

MASTER TIMES



January/February 2004

Volume 29, Issue 1

PRESIDENT'S CORNER

COMPETING AS A MASTER RUNNER

At the January Lake Arbor 5K run, I heard several masters runners commenting that they just aren't as fast as they used to be. Those of us who keep records of our race times over the years are even more aware of how much we've slowed down. This is even more obvious when we compare our times recorded when running the same course.

However, there is an upside to our getting slower. According to some of the more recent research, keeping fit provides many benefits: We strengthen our heart muscle, improving its ability to pump blood. Exercise helps maintain our body's ability to supply oxygen to muscles which in turn helps to improve our stamina. Exercise also raises our levels of HDL, sometimes called the "good cholesterol," resulting in a lower incidence of heart disease as well as helping us to keep our minds sharp.

Many of us also have added weight training to our daily lives which has been shown to increase the production of new muscle tissue and increase lean body mass as well as to stave off the effects of osteoporosis. This is great news for those of us who tend to gain weight so easily that just maintaining our current weight is a full time job!

With all the flu surrounding us these days, exercise also provides an immune boost that helps us to ward off infections more readily. Besides, who wants to spend their remaining years in ill health? No matter how many years we have left, we want them to be quality ones.

One of the things I love seeing is the number of men in their seventies who are still out there competing in our club races. We had five at our last race, and these guys are good! Soon we'll need to include an age category for 75-79!

So let's keep on running, even though we're getting slower. Look around you at others your same age who are non-exercisers, and it becomes quite clear that all our activity must be paying off. So, I'll see you at our next race on February 14th at the Forty Furlongs.

By Vici DeHaan

NEW BOARD OF DIRECTORS REVISION

At a recent board meeting in November, Tom Alison came up with a better plan to insure that our club continues to function at its current high level. He rewrote the bylaws to make it easier to find people willing to fulfill the various positions. Up until now, officers' terms in office have been for two years. For someone interested in becoming the club president, this could mean a commitment of four years with two years as president-elect followed by two more years as president. It's no wonder no one was beating our doors down to fulfill the position!

(continued on page2)

At our upcoming annual meeting, we will vote on club members who have volunteered to serve on the upcoming board of directors consisting of eleven members. Board members will serve for two years, but one of the biggest pluses of the revision is that whoever assumes the four leadership positions of president, vice president, secretary and treasurer are only on the hook for one year.

Members who announced their intentions to run for this year's board include Ken Randall, Connie Ahrnsbrak, Rob Fisher, Deb Acree, Kim Massey, Levi Gonzales, Scott McFarlane, Rosalia Murch, Ray Grundmeyer, Tom Alison and Vici. DeHaan.

For the upcoming year, Rob has offered to serve as president, Kim as secretary, Ken and Connie will share newsletter responsibilities, and Tom has agreed to continue serving as our club treasurer.

Another new provision is the establishment of a new membership category for a team membership for any qualified high school track club or team of 12 to participate in a club event at a reduced cost.

To see a copy of our bylaws, log onto our website maintained by Scott McFarlane. The website address is <http://www.comastersrun.org/>

Colorado Wild West 50-Mile Challenge Walk For MS
9/5 – 9/7

CM member Rosalia Murch began the first 20-mile leg in downtown Colorado Springs winding through Garden of the Gods, etc. Finishing up outside of the Springs, walkers were bused to Denver for the second 20-mile leg on Saturday. The Highline Canal was the focus for most of that leg. The third day consisted of 12 miles from Colorado Blvd and snaking to the finish at Botanic Gardens.

Although Rosalia finished strong at the end of each leg, the biggest reward was the support she received from fellow CM/RMRR friends. Thanks to all of you, Rosalia more than met her goal, pledging \$2,450.00 toward the fight against **MS**.

Many thanks!

Connie Ahrnsbrak



**Clear Creek 4 Miler
December 13, 2003**

The Clear Creek 4 Miler was run on a cold Saturday morning at Prospect Park. Neither the temperature (in the 20s at most) nor the recent snow kept 59 runners and 2 race walkers from having a good time. (And the prospect of a pancake breakfast afterwards didn't stop anyone either.

The course was a horizontal version of mountaineering mixed route-some asphalt, some concrete, some dirt, all with occasional patches of ice or crusty snow. And naturally, or ironically or unfortunately, the worst ice was on the hardest surface, the concrete. I think this is because the melted snow soaks into the dirt or evaporates off the warm black asphalt in the daytime, while the concrete is a heat sink which slowly cool after sunset, giving ice a fine chance to form from the snowmelt which neither evaporated nor soaked in. Anyhow, you had to be little careful on the run.

The course is a scenic one, winding between a couple of lakes before following a dirt trail through the Clear Creek flood plain. Along one stretch there are several natural Christmas trees on both sides of the trail for ¼ miles or so. I was a course marshal at a bridge, directing everyone onto the dirt, and when I was walking back afterward, carrying the blaze orange traffic cone, along the brown and white trail, along the avenue of the dark green Christmas trees, under a slate of blue sky, I saw two red foxes, digging in the brush.

