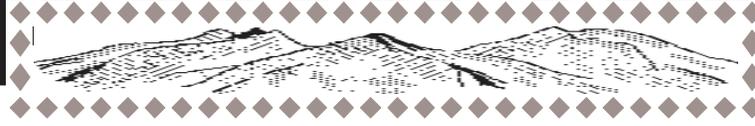


MASTER TIMES



May/June 2007

Volume 39 Issue 3

PRESIDENT'S CORNER

By Ken Simons

CHANGE OF NEWSLETTER EDITOR

We were sorry to hear from Julie Kimpel that she will be moving out of state. We thank her for all the work she has done for us as newsletter editor, and wish her lots of luck in her new location. Chris Voeller has agreed to replace Julie as the editor of the July-August and November-December issues of the newsletter this year. As the other editor, Dan Shaw supplied Chris with information regarding what a newsletter editor does for our organization.

ADVANTAGE OF MULTIPLE ATHLETIC ACTIVITIES

We are of course familiar with the arguments for cross-training as a reason for alternative exercise. An additional reason could be an excuse for a less than optimal performance. There are the usual excuses either before or after the race like a sore calf or hamstring (or both), insufficient training, too many races, breathing car exhaust, etc. But if the person competes or participates in more than one sport, they can say "I'm really more of a golfer or skier, etc. (substitute your own activity like handball, bicycling, etc.). Then when the person competes in one of those other events, they should say that running is their main activity. You get the idea.

MY ADVENTURES WITH RUNNING SHOES

I think it's fairly obvious that the best shoe (make and model) varies from individual to individual. There are various things like straight last vs. curved last, shoes for low, medium or high arches, width, amount of cushion, etc.

As some of you around my age might remember, the running shoes during my high school and college running had very little support and more resembled "sneakers" (when not wearing spikes). I did begin having trouble with my arches when out for track as a junior in high school. I had been putting in extra mileage, sometimes running the five miles from home to the school in the morning. So I bought a pair of shoes with built-in arch supports to wear when not running, which helped my condition.

Then in the 60's and perhaps beyond, the available running shoes were narrow and high profile. As a result, I was constantly spraining my weak left ankle. I remember one of the runners on the local scene wore hush puppies instead of running shoes. I think I tried some similar shoes also. I can't remember the exact transition, but I remember wearing Nike Waffle Trainers for a while, which was a definite improvement from the high profile shoes.

Once over the hill, you pick up speed!

I know that just after that time and beyond, I wore various brands and models; can't remember them all. I know that I bought wider widths, and shoes that supported orthotics well (I have been wearing orthotics for probably around 27 or 28 years).

Two of the authors I had referred to in previous issues, Tom Osler and Phillip Maffetone, both advocated not buying traditional running shoes at all, but rather simpler cheaper running shoes from discount stores. Maffetone felt that the main line running shoes were over-designed and over-priced, and that the manufacturers were "ripping us off." The idea was that a simpler shoe is better for our feet, with less cushioning and just a flat surface on the bottom of the shoe. The chiropractor I went to for several years was in lock-step with Dr. Maffetone with many of his ideas (he advised Mark Allen also). At his urging, I started using a simpler, cheaper shoe from Famous Footwear. The shoes didn't last as long as the more popular models, but they didn't cost as much either. When the store quit carrying the wide widths for this shoe, I reverted back to the more popular brands and models.

Until about 9 years ago, I was getting by with a fairly neutral shoe without much pronation control. Then the outside of my left knee started hurting a lot, and I was advised to wear shoes with a pronation plug as well as change my orthotics from half-correction to full correction. Since then I've settled on a motion control shoe which is big on pronation control (an Asics model). Personally I haven't found a trail shoe which gives me these characteristics, plus I don't seem to need a trail shoe for handling trails. I pretty much wear various pairs of these shoes most of the time; for running, working in the yard, just walking around, playing golf, etc., except when I wear dress shoes, which I try not to let happen any more often than I can help.

MEMORIAL ANNOUNCEMENT

On Saturday June 16th at 9:00 AM, a Memorial 5K Run/Walk will be held in honor of Tom Bailey, past president of both the Colorado Masters Running Association and the Rocky Mountain Road Runners, and an internationally ranked master's runner. The run/walk will be free and open to all. It will start at the parking lot of the First Plymouth Congregational Church at 3501 South Colorado Boulevard, and finish in the same locale. A Memorial Service for Tom will follow at 10:30 a.m. Running attire is acceptable. Following the service Tom's family will travel to the mountains to disburse his ashes in one of his favorite places.

