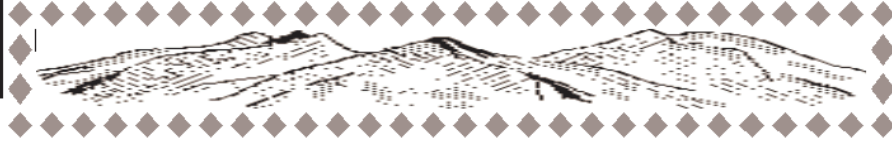


MASTER TIMES



May / June 2013

Volume 46 Issue 3

PRESIDENT'S CORNER

By Jennifer Forker

Welcome to the running season, everyone! We did our respective thing during the winter, some of us continued to run outdoors while others took to the treadmills - yet still we re-converged at CMRA and others' races. I'm still impressed by the 20+ of you who ran the March 23 Platte River Spring Spree in the snow & bitter cold. Brrr. Troopers, you are. (Thanks to CMRA runner Ben B., a lot of us saw photos of that race on the CMRA Facebook page.)

We're now being rewarded with outstanding running weather. It's even a little on the "too warm" side for running midday. (Todd Dorfman, the doctor working the Memorial Day Bolder Boulder 10K, told me he wished it'd been 10 degrees cooler; he'd have been working less.)

Stay safe out there while trail running this summer. Take plenty of water and don't catch the dreaded heat stroke. Run with a friend, if you can. I know I've started seeking out running pals. It's safer and it's more enjoyable to share the vistas and excellent terrain with another hardy running soul.

I'm snapping pix and posting them to our Facebook page. I hope you'll do the same with some of your favorite summertime trail runs. Share the love! Speaking of Facebook, CMRA is an "open group" there, which means anyone can join our "page." If you haven't done so, please do.

CMRA has 400+ members but only about 100 are connecting with us on Facebook. The CMRA Board and race directors, among others, often share important information on our Facebook page. One such update is this:- The September race has moved in date and location. Eric Hislop and I are the co-directors of what is now the Amazing Race at Mathews/Winters Park in Golden. It'll be a slow(ish) 10K thanks to the tricky footwork (lots of gnarly rocks to run among) in parts. Several beautiful vistas, some nice stretches of smooth sailing and plenty of uphill running: It'll be a good but challenging race.

It's also a dog-free race, folks. The terrain is simply too treacherous in parts to have our canine friends in tow. We can't risk upsetting another runner's concentration and footwork. Please respect the race directors' wishes and keep dogs out of this one. Also, if you bring a dog friend or two to CMRA races, please be respectful of the other humans and keep to the back of the pack with your dog and away from other runners. That requires keeping your dog on a short leash and being mindful of its and your movement. At the end, during cool downs and while handing out awards and prizes, I'd appreciate it if you and your dog stood apart from the maddening crowd to help your dog feel safe (not crowded by humans). Or leave your dog in your car. This, too, is for the protection of everyone, dogs and humans alike. We come to run and have fun, not be snapped at or possibly bitten.

I look forward to seeing many of you at the next CMRA race.

Happy running.

