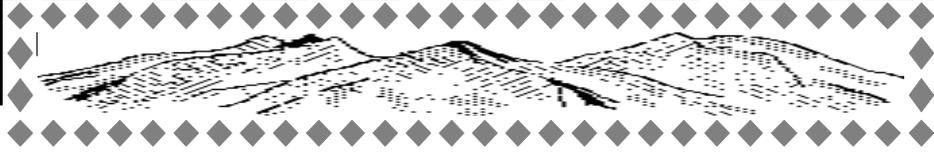


MASTER TIMES



May/June 2010

Volume 42 Issue 3

PRESIDENT'S CORNER

By Dan Shaw

VIRTUAL NEWS

The Colorado Masters has leaped into the virtual world in a big way this spring. In addition to the club's website (www.comastersrun.org) and thanks to CMRA's Club Liaison Cliff Jurgens, CMRA is now on Facebook (www.facebook.com) and on the Colorado Running Association's website, www.corun.org. If you have a computer, please take a moment to check out the information posted for June's Sand Creek 5 Miler/5K on Facebook (search for Sand Creek). There is no cost to join Facebook. The CRA website also posts information about our races. Please note CRA membership (\$25 per year, not to be confused with CMRA membership which is also just \$25 per year) is needed to fully access their website. If you don't want to pay the membership fee, just win your age group instead. Free one-year CRA memberships are being given away to age group winners at many CMRA races this year, including May's Memorial Run and June's Sand Creek race.

IMPRESSIVE RESULTS IN MAJOR EVENTS

I'd like to bring special attention to some local runners who achieved amazing results at some major events this spring, led by Justin Mock. After tuning up by finishing second to Oscar Martinez at the CMRA's Lake Arbor 5K in January, Justin took home honors in April as the top American finisher at this year's Virgin London Marathon, with a time of 2:29. In addition, a strong contingent of club members ran April's Boston Marathon, led by Michael Quispe with a time of 2:46. Also running were Scott Kukel (2:53), David Rothenburger (2:56), and Adam Feerst (2:58). Less than one month after Boston, David polished off the Colorado Colfax Marathon, again breaking the 3 hour barrier. Running the half marathon at the Colorado Colfax event, Michael Quispe took 14th place overall (2nd master) and Scott Kukel finished 22nd.

RACE DIRECTING

There are several club race directors who are interested in finding help to share the load of directing one of our races. If you would be interested in learning about this opportunity to assist in putting on one of our events, please contact me (dshaw_64@yahoo.com; 720-480-2370), any board member, or any of the race directors. A

list of race directors and their contact information is available on our website. Click on the “Member Info” link and go to “Race Director Duties.”

SMALL STEPS

Continuing to run through many years, runners occasionally have to adapt to changes. If you have been running for more than few months, you have probably found at least one pair of running shoes that work well for you. If you have been running much longer than that, you have also probably found that they no longer make the favorite shoe it took so much effort to find, or they substantially changed this year’s model making it no longer fit for you, or maybe as for me your feet changed, making the old favorite obsolete. In any case, most runners have at some time had to abandon their favorite shoe and search local shoe stores, magazine reviews and the Internet for an adequate replacement (which inevitably will be taken off the market not long after you find it).

If there is a benefit to this evolution game that shoe companies and our bodies play, it is that seasoned runners eventually learn to identify the features that work (and don’t work) for their feet and running style. Experience, both good and bad, is a teacher. Hopefully we can use the experience to improve.

For instance, when I first became a runner, shoe store gurus looked at my low arches and put me into the stability shoes that most runners wear. Mine came with hefty medial posts, forcing me to run on the outside edge of the shoe. As a beginning runner, my untrained feet probably needed the arch support these shoes provided. I was lucky at first, in that the ASICS DS Trainers with which I was presented stayed available (and are still on the market). However as I continued to run and grew stronger, my feet changed. Experiencing odd wear patterns, it was discovered that even though my feet have relatively low arches, my stronger feet had begun to underpronate and could no longer tolerate traditional stability shoes. Experimenting with cushioned trainers led me to look at performance trainers and even race flats. The shift to lighter shoes helped my stride to evolve and my running to improve.

