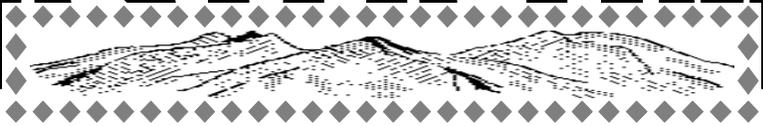


MASTER TIMES



September/October 2004

Volume 31 Issue 5

PRESIDENT'S CORNER

By: Rob Fisher

Rambling Thoughts and Ideas of a Demented Runner

1984. Twenty years ago. Twenty years ago I lived in Fort Worth, Texas. We would get up at 5:00 am to do long summer runs. I swear the Texas heat somehow screwed up my metabolism and maybe my brain. My running shoes were Nike Terra Trainers. They cost about \$50. I don't pay that much more for my shoes today, maybe \$80. However, my race times are MUCH slower.

July 20, 1984: Jim Fixx went out for his last run. He died of a heart attack while running. He was 52 years old. He never had a stress test. He complained of a tightness below his throat in the weeks before his death. His 3 main arteries were 95, 85 and 50 percent blocked. I still have his book, The Complete Book of Running. It sold one million copies. Many of you probably have the book on your shelf.

August 5, 1984: Joan Benoit wins the first Olympic marathon for women. She was 27 years old. When she first started running she was afraid of what others would think. She said, "I was so embarrassed I would walk when cars passed me. I would pretend I was looking at flowers".

2024. Twenty years in the future. I live in Nome, Alaska. Global warming has done further damage to my brain. The previous 20 years in Denver put me over the edge.

September 7, 2024: Closing ceremonies of the summer Olympic Games in Paris, France. All in all a very enjoyable and uneventful Olympics. Biggest flap was the no show of Lance Armstrong. Once again he opted out of the Olympics. Armstrong said he was just to "fatigued" after winning his 26th straight Tour de France.

In a side story 95% of the Olympic gold medal winners from the 2004 games were stripped of their medals. Post race blood and urine tests have become so good that going back and retesting old samples have revealed just how prevalent doping was in the old days.

And of course the new tests have left very few clean athletes eligible for some events. This was very evident in the marathon, where Olympic gold was won by Rob Fisher, age 74, in the time of 5:29.28. This was a new world record for a completely clean athlete. Fisher actually finished second to Tom Alison of Denver, Colorado but Alison was DQ ed by the French judges because he race walked a portion of the course. Dave Black finished a distant third.

Run For Fun!!!!

Fairmont Park Trail 5K
August 11, 2004
 Pat Phillips

As usual, it was dark and stormy, but this was in the afternoon! By race time, it was clear, humid, but not too hot, pretty nice running conditions for mid August. There were some very good times including that of overall winner, Oscar Ponce at 16:29, a new course record! The first lady was Christine Gould at 20:57. Bruce Lampert, 45, ran 18:47, and the ever tough Jim Romero, 64, ran 21:51.

The North High School cross-country team showed up in mass and filled 10 of the first 15 places. Also noteworthy, Darby Dale-Burger, who won her age group, brought a group of youngsters from Evergreen who were led by 11 year olds Jack Burger and Jordan Stone at 22:04 and 23:06 respectively. We should be hearing a lot from these kids in the future. Its too bad we dont have age group awards for the youngsters.

As always our thanks go out to all the volunteers who make it possible to put these things on. Special thanks to Ray Sonheim at the water stop, as well as Joe Baird, Joe Sanchez, Lee Palmer, Jerry Murch, and Ken Randall, who sat this one out to recover from a close encounter with the Matthews-Winters trail. As usual, we had many goodies for our drawing thanks to the Great Harvest Bread Co.

5K Overall Results

Place Name	Age	Time
1. Oscar Ponce	26	16:29
2. Jesus Martinez	18	16:42
3. Hector Martinez	20	16:58
4. Miquel Cazares	17	17:10
5. Andrew Adamowski	30	17:21
6. Scott Kukel	30	17:36
7. Omar Torres	16	17:44
8. Bobi Limon	17	17:51
9. Isaiah Rubio	17	17:58
10. Severin	16	17:59
11. Bob Jones	44	18:16
12. Moe Martinez	15	18:20
13. Kridple	18	18:44
14. Bruce Lampert	45	18:47

