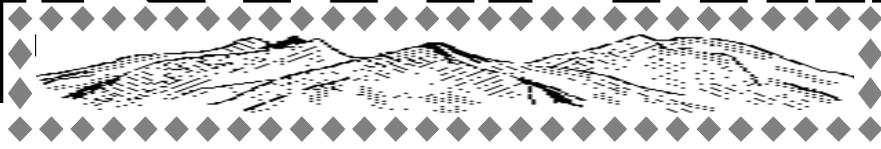


MASTER TIMES



July/August 2012

Volume 45 Issue 4

PRESIDENT'S CORNER

By Dan Shaw

IMPORTANT NOTE!!! DATE CHANGES FOR BOTH AUGUST RACES

Due to a conflicting reservation at the park on our preferred date, please note we have moved the date of the Fairmount 5K and Wienie Roast from Wednesday to Tuesday the same week, August 7th. The time remains the same, with a kid's race at 6:00 p.m., the 5K starting at 6:30 p.m., and the wienie roast/potluck dinner to follow. Please bring your favorite dish and join the party!

The date for the Elk Meadow Trail Run has been moved to Saturday, August 18th (from Sunday of the same weekend) due to a similar conflict. The start time remains 8:00 a.m. As for many club members, the Elk Meadow race is one of my favorite venues, and well I remember the great spread race director Ed Youngberg laid out for runners last year. Come on out and kick some trail!

THREE DEEP MEDALS

In a cost saving move, the CMRA board has voted to implement a change in the medals awarded at medal races in 2013. Rather than going 5 deep in each age group, medals will be awarded only to the top 3 places per age group. The 4th and 5th place finishers will receive ribbons instead of medals. The change will not only help keep membership costs down but will serve to enhance the value of the medals awarded.

MELODY RISES

Local running legend Melody Fairchild, a participant the past few years in the club's Coal Creek Cross Country Classic and speaker at the 2011 CMRA Banquet, is suddenly back on the scene at an international elite level, now competing in the realm of mountain running. On July 8th at the US Mountain Running Championship on the notorious, severely uphill Loon Mountain course in New Hampshire, Melody finished second, earning a coveted spot on the US team at the 2012 International Mountain Running Championships in Italy. Way to go, Melody!

CLUB SINGLETS

CMRA club singlets are for sale at \$15 each, at club races. The new shirts are tank-style, in the club's traditional navy blue with the CMRA logo in white.

Visit us on the web at www.comastersrun.org

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.

Sand Creek 5 Miler Results June 16, 2012

PLACE	NAME	TIME	AGE
1	JJ Huie	25:51	32
2	Kilgore Trout	26:57	23
3	Julio Hernandez	30:14	25
4	Scott Kukel	30:28	38
5	Michael Quispe	30:53	45
6	Steven Johnson	31:08	32
7	<i>Laura Mortimer</i>	31:31	26
8	David Rothenburger	31:55	43
9	War Horse (Keith) Johnson	31:59	50
10	Dan Valerio	32:12	52
11	Jeremy O'Farrell	32:55	35
12	<i>Rachel Perez-Tetreault</i>	33:28	32
13	John Ramos	33:32	36
14	Devin Croft	33:39	59
15	<i>Chris Adamowski</i>	33:58	44
16	Paul Moreau	34:45	46
17	Andrew Cosgrove	35:12	34
18	<i>Kristin Moreau</i>	35:57	45
19	Corey Humrich	36:10	25
20	Cliff Jurgens	36:13	46
21	Bob Caillouette	36:32	57
22	Sean Connor	36:38	50
23	<i>Theresa Jockers</i>	36:53	50
24	Dan Shaw	37:15	52
25	<i>Kaila Prochaska</i>	38:01	13

