

MASTER TIMES



May/June 2012

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PRESIDENT'S CORNER

By Dan Shaw

IMPORTANT NOTE!!! DATE CHANGE FOR FAIRMOUNT 5K AND WIENIE ROAST

Some other group reserved the Fairmount Park picnic pavilion on the date we had scheduled, so we have moved the date of our event from Wednesday to Tuesday the same week, August 7th. The time remains the same, with a kid's race at 6:00pm, the 5K starting at 6:30 pm and the wienie roast/potluck dinner to follow.

JUNE FUN RUN

The club will host a fun run the evening of June 27th on the Sand Creek Greenway, Denver, CO 80239, just north of Stapleton Central Park followed by potluck dinner, open to all members and their families. The club will provide water and soda pop. Please bring a favorite dish of your choice.

The race is a 5K trail race with multiple creek crossings. This race is an "unofficial Unsanctioned Race" through a promotion by Pearl Izumi. If enough people sign up for the race via this Facebook link:

[Unsanctioned Racing: Sand Creek Fun Run](http://apps.facebook.com/unsanctionedracing/Home/ViewPost/462), (<http://apps.facebook.com/unsanctionedracing/Home/ViewPost/462>) participants will be eligible to receive goodies from Pearl Izumi, including some t-shirts and possibly a pair of shoes for one lucky runner if at least 50 people sign up through the link above.

CLUB SINGLETS

CMRA club singlets are for sale at \$15 each, at club races. The new shirts are tank-style, in the club's traditional navy blue with the CMRA logo in white.

FALL CROSS COUNTRY RACE SERIES

Club member Adam Feerst is organizing a fall cross country race series, comprised of four races, including the October and December CMRA races, the Coal Creek Cross Country Classic and the RRCA Western Regional Championship. Publicity for the series will help boost participation in these races and bring some exposure to the club from non-members.

Visit us on the web at www.comastersrun.org

Spring Spree 10k. March 24th 2012 - David Wise

For the second year in a row we had nearly perfect weather. Unfortunately, that also brings out lots of walkers, runners and bicyclists. We delayed this year's run a week because St. Patrick's Day fell on the Saturday and we felt we would conflict with too many other races. A week later seems to make a lot of difference in trail traffic, especially with our 10am start. However there were no major conflicts and the race went well with a turn out of 123. Again this year, we had an age-graded category. That is the competitor's time was compared to the world record for that competitor's age and gender. The results were a percentage of the world record time. It was impressive that over half of our participants were at least in the "would not be outclassed" in local class winner category. We had 22 participants in would not be outclassed in regional competition and three in the national class. Our winner in the age-graded competition was Jonathon Huie who ran a time that was 83% of his age group world record. That time suggests he could compete at national class. The other age-graded award winners were Bobby Reyes (77%), Fred Stepan (79%); Shane Holnitch (78%) and Justin Little (76%). Thanks to Mike and Chris Vanoni and their timing company for promptly providing these more complicated results.

Times were relatively fast this year with many good in all age and gender categories. Overall 10K winners were 32 year-old Jonathon Huie (32:37) and 31 year-old Molly Smith (40:12). Age division winners were Viki DeHann (F 70-79); Ken Fleschhacker M 75-79; Jim "the B-man" Romero (M70-74); Lou Huie (M 65-69); Shane Holnitch (F60-64); John Perez (M60-64); Judith Laney (F55-59) Bob Caillouette (M55-59); Jane Harbert (F50-54); Fred Stepan (M50-54); Karen Voss (F45-49); Michael Quispe (M45-49), Michelle Hancock (F40-44), Andrew Terrill (M40-44); Elizabeth Hayden (F35-39), Justin Little (M35-39) and Joe Black (M 1-13). The female 5K winner was Leslie Wood (42:50) and male winner was Andy McKean (30:04). Both of these participants ran at least part of the course. There were no 5K walkers.

Many thanks to all the volunteers: Connie Ahrensbrak, Rosalia Dexter and Amy Lease with registration. They were very busy and didn't get to walk or run. Tom Baird for timing at the finish line. Joe Sanchez helped with set up and clean up. The volunteers from Physiotherapy Associates especially Olivia Taylor, Ryan and Lauren Hill, Chris Smith, Holly Grant and Dawn Wild for being race marshals, clean up and helping with parking, raffle, and awards. Thanks to Cathy Wise, Davia Barber and Drew Barber at the water stations and Jamison Wise for set up and clean up.

Thanks to the sponsors: Physiotherapy Associates (plaques for the age-graded division), Great Harvest Bread of Centennial and Arvada (12 delicious loaves of bread), Camp Gladiator Fitness Camp for 5K prizes. After the race I was very pleased to see so many runners enjoying lunch at the Platte River Bar and Grille. I hope this is enough thanks to them for the generous use of their back deck and parking lots for this event.

