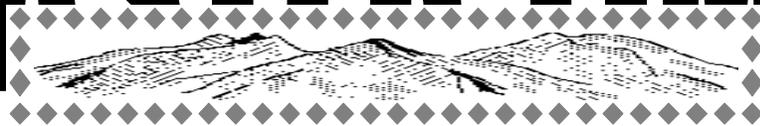


MASTER TIMES



November/December/ 2005

Volume 37, Issue 6

2005 Coal Creek Cross Country Challenge, by Bruce Kirschner

Once again there were near perfect racing conditions for the 7th annual CCXCC in Louisville. Fall foliage was in glorious bloom for the 108 finishers. This year also marked the first time that a CMRA race was included in the USA Track & Field's Cross Country Grand Prix Series.

The condition of the classic-style cross country course is always a mystery, even to the race directors. But this year's race featured an unexpected surprise in the form of non-human fleet footed creatures. Top men's 50-54 age group finisher Pablo Vigil was stunned mid way into the race to be chased by the herd of wild horses, donkeys, and mules that graze in the open space the course traverses. "Heck, they were the real pacesetters. They came out of nowhere and cut right in front of me. First I thought they were going to attack me and then I couldn't get away from them. It definitely added to the mystique of this race!" But there were other surprises in the form of ordinary two-legged race participants. Lisa Grant astounded those in the vicinity of the creek crossing when she first asked race volunteers if she could get into the creek...literally. First she started to splash herself and then proceeded to lie down and submerge herself in the foot plus deep cold water before picking herself up and finishing the race. Heck...whatever!

Lesia Atkinson, the first woman to finish in 38:50 and 9th overall, was enthusiastic about her first running of the Challenge. "It was so much fun although challenging...I really enjoyed the course. I was looking for the creek earlier in the race and couldn't wait to do the crossing. It was a blast going through there and then running through the farmer's field, which was the toughest part, but still great fun. What was cool about this race was that it was not measured exactly or at all like most races. All I really needed to know was roughly what the distance was and then just went for it."

American national marathon champion Scott Larson was top male finisher in 31:21. Just coming off a layoff due to an injury and not having raced since last summer, he decided to run the Challenge "to shock [my] system" to prepare for more intense training in the months ahead. He started the race just behind (3rd place kid), but passed him before the first mile. Like Vigil, he was challenged by a horse and burro just before the creek crossing -- having to come to a near stop because they ran right in front of him. The toughest part of race for Larson was waiting for the turnaround and then the steep hill climb after crossing the farmer's field. According to Larson, "I liked the way it was real cross country and not at all like what most [cross country events] are today, always very flat and held on golf courses."

Thanks to all the volunteers who made this event possible. Connie Ahrensbrak, Scott McFarlane, Nancy Fisher, and Ray Grunmeyer did a fine job with the registration. Jim Price performed finish line timing in fine form as usual. Joe Baird, Levi Gonzales, Rob Fisher, Don Robinson and Joe Sanchez ran the finish line and scoring duties in great form. Other volunteers along the course were Mark Bailey (ditch marshal), Lori Dill (creek crossing), Rollie Erickson (Empire Road crossing), Nate Pierce (pace bike), Pete Wolfe (fence crossing), and Sue Schmidt, Pat Phillips and Donna Luallin (parking). Sam Kirschner, Nick Thurman, and Adam Call handled opening the livestock gates in superb fashion. Caleb Luallin managed the water stop at the turnaround. CMRA Quartermaster Joe Sanchez assisted with equipment transportation and logistics as well.

Special recognition to our commercial race sponsors and supporters for prize drawing merchandise: Runner's Choice of Boulder, the Arvada Great Harvest Bakery (Barry Sparks), the Old Louisville Inn, Blue Parrot Restaurant, and the Boulder Running Company. Also, a big thanks to the U.S.A. Track & Field Colorado Association's state director Tim Dolen, who arranged for the race's placement in their Grand Prix Series.

The plan is to hold next year's race at the new Louisville Community Park, located directly west of the race start. This was a "dry" year for the Challenge, but we'll hope the beer returns next year!

