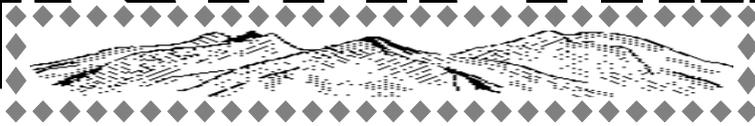


MASTER TIMES



July/August 2005

Volume 36, Issue 4

PRESIDENT'S CORNER (Rob Fisher)

LOOKING AT 2006

Well, the board has put together our proposed race/event calendar for 2006. Hopefully every member will take a look at it over the next month or so & let the board know what you think of it. All contact numbers are in the newsletter.

Do you expect some changes?

We expect some changes before the final calendar is approved at our September/October board meeting. Please let us know what your thoughts are. All ideas will be considered.

Is it time for some big changes?

CMRA has stayed with a pretty set number of races for some time. There have been small adjustments but nothing big. Should we drop some events? Or add? There have been discussions about a higher profile fund raising type of event and perhaps a track meet.

Where is our place in the mix?

The offering of running events in the Denver area and in Colorado has exploded. Runners have many more choices. Especially when it comes to trail and multi-sport events. I definitely think there is a spot for our club. We all love running. Our type of club was around before all the big money types. Let's keep it fresh and responsive.

JOB VACANCYS FOR 2006

-2 Newsletter Editors (each one does 3 issues per year)

-2 or 3 Board Members (no experience necessary)

-2 or 3 New Race Directors (we usually lose some each year, no experience necessary, you will be well supported)

Waterton Canyon 10K 2005, by Deb Acree

With so many races to choose from on June 12, we were honored to have Keith Johnson come in as overall male at 36:05 and Susan Bellard as overall female at 44:07. Two fast Australians came up from down under to win their age groups, Bernie Millett (Male 60-64, 48:40) and John Allock (Male 55-59, 48:39). The rain held off until later in the morning. Hooray for Rosalia Murch who volunteered and competed as a walker doing the entire 10K. Jerry Murch welcomed everyone at registration.

Let's give Joe Sanchez a pat on the back! How else would we have all of the pop, water tables, cones, etc? Neil Horton, Levi Gonzales, and Joe Sanchez took care of the water tables and the turn around. At the finish line you saw the smiling faces of our President, Rob Fisher, Lee Bengston, Ray Grundmeyer, Howard/Lee Palmer, and Connie Ahrnsbrak. Thanks to Dave Schmaltz who gave out awards. These volunteers were also involved in set-up activities. Big thanks to an individual who must remain anonymous without whom we would have had to start set up at 4:30 am instead of 6:30 am and thanks to Connie for pulling strings to get the help.

We are very proud of Daniel Fraunhoff, who ran the 10K and the children's run. The kids came through with their best. Thanks to Boulder Running Company, the Great Harvest Bread, and Scott McFarlane for providing some very nice drawing prizes.

WATERTON CANYON, JUNE 12, 2005

NAME	TIME	AGE	NAME	TIME	AGE
1. Keith Johnson	36:05	44	17. Daniel Frauenhoff	52:56	11
2. Grant Wahl	33:24	15	18. Todd Dunning	53:37	40
3. Greg Frauenhoff	43:39	47	19. Robert Kanieski	54:30	28
4. Susan Bellard	44:07	30	20. Pitts O'Donnell	55:13	59
5. Paul Welschinger	44:56	48	21. Roger Rybicka	56:10	57
6. Bob Weber	45:35	46	22. Lynn Clark	56:35	40
7. Lex Kamstra	46:27	42	23. Risa Kerns	56:36	40
8. Foghorn Leghorn	46:32	39	24. Michelle Kelble	56:47	37
9. Brett Allendorf	46:46	36	25. Mitch Chesbro	57:19	46
10. Joe Rutledge	47:24	45	26. Kimberly Massey	58:29	46
11. Kent Enwright	48:18	42	27. Bob Herd	60:15	60
12. John Allock	48:39	59	28. Carol Thomas	60:27	29
13. Bernie Millett	48:40	63	29. Sean Rutledge	61:31	15
14. Scott McFarlane	50:06	54	30. Olga Hnizdil	63:23	60
15. Tom Chambers	51:50	62	31. Carrie Natale	63:49	28
16. Colin Whitmore	52:38	42	32 Tom Alison	64:42	68
			33. Penelope	68:08	56
			34. Owen Rarden	82:51	73
			RACEWALKER		
			1. Rosalia Murch	1:21	

