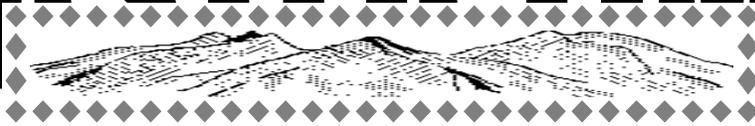


MASTER TIMES



November/December 2004

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2004 Coal Creek Cross Country Challenge **by Bruce Kirschner**

It was back to Randy's Ranch on October 17 for the 6th annual Coal Creek X- Country Challenge in Louisville. The morning featured near perfect racing conditions for the 92 participants.

Due to highway construction at the usual start of the race course, the course was cut a bit short so runners had to circumnavigate concrete construction barriers and webbed fencing - either by running around them or hurdling them just to pose additional challenges to the competitors.

The next real challenge for runners was crossing the relatively deep Coal Creek, then it was over the barbed wire fence and on to the farmer's field. Runners in recent years have had to contend with plowed furrows, soggy mush, and knee high brush. This year was something new - 10 inch high stalks from freshly cut oats. The course had to be shifted a bit around some of the field where oats had yet to be harvested, but at least the field was dry.

Fleet Feet Sports Racing Team manager Tim Geldean started out in fourth place, he soon moved into second place just before crossing Coal Creek. He passed race leader Andy Ames as they were heading over the barbed wire fence into the field. According to Geldean, "[the farmer's field] was easily the toughest part of the course ... I really had to work hard with the uneven footing." Tim lengthen his lead, crossing the finish line in 28:52, just 21 seconds ahead of second place finisher Ames. Katie Blackett was top woman finisher and 13th place overall in 34:06, 1 second ahead of second place female finisher Tanya Poel.

A hearty thanks to all the volunteers who made this event possible. Jerry and Rosalia Murch at registration, Jim Price, Joe Baird, Connie Ahrnsbrak and Joe Sanchez at finish line. Also, Lee Bengston who made it just beyond the construction zone until he twisted his ankle assisted in course management Other volunteers along the course were Mark Bailey (ditch marshal), Lori Dill (creek crossing), Rollie Erickson (road crossing), Nate Pierce (pace bike), Pete Wolfe (fence crossing), Donna Luallin (parking), Caleb Luallin, and Sue Schmidt. The club also extends its appreciation to Hamon Contractors for providing a course marshal in the construction zone. CMRA Quartermaster Joe Sanchez assisted with equipment transportation and logistics as well.

Special recognition to our commercial race sponsors and supporters for prize drawing merchandise: Runner's Choice of Boulder, the Arvada Great Harvest Bakery (Barry Sparks), Sun Rose Coffee Shop, Vic's Coffee Shop, the Old Louisville Inn and Flowyoga Massage . Odell Brewing Company Sales Manager Rick Newell was out there with his "Easy Street Wheat" beer keg and post-race samples for participants. He awarded 12-packs to the top male and female finishers and contributed more beer, t-shirts and hats to the post-race prize drawing.

A final thanks to all the participants who have contributed to the race's success over the years by promoting it by word-of-mouth. We expect to see everyone back here next year on October 16, 2005...and bring at least one friend!

ANNUAL BANQUET/MEETING**January 21, 2005****Christie's @ Genesee, 6:30 p.m.****Cash bar, Buffet****Guest Speaker****Coal Creek Cross Country Challenge
October 17, 2004 Race Results**