Coal Creek Cross Country Challenge 5.5

| NAME | TIME | AGE | PLACE in AGE | NAME | TIME | AGE | PLACE in AGE |
|------------------------|----------|-----|-----------------------|-------------------------------|----------|-----|--------------|
| Scott Larson | 31:21:00 | 35 | Overall Male | David Meuret | 45:54:00 | 20 | |
| Greg Krause | 33:01:00 | 28 | First | Todd Salzer | 45:56:00 | 31 | |
| Jesus Martinez | 33:20:00 | 19 | second | <i>Jill Zancanelli</i> | 46:13:00 | 37 | Third |
| Tim Galdean | 33:30:00 | 36 | First | <i>Cathy Pacocha</i> | 46:15:00 | 29 | Third |
| Jim Robbins | 33:33:00 | 25 | Third | Warren Sill | 46:19:00 | 53 | Fifth |
| Keith Johnson | 33:37:00 | 44 | First | Gale Meuret <i>Meaghan</i> | 46:46:00 | 58 | second |
| Pablo Vigil | 35:31:00 | 53 | First | <i>Goedde</i> | 46:47:00 | 31 | Fourth |
| Hector Martinez | 35:35:00 | 22 | Fourth | <i>Jeanne</i> | | | |
| Mark Mathieu | 35:39:00 | 48 | First | <i>Moinceau</i> | 46:54:00 | 28 | Fifth |
| Tony Tochtrap | 35:50:00 | 42 | second | Derek Moore | 47:00:00 | 42 | |
| Nathan Kirkland | 35:53:00 | 30 | Fifth | Bill Faulkner | 47:10:00 | 64 | second |
| Erik Solof | 37:12:00 | 38 | second | <i>Nancy</i> | | | |
| Chuck Jernigan | 38:17:00 | 38 | Third | <i>Denniston</i> | 47:10:00 | 54 | second |
| Gary Black | 37:59:00 | 20 | | Joe Franklin | 47:41:00 | 37 | |
| Michael Collins | 38:38:00 | 34 | | Scott McFarlane | 47:43:00 | 54 | |
| Lesia Atkinson | 38:50:00 | 39 | Overall Female | <i>Polly</i> | | | |
| Bob Cooper | 39:32:00 | 57 | First | <i>Zimmerman</i> | 47:47:00 | 50 | Third |
| <i>Catriona</i> | | | | <i>Noel Davidson</i> | 48:21:00 | 28 | |
| <i>Dowling</i> | 39:36:00 | 47 | First | Rob Claus | 48:24:00 | 36 | |
| Steve Santana | 39:43:00 | 54 | second | Kevin Luehrs | 48:26:00 | 47 | |
| Steve Leland | 40:35:00 | 38 | fourth | <i>Connie</i> | | | |
| Paul | | | | <i>Ahrnsbrak</i> | 48:39:00 | 65 | First |
| Welschinger | 41:47:00 | 48 | second | Robert Kennet | 48:53:00 | 37 | |
| Bob Cailhouette | 42:05:00 | 50 | Third | Tom Chambers | 49:05:00 | 62 | Third |
| Walter | | | | <i>Lindsey Kraus</i> | 49:17:00 | 27 | |
| Kingsberry | 42:23:00 | 52 | Fourth | Rich Romero | 49:24:00 | 69 | second |
| Jay Trujillo | 42:32:00 | 47 | Third | George Huner | 49:26:00 | 52 | |
| Mitch Menezes | 42:37:00 | 44 | Third | Rob Fisher | 49:38:00 | 55 | Third |
| <i>Heather Walker</i> | 42:40:00 | 31 | First | Austin Baskett | 50:23:00 | 39 | |
| Ash McDavis | 42:42:00 | 41 | Fourth | <i>Erin Bosik</i> | 51:08:00 | 20 | |
| Steve Piper | 42:44:00 | 39 | Fifth | Woody Green | 51:14:00 | 47 | |
| <i>Peggy Muhn</i> | 42:49:00 | 53 | First | <i>Kathy Klesmit</i> | 51:40:00 | 53 | Fourth |
| <i>Trisha McCarthy</i> | 42:56:00 | 34 | second | <i>Joanna Baskett</i> | 52:14:00 | 35 | |
| <i>Susan Scholtz</i> | 43:25:00 | 49 | second | Todd Dunning | 52:24:00 | 41 | |
| Rickie Jimenez | 43:31:00 | 30 | | J Gutierrez | 53:25:00 | 52 | |
| Bruce Dahm | 43:49:00 | 36 | | <i>Neddi Legg</i> | 53:32:00 | 54 | Fifth |
| David Kelble | 43:52:00 | 48 | Fourth | <i>Kay Hartmann</i> | 53:41:00 | 34 | |
| Bill Smitham | 44:14:00 | 61 | First | <i>Sonya Gary</i> | 53:47:00 | 39 | Fourth |
| Stacie Bell | 44:19:00 | 36 | First | <i>Lorraine Green</i> | 54:05:00 | 53 | |
| Joshua Brock | 44:29:00 | 34 | | Seth Peterson | 54:15:00 | 34 | |
| Jim Romero | 44:33:00 | 65 | First | Kel Anzelius | 54:20:00 | 72 | First |
| Brent Allendorff | 44:55:00 | 36 | | <i>Melissa</i> | | | |
| Kent Enwright | 45:07:00 | 42 | Fifth | <i>Johnson</i> | 54:25:00 | 40 | First |
| David Bachrach | 45:26:00 | 45 | Fifth | Ray | | | |
| Gerald Huffman | 45:32:00 | 42 | | Grundmeyer | 54:27:00 | 67 | Third |
| Jenny Blackmore | 45:48:00 | 36 | second | Tom | | | |
| | | | | Sanviriyaka | 54:31:00 | 22 | |
| | | | | Don Hayes | 54:51:00 | 74 | second |
| | | | | Chris Coston | 54:54:00 | 31 | |
| | | | | Tom McGarry | 54:56:00 | 47 | |

