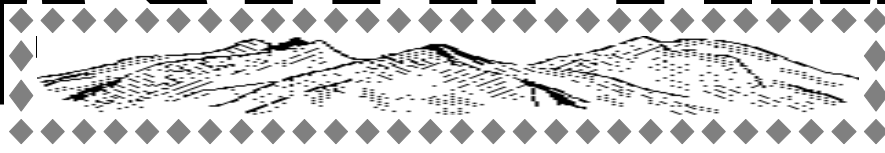


MASTER TIMES



January/February 2013

Volume 46 Issue 1

OUTGOING PRESIDENT'S CORNER

By Dan Shaw

ANNUAL MEETING

For the 2nd consecutive year the CMRA held its annual meeting at West Woods Golf Club on Saturday January 19, 2013. The amenities were wonderful again, especially the luscious desserts which all runners seem to covet.

The CMRA Board for 2013 was elected and is as follows: Nicole Shaklee, Ed Youngberg, Jane Harbert, Ian Monk, Connie Ahrnsbrak, Scott McFarlane, Mike Vanoni, Jen Forker, Amy Lease, Cheryl Ames, Rob Fisher, and Dan Shaw.

At a short meeting after the banquet, the following officers were elected: President: Jen Forker; Vice president: Cheryl Ames; Treasurer: Amy Lease; Secretary: Jane Harbert; Webmaster: Scott McFarlane; Membership Coordinator: Nicole Shaklee; Newsletter Editor: Ian Monk; Club Liaison: Connie Ahrnsbrak; and Race Director Coordinator: Rob Fisher.

I've enjoyed serving as your president for the past 4 years and thank you for the honor. It's now my great pleasure to turn the reins over to the capable hands of Jen Forker who has graciously accepted to take over leadership of the CMRA Board for the next 2 years. Thanks, Jen!

2013 SCHEDULE

The 2013 schedule has been finalized and on the CMRA website, www.comastersrun.org. You'll also find our races on numerous running web-calendars such as Colorado Running, Racing Underground, Running Guru, The Competitor, and The Keeper (due out next month). In place of the glossy calendar poster that the club has co-produced with the Rocky Mountain Road Runners the past few

Visit us on the web at www.comastersrun.org

year, this year we are returning to printing a smaller tri-fold paper flyer with the race calendar and general information about the club which will be available at races and distributed to local running stores.

INCOMING PRESIDENT'S CORNER

By Jennifer Forker

Hi, everyone. I'm thrilled to be the newly installed president of the CMRA. Many of you have personally contributed to the improvement of my running, as I attempt to chase you down (usually unsuccessfully) at our challenging races and in weeknight and weekend runs. I treasure the friendships I've already made in only two years as a CMRA member.

I come from a journalism background sprinkled with ministry, hospital chaplaincy and a wee bit of public relations. Please forgive my bursts of enthusiasm, which I know can be *quite something*, but I really love to run and I dearly love this club and its members.

Because of this commitment and my background in communications, I'd like to get CMRA some publicity during the next two years – in local media and perhaps nationally. If you have a great story – of your or another's Herculean running efforts – please send me an email or catch me at one of our upcoming races. I'm collecting stories, primarily about our senior runners. I believe our stories may inspire and motivate others.

Please tell friends and neighbors about CMRA! Don't be shy to talk up our club with other runners you meet at other races throughout the Denver-Boulder area. If we don't grow, we'll someday be in big doo-doo. So let's keep the club growing.

Finally, the banquet is a lot of fun, but it's only once a year. I'm looking at ways we might gather together socially at other times of the year. Y'all look so nice showered and dressed up! Watch this space, our home page and our Facebook page for organized social engagements in the months to come. You can come or not (but know that *dancing* is a form of cross-training).

Drop me a line if you have any ideas for how to make our great club even better:
jsforker@gmail.com.

