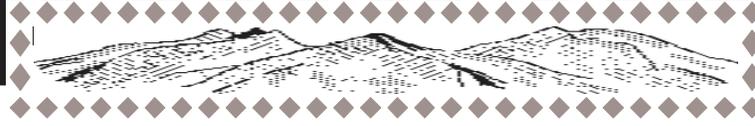


MASTER TIMES



Jan/Feb 2008

Volume 40 Issue 1

PRESIDENT'S CORNER

By Ken Simons

NEWSLETTER EDITOR ADDED

Thanks to Keith Johnson for agreeing to be one of the newsletter editors for the coming year.

RACE ENTRY FEES

One of the things that CMRA races have going for them is the low cost of the entry fee. For club members, the cost per race is definitely a bargain, but it is also true for non-members with the \$10 entry fee. In this age of very high entry fees for many races, there is not much comparison.

Going back 25 or 30 years ago, I seem to remember that the standard rate for many of the "big" races was \$5. Member Ed Gussie agrees with that. Using a 3% annual inflation rate, this would translate to around \$10 - \$12 in today's dollars. This would mean that the club is charging about the same as what race organizers were charging then. I recognize that some race expenses might have increased disproportionately, but the fact remains that CMRA races are very good for budget-conscious runners.

COURSE CONDITIONS

At the December Prospect Park 4-mile run, I was standing at the east turn-around point. A man around my age came there to walk. He was apparently visiting from Oklahoma. Being completely amazed that people were racing under these conditions, he took a couple of pictures to show people back in Oklahoma. "Otherwise they'd never believe me", he said. I, being somewhat amused, told him that runners around here race in worse conditions than that.

CONGRATULATIONS!

Many CMRA members know fellow member Adam Feerst as a nationally recognized trail running expert and the motive force behind the local trail running and racings organization, the Denver Trail Runners. As of January 29th, Adam has a new responsibility, baby Hannah Julia Sills-Feerst. Mother Marion and daughter Hannah are both healthy and doing well.

GRANDMAS ROCK

By Vici DeHaan

Have you ever driven to a race and truly wondered whether or not it was worth even getting out of your car? Saturday, Jan. 26th was such a day here in Boulder. Since I live just below NCAR at the mouth of

Once over the hill, you pick up speed!

two canyons, I am quite accustomed to high winds, one which even blew my neighbor's anemometer away just before pegging at 140 mph. So even though the winds here at my house had been raging all Friday night, battering the house which fortunately has roof hurricane tie-down straps, I decided I needed a speed (?) workout since the majority of my training has involved strapping on ice joggers to my running shoes in order to survive the extremely icy trails behind my house, making survival more important rather than going for any kind of speed.

On Saturday, the "Planet's Best XC Race" was scheduled to be just 1 ½ miles from my house, so I knew the winds would be no different once I got there. When I arrived, I actually had to preplan which direction to park my car since I didn't want the wind to grab the door and rip it from its hinges when I attempted to get out. By the time the women's race began at 9:30, most of us questioned our sanity at even being out in such conditions. We could only hope that any more tree limbs that might come down had already done so. The course involved running three laps around the base of the hill below Fairview High. Heading out into the high gusts required leaning forward and almost clawing your way into it. Then at one point, the wind was directly behind us as we headed down a short downhill, where even staying on our feet was a challenge. By the time we staggered through the third lap, we truly felt like we had accomplished something by even completing the course unscathed. For the first time in quite a few races, I wasn't the oldest female on the course since I am part of a team of three women 70-74 planning to compete in the USA Track and Field Cross Country championship race in San Diego on February 16, and our whole team of three was at this race. Between the three of us grandmas, we have 26 grandchildren, and I figure that if we seniors can survive these kinds of conditions, we should be ready to take on all comers in sunny, warm San Diego.

Ed.'s note: Good luck to you and your team in San Diego, Vici!

RUNNING FOR YOUR LIFE

By Dan Shaw

When I first began running regularly more than 15 years ago, my good friend Ed Ewing had been running and racing for several years. His guidance was valuable to me in finding answers to my questions about running. At first I had basic questions. We talked about what shoes and clothes to wear, how much and how often to run, when I would be able to run a whole mile without gasping for air. Later the questions got more interesting: How do you train for a race? How do you get faster? How can you possibly run a whole marathon? 26 miles? Without a car?

