

MASTER TIMES

November / December 2015

Volume 48 Issue 6

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PRESIDENT'S CORNER By Jennifer Forker



Dear CMRA Everyone,

The Board cordially invites you to the CMRA Annual Meeting and Banquet on Saturday, January 23, 2016. The evening begins at 6:30 p.m. with a cash bar; the buffet dinner follows promptly at 7:00. A wonderful program will follow, including our annual meeting, where we'll vote in Board officers and share Board news. We'll also hear from our guest speaker, who we'll tell you about soon. Last January we heard from ultra-runner Michele Yates. Don't miss another great speaker at our 2016 event!

To keep this night affordable for as many CMRA members as possible, we're continuing to hold the event at The Arvada Center for the Arts and Humanities, 6901 Wadsworth Blvd, Arvada, CO 80003; phone: (720) 898-7200).

This allows us to keep the cost per person at \$25 and provide an outstanding dinner spread to feed both vegetarians and meat lovers alike. If you've attended our banquet during the past few years, you know how good this meal is. You also know how fun this night is!

This year we'd like EVERYONE who wants to attend the banquet to RSVP and pay IN ADVANCE. Last year nearly a dozen people showed up without RSVPing, so a good many Board members had to hustle to fit in more tables and chairs to accommodate our unexpected guests. The Arvada Center had to scurry to find us more food (which they did, because they're amazing professionals). It worked, but we don't want to go through that again.

Please know that if you do not RSVP and pay in advance, you will not be able to attend the banquet. Payment is preferred online at RunSignUp.com (I'll email a link to members soon). The club is subsidizing everyone's meal to the tune of a few dollars so individuals don't have to pay the services charges, which include staff tips. We will handle that. We want you to focus on having a wonderful time!

Last year a lot of us took photos of the making merry. I hope folks will do that again! The images are fun to share in the newsletter and on our Facebook page.

For the third year I'll be handing out my "special" President's Awards in the categories of excellent sportsmanship, bloodletting (for ye who take a mighty tumble), unheralded speed demons and other categories as yet unrealized. This is my last year as president of this fine club, so it's the last year I'll be handing out these *important* awards! [If you have award recipient suggestions, please contact me directly.]

With that said, thank you to everyone – all of you, really – who've made my time as president so rewarding and enjoyable. I've appreciated all the support and the fun. I'll miss the "Madam President" moniker but will enjoy slipping back into the crowd.

At our banquet, we'll vote in a new president. I trust you'll support this person as whole-heartedly as you've supported me. Many thanks.