2007 HIGH SCHOOL RUNNER INITIATIVE

The CMRA is a proud sponsor of the Colorado High School Runner Initiative. The Initiative will enable any Colorado high school track or cross country team member between the ages of 14 and 18 years to participate in any and all CMRA race events from June through December 2007 for only \$5. Up to 12 runners from each high school will be allowed to participate in each individual CMRA event and be eligible for high school age group awards in both male and female categories.

The purpose of the Initiative is three-fold:

- to encourage participating high school runners to run and stay fit all year round;
- to provide opportunities for high school runners to compete against runners from other high schools in organized events outside the regular season and throughout the year at low cost;
- to allow CMRA members to fulfill a stewardship role in the wider community and serve as role models for engaging in lifelong running and physical fitness.

Once over the hill, you pick up speed!

Interested students need only complete and submit a registration/waiver form with the \$5 fee at their first CMRA event. This form, which requires signatory approval from the student's parent or guardian, is available as a PDF file for download on the CMRA website, comastersrun.org.

Based on actual experience with the Initiative in 2007, the CMRA hopes to offer it again for the entire calendar year 2008.

For more information about the Initiative, contact Bruce Kirschner, CMRA Board Member and program point-of-contact, at bhkirsch@comcast.net or 303-666-0864.

THE WHITE CONTINENT THE BOTTOM OF THE EARTH

**By Jim Romero
(Edited by Connie Ahrensbrak)**

The long anticipated voyage to the bottom of the Earth had finally come. The White Continent completed my goal of running a marathon on all seven continents. Though Antarctica is the most isolated continent in the world with unpredictable and freezing temperatures, it was without a doubt the adventure of all my adventures!

I departed for Buenos Aires on February 18 via Miami. Two days later, runners flew to Ushuaia, the world's southern-most city. On February 22, I left Ushuaia for Antarctica aboard the Russian Research ship, Vavilov. The crossing of Drake's Passage takes 45 hours. We cruised for two days, weaving about the Antarctic Peninsula and Shetland Islands visiting leopard seals, chinstrap penguins and humpback whales. The white vastness of Antarctica, the glaciers, and wild life are so remarkable I can't even begin to describe them.

Time aboard the Vavilov with an open door policy enabled us to view navigational activities of the captain and crew. We also received briefings, videos, and lectures about the wildlife and history of Antarctica.

On February 24 we sighted land. The crew went abroad first, preparing the course with flags and markers, hoping that Mother Nature would be kind. Not so, an overnight summer snowfall blanketed King George Island for race day.

On February 26, Zodiacs carried runners to shore for the long awaited Antarctica Marathon at Bellingshausu, a Russian scientific base station. The race started at 9 a.m. with snow continuing to fall. Not only did it snow throughout the race, but temperatures dipped to the low 20s with wind at 15 knots. Despite the temperatures, runners from 19 countries were excited and eager to meet the challenge.

The course was a figure eight with many chances of getting aid or dropping out. Also, runners had three-fourths of a mile ascent up Collins Glacier, which marathoners had to run twice. The hardest part was coming back down the icy and slippery glacier. I must admit I was very cold, but it was a very good day for a run!

Upon completion of the race we headed south to the eastern side of the peninsula, cruising among fjords and islands. There was not an awards ceremony, but results were posted aboard one of the vessels. We had a barbeque for all participants topside one of the ships, but it was pretty tasteless and very cold. I immediately took the first Zodiac that left back to my ship, causing me to miss the photo of all Colorado runners.

Once over the hill, you pick up speed!

We left the White Continent on March 1, retracing our voyage across Drake's Passage. We were fortunate to have a guide from Buenos Aires aboard who called for permission to approach Cape Horn at a distance closer than 12 miles. We were within two miles of the southern most headland. It is said that Cape Horn is unique and matchless and has had a love/hate relationship with seamen over the last 400 years.

I logged the end of my incredible adventure on March 4 as we sighted our port at Ushuaia, Argentina. However, it wasn't over yet. About half of the total 245 runners stayed to run the Fin Del Mundo (end of the Earth) Marathon on March 6. It too was a cold and windy run.