I enjoyed talking with Ed about running as much as any subject. To me it was new and fresh and exciting to feel the physical and mental changes that running brings and fun to share these new feelings with a good friend. For his part, Ed was happy to take on the role of coach, sharing his knowledge and years of running experience. Over the years we trained together occasionally, at times on a weekly basis, and raced together often, traveling to destination races including the Mt Rushmore Marathon, the Marine Corps Marathon in Washington DC, and the Chicago Marathon. Over time I began to equal and then surpass Ed's performances. And then there came a time, when I was running more races than Ed, and training more often, and still getting faster.

Meanwhile, life intervened in Ed's running. A corporate layoff led to a career change, which led to starting a new business and making personal sacrifices to support the endeavor. Good long-term decisions, however fruitful in time, sometimes have a disruptive impact on our daily lives. Ed's commitment to his new business came with sacrifices, namely a reshuffling of the daily flow of life that would not allow time to commit to running. For years while the business got to its feet in time, Ed was running around working. But not running much.

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Until now. With a new year comes a time for new commitments. Ed has decided to get serious about running again. Through January, as we go to press, Ed has run every day so far this year, on the treadmill in his basement workout room. Ed is slower now, but slowly gaining back fitness and maybe some speed. Soon it will be Spring, and as the weather warms and the daffodils sprout so too will arise opportunities for Ed to join me on the trails again, and perhaps at some distant races. I sure look forward to that possibility.

LAKE ARBOR 5K
January 5, 2008
By Ken Randall

Once again due to ice on the south side of the lake the course had to be altered, however it was a success, with 66 participants enjoying the 3.3 mile course. Most importantly, we couldn't have had better weather! My thanks to all the runners/walkers and volunteers for your fantastic support.

Keith Johnson and Christine Adamowski, our Clear Creek overall winners, prevailed once again as overall male and female winners at Lake Arbor. Their winning times were 19:43 and 21:35 respectively. It was a fast race as our next seven runners came in within seconds of each other. Andrew Adamowski pushing one year old Finnegan in a jogger came in third overall with a time of 20:18. David Rothenburger, David Slingsby and Christine Adamowski almost maintained the same positions from Clear Creek, staying in 7th, 8th and 9th place overall at Lake Arbor. In addition, congratulations to 9-year old Nancy Stone, completing the course in 35:45 and placing first in the 34 and under category. Nancy ran with her dad, Chris Stone.

Thanks to Connie Ahrnsbrak, Rosalia Murch and Tom Alison for manning the registration table, and to Ken Simons and Joe Sanchez out on the course. Also thanks to Joe Baird, Roy Bengston, Tom Alison and Connie Ahrnsbrak at the finish line. Special thanks go to Great Harvest Bread for all the goodies, to Boulder Running Company for the gift certificates, and to Colorado Masters for donating hats. Remember to support our faithful sponsors.

Lake Arbor saw members from Grandby, Greeley, Milliken, Longmont, Ft. Lupton, and Evergreen. Thanks again for a great run!

LAKE ARBOR PARK RACE RESULTS

PLACE	NAME	TIME	AGE
1	Keith Johnson	19:43	46
2	Salim Haji	20:06	36
3	Andrew Adamowski	20:18	33
4	Finnegan Adamowski	20:18	1
5	Steven Sellars	20:23	47
6	Christian Oliphant	20:51	39
7	Steve Anderson	20:57	45
8	David Rothenburger	21:29	39
9	<i>Christine Adamowski</i>	21:35	40

10	Dave Slingsby	22:16	38
11	<i>Cary Kinross-Wright</i>	22:32	36
12	Bob Cooper	22:34	59
13	Dan Shaw	22:57	48
14	Bob Caillouette	22:58	53
15	Bruce Kirschner	23:20	54
16	Robert Kanieski	23:58	30
17	Jay D Trujillo	24:00	49
18	Bruce Dahm	24:19	39
19	Painted Horse (Jesse)	24:40	56

