

MASTER TIMES



Mar/Apr 2009

Volume 41 Issue 2

PRESIDENT'S CORNER

Dan Shaw

CLUB HOT DOG ROAST

As a healthy, dynamic organization, it's important to re-think our program and change things up for the better when necessary. In that vein, the Colorado Masters made a couple of changes last December. The Aurora Sports Park XC was moved to December, replacing on the calendar the Clear Creek 4 Miler at Wheat Ridge's Prospect Park. In addition, the often chilly morning weather of December prompted the cancellation of the club's annual pancake feed that had been held in conjunction with the December race.

In place of hotcakes, this year the club will grill hot dogs following with the Fairmount 5K, at Fairmount Park in Golden the evening of Wednesday, August 12th. The club will provide hot dogs, buns, and the fixin's (mustard, relish, etc.). In potluck style, club members are encouraged to bring a side dish or dessert, and their beverage of choice.

PARTICIPATION LIMIT ON THE COAL CREEK CROSS COUNTRY CHALLENGE

The club's permit with Boulder County Open Space, one of the governing authorities for October's Coal Creek Cross Country Challenge, has always included a cap on the race of 150 participants. Prior to 2008, this cap was of little concern. Turnout for CMRA races is typically in the range of 50-80 participants, and Coal Creek, even though it has in recent years typically been the largest CMRA event of the year, had its highest turnout in 2005 with 107 runners (no walkers), nowhere near the cap.

2008 saw a large jump in participation, with 147 runners finishing the Coal Creek event. With this large increase in mind, Bruce Kirschner, the Coal Creek race director, asked for an increase in the participation limit imposed by Boulder County Open Space from 150 to 250. Unfortunately, Boulder County has declined this request, at least for 2009. While hopeful this limit can be increased in future years, for 2009 the club is forced to consider for the first time how handle a strict participation cap on one of its events.

The CMRA board of directors is working with Bruce to review options and determine the best way to handle the cap. There are three important considerations in this effort: 1) to allow the opportunity to participate to all CMRA members; 2) to reserve 12 slots for the 2008 Colorado Runner race series winners (as was promised to them); 3) to allow as many other interested runners to participate as possible without going over the cap.

One reason for the higher amount of participants at Coal Creek is the large number of non-members who run the race in addition to normal CMRA member turnout. At this time, the main focus of efforts to manage the cap is managing the participation of non-members through registration on Active.com. As we move forward with planning for the event, more information will be provided in the newsletter and on the website. Stay tuned!

CMRA VEST

The recently ordered vest with the CMRA club logo has proved popular. A small additional supply has been ordered, both men's (dark blue) and women's (light blue) versions. The club (in the person of Tom Alison) will have a small number of vests available for purchase (\$30) at upcoming races. We may be able to order additional an additional supply if there is continued interest.

MEMBER UPDATE

Let's wish a speedy recovery to Rosalie Murch who had knee surgery during the month of March. Rosalie is a tireless volunteer who keep registration moving at many of the clubs events. Get well soon!!

ENDURANCE FESTIVAL

By Vici DeHaan

Since my last marathon in New York City in November, I have switched to cross-country and downhill skiing as a relief from the pounding of running. So in February, I decided to do seven races within a single week just to see if I could do it since I am now 74 and getting slower, but refuse to give up yet.

On February 9th, Warren and I participated in the Summit County Senior Games with the first set of events held at Keystone. There we skied down the NSTAR course first for as fast as we could ski it and then returned to ski it in an attempt to match their time set for the course. Then we switched to an obstacle course set up at the top of one of the runs. Here we had to ski around a series of small stakes on a hill in the snow that were closely spaced, with just enough room for your skis to get through. Then we walked up a short carpet to line up beside a low beam which we stepped over. Next we skied down to a pole which we had to go around starting from the bottom and finished up skiing through a teepee made of bamboo poles to the finish line.

On February 10th, we switched to the Frisco Nordic Center where I did a 5K cross-country ski race on one of their tracks. I then rushed over to do a 2.5K cross-country ski as part of a biathlon. After skiing the first half of the course, I had to throw myself down onto my stomach onto a mat and shoot at a target three times with a pellet gun before clambering back up to ski the rest of the short course to where I again shot at the target this time standing up. Then I quickly changed into snowshoes for a 3-mile course that ran up and down various hills in very flat light, attempting to find their tiny pink flags placed in the snow in order to stay on course. The only event I didn't do there was their snowball throw through a target. The whole event was just plain fun!

