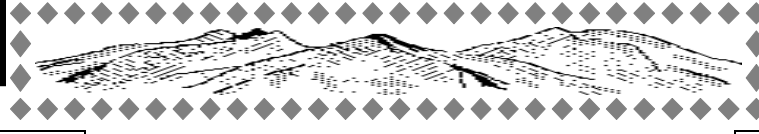


# MASTER TIMES



July/August 2007

Volume 39 Issue 4

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## PRESIDENT'S CORNER

By Ken Simons

### TOM BAILEY MEMORIAL RUN AND SERVICE

The memorial 5k run was planned by Tom Alison and Rich Romero. Tom had measured and marked the course the night before; much of the course was on the highline canal. Although the run was not heavily attended, I believe the event was meaningful, especially for Tom Bailey's children. CMRA members who participated were Rich Romero, Jerry O'Donnell, Olga Hnizdil, and myself. One of the Bailey daughters also ran in the event. In her eulogy to her parents she said she hadn't run for a long time, but she did run the distance and felt like her dad was with her. You could tell she was really moved by the experience. Tom Alison started and timed the run, although we didn't treat it as a race. Afterward, the memorial service, which was for both Tom and Marcia Bailey, was held in the Plymouth Congregational Church. A very nice eulogy for Tom Bailey was given by Tom Alison.

### BALARAT TRAIL RUN

This was my first mountain trail race of the season, a six-mile run near Jamestown. It was a benefit for the Balarat Learning Center, a facility for the Denver Public Schools. Part of the adventure was dodging all of the bicycles on the roads; Hwy 36 north of Boulder and Left-Hand Canyon through Jamestown.

What the directions to the race didn't mention was that after the turnoff from Left-hand Canyon, there were a few miles of dirt road, some of it one-way. Fortunately I had allowed plenty of extra time. It was a nice setting, back in the hills away from everything. I liked the course and thought I did fairly well despite the fact I hadn't trained on mountain trails this spring. Taking a wrong turn at one point of the race, I probably ran about a quarter mile extra. At the end, I was 35 out of 58 or 59 finishers. There was good post-race food; fruit, Subway sandwiches and bagels. I must have liked the race because for my age group award, I chose from the table of available prizes a free entry to next year's race.

### WHEN COULD A RUNNER BE A REDNECK?

You are probably asking what possible value this topic might have. About the only thing I could come up with is that it might provide extra incentive for a search committee to find a new candidate for club president when the time comes for that.

A runner might be a redneck if a daily training run would be into the woods to check on the moonshine still.

A runner might also be a redneck if any distance greater than that from the couch to the refrigerator for another beer is considered ultra-distance training.

### **A running club might have a membership of rednecks if:**

During a race that goes through some of the members' yards, several runners become lost in the tall grass.

One of the featured races each year is the Sadie Hawkins day race.

There is usually a high dropout rate during a race because of runners spotting game such as 'coons or foxes along the way; they leave the race to chase after the critters. There is also increased risk to the other runners due to stray buckshot.

During the spring and fall, there are fewer entrants in the older age groups because it conflicts with their high school track and crosscountry events.

It is considered unfair advantage for any runner to wear footwear lighter than hunting boots.

The aid stations typically feature moonshine and squirrel pie.

Awards after the race might include traps for trapping 'coons and 'possums, and certificates for chewing tobacco.

## **VAIL HALF MARATHON (OR NOT)**

By: Vici DeHaan

On Sunday, July 22, I signed up for the third time to run the Vail Half Marathon. If you've never done this race, be forewarned that you're in for a true challenge.

Last year, they instituted mandatory cut off times since the last runners took forever to finish. That course also started at the Golden Peak lift and started out uphill (what else?) on a service road. However, after 3 miles, we were routed through the woods onto a hiking trail, then straight up one of the most difficult ski slopes that is better skied going down rather than struggling uphill, after which we crossed over downed logs and through a small creek. I debated doing the race again this year since I was anticipating a re-run of this course, but they surprised me.