While I worked on my personal journey to minimalist shoes, the larger running world over the past several years was similarly exploring the benefits of minimalist shoes such as the Nike Free and the Vibram Five Fingers. Now, I don’t recommend that you rush out blindly and join this fad (because it may not be right for you). I would like though to encourage you consider it in your personal evolution as a runner. If you haven’t already experimented with minimalist shoes (or even fully naked barefoot running), I encourage you to explore a little, especially if you are having injury troubles. Perhaps at some point you may want to try some easy training runs in a lighter than usual shoe, maybe also using a shorter than normal stride with a mid-foot plant.

From my perspective, the greatest benefit to abandoning protective shoes may be this shortening of the stride length. Naturally, short strides will lead runners to mid-foot planting, away from the need for the over-built heels and arch supports of traditional stable trainers, and hopefully away from the injuries heel-planting can cause. Remember however this should be part of a natural evolution and requires time. Take it slow and see how your feet feel about it. Minimalist shoes aren’t for everyone because you must have – or develop - the strength and proper form to utilize the mid-foot plant these shoes require. If you want to read more about the philosophy behind the shift to minimalist shoes, Danny Dreyer’s *Chi Running* book has been a popular introduction to better stride form. Nick Romanov’s *Pose Method of Running* is in my view even better.

Once you are over the hill, you pick up speed

Race Results

Bluffs 5K Run

by John Perez
April 17, 2010

The first annual Bluffs Run was held at the Bluffs Regional Park in Lonetree on a cool and windy Colorado spring day. In spite of the weather, 100 runners and 3 racewalkers were treated to a fun, challenging and hilly trail run. The 5K course, a loop around the park, offered beautiful views of the front range and a chance to catch a few rain drops as runners and walkers came down hill toward the finish.

This course is not one for setting a PR. The competition, however, was fierce in every age group. The men's top three runners were Oscar Ponce (32) finishing in 18:45, followed by Chris Nelson (40) and third went to Antonio Cuevas (30). On the women's side, youth dominated the day with 12 year old Jordyn Colter winning in 23:18, followed by Aubrey Till (13) and third going to Theresa Jocker (48).

It was great to have a good showing of young runners. Thanks to all the adults who coach, encourage and bring youth out to show them that running is a life long adventure. As master runners we are role models showing them that "you don't stop running because you grow old, you grow old because you stop running".

Thanks to all who pitched in to help with the registration, starting line, course marshalls, finish line and awards. Special thanks to Dan Shaw co-race director. Some nice giveaways and gift certificates were provided by The Boulder Running Company, Runners Roost, Running Wild and the Great Harvest Bread. Stop by one of our sponsors, support their business and let them know you appreciate their support of the Colorado Masters.

April 17, 2010 Race Results

PLACE	NAME	TIME	AGE
1	Oscar Ponce	00:18:45	32
2	Chris Nelson	00:18:55	40
3	Antonio Cuevas	00:19:12	30
4	Caleb Mathewson	00:19:49	21
5	Juan Ortiz	00:20:02	18
6	Keith Johnson	00:20:04	48
7	Jesus Herrera	00:20:10	16
8	Gautier Pena	00:20:20	18
9	Louis Moreno	00:21:00	17
10	Tim Miller	00:21:16	39
11	Alex Herrera	00:21:42	14
12	Andrew Adamowski	00:21:59	36
13	Finnegan Adamowski	00:21:59	3
14	Devin Croft	00:22:22	57

15	Jesus Ortega	00:23:16	18
16	Hugo Cordono	00:23:17	18
17	<i>Jordyn Colter</i>	00:23:18	12
18	<i>Aubrey Till</i>	00:23:21	13
19	Felix Lopez	00:23:35	57
20	Mark Koppa	00:24:14	36
21	Greg Frauenhoff	00:24:26	52
22	Ty Kearns	00:24:29	39
23	Kevin Dant	00:24:46	46
24	<i>Theresa Jockers</i>	00:24:52	48
25	Gil Adamowski	00:24:53	39
26	Skip Gardner	00:25:01	40
27	Cisco Lopez	00:25:15	17
28	Juan Del Hernandez	00:25:16	17
29	Tim Woods	00:25:18	36
30	Stefan Moreno	00:25:20	15

