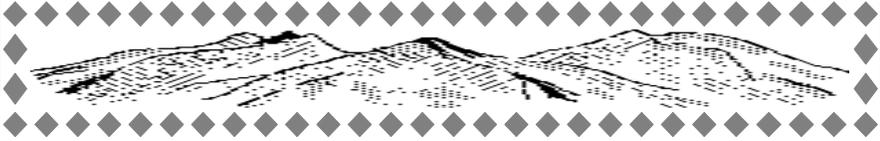


MASTER TIMES



March / April 2013

Volume 46 Issue 2

PRESIDENT'S CORNER

By Jennifer Forker

I don't know about you, but my whole being is aching to run the local trails I've been avoiding the past few months for fear of mud and messiness (not just for myself but for the poor ol' trail system, which takes a beating during the muddy season). What are your favorite trails? Think about sharing that on our CMRA Facebook page – a great place for building community among our CMRA runners. Turn to the Facebook page anytime you have a running question, need a running partner or want to wax poetic about your love of this most glorious sport.

Where are you yearning to run as the weather warms? My hands-down favorite trail system is at North Table Mountain off Highway 93 in Golden. I live nearby, so I get to peer at it from car windows several times a day. Even better is running it, especially since in the last year Jefferson County Open Space created new, fast-moving trails up there. Among those, the Cottonwood Canyon Trail is the best -- we can really fly on that one.

I'm the co-director, with Eric Hislop, of our September race at North Table Mountain. Eric and I are trying to plot a race that will get past the permitting process (we're new at this and have found it's not easy to launch a race on a mountain that's never been raced before). Have no fear: We're not giving up on that ol' mesa. We will have a race there in September.

At its March meeting, the Board voted to offer a subscription to Colorado Runner as a benefit of CMRA membership. We're still working on our membership rolls for the year, but when that's done, we'll each start receiving the bimonthly magazine. The cost was nominal and the magazine's publisher says duplications (from other subscriptions) will be deleted.

We're also working on remaking our membership cards (I have to confess I don't have one). Once they're printed, you can pick up your 2013 membership card at one of our monthly races. I'll keep you posted about membership cards via our Facebook page.

This reminds me: You are our best publicity machine. Please tell your friends and fellow runners about CMRA and encourage them to join you at a CMRA race or to join our membership ranks. We're worth it, right? There's no better way to get in a good, solid race -- no soap guns or zombies to contend with; it's just good ol'-fashioned and delicious running. I've already made a lot of lasting friendships thanks to CMRA and I look forward to running with many of you this year and next.

Let's hit the trails running!

February 9th, Forty Furlongs Results

by Jason Myers

A very nice morning for February in Colorado. 37 degrees at race start with sunny skies, and the paths were clear of ice and snow.

This year's race was once again hosted by Roadrunner Sports in Westminster. We sincerely appreciate the store playing host and providing refreshments. The course was an out-and-back from Sensory Park utilizing City of Westminster Open Space trails Walnut Creek and Big Dry Creek.

We had a great group of runners turn out for this year's race and congratulations to our overall winners Daniel Barron and Molly Smith.

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 as well as helping with the race ceremony. The City of Westminster for allowing us to use their beautiful trails. Joe Baird, Robert Foster, and Joe Sanchez for scoring. Jan Huie, Ken Simons, and Nancy Myers for helping out on the course. Connie Ahrnsbrak, Jen Forkner for helping with registration. Scott McFarlane for helping keep the Forty Furlongs web page up to date. Tom Chambers for coordinating the race ribbons.

Thank you to our sponsors and supporters! Thank you to RoadRunner Sports, and specifically Sam Trevino, for hosting our event and providing generous give-aways. Also thank you to Colfax Marathon; we raffled a free entry. Thanks to Westminster for use of their wonderful facility and trails.