The race was won by Mike Bennett (25:36) and Peggy Muhn (28:21). Ray Adams (50:38) and Rosalia Murch (50:40) won the race walk. Everyone else was a winner also, as they got to eat a breakfast of pancakes, bacon, orange juice and coffee, a mighty fine thing on a cold morning.

Thanks to all the volunteers who made this race happen, Jim Riesberg, Tom Alison, Ed Guiff, Jim Price, Larry White, Lew Hutchinson, Joe Baird, Joe Sanchez, Ken Randall, Lee Palmer, Jim Romero and Gary Black.

Overall Results

Place Name	Age	Time
1. Mike Bennett	47	25:36
2. Jim Perry	42	25:47
3. Scott Chamberlin	48	25:54
4. Nick Accardi	47	26:05
5. Bob Cooper	55	26:23
6. Bill Smitham	59	27:11
7. William Eckley	53	27:24
8. Jesse Tilerina	52	27:32
9. Bob Caillouette	49	27:36

10. Peggy Muhn	51	28:21
11. Jeff Underwood	54	28:44
12. Ray Roetman	47	28:59
13. Rich Romero	67	29:41
14. Kim Skelly	49	29:55
15. Chuck Thies	57	30:04
16. Ross Westley	67	30:29
17. Mark Ramsey	41	30:43
18. Scott McFarlane	52	30:47
19. Polly Zimmerman	48	30:57
20. Julie Kimpel	32	31:13
21. Nancy Denniston	53	31:50
22. Gale Mouret	56	32:12
23. Jim Thomas	52	32:15
24. Chris Maes	23	32:43
25. Kim Massey	47	32:47
26. Connie Ahrnsbrak	63	32:48
27. Fred Trentaz	61	33:19
28. Ed Youngberg	60	33:32
29. Michelle DelPiccolo	40	33:35
30. No Name	46	34:44
31. Neddie Legg	52	34:50
32. Tannya Wilson	56	34:53
33. Jim Foley	62	35:06
34. Rick Voorhees	51	35:22
35. Lee Bengston	66	35:41
36. Michelle Slingsby	34	35:51
37. Roy Bengston	64	35:53
38. Annette Nebeker	36	35:56
39. Ray Grundmeyer	65	36:06
40. Rose Boyle	60	36:38
41. Niccole Brownfield	32	36:38
42. Don Robinson	71	36:50
43. Olga Hnizdil	58	38:03
44. Mike Zimmerman	58	38:04
45. Frank Hathorn	70	39:02
46. Carl Schiebe	65	39:36
47. Emily Comfort	28	39:47
48. Kristen Ruiz	32	40:08
49. James Kozic	12	40:52
50. Terry McFarlane	53	40:55
51. Jim Ramsey	62	43:05
52. Irene Betin	57	43:05
53. Dennis Valenchenko	57	43:58
54. Dennis Holman	54	44:03
55. Annette Tapia	37	44:09
56. Howard Palmer	75	48:44
57. CA Schumaker	57	49:01
58. Wayne Mathis	60	49:02
59. Owen Rarden		52:10

AGE GROUP AWARDS

MEN

WOMEN

Overall

Mike Bennett 25:36 Peggy Muhn 28:21

Runners

70 and Over

- 1. Don Robinson 36:50
- 2. Frank Hathorn 39:02
- 3. Howard Palmer 48:44
- 4. Owen Rarden 52:10
- 5.

65 - 69

- 1. Rich Romero 29:41
- 2. Ross Westley 30:29
- 3. Lee Bengston 35:41
- 4. Ray Grundmeyer 36:06
- 5. Carl Schiebe 39:36

60 - 64

- 1. Fred Trentz 33:19 Connie Ahrnsbrak 32:48
- 2. Ed Youngberg 33:32 Rose Boyle 36:36
- 3. Jim Foley 35:06
- 4 Roy Bengston 35:53
- 5. Wayne Mathis 49:02

55 - 59

- 1. Bob Cooper 26:23 Tannya Wilson 34:53
- 2. Bill Smitham 27:11 Olga Hnizdil 38:03
- 3. Chuck Thies 30:04 Irene Betin 43:05
- 4. Gale Mouret 32:12
- 5. Mike Zimmerman 38:04

50 - 54

- 1. William Eckley 27:24 Peggy Muhn 28:21
- 2. Jesse Tijerina 27:32 Nancy Denniston 31:50
- 3. Jeff Underwood 28:44 Neddie Legg 34:50
- 4. Scott McFarlane 30:47 Terry McFarlane 40:55
- 5. Jim Thomas 32:15

45 - 49

- 1. Mike Bennett 25:36 Polly Zimmerman 30:57
- 2. Scott Chamberlin 25:54 Kim Massey 32:47
- 3. Nick Accardi 26:05
- 4. Bob Caillouette 27:36

5. Ray Roetman 28:59

40 - 44

- 1. Jim Perry 25:47 Michelle DelPiccolo 33:35
- 2. Ken Skelly 29:55
- 3. Mark Ramsey 30:43

35 - 39

- 1. Annette Nebeker 25:56
- 2. Annette Tapia 44:09

34 and Under

- 1. Chris Maes 32:43 Julie Kimpel 31:13
- 2. James Kozic 40:52 Michelle Slingsby 35:31
- 3. Niccole Brownfield 36:39
- 4. Emily Comfort 39:47
- 5. Kirsten Ruiz 40:08

Racewalkers

- 1. Ray Adams 50:38 Rosalia Murch 50:40

Thank you, David and Jane Christie, for hosting the CMRA for our Annual Banquet. Your staff out did themselves again this year. It was excellent and we appreciate you hospitality.

