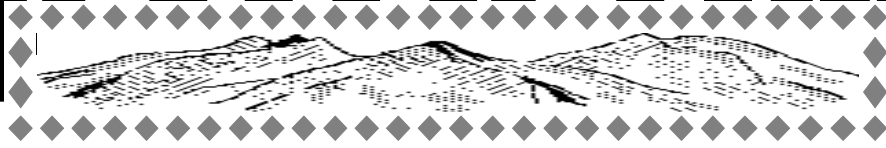


# MASTER TIMES



March / April 2016

Volume 49 Issue 2

## PICTURE PAGE



The new smart CMRA jacket for the discerning runner. So popular that they are on re-order ! Please contact Dan Shaw if you would like one

Bergen Peak runners, sometime in February →



← Heart Throb Valentine 5K, Arvada Fran Schneider. Suzanne Buntrock. Dorothy Bensusan. Connie

Runners in the store before the Feb race →  
Note the natty CMRA jackets



← The usual suspects lining up at the Feb 40 furlongs race



*THANKS TO CONI & JEN FOR THE PICTURES  
SEE MORE ON OUR FACEBOOK PAGE :-  
<https://www.facebook.com/groups/118401460391>*

## FEBRUARY 20<sup>TH</sup> 40 FURLONGS RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Andrew Adomowski	M	29:30	42
2	Scott Kukel	M	30:27	42
3	Jonathan Fenske	M	31:40	46
4	David Rothenburger	M	31:43	47
5	Kish Warren	M	32:17	43
6	Eric Patterson	M	32:44	51
7	Shaun Schafer	M	33:17	48
8	Brandon Rockwood	M	33:26	20
9	Justin Perry	M	33:26	16
10	<i>Sydney Ayers</i>	F	34:01	52
11	<i>Rachel Perez</i>	F	34:10	36
12	<i>Jitka O'Farrell</i>	F	34:26	38
13	<i>Julie George</i>	F	34:28	45
14	Michael Brenner	M	34:47	57
15	Michael Guenther	M	35:29	54
16	Greg Wobbema	M	36:04	56
17	Jeremy Johnson	M	36:30	41
18	Robert Kanieski	M	36:33	38
19	Ben Kleeman	M	36:37	35
20	Jim Perry	M	36:43	54
21	<i>Kacey Narracci</i>	F	36:52	44
22	Robert Caillouette	M	36:57	61
23	Cam McWilliam	M	37:13	34
24	<i>Theresa Jockers</i>	F	38:19	54
25	David Martinez	M	38:50	37
26	Dan Shaw	M	39:40	56
27	<i>Patricia Hale</i>	F	40:54	54
28	Michael Keyes	M	42:30	70
29	Dale Doughman	M	42:47	58
30	Wayne Stewart	M	43:11	69
31	<i>Kelly Smith</i>	F	43:20	40
32	Colby Smith	M	43:30	39
33	Tom Chambers	M	43:35	72
34	Mark Hasseman	M	44:03	60
35	Scott McFarlane	M	44:16	64
36	<i>Julie Carroll</i>	F	44:25	42
37	Nathan Everson	M	44:42	38
38	<i>Patti Thurman</i>	F	44:51	63
39	Neil Thomson	M	44:55	59
40	Ed Youngberg	M	45:00	73
41	<i>Karen McKean</i>	F	45:09	60

