

# MASTER TIMES

November / December 2017

Volume 50 Issue 6

## PICTURE PAGES



## HILDEBRAND RANCH



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THANKS TO LAURIE & REINALDO 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

## OCTOBER 7<sup>TH</sup> STONE HOUSE TRIPLE CROSS RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Jeremy Johnson	M	58:38	42
2	Rick Granquist	M	59:18	51
3	Michael Brenner	M	59:22	59
4	Joe Ziegenfuss	M	1:02:04	43
5	Tony Halland	M	1:02:10	36
6	Brandon Rockwood	M	1:02:27	21
7	Eric Patterson	M	1:03:13	52
8	Sam Simkin	M	1:03:55	44
9	David Blankenship	M	1:03:58	44
10	<i>Julie George</i>	F	1:05:05	47
11	Keith Johnson	M	1:05:34	56
12	George Forbes	M	1:07:33	48
13	David Rothenburger	M	1:08:36	49
14	Matt Olson	M	1:08:54	32
15	Daniel Thies	M	1:10:07	23
16	Nate Krammes	M	1:12:10	20
17	Robert Kanieski	M	1:13:43	40
18	Bibek Regmi	M	1:14:05	36
19	Rick Edrich	M	1:16:22	57
20	Tim Lewis	M	1:16:23	45
21	Josiah Hesse	M	1:17:02	35
22	<i>Jeanie Schultz</i>	F	1:17:41	51
23	Cliff Jurgens	M	1:18:46	51
24	<i>Ali Halland</i>	F	1:19:59	37
25	Gary Krammes	M	1:20:34	57
26	John Brackney	M	1:23:33	51
27	<i>Theresa Armentrout</i>	F	1:23:57	56
28	<i>Elspeth Monigle</i>	F	1:24:03	28
29	Bill Faulkner	M	1:25:00	76
30	Michael Keyes	M	1:26:26	71
31	Neil Thomson	M	1:27:39	61
32	Jay D. Trujillo	M	1:28:22	59
33	<i>Heidi Somer</i>	F	1:28:23	56
34	Wayne Stewart	M	1:28:43	71
35	<i>Renee Botta</i>	F	1:29:36	52

36	Dennis Thies	M	1:31:42	57
37	<i>Carolyn Hicks</i>	F	1:32:00	60
38	Jim Armentrout	M	1:32:01	55
39	Ed Youngberg	M	1:33:42	74
40	<i>Jitka O'Farrell</i>	F	1:35:03	39
41	Scott McFarlane	M	1:35:04	66
42	Todd Shaklee	M	1:35:08	48
43	<i>Donna Sakdol</i>	F	1:35:48	53
44	Scott Lutz	M	1:37:30	52
45	<i>Elizabeth Kinsey</i>	F	1:38:14	52
46	<i>Julie Fuller</i>	F	1:38:18	59
47	<i>Claradene Stewart</i>	F	1:39:20	68
48	<i>Janet Ralston</i>	F	1:40:06	55
49	<i>Michelle Sroda</i>	F	1:41:13	45
50	Ken Clark	M	1:42:09	41
51	Nate Hero	M	1:42:26	39
52	<i>Ruth Clymor</i>	F	1:43:05	33
53	<i>Lisa Brocard</i>	F	1:50:39	45
54	<i>Nicole Shaklee</i>	F	1:51:13	54
55	<i>Janka Kukova</i>	F	1:55:14	41
56	<i>Lisa Wilson</i>	F	1:56:24	52
57	<i>Allison Douglas</i>	F	1:59:48	42
58	<i>Francie Kinney</i>	F	2:00:55	35
59	<i>Kelly Malzewski</i>	F	2:08:01	39
60	<i>Patricia Tolleson</i>	F	2:13:27	68
	Jon Mossato	M		54
<b>RACEWALKERS 5K</b>				
1	<i>Patricia Jones</i>	F	45:25	65
2	Kenneth Simons	M	46:57	80
3	Ed Gussie	M	48:39	76
4	<i>Aubrey Barnes</i>	F	1:13:09	7
5	Andrew Barnes	M	1:13:09	6
6	Matthew Barnes	M	1:13:10	37
7	<i>Kelly Barnes</i>	F	1:13:11	36
8	<i>Vicki McCarthy</i>	F	1:13:12	70