Once you are over the hill, you pick up speed

And please remember to visit our sponsoring businesses, which are listed on our web site home page: The Great Harvest Bread Co. in Arvada, Runners Roost, the Boulder Running Co., Road Runner Sports and Catalyst Therapies LLC. Tell them you're a CMRA member, and thank them *profusely* for their sponsorship.

SINGLETs AND GLOVES

New this year are CMRA running gloves, in navy with the CMRA logo and motto ("Once over the hill, you pick up speed!") printed in red, for the low, low price of just \$5.00 a pair. Also, CMRA club singlets are available for purchase (\$15 each). Both gloves and singlets will be available for sale at races, in sizes small, medium, and large.

CLUB DUES FOR 2013

One of the best values in running, CMRA club dues have been at \$25 annual for single members for past several years and will continue to be \$25 for 2013, with family memberships remaining \$35. One change is the cost of printed newsletters which increases to \$10 annually, reflecting the increased cost of printing and mailing.

Stapleton RRCA Regional XC 12K Championship Dec 8th

In past years, this race has served as the RRCA Colorado State Championship. For 2012 we were honored to take a step up and serve as the RRCA's US Western Regional Championship Event.

Temperatures in the 30's on a sunny Saturday morning greeted racers at Stapleton Central Park, unlike some prior championships which were run through snow on the ground and sub-freezing temperatures. 81 runners fanned out across the start line at the east end of the park in the still, cool morning air. About half the loop course ran through Stapleton Central Park, including stretches of grass lawn, single track and dirt/gravel paths, and just a smidge of concrete. The remainder ran through open space along Westerly Sand and Sand Creeks, over a mix of gravel paths, single track, dirt roads and a prairie dog town. The mild, dry weather of the preceding weeks allowed for solid footing throughout, without the crust of snow we had last year. Although it seems rather flat at first glance, the race features a surprising and challenging vertical component, with a combined total of 528 feet of elevation gain and drop. The course layout varied somewhat from last year, making for a faster race and alleviating some confusion in spots.

The 12K championship race featured 2 laps of the 6K (3.73 miles) loop. Walkers and three runners who shall remain anonymous found satisfaction completing just one circuit. Of the men who endeavored to complete both laps, first across the line in this year's championship was Rob Kosick in a time of 41:56, an amazing average per mile pace of 5:38, almost 10 minutes faster than last year's overall champion, which is in part at least due to better weather, better traction, and the friendlier course. This is not to diminish Rob's effort however, as he

bested the second place finisher by more than three minutes. Mark Waxman garnered the Masters title (40 and over) in 47:36, Keith Johnson took the Grand Masters title (50 and over) in a time of 45:50, and the Senior Grand Masters (50+) award went to Bob Cooper with a time of 58:20.

For the second year in a row, the women's title went to Molly Smith in a time of 51:02, more than 8 minutes faster than her winning time last year. Christine Adamowski claimed the Masters title, in 51:59. Theresa Jockers was Grand Masters Champion, with a time of 57:32. Stephanie Wiecks took the Senior Grand Master award, in 62:39. Congratulations to all our 2012 RRCA Western Regional Cross Country Champions!

Co-director Rob Fisher and I would like to extend a big thank you to all the volunteers who pitched in to help, including: new member Todd Nikkel, who spent 4 hours at the park, from setting up banners, signs and the finish line, to helping at the finish line, to picking up after the racing was done; registration coordinators Rosalia and Bob Dexter with able assistance from Jane Harbert and Ian Monk; timing excellence from Mike Vanoni; finish line and scoring help from Mike, Ken Simons and a host of others; equipment help from the extraordinary Joe Baird; and invaluable assistance with set up, the water stop, and course marshalling provided by my lovely wife Lu and wonderful son Sam. Special thanks go to our sponsors who provided prizes to give away, including Boulder Running Company and Runners Roost, and to the City of Denver's Parks Department without whose gracious cooperation we could not begin to put on this event.