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	Tijerina)		
20	Glenn Bakken	25:25	57
21	Monica Ryan	25:26	46
22	The Oak (Ross Westley)	25:52	71
23	Spiderman (Scott McFarlane)	26:00	56
24	Amy McLean	26:32	36
25	Kathy Johnson	26:43	46
26	Richard Romero	26:44	71
27	Gary Bates	27:04	51
28	Michelle Slingsby	27:27	38
29	Strider (Tom Chambers)	27:28	63
30	Big C	27:40	68
31	Bill Faulkner	27:43	66
32	Ned Deakins	27:54	29
33	Sam Wood	28:09	49
34	Jim Lambrechyz	28:09	59
35	Kellie Steward	28:53	44
36	Tall Red (Ed Youngberg)	28:58	64
37	Michelle Kelble	29:17	39
38	J Gutierrez	29:23	55
39	Rich Martinez	29:33	61
40	Mark Hackett	29:47	37
41	Bruce Rasor	30:05	59
42	Jeff Rasor	30:06	31
43	Pitts O'Donnell	30:10	61

44	Holly Dahm	30:10	38
45	Oldanslo (Jim Peterson)	30:31	69
46	Tom Duran	31:49	60
47	Kathy Klesmit	32:02	55
48	Gary Winer	32:04	51
49	Sandra Rostie	33:27	64
50	Sir Fred Trentaz	33:57	65
51	Rich Muldoon	34:00	71
52	The Captain (Don Robinson)	34:12	75
53	Dick Grauer	34:56	69
54	Earl Beam	34:58	57
55	Dan Wall	35:00	47
56	Nancy Stone	35:45	9
57	Chris Stone	35:46	41
58	Rosalie Murch	37:40	67
59	Cindy Wolverton	38:53	37
60	Wayne Mathis	43:34	64
61	Charles Schmucker	43:35	61
62	Paul Sueltenfuss	45:21	54
63	Jason Myers	47:30	34
64	Emily Myers	47:30	33
Racewalkers			
1	Rachel Oliphant	39:52	40
2	Owen Rarden	44:57	76
3	Laura McCoy	44:58	52

Lake Arbor 5K AGE GROUP AWARDS

	Overall Men		Overall Women	
Place	Name	Time	Name	Time
	Keith Johnson	19:43	Christine Adamowski	21:35
75 and Over				
1	The Captain (Don Robinson)	34:12		
70-74				
1	The Oak (Ross Westley)	25:52		
2	Richard Romero	26:44		
3	Rich Muldoon	34:00		
65-69				

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1	Bill Faulkner	27:43	Big C	27:40
2	Oldanslo (Jim Peterson)	30:31	Rosalie Murch	37:40
3	Sir Fred Trentaz	33:57		
4	Dick Grauer	34:56		
60-64				
1	Strider (Tom Chambers)	27:28	Sandra Rostie	33:27
2	Tall Red (Ed Youngberg)	28:58		
3	Rich Martinez	29:33		
4	Pitts O'Donnell	30:10		
5	Tom Duran	31:49		
55-59				
1	Bob Cooper	22:34	Kathy Klesmit	32:02
2	Painted Horse (Jesse Tijerina)	24:40		
3	Glenn Bakken	25:25		
4	Spiderman (Scott McFarlane)	26:00		
5	Jim Lambrechyz	28:09		
50-54				
1	Bob Caillouette	22:58		
2	Bruce Kirschner	23:20		
3	Gary Bates	27:04		
4	Gary Winer	32:04		
5	Paul Sueltenfuss	45:21		
45-49				
1	Steven Sellars	20:23	Monica Ryan	25:26
2	Steve Anderson	20:57	Kathy Johnson	26:43
3	Dan Shaw	22:57		
4	Jay D Trujillo	24:00		
5	Sam Wood	28:09		
40-44				
1	Chris Stone	35:46	Kellie Steward	28:53
35-39				
1	Salim Haji	20:06	Cary Kinross-Wright	22:32
2	Christian Oliphant	20:51	Amy McLean	26:32
3	David Rothenburger	21:29	Michelle Slingsby	27:27
4	Dave Slingsby	22:16	Michelle Kelble	29:17
5	Bruce Dahm	24:19	Holly Dahm	30:10
34 and Under				
1	Andrew Adamowski	20:18	Nancy Stone	35:45
2	Robert Kanieski	23:58	Emily Myers	47:30

Once over the hill, you pick up speed!