Once you are over the hill, you pick up speed

42	John Shea	M	45:15	58
43	Gavin Gilchrist	M	46:17	41
44	<i>Patricia Jones</i>	F	46:27	64
45	J Gutierrez	M	46:32	63
46	Jeff Hesse	M	46:49	51
47	Matthew Barnes	M	46:54	36
48	Rick Nestico	M	46:54	62
49	<i>Connie Ahrnsbrak</i>	F	46:58	76
50	<i>Jackie Koos</i>	F	47:57	23
51	Michael Blanchette	M	47:58	59
52	<i>Tina Akin</i>	F	48:06	54
53	<i>Suzanne Buntrock</i>	F	48:17	57
54	<i>Dorothy Bensusan</i>	F	48:25	56
55	Richard Romero	M	48:41	79
56	David Horst	M	49:13	50
57	Issac VanWestienen	M	49:18	12
58	Kevin Snyder	M	49:20	52
59	Matthew Rutledge	M	49:21	39
60	<i>Jane Allard</i>	F	49:26	49
62	John Ramos	M	49:29	39
63	<i>Janet Ralston</i>	F	49:43	53
64	<i>Carmen Kitts</i>	F	50:05	64
65	<i>Jean Nistico</i>	F	50:09	69
66	<i>Heather Huntoon</i>	F	50:11	48
67	<i>DeNae VanWestienen</i>	F	50:13	38
68	<i>Cheryl Wesley</i>	F	50:52	51
69	Tom Duran	M	51:15	68
70	<i>Melissa Wood</i>	F	51:39	35
71	Gabe Sisneros	M	51:50	77
72	<i>Brea Olson</i>	F	52:00	34
73	Lee Bengston	M	52:12	78
74	<i>Lisa Graznek</i>	F	52:22	45
75	Garland Thurman	M	53:28	67
76	Jeff Olson	M	54:10	56
77	Doug Tollin	M	54:29	71
78	<i>Nicole Shaklee</i>	F	55:24	52
79	<i>Fran Schneider</i>	F	56:04	60
80	<i>Patricia Tolleson</i>	F	56:09	67
81	<i>Stephanie Merrison</i>	F	56:36	33
82	Reinaldo Rosario	M	56:52	51
83	<i>Virginia Schultz</i>	F	57:03	61
84	<i>Francie Kinney</i>	F	1:05:46	33
85	<i>Tamara Kingsley</i>	F	1:05:47	35

86	Ed Gussie	M	1:14:11	74
<b>RACEWALKERS - 5K</b>				
1	<i>Laura McCoy</i>	F	48:09	60
2	Richard Ralston	M	49:39	55
3	<i>Kelly Barnes</i>	F	52:23	35
4	Andrew Barnes	M	52:24	4
5	<i>Aubrey Barnes</i>	F	52:38	6
6	<i>Jennifer Forker</i>	F	52:45	50
7	<i>Lu Shaw</i>	F	53:23	57
8	Brent Jockers	M	53:51	35
9	Andy McKean	M	58:47	71

### FEBRUARY 20<sup>TH</sup> 40 FURLONGS RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	MEN		WOMEN	
<b>OVERALL</b>				
1	Andrew Adomowski	29:30	Sydney Ayers	34:01
<b>75-79</b>				
1	Richard Romero	48:41	Connie Ahrnsbrak	46:58
2	Gabe Sisneros	51:50		
3	Lee Bengston	52:12		
<b>70-74</b>				
1	Michael Keyes	42:30		
2	Tom Chambers	43:35		
3	Ed Youngberg	45:00		
4	Doug Tollin	54:29		
5	Ed Gussie	1:14:11		
<b>65-69</b>				
1	Wayne Stewart	43:11	Jean Nistico	50:09
2	Tom Duran	51:15	Patricia Tolleson	56:09
3	Garland Thurman	53:28		
<b>60-64</b>				
1	Robert Caillouette	36:57	Patti Thurman	44:51
2	Mark Hasseman	44:03	Karen McKean	45:09
3	Scott McFarlane	44:16	Patricia Jones	46:27
4	J Gutierrez	46:32	Carmen Kitts	50:05
5	Rick Nistico	46:54	Fran Schneider	56:04
<b>55-59</b>				
1	Michael Brenner	34:47	Suzanne Buntrock	48:17
2	Greg Wobbema	36:04	Dorothy Bensusan	48:25
3	Dan Shaw	39:40		
4	Dale Doughman	42:47		
5	Neil Thomson	44:55		

Once you are over the hill, you pick up speed

<b>50-54</b>				
1	Eric Patterson	32:44	Theresa Jockers	38:19
2	Michael Guenther	35:29	Patricia Hale	40:54
3	Jim Perry	36:43	Tina Akin	48:06
4	Jeff Hesse	46:49	Janet Ralston	49:43
5	David Horst	49:13	Cheryl Wesley	50:52
<b>45-49</b>				
1	Jonathan Fenske	31:40	Julie George	34:28
2	David Rothenburger	31:43	Jane Allard	49:26
3	Shaun Schafer	33:17	Heather Huntoon	50:11
4			Lisa Graznek	52:22
<b>40-44</b>				
1	Scott Kukel	30:27	Kacey Narracci	36:52
2	Kish Warren	32:17	Kelly Smith	43:20
3	Jeremy Johnson	36:30	Julie Carroll	44:25
4	Gavin Gilchrist	46:17		
<b>35-39</b>				
1	Robert Kanieski	36:33	Rachel Perez	34:10
2	Ben Kleeman	36:37	Jitka O'Farrell	34:26
3	David Martinez	38:50	DeNae VanWestienen	50:13
4	Colby Smith	43:30	Melissa Wood	51:39
5	Nathan Everson	44:42	Tamara Kingsley	1:05:47
<b>19-34</b>				
1	Brandon Rockwood	33:26	Jackie Koos	47:57
2	Cam McWilliam	37:13	Brea Olson	52:00
3			Stephanie Merrison	56:36
4			Francie Kinney	1:05:46
<b>14-18 (HIGH SCHOOL)</b>				
1	Justin Perry	33:26		
<b>13 &amp; UNDER</b>				
1	Issac VanWestienen	49:18		

