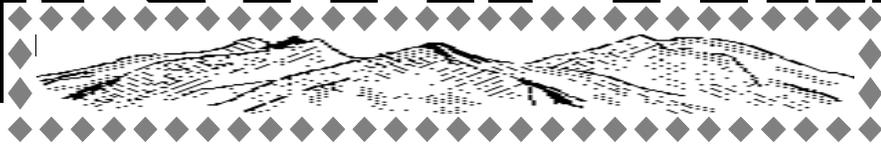


MASTER TIMES



May / June 2017

Volume 50 Issue 3

PICTURE PAGES



MAY CROSS COUNTRY

THANKS TO CONI & JEN FOR THE PICTURES.

SEE MORE ON OUR FACEBOOK PAGE :-

<https://www.facebook.com/groups/118401460391/>

Visit us on the web at ww

APRIL 22ND CLEAR CREEK RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Patrick Richards	M	20:07	37
2	Scott Kukel	M	20:23	43
3	Jeremy Johnson	M	20:35	42
4	Tim Miller	M	21:12	46
5	Bob Jones	M	21:16	56
6	Sam Simkin	M	21:26	44
7	Brandon Rockwood	M	21:33	21
8	Mike Bennett	M	21:46	61
9	David Rothenberger	M	22:02	48
10	<i>Rachel Perez</i>	F	22:03	37
11	<i>Jitka O'Farrell</i>	F	22:06	39
12	Shaun Schafer	M	22:08	49
13	Heath Johnson	M	22:23	46
14	Matt Olson	M	22:40	31
15	Michael Brenner	M	23:06	58
16	Ondrej Hejduk	M	23:18	43
17	Robert Kanieski	M	23:35	39
18	Tim Lewis	M	23:46	44
19	Dan Katai	M	24:24	45
20	Brett Allendorf	M	24:53	48
21	Paul Soto	M	25:12	47
22	John Brackney	M	25:51	50
23	<i>Kimberly Drechsel</i>	F	26:06	54
24	<i>Mirka Gores</i>	F	26:28	40
25	Bob Caillouette	M	26:34	62
26	Andy Janes	M	26:46	31
27	<i>Heidi Somer</i>	F	27:07	56
28	<i>Lori Woods</i>	F	27:07	54
29	Scott Foster	M	27:55	55
30	Eric Brenner	M	27:57	25
31	Todd Shaklee	M	28:24	47
32	<i>Jennifer Yeatts</i>	F	28:35	48
33	Michael Keyes	M	28:54	71
34	Dennis Thies	M	29:15	56
35	Wayne Stewart	M	29:25	70
36	Mark Hasseman	M	29:33	61
37	<i>Lisa Brocard</i>	F	29:34	45
38	Bill Faulkner	M	29:48	75

Once you are over the hill, you pick up speed

39	<i>Kate Foley</i>	F	29:50	27
40	Jacob Taddy	M	29:54	27
41	Eric Linche	M	29:54	58
42	Ed Youngberg	M	29:57	74
43	<i>Claradene Stewart</i>	F	30:33	68
44	<i>Michelle Sroda</i>	F	30:49	44
45	<i>Siri Lewis</i>	F	31:10	43
46	<i>Carolyn Hicks</i>	F	31:10	59
47	Eric Reed	M	31:11	38
48	<i>Nicole Shaklee</i>	F	31:17	53
49	John Shea	M	31:24	59
50	<i>Patti Thurman</i>	F	31:28	65
51	<i>Karen McKean</i>	F	31:42	62
52	Randy Drechsel	M	31:58	56
53	<i>Patricia Jones</i>	F	31:59	65
54	Earl Beam	M	32:10	66
55	John Perez	M	32:13	66
56	<i>Alisha Janes</i>	F	32:15	30
57	<i>Jacqueline Kus</i>	F	32:16	34
58	<i>Audrey Vanwestrienen</i>	F	32:32	10
59	<i>Denae Vanwestrienen</i>	F	32:36	39
60	<i>Becky Ross</i>	F	32:36	43
61	<i>Stephanie Morrison</i>	F	32:41	34
62	Jeff Hesse	M	33:00	53
63	Jim Romero	M	33:09	77
64	<i>Brea Olson</i>	F	34:57	35
65	<i>Lisa Wilson</i>	F	35:06	51
66	<i>Tina Akin</i>	F	36:05	55
67	Fred Trentaz	M	36:11	75
68	Reinaldo Rosario	M	36:16	52
69	Ross Westley	M	36:30	80
70	<i>Ina Olsson</i>	F	36:43	55
71	Hank Burkman	M	37:58	65
72	Andy McKean	M	38:37	72
73	<i>Patricia Tolleson</i>	F	40:31	68
74	<i>Olga Hnizdil</i>	F	47:20	72
RACEWALKERS 5K				
1	<i>Peggy Thies</i>	F	46:27	59
2	Daniel Thies	M	46:27	23
3	Ed Gussie	M	48:34	75