Place	Name	Age	Time
1	Tim Geldean	35	28:52
2	Andy Ames	41	29:13
3	Humberto Zelaya	30	29:50
4	Greg Krause	27	30:05
5	Andrew Adamowski	30	31:39
6	Tony Cummings	43	31:52
7	Steve Sellars	44	32:04
8	Dean Maruna	44	32:29
9	Alex Perry	20	32:45
10	Scott Glenn	34	33:18
11	Scott Petitmermet	28	33:32
12	Matt Schneider	31	34:05
13	Katie Blackett	27	34:06
14	Tanya Poel	39	34:07
15	Laurie Edwards	35	34:15
16	Bob Jones	44	34:23
17	J.D. Patrick	38	35:16
18	Matt Meehan	22	35:23
19	Bob Cooper	56	35:32
20	David Rothenburger	36	35:51
21	Lindsay Krause	26	35:57
22	Scott Chamberlin	48	35:59
23	Brian Seppala	28	36:16
24	Keith Speckman	31	36:28
25	Ray Blum	48	36:35
26	Christine Gould	37	37:01
27	Lucky Trucco	48	37:18
28	Jim Corpodo	32	37:26
29	Krister Wennerberg	32	37:29
30	David Kelble	47	37:43
31	David Loutzenhoser	39	37:52
32	Yvonne Kamstra	39	37:56
33	Karen Fuchs	36	38:21
34	Nick Zepeda	20	38:30
35	Jay Trujillo	46	38:37
36	Sara Silvers	37	38:41
37	Richard Wheatley	38	38:59
38	Tracy Anderson	31	39:33
39	Kristi Wasson	29	39:34
40	Paul Welschinger	47	39:53
41	Kent Enwright	41	40:02
42	Bruce Dahm	35	40:03
43	Jim Shonkwiler	55	40:08
44	Bob Caillouette	49	40:13

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

45	Jim Romero	64	40:29
46	David Bachrach	44	40:57
47	Patrick Sullivan	22	41:19
48	Kevin Luehrs	46	41:54
49	Ken Randall	66	42:02
50	Mary Boschen	34	42:11
51	Michelle DelPiccolo	40	42:31
52	Amelia Dickmann	33	42:37
53	Scott McFarlane	53	42:38
54	Mike Kirschbaum	38	42:50
55	Bill Faulkner	63	42:54
56	Deborah Acree	52	43:01
57	Steve Walker	44	43:04
58	William Malling	47	43:05
59	Gale Meuret	57	43:20
60	Kedith Bounmark	30	43:27
61	Grayson Drexel	54	43:33
62	Craig Chamberlain	43	43:41
63	Eve Sheridan	25	44:02
64	Tom Chambers	61	44:19
65	Mike Stabler	45	45:20
66	Scott Hutchins	36	45:32
67	Kent Mitchell	63	46:03
68	Ashley DeSantis	19	46:36
69	Julet Hutchens	36	46:37
70	Joanne Meester	45	46:39
71	Ben Joy	32	46:50
72	Jim Peterson	66	46:57
73	Gary Black	18	47:02
74	John Miranda	58	47:05
75	Ray Grundmeyer	66	47:08
76	Connie Ahrnsbrak	64	47:57
77	Kim Adleman	47	49:02
78	Rod Smythe	74	49:03
79	Don Robinson	72	49:22
80	Lori Joy	31	49:30
81	Carol Johnson	50	49:45
82	Judy Smythe	67	51:14
83	Katie Westrich	25	51:27
84	Robin Kennedy	46	51:28
85	Misti Gossett	32	51:56
86	Jim Chow	48	52:02
87	Lisa Cabol	27	52:22
88	Ken Green	75	53:02
89	Kirsten Ruiz	32	53:50
90	Pat Emigh	55	54:03
91	Christine Vanoni	53	56:06
92	Mallory Norway	56	56:17
93	Vici DeHaan	69	56:30
94	Tom Alison	67	56:41
95	Fern Oliner	63	56:59
95	Mike Vanoni	56	58:50
97	Rosalia Murch	63	65:58
98	Holly Abbott	46	67:02
99	Dave Black	53	????