Once you are over the hill, you pick up speed

March 24, 2012 Race Results

PLACE	NAME	TIME	AGE
1	JONATHAN HUIE	32:37	32
2	BOBBY REYES	33:43	27
3	JUSTIN LITTLE	36:39	38
4	NATHAN CABRERA	37:32	28
5	MATT NOLEN	37:57	29
6	G ANTHONY KUNKEL	38:00	19
7	JUAN ORTIZ	38:02	20
8	ANDREW TERRILL	38:19	42
9	ANTONIO CUEVAS	38:34	32
10	ERIC HISLOP	38:38	26
11	SCOTT KUKEL	38:44	38
12	DAVID ROTHENBURGER	39:20	43
13	KIM FESSENDEN	39:45	26
14	MICHAEL QUISPE	39:57	45
15	FRED STEPAN	40:09	54
16	<i>MOLLY SMITH</i>	40:12	31
17	DAN VALERIO	40:46	51
18	MICHAEL GUENTHER	41:43	50
19	DAN CORNELL	43:22	41
20	JACOB WYATT	43:29	43
21	RYAN FITZPATRICK	43:47	46
22	ELI MARTIN	44:25	26
23	BOB CAILLOUETTE	44:41	57
24	AARON RUHNOW	44:47	41
25	MICHAEL BRENNER	44:53	53
26	<i>KAREN VOSS</i>	45:39	46
27	BRUCE KIRSCHNER	45:52	58
28	DAN SHAW	46:34	52
29	JOHN PEREZ	47:20	61
30	JOE BLACK	47:21	13
31	<i>MICHELLE HANCOCK</i>	47:40	44
32	MARTIN REMY	47:46	44
33	LINK LUBKEN	48:03	62
34	LOU HUIE	48:40	65
35	WALT CAUGHLEN	48:46	50

36	JESUS TIJERINA	48:57	60
37	<i>THERESA DYE</i>	49:13	41
38	MICHAEL BLANCHETTE	49:17	55
39	<i>SABRINA RUIZ</i>	49:31	19
40	SCOTT JACKSON	49:33	44
41	<i>ADRI OWENS</i>	49:34	44
42	CLIFF JURGENS	50:38	46
43	ROGER ALLEN	50:47	60
44	RICH MARTINEZ	51:00	65
45	DAVID BARJENBRUCH	51:06	42
46	<i>SHANE HOLNITCH</i>	51:09	61
47	MICHAEL ABBOTT	51:58	42
48	<i>ELIZABETH HAYDEN</i>	52:02	39
49	JIM ROMERO	52:12	71
50	DAVID HILL	52:23	61
51	<i>JUDITH LANEY</i>	52:41	59
52	TODD SHAKLEE	52:49	42
53	ROBERT ROMERO	52:52	65
54	TOM CHAMBERS	52:56	68
55	<i>LORELEI HAGEN</i>	52:57	30
56	BRETT ALLEN	53:12	43
57	ROBERT KANIESKI	53:27	34
58	WAYNE STEWART	53:37	65
59	SCOTT MCFARLANE	53:40	60
60	ED YOUNGBERG	53:43	69
61	BRUCE WILSON	53:49	49
62	JOHN SHEA	53:54	54
63	GALE MEURET	54:02	64
64	CARL CORNS	54:07	27
65	<i>ELISE WILLIAMS</i>	54:15	99
66	JOE BEMEGLER	54:18	45
67	<i>NANCY BARJENBRUCH</i>	54:19	43
68	<i>JANE HARBERT</i>	54:29	50
69	<i>CLARADENE STEWART</i>	54:54	62
70	<i>ERIN BOSIK</i>	54:57	26
71	JON BURNETT	55:12	30
72	<i>JEN BURNETT</i>	55:18	26
73	MITCHELL COBIN	55:25	29

