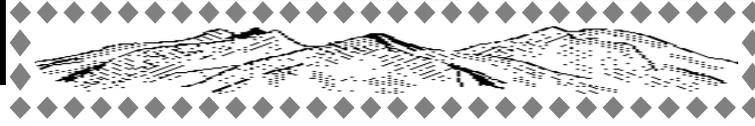


# MASTER TIMES



Nov/Dec 2007

Volume 39 Issue 6

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## PRESIDENT'S CORNER

By Ken Simons

### NEWSLETTER EDITOR

We need someone to volunteer as one of the newsletter editors. This person would be responsible for just three issues per year. These would be the March-April, July-August, and the November-December issues. Dan Shaw, the other editor, would be happy to familiarize you with any of the details. You would also be a member of the CMRA board.

This position was vacated by Chris Voeller who relocated to Florida temporarily to help his father who was battling cancer. Unfortunately, his father passed away October 4th. Chris will continue to split his time between Florida and Colorado, and his schedule will not allow time for editor duties.

### NEW RACE DIRECTORS

Thank you Kristen Moreau and Greg Ayres for agreeing to direct two of our races. Greg said that he would direct the 40 Furlongs race in February, and Kristen agreed to direct the Fairmount 5K in August.

### AWARDS COMMITTEE

We are looking for a few volunteers to coordinate the preparation of the medals and ribbons for the races. This would include purchasing the medals for the next year. It would also involve preparing a set of medals or ribbons for each race. In the case of medals, medals unused in past races would be re-worked slightly so they can be used in the next race. Questions regarding details of this could be directed to Tom Alison.

### CROSSCOUNTRY RACE AT DES MOINES

This was a 10K cross country race at the metro waste management facility east of Des Moines on Sept. 16th. It was termed a "green" race because of the extensive recycling, composting, and soil reclamation activity there. Most of the course was on grass or dirt, with a little on asphalt. It was quite hilly, with a lot of turns. The course was very well-marked with a wide chalk-mark over most of the course. There were also directional signs and a person at every questionable intersection. The race had 5-year age groups. I finished in 59:37, 32nd out of 39 finishers. There were two very fast runners out front, finishing in 33+ minutes, and only one second apart at the finish. Then there was about an 8 minute gap before the next runner arrived. I found this to be a very fun event.

Once over the hill, you pick up speed!

## PILATES REFORMER

I sold the Pilates Reformer I had built around 20 years ago. There really wasn't room for it and I wasn't using it much. I had built it from measurements and photographs of reformers at a class I was taking in Boulder. The purchaser said it was structurally well-built, but the rubber rollers had too much friction against the metal surface they were rolling on. So he was going to re-build it slightly with different wheels to speed it up.

## OVER THE FALLS

By George G.

I was swimming  
Against  
The current  
Flying  
Into that wind  
Left my fingernails  
On those slippery  
Rocks  
Going over the falls  
Again  
Lightening  
Flashing everywhere  
It stood  
My life on end  
I was burned and bruised and  
battered  
Just  
How far can you bend?  
So I climbed into the cabin  
Headed up to  
The sky  
When my plane began to stall  
And I was thinking  
My, oh my!  
I better pull up on these handles  
Before  
I take another dive  
It's a long way down below  
Yeah  
I was shaking and all  
That jive  
When I heard the voice of  
thunder

Blasting right through  
The blue  
And it seared these words  
Inside of me  
Maybe  
Inside of you  
You're the author and the actor  
Did I mention, director too?  
So I turned around  
Stood my ground  
Nearly  
Lost this cool  
I was looking for Mr. Thunder  
About ready  
To punch that fool  
Thinking  
Wait a minute "Up There"  
Those words are harsh and cruel  
Talking  
All this "Thunder Trash"  
To a dude  
That's duder than dude  
What kind of game you running  
You got too much  
Altitude  
Say  
Wait a minute Mr.  
If that  
Was really true  
I would pencil out  
Each trip  
And every time I slipped  
In all

Those starring roles  
Before  
I jumped right off that cliff  
Dove in all those holes  
Where  
Everything is stripped  
Right down  
To the bones  
And  
You're standing there  
Butt naked  
Munching  
Humble pie and scones  
In the spotlight on the stage  
Majoring in fool  
And forgetting about the sage  
Then you see the lightening  
Flashing  
And hear that Mr. Thunder  
Shaking  
Everything loose with these  
words  
From way down under  
If you're the author and the  
actor  
Did I mention, director too  
Then what you think  
And feel  
Is what you get  
And it's standing in front of you

## COAL CREEK CROSS COUNTRY CHALLENGE

October 14, 2007

By Bruce Kirschner

As the rain gods pounded the earth for the ninth annual staging of the Coal Creek Cross Country Challenge, the historically picture perfect fall weather for the event was just a faint memory. A relentless heavy rain fell all night and into the morning of the race. The club event that is typically the club's largest event of the year had one of the smallest fields since its inception. Although it attracted far fewer

Once over the hill, you pick up speed!

participants than expected, 67 hardy souls showed up to participate in the most challenging Challenge to date despite the inclement weather.

