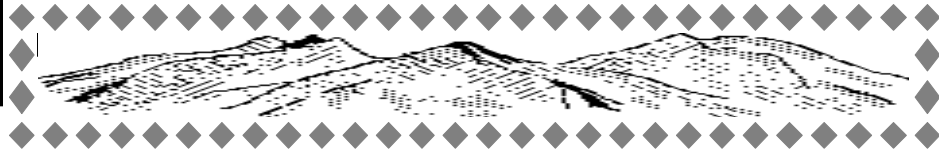


MASTER TIMES



January/February 2011

Volume 43 Issue 1

PRESIDENT'S CORNER

By Dan Shaw

2011 ANNUAL MEETING

The 2011 annual took place at a new venue this year, the Fox Hollow Golf Club on Saturday evening, January 22nd. The past several meetings have been held at Christie's at Genesee, near Evergreen. Members seemed to enjoy meeting closer to the middle of the metro area. With 64 attendees, attendance was higher than the past few years (typically about 50). Fox Hollow was gracious in accommodating the overflow, and we are looking at returning there in 2012. Here's hoping you'll join us!

NEW BOARD

The 2011 board membership was confirmed at the CMRA's annual meeting. The members are all holdovers from last year's board. The only change is a reduction in the number of members. Longtime board members Tom Alison, Bruce Kirschner and Rosalia Murch decided not to return. Also, Keith Johnson, who was listed as a board member last year but did not attend board meetings remains co-editor of the newsletter along with Kathy Johnson but is no longer listed as a board member.

The eleven returning board members are: at large members Joe Baird, Rich Romero, and Rob Fisher; club liaison Cliff Jurgens; quartermaster Mike Vanoni; website chairperson Scott McFarlane; membership chairperson Mark Hackett; secretary Chris Vanoni; treasurer Amy Lease; vice president Ken Simons; and president Dan Shaw.

If you are interested in being involved in running your club, please feel free to attend the next board meeting on Monday evening, March 7th, at 6:30 p.m. Please contact Dan Shaw (dshaw_64@yahoo.com ; 720-480-2370) for details and directions if you would like to attend.

JOINT CALENDAR

The Colorado Masters and Rocky Mountain Road Runners collaborated this year on a colorful joint calendar featuring Adam Feerst among others, which provides the 2011 race schedules of both clubs. The calendar

has been distributed to local running stores and is available to members of both clubs. Connie and Rosalia have calendars to be distributed to CMRA members at race registration. Please pick up a copy when you renew your membership. Grab one while they last!

VOLUNTEERS NEEDED

Jason Myers is looking for volunteers to assist with the Forty Furlongs on February 12th. Even if winter has left you not yet race-ready, come on out to Westminster City Park and support your club by helping with the race. If you would like to assist, please contact Jason by phone at 720-936-7860 or by email at myersjn@yahoo.com.

FINDING YOUR INNER MELODY FAIRCHILD

Melody Fairchild was guest speaker at the annual meeting, perhaps one reason for the higher attendance this year. If that name sounds familiar, you may recall Melody was a stellar local high school runner from Boulder about 20 years ago, winning numerous state and national titles. After a successful collegiate career at the University of Oregon where she collected Pac-10 conference and national honors, and several years as a professional distance runner, Melody has come home to Boulder. In addition to working at a Boulder running store, Melody is now in her fifth year running the Fairchild Flyers, an instructional camp for high school girls. If training goes well and her trail running schedule allows, Melody is considering a fall road marathon (Chicago) in an attempt to qualify for the 2012 US Olympic Trials Marathon next January in Houston.

In addition to sharing her career story with us, Melody provided insights into her running philosophy, including:

- Attaining success as a runner requires at least a bit of selfishness. High level success can only come when a runner's activities and mental focus are on one's own needs.
- In order to achieve greatness, to have an edge on the competition, Melody found "fuel" by converting the emotional stress in her life. Using this fuel, she was able to push the pain level in competition beyond the threshold her competitors could accept.
- Melody mentioned the pleasure she found in returning to Colorado and rediscovering the joy of running the mountain trails she learned as a girl. Melody enjoys competing in trail endurance events where she continues to find success.
- While a sponsored professional athlete, she found reward in working with younger runners in camp settings, sharing stories and helping them to communicate about and understand their own lives. While the personal and financial rewards of a successful running career are valuable and appreciated, seeming at times almost magical, giving back by helping others is also very rewarding.