The Colorado Masters sends its condolences to Stanley Obernyer on the death of his wife.

Pelican Updates
By Connie Ahrnsbrak

Oops! 9/13 – The Oak (Ross Westley) ran the Santa Fe Trail Half, Raton, NM, 2:02 (1st).

10/26 - Fast Tracks (Ken Randall) swept away the Duke City Half, Albuquerque, NM, 1:38 (1st).

11/7- Fall Series III, Palmer Park 10K, CS saw Mr. Endurance (Bill Moyle) 1:07

11/8 –Turkeys @ **Parker Turkey Trot 5K**: Bob Bussey, 29:00 (1st) & Rosalie Murch, 37:10 (4th).

Rim Rock 37K, Grand Junction: The B-Man (Jim Romero), 3:11 (1st); Robert Romero, 3:21:30 (2nd); Mean Ed Green, 3:21:32 (7th); Bill Faulkner, 3:33 (3rd) & Pat Emigh, 4:03 (8th).

New **Half/10K @ Boyd Lake, Loveland**: The Oak placed 2nd in the **Half**, 1:51.

11/9 – **Rattlesnake Rumble X-Country 6.3K, FTC** saw Travelling Man (Roger Rybicka), 32:08.

11/15 – Turkeys @ **Longmont: 2-Mile** –Jesse Tijerina, 12:29 (2nd); Jimbo (Jim Peterson), 15:30 (2nd) & Sheila Gremse, 29:32. Travelling Man, 53:23 & Bob Fancher, 55:29 took on the **10K**.

11/22 –Turkeys @ **Brighton: RW** - Ray Adams, 36:25 (2nd). **5K** - Nick Accardi, 20:02 (2nd); Slimfast (Bruce Kirschner), 21:39 (1st); The B-Man, 21:53 (1st); Ken Simons, 24:28 (3rd); Taunya Wilson, 26:10 (1st); Frank Hathorn, 28:53 (4th); *DeAnne Reaves pushing 2-year old Isaac, 29:03; Vici Dehaan, 30:22 (1st); Carl Schiele, 32:16 ; Shirley Simons, 34:28 (3rd); *Matthew Reaves, 36:10; Kimberely Shenfeld, 36:37; *14-year old Jenna Reaves, 37:51; Leslie Woods, 41:17 & Steadfast Bronstien, 52:43. *The Ken Simons family.

Turkeys @ **Memorial Park 5K Prediction, CS**: Lou & Jan Huie, 22:27 & 27:44 respectively.

11/27 – Turkeys @ **Greeley 5K**, Bob Caillouette, 19:58 (3rd) & J Gutierrez, 25:53. Another turkey in **Loveland**, The Oak, 22:24 (1st).

Turkeys @ the United Way 4-Mile Trot, WP: Jeff Young, 24:16; Grid Iron (David Kelble) 25:39; Gait Man (Grayson Drexel) 29:57; Bob Rielly, 30:00; Lee Bengston, 37:11; Frank Hathorn, 38:02; Joe Baird & daughter Sarah, 39:00; Carl Schiele, 39:37; James Ramsey, 43:57; Cassie Klumpp, 41:15; Kim Shenfeld, 41:42; Terry McFarlane, 46:27 & Leslie Woods, 49:36.

11/29 – **Fishers of Men 5K, City Park: RW**- Ed Guiff, 36:59 (3rd); Rosalie Murch, 38:58 (1st) & Laura McCoy, 40:11 (1st). **5K**-***Johnathan Huie, 17:11 (OA)**; Wm Eckley, 20:52 (3rd **OA**); Lou Huie, 21:34 (3rd Master OA); The Oak, 24:22; Sir Fred Trentaz, 24:39; Bob Bussey, 27:28 (3rd); Jan Huie, 27:40 (3rd); Frank Hathorn, 28:11; Carl Schiele, 29:31; Kim Shenfeld, 36:21 (1st); Leslie Woods, 40:44 & Larry White, 53:24 (2nd). **Our young new member from CS is blazing the trails @ races, in truth @ the Presidents' run, "who was that masked man?"*

12/6 –**The Jingle Bell 5K, FTC**: J Gutierrez, 26:19 & Laura McCoy, 39:00.

12/7 – **Rock Canyon Half, Pueblo**: young Johnathan Huie, 1:18:49 (1st, **3rd/OA**); Lou Huie, 1:42 (2nd); The Oak, 1:48 (1st); Connie Ahrnsbrak, 2:00 (1st); Jan Huie, 2:03 (5th); Bob Bussey, 2:09 (2nd) & Joe Baird, 2:31. *Perfect weather, nice scenic course.*

Once you're over the hill, you just keep running!