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

50-Mile Challenge Walk, Rosalia Murch

First, a special thanks to the following who made my goal possible: Deb Acree, Connie Ahrensbrak, Joe & Ann Baird, Tom Chambers, Dave Black, Vici Dehann, Fay diZerega, Nancy Denniston, Grayson Drexel, Rob Fisher, Levi Gonzales, Kenneth Green, Ray Grundmeyer, Ed Guiff, J Gutierrez, Frank Hathorn, Neil Horton, Lew Hutch, Bruce Kirschner, Kim Massey, Laura McCoy, Scott & Terry McFarlane, Fern Oliner, Jim Peterson, Jim & Marie Romero, Rich & Esther Romero, Marriott Smart, Bill Smitham, Jerry Murch, Ross Westley, Mike & Christine Vanoni.

I apologize for being late in thanking all of you for supporting the MS Challenge Walk, but Jerry was in the hospital from September 7th to September 30th, so everything else was secondary.

Nature was good to us with three days of beautiful weather. Once again we began Day 1 at Red Rocks heading east to the Bear Creek Trail system and after meeting the infamous Platte River bike path we headed south. At Bowles we headed west through parks and neighborhoods with a hot midday finish at Columbine High School. Out of town walkers, etc. spent the night in the gym, but waking to a great breakfast.

Day 2, we left Columbine, tracing our footsteps back to the Platte River pathway. Here we headed downtown and connected to the Cherry Creek Trail, onward to the Denver Athletic Club, with another grand breakfast on Sunday morning. Day 3 we walked through Civic Center Park, back to the Cherry Creek trail, through Cheeseman Park, etc., finishing at Stapleton's Founder's Green. It was a fun time and very rewarding!

The best part was my walking companions. Connie walked the first 20 miles with me and 10 miles on the second day. Lynn Young walked the last 10 miles of the second day. The third day and last 10 miles I was on my own.

FAREWELL RAY GRUNDMEYER

For all who do not know him well you surely recognize the work he has done for the club. **Ray Grundmeyer** will be leaving us around January 2006 or so, he will be making his home in Wichita, KS. Please take a moment when you see Ray to thank him for the wonderful job he has done as Membership Chair, Board member & volunteer.

Some of us met Ray at a trail run and out of the blue he became a member of our club, RMRR and a hard core trail runner, running the trails continuously year around. I don't know even remember how it came to be that he took on the position, but he has worked effortlessly on the membership, he not only gets out the newsletter to all of you, but picks it up as well. We are going to miss his quiet way and the fun running companion he has been to us all. Ray took quite a big fall on his first trail run with us, he was a mess, he was wearing white, and he brought all this wonderful fruit to share. Thanks a bunch Ray, go get them in Kansas!

WELCOME NEW CMRA MEMBERS

Jill Zancanelli, Ash M. Davis, Lorraine/Woody Green, Teri Horner, Chuck Jernigan, Catriona Dowling, Mitchell Menezes, Jeannine Moineau, Kathleen Porter, Susan Schulte, Michael Quispe, Mark Weaver and Chris Stone. Welcome back Bill Moyle, Warren Sill, Pat Phillips and Don Hayes.

We welcome new ideas, changes, suggestions, etc. Please call any Board member anytime if you have questions.

