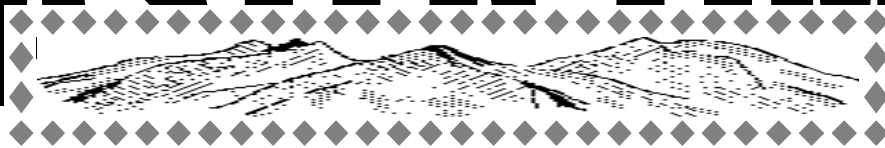


MASTER TIMES



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Volume 46

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PRESIDENT'S CORNER

By Jennifer Forker

CMRA AWARDS BANQUET is JANUARY 18, 2014

The annual CMRA Awards Banquet is Saturday, January 18, 2014, at the West Woods Bar & Grill at the West Woods Golf Club, 6655 Quaker St., Arvada, 80007. The cost is \$25 per person. Please RSVP via email to Board members Connie Ahrnsbrack at cahrnsbrack@yahoo.com or Amy Lease at cmra.co@gmail.com. If you need to phone it in, you may RSVP to me at 303.242.1947. Please RSVP by Monday, January 6, so we can get a head count.

The banquet provides a laid-back evening in which we dress up a little (I guess that's no Spandex, Tech Ts or run caps) and get to socialize – no running first! It's a bit of a surprise seeing our run pals all gussied up; you may hardly recognize some of us.

Our evening's guest speaker is Rich Castro, who founded the Boulder Road Runners and led that club for more than three decades. He's coached elite runners for many years, including CU sprinters. He's coached non-elite runners, too! Rich is one of the key people who helped turn Boulder into the notable running community it is today.

Come find out more about Rich and his running life on January 18. Also, come for the making merry. We're doling out our annual awards and celebrating the end of another successful racing year. You can renew your membership for 2014 at the banquet.

2014 RACE CALENDAR IS AVAILABLE ONLINE

The CMRA's 2014 racing schedule is available online. You can start planning your *other* racing around *our* offerings (of course you do this, right?) for the new year. Find the 2014 race calendar at http://www.comastersrun.org/Run_Schedule_2014.html.

SPREAD THE WORD!

Please share the CMRA love with your running friends. We have more than 350 members, which is healthy and great, but we can grow more! Our member runners and racewalkers and monthly guests are our best connections in the Denver-area running community. Please help us spread the word; please bring a friend to a race in 2014.

MEMBERSHIP DUES WILL INCREASE SLIGHTLY IN 2014

To continue to provide the best trail races, the CMRA Board recently voted to raise the club's annual membership costs – but only a little. Our 2014 membership rates are \$30 for individuals and \$45 for families. Our non-member, individual race fee is still \$10 and individual high-school runners continue to pay only \$10 for the entire year (that's a heckuva deal).

Membership includes racing for free each month, access to the bi-monthly *Master Times* newsletter and an annual subscription to *Colorado Runner* magazine, which is published in January, March, May, July and October (that's a savings of \$12.97 right there). It also includes bragging rights: that you're a Colorado Master runner or racewalker!

Visit us on the web at www.comastersrun.org

Let's look at this. Right off the top, there's the nearly \$13 savings on a local running magazine many of us enjoy reading. Then, for \$30, individuals receive 12 free races. That's \$2.50 per race. For families, depending on how many members participate, the savings are even greater.

Membership is open to everyone of every age and running/racewalking ability. We encourage families to bring their children and teenagers who run cross-country and/or track to use our club to fortify their training during their off-seasons.

You'll find the 2014 membership application at our web site (www.comastersrun.org) under the "Club Information/Application" heading. You can renew or join the club at the January 18 banquet (*see the first item, above*) or at the registration table before any of our monthly races.

We hope you'll renew your membership or join the club and encourage your running friends to do the same.

In its latest issue, *Competitor* magazine called us "the best running deal you never heard of." We'd have to agree. But let's spread the word (and share the run love). We want other runners to hear about us.

IDEAS, COMMENTS – ANYTHING?

If you have any brilliant ideas for spreading the love of the club, including connections in the running community that might help us do so, please let me know. If you have other brilliant ideas or concerns or even complaints, please let me know! You can reach me at jsforker@gmail.com or ring me up at 303.242.1947. (Note: I respond faster to email.)

We're heading into the winter running season. Please be careful out there.

Jen

Once you are over the hill, you pick up speed



← Amy ran the Tulsa 15k. This was the USATF masters 15k championship. She was 3rd in her new age group.

