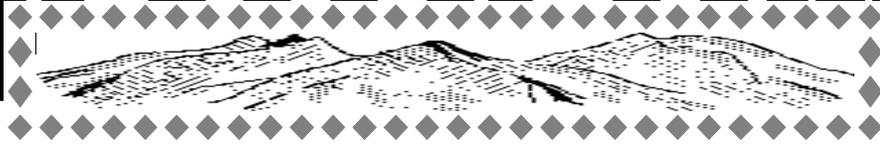


MASTER TIMES



January / February 2017

Volume 50 Issue 1

PREZ LETTER

Hello Masters!!

Happy Spring CMRA'ers! Can you believe it's already March? We've started 2017 with a bang: we've held our first two races (see more info below), our Annual Banquet on January 21st and elected the new [2017 CMRA Board](#). We welcomed three new board members and are working on getting everyone up to speed.

Winter Race Recaps

Spring is almost here and we are off to a great start of run/walking!! Our January 7 Lake Arbor race did not disappoint - we had some great running weather with a nice pile of snow. Next up was Forty Furlongs on February 11. We were blessed with fabulous weather and a great turnout of 99 run/walkers!! Thank you to all of our members who were able to join us for our first two races – we hope to see many more of you at the upcoming races! And don't forget, you can see each Race Director's race report on each race's results page!



Next Up: 03/25 Spring Spree 10K

Check out the [schedule for our upcoming races](#) on our website or our Facebook event pages. We'll have some great raffle items!! Additionally, we are always looking for volunteers at our races; please let the race directors know if you or someone you know can come out and lend a hand! This is a great option for the non-runners/walkers in your family so you can all spend Saturday morning together 😊

Visit us on the web at www.comastersrun.org



FULL MOON RUNS! We are also excited about our Full Moon runs that have become a group favorite. We will get these posted on our website and our Facebook pages. We are always looking for a host for the event, which just means if you have a favorite trail or route that you would like to share you can guide us. We also save time to enjoy some refreshments under the full moon after the run. Events will be created on our Facebook page; CMRA Clubber Jen Jorschumb has graciously volunteered to get these up and organized for us on Facebook.

Please let us know of any other runs that you have and would like to share, rumor has it that there are some morning runs that have become a favorite of some of our members. Please post these to Facebook so fellow CMRA'ers can join in on the running fun!



LET'S GET SOCIAL!!! Francie Kinney our new Social Media Maven has been hard at work getting our social media presence expanded. Facebook is being updated more regularly with info. We are also creating a Facebook Event for each of our races so you have easy access to the latest race information, a place to coordinate carpooling and ask any burning pre-race questions you may have prior to the race. Additionally, she is working on getting us set up on Meetup and regaining access to our Twitter account. Look for us to have a bigger social media presence all around. Please follow, like and share our posts to help us get the CMRA name out there and grow our membership!



HELP US GROW - BRING A FRIEND!! You love CMRA right?! Well, who have you told about the fabulousness that is CMRA lately?! Please reach out to your friends, family and fellow runners and invite them to our upcoming events! Our membership prices can't be beat, and it's always more fun when running and walking with friends! Don't let the best-kept secret running group stay a secret anymore – spread the word today! We are working on a contest for people who recruit the most new members – stay tuned to our

Facebook page for more info!

While we are always looking for new runners and WALKERS alike, we also want YOUR continued membership. Not sure if your membership is up for renewal? Head on over to our [RunSignUp Page](#) and check! This is also the same link for new members to sign up

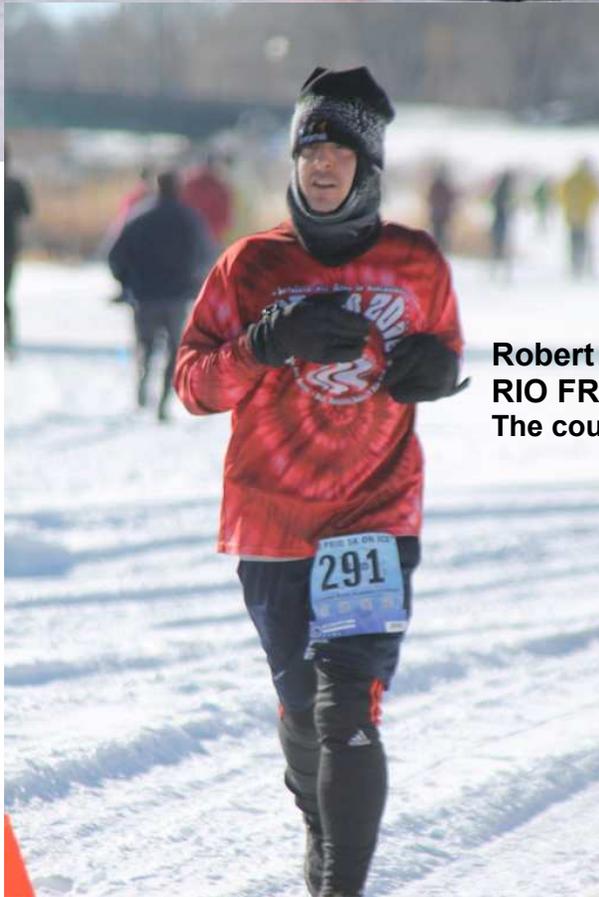
Lisa
Run well. Be well.