For me, the biggest take-away from Melody's talk was her comment about the exhilaration she finds running hard up a trail with lungs and legs burning. I believe many Colorado Masters members have reached that zone and understand that pleasure in some degree, because I was touched by her words. Please be assured you won't see me at next year's Olympic trials; know though that there are other rewards to be found, and one of the best is the exhilaration that can come from pushing yourself beyond what your mind or body presents as limits. And now I have a name for it. I call it finding your inner Melody Fairchild.

Once you are over the hill, you pick up speed

ROCKING AND ROLLING

On Sunday, January 16th, I entered my first Rock and Roll Half Marathon in AZ. What a relief to be running under sunny skies and temperatures in the 60s instead of on ice, mud, and battling the infamous Boulder winds. Somehow it felt strange to be running without poles since they have become a regular fixture for my runs. I can't count how many times they've saved me from falling down or being blown over.

The race was huge! They had around 30,000 marathoners and 20,000 doing the half. Fortunately, they've got their procedures down pat for handling such huge crowds. My daughter who usually accompanies me on out-of-state runs had managed to book us into a hotel that was only two blocks from the finish line. We even boarded shuttle buses to the start located at the finish line, which meant we never had to take our car out of the hotel parking lot.

On the bus ride to the start, I met a Hopi Indian lady who had decided to do the half, and she had just started training three weeks ago. She was overweight, undertrained and very excited, so hopefully her enthusiasm carried her to the finish line before the four hour cut-off, which was based on when the last wave started.

We were all assigned corrals at the start based upon our projected finish. I submitted a slow time so I could pass people along the route rather than the reverse, and it worked perfectly.

The temperature at the start was in the 40s with overcast skies, ideal temps for a run. The wave start, similar to the one used by the Boulder Boulder worked just like I was used to. When our corral reached the start line, there was no problem getting started and having to weave your way through the hordes of slower runners ahead of us.

Around mile five, I spotted a large sign advertising "Rent Atire". Naturally as a singer, I assumed it meant they rented tuxedos for the guys who sing. Wrong! They actually meant "Rent to own a tire." Shows how your mind does its own thing when you're running.

There were bands about every 1 $\frac{1}{2}$ miles, and they were loud! I had put in ear plugs at the start since I have already lost some of my hearing and wanted to protect what I had left. The loud noise proved to be a challenge as the bands were located in their own bandshells and heavily miked. Around mile seven, I suddenly got it. Rock and roll, duh! They were all rock bands! What was I expecting, symphony orchestras? Even though I hated to do it, I ran past them with a finger in my ear closest to the band. At least they kept us entertained all the way to the finish.

I love to read t-shirts, and my favorites included: "I'm not just slow. I'm enjoying the course," "... "I'm slow...Get over it!" and "I may be slow, but I'll get there."

One of the "best" things about being white-haired is the number of affirmations I got all along the course. I have no idea how many came beside me, patted me on the shoulder to tell me I was their role model, or their hero for still being out there, and as usual I was asked repeatedly how old I was. Usually in the past, this question would be preceded by "May I ask you a personal question?" and I always knew what was coming. One older runner came by, tapped me on the arm and just asked right out, "How OLD are you?" I

guess this was said in amazement at seeing someone my age still competing. So even though I'm getting slower, I apparently serve an important function in these long distance races.

Back at the hotel, I learned of a new challenge being pursued by a marathoner. He had just turned 50, and running a marathon in all 50 states was so yesterday. Instead, his goal is to run a marathon in each state, qualifying for Boston every time. He met his goal again on Sunday.

Now it's on to my next race on February 5th when I travel to San Diego as the third member of the Boulder Road Runner's 70+ team competing in the USA Track and Field Championships. The course involves running three loops in a local park for 8K, and in order for a team to score, you must have three members. We've done this race for several years, and are usually unopposed in our age group, so that takes a little of the pressure off. Once again, we'll be running in sunshine with green grass and colorful flowers, which is a welcome relief from what I'm looking at right now with a snow storm swirling outside my window.

I'm ready for spring!