Coal Creek X Country Challenge

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

Oct. 17, 2004				
AGE Group Awards				
Overall Men			Overall Women	
Place	Name	Time	Name	Time
	Tim Geldean	0:28:52	Katie Blackett	0:34:06
75 and Over				
1	Ken Green	0:53:02		
70-74				
1	Rod Smythe	0:49:03		
2	Don Robinson	0:49:22		
65-69				
1	Ken Randall	0:42:02	Judy Smythe	0:51:14
2	Jim Peterson	0:46:57	Vici DeHaan	0:56:30
3	Ray Grundmeyer	0:47:08		
4	Tom Alison	0:56:41		
60-64				
1	Jim Romero	0:40:29	Connie Ahrnsbrak	0:47:57
2	Bill Faulkner	0:42:54	Fern Oliner	0:56:59
3	Tom Chambers	0:44:19	Rosalia Murch	1:05:58
4	Kent Mitchell	0:46:03		
55-59				
1	Bob Cooper	0:35:32	Pat Emigh	0:54:03
2	Jim Shonkwiler	0:40:08	Mallory Norway	0:56:17
3	Gale Meuret	0:43:20		
4	John Miranda	0:47:05		
5	Mike Vanoni	0:58:50		
50-54				
1	Scott McFarlane	0:42:38	Deborah Acree	0:43:01
2	Grayson Drexel	0:43:33	Carol Johnson	0:49:45
3	Dave Black		Christine Vanoni	0:56:06
45-49				
1	Scott Chamberlin	0:35:59	Joanne Meester	0:46:39
2	Ray Blum	0:36:35	Kim Adlerman	0:49:02
3	Lucky Trucco	0:37:18	Robin Kennedy	0:51:28
4	David Kelble	0:37:43	Holly Abbott	1:07:02
5	Jay Trujillo	0:38:37		
40-44				
1	Andy Ames	0:29:13	Michelle DelPiccolo	0:42:31
2	Tony Cummings	0:31:52		

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

3	Steve Sellars	0:32:04		
4	Dean Maruna	0:32:29		
5	Bob Jones	0:34:23		
35-39				
1	J.D. Patrick	0:35:16	Tanya Poel	0:34:07
2	David Rothenburger	0:35:51	Laurie Edwards	0:34:15
3	David Loutzenhoser	0:37:52	Christine Gould	0:37:01
4	Richard Wheatley	0:38:59	Yvonne Kamstra	0:37:56
5	Bruce Dahm	0:40:03	Karen Fuchs	0:38:21
34 and Under				
1	Humberto Zelaya	0:29:50	Lindsay Krause	0:35:57
2	Greg Krause	0:30:05	Tracy Anderson	0:39:33
3	Andrew Adamowski	0:31:39	Kristi Wasson	0:39:34
4	Alex Perry	0:32:45	Mary Boschen	0:42:11
5	Scott Glenn	0:33:18	Amelia Dickmann	0:42:37

MS 50-Mile Challenge Walk
September 10-12

First, I would like to thank the following CMs for supporting me in the MS 50-Mile Challenge walk: Deb Acree, Connie Ahrnsbrak, Tom Alison, Joe/Ann Baird, Lee/Carol Bengston, Dave Black, Tom Chambers, Jim/Fay DiZerega, Grayson Drexel, Bill Faulkner, Rob Fisher, Levi Gonzales, Ray Grundmeyer, J Gutierrez, Neil Horton, Lou/JoAnn Hutchinson, Kim Massey, Laura McCoy, Scott/Terry McFarlane, Jim Peterson, Jim/Marie Romero, Richard/Esther Romero, Bill/Janice Smitham, & Ross/Mary Westley. Your support helped me contribute over \$1700 toward the fight against MS.

The 50 mile walk was somewhat easy this year as I was familiar with most of the course. We began Day 1 (21.5 miles) at Red Rocks, meandering through the town of Morrison and into Bear Creek state park. Coming out of the park we hooked onto the Bear Creek Greenbelt. We continued eastward until we merged with the Platte at Santa Fe, ending at the Littleton YMCA. I finished in 6 hrs, 45 min.

Day 2 (20 miles) started at the Littleton YMCA, walking north on the Hi-Line Canal to Schlessman YMCA on Colorado Blvd. I felt somewhat energized and set a good pace, also Connie met me at Orchard and finished the walk with me. I was the first walker in, completing the route in 6 hrs, 30 min.

Day 3 was a light weight (8.5 miles) finishing in approximately two hours. I made it my goal to be the first walker in, but didn't realize I was at the finish, I wanted to keep going. Not only did I have a great time, but rewarding as well. Sunken Gardens downtown was the completion of the challenge.

Lastly, a special thanks to my two biggest supporters, husband Jerry (drove a pickup/emergency van) and sister Connie (nag, nag, and nag).

