
1	Michael Quispe	19:53	Stacy Totherow	23:28		
2	Paul Moreau	21:13	Jenny Carlin	26:08		
3	Scott Jackson	23:16	Jennifer Forker	28:28		
4			Maria Rivera	28:39		
<b>40-44</b>						
1	Eric Albright	18:35	Karen Kantor	21:48		



2	David Rothenburger	19:37	Sherri Spotted Bear	28:33
3	Tim Miller	20:04	Debbie Kampman	31:48
4	Dan Cornell	20:57	Amy Machael	32:08
5	Todd Burgess	22:36	Nicole Blomgren	39:26
<b>35-39</b>				
1	Scott Kukel	19:18	Gina Olberding	26:38
2	Joe Ziegenfuss	19:36	Elena Alcorn	28:22
3	Ben Bergstrad	22:37		
4	Robert Kanieski	28:10		
<b>19-34</b>				
1	Drew Ryther	16:56	Rachel Perez-Tetrault	19:59
2	G. Anthony Kunkel	17:27	Irene Barrea	22:04
3	Omar Martinez	17:45	Sabrina Ruiz	23:03
4	Juandel	18:53	Melissa Trubacz	27:50
5	Juan Navarro-Ortiz	19:03	Valerie (w/jogger) Sidles	33:41
<b>14-18 (High School)</b>				
1	Jairo Tiscareno	17:14	Layne Poskie	24:59
2	Jeffery Lazo	17:15	Kassidy Webber	42:04
3	Luis Ronquillo	18:16	Grace Clarke	42:05
4	Daniel Barron	20:15		
5	Joe Black	20:34		
<b>13 and Under</b>				
1	Justin Perry	20:23	Rosa Gutierrez	24:26
2	Ben Brandt	25:04		

The weather gods smiled on us for this running of the Fairmount 5k on Wed. August 7, 2013. The morning rain gave way to clouds, then clearing skies and pleasant temperatures in the high 60's, I believe, for the race. The evening started off with my favorite part, the half mile kids' race. I love seeing their eager faces at the start, their great efforts around the field and big smiles at the finish. They represent the future of our sport. We had a good turnout of 16 kids from ages 4 to 9. Lucas Adams, age 8, turned in the fastest time of 3:45. Delaney Kramp, age 4, was the fastest girl in 4:57. An observer noted that "the Kodak moment for the kids' race was Rachel Flores, niece of Brett and Theresa Jockers, who had the most proud and happy expression upon receiving her ribbon."

We had 91 runners in the 5k race, and 3 (?4) racewalkers. Michael Nothen repeated as the overall winner, a couple of seconds faster than last year, in 16:51. Second overall was Drew Ryther in 16:56. Bret Scofield, winner of the womens' race, ran one of the fastest womens' time I've seen in my 6 years of directing this race, 19:26. Rachel Perez-Tetrault was not far behind her in 19:59. The fastest masters' (over 40) times were Eric Albright, age 41, in 18:35 and Karen Kantor, age 43, in 21:48. Other notable age group results: in the men's 75-79 age group the Oak (Ross) Westley won in 29:58 (still under 30:00 at age 76!), followed by Ken Randall in 32:54. In the 70-74 category, all 3 entrants, Tall Red (Ed) Youngberg, The B-Man (Jim Romero) and Tom Chambers were under 28 minutes and within 42 seconds of each other. And, perhaps even more notable, Connie Ahrnsbrak, in the same age category, was only seconds behind in 28:24. No wonder no one in her age group wants to race her! Also worth mentioning: Rich Martinez, winner 65-69 in 25:03, and Janet Sandoval, same category, 27:41. Moving down to 60-64, Roger Allen in 23:17 and Claradene Stewart in 26:44. In the 55-59 category, Bob Irving ran 22:44 and Karen McKean, 29:40. 50-54: Warhorse (Keith) Johnson in 18:57 and Theresa Jockers in 23:32. And 45-49: Mike Quispe in 19:53 and Stacey Totherow in 23:28

Once you are over the hill, you pick up speed



In the high school age group, Jairo Tiscareno, age 17, won in 17:14, while Layne Poskie, age 14, won for the women in 24:59. In the 13 and under age group, Justin Perry, age 13, ran an excellent time of 20:23, with Rosa Gutierrez, also age 13, winning in 24:26.

