

# MASTERS TIMES



January / February 2016

Volume 49 Issue 1

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## PRESIDENT'S CORNER

Happy 2016 from your new Club President. I thank you for the trust you've put in me, and I know that with the fantastic volunteers and members we have we are on our way to another wonderful season of racing and fun.

Our first race is in the books, and it was a big one, with 79 finishers on a surprisingly nice day. Our next is February 20, and if history is any guide it will be sunny and windy, with mostly dry course, perhaps a little ice, nothing dangerous. Or, if Colorado climate is any guide, the conditions could be anything between -10 and 65 degrees. We're a hardy bunch. We've never cancelled a race for snow or cold, although I believe we did shorten one a few years back. We had one cancelled for mud - the parks district pulled the permit, but we had a pretty muddy race last year on a more durable, sustainable course at Sand Creek Greenway and it was a load of fun.

I joined this group in 2013 because CMRA is both competitive and inclusive. That's a hard combination to find, but the men and women who founded this club shaped it that way, and they shaped it well. We are a social club as well as a running club. We train together, laugh together, encourage each other, and still try to beat each other one Saturday a month (and one Wednesday evening in August.)

Or maybe not. I am noticing more partnering lately, where more experienced runners team with a less experienced one, coaching them on technique and strategy. I think this makes both runners better athletes and continues the club tradition of competition and friendship. I've never been a cliquish person. I don't click, you could say. I'm an introvert, so if a group is cliquish and distant, I'm perfectly happy reading a novel or playing with the dog. CMRA makes sure I never have to do either of those things.

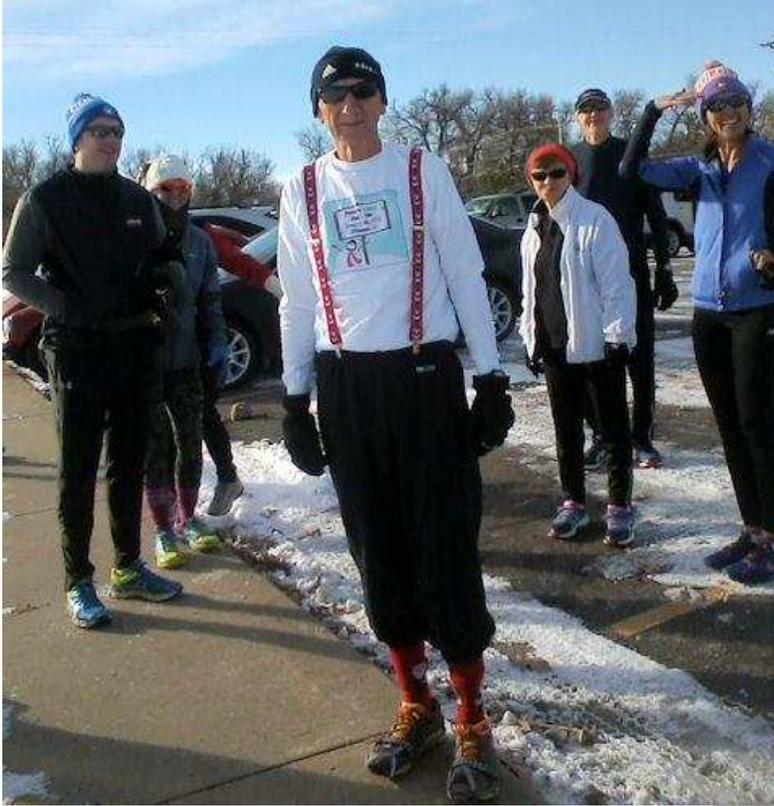
In this spirit of competition and friendship, the Board has voted to pay \$240.00 towards a Colorado Colfax Marathon Relay team fee. If you have a team, or would like to get one together, contact me at [pres@comastersrun.org](mailto:pres@comastersrun.org). Board member Michael Blanchette is a Colorado Colfax Ambassador, and if you have questions on any other aspect of this most excellent urban tour, he will be delighted to talk to you. Happy trails (or roads) to all, until we meet again!

