

# MASTER TIMES



March/April 2005

Volume 35, Issue 2

## **PRESIDENT'S CORNER (Rob Fisher)**

As I write this column we have already conducted two races on our 2005 calendar and by the time you read this, three races will be over. Still I would like to welcome all of you to a new year with CMRA.

We have a great group of volunteers running our club and I would like to say that I get inspiration from working with all of them. Each one of our board members, officers and race directors has shown the dedication necessary to make an organization vital and alive.

Take a moment to thank race directors at each CMRA race for putting in the time and effort for their respective race. Check out the board members listed in the newsletter and thank them too. When you have the time or inspiration volunteer yourself. You will be glad you did.

### **Changing With the Times**

As you will notice there have been some changes in the race calendar for 2005. Two of our long time venues have been erased from our calendar. The April race at Red Rocks and the November race at Cherry Creek State Park. We regret the changes, but times change.

Red Rocks needed to be replaced due to safety considerations. Safety and race enjoyment is our number one consideration when hosting an event. Cherry Creek was replaced because we had an opportunity to make an improvement with the Barr Lake event.

One other thing impacting our race venues is the fees charged by our State Parks. The board will be monitoring those charges and how they impact our club financially.

### **Input Needed**

Our club exists for one major reason, to put on races for our membership. If any member would like to organize an event anywhere, any place, let it be known. The board is currently reviewing a couple changes for next year's calendar.

Raise you hand!

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**RACE DATE CHANGE - MEMORIAL RUN 10K**

**MAY 15, SUNDAY, SHELTER B**

**DEKOEVEND PARK**

## FORTY FURLONGS 5-MILER, February 12, 2005

NAME	TIME	AGE	NAME	TIME	AGE
1. Hector Martinez	28:02	21	40. Bruce Razor	43:15	56
2. Miguel Cazares	28:20	18	41. <i>Carmen West</i>	43:28	53
3. Keith Johnson	28:41	43	42. Ray Grundmeyer	43:32	67
4. Adam Adamowski	28:48	31	43. Pitts O'Donnell	43:50	58
5. Eric Nerikumama	29:38	15	44. <i>Deb Holland</i>	43:57	32
6. Mauro Martinez	30:24	15	44. Jeff Dawson	44:04	56
7. Jesus Martinez	30:25	19	46. Kimberly Massey	44:16	46
8. Bob Jones	31:34	44	47. Bruce Young	44:36	52
9. Eric Black	31:38	40	48. <i>Michelle Slingsby</i>	44:42	35
10. Ray Blum	32:09	48	49. <i>Becky Slow</i>	44:50	36
11. Ray Rupel	32:30	50	50. Mike Vanoni	47:17	56
12. Jim Perry	32:53	43	51. Ron Lopez	47:41	49
13. Jeff Young	33:01	48	52. <i>Carol Johnson</i>	47:53	50
14. Mark Erickson	33:25	39	53. Earl Beam	48:51	54
15. <i>Christine Adamowski</i>	33:36	37	54. <i>Ken Green</i>	49:15	76
16. Joseph Manilafasha	34:07	14	55. <i>Olga Hnizdel</i>	49:30	60
17. David Kelble	34:32	47	56. <i>Vici DeHaan</i>	49:50	69
18. Brian Cross	34:51	46	57. Dave Banko	50:42	53
19. <i>Lara Usinonicz</i>	34:57	34	58. Tom Alison	51:20	67
20. Bob Caillouette	35:27	50	59. Robert Bussey	52:41	70
21. Julio Bonilla	35:57	16	60. Bodo Schultz	53:23	56
22. Kline Kelly	36:38	35	61. <i>Denise Lopez</i>	53:56	48
23. Foghorn Leghorn	36:59		62. <i>Penelope</i>	53:59	55
24. <i>Nancy Denniston</i>	37:10	54	63. Palmer Beam	54:09	61
25. The Master (Rich Romero)	37:37	68	64. <i>Marriot Smart</i>	56:40	69
26. Melissa Johnson	37:54	39	65. <i>Rosalia Murch</i>	58:32	64
27. Spiderman	38:12	53	66. Rick Voorhees	60:01	52
28. Bob Gassen	38:42	57	67. <i>Kim Shenfeld</i>	60:02	46
29. Kool Shades (Ken Randall)	38:53	66	68. Wayne Mathis	60:04	61
30. Ken Lotze	39:08	54	69. Dennis Velenchenko	60:04	58
31. Jack Barry	39:52	66	70. Linda Neale	60:23	60
32. Guy Morris	40:03	41			
33. Todd Dunning	41:06	40			
34. Tall Red (Ed Youngberg)	41:38	62	<b>Racewalkers</b>		
35. <i>Samantha Towne</i>	41:55	17	1. Neil Horton	60:36	63
36. Sylvia Martinez	42:26	21	2. Lew Hutchinson	62:02	67
37. Jim Peterson	42:46	66	3. Leslie Woods	71:53	58
38. Doug Tollin	42:50	60	4. Lisa Gotlin	74:40	53
39. Mark Johnson	42:54	47	5. 5. Joan Banko	78:27	61