15. Eric ?	14	19:12
16. Jason DelHerrera	18	19:42
17. Jim Perry	43	20:14
18. Jeff Mages	39	20:21
19. Bob Caillouette	49	20:25
20. Jeff Young	48	20:40
21. David Kelble	46	20:55
22. <i>Christine Gould</i>	37	20:57
23. Mike Forsha	51	21:09
24. Rick Grauer	45	21:15
25. <i>Darby Dale-Burger</i>	37	21:21
26. Kevin McNamara	44	21:28
27. Robert Kanspki	27	21:42
28. Dyani Moreno	16	21:46
29. Jim Romero	64	21:51
30. Jack Burger	11	22:04
31. <i>Ismeralda Martinez</i>	18	22:08
32. Todd Dunning	39	22:37
33. Nefi Madrigal	18	22:51
34. Jordan Stone	11	23:06
35. Scott McFarlane	53	23:07
36. Bradford	44	23:22
37. Mitch Chesbro	45	23:37
38. Robbie Jones	15	23:46
39. Mark Ramsey	41	23:50
40. Ed Youngberg	61	23:51
41. Andy McKean	59	24:00
42. <i>Connie Ahrnsbrak</i>	64	24:03
43. Steve Walker	44	24:13
44. Tom Chambers	61	24:33
45. Ken Simons	66	24:52
46. Ray Grundmeyer	66	24:54
47. Jim Peterson	65	25:10
48. <i>Jordon McNamara</i>	14	25:37
49. <i>Judith Forsha</i>	51	25:42
50. J. Gutierrez	52	25:48
51. <i>Michelle Slingsby</i>	35	25:51
52. Keegan Burger	11	26:00
53. Alex Tang	11	26:01
54. Lee Bengston	66	26:03
55. Bruce Kirschner	50	26:12
56. Dick Grauer	66	27:06
57. Rick Voorhees	51	27:14
58. <i>Carol Johnson</i>	50	28:29
59. Earl Beam	54	29:28
60. Tom Alison	67	29:52
61. Palmer Beam	60	31:17
62. <i>Pat Crespi</i>	46	33:05
63. Howard Palmer	75	41:32

RACEWALKERS

- 1. Ed Guiff 60 34:58
- 2. Lew Hutch 66 36:24
- 3. *Rosalia Murch* 37:00
- 4. *Laura McCoy* 37:00

AGE Group Awards

Overall Man

- Time Name
- Oscar Pone 16:29

Overall Woman

- Time Name
- Christine Gould 20:57

70 and Over

1. Howard Palmer 41:32

65 - 69

- 1. Ken Simons 24:52
- 2. RayGrundmeyer 24:54
- 3. JimPeterson 25:10
- 4. Lee Bengston 26L03
- 5. Dick Grauer 247:06

60 - 64

- 1. Jim Romero 21:51 Connie Ahrnsbrak 24:03
- 2. Ed Youngberg 23:51
- 3. Tom Chambers 24:33
- 4 Palmer Bean 31:17

55 - 59

1. Andy McKean 24:00

50 - 54

- 1. Mike Forsha 21:09 Judith Forsha 25:42
- 2. Scott McFarlane 23:07 Carol Johnson 28:29
- 3. J. Gutierrez 25:48
- 4. Bruce Kirschner 26:12
- 5. Rick Voorhees 27:14

45 - 49

- 1. Bruce Lampert 18:47 Pat Crespi 33:05
- 2. Bob Cailloutette 20:25
- 3. Jeff Young 20:40
- 4. David Kelble 20:55
- 5. Rick Grauer 21:15

40 - 44

- 1. Bob Jones 18:16
- 2. Jim Perry 20:14
- 3. Kevin McNamara 21:28
- 4. Bradford 23:22
- 5. Mark Ramsey 23:50

35 - 39

- 1. Jeff Mages 20:21 Darby Dale-Burger 21:2
- 2. Todd Dunning 22:37 Michelle Slingsby 25:3

34 and Under

- 1. Jesus Matrinez 16:42 Ismeralda Martinez 22:0
- 2. Hector Martinez 16:58 Jordan McNamara 25:3
- 3. Miquel Cazares 17:10
- 4. Andrew Adamowski 17:21
- 5. Scott Kukel 17:36

Presidents 7 Miler

Sunday, Nov. 14

9 AM

Cherry Creek State Park



West Entrance at the Marina

See www.comastersrun.org
Or call Vici DeHann 303-494-1782 for details

*Pelican Updates*By **Connie****Ahrnsbrak**

7/3 - Gore Creek Gallup 5K, Vail: Philip Dizerega, 19:43 (1st); The B-Man (Jim Romero), 23:03 (1st); Tom Chambers, 26:13 (2nd) & Jim Dizerega, 29:04. Also, **Leadville Marathon:** Ray Blum, 5:20 (4th); Diane Ridgeway, 5:26 (3rd); Bill Faulkner, 6:17 & Pat Emigh, 7:46.