Once you are over the hill, you pick up speed

74	BILL FAULKNER	55:35	70
75	CHUCK LOWRIE	55:41	64
76	<i>JANET SANDOVAL</i>	56:07	63
77	<i>CAROLINA MENDEZ</i>	56:08	44
78	<i>CAROL WILLIAMS</i>	56:14	57
79	SANJIV GUPTA	56:42	40
80	JEFF OLSON	56:58	52
81	<i>JANET RALSTON</i>	57:01	49
82	ALAN JOHNSON	57:27	51
83	J GUTIERREZ	57:42	59
84	<i>JENNIFER FORKER</i>	57:46	46
85	KEVIN RASOR	57:57	32
86	BRUCE RASOR	58:05	63
87	<i>JOANN HARMS</i>	58:06	60
88	JOSEPH LEVY	59:37	44
89	KEN FLEISCHHACKER	59:42	75
90	JAY TRUJILLO	1:01:26	52
91	<i>KAREN JANKOWSKI</i>	1:01:51	56
92	JOHN CIPOLLA	1:02:08	28
93	<i>TINA AKIN</i>	1:02:20	50
94	IAN MONK	1:02:27	55
95	<i>KATHERINE KLESMIT</i>	1:02:29	59
96	<i>NATALIE BLACKMER</i>	1:02:53	22
97	<i>DOROTHY BENSUSAN</i>	1:02:55	52
98	<i>TARA STAPLE</i>	1:03:32	30
99	GABRIEL SISNEROS	1:03:45	73
100	LEE BENGSTON	1:03:52	74
101	<i>STEPHANI MILLER</i>	1:04:18	37
102	JR MILLER	1:04:21	41
103	<i>MIRIAM LANG</i>	1:04:24	26
104	<i>NICOLE RENECKE</i>	1:05:27	36
105	DAVE BANKO	1:05:29	60
106	<i>KAREN CIPOLLA</i>	1:05:35	31
107	<i>LIZ BARRINGER</i>	1:05:51	48
108	<i>PATRICIA TOLLESON</i>	1:05:56	63
109	EARL BEAM	1:06:23	61
110	<i>JULIE CARROLL</i>	1:06:43	38
111	<i>LIZA WILSON</i>	1:06:44	46

112	CHRISTIAN CALLEN	1:08:01	36
113	BRIEL DICRISTAFANO	1:08:01	41
114	<i>JAN HILL</i>	1:08:16	54
115	<i>NICOLE SHAKLEE</i>	1:09:29	48
116	JIM PETERSON	1:09:41	73
117	RICK VORHEES	1:11:13	59
118	WARREN JOHNSON	1:12:22	63
119	<i>DIANE TRIBBETT</i>	1:12:50	63
120	GEORGE SCHAFFER	1:13:44	62
121	<i>KRISI SNYDER</i>	1:21:51	40
122	TOM ALISON	1:23:25	74
123	<i>VICKI DEHANN</i>	1:23:28	77
124	DAVE BLACK	1:30:21	61
125	<i>HILARIE RYALS</i>	1:37:06	39

March 24, 2012 Race Results by Age Group

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	JONATHAN HUIE	32:37	MOLLY SMITH	40:12
80 and Over				
1			ELISE WILLIAMS	54:15
75-79				
1	KEN FLEISCHHACKER	59:42	VICKI DEHANN	1:23:28
70-74				
1	JIM ROMERO	52:12		
2	BILL FAULKNER	55:35		
3	GABRIEL SISNEROS	1:03:45		
4	LEE BENGSTON	1:03:52		
5	JIM PETERSON	1:09:41		
65-69				
1	LOU HUIE	48:40		
2	RICH MARTINEZ	51:00		
3	ROBERT ROMERO	52:52		
4	TOM CHAMBERS	52:56		
5	WAYNE STEWART	53:37		

Once you are over the hill, you pick up speed

60-64				
1	JOHN PEREZ	47:20	SHANE HOLNITCH	51:09
2	LINK LUBKEN	48:03	CLARADENE STEWART	54:54
3	JESUS TIJERINA	48:57	JANET SANDOVAL	56:07
4	ROGER ALLEN	50:47	JOANN HARMS	58:06
5	DAVID HILL	52:23	PATRICIA TOLLESON	1:05:56
55-59				
1	BOB CAILLOUETTE	44:41	JUDITH LANEY	52:41
2	BRUCE KIRSCHNER	45:52	CAROL WILLIAMS	56:14
3	MICHAEL BLANCHETTE	49:17	KAREN JANKOWSKI	1:01:51
4	J GUTIERREZ	57:42	KATHERINE KLESMIT	1:02:29
5	IAN MONK	1:02:27		
50-54				
1	FRED STEPAN	40:09	JANE HARBERT	54:29
2	DAN VALERIO	40:46	TINA AKIN	1:02:20
3	MICHAEL GUENTHER	41:43	DOROTHY BENSUSAN	1:02:55
4	MICHAEL BRENNER	44:53	JAN HILL	1:08:16
5	DAN SHAW	46:34		
45-49				
1	MICHAEL QUISPE	39:57	KAREN VOSS	45:39
2	RYAN FITZPATRICK	43:47	JANET RALSTON	57:01
3	CLIFF JURGENS	50:38	JENNIFER FORKER	57:46
4	BRUCE WILSON	53:49	LIZ BARRINGER	1:05:51
5	JOE BEMEGLER	54:18	LIZA WILSON	1:06:44
40-44				
1	ANDREW TERRILL	38:19	MICHELLE HANCOCK	47:40
2	DAVID ROTHENBURGER	39:20	THERESA DYE	49:13
3	DAN CORNELL	43:22	ADRI OWENS	49:34
4	JACOB WYATT	43:29	NANCY BARJENBRUCH	54:19
5	AARON RUHNOW	44:47	CAROLINA MENDEZ	56:08
35-39				
1	JUSTIN LITTLE	36:39	ELIZABETH HAYDEN	52:02
2	SCOTT KUKEL	38:44	STEPHANI MILLER	1:04:18
3	CHRISTIAN CALLEN	1:08:01	NICOLE RENECKE	1:05:27
4			JULIE CARROLL	1:06:43
5			HILARIE RYALS	1:37:06