April 13th, Blustery Bluffs 5K Results

| PLACE | NAME | TIME | AGE |
|-------|------------------------|-------|-----|
| 1 | Lonnie Cruz | 18:04 | 29 |
| 2 | David Cullum | 18:09 | 39 |
| 3 | G. Anthony Kunkel | 18:34 | 21 |
| 4 | Andrew Terrill | 19:04 | 43 |
| 5 | Sam Blackshear | 19:08 | 25 |
| 6 | Steven Johnson | 19:50 | 30 |
| 7 | Keith Johnson | 20:09 | 51 |
| 8 | Jeremy O'Farrell | 20:13 | 36 |
| 9 | <i>Bret Scofeld</i> | 20:51 | 24 |
| 10 | Eric Hislop | 20:55 | 27 |
| 11 | Dan Valerio | 21:00 | 52 |
| 12 | Tim Miller | 20:04 | 42 |
| 13 | Eli Martin | 21:29 | 27 |
| 14 | Michael Guenther | 22:04 | 51 |
| 15 | Steven B. | 22:17 | 32 |
| 16 | David Ceniceros | 22:25 | 25 |
| 17 | John Ramos | 22:43 | 37 |
| 18 | Aaron Ruhnow | 22:58 | 42 |
| 19 | Chistian Rivas | 23:26 | 20 |
| 20 | Sean Connor | 23:47 | 51 |
| 21 | Todd | 23:57 | 21 |
| 22 | Bob Irving | 24:25 | 58 |
| 23 | Bruce Kirschner | 24:29 | 59 |
| 24 | Tim Miller | 24:40 | 13 |
| 25 | Dan Shaw | 24:42 | 53 |
| 26 | <i>Theresa Jockers</i> | 24:45 | 51 |
| 27 | Roger Allen | 24:49 | 61 |
| 28 | Eric Rooney | 24:53 | 34 |
| 29 | <i>Stacey Totherow</i> | 24:59 | 45 |
| 30 | <i>Elena Alarcon</i> | 25:01 | 35 |
| 31 | <i>Amy Lease</i> | 25:08 | 59 |
| 32 | Lou Huie | 25:26 | 66 |
| 33 | Kevin Snyder | 25:41 | 49 |
| 34 | Luke Schwab | 25:46 | 13 |
| 35 | Brett Allendorf | 25:53 | 44 |
| 36 | Todd Burgess | 25:59 | 44 |

| | | | |
|----|-----------------------------|-------|----|
| 37 | Michael Abbott | 26:03 | 43 |
| 38 | <i>Kathy Johnson</i> | 26:15 | 52 |
| 39 | David Kelble | 26:29 | 55 |
| 40 | Rich Martinez | 26:27 | 66 |
| 41 | Robert Kanieski | 26:47 | 35 |
| 42 | Michael Keys | 26:58 | 67 |
| 43 | Missing Link Lubken | 27:02 | 63 |
| 44 | <i>Elizabeth Hayden</i> | 27:19 | 40 |
| 45 | <i>Sharon Colburn</i> | 27:30 | 45 |
| 46 | Joe Benvegna | 27:43 | 46 |
| 47 | Nick Auden | 27:48 | 46 |
| 48 | The B-Man (Jim) Romero | 27:49 | 73 |
| 49 | Spiderman (Scott) McFarlane | 27:50 | 62 |
| 50 | <i>Jitka O'Farrell</i> | 28:07 | 35 |
| 51 | Wayne Stewart | 28:09 | 66 |
| 52 | Alan Johnson | 28:14 | 52 |
| 53 | Jay D. Trujillo | 28:23 | 54 |
| 54 | Bill Faulkner | 28:36 | 71 |
| 55 | <i>Jane Harbert</i> | 28:46 | 52 |
| 56 | <i>Claradene Stewart</i> | 29:06 | 63 |
| 57 | Adam Lauber | 29:07 | 27 |
| 58 | Kenny Tate | 29:14 | 18 |
| 59 | Reid Wiecks | 29:22 | 67 |
| 60 | Mike Jezier | 29:28 | 55 |
| 61 | Brent Jockers | 29:31 | 62 |
| 62 | <i>Melissa Brill</i> | 29:32 | 41 |
| 63 | Jeff Olson | 29:56 | 53 |
| 64 | John Shea | 29:59 | 55 |
| 65 | Tall Red (Ed) Youngberg | 30:03 | 70 |
| 66 | Hank Burkman | 30:09 | 61 |
| 67 | <i>Janet Ralston</i> | 30:18 | 51 |
| 68 | <i>Jennifer Forker</i> | 30:23 | 47 |
| 69 | Rich Romero | 30:41 | 76 |
| 70 | <i>Kendra Romey</i> | 30:43 | 38 |
| 71 | Gale Meuret | 30:46 | 65 |
| 72 | <i>Dorothy Bensusan</i> | 30:59 | 54 |
| 73 | Ian Monk | 31:07 | 56 |
| 74 | <i>Piper Brill</i> | 31:21 | 38 |
| 75 | Tom Duran | 31:41 | 65 |