**Waterton Canyon 10K/ AGE Groups
June 12, 2005**

OVERALL			
Keith Johnson	36:05		Susan Bellard 44:07
70-74			
Owen Rarden	82:51		
65-69			
Tom Alison	64:42		
60-64			
Bernie Millett	48:40		Olga Hnizdil 63:23
Tom Chambers	51:50		
Bob Herd	60:15		
55-59			
John Allock	48:39		Penelope 68:08
Pitts O'Donnell	55:13		
Roger Rybicka	56:10		
50-54			
Scott McFarlane	50:06		
45-49			
Greg Frauenhoff	43:39		Kimberly Massey 58:29
Bob Welschinger	44:56		
Bob Weber	45:35		
Joe Rutledge	47:24		
Mitch Chesbro	57:19		
40-44			
Lex Kamstra	46:27		Lynn Clark 56:35
Kent Enwright	48:18		Risa Kerns 56:36
Colin Whitmore	52:38		

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

Todd Dunning	53:37			
35-39				
Foghorn Leghorn	46:32		Michelle Kelble	56:47
Brett Allendorg	46:46			
34 & UNDER				
Grant Wahl	38:24		Carol Thomas	60:27
Daniel Frauenhoff	52:56		Carrie Natale	63:49
Robert Kanieski	54:30		<u>Racewalker</u>	
Sean Rutledge	61:31		Rosalia Murch	60:21

Waterton Canyon 10K (Cont'd)

This may be adieu to one of our favorite running venues. Many hoops were jumped, the original date had to be changed, and bringing supplies into the Canyon with a motorized private vehicle is now verboten. The verbal answer from the authorities for all of this was "well since 9/11. . . ." CMRA has had a run in Waterton Canyon for well over 20 years now, but there are other beautiful places to take our sport, we will be doing more research on the change.

.....

If anyone is interested I was able to map out the vertical profile of the Genesee race. I knew it felt like murder but now I really know it was! I used a Garmin MapSource TOPO program to capture the profile.

Just to give some perspective, the start/finish line was to the far left of the profile. Between there and the first water station we gained nearly 250-vertical feet, in just a tad over one mile. The first water station was right at the crest of the 8025-ft summit. Then we dropped down, down, and then down some more (bottoming out around the 7700-ft mark) until it leveled out and we reached the turn-around and water station at the far right. Of course, we had to retrace our steps back to the top of the summit, climbing about 350-feet in about two miles, before we dove the 250 feet back the start/finish line.

By: Colin Whitmore

We always encourage the club members to support our sponsors. We would like to make a special appeal in the case of **Great Harvest Bread**. They have taken a hit the last couple of years with the "low carb diet" craze. Although that is changing, their business is still suffering somewhat from that. Also a competitor moving close to their business probably has an impact. This store does a marvelous job of supporting our events, and we would hate to see them go out of business."

