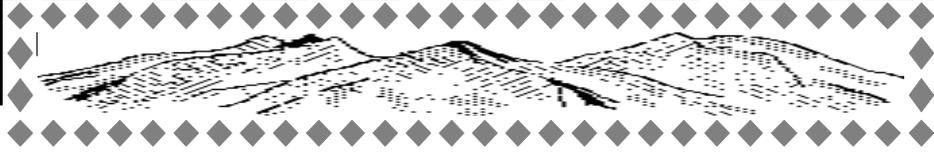


# MASTER TIMES



September/October 2010

Volume 42 Issue 5

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## PRESIDENT'S CORNER

By Dan Shaw

### COMING ATTRACTIONS

We're busy putting together the event schedule for 2011, and some exciting changes are in the planning.

Starting off the New Year with a bang, Rob Fisher is planning a new club event on New Year's Day, which falls on a Saturday in 2011. Some details remain to be settled, but this much is known: we will gather at the pavilion in Stapleton Central Park where June's Sand Creek 5 Miler started and finished this year; the event will be approximately 5K in distance; and we'll run it different from our usual races, without official timing and scoring. You may even want to bring your snowshoes if the weather is frightful!

The Lake Arbor 5K race will take place on the following Saturday, January 8<sup>th</sup>.

In July, a new race will replace Mountain Madness, at an as yet undisclosed location in the foothills west of Denver. Don't tell anyone, but Scott McFarlane has been dispatched on a super secret mission to scout out a site for this event and lay out the course. Chris Stone and Caleb Mathewson have volunteered to serve as co-directors of the race.

In August, Elk Meadow will revert to its original form as a casual fun run, not an officially scored race. Some will run the traditional Meadow View Trail course. Others may choose to challenge the 2000 vertical feet of the Bergen Peak Trail. Come and enjoy the beautiful trails with your fellow club members.

In another change from past years, the start for many of the winter races on the CMRA schedule will be pushed from 9:00 a.m. to 10:00 a.m. in an effort to let the day warm up a bit and hopefully mitigate some of the issues with snow and ice we have experienced in the past few winters.

The schedule will be finalized within a few weeks and posted on the website as well as published in the November/December newsletter.

## VOLUNTEERS NEEDED

QUARTERMASTER – The club is looking for an individual to monitor the club’s race equipment and coordinate movement of equipment between the club’s storage facility (the location of which still has to be determined) and the race directors. The main task would be to keep track of who has what equipment, and make sure it gets returned to the storage facility. This role could also entail assisting the race directors by delivering some equipment in your car or truck, such as the finish chutes, water jugs, folding tables and such, at your discretion. If you are interested, please contact me ([dshaw\\_64@yahoo.com](mailto:dshaw_64@yahoo.com); 720-480-2370), or any board member.

RACE DIRECTING - There are several club race directors who are interested in finding help to share the load of directing one of our races. If you would be interested in learning about this opportunity to assist in putting on one of our events, please contact me ([dshaw\\_64@yahoo.com](mailto:dshaw_64@yahoo.com); 720-480-2370), any board member, or any of the race directors. A list of race directors and their contact information is available on our website. Click on the “Member Info” link and go to “Race Director Duties.”

## THE DARK SIDE

“Welcome to the dark side,” my running buddy Matt Watts told me. Perhaps addiction is inappropriate for his relationship with ultrarunning. Or perhaps not. He has built his life around ultrarunning, but is also deeply devoted to his wife Anne, a fellow ultrarunner, and their two dogs. Ultrarunning is just the foundation.

Matt has completed more than 40 ultramarathons at the 100 mile distance in the past 10 years and numerous other “shorter” ultra events. Matt’s wife Anne too has completed many ultras but no longer runs the 100s due to the physical impact on her knees. She still serves as a pacer for Matt and races the shorter stuff, not that any ultramarathon is short in any but a relative sense: just in the sense that running for 6 or 10 or 14 hours over technical high mountain trails is less brutal than running for 20 or 30 hours.

Both in their 50’s now, without children (other than the dogs), their lives are built around ultras. This may sound like a rather empty lifestyle, but isn’t, because ultrarunning is not like the road running I am used to. Ultras have a close-knit community of characters that travels from event to event like a dusty version of a Grateful Dead festival. Trail dirt is their LSD. Long Slow Distance instead of Lysergic Acid Diethylamide. The community reconvenes for ultra events large and small across the US. And if you’ve been around for more than a few, you get to know the faces. Familiar faces have a way turning into casual acquaintances and sometimes lifelong friends.

On this beautiful early summer day in the backcountry, Matt, Anne, their buddy Jerry, and I were in the midst of a 25 mile trail run in Rocky Mountain National Park. At the time I thought Matt’s comment about the dark side of running was merely a joke and smiled foolishly. Now I know better.

We were in training for a variety of different reasons and events. Matt knew I was planning to run the Leadville Trail Marathon a few weeks later and had invited me to join them while he and Jerry trained for the Leadville 100 Race Across the Sky. Anne was planning to pace Matt. A 6 hour jaunt up to, along, and down from the Continental Divide would be a great workout for all of us. I got to know Jerry a little bit that day in the easy way you get comfortable around someone when you spend 6 hours together on the trail: chatting about life and

Once you are over the hill, you pick up speed

family, sharing snacks, taking pee breaks, waiting for a slow poke to rejoin the group, refilling water bottles from filtered snow melt. By the time we completed our loop back to the car at the parking area, the evening was bearing on. We were all dirty, sweaty, tired and sore. But together, having shared the trials of the trail, we had claimed a valued time together.

