

MASTER TIMES



September / October 2014

Volume 47 Issue 5

PRESIDENT'S CORNER

By Jennifer Forker

Please make sure the 8.5-mile Stone House race on Oct. 11 is on your calendars. This begins our 9:00 a.m. race starts (you're welcome!). More info here: www.comastersrun.org/Race_Info/2014/StoneHouse.html. It's never too late to volunteer, but please check in with the race directors first; showing up to volunteer unannounced is difficult for race directors to work around.

Have you ever wanted to try your hand at directing a road or trail race? CMRA makes it EASY; race directors are well supported. We are seeking a race director for our March 2015 Spring Spree 10K at Platte River Bar & Grill, 5995 S. Santa Fe Dr., Littleton.

If you're interested in hearing more about how race directing works, please email me (jsforker@gmail.com) or Rob Fisher, our race director liaison on the Board (fomorob5@gmail.com). Having just co-directed the September race, I can tell you it's very rewarding.

SAVE THE DATE! Our annual AWARDS BANQUET will be Saturday, January 17, 2015, with cocktails at 6.30 p.m. & dinner at 7:00 at The Arvada Center, 6901 Wadsworth Blvd., Arvada, 80003. More details to come.

We have added a lot of new followers to our online Facebook page in recent months. While our CMRA membership is up to or surpasses 350, our Facebook followers exceed 430. I suspect many of you are not on Facebook, so these non-member followers likely amount to far more than 100.

Our Facebook page is wonderful for helping folks learn last-minute racing news (our own and others'), find friends with whom to run, and share running tips and motivational images and interviews. If you're on Facebook but haven't joined our page, please do! We're at "Colorado Masters Running Association."

Please post your running testimonials to our Facebook page to help our non-member followers learn the benefits of CMRA membership (let's rope 'em in!). I know running with my CMRA friends – at races and during weekend meet-ups -- has made me a stronger, smarter, faster runner. I appreciate the camaraderie and the fun. Please post your own CMRA stories to our Facebook page.

We hope to have online membership activation and renewals up before long – at least by January 2015. This will make it easier for all of us to renew our memberships and for our Facebook followers and other friends to officially join our tribe.

Finally, I hope you'll consider attending the Awards Banquet in January. It really is a wonderful time – and boy, do you all look good showered and gussied up. What a rare treat!

Happy running & racewalking.

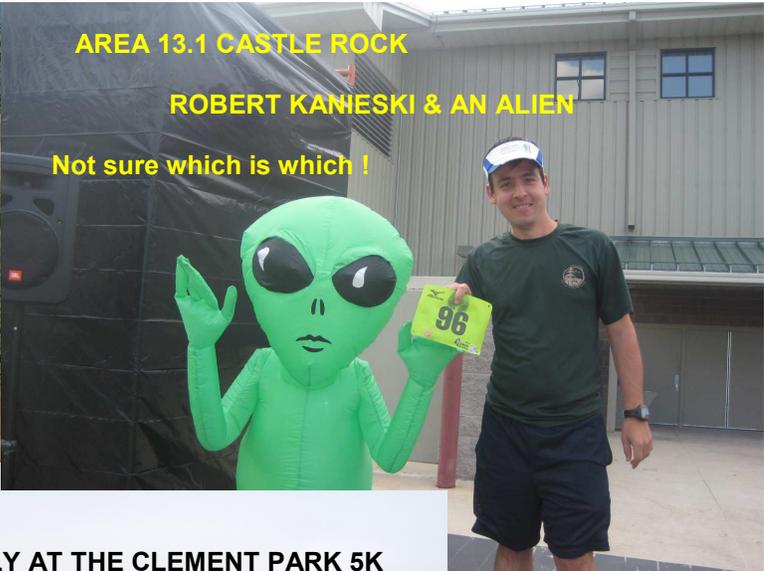
Jen Forker
CMRA president

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PICTURE PAGE



MATHEWS WINTERS



AREA 13.1 CASTLE ROCK

ROBERT KANIESKI & AN ALIEN

Not sure which is which !



