

# MASTER TIMES



July/August 2013

Volume 46 Issue 4

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## PRESIDENT'S CORNER

**Jennifer Forker**

How's that summertime running coming along folks? I hope you don't have injuries holding you back from flying along the mountain and meadow trails, but if you do, I trust you know how to rest and heal (I'm not very good at that, but I took two weeks off in June to mend an aching hip).

We've had excellent turnout at races this summer. Thanks for showing up to race with club members and guests.

**FAIRMOUNT 5K** - Our next race is a little unusual: It's mid-week – on a Wednesday – and it's a potluck picnic! The Fairmount 5K starts at 6:30 p.m. (Children's ½ mile race starts at 6pm) Aug. 7th at Fairmount Park in Golden. The park has amenities, including a playground for smaller kids. Bring your families if you'd like. I'm bringing mine. For more details, here's the link: [www.comastersrun.org/Race\\_Info/2013/Fairmount.html](http://www.comastersrun.org/Race_Info/2013/Fairmount.html)

Since the picnic is a potluck, please bring a side dish or dessert to share. The Board will provide hotdogs and condiments (ketchup is a "vegetable," right?).

If you'd like to volunteer (we're seeking two more "grill masters"), please see my contact information (below).

**THE AMAZING RACE 6 MILER** - Next up will be The Amazing Race on September 21<sup>st</sup> at 8.00am. This is a new one, co-directed by Eric Hislop and myself at Matthews/Winters Park in Golden (a great location near Red Rocks). It includes a 6-mile loop and a 5K walk out and back along a different route. Feel free to run it or come out as a volunteer to help Eric and me stage this Amazing Race. I'm working on raffle prizes now, so don't miss it! More details can be found at our CMRA web site: [www.comastersrun.org/Race\\_Info/2013/MWinters.html](http://www.comastersrun.org/Race_Info/2013/MWinters.html).

**ARE YOU ON FACEBOOK?** - If you visit Facebook even irregularly, please "like" the "Colorado Masters Running Association" page and visit us there for details about upcoming races and weekend training runs. Facebook provides CMRA members a timely way of staying in contact with each other and the club. Please post any racing or running (even beautiful scenery) photos to our Facebook page. It's a vicarious pleasure to see where other runners are treading softly.

**FULL MOON RUNS?** - Here's a reason to link with the CMRA on Facebook: I'd like to organize some "full moon" runs. Have you ever run under the light of the full moon? It's spectacular. This may be a spotty venture – some months yes, others no -- so when I can get a full moon run organized, I'll let CMRA members know about it on our Facebook page.

**YOUR MEMBERSHIP CARD & OUR INFORMATIONAL CARDS** - Please pick up your membership card at your next CMRA race. We have them at the registration table. On the back they list our sponsors. Remember, we get 10% off bread at Great Harvest Bread Co. in Arvada. The card may help with that. Please show it to others of our sponsors so they know we're spreading the word about their good services (most are running stores).

I had two years put on the membership cards (frankly, because I didn't want to remake them next year). Please know that each of us will need to renew our memberships in 2014; you just won't get a new card. The current card will carry you through this and next year.

If you know anyone who may want to become a CMRA sponsor, please contact me (see below).

We also have *hundreds* of CMRA informational/business cards. These are for YOU to take by the handful to hand out to fellow runners. I can't tell you how many times I wished I had a pre-printed card to hand out at non-CMRA races and area trails. Now I do, and I've probably handed out dozens of these things. (They're great conversation starters, by the way.)

I keep my CMRA info cards in the glove box of my car and have learned to carry one or two cards on me while running the trails. They're that handy!

Feel free to take as many as you like at the next CMRA race you attend. The CMRA informational cards will be with the membership cards at the race registration desk.

**FRONT RANGE BOOT CAMP OFFER FOR WOMEN** - And finally, an offer from a friend of mine, Robyn Morrisette, who is the trainer-owner of Front Range Boot Camp for women (sorry, fellas): She is offering CMRA women a month of unlimited classes for \$99. Her gym is in a Wheat Ridge warehouse off I-70 near Kipling (the North side, behind the Super Target).

I asked her to do this because I've found boot camp to be so supportive of my running. It's made my core stronger, and this helps me power through the trail running and racing.

