

# MASTER TIMES

September / October 2015

Volume 48 Issue 5

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## PRESIDENT'S CORNER

By Jennifer Forker

Dear CMRA members,

Please mark this date in your 2016 calendars: Our Annual Awards Banquet (& all-club meeting) will be January 23 with the usual 6:30 p.m. start time (cash bar) followed by a buffet dinner at 7:00 p.m. at The Arvada Center, 6901 Wadsworth Blvd., Arvada, 80003. The buffet will include many vegetarian/vegan options.

We hope the price will remain the same (at \$25 for members and their spouses). More details will come to you in emails in the coming months, but PLEASE KNOW you cannot attend the banquet this year without RSVPing and paying in advance.

Last year, a dozen members showed up unannounced and we had to set up tables to accommodate. It was stressful for The Arvada Center staff and your Board to “do the hustle” to fit everyone in (but we did).

We don't want to go through that again, however, so if you show up at the banquet without having RSVP'd, we'll unfortunately have to turn you away. That may sound mean but it's likewise not very thoughtful to show up unannounced at a planned event that costs a lot of money and requires considerable planning. Please RSVP! (We'll tell you how and to whom soon.)

We haven't nailed down our guest speaker yet, but pay attention to our communications (via email and Facebook) because we're trying to get someone you'll want to listen to. We're hopeful!

A BIG THANK YOU!

Thank you to everyone for running and racewalking with us through 2015. We have about 350 members in the club, a number that hasn't fluctuated much during the past few years. Keep inviting friends and family to our monthly races! We need “new blood” to keep our numbers strong.

In the coming year, we'll continue to provide our excellent monthly races, the full moon runs and other opportunities to run together and have fun together. Please post your running adventures, including photos, to our Facebook page (at Colorado Masters Running Association). We like to see what everyone is doing.

Be well; run well,

Jennifer

CMRA president



# PICTURE PAGES



Once you are over the hill, you pick up speed

## ODDS & SODS



*THANKS TO CONI, JEN, LISA, KEN FOR THE PICTURES*  
*SEE MORE ON OUR FACEBOOK PAGE :- <https://www.facebook.com/groups/118401460391/>*

### AUGUST 5 FAIRMOUNT 5K KIDS' 1/2 MILE RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Evan Raymond	M	3:45	8
2	Teo Moreau	M	4:07	7
3	Hunter Schultze	M	4:24	10
4	<i>Kylee Ruhsen</i>	F	4:31	7
5	<i>Clara Rutledge</i>	F	4:36	9
6	<i>Lydia</i>	F	4:44	5
7	Daniel Olds	M	5:15	8
8	Thomas Olds	M	5:16	6
9	<i>Elianna</i>	F	7:48	9
10	Noah	M	7:49	7
11	Forest Cobb	M	8:15	4

### AUGUST 5 FAIRMOUNT 5K RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Lewi Mani	M	16:10	23
2	Joseph Manilafasha	M	16:25	24
3	Luis Ronquillo	M	17:07	20
4	Shad Mika	M	18:19	
5	Hector Martinez	M	18:27	31
6	Riverz Flores	M	18:46	17
7	Jesus Lazo	M	18:51	18
8	Scott Kukel	M	18:57	41
9	Justin Perry	M	19:20	15
10	Mike Quispe	M	19:26	48
11	Jonathan Fenske	M	19:56	45
12	David Rothenberger	M	20:15	46
13	<i>Sam Skeen</i>	F	22:13	15
14	Sam Simkin	M	22:13	42
15	Matthew Rutledge	M	22:37	39
16	Robert Kanieski	M	22:38	38
17	Jim Perry	M	22:45	54
18	Bob Irving	M	22:57	60
19	<i>Theresa Jockers</i>	F	23:37	54
20	Ben Bergstrand	M	23:54	39
21	Ota Meloan	M	24:13	
22	<i>Jitka O'Farrell</i>	F	24:40	37
23	John Perez	M	24:41	64
24	Roger Allen	M	24:56	63
25	Gabriel Ledema	M	25:26	17
26	Cliff Jurgens	M	25:26	49
27	<i>Kacey Narrucci</i>	F	25:31	43