## Forty Furlongs, February 12, 2005 by Lee Bengston

Due to trail construction on the west side of the river I had to make last minute adjustments for the race. With the cooperation of South Suburban Parks and Pitchers Bar & Grille I moved the start and finish to the east side of the river. Mike Vanoni measured a new Forty Furlongs' course that stayed on the east side going south to Carson Nature Center and back.

Runners got a preview of the work in progress, a crushed granite parallel running and walking trail, which we should be

**Once you're over the hill, you just keep running!**

able to take advantage of in 2006. Despite last minute changes all went well for 75 runners and walkers. The weather was terrific, the awards and prizes were ample, including Valentine's Day chocolate hearts for all finishers, thanks to Carol Bengston.

Pitchers laid on some breakfast burritos and brews, and many members enjoyed same. Some suggested that we do a repeat on the east side next year with some variation of the course, which should be possible after the trail improvements are in place. Didn't that run north on the west side get you into some kind of boring industrial no man's land anyway?

Again we had a real mixture of runners and walkers. The fast kids showed up and did their thing. Hector Martinez, age 21, was overall male winner with a time of 28:02. However, 18-year old Miguel Cazares was close on his heels with a 28:20. Keith Johnson in the master age group rounded off third place in 28:41. Top woman was Christine Adamowski, an aspiring master with a time of 33:36. Other age group winners of note were Ken Green, 75 and over; Bob Bussey, 70-74 (nice to see you back) & Rich Romero 65-69 with a time of 37:37. Top performances by Ray Rupel, 32:30 & Nancy Denniston, 37:10 in the 50 plus age group. In the high end of 45-49 were Ray Blum, finishing strong in 32:09 and Melissa Johnson (nice to see you back too) finishing in 37:54. Neil Horton finished first among the race walkers, closely followed by Lew Hutchinson.

Thanks to Carol Bengston, Mike Vanoni, Joe Sanchez, Rick Voorhees, Kool Shades, Connie Ahrnsbrak, Tom Alison, Rosalia & Jerry Murch, Lee & Howard Palmer, Joe Baird, Rob Fisher, and Levi Gonzalez. Levi celebrated his 70<sup>th</sup> birthday, congratulations!

We received a generous donation of bread for door prizes from the Great Harvest Bread Company at Belcaro. Runners' Roost on S. Colorado contributed four gift certificates, and I was able to contribute Power Bars compliments of the KUVU Labor Day Race in the City (had to get a commercial in).

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## **Africa, Jim Romero**

I began my 21-hour flight to Moshi, Tanzania in Africa on February 23. Upon arriving in London, my flight had been cancelled due to black ice. Despite the 10-hour delay and some mishaps in Nairobi I finally climbed aboard a bus for the six hour ride to Moshi.

The 3<sup>rd</sup> Annual Kilimanjaro marathon was on Sunday, February 27. Jerry O'Donnell and I set a goal to run and finish the race without any medical assistance. The race kicked off at 9 AM which was late due to the 106 degree temperature, plus the humidity. The course began at Moshi Stadium, passing farms, villages, banana and coffee plantations. However, it was not tranquil, but tough with heavy traffic on the opposite side of the road. The mighty Mt. Kilimanjaro loomed 17,000' above us, totally a sight everyone should see at least once in their life time.