Once you are over the hill, you pick up speed

PICTURE PAGES

LAKE ARBOUR 5K



Robert Kanieski
RIO FRIO 5Kio Frio 5K, Alamosa
The course ran on top of the frozen river, zero at start.

THANKS TO CONT FOR THE PICTURES SEE MORE ON OUR FACEBOOK PAGE :-
<https://www.facebook.com/groups/118401460391/>

Visit us on the web at www.comastersrun.org

DECEMBER 3RD SAND CREEK 5 MILER RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Jonathan Huie	M	27:13	36
2	Michael Quispe	M	31:29	50
3	Scott Kukel	M	31:57	42
4	Eric Patterson	M	32:51	52
5	Jeremy Johnson	M	32:56	42
6	Brandon Rockwood	M	33:07	20
7	George Forbes	M	33:41	47
8	Johnny Ramos	M	34:02	40
9	<i>Molly Smith</i>	F	34:14	36
10	David Rothenburger	M	34:24	48
11	Sam Simkin	M	35:06	43
12	Mike Bennett	M	35:24	60
13	Colby Smith	M	35:35	40
14	<i>Jitka O'Farrell</i>	F	35:51	39
15	Michael Brenner	M	35:53	58
16	Scott Hogg	M	35:56	48
17	Robert Kanieski	M	36:09	39
18	Daniel Thies	M	36:21	23
19	Tim Lewis	M	36:31	44
20	Cam McWilliam	M	38:34	35
21	John Brackney	M	38:39	50
22	Ryan Dunning	M	38:39	17
23	Kevin Yeatts	M	38:43	47
24	Michael Blanchette	M	38:45	59
25	<i>Kim Grant</i>	F	39:29	57
26	Dan Shaw	M	39:58	57
27	Ben Bergstrand	M	40:43	40
28	<i>Mirka Gores</i>	F	42:05	40
29	<i>Heidi Somer</i>	F	42:57	56
30	Jay D. Trujillo	M	43:37	58
31	Bill Faulkner	M	44:12	75
32	Michael Keyes	M	44:24	70
33	Donald Troike	M	44:41	68
34	Dennis Thies	M	45:13	56
35	Neil Thomson	M	45:33	60
36	Mark Hasseman	M	45:39	61
37	<i>Lisa Brocard</i>	F	45:41	44
38	<i>Joseette Harris</i>	F	45:44	58
39	Ed Youngberg	M	46:28	73
40	David Kelble	M	46:33	59
41	<i>Kim Massey</i>	F	46:34	58

Once you are over the hill, you pick up speed

42	Tom Chambers	M	46:37	73
43	Scott McFarlane	M	46:43	65
44	John Shea	M	47:01	59
45	<i>Julie Carroll</i>	F	47:06	43
46	<i>Meg Rapp</i>	F	47:53	34
47	<i>Jennifer Yeatts</i>	F	48:48	47
48	Gerry Callejo	M	49:32	53
49	Gavin Gilchrist	M	49:34	42
50	<i>Melissa Okelly</i>	F	50:07	42
51	<i>Laura Laski</i>	F	50:43	37
52	<i>Danielle Carroll</i>	F	51:22	40
53	<i>Siri Lewis</i>	F	51:51	42
54	<i>Sharyn Kline</i>	F	51:54	42
55	<i>Jackie Kus</i>	F	52:11	34
56	Michael May	M	53:32	51
57	<i>Rachel Perez</i>	F	54:45	37
58	John Perez	M	54:46	66
59	<i>Tina Akin</i>	F	55:04	55
60	<i>Brea Olson</i>	F	57:12	35
61	David Horst	M	57:19	51
62	Reinaldo Rosario	M	58:04	52
63	Lee Bengston	M	58:15	79
64	Andy McKean	M	59:16	71
65	<i>Virginia Schultz</i>	F	01:00:35	62
66	Matthew McTarsney	M	01:01:45	10
67	Chris Corbin	M	01:01:47	38
68	<i>Jennifer Jorschumb</i>	F	01:01:53	34
69	<i>Patricia Tolleson</i>	F	01:03:37	67
RACEWALKERS 5K				
1	<i>Patricia Jones</i>	F	29:41	65
2	Kenneth Simons	M	34:20	79
3	Ed Gussie	M	37:05	75
4	<i>Lu Shaw</i>	F		58