19 - 34				
1	BOBBY REYES	33:43	SABRINA RUIZ	49:31
2	NATHAN CABRERA	37:32	LORELEI HAGEN	52:57
3	MATT NOLEN	37:57	ERIN BOSIK	54:57
4	G ANTHONY KUNKEL	38:00	JEN BURNETT	55:18
5	JUAN ORTIZ	38:02	NATALIE BLACKMER	1:02:53
13 and Under				
1	JOE BLACK	47:21		

CMRA Bluffs run April 7, 2012 Race Results

PLACE	NAME	TIME	AGE
1	G. Anthony Kunkel	18:06	19
2	Gerod Green	18:12	25
3	Andrew Terrill	18:32	42
4	Antonio Cuevas	18:37	32
5	Julio Hernandez	18:42	24
6	Scott Kukel	18:43	38
7	Eric Hislop	18:46	26
8	Juan Ortiz	18:53	20
9	Jeremy O'Farrell	19:09	35
10	Steven Johnson	19:21	29
11	Michael Quispe	20:04	45
12	David Rothenburger	20:53	43
13	Michael Guenther	21:05	50
14	<i>Rachel Perez-Tetreault</i>	21:49	32
15	Aaron Ruhnow	21:55	41
16	German Ramirez	22:00	33
17	<i>Kelly Harrington</i>	22:01	40
18	Mark Erickson	22:11	46
19	Joe Black	22:37	13
20	Chris Stone	22:39	45
21	Michael Brenner	22:48	53
22	Dan Shaw	22:52	52
23	Luke Schwab	23:28	33
24	<i>Theresa Jockers</i>	23:31	50

Once you are over the hill, you pick up speed

25	Todd Clark	24:03	30
26	Robert Whittemore	24:12	43
27	Michael Mauser	24:20	61
28	Brett Allendorf	24:25	43
29	Bob Irving	24:32	57
30	Bruce Kirschner	24:42	58
31	Missing Link Lubken	24:57	62
32	<i>Sabrina Ruiz</i>	25:10	19
33	Roger Allen	25:12	60
34	Derik Wever	25:17	28
35	<i>Kathy Johnson</i>	25:18	51
36	Rich Martinez	25:19	65
37	David Kelble	25:37	54
38	Michael Abbott	25:47	42
39	<i>Lorelei Hagan</i>	26:02	30
40	Wayne Stewart	26:09	65
41	The B-Man (Jim) Romero	26:11	72
42	Spiderman (Scott) McFarlane	26:14	61
43	<i>Elizabeth Hayden</i>	26:22	39
44	Strider (Tom) Chambers	26:28	69
45	Valerie Sidles	26:49	30
46	Andrew Sidles	26:50	40
47	Tall Red (Ed) Youngberg	26:56	69
48	Bill Faulkner	26:57	70
49	<i>Jitka O'Farrell</i>	27:43	34
50	Brett Jockers	27:58	61
51	John Shea	28:09	54
52	Paul Padilla	28:12	33
53	Reid Wiecks	28:29	66
54	John Cipolla	28:36	28
55	<i>Janet Ralston</i>	28:52	49
56	<i>Kim Massey</i>	28:53	53
57	<i>Karen Jankowski</i>	29:11	56
58	J Gutierrez	29:26	59
59	David Wise	29:50	69
60	Roger Rybicka	29:55	64
61	Jeff Olson	30:02	52
62	Tom Duran	30:03	64

63	Ken Simons	30:11	74
64	<i>Betsy Tournier</i>	30:17	53
65	Luke Schwab	30:40	12
66	Steadfast (Earl) Beam	30:41	61
67	<i>Karen Cipolla</i>	31:11	31
68	Samuel Flesuer	31:18	29
69	Sir Fred Trentaz	31:19	70
70	Joe Sanchez	31:20	74
71	Lee Bengston	31:25	74
72	<i>Patricia Tolleson</i>	32:06	63
73	Eric Welch	32:43	47
74	<i>Gina Kelble</i>	32:45	11
75	<i>Alissa Jackson</i>	33:01	9
76	Scott Jackson	33:02	44
77	Gabriel Sisneros	33:29	73
78	Scott Bulfin	33:32	45
79	<i>Mary Dickerson</i>	34:07	64
80	<i>Jennifer Brink</i>	34:25	41
81	<i>Cheryl Ames</i>	36:03	64
82	<i>Kathrine Klesmit</i>	36:35	60
83	<i>Laura McCoy</i>	39:32	57
84	Dave Black	39:46	61
85	<i>Olga Hnizdil</i>	40:32	67
86	Stonewall (Ken) Green	40:36	83
87	Tom Alison	41:18	74
88	<i>Helen Hankins</i>	43:30	60
Racewalkers			
1	<i>Amy Lease</i>	39:03	58
2	<i>Rosalia Dexter</i>	45:06	71
3	<i>Susan Stone</i>	45:09	47
4	<i>Kathryn Stone</i>	45:10	11
5	<i>Nancy Stone</i>	45:10	13
6	<i>Sandra Schwab</i>	1:00:10	34
7	Tim Schwab	1:00:12	5
8	Roman Schwab	1:01:05	8

