

MASTER TIMES

January / February 2018

Volume 51 Issue 1



PICTURE PAGES



SUZANNE BUNTROCK
FINISHING THE
MERCEDES BENZ
MARATHON



TERRY MCFARLANE & CARMEN KITTS FINISH THE ROSE BOWL HALF

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

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DECEMBER 2ND SAND CREEK 5 MILE RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Michael Quispe	M	32:41	51
2	Scott Kukel	M	32:51	43
3	Matt Smith	M	33:12	41
4	Jason Smith	M	34:00	46
5	Eric Patterson	M	34:12	53
6	David Blankinship	M	34:14	44
7	Jeremy Johnson	M	34:20	43
8	<i>Molly Smith</i>	F	34:29	37
9	Adam Feerst	M	35:00	57
10	Sam Simkin	M	35:23	44
11	David Rothenburger	M	35:24	49
12	Brandon Rockwood	M	35:34	21
13	Mike Bennett	M	35:56	61
14	Kevin Yeatts	M	36:14	48
15	Joseph Black	M	36:24	19
16	Heath Johnson	M	36:38	46
17	<i>Sydney Ayers</i>	F	37:41	54
18	Matt Olson	M	37:53	32
19	Michael Blanchette	M	38:16	60
20	<i>Rachel Perez</i>	F	38:16	38
21	Tim Lewis	M	38:20	45
22	Evan Dunning	M	39:29	18
23	Robert Kanieski	M	40:02	40
24	Johnny Ramos	M	41:01	41
25	<i>Elsbeth Monigle</i>	F	41:04	28
26	Brett Allendorf	M	41:16	48
27	Dan Shaw	M	41:30	58
28	<i>Jeanie Schultz</i>	F	42:05	51
29	Bruce Dahm	M	42:29	48
30	Ryan Hajek	M	42:38	12
31	Leonard Kai	M	42:42	13
32	<i>Jessie Stedman</i>	F	42:57	44
33	<i>Heidi Somer</i>	F	43:04	56
34	John Brakney	M	43:05	51
35	Seth Colliver	M	43:41	28

Once you are over the hill, you pick up speed

36	Colin Ness	M	43:57	49
37	<i>Kim Grant</i>	F	44:19	58
38	Chris Hice	M	45:01	45
39	Rich Martinez	M	45:18	70
40	<i>Lori Woods</i>	F	45:19	55
41	Jay D. Trujillo	M	45:34	59
42	<i>Julie Fuller</i>	F	45:56	59
43	Chad Stedman	M	45:59	45
44	John Crowther	M	46:02	49
45	Michael Keyes	M	46:12	71
46	Mark Hasseman	M	47:00	62
47	<i>Michelle Miller</i>	F	47:10	47
48	Donald Troike	M	47:13	69
49	<i>Kathryn Lewis</i>	F	47:20	58
50	Scott Foster	M	47:28	56
51	Wayne Stewart	M	47:57	71
52	Max Stafford	M	47:59	71
53	Wayne Cox	M	48:09	64
54	Bill Faulkner	M	48:20	76
55	<i>Jennifer Yeatts</i>	F	48:21	48
56	Neil Thomson	M	48:38	61
57	John Shea	M	48:42	60
58	<i>Deborah Stafford</i>	F	48:57	65
59	<i>Janet Sandoval</i>	F	49:12	69
60	Bill Miller	M	49:30	68
61	<i>Claradene Stewart</i>	F	49:32	68
62	<i>Teri Devlin</i>	F	49:35	50
63	<i>Patti Thurman</i>	F	49:52	65
64	<i>Karen McKean</i>	F	50:07	62
65	Ed Youngberg	M	50:14	74
66	Scott McFarlane	M	50:18	66
67	David Kelble	M	50:19	60
68	<i>Holly Dahm</i>	F	50:28	47
69	<i>Patricia Jones</i>	F	50:52	66
70	Marci Han	M	51:41	41
71	<i>Gina Nelson</i>	F	51:45	43
72	<i>Donna Sakdol</i>	F	52:12	53

