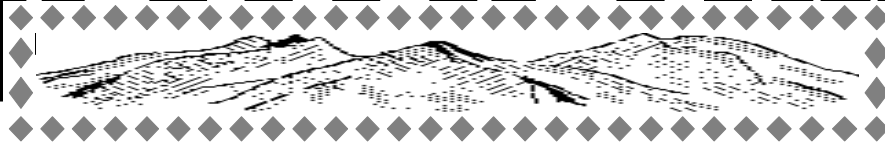


# MASTER TIMES



November/December 2011

Volume 44 Issue 6

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## PRESIDENT'S CORNER

By Dan Shaw

### **ANNUAL MEETING & BANQUET**

The Colorado Masters Running Association will hold its 2012 annual meeting at West Woods Golf Club, 6655 Quaker Street, Arvada, CO 80007 on Saturday evening, January 21, 2012. The bar will open at 6:30pm and dinner will be served at 7:00pm. Board members for 2012 will be elected at the meeting and short board meeting will follow the banquet to elect officers. The cost of the dinner is \$25 per person.

To get there, take I-70 to the Ward Road exit, then head north on Ward Road to 64<sup>th</sup> Avenue. Take a left and head west on 64<sup>th</sup> past Indiana to Quaker Street. Go north on Quaker approximately 1/4 mile. The entrance to the golf course is on the left.

**The golf club would like a count of people coming so please email or call Ken Simons at 303-421-5835 or kssimons5@q.com by Monday, Jan 16, 2012 if you will be there.**

The dinner buffet includes:

Tossed Salad with choice of dressing  
Orzo Salad with Roasted Vegetables and Basil Vinaigrette  
Roast top Sirloin with Pink Peppercorn Bordelaise Sauce  
Grilled Chicken with Shitake Mushroom Demi  
Thyme Roasted New Potatoes  
Chef's Fresh Vegetables  
Rolls and Butter  
Coffee, Tea, Decaffeinated Coffee  
Assorted Dessert Display

**Vegetarian option: (please advise Ken if you require this option)**

Vegetable Wellington (Fresh Vegetables with Swiss Cheese wrapped in Puffed Pastry with a Puttanesca Sauce).

The board is seeking new members. Volunteers will be recruited at the banquet. Please come for dinner and stay to join the board!

Visit us on the web at [www.comastersrun.org](http://www.comastersrun.org)

## **2012 SCHEDULE**

The 2012 schedule has been finalized and is posted on the CMRA website, [www.comastersrun.org](http://www.comastersrun.org). There have been just a few changes from 2011. The New Year's Day event held on January 1, 2011 has been cancelled for 2012 and a fun run in late June is under consideration that would replace it. Check the website for details as we get into Spring.

The start and finish for the Forty Furlongs race in February has been moved back to Road Runner Sports, where the warmth of being inside before and after the race is much appreciated. In May, the distance of Memorial Run has been extended to 7 miles to accommodate a more convenient turnaround point and water stop.

The Elk Meadow Trail Race is back on the schedule as a timed race this year. The Stone House 2X Triple Cross has moved back to September (Thanks, my feet got awfully cold in November!) and Hildebrand Ranch has switched back to November.

The 2012 joint RMRR-CMRA calendar will be available on a first come – first served basis when you renew your membership beginning in January.

## **2012 WESTERN REGIONAL CHAMPIONSHIP!!!**

For the CMRA's December race, the cross country championship had been starting and finishing at Coal Creek Arena through 2010 and has been serving as the Road Runner Club of America's Colorado state championship cross country race. In 2011, the location of the race has been moved downstream on Sand Creek about 7 miles to Stapleton Central Park in east Denver and remains the RRCA Colorado state championship. For 2012, the race will stay in its new home at Stapleton Central Park and becomes the Road Runner Club of America Western Regional Championship.