By: Ken Simons

**THE COLORADO MASTERS RUNNING ASSOCIATION
WOULD LIKE TO EXTEND THEIR SINCERE CONDOLENCES TO
NEDDI LEGG
IN THE LOSS OF HER HUSBAND THIS PAST MAY**

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

Mountain Madness, Genesee Park, June 17, 2005

NAME	TIME	AGE	NAME	TIME	AGE
1. David Rothenburger	50:50	36	29. Holly Dahm	70:32	35
2. Gary Black	51:46	19	30. Todd Dunning	71:52	40
3. Tim Cazier	53:51	43	31. Constance Ahrnsbrak	72:04	65
4. Brian Cross	55:32	46	32. Melissa Johnson	72:06	39
5. <i>Kristin Moreau</i>	56:56		33. Jerry O'Donnell	72:48	59
6. Jay D. Trujillo	59:14	46	34. Deb Acree	73:04	53
7. Yvonne Kamstra	59:31	40	35. Ray Grundmeyer	73:20	67
8. Lex Kamstra	59:33	42	36. Doug Tollin	73:51	60
9. Richard Park	59:41	52	37. J Gutierrez	74:25	52
10. John Jenkins	59:48	52	38. Rich Martinez	74:42	58
11. Bob Caillouette	59:49	50	39. Michelle Kelble	75:23	37
12. Rob Fisher	60:59	55	40. Jim Peterson	76:03	66
13. The B-Man	61:00	65	41. Mitch Chesbro	76:38	46
14. Joe Ratledge	61:57	45	42. Bruce Brandt	78:16	60
15. Alan Johnson	62:33	44	43. Dave Christie	78:45	54
16. Bruce Dahm	62:50	36	44. Roger Rybicka	80:48	57
17. Jim Fay	64:16	53	44. Ken Green	81:09	76
18. Bob Gassen	64:29	58	46. Dave Banko	84:57	54
19. Spiderman (Scott Mcfarlane)	64:32	54	47. Ed Cious	84:58	39
20. Anna Rocheleau	65:23	40	48. Sean Ratledge	86:36	15
21. Gale Meuret	66:29	58	49. Vici Dehaan	86:37	70
22. Rich Romero	66:39	68	50. Earl Beam	86:52	54
23. Robert Kanieski	66:50	28	51. Palmer Beam	91:23	61
24. Jack Barry	67:33	67	52. Dave Black	94:35	54
25. Colin Whitmore	69:06	42	53.. Tom Duraw	94:38	57
26. Julie Thenell	69:11	47	RACEWALKERS		
27. Neddie Legg	70:06	54	1. Lew Hutchinson	57:49	67
28. Kathy Klesmit	70:13	53	2. Neil Horton	57:56	64
			1. Laura McCoy	58:25	50
			2. Joan Banko	60:25	62
			3. Jane Christie	71:32	60

Mountain Madness Awards

OVERALL: David Rothenburger 50:54

Kristin Moreau 56:56

70 Plus

Ken Green 81:09

Vici Dehaan 86:37

65 -69

Jim Romero 61:00

Constance Ahrnsbrak 72:09

Rich Romero 66:39

Jack Barry 67:33

Ray Grundmeyer 73:20

Jim Peterson 76:06

60-64

Doug Tollin 73:51

Bruce Brandt 78:16

Palmer Beam 91:23

55-59

Rob Fisher 60:59

Bob Gassen 64:29

Gale Meuret 66:29

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

Jerry O'Donnell
Rich Martinez

72:48
74:42

50-54

Richard Park
John Jenkins
Bob Cailluette
Jim Fay
Scott McFarlane

59:41
59:48
59:49
64:16
64:32

Neddie Legg 70:06
Kathy Klesmit 70:13
Deb Acree 73:04

45 -49

Brian Cross
Jay D. Trujillo
Joe Ratledge
Mitch Chesbro

55:32
59:14
61:57
76:38

Julie Thenell 69:11

40-44

Tim Caizer
Lex Kamstra
Alan Johnson
Colin Whitmore
Todd Dunning

53:57
59:33
62:33
69:06
71:52

Yvonne Kamstra 59:31
Anna Rocheleau 65:23

35-39

Bruce Dahm
Ed Cious

62:50
84:58

Holly Dahm 70:32
Melissa Johnson 72:06
Michelle Kelble 75:23

34 & Under

Gary Black
Robert Kanieski
Sean Ratledge

51:96
66:50
86:36

Mountain Madness

As early as 8:30 a.m. fifty-eight runners/walkers felt the summer heat of the Mountain Madness 12K at Genesee. Expert trail runner, David Rothenburger never gave up the lead placing overall male in a time of 50:50. Overall female was Kristin Moreau with a time of 56:56, also taking control of the race. Look for a possible 7:00 a.m. start for this race in 2006.

