

# MASTER TIMES



July/Aug 2009

Volume 41 Issue 4

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## PRESIDENT'S CORNER

Dan Shaw

### CLUB HOT DOG ROAST

The club will host a hot dog roast following the Fairmount 5K and Kid's Run on Wednesday, August 12, 2009 at Fairmount Park in Golden (74th and Quaker). The race begins at 6:30 p.m. The club will provide hot dogs, buns, and condiments. Please join us and bring a side dish or dessert, potluck style, and your beverage of choice.

### PARTICIPATION LIMIT ON THE COAL CREEK CROSS COUNTRY CHALLENGE

October's Coal Creek Cross Country Challenge has a cap on the race of 150 participants. Due to a large turnout last October that almost reached the cap, for this year's race the club is asking members who intend to run the race to pre-register in order to reserve a spot. To register, please contact race director Bruce Kirschner by email ([bhkirsch@comcast.net](mailto:bhkirsch@comcast.net)) or phone (303-666-0864).

In addition to being one of CMRA's most popular events, this race also serves a part of the Boulder running community's 2009 Fall Cross Country Series and the final event of the 2009 Colorado Runner Race Series. CMRA members have priority, so please let Bruce know as soon as you can if you would like to reserve a spot at the starting line.

### SPOTLIGHT ON OSCAR

Speaking of cross country, Lincoln High School's coach Oscar Ponce has run many CMRA races over the past several years and sometimes brings team members to run as well. Oscar is the subject of a nice article in the September issue of *Running Times* magazine by local writer and former CU runner Michael Sandrock. The article highlights his inspiring path to running success, from Mexico, through CMRA member Jeff Young's North High School program, and on to the University of Colorado. Now he is building the cross country program at Lincoln to compete with his alma mater. Kudos, Oscar!

### AGE GROUP COMPETITION

I always considered one of the blessings of growing older is the occasional move up in age group. One such happy change came my way in June as I passed the golden 50 milestone. I looked forward with much anticipation to competing in my new age group without the likes of Keith Johnson and Adam Feerst who have dominated my former 45-49 age group for longer than I can remember (which at my age I suppose is not too long).

Unfortunately, age is really more than just a number, and the week before July's Mountain Madness 12K my hip began reminding me that the price of 50 mile training weeks goes up with age. Regardless, I woke up

excited the morning of the race, salivating over the expectation of a high placing without the likes of Keith and Adam to chase.

Let's just say, the level of competition in all CMRA age groups is pretty impressive. Congratulations are owed to the giants who clocked in in front of me: Tom Borchel, Dave O'Sadnick, Rich Michelson, Tom O'Brien, and Forrest (aka Bob Caillouette). There will be no easy path to victory in my new age group. I have new found respect as struggled to a sixth place finish, out of the medals - and listing a little to starboard.

I probably don't need to tell you that neither Keith nor Adam showed up, and my relatively sorry time would have won my old age group!

Editors Note – Keith to add

THANK YOU, TOM!

Tom Alison has served the club faithfully for many years, officially as board member, club treasurer, and race director for the Spring Spree, unofficially as a tireless volunteer on race day with registration and at the finish line, and behind the scenes as an invaluable resource at the heart of the CMRA. In his role as treasurer, Tom has guided the club financially the past 10 years to its present state of economic health and stability. Personally, I must say my involvement in CMRA has been in large part due to the welcome received from Tom when I first joined. Please join me in thanking Tom for all he has done for the club for so many years.

With that said, Mr. Alison has given notice that he will be stepping back from his positions as treasurer and race director in order to spend more time with his wife and family activities. The club is looking for one or more able individuals who would be willing to take over Tom's duties as treasurer and as race director. If you have an interest, please contact me ([dshaw\\_64@yahoo.com](mailto:dshaw_64@yahoo.com); 720-480-2370) or any CMRA board member.

Special Request from the Johnson Family

Come out and support ThunderRidge High School Cross Country! Our high school hosts an annual 5K, Grizzly Fun Run, as a fundraiser for the cross country team. The race will be held on Saturday, August 29<sup>th</sup> at 9:00, behind the high school. Registration will be available that morning and is only \$20.00, which includes a tee shirt. The race is somewhat of a loop on bike paths, with a downhill start on grass and a challenging hill about half way. When was the last time you ran a 5K with 100 or more screaming teenagers? Please join us.....

