

MASTER TIMES

March/April 2006

Volume 38, Issue 2

PRESIDENT'S MESSAGE EVER THOUGHT YOU MIGHT LIKE TO LEAD OUR CLUB?

One of the problems to be solved by your Board of Directors is who is going to be President of the Board. According to the by-Laws the board is to select its own officers. At the first Board meeting of the year we had no problem finding a Vice-President, Secretary and a Treasurer, but not one of the members felt that they would or could be President. Rob Fisher has decided that two years as the leader is long enough and it is time to pass along the reins.

It seems that we need to recruit a new board member to take over this office. Now, who will it be? We are sure there is someone out there who could and should take over. The Job? Rob says it only takes about one hour per week.

Duties: Make sure the Insurance and Sanction are acquired. Make sure the Race Director for each race is secure in their job and has all that they need to get the job done, to conduct the bi-monthly meetings, to help set the direction of the club, get people to accomplish all the jobs that need to be done, oversee how the money is spent and plan and direct the annual meeting in January.

There are many members of the Board to help, and we do. Anyone interested? Give Rob Fisher a call at 303-738-0115. He wants to hear from you!!

Shop at our sponsor!

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

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Runners Roost
2685 S. Colorado Blvd. 303 759-8455
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Great Harvest Bread
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Forty Furlongs
February 11, 2006
Lee Bengston

“Forty Furlongs, More-or-Less”, how does that sound? Well, we managed to add 3/10 of a mile by not finding the correct turnaround marker to place the cone. No blame here, the Race Director accepts full responsibility. But amazingly no one complained. I’ve always thought the CMRA was a fine group, but certainly there is at least one anal type among us that really takes the numbers seriously, too seriously. Guess they did not show up. The weather was a little nippy.

Anyway I think the race went well despite the distance screw-up. We started and ended at the tennis bubble, running south to the Carson Nature Center and back. We had hoped to take advantage of the new crushed granite foot path, but most of it was snow-covered, sorry about the concrete.

Our volunteers came through big as usual. Thanks to Mile Vanoni, Joe Sanchez, Alice Voorhees, Ken Simmons, Tom Alison, Connie Ahrensbrak, Rosalia Murch, Howard Palmer, and my dear wife, Carol Bengston, who was responsible for the valentine chocolate hearts. If I missed anyone, sorry! Most importantly, thanks to our members who come out to run and support CMRA.

We got a generous donation of bread for door prizes from the Great Harvest Bread Company at Belcaro, and gift certificates from Runners’ Roost on S. Colorado Blvd.

PLACE	NAME	TIME	AGE
1	Hector Martinez	0:29:32	22
2	Julio Bonilla	0:29:58	17
3	Michael Quispe	0:33:47	39
4	Paul Welschinger	0:36:45	48
5	<i>Susan Bellard</i>	0:36:58	34
6	Bob Caillouette	0:37:20	51
7	Kent Enwright	0:38:37	43
8	Irving Reza	0:39:55	14
9	Jim Bosik	0:40:04	55
10	Chris Stone	0:40:26	39
11	The B-Man (Jim Romero)	0:40:34	65

12	Robert Kanieski	0:40:36	28
13	The Oak (Ross Westley)	0:40:38	69
14	Bob Gassen	0:40:49	58
15	The Master (Rich Romero)	0:41:23	69
16	Spiderman (Scott McFarlane)	0:41:36	54
17	Ken Lotze	0:41:58	55
18	Kool Shades (Ken Randall)	0:42:33	67
19	Dan Shaw	0:42:38	46
20	Colin Whitmore	0:43:05	42
21	Strider (Tom Chambers)	0:43:09	62
22	<i>Leslie Mitchell</i>	0:43:21	44
23	Stanley Obernyer	0:43:33	60
24	<i>Melissa Johnson</i>	0:43:39	40
25	Tall Red (Ed Youngberg)	0:43:49	63
26	Mark Ramsey	0:43:57	43
27	George Huner	0:43:38	52
28	Rich Martinez	0:45:33	59
29	Mike Knipps	0:45:38	53
30	<i>Erin Bosik</i>	0:46:13	20
31	Alan Gat	0:49:14	45
32	Pitts O'Donnell	0:49:20	59
33	<i>Christine Vanoni</i>	0:49:55	54
34	Rick Vorhees	0:50:17	53
35	<i>Carol Johnson</i>	0:51:09	51
36	Steadfast Earl Beam	0:53:02	55
37	Stonewall (Ken Green)	0:53:25	77
38	Tom Alison	0:55:03	68
39	Dave Banko	0:56:20	54
40	Palmer Beam	0:57:27	62
41	<i>Rosalia Murch</i>	1:02:15	65
42	<i>Kim Shenfeld</i>	1:09:00	47
Racewalkers			
1	Leslie Woods	0:73:00	59
2	Linda Neale	0:84:00	61

