

MASTER TIMES

September / October 2016

Volume 49 Issue 5

PICTURE PAGE



VARIOUS TUESDAY RUNS



THE AMAZING RACE



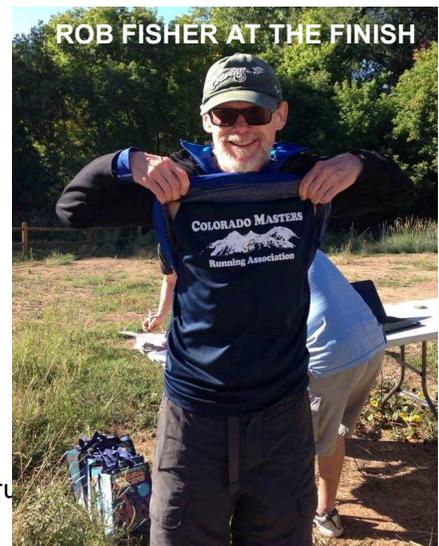
PAT JONES
JULIE & DANIELLE CAROLL



Visit us on [Facebook](#) or [Twitter](#)



LAURIE NAKAUCHI



ROB FISHER AT THE FINISH



12YR OLD
ISAAC
VANWESTRIENEN
→

←NICOLE SHAKLEE
& STACY TOTHEROW
AFTER THEIR MARATHON
& HALF, ASHTON



6-YR OLD →
LILLY, 1ST 5K



STONE HOUSE
LISA WILSON, JULIE & DANIELL CAROL



STONE HOUSE RUNNER



TALL RED LEE BENGSTON JAY DEE THOMAS CHAMBERS

THANKS TO CONI & NICKY FOR THE PICTURES SEE MORE ON OUR FACEBOOK PAGE :-

<https://www.facebook.com/groups/118401460391/>

Once you are over the hill, you pick up speed

AUGUST 3 KIDS' 1/2 MILE RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Benton Albright	M	3:55	8
2	Teo Moreau	M	4:01	8
3	<i>Maria Albright</i>	F	4:40	6
4	<i>Camellia Sandhu</i>	F	5:04	7
5	Schugler Biglow	M	5:11	7
6	Christian Biglow	M	5:16	4
7	Jesse Sandhu	M	5:24	6
8	<i>Jocelyn</i>	F	5:47	6
9	<i>Avalyn Martinez</i>	F	5:53	7
10	<i>Cherli Biglow</i>	F	6:02	4
11	Noah	M	6:04	5
12	Quinn	M	6:07	3
13	Walker Schreffer	M	6:20	6
14	<i>"CC" Medina Johnson</i>	F	6:37	4
15	Gabby Peonio	M	6:43	9
16	<i>Alianna Martinez</i>	F	6:46	4
17	<i>Lillian Miller</i>	F	7:07	5
18	Charlie Brezikofer	M	7:23	5
19	Marshall Scheibe	M	8:23	4
20	<i>Brienne Brezikofer</i>	F	11:57	2

AUGUST 3 FAIRMONT 5K RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Andrew Biglow	M	17:57	45
2	Hector Martinez	M	18:53	32
3	George Forbes	M	19:17	47
4	Justin Perry	M	19:35	16
5	<i>Kayla Young</i>	F	19:36	17
6	Scott Kukel	M	20:09	42
7	Adrian Villagrana	M	20:18	16
8	Jonathan Fenske	M	20:37	46
9	Brandon Rockwood	M	20:46	20
10	Connor Ellertson	M	20:49	16
11	Jeremy Johnson	M	20:51	41
12	James Worthen	M	20:57	31
13	Eric Patterson	M	21:04	51
14	Sam Reilly	M	21:10	15
15	<i>Rachel Perez</i>	F	21:14	37
16	Sam Simkin	M	21:53	43
17	Jesus Cruz	M	21:54	16
18	<i>Isla Anderson</i>	F	22:07	14
19	Diego Burciaga	M	22:13	15

