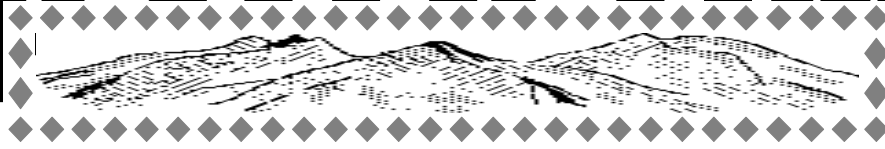


MASTER TIMES



September/October 2011

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PRESIDENT'S CORNER

By Dan Shaw

2012 SCHEDULE

It's time to put together CMRA's 2012 schedule. We are always looking for members willing to help out with putting on events. If you have an interest in assisting or even serving as a race director next year, please speak with one of our board members or contact me (dshaw_64@yahoo.com; 720-480-2370).

New ideas are welcome! If you have an idea for an event, please feel free to share. Talk with your favorite CMRA board member or tell me about it. We'd love to work with you to get your new event added to the CMRA schedule.

SINGLETs

It has been several years since the club last had singlets produced. A large number of members have expressed an interest in purchasing a club singlet and we are in the process of preparing an order with the expectation they will be available for sale soon. More to come!

Someone to Watch - By Connie Ahrnsbrak

I first met Jonathan Huie shortly after his parents, Lou and Jan Huie joined the Colorado Masters in 2003. Jonathan (JJ) was twenty-four when he ran The President's 7-miler at Cherry Creek. He cruised in at 40:30, placing first overall only to come back in 2004 with a first overall finish of 39:29.

He has been participating in races for about 19 years. He best sums up running as euphoric, a feeling of well-being, but most importantly, the chance to get out into nature.

His favorite running distance is anywhere from a 10K to a half-marathon. He says it's too difficult to pick one favorite race, but it has to have some hills, trees and good views. Despite making the difficult choice, he admits that the Mt. Werner Challenge, which is part of the Steamboat Springs Running Series, is one of his favorites.

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His favorite place to train near Denver is White Ranch Open Space. It has miles of trails (with a variety of possible loops), challenging hills, and beautiful scenery. JJ tries to run every day with one long run per week, including a hard run in the middle of the week. He rounds out his weekly mileage at about 50.

Jonathan ran his first race at the age of 10, January 1, 1991, the Rescue Run 5k in Colorado Springs. At that time, the Rescue Run was at Bear Creek Park in the Springs.

He ran cross country and track for Air Academy H.S. on the Air Force Academy. He also ran for the University of Montana in Missoula, but had to quit due to injuries.

Some of JJ's personal best times were at the Evergreen Town 5K race, 15:32. He adds that it was mostly downhill. His PR for Georgetown to Idaho Springs Half stands at 1:14, and his marathon PR (2:59:56) was at the Discovery Trail Marathon in Colorado Springs.

Some of his first overall times at the CMRA races began back in 2004 with the 10K Elk Meadow run. He placed first overall with a time of 35:09, breaking that time in the 2010 Elk Meadow run with a 34:28. He also conquered our once 1/3 marathon out at Barr Lake in a time of 51:03 in 2007, Mountain Madness 10K in 2009, 43:03, The Stonehouse Triple XC (8.5 miles) in 52:38, just to name a few.

This year thus far at the age of 31, and getting stronger, he captured the first overall title at Run the Rockies 10K in Frisco in 32:41 setting a course record. Again, alone at the CMRA White Ranch trail 10K, on July 16, he set a fast pace from the start, finishing with an impressive 39:03 on a challenging course.

He followed with not only first overall, but course records on August 5 at the RMRR's 5K in Dekovend Park in 16 minutes flat, August 10 at the CMRA Fairmount 5K, 15:54 and on September 11, the El Grito 5K, 16:02. Clearly his quiet and gentle manner does not reflect the fire bestowed in his running or is it the other way around?

In his free time (which is not very plentiful right now), he enjoys hiking, reading, watching movies in addition to studying Spanish.

After completing school he taught English in Tlaquepaque, Jalisco, Mexico, from January 2008 to April 2009. He presently teaches English as a second language at the Community College of Denver.