APRIL 22ND CLEAR CREEK RACE RESULTS BY AGE GROUP

PLACE	NAME	TIME	NAME	TIME
	MEN		WOMEN	
OVERALL				
1	Patrick Richards	20:07	Rachel Perez	22:03
80 AND OVER				
1	Ross Westley	36:30		
75-79				
1	Bill Faulkner	29:48		
2	Jim Romero	33:09		
3	Fred Trentaz	36:11		
70-74				
1	Michael Keyes	28:54	Olga Hnizdil	47:20
2	Wayne Stewart	29:25		
3	Ed Youngberg	29:57		
4	Andy McKean	38:37		
65-69				
1	Earl Beam	32:10	Claradene Stewart	30:33
2	John Perez	32:13	Patti Thurman	31:28
3	Hank Burkman	37:58	Patricia Jones	31:59
4			Patricia Tolleson	40:31
60-64				
1	Mike Bennett	21:46	Karen McKean	31:42
2	Bob Caillouette	26:34		
3	Mark Hasseman	29:33		
55-59				
1	Bob Jones	21:16	Heidi Somer	27:07
2	Michael Brenner	23:06	Carolyn Hicks	31:10
3	Scott Foster	27:55	Tina Akin	36:05
4	Dennis Thies	29:15	Ina Olsson	36:43
5	Eric Linche	29:54		
50-54				
1	John Brackney	25:51	Kimberly Drechsel	26:06
2	Jeff Hesse	33:00	Lori Woods	27:07
3	Reinaldo Rosario	36:16	Nicole Shaklee	31:17
4			Lisa Wilson	35:06
45-49				
1	Tim Miller	21:12	Jennifer Yeatts	28:35
2	David Rothenberger	22:02	Lisa Brocard	29:34
3	Shaun Schafer	22:08		

Once you are over the hill, you pick up speed

4	Heath Johnson	22:23		
5	Dan Katai	24:24		
40-44				
1	Scott Kukel	20:23	Mirka Gores	26:28
2	Jeremy Johnson	20:35	Michelle Sroda	30:49
3	Sam Simkin	21:26	Siri Lewis	31:10
4	Ondrej Hejduk	23:18	Becky Ross	32:36
5	Tim Lewis	23:46		
35-39				
1	Robert Kanieski	23:35	Jitka O'Farrell	22:06
2	Eric Reed	31:11	Denae Vanwestrienen	32:36
3			Brea Olson	34:57
19-34				
1	Brandon Rockwood	21:33	Kate Foley	29:50
2	Matt Olson	22:40	Alisha Janes	32:15
3	Andy Janes	26:46	Jacqueline Kus	32:16
4	Eric Brenner	27:57	Stephanie Morrison	32:41
5	Jacob Taddy	29:54		
13 AND UNDER				
1			Audrey Vanwestrienen	32:32

The Runners High Clear Creek 5k was completed on a chilly and mostly cloudy morning in Golden, CO on April 22, 2017. 77 Runners and Racewalkers joined together to challenge themselves on this hillier than described course that was clearly not conceived with personal bests in mind. Many racers had to dig deep in their inner reserve to make it up the final hill and surge to the finish line, but surge they did with all 77 starters finishing the race. A real credit to the effort and perseverance that is representative of the hearty members of the CMRA.

