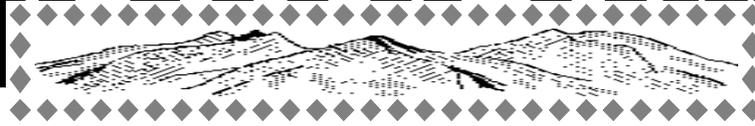


# MASTER TIMES



July/August 2006

Volume 38, Issue 4

## PRESIDENT'S CORNER

By Ken Simons

This is my way of introducing myself as the incoming president of the board. I am looking forward to serving this fine organization. I'm glad there are so many of you who know what it takes to make the club function well and are willing to volunteer your time and effort to make it happen. Certainly I will be depending on you.

One thing about me is that I've been running for a long time and have always liked running. Keeping in mind that I'm talking about very small schools (in Iowa), I was one of the fastest in Jr. High when playing "keep-away" with a softball. This was one of their favorite activities during recess. Then in 10<sup>th</sup> grade, I transferred to a school that had a track and field program. This resulted in my running on a very good 2-mile relay team as well as running the mile. Following this, I had a good cross-country season as a freshman at a small Nebraska college.

Then deciding to transfer to Iowa State, I didn't run very much or very consistently again until I was in my late 20's. In 1964, I ran a few handicap races with very little training with the "other running club (RMRR)". I resumed running and racing again in 1967 and still am doing that. At first my mileage was quite low, but it increased during my late 30's in order to run the Mt. Evans race and marathons. The mileage increased further during my 40's in order to compete in age-group races. This is when I did some of my better running. I also ran a lot of races, racing most weekends. Often, my wife Shirley ran them with me. During the past 10 years, I've run mostly trails and trail races because it seems to be easier on my body. I've done some race-walking also in the past, but that didn't seem to hold my interest. The past year, I've been battling sore ligaments around my left knee, apparently because I hadn't stretched my quads enough. So I'm not running that well right now. But the main thing is that I want to keep running.

My running might have had some (positive?) influence on my family. My wife still runs, although she is no longer interested in racing. All 3 daughters have run at some time during their life, and one of them still runs and races (as does her husband and one of her daughters).

Cross-country skiing is something I really enjoy during the winter months. A somewhat unrelated activity, golf, is something I've tried to learn the last few years, largely because my wife is into it. I sort of enjoy looking at the contrast between the two activities regarding what is emphasized.

I spent my working career as a statistician, the first 3+ years at Martin Marietta, followed by 27 ½ years at IBM, retiring from there. After this, I taught math and statistics as an adjunct for 5 years at Metro State, ACC, and CCD.

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## South Valley Park 10K 2006

By Deb Acree  
June 10, 2006

Some people thought it was adventure racing because they dodged rattlesnakes. That goes with the territory this time of year in Colorado. Runners started in South Valley and skipped over a ridge to Ken Caryl Metropolitan District. Thanks to Scott McFarlane runners stayed on dirt trails the whole time. He rode his bike out the night before and inserted the Columbine trail on the course instead of running along the side of an asphalt road.

A special thanks to Rob Fisher who had to make sure three groups were included on the insurance. Dependable volunteers at the finish line Joe Baird and Tom Alison gave the runners their times. Joe Sanchez rose early to help set up the course and again Scott M. rode his mountain bike to place water etc. My sisters, Cindy Olds and Kathy Baron were running around and riding bikes before 7:00am to help out. Ken Green was the man at the water table on the other side of the ridge. Diane Caterbury encouraged finishers. Jerry Murch took care of the water in the parking lot. At the top of the hill Connie Ahmsbrak registered people and put them in the drawing. Jay Trujillo's nephew, Jimmy Perez ran errands. Julie Kimpel brought a van full of kids. Kids placed as follows: Two first place winners, Ivana Archer and Courtney Kimpel, followed by Jimmy Perez, Katrina Kimpel, Kayla Kimpel, and Cody Kimpel.

Altogether it was a small competitive group. The results speak for themselves. The overalls are quite impressive. Check out the finishers in their 60's and 70's. Let's do it again next year.