20	David Martinez	M	23:17	38
21	Julian Shelffo	M	23:36	14
22	Chad Brenzikofer	M	23:43	40
23	Robert Kanieski	M	23:50	39
24	<i>Jitka O'Farrell</i>	F	23:56	38
25	Tim Lewis	M	24:01	44
26	<i>Heather Biglow</i>	F	24:14	42
27	<i>Esther Cornish</i>	F	24:19	14
28	Cam McWilliam	M	25:03	35
29	Robert Caillouette	M	25:35	61
30	<i>Izzy Ellertson</i>	F	25:53	14
31	Matthew Rutledge	M	26:18	40
32	Rich Martinez	M	26:35	69
33	Angel Young	M	26:36	14
34	<i>Rosa Gutierrez</i>	F	26:52	16
35	Scott Foster	M	27:03	55
36	Jay D. Trujillo	M	27:05	58
37	<i>Livia Kotula</i>	F	27:06	17
38	Michael Keyes	M	27:09	70
39	Frank Kunkel	M	27:23	67
40	<i>Lisa Atencio</i>	F	28:06	50
41	Max Stafford	M	28:10	70
42	Bill Faulkner	M	28:22	75
43	Edwin Obubuisa	M	28:26	15
44	Scott McFarlane	M	28:27	65
45	Tim Buntrock	M	28:43	57
46	Tom Chambers	M	29:06	73
47	<i>Shawn Forbes</i>	F	29:12	41
48	David Rothenburger	M	29:27	47
49	Ed Youngberg	M	29:37	73
50	<i>Sylvia Martinez</i>	F	29:41	33
51	<i>Karen McKean</i>	F	29:43	61
52	<i>Lisa Brocard</i>	F	30:15	44
53	<i>Dafni Martinez</i>	F	30:17	13
54	<i>Deborah Stafford</i>	F	30:40	64
55	Charles Scheibe	M	30:44	61
56	<i>Patricia Jones</i>	F	30:47	64
57	Benton Albright	M	31:07	8
58	<i>Tina Akin</i>	F	31:13	54
59	Jeff Hesse	M	31:15	52
60	Troy Miller	M	31:16	49
61	Kyle Thornhill	M	31:18	11
62	<i>Siri Lewis</i>	F	31:45	42

Once you are over the hill, you pick up speed

63	<i>Jane Allard</i>	F	32:04	50
64	<i>Suzanne Buntrock</i>	F	32:33	57
65	<i>Carmen Kitts</i>	F	33:20	65
66	Tom Duran	M	33:40	68
67	Lee Bengston	M	33:56	78
68	<i>Stephanie Morrison</i>	F	34:53	34
69	<i>Francie Kinney</i>	F	34:58	33
70	Mick Vollmar	M	35:00	62
71	Andy McKean	M	36:20	71
72	Fred Trentaz	M	36:29	74
73	Ross Westley	M	36:51	79
74	Gus Peonio	M	37:27	13
75	<i>Patricia Tolleson</i>	F	38:27	67
76	<i>Jennifer McFarlane</i>	F	39:07	34
77	Jeffrey Young	M	39:10	60
78	<i>Kris Sandhu</i>	F	43:56	33
79	<i>Sara Pittman</i>	F	44:28	33
80	<i>Branwen Armstrong</i>	F	46:03	18
81	<i>Toni Brezikofer</i>	F		38
Racewalkers (5K)				
1	Ken Simons	M	41:30	78

AUGUST 3 FAIRMONT 5K RACE RESULTS BY AGE GROUP

Place	Name	Time	Name	Time
Overall				
1	Andrew Biglow	17:57	Kayla Young	19:36
75-79				
1	Bill Faulkner	28:22		
2	Lee Bengston	33:56		
3	Ross Westley	36:51		
70-74				
1	Michael Keyes	27:09		
2	Max Stafford	28:10		
3	Tom Chambers	29:06		
4	Ed Youngberg	29:37		
5	Andy McKean	36:20		
65-69				
1	Rich Martinez	26:35	Carmen Kitts	33:20
2	Frank Kunkel	27:23	Patricia Tolleson	38:27
3	Scott McFarlane	28:27		
4	Tom Duran	33:40		
60-64				
1	Robert Caillouette	25:35	Karen McKean	29:43