TEAM SHAKLEE FAMILY AT THE CLEMENT PARK 5K



ROBERT KANIESKI
WON A SMALL 5K RACE
IN YUMA & WAS THEN
PUT TO WORK

Thanks to Connie & Carolyn for the pictures.

Once you are over the hill, you pick up speed

August 6th Fairmount Park Kids' 1/2 mile Race Results

PLACE	NAME	SEX	TIME	AGE
1	Tenzing Manske	M	3:46	10
2	Ethan Manske	M	4:07	10
3	Wiley Carlin	M	4:10	6
4	Daniel Olds	M	4:24	7
5	<i>Pendleton Fenske</i>	F	4:26	8
6	Teo Moreau	M	4:30	6
7	<i>Calliope Fenske</i>	F	5:04	5
8	Thomas Olds	M	5:29	5
9	<i>Kylee Rusher</i>	F	5:46	6
10	<i>Ali Troy</i>	F	5:51	13
11	<i>Cassie Troy</i>	F	5:54	11
12	<i>Valerie Galvez</i>	F	6:18	6
13	<i>Samantha Evenson</i>	F	6:33	6
14	Cameron Troy	M	6:43	8
15	<i>Avalyn Martinez</i>	F	7:23	5
16	Harry Evenson	M	7:27	3
17	Damian Galvez	M	7:32	3

August 6th Fairmount Park 5K Trail Results

PLACE	NAME	SEX	TIME	AGE
1	Jeff Lazo	M	16:50	18
2	Sean McNeil	M	17:39	24
3	Joseph Manilafasha	M	18:15	23
4	Luis Ronquillo	M	18:30	19
5	Scott Kukel	M	18:33	40
6	TJ Chrysler	M	18:43	16
7	Hector Martinez	M	18:52	30
8	<i>Bret Scofeld</i>	F	19:04	26
9	Eric Albright	M	19:30	42
10	Rivers Flores	M	19:34	16
11	Jeremy O'Farrell	M	19:51	38
12	Justin Perry	M	19:52	14
13	Neil Galvez	M	19:56	28
14	Adam Blea	M	20:04	30
15	Steven Johnson	M	20:14	32
16	Jonathan Fenske	M	20:18	44
17	<i>Rachel Perez</i>	F	20:28	35
18	Tim Miller	M	20:57	44
19	<i>Sophia Wubben</i>	F	21:11	16
20	<i>Rosa Gutierrez</i>	F	21:37	

21	Matt Roybal	M	21:56	29
22	Greg Wobbema	M	22:16	55
23	Bob Irving	M	22:22	59
24	Ben Bergstrand	M	22:39	38
25	Jeff Duran	M	22:53	32
26	David Martinez	M	22:55	36
27	Cliff Jurgens	M	22:59	48
28	<i>Jitka O'Farrell</i>	F	23:17	36
29	Sammy Wubben	M	23:18	15
30	Jim Perry	M	23:20	53
31	<i>Theresa Jockers</i>	F	23:22	53
32	Roger Allen	M	23:29	62
33	Robert Kanieski	M	23:51	37
34	Ed King	M	24:09	61
35	Dan Shaw	M	24:15	55
36	<i>Stacy Tothrow</i>	F	24:28	46
37	<i>Ashley Potrzeba</i>	F	24:42	25
38	Rich Martinez	M	24:48	67
39	Bruce Dahm	M	24:50	45
40	John Perez	M	24:57	63
41	<i>Mirka Gores</i>	F	25:07	37
42	David Taylor	M	25:09	28
43	<i>Justine Chrysler</i>	F	25:32	19
44	David Rothenburger	M	25:51	45
45	Rick Jay	M	25:53	39
46	Rick Graham	M	26:03	57
47	Mats Moreau	M	26:13	14
48	Nathan Evenson	M	26:19	37
49	<i>Jenny Carlin</i>	F	26:23	50
50	<i>Amy Graham</i>	F	26:37	26
51	Mark Hasseman	M	26:43	58
52	Mick Vollmar	M	26:45	60
53	<i>Claradene Stewart</i>	F	27:03	65
54	Scott McFarlane	M	27:05	63
55	Bill Faulkner	M	27:08	73
56	Miguel Zavala	M	27:13	74
57	Ed Youngberg	M	27:16	71
58	Jim Romero	M	27:25	74
59	<i>Olivia Friedman</i>	F	27:26	15
60	<i>Lily Walter</i>	F	27:42	15
61	Ian Monk	M	27:48	58
62	Gale Meuret	M	27:49	67
63	<i>Lisa Wilson</i>	F	27:53	48

