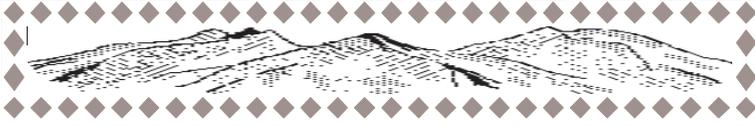


MASTER TIMES



Mar/Apr 2008

Volume 40 Issue 2

PRESIDENT'S CORNER

By Ken Simons

ACTIVE NETWORK REGISTRATION

Some of our races will be listed on the Active Network Web Site. This will give non-members an opportunity to sign up for these races online before the race. There is no cost to the club; the participant pays a small additional amount to the Active Network. This could help increase the number of participants, since some runners go to the Active Network to look for races to enter. The Coal Creek XC challenge has already been listed on the active network for a few years as part of the Crosscountry Series.

PARTICIPATION OF COLORADO COLUMBINE MEMBERS IN CHATFIELD 10 MILE

Members of the Colorado Columbine running club will be helping conduct the Chatfield 10 mile run in November. A primary motivation for this is gaining experience in directing a race. In addition, some of the members will be running in the race. We welcome their participation in this event.

MY WINTER TRAINING

Winter running conditions were somewhat similar to last year, and a departure from previous years, at least until the middle of February. For someone who tries to avoid training on hard surfaces and is adverse to running on a treadmill or other indoor equipment, it can be challenging at times. While there were sometimes stretches of the usual trail that had dirt or grass, much of the trail was covered with snow or ice. For that reason, I often ran a few miles on a gravel track when it wasn't completely snowpacked, then headed out on the usual trail for a little additional mileage.

Actually I prefer either a lot of fresh snow so that I can crosscountry ski in the parks and open space (which I did for a couple of weeks total), or no snow at all. In addition, I went a couple of times to the Eldora Nordic Center, and a few times in the backcountry with friends or with the CMC. I really enjoy that activity and have been involved with it for probably 35 years. The people I ski with tend to use biking and hiking as their other workouts, rather than running. I find that my uphill strengths seem to be stronger than a lot of the other skiers I go with, but only average with my downhill skills; many of them also are involved in alpine skiing, which I haven't been for around 30 years. I've also never learned telemark turns, or the skating technique (for Nordic centers).

As cold as it might get here sometimes, it still hasn't compared to a few days I ran in Iowa when we visited Shirley's mom. The wind was very cold and biting. Twice I ran with Shirley's cousin on a rural gravel road, and the other days, I ran in the grassy areas near where we stayed.

Running on the White Continent--the 2008 Antarctica Marathon by Jerry & Penelope O'Donnell

Imagine coming up with an idea of transporting a group of nearly 200 runners from around the world to run a marathon in Antarctica. To do this, the runners are first flown to Buenos Aires, Argentina for a reception and trip debriefing. Next, they're sent to a remote place at the end of the world known as Ushuaia in the Patagonia Region of South America. From Ushuaia, the runners board two chartered ships and sail across the rough seas of the Drake Passage to the Antarctic Continent. Once in Antarctica, a race crew sets up the marathon course in one of the most hostile environments on earth. Finally on race morning, all runners disembark from the two ships via zodiacs (small inflated boats) to the race start.

But well before all this could be done, a 40-page proposal for holding the marathon is required in accordance with the Antarctic Treaty. There are few places on Earth where there has never been war, where the environment is fully protected, and where scientific research has priority. A land (nearly the size of the U. S.) which the Antarctic Treaty parties govern and what they call "a natural reserve, devoted to peace and science".

Despite some of the logistical challenges mentioned above, the Antarctica Marathon was successfully held for the 9th time on March 5th. This year Jerry and Penelope O'Donnell of Golden traveled to the bottom of the earth in their quest to run a marathon on the 7 continents. Jerry has now finished a marathon on all 7 continents and Penelope completed her 6th continent.

The Antarctica Marathon is one of the most extreme marathons in the world. Runners slog up and down muddy, snowy, rocky hills and leap across shallow rivers and streams. The most challenging part of the course is the $\frac{3}{4}$ mile climb up an icy glacier with its steep 17-percent grade. The marathoners had to climb it twice. According to race officials, this years conditions were the worst they've seen on the glacier in the 9 marathon events. Spectators are limited to a few penguins, skuas—very large, aggressive seagull-like birds that enjoy dive-bombing marathoners and a lone fur seal.

