

MASTER TIMES

July / August 2014

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PRESIDENT'S CORNER

By Jennifer Forker

WELCOME TO THE END OF SUMMER

It may be the end of summer, but the CMRA racing season strides onward – there's no end in sight for us!

Here's the line-up: The Amazing Race in September is all gorgeous trail in Golden; we get our beloved, fierce Stone House race back in October; the sweet trail at Hildebrand Ranch Park continues in November; and our Stapleton Central Park race in December will be FAST this year: It's now a 6K to accommodate all running abilities. Please take a look at our remaining races in 2014 (at www.comastersrun.org) and mark them on your calendars.

At our recent Fairmount Park 5K Trail race, our results – posted at www.comastersrun.org -- boast a field of 100 runners! And nearly 20 kids ran in the kids' run that preceded the 5K. Thank you, individuals and families, for coming out for this midweek event.

Our August race is special for other reasons: It's when we come together as a club to nosh post-race. Thanks to everyone who brought food to the August 6 race and potluck. It was quite the spread! And thanks to Board member Amy Lease for bringing the grilling meats and setting up that important part of the picnic. Thank you to race director Kristin Paul Moreau for organizing another great race.

We honored Connie Ahnsbrak at the picnic: She'd been on the Board for a good many years as our liaison (i.e., to other clubs, running magazines, etc.) and she's led our race registration for a zillion more years. She's been a club member for decades and held many other positions, including that of president.

We couldn't do race registration without Connie's dedication: She's usually the first person to arrive and one of the last to leave each of our monthly races. (Feel free to thank her for her longtime service anytime.)

We gave Connie a \$50 gift certificate to a local running store and celebrated her service with a giant (delicious) cake. Thank you, Connie.

I hope everyone had a good time at the picnic. (Pics below that I took. The young lady at the street crossing with me was my daughter Grace Clarke, 15, who runs high-school cross country at Ralston Valley High School in Arvada.)

THE AMAZING RACE IS NEXT!

The September race is around the corner on Saturday the 13th. Eric Hislop and I co-direct this one, which is now a 4.5-mile loop through Matthews/Winters Park in Golden. **WE ARE SEEKING VOLUNTEERS!** Please email me if you can volunteer at our September race. It's a pretty one; I have great prizes! ☺

Incidentally, our intent was to host another 10K, but Denver Parks & Recreation declined our permit request, so we need to keep the race within the M/W park confines. (Denver Parks & Rec was really nice with its "no" & my contact suggested 2015 would be different; we hope to get our 10K loop – with two miles in Red Rocks Park – next year.)

I trust this'll be a fast and fantastically fun race looping through Matthews/Winters, one of our prettiest trail systems in the Denver area. I hope you'll join us.

GOOD NEWS!

Our Facebook page has more than 400 "members"! We're adding friends to our Facebook page so fast, the CMRA's Facebook page administrators can barely keep up with the requests! We're adding about a dozen folks to the page each week. It'd be great if we could swell our actual club membership to 400, too! (We're at around 280.)

Education is the key. I really appreciate everyone who is handing out cards and telling their friends about CMRA. It's apparently working. Thank you!

Please let your friends know that our Facebook page is for social and informational purposes only; that club membership goes further. You know the drill: With membership comes 12 free races/year, this FANTASTIC newsletter and more. It includes the good feeling that you're keeping this non-profit club alive, so we can continue to offer outstanding monthly races. That other good feeling is knowing

Visit us on the web at www.comastersrun.org

you're racing in a smaller pool of runners – not among thousands – at locations not commonly raced at a price that cannot be beat! Our local nonprofits – CMRA and Rocky Mountain Road Runners – really are special. Let's keep 'em both healthy and runner-strong.

A REQUEST

Please continue to take a handful of our CMRA "business cards" to stash in your car to share with running friends and PLEASE drop off cards when you visit your local running store for sharing there. It helps us spread the word about the club we love.

LASTLY

The Board is working on how we tag runners at our races. If you attended our July or August race, you know this; we used racing bibs instead of the smaller tags we've traditionally used. We are still tweaking this process so we have accurate results at the end of each race. Please stay tuned for more details and feel free to share your comments with me anytime: jsforker@comastersrun.org.