7/4 – Freedom Run 5K, Evergreen: Ken Skelly, 21:14 (2nd); Nick Accardi, 21:15; Jay Trujillo, 21:32; James Dowdell, 22:22; John Boyle, 23:36 (2nd); Ed Youngberg, 25:53 (4th); Taunya Wilson, 25:54 (1st); Lee Bengston, 27:53; Bob Volzer, 27:55; Dave Christie, 28:02; Mike Vanoni, 33:17; Christine Vanoni, 33:32 & Palmer Beam, 33:44.

Boulder 5K @ CU: Terry Lauhon, 25:44; Bill Turley, 26:01 (1st) & Jimbo (Jim Peterson), 26:11 (5th), also **Palmer Lake 4-Mile, CS:** Dave Banko, 44:00 & Joan Banko, 1:02.

Boogie's Diner Buddy 5-Miler, Aspen: The Oak (Ross Westley), 40:35 (2nd), and **Liberty Run 4-Miler, WP:** Race Man (Mitch Chesbro), 32:10; Santa Card, 42:02 (4th) & Shenfeld/Woods, 52:56 & 56:48 respectively.

Northern Colorado Race for the Cure 5K, Greeley: Bob Caillouette, 20:40 (5th); Jesse Tijerina, 20:47 (5th) & Jimbo, 24:37 (2nd).

Lastley, the **Vail Hill Climb 7 mile:** The B-Man, 1:14 (1st); Pitts O'Donnell, 1:28; Penelope, 1:43 & Vici Adele Dehaan, 1:45.

7/6 – Fleet Feet Dine & Dash #3, Boulder: None other than The Oak, 24:30 (1st).

7/10 -Block Buster races, Lakewood: Susan Bellard, 42:21 was **OA** female in the **10K. 5K** –Isaiah Rubio, 16:49 (2nd); Louis Martinez, 17:47 (1st); Omar Torres, 18:15 (3rd); Speedy Bill Smitham, 21:11 (1st); Connie Ahrnsbrak, 24:27 (1st); Leslie Woods, 39:57 & Kim Shenfeld, 47:34. **10K** – Jesus Martinez, 35:18 (2nd/OA); Miguel Cazares, 35:43 (3rd/OA); Luis Flores, 37:16 (1st); Bob Fancher, 55:05 (2nd), while Neil Horton, 35:26 (2nd) & Rosalia Murch, 36:24 (3rd) prevailed in the **RW**.

7/11 – Trespass Trail Challenge 10-Mile, Nederland: Speedy Bill Smitham, 1:28 (2nd).

7/17 – Evergreen Mountain 10K Trail: Philip Dizerega, 48:33 (3rd); Spiderman (Scott Mcfarlane), 57:36 (2nd); Ken Simons, 58:56 (1st); Tall Red (Ed Youngberg), 60:58 (2nd); Light Foot (Deb Acree), 61:36 (1st); Connie Ahrnsbrak, 70:32 (1st) & Rosalia Murch, 1:45 (2nd/Walk). *Puffy clouds lingered, dewy fresh start.* Also, The B-Man @ **Beaver Creek 10K**, 1:12.

In addition, **Snake River Scramble 10K, Keystone:** The Oak, 1:01 (2nd); Bob Jones, 1:02; Fearless Fay, 1:14 (1st) & Jim Dizerega, 1:15 (3rd). Plus the **Summer Roundup 12K, CS** saw lone Stonewall (Ken Green), 1:32 (1st).

7/18 – Donor Dash 5K, WP: Leslie Mitchell, 22:59 (2nd); Race Man, 23:24; Shenfeld, 43:34/Woods, 53:50.

7/21 – French Creek 10-Miler (Summit Trail Race #5): Kool Shades (Ken Randall), 1:29:12; Tall Red (Ed Youngberg), 1:29:13 & The Oak, 1:35.

7/22 – Park to Park Trail 10 Miles, FTC saw Bob Caillouette, 1:19 (4th) & The Oak, 1:42 (1st).

7/24 –An away run for Pitts O'Donnell, **Desert News 10K Classic, SLC, Utah**, 49:15. *Fast course, ran on parade route celebrating Pioneer Days.*

7/25 – The Vail Half saw: The B-Man, 2:36 (1st); Robert Reilly, 2:56; Tall Red, 2:57 (2nd) & Bodo Schultz, 3:58. Also, **Emily's Run, WP:** The Oak, 37:51; Woods, 1:02/Shenfeld, 1:03 took on the **5 miler** while Race Man (Mitch Chesbro), 23:49 ran the **5K**. Jan Hallez **RW**, 35:22.