Once you are over the hill, you pick up speed

28	Dan Shaw	M	25:37	56
29	John Shea	M	26:52	58
30	<i>Grace Clark</i>	F	27:17	16
31	Bill Smitham	M	27:18	71
32	Ed Youngberg	M	27:21	72
33	Michael Abbott	M	27:27	46
34	<i>Ashley Potrzeba</i>	F	27:28	26
35	<i>Julie Carroll</i>	F	27:58	42
36	Mark Hasseman	M	28:11	59
37	Wayne Stewart	M	28:26	68
38	<i>Patricia Jones</i>	F	28:32	63
39	Bill Faulkner	M	28:37	74
40	Max Stafford	M	28:53	69
41	Jim Romero	M	28:54	75
42	<i>Claradene Stewart</i>	F	29:11	66
43	<i>Jennifer Forker</i>	F	29:27	49
44	Charles Scheibe	M	29:43	60
45	<i>Deborah Stafford</i>	F	30:05	63
46	Rich Martinez	M	30:16	68
47	<i>Nicky Lee</i>	F	30:29	51
48	<i>Annemarie Schmidt</i>	F	31:24	57
49	Tom Duran	M	31:33	67
50	Ross Westley	M	31:46	78
51	Lee Bengston	M	32:52	77
52	<i>Olivia Friedman</i>	F	33:11	16
53	Rich Romero	M	34:30	78
54	<i>Heather Huntoon</i>	F	36:00	47
55	<i>Mindy Bradford</i>	F	36:06	54
56	<i>Patricia Tolleson</i>	F	36:08	66
57	Reinaldo Rosario	M	36:39	50
58	Brent Jockers	M	41:46	64
<b>RACEWALKERS</b>				
1	Ed Gussie	M	42:19	74

### AUGUST 5 FAIRMOUNT 5K RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
<b>OVERALL</b>				
1	Lewi Mani	16:10	Sam Skeen	22:13
<b>75-79</b>				
1	Jim Romero	28:54		
2	Ross Westley	31:46		
3	Lee Bengston	32:52		

4	Rich Romero	34:30		
<b>70-74</b>				
1	Bill Smitham	27:18		
2	Ed Youngberg	27:21		
3	Bill Faulkner	28:37		
<b>65-69</b>				
1	Wayne Stewart	28:26	Claradene Stewart	29:11
2	Max Stafford	28:53	Patricia Tolleson	36:08
3	Rich Martinez	30:16		
4	Tom Duran	31:33		
<b>60-64</b>				
1	Bob Irving	22:57	Patricia Jones	28:32
2	John Perez	24:41	Deborah Stafford	30:05
3	Roger Allen	24:56		
4	Charles Scheibe	29:43		
5	Brent Jockers	41:46		
<b>55-59</b>				
1	Dan Shaw	25:37	Annemarie Schmidt	31:24
2	John Shea	26:52		
3	Mark Hasseman	28:11		
<b>50-54</b>				
1	Jim Perry	22:45	Theresa Jockers	23:37
2	Reinaldo Rosario	36:39	Nicky Lee	30:29
3			Mindy Bradford	36:06
<b>45-49</b>				
1	Mike Quispe	19:26	Jennifer Forker	29:27
2	Jonathan Fenske	19:56	Heather Huntoon	36:00
3	David Rothenberger	20:15		
4	Cliff Jurgens	25:26		
5	Michael Abbott	27:27		
<b>40-44</b>				
1	Scott Kukel	18:57	Kacey Narrucci	25:31
2	Sam Simkin	22:13	Julie Carroll	27:58
<b>35-39</b>				
1	Shad Mika	18:19	Jitka O'Farrell	24:40
2	Matthew Rutledge	22:37		
3	Robert Kanieski	22:38		
4	Ben Bergstrand	23:54		
<b>19-34</b>				
1	Joseph Manilafasha	16:25	Ashley Potrzeba	27:28
2	Luis Ronquillo	17:07		
3	Hector Martinez	18:27		
4	Ota Meloan	24:13		

Once you are over the hill, you pick up speed

14-18 (HIGH SCHOOL)				
1	Riverz Flores	18:46	Grace Clark	27:17
2	Jesus Lazo	18:51	Olivia Friedman	33:11
3	Justin Perry	19:20		
4	Gabriel Ledema	25:26		