Happy running, everyone!
Jen

FAIRMONT PICS



←KIDS START



←DAN

JAY →

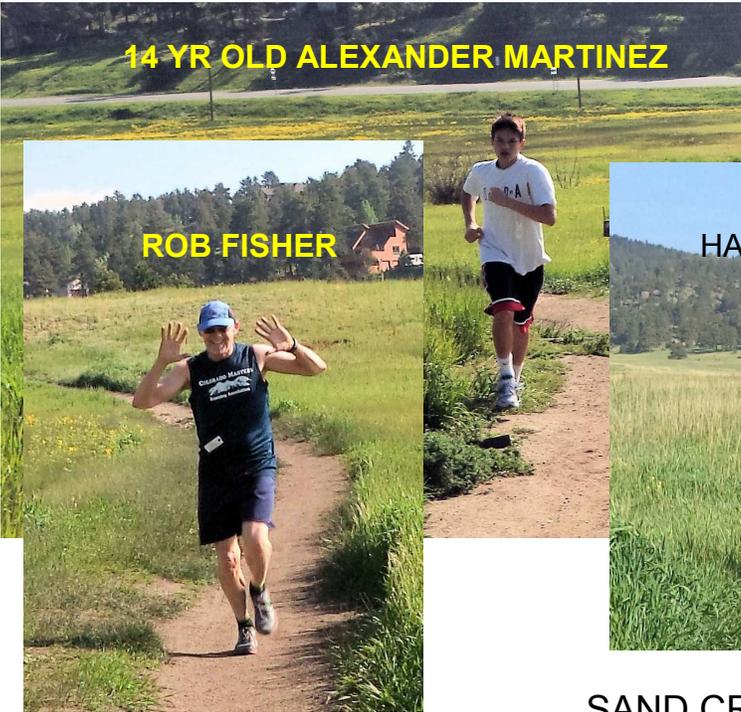


Once you are over the hill, you pick up speed

ELK MEADOW

G. ANTHONY KUNKEL

14-YR OLD ALEXANDER MARTINEZ



ROB FISHER

HANK BURKMAN & KIM MASSEY



SAND CREEK

← LAURA McCOY
FIRST RW



MARK HASSEMAN →



THE MAFIA



THE FRIDAY CLUB



JULY 29TH BIRTHDAY RUN FOR KIM JANET JAY & TODD



Thanks to Jen, Connie, & Jay for the pictures.

KATIE ON THE MOVE

Katie (Mighty Mouse) is the 9- year old daughter of long-time CMRA members David & Michelle Kelble. Katie has been running since she was a baby as David pushed her in a stroller while racing. Katie has won her age group in several recent races including the

Cougar Tracks 5K, the Barks & Belts 5K and she finished 2nd at the Spruce Canyon Coal Creek 5K on July 4.

However, it seems that Mighty Mouse has another passion, competitive rock climbing. Katie has qualified twice for the Divisional Championships for the Western U.S. This July after finishing

5th at the Divisional, she received an invitation to compete in the U.S. Nationals where she finished in the top 35 in her age group (11 and under). She climbs for the Denver Bouldering Club, and trains three times a week.

Katie started climbing when she was 3 years old getting her inspiration from mom, Michelle, who is an avid climber. Katie can climb 5.12 indoors and 5.11 outdoors. If you are not familiar with rock climbing, that is really tough, like climbing a glass wall.

In addition, Katie also qualified for the U.S. Snowshoe Racing Nationals this year, finishing 2nd in the uphill, winning a gold medal in the relay and finishing 7th in the individual 5K.

She has climbed 16 of Colorado14ers and hopes to bag them all by the time

she is 18. Most importantly, despite her busy little life with snowshoeing, mountain climbing, running and rock climbing, Katie is a straight A student. She is in the fourth grade. Wow!