Then on Saturday the 14th, I did the club's forty furlongs race, which at that point took everything I had just to finish. Conclusion: It's sure a lot easier to stay in shape throughout the year by cross training, so I have returned to skiing for the rest of this month, or until the ski area's snow remains skiable. ...not like Thursday March 5th where it was so icy and windy all day that one of our skiers remarked that he had skied over enough ice for the day to make hundreds of margaritas.

Race Results

Forty Furlongs
February 14, 2009
Greg Ayres & Jason Myers

The Forty Furlongs Race was held at a new venue this year in Westminster utilizing the city's Big Dry Creek Trail. This year Valentine's Day in Westminster began 21 F and remained very cold and overcast but with little to no wind. A strong showing of 85 runners and one race walker completed forty furlongs (5 miles) on a relatively flat and fast out and back course.

Charlie Hildago was the overall male winner with a very impressive time of 27:03. Callie Bradley was the overall female winner with a strong finishing time of 34:14. Both winners received first place ribbons along with a gift certificate for a free pair of shoes from our host and major sponsor Road Runner Sports.

Speedster Keith Johnson chased the younger runners and finished 7th overall, first master with a time of 29:52! Also, Barry Merrill, of Cape Cod Massachusetts, put forth a tremendous effort finishing in 10th place overall and first place in his age division (male 50-54) with a time of 30:50. Lincoln High School was well represented with 11 total runners. Victor Salvatierra won this division (14-18 High School) with at time of 34:59.

I want to thank all the volunteers that made the Forty Furlongs a safe and successful race this year: Joe Sanchez, Connie Ahrensbrak, Rosalie Murch, Ken Simons, Bruce Kirschner, Ivan Monk, Nanette Benvegna, Tom Alison, Joe Baird, Mark and Natalie Dreher, and my better half Kelly Chilvers. Also, many thanks to all the race sponsors: Great Harvest Bread, Starbucks, BJ's Brewhouse, Buffalo Wild Wings, Splitz Bowling, Dave & Busters, Floyd's Barbershop, Elements Massage, and the Ice Centre Promenade.

I want to add my special thanks and appreciation to Julie Johnson and Road Runner Sports for their very generous help and support. Julie and Road Runner Sports not only provided gift certificates and water bottles for the top finishers but also opened the store early for registration and invited us back inside the store for the award presentations. This was very much appreciated by all the participants and volunteers on a very cold morning !

February 14, 2009 Race Results

PLACE	NAME	TIME	AGE
1	Charlie Hildago	00:27:03	22
2	Justin Mock	00:27:17	27
3	Oscar Ponce	00:27:55	31
4	Omar Martinez	00:28:08	23
5	Bryce Young	00:28:25	23
6	Hector Martinez	00:28:54	25
7	Keith Johnson	00:29:52	47
8	Rafael Pacheco	00:29:58	43
9	Scott Kukel	00:30:07	35
10	Barry Merrill	00:30:50	50
11	Michael Quispe	00:31:09	42
12	Christian Oliphant	00:31:13	40

13	Trailman (Adam Feerst) & baby Hannah	00:31:35	48
14	David Rothenburger	00:32:54	40
15	Dirk McDonald	00:33:34	51
16	Dave Slingsby	00:33:57	39
17	<i>Calli Bradley</i>	00:34:14	25
18	Victor Salvatierra	00:34:59	16
19	Dan Shaw	00:35:08	49
20	Gabe Villegas	00:35:09	17
21	Chris Sullivan	00:35:09	39
22	Juan Ortiz	00:35:18	17
23	Juan Hernandez	00:35:24	16
24	Robert Kanieski	00:35:50	31
25	Evan Blumberg	00:36:05	23
26	Bruce Dahm	00:36:07	40