Cheryl Ames & Jason Myers
Race Directors

5 Miler			
PLACE	NAME	TIME	AGE
1	Daniel Barron	28:22	18
2	Michael Kraus	28:53	38
3	Matt Nolen	29:09	30
4	Sam Blackshear	29:26	25
5	Jeffery Lazo	30:01	16
6	David Rothenburger	30:45	44
7	Steven Johnson	30:50	30
8	Matt Smith	31:03	36
9	Christian Oliphant	31:23	44
10	Eric Hislop	31:40	27
11	Jeremy O'Farrell	31:51	36
12	Molly Smith	32:30	32
13	Bret Scofield	32:47	24
14	Megan Fibbs	32:53	33
15	Dan Cornell	33:10	42

16	Eli Martin	33:47	27
17	John Ramos	33:52	36
18	Shaun Schufer	34:22	45
19	Rebecca Larson	34:30	38
20	Shannon Fonger	34:35	30
21	Sean Connor	35:02	51
22	Jacob Wyatt	35:04	43
23	Kevin Fonger	35:19	34
24	Richard Sandoval	35:31	58
25	Justin Perry	35:36	13
26	Jim Perry	35:37	51
27	Juan Ignacio	36:26	21
28	Luke Schwab	36:31	34
29	Theresa Jockers	36:39	51
30	Ellen Cousins	37:14	26
31	Cliff Jurgens	37:24	47
32	Scott Jackson	37:35	45
33	Dan Shaw	37:38	53
34	Naomi Chu	37:47	31
35	Bruce Kirshner	37:49	59
36	Vishesh Regmi	37:54	28
37	Bibek Regmi	37:57	32
38	Julian Cazares	38:00	15
39	Todd Burgess	38:11	43
40	Jesse Tijerina	38:27	61
41	David Martinez	38:57	34
42	Kevin Snyder	39:15	49
43	Ed Cannon	39:18	45
44	Anthony Franceavila	39:22	46
45	Lou Huie	39:29	66
46	Dale Doughman	39:48	55
47	Chris Ross	39:52	44
48	Robert Rivers	39:59	32
49	Robert Kanieski	40:00	35
50	Fred Sumner	40:10	52
51	Jim Bosik	40:21	62
52	Rich Martinez	40:24	66
53	Stacy Totherow	40:27	45
54	Michael Abbott	40:49	43

55	Roman Schwab	40:58	9
56	Bill Rael	41:06	58
57	Kevin Razor	41:13	33
58	Elizabeth Hayden	41:30	40
59	Link Lubken	41:57	63
60	Mike Blanchette	42:18	56
61	Joe Benvegne	42:35	46
62	Jim Romero	42:53	72
63	Drew Bolin	42:58	46
64	Brook Brandt	43:06	38
65	Todd Shaklee	43:15	43
66	Jeff Hesse	43:24	48
67	Scott McFarlane	43:47	61
68	Jay Trijullo	43:57	55
69	Claradene Stewart	44:07	63
70	Wayne Stewart	44:21	66
71	Vanina Jepperson	44:22	33
72	John Shea	44:32	56
73	Rich Romero	44:37	76
74	David Hill	44:51	61
75	Jeff Olson	44:53	53
76	Brent Jockers	44:54	62
77	Jennifer Forker	44:58	47
78	Erin Bosik	45:02	27
79	Bruce Razor	45:04	64
80	Martha Martinez	45:08	45
81	Tom Chambers	45:13	69
82	J Gutierrez	45:35	60
83	Prahanta Aryal	45:43	30
84	Earl Beam	45:55	62
85	Janet Ralston	46:25	50
86	Sylvia Martinez	46:34	29
87	Eric Jepperson	46:42	30
88	David Wise	48:58	70
89	Sherry Spotted Bear	49:25	40
90	Andy McKean	49:26	68
91	Karen McKean	49:35	57
92	Tom Duran	49:47	65
93	Ken Randall	50:18	74

94	Melinda Hudson	50:32	27
95	Lee Bengston	50:44	75
96	Katherine Klesmit	51:09	60
97	Jim Peterson	52:14	74
98	Luke Schwab	56:01	12
99	Nicole Shaklee	57:50	49
100	Tom Alison	1:02:48	75
101	Tirshana Regmi	1:03:07	31