Somewhere during that 6 hour trail run, I begin to grasp the human aspect to the endeavor. Would I have ever been out there without Matt's invitation? Not a chance. And as I received a little introduction to ultrarunning, I believe Matt, Anne, and Jerry gained from sharing it with me.

Sometime later, Matt invited me to pace him during this year's Race Across the Sky. You know they call this trail running, but during a 100 mile trail run only the fastest competitors run most of the way, powerwalking the tough sections. Mid packers powerwalk most of the race, especially after halfway.

The road into and back out of the Leadville 100's turnaround aid station at Winfield is a relatively wide dirt road easily navigated by 2-wheel drive Hondas. Despite the runnable road, by this point in the race Matt was definitely in powerwalk mode. I waited for him at the 50 mile turnaround point, where he arrived, hot, tired, but still relatively nimble a bit over 12 hours after the 4:00 a.m. start. He told me, "You're the pacer officially, but you're really just along for the ride. Stay on my heels and relax."

It was good advice. I felt frisky when we started the long trail back to the finish, and even rabbited ahead on one tempting downhill section, but by the time we powerwalked into the Fish Hatchery aid station 26-1/2 miles and over 8 hours later, I was very grateful my pacing duties were done. It was well after midnight. The hot summer afternoon had devolved into crisp mountain night. Under a sky filled with smudges of Milky Way stars, scudding clouds, and a full moon, a little line of pinpricks of light bobbed on through the night over that rocky, dusty trail, to wind around toward Turquoise Lake and back to the finish line.

## COLORADO MASTERS ROCK ON THE PEAK

By Vici DeHaan

On Saturday, August 21<sup>st</sup>, four runners I recognized from our club did themselves proud at the Pikes Peak race held with most perfect weather in years. Bob Cooper ran 3:29:59 in the ascent placing third in males 60-64. Jim Romero, recognized recently in CO Running Magazine for his 70-mile run done on his 70<sup>th</sup> birthday once again showed his amazing speed when he finished the ascent in 4:30:13, placing second in his age division.

Pat Tolleson once again doubled on Pikes Peak, as she has for several years. She did the ascent race in 4:38:12, and then returned the next day to do the round trip. This time she did the ascent portion of the race in 4:46:34 and got back down to the bottom in 3:15:32 to take a third place in the round trip.

My main goal for the entire summer was to capture the course record for females 75-79. The previous record of 8:10 was set 22 years ago by Bess James. Since that time, no one age 75 has finished the race that I know of ever since I began running it 24 years ago. Back when Bess ran the race, there were no cut-off times. Now the race

has very strict cut-off times which are strictly adhered to, and if you fail to make them, they remove your finishing tag and send you back down to the bottom.

Each year that I've done this race, I've done the round trip in which I held the record for females 65-69 for ten years until it was finally broken on August 22, 2010. I decided the downhill section was too hard on me, so had switched to doing only the ascent three years ago.

On Saturday, the day of the race, I managed to get to Barr Camp with just nine minutes to spare, and realized that I was going to have to hustle if I was going to make the cut-off at A-Frame. On the way to A-Frame, however, I got a small pebble in my shoe, and because I have bursitis in both hips, I was cramping badly in both quads and there was no way I could reach down and remove it. Then my shoe came untied and as I was struggling to reach down to tie it, a young lady recognized that grandma was in trouble. She told me to put my foot up on a nearby rock and she took the time to lean down and retied my shoe. Aren't runners the greatest?

As I got close enough to hear them at A-Frame counting down the seconds remaining before the cut-off, I all but shoved the lady in front of me to hustle so we could get through the area before time was up. We barely made it. We had 15 seconds left, which is about as close as you'd want it. In fact, later s we continued up the hill, the gal in front of me told me she looked back and saw the volunteers removing finishers' tags from the unlucky ones behind us who hadn't made the cut-off.

This meant that if I had any chance at getting the course record, I had to get to the top before the cut-off time of 6:30. Fortunately I had spent the preceding month training at high altitude for three weeks, living at our mountain townhouse in Silverthorne at 9,500. This gave me enough new red blood cells that enabled me to keep pushing and I managed to get to the top in 6:17, just ahead of the cut-off!

As I was riding in the van to return to Manitou Springs, I asked the young man sitting next to me to send Warren a text message telling him that I had succeeded. My sweet husband then met me when I arrived with a dozen red roses. It doesn't get better than that!

I learned three things from this whole adventure. One: I heard on the way up from another runner that when you have leg cramps, the solution is to carry Tums and chew them frequently to give you the added calcium that is so necessary. Two: How do you train to run the Peak if you live in Houston, TX? You go to the nearest parking garage and run up the ramp, take the elevator down and repeat.

Three: Just when you think you're doing the impossible at your advanced age, you learn that Keith Wood from Sultan, WA, at age 81, broke the previous course record for his age which was 4:51:49, which by the way, he had set the year before. He came back this year and did it in 4:44:09. As if this wasn't good enough, he came back the next day and did the round trip, completing the ascent portion of the race in 4:55:38 and the downhill in 4:10:12, completing the race in 9:05:50!