If you want to give Robyn's offer a try, give her a call at 720-231-5075 or check out her web site: <http://frontrangebootcamp.com>. What I like about this particular boot camp is the fun we women have working out together. We work out hard, but we laugh and play along the way.

Please contact me to volunteer at either the August or September race or to share ideas, recommend a sponsor, ask questions, etc. My email is [jsforker@gmail.com](mailto:jsforker@gmail.com). My cell number is 303-242-1947.

May you find bliss running the trails this summer. I hope to see you at an upcoming race.

Once you are over the hill, you pick up speed



← Jennifer Forker, Stacy Totherow, ultra-trail-runner Anton Krupicka, Michael Abbott, Beth Hayden and Kevin Snyder. CMRA runners attended the July premiere in Boulder of the short film "In the High Country," which chronicles Krupicka's mountain running adventures and lifestyle. Thanks to Jen for the picture

Tuesday night runners –Thanks to Jay for the pictures



← PIE IN THE SKY 10K Winners. Missing Link, The B-Man, Cheryl Ames, Nichole Shaklee, Connie Ahrnsbrak & Stacey Totherow Thanks to Connie for the picture.

XTERRA 10K trail race Beaver →  
Creek Stacy Totherow 1<sup>st</sup>, Jennifer Forker 3<sup>rd</sup>  
Cliff Jurgens 3<sup>rd</sup> in their age groups  
Thanks to Jen for the picture



## Elk Meadow Trail 5.75 Mile Results June 8, 2013 Race Results

PLACE	NAME	SEX	TIME	AGE
1	Bill Fanselow	M	36:58	46
2	G. Anthony Kunkel	M	37:15	21
3	Sam Blackshear	M	37:33	25
4	Keith Johnson	M	38:42	52
5	Luis Ronquillo	M	39:25	16
6	Jeremy O'Farrell	M	41:22	36
7	<i>Bret Scofeld</i>	F	41:50	24
8	Eli Martin	M	41:53	28
9	David Rothenburger	M	43:02	46
10	Joseph Black	M	43:10	15
11	Eric Hislop	M	43:13	27
12	Ben Fibbe	M	43:26	41
13	<i>Megan Fibbe</i>	F	44:15	33
14	Colin Szuch	M	44:20	11
15	Gregg Dean	M	45:02	36
16	<i>Caroline Szuch</i>	F	45:28	40
17	Kevin Fonger	M	45:34	31
18	<i>Alayna Szuch</i>	F	45:48	9
19	Ben Bergstrand	M	47:03	37
20	Dan Shaw	M	48:28	53
21	Richard Sandoval	M	48:42	57
22	<i>Theresa Jockers</i>	F	48:45	51
23	Bibek Regmi	M	48:49	32
24	John Ramos	M	49:28	37
25	Matthew Hall	M	49:30	26
26	Link Lubken	M	50:32	64
27	Roger Allen	M	50:51	61
28	Scott Jackson	M	50:54	45
29	Todd Burgess	M	51:22	44
30	Isiah Rubio	M	51:30	24
31	<i>Stacy Totherow</i>	F	51:39	45
32	Michael Abbott	M	51:56	44
33	<i>Jitka O'Farrell</i>	F	52:20	35
34	<i>Katy Rogers</i>	F	52:38	31
35	Rich Martinez	M	53:44	66

Once you are over the hill, you pick up speed

36	<i>Kathy Johnson</i>	F	54:20	52
37	Jay D. Trujillo	M	54:31	54
38	Rob Fisher	M	54:37	63
39	David Hill	M	54:44	62
40	<i>Elena Alarcon</i>	F	56:32	35
41	Jim Romero	M	57:34	73
42	Vishesh Regmi	M	57:40	29
43	Alex Alpe	M	57:45	56
44	Mike Keyes	M	57:52	67
45	Brett Allendorf	M	58:02	44
46	<i>Claradene Stewart</i>	F	58:27	64
47	Wayne Stewart	M	59:06	66
48	Scott McFarlane	M	59:07	62
49	John Shea	M	59:19	56
50	John Klitzke	M	01:00:35	59
51	<i>Elizabeth Hayden</i>	F	01:01:58	41
52	Kevin Snyder	M	01:02:27	49
53	Hank Burkman	M	01:02:35	61
54	Brent Jockers	M	01:02:57	62
55	<i>Deb Stafford</i>	F	01:03:16	61
56	Tom Chambers	M	01:03:39	70
57	<i>Tina Akin</i>	F	01:03:56	51
58	<i>Janet Ralston</i>	F	01:04:00	51
59	Lee Bengston	M	01:04:06	75
60	<i>Janet Sandoval</i>	F	01:04:10	64
61	Ken Simons	M	01:05:29	75
62	<i>Sherri Spotted Bear</i>	F	01:06:33	40
63	Joe Sanchez	M	01:07:14	76
64	<i>Alissa Jackson</i>	F	01:08:48	10
65	Ken Randall	M	01:09:06	75
66	Gabe Sisneros	M	01:18:01	74
67	Mike Burzynski	M	01:28:01	74
68	Dave Black	M	01:30:10	62

