

# MASTER TIMES



May / June 2015

Volume 48 Issue 3

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## PRESIDENT'S CORNER

By Jennifer Forker

Dear CMRA Members:

Welcome to the best time of the year for running and racewalking – only it's been raining nearly non-stop; I suspect all this rain has hampered a number of your runs. I know it's interfered with lots of mine.

The deluges have resulted in one of our races being cancelled – the April race – and provided tricky terrain for another – our May race. (I'm told it's been 8 or more years since a CMRA race was cancelled due to inclement weather.)

Those hardy souls who attended the May race -- despite the rain, the cold, the wind and the muddy trail -- had a great time! There's something about powering through unfriendly conditions that fuels great post-race feelings. I think it's a survival high. I know a lot of us felt it. And it didn't rain during the race, so that was nice (it rained beforehand and returned with its pal, ferocious wind, directly after the race!).

In looking ahead, we've got a slew of summertime trail races for you: The June race in Evergreen is this Saturday, the July race is at White Ranch Park, the August race is mid-week with a fun potluck at an Arvada park, and the September race is at Matthews/Winters Park in Golden. All of those are trail races except for the August race in Golden, which is a mix of trail and road – a very fine mash-up.

Here's what you need to know: We are moving the date for the September race. We were unable to receive a permit for the date we requested, and JeffCo Open Space recommended we move the race to September 19. That's the new date for this race.

This is a reminder for all of us that our race schedule is subject to change, so it's always good to return to the CMRA website at [www.comastersrun.org](http://www.comastersrun.org) to double check race dates before making plans. Another good place to check for changes and updates is our Facebook page, which is called "Colorado Masters Running Association." Since this is the race I co-direct with Eric Hislop, I'll do what I can to get the word out about the date change. I hope you'll help me by telling your respective CMRA running pals (not everyone reads the newsletter).

## FULL MOON RUN UPDATES

The full moon runs have been a lot of fun. The June fun run started during daylight – it was midweek; most of us had to work the next day – but ended in blackness under the full moon. We ran trails at Green Mountain, which was *gorgeous*. The rain that hampers our running/racewalking plans has done wonders for our area trails. About 8 of us ran together, and we counted no fewer than five varieties of blooming wildflowers -- lupine, Indian paintbrush and a pink penstemon among them.

Our next Full Moon Run is tentatively planned for July 3 at North Table Mountain. We'll meet at Tony Grampsas Park in Golden so we can ascend the East side of the mesa. This way, we won't have as much rocky terrain blocking our full moon views. The meet-up time has not been chosen. I'll send out an email and post the details to our Facebook page when we know more.

Please, if you have *any* interest in running one of these, give it a try. We run slowly and safely at night; we stick together. And it's beautiful! Also, the camaraderie cannot be beat.

I always advise folks to bring at least one headlamp, just in case it's needed. And we usually end these fun runs back in the meet-up parking lot to nosh snacks and partake of libations. Please join us in July.

That's it for club news. Please check your emails and our Facebook page for up-to-the-minute news, events and changes.

Happy running and racewalking!

