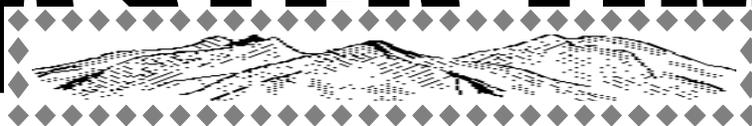


MASTER TIMES



September/October 2006

Volume 38 Issue 5

PRESIDENT'S CORNER

By Ken Simons

Past presidents have told of interesting races to which they have traveled. Since I have not traveled to any races recently, about the closest I can come is to tell you about a couple of races I ran last year (2005). Having traveled to the Des Moines area to see my wife Shirley's mom, I ran the Dam-to-Dam 20K in June. This is one of Iowa's major races, and I managed to place first in my age division. Then in September, I ran the Beavertdale 5K, this being my fastest 5K of the year and slightly faster than my time for the same race the previous year. This was in spite of my left knee hurting badly before and after the race, as well as during the first part of the race.

For both of these races, I was joining Shirley's cousin who was also running them. I've been training and going to races with him when we drive back there since around 1992. Shirley and I are probably partly responsible for "corrupting" him, since he has changed from a more typical Iowa farmer who enjoyed bowling and playing softball to someone who is enthusiastic about running. He trains weekly with a Des Moines running group, runs a lot of races, and completed the Boston Marathon this year. Actually his brother-in-law (wife's sister's husband) was also partly responsible, he having been a runner from Idaho.

We did have a small taste of running together when we were both students at Iowa State. The college dormitories, being divided into "houses," staged a medley relay between the houses each spring. So twice I did enough training to run the half-mile anchor leg of the relay. He joined me for some of my evening runs around campus, although he didn't run in the relay. My relay team was first one year, and second the next year. The second year, this other guy I knew passed me near the end. He had done some distance training in addition to the speedwork on the track that I did. I think this aerobic training made the difference. (How is that for digressing from what I was originally talking about?)

More recently, I decided to try some acupuncture on the painful area around my left knee. I had gone to a well-known physical therapist specializing in runners for a couple of months earlier this year. The diagnosis here was that my quads were too tight, causing pain in the ligaments around my knee. I was shown some stretches for my quads, and I was given deep tissue massage and some electrical stimulation treatments. I have continued my stretching and icing, but it really hasn't cleared up. I went back to a chiropractor who made my shoulder much better several years ago using acupuncture. In addition to the acupuncture, he adjusted my foot and ankle which has always been unstable since I sprained it badly when I was 15 years old. It stands to reason that the foot and ankle would affect the knee area. He also asked me to cut my mileage. I had a few treatments and I think I see some improvement; still hurts, but probably not quite as much. Who knows, perhaps both of these approaches will help me in the long run. I think as far as races right now, climbing mountain trails is probably easier on me than flatland races, because strength is required more than speed.

A NOTE FROM THE PRESIDENT

I think we should be proud and thankful that CMRA member Jeff Young has chosen to bring his North High School runners to some of our races as part of their training. I'm sure many of you saw the article about them in the September 3rd edition of the Denver Post.

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PIKES PEAK: NOT

By Vici DeHaan

I'm sure I'm not the only one who has paid for a race entry, trained diligently for months, and then three hours before the start of the race, decided not to run.

Well, maybe you haven't come that close to not running, but, as my kids will tell you, finally their mom used some good sense in making the decision to bag the race. It was one of the most difficult decisions I've had to make in some time, but in retrospect, it was the correct one.

Two weeks before the Pikes Peak Marathon, which was to be my 60th one, I was running down Ptarmigan Mountain outside of Silverthorne to escape a vicious thunderstorm with lightning flashing overhead for an hour. Just as I reached the more level section of the trail, I relaxed for just a moment, and went flying headfirst over a rock in the middle of the trail.

You know how it is when you don't expect to be hitting the ground. There's no time to block the fall with your arms. You suddenly find yourself airborne and the next second, you're on your face, off the trail. Besides biting my lip, I also managed to crack some ribs. Talk about a major bummer!

However, I wasn't about to let a small thing like cracked ribs stop me from my goal of running my 60th marathon. I continued to train and even did three smaller races leading up to the big event. (Now, that was probably not a good decision.)

Anyway, on Saturday we drove from our mountain townhouse above Silverthorne to Manitou Springs in the rain, where I picked up my race packet. That evening, I carb loaded, pinned on my race number and prepared my fanny pack for the next day's assault. Unfortunately, at 3:00 a.m. that morning, I woke up with a debilitating migraine.

Sometimes I can simply ward it off with my drug of choice, Zomig, and carry on. However, this was not to be the case. By 5:30 when the alarm went off, I knew running wasn't even a possibility. It's one thing to run a marathon with a migraine if you're on the roads (which I did at Avenue of the Giants), since you can always bail and hitch a ride back to the start.