-Vici DeHaan

Race Results

Aurora Sports Park XC 2010 RRCA Colorado State Cross Country Championship

December 11, 2010
By Dan Shaw

Temperatures in the 30's and a mostly sunny Saturday morning greeted racers at Coal Creek Arena this year, unlike the first three Aurora Sports Park races which experienced snow on the ground and sub-freezing temperatures. A cluster of 82 competitors fanned out across the broad traditional cross country starting line at the west end of the arena grounds with their backs to a light December breeze. The mild weather meant the sandy stretches of the course would provide loose footing, more difficult than the frozen, crusty footing provided in past years, and the many creek crossings would be alternately sloppy with mud or ankle-deep in murky ice water.

Although the Aurora Sports Park course is fairly flat, with less than 100 feet in elevation change, competitors with the onions to finish 3 laps of this course more than earn whatever award they garner. Why? Well, this is cross country and that means no pavement, and compared to pavement it's hard to run over grass lawns. The Sports Park includes plenty of those, not to mention single track trails weaving through the woods and tunnel-like trail sections surrounded by tall willow shrubs. The mud and multiple creek crossings add to the drama and level of difficulty, as does a 200 yard stretch through open prairie grass and brush. But the killer feature, as always, is the sand, with four sandy sections totaling over $\frac{1}{4}$ mile. You cannot fight the sand; you must adapt to it and take what it gives you. And it doesn't give much.

Once you are over the hill, you pick up speed

Without snow this year, the prairie dog holes were easy to see and avoid across the dusty, denuded arena grounds. Barely 100 yards from the start line, runners funneled through a narrow gate into the arena's picnic area, across the first of eight water crossings and onto the 2.4 mile loop course. As with all the wet sections, faster runners splashed straight through the muddy water without breaking stride while more cautious harriers slowly and gingerly found their balance while negotiating their way over the water on wobbly fallen tree branches. Heading onto the loop, runners encountered terrain for which the only constant was change: a short stretch of sand followed by another wet crossing, sandy single track winding through trees, mud, more single track, a little sand, and finally a few hundred yards of green lawn before heading back into the brush and trees, and some muddy single track leading out to the turnaround point and up from the creek bed and on to the hard part.

The Sand Road. Horseback riding is a popular pastime in this part of Aurora, and this quarter mile stretch of road bordering the woody creek bottom has been beaten soft by the hooves of horses. When the weather is cold, the sand is frozen into choppy clumps that threaten to twist your ankles, completely unfit for running. When the thermometer rises above freezing, the sand is fluffy and even more difficult to run on. If you've ever had a nightmare about running and running and going absolutely nowhere, you know the feeling that racers find on the Sand Road.

It is with great relief that the course finally veers back onto the Sports Park lawns, verdant even in December. After half a mile of lawn, past the delightful, playful multisport sculpture in the middle of the park, the course heads back to the trail and the woods, but not for long. The single track trail quickly passes out of the trees and into the willows. Perhaps the consensus favorite section of the course for runners is the winding section through the red twig willows which rise over eight feet tall and close in around the trail, even overhead in places, with gooey black mud under foot. The trail breaks out of the willows briefly then doubles back into more willows, again wet crossing of the creek, and runners then cut through an open stretch of prairie back to the start/finish area. To finish, runners splash one final time through the creek before heading up to the picnic area of Coal Creek Arena and the finish line.

The 12K championship race featured 3 circuits of the loop. Many runners found satisfaction in just one or two circuits, but the awards were given only for competitors who completed all 3 laps. Rob Mandje, a professional cross country runner based in Boulder who has trained under legendary distance runner Lorraine Moller, took the men's overall title for the 3rd consecutive year, in a time of 47:25. As with last year's race, he pushed to a lead of several seconds over the first lap and extended the lead consistently throughout the race, finishing with a winning margin of more than 2 minutes over Keith Johnson, who took the Masters (over age 40) title in a time of 49:52, and Grand Masters (50+) champion Adam Feerst, in 3rd place overall in 49:58. The oldest male competitor was 73-year old Lee Bengston who finished in 89:00.

The women's title went to retiring Rocky Mountain Road Runners president Deb Cunningham. Deb raced hard through the first lap but suffered on the difficult course. Due to the crush of runners at the start and the wooded nature of much of the course which impeded the view of the competition, she wasn't aware of her leading position and eased off through the remainder of the race. Even so, she held off the competition to collect the overall title with a winning time of 62:47. Theresa Jockers was overall 2nd woman and grabbed the Masters title in a time of 65:01. The grand masters championship was claimed by Diane Ridgeway in 68:41. The overall oldest competitor to conquer the brutal 12K course was 75 year old Vici DeHaan, in 96:59, who pronounced after the race that this was the most difficult 7 miles she had ever run. Now there's tough!