2	Charles Scheibe	30:44	Deborah Stafford	30:40
3	Mick Vollmar	35:00	Patricia Jones	30:47
4	Jeffrey Young	39:10		
55-59				
1	Scott Foster	27:03	Suzanne Buntrock	32:33
2	Jay D. Trujillo	27:05		
3	Tim Buntrock	28:43		
50-54				
1	Eric Patterson	21:04	Lisa Atencio	28:06
2	Jeff Hesse	31:15	Tina Akin	31:13
3			Jane Allard	32:04
45-49				
1	George Forbes	19:17		
2	Jonathan Fenske	20:37		
3	David Rothenburger	29:27		
4	Troy Miller	31:16		
40-44				
1	Scott Kukel	20:09	Heather Biglow	24:14
2	Jeremy Johnson	20:51	Shawn Forbes	29:12
3	Sam Simkin	21:53	Lisa Brocard	30:15
4	Chad Brenzikofer	23:43	Siri Lewis	31:45
5	Tim Lewis	24:01		
35-39				
1	David Martinez	23:17	Rachel Perez	21:14
2	Robert Kanieski	23:50	Jitka O'Farrell	23:56
3	Cam McWilliam	25:03	Toni Brezikofer	
19-34				
1	Hector Martinez	18:53	Sylvia Martinez	29:41
2	Brandon Rockwood	20:46	Stephanie Morrison	34:53
3	James Worthen	20:57	Francie Kinney	34:58
4			Jennifer McFarlane	39:07
5			Kris Sandhu	43:56
14-18 (High School)				
1	Justin Perry	19:35	Isla Anderson	22:07
2	Adrian Villagrana	20:18	Esther Cornish	24:19
3	Connor Ellertson	20:49	Izzy Ellertson	25:53
4	Sam Reilly	21:10	Rosa Gutierrez	26:52
5	Jesus Cruz	21:54	Livia Kotula	27:06
13 and Under				
1	Benton Albright	31:07	Dafni Martinez	30:17
2	Kyle Thornhill	31:18		
3	Gus Peonio	37:27		

Once you are over the hill, you pick up speed

We had a good turnout for the Fairmount 5k this year, with 81 runners, one race walker, and 20 kids for the half mile (I think that is the record for the kids' race). The weather was hot (high of 96 degrees that day) and a bit humid, but the rain luckily held off until the picnic was over.

Kayla Young won the women's race in a blazing fast 19:36, not far off the women's course record of 19:04 set in 2014 by Bret Scofield. Andrew Biglow won the men's in 17:57. Ken Simons was the winning race walker in 41:30, beating Ed Gussie's 42:19 mark set last year. Benton Albright won the kids' half mile race in 3:55, then went on to win for the boys' 13 and under 5k in 31:07. Maria Albright was the first girl in 4:40.

Second place in the men's went to Hector Martinez, and third to George Forbes in 19:17, not bad for 47 years young! In the women's race, Rachel Perez was second in 21:14, again, impressive for 37! Isla Anderson, age 14, was the third overall female in 22:07. Look for plenty more fast times from her!

I was impressed by several fast families at the race this year: The Biglows (Andrew won overall, Heather won the womens' 40-45 in 24:14, and they had 3 little ones in the half mile race), Brenzikofers (Chad and Toni, plus 2 kids in the half mile), Martinez family (Hector-second overall, Sylvia-1st woman 19-34 in 29:41, and Dafni-1st woman 13 and under in 30:17), Sandhu's (Kris and 2 kids), Scheibe (Charles and one little guy), sorry if I missed anyone.

As usual, some of the most competitive age groups were the older ones. The top 4 in the mens' 70-74 were within 27-29 minutes, led by Michael Keyes in 27:09. Bill Faulkner's impressive 28:22 won the 75-79 category. The top 3 in the mens' 65-69 were between 26 and 28 minutes, led by Rich Martinez in 26:35. Carmen Kitts won the womens' 65-69 in 33:20. Bob Caillouette was blazing fast in 25:35 to win the men's 60-64, and Karen McKean topped that category for the women in 29:43. Other outstanding times for men were 21:04 for Eric Patterson to win the 50-54, and 20:09 for Scott Kukel, topping the 40-44. On the women's side, Suzanne Buntrock took the 55-59 in 32:33 and Lisa Atencio the 50-54 in 28:06.

