

MASTER TIMES



January/February 2006

Volume 38 Issue 1

PRESIDENT'S CORNER

By Rob Fisher

My Last Act as President

Well it's all coming to the end of the road for the Rob Fisher presidency. For me it has been time well spent. I have enjoyed almost every minute of it and I recommend it to anyone who has even thought they might like to be president of the CMRA.

The CMRA has about 275 households that are members with well over 300 active participant members. In 2005 the CMRA had about 27 of those members take an active leadership role. An active leadership role meaning they were a board member, race director or key support person. So about 1/10 th of our membership are leaders. I think that is a pretty good number. In addition there is probably another 25 or 30 members who have helped out at one of our events over the past year.

It is to those 50 plus members that I direct this to. THANK YOU!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Those 50 have made me proud to be a member of this organization. Over the past 2 years we have put on 28 events, never missing a beat and making a ton of runners happy to come out to our races. The same as it has been for some time and will continue in the future.

All of the races in 2005 had excellent turn-outs and we even saw some big jumps in participation in several races. We can thank all the race directors for this and our consistently well run events. It's cheap to enter but you don't get a cheap product.

Before I close it out I have to do some special recognitions. The following people are just always there to help out where ever needed.

- Scott McFarlane-Our Webmaster.
- Ken Randall-Newsletter
- Jerry and Rosalie Murch-Registration
- Joe Baird-Gets the race started on time and the results right.
- Joe Sanchez-Brings our stuff early and is last to leave.
- Ray Grundmeyer-Membership-Hope you enjoy Kansas, you will be missed.
- And last but not least, my CMRA "mom" and "dad". Connie Ahrnsbrak for her positive nagging and Tom Alison for being a great guide.

I am looking forward to a Great 2006.

Clear Creek 4 Miler

December 10, 2005

Vici DeHann

Fortunately the day began with clear, sunny skies with starting temperatures in the low 20s. No complaints, though, since it could have been held last weekend when the temperatures were in the single digits. Monday, the winds in my hometown, Boulder, were gusting to 90 mph. Then Wednesday, the temperature hovered around 2 degrees. How lucky can you get?

The number of volunteers that came out was amazing. Joe Baird, Tom Alison and Lew Hutch-Pancake breakfast. Rosalia and Jerry Murch assisted by Connie Ahnsbrak registration. Levi Gonzales, Scott Chamberlain, Joe Gonzales, Connie Ahnsbrak and Todd Dunning-on the course or at the finish line. Jim Price and Pat Phillips for pre-race preparations on Thursday. A hearty thanks to all these people.

Great Harvest Bread Company outdid themselves by donating four large boxes of goodies. Between all the bread and the various prizes that I collected throughout the year, including 3 gift certificates from Boulder Running Company, a gift certificate for thongs from Teva, dinner in Denver, Everyone seemed to have a good time selecting the prize of their choice.

We would also like to thank those out- of- towners like the Huies' who drove up from Colorado Springs, Jesse Tijerina from Ft. Lupton, J Gutierrez & Laura McCoy from Greeley, and Bob Caillouette from Milliken. It is appreciated by the members.

Place	Name	Age	Time
1.	Keith Johnson	44	22:09
2.	Tyler Pennel	17	23:02
3.	Andrew Adamowski	31	23:13
4.	Stephen King	19	23:29
5.	Jesue Martinez	20	23:38
6.	Henry Conhick	15	24:44
7.	Dave O'Sadnick	50	24:58
8.	Jim Perry	44	25:54
9.	Tim Caizer	43	26:27
10.	Paul Weischinger	48	26:44
11.	Chris Adamowski	38	26:52
12.	Esmeralda Martinez	19	27:21
13.	Jeff Young	49	27:26
14.	Bob Caillouette	51	27:51
15.	Scott Singer	16	28:24
16.	Lou Huie	59	28:37
17.	Kent Enwtight	43	28:44
18.	Monica Ryan	44	29:02
19.	Bruce Dahm	37	29:03
20.	Dave Stewart	44	29:13
21.	Jesse Tijerina	54	29:35
22.	Chris Stone	38	30:02
23.	Jay Trujillo	47	30:03
24.	Marc Weaver	54	30:30