73	<i>Lisa Atencio</i>	F	52:52	52
74	<i>Melissa Wood</i>	F	52:53	36
75	<i>Anne-Marie Schmidt</i>	F	53:31	59
76	Earl Beam	M	54:35	67
77	<i>Ruth Clymor</i>	F	54:54	33
78	James Dill	M	54:58	70
79	Karim Malek	M	55:06	52
80	Lee Bengston	M	55:42	80
81	<i>Jennifer Forker</i>	F	55:49	51
82	Jordan Douglas	M	55:52	14
83	<i>Carmen Kitts</i>	F	56:17	66
84	Jim Romero	M	56:46	77
85	Hank Burkman	M	57:14	66
86	<i>Amy Winston</i>	F	57:33	49
87	Andy McKean	M	59:47	72
88	<i>Debra Sandberg</i>	F	01:00:09	61
89	Gabe Sisneros	M	01:00:39	79
90	<i>Michelle Kelble</i>	F	01:01:28	49
91	<i>Heather Huntoon</i>	F	01:02:04	49
92	Ross Westley	M	01:02:57	81
93	Fred Trentaz	M	01:04:22	75
94	Jon Mussato	M	01:06:03	55
95	<i>Virginia Schultz</i>	F	01:08:21	63
96	<i>Patricia Tolleson</i>	F	01:08:54	68
97	<i>Alejandra Mora</i>	F	01:10:45	47
98	<i>Sandy Mussato</i>	F	01:11:09	53
99	Dave Black	M	01:33:49	66
RACEWALKERS 5K				
1	Ed Gussie	M	45:13	76
2	<i>Olga Hnizdil</i>	F	47:45	73
3	Todd Dunning	M	50:35	53
4	<i>Heather Dunning</i>	F	1:08:33	54
5	<i>Carol Bengston</i>	F	1:08:34	80
6	<i>Michelle Malek</i>	F	1:08:59	47

Once you are over the hill, you pick up speed

DECEMBER 2ND SAND CREEK 5 MILE RACE RESULTS BY AGE GROUP

	Overall Men		Overall Women	
Place	Name	Time	Name	Time
	Men		Women	
1	Michael Quispe	32:41	Molly Smith	34:29
80 and Over				
1	Lee Bengston	55:42		
2	Ross Westley	01:02:57		
75-79				
1	Bill Faulkner	48:20		
2	Jim Romero	56:46		
3	Gabe Sisneros	01:00:39		
4	Fred Trentaz	01:04:22		
70-74				
1	Rich Martinez	45:18		
2	Michael Keyes	46:12		
3	Wayne Stewart	47:57		
4	Max Stafford	47:59		
5	Ed Youngberg	50:14		
65-69				
1	Donald Troike	47:13	Deborah Stafford	48:57
2	Bill Miller	49:30	Janet Sandoval	49:12
3	Scott McFarlane	50:18	Claradene Stewart	49:32
4	Earl Beam	54:35	Patti Thurman	49:52
5	Hank Burkman	57:14	Patricia Jones	50:52
60-64				
1	Mike Bennett	35:56	Karen McKean	50:07
2	Michael Blanchette	38:16	Debra Sandberg	01:00:09
3	Mark Hasseman	47:00	Virginia Schultz	01:08:21
4	Wayne Cox	48:09		
5	Neil Thomson	48:38		
55-59				
1	Adam Feerst	35:00	Heidi Somer	43:04
2	Dan Shaw	41:30	Kim Grant	44:19
3	Jay D. Trujillo	45:34	Lori Woods	45:19
4	Scott Foster	47:28	Julie Fuller	45:56
5	Jon Mussato	01:06:03	Kathryn Lewis	47:20