Co-director Rob Fisher and I would like to extend a big thank you to all the volunteers who pitched in to help, including: prize maven Vici DeHaan; bagels and cream cheese wiz Amy Lease; presenters of awards and prizes Amy, Connie Ahrnsbrak and Tom Chambers; registration coordinators Connie and Rosalia Murch [Happy 70th Birthday, Rosalia!]; timing master Joe Baird; finish line and scoring control by Joe, Amy, Connie, Ken Simons, Bill Faulner, Ian Monk and Mike Vanoni; equipment transporter extraordinaire Joe Baird; RRCA posters, assistance and guidance from Mike, Chris and Megan Vanoni; coffee, soda and water stop provided by my lovely wife Lu and wonderful kids Joe and Sam and the tall guy with facial hair whose name I didn't catch; and course marshals Larry Ashton and Ed Ewing. Special thanks go to our sponsors who provided prizes to give away: Great Harvest Bread (bread) and Running Wild (gift certificates), and to the City of Aurora's Department of Parks and Open Space without whose gracious cooperation we could not begin to put on this event.

December 11, 2010 12K Race Results

PLACE	NAME	TIME	AGE
1	Robert Mandje	47:28	28
2	Keith Johnson	49:52	49
3	Trailman (Adam) Feerst	49:58	50
4	Andrew Fields	51:34	31
5	David Rothenburger	52:04	42
6	Steve McCrohan	52:08	37
7	Jay Survil	52:58	51
8	Jeff Bleven	54:19	42
9	Simon Martin	54:35	57
10	Paul Santi	54:57	46
11	David Cenicerros	55:17	23
12	Scott Chamberlin	55:18	54
13	Rick Denning	55:58	49
14	John Trull	58:58	58
15	Michael Brenner	59:57	52
16	Phillip Snyder	1:01:01	41
17	John Shea	1:02:04	53
18	Chris Sullivan	1:02:27	40
19	<i>Deb Cunningham</i>	1:02:47	49
20	David Kelble	1:03:15	53
21	Rob Fisher	1:03:21	60
22	Greg Frauenhoff	1:03:39	53
23	Bruce Kirschner	1:03:54	57
24	<i>Theresa Jockers</i>	1:05:01	49
25	Joe Black	1:06:45	12
26	<i>Jane Harbert</i>	1:07:00	49
27	John Ramos	1:07:07	34

28	Robb Sarchet	1:07:11	36
29	John Perez	1:07:45	60
30	<i>Jill Howard</i>	1:07:57	39
31	<i>Diane Ridgway</i>	1:08:41	61
32	Robert Kanieski	1:08:47	33
33	The B-Man (Jim) Romero	1:09:08	70
34	Rich Martinez	1:10:20	63
35	Glenn Bakken	1:11:40	60
36	Scott McFarlane	1:12:00	59
37	Brent Jockers	1:12:28	60
38	David Hill	1:14:37	59
39	Tall Red (Ed) Youngberg	1:16:04	67
40	<i>Christine Lotz</i>	1:16:17	37
41	David Wise	1:17:33	68
42	Adam Atherly	1:17:43	44
43	<i>Janet Ralston</i>	1:19:37	48
44	Douglas Tollin	1:20:32	66
45	Sir Fred Trentaz	1:23:15	68
46	<i>Patricia Tolleson</i>	1:26:03	61
47	Lee Bengston	1:29:00	73
48	<i>Tina Akin</i>	1:30:57	49
49	<i>Christine Vanoni</i>	1:33:17	59
50	Dave Black	1:37:48	59
51	<i>Lindsay Deihler</i>	1:40:19	29
52	Nate Deihler	1:40:20	31
53	<i>Ashley Jackson</i>	2:23:53	21
54	<i>Leslie Thompson</i>	2:30:21	54
55	<i>Vici DeHaan</i>	2:36:59	75

Once you are over the hill, you pick up speed

2011 Lake Arbor 5K

January 8, 2011

Sunny skies greeted 99 runners/walkers at the Lake Arbor 5K. We couldn't have had better conditions- weather and surface, making this a fantastic start for 2011! Thanks to all for your support, we had members come out from Greeley, Ft. Collins, Longmont, Grandby and Parker.

