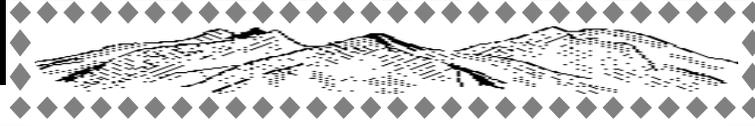


# MASTER TIMES



Sep/Oct 2008

Volume 40 Issue 5

## PRESIDENT'S CORNER By Ken Simons

### RACE CO-DIRECTORS FOR 2009 MEMORIAL 5KRUN (MAY RACE)

Kellie Steward and Anthony Calderwood have agreed to be co-directors for this race. We welcome them and hope they enjoy this new experience. We will try to give them all the support they need.

### NEWSLETTER EDITOR FOR 2009

In addition, Anthony Calderwood has agreed to be one of the newsletter editors for next year. Dan Shaw is working with him to familiarize him with the procedures.

### ADDITIONAL RACE DIRECTORS WANTED FOR 2009

There are two races involved here. The current race directors have been managing these races for several years.

For the Mountain Madness 12K in July, Jim Romero and Jerry O'Donnell would like to turn this over to someone else if possible. Jim said he would be happy to help whoever takes it over.

Similarly, Wayne Mathis would like to involve someone else for the Elk Meadow trail race in August if possible. Again, he would be glad to help the new person.

### KESLEY ANN ADOMOWSKI

Andrew and Christine Adamowski along with proud (and protective) sibling Finnegan welcome Kesley Ann into the world, born 9/18/08\* at 11:32 p.m., 6 lb, 7 oz, 19" tall. Reportedly she has a charming personality like her dad. Mom is doing well.

\* Kesley Ann happens to share the same day with me for her birthday.

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## FAIRMOUNT PARK 5K TRAIL RACE

August 13, 2008

By Kristin Moreau

The Fairmount 5K had a possibly record-breaking turnout of nearly 90 participants under hot, sunny skies. No rainclouds were in sight for a change, although a few mud puddles did find their way onto the course. Many of the age groups were fiercely competitive, with some very fast times run. Hector Martinez was the overall winner in a blazing 17:12 (exactly one minute faster than his 2007 time), and Patricia Martinez led the women's field in 22:50. Keith Johnson was the first masters (and second overall) in 18:23, and Pam Iyer led the masters women in 23:06 (second overall woman). We had 7 kids run in the new 13 and under age group, a good sign for the future of CMRA. Also of note, the Johnson family pulled off quite a sweep with fifteen year old son Keifer placing 3rd overall, 31 seconds behind his dad and mom Kathy placing third overall for women.

Pat Phillips gave a tribute at the start to Pat Hayes, long-time CMRA member who passed away last week after a long battle with cancer. His life will be celebrated at a party in October, rather than a memorial service, which was his preference. On a lighter note, Bruce Kirschner celebrated his 55th birthday the day of the race by winning his age category and sharing a large birthday cake with all of us after the race.

I would like to thank our previous race director, Pat Phillips, for his many years of service and for leading me step by step through the process of preparing for and directing the race. I hope that with all of his guidance, I will be able to pull this off myself next year. Thanks also to Joe Sanchez for bringing all the equipment, Adam Feerst for helping set the course, Rosalia Murch and Connie Ahrensbrak for overseeing registration and Connie for tabulating the official results, Lucas Crespín and David Rothenburger for directing traffic at the first road crossing, Ray Sonheim for helping at the turnaround (and it sounds like doing quite a bit of traffic-directing himself), Julia Keedy and Sheri Mounteer for handing out water to all the thirsty runners at the water station, Joe Baird, Jim Price, Mike and Chris Vanoni and Ken Simons for doing the timing and directing the busy finishing line. Thanks to Good Harvest, Runner's Roost, Boulder Running Company, Running Wild and Bob Jones (for the Apex Center passes) for all the great prizes.

I hope all of this year's participants will return and bring others, and I will do my best to make friends with the weather gods to keep up the favorable conditions.

