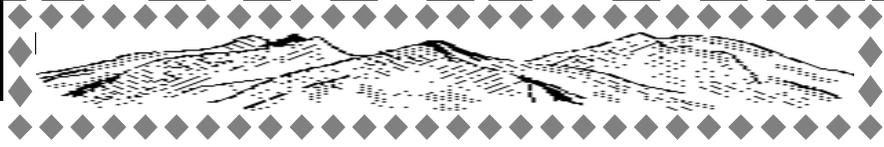


MASTER TIMES



November/December 2012

Volume 45 Issue 6

PRESIDENT'S CORNER

By Dan Shaw

ANNUAL MEETING

The Colorado Masters Running Association will hold its 2013 annual meeting and banquet on Saturday evening, January 19, 2013 at West Woods Golf Club, 6655 Quaker Street, Arvada, CO 80007, the same location as in 2012. The bar will open at 6:30 pm and dinner will be served at 7:00 pm. Board members for 2013 will be elected at the meeting and short board meeting will follow the banquet, to elect officers. The cost of the dinner is \$25 per person.

To get there, take I-70 to the Ward Road exit, then head north on Ward Road to 64th Avenue. Take a left and head west on 64th past Indiana to Quaker Street. Go north on Quaker approximately 1/4 mile. The entrance to the golf course is on the left. The golf club would like a count of people coming so please email or call Ken Simons at 303-421-5835 or kssimons5@q.com by Monday, Jan 16, 2012 if you will be there. Please also advise him any dietary requests.

Please note the club will looking to add new members to the board and several new officers, including:

- President – chief executive officer, serves as spokesperson, represents the entire membership and the best interests of the CMRA, creates the agenda and runs board meetings
- Vice President – assists the president and acts as president in the president's absence, traditionally serves as race director coordinator
- Secretary – keeps club records, including recording the minutes of board meetings

Please feel free to email me (dshaw_64@yahoo.com) or contact any board member with questions. Volunteers will be recruited at the banquet. Please come for dinner and stay to join the board!

2013 SCHEDULE

The 2013 schedule has been finalized and will be posted soon on the CMRA website. There have been just a few changes from 2012. The Sand Creek 5 Miler moves from June to May, replacing the Memorial Run at Twin Lakes Park. The Elk Meadow Trail Run moves to the June slot from August, when it has been the 2nd race in the month in past years. In September, a new race at North Table Mountain replaces the Stone House (2 X) Triple Cross.

For 2013, the club is discontinuing the joint RMRR–CMRA calendar and will instead provide a smaller, simpler calendar listing only CMRA races.

CLUB DUES FOR 2013

One of the best values in running, CMRA club dues have been at \$25 annual for single members for past several years and will continue to be \$25 for 2013, with family memberships remaining \$35. One change is the cost of printed newsletters which increases to \$10 annually, reflecting the increased cost of printing and mailing.

Tuesday evening training run at Crown Hill



CMRA Coal Creek Cross Country Challenge 6 Mile October 14, 2012 Race Results

PLACE	NAME	TIME	AGE
1	Roberto Mandje	33:23	30
2	Tyler Scholl	34:27	12
3	<i>Kristen Johnson</i>	36:03	26
4	Warhorse (Keith) Johnson	36:21	51
5	Greg Abrahamson	36:46	31
6	G. Anthony Kunkel	37:14	20
7	Eric Hislop	37:35	27
8	David Rothenburger	38:39	44