25.	Ken Lotze	55	31:06
26.	Scott McFarlane	54	31:19
27.	Rich Romero	69	31:49
28.	Jim Fay	54	31:54
29.	Irving Erza	18	31:59
30.	Sylvia Martinez	22	32:02
31.	Mitch Chesbro	47	32:32
32.	George Hunter	52	32:33
33.	Deb Acree	53	32:34
34.	Janessa Rochelle	16	32:37
35.	Gale Meuret	58	32:39
36.	Ed Youngberg	62	32:40
37.	Holly Dahm	35	33:12
38.	Mike Knipp	53	33:16
39.	Maria Jose	13	33:14
40.	Ray Grundmeyer	67	33:49
41.	Mike Vanoni	57	34:12
42.	Rich Martinez	58	34:19
43.	Seth Petersen	34	34:21
44.	Mark Johnson	48	34:26
45.	Jan Huie	56	34:38
46.	Jeff Dawson	57	34:39
47.	Bob Ghormley	67	35:46
48.	Fred Trentaz	63	36:08
49.	Christine Vanoni	54	36:11
50.	J. Gutierrez	53	36:15
51.	Mike Acosta	57	36:26
52.	Jerry McDonald	59	36:28
53.	Julie Thenell	47	36:38
54.	Michelle Slingsby	36	37:27
55.	Neddie Legg	54	37:35
56.	Lee Bengston	68	37:56
57.	Carol Johnson	51	38:41
58.	Ken Green	76	39:35
59.	Don Robinson	73	40:50
60.	Earl Beam	55	41:02
61.	Jim Thomas	54	41:21
62.	Vici DeHaan	70	41:35
63.	Tom Duran	52	42:13
64.	Lynn Young	49	43:56
65.	Brian Woffett	59	47:13
66.	Charlie Schumaker	59	47:14

RACEWALKERS

1.	Rosalia Murch	64	47:00
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AGE Group Awards

Overall Man

Overall Woman

Name	Time	Name	Time
Keith Johnson	22:09	Chris Adamowski	26:52

75 and Over

1. Ken Green	39:39
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70 and Over

1. Don Robinson	40:50	Vici DeHann	41:35
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65 - 69

1. Rich Romero Ray	31:49
2. Grundmeyer	33:49
3. Bob Ghormley	35:46
4. Lee Bengston	37:56

60 - 64

1. Ed Youngberg	32:40
2. Fred Trentaz	36:08

55 - 59

1. Lou Huie	28:37	Jan Huie	34:38
2. Ken Lotze	31:06		
3. Gale Meuret	32:39		
4. Mike Vanoni	34:12		
5. Rich Martinez	34:19		

50 - 54

1. Dave O'Sadnick	254:58	Deb Acree	32:34
2. Bob Caillouette	27:51	Christine Vanoni	36:11
3. Jesse Tijerina	29:35	Neddie Legg	37:35
4. Marc Weaver	30:30	Carol Johnson	38:41
5. Scott McFarlane	31:19		

45 - 49

Paul

1. Welschinger	26:44	Julie Thenell	36:38
2. Jeff Young	27:26	Lynn Young	43:56
3. Jay Trujillo	30:03		
4. Mitch Chesbro	32:32		
5. Mark Johnson	34:26		

1. Jim Perry	25:54	Monica Ryan	29:02
2. Tiom Caizer	26:27		
3. Ken Enwright	28:44		
4. Dave Stewart	29:13		

35 - 39

1. Bruce Dahm	29:03	Holly Dahm	33:12
2. Chris Stone	30:02	Michelle Slingsby	37:27

34 and Under

		Esmeralda	
1. Tyler Pennel	23:02	Martinez	27:21
2. Andrew Adamowski	23:13	Sylvia Martinez	32:02
3. Stephen King	23:29	Janessa Rochelle	32:37
4. Jesus Martinez	23:38	Maria Jose	33:41
5. Henry Conhick	24:44		

Racewalkers

1. Rosalia Murch	47:00
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Shop at our sponsor
Great Harvest Bread
7745 Wadsworth Blvd., Arvada
 303 420-0500

Shop at our sponsor
Runners Roost
 2685 S. Colorado Blvd. 303 759-84555
 Parker & Arapahoe 303 766-3411

Shop at our sponsor
The Boulder Running Company
8116 W. Bowles Ave 303 932-6000
2775 Pearl St., Boulder 303 786-9255

PELICAN UPDATES by Connie Ahrnsbrak

11/6 – XC Crossfest, Chatfield: 5K HS-Eric Ndikumana, 16:46; Joseph Manilafasha, 16:48; Mauro Martinez, 17:33 & Julio Bonilla, 18:05 (1st/team). **8K Open**-Hector Martinez, 27:55 (1st/OA); David Kelble, 37:09 & Sylvia Martinez, 42:54. **Master/Senior 5K**-Keith Johnson, 17:30 (1st OA); Jeff Young, 21:08; Strider (Tom Chambers) 25:29 & Connie Ahrnsbrak, 26:05.

Also, **Littleton Stride**: Dave Banko 1:06, **10K** & Leslie Woods, 41:07, **5K**. Plus the **Heart Center of the Rockies 10K, Boyd Lake**: Jim Peterson, 54:45 (2nd) & Roger Rybicka, 54:56.

