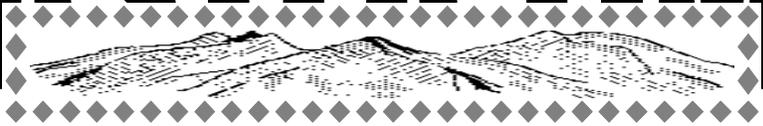


MASTER TIMES



May/June 2005

Volume 35, Issue 3

PRESIDENT'S CORNER

May/June 2005 By: Rob Fisher

Boy, am I glad I don't have to write for a living. I officially have writer's block. For me this is the hardest part of being the President. I think I will make this a short article and just use rambling thoughts to guide my writing.

Getting Lucky: I know what you are thinking. Actually I was thinking about the weather and how we were so lucky for the Sand Creek 5-Miler. Sandwiched between the 2 worst days in April we had the best day.

The Price of Shoes: What shoes were you wearing 20 years ago? I was running in the Nike Vortex. I loved those things. They cost about \$40. My current shoes cost about \$80 and are much better. Does EBay have Vortex's available? How about a Brooks Vantage?

Athletes: Am I an athlete?

Steroids: When will the US government mandate steroid testing for the Colorado Masters?

Well, all this thinking about the past and future has me a little confused. I think I will go for a run. Ah, what to wear? Lets see, jock strap, nylon shorts, tube socks (they go to the knee and have those cool red strips), all cotton T-shirt. That's all I need. Sun glasses-no, hat-no, sun-block-whats that? Now if I can find my Tiger Jayhawks that I just repaired with Sole Saver I will be all set.

CLUB HAPPENINGS:

Just a FYI for all members. After the July 17th Mountain Madness race out at Christie's there will be a board meeting. This will be a great opportunity for all to get their ideas on 2006 events to the board. See you there.

Sand Creek 5-Miler

Saturday April 9, 2005

Sand Creek Trailhead/Smith Rd., Denver

By Rob Fisher

Boy, were we lucky. We picked the right day for this event. Friday it was hot and very windy and Sunday by 9 AM we had 6 inches of snow. Saturday was glorious, with perfect weather for running.

There were positive comments from just about every runner. They liked the packed dirt course and the nice views of downtown and the Front Range. I guess I should have done a better job of advertising the event. Some runners took exception to my claim that the course was mostly flat. That mile long incline between miles 1 and 2 seemed to get to some of our more sensitive members.

Thank yous are in order for our great volunteers. They were: Joe Baird, Joe Sanchez, Rosalia Murch, Jerry Murch, Levi Gonzales, the Palmers, and I know I have missed some names, I apologize.

Also, a big thank you goes out to Kate Kramer the Executive Director of the Sand Creek Regional Greenway. She pushed and prodded the Stapleton developers to get the new trail done by our race date. It was refreshing to get such great cooperation. The future looks bright for the Sand Creek Trail.

Results on pages 2 and 3

Sand Creek 5 Mile April 09, 2005

Overall Results

Place	Name	Age	Time
1.	Keith Johnson	43	27:52
2.	Hector Martinez	21	28:41
3.	Derek Griffiths	29	18:48
4.	Isaiah Rubio	17	29:01
5.	Eric Nerikumama	15	29:09
6.	Steve Stellers	44	30:02
7.	Mauro Martinez	15	30:55
8.	Joseph Manilafasha	14	31:20
9.	Kevin Seibel	40	31:31
10.	Julio Bonilla	16	32:19
11.	Jeff Young	48	32:25
12.	Bob Jones	44	32:29
13.	Bob Cooper	56	33:01
14.	Ray Blum	48	33:45
15.	Jim Perry	44	34:01
16.	David Ceniceros	17	34:33
17.	David Kelble	47	35:32
18.	Bob Caillouette	50	35:44
19.	Jay Trujillo	46	37:08
20.	Jill Zancanelli	36	37:26
21.	Bruce Dahn	36	37:40
22.	Brent Allendorf	36	37:58
23.	Jim Romero	65	38:11
24.	Joe Ratledge	45	38:14
25.	Ken Lotze	54	38:38
26.	Jim Fay	53	38:44
27.	Ross Westley	68	39:06
28.	Bill Gerrecs	44	39:59
29.	Raul Herrera	46	40:13
30.	Tom Chambers	62	40:23
31.	Arnold Sanchez	30	40:25
32.	Orion Ocompo	14	40:30
33.	Gregory Pash	57	40:13
34.	Deb Acree	53	40:47
35.	Mitch Chesbro	46	41:22
36.	John L.	15	41:40
37.	Rich Martinez	58	41:47
38.	Todd Dunning	40	41:53
39.	Foghorne Leghorne	39	42:08
40.	Doug Tollin	60	42:11
41.	Ken Simons	67	42:16
42.	Julie Thenell	46	42:22