A NOTE FROM CONNIE

I wanted to add this from one of Jim's daughters. "One of my favorite quotes is from Mother Teresa: 'Do not become like stagnant water, try new means and ways.' My father, Jim Romero, is the epitome of trying new means and ways and there is nothing stagnant about him.

SAND CREEK 5 MILER

April 7, 2007

By Rob Fisher

What a difference a year makes. This race had been lucky the previous 2 years. The April CMRA race over the years has had its share of wild weather. This year we paid the price for 2 excellent weather days. As I pulled out of my garage before sunlight on race day it had just started to sleet. I found myself actually wishing it would either sleet or snow. Rain would have made it a horrible day. As the day went on it got colder and continued to sleet. Actually it wasn't too bad if you dressed right. And the port-a-john actually arrived on time.

Also, 64 runners showed up to do the 5 mile course that heads east on the Sand Creek Trail from the trailhead off Smith Road in the Stapleton Development. The trail is mostly crushed gravel that makes a great surface to run on. The course features a long uphill grade from Sand Creek to a ridge overlooking Bluff Lake and great views of the City and the Front Range. The snow from our hard winter had melted and the sleet that seemed to come and go never accumulated on the ground. When the gun went off the temps were in the 20's.

The race featured a pretty good duel at least for the first mile between Hector Martinez, Keith Johnson, Hans Funke, and Niklas Kroehn. Up from the creek at the one mile mark Niklas started to pull away and was never threatened from there. His time was 28:20. Keith Johnson, the winner the previous 2 years, came in 3rd with a time of 29:18. On the female side, Kristi Jordan crushed her competition with a time of 33:56. Tania Pacev followed with 35:25 and Kristin Moreau with 35:34.

Because of the weather the award presentation was scrapped. Awards and door prizes were handed out as the results were processed.

Over the next couple years the course will probably have to be altered due to construction in the Stapleton area. The plans call for paving the Sand Creek Trail, with a crushed gravel trail to run parallel to the pavement. There will be restrooms and a covered pavilion at the trailhead. We will keep you posted.

Many thanks to my co-race director, Dan Shaw. It was great having someone to share the load with. Also special thanks to Joe Sanchez for being there early for the set up. And to my wife Nancy for set up, registration, tear down, and results processing. Joe Baird and Tom Alison did the finish line. Thanks,

Once over the hill, you pick up speed!

boys. Registration was handled by Rosalia Murch and Nancy Denniston. Thanks, girls. Also, to those that I remember pitching in on the day of the race: Jim Romero; Rich Romero; Scott McFarlane (thanks for the labels); and Mike Vanoni. I probably missed some so please forgive me.

ADDENDUM – By Dan Shaw

This was my first race as co-director. I was pleasantly surprised how enjoyable the experience was. The time demand was minimal, mostly just a few minutes on the phone from time to time in the weeks leading up to the race. With Rob Fisher's leadership and lots of information available from CMRA's Race Director Guidelines, it was easy to know what to do and when to do it. Another surprise was how easy it was to find volunteers to help as course marshals and at the water stop. The first people I asked said yes! Those folks are my good friend Diane Ewing, my wife Lu, and my kids, Joey, Willy, and Sam. Thanks for all your help! To all who have time, I strongly encourage you to volunteer at the races. You won't be disappointed in the experience.

SAND CREEK RACE RESULTS

PLACE	NAME	TIME	AGE
1	Niklas Kroehn	28:20	35
2	Hans Funke	29:00	46
3	Keith Johnson	29:18	45
4	Hector Martinez	29:50	23
5	Steve Sellers	30:06	46
6	Jeff Bruche	30:30	32
7	Chris Voeller	31:14	37
8	Adam Feerst	31:20	47
9	Kraig Koski	31:34	40
10	Derek Griffiths	32:58	31
11	David Rothenburger	33:21	38
12	David Slingsby	33:44	37
13	<i>Kristi Jordan</i>	33:56	43
14	Jason Myers	34:59	33
15	<i>Tania Pacev</i>	35:25	48
16	<i>Kristin Moreau</i>	35:34	40
17	<i>Karen Voss</i>	35:49	41
18	Bob Caillouette	36:12	52
19	Paul Madden	36:53	30
20	Jesse Tijerina	37:03	55
21	Ryan Sabga	38:06	31
22	Joe Franklin	38:22	39
23	Robert Kanieski	38:36	29
24	David Kelble	38:38	49