But on Pikes Peak, there is no such easy bail-out spot. If you decide to quit midway through the race, or worse yet, take another fall on already tender ribs, you're on your own to get back to the start line.

So, I turned off the alarm and went for a leisurely late morning hike in the Garden of the Gods. See? I made another good decision. The mountain will still be there next year, but I will be 72 by then, and who knows whether it's worth all the training to go at it for the 23rd time? Only time will tell.

THIRD SEGMENT OF THE COLORADO TRAIL

On Monday June 26th, Ken Randall and Ken Simons ran the third segment of the Colorado Trail. It began at the Buffalo Creek Campground, just off Colorado 126, which runs south of Pine Junction. This segment ended at FS-560 (south of Bailey), with the length of the segment being approximately 12 miles.

The logistics involved leaving Ken Randall's vehicle at the finish the night before; then his wife Delma drove them to the start that morning.

It was a cool and pleasant day, 48 degrees at the 7:20 a.m. start. The trail was in very good condition. There were several places where sand had been added to the trail on some of the flatter portions. The terrain was rolling, varying between 7500 and 8000 feet in elevation. Although there were some steep climbs as on most mountain trails, most of the climbs were not that long. The total elapsed time of the run was 2 hours 50 minutes, with the actual running time being 2 hours 35 minutes. There were two rest stops, near miles 4 and 8.

It was an enjoyable run, and this made the third year in a row that a segment has been run beginning with segment 1 in 2004. If he wants to eventually complete the entire trail, Ken Randall thinks he might need to run several of the segments some of the years. Otherwise since there are 28 segments, he would be in his 90's before completing the trail.

Once over the hill, you pick up speed!

FAIRMONT PARK 5K TRAIL RUN

August 17, 2006

By Pat Phillips

Due to new construction, the course had to be modified slightly this year. The race director thought the course was short, but no one else did. Now there is a complaint you seldom hear. So it will remain in the record books as a 5K, as measured by 3 out of 4 GPS users.

Oscar Ponce was first overall with a time of 17:30; this is getting to be a habit for him. Esmeralda Martinez is always fast, and this time was the first Lady at 20:20.

Some very good times were turned in by the usual suspects including Peggy Muhn (22:02), Jim Romero (23:35), Ken Randall (24:02), and Ross Westley (25:26). Ross just turned 70. Jim has a new mode of transportation, he probably just got back from Sturgis. Karen Voss continues to run well, beating all the guys in her age group.

It was good to see Joe Sanchez running as well as carrying out the quartermaster duties as usual. It was also great to see Robert Fancher and Rich Muldoon.

Jeff Young's North High squad did not dominate the top spots this year. New high school rules prevent runners from competing in races prior to the start of the season, so this year they started a minute after the pack and did not come thru the finish line. They were still fast.

Many thanks to the volunteers. Let it be noted that Jerry and Rosalia Murch and Bruce Kirschner were there at 4:30 p.m. to help for a 6:30 start. Now that is dedication! Other hard working volunteers included Ken Simons, Bill Smitham, and Joe Baird. Kristin Moreau recruited her parents, Jim & Liv Seeman, and her son Mats to work the water station, and they did a great job. As always, Great Harvest Bread supplied copious amounts of goodies.

Fairmont Park 5K Trail
August 17, 2006 Race Results

PLACE	NAME	TIME	AGE				
1	Oscar Ponce	17:30	28	23	Bob Gassen	24:57	59
2	Keith Johnson	17:40	45	24	Mitch Chesbro	25:03*	47
3	Bob Jones	19:16	45	25	Gale Meuret	25:09*	59
4	Michael Quispe	19:57	39	26	<i>Asuka Iguchi</i>	25:15*	29
5	<i>Esmeralda</i>	20:20	20	27	Tom Chambers	25:20	63
6	Robbie Jones	20:26	17	28	Ross Westley	25:26	70
7	Jim Perry	20:37	45	29	Colin Whitmore	25:45	43
8	Dave Slingsby	20:59*	37	30	<i>Holly Dahm</i>	25:52	36
9	Bruce Kirschner	21:21	53	31	Jeff Duran	26:12	24
10	Bob Caillouette	21:34*	51	32	<i>Elena</i>	26:39	39
11	<i>Karen Voss</i>	21:48*	41	33	Douglas Tolin	27:00	61
12	<i>Peggy Muhn</i>	22:02	54	34	Sean Curley	27:28	44
13	J. D. Trujillo	22:06	48	35	<i>Michelle Kelble</i>	27:36	38
14	Joe Franklin	22:18	38	36	Joe Sanchez	28:08	69
15	Hampton Islan	22:39	56	37	Robert Fancher	28:21	66
16	Bruce Dahm	23:13	37	38	Ryan Curley	28:22	14
17	Dan Shaw	23:15	45	39	Earl Beam	28:28	56
18	Jim Romero	23:35	66	40	Gabriel Sisneros	28:45	68
19	Ken Randall	24:02	68	41	<i>Michelle Slingsby</i>	28:55	37
20	Scott McFarlane	24:14	55	42	Jacques Moreau	29:31	9
21	Mark Ramsey	24:42	43	43	<i>Kristin Moreau</i>	29:32	39
22	Ed Arenas	24:44	43	44	Ed Youngberg	30:54	63

Once over the hill, you pick up speed!