As always,

Run well; be well,

Jennifer
CMRA president

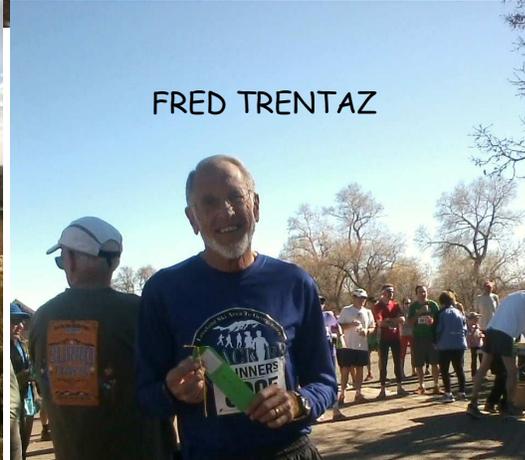


PICTURE PAGES

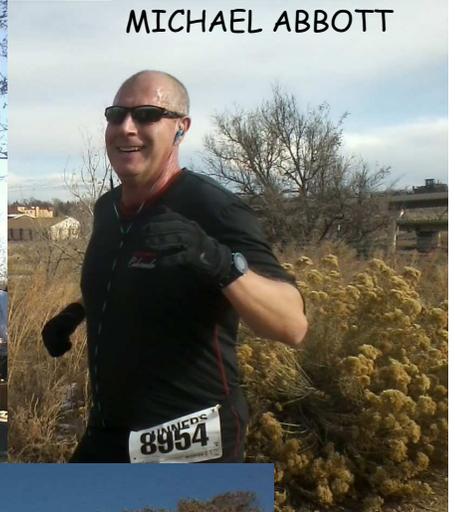
HILDEBRAND



BILL FAULKNER, TOM CHAMBERS
ED YOUNGBERG



FRED TRENTAZ



MICHAEL ABBOTT



MICHAEL BLANCHETTE



WAYNE / CLARADENE
, STEWART. ANNE MARIE SCHMIDT

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

Once you are over the hill, you pick up speed

OCTOBER 10 STONE HOUSE RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Chris Knott	M	54:39	35
2	Eric Albright	M	56:23	43
3	David Rothenburger	M	1:01:12	47
4	Sam Simkin	M	1:01:55	42
5	Tim Miller	M	1:02:24	45
6	Jeremy Johnson	M	1:04:19	40
7	John Ramos	M	1:04:21	39
8	Shaun Schafer	M	1:04:27	47
9	James Worthem	M	1:04:33	30
10	Noe Cuevas	M	1:05:33	35
11	<i>Julie George</i>	F	1:05:34	45
12	Michael Brenner	M	1:05:42	57
13	Mark Erickson	M	1:06:35	50
14	Bob Caillouette	M	1:10:44	60
15	<i>Cassidy Hickey</i>	F	1:11:10	12
16	<i>Theresa Jockers</i>	F	1:11:28	54
17	Don Rosenberry	M	1:11:43	57
18	Ben Bergstrand	M	1:13:40	39
19	Tello Chavez	M	1:14:01	31
20	Robert Kanieski	M	1:14:16	38
21	Michael Blanchette	M	1:14:30	58
22	Robert Wittemore	M	1:16:48	47
23	Jim Bosik	M	1:16:50	65
24	Daniel Ainslie	M	1:23:00	41
25	Wayne Stewart	M	1:23:28	69
26	John Perez	M	1:24:34	64
27	<i>Carolyn Hicks</i>	F	1:25:33	58
28	Mick Vollmar	M	1:26:28	61
29	Gary Krammes	M	1:26:42	55
30	Bill Faulkner	M	1:26:55	74
31	<i>Susan Person</i>	F	1:27:00	50
32	Tom Chambers	M	1:27:42	72
33	Tall Red (Ed) Youngberg	M	1:27:51	72
34	J Gutierrez	M	1:28:38	62
35	Spiderman Scott McFarlane	M	1:29:40	64
36	The B-Man (Jim) Romero	M	1:31:04	75
37	Kevin Snyder	M	1:32:04	51
38	<i>Jennifer Forker</i>	F	1:34:32	49
39	Richard Price	M	1:34:33	56
40	<i>Patricia Jones</i>	F	1:34:55	63
41	<i>Clradene Stewart</i>	F	1:35:37	66

42	<i>Monica Protz</i>	F	1:40:40	44
43	<i>Lisa Graznak</i>	F	1:40:41	45
44	Matthew Barnes	M	1:40:50	35
45	<i>Nicole Shaklee</i>	F	1:42:59	52
46	Fred Trentaz	M	1:43:30	73
47	Lee Bengston	M	1:44:13	78
48	<i>Heather Huntoon</i>	F	1:47:48	47
49	John Seidle	M	1:48:28	65
50	Jordan Douglas	M	1:55:35	11
51	<i>Allison Douglas</i>	F	1:56:10	40
52	<i>Anne-Marie Schmidt</i>	F	1:56:35	57
53	<i>Patricia Tolleson</i>	F	1:57:15	66
54	Tom Duran	M	1:58:07	67
55	<i>Francie Kinney</i>	F	1:58:35	33
56	Reinaldo Rosario	M	2:00:20	50
57	Derek Troy	M	2:04:11	40
RACEWALKERS (5K)				
1	<i>Laura McCoy</i>	F	52:18	60
2	<i>Karen Miller</i>	F	1:10:00	72
3	Paul Miller	M	1:10:45	71
4	Greg Miller	M	1:10:50	47
5	John Baylis	M	1:10:55	54

OCTOBER 10 STONE HOUSE RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
MEN		WOMEN		
OVERALL				
1	Chris Knott	54:39	Julie George	1:05:34
75-79				
1	The B-Man (Jim) Romero	1:31:04		
2	Lee Bengston	1:44:13		
70-74				
1	Bill Faulkner	1:26:55		
2	Tom Chambers	1:27:42		
3	Tall Red (Ed) Youngberg	1:27:51		
4	Fred Trentaz	1:43:30		
65-69				
1	Jim Bosik	1:16:50	Claradene Stewart	1:35:37
2	Wayne Stewart	1:23:28	Patricia Tolleson	1:57:15
3	John Seidle	1:48:28		
4	Tom Duran	1:58:07		
60-64				
1	Bob Caillouette	1:10:44	Patricia Jones	1:34:55