We appreciate our members for their support, however, a special thanks to out-of-town members who drive a few miles: Bob Caillouett from Milliken, Roger Rybicka from Fort Collins, Jim Peterson from Longmont, J Gutierrez & Laura McCoy from

Greeley, Neil Horton from Franktown, Doug Tollin from Parker, The Bankos from Castle Rock and always a regular from **Granby, Robert Kanieski.**

Thanks to volunteers: Marie Romero, Joe Baird, Joe Sanchez, The Palmers, Kim Massey, Ed Youngberg, Lee Bengston, Penelope, The Gonzales (s), Tom Chambers, Pat Phillips & Connie Ahnsbrak. Also, a big thanks to David & Jane Christie for extending their hospitality for our after race activities.

Not to forget Great Harvest for our Daily Bread!

WELCOME NEW MEMBERS

Bruce Brandt, Tom Duraw, John Jenkins Alan Johnson, Kathy Klesmit, Anna Rocheleau & Colin Whitmore.

Pelican Updates by Connie Ahrnsbrak

5/15 – Neil Horton @ the **Fargo, ND marathon**, 6:17.

5/21 – **Federal Cup 5K**: Spiderman (Scott McFarlane), 23:11 together with team USGS Striders were victorious taking home the winning Cup!

Hot & humid **Charity 5K in Kona, HI** for Traveling Man, 25:49

5/22 – **Run the Rockies 5K, LoDo**: Isaiah Rubio, 16:53 (1st); Mauro Martinez, 17:57 (2nd); Esmeralda Martinez, 21:38 (1st); The B-Man (Jim Romero) 22:16 (2nd); Jack Barry, 22:42 (3rd); Connie Ahrnsbrak, 24:36 (1st); Taunya Wilson, 25:34 (2nd); Pitts O'Donnell, 26:35; J Gutierrez, 27:08; Captain (Don Robinson), 28:13 (1st); Ryan Hathorn, 30:03 (Frank's grandson); Frank Hathorn, 32:12 (3rd); Penelope, 33:51; Rosalie Murch, 36:16; Laura McCoy, 37:50; Leslie Woods, 39:47 & Marie Romero, 45:51. Also, the kids' run saw Hunter & Taylor Marie Karickhoff, (Connie's grandchildren.)

Bolder Boulder 10K: Adam Feerst, 37:30 (5th); Gary Black, 40:38; Jeff Young, 40:40 (8th); Ray Rupel, 40:43 (3rd); Bob Callioutte, 42:47 (7th); Glenn McCarthy, 43:15 (2nd); Jay Trujillo, 44:20 (6th); Dave Stewart, 45:56; Jesse Tijernia, 46:17 (11th); Jim Romero, 46:53 (3rd); Deb Acree, 49:17 (5th); Gale Mueret, 50:09; Grayson Drexel, 50:23; Susan Stewart, 50:50; Connie Ahrnsbrak 51:20 (1st); Taunya Wilson, 52:20 (3rd); Jim Peterson, 53:11; Bill Smitham, 53:32; Fred Trentaz, 53:36; Pitts O'Donnell, 53:57; Mark Johnson, 54:13; Mitch Chesbro, 54:24; Ray Grundmeyer, 54:53; Carmen West, 55:19; Pat Emigh, 56:45; Dave Banko, 57:14; Roger Rybicka, 57:39; Olga Hnizdil, 58:01 (5th); Don Robinson, 58:34 (4th); Terry McFarlane, 59:00 (12th); Earl Beam, 59:06; Vici Dehaan, 1:00 (2nd); Penelope, 1:05; Frank Hathorn, 1:08; Marriott Smart, 1:12 (1st); Ray Adams, 1:13; Rosalia Murch, 1:17 (9th) & Santa Card, 1:19.