Just short of 60 runners and walkers competed in the Fairmount 5k on Wednesday, August 5, 2015, in addition to 11 kids running the ½ mile race. While this was a relatively small turnout for this race, it was not surprising considering we had a miscommunication about the date, so the date was corrected on the website only a couple of weeks before the race, as well as the fact that the afternoon of the race, temperatures reached the mid-90's, which may have scared a few runners off. However, it was a competitive race, with a course record on the men's side, by about 40 seconds, on the new course we've run since 2010. This blazing fast time of 16:10 was run by Lewi Mani, age 23, on a very warm evening. Second place went to Joseph Manilafasha in 16:25, a time that would have won any of the previous 5 years, and third to Luis Ronquillo in 17:07. Eleven men ran under 20 minutes, including Shad Mika in the 35-39 category at 18:19, Hector Martinez at 31 in 18:27 and three 40-plus year olds, Scott Kukel, 41, at 18:57, Mike Quispe, 48, in 19:26 and Jonathan Fenske, 45, in 19:56.

On the women's side, Sam Skeen, age 15, won in 22:13, with second place going to Theresa Jockers, age 54(!), in 23:37, a fantastic time. Third place went to Jitka O'Farrell, age 37, in 24:40. Also worth highlighting is Claradene Stewart, age 66, in an amazing time of 29:11.

Other noteworthy times: Jim Romero, age 75, in 28:54, Bill Smitham, age 71, in 27:18, closely followed by Ed Youngberg, age 72, in 27:21, and Bill Faulkner, age 74, in 28:37. Wayne Stewart, 68, barely beat out his wife in 28:26, and Bob Irving, age 60, ran an impressive time of 22:57. Also, Jim Perry, age 54, in 22:45, and Dave Rothenberger, age 46, in 20:15. Our high school categories were won by Riverz Flores in 18:46, with Jesus Lazo just behind him in 18:51, and Justin Perry, 15, ran 19:20. Grace Clark won the high school girls' in 27:17.

Ed Gussie won the now lonelier walking category in 42:19-quite a fast walking pace! We need to convince some more walkers to race to give him company.

The kids' race was well-attended by enthusiastic youngsters, as usual. Evan Raymond, age 8, won the half mile course in 3:45, with Teo Moreau, 7, second in 4:07. Kylee Ruhsen, also 7, was the first girl in 4:31, with Clara Rutledge, 9, just behind her in 4:36, and Lydia, only 5 years old, just behind Clara in 4:44.

I'd like to thank the many volunteers who helped with putting on this race, starting with Jen Forker, whose patience in replying to my many emails and requests for help with volunteers was much appreciated. Jen also picked up the Great Harvest bread and ran registration with help from Pat Tolleson, Cliff Jurgens and Dan Shaw. Thank you to my reliable finish line crew headed up by Rob Fisher, Joe Baird and Ken Randall and I think I'm forgetting someone-sorry. Thanks to my very important parking volunteers-Jeremey Gee, Ed Youngberg and Rich Ruhsen for keeping people from parking on the access road to the park, preventing neighbors' complaints and ensuring that we will be able to continue to use this venue for the race. Thanks also to Rich Ruhsen for bringing the bags of ice. Thanks to Adam Feerst for lending me your course markings again. Thank you to Gayle and Ruben Zorrilla for running the water station, and to the street crossing volunteer, Suzanne Buntrock. Thank you to Tom Chambers for getting the ribbons in order, and Jim Romero for bringing them to the race. Thank you to Ed Youngberg also for bringing the water coolers to the race full of ice water-very helpful! Thank you to our babysitting crew, Hope Clark, Mason Puckett and Janelle Bober, and to my course sweeper, Jacques Moreau. Thank you to those who slaved over the grill for the picnic on a hot night-Fran and Doug Schneider and Bob Irving. Also to Jen Forker's husband, who I believe started the grill, and to Bill Faulkner and Ed Youngberg (again!) who brought the grilling stuff (don't ask me what exactly!). And to Scott McFarlane for compiling the results. Thank you to my co-director, Monica Ryan, for all your help as always. And last but not least, thank you to Great Harvest for all the delicious bread and Boulder Running Company and Runner's High in Golden for the gift certificates and Runner's Roost Lakewood for the prizes. Apologies to anyone who helped out and whose name I may have left out. As is apparent, this race had a LOT of volunteers (seems like I need more each year), and it wouldn't work without all of you.