Stapleton RRCA Regional XC Championship December 8th Results

PLACE	NAME	TIME	AGE
1	Rob Kosick	41:56	34
2	G. Anthony Kunkel	45:08	20
3	War Horse (Keith) Johnson	45:50	51
4	Jason Michalak	46:06	34
5	Luke Joy	46:22	32
6	Stuart Evans	46:30	28
7	Adam Burrack	46:53	29
8	Keifer Johnson	47:23	19
9	Colin Lowe	47:24	19
10	Marc Waxman	47:36	40
11	Steven Sellars	47:49	52
12	Steven Johnson	48:10	30

Once you are over the hill, you pick up speed

13	Matt Smith	48:32	36
14	George Forbes	48:47	43
15	Eric Hislop	49:02	27
16	Hal Clark	49:24	37
17	David Rothenburger	50:13	44
18	Mike Decker	50:19	35
19	Marco Cornacchione	50:35	49
20	Casey Hill	50:41	33
21	Molly Smith	51:02	37
22	Jeremy O'Farrell	51:50	36
23	Christine Adamowski	51:59	45
24	Shelley Nelson	53:25	33
25	Ben Fibbe	53:30	40
26	Megan Fibbe	53:51	33
27	Michael Brenner	54:42	54
28	Sean Connor	55:02	50
29	Kacey Clark	55:27	26
30	Jacob Wyatt	55:59	43
31	Shannon Fonger	56:19	30
32	Rich Sandoval	57:10	58
33	Theresa Jockers	57:32	51
34	Chris Stone	57:48	45
35	Bob Cooper	58:20	64
36	Benjamin Downey	59:13	31
37	Missing Link Lubken	1:00:16	63
38	John Perez	1:01:35	62
39	Mike Blanchette	1:01:39	55
40	Sabrina Ruiz	1:01:43	20
41	David Kelble	1:02:07	55
42	Stacy Totherow	1:02:08	45
43	Stephanie Wiecks	1:02:39	66
44	Rich Martinez	1:02:53	65
45	Rebeca Downey	1:04:07	28
46	Michael Abbott	1:04:31	43
47	Robert Kanieski	1:05:05	35
48	Bill Faulkner	1:06:14	71
49	Tall Red (Ed) Youngberg	1:06:43	69

50	Joe Benvegna	1:06:48	46
51	Spiderman (Scott) McFarlane	1:06:51	61
52	Elizabeth Hayden	1:07:13	40
53	The B-Man (Jim) Romero	1:07:41	72
54	Alan Johnson	1:08:10	52
55	Brook Brandt	1:08:26	37
56	Andrew Sidles	1:08:32	41
57	Jennifer Forker	1:08:37	46
58	John Shea	1:08:58	55
59	Reid Wiecks	1:09:03	67
60	Jill Sellars	1:09:07	44
61	Jane Harbert	1:10:19	51
62	Ian Monk	1:10:23	56
63	Jitka O'Farrell	1:10:40	35
64	Terri Wickstrom	1:11:00	50
65	Brent Jockers	1:11:03	62
66	Chris Sierra	1:11:31	55
67	Janet Sandoval	1:11:41	64
68	Jay D. Trujillo	1:13:11	54
69	Joe Sanchez	1:13:26	75
70	Tina Akin	1:15:03	51
71	Earl Beam	1:17:02	62
72	Deborah Stafford	1:18:27	60
73	Patricia Tolleson	1:19:24	63
74	Lee Bengston	1:20:53	75
75	Dave Black	1:40:01	61
RaceWalkers (5K)			
1	Rosalia Dexter	58:59	71
2	Susan Stone	59:00	48
3	Robert Dexter	1:12:32	75

Age Group Results

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Rob Kosick	41:56	Molly Smith	51:02