In closing JJ states that running in Colorado is special to him, especially in the hills. He enjoys meeting other runners at races, trying out different race courses, and hashing over war stories at the end. He also reflects back on some unforgettable and very exciting experiences while racing in Mexico when he was teaching there.

"I have set a goal for next spring (2012) to run a sub-32 minute 10K, as well as, shoot for a personal record in the Pikes Peak Ascent (my current best stands at 2:41.)"

Connie Ahrensbrak

Once you are over the hill, you pick up speed

Recent race results

Fairmount 5K - August 10, 2011- Kristin Moreau

It was a fast and furious Fairmount 5k this year. Jonathan Huie's winning time of 15:54 was a course record, both for the new course as of last year and the old course too, at least as far back as I have data. But it didn't stop there. We had 8 runners under 18:00mins, 20 under 19:00, and 30 at or under 20:00. In the high school age group, won by Louis Moreno of Lincoln High School in 17:45, an 18:08 was good only for 5th place, and in the mens' 60-64 age group, the top 5 times were separated by only 1 and a half minutes, led by Lou Huie (I guess that's where Jonathan gets his speed) in 23:28. Giulianna Vessa was the overall women's winner in 20:53, and Rosalia Murch won the walking race in 41:33. The half mile kids' race was won by 11 year old Justin Perry in a very fast time of 3:20. We had 13 runners from age 11 down to the age of 2 competing in the kids' race, and 118 in the 5k, both record numbers.

I'd like to apologize to Kathryn Rooney and Naomi Chu, who placed first and second, respectively, in the female 34 and under age group, but got mistakenly left out of the award ceremony.

Thanks go out first of all to my new co-director, Monica Ryan, who really helped take the stress out of putting on the race. And secondly, to all of my excellent volunteers. Joe Baird can always be counted on the run the finish line calmly and accurately, even with a crazy finish like this with runners separated only by seconds for minutes on end. And he was well-assisted by Rob Fisher, Ken Randall, Nettie (?), Rollie Erickson, and sorry if there were others. I'd also like to thank my excellent water station volunteers: Jan Huie, Jan and Stan Hayes, and Jacques Moreau. Thanks for traffic control to DTR member Bogie D. and his friend, Norm, who also provided much help with carrying heavy stuff around prior to the race. And I can't forget Connie Ahrnsbrak and Rosalia Murch who are so ever-present helping with registration that I need to be careful not to take them for granted. In addition, I'd like to thank Adam Feerst for lending me his course markings again. Finally, big thanks to Link Lubken and Jeff Young for contributing lots of food to our picnic after the race.

I greatly enjoyed putting on this race, and look forward to seeing all of you back next year.

August 10, 2011 Kids' 1/2 mile Race Results

PLACE	NAME	TIME	AGE
1	Justin Perry	3:20	11
2	<i>Madison Hart</i>	4:12	10
3	<i>Ali Troy</i>	4:45	10
4	Gus Kennedy	4:49	5
5	<i>Marissa Hart</i>	5:36	9
6	<i>Alaya Vigil</i>	6:15	9
7	Teo Moreau	6:34	3
8	Adam Ziegenfuss	6:48	4
9	Dylan Ziegenfuss	6:50	4
10	Wiley Carin	7:26	3
11	<i>Hannah Sills-Feerst</i>	8:16	3
12	<i>Diya Gupta</i>	10:02	4
13	<i>Nisha Gupta</i>	10:33	2