Some of the Pumpkin Pie run →
team at City Park →



← Fun on Tues
night runs →



Thanks to Connie & Jay for the pictures

Prospect Park 6M October 12, 2013 Results

PLACE	NAME	SEX	TIME	AGE
1	Danny Docherty	M	33:47	23
2	Noe Anthony Cuevas	M	36:14	33
3	G. Anthony Kunkel	M	37:08	21
4	Hans Funke	M	38:05	52
5	Ian Kearns	M	39:36	35
6	David Rothenburger	M	40:02	45
7	Joe Black	M	40:45	15
8	<i>Melissa Rickman</i>	F	40:50	28
9	<i>Christine Adamowski</i>	F	41:09	46
10	Cliff Jurgens	M	43:55	48
11	Matt Roybal	M	44:12	28
12	Bob Irving	M	44:30	59
13	Wade Jensen	M	46:03	39
14	<i>Monica Ryan</i>	F	46:12	52
15	<i>Elena Alarcon</i>	F	46:27	35
16	<i>Stacey Totherow</i>	F	46:43	46
17	<i>Callie Cole</i>	F	46:50	25
18	Todd Burgess	M	47:00	44
19	Roger Allen	M	47:22	62
20	Dan Shaw	M	47:44	54
21	Brett Allendorf	M	48:35	44
22	Michael Abbott	M	49:07	44
23	Missing Link Lubken	M	49:17	64
24	Lou Huie	M	49:38	67
25	Jay D. Trujillo	M	50:36	55
26	John Shea	M	50:37	56
27	Jermey O'Farrell	M	50:38	37
28	<i>Elizabeth Hayden</i>	F	50:46	41
29	<i>Jitka O'Farrell</i>	F	51:31	35
30	Wayne Stewart	M	51:52	67
31	John Perez	M	51:54	62
32	Mark Hasseman	M	51:56	57
33	<i>Melissa Trubacz</i>	F	52:16	23
34	Tom Chambers	M	52:49	70

Once you are over the hill, you pick up speed

35	<i>Claradene Stewart</i>	F	54:16	64
36	The B-Man (Jim) Romero	M	54:30	73
37	Bill Faulkner	M	54:31	72
38	<i>Jennifer Forker</i>	F	54:32	47
39	Alan Johnson	M	54:55	52
40	Spiderman Scott McFarlane	M	55:15	62
41	Robert Kanieski	M	55:35	36
42	<i>Deborah Stafford</i>	F	56:47	61
43	Hank Burkman	M	57:10	61
44	J Gutierrez	M	57:12	60
45	<i>Kathy Klesmit</i>	F	57:20	61
46	Tall Red (Ed) Youngberg	M	57:22	70
47	<i>Janet Ralston</i>	F	57:31	51
48	<i>Valerie Sidles</i>	F	57:45	31
49	<i>Jan Huie</i>	F	1:00:28	64
50	Tom Duran	M	1:01:18	65
51	<i>Lisa Wilson</i>	F	1:01:25	48
52	Mike Burzynski	M	1:02:34	74
53	Ken Randall	M	1:02:42	75
54	<i>Michelle Kelble</i>	F	1:04:14	45
55	Fred Trentaz	M	1:05:27	71
56	Derek Troy	M	1:08:45	38
57	<i>Terry McFarlane</i>	F	1:09:51	63
58	<i>Tina Akin</i>	F	1:09:52	52
59	Dave Black	M	1:22:53	62
60	<i>Patricia Crespi</i>	F	1:38:33	55
Racewalkers (2M)				
1	<i>Rosalia Dexter</i>	F	30:41	72
2	<i>Coleen Jurgens</i>	F	45:00	45

Prospect Park 6M Age Group Awards

	Men		Women
Overall			
1	Danny Docherty	33:47	Melissa Rickman 40:50
75-79			
1	Ken Randall	1:02:42	
70-74			
1	Tom Chambers	52:49	
2	The B-Man (Jim) Romero	54:30	
3	Bill Faulkner	54:31	
4	Tall Red (Ed) Youngberg	57:22	
5	Mike Burzynski	1:02:34	
65-69			
1	Lou Huie	49:38	
2	Wayne Stewart	51:52	
3	Tom Duran	1:01:18	
60-64			
1	Roger Allen	47:22	Claradene Stewart 54:16
2	Missing Link Lubken	49:17	Deborah Stafford 56:47
3	John Perez	51:54	Kathy Klesmit 57:20
4	Spiderman Scott McFarlane	55:15	Jan Huie 1:00:28
5	Hank Burkman	57:10	Terry McFarlane 1:09:51
55-59			
1	Bob Irving	44:30	Patricia Crespi 1:38:33
2	Jay D. Trujillo	50:36	
3	John Shea	50:37	
4	Mark Hasseman	51:56	
50-54			
1	Hans Funke	38:05	Monica Ryan 46:12
2	Dan Shaw	47:44	Janet Ralston 57:31
3	Alan Johnson	54:55	Tina Akin 1:09:52