| | | | |
|----|--------------------------|-------|----|
| 76 | <i>Patricia Tolleson</i> | 31:55 | 64 |
| 77 | Earl Beam | 32:01 | 62 |
| 78 | <i>Sandra Schwab</i> | 32:25 | 35 |
| 79 | <i>Angela Duncan</i> | 32:30 | 40 |
| 80 | <i>Maria Rivera</i> | 32:34 | 47 |
| 81 | Coe Spotted Bear | 32:36 | 16 |
| 82 | Strider (Tom) Chambers | 33:17 | 70 |
| 83 | <i>Nichole Shaklee</i> | 33:19 | 49 |
| 84 | <i>Jennifer DeGardo</i> | 33:32 | 36 |
| 85 | <i>Allie Trapp</i> | 33:35 | 24 |
| 86 | Dennis Trapp | 33:43 | 58 |
| 87 | <i>Christine Brooks</i> | 35:30 | 32 |
| 88 | <i>Katherine Klesmit</i> | 35:31 | 61 |
| 89 | Fred Trentaz | 35:44 | 70 |
| 90 | <i>Michelle Kelble</i> | 36:53 | 44 |
| 91 | <i>Katie Kelble</i> | 36:55 | 8 |
| 92 | John Sidle | 37:55 | 62 |
| 93 | Roman Schwab | 38:42 | 9 |
| 94 | Mike Burzynski | 40:20 | 74 |
| 95 | Kenneth Green | 41:09 | 84 |
| 96 | Tom Alison | 42:38 | 75 |
| 97 | Timmy Schwab | 42:43 | 6 |
| 98 | Luke Schwab | 42:44 | 34 |
| 99 | <i>Vici Dehaan</i> | 43:13 | 78 |

April 13, Race Results by Age Group

| Place | Name | Time | Name | Time |
|--------------------|-----------------------------|-------|-------------------|-------|
| | Men | | Women | |
| 1 | Lonnie Cruz | 18:04 | Bret Scofeld | 20:51 |
| 80 and Over | | | | |
| 1 | Kenneth Green | 41:09 | | |
| 75-79 | | | | |
| 1 | Rich Romero | 30:41 | Vici Dehaan | 43:13 |
| 2 | Tom Alison | 42:38 | | |
| 70-74 | | | | |
| 1 | The B-Man (Jim) Romero | 27:49 | | |
| 2 | Bill Faulkner | 28:36 | | |
| 3 | Tall Red (Ed) Youngberg | 30:03 | | |
| 4 | Strider (Tom) Chambers | 33:17 | | |
| 5 | Fred Trentaz | 35:44 | | |
| 65-69 | | | | |
| 1 | Lou Huie | 25:26 | | |
| 2 | Rich Martinez | 26:27 | | |
| 3 | Michael Keys | 26:58 | | |
| 4 | Wayne Stewart | 28:09 | | |
| 5 | Reid Wiecks | 29:22 | | |
| 60-64 | | | | |
| 1 | Roger Allen | 24:49 | Claradene Stewart | 29:06 |
| 2 | Missing Link Lubken | 27:02 | Patricia Tolleson | 31:55 |
| 3 | Spiderman (Scott) McFarlane | 27:50 | Katherine Klesmit | 35:31 |
| 4 | Brent Jockers | 29:31 | | |
| 5 | Hank Burkman | 30:09 | | |
| 55-59 | | | | |
| 1 | Bob Irving | 24:25 | Amy Lease | 25:08 |
| 2 | Bruce Kirschner | 24:29 | | |
| 3 | David Kelble | 26:29 | | |
| 4 | Mike Jezier | 29:28 | | |
| 5 | John Shea | 29:59 | | |
| 50-54 | | | | |
| 1 | Keith Johnson | 20:09 | Theresa Jockers | 24:45 |
| 2 | Dan Valerio | 21:00 | Kathy Johnson | 26:15 |
| 3 | Michael Guenther | 22:04 | Jane Harbert | 28:46 |
| 4 | Sean Connor | 23:47 | Janet Ralston | 30:18 |

