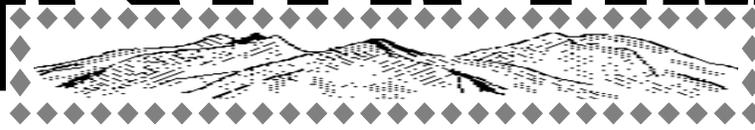


MASTER TIMES



September/October 2005

Volume 31 Issue 5

PRESIDENT'S CORNER

By: Rob Fisher

Just a Few Notes

2006 RACE CALENDAR: I just wanted to let the membership know that the board at our September meeting modified and approved the 2006 CMRA Race Calendar. Please make note of it. It is printed here and on the website. We made a few changes from the proposed calendar that was presented in the last newsletter.

WARNING: Just a warning that things do happen and we have to make some changes that are necessary. We really tried to look into the future putting all our great knowledge to good use.

WEBSITE: It is best to double check all race information on our website just to make sure of all race dates. Scott does a fantastic job updating this. Last minute race information like directions or things to watch for can be found here.

ALL RACE DIRECTORS: All race directors are strongly encouraged to attend the next club meeting on November 7th. The board would like feedback on how we did this year and discuss next year. Look for an invitation. If anyone would like to direct a race next year please call me. We need one or two new directors.

ANNUAL MEETING: Our Annual Meeting is all set for January 20th of next year. Look for some interesting entertainment. We will be at Christie's once again.

ANOTHER THANK YOU: This is a great group of people in this club. We put on 13 quality races and it does not seem that any one person has too much to do. I hear the race directors often getting may thank yous from the runners attending and it makes me feel good about our efforts. Many thanks to the board members, officers and all the race directors who make it all possible.

I guess that is all for now. I will see you at the next race.

Fairmount Park Trail 5K

August 10, 2005

Pat Phillips

The weatherman smiled on us this year....rain an hour before the race to cool things off, then clear skies for start time. We decided to copy Bruce and Randy's success at Coal Creek, so we added a mudhole, er, water crossing at about the 3-mile mark. However, since it was an out-and-back course, that put the same obstacle at about the 0.3-mile mark, making sure there were no dry shoes for the duration.

We were again visited by the North High contingent, and as usual they took most of the top spots. Oscar Ponce's winning time of 16:48 was 20 seconds slower than last year, when he shattered the course record, but since the course was slightly different this year, he has another record. Samantha T. (sorry I didn't get her last name) was the first lady at 21:35. Lew Hutchinson's only competition in the race-walk was a puny Rosalia who was recovering from strep throat.

Other notable times included Peggy Muhn, the second lady at 22:17, and Jim Romero at 23:31. I was great to see Bill Smitham back racing, and Tom Alison running. It was also great to see Pat Hayes running, he is looking well!

Many thanks to the volunteers that make the race go so smoothly, including: Bruce Kirschner & Rollie Erickson at the water stop, Joe Baird, (even thought he was late), Adam Fearst, Lew Hutchinson, Jerry Murch, Jim Price, and Joe Sanchez. Great Harvest gave us so many goodies, there was something for everyone.

Overall Results

Place	Name	Time	Age
1	Oscar Ponce	16:48	27
2	Hector Martinez	17:12	21
3	Eric N.	17:16	15
4	Joseph Manila	17:24	14
5	Omar Torres	17:34	16
6	Julio Bonilla	17:56	17
7	Severin	18:17	17
8	Jesus M.	18:22	19
9	Scott Kukel	18:39	31
10	Mario Martinez	20:18	16
11	Jim Perry	20:32	44
12	Jeff Young	20:50	49
13	Thomas Johnson	21:13	32
14	Bob Weber	21:28	47
15	Samantha T.	21:35	17