Kristin Moreau

## SEPTEMBER 19 AMAZING RACE RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Eric Albright	M	33:29	43
2	George Forbes	M	35:59	45
3	Vishesh Regmi	M	36:06	31
4	Bob Jones	M	39:00	55
5	<i>Molly Smith</i>	F	39:29	35
6	Michael Brenner	M	39:55	57
7	Jeremy Johnson	M	40:26	40
8	Greg Wobbema	M	40:37	56
9	James Worthen	M	40:50	30
10	Johnny Ramos	M	41:48	39
11	Brett McNichols	M	44:22	28
12	Dan Shaw	M	44:26	56
13	Robert Caillouette	M	44:45	60
14	<i>Theresa Jockers</i>	F	45:48	54
15	<i>Helen DeGennaro</i>	F	46:59	48
16	Chuck Bible	M	48:42	52
17	Rich Price	M	49:54	50
18	Rich Martinez	M	50:54	68
19	Mick Vollmar	M	50:58	61
20	David Kelble	M	51:12	57
21	Rob Fisher	M	51:46	65
22	Scott McFarlane	M	52:17	64
23	<i>Patricia Jones</i>	F	56:02	63
24	John Perez	M	57:55	64
25	<i>Stacy Fuller</i>	F	57:56	30
26	Jim Romero	M	57:57	75
27	<i>Julie Carroll</i>	F	57:59	42
28	<i>Shannon Shaw</i>	F	58:04	23
29	<i>Nicole Shaklee</i>	F	58:14	51
30	<i>Ruby Lewis</i>	F	58:29	58
31	Hank Burkman	M	59:09	63
32	<i>Vange Pena-Jenks</i>	F	59:10	54
33	Joey Shaw	M	1:00:37	27
34	Jordan Douglas	M	1:01:51	11
35	Fred Trentaz	M	1:01:52	73
36	<i>Danielle Carroll</i>	F	1:03:01	39
37	Don Troike	M	1:03:20	67
38	<i>Anne-Marie Schmidt</i>	F	1:03:47	57
39	<i>Heather Huntoon</i>	F	1:07:32	47
40	Gabe Sisneros	M	1:13:04	77
41	<i>Jaelyn Douglas</i>	F	1:22:44	11

Once you are over the hill, you pick up speed

42	Allison Douglas	F	1:22:45	40
43	Francie Louise	F	1:22:46	33
<b>RACEWALKERS (5K)</b>				
1	Loree Hoag	F	36:59	49
2	Jill Atkinson	F	37:09	51
3	Brent Jockers	M	46:45	64
4	Suzanne Ellenbogen	F	54:05	60
5	Brenda Cody	F	54:06	54
6	Kelly Jones	F	54:40	55
7	Lu Shaw	F	58:30	57

### SEPTEMBER 19 AMAZING RACE RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	MEN		WOMEN	
<b>OVERALL</b>				
1	Eric Albright	33:29	Molly Smith	39:29
<b>75-79</b>				
1	Jim Romero	57:57		
2	Gabe Sisneros	1:13:04		
<b>70-74</b>				
1	Fred Trentaz	1:01:52		
<b>65-69</b>				
1	Rich Martinez	50:54		
2	Rob Fisher	51:46		
3	Don Troike	1:03:20		
<b>60-64</b>				
1	Robert Caillouette	44:45	Patricia Jones	56:02
2	Mick Vollmar	50:58		
3	Scott McFarlane	52:17		
4	John Perez	57:55		
5	Hank Burkman	59:09		
<b>55-59</b>				
1	Bob Jones	39:00	Ruby Lewis	58:29
2	Michael Brenner	39:55	Anne-Marie Schmidt	1:03:47
3	Greg Wobbema	40:37		
4	Dan Shaw	44:26		
5	David Kelble	51:12		
<b>50-54</b>				
1	Chuck Bible	48:42	Theresa Jockers	45:48
2	Rich Price	49:54	Nicole Shaklee	58:14
3			Vange Pena-Jenks	59:10
<b>45-49</b>				
1	George Forbes	35:59	Helen DeGennaro	46:59

2			Heather Huntoon	1:07:32
<b>40-44</b>				
1	Jeremy Johnson	40:26	Julie Carroll	57:59
2			Allison Douglas	1:22:45
<b>35-39</b>				
1	Johnny Ramos	41:48	Danielle Carroll	1:03:01
<b>19-34</b>				
1	Vishesh Regmi	36:06	Stacy Fuller	57:56
2	James Worthen	40:50	Shannon Shaw	58:04
3	Brett McNichols	44:22	Francie Louise	1:22:46
4	Joey Shaw	1:00:37		
<b>13 AND UNDER</b>				
1	Jordan Douglas	1:01:51	Jaelyn Douglas	1:22:44

Once again, Colorado provided perfect weather for the 4.5 mile Amazing Race at Matthews / Winters Park. Cool morning temps facilitated Eric Albright's first place finish with a time of 33:29 matching his performance from last year. Molly Smith ran a 39:29 for 5th OA and 1st female. Prizes for our two victors came from our race sponsor, the Boulder Running Company, and it is rumored that their race performance was due to the wonderful breakfast provided by our other sponsor Big Daddy Bagels in Golden.