While the Aurora location of the December race featured a beautiful rustic course, the new location has many advantages. Its more central location is easier to access from many locations in the metro area. In addition, the facilities are much nicer. The Aurora Sports Park declined to open its bathrooms for our use and we were reduced to ordering a port-a-potty. Stapleton offers warm, clean bathrooms with multiple fixtures for both sexes. Another challenge of the Aurora course was that much of it is sandy, making footing difficult in warm weather and ankle-busting when cold. The Stapleton course includes much of the variety of the Aurora course: grass lawns, single track trails, and dirt roads; but no sand, willows, or stream crossings (at least for this year!). Due to ongoing remediation work on the old Stapleton airport grounds the course is expected to evolve in time as the areas surrounding Westerly Creek and Sand Creek are redeveloped. Where the course runs through finished areas of Stapleton Central Park, it features groomed gravel and dirt paths, and a few manicured hills. Overall, it represents a pleasant upgrade from the rugged Aurora course. This year's race is on Saturday, December 10 at 10 am.

## **SINGLETS**

Due to popular demand, new CMRA club singlets have been ordered. The new shirts are tank-style with a snugger fit than the old singlets. The color of the initial order is the club's traditional navy blue with the CMRA logo in white. Shirts will be available for purchase at cost (\$15) beginning at the annual meeting in January.

Once you are over the hill, you pick up speed

## Coal Creek Cross Country Challenge 2011 by Rich Fitzpatrick

The twelfth anniversary Coal Creek X-C Challenge on October 9 attracted 90 participants. We had beautiful weather for the cross country race and a good time was had by all!

Justin Herd (from team HorseCow) took first place in 31:00, Jonathan Huie finished second in 31:25. Nick Cady took third place for the third year in a row(!) in 33:12.

In the women's field, Sara Tarkington, last year's second place finisher, was the first woman finisher in 38:26. Marguerite Meloine finished second in 39:19. Lauren Gregory was the third woman overall in 39:29.

I'd like to extend a special thank you to former race director, Bruce Kirschner. Back in 1999 Randy Lualin and Bruce directed the inaugural Coal Creek Cross Country Challenge. In my opinion, the course is still the most unique and toughest public Cross Country race on the Front Range! Under Bruce's stewardship the race has also grown from 25 participants in 1999 to over a hundred racers in the 2008, 2009 and 2010 races. Bruce took care of all of the permits this year and was a huge help in handing the race off to me. Thanks again Bruce! It was pretty cool that we got Randy to race again this year after an extend hiatus, eh?

A special thank you also goes out to Kimberly Turner for volunteering to kick off the race by singing the National Anthem, it was very inspirational! Kim also writes for the Hometown Weekly newspaper, she did a nice write-up on her experience running the race. Hope you come out again next year Kim.

A hearty thanks to all the volunteers who really made this event possible. Rosalia Dexter, Amy Lease, and Bob Dexter did a fine job with registration. Glenn Cratty served in fine form as the pace biker. Dan Glynn, Taylor Jones, Earl and Mr. Weiss handily managed the 2-chute finish line. Joe Baird and Chris Vanoni did a great job serving as finish line timers. Tom Chambers took good care of scoring duties. Prashanta provided timing splits at the 1 mile point and marshaled the ditch at the top of the steep hill. Suzie Collyer served as hill swath marshal. Mike Collyer was Empire Road crossing flagger and coordinator of all volunteers, a special thanks to Mike (future CMRA race director??). Alfie Pena was Coal Creek crossing monitor, and Brett Fulton the barbed wire fence crossing guard. Terry Abbott, Mike Brennan and Mike's daughter managed the water stop at the turnaround point. Vici DeHaan rounded up a wide assortment of prizes which allowed almost everyone to walk away with something special. Chris Vanoni handled all the post-race refreshments.

Also a hearty thanks to our commercial race sponsors and prize drawing donors: Doug Christie at Boulder Beer for donating a case of beer for the top male and female finishers; Lily Johnson of Boulder's Fleet Feet Sports for raffle prizes, the Arvada Great Harvest Bakery for all the baked goods and Boulder Running Company donated a couple of gift certificates. Assorted Goods Candy Store owner James, sponsored six race entries and FroYo Frozen Yogurt for donating gift certificates.