A pair of 37 year old "young guns" took down the overall victory with Rachel Perez pacing the woman's field and Patrick Richards leading the men.

Ken and Deb at Runners High provided the perfect home for the race and their enthusiasm, knowledge, and help was critical to our success.

As anyone who has ever worked with volunteers will tell you, they make or break your event, we were fortunate to have a superior group providing service before, during and after the race. We had volunteers running the registration table, on course as marshal's, at the finish line making sure times were recorded correctly, handing out awards after the results were tabulated, and generally everywhere something was happening there was a volunteer making it happen. Thanks you so much to all those folks who helped out in any capacity, I hope it was as much fun for you as it was for me!

A big THANK YOU to everyone that participated and volunteered, hopefully we will see you again next year!

Colby

MAY 13TH 6K XC RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Scott Kukel	M	24:24	43
2	George Forbes	M	24:41	47
3	Patrick Richards	M	24:52	37
4	Johnathan Fenske	M	25:01	47
5	Eric Patterson	M	25:17	52
6	Jeremy Johnson	M	25:43	42
7	Tim Miller	M	25:56	46
8	Jason Smith	M	26:06	45
9	Mike Bennett	M	26:23	61
10	Brandon Rockwood	M	27:18	21
11	Shaun Schafer	M	27:26	49
12	David Rothenburger	M	27:41	48
13	Sam Simkin	M	27:48	44
14	Scott Hogg	M	27:51	48
15	Heath Johnson	M	27:53	46
16	Michael Blanchette	M	28:47	60
17	Johnny Ramos	M	28:48	41
18	Daniel Houser	M	29:39	45
19	Sanchez Sera	M	30:00	47
20	Matt Olson	M	30:19	31
21	Adam Feerst	M	30:33	57
22	<i>Rachel Perez</i>	F	30:43	37
23	Brett Allendorf	M	30:45	48
24	Ben Nell	M	32:09	59
25	Cliff Jurgens	M	32:31	51
26	John Brackney	M	33:11	50
27	Luke Hajek	M	33:21	47
28	<i>Heidi Somer</i>	F	33:42	56
29	Wayne Stewart	M	34:00	70
30	Jay Trujillo	M	34:26	58
31	Rich Martinez	M	34:54	70
32	Michael Keyes	M	34:56	71
33	<i>Lori Woods</i>	F	35:01	54
34	Todd Shaklee	M	35:21	47
35	Mark Hassemean	M	36:06	61
36	<i>Cindy Obryant</i>	F	36:15	46
37	Dennis Thies	M	37:20	57
38	Tom Chambers	M	37:30	74

Once you are over the hill, you pick up speed

39	<i>Kim Massey</i>	F	37:51	58
40	<i>Nicole Shaklee</i>	F	37:52	53
41	<i>Karen McKean</i>	F	38:20	62
42	Ken Clark	M	38:50	41
43	John Perez	M	38:57	66
44	<i>Claradene Stewart</i>	F	39:37	68
45	Ed Youngberg	M	39:39	74
46	<i>Jane Allard</i>	F	39:44	51
47	<i>Patricia Jones</i>	F	40:00	65
48	<i>Donna Sakdol</i>	F	40:16	53
49	<i>Ruth Clymor</i>	F	41:01	33
50	<i>Michelle Sroda</i>	F	41:12	44
51	Gavin Gilchrist	M	41:14	42
52	<i>Carmen Kitts</i>	F	42:26	65
53	Earl Beam	M	42:30	66
54	Scott Bulfin	M	42:43	50
55	Jim Romero	M	43:14	77
56	Roger Rygicka	M	43:16	69
57	Graham Fetyko	M	43:50	43
58	Lee Bengston	M	44:26	79
59	Richard Romero	M	44:45	80
60	Eric Welch	M	44:51	52
61	<i>Ina Olsson</i>	F	46:10	55
62	<i>Stephanie Morrison</i>	F	46:27	34
63	Tom Duran	M	46:35	69
64	<i>Francie Kinney</i>	F	46:49	34
65	Andy McKean	M	47:01	72
66	<i>Brea Olson</i>	F	47:31	36
RACEWALKERS				
1	Ken Simons	M	53:36	79
2	<i>Peggy Thies</i>	F	57:33	59
3	Daniel Thies	M	57:34	23
4	Ed Gussie	M	62:27	76