Thank you to all who participated in this event today. We all experienced Spring-like conditions and very nice course conditions.

Thank you to our gracious host Roadrunner Sports and Sam Trevino! The store's venue offers us guaranteed comfort for those years we have seasonal conditions and a great vibe and atmosphere! Roadrunner sports offered generous discounts to all participants and provided our overall race winners with individual prizes.

Thank you to our vendors: Asics, Honey Stinger, Longmont Dairy, Great Harvest Bread Company.

Thank you to all of our volunteers: Jennifer Forker, Rob Fisher, Alan Johnson, Joe Baird, Ken Randal, Bill Faulkner, Scott McFarlane, JD Trujillo, Patricia Jones, Patricia Tolleson, Kevin Snyder, Kristi Snyder.

Jason Myers

Race Director

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

### MARCH 19TH SPRING SPREE 10K RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Scott Kukel	M	38:54	42
2	Keith Johnson	M	39:47	54
3	Jonathan Fenske	M	39:57	46
4	George Forbes	M	40:14	46
5	Tello Chavez	M	41:09	31
6	John Ramos	M	43:08	39
7	Shaun Schafer	M	43:20	48
8	<i>Rachel Perez</i>	F	43:42	36
9	Jeremy Johnson	M	44:21	41
10	<i>Julie George</i>	F	44:24	45
11	Michael Brenner	M	44:24	57
12	Bruce Kirschner	M	44:53	62
13	Ryan Dyer	M	45:20	41
14	Robert Kanieski	M	46:45	38
15	Cam McWilliam	M	48:15	34
16	Eyal Sella	M	48:34	53
17	<i>Kim Grant</i>	F	49:05	56
18	Jim Bosik	M	51:13	65
19	Dan Shaw	M	51:43	56
20	Matt Thomford	M	52:52	30
21	Wayne Stewart	M	53:49	69
22	Paul Thomford	M	54:43	59
23	<i>Meg Rapp</i>	F	54:47	33
24	<i>Erin Bosik</i>	F	55:04	30
25	<i>Kathryn Lewis</i>	F	55:15	57
26	<i>Allison Fultineer</i>	F	55:15	30
27	David Taylor	M	55:17	29
28	Mark Hasseman	M	55:32	60
29	Neil Thomson	M	55:44	59
30	Rich Martinez	M	55:51	69
31	Bill Faulkner	M	55:54	74
32	<i>Claradene Stewart</i>	F	55:59	66
33	Tom Chambers	M	56:31	72
34	<i>Kelly Smith</i>	F	56:35	40
35	<i>Elizabeth Kinsey</i>	F	56:57	51
36	<i>Patti Thurman</i>	F	57:08	64
37	Ed Youngberg	M	57:30	73
38	Scott McFarlane	M	58:10	64
39	Prashanta Aryal	M	58:14	33
40	Kevin Snyder	M	59:00	52

Once you are over the hill, you pick up speed

41	Michael Keys	M	59:33	70
42	John Shea	M	59:46	58
43	<i>Lisa Brocard</i>	F	1:00:14	44
44	<i>Laura Laski</i>	F	1:00:32	37
45	<i>Kathy Johnson</i>	F	1:00:46	54
46	<i>Jane Allard</i>	F	1:00:52	49
47	<i>Anne-Marie Schmidt</i>	F	1:02:03	58
48	Richard Romero	M	1:03:42	79
49	<i>Heather Huntoon</i>	F	1:04:09	48
50	<i>Brea Olson</i>	F	1:04:26	34
51	Gavin Gilchrist	M	1:04:27	41
52	Fred Trentaz	M	1:05:00	74
53	<i>Tina Akin</i>	F	1:05:00	54
54	<i>Janet Ralston</i>	F	1:05:05	53
55	Matthew Barnes	M	1:05:30	36
56	<i>Patricia Jones</i>	F	1:05:49	64
57	<i>Melissa Wood</i>	F	1:06:38	35
58	<i>Jackie Kus</i>	F	1:06:40	33
59	<i>Lesley Humphrey</i>	F	1:06:49	47
60	<i>Stephanie Morrison</i>	F	1:07:16	33
61	<i>Francie Kinney</i>	F	1:07:55	33
62	Dave Banko	M	1:13:54	64
63	<i>Patricia Tolleson</i>	F	1:15:24	67
64	<i>Becky Ross</i>	F	1:15:54	42
<b>RACEWALKERS (5K)</b>				
1	Richard Ralston	M	50:24	55