Once you are over the hill, you pick up speed

75-79				
1	Joe Sanchez	1:13:26		
2	Lee Bengston	1:20:53		
70-74				
1	Bill Faulkner	1:06:14		
2	The B-Man (Jim) Romero	1:07:41		
65-69				
1	Rich Martinez	1:02:53	Stephanie Wiecks	1:02:39
2	Tall Red (Ed) Youngberg	1:06:43		
3	Reid Wiecks	1:09:03		
60-64				
1	Bob Cooper	58:20	Janet Sandoval	1:11:41
2	Missing Link Lubken	1:00:16	Deborah Stafford	1:18:27
3	John Perez	1:01:35	Patricia Tolleson	1:19:24
4	Spiderman (Scott) McFarlane	1:06:51		
5	Brent Jockers	1:11:03		
55-59				
1	Rich Sandoval	57:10		
2	Mike Blanchette	1:01:39		
3	David Kelble	1:02:07		
4	John Shea	1:08:58		
5	Ian Monk	1:10:23		
50-54				
1	War Horse (Keith) Johnson	45:50	Theresa Jockers	57:32
2	Steven Sellars	47:49	Jane Harbert	1:10:19
3	Michael Brenner	54:42	Terri Wickstrom	1:11:00
4	Sean Connor	55:02	Tina Akin	1:15:03
5	Alan Johnson	1:08:10		
45-49				
1	Marco Cornacchione	50:35	Christine Adamowski	51:59
2	Chris Stone	57:48	Stacy Totherow	1:02:08
3	Joe Benvegna	1:06:48	Jennifer Forker	1:08:37
40-44				
1	Marc Waxman	47:36	Elizabeth Hayden	1:07:13
2	George Forbes	48:47	Jill Sellars	1:09:07
3	David Rothenburger	50:13		
4	Ben Fibbe	53:30		

5	Jacob Wyatt	55:59		
35-39				
1	Matt Smith	48:32	Brook Brandt	1:08:26
2	Hal Clark	49:24	Jitka O'Farrell	1:10:40
3	Mike Decker	50:19		
4	Jeremy O'Farrell	51:50		
5	Robert Kanieski	1:05:05		
19 - 34				
1	G. Anthony Kunkel	45:08	Shelley Nelson	53:25
2	Jason Michalak	46:06	Megan Fibbe	53:51
3	Luke Joy	46:22	Kacey Clark	55:27
4	Stuart Evans	46:30	Shannon Fonger	56:19
5	Adam Burrack	46:53	Sabrina Ruiz	1:01:43

2013 CMRA Lake Arbor 5K Jan 5th Results

PLACE	NAME	TIME	AGE
1	Michael Nothem	16:57	17
2	Frank Therrian	17:16	28
3	G. Anthony Kunkel	17:32	20
4	Warhorse (Keith) Johnson	17:56	51
5	Scott Kukel	18:15	39
6	Eric Hislop	18:27	27
7	David Rothenburger	18:56	44
8	Christian Oliphant	19:01	44
9	Steven Johnson	19:15	30
10	Michael Quispe	19:31	46

Once you are over the hill, you pick up speed

11	Molly Smith	20:04	32
12	Justin Perry	20:08	13
13	Christine Adamowski	20:09	45
14	Megan Fibbe	20:16	33
15	Devin Croft	20:50	59
16	Jacob Wyatt	20:54	43
17	Michael Guenther	21:01	51
18	Michael Brenner	21:11	54
19	Sean Connor	21:19	51
20	Jason Kaminski	21:26	43
21	Jim Perry	21:43	51
22	Hector Martinez	22:14	29
23	Kevin Snyder	22:19	45
24	Chris Stone	22:26	46
25	Scott Jackson	22:27	45
26	Joe Black	22:31	14
27	Denae Coates	22:34	36
28	Karen Voss	22:39	47
29	Theresa Jockers	22:47	51
30	Elena Alarcon	22:56	35
31	Cliff Jurgens	22:59	47
32	Dan Shaw	23:05	53
33	Lesley Therrian	23:06	27
34	Todd Burgess	23:08	43
35	Michael Blanchette	23:09	55
36	Monica Ryan	23:12	51
37	Lou Huie	23:16	66
38	Missing Link Lubken	23:19	63
39	Painted Horse (Jesus) Tijerina	23:25	61
40	Amy Lease	23:36	59
41	Bibek Regmi	23:41	31
42	David Kelble	23:51	55
43	Rich Martinez	23:58	66
44	Elizabeth Hayden	24:07	40
45	Jim Bosik	24:41	62
46	Fred Sumner	24:46	52
47	Stacey Totherow	24:48	45