AGE GROUP AWARDS

Overall Men		Overall Women	
Hector Martinez	0:29:32	Susan Bellard	0:36:58
75 and Over			
1 Stonewall (Ken Green)	0:53:25		
65-69			

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

Master Times**Colorado Masters Running Club****3**

1	The B-Man (Jim Romero)	0:40:34	Rosalia Murch	1:02:15
2	The Oak (Ross Westley)	0:40:38		
3	The Master (Rich Romero)	0:41:23		
4	Kool Shades (Ken Randall)	0:42:33		
5	Tom Alison	0:55:03		
		60-64		
1	Strider (Tom Chambers)	0:43:09		
2	Stanley Obernyer	0:43:33		
3	Tall Red (Ed Youngberg)	0:43:49		
4	Palmer Beam	0:57:27		
		55-59		
1	Jim Bosik	0:40:04		
2	Bob Gassen	0:40:49		
3	Ken Lotze	0:41:58		
4	Rich Martinez	0:45:33		
5	Pitts O'Donnell	0:49:20		
		50-54		
1	Bob Caillouette	0:37:20	Christine Vanoni	0:49:55
2	Spiderman (Scott)	0:41:36	Carol Johnson	0:51:09

	McFarlane)			
3	George Huner	0:43:38		
4	Mike Knipps	0:45:38		
5	Rick Vorhees	0:50:17		
		45-49		
1	Paul Welschinger	0:36:45	Kim Shenfeld	1:09:00
2	Dan Shaw	0:42:38		
3	Alan Gat	0:49:14		
		40-44		
1	Kent Enwright	0:38:37	Leslie Mitchell	0:43:21
2	Colin Whitmore	0:43:05	Melissa Johnson	0:43:39
3	Mark Ramsey	0:43:57		
		35-39		
1	Michael Quispe	0:33:47		
2	Chris Stone	0:40:26		
		34 and Under		
1	Julio Bonilla	0:29:58	Erin Bosik	0:46:13
2	Irving Reza	0:39:55		
3	Robert Kanieski	0:40:36		

Racewalkers

1		Leslie Woods	73:00
2		Linda Neale	84:00

**PELICAN Update (Cahrnsbrak@yahoo.com)**

1/7 – Turquoise Lake 20-mile SS, Leadville: Adam Feerst, 4:16; Bob Cooper, 5:34; The B-Man, 5:49; B Faulkner, 5:56; Patricia Emigh, 5:58 & Bill Moyle, 6:29. Also, **Fat Ass 50K, Grand Junction:** Twenty-year old Omar Martinez, 5:15 (OA) & 19-year old Miguel Cazares, 5:19 (2nd OA). *Trails from Tabeguac & Bangs canyons with a 1900' climb.*

1/14- Run for A Dream 5K, Aurora: Fitness Walk -Rosalia Murch, 40:30 (1st) & Laura McCoy, 40:31 (3rd). Mauro Martinez, 16:57 (OA); Esmeralda Martinez, 20:46 (OA); Rich Romero, 23:03 (2nd); Race Man (Mitch Chesbro), 24:12; J Gutierrez, 26:32; Lynn Young, 31:40 & Levi Gonzales, 37:44 (2nd). *Thanks to Mike Vanoni for volunteering.*

Crazy 8s @ Aurora Rez: 16 Mile- Hector Martinez, 1:38 (OA); Jeff Young, 2:00; The Oak, 2:40 (1st) & Painted Horse (Jesse Tijerina), 2:42. **8-Mile-**Joseph Manilafasha, 46:08 (1st); Julio Bonilla, 48:22 (2nd); Samantha Towne, 1:03 (2nd); T B-Man, 1:05 (1st); Robert Kanieski, 1:09; Tall Red (Ed Youngberg), 1:10 (2nd); Janessa Rochelle, 1:10; Sylvia Martinez, 1:11 & Darla Yoerg, 1:46.

Oatmeal Festival 5K, LaFayette: Keith Johnson, 15:54 (1st); Catriona Dowling, 19:55 (2nd); Karen Voss, 21:07; Alan Johnson, 21:07; Pat Drayton, 23:32; Jack Barry, 24:08 (2nd); Polly Zimmerman, 24:51 (3rd); Taunya Wilson, 25:43; Vi Adele Dehaan, 32:07 (2nd) & Ken Nakauchi, 36:03.

1/15 – P.F. Chang Rock N Roll, Phoenix, AZ: Marathon -Pitts O'Donnell, 4:44 & Penelope, 4:56, while Leslie Wood 3:27 & Kim Shenfeld, 3:34 ran the **Half**. Also, Walking Man (Neil Horton), 6:45 at the **First Light Marathon, Mobil, AL** (3rd/OA RW)

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

1/22 –Naples News Half, FL: The B-Man, 1:44 (4th); Chris Vanoni, 2:07 & Mike Vanoni, 2:09.