Grizzly 5K  
ThunderRidge High School  
1991 Wildcat Reserve  
Highlands Ranch, Co 80129  
Saturday August 29<sup>th</sup>

*Call Keith or Kathy at 303-683-2932 if you have any questions or need directions.*

Race Results

**CMRA South Valley Park 10K Results  
June 13, 2009 Kids Race Results**

Place	Name	Time
1	Gina Kelble	01:24
2	Katie Kelble	01:40
3	Payton Dailey	01:42
4	Page Dailey	01:43
5	Sara George	01:46

**June 13, 2009 10K Race Results**

PLACE	NAME	TIME	AGE
1	Joseph Manilafasha	40:29	18
2	Omar Martinez	41:26	23
3	Andrew Adamowski	41:36	35
4	Keith Johnson	42:23	48
5	Justin McMillan	42:54	37
6	Julio Bonilla	44:39	21
7	Adam Feerst	44:49	49
8	David Rothenburger	45:41	40
9	Eric Ndikumana	46:20	14
10	<i>Lindsay Krause</i>	46:44	31
11	Rich Hadley	48:06	53
12	Jay Rayes Jr.	48:53	33
13	Irving Reza	49:10	17
14	Bob Caillouette	49:16	54
15	Dan Shaw	51:28	49

16	Mark Koppa	53:17	35
17	<i>Laurel Dale</i>	53:28	41
18	Danny Collins	53:43	25
19	David Kelble	53:55	51
20	Chris Stone	54:20	42
21	<i>Karen Voss</i>	54:29	44
22	Dwayne Dale	54:50	44
23	Cliff Jurgens	54:52	43
24	Jeff Young	55:19	53
25	Robert Kanieski	55:56	32
26	Glenn Bakken	56:30	58
27	<i>Jan Harbent</i>	57:12	45
28	<i>Carol Clark</i>	57:38	45
29	J.D. Truijillo	57:46	50
30	Jesse Tijerina	59:29	57
31	Spiderman	1:00:25	58
32	Rich Romero	1:00:57	72
33	Tom Chambers	1:01:08	66
34	Kevin Dant	1:01:41	45
35	Robert	1:02:08	29

	Rodriguez		
36	Ken Randall	1:02:10	71
37	Rich Martinez	1:02:57	62
38	Dom Journey	1:03:20	33
39	Joseph Sanchez	1:03:57	72
40	<i>Valerie Passerini</i>	1:04:03	29
41	Joey Shaw	1:05:35	21
42	<i>Gretchen Reyes</i>	1:07:37	31
43	Israel Archuleta	1:10:29	30
44	Gabe Sisneros	1:10:59	70
45	<i>Marleen Wren</i>	1:11:17	32
46	Darren Wren	1:11:18	35
47	<i>Deb Acree</i>	1:12:29	57
48	John Perez	1:13:55	58
49	<i>Joanne Dant</i>	1:15:14	43
50	<i>Esther Books</i>	1:15:43	31
51	<i>Deb Hadley</i>	1:15:44	52
52	Nigil Popoola	1:15:44	37

53	Travis Coleman	1:15:55	38
54	<i>Kathy Klesmitt</i>	1:16:23	57
55	<i>Anna George</i>	1:16:41	40
56	Franchott Elliot	1:34:35	37
57	Aaron Stotlaunge	1:34:37	27
58	Nicholas Sterner	1:41:01	47
<b>Racewalkers (10K)</b>			
1	Jerry Wischmeyer	1:26:29	
2	Landen Starnes	1:41:02	
<b>Racewalkers (5K)</b>			
1	Ian Monk	30:00	
2	Richard Chowley	56:48	
3	Travis McCarthy	56:50	
4	Chandell Berard		

**Age group results are listed on the web site.**

### **Mountain Madness 12K, Genesee**

by Chris Stone  
July 19, 2009

Sixty runners and race walkers gathered on a cool July morning for the start of the Mountain Madness 12K. An early start ensured we could beat the heat and the road traffic entering Genesee Park. Early morning spectators included the Genesee Buffalo who put up an appearance close to the turnaround.

This is one of the most difficult courses on the CMRA calendar, starting with a 250 ft climb on a paved road followed by a steady decent on dirt roads to the 6K turnaround point.

Once the race started Esmeralda Martinez led the women's race from start to finish winning comfortably in a impressive 50:03 over 3 1/2 minutes ahead of second place Christine Adamowski finishing in 53:40.