## **Coal Creek October 9, 2011 Race Results**

PLACE	NAME	TIME	AGE
1	HorseCow(Justin) Herd	31:00	30
2	Jonathan Huie	31:25	31
3	Nick Cady	33:12	33
4	Omar Martinez	34:11	25
5	Bob Sweeney	35:00	44
6	Juan Ortiz	35:13	20
7	Chaiwat Engtrakul	35:29	35

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8	Mike Deiker	35:38	34
9	Steve Gallegos	36:18	56
10	Keith Johnson	36:48	50
11	Steven Johnson	36:54	29
12	Scott Kukel	36:59	37
13	Steven Sellars	37:08	51
14	David Rothenburger	37:46	43
15	Stuart Siekmeier	38:05	49
16	<i>Sara Tarkington</i>	38:26	30
17	Peter Leitman	38:32	36
18	Eric Patterson	39:01	46
19	<i>Marguerite Meloine</i>	39:19	30
20	<i>Lauren Gregory</i>	39:29	12
21	Kyle Gustafson	39:30	34
22	Marco Cornacchine	40:13	48
23	Mark Erickson	41:13	46
24	Shaun Shafer	41:27	43
25	Joe Kosenski	41:36	49
26	Matt Wualen	41:48	35
27	Luis (Smiley) Medrano	42:31	16
28	Jacob Wyatt	43:01	42
29	Matthew Ruhio	43:06	25
30	Chris Stone	43:09	44
31	Dan Shaw	43:20	53
32	James Dobanski	43:22	31
33	<i>Delcia Litt</i>	43:37	52
34	Colby Smith	44:39	34
35	Dan Albright	44:47	25
36	Lou Huie	44:50	65
37	Barry Brewster	44:55	50
38	James Gregory	45:04	9
39	<i>Holly Graubibs</i>	45:07	40
40	<i>Johanna Garton</i>	45:11	41
41	<i>Theresa Jockers</i>	45:12	50
42	Cliff Jurgens	45:20	45
43	David Kelble	45:35	54
44	Walt Coughlin	46:19	49
45	<i>Theresa Do</i>	46:33	48

Once you are over the hill, you pick up speed

46	Rob Cassidy	47:34	45
47	<i>Kathy Johnson</i>	47:35	50
48	Tim Kingston	48:01	53
49	Robert Whittemore	48:44	43
50	Rich Martinez	49:02	64
51	Bruce Kirschner	49:09	58
52	Randy Luallin	49:10	54
53	<i>Min Wang</i>	49:11	34
54	<i>Andrea Gregory</i>	49:27	41
55	<i>Sheila Hausbeck</i>	49:46	47
56	Scott McFarlane	50:13	60
57	Joseph Gregory	50:34	42
58	<i>Anne McDonough</i>	51:12	42
59	<i>Kelly Smith</i>	51:29	35
60	Gunnar Malmquist	51:32	43
61	Thomas Rubio	51:38	24
62	Jesus Tijerina	51:52	59
63	<i>Jill Sellars</i>	52:10	43
64	Tom Chambers	52:27	68
65	Bill Faulkner	52:28	70
66	<i>Morgan</i>	53:14	23
67	<i>Carley Bosshard</i>	53:16	18
68	<i>Erin Hurd</i>	54:11	29
69	Brent Jockers	54:14	61
70	<i>Erin Bosik</i>	55:27	26
71	Brandon Selinsky	55:34	35
72	Rick Jimenec	56:08	36
73	Kevin Razor	57:20	32
74	Bruce Razor	57:22	63
75	Paul Ziebarth	57:50	60
76	<i>Patricia Tolleson</i>	59:27	62
77	<i>Leslie Ewy</i>	61:03	38
78	Tom Duran	61:24	63
79	Leo Rubio	62:10	58
80	<i>Sandine Heine</i>	64:32	41
81	Seth Heine	64:33	43
82	Rod Smythe	64:35	81
83	<i>Kimberli Turner</i>	67:21	28

84	<i>Cheryl Ames</i>	68:11	63
85	<i>Judy Smythe</i>	69:00	74
86	Miles Salzer	72:03	8
87	Todd Salzer	72:04	37
88	<i>Rhiannon Fadeyibi</i>	73:24	49
89	<i>Deanna Davies</i>	73:39	50
90	<i>Chris Vanoni</i>	73:53	60
<b>Racewalkers (5K)</b>			
1	<i>Rosalia Dexter</i>	51:04	70
2	Robert Dexter	51:05	74