Jennifer  
CMRA president

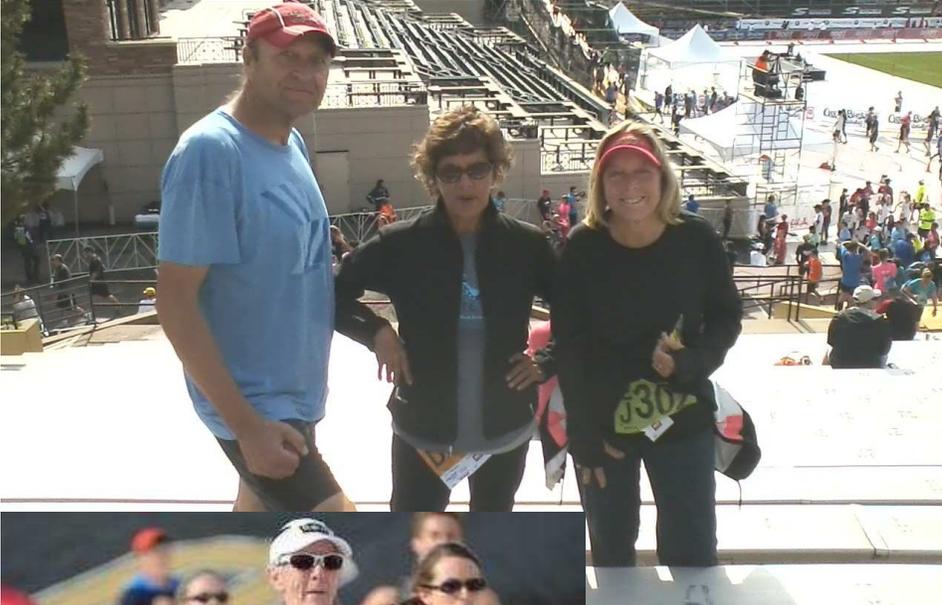


Once you are over the hill, you pick up speed

PICTURE PAGES



BOBBIE ROMERO JANET SANDOVAL  
RICH MARTINEZ, BEAR CREEK



LONNIE, DEB STAFFORD  
CONNIE



AMY LEASE BOLDER BOULDER

*THANKS TO CONNIE FOR THE PICTURES*

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

## MAY 9th SAND CREEK 6K XC

### MIDDLE SCHOOL XC CHALLENGE 3K RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Edward Velarde	M	13:04	14
2	Oscar Padilla	M	13:13	14
3	Cami Fishmann	F	13:31	13
4	Steven Hernandez	M	15:31	14
5	Cristain Banuelos	M	15:45	12
6	Angel Marquez	M	16:15	12
7	Noah Snapp-Cook	M	16:32	12
8	Alissa Jackson	F	17:54	12
9	Angelina Ramirez	F	20:42	14
10	Janeaya Ramos	F	20:45	12
11	Cassie Troy	F	22:31	12

### MIDDLE SCHOOL AGE GROUP AWARDS

PLACE	MALE	TIME	FEMALE	TIME
Overall				
1	Edward Velarde	13:04	Cami Fishmann	13:31
2	Oscar Padilla	13:13	Alissa Jackson	17:54
3	Steven Hernandez	15:31	Angelina Ramirez	20:42
12 Year Olds				
1	Cristain Banuelos	15:45	Alissa Jackson	17:54
2	Angel Marquez	16:15	Janeaya Ramos	20:45
3	Noah Snapp-Cook	16:32	Cassie Troy	22:31
13-14 Year Olds				
1	Edward Velarde	13:04	Cami Fishmann	13:31
2	Oscar Padilla	13:13	Angelina Ramirez	20:42
3	Steven Hernandez	15:31		

### 6K RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Anthony Kunkel	M	23:53	23
2	River Flores	M	23:59	16
3	Eric Albright	M	24:32	42
4	David Rothenburger	M	25:21	46
5	<i>Kayla X</i>	F	25:22	16
6	Sam Simkin	M	26:16	42
7	<i>Mary Fox</i>	F	26:54	14
8	Bradley Troyer	M	26:58	10
9	<i>Sydney Ayers</i>	F	26:59	51

