

MASTER TIMES

July / August 2015

Volume 48 Issue 4

PRESIDENT'S CORNER

By Jennifer Forker

Hello, good running and racewalking people. Some news from the Board:

We've filled a Board seat and added a new one. Longtime runner Michael Blanchette has joined the Board as our liaison representative, replacing Beth Hayden, who's still in the club even though she moved to Iowa (we miss you!). Michael will be our contact for companies and other groups outside of the club, and he'll post a lot of our Facebook postings. If you have any questions, you can ask Michael (or any of us on the Board). He's also a Colfax Marathon ambassador, so if you have any questions about that race, talk with Michael.

We've added a racewalking liaison to the Board. That seemed pretty important – to get a racewalking voice on the Board. Also, we have lots of runners showing up at our monthly races (Yay! Thanks!), but we need to pump up our racewalker attendance. Loree Hoag has kindly agreed to fill that seat. Loree is a relatively new CMRA member but a longtime racewalker who recently transitioned from marathons to ultras! Loree has taught me a new way of seeing "racewalking." This woman is fierce!

Loree racewalked 58 miles in a 24-hour race in January and she completed three marathons and a half marathon during a four-day spread last Thanksgiving. She racewalked a 60K in July and is doing her first 50-miler this month (August).

It doesn't require "fierceness" to be our racewalking liaison, but it does help to be connected. Loree is well connected with the racewalking community in Denver. We hope she can encourage some of her racewalking friends to join our monthly races -- and even to join CMRA!

We have more than 300 members to date, but we have more than 750 followers on our Facebook page. Think of that! It'd be great if we could march some of those folks over into actual CMRA membership (we're working on it, i.e., posting frequent reminders about membership benefits to that Facebook page they follow).

Please continue your own great club-building efforts by picking up a stack of our CMRA business cards (at the registration table at all our races) to share with friends. You can post the informational cards at your gym or library community boards. (Did you know most local breweries also host a community board? There's a good place to post.)

Please remember our September race date was changed to Saturday, September 19, with an 8:00 a.m. start time at Matthews/Winters Park in Golden. That's my race: I co-direct it with Eric Hislop. This is a "true trail" race – about 4.5 miles for runners and the usual 5K for racewalkers – and it's a beauty. Please bring your family to join us in this beautiful area situated next to Red Rocks. I hope to see you there.

Please enjoy the rest of your running summer, and if you're on Facebook, please share your joy of running on our Facebook page – your comments and photos are not only wanted, they're needed!

Run well; be well,

Jennifer
CMRA president



JUNE 13TH ELK MEADOW TRAIL 5 MILE RESULTS

| PLACE | NAME | SEX | TIME | AGE |
|-------|-----------------------------|-----|-------|-----|
| 1 | Luis Ronquillo | M | 34:02 | 20 |
| 2 | Flores Riverz | M | 35:58 | 17 |
| 3 | Eric Albright | M | 36:43 | 42 |
| 4 | Eric Patterson | M | 37:12 | 50 |
| 5 | David Rothenburger | M | 38:37 | 46 |
| 6 | <i>Kayla Young</i> | F | 40:06 | 16 |
| 7 | Keith Johnson | M | 41:26 | 54 |
| 8 | Brett Allendorf | M | 42:38 | 46 |
| 9 | John Ramos | M | 42:47 | 39 |
| 10 | Michael LePage | M | 43:06 | 58 |
| 11 | Brett McNichols | M | 43:18 | 27 |
| 12 | Robert Kanieski | M | 43:27 | 38 |
| 13 | <i>Samantha Skeen</i> | F | 43:49 | 15 |
| 14 | <i>Theresa Jockers</i> | F | 44:44 | 53 |
| 15 | Dennis Cisco | M | 45:06 | 47 |
| 16 | Ben Bergstrand | M | 45:13 | 39 |
| 17 | Tim Pendarvis | M | 45:21 | 24 |
| 18 | Aaron Ruihnow | M | 45:38 | 44 |
| 19 | Justin Wehrheim | M | 45:42 | 33 |
| 20 | Dan Shaw | M | 46:34 | 55 |
| 21 | Ciff Jurgens | M | 47:06 | 49 |
| 22 | <i>Rosa Gutierrez</i> | F | 47:25 | 15 |
| 23 | Richard Price | M | 49:43 | 50 |
| 24 | David Kelble | M | 50:01 | 57 |
| 25 | Dale Doughman | M | 50:32 | 57 |
| 26 | Wayne Stewart | M | 50:44 | 68 |
| 27 | Jay Dee Trujillo | M | 51:56 | 56 |
| 28 | John Shea | M | 52:14 | 58 |
| 29 | Steve Allison | M | 52:21 | 47 |
| 30 | Michael Abbott | M | 53:59 | 46 |
| 31 | <i>Reese Evenson</i> | F | 54:59 | 46 |
| 32 | Kevin Snyder | M | 55:54 | 51 |
| 33 | Matthew Barnes | M | 55:55 | 35 |
| 34 | <i>Jennifer Forker</i> | F | 56:12 | 49 |
| 35 | Spiderman (Scott) McFarlane | M | 56:26 | 64 |