NAME                      Age    Time                      NAME                      Age    Time

<b>1. Eric Ndikumana</b>	<b>16</b>	<b>39:21</b>	<i>19. Shane Holonitch</i>	<i>55</i>	<i>58:32</i>
2. Joseph Manilafasha	15	41:42	20. Bob Zweifel	40	59:11
<b>3. Esmeralda Martinez</b>	<b>19</b>	<b>45:46</b>	21. Spiderman	55	61:21
4. Jeff Young	50	46:33	22. <i>Melissa Johnson</i>	<i>40</i>	<i>62:56</i>
5. Mauro Martinez	16	46:34	23. <i>Jan Huie</i>	<i>56</i>	<i>66:37</i>
6. Paul Welschinger	49	49:01	24. Joe Sanchez	69	66:49
7. Tom O'Brien	50	49:23	25. <i>Kathy Klesmit</i>	<i>54</i>	<i>68:20</i>
8. Irving Reza	14	49:34	26. Gabe Sisneros	67	69:51
9. Joe Franklin	38	50:27	27. Earl Beam	55	75:07
10. Steve Holonitch	48	51:53	28. Bill Norris	53	78:31
11. Michael Hoffman	38	53:28	29. Frank Hathorn	72	81:17
12. Jay D. Trujillo	47	53:53	30. Palmer Beam	62	81:59
13. Sam Grandos	15	54:11	31. <i>Rosalia Murch</i>	<i>65</i>	<i>83:53</i>
14. Lou Huie	59	54:46			
15. Robert Kanieski	29	55:30	<b><u>Racewalker 5K</u></b>		
16. Kool Shades	68	55:34			
17. Jim Gee	59	56:27	<i>Kim McMichael</i>	<i>40</i>	<i>38:36</i>
18. Rich Romero	69	57:01	Lew Hutch	68	43:43

Once over the hill, you pick up speed!

### South Valley Park 10K Age Group awards

Overall	Women	Time	Men	Time
	Esmeralda Martinez	<b>45:46</b>	Eric Ndikumana	<b>39:21</b>
<b>70 Plus</b>				
			1. Frank Hathorn	81:17
<b>65-69</b>	Rosalia Murch	83:53	1. Ken Randall	55:34
			2. Rich Romero	57:01
			3. Joe Sanchez	66:49
			4. Gabe Sisneros	69:54
<b>60-64</b>				
			1. Palmer Beam	81:59
<b>55-59</b>				
	1. Shane Holonitch	58:32	1. Lou Huie	54:46
	2. Jan Huie	66:37	2. Jim Gee	56:27
			3. Scott McFarlane	61:21
			4. Earl Beam	75:07
<b>50-54</b>				
	Kathy Klesmit	68:20	1. Jeff Young	46:33
			2. Tom O'Brien	49:23
			3. Bill Norris	78:31
<b>45-49</b>				
			1. Paul Welschinger	49:01
			2. Steve Holonitch	51:53
			3. Jay D. Trujillo	53:53
<b>40-44</b>				
	Melissa Johnson	62:56	1. Bob Zweifel	59:11
<b>35-39</b>				
			1. Joe Franklin	50:27
			2. Michael Hoffman	53:28
<b>34 &amp; Under</b>				
			1. Joseph Manilafasha	41:42
			2. Mauro Martinez	46:34
			3. Irving Reza	49:34
			4. Sam Grandos	54:11
			5. Robert Kaneski	55:30
			1. Joseph Manilafasha	41:42
<b>Racewalkers 5K</b>				
	Kim McMichael	38:36	Lew Hutch	43:43

Once over the hill, you pick up speed!

## Mountain Madness 12K, Genesee

by Jim Romero  
July 16, 2006

Fifty strong showed for the 12K, with everyone looking for an easy and cool workout. It was a great morning, ideal setting and no one seemed to mind the 7:30 a.m. start.

First runner across the finish line on the male side was 41-year old Shaun Noble, 52:44. Not only was our first female a master, but fifth overall, fast and friendly Karen Voss, 55:25. A notable great time was also turned in by 58-year old Bob Cooper, 53:09, close on Shaun's heels.

It was nice to see our northern members drive down to run; Fearless Fay Dizerega and Roger Rybicka from Ft. Collins as well as Bob Caillouette from Milliken.

A big thank you to all the volunteers, especially my wife Marie and my daughters, Sandra & Rhonda at the water stations. Registration was handled by Connie Arhmsbrak & Jerry Murch with help from Deb Acree's sister Kathy. Also, Carol Bengston, Mike Vanoni, Levi Gonzales, Penelope, and Ken Simon out on the course. At the finish line we had Joe Baird, Pat Phillips, Rob Fisher, Adam Feerst and Tom Alison. Thanks to Jerry & Penelope O'Donnell for helping with awards. Jerry will be co-director of the Mountain Madness next year. In addition, thanks to Rosalie Murch for maintaining all the registration "stuff" and Scott McFarlane for race labels.