Competitive race in the male overall category for Alex Sico (18:01) beating out Omar Martinez close on his heels (18:31). The female overall winner was tough master runner, Christine Adamowski (21:13). Overall race walker was Jan Hill with a time of 33:48.

Once again, Keith Johnson (49) gave the youngsters a good chase placing third overall with a time of 18:38! Bob Jones (50), ran an outstanding time of 19:52, while John Perez (60) ran a strong 23:02. On the high end, good run for Virginia Vinyard (74), 26:55 and Don Robinson (78), 31:51

We want to welcome the 14 runners and volunteers from AIR, we look forward to seeing you at future races. Also, Jeff Young's Posse arrived sweeping four of the high school spots.

My thanks to all the volunteers: Connie Ahrnsbrak, Rosalia Murch, Joe Baird, Ken Simons, Jim Bosik, Rob Fisher, Ian Monk and BJ Swenson.

Thanks to Great Harvest for our daily bread, Runner's Roost, Lakewood, Boulder Runner Co. of Littleton and Boulder Running Co. of Boulder for awards.

Ken Randall, Race Director

January 8, 2011 Race Results

PLACE	NAME	TIME	AGE
1	Alex Sico	18:01	23
2	Omar Martinez	18:31	25
3	Keith Johnson	18:38	49
4	Hector Martinez	18:53	27
5	Scott Kukel	18:58	37
6	Daniel Barron	19:27	16
7	Luis Ronquillo	19:30	16

8	Fernando Moreno	19:37	16
9	David Rothenburger	19:50	42
10	Bob Jones	19:52	50
11	Michael Quispe	20:15	44
12	Jim Perry	20:27	49
13	Josh Staines	20:38	14
14	Andrew Adamowski	21:09	36
15	<i>Kelsey Adamowski</i>	21:09	2

16	<i>Christine Adamowski</i>	21:13	43
17	Chris Duffield	22:19	21
18	Robert Whittimore	22:26	42
19	Bruce Kirschner	22:28	57
20	Scott Jackson	22:30	43
21	Dan Shaw	22:34	51
22	Robert Kanieski	22:50	33
23	Matt Hall	22:56	24
24	John Perez	23:02	60
25	Cliff Jurgens	23:04	45
26	Michael Brenner	23:05	52
27	Michael VanOss	23:10	44
28	<i>Theresa Jockers</i>	23:21	49
29	Greg Fraunehoff	23:26	53
30	Lou Huie	23:42	64
31	John Ramos	23:49	34
32	Robb Sarchet	23:51	36
33	Amisadai Acosta	23:57	16
34	David Hill	24:01	59
35	<i>Janet Harbert</i>	24:22	49
36	<i>Nadia Gonzales</i>	24:27	16
37	Tom O'Brien	24:28	55
38	Mike Blanchette	24:32	53

39	Brent Jockers	24:40	60
40	Jeff Razor	24:42	34
41	The B-Man (Jim) Romero	24:57	70
42	Joe Benvegna	24:58	44
43	John Shea	25:08	53
44	Mark Riddle	25:19	40
45	Spiderman (Scott) McFarlane	25:36	59
46	<i>Amy Lease</i>	25:38	57
47	Justin Perry	24:39	11
48	<i>Martha Martinez</i>	24:50	43
49	<i>Monica Ryan</i>	24:52	49
50	Tall Red (Ed) Youngberg	26:21	67
51	Richard Romero	26:23	74
52	<i>Claradene Stewart</i>	26:27	61
53	Roger Rybicka	26:40	62
54	<i>Cathy Coomes</i>	26:48	43
55	Jeff Olson	26:52	51
56	<i>Valeria Passerini</i>	26:54	31
57	<i>Virginia Vinyard</i>	26:55	74
58	Douglas Tollin	27:00	66
59	Rich Ruhser	27:03	44
60	<i>Kellie Steward</i>	27:11	47
61	Ian Monk	27:12	54