Once you are over the hill, you pick up speed

64	<i>Kimberly Massey</i>	F	27:58	56
65	Wayne Stewart	M	28:06	67
66	Austin Dungan	M	28:10	24
67	<i>Jane Harbert</i>	F	28:16	53
68	<i>Janet Sandoval</i>	F	28:34	66
69	<i>Janet Ralston</i>	F	28:35	52
70	<i>Theresa Evenson</i>	F	28:39	45
71	<i>Jennifer Manske</i>	F	28:43	46
72	Bill Obert	M	28:54	75
73	Jack Barry	M	29:01	76
74	<i>Kyle Koyle</i>	F	29:05	31
75	Lonnie Stafford	M	29:06	68
76	<i>Susan Rome</i>	F	29:19	60
77	<i>Karyn Harkrader</i>	F	29:20	60
78	Tom Chambers	M	29:29	71
79	<i>Jean Nistico</i>	F	29:39	67
80	<i>Karen McKean</i>	F	29:55	59
81	Tom Duran	M	29:56	66
82	Unknown Bib 378		30:19	
83	Ross Westley	M	30:30	77
84	Charles Scheibe	M	30:57	59
85	<i>Anne-Marie Schmidt</i>	F	31:02	56
86	<i>Deb Stafford</i>	F	31:13	62
87	Rick Nistico	M	31:24	61
88	Jeff Young	M	32:06	58
89	<i>Helen Roybal</i>	F	32:45	28
90	Brent Jockers	M	32:46	63
91	Andy McKean	M	33:20	69
92	Ken Randall	M	34:15	76
93	<i>Patricia Tolleson</i>	F	35:37	65
94	Unknown Bib 626		37:07	
95	Andrew McMorrow	M	37:14	32
96	<i>Terry McFarlane</i>	F	37:22	64
97	<i>Mindy Bradford</i>	F	37:33	53
98	Bruce Brandt	M	38:50	69
99	Derek Troy	M	39:06	39
100	<i>Cassie Klumpp</i>	F	39:19	63
Racewalkers				
1	Ed Gussie	M	48:57	73
2	Richard Ralston	M	50:50	53