50-54				
1	Eric Patterson	34:12	Sydney Ayers	37:41
2	John Brakney	43:05	Jeanie Schultz	42:05
3	Karim Malek	55:06	Teri Devlin	49:35
4			Donna Sakdol	52:12
5			Lisa Atencio	52:52
45-49				
1	Jason Smith	34:00	Michelle Miller	47:10
2	David Rothenburger	35:24	Jennifer Yeatts	48:21
3	Kevin Yeatts	36:14	Holly Dahm	50:28
4	Heath Johnson	36:38	Amy Winston	57:33
5	Tim Lewis	38:20	Michelle Kelble	01:01:28
40-44				
1	Scott Kukel	32:51	Jessie Stedman	42:57
2	Matt Smith	33:12	Gina Nelson	51:45
3	David Blankinship	34:14		
4	Jeremy Johnson	34:20		
5	Sam Simkin	35:23		
35-39				
1			Rachel Perez	38:16
2			Melissa Wood	52:53
19-34				
1	Brandon Rockwood	35:34	Elspeth Monigle	41:04
2	Joseph Black	36:24	Ruth Clymor	54:54
3	Matt Olson	37:53		
4	Seth Colliver	43:41		
14-18 (High School)				
1	Evan Dunning	39:29		
2	Jordan Douglas	55:52		
13 and Under				
1	Ryan Hajek	42:38		
2	Leonard Kai	42:42		

DECEMBER 2ND SAND CREEK 5K MIDDLESCHOOL RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Luke Blankinship	M	21:28	12
2	<i>Tessa Kite</i>	F	29:31	12
3	<i>Helen Miller</i>	F	29:33	12

Once you are over the hill, you pick up speed

JANUARY 6th LAKE ARBOR 5K RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Collin Knaub	M	17:23	34
2	Dj Hummel	M	17:47	38
3	Scott Kukel	M	18:46	44
4	Andrew Terrill	M	18:49	48
5	Matt Smith	M	19:45	41
6	Jeremy Johnson	M	19:48	43
7	Eric Patterson	M	19:58	53
8	David Blankinship	M	20:00	44
9	Brandon Rockwood	M	20:16	21
10	Sam Simkin	M	20:35	44
11	Heath Johnson	M	20:43	46
12	David Rothenburger	M	20:59	49
13	Mike Bennett	M	21:10	61
14	Kevin Yeatts	M	21:33	48
15	<i>Molly Smith</i>	F	21:34	37
16	<i>Jitka O'Farrell</i>	F	21:49	40
17	Michael Brenner	M	21:51	59
18	Tim Lewis	M	21:53	45
19	Ryan Dunning	M	22:07	18
20	Matt Olson	M	22:11	32
21	Robert Kanieski	M	22:16	40
22	Mark Erickson	M	22:32	52
23	Ondrej Hejduk	M	22:55	44
24	Michael Blanchette	M	23:10	60
25	Ben Nell	M	23:22	60
26	<i>Helen Degennaro</i>	F	24:14	50
27	John Brackney	M	24:15	51
28	<i>Karen Voss</i>	F	24:23	52
29	<i>Carolyn Magnuson</i>	F	24:25	52
30	Cliff Jurgens	M	24:59	52
31	Bruce Dahm	M	25:07	49
32	Daniel Thies	M	25:31	24
33	Dan Shaw	M	25:35	58
34	<i>Paula Dean</i>	F	25:41	33
35	Frank Kunkel	M	25:53	68