48	David Hill	24:50	61
49	Andrew Sidles	24:56	47
50	Wayne Stewart	25:04	66
51	Robert Kanieski	25:10	35
52	Spiderman (Scott) McFarlane	25:22	61
53	Todd Shaklee	25:28	43
54	The B-Man (Jim) Romero	25:30	72
55	Holly Dahm	25:39	43
56	Claradene Stewart	25:45	63
57	Robert Tafelski	26:00	72
58	Jennifer Forker	26:05	46
59	Erin Bosik	26:16	27
60	Prashanta Aryal	26:28	30
61	Richard Romero	26:34	76
62	Jeff Olson	26:35	53
63	Janet Ralston	26:38	50
64	Bruce Rasor	26:53	64
65	Janet Sandoval	26:56	64
66	Earl Beam	27:03	62
67	The Oak (Ross) Westley	27:12	76
68	Brent Jockers	27:24	62
69	Jeff Richardson	27:44	47
70	Sylvia Martinez	27:51	29
71	J Gutierrez	27:54	60
72	Tom Chambers	28:00	69
73	Jan Huie	28:21	63
74	Abby McDougall	28:41	31
75	Tina Akin	29:14	51
76	John Shea	29:28	55
77	Anna Dustan	29:32	40
78	Tom Duran	29:40	65
79	Lee Bengston	29:48	75
80	Shawn Thompson	30:06	18
81	Kathy Klesmit	30:16	60
82	Tirshanna Regmi	31:26	31
83	Annette Elten	31:31	42
84	Bobby Mathis	31:46	42

Once you are over the hill, you pick up speed

85	Derek Troy	31:48	37
86	Nicole Shaklee	32:01	49
87	Mary Sue Decker	32:04	65
88	Fred Trentaz	32:10	70
89	David Rasor	32:48	8
90	Jeff Rasor	33:05	36
91	Shannon Shaw	33:16	20
92	Bruce Dahm	33:18	44
93	Rich Ralston	33:39	51
94	Karina Johnson	33:49	32
95	Angela Horvat	33:59	49
96	Hollie Rasmussen	34:04	36
97	Roger Rybicka	35:06	64
98	Jim Peterson	35:07	74
99	Janette Rasor	35:44	36
100	Regina Martinez	37:57	38
101	Tom Alison	38:06	75
102	Roger Smith	40:40	72
103	Dave Black	45:42	61
Racewalkers			
1	Jan Hill	37:09	54
2	Ed Gussie	37:17	71
3	Valerie Sidles	37:57	30
4	Rich Muldoon	40:38	76

Age Group Results

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Michael Nothem	16:57	Molly Smith	20:04
75-79				
1	Richard Romero	26:34		
2	The Oak (Ross) Westley	27:12		
3	Lee Bengston	29:48		
4	Tom Alison	38:06		
70-74				