27	Luis Medrano	00:36:12	14
28	Justin Moody	00:36:38	15
29	<i>Karen Voss</i>	00:36:39	43
30	Matthew Beals	00:37:33	27
31	Josh Schachterk	00:37:35	37
32	Angel Mendez	00:37:46	14
33	Chris Agviniga	00:37:49	32
34	Chris Stone	00:37:53	42
35	Kevin McNamara	00:37:54	49
36	Jim Bosik	00:38:25	58
37	Cliff Jurgens	00:38:31	47
38	David Kelble	00:38:39	51
39	Javier Reyes	00:38:40	18
40	John Shea	00:38:43	51
41	Miguel Miranda	00:38:55	17
42	Scott Jackson	00:38:55	41
43	<i>Michelle Slingsby</i>	00:39:00	39
44	Joe Benvegna	00:39:10	42
45	Jeff Young	00:39:14	52
46	Don Price	00:39:15	56
47	Victor Vasquez	00:39:19	16
48	<i>Jan Harbert</i>	00:39:22	47
49	Jeff Rasor	00:39:59	32
50	Todd Gentry	00:40:00	39
51	Chuck Lowrie	00:40:17	61
52	Jim Romero	00:40:37	68
53	Richard Romero	00:40:46	72
54	Glenn Bakken	00:40:52	58
55	Scott McFarlane	00:40:57	57
56	Tom Chambers	00:40:59	65
57	Alan Johnson	00:41:12	48
58	Bob Gassen	00:41:20	61
59	John Perez	00:42:00	58
60	Basilio	00:42:29	16

61	Rich Martinez	00:42:43	62
62	Ken Randall	00:42:44	70
63	<i>Jordan McNamara</i>	00:43:30	19
64	<i>Michelle Driscoll</i>	00:43:37	20
65	<i>Martha Martinez</i>	00:43:39	41
66	<i>Suzanne Lopez</i>	00:44:03	41
67	Joey Shaw	00:44:10	20
68	J Gutierrez	00:44:34	56
69	Jeff Olson	00:44:38	49
70	<i>Kellie Steward</i>	00:45:23	45
71	<i>Holly Dahm</i>	00:45:30	39
72	Lee Bengston	00:45:33	71
73	<i>Taunya Wilson</i>	00:45:54	62
74	Tim Gilley	00:47:33	31
75	Don Robinson	00:51:33	76
76	Tom Duran	00:52:10	61
77	Jim Dowling	00:52:29	51
78	Rick Callow	00:52:30	57
79	<i>Shawna Freeborn</i>	00:52:45	26
80	Steve Gilley	00:52:57	32
81	<i>Vici Dehaan</i>	00:56:45	73
82	Charles Schmucker	00:56:51	62
83	<i>Robyn Speirn</i>	00:59:44	31
84	Ed Gussie	01:06:01	67
85	<i>Kristen Wyatt</i>	01:07:32	31
Racewalkers			
1	<i>Rosalia Murch</i>	1:11:00	68

Age group results are posted on the Web site.

CMRA Spring Spree Results

This race had a lovely day with an amazing turnout. We added 23 new members in addition to 36 non-member entries. I believe this was a record for this race as well as any CMRA race other than Coal Creek and Chatfield. We owe a special thanks to Rich Romero's wife Ester and friend Linda for successfully handling registration in the absence of Connie and Rosalia despite the large turnout.

March 21, 2009 Race Results

PLACE	NAME	TIME	AGE
1	Omar Martinez	00:33:33	23
2	Hector Martinez	00:34:32	25
3	Keith Johnson	00:36:40	47
4	Anthony Beeson	00:36:48	33
5	Scott Kukel	00:37:35	35
6	Steve Merschel	00:39:04	32
7	Andrew Adamowski	00:38:12	35
8	Steve Pye	00:38:13	46
9	<i>Katie Sabey</i>	00:38:28	28
10	David Rothenburger	00:39:05	40
11	Phil Quatrochi	00:39:23	38
12	Christian Oliphant	00:39:35	40
13	Jeremy O'Farrell	00:40:45	32
14	<i>Sonja Wieck</i>	00:40:47	29
15	Juan Ortiz	00:40:58	17
16	John Araujo	00:41:38	51
17	Jay Reyes, Jr.	00:41:44	33
18	Ondreg Heyduk	00:42:03	35
19	<i>Melissa Menard</i>	00:42:36	35
20	Tom O'Brien	00:43:27	53
21	Dan Shaw	00:43:39	49
22	Bruce Kirschner	00:43:52	55
23	<i>Christine Adamowski</i>	00:44:07	41
24	Bill Stahl	00:44:24	50
25	Angel Mendez	00:44:36	14
26	Juan Hernandez	00:44:37	16
27	Forrest	00:44:38	54