As usual, the volunteers are the key to this race, and I have many to thank. First of all, I'd like to thank Ed Youngberg for all of his help before and during the race. He was key to helping me find and organize volunteers. Half the volunteer spots, he took on himself. He brought the Great Harvest bread, the ice, helped with parking and the finish line. Thanks as always to Rob Fischer and Joe Baird for their expertise at the finish line, as well as to Ken Randall, Joe Sanchez, Jim Romero and Amy Lease for their help at the finish. Ken and Jim also helped with parking, as did Tina Vollmer. Thanks to Joe also for having the necessary tool to get the water spicket working so we could fill the water coolers. Thank you to Patty Jones for running registration, and Pat Tolleson for helping out. Thank you to Kevin Snyder for tending the grill all night for the picnic and for bringing the briquettes and lighter fluid. Thanks to my son, Jacques, for sweeping the course and picking up Adam's signs (thanks to Adam Feerst for his race markings again), and to Jacques and my husband, Paul, for stopping traffic at the intersection. Thanks to my friends, Gayle and Ruben Zorrilla, for expertly manning the water station for me. Thank you to Monica Ryan for buying the drinks and getting them to me despite being ill. Thank you to Tom Chambers for bringing the awards and helping me with the award presentation and to Jen Forker for helping clean up after the finish. Finally, thank you to our sponsors including Great Harvest, Runner's Roost Lakewood, and Runner's High in Golden for 2 gift certificates. I apologize to anyone I left out of this list-this race depends on tons of volunteers and I appreciate each and every one of you.

Kristin Moreau

SEPTEMBER 10 5 MILE AMAZING RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Eric Patterson	M	39:29	51
2	Scott Kukel	M	40:42	42
3	Jeremy Johnson	M	40:50	41
4	Brandon Rockwood	M	41:45	20
5	Sam Simkin	M	43:16	43
6	Scott Hogg	M	44:03	48
7	Steve Knox	M	44:48	51
8	<i>Toni Brenzikofer</i>	F	44:51	38
9	Greg Wobbema	M	45:17	57
10	Robert Kanieski	M	46:45	39
11	<i>Laurie Nakauchi</i>	F	46:55	46
12	Bob Weber	M	47:31	58

13	Colby Smith	M	48:05	39
14	Robert Caillouette	M	49:33	61
15	Rod Switzer	M	49:59	54
16	Cam McWilliam	M	50:40	35
17	Tom O'Brien	M	51:24	60
18	<i>Sabrina Robinson</i>	F	54:43	58
19	Isaac Vanwestrienen	M	56:28	12
20	Michael Keyes	M	57:17	70
21	Neil Thomson	M	58:36	60
22	Matthew Barnes	M	59:06	36
23	Kevin Snyder	M	1:00:05	52
24	<i>Patricia Jones</i>	F	1:00:28	64
25	Ed Youngberg	M	1:01:15	73
26	<i>Katie Banderton</i>	F	1:01:27	38
27	<i>Rene Botta</i>	F	1:01:46	51
28	<i>Melissa Okelly</i>	F	1:03:40	41
29	<i>Kathryn Lewis</i>	F	1:04:12	57
30	<i>Julie Carroll</i>	F	1:04:43	43
31	<i>Anne-Marie Schmidt</i>	F	1:05:06	58
32	<i>Jackie Kus</i>	F	1:06:02	33
33	<i>Tina Akin</i>	F	1:06:36	54
34	<i>Jennifer Pearce</i>	F	1:07:36	53
35	Mark Hasseman	M	1:07:48	60
36	<i>Danielle Carroll</i>	F	1:07:51	40
37	<i>Jane Allard</i>	F	1:11:40	50
38	<i>Francie Kinney</i>	F	1:17:24	34
39	<i>Mindy Bradford</i>	F	1:20:48	55

Racewalkers (5K)

1	Kenneth Simons	M	43:41	78
2	<i>Suzanne Ellenbogen</i>	F	1:23:31	61
3	<i>DeNae VanWestrienen</i>	F	1:25:10	39
4	Elliot VanWestrienen	M	1:35:11	8
5	<i>Audrey VanWestrienen</i>	F	1:35:12	10
6	<i>Kelly Barnes</i>	F	1:35:13	35
7	<i>Aubrey Barnes</i>	F	1:35:14	6
8	Andrew Barnes	M	1:35:15	4
9	<i>Vicki McCarthy</i>	F	1:35:16	68
10	<i>Brenda Cody</i>	F	1:35:18	
11	Mark Wecker	M	1:35:19	