## Race Results by Age Group

	Men		Women
<b>Overall</b>			
1	Bill Fanselow	36:58	Bret Scofeld 41:50
<b>75-79</b>			
1	Lee Bengston	01:04:06	
2	Ken Simons	01:05:29	
3	Joe Sanchez	01:07:14	
4	Ken Randall	01:09:06	
<b>70-74</b>			
1	Jim Romero	57:34	
2	Tom Chambers	01:03:39	
3	Gabe Sisneros	01:18:01	
4	Mike Burzynski	01:28:01	
<b>65-69</b>			
1	Rich Martinez	53:44	
2	Mike Keyes	57:52	
3	Wayne Stewart	59:06	
<b>60-64</b>			
1	Link Lubken	50:32	Claradene Stewart 58:27
2	Roger Allen	50:51	Deb Stafford 01:03:16
3	Rob Fisher	54:37	Janet Sandoval 01:04:10
4	David Hill	54:44	
5	Scott McFarlane	59:07	
<b>55-59</b>			
1	Richard Sandoval	48:42	
2	Alex Alpe	57:45	
3	John Shea	59:19	
4	John Klitzke	01:00:35	
<b>50-54</b>			
1	Keith Johnson	38:42	Theresa Jockers 48:45
2	Dan Shaw	48:28	Kathy Johnson 54:20
3	Jay D. Trujillo	54:31	Tina Akin 01:03:56
4			Janet Ralston 01:04:00
<b>45-49</b>			
1	David Rothenburger	43:02	Stacy Totherow 51:39
2	Scott Jackson	50:54	

Once you are over the hill, you pick up speed

3	Kevin Snyder	01:02:27		
<b>40-44</b>				
1	Ben Fibbe	43:26	Caroline Szuch	45:28
2	Todd Burgess	51:22	Elizabeth Hayden	01:01:58
3	Michael Abbott	51:56	Sherri Spotted Bear	01:06:33
4	Brett Allendorf	58:02		
<b>35-39</b>				
1	Jeremy O'Farrell	41:22	Jitka O'Farrell	52:20
2	Gregg Dean	45:02	Elena Alarcon	56:32
3	Ben Bergstrand	47:03		
4	John Ramos	49:28		
<b>19-34</b>				
1	G. Anthony Kunkel	37:15	Megan Fibbe	44:15
2	Sam Blackshear	37:33	Katy Rogers	52:38
3	Eli Martin	41:53		
4	Eric Hislop	43:13		
5	Kevin Fonger	45:34		
<b>14-18 (High School)</b>				
1	Luis Ronquillo	39:25		
2	Joseph Black	43:10		
<b>13 and Under</b>				
1	Colin Szuch	44:20	Alayna Szuch	45:48
2			Alissa Jackson	01:08:48

**Dave Black reports** - Joe and I ran in the Lunar Trek night run in Scandia, Kans in the north central part of the state. The event started at 11pm, and there was a 10k, 11 mile, 22 mile, 50k, 40 mile, and 100k(The last one started at 9pm.) The course is out and back, all rural gravel roads except for 3 miles of dirt which was slippery bentonite. Joe ran the 11 mile and finished in 1:53, for 10th overall, 7th male. I did the 50k with Joe's black and white dog, and we met Joe running back at about mile 4 1/2. We went on to the 15 1/2 mile turnaround and by the time we were back to 4 1/2 to go the sun was up. By this point I was counting the remaining distance by the section line roads, each a mile apart, and here even though he had gone 26 miles the dog bolted into a corn field after a rabbit. I continued, expecting him to appear behind me but he hadn't by the time I saw the road for 4 miles to go. But then I saw the dog leave the field and go up a slight hill on our course, running. I called him but he kept it up. There was an aid station at 2 miles to go, where you turn left onto the crossing road, and when I finally got there they said the dog had gone on. He was at the start when I got there. Maybe the dog just wanted to be done.