Once you are over the hill, you pick up speed

62	<i>Natalie Burmingham</i>	27:18	31
63	Prashanta Aryal	27:55	28
64	<i>Erin Bosik</i>	27:45	25
65	J Gutierrez	27:46	58
66	<i>Jennifer Shutt</i>	27:56	25
67	Wayne Steward	27:57	64
68	<i>J J Sorenson</i>	28:03	16
69	Darren Wilkenson	28:11	45
70	Joe Sanchez	28:14	73
71	Mike Sorenson	28:17	45
72	<i>Ann Rodriguez</i>	28:19	45
73	Bruce Razor	28:27	62
74	James Jones	28:46	25
75	Sir Fred Trentaz	28:47	68
76	<i>Sandra Plaunt</i>	28:48	43
77	Tom Duran	28:57	63
78	Earl Beam	29:41	60
79	Kevin Razor	29:51	31
80	Jim Peterson	29:57	72
81	<i>Jennifer Colosimo</i>	30:08	42
82	<i>Ann Marie Staines</i>	30:28	45

83	Lee Bengston	30:34	73
84	Robert Fancher	30:45	71
85	Melvin Bond	31:20	48
86	The Captain (Don) Robinson	31:51	78
87	Charlie Schmucker	31:54	64
88	<i>Rhiannon Fadeyibi</i>	34:07	48
89	Vincent Ashton	35:00	55
90	<i>Leslie Thompson</i>	36:12	54
91	Gerald Brukner	37:16	42
92	Chris Bruce	37:27	34
93	<i>Janett Razor</i>	39:46	34
94	<i>Monique Wiles</i>	42:47	34
95	Bruce Houghtaling	43:30	49
Racewalkers			
1	<i>Jan Hill</i>	33:48	52
2	<i>Rosalia Murch</i>	41:05	70
3	<i>Laura McCoy</i>	43:34	55
4	Russell Ham		

Upcoming Races

**Forty [Furlongs](#) (5 Miles) Saturday, February 12 at 10 AM
Westminster City Park 10455 Sheridan, Westminster, CO**

Warm up your winter running with this fast CMRA 5 mile (1600 rod) race

Starting and finishing at the pavilion at Westminster City Park, the course is basically out-and-back along the Dry Creek Trail, with approximately the first and last miles on concrete and the middle portion of the race on trails of pea gravel and dirt. These are sunny, wide open spaces and typically clear of snow and ice if it hasn't snow in a few days. The hills are gradual or short and don't help or hinder much. You may want to consider race flats.



This year [RoadRunner Sports](#) will have representatives at the race to support runners with nutritional items, offer coupons and provide gift donations including shoe certificates.

They will also offer up to 25% off all in-store purchases on race day to all Forty Furlongs participants. The 25% discount includes the 10% VIP guaranteed discount plus an additional 15%.

Directions:

To reach the start, take the Boulder - Denver turnpike (36) toward Broomfield. Take the 104th Ave / Church Ranch Blvd exit and head east on W 104th Ave. Turn left (North) at Sheridan, left at W 105th Ave, and right at the first road in the park. For information or to volunteer call Jason Myers at 720-936-7860.

**Spring Spree 10K Saturday, March 19 at 10 AM
Platte River Bar & Grill 5995 S Santa Fe Dr,
Littleton, CO**

Directions:

To reach the start, go south on Santa Fe Drive from Bowles / Littleton Blvd to 5995 S Santa Fe Drive in Littleton. This is across Santa Fe from Arapahoe Community College.

Registration will be on the rear deck of the Platte River Bar & Grill. Food will be available for purchase starting at 10:00 AM.

The course will go south from there on the S. Platte trail with a turnaround at the Carson Nature Center, back North to Prince St, across the river, and back south to the Platte River Bar & Grill. For information or to volunteer call David Wise at 303-955-8496.

Once you are over the hill, you pick up speed

Pelican Update (Connie Ahrnsbrak)

11/13 - HLR Backcountry Half: Stephanie Wiecks, 2:03 (1).

Longmont Turkey Trot 10K: Jonathan Huie, 35:12 (2); Philip Dizerega, 46:13; Lou Huie, 46:56 (2) & Jim Peterson, 1:02 (3). **2-Mile:** Eryn Dizerega, 22:53; Fay Dizerega, 23:34 (2) & Jim Dizerega, 29:39.

11/14- San Antonio RNR Half: Painted Horse (Jesse Tijerina), 1:56.

Panicking Poultry 5K, Boulder Rez: J Gutierrez, 27:50; Earl Beam, 31:14 (1) & Laura McCoy, 43:03.