16	Bob Caillouette	21:48	50
17	Rob Fisher	22:08	55
18	Peggy Muhn	22:17	53
19	Robert Kanieski	22:19	28
20	Jeff Bostow	22:31	49
21	Foghorn Leghorne	22:54	39
22	John Jenkins	23:26	53
23	Jim Romero	23:31	65
24	Gary Mays	23:36	37
25	Scott MacFarlane	23:45	54
26	Colin Whitmore	24:03	42
27	Ken Randall	24:17	65
28	Bill Smitham	24:22	61
29	Andy McKean	24:30	60
30	Deborah Acree	24:33	53
31	Sylvia Martinez	24:40	22
32	Bob Gassen	24:42	58
33	Gale Meuret	24:59	58
34	Polly Zimmerman	25:14	49
35	Mitch Chesbro	25:31	46
36	Tom Chambers	25:38	62
37	Ken Simons	25:41	67
38	Doug Tollin	26:07	60
39	John Miranda	26:20	58
40	Janet Hattelsted	26:22	34
41	Ray Grundmeyer	26:24	67
42	Neddie Legg	26:50	54
43	Ed Youngberg	27:09	62
44	Jerry O'Donnell	28:09	59
45	Michelle Slingsby	29:03	36
46	Earl Beam	29:26	55
47	Carol Johnson	30:08	51
48	Tom Duran	30:52	57
49	Lee Bengston	31:24	67
50	Tom Alison	31:38	68
51	Charlie Schmucker	31:40	59
52	Ken Davis	33:51	44
53	Wayne Mathis	36:41	62
54	Robert Bussey	40:16	70
55	Lynn Young	42:04	49
56	Julie Kimpel	49:45	34
57	Courtney Kimpel	49:45	8
58	Katrine Kimpel	50:16	6
59	Steve Kimpel	50:17	35

Racewalkers

1	Lew Hutchinson	48:00	67
2	Rosalia Murch	49:10	64

Age Group Finishes

Overall Man

Overall Woman

Name	Time	Name	Time
Oscar Ponce	16:48	<i>Samantha T.</i>	21:35

75 and Over

70 and Over

1. Bob Bussey	40:16		
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65 - 69

1. Jim Romero	23:31		
2. Ken Randall	24:17		
3. Ken Simmons	25:41		
Ray			
4. Grundmeyer	26:24		
5. Lee Bengston	31:24		

60 - 64

1. Bill Smitham	24:22		
2. Andy McKean	24:30		
3. Tom Chambers	25:38		
4. Doug Tolin	26:07		
5. Ed Youngberg	27:09		

55 - 59

1. Rob Fisher	22:08		
2. Bob Gassen	24:42		
3. Gale Meuret	24:59		
4. John Miranda	26:20		
5. Jerry O'Donnel	28:09		

50 - 54

1. Bob Caillouette	21:48	<i>Peggy Muhn</i>	22:17
2. John Jenkins	23:26	<i>Deb Acree</i>	24:33
Scott			
3. MacFarlane	23:45	<i>Neddie Legg</i>	26:50
4.		<i>Carol Johnson</i>	30:08

45 - 49

1. Jeff Young	20:50	<i>Polly Zimmerman</i>	25:14
2. Bob Weber	21:28	<i>Lynn Young</i>	42:04
3. Jeff Rostow	22:31		

4. Mitch Chesbro	25:31		
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40 - 44

1. Jim Perry	20:32		
Colin			
2. Whitmore	24:03		
3. Ken Davis	33:51		

35 - 39

Foghorn			
1. Leghorne	22:54	<i>Michelle Slingsby</i>	29:03
2. Gary Mays	23:36		

34 and Under

Hector			
1. Martinez	17:12	<i>Sylvia Martinez</i>	24:40
2. Eric N.	17:16	<i>Janet Hattlested</i>	26:22
3. Joseph Manila	17:24		
4. Omar Torres	17:34		
5. Julio Bonilla	17:56		

Racewalkers

Lew			
1. Hutchinson	48:00	<i>Rosalia Murch</i>	49:10

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Pelican Updates By Ahrnsbrak

Oops! 6/19- Strawberry Shortcut, Glenwood Springs: Sir Fred Trentaz, 57:08 & Joe Baird, 1:02 in the **10K**. Sir Fred Trentaz in the **5K**, 27:46.

Oops! Snow Mountain Ranch Half: The Oak, 2:03 (1st); Kool Shades (Ken Randall), 2:18 (2nd); Ken Simons, 2:26 (3rd) & Fern Oliner, 3:17(1st).

7/9 – Rogers Run 5K, Longmont: Bruce Dahm, 21:40; Roger Rybicka, 27:05 & Jim Peterson 27:08.

7/10 –Trespass Trail Challenge, Nederland: 10-Mile –Gary Black, 1:19; The B-Man, 1:30 (1st); Bill Faulkner, 1:40 (2nd); Jack Barry, 1:42 (3rd); Pat Emigh, 2:04 (2nd) & Relentless Dave Black, 2:19. **5-Miler plus-** Paul Welschinger, 41:51; Kent Enwright, 45:29 (2nd); The Oak, 48:26 (1st); Lightfoot (Deb Acree), 50:00 (2nd) & Connie Ahrnsbrak, 52:17 (1st). **Fastrek Forest 8 Mile Trail, Idaho Springs:** Jim Fay, 1:31; Julie Thenell, 1:34 & Kathy Klesmit, 1:54.

