

# MASTER TIMES

May / June 2014

Volume 47 Issue 3

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## PRESIDENT'S CORNER

By Jennifer Forker

Hi, everyone.

We're heading into prime racing time. Enjoy your runs and please check the CMRA 2014 race schedule at our web site, [www.comastersrun.org](http://www.comastersrun.org), to avoid racing day conflicts.

Please know that if you haven't renewed your membership for 2014 by now, you'll be charged the \$10 per race cost for non-members. Also, the Board is looking into how to make membership and renewals easier via online sign ups. We hope to have that available in the next few months. (Remember, we're all volunteers, so change can be slow.)

In case you'd like to know: We have about 275 members this year; a lot are family members of runners (we're a hopeful lot). Please continue to pass out our business cards, which you can pick up on race day each month, to friends and co-workers to interest them in trying out our club. As *Competitor* magazine mentioned in its November 2013 issue, we're "the best running deal you never heard of." We'd have to agree. But let's spread the word (and share the run love). We want other runners to hear about us.

### THANK YOU'S

I'd like to thank all of the volunteers who have made the recent month's races so successful. It's because of volunteers that we are able to host any races at all. If you find yourself on the injured list (I hope it's only temporary), please consider volunteering at an upcoming race (feel free to choose mine! It's in September).

Gabe Sisernos kindly shared a photo of himself and Joe Sanchez, which accompanies this column. That's Joe at left and Gabe at right in the photo circa 1974, which is about when the CMRA club was launched. We looked at this and other of Gabe's photos that he brought to our Memorial Run at Sand Creek 5-miler in May at Bluff Lake Nature Center. (I asked him to.) We're trying to get this particular race to tie into our club history, so any others of you who have memories and photos of yourself or club members that go way back, please bring those to my attention so we can share our lore at upcoming races, particularly at the memorial race in May. We also can share photos and memories in this newsletter, so please outreach me with yours at [jsforker@gmail.com](mailto:jsforker@gmail.com).



### FULL MOON RUNS

I'm not going to host any full moon runs until fall, when it gets darker earlier. We will get some other, different social runs going for July and August, so watch for word of those. If you'd like to host a social run, that's an easygoing run followed by a social hour, either at the parking site or at a nearby brewery, etc. – please pipe up! They've been really fun. Fourteen of us met to run 3 and 5 miles, respectively, at the last meet-up at Bear Creek Lake Park, where we parked in the dirt parking lot across from the Conoco station at the Morrison C-470 exit.

## TRAINING OPPORTUNITIES

CMRA member Bill Faulkner recently shared this information: "We are trying to keep up the Wednesday night track workouts started by Glenn McCarthy. He retired last year after 25 years of coaching us oldsters. He was president of the Masters back when he started Glenn's Gaitors and said if anyone wanted to go to his workouts they were welcome.

"We want to keep them running from the first Wednesday in April to the Wednesday before the Georgetown to Idaho Springs Half. They are free for anyone in any condition.

"We hold the workouts at the Century Middle School on Lafayette St. just North of 128th Ave. The workouts start at 6:00 p.m., but it's a good idea to get there early enough to warm up for up to a mile and do some striders. Recently, we did Mile Repeats with 400 Jog Between: 2 sets for people doing under 30 miles/week and 3 sets for those running over 30 miles/week. Each week will be different lengths with about 2 miles total for the short version and 3 miles for the long."

Editor's note: These workouts have been ongoing; join in any time. The Georgetown to Idaho Springs Half Marathon is Aug. 9 this year.

## ANOTHER GOOD TIP

Also from Bill Faulkner: The Boulder Road Runner's first Mondays at Avery's Brewery are open to anyone in the running community. If you show up, you receive a free pint of Avery Beer. Food can be ordered. They start at 5:30 p.m. on first Mondays. Avery's Brewery is at 5763 Arapahoe Avenue across from the Flatirons Golf Course and a little way back behind the car wash. More details here: [www.averybrewing.com](http://www.averybrewing.com)

If you have running news you'd like to share with other club members, please post it to our CMRA Facebook page. We love seeing each other's running photos. You also can send your news to me for this newsletter: [jsforker@gmail.com](mailto:jsforker@gmail.com).