August 10, 2011 5k Race Results

	NAMF	TIME	AGE
1	Jonathan Huie	15:54	31
2	Omar Martinez	17:24	25
3	Louis Moreno	17:45	18
4	Stuart Evans	17:46	27
5	Julio Hernandez	17:47	24
6	Jesus Herrera	17:51	17
7	Daniel Barron	17:54	16
8	Fernando Moreno	17:57	16
9	Alex Herrera	18:08	16
10	Scott Kukul	18:12	37
11	Keith Johnson	18:20	50
12	Jesus Lazo	18:21	15
13	Andrew Terrill	18:28	41
14	Aaron Velo	18:30	18
15	Joe Ziegenfuss	18:47	36
16	Oscar Ponce	18:48	33
17	Adam Feerst	18:50	51
18	Luis Ronquillo	18:53	16
19	Ryan Kircher	18:54	32
20	Edgar Garcia	18:58	17
21	Christian Rivas	19:02	17
22	David Rothenburger	19:05	42
23	Steve Johnson	19:24	29
24	Juan Ortiz	19:32	20
25	Smiley Medrano	19:35	16
26	Gabe Villegas	19:43	19
27	Ruben Saldivar	19:49	16
28	Jeremy O'Farrell	19:50	35
29	Jonathan Herrera	19:55	14
30	Bob Jones	20:00	50
31	Alonzo Espinosa	20:21	15
32	Paul Moreau	20:33	45
33	Jerry Greenwald	20:45	43
34	<i>Giulianna Vessa</i>	20:53	15
35	Austin Esquibel	20:59	15

Once you are over the hill, you pick up speed

36	Michael Quispe	21:02	44
37	Glenn Johns	21:32	14
38	Chris Stone	21:46	44
39	<i>Emily Emmens</i>	21:48	15
40	Zac Petrie	21:49	15
41	Jose Bueno	22:02	15
42	Scott Jackson	22:07	43
43	<i>Betzabeth Garcia</i>	22:08	16
44	Jacob Wyatt	22:11	42
45	<i>Jamilah Rashid</i>	22:16	17
46	Bob Irving	22:00	56
47	Jeff Duran	22:29	29
48	<i>Brianna Esquibel</i>	22:30	17
49	Jose Duenez	22:36	15
50	Robert Kamieski	22:38	34
51	<i>Kathryn Rooney</i>	22:49	33
52	Joe Black	22:56	13
53	<i>Naomi Chu</i>	23:15	29
54	<i>Theresa Jockers</i>	23:18	50
55	Lou Huie	23:28	64
56	<i>Jitka O'Farrell</i>	23:33	33
57	Robert Whittemore	23:34	42
58	John Perez	23:36	60
59	Bill Smitham	23:37	67
60	El Caballo (Rich) Martinez	23:54	64
61	David Kelble	24:16	53
62	<i>Nadia Gonzales</i>	24:25	16
63	<i>Irene Barrea</i>	24:32	16
64	Chris Emmers	24:35	14
65	Barry Brewster	24:36	50
66	Glenn Bakken	24:40	60
67	Todd Shaklee	24:48	42
68	<i>Jane Harbert</i>	24:52	50
69	<i>Natalie Cortez</i>	24:54	17
70	Link Lubken	25:06	62
71	Irvin Villasenor	25:18	14
72	Spiderman (Scott) McFarlane	25:20	60
73	<i>Emily Cruz</i>	25:22	16

74	<i>Sandra Romero</i>	25:27	15
75	<i>Sarah Skarie</i>	25:38	38
76	The B-Man (Jim) Romero	25:46	71
77	<i>Amy Lease</i>	25:50	57
78	Bruce Kirschner	26:03	57
79	Gale Meuret	26:04	64
80	Tall Red (Ed) Youngberg	26:10	68
81	<i>Kim Kennedy</i>	26:38	45
82	Reid Wiecks	26:42	65
83	Sanjiv Gupta	26:43	40
84	Mats Moreau	26:58	11
85	Justin Perry	27:01	11
86	Andrew Sidles	27:02	39
87	<i>Valerie Sidles</i>	27:22	29
88	Tom Chambers	27:22	68
89	<i>Katherine Umana</i>	27:25	16
90	<i>Claradene Stewart</i>	27:28	62
91	Roger Hannaghan	27:49	16
92	<i>Tina Akin</i>	28:01	49
93	Jeff Olson	28:06	51
94	Tom Duran	28:11	63
95	Brent Jockers	28:16	60
96	<i>Michele Hart</i>	28:18	32
97	Jeff Young	29:03	55
98	Wayne Stewart	29:18	64
99	Derek Troy	29:26	36
100	<i>Nancy Stone</i>	29:30	13
101	Ken Simons	29:43	73
102	Rusty Gattis	29:55	46
103	<i>Nicole Shaklee</i>	29:56	47
104	Sir Fred Trentaz	31:04	69
105	Lee Bengston	31:29	73
106	<i>Cheryl Ames</i>	34:24	63
107	<i>Olga Hnizdil</i>	40:06	67
108	<i>Jan McBee</i>	40:51	60
109	<i>Ainsley Erickson</i>	40:56	24
110	<i>Kathryn Stone</i>	41:05	10
111	<i>Katie Kelble</i>	41:24	6