Ed Gussie was the overall walkers' winner in 44:05, with Ron Gussie 3 seconds behind. Rosalia Dexter won womens' walking division in 46:07.

I would like to thank my many enthusiastic volunteers, starting with my co-director, Monica Ryan. I didn't know I needed a co-director until I got one. Now I couldn't do it without you! Thanks to Connie Ahrensbrak and Rosalia Dexter (out of retirement!) for handling registration, Adam Feerst for the course markings, and Ken Randall for bringing the Great Harvest bread. The finish line crew were reliable and accurate as always. Thanks to Joe Baird, Rob Fisher, Mike Vanoni, Ken Simons. Thanks also to my water station volunteers, Lisa Wilson and Manda McCarthy, who had to be creative with no table or water jug. Bob Curci was a wonderful all-around help, willing to do whatever was needed--including pre-race set-up, finish line help and grilling. Please come back next year! Marla Ofstad did a great job at traffic control, making sure no one had to worry about their safety crossing 50th. Gina Olberding and Debbie Kampman ran the race, then went out again to sweep the course and pick up markings. Much appreciated! Thanks to Jen Forker for bringing grilling "stuff" and to our grillers, David Wise, Cheryl Ames, Link Lubken, and Amy Lease as well as Bob Curci, mentioned above. Everyone seemed to enjoy the picnic after the race. And finally, thanks to Connie again for tabulating the results, Scott McFarlane for doing the race tags and website and Ian Monk for doing the newsletter. Sorry for anyone I missed.

Thanks to everyone who came out to run, help with or watch the race and I look forward to next year!

Kristin Moreau

## Amazing Race 6M September 21, 2013 Results

PLACE	NAME	SEX	TIME	AGE
1	Andrew Terrill	M	43:54	43
2	Anthony Kunkel	M	45:20	21
3	Eric Albright	M	45:27	41
4	Hal Clark	M	46:17	38
5	Steven Johnson	M	48:01	31
6	Joe Ziegenfuss	M	48:13	39
7	Hans Funke	M	48:32	52
8	Ian Kearns	M	48:39	35
9	Warhorse (Keith) Johnson	M	49:21	52
10	Niels Oomkes	M	50:48	42
11	Eli Martin	M	50:53	28
12	Ben Fibbe	M	51:09	41
13	Jeremy O'Farrell	M	51:56	37
14	Robert Jones	M	53:30	53
15	Tim Miller	M	53:53	43
16	Kasey Clark	F	57:14	27
17	Christopher Stone	M	57:46	46
18	Cliff Jurgens	M	57:51	47
19	John Ramos	M	58:11	37
20	Joanna Oomkes	F	58:47	32
21	Matt Diaz	M	1:00:16	31
22	Sannon Fonger	F	1:00:58	31
23	Dan Shaw	M	1:01:31	54
24	Sean Connor	M	1:01:53	51
25	Roger Allen	M	1:02:44	62
26	Sabrina Ruiz	F	1:04:13	20
27	Missing Link Lubken	M	1:04:18	64
28	Bruce Dahm	M	1:04:38	44
29	David Kelble	M	1:05:58	55
30	Ben Bergstrad	M	1:06:53	37
31	Brett Allendorf	M	1:08:27	44
32	Alan Johnson	M	1:08:57	52
33	Kevin Razor	M	1:10:44	34
34	Jitka O'Farrell	F	1:12:32	35
35	Reid Wiecks	M	1:12:36	67
36	Spiderman (Scott) McFarlane	M	1:13:20	62
37	The B-Man (Jim) Romero	M	1:14:11	73
38	Bill Faulkner	M	1:14:56	72
39	Bruce Razor	M	1:15:06	65
PLACE	NAME	SEX	TIME	AGE