MAY 13TH 6K XC RACE RESULTS BY AGE GROUP

	OVERALL MEN		OVERALL WOMEN	
PLACE	NAME	TIME	NAME	TIME
1	Scott Kukel	24:24	Rachel Perez	30:43
80 and Over				
1	Richard Romero	44:45		
75-79				
1	Jim Romero	43:14		
2	Lee Bengston	44:26		
70-74				
1	Wayne Stewart	34:00		
2	Rich Martinez	34:54		
3	Michael Keyes	34:56		
4	Tom Chambers	37:30		
5	Ed Youngberg	39:39		
65-69				
1	John Perez	38:57	Claradene Stewart	39:37
2	Earl Beam	42:30	Patricia Jones	40:00
3	Roger Rygicka	43:16	Carmen Kitts	42:26
4	Tom Duran	46:35		
60-64				
1	Mike Bennett	26:23	Karen McKean	38:20
2	Michael Blanchette	28:47		
3	Mark Hassemean	36:06		
55-59				
1	Adam Feerst	30:33	Heidi Somer	33:42
2	Ben Nell	32:09	Kim Massey	37:51
3	Jay Trujillo	34:26	Ina Olsson	46:10
4	Dennis Thies	37:20		
50-54				
1	Eric Patterson	25:17	Lori Woods	35:01
2	Cliff Jurgens	32:31	Nicole Shaklee	37:52
3	John Brackney	33:11	Jane Allard	39:44
4	Scott Bulfin	42:43	Donna Sakdol	40:16
5	Eric Welch	44:51		
45-49				
1	George Forbes	24:41	Cindy Obryant	36:15
2	Johnathan Fenske	25:01		
3	Tim Miller	25:56		
4	Jason Smith	26:06		

Once you are over the hill, you pick up speed

5	Shaun Schafer	27:26		
40-44				
1	Jeremy Johnson	25:43	Michelle Sroda	41:12
2	Sam Simkin	27:48		
3	Johnny Ramos	28:48		
4	Ken Clark	38:50		
5	Gavin Gilchrist	41:14		
35-39				
1	Patrick Richards	24:52	Brea Olson	47:31
19-34				
1	Brandon Rockwood	27:18	Ruth Clymor	41:01
2	Matt Olson	30:19	Stephanie Morrison	46:27
3			Francie Kinney	46:49

Two months before the race, co-director Rob Fisher called with the bad news... Wait a minute; is this deja vu from the 2016 race? Well, yes, similarly to last year's XC Challenge, the 'challenge' this year was as much about permitting the race as the competition itself. This year, the difficulties with organizing the race in the Bluff Lake/Stapleton/Sand Creek Greenway area used in the past few years proved to be too much. Using what can only be described as magic, Rob managed to communicate and coordinate with Denver Parks & Rec, the Sand Creek Greenway Authority, Bluff Lake Nature Center and McAuliffe Middle School, the sponsor of the middle school event held in conjunction with the CMRA race. Working hard and displaying great diligence and determination, he succeeded in permitting the race at its new location in the Lowry neighborhood.

Well worth the effort involved to change venues, this year's race still consisted of 2 circuits of a 3K loop, which practically laid itself out without much effort. With some resemblance to prior years at other locations, the Lowry course was composed of varied surfaces, including the lovely lawns of Great Lawn Park, beautiful single track along the creek in Kelly Open Space and gravel paths that circled a little marsh behind the Kelly Dam and challenged runners with trails running up and down the dam. We even found a creek crossing and a few puddles to run through which had remained near the creek following last week's heavy rains and hail.

Altogether, the new race location provided quite a delightful little course for cross country.