Also **RMRR TS 4.4 @ WP**: Adam Feerst, 27:26; Nick Accardi, 29:17; Gait Man, 33:48; Bob Reilly, 33:38; Mark Johnson, 34:31; The Wizard, 34:53; Dennis Woljan, 35:54; Lee Bengston, 38:56; Jerry Wischmeyer, 39:13; Ray Grundmeyer, 39:59; Dave Black, 48:13 & Olga Hnizdel, 45:12.

Holualoa Tucson marathon saw Leslie Mitchell, 4:08, while Pitts O'Donnell ran the **half**, 1:55.

12/13 –Ken Simons @ **Soloman Nordic Snowshoe 5K, Devil's Thumb**: 40:44 (1st).

Xmas Classic 4-miler, FTC: Travelling Man, 33:10; J Gutierrez, 34:01 & Laura McCoy, 47:55.

12/14- **Jingle Bells 5K, WP**: Mean Ed Green, 23:07; Gait Man, 23:31; the Wizard, 23:53; Mitch Chesbro, 25:26; Frank Hathorn, 29:25; Terry McFarlane, 29:36; Carl Schiel, 32:39; Kimberly Shenfeld, 37:07; Leslie Woods, 42:26; Ed Gussie, 45:05 & Larry White, 50:34.

12/27 –CMs prevail @ **Kwanzaa 5K, City Park**: **RW** –Ray Adams, 34:50 (1st); Ed Guiff, 34:56 (1st) & Rosalie Murch, 37:23 (2nd). **5K** –Wm Eckley, 20:44 (1st); Jack Barry, 22:12 (1st); Chuck Thies, 22:14 (1st); The Wizard, 23:39 (2nd); Sir Fred Trentaz, 25:00 (2nd); Mitch Chesbro, 25:12; Connie Ahrnsbrak, 25:36 (1st); Pitts O'Donnell, 26:52 (2nd); Frank Hathorn, 30:14 (1st); Carl Schiele, 30:27; Terry Mcfarlane, 30:53 (2nd); Kimberly Shenfeld, 35:33 (1st); Penelope, 35:34; Leslie Woods, 40:43 & Larry White, 55:43 (2nd). *Special thanks to Lee Bengston, Christine & Mike Vanoni for working stats & finish line!*

12/31 – ***New Years Resolution 5K @ WP**: Adam Feerst, 18:36; Jeff Young, 19:51; Phillip Dizerega, 20:08; Jesse Tijerina, 21:28; James Dowdell, 22:52; The Wizard, 23:38; Terry Mcfarlane, 29:35 & Fay Dizerega, 32:55. **Only first 100 runners timed.*

1/01- **Rescue Run, CS: 10K**-the Wizard (Scott McFarlane) 51:18 & Connie Arhrnsbrak, 55:37 (1st, age course rec.) **5K** –Kim Massey, 26:45 (4th/32); Terry McFarlane, 31:33 & Rosalie Murch, 37:10 (3rd). *Somewhat challenging, great view!*

Also **New Years Day 5K, FTC** saw Travelling Man; J Gutierrez, 26:24 & Laura McCoy, 37:37 (RW).

1/10- The **Oatmeal Festival 5K, Lafayette** saw Mitch Chesbro, 25:07, Ken Nakauchi, 33:38 & Mary Nakauchi, 47:42.

1/11- Despite a 30-minute delay, the inaugural **PF Chang Rock N Roll, Phoenix-Tempe** rocked on: **Marathon**-Bob Cooper, 3:23:25 (5th); Ed Youngberg, 4:10:54; Mean Ed Green, 4:34; Pitts O'Donnell, 4:42:33 & **Penelope**, 5:01, Neil Horton, 6:10 **Half** –Constance Arhnsbrak, 1:52 (1st); Traveling Man (Roger Rybicka) 1:58; The B-Man, 2:10 (injured); Rosalie Murch, 2:52 (**RW**); Kimberly Shenfeld, 2:54 & Leslie Woods, 3:09.

Results to Cahrnsbrak@yahoo.com

Shop at our sponsor
Great Harvest Bread
 7745 Wadsworth Blvd., Arvada
 303 420-0500

Shop at our sponsor
Runners Roost
 1685 S. Colorado Blvd 303 759-8455
 Parker & Arapahoe 303 766-3411

A Taste of Colorado Running VIII

by C. Ross Westley

2003! Can you believe that we have completed eight years of touring Colorado's wide variety of foot races? After suffering a major drought in 2002 that extended into early 2003, we were blessed in March with a major blizzard which crippled the state but brought desperately needed moisture. We also witnessed the start of war in Iraq.

The running community celebrated the 25th anniversary of several prominent and some less prominent races, including the Bolder Boulder, Saline Shoes in Colorado Springs, the Vail Hill Climb, Mountain Madness Half Marathon in Steamboat Springs, and Hayden Cog Run (where in the world is Hayden?). New this year was a Grand Prix race series in the Grand Junction area which complemented the original Grand Prix series in Colorado Springs.