45	Don Robinson	31:29	74
46	Tom Duran	31:49	58
47	Carol Johnson	32:24	52
48	Rich Muldoon	33:15	70
49	Palmer Beam	34:16	62
50	Dave Black	35:32	55
51	Wayne Mathis	36:37	63
52	Rosalia Murch	36:39	65
53	Tom Alison	37:12	69

54	Courtney Kimpel	40:12	9
55	Steve Kimpel	40:13	36
56	Joe Black	42:04	8
57	Katrina Kimpel	42:16	7
58	Julie Kimpel	42:19	35
Racewalkers			
1	Lew Hutchinson	48:11	68

* Time estimated due to printer failure

Fairmont Park 5K Trail
August 17, 2006 Race Results by Age Group

Overall Men		Overall Women		
Place	Name	Time	Name	Time
1	Oscar Ponce	17:30	Esmeralda	20:20
70-74				
1	Ross Westley	25:26		
2	Don Robinson	31:29		
3	Rich Muldoon	33:15		
65-69				
1	Jim Romero	23:35	Rosalia Murch	36:39
2	Ken Randall	24:02		
3	Joe Sanchez	28:08		
4	Robert Fancher	28:21		
5	Gabriel Sisneros	28:45		
60-64				
1	Tom Chambers	25:20		
2	Douglas Tolin	27:00		
3	Ed Youngberg	30:54		
4	Palmer Beam	34:16		
5	Wayne Mathis	36:37		
55-59				
1	Hampton Islan	22:39		
2	Scott McFarlane	24:14		
3	Bob Gassen	24:57		
4	Gale Meuret	25:09		
5	Earl Beam	28:28		
50-54				
1	Bruce Kirschner	21:21	Peggy Muhn	22:02
2	Bob Caillouette	21:34	Carol Johnson	32:24

45-49				
1	Keith Johnson	17:40		
2	Bob Jones	19:16		
3	Jim Perry	20:37		
4	J. D. Trujillo	22:06		
5	Dan Shaw	23:15		
40-44				
1	Mark Ramsey	24:42	Karen Voss	21:48*
2	Ed Arenas	24:44		
3	Colin Whitmore	25:45		
4	Sean Curley	27:28		
35-39				
1	Michael Quispe	19:57	Holly Dahm	25:52
2	Dave Slingsby	20:59	Elena	26:39
3	Joe Franklin	22:18	Michelle Kelble	27:36
4	Bruce Dahm	23:13	Michelle Slingsby	28:55
5	Steve Kimpel	40:13	Kristin Moreau	29:32
34 and Under				
1	Robbie Jones	20:26	Asuka Iguchi	25:15*
2	Jeff Duran	26:12	Courtney Kimpel	40:12
3	Ryan Curley	28:22	Katrina Kimpel	42:16
4	Jacques Moreau	29:31		
5	Joe Black	42:04		

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ELK MEADOW TRAIL RUN

By Wayne Mathis

Elk Meadow is a perennial favorite for Colorado Masters. This trail run is located near Evergreen, Colorado. The trails are named Sleepy S, Painters Pause and Meadow View. The names belie the trails difficulty and steepness. After running along Painters Pause and turning uphill on Meadow View, the running becomes labored and breathing becomes more frequent. Race day was a pleasant morning but overcast. Some runners noted a few rain drops along the trail. It made for a dust free and fast run. Elk were seen along the north edge of the park.

If you missed it this year, mark it on your calendar for 2007! The club thanks volunteers Connie Ahrensbrak, Joe Sanchez and Joe Baird. Special thanks go to the Great Harvest Bread Company. The bread and treats were welcome. See you next year.

Elk Meadow Trail

August 27, 2006 Race Results

PLACE	NAME	TIME	AGE
1	Bob Jones	39:24	45
2	Dave O'Sadnick	40:37	50
3	Gary Romansky	41:38	53
4	Jeff Mages	44:04	41
5	Paul Welschinger	46:28	49
6	Rod Eves	47:14	43
7	Dan Shaw	47:26	47
8	Chris Stone	48:57	39
9	Philip DiZerega	49:03	36
10	The B-Man (Jim Romero)	49:49	66
11	George Huner	49:50	53
12	Kent Enwright	50:59	43
13	Bob Gassen	53:11	59
14	Polly Zimmerman	54:05	50
15	Spiderman (Scott McFarlane)	54:13	55
16	Strider (Tom Chambers)	54:25	63