And of course, race director and holder of many records on the Peak, Matt Carpenter, 46, once again did the round trip. His ascent time was 2:17:39 and he flew to the bottom in 1:33:55, making the round trip in 3:51:44.

Would you believe that along with a trophy for winning my age division, I received a half-price entry for next year? As if I would want to do it again...

Once you are over the hill, you pick up speed

## Race Results

### Fairmount Park 5K Trail 2010

Fairmount 5K - Kristin Moreau

August 13, 2010

We had a record turnout for the Fairmount 5k with 117 runners, 4 racewalkers and 11 kids in the half mile race. The 14-18 high school age group is growing rapidly, with 22 runners from at least two high schools this year. The weather cooperated, and it even cooled down a little by start time. I changed the course a little, cutting out the out and back on pavement in the middle of the race, and extending the finish into the park. The feedback I have received has all been either positive or indifferent on the changes. Let me know if you have other thoughts.

Joseph Manilafasha was the overall male winner of the race in a blistering 16:54, beating out last year's winner, Oscar Ponce, by 16 seconds. This is the fastest winning time in the 3 years I've been directing the race. Since the course is different this year, it is by definition a course record. But the course is, if anything, slightly longer than the previous course, which was just short of 5k. The womens' winner, Carrie Zografos, also ran a fantastic time of 19:15. Six high school (14-18 y.o.) males ran under 20 minutes. Ten year old Dallas Hackett ran 23:14, a huge jump from his time last year of 31:31. What will you run next year, Dallas? Many categories were hotly contested, for example the men's 65-69, with first and second separated by 9 seconds and both sub-24, and the mens' 60-64 with the top 3 separated by 22 seconds. The womens field has some standout times also, especially Peggy Muhn's 23:09 in the 55-59 category. Rosalia Murch was the overall walker winner in 43:01.

I would like to thank Adam Feerst for helping me lay out the new course and lending me his Run Uphill Racing course markings. Many thanks to my course marshals Cindy Honebein and Sara Goodrich, as well as my one man water station, the supreme ultramarathoner, Tim Hoppin. Thank you as always to Connie Ahrnsbrak and Rosalia Murch for running the registration so smoothly, and to my great finish line crew: Joe Baird, Mike Vanoni, Rob Fisher, Bruce Kirschner and Claradene Stewart. I owe a special thank you to Tom Chambers for rescuing me at the last minute with a new supply of award ribbons. Thanks also to Tom and Amy Lease for helping me during the award ceremony. I'd also like to thank our president, Dan Shaw, for organizing the post-race club picnic, which was enjoyed by all.

I'd also like to recognize Runners' Roost, Boulder Running Company, Running Wild, the Colorado Runners Association and Great Harvest for the generous awards they provided. Thanks to Bear Naked for their presence and providing samples for the runners. We had a professional photographer at the race for the first time, whom I would also like to thank. Running Guru was proud to serve as the official race photographer for the 2010 Fairmount 5K. The Running Guru team was out shooting all evening, and all event participants can download images from the race for just \$.99 from their website! Just visit [runningguru.com](http://runningguru.com) and click on the link for the CMRA Fairmount 5K.

Thanks to everyone for coming out and contributing to the potluck afterward. I hope to see you again next year (and bring your friends!)

### August 13, 2010 Kids' 1/2 mile Race Results

PLACE	NAME	TIME	AGE
1	Casey Mouldin	03:41	10
2	<i>Kassy Hackett</i>	04:02	12
3	<i>Maddison Hart</i>	05:16	9
4	<i>Marissa Hart</i>	05:35	8
5	Jack Nash	05:36	5
6	Jerry Cameron	07:02	10
7	<i>Reese Koyle</i>	07:56	3
8	Teo Moreau	09:28	2
9	<i>Rachael</i>	09:49	5
10	<i>Dizi</i>	10:30	3
11	Spencer Koyle	11:44	2

### August 13, 2010 Race Results

PLACE	NAME	TIME	AGE
1	Joseph Manilafasha	16:54	19
2	Oscar Ponce	17:10	32
3	Omar Martinez	17:30	24
4	Antonio Cunas	17:49	30

5	Victor Salvatora	18:07	18
6	Jesus Herrera	18:09	16
7	Scott Kukel	18:20	36
8	Gautier Pena	18:44	18
9	Hector Martinez	19:02	26

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10	Jesus Lozo	19:07	15
11	<i>Carrie Zografos</i>	19:15	30
12	David Rothenburger	19:21	41
13	Caleb Mathewson	19:25	21
14	Jesus Aguilar	19:33	19
15	Fernando Moreno	19:35	15
16	Eric Cameron	19:52	43
17	Juandel	19:54	17
18	Rich Fitzpatrick	20:22	45
19	Bob Jones	20:32	49
20	Tim Miller	20:40	40
21	Justin S.	20:42	21
22	Paul Moreau	20:46	44
23	Jim Perry	20:47	49
24	Tony Cummings	20:52	49
25	Jeremy O'Farrell	21:04	34
26	Luis Medrano	21:09	15
27	Luis Ronquillo	21:10	15
28	Jeff Young	21:54	54
29	Robert Kanieski	22:13	33
30	Juan Ortiz	22:20	19
31	Daniel Barron	22:38	18