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

CHATFIELD 10-MILER, November 20th, Sunday

| NAME | TIME | AGE | PLACE in AGE | NAME | TIME | AGE | PLACE in AGE |
|---------------------------|----------|-----|-----------------------|----------------------------|-----------|-----|--------------|
| Hector Martinez | | 22 | Overall Male | <i>Megan Heine</i> | 85:03:00 | 32 | |
| Keith Johnson | 61:38:00 | 44 | First | Ken Lotze | 85:13:00 | 55 | third |
| Mike Wasson | 61:45:00 | 40 | second | <i>Paula Aurand</i> | 85:46:00 | 36 | third |
| Eric Noikuniana | 63:17:00 | 15 | First | Bill Faulkner | 85:57:00 | 64 | first |
| Clint Boston | 64:14:00 | 37 | First | Ross Westley | 86:23:00 | 69 | fourth |
| Ken Gordon | 65:24:00 | 40 | third | Chris Stone | 86:34:00 | 38 | |
| Michael Quispe | 68:52:00 | 39 | second | <i>Sylvia Martinez</i> | 86:47:00 | 22 | |
| Julio Bonilla | 72:06:00 | 17 | second | <i>Melissa Johnson</i> | 88:04:00 | 40 | second |
| Joseph Mamrafash | 72:03:00 | 14 | third | <i>Michelle Hancock</i> | 88:18:00 | 37 | fourth |
| <i>Jean Herbert</i> | 72:22:00 | 49 | Overall Female | Adam Shockey | 88:23:00 | 20 | |
| Jeff Young | 72:42:00 | 49 | First | George Huner | 88:32:00 | 52 | fourth |
| Matt Ryan | 73:13:00 | 15 | fourth | Kent Mitchell | 90:37:00 | 64 | second |
| Jeff Stuckay Jr | 74:40:00 | 18 | Fifth | Ed Youngberg | 91:40:00 | 62 | third |
| Jim Perry | 75:10:00 | 44 | fourth | <i>Valerie Zason</i> | 92:31:00 | 36 | fifth |
| Bob Caillouette | 75:20* | 50 | First | <i>Michelle DelPiccolo</i> | 93:32:00 | 41 | third |
| <i>Karen Voss</i> | 76:17* | 40 | First | Mitch Chesbro | 94:25:00 | 47 | |
| Ray Blum | 75:41:00 | 49 | second | <i>D Mann</i> | 94:56:00 | 41 | fourth |
| Bob Irving | 76:15:00 | 51 | second | <i>Kathy Klesmitt</i> | 95:05:00 | | first |
| Mauro Martinez | 76:37:00 | 16 | | <i>Amy Wasson</i> | 96:07:00 | 38 | |
| Derek Griffiths | 76:40:00 | 30 | | <i>Erin Yazdi</i> | 96:53:00 | 31 | |
| <i>Esmeralda Martinez</i> | 76:45:00 | 19 | First | Sunil Nayak | 96:54:00 | 41 | |
| <i>Susan Bellard</i> | 76:49:00 | 34 | second | Ray Grundmeyer, Jr | 97:31:00 | 67 | fifth |
| <i>Bridget W</i> | 76:55:00 | 29 | third | | | | |
| Paul Welschinger | 77:04* | 48 | Third | <i>Maria Martinez</i> | 97:39:00 | 13 | |
| Foghorne Leghorne | 77:42:00 | 39 | Third | Jim Peterson | 98:14:00 | 67 | |
| Kent Enwright | 78:54:00 | 42 | Fifth | Mark Johnson | 101:54:00 | 47 | |
| Jim Romero | 79:18:00 | 65 | First | <i>Melanie Galay</i> | 102:49:00 | 36 | |
| <i>Angela Witt</i> | 79:49:00 | 38 | First | Stew Miller | 102:54:00 | 45 | |
| Mike Swain | 79:52:00 | 47 | fourth | Lee Bengston | 103:41:00 | 68 | |
| Rod Eves | 79:55:00 | 43 | | <i>Patricia Emigh</i> | 106:44:00 | 56 | first |
| <i>Kathryn Aleda</i> | 80:02:00 | 34 | fourth | Ken Green | 107:02:00 | 76 | first |
| Chris Hoit | 80:14:00 | 14 | | <i>Carol Johnson</i> | 109:08:00 | 51 | second |
| Colin Mitchell | 80:22:00 | 55 | First | <i>Kathleen Porter</i> | 110:08:00 | 47 | first |
| <i>Allison Maurer</i> | 80:32:00 | 25 | Fifth | Michael Acosta | 110:48:00 | 57 | fourth |
| Mark Marcelli | 81:16:00 | 46 | Fifth | Dave Banko | 114:12:00 | 54 | |
| J.D. Trujillo | 81:18:00 | 47 | | Dave Black | 123:53:00 | 54 | fifth |
| Marc Weaver | 81:42:00 | 54 | third | <i>Rosalia Murch</i> | 127:56:00 | 64 | first |
| Brett Allendorf | 82:03:00 | 36 | fourth | <i>Fern Oliner</i> | 134:35:00 | 64 | second |
| Ken Randall | 82:32:00 | 67 | second | Bill Moyle | 135:58:00 | 66 | |
| Rich Romero | 82:49:00 | 69 | third | Racewalkers | | | |
| <i>Valerie Shockley</i> | 82:52:00 | 39 | second | <i>Leslie Woods</i> | 75:03:00 | 59 | |
| Bob Gassen | 83:24:00 | 58 | second | <i>Kim Sheffield</i> | | | |
| Joe Franklin | 83:42:00 | 37 | fifth | <i>Sharyl Riley</i> | 86:00:00 | 56 | |
| <i>Megan Heine</i> | 85:03:00 | 32 | | Lew Hutchinson | 74:54:00 | 68 | |