17	Race Man (Mitch Chesbro)	54:44	47
18	Richard Nagler	55:58	74
19	<i>Michelle Kelble</i>	57:21	38
20	David Christie	57:23	55
21	Lee Bengston	58:55	69
22	Jeff Dawson	60:16	58
23	Joe Sanchez	60:48	69
24	Mike Greer	62:29	46
25	Jim Peterson	62:47	67
26	Rick Voorhees	63:53	53
27	Bruce Brandt	64:26	61
28	Earl Beam	64:50	56
29	<i>Darcy Darby</i>	65:21	33
30	<i>Janice Hall</i>	69:19	53
31	<i>Vici Dehaan</i>	70:55	71
32	Tom Duran	70:27	58
33	<i>Fearless Fay DiZerega</i>	73:27	63

Elk Meadow Trail

August 27, 2006 Race Results by Age Group

	Overall Men		Overall Women	
Place	Name	Time	Name	Time
	Bob Jones	39:24	Polly Zimmerman	54:05
70-74				
1	Richard Nagler	55:58	Vici Dehaan	70:55
65-69				
1	The B-Man (Jim Romero)	49:49		
2	Lee Bengston	58:55		
3	Joe Sanchez	60:48		
4	Jim Peterson	62:47		

60-64				
1	Strider (Tom Chambers)	54:25	Fearless Fay DiZerega	73:27
2	Bruce Brandt	64:26		
55-59				
1	Bob Gassen	53:11		
2	Spiderman (Scott McFarlane)	54:13		
3	David Christie	57:23		
4	Jeff Dawson	60:16		
5	Earl Beam	64:50		

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50-54				
1	Dave O'Sadnick	40:37	Janice Hall	69:19
2	Gary Romansky	41:38		
3	George Huner	49:50		
4	Rick Voorhees	63:53		
45-49				
1	Paul Welschinger	46:28		
2	Dan Shaw	47:26		
3	Race Man (Mitch Chesbro)	54:44		

4	Mike Greer	62:29		
40-44				
1	Jeff Mages	44:04		
2	Rod Eves	47:14		
3	Kent Enwright	50:59		
35-39				
1	Chris Stone	48:57	Michelle Kelble	57:21
2	Philip DiZerega	49:03		
34 and Under				
1			Darcy Darby	65:21

BARR LAKE 1/3 MARATHON

By Dave Black

The second annual Barr Lake 1/3 Marathon was run on a beautiful fall Sunday morning. This is a very nice place, out on the prairie, and well worth the drive. There were 45 runners and 1 walker. The times were from 1:01:51 to 1:51:40, or about a 3 hour marathon pace to a 5-1/2 hour pace. Special thanks go to the volunteers without whom we wouldn't have our club: Joe Sanchez, Joe Baird, Tom Allison, Mike Vanoni, Chris Vanoni, Ken Simons, Gary Black, and Scott McFarlane.

Barr Lake 1/3 Marathon
September 17, 2006 Race Results

PLACE	NAME	TIME	AGE
1	Bruce Kirschner	1:01:51	53
2	Jim Perry	1:02:06	45
3	Bob Caillouette	1:02:27	51
4	Jay Trujillo	1:02:42	48
5	Joe Franklin	1:03:27	38
6	<i>Karen Smidt</i>	1:04:10	40
7	<i>Monica Ryan</i>	1:04:35	45
8	Dave Kelble	1:06:43	48
9	Dan Shaw	1:06:59	47
10	Jim Romero	1:09:50	66
11	Ken Randall	1:09:58	68
12	George Huner	1:10:03	53
13	Rich Romero	1:10:49	70
14	Robert Kaneski	1:11:05	29
15	Bob Gassen	1:11:22	59
16	Mark Ramsey	1:12:30	43
17	Chris Stone	1:12:44	39
18	Foghorn Leghorn	1:13:18	40
19	Alan Johnson	1:14:02	45
20	Tom Chambers	1:14:04	63
21	Scott McFarlane	1:14:05	55
22	Andy McKean	1:14:25	61
23	Greg Marquis	1:14:39	39

24	Ross Westley	1:14:43	70
25	Jeff Dawson	1:16:25	58
26	Jim Thomas	1:16:51	55
27	Kent Mitchell	1:17:36	65
28	Gale Meuret	1:17:58	59
29	Mark Fell	1:18:15	29
30	<i>Marina Schreiber</i>	1:19:28	37
31	Rick Voorhees	1:19:52	53
32	Mitch Chesbro	1:20:46	47
33	<i>Sue Fell</i>	1:21:37	28
34	Mike Jezier	1:21:41	49
35	Ken Simons	1:22:51	68
36	Don Robinson	1:30:58	74
37	Bruce Brandt	1:30:22	61
38	Jon Bauman	1:32:24	55
39	<i>Taunya Wilson</i>	1:32:32	59
40	Gabe Sisneros	1:34:14	68
41	Rich Muldoon	1:34:35	70
42	Dave Banko	1:34:56	55
43	<i>Angie Carns</i>	1:36:51	31
44	<i>Fay DiZerega</i>	1:38:06	63
45	Dave Black	1:51:38	55
Racewalkers			
1	Ken Weller	1:51:40	59