Summer Roundup 12K, CS: Jonathan Huie, 45:37 (OA); Shane Holonitch, 1:04 (1st) & Stonewall (Ken Green), 1:24 (1st). **Pilot Hill, Laramie, WY:** Jim Peterson prevailed in the **25K**, 3:02 (1st) while Traveling Man (Roger Rybicka), 49:36 (3rd) ran the **8K**.

7/13 –Twilight Trail #2, Elk Meadow: Hector Martinez, 42:03; Eric Ndikumano, 42:19; Joseph Manifasha, 43:55; Omar Torres, 45:06; Mauro Martinez, 48:56; Esmeralda Martinez, 55:05; The Oak, 1:01; Samantha Towne, 1:02:28; Sylvia Martinez, 1:02:37; Ken Simons, 1:04:00 & Ray Grundmeyer, 1:04:49

7/16 –Kendall Mtn. Half, Silverton: The Captain (Don Robinson), 3:33 (1st).

Run for Hope 5K, CS: Lou Huie, 21:39 (1st), while Trail Man (Adam Feerst), 44:30; Gale Meuret, 56:54 & Bruce Brandt, 1:09 took on **Evergreen Mountain Trail 10K**.

7/17 – Barr Trail Half, Manitou Springs: Paul Welschinger, 2:24; Shane Holonitch, 2:35; Bill Faulkner, 2:46 and Patricia Emigh, 3:03.

7/24 –Loveland Classic 5K: Jim Peterson, 25:30 (2nd), while Bob Cooper, 2:08 (3rd); The B- Man, 2:14 (1st); Shane Holonitch, 2:30 (2nd) & Vici Dehaan, 3:21 (2nd) took on **The Teva Half, Vail**. Also, **Emily's 5K, WP** saw Race Man (Mitch Chesbro), 25:16.

Block Buster 10K, Lakewood: Hector Martinez, 34:06 (OA); Susan Bellard, 44:18 (1st); Joe Ratledge, 47:08; Anna Rocheleau, 48:53; Taunya Wilson, 53:18 (1st) & Bruce Brandt, 1:00 (2nd). **5K**-Isaiah Rubio, 16:31 (OA); Eric Ndikumana, 16:36 (1st); Miguel Cazares, 16:58 (2nd); Jeff Young, 19:46 (1st); Samantha Towne, 20:35 (1st); Jay D. Trujillo, 21:38; Mitch Chesbro, 24:54; Janet Hattelstad, 25:04; Kathy Klesmit, 25:26 (1st) and 15-year old Sean Ratledge, 28:14.

7/28-South Valley Park 7.4 Miler, Twilight #3: David Kelble, 59:14; Robert Kanieski, 1:01; Scott Mcfarlane, 1:04; Kool Shades (Ken Randall), 1:05; The Oak, 1:06; Tom Chambers, 1:10; Connie Ahrnsbrak, 1:11 & R2G2 (Ray Grundmeyer), 1:12.

7/30- Miles 4 Miracles, HLR: Connie Ahrnsbrak, 33:12 (1st); Kathy Klesmit, 33:45 (1st); Dave Banko, 42:46; David Boyle, 46:58 (1st); & Arlene Boyle, 53:34 (3rd). **Kid's Cure for Cancer, Inverness:** Doug Tollin, 25:41 (1st); Race Man, 26:51; J Gutierrez, 27:29; Laura McCoy, 39:54 & Leslie Woods, 42:28.

7/31 – Hamlin Scramble 9-Mile Trail, Fall River Rd: Grid Iron (David Kelble), 1:17 (3rd); The B-Man, 1:21 (1st); Spiderman (Scott McFarlane), 1:22 (2nd); Jim Fay, 1:23 (3rd); Gale Mueret, 1:24; Julie Thenell, 1:35 (3rd); Roger Rybicka, 1:41; Bruce Brandt, 1:43 (2nd); Connie Ahrnsbrak, 1:45:44 (1st); Kathy Klesmit, 1:45:46 (2nd) & Palmer Beam, 1:52.

8/3 –White Ranch 10K, Twilight #4: Jesus Martinez, 44:35 (2nd/OA); Isaiah Rubio, 45:17; Bob Weber, 55:42;

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

David Kelble, 1:00; Spiderman, 1:04; Kool Shades, 1:09:20 & Ken Simons, 1:09:21.