DECEMBER 3RD SAND CREEK 5 MILER RACE RESULTS BY AGE GROUP

		OVERALL MEN		OVERALL WOMEN	
PLACE	NAME	TIME	NAME	TIME	
MEN			WOMEN		
1	Jonathan Huie	27:13	Molly Smith	34:14	
75-79					
1	Bill Faulkner	44:12			
2	Lee Bengston	59:16			
70-74					

1	Michael Keyes	44:24		
2	Ed Youngberg	46:28		
3	Tom Chambers	46:37		
4	Andy McKean	1:00:35		
65-69				
1	Donald Troike	44:41	Patricia Tolleson	1:03:50
2	Scott McFarlane	46:43		
3	John Perez	55:04		
60-64				
1	Mike Bennett	35:24	Virginia Schultz	1:01:45
2	Neil Thomson	45:33		
3	Mark Hasseman	45:39		
55-59				
1	Michael Brenner	35:53	Kim Grant	39:29
2	Michael Blanchette	38:45	Heidi Somer	42:57
3	Dan Shaw	39:58	Josette Harris	45:44
4	Jay D. Trujillo	43:37	Kim Massey	46:34
5	Dennis Thies	45:13	Tina Akin	57:12
50-54				
1	Michael Quispe	31:29		
2	Eric Patterson	32:51		
3	John Brackney	38:39		
4	Gerry Callejo	49:32		
5	Michael May	53:32		
45-49				
1	George Forbes	33:41	Jennifer Yeatts	48:48
2	David Rothenburger	34:24		
3	Scott Hogg	35:56		
4	Kevin Yeatts	38:43		
40-44				
1	Scott Kukel	31:57	Mirka Gores	42:05
2	Jeremy Johnson	32:56	Lisa Brocard	45:41
3	Johnny Ramos	34:02	Julie Carroll	47:06
4	Sam Simkin	35:06	Melissa Okelly	50:07
5	Colby Smith	35:35	Danielle Carroll	51:22
35-39				
1	Robert Kanieski	36:09	Jitka O'Farrell	35:51
2	Cam McWilliam	38:34	Laura Laski	50:43
3	Chris Corbin	1:01:53	Rachel Perez	54:46
4			Brea Olson	57:19
19-34				
1	Brandon Rockwood	33:07	Meg Rapp	47:53
2	Daniel Thies	36:21	Jackie Kus	52:11

Once you are over the hill, you pick up speed

3			Jennifer Jorschumb	1:03:37
14-18 (HIGH SCHOOL)				
1	Ryan Dunning	38:39		
13 AND UNDER				
1	Matthew McTarsney	1:01:47		

I knew the weather was going to be good for a race a couple days in advance. The weatherman said it would be cool but sunny in the morning, perfect for the runners. The afternoon before I marked the course while a few snow flakes flew. Bluff Lake is such a great place to run. I thanked Jeff for his hospitality from afar. It was cold with no wind on race day. I finished marking the course and was setting up the checkin area when Ben and Nancy showed up to direct traffic. Patty was there to start registering the runners. Joe, Ken R, Ken S, and Bruce showed to set up and work the finish line. Lots of important stuff arrived soon after with Tom bringing ribbons, Cam with the bread and Scott with the labels. Oh man its going to be a good day I thought to myself.

The race started on time with 69 runners and 4 walkers toeing the line. I lead them out on my bike for about the first mile. I forgot to factor in that I would have to dismount at the bridge and Jonathan passed me soon after. Great, everyone got thru the tricky part.

Jonathan was first in. He lapped a few of the runners and all of the walkers. Patty was first walker with Ken S. just behind. Molly our first lady runner cracked the top 10 over-all. No one expressed displeasure with having to climb the hill twice.