In the tradition of our goal to complete the Half Marathons in the state and participate in races associated with small town festivals, the tour sampled several new races that seem to emerge each year. Are you ready? Let's go again and run in Colorful Colorado.

Races in January and February are somewhat limited, but we found some new ones. We initiated the 2003 season on a cold (temp in the 20's), cloudy morning with a 5K around frozen Lake Arbor in my home town of Arvada (part of the Colorado Masters' Running Association series). Then followed our first adventure over the Divide to the Western Slope for the Appleton Freezer Four Mile, the first leg of the new Grand Prix racing on the Western Slope. During the drive over, we were treated to some extraordinarily beautiful early morning scenery including crystal clear moonlit mountain views, especially on Vail Pass, where the moon's brilliance reflected off pristine new snow. Another "Kodak Moment" was in Glenwood Canyon, where early morning sun rays lit up the canyon after a night of new snowfall and reflected off ice chunks floating in the dark green water of the Colorado River. A coal train meandered along the river against the snow covered canyon backdrop - it truly could have been a calendar shot. Next was the contrast of the dry, brown high desert near Grand Junction. The day was clear and sunny and warm enough to run the fast, flat mile-square course in shorts. We ran the course twice. To complete the day, on the way home we stopped off in Keystone for a couple hours of skiing. Isn't Colorado fun?

To round out January and February, the tour made two visits to Colorado Springs for the second and fourth races of the popular 23rd Winter Series. The first stop on a cool but sunny day was an out-and-back eight-mile trek on the bike path along Fountain Creek at El Pomar Sports Center. The second stop was in late February for a 20K run on dirt and black-top road winding through the hills of the Black Forest area. The weather was partly cloudy and windy, but it was still a great race for tuning up before the Half Marathon spring season. Both races provided breathtaking view of snow capped Pikes Peak.

Other races in February included 40 Furlongs on a cold, snowy days along the South Platte River (how far is 40 furlongs?), and a new Presidents' Day 5K in Fort Collins, which started on the CSU Oval.

Spring arrived with the crippling Blizzard of '03, but it didn't hinder our tour. In mid March we stepped outside of Colorado to our close neighbor, Utah, for the year's first half marathon. It was a repeat of the extremely popular Moab Half Marathon. The course runs along the Colorado River as it winds through a beautiful red rock canyon. (Because of its popularity, the '04 race will be by lottery only.) We made it a weekend event and included some mountain bike riding and a pre-race run along the Delicate Arch Trail in Arches National Monument. As we moved into April the tour picked up the pace with new races, including the new South Platte half marathon early in the month. This is an out-and-back course along the South Platte river bike path. The day was cold and cloudy with two inches of new snow the night before making for a picturesque course with snow covered trees lining the swiftly flowing, muddy South Platte River. Other new races included Run for the Gold 5k at the Pepsi Center, sponsored by the Denver Nuggets. This completed the three stadium races with a previous race at Coors Field and Invesco Field at Mile High. The final new race in April was "Bash the Buffs," a 10k starting on the Colorado Springs UC campus. This was a challenging loop course with the first 1.5 to 2 miles winding up and down the Austin Bluffs, and the remainder of the race on the trail at the base of the bluffs. This was a sunny cool spring morning with awesome views of snow covered Pikes Peak.

May arrived with a barrage of running activity, three new ½ marathons and a ten-mile run, all on the same Saturday. Our tour chose the Glenwood Canyon Shuffle, 1st annual half marathon. This is a wonderful scenic run through Glenwood Canyon, following the Colorado River on the bike path. The busses take you from No Name rest stop on I-70 to the east end of the canyon. The day was warm and sunny with some light wind, and the course was lined with fresh green foliage.

Colorado was blessed again with a second spring snow storm on the second weekend of May, causing our tour to abandon a trip to Sterling and compromise with a race in Fort Collins. However, the following day was cool and sunny with very little snow for the Second Annual Point-to-Point Fort Collins Old Town Marathon and half marathon. The half marathon started two miles up in the Poudre Canyon and then the course wound through neighborhoods and on bike paths to finish in Old Town Fort Collins. The race this year was extremely well organized, especially with the very comfortable bussing to the start. Another great May half marathon! Next year there will be a Two-Man Marathon Relay, great fun for a team effort. The first leg will start with the marathoners about 15 miles up the Poudre Canyon.

With summer just around the corner, the running season moved into high gear, with a nice series of races, starting the Steamboat half-marathon in the picturesque green paradise of the Yampa Valley. The snow melt and rains resulted in the Yampa River being at flood stage. The pre-race day was bright and sunny, topped with a very nice pasta dinner and a talk by Amby Burfoot from Runner's World. The race morning, however, was a different story. Thick, black clouds engulfed the valley and the surrounding mountains and shortly after

Once you're over the hill, you just keep running!

disembarking from the bus at the start of the half marathon the rains came, along with marked thunder and lighting, forcing us to take cover under very large pine trees. By start time many runners were soaking wet. Rain continued through Mile 10, with a drizzle continuing almost to the finish line, where the sun reappeared as we crossed the finish line.