43.	Ed Youngberg	62	42:38
44.	Ray Grundmeyer	67	42:55
45.	Samantha Towne	17	42:59
46.	Jim Peterson	66	43:03
47.	Maren Schreiber	36	43:09
48.	Kristina Schneider	36	43:47
49.	Holly Dahn	35	44:03
50.	Mike Vanoni	56	44:31
51.	Taunya Wilson	58	44:47
52.	John Miranda	58	46:10
53.	Ron Lopez	49	46:32
54.	Christine Vanoni	53	46:51
55.	Sean Ratledge	14	48:17
56.	Dave Banko	53	49:05
57.	Sylvia Martinez	21	49:16
58.	Don Robinson	73	49:28
59.	Earl Beam	54	49:41
60.	Tom Alison	67	49:46
61.	Palmer Beam	63	50:30
62.	Ken Green	76	50:46
63.	Vici DeHann	70	51:33
64.	Brian Moffett	58	52:07
65.	Frank Hathorn	71	52:25
66.	Bodo Schultz	56	53:19
67.	Christine Maxbauer	51	54:05
68.	Charlie Schmucker	58	58:26
69.	Marriott Smart	69	58:49
70.	Cleo Coen	75	1:04:27
71.	Linda Neale	60	1:15:13

RACEWALKERS

1.	Rosalia Murch	64	1:03:22
2.	Joan Banko	61	1:18:04

Start of Race—Sand Creek



Sand Creek 5 Mile April 09,2005

AGE Group Awards

Overall Man

Overall Woman

Name	Time	Name	Time
Keith Johnson	27:52	Jill Zancanelli	37:26

75 and Over

1. Ken Green	50:46
2. Cleo Coen	1:04:27

70 and Over

1. Don Robinson	49:28	Vici DeHann	51:33
2. Frank Hathorn	52:25		

65 - 69

1. Jim Romero	38:11	Marriott Smart	58:49
2. Ross Westley	39:06		
3. Ken Simons	42:16		
4. Ray Grundmeyer	42:55		
5. Jim Peterson	43:03		

60- 64

1. Tom Chambers	40:23	Linda Neale	1:15:13
2. Doug Tollin	42:11		
3. Ed Youngberg	42:38		
4. Palmer Beam	50:30		

55 - 59

1. Bob Cooper	33:01	Taunya Wilson	44:47
2. Geogory Pash	40:31		
3. Rich Martinez	41:47		
4. Mike Vanoni	44:31		
5. John Miranda	46:10		

50 - 54

1. Bob Caillouette	35:44	Deb Acree	40:47
2. Ken Lotze	38:38	Christine Vanoni	46:51
3. Jim Fay	38:44	Christine Maxbauer	54:05
4. Dave Banko	49:05		
5. Earl Beam	49:41		

45 - 49

1. Jeff Young	32:25	Julie Thenell	42:22
2. Ray Blum	33:45		
3. David Kelble	35:32		

4. Jay Trujillo	37:08
5. Joe Ratledge	38:14

40 - 44

1. Steve Sellers	30:02
2. Kevin Seibel	31:31
3. Bob Jones	32:29
4. Jim Perry	34:01
5. Bill Gerrecs	39:59

35 - 39

1. Bruce Dahn	37:40	Maren Schreiber	43:09
2. Brent Allendorf	37:58	Kristina Schneider	43:47
3. Foghorne Leghorne	42:08	Holly Dahn	44:03

34 and Under

1. Hector Martinez	28:41	Samantha Towne	49:16
2. Derek Griffiths	28:48	Sylvia Martinez	49:16
3. Isaiah Rubio	29:01		
4. Eric Nerikumama	29:09		
5. Mauro Martinez	30:55		

Racewalkers

1.	Rosalia Murch	1:03:22
2.	Joan Banko	1:18:04

Shop at our sponsor

Great Harvest Bread

7745 Wadsworth Blvd.

303 420-0500

765 So. Colorado Blvd

303 449-8551

Shop at our sponsor

Runners Choice

2460 Canyon Blvd., Boulder

303 449-8551

3/26 – Humid & hilly 5K in Atlanta, GA for Traveling Man (Roger Rybicka), 25:47.