Thanks and happy running!

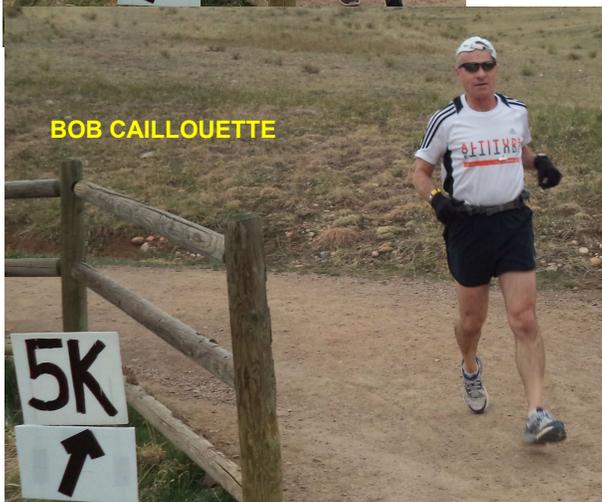
Jen



### BLUFFS 5K PICS

← OVERALL MALE  
NOE ANTONIO CUEVAS

OVERALL FEMALE →  
RACHEL PEREZ



BOB CAILLOUETTE



GOODIES

SAND CREEK PICS



RUNNING / DRINKING OF THE GREEN

PROSPECTIVE RACE DIRECTORS



Thanks to Jen & Connie for the pictures.

Visit us on the web at [www.comastersrun.org](http://www.comastersrun.org)

## April 12<sup>th</sup> Bluffs 5K Run Results

PLACE	NAME	SEX	TIME	AGE
1	Noe Antonio Cuevas	M	19:16	34
2	Steven Johnson	M	19:25	31
3	Jensen Badde	M	19:34	12
4	Keith Johnson	M	19:50	52
5	Eric Albright	M	20:04	41
6	Sam Simkin	M	20:13	41
7	David Rothenburger	M	20:20	45
8	Eric Patterson	M	20:31	49
9	<i>Rachel Perez</i>	F	21:25	34
10	Michael Guenther	M	22:03	52
11	John Ramos	M	22:42	38
12	Michael Brenner	M	23:11	55
13	Aaron Ruhow	M	23:41	43
14	<i>Theresa Jockers</i>	F	24:24	52
15	Todd Burgess	M	24:27	45
16	Brett Allendorf	M	24:35	45
17	Robert Caillouette	M	24:51	59
18	Dan Shaw	M	25:03	54
19	<i>Laurie Nakauchi</i>	F	25:25	44
20	Fred Sumner	M	25:37	54
21	Rich Martinez	M	25:43	67
22	Steven Holonitch	M	25:47	56
23	Dale Doughman	M	25:49	56
24	Joe Bedford	M	25:50	39
25	Michael Abbott	M	25:51	44
26	George Greco	M	26:27	66
27	Michael Keys	M	26:43	68
28	David Taylor	M	27:08	27
29	Wayne Stewart	M	27:09	67
30	<i>Shane Holonitch</i>	F	27:14	63
31	John Shea	M	27:22	56
32	David Kelble	M	27:24	56
33	Jeff Duran	M	27:41	31
34	<i>Kathy Johnson</i>	F	27:42	53
35	Alan Johnson	M	27:53	53
36	Mick Vollmar	M	27:58	60
37	Tall Red (Ed) Youngberg	M	28:00	71
38	The B-Man (Jim) Romero	M	28:08	74
39	Ryan Howell	M	28:16	35
40	<i>Sarah Hoover</i>	F	28:24	43