1/28 –Best 4-mile XC on The Planet, Boulder: Joseph Manilafasha, 22:10 (3rd); Keith Johnson, 22:35 (3rd); Julio Bonil 22:46; Eric Ndikumana, 23:06; Omar Martinez, 23:09; Steven Sellers, 24:24; Catriona Dowling, 27:19 (1st); Painted Horse, 30:21; Jill Sellers, 31:10 (1st); The Oak, 31:46 (1st); Jack Barry, 33:19 (2nd); Lightfoot (Deb Acree), 33:59; Tall R (Ed Youngberg) 33:59 (3rd); Connie Ahrnsbrak, 34:03 (1st); Ken Simons, 35:51 & Lorraine Green, 37:07.

1/29 –ING Miami Half, FL saw the B-Man, 1:48:40 (3rd). Also, **Polar Bear 5K, WP:** Karen Voss, 20:46 (1st); Lou Hui 22:33 (2nd); Mitch Chesbro, 24:51; Michelle Kelble, 26:13 (3rd); Jan Huie, 26:46 (1st); J Gutierrez, 27:40; Steadfast Earl Beam, 29:23; Rosalie Murch, 35:55 (1st); Kim Shenfeld, 39:30; Laura McCoy, 39:37 (RW) & Leslie Woods, 42:52.

2/5 –Mardi Gras Marathon, New Orleans: Karen Voss was **overall** female! The B-Man, 1:42 took first in the **Half**.

2/6 –Super Bowl 5K, WP: Painted Horse, 22:37; Rich Romero, 24:23 (1st); Sir Fred Trentaz, 27:18 (3rd); J Gutierrez, 28:12; Steadfast Earl Beam, 30:00; Kim Shenfeld, 32:52; David Boyle, 34:48 (1st); Rosalie Murch, 35:41 (1st); Leslie Woods, 37:50; Laura McCoy, 38:35 & Arlene Boyle, 39:41 (1st).

2/11 –Santa Fe 5-Mile Trail, Monument: Lou Huie, 38:20 (1st). Also, **Beaver Creek SS 10K:** Adam Adamoski, 58:1 (6th/OA); Grid Iron (David Kelble), 1:21 & Bill Moyle, 1:44.

2/12 –Valentine 5K, WP: Keith Johnson, 16:42 (3rd/OA); Dave O’Sadnick, 18:55 (1st); Speedy Bill Smithman, 21:54 (2 The B-Man, 23:13; Jack Barry, 23:16; Polly Zimmerman, 23:37; Mitch Chesbro, 23:48; Charles Scheibe, 24:49; Connie Ahrnsbrak, 24:56 (2nd); Michelle Kelble, 25:59; J Gutierrez, 28:30 & Earl Beam, 29:02.

Screaming Snowman SS, Eldora: Bob Cooper, 1:12 (2nd); Bill Moyle, 1:36 (2nd); Patricia Emigh, 1:39 (3rd) & Neddie Legg, 1:46 in the **10K**. **5K**-Lee Bengston, 55:37 (1st); Rick Vorhees, 56:02 (3rd); Mike Vanoni, 57:11; Megan Vanoni, 59:03; Alice Bernard-Vorhees, 59:39 (3rd) & Christine Vanoni, 59:58.

2/18-Chilly Cheeks Duathlon #3, CCSP: 10-mile bike/4-mile run saw Grid Iron (David Kelble), 1:15:38 (3rd-Fat Tire Div.)

2/19-President’s 5K, WP: Michelle Kelble, 26:02 (3rd/OA); Steadfast Earl Beam, 29:38 (2nd) & Rosalie Murch, 34:51 (1st). *Thank you Leslie Woods for volunteering!*

2/25-Snowman Stampede 20-Mile, CCSP: Hector Martinez, 2:04 (Overall); Jeff Young, 2:33; Paul Welschinger, 2:36; Susan Bellard, 2:39 (1st); The Oak, 3:14 (1st) & Robert Kanieski, 3:28. **10-Mile:** Eric Ndikumana, 57:19 (2nd); Joseph Manilafasha, 57:38 (3rd); Julio Bonilla, 1:00:56; Mauro Martinez, 1:01; Michael Quispe, 1:05 (2nd); Slimfast (Bruce Kirschner), 1:09 (1st); Reza Irving, 1:13; The B-Man, 1:19:43 (1st); Painted Horse, 1:19:49; Nancy Denniston, 1:20 (1st); Kool Shades, 1:24 (2nd); Strider (Tom Chambers), 1:26; Tall Red, 1:26; Leslie Mitchell, 1:30; Sylvia Martinez, 1:32; Jin Peterson, 1:33 & Darla Yoerg, 2:13.

2/26- Colfax Marathon 10-Mile Series, Dekovend Park: The B-Man (Jim Romero), 1:24; Sir Fred Trentaz, 1:46 & Steadfast Earl Beam, 1:54. Also **Run the Register Stair Climb:** Adam Feerst, 6:36 (2nd) & Nick Accardi, 8:55.