Racewalkers - Forty Furlongs

1	Jan Hill	54:34	54
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Racewalkers - 5K

1	Colleen Jurgens	35:53	44
2	Regina Martinez	1:11:39	38
3	Rebecca Udi		34

5 Miler By Age Groups

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Daniel Barron	28:22	Molly Smith	32:30
75-79				
1	Rich Romero	44:37		
2	Lee Bengston	50:44		
3	Tom Alison	1:02:48		
70-74				
1	Jim Romero	42:53		
2	David Wise	48:58		
3	Ken Randall	50:18		
4	Jim Peterson	52:14		
65-69				
1	Lou Huie	39:29		
2	Rich Martinez	40:24		
3	Wayne Stewart	44:21		
4	Tom Chambers	45:13		
5	Andy McKean	49:26		
60-64				
1	Jesse Tijerina	38:27	Claradene Stewart	44:07
2	Jim Bosik	40:21	Katherine Klesmit	51:09
3	Link Lubken	41:57		
4	Scott McFarlane	43:47		
5	David Hill	44:51		
55-59				
1	Richard Sandoval	35:31	Karen McKean	49:35

2	Bruce Kirshner	37:49		
3	Dale Doughman	39:48		
4	Bill Rael	41:06		
5	Mike Blanchette	42:18		
50-54				
1	Sean Connor	35:02	Theresa Jockers	36:39
2	Jim Perry	35:37	Janet Ralston	46:25
3	Dan Shaw	37:38		
4	Fred Sumner	40:10		
5	Jeff Olson	44:53		
45-49				
1	Shaun Schufer	34:22	Stacy Totherow	40:27
2	Cliff Jurgens	37:24	Jennifer Forker	44:58
3	Scott Jackson	37:35	Martha Martinez	45:08
4	Kevin Snyder	39:15	Nicole Shaklee	57:50
5	Ed Cannon	39:18		
40-44				
1	David Rothenburger	30:45	Elizabeth Hayden	41:30
2	Christian Oliphant	31:23	Sherry Spotted Bear	49:25
3	Dan Cornell	33:10		
4	Jacob Wyatt	35:04		
5	Todd Burgess	38:11		
35-39				
1	Michael Kraus	28:53	Rebecca Larson	34:30
2	Matt Smith	31:03	Brook Brandt	43:06
3	Jeremy O'Farrell	31:51		
4	John Ramos	33:52		
5	Robert Kanieski	40:00		
19-34				
1	Matt Nolen	29:09	Bret Scofield	32:47
2	Sam Blackshear	29:26	Megan Fibbs	32:53
3	Steven Johnson	30:50	Shannon Fonger	34:35
4	Eric Hislop	31:40	Ellen Cousins	37:14
5	Eli Martin	33:47	Naomi Chu	37:47
14-18 (High School)				
1	Jeffery Lazo	30:01		
2	Julian Cazares	38:00		
13 and Under				
1	Justin Perry	35:36		
2	Roman Schwab	40:58		
3	Luke Schwab	56:01		

Spring Spree 5k March 23rd Results

Three years in a row of perfect weather is too much to expect in Colorado mid-March. Race day arrived with howling winds, lots of snow, and bad roads. The good thing was there were no bikes or strollers to contend with on the trail. The CMRA race directors guide that suggests that with a race over 5 miles, that a 5K course be set up, we set up the course markers the night before for both the 10K and 5K. Sure enough, 28 brave souls showed up in time for the race. We were huddled around the registration desk trying to decide what to do. A consensus spread through the group to all run the 5K, so that's what we did. Just to make you folks that stayed in a warm bed feel guilty, a 10 year old girl, Alisa Jackson ran and finished quite well.

The volunteers who usually run the finish line and take times could not make it and we thought we would just have places. However, we got nearly 95% of the times thanks to most runners wearing high-tech watches (only the hard core, time-obsessed runners would show up on such a day). Overall winners were Keith Johnson (19:15) and Elizabeth Hayden (28:21). Age group winners were Jim Romero (M70-74), Tom Chambers (M65-69), Scott McFarlane (M60-64), Michael Guenther (M50-64), Kathy Johnson (F50-64), Scott Jackson (M45-49), Nicole Shaklee (F 45-49), David Rothenburger (M40-44), Sherri Spotted Bear (F40-44), John Ramos (M35-39), and Stephen Johnson (M34 and under). The High School winner was 16 year-old Coe Spotted Bear and, of course, Alissa Jackson was the 13 and under winner (36:23, how does that make you feel?)