| | | | | |
|-----------------------|--------------------------|---|---------|----|
| 36 | <i>Claradene Stewart</i> | F | 57:34 | 66 |
| 37 | <i>Emily Clark</i> | F | 57:42 | 32 |
| 38 | <i>Erin Rolf</i> | F | 57:43 | 39 |
| 39 | <i>Vange Pena-Jenks</i> | F | 57:47 | 54 |
| 40 | Robert Romero | M | 58:24 | 68 |
| 41 | J Gutierrez | M | 58:38 | 62 |
| 42 | <i>Heather Palumbo</i> | F | 58:52 | 54 |
| 43 | Tucker Palumbo | M | 1:01:00 | 12 |
| 44 | <i>Kathy Johnson</i> | F | 1:01:01 | 54 |
| 45 | <i>Katie Kelble</i> | F | 1:02:00 | 10 |
| 46 | Hank Burkman | M | 1:02:07 | 63 |
| 47 | Fred Trentaz | M | 1:03:16 | 73 |
| 48 | Lee Benston | M | 1:05:08 | 78 |
| 49 | <i>Michelle Kelble</i> | F | 1:06:06 | 46 |
| 50 | Ken Simons | M | 1:06:44 | 77 |
| 51 | <i>Carmen Kitts</i> | F | 1:07:18 | 64 |
| 52 | Steve Warner | M | 1:08:10 | |
| 53 | Gabe Sisneros | M | 1:09:51 | 76 |
| 54 | Reinaldo Rosario | M | 1:10:50 | 50 |
| 55 | Derek Troy | M | 1:12:45 | 39 |
| 56 | <i>Aubrey Barnes</i> | F | 1:26:19 | 5 |
| 57 | <i>Kelly Barnes</i> | F | 1:26:20 | 34 |
| 58 | Andrew Barnes | M | 1:26:21 | 3 |
| 59 | <i>Pat Martin</i> | F | 1:33:30 | 69 |
| RACEWALKERS 5K | | | | |
| 1 | Ed Gussie | M | 49:41 | 74 |
| RACEWALKERS 5M | | | | |
| | Lu Shaw | F | 72:19 | 57 |

JUNE 13TH ELK MEADOW RESULTS BY AGE GROUP

| Place | Name | Time | Name | Time |
|----------------|----------------|---------|-------------|-------|
| | Men | | Women | |
| Overall | | | | |
| 1 | Luis Ronquillo | 34:02 | Kayla Young | 40:06 |
| 75-79 | | | | |
| 1 | Lee Benston | 1:05:08 | | |
| 2 | Ken Simons | 1:06:44 | | |
| 3 | Gabe Sisneros | 1:09:51 | | |

