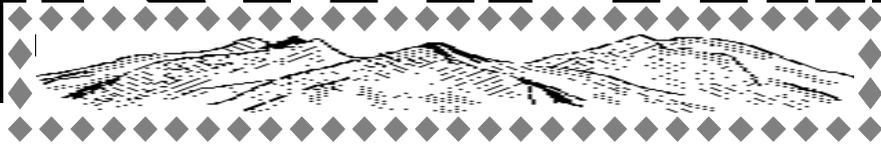


MASTER TIMES



March/April 2012

Volume 45 Issue 2

PRESIDENT'S CORNER

By Dan Shaw

SECOND ANNUAL RACE DIRECTOR APPRECIATION DAY

The Colorado Masters Running Association would not be racing without its race directors. In appreciation of their service to the club, the CMRA is putting on its 2nd race director Appreciation Day. This year's event will be hosted by Rob Fisher at his home near Stapleton Central Park following the Sand Creek 5 Miler in June. In addition to food and beverages on a sunny June afternoon, the festivities will include a presentation of the updated race director guidelines.

JUNE FUN RUN

The club will host a fun run in late June on the Sand Creek Greenway, just north of Stapleton Central Park, followed by potluck dinner. The run is planned for a weekday evening and will be open to all members and their families, free of charge. Final details will be provided in the May-June newsletter.

CLUB SINGLETS

The new CMRA club singlets, for sale at \$15 each have been selling pretty well. The new shirts are tank-style with a snugger fit than the old singlets. The color of the initial order is the club's traditional navy blue with the CMRA logo. Medium-sized and a few small shirts are still available. It looks like we may need to place an additional order soon. Please express your interest to any board member if you would like a shirt, including size – and maybe color preference?

FALL CROSS COUNTRY RACE SERIES

Club member Adam Feerst is organizing a fall cross country race series comprised of four races, including the October and December CMRA races, the Coal Creek Cross Country Classic

and the RRCA Western Regional Championship. Publicity for the series will help boost participation in these races and bring some exposure to the club from non-members.

NICK STERNER'S RACE SERIES

Nick Sterner has brought many runners to CMRA races over the year through the AIR Foundation, which he founded. Nick attended the most recent club board meeting and thanked the club for supporting the AIR Foundation. He is now putting on a series of races to benefit non-profit organizations and has offered to donate some comp entries for the club raffles as well as a 20% discount off race registration to our club members. Information for races in his series will be available at upcoming CMRA events.

Forty Furlongs - Feb 11, 2012 by Jason Myers

We were dealt a nice, but cold day for our race this year. Much of the 18.5 inches of snow that Westminster received a week earlier was still on the ground, although the paths were clear from that storm thanks to the city. We had a fresh dusting for our race of just over an inch, calm, sunny, and a temperate around 12° F.

This year's race returns to the Westminster Roadrunner Sports store as our host venue. We sincerely appreciate the store playing host given the February weather we have been experiencing in recent years. The course was an out-and-back from Sensory Park utilizing City of Westminster Open Space trails Walnut Creek and Big Dry Creek. This is fairly flat course, mostly paved and plowed. There was a challenging section of approximately quarter mile softpack unplowed around mile markers 1 & 4.

We had a spirited group of runners turn out for this year's race and congratulations to our overall winners Luis Ronquillo and Christine Adamowski.

A lot of teamwork went into making this race a success this year and we want to sincerely thank you all! Dan Shaw for his leadership and logistics support leading up to this event; The City of Westminster for allowing us to use their beautiful trails and ensuring they were in good condition; Ken Simons, Ken Randall, Joe Sanchez for assisting at the start/finish; Jane Harbert for scoring; David Wise and Earl Pitzer for helping out on the course; Connie Ahrnsbrak and Rosalia Dexter for helping with registration and awards presentation; Scott McFarlane for helping keep the Forty Furlongs web page up to date; Tom Chambers for coordinating the race ribbons and assisting with presentation.

Once you are over the hill, you pick up speed

Thank you to our sponsors and supporters! Thank you to RoadRunner Sports, and specifically Sam Trevino for hosting our event this year and their generous offer of up to 25% discount and giving away two pairs of shoes that we raffled off at the end of the awards. Thanks to Great Harvest Bread for their ongoing contribution to CMRA races. Thanks to Westminster for use of their wonderful facility and trails.