The incessant downpour had groomed the race course quite nicely, producing plenty of mud and a swelled Coal Creek for the runner's enjoyment. Loose dirt from trail rehabilitation work on the north side of the Empire Road crossing brought even more sludge. This year's planned "enhancement" was in the form of a little surprise: stacked hay bales strategically located just before the infamous ditch at the top of the hill south of Empire Road.

But perhaps the toughest part of the course was the short but steep hill just south of the Coal Creek crossing. According to race pace biker Roland Erickson, "The first few runners to cross the creek had an easier time making it up the hill, but everyone else who followed had to fight their way up it. People were trying to climb it on all fours, scratching their way up and over!"

Nolan Amy was the first male to manage his way to the finish line in 34:36. A University of Colorado senior majoring in Mechanical Engineering and member of the school's club triathlon team, Amy reported "I knew that the creek crossing existed, but didn't know where and ended up running a few yards beyond it. The hardest part of the course for me was the hay bales, even tougher than the ditch." Keith Johnson was a close second behind Amy in 34:41. Landon Panches, another CU student, finished third in 34:53.

Carrie Zografos, spouse to former CU runner Oscar Ponce, was first among the women in 38:19. A former CU sprinter and cross country runner, she is currently a nurse at Denver Health and a nursing instructor for Regis University. Carrie recently moved to Denver from her home state of Oregon after getting married to Oscar Ponce, former Denver North High School runner and member of Jeff Young's Planned Pethood Posse. Coincidentally, Ponce won and set a relay record in that morning's Denver Marathon Relay. According to Zografos, she "thought the [Coal Creek] race was great" and used it to prepare for the cross country nationals in December.

First time participant Liam Bierney of Boulder, who grew up as a cross country runner outside London, reported that "the weather today was just like home," and that "we need more cross country races [like this]. His only recommendation: have a "double creek crossing" next year(!).

A hearty thanks to all the volunteers who made this event possible. Scott McFarlane, Rosalia Murch and Tom Alison did a fine job with the registration. Jim Price lent his expert hand with finish line timing. Joe Baird, Tom Alison, and Dave Swanson deftly managed the finish line and scoring duties in adverse conditions. Fairview High School International Baccalaureate student, Yoshi Greer, volunteered to provide timing splits at the 1 mile point. Fellow Fairview IB student and friend Pratyush Dubey assisted with documenting runners in their order of finish (rain washed off key finish line tag info). Connie Ahrensbrak dutifully transcribed all race results. Other volunteers along the course were Rollie Erickson (pace bike), Mark Bailey (ditch marshal), Randy Luallin (Empire Road crossing), Lori Dill (creek crossing), and Pete Wolfe (fence crossing). Sam Kirschner and Matt Menendez handled opening the livestock gates. Donna Luallin managed the water stop at the turnaround point.

Also thanks to our commercial race sponsors and prize drawing donors: Tess McFadden and Boulder Brewery for providing a fresh keg of Singletrack beer and donating a case of beer each for the top male and female finishers; Garrett McCarthy of the Old Louisville Inn for 100 half pint coupons; Boulder Running Company for four \$25 gift certificates; Fleet Feet of Boulder for ten \$10 gift certificates; Roger Rettig and Broomfield's Colorado Physical Therapy Institute for 3 free AquaMassages; Barry Sparks and the Arvada Great Harvest Bakery for all the baked goods; the Blue Parrot Restaurant for a \$20 gift certificate; and Derek Griffiths and Colorado Runner Magazine for four 1-year subscriptions.