31	Luis Metrano	00:25:24	15
32	Jack Stellar	00:25:26	12
33	Dallas Hackett	00:25:56	9
34	<i>Carol Hickman</i>	00:26:09	44
35	<i>Bonnie Keefe</i>	00:26:15	45
36	John Shea	00:26:16	52
37	<i>Li Downs</i>	00:26:17	13
38	Jay D. Trujillo	00:26:18	51
39	Gary Butler	00:26:43	38
40	<i>Marie Martinez</i>	00:26:47	19
41	Wayne Stewart	00:26:50	63
42	The B-Man (Jim Romero)	00:26:55	70
43	Alan Johnson	00:27:10	49
44	<i>Jane Harbert</i>	00:27:16	49
45	Kool Shades (Ken Randall)	00:27:18	71
46	Brent Jockers	00:27:20	59
47	Spiderman (Scott McFarlane)	00:27:22	59
48	Rich Martinez	00:27:42	63
49	<i>Tania Molinar</i>	00:27:50	16
50	Cory Fulton	00:27:52	51
51	<i>Stephanie Wiecks</i>	00:28:03	63
52	<i>Annie Trizna</i>	00:28:22	11
53	Tom Chambers	00:28:31	67
54	Bob Wilmot	00:28:33	65
55	<i>Claradene Stewart</i>	00:28:37	60
56	Ross Westley	00:28:41	73
57	John Michael	00:28:43	49
58	David Wise	00:28:44	67
59	Tall Red (Ed Youngberg)	00:29:04	67
60	<i>Jessica Downs</i>	00:29:14	42
61	<i>Chris Adamowski</i>	00:29:21	42
62	<i>Kelsey Adamowski</i>	00:29:21	1
63	<i>Amy Lease</i>	00:29:34	56
64	Reid Wiecks	00:29:39	64
65	<i>Natalie Burningham</i>	00:29:52	30
66	Bill Faulkner	00:29:58	68

67	Mark Hackett	00:30:03	39
68	Link Lubken	00:30:08	60
69	Chris Gallegos	00:30:12	18
70	Wes Burns	00:30:46	26
71	Rich Romero	00:30:48	73
72	Pete Szymanski	00:31:21	53
73	J Gutierrez	00:31:26	57
74	<i>Nancy Stone</i>	00:31:28	11
75	Chris Stone	00:31:29	43
76	Lee Bengston	00:31:31	72
77	<i>Rosario Cabrera</i>	00:31:35	15
78	Andy McKean	00:31:37	65
79	John Miranda	00:31:41	63
80	<i>Patricia Tolleson</i>	00:31:56	61
81	Doug Tollin	00:32:05	65
82	<i>Kyle Koyle</i>	00:32:07	26
83	<i>Janet Ralston</i>	00:32:09	48
84	Tom Duran	00:32:16	62
85	Doug Smith	00:32:22	60
86	<i>Deb Acree</i>	00:32:27	58
87	Ken Simons	00:32:35	72
88	Fred Trentaz	00:33:21	68
89	<i>Tina Akin</i>	00:33:46	48
90	<i>Trina Lambert</i>	00:34:06	47
91	<i>Lucy Fales Evans</i>	00:34:46	59
92	Dan Wall	00:34:59	49
93	Ken Green	00:36:16	81
94	Earl Beam	00:37:42	59
95	Steve Elliott	00:38:57	42
96	<i>Olga Hnizdil</i>	00:39:38	65
97	Mark Bishop	00:41:43	42
98	Gustavo Gutierrez	00:41:47	30
99	<i>Michelle Galbraith</i>	00:41:48	32
100	<i>Shannon Shaw</i>	00:52:30	18
Racewalkers (5K)			
1	<i>Lynn Rich</i>	37:36	46
2	<i>Rosalia Murch</i>	44:05	69
3	<i>Laura McCoy</i>	44:22	55

Once you are over the hill, you pick up speed

Memorial Run 5K, May 8, 2010

Cliff Jurgens and Kellie Steward

A terrific day for running and the Twin Lakes brought out over 50 folks to join in the fun. For the second year, the racecourse was directed west on the bike path. This was a 5K/10K Run / Walk, and seemed to appeal to both distance types. (Although some felt they ran their PR in the 10K, due to course adjustment, I must let you know the long course measured .15 miles short of a full 10k.)