August 6th Fairmount Park 5K Age Group Results

PLACE	MEN	TIME	WOMEN	TIME
OVERALL				
1	Jeff Lazo	16:50	Bret Scofeld	19:04
75-79				
1	Bill Obert	28:54		
2	Jack Barry	29:01		
3	Ross Westley	30:30		
4	Ken Randall	34:15		
70-74				
1	Bill Faulkner	27:08		
2	Miguel Zavala	27:13		
3	Ed Youngberg	27:16		
4	Jim Romero	27:25		
5	Tom Chambers	29:29		
65-69				
1	Rich Martinez	24:48	Claradene Stewart	27:03
2	Gale Meuret	27:49	Janet Sandoval	28:34
3	Wayne Stewart	28:06	Jean Nistico	29:39
4	Lonnie Stafford	29:06	Patricia Tolleson	35:37
5	Tom Duran	29:56		
60-64				
1	Roger Allen	23:29	Susan Rome	29:19
2	Ed King	24:09	Karyn Harkrader	29:20
3	John Perez	24:57	Deb Stafford	31:13
4	Mick Vollmar	26:45	Terry McFarlane	37:22
5	Scott McFarlane	27:05	Cassie Klumpp	39:19
55-59				
1	Greg Wobbema	22:16	Kimberly Massey	27:58
2	Bob Irving	22:22	Karen McKean	29:55
3	Dan Shaw	24:15	Anne-Marie Schmidt	31:02
4	Rick Graham	26:03		
5	Mark Hasseman	26:43		
50-54				
1	Jim Perry	23:20	Theresa Jockers	23:22
2			Jenny Carlin	26:23
3			Jane Harbert	28:16
4			Janet Ralston	28:35
5			Mindy Bradford	37:33
45-49				
1	Cliff Jurgens	22:59	Stacy Totherow	24:28
2	Bruce Dahm	24:50	Lisa Wilson	27:53

Once you are over the hill, you pick up speed

3	David Rothenburger	25:51	Theresa Evenson	28:39
4			Jennifer Manske	28:43
40-44				
1	Scott Kukel	18:33		
2	Eric Albright	19:30		
3	Jonathan Fenske	20:18		
4	Tim Miller	20:57		
35-39				
1	Jeremy O'Farrell	19:51	Rachel Perez	20:28
2	Ben Bergstrand	22:39	Jitka O'Farrell	23:17
3	David Martinez	22:55	Mirka Gores	25:07
4	Robert Kanieski	23:51		
5	Rick Jay	25:53		
19-34				
1	Sean McNeil	17:39	Ashley Potrzeba	24:42
2	Joseph Manilafasha	18:15	Justine Chrysler	25:32
3	Luis Ronquillo	18:30	Amy Graham	26:37
4	Hector Martinez	18:52	Kyle Koyle	29:05
5	Neil Galvez	19:56	Helen Roybal	32:45
14-18 (High School)				
1	TJ Chrysler	18:43	Sophia Wubben	21:11
2	Rivers Flores	19:34	Olivia Friedman	27:26
3	Justin Perry	19:52	Lily Walter	27:42
4	Sammy Wubben	23:18		
5	Mats Moreau	26:13		
13 and Under				
3			Rosa Gutierrez	21:37

One hundred runners, two walkers, and 17 kids competed in the Fairmount 5k and half mile kids' race this year with fairly hot, humid conditions. Everyone enjoyed the club picnic afterward.

Tenzing Manske held off his brother (I assume), Ethan Manske for first place in the kids' race at 3:46.

In the 5k, Ed Gussie was the winning walker at 48:57.

Jeff Lazo, age 18, won the 5k overall in 16:50, and Bret Scofield won the womens' race (8th overall) in 19:04. The master's winners were Scott Kukel in 18:33 and Theresa Jockers in 23:22. Other notable results: Claradene Stewart, age 65, in 27:03, Rachel Perez, age 35, in 20:28 (second overall), Sean McNeil, second overall, in 17:39, and Bill Obert, age 75, in 28:54. The mens' 70-74 age group was the most competitive group, with the top four finishers within 17 seconds of each other, led by Bill Faulkner, age 73, in 27:08. Also notable, Rich Martinez, age 67, in 24:48, and Justin Perry, age 14, in 19:52. The high school age groups (14-18) were won by TJ Chrysler in 18:43 and Sophia Wubben in 21:11, both of Golden High School.