Connie Ahnsbrak

Once you are over the hill, you pick up speed

June 7th Elk Meadow Trail 5.75 Mile Results

PLACE	NAME	SEX	TIME	AGE
1	Jeffery Lazo	M	36:24	15
2	G. Anthony Kunkel	M	37:35	22
3	War Horse (Keith) Johnson	M	39:10	53
4	Luis Ronquillo	M	39:11	19
5	Jordan Potrzeba	M	39:15	21
6	Steven Johnson	M	39:30	31
7	Hector Martinez	M	39:48	30
8	Jonathan Fenske	M	39:57	44
9	Riveuz F.	M	40:25	16
10	David Rothenburger	M	40:40	45
11	George Forbes	M	40:54	45
12	Phil McNeal	M	41:14	24
13	Kurt Hardester	M	41:17	46
14	<i>Brett Scofeld</i>	F	41:51	25
15	David Blankenship	M	42:04	40
16	<i>Jessica Cunningham</i>	F	44:38	23
17	<i>Kayla Young</i>	F	44:39	15
18	Joe Black	M	45:18	16
19	Rich Sandoval	M	45:57	60
20	John Ramos	M	45:59	38
21	<i>Irene Barrera</i>	F	46:04	19
22	Devin Croft	M	46:15	61
23	Sean Connor	M	47:04	52
24	Roger Allen	M	47:29	62
25	Brian Cross	M	47:48	55
26	Dan Shaw	M	48:08	54
27	<i>Valerie Zajac</i>	F	48:09	29
28	Greg Wobbema	M	48:12	55
29	Brett Allendorf	M	48:33	45
30	<i>Theresa Jockers</i>	F	49:07	52
31	Andrew McMorro	M	49:16	32
32	Joe Bedford	M	49:36	39
33	Bob Irving	M	49:46	59
34	Chris Stone	M	50:08	47
35	Sven Leyffer	M	50:10	49
36	David Kelble	M	50:36	56
37	John Shea	M	50:55	57
38	Alexander Martinez	M	50:59	14
39	<i>Ashley Potrzeba</i>	F	51:00	25
40	<i>Laurie Nakauchi</i>	F	51:01	44

41	<i>Joan Hook</i>	F	51:02	52
42	David Taylor	M	51:32	28
43	<i>Birdie (Stacy) Totherow</i>	F	51:42	46
44	Robert Kanieski	M	52:05	37
45	Michael Keys	M	52:51	68
46	Jairo Tiscareno	M	53:18	17
47	Michael Nothem	M	53:21	20
48	Rob Fisher	M	53:31	64
49	<i>Erin McMorrow</i>	F	53:35	29
50	Bruce Dahm	M	55:07	45
51	Ron Chavez	M	55:18	48
52	Mark Hasseman	M	55:40	58
53	Jay Dee Trujillo	M	55:48	55
54	The B-Man (Jim) Romero	M	57:04	74
55	Gale Meuret	M	57:15	67
56	<i>Lily Walter</i>	F	57:26	15
57	<i>Olivia Friedman</i>	F	57:49	15
58	Jeff Young	M	58:07	58
59	Spiderman (Scott) McFarlane	M	58:25	63
60	<i>Kimberly Massey</i>	F	59:05	55
61	Hank Burkman	M	59:06	62
62	George Huner	M	59:21	60
63	<i>Karen McKean</i>	F	01:00:33	59
64	Jack Barry	M	01:00:57	76
65	Michael Stong	M	01:01:07	54
66	<i>Janet Sandoval</i>	F	01:01:26	65
67	<i>Fran Schneider</i>	F	01:05:13	59
68	<i>Dorothy Bensusan</i>	F	01:07:51	55
69	Aaron Kaylor	M	01:07:58	25
70	<i>Nicky Lee</i>	F	01:08:02	50
71	<i>Ironlady (Nicole) Shaklee</i>	F	01:09:44	50
72	<i>Irene Keeley</i>	F	01:09:45	39
73	<i>Mindy Bradford</i>	F	01:09:56	53
74	Gabe Sisneros	M	01:10:34	75
75	<i>Tina Akin</i>	F	01:10:53	52
76	Hunter Karickhoff	M	01:12:02	14
77	<i>Anne Marie Schmidt</i>	F	01:14:36	56
78	Brent Jockers	M	01:14:42	63
79	Dave Black	M	01:34:32	63
Racewalkers (5K)				
2	Ed Gussie	M	42:27	72