1	The B-Man (Jim) Romero	25:30		
2	Robert Tafelski	26:00		
3	Fred Trentaz	32:10		
4	Jim Peterson	35:07		
5	Roger Smith	40:40		
65-69				
1	Lou Huie	23:16	Mary Sue Decker	32:04
2	Rich Martinez	23:58		
3	Wayne Stewart	25:04		
4	Tom Chambers	28:00		
5	Tom Duran	29:40		
60-64				
1	Missing Link Lubken	23:19	Claradene Stewart	25:45
2	Painted Horse (Jesus) Tijerina	23:25	Janet Sandoval	26:56
3	Jim Bosik	24:41	Jan Huie	28:21
4	David Hill	24:50	Kathy Klesmit	30:16
5	Spiderman (Scott) McFarlane	25:22		
55-59				
1	Devin Croft	20:50	Amy Lease	23:36
2	Michael Blanchette	23:09		
3	David Kelble	23:51		
4	John Shea	29:28		
50-54				
1	Warhorse (Keith) Johnson	17:56	Theresa Jockers	22:47
2	Michael Guenther	21:01	Monica Ryan	23:12
3	Michael Brenner	21:11	Janet Ralston	26:38
4	Sean Connor	21:19	Tina Akin	29:14
5	Jim Perry	21:43		
45-49				
1	Michael Quispe	19:31	Christine Adamowski	20:09
2	Kevin Snyder	22:19	Karen Voss	22:39
3	Chris Stone	22:26	Stacey Totherow	24:48
4	Scott Jackson	22:27	Jennifer Forker	26:05
5	Cliff Jurgens	22:59	Nicole Shaklee	32:01
40-44				
1	David Rothenburger	18:56	Elizabeth Hayden	24:07
2	Christian Oliphant	19:01	Holly Dahm	25:39

Once you are over the hill, you pick up speed

3	Jacob Wyatt	20:54	Anna Dustan	29:32
4	Jason Kaminski	21:26	Annette Elten	31:31
5	Todd Burgess	23:08		
35-39				
1	Scott Kukel	18:15	Denae Coates	22:34
2	Robert Kanieski	25:10	Elena Alarcon	22:56
3	Derek Troy	31:48	Hollie Rasmussen	34:04
4	Jeff Rasor	33:05	Janette Rasor	35:44
5			Regina Martinez	37:57
19 - 34				
1	Frank Therrian	17:16	Megan Fibbe	20:16
2	G. Anthony Kunkel	17:32	Lesley Therrian	23:06
3	Eric Hislop	18:27	Erin Bosik	26:16
4	Steven Johnson	19:15	Sylvia Martinez	27:51
5	Hector Martinez	22:14	Abby McDougall	28:41
14-18 (High School)				
1	Joe Black	22:31		
2	Shawn Thompson	30:06		
13 and Under				
1	Justin Perry	20:08		
2	David Rasor	32:48		

Assorted pictures



CMRA New Years 5K-Arveda, very cold at 10 am !



Training run Bear Creek Park 12/28/12

Once you are over the hill, you pick up speed



Winners at the Santa Stampede 10K, Hudson Gardens.
Amy Lease, Jim Romero (The B-Man), Ross Westley & Link Lubken (Missing Link).

Thanks to Connie Ahrensbrak. Jay Trujillo & Amy Lease for sending photos for this edition

If you have any items, photos or articles for the next newsletter (don't be shy), please send them to:-
Ian Monk (icm-13@hotmail.com) or Jane Harbert (tace_tigger@hotmail.com) before 20thth March.
If sending an email, please add CMRA to the title so they know it's not spam.

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." - Jesse Owens

The Pelican Brief (Constance Ahrnsbrak)

Jim Peterson - My first race was Longmont's Turkey Trot back in November of 1984. I have missed only one Turkey Trot race since. Also, I started running the Bolder-Boulder 10K in 1985 and have not missed one since.

I set a goal of 1,000 races after my first race, with no date or time limit. However, at the end of 2011 I decided that 1,500 races would be practical and set a goal to finish that number at the end of 2012. I had to run 68 more races to reach that goal, but presently have completed 79 races. It has been a self-gratifying goal !

Most of my races were 5k's with some four milers, five milers, and 10k's mixed in. I have been hindered by what is called osteonecrosis. Although I have never been very fast, the brace I have to wear gains a pound every mile. It is not necessarily ideal, but it allows me to run and continue racing.