8/6 – Castlewood Cliffs 10K Trail, Franktown: Alan Johnson, 1:02; Doug Tollin, 1:17 (1st) & *Roger Rybicka, 1:40 (2nd). **Got off course & added some bushwacking to his run.* **Human Race 5K, FTC**: J Gutierrez, 25:31 & Laura McCoy, 41:08 (RW). **Beulah Challenge 10K**: Jonathan Huie, 36:35 (2nd/OA) & Lou Huie, 47:53 (3rd). Plus, Terry McFarlane @ **San Diego Track Club Balboa Park 8-miler**: 1:29 (2nd).

8/7-Railroad Run 5K, Strasburg: Mitch Chesbro, 23:41 (2nd) & Connie Ahrnsbrak, 23:50 (1st). *Lots of turns, but shady.*

Evergreen Town Race: 10K –The B-Man, 44:02 (1st); Jack Barry, 46:54 (3rd); David Schmaltz, 53:33 & Tom Alison, 1:02. **5K**-Bill Smitham, 22:30 (1st); Taunya Wilson, 23:29 (3rd); Carmen West, 24:53; Ed Youngberg) 25:08; Steadfast Earl Beam, 26:59; The Captain (Don Robinson) 27:29 (3rd); Nona Chamberlin, 30:58 (1st) & Leslie Woods, 42:46 (RW).

8/11 -Eldorado Springs Cure 4-Miler: Robert Kanieski, 28:17 & Vici Dehaan, 40:14 (1st).

8/13 –Provo River Half, UT: Connie Ahrnsbrak, 1:50 (1st). *Good/Scenic!*

Georgetown Half: Oscar Ponce, 1:12 (3rd); Jesus Martinez, 1:15 (1st); Hector Martinez, 1:18 (3rd) Bob Cooper, 1:30 (1st); Jay D. Trujillo, 1:39; Alan Johnson, 1:39; Rich Romero, 1:43; Robert Reilly, 1:44; Jim Fay, 1:44; Jack Barry, 1:48 (3rd); Bill Faulkner, 1:48; Kathy Klesmit, 1:55; Taunya Wilson, 1:57 (2nd); Jerry O'Donnell, 2:02; Ray Grundmeyer) 2:07; Pat Emigh, 2:09; Olga Hnizdil, 2:11; Earl Beam, 2:11; Joe Baird, 2:14 & Vici Dehaan, 2:30 (3rd). **Highlands Ranch Splash Dash 5K** saw Susan Bellard, 43:00 (2nd) & Tom Chambers, 45:45 (1st). **Gary Barnett Foundation 5K, Boulder**: Race Man, 24:01 (2nd).

8/19- Loveland 5000 saw Bob Caillouette, 20:57 (4th) & Doug Tollin, 24:44.

8/20 –Pikes Peak Ascent: Adam Feerst, 3:00 (5th); Bob Cooper, 3:09 (1st); Jan Huie, 4:11 (5th); Bill Faulkner, 4:22; Pat Emigh, 4:36; Olga Hnizdil, 5:07; Don Robinson, 5:45 (4th) & Stonewall (Kenneth Green), 6:03 (2nd).

Leadville 100 saw lone Hector Martinez, 25 hours (5th). **Littleton YMCA Trail Trot: 10K**-The B-Man, 46:06 (1st); David Kelble, 46:35; Bruce Brandt, 58:55 (4th) & Marriott Smart, 1:12 (1st). **5K**-Bill Smitham, 22:51 (1st); Polly Zimmerman, 24:15 (3rd); Ken Simons, 25:01 (2nd); Kathy Klesmit, 25:42 (2nd); Michelle Kelble, 26:15 (3rd); Frank Hathorn, 34:21 (3rd); Leslie Woods, 41:27 & Kim Shenfeld, 44:13.

8/21-Pikes Peak Marathon: Gary Black, 5:15 (1st); Paul Welschinger, 6:08; Shane Holonitch, 6:09 (3rd); Bill Faulkner, 7:43; Pat Emigh, 8:22; Fern Oliner, 8:46; Relentless Dave Black, 9:00 & Vici Dehaan, 9:02 (1st).

8/25 Together Forever 5K, Aurora: RW-Rosalie Murch (1st); The B-Man, 23:30 (1st); Mitch Chesbro, 26:20, Ryan Hathorn, 28:47 (1st); Grandpa Frank Hathorn, 35:27 (1st) & Leslie Woods, 43:02 (2nd).