11/12 –Rim Rock 37K, Grand Junction: Omar Martinez, 2:16 (1st); Hector Martinez, 2:25 (1st); Adam Feerst, 2:26 (1st); Ray Blum, 2:39 (2nd); Jeff Young, 2:50; Bill Faulkner, 3:25 (3rd); Gale Meuret, 3:32; Sylvia Martinez, 3:39; Janet Hallestad, 3:41; Michelle DelPiccolo, 3:44; Taunya Wilson, 3:54:22 (3rd) & Patricia Emigh, 3:54:28.

Turkeys @ Longmont 10K; Catriona Dowling, 41:04 (3rd); Bob Caillouette, 43:12 (3rd); Karen Voss, 44:05; Rich Romero, 48:58 (2nd); Jim Peterson, 55:28; Roger Rybicka, 56:13; Don Hayes, 57:31 (2nd); Vici Dehaan, 1:04 (2nd) & Tom Alison, 1:08. **2-Mile** saw Woody Green, 13:13 (1st).

11/13-Panicking Poultry 5K, Boulder Rez: Keith Johnson, 16:37 (1st); Mitch Chesbro, 23:44; Connie Ahrnsbrak, 23:58 (1st); Earl Beam, 28:15 & Rosalie Murch, 37:24 (2nd **RW**).

TTT Race for Hope 5K, WP: Speedy Bill Smitham, 22:12 (1st); Polly Zimmerman, 23:40 (1st); Painted Horse (Jesse Tijerina), 23:44 & Leslie Woods, 42:15.

11/19-Turkeys @ Brighton 5K: Fernando Herrera-Lopez, 16:54 (1st/3rd OA); Michael Quispe, 19:17 (1st); Jill Zancanelli, 22:06 (3rd); *Painted Horse, 22:25 (4th); Susan Stewart, 23:52 (3rd); Connie Ahrnsbrak, 24:07 (1st); Taunya Wilson, 24:37 (2nd); Doug Tollin, 24:48 (1st); Ken Simons, 25:04 (2nd); Deann Reaves, 28:32; Jenna Reaves, 29:06; Matthew Reaves, 30:11; Rosalie Murch, 37:32 (1st/**RW**); Kimberly Shenfeld, 38:47; Leslie Woods, 41:39 & Ruth Tollin, 45:26 (3rd/**RW**).
**Painted Horse is back on the running scene.*

11/20- Bison Stampede Half, Austin, TX: Terry Mcfarlane. 2:45.

11/24-Turkeys @ HLR 5K, Shea Stadium: Keith Johnson, 17:00 (3rd/OA); Jack Barry, 23:39 (3rd); Polly Zimmerman, 24:12 (1st); Connie Ahrnsbrak, 25:03 (1st) & Doug Tollin, 25:48.

Turkeys @ the Greeley 5K: Bob Caillouette, 20:28 (2nd) & J Gutierrez, 26:41. **Turkeys @ Briargate YMCA 5K, CS**: The Oak (Ross Westley), 24:22 & Tall Red (Ed Youngberg), 26:47. Also, Race Man (Mitch Chesbro) ran a **Turkey 5K** in Inverness.

United Way Turkey Trot 4-mile, WP: Eric Ndikumana, 21:10; Hector Martinez, 21:17; Omar Martinez, 21:54; Julio Bonilla, 22:12; Miguel Cazares, 22:17; Ray Blum, 24:22; Jeff Young, 26:20; Esmeralda Martinez, 26:43; Grid Iron (David Kelble) 27:32; Sylvia Martinez, 31:28; George Huner, 31:52; Grayson Drexel, 32:13 & Kathy Porter, 34:55.

11/27- Potts Fishers' of Men 5K, Aurora: RW-Rosalie Murch, 36:53 (1st). The B-Man, 22:20 (1st); Race Man (Mitch Chesbro), 24:04 (4th); Connie Ahrnsbrak, 24:11 (1st); Pitts O'Donnell, 26:28; Penelope, 34:21 (2nd); Leslie Woods, 40:21 & Kim Shenfeld, 41:10. Also, Walking Man (Neil Horton) at the **Seattle Marathon**, 6:33.

12/03-Rock Creek Canyon Half, Pueblo: Slimfast (Bruce Kirschner), 1:36 (4th); Lou Huie, 1:44 (2nd); Connie Ahrnsbrak, 2:03 (1st) & Joe Baird, 2:26. *Slosh, slosh, wet, muddy & laden with snow-great for winter pictures.*

12/04- New Las Vegas Marathon: Rich Romero, 3:45 (4th); Pitts O'Donnell, 4:26 & Penelope, 4:51. *This is Rich's 24th marathon. A 6 A.M. start with a spectacular fireworks display, water @ every mile & Elvis impersonators throughout. I highly recommend this race.* Also **Colder Boulder 5K Invitational:** Bob Cooper, 20:41; Joe Franklin, 22:26 (1st in respective heat); The Oak, 23:37; Mitch Chesbro, 23:54 & Don Robinson, 31:06

12/9- Rudolph's Revenge, Chatfield: 5-Mile: Strider (Tom Chambers), 43:16 (2nd) & Doug Tollin, 46:01 (3rd). **10-Mile:** Ray Blum, 1:08 (3rd); The Oak, 1:27:30 (1st); Kool Shades (Ken Randall), 1:27:34 (2nd); Michelle DelPiccalo, 1:31 (4th) & Darla Yoerg, 2:16.