### FAIRMOUNT 5K AGE GROUP AWARDS

	Overall Men		Overall Women	
Place	Name	Time	Name	Time
1	Hector Martinez	17:12	Patricia Martinez	22:50
<b>70-74</b>				
1	The Oak (Ross Westley)	24:28		
2	Kool Shades (Ken Randall)	25:45		
3	Rich Romero	26:28		
4	Lee Bengston	27:35		
5	Dick Graur	34:28		
<b>65-69</b>				
1	Jeff Martin	23:24		

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2	The B-Man (Jim Romero)	25:04		
3	Bill Faulkner	25:15		
4	Tall Red (Ed Youngberg)	26:11		
5	Sir Fred Trentaz	29:59		
<b>60-64</b>				
1	Bill Smitham	22:52	Linda Schmucker	38:36
2	Rich Martinez	25:17		
3	Roger Rybicka	26:30		
4	Bruce Brandt	31:42		
5	Charlie Schmucker	38:37		
<b>55-59</b>				
1	Bruce Kirschner	21:27	Pat Tolleson	35:47
2	Glenn Bakken	23:15		
3	Rob Fisher	24:01		
4	Rick Stubbs	25:11		
5	Spiderman (Scott McFarlane)	25:29		
<b>50-54</b>				
1	Dave O'Sadnick	19:16	Pam Iyer	23:06
2	Scott Chamberlin	20:20	Polly Zimmerman	25:28
3	Greg Frauenhoff	22:34	Dani Phillips	27:10
4	Jay Trujillo	22:42		
5	Gery Bates	26:00		
<b>45-49</b>				
1	Keith Johnson	18:23	Kathy Johnson	24:05
2	Tony Cummings	19:00		
3	Bob Jones	20:57		
4	The Hammer (Anthony Allen)	21:49		
5	Dan Shaw	21:57		
<b>40-44</b>				
1	Erik Zeitlow	20:14	Jenny Carlin	24:36
2	Paul Moreau	20:35	Kristina Schneider	25:36
3	Scott Jackson	21:24	Elena Ramos	26:09
4	Kevin McElroy	22:11	Michelle Kelble	27:41
5	Darryl Wagner	23:19	Melissa Vogt	40:35
<b>35-39</b>				
1	Kyle McElroy	20:16	Christine Neff	30:21
2	Bruce Dahm	22:32	Karry Terry	30:52
3	Don Terry	30:53	Stephanie Ruth	32:31
4			Gwen Burak	33:35
<b>19 - 34</b>				
1	Jason Myers	20:00	Faith Casias	24:37
2	Robert Kanieski	20:41	Michel Roberts	27:14

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3	Jeff Duran	23:05	Marygrace Stermole	35:24
4			Stefanie Copley	54:26
5			Therese Hand	54:26
<b>14-18 (High School)</b>				
1	Keifer Johnson	18:54	Maria Martinez	25:52
2	Chris Ubias	22:51		
<b>13 and Under</b>				
1	Reed Jones	25:05	Kathryn Stone	33:56
2	Jacques Moreau	26:31	Nancy Stone	36:04
3	Justin Perry	28:17		
4	Joe Black	28:52		
5	Mats Moreau	32:20		

Please go to [http://www.comastersrun.org/Race\\_Info/2008/Fairmount\\_Results.html](http://www.comastersrun.org/Race_Info/2008/Fairmount_Results.html) for overall race results.

**ELK MEADOW TRAIL 10K RACE**  
**August 24, 2008**  
**By Wayne Mathis**

Elk Meadow's trails permit a runner to enjoy the natural beauty of the Colorado Mountains. The wildlife includes a large herd of Elk. Deer are often seen along the trails that gain in altitude ascending to Bergen peak. The trails run in this event include Painters Pause with an elevation gain of 260 feet, Sleepy 'S' and with a descent of 300 feet. The main trail is Meadow View with a gain of 230 feet, although a runner may feel the gain is much more on the north end of the trail as it turns to the west and gains altitude quickly. The park is located near Evergreen Colorado. Go west on Stagecoach Boulevard from the Evergreen Parkway. The trail head has a parking lot one mile west. Be sure to mark your calendars for next August if you missed this year's event.