Once you are over the hill, you pick up speed

April 7, 2012 Race Results by Age Group

Place	Name	Time	Name	Time
Men		Women		
Overall				
1	G. Anthony Kunkel	18:06	Rachel Perez-Tetreault	21:49
80 and Over				
1	Stonewall (Ken) Green	40:36		
70-74				
1	The B-Man (Jim) Romero	26:11		
2	Bill Faulkner	26:57		
3	Ken Simons	30:11		
4	Sir Fred Trentaz	31:19		
5	Joe Sanchez	31:20		
65-69				
1	Rich Martinez	25:19	Olga Hnizdil	40:32
2	Wayne Stewart	26:09		
3	Strider (Tom) Chambers	26:28		
4	Tall Red (Ed) Youngberg	26:56		
5	Reid Wiecks	28:29		
60-64				
1	Michael Mauser	24:20	Patricia Tolleson	32:06
2	Missing Link Lubken	24:57	Mary Dickerson	34:07
3	Roger Allen	25:12	Cheryl Ames	36:03
4	Spiderman (Scott) McFarlane	26:14	Kathrine Klesmit	36:35
5	Brett Jockers	27:58	Helen Hankins	43:30
55-59				
1	Bob Irving	24:32	Karen Jankowski	29:11
2	Bruce Kirschner	24:42	Laura McCoy	39:32
3	J Gutierrez	29:26		
50-54				
1	Michael Guenther	21:05	Theresa Jockers	23:31
2	Michael Brenner	22:48	Kathy Johnson	25:18
3	Dan Shaw	22:52	Kim Massey	28:53
4	David Kelble	25:37	Betsy Tournier	30:17
5	John Shea	28:09		

45-49				
1	Michael Quispe	20:04	Janet Ralston	28:52
2	Mark Erickson	22:11		
3	Chris Stone	22:39		
4	Eric Welch	32:43		
5	Scott Bulfin	33:32		
40-44				
1	Andrew Terrill	18:32	Kelly Harrington	22:01
2	David Rothenburger	20:53	Jennifer Brink	34:25
3	Aaron Ruhnnow	21:55		
4	Robert Whittemore	24:12		
5	Brett Allendorf	24:25		
35-39				
1	Scott Kukel	18:43	Elizabeth Hayden	26:22
2	Jeremy O'Farrell	19:09		
19 - 34				
1	Gerod Green	18:12	Sabrina Ruiz	25:10
2	Antonio Cuevas	18:37	Lorelei Hagan	26:02
3	Julio Hernandez	18:42	Jitka O'Farrell	27:43
4	Eric Hislop	18:46	Karen Cipolla	31:11
5	Juan Ortiz	18:53		
13 and Under				
1	Joe Black	22:37	Gina Kelble	32:45
2	Luke Schwab	30:40	Alissa Jackson	33:01

Once you are over the hill, you pick up speed

Memorial Run 12K. May 12th 2012 Twin Lakes Park

Connie Ahrnsbrak

Unusually low numbers for this race, however, despite the damp, bleak, gray weather most agreed it was good running weather. The 12K course was new this year, but still the easy out/back course going west to Lowell Blvd.

Overall male and almost two minutes ahead of the second place male was JJ Huie, 42:34. Lonnie Cruz was second with a time of 43:58. Our overall female was Christine Adamowski, 50:18. Melissa Menard was not far away with a time of 51:38. We had one race walker, Susan Stone, walking the 5K course in a time of 49:39.

We had a great crew of volunteers, those that committed and others that we roped in at the last minute - you are all so appreciated! Amy Lease brought Brian and some friends for the water station; Hank Burkman at the turn-a-around; Cheryl Ames on the course; Joe Baird, Kathy Klesmit, Rich Romero at the finish and Bob Dexter at registration. Also, thanks to Rich Martinez for picking up supplies.

Special thanks to Adam Feerst for marking the course, and coming out early Saturday to run the course and make sure all was in place. Scott McFarlane also came out early to shadow the course and was our sweeper. Last but not least a big thank you to David Rothenburger who was a good sport and announced the race awards for us.