11/20- Turkey Trot 5K, Brighton: Bruce Dahm, 21:19; Theresa Jockers, 22:08 (1); Tall Red (Ed Youngberg), 25:51; Holly Dahm, 26:16; The Oak (Ross Westley), 26:41 (1); Taunya Wilson, 26:46 (3); Connie Ahrnsbrak, 26:49 (1); Doug Tollin, 26:49; Ken Simons, 28:13 (2); Patricia Tolleson, 28:21; *DeAnn Reaves, 28:59; *Jenna Reaves, 29:12 (3); Jim Peterson, 29:57; *9-yr-old Iassac Reaves, 33:32; *Matthew Reaves, 33:33; Rosalia Murch, 39:24 (3/RW); Ruth Tollin, 45:10; Shirley Simons, 45:12 & Bill Faulkner, 46:03 (3/RW).
**The Ken Simons clan*

11/21- Fit for Fire 5K, WP: The Oak, 26:53 (2) & Robert Ghormley, 29:18 (3).

11/25- Turkey Chase 10K, Arvada: Karen Voss, 46:34 (1); Dave Hill, 54:29 (2) & Tom Duran, 1:07 (1).

Atalaya 5K Turkey Trot, Santa Fe, NM: Tom Chambers, 29:30 (2).

HLR Turkey Trot 5K: John Perez, 22:52 (1) & Greg Frauenhoff, 23:33. **United Way Turkey Trot, 4-Mile, WP:** Bob Basse, 26:32 (1); Rich Romero, 33:54 (2); Lee Bengston, 40:42 & Cassie Klumpp, 43:30.

FTC 4-Mile Turkey Run: Lou Huie, 29:28 (3); J Gutierrez, 33:36 & Laura McCoy, 57:44. **Anthem 10K, Broomfield:** Patricia Tolleson, 1:01 (1). **5K-** Taunya Wilson, 27:07 (1) & Jim Peterson, 30:22.

11/27- Fishers of Men 5K, Aurora: Painted Horse (Jesse Tijerina), 23:22; The B-Man, 24:38(1); Jack Barry, 24:58 (2); Rich Romero, 25:27 (3); J Gutierrez, 26:33; The Oak, 26:41; Doug Tollin, 27:34 (2); Jerry O'Donnell, 28:27 (3); Kim Shenfeld, 35:24; Penelope, 35:25 (1); Rosalie Murch, 38:28 (1/RW); Laura McCoy, 41:13 (1/FW) & Leslie Woods, 42:54 (2).

12/4 - Rock Canyon Half, Pueblo: Jitka O'Farrell, 1:41 (2); Joe Black, 1:53; The B-Man, 1:57 (1) & Dave Black, 2:47.

Jingle Bell 4-Mile, Wichita, KS: R2G2 (Ray Grundmeyer), 36:57 (2).

12/5 - Rudolph Ramble 5K, WP: Jim Peterson, 30:10 (1).

12/11- First Gear 5K XC, Lake Afton, KS: Ray Grundmeyer, 29:39

12/12 - 4-Mile Xmas Classic: Jonathan Huie, 21:36 (OA); Lou Huie, 30:00 (1) & Jim Peterson, 40:32.

12/18 - Rudolph's Revenge 10K, Hudson Gardens: Jonathan Huie, 34:43 (OA); Simon Martin, 41:11 (1); Lou Huie, 48:04 (1); The B-Man, 50:42 (1) & Dorothy Bensusan, 54:38. **5K-** Judy Chamberlin, 21:11 (1); Painted Horse (Jesse Tijerina), 23:48, (2); Bob Tafelski, 25:32 (1); Jack Barry, 25:52 (2); George Huner, 26:29 (3); Rich Martinez, 27:04 (3); Doug Tollin, 27:18 (2); Tom Chambers, 27:45 (3); Lee Bengston, 31:02 (3); Earl Beam, 31:34; Cheryl Ames, 33:29; Angela Chambliss, 33:53 & Leslie Thompson, 39:21.