The course record remains at 35.09. Andrew Adamowski ran a very fast 36.44. Kristen Moreau was the first female to cross the finish with an excellent time of 44:11. The record for females is 43:02.

The club thanks volunteers Connie Ahrnsbrak, Rosalia Murch and Joe Sanchez. Our special thanks to the Great Harvest Bread Company. Please patronize this club supporter.

Mark your calendar for August of 2009.

**ELK MEADOW AGE GROUP RESULTS**

	Overall Men		Overall Women	
Place	Name	Time	Name	Time
	Andrew Adamowski	36:44	Kristin Moreau	44:11
<b>75 and Over</b>				
1	Ken Green	70:30		
<b>70-74</b>				
1	Ken Simons	57:07	Vici Dehaan	69:53

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<b>65-69</b>				
1	Jim Romero	51:23	Fay diZerega	76:09
2	Bill Faulkner	53:27		
3	Tom Chambers	55:18		
4	Jim diZerega	75:26		
<b>60-64</b>				
1	Rich Martinez	55:49		
2	Roger Rybicka	56:10		
3	Brian Moffett	63:02		
4	Charlie Schmucker	63:32		
5	Bruce Brandt	66:47		
<b>55-59</b>				
1	George Huner	49:39	Patricia Tolleson	62:54
2	Glenn Bakken	52:37		
3	Ed Green	52:50		
4	Scott McFarlane	54:55		
5	Rick Stubbs	55:51		
<b>50-54</b>				
1	Dave O'Sadnick	41:21	Pam Iyer	50:32
2	Bob Caillouette	44:14	Kimberly Massey	61:23
3	Ray Blum	45:00		
4	John Shea	46:49		
<b>45-49</b>				
1	Keith Johnson	38:05	Kathy Johnson	52:33
2	Alan Johnson	46:57	Kellie Steward	55:53
3	Steve McDonald	51:20	Rhiannon Fadeyibi	69:51
4	Tim Clancey	53:34		
5	Greg Ayres	58:43		
<b>40-44</b>				
1	David Rothenburger	40:41	Karen Voss	44:16
2	Paul Santi	42:10	Denise Glenn	48:26
3	Chris Stone	46:54	Marcey Gibson	48:56
4	Brett Lear	53:44	Michelle Delpiccolo	63:31
5			Adriannne Peterson	65:23
<b>35-39</b>				
1	Chris Voeller	39:45	Holly Dahm	53:41
2	Kaz Alvarez	40:11	Valerie Zanon	55:09
3	Kevin Krajawski	45:12	Christie Hartman	55:40
4	James Cornehlson	48:14		
5	Bruce Dahm	48:20		
<b>19 - 34</b>				
1	Scott Wollaston	41:65	Megan Cingcade	48:20

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2	John Wright	45:15	Carrie Payne	51:20
3	Thaddeus Kalinowski	46:25		
<b>14-18 (High School)</b>				
1	Ryan Wilson	50:42		

Please go to [http://www.comastersrun.org/Race\\_Info/2008/Elk\\_Meadow\\_Results.html](http://www.comastersrun.org/Race_Info/2008/Elk_Meadow_Results.html) for overall race results.

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2775 Pearl St., Boulder	303-786-9255
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### BARR LAKE 1/3 MARATHON

The 4th annual Barr Lake 1/3 marathon was held on a beautiful day. The reservoir was full and shimmering and blue, the train tracks sang a loud racket at least once, and a good time was had by all 41 runners. First across the finish line was Steven Sellars, in a time of 54:23 (a 6:14 per mile pace). The next runner didn't cross until almost 8 minutes later (Jason Myers, 61:55, 7:05 per mile). Dan Shaw was third, (62:16, 7:08 per mile), and then the top 5 was rounded out by 2 women: Sarah Hansen (63:07, 7:14 per mile) and Monica Ryan (64:17, 7:21 per mile).

Thanks to Joe Baird, Joe Sanchez, Ken Simons, Kim Massey, and my son Joe and his friends Jeremiah and Brandon for making the race happen, and thanks to our sponsors, Great Harvest Bread Company and Boulder Running Company for their prizes.