25	<i>Denise Glenn</i>	38:40	39
26	<i>Jill Sellers</i>	38:52	38
27	Jim Romero	39:02	67
28	Chris Stone	39:26	40
29	Ric Robinette	40:14	54
30	<i>Theresa Jockers</i>	40:22	45
31	Scott McFarlane	40:33	56
32	Ed Arenas	40:39	44
33	Ross Westley	40:41	70
34	Rich Romero	40:44	70
35	Peter Szymanski	40:55	51
36	Ken Randall	41:01	68
37	Joe Methner	41:28	45
38	<i>Kathy Johnson</i>	41:36	46
39	George Huner	41:57	53
40	Tom Chambers	42:05	64
41	Brent Jockers	43:32	56
42	Charles Scheibe	43:35	52
43	John Kanarowski	43:43	36
44	Ken Lotze	43:45	56
45	Rich Martinez	43:52	60
46	<i>Janet daGrozia</i>	44:15	51
47	Ken Simons	44:25	69
48	<i>Leslie Mitchell</i>	44:27	45
49	Joe Sanchez	44:33	69

Once over the hill, you pick up speed!

50	Jim Peterson	46:40	68
51	Mike Vanoni	47:31	58
52	Fred Tentaz	47:51	65
53	<i>Karen Conway</i>	48:19	56
54	Ed Ewing	48:49	53
55	<i>Michelle Slingsby</i>	48:59	37
56	<i>Julie Orr</i>	49:14	57
57	<i>Gabriela Koski</i>	49:35	12

58	<i>Carol Johnson</i>	50:39	53
59	Don Robinson	51:24	75
60	Dave Banko	51:39	55
61	<i>Chris Vanoni</i>	57:51	55
62	Larry Vincent	1:01:08	66
63	<i>Kimberly Shenfeld</i>	1:08:00	48
64	<i>Leslie Woods</i>	1:09:00	60

*Editor's note: For age group awards, please see the website results page:
http://www.comastersrun.org/Race_Info/2006/Clear_Creek_Results.html*

MEMORIAL RUN 5K
May 12, 2007
By The Ladies of Late Summer

Partly cloudy skies, a small threat of rain and distant lightning were on hand for the afternoon Memorial Run. Forty-one runners took to the flat and fast course and then enjoyed a great potluck filled with much camaraderie.

Keith Johnson running fast and furious was the overall male winner in a time of 18:09, while Denise Glenn prevailed as overall female in 22:35. We were also pleased to see four young men well under 17 years run the race today. Ryan Franklin, age 13 was first in 22:47, Joseph Estes (15) in 25:00 was second, and Thomas Franklin, age nine was third in 28:28.

Kudos in alpha order to Tom Alison, Joe Baird, Dawn Estes, Robert Estes, Rachel Franklin, Ken Green, Scott McFarlane, Brie Nielsen, Holly Romero, Joe Sanchez & Dan Shaw - the wonderful volunteer staff!

Special thanks to all the runners and families who came out to support the race. In addition, thanks to Robert Kanieski and Jim Peterson who drove the distance. Welcome back Tall Red (Ed Youngberg), Bruce Brandt (from Florida for the season), also welcome new members Bob & Holly Romero and Glenn Bakken (from Granby).

We had lots of prize drawings courtesy of Runners Roost, Running Wild and Boulder Running Company, plus all the goodies from Great Harvest!

MEMORIAL 5K RACE RESULTS

PLACE	NAME	TIME	AGE
1	Keith Johnson	0:18:09	45
2	Trail Man (Adam Feerst)	0:18:49	47
3	Chris Voeller	0:18:52	37

4	Michael Quispe	0:19:15	40
5	David Rothenburger	0:19:22	38
6	Gary Black	0:20:55	21
7	Jason Myers	0:20:58	33

Once over the hill, you pick up speed!

8	Pat Sodja	0:21:34	44
9	Dan Shaw	0:22:21	47
10	Paul Madden	0:22:26	30
11	<i>Denise Glenn</i>	0:22:35	39
12	Ryan Franklin	0:22:47	13
13	Robert Kanieski	0:23:12	29
14	Jay Trujillo	0:23:56	48
15	Harry Dykstra	0:24:00	57
16	Mike Loitz	0:24:08	31
17	<i>Kathy Johnson</i>	0:24:17	46
18	The B-Man (Jim Romero)	0:24:44	67
19	Spiderman (Scott McFarlane)	0:24:46	56
20	Strider (Tom Chambers)	0:24:50	64
21	Joey Estes	0:25:00	15
22	Bob Romero	0:25:13	60
23	Glenn Bakken	0:26:01	56
24	The Oak (Ross Westly)	0:26:16	70
25	Ken Simons	0:27:46	69