Many thanks to all the volunteers: Connie Ahrnsbrak did a great job with registration and results. Janet Ralston and Nicole Shaklee helped with registration. Erica Shiflett from the Boulder Physiotherapy Associates clinic helped with water station, finish line and clean up. Davia and Cathy Wise stood in the bitter cold to help with the water station and finish line. Bonnie Pitzer stood at the the 5K turn around point to ensure no one ran off course. Earl Pitzer helped set up the courses on Friday, helped with the course Saturday morning and helped with clean up and Tom Chambers acquired and helped with the awards.

This report would be woefully incomplete without mention of the Pancho and staff of Platte River Bar and Grill who provided a warm, welcoming place for registration and awards. After the race I was very pleased to see so many runners enjoying lunch at the Platte River Bar and Grille. I hope this is enough thanks to them for the generosity.

Thanks also to Boulder Running Club who provided \$20 gift certificates, Physiotherapy Associate Clinics of Denver area for T-shirts as prizes and raffle and Great Harvest Bread Company of Greenwood Village for bread loaves as raffle prizes.

David Wise, 2013 Spring Spree Race Director

Spring Spree 5k March 23rd Results

PLACE	NAME	TIME	AGE
1	Warhorse (Keith) Johnson	19:15	51
2	Steven Johnson	21:26	30
3	John Ramos	21:52	36
4	Eric Hislop	21:56	27
5	David Rothenburger	21:58	44
6	Michael Guenther	22:40	51
7	David Cenicerros	23:40	25

8	Michael Brenner		54
9	Matthew Hall	25:00	26
10	Robert Whittemore	25:08	44
11	Scott Jackson	25:09	45
12	Brett Allendorf	25:39	44
13	Dan Shaw	26:12	53
14	Michael Abbott	26:59	43
15	Elizabeth Hayden	28:21	40
16	Todd Shaklee	28:29	43
17	Joe Benvegna	28:43	46
18	Kathy Johnson		52
19	The B-Man (Jim) Romero	29:20	72
20	Spiderman (Scott) McFarlane	29:24	61
21	Janet Ralston	29:25	50
22	Tall Red (Ed) Youngberg	30:13	70
23	Coe Spotted Bear		16
24	Strider (Tom) Chambers	31:10	69
25	Sherri Spotted Bear		40
26	Nichole Shaklee	34:51	49
27	Sir Fred Trentaz	35:50	70
28	Derek Troy	35:51	37
29	Alissa Jackson	36:23	10

Spring Spree 5k March 23rd by Age Group

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Warhorse (Keith) Johnson	19:15	Elizabeth Hayden	28:21
70-74				
1	The B-Man (Jim) Romero	29:20		
2	Tall Red (Ed) Youngberg	30:13		
3	Sir Fred Trentaz	35:50		
65-69				
1	Strider (Tom) Chambers	31:10		
60-64				
1	Spiderman (Scott) McFarlane	29:24		
50-54				
1	Michael Guenther	22:40	Kathy Johnson	

2	Michael Brenner		Janet Ralston	29:25
3	Dan Shaw	26:12		
45-49				
1	Scott Jackson	25:09	Nichole Shaklee	34:51
2	Joe Benvegna	28:43		
40-44				
1	David Rothenburger	21:58	Sherri Spotted Bear	
2	Robert Whittemore	25:08		
3	Brett Allendorf	25:39		
4	Michael Abbott	26:59		
5	Todd Shaklee	28:29		
35-39				
1	John Ramos	21:52		
2	Derek Troy	35:51		
19-34				
1	Steven Johnson	21:26		
2	Eric Hislop	21:56		
3	David Cenicerros	23:40		
4	Matthew Hall	25:00		
14-18 (High School)				
1	Coe Spotted Bear			
13 and Under				
1			Alissa Jackson	36:23

The Pelican Brief (Constance Ahrnsbrak)

Late congratulations to Jitka & Jeremy O'Farrell on the birth of first baby, Marek (boy), born October 22, 2012.