Omar Martinez was the overall 10K leader clocking in at 35:39. In an exclusive CMRA interview with Omar, he indicated that this was his tune-up training run for his last 10 miles of the 2010 Colfax marathon, shooting for a Colfax course record. Following Omar in the top three in the 10K were, Hans F, and Adam Foust respectively.

Leading the women in the long race was Jan Harbert, smiling the whole time, followed by Carol Hickman and Steph Wiecks. The 5K race was lead my Michael Quispe for the men runners, and Susan Hillman for the walkers.

A special thanks goes out to all the volunteers helping us all with registration, course timing, course marshalling, water distribution and course marking. Thank you to all our sponsors.

Looking forward to you all getting the word out to your friends to invite them to upcoming races

May 8, 2010 10K Race Results

Memorial 10K			
PLACE	NAME	TIME	AGE
1	Omar Martinez	35:39	24
2	Hans Funke	36:43	49
3	Adam Feerst	38:05	50
4	David Rothenburger	39:12	41
5	Devin Croft	39:48	57
6	Hector Martinez	40:58	26
7	Tim Miller	41:12	39
8	Bob Caillouette	42:07	55

9	John O'Connor	42:10	48
10	Dan Shaw	42:16	50
11	Dave Warner	44:18	33
12	Ryan O'Connor	44:45	39
13	Chris Stone	44:59	43
14	Lou Huie	45:48	63
15	Wayne Stewart	46:55	63
16	<i>Jane Harbert</i>	48:01	49
17	<i>Carol Hickman</i>	48:46	44
18	Alan Johnson	48:51	49

19	Rick Stubbs	48:59	61
20	Scott McFarlane	49:12	59
21	<i>Stephanie Wiecks</i>	49:37	63
22	<i>Claradene Stewart</i>	50:42	61
23	<i>Summer Edwards</i>	50:56	24
24	Joe Benvegna	51:03	43
25	Ed Youngberg	51:17	67
26	<i>Amy Lease</i>	51:49	56
27	<i>Janet Ralston</i>	52:46	48
28	Reid Wiecks	53:21	64
29	Link Lubken	53:33	64
30	Richard Martinez	55:21	63
31	Lee Bengston	55:36	72
32	Rob Langley	56:28	52

33	<i>Shelley F</i>	56:31	28
34	John Miranda	57:18	63
35	Douglas Tollin	58:07	65
36	Gabe Sisneros	58:39	71
37	<i>Tina Akin</i>	59:35	48
38	<i>Dawn Gustafson</i>	59:47	46
39	<i>Mary Pitz</i>	59:48	46
40	Dan Wall	59:59	49
41	Tom Duran	1:05:25	62
42	Tom Vigil	1:09:45	60
43	<i>Vici DeHaan</i>	1:11:07	75
44	<i>Lucy Fales Evans</i>	1:12:07	59
45	Dave Black	1:16:30	59

May 8, 2010 5K Race Results

Memorial 5K			
PLACE	NAME	TIME	AGE
1	Michael Quispe	19:26	43
2	Sam Hillman	21:06	
3	Jason Myers	22:18	36
4	Brad Schildt	24:25	45
5	Mark Hackett	27:22	39
RaceWalkers (5K)			
1	<i>Susan Hillman</i>	39:05	
2	<i>Shana Stone</i>	50:06	
3	<i>Nanette Benvegna</i>	50:07	53

Once you are over the hill, you pick up speed

Age group results for all races can be found on the Web Site.

Please shop at our sponsors:

 <p>Great Harvest Bread Co.</p>	 <p>Runners Roost LAKEWOOD, CO</p>
 <p>Boulder Running Company BOULDER - DENVER - COLORADO SPRINGS Need Help? Call 1-866-786-1738</p>	



Your Perfect Fit.™ Guaranteed.