Kevin Snyder

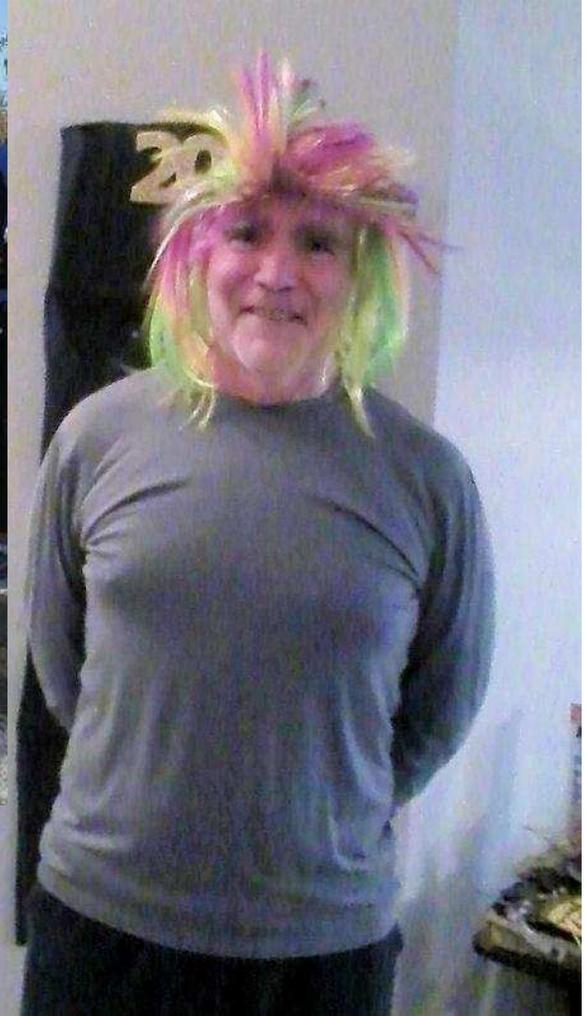
Your Pres-dude.



# PICTURE PAGES



👉 ROBERT TAFELSKI AT THE XMAS TREE RUN 👈



👈  
NEW YEARS EVE  
👉 RUN & POT LUCK

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

## DECEMBER 5TH, 2015 SAND CREEK 5 MILE RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Eric Albright	M	30:55	43
2	Marc Waxman	M	32:04	43
3	Lenny Laraió	M	32:21	41
4	Jonathan Fenske	M	32:49	46
5	David Rothenburger	M	33:21	47
6	Keith Johnson	M	33:27	54
7	George Forbes	M	34:50	46
8	Sam Sinkin	M	36:00	42
9	Michael Brenner	M	36:26	57
10	<i>Riley Buese</i>	F	36:28	12
11	Bill Buese	M	36:51	44
12	Michael Guenther	M	37:44	54
13	Robert Kanieski	M	38:27	38
14	Bruce Kirschner	M	39:32	62
15	<i>Theresa Jockers</i>	F	39:44	54
16	Ben Bergstrand	M	40:31	39
17	David Martinez	M	41:22	37
18	Michael Blanchette	M	41:30	58
19	Dan Shaw	M	42:30	56
20	John Perez	M	42:35	65
21	<i>Sara Foster</i>	F	44:38	40
22	Jay D. Trujillo	M	44:39	57
23	Mark Hasseman	M	44:43	60
24	Rich Martinez	M	44:47	68
25	Michael Abbott	M	44:59	46
26	Don Troike	M	45:02	67
27	Wayne Stewart	M	45:11	69
28	Michael Keyes	M	45:50	69
29	Bill Faulkner	M	46:07	74
30	Max Stafford	M	46:16	69
31	Tom Chambers	M	46:20	72
32	<i>Deborah Stafford</i>	F	46:30	63
33	Ed Youngberg	M	46:37	72
34	<i>Claradene Stewart</i>	F	46:45	66
35	<i>Karen McKean</i>	F	47:21	60
36	J Gutierrez	M	48:06	63
37	<i>Siri Lewis</i>	F	48:44	41
38	Scott McFarlane	M	48:50	64
39	John Shea	M	49:12	58
40	<i>Monica Protz</i>	F	49:20	45
41	Matthew Barnes	M	49:38	36