Thank you Great Harvest Bread for our daily bread and most importantly a big thanks to Dave and Jane Christie for the use of their beautiful place at Genesee.

PLACE	NAME	TIME	AGE
1	Shaun Noble	0:52:44	41
2	Bob Cooper	0:53:09	58
3	Eric Windholz	0:53:56	37
4	Bob Caillouette	0:55:15	51
5	<i>Karen Voss</i>	0:55:25	41
6	Tom O'Brien	0:55:46	50
7	Jay D. Trujillo	0:57:01	47
8	Rick Keim	0:57:31	62
9	Dan Shaw	0:59:14	47
10	Alan H. Johnson	0:59:20	45
11	Bruce Dahm	0:59:52	37
12	Jim Romero	1:00:16	66
13	Brett Allendorf	1:00:51	37
14	Jim Fay	1:01:40	54

Once over the hill, you pick up speed!

15	Pete Szymanski	1:01:41	50
16	Chris Stone	1:02:19	39
17	<i>Alisa Emerson</i>	1:02:20	33
18	Richard Romero	1:02:43	69
19	Kent Mitchell	1:02:52	64
20	Scott McFarlane	1:04:19	55
21	Bob Zweifel	1:05:41	40
22	<i>Deb Acree</i>	1:05:55	54
23	Mark Ramsey	1:05:57	43
24	Tom Chambers	1:06:06	63
25	Tony Khorouzan	1:07:17	43
26	Lee Bengston	1:07:27	68
27	<i>Melissa Johnson</i>	1:09:18	40
28	<i>Eve Sheridan</i>	1:09:19	27
29	<i>Holly Dahm</i>	1:09:20	36
30	Mitch Chesbro	1:09:50	47
31	Rick Stubbs	1:09:59	57
32	Adam Bowyer	1:10:02	30
33	<i>Taunya Wilson</i>	1:10:12	59
34	Rick Voorhees	1:11:42	53
35	Roger Rybicka	1:11:48	58
36	Pitts O'Donnell	1:13:03	60
37	<i>Kathy Klesmitt</i>	1:13:42	50
38	Ken Green	1:17:12	77
39	Larry Vincent	1:20:33	66
40	<i>Rosalia Murch</i>	1:21:00	65
41	Don Robinson	1:21:04	74
42	Dave Banko	1:21:27	55
43	Earl Beam	1:21:36	55
44	<i>Vici Dehaan</i>	1:23:11	71
45	<i>Alice Voorhees</i>	1:23:22	54
46	<i>Christine Vanoni</i>	1:23:27	55
47	<i>Fay Dizerega</i>	1:25:33	63
48	<i>Gigi Nichols</i>	1:30:33	42
49	Charlie Schmucker	1:31:30	60

Once over the hill, you pick up speed!

50	Wayne Mathis	1:43:23	63
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### Mountain Madness 12K AGE GROUP AWARDS

	Overall Men		Overall Women	
Place	Name	Time	Name	Time
	Shaun Noble	52:44	Karen Voss	55:25
<b>75 and Over</b>				
1	Ken Green	1:17:12		
<b>70-74</b>				
1	Don Robinson	1:21:04	Vici Dehaan	1:23:11
<b>65-69</b>				
1	Jim Romero	1:00:16	Rosalia Murch	1:21:00
2	Richard Romero	1:02:43		
3	Lee Bengston	1:07:27		
4	Larry Vincent	1:20:33		
<b>60-64</b>				
1	Rick Keim	0:57:31	Fay Dizerega	1:25:33
2	Kent Mitchell	1:02:52		
3	Tom Chambers	1:06:06		
4	Pitts O'Donnell	1:13:03		
5	Charlie Schmucker	1:31:30		
<b>55-59</b>				
1	Bob Cooper	0:53:09	Taunya Wilson	1:10:12
2	Scott McFarlane	1:04:19	Christine Vanoni	1:23:27
3	Rick Stubbs	1:09:59		
4	Roger Rybicka	1:11:48		
5	Dave Banko	1:21:27		
<b>50-54</b>				
1	Bob Caillouette	0:55:15	Deb Acree	1:05:55
2	Tom O'Brien	0:55:46	Kathy Klesmitt	1:13:42
3	Jim Fay	1:01:40	Alice Voorhees	1:23:22
4	Pete Szymanski	1:01:41		
5	Rick Voorhees	1:11:42		
<b>45-49</b>				