Prior to this year's race start, the race director made a big deal about how difficult this course was and warned us that the cut off times at 3 miles of one hour, and again at 9 miles where they allowed 3 hours, would be strictly adhered to and that vehicles would be positioned there to take us over to the finish line at Lions Head at the top of the gondola. He also told us about water stations positioned every three miles, including one at 13 miles, which baffled me at the time. That's when I should have suspected that perhaps this race wasn't as advertised.

Again this year, we began at Golden Peak lift area, and once again we went up the same service road, to the 3-mile point. Since I'm not getting any younger, and the road climbs relentlessly, I pushed it as hard as I could and was able to make the cut-off with 15 minutes to spare. Here, I anticipated heading down the road to intercept one of the hiking trails as we had done last year, but instead we were routed on up the service road. This was a relief for me since I didn't look forward to crawling over more large downed trees.

**Once over the hill, you pick up speed!**

The service road climbed all the way to mile 9, where I was an hour ahead of the cut off time, and by then, we had climbed close to 4,000 feet. From this point on, the fun really began. At first we had a short downhill before encountering our first rock outcropping which dropped us down onto a lower trail. Luckily the race director had positioned a volunteer there wearing heavy leather gloves, and he carefully handed me down the rock “steps.” Upon reaching the bottom of this outcropping, I saw another runner who had apparently fallen and was debating whether to continue to someplace where someone could pick her up.

I was informed then that there was yet another rock outcrop ahead, but the volunteer assured me that they had put a rope up there for our protection. As I ran through fields of vibrant wild flowers, I could only anticipate what lay ahead.

Sure enough, there was another volunteer in a red shirt. He directed me to grab hold of the rope that had been anchored to the rock that offered a little protection from falling down the steep slope to reach yet another hiking trail. Fortunately the volunteer also offered a hand as I grabbed hold of the rope and struggled down the embankment, while above me, my only competitor, a runner in her early sixties (our age group was listed as 60+) appeared above me, and called “on belay, down climbing.”

After we got through that hurdle, we encountered a series of rolling hills and ran through the woods on more single track trails. When I reached the aid station at mile 13, I was offered Gatorade but wondered why in the world I would need something to drink with only .1-mile to go.

That was when I realized the problem. The race turned out to be actually longer than 13.1 miles, but at this point, I had no idea how much further we had to go. As I encountered another short downhill with some hikers coming up, I hesitated but they assured me that I was still on course.

The course had always been well marked with two yellow signs with arrows pointing out the route, but I couldn't even see them at this point. Talk about not knowing when to “kick” it in to the finish. As it turned out, the course was actually 14.5 miles long, and we had climbed way over 4,000 feet.

I've learned in the past not to believe others when they say “you're almost there,” and it was a lesson well learned in this case. At any rate, I finished just behind my competition, and was obviously the oldest female on the course by at least a decade.

Oh well, when running in the mountains, I know I'm in for a challenge. However, longer distances than advertised hadn't been one of them until now. So this race goes into my endurance bank as I prepare to run the Pikes Peak Marathon yet another year with two of my kids.

At least I know for sure that the distances for Pikes are accurate to the point of their being announced in .9-mile increments rather than full miles, so there I know what to expect and when I can kick it into the finish (assuming I have something left to kick).

**SOUTH VALLEY PARK 10K 2007**  
**June 9, 2007**

What a beautiful day! Sunny and 73 degrees by the 8:00 a.m. start. We had a healthy turnout for the second race at South Valley Park / Ken-Caryl Ranch: 61 runners (this includes 10 speedy kids) and 6 race walkers. Both the walk and run courses were different from last year due to trail projects. Race-day challenges caused the 10K course to run at 5.8 miles and the race walk course 2.5 miles.

The women's race was won by Tania Pacev followed closely by Christine Adamowski. The Men's race was won by HS'er Eric Ndikumana in a blazing time of 37:07. Keith Johnson, Andrew Adamowski and Hector Martinez closely followed. Seven of our high schoolers placed in the top 11!

A solid group of race walkers turned out for a loop around South Valley Park, lead by Jill Miller.

A half-mile kids race was held upon completion of the adult race. Ten future CMRA leaders participated and this fast and motivated group was lead by Tate and Harper.