Awards were figured out within time limits. Lots of fine prizes were in the drawing. Thank you to Great Harvest Bread-Arvada, Runners Roost and Runners High-Golden for the gifts. Bruce and Tom did an outstanding job entertaining everyone while giving out the awards.

Lots of folks pitched in to clean up. Dan did a great job getting all the cones, signs and flags from out on the course. While checking over the parking lot and grounds before leaving I noted that I still had plenty of energy. Oh Man it was a Good Day!

Rob, race director.

JANUARY 7TH CMRA LAKE ARBOR 5K RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Michael Nothem	M	18:12	22
2	Hector Martinez	M	19:23	33
3	Scott Kukel	M	19:33	43
4	Michael Quispe	M	19:50	50
5	Brandon Rockwood	M	19:52	20
6	Jonathan Fenske	M	20:14	47
7	Eric Patterson	M	20:25	52
8	Sam Simkin	M	20:44	43
9	Jeremy Johnson	M	20:46	42
10	Shaun Schafer	M	21:17	49
11	Mike Bennett	M	21:39	60
12	Matt Olson	M	21:58	31
13	Michael Brenner	M	22:22	58
14	David Rothenburger	M	22:55	48
15	Robert Kanieski	M	22:56	39
16	Mark Jahnke	M	23:04	45
17	Eyal Sella	M	23:19	53
18	Heath Johnson	M	23:33	45

19	Brett Allendorf	M	23:48	48
20	Ryan Dunning	M	24:13	17
21	Michael Blanchette	M	24:16	59
22	Daniel Thies	M	24:34	23
23	Charley Perez	M	25:07	69
24	Eric Brenner	M	25:09	25
25	<i>Kimberly Drechsel</i>	F	25:14	53
26	Todd Nikkel	M	26:01	48
27	<i>Lori Woods</i>	F	26:07	54
28	Bob Caillouette	M	26:26	62
29	Nathan Dunning	M	26:50	19
30	Dennis Thies	M	27:04	56
31	<i>Jennifer Bieber</i>	F	27:36	38
32	Michael Keyes	M	27:42	70
33	John Brackney	M	27:52	50
34	Christopher Shaklee	M	28:14	47
35	Bruce Wilson	M	28:19	54
36	Isaac Vanwestrienen	M	28:38	12
37	Jeff Hesse	M	28:46	52
38	<i>Kelly Smith</i>	F	28:52	41
39	Matthew Barnes	M	28:59	37
40	Scott McFarlane	M	29:02	65
41	<i>Lisa Atencio</i>	F	29:12	51
42	Tom Chambers	M	29:18	73
43	<i>Laura Laski</i>	F	29:25	37
44	<i>Patti Thurman</i>	F	29:27	64
45	<i>Kim Massey</i>	F	29:29	58
46	<i>Denae Vanwestrienen</i>	F	29:39	39
47	<i>Dafai Martinez</i>	F	29:42	13
48	Randy Drechsel	M	30:33	55
49	<i>Michelle Delpiccolo</i>	F	30:42	53
50	<i>Joellen Carter</i>	F	31:05	54
51	<i>Nicole Shaklee</i>	F	31:09	53
52	<i>Ruth Clymor</i>	F	31:14	32
53	Chris Corbin	M	31:19	38
54	John Shea	M	31:39	59
55	Bruce Rasor	M	31:46	68
56	<i>Lisa Wilson</i>	F	31:59	51
57	<i>Patricia Jones</i>	F	32:04	65
58	<i>Sylvia Martinez</i>	F	32:05	33
59	Fred Trentaz	M	32:08	74
60	Scot Marion	M	32:17	45
61	<i>Tina Akin</i>	F	33:18	55

Once you are over the hill, you pick up speed

62	Gabe Sisneros	M	33:34	78
63	Unk		33:35	
64	Colby Smith	M	33:43	40
65	<i>Brea Olson</i>	F	33:47	35
66	Todd Dunning	M	34:03	52
67	<i>Francie Kinney</i>	F	34:09	34
68	<i>Suzanne Dysard</i>	F	34:41	46
69	Dean Hess	M	34:44	49
70	Jim Romero	M	34:54	76
71	<i>Audrey Vanwestrienen</i>	F	34:55	10
72	Cj Dedios	M	35:32	41
RACEWALKERS				
1	<i>Carol Johnson</i>	F	40:30	62
2	Ken Lotze	M	40:37	66
3	Kenneth Simons	M	46:29	79