12/10-Sunmart Texas Trail Endurance runs, Hunstville: 50K-The B-Man, 5:26 (2nd). **50-Miler:** Patricia Emigh, 11:34:31 (1st) & Bill Faulkner, 11:39. *Awesome!*

Jingle Bells 5K for Arthritis, WP: Esmeralda Martinez, 21:33 (4th/OA) & Michelle Kelble, 30:19.

12/11-Dallas White Rock, TX: Jill Sellars ran a PR in the **Half**, 1:41 while Steven Sellars ran a 3:02 in the **marathon** (10th/age). *A field of 6,000 for both races, upper 30s to start with a slight breeze.*

12/18-Steve's Rudolf Ramble 5K, WP: Race Man (Mitch Chesbro), 25:23; Steadfast Earl Beam, 31:02 & Darla Yoerg, 36:03 (1st/RW). Also **Xmas Classic 4-Mile, FTC:** Traveling Man (Roger Rybicka), 37:24.

12/22-Winter Solstice 5-Mile, Chatfield: Eric Ndikumana, 25:39 (2nd/OA); Joseph Manilafasha, 25:46 (2nd); Hector Martinez, 26:04 (1st); Jesus Martinez, 26:48 (2nd); Miguel Cazares, 29:02 (3rd); Jeff Young, 31:24 (2nd); Samantha Towne, 33:49 (1st/OA); Tom Chambers, 39:08 (2nd); George Huner, 39:29 (3rd); Sylvia Martinez, 39:55 (2nd) & Connie Ahrnsbrak, 42:10 (1st).

12/31-Resolution Run, WP: Eric Ndikumana, 16:44; Joseph Manilafasha, 16:47; Hector Martinez, 16:56; Julio Bonilla, 17:26; Omar Martinez, 17:56; Mauro Martinez, 18:26; Philip Dizerega, 20:58; Esmeralda Martinez, 21:09; Robert Kanieski, 23:56; Sylvia Martinez, 24:17 & Steadfast Earl Beam, 29:50. Also, **Resolution 5K Run, FTC:** Fay Dizerega, 39:45.

1/1- Potts' Kwanza 5K, Aurora: Joseph Manilafasha, 16:16 (OA); Hector Martinez, 16:33 (1st/2nd OA); Omar Martinez, 17:02 (2nd); Julio Bonilla, 17:10 (2nd); Esmeralda Martinez, 21:01 (1st); The B-Man, 22:29 (1st); Samantha Towne, 23:08 (2nd); Lightfoot (Deb Acree), 23:15 (1st/3rd OA); Robert Kanieski, 23:37 (3rd); Janessa Rochelle, 24:06 (3rd); Mitch Chesbro, 24:23; Connie Ahrnsbrak, 25:02 (1st); Pitts O'Donnell, 27:59; Lynn Young, 32:26 (3rd); Rosalie Murch, 37:23 (RW); Penelope, 37:53; Kimberly Shenfeld, 37:57 & Leslie Woods, 41:16.

Also, **New Years 5K, FTC:** Bob Caillouette, 22:47; Painted Horse, 23:31; Roger Rybicka, 27:22; J Gutierrez, 28:42 & Jim Peterson, 29:47. **The Rescue Run 10K, CS:** Lou Huie, 47:50 & Bill Moyle, 1:16.

A Taste of Colorado Running X - Part 1, January through April C . Ross Westley

Happy New Year! This was the tenth year for our tour with continuing our participation in a whole host of new and different races from all over our beautiful state of Colorado. Nationally and internationally we were sobered by the devastating damage from multiple hurricanes, the tsunami and relief efforts in southeast Asia, along with earthquakes and continuing struggle with radical Islamic terrorism in Europe and Iraq, and unprecedented anger, disrespect, hatred and character assassination of our President from certain sectors of our society and prominent political leaders. In spite of all the doom and gloom, it was still a great year for running in our state as we continue to pursue and conquer the state's half-marathons and sample races in small rural towns associated with special events.

Finding new races in January and February is becoming a challenge. We did revisit some of the old faithfuls. New Year's Day found us in Colorado Springs for the 27th Annual Rescue Run 10K in Palmer Park. This was a bright, sunny day, cloudless blue sky with temperatures in the high 40s. After a tough climb up the bluff during the first mile, the course makes a figure-of-eight on rolling dirt roads on the top of the bluff with outstanding views of snow-capped Pikes Peak being lit up with the morning sun - just a great race to start the New Year. We previewed this race during the 1997 Tour. Try it! You'll like it!