Special thanks to all those who made this event happen, including Sean Warren and Christopher Morris of Ken Caryl Open Space and Cathy Deweese of Jefferson County Open Space. Deb Acree provided a wealth of pre-race support and assistance, staffed the water station during the race, as well as multitasked course marshaling (she even managed to clean the back of her sister's truck - big thanks to Scott McFarlane for assisting in providing more water to make up for the spill). Great work by CMRA stalwarts Rosalia & Connie and the Joe's (quartermaster and timer). Volunteers Adam "Trailman" Feerst, Greg Ayers, and Mike "Z" Cavaleri helped with marshaling and course marking. Great job to Kim for staffing the turnaround of the kids' race (not one child was lost by not making the turn)!!

Huge thanks to our generous sponsors: Running Wild for the gift certificates, Fleet Feet Boulder for the technical running shirt, Boulder Running Company for the technical running shirt and gift certificate, Great Harvest Bread Company for delicious bread and other baked goods, and Go GMC West for the free oil change certificates.

PLACE	NAME	TIME	AGE
1	Eric Ndikumana	37:07	17
2	Keith Johnson	37:27	46
3	Andrew Adamowski	37:38	33
4	Hector Martinez	37:54	23
5	Nigel Miller	40:26	19
6	Chris Ubias	41:11	15
7	Orion Ocampo	42:09	17
8	Eric Bindner	42:29	50
9	Sam Granados	43:04	16
10	Dan Rule	43:12	18
11	Irving Reza	43:13	15
12	Bob Jones	43:40	46
13	Jeff Young	44:20	51
14	Tania Pacev	45:13	48
15	Dan Shaw	46:01	47
16	Christine Adamowski	46:06	39

17	Matt Poundstone	46:43	27
18	Brian Cross	46:48	48
19	Tim Flanigan	47:09	45
20	Jay Trujillo	48:48	48
21	Denise Glenn	48:50	40
22	Aaron R	50:11	36
23	Diane Vanderhoeven	50:58	45
24	Asuka Iguchi	53:35	30
25	Kathy Johnson	53:40	46
26	Richard Romero	54:48	70
27	Spiderman (Scott McFarlane)	54:57	56
28	Ken Randall	55:23	69
29	Jim Gleason	55:42	60
30	Jim Thomas	55:57	56
31	Ken Simons	56:40	69
32	Ross Westley	57:52	70

33	Jeff Dawson	58:28	58
34	Mitch Chesbro	58:42	48
35	Roger Young	58:44	42
36	Gale Meuret	58:50	60
37	Joe Sanchez	58:59	69
38	J Gutierrez	59:13	54
39	Steve Eickelman	59:59	54
40	Kim Young	60:45	40
41	Adam Alberti	61:14	15
42	Edward Ewing	63:57	53
43	Janet Ralston	65:33	45
44	Fred Trentaz	65:40	65
45	Gabriel Sisneros	66:05	68
46	Audry Krebs	71:43	50
47	Charlie Schmucker	75:03	60
48	Dan Wall	75:17	46
49	Ed Youngberg	76:56	64
50	Wayne Mathis	82:05	63
51	David Boyle	87:07	72

RACE WALKERS			
1	Jill Miller	0:27:06	51
2	Rosalie Murch	0:27:31	66
3	Laura McCoy	0:27:46	52
4	Diane Ewing	0:38:26	53
5	Lu Shaw	0:38:28	
6	Rich Muldoon		71

KIDS RACE			
1	Tate	03:22	
2	Harper	03:40	
3	Isabella	04:18	
4	Alaya	04:20	
5	Courtney	04:43	
6	Catrina	05:02	
7	Kara	05:29	
8	Daphne	06:49	
9	Cody	07:40	
10	Alexis	09:31	

Editor's note: For age group awards, please see the website results page:  
[http://www.comastersrun.org/Race\\_Info/2007/South\\_Valley\\_Results.html](http://www.comastersrun.org/Race_Info/2007/South_Valley_Results.html)

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 Parker & Arapahoe 303-766-3411