3/6- Pueblo Chieftan Spring Runoff: 10-Mile-Dave O’Sadnick, 1:08 (2nd); The B-Man, 1:19 (1st); Polly Zimmerman, 1:22 (2nd); Jack Barry, 1:23 (2nd); Kent Mitchell, 1:25 (1st); Connie Ahrnsbrak, 1:29 (1st) & Joe Baird, 1:47. **10K-** Lou Huie, 44:56 (1st); Jan Sieg-Huie, 1:01; The Captain (Don Robinson) 1:08 (2nd) & Kate Baird, 1:26.

3/12-ROTG 7K, LoDo: Keith Johnson, 22:10 (1st); David O’Sadnick, 24:58 (2nd); Bob Caillouette, 28:00; Painted Horse 29:36; The B-Man, 30:58 (2nd); Polly Zimmerman, 31:01 (2nd); Jack Barry, 31:13 (3rd); Spiderman (Scott McFarlane),

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Master Times**Colorado Masters Running Club****5**

31:53; Robert Kanieski, 32:25; Mitch Chesbro, 33:54; Connie Arhnsbrak, 34:10 (1st); Gale Meuret, 34:20; J Gutierrez, 36:11; Pitts O'Donnell, 36:57; Jim Peterson, 39:03; Rick Vorhees, 39:05; Steadfast Earl Beam, 39:32; Lee Bengston, 40:23; Joe Baird, 42:45; Rosalie Murch, 46:04; Laura McCoy, 52:15; Kim Shenfeld, 54:37 & Leslie Woods, 58:05.

3/17-Battling headwinds @ Canyonlands Half, Moab: Rob Fisher, 1:45 (7th); Nancy Denniston, 1:47 (4th) & Joe Baird 2:36. **5-Mile-**Connie Ahrnsbrak, 42:05 (1st).

SPRING SPREE WAS SPRUNG

March 18, 2006

I am reminded of an old Knock knock joke. Knock Knock!! Who's there? Orange. Orange who? Orange you glad I didn't have the race on Sunday? We cut that one close. The weather god's were on our side for a great day for the annual Spring Spree. It appeared that the only problem was the men's room toilet plugged by some wonderful human being during the night, but the overseer from Adams County arrived and all was repaired before any runners arrived.

One other small problem that was also solved before race time was a detour by a construction crew had shut the trail on Friday but they had the trail open so the course was accurate by Saturday morning.

A big **Thank You** to all the volunteers. Joe Sanchez who takes care of our equipment and makes sure all is there for the race and that we have enough water. Not enough is said about Joe and his long, long dedication to this organization. Joe was one of the original two members of the club way back when. He hasn't been running for a while but hopes to be back at it soon. We are looking forward to your return as a runner. Levi Gonzales, who subs for Joe in the summer time when Joe goes fishing, for his help at the turn around. Linda Gonzales for her capable help at the finish line. Grace lee and Howard Palmer for manning the water table at the 3 mile mark. They have been volunteering more since Howard is still waiting for the Dr's Ok to get back to running miles again. Taylor Golden and her Grandmother (Ken Green's wife) kept the finish line moving and the timing accurate. Lew Hutch did an admiral job filling in for the usual race timer Joe Baird, who took the weekend off to go do the Moab Half Marathon. Thanks Hutch for an admirable job. Also, thanks to my co-race director Rich Romero (snuck off for a tour of Peru and Macchu Picchu) but before he left made the arrangements for the door prizes and the volunteers. Never to be forgotten, Thank You!! Jerry and Rosalia Murch for doing such a great job of making sure the registration was done well and efficiently. A successful race is assured when we have such great volunteers. Thanks again!!!

Thanks to the 68 club members, new club members and non-members for showing up to make the run a success. First across the finish line was 39 year old Bill Fanselow in a time of 34:04. First Lady was master runner Karen Voss at 43:16. Congrats to them but also congrats to all who finished the course. As Creigh Kelley once said, the runners who are at the back of the pack are often the ones working the hardest. We all had fun and missed those who didn't make it this month. See you in April. -Tom

PLACE	NAME	TIME	AGE
1	Bill Fanselow	34:04	39
2	Steven Sellars	37:58	45
3	Timothy Smith	39:44	48
4	Jake Holscher	40:55	29
5	Steve Shandro	40:51	46
6	Benjamin Brisbane	41:17	19
7	Bruce Kirschner	41:04	52
8	Stephen Brabandt	41:51	30
9	Jim Perry	41:58	44
10	<i>Karen Voss</i>	43:16	40
11	Bob Cooper	43:20	57
12	Hampton Islam	43:40	56
13	<i>Deborah Janssen</i>	43:53	25
14	Bob Irving	44:30	51
15	Robert Kanieski	45:22	28
16	Bruce Dahm	45:42	37
17	<i>Alyn Park</i>	45:49	55
18	Jay D Trujillo	46:01	47
19	<i>Julie Kimpel</i>	46:24	35
20	<i>Erin Ressler</i>	46:36	28
21	Joe Franklin	46:54	38
22	Jesse Tijerina	46:54	54
23	<i>Jill Zancanelli-Sellars</i>	47:00	37
24	Brett Allendorf	47:06	37
25	Michael Hoffman	47:14	38
26	Peter Szymanski	47:18	50
27	Chris Stone	48:15	39
28	Ric Robinette	48:20	53
29	Bob Zweifel	48:26	40
30	Dan Shaw	48:28	46
31	Jim Romero	48:32	65
32	Ken Lotze	48:34	55
33	Jim Fay	48:42	54
34	Ed Arenas	48:53	43
35	Ken Randall	48:55	67