February 11, 2012 Race Results

5 Miler			
PLACE	NAME	TIME	AGE
1	Luis Ronquillo	29:41	17
2	Eric Hislop	29:42	26
3	Adam Hartman	30:04	18
4	Stuart Evans	30:45	27
5	Andrew Terrill	30:58	42
6	Daniel Barron	31:19	17
7	Steve Johnson	31:34	29
8	Josh Stamos	31:41	15
9	Julio Bonilla	32:11	22
10	David Rothenberger	33:12	43
11	Scott Kukel	33:36	38
12	Anthony Kunkel	34:11	19
13	<i>Christine Adamowski</i>	34:48	44
14	<i>Heather Dokken</i>	35:59	32
15	<i>Karen Voss</i>	36:45	46
16	Glenn Johns	36:55	16
17	Ty Dokken	37:31	33
18	Dean Sheppard	37:57	54
19	John Chapman	38:23	53
20	Dan Shaw	38:49	52
21	Robert Kanieski	40:30	34
22	<i>Theresa Jockers</i>	40:57	50
23	Link Lubken	41:06	62
34	<i>Sabrina Ruiz</i>	41:39	19
24	John Perez	41:45	61
25	Amisadai Acosta	42:13	18
26	Rich Martinez	42:16	65
27	Jim Romero	42:57	71
28	<i>Elizabeth Hayden</i>	42:59	39

29	Tom Chambers	43:14	68
30	<i>Jane Harbert</i>	43:18	50
31	Bill Faulkner	44:09	70
32	Scott McFarlane	44:22	60
33	Todd Shaklee	44:48	42
35	<i>Kim Massey</i>	45:59	53
36	<i>Valerie Sidles</i>	46:02	30
37	Andrew Sidles	46:06	40
38	John Shea	46:32	54
39	Jeff Olson	48:28	52
40	<i>Julie Carroll</i>	48:56	38
41	<i>Janet Ralston</i>	50:21	49
42	Jay Trujillo	51:40	53
43	Samual Granados	52:02	20
44	Brent Jockers	52:49	61
45	<i>Nicole Shaklee</i>	54:07	48
46	Gabe Sisneros	54:47	73
47	Lee Bengston	55:07	74
48	Jim Peterson	56:36	73
49	<i>Pat Tolleson</i>	57:58	63
50	Clyde Waggoner	58:28	55
51	<i>Judy Sheppard</i>	01:05:43	55
52	<i>Olga Hnizdil</i>	01:06:16	67

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Luis Ronquillo	29:41	Christine Adamowski	34:48
70-74				
1	Jim Romero	42:57		
2	Bill Faulkner	44:09		
3	Gabe Sisneros	54:47		
4	Lee Bengston	55:07		
5	Jim Peterson	56:36		
65-69				
1	Rich Martinez	42:16	Olga Hnizdil	01:06:16
2	Tom Chambers	43:14		

Once you are over the hill, you pick up speed

60-64				
1	Link Lubken	41:06	Pat Tolleson	57:58
2	John Perez	41:45		
3	Scott McFarlane	44:22		
4	Brent Jockers	52:49		
55-59				
1	Clyde Waggoner	58:28	Judy Sheppard	01:05:43
50-54				
1	Dean Sheppard	37:57	Theresa Jockers	40:57
2	John Chapman	38:23	Jane Harbert	43:18
3	Dan Shaw	38:49	Kim Massey	45:59
4	John Shea	46:32		
5	Jeff Olson	48:28		
45-49				
1			Karen Voss	36:45
2			Janet Ralston	50:21
3			Nicole Shaklee	54:07
40-44				
1	Andrew Terrill	30:58		
2	David Rothenberger	33:12		
3	Todd Shaklee	44:48		
4	Andrew Sidles	46:06		
35-39				
1	Scott Kukel	33:36	Elizabeth Hayden	42:59
2			Julie Carroll	48:56
19 - 34				
1	Eric Hislop	29:42	Heather Dokken	35:59
2	Stuart Evans	30:45	Sabrina Ruiz	41:39
3	Steve Johnson	31:34	Valerie Sidles	46:02
4	Julio Bonilla	32:11		
5	Anthony Kunkel	34:11		
14-18 (High School)				
1	Adam Hartman	30:04		
2	Daniel Barron	31:19		
3	Josh Stamos	31:41		
4	Glenn Johns	36:55		
5	Amisadai Acosta	42:13		

If you have any items, photos or articles for the next newsletter (don't be shy), please give them to Jane Harbert (email: tace_tigger@hotmail.com) before 24thth May 2012. If sending an email, please add CMRA to the title so I know it's not spam.