SEPTEMBER 10 5 MILE AMAZING RACE RESULTS BY AGE GROUP

Place	Name	Time	Name	Time
	Men		Women	

Once you are over the hill, you pick up speed

Overall				
1	Eric Patterson	39:29	Toni Brenzikofer	44:51
70-74				
1	Michael Keyes	57:17		
2	Ed Youngberg	1:01:15		
60-64				
1	Robert Caillouette	49:33	Patricia Jones	1:00:28
2	Tom O'Brien	51:24		
3	Neil Thomson	58:36		
4	Mark Hasseman	1:07:48		
55-59				
1	Greg Wobbema	45:17	Sabrina Robinson	54:43
2	Bob Weber	47:31	Kathryn Lewis	1:04:12
3			Anne-Marie Schmidt	1:05:06
4			Mindy Bradford	1:20:48
50-54				
1	Steve Knox	44:48	Rene Botta	1:01:46
2	Rod Switzer	49:59	Tina Akin	1:06:36
3	Kevin Snyder	1:00:05	Jennifer Pearce	1:07:36
4			Jane Allard	1:11:40
45-49				
1	Scott Hogg	44:03	Laurie Nakauchi	46:55
40-44				
1	Scott Kukel	40:42	Melissa Okelly	1:03:40
2	Jeremy Johnson	40:50	Julie Carroll	1:04:43
3	Sam Simkin	43:16	Danielle Carroll	1:07:51
35-39				
1	Robert Kanieski	46:45	Katie Banderton	1:01:27
2	Colby Smith	48:05		
3	Cam McWilliam	50:40		
4	Matthew Barnes	59:06		
19-34				
1	Brandon Rockwood	41:45	Jackie Kus	1:06:02
2			Francie Kinney	1:17:24
13 and Under				
1	Isaac Vanwestrienen	56:28		
11	Mark Wecker		M	1:35:19

SEPTEMBER 10 5K UNOFFICIAL RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Matthew McTarsney	M	50:43	10
2	<i>Jennifer Jorschumb</i>	F	50:47	33

The Amazing Race on Sept. 10 was gifted outstanding weather - a wonderful start to this 5-mile trail race and 5K racewalk at Matthews/Winters Park in Golden. We had 39 runners and 11 racewalkers - pretty good numbers considering the many

Visit us on the web at www.comastersrun.org

other races that were underway the same day (RMRR, Black Squirrel, SMA, and something in Arvada). Our racewalking numbers were outstanding! Thank you to the several families and my friends who joined us. All who turned out helped give the race a "community" feel.

JeffCo Open Space opened a new, dreamy segment of the Red Rocks Trail a few weeks before our race and allowed the club to re-route our race along its sweet, freshly groomed switchbacks. This extended the race by half a mile, so instead of the planned 4.5-mile course, we ran a 5-miler! A lot of runners and racewalkers told me they loved this new section of trail.

I moved the race finish to a gravel trail that winds behind the toilets area, which turned out to be a great idea (credit for this idea goes to club member Siri Lewis). After finishing, the trail directed racers to continue walking - a good warm down - and when they reached the parking lot at its end, every participant was handed a Vitamin Cottage gift bag full of donated goodies, courtesy of club member Jeff Hesse. (Thanks, Jeff!)

Bobo's Oat Bars donated two flavors of Bobo's Bites to our race and 20 coupons for FREE Bobo's that I handed out to those who stayed throughout the awards and door prizes. Bobo's is made with love in Boulder, and the bites are portable fuel for the trail. If you'd like to try them, let me know. I'll hook you up.

One of my goals was to have a door prize for EVERY PERSON involved in The Amazing Race. Success! We even had a few door prizes left over (that I donated to the Oct. 8 Stone House race).

Thank you to these generous local businesses for supplying the club with fantastic door prizes: Calm Spirit Acupuncture (Arvada and Golden); Mountain Toad Brewing, Cannonball Creek Brewery, Barrels & Bottles, and Runners High (Golden). Thank you also to club member Francie Kinney, who donated a beautiful Arbonne Gift Basket, making one runner gal very happy.