I'd like to thank the many volunteers that helped make this race possible. First, my co-director, Monica Ryan. Thanks for always seeing what needs to be done. And Rob Fisher, who helped me in many ways before and during the race. And to the other finish line volunteers; probably the most stressful volunteer position: Ken Simons, Bruce Kirschner, Mike and Chris Vanoni, Neddie Legg (thanks for help with the parking, also). Many thanks to Connie Ahnsbrak and Amy Lease for handling registration, and to Tom Chambers for bringing the ribbons (even though I forgot to call you). Thank you to the

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newest volunteer job necessary for this race-dealing with overflow parking. You guys did a great job, and as far as I know, there have been no complaints from neighbors to the Prospect Park and Rec Dept about our race: Jeremy Gee, Neddie (again) and Ed Youngberg. Many thanks to Jen Forker for handling the picnic plans and getting grillers, as well as for directing traffic during the race. And to the grillers, Lu and Shannon Shaw and Angela McCorrison. Thank you to Jen's daughter, Grace Clarke, for handing out ribbons in the kids' race. Kudos to my water station volunteers, Rebecca Capehart and Laura Walls. Much appreciated by the runners on a hot evening. Thank you, Ken Randall, for picking up the bread from Great Harvest, and to Joe Baird for dropping off the race equipment at my house. And to Adam Feerst for again loaning me his mile markers, arrows and flags to mark the course. And to Scott McFarland for making the results right! Thank you to Monica Ryan's husband for getting the tools to open the water spigot to fill the water jugs, and to my husband, Paul, for bringing the ice. And to my son, Jacques, for finding the box of race material that blew off my car the morning of the race, general help, and sweeping the course (even if I did have to sweep it again in the dark to find Adam's last arrow #).

Lastly, thank you to Runners' High in Golden for attending the race and offering gift certificates for the raffle, Boulder Running Co. for providing gift certificates for the overall winners, Runner's Roost, Lakewood for providing gift certificates for the raffle, and, as always Great Harvest for the delicious bread.

I hope everyone enjoys the waning summer and hope to see you in 2015 at the next edition of the Fairmount 5k!

Kristin Moreau

September 13th Amazing Race 4.5 M Results

PLACE	NAME	SEX	TIME	AGE
1	Jeffery Lazo	M	31:30	18
2	Sam Blackshear	M	31:51	26
3	Hector Martinez	M	32:42	31
4	Jairo Tiscareno	M	33:06	18
5	Eric Albright	M	33:17	42
6	Patrick Colleran	M	34:15	33
7	<i>Bret Scofeld</i>	F	35:04	26
8	Trey Maserang	M	36:38	23
9	Kurt Hardester	M	37:03	46
10	<i>Kayla Young</i>	F	37:05	15
11	David Rothenburger	M	37:08	46
12	Dan Evans	M	38:25	37
13	Mark Erickson	M	39:50	48
14	<i>Claire Geiger</i>	F	40:20	27
15	Greg Wobbema	M	40:49	55
16	Michael Guenther	M	41:34	53
17	Sean Connor	M	41:56	52
18	<i>Laurie Nakauchi</i>	F	42:49	44
19	Josh Lielity	M	43:13	32
20	Roger Allen	M	43:47	63
21	David Taylor	M	44:07	28
22	<i>Rosa Gutierrez</i>	F	44:11	14
23	Dylan Mayhew	M	44:15	15
24	Dan Shaw	M	44:19	55
25	<i>Theresa Jockers</i>	F	44:58	53
26	Matt Tomford	M	45:47	29