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

## COAL CREEK RACE RESULTS

PLACE	NAME	TIME	AGE
1	Nolan Amy	34:36	22
2	Keith Johnson	34:41	46
3	Landen Punches	34:53	20
4	Peter Hegelbach	35:19	43
5	Daniel Greer	35:28	48
6	Hans Funke	35:41	47
7	John Blowin	35:49	33
8	Steve Sellars	37:31	47
9	Trail Man (Adam Feerst)	38:03	47
10	Dave Clark	38:05	30
11	<i>Carrie Zografos</i>	38:19	27
12	Justin Little	38:39	33
13	Matt Perry	39:12	44
14	John Vaneden	40:07	38
15	Jessie Lichtenwalter	40:21	23
16	<i>Kristen Haughey</i>	40:26	26
17	Joe Kosenski	41:05	45
18	Bobby Lehman	41:05	36
19	Robb Seal	41:09	36
20	Ryan Gedney	41:36	16
21	John Gedney	41:45	45
22	Dan Shaw	42:45	48
23	David Krause	43:09	22
24	Rick Denning	44:13	46
25	John Ruger	44:22	58
26	Chris Stone	44:40	40
27	<i>Denise Glenn</i>	44:42	40
28	Mark Sanazaro	45:00	57
29	Liam Bierney	45:22	47
30	<i>Kathryn Eastley</i>	45:24	22
31	<i>Theresa Jockers</i>	45:55	46
32	Jeff Dumas	46:02	62
33	Bruce Dahm	46:43	37
34	Alan Johnson	47:36	46
35	<i>Heidi Knaggs</i>	47:52	16

36	Rob Cassady	47:53	41
37	Johnathan Lawley	47:55	50
38	Harry Dykstra	48:04	58
39	Doug Berling	48:22	50
40	Bill Faulkner	48:51	66
41	<i>Kathy Johnson</i>	49:42	46
42	Spiderman (Scott McFarlane)	49:46	56
43	Scott Valentine	49:49	49
44	<i>Anne McDonough</i>	50:12	38
45	Tony Khorouzan	50:55	44
46	Brent Jockers	51:17	57
47	The Oak (Ross Westley)	51:35	71
48	Warren Sills	51:53	55
49	<i>Lisa Scroggs</i>	52:13	55
50	<i>Kristina Schneider</i>	52:40	39
51	Anthony Allen	52:56	46
52	Tim Kingston	53:08	50
53	Jim Thomas	53:24	56
54	Tall Red (Ed Youngberg)	54:13	64
55	<i>Holly Dahm</i>	54:35	38
56	<i>Jennifer Fawcett</i>	54:38	45
57	<i>Sara Berg</i>	54:38	29
58	Jeff Dawson	56:01	59
59	Gale Meuret	56:35	60
60	Jeff Lehman	57:40	42
61	Sid Vinall	58:51	69
62	<i>Pat Tolleson</i>	59:33	58
63	Dan O'Connell	60:00	58
64	Hank Eddy	60:23	55
65	Bill Eudale	61:28	45
66	Palmer Beam	72:00	63
67	<i>Linda Neale</i>	72:56	63

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

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

**CHATFIELD TEN MILER**  
**November 10, 2007**  
**By Kim Massey and Scott McFarlane**

The Chatfield 10 miler was a great success with very nice running weather (especially for November), 109 runners and 1 racewalker! Even though we had to move the date up a week from last year and there was a \$6 charge per vehicle entering the park, the turnout was good and the runners were fast. The first male was Mike Irwin at 56:59 and the first female, Brandy Erholtz beat her time last year (1:05:57) with 1:04:41 this year! This faster time despite a slightly longer course. (As many of you noticed, Scott added the "double surprise finish"). A total of 5 runners came in under an hour.

We also had a nice showing from the high school crowd. Joe Manilafasha and Eric Ndikumana came in second and third overall, respectively. The first female under 18 was Gemma Tamriz at 1:29:29 with Patricia Martinez not far behind at 1:33:55. We had eight runners in the 18 and under category. Rich Romero was the first over 70 finisher with 1:26:58 and a total of four in the over 70 category.

A special thanks to all the people that stopped at the "car pool" lot to pick up racers. A huge thanks to Dan O'Connell who helped mark the race course on Friday and helped with course clean up after the race. Thanks to Adam Feerst for loaning us the "Runuphill Racing" mile marker and directional signs.

Also, thank you to all the volunteers that made this race possible including Connie Ahmsbrak and Rosalia Murch who helped register people before the race as well as working the finish line with Joe Baird (timing) and Mike Vanoni. Water tables were "manned" by Stan and Jeff Haskins (who also helped out with water table set up and clean up), Ken Simons and Khiana Lewis, and Lu and Shannon Shaw. Joe Sanchez took care of the race equipment and did course marshalling as did Kristin Moreau. Chris, Mike, and Megan Vanoni helped out with the car pooling before the race.

As always thanks to Great Harvest bread for donating bread for the drawing. Also, thanks to Running Wild, Runner's Roost Lakewood, and the Boulder Running Company for donating gifts.