The next stop was a nice 9-mile run the Habitat Hobble, a run to support the Habitat for Humanity in the Winter Park area. The race started at the YMCA of the Rockies and ended in Frazier. The course was mainly a very scenic bike path. This is a great run for some high-elevation training. The next weekend found us in Colorado Springs for the new "City 5K" in North Monument Park.

Our tour initiated the summer with a spectacular ride over Wolf Creek Pass on an overnight trip to Durango for the Second Annual Steamworks Half-Marathon. This is a point-to-point run through the beautiful Animas Valley. The race day was sunny, clear and warm. Local color was added with the echo of the steam engine whistle from the Durango and Silverton train as it chugged through the valley. There also was a delicious post-race barbecue followed by another ride home with gorgeous views of springtime in the Southern Rockies of Colorado. Some Durango races are a must each year during the summer and fall months. The following day was the second leg of the Rocky Mountain Road Runners' Marathon Training Series. This was a 10-mile run in Chatfield State Park. The tour completed this series (5, 10, 15 and 20-mile legs) during the course of the summer - all in beautiful Chatfield State Park. This is a good series for you marathoners training for a fall marathon.

During the last week of June, the race pace really picked up, with two new races, the Tuesday Evening Twilight Trail 10K at White Ranch followed four days later by the Aspen Grove Trail half marathon in Aspen. Squeezed between these two runs was the Uni-Hill 2K run, part of the Boulder Race Series, which the tour also completed during the summer months.

The 10K Twilight Trail Run was on the hilly trail system of White's Ranch (Jefferson County Open Space) an excellent Front Range training area for trail running. However, the inaugural race was held in the late-June cool weather and associated with poor visibility due to thick fog and a light drizzle at dusk, making for cautious running on this single-track and sometimes rocky trail. In better weather this would have been a beautiful evening trail run. For you trail runners, put this on your schedule for next year. Four days later we were in Aspen for the Aspen Grove Trail Half Marathon, a very challenging mountain trail run requiring two and a half hours to complete. The trail was rocky and narrow, with a two-foot drop-off on the side and included major hill climbs up to four miles at one point in the race. The elevation gain was 2500 feet, topping out at over 10,000 feet. The course also traversed beautiful, green aspen groves lined with mountain flowers. The long trail down gave way to great views of the Aspen Ski Area and the town of Aspen. This is an absolute must for you "mountain goat" trail runners. Also be sure to look for the Summit County Trail Running Series starting in June. The tour sampled this series in July.

This completed the first six months of our tour - great fun! Stays tuned for the exciting summer and fall chapter in the next issue of the newsletter, and have a great winter and spring running season. I think most of these races will be available this year. By the way, forty furlongs is five miles, and Hayden, CO. is near Steamboat Springs.

**Arbor Lake 5 K
January 10, 2004**

The weather this year was perfect for our first race of 2004. With some creativeness we got through the registration and finish. Thank-you to those who came and to Joe Baird, Ken Simons, Tom Alison, Joe Sanchez and Roy Bengston for your invaluable help. Also, thanks to Great Harvest Bread Co. for the abundant goodies they donated. Ken Randall

Overall Results

Place	Name	Age	Time
1.	Hector Martinez	20	17:10
2.	Jesus Martinez	18	17:28
3.	Isaiah Rubio	16	17:50
4.	Miguel Cazres	17	18:26
5.	Oscar Flores	15	19:00
6.	Omar Torres	15	19:20
7.	Mike Bennett	47	19:28
8.	Jim Perry	42	19:45
9.	Jeff Young	47	19:50

10.	Mauro Martinez	14	19:56
11.	Scott Chamberlin	48	19:59
12.	Gary Black	17	20:20
13.	Bob Caillouette	49	21:15
14.	Roy Blum	47	21:25
15.	Susan Bellard	29	21:29
16.	Bruce Kirshner	50	21:42
17.	Ken Skelly	49	21:56
18.	Ross Westley	67	22:35
19.	Scott McFarlane	52	22:51
20.	Mark Ramsey	41	22:58
21.	Pat Drayson	55	23:38
22.	Julie Kimpel	33	23:58
23.	Tom Chambers	60	24:55
24.	Rich Romero	67	25:31
25.	Deb Acree	51	25:33
26.	Esmerelda Martinez	17	25:35
27.	Jim Peterson	65	26:01
28.	Susan Rome	49	26:44
29.	Michelle Slingsby	34	27:00
30.	Lee Bengston	66	27:09
31.	Marge Rinald	55	37:32
32.	Ray Grundmeyer	65	27:33