The night was bright enough and the roads smooth enough that I hardly used a flashlight at all. But the heat and humidity caused me to get blisters on both feet .I somehow got 1st in my age group- maybe I was the only one in it.

We had hoped to go to Tuesday's run but were too tired.



## White Ranch Park 10K Results



[Click here to view photos of the race](#)

1	Nathan Shultz	M	42:30	42
2	G. Anthony Kunkel	M	43:10	21
3	Daniel Barron	M	43:13	18
4	Sam Blackshear	M	43:27	25
5	Ron Thomasson	M	45:12	47
6	Antonio Cuevas	M	45:52	33
7	Eric Hislop	M	46:24	27
8	Keith Johnson	M	46:36	52

Once you are over the hill, you pick up speed



9	Luis Ronquillo	M	47:06	18
10	Jeremy O'Farrell	M	34:17	36
11	David Rothenburger	M	48:07	44
12	Eli Martin	M	48:19	28
13	Bret Scofeld	F	48:34	25
14	Tim Miller	M	49:09	43
15	Juandel	M	49:44	20
16	Juan Ortiz	M	50:03	22
17	Hans Funke	M	50:40	52
18	Randy Freeman	M	53:36	47
19	John Ramos	M	53:44	37
20	Jim Lamancusa	M	54:09	33
21	Jacob Wyatt	M	54:16	44
22	Aaron Ruhnnow	M	55:03	42
23	Irene Barrea	F	55:18	19
24	Elena Alarcon	F	55:19	35
25	David Cenicerros	M	55:37	25
26	Karen Voss	F	56:06	48
27	Rich Michelson	M	56:08	56
28	Jason Kaminski	M	56:11	43
29	Daniel Shaw	M	56:38	54
30	Vishesh Regmi	M	56:55	29
31	Bob Irving	M	57:00	58
32	Kevin Doyle	M	57:16	40
33	Theresa Jockers	F	57:22	52
34	Jitka O'Farrell	F	57:32	35
35	Lara Delka	F	57:38	43
36	Brett Allendorf	M	57:44	44
37	Joe Trubacz	M	58:14	54
38	Stacey Totherow	F	58:26	45
39	Cliff Jurgens	M	58:27	45
40	Sean Connor	M	58:50	51
41	Louisa Jenkins	F	59:49	47
42	Link Lubkin	M	59:50	64

43	Bibek Regmi	M	59:56	32
44	Kevin Rasor	M	1:01:07	34
45	Rich Martinez	M	1:01:28	66
46	Jody Lapar	F	1:01:56	44
47	Michael Roche	M	1:02:12	60
48	Dale Doughman	M	1:02:45	55
49	Darin Ramirez	M	1:03:19	31
50	Michael Abbott	M	1:04:33	44
51	Jay d. Trujillo	M	1:04:39	54
52	Todd Burgess	M	1:04:51	44
53	Todd Nikkel	M	1:05:42	44
54	The B-Man (Jim) Romero	M	1:06:17	73
55	Kathy Johnson	F	1:06:27	52
56	Kevin Snyder	M	1:06:28	49
57	Wayne Stewart	M	1:06:41	66
58	Reid Wiecks	M	1:06:52	67
59	Mike Banks	M	1:08:12	30
60	Bill Faulkner	M	1:08:22	71
61	Anna Plewczyuski	F	1:08:23	30
62	Todd Shaklee	M	1:09:43	43
63	Danielle Jacobs	F	1:10:39	41
64	Jennifer Forker	F	1:10:44	47
65	Elizabeth Hayden	F	1:12:52	41
66	J Gutierrez	M	1:13:51	60
67	Angela Duncan	F	1:13:52	40
68	Karen McKean	F	1:14:27	58
69	Bobby Romero	M	1:14:50	67
70	Claradene Stewart	F	1:15:31	64
71	Bruce Rasor	M	1:15:47	65
72	Ken Simons	M	1:16:42	75
73	Melissa Trubacz	F	1:16:53	23
74	Stacey Gregg	F	1:17:07	41
75	Lee Bengston	M	1:17:34	75
76	Joe Sanchez	M	1:18:00	76