**CHATFIELD RACE RESULTS**

PLACE	NAME	TIME	AGE
1	Mike Irwin	00:56:59	28
2	Joe Manilafasha	00:59:00	16
3	Eric Ndikumana	00:59:11	17
4	Nick Ricco	00:59:16	26
5	Dey Tuach	00:59:45	18
6	Keith Johnson	01:00:24	46
7	Sam Maluberg	01:00:59	24
8	Travis Davis	01:02:31	29
9	John Seiler	01:02:59	34
10	Hector Martinez	01:03:10	24

11	Brandy Erholtz	01:04:41	30
12	Hans Funke	01:05:54	47
13	Brian Fisher	01:07:00	41
14	Bob Kessler	01:07:17	51
15	Derek Griffiths	01:07:55	32
16	Louis Martinez	01:09:12	21
17	Irving Reza	01:09:55	16
18	Paul Schoeny	01:10:03	34
19	David Rothenberger	01:10:55	39
20	Lindsey Krause	01:11:24	29
21	Tania Pacev	01:12:02	48

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22	Martin Schnitger	01:12:04	32
23	Ray Blum	01:12:52	51
24	<i>Caroline Szuch</i>	01:12:55	35
25	Bobcat (Bob Caillouette)	01:14:04	52
26	Dan Shaw	01:14:30	48
27	Gavin Attwood	01:14:46	49
28	Chris Ubias	01:14:55	16
29	Gary Black	01:15:28	21
30	<i>Adeline Klutt</i>	01:15:42	24
31	Bill Stahl	01:16:13	49
32	Jay Trujillo	01:17:08	49
33	<i>Sarah Hansen</i>	01:17:16	30
34	James English	01:17:36	35
35	Orion Ocampo	01:17:57	17
36	Paul Welchinger	01:18:07	50
37	Chris Sullivan	01:18:14	37
38	<i>Caroline Parsons</i>	01:18:20	47
39	Sam Granados	01:19:14	16
40	<i>Elisha Walton</i>	01:20:08	29
41	Bruce Dahm	01:20:18	38
42	Brian Cross	01:20:22	48
43	<i>Debbie Jones</i>	01:20:30	28
44	<i>Jenny Seidel</i>	01:21:02	31
45	Foghorn Leghorn	01:21:13	41
46	Jamie	01:21:39	35
47	<i>Denise Glenn</i>	01:21:54	40
48	<i>Erin McLeod</i>	01:21:56	27
49	Greg Ayres	01:22:02	49
50	Mike Swain	01:22:35	49
51	John Shea	01:24:02	50
52	<i>Diane Vanderhoeven</i>	01:24:18	45
53	The B-Man (Jim Romero)	01:24:20	67
54	<i>Laura McGraw</i>	01:24:22	41
55	George Huner	01:24:33	54
56	Bob Tafelski	01:25:38	67
57	Garrett Delmas	01:26:00	30
58	Scott Vaneyk	01:26:02	37

59	<i>Susan Karl</i>	01:26:05	44
60	Ryan Kullurd	01:26:15	31
61	Adam Davies	01:26:16	35
62	Rich Romero	01:26:58	71
63	<i>Kathy Johnson</i>	01:27:16	46
64	Rick Stubbs	01:27:50	58
65	Paul Pappas	01:28:03	49
66	Greg Fredrick	01:28:29	33
67	<i>Karen Stockman</i>	01:29:18	48
68	<i>Gemma Tamariz</i>	01:29:29	16
69	<i>Rebecca S.</i>	01:30:08	30
70	Kevin Galloway	01:30:23	28
71	Jim Thomas	01:30:26	56
72	Kool Shades (Ken Randall)	01:30:37	69
73	<i>Megan Vanoni</i>	01:30:43	27
74	Strider (Tom Chambers)	01:30:49	64
75	<i>Kimberly Ober</i>	01:30:58	41
76	Alan R.	01:32:34	42
77	<i>Joanne Stark</i>	01:32:52	30
78	<i>Mary McGhee</i>	01:33:07	46
79	<i>M. Layton</i>	01:33:11	35
80	Charles Scheibe	01:33:42	53
81	<i>Patricia Martinez</i>	01:33:55	16
82	Kent Mitchell	01:33:58	66
83	<i>Jamie Springfield</i>	01:34:01	23
84	Jeff Dawson	01:35:55	59
85	John Molberg	01:36:00	48
86	<i>Lisa Boes</i>	01:36:07	30
87	<i>Stephanie Johansen</i>	01:36:10	26
88	Lee Bengston	01:36:39	70
89	<i>Rebeca Marzano</i>	01:38:30	56
90	<i>Lynette Adams</i>	01:40:55	35
91	<i>Linda Kopp</i>	01:40:55	33
92	Drew B.	01:40:58	32
93	<i>Cindy Braun</i>	01:42:06	46
94	<i>Janet Ralston</i>	01:42:12	45
95	Gabriel Sisneros	01:43:02	69