3	Ned Deakins	27:54		
4	Jeff Rasor	30:06		
5	Jason Myers	47:30		

AURORA SPORTS PARK XC

January 19, 2008

By Dan Shaw

Cold weather and new snow did not deter 44 dedicated runners who accepted the challenge of a new CMRA cross country race during a typically frigid Stock Show season in Denver. Friday night's snow storm left behind an inch of fresh snow on the race course around the plush soccer fields of Aurora Sports Park and the open space bordering it to the south and west. Thankfully, the morning of the race though cold dawned clear and sunny with little wind.

The short loop course started at Coal Creek Arena to the south of the Sports Park and wound to the northwest on a dirt trail parallel to the creek, then looped back to the start across the lawns bordering the soccer fields. There were two creek crossings, one of which was iced over and the other dry. One unique feature of the course was a narrow hundred yard-long corridor formed by willow shrubs toward the end of the circuit. What would have been an easy, fast run in summer conditions was made more difficult with a covering of icy, crusty leftovers of December snows and a fresh coat of powder. Racers had the option to run 1, 2, or 3 challenging laps in this quiet, rustic setting.

At dawn as I set out the course marker cones on the 4 kilometer loop course, a pair of hawks cried plaintively, disturbed from their icy roost in the trees along the creek. Soon laughter and conversation warmed the pre-race atmosphere, and the bright sun helped to keep things pleasant. At the start the trio of David Rothenburger, Adam Feerst, and Keith Johnson moved quickly ahead of the pack. Halfway through the first lap, Adam took the lead from David, with Keith in tow. Adam continued to set the pace through 2-1/2 laps of the 3 lap 12K race. With 2 kilometers to go, Keith surged to the front and powered on to victory in a time of 52:44, finishing one minute and five seconds ahead of Adam. Karen Voss took honors for the women in a time of 61:01. Of the runners who chose the 2 lap 8K race, Nate Wangerin finished first in 38:59, with Kathy Johnson first among women in 48:36. Deborah Acree won the 4K event outright in a time of 24:17, edging Rich Romero by 6 seconds.

Racers and volunteers who waited for the prize drawing after the race benefited from a bevy of baked goods provided by the generous folks at Great Harvest Bread. A feast of gift certificates was offered by Boulder Running Company of Littleton, Runners Roost of Lakewood, Runners Roost of Aurora, and Running Wild of Littleton. Runners Roost of Denver provided a complement of hats and socks.

Here's a big thank you to volunteers Connie Ahrnsbrak, Rosalie Murch, Joe Sanchez, Tom Alison, Ken Simons, Rich Romero, Mike Vanoni, Emil Ewing, and last but not least my lovely better half Lu and kids Shannon and Sam. For help in putting this new race together, I'd like to extend a special thanks to Rob Fisher for his work researching the regulation of the race setting, exploring and designing the course with me, and measuring it several times in different configurations, both by bike and by GPS. I would be remiss if I did not mention the supportive folks with the City of Aurora without whom this race could not have happened, especially Shelby Davis, Open Space Special Events Coordinator, and Dan Adams, Manager of Aurora Sports Park. You all made putting together this event a real thrill!

Once over the hill, you pick up speed!