4/2 – Eisenhower Marathon in Abilene, KS saw Rob Fisher, 3:44 & Nancy Denniston, 3:55 (1st), while Connie Ahrnsbrak took on the Half, 1:55 (1st). Twenty-nine states represented this small event. Pleasant course.

A congested **Cooper's Bridge 10K, Charleston, GA** saw Traveling Man, 1:03. In addition, **Mary's Loop 11-Mile, Grand Junction:** Kool Shades (Ken Randall), 1:49 (1st) & The Oak (Ross Westley), 1:56 (2nd).

4/3 – Platte River Half, Buckhorn Xchange: Keith Johnson, 1:17 (1st/6th OA); Ray Rupel, 1:28 (3rd); Paul Welschinger, 1:35; Lou Huie, 1:36; Nick Accardi, 1:41; The B-Man (Jim Romero), 1:44 (1st); Jim Fay, 1:48:55; Jack Barry, 1:49 (3rd); Robert Reilly, 1:53; Julie Thenell, 1:59; Pitts O'Donnell, 2:05; Dave Banko, 2:20; Tom Alison, 2:21 & Steadfast Earl Beam, 2:26.

Plus, **Nellie Mae Scholarship Scuttle 5K, WP:** The Oak, 22:36 (1st); J Gutierrez, 26:35; Laura McCoy, 37:59 & Marie Romero, 1:00:54.

4/16 – Greenland Trail runs: 50K –Trail Man (Adam Feerst), 4:26 (2nd); Ray Blum, 5:07 (2nd); Bill Faulkner, 6:39 (1st) & Bob Cooper. **37K-** Patricia Emigh, 5:22. **25K-**Jim Bosik, 2:25 (2nd); The B-Man, 2:25:54 (1st); Kool Shades, 2:28 (2nd) & The Oak, 2:40 (3rd). **12K** – Christine Adamowski, 1:02 (1st); Strider (Tom Chambers) 1:13:25 (2nd); Lightfoot (Deb Acree) 1:13:28 (1st); K2S2 (Ken Simons) 1:15 (3rd); Connie Ahrnsbrak, 1:21 (1st); Jimbo (Jim Peterson), 1:25:56; Traveling Man, 1:25:57; Dave Banko, 1:32 & Fern Oliner, 2:16. Thanks to Lee Bengston, Spiderman (Scott McFarlane), Fern Oliner & Bonnie O'Keefe for working the race. *There was mud & snow & more mud & more snow, etc.*

Horsetooth Half, FTC: Jim Fay, 1:51; Shane Holonitch, 1:54 (3rd); Leslie Mitchell, 1:56 (3rd); Christine Vanoni, 2:06. Also, **Evergreen Earth Day Challenge, 4-mile** saw Race Man (Mitch Chesbro), 34:53.

Plus, the Huies' @ **Bash the Bluffs 5K, CS:** Jonathan, 16:35 (2nd/OA) & Lou, 21:24 (2nd). In addition, **Boulder Qualifier 5K #1, City Park:** Keith Johnson, 17:04 (1st/OA). Lastly, **Ocean City Marthon, MD,** Walking Man (Neil Horton), 5:55, while Pitts O'Donnell ran the half, 2:02 (3rd). *Flat course, extreme wind!*

4/17 – Earth Day 5K, Boulder: The Oak (Ross Westley), 23:18 (3rd); Race Man (Mitch Chesbro) 25:04 and Vici Dehaan, 29:59.

4/18 – Boston Marathon: Julie Kimpel, 4:20. *Congratulations Julie!*

4/23 – Elbert Reflections: 10K – Spiderman, 53:06 (3rd); Lightfoot (Deb Acree), 55:03 (1st/OA) & Connie Ahrnsbrak, 56:29 (3rd/OA). **5K**–Race Man, 26:14 (3rd); Jan Huie, 29:58 (3rd) & Stonewall (Kenneth Green), 32:21 (2nd). *Strong headwind on the outbound!*

Plus Lou Huie @ **the La Jolla, CA Half**, 1:38:52 (3rd/303). *There were over 3800 runners on this cool a.m. Challenging course, several hills and lots of treats & prizes after!*

Boulder Rez Distance Carnival Runs: Paul Welschinger, 2:24 took on the **30K** (4th) & Bill Turley prevailed in the **15K**, 1:38 (2nd). The **5-mile** saw K2S2, 41:04 (1st); Jimbo, 43:45 (2nd) & Traveling Man (Roger Rybicka), 44:26 (4th).