We had a little twist at the end with a runner being lost for over two hours. Apparently he was about ninth place overall at the turn around. However, he says somewhere around 5/6 miles he was alone and before he knew it and eleven miles later he decided he was lost. After inquiring at several businesses, with no one knowing where Twin Lakes was he called a cab. Meanwhile back at the ranch we put in a call to 911. Shortly after the sheriff drove down the Clear Creek bike path to search for him, in addition to Scott riding his bike up and down Clear Creek, Metro Cab pulled up. He was in good humor and said he at least got a good run in.

May 12, 2012 12K Race Results

PLACE	NAME	TIME	AGE
1	JJ Huie	42:34	32
2	Lonnie Cruz	43:58	28
3	Andrew Terrill	45:32	42
4	Andrew Adamowski	46:20	38
5	Michael Quispe	46:28	45
6	Antonio Cuevas	47:08	32
7	Scott Kukel	47:12	38
8	Juan Ortiz	47:52	20
9	Steven Johnson	48:17	29

10	David Rothenburger	48:42	43
11	Eric Hislop	48:43	26
12	<i>Christine Adamowski</i>	50:18	44
13	Devin Croft	51:24	59
14	<i>Melissa Menard</i>	51:38	38
15	Eric Windholz	51:58	43
16	Dan Shaw	54:09	52
17	Bob Caillouette	54:25	57
18	Luis Ronquillo	55:23	16
19	<i>Rachel Perez-Tetreault</i>	55:54	32
20	Chris Stone	56:02	45
21	<i>Monica Ryan</i>	56:48	51
22	Lou Huie	56:57	65
23	Missing Link Lubken	57:10	62
24	Cliff Jurgens	57:28	46
25	Brett Allendorf	57:43	43
26	John Perez	57:45	61
27	Mike Blanchette	59:34	55
28	Bill Smitham	1:00:15	68
29	Roger Allen	1:01:02	60
30	Kristan Latham	1:01:12	32
31	Robert Kanieski	1:01:25	34
32	<i>Elizabeth Hayden</i>	1:01:54	39
33	Rich Martinez	1:02:11	65
34	<i>Valerie Sidles</i>	1:02:54	30
35	Andrew Sidles	1:02:56	40
36	Wayne Stewart	1:03:52	65
37	The B-Man (Jim) Romero	1:03:57	72
38	Bobby Romero	1:04:00	65
39	David Hill	1:04:20	61
40	<i>Judith Laney</i>	1:05:02	59
41	<i>Janet Harbert</i>	1:05:13	51
42	Kevin Razor	1:05:27	32
43	Jeff Razor	1:07:38	35
44	<i>Claradene Stewart</i>	1:07:38	63
45	Michael Abbott	1:08:22	43
46	<i>Julie Carroll</i>	1:08:32	38
47	<i>Janet Sandoval</i>	1:09:38	63

Once you are over the hill, you pick up speed

48	<i>Valerie Passerini</i>	1:10:12	32
49	<i>Tina Akin</i>	1:11:08	50
50	<i>Janet Ralston</i>	1:11:10	50
51	Ian Monk	1:12:04	56
52	Lee Bengston	1:13:03	74
53	Bruce Razor	1:13:21	63
54	Kool Shades (Ken) Randall	1:14:53	73
55	Sanjiv Gupta	1:18:05	40
56	Sir Fred Trentaz	1:18:08	70
57	Gabriel Sisneros	1:19:27	73
58	Tom Duran	1:21:04	64
59	<i>Jennifer Brink</i>	1:24:31	42
60	Tom Alison	1:43:15	75
Racewalkers (5K)			
1	Susan Stone	49:39	47

12K AGE GROUP AWARDS			
Overall			
1	JJ Huie	42:34	Christine Adamowski 50:18
75-79			
1	Tom Alison	1:43:15	
70-74			
1	The B-Man (Jim) Romero	1:03:57	
2	Lee Bengston	1:13:03	
3	Kool Shades (Ken) Randall	1:14:53	
4	Sir Fred Trentaz	1:18:08	
5	Gabriel Sisneros	1:19:27	
65-69			
1	Lou Huie	56:57	
2	Bill Smitham	1:00:15	
3	Rich Martinez	1:02:11	
4	Wayne Stewart	1:03:52	
5	Bobby Romero	1:04:00	
60-64			