Jerry and Penelope found Antarctica to be a magical place of beauty. While finishing the marathon was their focus, it was only a small part of their expedition to Antarctica. It is the last pristine place on planet Earth. "The marathon was challenging but we totally enjoyed the experience. If you are looking for an adventure race, then don't miss this one...it's a wonderful experience.

Looking for an Identity By Keith Johnson

My wife, Kathy, and I have been members for a couple of years now. We've really enjoyed running in all the events. And \$35 bucks for all the races! What a deal in today's world where one race can cost you that much. Heck, with the family membership, my 15 year old can run too if I can get him out of bed on a Saturday morning. I did manage to get him to the Fairmont 5k last year. Of course it was not a Saturday morning but Wednesday evening event. He claims I was trying to get him severely injured with the lightning dancing all around. I tried to explain to him this is what we hard core running geeks do. Run in all types of weather. It only makes it more fun, adventurous, and memorable.

And if you stick with it long enough you may get a cool nick name like "**Stonewall**" or "**The Oak**". How cool are those names? I can only imagine the races and conditions these guys have seen. Looking through the results I see even more great running handles like "**Strider**", "**Lightfoot**", and "**Trail Man**". Try keeping up that crowd on a twisting, climbing trail at 7800'.

I've been trying to think of a cool nick names for my wife and myself. But it doesn't come easy. They have to be great names like "**The B-Man**", "**Kool Shades**", and "**The Captain**". Those are awesome and could be a great rock band. And "**Tall Red**" and the "**Painted Horse**" sounds like an epic western. Legendary and vast. You know they've seen 'em come and go. And of course, "**Spiderman**" is my favorite. Mysterious. Agile. Fast. Unknown to Spiderman my wife keys on him during races. "If I stick with him I'll run fast." She tells me.

Some may call me the Invisible Man because I usually don't hang around right after the races for the awards. 3 kids, a dog, and Kathy's Grandmother, Nanny have us rushing back home for the weekend's activities. Believe me on occasion I would rather hang out for the post race....

Anyway I'll keep thinking of cool nick names... And maybe the next race I'll drop in the running alias. And you should too.

See you at the races.

Forty Furlongs

February 9, 2008

Greg Ayres

The Forty Furlongs started this year near the Platte River Bar and Grill, as it did last year, with special thanks again to the owner Frank Redman. Frank provided the use of his parking facilities and donated bottled water, Platte River Bar and Grill T-Shirts and gift certificates.

It was a beautiful sunny and mild February day for the 59 runners and one race walker that began the race by heading south on the Mary Carter Greenway Trail. Keith Johnson (46) was the overall male winner with a time of (28:59). Keith Johnson continues to be the top finisher in club races: Clear Creek 4-miler (23:24) on December 8th, Lake Arbor 5K (19:43) on January 5th, and the Aurora Sports Park XC 12K (52:44) on January 19th.

Theresa Jockers (46) was the overall female winner with a time of (36:24). The club's most senior runner, Kenneth Green (Stonewall) at the age of 79 completed the race in a time of (61:37). Stephen Tribel, from Glenwood Springs, was in town dropping off his son at the airport. He saw the race listed and joined us before going home. He won his age division (55-59) with a time of (39:52). Out-of-town club members Bob Grassen of Canon City and Jim Peterson and Sandra Rostie from Longmont also participated in the race.

I want to personally thank all the volunteers and sponsors that made the Forty Furlongs a successful and safe race. Scott McFarlane (the course designer and official measurer), Joe Sanchez, Connie Ahrnsbrak, Rosalie Murch, Ken Simons, Bob Bussey, Todd Koonce, Mark and Natalie Dreher, and my better half Kelly Chilvers. Also many thanks to all the race sponsors: Platte River Bar and Grill, Running Wild, Road Runner Sports, Runners Roost- Lakewood, Runners Roost- Aurora, Boulder Running Company, Massage Elements, College House Sports, and Great Harvest Bread.