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

36	Scott McFarlane	48:57	54
37	Jay Wissot	49:26	61
38	Alan Johnson	49:32	45
39	Mark Ramsey	50:01	42
40	Raul M Herrera	52:)7	47
41	Mitch Chesbro	52:25	47
42	Kent Mitchell	52:50	64
43	Colin Whitmore	54:38	42
44	Jeff Dawson	55:53	57
45	<i>Holly Dahm</i>	56:06	36
46	<i>Taunya Wilson</i>	56:14	59
47	<i>Julie Thenell</i>	57:40	47
48	Mike Vanoni	57:42	57
49	<i>Kathy Klesmit</i>	58:02	53
50	Lee Bengston	58:08	68
51	<i>Judy Wilcox</i>	58:38	42
52	<i>Michelle Slingsby</i>	59:01	36
53	Ben Sandoval	59:19	56
54	<i>Chris Vanoni</i>	59:42	54
55	Earl Beam	62:17	55
56	Ken Green	62:26	77
57	Tom Vigil	63:27	54
58	Palmer Beam	64:34	62
59	<i>Vici Dehaan</i>	65:01	71
60	<i>Carol Johnson</i>	65:15	51
61	Frank Hathorn	66:25	72
62	<i>Jennifer Scott</i>	67:40	36
63	Keith Scott	67:41	38
64	Dave Black	68:27	54
65	Don Robinson	68:48	73
66	<i>Rosalia Murch</i>	72:22	65
67	<i>Fay diZerega</i>	72:35	63
68	Wayne Mathis	84:55	62

37	Jay Wissot	49:26	61
38	Alan Johnson	49:32	45
39	Mark Ramsey	50:01	42
40	Raul M Herrera	52:)7	47
41	Mitch Chesbro	52:25	47
42	Kent Mitchell	52:50	64
43	Colin Whitmore	54:38	42
44	Jeff Dawson	55:53	57
45	<i>Holly Dahm</i>	56:06	36
46	<i>Taunya Wilson</i>	56:14	59
47	<i>Julie Thenell</i>	57:40	47
48	Mike Vanoni	57:42	57
49	<i>Kathy Klesmit</i>	58:02	53
50	Lee Bengston	58:08	68
51	<i>Judy Wilcox</i>	58:38	42
52	<i>Michelle Slingsby</i>	59:01	36
53	Ben Sandoval	59:19	56
54	<i>Chris Vanoni</i>	59:42	54
55	Earl Beam	62:17	55
56	Ken Green	62:26	77
57	Tom Vigil	63:27	54
58	Palmer Beam	64:34	62
59	<i>Vici Dehaan</i>	65:01	71
60	<i>Carol Johnson</i>	65:15	51
61	Frank Hathorn	66:25	72
62	<i>Jennifer Scott</i>	67:40	36
63	Keith Scott	67:41	38
64	Dave Black	68:27	54
65	Don Robinson	68:48	73
66	<i>Rosalia Murch</i>	72:22	65
67	<i>Fay diZerega</i>	72:35	63
68	Wayne Mathis	84:55	62

March 18, 2006 Race Results by Age Group

	Overall Men		Overall Women	
Place	Name	Time	Name	Time
	Bill Fanselow	34:04	Karen Voss	43:16
75 and Over				
1	Ken Green	62:26		

March 18, 2006 Race Results by Age Group

	Overall Men		Overall Women	
Place	Name	Time	Name	Time
	Bill Fanselow	34:04	Karen Voss	43:16
75 and Over				
1	Ken Green	62:26		

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4	Jay D Trujillo	46:01		
5	Dan Shaw	48:28		
40-44				
1	Jim Perry	41:58	Judy Wilcox	58:38
2	Bob Zweifel	48:26		
3	Ed Arenas	48:53		
4	Mark Ramsey	50:01		
5	Colin Whitmore	54:38		
35-39				
1	Bruce Dahm	45:42	Julie Kimpel	46:24
2	Joe Franklin	46:54	Jill Zancanelli-Sellers	47:00
3	Brett Allendorf	47:06	Holly Dahm	56:06
4	Michael Hoffman	47:14	Michelle Slingsby	59:01
5	Chris Stone	48:15	Jennifer Scott	67:40
34 and Under				
1	Jake Holscher	40:55	Deborah Janssen	43:53
2	Benjamin Brisbane	41:17	Erin Ressler	46:36
3	Stephen Brabandt	41:51		
4	Robert Kanieski	45:22		

Time & Date Change Alert!