A pleasurable moment came at mile 15 when lots of young kids come out to run in with you. They like the Americans, and cherish the candy bars Americans hand out, a big treat for them. I finished in 4:48 and Jerry O'Donnell finished in 5:26.

On Tuesday, February 29 I left for the Kilimanjaro climb. Four days of climbing with the last day beginning at midnight, a climb of six hours. A midnight start will get you to the top just as the sun comes up. The rule is one hour at the top then without sleep you head down for two hours. After resting and something to eat we picked up our backpacks and headed down for another four hours. By day five we had only three hours left of the decent.

The climb was the most difficult for me. I have never camped in my life, so together with sleeping in a bag in the coldest weather I have ever experienced in my life time was harsh reality. Mt. Kilimanjaro is affectionately known as "Kili" in Tanzania. She is the highest "free standing" mountain in the world.

After the climb I flew to Nairobi for a two day safari. A place called Masai Mara in Kenya. I saw all the wildlife that I have always wanted to see and much more. However, there is no place like home!

This is just a small excerpt of Jim's adventure. If you have a chance, talk to him about Africa, there is a lot between the lines.  
By Connie Ahrnsbrak

**Once you're over the hill, you just keep running!**

Forty Furlongs age awards

<b>OVERALL</b>			
<b>Hector Martinez</b>	<b>28:02</b>	<b>Christine Adamowski</b>	<b>33:36</b>
<b>75 Plus</b>			
Kenneth Green	49:15		
<b>70-74</b>			
Robert Bussey	52:41		
<b>65-69</b>			
Rich Romero	37:37	Vici Dehaan	49:50
Ken Randall	38:53	Marriot Smart	56:40
Jack Barry	39:52		
Jim Peterson	42:46		
Ray Grundmeyer	43:32		
<b>60-64</b>			
Ed Youngberg	41:38	Olga Hnizdil	49:30
Doug Tollin	42:50	Rosalia Murch	58:32
Palmer Beam	54:09	Linda Neale	82:56
Wayne Mathis	73:49		
<b>55-59</b>			
Bob Gassen	38:42	Penelope	53:59
Bruce Rasor	43:15		
Pitts O'Donnell	43:50		
Jeff Dawson	44:04		
Mike Vanoni	47:17		
<b>50-54</b>			
Ray Rupel	32:39	Nancy Denniston	37:10
Bob Caillouette	35:27	Carmen West	43:28
Scott McFarlane	38:12	Carol Johnson	47:54
Ken Lotze	39:08		
Bruce Young	44:36		
<b>45-49</b>			
Ray Blum	32:09	Kimberly Massey	44:16
Jeff Young	33:01	Denise Lopez	53:56
Dave Kelble	34:32	Kimberly Shenfeld	72:12
Brian Cross	34:51		
Mark Johnson	42:54		
<b>40-44</b>			
Keith Johnson	28:41		
Bob Jones	31:34		
Eric Black	31:38		
Jim Perry	32:53		
Guy Morris	40:03		
<b>35-39</b>			
Mark Erickson	33:25	Melissa Johnson	37:54
Kline Kelly	36:38	Michelle Slingsby	44:42
Foghorn Leghorn	36:39	Becky Slow	44:50
<b>34 &amp; UNDER</b>			
Miquel Cazares	28:02	Lara Usinonicz	34:57
Andrew Adamowski	28:20	Samantha Towne	41:55
Eric Nokikumana	28:48	Sylvia Martinez	42:26
Mauro Martinez	29:38	Deb Holland	43:57
Jesus Martinez	30:25		

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**60-64**

Jim Romero	49:09	Rosalia Murch	1:18:27 RW
Ed Youngberg	52:28		
Steve Stovell	53:08		
Wayne Mathis	81:05		

**55-59**

Lou Huie	42:24	Jan Huie	53:39
Glenn McCarthy	42:41	Taunya Wilson	55:37
Greg Pish	50:22		
Jeff Dawson	52:16		
Rich Martinez	55:13		