32	Chris Stone	22:42	43
33	Josh Schackterl	22:53	39
34	Barry Brewster	23:03	49
35	John Shea	23:05	53
36	<i>Peggy Muhn</i>	23:09	58
37	Estefan Moreno	23:13	15
38	Dallas Hackett	23:14	10
39	Mark Koppa	23:19	36
40	Charles Velasquez	23:25	15
41	<i>Theresa Jockers</i>	23:36	49
42	Dan Shaw	23:37	51
43	John Perez	23:39	59
44	Bill Smitham	23:42	66
45	Angel Cruz	23:51	18
46	Larry Avery	23:53	69
47	Jacques Moreau	24:02	13
48	<i>Jitka O'Farrell</i>	24:17	32
49	<i>Betzabeth Garcia</i>	24:25	16
50	Dave Kelble	24:33	52
51	Dave Hill	24:39	59
52	Joe Black	25:06	11
53	<i>Julie Thomas</i>	25:08	44

54	Rick Stubbs	25:10	61
55	<i>Jane Harbert</i>	25:12	49
56	<i>Brianna Esquibel</i>	25:13	16
57	<i>Karen Nunez</i>	25:13	16
58	Wayne Stewart	25:19	63
59	<i>Trish Blake</i>	25:23	49
60	Rich Martinez	25:32	63
61	<i>Carol Hickman</i>	25:40	44
62	Jim Romero	25:45	70
63	<i>Amy Lease</i>	25:49	56
64	Tom Chambers	25:52	67
65	Ken Randall	26:01	72
66	Scott McFarlane	26:02	59
67	<i>Emilia Cruz</i>	26:23	15
68	Brent Jockers	26:25	59
69	Nash	26:33	38
70	Link Lubken	26:35	61
71	<i>Sarah Skar</i>	27:02	37
72	Ed Youngberg	27:03	67
73	Jose Duenez	27:36	14
74	Douglas Tollin	27:37	65
75	Jonathan Herrera	27:43	13

76	Jeff Olson	27:49	50
77	<i>Alaina Nash</i>	27:53	34
78	<i>Claradene Stewart</i>	27:56	61
79	<i>Martha Martinez</i>	27:59	47
80	Ian Monk	28:09	54
81	Ross Westley	28:22	73
82	Tom Duran	28:25	62
83	<i>Dorothy Bensusan</i>	28:36	51
84	Jose Bueno	28:54	14
85	<i>Valerie Passerini</i>	29:02	31
86	Justin Perry	29:14	10
87	Gabriel Sisneros	29:23	72
88	<i>Briana Barela</i>	29:30	14
89	<i>Jordan Lairamore</i>	30:03	13
90	<i>Idalee Nunez</i>	30:04	13
91	Mats Moreau	30:04	10
92	<i>Kate Alison</i>	30:28	33
93	<i>Kyle Koyle</i>	30:51	27
94	Bob Ghormley	31:04	71
95	Chris Nash	31:46	38
96	Dan Wall	31:55	49
97	Gene Wilson	32:03	67

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98	<i>Nancy Romero</i>	32:38	17
99	Rudy Ramsey	33:07	66
100	George Schafer	33:23	61
101	<i>Sandra Romero</i>	33:32	14
102	Luis Sanchez	33:33	16
103	Earl Beam	33:41	60
104	<i>Cheryl Ames</i>	33:47	62
105	<i>Michele Hart</i>	34:36	31
106	<i>Alex Lotz</i>	34:51	16
107	<i>Carol Johnson</i>	34:56	56
108	<i>Caitlin Svatton</i>	35:29	24
109	David Nies	35:30	29
110	<i>Chris Vanoni</i>	35:44	59

111	<i>Kathryn Stone</i>	36:24	9
112	Tom Alison	36:54	73
113	Dave Black	37:21	
114	<i>Sydney</i>	39:33	12
115	<i>Linda Schmucker</i>	40:59	63
116	Charlie Schmucker	41:00	64
117	<i>Gerri Nieder</i>	42:32	62
<b>Racewalkers</b>			
1	<i>Rosalia Murch</i>	43:01	69
2	<i>Anabelle Perry</i>	52:05	42
3	<i>Susan Stone</i>	52:15	45
4	<i>Nancy Stone</i>	52:17	12

Age group results can be found on the web site.

### Elk Meadow Trail Results Aug. 29, 2010

PLACE	NAME	TIME	AGE
1	Jonathan Huie	34:28	30
2	Andrew Adamowski	36:58	36
3	Hans Funke	37:06	49
4	Keith Johnson	38:28	49
5	Omar Martinez	38:56	24
6	Caleb Mathewson	38:57	21
7	Eric Cameron	39:24	43
8	David Rothenburger	40:43	42
9	Edgardo Parade	40:56	48

10	Tim Richards	41:02	52
11	Rich Fitzpatrick	41:29	45
12	Mark Seaton	41:42	35
13	Bob Jones	42:04	49
14	Jeremy O'Farrell	43:20	34
15	<i>Kristin Moreau</i>	43:49	43
16	<i>Sarah Pickering</i>	45:26	43
17	Bruce Dahm	45:28	41
18	Kevin Smith	46:13	47
19	Ben Bergstrand	46:28	34