| | | | | |
|----------------------------|-------------------|-------|------------------|-------|
| 5 | Dan Shaw | 24:42 | Dorothy Bensusan | 30:59 |
| 45-49 | | | | |
| 1 | Kevin Snyder | 25:41 | Stacey Totherow | 24:59 |
| 2 | Joe Benvegna | 27:43 | Sharon Colburn | 27:30 |
| 3 | Nick Auden | 27:48 | Jennifer Forker | 30:23 |
| 4 | | | Maria Rivera | 32:34 |
| 5 | | | Nichole Shaklee | 33:19 |
| 40-44 | | | | |
| 1 | Andrew Terrill | 19:04 | Elizabeth Hayden | 27:19 |
| 2 | Tim Miller | 20:04 | Melissa Brill | 29:32 |
| 3 | Aaron Ruhnow | 22:58 | Angela Duncan | 32:30 |
| 4 | Brett Allendorf | 25:53 | Michelle Kelble | 36:53 |
| 5 | Todd Burgess | 25:59 | | |
| 35-39 | | | | |
| 1 | David Cullum | 18:09 | Elena Alarcon | 25:01 |
| 2 | Jeremy O'Farrell | 20:13 | Jitka O'Farrell | 28:07 |
| 3 | John Ramos | 22:43 | Kendra Romey | 30:43 |
| 4 | Robert Kanieski | 26:47 | Piper Brill | 31:21 |
| 5 | | | Sandra Schwab | 32:25 |
| 19-34 | | | | |
| 1 | G. Anthony Kunkel | 18:34 | Allie Trapp | 33:35 |
| 2 | Sam Blackshear | 19:08 | Christine Brooks | 35:30 |
| 3 | Steven Johnson | 19:50 | | |
| 4 | Eric Hislop | 20:55 | | |
| 5 | Eli Martin | 21:29 | | |
| 14-18 (High School) | | | | |
| 1 | Kenny Tate | 29:14 | | |
| 2 | Coe Spotted Bear | 32:36 | | |
| 13 and Under | | | | |
| 1 | Tim Miller | 24:40 | Katie Kelble | 36:55 |
| 2 | Luke Schwab | 25:46 | | |
| 3 | Roman Schwab | 38:42 | | |
| 4 | Timmy Schwab | 42:43 | | |

May 11th , Sand Creek 5 Mile Results

| PLACE | NAME | TIME | AGE |
|-------|---------------------------|-------|-----|
| 1 | Jonathan Huie | 26:53 | 33 |
| 2 | War Horse (Keith) Johnson | 29:36 | 51 |
| 3 | G. Anthony Kunkel | 29:53 | 21 |
| 4 | Matt Smith | 31:20 | 36 |
| 5 | David Rothenburger | 31:42 | 44 |
| 6 | <i>Molly Smith</i> | 32:13 | 33 |
| 7 | Eric Hislop | 32:59 | 27 |
| 8 | Eric Windholz | 34:11 | 44 |
| 9 | John Ramos | 34:15 | 37 |
| 10 | <i>Shelly Nelson</i> | 34:17 | 33 |
| 11 | Sean Connor | 34:30 | 51 |
| 12 | Michael Brenner | 36:14 | 54 |
| 13 | <i>Elena Alarcon</i> | 36:37 | 35 |
| 14 | Dave Martinez | 36:39 | 35 |
| 15 | <i>Monica Ryan</i> | 36:52 | 52 |
| 16 | Matthew Hall | 36:56 | 26 |
| 17 | Bob Irving | 37:07 | 58 |
| 18 | David Cenicerros | 37:15 | 25 |
| 19 | Brett Allendorf | 37:17 | 44 |
| 20 | Dan Shaw | 37:23 | 53 |
| 21 | Todd Nikkel | 37:24 | 44 |
| 22 | Christopher Stone | 37:24 | 46 |
| 23 | Dale Doughman | 37:47 | 55 |
| 24 | <i>Bridget Dunn</i> | 37:51 | 45 |
| 25 | Todd Burgess | 37:54 | 44 |
| 26 | Bibek Regmi | 38:09 | 32 |
| 27 | Lou Huie | 38:13 | 66 |
| 28 | Vishesh Regmi | 38:32 | 29 |
| 29 | <i>Stacey Totherow</i> | 38:38 | 45 |
| 30 | Kevin Snyder | 38:42 | 49 |
| 31 | <i>Kathy Johnson</i> | 39:04 | 52 |
| 32 | Rich Martinez | 39:50 | 66 |
| 33 | Missing Link Lubken | 40:02 | 63 |
| 34 | Michael Abbott | 40:25 | 44 |
| 35 | Joe Benvegna | 40:32 | 46 |
| 36 | <i>Elizabeth Hayden</i> | 41:14 | 40 |