6/4- Teva /USATF 10K Trail Championships, Vail: Hector Martinez, 55:20 (5th); Miguel Cazares, 56:13 (1st); Mauro Martinez, 59:28 (2nd); Jeff Young, 1:03 (2nd); Ray Blum, 1:05 (3rd) & Samantha Towne, 1:08.

Dam to Dam 20K, Des Moines, IL: Ken Simons, 1:50 (1st).

6/05 – **Stadium Stampede 5K, Mile Hi**: Keith Johnson, 16:52 (1st); Painted Horse (Jesse Tijerina), 22:17; Jack Barry, 23:31 (2nd); Connie Ahrnsbrak, 24:57 (1st); Andy McKean, 24:59 (3rd); Race Man (Mitch Chesbro) 26:57; The Captain, 28:08 (1st); Ryan Hathorn, 29:49; Frank Hathorn, 32:24; Rosalia Murch, 38:46 (3rd/RW) & Leslie Woods, 43:26. Also, Hunter & Taylor Karickhoff; Alaya Vigil in the Kids' 1K (Connie's grandchildren).

Deadwood Mickelson Trail, SD: Half -The B-Man, 1:36 (1st **Master OA**); Kool Shades, 1:38 (1st); Rich Romero, 1:42 (2nd); Pitts O'Donnell, 1:54; Jim Peterson, 1:56 (4th); Christine Vanoni, 1:58 (4th); Mike Vanoni, 2:02; Roger Rybicka, 2:09; Penelope, 2:13 & Tom Alison, 2:20. **Marathon** –Paul Welschinger, 3:21; Gary Black, 3:32; Neil Horton, 6:16 & Dave Black, 6:36.

Tri Trail Challenge (10K, 1K & 5K), Evergreen: Grid Iron (Dave Kelble), 51:09 & Strider (Tom Chambers), 62:07. *Tom placed 1st in all three events.*

6/11 –**Sunrise Stampede 10K, Longmont** saw Bob Caillouette, 42:54 (5th); Jay Trujillo, 43:58; Ray Grundmeyer, 54:05 (1st) & The Captain, 57:44 (2nd). **Two-Mile** saw Jim Perry, 11:48 (3rd); Painted Horse, 13:16 (2nd) & Jim Peterson, 15:52 (1st). Also, **Courage Relay for Life 5K, Greeley**: J Gutierrez, 27:12.

6/12 –**Garden of the Gods 10-Mile**: Jack Barry, 1:27 (4th); Jim Peterson, 1:41 & Steadfast Earl Beam, 1:48
Mt. Falcon 8-Mile Trail, Evergreen: K2S2, 1:25; Gale Mueret, 1:26; Bill Faulkner, 1:29 & Patricia Emigh, 1:44.

6/18 –**Mt. Evans Ascent 14.6**: Grid Iron, 2:38 (3rd); The B-Man, 2:44 (1st); Paul Welschinger, 2:58 (6th); Bill Faulkner, 3:05 (1st); Pat Emigh, 3:39 (3rd) & Olga Hnizdil, 3:52 (1st). The Huies' @ **Sailing Shoes 10K, CS**: Johnathan, 36:11 (2nd); Lou, 44:32 (2nd) & Jan, 54:22 (1st).