Once you are over the hill, you pick up speed

40	Hank Burkman	M	1:15:09	61
41	Rick Jimenez	M	1:15:32	38
42	Michelle Kelble	F	1:17:13	45
43	J Gutierrez	M	1:18:31	60
44	Tall Red (Ed) Youngberg	M	1:20:08	70
45	Robert Kanieski	M	1:22:54	36
46	Theresa Daus-Weber	F	1:23:26	58
47	Ken Simons	M	1:24:03	76
48	Larry Nutsch	M	1:25:20	64
49	Joe Sanchez	M	1:26:45	76
50	Mike Morrisette	M	1:27:33	54
51	Nicole Shaklee	F	1:31:45	49
52	Derek Troy	M	1:32:48	38
53	Patricia Tolleson	F	1:35:16	64
54	Gabe Sisneros	M	1:36:14	75
55	Ken Randall	M	1:36:22	75
56	Bruce Brandt	M	1:39:15	68
57	Dave Black	M	1:49:45	62
<b>Racewalkers (5K)</b>				
1	Holly Dahm	F	39:09	43
2	Ed Gussie	M	46:46	72
3	Laura McCoy	F	43:02	58
4	Susan Stone	F	43:55	48

## Results by Age Group

PLACE	NAME	TIME	NAME	TIME
MEN		WOMEN		
<b>Overall</b>				
1	Andrew Terrill	43:54	Kasey Clark	57:14
<b>75-79</b>				
1	Ken Simons	1:24:03		
2	Joe Sanchez	1:26:45		
3	Gabe Sisneros	1:36:14		
4	Ken Randall	1:36:22		
<b>70-74</b>				
1	The B-Man (Jim) Romero	1:14:11		
2	Bill Faulkner	1:14:56		
3	Tall Red (Ed) Youngberg	1:20:08		
<b>65-69</b>				
1	Reid Wiecks	1:12:36		
2	Bruce Razor	1:15:06		
3	Bruce Brandt	1:39:15		
<b>60-64</b>				

1	Roger Allen	1:02:44	Patricia Tolleson	1:35:16
2	Missing Link Lubken	1:04:18		
3	Spiderman (Scott) McFarlane	1:13:20		
4	Hank Burkman	1:15:09		
5	J Gutierrez	1:18:31		
<b>55-59</b>				
1	David Kelble	1:05:58	Theresa Daus-Weber	1:23:26
<b>50-54</b>				
1	Hans Funke	48:32		
2	Warhorse (Keith) Johnson	49:21		
3	Robert Jones	53:30		
4	Dan Shaw	1:01:31		
5	Sean Connor	1:01:53		
<b>45-49</b>				
1	Christopher Stone	57:46	Michelle Kelble	1:17:13
2	Cliff Jurgens	57:51	Nicole Shaklee	1:31:45
<b>40-44</b>				
1	Eric Albright	45:27		
2	Niels Oomkes	50:48		
3	Ben Fibbe	51:09		
4	Tim Miller	53:53		
5	Bruce Dahm	1:04:38		
<b>35-39</b>				
1	Hal Clark	46:17	Jitka O'Farrell	1:12:32
2	Joe Ziegenfuss	48:13		
3	Ian Kearns	48:39		
4	Jeremy O'Farrell	51:56		
5	John Ramos	58:11		
<b>19-34</b>				
1	Anthony Kunkel	45:20	Joanna Oomkes	58:47
2	Steven Johnson	48:01	Sannon Fonger	1:00:58
3	Eli Martin	50:53	Sabrina Ruiz	1:04:13
4	Matt Diaz	1:00:16		
5	Kevin Razor	1:10:44		

Once you are over the hill, you pick up speed

The AMAZING RACE RECAP: The *inaugural* 6-mile race and 5K race walk on Sept. 21 was a huge success! Co-director Eric Hislop and I heard from a good many finishers that they *loved* this race: The difficult terrain -- navigating that first 2+ miles along the ridge -- didn't deter our hearty band of runners, and it attracted other strong runners into our mix.

Eric's and my thanks go to the 57 runners, 4 race walkers and 4 non-competitive 5K runners who participated in The Amazing Race and the nearly 20 volunteers, including 8 Ralston Valley High School students, who helped put on this grand show in the beautiful Matthews/Winters Park in Golden.

Thanks go to these fine volunteers, who made The Amazing Race possible: Connie Ahrnsbrak, Kevin Snyder, Tom Duran and Janet Sandoval, Tom Chambers, Amy Machael, Jim Clarke (my husband), Todd Shaklee, Joe Baird and Amy Lease. If I didn't include your name, I apologize (and please send it to me!). From RVHS: Hope and Grace Clarke (my daughters), Spencer Morgan, Keith Enney, Shelby Austin, Julia Gustafson, Reid Biren and Cassidy Webber.