42	Al Stewart	M	49:52	66
43	<i>Patricia Jones</i>	F	50:10	64
44	<i>Kathy Johnson</i>	F	50:25	54
45	Chuck Harper	M	50:32	70
46	<i>Anne-Marie Schmidt</i>	F	50:39	57
47	<i>Jackie Kus</i>	F	51:13	33
48	Richard Romero	M	51:22	79
49	Rick Nistico	M	51:28	62
50	Gabe Sisneros	M	51:57	77
51	<i>Jean Nistico</i>	F	53:06	69
52	Tom Duran	M	54:02	68
53	Fred Trentaz	M	54:14	73
54	<i>Heather Huntoon</i>	F	55:21	47
55	Lee Bengston	M	55:32	78
56	<i>Becky Ross</i>	F	56:01	42
57	John Seidle	M	56:20	65
58	<i>Stephanie Morrison</i>	F	57:12	33
59	<i>Patricia Tolleson</i>	F	59:54	66
60	<i>Francie Kinney</i>	F	1:00:41	33
61	<i>Jan Harper</i>	F	1:02:23	69
62	Reinaldo Rosario	M	1:04:24	51
<b>RACEWALKERS(5K)</b>				
1	Ed Gussie	M	44:33	74

### DECEMBER 5TH, 2015 SAND CREEK RESULTS BY AGE GROUP

Place	Overall Men		Overall Women	
	Name	Time	Name	Time
	Men		Women	
1	Eric Albright	30:55	Riley Buese	36:28
<b>75-79</b>				
1	Richard Romero	51:22		
2	Gabe Sisneros	51:57		
3	Lee Bengston	55:32		
<b>70-74</b>				
1	Bill Faulkner	46:07		
2	Tom Chambers	46:20		
3	Ed Youngberg	46:37		
4	Chuck Harper	50:32		
5	Fred Trentaz	54:14		
<b>65-69</b>				
1	John Perez	42:35	Claradene Stewart	46:45
2	Rich Martinez	44:47	Jean Nistico	53:06
3	Don Troike	45:02	Patricia Tolleson	59:54

Once you are over the hill, you pick up speed

4	Wayne Stewart	45:11	Jan Harper	1:02:23
5	Michael Keyes	45:50		
<b>60-64</b>				
1	Bruce Kirschner	39:32	Deborah Stafford	46:30
2	Mark Hasseman	44:43	Karen McKean	47:21
3	J Gutierrez	48:06	Patricia Jones	50:10
4	Scott McFarlane	48:50		
5	Rick Nistico	51:28		
<b>55-59</b>				
1	Michael Brenner	36:26	Anne-Marie Schmidt	50:39
2	Michael Blanchette	41:30		
3	Dan Shaw	42:30		
4	Jay D. Trujillo	44:39		
5	John Shea	49:12		
<b>50-54</b>				
1	Keith Johnson	33:27	Theresa Jockers	39:44
2	Michael Guenther	37:44	Kathy Johnson	50:25
3	Reinaldo Rosario	1:04:24		
<b>45-49</b>				
1	Jonathan Fenske	32:49	Monica Protz	49:20
2	David Rothenburger	33:21	Heather Huntoon	55:21
3	George Forbes	34:50		
4	Michael Abbott	44:59		
<b>40-44</b>				
1	Marc Waxman	32:04	Sara Foster	44:38
2	Lenny Laraio	32:21	Siri Lewis	48:44
3	Sam Sinkin	36:00	Becky Ross	56:01
4	Bill Buese	36:51		
<b>35-39</b>				
1	Robert Kanieski	38:27		
2	Ben Bergstrand	40:31		
3	David Martinez	41:22		
4	Matthew Barnes	49:38		
<b>19-34</b>				
1			Jackie Kus	51:13
2			Stephanie Morrison	57:12
3			Francie Kinney	1:00:41