6/19 –**Butterfly 10K, Pajoaque Pueblo, NM**: Connie Arhnsbrak, 53:08 (1st). *A high desert all terrain rolling course.*

Also, **Joe Colton's Offroad, Rollinsville: 15 Mile**-Gary Black, 2:00 (1st); Melissa Johnson, 2:20 (2nd) & Relentless Dave Black, 3:19 (3rd). **10-Mile** saw The B-Man, 1:21 (1st); Pitts O'Donnell, 1:37; The Captain (Don Robinson) 1:47 (2nd) & Penelope, 1:56.

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

Estes Park Half: The Oak, 1:56 (1st); Jim Peterson, 2:17; Christine Vanoni, 2:27 & Fern Oliner, 2:52 (2nd).

6/22 –White Ranch 6.6 Twilight Trail: Hector Martinez, 45:05 (2nd OA); Omar Torres, 45:32; Mauro Martinez, 52:45; Gary Black 53:22; Jeff Young, 55:28; Samantha Towne, 1:02; Gale Mueret, 1:06; Sylvia Martinez, 1:09; K2S2 (Ken Simons) 1:11; Connie Arhnsbrak, 1:14:02; Janet Hattlestad; 1:14:07 & Relentless Dave Black, 1:33. Thanks to Scott Mcfarlane & Ray Grundmeyer for helping. **Summer Solstice 5K @ City Park:** Steadfast Earl Beam, 28:51.

6/25 –Northside Stride 5K, Sloans’ Lake: Hector Martinez, 16:25 (OA); Miguel Cazares, 16:33 (1st); Isaiah Rubio, 16:42 (2nd); Eric Nokikumana, 16:43 (3rd); Jesus Martinez, 16:45 (4th); Joseph Manila Fasha, 17:19 (1st); Omar Torres, 17:22; Julio Bonillo, 18:02; Mauro Martinez, 18:30; Jeff Young, 20:20 (2nd); Samantha Towne, 21:07 (1st); Esmeralda Martinez, 21:50 (2nd); The B-Man, 22:09 (1st); The Oak, 22:11 (2nd); Janet Hattlestad, 24:04 (1st) & Connie Arhnsbrak, 25:03 (1st).

Slackers Half, Georgetown: Gary Black, 1:30 (3rd); Dave Stewart, 1:41; Bob Caillouette, 1:44; Earl Beam, 2:15 & Dave Black, 2:39. Race Man (Mitch Chesbro), 32:24 (2nd) & Leslie Woods, 57:26 opted for the **4-miler**. Also, CM ladies, Susan Bellard, 22:31 (2nd) & Lightfoot (Deb Acree) 25:31 (1st) @ **Highlands Ranch 5K**.

6/26- Golden Gate Park 12 Mile Trail: Jesus Martinez, 1:33; Hector Martinez, 1:35; Eric Nokikumana, 1:37; Mauro Martinez, 1:51; Jeff Young, 1:51:42; Joseph Manila Fasha, 1:51:45; The B-Man, 2:00 (2nd); Julio Bonillo, 2:02; Scott McFarlane, 2:13; Omar Torres, 2:14; Samantha Towne, 2:15 & Sylvia Martinez, 2:17. CM volunteers were Connie Arhnsbrak, Dave Black & Ray Grundmeyer. **Lyons 5K River Run:** Vici Dehaan, 30:14 (1st). In addition, **Saxon Mtn. 15 Miler, Georgetown:** Ray Blum, 2:19; Jim Fay, 2:55 & Julie Thenell, 3:03

7/2 – Gore Creek Gallup 5K, Vail: The Oak, 23:34 (1st) & Race Man, 25:48.

7/3 -Vail Hill Climb 7.5: Gary Black, 1:06; Ray Blum, 1:07; David Kelble, 1:15:42; The B-Man, 1:15:48; Pitts O’donnell, 1:32; Penelope, 1:47 ; Vici Dehaan, 1:50 & Relentless Dave Black, 1:54.

7/4 -Komen Race for Cure, Greeley 5K: Painted Horse, 21:08, J Gutierrez, 25:03 & Laura McCoy, 36:30.