Due to some problems in getting a permit at Writers' Vista before 3 p.m. (youth baseball and soccer games are held in the a.m. and parking is reserved solely for same) we are changing our race time.

Memory Run 5K

Saturday, May 20th at 4 P.M.

Directions:

Writers' Vista Park is located about a mile east of Santa Fe and Mineral on the right-hand side. Just as you're coming up what used to be or still called Jack Ass Hill.

If you are coming south on Santa Fe, make a left at the lights which is Santa Fe and Mineral. Coming north from Santa Fe, make a right on Mineral.

Don't forget the **POT LUCK** right after the race, Bring whatever to share and whatever beverage you prefer or care to share. CMRA will furnish the paper products, napkins, plastic utensils, etc.

* The Board has designated the May race as a "bring a friend" race. Any Master friend (35 or older) accompanied by a club member may race for free.

CMRA member Ric Robinette wins the Road Runner Clubs of America's Rod Steele award!

RMRR is proud to announce that one of our own is the recipient of the 2005 RRCA Rod Steele Award. The Rod Steele award is the Road Runner Clubs of America's volunteer of the year award. Competition for the award is stiff. RRCA clubs from across the country submit the name of a member who has contributed at least 2,000 hours of volunteer service to their club. That means this award is based on the culmination of 20 or more years of service. It's sort of like a sports hall-of-fame vote. Ric was nominated for the award in 2003 and 2005. In 2005, the RRCA board recognized his long term service to the Denver running community and RMRR. *For more details on Ric's accomplishment, please see the article posted at the RMRR website; www.rmrr.org.*

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

Sand Creek 5 Miler April 8 @ 9 am

The Sand Creek 5 Miler will be run on the same course as last year. The registration location and start and finish will be in exactly the same location. To find registration you need to get on Smith Rd from Havana St. and head west until the road dead ends.

Those runners returning from last year will find some differences. A lot of dirt in the area has been moved around and the runway over -passes have been removed. All this is in the interest of progress on the Stapleton Development.

The course has the same start and finish but the turn around point is different because the Sand Creek Trail has been improved with a new underpass at Peoria Rd. Runners may be a little unhappy because this actually adds another hill on the way back.

The race director received some negative comments last year about the course being advertised as "flat". This year with that extra hill those same runners can complain some more. At least the course is all dirt except for some short stretches at the underpasses. Watch out for the runner-eating prairie dogs and everyone will have a good time.

The director is praying to the weather gods. Last year we dodged that 18 inch snow by one day.

We will have the usually post race awards and give-a-ways. It is a medal race.

CALL FOR VOLUNTEERS: Call Rob Fisher at 303-738-0115 to volunteer. We need help at the aid station and at the finish.

New York City Marathon

By: Vici DeHaan

On November 6th, the 36th running of the New York City Marathon began at 10:10 with the booming of a canon. I was way back in the orange wave, so didn't cross the starting line until 12 minutes later. However, since it is a chip run, it didn't matter. Participants came from every state in the Union as well as from over 100 countries around the world. It is truly an international affair. If my race number of 41,806 is any indication of the number of entrants, this race is truly one of the worlds largest. Over 36,000 finished this time.

The weather that day was wonderful. We waited at the starting point for 3 hours since it requires a long time to get all the runners bused to the start. It was foggy and cool, but the temperatures for the day were in the 50s and 60s.

Part of the reason I run this race (my third time), is because of the crowds. They figure around 2 million people line the course and they don't disappear after the front-runners pass. Instead, they make it a full day and seem to enjoy supporting those of us in the back of the pack. My favorite part along much of the course was exchanging high fives with the young kids and some of the adults, who called "You go, girlfriend."

When I ran this race in 1997, I was greeted by the world's longest urinal when I got off the bus. After I got over the unexpected view of guys actually making use of it, I then came to what another writer referred to as the longest urinal: the Verrazano Bridge. I have to agree! The disadvantage this year of not having the urinal at the start line was the necessity of standing in very long lines.

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

All along the course we were bombarded with the deafening sounds of various bands and boom boxes. They figure that over 100 bands line the course. The enthusiasm of these various groups did a lot to encourage us on, but in many instances, the volume was so overwhelming that I feared for my hearing by the end of the race.

As we entered each of the five boroughs, we were welcomed by the throngs of people waiting for us. We ran from Staten Island to Brooklyn, and crossed the Pulaski Bridge into Queens. From there we ran into Manhattan along First Avenue which seemed endless. At miles 21-22 we crossed the Madison Avenue Bridge into the Bronx. Then it was on to the Queensboro Bridge into Manhattan and on to one of the most beautiful parks: Central Park, where the finish line awaits. This year the trees were at their peak, and as I ran into the park, I ran beneath a golden canopy. With the late afternoon sun streaming through, it is a picture I will never forget. Naturally at this point, I was extremely happy to have finally reached this point.