| | | | |
|--------------------|-----------------------------|----------|----|
| 37 | The B-Man (Jim) Romero | 41:17 | 73 |
| 38 | Todd Shaklee | 41:37 | 43 |
| 39 | <i>Claradene Stewart</i> | 41:45 | 64 |
| 40 | Alan Johnson | 42:54 | 52 |
| 41 | David Hill | 42:56 | 62 |
| 42 | Jay D. Trujillo | 43:15 | 54 |
| 43 | Spiderman (Scott) McFarlane | 43:35 | 62 |
| 44 | David Bedard | 43:41 | 55 |
| 45 | Tall Red (Ed) Youngberg | 43:50 | 70 |
| 46 | Richard Romero | 44:04 | 76 |
| 47 | <i>Jennifer Forker</i> | 44:52 | 47 |
| 48 | <i>Raquel Jimenez</i> | 44:52 | 21 |
| 49 | Julio Hernande4z | 45:12 | 26 |
| 50 | <i>Jane Harbert</i> | 45:13 | 52 |
| 51 | Wayne Stewart | 45:23 | 66 |
| 52 | <i>Deborah Stafford</i> | 46:40 | 61 |
| 53 | Tom Duran | 47:02 | 65 |
| 54 | Ian Monk | 47:06 | 57 |
| 55 | Missing Tag | | |
| 56 | <i>Maria Rivera</i> | 48:18 | 47 |
| 57 | <i>Tina Akin</i> | 48:20 | 51 |
| 58 | Nichole Shaklee | 50:48 | 49 |
| 59 | Gabe Sisneros | 51:25 | 74 |
| 60 | Ken Simons | 51:56 | 75 |
| 61 | Derek Troy | 53:44 | 37 |
| 62 | Stonewall (Ken) Green | 58:14 | 84 |
| 63 | Tom Alison | 01:05:57 | 76 |
| Racewalkers | | | |
| 1 | Ed Gussie | 32:36 | 72 |
| 2 | Rosalia Dexter | 34:53 | 72 |
| 3 | Susan Stone | 34:54 | 48 |
| 4 | Robert Dexter | 42:06 | 75 |

May 11, 5 Mile Race Results by Age Group

| | Overall Men | | Overall Women | |
|--------------------|-----------------------------|----------|-------------------|-------|
| Place | Name | Time | Name | Time |
| | Men | | Women | |
| Overall | | | | |
| 1 | Jonathan Huie | 26:53 | Molly Smith | 32:13 |
| 80 and Over | | | | |
| 1 | Stonewall (Ken) Green | 58:14 | | |
| 75-79 | | | | |
| 1 | Richard Romero | 44:04 | | |
| 2 | Ken Simons | 51:56 | | |
| 3 | Tom Alison | 01:05:57 | | |
| 70-74 | | | | |
| 1 | The B-Man (Jim) Romero | 41:17 | | |
| 2 | Tall Red (Ed) Youngberg | 43:50 | | |
| 3 | Gabe Sisneros | 51:25 | | |
| 65-69 | | | | |
| 1 | Lou Huie | 38:13 | | |
| 2 | Rich Martinez | 39:50 | | |
| 3 | Wayne Stewart | 45:23 | | |
| 4 | Tom Duran | 47:02 | | |
| 60-64 | | | | |
| 1 | Missing Link Lubken | 40:02 | Claradene Stewart | 41:45 |
| 2 | David Hill | 42:56 | Deborah Stafford | 46:40 |
| 3 | Spiderman (Scott) McFarlane | 43:35 | | |
| 55-59 | | | | |
| 1 | Bob Irving | 37:07 | | |
| 2 | Dale Doughman | 37:47 | | |
| 3 | David Bedard | 43:41 | | |
| 4 | Ian Monk | 47:06 | | |
| 50-54 | | | | |
| 1 | War Horse (Keith) Johnson | 29:36 | Monica Ryan | 36:52 |
| 2 | Sean Connor | 34:30 | Kathy Johnson | 39:04 |
| 3 | Michael Brenner | 36:14 | Jane Harbert | 45:13 |
| 4 | Dan Shaw | 37:23 | Tina Akin | 48:20 |
| 5 | Alan Johnson | 42:54 | | |
| 45-49 | | | | |
| 1 | Christopher Stone | 37:24 | Bridget Dunn | 37:51 |