12/26 - Kwanza 5K, Aurora: Julio Bonilla, 18:01 (2); Jesus Lazo, 18:03 (2); Fernando Moreno, 18:45; Omar Martinez, 18:50 (3); Luis Ranquillo, 18:54; Robert Kanieski, 22:05 (2); Ed Green, 23:39 (1); The B-Man, 24:45 (1); Glenn Bakken, 25:11 (2); Martha Martinez, 25:38 (1); Roger Rybicka, 25:39 (3); Rich Romero, 26:27 (2); Doug Tollin, 27:17; Jerry O'Donnell, 29:15; Penelope, 38:19 & Leslie Woods, 44:53.

12/31- **Resolution 5K, WP:** Hector Martinez, 18:22; Jesus Lazo, 18:42; Fernando Moreno, 19:40; Gautier Pena, 20:42; Bob Basse (RMRR), 21:44; John Perez, 23:53; Amisadai Acosta, 24:56 & Martha Martinez, 26:54. *Only the first 100 scored- Good show for Martha (Hector's mom)!*

1/15- **Frosty Frozen 10-Mile:** Jonathan Huie, 56:02 (3/OA); Karen Voss, 1:09 (1); Lou Huie, 1:21 (1); The B-Man, 1:30 (1); The Oak (Ross Westley), 1:37 (2) & Janet Ralston, 1:42. **5-Mile:** Devin Croft, 32:39 (3); Bob Caillouette, 34:03; The B-Man, 41:17 (1); Rich Martinez, 42:03; Jack Barry, 42:38 (2); Dorothy Bensusan, 44:36 & Rosalia Murch, 1:06 (1).

1/22 - **El Pomar 8-Mile Winter Series II, CS:** Tall Red (Ed Youngberg), 1:14 (2) & The Oak, 1:17 (1).

1/23- **Yeti 10K Chase, BCLP:** Ed Green, 51:19 (2); The B-Man, 53:16 (1); Dorothy Bensusan, 58:07 (2) & The Oak (Ross Westley), 58:25 (2).

Polar Bear 5K, WP: David Kelble, 23:39; Rich Hadley, 24:59; Reid Wiecks, 28:16 & Deb Hadley, 30:30.

SPECIAL FEATURE: Like father, like son. Young Joe Black is following in Dave's foot steps RE the long run. On January 15, Dave and Joe took on an ultra in the Mojave Desert, Calico, CA. Joe ran the 30K in 3:44, 27/59 and placed first. Dave ran the 50K in 8:38, slowing down at mile 22 where he accompanied a woman having difficulties. Dave reports it was fun and friendly, about 60 degrees and lots of silty sand.

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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.

2011 OFFICERS & BOARD OF DIRECTORS

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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 2011
(11/01/2010 THROUGH 12/31/2011)**

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 (_____)

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Name: _____ Sex: _____ Birthdate: _____

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Mail completed form with check payable to:

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8100 E. Union Ave. Unit 1601

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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

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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.)

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Revised 09/15/2009

Once you are over the hill, you pick up speed

2011 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 1	(Sat)	10 AM	Stapleton Central Park	New Years Day Fun Run	Rob Fischer
Jan 8	(Sat)	10 AM	Lake Arbor	Lake Arbor 5K	Ken Randall
Feb 12	(Sat)	10 AM	Westminster City Park, Westminster	Forty Furlongs (5M)	Jason Myers
Mar 19	(Sat)	10 AM	Platte River Bar & Grill	Spring Spree 10K	David Wise
Apr 9	(Sat)	9 AM	Bluffs Regional Park	Bluffs Run 5K	John Perez / David Banko
May 7	(Sat)	8 AM	Twin Lakes Park	Memorial Run 10K	Kellie Steward / Connie Ahrnsbrak
June 18	(Sat)	8:00 AM	Stapleton Central Park	Sand Creek 5M	Rob Fisher / Dan Shaw
Jul 16	(Sun)	7:30 AM	White Ranch Park	White Ranch Trail Run	Chris Stone / Theresa Do
Aug 10	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Aug 27	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Fun Run	N/A
Sep 17	(Sat)	8:30 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Kim Massey / Scott McFarlane
Oct 9	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72M	Rich Fitzpatrick / Mike Brenner / Bruce Kirschner / Lucy Fales Evans / Vici DeHaan
Nov 12	(Sat)	9 AM	Hildebrand Ranch Park	Veterans run	Dave Black / Jim Romero
Dec 10	(Sat)	10 AM	Aurora Sports Park	Aurora Sports Park XC 12K	Dan Shaw / Rob Fisher