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

COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION
MEMBERSHIP APPLICATION
CALENDAR YEAR JANUARY-DECEMBER 2006

For the mutual benefit of runners and racewalkers 35 years and older
Monthly events Free to members
All ages welcome
Runners Male/Female
"Masters Divisions" 35-39,40-44,45-49,50-55,60-64,65-69,70-74,(men)75+

Racewalkers
Male and Female divisions

Dues: Single member \$25.00 per year Family (household) \$35.00 per year

Runner () Racewalker () Wheelchair ()

NAME: SEX: M F

ADDRESS: BIRTHDATE:

CITY: ST: ZIPCODE+4

HOME PHONE: WORK PHONE:

E-MAIL:

FAMILY MEMBERSHIP: (please list only members from immediate household)

Name: Sex: B'date :
Name: Sex: B'date:
Name: Sex: B'date:
Name: Sex: B'date:

Mail completed form with check payable to

"CMRA"

8100 E. Union Ave. #R 1601
Denver, CO 80237

I would like to participate in the following club operational activities:

Work a race Event Director Member Board of Directors
Newsletter Editor Event registration Member Recruitment
Membership Database Quartermaster Corps Coaching
Racewalking Training Course Measurement Race committee

Newsletter: (please select one)

I will download from the website "www.comastersrun.org"(dates will be e-mailed to you)

Please mail it snail mail

2006 COLORADO MASTERS RUNNING ASSOCIATION SCHEDULE
Registration begins 1 hour prior to race time. \$10 for non-members.

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

PELICAN UPDATE, Connie Arhrnsbrak

9/4 -10K @ 10,000, Rabbit Ears Pass: Bill Faulkner, 71:41 (2nd); Patricia Emigh, 93:38 (2nd) & Roger Rybicka, 93:39.

9/5 KUVO 5280 meters, WP: Jay Trujillo, 22:29; Bill Smithman, 23:31, (1st); The B-Man, 23:56 (1st); Jack Berry, 24:25 (2nd); Scott McFarlane, 24:55; Rich Romero, 25:17 (3rd); Tanuya Wilson, 26:17; Mitch Chesbro, 26:45; Ray Grundmeyer, 27:12; Jerry O'Donnell, 27:20; Carmen West, 27:36 (2nd); Tom Alison, 32:30; Penelope, 32:41 (2nd); Kim Shenfeld, 32:46 & Leslie Woods, 35:29.

9/7 – Surf N Turf, Chatfield: Tom Chambers, 42:32 (1st), 15:48 swim & 25:40 **5K** run.

9/9-9/11- MS 50-Mile Challenge Walk, Golden/Littleton/Denver: Rosalia Murch

9/10 –American 1st Bank Fitness 5K, Greenwood Village: Mitch Chesbro, 25:28

Barr Lake Boogie 15K, Brighton: Fernando Herrera-Lopez, 52:28 (1st); Alan Johnson, 1:13; Lightfoot (Deb Acree), 1:17 (1st); Doug Tollin, 1:22 (1st) & Roger Rybicka, 1:28.

Elk Meadow Trail runs, Evergreen: 10K -Fern Oliner, 1:15 (1st) while the **11-miler** saw Adam Adamowski, 1:27 (1st); Robert Kanieski, 1:52 (1st); Jim Bosik, 2:06; Gale Meuret, 2:06 & Kool Shades, 2:26 (1st).