Rosalia Murch

Pelican Update by Connie Ahrnsbrak:

8/28 – Komen Race for Cure 5K, Cheyenne: Jimbo (Jim Peterson), 24:32 (3rd).

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

9/5 – Coal Creek Xing 5K, Louisville: Slimfast (Bruce Kirschner), 20:19 (2nd); The Oak (Ross Westley), 23:38 (1st) & Aron Kirschner, 24:02 (1st). In addition, Jimbo, 24:13 (1st); Jim Dizerega, 28:11 (4th) & Fearless Fay, 29:55 (1st) catching the **Colorado Run 5K, FTC**.

9/6 – KUVO Race in the City, WP: James Dowdell, 23:25; The B-Man (Jim Romero), 23:26; Lightfoot (Deb Acree), 24:15 (1st); Spiderman (Scott McFarlane), 24:29; R2G2 (Ray Grundmeyer), 27:17 (2nd); Pitts O'Donnell, 27:50; Don Robinson, 27:52 (1st); J Gutierrez, 27:56; Alice Bernard-Vorhees, 29:33; Penelope, 34:10; Terry McFarlane, 35:32; Carly Frick, 39:44 (4th); Olga Hnizdil, 39:45 (2nd); Shenfeld/Woods, 40:08 & 44:39. **RW:** Neil Horton, 36:17 (2nd); Rosalia Murch, 39:58 (4th) & Laura McCoy, 41:56. **American Discovery Trail Half, CS:** Lou Huie, 1:34 (1st) & The Oak, 1:55 (1st).

9/11 – Demons 5K, Golden: Lightfoot, 23:51 (1st) & Jan Huie, 27:11 (2nd) @ **Monument Valley Park 5K**. **Imogene Pass 17.1 Miles:** Young Gary Black, 2:44 (1st); Dave Stewart, 3:30 (2nd); Bill Faulkner, 3:56; Bob Reilly, 4:14 (3rd); Pat Emigh, 5:04 & Vici Dehaan, 5:50. Oops! Relentless Dave Black, 2:35!

Day to Remember 5K, Aurora: Mean Ed Green, 21:29 (3rd/OA); Pitts O'Donnell 24:40 (3rd); Frank Hathorn, 29:05 (1st); Penelope, 29:20 (3rd); Neil Horton, 32:43 (1st/W); Ed Guiff, 33:01 (1st/RW); Ray Adams, 35:03 (2nd/RW); Kim Shenfeld, 36:09 (1st); Leslie Woods, 39:04 & Marie Romero, 46:43 (1st). The B-Man @ **Kremmling Roadkill Half**, 1:53

9/12 – El Grito 5K, 10th & Osage: Hector Martinez, 16:37 (2nd/OA); Jeff Young, 19:02 (1st); The B-Man, 22:26; (2nd); John Miranda, 24:22; Kim Massey, 24:27 (1st); Pitts O'Donnell, 24:35; Rick Voorhees, 24:52; Don Robinson, 25:09 (1st); Alice Bernard-Voorhees, 27:20; Bob Bussey, 27:39; Penelope, 27:40 (2nd); Levi Gonzales, 32:44; Shenfeld/Woods, 36:47/40:15 & Marie Romero, 49:30 (2nd/RW). Plus **Neder-Nederland 10K** saw Lightfoot, 49:18 (1st).

9/18 – USAF Marathon, Dayton, OH: Neil Horton, 6:11 (RW). K2S (Ken Simons) in **Des Moines, IA**, 23:54 (2nd) @ **Beaverdas 5K**. Plus **Jelm Mountain 11 Mile, Woods Landing, WY:** David Schmaltz, 1:43 (2nd) & Jimbo, 2:04 (1st).

9/19 – Tenderfoot Tri in Salida saw Jay Trujillo, 2:44 (40K bike, 1K swim & 10K run). **Governor' Cup: 10K**-Ray Rupel, 39:33 (2nd); James Dowdell, 46:00; The B-Man, 46:41 (4th); Don Robinson, 53:38 (1st); Bob Fancher, 55:06 & Dave Banko, 1:06. **5K** – Jack Barry, 23:14 (1st); Terry Lauhon, 24:30 (2nd); Jimbo, 27:29; Ken Nakauchi, 34:08; Shenfeld/Woods, 37:18 & 41:33.