### Coal Creek Cross Country Challenge 5.72M AGE GROUP AWARDS

	Men		Women	
<b>Overall</b>				
1	HorseCow(Justin) Herd	31:00	Sara Tarkington	38:26
<b>80 and Over</b>				
1	Rod Smythe	64:35		
<b>70-74</b>				
1	Bill Faulkner	52:28	Judy Smythe	69:00
<b>65-69</b>				
1	Lou Huie	44:50		
2	Tom Chambers	52:27		
<b>60-64</b>				
1	Rich Martinez	49:02	Patricia Tolleson	59:27
2	Scott McFarlane	50:13	Cheryl Ames	68:11
3	Brent Jockers	54:14	Chris Vanoni	73:53
4	Bruce Rasor	57:22		
5	Paul Ziebarth	57:50		
<b>55-59</b>				
1	Steve Gallegos	36:18		
2	Bruce Kirschner	49:09		
3	Jesus Tijerina	51:52		
4	Leo Rubio	62:10		
<b>50-54</b>				
1	Keith Johnson	36:48	Delcia Litt	43:37
2	Steven Sellars	37:08	Theresa Jockers	45:12
3	Dan Shaw	43:20	Kathy Johnson	47:35

Once you are over the hill, you pick up speed

4	Barry Brewster	44:55	Deanna Davies	73:39
5	David Kelble	45:35		
<b>45-49</b>				
1	Stuart Siekmeier	38:05	Theresa Do	46:33
2	Eric Patterson	39:01	Sheila Hausbeck	49:46
3	Marco Cornacchine	40:13	Rhiannon Fadeyibi	73:24
4	Mark Erickson	41:13		
5	Joe Kosenski	41:36		
<b>40-44</b>				
1	Bob Sweeney	35:00	Holly Graubibs	45:07
2	David Rothenburger	37:46	Johanna Garton	45:11
3	Shaun Shafer	41:27	Andrea Gregory	49:27
4	Jacob Wyatt	43:01	Anne McDonough	51:12
5	Chris Stone	43:09	Jill Sellars	52:10
<b>35-39</b>				
1	Chaiwat Engtrakul	35:29	Kelly Smith	51:29
2	Scott Kukel	36:59	Leslie Ewy	61:03
3	Peter Leitman	38:32		
4	Matt Wualen	41:48		
5	Brandon Selinsky	55:34		
<b>19 - 34</b>				
1	Jonathan Huie	31:25	Marguerite Meloine	39:19
2	Nick Cady	33:12	Min Wang	49:11
3	Omar Martinez	34:11	Morgan	53:14
4	Juan Ortiz	35:13	Erin Hurd	54:11
5	Mike Deiker	35:38	Erin Bosik	55:27
<b>14-18 (High School)</b>				
1	Luis (Smiley) Medrano	42:31	Carley Bosshard	53:16
<b>13 and Under</b>				
1	James Gregory	45:04	Lauren Gregory	39:29
2	Miles Salzer	72:03		

## CMRA Stone House (2x) TripleCross November 12, 2011 Results

PLACE	NAME	TIME	AGE
1	Jonathan Huie	49:04	31
2	Omar Martinez	54:59	25

3	Bruce Rahmig	55:06	40
4	Joel Scholz	55:22	33
5	Antonio-Noe Cuevas	55:24	31
6	Juan Ortiz	55:27	20
7	Sam Blackshear	56:26	23
8	G. Anthony Kund	56:52	19
9	Luis Ronquillo	56:57	16
10	Keith Johnson	57:30	50
11	Steven Johnson	57:48	29
12	Daniel Barron	58:53	16
13	Daniel Nielsen	59:29	50
14	Dan Lingerfield	59:58	39
15	David Rothenburger	1:00:14	43
16	Jeremy O'Farrell	1:00:37	35
17	<i>Rochelle Persson</i>	1:00:48	43
18	Michael Sarten	1:01:32	40
19	Scott Kukel	1:03:08	37
20	Marco Cornacchione	1:03:59	48
21	<i>Christine Adamowski</i>	1:04:05	44
22	Paul Santi	1:04:49	47
23	Kim Fessenden	1:05:25	25
24	Eric Windholz	1:05:43	43
25	John Ramos	1:06:11	35
26	Glenn Johns	1:06:50	14
27	Jacob Wyatt	1:06:58	42
28	Dean Sheppard	1:07:00	54
29	<i>Betzabeth Garcia</i>	1:07:00	16
30	<i>Bret Scofield</i>	1:08:45	23
31	Michael Brenner	1:09:25	53
32	Scott Jackson	1:09:36	43
33	<i>Rachel Perez-Tetreault</i>	1:09:40	32
34	Luke McCann	1:09:41	33
35	<i>Delcia Litt</i>	1:10:32	52
36	Dan Shaw	1:11:15	52
37	Brett Allendorf	1:11:30	42
38	Rob Fisher	1:11:40	61
39	<i>Theresa Do</i>	1:11:51	48
40	David Wald	1:12:31	49