The men's race was closer with Jonathan Huie finishing first in 43:03 and followed by second place by Luke Crespin in 44:53. Third and fourth place went to Mauro and Omar Martinez, with only a second separating

them. As I watched both the Martinez brothers approach the finish I could not help but think this was an early morning speed work session as they chatted before crossing the finish line.

The youngest competitor on the day was twelve year old Antonio Houck with a time of 1:15:32,. whilst the fastest male in the high school category was eighteen year old Juan Navarro with a time of 50:12.

Thank you to our sponsors. The Boulder Running Company, Runners Roost, Road Runner Sports and Great Harvest Bread provided prizes for our overall winners and raffle.

As always we thank our volunteers, but most importantly I would like to thank David Christie, without whose support we would have no restaurant patio for our post race awards and most importantly no bathrooms (that would dampen our spirits!). David finished the race in 1:16:37 and says he should train for this race by running more than twice a year.

### July 19, 2009 Race Results

PLACE	NAME	TIME	AGE
1	Jonathan Huie	43:03	29
2	Luke Crespin	44:53	24
3	Mauro Martinez	45:12	20
4	Omar Martinez	45:13	23
5	Isaiah Rubio	47:26	20
6	Scott Kukel	48:05	35
7	Tom Borchel	48:12	51
8	Julio Bonilla	49:30	21
9	Eric Cameron	49:41	42
10	David Rothenburger	49:55	40
11	<i>Esmeralda Martinez</i>	50:03	23
12	Juan Navarro	50:12	18
13	Dave O'Sadnick	51:59	53
14	Rich Michelson	53:19	52
15	Tom O'Brien	53:34	53
16	<i>Christine Adamowski</i>	53:40	42
17	Forrest (Bob Caillouette)	56:00	54
18	Dan Shaw	57:02	50

19	Bill Smitham	57:15	65
20	<i>Laurel Dale</i>	57:37	41
21	<i>Karen Voss</i>	57:59	44
22	Jeremy Rietman	59:12	26
23	Robert Kanieski	59:21	32
24	Jim Bosik	59:27	59
25	Alan Johnson	1:00:00	48
26	Jeff Young	1:01:19	53
27	<i>Carolyn Smith</i>	1:01:27	36
28	<i>Jan Harbert</i>	1:02:13	48
29	Lou Huie	1:02:26	62
30	Mark Koppa	1:02:50	35
31	Colin Ness	1:03:40	41
32	Glenn Bakken	1:03:59	58
33	The B-Man (Jim Romero)	1:04:33	69
34	<i>Amy Lease</i>	1:04:40	55
35	Strider (Tom Chambers)	1:05:12	66
36	Robert Madayag	1:05:18	44
37	Spiderman	1:05:59	58
38	<i>Christine Spindler</i>	1:06:25	38

39	Kool Shades (Ken Randall)	1:06:26	71
40	Rich Martinez	1:06:46	62
41	<i>Andrea Bell</i>	1:06:48	56
42	Tall Red (Ed Youngberg)	1:06:49	66
43	<i>Janice Huie</i>	1:09:54	60
44	<i>Cheryl Jordan</i>	1:12:04	45
45	Jerry O'Donnell	1:13:24	63
46	<i>Janet Sandoval</i>	1:14:55	61
47	Lee Bengston	1:15:07	71
48	Antonio Houck	1:15:32	12
49	David Christie	1:16:37	58
50	Pete Szymanski	1:18:21	53

51	Charles Schmucker	1:18:57	63
52	<i>Martha Martinez</i>	1:20:12	41
53	Stonewall (Ken Green)	1:21:04	80
54	George Houck	1:24:15	46
55	<i>Vici Dehaan</i>	1:33:36	74
56	<i>Patricia Crespi</i>	1:39:46	50
<b>Racewalkers (4 Mile)</b>			
1	Ian Monk	44:28	53
<b>Racewalkers (5K)</b>			
1	<i>Elizabeth Nordeen</i>	35:19	65
2	<i>Rosalie Murch</i>	41:34	68
3	<i>Summer Edwards</i>	47:36	23