Once you are over the hill, you pick up speed

41	<i>Claradene Stewart</i>	F	28:28	64
42	Andrew McMorrow	M	28:29	31
43	Bill Faulkner	M	28:31	72
44	<i>Kristen Howell</i>	F	28:33	34
45	<i>Karen McKean</i>	F	28:54	58
46	Todd Shaklee	M	28:59	44
47	Tom Chambers	M	29:00	71
48	<i>Erin McMorrow</i>	F	29:15	28
49	<i>Elizabeth Hayden</i>	F	29:29	41
50	<i>Kimberly Massey</i>	F	29:30	55
51	Mark Hasseman	M	29:45	58
52	Michael Strong	M	29:49	54
53	<i>Janet Ralston</i>	F	29:58	52
54	Jack Barry	M	30:07	76
55	Tom Duran	M	30:11	66
56	Hank Burkman	M	30:16	62
57	J Gutierrez	M	30:43	61
58	Rich Romero	M	30:58	77
59	Mark Custer	M	31:12	50
60	Yerram Bhyri	M	31:19	40
61	<i>Sherri Spotted Bear</i>	F	31:26	41
62	<i>Leslie Mitchell</i>	F	31:35	52
63	<i>Camile Collett</i>	F	32:02	41
64	<i>Nicole Shaklee</i>	F	32:24	50
65	Gabe Sisneros	M	32:32	75
66	Brent Jockers	M	32:53	63
67	Eric Welch	M	33:33	49
68	Ken Simons	M	34:01	76
69	Lee Bengston	M	34:10	76
70	Rick Voorhees	M	37:45	61
71	<i>Alice Bedard-Voorhees</i>	F	39:19	62
72	Benny Voorhees	M	40:05	27
73	<i>Alexi Martinez</i>	F	42:36	9
74	Isac Martinez	M	42:37	41
75	<i>Regina Martinez</i>	F	44:30	39
76	Stonewall (Ken) Green	M	44:59	85
77	Tom Alison	M	45:00	76
<b>Racewalkers (5K)</b>				
1	<i>Laura McCoy</i>	F	43:30	59
2	Ed Gussie	M	45:54	72
3	Jay Gabersky	M	46:46	62
4	Richard Ralston	M	52:08	53

5	<i>C Anderson</i>	F	52:26	45
6	<i>Rosalia Dexter</i>	F	52:46	73
7	<i>Lu Shaw</i>	F	58:05	56

### Bluffs 5K Run Results by age group

Place	Name	Time	Name	Time
	Men		Women	
1	Noe Antonio Cuevas	19:16	Rachel Perez	21:25
<b>80 and Over</b>				
1	Stonewall (Ken) Green	44:59		
<b>75-79</b>				
1	Jack Barry	30:07		
2	Rich Romero	30:58		
3	Gabe Sisneros	32:32		
4	Ken Simons	34:01		
5	Lee Bengston	34:10		
<b>70-74</b>				
1	Tall Red (Ed) Youngberg	28:00		
2	The B-Man (Jim) Romero	28:08		
3	Bill Faulkner	28:31		
4	Tom Chambers	29:00		
<b>65-69</b>				
1	Rich Martinez	25:43		
2	George Greco	26:27		
3	Michael Keys	26:43		
4	Wayne Stewart	27:09		
5	Tom Duran	30:11		
<b>60-64</b>				
1	Mick Vollmar	27:58	Shane Holonitch	27:14
2	Hank Burkman	30:16	Claradene Stewart	28:28
3	J Gutierrez	30:43	Alice Bedard-Voorhees	39:19
4	Brent Jockers	32:53		
5	Rick Voorhees	37:45		
<b>55-59</b>				
1	Michael Brenner	23:11	Karen McKean	28:54
2	Robert Cailhouette	24:51	Kimberly Massey	29:30
3	Steven Holonitch	25:47		
4	Dale Doughman	25:49		
5	John Shea	27:22		
<b>50-54</b>				
1	Keith Johnson	19:50	Theresa Jockers	24:24