Once you are over the hill, you pick up speed



41	Doug Ayers	1:12:33	48
42	Darren Pitzner	1:13:24	30
43	<i>Theresa Jockers</i>	1:13:35	50
44	<i>Julieta Giraldez</i>	1:14:23	25
45	Fernando Giraldez	1:14:26	59
46	David Cenicerros	1:14:30	24
47	Lou Huie	1:16:02	65
48	Chris Ubias	1:16:04	20
49	Link Lubken	1:16:05	62
50	David Kelble	1:16:11	54
51	Chris Stone	1:16:23	44
52	<i>Jitka O'Farrell</i>	1:16:47	33
53	<i>Jane Harbert</i>	1:16:48	50
54	Amisadai Acosta	1:19:38	17
55	<i>Rosario Gonzales</i>	1:19:58	35
56	Matthew Hall	1:20:17	24
57	Joel Benvegnu	1:20:39	45
58	<i>Lori Sarten</i>	1:20:43	38
59	Robert Romero	1:21:39	65
60	John Shea	1:22:20	54
61	Bill Faulkner	1:22:41	70
62	Strider (Tom) Chambers	1:23:10	68
63	<i>Kathy Johnson</i>	1:23:49	50
64	Steve Costigan	1:24:24	38
65	The B-Man (Jim) Romero	1:24:45	71
66	Tall Red (Ed) Youngberg	1:24:51	68
67	Mark Richards	1:25:05	36
68	<i>Martha Martinez</i>	1:25:35	44
69	Robert Yeager	1:26:05	37
70	Richard Romero	1:26:12	75
71	George Huner	1:27:14	58
72	<i>Molly Richards</i>	1:27:18	36
73	Daniel Murphy	1:27:24	38
74	Brent Jockers	1:27:42	61
75	Ian Monk	1:28:32	55
76	<i>Patricia Martinez</i>	1:28:43	20
77	<i>Gina Lokken</i>	1:29:13	33
78	<i>Valeria Sidles</i>	1:29:55	29

79	<i>Jennifer Forker</i>	1:29:56	45
80	<i>Jennifer Martin</i>	1:30:31	34
81	Andrew Sidles	1:31:12	40
82	<i>Jessica Nichols</i>	1:31:40	31
83	David Wise	1:33:26	68
84	The Oak (Ross) Westley	1:33:47	75
85	Joe Sanchez	1:34:14	74
86	<i>Julie Carroll</i>	1:34:33	38
87	Tom Duran	1:37:47	63
88	<i>Patricia Tolleson</i>	1:41:22	62
89	<i>Nicole Shaklee</i>	1:41:29	48
90	Jeff Young	1:42:47	55
91	<i>Kathrine Klesmit</i>	1:43:23	59
92	<i>Cheryl Ames</i>	1:46:29	63
93	<i>Diane Tribbett</i>	1:48:11	63
94	Warren Jackson	1:48:12	63
95	<i>Sabrini Ruiz</i>	1:50:54	19
96	Dave Black	2:04:30	60
97	<i>Vici DeHaan</i>	2:15:04	76
<b>Racewalkers (3 Mile)</b>			
1	Per-Magnus Persson	40:23	40
2	<i>Susan Stone</i>	53:39	47

### CMRA Stone House (2x) TripleCross Race Results by Age Group

Place	Name	Time	Name	Time
	Men		Women	
<b>Overall</b>				
1	Jonathan Huie	49:04	Rochelle Persson	1:00:48
<b>75-79</b>				
1	Richard Romero	1:26:12	Vici DeHaan	2:15:04
2	The Oak (Ross) Westley	1:33:47		
<b>70-74</b>				
1	Bill Faulkner	1:22:41		
2	The B-Man (Jim) Romero	1:24:45		
3	Joe Sanchez	1:34:14		
<b>65-69</b>				
1	Lou Huie	1:16:02		