JANUARY 7TH CMRA LAKE ARBOR 5K RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	Men		Women	
OVERALL				
1	Michael Nothem	18:12	Kimberly Drechsel	25:14
75-79				
1	Gabe Sisneros	33:34		
2	Jim Romero	34:54		
70-74				
1	Michael Keyes	27:42		
2	Tom Chambers	29:18		
3	Fred Trentaz	32:08		
65-69				
1	Charley Perez	25:07	Patricia Jones	32:04
2	Scott McFarlane	29:02		
3	Bruce Rasor	31:46		
60-64				
1	Mike Bennett	21:39	Patti Thurman	29:27
2	Bob Caillouette	26:26		
55-59				
1	Michael Brenner	22:22	Kim Massey	29:29
2	Michael Blanchette	24:16	Tina Akin	33:18
3	Dennis Thies	27:04		
4	Randy Drechsel	30:33		
5	John Shea	31:39		
50-54				
1	Michael Quispe	19:50	Lori Woods	26:07

2	Eric Patterson	20:25	Lisa Atencio	29:12
3	Eyal Sella	23:19	Michelle Delpiccolo	30:42
4	John Brackney	27:52	Joellen Carter	31:05
5	Bruce Wilson	28:19	Nicole Shaklee	31:09
45-49				
1	Jonathan Fenske	20:14	Suzanne Dysard	34:41
2	Shaun Schafer	21:17		
3	David Rothenburger	22:55		
4	Mark Jahnke	23:04		
5	Heath Johnson	23:33		
40-44				
1	Scott Kukel	19:33	Kelly Smith	28:52
2	Sam Simkin	20:44		
3	Jeremy Johnson	20:46		
4	Colby Smith	33:43		
5	Cj Dedios	35:32		
35-39				
1	Robert Kanieski	22:56	Jennifer Bieber	27:36
2	Matthew Barnes	28:59	Laura Laski	29:25
3	Chris Corbin	31:19	Denae Vanwestrienen	29:39
4			Brea Olson	33:47
19-34				
1	Hector Martinez	19:23	Ruth Clymor	31:14
2	Brandon Rockwood	19:52	Sylvia Martinez	32:05
3	Matt Olson	21:58	Francie Kinney	34:09
4	Daniel Thies	24:34		
5	Eric Brenner	25:09		
14-18 (HIGH SCHOOL)				
1	Ryan Dunning	24:13		
13 AND UNDER				
1	Isaac Vanwestrienen	28:38		
2			Dafai Martinez	29:42
3			Audrey Vanwestrienen	34:55

As usual the day of the CMRA Lake Arbor 5K Race started with cold temperatures in the teens but fortunately there were mostly clear skies and the ten o'clock start and sunshine made for a brisk but invigorating event. A recent snow gave slower running surfaces, however, fast times were recorded by several of the runners and many equaled or exceeded their last year's time. The overall winning time was posted by Michael Nothem in a blazing time of 18:12. Following close behind were Hector Martinez at 19:23 and Scott Kukel at 19:33 in 2nd and 3rd places. The overall women's winner was Kimberly Drechsel coming in at 25:14 followed by Lori Woods, 26:07, and Jennifer Bieber at 27:36 for 2nd and 3rd completing the top three. Ryan Dunning won the High School Category in 24:13 and Issac Vanwesrienen won the boys 13 and under in 28:28. Dafai Martinez took the girls 13 and under in 29:42 and Audrey Vanwestrienen finished in 34:55. Carol Johnson claimed first in the racewalkers category in 40:30 followed by Ken Lotze close behind at 40:37, and Ken Simons at 46:29.

Once you are over the hill, you pick up speed

Ken Randall and I want to thank the volunteers at Lake Arbor who made the race a successful event. Your efforts in the snow, and cold weather are very much appreciated.

Rob Fisher was there early laying out, checking, and marking the race course. He also brought the finish line equipment, helped at the finish, and performed a sweep of the race course, picking up equipment and any debris left behind. Also working at the finish line were **Ken Simons, Joe Sanchez, and Ken Randall**. **Amy Lease** compiled the race results and **Tom Chambers** provided the award ribbons and handed them out to the top finishers. **Scott McFarlane** brought race tags and provided the laptop to input names at registration, and as always input the results and made them available on the CMRA web site. Thanks to **Helen De Gennaro** and **Tessa Stamper** for working as course marshals, and to **Melissa Wood** for staffing the water station. **Patty Jones** and **Jennifer Forker** handled race registration, with Jennifer also presenting race awards and raffling off prizes.