**CMRA Christie's @ Genesee Mountain Madness  
 July 15, 2007**

PLACE	NAME	TIME	AGE
1	Hector Martinez	44:38	23
2	Andrew Adamowski	44:51	33
3	Keith Johnson	46:23	46
4	Adam Feerst	49:18	47
5	Chris Ubis	50:29	16
6	Bob Jones	51:17	46
7	Rich Hadley	51:32	51
8	Christine Adamowski	52:20	40
9	David Rothenburger	52:49	38
10	Bob Cooper	53:13	59
11	Dan Shaw	53:21	48
12	Tim Flanigan	53:30	45
13	Jon Sauer	53:47	48

14	Bob Caillouette	54:21	52
15	Jeff Young	55:37	51
16	Lindsay Krause	55:46	29
17	Robbie Jones	55:51	14-18
18	Paul Madden	56:30	30
19	Brian Cross	56:57	48
20	Theresa Jockers	57:09	46
21	Bruce Dahm	58:04	38
22	Jay Trujillo	58:31	49
23	George Greco	58:58	55-59
24	Jason Myers	59:12	33
25	Alan Johnson	59:18	46
26	Jim Romero	59:35	67
27	Harry Dykstra	59:37	58

**Once over the hill, you pick up speed!**

28	Lou Huie	60:02	60
29	Paul Rundle	60:24	42
30	<i>Kathy Johnson</i>	60:58	46
31	Chris Stone	61:07	40
32	Brett Allendorf	61:11	38
33	<i>Maggie Ruddy</i>	62:03	25
34	Greg Ayres	62:10	48
35	Richard Romero	62:19	70
36	Scott McFarlane	63:32	56
37	Robert Romero	63:45	61
38	<i>Nicole Douty</i>	64:55	32
39	<i>Holly Dahm</i>	65:28	37
40	Jack Barry	65:38	69
41	Tom Chambers	65:55	64
42	Kent Mitchell	66:38	65
43	<i>Janet Hattlestad</i>	67:04	36
44	Mark Ramsey	67:07	44
45	<i>Holly Carrell</i>	67:11	35
46	Brent Jockers	67:22	56
47	Rich Martinez	67:35	60
48	Tony Khorouzan	67:38	44

49	Glenn Bakken	67:40	56
50	John Mcwilliams	69:41	62
51	<i>Kathy Berberick</i>	69:48	48
52	Mitch Chesbro	70:46	48
53	Roger Rybicka	71:06	59
54	Fred Trentaz	74:24	65
55	Ed Youngberg	74:26	64
56	<i>Holly Romero</i>	74:35	47
57	Gabriel Sisneros	76:47	69
58	<i>Kathleen Porter</i>	77:18	48
59	David Christie	77:55	56
60	Ken Green	77:57	78
61	Don Robinson	78:30	75
62	Bruce Brandt	79:32	62
63	<i>Deb Hadley</i>	82:15	50
64	Tom Duran	86:07	59
65	Wayne Mathis	98:30	64
<b>RACE WALKERS</b>			
1	Neil Horton	42:39	66
2	<i>Lu Shaw</i>	55:07	49

*Editor's note: For age group awards, please see the website results page:*  
[http://www.comastersrun.org/Race\\_Info/2007/Mountain\\_Madness\\_Results.html](http://www.comastersrun.org/Race_Info/2007/Mountain_Madness_Results.html)

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**PELICAN UPDATE**  
**By Connie Ahrnsbrak**  
**(Cahrnsbrak@yahoo.com)**

**5/7- Collegiate Peaks: 50-miles-** Tania Pacev, 8:08 (OA); Ed Green, 11:14 & Shane Holonitch, 11:23. **25-Miles-**Hector Martinez, 3:40; Kristen Moreau, 3:41; Jim Romero, 4:46; Robert Kanieski, 5:12; Bill Moyle, 6:31 & Dave Black, 7:08.

**Run with Warriors 5K, Westminster:** Mitch Chesbro, 25:09. **Cinco De Mayo, Pueblo:** Lou Huie, 46:05 (1<sup>st</sup>) & Jan Huie, 54:47.