One of the things that this marathon includes is a dedicated group of volunteers who accompany the many handicapped participants. This year, there were 200 wheelchair/hand cycle participants and whenever I would encounter one of them or someone missing a leg and crutching it the entire course, realized just how lucky I was to be able to run without assistance.

Those of us who are race directors know just how important the volunteers are, and for this giant race, there were 12,000 volunteers filling 6,000 positions.

In all, this has to be one of the best run races put on anywhere. After 36 years, they've obviously gotten it down pat. In fact, it has become such a popular race, that they turn away as many as they accept through the lottery. This year, they turned down 45,000 entrants, so I was honored to be among the lucky ones.

If you haven't run this one, it's very much worth it! Where else can you mingle with runners from all over the globe?

A Taste of Colorado Running X – Part 2 - May through June by C. Ross Westley

Continuing into a great Colorado spring, (May) our Tour had multiple new choices starting with a weekend duo, sampling for the first time the famous Kinetic 5K race at the Boulder Res followed by the activities associated with the Kinetic Race on the res. Then up to Ft. Collins for an overnight, because of the early start time of the Ft. Collins Old Town Marathon relay with Ken Randall. This is the second time the Tour included a two-person marathon relay. It's great fun! The first half was mainly downhill through the scenic Poudre River Canyon. The exchange was about two miles up the canyon and then continued on bike paths, finishing in Old Town Ft. Collins. I ran the first half and Ken ran the second half. I was able to get back to the finish line prior to Ken's finish. We had great fun - try a relay sometime.

Mid-month we headed back to the Western slope for the inaugural Sunny Gunny 5-mile Partners for the Arts Run. The longer days allowed for more daytime driving. Daylight arrived shortly after 5 a.m. as we crossed Fremont Pass. The mountains in the Collegiate Range still had their winter white coats of snow, and were quite pretty in the morning sun. We did, however, encounter fog at 11,000 feet on Monarch Pass. The ski area was closed for the season and looked like a giant ghost town. Back in the Gunnison Valley there was sunshine and a great day for the in-town race through the Western State College campus and the surrounding neighborhoods. There was a small festival following the race, with good food (no pancakes) and a great western band. By the way, be sure to stop at Bongo Billy's Coffee Shop in Buena Vista for the best coffee in the "banana belt."

Our final major Tour adventures for the month of May included another great day trip over Memorial Day weekend to Palisade, Colorado, near Grand Junction on the western slope for the Mount Garfield Grumble, a 6-mile trail run, part of the Mesa Striders Trail Series. Mount Garfield is on the north side of Interstate 70 as you enter the Grand Valley from the east. You have to look hard to find the trail head, which is on a steep, treeless "spike" that rises from the valley floor to the mountain ridges. This is the most difficult trail that the Tour has encountered since its inception ten years ago (one hour and forty-two minutes to complete the six miles). It was more like a run/hike than a race. The first mile was a very steep climb on the crest of the vegetation-free dirt spike (hill), then proceeding through some very rocky terrain and finally arriving at the summit (6,765 feet) thirty-five to forty minutes later, covering only two miles and 2,000 feet elevation gain. We were met at the summit with an aid station and some juniper trees along with a flag flying on the summit flagpole, and panoramic views of the Grand Valley, stretching from the Grand Mesa to the red rocks of the Colorado National Monument.

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

What was to follow was downright scary. After a short distance of trail running on the summit, the trail made a steep descent through a very rocky area, sometimes requiring scooting off rocks on your rear end. Then, the trail ran along for two or three miles on a very narrow shelf, no more than two feet wide, carved into the vegetation-free soft clay hillside, with a several hundred foot drop-off into soft clay dirt weathered by the rain. Fortunately, conditions were dry, because if there had been any rain recently, it could have been treacherous. I walked a large section because one mis-step or stumble would put you in a dangerous situation. Only the Grand Junction mountain goats actually could run it. After leaving this section the trail widened and we could run the last mile of descent to the finish, which required jumping over an open fire pit with a fire in it. Following the run there was a marshmallow roast in the fire and other refreshments then followed the traditional raffle for an old car. This year it was a pickup. Last year it was an orange VW beetle. No, I did not win. Then there was another 5-mile run back to the parking area and a short ride to a nice coffee shop in Palisades before the trip home. This was a day to remember. This will never be a repeat run, but you mountain goats might find it a fun challenge. By the way, good luck!