Once you are over the hill, you pick up speed

112	<i>Michelle Kelble</i>	41:32	44
113	<i>Donna Erickson</i>	41:33	56
Racewalkers			
1	<i>Rosalia Murch</i>	41:33	70
2	<i>Sue Duran</i>	45:10	55
3	<i>Susan Stone</i>	46:56	46

August 10, 2011 Age Group Results

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Jonathan Huie	15:54	Giulianna Vessa	20:53
70-74				
1	The B-Man (Jim) Romero	25:46		
2	Ken Simons	29:43		
3	Lee Bengston	31:29		
65-69				
1	Bill Smitham	23:37	Olga Hnizdil	40:06
2	Tall Red (Ed) Youngberg	26:10		
3	Reid Wiecks	26:42		
4	Tom Chambers	27:22		
5	Sir Fred Trentaz	31:04		
60-64				
1	Lou Huie	23:28	Claradene Stewart	27:28
2	John Perez	23:36	Cheryl Ames	34:24
3	El Caballo (Rich) Martinez	23:54	Jan McBee	40:51
4	Glenn Bakken	24:40		
5	Link Lubken	25:06		
55-59				
1	Bob Irving	22:00	Amy Lease	25:50
2	Bruce Kirschner	26:03	Donna Erickson	41:33
3	Jeff Young	29:03		
50-54				
1	Keith Johnson	18:20	Theresa Jockers	23:18
2	Adam Feerst	18:50	Jane Harbert	24:52
3	Bob Jones	20:00		
4	David Kelble	24:16		
5	Barry Brewster	24:36		

45-49				
1	Paul Moreau	20:33	Kim Kennedy	26:38
2	Rusty Gattis	29:55	Tina Akin	28:01
3			Nicole Shaklee	29:56
40-44				
1	Andrew Terrill	18:28	Michelle Kelble	41:32
2	David Rothenburger	19:05		
3	Jerry Greenwald	20:45		
4	Michael Quispe	21:02		
5	Chris Stone	21:46		
35-39				
1	Scott Kukel	18:12	Sarah Skarie	25:38
2	Joe Ziegenfuss	18:47		
3	Jeremy O'Farrell	19:50		
4	Andrew Sidles	27:02		
5	Derek Troy	29:26		
19 - 34				
1	Omar Martinez	17:24	Kathryn Rooney	22:49
2	Stuart Evans	17:46	Naomi Chu	23:15
3	Julio Hernandez	17:47	Jitka O'Farrell	23:33
4	Oscar Ponce	18:48	Valerie Sidles	27:22
5	Ryan Kircher	18:54	Michele Hart	28:18
14-18 (High School)				
1	Louis Moreno	17:45	Emily Emmens	21:48
2	Jesus Herrera	17:51	Betzabeth Garcia	22:08
3	Daniel Barron	17:54	Jamilah Rashid	22:16
4	Fernando Moreno	17:57	Brianna Esquibel	22:30
5	Alex Herrera	18:08	Nadia Gonzales	24:25
13 and Under				
1	Joe Black	22:56	Nancy Stone	29:30
2	Mats Moreau	26:58	Kathryn Stone	41:05
3	Justin Perry	27:01	Katie Kelble	41:24

Once you are over the hill, you pick up speed

Elk Meadow Trail Run. September 30, 2011– Ed Youngberg

About 30 runners and walkers made their way to Elk Meadow in Evergreen for this year's challenging 5.6 mile trail run. The day started off a bit cool and partly overcast but by race time most of the clouds had scattered and the sun gave us pleasant temperatures. The trail run was designated as a fun run and the event was not timed. However, a enthusiastic group went all out and were rewarded with beautiful scenery, a great workout, plus fruit, bagels, drinks, and coffee at the finish line. Even though the event was not timed the first male and female finishers, Keith and Kathy Johnson received gift certificates from Runner's Roost and a loaf of Great Harvest bread.