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1	Jay D. Trujillo	0:57:01		
2	Dan Shaw	0:59:14		
3	Alan H. Johnson	0:59:20		
4	Mitch Chesbro	1:09:50		
<b>40-44</b>				
1	Bob Zweifel	1:05:41	Melissa Johnson	1:09:18
2	Mark Ramsey	1:05:57	Gigi Nichols	1:30:33
3	Tony Khorouzan	1:07:17		
<b>35-39</b>				
1	Eric Windholz	0:53:56	Holly Dahm	1:09:20
2	Bruce Dahm	0:59:52		
3	Brett Allendorf	1:00:51		
4	Chris Stone	1:02:19		
<b>34 and Under</b>				
1	Adam Bowyer	1:10:02	Alisa Emerson	1:02:20
2			Eve Sheridan	1:09:19



## PELICAN UPDATE By Connie Ahrnsbrak ([Cahrnsbrak@yahoo.com](mailto:Cahrnsbrak@yahoo.com))

**5/20- Cottonwood Classic 5K, Thornton:** The B-Man (Jim Romero), 23:40 (2<sup>nd</sup>); Patti Gilmour, 24:18 (1<sup>st</sup>); Taunya Wilson, 24:56 (3<sup>rd</sup>); Pitts O'Donnell, 27:17; the Captain (Don Robinson), 29:47 & Penelope, 31:03.

**5/21- Colfax- Marathon:** Miguel Cazares, 2:53 (3<sup>rd</sup>/OA); Ray Rupel, 3:24 (2<sup>nd</sup>); Jeff Young, 3:43; Leslie Mitchell, 4:27; Ed Youngberg, 4:54 & Sir Fred Trentaz, 5:48.

**Colfax Half:** Dave O'Sadnick, 1:33 (1<sup>st</sup>); Kristin Moreau, 1:39 (1<sup>st</sup>); The B-Man, 1:49 (1<sup>st</sup>); Ken Randall, 1:52 (2<sup>nd</sup>); Jack Barry, 1:57 (3<sup>rd</sup>); George Huner, 1:58; Michelle Delpiccolo, 2:00; Connie Ahrnsbrak, 2:02 (1<sup>st</sup>); Jesse Tijerina, 2:05; Doug Tollin, 2:10; Ross Westley, 2:16; John Miranda, 2:17; Jim Peterson, 2:18:29; J Gutierrez, 2:18:35; Earl Beam, 2:25; Jerry Murch, Jr., 2:53; Rosalia Murch, 2:57 (3<sup>rd</sup>) & Leslie Woods/Kim Shenfeld, 3:12.

**Relay Teams:** Planned Pethood Big Dogs, 2:30 (3<sup>rd</sup>) - Julio Bonilla, Joseph Manilafasha, Mauro Martinez, Omar Martinez & Eric Ndikumana. Planned Pethood Little Dogs, 2:59 (3<sup>rd</sup>) - Esmeralda Martinez, Orion Ocampo, Irving Reza & Samantha Towne. RMRR, 3:07 (Scott McFarlane, Pete Szymanski & Ric Robinett). Paul Welschinger, Maren Schrieber, Rob Schrieber, Polly Zimmerman, & Nancy Denniston also ran on teams.

**ING Bay to Breakers 12K, SFran:** Tom Alison, 1:24; Dave Banko, 2:00 & Joan Banko, 2:42.

**5/29- Memorial Run, Colorado Athletic Club: 5K-**Connie Ahrnsbrak, 26:11; Bruce Brandt, 29:35; Rosalie Murch, 37:16.

**Bolder Boulder 10K:** Omar Martinez, 35:04 (7<sup>th</sup>); Miguel Cazares, 35:17 (2<sup>nd</sup>); Fernando Herrera, 35:19 (2<sup>nd</sup>); Steven Sellars, 36:57 (4<sup>th</sup>); Dave O'Sadnick, 39:13 (4<sup>th</sup>); Bob Cooper, 40:27 (1<sup>st</sup>); Jeff Young, 42:00; Karen Voss, 43:09 (1<sup>st</sup>); Bob Caillouette, 43:12 (6<sup>th</sup>); Alan Johnson, 43:14; Bill Smitham, 43:40 (1<sup>st</sup>); Glenn McCarthy, 44:29 (2<sup>nd</sup>); Jay Trujillo, 45:47