Other races in January were repeat races including the very popular (over a thousand runners) 5K Oatmeal Run which is part of the Lafayette, Colorado Oatmeal Festival and is the Metro Denver January Flagship race. The race is a Boulder qualifier. The post-race oatmeal breakfast, however, overshadows the race itself. The breakfast includes oatmeal, pancakes and an unbelievable buffet of oatmeal toppings, including a wide selection of fresh and dried fruits, nuts, jellies, candies, various yogurts and granola. Ya gotta see it to believe it! The breakfast is included in the race fee and is also open to the public. Do it and bring the family for breakfast.

We also revisited the Run for the Dream 5K, a very popular Potts Trotters race in Aurora commemorating Martin Luther King. The course is fast and winds through the neighborhood and local bike paths.

No February would be complete without a Valentine's Race. A short jaunt up I-25 took us to LOVEland for the Sweetheart 4-Mile run which is part of the weekend long Valentine Festival in Loveland. The course was fast and flat on the bike path around Lake Loveland. Since the race was on Lincoln's Birthday, the T-shirt logo was a miniature Lincoln in running attire with a tall, black hat and a white tank top with a big red heart.

Other February races were repeats of the Presidents' Day 5K in Washington Park, part of the local holiday series, and a 20K in the Black Forest, which is the final race in the very popular Colorado Springs Pikes Peak Roadrunner Winter Series. This is a great race starting on dirt roads, going through pine forests, with the last few miles out in the open with excellent views of Pikes Peak. Our Tour has used this race in the past to test our readiness for the half-marathon season starting in March.

If you're looking for an alternative to the crowded downtown St. Patrick's Day run, then try the Lucky Clover 10K in Chatfield State Park, part of the Eclectic Race Series. The course is made up of two 5K loops. One loop was a scenic dirt trail heading south along the South Platte River (minimal mud and ice) and looping back through the start on a dirt road. The second loop headed north, all on cement or black top bike paths. The trick was which loop to choose first. Timing was the total of both loops. As it turned out, most of us had almost identical times on both loops. The series is directed by Will Wycoff, who brings back some of the "Wycoff favorite trail runs" including the tough Saxon Mountain half marathon in Georgetown, the Hamblin Scramble and Fast Track trail challenges in Idaho Springs (these races were previewed in previous years).

Also, in mid-March we stepped out of Colorado to neighboring Arizona for the Valley of the Sun Marathon and half-marathon in east Mesa. This was a point-to-point half-marathon starting at 6:00 a.m. (Bus left for the start at 5:00 a.m.) in the East Mesa Desert at daybreak. The run progressed relatively downhill through three miles of natural desert studded with various cacti, especially the tall saguaro, and then entered neighborhood and ended up on a local high school track. The morning was very cool, but warmed up very rapidly after sunrise, reaching the mid-eighties at the end of the race.

Once you're over the hill, you just keep running!

The Tour began moving into high gear with the onset of spring. April 2 was our first of several trips to the Western slope to challenge the Widow-Maker (so called because of bike crashes) an eleven mile trail run, part of the Mesa Striders Trail Series. With a 10:00 a.m. start, we could leave a little later and experienced the spectacular Alpenglow of sunrise on the snow-capped peaks in Summit County. I always marvel at the awesome variety of scenery when I drive across our state. By race time it was 60° plus, with bright sunshine and crystal clear blue sky, criss-crossed with multiple vapor trails. The eleven mile well-flagged loop trail was quite challenging with several steep grades up and down, dirt roads, single-track and dry, sandy stream-bed loaded with rocks (no falls!). We also needed to carry water as there was only one aid station. There also were great views of the Grand Mesa, still covered with snow this early in the spring. You trail hounds would like the challenge, and also meet the friendly trail-running family in the Mesa Striders Running Club.

Moving rapidly into spring, there are always some spring snow surprises. The inaugural Greenland Trail Run (that is, Greenland, Colorado between Castle Rock and Monument Hill) was no exception. The race options were to pick between a 12½, 25 or 50K run. This was the Colorado State 25K and 50K trail championship race. But due to recent snows, with some melt, the trail was muddy in some areas and snow-packed single-track at other areas - lots of wet feet. The course was a 7½-mile loop, actually quite nice, all in the Greenland Open Space including about a mile through a patch of juniper trees, reaching 7200 feet in the junipers, with an overall 500 foot elevation gain. Race day was foggy, with rapid burn-off to bright sun, again with great views of the picturesque Front Range mountains and Pikes Peak. This trail run is a keeper, especially with better trail conditions.