| | | | | |
|--------------|--------------------|-------|------------------|-------|
| 2 | Kevin Snyder | 38:42 | Stacey Totherow | 38:38 |
| 3 | Joe Benvegna | 40:32 | Jennifer Forker | 44:52 |
| 4 | | | Maria Rivera | 48:18 |
| 5 | | | Nichole Shaklee | 50:48 |
| 40-44 | | | | |
| 1 | David Rothenburger | 31:42 | Elizabeth Hayden | 41:14 |
| 2 | Eric Windholz | 34:11 | | |
| 3 | Brett Allendorf | 37:17 | | |
| 4 | Todd Nikkel | 37:24 | | |
| 5 | Todd Burgess | 37:54 | | |
| 35-39 | | | | |
| 1 | Matt Smith | 31:20 | Elena Alarcon | 36:37 |
| 2 | John Ramos | 34:15 | | |
| 3 | Dave Martinez | 36:39 | | |
| 4 | Derek Troy | 53:44 | | |
| 19-34 | | | | |
| 1 | G. Anthony Kunkel | 29:53 | Shelly Nelson | 34:17 |
| 2 | Eric Hislop | 32:59 | Raquel Jimenez | 44:52 |
| 3 | Matthew Hall | 36:56 | | |
| 4 | David Cenicerros | 37:15 | | |
| 5 | Bibek Regmi | 38:09 | | |

The Boston Marathon by Darcy Eden

I lived in Boston for seven years and have run the Boston Marathon five times. Patriot's Day is a sacred day in the city, a tribute to the Battles of Lexington and Concord that is observed on a Monday, and a day that the entire city embraces to the fullest. Thousands of people line the streets of Boston and nearby suburbs to cheer on the runners as they make their way back to Boylston Street, and the city turns out to support the marathon rain or shine. Bostonians do things like use old running shoes to plant flowers in their window box, I look for the display below on Beacon Street. Handout goodies along the race course (this ranges from brownies in



Wellesley to beer in Chestnut Hill), and spend their entire day screaming in support of people who have trained for months and *actually paid* money to run 26.2 miles.

(check out [this slideshow](#) for pre-race and race images from yesterday).

Everyone looks for [Team Hoyt](#) and you can't see Dick pushing his son Rick without it bringing tears to your eyes and inspiring you to be a more selfless person. It's a day when 500,000 people set aside their

differences and unite to watch an historic event. For the runners, you can hear the roar of the crowd on Boylston Street from Commonwealth Avenue, and as you turn onto Hereford Street you know you've made it. And when you actually make a left onto Boylston Street, you find yourself in a tunnel of screaming spectators and regardless of your pace and how you've felt for the previous 26 miles, you feel like a hero.

It sickens me that someone would attack the human spirit in such a disgusting way. I can't stop thinking about the three victims, including an 8-year-old boy who was cheering for his father and whose sister and mom were also injured, and those who are still hospitalized and fighting for their lives. It's hard not to lose faith in humanity when acts such as these occur.



But then you hear [stories about how people responded](#) yesterday, and it gives you hope that there is more good in the world than evil. What I do know is that next April, the Boston Marathon will be run for the 118th time. People will still push themselves to qualify or raise a large sum of money to benefit a worthy charity. Undoubtedly, there will be more security and the spirit of the race will change and the events of the 2013 race will be at the forefront of everyone's mind, but this horrific act won't put a stop to the running. As Kathrine Switzer, the first woman to run the Boston Marathon wrote, "If you are losing faith in human nature, go out and watch a marathon." I know people will do just that.

My Mom and I after the 2012 Boston Marathon - we promised we'd be back to run again. Maybe 2014 will be our year?

The Pelican Brief (Constance Ahrnsbrak)

4/7 – Potts’ End of Watch 5K, CP: Robert Kanieski, 24:22; David Hill, 24:51; The B-Man, 26:32 (1); Constance Ahrnsbrak, 28:08 (1); Rich Romero, 28:16 (1); J Gutierrez, 29:17 ; Jan Hill, 33:52 (1st/RW); Tom Alison, 37:01 (2); Rosalie Dexter, 43:56 (2/RW); Laura McCoy, 43:56 (3/RW).