**5/12- Mamma Mia 5K, CP:** Oscar Ponce, 17:11 (OA); Hector Martinez, 17:19 (1<sup>st</sup>); Noe Cuevas, 18:56 (3<sup>rd</sup>); Jeff Young, 20:25; J Gutierrez, 27:43 & Laura McCoy.

**Bank of America River Run 10K, Wichita:** Wichita member, Ray Grundmeyer, 58:44

**5/19- Balaret 6-Mile Trail:** Ken Simons, 1:07 (1<sup>st</sup>). **Coyote Creek 8-Mile Trail, Kremmling:** Robert Kanieski, 1:04 (1) & Glenn Bakken, 1:16.

**5/20- Colfax Marathon:** Miguel Cazares, 3:15 (2); David Rothenburger, 3:24 (1); Noe Cuevas, 3:25; Tania Pacev, 3:26 (1<sup>st</sup>); Denise Glenn, 3:34 (1) & Deb Cunningham (RMRR), 3:53 (3). **Half:** Rich Hadley, 1:32 (3); Dave O'Sadnick, 1:34; Lou Huie, 1:48 (2<sup>nd</sup>); The B-Man, 1:49 (1); Rich Romero, 1:52 (1); Jay Wissot, 1:54; Ken Randall, 1:55 (3); Ross Westley, 2:00 (2); Jack Barry, 2:01; Connie Arhnsbrak, 2:05 (1); Jan Huie, 2:08. (1); Leslie Mitchell, 2:11; J Gutierrez, 2:26; Earl Beam, 2:28; Audrey Krebs, 2:34; Rosalie Murch, 2:58 (2); Jerry Murch Jr., 3:10; Leslie Woods, 3:12 & Kim Shenfeld, 3:26.

**Open Marathon Relay Team:** Hector Martinez, Omar Martinez, Oscar Ponce, Joseph Manilafasha & Eric Ndikumana, 2:31(1<sup>st</sup>). **Corporate Mixed** (team Super Highway), Paul Welschinger, 3:20 (2<sup>nd</sup>).

**Airlife Memorial 5K, Hudson Gardens:** Bob & Holly Romero, 51:08 (3<sup>rd</sup>)/58:54 respectively. **Castlewood Canyon 10K, Parker:** Kristen Moreau, 53:27 (3<sup>rd</sup>); Michael Quispe, 56:49; Diane Vanderhoven, 57:27; Scott McFarlane, 1:05; Tom Chambers, 1:08 (1<sup>st</sup>); Roger Rybicka, 1:15; Bill Moyle, 1:26 & Dave Black, 1:37.

**5/26- Mt. Wilson 8.6 trail, Sierra Madre, CA:** Trail Man (Adam Feerst), 1:11 (13<sup>th</sup> OA). *2<sup>nd</sup> oldest race in CA, held in 1908 (9 men), women started running this race in 1930.*

**5/27- Brentwood 10K, CA:** Trail Man, 36:04 (11th OA). **Wyoming Marathon, Laramie:** Tania Pacev, 3:55 (OA) & Shane Holonitch, 4:40 (1<sup>st</sup>).