Our local Tour stops for April included the Boulder Earth Day 5K and our own (CRMA) inaugural Sand Creek Trail 5K in the old Stapleton area. The Sand Creek course was rolling, all on dirt, and including Front Range mountain views, stretching from Long's Peak all the way to Pikes Peak. Let's keep this one!

The final Tour adventure for April was a weekend overnight "double" to the Western slope, beginning with an early Saturday morning drive to Montrose with a full moon making the snow on the mountain tops almost luminous, especially over Vail Pass. The sunrise was especially lovely, highlighting the multiple colors on the walls in Glenwood Canyon.

In Montrose the day was bright and sunny for the "Run for the Womens' Shelter," a 5K. This was a cross-country run on a loop course of single-track along the base of a small mesa and the bike trail along the Gunnison River. What a nice chance to meet fellow runners in the San Juan Mountain running club! Look for a half-marathon trail run in this area in '06.

After a nice breakfast we proceeded to Grand Junction for the inaugural Spring Desert Running Festival including a 25/50-mile trail run on Saturday and a 10-mile trail loop on Sunday. The course was on various local loops of the well-known and much longer Kokopelli Trail, which extends from west of Grand Junction to Moab, Utah. The canyon views of the Colorado River were spectacular, but after a beautiful, sunny Saturday, cool weather, rain and fog came in Saturday night, with only partial clearing by race time. The damage, however, was already done! Lots of mud, with some difficulty negotiating up and down hills in the mud, and several stops to knock the mud off your shoes. Ick! The Ultra folks running the 25 and 50-mile on Saturday had outstanding spring weather. You trail lovers, especially you ultra trail lovers, put this one on your calendar in '06 and hopefully you'll have better weather.

April concluded with a short trip to Ft. Collins for the popular 9th Annual 5K benefitting the Child Advocacy Center. Note that there are more and more local races supporting many humanitarian organizations.

Continued next Issue

Once you're over the hill, you just keep running!

**Lake Arbor 5K
Jan. 7, 2006**

January, where was the snow, cold and ice? This was a great race to off a New Year. We had 70 participants come out in awesome weather.

Overall male was Keith Johnson with a time of 17:07, overall woman was Christine Adamowski with a time of 20:44.

Our thanks to Great Harvest Bread for the bread, cinnamon rolls, cookies and muffins and to Boulder Running Company for the Gift Certificates.

Thanks also to the volunteers: Ken Simons, Jim DiZerega, Tom Alison, Joe Baird, Rob Fisher and Joe Sanchez. It's the volunteers that make things 'run' so smooth.

Ken Randall

Overall Results

Place	Name	Age	Time
1.	Kieth Johnson	44	17:07
2.	Andrew Adamowski	31	17:42
3.	Tim Dolen	49	17:51
4.	Jim Perry	44	19:56
5.	Paul Welschinger	48	20:02
6.	Glenn McCarthy	56	20:27
7.	Scott Chamberlin	49	20:34
8.	<i>Christine Adamowski</i>	38	20:44
9.	<i>Lara Usinowicz</i>	35	20:49
10.	Bob Cailouette	51	21:05
11.	Dave Slingsby	36	21:23
12.	Lou Huie	59	21:42
13.	Kent Enwright	43	21:51
14.	Jay D. Trujillo	47	21:53
15.	Bruce Dahm	37	21:57
16.	Dan Tollin	33	22:30
17.	Pat Drayton	57	22:56
18.	Ross Westley	69	23:03
19.	Ric Robiutte	53	23:11
20.	Chris Stone	39	23:13
21.	Ken Lotz	55	23:23
22.	Robert Kanieski	28	23:31
23.	Scott McFarlane	54	23:37
24.	Bob Gassen	58	23:41
25.	<i>Deborah Acree</i>	53	23:53
26.	Jim Fay	54	24:03
27.	Richard Romero	69	24:08
28.	Gale Meuret	58	24:30
29.	Ed Youngberg	62	24:49
30.	George Huner	52	24:52