Once you are over the hill, you pick up speed

Elk Meadow Trail 5.75 Mile Results by Age Group

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Jeffery Lazo	36:24	Brett Scofeld	41:51
75-79				
1	Jack Barry	01:00:57		
2	Gabe Sisneros	01:10:34		
70-74				
1	The B-Man (Jim) Romero	57:04		
65-69				
1	Michael Keys	52:51	Janet Sandoval	01:01:26
2	Gale Meuret	57:15		
60-64				
1	Rich Sandoval	45:57		
2	Devin Croft	46:15		
3	Roger Allen	47:29		
4	Rob Fisher	53:31		
5	Spiderman (Scott) McFarlane	58:25		
55-59				
1	Brian Cross	47:48	Kimberly Massey	59:05
2	Greg Wobbema	48:12	Karen McKean	01:00:33
3	Bob Irving	49:46	Fran Schneider	01:05:13
4	David Kelble	50:36	Dorothy Bensusan	01:07:51
5	John Shea	50:55	Anne Marie Schmidt	01:14:36
50-54				
1	War Horse (Keith) Johnson	39:10	Theresa Jockers	49:07
2	Sean Connor	47:04	Joan Hook	51:02
3	Dan Shaw	48:08	Nicky Lee	01:08:02
4	Michael Stong	01:01:07	Ironlady (Nicole) Shaklee	01:09:44
5			Mindy Bradford	01:09:56
45-49				
1	David Rothenburger	40:40	Birdie (Stacy) Totherow	51:42
2	George Forbes	40:54		
3	Kurt Hardester	41:17		
4	Brett Allendorf	48:33		
5	Chris Stone	50:08		
40-44				
1	Jonathan Fenske	39:57	Laurie Nakauchi	51:01
2	David Blankenship	42:04		
35-39				
1	John Ramos	45:59	Irene Keeley	01:09:45

2	Joe Bedford	49:36		
3	Robert Kanieski	52:05		
19-34				
1	G. Anthony Kunkel	37:35	Jessica Cunningham	44:38
2	Luis Ronquillo	39:11	Irene Barrera	46:04
3	Jordan Potrzeba	39:15	Valerie Zajac	48:09
4	Steven Johnson	39:30	Ashley Potrzeba	51:00
5	Hector Martinez	39:48	Erin McMorro	53:35
14-18 (High School)				
1	Riveuz F.	40:25	Kayla Young	44:39
2	Joe Black	45:18	Lily Walter	57:26
3	Alexander Martinez	50:59	Olivia Friedman	57:49
4	Jairo Tiscareno	53:18		
5	Hunter Karickhoff	01:12:02		

July 19th White Ranch Park 6M Results

PLACE	NAME	SEX	TIME	AGE
1	Tobias Albrigtsen	M	41:20	20
2	Christopher Knott	M	41:30	34
3	Michael Nothem	M	41:48	20
4	Jairo Tiscareno	M	44:00	18
5	Noe Antonio Cuevas	M	47:07	34
6	Keith Johnson	M	47:13	53
7	Jonathan Fenske	M	47:34	44
8	Hector Martinez	M	48:18	30
9	Luis Ronquillo	M	48:54	19
10	George Forbes	M	50:07	45
11	Steven Johnson	M	50:26	31
12	David Rothenburger	M	52:00	45
13	Tim Miller	M	52:57	44
14	Kevin McGouldrick	M	53:58	44
15	Michael Brenner	M	55:45	55
16	John Ramos	M	56:11	38
17	<i>Irene Barrera</i>	F	56:42	20
18	Shaun Schafer	M	56:49	46
19	<i>Laurie Nakauchi</i>	F	57:08	44
20	Rich Micheson	M	57:47	57
21	Sean Connor	M	58:46	52
22	<i>Jitka O'Farrell</i>	F	1:00:21	36
23	<i>Theresa Jockers</i>	F	1:00:25	53
24	Greg Wobbema	M	1:00:27	55
25	<i>Vicki Hunter</i>	F	1:00:41	53