Continued from page 8

33. Kevin Rasor	24	27:35
34. Jeff Rasor	27	27:36
35. Don Robinson	71	28:54
36. Roger Gerard	60	29:00
37. Bruce Rasor	55	29:01
38. Frank Hathron	70	29:23
39. <i>Emily Comfort</i>	29	29:54
40. Palmer Beam	60	30:04
41. Carl Schiebe	66	30:45
42. Tim Chase	42	30:50
43. <i>Kristen Ruiz</i>	32	31:02
44. Earl Beam	53	31:12
45. <i>Fay di Zerega</i>	61	31:22
46. Ken Green	74	31:23
47. <i>Vici De Hann</i>	68	31:34
48. Jim Ramsey	67	32:24
49. <i>Annette Rapia</i>	37	34:31
50. Dennis Holman	54	34:22
51. Wayne Mathis	60	35:41
52. Dave Black	52	35:56
53. Howard Palmer	75	39:54
54. Owen Rarden	72	40:00
55. <i>Linda Neal</i>	59	40:45

RACEWALKERS

1. Ray Adams	35:12
2. Ed Guiff	35:46
3. Lew Hutch	39:04

WHEELCHAIR

1. Larry White	58:10
----------------	-------

AGE GROUP AWARDS

MEN

WOMEN

Overall

Hector Martinez	17:10	Susan Bellard	21:22
-----------------	-------	---------------	-------

Runners

70 and Over

1. Don Robinson	28:54
2. Frank Hathron	29:23
3. Ken Green	31:23
4. Howard Palmer	39:54
5. Owen Rarden	40:00

65 - 69

1. Ross Westley	22:35	Vici de Haan	31:34
2. Rich Romero	25:31		
3. Jim Peterson	26:01		
4. Lee Bengston	27:09		
5. Ray Grundmeyer	27:33		

60 - 64

1. Tom Chambers	24:55	Fay di Zerega	31:22
2. Roger Gerard	29:00		
3. Palmer Beam	30:04		
4. Wayne Mathis	35:41		

55 - 59

1. Pat Drayson	23:38	Marge Renaldi	27:32
2. Bruce Rasor	29:01	Linda Neal	40:45
3.			

50 - 54

1. Bruce Kirshner	21:42	Deb Acree	25:33
2. Scott McFarlane	22:51		
3. Earl Beam	31:12		
4. Dennis Holman	34:32		
5. Dave Black	35:56		

45 - 49

1. Mike Bennett	19:28	Susan Rome	26:44
2. Jeff Young	19:50		
3. Scott Chamberlin	19:59		
4. Bob Caillouette	21:15		
5. Roy Beam	21:25		

40 - 44

1. Jim Perry	19:45
2. Mark Ramsey	22:58
3. Tim Chase	30:50

35 - 39

1.		Annette Tapia	34:31
----	--	---------------	-------

34 and Under

1. Hector Martinez	17:10	Susan Bellard	21:29
2. Jesus Martinez	17:28	Julie Kimpel	23:58
3. Isaiah Rubio	17:50	Esmeralda Martinez	25:35
4. Miguel Cazres	18:20	Michelle Slingsby	27:00
5. Oscar Flores	19:00		

Racewalkers

1. Ray Adams	35:12
2. Ed Guiff	35:46
3. Lew Hutch	39:04

COLORADO MASTERS RUNNING/RACEWALKING

ASSOCIATION
Membership Application
2004

Calendar Year January through December
For the benefit of Runners and Racewalkers 35 and older
Monthly Events- Free to members;

Runners

"Open division" - under 35
"Masters Divisions"-35-39, 40-44, 45-49, 50-55, 55-59
60-64, 65-69, 70 and older

RaceWalkers

Male/ Female Divisions

Dues: Single Member \$25.00 per year Family (Household) \$35.00

(Runner____) (Racewalker____) (Wheelchair____)

Name:_____ Sex M____ F____

Address:_____ Birth Date:_____

City:_____ State:_____ Zipcode+4_____

Home Phone:_____ Work Phone:_____

Fax:_____ E-mail_____

Family membership: (please, only members from immediate household)

Name:_____ Sex:_____ B'date_____ R—RW

Name:_____ Sex:_____ B'date_____ R—RW

Name:_____ Sex:_____ B'date_____ R—RW

Name:_____ Sex:_____ B'date_____ R—RW

Mail completed form with check payable to "CMRA" to:

CMRA

9222 S. Rockport Lane

Highlands Ranch. Co 80126-5002

I would like to participate in the following club operational activities:

Work a race____ Direct an event____ Board of Directors____

Newsletter____ Event Registration____ Member Recruitment____

Database____ Prize procurement____ Quartermaster corps____

Coaching____ Racewalker training____ Course Measurement____

Once you're over the hill, you just keep running!

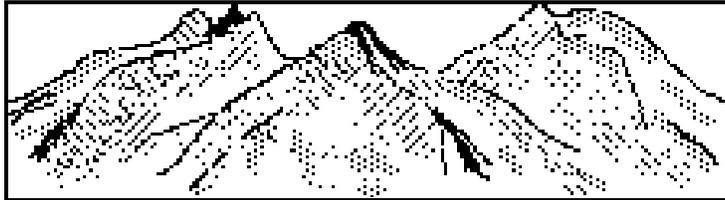
Forty Furlongs

Sat. Feb. 14, 2004 9 AM

Warm up your winter running with this fast
CMRA 5 mile race.