31.	Kent Mitchell	64	24:57
32.	<i>Melissa Johnson</i>	40	24:58
33.	Dan Shaw	46	24:59
34.	Mitch Chesbro	47	25:24
35.	Jeff Dawson	57	25:35
36.	Rich Martinez	59	25:42
37.	<i>Taunya Wilson</i>	59	25:47
38.	Sam Wood	47	25:54
39.	Colin Whitmore	42	26:13
40.	<i>Jan Huie</i>	56	26:24
41.	Doug Tollin	61	26:26
42.	Jim Peterson	67	26:40
43.	J. Gutierrez	53	26:53
44.	<i>Julie Thenell</i>	47	27:01
45.	<i>Michelle Slingsby</i>	36	27:07
46.	Bruce Rasor	57	27:19
47.	Jerry O'Donnell	59	27:24
48.	Jared Hanlon	32	27:27
49.	Roger Rybicka	57	27:28
50.	<i>Carol Johnson</i>	51	27:58
51.	<i>Holly Dahm</i>	36	28:18
52.	Lee Bengston	68	28;24
53.	Rick Voorhees	53	29:15
54.	Earl Beam	55	29:32
55.	Ken Green	76	30:16
56.	Tom Duran	58	30:55
57.	Tom Alison	68	31:14
58.	Palmer Beam	62	31:16
59.	<i>Lynn Young</i>	49	31:26
60.	Don Robinson	73	31:48
61.	Charlie Schmucker	59	33:35
62.	Wayne Mathis	62	34:53
63.	<i>Fay DiZerega</i>	63	35:18
64.	Ken Nakauchi	68	36:28
65.	<i>Terry McFarlane</i>	55	37:52
66.	<i>Patricia Crespi</i>	47	37:53

RACEWALKERS

1.	<i>Darla Yoerg</i>	38	36:06
2.	<i>Rosalia Murch</i>	65	39:59
3.	Neil Horton	64	39:55
4.	<i>Linda Neale</i>	61	50:38

**LAKE ARBOR
AGE Group Awards**

Overall Man		Overall Woman	
Name	Time	Name	Time
Keith Johnson	17:07	Christine Adamowski	20:44

75 and Over

1. Ken Green	30:16
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70 and Over

1. Don Robinson	31:48
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65 - 69

1. Ross Westley	23:03
2. Rich Romero	24:08
3. Jim Peterson	26:40
4. Lee Bengston	28:24
5. Tom Alison	31:14

60 - 64

1. Ed Youngberg	24:49	Fay DiZerega	34:53
2. Kent Mithchell	24:57		
3. Doug Tollin	26:26		
4. Palmer Beam	31:16		
5. Wayne Mathis	33:35		

55 - 59

1. Glenn McCarthy	20:27	Taunya Wilson	25:47
2. Lou Huie	21:42	Jan Huie	26:24
3. Pat Drayton	22:56	TerryMcFarlane	37:52
4. Ken Lotz	23:23		
5. Bob Gassen	23:41		

50 - 54

1. Bob Cailouette	21:05	Deb Acree	23:53
2. Ric Robinette	23:11	Carol Johnson	27:58
3. Scott McFarlane	23:37		
4. Jim Fay	24:03		
5. George Huner	24:52		

45 - 49

1. Tim Dolan	17:51	Julie Thenell	27:01
Paul			
2. Welschinger	20:02	Lynn Young	31:16

3. Scott Chamberin	20:34	Patricia Crespi	37:52
4. Jay D. Trujillo	21:53		
5. Dan Shaw	24:59		

40 - 44

		Melissa Johnson	24:58
1. Jim Perry	19:56		
2. Kent Enwright	21:51		
3. Colin Whitmore	26:13		

35 - 39

		Laura Usinowicz	20:49
1. Dave Slingsby	21:23	Michelle Slingsby	27:07
2. Bruce Dahm	21:57	Holly Dahm	28:18
3. Chris Stone	23:13		

34 and Under

1. Andrew Adamowski	17:42
2. Dan Tollin	22:30
3. Robertt Kanieski	23:31
4. Jared Hanlon	27:27

Racewalkers

1. Neil Horton	39:55	Darla Yoerg	36:06
2.		Rosalia Murch	39:58
3.		Linda Neale	50:38

Shop at our Sponsor
Runners Choice
2460 Canyon Blvd. Boulder
303 499-8551

CMRA BANQUET

We express our thanks to the Christie's for hosting our Annual Banquet again this year. The food was outstanding and the evening was enjoyed by all.

Jerry O'Donnell's presentation on his and Jim Romero's trip to Kilimanjaro was superb-educational and entertaining. Thanks Jerry.



Forty Furlongs**Sat. Feb. 11, 2006 9 AM**

Warm up your winter running with this fast
CMRA 5 mile race

To reach the start, go west on Bowles from
Santa Fe Dr. to the dome at South Suburban
Golf and Tennis Club. Park on the east side
of the "Bubble" at South Platte River.



SPRING SPREE 10K
SUN MARCH 18, 2006
9 AM

Twin Lakes Park

Directions:

Take I-25 to Boulder Turnpike (west). Exit at Pecos and get back on the turnpike going east (you can't exit at Broadway going west). Exit at Broadway and go south, then turn west onto 70th Ave and park on the North side at the Park-N-Ride. Race starts directly south across the street at Twin Lakes Park

Sand Creek 5 Miler
Stapleton
April 8, 2006 9 AM

The trail is located south of I-70
between Quebec and Peoria.

More details will be coming in the
next Newsletter and on the website.

WANTED!!!!!!