Our wonderful sweepers Helen DeGennaro and Mick Vollmar reported that no bodies were left on the course, and our first aid volunteers Tom Chambers and Lee Bengston reported only minor scrapes and bruises, which indicate fierce athletic competition.

Speaking of tough competition, we had a photo finish in the race walking division with Loree Hoag leaning over the tape to beat out Jill Atkinson. Many thanks to our finish-line timers and referees Joe Baird, Ken Randall, Pat Tolleson, and Bill Faulkner for sorting out the close-call race. Lucky for them no racers were tripped up by meddling children due to the babysitting efforts of Hope Clarke.

All of the excitement of the day led to some very thirsty racers and so it is only fitting that we acknowledge the work of those that hiked into the course and set up the water station -- Carolyn Hicks, and Renee Botta. Of course it is due to the course markings made by Ben Bergstrand that any of the runners even made it to the 2.5-mile aid station.

I'm happy to report that this year we had a plethora of door prizes provided by the following local businesses:

- Great Harvest Bread Co. of Arvada
- Runners High of Golden
- Runners Roost of Lakewood
- Cannonball Creek Brewery, Golden
- Barrels & Bottles Brewery, Golden
- Golden City Brewery, Golden
- Rewind Consignment, Golden
- Mile High Wine Cellars, Arvada

Our post race picnic, prizes and awards was quite the gala event and I'm glad to have had the help of new members Jan & Chuck Harper in cleaning up the mess we made.

Last but not least thanks should be given to the wonderful souls who arrived early to do all the race paperwork: Rich Price, Kevin Snyder and Loree Hoag.

The 2015 September CMRA race went off without a hitch, which I attribute mainly to the amazing work of my fellow co-director Jennifer Forker.

See you next year,  
Eric Hislop

Once you are over the hill, you pick up speed

## The Pelican Brief (Constance Ahrnsbrak)

### The Pelican Briefs (Constance Ahrnsbrak)

8/5

**Pearl Street Mile, Boulder:** John Perez 6:45 (3). Janet Sandoval 8:07 (3).

8/15

**Frisco Trail Half:** Todd Shaklee & Nicole Shaklee 3:07. **10K** Robert Kanieski 52:07 (2). Jim Romero, 1:08 (1).

**Pikes Peak Ascent:** Sam Blackshear 3:07. Bret Scofield 3:15 (2). David Rothenburger 3:41.

Amy Lease 4:38 (3). Rick Nistico 5:05. Bill Faulkner 5:36 (3). Jean Nistico 5:45. Patricia Tolleson 5:48.

8/16

**Run for Research 5K, WP:** Bruce Kirschner 21:20 (1). Rich Martinez 24:19. Link Lubken 25:21.

**Pikes Peak Marathon:** Jim Bosik 7:39.

8/22

**Peach Fest 5K, FTC:** Rich Martinez 23:58 (2).

**D' Evelyn XC 5K, Lakewood:** Thomas Chambers 27:31 (2). **Runapalooza 5K:** Earl Beam 31:53 (1).

8/29

**Cure SMA 5K, Clement Park:** Jim Worthem 21:40 (OA). Tyler Shaklee 23:13 (1). Grace Clark 23:51 (1).

Rich Martinez 24:22 (1). Mark Hasseman 27:11 (1). Todd Shaklee 27:55. Connie Ahrnsbrak 27:58 (1).

Jim Romero 28:51 (1). Tom Duran 29:43. Nichole Shaklee 31:21 (1). Michaela Shaklee 33:57.