Thanks to Runner's Roost for the gift certificates, Great Harvest for the bread, and Starbucks in El Rancho for the large container of coffee.

Thanks to those who helped carry food and drinks to the start line and back to the parking lot. Also, special thanks to Keith Johnson for marking the trail with an arrow at each junction as he ran, and still finishing first.

Hildebrand 6.6mile September 17th 2011 – Dave Black

The 2nd annual (ok, last year was in November) CMRA Hildebrand Ranch run took place Sat. Sept. 17 on a fine late summer morning.

Omar Martinez led wire to wire and finished the 6.63 mile course in 41:10. In 2nd place was grand master Keith Johnson, at age 50 twice Omar's age, in 44:02. The first female was Kristin Moreau, in 50:14. Rosalie Dexter was the first 5k race-walker, in 42:32.

There were 60 runners and 2 walkers, and there were zero Mountain Lions, Bears, or Rattlesnakes.

Thanks to sponsors Runners' Roost and Boulder Running Company, and to volunteers Marie Romero, Carol Bengston and Joanna Berry, water station, Rick Romero, Rhonda Romero, Sandra Romero, Brittany Romero, and Alexis Romero, street crossing, Brandon Amaya, Jeremiah Tanner, Joe Black, course marshalls, Nannette Benvegna, Bob Bussey, Tom Allison, Linda Gonzalez, finish line, and Joe Baird and Mike Vanoni, timers. Dave Black (co-RD with Jim Romero.)

PLACE	NAME	TIME	AGE
1	Omar Martinez	41:10	25
2	Keith Johnson	44:02	50
3	Stuart Siekmeier	45:04	49
4	Jeremy O'Farrell	45:07	35
5	Mark Seaton	48:18	36
6	Rich Fitzpatrick	49:33	46
7	<i>Kristin Moreau</i>	50:15	44
8	Jacob Wyatt	50:14	42
9	Dan Shaw	50:53	52

10	Tom O'Brien	51:07	55
11	<i>Theresa Jockers</i>	51:31	50
12	Scott Jackson	51:46	43
13	Rob Fisher	52:28	61
14	Brett Allendorf	52:40	42
15	Lou Huie	53:00	65
16	Robert Kanieski	53:02	34
17	Alan Johnson	53:12	50
18	Martin Remy	53:17	43
19	Cliff Jurgens	54:36	46
20	Walt Coughlin	55:34	49
21	<i>Karen Voss</i>	55:50	45
22	<i>Nomi Chu</i>	55:55	29
23	<i>Jitka O'Farrell</i>	56:07	33
24	Barry Brewster	56:27	50
25	Link Lubken	56:53	62
26	Rich Martinez	57:54	64
27	David Hill	58:23	60
28	Bob Silas	59:00	61
29	Joe Benvegnu	59:12	45
30	Spiderman (Scott) McFarlane	59:26	60
31	The B-Man (Jim) Romero	59:47	71
32	<i>Jane Harbert</i>	59:58	50
33	Bill Faulkner	1:00:18	70
34	John Shea	1:00:33	54
35	Robert Romero	1:00:45	65
36	Strider (Tom) Chambers	1:01:00	68
37	Jack Barry	1:02:11	73
38	Rick Stubbs	1:02:45	62
39	Brent Jockers	1:03:01	60
40	Gregg Frauenhoff	1:04:38	54
41	<i>Donna Sakdol</i>	1:04:57	47
42	<i>Mary Lou Lowie</i>	1:05:21	60
43	Hank Burkman	1:05:24	59
44	<i>Constance Ahrnsbrak</i>	1:05:37	71
45	<i>Janet Sandoval</i>	1:05:39	63
46	Ian Monk	1:07:32	55
47	Mike Burzynski	1:07:50	72

Once you are over the hill, you pick up speed

48	Jeffery Olson	1:07:57	52
49	Ken Simons	1:08:57	73
50	Sir Fred Trentaz	1:10:57	69
51	Lee Bengston	1:11:24	74
52	Derek Troy	1:12:04	36
53	Tom Duran	1:12:16	63
54	<i>Kathy Klesmitt</i>	1:12:40	59
55	<i>Patricia Tolleson</i>	1:12:59	62
56	Mark Waller	1:16:00	61
57	Stonewall (Ken) Green	1:16:49	82
58	<i>Cheryl Ames</i>	1:29:07	63
59	<i>Vici DeHaan</i>	1:29:47	76
60	<i>Christine Vanoni</i>	1:29:57	60
Racewalkers (5K)			
1	Rosalia Murch	42:32	70
2	Robert Dexter	48:25	74