Once you are over the hill, you pick up speed

26	Walt Coughlin	38:12	50
27	Robert Whittemore	38:15	43
28	Missing Link Lubkin	38:39	62
29	Fred Lian	38:43	62
30	Mike Roche	39:32	59
31	Roger Allen	39:38	60
32	Matt Hall	39:39	25
33	Kristan Latham	39:57	32
34	Kevin Snyder	39:58	48
35	Lou Huie	40:03	65
36	John Perez	40:08	61
37	Rich Martinez	40:20	65
38	<i>Kathy Johnson</i>	40:35	51
39	<i>Stacy Totherow</i>	40:42	44
40	Michael Abbott	41:06	43
41	Robert Kanieski	41:11	34
42	Wayne Stewart	41:37	65
43	Bob Tafelski	41:42	72
44	<i>Elizabeth Hayden</i>	42:04	40
45	Mike Cowen	42:43	59
46	Tall Red (Ed) Youngberg	42:49	69
47	Bobby Romero	43:29	65
48	Strider (Tom) Chambers	44:14	69
49	Brent Jockers	44:20	61
50	Spiderman (Scott) McFarlane	44:21	61
51	David Hill	44:23	61
52	<i>Valerie Passerini</i>	44:28	32
53	<i>Claradene Stewart</i>	44:50	63
54	Kevin Rasor	45:41	32
55	<i>Karen Jankowski</i>	45:45	57
56	J Gutierrez	45:49	59
57	Bruce Rasor	46:11	63
58	Jay D. Trujillo	46:43	53
59	Kool Shades (Ken) Randall	47:00	73
60	Sanjiv Gupta	47:20	40
61	Tom Duran	47:34	64
62	Steadfast (Earl) Beam	49:30	61
63	John Cipolla	49:34	29

64	<i>Valerie Sidles</i>	49:51	30
65	Joseph Brake	49:53	26
66	Andrew Sidles	49:56	40
67	Ken Simons	49:59	74
68	Joe Sanchez	50:10	75
69	<i>Tina Akin</i>	50:38	50
70	<i>Deborah Stafford</i>	51:56	60
71	Dave Banko	51:58	60
72	Roger Rybicka	53:24	64
73	<i>Jitka O'Farrell</i>	53:40	34
74	Mark Drajim	54:05	52
75	Stonewall (Ken) Green	57:14	83
76	<i>Holly Romero</i>	57:36	52
77	Tom Alison	1:04:35	75
78	<i>Kristin Snyder</i>	1:05:39	41
79	<i>Hilarie Ryals</i>	1:19:24	39
Racewalkers			
1	Rosalia Dexter	1:10:36	71

June 16, 2012 5 Mile Race Results by Age Group

	Overall Men		Overall Women	
Place	Name	Time	Name	Time
Overall				
1	JJ Huie	25:51	Laura Mortimer	31:31
80 and Over				
1	Stonewall (Ken) Green	57:14		
75-79				
1	Joe Sanchez	50:10		
2	Tom Alison	1:04:35		
70-74				
1	Bob Tafelski	41:42		
2	Kool Shades (Ken) Randall	47:00		
3	Ken Simons	49:59		

Once you are over the hill, you pick up speed

65-69				
1	Lou Huie	40:03		
2	Rich Martinez	40:20		
3	Wayne Stewart	41:37		
4	Tall Red (Ed) Youngberg	42:49		
5	Bobby Romero	43:29		
60-64				
1	Missing Link Lubkin	38:39	Claradene Stewart	44:50
2	Fred Lian	38:43	Deborah Stafford	51:56
3	Roger Allen	39:38		
4	John Perez	40:08		
5	Brent Jockers	44:20		
55-59				
1	Devin Croft	33:39	Karen Jankowski	45:45
2	Bob Caillouette	36:32		
3	Mike Roche	39:32		
4	Mike Cowen	42:43		
5	J Gutierrez	45:49		
50-54				
1	War Horse (Keith) Johnson	31:59	Theresa Jockers	36:53
2	Dan Valerio	32:12	Kathy Johnson	40:35
3	Sean Connor	36:38	Tina Akin	50:38
4	Dan Shaw	37:15	Holly Romero	57:36
5	Walt Coughlin	38:12		
45-49				
1	Michael Quispe	30:53	Kristin Moreau	35:57
2	Paul Moreau	34:45		
3	Cliff Jurgens	36:13		
4	Kevin Snyder	39:58		
40-44				
1	David Rothenburger	31:55	Chris Adamowski	33:58
2	Robert Whittemore	38:15	Stacy Totherow	40:42
3	Michael Abbott	41:06	Elizabeth Hayden	42:04
4	Sanjiv Gupta	47:20	Kristin Snyder	1:05:39
5	Andrew Sidles	49:56		
35-39				
1	Scott Kukel	30:28	Hilarie Ryals	1:19:24
2	Jeremy O'Farrell	32:55		