We want to thank Lakewood Runners Roost, Arvada's Great Harvest Bread Company, and Starbucks at 66th and Wadsworth for their contributions to the Lake Arbor Race. Also a thank you to individuals who donated items for everyone to feast on.

Thanks again to everyone that put forth a much appreciated effort to make the Lake Arbor 5K Race a successful event.

Ed Youngberg

The Pelican Brief (Constance Ahrnsbrak)

12/18

Superior Stocking 5K: Lisa Atencio 27:41. Nicole Shaklee 32:17.

Christmas Carol Classic 10K, CP: Michael Abbott 1:00.

1/1

Resolute 5K, Arvada: Stacy Totherow 24:41 (3). Rich Martinez 25:10 (1). J Gutierrez 30:57.

1/14

Oatmeal 5K, Lafayette: Spiderman Scott 27:02. Bill Faulkner 27:31 (1). Ed Youngberg 27:49. Tom Duran 33:08. Pat Tolleson 37:12.

Charleston Marathon, SC: Suzanne Buntrock 5:16.

1/15

Prairie Dog Half, Arvada: Bill Faulkner 2:07 (1). Lisa Atencio 2:13. Nicole Shaklee 2:34. Pat Tolleson 2:58.

Polar Bear 5K, WP: Earl Beam 32:16.

1/21

Frosty Frozen 5-Miler, Hudson Gardens: Rich Martinez 43:07 (2). Bobby Romero 49:01. Earl Beam 53:35 (3).

Fred Trentaz 56:36. John Seidle 59:00. Ross Westley 1:01 (1).

Ten Mile Amy Lease 1:25 (1). Lisa Atencio 1:34. Ross Westley 2:21 (1).

1/22

Yeti Chase 10K, BCLP: Lisa Atencio 59:13. Nicole Shaklee 1:07. **5K** – Earl Beam 32:16 (3).

1/28

Frost Giant 5K, Estes Park: J Gutierrez 35:20

Rio Frio 5K, Alamosa: Robert Kanieski 26:59. *The course ran on top of the frozen river, zero at start.*

2/5

Ralston Creek Half: Lisa Atencio 2:07. Nicole Shaklee 2:25.

5K: Constance Ahrnsbrak 29:39 (1). J Gutierrez 30:14 (2). Janet Ralston 30:21 (2). Laura McCoy 39:46 (W/2).

Super Sunday 5K, Hudson Gardens: Rich Martinez 25:23 (1). Bobby Romero 28:41 (3). Jim Romero 37:07.

Holly Romero, 38:21.

Super Bowl 5K, WP: Earl Beam 31:33

2/18

Snowman Stampede 5-mile: Rich Martinez 43:19 (1). Robert Kanieski 43:25. Michael Abbott 44:29. Lisa Wilson 46:38.

Bobby Romero 48:45 (3). **10-Mile:** Bruce Kirschner 1:14 (3). Johnny Ramos 1:19. Michael Blanchett 1:19.

Christine Rodriguez 1:26 (1). Amy Lease 1:28 (2). Lisa Atencio 1:33. Tall Red 1:37 (1). Robert Kanieski 1:38.

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)
Mar 25	(Sat)	9 AM	Platte River Bar & Grill	Spring Spree 10K	John Perez
Apr 22	(Sat)	9 AM	Runners High	Runners' High	Lisa Atencio / Jennifer Jorschumb
May 13	(Sat)	8 AM	Central Park XC	Central Park 6K XC	Dan Shaw / Michael Blanchette
May 13	(Sat)	8 AM	Middle School Race	Colorado Middle School Runner Challenge 3K	Rob Fisher / Bruce Kirschner
Jun 10	(Sat)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race 5.1M	Tom Duran / Lisa Atencio
Jul 8	(Sat)	8 AM	White Ranch Park	White Ranch Trail Run	Kevin Snyder / ?
Aug 2	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast & potluck	Jennifer Forker / Monica Ryan
Sep 23	(Sat)	8 AM	Highlands Ranch	The Highlands Ranch Race	Melissa Wood / ?
Oct 7	(Sat)	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.8M Results -->	Matthew Rutledge / DeNae VanWestrienen
Nov 11	(Sat)	10 AM	Hildebrand Ranch Park	Veterans run 6.6M	?
Dec 2	(Sat)	10 AM	Bluff Lake Nature Center	Sand Creek 5M	Rob Fisher / ?

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 20th March 2017. If sending an email, please add CMRA to the title so we know it's not spam.

Please shop at our sponsors:



Arvada, CO & 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