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9	Steven Johnson	38:48	30
10	Shawn Scholl	39:21	48
11	Ernest Ezis	39:49	47
12	Eric Patterson	40:08	47
13	Darren Berns	40:23	43
14	Eli Martin	40:26	27
15	<i>Lesia Atkinson</i>	40:33	46
16	<i>Teri Cady</i>	41:05	36
17	John Ramos	41:26	36
18	Eric Windholz	42:04	44
19	Kevin Forger	42:46	33
20	David Cenicerros	42:49	25
21	Kirk Miller	42:53	49
22	Kevin Cooper	42:59	52
23	<i>Sara Pickering</i>	43:08	45
24	<i>Megan Fibbe</i>	43:28	33
25	Tray Barboza	43:37	28
26	<i>Shannon Fonge</i>	43:43	30
27	Bob Irving	43:45	58
28	Matt Whalen	44:02	36
29	Ben Bergstrand	44:25	36
30	<i>Theresa Jockers</i>	44:50	51
31	Wayne Cousineau	44:52	62
32	Joe Kosenski	44:55	50
33	Sean Connor	44:57	50
34	Dan Shaw	45:00	53
35	Robert Whittemore	45:44	44
36	<i>Monica Ryan</i>	45:49	51
37	Missing Link Lubken	46:09	63
38	John Scott	46:45	47
39	Brett Allendorf	46:53	43
40	Lou Huie	47:25	66
41	Walt Coughlin	47:25	50
42	<i>Holly Graubins</i>	47:30	41
43	<i>Heather Hubridge</i>	47:39	32
44	<i>Natalie Abrahamson</i>	48:03	30
45	<i>Jessie Stedman</i>	48:37	39
46	<i>Gretchen Johnson</i>	48:40	36

Once you are over the hill, you pick up speed

47	Chad Stedman	49:01	40
48	Michael Abbott	50:14	43
49	Alan Johnson	50:33	51
50	<i>Elizabeth Hayden</i>	50:56	40
51	Tim Kingston	51:05	55
52	Rich Martinez	51:42	65
53	John Shea	51:44	55
54	Mark Sunderland	51:46	41
55	John Perez	52:04	61
56	Steve Tidball	52:05	49
57	Tall Red (Ed) Youngberg	52:14	69
58	David Kelble	52:27	55
59	Todd Shaklee	52:56	43
60	Spiderman (Scott) McFarlane	53:24	61
61	The B-Man (Jim) Romero	53:48	72
62	<i>Erin Bosik</i>	53:58	27
63	Kevin Razor	54:38	33
64	Jay D. Trujillo	54:38	54
65	Christopher Meloche	54:46	41
66	<i>Jennifer Forker</i>	55:03	46
67	Bill Faulkner	55:04	71
68	<i>Janet Sandoval</i>	55:09	64
69	<i>Constance Ahrnsbrak</i>	55:16	72
70	J Gutierrez	55:23	59
71	Bruce Rasor	55:59	64
72	Brent Jockers	56:11	62
73	<i>Erin Rowland</i>	56:43	31
74	Chris Reeves	56:44	31
75	Marco Hintz	56:52	32
76	Neil MacFarland	57:29	70
77	<i>Terri Wickstrom</i>	57:59	49
78	<i>Paloma Esquivel</i>	58:44	32
79	Hank Burkman	1:00:05	60
80	Tom Duran	1:01:48	64
81	<i>Patricia Tolleson</i>	1:02:07	63
82	<i>Missy Janessen</i>	1:03:14	37
83	<i>Tina Akin</i>	1:03:44	51
84	<i>Miriam Lang</i>	1:04:24	27

85	<i>Melena Postolowski</i>	1:06:13	25
86	<i>Virginia Landes</i>	1:06:56	62
87	John Seidle	1:07:03	62
88	<i>Lisa Wilson</i>	1:07:15	47
89	<i>Julie Carroll</i>	1:07:16	39
90	<i>Kati Janessen</i>	1:07:41	13
91	Brian Janessen	1:07:42	39
92	Rod Smythe	1:10:50	82
93	<i>Nicole Shaklee</i>	1:11:23	49
94	Michael May	1:11:36	14
95	<i>Brittney Johnson</i>	1:11:46	15
96	<i>Judy Smythe</i>	1:12:13	75
Racewalkers (5K)			
1	<i>Rosalia Dexter</i>	44:16	71
2	<i>Laura McCoy</i>	45:09	57
3	<i>Hannah Hintz</i>	56:51	32