Age group awards on listed on the web site



## PELICAN Update 08'09' ([Cahrnsbrak@yahoo.com](mailto:Cahrnsbrak@yahoo.com))

**5/25- Bolder Boulder 10K:** Scott Kukel, 38:06; David Rothenburger, 40:00 (6); Bob Cooper, 40:51 (1); Bob Caillouette, 42:11 (4); Dan Shaw, 42:57; Bruce Kirschner, 43:46 (8); Bill Stahl, 44:28; Bill Smitham, 44:47 (2); Nick Sterner, 45:10; Jeff Young, 46:49; Bruce Dahm, 46:53; Dave O'Sadnick, 49:02; 12-year old Jacques Moreau, 49:22:02, Kristin Moreau, 49:22:51; Alan Johnson, 49:40; Mean Ed Green, 49:55 (8); Amy Lease, 51:29 (3); Jim Romero, 52:39 (4); Bill Obert, 53:44; Gale Meuret, 53:51; Holly Dahm, 54:59; Connie Arhnsbrak, 55:08 (1); Taunya Wilson, 56:17 (2); Charles Scheibe, 56:24; Doug Tollin, 57:01; Jerry O'Donnell, 57:14; Bob Ghormley, 57:18; Kent Mitchell, 57:58; Bill Faulkner, 58:11; Fred Trentaz, 58:30; Patricia Tolleson, 58:54; Kenneth Green, 1:02; Jim Peterson, 1:02; Holly Romero, 1:03; Gary Winer, 1:03; Penelope, 1:08; Fay Dizerega, 1:08; Earl Beam, 1:15; Vici Dehaan, 1:17 (2); Santa Card, 1:20; Janet Ralston, 1:23; Kim Shenfeld, 1:23; \*Rick James Romero, 1:25; Bob Bussey, 1:25; Leslie Woods, 1:31 & Jim Dizerega, 1:33. \**Jim Romero's son.*

**5/30- Reach your Peak 4-Mile, CS:** Lou Huie, 31:08 (1) & **Steps N Strides, Littleton:** Bob Tafelski, 24:04 (2) & The Oak (Ross Westley), 26:24. *age group awards 50-99.*

**6/6- Kiowa Kickin 5K:** Connie Arhnsbrak, 28:33 (1) & Doug Tollin, 29:23 (2).

**Panoramic 4-Mile, Bear Creek Park, CS:** Robert Kanieski, 29:00 (3); George Greco, 30:33 (1); Lou Huie, 32:41 (3) & Glenn Bakken, 32:55 (2).

**6/7- Steamboat Marathon:** Bob Basse, 3:26; Paul Welschinger, 3:53 & Charles Scheibe, 4:16.

**6/13- Joe Colton's Off Road 10K, Rollinsville:** Dave O'Sadnick, 43:56 (1); Megan O'Sadnick, 51:10 (1); Polly Zimmerman, 57:20 (2) & Bruce Brandt, 1:07. **5K-** Jim Peterson, 32:08 (2). .

**6/14- Garden of the Gods 10-Mile:** Bob Basse, 1:11 (4); Bob Cooper, 1:13 (3); Bruce Dahm, 1:20; Dennis Cisco, 1:23; The B-Man (Jim Romero), 1:26 (2); Charles Scheibe, 1:32; Bill Faulkner, 1:38; Roger Rybicka, 1:39; Pam Iyer, 1:40; Connie Arhnsbrak, 1:43 (1); Kathy Klesmit, 1:45; Patricia Tolleson, 1:46; Lee Bengston, 1:46; Holly Dahm, 1:49 & Stonewall (Ken Green), 1:49 (1). **Estes Park Marathon:** Jim Bosik, *Jim also ran the Colorado Marathon in 3:43.*

**Rocky Mountain Half, Denver:** Scott Kukel, 1:28 (2); Nick Sterner, 1:38; Lou Huie, 1:44 (2); Bob Tafelski, 1:50 (1); Janice Huie, 1:59 (1) & Leslie Woods, 3:14.

**6/20- Mt. Evans Ascent, 14.5:** The B-Man (Jim Romero), 3:17 (1); Paul Welschinger, 3:20; Bill Faulkner, 3:42 (2) & Patricia Tolleson, 3:49 (1).

**6/21- Stadium Stampede 5K:** Jonathan Huie, 17:07; Christian Oliphant, 18:51 (2); Kevin McElroy, 18:51 (3); Bill Stahl, 22:00; Lou Huie, 23:05; Painted Horse (Jesse Tijerina); Bob Tafelski, 23:54 (2); The B-Man, 24:33 (3); Strider (Tom Chambers), 24:36; Alan Johnson, 24:43; Jack Barry, 25:07 (1); Taunya Wilson, 27:01 (2); J Gutierrez, 27:28; Jerry O'Donnell, 27:44; Bruce Brandt, 30:57; Laura McCoy, 40:09 & Leslie Woods, 44:32.