Jitka and Jeremy are regulars at most CMRA races and I do believe Jitka walked almost to the last moment.

Valerie Sidles - I started running in high school to stay in shape for sports, but dropped off when I started in public accounting due to the long hours. A job change helped me get back into running more consistently. I love running with my husband because he challenges me to run faster than I would otherwise. You will usually find us running around Crown Hill Park on Sunday morning before church. I also like running with my sister in the Luna Chix group which meet downtown to run for a good portion of the year. I think the best place to run is typically anywhere that is close to where you are, so there's no excuse not to get out there.

Andrew Sidles - I had a sedentary lifestyle from about age 30 to 36. I met my wife Valerie when I was 34, watched her compete in a relay marathon and thought it was crazy. After we were married she got me started running in Cheeseman Park. Then, through her work's Vitality program, I found out how to earn points for house wares and hotel certificates by doing consistent workouts. This past year we rode the MS150, which we trained months for (kind of rigorous). I enjoy running with CMRA to keep a benchmark for my fitness level. I'm the one with the excuses not to run. . . . Go Valerie!

Pat Crespi - I am still in Seattle. I drove 3.5 miles to Richland, WA Friday night and participated in the Badger Mountain Challenge 15k. The course was all uphill for the first 3 miles and then some rolling hills through an apple vineyard. It felt like Green Mountain. I finished in 2:04:59.

1/26 – MLK Dream Run 5K, CP: Theresa Jockers , 23:02 (3/female **OA**); Rich Martinez , 24:10 (1); Jesse Tijerina, 24:19 (2); Michael Abbott, 24:29; Robert Kanieski , 24:37 (3); David Hill, 24:39 (3); Elizabeth Hayden, 24:48 (2); Robert Tafelski, 25:52 (1); Jay Trujillo, 25:54; Spiderman Scott, 26:00; Tall Red (Ed Youngberg), 26:13; Rich Romero , 26:29 (1); Janet Sandoval, 26:41 (2); Connie Ahrnsbrak , 27:17 (1); Brent Jockers, 27:26; Todd Shaklee, 27:43; The B-Man (Jim Romero), 27:54 (2); Dorothy Bensusan ,27:55; Jennifer Forker , 28:20 (3); J Gutierrez, 28:25; The Oak (Ross Westley), 28:49 (2); Lee Bengston, 30:42 (3); Nicole Shaklee, 31:31; Jan Hill, 34:19 (2/RW); Tom Alison, 38:32; Dave Banko, 39:08; Rosalie Dexter, 41:28 (2/W); Laura McCoy, 42:13 (2/RW) & Kim Massey, 42:28.

1/27 – Yeti 10K Chase, BCLP: Michael Abbott, 52:42 & Elizabeth Hayden.

2/3 - Super Bowl 5K, WP: Rich Romero, 27:06 (1); J Gutierrez, 28:33; Kathy Klesmit, 30:36; Hunter Karickhoff, 30:59 & Nichole Shaklee, 33:03.

2/10- San Dieguito Half, CA: Tall Red , 1:56 (1). **Valentine 5K, WP:** Lou Huie, 23:51; Connie Ahrnsbrak, 28:12 (2); Jan Huie, 29:28; Jim Peterson, 32:20 & Nichole Shaklee, 34:57.

2/16 – Loveland Sweetheart 4-mile: Todd/Nichole Shaklee, 35:03 & 39:18 respectively.

2/17- Livestrong Marathon, Austin, TX: Omar Martinez, 2:35:09 (**OA**). *This was Omar's* marathon debut, Congrats!!

Snowman Stampede 10-Mile: Amy Lease, 1:20 (1); Todd Burgess, 1:25; The B-Man, 1:30 (1) & Janet Ralston, 1:37. **5-Mile** – Stacy Totherow, 40:00 & Lee Bengston, 49:36 (2).