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96	Snake Senatora	01:44:08	53
97	<i>Melanie Cozard</i>	01:45:02	33
98	<i>Taunya Wilson</i>	01:45:35	60
99	<i>Holly Dahm</i>	01:46:08	37
100	<i>Kathy Klesmit</i>	01:48:19	55
101	Tom Duran	01:50:48	59
102	The Captain (Don Robinson)	01:58:12	75
103	<i>Chris Vanoni</i>	01:58:19	56
104	Edward Ewing	02:02:20	53

105	Stonewall (Kenneth Green)	02:02:59	78
106	Dan Taubman	02:03:56	59
107	<i>Sandy Sandrock</i>	02:10:12	44
108	<i>Laura Cawthorne</i>	02:10:15	46
109	Dave Black	02:22:10	56
<b>Racewalkers (6.0 miles)</b>			
1	Ken Weller	1:18:00	60

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

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

**9/1- University of Colorado XC 8K Open:** Michael Quispe 32:14, Chris Voeller, 32:51; Dan Shaw, 36:04.

**9/3- Park to Park 10-Mile, Denver:** Steven Sellars, 1:00; Brandy Erholtz, 1:01 (2/OA); Derek Griffiths, 1:03; Alyn Park, 1:15 (1); The B-Man (Jim Romero), 1:20:22 (1); Mark Ramsey, 1:20:47; Jill Sellars, 1:21; Jay Wissot, 1:25 (2); Jack Barry, 1:26 (2); David Boyle, 1:49 & Arlene Boyle, 2:11 (1). **CU 5K Kickoff:** The Captain (Don Robinson), 29:32 (2).

**American Discovery Trail Half, CS:** Lou Huie, 1:51 (3). **ENT Federal Credit Union 5K, CS:** Jonathan Huie, 16:48 (OA/ course record) & George Greco, 22:40.

**9/5-Lakewood Bear Creek Series #1: Long-**Dave O'Sadnick, 25:34; David Rothenberger, 26:14; Paul Moreau, 27:13 & Tania Pacey, 28:04. **Short-** Tom Chambers, 34:12.

**9/8-FASB 5K, Greenwood Village:** Andrew Adamoski, 18:16 (OA); Christine Adamoski, 20:36 (2); Connie Ahrnsbrak ran with 8-year old grandsons' Alexander Martinez, 45:16 & Hunter Karickhoff, 45:19. *Alexander's first 5K.*

**East HS Community 4-Mile, Wichita, KS:** R2G2 (Ray Grundmeyer), 35:01

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**Imogene Pass 17-miles. Ouray:** Trail Man (Adam Feerst), 2:45 (2); Chris Voeller, 2:57; Michael Quispe, 3:16; Kent Mitchell, 4:13 (1) & Don Robinson, 5:33 (1). **Kremmling Road Kill 5-mile:** Robert Kanieski, 43:02 (2/OA).

**Credit Union Harvest 5K, Broomfield:** Bruce Kirschner, 22:03 (2); The Oak, 25:11 (1); J Gutierrez, 28:00; Bob Ghormley, 29:07 (2); Earl Beam, 32:20 & Laura McCoy, 39:53.

**RMRR 8-Mile, Chatfield:** David Rothenberger, 53:27; Dan Shaw, 57:34; Denise Glenn, 58:54; Ric Robinette, 59:01; George Huner, 1:04; Jay Trujillo, 1:05; Spiderman (Scott McFarlane), 1:07; Rich Martinez, 1:10; Megan Vanoni, 1:12; Lee Bengston, 1:14 & Christine Vanoni, 1:30.

**9/12- Bear Creek Lake Trail #2: 7.5 miles-** David O'Sadnick, 52:39; David Rothenberger, 53:46; Eric Binder, 54:03; Paul Moreau, 57:25 & Tania Pacev, 58:41 (1) **5.5 mile-** Derek Griffiths, 40:17 (1) & The Oak, 54:54.

**9/15- D.A.R.E. 5K, Aurora:** Alan Johnson, 22:50 (OA); Jim Romero, 23:48 (1); Robert Romero, 24:27 (2); Connie Ahrnsbrak, 25:16 (1) & Marie Romero (RW).