AGE GROUP AWARDS

Coal Creek X Country Challenge			
AGE Group Awards			
	Men		Women
Overall			
1	Roberto Mandje	33:23	Kristen Johnson 36:03
80 and Over			
1	Rod Smythe	1:10:50	
75-79			
1			Judy Smythe 1:12:13
70-74			
1	The B-Man (Jim) Romero	53:48	Constance Ahrnsbrak 55:16
2	Bill Faulkner	55:04	
3	Neil MacFarland	57:29	
65-69			
1	Lou Huie	47:25	
2	Rich Martinez	51:42	
3	Tall Red (Ed) Youngberg	52:14	
60-64			
1	Wayne Cousineau	44:52	Janet Sandoval 55:09

Once you are over the hill, you pick up speed

2	Missing Link Lubken	46:09	Patricia Tolleson	1:02:07
3	John Perez	52:04	Virginia Landes	1:06:56
4	Spiderman (Scott) McFarlane	53:24		
5	Bruce Rasor	55:59		
55-59				
1	Bob Irving	43:45		
2	Tim Kingston	51:05		
3	John Shea	51:44		
4	David Kelble	52:27		
5	J Gutierrez	55:23		
50-54				
1	Warhorse (Keith) Johnson	36:21	Theresa Jockers	44:50
2	Kevin Cooper	42:59	Monica Ryan	45:49
3	Joe Kosenski	44:55	Tina Akin	1:03:44
4	Sean Connor	44:57		
5	Dan Shaw	45:00		
45-49				
1	Shawn Scholl	39:21	Lesia Atkinson	40:33
2	Ernest Ezis	39:49	Sara Pickering	43:08
3	Eric Patterson	40:08	Jennifer Forker	55:03
4	Kirk Miller	42:53	Terri Wickstrom	57:59
5	John Scott	46:45	Lisa Wilson	1:07:15
40-44				
1	David Rothenburger	38:39	Holly Graubins	47:30
2	Darren Berns	40:23	Elizabeth Hayden	50:56
3	Eric Windholz	42:04		
4	Robert Whittemore	45:44		
5	Brett Allendorf	46:53		
35-39				
1	John Ramos	41:26	Teri Cady	41:05
2	Matt Whalen	44:02	Jessie Stedman	48:37
3	Ben Bergstrand	44:25	Gretchen Johnson	48:40
4	Brian Janessen	1:07:42	Missy Janessen	1:03:14
5			Julie Carroll	1:07:16
19 - 34				
1	Greg Abrahamson	36:46	Megan Fibbe	43:28
2	G. Anthony Kunkel	37:14	Shannon Fonge	43:43
3	Eric Hislop	37:35	Heather Hubridge	47:39

4	Steven Johnson	38:48	Natalie Abrahamson	48:03
5	Eli Martin	40:26	Erin Bosik	53:58
14-18 (High School)				
1	Michael May	1:11:36	Brittney Johnson	1:11:46
13 and Under				
1	Tyler Scholl	34:27	Kati Janessen	1:07:41

Hildebrand Ranch 6.6m November 10, 2012 Results

PLACE	NAME	TIME	AGE
1	G Anthony Kunkel	43:37	20
2	Steven Johnson	43:53	30
3	David Rothenburger	44:35	44
4	Steven Sellars	44:36	52
5	Antonio Cuevas	44:38	32
6	Eric Hislop	44:49	27
7	Tim Miller	45:38	42
8	<i>Christine Adamowski</i>	46:18	45
9	John Ramos	47:15	36
10	Michael Brenner	47:24	54
11	Juan Ortiz	50:26	21
12	Sean Connor	50:42	50
13	<i>Heather Dokken</i>	51:45	33
14	Dan Shaw	52:21	53
15	<i>Theresa Jockers</i>	52:39	51
16	Brett Allendorf	53:40	43
17	Scott Jackson	53:41	44
18	Rob Fisher	54:17	62
19	Robert Whittemore	54:42	44
20	Aaron Ruhnow	54:47	41
21	Roger Allen	54:48	61
22	Missing Link Lubken	54:52	63
23	Cliff Jurgens	55:29	47
24	Tyler Dokken	55:50	34
25	Walt Coughlin	56:02	50
26	David Kelble	56:22	55