**5/28-Bolder Boulder:** Hector Martinez, 35:54 (3); Steven Sellars, 35:55 (3); Miguel Cazares, 36:30 (9); Brandy Erholtz, 36:47 (1); Michael Quispe, 38:03; David Rothenburger, 38:55 (6); Dave O'Sadnick, 39:41 (4); Bob Cooper, 41:06 (1); Kristen Moreau, 42:07 (5); Kevin Cubillas, 42:49; Bob Caillouette, 42:55 (2); Denis Glenn, 43:03 (4); Jeff Young, 43:47 (14); Dan Shaw, 43:55; Jill Sellars, 45:40 (14); Monica Ryan, 45:50 (3); Bruce Dahm, 46:02; Jim Romero, 47:49 (2); Amy Lease, 48:22 (2); Glenn Bakken, 49:25; Bill Smitham, 49:29 (3); Ross Westley, 50:11 (1); Bill Faulkner, 50:16 (4); Charles Scheibe, 51:16; Robert Romero, 51:26 (13); Deb Acree, 52:30 (7); Taunya Wilson, 52:49 (2); Connie Arhnsbrak, 53:21 (1); Doug Tollin, 54:01 (11); Mitch Chesbro, 54:39; Holly Dahm, 54:52; Joey Shaw, 55:31; Bill Obert, 55:33 (4); Jim Peterson, 56:26 (6); Pat Tolleson, 56:33 (13); Pitts O'Donnell, 56:51; Bob Ghormley, 59:12 (11); Holly Romero, 59:58; Bruce Brandt, 1:00; Earl Beam, 1:01; Don Robinson, 1:02 (4); Ken Green, 1:02 (1); Rich Muldoon, 1:02 (6); Penelope, 1:05; Vici Dehaan, 1:06 (3); Willy Shaw, 1:06; Rosalie Murch, 1:10 (3); Chuck Goodman, 1:15; Santa Card, 1:17; Ed Ewing, 1:26; Leslie Woods, 1:27; Marie Romero, 1:53; Diane Ewing, 2:25 & Sir Fred Trentaz.

**Run Wichita Sageser Memorial 15K:** Ray Grundmeyer, 1:38

**6/3- Steamboat Springs Marathon:** Chris Voeller, 3:31; Chris Stone, 4:13 & Earl Beam, 4:23. **Half:** Steven Sellars, 1:21 (1) & Taunya Wilson, 2:04 (2).

**Mickelson Trail Half, Deadwood, SD:** Bob Cooper, 1:28 (1); Bruce Dahm, 1:34; Megan Vanoni, 1:56; Holly Dahm, 1:58; Roger Rybicka, 2:06; Mike Vanoni, 2:09, Christine Vanoni, 2:28 & Ken Weller, 2:43.

**Turquoise Lake Half, Leadville:** Hector Martinez, 1:25 (OA); Oscar Ponce, 1:30 (1); Jeff Young, 1:39 (1); The B-Man, 2:02 (1); Shane Holonitch, 2:04 (3); Bill Faulkner, 2:04 (2); The Oak, 2:15 (1); Sylvia Martinez, 2:24 & Pat Tolleson, 2:27.

**6/9- Hatfield-McCoy Marathon, Goody, KY:** Neil Horton finishing 100<sup>th</sup> marathon.

**Sunrise Stampede 10K, Longmont:** Amy Lease, 48:23 (1).

**6/10- Garden of Gods, CS:** Trail Man, 1:04:14 (5<sup>th</sup>/master); Michael Quispe, 1:04:56 (1); Dave O'Sadnick, 1:09 (3); Derek Griffiths, 1:09; Rich Hadley, 1:10; Kristin Moreau, 1:16 (1<sup>st</sup> master); Diane Vanderhoven, 1:19 (1); The B-Man, 1:24 (1); Lou Huie, 1:27; Shane Holonitch, 1:27 (2); Connie Arhnsbrak, 1:32 (1); Kent Mitchell, 1:33:19; Jack Barry, 1:33:50; Janice Huie, 1:36 (3); Ken Green, 1:51 (1); Deb Hadley, 1:55; Don Robinson, 1:55 (2) & Earl Beam, 1:57.

**Arby's Half:** Eric Binder, 1:28 (1); Tania Pacev, 1:32 (1) & The Oak, 1:59 (1). **Mini Haha Tri, Broomfield:** Jason Meyers, 50:13; Terry McFarlane, 1:11 (2) & Taunya Wilson, 1:12 (1).

**6/16- Mt Evans Ascent:** Dan Shaw, 2:33 (5); Bob Cooper, 2:40 (1); David Kelble, 2:47; Jim Romero, 2:55 (1); Charles Scheibe, 3:05; Bill Faulkner, 3:10 (3); Pat Tolleson, 3:24; Taunya Wilson, 3:36 (2) & Ed Ewing, 3:59.