Once you are over the hill, you pick up speed

26	David Martinez	M	1:00:54	36
27	<i>Louisa Jenkins</i>	F	1:00:55	48
28	Robert Kanieski	M	1:01:32	37
29	Ben Bergstrand	M	1:02:32	38
30	Roger Allen	M	1:03:04	62
31	Brett Allendorf	M	1:03:12	45
32	David Taylor	M	1:03:14	28
33	Tony Harlow-Rivas	M	1:03:28	39
34	Ed Halteman	M	1:03:30	60
35	<i>Stacy Totherow</i>	F	1:03:34	46
36	David Kelble	M	1:03:35	56
37	Michael Blanchette	M	1:03:38	57
38	Doug Young	M	1:04:21	51
39	Todd Burgess	M	1:04:47	45
40	Michael Keyes	M	1:05:17	68
41	Rob Fisher	M	1:05:42	64
42	<i>Ellen Kennard</i>	F	1:05:50	53
43	Wayne Stewart	M	1:06:22	67
44	Frank Kunkel	M	1:06:33	65
45	<i>Mirka Gores</i>	F	1:06:52	37
46	Rich Martinez	M	1:07:35	67
47	<i>Kim Grant</i>	F	1:07:49	54
48	Dale Doughman	M	1:07:51	56
49	<i>Michelle Driscoll</i>	F	1:09:34	25
50	<i>Carolyn Hicks</i>	F	1:09:56	57
51	Spiderman (Scott) McFarlane	M	1:10:14	63
52	Bill Faulkner	M	1:10:19	73
53	Tall Red (Ed) Youngberg	M	1:10:44	71
54	<i>Tanya Fuller</i>	F	1:11:03	43
55	Pete Egofske	M	1:11:22	56
56	<i>Ashley Potrzeba</i>	F	1:11:27	25
57	Ron Chavez	M	1:12:08	48
58	Alan Johnson	M	1:12:19	53
59	Mark Hasseman	M	1:12:39	58
60	J Gutierrez	M	1:13:12	61
61	Tom Chambers	M	1:14:00	71
62	<i>Kathy Johnson</i>	F	1:14:17	53
63	<i>Sylvia Martinez</i>	F	1:14:50	30
64	<i>Claradene Stewart</i>	F	1:15:39	65
65	<i>Sherri Spotted Bear</i>	F	1:16:12	42
66	<i>Reese Evenson</i>	F	1:16:44	45
67	<i>Stephanie Knudson</i>	F	1:18:06	46
68	Jack Barry	M	1:18:32	76

69	Rick Nistico	M	1:18:41	61
70	<i>Jean Nistico</i>	F	1:18:49	67
71	Lee Bengston	M	1:19:21	76
72	<i>Janet Ralston</i>	F	1:20:05	52
73	Ken Simons	M	1:21:20	76
74	<i>Carmen Kitts</i>	F	1:21:50	63
75	John Seidle	M	1:24:40	64
76	Gabe Sisneros	M	1:24:47	76
77	Verne Carlson	M	1:25:26	81
78	<i>Patricia Tolleson</i>	F	1:27:26	65
79	<i>Amanda McCormick</i>	F	1:27:48	25
80	<i>Amanda Moore</i>	F	1:29:25	25
81	<i>Amy Moore</i>	F	1:29:26	47
82	<i>Mary Parks</i>	F	1:39:10	23
83	<i>Julia Egofske</i>	F	1:39:30	22
Racewalkers (5K)				
1	Ed Gussie	M	53:45	72
2	<i>Laura McCoy</i>	F	55:48	59
3	Richard Ralston	M	1:04:05	53

White Ranch Park 6M Results by Age Group

Place	Name	Time	Name	Time
	Men		Women	
Overall				
1	Tobias Albrigtsen	41:20	Irene Barrera	56:42
80 and Over				
1	Verne Carlson	1:25:26		
75-79				
1	Jack Barry	1:18:32		
2	Lee Bengston	1:19:21		
3	Ken Simons	1:21:20		
4	Gabe Sisneros	1:24:47		
70-74				
1	Bill Faulkner	1:10:19		
2	Tall Red (Ed) Youngberg	1:10:44		
3	Tom Chambers	1:14:00		
65-69				
1	Michael Keyes	1:05:17	Claradene Stewart	1:15:39
2	Wayne Stewart	1:06:22	Jean Nistico	1:18:49
3	Frank Kunkel	1:06:33	Patricia Tolleson	1:27:26
4	Rich Martinez	1:07:35		
60-64				
1	Roger Allen	1:03:04	Carmen Kitts	1:21:50