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Barr Lake 1/3 Marathon
 Sep 17, 2006 Race Results by Age Group

Overall Men		Overall Women	
Place	Name	Time	Time
	Bruce Kirschner	1:01:51	Karen Smidt 1:04:10
70-74			
1	Rich Romero	1:10:49	
2	Ross Westley	1:14:43	
3	Don Robinson	1:30:58	
4	Rich Muldoon	1:34:35	
65-69			
1	Jim Romero	1:09:50	
2	Ken Randall	1:09:58	
3	Kent Mitchell	1:17:36	
4	Ken Simons	1:22:51	
5	Gabe Sisneros	1:34:14	
60-64			
1	Tom Chambers	1:14:04	Fay DiZerega 1:38:06
2	Andy McKean	1:14:25	
3	Bruce Brandt	1:30:22	
55-59			
1	Bob Gassen	1:11:22	Taunya Wilson 1:32:32
2	Scott McFarlane	1:14:05	
3	Jeff Dawson	1:16:25	

4	Jim Thomas	1:16:51		
5	Gale Meuret	1:17:58		
50-54				
1	Bob Caillouette	1:02:27		
2	George Huner	1:10:03		
3	Rick Voorhees	1:19:52		
45-49				
1	Jim Perry	1:02:06	Monica Ryan	1:04:35
2	Jay Trujillo	1:02:42		
3	Dave Kelble	1:06:43		
4	Dan Shaw	1:06:59		
5	Alan Johnson	1:14:02		
40-44				
1	Mark Ramsey	1:12:30		
2	Foghorn Leghorn	1:13:18		
35-39				
1	Joe Franklin	1:03:27	Marina Schreiber	1:19:28
2	Chris Stone	1:12:44		
3	Greg Marquis	1:14:39		
34 and Under				
1	Robert Kaneski	1:11:05	Sue Fell	1:21:37
2	Mark Fell	1:18:15	Angie Carns	1:36:51

PELICAN UPDATE

By Connie Ahrnsbrak
 Cahrnsbrak@yahoo.com



7/1- Leadville Marathon: Bob Cooper, 5:10 (1st); Ray Blum, 5:11; Dan Shaw, 5:40; Patricia Emigh, 6:40 & Bill Faulkner, 7:16. **Half:** Bruce Dahm, 2:59 & Jim Romero, 3:09 (1st). **Saxon Mtn., Georgetown: 15-Mile-** Brett Allendorf, 3:04 & Kathy Klesmitt, 3:50. **5-mile:** Keith Johnson, 40:58 (1st); George Huner, 51:30 (1st); Roger Rybicka, 56:47 (2nd) & Ross Westley, 1:01 (1st).

7/2-Vail Hill Climb 7.5: Jim Romero, 1:21 (2nd); Alan Johnson, 1:28; Pitts O'Donnell, 1:35; Rick Voorhees, 1:36; Lee Bengston, 1:37; Penelope, 1:50 & Vici Dehaan, 1:54 (3rd).

7/4- Race for the Cure, Greeley: Dave O'Sadnick, 18:11 (2nd); The B-Man, 22:17 (2nd); Jack Barry, 22:56 (3rd); Connie Ahrnsbrak, 23:50 (1st) & Jim Peterson, 25:05.

Independence Sunset 6.6, HLR: Connie Ahrnsbrak, 1:00, (1st); The Oak, 1:03 (1st) &

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Karen Conway, 1:08 (3rd). **Inverness 5K**: Rosalia Murch, 35:23 & **Palmer Lake 4-Mile**: Dave Banko, 38:17 & Joan Banko, 1:08 (w). **Freedom 5K Run, Evergreen**: George Huner, 24:58; Taunya Wilson, 25:06 (2nd); Grayson Drexel, 25:11; Dave Christie, 28:19; The Captain (Don Robinson), 29:56; Kathy O'Sadnick, 30:11; Palmer Beam, 32:00 & Linda Drexel, 34:08. **Scar Mountain 12K**: Bob Caillouette, 58:39 (2nd) & Holly Dahm, 1:09. **Spruce Canyon 5K, Coal Creek Canyon**: Ric Robinette, 23:37 (2nd) & Race Man (Mitch Chesbro), 26:47 (2nd).

7/9 – Trespass Trail 10 Mile, Nederland: Kristen Moreau, 1:21 (2nd/OA) & Alan Johnson, 1:27 (3rd). **5.45 Mile**: Steven Sellars, 36:35 (1st); Jill Sellars, 46:13 (1st); Jeannie Moineau, 49:16 (1st); Grayson Drexel, 56:04 (2nd) & Santa Card, 1:14 (2nd). **Summer Roundup 12K, CS**: Adam Feerst, 54:59 (1st); Karen Voss, 1:04 (2nd); Paul Welschinger, 1:05; Kent Mitchell, 1:21; Jim Peterson, 1:28 (2nd); Stonewall (Ken Green), 1:33 (1st) & The Captain (Don Robinson), 1:38 (3rd).