Age Group Awards

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Omar Martinez	41:10	Kristin Moreau	50:15
80 and Over				
1	Stonewall (Ken) Green	1:16:49		
75-79				
1			Vici DeHaan	1:29:47
70-74				
1	The B-Man (Jim) Romero	59:47	Constance Ahrnsbrak	1:05:37
2	Bill Faulkner	1:00:18		
3	Jack Barry	1:02:11		
4	Mike Burzynski	1:07:50		
5	Ken Simons	1:08:57		
65-69				
1	Lou Huie	53:00		
2	Robert Romero	1:00:45		
3	Strider (Tom) Chambers	1:01:00		
4	Sir Fred Trentaz	1:10:57		
60-64				

1	Rob Fisher	52:28	Mary Lou Lowie	1:05:21
2	Link Lubken	56:53	Janet Sandoval	1:05:39
3	Rich Martinez	57:54	Patricia Tolleson	1:12:59
4	David Hill	58:23	Cheryl Ames	1:29:07
5	Bob Silas	59:00	Christine Vanoni	1:29:57
55-59				
1	Tom O'Brien	51:07	Kathy Klesmitt	1:12:40
2	Hank Burkman	1:05:24		
3	Ian Monk	1:07:32		
50-54				
1	Keith Johnson	44:02	Theresa Jockers	51:31
2	Dan Shaw	50:53	Jane Harbert	59:58
3	Alan Johnson	53:12		
4	Barry Brewster	56:27		
5	John Shea	1:00:33		
45-49				
1	Stuart Siekmeier	45:04	Karen Voss	55:50
2	Rich Fitzpatrick	49:33	Donna Sakdol	1:04:57
3	Cliff Jurgens	54:36		
4	Walt Coughlin	55:34		
5	Joe Benvegnu	59:12		
40-44				
1	Jacob Wyatt	50:14		
2	Scott Jackson	51:46		
3	Brett Allendorf	52:40		
4	Martin Remy	53:17		
35-39				
1	Jeremy O'Farrell	45:07		
2	Mark Seaton	48:18		
3	Derek Troy	1:12:04		
19 - 34				
1	Robert Kanieski	53:02	Nomi Chu	55:55
2			Jitka O'Farrell	56:07

Once you are over the hill, you pick up speed

Pelican Update (Connie Ahrnsbrak)

Special Feature: Congratulations to **Alyn Park** setting a new age course record (CR) @ GTIS Half, 1:39, **Stephanie Wiecks** set a new age CR @ Pikes Peak Marathon, 6:42, last CR was set in 2005 @ 6:48. Lastly but not least, **Bill Faulkner**, new 70 age CR at the American Discovery Marathon on Labor Day. He beat the 2009 course record by 17 minutes!

7/9- Middle Park Half, Granby: Robert Kanieski, 1:51; Glenn Bakken, 2:03:54 (1); Tall Red (Ed Youngberg), 2:03:56 (2); Kool Shades (Ken Randall), 2:21 (1) & Ross Westley, 2:40 (2).

7/15- Don Childs Memorial 5 Miles +, Gering, NE: Amy Lease, 44:44 (1).

7/16- Stanford Days 5K, Stanford, IL: Tom Chambers, 23:38 (1).

7/17- Keystone Half: Robert Kanieski, 1:54

7/23- Classic 10K, CS: Antonio Noe Cuevas, 36:17; Devin Croft, 40:48 (2); Bob Caillouette, 42:09 (3); Connie Ahrnsbrak, 55:54 (1), Jim Peterson, 1:03 (3) & Rosalia Murch, 1:20 (2).

Lookout Mountain Tri, Golden: Andrew Adamowski, 1:02 (1); Chris Adamowski, 1:11 (1); Reid Wiecks, 1:29 (1), Stephanie Wiecks, 1:35 (1) & Ken Simons, 2:16 (1).