Once you are over the hill, you pick up speed

| 70-74 | | | | |
|--------------|-----------------------------|---------|-------------------|---------|
| 1 | Fred Trentaz | 1:03:16 | | |
| 65-69 | | | | |
| 1 | Wayne Stewart | 50:44 | Claradene Stewart | 57:34 |
| 2 | Robert Romero | 58:24 | Pat Martin | 1:33:30 |
| 60-64 | | | | |
| 1 | Spiderman (Scott) McFarlane | 56:26 | Carmen Kitts | 1:07:18 |
| 2 | J Gutierrez | 58:38 | | |
| 3 | Hank Burkman | 1:02:07 | | |
| 55-59 | | | | |
| 1 | Michael LePage | 43:06 | | |
| 2 | Dan Shaw | 46:34 | | |
| 3 | David Kelble | 50:01 | | |
| 4 | Dale Doughman | 50:32 | | |
| 5 | Jay Dee Trujillo | 51:56 | | |
| 50-54 | | | | |
| 1 | Eric Patterson | 37:12 | Theresa Jockers | 44:44 |
| 2 | Keith Johnson | 41:26 | Vange Pena-Jenks | 57:47 |
| 3 | Richard Price | 49:43 | Heather Palumbo | 58:52 |
| 4 | Kevin Snyder | 55:54 | Kathy Johnson | 1:01:01 |
| 5 | Reinaldo Rosario | 1:10:50 | | |
| 45-49 | | | | |
| 1 | David Rothenburger | 38:37 | Reese Evenson | 54:59 |
| 2 | Brett Allendorf | 42:38 | Jennifer Forker | 56:12 |
| 3 | Dennis Cisco | 45:06 | Michelle Kelble | 1:06:06 |
| 4 | Ciff Jurgens | 47:06 | | |
| 5 | Steve Allison | 52:21 | | |
| 40-44 | | | | |
| 1 | Eric Albright | 36:43 | | |
| 2 | Aaron Ruihnow | 45:38 | | |
| 35-39 | | | | |
| 1 | John Ramos | 42:47 | Erin Rolf | 57:43 |
| 2 | Robert Kanieski | 43:27 | | |
| 3 | Ben Bergstrand | 45:13 | | |
| 4 | Matthew Barnes | 55:55 | | |
| 5 | Derek Troy | 1:12:45 | | |

| 19-34 | | | | |
|---------------------|-----------------|---------|----------------|---------|
| 1 | Brett McNichols | 43:18 | Emily Clark | 57:42 |
| 2 | Tim Pendarvis | 45:21 | Kelly Barnes | 1:26:20 |
| 3 | Justin Wehrheim | 45:42 | | |
| 14-18 (High School) | | | | |
| 1 | Flores Riverz | 35:58 | Samantha Skeen | 43:49 |
| 2 | | | Rosa Gutierrez | 47:25 |
| 13 and Under | | | | |
| 1 | Tucker Palumbo | 1:01:00 | Katie Kelble | 1:02:00 |
| 2 | Andrew Barnes | 1:26:21 | Aubrey Barnes | 1:26:19 |

I would like to thank all the volunteers, they all did such a great job.

I would also want to congratulate the overall winners in the male and female race. Luis Ronquillo the overall winner at 34.02 minutes and the overall female winner Kayla Young at 40.06 minutes.

I would also like to thank Great Harvest Bread, Bolder running Company, Starbucks and King Soopers for their donations for the snacks and gift certificates. And finally I would like to thank U S Bank for letting us use their parking lot so it was possible to have this race.

Tom Duran, Director

JULY 18TH WHITE RANCH 6M TRAIL RACE RESULTS

| PLACE | NAME | SEX | TIME | AGE |
|-------|------------------------|-----|---------|-----|
| 1 | Hector Martinez | M | 46:39 | 31 |
| 2 | Eric Albright | M | 47:09 | 42 |
| 3 | Eric Patterson | M | 48:23 | 50 |
| 4 | Sam Simkin | M | 49:35 | 42 |
| 5 | Keith Johnson | M | 50:18 | 54 |
| 6 | David Rothenburger | M | 50:38 | 46 |
| 7 | Mark Erickson | M | 55:34 | 49 |
| 8 | Shaun Schafer | M | 55:35 | 47 |
| 9 | Greg Wobbema | M | 56:57 | 56 |
| 10 | Bob Caillouette | M | 58:20 | 60 |
| 11 | Bob Irving | M | 59:56 | 60 |
| 12 | Adam Vannoy | M | 1:01:02 | 34 |
| 13 | Dan Shaw | M | 1:01:08 | 56 |
| 14 | <i>Irene Barrera</i> | F | 1:02:27 | 21 |
| 15 | Roger Allen | M | 1:03:16 | 63 |
| 16 | <i>Helen DeGennaro</i> | F | 1:03:52 | 48 |
| 17 | Ed Haltman | M | 1:04:11 | 61 |