The O'Donnells enjoyed a great **Salt Lake City Marathon** with an exciting finish! Jerry, 4:24 & Penelope, 4:54.

4/24 – Cherry Creek Sneak 5-Miler: Keith Johnson, 27:09 (1st/9th OA); Bob Jones, 31:35; Grid Iron (David Kelble) 34:16; Jay Trujillo, 36:41; Leslie Mitchell, 40:17; Carmen West, 42:44 & Joe "Elmers" Baird, 51:09. **5K** – Sir Fred Trentaz, 25:44; Steadfast Earl Beam, 27:37; Frank Hathorn, 31:11; Santa Card, 36:57 & Leslie Woods,

5/1 – Make A Wish Half, Cherry Creek Rez: The B-Man, 1:44 (1st); The Master (Rich Romero) 1:46 (2nd); Jim Fay, 1:48; Mean Ed Green, 1:52:27; Jack Barry, 1:52:47 (3rd); Melissa Johnson, 1:58; Connie Ahrnsbrak, 2:04 (1st); Julie Thenell, 2:06; Steadfast Earl Beam, 2:22 & Rosalia Murch, 2:46 (1st/RW). **5K** – Pitts O'Donnell, 27:57; Jimbo, 27:59; Penelope, 33:00 & Leslie Woods, 41:55.

Traveling Man @ the **Albuquerque, NM 10K Zoo run**, 52:52. In addition, **Run With the Warriors, Westminster: The Oak**, 23:41 & Race Man (Mitch Chesbro) 24:43.

5/7 – River Run 10K, Wichita, KS: Connie Ahrnsbrak, 49:28 (1st). Also, **Race Around the Rez 5K, Boulder:** Gary Black, 20:00 (3rd); The Oak, 23:11; K2S2 (Ken Simons) 25:15 (2nd) & Relentless Dave Black, 35:14.

5/8 – Old Town Marathon, FTC saw Jim Bosik, 3:44 (3rd); Fern Oliner challenged the **half**, 3:19 (RW). Kool Shades, 1:44:59 & The Oak, 1:45:11 (3:30:11) ran the **marathon relay** placing 9th/19 teams. Also, **Mamma Mia 5K, City Park:** Taunya Wilson, 26:11 (1st); Race Man, 27:18; Santa Card, 39:03 (3rd) & Leslie Woods, 40:56. Walking Man, 36:46 (3rd/RW).

A Taste of Colorado IX - Part II, July through December

C. Ross Westley

As the Tour moved rapidly into the summer, the choices for the 4th of July runs continued to expand. This year our tour finally made it to Aspen for the very popular Bogey Diner 5-mile Run. The race starts and finishes at the famous Bogey's 50's-style dine in downtown Aspen, which has a lot of Elvis Presley artifacts including his Corvette. This is one of the state's largest 4th of July runs (over 800 people from all over the state). After a few blocks in town the course proceeds downhill for 2 miles on the Roaring Fork Creek bike path, then up the infamous Cemetery Hill, and finally back to the start on bike paths and city streets. Put this on your list for an enjoyable trip to Aspen on the 4th of July!

Two new features this year include a series of evening and mid-week races. One was the Summit Trail Running Series, a series of six runs on the trails (mainly single-track with lots of elevation gain) in the Breckenridge area. There always was the choice of a 5K or a 10K or a 5-mile or a 10-mile run. The races begin in early June and continue at 2-week intervals until August. All races start at about 9,000 feet. Our group did the long series. The weather can sometimes be an issue up here this time of year. Luckily, we avoided any major thunderstorms. Sunset in Summit County is awesome. These were great mid-week, high-elevation trail runs for you trail fans. The second feature was the alternate Tuesday P.M. 5K runs at Coot Lake near the Boulder Rez(ervoir) (June through August). These are good for an interval speed workout. The runs are also followed by a very nice picnic in the park.