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(2<sup>nd</sup>); Dan Shaw, 45:55 (1<sup>st</sup>); Jill Sellars, 46:30 (7<sup>th</sup>); Jim Romero, 47:22 (1<sup>st</sup>); Pete Szymanski, 47:38; Kent Mitchell, 48:15 (3<sup>rd</sup>); Bill Faulkner, 49:05 (4<sup>th</sup>); Taunya Wilson, 51:37 (1<sup>st</sup>); Jim Peterson, 54:29 (7<sup>th</sup>); Pitts O'Donnell, 54:53; Doug Tollin, 54:54; Gale Meuret, 55:38; Pat Emigh, 56:01; Fred Trentaz, 57:07; Earl Beam, 59:13; Ken Green, 1:01 (1<sup>st</sup>); Don Robinson, 1:02 (4<sup>th</sup>); Penelope, 1:04; Frank Hathorn, 1:07 (5<sup>th</sup>); Marriott Smart, 1:15; Kim Shenfeld, 1:18 & Leslie Woods, 1:26.  
**6/4-Mickelson Half, Deadwood, SD:** Bob Cooper, 1:29 (3<sup>rd</sup>); Bruce Dahm, 1:32; Connie Ahrnsbrak, 1:50 (1<sup>st</sup>); Neddie Legg, 1:53:09 (3<sup>rd</sup>); Jim Peterson, 1:53:30 (1<sup>st</sup>); Holly Dahm, 2:00; Kathleen Porter, 2:05; Mike Vanoni, 2:07; Christine Vanoni, 2:21 & Fern Oliner, 1:22 (2<sup>nd</sup>).

**Steamboat Half:** Steven Sellars, 1:21 (3<sup>rd</sup>/OA); Jill Sellars, 1:44; Robert Kanieski, 1:50 & Earl Beam, 2:16. **10K-** Jonathan Huie, 35:22 (OA); Philip Dizerega, 45:39; Lou Huie, 47:07 (3<sup>rd</sup>) & Jan Huie, 56:07 (1<sup>st</sup>).

**Teva Spring Runoff: USATF 10K:** Joseph Manilafasha, 50:39 (1<sup>st</sup>); Jeff Young, 1:03 (2<sup>nd</sup>) & Alan Johnson, 1:12 (3<sup>rd</sup>). **10K-** Mauro Martinez, 52:32 (1<sup>st</sup>); Miguel Cazares, 53:07 (2<sup>nd</sup>); David O'Sadnick, 1:01 (2<sup>nd</sup>); Karen Voss, 1:05 (1<sup>st</sup>); Lara Usinowicz, 1:07 (1<sup>st</sup>); Samantha Towne, 1:08 (2<sup>nd</sup>). The B-Man, 1:13 (1<sup>st</sup>); Pete Szymanski, 1:14; Jack Barry, 1:24 (2<sup>nd</sup>) & Polly Zimmerman, 1:26 (1<sup>st</sup>). **5K Mud Run:** Irving Reza, 18:49 (3<sup>rd</sup>); Esmeralda Martinez, 19:29 (3<sup>rd</sup>) & Julio Bonillo, 22:34.

**6/10- Run the Rockies, Frisco:** Kathy Porter, 58:04 & Bruce Brandt, 58:22, also

**Sunrise Stampede, Longmont: 10K-** Philip DiZerega, 43:09; Bob Cailloutte, 43:13 (1<sup>st</sup>) & Vici Dehaan, 1:05 (1<sup>st</sup>). Kent Mitchell, 14:43 (2<sup>nd</sup>) & Jim Peterson, 16:22 (1<sup>st</sup>) ran **2-miles**.

**6/11-Garden of Gods, CS:** Adam Feerst, 1:03 (1<sup>st</sup>); Michael Quispe, 1:06; Dave O'Sadnick, 1:09; Karen Voss, 1:12; Paul Welschinger, 1:17; Peter Szymanski, 1:23; Polly Zimmerman, 1:27 (2<sup>nd</sup>); Jack Barry, 1:29:16 (3<sup>rd</sup>); Kent Mitchell, 1:29:40; Dave Schmaltz, 1:29; Melissa Johnson, 1:44; Stonewall (Ken Green), 1:46 (1<sup>st</sup>); Jim Peterson, 1:48; Roger Rybicka, 1:48; Earl Beam, 1:52 & The Captain, (Don Robinson)1:55.

**Taos Half, NM:** Rich Romero, 1:49 (1<sup>st</sup>), while Tom Alison, 35:35 (2<sup>nd</sup>) in the **5K**. Also, **Teva 10K @ 8, Vail:** The B-Man, 1:01 (1<sup>st</sup>); Alan Johnson, 1:02 & Rick Voorhees, 1:26.