AURORA SPORTS PARK RACE RESULTS

Overall											
4K Race				8K Race				12K Race			
Place	Name	Time	Age	Place	Name	Time	Age	Place	Name	Time	Age
1	Deborah Acree	24:17	56	1	Nate Wangerin	38:59	25	1	Keith Johnson	52:44	46
2	Richard Romero	24:23	71	2	Bob Irving	39:45	53	2	Adam Feerst	53:49	47
3	Fred Trentaz	26:30	65	3	Bruce Dahm	44:31	39	3	David Rothenburger	56:58	39
4	Jim Peterson	28:02	69	4	Kathy Johnson	48:36	46	4	Chris Boyack	57:01	38
5	Diane Martinez	28:45	40	5	David Wise	49:20	65	5	Troy Abfalter	57:09	26
6	Kelly Chilvers	30:58	44	6	Alan ???	52:16	46	6	Bob Cooper	59:43	59
7	Julie Wangerin	31:10	26	7	Jenean O'Brien	52:22	24	7	Ryan Adams	60:36	29
8	Roger Rybicka	32:15	59	8	Chris Vanoni	62:07	56	8	Karen Voss	61:01	42
9	Holly Dahm	33:28	38					9	Chris Stone	67:05	41
10	Taunya Wilson	33:31	61					10	Jim Romero	68:59	67
11	Tom Duran	35:42	60					11	Greg Ayres	69:08	49
12	Rosalia Murch	36:03	67					12	Scott Jackson	70:21	40
13	Melodie Davis	49:59	35					13	Ross Westley	70:27	71
								14	Peter Szymanski	72:03	51
								15	Scott McFarlane	73:20	56
								16	Ed Youngberg	74:04	64
								17	Megan Vanoni	74:27	27
								18	Amy Grbach	75:28	30
								19	Sarah Lara	75:29	29
								20	Ken Randall	75:54	69
								21	Lee Bengston	84:24	70
								22	Connie Ahrnsbrak	84:25	68
								23	Edward Ewing	85:46	54

Editor's note: For age group awards please see the website results page, http://www.comastersrun.org/Race_Info/2008/Aurora_Sports_XC_Results.html

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

11/3- Heart of Rockies @ Boyd Lake, Loveland: Half- Tania Pacev, 1:31 (2nd/OA); Paul Welschinger, 1:38; The Oak (Ross Westley), 1:50 (2) & Kool Shades (Ken Randall), 1:53. **10K-** Tall Red (Ed Youngberg), 55:04 & Victoria Dehaan, 1:03 (1). **5K-** Roger Rybicka, 31:13.

11/4- New York Marathon: Green Machine (Alyn Park), 3:24 (2) & Jay Wissot, 4:09.

Littleton Stride, Ketring Park: 10K- Strider (Tom Chambers), 52:10 (1); The Oak, 54:01 (1); J Gutierrez, 58:33 & Julie Orr, 1:01 (2). **5K-** George Greco, 21:27 (3); Kim Shenfeld, 38:49; Laura McCoy, 39:04 & Leslie Woods, 43:03 (1).

11/11- TTS for Hope 5K, WP: Jonathan Huie, 16:48 (3/OA); Dave O'Sadnick, 18:51 (3); Connie Ahrnsbrak, 24:37 (1); Bill Smitham, 25:16 (3); Lou Huie, 25:27; Jan Huie, 27:19 (3); J Gutierrez, 27:48; Polly Zimmerman, 28:06; Laura McCoy, 38:32; Leslie Woods, 42:41 & *9-yr old Olivia Bobbitt, 47:58. *Connie's great-grandniece.

Panicking Poultry 5K, Boulder Rez: Keith Johnson, 18:56 (3); Kathy Johnson, 24:25; Bob Ghormley, 28:43; Pitts O'Donnell, 29:58; Earl Beam, 30:01 & Penelope, 31:38. **PPRR/Palmer Park 7-miler, CS:** George Greco, 1:15 (3).

11/17- Brighton Turkey 5K: Michael Quispe, 18:34 (1); Slimfast (Bruce Kirschner), 20:49 (2); Theresa Jockers, 21:33 (1); Painted Horse (Jesse Tijerina), 22:34 (3); The B-Man (Jim Romero), 23:07 (1); Bob Gassen, 23:26 (1); Brent Jockers, 23:51; Connie Ahrnsbrak, 24:25 (1); Jack Barry, 24:27 (3); Ken Simons, 24:29 (1); Leigh Singleton, 24:44 (2); Doug Tollin, 25:06 (2); Taunya Wilson, 25:09 (1); Julie Orr, 27:22 (1); Roger Rybicka, 27:56; *Deanne Reaves, 28:55; Jenna Reaves, 28:57; Rich Muldoon, 28:57 (3); Rosalie Murch, 32:48 (2); Chris Muldoon, 41:21 & Ruth Tollin, 41:32 (3). *Ken Simons' family.