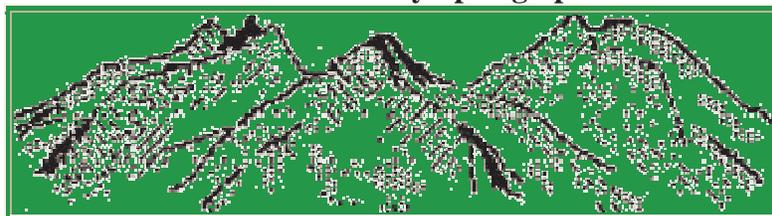
Forty Furlongs February 9, 2008 Race Results

PLACE	NAME	TIME	AGE
1	Keith Johnson	28:59	46
2	Andrew Adamowski	29:35	34
3	Marc Johnson	30:54	41
4	Peter Doyle	31:46	43
5	David Rothenburger	32:16	39
6	Troy Abfalter	32:40	26
7	Jason Myers	34:19	34
8	Dan Shaw	34:26	48
9	Ryan Adams	35:39	30
10	Chris Stone	35:55	41
11	<i>Theresa Jockers</i>	36:24	46
12	James Engler	36:44	35
13	Jay D. Trujillo	36:53	49
14	Brett Allendorf	37:58	39
15	<i>Chris Adamowski</i>	38:19	40
16	Finnegan Adamowski	38:19	1
17	<i>Trish Blake</i>	38:56	44
18	<i>Diane Vanderhoven</i>	39:01	46
19	The B-Man (Jim Romero)	39:12	67
20	Scott Jackson	39:38	40
21	Mark Ramsey	39:43	45
22	Stephen Triebel	39:52	57
23	Spiderman (Scott McFarlane)	39:55	56
24	Rich Romero	40:02	71
25	Kool Shades (Ken Randall)	40:08	69
26	George Huner	40:26	54
27	Gery Bates	40:30	51
28	Strider (Tom Chambers)	40:58	63
29	Bob Gassen	41:03	60
30	<i>Michelle Slingsby</i>	41:37	38
31	<i>Deb Acree</i>	41:43	56
32	<i>Megan Vanoni</i>	41:50	27
33	Brent Jockers	41:58	57
34	Jack Barry	42:32	69
35	<i>Taunya Wilson</i>	44:25	61
36	Hank Burkman	44:30	56
37	Jan Van Tilburg	45:50	55
38	<i>Dani Phillips</i>	46:05	50
39	<i>Janet Ralston</i>	46:09	45
40	<i>Dorthy Bensusan</i>	46:12	45
41	Mike Vanoni	47:03	59

42	Oldanslo (Jim Peterson)	47:06	69
43	Lee Bengston	47:21	70
44	Gabe Sisneros	47:50	69
45	<i>Espie Yen</i>	49:34	43
46	<i>Sandra Rostie</i>	49:48	64
47	Edward Ewing	50:04	54
48	Tom Duran	51:22	60
49	Rich Muldoon	52:00	71
50	Dave Banko	52:07	56
51	Dick Grauer	52:12	69
52	<i>Chris Vanoni</i>	53:06	56
53	Stone Wall (Kenneth Green)	54:48	79
54	<i>Rhiannon Fadeyibi</i>	55:04	45
55	Dave Black	56:59	56
56	<i>Lynn Young</i>	57:05	51
57	<i>Kim Shenfeld</i>	57:43	49
58	<i>Rosalie Murch</i>	58:27	67
59	Charles Schmucker	59:21	61
Racewalkers			
1	<i>Leslie Woods</i>	1:01:37	61

Age Group Awards can be found at www.comastersrun.org

CMRA Tom Bailey Spring Spree Results



March 22, 2008 Race Results

PLACE	NAME	TIME	AGE
1	Jose Carmelo	36:13	30
2	Rafael Pacheco	36:50	42
3	Kristopher Swygert	30:54	30
4	Chris Oliphant	38:05	39
5	Marc Johnson	38:44	41
6	Kevin Krizek	39:11	37
7	Adam Feerst (Trail Man)	39:11	48
8	Phil Quatroch	40:27	37
9	Toby Abfalter	40:51	26
10	David Rothenburger	41:00	39
11	Lonnie Pilkington	41:05	37
12	Scott Nalback	41:45	32
13	Paul Madden	42:07	31