Once you are over the hill, you pick up speed

27	Matthew Hall	56:25	25
28	Michael Abbott	56:33	43
29	Kevin Snyder	58:12	49
30	Robb Sarchet	58:17	37
31	<i>Stacey Totherow</i>	58:22	45
32	Andrew Sidles	59:01	41
33	Rich Martinez	59:17	65
34	John Perez	59:22	62
35	Bill Faulkner	59:46	71
36	Wayne Stewart	1:00:05	66
37	<i>Elizabeth Hayden</i>	1:00:17	40
38	Robert Kanieski	1:00:26	35
39	Jay D. Trujillo	1:00:27	54
40	The B Man (Jim) Romero	1:00:28	72
41	Tall Red (Ed) Youngberg	1:00:29	69
42	<i>Terri Wickstrom</i>	1:00:30	49
43	David Hill	1:00:31	61
44	Ian Monk	1:01:34	56
45	<i>Jane Harbert</i>	1:01:35	51
46	Spiderman (Scott) McFarlane	1:02:00	61
47	<i>Jennifer Forker</i>	1:03:02	46
48	John Shea	1:03:40	55
49	Chris Sierra	1:03:53	55
50	<i>Jill Sellars</i>	1:03:54	44
51	<i>Claradene Stewart</i>	1:04:04	63
52	George Huner	1:04:25	59
53	<i>Patricia Tolleson</i>	1:07:06	63
54	Brent Jockers	1:07:57	62
55	Earl Beam	1:08:03	62
56	Joe Sanchez	1:09:30	75
57	Lee Bengston	1:10:56	75
58	Ken Simons	1:11:02	75
59	<i>Janet Ralston</i>	1:11:11	50
60	Tom Duran	1:11:12	64
61	<i>Tina Akin</i>	1:11:13	51
62	Sir Fred Trentaz	1:11:14	70
63	Stonewall (Ken) Green	1:26:00	83
Racewalkers (5K)			

1	Rosalia Dexter	43:06	71
2	Rich Ralston	47:12	

Hildebrand Ranch 6.6m Age Group Awards

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	G Anthony Kunkel	43:37	Christine Adamowski	46:18
80 and Over				
1	Stonewall (Ken) Green	1:26:00		
75-79				
1	Joe Sanchez	1:09:30		
2	Lee Bengston	1:10:56		
3	Ken Simons	1:11:02		
70-74				
1	Bill Faulkner	59:46		
2	The B Man (Jim) Romero	1:00:28		
3	Sir Fred Trentaz	1:11:14		
65-69				
1	Rich Martinez	59:17		
2	Wayne Stewart	1:00:05		
3	Tall Red (Ed) Youngberg	1:00:29		
60-64				
1	Rob Fisher	54:17	Claradene Stewart	1:04:04
2	Roger Allen	54:48	Patricia Tolleson	1:07:06
3	Missing Link Lubken	54:52		
4	John Perez	59:22		
5	David Hill	1:00:31		
55-59				
1	David Kelble	56:22		
2	Ian Monk	1:01:34		
3	John Shea	1:03:40		
4	Chris Sierra	1:03:53		
5	George Huner	1:04:25		
50-54				
1	Steven Sellars	44:36	Theresa Jockers	52:39
2	Michael Brenner	47:24	Jane Harbert	1:01:35
3	Sean Connor	50:42	Janet Ralston	1:11:11