8/27 Indian Peaks 10K Trail, Eldora: The Oak, 1:02:57 (1st); Kool Shades, 1:03 (2nd); Ken Simons, 1:04 (3rd); Roger Rybicka, 1:06:58 (3rd); Doug Tollin, 1:09:34 (1st); Connie Ahrnsbrak, 1:09:45 (1st) & Bruce Brandt, 1:12 (2nd). Also, **Stapleton Stampede 15K** saw David Kelble, 1:12 & Kathy Klesmit, 1:23 (1st). Race Man (Mitch Chesbro), 24:20 ran the **5K**.

9/4 –Beaver Creek US Half: Alan Johnson, 1:59 (2nd); The B-Man, 2:04 (1st) & The Oak, 2:21 (2nd). **Coal Creek Crossing 5K, Louisville**: Bruce Kirschner, 20:57 (2nd/OA).

9/5- Parker Pebble 4-mile XC @ Bayou Gulch: Lightfoot (Deb Acree) 31:20 (2nd/OA); Connie Ahrnsbrak, 32:47 (3rd/OA); The Oak, 34:00 & Rosalie Murch, 55:17 (RW). *Very much a cross country! A two-loop fun course through fields of grass, weeds & sand.*

American Discovery marathon, CS: Jonathan Huie set a new age course record & qualified for Boston, 2:59. Joe Ratledge also ran the marathon, 4:17. Lou Huie, 1:43 (1st) & Doug Tollin, 1:59 (3rd) ran the **Half**. Lone Polly Zimmerman @ **CU Kickoff 5K**: 23:44. **Have fun running in the fall leaves**

50th Anniversary Running of Pikes Peak Marathon

On August 20th, runners took off for the 50th running of the Pikes Peak Ascent, not realizing the immense task that lay before them. Although I wasn't one of these challengers, reports that evening told of horrendous conditions, probably some of the worst in years.

According to friends who ran it, a tremendous hail storm struck the mountain around 10:30 and it was violent. Runners caught above A-Frame were pelted unmercifully by large hail that left welts on their bare arms and legs. By the time those who made the cut-off above A-Frame made it to the top, they were stranded, some for several hours. I heard later that many others were turned around at A Frame, and had to return on foot to the bottom.

Because of the hail covering the road to the summit, the vans and buses that were used to carry the runners back down the mountain were unable to make it to the top. Instead they had to wait for snow plows to clear the roads, and as more and more runners arrived at the top, they were crowded into the visitor center, apparently covering every available square inch inside the building.

Added to this crowd were tourists arriving by cog railway. Once they arrived at the summit, apparently they were told that all they could do was go to the bathroom and then they had to reload the train. No way could they even get close to the souvenirs because of all the frozen runners.

Not everyone who runs this marathon carries money with them, and one of my friends happened to have a \$20. bill which she simply gave to one of the hypothermic runners who urgently needed to get back down to the bottom. Since the runners hadn't paid for a round trip on the cog, they were actually being charged to return downhill.

Another friend happened to be carrying a wool hat with her and ended up donating it to another frozen runner as they awaited transportation to the bottom. It took over six hours to get everyone off the top, and by 7:00 as I was eating my spaghetti dinner and listening for the awards, they announced they had finally gotten everyone down off the top.

The next morning, we lined up to do the full marathon. One of the volunteers warned me to get up and down as fast as I could since the weather forecast called for more thunderstorms. In fact, her rain gauge had recorded four inches of rain from the previous day.

We started off in sunshine, and because I had spent the previous month living and training at around 10,000 feet at a recently-purchased condo, I was as altitude trained as I have ever been. I had worried that because I was getting older and slower each year that I might miss the cut-offs that were being strictly adhered to, but managed to be :45 ahead of them.

Upon reaching mile 11, I was running with an RN who worked in ICU when we came upon a man lying on the ground with two runner/doctors performing CPR. When she asked if she could relieve one of them, they told her to go on. When she looked more closely at the runner on the ground, she announced that she was sure he had died.

We attempted to send word up to the medics stationed in the cirque about a mile above us that we needed "electricity" to defibrillate the runner. By the time the EMTs passed us running downhill, the runner had been on the ground at least ten minutes from when we left him. We both agreed that at that point, neither of us would have wanted to be "brought back" because of the brain damage that undoubtedly had occurred. (A later newspaper article reported that he was 59 years old from Earlham, Iowa.)

As we got to around two miles from the top, things became treacherous footing-wise. The 8 inches of hail had now been packed down and was getting slicker by the minute.

At this point, as happens every year, those of us still on the way up had to step off the trail over to the side to allow the downhill runners to have the right-of-way. We had been warned that at no point were we allowed to leave the trail, so we had no choice but to stop and wait for the traffic to clear.