Once you are over the hill, you pick up speed

2	Michael Guenther	22:03	Kathy Johnson	27:42
3	Dan Shaw	25:03	Janet Ralston	29:58
4	Fred Sumner	25:37	Leslie Mitchell	31:35
5	Alan Johnson	27:53	Nicole Shaklee	32:24
<b>45-49</b>				
1	David Rothenburger	20:20		
2	Eric Patterson	20:31		
3	Todd Burgess	24:27		
4	Brett Allendorf	24:35		
5	Eric Welch	33:33		
<b>40-44</b>				
1	Eric Albright	20:04	Laurie Nakauchi	25:25
2	Sam Simkin	20:13	Sarah Hoover	28:24
3	Aaron Ruhow	23:41	Elizabeth Hayden	29:29
4	Michael Abbott	25:51	Sherri Spotted Bear	31:26
5	Todd Shaklee	28:59	Camile Collett	32:02
<b>35-39</b>				
1	John Ramos	22:42	Regina Martinez	44:30
2	Joe Bedford	25:50		
3	Ryan Howell	28:16		
<b>19-34</b>				
1	Steven Johnson	19:25	Kristen Howell	28:33
2	David Taylor	27:08	Erin McMorrow	29:15
3	Jeff Duran	27:41		
4	Andrew McMorrow	28:29		
5	Benny Voorhees	40:05		
<b>13 and Under</b>				
1	Jensen Badde	19:34	Alexi Martinez	42:36

## Memorial Run at Sand Creek 5M Results.

PLACE	NAME	SEX	TIME	AGE
1	G. Anthony Kunkel	M	31:10	22
2	Andrew Adamowski	M	31:44	40
3	War Horse (Keith) Johnson	M	32:05	52
4	Eric Albright	M	32:43	41
5	Dan Evans	M	32:54	36
6	Neil Galvez	M	32:55	28
7	Jonathan Fenske	M	33:12	44
8	David Rothenburger	M	34:09	45
9	Adam Blea	M	35:10	30
10	Michael Guenther	M	35:18	52
11	Mark Erickson	M	35:38	48
12	<i>Christine Adamowski</i>	F	35:58	46
13	Shaun Schafer	M	36:39	46
14	John Ramos	M	37:12	38
15	Robert Caillouette	M	38:15	59
16	Sean Connor	M	38:51	52
17	Othman Doubiany	M	39:06	48
18	Brett Allendorf	M	39:32	45
19	Roger Allen	M	39:38	62
20	Todd Burgess	M	39:41	45
21	<i>Birdie (Stacy) Totherow</i>	F	41:59	46
22	<i>Laurie Nakauchi</i>	F	42:16	44
23	Rich Martinez	M	42:23	67
24	Brian Cross	M	42:26	55
25	John Shea	M	42:50	57
26	Michael Keys	M	43:38	68
27	Jay D. Trujillo	M	44:48	55
28	Wayne Stewart	M	45:09	67
29	Mark Hasseman	M	45:19	58
30	The B-Man (Jim) Romero	M	45:22	74
31	Spiderman Scott McFarlane	M	45:23	63
32	Todd Shaklee	M	45:34	44
33	Strider (Thomas) Chambers	M	45:51	71
34	Allen Johnson	M	46:04	53
35	<i>Kathy Johnson</i>	F	46:06	53
36	Ron Chavez	M	46:11	48
37	<i>Jennifer Forker</i>	F	46:16	48
38	<i>Claradene Stewart</i>	F	46:38	65
39	Dave Hill	M	46:42	63
40	<i>Judy Laney</i>	F	47:07	61