Once you are over the hill, you pick up speed

2	John Perez	1:24:34		
3	Mick Vollmar	1:26:28		
4	J Gutierrez	1:28:38		
5	Spiderman Scott McFarlane	1:29:40		
55-59				
1	Michael Brenner	1:05:42	Carolyn Hicks	1:25:33
2	Don Rosenberry	1:11:43	Anne-Marie Schmidt	1:56:35
3	Michael Blanchette	1:14:30		
4	Gary Krammes	1:26:42		
5	Richard Price	1:34:33		
50-54				
1	Mark Erickson	1:06:35	Theresa Jockers	1:11:28
2	Kevin Snyder	1:32:04	Susan Person	1:27:00
3	Reinaldo Rosario	2:00:20	Nicole Shaklee	1:42:59
45-49				
1	David Rothenburger	1:01:12	Jennifer Forker	1:34:32
2	Tim Miller	1:02:24	Lisa Graznak	1:40:41
3	Shaun Schafer	1:04:27	Heather Huntoon	1:47:48
4	Robert Wittemore	1:16:48		
40-44				
1	Eric Albright	56:23	Monica Protz	1:40:40
2	Sam Simkin	1:01:55	Allison Douglas	1:56:10
3	Jeremy Johnson	1:04:19		
4	Daniel Ainslie	1:23:00		
5	Derek Troy	2:04:11		
35-39				
1	John Ramos	1:04:21		
2	Noe Cuevas	1:05:33		
3	Ben Bergstrand	1:13:40		
4	Robert Kanieski	1:14:16		
5	Matthew Barnes	1:40:50		
19-34				
1	James Worthem	1:04:33	Francie Kinney	1:58:35
2	Tello Chavez	1:14:01		
13 and Under				
1	Jordan Douglas	1:55:35	Cassidy Hickey	1:11:10

The weather was absolutely perfect for Saturday's 8.5 mile race at Bear Creek Lake Park, beginning from the Stonehouse trail in Lakewood, CO.

We were very happy with the turnout, and officially ended with a total of 57 runners and 5 racewalkers. Everyone that has run this race in the past knows that it can be a very daunting task, with all the twists and turns, not to mention the three creek crossings going out and three coming back in to the finish line.

A big congratulations to the overall winners. In the male division, Chris Knott blew up the course with an outstanding time of 54:39. The female overall winner was Julie George, coming across the finish line in 1:05:34.

I also wanted to send out a big Thank You to all of our volunteers and club members that helped out with this venture. Helen Degennaro, triple duty as Co-director, course marshall, and course sweeper, along with course sweeper Claradene

Stewart! Jan and Chuck Harper, for assistance with the signups, and double duty, and double thank you for manning the water station with Sara Foster.

Always thankful for Jennifer Forker, Connie Ahrnsbrak, Kevin Snyder, and Patricia Jones, assisting each other with race sign ups and Lakewood and CMRA waivers. Joe Baird, Johnny Ramos, Jeff Hesse, and Connie Ahrnsbrak, finish line, and Connie also for timing / participant verifications. Mark Hasseman, also for double duty, acting as a course marshall, and for aiding Scott McFarlane and myself with the course setup, and to any others I may have missed, Thank you all. Without your help and spirit in volunteerism, these races would not happen. Everyone is reminded to PLEASE volunteer for at least one race per year. Signup sheets at races.

Thank you to all our sponsors, Boulder Running company, Lakewood Runners Roost, Mountain Toad Brewery, and Great Harvest Bread, and Matt Barnes for the chiropractic and massage table at no charge, after the race!

Thank You to Bear Creek Lake Park for allowing the use of their park and trails.