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## OCTOBER 7<sup>TH</sup> STONE HOUSE TRIPLE CROSS RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	<b>MEN</b>		<b>WOMEN</b>	
<b>OVERALL</b>				
1	Jeremy Johnson	58:38	Julie George	1:05:05
<b>75-79</b>				
1	Bill Faulkner	1:25:00		
<b>70-74</b>				
1	Michael Keyes	1:26:26		
2	Wayne Stewart	1:28:43		
3	Ed Youngberg	1:33:42		
<b>65-69</b>				
1	Scott McFarlane	1:35:04	Claradene Stewart	1:39:20
2			Patricia Tolleson	2:13:27
<b>60-64</b>				
1	Neil Thomson	1:27:39	Carolyn Hicks	1:32:00
<b>55-59</b>				
1	Michael Brenner	59:22	Theresa Armentrout	1:23:57
2	Keith Johnson	1:05:34	Heidi Somer	1:28:23
3	Rick Edrich	1:16:22	Julie Fuller	1:38:18
4	Gary Krammes	1:20:34	Janet Ralston	1:40:06
5	Jay D. Trujillo	1:28:22		
<b>50-54</b>				
1	Rick Granquist	59:18	Jeanie Schultz	1:17:41
2	Eric Patterson	1:03:13	Renee Botta	1:29:36
3	Cliff Jurgens	1:18:46	Donna Sakdol	1:35:48
4	John Brackney	1:23:33	Elizabeth Kinsey	1:38:14
5	Scott Lutz	1:37:30	Nicole Shaklee	1:51:13
<b>45-49</b>				
1	George Forbes	1:07:33	Michelle Sroda	1:41:13
2	David Rothenburger	1:08:36	Lisa Brocard	1:50:39
3	Tim Lewis	1:16:23		
4	Todd Shaklee	1:35:08		
<b>40-44</b>				
1	Joe Ziegenfuss	1:02:04	Janka Kukova	1:55:14
2	Sam Simkin	1:03:55	Allison Douglas	1:59:48
3	David Blankenship	1:03:58		

4	Robert Kanieski	1:13:43		
5	Ken Clark	1:42:09		
<b>35-39</b>				
1	Tony Halland	1:02:10	Ali Halland	1:19:59
2	Bibek Regmi	1:14:05	Jitka O'Farrell	1:35:03
3	Josiah Hesse	1:17:02	Francie Kinney	2:00:55
4	Nate Hero	1:42:26	Kelly Malzewski	2:08:01
<b>19-34</b>				
1	Brandon Rockwood	1:02:27	Elsbeth Monigle	1:24:03
2	Matt Olson	1:08:54	Ruth Clymor	1:43:05
3	Daniel Thies	1:10:07		
4	Nate Krammes	1:12:10		

### NOVEMBER 11 HILDEBRAND RANCH 6.6 MILER RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Michael Quispe	M	44:36	51
2	Eric Albright	M	44:37	45
3	Jeremy Johnson	M	46:21	43
4	Eric Patterson	M	46:48	52
5	<i>Molly Smith</i>	F	46:48	37
6	Brandon Rockwood	M	47:16	21
7	David Blankinship	M	47:30	44
8	David Rothenburger	M	48:36	49
9	James Worthen	M	48:45	32
10	Keith Johnson	M	50:07	56
11	Sam Simkin	M	50:23	44
12	<i>Jitka O'Farrell</i>	F	51:10	39
13	Mike Bennett	M	51:12	61
14	<i>Sydney Ayers</i>	F	51:13	54
15	Joseph Black	M	52:02	19
16	Johnny Ramos	M	52:09	41
17	<i>Rebecca Gedala</i>	F	53:26	41
18	Robert Kanieski	M	53:40	40
19	Tim Lewis	M	53:45	45
20	Michael Blanchette	M	54:06	60
21	<i>Wendi Hansen</i>	F	55:37	30
22	Dan Katai	M	56:20	46