**50-54**

Bob Caillouette	42:28	Nancy Denniston	48:36
Ken Lotze	48:18	Deborah Acree	50:30
Charles Scheiber	50:23	Christine Vanoni	57:40
J Gutierrez	55:59	Karen Conway	59:16
Earl Beam	61:42	Carol Johnson	62:11

**45 -49**

Ray Blum	40:22	Susan Stewart	50:00
Jeff Young	42:22	Priscilla Nodine	58:04
Jay D. Trujillo	46:42		
Raul Herrera	51:10		
Ron Lopez	59:19		

**40-44**

Steven Sellars	37:11	Rhonda Bershok	44:19
Bob Jones	41:20		
Jim Perry	41:43		

**35-39**

Dave Slingsby	47:37	Jill Sellars	47:00
Darrell Axtell	62:33	Melissa Johnson	48:33
		Michelle Slingsby	54:39

**34 & Under**

Isiah Rubio	36:06	Bridget MacKinnon	42:26
Eric Nerikumama	36:25	Julie Kimpel	48:03
Mauro Martinez	37:06	Samantha Towne	48:39
Miguel Cazares	37:08	Esmeralda Martinez	49:00
Julio Bonilla	37:32	Patsy Buckley	52:43

**SPRING SPREE ENDS WINTER**

The last day of winter is at hand as Tom and Irene Alison arrive at Twin Lakes Park. The early 7:00 AM temperature is still at a very cool 25 degrees. Frost is on everything making all the tables wet and we are sure cold for those who will sit at registration.

Joe Sanchez, quartermaster, arrives with all the equipment, registration is set as soon as Rosalia Murch arrives. Irene Alison and Esther Romero handle registration and Linda Gonzales handles the awards table.

Other volunteers arrive and are assigned their duties, Joe Baird and Rob Fisher set up the finish line. Dennis Velenchenko is assigned the very important job of course marshal at the junction so the runners don't get lost while Howard & Lee Palmer man the water table. Levi Gonzales

is at the half way turn around point. Ken Randall brings the Bread from Great Harvest and Lee Bengston shows up on his crutches with a case of Power Bars for door prizes. (Hope that foot gets better real soon, Lee)

Registration opens at 8:00 am promptly, and 75 runners and racewalkers line up for a 9:00 A.M. mass start. Thirty-Nine minutes later Hector Martinez is the first to cross the finish line where Rich Romero, Joe Baird, Rob Fisher, Tom Alison and Linda Gonzales are waiting. They take the runners tags put them on the board and organize the results. By 10:20 Richard Romero, Lew Hutch and Tom Alison are calling names for door prizes and giving out the medal awards. The wonderful crew is putting the equipment away in Joe's truck, cleaning the area and heading away. Connie

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Ahrnsbrak takes the results for the newsletter and the web site.

By the way, the temperature has warmed, making it a wonderful day for a run and the crew has done an admirable job. Thanks again to all those who give of their time to

make CMRA races possible for all. You can observe that it takes quite a few people to make even a small run go smoothly. Be sure to go to the web site and see who directs the next race. Call him/her and volunteer. We can always use the help.

## Pelican Updates By Connie Ahrnsbrak

**1/8 – Oatmeal 5K, Lafayette** – The Oak (Ross Westley), 22:59 (1<sup>st</sup>) & Tall Red (Ed Youngberg), 25:55. Plus Fox Run Pk **10K, Monument**: Lou Huie, 54:55 (1<sup>st</sup>). **Turquoise Lake 20-mile Snowshoe**: Adam Adamowski, 4:15 (4<sup>th</sup>/OA); Trail Man (Adam Feerst) 4:18 (6<sup>th</sup>/OA); Bill Faulkner, 6:11 & Pat Emigh, 6:46.