1	Missing Link Lubken	57:10	Claradene Stewart	1:07:38
2	John Perez	57:45	Janet Sandoval	1:09:38
3	Roger Allen	1:01:02		
4	David Hill	1:04:20		
5	Bruce Razor	1:13:21		
55-59				
1	Devin Croft	51:24	Judith Laney	1:05:02
2	Bob Caillouette	54:25		
3	Mike Blanchette	59:34		
4	Ian Monk	1:12:04		
50-54				
1	Dan Shaw	54:09	Monica Ryan	56:48
2			Janet Harbert	1:05:13
3			Tina Akin	1:11:08
4			Janet Ralston	1:11:10
45-49				
1	Michael Quispe	46:28		
2	Chris Stone	56:02		
3	Cliff Jurgens	57:28		
40-44				
1	Andrew Terrill	45:32	Jennifer Brink	1:24:31
2	David Rothenburger	48:42		
3	Eric Windholz	51:58		
4	Brett Allendorf	57:43		
5	Andrew Sidles	1:02:56		
35-39				
1	Andrew Adamowski	46:20	Melissa Menard	51:38
2	Scott Kukel	47:12	Elizabeth Hayden	1:01:54
3	Jeff Razor	1:07:38	Julie Carroll	1:08:32
19 - 34				
1	Lonnie Cruz	43:58	Rachel Perez-Tetreault	55:54
2	Antonio Cuevas	47:08	Valerie Sidles	1:02:54
3	Juan Ortiz	47:52	Valerie Passerini	1:10:12
4	Steven Johnson	48:17		
5	Eric Hislop	48:43		
14-18 (High School)				
1	Luis Ronquillo	55:23		

Pelican Update (Constance Ahrnsbrak)

Once you are over the hill, you pick up speed

3/17- Lucky Laces 5K, CP: Scott Kukel, 17:55 (OA); Antonio Cuevas, 18:38 (2); Jack Barry, 26:09 (1); J Gutierrez, 27:38; Jim Peterson, 32:23; The Oak (Ross Westely), 42:55 & Laura McCoy, 43:39. **10K:** Missing Link (Link Lubken), 49:17 (3) & Strider (Tom Chambers), 53:23.

St. Patricks 5K River Run, San Antonio, TX: Painted Horse (Jesse Tijerina), 22:05 (1).

Sharin O' Green 5K, FTC: JJ (Jonanthan Huie), 15:44 (1) & Lou Huie, 22:44 (1).

Canyonlands Half, Moab, UT: Christine Adamowski, 1:30 (Overall Master); Claradene Stewart, 2:00; Wayne Stewart, 2:02 & Sir Fred Trentaz, 2:29.

3/25- Statesman Cup 10K, Austin, TX: Jim Bosik, 48:53.

Boulder Rez Spring Half: Chuck Lowrie, 1:45 (1); Earl Beam, 2:32 & Vici Dehaan, 3:20. **10-Mile:** Robert Whittemore, 1:20 & Lou Huie, 1:22 (1).

4/14- Cookie Chase 5K, Greenwood Village: Hunter Karickhoff, 34:53 & Rosalia Dexter, 40:21 (W). **1K** – Taylor Marie Karickhoff/ Constance Ahrnsbrak.

4/15- Miles for Hope 5K, Sloans Lake: Robert Kanieski, 23:53 (1) & Rich Martinez, 23:56 (1).

Platte River Half: Jeremy O'Farrell, 1:28; Rich Hadley, 1:37; Bob Caillouette, 1:38; John Perez, 1:48; The B-Man, 1:57 (2); Bill Faulkner, 1:59:36 (3); Tall Red (Ed Youngberg), 1:59:54; Todd Shaklee, 2:04; Amy Lease, 2:06; Mike Burzynski, 2:12; Patricia Tolleson, 2:22:08; Kathy Klesmit, 2:22:42; Sir Fred Trentaz, 2:30; Nicole Shaklee, 2:38 & Leslie Woods, 2:49.

4/21- Mt. Carbon Trail Half, BCLP: G. Anthony Kunkel, 1:29 (OA); Andrew Terrill, 1:32 (1); Steven Johnson, 1:40 (3); Jacob Wyatt, 1:54; Missing Link, 2:02 (1); Sabrina Ruiz, 2:04 (1); Robert Whittemore, 2:05; The B-Man, 2:17 (1); Kool Shades (Ken Randall), 2:51 (3) & Cheryle Ames, 2:53 (3).

North Park Trail 5K, BCLP: Joe Black, 24:14 (1); John Chapman, 25:08 (1); Tom Chambers, 28:37 (1); Valerie Passerini, 30:41; Constance Ahrnsbrak, 31:22 (1); Tom Duran, 31:52 (2) & Ken Simons, 33:25 (2).