### MARCH 19TH SPRING SPREE 10K RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	MEN		WOMEN	
<b>OVERALL</b>				
1	Scott Kukel	38:54	Rachel Perez	43:42
<b>75-79</b>				
1	Richard Romero	1:03:42		
<b>70-74</b>				
1	Bill Faulkner	55:54		
2	Tom Chambers	56:31		
3	Ed Youngberg	57:30		
4	Michael Keys	59:33		
5	Fred Trentaz	1:05:00		
<b>65-69</b>				
1	Jim Bosik	51:13	Claradene Stewart	55:59

2	Wayne Stewart	53:49	Patricia Tolleson	1:15:24
3	Rich Martinez	55:51		
<b>60-64</b>				
1	Bruce Kirschner	44:53	Patti Thurman	57:08
2	Mark Hasseman	55:32	Patricia Jones	1:05:49
3	Scott McFarlane	58:10		
4	Dave Banko	1:13:54		
<b>55-59</b>				
1	Michael Brenner	44:24	Kim Grant	49:05
2	Dan Shaw	51:43	Kathryn Lewis	55:15
3	Paul Thomford	54:43	Anne-Marie Schmidt	1:02:03
4	Neil Thomson	55:44		
5	John Shea	59:46		
<b>50-54</b>				
1	Keith Johnson	39:47	Elizabeth Kinsey	56:57
2	Eyal Sella	48:34	Kathy Johnson	1:00:46
3	Kevin Snyder	59:00	Tina Akin	1:05:00
4			Janet Ralston	1:05:05
<b>45-49</b>				
1	Jonathan Fenske	39:57	Julie George	44:24
2	George Forbes	40:14	Jane Allard	1:00:52
3	Shaun Schafer	43:20	Heather Huntoon	1:04:09
4			Lesley Humphrey	1:06:49
<b>40-44</b>				
1	Jeremy Johnson	44:21	Kelly Smith	56:35
2	Ryan Dyer	45:20	Lisa Brocard	1:00:14
3	Gavin Gilchrist	1:04:27	Becky Ross	1:15:54
<b>35-39</b>				
1	John Ramos	43:08	Laura Laski	1:00:32
2	Robert Kanieski	46:45	Melissa Wood	1:06:38
3	Matthew Barnes	1:05:30		
<b>19-34</b>				
1	Tello Chavez	41:09	Meg Rapp	54:47
2	Cam McWilliam	48:15	Erin Bosik	55:04
3	Matt Thomford	52:52	Allison Fultineer	55:15
4	David Taylor	55:17	Brea Olson	1:04:26
5	Prashanta Aryal	58:14		

Once you are over the hill, you pick up speed



## The Pelican Brief (Constance Ahrnsbrak)

2/6

**Super Sunday 5K, Hudson Gardens:** Rich Martinez 25:31 (1). Thomas Chambers & grandson 37:48 (2).

**Super Bowl 5K, WP:** Michael Blanchette 25:22. J Gutierrez 30:24.

**Mardi Gras 10K, Henderson, NV:** Deborah Stafford 55:57 (1). Lonnie Stafford 57:44 (1).

2/13

**Loveland Sweetheart 4-miler:** Todd Shaklee 33:13. Nicole Shaklee 37:18.

**Heart Throb 5K, Arvada:** Connie Ahrnsbrak 28:00 (1). Suzanne Buntrock 29:48. Tom Duran 30:16.

Dorothy Bensusan 30:53. Fran Schneider 33:05 (3).

**Le Course de L'Amour 10K, CP:** Tall Red (Ed Youngberg) 56:18.

**Red Hot 33K, Moab, UT:** Michael Abbott 4:23.

2/20

**Snowman Stampede 5 miler:** Rich Martinez 41:42 (3). Leslie Mitchell 47:54. Earl Beam 56:30.

John Seidle 57:40.