Our thanks also to Jefferson County Open Space for allowing the race to continue after the September floods damaged so many trails elsewhere (as a club, we are heartsick about that). Somehow, the trails at Matthews/Winters survived. We thank Mike Morin and other Open Space staff for trusting us to host a race that would be kind to the trails and respectful of other runners, hikers and mountain bikers with whom we shared it.

Our race prizes were provided by these fine merchants and supporters. PLEASE share your love; visit their shops (some are online only): Runner's High (a new running store off Hwy 93 in Golden); Boulder Running Co. in Littleton; Bentgate (a longtime mountaineering store in Golden that has a new, monthly Thursday night running club for folks like us); Mountain Toad Brewery in Golden; Rewind Consignment in Golden; Arvada Great Harvest Bread Co. (we cherish this bread!); Enjoy Biscotti (the best darn biscotti in all the land); Front Range Boot Camp (off Hwy 70 at Kipling in Arvada); Dandy Social Club in Lafayette, which crafts *race T-shirts* out of old T-shirts; and XTERRA, the national trail-racing sponsor that loves Colorado.

Eric and I look forward to another Amazing Race in 2014. Thanks, everyone.

Jennifer Forker, co-director

## The Pelican Brief (Constance Ahrnsbrak)

7/20

**Vail Half:** Jeremy O'Farrell, 2:02 & Jitka O'Farrell, 2:36

**Xterra Beaver Creek 10K Trail:** Cliff Jurgens, 53:12 (3); Stacy Totherow, 53:48 (1); Jennifer Forker, 1:01 (3)

**Aspen Valley Half:** The B-Man, 1:59 (2); Todd Shaklee, 2:02 & Nichole Shaklee, 2:18.

7/27

**Human Race 10K, FTC:** Louisa Eberle, 1:06:40 & Kim Massey, 1:06:45.

**Ogallala Lake 5K, NE:** Connie Ahrnsbrak, 26:32; Lonnie Stafford, 27:23 & Deborah Stafford, 27:42

**SB Women's Half Ironman, CA:** Terry McFarlane, 8:01 (4) & Cassie Klump, 8:58.

**Eldora 10K Trail:** Hans Funke, 47:28 (1); Alan Johnson, 1:05 & Ken Simons, 1:20 (3).

8/4

**Evergreen Town 10K:** Hans Funke, 37:41; Megan Fibbe, 39:27 (3); Brett Allendorf, 46:22; Tall Red, 53:58 (1) & Mike Burnzynski, 58:54 (3). **5K** – Luis Ronquillo, 15:50; Scott Kukel, 16:57; Katherine Klesmit, 26:26 (3); Stan the Man Hayes, 28:30 (1); Bob Ghormley, 28:58 (1); Jim Peterson, 29:24 (2) & Janis Hayes, 43:23 (2).

8/10

**Georgetown/Idaho Springs Half:** Luis Ronquillo, 1:16 (1); Daniel Barron, 1:22 (3); Scott Kukel, 1:23:11; Eric Hislop, 1:23:17; Keith Johnson, 1:23:25 (2); Juan Ortiz-Navarro, 1:24:03; David Rothenburger, 1:24:48 (1); Christine Adamowki, 1:29 (3); Rich Sandoval, 1:35; David Bedard, 1:38; Dan Shaw, 1:39; Jitka O'Farrell, 1:43; Missing Link, 1:44:03; Dale Doughman, 1:44:05; Jim Bosik, 1:47; Amy Lease, 1:48 (3); Rob Martinez, 1:49; Stacey Totherow, 1:54; Rich Martinez, 1:55:23 (1); Bill Faulkner, 1:55:36 (1); The B-Man, 1:56:31 (2); Michael Abbott, 1:56:42; Kevin Snyder, 1:57; Tall Red, 1:58 (3); Janet Sandoval, 1:59 (1); Elizabeth Hayden, 2:01; Todd Shaklee, 2:03; John Perez, 2:04; Kathy Johnson, 2:05; Katherine Klesmit, 2:06; Spiderman Scott, 2:07:19; George Huner, 2:07:54; Michelle Hart, 2:08; Jennifer Forker, 2:09; Hank Burkman, 2:11; Janet Ralston, 2:16:35; Patricia Tolleson, 2:16:40; Nicole Shaklee, 2:19; Kool Shades, 2:24; Eva Hart, 3:09 & Sir Fred Trentaz, 3:16.