9/11 – Day to Remember 5K, Aurora: Connie Arhrnsbrak, 24:02 (1st); Mitch Chesbro, 24:24 (2nd) & Dave Banko, 31:43.

Neil Horton, **Preque Isle Marathon, Erie, PA**, 6:28, plus the B-Man @ **Teva EverGold 10K, Vail**, 1:03:42 (1st).

El Grito 5K, Buckhorn Xchange @ Osage: Bob Cooper, 19:16 (1st); Scott McFarlane, 22:07 (1st); Jack Barry, 22:12 (1st); John Miranda, 24:17 (3rd); Pitts O'Donnell, 24:44; Penelope, 27:04 (1st); Earl Beam, 27:55; Lee Bengston, 28:20; Rick Vorhees, 28:41; Kim Shenfeld, 40:03 & Leslie Woods, 40:33.

Pueblo City Park 5K: Bob Gasson, 24:54 (1st). **Neder-Nederland 10K:** Bruce Brandt, 58:05 (5th). **Flying Horse Fling 5-miler, Castle Rock:** Lou & Jan Huie, 35:41/43:59 respectively (1st & 1st)

9/17 – Ken Simons, 23:44 (1st) @ Beavertdale 5K, Des Moines, IA. Also,

Terry McFarlane @ **Heartbreak Hill Half, Camp Pendleton, CA:** 2:35, plus **Sombrero Roundup 4.45, Estes Park**, Bob Caillouette, 43:08 (1st).

Robert's 5K Run, Monument Valley Park, CS: Jan Huie, 27:19 (1st), and lastly, **Race for Resource 5K, Conifer:** Mary Boschen, 25:24 (2nd).

9/18- Indian Summer, Boulder Rez: Paul Welschinger ran the **10K**, 42:52, (2nd) & Race Man (Mitch Chesbro), 25:14 -**5K**.

Golden Leaf Half, Aspen: Michael Quispe, 1:51 & Melissa Johnson, 2:32.

Farmer's 5000, Wheatridge: Ray Blum, 19:49 (1st); Judy Chamberlin, 20:53 (2nd); Speedy Bill Smitham, 21:50 (1st); Polly Zimmerman, 24:32; Kathy Klesmit, 25:34; Pat Phillips, 29:50 (3rd); Karen Conway, 30:46; Tom Alison, 32:01 & Nona Chamberlin, 33:27 (1st).

Governor's Cup: 5K – Lex Kamstra, 20:47; Doug Tollin, 24:17 (3rd); Pitts O'Donnell, 26:12; Sir Fred Trentaz, 27:07; Steadfast Earl Beam, 28:06; Penelope, 30:45; Jim Peterson, 30:55; Levi Gonzales, 38:16 (2nd); Kim Shenfeld, 42:32 & Leslie Woods, 42:48. **10K** –The B-Man, 45:32 (2nd); Jack Barry, 46:35 (3rd); Rich Romero, 46:42; Tall Red (Ed Youngberg), 51:32; Bruce Brandt, 55:11; Bob Fancher, 55:14; Joseph Baird, 58:48 & Dave Banko, 1:08.

9/24 –Cub Creek Crossover, Evergreen: George Huner, 1:13; Ken Simons, 1:14 (1st); Roger Rybicka, 1:21; Kathy Klesmit, 1:29 & Bruce Brandt, 1:31. Also, **Our Great Race 5K, CS** saw the Huies': Jonathan, 17:01 (**OA**); Lou, 21:09 (1st) & Jan, 25:55 (1st).

9/25- Lead King Loop 25K, Marble: The Oak, 3:52 & Tall Red (Ed Youngberg) 4:11.

Boulder Backroads Marathon saw Dick Grauer, 4:56 (3rd). **Half-The B-Man**, 1:42 (1st); Julie Thenell, 2:06; Jim Peterson, 2:08; Steadfast Earl Beam, 2:19; Lee Bengston, 2:20; Alice Bedard-Vorhees, 2:24; Vici Dehaan, 2:28 & Howard/Gracelee Palmer, 3:24 (1st & 1st).

10/1 – The Bristol, NH Marathon, 6:45. *Small field of 200, beautiful course around a lake plus two hills.*

10/2 -Race for Cure 5K, Pepsi Center: Ismeralda Martinez, 21:43; Kent Enwright, 22:23; Jack Barry, 23:03; The B-Man, 23:04; Connie Ahmsbrak, 24:11; Pitts O'Donnell, 26:40; Steadfast Earl Beam, 29:52; Penelope, 30:57; Karen Conway, 31:32 & Leslie Woods, 42:50. Also **St. Mary's 5K, Greeley:** J Gutierrez, 25:58 (3rd) & Laura McCoy, 38:00 (1st RW).