Farmer's 5K, Wheatridge: Ray Blum, 20:04 (2nd); Michelle Delpiccolo, 23:06; Speedy Bill Smitham, 25:06 (1st); Terry McFarlane, 29:48; Nona Chamberlin, 33:26 & Race Man (Mitch Chesbro), 34:05.

9/25 – Cub Creek Xing 8-Mile Trail, Aspen Park: Kool Shades, 1:30 & K2S, 1:35 placing 1st & 2nd respectively.

9/26 –Boulder Backroads: Half –Hector Martinez, 1:21 (2nd); Ray Blum, 1:29 (3rd); The B-Man, 1:45; Jeff Young, 1:46 and Earl Beam, 2:33. The **marathon** saw Dick Grauer, 4:52 (1st). Also, Lou Huie, 1:34 (1st) @ the **Grand Prix Half, CS**.

10/2 – Lair O' Bear 10-Miler, Idlewild: Grid Iron (David Kelbe), 1:22 (1st); The B-Man, 1:30 (1st) & K2S, 1:38 (1st). **CSU Homcoming 5K, FTC** saw Traveling Man (Roger Rybicka), 26:30. The Oak, 3:23:26 @ **Danielesque Trail Half, White Ranch**, plus Julie Kimpel, 3:35 & Tall Red (Ed Youngberg), 4:04 @ **St. George Marathon in Utah**.

10/3 – CMs @ Easy Street Marathon, FTC: Diane Ridgeway, 3:23 (2nd); Ray Rupel, 3:25 (1st) & Jim Bosik, 3:46! The **Half** saw Nancy Denniston, 1:48 (1st); Jimbo, 1:57 (1st) & Fearless Fay, 2:15 (2nd). Neil Horton, 5:53 (5th/OA) **RW @ the Portland, OR Marathon. Race for the Cure:** Earl Beam, 29:47; Jerry Murch Jr., 30:16 & Rosalie Murch, 35:30.

10/10 – Run for Lauren 5K, HL Ranch: Lightfoot, 23:44 (1st) & Race Man (Mitch Chesbro), 24:54, while Jimbo, 41:42 (2nd) raced an unheard of **Red Rocks Ramble 5-Miler, Lyons**

10/11 - Credit Union Harvest 5K, Boulder: Slimfast, 20:23 (1st); Jesse Tijerina, 22:05 (2nd); Don Robinson, 26:59 (1st); Lee Bengston, 29:00 (2nd) & Shenfeld/Woods, 36:02 & 41:42.

10/17 –Also, Walking Man (Neil Horton) @ **Bar Harbor Marathon, Mt. Desert Island, ME**, 5:58.

10/22 – Goblins @ **Scream Scram 5K, WP** were Race Man, 23:36; James Dowdell, 23:58 & Earl Beam, 29:11.

10/23 – The **Other Half, Moab, UT:** Lone Joe "Elmers: Baird, 2:09.

10/24 – Duke City 5K, Albq.,NM: Connie Ahrnsbrak, 24:43 (1st) & Rosalie Murch, 37:20 (1st/RW). Also, **Girl Scout 5K, WP:** Lou Huie, 20:32 (2nd); Jan Huie, 25:55 (2nd); Earl Beam, 28:40; Annette Tapia, 32:03; Dennis Holman, 32:04; Carly Frick, 37:43 & Olga Hnizdel, 37:44 (1st).

10/30 –Goblins @ Eerie Erie 10K were Slimfast, 42:01 (4th); The Master (Rich Romero), 47:03 (2nd); The Oak, 47:47 (3rd); Spiderman, 48:05; Terry Lauhon, 54:07; Jimbo, 54:15; Bob Fancher, 55:18; Terry McFarlane, 1:02 & Vici Dehaan, 1:04. Goblins running the **5K** were Jim Perry, 20:01 (4th); Jesse Tijerina, 22:46 (3rd); Connie Ahrnsbrak, 25:15 (1st); Kim Massey, 25:29 (2nd); Tanuya Wilson, 26:04; Don Robinson, 27:36 (1st) & Shenfeld/Woods, 34:43 & 41:03.