**1/9-** The Master (Rich Romero) ran a masterful 1:42:23 (3<sup>rd</sup>) @ **P. F. Chang's Rock n' Roll Half, Phoenix, AZ.**

**1/15 – Run for a Dream 5K, Aurora**: Rosalia Murch, 37:06 (2<sup>nd</sup>/RW). Hector Martinez, 16:34 (1<sup>st</sup> OA); Miguel Cazares, 16:48 (1<sup>st</sup>); Eric Nerikumama, 17:25 (2<sup>nd</sup>); Mauro Martinez, 17:57 (3<sup>rd</sup>); Julio Bonilla, 19:05; Jeff Young, 19:54; Painted Horse (Jesse Tijerina) 20:24 (1<sup>st</sup>); The Oak, 21:56 (1<sup>st</sup>); Jack Barry, 23:04 (2<sup>nd</sup>); Race Man (Mitch Chesbro), 23:07 (3<sup>rd</sup>); Check in Mail (Jerry O'Donnell), 25:46 (1<sup>st</sup>); The B-Man, 26:08 (1<sup>st</sup>); Fred Trentaz, 26:09 (2<sup>nd</sup>) & Dave Banko, 30:01.

Walking Man (Neil Horton) @ **The Museum of Aviation Marathon, Robins AFB, GA**, 6:07. *A flat course with two laps running the perimeter of the fence around the entire base. Thus, no spectators.*

**Swift Skedaddle Snowshoe, Silverthorne**: Rick Voorhees took on the **4K**, 39:18. The **10K** saw: Adam Adamowski, 1:03 (OA); Christine Adamowski, 1:20; Bill Faulkner, 1:35; K2S2 (Ken Simons), 1:37; Gale Meuret, 1:38; Mean Ed Green, 1:39; Shane Holonitch, 1:48; Patricia Emigh, 1:52 & Lee Bengston, 2:09. Also, Fern Oliner traveled to **AZ** for the **Lost Dutchman Half**, 2:30:45.

**1/16 –JFK 20K, East Potomac Park in Washington DC**: Trail Man (Adam Feerst) 1:18 (6<sup>th</sup>/OA) & Marion Sills, 1:47.

**1/22 –The Best XC on the Planet-4 miler, Harlow Park, Boulder**: Kool Shades (Ken Randall) 31:02 (1<sup>st</sup>); Lightfoot (Deb Acree) 32:54 (1<sup>st</sup>); Constance Ahrnsbrak 35:11 (1<sup>st</sup>); K2S2 (Ken Simons), 35:30; & Tall Red, 35:48. Also, **Series II, El Pomar Sports Ctr. 8-miles, CS**: Lou Huie, 59:29 (1<sup>st</sup>) & **Pazzo's Meadow Mtn 9-mile Snowshoe, Vail**: Adam Adamowski, 1:39 (6<sup>th</sup>/OA).

**1/23 – Polar Bear 5K, WP**: Painted Horse, 21:15; Todd Dunning, 23:58; Race Man, (Mitch Chesbro) 24:07; Jan Huie, 25:22 (2<sup>nd</sup>); J Gutierrez, 27:09; Earl Beam, 28:57, Laura McCoy, 38:50 (6<sup>th</sup> RW); Leslie Woods, 39:47 & Kim Shenfeld, 42:44.

**1/30-** A perfect winter postcard for the **Frost Giant, Estes Park**: **10K** –Jimbo, 1:06:29 (5<sup>th</sup>) & Travelling Man (Roger Rybicka), 1:06:30. The **5** –Lightfoot, 25:22 (2<sup>nd</sup>); Kent Mitchell, 25:50 (2<sup>nd</sup>) & Connie Ahrnsbrak, 27:11 (1<sup>st</sup>). Also, **Half Shell in Key West, FL**: The B-Man, 1:45 (2<sup>nd</sup>); Check In Mail (Pitts O'Donnell), 2:00; Carmen West, 2:04; Mike Vanoni, 2:05; Christine Vanoini, 2:10 & Penelope, 2:29.

**1/31 – The International Las Vegas runs**: Ray Blum, 1:27 & Painted Horse (Jesse Tijerina), 1:44 ran the **Half**, while Walking Man competed in the **marathon**, 6:27. *Lots of wind in the face.*

**2/6 – Superbowl 5K, WP**: The Master (Rich Romero), 23:32 (1<sup>st</sup>); Jack Barry, 24:03 (2<sup>nd</sup>); Leslie Mitchell, 24:16 (2<sup>nd</sup>); Connie Ahrnsbrak, 25:09 (2<sup>nd</sup>); Fred Trentaz, 27:01; J Gutierrez, 27:37; Earl Beam, 29:00; Rosalie Murch, 35:21 (3<sup>rd</sup>); Walking Man (Neil Horton), 38:09 (4<sup>th</sup>) in the **RW**; Leslie Woods, 42:43 & Kim Shenfeld, 50:30. **Salomon Nordic Series, Frisco Gold Rush 10K**: Adam Feerst, 34:27 (skate) & 57:55 (6<sup>th</sup> snowshoe).