8/11

**Pancake Stampede 5K:** \*Alexander Martinez, 24:33 (1); \*Hunter, Karickhoff, 26:27; J Gutierrez, 27:57 (3); Roger Rybicka, 28:16; Ross Westley, 30:14 (2); Jim Peterson, 30:24 (3) & Stonewall (Ken Green), 34:32.

*\*Connie's grandsons.*

8/17

**Ed Snell 10K @ 10,000', Alma:** Missing Link, 54:00 (1) & Connie Ahrnsbrak, 1:07 (1).

**Steamboat Springs Olympic Tri:** Terry McFarlane, 3:32 (3).

**Peachy Cheeks 5K on the Move, Greeley:** Nicole Shaklee, 33:03.

8/18

**Pikes Peak Marathon:** Jim Bosik, 7:33.

8/24

**Peach Festival 5K, FTC:** Rich Martinez, 23:58 (1).

**D-Evelyn 5K:** Missing Link, 25:11 (1); Michael Abbott, 27:08 & Elizabeth Hayden, 29:04.

8/25

**Sportiva 10K, Vail:** 8-year old Alayna Szuch, 51:41 (3/OA); David Kelble, 1:05; The B-Man, 1:07 (2) & 8-year old Katie Kelble, 1:10

**Sportiva 5K** – 11-year old Colin Szuch, 19:53 (2).

8/31

**Sunset Olympic Tri, Boulder:** Terry McFarlane, 3:59 (1).

9/2

**Kids for Kyla 10K, Greeley:** Deborah Stafford, 56:06 (1). **5K** – Lonnie Max Stafford, 28:13 (1).

**American Discovery Half:** Michael Guenther, 1:35 (1); Stacey Totherow, 1:49 (2) & Lou Huie, 1:49 (1).

**American Discovery Marathon** – Ed Youngberg, 4:25 (3) & Patricia Tolleson, 5:30 (1).

**Labor Day 4-miler, Schuyler, NE:** Connie Ahrnsbrak, 34:24 (1).

**Aetna 10-Miler:** Scott Kukel, 1:05 (3); Michael Quispe, 1:06 (3); Joe Benvegna, 1:31; George Huner, 1:35:22; The B-Man, 1:35:36 (1); Roger Rybicka, 1:47 & Dave Banko, 1:52.

**Aetna 5-Mile:** Robert Tafelski, 43:20 (1); Tom Chambers, 44:10 (2) & Mike Burzynski, 47:59.

Once you are over the hill, you pick up speed

**9/7**

**Cure SMA 5K, Clement Park:** Rich Martinez, 24:24 (OA); Tyler Shaklee, 25:52 (1); Todd Shaklee, 26:34 (1); Bob Tafelski, 26:40; Janet Sandoval, 26:57 (1); Connie Ahrnsbrak, 27:49; Tom Duran, 28:30; Kim Massey, 29:17 (1); Nicole Shaklee, 32:33 & Jennifer Forker, 55:51 (W).

**Full Moon 5K, Firestone:** J Gutierrez, 27:16 (1); Roger Rybicka, 30:06 ; Jim Peterson, 31:37 (1) & Laura McCoy, 42:24 (W).

**9/14**

**Area 13.1 Half, Castle Rock:** G. Anthony Kunkle, 1:23 (1); Robert Rivers, 2:02; Tall Red, 2:08 (1), Todd Shaklee, 2:18, Nicole Shaklee, 2:44 & Robert Kanieski, 2:45.

**9/15**

**El Grito 5K:** Alyn Park, 23:12 (1); Stacey Totherow, 23:31 (2); Rich Martinez, 23:55 (2); John Ramos, 24:14; Michael Abbott, 24:21; Elizabeth Hayden, 25:34 (2); Hunter Karickhoff, 26:01; Spiderman Scott, 26:18 (2); Connie Ahrnsbrak, 26:26 (1); Jay Wissot, 26:52; Jennifer Forker, 27:17; J Gutierrez, 27:51; Jerry O'Donnell, 30:28; Penelope, 32:59; Laura McCoy, 41:53 (1/RW) & Rosalie Dexter, 42:09 (2/RW).