Turkey Trot 10-miler, Wichita, KS: R2G2 (Ray Grundmeyer), 1:39. **Gobble Wobble 5K, Green Valley Ranch:** The Oak, 24:04 (1).

11/18- Fall XC Boulder: 7K- Kathy Johnson, 31:01 (3). **5-Miler-** Joseph Manilafasha, 26:59 (1); Keith Johnson, 29:12 (1); Michael Quispe, 31:20; Hector Martinez, 31:54 (2) & Trail Man (Adam Feerst), 32:30.

11/22 -HLR Turkey 5K: Keith Johnson, 17:49 (1) & Kathy Johnson, 23:25 (2). **Loveland Turkey 5K:** Forrest Caillouette, 20:47 (2). **FTC 4-Mile Thanksgiving Day:** Phillip Dizerega, 29:06 & Jim Dizerega, 42:07. **United Way 4-Mile, WP:** Noe Cuevas, 23:16; Brandy Erholtz, 23:26 (1); Ray Blum, 25:13; Louis Martinez, 25:32; Christine Adamowski, 25:42 (1); Robert Kanieski, 29:43; George Huner, 30:22; Mean Ed Green, 30:37; Spiderman (Scott McFarlane), 31:32; Charles Scheibe, 31:55; Tall Red (Ed Youngberg), 34:58; Lee Bengston, 35:41 (2); Carmen Kitts, 36:02; Rocket Voorhees, 37:08; Alice Voorhees, 39:13; Charles/Linda Schmucker, 46:19 & Terry/Jennifer McFarlane, 51:03.

11/24- Fishers of Men 5K, Aurora: Robert Kanieski, 22:37; Mean Ed Green, 23:21 (2); The B-Man, 23:41 (1); Rich Romero, 24:03 (1); The Oak, 24:31 (2); Alan Johnson, 25:37 (3); Pitts O'Donnell, 29:36 (3); Penelope, 31:09 (2); Rosalie Murch, 33:22 (1); Bob Bussey, 34:18 (3); Kim Shenfeld; & Leslie Woods, 42:47 (2).

12/1- Death Valley Marathon, CA: The B-Man, 4:14 (1).

12/2- Las Vegas Half: Ray Blum, 1:29; Harry Dykstra, 1:42 & Rich Romero, 1:48 (1).

Brian's 10K Run, West Chester, PA: Bill Stahl, 42:19

12/9- Jingle Bells 5K, WP: Bob Ghormley, 29:16 & Steadfast Earl Beam, 31:00.

12/15- Rudolf's Revenge, Chatfield: 10K- Brian Fisher, 40:41 (3); Trail Man, 40:45; Michael Quispe, 41:45; Tania Pacev, 46:03 (2); The B-Man, 51:44 (1); The Oak, 54:08 (1); Kool Shades, 55:14; Robert Romero, 56:00 & Holly Romero, 1:05. **5K-** Diane Vanderhoven, 24:56 (1); Strider (Tom Chambers), 27:22 (1) & Steadfast Earl Beam, 32:35.

12/16- Steve's Rudolph Ramble 5K, WP: Bill Stahl, 22:25 (3); Mark Ramsey, 23:34; Bob Ghormley, 28:35 (3) & Steadfast Earl Beam, 31:52.

12/29- Kwanzaa Celebration 5K, Aurora: Robert Kanieski, 21:22 (1); George Greco, 21:59 (1); The B-Man, 22:51 (1); Spiderman, 23:06 (3); The Oak, 23:23 (1); Richard Romero, 23:47 (2); Robert Romero, 24:22 (2); Connie Ahrnsbrak, 25:52 (1); J Gutierrez, 27:12; Pitts O'Donnell, 27:54; Holly Romero, 29:28 (1); Penelope, 29:29 (2); Rosalie Murch, 33:55 (2); Bob Bussey, 34:01 (3); Laura McCoy, 38:43 (3/RW) & Leslie Woods, 48:14.

12/31- Resolution 5K, WP: Joseph Manilafasha, 17:04 (OA); Eric Ndikumana, 18:15; Hector Martinez, 18:24; Julio Bonilla, 18:27; Omar Martinez, 18:53; Noe Cuevas, 19:18; Miguel Cazares, 19:27; Gemma Tamariz, 23:41. (*Jeff Young-North HS*) & Earl Beam, 31:15.