2/27

**Phoenix, AZ 5K: Thomas Chambers 24:45 (1).**

**PPRR Black Forest 20K:** Ed Youngberg 2:09 (1).

2/28

**3W Six Pack Series 4-miler, HLR:** Robert Kanieski 29:55 (1).

3/6

**Dam Half & 5K, CCSP:** Jesse Tijerina 24:28 (3). Hunter Karickhoff 27:06 (3).

**Half** –Michael Blanchette 1:52.

3/12

**Lucky Laces 5K, CP:** Earl Beam 33:38.

**Erin go Braugh 77.7 Westminster:** Todd Shaklee 42:22. Nicole Shaklee 45:33.

Dorothy Bensusan 46:55. Rick Nistico 47:18. Jean Nistico 50:10. Fran Schneider. 56:05.

**Canyonlands Half, Moab:** Wayne Stewart 1:59. Claradene Stewart 2:01 (1). Fred Trentaz 2:29. Terry

McFarlane 2:33. Cassie Klumpp 2:51. Suzanne Butrock 3:08.

3/13

**ROTG:** Scott Kukel 27:08. Bob Cailloutte 31:59 (3). David Rothenburger 32:11. Michael Blanchette 33:25. John

Ramos 34:55. Stacy Tothorow 35:22. Christine Rodriguez 35:38. Rich Martinez 37:02. Tom Chambers 38:35

(3). Jack Barry 42:15. J Gutierrez 42:33. Lisa Atencio 43:33. Bobby Romero 43:34. Doug Tollin 47:44. Lee

Bengston 48:24. Holly Romero 56:43. Ruth Tollin 1:00. Laura McCoy 1:03 (W).

3/19

**Townebank 8K, Virginia Beach, VA:** Todd Shaklee 50:52. Nicole Shaklee 50:53.

3/20

**Shamrock Yuengling Marathon, Virginia Beach, VA:** Todd Shaklee 4:30. Nicole Shaklee 5:18.

4/9

**Hawkeye 50K, Solon, IA:** Michael Abbott 6:08. Elizabeth Hayden 7:13.

**Landmark Academy 5K, Commerce City:** Robert Kanieski 21:27 (3/OA).

4/10

**Platte River Half:** Bob Cailloutte 1:45. Bill Faulkner 2:04 (2). Ed Youngberg 2:05 (3). Todd Shaklee 2:15.

Earl Beam 2:23. Nicole Shaklee 2:25. Patricia Tolleson 2:42.

**Platte River Half Relay:** Team Wee Three 2:16 (J Gutierrez 47:17. Constance Ahrnsbrak 47:31.

Laura McCoy 42:12/5K/W). Team Colorado Girls Who Love Dogs 2:44. (Cassie Klumpp)

4/16

**Land of OZ Marathon, Olathe, KS:** Iron Lady (Nicole Shaklee) 5:25.

4/17

**Tunnels Ten Miler, Buena Vista:** Tall Red, 1:47 (1). Ross Westley.

4/18

**Boston Marathon:** Scott Kukel 3:05. David Rothenburger 3:20. Michael Blanchette 4:06. Jay Wissot,

## 2016 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.

Date	DOW	Time	Location	Name	Director(s)
May 21	(Sat)	8 AM	<a href="#">Sand Creek Greenway</a>	 RRCA Colorado State 6K XC Championship	Dan Shaw / Rob Fisher
Jun 11	(Sat)	8 AM	<a href="#">Elk Meadow, Evergreen</a>	Elk Meadow Trail Race 9K	Tom Duran
Jul 16	(Sat)	8 AM	<a href="#">White Ranch Park</a>	White Ranch Trail Run	Kevin Snyder / Chris Stone
Aug 3	(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 17	(Sat)	8 AM	<a href="#">TBD</a>	The Amazing Race	Eric Hislop / Jennifer Forker
Oct 8	(Sat)	9 AM	<a href="#">Stone House Park, Lakewood</a>	Stone House (2x) Triple-Cross trail 8.5M	Matthew Rutledge / DeNae VanWestrienen
Nov 19	(Sat)	10 AM	<a href="#">Hildebrand Ranch Park</a>	Veterans run 6.6M	Ben Bergstrand / Nick Vollmar
Dec 3	(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> May 2016. If sending an email, please add CMRA to the title so we know it's not spam.

Once you are over the hill, you pick up speed

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Arvada, CO and Centennial, CO



\*\*\*\*\*

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