26	Jim Peterson	0:28:14	68
27	Thomas Franklin	0:28:28	9
28	Joe Franklin	0:28:30	39
29	Lee Bengston	0:28:47	69
30	Bruce Brandt	0:29:49	62
31	Steadfast Earl Beam	0:30:16	56
32	Mark Johnson	0:31:18	49
33	Joe Black	0:31:43	8
34	Tall Red (Ed Youngberg)	0:32:10	64
35	Kevin Haggerty	0:33:08	47
36	<i>Deanne Boland</i>	0:33:09	40
37	<i>Sharon Majetrch</i>	0:33:10	47
38	Charlie Schmucker	0:34:26	60
39	Dave Black	0:36:51	56
40	<i>Rosalie Murch</i>	0:37:18	66
41	<i>Lu Shaw</i>	0:50:58	49

*Editor's note: For age group awards, please see the website results page:
http://www.comastersrun.org/Race_Info/2007/Lake_Arbor_Results.html*

Shop at our sponsor!

Runners Roost

2685 S. Colorado Blvd. 303-759-84555
 437 S Wadsworth Blvd 303 991-1851

Shop at our sponsor!

Boulder Running Company

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



PELICAN UPDATE
 By **Connie Ahrnsbrak**
 (Cahrnsbrak@yahoo.com)

3/04- Little Rock Marathon, AR: Derek Griffiths, 3:47.

3/10- Frostbite 5-mile, Pueblo: Lou Huie, 36:32 (2nd) & Jan Huie, 43:32 (1st).

3/17-Sharing 'O' the Green 5K, Ft C.: Lou Huie, 22:52(3rd); Connie Ahrnsbrak, 25:22 (2nd); J Gutierrez, 26:35 & Jan Huie, 26:59 (3rd).

Once over the hill, you pick up speed!

Run Through Time, Salida: Marathon - Tania Pacev, 3:55 (1st master) & Shane Holonitch, 5:02; **Half** - The B-Man (Jim Romero), 2:03 (1st).

Canyonlands Half, Moab: Robert Kanieski, 1:47; Sir Fred Trentaz, 2:14; Joe Baird, 2:23; Steadfast Earl Beam, 2:32 & Dave Black, 2:50.

Carbon Valley 5K, Fredrick: Painted Horse (Jesse Tijerina), 21:51 (1st).

HLR St. Patty's 5K: Keith Johnson, 17:34 (3rd/OA); Kathy Johnson, 23:20 (1st) & Julie Orr, 29:07 (3rd).

Valley of Gold Half, Oro Valley, AZ: Alyn Park, 1:36 (1st master) & Jay Wissot, 1:41 (2nd).

3/25- Run Like the Wind Half, San Ramon, CA: Jay Trujillo, 1:41.

RMRR Colfax 15-Mile Training: David Rothenburger, 1:43; Tania Pacev, 1:44 (1st); Derek Griffiths, 1:48; Green Machine, 2:02; Jay Wissot, 2:10 & Mark Johnson, 2:32.

4/1-Platte River Half: Chris Voeller, 1:26; Dave O'Sadnick, 1:28:16; Tania Pacev, 1:28:41 (1st); Rich Hadley, 1:31; Bob Cooper, 1:36:10 (3rd); Denise Glenn, 1:36:39 (1st); Green Machine, 1:37 (1st); Jay Wissot, 1:47 (2nd); Robert Kanieski 1:50:15; Rich Romero, 1:50:33 (1st); Lou Huie, 1:51; The Oak (Ross Westley), 1:54 (2nd); Jim Fay, 1:56; Julie Thenell, 2:00; Jan Huie, 2:09 (2nd) & Dave Banko, 2:18. *The Ladies of Late Summer were course marshals & Fern Oliner manned the first aid station.*

RMRR 4-Mile, Bear Creek: Trail Man, 24:39; David Rothenburger, 25:19; Jay Trujillo, 29:08; Brett Allendorf, 29:29; Ric Robinette, 30:30; Spiderman, 31:05; Mitch Chesbro, 31:37; The B-Man, 31:39; George Huner, 32:12; Rich Martinez, 33:42; Mark Johnson, 35:50; Lee Bengston, 36:37; Rocket Voorhees, 38:09; Alice Vorhees, 40:25; Joe Black, 47:21 & Dave Black, 47:22