**Big Horn 50-Mile, Sheridan, WY:** Shane Holonitch, 14:30.

**Steamworks Half, Durango:** Rich Hadley, 1:30 (1); Lou Huie, 1:47 (2) & Jan Huie, 2:01 (3).

**6/17-Stadium Stampede 5K:** Dave O'Sadnick, 19:13 (1); Denise Glenn, 21:18 (1); Jesse Tijerina, 23:09; Jim Romero, 24:17 (1); Rich Romero, 24:38 (1); Mitch Chesbro, 25:30; Connie Arhnsbrak, 26:17 (1); Pitts O'Donnell, 28:05; Bob Ghormley, 28:31; 15-year old Ryan Hathorn, 32:40; Rosalie Murch, 35:35 (3) & Leslie Woods, 44:20. Alaya Vigil ran the 1K, (Connie's granddaughter).

**Estes Park Half:** Ross Westley, 2:02 (1). **Joe Colton's Off Road, Rollinsville: 15 Mile-** Jeff Young, 1:52 (1) & Jill Sellars, 2:08 (2); **10-Mile-** Steven Sellars, 1:04 (1); Irving Reza, 1:14 (1); Jim Bosik, 1:24; Bill Faulkner, 1:29; Pat Tolleson, 1:48 & Sylvia Martinez, 1:53. **9K-** Bruce Brandt, 57:12 (3). **5K-** Orion Ocampo, 19:29 (OA) & Santa Card, 37:23.

**Kremmling Days 12.6 Trail:** Trail Man, 1:34 (OA); Michael Quispe, 1:35 (2); Eric Binder, 1:41 (3) & Tania Pacev (1). **Strawberry Shortcut 10K, Glenwood Springs:** Sir Fred Trentaz, 59:59 & Joe Baird, 1:04.

**6/20-Summer Solstice 5K, CP:** Rich Hadley, 19:31 (1); Bill Obert, 25:04 (1); Earl Beam, 30:59; Deb Hadley, 32:05 & Rosalie Murch, 35:16 (1). Hunter & Taylor Marie Karickhoff ran the 1K (Connie's grandkids).

**6/23- Notts Creek 7 mile Trail, Golden Gate Canyon:** Chris Voeller, 1:02; Diane Vanderhoven, 1:15; Scott McFarlane, 1:22; Tom Chambers, 1:29 (1); Roger Rybicka, 1:39 & Bill Moyle, 1:47 (2).

**Northside Stride, Sloans Lake: 10K-** Hector Martinez, 35:17 (3); Mauro Martinez, 37:44 (1); Noe Cuevas, 38:16; Samatha Towne, 39:00 (1); Isaiah Rubio, 42:01 & Sylvia Martinez, 56:38 (3). **5K-** Keith Johnson, 16:54 (1); Eric Ndikumana, 17:12 (1); Cookie Ocampo, 18:04 (3); Esmeralda Martinez, 19:50 (3); Jeff Young, 20:06 (1); Jim Romero, 23:34 (1); Eve Sheridan, 23:53 (3) & Taunya Wilson, 25:27 (1).



**ELK MEADOW 10K**

Sunday, August 26 – 8 AM Elk Meadow Park, Evergreen

A challenging run on a beautiful trail. (Not for Run-Walkers).

**Directions:** Take I-70 west to exit 252. Go south past Bergen Park to Stagecoach Blvd and right on Stagecoach. Go up to the parking lot of the park on the right. For more information or to volunteer call Wayne Mathis at 303-979-9592.

**BARR LAKE 1/3 MARATHON**

Saturday, September 22 – 9 AM Barr Lake State Park

**Directions:** Take I-76 northeast from Denver, exit on Bromley Lane. Go east to Picadilly Road, then south to the park entrance. Follow the signs to the visitor center. For information or to volunteer call Dave Black at 303-781-1738.

**COAL CREEK CROSS COUNTRY CHALLENGE 5.72 MILES**

Sunday, October 14 – 9 AM Louisville

This is a CMRA race you don't want to miss!

A true cross country race with dirt trails, farmer's fields, ditches, hills, and even a stream crossing.  
Full of Surprises!

\* Word to the wise: bring an extra pair of shoes or sandals for afterwards.