**Sombrero 4.5 Trail, Estes Park:** Lightfoot (Deb Acree), 55:59 (1) & Roger Rybicka, 56:40.

**9/16- Farmers 5K, Wheat Ridge:** Jonathan Huie, 16:39 (OA/course record); Dave O'Sadnick, 18:56 (2); Lou Huie, 23:07 (3); Polly Zimmerman, 24:06 (2); Bill Smitham, 24:17; Connie Ahrnsbrak, 24:37 (1) & Jan Huie, 27:27.

**Autumn Color Half, Buena Vista:** Dan Shaw, 1:31 & 19-yr old Joey Shaw, 1:58 (2). **Crossroads Half, FTC:** Bobcat (Bob Caillouette), 1:35 (3).

**El Grito 5K:** Keith Johnson, 17:05 (1); Hector Martinez, 17:12 (1); Mauro Martinez, 18:20 (1); Omar Martinez, 18:25 (2); David Rothenberger, 20:06 (2); Paul Moreau, 20:17 (1); Bob Cooper, 20:41 (1); Jay Trujillo, 22:04 (3); Alan Johnson, 22:32; Alyn Park, 22:41 (1); Harry Dykstra, 22:57 (2); The B-Man, 23:12 (1); Spiderman, 23:50 (3); Robert Romero, 23:55 (2); George Huner, 24:04; Jay Wissot, 24:43 (3); Rich Martinez, 25:24; Roger Rybicka, 26:26; Bob Ghormley, 27:20 (3); Julie Orr, 28:19 (3); Sylvia Martinez, 28:55; Earl Beam, 29:56; Penelope, 30:30; Bob Bussey, 30:39 (2); Tom Duran, 31:14; 10-yr old Jacques Moreau, 32:43; Kim Shenfeld, 37:07; Holly Romero, 39:24; \*8-yr old Sofia Romero-Campbell, 39:59; Leslie Woods, 41:40; Rhonda Romero, 57:30 (W) & Marie Romero, 58:10 (W). *\*Rich Romero's granddaughter.*

**Metro Waste X-Country 10K, Des Moines, IA:** Ken Simons, 59:37 (1).

**9/19- Lakewood Trail #3, Green Mtn: Long-**Eric Binder, 55:07; Tania Pacev, 59:24; Paul Moreau, 1:00 & David Rothenberger, 1:01. **Short-** Tom Chambers, 41:48 & The Oak, 42:17.

**9/21-9/22- Outward Bound Relay.** Idaho Springs to Glenwood: Team Flurry & Scurry (Stan the Man Hayes), 25 hours.

**9/22-23- Solomon 24-Hour Trail Run, Frisco:** Robert Kanieski, 24:27 (2). *A 5.75 mile loop, 11 laps for 63.25 miles.*

**Wichita Half, KS:** R2G2 (Ray Grundmeyer), 2:24.

**9/29- Farmer's Day 5.2, Kimball, NE:** Amy Lease, (1) & Connie Ahrnsbrak, 43:26 (1). **University of Colorado Rocky Mountain Shootout:** Michael Quispe, 32:11, Adam Feerst, 32:40, Dan Shaw, 35:44.

**9/30- Boulder Backroads Half:** Jonathan Huie, 1:15 (OA); Dave O'Sadnick, 1:29 (2); Kevin Cubillas, 1:33; Alyn Park, 1:41 (1); Jay Wissot, 1:52; Jan Huie, 2:11; Steadfast Earl Beam, 2:30 & Victoria Dehaan, 2:45.

**10/07- Black Hills Half, SD:** Amy Lease, 1:48 (2).

**10/13- Silent Trails 10-Mile, Larimer, WY:** The Oak, 1:45 (1) & Shane Holonitch, 1:48 (3).

**10/14- Denver Marathon:** Bobcat (Bob Caillouette), 3:18 (3); Derek Griffiths, 3:28; Paul Welschinger, 3:35 & Mark Ramsey, 3:40. **Denver Half:** Miguel Cazares, 1:26:25; Dave O'Sadnick, 1:26:54 (1); David Rothenberger, 1:33; Chris Voeller, 1:34; Alyn Park, 1:41 (1); Robert Tafelski, 1:49; Jay Wissot, 1:51 (2); Rich Romero, 1:52 (1); Tom Chambers, 1:56 (3); Greg Ayres, 1:57; Connie Ahrnsbrak, 2:00 (1); Kathy Klesmit, 2:12; Earl Beam, 2:23:08; Tom Duran, 2:23:52; Carmen Kitts, 2:53; Kim Shenfeld, 3:05 & Leslie Woods, 3:12. **Denver Marathon Relay teams:** Planned Pethood Posse (Jeff Young), 2:31:40 (1). Team Masters Four (Tom Chambers, The B-Man, Bill Obert).