Once you are over the hill, you pick up speed

41	<i>Karen McKean</i>	F	47:12	59
42	Jack Barry	M	47:37	76
43	<i>Jane Harbert</i>	F	48:18	53
44	Robert Tafelski	M	48:46	74
45	<i>Sherri Spotted Bear</i>	F	48:54	41
46	<i>Janet Sandoval</i>	F	49:14	65
47	J Gutierrez	M	49:30	61
48	<i>Julie Carroll</i>	F	49:44	40
49	<i>Kathy Berberick</i>	F	50:03	55
50	<i>Anne-Marie Schmidt</i>	F	50:29	56
51	Hank Burkman	M	50:43	62
52	Gabe Sisneros	M	51:59	75
53	Tom Duran	M	53:20	66
54	Andy McKean	M	53:53	69
55	Lee Bengston	M	54:53	76
56	John Seidle	M	54:54	63
57	<i>Iron Lady (Nicole) Shaklee</i>	F	54:56	50
58	<i>Nicky Lee</i>	F	54:57	50
59	<i>Tina Akin</i>	F	55:02	52
60	<i>Michelle Hart</i>	F	55:03	35
61	<i>Irene Keeley</i>	F	55:04	68
62	Derek Troy	M	56:07	38
63	Ken Simons	M	56:25	76
64	Stonewall (Ken) Green	M	1:10:58	85
<b>Racewalkers (5K)</b>				
1	Ian Monk	M	46:15	58
2	<i>Laura McCoy</i>	F	48:52	59
3	<i>Susan Kay</i>	F	49:41	59
4	Ed Gussie	M	50:28	72

## Memorial Run at Sand Creek 5M Results by age group

Place	Name	Time	Name	Time
<b>Overall Men</b>		<b>Overall Women</b>		
1	G. Anthony Kunkel	31:10	Christine Adamowski	35:58
<b>Men</b>		<b>80 and Over</b>		<b>Women</b>
1	Stonewall (Ken) Green	1:10:58		
<b>75-79</b>				
1	Jack Barry	47:37		
2	Gabe Sisneros	51:59		
3	Lee Bengston	54:53		
4	Ken Simons	56:25		
<b>70-74</b>				
1	The B-Man (Jim) Romero	45:22		
2	Strider (Thomas) Chambers	45:51		
3	Robert Tafelski	48:46		
<b>65-69</b>				
1	Rich Martinez	42:23	Claradene Stewart	46:38
2	Michael Keys	43:38	Janet Sandoval	49:14
3	Wayne Stewart	45:09	Irene Keeley	55:04
4	Tom Duran	53:20		
5	Andy McKean	53:53		
<b>60-64</b>				
1	Roger Allen	39:38	Judy Laney	47:07
2	Spiderman Scott McFarlane	45:23		
3	Dave Hill	46:42		
4	J Gutierrez	49:30		
5	Hank Burkman	50:43		
<b>55-59</b>				
1	Robert Caillouette	38:15	Karen McKean	47:12
2	Brian Cross	42:26	Kathy Berberick	50:03
3	John Shea	42:50	Anne-Marie Schmidt	50:29
4	Jay D. Trujillo	44:48		
5	Mark Hasseman	45:19		
<b>50-54</b>				
1	War Horse (Keith) Johnson	32:05	Kathy Johnson	46:06
2	Michael Guenther	35:18	Jane Harbert	48:18
3	Sean Connor	38:51	Iron Lady (Nicole) Shaklee	54:56
4	Allen Johnson	46:04	Nicky Lee	54:57
5			Tina Akin	55:02
<b>45-49</b>				
1	David Rothenburger	34:09	Birdie (Stacy) Totherow	41:59

Once you are over the hill, you pick up speed

2	Mark Erickson	35:38	Jennifer Forker	46:16
3	Shaun Schafer	36:39		
4	Othman Doubiany	39:06		
5	Brett Allendorf	39:32		
<b>40-44</b>				
1	Andrew Adamowski	31:44	Laurie Nakauchi	42:16
2	Eric Albright	32:43	Sherri Spotted Bear	48:54
3	Jonathan Fenske	33:12	Julie Carroll	49:44
4	Todd Shaklee	45:34		
<b>35-39</b>				
1	Dan Evans	32:54	Michelle Hart	55:03
2	John Ramos	37:12		
3	Derek Troy	56:07		
<b>19-34</b>				
1	Neil Galvez	32:55		
2	Adam Blea	35:10		