Plus Traveling Man, 23:33 down **New Mexico way**, @ the **Albuquerque 2.9 Superbowl Run**, while the **Greeley Superbowl 5K** saw Jimbo (Jim Peterson), 24:20 (1<sup>st</sup>).

**2/12 – Loveland 4-Mile Sweetheart Run:** Painted Horse, 27:24; The Oak, 30:35 & Traveling Man (Roger Rybicka), 33:03. Also **Santa Fe Trail 10 mile, Monument:** Lou Huie, 1:16 (1<sup>st</sup>) while Jonathan Huie ran the 5-miler, 29:11 (2<sup>nd</sup>).

**2/13 – Valentine 5K @ WP:** Race Man (Mitch Chesbro), 23:36; Leslie Mitchell, 24:13 (3<sup>rd</sup>); Jan Huie, 26:40 (2<sup>nd</sup>) and Earl Beam, 28:21.

**2/19 –Walking Man @ Myrtle Beach Marathon, SC.** 6:13.

**2/20 –President’s Day 5K, WP:** Isaiah Rubio, 17:04 (1<sup>st</sup>); Keith Johnson, 17:08 (2<sup>nd</sup>); Hector Martinez, 17:14 (1<sup>st</sup>); Eric Nerikumama, 17:32 (2<sup>nd</sup>); Miguel Cazares, 17:39 (3<sup>rd</sup>); Julio Bonillo, 18:24; Mauro Martinez, 18:32; Joseph Manilafasha, 19:04; Jeff Young, 20:38; Painted Horse, 20:59 (3<sup>rd</sup>); The Oak, 22:41 (1<sup>st</sup>); Race Man, 23:40; Jack Barry, 23:59 (3<sup>rd</sup>); Gait Man (Grayson Drexel), 26:26; Earl Beam, 29:17; Leslie Woods, 40:42 Kimberly Shenfeld, 41:54.

**2/26 – PPRR 20K, Black Forest:** Lou Huie, 1:38 (2<sup>nd</sup>); Kool Shades, 1:45; The Oak, 1:47 & Tall Red (Ed Youngberg), 2:02.

**2/27 –Kilimanjaro Marathon, Moshi, Tanzania:** The B-Man, 4:58 & Pitts O’Donnell, 5:26.

**3/5 – The Lucky Clover 10K, Chatfield:** Keith Johnson, 37:10 (OA); The Oak, 51:14 (1<sup>st</sup>); Melissa Johnson, 53:35 (3<sup>rd</sup>); Strider (Tom Chambers), 54:11 (2<sup>nd</sup>); Connie Ahrnsbrak, 57:02 (1<sup>st</sup>); Tall Red, 58:15 and Rosalia Murch, 1:14 (2<sup>nd</sup>). *Half on trail & half on roads. Choosing which to run first was runner’s choice.*

**Frisco’s Komen 3K Snowshoe Show, K2S2** (Ken Simons) 24:00 (4<sup>th</sup> Master).

**3/12 –Moab Canyonlands:** \*Andrew Adamowski, 1:18 (5<sup>th</sup>); Kyle Boschen, 1:26 (17<sup>th</sup>/190); Joe “Elmers” Baird, 2:25 & Patricia Crespi, 2:52 ran the **Half**. Connie Ahrnsbrak, 40:39 (1<sup>st</sup>); Mary Boschen, 45:38 & Rosalie Murch, 56:15 (6<sup>th</sup>) opted for the **5-mile**. \*Andrew ran a 5:57 pace, 5<sup>th</sup>/165 age and 16<sup>th</sup> OA/2,654!