I am reasonably healthy with high hopes of continuing to run for many more years. I plan to run less races in 2013, and if my femur bone remains strong my goal is to run more 10k's and possibly get back into half marathons.

I have met lots of very cool people along the way, making life-long friends. In addition, I have visited and traveled to places where I normally would not have gone. I still meet new people at every race and wonder who I am lining up next to when the gun goes off. I would not trade my 29 years of running for anything!

The Oak (Ross Westley) - Unbeknownst to Ross, he received this article from the Colorado Springs Gazette. "Still Running Strong, Westley runs 60 races a year at 75 years old."

Westley, a practicing allergist from Arvada tells the Gazette with a shrug that there are lots of 70-year old runners in Denver. Westley finished in 1:31:39 at the 12K Xterra on Cheyenne Mountain last April. All but one runner who finished ahead of him were at least 10 years younger.

"Like an old car, you have to keep an old body in maintenance. Get your massage, your chiropractic, your occasional physical therapy if you pull something. If you are willing to do that, you can still run."

Westley did not start running until he was 41. His neighbor convinced him to start and after a 5K, racing turned into 10Ks and then half-marathons, etc. He completed 25 full marathons before deciding in 1995 it was taking too much toll on him. He has been running for 34 years. All of his races are in the state of Colorado and estimates competing in about 500 races since 2000 and adding more every year.

Once you are over the hill, you pick up speed

Through three decades of races he has had just one major injury resulting in arthroscopic surgery on his left knee. "I feel good," said Westley, who likes to run about 30 miles every week. "You just have to work at it."

12/9 – MetroPCS Dallas Marathon, TX: Todd /Nicole Shaklee, 5:23 & 5:27 respectively.

12/22- Christmas Carol 5K, City Park: JJ Huie, 16:46 (OA); Antonio Cuevas, 20:12 (3); Jeff Duran, 22:14; Rob Martinez, 22:25 (3); Lou Huie, 23:16 (1); Rich Martinez, 24:27; Connie Ahrnsbrak, 27:29 (1); J Gutierrez, 28:41; Tom Duran, 30:07; Jan Huie, 28:39 (2); Kathy Klesmit, 30:08 (3) & Jim Peterson, 32:31 (1). **10K** – Monica Ryan, 47:38 (3); Michael Abbott, 50:08; Elizabeth Hayden, 51:13; Tall Red, 54:02 (2); Ross Westley, 59:33 (1) & Tina Akin, 1:00:29.

1/1 – 3W Resolution 5K, Arvada: Elizabeth Hayden, 23:18; Rich Martinez, 23:48; Michael Abbott, 23:49; Stacey Totherow, 24:24; Tall Red, 25:31 (3); The B-Man, 26:10 (1); Jennifer Forker, 26:20; Jay D. Trujillo, 26:32; Holly Dahm, 26:55; The Oak, 28:11 (2); Connie Ahrnsbrak, 28:13 (1); J Gutierrez, 28:34; Deb Stafford, 28:46 (2); Lonnie Stafford, 28:49; Kathy Klesmit, 29:42 ; Tom Duran, 29:58; Dorothy Bensusan, 30:16; Grace Clarke, 30:38; Roger Rybicka, 31:01; Jim Peterson, 33:11; Cheryl Ames, 33:48; Rosalie Dexter, 41:08 (2) & Laura McCoy, 41:13.

1/12- Oatmeal 5K, Lafayette: Lou Huie, 23:41 (1); Kevin Snyder, 24:03; Tall Red, 26:48 (2); Ross Westley, 28:15; Taunya Wilson, 30:04 (2) ; Jan Huie, 30:40; Kathy Klesmit, 31:38, Roger Rybicka, 37:48; & Jim Peterson, 37:48 (1).

Swift Skedaddle Snowshoe 5K, Silverthorne: Cassie Klumpp, 1:30 (3).