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10	Shaun Schafer	M	27:06	47
11	James Worthen	M	27:10	30
12	Michael Guenther	M	27:20	53
13	Michael Brenner	M	27:21	56
14	Mark Erickson	M	28:01	49
15	Ethan Hensley	M	28:08	12
16	Robert Caillouette	M	28:17	60
17	Brett Allendorf	M	29:26	46
18	Ben Bergstrand	M	29:34	39
19	Adam Vannoy	M	29:37	34
20	Matthew Rutledge	M	29:55	38
21	Michael Le Page	M	30:04	58
22	Justin Wehrheim	M	30:04	33
23	Mason Smith	M	30:05	12
24	Robert Kanieski	M	30:09	37
25	Roger Allen	M	30:13	63
26	<i>Theresa Jockers</i>	F	30:24	53
27	Scott Jackson	M	30:59	47
28	<i>Helen DeGennaro</i>	F	31:33	48
29	<i>Alba Lopez</i>	F	31:49	32
30	Kevin Snyder	M	32:01	51
31	Ron Siefkes	M	32:34	54
32	John Shea	M	34:19	58
33	David Kelble	M	34:23	57
34	Mark Hasseman	M	35:09	59
35	Scott McFarlane	M	35:24	64
36	Jeff Hesse	M	35:58	37
37	Jim Romero	M	36:52	75
38	<i>Jen Forker</i>	F	37:02	49
39	<i>Reese Evenson</i>	F	37:07	46
40	<i>Claradene Stewart</i>	F	37:15	66
41	Wayne Stewart	M	37:27	68
42	Tom Chambers	M	37:59	72
43	<i>Patricia Jones</i>	F	38:00	63
44	<i>Sherri Spotted Bear</i>	F	38:05	42
45	<i>Nicole Shaklee</i>	F	39:00	51
46	Reinaldo Rosario	M	40:35	50

47	Derek Troy	M	43:56	39
48	<i>Julie Linkus</i>	F	51:42	52
49	Brent Jockers	M	52:43	64
<b>RACEWALKERS</b>				
1	Ed Gussie	M	58:13	73

### 6K RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
MEN		WOMEN		
<b>Overall</b>				
1	Anthony Kunkel	23:53	Kayla X	25:22
<b>75-79</b>				
1	Jim Romero	36:52		
<b>70-74</b>				
1	Tom Chambers	37:59		
<b>65-69</b>				
1	Wayne Stewart	37:27	Claradene Stewart	37:15
<b>60-64</b>				
1	Robert Caillouette	28:17	Patricia Jones	38:00
2	Roger Allen	30:13		
3	Scott McFarlane	35:24		
4	Brent Jockers	52:43		
<b>55-59</b>				
1	Michael Brenner	27:21		
2	Michael Le Page	30:04		
3	John Shea	34:19		
4	David Kelble	34:23		
5	Mark Hasseman	35:09		
<b>50-54</b>				
1	Michael Guenther	27:20	Sydney Ayers	26:59
2	Kevin Snyder	32:01	Theresa Jockers	30:24
3	Ron Siefkes	32:34	Nicole Shaklee	39:00
4	Reinaldo Rosario	40:35	Julie Linkus	51:42
<b>45-49</b>				
1	David Rothenburger	25:21	Helen DeGennaro	31:33
2	Shaun Schafer	27:06	Jen Forker	37:02
3	Mark Erickson	28:01	Reese Evenson	37:07

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4	Brett Allendorf	29:26		
5	Scott Jackson	30:59		
<b>40-44</b>				
1	Eric Albright	24:32	Sherri Spotted Bear	38:05
2	Sam Simkin	26:16		
<b>35-39</b>				
1	Ben Bergstrand	29:34		
2	Matthew Rutledge	29:55		
3	Robert Kanieski	30:09		
4	Jeff Hesse	35:58		
5	Derek Troy	43:56		
<b>19-34</b>				
1	James Worthen	27:10	Alba Lopez	31:49
2	Adam Vannoy	29:37		
3	Justin Wehrheim	30:04		
<b>14-18 (High School)</b>				
1	River Flores	23:59	Mary Fox	26:54
<b>13 and Under</b>				
1	Bradley Troyer	26:58		
2	Ethan Hensley	28:08		
3	Mason Smith	30:05		

For many people, real cross country means slopping through grass and mud and standing water on a rainy, overcast Saturday morning. For those people, this year's race was perfect! In fact, the rain had the ground so soggy that almost every race scheduled along the Front Range this day was cancelled - but not this baby. After five straight rainy days leading into the event, the course was in prime condition, only moderately less boggy than the parking lot. The rain was scheduled to stop in the pre-dawn hours but ameliorated conditions by falling until the race was over, when the wind picked up.