Once you are over the hill, you pick up speed

27	Steven Holonitch	M	45:53	56
28	Robert Kanieski	M	46:13	37
29	David Kelble	M	46:39	56
30	Michael Keys	M	47:44	68
31	Kevin Snyder	M	48:16	50
32	Paul Tomford	M	48:18	57
33	Rich Price	M	48:55	49
34	Jared Sandoval	M	49:00	14
35	<i>Mirka Gores</i>	F	49:07	38
36	<i>Olivia Friedman</i>	F	49:08	16
37	Jeff Young	M	49:33	58
38	Matt Rutledge	M	50:20	38
39	Don Troike	M	51:48	66
40	Wayne Stewart	M	51:49	67
41	Ian Monk	M	52:08	58
42	Chuck Hawes	M	52:25	43
43	Bill Faulkner	M	52:27	73
44	Mick Vollmar	M	52:30	60
45	Tall Red (Ed) Youngberg	M	52:52	71
46	Lonnie Max Stafford	M	53:21	68
47	Ron Chavez	M	53:34	48
48	<i>Katie Kelble</i>	F	53:47	9
49	<i>Jane Harbert</i>	F	53:50	53
50	<i>Shane Holonitch</i>	F	54:25	63
51	Mark Hasseman	M	56:04	58
52	Matthew Barnes	M	56:28	34
53	<i>Elizabeth Hayden</i>	F	56:53	42
54	Jeff Hesse	M	56:56	50
55	<i>Amia Owens</i>	F	57:31	
56	Spiderman (Scott) McFarlane	M	57:33	63
57	<i>Tina Akin</i>	F	57:35	52
58	<i>Claradene Stewart</i>	F	57:53	65
59	<i>Karen McKean</i>	F	57:54	59
60	<i>Aaliyah Brown</i>	F	58:02	16
61	Jack Barry	M	58:06	76
62	<i>Deborah Stafford</i>	F	59:56	62
63	Enrique Rivera	M	1:00:00	14
64	<i>Andrea Rogers</i>	F	1:00:32	14
65	Derek Troy	M	1:00:50	39
66	Ken Simons	M	1:01:00	76
67	<i>Janet Ralston</i>	F	1:01:07	52
68	Robert Romero	M	1:01:46	68
69	<i>Maya Stone</i>	F	1:01:58	14

70	<i>Samantha Skeeny</i>	F	1:02:02	14
71	<i>Nora Drewnoy</i>	F	1:02:03	14
72	<i>Mindy Bradford</i>	F	1:02:06	53
73	<i>Anne Marie Schmidt</i>	F	1:02:13	56
74	<i>Michele Kelble</i>	F	1:13:03	46
75	<i>Patricia Tolleson</i>	F	1:21:00	65
RACEWALKERS 5K				
1	Ed Gussie	M	35:17	73
2	<i>Marie Drake</i>	F	38:07	64
3	Bruce Brandt	M	38:34	69
4	Sherman Lambert	M	40:20	54
5	Richard Ralston	M	42:43	53
6	<i>Angela McCorrison</i>	F	42:49	48
7	Angus Day	M	43:43	50
8	<i>Lu Shaw</i>	F	54:27	56
9	<i>Shannon Shaw</i>	F	54:33	22

September 13th Amazing Race Age Group Results

PLACE	MEN	TIME	WOMEN	TIME
OVERALL				
1	Jeffery Lazo	31:30	Bret Scofeld	35:04
75-79				
1	Jack Barry	58:06		
2	Ken Simons	1:01:00		
70-74				
1	Bill Faulkner	52:27		
2	Tall Red (Ed) Youngberg	52:52		
65-69				
1	Michael Keys	47:44	Claradene Stewart	57:53
2	Don Troike	51:48	Patricia Tolleson	1:21:00
3	Wayne Stewart	51:49		
4	Lonnie Max Stafford	53:21		
5	Robert Romero	1:01:46		
60-64				
1	Roger Allen	43:47	Shane Holonitch	54:25
2	Mick Vollmar	52:30	Deborah Stafford	59:56
3	Spiderman (Scott) McFarlane	57:33		
55-59				
1	Greg Wobbema	40:49	Karen McKean	57:54
2	Dan Shaw	44:19	Anne Marie Schmidt	1:02:13
3	Steven Holonitch	45:53		
4	David Kelble	46:39		
5	Paul Tomford	48:18		