Carlsbad 5000, CA: Devin Croft, 19:18 (5th/age.) Statesman Capitol 10K, Austin, TX: Jim Bosik, 51:22

Platte River Half: Matt Smith, 1:11 (5); Molly Smith, 1:28:09 (3); Christine Adamowski, 1:28:16 (1); Michael Blanchette, 1:57; George Huner, 2:01; Bill Faulkner, 2:02 (1); Todd Shaklee, 2:06; Pat Tolleson, 2:17; Nichole Shaklee, 2:18 & Earl Beam, 2:21.

4/20 –Pat Tillman 4.2, Phoenix, AZ: Dorothy Bensusan, 41:00.

4/21 –Horsetooth Half, FTC: Tall Red (Ed Youngberg), 2:06 (1); Tina Akin, 2:15; Janet Ralston, 2:18 & Cassie Klump, 2:57.

Big Mountain 10K Trail, CS: Michael Abbott, 58:04 (3); Missing Link, 59:35 (1) & Stacey Totherow, 1:02 (2). Presidio 10-miler, SFran, CA (RRCA’s Nat’l Championships): Devin Croft, 1:07:58 (1).

4/28- Eugene Half, OR: Amy Lease, 1:40 (1).

Cherry Creek Sneak 5K: Warhorse (Keith Johnson), 18:39 (1); Kathy Johnson, 23:34 (3); Hunter Karickhoff, 26:59; Tom Chambers, 27:11 (1); Karen McKean, 27:35; Bobby Romero, 29:48; Fred Trentaz, 33:02; Holly Romero, 35:23; Rosalie Dexter, 45:13 (R/W); Carol Bengston, 52:25 & Robert Dexter, 1:00 (W). 5-Miler: David Rothenburger, 31:10; Christine Adamowski, 32:43 (1); Jeff Duran, 36:38; Rob Martinez, 38:16; Rich Martinez, 40:03 (1); Elizabeth Hayden, 41:24; Robert Tafelski, 42:52 (2); Rich Romero, 44:40 (1); Tom Duran, 47:27; Kathy Klesmit, 50:36; Jim Peterson, 57:41; & Stonewall (Kenneth Green), 59:14 (2). 10-Miler: Karen Voss, 1:16; Stacey Totherow, 1:21; David Hill, 1:23; The B-Man, 1:29 (2); Tall Red, 1:30; Mike Burzynski, 1:42; Lee Bengston, 1:42 (1); Ross Westley, 1:45 (2) & Jan Hill, 1:51 (RW).

5/4- Greenland 25K, Larkspur: The B-Man, 2:35 (1); Claradene Stewart, 2:41 (3); Tall Red (Ed Youngberg), 2:42 (2) & Nicole Shaklee, 3:04.

5/5- Run for the Zoo 10K, Albuquerque, NM: RRCA Nat’l Championships: Devin Croft, 41:34 (1), 28/1,028.

Westminster Half: Kevin Snyder, 1:46; Todd Shaklee, 2:01; Jennifer Forker, 2:06; Janet Ralston, 2:09 & Nichole Shaklee, 2:30. 10K – Tom Chambers, 58:58 (1); Kathy Klesmit, 1:06 (3) & Jim Peterson, 1:09.

5/12- Rockies Home Run 5K: Christian Oliphant, 19:22; David Hill, 24:18; The B-Man, 25:59 (3); Connie Ahrnsbrak, 26:50 (1); Hunter Karickhoff, 27:08; J Gutierrez, 30:28; Jerry O’Donnell, 30:36; Dorothy Bensusan, 33:36; Penelope, 33:44; Jan Hill, 33:53 (RW); Jim Peterson, 33:57; Roger Rybicka, 34:35; Tom Alison, 39:32; Laura McCoy, 43:49 & Ed Gussie, 49:48 (W). Women’s Westminster 10-miler: Nicole Shaklee, 1:50.

5/18 – Bellco Colfax 5K, CP: Tyler Shaklee, 22:12 (2); Robert Tafelski, 25:44 (1); Wayne Stewart, 25:53; Hunter Karickhoff, 26:30; James Perez, 26:49; Janet Ralston, 27:04 (2); Connie Ahrnsbrak, 27:21 (1); Jay d. Trujillo, 27:31; J Gutierrez, 28:41; Bobby Romero, 29:16; Nicole Shaklee, 31:28; Roger Rybicka, 31:55; Holly Romero, 35:28 & Laura McCoy, 44:44 (W).