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Upcoming Races

Sand Creek 5-M /5K
Saturday, June 19 - 8 AM
Stapleton Central Park - Denver

Directions:

From I-70, go south 1 mile on Quebec Street, take a left on MLK Blvd and go 1.3 miles east. Parking and the pavilion are on the north side of MLK. 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

Mountain Madness 12K
Sunday, July 18 - 7:30 AM Christies of Genesee

Directions:

25918 Genesee Trail Rd
Golden, CO 80401-5775

Take I-70 west to exit 254. Go left over I-70 and turn left. Take the first right up to Christies of Genesee, across from the Chart House. See the [Google Map](#) for details

For information or to volunteer call Chris Stone at 303-554-0870 or Jim Romero at 303-794-2952

Once you are over the hill, you pick up speed



PELICAN UPDATES (Cahrnsbrak@yahoo.com)

3/20 – Canyonlands Half, Moab: Paul Welschinger, 1:33; Wayne Stewart, 1:43; Dani Phillips, 1:48; Claradene Stewart, 1:54 (2) & Sir Fred Trentaz, 2:10.

3/27- 12-Hours of Utah, Moab: Bill Stahl, 48.33 miles (4/OA!)

Honda LA Marathon: Mark Ramsey, 3:33.

4/3- RMRR 4-Mile, CP: Scott Kukel, 23:53; David Rothenburger, 24:53; Michael Quispe, 25:10; Brett Allendorf, 28:14; Robert Kaniesk, 28:15; Dan Shaw, 28:17; Theresa Jockers, 29:57; Lou Huie, 30:54; Dave Hill, 32:03; John Shea, 32:30; Charles Scheibe, 33:18; Brent Jockers, 33:20; Rich Martinez, 33:47; Ross Westley, 33:56; Dallas Hackett, 34:42; Pete Szymanski, 35:29; Mark Hackett, 35:42; Mike Knipps, 39:36; Ken Simons, 39:41; Tom Duran, 39:58; Jan Hill, 41:53 (W) & Olga Hnizdil, 47:03.

Easter Sunday 10K, Wichita, KS: R2G2 (Ray Grundmeyer), 52:23 (1).

4/11 – Platte River Half: Christine Adamowski, 1:32 (2); Bob Caillouette, 1:34 (3); Karen Voss, 1:40; Kathy Johnson, 1:46 (3); Mike Puhr, 1:48; Tom Chambers, 1:51 (3); Bob Tafelski, 1:53 (1); The B-Man (Jim Romero), 1:55 (2); Bill Faulkner, 2:00; Rich Romero, 2:05 (3); Patricia Tolleson, 2:07; Pete Szymanski, 2:08; Lee Bengston, 2:11 & Dave Banko, 2:33.

4/17 – Quachita 50K, Little Rock, AR: Relentless Dave Black, 9:43. *humid, but very scenic.*

4/19- Boston Marathon: Michael Quispe, 2:46; Scott Kukel, 2:53; David Rothenburger, 2:56 & Trailman (Adam Feerst), 2:58.

4/24 – Sierra's 5K, Loveland: Oscar Ponce, 18:02 (2); Devin Croft, 20:49 (3); The B-Man, 25:11; Connie Ahrnsbrak, 28:30; Lee Bengston, 29:12; Rosalie Murch, 40:23 (RW) & *Dawn Estes, 45:05 (W). **Rosalie's daughter.*

McIntosh Mud Hen 5K, Longmont: The Oak, 26:08 (1); Philip Dizerega, 27:43; Jim Peterson, 30:46 (3); Jim Dizerega, 34:52; Fay Dizerega, 36:19 (2); 11-year old *Eryn Dizerega, 46:54 & 9-year old *Aleah Dizerega, 49:13. **Philip's daughters.*

4/25 – Cherry Creek Sneak: mile sprint – 7-year old *Alaya Vigil, 14:46. **Five Mile:** Scott Daily, 30:17 (2); Juan Ortiz, 30:32 (1); David Rothenburger, 32:25; Dave O'Sadnick, 33:11 (3); Brett Allendorf, 36:30; Jim Romero, 41:05 (2); Rich Martinez, 42:20; Mean Ed Green, 42:36; Bill Faulkner, 44:01; Rich Romero, 44:47 (3); J Gutierrez, 45:29; Patricia Tolleson, 46:43; Lee Bengston, 46:52 & Tom Duran, 47:05. **3-Mile** - Keith Johnson, 18:05 (1); Kathy Johnson, 22:55 (2); Mean Ed Green, 25:29; Jack Barry, 26:31 (1); Doug Tollin, 28:19 (1); Sir Fred Trentaz, 28:33 (2); Jim Peterson, 32:16 & Ruth Tollin, 49:32. **Connie's grand daughter.*