	Caillouette		
28	Eric Carpenter	00:44:48	53
29	Justin Moody	00:45:26	16
30	Josh Schaehterle	00:45:42	37
31	Jim Ahlbrecht	00:45:56	60
32	Brett Allendorf	00:45:59	40
33	Aaron Ruhnow	00:46:11	38
34	Ray Esquivel	00:46:13	16
35	Tyler Walton	00:46:30	33
36	Jessie Tijerina	00:46:49	57
37	Kevin McNamara	00:46:58	49
38	Chris Stone	00:47:03	42
39	Jason Myers	00:47:05	35
40	Mark Smith	00:47:05	51
41	Goutier Pena	00:47:17	17
42	<i>Michelle Slingsby</i>	00:47:19	39
43	Lou Huie	00:47:22	62
44	<i>Karen Voss</i>	00:47:52	43
45	Joe Benvegenu	00:48:05	42
46	Eric Ancron	00:48:13	42
47	North	00:48:17	51
48	John Shea	00:48:24	51
49	Glenn Bakken	00:48:30	58
50	Jay Trujillo	00:48:38	51
51	David Hill	00:48:39	58
52	Kevin Bowler	00:49:06	30
53	Jim Bosik	00:49:08	58
54	David Barjenbruch	00:49:25	40
55	Bob Tafelski	00:49:33	68
56	Bob Gassen	00:49:40	61
57	Tom Chambers	00:49:53	65
58	<i>Jane Harbert</i>	00:50:09	47

59	Mark Koppa	00:50:32	35
60	Cliff Jurgens	00:50:35	43
61	<i>Amy Lease</i>	00:50:39	53
62	Mark Ramsey	00:50:41	46
63	Kathy Johnson	00:50:42	48
64	Ken Randall	00:50:48	70
65	Scott Jackson	00:51:19	41
66	Jan VanTilburg	00:51:43	56
67	Jim Romero	00:52:15	68
68	Mark Walker	00:52:18	59
69	Francisco Lopez	00:52:21	16
70	Rick Stubbs	00:52:31	60
71	Raul Herrera	00:52:37	56
72	<i>Sandra Carpenter</i>	00:53:06	36
73	Rich Martinez	00:53:52	62
74	Stanley Obernyer	00:54:05	63
75	<i>Janet Ralston</i>	00:54:15	46
76	Ed Youngberg	00:54:24	66
77	<i>Kellie Steward</i>	00:54:38	45
78	<i>Oni Swenson</i>	00:54:50	28
79	<i>Ginger VanDrew</i>	00:54:54	35
80	<i>Tracey Schmidt</i>	00:54:55	34
81	Charles Scheibe	00:55:23	54
82	<i>Shannon G.</i>	00:56:10	25
83	<i>Kim Kilmer</i>	00:56:22	26
84	<i>Valerie Passerini</i>	00:56:24	29
85	Joseph Bearss	00:56:56	38
86	<i>Andrea W.</i>	00:57:04	36
87	Lee Bengston	00:57:17	71
88	<i>Betsy Tourmier</i>	00:57:26	50
89	<i>Megan Vanoni</i>	00:57:57	28
90	<i>Karen Stockman</i>	00:58:10	50
91	Gabe Sisneros	00:58:17	70

92	<i>Trina Lambert</i>	00:58:59	46
93	Douglas Tollin	00:59:34	64
94	<i>Erin Bosik</i>	00:59:55	23
95	<i>Laura Slavic</i>	00:59:56	29
96	Luis Luna	01:00:05	18
97	<i>Kimberly Borchelt</i>	01:00:21	35
98	<i>Becky Berch</i>	01:00:27	33
99	Joey Shaw	01:00:45	20
100	Tom Duran	01:01:02	61
101	<i>Levi Haddes</i>	01:01:03	29
102	Travis Otto	01:01:55	36
103	<i>Denise Glenn</i>	01:02:00	41
104	Russel Dion	01:03:45	40
105	Ken Green	01:05:17	80
106	<i>Angie Hill</i>	01:06:06	59
107	<i>Andrea Hill</i>	01:06:08	31
108	<i>Vici DeHaan</i>	01:06:54	74
109	<i>Doris Heyl</i>	01:08:40	40
110	<i>Rhiannon Fadeyibi</i>	01:11:20	47
111	<i>Olga Hnizdil</i>	01:19:33	64
112	<i>Anya Korhonen</i>	01:23:44	42
113	Bob Bussey	01:30:04	73
RaceWalkers (5K)			
1	Ian Monk	47:12	52
2	<i>Rachel Oliphant</i>	48:07	42
3	<i>Cirrena Jurgens</i>	1:11:45	12
4	<i>Colleen Jurgens</i>	1:11:47	41

Age group results are posted on the Web site.