## JANUARY 3<sup>rd</sup> 2016 LAKE ARBOR 5K RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Eric Albright	M	18:48	43
2	Keith Johnson	M	19:20	54
3	George Forbes	M	19:26	46
4	Scott Kukel	M	19:35	42
5	Jonathan Fenske	M	19:49	46
6	Dave Rothenburger	M	20:21	47
7	Brandon Rockwood	M	20:49	19
8	<i>Rachel Perez</i>	F	21:29	36
9	Jeremy Johnson	M	21:45	41
10	Michael Brenner	M	22:04	57
11	<i>Julie George</i>	F	22:06	45
12	Greg Wobbema	M	22:21	56
13	Robert Kanieski	M	22:47	38
14	<i>Jitka Ofarrell</i>	F	23:13	38
15	<i>Helen Degennaro</i>	F	23:13	48
16	<i>Heather Miller</i>	F	23:19	46
17	Steve Sellars	M	23:37	55
18	Paul Moeller	M	23:41	46
19	<i>Theresa Jockers</i>	F	24:08	54
20	Colby Smith	M	24:28	39
21	Robert Caillouette	M	24:28	61
22	Michael Blanchette	M	24:42	58
23	Dan Shaw	M	25:04	56
24	Rich Martinez	M	25:44	69
25	<i>Jill Sellars</i>	F	25:45	47
26	<i>Sara Foster</i>	F	25:58	40
27	David Taylor	M	26:18	29
28	<i>Susan Person</i>	F	26:21	51
29	Richard Price	M	26:31	50
30	Michael Keyes	M	26:32	69
31	<i>Kacey Narracci</i>	F	26:56	44
32	Wayne Stewart	M	27:16	69
33	<i>Ellen Moeller</i>	F	27:21	42
34	<i>Patti Thurman</i>	F	27:57	63
35	<i>Claradene Stewart</i>	F	27:58	66
36	Mick Vollmar	M	28:00	61
37	<i>Melissa Okelly</i>	F	28:02	41
38	Kevin Snyder	M	28:04	52
39	Tom Chambers	M	28:06	72
40	<i>Melissa Wood</i>	F	28:09	35
41	Matt Rutledge	M	28:11	39

Once you are over the hill, you pick up speed

42	<i>Kathryn Lewis</i>	F	28:12	58
43	<i>Siri Lewis</i>	F	28:21	41
44	Scott McFarlane	M	28:21	64
45	<i>Allison Fultineer</i>	F	28:25	30
46	<i>Denae Coates</i>	F	28:38	39
47	Nathan Evenson	M	29:00	38
48	<i>Julie Carroll</i>	F	29:25	42
49	John Shea	M	29:43	58
50	<i>Patricia Jones</i>	F	29:47	64
51	Gavin Gilchrist	M	29:49	41
52	Tim Lewis	M	29:50	43
53	<i>Margaret Jacot</i>	F	30:15	68
54	<i>Jennifer Forker</i>	F	30:17	50
55	<i>Renee Botta</i>	F	30:18	50
56	<i>Kelly Smith</i>	F	30:46	40
57	<i>Janet Ralston</i>	F	30:54	53
58	<i>Denae Vanwestrienen</i>	F	30:57	38
59	Matthew Barnes	M	31:00	36
60	<i>Jackie Kus</i>	F	31:23	33
61	Gabe Sisneros	M	31:43	77
62	Lee Bengston	M	32:10	78
63	Fred Trentaz	M	32:10	73
64	<i>Danielle Carroll</i>	F	32:25	39
65	<i>Brea Olson</i>	F	32:44	34
66	Doug Tollin	M	33:13	71
67	Hank Burkman	M	33:44	64
68	<i>Carmen Kitts</i>	F	33:49	64
69	<i>Reese Evenson</i>	F	34:20	46
70	<i>Heather Huntoon</i>	F	35:05	47
71	<i>Angela Horvat</i>	F	36:06	52
72	Reinaldo Rosario	M	38:15	51
73	Derek Troy	M	38:40	40
74	Jordan Douglas	M	40:08	12
75	<i>Hannah Nikkel</i>	F	41:12	11
76	Todd Nikkel	M	41:13	47
<b>RACEWALKERS</b>				
1	Ed Gussie	M	42:54	74
2	Ken Simons	M	47:23	78
3	Rich Ralston	M	52:29	54

## JANUARY 3<sup>rd</sup> 2016 LAKE ARBOR 5K RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	MEN		WOMEN	
<b>OVERALL</b>				
1	Eric Albright	18:48	Rachel Perez	21:29
<b>75-79</b>				
1	Gabe Sisneros	31:43		
2	Lee Bengston	32:10		
<b>70-74</b>				
1	Tom Chambers	28:06		
2	Fred Trentaz	32:10		
3	Doug Tollin	33:13		
<b>65-69</b>				
1	Rich Martinez	25:44	Claradene Stewart	27:58
2	Michael Keyes	26:32	Margaret Jacot	30:15
3	Wayne Stewart	27:16		
<b>60-64</b>				
1	Robert Caillouette	24:28	Patti Thurman	27:57
2	Mick Vollmar	28:00	Patricia Jones	29:47
3	Scott McFarlane	28:21	Carmen Kitts	33:49
4	Hank Burkman	33:44		
<b>55-59</b>				
1	Michael Brenner	22:04	Kathryn Lewis	28:12
2	Greg Wobbema	22:21		
3	Steve Sellars	23:37		
4	Michael Blanchette	24:42		
5	Dan Shaw	25:04		
<b>50-54</b>				
1	Keith Johnson	19:20	Theresa Jockers	24:08
2	Richard Price	26:31	Susan Person	26:21
3	Kevin Snyder	28:04	Jennifer Forker	30:17
4	Reinaldo Rosario	38:15	Renee Botta	30:18
5			Janet Ralston	30:54
<b>45-49</b>				
1	George Forbes	19:26	Julie George	22:06
2	Jonathan Fenske	19:49	Helen Degennaro	23:13
3	Dave Rothenburger	20:21	Heather Miller	23:19
4	Paul Moeller	23:41	Jill Sellars	25:45
5	Todd Nikkel	41:13	Reese Evenson	34:20