### BARR LAKE AGE GROUP RESULTS

	Overall Men		Overall Women	
Place	Name	Time	Name	Time
	Steven Sellars	54:23	Sara Hansen	63:07
<b>75 and Over</b>				
1	Ken Green	101:11		
<b>70-74</b>				
1	Richard Romero	75:59		
2	Lee Bengston	91:07		
3	Dick Grauer	92:28		
<b>65-69</b>				
1	Fred Trentaz	85:08		
<b>60-64</b>				
1	Rich Martinez	79:36	Taunya Wilson	86:48
2	Brian Moffett	92:52		
3	Tom Duran	102:04		
4	Charlie Schmucker	105:03		

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<b>55-59</b>				
1	Scott McFarlane	74:11	Patricia Tolleson	91:56
2	Mike Knipps	82:23		
3	Dave Banko	93:36		
4	Jim Thomas	100:21		
<b>50-54</b>				
1	Bob Irving	65:11		
2	John Shea	66:48		
3	Jay D. Trujillo	74:07		
<b>45-49</b>				
1	Dan Shaw	62:16	Monica Ryan	64:17
2	Anthony Calderwood	66:31	Mary Pitz	88:34
3	David Mendoza	67:11		
4	Greg Woodman	68:42		
5	Ricky Graver	70:33		
<b>40-44</b>				
1	Chris Stone	69:28	Denise Glenn	69:38
2	Scott Jackson	72:13	Shawna Kinhead	75:39
3	Greg Marquis	82:37	Kristina Schneider	77:48
4	Foghorn Leghorn	86:03	Jackie Marquis	84:15
<b>35-39</b>				
1			Robin Gunther	86:24
<b>19 - 34</b>				
1	Jason Myers	61:55	Kelly Campbell	74:08
2	Ryan Sestric	72:51	Erin Bosik	83:59

Please go to [http://www.comastersrun.org/Race\\_Info/2008/Barr\\_Lake\\_Results.html](http://www.comastersrun.org/Race_Info/2008/Barr_Lake_Results.html) for overall race results.



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

8/2- Eldora 10K Trail, Nederland: Lindsay Krause, 51:17 (2); Bruce Dahm, 55:51; David Kelble, 56:39; Craig Ewing, 1:00; Holly Dahm, 1:01; Ken Simons, 1:07 (3) & Roger Rybicka, 1:16.

8/3- Evergreen Town 10K: Andrew Adamowski, 35:54 (2); Michael Quispe, 36:27; Jay D. Trujillo, 45:32 ; Lou Huie, 45:46 (3); Alan Johnson, 46:42; The B-Man (Jim Romero), 47:27; Grey Ayres, 49:32; Connie Ahrnsbrak, 52:03 (2); Jan Huie, 53:17; Lee Bengston, 56:47 (2); Vici Dehaan, 1:06 (2); Santa Card, 1:20; Arlene Boyle, 1:22 (3) & David Boyle, 1:22. 5K: Dave O'Sadnick, 18:28 (2); Bill Smitham, 22:44 (1); George Huner, 23:38; Polly Zimmerman, 23:56 (2); Jerry O'Donnell, 25:49; Bob Ghormley, 26:10; Kathy O'Sadnick, 28:43; The

Captain (Don Robinson), 29:19 (1); Earl Beam, 32:44; Kelly Chilvers, 34:36; Penelope, 36:37; Kim Shenfeld, 36:41; Leslie Woods, 41:24 & Rosalie Murch, 44:58 (W).

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8/9- Rider Ramble 5K, Milliken: Forest (Bob Caillouette), 20:36 (1st/3rd OA); The Oak (Ross Westley), 23:59 (1) & Connie Ahrnsbrak, 25:30 (1). Rat Race 5K, Ault: Roger Rybicka, 24:36 (2).

Georgetown Half: Oscar Ponce, 1:15:25 (2); Miguel Cazares, 1:15:44 (1); Hector Martinez, 1:17 (2); Michael Quispe, 1:19 (1); Steven Sellars, 1:29:46 (1); Keith Johnson, 1:21 (2); David Rothenburger, 1:26 (3); Dan Shaw, 1:31; Karen Voss, 1:34 (3); Jim Bosik, 1:43; Craig Ewing, 1:47; Mark Ramsey, 1:49; Charles Scheibe, 1:54; Jay Wissot, 1:56 (3); Kathy Klesmit, 2:07; Pat Tolleson, 2:15; Sir Fred Trentaz, 2:15; Stan the Man Hayes, 2:21 (3); Vici Dehaan, 2:42 (2) & Janis Hayes, 3:17.