7/24 - Vail Mountain Half: The B-Man, 3:10 (1); Link Lubken, 3:16 & Jay Wissot, 3:29.

8/3- Center Park 8.4, Breckenridge: Robert Kanieski, 1:25

8/6- Mt. Werner Classic, SBS: Robert Kanieski, 2:40. **Eldora 10K Trail:** Alan Johnson, 58:32 & Robert Whittemore, 1:03.

Wild Idaho 50K, Crouch, ID: Relentless Dave Black, 13:43. *Completing thirty-three 50Ks, two 50-milers and one (1) 100K in 29 states thus far!*

8/7- La Sportiva 10K, Vail: David Kelble, 1:03 & Jim Romero, 1:09 (2). **5K-** 10-year old Gina Kelble, 35:44.

ROHT Iron 70.3, Boulder: Terry McFarlane & Cassie Klumpp, 7 & 8 hours respectively.

Evergreen Town 10K: Jay Survil, 38:05 (1); Judy Chamberlin, 42:33 (1); Cabri Chamberlin, 43:36 (1); Karen Voss, 44:21; Brett Allendorf, 44:27; Alyn Park, 45:28 (1); Rich Romero, 52:23 (1); Tom Chambers, 52:48; Jay Wissot, 53:18; Bruce Brandt, 1:05 & Vici Dehaan, 1:25 (1). **5K** – Scott Kukel, 17:16 (2); Michael Quispe, 18:10; Chris Adamowski, 19:14 (1); Taylor Survil, 20:33; Bill Smitham, 22:06 (2); Jack Barry, 25:00

(3); Jim Peterson, 29:27; Jerry O'Donnell, 29:32; Penelope, 33:44 & Carol Bengston, 43:34 (2).

8/13- GTIS Half: Omar Martinez, 1:13; Keith Johnson, 1:20 (1); Scott Kukel, 1:21; David Rothenburger, 1:22 (3); Jay Survil, 1:24 (2); Michael Quispe, 1:25; Chris Adamowski, 1:27 (2); Bob Caillouette, 1:31 (3); John Ramos, 1:35; Taylor Survil, 1:39; **Alyn Park**, 1:39 (1); Rob Martinez, 1:42; Robert Whittemore, 1:42; Jim Bosik, 1:43 (2); Rich Martinez, 1:50; Rich Romero, 1:53 (2); Bill Faulkner, 1:59 (3); Ed Youngberg, 1:59; Todd Shaklee, 2:00; Nicole Shaklee, 2:15; Tom Duran, 2:16; Patricia Tolleson, 2:18; Janet Sandoval, 2:25; Sir Fred Trentaz, 2:25 & Olga Hnizdil, 2:57.

Run for Momma Half, Marion County Lake, KS: Ray Grundmeyer, 2:44

Diva's Sprint Tri, Longmont: Terry McFarlane, 1:44 (1) & her daughter, Christine Jacobson, 1:47.

8/14- IRUNCO 5K, WP: Michael Blanchette, 23:10 (3); Jay Wissot, 25:16 (1); Tom Chambers, 25:44 (2); J Gutierrez, 27:01; Dorothy Bensusan, 28:27; Robert Ghormley, 29:48; Jerry O'Donnell, 29:48; Mark Hackett, 31:27 & Penelope, 34:01 (2).

8/20- Pikes Peak Ascent: David Rothenburger, 3:26; Jeremy O'Farrell, 3:30; Jay Survil, 3:32; Jitka O'Farrell, 3:38 & Reid Wiecks, 5:10. **Diva Half, Vail:** Cassie Klumpp, 2:56.

8/21- Pikes Peak Marathon: Stephanie Wiecks, 6:42 (1). **Run The Ranches 7.8, Grandby:** Robert Kanieski, 1:15.

8/27 – Antelope Dash, Curt Gowdy State Park 4-Mile Trail, WY: Kim Massey, 41:26 (1st Grand Master) & Connie Ahrnsbrak, 42:38 (2nd Grand Master). **Aspen Back Country Marathon:** Robert Kanieski, 6:30.

8/28- Berry Picker Trail , Vail: The B-Man, 57:40 (1).