36	Eli Martin	M	26:04	32
37	<i>Hana Hejduk</i>	F	26:52	37
38	Dennis Thies	M	27:10	58
39	<i>Jennifer Yeatts</i>	F	27:14	48
40	<i>Siri Lewis</i>	F	27:19	43
41	Wayne Stewart	M	27:19	71
42	Mark Hasseman	M	27:20	62
43	<i>Sally Alderwick</i>	F	27:24	60
44	<i>Lori Woods</i>	F	27:28	55
45	<i>Julie Fuller</i>	F	27:35	59
46	Matt Barnes	M	27:42	38
47	Michael Keyes	M	27:49	71
48	<i>Carolyn A Haug</i>	F	27:54	53
49	<i>Claradene Stewart</i>	F	28:15	68
50	Scott McFarlane	M	28:19	66
51	<i>Tonya Fuller</i>	F	28:30	47
52	David Kelble	M	28:44	60
53	<i>Patti Thurman</i>	F	28:49	65
54	<i>Holly Dahm</i>	F	28:59	48
55	Charlie Schlaufman	M	29:08	66
56	<i>Teri Devlin</i>	F	29:15	50
57	<i>Mirka Gores</i>	F	29:18	41
58	John Shea	M	29:20	60
59	<i>Lesley Humphrey</i>	F	29:23	49
60	Gavin Gilchrist	M	29:31	43
61	<i>Cass Pangell</i>	F	29:44	31
62	<i>Donna Sakdol</i>	F	29:54	53
63	<i>Taunya Wilson</i>	F	30:04	71
64	<i>Patricia Jones</i>	F	30:14	66
65	<i>Courtney Petrovich</i>	F	30:17	31
66	<i>Anne-Marie Schmidt</i>	F	30:22	60
67	<i>Janet Ralston</i>	F	30:27	55
68	Jeff Hesse	M	30:35	53
69	Jon Frohlich	M	30:51	40
70	<i>Ruth Clymor</i>	F	31:03	33
71	Tom Chambers	M	31:07	74
72	J Gutierrez	M	31:11	65

Once you are over the hill, you pick up speed

73	<i>Lisa Brocard</i>	F	31:17	46
74	<i>Michelle Kelble</i>	F	31:28	49
75	Marion Scot	M	31:37	46
76	Tom Duran	M	32:24	70
77	Jim Romero	M	32:47	77
78	Gabe Sisneros	M	32:47	79
79	<i>Robin Ballard</i>	F	33:02	56
80	<i>Lisa Wilson</i>	F	33:04	52
81	<i>Julie Carroll</i>	F	33:08	44
82	Fred Trentaz	M	34:35	75
83	<i>Alicia Salcido</i>	F	35:24	23
84	Todd Dunning	M	35:24	53
85	Ross Westley	M	35:46	81
86	<i>Mindy Bradford</i>	F	36:09	57
87	Richard Romero	M	37:19	81
88	<i>Hannah Nikkel</i>	F	37:35	13
89	Todd Nikkel	M	38:52	49
90	<i>Samantha Evenson</i>	F	38:53	9
91	<i>Reese Evenson</i>	F	40:51	48
92	Rich Ralston	M	40:58	56
93	<i>Michelle Malek</i>	F	45:39	47
94	Karim Malek	M	45:42	52
RACEWALKERS				
1	Michael Blanchard	M	34:13	56
2	Ed Gussie	M	40:58	76
3	<i>Laura McCoy</i>	F	41:17	62
4	<i>Stephanie Morrison</i>	F	46:26	35
5	<i>Francie Kinney</i>	F	46:27	35
6	<i>Vicki McCarthy</i>	F	46:44	70
7	Andrew Barnes	M	46:45	6
8	<i>Aubrey Barnes</i>	F	46:46	7

JANUARY 6th LAKE ARBOR 5K RACE RESULTS BY AGE GROUP

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Collin Knaub	17:23	Molly Smith	21:34