PELICAN Update 08'/09' (Cahrnsbrak@yahoo.com)



1/31- Desert Classic Half, Surprise, AZ: Lou & Janice Huie. 1:44 (1) & 2:00 (2) respectively. *Jan missed the half marathon turn-around and ran 14.2.*

Screaming Snowman SS, Eldora: 10K- Bob Cooper, 1:10 (1); Paul Moreau, 1:11 (1); Kristen Moreau, 1:12 (1); Chris Hendricks, 1:16 (2); Bruce Dahm, 1:19; Slimfast (Bruce Kirscher) 1:30; Bill Faulkner, 1:31 (2); Holly Dahm, 1:36; Patricia Tolleson, 1:36 (1); Charles Schiebe, 1:37; Bill Moyle, 1:42 (3) & Ken Simons, 1:45 (1). **5K-** Gale Meuret, 43:31 (1) & Alan Johnson, 44:01.

2/14- PPRR Series III, Santa Fe Trail, CS: 5-Mile- Jill Miller, 40:36 (1) & The Oak (Ross Westley), 48:25 (1). **10-Mile:** Lou Huie, 1:26 & Tall Red (Ed Youngberg), 1:37 (1).

2/15- Lost Dutchman Marathon, Gold Canyon, AZ: Jerry & Penelope O'Donnell, 5:12 & 5:14 respectively.

2/21- Snowman Stampede, Chatfield: 5-Mile: Oscar Ponce, 27:39 (2/OA); Derek Griffiths, 33:12; Jane Harbert, 40:21; The B-Man (Jim Romero), 40:58 (1); Jack Barry, 41:35 (1); Connie Arhnsbrak, 44:51 (1); Kim Massey, 46:13; Deb Hadley, 52:02; Paul Rundle, 53:15 & Rosalie Murch, 1:06 (2). **10-Mile:** Scott Kukel, 1:02; Michael Quispe, 1:03; Lindsey Krause, 1:06 (OA); Dave O'Sadnick, 1:08 (2); Kevin McElroy, 1:09; Kyle McElroy, 1:09; Forrest (Bob Caillouette), 1:11 (3); Rich Hadley, 1:12; Nick Sterner, 1:13; Dennis Cisco, 1:16; Micol Rothman-Haji, 1:19 (3); Lou Huie, 1:19 (1); George Huner, 1:22; Strider (Tom Chambers), 1:26 (1); Polly Zimmerman, 1:30 (3); Lee Bengston, 1:35 (1); Janet Ralston, 1:36 & Mary Pitz, 1:37.

3/8- Spring Runoff, Pueblo: 1.6 Mile- * 6-yr old, Alaya Vigil, 25:17 (13/117). **5K-** Janice Huie, 27:03 (1). **10K-** Kent Mitchell, 1:02 (3) & The Captain (Don Robinson), 1:06 (3). **10-Mile-** Rich Hadley, 1:10 (1) & Lou Huie, 1:17 (1). **Connie's grand daughter.*

3/14 – Sharin O' Green, FTC: Connie Arhnsbrak, 26:22 (2); J Gutierrez, 26:59 & *Rosalie Murch, 40:54. **One last surge before knee surgery.*

Run Through Time Marathon, Salida: Robert Kanieski, 6:08 & Mr. Endurance (Bill Moyle), 6:42. **Half:** Pam Iyer, 2:03 & Roger Rybicka, 2:23.

3/15- ROTG: Steve Gallegos, 24:22 (1); Forrest, 29:35; Paul Welschinger, 30:19; David Rothenburger, 30:21; David Hill, 32:08; Jay Trujillo, 33:06; George Huner, 33:20; The B-Man, 33:22; Robert Kanieski, 33:39; Strider (Tom Chambers), 33:58; Glen Bakken, 34:09; Jack Barry, 34:19 (1); Rich Romero, 34:33 (2); Spiderman, 35:25; Connie Ahrnsbrak, 37:05 (2); J Gutierrez, 39:42; Jerry O'Donnell, 40:47; Tom Duran, 41:11; Sandra Rostie, 43:10; Olga Hnizdel, 52:43; Terry McFarlane, 53:36 & Laura McCoy, 55:53.

3/21- Widefield 5-Miler, Fountain: Jill Miller, 39:34 (1) & Connie Arhnsbrak, 45:32 (1).