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20	Phillip Dizerega	46:29	40
21	Jeff Mages	46:47	45
22	Barry Brewster	47:01	49
23	<i>Karen Voss</i>	47:04	45
24	David Kelble	47:30	52
25	<i>Jitka O'Farrell</i>	49:37	32
26	Adam Silvers	49:56	42
27	Patrick Buell	50:12	32
28	<i>Theresa Jockers</i>	50:24	49
29	<i>Carol Hickman</i>	50:56	44
30	<i>Jane Harbert</i>	51:45	49
31	Alexander Dimitar	52:01	35
32	Jay D. Trujillo	52:09	52
33	David Heath	52:53	41
34	George Huner	53:08	57
35	The B-Man (Jim) Romero	53:41	70
36	Spiderman (Scott) McFarlane	53:44	59
37	Brent Jockers	53:51	59
38	Rich Martinez	54:23	63
39	Tall Red (Ed) Youngberg	54:40	67
40	<i>Kristina Schneider</i>	56:06	42
41	<i>Holly Dahm</i>	56:14	40
42	Mark Hackett	57:04	40
43	<i>Sarah Skarie</i>	57:13	37
44	David Wise	57:21	67

45	<i>Renee Botta</i>	58:18	45
46	<i>Kim Steele</i>	58:54	43
47	<i>Emilie Fournier</i>	59:11	29
48	<i>Dorothy Bensusan</i>	59:38	51
49	Douglas Tollin	59:56	65
50	Link Lubkin	1:00:09	61
51	<i>Martha Martinez</i>	1:00:10	42
52	Toby Kinney	1:00:12	45
53	<i>Allison Lowrie</i>	1:00:17	32
54	Bob Hart	1:03:52	35
55	Bruce Brandt	1:04:47	65
56	<i>Michele Hart</i>	1:05:58	32
57	Tom Duran	1:06:56	62
58	Charlie Schmucker	1:08:43	64
59	Dan Wall	1:12:41	49
60	<i>Fay Dizerega</i>	1:17:23	67
61	<i>Patricia Crespi</i>	1:18:28	52
62	<i>Vici Dehaan</i>	1:20:07	75
63	<i>Leslie Thompson</i>	1:25:10	54
<b>Racewalkers (2.4 mile)</b>			
1	<i>Rosalia Murch</i>	21:25	69

Age group results can be found on the web site.

## Stone House (2x) TripleCross

by Kim Massey  
September 19, 2010

Another beautiful morning for the Stonehouse Triple-X Trail run on the Bear Creek greenbelt.

Scott McFarlane's 8.5 mile diverse course was a challenge for 51 runners, especially as the heat picked up toward the middle of the race.

Once you are over the hill, you pick up speed

There were three creek crossings with about a foot of water including the slimy, slippery rocks to traverse. After the creek crossings came the long haul up a single track trail adjacent to the golf course heading north. A turnabout at the end of the trail brought runners back on the dam road heading south. The climb up Mount Carbon was just one more obstacle before heading back to cool those feet off in the creek three more times.

Jonathan Huie was our overall male finisher with an impressive time of 52:32 for the tough course. Keith Johnson (54:45-first in his 45-49 age group), was second overall, followed by Hans Funke (56:32 second in his 45-49 age group) third overall.

Christine Adamowski was our overall female finisher with a time of 65:32. Bonnie Thompson (69:39-first in her under 35 age group) was second overall with Theresa Jockers (72:04-first in her 45-49 age group) finishing third.

Stonewall (Ken Green) swept the finish in the 80-plus age group with a time of 1:56. Rosalia Murch and Amy Lease finished the 5K racewalking course in 42 minutes respectively.

Thanks to Great Harvest Bread for our daily bread, Boulder Running Company for various merchandise and gift certificates. Also, the Runners Roost stores for gift certificates.

Last, thanks to all of the volunteers who make the race possible: Connie Ahrnsbrak, Rosalie Murch and Amy Lease at registration; Bruce Kirschner and Jan Huie for keeping everyone hydrated at the water table; Pat Crespi for the walker turnaround/course marshal; Stan Haskins for the crossing guard duties in the park; Tom Chambers for monitoring the bikes at the Kipling underpass and Joe Baird, Dan Shaw, Nanette Benvegnu, and Monica Ryan at the finish line.

### September 19, 2010 Race Results

PLACE	NAME	TIME	AGE
1	Jonathan Huie	52:38	30
2	Keith Johnson	54:45	49
3	Hans Funke	56:32	49
4	Rich Fitzpatrick	1:05:12	45
5	Mike Rourke	1:05:17	46
6	<i>Christine Adamowski</i>	1:05:32	43
7	Barry Brewster	1:07:09	49
8	Dan Shaw	1:07:21	51
9	Michael Brenner	1:08:05	52
10	Jonathan Cawley	1:08:22	53
11	Ben Bergstrand	1:09:19	34
12	<i>Bonnie Thompson</i>	1:09:39	27
13	Guillermo Mazier	1:09:48	26
14	Justin Spring	1:09:50	35

15	Colin Strickland	1:10:24	32
16	John Shea	1:10:55	53
17	Dan Albright	1:11:29	24
18	David Kelble	1:12:03	52
19	<i>Theresa Jockers</i>	1:12:04	49
20	Brett Allendorf	1:13:49	41
21	Mark Ashbrook	1:14:47	35
22	Rob Fisher	1:15:20	60
23	Adam Ayler	1:15:49	29
24	Lou Huie	1:16:26	64
25	<i>Stephanie Wiecks</i>	1:17:13	63
26	<i>Jane Harbert</i>	1:17:29	49
27	Tarry Harvey	1:18:30	39
28	Rich Martinez	1:19:39	63
29	Brent Jockers	1:19:40	59