1/01/08- New Years Day 5K, FTC: Bob Caillouette, 21:10; The Oak, 24:34 (1); Connie Ahrnsbrak, 27:11 (2); J Gutierrez, 27:54; Jim Peterson, 29:03; Roger Rybicka, 35:08; Rosalie Murch, 36:00 & Laura McCoy, 40:34.

Rescue Run, CS: 5K- George Greco, 22:24 (1); Julie Orr, 31:02 & Leigh Singleton, 1:01. Bill Moyle, 1:15 ran the **10K**.

1/11/08- Oatmeal 5K, Lafayette: Jonathan Huie, 16:33 (2nd); Dave O'Sadnick, 19:12; Bruce Kirschner, 21:40; The B-Man, 23:31; Lou Huie, 24:52; Deb Acree, 25:41 (2); Connie Ahrnsbrak, 25:42 (2); Polly Zimmerman, 26:29; Janice Huie, 27:25; J Gutierrez, 27:38; Vici Dehaan, 31:50 (1); Rosalie Murch, 35:03 & Laura McCoy, 38:44.

PPRR Fox Run Park 10K, CS: The Oak, 1:08 (1st)

FORTY FURLONGS (5 MILES)

Saturday, February 9 at 9:00 a.m. – Platte River Bar & Grill, 5595 S Santa Fe Dr, Littleton, CO

Warm up your winter running with this fast CMRA 5 mile (1,600 rod) race! The course is 'out & back' along the concrete bike path that parallels the South Platte River.

To reach the start, take Santa Fe Drive to 5995 S Santa Fe Drive in Littleton, which is about 1/3 mile south of Bowles/Littleton Boulevard, on the west side of Santa Fe Drive. Arapahoe Community College is on the east side of the road.

For information or to volunteer, call Greg Ayres at 720-207-7333.

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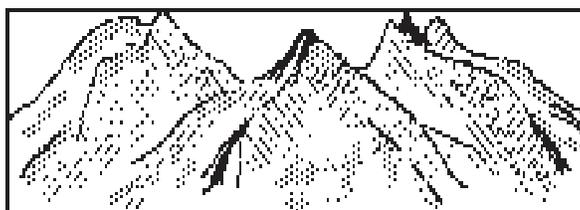
TOM BAILEY SPRING SPREE 10K

Saturday, March 22 at 9:00 a.m. – Twin Lakes Park, 70th & Broadway

Wanna run fast? Come chase your dreams in this surprisingly secluded, partially wooded setting in the heart of industrial Denver. Tailor-made for PRs, the flat, fast course follows the concrete bike path along Clear Creek out and back to the east, toward the creek’s junction with the South Platte River

Take I-25 to 58th Avenue. Go west on 58th one block to Broadway and take Broadway north to 72nd Avenue. Turn left and quickly left again into the park’s parking area. Or from the west, take I-76 to the Pecos St. exit. Go north on Pecos to w 70th Avenue. Turn right and head east on 70th to the park. Additional parking is available at the RTD Park-N-Ride on the north side of 70th. The race starts south of 70th Avenue in Twin Lakes Park.

For information or to volunteer call Tom Alison at 303-791-6166 or Rich Romero at 303-751-4284.



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
	Connie Ahrnsbrak	303-985-1168		cahrnsbrak@yahoo.com
	Rosalia Murch	303-693-2278		jero44@msn.com
Newsletter Editors:	Keith Johnson	303-683-2932		johnsonhr@comcast.net
	2049 W Gold Dust Ct, Littleton, CO 80129-5799		Mar/Apr, Jul/Aug, Nov/Dec newsletters	
	Dan Shaw	303-371-6468	720-480-2370	dshaw_64@yahoo.com
	4417 Dearborn Street, Denver, CO 80239-5402		Jan/Feb, May/Jun, Sep/Oct newsletters	

The Colorado Masters Running Association newsletter is published bi-monthly. Issues are distributed approximately the 1st day of February, April, June, August, October, and December to 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 editor noted above for that newsletter.

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

To join, simply complete an application, available on our website,
www.comastersrun.org, and bring it to our next race.