More thank-you shout outs:

- Thank you to club President Kevin Snyder for helping me mark the trail the night before our race until it was nearly pitch dark. We apparently did a good job; runners told me the trail was well marked.
- Thank you to Christine Rodriguez and Julie Carroll for stepping up when I needed an assistant race director -- I got two! Julie bought and prepared our race food - all that good fruit and Fig Newtons -- and Christine oversaw our water-aid station. They both arrived by 7:00 a.m. to help set up the race. Gals, your help was critical for the success of this race.
- Thank you to Jeff Hesse for showing up at the park before 7:00 a.m., bringing me an egg-bagel sandwich and making me eat it. Jeff brought the aforementioned goodies and helped with race set up. You were such a huge help!
- Thank you to Pat Jones and DeNae VanWestrienen for handling our registration. Pat was on site when I showed up, ready to get folks registered from the back of her VW. DeNae showed up with her tribe ready to work then she and her four kids, including a 3-year-old, racewalked the entire 5K. Impressive.
- Thank you to Matt and Kelly Barnes, who brought their two kids, Kelly's mom and their worktable to the race. Matt worked on 15 to 20 participants (after running the race!). That's exhausting. Please visit Barnes Chiropractic for your chiropractic needs. They're outstanding healers of the hurts that ail athletes. <http://barneschirocolorado.com>
- Thank you to my husband, Jim Clarke, and to Christine Rodriguez and her boyfriend, George, for working the hike-in water station (runners truly appreciated and needed that).
- Thank you to the finish line fellas - Joe Baird, Rob Fisher, Ken Simons, Ken Randall and Larry Schmidt -- for whose work we are truly indebted. We don't do races without the timers and finish line folks.
- A shout out and big thank you to Laura Luhn, who is new to the club but stepped up when I needed a course sweeper. She cleaned the course of markers and signs, then said she had fun!
- Thank you to everyone who took photos on the trail and posted them to the club's Facebook page. Wow. We got some great pictures of this one. Great memories.

That's a look at how much volunteer work goes into one little race. A CMRA race is only as good as its volunteers who show up. Thank you, volunteers!

Thank you to everyone who chose to attend The Amazing Race at Matthews/Winters Park in Golden. You made the work worth doing. We shared a wonderful morning!

Once you are over the hill, you pick up speed

The Pelican Brief (Constance Ahrnsbrak)