## **DON'T LET RUNNING SLOW YOU DOWN**

As "external medicine specialists," Physical Medicine and Rehabilitation (PM&R) physicians are uniquely suited to diagnose, treat, and prevent sports-related injuries. In addition to our general medicine education, physiatrists are trained in biomechanics. We evaluate the body as a whole, with all its connected moving parts, not just focusing on the injured area. We look at your unique biomechanics and try to identify the true source of the problem, helping to develop a safe training or rehabilitation program specifically for you.

Some of the most common running-related injuries are:

**Runner's Knee** - This is the most common running injury referred to as patello-femoral pain, and chondromalacia of the patella. It is essentially irritation of the cartilage of the kneecap. While running, various mechanical conditions may predispose runners to a poorly tracking kneecap. This can result in irritation and/or damage to the kneecap. Runners will notice pain near the kneecap, especially after sitting for extended periods of time with knees bent or while walking down stairs or downhill. Appropriate treatment involves eliminating or modifying activities that cause the pain; correcting improper biomechanics that allow the injury to arise; and avoiding positions that further irritate the condition, such as sitting for prolonged periods of time.

**Iliotibial Band Syndrome** - Symptoms of this syndrome include pain or aching on the outside of the knee, usually occurring in the middle or at the end of a run. When you flex and extend your knee, the iliotibial band, which runs along the outside of the thigh, can become irritated from repetitive rubbing over the outside of the knee. There are several causes of this syndrome, including weak butt muscles, bowed legs, over-pronation of the foot, leg length discrepancy, and running on uneven surfaces. Running on a circular track may also contribute to the problem. As with other running injuries, athletes should decrease their training regimen. In addition, they should also add stretches for the outside of their thigh to their warm-up program, avoid running on uneven or circular track surfaces, and some should wear motion control running shoes.

**Shin Splints** - Also called medial tibial stress syndrome, "shin splints" refers to pain occurring in either the front or inside portions of the lower leg. Tenderness extends along the length of the lower leg at either of the surfaces. Those most at risk for shin splints are beginning runners who are not yet used to the stresses of running or who have not stretched or strengthened properly. To care for shin splints, runners should decrease their training, and begin with ice and rest, later adding strengthening of their lower leg muscles. They may use swimming and biking as alternative forms of exercise. If symptoms persist, runners should consult their physicians.

**Achilles Tendinitis** - The Achilles tendon is the connection between the heel and the muscles of the lower leg. Several factors contribute to the development of Achilles tendinitis, including excessive hill running, sudden increases in training, and improper shoes. One of the major factors is excessive tightness of the posterior muscles of the leg, including the calf muscles and the hamstrings. Runners with this condition should reduce their running. They can use ice and gentle stretching to reduce pain and tightness. If not treated properly, Achilles tendinitis can develop into a chronic problem.

**Heel Pain (Heel Spurs and Plantar Fasciitis)** - The most common heel problems are caused by strain of the plantar fascia, which extends from the heel to the toes. Strain in this tissue can become very painful, especially with the first steps of the day. The condition can cause swelling at the origin of the plantar fascia at the heel. The pain is most noticeable when the foot flattens during weight bearing or when pushing off with the toes during walking or running, and it is usually located near the heel. The problems tend to occur in flat, flexible feet and in high arched, stiff feet. Left untreated, the pain can spread around the heel. Treatment should include a decrease in the intensity and duration of running workouts. Runners should also evaluate their running shoes for excessive wear and for proper fit. The wrong shoe for a foot type can worsen biomechanical flaws and cause plantar fasciitis.

Runners can take several precautions to prevent being sidelined because of an injury. They are a good way to keep you on the right track.

**Prepare for exercise/activities** - Understand what muscle groups will be used and slowly start conditioning them by strengthening them. Ensure adequate hydration and nutrition is available before, during, and after. Talk with a PM&R physician to determine the appropriate type of exercises.

**Properly stretch muscles before running** - Muscles and joints need to warm up before beginning a run. Also be sure to allow for a "cooling down" period afterward. Even hot water bottles or heating pads on leg muscles can increase blood flow prior to exercise and prevent injury.