3	John Ramos	33:32		
19 - 34				
1	Kilgore Trout	26:57	Rachel Perez-Tetreault	33:28
2	Julio Hernandez	30:14	Valerie Passerini	44:28
3	Steven Johnson	31:08	Valerie Sidles	49:51
4	Andrew Cosgrove	35:12	Jitka O'Farrell	53:40
5	Corey Humrich	36:10		
13 and Under				
1			Kaila Prochaska	38:01

White Ranch Park 10K Results July 14, 2012

July 14, 2012 PLACE	NAME	TIME	AGE
1	JJ Huie	39:27	32
2	Jesus Lazo	41:55	15
3	Omar Martinez	43:25	25
4	Juan Ortiz-Navarro	43:41	21
5	Justin Henry	43:54	28
6	Andrew Terrill	44:44	42
7	Luis Ronquillo	45:24	17
8	Julio Hernandez	46:10	25
9	Todd Garyelhoff	46:17	40
10	David May	47:00	24
11	Jairo Fiscareno	47:27	16
12	Antonio Cuevas	47:52	32
13	Eric Hislop	48:06	26
14	Warhorse (Keith) Johnson	49:23	51
15	Jeremy O'Farrell	50:39	35
16	Daniel Barron	50:46	16
17	Keifer Johnson	51:44	19
18	David Rothenburger	52:28	43
19	John Ramos	52:38	36
20	Kevin Doyle	54:48	39
21	David Cenicerros	54:58	24
22	<i>Nadia Gonzales</i>	55:50	16
23	<i>Bridget Dunn</i>	55:59	44

Once you are over the hill, you pick up speed

24	Rich Michelson	57:21	55
25	Mike Banks	57:41	29
26	Hector Martinez	58:09	28
27	David Kelble	58:58	54
28	Elliot Hoffman	59:03	27
29	<i>Theresa Jockers</i>	59:12	51
30	Brett Allendorf	59:22	43
31	Phil Yoo	59:53	43
32	Missing Link Lubken	1:00:11	63
33	Matt Hall	1:00:52	25
34	<i>Irene Barrea</i>	1:01:21	16
35	Rufus Firefly	1:01:35	59
36	Alan Johnson	1:02:00	51
37	Andrew Cosgrove	1:02:15	34
38	<i>Jessica Stedman</i>	1:02:21	39
39	Chad Stedman	1:02:45	40
40	Rich Martinez	1:03:00	65
41	Robert Whittemore	1:03:20	43
42	Steve Tidball	1:03:22	49
43	<i>Natalie Ward</i>	1:04:38	27
44	Wayne Stewart	1:05:01	65
45	Michael Abbott	1:05:13	43
46	<i>Stacey Totterow</i>	1:05:22	44
47	Peter Lyons	1:05:25	27
48	The B-Man (Jim) Romero	1:06:14	72
49	<i>Katie Harper</i>	1:06:44	30
50	Tall Red (Ed) Youngberg	1:07:11	69
51	Joe Benvegnu	1:07:17	45
52	Andy Bedard	1:07:39	41
53	<i>Caroline Hicks</i>	1:07:44	55
54	Spiderman (Scott) McFarlane	1:07:50	61
55	Todd Shaklee	1:08:27	42
56	Bobby Romero	1:08:33	66
57	Todd Nikkel	1:08:40	43
58	<i>Elizabeth Hayden</i>	1:08:52	40
59	<i>Holly Dahm</i>	1:09:04	42
60	<i>Jennifer Forker</i>	1:09:16	46
61	Martin Liao	1:09:19	27