Once you are over the hill, you pick up speed

50-54				
1	Michael Guenther	41:34	Theresa Jockers	44:58
2	Sean Connor	41:56	Jane Harbert	53:50
3	Kevin Snyder	48:16	Tina Akin	57:35
4	Jeff Hesse	56:56	Janet Ralston	1:01:07
5			Mindy Bradford	1:02:06
45-49				
1	Kurt Hardester	37:03	Michele Kelble	1:13:03
2	David Rothenburger	37:08		
3	Mark Erickson	39:50		
4	Rich Price	48:55		
5	Ron Chavez	53:34		
40-44				
1	Eric Albright	33:17	Laurie Nakauchi	42:49
2	Chuck Hawes	52:25	Elizabeth Hayden	56:53
35-39				
1	Dan Evans	38:25	Mirka Gores	49:07
2	Robert Kanieski	46:13		
3	Matt Rutledge	50:20		
4	Derek Troy	1:00:50		
19-34				
1	Sam Blackshear	31:51	Claire Geiger	40:20
2	Hector Martinez	32:42		
3	Patrick Colleran	34:15		
4	Trey Maserang	36:38		
5	Josh Lielity	43:13		
14-18 (High School)				
1	Jairo Tiscareno	33:06	Kayla Young	37:05
2	Dylan Mayhew	44:15	Rosa Gutierrez	44:11
3	Jared Sandoval	49:00	Olivia Friedman	49:08
4	Enrique Rivera	1:00:00	Aaliyah Brown	58:02
5			Andrea Rogers	1:00:32
13 and Under				
1			Katie Kelble	53:47
2			Amia Owens	57:31

The Pelican Brief (Constance Ahrnsbrak)

7/19

Sonoma/Napa Valley Half, CA: Michael Abbott 1:59. Elizabeth Hayden 2:03.

7/20

LaSportiva Half, Vail: Amy Lease 2:52 (1). The B-Man (Jim Romero) 3:05 (2).

7/26

Dog Days Half, Westminster: Bob Calliouette 1:38 (1/4th OA).

Grandby Gutbuster 5K: Robert Kanieski 23:26 (2). Connie Ahrnsbrak 28:34 (1).

Lonnie Stafford 29:21 (2). Deborah Stafford 30:21 (1).

Monument Downhill 5K, Grand Junction: Missing Link 21:29. Rich Martinez 22:07.

7/27

A-Basin Summit Challenge 4.6: Robert Kanieski 1:13.

8/2

Bronco 5K, Kersey: Connie Ahrnsbrak 26:59 (1). Deborah Stafford 28:10 (2).

Lonnie Stafford 29:54 (2).

Mt. Falcon 15K: Jim Bosik 1:53 (1).

8/3

Berry Picker 10K Vail: Jim Romero 58:03 (2).

Evergreen Town 10K: Bret Scofield 39:19 (2). Rich Sandoval 42:00 (1). Ashley Potrzeba 48:37.

Tall Red 53:37 (2). Janet Sandoval 54:01 (2). Fran Schneider 1:00:01. Dorothy Bensusan 1:00:49.

Mike Burzynski 1:02.

5K – Bill Faulkner, 25:16 (1); Jack Barry, 26:33 (2); Ross Westley, 28:37 & Patricia Tolleson, 30:31.

8/9

Rambling Rose 5K Milliken: Jonathan Fenske 19:31 (3/OA). Bob Caillouette 21:15 (1).

Hunter Karickhoff 26:02 (2). Connie Ahrnsbrak 27:22 (1). Lonnie Stafford 28:51 (2).

Deborah Stafford 29:36 (1).

GTIS Half: Michael Nothem (Posse) 1:13 (1/4th OA). Luis Ronquillo (Posse) 1:15 (1).

Deb Cunningham 1:39 (3). David Rothenburger 1:40. John Ramos 1:48:02. Stacy Totherow 1:48:35.

Rich Martinez 1:54 (2). John Perez 1:56:39. Bill Faulkner 1:56:53 (1). Claradene Stewart 1:58 (1).