**Directions from Denver and points south:** Take the Boulder Turnpike (Highway 36) northwest toward Boulder. Take the second exit after Broomfield, which is Storage Tech Drive. Make a right off the exit ramp heading north. Continue north to 2nd traffic light. Make a left on to South 96th Street. Continue north through the traffic light on Dillon Road, go about a half mile and make your first left turn on to County Road (just before the railroad overpass). After coming down a short steep hill make your first left turn on to Bella Vista Drive and then your first right turn into the park and parking areas.

**Directions from Boulder and points north:** Take South Boulder Road east to Main Street, Louisville. Make a right and head south about 1 mile to the 4-way stop at the intersection of Main Street and Pine Street (the Blue Parrot Restaurant is on the SE corner). Make a left onto Pine Street. Make the first right on to Front Street. Continue south about 1/4 mile and make a right turn into the Louisville Community Park and parking. For Race information or to volunteer call Bruce Kirschner at 303-666-0864.

Shop at our Sponsor!

**Running Wild**  
 1970 E. County Line  
 Road, Littleton  
 303-738-9446



Shop at our Sponsor!

**Runners Choice**  
 2460 Canyon Blvd.  
 Boulder  
 303-499-8551

## COLORADO MASTERS RUNNING / RACEWALKING ASSOCIATION

[www.comastersrun.org](http://www.comastersrun.org)

*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.*

### 2007 OFFICERS & BOARD OF DIRECTORS

		<u>Home Phone</u>	<u>Work Phone</u>	<u>E-mail Address</u>
<b>President:</b>	Ken Simons	303-421-5835		kssimons5@aol.com
<b>Vice President:</b>	Rob Fisher	303-738-0115	720-333-0624	rob_fisher@bonfils.org
<b>Treasurer:</b>	Tom Alison	303-791-6166		motnosila@comcast.net
<b>Secretary:</b>	Chris Vanoni	303-744-9067		m_c_vanoni@msn.com
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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 the co-editors listed above.

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

**2007 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](http://www.comastersrun.org)**

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Name</b>	<b>Director(s)</b>	<b>Telephone</b>
Jan 20	Sat	9:00 AM	Lake Arbor	Lake Arbor 5K	Ken Randall	303-422-3745
Feb 10	Sat	9:00 AM	S. Suburban Tennis Ctr	40 Furlongs (5M)	Rich Voorhees	
Mar 10	Sat	9:00 AM	Twin Lakes Park	Spring Spree 10K	Tom Alison Rich Romero	303-791-6166 303-751-4284
Apr 7	Sat	9:00 AM	Stapleton	Sand Creek 5 Miler	Rob Fisher Dan Shaw	303-738-0115 720-480-2370
May 12	Sat	4:00 PM	Writer's Vista Park	Memorial Run 5K and Potluck	Rosalie Murch Connie Ahrnsbrak	303-693-2278 303-985-1168
Jun 9	Sat	8:00 AM	South Valley Park	South Valley 10K	Deb Acree	
Jul 15	Sun	7:30 AM	Christies @ Genesee	Mountain Madness 12K (5K for racewalkers)	Jim Romero Jerry O'Donnell	303-794-2952
Aug 15	Wed	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail	Pat Phillips	303-279-4305
Aug 26	Sun	8:00 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race (~9K)	Wayne Mathis	303-979-9592
Sep 22	Sat	9:00 AM	Barr Lake State Park	Barr Lake 1/3 Marathon	Dave Black	303-781-1738
Oct 14	Sun	9:00 AM	Louisville	Coal Creek XC Challenge 5.5 Mi	Bruce Kirschner Randy Luallin	303-666-0864
Nov 10	Sat	9:00 AM	Chatfield Lake State Park	Chatfield 10 Miler (5 miles for racewalkers)	Kim Massey Scott McFarlane	303-765-5572 303-904-4542
Dec 8	Sat	9:00 AM	Prospect Park, Wheat Ridge	Clear Creek 4-Miler and Pancake Breakfast	Vici DeHaan	303-494-1782

**CMRA**  
**8100 E UNION AVE UNIT 1601**  
**DENVER, CO 80237**