- 8/10 – Pearl Street Mile, Boulder:** Janet Sandoval, 8:28 (2)
- 8/13 – Georgetown Half: Scott Kukel, 1:27 (4),** Johnny Ramos, 1:52, Bill Faulkner, 1:59 (1), Deborah Stafford, 2:01 (2), Lonnie Stafford, 2:06, Jack Barry, 2:14 (2), Tina Akin, 2:21, Fred Trentaz, 2:32, Pat Tolleson, 2:37.
- 8/14 – Pancake 5K, Hudson Gardens:** Rich Martinez, 25:04 (1), Bobby Romero, 29:13 & Holly Romero, 37:32.
- Mt. Sneffels Half, Ouray:** Randi Ralston, 4:00, Rich Ralston, 4:00 & Janet Ralston, 4:01.
- 8/20 – Peach Festival 5K, FTC:** Rich Martinez, 25:09 & 7-yr old Morgan Martinez, 33:18 (2).
- Melon 10K, Rocky Ford:** Robert Kanieski, 49:31 (1)/2nd OA.
- Runapalooza 5K, Apex Rec Center:** Earl Beam, 31:47 (1).
- 8/26 – Mesa Falls Marathon, Ashton, ID:** Todd Shaklee, 5:01 & Nicole Shaklee, 5:28. **Half:** Stacy Totherow, 1:50 (2). **10K** – Constance Ahrnsbrak, 59:59 (1).
- 8/27 – Bluff's Trail 8K, Castle Rock:** Rich Martinez, 47:00 (2) & Tom Chambers, 52:42 (2).
- Hideaway 100 Trail Half, Winterpark:** Robert Kanieski, 2:23 & Ross Westley, 3:40.
- 9/3 – Broncos Back to Football 7K:** Rich Hadley, 29:23, Lisa Atencio, 37:30, Karen McKean, 39:16 (2), Janet Sandoval, 39:48 (3), Earl Beam, 47:15, Deb Hadley, 47:26, Ross Westley, 47:38 (1), Rich Romero, 48:09, Andy McKean, 49:13, Fred Tentaz, 50:48 & Mike Buryznski, 55:26.
- 9/4 – Labor Day Half, Parker:** Rich Martinez, 1:59 (3) & Michael Abbott, 2:19. **10K** – Rich Hadley, 44:51 (1).
- 9/10 – Blue Shoe 5K, TUCC:** Constance Ahrnsbrak, 29:23 (1) & Rich Romero, 32:46 (1).
- Devil on the Divide 22K:** Dr. Ross Westley (the Oak), (1).
- 9/11 – El Grito 5K, Buckhorn Xchange:** Rachel Perez, 19:33 (OA), James Worthen, 21:15, Noe Cuevas, 21:54 (3), Rich Martinez, 24:44 (3), Jesse Tijerina, 25:05 (3), Jay Dee Trujillo, 25:19 (3), Michael Abbott, 26:55, Jack Barry, 28:50 (2), Jane Allard, 29:16 (2), Bobby Romero, 29:44 (2), Carmen Kitts, 31:13 (1), Rich Romero, 31:44 (3), Lee Bengston, 31:53, Tom Duran, 32:33, Holly Romero, 36:44 (3), Jim Romero, 40:10 & Carol Bengston, 52:38 (1).
- 9/17 – Move Forward 10K, Regis University:** Deborah Stafford, 56:51 (1) & Lonnie Stafford, 58:05 (1). **5K** – J Gutierrez, 28:08, Constance Ahrnsbrak, 28:43 (1) & Laura McCoy, 43:50 (W).
- Marine Corp Memorial 5K, Arvada:** Bobby Romero, 28:35 (1) & Holly Romero, 35:46.
- Capitol River Runs, Lansing, MI: Marathon** – Suzanne Buntrock, 5:18 (1). **Half** – Fran Schneider, 2:36 & Cassie Klumpp, 2:41.
- 10/1 – Bacon Strip 4-miler, FTC:** Lonnie Max Stafford, 35:08 (1) & Deb Stafford, 36:39 (1).
- 10/2 – Justice 5K, Hudson Gardens:** Jim Romero, 36:03 (3). **10K** – Bob Cailloutte, 47:59 (1).
- Hot Chocolate 15 K** – Amy Lease, 1:16 (2), Bill Faulkner, 1:28 (1), Patricia Tolleson, 1:50 & Earl Beam, 1:53. **5K:** Leslie Mitchell, 28:56, Patti Thurman, 30:44 (3), 6-year old Lilly Miller, 55:22, Jennifer McFarlane, 55:23 & Terry McFarlane, 55:23.
- Ever Gold trail 10-miler, Lair O' Bear:** Jennifer Forker, 2:11 (3).
- 10/9 – Louisville Half:** Reinaldo Rosario, 2:45
- Boulder Rez Half:** Nicole Shaklee, 2:21 & **10K:** Earl Beam, 1:09 (3).
- 10/22 – Hoof N' Through the Hallows 5K:** Rich Martinez, 25:02 (2).
- 10/23 – Columbia Gorge Marathon, OR:** Nicole Shaklee, 5:32 & Tina Akin, 5:18. **Half:** Suzanne Buntrock, 2:21, Fran Schneider, 2:32 & Terry McFarlane.
- 10/29 – Eerie Erie 10K** – Deb Stafford, 57:18 (3), Lonnie Stafford, 58:26 (1), Bill Faulkner, 1:00 (2). **5K** – J Gutierrez, 30:19, Pat tolleson, 38:28 & Laura McCoy, 43:56 (W).
- Littleton Stride 10K** - Fran Schneider, 1:08 (2).
- 10/30 – Westy Half Marathon, Westminster:** Tall Red, 2:05 (1).

2016 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)
Nov 19	(Sat)	10 AM	Hildebrand Ranch Park	Veterans run 6.6M	Ben Bergstrand / Nick Vollmar
Dec 3	(Sat)	10 AM	Bluff Lake Nature Center	Sand Creek 5M	Rob Fisher / Dan Shaw

If you have any items, photos or articles for the next newsletter (don't be shy), please give/send them to:- Ian Monk (email: icm-13@hotmail.com) or Jane Harbert (tace_tigger@hotmail.com) before 20thth November 2016. If sending an email, please add CMRA to the title so we know it's not spam.

Please shop at our sponsors:

Please shop at our sponsors



Arvada, CO and Centennial, CO



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

Once you are over the hill, you pick up speed