By the end of the race, participants who walked the course were muddy to their ankles. Faster runners decorated their legs, and everyone was cold and wet and had a wonderful time shivering through the awards presentation!

A shirtless Anthony Kunkel braved these challenging conditions to claim the 2015 RRCA Colorado State Open Championship in a time of 23:53, at an astounding pace of 6:24 per mile. The Women's Open title was taken by the mysterious Kayla X, clocking 25:22. Eric Albright is the 2015 Masters Men's champion (24:32), with Sydney Ayers the Masters Women's titlist (26:59). Michael Guenther (27:20) and Theresa Jockers (30:24) are our Grand Masters Champions, with Bob Caillouette (28:11) and Claradene Stewart (37:15) grabbing the Senior Grand Masters titles.

The race this year hosted CMRA's First annual CMRA Colorado Middle School Runner Challenge, directed by longtime club member and race director Bruce Kirschner. Eleven middle school children aged 12 through 14 braved the challenging weather and "ideal" cross country course conditions to participate in this first ever club event. The purpose of the club's newest event was to encourage running as a lifelong sport for children. Edward Velarde from Kipp Middle School in Denver was the first overall finisher in 13:04. Cami Fishmann of Altona Middle School was the first female and third overall finisher in 13:31. Seven of the race finishers were from Kipp Middle School, where CMRA member John Perez serves as running coach. Many thanks to John and his fellow coaches for stepping up to coordinate the registrations for all the Kipp runners! Thanks to former world class marathoner Don Janicki, who performed timing and award presentation duties. Bruce would also like to extend his appreciation to race day volunteers Janet Lowe (registration and finish line) and Devin Croft (registration, finish line, scoring, awards). Many thanks to Tom Chambers for ordering ribbons for all finishers and unique race medals for age group winners.

Thanks also to the efforts of the many unsung heroes who held tightly to the legs of our canopy to keep it from blowing away after the race and keeping the scoring results relatively dry and legible. The Sand Creek 6K co-directors would like to thank everyone who pitched in to help with the race this year, including Mike Blanchette (course marking; course marshal; and sweeping the course after the race); Joe Baird (timing, equipment and logistics); Todd Shaklee who assisted with scoring; Nicole Shaklee, who handled registration almost single-handedly and helped sweep the course; Matt Rutledge (sweeper); David Rothenburger (set-up); Jen Forker (awards); Ken Randall; Joe Sanchez; John Perez; Kevin and Kristi Snyder; course marshals Lu Shaw and Shannon Shaw; Christina and Kevin from Liberty (for providing a conveniently placed and spotless port-o-let); and Cheri McCrory Miller from Arvada Great Harvest Bread who provided not only bread for our raffle but also cookies for the all the young runners. Thanks also to Wayne and Claradene Stewart for bringing the large tubs of Einstein bagels.

Many thanks to all the sponsors of the Colorado Middle School Runner Challenge: Arvada Great Harvest Bakery (great oatmeal raisin cookies!); the Bolder Insurance Company; the Boulder Center for Nutrition & Exercise; Honey Stinger; the Colorado Physical Therapy Institute; Colorado Runner magazine; Road ID; and especially USA Track & Field's Sean Nesbitt for the generous donation of long and short sleeved tech shirts for age group award winners.

Dan Shaw and Bruce Kirschner

## The Pelican Brief (Constance Ahrnsbrak)

**4/4**

**Three Creeks Half, CCSP:** Michael Brenner 1:37 (2). Jim Bosik 1:59 (1). Michael Abbott 2:09. Tom Chambers 2:13 (1). Nicole Shaklee 2:21. Ross Westley 2:33 (3), Terry McFarlane 2:38.

**4/12**

**Platte River Half:** Matt Smith 1:24. Keith Johnson 1:30. Molly Smith 1:32. Bob Caillouette 1:40 (3), Bill Faulkner 2:02 (1). Joe Benvegnu 2:03. Tall Red (Ed Youngberg) 2:07 (2). Todd Shaklee 2:10. Nichole Shaklee 2:22. Patricia Tolleson 2:32 (2).