Once you are over the hill, you pick up speed

45-49				
1	David Rothenburger	40:02	Christine Adamowski	41:09
2	Cliff Jurgens	43:55	Stacey Totherow	46:43
3			Jennifer Forker	54:32
4			Lisa Wilson	1:01:25
5			Michelle Kelble	1:04:14
40-44				
1	Todd Burgess	47:00	Elizabeth Hayden	50:46
2	Brett Allendorf	48:35		
3	Michael Abbott	49:07		
35-39				
1	Ian Kearns	39:36	Elena Alarcon	46:27
2	Wade Jensen	46:03	Jitka O'Farrell	51:31
3	Jermey O'Farrell	50:38		
4	Robert Kanieski	55:35		
5	Derek Troy	1:08:45		
19-34				
1	Noe Anthony Cuevas	36:14	Callie Cole	46:50
2	G. Anthony Kunkel	37:08	Melissa Trubacz	52:16
3	Matt Roybal	44:12	Valerie Sidles	57:45
14-18 (High School)				
1	Joe Black	40:45		

Hildebrand Ranch November 9th 6.6 Miler Results

PLACE	NAME	SEX	TIME	AGE
1	Eric Albright	M	42:35	41
2	Warhorse (Keith) Johnson	M	42:40	52
3	Ely Porter	M	43:17	26
4	Matt Smith	M	43:40	37
5	Hans Funke	M	43:50	53
6	Brett Scofeld	F	44:11	25
7	Eli Martin	M	44:18	28
8	Steven Johnson	M	44:18	31
9	David Rothenburger	M	44:42	45
10	Molly Smith	F	44:44	33
11	Tim Pandarvis	M	46:15	22
12	Tim Miller	M	46:45	43
13	Melissa Rickman	F	47:05	25
14	Michael Guenther	M	47:09	52
15	Bob Jones	M	47:18	53
16	Reed Jones	M	47:30	17
17	Kurt Hardester	M	49:06	45
18	Larry Steller	M	50:36	46
19	Michael Brenner	M	50:57	55
20	Shannon Fonger	F	50:59	31
21	Matt Roybal	M	51:07	28
22	Kim Hassett	M	51:36	26
23	Bob Irving	M	51:39	59
24	Ron Nelson	M	51:47	55
25	Brian Cross	M	52:42	54
26	Drue Hernblom	M	53:05	20
27	Greg Wobben	M	53:07	54
28	Kevin Fonger	M	53:34	31
29	Roger Allen	M	53:41	62
30	Todd Burgess	M	53:49	44
31	Elena Alarcon	F	53:53	36
32	Dennis Cisco	M	53:55	46
33	Ben Bergstrand	M	53:58	37
34	Bibek Regmi	M	54:34	32

Once you are over the hill, you pick up speed

35	Todd Nikkel	M	54:41	44
36	Michael Abbott	M	55:09	44
37	Brett Allendorf	M	55:21	44
38	Vishesh Regmi	M	55:22	29
39	Stacey Totherow	F	55:25	46
40	Scott Jackson	M	55:59	45
41	John Shea	M	56:32	56
42	Laurie Nakauchi	F	56:44	44
43	Rich Martinez	M	56:50	66
44	Nolan Greenberg	M	56:55	21
45	Ellen Kennard	F	57:08	52
46	Sabrina Ruiz	F	57:13	21
47	Kevin Snyder	M	57:44	50
48	Lou Huie	M	58:20	67
49	Joe Benvegnu	M	58:26	47
50	Chris Ozcioff	M	58:29	54
51	Jitka O'Farrell	F	58:50	35
52	Jeremy O'Farrell	M	58:51	37
53	David Kelble	M	59:02	56
54	Jay d. Trujillo	M	59:20	55
55	Kathy Johnson	F	59:47	52
56	Robert Kanieski	M	59:51	36
57	Mark Hasseman	M	1:00:04	58
58	Alan Johnson	M	1:00:08	53
59	Wayne Stewart	M	1:00:56	67
60	Bill Faulkner	M	1:01:22	72
61	George Huner	M	1:01:34	60
62	Melissa Trubacz	F	1:02:18	23
63	Suzanne Steller	F	1:02:28	44
64	Elizabeth Hayden	F	1:02:34	41
65	The B-Man Romero	M	1:02:50	73
66	Claradene Stewart	F	1:02:51	64
67	Tom Chambers	M	1:02:53	70
68	Todd Shaklee	F	1:02:55	44
69	Jennifer Forker	F	1:03:05	47
70	Tall Red (Ed) Youngberg	M	1:03:15	70
71	Jeff Kisicki	M	1:03:20	44