30	Joe Benvegna	1:20:07	44
31	Mich Runery	1:22:22	38
32	<i>Betzi Norton</i>	1:22:33	24
33	<i>Molly Richards</i>	1:22:46	35
34	<i>Noelle Maziar</i>	1:25:00	26
35	<i>Kathy Johnson</i>	1:25:22	49
36	<i>Susan Rourke</i>	1:25:23	46
37	<i>Dena Singer</i>	1:26:02	50
38	Reid Wiecks	1:26:13	64
39	<i>Debbie Singer</i>	1:27:02	51
40	<i>Julie Taylor</i>	1:28:10	31
41	Hank Burkman	1:28:53	58
42	Nash Flores	1:29:02	38

43	<i>Constance Ahrnsbrak</i>	1:29:35	70
44	Douglas Tollin	1:32:46	66
45	Lee Bengston	1:36:30	73
46	Dan O'Connell	1:37:47	61
47	Rick Vorhees	1:39:06	57
48	<i>Gretchen Copenhaver</i>	1:40:02	31
49	Tom Duran	1:42:22	62
50	Stonewall (Ken) Green	1:56:55	81
<b>Racewalkers (3 Mile)</b>			
1	<i>Rosalia Murch</i>	42:03	69
2	<i>Amy Lease</i>	42:04	56

Age group results can be found on the web site.

***Please shop at our sponsors:***

 <p>Arvada, CO</p>	
	

Once you are over the hill, you pick up speed



## Upcoming Races

### **Coal Creek Cross Country Challenge 5.72 Miles Sunday, October 10, 9 AM Louisville**

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Didn't run cross country in high school? Well, now's your chance! This is a classic European style cross country race with dirt trails, farmer's fields, ditches, hills, and even a creek crossing. Full of surprises ... a CMRA race you don't want to miss!

The registration cap on the race has been raised to 250 participants by Boulder County, the City of Louisville, and the City of Lafayette. This should allow for race day registration this year for both CMRA members and non-CMRA members. Advance registration is also available at:

<http://www.RunningGuru.com/Event/CoalCreekXC>

Non-CMRA member online registration is \$10 plus a 99 cents registration fee.

There will be prize money courtesy of [Fleet Feet Boulder](#) for the top 3 overall and top 2 Masters (over 40) and Grand Masters (over 50) male and female runners.

### **Standley Lake Trail Run 10 ~ 11 Miles Saturday November 13**

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Standley Lake Trail Run – WestMinister New Race New Course.

Dave Black is the race director, phone 303-781-1738.

See Website for more directions and course map.

### Pelican Update (Connie Ahrnsbrak)

**6/6 – Leaves of Hope 5K**, Stan the Man Hayes, 30:57

**6/12- Copper Mtn/Frisco 10K**: Stan the Man Hayes, 59:17.

**7/17 – Woods, VT 100K**: Relentless Dave Black, 21:12. **North Fork 50K, Pine Valley Ranch**: Karen Voss, 5:24 & Paul Welschinger, 6:32.

**7/18- Barr Trail, Manitou Springs**: Caleb Mathewson, 2:02; Bill Faulkner, 2:59 (1) & Patricia Tolleson, 3:08 (2).

**7/24 – Mt. Falcon 15K, Evergreen**: Chris Adamowski, 1:30 (OA female); Robert Kanieski, 1:36; David Kelble, 1:42 (3); Glenn Bakken, 1:53; Brent Jockers, 2:06:09 & Ken Simons, 2:06:46 (1).

**10K Classic, CS**: Devin Croft, 39:41 (2) & Rosalia Murch, 1:20 (3). **Climb for Life, Denver**: Valerie Passerini, 27:50.

**Spring Creek Memorial 9-Mile, Steamboat Springs**: George Huner, 1:43 (3); Tall Red (Ed Youngberg), 1:44 (2) & The Oak (Ross Westley), 1:47 (1).

**7/25 – Kids for Cancer, Denver**: Omar Martinez, 16:53 (OA); Jesus Lazo, 18:13 (2); Fernando Moreno, 19:00; Samantha Martinez, 25:28; Martha Martinez, 27:01; Jim Peterson, 28:36 & Leslie Woods, 46:03.

**7/31- Kiowa Kick'N 5K**: John Miranda, 29:37 (1); Connie Ahrnsbrak, 29:58 (1); Lightfoot (Deb Acree), 30:16 (1) & Rosalie Murch, 44:26 (1/RW).

**8/1- Evergreen Town 5K**: Keith Johnson, 16:58 (2); Scott Kukel, 17:09 (3); Keifer Johnson, 17:56; Devin Croft, 19:15; Painted Horse (Jesse Tijerini), 22:33; The B-Man, 24:01 (1); Strider (Tom Chambers), 24:17; George Huner, 24:38; Connie Ahrnsbrak, 26:12 (1); Jerry O'Donnell, 26:47; Bob Ghormley, 28:05; 9-year old Kristina Schreiber, 28:43; Maren Schreiber, 28:43; Penelope, 33:10; Rosalie Murch, 40:09 (W); Carol Bengston, 44:06 & Leslie Woods, 47:55. **10K** – Brett Allendorf, 44:09; Tall Red, 52:38; Jack Barry, 53:09 (1); Valerie Passerini, 54:09; Rich Romero, 54:15 (3); Lee Bengston, 59:11; Jim Peterson, 1:04; Tom Alison, 1:14 & Vici Dehaan, 1:22 (2).