4/14- Greenland Trail Runs, Larkspur: 50K- *Tania Pacev, 4:22 (OA); Deb Cunningham, 5:08 & Shane Holonitch, 5:47 (1st). **25K-** Michael Quispe, (1st); Brandy Erholtz, 1:54 (OA); Kristen Moreau, 2:08 (3rd); Robert Kanieski, 2:27; The B-Man, 2:33 (1st); Spiderman (Scott McFarlane), 2:37; **8-Mile-** Andrew Adamoski, 51:38 (1st); Keith Johnson, 52:56 (1st); Dave O'Sadnick, 57:59 (2nd); Rich Hadley, 58:34 (3rd); Christine Adamoski, 1:03 (OA); Polly Zimmerman, 1:13 (1st); Alan Johnson, 1:15; Connie Ahrnsbrak, 1:20 (2nd) & Dave Banko, 1:37. **Tania set a course record.*

4/15- The Spirit of St. Louis Half, MO: Lou Huie, 1:41 (1st) & Audrey Krebs, 2:23. Also, **Horsetooth Half, FTC:** Susan Bellard, 1:36 (1st); The Oak, 1:57 (1st) & Fay Dizerega, 2:40.

4/16- Boston Marathon: Editor Dan Shaw, 3:35; Green Machine (Alyn Park) & Jay Wissot.

4/21- Front Range Frenzy 7.38 trail, Chatfield: Michael Quispe, 48:43 (1st); Diane Vanderhoven, 59:03; Alan Johnson, 1:02:42; The B-Man, 1:02:46 (1st); Ken Randall, 1:05; The Oak, 1:10 & Relentless Dave Black, 1:43.

Desert R.A.T.S. Trail Fest, Fruita: 50-Mile: Hector Martinez, 8:27 (3rd). **25-Mile:** Jeff Young, 4:01 (3rd); Sylvia Martinez, 7:10 & Bill Moyle, 7:27. **10-Mile:** Omar Martinez, 1:14 (1st) & Kathleen Porter, 2:06. **5-Mile:** Eric Ndikumana, 36:18 (OA) & Reza Irving, 43:26 (2nd).

Elbert Reflections, Elbert: 10K-Lou Huie, 50:26 (1st) & Stonewall (Ken Green), 1:09 (3rd). **5K-** Bob Gassen, 24:58; Mitch Chesbro, 25:42 & Jan Huie, 29:41 (2nd). Also, **HLR Adventure Runs:** Strider (Tom Chambers), 56:53 (3rd) & Julie Orr, 1:09 (1st) ran **10K**, while Jack Barry, 27:46 (3rd) ran the **5K**.

4/22- Belleview Chiropractic 5K, CCSP: Robert Kanieski, 22:19; Kim Shenfeld, 35:13; Leslie Woods, 39:56 (3rd) & Ladies of Late Summer (Connie, 25:51 (1st)/Rosalie Murch, 36:22 (2nd).

4/28- Mud Hen 5K, Longmont: Phillip DiZerega, 20:16 (2nd) & Robert Kanieski, 21:36.

Country Music R'n'R, Nashville: The Half: Rich Romero, 1:46:26 (1st) & Harry Dkystra, 1:46:30.

Marathon- Pitts O'Donnell, 4:59 & Penelope, 5:15. Also, **Murphy's Miles 5K, Dover, DE:** Jim Peterson, 24:34 (1st).

4/29- Cherry Creek Sneak. 5-mile: Brandy Erholtz, 30:07 (2nd/OA); Trail Man (Adam Feerst), 30:09 (1st); Michael Quispe, 30:42; Paul Moreau, 33:56; Bobcat (Bob Caillouette), 34:43; Jay Trujillo, 36:32; Lou Huie, 37:54; The B-Man, 38:53 (1st); Bob Zweifel, 38:55; George Huner, 39:29; Kent Mitchell, 41:37; Connie Ahrnsbrak, 43:51 (1st); Doug Tollin, 44:36; John Miranda, 44:57; Janice Huie, 45:02 (3rd); The Captain (Don Robinson), 50:22 (1st); Joe Baird, 50:52; Ruth Tollin, 57:51 & Rosalie Murch, 1:00. **5K:** Editor Dan Shaw, 21:19; Jack Barry, 24:17 (1st); Joseph Estes*, 25:09 (15); Joey Shaw, 25:22 (15); Earl Beam, 29:07; Jacques Moreau, 31:42; Kristin Moreau, 31:43; Sir Fred Trentaz, 33:47; Shannon Shaw, 34:19; William Shaw, 34:19; Sam Shaw, 41:43 (under 14); Leslie Woods, 42:03 & Lu Shaw, 46:32. **One Mile:** 7-year old Mats Moreau, 13:26. Hunter Karickhoff, Taylor Karickhoff & Alaya Vigil ran the ½ mile (Connie's grandkids). *Rosalie's grandson.