Once you are over the hill, you pick up speed

| | | | | |
|----|------------------------------|---|---------|----|
| 18 | Thauh Nguyen | M | 1:04:18 | 43 |
| 19 | David Kelble | M | 1:06:40 | 57 |
| 20 | Doug Young | M | 1:06:55 | 52 |
| 21 | Wayne Stewart | M | 1:08:41 | 68 |
| 22 | Nathan Evenson | M | 1:08:53 | 38 |
| 23 | <i>Carolyn Hicks</i> | F | 1:09:04 | 58 |
| 24 | <i>Sara Foster</i> | F | 1:09:14 | 39 |
| 25 | Todd Nikkel | M | 1:09:15 | 46 |
| 26 | Mick Vollmar | M | 1:09:39 | 61 |
| 27 | Tim Dudley | M | 1:09:52 | 59 |
| 28 | Rick Nistico | M | 1:09:53 | 62 |
| 29 | Tall Red (Ed) Youngberg | M | 1:11:23 | 72 |
| 30 | <i>Patricia Jones</i> | F | 1:11:28 | 63 |
| 31 | <i>Reese Evenson</i> | F | 1:13:00 | 46 |
| 32 | Spiderman (Scott) McFarlane) | M | 1:13:13 | 64 |
| 33 | <i>Jennifer Forker</i> | F | 1:13:25 | 49 |
| 34 | Matthew Rutledge | M | 1:13:29 | 39 |
| 35 | Joel Botmel | M | 1:13:36 | 54 |
| 36 | The B-Man (Jim) Romero | M | 1:14:07 | 75 |
| 37 | Hank Burkman | M | 1:15:40 | 63 |
| 38 | <i>Suzanne Buntrock</i> | F | 1:15:42 | 56 |
| 39 | <i>Renee Botta</i> | F | 1:16:40 | 50 |
| 40 | <i>Pam Young</i> | F | 1:16:58 | 51 |
| 41 | <i>Jean Nistico</i> | F | 1:17:27 | 68 |
| 42 | Robert Romero | M | 1:17:51 | 69 |
| 43 | <i>Ann-Marie Schmidt</i> | F | 1:18:04 | 57 |
| 44 | <i>Julie Carroll</i> | F | 1:19:06 | 42 |
| 45 | <i>Claradene Stewart</i> | F | 1:20:24 | 66 |
| 46 | <i>Kathy Johnson</i> | F | 1:21:56 | 54 |
| 47 | Lee Benston | M | 1:22:48 | 77 |
| 48 | <i>Michelle Kelble</i> | F | 1:23:44 | 47 |
| 49 | Roger Rybicka | M | 1:24:28 | 67 |
| 50 | <i>Lara Nguyen</i> | F | 1:24:34 | 40 |
| 51 | <i>Danielle Carroll</i> | F | 1:27:45 | 39 |
| 52 | Ken Simons | M | 1:28:22 | 77 |
| 53 | <i>Heather Huntoon</i> | F | 1:29:10 | 47 |
| 54 | Derek Troy | M | 1:29:32 | 40 |

| | | | | |
|-----------------------|-----------------------|---|---------|----|
| 55 | John Seidle | M | 1:31:31 | 65 |
| 56 | Gabe Sisneros | M | 1:32:06 | 77 |
| 57 | <i>Mindy Bradford</i> | F | 1:33:48 | 54 |
| 58 | Reinaldo Rosario | M | 1:35:06 | 50 |
| 59 | Dave Black | M | 2:20:20 | 64 |
| RACEWALKERS 5K | | | | |
| 1 | Ed Gussie | M | 44:11 | 74 |
| 2 | <i>Lu Shaw</i> | F | 63:33 | 57 |