**8/14 – Rat Race 5K, Ault**: Lou Huie, 23:16 & Jan Huie, 27:58 (1). **Georgetown to Idaho Springs Half**: Keith Johnson, 1:17 (1); Scott Kukel, 1:22 (1); Michael Quispe, 1:22:28 (3); David Rothenburger, 1:22:32; Forest (Bob Cailhouette), 1:31; Karen Voss, 1:37 (3); Rich Romero, 1:56 (1); Tall Red (Ed Youngberg), 1:57 (3); Ken Randall, 1:58 (2); Rich Martinez, 2:00; Bill Faulkner, 2:01; Stan the Man Hayes, 2:03; Pat Tolleson, 2:09 (2); Sir Fred Trentaz, 2:22 & Tom Alison, 2:51.

**8/15- Vail 10K @ 10,000'**: The B-Man (Jim Romero), 1:05 (1). **Leadville 100**: Bill Stahl, 29:37:36!

**8/21- Pikes Peak Ascent**: Bob Cooper, 3:29 (3); Charles Scheibe, 4:18; The B-Man, 4:30 (2); Pat Tolleson, 4:38 (3) & Vici Dehaan, 6:17 (1). **Marathon**: Stephanie Wiecks, 7:33 (2); Pat Tolleson, 8:02 (3) & Bill Moyle, 9:22 (1).

**Run for the Fallen 5K, Portland, OR**: Connie Ahrnsbrak, 27:46 & Rosalie Murch, 41:14.

**Holy Cow 10K, Westminster**: Rich Hadley, 41:26 (1); Lou Huie, 50:18 (1); Deb Hadley, 1:03 (1); Ken Simons, 1:03 (2) & Bob Fancher, 1:08. **5K** – Bruce Dahm, 21:42 (3); Alan Johnson, 26:02; Holly Dahm, 26:58; Jan Huie, 27:28 (1) & Taunya Wilson, 28:26 (2). Also, Stan the Man Hayes, **Outward Bound Relay** (174 miles), 3-legs for 18 miles, 26:31.

**8/22 – Salmon Creek Sunset 7.65, Vancouver, WA**: Connie Ahrnsbrak, 1:10 (1) & **6K** – Rosalie Murch, (1).

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**8/28- Erace Homelessness 10K:** Juan Ortiz-Navarro, 45:51 (1) & Dan Wall, 1:09 (1). **5K** –The B-Man, 24:54 (1); Tom Chambers, 24:59; Connie Ahrnsbrak, 27:53 (1); Jerry O'Donnell, 29:22; Bruce Brandt, 30:17; Kim Shenfeld, 38:50; Penelope, 38:52 (3); Rosalie Murch, 40:42 & Leslie Woods, 45:26. **Poudre School District-Pre State XC Meet:** \*Keifer Johnson, 17:22 (1-Thunder Ridge team). Individual placing 19/273. \*Keith/Kathy Johnson's son.

**9/1- BCLP Series I, 4-Mile:** Keith Johnson, 23:43 (2/OA); Jeremy O'Farrell, 25:14; Dave O'Sadnick, 25:20; Kristin Moreau, 27:20 (2/OA); Jitka O'Farrell, 30:24; David Kelble, 30:29; The B-Man, 33:07 & Jay D. Trujillo, 36:44.

**9/5- Set The Pace 5K, CP:** Mark Hackett, 24:57 (3); Lightfoot (Deb Acree), 27:23 (1); Connie Ahrnsbrak, 27:45 (1); Kim Shenfeld, 39:57 & Leslie Woods, 46:31.

**Coal Creek Xing 10-Mile:** Jonathan Cawley, 1:15 (1) & Bruce Kirschner, 1:16 (3).

**9/6 – Park to Park 10-mile:** Oscar Ponce, 56:33 (2); Devin Croft, 1:05 (2); Forrest (Bob Caillouette), 1:09; Nicholas Sterner, 1:10; Strider (Tom Chambers), 1:23 (2); George Huner, 1:24:11; The B-Man, 1:24:24 (1); Jerry O'Donnell, 1:38; Tom Duran, 1:49; Penelope, 1:52; Dave Banko, 1:57; Patricia Crespi, 2:01; Cassie Klumpp, 2:02; Kim Shenfeld, 2:19 & Leslie Woods, 2:36. **American Discovery Half, CS:** Rich Hadley, 1:33 (1/Grand Master).

**9/8- BCLP Series II, 5-Mile:** Keith Johnson, 29:09; Jeremy O'Farrell, 31:06; Dave O'Sadnick, 31:53; Kristin Moreau, 33:42; Jitka O'Farrell, 38:31; Jacques Moreau, 38:02 & The B-Man, 41:59.

**9/11- FASB Fitness 5K, Greenwood Village:** Ed Green, 24:10 (1); Claradene Stewart, 26:06 (1); Wayne Stewart, 28:00; Sir Fred Trentaz, 29:16 & Tom Alison, 34:38 (3).