62	Bill Faulkner	1:09:34	70
63	<i>Valerie Passerini</i>	1:09:54	33
64	Strider (Tom) Chambers	1:10:41	69
65	<i>Jill Ziegenfuss</i>	1:11:02	36
66	<i>Carolina Mendez</i>	1:11:41	45
67	Bob Reilly	1:12:07	57
68	<i>Dawn McClure</i>	1:12:50	37
69	Amisadai Acosta	1:13:29	17
70	Jay D. Trujillo	1:13:32	54
71	<i>Becca Stevens</i>	1:13:41	37
72	<i>Neddie Legg</i>	1:14:54	61
73	<i>Christina Odgecer</i>	1:15:00	25
74	<i>Heather Steffens</i>	1:15:09	33
75	Ken Simons	1:15:56	74
76	<i>Claradene Stewart</i>	1:17:09	63
77	Lee Bengston	1:18:25	74
78	Brent Jockers	1:18:27	61
79	Joe Sanchez	1:19:09	75
80	Kool Shades (Ken) Randall	1:19:09	74
81	<i>Patricia Tolleson</i>	1:20:54	63
82	Joe Maurer	1:21:05	53
83	<i>Jennifer Brink</i>	1:21:47	41
84	Sir Fred Trentaz	1:21:54	70
85	<i>Valerie Sidles</i>	1:22:03	30
86	Andrew Sidles	1:22:15	40
87	Mike Cowan	1:28:27	59
88	<i>JitKa O'Farrell</i>	1:29:10	34
89	<i>Nicole Shaklee</i>	1:35:40	48
90	Stonewall (Ken) Green	1:39:08	83
Racewalkers (5K)			
1	<i>Rosalia Dexter</i>	51:32	71
2	<i>Mary Sanchez</i>	59:10	74
3	Jeff Young	1:06:18	56

Once you are over the hill, you pick up speed

White Ranch 10K AGE GROUP AWARDS

Place	Name	Time	Name	Time
Overall				
1	JJ Huie	39:27	Nadia Gonzales	55:50
80 and Over				
1	Stonewall (Ken) Green	1:39:08		
75-79				
1	Joe Sanchez	1:19:09		
70-74				
1	The B-Man (Jim) Romero	1:06:14		
2	Bill Faulkner	1:09:34		
3	Ken Simons	1:15:56		
4	Lee Bengston	1:18:25		
5	Kool Shades (Ken) Randall	1:19:09		
65-69				
1	Rich Martinez	1:03:00		
2	Wayne Stewart	1:05:01		
3	Tall Red (Ed) Youngberg	1:07:11		
4	Bobby Romero	1:08:33		
5	Strider (Tom) Chambers	1:10:41		
60-64				
1	Missing Link Lubken	1:00:11	Neddie Legg	1:14:54
2	Spiderman (Scott) McFarlane	1:07:50	Claradene Stewart	1:17:09
3	Brent Jockers	1:18:27	Patricia Tolleson	1:20:54
55-59				
1	Rich Michelson	57:21	Caroline Hicks	1:07:44
2	Rufus Firefly	1:01:35		
3	Bob Reilly	1:12:07		
4	Mike Cowan	1:28:27		
50-54				
1	Warhorse (Keith) Johnson	49:23	Theresa Jockers	59:12
2	David Kelble	58:58		
3	Alan Johnson	1:02:00		
4	Jay D. Trujillo	1:13:32		
5	Joe Maurer	1:21:05		

45-49				
1	Steve Tidball	1:03:22	Jennifer Forker	1:09:16
2	Joe Benvegna	1:07:17	Carolina Mendez	1:11:41
3			Nicole Shaklee	1:35:40
40-44				
1	Andrew Terrill	44:44	Bridget Dunn	55:59
2	Todd Garyelhoff	46:17	Stacey Totterow	1:05:22
3	David Rothenburger	52:28	Elizabeth Hayden	1:08:52
4	Brett Allendorf	59:22	Holly Dahm	1:09:04
5	Phil Yoo	59:53	Jennifer Brink	1:21:47
35-39				
1	Jeremy O'Farrell	50:39	Jessica Stedman	1:02:21
2	John Ramos	52:38	Jill Ziegenfuss	1:11:02
3	Kevin Doyle	54:48	Dawn McClure	1:12:50
4			Becca Stevens	1:13:41
19 - 34				
1	Omar Martinez	43:25	Natalie Ward	1:04:38
2	Juan Ortiz-Navarro	43:41	Katie Harper	1:06:44
3	Justin Henry	43:54	Valerie Passerini	1:09:54
4	Julio Hernandez	46:10	Christina Odgecer	1:15:00
5	David May	47:00	Heather Steffens	1:15:09
14-18 (High School)				
1	Jesus Lazo	41:55	Irene Barrea	1:01:21
2	Luis Ronquillo	45:24		
3	Jairo Fiscareno	47:27		
4	Daniel Barron	50:46		
5	Amisadai Acosta	1:13:29		