7/4-Evergreen Freedom 5K: Taunya Wilson, 24:52 (2nd); Jim Fay, 24:55; Grayson Drexel, 24:57; Christine Vanoni, 26:30; Carmen West, 27:00; Mike Vanoni, 29:34; Palmer Beam, 30:47 & Bob Volzer, 37:05. Also, Isaiah Rubio, 22:21 (2nd OA) @ **Liberty Run 5K, WP**.

FAIRMOUNT 5K

August 10th, Wed. @ 6:30 P.M.

Take I-70 West to Hwy. 58 (immediately after Ward Rd. exit). Take 1st exit off 58 to McIntyre, North on McIntyre to 54th. West on 54th to Quaker, South on Quaker to Fairmount Park.

Call Pat Phillips @ 238-4405 to volunteer or for more details.

www.comastersrun.org

Pelican Notes (Cont'd)

FireCracker 5K, FTC saw Roger Rybicka, 25:41, while Keith Johnson, 16:57 (OA) & Doug Tollin, 24:35 ran the **Lone Tree 4th of July 5K**.

7/4 –Scar Top Mtn 12K, Cold Creek Canyon: Adam Feerst, 48:54 (1st); Bob Caillouette, 1:02; The Oak, 1:06 (1st); Deb Acree, 1:08:12 (2nd); Spiderman, 1:08:25; Connie Ahnsbrak, 1:11, (1st); R2G2, 1:12 (2nd); Kim Horsley, 1:13 & Michelle Kelble, 1:15. **Blue Spruce 5K:** Mitch Chesbro, 26:55 (3rd) & Fern Oliner, 36:54 (2nd).

Jack Barry took on **the Firecracker 5K in Montville, NJ**, 22:20 (1st). *Very hot and humid.*

THE FOLLOWING IS A **PROPOSED 2006** CMRA SCHEDULE

Your comments, suggestions, ideas, etc. will be appreciated. Please contact Rob Fisher or any member of the Board.

DAY	DATE	TIME	EVENT	LOCATION
SAT	1-07-06	9:00 AM	Lake Arbor 5k (nw)	Lake Arbor, Arvada
FRI	1-20-06	6:30 pm	annual mtng/banquet	Christie's Genesee
SAT	2-11-06	9:00 am	40 Furlongs/5mi(sw)	S. Suburban Tennis Ctr.
SUN	3-19-06	9:00 am	Spring Spree 10k (n)	Twin Lakes
SAT	4-08-06	9:00 am	Sand Creek 5 miler (ne)	Stapleton
SAT	5-20-06	9:00 am	Memorial 10k run (tbd)	Dekoevend Park
SAT	6-10-06	8:00 am	tba (10k or more)	
SUN	7-16-06	8:00 am	Mountain Madness 12k	Christie's at Genesee
WED	8-19-06	6:30 pm	Fairmount 5k (nw)	Fairmount Park, Golden
SUN	8-27-06	8:00 am	Elk Trail 10k	Evergreen
SUN	9-17-06	8:00 am	Barr Lake 9.3 mile or 15k	Barr Lake State Park
SUN	10-15-06	9:00 am	Coal Creek XC (n)	Louisville
SAT	11-18-06	9:00 am	10 miler	Orchard/Highline Canal (tentative)
SAT	12-09-06	9:00 am	Clear Creek 4 mile (nw)	Prospect Park, Wheatridge

Shop at our sponsor
Great Harvest Bread
765 S. Colorado Blvd., 303-449-8551

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

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

Shop at our sponsor
The Boulder Running Company
8116 W. Bowles Ave 303 932-6000
2775 Pearl St., Boulder 303 786-9255

Elk Meadow Evergreen
August 28th (SUN) 8:00 AM
Take I-70 west to Hwy. 74 (exit 252).
Go South past Bergen Park
To Stagecoach Blvd. and
Turn right to the Elk Meadow parking lot.

VOLUNTEERS ARE NEEDED!