10/8-Silent Memorial Trail -10 Miles, Laramie, WY: Karen Voss, 1:29 (2nd/3rd OA); Gary Black, The B-Man, 1:35 (1st); Jeff O'Reilly, 1:42; Connie Ahmsbrak, 1:54 (1st) & Dave Black, 2:40. *A beautiful trail from start to finish!*

Deca Dash, Pueblo West saw Lou Huie, 21:33 (1st); Bob Gasson, 23:20 (2nd) & Jan Huie, 25:59 (1st/OA).

10/9-Credit Harvest 5K, Broomfield: Slimfast (Bruce Kirschner, 21:21 (3rd); Bob Fancher, 27:29 (3rd); J Gutierrez, 27:31; Pitts O'Donnell, 27:47; Lee Bengston, 29:39; Earl Beam, 29:49; Laura McCoy, 41:26; Kim Shenfeld, 41:52; Penelope, 41:54 & Leslie Woods, 43:16.

Relentless Dave Black the **Boston Half Marathon**, 2:31:41.

10/22 –Breakers Marathon, Newport, RI: Walking Man, 6:35. *Presented by the 50 States Club, Neil is a member.*

10/23- The Other Half, Moab: The Oak (Ross Westley), 1:44 (1st); Connie Ahmsbrak, 1:53 (1st); Joe Baird, 2:10 & Rosalia Murch, 2:48 (RW). **Girl Scout 5K, WP** saw Steadfast Earl Beam, 28:32, Carly Frick & grandmother Olga Hnizdil, 40:24, Leslie Woods, 43:50.

Duke City Half, Albuquerque, NM: Lou Huie, 1:35 (2nd) & Rich Romero, 1:48 (1st). Jan Huie **-5K**, 25:22 (2nd).

10/28-Scream Scram 5K, WP saw Keith Johnson, 17:24; Michael Quispe, 19:15; Jeff Young, 20:39; Polly Zimmrman, 24:26 & Steadfast Earl Beam, 30:10.

10/29 – Eerie Erie: Jay Trujillo, 44:43; Pitts O'Donnell, 55:45 & Vici Dehaan, 1:02 (1st) **-10K**, while Jim Peterson, 25:57 (2nd); Don Robinson, 29:01 (1st); Kim Shenfeld, 39:04 & Leslie Woods, 41:48- **5K**. Also, **Manitou Springs Mayors 5K:** Lou & Jan Huie, 22:16/26:27 (1st). Plus **Pumpkin Dash 5K, Ritchie Center:** Earl Beam, 30:02.

10/30- Goblin Valley Ultra 50K, Green River, UT: Jeff O'Reilly, 6:03 & Relentless Dave Black, 8:01. Also, **Halloween Hustle, WP** saw Mitch Chesbro, 24:30; Earl Beam, 29:26 & Leslie Woods, 41:15.

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Shop at our sponsor

Runners Rost
1685 S. Colorado Blvd 303 759-8455
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CMRA ANNUAL Banquet and MEETING

Friday, January 20th, 6:30 PM!

Cash bar starts at 6:30 with a pasta buffet at 7 PM

DIRECTIONS: CHRISTIES OF Genesee, 25928 Genesee Trail Road. Take I-70 west to the Genesee exit. Across from the Chart House. We will have a presentation by Jim Romero and Jerry O'Donnell on their marathon adventure in Africa and the mighty Mt. Kilimanjaro.

In addition, the election of new officers and Board will take place!

CLEAR CREEK

4-MILER

Saturday, December 10, 9AM

PROSPECT PARK, ARVADA

*Go south on Kipling from I-70.
West*

*On 44th Ave. then left into the
park.*

www.comastersrun.org

*Please call Vici Dehaan to
volunteer: 303-494-1782 or the
above website for additional
information.*

NOTE: *This is our pancake
breakfast run, come support the
Club or come and help the
cooking
Crew.*

Lake Arbor 5K

January 7, 2006, 9AM

*Take I-70 to Wadsworth. go
North past 80th to the light
At Pomona Drive. Go east
On Pomona and continue
Until you see the lake. Park
On the east side, race starts
On the east side.*

*Please call Ken Randall to
Volunteer 303-422-3745 or
Visit our website for additional
Information:*

www.comastersrun.org

CMRA SLATE OF NOMINEES FOR 2006 BOARD/OFFICERS:

Melissa Johnson
Christine Vanoni
Michael Vanoni
Rob Fisher
Scott Mcfarlane
Tom Alison
Ken Randall

Richard Romero
Todd Dunning
Rosalie Murch
Kim Massey
Joe Baird
Co-editor is still needed

Julie Kimpel will be appointed Co-editor for 2006, thank you Julie and welcome to the Board!