Todd Shaklee 2:07. Anne-Marie Schmidt 2:19. Louisa Eberle 2:20. Rich Romero 2:21.

Wayne Stewart 2:25. Patricia Tolleson 2:29. Kim Massey 2:31. Nicole Shaklee 2:55.

Holy Cow 10K, Westminster: Tall Red 57:52 (1). Michael Abbott 58:53. Elizabeth Hayden 1:07.

5K – Dale Doughman 25:04 (1). Dorothy Bensusan 30:32. Ken Simons 33:06 (1).

8/16

Gold Rush 10K, Ohio City, CO: Robert Kanieski 52:52.

Pikes Peak Ascent: Amy Lease (1).

8/17

Revel Rockies Marathon, Morrison: John Ramos 3:45.

Revel Half: Stacy Totherow 1:42. Tall Red 1:54 (1).

Pikes Peak Marathon: Stephanie Wiecks 7:11 (1/age CR). Jim Bosik 7:29.

Race 4 Research 5K: Tom Chambers 27:02 (1). J Gutierrez 27:06. Laura McCoy 44:04 (W).

8/23

Fort Collins Peach Festival 5K: Rich Martinez 23:44 (3). J Gutierrez 27:29.

Kid's 1-Mile: Morgan Martinez 9:40.

8/24

La Sportiva 10K, Vail: David Kelble 1:11. The B-Man 1:14 (2).

5K – 9-yr old Katie Kelble 32:40 (5/44 females.)

8/30

Creed 22-Mile Trail: Robert Kanieski 5 hrs: 9min.

Once you are over the hill, you pick up speed

8/31

Bronco 7K: Rich Sandoval 29:58 (1). Rich Hadley 30:56 (3). Michael Blanchette 35:17. The B-Man 37:07 (2). Jack Barry 38:51. Connie Ahrnsbrak 38:57 (1). Alan Johnson 40:48. Deb Hadley 45:18. Lee Bengston 46:01. Mike Burzynski 49:58. Ed Gussie 1:08.

9/6

Life 5K Yuma: Robert Kanieski, 22:22 (OA).

Devil on the Divide 50K Empire; Jim Bosik 8:46 (1).

SMA 5K, Clement Park: Tyler Shaklee 21:55 (OA). Rich Martinez 25:13 (1). Todd Shaklee 26:35. Alan Johnson 26:55. Jim Romero 26:57. Connie Ahrnsbrak 27:13 (1). Jack Barry 27:53. Tom Duran 28:46. Nicole Shaklee 31:50.

Alien Half Castle Rock: Robert Kanieski 2:22. Nicole Shaklee 2:35.

9/7

Denver 10K Lone Tree: Nicole Shaklee 1:27.

Half - Bob Caillouette 1:51 (3). Robert Kanieski 2:08. Mike Burzynski 2:53.

9/14

El Grito 5K: G. Anthony Kunkel 17:42 (1). Noe Cuevas 19:00 (1). Rachel Perez 21:04 (1). Rich Martinez 24:10 (1). Jay Dee Trujillo 26:06 (3). Connie Ahrnsbrak 27:05 (1). Alan Johnson 27:19. Spiderman Scott 27:35. Tom Duran 28:26. Bob Romero 29:35. Terry McFarlane 33:48 (2). Holly Romero 36:15. Rosalie Dexter 41:54 (3/RW).

9/21

Second Wind 5K Golden: Tom Duran 29:22 (1).

Autumn Color Half Buena Vista: Tina Akin 2:07. Janet Ralston 2:07. Fran Schnieder 2:19.

9/27

Scottsbluff Half: Stacy Totherow 1:47 (2).

Bear Chase 50K BCLP: Jim Bosik 6:22 (2)

9/28

Bear Chase 10K: Michael Abbott 57:21. Elizabeth Hayden 1:05.

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)
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 November 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

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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