Also in July, in keeping with the tradition of small-town festival runs, we were back on the Western slope for the Hogback Hustle 5K, part of the Burning Mountain Festival in Newcastle (*where's that?*) a small town just off I-70 west of Glenwood Springs. The run was followed by (you guessed it!) a pancake breakfast. In the past this area was coal country. The course started with a long uphill followed by a fast descent to the finish in the small town park, and then a mile hike back to the parking area.

In addition to the July Breckenridge trail runs, other trail races included the Snake River 10K Scramble (part of the Exterra National Triathlon Series) on single-track in the Keystone Ski Area. This was great fun on a cool sunny morning in mid-July. The trail meandered through the pine forests with minimum elevation gain, but ended with a water crossing over the Snake River, which was rather cold even for this time of year. Take extra shoes and socks. Also, in mid-July was the popular Mountain Madness 12K in Genesee. This is a challenging hilly course with the first mile uphill mainly on mountain dirt roads and ending with delightful post-race refreshments on the deck overlooking the Queen City at Christy's Restaurant. The final trail race in July was the 9-mile Park to Park Trail (Lory Park to Horsetooth Park and back) outside of Ft. Collins. This is part of the Mountain and Trail Series. However this was a cold, foggy, drizzly morning following a heavy rainstorm, which culminated in a muddy, slippery challenge run. I actually ran in tights in July! Fortunately, no falls. The month ended with the Kids' Cancer 5K, which was a rolling course on the roads around the Inverness, Colorado Athletic Club.

The tour initiated the peak of the summer season with an August 1 twelve-mile trail run in Golden Gate State Park. This run and the mid-August 16-mile Continental Divide Trail Run in Steamboat Springs were the two toughest trail runs of the tour. The weather for both runs was that of a pristine Colorado morning, but the courses had major steep ascents, requiring some rock scrambling; this was reminiscent of the rock scramble on Kendall Mountain Half-marathon in Silverton. These are two "must runs" for you trail hounds. This year's birthday run (August 12) was the Eldorado Springs Cure 4-mile. This is a 7:00 P.M. race in the Eldorado Springs area near Boulder. The course is on roads, and it is dusk until the race is over.

Mid-August also found us back on the Western slope for the Palisade Peach Festival 10K, part of the well-known Palisades Peach Festival. It also was the 100th anniversary of the Town of Palisade. The course is flat and fast on the road and bike paths along the Colorado River. For this run, it's a good idea to just plan to go and stay for the weekend. There were great peach treats from fresh ice cream sundaes to peach pizza, peach pie, peach smoothies and, yes, peach pancakes. Don't forget to bring a box of fresh peaches home to enjoy. Also in mid-August, in keeping with conquering the state's half-marathons, we made a short trip to the First Annual Longmont Half-marathon at the Union Reservoir. The course was out and back and relatively flat. There were also great views of Long's Peak and the Front Range. Add this one to your summer half-marathon list.

**MEMORY RUN 10K, May 15, 2005
DeKoevend Park**

The few, but the **mighty** came out to run the canal on a beautiful morning. Most liked the course and commented that it was a good tune-up for the Bolder Boulder, which made the race even more important!

Our overall male was Kern Karkos (37) who reported never running a 10K race before. Kern finished in 37:01. Jan Huie (55) was our first female finisher in a time of 50:54. We had some really great times from our grand masters as well as masters. Check out the results!

Nice to see our Boulder members participate: Vici Dehaan, Palmer Beam, Linda Neale & David Schmaltz with guest, Richard Bennett. Also, Lou & Jan Huie drove up from the Springs. In addition, it was nice to see Michelle Kelble back on the running scene.

Special kudos to our early helpers, Jerry Murch, Joe Sanchez & Fern Oliner. Sunshine days & star light nights to our volunteers: Carol Bengston, together with Fern manned the aid station; Deb Acree, Kathy (Deb's sister), Lynn Young & Chuck Goodman were course marshals. Joe Baird our timer & Owen Rarden helped at the finish. Thanks Great Harvest for our daily bread & Runners' Roost on Parker Road for the prize drawings.

There are also behind the scenes volunteers making CMRA races work, Scott McFarlane & Ray Grundmeyer work in conjunction on the labels for the tags. Please remember to thank volunteers at each race.

Welcome new members:

Roberta Martinez & Gil Barker.