**President’s 7-Miler
Cherry Creek State Park
Sunday November 14, 2004**

First, a little thank you to the weatherman. The forecast called for snow the night before with the possibility of a couple inches throughout the night, but the day dawned cold and clear.

Secondly, thanks to all the volunteers who made the race easy to direct. We had Tom Alison, Deb Acree, and Dave Black at registration. Joe Sanchez, Vici DeHaan and her daughter out on the course. The main man, Joe Baird, at the finish. A special thanks to Vici for helping round up the door prizes.

Sixty runners and two race walkers showed up to compete. The course was an out/back on asphalt road and no hills. FYI, 39 of the 62 were CMRA members.

Well, say a little prayer for the President’s 7-miler. Unless we get a volunteer who is sentimentally attached to this race and takes it over this will be the last one. See the President’s corner for the details.

NOTE: Annual Banquet, January 21, 6:30 PM!

Overall Results

Race Walkers:

- 1. Neil Horton 63 60:23
- 2. Chuck Thies 58 61:23

PLACE	NAME	TIME	AGE
1	Jonathan Huie	0:39:29	24
2	Cheyve Heiny	0:39:44	17
3	Keith Johnson	0:39:52	43
4	Adam Feerst	0:42:42	44
5	Greg Damian	0:43:34	42
6	Scott Bainard	0:43:43	41
7	Kern Karkos	0:43:59	36
8	Sean Conway	0:44:24	17
9	Mark Erickson	0:44:32	39
10	Stephen Fuller	0:45:18	38
11	Nick Ross	0:45:28	17
12	Scott Chamberlin	0:46:00	48
13	Bryan Heiny	0:46:27	14
14	Lou Huie	0:48:08	58
15	David Kelble	0:49:50	47
16	<i>Marcy Gibson</i>	0:50:33	39

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

17	Paul Welschinger	0:50:36	47
18	Jay Dee Trujillo	0:50:39	46
19	Robert Cram	0:50:54	54
20	Kent Enwright	0:51:01	41
21	Stephen Kreiger	0:51:44	18
22	Bob Gasson	0:52:09	57
23	Eddie Jarques	0:52:27	48
24	<i>Marion Sills</i>	0:52:32	39
25	Scott McFarlane	0:52:43	53
26	<i>Deborah Acree</i>	0:53:16	52
27	<i>Mary Boschen</i>	0:53:56	34
28	Kyle Boschen	0:53:57	36
29	Richard Romero	0:54:09	68
30	Andy McKean	0:54:58	59
31	Gale Meuret	0:55:09	57
32	<i>Shane Holonitch</i>	0:55:10	54
33	<i>Jana Tebbe</i>	0:55:14	30
34	Grayson Drexel	0:55:22	55
35	Mitch Chesbro	0:56:16	46
36	Ed Youngberg	0:57:04	61
37	Niles Downen	0:57:53	51
38	Dennis Woljan	0:58:34	62
39	Ben Joy	0:59:56	32
40	Mark Johnson	1:00:52	46
41	<i>Joy-Dye</i>	1:00:56	31
42	Roland Thomas	1:01:10	55
43	Ray Grundmeyer Jr	1:03:58	66
44	Don Robinson	1:05:17	72
45	Mike Vanoni	1:06:35	53
46	Ken Green	1:07:44	75
47	<i>Christine Vanoni</i>	1:07:58	53
48	<i>Faith Lopez</i>	1:08:02	64
49	Dave Banko	1:08:06	53
50	<i>Carol Johnson</i>	1:08:17	50
51	<i>Marie Ross</i>	1:09:01	15
52	<i>Molly Dicroce</i>	1:09:02	14
53	<i>Vici De Haan</i>	1:09:12	69
54	Tom Alison	1:10:41	67
55	Dave Black	1:11:23	53
56	<i>Fern Oliner</i>	1:15:11	63
57	Frank Hathorn	1:17:05	70