Mayor's Cup 10K, Woodland Park: Lou Huie, 51:43 (1). 5K- \*George Greco, 22:21 (1) & Bob Gassen, 25:02 (2). \*Age course record.

8/10- 10K @ 10,000', Vail: Alan Johnson, 54:57; David Kelble, 56:14; The Oak, 1:06 (3); Michelle Kelble, 1:07; Tall Red (Ed Youngberg), 1:07 & Bill Moyle, 1:18.

8/16- Peach Festival 5-Miler, Palisade: Lou Huie, 37:35; The B-Man, 39:11; Connie Ahrnsbrak, 41:38 (1); Jan Huie, 42:23 & Rosalia Murch, 1:13 (3).

Pikes Peak Ascent: Brandy Erholtz, 2:41 (OA); David Rothenburger, 3:28; Bob Cooper, 3:30; Monica Ryan, 3:34 (4); Stephen Brabrandt, 3:41; Shane Holonitch, 4:12 (2) & George Greco, 4:20. Marathon: Shane Holonitch, 6:44 (1); Bill Faulkner, 7:39 (2) & Patricia Tolleson, 8:05 (3).

8/17- Alfred Packer, Littleton: 10K- The B-Man (Jim Romero), 51:03 (1); Strider (Tom Chambers), 51:47 (2); Bruce Brandt, 1:05 & Dave Banko, 1:07. 5K- Bob Tafelski, 24:10 (1); Penelope, 36:12; Bob Bussey, 38:58 & Leslie Woods, 41:48.

8/23- U.S. Half, Copper Mtn: Green Machine (Alyn Park), 1:50 (2/OA); The Oak, 2:10 (1) & Jay Wissot, 2:13 (3).

8/30- Sedrick Neblit Memorial 5K, Aurora: Jim Romero, 24:28 (2); Connie Ahrnsbrak, 26:04 (1); Jerry O'Donnell, 26:52 (3); Penelope, 31:40 (1); Kim Shenfeld, 38:06 (1); Leslie Woods, 42:10 (2) & Rosalia Murch, 44:05 (2/Fitness Walk).

8/31-Louisville Coal Creek 5K: Bruce Brandt, 31:02. 10K-Slimfast (Bruce Kirschner), 1:11.

9/1- Park to Park 10-Mile: Oscar Ponce, 55:30 (3); Miguel Cazres, 59:17; Michael Quispe, 1:01; Karen Voss, 1:11; Denise Glenn, 1:15; Green Machine (Alyn Park), 1:16 (1); Lou Huie, 1:19; The B-Man (Jim Romero), 1:21 (2); George Huner, 1:21; Jay Wissot, 1:24; Connie Ahrnsbrak, 1:27 (1); Jan Huie, 1:29 (2); Jerry O'Donnell, 1:33; Taunya Wilson, 1:35 (1); Jack Barry, 1:37; Dave Banko, 1:48 & Penelope, 1:50. American Discovery Half, CS: Joe Chimbanda, 2:08 & Ana Chimbanda, 2:13 (2).

9/3-Lakewood Series I- 4-miles, Bear Creek Lake Park: Dave O'Sadnick, 25:01; David Rothenburger, 25:58; Lindsay Krause, 26:13 (OA); Paul Moreau, 26:37; Kristen Moreau, 27:52; Bill Smitham, 29:54; David Kelble, 31:08; Tania Pacev, 31:46; The B-Man (Jim Romero), 32:41 & Strider (Tom Chambers), 33:10.

9/6- FASBF 5K, Greenwood Village: George Greco, 21:59 (1); Green Machine, 23:32 (2) & Jay Wissot, 25:40 (3).