## The Pelican Brief (Constance Ahrnsbrak)

**3/29**

**Behind the Rocks Trails, Moab:** 15-year old Joe Black, 7:52 (33 miles).

**4/5**

**Cherry Blossom 10-Miler, D.C.:** Amy Lease, 1:16 (3).

**4/6**

**Platte River Half:** Daniel Barron, 1:28 (1); Christine Adamowski, 1:31 (2); Bruce Kirschner, 1:40. John Ramos, 1:44; John Perez, 1:51; Michael Abbott, 1:54; Tall Red (Ed Youngberg), 1:58 (1). Bill Faulkner, 2:00 (2); Joe Benvegna, 2:00:33; Elizabeth Hayden, 2:06; Todd Shaklee, 2:08. Rich Romero, 2:09 (1); Jay Wissot, 2:17; Nicole Shaklee, 2:22; Dave Banko, 2:32. Patricia Tolleson, 2:33 & Earl Beam, 2:41.

**4/19**

**Hippity Hop 10K, Stapleton:** Jay Wissot, 53:18 (1). J Gutierrez, 57:46 (2).

**5K - Connie Ahrnsbrak,** 27:28 (1); Dorothy Bensusan, 29:35 (1) & Laura McCoy, 41:20 (W).

**Beat the Heat Half, BCLP:** Bob Irving, 1:44 (1) & Ross Westley, 2:43 (1).

**10K - The B-Man (Jim Romero),** 56:20 (1).

**Easter Sunday 10K, Wichita:** R2G2 (Ray Grundmeyer), 1:10.

**4/20**

**Westminster Half:** Nicole Shaklee, 2:18.

**4/26**

**FTC Trail Half, Livermore:** Todd Shaklee, 2:26; Nicole Shaklee, 2:40 & Ross Westley, 2:48 (3).

**Ludlow Memorial 10K, Trinidad:** Connie Ahrnsbrak, 1:03.

**Norway Classic 10K, Norway, MI:** Robert Kanieski, 47:52.

**St. Jude Country Music Half, Nashville:** Michael Abbott, 1:53 & Elizabeth Hayden, 2:00.

**4/27**

**Cherry Creek Sneak 10-Miler:** David Hill, 1:23(1); Stacy Totherow, 1:24; Tall Red (Ed Youngberg), 1:29 (1)

The B-Man, 1:33 (2); Mike Burzynski, 1:51 (1); Cassie Klump, 2:01 & Suzanne Buntrock, 2:01.

**5-Miler – Raul Carrizalez,** 30:05 (2); Brett Allendorf, 37:57; Bruce Kirschner, 38:00; Rich Martinez, 40:44 (1); Bobby Romero, 43:29; Karen McKean, 44:40; Tom Duran, 46:22 & J Gutierrez, 46:25.

**5K – Keith Johnson,** 18:50 (1); Kathy Johnson, 25:42; Tom Chambers, 26:15 (1); Jack Barry, 26:55 (1); George Huner, 27:40; Alan Johnson, 27:42; Jim Peterson, 32:34 (2) & Rosalie Dexter, 43:59 (3/Walk).

**5/3**

**Edgewater 5K:** Kim Massey & Clair, 45:19.

**Greenland 25K:** Todd Shaklee, 2:54 & Nicole Shaklee, 3:19. **8-Miler:** Rich Martinez, 1:10 (3) Jim Romero, 1:18 (1); Robert Romero, 1:25 & Dave Banko, 1:37.