Connie Arhnsbrak & Rosalia Murch in alpha order

Overall Results

Place	Name	Age	Time
1.	Nick Karkos	37	37:01
2.	Jim Perry	44	40:30
3.	Lou Huie	58	41:27
4.	Jim Romero	65	43:38
5.	David Stewart	43	44:43
6.	Rich Romero	68	45:21
7.	Gil Barker	49	45:27
8.	Scott McFarlane	54	45:31
9.	Jan Huie	55	50:54

10.	Taunya Wilson	58	51:20
11.	Pitts O'Donnell	58	51:49
12.	Ray Grundmeyer	67	52:30
13.	Mark Johnson	47	54:00
14.	Mike Vanoni	56	54:33
15.	Christine Vanoni	53	55:32
16.	Rick Vorhees	51	57:26
17.	Michelle Kelble	37	57:59
18.	Carol Johnson	51	58:15
19.	Earl Beam	54	58:47
20.	Roberta Martinez	31	59:00
21.	Richard Bennett	61	1:00:40
22.	Palmer Beam	61	1:00:50
23.	David Schmaltz	55	1:01:07
24.	Keil Johnson	43	1:01:55
25.	Vici DeHann	70	1:03:28
26.	Dave Black	54	1:04:33
27.	Tandy Zitkus	32	1:04:57
28.	Frank Hathorn	71	1:05:41
29.	Donna Armelino	44	1:12:29
30.	Wayne Mathis	61	1:12:15
31.	Linda Neale	61	1:30:44

RACEWALKERS

1.	Lew Hutchinson	67	1:17:10
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Overall Man

Overall Woman

Name	Time	Name	Time
Kern Karkos	37:01	Jan Huie	50:54

75 and Over

70 - 74

1.	Frank Hathorn	1:05:41	Vici DeHann	1:05:41
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65 - 69

1.	Jim Romero	43:38
2.	Rich Romero	45:21
3.	Ray Grundmeyer	52:30

60 - 64

1.	Richard Bennett	1:00:40	Linda Neale	1:30:44
2.	Palmer Beam	1:00:50		
3.	Wayne Mathis	1:13:15		

55 - 59

- | | | | |
|--------------------|---------|---------------|-------|
| 1. Lou Huie | 41:27 | Taunya Wilson | 55:37 |
| 2. Jerry O'Donnell | 51:49 | | |
| 3. Mike Vanoni | 54:33 | | |
| 4. David Schmaltz | 1:00:07 | | |

50 - 54

- | | | | |
|--------------------|---------|---------------|-------|
| 1. Scott McFarlane | 45:31 | Chris Vanoni | 55:32 |
| 2. Rick Vorhees | 57:26 | Carol Johnson | 58:15 |
| 3. Earl Beam | 58:47 | | |
| 4. Dave Black | 1:04:33 | | |

45 - 49

- | | | | |
|-----------------|-------|--|--|
| 1. Gil Barker | 45:27 | | |
| 2. Mark Johnson | 54:00 | | |

40 - 44

- | | | | |
|-----------------|---------|----------------|---------|
| 1. Jim Perry | 40:30 | Donna Armelino | 1:12:29 |
| 2. Dave Stewart | 44:33 | | |
| 3. Keil Johnson | 1:01:55 | | |

35 - 39

- | | | | |
|----|--|-----------------|-------|
| 1. | | Michelle Kelble | 57:59 |
|----|--|-----------------|-------|

34 and Under

- | | | | |
|----|--|------------------|---------|
| 1. | | Roberta Martinez | 59:00 |
| 2. | | Tandy Zitkus | 1:04:57 |

Racewalkers

- | | | | |
|-------------------|---------|--|--|
| 1. Lew Hutchinson | 1:17:10 | | |
|-------------------|---------|--|--|

A Taste of Colorado IX – Part II (Cont.)

We concluded August with two new races, a 15K in the old Stapleton Airport area. The course was an out and back starting in the new neighborhood and followed a dirt trail along the periphery of the old airport. Again, the day was exquisite with some views of the Front Range in the distance. Also included was a great post-race event with lots of fine food and music. This race, I think, will be another "keeper." The final race of August was a new 5K race in Golden, on the new bike path along Clear Creek.

Moving into the fall and September, the Labor Day weekend brings lots of choices. We returned to Colorado Springs for the 4th Annual American Discovery Trail Half-marathon, which had a new out and back course along Monument Creek bike path which is partly gravel and cement and parallels Monument Creek. The early sun made for lots of shadows and intermittent views of Pikes Peak outlined by the sunrise. Add this one to your fall half-marathon schedule, too.