Once you are over the hill, you pick up speed

77	Patricia Tolleson	F	1:18:31	64
78	Spiderman McFarlane	M	1:22:47	62
79	Nicole Shaklee	F	1:23:27	49
80	Tina Akin	F	1:24:09	51
81	Joe Maurer	M	1:27:24	54
82	Derek Troy	M	1:29:18	38
83	Mike Burzynski	M	1:34:30	74
84	Brent Jockers	M	1:37:45	62
85	Stonewall (Ken) Green	M	1:42:07	84

## AGE GROUP AWARDS

	Men		Women
<b>Overall</b>			
1	Nathan Shultz	42:30	Bret Scofeld 48:34
<b>80 and Over</b>			
1	Stonewall (Ken) Green	1:42:07	
<b>75-79</b>			
1	Ken Simons	1:16:42	
2	Lee Bengston	1:17:34	
3	Joe Sanchez	1:18:00	
<b>70-74</b>			
1	The B-Man (Jim) Romero	1:06:17	
2	Bill Faulkner	1:08:22	
3	Mike Burzynski	1:34:30	
<b>65-69</b>			
1	Rich Martinez	1:01:28	
2	Wayne Stewart	1:06:41	
3	Reid Wiecks	1:06:52	
4	Bobby Romero	1:14:50	
5	Bruce Razor	1:15:47	
<b>60-64</b>			
1	Link Lubkin	59:50	Claradene Stewart 1:15:31
2	Michael Roche	1:02:12	Patricia Tolleson 1:18:31
3	J Gutierrez	1:13:51	
4	Spiderman McFarlane	1:22:47	

5	Brent Jockers	1:37:45		
<b>55-59</b>				
1	Rich Michelson	56:08	Karen McKean	1:14:27
2	Bob Irving	57:00		
3	Dale Doughman	1:02:45		
<b>50-54</b>				
1	Keith Johnson	46:36	Theresa Jockers	57:22
2	Hans Funke	50:40	Kathy Johnson	1:06:27
3	Daniel Shaw	56:38	Tina Akin	1:24:09
4	Joe Trubacz	58:14		
5	Sean Connor	58:50		
<b>45-49</b>				
1	Ron Thomasson	45:12	Karen Voss	56:06
2	Randy Freeman	53:36	Stacey Totherow	58:26
3	Cliff Jurgens	58:27	Louisa Jenkins	59:49
4	Kevin Snyder	1:06:28	Jennifer Forker	1:10:44
5			Nicole Shaklee	1:23:27
<b>40-44</b>				
1	David Rothenburger	48:07	Lara Delka	57:38
2	Tim Miller	49:09	Jody Lapar	1:01:56
3	Jacob Wyatt	54:16	Danielle Jacobs	1:10:39
4	Aaron Ruhnnow	55:03	Elizabeth Hayden	1:12:52
5	Jason Kaminski	56:11	Angela Duncan	1:13:52
<b>35-39</b>				
1	Jeremy O'Farrell	34:17	Elena Alarcon	55:19
2	John Ramos	53:44	Jitka O'Farrell	57:32
3	Derek Troy	1:29:18		
<b>19-34</b>				
1	G. Anthony Kunkel	43:10	Irene Barrea	55:18
2	Sam Blackshear	43:27	Anna Plewczyuski	1:08:23
3	Antonio Cuevas	45:52	Melissa Trubacz	1:16:53
4	Eric Hislop	46:24		
5	Eli Martin	48:19		
<b>14-18 (High School)</b>				
1	Daniel Barron	43:13		
2	Luis Ronquillo	47:06		

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## **The Pelican Brief (Constance Ahrnsbrak)**