**Kohl 5K, Littleton:** Jack Barry, 27:39 (1).

**Just Believe 5K, Negaunee, MI:** Robert Kanieski, 23:54 (2).

**Colorado Women's 10K Classic, Westminster:** Dorothy Bensusan, 1:09.

**Strolling Jim 40-Mile, Wartrace, TN:** Relentless Dave Black, 13:43

**5/4**

**Colorado Marathon, FTC:** John Ramos, 3:58. **Half - Amy Lease,** 1:49 (1). **10K – Raul Carrizalez,** 37:22 (3).

**5/11**

**Rockies Home Run 4 Homeless 5K:** David Hill 23:47(1); Jay Wissot 26:59.

Connie Ahrnsbrak 28:31. The B-Man 28:44 (2); Leslie Mitchell 29:57; Robert Ghormley 31:34 (2)

Suzanne Buntrock, 33:49. Lee Bengston 34:42; Tom Alison 44:54; Ed Gussie, 50:52 (W)

Carol Bengston, 51:45 (3).

Once you are over the hill, you pick up speed

5/16

Immaculate Heart of Mary 5K, Monona, WI: Robert Kanieski, 22:55.

5/17

Carbon Valley Half, Firestone: Kevin Snyder, 1:52 (3); Todd Shaklee, 2:04; Nicole Shaklee, 2:18. Amarante Pacheco, 2:24. 5K – Connie Ahrnsbrak, 28:08 (1).

Bellco Colfax 5K, CP: Tom Duran, 27:02 (3) & Holly Romero, 34:45.

Redline Half Marathon, Erie: The B-Man, 2:09 (1).

Federal Cup 5K: Rich Martinez, 24:24 (2) & Tall Red (Ed Youngberg), 24:58 (1).

Syttende Mai Half, Westby, WI: Robert Kanieski, 1:59.

5/18

Colfax Marathon: David Rothenburger, 3:06 (2<sup>nd</sup>/Master).

Colfax Half: David Hill, 1:46; Tall Red, 1:58 (1); Jay Wissot, 2:01; Judith Laney, 2:04 (3). Rich Romero, 2:31 (running with arm cast.)

Marathon Relay Team -YourPaceOrMine, 3:47 (Elizabeth Hayden, Michael Abbott & Rich Martinez.)

### 2014 Colorado Masters Running / Racewalking Association Schedule

Registration begins 1 hour prior to and closes 15 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)
Jun 7	Sat	8 AM	<a href="#">Elk Meadow, Evergreen</a>	Elk Meadow Trail Race	Ed Youngberg / Janet Sandoval
Jul 19	Sat	8 AM	<a href="#">White Ranch Park</a>	White Ranch Trail Run	Kevin Snyder / Chris Stone
Aug 6	Wed	6:30 PM	<a href="#">Fairmount Park, Golden</a>	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Sep 13	Sat	8 AM	<a href="#">Matthews-Winters / Hogback</a>	The Amazing Race	Eric Hislop / Jennifer Forker
Oct 11	Sat	9 AM	<a href="#">Stone House Park, Lakewood</a>	Stone House (2x) Triple-Cross trail 8.5M	Elizabeth Hayden / Michael Abbott
Nov 8	Sat	10 AM	<a href="#">Hildebrand Ranch Park</a>	Veterans run	Keith Johnson / Kathy Johnson
Dec 13	Sat	10 AM	<a href="#">Stapleton Central Park</a>	 Stapleton Central Park XC 6K	Dan Shaw / Rob Fisher

If you have any items, photos or articles for the next newsletter (don't be shy), please give/send them to:- Ian Monk (email: [icm-13@hotmail.com](mailto:icm-13@hotmail.com)) or Jane Harbert ([tace\\_tigger@hotmail.com](mailto:tace_tigger@hotmail.com)) before 20<sup>th</sup> August 2014. If sending an email, please add CMRA to the title so we know it's not spam.

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION  
MEMBERSHIP APPLICATION FOR CALENDAR YEAR 2014 (01/01/2014 THROUGH 12/31/2014)**

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 **\$30.00 per year** Family (household) **\$45.00 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

Once you are over the hill, you pick up speed

*Please shop at our sponsors:*

Please shop at our sponsors



Arvada, CO and Centennial, CO



\*\*\*\*\*

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

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