Once you are over the hill, you pick up speed

2	Ed Halteman	1:03:30		
3	Rob Fisher	1:05:42		
4	Spiderman (Scott) McFarlane	1:10:14		
5	J Gutierrez	1:13:12		
55-59				
1	Michael Brenner	55:45	Carolyn Hicks	1:09:56
2	Rich Micheson	57:47		
3	Greg Wobbema	1:00:27		
4	David Kelble	1:03:35		
5	Michael Blanchette	1:03:38		
50-54				
1	Keith Johnson	47:13	Theresa Jockers	1:00:25
2	Sean Connor	58:46	Vicki Hunter	1:00:41
3	Doug Young	1:04:21	Ellen Kennard	1:05:50
4	Alan Johnson	1:12:19	Kim Grant	1:07:49
5			Kathy Johnson	1:14:17
45-49				
1	George Forbes	50:07	Louisa Jenkins	1:00:55
2	David Rothenburger	52:00	Stacy Totherow	1:03:34
3	Shaun Schafer	56:49	Reese Evenson	1:16:44
4	Brett Allendorf	1:03:12	Stephanie Knudson	1:18:06
5	Todd Burgess	1:04:47	Amy Moore	1:29:26
40-44				
1	Jonathan Fenske	47:34	Laurie Nakauchi	57:08
2	Tim Miller	52:57	TanyA Fuller	1:11:03
3	Kevin McGouldrick	53:58	Sherri Spotted Bear	1:16:12
35-39				
1	John Ramos	56:11	Jitka O'Farrell	1:00:21
2	David Martinez	1:00:54	Mirka Gores	1:06:52
3	Robert Kanieski	1:01:32		
4	Ben Bergstrand	1:02:32		
5	Tony Harlow-Rivas	1:03:28		
19-34				
1	Christopher Knott	41:30	Michelle Driscoll	1:09:34
2	Michael Nothem	41:48	Ashley Potrzeba	1:11:27
3	Noe Antonio Cuevas	47:07	Sylvia Martinez	1:14:50
4	Hector Martinez	48:18	Amanda McCormick	1:27:48
5	Luis Ronquillo	48:54	Amanda Moore	1:29:25
14-18 (High School)				
1	Jairo Tiscareno	44:00		

The Pelican Brief (Constance Ahrnsbrak)

5/13

River Run 10K, Wichita, KS: R2G2 (Ray Grundmeyer), 1:11.

5/26

Bolder Boulder: Raul Carrizales 36:56 (3). David Rothenburger 39:29 (5).

Christine Adamowski 41:27 (1). Michael Brenner 45:10 (9). John Ramos 46:39 (2).

Brett Allendorf 48:12. John Shea 50:01. Stacy Totherow 50:04. Amy Lease 50:49 (3).

Michael Abbott 50:52. Rich Martinez 51:14 (6). John Perez 51:38. Bill Smitham 51:58 (3).

Robert Kanieski 52:03. Joe Benvegnu 52:19. Ed Youngberg 53:55 (3). Wayne Stewart 54:49.

Claradene Stewart 54:59 (2). Bill Faulkner 55:09 (4). Jim Romero 55:22 (1).

Tom Chambers 55:24 (4). Janet Sandoval 55:33 (3). Connie Ahrnsbrak 56:48 (1).

Jack Barry 58:03 (1). J Gutierrez 58:52. Carmen Kitts 59:04 (7). Tom Duran 59:49.

Karen McKean 59:54. Nicole Shaklee 1:03:01. Lee Bengston 1:03:17 (4). Ross Westley 1:03:37 (2).

Hunter Karickhoff 1:03:50. Patricia Tolleson 1:04. Jim Peterson 1:08 (4). Terry McFarlane 1:09.

Robert Ghormley 1:09. Kenneth Green 1:15 (1). Holly Romero 1:17. Ed Gussie 1:35 (W).

6/1

Casper Marathon, WY: Todd /Nicole Shaklee 4:42 & 5:03 respectively.

Golden Gate 12-Mile: Michael Abbott 3:13. Tina Akin 3:26.

Columbine Classic: 4-mile – Jeff Duran 31:17 (3/OA). Tom Duran 39:22 (3).

8-Mile – Mark Hasseman 1:12 (3). Jennifer Forker 1:17.

Foothills Feat Tri: Tom Chambers (1).

San Diego Rock N Roll Marathon: Tall Red (Ed Youngberg) 4:42:12.

6/8

GOTG 10-Mile: Stacy Totherow 1:27. Rich Martinez 1:29 (3). Missing Link 1:32.

Vail 10K: Alan Johnson 1:21.

6/14

Mt. Evans 14.5 Climb: David Kelble 3:26. Alan Johnson 3:28:02. The B-Man 3:28:03 (2).