**5/25- Soldier Field 10-Miler, Chicago:** Elizabeth Hayden, 1:20 & Michael Abbott, 1:21.

**5/27 – Bolder Boulder:** Scott Kukel, 37:50 (3); War Horse (Keith Johnson), 38:01 (1); David Rothenburger, 39:06 (8); Michael Quispe, 39:15 (2); Steven Sellars, 39:28; Paul Moreau, 42:14; Eric Windholz, 43:42; Rick Sandoval, 44:07 (4); Dan Shaw, 47:29; Bob Cooper, 47:29:38 (2); Monica Ryan, 47:30 (3); Roger Allen, 48:06; Amy Lease, 48:47 (1); Bill Smitham, 49:59 (2); Rich Martinez, 50:54 (7); Michael Abbott, 51:15; Stacey Totherow, 51:28; Kathy Johnson, 52:38; The B-Man, 52:45 (1); Bill Faulkner, 53:56 (3); Tall Red (Ed Youngberg), 54:59 (3); Elizabeth Hayden, 55:06; Robert Tafelski, 55:49 (2); Janet Sandoval, 57:19:29 (4); Constance Ahrnsbrak, 57:19:77 (1); George Huner, 58:27; Tom Duran, 59:06; Thomas Chambers, 59:38 :05 (7); Karen McKean, 59:38:22; Patricia Tolleson, 1:00:03; Bill Obert, 1:00:56 (1); Bobby Romero, 1:01:16; Kathy Klesmit, 1:01:48; Lonnie Max Stafford, 1:02:19; Robert Ghomerly, 1:02:28 (2); Deborah Stafford, 1:02:43; Lee Bengston, 1:02:43 (2); Earl Beam, 1:03:15; Jack Barry, 1:03:52 (3); Jim Peterson, 1:05 (5) & Stonewall (Kenneth Green), 1:10 (1). **Stonewall is 84 years young!**

**6/8 – Run the Rockies 10K, Frisco:** Michael Quispe, 38:39 (1); Connie Ahrnsbrak, 57:25 (1); J Gutierrez, 58:32; Stan the Man Hayes, 1:01 (1) & Laura McCoy, 1:27 (RW).

**6/15 – Mt. Evans Ascent:** David Kelble, 3:16; Alan Johnson, 3:23; Bill Faulkner, 3:27 (1); Jim Romero, 3:31 (2); Tall Red (Ed Youngberg), 3:40 (3) & Patricia Tolleson, 3:43.

**Set the Pace 5K, Aurora:** Tyler Shaklee, 24:03 (2); Bob Tafelski, 25:57 (1); Jim Peterson, 30:31 (3) & Nichole Shaklee, 31:06 (3). **Xterra Turkey Track Trail Half, Pagosa Springs:** Tina Akin, 2:34.

**6/16 – Estes Park Marathon:** Jim Bosik, 4:36.

**6/22 – Ultra Trail Puy Mary 7K, Aurillac, FR:** Dorothy Bensusan, 1:02. Tough obstacle course.

**Stadium Stampede 10K:** David Hill, 51:14; Claradene Stewart, 53:34 (1); Roger Rybicka, 1:09 & Jim Peterson, 1:10 (1). **5K:** Christian Oliphant, 19:41; The B-Man, 26:06 (1); Thomas Chambers, 27:02 (2); J Gutierrez, 28:10; Karen McKean, 29:00; Jan Hill, 34:07 (1/RW) & Laura McCoy, 41:12 (2/RW).

**Slacker Half, Georgetown:** Michael Quispe, 1:20 (1); Scott Kukel, 1:21 (2); David Rothenburger, 1:24 (3); Bill Faulkner, 1:55 (1); David Bedard, 2:06; Patricia Tolleson, 2:11; Jen Forker, 2:13 & Sir Fred Trentaz, 2:55. **4-Miler:** Jay d. Trujillo, 30:30 (2); Bob Tafelski, 31:16 (1); Bill Obert, 36:01 (2); Stan the Man Hayes, 36:27 (3) & Janet/Rich Ralston, 51:22. **Estes Park 10K Trail Ascent:** Michael Abbott, 1:00 & Elizabeth Hayden, 1:08.

**6/23- Pie in the Sky Trail 20K, Alma:** Missing Link, 2:05 (1); The B-Man, 2:27 (1). **10K Trail –** Stacey Totherow, 1:02 (1); Connie Ahrnsbrak, 1:27 (1); Nichole Shaklee, 1:29 & Cheryl Ames, 1:41 (1).