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

58	<i>Marriott Smart</i>	1:17:31	69
59	Dennis Velenchenko	1:22:07	58
60	<i>Kimberly Shenfeld</i>	1:24:48	46

Overall Men

Overall Women

Place	Name	Time	Name	Time
	Jonathan Huie	0:39:29	Marcy Gibson	0:50:33
		75 and Over		
1	Ken Green	1:07:44		
		70-74		
1	Don Robinson	1:05:17		
2	Frank Hathorn	1:17:05		
		65-69		
1	Richard Romero	0:54:09	Vici De Haan	1:09:12
2	Ray Grundmeyer Jr	1:03:58	Marriott Smart	1:17:31
3	Tom Alison	1:10:41		
		60-64		
1	Ed Youngberg	0:57:04	Faith Lopez	1:08:02
2	Dennis Woljan	0:58:34	Fern Oliner	1:15:11
		55-59		
1	Lou Huie	0:48:08		
2	Bob Gasson	0:52:09		
3	Andy McKean	0:54:58		
4	Gale Meuret	0:55:09		
5	Grayson Drexel	0:55:22		
		50-54		
1	Robert Cram	0:50:54	Deborah Acree	0:53:16
2	Scott McFarlane	0:52:43	Shane Holonitch	0:55:10
3	Shane Holnitch	0:55:10	Christine Vanoni	1:07:58
4	Niles Downen	0:57:53	Carol Johnson	1:08:17
5	Mike Vanoni	1:06:35		
		45-49		
1	Scott Chamberlin	0:46:00	Kimberly Shenfeld	1:24:48
2	David Kelble	0:49:50		
3	Paul Welschinger	0:50:36		
4	Jay Dee Trujillo	0:50:39		
5	Eddie Jarques	0:52:27		
		40-44		
1	Keith Johnson	0:39:52		
2	Adam Feerst	0:42:42		
3	Greg Damian	0:43:34		
4	Scott Bainard	0:43:43		

5	Kent Enwright	0:51:01	
		35-39	
1	Kern Karkos	0:43:59	Marion Sills 0:52:32
2	Mark Erickson	0:44:32	
3	Stephen Fuller	0:45:18	
4	Kyle Boschen	0:53:57	
		34 and Under	
1	Cheyve Heiny	0:39:44	Mary Boschen 0:53:56
2	Sean Conway	0:44:24	Jana Tebbe 0:55:14
3	Nick Ross	0:45:28	Joy-Dye 1:00:56
4	Bryan Heiny	0:46:27	Marie Ross 1:09:01
5	Stephen Kreiger	0:51:44	Molly Dicroce 1:09:02

**President's Corner
By Rob Fisher**

We are coming to the end of another year. For me this year has been very good and that means no major injuries. I have enjoyed being your president. Because we have so many great volunteers, the position of President has not been difficult. We have spread the work out to where no single person has too much to do. I will save my praises for each individual at our **Annual Meeting** scheduled for **January 21, 2005, Friday @ 6:30 PM.**

HELP WANTED: As with any volunteer organization we can always use a few more good people. We are looking for at least 2 of our members to add to our Board of Directors and **a co-Editor**. I think the main qualification is that you enjoy running and you would like to help share that experience. Contact any officer or board member if you have an interest or we will have to come looking for you.

2005 RACE CALENDAR: Look for a couple changes in next year's calendar. We have dropped and added 2 races.

With heavy hearts we have dropped the **May Red Rocks** race. This was a favorite course, however, progress has caught up to us. The car traffic was pretty bad this year with a couple of potentially dangerous situations. In addition the upgrading of the facility has brought new management and they have not been friendly regarding the use of parking lots and rest rooms.

We have also decided to drop the November race at Cherry Creek State Park. What helped our decision is that we had interest in having a race on the dirt roads of Barr Lake State Park so the Board voted to make the change. The December 2005 race will become the President's 4-miler along with the traditional pancake breakfast. Check out the entire 2005 race calendar in this issue.

Note: Most of our races for 2005 have directors in place. However, to keep our club vibrant we need new ideas and energy. If you want to direct a race or create a race in a new location let us know.