80 and Over				
1	Ross Westley	35:46		
2	Richard Romero	37:19		
75-79				
1	Jim Romero	32:47		
2	Gabe Sisneros	32:47		
3	Fred Trentaz	34:35		
70-74				
1	Wayne Stewart	27:19	Taunya Wilson	30:04
2	Michael Keyes	27:49		
3	Tom Chambers	31:07		
4	Tom Duran	32:24		
65-69				
1	Frank Kunkel	25:53	Claradene Stewart	28:15
2	Scott McFarlane	28:19	Patti Thurman	28:49
3	Charlie Schlaufman	29:08	Patricia Jones	30:14
4	J Gutierrez	31:11		
60-64				
1	Mike Bennett	21:10	Sally Alderwick	27:24
2	Michael Blanchette	23:10	Anne-Marie Schmidt	30:22
3	Ben Nell	23:22		
4	Mark Hasseman	27:20		
5	David Kelble	28:44		
55-59				
1	Michael Brenner	21:51	Lori Woods	27:28
2	Dan Shaw	25:35	Julie Fuller	27:35
3	Dennis Thies	27:10	Janet Ralston	30:27
4	Rich Ralston	40:58	Robin Ballard	33:02
5			Mindy Bradford	36:09
50-54				
1	Eric Patterson	19:58	Helen Degennaro	24:14
2	Mark Erickson	22:32	Karen Voss	24:23
3	John Brackney	24:15	Carolyn Magnuson	24:25
4	Cliff Jurgens	24:59	Carolyn A Haug	27:54
5	Jeff Hesse	30:35	Teri Devlin	29:15
45-49				
1	Andrew Terrill	18:49	Jennifer Yeatts	27:14

Once you are over the hill, you pick up speed

2	Heath Johnson	20:43	Tonya Fuller	28:30
3	David Rothenburger	20:59	Holly Dahm	28:59
4	Kevin Yeatts	21:33	Lesley Humphrey	29:23
5	Tim Lewis	21:53	Lisa Brocard	31:17
40-44				
1	Scott Kukel	18:46	Jitka O'Farrell	21:49
2	Matt Smith	19:45	Siri Lewis	27:19
3	Jeremy Johnson	19:48	Mirka Gores	29:18
4	David Blankinship	20:00	Julie Carroll	33:08
5	Sam Simkin	20:35		
35-39				
1	Dj Hummel	17:47	Hana Hejduk	26:52
2	Matt Barnes	27:42		
19-34				
1	Brandon Rockwood	20:16	Paula Dean	25:41
2	Matt Olson	22:11	Cass Pangell	29:44
3	Daniel Thies	25:31	Courtney Petrovich	30:17
4	Eli Martin	26:04	Ruth Clymor	31:03
5			Alicia Salcido	35:24
14-18 (High School)				
1	Ryan Dunning	22:07		
13 and Under				
1			Hannah Nikkel	37:35
2			Samantha Evenson	38:53

There was a great turnout at this year's CMRA Lake Arbor 5K Race with 94 runners and 8 race walkers taking part in this event. While we had cool temperatures there was no snow or ice to impede footing, and the mostly clear skies and milder weather helped make the turnout one of the largest ever for Lake Arbor. Fast times were recorded by several of the runners and many exceeded their last year's time. The overall winning times were posted by Collin Knaub for the men in 17:23 and Molly Smith for the women with a time of 21:34.

Following close behind were Dj Hummel and Scott Kukel for the men and Jitka O'Farrell and Helen DeGennaro for the women in 2nd and 3rd places. Respectively. Ryan Dunning won the High School Category this year in 22:07 and Hannah Nikkel took the girls 13 and under in 37:35 with Samantha Evenson finishing in 38:53.

Michael Blanchard claimed first in the racewalkers category in 34:13 followed by Ed Gussie at 40:58 and Laura McCoy with a 41:17 time.

Ken Simons and I want to thank the volunteers at Lake Arbor who made the race a success and your efforts are greatly appreciated.

We also 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. 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)

12/16

Santa Stampede 5K & 10K, Hudson Gardens: Michael Blanchett 21:53 (2). Amy Lease 24:56 (1). Christine Rodriguez 27:09 (3). John Perez 28:14. Michelle Delpiccolo **28:31**. Jack Barry 29:02 (1). Earl Beam 31:55. John Seidle 32:47. **10K:** Frank Kunkel 53:05. Christine Rodriguez 57:53 (1).

12/17

Superior Stocking 5K: Patti Thurman 29:27 (1). Earl Beam, 31:45.

12/23

Christmas Carol 10K, CP: Michael Blanchett 46:36 (1). John Ramos 47:01. **5K** – Lisa Wilson 31:13.