Despite having the capacity to still run, I was brought to a complete stand-still over and over as strings of runners came past, slipping and sliding in the slush. By the time I got to the final sixteen golden steps below the summit, I began wishing I had brought my ice joggers along. The runners coming downhill were having quite a time staying upright as they slid down over the rocks.

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

By then, I gave up on making any kind of good time reaching the top since I was spending more of my time draped around a rock to allow the traffic to go past. Now the thunderstorms were beginning to build once again, and the summit became completely covered in cloud. As I attempted to reach it, one of the downhill runners told me to keep coming up. I almost laughed at him, and asked him just where he proposed I put my foot since he was standing on the only available ground at that point.

Once at the top, again I had to wait in line to have my number pulled and my bib marked before I could begin my own slipping and sliding back downhill. Now I was hearing thunder and watching the storms begin to build all around, and decided to get off the top and down into the trees as fast as was safely possible.

By the time I reached Barr Camp, I looked at my watch and for the first time that day figured I had a chance to break the course record for my age which stood at 9:00:09. Even passing the last two aide stations and running as fast as I could down the Manitou Incline, going round and round the log fences erected to prevent short-cutting, I missed breaking it by under two minutes.

Even though three of us 70s were registered, it turned out I was the only finisher, and once again was the oldest female on the hill.

Three other masters runners were there: Dave Black who finished a few minutes ahead of me, Pat Emigh and Bill Faulkner who once again doubled, having done the ascent the day before.

Will I be back next year? It's a little like child birth: give it enough time to fade into my memory, and who knows? The weather can't be any worse, can it?

By Vici DeHaan

**Clear Creek 4 Miler
Sat. Dec. 10 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 Vici DeHaan 303 494-1782 or see www.comastersrun.org

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

Elk Meadow Trail 10K

August 28, 2005

Elk Meadows a perennial favorite for some runners is located near Evergreen Colorado. This trail run is a good work out with gentle rolling hills and switch backs mixed together. The weather was at its summers best and dry! The rain that occurred the day before made for a dust free and fast run. The fast male was Andrew Adamowski, age 31 with a time of 37:05. The fast female was Christine Adamowski, 43:59. Meanwhile back where the real racing was happening, the first Master runner was Brian Cross with a fast time of 41:42. The first female master runner was Carol Johnson with a time of 62:02. Thanks to all the volunteers that made the event happen, Jerry and Rosalia Murch, Joe Sanchez, Joe Baird. Special thanks go to the Great Harvest Bread Company for the goodies they provided.

Wayne Mathis

Overall Results

Place	Name	Age	Time
1.	Andrew Adamowski	34	37:05
2.	Brian Cross	46	41:42
3.	Martin Paul	43	42:40
4.	Jeff Mages	40	43:13
5.	Tim Giesen	39	43:45
6.	Christine Adamowski	38	43:59
7.	Kristine Moreau	38	44:46
8.	Bob Cailouette	50	44:47
9.	Paul Welschinger	48	45:09
10.	Robert Kanieski	28	47:37
11.	Jim Romero	65	47:52
12.	Lara Usinowicz	35	47:58
13.	Foghorn Leghorne	39	48:34
14.	Jay D. Trujillo	49	49:14
15.	Jim Bosik	55	49:16
16.	Scott McFarlane	54	50:12
17.	Gale Meuret	58	51:16
18.	Colin Whitmore	42	51:49
19.	Megan Heine	32	52:04
20.	Dan Miller	38	52:05
21.	Brett Allendorf	36	52:44
22.	George Huner	52	53:52
23.	Kent Mitchell	64	55:34
24.	Roger Rybicka	57	56:26
25.	Ray Grundmeyer Jr.	67	57:06

26.	Ed Youngberg	62	57:54
27.	Bruce Brandt	60	60:02
28.	Mark Johnson	47	61:40
29.	Carol Johnson	51	62:02
30.	Kathy Klesmit	53	62:25
31.	Brian Moffett	59	63:33
32.	Jim DiZerega	65	65:54
33.	Ken Green	76	66:30
34.	Vici DeHann	70	66:58
35.	Earl Beam	55	67:06
36.	Palmer Beam	61	69:17
37.	Fay DiZerega	62	71:07
38.	Charlie Schmucker	59	74:43
39.	Frank Hathorn	71	77:38