Happy Holidays and Happy Running/Racing

2005 LAKE ARBOR
January 8, (SAT), 9:00AM**

Take I-70 to Wadsworth. Go north past 80th to the signal @ Pomona Drive. Turn right (east) @ Pomona Drive. Continue straight past the four way stop until you see the lake. Race start on east side of lake. Registration starts one hour before race time (9:00 AM). Race walkers start 15 minutes before runners.

Call director, **Ken Randall** for **additional info: 303-422-3745 AND TO VOLUNTEER!**

□

40 FURLONGS/ 5-MILER

Feb 12, SAT, 9:00 AM

South Suburban Tennis Center

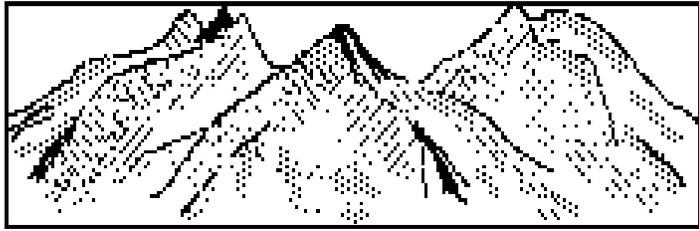
Go south on Santa Fe to Bowles. West on Bowles, turn right to the Tennis Club. Park on east side of bubble @ South Platte.

Call Lee Bengston to VOLUNTEER:

303-282-7521

Registration one hour before Race time

RACE WALKERS start 15 minutes prior
To race time!



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

Membership Chair: Ray Grundmeyer 303 526-5156

Quartermaster: Joe Sanchez 720-962-6642

CO-Editors:

Connie Ahrnsbrak (March, July, November Issues)

Phone: 303-985-1168 Email: cahrnsbrak@yahoo.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,

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,

Twin Lakes Park 70TH & Broadway

March 27 (SUN), 9:00 AM,

Directions: Take I-25 to Boulder Turnpike (west). Exit @ Pecos and get back on the turnpike going east. (can't exit Broadway going west). Exit Broadway going south, west on 70th. Twin Lakes Park is on the left.

Registration is one hour before race time.

walkers will turn around @ 1.55)

More Info: Rosalia Murch-303-693-2278
or Connie Ahrnsbrak-303-985-1168

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

Jan	08	Sat	9 AM	Lake Arbor 5K	Lake Arbor, Arvada	Ken Randall	303-422-3745
Jan	21	Fri	6:30 PM	ANNUAL Banquet	Christies @ Genesse	BOARD	
Feb	12	Sat	9 AM	40 Furlongs 5-Miler	S Suburban Tennis Ctr.	Lee Bengston	303-282-7521
Mar	27	Sun	9 AM	Spring Spring 10K*	Twin Lakes Park	Rosalia Murch	303-693-2268
						Connie Ahrnsbrak	303-985-1168
Apr	09	Sat	9 AM	Sand Creek 5-Miler	Stapleton	Rob Fisher	720-333-0624
May	21	Sat	9 AM	Memorial Run 5K/10K	Dekoevend Park	Tom Alison	303-791-6166
						Rich Romero	303-751-4284
Jun	11	Sat	8 AM	Waterton Canyon 10K*	Waterton Canyon	Deb Acree	303-279-7020
Jul	17	Sun	8 AM	Mt. Madness 12K*	Christies @ Genesee	Jim Romero	303-794-2952
Aug	10	Wed	6:30 PM	Fairmount Park 5K	Fairmont Park, Golden	Pat Phillips	303-238-4405
Aug	28	Sun	8 AM	Elk Meadow 10K Trail	Elk Meadow, Evergreen	Wayne Mathis	303-979-9592
Sept	25	Sat	8 AM	Barr Lake 9-Miler	Barr Lake State Park	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	13	Sun	9 AM	Chatfield 10-Miler***	Chatfield State Park	Kim Massey	303-765-5512
Dec	10	Sat	9 AM	President's 4 Mile**	Prospect Park WheatRidge	TBA	
**				PANCAKE BREAKFAST			
*				5K FOR RACEWALKERS			
***				5 MILES FOR RACEWALKERS			

CMRA

8100 E. UNION AVE., #1601

DENVER, CO 80237-2977

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