1/1

New Years Resolute 5K, Arvada: Michael Blanchett 22:45 (1). Jesse Tijerina 24:38 (3). John Ramos 22:45. Mark Hasseman 26:27. Jeff Hesse 31:18. Reinaldo Rosario 37:42

1/6

Resolve 5K: Michael Quispe 18:56 (**3/OA**). **10K** – Michael Abbott 1:00.

1/13

Polar Bear Prowl Half, Arvada: Ross Westly 2:58 (1).

Oatmeal 5K, Lafayette: Bill Faulkner 28:17 (1). Pat Tolleson 39:43.

1/14

Prairie Dog Half, Louisville: Michael Blanchett 1:47 (1). Bill Faulkner 2:14 (1). Patricia Tolleson 3:10.

1/20

Frosty Frozen 5-miler, Hudson Gardens: Michael Blanchett 38:16 (3). Rich Martinez 43:48 (3). Robert Kanieski 43:52. Patti Thurman 49:00. Mike Abbott 50:47. Lisa Wilson 51:01. Jack Barry 51:33 (1). Bobby Romero, 52:35, John Seidle, 54:48 & Earl Beam, 57:03.

Frosty Frozen 10-miler: Michael Blanchett 1:25. Christine Rodriguez 1:30 (1). Lisa Atencio 1:39. Robert Kanieski 1:50.

1/28

Yeti 5K, BCLP: Patti Thurman 29:51 (1). David Kelble 31:12. Tom Chambers 31:54 (1). J. Gutierrez 32:31. Laura McCoy 47:02 (W).

Yeti Chase 10K, BCLP: Christine Rodriguez 55:10 (1). Michael Abbott 58:11.

2/4

Super Bowl Sunday 5K, Breckenridge Brewery: Rich Martinez 26:00 (1). Michael Abbott 26:26. Jack Barry 29:36 (3).

2/10

Loveland Sweetheart 4-mile: Todd Shaklee 36:59. Nicole Shaklee 40:23.

Heart Throb 5K, Arvada: Michael Blanchett 24:43 (1). Cliff Jurgens 25:46 (1).

Mercedes Benz Marathon, Birmingham, AL: Suzanne Buntrock 5:17. Cassie Klumpp.

Run the Distance & Walk The fight 5K, Tempe, AZ: Thomas Chambers 28:28 (1).

2/24

Snowman Stampede Half, Hudson Gardens: Michael Blanchett 1:48. Christine Rodriguez 2:00:48 (2). Lisa atencio 2:23. **10K** - Bruce Kirschner 51:59 (1). Lisa Wilson 1:03. **5K** - Jack Barry 30:43 (1). Earl Beam 32:38 (2).

2018 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)
Apr 21	SAT	9 AM	Runners High	Clear Creek 5K	Colby Smith / Ken Pliska
May 12	SAT	8:20 AM	Lowry neighborhood, Denver	CMRA XC Challenge	Dan Shaw / Michael Blanchette
May 12	SAT	8 AM	Lowry neighborhood, Denver	Colorado Middle School Runner Challenge 3K	Rob Fisher / Bruce Kirschner
Jun 9	SAT	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race 5.1M	Tom Duran / Lisa Atencio
Jul 7	SAT	8 AM	White Ranch Park	White Ranch Trail Run	Kevin Snyder / Maggie Fiorini
Aug 1	WED	6:30PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast & potluck	Jennifer Forker / Monica Ryan
Sep 15	SAT	7:30 AM	Bluffs Regional Park	The South Seven	Melissa Wood / Rachael Kenney
Oct 13	SAT	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.8M	Matthew Rutledge / DeNae VanWestrienen
Nov 10	SAT	10 AM	Hildebrand Ranch Park	Veterans run 6.6M	Lisa Atencio / Reinaldo Rosario
Dec 8	SAT	10 AM	Bluff Lake Nature Center	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) or Jane Harbert (tace_tigger@hotmail.com) before 20th March 2018. 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.