9/7- Neder Nederland 10K: Bruce Kirschner, 43:58 (1); Holly Dahm, 54:54 & Vici Dehaan, 1:07. 5K- Bruce Dahm, 21:34 (2); Jim Dizerega, 30:33 (3) & Fay Dizerega, 34:48 (2).

Lakewood Tiger Prowl 5K: Miguel Cazares, 16:33 (OA); David Rothenburger, 18:23 (2nd/OA & Master OA)

9/10- Lakewood Series II- 5 miles, Bear Creek Lake Park: Dave O'Sadnick, 32:59; David Rothenburger, 33:36; Lindsay Krause, 34:37 (OA); Paul Moreau, 35:17; Kristen Moreau, 37:21; Bill Smitham, 39:38; David Kelble, 41:37; Tania Pacev, 42:15; The B-Man, 43:43 & Tall Red (Ed Youngberg), 46:07

9/14- El Grito, Buckhorn Xchange: Oscar Ponce, 16:17 (OA); Migel Cazares, 16:58 (1); Hector Martinez, 17:14; Nigel Miller, 17:54 (2); Noe Curves, 17:55 (2); David Rothenburger, 19:21 (1); Rob Fisher, 22:08 (1); Green Machine (Alyn Park), 22:40 (2); Jill Miller, 22:31 (1); Jay D. Trujillo, 23:11; Richard Martinez, 24:29, (3); Jay Wissot, 24:36; Spiderman, 24:40; Jeff Young, 25:32; Polly Zimmerman, 25:34 (3); Jerry O'Donnell, 26:39; Gale Mueret, 26:55; Bob Ghormley,

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27:45 (1); Lee Bengston, 28:38, (2); Penelope, 29:49; Holly Romero, 30:12 (2); Robert Romero, 30:13; Earl Beam, 33:04; \*Sofia Romero-Campbell, 33:50; Kim Shenfeld, 35:06; 5-year old Dafni Martinez, 37:16; Sylvia Martinez, 37:17; Bob Bussey, 37:19; Diane Campell-Romero, 40:00; Leslie Woods, 41:24; Carol Bengston, 41:48, (1); Rosalie Murch, 42:34 (W); Charles Schumucker, 47:19 & Linda Schumucker, 46:22. \*Rich Romero's grandchild.

Kudos to Joe Sanchez, Joe Baird, Mike/Christine/Megan Vanoni for equipment, timing and results. Rich Romero was Director.

## COAL CREEK CROSS COUNTRY CHALLENGE – 5.72 MILES

9:00 a.m., Sunday, October 19 at Louisville Community Park, Louisville, Colorado

A classic cross country race with dirt trails, farmer's fields, ditches, hills, and even a stream crossing. Full of Surprises! This is a CMRA race you don't want to miss!



This year's event will feature a total prize purse of \$500 from our [Fleet Feet Boulder](#) sponsor. Overall 1st place male and female also win a case of beer from the [Boulder Beer Company](#).

Race registration, refreshments, awards and prize drawing will be held at the new Louisville Community Park, which is located at 955 Bella Vista Drive in Louisville. The out-and-back race will begin and end at the Coal Creek Trailhead sign, which is located just east of the Louisville Community Park and just west of the railroad tracks near Lock Street. This race serves as one of the 5-race **Fall Cross** cross country race series. For more information, visit <http://www.fallcross.com>.

From Denver, take the Boulder Turnpike (Highway 36) northwest toward Boulder. Take the second exit after Broomfield, which is Storage Tech Drive. Make a right off the exit ramp heading north. Continue north to the 2nd traffic light. Make a left on to South 96th Street. Continue north through the traffic light on Dillon Road, go about a half mile and make your first left turn on to County Road (just before the railroad overpass). After coming down a short steep hill make your first left turn on to Bella Vista Drive and then your first right turn into the park and parking areas.

From Boulder, take South Boulder Road east to Main Street, Louisville. Make a right and head south about 1 mile to the 4-way stop at the intersection of Main Street and Pine Street (the Blue Parrot Restaurant is on the SE corner). Make a left onto Pine Street. Make the first right on to Front Street. Continue south about 1/4 mile and make a right turn into the Louisville Community Park and parking areas.