9/3- Red Shield 5K: Robert Kanieski, 20:59 (4/OA) & Glenn Bakken, 23:04 (1). **Dream Big 5K, Wichita, KS:** R2G2, 27:24.

9/5- Windsor Harvest 5K: J Gutierrez, 26:37 (2) & Connie Ahrnsbrak, 27:17. **Park to Park 10-Miler:** Justin Little, 1:00; Devin Croft, 1:09:17 (2); Bob Caillouette, 1:09:55 (3); Chuck Lowrie, 1:15 (2); Deb Cunningham, 1:16; Alyn Park, 1:17 (1); Jay Wissot, 1:25 (2); Lee Bengston, 1:42 (2); Jim Peterson, 1:56 & Dave Banko, 2:05. **5-Miler:** Jack Barry, 44:05 (1); Kim Shenfeld, 1:02 & Leslie Woods, 1:13 (2).

American Discovery Marathon, CS: Stephanie Wiecks, 4:03 (2); Bill Faulkner, 4:36 (1) & Patricia Tolleson, 5:23 (2). **Half – Rich Hadley**, 1:35 (1).

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9/7 – Lakewood 4-mile Series, BCLP: Keith Johnson, 21:36 (3/OA); David Rothenburger, 22:55; & Tom Chambers, 31:47 (1).

9/11- El Grito 5K: Jonathan Huie, 16:02 (**OA**); Omar Martinez, 16:44 (2/OA); Juan Ortiz-Navarro, 17:51 (1); Hector Martinez, 18:53 (2); Bob Cooper, 21:32 (1); Alyn Park, 24:01 (1); Spiderman Scott, 24:18; Bob Tafelski, 24:43 (1); Jay Wissot, 24:54 (2); Dave Hill, 24:59; Tom Chambers, 25:47 (3); Janet Sandoval, 25:57 (3); Tall Red, 26:00; Jack Barry, 26:02; Connie Ahrnsbrak, 26:03 (1); J Gutierrez, 26:08; Martha Martinez, 26:52; Tom Duran, 28:49; Bob Ghormley, 29:06; Jerry O'Donnell, 29:35; Penelope, 33:17; Jan Hill, 34:28 (1/Walk); Laura McCoy, 43:08 (W); Leslie Woods, 46:10; Carolyn Tafelski, 46:30 (W) & Marie Romero, 1:02 (W).

Races of interest

The **Twister 5K** will be held on **Saturday, November 5th** at **Cheesman Park** (www.twister5k.com).

This race will help raise funds to help the residents of Joplin rebuild after the devastating tornado which hit the community in May this year. Please get on your feet to raise money to help the residents of Joplin get back on theirs!

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.

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	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Kim Massey / Scott McFarlane
Dec 10	(Sat)	10 AM	Aurora Sports Park	Aurora Sports Park XC 12K	Dan Shaw / Rob Fisher

If you have any items, photos or articles for the next newsletter (don't be shy), please give them to Jane Harbert (email: tace_tigger@hotmail.com) before 24th July. If sending an email, please add CMRA to the title so I know it's not spam.

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

President	Dan Shaw	dshaw_64@yahoo.com
Vice President	Ken Simons	kssimons5@q.com
Treasurer	Amy Lease	amyl_80222@yahoo.com
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Quartermaster Chairperson	Mike Vanoni	mev@cre-denver.com
Members at Large	Joe Baird, Rich Romero, Connie Ahrnsbrak, Rosalia Murch, Rob Fisher, David Wise	

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.

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COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION

MEMBERSHIP APPLICATION FOR CALENDAR YEAR 2012

(11/01/2011 THROUGH 12/31/2012)

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: _____

Name: _____ Sex: _____ Birthdate: _____

Name: _____ Sex: _____ Birthdate: _____

Name: _____ Sex: _____ Birthdate: _____

Mail completed form with check payable to:

CMRA

3009 S Holly Place

Denver, CO 80222-7010

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

Please shop at our sponsors:

<p>Please shop at our sponsors</p>	
 <p>Arvada, CO</p>	
	
	

Great Harvest Bread in Arvada will give a 10% discount to CMRA members when they present their membership card.

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