72	Reid Wiecks	M	1:03:41	67
73	J Gutierrez	M	1:04:17	60
74	Janet Ralston	F	1:05:54	51
75	Janet Sandoval	F	1:06:28	65
76	Anaka Norfleet	F	1:06:39	40
77	Spiderman Scott McFarlane	M	1:07:03	62
78	Michaela Shaklee	F	1:08:17	14
79	Tina Akin	F	1:08:43	52
80	Jack Barry	M	1:08:49	75
81	Deborah Stafford	F	1:09:05	61
82	Sherri Spotted Bear	F	1:12:12	41
83	Ken Simons	M	1:12:46	76
84	Patricia Tolleson	F	1:13:49	64
85	Gabe Sisneros	M	1:13:50	75
86	Lisa Wilson	F	1:14:01	48
87	Tom Duran	M	1:14:08	65
88	Nicole Shaklee	F	1:16:01	50
89	Derek Troy	M	1:16:18	38
90	Kool Shades (Ken) Randall	M	1:17:34	75
91	Michelle Kelble	F	1:17:51	45
92	Sir Fred Trentaz	M	1:27:22	71
93	Stonewall (Ken) Green	M	1:27:28	84
Racewalkers (5K)				
1	Ed Gussie	M	38:35	72
2	Rosalia Dexter	F	39:09	72
3	Laura McCoy	F	43:31	58
4	Rich Ralston	M	43:37	52
5	Robert Dexter	M	52:07	76

Once you are over the hill, you pick up speed

Hildebrand Ranch 6.6 miler Age Group Awards

Place	MEN	TIME	WOMEN	TIME
Overall				
1	Eric Albright	42:35	Brett Scofeld	44:11
80 and Over				
1	Stonewall (Ken) Green	1:27:28		
75-79				
1	Jack Barry	1:08:49		
2	Ken Simons	1:12:46		
3	Gabe Sisneros	1:13:50		
4	Kool Shades (Ken) Randall	1:17:34		
70-74				
1	Bill Faulkner	1:01:22		
2	The B-Man Romero	1:02:50		
3	Tom Chambers	1:02:53		
4	Tall Red (Ed) Youngberg	1:03:15		
5	Sir Fred Trentaz	1:27:22		
65-69				
1	Rich Martinez	56:50	Janet Sandoval	1:06:28
2	Lou Huie	58:20		
3	Wayne Stewart	1:00:56		
4	Reid Wiecks	1:03:41		
5	Tom Duran	1:14:08		
60-64				
1	Roger Allen	53:41	Claradene Stewart	1:02:51
2	George Huner	1:01:34	Deborah Stafford	1:09:05
3	J Gutierrez	1:04:17	Patricia Tolleson	1:13:49
4	Spiderman Scott McFarlane	1:07:03		
5				
55-59				
1	Michael Brenner	50:57		
2	Bob Irving	51:39		
3	Ron Nelson	51:47		
4	John Shea	56:32		
5	David Kelble	59:02		

50-54				
1	Warhorse (Keith) Johnson	42:40	Ellen Kennard	57:08
2	Hans Funke	43:50	Kathy Johnson	59:47
3	Michael Guenther	47:09	Janet Ralston	1:05:54
4	Bob Jones	47:18	Tina Akin	1:08:43
5	Brian Cross	52:42	Nicole Shaklee	1:16:01
45-49				
1	David Rothenburger	44:42	Stacey Totherow	55:25
2	Kurt Hardester	49:06	Jennifer Forker	1:03:05
3	Larry Steller	50:36	Lisa Wilson	1:14:01
4	Dennis Cisco	53:55	Michelle Kelble	1:17:51
5	Scott Jackson	55:59		
40-44				
1	Tim Miller	46:45	Laurie Nakauchi	56:44
2	Todd Burgess	53:49	Suzanne Steller	1:02:28
3	Todd Nikkel	54:41	Elizabeth Hayden	1:02:34
4	Michael Abbott	55:09	Todd Shaklee	1:02:55
5	Brett Allendorf	55:21	Anaka Norfleet	1:06:39
35-39				
1	Matt Smith	43:40	Elena Alarcon	53:53
2	Ben Bergstrand	53:58	Jitka O'Farrell	58:50
3	Jeremy O'Farrell	58:51		
4	Robert Kanieski	59:51		
5	Derek Troy	1:16:18		
19-34				
1	Ely Porter	43:17	Molly Smith	44:44
2	Eli Martin	44:18	Melissa Rickman	47:05
3	Steven Johnson	44:18	Shannon Fonger	50:59
4	Tim Pandarvis	46:15	Sabrina Ruiz	57:13
5	Matt Roybal	51:07	Melissa Trubacz	1:02:18
14-18 (High School)				
1	Reed Jones	47:30	Michaela Shaklee	1:08:17