14	<i>Tania Pacey</i>	42:14	48
15	Bob Cooper	42:24	59
16	Bruce Kirschner	42:46	54
17	Dan Shaw	42:55	48
18	<i>Melissa Menard</i>	42:56	34
19	Forrest (Bob Caillouette)	43:33	53
20	Chris Sullivan	43:51	38
21	Robert Kanieski	43:55	30
22	Bob Irving	44:28	53
23	Jason Myers	44:35	34
24	Chris Stone	45:19	41
25	Alex Knapp	45:27	22
26	<i>Denise Glenn</i>	45:34	40
27	Jay D. Trujillo	45:38	49
28	Painted Horse (Jesse Tijerina)	46:21	56
29	Ned Deakins	46:28	29
30	Bruce Dahm	46:39	39
31	Scott Jackson	46:50	40
32	Brett Allendorf	47:27	39
33	Lou Huie	48:16	61
34	<i>Corey Hooten</i>	48:41	36
35	David Larraby	48:52	48
36	The Oak (Ross Westley)	48:56	71
37	David Kelble	49:22	50
38	Mark Ramsey	49:47	45
39	Randy Eastland	49:57	41
40	Spiderman (Scott McFarlane)	50:03	56
41	Alan Johnson	50:04	47
42	Brent Jockers	50:05	57
43	The B-Man (Jim Romero)	50:19	67
44	Glenn Bakken	50:22	57
45	<i>Amy Lease</i>	50:25	54
46	<i>Michelle Slingsby</i>	51:11	38
47	Kool Shades (Ken Randall)	51:33	69
48	Strider (Tom Chambers)	51:38	64
49	<i>Lightfoot (Deb Acree)</i>	52:46	56
50	<i>Taunya Wilson</i>	52:59	61
51	<i>Sally Alderwick</i>	53:14	50
52	Tall Red (Ed Youngberg)	53:56	65
53	<i>Holly Dahm</i>	54:12	38
54	Jeff Dawson	54:21	59
55	<i>Kellie Steward</i>	54:29	44
56	Jan Van Tilburg	54:38	55
57	<i>Jan Huie</i>	54:47	58

58	Joe Chimbanda	55:55	63
59	<i>Carol Mullen</i>	55:56	31
60	<i>Janet Ralston</i>	56:06	45
61	Rich Martinez	56:38	61
62	<i>Korina Lyons</i>	56:45	29
63	Kent Mitchell	56:48	66
64	<i>Jenean O'Brian</i>	57:03	25
65	Lee Bengston	58:01	70
66	Gabriel Sisneros	58:42	69
67	Sir Fred Trentaz	59:10	66
68	Roger Rybicka	59:14	60
69	Robert Fancher	59:17	68
70	<i>Kathy Klesmit</i>	59:31	55
71	Joseph Bearss	01:47	37
72	<i>Ana Chimbanda</i>	01:02:16	61
73	Dick Grauer	01:02:19	69
74	Edward Ewing	01:03:30	54
75	<i>Hillary Saunders</i>	01:04:12	31
76	<i>Ingrid Chang</i>	01:05:22	38
77	Tom Duran	01:06:34	60
78	Stonewall (Ken Green)	01:07:55	79
79	Charles Schmucker	01:11:19	61
80	Dave Black	01:11:51	57
81	Joe Black	01:11:51	9
RaceWalkers (5K)			
1	Rachel Oliphant	43:53	41

Age Group Awards can be found at www.comastersrun.org

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

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

PELICAN Update (Cahrnsbrak@yahoo.com)

1/20- Frozen Frosty Runs @ Chatfield: 10 Mile- Eric Ndikumana, 58:53 (1); Michael Quispe, 1:11; Karen Voss, 1:12 (1); The B-Man (Jim Romero); 1:24 (1); The Oak (Ross Westley), 1:25 (2); Pete Szymanski, 1:27 & Kool Shade (Ken Randall), 1:28 (3). **Five Miler-** Mauro Martinez, 30:56 (1); Hector Martinez, 33:52 (2); Tania Pacev, 35:44 (1); Diane Vanderhoven, 38:57 (1) & Earl Beam, 56:51.

1/26- Best 4-mile XC on the Planet, Boulder: Keith Johnson, 23:42 (2); Dave O'Sadnick, 26:01; Painted Horse (Jesse Tijerina), 31:45; David Kelble, 36:31; Kathy Johnson, 37:10; Lightfoot (Deb Acree), 37:54 (2); Julie Orr, 41:07 & Vici Dehaan, 45:32 (3). **PPRR El Pomar Sports Ctr 8-Mile, CS:** Tall Red (Ed Youngberg), 1:16 & **4-Mile:** Lou Huie, 33:05 (2).

1/27- Polar Bear 5K, WP: George Greco, 21:13 (1); J Gutierrez, 27:22 & Julie Orr, 29:06.