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

**10/20- Duke City Marathon, NM:** Tania Pacev, 3:11 (OA); **Half-** The B-Man (Jim Romero), 1:48 (3); **5K-** Connie Ahrnsbrak, 24:57 (1) & Rosalia Murch, 34:03.

**The Other Half, Moab:** Steven Sellars, 1:21; Monica Ryan, 1:41; Jill Sellars, 1:46; Taunya Wilson, 2:00 (2); Joe Baird, 2:14 & Earl Beam, 2:29.

**Nike Women's Half, SFran, CA:** Megan Vanoni, 2:03; Christine Vanoni, 2:31 & Sarah Vanoni, 2:38.

**10/27-Erie Eerie 10K:** The Oak, 49:33 (1); Patricia Tolleson, 57:13; Julie Orr, 57:31 & Victoria Dehaan, 1:06 (2). **5K-** Kent Mitchell, 24:57 (3); Earl Beam, 28:36; The Captain, 29:36 (2); Kim Shenfeld, 37:16; Charles/Linda Schmucker, 40:43; Leslie Woods, 42:31 & Larry Vincent, 45:09.

**10/28- Girl Scout 5K, WP:** Keith Johnson, 17:23 (1<sup>st</sup>); Green Machine (Alyn Park), 23:04 (1); Jay Wissot, 24:25; Connie Ahrnsbrak, 24:42 (1); Charles Scheibe, 24:58; & Larry Vincent, 1:03.

**11/3- Red Thread 5K, City Park:** Jonathan Huie, 16:54 (OA); George Greco, 21:50 (2); Rich Ruhser, 22:24; Monica Ryan, 22:25 (OA); Lou Huie, 23:42 (2); Painted Horse (Jesse Tijerina), 23:49; Connie Ahrnsbrak, 25:03 (1); Julie Orr, 28:14 (2) & Rosalie Murch, 34:06 (3).

**Twin Peak XC Challenge, Longmont:** Michael Quispe, 21:51; Trail Man (Adam Feerst), 22:08 & David Rothenberger, 22:43.

**Florida Ironman Tri:** Jason Myers, 10 hours, 57 minutes, 39 seconds. (Marathon time- 3:59).

### **CLEAR CREEK 4 MILER**

Saturday, December 8 at 9:00 a.m. – Prospect Park, Wheat Ridge, CO

Join us for a festive run in beautiful Prospect Park in Wheat Ridge. After the race, join us for a simple pancake breakfast – a great way to refuel your body and meet other CMRA members!

From I-70, exit Kipling. Go south on Kipling to 44<sup>th</sup> Avenue. Take 44<sup>th</sup> west ¾ mile to the Prospect Park entrance on the south side of the street and drive to the south end of the park. For additional race information or to volunteer call Vici DeHaan at 303-494-1782.

### **LAKE ARBOR 5K**

Saturday, January 5 at 9:00 a.m. – Lake Arbor Park, Arvada, CO

Kick off the New Year on the right foot! If the weather holds to form, you will be able to run fast without sweating!

Take I-70 to Wadsworth. Go north past 80th to the signal at Pomona Drive. Turn right (east) at Pomona Drive. Continue straight past the four-way stop until you see the lake. The race starts on the east side of the lake.

For information or to volunteer call Ken Randall at 303-422-3745.

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

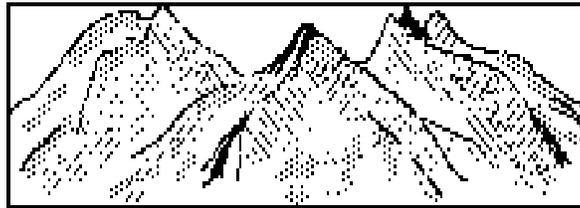
\*\*\*\*\* NEW RACE!!! \*\*\*\*\*

## AURORA SPORTS PARK XC

Saturday, January 19 at 9:00 a.m. – Coal Creek Rodeo Arena, Aurora, CO

Runners can choose to run 1, 2, or 3 laps of this challenging, sandy 4K (2½ miles) loop. The course is mostly single- and double-track trails and dirt roads that weave along creek bottom, through trees bordering the Aurora Sports Park soccer and softball complex. This beautiful open space is home to oodles of wildlife, including fox, mule deer, toads, hawks, and great horned owls.

From I-70, take Airport Blvd south to 6<sup>th</sup> Avenue. Go east 2 miles on 6<sup>th</sup> Avenue to Coal Creek Rodeo Arena. For more information or to volunteer call Dan Shaw at 720-480-2370 or Rob Fisher at 303-738-0115.