Greg Wobbema

NOV 14 HILDEBRANDE RANCH 6.6 MILE RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Andrew Biglow	M	41:58	44
2	Eric Albright	M	43:15	43
3	Riverz Flores	M	44:34	17
4	Hector Martinez	M	44:51	32
5	Myers Daniel	M	44:54	38
6	George Forbes	M	45:32	46
7	David Rothenburger	M	48:15	47
8	<i>Molly Smith</i>	F	48:34	35
9	Shaun Schafer	M	48:59	48
10	Jeremy Johnson	M	51:21	41
11	Sam Simkin	M	51:38	42
12	Tello Chavez	M	51:50	31
13	<i>Sydney Ayers</i>	F	51:56	52
14	<i>Chelsey Russell</i>	F	52:03	34
15	Tom O'Brien	M	52:54	60
16	Michael Guenther	M	53:19	54
17	<i>Julie George</i>	F	53:23	45
18	Robert Kanieski	M	53:59	38
19	James Worthen	M	54:04	30
20	Ron Nelson	M	54:35	57
21	Robert Caillouette	M	55:27	60
22	Tim Lewis	M	55:29	43
23	<i>Theresa Jockers</i>	F	55:55	54
24	Dan Shaw	M	59:39	56
25	Dennis Cisco	M	1:01:00	48
26	Jim Bosik	M	1:01:21	65
27	<i>Sara Foster</i>	F	1:01:55	40
28	<i>Samantha Skeen</i>	F	1:02:37	15
29	<i>Kayla Young</i>	F	1:02:38	16
30	David Martinez	M	1:02:50	37
31	Jay Dee Trujillo	M	1:03:32	57

Once you are over the hill, you pick up speed

32	Richard Martinez	M	1:04:05	68
33	Julian Tolosa	M	1:04:14	39
34	Wayne Stewart	M	1:05:45	69
35	Gary Krammes	M	1:06:15	56
36	Mark Hasseman	M	1:07:04	60
37	Strider (Tom) Chambers	M	1:07:07	72
38	Bill Faulkner	M	1:07:10	74
39	<i>Erin Bosik</i>	F	1:07:24	30
40	George Huner	M	1:07:43	62
41	<i>Kathy Lewis</i>	F	1:08:05	58
42	Neil Thomson	M	1:08:05	59
43	John Shea	M	1:08:25	58
44	Tall Red (Ed) Youngberg	M	1:08:56	73
45	Max Stafford	M	1:09:00	69
46	<i>Karen McKean</i>	F	1:09:06	60
47	<i>Siri Lewis</i>	F	1:09:07	41
48	Spiderman (Scott) McFarlane	M	1:09:20	64
49	<i>Claradene Stewart</i>	F	1:09:36	66
50	<i>Deborah Stafford</i>	F	1:09:54	63
51	<i>Elizabeth Kinsey</i>	F	1:10:01	50
52	Robert Romero	M	1:10:14	69
53	<i>Cindy Braun</i>	F	1:10:40	54
54	<i>Lisa Brocard</i>	F	1:11:30	43
55	Kevin Snyder	M	1:12:13	52
56	<i>Monica Protz</i>	F	1:13:48	45
57	<i>Jennifer Forker</i>	F	1:13:49	49
58	Chuck Harper	M	1:13:57	70
59	<i>Patricia Jones</i>	F	1:14:30	64
60	<i>Sylvia Martinez</i>	F	1:14:34	32
61	<i>Anne-Marie Schmidt</i>	F	1:16:06	57
62	<i>Nicole Shaklee</i>	F	1:16:32	52
63	Matthew Barnes	M	1:17:52	36
64	Lee Bengston	M	1:18:38	78
65	Gabe Sisneros	M	1:18:55	77
66	Richard Romero	M	1:19:37	79
67	John Seidle	M	1:20:06	65
68	Sir Fred Trentaz	M	1:20:33	73
69	<i>Heather Huntoon</i>	F	1:20:39	47
70	<i>Jackie Kus</i>	F	1:21:10	33
71	Michael Blanchette	M	1:21:11	58
72	<i>Becky Ross</i>	F	1:24:18	42
73	<i>JoAnn Weaver</i>	F	1:25:14	55
74	Joe Sanchez	M	1:27:06	78

75	<i>Patricia Tolleson</i>	F	1:27:30	66
76	<i>Stephanie Morrison</i>	F	1:28:01	33
77	Tom Duran	M	1:29:37	67
78	Jordan Douglas	M	1:29:43	12
79	<i>Allison Douglas</i>	F	1:29:44	40
80	<i>Jan Harper</i>	F	1:34:22	69
RACEWALKERS (5K)				
1	Ed Gussie	M	41:18	74
2	Carmen Kitts	F	46:38	64
3	Francie Kinney	F	47:28	33
4	Jaelyn Douglas	F	47:29	12
5	Kourtney Johnson	F	49:02	19
6	Kacey Johnson	F	49:05	13
7	Shannon Shaw	F	1:18:27	23
8	Lu Shaw	F	1:18:29	57