Once you are over the hill, you pick up speed

<b>40-44</b>				
1	Scott Kukel	19:35	Sara Foster	25:58
2	Jeremy Johnson	21:45	Kacey Narracci	26:56
3	Gavin Gilchrist	29:49	Ellen Moeller	27:21
4	Tim Lewis	29:50	Melissa Okelly	28:02
5	Derek Troy	38:40	Siri Lewis	28:21
<b>35-39</b>				
1	Robert Kanieski	22:47	Jitka Ofarrell	23:13
2	Colby Smith	24:28	Melissa Wood	28:09
3	Matt Rutledge	28:11	Denae Coates	28:38
4	Nathan Evenson	29:00	Denae Vanwestrienen	30:57
5	Matthew Barnes	31:00	Danielle Carroll	32:25
<b>19-34</b>				
1	Brandon Rockwood	20:49	Allison Fultineer	28:25
2	David Taylor	26:18	Jackie Kus	31:23
3			Brea Olson	32:44
<b>13 AND UNDER</b>				
1	Jordan Douglas	40:08	Hannah Nikkel	41:12

The morning of January 9, 2016 , appeared with blue skies and no wind or snowy conditions with which we have grown accustomed. I think this rejuvenated many of our runner's spirits because 86 runners and 3 race walkers participated in the Lake Arbor 5K. The course was mostly clear with some snow on the path at the south side of the lake. The race brought in some strong finishing times with the overall winning time posted by Eric Albright in 18:48. Keith Johnson at 19:20 and George Forbes at 19:26 were close behind in 2<sup>nd</sup> and 3<sup>rd</sup> places. The overall women's winner was Rachel Perez with a cool finishing time of 21:29. Julie George came in at 22:06 and Jitka Ofarrell at 23:13 completing the top three. The race walkers event was lead by Ed Gussie in 42:54, Ken Simons with 47:23, and Rich Ralston at 52:29.

Ken Randall and I want to thank those who came to Lake Arbor and volunteered at the race. It made the race a successful event and your efforts were greatly appreciated. Rob Fisher came out early before it started to warm up bringing course marking equipment to lay out and mark the race course. He also stayed after the race and made a course sweeping tour to clean up debris and pick up materials. Tom Chambers brought ribbons and handed them out as they were awarded. Scott McFarlane brought race tags and scanned them before and after the race to aid in scoring and posting the results on CMRA's website. Kevin Snyder, Jennifer Forker and Lisa Atencio handled the race registration. Lisa performed double duty as a course marshal with Tessa Stamper, and Kevin and Jennifer helped hand out drawing awards. Brent Jockers assisted Gracie Clark at the water station and Joe Baird, Ken Randall, Joe Sanchez, Ken Simons, and Amy Lease readily handled the finishing line responsibilities. Joe Baird also brought the finish line equipment.

We want to acknowledge Lakewood Runners Roost, Runners High in Golden, Arvada's Great Harvest Bread Co, and Starbucks at 80<sup>th</sup> and Wadsworth for their contributions to the Lake Arbor Race.

And thanks to everyone for coming out to the CMRA Lake Arbor 5K event.

Ed Youngberg

## The Pelican Brief (Constance Ahrnsbrak)

12/6

**Rudolph Ramble 5K, CP:** Julio Bonilla (OA)

12/12

**Santa Stampede 5K Hudson Gardens:** Stacy Totherow 24:07 (2). Rich Martinez 24:42 (1). Michael Blanchette 26:57 (3). Jeff Hesse 28:39. Bobby Romero 28:48 (2). Jack Barry 29:21 (1). Earl Beam 35:01.