**Mt. Evans Ascent 14.5:** Adam Adamowski, 2:03 (1<sup>st</sup>); Adam Feerst, 2:06 (1<sup>st</sup>); Michael Quispi, 2:24; Ray Blum 2:38; Alan Johnson, 2:49 & The B-Man, 2:59 (1<sup>st</sup>).

**6/18- Stadium Stampede 5K:** Mauro Martinez, 18:32 (1<sup>st</sup>); The B-Man, 23:36 (1<sup>st</sup>); Rich Romero, 23:40; Jack Barry, 24:50 (3<sup>rd</sup>); Leslie Mitchell, 24:51; Robert Zweifel, 24:52; Race Man (Mitch Chesbro), 25:09; Connie Ahrnsbrak, 25:18 (1<sup>st</sup>); Taunya Wilson, 25:46 (2<sup>nd</sup>); J Gutierrez, 26:19 (3<sup>rd</sup>); Robert Francher, 27:00; Pitts O'Donnell, 27:36 (3<sup>rd</sup>); Bob Ghormley, 28:47; The Captain, 30:29 (2<sup>nd</sup>); Rosalie Murch, 34:42 (2<sup>nd</sup>); Kim Shenfeld, 40:45; Laura McCoy, 40:47 & Leslie Woods, 43:51. *\*Technically Rich Romero would have placed 2<sup>nd</sup>, but did not have a chip.*

**Sailing Shoes 10K, CS:** Lou Huie, 45:47 (2<sup>nd</sup>). **Joe Colton Runs, Rollinsville: 15-miles-**Neddie Legg, 2:27 (2<sup>nd</sup>). **10-miles-**Steven Sellars, 1:04 (2<sup>nd</sup>/OA); Jill Sellars, 1:21; Kent Mitchell, 1:26 (1<sup>st</sup>) & Kathy Klesmit, 1:42 (3<sup>rd</sup>). **10K-**Bruce Brandt, 1:01 (2<sup>nd</sup>). **Estes Park Half:** Jim Peterson, 2:16 (3<sup>rd</sup>).

**6/21-Summer Solstice 5K, CP:** Polly Zimmerman, 24:09 (3<sup>rd</sup>); Mitch Chesbro, 25:54; Earl Beam, 27:44; Ryan Hathorn, 30:55; Frank Hornhorn, 31:09 (2<sup>nd</sup>); Rosalie Murch, 34:23 (1<sup>st</sup>) & Santa Card, 37:19 (3<sup>rd</sup>). Hunter & Taylor Marie Karickhoff ran the **1K** (Connie's grandkids).

**6/23-Aurora Courthouse Cancer Relay for Life:** Connie Ahrnsbrak/Rosalie Murch ran laps for the 8 pm to 11 pm slot. *Unfortunately all on cement!*

**6/24-Northstride, Sloans Lake: 10K-**Omar Martinez, 34:50 (1<sup>st</sup>); Miguel Cazares, 35:54 (1<sup>st</sup>); Isaiah Rubio, 38:21 (2<sup>nd</sup>); Esmeralda Martinez, 41:24 (1<sup>st</sup>) & Karen Voss-Szymanski, 43:44 (1<sup>st</sup>). **5K-** Joseph Manilafasha, 15:48 (1<sup>st</sup>); Eric Ndikumana, 16:03 (2<sup>nd</sup>); Oscar Ponce, 16:33; Julio Bonilla, 16:56 (3<sup>rd</sup>); Samantha Towne, 19:38 (1<sup>st</sup>); Irving Reza, 20:04

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(1<sup>st</sup>); Jeff Young, 20:08 (1<sup>st</sup>); Bill Smitham, 20:48 (1<sup>st</sup>); Pete Szymanski, 22:53; Jack Barry, 23:43 (2<sup>nd</sup>) & Taunya Wilson, 24:12 (1<sup>st</sup>).