If you're looking for a P.R. 4-mile run, then try "the fastest and most scenic downhill 4-Mile in the state." The run is a point to point course on Conifer Mountain. The morning was typical fall, sunny and cool with aspen trees already taking on the fall colors. The first two miles were very fast with a sub-six minute pace. Mile 3 had a small hill and then continued downhill to the finish (by far the fastest race on the tour.)

We then traveled to Steamboat Springs for a very nice 7-mile trail run (single track and jeep road) on Emerald Mountain.

The aspen trees were now at their peak color on Rabbit Ears Pass as well as on the trail. Make this a weekend stay in Steamboat and enjoy the beautiful fall aspen colors. The highlight of September, however, was being able to joint a team for the Colorado Outward Bound Relay from Idaho Springs to Glenwood Springs (a Friday and Saturday event.)

This is a 10-person team relay divided into two 5-person groups. Each person runs three legs, approximately 5-8 miles in length. When the first group of five complete five legs the second group will do five legs and then rotate until you get to the finish.

. Then all ten will run together for the last tenth of a mile into the finish in Glenwood Springs. The race started at 6:00 A.M. in Idaho Springs and we finished at 10:00 A.M. the next day.

My first leg, at 9:00 A.M., was a 6-mile run on a snow-packed trail on Guanella Pass with spectacular views of the Continental Divide peaks being lit up with the bright morning sun and the backdrop of that intense blue Colorado sky.

. The second leg was a 10:00 P.M. start at the rest stop on top of Vail Pass and continued for eight miles down a full moon illuminated bike path. The third leg, at 7:00 A.M. the next morning, was from Dotsero to the Bair rest stop on the Glenwood Canyon bike path, with shadows on the canyon walls from early morning sun. This was great fun, including trying to sleep in sleeping bags outside on the ground or in a cramped van.

Continued on page 8

A Taste of Colorado IX – Part II (Cont.)

The teamwork and encouragement was memorable -- try it, you'll like it! A second, similar type relay will be added in August of 2005, this one from Ft. Collins to Steamboat Springs.

Continuing into the fall, October was welcomed with a nice, warm, sunny Saturday for a very challenging mountain trail marathon and half-marathon (14 miles) on the Front Range trails in Jefferson County Open Space's White Ranch Park just west of Golden. Of course, we did the half-marathon, with lots of steep uphill pulls. The marathon reversed the course. You trail lovers will like this one.

Mid-October took us to downtown Denver, in Larimer Square, for Denver's new and only Downtown 10K, with a loop around LoDo and the uptown areas of Denver. This was a cool Sunday 8:00 A.M. start, running mainly in the shadows of the "canyon" formed by the downtown buildings of LoDo and in the sun on the uptown loop. Other October races included some small 5Ks benefitting various grade schools and high school athletic programs. Over the last year quite a number of these races have been cropping up. October would not be complete without a Hallowe'en Run. The tour discovered another school benefit run in Loveland - the Os"Boo"rne 4K Pumpkin Run. This was a sunny, warm, 4:00 P.M. cross country and dirt road run through the pumpkin patch on the Osborne farm, which has been in operation since the 1870s. A picnic supper was served with hamburgers and hot dogs and, of course, the awards, you guessed it, were pumpkins. The second Hallowe'en Run, back by popular demand, was the Eeri-Erie 10K in Erie, Colorado. This has become a very popular run. The course is rolling on paved and dirt road around the Erie area and ends on the track at Erie High School. The weather this time of year can vary. Our previous tour at the Eeri-Erie encountered rain and mud, this year was a beautiful sunny day with good views of early snow-capped Front Range peaks, including Long's Peak.

With the running season winding down, November races were limited to finding new Turkey Trots and this year was no exception. We sampled two new trots; the Gobbler Gallop 5K Trail Run in Ft. Morgan was a cold, wet, snowy trail run on the new bike path along the South Platte River. A week later, on a sunny, warm, Thanksgiving day morning, we ran the brand new Turkey Day 5K, starting and finishing in Shea Stadium in the Highlands Ranch area. This was an extremely well-attended race on the rolling bike paths in Highlands Ranch. This is a definite alternative to the downtown race. Be on the lookout for other new races in 2005.

The tour finished the year with the ever-popular Rock Canyon Half-marathon in Pueblo. This run basically follows the Arkansas River bike path. The race has become one of the Southern Colorado Runners' fall flagship races. The race is always well-attended and well-organized, by Dave Diaz, the director of the race, and his staff.