## 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

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<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
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<b>Secretary:</b>	Chris Vanoni	303-744-9067		m_c_vanoni@msn.com
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<b>Web Site Chairperson:</b>	Scott McFarlane	303-904-4542	303-236-5692	simcfarl@pcisys.net
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4417 Dearborn Street, Denver, CO 80239

The Colorado Masters Running Association newsletter is published bi-monthly. Issues are distributed approximately the 1st day of February, April, June, August, October, and December to 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 editor noted above.

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

Once over the hill, you pick up speed!

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION  
2008 MEMBERSHIP APPLICATION  
(DECEMBER 2007 THROUGH DECEMBER 2008)**

For the mutual benefit of runners and racewalkers 35 years and older  
Monthly events free to members

***ALL AGES WELCOME***

Runners Male/Female Masters Divisions: 35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74, & 75+  
Racewalkers Male and Female divisions

Dues: Single member **\$25.00 per year** Family (household) **\$35.00 per year**  
(Add **\$5.00** if opting below for newsletters by snail mail)

Runner (\_\_\_\_\_) Racewalker (\_\_\_\_\_) Wheelchair (\_\_\_\_\_)

NAME: \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_

ADDRESS: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIPCODE+4: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

FAMILY MEMBERSHIP: (please list only members from immediate household)

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Mail completed form with check payable to:

**CMRA  
8100 E. Union Ave. Unit 1601  
Denver, CO 80237**

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

Work a race	<input type="checkbox"/>	Event Director	<input type="checkbox"/>	Member Board of Directors	<input type="checkbox"/>
Newsletter Editor	<input type="checkbox"/>	Event registration	<input type="checkbox"/>	Member Recruitment	<input type="checkbox"/>
Membership Database	<input type="checkbox"/>	Quartermaster Corps	<input type="checkbox"/>	Coaching	<input type="checkbox"/>
Racewalking Training	<input type="checkbox"/>	Course Measurement	<input type="checkbox"/>	Race committee	<input type="checkbox"/>

**Newsletter:** (please select one)

\_\_\_\_\_ I will download from the website "www.comastersrun.org." (Dates will be emailed to you.)

\_\_\_\_\_ Please send it snail mail (for an additional \$5.00 per year)

**2008 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 5	Sat	9:00 a.m.	Lake Arbor Park, Arvada	Lake Arbor 5K	Ken Randall	303-422-3745
Jan 19	Sat	9:00 a.m.	Coal Creek Arena, Aurora	Aurora Sports Park XC (4/8/12K)	Dan Shaw Rob Fisher	720-480-2370 303-738-0115
Feb 9	Sat	9:00 a.m.	S. Platte River Bike Path	40 Furlongs (5M)	Greg Ayres	303-325-7877
Mar 22	Sat	9:00 a.m.	Twin Lakes Park	Tom Bailey Spring Spree 10K	Tom Alison Rich Romero	303-791-6166 303-751-4284
Apr 12	Sat	9:00 a.m.	Stapleton	Sand Creek 5 Miler	Rob Fisher Dan Shaw	303-738-0115 720-480-2370
May 10	Sat	4:00 p.m.	Writer's Vista Park	Memorial Run 5K and Potluck	Rosalie Murch Connie Ahrnsbrak	303-693-2278 303-985-1168
Jun 14	Sat	8:00 a.m.	South Valley Park	South Valley 10K	Paul Madden Jason Myers	303-868-7248 720-936-7860
Jul 13	Sun	7:30 a.m.	Christies @ Genesee	Mountain Madness 12K (5K for racewalkers)	Jim Romero Jerry O'Donnell	303-794-2952
Aug 13	Wed	6:30 p.m.	Fairmount Park, Golden	Fairmount 5K Trail	Kristin Moreau	303-279-3509
Aug 24	Sun	8:00 a.m.	Elk Meadow, Evergreen	Elk Meadow Trail Race (~9K)	Wayne Mathis	303-979-9592
Sep 20	Sat	9:00 a.m.	Barr Lake State Park	Barr Lake 1/3 Marathon	Dave Black	303-781-1738
Oct 19	Sun	9:00 a.m.	Louisville	Coal Creek XC Challenge 5.72 Mi	Bruce Kirschner Randy Luallin	303-666-0864
Nov 15	Sat	9:00 a.m.	Chatfield Lake State Park	Chatfield 10 Miler (5 miles for racewalkers)	Kim Massey Scott McFarlane	303-765-5572 303-904-4542
Dec 13	Sat	9:00 a.m.	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**

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