NOV 14 HILDEBRANDE RANCH 6.6 MILE RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	MEN		WOMEN	
OVERALL				
1	Andrew Biglow	41:58	Molly Smith	48:34
75-79				
1	Lee Bengston	1:18:38		
2	Gabe Sisneros	1:18:55		
3	Richard Romero	1:19:37		
4	Joe Sanchez	1:27:06		
70-74				
1	Strider (Tom) Chambers	1:07:07		
2	Bill Faulkner	1:07:10		
3	Tall Red (Ed) Youngberg	1:08:56		
4	Chuck Harper	1:13:57		
5	Sir Fred Trentaz	1:20:33		
65-69				
1	Jim Bosik	1:01:21	Claradene Stewart	1:09:36
2	Richard Martinez	1:04:05	Patricia Tolleson	1:27:30
3	Wayne Stewart	1:05:45	Jan Harper	1:34:22
4	Max Stafford	1:09:00		
5	Robert Romero	1:10:14		
60-64				
1	Tom O'Brien	52:54	Karen McKean	1:09:06
2	Robert Caillouette	55:27	Deborah Stafford	1:09:54
3	Mark Hasseman	1:07:04	Patricia Jones	1:14:30
4	George Huner	1:07:43		

Once you are over the hill, you pick up speed

5	Spiderman (Scott) McFarlane	1:09:20		
55-59				
1	Ron Nelson	54:35	Kathy Lewis	1:08:05
2	Dan Shaw	59:39	Anne-Marie Schmidt	1:16:06
3	Jay Dee Trujillo	1:03:32	JoAnn Weaver	1:25:14
4	Gary Krammes	1:06:15		
5	Neil Thomson	1:08:05		
50-54				
1	Michael Guenther	53:19	Sydney Ayers	51:56
2	Kevin Snyder	1:12:13	Theresa Jockers	55:55
3			Elizabeth Kinsey	1:10:01
4			Cindy Braun	1:10:40
5			Nicole Shaklee	1:16:32
45-49				
1	George Forbes	45:32	Julie George	53:23
2	David Rothenburger	48:15	Monica Protz	1:13:48
3	Shaun Schafer	48:59	Jennifer Forker	1:13:49
4	Dennis Cisco	1:01:00	Heather Huntoon	1:20:39
40-44				
1	Eric Albright	43:15	Sara Foster	1:01:55
2	Jeremy Johnson	51:21	Siri Lewis	1:09:07
3	Sam Simkin	51:38	Lisa Brocard	1:11:30
4	Tim Lewis	55:29	Becky Ross	1:24:18
5			Allison Douglas	1:29:44
35-39				
1	Myers Daniel	44:54		
2	Robert Kanieski	53:59		
3	David Martinez	1:02:50		
4	Julian Tolosa	1:04:14		
5	Matthew Barnes	1:17:52		
19-34				
1	Hector Martinez	44:51	Chelsey Russell	52:03
2	Tello Chavez	51:50	Erin Bosik	1:07:24
3	James Worthen	54:04	Sylvia Martinez	1:14:34
4			Jackie Kus	1:21:10
5			Stephanie Morrison	1:28:01
14-18 (High School)				
1	Riverz Flores	44:34	Samantha Skeen	1:02:37
2			Kayla Young	1:02:38
13 and Under				
1	Jordan Douglas	1:29:43	Jaelyn Douglas	1:03:53

88 runners and racewalkers competed under sunny blue skies at Hildebrand Ranch for CMRA's annual Veteran's Run. The rolling mixed-trail course ran a bit slow this year due to 2 short sections hindered with heavy sticky mud. With the overall winner, Andrew Biglow, clocking in at a smoking 41:58. Andrew was followed by 2nd place overall male Eric Albright and 3rd place Riverz Flores. The overall female winner was Molly Smith in 48:34 followed by Sydney Ayres and Chelsey Russell rounding out the women's podium.