7/15- Copper Mtn. Half: Alyn Park, 1:53 (3rd); The B-Man, 1:56 (1st); Jay Wissot, 2:05 (3rd); Rick Voorhees, 2:07; Lee Bengston, 2:19 & Kathy Klesmitt, 2:32 (2nd). **Evergreen Mtn. 10K**: Omar Martinez, 40:11 (OA); Mauro Martinez, 40:17 (2nd); Irving Reza, 47:32 (3rd); Samantha Towne, 47:48 (OA); Jeff Young, 47:51 (1st); Esmeralda Martinez, 59:29 (1st) & Ken Simons, 1:04 (1st).

7/16 – Barr Trail, Manitou Springs: Michael Quispe, 2:03; Dave O'Sadnick, 2:06; Paul Welschinger, 2:26; Patricia Emigh, 2:59 (2nd) & Bill Faulkner, 3:05.

7/22 – Lookout Mtn Trail Climb 4.5, Golden: David Kelble, 53:29; Kool Shades (Ken Randall), 56:38 (1st); The Oak, 58:15 (2nd); Ken Simons, 58:25 (3rd); Roger Rybicka, 1:04; Connie Ahrnsbrak, 1:05 (1st) & Dick Grauer, 1:10. **Kids Cure for Cancer 5K, Inverness**: Rich Romero, 24:42 (1st); Ryan Hathorn, 31:14; Frank Hathorn, 31:23 (1st); Rosalie Murch, 33:55 (1st); Kim Shenfeld, 41:04 & Leslie Woods, 41:54 (2nd).

7/23 – Vail Half Marathon: Bob Cooper, 2:01 (2nd); Alan Johnson, 2:14; Jim Romero, 2:24 (2nd); Lee Bengston, 2:58; Kathy Klesmitt, 3:06; Rick Voorhees, 3:12; Vici Dehaan, 3:24 & Bill Moyle, 3:52.

7/29 – Fastrek 7.25 Trail, Idaho Springs: Mauro Martinez, 54:16 OA; Eric Ndikumana, 58:45 (1st); Julio Bonillo, 58:45 (2nd); Keith Johnson, 58:48 (1st); Esmeralda Martinez, 1:02 (OA); Jeff Young, 1:04 (1st); Kirsten Moreau, 1:05 (2nd/OA); Irving Reza, 1:08 (3rd); Alan Johnson, 1:10:05 (3rd); David Kelble, 1:10:09; Samantha Towne, 1:11 (1st); Jim Romero, 1:17:08 (1st), Brett Allendorf, 1:17:35; Scott McFarlane, 1:19; George Huner, 1:20; Orion Campo, 1:21; Patricia Martinez, 1:27:30 (1st); Marie Martinez, 1:27:31 (2nd); Tom Chambers, 1:29 (2nd); Deb Acree, 1:32 (1st); Connie Ahrnsbrak, 1:40 (1st); Kathy Klesmitt, 1:42 (2nd) & Bill Moyle, 1:47 (3rd).

8/2 – CTC Challenge 5K: Slimfast (Bruce Kirschner), 20:41 (1st); Jill Zancanelli-Sellars, 22:13; Woody Green, 23:13; The Oak, 24:47 (1st); Doug Tollin, 26:12 (2nd) & Lorraine Green, 26:52 (3rd).

8/5 – Human Race 5K, FTC: Connie Ahrnsbrak, 24:24 (1st); Lightfoot (Deborah Acree), 25:02; J Gutierrez, 26:11 & Laura McCoy, 38:09. **Miles for Miracles 4-Mile, HLR**: Keith Johnson, 22:41 (1st) & Dave Banko, 43:27. **Arthur's Rock & Roll 10-mile, Lory State Park**: Kool Shades, 2:03 (1st) & The Oak, 2:06 (2nd).

8/6 – Evergreen Town Run: 10K- Dave O'Sadnick, 37:12 (2nd); Alyn Park, 43:36 (1st); The B-Man, 45:00 (1st); Alan Johnson, 46:03; Dave Schmaltz, 47:07; Jay Wissot, 47:14; Polly Zimmerman, 47:18; Rich Romero, 47:24; Jack Barry, 47:56; Scott McFarlane, 48:11; Connie Ahrnsbrak, 49:25 (3rd); Colin Whitmore, 49:50; Dave Christie, 55:40; Vici Dehaan, 1:06 (1st) & Santa Card, 1:06 (1st). **5K**- Mitch Chesbro, 22:39; George Huner, 23:11; Pitts O'Donnell, 25:39; Earl Beam, 25:48; Bob Ghormley, 27:42; Penelope, 30:26; Nona Chamberlin, 33:29 (1st); Kim Shenfeld, 37:55 & Leslie Woods, 42:26. **Tri for the Cure, CCSP**: Megan Vanoni, 1:30; Terry McFarlane, 1:42 & Christine Vanoni, 1:43.