RACEWALKERS

1.	Rosalia Murch	64	64:14
2.	Linda Neele	61	96:12
3.	Lynn Young	49	97:32

Age Group Results

Overall Man		Overall Woman	
Name	Time	Name	Time
Andrew Adamowski	37:05	Christine Adamowski	43:59
75 and Over			
1. Ken Green	66:30		
70 and Over			
1. Frank Hathorn	77:38	Vici DeHaan	66:58
65 - 69			
1. Jim Romero	47:52		
Ray			
2. Grundmeyer	57:06		
3. Jim DiZerega			
60 - 64			
1. Kent Mitchell	55:34	Fay DiZerega	71:07
2. Ed Youngberg	57:54		
3. Bruce Brandt	60:02		
4. Palmer Beam	69:17		

55 - 59

- 1. Jim Bosik 49:16
- 2. Gale Meuret 51:16
- 3. Roger Rybicka 56:26
- 4. Brian Moffet 63:33
- 5. Earl Beam 67:06

50 - 54

- 1. Bob Caillouette 44:47 Carol Johnson 62:02
- 2. George Huner 53:52 Kathy Klesmit 62:25

45 - 49

- 1. Brian Cross 41:42
Paul
- 2. Welschinger 45:09
- 3. Jay D. Trujillo 49:14
- 4. Mark Johnson 61:40

40 - 44

- 1. Paul Martin 42:40
- 2. Jeff Mages 43:13
- 3. Colin Whitmore 51:49

35 - 39

- 1. Tim Giesen 43:45 Kristin Moreau 44:46
Foghorn Lara
- 2. Leghorne 48:34 Usinowicz 47:58
- 3. Dan Miller 52:05
- 4. Brett Allendorf 52:44

34 and Under

- 1. Robert Kanieski 47:37 Megan Heine 52:04

Racewalkers

- 1. Rosalia Murch 64:14
- 2. Linda Noole 96:12
- 3. Lynn Young 97:32

Barr Lake 1/3 Marathon- Sept. 25, 2000

This was the inaugural run. Thanks to Dave Black – race director and all the volunteers for making it a success.

Overall Results

Place	Name	Age	Time
1.	Brad Seng	36	49:39
2.	Fernado Herrera-Lopez	45	49:55
3.	Juan Herrera	38	52:19
4.	Jay D. Trujillo	47	65:14
5.	Bob Caillouette	50	65:50
6.	Foghorn Leghorn	39	66:30
7.	Bruce Dahm	36	66:57
8.	<i>Nancy Denniston</i>	54	68:08
9.	Jim Bosik	55	68:17
10.	Scott McFarlane	54	69:51
11.	Rich Romero	69	70:00
12.	Ken Randall	67	70:27
13.	Bill Faulkner	64	70:52
14.	<i>Megan Heine</i>	32	71:42
15.	Patrick Drayton	57	71:46
16.	<i>Deborah Acree</i>	53	73:25
17.	Tom Chambers	62	73:34
18.	George Huner	52	73:39
19.	<i>Constance Ahrnbrak</i>	65	73:53
20.	Kent Mitchell	64	74:40
21.	<i>Erin Bosik</i>	20	74:42
22.	Doug Tollin		76:09
23.	<i>Holly Dahm</i>	35	77:16
24.	<i>Kristine Attchoff</i>	47	75:27
25.	Ray Grundmeyer Jr.	67	78:15
26.	Todd Dunning	40	79:13
27.	Pitts O'Donnell	59	79:56
28.	<i>Kathy Klesmit</i>	53	80:58
29.	Ron Lopez	49	83:52
30.	Mark Johnson	47	85:08
31.	Lee Smith	57	87:55
32.	<i>Patricia Emigh</i>	56	89:47
33.	Kenneth Green	76	90:13
34.	Don Robinson	73	90:14
35.	<i>Penelope O'Donnell</i>	56	95:22
36.	Tom Alison	68	97:18
37.	<i>Marriott Smart</i>	70	110:44

RACEWALKERS

- 1. Lew Hutch 63:50

**Barr Lake 1/3 Marathon
Sept. 25, 2005**

Age

Group Awards

Overall Man

Overall Woman

Name	Time	Name	Time
Brad Seng	49:39	Nancy Denniston	68:08

75 and Over

1. Ken Green	90:13
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70 and Over

1. Don Robinson	90:14	Marriott Smart	110:44
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65-69

1. Rich Romero	70:00	Constance Ahrnsbrak	73:53
2. Ken Randall	70:27		
3. Grundmeyer	78:51		
4. Ton Alison	97:18		

60-64

1. Bill Faulkner	70:52
2. Tom Chambers	73:34
3. Kent Mitchell	74:40
4. Doug Tollin	76:08

55-59

1. Jim Bosik	68:17	Patricia Emigh	89:74
2. Pat Drayson	71:46	Penelope O'Donnell	95:22
3. Pitts O'Donnell	79:56		
4. Lee Smith	87:55		