Once you are over the hill, you pick up speed

4	Dan Shaw	52:21	Tina Akin	1:11:13
5	Walt Coughlin	56:02		
45-49				
1	Cliff Jurgens	55:29	Stacey Totherow	58:22
2	Kevin Snyder	58:12	Terri Wickstrom	1:00:30
3			Jennifer Forker	1:03:02
40-44				
1	David Rothenburger	44:35	Elizabeth Hayden	1:00:17
2	Tim Miller	45:38	Jill Sellars	1:03:54
3	Brett Allendorf	53:40		
4	Scott Jackson	53:41		
5	Robert Whittemore	54:42		
35-39				
1	John Ramos	47:15		
2	Robb Sarchet	58:17		
3	Robert Kanieski	1:00:26		
19 - 34				
1	Steven Johnson	43:53	Heather Dokken	51:45
2	Antonio Cuevas	44:38		
3	Eric Hislop	44:49		
4	Juan Ortiz	50:26		
5	Tyler Dokken	55:50		

The first cold training run of 2012 (can you tell?)



Thanks to Connie for submitting the photos for this edition

Pelican Update (Constance Ahrnsbrak)

9/29- Americano Loco 6K, Franktown: Connie Ahrnsbrak, 36:40; The Oak (Ross Westley), 37:35; Deborah Stafford, 37:42 & Doug Tollin, 40:29. **Devil Mountain Ultra 50-miles, Pagosa Springs:** G. Anthony Kunkel, 9:51.

Potter's Pasture 5K Trail, Brady, NE: Tall Red (Ed Youngberg), 29:50 (2).
Foremiler, Lone Tree: Elizabeth Hayden, 36:42 (1); Dave Banko, 47:57 (3) & Stonewall (Ken Green), 56:09.

Lake Tahoe 10K, NV: Stan the Man Hayes, 1:02 (1) & Janis Hayes, 1:24 (2).

9/30 – Bear Chase 50K, BCLP: Jim Bosik, 5:49 (1).

10/7- Pikes Peak Road 10K Ascent: Alan Johnson, 1:10 & Elizabeth Hayden, 1:15.

10/13 – Monument Half, Scottsbluff, NE: Amy Lease, 1:54 (1).

Once you are over the hill, you pick up speed

10/21 – The Other Half, Moab: Monica Ryan, 1:47 (2). **Duke City Half, Albuquerque,** The B-Man (Jim Romero), 2:02 (1).

10/27 - Erie Erie 10K: Bob Cooper, 48:37 (2); Amy Lease, 49:15 (3); Bill Faulkner, 55:38 (1); Taunya Wilson, 57:36 (1) & Pat Tolleson, 1:01 (3). **5K** – 12-year old Justin Perry, 20:33 (1); Jim Perry, 21:43 (2); Robert Whittemore, 22:03; Neddie Legg, 30:48 (3); Fred Trentaz, 31:44 (2) & Jim Peterson, 34:36 (3).

Phantom 4-miler, Loveland: Connie Ahrnsbrak, 35:21 (1) & J Gutierrez, 35:58.
Hoofin' It Through the Hallows 5K, Centennial: Robert Kanieski, 23:48 & Roger Rybicka, 29:52 (1).

10/28 – Halloween Hustle 5K, Littelton: Rich Martinez, 24:47 (1); Jesse Tijerina, 24:50; Bob Tafelski, 25:53 (1); Kathy Klesmit, 30:39 (2) & Jim Peterson, 35:14 (3).

11/3 – RNR Half, Savannah, GA: Cassie Klumpp, 2:50.

10-Spot 10-Miler, BCLP: Jennifer Forker, 1:46 & The B-Man, 1:49:55 (1). **5K** – Connie Ahrnsbrak, 30:56 (1).

11/10- HLR Back Country Half: Virginia Landes, 2:17 (2); Todd Shaklee, 2:25 & Nicole Shaklee, 2:40. **Longmont Turkey Trot 10K:** Omar Martinez, 34:28 & Jim Peterson, 1:06 (2).

11/11 – Race for Fetal Hope 5K, WP: Michael Brenner, 21:44 & J Gutierrez, 29:09.