Once you are over the hill, you pick up speed

Riding the Rockies – Thoughts about Running and Biking – Lee Bengston



CMRA members Lee Bengston and Ian Monk on Trail ridge road, Rocky mountain national park

Just to set the context, I am a runner first and a biker second. I started running way back when, about 40 years ago and have been faithfully plodding along in the middle of the pack ever since. Running is part of me. I enjoy it and have been rewarded over the years with good health and fortunately none of the injuries that befall so many runners.

Now my biking career is something much shorter and recent. Before 2005 I was never motivated to take up biking, running being sufficient. But the seed got planted when a running friend decided to move to South America and sold most of his personal possessions, one being a road bike which I bought for \$150 more or less sight-unseen. I didn't start riding it immediately but as the spring of 2005 approached and while I was not running, recovering from bunion surgery, my good buddy Rick Voorhees suggested we sign-up for Ride the Rockies. That sounded 'interesting' so we paid our fees and got selected in the lottery. Our training consisted of about three rides of less than 30 miles each.

Well we did the 2005 ride that started in Grand Junction and ended in Breckenridge six days later. The first day's ride up and down the Colorado Monument went pretty well. The second day turned out to be my most

memorable in terms of sheer physical agony, the route 110 mile from Grand Junction to Delta over Grand Mesa, temperature in the high 90s. Despite that and getting taunted by the 'gear-heads' about my steel clunker bike, I made it to Breckenridge in reasonable shape (Rick unfortunately had to drop out due to a respiratory problem).

Next year we did it again after I got smart and bought a new carbon-frame bike that weighed a half less than the clunker and fit my body. Yes, we did train somewhat more, but here is an important point. Running provides absolutely the best endurance base for other aerobic sports such as biking. Bikers who don't run simply have to spend many more hours doing training rides to get to the same level of fitness. The main challenge for a runner-biker is to get the butt toughened up.

So, since 2005 to present I have done five Ride the Rockies, one Bicycle Tour of Colorado (2010), one Triple-By-Pass, two Copper Triangles, several Elephant Rocks and a few other 50 – 100 mile organized rides. This all happens between May and September. The bike stays on the rack the rest of the year. I love summer and there is simply no better way to see and experience Colorado than on a bike, if one takes the time to look, smell and reflect on how lucky we are to be alive in such a beautiful part of the world.

I have to say that this year's Ride the Rockies was the best. It started in Gunnison and ended in Fort Collins. The weather was almost perfect and the route included going through Rocky Mountain National Park via Trail Ridge Road from Grand Lake to Estes Park. Let me tell you, it doesn't get much better than that; what a majestic place. Riding with friends and making new friends adds that last 'piece of the pie, as my late sister liked to say. Our own Jane Harbert (SAG driver) and Ian Monk (fellow rider) were on the tour this year and lent their good cheer and companionship.

As I final note I do have a hard time transitioning back to running after a bike tour. I guess triathletes are able to manage that. It took me about a week after RTR to even feel like running and then another week to get my groove back, such as it is. But still it's an irregular mix of the two sports that works for me and I expect to keep doing both as long as I'm able.

RIDE THE ROCKIES 2012 – Ian Monk

This year was my 5th Ride the Rockies and 4th as a Ride Official. This was the hottest ride I can remember - better than snow I suppose! The route was one of the best, hard rides but great scenery. Trail Ridge Road in RMNP was a first for Ride the Rockies. A great ride, slightly dangerous and very narrow in places.