The 40 Furlongs 5-Miler

February 11, SAT @ 9 AM

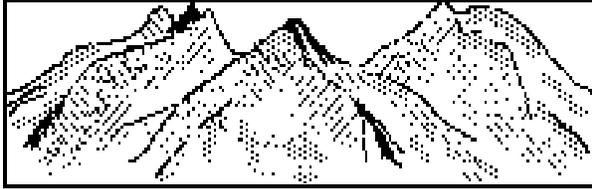
*Contact Lee Bengston to volunteer
303-367-1124 or above website.*

*Go west on Bowles from Santa Fe
Drive to the dome at S. Suburban
Golf & Tennis Club. Park on the
East side of the "bubble" at South
Platte river.*

*Nice dirt path to run
On this year.*

Why do you suppose they put an expiration date on sour cream?

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



SPRING SPREE 10K

March 18, SAT, 9 AM

TWIN LAKES PARK

Take I-25 to Boulder Turnpike (west)
Exit @ Pecos & get back on the Turnpike
Going east (you can't exit @ Broadway
Going west). Exit @ Broadway and go
South, then turn west onto 70th ave.
The park is on your left hand side.

Contact:

Tom Alison-791-6166 or
Rich Romero-303-751-4284

2005 OFFICERS

President: Rob Fisher

Home: 303-738-0115

Fax:

Vice President: Vici Dehaan 303-494-1782

Secretary: Kim Massey 303-765-5512

Treasurer: Tom Alison 303-791-6166

Membership Chair: Ray Grundmeyer 303 526-5156

Quartermaster: Joe Sanchez 720-962-6642

Co-Editors:

Connie Ahrnsbrak (March, July, November Issues)

Phone: 303-985-1168 Email: cahrnsbrak@yahoo.com

10190 W Jewell Ave Unit B Lakewood CO 80232-6244

Ken Randall (January, May, September Issues)

Phone: 303-422-3745 Email: runnerincolorado@juno.com

10900 W 41st Ave WheatRidge CO 80033-3918

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

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.

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

www.comastersrun.org

| | | | | | | | |
|------|----|-----|---------|---------------------------|-----------------------------|--------------------------------|------------------------------|
| Jan | 07 | Sat | 9 AM | Lake Arbor | Lake Arbor 5K | Ken Randall | 303-422-3745 |
| Feb | 11 | Sat | 9 AM | S.Suburban Tennis Ctr. | 40 Furlongs 5-mile | Lee Bengston | 303-367-1124 |
| Mar | 18 | Sat | 9 AM | Twin Lakes Park | Spring Spree 10K | Tom Alison/ Rich Romero | 303-791-6166 303-751-4284 |
| Apr | 08 | Sat | 9 AM | Stapleton | Sand Creek 5-mile | Rob Fisher | 303-363-2377 |
| May | 13 | Sat | 9 AM | Writers' Vista | Memorial Run 10K* | Rosalia Murch | 303-693-2278 |
| June | 10 | Sat | 8 AM | TBA | TBA | TBA | |
| July | 16 | Sun | 7:30 AM | Christies @ Genesse | Mountain Madness 12K* | Jim Romero | 303-794-2952 |
| Aug | 16 | 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 | 17 | Sun | 9 AM | Barr Lake State Park | Barr Lake 15K | Dave Black | 303-781-1738 |
| Oct | 15 | Sun | 9 AM | Randy's Ranch, Louisville | Coal Creek XC Challenge 5.5 | Bruce Kirschner | 303-666-0864 |
| Nov | 18 | Sat | 9 AM | TBA | 10-Miler* | Kim Massey | 303-765-5512 |
| Dec | 09 | Sat | 9 AM | Prospect Park Wheatridge | Clear Creek 4-Miler** | Scott Mcfarlane Vici Dehaan | 303-904-4542 303-494-1782 |

** **PANCAKE BREAKFAST**
* **5K FOR RACEWALKERS**
*** **5 MILES FOR RACEWALKERS**

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

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