Once you are over the hill, you pick up speed

23	Ryan Dunning	M	56:33	18
24	Dan Shaw	M	56:48	58
25	<i>Laurie Nakauchi</i>	F	57:07	48
26	Brett Allendorf	M	57:10	48
27	<i>Helen Degennaro</i>	F	57:11	50
28	David Shavlik	M	57:26	55
29	Rick Edrich	M	57:41	57
30	Aaron Ruhnnow	M	58:50	47
31	<i>Heidi Somer</i>	F	58:55	56
32	<i>Herli Laughlin</i>	F	59:40	37
33	<i>Jeanie Schultz</i>	F	59:40	51
34	<i>Erin Bosik</i>	F	1:00:08	32
35	John Brackney	M	1:00:09	51
36	<i>Theresa Armentrout</i>	F	1:00:15	56
37	Jim Armentrout	M	1:01:00	55
38	Andrew Gonzalez	M	1:01:45	12
39	Jay D. Trujillo	M	1:02:14	59
40	<i>Jessie Stedman</i>	F	1:02:19	44
41	<i>Lori Woods</i>	F	1:02:24	54
42	Tuch Prlla	M	1:03:01	52
43	Chad Stedman	M	1:03:42	45
44	Rich Martinez	M	1:03:54	70
45	Mark Hasseman	M	1:03:55	62
46	Max Stafford	M	1:03:59	71
47	<i>Jennifer Yeatts</i>	F	1:04:08	48
48	Mike Vigil	M	1:06:23	52
49	John Shea	M	1:06:56	60
50	<i>Julie Fuller</i>	F	1:07:13	59
51	Michael Keyes	M	1:07:15	71
52	<i>Kacey Johnson</i>	F	1:07:19	15
53	<i>Amy Vance</i>	F	1:07:37	43
54	Neil Thomson	M	1:07:42	61
55	<i>Cass Pangell</i>	F	1:07:48	31
56	<i>Carolyn Hicks</i>	F	1:07:54	60
57	<i>Janet Ralston</i>	F	1:08:15	55
58	<i>Patricia Jones</i>	F	1:08:26	66
59	<i>Siri Lewis</i>	F	1:09:39	43

60	<i>Lisa Brocard</i>	F	1:09:55	45
61	<i>Teri Devlin</i>	F	1:10:04	50
62	<i>Gosia Kong</i>	F	1:10:24	45
63	Ceasar Jha	M	1:10:30	61
64	<i>Patti Thurman</i>	F	1:10:31	65
65	<i>Donna Sakdol</i>	F	1:10:56	53
66	<i>Melissa Okelly</i>	F	1:11:20	43
67	<i>Mirka Gores</i>	F	1:11:45	41
68	Robert Romero	M	1:11:59	71
69	Brandon Johnson	M	1:12:15	32
70	<i>Suzanne Buntrock</i>	F	1:12:40	59
71	Nate Hero	M	1:12:54	39
72	<i>Jennifer Forker</i>	F	1:13:50	51
73	<i>Tina Akin</i>	F	1:14:48	56
74	<i>Janet Sandoval</i>	F	1:15:00	69
75	<i>Amy Evans</i>	F	1:15:01	51
76	<i>Ruth Clymor</i>	F	1:15:27	33
77	<i>Michelle Sroda</i>	F	1:15:30	45
78	<i>Lisa Wilson</i>	F	1:17:17	52
79	<i>Colleen O'Donnell</i>	F	1:17:33	43
80	<i>Traci Sidm</i>	F	1:18:13	49
81	<i>Amy Winston</i>	F	1:18:15	48
82	Lee Bengston	M	1:18:17	80
83	Hank Burkman	M	1:18:19	66
84	<i>Carmen Kitts</i>	F	1:19:25	66
85	<i>Joann Weaver</i>	F	1:19:57	57
86	<i>Jackie Kus</i>	F	1:20:13	35
87	Jim Romero	M	1:21:54	77
88	<i>Allison Douglas</i>	F	1:23:47	42
89	Tom Duran	M	1:25:10	69
90	Gabe Sisneros	M	1:26:35	79
91	<i>Annette Dupuns</i>	F	1:27:14	51
92	<i>Mindy Bradford</i>	F	1:28:41	57
93	Jon Mussato	M	1:29:37	54
94	<i>Christi Norfleet</i>	F	1:42:03	42
95	<i>Alejandra Mora</i>	F	1:43:24	47
96	<i>Debra Sandberg</i>	F	1:45:27	61