7/31 – Hamlin Scramble Trail, 9 miles, St. Mary's Glacier: Ken Simons, 1:31 (1st); Kool Shades, 1:34 (2nd); Tall Red, 1:35 (3rd) & Palmer Beam, 1:58.

Also, **Kid's Cure for Cancer 5K, Inverness:** The Oak, 23:02 (1st); Bob Fancher, 27:34 (2nd); *J Gutierrez, 33:58; Dave Banko, 34:04; Shenfeld, 39:57/ Woods, 42:36 & *Laura McCoy, 46:32. **lost in Denver traffic, late start.*

In addition, **Miles 4 Miracles, 4 miler @ Highlands Ranch:** Jack Barry, 30:49 (1st) & Fern Oliner, 43:38 (1st).

8/1 – Golden Gate Canyon 12.1 Trail Run: Young Gary Black, 1:36 (4th/OA); Dave Stewart, 2:01; Justin Dentry, 2:02; The B-Man, 2:06 (1st); Diane Ridgeway, 2:10:04 (1st); Spiderman, 2:10; The Oak, 2:31; Lee Bengston, 2:31:20 & bringing up the rear, Connie Ahrnsbrak, 2:50 (3rd). *M&Ms to relentless Dave Black for helping out on the course.*
Evergreen Town Races – the 10K Susan Bellard, 41:12 (3rd OA); Jay Trujillo, 43:12; Gait Man (Grayson Drexel), 49:21 & Tall Red (Ed Youngberg), 49:36. **5K** saw Ken Skelly, 20:27 (3rd OA); Speedy Bill Smitham, 20:39 (1st); Wm Eckley, 21:25; Race Man (Mitch Chesbro), 22:14; Jimbo, 24:02; Pitts O'Donnell, 24:24; Taunya Wilson, 24:13 (1st); Earl Beam, 26:45; Karen Skelly, 26:54; Penelope, 28:23; Nona Chamberlin, 30:07 (1st); Santa Card, 36:27 (1st) & Shenfeld, 37:02/Woods, 41:51. Linda & daughter Allison Drexel opted for the **RW**, 40:25.

8/12 – Eldorado Springs Cure 4-Miler: Light Foot (Deborah Acree), 30:26; The Oak, 32.00 & Vici Adele Dehaan, 39:46. All three took 3rd in their respective age group.

8/14 – Georgetown Half: Oscar Ponce, 1:11 (2nd); Jesus Martinez, 1:19 (1st); Isaiah Rubio, 1:20 (2nd); Bob Caillouette, 1:34 (10th); Jeff Young, 1:34 (11th); Jay Trujillo, 1:38; The B-Man, 1:41:07 (3rd); The Master (Rich Romero) 1:41:13 (1st); Leslie Mitchell, 1:45:29; Lightfoot, 1:45:51 (3rd); Robert Reilly, 1:45:51; Bill Faulkner, 1:49 (7th); Sir Fred Trentaz, 1:58; Pitts O'Donnell, 1:59; Lee Bengston, 2:01 (6th); Annette Nebecker, 2:03; Rick Voorhees, 2:05; R2G2 (Ray Grundmeyer) 2:08; Alice Bedard-Vorhees, 2:14:07; Joe “Elmer” Baird, 2:14:51; Pat Emigh, 2:16; Penelope, 2:19; Cassie Klumpp, 2:23; Vici Adele Dehaan, 2:26 (2nd); Bodo Schultz, 2:31; Earl Beam, 2:33; Bob Shurte, 2:58 & pushing onward Howard & Gracelee Palmer (2nd), 3:10.

Also, the **Basalt Half:** Bruce Kirschner, 1:27:39 (1st, 9th/OA); David Schmaltz; Mike Vanoni, 2:13 & Chris Vanoni, 2:28. In addition, the **Leadville 10K Trail** saw lone John Boyle, 58:02 (1st).

Lastly, Jimbo, 26:18 (1st) & The Oak, 1:59 (2nd) in the inaugural **Longmont 5K/Half, Longmont Rez** respectively.

8/15 – Berry Picker 3 Miles, Vail: The B-Man, 49:26 (1st); Gale Meuret, 51:59 & Besty Harrower, 1:04 (1st).

8/18 – Breckenridge Ski area 8 Mile Trail: Tall Red (Ed Youngberg) 1:11:47 (3rd) & The Oak, 1:12:35 (4th).