Bill Faulkner 3:31 (3). Janet Ralston 3:56. Tina Akin 4:07. Pat Tolleson 4:08.

6/21

Howelson Hill 4-Mile SBS: Ken Simons 46:02 (1).

6/22

Strawberry Shortcut, Glenwood Springs: 10K – Missing Link 50:30 (1). **5K:** Missing Link, 25:23(1).

Pie in the Sky 20K, Alma: Robert Kanieski 2:11. The B-Man 2:36 (1). John Ramos 3:22.

10K – Stacy Totherow 1:04. Nicole Shaklee 1:22.

Lookout Mountain Tri: Jay D. Trujillo 1:31.

6/28

Winter Park Half: Robert Kanieski 1:57. Ed Youngberg 2:16 (1).

Stadium stampede 5K: Tom Chambers 27:08 (1). Connie Ahrnsbrak 27:49 (1).

J Gutierrez 28:13 (2). Rich Romero 30:53. Laura McCoy 42:29 (1/W). Tom Alison 43:33.

10K – David Hill 49:32 (1).

Northside Stride 5K, Sloans: Jairo Tiscareno 16:31 (1). Jeffery Lazo 16:44 (2).

Luis Ronquillo 18:33 (3). Irene Barrera 21:07 (2). Bill Smitham 26:05 (1). Sylvia Martinez, 26:02 (1).

Martha Martinez 26:06 (1). Jeff Young 26:22 (1). Dafni Martinez 34:26 (1).

Slacker Half, Georgetown: Shane Holonitch 1:52 (1). Bill Faulkner 1:56 (2). The B-Man, 2:05 (3).

Todd Shaklee 2:10. Nicole Shaklee 2:19. Patricia Tolleson 2:23. **4-Mile:** Jay Trujillo 30:13 (3).

Kathy Berberick 36:34 (3). Ed Gussie, 53:06 (W).

Elk Meadow 10K, Evergreen: Adam Adamowski 44:12 (1). Ken Simons 1:21 (1).

5K: Christine Adamowski 24:03 (OA).

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7/4

Freedom 5K Evergreen: David Rothenburger 19:47 (2). Hank Burkman 28:08.
Dorothy Bensusan 28:43. Fran Schnieder 30:26.

Scar Top 12K: David Kelble 1:05. Stacy Totherow 1:06 (2). Brett Allendorf 1:06. Kevin Snyder 1:11.
Michael Abbott 1:13. J Gutierrez 1:18 (2). Elizabeth Hayden 1:28.

Spruce Canyon 5K: Kim Massey 28:37 (1). Connie Ahrnsbrak 29:13 (1).

11-year old Katie Kelble 31:42 (2). Laura McCoy 42:10 (W). Ed Gussie 42:46 (1).

Liberty 4-Mile, WP: Roger Allen 30:08 (2). Dave Hill 31:09 (3). Lee Bengston 40:50 (2).

Avery 4K on the 4th, Boulder: Rich Sandoval 16:47 (1). Amy Lease 18:42 (1). Rich Martinez 19:29.
Missing Link 19:31. Bill Faulkner 21:01 (1). Tom Chambers 21:19 (2). Jack Barry 22:37 (1).
Tom Duran 22:43.

Vail Hill Climb 7.2: Laurie Nakachui 1:14. The B-Man 1:27 (1). Ellen Kennard 1:27.

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Pearl Street Mile, Boulder: G. Anthony Kunkel 4:59. Noe Cuevas 5:15.

14-year old Justin Perry 5:32. Rich Sandoval 6:21. Janet Sandoval 8:02.

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Sand Creek Half, Stapleton: David Hill 1:49 (3). **10K:** Lee Bengston 1:04 (1).

Boomers' Cystic Fibrosis 4-Mile, Central Park, N.Y.: Tom Duran 37:26.

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)
Sep 13	Sat	8 AM	Matthews-Winters / Hogback	The Amazing Race	Eric Hislop / Jennifer Forker
Oct 11	Sat	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Elizabeth Hayden / Michael Abbott
Nov 8	Sat	10 AM	Hildebrand Ranch Park	Veterans run	Keith Johnson / Kathy Johnson
Dec 13	Sat	10 AM	Stapleton Central Park	 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) or Jane Harbert (tace_tigger@hotmail.com) before 20th August 2014. If sending an email, please add CMRA to the title so we know it's not spam.

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**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

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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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