**Slacker Half, Loveland Ski to Georgetown:** Susan Bellard, 1:33 (3<sup>rd</sup>); Bob Caillouette, 1:36; Jay Trujillo, 1:38; Leslie Mitchell, 1:50; Earl Beam, 2:11 & Vici Dehaan, 1:41 (1<sup>st</sup>). **4-Mile:** Mitch Chesbro, 31:27 (2<sup>nd</sup>); Santa Card, 44:27 (1<sup>st</sup>) & Leslie Woods, 52:56. **Jackson Hole Half, WY:** Editor Fern Oliner, 2:29 (1<sup>st</sup>). *What a beautiful place!*

**6/25-Golden Gate Canyon Half:** Eric Ndikumana, 1:39 (2<sup>nd</sup>/OA); Omar Martinez, 1:43 (1<sup>st</sup>); Joseph Manilafasha, 1:49 (1<sup>st</sup>); Samantha Towne, 1:56 (OA); Irving Reza, 1:59 (2<sup>nd</sup>); Karen Voss, 2:00:50 (1<sup>st</sup>); Jeff Young, 2:00:54 (1<sup>st</sup>); Kirsten Moreau, 2:02 (1<sup>st</sup>); Alan Johnson, 2:13; Spiderman (Scott McFarlane); 2:30; Strider (Tom Chambers), 2:42 & Melissa Johnson, 2:57. *CM volunteers were Dave Black, Christine/Mike Vanoni & Connie Ahrnsbrak.*

**6/27 –Twilight 6.5 Trail, White Ranch:** Marc Weaver, 1:08 & Connie Ahrnsbrak, 1:14. *Thank you Spiderman-course sweeper; Kristen Moreau & young sons @ water station & Michael Quispi @ finish.*

## Kudos To Colorado Masters Running Group

Alyn Park & Jay Wissot ran their first Colorado Masters race at the Spring Spree and Alyn sent in the following:

I did not know about the Colorado Master's Runner's Association, but was given a "heads up" by Jim Romero. The family membership is \$35 and you can run all their organized races for free. Since they were the only race offering longer than a 5K on that weekend, we did it. They really do a nice job. They had engraved (pre-engraved, obviously) medals for all the age groups in 5 year increments. They also had all these drawings for gift certificates to RR and free bread from the Great Harvest.

They were incredibly nice; and it really does support "veteran runners". I think you have to be 35 to join. (*Editors note-we welcome all ages!*) I was most impressed about their timeliness in "getting things set up and going". A few of the smaller RMRR races I have attended have been a bit less organized, although they also do a wonderful job with volunteer resources.

Jay and I ended up getting there really early because we did not know the location, but their volunteers were there getting ready. **So kudos to them!** I think it has something to do with the chronology of the group; very admirable on limited resources. That is why we should all give our time or money to volunteer!

(*Editor Fern Oliner's note: Connie Ahrnsbrak and Rosalia Murch are two of the most active members of this group. They help with the registration at most every race.*)

Shop at our sponsor!  
Runners Roost  
2685 S. Colorado Blvd. 303 759-8455  
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

Once over the hill, you pick up speed!

**Fairmount 5K Trail -Wednesday, August 16 - 6:30 PM Fairmount Park in Golden**

Take I-70 west to highway 58 (Immediately after the Ward Road exit). Take the first exit off 58th to McIntyre. North on McIntyre to 54th. West on 54th to Quaker. South on Quaker to Fairmount Park.

From I-70 eastbound, take the Ward Rd exit. Stay in the right lane as you exit and turn right onto Ward Road. Take Ward Road north to 52nd Ave. Take 52nd Ave west to McIntyre. Go north on McIntyre to 54th, west on 54th to Quaker. Take Quaker south to Fairmount Park.

For more information or to volunteer call Pat Phillips at 303-279-4305.

**Elk Meadow 10K - Sunday, August 28 - 8 AM Elk Meadow Park, Evergreen**

A challenging run on a beautiful trail. (Not for Run-Walkers).

Take I-70 west to exit 252. Go south past Bergen Park to Stagecoach Blvd and right on Stagecoach. Go up to the parking lot of the park on the right.

For more information or to volunteer call Wayne Mathis at 303-979-9592.

**Barr Lake 1/3 Marathon – Sunday, September 17 – 9AM – Barr Lake State Park**

Take I-76 northeast from Denver, exit on Bromley Lane. Go east to Picadilly Road, then south to the park entrance. Follow the signs to the visitor center.

**Coal Creek Cross Country Challenge 5.5 Miles – Sunday, October 15, 9 AM – Louisville**

This is a CMRA race you don't want to miss! We offer a true cross country race with dirt trails, farmer's fields, ditches, hills and even a stream crossing. Full of Surprises! \*\* Word to the Wise: bring an extra pair of shoes or sandals for afterwards.

The Coal Creek Cross Country Challenge is pleased to welcome Boulder Beer as a race sponsor this year!