The Bolder Boulder alternative for the Tour was a jaunt to Ft. Collins for the Houska 5K, which has a long-standing traditional costume theme run (this year was fictional superheroes, i.e., Superman, Batman). The infamous Houska 5K is sponsored by the well-known auto repair garage by the same name and benefiting the local bone marrow donor program. As you recall, Memorial Day was cold and drizzly. The course started and finished at the garage and followed the bike path along the Poudre River. Refreshments were inside the garage and included, would you believe it? Bloody Marys! (Adults only, thank you)

Other local May races all new to the Tour included some nice 5K runs benefiting various organizations and charities... Run with the Warriors on the Big Dry Creek Trail in Westminster... The Second Annual Dolphin Dash on the John Meade Park and Cherry Creek Trail System followed by a full breakfast... the Federal Cup with the course entirely on the Federal Center in Lakewood where we connected with a seniors team and won the Division (4-person team). And let's not forget The First Annual Run for the Health of It, to benefit the Donor Memorial Garden at the University of Colorado Health Science Center on the new Fitzsimons campus. The race was organized and directed by the medical students.

Moving into June, with summer around the corner, our Tour continued to pursue the half-marathon offerings. Mid-June saw us at the inaugural Arby's Rocky Mountain half-marathon in Denver. This was a well-organized race, with an excellent pre- and post-race expo and post-race refreshment. The start and finish was at the Pepsi Center. The day was cool and overcast, but the course was excellent. After leaving the Pepsi Center we looped through LoDo to the Platte River bike path through Confluence Park, past Invesco Field, heading west for a loop around Sloan Lake and then back to the Pepsi Center. A great race, with a unique course. This is a must for you half-marathon fans.

Also, a week later we trekked to Estes Park for the Second Annual Running Festival including a marathon, half-marathon, 10K and 5K, a great selection. This was one of those brilliant, sunny, cloudless days with awesome views of the snow-capped mountains, especially at the start of the half-marathon. The course was quite hilly, as one would expect. The race was well-organized - another must for you "halfers."

The final major event in June and the kickoff for the summer season was another great trip to Gunnison for the inaugural 10-mile Borealis Outdoor World Signal Peak Trail Run, part of the Colorado Adventure Series. We were now into Daylight Saving with good daylight by 5:00 a.m. and a nice, sunny race day starting at Western State College and then progressing on double and single-track for the ascent up Signal Peak, summiting at 9,060 feet after a 1,400 foot climb. The trail was in excellent shape and the ascent was all runnable. There were great early summer, greening views of the Gunnison Valley and the distant San Juan Peaks. This was a great trail run (4+), well worth the trip.

Other local, first-time Tour races included the Stapleton Charity Chase, a very nice benefit 5K, all on bike paths in the new Stapleton greenway park and bike path. Checkpoint 5K, a very fast 5K around the Coors Brewery followed by a great festival and refreshment. You need to be an employee or have an invitation from an employee to run this race. The First Annual 5K Run for the Rock, and Outreach of the Rockland Community Church in Genesee is a very challenging, hilly 5K. No PRs. And a "Daily Double" - the day prior to our trip to Gunnison was an annual 5K for the Promise, benefiting an orphan ministry outreach in Castle Rock, starting and finishing at Douglas County High School track and following a hilly course through the neighborhood. Then, a quick ride back for the Northside 5K around Sloan Lake, a very fast course.

This concluded the first six months of our Tour. We will continue with the next six months of the Tour in subsequent issues. Have a great winter and spring running season! Hope you can enjoy some of these runs.

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

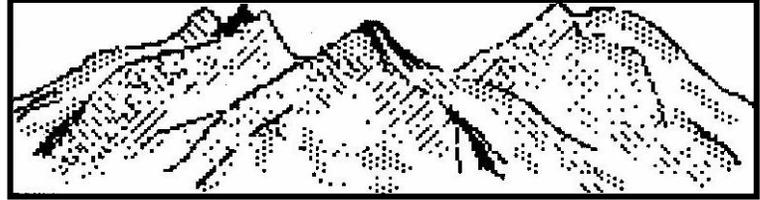
**South Valley 10K
Saturday, June 10 @ 8am
South Valley Park**

Directions:

From the metro area, travel south on C-470 and exit westbound on Ken Caryl Avenue. Turn left on South Valley Road to the park's north parking area

Alternately, from South Platte Canyon Road (C-470 and S. Wadsworth) take Deer Creek Canyon Road west to South Valley Road and go north on South Valley Road to the parking area.

The race director will be implementing a kid's run after the 10K. Ribbons will be awarded to all of the children, so bring the kids, grandkids or the neighbor's kids!



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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.

**Sand Creek 5 Miler
Saturday, April 8 @ 9am**

Course: Dirt trail. Mostly flat. One uphill grade from mile 1 to mile 2. Out and back.

Directions:

Take I-70 east from downtown Denver to the Havana St. exit. Exit and go south on Havana to Smith Rd. (4 way stop). Go right (west) on Smith to the trail head where Smith dead-ends.

Note: No access to the trail head from Quebec St.

See **page 8** for more course information from race director Rob Fischer!

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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

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

** 5K for racewalkers

CMRA
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