Contact Wayne Mathis: 303-979-9592

www.comastersrun.org

WANTED: Two (2) new editors for 2006

Each will edit/publish 3 times/year

CMRA caps for sale, \$20.00

□

BARR Lake State Park

1/3 HALF MARATHON

September 25, (SAT) 8:00 A.M.

One loop around the Lake, Soft dirt.

Trail like terrain, away from the hustle & Bustle.

Approximately 35/40 minutes from Denver

DIRECTIONS:

Northeast on I-76 to Bromley Lane (Exit 25)

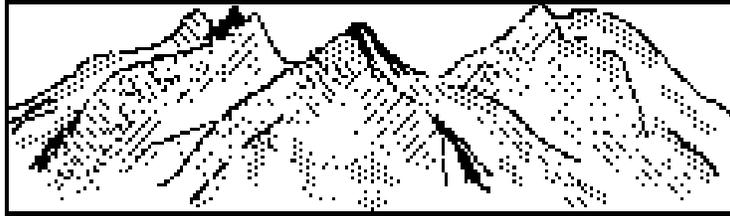
Right turn onto Bromley Lane, heading east

To Picadilly Road. Turn south on Picadilly

Road which leads to the park entrance.

FOR MORE INFORMATION OR TO VOLUNTEER, PLEASE CALL

Dave Black, 303-781-1738



COAL CREEK XC

Louisville, October 16, (SUN) 9 A.M.

Take the Boulder Turnpike (Hwy 36) Northwest toward Boulder. Take Second exit after Broomfield, Storage Tech Drive, make a right off exit ramp heading north. North To 2nd traffic light, make a left on 96th Street. Head north through traffic light on Dillon Rd., go about a mile and turn right onto Lock St. after coming down a steep hill. Cross RR track & park in lot on left.

Alternate route: Take Wadsworth Blvd. (Hwy 287) several miles north of Broomfield to Dillon Rd. Make a Left & head west to first traffic light, 96th Street. Make a right & head north to Lock Street. See directions above.

Contact: Bruce Kirschner
303-666-0864

www.comastersrun.org

Mark your calendars for

The Chatfield 10-Miler on

November 13th (SUN), 9:00 A.M.

2005 OFFICERS

President: Rob Fisher

Home: 303-738-0115

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

BOARD OF DIRECTORS

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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.

2005 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

Apr	09	Sat	9 AM	Stapleton	Sand Creek 5-mile	Rob Fisher	303-363-2377
May	15	Sun	9 AM	Dekoevend Park	Memorial Run 10K*	Rosalia Murch	303-693-2278
June	12	Sun	8 AM	Waterton Canyon, Littleton	Waterton Canyon 10K*	Deb Acree	720-338-2202
July	17	Sun	8 AM	Christies @ Genesse	Mountain Madness 12K*	Jim Romero	303-794-2952
Aug	10	Wed	6:30 PM	Fairmont Park, Golden	Fairmont 5K Trail	Pat Phillips	303-238-4405
Aug	28	Sun	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail 10K	Wayne Mathis	303-979-9592
Sept	25	Sun	8 AM	Barr Lake State Park	Barr Lake 15K**	Dave Black	303-781-1738
Oct	16	Sun	9 AM	Randy's Ranch, Louisville	Coal Creek XC Challenge 5.5	Bruce Kirschner	303-666-0864
Nov	20	Sun	9 AM	Chatfield State Park	Chatfield 10-Miler*	Kim Massey	303-765-5512
						Scott Mcfarlane	303-904-4542
Dec	10	Sat	9 AM	Prospect Park Arvada	Clear Creek 4-Miler	Vici Dehaan	303-494-1782
**				PANCAKE BREAKFAST			
*				5K FOR RACEWALKERS			
***				5 MILES FOR RACEWALKERS			

CMRA
8100 E. Union Ave.
#R1601
Denver, CO 80237

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