Once you are over the hill, you pick up speed

The Pelican Brief (Constance Ahrnsbrak)

9/1

Kidzscope Good Grief 5K, Wichita, KS: R2G2 (Ray Grundmeyer), 33:33.

9/11

Wesley Seniors 5K, Wichita, KS: R2G2, 32:28.

9/21

Javelina Jangover 7K, Fountain Hills, AZ: Michael Abbott, 40:49 & Elizabeth Hayden, 45:49.

Lake Tahoe 10K: Stan the Man Hayes, 1:03:45 (1) & Jan Hayes, 1:26 (2).

9/28

Bear Chase 50K, BCLP: Bob Irving, 5:00 (1); Jim Bosik, 5:39 (1) & Michele Hart, 6:21.

10/5

Rosstoberfest 5K, Wichita, KS: R2G2, 31:47.

10/13

Chicago Marathon: Todd & Nicole Shaklee, 5:13 and 6:04 respectively.

Prairie Fire 5K, Wichita, KS: R2G2, 30:18.

10/20

Blue Cross/Blue Shield 10K, Albuquerque, NM: Connie Ahrnsbrak, 56:54 (1).

Galloping Goose 5K: Ken Simons, 32:05.

The Other Half, Moab: Bill Faulkner, 1:59 (1) & Patricia Tolleson, 2:18.

10/26

Hoofing It thru the Hallows 5K: Hunter Karickhoff, 27:35 & Robert Kanieski, 28:13.

Denver Gorilla 5K, LoDo: J Gutierrez, 30:18.

Saints & Sinners Half, Las Vegas, NV: Nicole Shaklee, 2:16.

Kooky Half, Golden: Stacey Totherow, 1:50 (2).

Eerie Erie 10K – Bill Faulkner, 55:09 (1) & Patricia Tolleson, 1:04 (1).

Marine Corp 10K, Washington D.C. – Michael Abbott, 47:40 & Elizabeth Hayden, 51:09.

10/27

BCLP 15K: Andrew Terrill, 1:02 (OA); Hector Martinez, 1:06 (3); Missing Link, 1:28:42 (1); Jay d. Trujillo, 1:28:59; Jim Bosik, 1:29 (2) & Hank Burkman, 1:44.

BCLP 5K: Tom Chambers, 29:45(1) & Connie Ahrnsbrak, 33:10 (1).

Tulsa Master Championship 15K, OK: Amy Lease, 1:12 (3).

Halloween Hustle 5K, Hudson Gardens: Rich Martinez, 24:50 (2), Robert Tafelski, 26:34 (1); Kathy Klesmit, 28:20 (1); Mike Burzynski, 30:13; The Oak, 31:53 & Jim Peterson, 33:30.

Littleton Stride 10K: The B-Man, 55:03 (1).

11/2

Home 4 the Holidays, CP: Omar Martinez, 17:13 (3/OA); Michael Abbott, 23:38; Elizabeth Hayden, 26:08, Todd Shaklee, 27:43; J Gutierrez, 28:23; Robert Ghormley, 29:40 & Nicole Shaklee, 32:37.

Rollinsville 10-miler: The B-Man (1).