What is the Colorado Masters Running & Racewalking Association (CMRA)?

The CMRA is a non-profit group organized in 1976 to promote running and racewalking for health and exercise. The club regularly sponsors running-related activities, including 14 races a year, fun runs, training sessions, track workouts, and social events. Races are held at least once a month all over the greater Denver metro area. Races are as short as 5 kilometers (3.1 miles) and as long as about 16 kilometers (10 miles). Age group awards and prize drawings are held following each race.

CMRA Award Divisions

Running: Male & Female
Open Division 34 and Under

Masters Divisions: 35-39
 40-44
 45-49
 50-54
 55-59
 60-64
 65-69
 70-74
 75+

Racewalking: Top 3 Males & Females

Who is eligible to join?

Membership in CMRA is open to all, regardless of skill or experience, although race awards are geared to runners age 35 and over. CMRA is an all-volunteer effort -- races are conducted by CMRA members without monetary compensation. Members are expected to pitch in and help with club events!

How much does membership cost?

Annual dues are \$25 for individuals and \$35 for families based on a calendar year membership beginning in January. Since registration for club races are \$10 each for nonmembers and members race free, an individual CMRA membership pays for itself after just 3 races!

What are member benefits?

Aside from racing free each month, the CMRA newsletter, the *Master Times*, is sent to all club members every other month. Each issue includes recent race results, special articles about training and racing by club members, and information about future events.

How do I find out about CMRA races?

The 2007 CMRA race calendar and contact information is listed in this brochure and the club's Web site at www.comastersrun.org. The *Master Times* also provides an annual race calendar and the specific directions for each upcoming race. Local newspapers and running publications, like *Rocky Mountain Sports*, also list club events and contact information.

2008 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 5	Sat	9:00 a.m.	Lake Arbor Park, Arvada	Lake Arbor 5K	Ken Randall	303-422-3745
Jan 19	Sat	9:00 a.m.	Coal Creek Arena, Aurora	Aurora Sports Park XC (4/8/12K)	Dan Shaw Rob Fisher	720-480-2370 303-738-0115
Feb 9	Sat	9:00 a.m.	S. Platte River Bike Path	40 Furlongs (5M)	Greg Ayres	303-325-7877
Mar 22	Sat	9:00 a.m.	Twin Lakes Park	Tom Bailey Spring Spree 10K	Tom Alison Rich Romero	303-791-6166 303-751-4284
Apr 12	Sat	9:00 a.m.	Stapleton	Sand Creek 5 Miler	Rob Fisher Dan Shaw	303-738-0115 720-480-2370
May 10	Sat	4:00 p.m.	Writer's Vista Park	Memorial Run 5K and Potluck	Rosalie Murch Connie Ahrnsbrak	303-693-2278 303-985-1168
Jun 14	Sat	8:00 a.m.	South Valley Park	South Valley 10K	Paul Madden Jason Myers	303-868-7248 720-936-7860
Jul 13	Sun	7:30 a.m.	Christies @ Genesee	Mountain Madness 12K (5K for racewalkers)	Jim Romero Jerry O'Donnell	303-794-2952
Aug 13	Wed	6:30 p.m.	Fairmount Park, Golden	Fairmount 5K Trail	Kristin Moreau	303-279-3509
Aug 24	Sun	8:00 a.m.	Elk Meadow, Evergreen	Elk Meadow Trail Race (10K)	Wayne Mathis	303-979-9592
Sep 20	Sat	9:00 a.m.	Barr Lake State Park	Barr Lake 1/3 Marathon	Dave Black	303-781-1738
Oct 19	Sun	9:00 a.m.	Louisville	Coal Creek XC Challenge 5.72 Mi	Bruce Kirschner Randy Luallin	303-666-0864
Nov 15	Sat	9:00 a.m.	Chatfield Lake State Park	Chatfield 10 Miler (5 miles for racewalkers)	Kim Massey Scott McFarlane	303-765-5572 303-904-4542
Dec 13	Sat	9:00 a.m.	Prospect Park, Wheat Ridge	Clear Creek 4-Miler & Pancake Breakfast	Vici DeHaan	303-494-1782

CMRA
8100 E UNION AVE UNIT 1601
DENVER, CO 80237

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