8/20 – Valley 5000, Loveland: Don Robinson, 26:56 (2nd)

8/21 – Fairplay to Alma 10K @ 10,000’: The B-Man, 50:36 (3rd/ OA); Dave Schmaltz, 52:17; Connie Ahrnsbrak, (2nd/OA) & Jim Peterson, 1:03:43.

Congratulations to Trail Man (Adam Feerst), **Leadville 100**, 22:31:47 (4th - M4 Div) and the youngest to ever finish, Hector Martinez, 29:31:41 (3rd - M2 Div)!! Jeff Young completed 50 miles.

Pikes Peak Ascent: Bob Cooper, 3:16 (1st); Mean Ed Green, 4:05; Bill Faulkner, 4:26; Jan Huie, 4:12(1st); Betsy Harrower, 5:00 (1st) & Olga Hnizdel, 5:01.

8/22 – Western Welcome 10K/5K, Littleton: Jack Barry, 23:38 (1st); Race Man, 24:39; Ken Simons, 24:42 (2nd); Santa Card, 35:22 (1st); Kim Shenfeld, 38:49 & Leslie Woods, 42:26. **10K** - James Dowdell, 47:10 (4th) & Fern Oliner, 1:08 (1st). Also, Terry McFarlane @ the **Muddy Buddy Ride n’ Run, Boulder Rez:** 1:01:10.

Gladiators @ the **full Pikes Peak:** Gale Meuret, 6:40:35; Mean Ed Green, 7:00:14; Bill Faulkner, 7:01:27; Pat Emigh, 8:07:50 & Vici Adele Dehaan, 9:28:27.

8/28 – Stapleton Stampede, Founders Green 15K saw David Keble, 1:05 (3rd); Rob Fisher, 1:09 (1st); Nancy Denniston, 1:14 (1st); The Oak, 1:15 (2nd); Race Man, (Mitch Chesbro) 1:20; Marriott Smart, 1:42; John Boyle, 1:48 & Arlene Boyle, 2:03 (2nd).

8/29 – Run for the Mesas 5K, Golden: Ray Blum, 19:55 (2nd OA); Nick Accardi, 21:30; The B-Man, 23:00 (1st); Light Foot (Deb Acree), 23:13 (1st); The Oak, 24:36 (2nd); Michelle Delpiccalo, 25:23; Race Man, 25:53; Connie Ahrnsbrak, 26:21 (1st); Pitts O'Donnell, 27:23; Penelope, 28:45; Earl Beam, 31:28; Santa Card, 35:55 (2nd) & Kim Shenfeld, 38:53.

Pace Race, WP: Devin Croft, 18:48 (1st); J Gutierrez, 26:07 & Laura McCoy, 38:42 (4th/RW).

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Great Harvest Bread
7745 Wadsworth Blvd
303 420-0500

GRANDMA ATTACKS PIKES PEAK MARATHON AGAIN

This was my 21st assault on this venerable peak, and it certainly isn't getting any easier! My son signed up to do the ascent only this year since he recently became the father of his third son and thus has been working three jobs to keep everyone afloat. Not much time to train.

The day of the ascent arrived with 8-10 inches of new snow on top of the peak. As a result, the race was held up for ½-hour to give the volunteers time to re-open the road. Mark, was lucky(?) enough to be in the first wave, and apparently fast enough that he was able to finish the race before the weather totally closed the course down.

One of my PeakBuster friends had made it to A-Frame with 30 minutes to spare, but because of another snow storm at the summit, she and many others were simply turned around and sent back to the bottom.

That afternoon when we arrived in Manitou Springs around the time I was planning to finish the next day, we were hit with a gully-washer of a thunderstorm. The streets were flooded and the lightning was terrific.

The next morning, the sky was clear, temperature at the bottom in the 50s, but the forecast called for hail and thunderstorms to hit the summit again around noon. I went prepared with my umbrella, gloves raincoat and lighter fleece jacket.

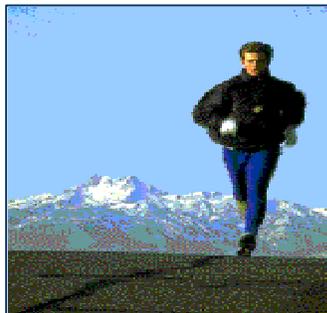
As I approached the summit, dodging the many runners on their way downhill, I spent a lot of time as usual hugging the side of the trail to give right-of-way to the downhillers. By now the snow had turned to rivulets, making the footing wet, but at least no hail had hit the top yet. However, on the way down, the predicted storm struck and luckily I was way down in the trees. This didn't mean that all the lightning flashing all around me didn't get my adrenaline going. This was when my umbrella turned out to be a welcome piece of equipment.