And the show went on. As with last year's race, the weather on race day couldn't have been sweeter, with a bright, fresh spring morning in the 50's with a gentle breeze to help keep runners from overheating. Kids of all ages gathered at the start, chatting and stretching on the lawn prior to the 8 a.m. start of the middle school race. The big kids' race following 20 minutes later, just after the last of the one-lapping younger runners crossed the finish line.

As is frequently the case for races as short as 6K, the racing was intense with much head-to-head competition for age group positions. Rachel Perez defended her victory in last year's race on what was surely a tougher course, with a winning time of 30:43. The men's race unfolded in an intriguing manner, with Scott Kukel hanging back through the first lap with a pack of six runners, including last year's winner, Patrick Richards. On the second lap, Scott took control and brought home the win in a time of 24:24.

Rob and I would like to extend thanks to the many members who volunteered their time to make this race happen, including but not limited to: Patty Jones (registration); Joe Baird (timing, finish line and equipment); Ken Randall (timing and finish line); Todd Shaklee (course sweeping); Tom Chambers (awards); Francie Kinney (raffle); and my lovely wife Lu (finish line, course set up and bread). Thanks also go to our sponsor, Great Harvest Bread in Arvada for providing their wonderful bounty.

Dan Shaw

CMRA/ McAuliffe School 3rd Annual Middle School 3 KM X-Country Race

After a week of rain and gloomy weather race day was almost perfect weather for a May run in the park. This was the 3rd time that CMRA has sponsored a race for middle school kids. This year we partnered with McAuliffe Middle School. McAuliffe's campus is in the Park Hill neighborhood of Denver just a short distance from the race venue. They have a large group of middle schoolers that run their season in the fall so they were a great partner. Our race venue was Great Lawn Park in Denver's Lowry neighborhood. It featured a large open grass space and many single track and gravel surface trails throughout the park. This venue was a first time visit for the CMRA. Runners and spectators were happy that the weather turned fine with temperatures in the 50's and 60's for much of the day. Twenty five runners toed the line across the large grass lawn. The racing was fantastic with the runners stringing out over the challenging 3 km loop course. The finish was exciting with the top male finisher Adonai Zavala out kicking the top female finisher Riley Buese by one second

RESULTS

1. Adonai Zavala	12:35	1st overall	1st male
2. Riley Buese	12:36		1st female
3. Uriel Escobedo	12:38	2nd M 13-14	
4. Jack Kriekels	12:42	3rd M 13-14	
5. Ethan Stewart	12:47	1st M 12	
6. Kai Leonard	13:18	2nd M 12	
7. Knox Leonard	13:43	3rd M 12	
8. Ryan Diaz	13:56		
9. Sydney Shelton	13:58	1st F 12	
10. Tristan Kriekels	14:01	1st M 11	
11. Efrain Ibarra	14:02		
12. Ezra Caplan	14:40	2nd M 11	
13. Ryan Hajek	14:59	3rd M 11	
14. Macy Vogel	15:04	2nd F 13-14	
15. Sophia Sheldon	15:10	2nd F 12	
16. Olivia Ellis	15:24	1st F 11	
17. Will Searfoorce	15:32		
18. Peter Thompson	15:36		
19. Maia Wang	15:57	3rd F 12	
20. Lincoln Espinoza	16:33		
21. Nataly Gutierrez	16:38		
22. Nicolas Cooper	16:40		
23. Helen Miller	17:21		
24. Siena Berry	17:29	3rd F 11	
25. Sadie Magner	17:39		

There were many volunteers that made this event possible. At the finish line, Joe Baird, Ken Randall, Devin Croft, Kurt Dennis, Gus Johnson. Registration help provided by Nancy Denniston & Kaeli Donaldson. Kate Kramer from Sand Creek Regional Greenway Partnership worked behind the scenes to make sure our park permit was complete. Dan Shaw our race director partner designed and did all the course set up. & liased with the Denver Parks Dept. It's our intent to continue this event into the future. A big thank you to everyone who make it possible. Kendra Collings, Brandi Wright, Bruce Kirschner and Rob Fisher
Race Committee

Once you are over the hill, you pick up speed

The Pelican Brief (Constance Ahrnsbrak)

Last date 4/23

5/6

Grand Valley races, Palisades:-

Half Marathon: Stacy Totherow 2:02. Todd Shaklee 2:08. Nicole Shaklee 2:20.