The last day had to be rescheduled due to the High Park fire but we still finished in the Odell Brewery which was a highlight for me. During the week I had made a few new beer friends and got quite a few free beers along the way. Jane was with me this year as a SAG van driver. This was the busiest year for people SAGing for some reason, Jane worked as hard as I did. We saw Lee a few times during the ride, looking good, if a little tired.

We are both riding Pedal The Plains later in the year if anyone fancies it.

Once you are over the hill, you pick up speed

SPECIAL FEATURE -Relentless Dave Black (edited by Connie Ahrnsbrak)

On July 14, Relentless Dave Black and young Joe Black embarked on another escapade at the Golden Gate trail races in San Francisco. Fifteen year-old Joe Black completed his first marathon, 5:46 placing 2nd in his age group. His route was two 1/2 marathon loops with a 4,860' elevation gain.

Dave started the 50k, which were the two 1/2 marathon loops plus a 5 mile loop from the middle of a 1/2 marathon loop with a 1,500' elevation gain. Although Dave's injured knee cooperated, the two months off from training (except for our Friday morning runs) was not enough, he did not feel strong. *"Joe started 15 minutes after me and caught me at the top of the first big climb; I ran the 5 mile loop and he continued on the 1/2 marathon loop. I finished the 5 miles and got back on the 1/2 marathon loop, and as I got close to the beginning of my 2nd loop Joe caught me again."*

"By then I was tired and decided to drop down to the 30k. The trails were great, lots of steep climbs with quite a few stairs, similar to Lair O' the Bear or lower White Ranch. Of course, there was the exception of ocean views, Muir Beach, Sausalito and the Golden Gate Bridge."

Monday morning, July 16, Dave and Joe climbed Mt. Whitney in the Sierra Nevada's. The trail was comparable to the Barr Trail at Pikes Peak. It is 22 miles from start to finish with 6,300' elevation gain to 14,505'. They reached the summit at 4 o'clock p.m. finishing by flashlight for a total of 18 hours.

"On Tuesday we met Paul Grimm at mile 95 of the Badwater 100 (Death Valley to the Whitney trailhead). Mean Ed Green was pacing him so Joe and I joined them for about a mile. Paul finished in some 46 hours."

Pelican Update (Constance Ahrnsbrak)

5/19- Bellco Colfax 5K, CP: Jay D. Trujillo, 26:11 (3); Constance Ahrnsbrak, 27:15 (1); Sir Fred Trentaz, 30:06 (2) & *Stephanie Carrillo, 38:42. *Jay's niece.

Summer Open Tri, Longmont: Judith Laney, 1:23 (1).

5/20 - Colfax Marathon: David Rothenburger, 3:05; Jim Bosik, 3:59 (2) & Janet Ralston, 4:44.

Colfax Half: Rich Hadley, 1:39; The B-Man (Jim Romero), 1:56 (1); Tall Red (Ed Youngberg), 1:58; Tina Akin, 2:04; J Gutierrez, 2:09; David Wise, 2:10; Earl Beam, 2:17 & Deb Hadley, 2:22. **Colfax 10-Mile:** Amy Lease, 1:27 & The Oak (Ross Westley), 2:07 (2). *All races were 10-year age increments.*

5/27 – Arkansas Bluegrass Half, Salida: Rich Hadley, 1:42 (1); Missing Link, 1:51 (1) & Tall Red, 2:00.