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97	<i>Sandy Mussato</i>	F	1:45:33	53
<b>Racewalkers (5K)</b>				
1	Kenneth Simons	M	40:34	80
2	<i>Kourtney Johnson</i>	F	41:23	21
3	<i>Kathy Johnson</i>	F	41:24	56
4	Todd Dunning	M	45:21	53
5	Ed Gussie	M	45:31	76
6	<i>Holly Romero</i>	F	45:36	57
7	Rich Ralston	M	45:52	56
8	<i>Tarah Dunning</i>	F	47:17	16
9	<i>Heather Dunning</i>	F	47:18	54
10	<i>Lu Shaw</i>	F	52:57	59
11	<i>Carol Bengston</i>	F	53:19	80
12	Dave Black	M	53:37	66

#### NOVEMBER 11 HILDEBRAND RANCH 6.6 MILER RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	MEN		WOMEN	
<b>OVERALL</b>				
1	Michael Quispe	44:36	Molly Smith	46:48
<b>80 and Over</b>				
1	Lee Bengston	1:18:17		
<b>75-79</b>				
1	Jim Romero	1:21:54		
2	Gabe Sisneros	1:26:35		
<b>70-74</b>				
1	Rich Martinez	1:03:54		
2	Max Stafford	1:03:59		
3	Michael Keyes	1:07:15		
4	Robert Romero	1:11:59		
<b>65-69</b>				
1	Hank Burkman	1:18:19	Patricia Jones	1:08:26
2	Tom Duran	1:25:10	Patti Thurman	1:10:31
3			Janet Sandoval	1:15:00
4			Carmen Kitts	1:19:25
<b>60-64</b>				
1	Mike Bennett	51:12	Carolyn Hicks	1:07:54

2	Michael Blanchette	54:06	Debra Sandberg	1:45:27
3	Mark Hasseman	1:03:55		
4	John Shea	1:06:56		
5	Neil Thomson	1:07:42		
<b>55-59</b>				
1	Keith Johnson	50:07	Heidi Somer	58:55
2	Dan Shaw	56:48	Theresa Armentrout	1:00:15
3	David Shavlik	57:26	Julie Fuller	1:07:13
4	Rick Edrich	57:41	Janet Ralston	1:08:15
5	Jim Armentrout	1:01:00	Suzanne Buntrock	1:12:40
<b>50-54</b>				
1	Eric Patterson	46:48	Sydney Ayers	51:13
2	John Brackney	1:00:09	Helen Degennaro	57:11
3	Tuch Prlla	1:03:01	Jeanie Schultz	59:40
4	Mike Vigil	1:06:23	Lori Woods	1:02:24
5	Jon Mussato	1:29:37	Teri Devlin	1:10:04
<b>45-49</b>				
1	Eric Albright	44:37	Laurie Nakauchi	57:07
2	David Rothenburger	48:36	Jennifer Yeatts	1:04:08
3	Tim Lewis	53:45	Lisa Brocard	1:09:55
4	Dan Katai	56:20	Gosia Kong	1:10:24
5	Brett Allendorf	57:10	Michelle Sroda	1:15:30
<b>40-44</b>				
1	Jeremy Johnson	46:21	Rebecca Gedala	53:26
2	David Blankinship	47:30	Jessie Stedman	1:02:19
3	Sam Simkin	50:23	Amy Vance	1:07:37
4	Johnny Ramos	52:09	Siri Lewis	1:09:39
5	Robert Kanieski	53:40	Melissa Okelly	1:11:20
<b>35-39</b>				
1	Nate Hero	1:12:54	Jitka O'Farrell	51:10
2			Herli Laughlin	59:40
3			Jackie Kus	1:20:13
<b>19-34</b>				
1	Brandon Rockwood	47:16	Wendi Hansen	55:37
2	James Worthen	48:45	Erin Bosik	1:00:08
3	Joseph Black	52:02	Cass Pangell	1:07:48
4	Brandon Johnson	1:12:15	Ruth Clymor	1:15:27