4/24 -Dine & Dash 5K series, Boulder: Missing Link, 22:35

4/29- Cherry Creek Sneak 10-miler: War Horse (Keith Johnson), 1:03:35 (1); Jay Survil, 1:03:37 (2); Karen Voss, 1:11 (3); Rich Hadley, 1:13 (2); Kathy Johnson, 1:23; Tall Red, 1:27:28; The B-Man, 1:27:37 (2); Dave Hill, 1:29; Mike Burzynsky, 1:38 (3); Dorothy Bensusan, 1:39; Deb Hadley, 1:48 & Nichole Shaklee, 1:57. **5-miler:** Omar Martinez, 26:55 (1); Michael Quispe, 30:29 (2); Rich Martinez, 40:15 (1); Bobby Romero, 42:39 (3); Janet Sandoval, 42:52 (2); Karen Jankowski, 43:12; Constance Ahrnsbrak, 44:26 (1); Andy McKean, 46:27; Tom Duran, 46:47; J Gutierrez, 46:48; Lee Bengston, 47:49; Holly Romero, 54:47 & Laura McCoy, 1:14 (W). **5K:** Earl Beam, 27:36; Roger Rybicka, 28:32; Kathy Klesmit, 29:21; Rich Romero, 29:21 (1); Doug Tollin, 30:18; Sir Fred Trentaz, 30:59; Jim

Peterson, 31:44; Rosalie Dexter, 42:09 (W), Ruth Tollin, 44:01; Leslie Woods, 45:49; & Bob Dexter, 1:00 (W).

Father Ted's 10K, South Bend, IN: Robert Kanieski, 46:01

5/5- Garden of the Gods 5-mile, CS: Constance Ahrnsbrak, 49:30 (1); Roger Rybicka, 50:17 & Kim Massey, 50:21.

Blossom 5-miler, Canon City: Rich Hadley, 34:42 (2/OA). **5K** – Deb Hadley, 31:34 (1).

Greenland Trail 50K: Bob Irving, 5:54. **25K** – The B-Man, 2:38 (1) & Janet Ralston, 2:48. **8-Miler:** Robert Whittemore, 1:12; Tom Chambers, 1:14 (2); Lee Bengston, 1:29 (2) & Dave Banko, 1:38.

Canine on the Creek, Dumont: Robert Kanieski, 25:07.

5/6- Colorado Marathon, FTC: Bill Faulkner, 4:10 & Patricia Tolleson, 4:58. *I believe Bill's time is a Boston qualifier.* **Half** – Slimfast (Bruce Kirschner), 1:34.

5/12- Don't Fence Me In 12K, Helena, MT., Jennifer Forker 1:23 & Run for the Door 5K, Denver: Tall Red, 26:07.

Dash for Heros 8.3 miles on the beach, Japan: Dr. Christine Jacobsen. (Terry & Scott McFarlane's daughter)

5/13- Rockies Run for the Homeless 5K: Jeremy O'Farrell, 19:14; David Hill, 23:46 (2); The B-Man, 25:04 (2); Constance Ahrnsbrak, 27:03 (1); Leslie Mitchell, 27:10; Katherine Klesmit, 28:52; Jitka O'Farrell, 29:08; Robert Ghormley, 29:17; Doug Tollin, 29:41; Lee Bengston, 30:30; Hunter Karickhoff, 31:59; Jim Peterson, 37:35; Tom Alison, 39:49; Rosalie Dexter, 41:16 (W); Leslie Woods, 46:37 ; Ruth Tollin, 49:10; Bob Dexter, 56:09 (W) & Rich Romero, 1:09 (injured).

Adelante 5K, Denver: Robert Kanieski, 23:51 (1).

SPECIAL FEATURE: Turning 59 years young in August, Slimfast (Bruce Kirschner) turned in some very respectable stats at the Colorado Half marathon in Ft. Collins, May 6. Slimfast ran a 7:13 pace, first of eight in the 55-59 age group, and 47th out of a field of 1,317. His finishing time was 1:34:35.

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 20th July 2012. If sending an email, please add CMRA to the title so I know it's not spam.

2011 Colorado Masters Running / Racewalking Association Schedule

Once you are over the hill, you pick up speed

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.

2012 Colorado Masters Running / Racewalking Association Schedule

Date	DOW	Time	Location	Name	Director(s)
June 16	(Sat)	8 AM	Bluff Lake Nature Center	Sand Creek 5M	Rob Fisher / Dan Shaw
Jul 14	(Sat)	8 AM	White Ranch Park	White Ranch Trail Run	Chris Stone / Theresa Do
Aug 7	(Tue)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Aug 26	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race	Ed Youngberg
Sep 15	(Sat)	8 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Kim Massey / Scott McFarlane
Oct 14	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72M	Rich Fitzpatrick / Mike Brenner / Bruce Kirschner / Lucy Fales Evans / Vici DeHaan
Nov 10	(Sat)	9 AM	Hildebrand Ranch Park	Veterans run	Dave Black / Jim Romero
Dec 8	(Sat)	10 AM	Stapleton Central Park	 Stapleton Central Park XC 12K	Dan Shaw / Rob Fisher

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

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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
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Quartermaster Chairperson	Mike Vanoni	mev@cre-denver.com
Members at Large	Connie Ahrnsbrak, Rob Fisher, David Wise, Ken Randall, Ed Youngberg	

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

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

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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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 <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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