WHITE RANCH 6M TRAIL RACE RESULTS BY AGE GROUP

| Place | Name | Time | Name | Time |
|----------------|-------------------------|---------|-------------------|---------|
| | Men | | Women | |
| Overall | | | | |
| 1 | Hector Martinez | 46:39 | Irene Barrera | 1:02:27 |
| 75-79 | | | | |
| 1 | The B-Man (Jim) Romero | 1:14:07 | | |
| 2 | Lee Benston | 1:22:48 | | |
| 3 | Ken Simons | 1:28:22 | | |
| 4 | Gabe Sisneros | 1:32:06 | | |
| 70-74 | | | | |
| 1 | Tall Red (Ed) Youngberg | 1:11:23 | | |
| 65-69 | | | | |
| 1 | Wayne Stewart | 1:08:41 | Jean Nistico | 1:17:27 |
| 2 | Robert Romero | 1:17:51 | Claradene Stewart | 1:20:24 |
| 3 | Roger Rybicka | 1:24:28 | | |
| 4 | John Seidle | 1:31:31 | | |
| 60-64 | | | | |
| 1 | Bob Caillouette | 58:20 | Patricia Jones | 1:11:28 |
| 2 | Bob Irving | 59:56 | | |
| 3 | Roger Allen | 1:03:16 | | |
| 4 | Ed Haltman | 1:04:11 | | |
| 5 | Mick Vollmar | 1:09:39 | | |
| 55-59 | | | | |
| 1 | Greg Wobbema | 56:57 | Carolyn Hicks | 1:09:04 |
| 2 | Dan Shaw | 1:01:08 | Suzanne Buntrock | 1:15:42 |
| 3 | David Kelble | 1:06:40 | Ann-Marie Schmidt | 1:18:04 |
| 4 | Tim Dudley | 1:09:52 | | |
| 50-54 | | | | |

Once you are over the hill, you pick up speed

| | | | | |
|--------------|--------------------|---------|------------------|---------|
| 1 | Eric Patterson | 48:23 | Renee Botta | 1:16:40 |
| 2 | Keith Johnson | 50:18 | Pam Young | 1:16:58 |
| 3 | Doug Young | 1:06:55 | Kathy Johnson | 1:21:56 |
| 4 | Joel Botmel | 1:13:36 | Mindy Bradford | 1:33:48 |
| 5 | Reinaldo Rosario | 1:35:06 | | |
| 45-49 | | | | |
| 1 | David Rothenburger | 50:38 | Helen DeGennaro | 1:03:52 |
| 2 | Mark Erickson | 55:34 | Reese Evenson | 1:13:00 |
| 3 | Shaun Schafer | 55:35 | Jennifer Forker | 1:13:25 |
| 4 | Todd Nikkel | 1:09:15 | Michelle Kelble | 1:23:44 |
| 5 | | | Heather Huntoon | 1:29:10 |
| 40-44 | | | | |
| 1 | Eric Albright | 47:09 | Julie Carroll | 1:19:06 |
| 2 | Sam Simkin | 49:35 | Lara Nguyen | 1:24:34 |
| 3 | Thauh Nguyen | 1:04:18 | | |
| 4 | Derek Troy | 1:29:32 | | |
| 35-39 | | | | |
| 1 | Nathan Evenson | 1:08:53 | Sara Foster | 1:09:14 |
| 2 | Matthew Rutledge | 1:13:29 | Danielle Carroll | 1:27:45 |
| 19-34 | | | | |
| 1 | Adam Vannoy | 1:01:02 | | |

Saturday, July 18, 2015, 8:00 am saw the race start under sunny skies. The course this year was many shades of green, plus orange, yellow, 3 shades of violet, and several of red, having benefited from the unusually wet spring and early summer. We had 59 runners post times, and 2 race walkers.