**3/13 –ROTG, Lodo:** Keith Johnson, 23:14 (4<sup>th</sup>); Hector Martinez, 23:49; Jesus Martinez, 24:54 (2<sup>nd</sup>); Painted Horse, 29:09; Spiderman (Scott Mcfarlane), 32:52; Race Man, 33:13; Bill Turley, 38:09; Check in Mail, 39:15; J Gutierrez, 39:49; R2G2 (Ray Grundmeyer) 40:04; Earl Beam, 40:34; Joe “Elmers” Baird, 45:45; Laura McCoy, 49:00; Penelope, 52:12; Kim Shenfeld, 52:12; Dennis Velenchenko, 56:58 & Leslie Woods, 59:18.

**3/20 –Walking Man at the inaugural Knoxville Marathon, TN.** 6:06. *A hilly city course. Well organized.*

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**ODE TO A VOLUNTEER**

Many will be shocked to find,  
 When the day of judgment nears  
 That there's a special place in heaven  
 Set aside for volunteers,  
 Furnished with big recliners,  
 Satin couches and footstools,  
 Where there's no committee chairperson  
 No group leaders of carpools  
 No eager team that needs a coach.  
 No bazaar with a bake sale,  
 There will be nothing to staple.

Not one thing to fold or mail.  
 Telephone lists will be outlawed,  
 But a finger snap will bring  
 Cool drinks and gourmet dinners,  
 And rare treats fit for a king.  
 You ask who'll serve these privileged few  
 And work for all they're worth  
 Why all those who reaped benefits  
 And not once volunteered on earth.

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Shop at our sponsor

**Great Harvest Bread**  
765 S. Colorado Blvd., 303-449-8551

Shop at our sponsor

**Runners Roost**  
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Parker & Arapahoe 303 766-3411

Shop at our sponsor

**Great Harvest Bread**  
7745 Wadsworth Blvd  
303 420-0500

Shop at our sponsor

**The Boulder Running Company**  
8116 W. Bowles Ave 303 932-6000  
2775 Pearl St., Boulder 303 786-9255

***SAND CREEK Trail 5--MILE***  
***Saturday, April 9, 9 AM***

**I-70 East to the Havana St. Exit. Exit & go South on Havana to Smith Rd. (4-way Stop)! Turn Right (west) on Smith past the Urban Farm to the Trailhead (Dead end). NOTE: No access to trailhead from Quebec St. via Smith Rd.**

**VOLUNTEERS ARE NEEDED!**

**Contact Rob Fisher: 303-738-0115**

[www.comastersrun.org](http://www.comastersrun.org) for map

**Course is mostly flat trail run, 90% dirt.**

**CMRA caps for sale, \$20.00**

□

**MEMORY RUN 10K**

**May 15, Sunday, 9 AM**

**DEKOEVAND PARK, 6301 S. UNIVERSITY BLVD.**

**Please note that staging will be at Shelter “B” this year. This is Sunday, please park in the top parking lot.**

**DIRECTIONS:**  
South on University, ½ mile south of Orchard, parking lot on the right.

North of University, parking lot will be on the left.

FOR MORE INFORMATION OR TO VOLUNTEER, PLEASE CALL Connie Arhnsbrak-303-985-1168 or Rosalia Murch-303-693-2278

[www.comastersrun.org](http://www.comastersrun.org)

**WANTED**

**Co-editor for Newsletter 2005/2006**

**WELCOME TO THE CLUB:**

Scott & Jaci Bainbridge, Mary & Kyle Boschen, Jayne Crabb, Jeff Dawson & family, Julet Hutchens, Keith & Keifer Johnson, Robert Kanieski, Fernando Lopez & family, Ron Lopez & family,

Shay Lynn, Ann Padjen, Rich Martinez, Darla Yoerg, Naoki Wakai, Rob Gray, Dave Haggard, Deb Holland, Ben Joy, Andrea Milstein, & Carmen West. Also, welcome back Rod & Maren Schreiber, Glenn McCarthy.