To reach the start, go west on Bowles from
Santa Fe Drive to the dome at South
Suburban Golf and Tennis Club. Park on the
east side of the "Bubble" at South Platte
River.

Call Lee Bengston at 303-282-7521 or see
www.comastersrun.org for more information
or to volunteer.



2004 OFFICERS

President: Rob Fisher

Home: 303-738-0115

Fax:

Vice President: Rosalia Murch 303-693-2278

Secretary: Kim Massey 303-765-5512

Treasurer: Tom Alison 303-791-6166

Registration Chairperson: Rob Fisher 303-738-0115

Quartermaster: Joe Sanchez 720-962-6642

C0-Editors:

Connie Ahrnsbrak (March, July, November Issues)

Phone: 303-985-1168 Email: cahrnsbrak@aol.com

10190 W Jewell Ave Unit B Lakewood CO 80232-6244

Ken Randall (January, May, September Issues)

Phone: 303-422-3745 Email: runnerincolorado@juno.com

10900 W 41st Ave WheatRidge CO 80033-3918

CMRA Website: <http://www.comastersrun.org/>

BOARD OF DIRECTORS

*Levi Gonzales, Rosalia Murch, Deb Acree, Vici
DeHaan, Ray Grunmeyer, Scott McFarlane,
Connie Ahrnsbrak,*

The Colorado Masters Running Association
newsletter is published bi-monthly. Issues are
mailed approximately the 1st day of February, April,
June, August, October, and December. Distribution
is free to all members and associates of the CMRA.

Deadlines for articles are the 15th of January,
March, May, July, September, and November. All
material should be mailed or e-mailed to editors
listed above.

Membership information is available from the
Membership Chairperson and at all races.

*The CMRA is a non-profit group organized to
promote running and walking for health and
exercise. The club conducts regular running
activities, including training sessions, fun runs,
races, and social events. Membership in CMRA is
open to all, regardless of skill or experience.*

*Annual dues are \$25 for individuals and \$35 for
families.*

SPRING SPREE 10K

9 AM

SUN MARCH 28, 2004

Twin Lakes Park

Directions:

Take I-25 to Boulder Turnpike (west).
Exit at Pecos and get back on the turnpike
going east (you can't exit at Broadway
going west). Exit at Broadway and go
south, then turn west onto 70th Ave and
park on North side at Park-N-Ride. Race
starts directly south across the street at
Twin Lakes Park at 9 am.

For information or to volunteer: Call Connie

Red Rocks 5 Miles

Saturday, April 17, 2004

9 AM

Red Rocks Park—Directions:

**Take C-470 to Morrison Road. Go through
the town of Morrison and take the turnoff on
the right after the light on the west end of
town. Go north to the trading post, bearing
right through the park. For more
information or to volunteer, call 303-791-3384
or see www.comastersrun.org.**

2004 COLORADO MASTERS RUNNING ASSOCIATION SCHEDULE

Registration begins 1 hour prior to race time. \$10 for non-members.

For more information or to volunteer, call race director listed below or log on to our website:

www.comastersrun.org

Feb	14	Sat	9 AM	S. Suburban Tennis Center	40 Furlongs 5M	Lee Bengston	303-282-7521
Mar	28	Sun	9 AM	Twin Lakes Park, 70th/Broadwy	Spring Spree 10K *	Rosalia Murch	303-693-2278
					Connie Ahrnsbrak	303-985-1168	
Apr	17	Sat	9 AM	Red Rocks Park, Morrison	Red Rocks 5 Miles Jeremy	Monsma/Jim Perry	303-430-8731
May	15	Sat	9 AM	DeKoevand Park, Littleton	Memorial Run 5K/10K*	Tom Alison	303-791-6166
					Rich Romero	303-751-4284	
June	12	Sat	8 AM	Waterton Canyon, Littleton	Waterton Canyon 10K*	Deb Acree	720-338-2202
July	11	Sun	8 AM	Christies @ Genesse	Mountain Madness 12K*	TBA	
Aug	11	Wed	6:30 PM	Fairmont Park, Golden	Fairmont 5K Trail	Pat Phillips	303-238-4405
Aug	22	Sun	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail 10K	Wayne Mathis	303-979-9592
Sept	11	Sat	8 AM	Chatfield State Park	Chatfield 10 Miler***	Rob Fisher	303-363-2377
Oct	17	Sun	9 AM	Randy's Ranch, Louisville	Coal Creek XC Challenge 5.5	Bruce Kirschner	303-666-0864
Nov	14	Sun	9 AM	Cherry Creek State Park	President's 7 Mile*	Vici DeHaan	303-494-1782
Dec	11	Sat	9 AM	Prospect Park Arvada	Clear Creek 4-Miler	Dave Black	303-781-1738

** PANCAKE BREAKFAST

* 5K FOR RACEWALKERS

*** 5 MILES FOR RACEWALKERS

CMRA

9222 SOUTH ROCKPORT LANE

HIGHLANDS RANCH, CO 80126