10K – Kim Massey. 1:02. **5K** – Constance Ahrnsbrak 29:56 (1).

Greenland Trail: 25K – Bruce Kirschner 2:18 (1). Ross Westley 3:54 (1).

8-Mile – Jay Dee Trujillo 1:19. Thomas Chambers 1:25 (1). Dave Banko 1:44.

4-Mile – Steven Sellars 30:16 (1). Jill Sellars 39:42 (2). Jim Romero 49:12 (2). Lee Bengston 51:05 (3).

Run to Momma 5K, Charleston, SC: Robert Kanieski 21:44 (OA)!

5/29

Bolder Boulder 10K: Michael Quispe 39:13 (2). Scott Kukel 39:29 (5). David Rothenburger 41:21 (12).

Bruce Kirschner 44:46 (3). Michael Blanchett 46:51 (9). Brett Allendorf 48:11. Dan Shaw 49:24.

Amy Lease 50:22 (1). Rich Martinez 54:59 (5). Bill Faulkner 55:42 (1). Todd Shaklee 55:58.

Jay Dee Trujillo 56:20. Tom Chambers 58:05 (3). Lonnie Max Stafford 58:23 (8). Michael Abbott 58:36.

Karen McKean 58:43 (10). Janet Sandoval 59:01 (3). Deb Stafford 59:27 (8). Hunter Karickhoff 1:01.

Constance Ahrnsbrak 1:02:17 (1). Jack Barry 1:02:38 (1). Michael Keys 1:03. Bobby Romero 1:03.

Ed Youngberg 1:05 (9). Earl Beam 1:06. Lee Bengston 1:09 (3). Tom Duran 1:10. Fran Schneider 1:15.

Dorothy Bensusan 1:15. Doug Tollin 1:19.

6/3

Wichita River Run 10K, KS: Ray Grundmeyer 1:28.

6/10

Miller/Coors Appreciation 5K, Golden: Greg Wobbema 22:10 (1/10th OA).

6/11

Revel Marathon, Morrison: Michael Blanchett 3:33 (2). Lisa Atencio 4:10. Ed Youngberg 4:28 (3).

Bill Falulkner 4:39. **Half Marathon:** Christine Rodriguez 1:50 (1). Janet Ralston 2:03. Earl Beam 2:23 (3).

Patricia Tolleson 2:39.

6/24

Slacker Half Marathon, Georgetown: Michael Quispe 1:21 (1). Scott Kukel 1:24 (2).

David Rothenburger 1:32. Janet Ralston 2:02. Fred Trentaz 2:40 (1). 4- Miler: Jay Dee Trujillo 31:26 (1).

Lonnie Stafford 34:17 (1). Leslie Mitchell 34:21 (2). Deborah Stafford 35:17 (1). Rich Romero 39:31 (1).

Richard Ralston 44:30.

7/4

Indian Hills 5K: Robert Kanieski 26:07.

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)
Aug 2	(Wed)	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast & potluck	Jennifer Forker / Monica Ryan
Sep 16	(Sat)	8 AM	Highlands Ranch	The South Seven	Melissa Wood / Rachael Kenney
Oct 7	(Sat)	9 AM	Stone House Park, Lakewood	Stone House (2x) Triple-Cross trail 8.8M	Matthew Rutledge / DeNae VanWestrienen
Nov 11	(Sat)	10 AM	Hildebrand Ranch Park	Veterans run 6.6M	Lisa Atencio / Reinaldo Rosario
Dec 2	(Sat)	10 AM	Bluff Lake Nature Center	Sand Creek 5M	Rob Fisher / Donna Wood Wise

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 20thth May 2017. If sending an email, please add CMRA to the title so we know it's not spam.

Please shop at our sponsors:



Arvada, CO & Centennial, CO

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



GOODBYE FROM BOB JONES – ELK MEADOW

Once you are over the hill, you pick up speed