Bryan Trammell graciously offered to photograph the race for us, and offered free downloads at www.bryantrammell.com.

Upstart Kombucha sampled their product for thirsty runners. Read all about Upstart at <http://drinkupstart.com/>

Our long-time sponsors Great Harvest Bread of Arvada, Runners Roost Lakewood, Boulder Running Company also provided prizes, as did Nunn energy drink.

This race demands a lot from the volunteers. Plaudits are due co-RD Chris Stone, Teresa Do, Matt Rutledge, Ben Bergstrand, Kristi Snyder, Sara, Pat, Sue, Nancy, Joe Baird, Bill, Pat, Larry, Ed Youngberg, and Jen Forker, plus everyone who pitched in and I never got their names.

Masters, keep this one on your radar for next year. Some divisions didn't have deep entries, and this is a medal race, if you're interested in bling. See you next year!

The Pelican Brief (Constance Ahrnsbrak)

6/6

Wichita River Run 10K: Ray Grundmeyer 1:27 (3)

Grand Teton Half, WY: Ed Youngberg 2:04 (1). Ross Westley 2:32.

6/7

Yellowstone Half, WY: Ross Westley 2:37.

Jodi's Awareness 5K, CP: Amy Lease 23:03 (1).

Endurance 10K trail, Lone Tree: Tom Chambers 1:00 (2). Mike Burzynski 1:18.

Splash Dash 5K, Arapahoe H.S.: Amy Lease 23:59 (1). Missing Link Lubken 26:21.

Jack Barry 28:27. Constance Ahrnsbrak 28:48.

6/13

Mt. Evans Ascent: Michael Brenner 2:36 (3). Ellen Kennard 3:13 (3). Frank Kunkel 3:14 (1).

Alan Johnson 3:31. Bill Faulkner 3:36 (2). Jim Romero 3:44 (1). Patricia Tolleson 4:13 (2).

Jay Wissot 4:21.

6/14

Sulphur Springs Suffer 5K: Robert Kanieski 21:34 (3/OA).

Garden of the Gods 10-miler: Bruce Kirschner 1:14 (2). Amy Lease 1:26 (1). **5K-** Tom Duran 31:14.

6/20

Summer Solstice 10K, Byers: Tom Chambers 56:40 (2). Connie Ahrnsbrak 57:58 (1).

Ross Westley 1:09 (3).

Sunrise Stampede 10K, Longmont: Bob Caillouette 45:56 (1).

6/21

Fathers' Day 5K, Arvada: Rich Martinez 24:53 (1). Missing Link 25:43 (3). Bob Ghormley 33:12 (2).

Lee Bengston 33:27 (3). **10K** – Rich Hadley 43:11 (1). Ross Westley 1:08 (2).

6/27

Stadium Stampede 5K: Robert Talfelski 27:31 (1).

Slackers' Half, Georgetown: Michael Blanchette 1:39. Dan Shaw 1:44. Lisa Atencio 1:51.

Rich Martinez 1:58 (3). Johnny Ramos 2:01. Ed Youngberg 2:02 (2). Bill Faulkner 2:11 (3).

Todd Shaklee 2:14. Hank Burkman 2:24. Pat tolleson 2:24 (2). Nicole Shaklee 2:45.

Regina Martinez, 3:14.

Slacker's 4-Mile: Jay Dee Trujillo 32:00 (2). Lonnie Stafford 34:13 (1). Deborah Stafford 34:31 (1).

Doug Tollin 40:42 (2). Ed Gussie 54:01 (3/W). Ruth Tollin 1:02 (3).

Winter Park Half: Matthew Rutledge 2:04. Robert Kanieski 2:54.

Liberty 4-mile Run, WP: J Gutierrez 38:07. Laura McCoy 59:18 (W).

Freedom 5K Evergreen: Lonnie Max Stafford 28:15. Deborah Stafford 29:09 (2). Bill Obert 30:48.

4 on the 4th, Boulder: Bruce Kirschner 16:31 (2). Amy Lease 18:36 (1). Tom Chambers 21:26 (1).