**Platte River Relay Teams:**

*Platte River Sloggers* (Jim Romero, Tom Chambers & Bob Tafelski), 1:57 (2).

*Brother, Sister & Amiga* (J Gutierrez, Constance Ahrnsbrak & Cassie Klumpp), 2:10.

**Frank Shorter 4 Life 5K:** Amy Lease 24:05 (1). Rich Martinez 25:01. Missing Link, 25:38.

**4/19**

**Horsetooth Half, FTC:** Tina Akin 2:20. Nicole Shaklee 2:40.

**4/26**

**Cherry Creek Sneak 10-Miler:** Michael Brenner 1:15 (3). John Ramos 1:16. Stacy Totherow 1:20. Joseph Benvegnu 1:28. Lisa Atencio 1:29. Ed Youngberg 1:30:13 (1). Mick Vollmar 1:30:49. Michael Abbott 1:33. Jim Romero 1:37 (1). Terry McFarlane 1:52 (1). Cassie Klumpp, 2:01.

**5-Miler:** Luis Ronquillo 28:35 (3). Frank Kunkel 40:23 (1). Rich Martinez 42:27 (2).

Bobby Romero 45:19. Constance Ahrnsbrak 47:19 (1). J Gutierrez 47:19. Tom Duran 50:42. Lee Bengston 56:37 (2). Nanette Benvegnu 1:20.

**5K** – Keith Johnson 19:09 (1) Thomas Chambers 26:45 (1). Karen McKean 27:46 (1).

Jack Barry 29:03 (1) Kathy Johnson 29:24. Doug Tollin 31:49. Ross Westley 32:09 (2).

Holly Romero 35:24. Ruth Tollin 44:42.

**5/2**

**Greenland 50K trail, Larkspur:** Matthew Rutledge 5:57. Todd Nikkel 6:38. Robert Kanieski 6:42. Charles Scheibe 6:51.

**8-Miler:** Jim Romero 1:20 (1). Lonnie Stafford 1:22. Deborah Stafford 1:23.

**5/3**

**Rockies 5K for Homeless:** Jim Romero 27:26 (1). Connie Ahrnsbrak 27:54 (1). J Gutierrez, 29:20. Doug Tollin 31:26. Rich Romero 32:40. Fran Schneider 33:01. Laura McCoy 45:56 (W). Ruth Tollin 50:30.

**5/9**

**Park to Park 10K, Arvada:** Deborah Stafford 57:34 (3). Connie Ahrnsbrak 58:13 (1).

Lonnie Stafford 59:01 (2). Ross Westley 1:03 (1).

**Highline Canal 5K:** Amy Lease 25:09 (1). Missing Link 26:38 (1). Michael Abbott 26:41 (3).

Jack Barry 30:46 (1).

**5/10**

**Tinker Bell 1/2, Anaheim, CA:** Christine Jacobson 2:12. Terry McFarlane 2:26. Cassie Klumpp 2:38.

**5/16**

**Bellco Colfax 5K:** Bobby Romero 27:14. Holly Romero 36:03.

**Carbon Valley 5K:** Deborah Stafford 28:14 (1). Connie Ahrnsbrak 28:40 (1).

**Red River Half, NM:** Jim Romero 2:27 (1).

**5/17**

**Colfax Marathon:** David Rothenburger 3:05. John Shea 3:58. Claradene Stewart 4:27.

Wayne Stewart 4:39. Charles Scheibe 5:08.