Oklahoma City Marathon: Wayne Stewart, 3:58; Claradene Stewart, 4:11 (1); Jerry O'Donnell, 4:58 & Penelope, 5:06. **Johnston's Half, Wichita, KS:** R2G2, 2:15 (2).

5/1 – Balarat 9-Mile Trail, Jamestown: The B-Man, 1:08 (1) & *Ken Simons, 1:34 (2). **ran off course.*

Hawk Hustle 5K, Horizon H.S.: Bruce Dahm, 22:09 (1); The Oak (Ross Westley), 27:21 (1); Connie Ahrnsbrak, 29:18 (1) & Holly Dahm, 29:55 (2).

Greenland Trail 25K: Bob Basse, 2:02 (1) & Jay D. Trujillo, 2:31. **8-Mile-** Caleb Mathewson, 52:43 (2/OA); Robert Kanieski, 1:08 & Janet Ralson, 1:26. **Fairmont 5000, Golden:** Bill Smitham, 22:12 (1).

5/2 – Colorado Rockies 5K: Christian Oliphant, 18:31 (1); Dave O'Sadnick, 20:00 (3); Jesse Tijerera, 22:46 (2); Dave Hill, 24:15; Polly Zimmerman, 25:18; The B-Man, 26:00 (2); Rich Romero, 26:50; Taunya Wilson, 27:04 (2); Connie Ahrnsbrak, 27:24 (1); Doug Tollin, 28:13; Jerry O'Donnell, 29:05; Sir Fred Trentaz, 29:10; Jim Peterson, 29:38; Penelope, 34:57; Tom Alison, 35:37; Rosalie Murch, 40:17 (RW); Leslie Woods, 45:22; Kim Shenfeld, 48:14; Ruth Tollin, 48:23 & Marie Romero, 1:00 (W).

Collegiate Peaks 50K: Mean Ed Green, 11:26 (1). **25K –** Bill Faulkner, 5:05 (2); Patricia Tolleson, 5:14 (1) & Bill Moyle, 6:23 (1). **Blossom Day 5-Mile, Canon City:** Rich Hadley, 32:43 (1) & Brett Allendorf, 38:19 (3). **5K-** Deb Hadley, 28:48 (1).

5/8- Colorado Half, FTC: Bruce Kirschner, 1:31 (1); Karen Voss, 1:38 (1); Bob Tafelski, 1:48 (1); The B-Man, 1:49 (2) & Roger Rybicka, 1:57. **10K-** Jim Peterson, 59:55 (1).

Montana Women's 5-Mile, Billings: Connie Ahrnsbrak, 43:30 (1). **Two-Mile:** Amber & Alaya Vigil, 34:39

May Day 5K, Ft. Lupton: The Painted Horse (Jesse Tijerina), 22:41 (2). **Highland Canal 10K:** Andrew Adamowski, 38:37 (2/OA) & Stonewall (Ken Green), 1:06. **5K:** Christine Adamowski, 20:46 (2/OA); Jerry O'Donnell, 28:22 (3); Penelope, 33:20 & Leslie Woods, 38:06.

5/16- Colfax Marathon, CP: Omar Martinez, 2:55 (4/OA); David Rothenburger, 2:59 (3); Kristin Moreau, 3:20 (4/OA) & Jim Bosik, 3:46 (1). **HALF:** Michael Quispe, 1:20 (2); Dave O'Sadnick, 1:30; Dan Shaw, 1:36; Lou Huie, 1:47; Jim Romero, 1:51 (1); Kool Shades, 1:53 (2); Polly Zimmerman, 1:54; Rich Romero, 1:55 (3); J Gutierrez, 2:06; Connie Ahrnsbrak, 2:10 (2); Jerry O'Donnell, 2:11 & Penelope, 2:37 (3). Rosalie Murch, 1:04 (4.6 leg); Holly Romero & Robert Romero ran the marathon relay.