Since I was the oldest female on the hill by 8 years, I had to give it my all to make all the cut-off times. This meant I had to get back downhill in half the time it took me to get to the summit. Fortunately my good running/hiking base kicked in so that I finished just in time for the next rain storm to hit.

Two of our masters runners: Bill Faulkner and Pat Emigh, actually doubled the thing. They not only did the ascent on Saturday, but then turned around and did the full marathon the very next day! I have to hand it to these tough folks. This meant these two incredible runners ascended 15,630 feet in two days then losing 7,700 feet when doing the round trip on Sunday.

Even though my retired pilot neighbor insists that help is available for addicts such as I am, I will probably have to return next year when I turn 70. After all, it's their 50th anniversary. Since I love a good celebration, I hope to still have the leg power to return at least one more time.

---By Vici DeHaan



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

ELK MEADOW 10K

August 22, 2004

Place	Name	Age	Time
1.	Johnathan Huie	24	35:09
2.	Andrew Adamowski	30	36:41
3.	Steve Marshall	33	39:33
4.	Garry Roseman	33	40:26
5.	Bob Jones	43	41:42
6.	<i>Chris Gould</i>	37	43:02
7.	Gary Mages	36	43:38
8.	Jeff Mages	39	43:49
9.	David Keble	46	44:35
10.	Lou Huie	57	46:22
11.	Dave Caprera	50	46:47
12.	Justin Dentry	33	47:02
13.	<i>Susan Ballard</i>	32	47:50
14.	Jay Trujillo	46	48:54
15.	Jim Romero (The B-Man)	64	49:09
16.	Steve Klappa	40	49:16
17.	<i>Angela Witt</i>	37	49:17
18.	Brett Allendorf	35	49:22
19.	<i>Ali Olson</i>	32	49:44
20.	David Schmaltz (Foghorn)	54	49:57
21.	Steve Tuohy	28	51:42
22.	Scott McFarlane (Spiderman)	53	51:54
23.	Ed Youngberg	61	52:20
24.	Andy McKean	59	55:15
25.	Jim Fay	53	56:06
26.	<i>Judith Forsha</i>	51	56:34
27.	Ray Grundmeyer (R2G2)	66	56:41
28.	<i>Ann Kenchel</i>	36	58:00
29.	<i>Nancy Masten</i>	34	58:23
30.	Julie Thenell	46	58:37
31.	Doug Tollin	59	58:49
32.	<i>Julie Linkes</i>	41	59:30
33.	<i>Carol Johnson</i>	50	59:45
34.	Don Robinson	72	1:02:09
35.	<i>Fearless Fay Dizerega</i>	61	1:04:03
36.	Roger Rybicka (Traveling Man)	56	1:04:32
37.	Jim Dizerega	64	1:06:09
38.	<i>Emily Comfort</i>	30	1:06:15
39.	<i>Kirsten Ruiz</i>	32	1:06:16
40.	Jason Jenulis	32	1:08:14
41.	Palmer Bean	60	1:12:05
42.	Relentless Dave Black	53	1:15:37

43.	Ken Wilkinson	32	1:16:23
44.	David Boyle	69	1:16:38

RACEWALKERS

1.	<i>Connie Ahrnsbrak</i>	64	1:20:22
2.	<i>Rosalie Murch</i>	63	1:24:28
3.	Howard Palmer	75	1:32:09

Age Group Award

Overall Man

Overall Woman

Name	Time	Name	Time
Johanathan Huie	35:09	Chris Gould	43:02

70 and Over

1.	Don Robinson	1:02:09
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65 - 69

1.	Ray Grundmeyer	56:41	Fay Dizerega	1:04:03
2.	David Boyle	1:16:38		

60 - 64

1.	Jim Romero	49
2.	Ed Youngberg	52:20
3.	Jim Dizerega	1:06:09
4.	Palmer Beam	1:12:05

55 - 59

1.	Lou Huie	46:22
2.	Andy McKean	55:15
3.	Doug Tollin	58:49
4.	Roger Rybicka	1:04:32

50 - 54

1.	Dave Caprera	46:47	Judith Forsha	56:34
2.	David Schmaltz	49:57	Carol Johnson	59:45
3.	Scott McFarlane	51:54		
4.	Jim Fay	56:06		
5.	Dave Black	1:15:37		

45 - 49

1.	David Keble	44:53
2.	Jay Trujillo	48:54
3.	Julie Thenell	58:37

40 - 44

- 1. Bob Jones 41:42 Julie Linkes 59:30
- 2. Steeve Klappa 49:16

35 - 39

- 1. Gary Mages 43:38 Angela Witt 49:17
- 2. Jeff Mages 43:49 Ann Kenchel 58:00
- 3. Brett Allendorf 49:22