5/28 – Bolder Boulder 10K: Jonathan Huie, 33:04 (1st); Scott Kukel, 37:32 (7); Michael Quispe, 38:30 (3); David Rothenburger, 39:22 (4); Christine Adamowski, 41:17 (1); 15-year Jacques Moreau, 41:38; Eric Windholz, 43:04; War Horse (Keith Johnson), 44:04; Bob Caillouette, 44:29 (6); Slimfast (Bruce Kirschner), 44:49 (7); Jeff Duran, 45:20; Bob Cooper, 45:36 (1); Chuck Lowrie, 45:49 (3); Monica Ryan, 46:54 (4); Bill Smitham, 48:51 (1); Rich Martinez, 49:51 (7); Kathy Johnson, 50:08 (8); 12-year old Mats Moreau, 51:43; The B-Man, 51:43 (1); Kristin Moreau, 51:44; Amy Lease, 52:13 (1); Kevin Snyder, 52:14; Wayne Stewart, 52:32; Bill Faulkner, 53:43 (2); Tom Chambers, 53:52 (5); Bobby Romero, 53:56; Claradene Stewart, 54:31 (3); Janet Sandolval, 54:38 (4); Tall Red, 54:40 (7); Constance Ahrnsbrak, 55:24 (1); Leslie Mitchell, 57:23; Kim Massey, 57:45; Tom Duran, 58:26; Dorothy Bensusan, 59:33; Katherine Klesmit, 1:00; Lee Bengston, 1:01 (6); Steadfast Earl Beam, 1:02; Jerry O'Donnell, 1:02; Jennifer Forker, 1:03; 13-year old Grace Clarke (Jennifer's daughter), 1:03; Pat Tolleson, 1:03 (12); Jim Peterson, 1:03 (6); Sir Fred Trentaz, 1:05; Doug Tollin, 1:05; Stonewall (Kenneth Green), 1:07 (1); Holly Romero, 1:10; Penelope, 1:10; Rosalie Dexter, 1:30 (9); *9-year old Emma Maytubby, 1:32 & Robert Dexter, 1:58 (W). **Dorothy Bensusan's niece. This was her very first BB run.*

6/2 – Jodi's Awareness 5K, CP: Amy Lease, 24:45 (2).

Sierra's 5K Against Meningitis, Loveland: Rob Martinez, 21:46 & Rich Martinez, 23:42. **Steamboat Half Marathon:** Molly Smith, 1:28 (1) & Earl Beam, 2:20.

6/3- Mickelson Half, Deadwood, SD: Christine Vanoni, 2:29.

6/9 – Run the Rockies 10K, Frisco: Michael Quispe, 37:16 (1); Scott Kukel, 36:36 (3); David Rothenburger, 40:20; J Gutierrez, 57:56; Janet Ralston, 58:17; Stan the Man Hayes, 58:41 & Janis Hayes, 1:28. **RTR Half :** Tall Red, 2:07 (2). **Evergreen 10K:** Andrew Adamowski, 1:04 (2/OA); Robert Kanieski, 1:53 & Ken Simons, 2:00.

6/16- Big Horn Ultra runs, WY: 50- mile – Eric Hislop, 11:15. **50K-** Relentless Dave Black, 11:14 & **30K –** 14-year old Joe Black, 3:24.

Mt. Evans 14-mile+ Ascent: David Kelble, 3:16; Chuck Lowrie, 3:17; Bill Faulkner, 3:28 (1) & Dave Wise, 3:33.

6/17- Apex Father's Day 5K: Missing Link, 22:43 (1); Tom Duran, 27:46 & Cheryl Ames, 34:06. **Strawberry Shortcut 5K, Glenwood Springs:** Stan the Man Hayes, 29:18 (1) & Janis Hayes, 43:39 (2).

6/23- Slacker Half, Georgetown: Michael Quispe, 1:19 (1); Scott Kukel, 1:22 (3); David Rothenburger, 1:27 (1); Chuck Lowrie, 1:40 (1); The B-Man, 1:55 (1); Bill Faulkner, 1:58 (2); Sir Fred Trentaz, 2:27; Cheryl Ames, 2:52 & Vici Dehaan, 3:11 (2).

Slacker 4- Mile: Dean Sheppard, 27:03 (1); Jay D. Trujillo, 31:05 (2); Bob Tafelski, 31:08 (1); Janet Ralston, 33:36 (2); Stan the Man Hayes, 36:34 (3); Doug Tollin, 37:06 (1) & Judy Sheppard, 46:43.

Once you are over the hill, you pick up speed

6/24- Pie in The Sky 10K, Alma: Todd Shaklee, 1:12 & Nicole Shaklee, 1:30.