8/10 – Eldorado Springs Cure 4-Mile: Jill Zancanelli-Sellars, 28:45 (3rd/OA); Marc Weaver, 30:05; Michelle Kelble, 35:08 & Vici Dehaan, 42:56 (1st).

8/12 – Georgetown to ID Springs Half: Michael Quispe, 1:22 (1st); Dave O'Sadnick 1:25 (2nd); Bob Cooper, 1:31 (2nd); Alyn Park, 1:37 (1st); Bruce Dahm, 1:37; Dan Shaw, 1:38; The B-Man, 1:43 (2nd); Rich Romero, 1:44 (3rd); Julie Kimpel, 1:45; Polly Zimmerman, 1:48:31; Jay Wissot, 1:48:41; The Oak, 1:49 (1st); Mark Ramsey, 1:49:27; Alan Johnson, 1:54; Connie Ahrnsbrak, 1:58 (1st); J Gutierrez, 2:08; Earl Beam, 2:16; Karen Conway, 2:19; Vici Dehaan, 2:32 (1st) & Rosalie Murch, 2:46. **Rat Race 10K, Ault**: Deb Acree, 53:00 (1st). *The ribbons were fancy & I came home w/bottle of wine.*

8/13 – Teva Berry Picker, Vail: Jim Romero, 50:16 (1st).

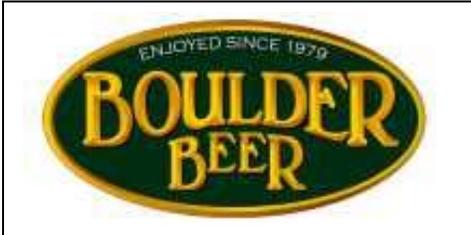
8/19 – Hamlin Gulch Scramble 9-Mile, Fall River Rd: Keith Johnson, 1:01 (OA); Kristen Moreau, 1:11 (OA); Bob Caillouette, 1:12 (1st); David Kelble, 1:16; 17-year old Adam Huner, 1:19 (1st); Jay Trujillo, 1:20; Jim Romero, 1:22:42 (1st); George Huner, 1:22:44 (3rd); Gary Black, 1:26 (2nd); Scott McFarlane, 1:26; Ken Simons, 1:29 (2nd); Connie Ahrnsbrak, 1:42 (1st); Kathy Klesmit, 1:43 (1st); Palmer Beam, 1:59 (3rd) & Dave Black, 2:06. **Golden Gallop 10K**: The Oak, 56:48 (1st) & Deb Acree, 59:40 (1st). Michelle Kelble, 26:51 & Pat Phillips, 29:31 ran the **5K. Pikes Ascent**: Adam Feerst, 2:59; Bob Cooper, 3:12 (2nd); Adam Adamoski, 3:39; Paul Welschinger, 3:49; Patricia Emigh, 4:18; Bill Faulkner, 4:34; Bill Moyle, 5:35 & Ken Green, 6:15 (2nd).

Once over the hill, you pick up speed!

8/20 – Pikes Marathon: Wonder Woman (Pat Emigh), 7:37 & Bill Moyle, 9:24.

8/26 – Indian Peaks 10K Trail, Eldora: Chuck Jernigan, 49:17; Kristin Moreau, 52:07 (2nd); Jim Romero, 58:37 (1st); Scott McFarlane, 1:01 (3rd); Ken Randall, 1:04 (2nd); The Oak, 1:08 (1st); Roger Rybicka, 1:11:06; Connie Ahrnsbrak, 1:11:46 (1st) & Rosalia Murch, 1:30 (2nd). **Block Buster 5K, Lakewood:** Earl Beam, 26:56 (2nd); Robert Fancher, 27:11 (2nd); Santa Card, 31:29 (1st); Kim Shenfeld, 38:38 (3rd) & Leslie Woods, 40:12 (1st). *The new course ran from the front of Runner's Roost, out to Alameda, west along Alameda to Addenbrooke Park, a loop in the park then back the way we came. Fast course but not very nice.*
Also, **Mt. Sneffels Half, Ouray:** Karen Voss, 1:33 (1st/2nd OA) & Bob Reilly, 1:51.

"The race's reputation has grown to be the best cross country race in the region!"
-- Bruce Kirschner, Co-Race Director



Coal Creek Cross Country Challenge 5.5 Miles
Sunday, October 15, 9 AM; Louisville

The Coal Creek Cross Country Challenge is pleased to welcome Boulder Beer as a race sponsor this year. [Boulder Beer](#), Colorado's first microbrewery, is the maker of such fine beers as Singletrack Copper Ale, Hazed & Infused Dry-Hopped Ale, and Buffalo Gold. Stick around and sample Boulder Beer after the race! This is a CMRA race you don't want to miss! A true cross country race with dirt trails, farmer's fields, ditches, hills, and even a stream crossing. Full of Surprises! Be sure to bring an extra pair of shoes or sandals for afterwards.