Once you are over the hill, you pick up speed

2	Robert Romero	1:21:39		
3	Strider (Tom) Chambers	1:23:10		
4	Tall Red (Ed) Youngberg	1:24:51		
5	David Wise	1:33:26		
<b>60-64</b>				
1	Rob Fisher	1:11:40	Patricia Tolleson	1:41:22
2	Link Lubken	1:16:05	Cheryl Ames	1:46:29
3	Brent Jockers	1:27:42	Diane Tribbett	1:48:11
4	Tom Duran	1:37:47		
5	Warren Jackson	1:48:12		
<b>55-59</b>				
1	Fernando Giraldez	1:14:26	Kathrine Klesmit	1:43:23
2	George Huner	1:27:14		
3	Ian Monk	1:28:32		
4	Jeff Young	1:42:47		
<b>50-54</b>				
1	Keith Johnson	57:30	Delcia Litt	1:10:32
2	Daniel Nielsen	59:29	Theresa Jockers	1:13:35
3	Dean Sheppard	1:07:00	Jane Harbert	1:16:48
4	Michael Brenner	1:09:25	Kathy Johnson	1:23:49
5	Dan Shaw	1:11:15		
<b>45-49</b>				
1	Marco Cornacchione	1:03:59	Theresa Do	1:11:51
2	Paul Santi	1:04:49	Jennifer Forker	1:29:56
3	David Wald	1:12:31	Nicole Shaklee	1:41:29
4	Doug Ayers	1:12:33		
5	Joel Benvegna	1:20:39		
<b>40-44</b>				
1	Bruce Rahmig	55:06	Christine Adamowski	1:04:05
2	David Rothenburger	1:00:14	Martha Martinez	1:25:35
3	Michael Sarten	1:01:32		
4	Eric Windholz	1:05:43		
5	Jacob Wyatt	1:06:58		
<b>35-39</b>				
1	Dan Lingerfield	59:58	Rosario Gonzales	1:19:58
2	Jeremy O'Farrell	1:00:37	Lori Sarten	1:20:43
3	Scott Kukel	1:03:08	Molly Richards	1:27:18
4	John Ramos	1:06:11	Julie Carroll	1:34:33

5	Steve Costigan	1:24:24		
<b>19 - 34</b>				
1	Omar Martinez	54:59	Bret Scofield	1:08:45
2	Joel Scholz	55:22	Rachel Perez-Tetreault	1:09:40
3	Antonio-Noe Cuevas	55:24	Julieta Giraldez	1:14:23
4	Juan Ortiz	55:27	Jitka O'Farrell	1:16:47
5	Sam Blackshear	56:26	Patricia Martinez	1:28:43
<b>14-18 (High School)</b>				
1	Luis Ronquillo	56:57	Betzabeth Garcia	1:07:00
2	Daniel Barron	58:53		
3	Glenn Johns	1:06:50		
4	Amisadai Acosta	1:19:38		

## Pelican Update (Connie Ahrnsbrak)

**9/10- McKenzie River 50K Trail, Cascade Mtns of Central Oregon:** Relentless Dave Black, 8:21:29.

**9/11- Evergold 10K, Vail:** The B-Man (Jim Romero), 1:34 (1). **5K** – Dave Kelble, 36:58 (1) & 10-year old Gina Kelble, 48:51.

**9/14- Lakewood 5-mile trail, BCLP:** Keith Johnson, 33:26 (1); David Rothenburger, 33:31; Tom Chambers, 46:14 (1).

**9/18- Lead King Loop 25K, Marble:** Robert Kanieski, 3:13.

**9/19 – Farmers 5000:** Rich Hadley, 19:49 (1); Scott Chamberlin, 20:00 (2); Judy Chamberlin, 20:44 (1); Cabri Chamberlin, 21:54 (1); Bill Smitham, 23:05 (1); 14-year old Nyla Chamberlin, 25:51; Stan the Man Hayes, 27:43 (1); Deb Hadley, 30:04 & Janis Hayes, 43:36.

**9/21- Lakewood 7-mile trail, BCLP:** Keith Johnson, 43:40 (OA) & David Rothenburger, 44:49.

**9/24 – Blue Shoe 5K, Mile High Stadium:** Dave Hill, 24:49 (1); Rich Romero, 25:57 (1); Bill Obert, 27:35 (1); Jim Peterson, 32:39 (3); Jan Hill, 33:51 (2/W); Dave Banko, 34:32; Kim Shenfeld, 38:49 & Leslie Woods, 44:20.