Cottonwood Classic 5K, Thorton: Theresa Jockers, 22:42 (1st & 5th on the Leader Board); Bob Cooper, 22:42 (1); Bill Faulkner, 26:26 (2); Brent Jockers, 28:29 & Patricia Tolleson, 29:07 (1). Federal Cup 5K, Federal Center: Bob Irving, 22:45 (3) & Tall Red, 26:46 (1).

5/19 – Colfax Marathon: Dan Shaw, 3:04; David Rothenburger, 3:10 & Claradene Stewart, 4:23 (1). Bobby/Holly Romero ran the marathon relay.

Colfax Half : Michael Quispe, 1:26; Alyn Park, 1:42 (1); Lou Huie, 1:46; Missing Link, 1:47; Stacey Totherow, 1:48; David Hill, 1:48; Rich Martinez, 1:55; Tall Red (Ed Youngberg), 1:58:57 (1); The B-Man, 1:59:31 (2); Jay Wissot, 2:04; Rich Romero, 2:05 (3); Jan Huie, 2:07; Lee Bengston, 2:13; Roger Rybicka, 2:23; Earl Beam, 2:29 & Jim Peterson, 2:40.

Colfax 10-Miler: Kathy Klesmit, 1:39 & Ken Randall, 1:50.

April 21st Big Mountain Trail Race 10K

Thanks to Link Lubkin for sending the pictures

Challenging course, beautiful day

| | | |
|----------------|---------|--------------------|
| Stacy Totherow | 1:02:48 | Third F40-49 |
| Michael Abbott | 58:04 | Fourth M40-49 |
| Link Lubken | 59:35 | First M60 and over |

Pre race instructions



Awaiting start.

Link center Michael & Stacy right



Link Lubken finishing



Michael Abbott finishing

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 (face_tigger@hotmail.com) before 20thth July.
If sending an email, please add CMRA to the title so we know it's not spam.

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.

| | | | | | |
|--------|-------|---------|--|--|--|
| 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 21 | (Sat) | 8 AM | Mathews/Winters Park | 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 |

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 |
| Vice President | Cheryl Ames | cheryl_e_ames@msn.com |
| Treasurer | Amy Lease | amyl_80222@yahoo.com |
| Secretary | Jane Harbert | tace_tigger@hotmail.com |
| Membership Chairperson | Nicole Shaklee | ctshaklee@msn.com |
| Club liaison | Connie Ahrnsbrak | cahrnsbrak@yahoo.com |
| Newsletter Editor | Ian Monk | icm-13@hotmail.com |
| Web Site Chairperson | Scott McFarlane | simcfarl@comastersrun.org |
| Quartermaster Chairperson | Mike Vanoni | mev@cre-denver.com |
| Race Director Coordinator | Rob Fisher | fomorob5@gmail.com |
| Members at Large | Dan Shaw Ed Youngberg | dshaw_64@yahoo.com hiwanrunner@aol.com |

The Colorado Masters Running Association newsletter is published bi-monthly. Issues are distributed approximately the 1st day of February, April, June, August, October, and December to members and associates of the CMRA. Deadlines for articles are the 15th of January, March, May, July, September, and November. All material should be mailed or e-mailed to the editor noted above for that newsletter. Membership information is available from the Membership Chairperson and at all races.

COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION

MEMBERSHIP APPLICATION FOR CALENDAR YEAR 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.)

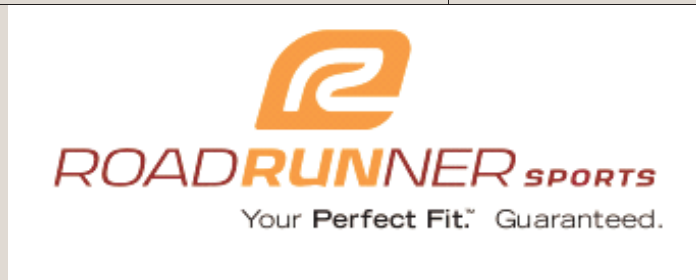
_____ Please send it snail mail (for an additional \$10.00 per year)

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.

ERROR: syntaxerror
OFFENDING COMMAND: --nostringval--

STACK:

-mark-
/sfnts