**6/29 – Northside Stride 5K, Sloans' Lake:** Michael Nothem, 16:25 (1); Luis Ronquillo, 16:58 (2); Jeffery Lazo, 17:07 (3); Daniel Barron, 18:03; Amiadai Acosta, 25:35; Bill Obert, 27:43 (1); Hunter Karickhoff, 28:29 (2); Jeff Young, 30:36 (3) & Rosalie Murch, 39:17 (1/RW).

**North Fork 50K:** Jim Bosik, 6:51 (1). **Castle Rock Half:** Molly Smith, 1:30 (OA); Claradene Stewart, 2:02 (1) & Dave Banko – rock challenge, 1:19.

**Miller-Coors 5K, Golden:** Deborah Stafford, 28:30 (1). **Evergreen 10K:** Brett Allendorf, 57:45; The B-Man, 1:06 (2) & Ken Simons, 1:22 (2).

**6/30 - Lyons River Run 5K:** Steven Sellars, 19:20 (1); Lou Huie, 23:57 (3); Jill Sellars, 26:26; J Gutierrez, 27:30 & Laura McCoy, 41:34 (W).

**7/4 – Avery's 4K on the Fourth:** Rich Sandoval, 16:55 (3); Rob Martinez, 17:52; Amy Lease, 18:21 (2); Lou Huie, 18:57 (2); Rich Martinez, 18:59 (3); Janet Sandoval, 21:36 (3); Connie Ahrnsbrak, 21:41 (1); Lee Bengston, 24:04 (1); Jerry O'Donnell, 24:25; Penelope, 27:12 & Jan Huie, 32:14 (W).

**Let Freedom Ring 5K, Louisville: 10K –** David Bedard, 57:58 (1) & **5K –** Roger Rybicka, 29:33 (3). **Independence Day 5K, HLR:** Mike Burzynski, 32:06 (2).

**Liberty Run 4-Mile, WP:** David Hill, 31:55 (3); The B-Man, 34:18 (1); & Karen McKean, 36:28.

**Scar Top 12K, Coal Creek Canyon:** Stacey Totherow, 1:05:17 (2); Missing Link, 1:05:22 (1); David Kelble, 1:07 (2) & **5K –** Katie Kelble, 33:08 (3).

**7/6- Firecrackers N Flapjacks 4-mile:** Bob Cooper, 28:31 (1); Bruce Dahm, 30:26 & Jay d. Trujillo, 33:11 (3).

**7/10 – Pearl Street Mile, Boulder:** 13-year old Justin Perry, 5:29 (OA); Rich Sandoval, 6:22 & Steve Tidball, 6:41.

**7/13 – Sand Creek Half:** Tall Red (Ed Youngberg), 2:04 (1) & Ken Randall, (2).

**7/21 – Copper Mtn. Half, Keystone:** Eric Hislop, 1:34 (5/OA); **Duathlon –** Jay d. Trujillo, 1:30; Reid Wiecks, 1:36. **10K Trail:** J Gutierrez, 1:03 (3); Stefanie Wiecks, 1:06 & Kathy Klesmit, 1:19.

Once you are over the hill, you pick up speed

## **2013 Colorado Masters Running / Racewalking Association Schedule**

Registration begins 1 hour prior to and closes 15 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.

Aug 7	(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
Sep 21	(Sat)	8 AM	<a href="#">Matthews- Winters / Hogback</a>	The Amazing Race	Jennifer Forker / Eric Hislop
Oct 13	(Sun)	9 AM	<a href="#">Louisville</a>	Coal Creek XC Challenge 6M	Rich Fitzpatrick / Mike Brenner / Ed Youngberg
Nov 9	(Sat)	10 AM	<a href="#">Hildebrand Ranch Park</a>	Veterans run	Dave Black / Joe Black
Dec 14	(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 Ian Monk (email: [icm-13@hotmail.com](mailto:icm-13@hotmail.com)) or Jane Harbert (email: [tace\\_tigger@hotmail.com](mailto:tace_tigger@hotmail.com)) before 20th<sup>th</sup> September 2013. If sending an email, please add CMRA to the title so we know it's not spam.

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**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:*

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

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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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