Another Co-Editor for the newsletter.
Can contact Ken Randall.

2006 OFFICERS

President: TBA

Vice President: Rob Fisher 303-738-0115

Secretary: TBA

Treasurer: Tom Alison 303-791-6166

Membership Chair: TBA

Quartermaster: Joe Sanchez 720-962-6642

CO-Editors:

Julie Kimpel (*March, July, November Issues*)Phone: 303-232-0881 Email: Kimpel@hotmail.com

989 Van Gordon St Golden CO 80401

Ken Randall (*January, May, September Issues*)Phone: 303-422-3745 Email: runnerincolorado@juno.com

10900 W 41st Ave WheatRidge CO 80033-3918

CMRA Website: <http://www.comastersrun.org/>**BOARD OF DIRECTOR**

*Rob Fisher, Todd Dunning, Scott McFarlane,
Joe Baird, Ken Randall, Tom Alison, Rich Romero,
Julie Kimpel, Melissa Johnson, Mike Vanoni,
Chris Vanoni*

The Colorado Masters Running Association newsletter is published bi-monthly. Issues are mailed approximately the 1st day of February, April, June, August, October, and December. Distribution is free to all 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 editors listed above.

Membership information is available from the Membership Chairperson and at all races.

The CMRA is a non-profit group organized to promote running and walking for health and exercise. The club conducts regular running activities, including training sessions, fun runs, races, and social events. Membership in CMRA is open to all, regardless of skill or experience.

Annual dues are \$25 for individuals and \$35 for families.

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION
MEMBERSHIP APPLICATION
CALENDAR YEAR JANUARY-DECEMBER 2006**

For the mutual benefit of runners and racewalkers 35 years and older
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,(men)75+

Racewalkers

Male and Female divisions

Dues: Single member **\$25.00 per year** Family (household) **\$35.00 per year**

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: _____ B'date : _____

Name: _____ Sex: _____ B'date: _____

Name: _____ Sex: _____ B'date: _____

Name: _____ Sex: _____ B'date: _____

Mail completed form with check payable to

"CMRA"

8100 E. Union Ave. #R 1601

Denver, CO 80237

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

Work a race _____ Event Director _____ Member Board of Directors _____

Newsletter Editor _____ Event registration _____ Member Recruitment _____

Membership Database _____ Quartermaster Corps _____ Coaching _____

Racewalking Training _____ Course Measurement _____ Race committee _____

Newsletter: (please select one)

_____ I will download from the website "www.comastersrun.org"(dates will be e-mailed to you)

_____ Please mail it snail mail

Revised 10/14/05

2006 COLORADO MASTERS RUNNING ASSOCIATION SCHEDULE

Registration begins 1 hour prior to race time. \$10 for non-members.

For more information or to volunteer, call race director listed below or log on to our website:

www.comastersrun.org

Jan	7	Sat	9 AM	Lake Arbor	Lake Arbor 5K	Ken Randall	303-422-3745
Feb	11	Sat	9 AM	S. Suburban Tennis Center	40 Furlongs (5M)	Lee Bengston	303-367-1058
Mar	18	Sat	9 AM	Twin Lakes Park	Spring Spree	Tom Alison	303-791-6166
						Rich Romero	303-751-4284
Apr	8	Sat	9 AM	Stapleton	Sand Creek 5 Mile	Rob Fisher	303-738-0115
May	21	Sun	9 AM	Writer's Vista Park	Memorial Run 10K	Rosalie Murch/ Connie Ahrnsbrak	303-693-2278 303-985-1168
Jun	10	Sun	8 AM	TBD	TBA		
July	16	Sun	8 AM	Christies @ Genesse	Mountain Madness 12K*	Jim Romero	303-794-2952
Aug	16	Wed	6:30 PM	Fairmount Park, Golden	Fairmont 5K Trail	Pat Phillips	303-279-4305
Aug	27	Sun	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail 10K	Wayne Mathis	303-979-9592
Sept	17	Sun	8 AM	Barr Lake State Park	Barr Lake 1/3/Marathon	Dave Black	303-781-1738
Oct	15	Sun	9 AM	Randy's Ranch, Louisville	Coal Creek XC Challenge 5.5	Bruce Kirschner/ Randy Luallin	303-666-0864 303-765-5572
Nov	18	Sat	9 AM	Chatfield Lake State Park	Chatfield 10 Miler	Kim Massey	303-904-4542
Dec	9	Sat	9 AM	Prospect Park Wheat Ridge	Clear Creek 4-Miler	Scott McFarland Vici DeHaan	303-494-1782
*				PANCAKE BREAKFAST			
*				5K FOR RACEWALKERS			
***				5 MILES FOR RACEWALKERS			

CMRA
8100 E. UNION AVE.
R1601
DENVER, CO 80237

Once you're over the hill, you just keep running!