2/3- Super Sunday 5K, Cornerstone Park: Keith Johnson, 18:15 (OA); The B-Man, 23:47 (1); Connie Arhnsbrak, 26:17 (1); Jack Barry, 26:48 & Bob Bussey, 38:44.

Super Bowl 5K, WP: George Greco, 22:21 (1) & Sandra Rostie, 30:54 (1).

Screaming Snowman SS, Eldora: 5K- Michelle Kelble, 45:37 (3) & Gale Meuret, 46:38 (1). **10K-** Bob Cooper, 1:10, (1); David Kelble, 1:19; Mean Ed Green, 1:27; Ken Simons, 1:33 (1); Bill Faulkner, 1:37:08 (3); Patricia Tolleson, 1:37:58 & Mr. Endurance (Bill Moyle), 1:45.

2/9- Sedona Half , AZ: George Greco, 1:37 (1).

2/10- Frozen Foot 5K, Boulder: Joseph Manilafasha, 15:28 (OA); Eric Ndikumana, 16:17 (1); Oscar Ponce, 16:28 (1); Irving Reza, 18:44 (3) & Gema Tamariz, 21:41 (1). *North H.S.*

Valentine 2-mile Twosome, Pueblo: Lou/Janice Huie, 25:13 (4). **Jeremy Wright SS Championships, Beaver Creek: 10K-** David Kelble, 1:20 & Bill Moyle, 1:39. **5K-** Michelle Kelble, 52:37.

2/16- Fat Saturday 5K, HLR: Keith Johnson, 17:49 (OA). **Chilly Cheeks Duathlon, CCSP:** David Kelble, 1:09 (1)

2/17- President's 5K, WP: George Greco, 22:33; Lou Huie, 24:21; The B-Man, 24:48; Jack Barry, 25:37; Connie Arhnsbrak, 26:33; Jan Huie, 27:47; Sandra Rostie, 30:34 (2) & Rosalie Murch, 35:31. *Thanks Leslie Woods for volunteering.*

Lost Dutchman Marathon, Apache Junction, AZ: Bill Stahle, 3:38 (51st/205 & 9/35 45-49 age group) *well organized race.*

2/23- Snowman Stampede, CCSP: 20-Miler saw Joseph Manilafasha, 2:09 (2) & Shane Holonitch, 3:11 (2). **10-Mile-** Miguel Cazares, 1:01 (1); Brandy Erholtz, 1:03 (OA); Omar Martinez, 1:03 (5); Irving Reza, 1:09 (8); Michael Quispe, 1:18; Diane Vanderhoven, 1:11:05 (6); The B-Man, 1:22:34 (2); The Oak, 1:26 (3); Kool Shades, 1:28 (5); Strider, 1:30 (6) & Leigh Singleton, 1:44. Also, **PPRR Black Forest 10K:** Theresa Jockers, 52:00 (1) & Brent Jockers, 1:00 (5).

Kilimarjaro Marathon, Africa: The B-Man, 5:12. *Heavy traffic in the middle of the marathon & half. 110 degrees*

2/24- The Republic Stairs Climb: Taunya Wilson, 12:34 (1) & Sir Fred Trentaz, 13:19.

3/2- Spring Runoff, Pueblo: 10 Mile- Kent Mitchell, 1:34 (1); **10K-** Lou Huie, 51:01 (1); Jan Huie, 56:46 (1) & The Captain (Don Robinson), 1:03 (1). **5K-** George Greco, 22:04 (1) & Bob Gassen, 24:35 (2).

3/5- Antarctica Marathon, King George Island: Pitts O'Donnell, 6:57 & Penelope, 7:02. *It was a warm 38 degree Jerry has now completed a marathon on all continents.*

3/8 –The Better Half, Gateway: Sir Fred Trentaz, 2:34. Also, **Moab Canyonlands Half:** Bob Basse, 1:29 (5/115) & Terry McFarlane, 2:34.

3/9- St. Patricks' 4-Mile, S Fran, CA: Forest (Bob Cailloutte), 26:30 (1).

3/15- Sharin "O" the Green, FTC: Forest, 20:46; Lou Huie, 23:13 (3); The B-Man, 23:45 (4); Jack Barry, 24:44; Connie Ahrnsbrak, 24:59 (1); Jan Huie, 26:45; J Gutierrez, 27:11; Oldanslo, (Jim Peterson), 28:17 & Rosalie Murch, 33:58.