Directions from Denver and points south:

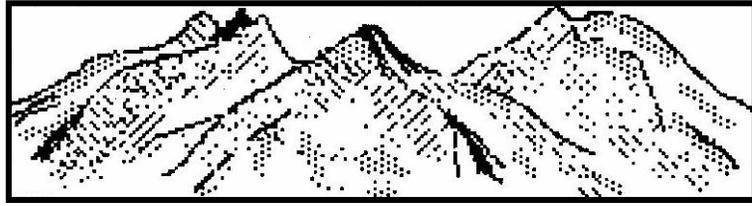
Take the Boulder Turnpike (Highway 36) northwest toward Boulder. Take the second exit after Broomfield, which is Storage Tech Drive. Make a right off the exit ramp heading north. Continue north to 2<sup>nd</sup> traffic light. Make a left onto South 96<sup>th</sup> Street. Continue north through traffic light on Dillon Road, go about a half-mile and make your first left turn onto County Road (just before the railroad overpass). After coming down a short steep hill, make your first left turn onto Bella Vista Drive, and the your first right turn into the park and parking areas.

Directions from Boulder and points north: Take South Boulder Road east to Main Street, Louisville. Make a right and head south about 1 mile to the 4-way stop at the intersection of Main Street and Pine Street (the Blue Parrot Restaurant is on the SE corner). Make a left onto Pine Street. Make the first right onto Front Street. Continue south about ¼ mile and make a right turn into the Louisville Community Park and parking.

The Mapquest Map has not yet been updated, but can get you to the vicinity. South 96<sup>th</sup> St. now crosses the Southern Pacific RR tracks. If heading north you will need to turn left on County Road just before the crossing.

For Race Information or to volunteer call Bruce Kirschner at 303-666-0864

**Once over the hill, you pick up speed!**



### **2006 OFFICERS**

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The Colorado Masters Running Association newsletter is published bi-monthly. Issues are mailed approximately the 1<sup>st</sup> 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.*

**Once over the hill, you pick up speed!**

**2006 COLORADO MASTERS RUNNING ASSOCIATION SCHEDULE**

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

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

[www.comastersrun.org](http://www.comastersrun.org)

Date	DOW	Time	Location	Name	Director(s)	Phone
Jan 7	(Sat)	9 AM	<a href="#">Lake Arbor</a>	Lake Arbor 5K	Ken Randall	303-422-3745
Feb 11	(Sat)	9 AM	<a href="#">S. Suburban Tennis Center</a>	40 Furlongs (5M)	Lee Bengston	303-367-1124
Mar 18	(Sat)	9 AM	<a href="#">Twin Lakes Park</a>	Spring Spree 10K	Tom Alison Rich Romero	303-791-6166 303-751-4284
Apr 8	(Sat)	9 AM	<a href="#">Stapleton</a>	Sand Creek 5 Miler	Rob Fisher	303-363-2377
May 20	(Sat)	4 PM	<a href="#">Writer's Vista Park</a>	Memorial Run 5K & Potluck	Rosalie Murch Connie Ahrnsbrak	303-693-2278 303-985-1168
Jun 10	(Sat)	8 AM	<a href="#">South Valley Park</a>	South Valley 10K	Deb Acree	303-279-7020
Jul 16	(Sun)	7:30 AM	<a href="#">Christies @ Genessee</a>	Mountain Madness 12K **	Jim Romero	303-794-2952
Aug 16	(Wed)	6:30 PM	<a href="#">Fairmount Park, Golden</a>	Fairmount 5K Trail	Pat Phillips	303-238-4405
Aug 27	(Sun)	8 AM	<a href="#">Elk Meadow, Evergreen</a>	Elk Meadow Trail 10K	Wayne Mathis	303-979-9592
Sep 17	(Sun)	9 AM	<a href="#">Barr Lake State Park</a>	Barr Lake 1/3 Marathon	Dave Black	303-781-1738
Oct 15	(Sun)	9 AM	<a href="#">Louisville</a>	Coal Creek XC Challenge 5.5 M	Bruce Kirschner Randy Luallin	303-666-0864
Nov 18	(Sat)	9 AM	<a href="#">Chatfield Lake State Park</a>	Chatfield 10 Miler	Kim Massey Scott McFarlane	303-765-5512 303-904-4542
Dec 9	(Sat)	9 AM	<a href="#">Prospect Park (Wheatridge)</a>	Clear Creek 4-Miler and Pancake Breakfast	Vici DeHaan	303-494-1782

\*\* 5K for racewalkers

**CMRA**  
**8100 E. Union Ave.**  
**#R1601**  
**Denver, CO 80237**