11/16

Pumpkin Pie 5K, CP: Scott Kukel, 18:00 (2); 11-year old Colin Szuch, 19:52 (1); Caroline Szuch, 20:15 (1); Bob Cooper, 22:42 (1); *John Ramos, 23:12; *Stacey Totherow, 23:15 (2); *Amy Lease, 23:20 (2); Bruce Dahm, 23:54; *Rich Martinez, 24:26 (3); *Robert Kanieski, 24:59; *Grace Clarke, 25:36; *Jay d. Trujillo, 25:46; *Tom Chambers, 26:31 (1); *Janet Sandoval, 26:49 (1); *Jack Barry, 26:53 (1); *Jennifer Forker, 27:25; *Connie Ahrnsbrak, 27:42 (1); *Tom Duran, 28:47; Earl Beam, 29:08; *Nicole Shaklee, 31:34; *Ross Westley, 31:54 (2); Jim Peterson, 33:19 (3) & *Rosalia Dexter, 40:30 (3).

Pumpkin Pie 10K: Joe Benvegna, 55:11; Bill Faulkner, 55:12 (1); *The B-Man, 55:13 (2); *Tina Akin, 56:40; Jay d. Trujillo, 57:08; *Deborah Stafford, 59:00 (1); Pat Tolleson, 1:01 (2); Nicole Shaklee, 1:10;27; Ross Westley, 1:10:29 (1) & Eva Hart, 1:32. *CMRA Team.

Masters USATF Road Racing Championship 12K, Alexandria, VA: Devin Croft, 48:12 (4th/60-64).

11/23

Brighton Turkey Trot 5K: Michael Quispe, 20:29 (2); Rich Martinez, 24:09 (1); Bill Faulkner, 25:30 (1); Jim Romero, 25:49 (2); Robert Tafelski, 25:56 (3); Jay d. Trujillo, 25:59; Tall Red, 26:00; Jack Barry, 26:49 (1); Connie Ahrnsbrak, 28:34 (1); Roger Rybicka, 29:02; Hunter Karickhoff, 29:07; Pat Tolleson, 29:20; Ken Simons, 31:05 (2); Jim Peterson, 31:52 (3); Matt Reaves, 31:54 & Ed Gussie, 42:08 (1/RW).

Panicking Poultry 5-mile, Boulder Rez: Deborah Stafford, 46:56 (1).

11/28

Turkey Trot 4.7, SBS: Todd Shaklee, 43:05 & Nicole Shaklee, 48:17.

GobbleWobble 5K Clement Pk: Spiderman Scott, 27:30, Christine Jacobsen, 29:20, Terry McFarlane 34:28.



11/30

Turkey Trot –Off XC 5K, Empire: Stacey Totherow, 26:35 (**OA**); Robert Kanieski, 28:50, Connie Ahrnsbrak, 34:40 (1) & David Wise.

Once you are over the hill, you pick up speed

2013/2014 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.

Date	DOW	Time	Location	Name	Director(s)
Dec 14	(Sat)	10 AM	Stapleton Central Park	 Stapleton Central Park XC 12K	Dan Shaw / Rob Fisher
Jan 4	(Sat)	10 AM	Lake Arbor	Lake Arbor 5K	Ed Youngberg / Ken Randall
Feb 8	(Sat)	10 AM	Roadrunner Sports, Broomfield	Forty Furlongs (5M)	Jason Myers
Mar 22	(Sat)	9 AM	Platte River Bar & Grill	Spring Spree 10K	David Wise
Apr 12	(Sat)	9 AM	Bluffs Regional Park	Bluffs Run 5K	John Perez
May 10	(Sat)	8 AM	Bluff Lake Nature Center	Memorial Run at Sand Creek 5M	Rob Fisher / Dan Shaw
Jun 7	(Sat)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race	Ed Youngberg
Jul 19	(Sat)	8 AM	White Ranch Park	White Ranch Trail Run	Kevin Snyder / Chris Stone
Aug 6	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Sep 13	(Sat)	8 AM	Matthews-Winters / Hogback	The Amazing Race	Eric Hislop / Jennifer Forker
Oct 11	(Sat)	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Elizabeth Hayden / Michael Abbott
Nov 8	(Sat)	10 AM	Hildebrand Ranch Park	Veterans run	Keith Johnson / Kathy Johnson
Dec 13	(Sat)	10 AM	Stapleton Central Park	 Stapleton Central Park XC 12K	Dan Shaw / Rob Fisher

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) or Jane Harbert (tace_tigger@hotmail.com) before 20thth January 2014. If sending an email, please add CMRA to the title so we know it's not spam.

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION
MEMBERSHIP APPLICATION FOR CALENDAR YEAR 2014 (01/01/2014 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+
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)

Revised 11/4/12

Once you are over the hill, you pick up speed

Please shop at our sponsors:

<p>Please shop at our sponsors</p>	
	
<p>Arvada, CO and Centennial, CO</p>	
	
	

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