1/19- Fast& Flury-ous 4.5 XC, Boulder: Keith Johnson, 24:24 (2); Michael Abbott, 32:50 & Roger Rybicka, 42:21 (3). Elizabeth Hayden, 35:18

Frozen 5-Miles, Hudson Gardens: Christine Adamowski, 33:18 (1); Lou Huie, 39:30 (1); Rich Martinez, 40:18 (2); Robert Tafelski, 42:45 (1); Ed Youngberg, 44:36 (3); Jan Huie, 47:16 & Taunya Wilson, 47:40. **10-Miler:** Robert Whittemore, 1:21; Amy Lease, 1:22 (1) & The B-Man (Jim Romero), 1:31 (1).

1/20- Polar Bear 5K, WP: Thomas Chambers, 27:35; Kathy Klesmit, 30:41 (1); Roger Rybicka, 31:35; Jim Peterson, 31:57 (2); Hunter Karickhoff, 33:47; Rosalie Dexter, 42:06 (3).

Thank you to the 44 CMRA members who came out to run/support Potts' (Parthenia Jones) Dream Run 5K at City Park, January 26. Potts was pleased with her turn-out and it was a beautiful morning for a jaunt in the park!

2013 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 Race walkers and 5-year age groupings for Runners. The course for Race walkers 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 Race walkers course will be 5 Kilometers. Race walkers will begin 15 minutes earlier than the runners.

Date	DOW	Time	Location	Name	Director(s)
Feb 9	(Sat)	10 AM	Roadrunner Sports, Broomfield	Forty Furlongs (5M)	Jason Myers / Cheryl Ames
Mar 23	(Sat)	9 AM	Platte River Bar & Grill	Spring Spree 10K	David Wise
Apr 13	(Sat)	9 AM	Bluffs Regional Park	Bluffs Run 5K	David Banko / John Perez
May 11	(Sat)	8 AM	Bluff Lake Nature Center	Sand Creek 5M	Rob Fisher / Dan Shaw
Jun 8	(Sat)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race	Ed Youngberg
Jul 13	(Sat)	8 AM	White Ranch Park	White Ranch Trail Run	Chris Stone / Theresa Do
Aug 7	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Sep 14	(Sat)	8 AM	North Table Mountain	The Amazing Race	Jennifer Forker / Eric Hislop
Oct 13	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 6M	Rich Fitzpatrick / Mike Brenner / Ed Youngberg
Nov 9	(Sat)	10 AM	Hildebrand Ranch Park	Veterans run	Dave Black / Joe Black
Dec 14	(Sat)	10 AM	Stapleton Central Park	 Stapleton Central Park XC 12K	Dan Shaw / Rob Fisher

Once you are over the hill, you pick up speed

COLORADO MASTERS RUNNING / RACEWALKING ASSOCIATION

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

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

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

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

2013 OFFICERS & BOARD OF DIRECTORS

President	Jen Forker	jsforker@gmail.com
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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.

Visit us on the web at www.comastersrun.org

COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION

MEMBERSHIP APPLICATION FOR CALENDAR YEAR 2013 (10/15/2012 THROUGH 12/31/2013)

For the mutual benefit of runners and race-walkers. 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 **\$10.00** 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	<input type="checkbox"/>	Event Director	<input type="checkbox"/>	Member Board of Directors	<input type="checkbox"/>
Newsletter Editor	<input type="checkbox"/>	Event registration	<input type="checkbox"/>	Member Recruitment	<input type="checkbox"/>
Membership Database	<input type="checkbox"/>	Quartermaster Corps	<input type="checkbox"/>	Coaching	<input type="checkbox"/>
Racewalking Training	<input type="checkbox"/>	Course Measurement	<input type="checkbox"/>	Race committee	<input type="checkbox"/>

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 \$10.00 per year)

Revised 11/4/12

Once you are over the hill, you pick up speed

Please shop at our sponsors:

Please shop at our sponsors



Arvada, CO and Centennial, CO



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

Visit us on the web at www.comastersrun.org