I hope you enjoyed the year as much as I did. Look forward to more exciting races in the summer and fall of 2005. Most of the races can be found on active.com, the new Colorado Runner Magazine, Rocky Mountain Sports Magazine and the various web sites for the Colorado running clubs.

Happy running in 2005 and stay injury free!

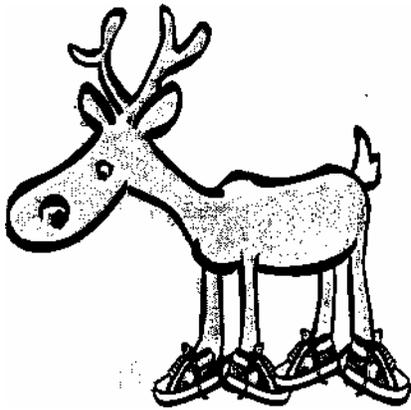
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Once you're over the hill, you just keep running!

ELK MEADOW 10K
SUNDAY, AUGUST 28th
8 AM

A challenging run on a beautiful trail (Not for RW)



Directions: Take 1-70 west to exit 252. Go South past Bergen Park to Stagecoach Blvd and right on Stagecoach. Go up to parking lot of the park on right. For more information or to volunteer, call Wayne Mathis at 303-791-3384 or see www.comastersrun.org

FAIRMOUNT 5K
WEDNESDAY, AUGUST 10TH
AT 6:30PM

COME RUN A SCENIC COURSE THROUGH THE FOOTHILLS OF GOLDEN

DIRECTIONS:

TAKE 1-70 WEST TO HIGHWAY 58 (IMMEDIATELY AFTER THE WARD ROAD EXIT). TAKE THE FIRST EXIT OFF 58TH TO McINTYRE. NORTH ON McINTYRE TO 54TH. WEST ON 54TH TO QUAKER, SOUTH ON QUAKER TO FAIRMOUNT PARK.

FROM 1-70 EASTBOUND, TAKE THE WARD RD. EXIT. STAY IN THE RIGHT LANE AS YOU EXIT AND TURN RIGHT ONTO WARD ROAD. TAKE WARD ROAD NORTH TO 52ND AVE. TAKE 52ND AVE WEST TO McINTYRE. GO NORTH ON McINTYRE TO 54TH, WEST ON 54TH TO QUAKER. TAKE QUAKER SOUTH TO FAIRMOUNT PARK.

FOR MORE INFORMATION OR TO VOLUNTEER, PLEASE CALL Pat Phillips 303-238-4405 or see www.comastersrun.org

HELP/VOLUNTEERS WANTED

Newsletter Co-Editors – One for 2005-2006
 One for next year-2006
 Races- Registration table
 To help set-up course or be a course marshall

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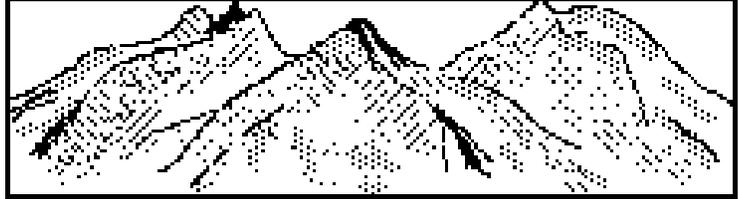
Runners Roost

1685 S. Colorado Blvd. 303 759-8455
 Parker & Arapahoe 303 766-3411

Mountain Madness 12K
Sunday, July 17 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 information or to volunteer:
 Call Jim Romero 303 794-2952 or see
www.comastersrun.org



Waterton Canyon 10K
Sunday, June 12, 2005
8:00 AM

Directions: 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.

Contact: Deb Acree 303-279-7020 or go to
www.comastersrun.org

2004 OFFICERS

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Home: 303-738-0115

Fax:

Vice President: Rosalia Murch 303-693-2278

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CMRA Website: <http://www.comastersrun.org/>

BOARD OF DIRECTORS

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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.

2005 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

June	12	Sun	8 AM	Waterton Canyon, Littleton	Waterton Canyon 10K*	Deb Acree	303-279-7020
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	Sat	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	13	Sun	9AM	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 DeHann	303-491-1782

* Will have 1.55 mile turn around for racewalkers

** Will have 2.5 mile turn around for racewalkers

*** Will have a pancake breakfast

CMRA

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