**6/27- Northside Stride 10K @ Sloans Lake:** Omar Martinez, 35:35 (OA); Isaiah Rubio, 37:32 (3); Esmeralda Martinez, 40:37 (OA); Bill Stahl, 44:26 & The B-Man, 51:52 (1).

**Slacker Half:** Trailman (Adam Feerst), 1:17 (1); Scott Kukel, 1:18; Michael Quispe, 1:19; David Rothenburger, 1:25; Robert Kanieski, 1:34; Cliff Jurgens, 1:41; Rich Romero, 1:53 (1); Kool Shades (Ken Randall), 1:56 (2); Janet Ralston, 2:02; Lee Bengston, 2:06 & Vici Dehaan, 3:01 (2). **4-Mile:** Jay Trujillo, 28:40 (3); Jerry O'Donnell, 34:38 (1); Penelope, 42:34 (1) & Santa Card, 53:45.

**6/28- Lyons River 5K:** Painted Horse (Jesse Tijerina), 22:31; Jim Peterson, 29:17 & Fay Dizerega, 51:49.

**7/4- HRCA Independence 5K:** Tom Chambers, 25:29 (1).

**Four on the Fourth 4K, Boulder:** Jim Romero, 19:02 (3); Rich Martinez, 19:13; Jack Barry, 19:32 (1); Constance Arhnsbrak, 20:43 (1); \*Connie Martinez, 27:36; \*Rob Martinez, 33:19 & \*Amanda Martinez, 33:22. *\*Rich Martinez family*

**4<sup>th</sup> of July 4-Mile, Palmer Lake:** George Greco, 29:22; Dave Banko, 1:03 & Joan Banko, 1:07.

**Evergreen Freedom 5K:** Keith Johnson, 18:17 (3); Dave O'Sadnick, 19:39 (2); Kevin McElroy, 19:49; Bill Obert, 26:33 (1); Kathy Johnson, 25:16; Taunya Wilson, 26:38 (1) & Kathy Klesmitt, 28:21.

**Liberty 4-Mile Run, WP:** Jonathan Huie, 22:07 (2); Mean Ed Green, 30:58 (3); Bob Ghormley, 36:12 (1); Kim Massey, 37:36 & The Captain (Don Robinson), 39:56 (2).

**7/5- Summer Roundup 12K, CS:** Dennis Cisco, 1:06; Bruce Dahm, 1:07; Bill Faulkner, 1:21; Patricia Tolleson, 1:23 (2) & Holly Dahm, 1:26.

**7/11- Rogers River 5K run, Longmont:** Forrest (Bob Caillouette, 20:42 (2); Philip Dizerega, 22:29; Pam Iyer, 23:28 (1); Roger Rybicka, 26:28; Constance Arhnsbrak, 26:40 (1); Jim Peterson, 28:46 (2); Jim Dizerega, 32:19; Fay Dizerega, 34:10 (2); Rosalia Murch, 46:27 (W) & 9-yr old Eryn Dizerega, 51:58.

**Heavy Half, Leadville:** The B-Man (Jim Romero), 3.28 (1).



# Upcoming Races

## Fairmount 5K Trail

Wednesday August 12 – 6:30PM Fairmount Park in Golden

### Directions:

Take I-70 west to highway 58 (Immediately after the Ward Road exit). Take the first exit off 58th to McIntyre. North on McIntyre to 54th. West on 54th to Quaker. South on Quaker to Fairmount Park.

From I-70 eastbound, take the Ward Rd exit. Stay in the right lane as you exit and turn right onto Ward Road. Take Ward Road north to 52nd Ave. Take 52nd Ave west to McIntyre. Go north on McIntyre to 54th, west on 54th to Quaker. Take Quaker south to Fairmount Park. See The [Google Map](#) for directions.

There will be a kids run at 6:00 before the 5K race. The length will be 1/2 mile. Ribbons will be awarded to all the kids. so bring the kids, grand kids or the neighbors' kids.

For more information or to volunteer call Kristin Moreau at 303-279-3509.

## Elk Meadow 10K

Sunday, August 23 – 8AM Elk Meadow Park, Evergreen

A challenging run on a beautiful trail. (Not for Race-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.

### 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: \_\_\_\_\_

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

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

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	<input type="checkbox"/>	Coaching	<input type="checkbox"/>
Racewalking Training	<input type="checkbox"/>	Corps	<input type="checkbox"/>	Race committee	<input type="checkbox"/>
		Course			
		Measurement			

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

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