34 and Under

- 1. Andrew Adamowski 36:41 Susan Bellard 47:50
- 2. Steve Marshall 39:33 Ali Olson 49:44
- 3. Garry Roseman 40:26 Nancy Masten 58:23
- 4. Justin Dentry 47:02 Emily Comfort 1:06:15
- 5. Steve Tuohy 51:42 Kirsten Ruiz 1:06:16

Racewalkers

- 1. Connie Ahrnsbrak 1:20:22
- 2. Rosalie Murch 1:24:28
- 3. Howard Palmer 1:32:09

**Chatfield 10 Mile Trail Run
September 18th**

What a beautiful fall morning for a good trail run. A small group of runners came out to Chatfield State Park and tried the adventure trail — running through Willows, hurdling logs and crossing streams. The first finishers were Slimfast (Bruce Kirschner) and less than a minute later David Kelble. First female finisher was Yvonne Kamstra a couple of minutes behind David with her husband Lex finishing fourth. Julie Kimpel and Maria Hopp came in fifth and sixth!

Most of the racers enjoyed the course, although scenic (running along the Platte) they were concentrating more on missing the obstacles along the way than enjoying the beauty. Ken Green, our only 75 plus finisher came in at 107 minutes and 26 seconds, looking refreshed!

Although a scenic course was available for the race walkers, they opted for the straightforward, flat course used last year. Unfortunately, we didn't expect that detour, so they walked for almost an hour without water. Finally a mile from the finish, a mobile water table (in the form of Kim) arrive to quench their thirst. Ed Guiff took first place, with a visitor from Nebraska, John

Shadle in second. Rosalia Murch came in third followed by Lew Hutch.

A scenic and adventuresome race requires a lot of preparation in marking and measuring the route. Many thanks to Scott McFarlane, Connie Ahrnesbark, Adam Feerst and Rob Fisher for their help in design, measuring and marking the course. It took several trips out to Chatfield to ride the course (and believe it or not, it is about as hard to ride as it is to run!). Thanks also to the water table helpers, Scott, and Adam, Connie and Annika Eberle (Kim Massey's daughter). As always, the race could not have come off without the help of the rest of the race crew, including Jerry and Rosalia Murch at registration, Tom Allison-registration and timing, Joe Baird with the Cromonix, and Levi with the trailer and equipment (thanks for getting there at 6:30!) A HUGE THANK YOU to all of the volunteers...they keep our races going!

The overall winners received gift certificates from Black Eyed Pea, Rosalia donated some Avon goodies as door prizes and everyone enjoyed the wonderful bread from Great Harvest! THANKS to our generous sponsors.

There is always lots of work to be done to keep our races interesting and exciting. Anyone interested in having a great time, try volunteering to help with or direct a race! Contact any one of the board members or Kim Massey for more information.

Overall Results

Place	Name	Age	Time
1.	Bruce Kirschner	51	70:26
2.	David Kelble	46	71:18
3.	Yvonne Kamstra	39	73:59
4.	Lex Kamstra	42	75:47
5.	Julie Kimpel	33	79:09
6.	Maria Hopp	40	80:03
7.	Ken Randall	66	80:09
8.	Jennifer Kaufman	34	81:24
9.	Ken Lotze	54	82:23
10.	Frances Johnson	30	84:29

12. Todd Dunning	39	87:15
13. Tom Chambers	61	87:20
14. Ed Youngberg	61	91:20
15. Ray Grundmeyer	66	92:24
16. Mike Benidt	57	92:57
17. <i>Tanoya Wilson</i>	57	95:46
18. Mike Moredeck	57	95:48
19. <i>Holly Brewer</i>	28	95:55
20. <i>Jenny Young</i>	28	95:56
21. <i>Carol Johnson</i>	50	98:43
22. <i>Dana Berg</i>	35	100:48
23. <i>Fay diZerega</i>	61	103:44
24. Ken Green	75	107:26
25. Earl Beam	54	109:49
26. <i>Karen Crockett</i>	34	110:40
27. Dave Black	53	119:17
28. <i>Fern Oliner</i>	63	122:30

AGE Group Awards

Overall Man

Overall Woman

Name	Time	Name	Time
Bruce Kirschner	70:26	Yvonne Kamster	73:59

:

70 and Over

1. Ken Green	107:26
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65 - 69

1. Ken Randall	80:09
2. Rich Romero	85:55
3. Ray Grundmeyer	92:24

60 - 64

1. Tom Chambers	87:20	Fay di Zerega	103:41
2. Ed Youngberg	91:20	Fern Oliner	122:30

55 - 59

1. Mike Benidt	92:57	Tonya Wilson	95:46
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50 - 54

1. Ken Lotze	82:23	Carol Johnson	98:43
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2. Earl Beam	109:49
3. Dave Black	119:17

45 - 49

1. David Kelbe	71:18
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40 - 44

1. Lex Kampstra	75:47	Maria Hopp	80:03
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35 - 39

1. Todd Dunning	87:15	Dana Berg	100:48
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34 and Under

1. Mike Moredock	95:48	Julie Kimpel	79:09
2.		Jennifer Kaufman	81:24
3.		Francis Johnson	84:29
4.		Holly Brewer	95:55
5.		Jenny Young	95:56
		Karen Schmidt	110:40

Racewalkers

1. Ed Guiff	66:52	Rosalia Murch	72:29
2. John Shadle	70:18		
3. Lew Hutch	73:02		

**Clear Creek 4 Miler
Sat., Dec. 9 9 AM**

Join us for a festive run in beautiful Prospect Park in Wheat Ridge. After the race, join us for a simple Pancake Breakfast! A great way to refuel you body and meet other CMRA members. Directions: From I-70 exit Kipling. Go south on Kipling to 44th Ave. Go west on 44th to Prospect Park. The entrance is on the south side of the street.

For more information or to volunteer, contact Dave Black 303 781-1738 or see www.comastersrun.org

Shop at our sponsor

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

Shop at our Sponsor

**Runners Choice
2460 Canyon Blvd. Boulder
303 499-8551**

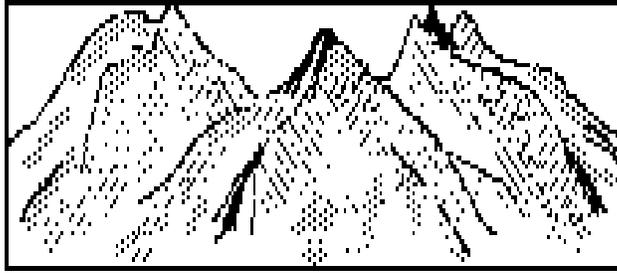
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**Runners Roost
1685 S. Colorado Blvd. 303 759-8455
Parker & Arapahoe 303 766-3411**



....keep running.....

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



**Coal Creek Cross Country
Challenge 5.5 Miles Louisville
Sunday October 17 9 AM**

Traverse a stream, cross bridges, through a tunnel, over hill and dale.

To get to the start, take the Boulder Turnpike(Hwy 36) northwest to-ward Boulder. Take second exit after Broomfield Storage Tech Drive, make a right off exit ramp heading north. Continue north to 2nd traffic light. Make a left onto 96th Street. Head north through traffic light on Dillon Road, go about a mile and turn right onto Lock Street after coming down steep hill. Cross railroad track and park in lot on left, which is near the trailhead and start of race.

Alternate route: take Wadsworth Blvd.(Hwy 287) several miles north of Broomfield to Dillon Road. Make a left and head west to first traffic light, 96th Steet. Make a right and head north to Lock Street (see direction above). P.S. You might want to bring an extra pair of shoes.

2004 OFFICERS

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Levi Gonzales, Rosalia Murch, Deb Acree, Vici DeHaan, Ray Grunmeyer, Scott McFarlane, Connie Ahrnsbrak,

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.

2004 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

June	12	Sat	8 AM	Waterton Canyon, Littleton	Waterton Canyon 10K*	Deb Acree	720-338-2202
July	11	Sun	8 AM	Christies @ Genesse	Mountain Madness 12K*	TBA	
Aug	11	Wed	6:30 PM	Fairmont Park, Golden	Fairmont 5K Trail	Pat Phillips	303-238-4405
Aug	22	Sun	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail 10K	Wayne Mathis	303-979-9592
Sept	11	Sat	8 AM	Chatfield State Park	Chatfield 10 Miler***	Rob Fisher	303-363-2377
Oct	17	Sun	9 AM	Randy's Ranch, Louisville	Coal Creek XC Challenge 5.5	Bruce Kirschner	303-666-0864
Nov	14	Sun	9 AM	Cherry Creek State Park	President's 7 Mile*	Vici DeHaan	303-494-1782
Dec	11	Sat	9 AM	Prospect Park Arvada	Clear Creek 4-Miler	Dave Black	303-781-1738

** **PANCAKE BREAKFAST**

* **5K FOR RACEWALKERS**

*** **5 MILES FOR RACEWALKERS**

CMRA

8100 E. UNION AVE.

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DENVER, CO 80237