11/17 – Brighton Turkey Trot 5K: Steven Sellars, 18:54 (1); *Jason Barker, 20:41 (2); Robert Whittemore, 21:35; Theresa Jockers, 21:51 (2); Monica Ryan, 23:04 (3); Painted Horse (Jesse Tijerina), 23:30 (3); Rich Martinez, 23:51 (1); Bill Faulkner, 24:43 (1); Robert Tafelski, 25:07 (2); Tall Red, 25:34 (2); Michaela Shaklee, 25:40; Jill Sellars, 26:15; Brent Jockers, 26:38; Connie Ahrnsbrak, 26:58 (1); *Jenna Barker, 27:11 (2); Patricia Tolleson, 27:51 (2); Jennifer Forker, 27:59; Grace Clark, 28:42; Roger Rybicka, 29:41; Jim Peterson, 31:17 (3); Nicole Shaklee, 31:15; *Matthew Reaves, 32:24; *Isaac Reaves, 33:21; Vici Dehaan, 38:25 (3); Jay D. Trujillo, 39:40; Rosalie Dexter, 40:47 (2/RW); Ken Simons, 53:05 (1/RW); *Deann Reaves, 53:06 (RW) & Bob Dexter, 58:39 (W). **The Ken Simons klan.*

11/22- ITurkey Trot 5K, Ken Caryl: Missing Link, 24:10; Stacey Totherow; Deborah Stafford & Lonnie Stafford.

NCMC Turkey Trot 5K, Greeley: Painted Horse, 23:14 (2). **Anthem 5K, Broomfield:** Bill Faulkner, 26:42 (1); Taunya Wilson, 28:24 (1) & Patricia Tolleson, 28:49 (1). **Gobble Wobble 5K, Littleton:** Robert Tafelski, 25:53 (1).

Turkey Trot 4-Mile, WP: Michael Quispe, 23:50 (2); Carmen Kitts, 35:23 (3); J Gutierrez, 35:59; Rich Romero, 36:25 (3); Mike Burzynski, 38:29 & Lee Bengston, 41:24.

Mesa Mi Amigos 10K, AZ: Amy Lease, 48:45 (2).

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 January 2013. If sending an email, please add CMRA to the title so I know it's not spam.

2012 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

Dec 8	(Sat)	10 AM	Stapleton Central Park		Stapleton Central Park XC 12K	Dan Shaw / Rob Fisher
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Watch the CMRA website for the 2013 race schedule. The first race of 2013 will be the Lake Arbor 5k on January 5th at 10am.

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 special articles about training and racing by club members as well as 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	Nicole Shaklee	ctshaklee@msn.com
Club liaison	Valerie Passerini	vpasserini@gmail.com
Newsletter Editor	Jane Harbert	tace_tigger@hotmail.com
Web Site Chairperson	Scott McFarlane	simcfarl@pcisys.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.

Visit us on the web at www.comastersrun.org

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION MEMBERSHIP APPLICATION
FOR CALENDAR YEAR 2013 (10/15/2012 THROUGH 12/31/2013)**

For the mutual benefit of runners and race-walkers. 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 **\$10.00** 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	<input type="checkbox"/>	Event Director	<input type="checkbox"/>	Member Board of Directors	<input type="checkbox"/>
Newsletter Editor	<input type="checkbox"/>	Event registration	<input type="checkbox"/>	Member Recruitment	<input type="checkbox"/>
Membership Database	<input type="checkbox"/>	Quartermaster Corps	<input type="checkbox"/>	Coaching	<input type="checkbox"/>
Racewalking Training	<input type="checkbox"/>	Course Measurement	<input type="checkbox"/>	Race committee	<input type="checkbox"/>

Newsletter: (please select one)

_____ I will download from the website "www.comastersrun.org." (Dates will be emailed to you.)

_____ Please send it snail mail (for an additional \$10.00 per year)

Revised 11/4/12

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