Directions from Denver and points south: Take the Boulder Turnpike (Highway 36) northwest toward Boulder. Take the second exit after Broomfield, which is Storage Tech Drive. Make a right off the exit ramp heading north. Continue north to 2nd traffic light. Make a left on to South 96th Street. Continue north through the traffic light on Dillon Road, go about a half mile and make your first left turn on to County Road (just before the railroad overpass). After coming down a short steep hill make your first left turn on to Bella Vista Drive and then your first right turn into the park and parking areas.

Directions from Boulder and points north: Take South Boulder Road east to Main Street, Louisville. Make a right and head south about 1 mile to the 4-way stop at the intersection of Main Street and Pine Street (the Blue Parrot Restaurant is on the SE corner). Make a left onto Pine Street. Make the first right on to Front Street. Continue south about 1/4 mile and make a right turn into the Louisville Community Park and parking.

The [Mapquest Map](#) has not yet been updated, but can get you to the vicinity. S. 96th Street now crosses the Southern Pacific RR tracks. If heading north you will need to turn left on County Road just before the crossing

For Race information or to volunteer call Bruce Kirschner at 303-666-0864.

Shop at our Sponsor

Runners Choice
2460 Canyon Boulevard, Boulder
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Running Wild
1970 E. County Line Road, Littleton
303-738-9446

Chatfield 10 Miler

Saturday, November 18 - 9 AM, at Chatfield State Park Gravel Pond

This trail run will consist of about half dirt road and half single track trails, much of which is wooded.

From C470, exit at Wadsworth. Go south to the Chatfield State Park entrance. The CMRA will be paying entrance fees, so let the attendant know you are there for the CMRA race. After entering, turn right and follow the road past the bend until just before the bridge. Park in the lot to the north of the road.

For more information or to volunteer call Kim Massey at 303-765-5512 or Scott McFarlane at 303-904-4542.

Shop at our Sponsor

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8116 W. Bowles Ave.; 303-932-6000
2775 Pearl St., Boulder; 303-786-9255

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**COLORADO MASTERS RUNNING / RACEWALKING ASSOCIATION**

www.comastersrun.org

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.

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The Colorado Masters Running Association newsletter is published bi-monthly. Issues are mailed approximately the first 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 the co-editors listed above. Membership information is available from the Membership Chairperson and at all races.

Once over the hill, you pick up speed!

**COLORADO MASTERS RUNNING/RACEWALKING ASSOCIATION
MEMBERSHIP APPLICATION
CALENDAR YEAR JANUARY-DECEMBER 2007**

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" 35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,(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 Unit 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):

_____ Download from the website www.comastersrun.org. (Dates will be e-mailed to you.)

_____ Please send it via snail mail.

2006 COLORADO MASTERS RUNNING/RACEWALKING 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

Date	Day	Time	Location	Name	Director(s)	Telephone
Jan 7	Sat	9:00 AM	Lake Arbor	Lake Arbor 5K	Ken Randall	303-422-3745
Feb 11	Sat	9:00 AM	S. Suburban Tennis Ctr	40 Furlongs (5M)	Lee Bengston	303-367-1058
Mar 18	Sat	9:00 AM	Twin Lakes Park	Spring Spree 10K	Tom Alison Rich Romero	303-791-6166 303-751-4284
Apr 8	Sat	9:00 AM	Stapleton	Sand Creek 5 Miler	Rob Fisher	303-738-0115
May 20	Sat	4:00 PM	Writer's Vista Park	Memorial Run 5K and Potluck	Rosalie Murch Connie Ahrnsbrak	303-693-2278 303-985-1168
Jun 10	Sat	8:00 AM	South Valley Park	South Valley 10K	Deb Acree	
Jul 16	Sun	7:30 AM	Christies @ Genesee	Mountain Madness 12K (5K for racewalkers)	Jim Romero	303-794-2952
Aug 16	Wed	6:30 PM	Fairmount Park, Golden	Fairmount 5K Trail	Pat Phillips	303-279-4305
Aug 27	Sun	8:00 AM	Elk Meadow, Evergreen	Elk Meadow Trail 10K	Wayne Mathis	303-979-9592
Sep 17	Sun	9:00 AM	Barr Lake State Park	Barr Lake 1/3 Marathon	Dave Black	303-781-1738
Oct 15	Sun	9:00 AM	Louisville	Coal Creek XC Challenge 5.5 Mi	Bruce Kirschner Randy Luallin	303-666-0864
Nov 18	Sat	9:00 AM	Chatfield Lake State Park	Chatfield 10 Miler (5 miles for racewalkers)	Kim Massey Scott McFarlane	303-765-5572 303-904-4542
Dec 9	Sat	9:00 AM	Prospect Park, Wheat Ridge	Clear Creek 4-Miler and Pancake Breakfast	Vici DeHaan	303-494-1782

CMRA
8100 E. UNION AVENUE
R1601
DENVER, CO 80237

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