5/6-Lincoln Half, NE: Ladies of Late Summer, Connie, 2:00 (1st) & Rosalie Murch, 2:39. *Great community support!*

NORTH SIDE STRIDE

Saturday, June 23 at 9:00 a.m. – Sloans Lake Park

The North Side Stride, presented by the Planned Pethood Posse and CMRA member Coach Jeff Young, will benefit the Marcia Mounsey Foundation which provides scholarships to needy kids in Northwest Denver. Both 5K and 10K distances are offered. Dogs are welcome. Please visit the race website for more information (www.heartofnorthdenverrunningclub.com).

SOUTH VALLEY 10K

Saturday, June 9 at 8:00 a.m. - South Valley Park at Ken Caryl Ranch

The race directors will be implementing a kids run following the 10K. Ribbons will be awarded to all the kids, so bring your kids, your grandkids or your neighbors' kids! From the metro area, travel south on C-470 and exit westbound on Ken Caryl Avenue. Turn left onto South Valley Road to the park's north parking area. Alternately, from South Platte Canyon Road (S. Wadsworth and C-470) take Deer Creek Canyon Road west to South Valley Road and go north on South Valley Road to the parking area. For more detail, see the MapQuest map on the CMRA website (http://www.comastersrun.org/Race_Info/2007/South_Valley.html). For additional information or to volunteer, call Paul Madden at 303-868-7248 or Jason Myers at 720-936-7860.

MOUNTAIN MADNESS 12K

Sunday, July 15 at 7:30 a.m. - Christies of Genesee, 25918 Genesee Trail Rd, Golden, CO 80401-5775

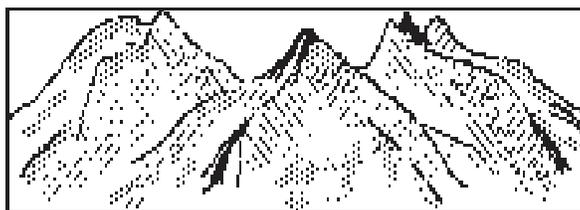
Come run through the pines on well-maintained mostly dirt roads. Take I-70 west to exit 254. Go left over I-70 and turn left. Take the first right up to Christies of Genesee, across from the Chart House. For more detail, see the **YAHOO! Maps** link on the CMRA website (http://www.comastersrun.org/Race_Info/2007/Christies.html). For additional information or to volunteer call Jim Romero at 303-794-2952.

Shop at our Sponsor!

Running Wild

1970 E. County Line Road,
Littleton

303-738-9446



Shop at our sponsor!

Great Harvest Bread

7745 Wadsworth Blvd.,
Arvada

303-420-0500

COLORADO MASTERS RUNNING / RACEWALKING ASSOCIATION

www.comastersrun.org

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.

2007 OFFICERS & BOARD OF DIRECTORS

		<u>Home Phone</u>	<u>Work Phone</u>	<u>E-mail Address</u>
President:	Ken Simons	303-421-5835		kssimons5@aol.com
Vice President:	Rob Fisher	303-738-0115	720-333-0624	rob_fisher@bonfils.org
Treasurer:	Tom Alison	303-791-6166		motnosila@comcast.net
Secretary:	Chris Vanoni	303-744-9067		m_c_vanoni@msn.com
Membership Chairperson:	Scott McFarlane	303-904-4542	303-236-5692	simcfarl@pcisys.net
Web Site Chairperson:	Scott McFarlane	303-904-4542	303-236-5692	simcfarl@pcisys.net
Members At Large:	Joe Baird	303-758-1934	303-465-9898	jbaird@alliancereloseservices.com
	Rich Romero	303-751-4284	303-751-4284	estrichromero@comcast.net
	Mike Vanoni	303-744-9067	303-758-7373	mev@cre-denver.com
	Bruce Kirschner	303-666-0864	303-671-1037	bhkirsch@comcast.net
Newsletter Co-Editors:	Chris Voeller	303-527-2904		chrisvoeller@mac.com
	(March-April; July-August, November-December issues)			
	901 Sherman St., Apt. 1308, Denver, CO 80203-2923			
	Dan Shaw	303-371-6468	720-480-2370	dshaw_64@yahoo.com
	(January-February; May-June; September-October issues)			
	4417 Dearborn Street, Denver, CO 80239			

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 the co-editors listed above.