Pelican Update (Connie Ahrnsbrak)

12/7- 50K, Virginia Beach, VA: Relentless Dave Black, 7:52/**personal record.**

1/21- Coldwater Rumble 4-mile, Goodyear, AZ: Todd Shaklee, 36:09 & Nicole Shaklee, 45:24.

1/21 – Frosty Frozen 5-Mile, Hudson Gardens: Judy Chamberlin, 34:19 (1); Forest (Bob Caillouette), 35:32 (3); Robert Whittemore, 37:58; The B-Man (Jim Romero), 40:44 (2); Robert Tafelski, 41:14 (3); The Oak (Ross Westley), 48:31; Steadfast Earl Beam, 51:15 & Jim Peterson, 54:30. **10-Mile:** Rich Hadley, 1:12 (2); Tall Red (Ed Youngberg), 1:29 (2); Janet Ralston, 1:35; The Oak, 1:47 (2); Deb Hadley, 1:57 & Cheryl Ames, 1:59.

1/22 - Polar Bear 5K, WP: Rich Hadley, 21:28 (3); Roger Rybicka, 27:53; Mike Burzynski, 29:00 (1); Deb Hadley, 31:37 & Jim Peterson, 33:16 .

1/28 – Yeti Chase 10K, BCLP: Bob Irving, 47:15 (1); Jim Bosik, 50:39 (1); Todd Shaklee, 53:41; The B-Man, 53:46 (1); Roger Rybicka, 59:02 (2) & Nichole Shaklee, 1:05:44. **5K-** Strider Tom Chambers, 26:16 (3) Jim Peterson, 34:25, (1).

1/29- Fast N Flurry-Ous 4.1, Boulder: *War Horse (Keith Johnson), 24:06 (1); Chuck Lowrie, 30:15 (2); Robert Whittemore, 30:35; Painted Horse (Jesse Tijerina), 31:19 (3); Kathy Johnson, 32:45 (1); David Kelble, 34:12; Jill Sellars, 34:48 & Kathy Klesmit, 42:26. ***5:53 pace, very impressive!**

2/5- Super Bowl 5K, WP: Robert Whittemore, 22:26; J Gutierrez, 28:19; Kathy Klesmit, 33:24; Jim Peterson, 35:56 ; *Hunter Karickhoff, 38:30 & Rosalie Murch, 43:27 (RW/1). **Connie's grandson.*

Super Bowl 4-mile, Wichita, KS: R2G2 (Ray Grundmeyer), 38:56.

2/12 – Valentine 5K, WP: Judy Chamberlin, 21:33 (2); Rich Martinez, 25:08; Bobby Romero, 26:37; Connie Ahrnsbrak, 27:34 (1); Taunya Wilson, 27:37 (3); Katherine Klesmit, 30:59; Tom Duran, 31:13 & Jim Peterson, 35:12.

Once you are over the hill, you pick up speed

Ralston Creek Half: Robert Whittemore, 1:48; Stephanie Wiecks, 1:55 (1); Todd Shaklee, 1:59; The B-Man, 2:01 (1); Jen Forker, 2:18; The Oak (Ross Westley), 2:23 (1); Nicole Shaklee, 2:27 & Sanjiv Gupta, 2:31.

Screaming Snowman SS 10K: Bob Cooper, 1:29 (1); Bruce Dahm, 1:33 (2); Holly Dahm, 1:49; Bill Faulkner, 1:51 (1); Mr. Edurance (Bill Moyle), 1:57 (3) & Patricia Tolleson, 2:04 (1).

2/18- Snowman Stampede 10-mile, Hudson Gardens: Forest, 1:19 & The B-Man, 1:27 (1). **5-Miler:** Forest, 36:05 (2); David Kelble, 39:48; Steadfast Earl Beam, 49:09; Kathy Klesmit, 50:06 (1) & Jim Peterson, 57:24 (1);

2/25 –Sole Purpose 10K, Las Vegas, NV: Todd Shaklee, 49:29 & Nicole Shaklee, 1:03.

PPRR Black Forest 20K, CS: Tall Red, 2:07 (3) & Patricia Crespi, 2:47. **10K –** The Oak (Ross Westley), 1:05 (1st/**age course record**).

2/29- Leap Day 5K, FTC: Lou Huie, 23:03 (1); J Gutierrez, 27:45; The Oak, 27:59 (2) & Roger Rybicka, 29:13.