3/16 – ROTG, Lo Do: Keith Johnson, 24:36 (2); Michael Quispe, 26:17; Dave O'Sadnick, 26:28; David Rothenburger, 27:32; Paul Moreau, 27:46; Chris Voeller, 29:01; George Greco, 29:29 (1); Robert Kanieski, 29:56; Painted Horse (Jesse Tijerina), 30:58; Spiderman, 33:45; Kathy Johnson, 34:24; Strider (Tom Chambers), 35:00; The Captain (Don Robinson), 41:24 (2); Earl Beam, 46:41 & Joseph Baird, 49:43.

Upcoming Races

Sand Creek 5 Miler Saturday April 12th 9 AM Sand Creek Trail Denver

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

Directions:

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

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

For information or to volunteer call Rob Fisher at 303-738-0115 or Dan Shaw at 720-480-2370.

Memorial Run 5K Saturday May 10th 4PM Writer's Vista Park

There will be a POT LUCK right after the race. Bring whatever to share and whatever beverage you prefer or care to share.

Writers' Vista Park is located about a mile east of Santa Fe and Mineral on the right-hand side.

If you are coming south on Santa Fe, make a left at the lights which is Santa Fe and Mineral. Coming north on Santa Fe, make a right on Mineral. See the [Yahoo Map](#) for details.

For information or to volunteer call Rosalia Murch at 303-693-2278 or Connie Ahrnsbrak at 303-985-1168.

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION
2008 MEMBERSHIP APPLICATION
(APRIL 2008 THROUGH DECEMBER 2008)**

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, & 75+
Racewalkers Male and Female divisions

Dues: Single member **\$25.00 per year** Family (household) **\$35.00 per year**
(Add **\$5.00** if opting below for newsletters by snail mail)

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 emailed to you.)

_____ Please send it snail mail (for an additional \$5.00 per year)

2008 Colorado Masters Running / Racewalking Association Schedule

Registration begins 1 hour prior to and closes 10 minutes before the race time.
Race cost is \$10 for non-members with no charge for members.

There are no T-Shirts but there are drawings for door prizes as well as prizes for the top 3 male and female racewalkers and 5-year age groupings for runners. The Elk Meadow race will have awards for the top 10 Males and the top 10 Females.

The course for Racewalkers will be the same as that of the Runners for distances of up to 5 miles. If the running course is over 5 miles the Racewalker course will be 5 Kilometers. The Racewalker course for the Chatfield 10 Miler will be 4-5 miles. Racewalkers will begin 15 minutes earlier than the runners.

Date	DOW	Time	Location	Name	Director(s)
Jan 5	(Sat)	9 AM	Lake Arbor	Lake Arbor 5K Results	Ken Randall
Jan 19	(Sat)	9 AM	Aurora Sports Park	Aurora Sports Park XC 4/8/12K Results	Dan Shaw / Rob Fisher
Feb 9	(Sat)	9 AM	Platte River Bar & Grill	40 Furlongs (5M) Results	Greg Ayres
Mar 22	(Sat)	9 AM	Twin Lakes Park	Tom Bailey Spring Spree 10K Results	Tom Alison / Rich Romero
Apr 12	(Sat)	9 AM	Stapleton	Sand Creek 5 Miler	Rob Fisher / Dan Shaw
May 10	(Sat)	4 PM	Writer's Vista Park	Memorial Run 5K & Potluck	Rosalia Murch / Connie Ahrnsbrak
Jun 14	(Sat)	8 AM	South Valley Park	South Valley 10K / Kids Run	Paul Madden / Jason Myers
Jul 13	(Sun)	7:30 AM	Christies @ Genesee	Mountain Madness 12K	Jim Romero / Jerry O'Donnell
Aug 13	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail	Kristin Moreau
Aug 24	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race	Wayne Mathis
Sep 20	(Sat)	9 AM	Barr Lake State Park	Barr Lake 1/3 Marathon	Dave Black
Oct 19	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72M	Bruce Kirschner / Randy Luallin
Nov 15	(Sat)	9 AM	Chatfield Lake State Park	Chatfield 10 Miler	Kim Massey / Scott McFarlane
Dec 13	(Sat)	9 AM	Prospect Park (Wheatridge)	Clear Creek 4-Miler and Pancake Breakfast	Vici DeHaan

CMRA
8100 E UNION AVE UNIT 1601
DENVER, CO 80237