**Half** – Bob Caillouette 1:39 (1). J Gutierrez 2:12. Jim Romero 2:17

**5/23**

**3W 5K, Westminster:** Robert Kanieski 21:44.

**5/25**

**Bolder Boulder 10K:** Scott Kukel 38:34 (4). David Rothenburger 39:33 (3) Michael Brenner 43:25(4) Bruce Kirschner 43:56 (4). Roger Allen 47:19 (1). Bob Caillouette 48:03 (7). Amy Lease 48:32 (2). Michael Blanchett 48:48. Stacy Tothrow 49:58. Dale Doughman 51:53. Lisa Atencio 52:17. Rich Martinez 52:54 (3). Wayne Stewart 54:19. Ed Youngberg 54:37 (2). Tom Chambers 54:54 (3). Bob Tafelski 55:00 (2). Claradene Stewart 55:01 (2). Bill Faulkner 55:40 (2). Bill Smitham 56:50 (7). Jim Romero 56:58 (3). Karen McKean 57:09 (5). Tina Akin 57:23. Connie Ahrnsbrak 57:41 (1). Todd Shaklee 58:45. Leslie Mitchell 58:46. Robert Romero 59:08. Charles Scheibe 59:27. Max Stafford 59:52. Jack Barry 1:00:07 (1). Deborah Stafford 1:00:14 (9). Janet Sandoval 1:00:31 (6). Nicky Lee 1:04. Dorothy Bensusan 1:04. Pat Tolleson 1:05. Doug Tollin 1:06. Nicole Shaklee 1:08. Lee Bengston 1:08 (2). Earl Beam 1:10. Tom Duran 1:11. Holly Romero 1:15. Kenneth Green 1:24(1) Ed Gussie 1:29 (W). Ruth Tollin 1:44.

**5/30**

**Dirty 30-12 mile, Golden Gate Canyon:** Tina Akin 3:26. **Castle Rock Half:** Jay Wissot, 2:11 (1)

Once you are over the hill, you pick up speed

## **2015 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.

## **2015 Colorado Masters Running / Racewalking Association Schedule**

<b>DATE</b>	<b>DOW</b>	<b>TIME</b>	<b>LOCATION</b>	<b>NAME</b>	<b>DIRECTOR(s)</b>
Jun 13	(Sat)	8 AM	<a href="#">Elk Meadow, Evergreen</a>	Elk Meadow Trail Race	Ed Youngberg / Janet Sandoval
Jul 18	(Sat)	8 AM	<a href="#">White Ranch Park</a>	White Ranch Trail Run	Kevin Snyder / Chris Stone
Aug 12	(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 19	(Sat)	8 AM	<a href="#">Matthews-Winters / Redrocks</a>	The Amazing Race	Eric Hislop / Jennifer Forker
Oct 10	(Sat)	9 AM	<a href="#">Stone House Park, Lakewood</a>	Stone House (2x) Triple-Cross trail 8.5M	Elizabeth Hayden / Michael Abbott
Nov 14	(Sat)	10 AM	<a href="#">Hildebrand Ranch Park</a>	Veterans run	Keith Johnson / Kathy Johnson
Dec 5	(Sat)	10 AM	<a href="#">Bluff Lake Nature Center</a>	Sand Creek 5M	Rob Fisher / Dan Shaw

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If you have any items, photos or articles for the next newsletter (don't be shy), please give/send them to:- Ian Monk (email: [icm-13@hotmail.com](mailto:icm-13@hotmail.com)) or Jane Harbert ([tace\\_tigger@hotmail.com](mailto:tace_tigger@hotmail.com)) before 20<sup>th</sup> July 2015. If sending an email, please add CMRA to the title so we know it's not spam.

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION  
MEMBERSHIP APPLICATION FOR 12 MONTHS**

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.  
Also Below 35 and High School (14-18)

Dues: Single member **\$35.00 per year** Family (household) **\$50.00 per year**

**Membership is \$5.00 less plus a fee if you sign up at:**

<https://runsignup.com/Club/CO/Denver/ColoradoMastersRunningRacewalkingAssociation>

(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: \_\_\_\_\_

Mail completed form with check payable to:-

**CMRA 16608 W 73<sup>rd</sup> Dr. Arvada, CO 80007-7644**

I would like to participate in the following club operational activities:

Work a race

Race Director

Event registration

Coaching

Mbr Board of Directors

**Newsletter:** (please select one)

\_\_\_\_\_ I will download from the website "www.comastersrun.org."

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

Revised 4/15/15

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Arvada, CO and Centennial, CO



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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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