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14-18 (High School)				
1	Ryan Dunning	56:33	Kacey Johnson	1:07:19
13 and Under				
1	Andrew Gonzalez	1:01:45		

### The Pelican Brief (Constance Ahrnsbrak)

11/12

**RNR Las Vegas Marathon:** Todd Shaklee 4:49.

11/18

**Brighton 5K Turkey Trot:** Michael Quispe 18:55 (1). Jesse Tijerina 24:53 (2). Rich Martinez 25:39 (1). Bill Faulkner 26:58 (1). Lonnie Stafford 27:27 (2). Ed Youngberg 27:34 (3). Deborah Stafford 27:50 (2). Constance Ahrnsbrak 30:32 (1). J Gutierrez 32:08. Patricia Tolleson 36:32. Laura McCoy 46:14 (W).

**Pumpkin Pie 10K, City Park:** Suzanne Buntrock 1:12. Terry McFarlane 1:15:20. Cassie Klumpp 1:15:39.

11/23

**Broomfield Turkey Trot 10K:** Deborah Stafford 58:02. Bill Faulkner 59:56 (1). Max Stafford 1:00:39 (2). Cheryl Ames 1:22. 5K - Patricia Tolleson, 35:43.

**FTC Thanksgiving 4-Mile:** J Gutierrez 40:26. Laura McCoy 1:00:17 (W).

**Mile Hi United Way 4-mile, Wash Park:** Christine Roriguez 36:06. Leslie Mitchell 37:15. Bob Klumpp 39:00. Lee Bengston 42:44 (1). Tom Duran 43:10. Cassie Klumpp 48:08.

**Hingham 5K, MA:** Suzanne Buntrock 30:58

**Gobble Wobble 5K, Clement Park** – Scott McFarlane 29:14. Terry McFarlane 33:56. Jennifer McFarlane 47:14. 6-year old Lillian Miller 47:14. Troy Miller 53:18.

**Rox Vill 5K, Roxborough Park:** Robert Kanieski 22:01 (OA). Ross Westley 38:28.

**Rudolph Ramble 5K, WP:** J. Gutierrez 31:40

## 2017 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 24	SAT	9 AM	<a href="#">Platte River Bar &amp; Grill</a>	Spring Spree 10K	John Perez
Apr 21	SAT	9 AM	<a href="#">Runners High</a>	Clear Creek 5K	Colby Smith / Ken Pliska
May 12	SAT	8:20 AM	<a href="#">Lowry neighborhood, Denver</a>	CMRA XC Challenge	Dan Shaw / Michael Blanchette
May 12	SAT	8 AM	<a href="#">Lowry neighborhood, Denver</a>	Colorado Middle School Runner Challenge 3K	Rob Fisher / Bruce Kirschner
Jun 9	SAT	8 AM	<a href="#">Elk Meadow, Evergreen</a>	Elk Meadow Trail Race 5.1M	Tom Duran / Lisa Atencio
Jul 7	SAT	8 AM	<a href="#">White Ranch Park</a>	White Ranch Trail Run	Kevin Snyder / Maggie Fiorini
Aug 1	WED	6:30PM	<a href="#">Fairmount Park, Golden</a>	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast & potluck	Jennifer Forker / Monica Ryan
Sep 15	SAT	7:30 AM	<a href="#">Bluffs Regional Park</a>	The South Seven	Melissa Wood / Rachael Kenney
Oct 13	SAT	9 AM	<a href="#">Stone House Park, Lakewood</a>	Stone House (2x) Triple-Cross trail 8.8M	Matthew Rutledge / DeNae VanWestrienen
Nov 10	SAT	10 AM	<a href="#">Hildebrand Ranch Park</a>	Veterans run 6.6M	Lisa Atencio / Reinaldo Rosario
Dec 8	SAT	10 AM	<a href="#">Bluff Lake Nature Center</a>	Sand Creek 5M	Rob Fisher / Donna Wood Wise

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](mailto:icm-13@hotmail.com)) or Jane Harbert ([tace\\_tigger@hotmail.com](mailto:tace_tigger@hotmail.com)) before 20<sup>th</sup> January 2018. If sending an email, please add CMRA to the title so we know it's not spam.

***Please shop at our sponsors:***



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**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