**Ouray Mountain Trail, 12.5:** Tall Red (Ed Youngberg), 4:45. *“It was the most challenging trail race I have ever run.”* **Birkie Trail Marathon, Hayward, WI:** Robert Kanieski, 4:37.

**9/25- Justice 10K, Highland Canal:** Jack Barry, 55:26 (1); Connie Ahrnsbrak, 55:44 (1); The Oak (Ross Westley), 1:03 & Stonewall (Ken Green), 1:05. **5K-** Bob Tafelski, 25:28 (2) & Doug Tollin, 28:18.

**Lake Tahoe 10K:** Stan the Man Hayes, 1:00:31 & Janis Hayes, 1:27:24. Stan also completed 2-legs of the Outward Bound relay on August 26/27 for approximately 15 miles of tough climbs.

**The Bear Chase 50K, BCLP:** Jim Bosik, 5:36 (1). **Fans on the Field 10K:** Jonanthan Huie, 33:46 (2); Jay Survil, 38:51 (1); Deb Cunningham, 46:58 (1); Lou Huie, 49:53 (1); J Gutierrez, 55:45 & Jan Huie, 57:01 (1). **Golden Gate Canyon Half:** Jim Romero, 2:56 (1) & Kool Shades (Ken Randall), 3:34 (2).

Once you are over the hill, you pick up speed

**9/28- Lakewood Trail 6 mile, BCLP:** David Rothenburger, 33:37; Keith Johnson, 35:42; Tom Chambers, 50:38.

**10/1 – Rosstoberfest 5K, Wichita, KS:** Ray Grundmeyer, 27:47.

**10/8- Heartland 50-mile, Cassoday, KS:** Relentless Dave Black, 15:39. **Running with The Buffalo 5K, Commerce City:** Theresa Jockers, 24:00 (1) & Brent Jockers, 27:38 (1).

**10/9- Denver Marathon:** Jay Survil, 3:12 (1); Bob Caillouette, 3:14 (3); Link Lubken, 4:28; Hank Burkman, 4:46 & Penelope, 5:22. **Half:** Rich Romero, 1:59 (1); Pat Crespi, 2:29 & Cassie Klumpp, 2:38. **Relay Half:** J Gutierrez & Connie Ahrnsbrak, 1:56.

**Prairie Fire Half, Wichita:** Ray Grundmeyer, 2:51. **Chicago Marathon:** Alyn Park, 3:26 (2) The B-Man, 5:04.

**10/21- Scream Scram 5K, WP:** David Kelble, 24:18 (3); Reid Wiecks, 26:42 (2); Jim Peterson, 32:11 (1); 10-year old Gina Kelble, 33:32 & Cheryl Ames, 34:40 (3).

**10/22- Shake, Rattle N Roll 3.25, Westminster:** Bruce Dahm, 23:05; Lou Huie, 23:55; Holly Dahm, 24:51; Connie Ahrnsbrak, 27:17; J Gutierrez, 27:22; Jan Huie, 29:31 & Robert Ghormley, 30:20. **Hoofin' It Thru the Hollows 5K, DeKoevend Park:** Ross Westley, 30:02 & Christine Vanoni, 34:39.

**10/23 – Bear Creek 10-miler, Morrison:** Karen Voss, 1:27; Robert Whittmore, 1:36:18; Link Lubken, 1:36:25 (2); Spiderman Scott, 1:42 (3); Tom Chambers, 1:46; Hank Burkman, 1:48; Dorothy Bensusan, 2:05 & Bill Moyle, 2:28 (1).

**10/29 – Phantom 4-Mile, Loveland:** Lou Huie, 29:45 (1); Connie Ahrnsbrak, 34:33 (2); Jan Huie, 36:24; The Oak (Ross Westley), 36:46 & Jim Peterson, 43:27.

**10/30- Halloween Hustle 5K, Littleton:** David Rothenburger, 19:01 (2); Rich Martinez, 24:37 (1); Robert Tafelski, 25:57 (1); Jack Barry, 26:55 (2); Doug Tollin, 28:20 (3); Tom Duran, 29:49; Jim Peterson, 38:49 (3) & Bob Bussey, 55:12.