Thank you to all that came out to race! An extra special huge THANK YOU to my Assistant Race Director, Mick Vollmar for his support. I would also like to extend a big THANK YOU to all of the volunteers that came out to help set up and execute this fun morning of running! Scott McFarlane and Mark Hasseman did an amazing job marking the course. Connie Ahrnsbrak, Jan and Chuck Harped kept registration rolling. Keith Johnson and Rey Rosario served as course-marshals. My dad, Steve Bergstrand and family (Christina, Ainsley and Noah) worked at the water-station along with Kim Matthews. Joe Baird and Rob Fisher headed up an excellent finish-line crew. And a final thank you to Jim Worthen for sweeping the course!

We had prize donations from Runners Roost of Lakewood, Boulder Running Company, and Great Harvest Bread of Arvada. Thank you, sponsors!

Ben Bergstrand

The Pelican Brief (Constance Ahrnsbrak)

The Pelican Briefs (Constance Ahrnsbrak)

10/17

Human Potential Indian Creek 55K: Jim Bosik, 9:08 (1).

10/31

Eerie Erie 10K: Deb Stafford, 57:29; Lonnie Stafford, 57:35; Bill Faulkner, 57:44 (2) & Patricia Tolleson, 1:13.

5K: J Gutierrez, 28:09, Fred Trentaz, 32:01 (3) & Laura McCoy, 43:38 (W).

Vienna, IL 50 mile: Relentless Dave Black, 17:20 finishing at 1:30 a.m.

City of Oaks Marathon, Raleigh, NC: Suzanne Buntrock, 4:54. **Half:** Cassie Klumpp, 2:48.

11/1

Rails to Trails Half, Norwalk, WI: Scott McFarlane, 2:09 & Christine McFarlane, 2:12

11/7

Veterans 5K, Auraria Campus: Tom Chambers, 27:15 (1).

11/21

Pumpkin Pie 10K, CP: Eric Albright, 38:38 (1), Robert Kanieski, 50:22, Todd Shaklee, 59:24 & Nicole Shaklee, 1:08.

5K – Eric Albright, 18:02 (1), Robert Kanieski, 22:15, Rich Martinez, 25:43 (1), Leslie Mitchell, 29:16,

Jack Barry, 30:18 (1), Todd Shaklee, 30:38, Nichole Shaklee, 35:31 & Earl Beam, 37:23 (3).

Panicking Poultry 5K, Boulder Rez: Lonnie Max Stafford, 28:19 (1) & Deborah Stafford, 28:42 (2).

Brighton Turkey Trot 5K: Bill Faulkner, 27:36 (1), Tall Red (Ed Youngberg), 28:09 (2) & Patricia Tolleson, 36:29.

11/26

United Way Turkey Trot, WP: Wayne Stewart, 35:02, Claradene Stewart, 35:38 & Rich Romero, 41:06.

Boulder Community Food Share 5K: Jean Nistico, 31:59 & Rich Nistico, 33:33.

Endurance House Turkey Trot 10K, Broomfield: Bill Faulkner, 56:37 (1) & Ross Westley, 1:04.

11/26

Buckley AFB 5K: Rich Martinez, 24:36 (1).



Once you are over the hill, you pick up speed

2016 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)
Jan 9	(Sat)	10 AM	Lake Arbor	Lake Arbor 5K	Ed Youngberg / Ken Randall
Feb 20	(Sat)	10 AM	Roadrunner Sports, Westminster	Forty Furlongs (5M)	Jason Myers / Neil Galvez
Mar 19	(Sat)	9 AM	Platte River Bar & Grill	Spring Spree 10K	Michael Abbott
Apr 16	(Sat)	9 AM	Bluffs Regional Park	Bluffs Run 5K	John Perez
May 21	(Sat)	8 AM	Sand Creek Greenway	 RRCA Colorado State 6K XC Championship	Dan Shaw / Rob Fisher
Jun 11	(Sat)	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail Race 9K	Tom Duran
Jul 16	(Sat)	8 AM	White Ranch Park	White Ranch Trail Run	Kevin Snyder / Chris Stone
Aug 3	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Sep 17	(Sat)	8 AM	TBD	The Amazing Race	Eric Hislop / Jennifer Forker
Oct 8	(Sat)	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.5M	Greg Wobbema / Matthew Rutledge
Nov 19	(Sat)	10 AM	Hildebrand Ranch Park	Veterans run 6.6M	Ben Bergstrand / Nick Vollmar
Dec 3	(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 (tace_tigger@hotmail.com) before 20th January 2016. 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.

**A HAPPY
NEW YEAR
TO ALL CMRA MEMBERS**

Once you are over the hill, you pick up speed