Bill Faulkner 21:48 (2). Jack Barry 21:48 (1). Lee Bengston 25:49 (2).

7/5

Vail Hill Climb, 7.2: Alyn Park 1:22 (2). The B-Man 1:23 (2). Jay Wissot 1:28 (3).

7/11

Sand Creek 10K: Tom Chambers 56:20 (1).

Evergreen Rec 10K, Elk Meadow: Brett Allendorf 55:58. David Kelble 1:04. Jim Romero 1:10 (1).

Ken Simons 1:25. Mike Burzynski 1:34. **5K** – Tim Miller 27:07 (1).

7/12

Missoula Marathon, MT: Suzanne Buntrock 5:00. Todd Shaklee 5:06. Nicole Shaklee 6:02.

Silver Rush 50 mile, Leadville: Jim Bosik 12:18:18 (3).

7/18

Kendall Mtn 12-mile, Silverton: Robert Kanieski 3:04.

Classic 10K, CS: Bruce Kirschner 42:24 (2). Rich Martinez, 49:56 (3).

Once you are over the hill, you pick up speed

7/19

Donor Dash 5K, WP: Rich Martinez 24:04 (3). Jim Romero 27:07 (2). Connie Ahrnsbrak 27:10 (1). Jack Barry 27:27 (3). Robert Ghomerly 31:45. Connie Martinez 37:31. 6-yr old Morgan Martinez 52:55 (W). Rob/Amanda Martinez 53:01 (W).

Beaver Creek X-terra 10K: Robert Kanieski 56:05 (1). Stacy Totherow 56:33 (1). Jennifer Forker. 8/1

Rocky Mountain Half, Estes Park: Bruce Kirschner 1:38 (1).

La Sportiva Berry Picker, Vail: Jim Romero 1:20 (2).

8/2

Evergreen Town 10K: Ed Youngberg 53:54 (3). Janet Sandoval 55:50. Mike Burzynski 1:09. 5K – Thomas Chambers 25:49 (1).

Blackhawk 10K Trail: Jim Romero 1:23 (2).

8/8

GTIS Half: David Rothenburger 1:25 (3). John Ramos 1:52. Rich Martinez 1:53 (3). John Perez 1:56. Marie LePage 1:57:45. Ed Youngberg 1:57:57 (2). Judy Laney 1:58:07. Bill Faulkner 1:58:47 (3). Wayne Stewart 2:00:24. Claradene Stewart 2:00:37 (1). Todd Shaklee 2:11. Ross Westley 2:30. Patricia Tolleson 2:34. Sir Fred Trentaz 2:36. Nicky Lee 2:40:57. Nicole Shaklee 2:40:57.

Holy Cow 10K, Westminster: Sam Trevino 43:44 (2). Jim Romero 1:00 (1).

8/9

Pancake Stampede 5K, Hudson Gardens: Link Lubken 25:04 (3). Jack Barry 27:02 (1). Bobby Romero 27:51. Holly Romero 35:05.

2015 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.

2015 Colorado Masters Running / Racewalking Association Schedule

| DATE | DOW | TIME | LOCATION | NAME | DIRECTOR(s) |
|--------|-------|-------|---------------------------------------------|------------------------------------------|-----------------------------------|
| Sep 19 | (Sat) | 8 AM | Matthews-Winters / Redrocks | The Amazing Race | Eric Hislop / Jennifer Forker |
| Oct 10 | (Sat) | 9 AM | Stone House Park, Lakewood | Stone House (2x) Triple-Cross trail 8.5M | Elizabeth Hayden / Michael Abbott |
| Nov 14 | (Sat) | 10 AM | Hildebrand Ranch Park | Veterans run | Keith Johnson / Kathy Johnson |
| Dec 05 | (Sat) | 10 AM | Bluff Lake Nature Center | Sand Creek 5M | Rob Fisher / Dan Shaw |

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 (face_tigger@hotmail.com) before 20th September 2015. If sending an email, please add CMRA to the title so we know it's not spam.

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.

Once you are over the hill, you pick up speed