Once you are over the hill, you pick up speed

**Use an appropriate running shoe** - There are several brands and models of running shoes. Make sure you are using the type best suited for your feet and your running style, especially if your foot has excess pronation (arch falls inwards). Running shoes should be replaced regularly. Consult a specialty running store to choose an appropriate shoe.

**Incorporate hard days and easy days into your training program** - Mileage should only be increased approximately 10 percent each week. Runners should make sure to decrease their mileage slightly every third week as a way to allow for recovery prior to additional mileage increases. Runners should also be patient with their development, being careful not to push themselves too far or too fast.

Information referenced from [aapmr.com](http://aapmr.com)

Written by Christopher Morelli, MD

## A DAVE BLACK ADVENTURE

**July 6, 2013** - Relentless Dave Black & Joe along with fourteen other Denver Trail runners plus 4 dogs took on the 4-pass loop in the Maroon Bells- Snowmass wilderness area. The course is a huge loop around Maroon Bells, 28 miles and 8,000 feet elevation gain. Over to Dave :-

Since this was basically an unsupported ultra marathon I thought it would be smart to bring a day pack with rain gear, extra clothes and food for me and the dog.

It started at the Maroon Lake parking lot, and after 5 miles and 2,900 feet elevation gain you are at Buckskin Pass, 12,400 feet+. At this point I felt fine & continued down to Snowmass Lake, at 11,000 ft elevation, which has to be one of the prettiest in Colorado. Then you take the trail up to Trail Rider Pass, at 12,400 ft +. (All 4 passes are at this height.) There were lots of other people around. The dog and I stopped awhile to enjoy the view and eat. I had fig Newtons and since the dog turned up his snout at dog food he had fig Newtons too. From there you drop down to the North Fork of the Crystal River in a hot valley. I was getting a bit tired, and thought about how every bit of the descent had to be regained to get to Frigid Air Pass, the next crossing. It is many miles and more than 3,000 feet up, but eventually you get there. Then it's on to the last pass, West Maroon, which is only a mile away as the crow flies, the dog and I crawled. You only lose some 500 feet elevation but at this point it seemed like lots more. This part of the course is through fields of wildflowers. You finish with 6 1/2 miles and 2,900 feet elevation loss.

It was getting late, I thought I had enough daylight, but at a creek crossing the dog and I got tangled up and I got completely wet, however, it's part of the game. A bit further on I saw an odd looking bushy golden animal on the trail ahead, since the dog was tired after some 25 miles, he didn't see it at first, so I was able to hold him by the scruff of his neck and put his collar and leash back on so he didn't have an unfortunate encounter with a porcupine.

By now I was thinking we might have to bivouac next to the trail, but I did have a extra clothes, and the night before was warm so it's what we had to do. I suppose we would have made it in daylight if I hadn't been carrying all the extra weight. It started to rain about 1/2 hour before first light, but I was able to move the rocks out of the way, so it wasn't too uncomfortable.


The dog and I finally made it back in an even 24 hours. Joe and another DTR runner finished at around 10 hours. They say Tony Krupicka, onetime Leadville 100 winner, has run this in 4:47. This stuff is fun!

Dave

PS: I did end up spending the night right beside the trail, which was easy to do. I had a great grandfather who was in the Civil War, and they did that every night often in much worse conditions. I like to try to be self-reliant, and want Joe to be also. He wasn't worried about me at all, and was sure I'd be back by the next morning,

## **2013 Colorado Masters Running / Racewalking Association Schedule**

Registration begins 1 hour prior to and closes 15 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.

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

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\_\_\_\_\_ If you have any items, photos or articles for the next newsletter (don't be shy), please give them to Ian Monk (email: [icm-13@hotmail.com](mailto:icm-13@hotmail.com)) or Jane Harbert (email: [tace\\_tigger@hotmail.com](mailto:tace_tigger@hotmail.com)) before 20th<sup>th</sup> November 2013. If sending an email, please add CMRA to the title so we know it's not spam.

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**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION  
MEMBERSHIP APPLICATION FOR CALENDAR YEAR 2014  
(10/13/2013 THROUGH 12/31/2014)**

For the mutual benefit of runners and race-walkers  
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+  
Also Below 35 and High School (14-18)  
Racewalkers Male and Female divisions

Dues: Single member **\$30.00 per year**      Family (household) **\$45.00 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+4: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

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

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

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	<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 \$10.00 per year)

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

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