2/23- Black Forest 20K: Tall Red, 2:03 (2). **10K** – Robert Kanieski, 59:28.

3/2- The Dam Half, CCSP: Nichole Shaklee, 2:26. **5K** - Devin Croft, 20:44 (1); Kathy Klesmit, 29:32 (1); Roger Rybicka, 29:38; Hunter Karickhoff, 31:09 & Jim Peterson, 31:49 (3).

3/10- ROTG 7K: Antonio Cuevas, 25:19; Scott Kukel, 25:44; Matt Smith, 26:27; Michael Quispi, 26:46; David Rothenburger, 26:48; Molly Smith, 28:20; Chris Adamowski, 28:53 (2); Rich Sandoval, 30:56; Robert Kanieski, 34:58; Michael Abbott, 35:11; The B-Man, 37:15 (1); Elizabeth Hayden, 37:46; Janet Sandoval, 39:01 (2); Tom Chambers, 39:05; Connie Ahrnsbrak, 40:15 (1); J Gutierrez, 42:10; Tom Duran, 42:30; Kathy Klesmit, 42:44; Lee Bengston, 43:15 (2); Roger Rybicka, 43:21; Sir Fred Trentaz, 58:13 & Nanette Benvegna, 1:21.

3/16 – Canyonlands Half, Moab: Amy Lease, 1:45 (2); Michael Abbott, 1:56; Elizabeth Hayden, 1:57 & Claradene Stewart, 2:00. **Five-Miler:** Wayne Stewart, 42:51 (2). **HLR St. Patrick's 5K:** Devin Croft, 20:48 (1).

Lucky Laces 10K, CP: Robert Whittemore, 46:27 & The B-Man, 53:10 (1). **5K** – Connie Ahrnsbrak, 27:19 (1) & J Gutierrez, 28:31 (3). **Erin Go Braugh 7.77K, Arvada:** Alan Johnson, 43:03 (1) & Dorothy Bensusan, 43:53.

If you have any items, photos or articles for the next newsletter (don't be shy), please send them to: Ian Monk (icm-13@hotmail.com) or Jane Harbert (face_tigger@hotmail.com) before 20thth May. If sending an email, please add CMRA to the title so we know it's not spam.

2013 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 Race walkers and 5-year age groupings for Runners. The course for Race walkers 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 Race walkers course will be 5 Kilometers. Race walkers will begin 15 minutes earlier than the runners.

Apr 13	(Sat)	9 AM	Bluffs Regional Park	Bluffs Run 5K	David Banko / John Perez
May 11	(Sat)	8 AM	Bluff Lake Nature Center	Sand Creek 5M	Rob Fisher / Dan Shaw
Jun 8	(Sat)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race	Ed Youngberg
Jul 13	(Sat)	8 AM	White Ranch Park	White Ranch Trail Run	Chris Stone / Theresa Do
Aug 7	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Sep TBD		8 AM	North Table Mountain	The Amazing Race	Jennifer Forker / Eric Hislop
Oct 13	(Sun)	9 AM	Louisville	Coal Creek XC Challenge 6M	Rich Fitzpatrick / Mike Brenner / Ed Youngberg
Nov 9	(Sat)	10 AM	Hildebrand Ranch Park	Veterans run	Dave Black / Joe Black
Dec 14	(Sat)	10 AM	Stapleton Central Park	Stapleton Central Park XC 12K	Dan Shaw / Rob Fisher

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.

2013 OFFICERS & BOARD OF DIRECTORS

President	Jen Forker	jsforker@gmail.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 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.)

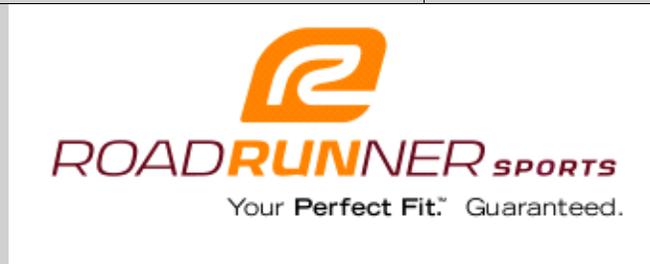
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