**11/12- Turkey Trot 5K, Bellows AFB, Honolulu:** Rosalie Dexter, 40:00 (2<sup>nd</sup>/W) & Bob Dexter, 50:03.


**11/20- Ironman, Tempe, AZ:** Congratulations to Terry McFarlane, Ironwoman! Completing her first in 16:29:24 (2).

### **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.

Dec 10	(Sat)	10 AM	<a href="#">Stapleton Central Park</a>		Cross Country State Championship	Dan Shaw / Rob Fisher
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### **2012 Colorado Masters Running / Racewalking Association Schedule**

Date	DOW	Time	Location	Name	Director(s)
Jan 7	(Sat)	10 AM	<a href="#">Lake Arbor</a>	Lake Arbor 5K	Ken Randall
Feb 11	(Sat)	10 AM	<a href="#">Roadrunner Sports, Broomfield</a>	Forty Furlongs (5M)	Jason Myers
Mar 24	(Sat)	10 AM	<a href="#">Platte River Bar &amp; Grill</a>	Spring Spree 10K	David Wise
Apr 7	(Sat)	9 AM	<a href="#">Bluffs Regional Park</a>	Bluffs Run 5K	David Banko / John Perez
May 12	(Sat)	8 AM	<a href="#">Twin Lakes Park</a>	Memorial Run 7 Mile	Connie Ahrnsbrak / Rosalia Dexter / Rich Martinez
June 16	(Sat)	8 AM	<a href="#">Bluff Lake Nature Center</a>	Sand Creek 5M	Rob Fisher / Dan Shaw
Jul 14	(Sat)	8 AM	<a href="#">White Ranch Park</a>	White Ranch Trail Run	Chris Stone / Theresa Do
Aug 8	(Wed)	6:30 PM	<a href="#">Fairmount Park, Golden</a>	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Aug 26	(Sun)	8 AM	<a href="#">Elk Meadow, Evergreen</a>	Elk Meadow Trail Race	Ed Youngberg
Sep 15	(Sat)	8 AM	<a href="#">Stone House Park, Lakewood</a>	Stone House (2x) Triple-Cross trail 8.5M	Kim Massey / Scott McFarlane
Oct 14	(Sun)	9 AM	<a href="#">Louisville</a>	Coal Creek XC Challenge 5.72M	Rich Fitzpatrick / Mike Brenner / Bruce Kirschner / Lucy Fales Evans / Vici DeHaan
Nov 10	(Sat)	9 AM	<a href="#">Hildebrand Ranch Park</a>	Veterans run	Dave Black / Jim Romero
Dec 8	(Sat)	10 AM	<a href="#">Stapleton Central Park</a>	 Stapleton Central Park XC 12K	Dan Shaw / Rob Fisher

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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](mailto:tace_tigger@hotmail.com)) before 24<sup>th</sup> January 2012. 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](http://www.comastersrun.org), and bring it to our next race.

### **2011 OFFICERS & BOARD OF DIRECTORS**

President	Dan Shaw	<a href="mailto:dshaw_64@yahoo.com">dshaw_64@yahoo.com</a>
Vice President	Ken Simons	<a href="mailto:kssimons5@q.com">kssimons5@q.com</a>
Treasurer	Amy Lease	<a href="mailto:amyl_80222@yahoo.com">amyl_80222@yahoo.com</a>
Secretary	Chris Vanoni	<a href="mailto:m_c_vanoni@msn.com">m_c_vanoni@msn.com</a>
Membership Chairperson	Mark Hackett	<a href="mailto:mhack70@aol.com">mhack70@aol.com</a>
Club liaison	Valerie Passerini	<a href="mailto:vpasserini@gmail.com">vpasserini@gmail.com</a>
Newsletter Editor	Jane Harbert	<a href="mailto:tace_tigger@hotmail.com">tace_tigger@hotmail.com</a>
Web Site Chairperson	Scott McFarlane	<a href="mailto:scott@scottnterry.net">scott@scottnterry.net</a>
Quartermaster Chairperson	Mike Vanoni	<a href="mailto:mev@cre-denver.com">mev@cre-denver.com</a>
Members at Large	Joe Baird, Rich Romero, Connie Ahrnsbrak, Rosalia Dexter, Rob Fisher, David Wise	

Visit us on the web at [www.comastersrun.org](http://www.comastersrun.org)

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

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

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