**Panther Crawl 5K, Thornton:** Bobby Romero 26:58 (1). Anais Romero 26:58. Holly Romero 36:15.

9/5

**Bronco 7K, Mile Hi:** Rich Hadley 28:59. Lisa Atencio 35:01. Jesse Tijerina 37:10. Jay Dee Trujillo 38:34.

Constance Ahrnsbrak 38:59 (1). Jim Romero 39:10 (2). Jack Barry 40:37. Deb Hadley 43:50.

Earl Beam 45:12. Rich Romero 45:41. Mike Burzynski 48:16.

9/12

**Blue Shoe 5K:** Constance Ahrnsbrak 27:24 (1). Rich Romero 34:19 (3). Thomas Alison 46:21.

9/13

**El Grito 5K, Buckhorn Exchange:** Hector Martinez 18:36 (2). Rachel Perez 20:38 (F/OA).

Jim Worthem 21:19 (3). John Ramos 22:06. Robert Kanieski 23:33. Missing Link 26:02 (3).

Tom Chambers 27:06 (1). Bob Tafelski 27:22 (1). Janet Sandoval 28:05 (1). Spiderman Scott 28:17.

Robert Romero 28:35. Jim Romero 28:37 (3). Martha Martinez 29:21. Dafni Martinez 30:25 (1).

Jeff Young 31:43. Holly Romero 36:50.

9/19

**Memorial Park 5K, Arvada:** Bobby Romero 27:59 (1). Holly Romero 34:28.

**Republic 5K, Grand Lake:** Robert Kanieski, 23:39 (OA).

**Memorial 15K, Barr Lake:** Lonnie Stafford, 1:29:19 (1) & Deborah Stafford, 1:29:41 (1).

9/20

**Farmers 5000, Wheat Ridge:** Bruce Kirschner 21:15 (1). Missing Link 25:23 (2). Karen McKean 26:44 (1).

Constance Ahrnsbrak 27:09 (1). Bill Smitham 27:24 (1). J Gutierrez 28:09. Andy McKean 33:52.

Laura McCoy, 44:47 (W).

**Hop, Skip & Jump 5K:** James Worthem 22:20.

**Lead King Loop 25K:** Robert Kanieski 2:57. **12.5K** – Jim Romero (1).

**Autumn Color Half, Buena Vista:** David Rothenburger 1:27.

9/26

**Monument Half, Scottsbluff, NE:** Stacy Totherow 1:50 (2).

**Golden Leaf Half, Snowmass/Aspen:** Sam Blackshear 1:41 (3). Bret Scofield 1:48 (1). James Price 2:36.

Jennifer Forker 2:48.

**Bear Chase 50-miler, BCLP:** Charles Scheibe 12:59 (2). **50K** – Christine Rodriguez 5:40 (2).

10/3

**North Rim 20K, Crawford, CO:** Robert Kanieski 1:43 (1<sup>st</sup> age/3<sup>rd</sup> OA).

**Wineglass Marathon, Corning, NY:** Nicole Shaklee 5:11.

10/4

**Maple Grove Grizzle 5K:** Link Lubken 25:11 (1).

10/18

**Denver Rock N Roll Marathon:** Neil Galvez 3:23. John Ramos 5:01. Stacy Totherow 5:02

**HALF:** Christine Rodriguez 1:46 (1). John Perez 1:55. Karen McKean 1:58 (1). Rich Martinez 2:00.

Cassie Klumpp 2:42. **10K** – Michael Abbott 52:31. **5K** - Earl Beam 33:52 (3) .

10/24

**Beware the Bear 10-miler, BCLP:** Jairo Tiscareno 1:11 (1). Robert Kanieski 1:32.

**Baby Bear 5K:** Robert Kanieski 23:36 (3). Tom Chambers 29:31 (1). Constance Ahnsbrak 30:11 (1).

**Monster Dash 5K, FTC:** J Gutierrez 27:51. Laura McCoy 43:00 (W).

**Hoofin' It Thru the Hallows 5K:** Michael Abbott 24:40. Link Lubken 24:44 (2).

10/25

**Kooky Spooky 5K, Golden:** Earl Beam 35:04 (1).

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### 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)
Nov 14	(Sat)	10 AM	<a href="#">Hildebrand Ranch Park</a>	Veterans run	Keith Johnson / Kathy Johnson
Dec 05	(Sat)	10 AM	<a href="#">Bluff Lake Nature Center</a>	Sand Creek 5M	Rob Fisher / Dan Shaw

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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> November 2015. If sending an email, please add CMRA to the title so we know it's not spam.

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.**  
\*\*\*\*\*