Once you are over the hill, you pick up speed

COLORADO MASTERS RUNNING / RACEWALKING ASSOCIATION

The CMRA is a non-profit group organized in 1976 to promote running and racewalking for health and exercise. The club regularly sponsors running-related activities, including 13 races a year, fun runs, training sessions, track workouts, and social events. Races are held at least once a month all over the greater Denver metro area. Races are as short as 5 kilometers (3.1 miles) and as long as 16.1 kilometers (10 miles). Age group awards and prize drawings are held following each race.

Membership in CMRA is open to all, regardless of skill or experience, although race awards are geared to runners age 35 and over. CMRA is an all-volunteer effort. Races are conducted by CMRA members without monetary compensation. Members are expected to pitch in and help with club events! Annual dues are \$25 for individuals and \$35 for families based on a calendar year membership beginning in January. Since registration for club races are \$10 each for nonmembers and members race free, an individual CMRA membership pays for itself after just 3 races!

Aside from racing free each month, the CMRA newsletter, the *Master Times*, is issued every other month. Each issue includes recent race results, special articles about training and racing by club members, and information about future events.

To join, simply complete an application, available on our website, www.comastersrun.org, and bring it to our next race.

2010 OFFICERS & BOARD OF DIRECTORS

President	Dan Shaw	dshaw_64@yahoo.com
Vice President	Ken Simons	kssimons5@aol.com
Treasurer	Tom Alison	motnosila@comcast.net
Secretary	Chris Vanoni	m_c_vanoni@msn.com
Membership Chairperson	Scott McFarlane	simcfarl@pcisys.net
Newsletter (Co)Editors	Keith Johnson	johnsonhr@comcast.net
Web Site Chairperson	Scott McFarlane	simcfarl@pcisys.net
Members at Large	Joe Baird, Rich Romero, Mike Vanoni, Bruce Kirschner, Connie Ahrnsbrak, Rosalia Murch, Rob Fisher, Amy Lease	

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

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION
MEMBERSHIP APPLICATION FOR CALENDAR YEAR 2010
(11/01/2009 THROUGH 12/31/2010)**

For the mutual benefit of runners and racewalkers
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	Event Director	Member Board of Directors
Newsletter Editor	Event registration	Member Recruitment
Membership Database	Quartermaster Corps	Coaching
Racewalking	Training	Course Measurement
Race committee		

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)

Revised 09/15/2009

Once you are over the hill, you pick up speed

2010 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 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. Racewalkers will begin 15 minutes earlier than the runners.

Date	DOW	Time	Location	Name	Director(s)
Jan 2	(Sat)	9 AM	Lake Arbor	Lake Arbor 5K	Ken Randall
Feb 13	(Sat)	9 AM	Roadrunner Sports, Westminster	Forty Furlongs (5M)	Jason Myers
Mar 20	(Sat)	9 AM	Platte River Bar & Grill	Spring Spree 10K	David Wise
Apr 17	(Sat)	8 AM	Bluffs Regional Park	Bluffs Run (3 miles)	Dan Shaw
May 8	(Sat)	8 AM	Twin Lakes Park	Memorial Run 5/10K (5K walk)	Kellie Steward / Cliff Jurgens
June 19	(Sat)	8:00 AM	Stapleton	Sand Creek 5K / 5M	Rob Fisher / Dan Shaw
Jul 18	(Sun)	7:30 AM	Christies @ Genesee	Mountain Madness 12K	Chris Stone / Jim Romero
Aug 11	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau
Aug 29	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race	Wayne Mathis
Sep 19	(Sun)	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail	Dave Black / Scott McFarlane
Oct 10	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72M (All racers must pre-register)	Bruce Kirschner
Nov 13	(Sat)	9 AM	TBA	Veterans run	Kim Massey / Scott McFarlane
Dec 11	(Sat)	10 AM	Aurora Sports Park	 Aurora Sports Park XC 4/8/12K	Dan Shaw / Rob Fisher