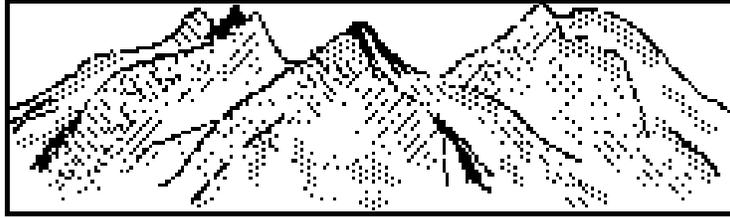
**New ideas, suggestions and comments are always welcomed!**

**Some Spring Spree Highlights**

Photos by Megan Vanoni



**Once you're over the hill, you just keep running!**



### WATERTON CANYON 10K

**JUNE 12, Sunday, 8:00 AM**

Take C470 to Wadsworth. Go south about 4.5 miles. Turn left at the sign for Waterton canyon and watch for the BIG parking lot on the left. Walk across the road to the west about ½ mile to the start.

**Restrooms are on the way to the start!**

**Contact Deborah Acree: 303-279-7020**

### MOUNTAIN MADNESS 12K

**July 17, SUNDAY 8 AM**

**DIRECTIONS:** Take I-70 west to exit 254. Go left over I-70 and turn left. Take the first right up to Christies of Genesee, across from the Chart House.

**For more information: Jim Romero**

**At 303-794-2952**

**www.comastersrun.org**

#### 2005 OFFICERS

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**Home: 303-738-0115**

**Fax:**

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**Membership Chair: Ray Grundmeyer 303 526-5156**

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#### BOARD OF DIRECTORS

**Levi Gonzales, Rob Fisher, Vici DeHaan, Ray Grundmeyer, Scott McFarlane, Connie Ahrnsbrak, Todd Dunning, Joe Baird, Kim Massey, Ken Randall, Tom Alison**

The Colorado Masters Running Association newsletter is published bi-monthly. Issues are mailed approximately the 1st day of February, April, June, August, October, and December. Distribution is free to all members and associates of the CMRA.

Deadlines for articles are the 15th of January, March, May, July, September, and November. All material should be mailed or e-mailed to editors listed above.

Membership information is available from the Membership Chairperson and at all races.

*The CMRA is a non-profit group organized to promote running and walking for health and exercise. The club conducts regular running activities, including training sessions, fun runs, races, and social events. Membership in CMRA is open to all, regardless of skill or experience.*

*Annual dues are \$25 for individuals and \$35 for families.*

2004 COLORADO MASTERS RUNNING ASSOCIATION SCHEDULE

Registration begins 1 hour prior to race time. \$10 for non-members.

For more information or to volunteer, call race director listed below or log on to our website:

[www.comastersrun.org](http://www.comastersrun.org)

Apr	09	Sat	9 AM	Stapleton	Sand Creek 5-mile	Rob Fisher	303-363-2377
May	15	Sun	9 AM	Dekoevend Park	Memorial Run 10K*	Rosalia Murch	303-693-2278
June	12	Sun	8 AM	Waterton Canyon, Littleton	Waterton Canyon 10K*	Deb Acree	720-338-2202
July	17	Sun	8 AM	Christies @ Genesse	Mountain Madness 12K*	Jim Romero	303-794-2952
Aug	10	Wed	6:30 PM	Fairmont Park, Golden	Fairmont 5K Trail	Pat Phillips	303-238-4405
Aug	28	Sun	8 AM	Elk Meadow, Evergreen	Elk Meadow Trail 10K	Wayne Mathis	303-979-9592
Sept	25	Sun	8 AM	Barr Lake State Park	Barr Lake 15K**	Dave Black	303-781-1738
Oct	16	Sun	9 AM	Randy's Ranch, Louisville	Coal Creek XC Challenge 5.5	Bruce Kirschner	303-666-0864
Nov	20	Sun	9 AM	Chatfield State Park	Chatfield 10-Miler*	Kim Massey	303-765-5512
						Scott Mcfarlane	303-904-4542
Dec	10	Sat	9 AM	Prospect Park Arvada	Clear Creek 4-Miler	Vici Dehaan	303-494-1782
**				<b>PANCAKE BREAKFAST</b>			
*				<b>5K FOR RACEWALKERS</b>			
***				<b>5 MILES FOR RACEWALKERS</b>			

**CMRA**  
**8100 E. Union Ave.**  
**#R1601**  
**Denver, CO 80237**