50-54

1. Bob Cailouette	65:50	Deb Acree	73:25
2. Scott McFarlane	69:51	Kathy Klesmit	80:58
3. George Huner	73:39		

45-49

1. Fernando Herrera- Lopez	49:55	Christine Attchoff	70:27
2. Jay D. Trujillo	65:14		
3. Ron Lopez	83:52		
4. Mark Johnson	85:08		

40-49

1. Todd Dunning	79:13
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35 - 39

1. Juan Herrera	52:19	Holly Dahm	77:16
		Foghorn	
2. Leghorn	66:30		
3. Bruce Dahm	66:57		

34 and Under

1.		Megan Heine	71:42
2.		Erin Bosik	74:12

Racewalkers

1. Lew Hutch	63:55
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**Coal Creek Cross Country Challenge
Louisville Sun. Oct 16 9 AM**

Directions

Take the Boulder Turnpike (Highway 36) northwest toward Boulder. Take the second Directions from Denver and points south: exit after Broomfield: Storage Tech Drive. Make a right off the exit ramp heading north. Continue north to 2nd traffic light. Make a left on to 96th Street. Head north through the traffic light on Dillon Road and continue over viaduct on South 96th Street and down the hill to the traffic light. Make a left on to Lock Street and look for Parking Volunteers to steer you right.

Alternate route:

Take Wadsworth Blvd. (Hwy 287) several miles north of Broomfield to Dillon Road. Make a left and head west to the first traffic light, 96th Street (StorageTek Blvd.). Make a right and head north. Follow directions above.

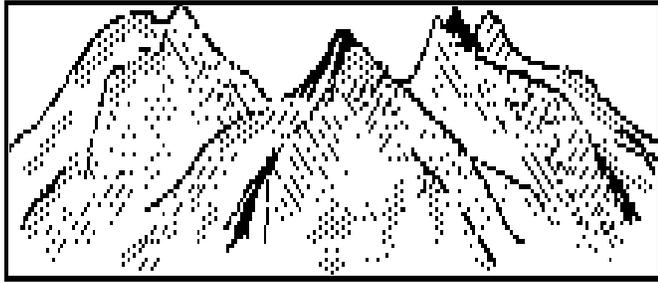
Directions from Boulder and points north: Take South Boulder Road east to Main Street, Louisville. Make a right and head south about 1 mile to Pine Street (4 way stop). Make a left onto Pine Street. Make the first right onto Front Street/South 95th Street. Continue south about 1/4 mile and look for Parking Volunteers to steer you right.

Note: we are in the process of obtaining approval to use the new Louisville Community Park, which is located directly west of the race start next to 95th Street, for race parking. Check back at this Web site for parking status at the Park, which is currently under construction.

Membership- Join for 2006 during Oct. or Nov. and receive free entry to the races in these 2 months.

Volunteers

Need Co-editors for the Newsletter for next year.



2005 OFFICERS

President: Rob Fisher

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Fax:

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Treasurer: Tom Alison 303-791-6166

Membership Chair: Ray Grundmeyer 303 526-5156

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CMRA Website: <http://www.comastersrun.org/>

BOARD OF DIRECTORS

Levi Gonzales, Rob Fisher, Vici DeHaan, Ray Grundmeyer, Scott McFarland, Connie Ahrnsbrak, Todd Dunning, Joe Baird, Kim Massey, Ken Randall, Tom Alison

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.

2005/2006 COLORADO MASTERS RUNNING ASSOCIATION SCHEDULE

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

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

www.comastersrun.org

Sep	25	Sun 8 AM	Barr Lake State Park	Barr Lake 15K	Dave Black	303-781-1738
Oct	16	Sun 9 AM	Randy's Ranch, Louisville	Coal Creek XC Challenge 5.5	Bruce Kirschner	303-666-0864
Nov	20	Sun 9 AM	Chatfield State Park	Chatfield 10 Miler*	Kim Massey	303-765-5512
					Scott McFarlane	303-904-4542
Dec	10	Sat 9 A M	Prospect Park , Wheat Ridge	Clear Creek 4-Miler **	Vici DeHaan	303-494-1782
Jan	7	Sat 9 A M	Lake Arbor, Arvada	Lake Arbor 5K	Ken Randall	303-422-3745
Jan	20	Fri 6:30 PM	Christie's od Genesse	Banquet/Annual Meeting		

** **PANCAKE BREAKFAST**

* **5K FOR RACEWALKERS**

*** **5 MILES FOR RACEWALKERS**

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