**9/12 – El Grito 5K:** Oscar Ponce, 16:30 (2); Miguel Cazares, 17:25 (1); Devin Croft, 19:34 (3); Bruce Dahm, 21:13; John Perez, 22:23; Rob Martinez, 22:50; young Joe Black, 23:29 (3); Nash Flores, 23:41; Dave Hill, 23:51; Rich Martinez, 24:34; Spiderman, 24:39; The B-Man, 24:53 (1); Jack Barry, 25:41 (3); John Miranda, 25:51; Connie Ahrnsbrak, 26:12 (1); Holly Dahm, 26:30; J Gutierrez, 26:31; Jerry O'Donnell, 27:42; \*Sofia Romero-Campbell, 30:01; Jan Hill, 32:54 (3/RW); Penelope, 31:37 (3); Dave Black, 37:28; Rosalie Murch, 40:33 (2); Carol Bengston, 44:34 (2); Leslie Woods; 45:55 & Dawn Estes, 51:05 (W). \*Rich Romero's grand daughter.

**Evergold 10K Trail, Vail:** Joe Benvegna, 1:25.

**9/15- BCLP Series III, 6-Miles:** Keith Johnson, 43:19 (3/OA); Jeremy O'Farrell, 45:24; Dave O'Sadnick, 48:07; Kristin Moreau, 49:22 (2/OA); Jitka O'Farrell, 57:09; Jacques Moreau, 57:13; The B-Man, 1:02 & Jay D. Trujillo, 1:09;

**9/18- End of Watch 5K, Aurora:** Robert Kanieski, 22:30 & Rosalia Murch, 38:53 (1/RW).

Special Feature: Sometimes a thank you is not enough. Therefore, the CMRA Board would like to put all the kudos in the universe in a jar for Joe Sanchez. After being the club's quarter master since 1998, Joe Sanchez has retired the position. Joe not only stored the equipment, but carried and setup for about 97 percent of CMRA races including volunteering at the start and/or finish. Joe also managed to run a few races here and there. Thanks!

## 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.

### 2010 OFFICERS & BOARD OF DIRECTORS

President	Dan Shaw	dshaw_64@yahoo.com
Vice President	Ken Simons	kssimons5@aol.com
Treasurer	Amy Lease	<a href="mailto:amyl_80222@yahoo.com">amyl_80222@yahoo.com</a>
Secretary	Chris Vanoni	m_c_vanoni@msn.com
Membership Chairperson	Scott McFarlane	simcfarl@pcisys.net
Newsletter (Co)Editors	Keith Johnson	johnsonhr@comcast.net
Web Site Chairperson	Scott McFarlane	simcfarl@pcisys.net
Members at Large	Joe Baird, Rich Romero, Mike Vanoni, Bruce Kirschner, Connie Ahrnsbrak, Rosalia Murch, Rob Fisher, Amy Lease	

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.

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**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION  
MEMBERSHIP APPLICATION FOR CALENDAR YEAR 2011  
(10/11/2010 THROUGH 12/31/2011)**

For the mutual benefit of runners and racewalkers  
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 Event Director Member Board of Directors

Newsletter Editor Event registration Member Recruitment

Membership Database Quartermaster Corps Coaching

Racewalking Training Course Measurement Race committee

**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)

Revised 09/15/2009

## 2010 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 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. Racewalkers will begin 15 minutes earlier than the runners.

Date	DOW	Time	Location	Name	Director(s)
Jan 2	(Sat)	9 AM	<a href="#">Lake Arbor</a>	Lake Arbor 5K	Ken Randall
Feb 13	(Sat)	9 AM	<a href="#">Roadrunner Sports, Westminster</a>	Forty Furlongs (5M)	Jason Myers
Mar 20	(Sat)	9 AM	<a href="#">Platte River Bar &amp; Grill</a>	Spring Spree 10K	David Wise
Apr 17	(Sat)	8 AM	<a href="#">Bluffs Regional Park</a>	Bluffs Run (3 miles)	Dan Shaw
May 8	(Sat)	8 AM	<a href="#">Twin Lakes Park</a>	Memorial Run 5/10K (5K walk)	Kellie Steward / Cliff Jurgens
June 12	(Sat)	8:00 AM	<a href="#">Stapleton</a>	Sand Creek 5K / 5M	Rob Fisher / Dan Shaw
Jul 18	(Sun)	7:30 AM	<a href="#">Christies @ Genesee</a>	Mountain Madness 12K	Chris Stone / Jim Romero
Aug 11	(Wed)	6:30 PM	<a href="#">Fairmount Park, Golden</a>	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau
Aug 29	(Sun)	8 AM	<a href="#">Elk Meadow, Evergreen</a>	Elk Meadow Trail Race	Wayne Mathis
Sep 19	(Sun)	9 AM	<a href="#">Stone House Park, Lakewood</a>	Stone House (2x) Triple-Cross trail	Dave Black / Scott McFarlane
Oct 10	(Sun)	9 AM	<a href="#">Louisville</a>	Coal Creek XC Challenge 5.72M <b>(All racers must pre-register)</b>	Bruce Kirschner
Nov 13	(Sat)	9 AM	<a href="#">TBA</a>	Veterans run	Kim Massey / Scott McFarlane
Dec 11	(Sat)	10 AM	<a href="#">Aurora Sports Park</a>	 Aurora Sports Park XC 4/8/12K	Dan Shaw / Rob Fisher

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