3/28- End of Watch 5K, Aurora: Robert Kanieski, 20:46 (1); Glenn Bakken, 22:25 (3); The B-Man, 23:46 (1); Connie Ahrnsbrak, 25:34 (1); Doug Tollin, 27:05 (2); Fred Trentaz, 27:09 (3); Jerry O'Donnell, 27:13; Kelley Chilvers, 29:49 (2); *Santa Card, 35:16 (1); Ken Weller, 36:18 (3/W); Kim Shenfeld, 37:55 (1); Penelope, 37:57 & Leslie Woods, 43:17. **Received a special running award.*

Upcoming Races

Sand Creek 5-M /5K

Saturday, April 18 - 9 AM Sand Creek Trail - Denver

Course: Dirt trail. Mostly flat. The shorter 5K course is out and back. The longer 5 mile course is a "double" out and back. The start and finish of both courses is at the Stapleton trailhead of the Sand Creek Greenway Trail.

Directions:

Take I-70 east from downtown Denver to the Havana St. exit. Exit and go south on Havana to Smith Rd. (4 way stop). Go right (west) on Smith to the trail head where Smith dead ends.

Note: No access to the trailhead from Quebec St.

See the [Google Map](#) for details.

For information or to volunteer call Rob Fisher at 303-738-0115 or Dan Shaw at 720-480-2370

CMRA Memorial Run 10K

Saturday, May 9 - 8 AM Twin Lakes Park, 70th and Broadway

Directions:

Go to I-25 and 58th. Go west on 58th to Broadway, north on Broadway to 72nd. Left to Twin Lakes Park. From the west, take I76 to Pecos St. Go North on Pecos to W 70th Ave, and east on W 70th to the park. Park on the North side at the Park-N-Ride. The race starts directly south across the street at Twin Lakes Park at 8 AM. See the [Google map](#) for details.

For information or to volunteer call Kellie Steward at 303-422-2054 or Cliff Jurgens at 303-431-6809.

Please shop at our sponsors



Arvada, CO



COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION 2009 MEMBERSHIP APPLICATION

(January 2009 THROUGH December 2009)

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)

2009 Colorado Masters Running / Racewalking Association Schedule

Registration begins 1 hour prior to and closes 10 minutes before the race time.
Race cost is \$10 for non-members with no charge for members.

There are no T-Shirts but there are drawings for door prizes as well as prizes for the top 3 male and female racewalkers and 5-year age groupings for runners. The Elk Meadow race will have awards for the top 10 Males and the top 10 Females.

The course for Racewalkers will be the same as that of the Runners for distances of up to 5 miles. If the running course is over 5 miles the Racewalker course will be 5 Kilometers. The Racewalker course for the Chatfield 10 Miler will be 4-5 miles. Racewalkers will begin 15 minutes earlier than the runners.

Date	DOW	Time	Location	Name	Director(s)
Jan 3	(Sat)	9 AM	Lake Arbor	Lake Arbor 5K Results	Ken Randall
Feb 14	(Sat)	9 AM	Roadrunner Sports, Broomfield	Forty Furlongs (5M)	Greg Ayres / Jason Myers
Mar 21	(Sat)	9 AM	Platte River Bar & Grill	Spring Spree 10K	Tom Alison / Rich Romero
Apr 18	(Sat)	9 AM	Stapleton	Sand Creek 5 Miler	Rob Fisher / Dan Shaw
May 9	(Sat)	8:00 +	Twin Lakes Park	Memorial Run 10K	Kellie Steward / Cliff Jurgens
Jun 13	(Sat)	8 AM	South Valley Park	South Valley 10K / Kids Run	Paul Madden / Jason Myers
Jul 19	(Sun)	7:30 AM	Christies @ Genesee	Mountain Madness 12K	Chris Stone / Jim Romero
Aug 12	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail	Kristin Moreau
Aug 23	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race	Wayne Mathis
Sep 27	(Sun)	9 AM	To Be Announced		Dave Black
Oct 11	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72M	Bruce Kirschner
Nov 14	(Sat)	9 AM	Chatfield Lake State Park	Chatfield Five & Dime (5 / 10 miles)	Kim Massey / Scott McFarlane
Dec 12	(Sat)	9 AM	Aurora Sports Park	 Aurora Sports Park XC 4/8/12K	Dan Shaw / Rob Fisher

**CMRA
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