3/4 – Dam Run Half Marathon, CCSP: Robert Whittemore, 1:50. **5K -** Jack Barry, 26:59 (1); Roger Rybicka, 28:30 (3); Jerry O'Donnell, 30:47; Jim Peterson, 31:35; Penelope, 35:54, 12-year old Hunter Karickhoff, 36:29 & Rosalie Murch, 42:11.

New Orleans Rock N Roll Marathon: Patricia Crespi, 5:11. **Half –** 17-year old Tyler Shaklee, 2:02; Nichole Shaklee, 2:33 & Cassie Klumpp, 2:33.

3/11- ROTG, LoDo: Scott Kukel, 25:16; David Rothenburger, 26:35; Michael Quispe, 27:10; Bob Caillouette, 30:39; Judy Chamberlin, 30:40 (1); Karen Voss, 31:00; Bob Cooper, 31:10 (3); Bruce Dahm, 32:16; Jeff Duran, 32:48; Painted Horse, 32:54; Lou Huie, 34:27; Rich Martinez, 34:47; Holly Dahm, 36:50; Bobby Romero, 37:25; Tall Red (Ed Youngberg), 37:49; Jack Barry, 38:29; Constance Ahrnsbrak, 39:06 (1); J Gutierrez, 40:12; Taunya Wilson, 40:32; Tom Duran, 41:45; Katherine Klesmit, 41:54; Earl Beam, 43:15; Jay D. Trujillo, 44:01; Lee Bengston, 44:31; Deb Hadley, 44:45; Dave Banko, 48:35; Jim Peterson, 50:50; Sir Fred Trentaz, 58:03 & Rosalie Dexter, 59:58 (W).

Land Between the Lakes 60K, Grand Rivers, KY: Relentless Dave Black, 10:35. **23K –** young Joe Black, 2:34 (2), 79/209.

2011 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.

2012 Colorado Masters Running / Racewalking Association Schedule

Date	DOW	Time	Location	Name	Director(s)
Mar 24	(Sat)	10 AM	Platte River Bar & Grill	Spring Spree 10K	David Wise
Apr 7	(Sat)	9 AM	Bluffs Regional Park	Bluffs Run 5K	David Banko / John Perez
May 12	(Sat)	8 AM	Twin Lakes Park	Memorial Run 7 Mile	Connie Ahrnsbrak / Rosalia Dexter / Rich Martinez
June 16	(Sat)	8 AM	Bluff Lake Nature Center	Sand Creek 5M	Rob Fisher / Dan Shaw
Jul 14	(Sat)	8 AM	White Ranch Park	White Ranch Trail Run	Chris Stone / Theresa Do
Aug 8	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Aug 26	(Sun)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race	Ed Youngberg
Sep 15	(Sat)	8 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Kim Massey / Scott McFarlane
Oct 14	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 5.72M	Rich Fitzpatrick / Mike Brenner / Bruce Kirschner / Lucy Fales Evans / Vici DeHaan
Nov 10	(Sat)	9 AM	Hildebrand Ranch Park	Veterans run	Dave Black / Jim Romero

Once you are over the hill, you pick up speed

Dec 8	(Sat)	10 AM	Stapleton Central Park		Stapleton Central Park XC 12K	Dan Shaw / Rob Fisher
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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, and bring it to our next race.

2011 OFFICERS & BOARD OF DIRECTORS

President	Dan Shaw	dshaw_64@yahoo.com
Vice President	Cheryl Ames	Cheryl_e_ames@msn.com
Treasurer	Amy Lease	amyl_80222@yahoo.com
Secretary	Chris Vanoni	m_c_vanoni@msn.com
Membership Chairperson	Mark Hackett	mhack70@aol.com
Club liaison	Valerie Passerini	vpasserini@gmail.com
Newsletter Editor	Jane Harbert	tace_tigger@hotmail.com
Web Site Chairperson	Scott McFarlane	scott@scottnterry.net
Quartermaster Chairperson	Mike Vanoni	mev@cre-denver.com
Members at Large	Connie Ahrnsbrak, Rob Fisher, David Wise, Ken Randall, Ed Youngberg	

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.

COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION

MEMBERSHIP APPLICATION FOR CALENDAR YEAR 2012

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

3009 S Holly Place

Denver, CO 80222-7010

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

Once you are over the hill, you pick up speed

Please shop at our sponsors:

Please shop at our sponsors



Arvada, CO



Great Harvest Bread in Arvada will give a 10% discount to CMRA members when they present their membership card.

Visit us on the web at www.comastersrun.org