**10K –** Matt Smith 39:56 (3). Molly Smith 42:52 (3). Dorothy Bensusan 1:05. Fran Schneider 1:14.

12/13

**Jingle Bells 5K WP:** Laurie Nakauchi 23:59 (3). Tom Chambers 27:12 (1). Doug Tollin 32:41.

12/19

**Jingle Bells 5K, Phoenix, AZ:** Tom Duran 28:21 (4).

**Christmas Carol 5K CP:** Laurie Nakauchi 24:13 (2). John Ramos 24:20. Earl Beam 36:40.

**10K –** Deborah Stafford 1:06 (1). Lonnie Max Stafford 1:08 (1).

01/01

**Resolute 5K, Arvada:** Jessie Tijerina 24:14 (2). Ed Youngberg 27:20 (1). Deborah Stafford 28:16 (2).

Lonnie Stafford 28:25 (2). J Gutierrez 29:10. Suzanne Buntrock 29:35. Laura McCoy 45:29 (W).

01/02

**The Resolve 10K, CP:** Michael Abbott 52:12.

1/9

**Polar Bear Prowl Half, BCLP:** Todd Shaklee 2:09. Nicole Shaklee 2:26 (3). Ross Westley 2:51 (1).

**10K –** Terry McFarlane 1:14 (1). **5K –** Earl Beam 34:54 (1).

**Wild Azalea 27-miler, Alexandria, VA:** Relentless Dave Black.

1/16

**Frozen Frosty 5-miler:** Rich Martinez 41:51 (3). Lonnie Stafford 46:04. Tall Red 46:12.

Deborah Stafford 46:31 (1). Bobby Romero 48:03. Michael Abbott 48:35. Earl Beam 58:15.

**10 Miler:** Tall Red (Ed Youngberg) 1:43 (2). Michael Abbott 1:44.

1/17

**Prairie Dog Half, Westminster:** Sam Trevino 1:38 (2). Bill Faulkner 2:04 (1). Patricia Tolleson 2:55.

**10K –** Michael Abbott 58:05.

1/24

**Yeti Chase 10K, BCLP:** Michael Brenner 45:00 (1). Michael Abbott 54:20. Todd Shaklee 56:41.

Ed Youngberg 58:33 (1). Nicole Shaklee 1:02.

**5K –** David Kelble 26:53. Tom Chambers 27:39 (1). Jack Barry 29:13 (1). Doug Tollin 32:27.

## 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)
Feb 20	(Sat)	10 AM	<a href="#">Roadrunner Sports, Westminster</a>	Forty Furlongs (5M)	Jason Myers
Mar 19	(Sat)	9 AM	<a href="#">Platte River Bar &amp; Grill</a>	Spring Spree 10K	Michael Abbott
Apr 16	(Sat)	9 AM	<a href="#">Bluffs Regional Park</a>	Bluffs Run 5K	John Perez
May 21	(Sat)	8 AM	<a href="#">Sand Creek Greenway</a>	 RRCA Colorado State 6K XC Championship	Dan Shaw / Rob Fisher
Jun 11	(Sat)	8 AM	<a href="#">Elk Meadow, Evergreen</a>	Elk Meadow Trail Race 9K	Tom Duran
Jul 16	(Sat)	8 AM	<a href="#">White Ranch Park</a>	White Ranch Trail Run	Kevin Snyder / Chris Stone
Aug 3	(Wed)	6:30 PM	<a href="#">Fairmount Park, Golden</a>	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau / Monica Ryan
Sep 17	(Sat)	8 AM	<a href="#">TBD</a>	The Amazing Race	Eric Hislop / Jennifer Forker
Oct 8	(Sat)	9 AM	<a href="#">Stone House Park, Lakewood</a>	Stone House (2x) Triple-Cross trail 8.5M	Matthew Rutledge / DeNae VanWestrienen
Nov 19	(Sat)	10 AM	<a href="#">Hildebrand Ranch Park</a>	Veterans run 6.6M	Ben Bergstrand / Nick Vollmar
Dec 3	(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> March 2016. If sending an email, please add CMRA to the title so we know it's not spam.

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Please shop at our sponsors	
 <p>Arvada, CO and Centennial, CO</p>	
	
	

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**Great Harvest Bread in Arvada will give a 10% discount to CMRA members when they present their membership card.**

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Once you are over the hill, you pick up speed