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

Once over the hill, you pick up speed!

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION
MEMBERSHIP APPLICATION
CALENDAR YEAR 2007 (JANUARY-DECEMBER)**

For the mutual benefit of runners and racewalkers 35 years and older
Monthly events free to members

ALL AGES WELCOME

Runners Male/Female Masters Divisions: 35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,(men)75+
Racewalkers Male and Female divisions

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

Runner (_____) Racewalker (_____) Wheelchair (_____)

NAME: _____ SEX: M _____ F _____

ADDRESS: _____ BIRTHDATE: _____

CITY: _____ ST: _____ ZIPCODE+4: _____

HOME PHONE: _____ WORK PHONE: _____

E-MAIL: _____

FAMILY MEMBERSHIP: (please list only members from immediate household)

Name: _____ Sex: _____ Birthdate: _____

Mail completed form with check payable to:

**CMRA
8100 E. Union Ave. Unit 1601
Denver, CO 80237**

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

Work a race	<input type="checkbox"/>	Event Director	<input type="checkbox"/>	Member Board of Directors	<input type="checkbox"/>
Newsletter Editor	<input type="checkbox"/>	Event registration	<input type="checkbox"/>	Member Recruitment	<input type="checkbox"/>
Membership Database	<input type="checkbox"/>	Quartermaster Corps	<input type="checkbox"/>	Coaching	<input type="checkbox"/>
Racewalking Training	<input type="checkbox"/>	Course Measurement	<input type="checkbox"/>	Race committee	<input type="checkbox"/>

Newsletter: (please select one)

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

_____ Please send it snail mail

Revised 09/17/06

Once over the hill, you pick up speed!

2007 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

Date	Day	Time	Location	Name	Director(s)	Telephone
Jan 20	Sat	9:00 AM	Lake Arbor	Lake Arbor 5K	Ken Randall	303-422-3745
Feb 10	Sat	9:00 AM	S. Suburban Tennis Ctr	40 Furlongs (5M)	Rich Voorhees	
Mar 10	Sat	9:00 AM	Twin Lakes Park	Spring Spree 10K	Tom Alison Rich Romero	303-791-6166 303-751-4284
Apr 7	Sat	9:00 AM	Stapleton	Sand Creek 5 Miler	Rob Fisher Dan Shaw	303-738-0115 720-480-2370
May 12	Sat	4:00 PM	Writer's Vista Park	Memorial Run 5K and Potluck	Rosalie Murch Connie Ahrensbrak	303-693-2278 303-985-1168
Jun 9	Sat	8:00 AM	South Valley Park	South Valley 10K	Paul Madden Jason Myers	303-868-7248 720-936-7860
Jul 15	Sun	7:30 AM	Christies @ Genesee	Mountain Madness 12K (5K for racewalkers)	Jim Romero Jerry O'Donnell	303-794-2952
Aug 15	Wed	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail	Pat Phillips	303-279-4305
Aug 26	Sun	8:00 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race (~9K)	Wayne Mathis	303-979-9592
Sep 22	Sun	9:00 AM	Barr Lake State Park	Barr Lake 1/3 Marathon	Dave Black	303-781-1738
Oct 14	Sun	9:00 AM	Louisville	Coal Creek XC Challenge 5.5 Mi	Bruce Kirschner Randy Luallin	303-666-0864
Nov 17	Sat	9:00 AM	Chatfield Lake State Park	Chatfield 10 Miler (5 miles for racewalkers)	Kim Massey Scott McFarlane	303-765-5572 303-904-4542
Dec 8	Sat	9:00 AM	Prospect Park, Wheat Ridge	Clear Creek 4-Miler and Pancake Breakfast	Vici DeHaan	303-494-1782

CMRA
8100 E UNION AVE UNIT 1601
DENVER, CO 80237

Once over the hill, you pick up speed!