For Race information or to volunteer call Bruce Kirschner at 303-666-0864.

**\*\*\*A word to the wise: bring an extra pair of shoes or sandals for afterwards.\*\*\***

Once over the hill, you pick up speed!

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### CHATFIELD 10 MILER

9:00 a.m., Saturday, November 15 at the Gravel Pond at Chatfield State Park

This gorgeous, fall trail run consists of about half dirt road and half single track trails, much of which are wooded. From C-470, exit at Wadsworth. Go south to the Chatfield State Park entrance. After entering, turn right and follow the park road past the bend until just before the bridge. Park in the lot to the north of the road. For more information or to volunteer call Kim Massey at 303-765-5512 or Scott McFarlane at 303-904-4542.



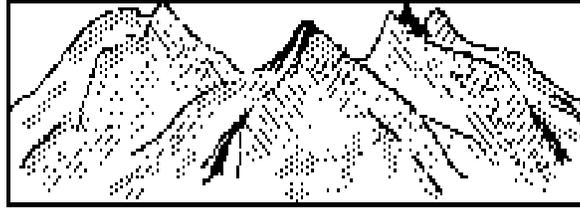
### AURORA SPORTS PARK XC

9:00 a.m., Saturday, December 6 at Coal Creek Rodeo Arena, 21000 East 6<sup>th</sup> Avenue, Aurora, Colorado

This race serves as the Road Runners Club of America 2008 Colorado State Championship cross country race! Runners can elect to run 1, 2, or 3 laps of this challenging, 4K (2 1/2 mile) loop. Championships are awarded for the 12K distance. The course includes single track trails that weave along creek bottom and fields and lawns bordering the soccer fields of the Aurora Sports Park soccer and softball complex.

From I-225, take 6<sup>th</sup> Avenue 4-1/2 miles east to Coal Creek Arena. From I-70, take Airport Blvd south 4 miles to 6th Avenue, then go east 2 miles to the arena. (Note: don't go to the main Sports Park entrance on Colfax Avenue – it will be locked!) For information or to volunteer call Dan Shaw at 720-480-2370 or Rob Fisher at 303-363-2377.

Once over the hill, you pick up speed!



## COLORADO MASTERS RUNNING / RACEWALKING ASSOCIATION

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 13 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 16.1 kilometers (10 miles). Age group awards and prize drawings are held following each race.

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! 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!

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

To join, simply complete an application, available on our website, [www.comastersrun.org](http://www.comastersrun.org), and bring it to our next race.

### 2008 OFFICERS & BOARD OF DIRECTORS

		<u>Home Phone</u>	<u>Work Phone</u>	<u>E-mail Address</u>
<b>President:</b>	Ken Simons	303-421-5835		kssimons5@aol.com
<b>Vice President:</b>	Rob Fisher	303-738-0115	720-333-0624	rob_fisher@bonfils.org
<b>Treasurer:</b>	Tom Alison	303-791-6166		motnosila@comcast.net
<b>Secretary:</b>	Chris Vanoni	303-744-9067		m_c_vanoni@msn.com
<b>Membership Chairperson:</b>	Scott McFarlane	303-904-4542	303-236-5692	simcfarl@pcisys.net
<b>Web Site Chairperson:</b>	Scott McFarlane	303-904-4542	303-236-5692	simcfarl@pcisys.net
<b>Members At Large:</b>	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 Ahrensbrak	303-985-1168		cahrensbrak@yahoo.com
	Rosalia Murch	303-693-2278		jerose44@msn.com
<b>Newsletter Editors:</b>	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!

**2008 COLORADO MASTERS RUNNING ASSOCIATION SCHEDULE**  
**Registration begins 1 hour prior to race time. Free to members, \$10 for non-members.**

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Name</b>	<b>Director(s)</b>	<b>Telephone</b>
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	Rosalia 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 6	Sat	9:00 a.m.	Coal Creek Arena, Aurora	Aurora Sports Park XC (4/8/12K) RRCA Cross Country State Championship	Dan Shaw Rob Fisher	720-480-2370 303-738-0115

**CMRA**  
**8100 E UNION AVE UNIT 1601**  
**DENVER, CO 80237**

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