Stadium Stampede 5K: Christian Oliphant, 19:01 (2); Bob Caillouette, 21:59; Jesse Tijerini, 24:21 (2); Rich Martinez, 24:47 (2); Connie Ahrnsbrak, 27:51 (1); J Gutierrez, 28:32; Karen Jankowski, 28:39; Leslie Mitchell, 28:57; Andy McKean, 29:06; Hunter Karickhoff, 36:09; The Captain (Don Robinson), 40:58 (2); Rosalie Murch, 43:04 (1/RW); Laura McCoy, 46:01 (W) & Robert Dexter, 53:57. **Kids' Run:** Tae Tae Karickhoff, 11 minutes.

Stadium Stampede 10K: JJ Huie, 33:09 (OA); Amy Lease, 51:17 (1); Dave Hill, 52:40 (3); The B-Man, 56:32 (1) & Elizabeth Hayden, 57:59.

6/30- Coors Wellness 5K, Golden: Rich Martinez, 23:58 (1); Connie Ahrnsbrak, 27:08 (1); Tom Duran, 27:49 (3) & Deb Stafford, 28:19 (2). **Leadville Heavy Half:** Cheryl Ames, 4:59.

Rollinsville 5K: Ken Simons, 31:29 (1) & Jim Peterson, 32:49 (2). **10-Mile:** Chuck Lowrie, 1:25 (2); Tall Red, 1:35 (3) & Kool Shades (Ken Randall), 1:54. **Four for Independence 5-Mile, Grand Park:** David Rothenburger, 31:01 (3); Bob Jones, 31:34 (1); Bill Faulkner, 43:27 (1) & Patricia Tolleson, 47:46 (3).

7/1- Copper Mountain Half: Rich Hadley, 1:56 (1); The B-Man, 2:19 (1). **10K-** Karen Voss, 51:26 (1) & Deb Cunningham, 56:34 (1). **5K** – Deb Hadley, 38:57 (3).

North Fork 50K: Jim Bosik, 6:55 (1).

7/4- Liberty Run 4-Mile, WP: Karen Voss, 28:17 (2); Deb Cunningham, 30:17 (3); Missing Link, 31:09, (3); David Hill, 32:06; Thomas Chambers, 33:49; The B-Man, 33:57 (1); Leslie Mitchell, 36:10; J Gutierrez, 37:12; Deborah Stafford, 37:37; Roger Rybicka, 38:26; Kim Shenfeld, 54:15 & Tom Alison, 55:31.

4 on the Fourth, Boulder: Bob Caillouette, 16:53; Amy Lease, 19:01 (1); Rich Martinez, 19:09; Spiderman Scott, 19:46; Bill Faulkner, 20:03 (1); Bobby Romero, 20:41; Connie Ahrnsbrak, 21:33 (1); Tom Duran, 22:50; Lee Bengston, 23:35 (2); Jerry O'Donnell, 24:53; Penelope, 26:38; Holly Romero, 26:48 & Kim Massey, 30:21 (Kim ran w/daughter Louisa.)

Freedom 5K, Evergreen: Michael Quispe, 18:38 (3); David Rothenburger, 19:14; Christine Adamowski, 19:49 (1); Bill Smithman, 24:21 (3) & Dorothy Bensusan, 29:52. **HLR Independence Day 5K:** 19-year old Keifer Johnson, 16:36 (OA) & War Horse (Keith Johnson), 19:35 (1).

Scartop Mountain 12K, Coal Creek Canyon: David Kelble, 1:06. **5K-** Jim Peterson, 34:46 (1).

7/7 – Vail Hill Climb 7.5: The B-Man, 1:30 (1); Jay Wissot, 1:42; & Vici Dehaan, 2:08 (1).

Middle Park Half, Grandby: Rich Hadley, 1:44 (1). **Redline 13.1, Longmont:** Roger Rybicka, 2:19, while Jim Peterson, 51:18 (2) prevailed in the **5-Miler**.

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 20thth September 2012. If sending an email, please add CMRA to the title so I know it's not spam.

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

Aug 7	(Tue)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Aug 18	(Sat)	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 / Joe Black
Dec 8	(Sat)	10 AM	Stapleton Central Park	 Stapleton Central Park XC 12K	Dan Shaw / Rob Fisher

Once you are 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, and bring it to our next race.

2011 OFFICERS & BOARD OF DIRECTORS

President	Dan Shaw	dshaw_64@yahoo.com
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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

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Visit us on the web at www.comastersrun.org