

# Cherry Knolls News

A Publication of the Cherry Knolls Improvement Association  
cherryknolls.org

“Striving for Excellence”

April 2021



## BULLETIN BOARD

### CKIA BOARD MEETING

April 13th, 7 p.m.  
ZOOM Meeting, e-mail  
contactCKIA@gmail.com for info

### CHERRY KNOLLS GARAGE SALE

The Cherry Knolls Garage Sale is ON! This event will be held on August 27th and 28th.

### PARENT CO-OP

The Cherry Knolls Parents Co-Op has a new President. Thank you Susan Pelikan for stepping into this position! If you have any questions regarding the co-op, please contact Susan at smfouts@gmail.com.



DUSTY LAIRD:  
PRESIDENT'S  
CORNER

There has been a great response to the snow plow service, and there have been some frustrations. I have made an effort to respond to everyone's comments but please reach out if you feel the CKIA is not hearing you.

The biggest complaint received is that many residents were plowed in because of the snowplows. The board understands these frustrations and we are working towards a solution. We have also forwarded your feedback to Kona Snow removal. They are willing to work with us to get this right within reason and budgetary considerations.

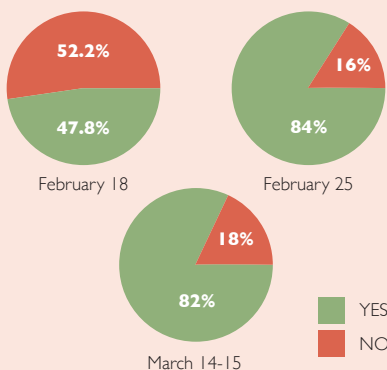
There were also concerns that the CKIA can not afford this. We are not under any contract with Kona—we pay as we go when we contract them to plow for us. So far this year we have spent \$2285 on this service which is roughly 2% of this year's budget. We set aside \$5000 for snow removal service in 2021. This was a heavy snow and it was terrible to move when plowed snow covered sidewalks and driveways. Some neighbors missed appointments due to cars on the street being snowed in by the plows. We are truly sorry this impacted you negatively and we are working to rectify this.

Then there were reports of neighbors like Sarah Cahill who was scheduled to get her second Covid-19 vaccination on February 25th. Fearful she would miss the appointment because she could not get out of our neighborhood safely, she woke up to clear streets and safely made it to her appointment. Or Kim Mcandrews who felt safe approaching Arapahoe on Adams as she drove down the big hill because the snow was plowed. This is a tough decision for us as a board next year because the data says that a large portion of this community want a plow service but there is also a human side to this and we want to assure you we are weighing the options responsibly. We the board are open to any and all ideas to achieve a balanced community service: contactckia@gmail.com

Thanks,

Dusty Laird | CKIA President

### Did the Cherry Knolls Community appreciate snow removal service?





# DUMPSTER DAY IS BACK

**Saturday, May 8th from 7:30 am - 11:30 am**

Save the date! Dumpster Day is back! Bring your non-hazardous items down to the pool on Saturday, May 8th from 7:30 am -11:30 am. We will have two dumpsters for dues paying members to use. It will be a first come, first serve event.

## IN WINTER, I PLOT AND PLAN. IN SPRING, I MOVE.

- Henry Rollins



After a crazy 2020 season, the Cherry Knolls Neptunes are ready to dive back into the water! The team welcomes former CK swimmer Daniel Bensen as their new Head Coach.

The CKST is following RMSL, CDC, and Tri-County Health Department guidelines. They are currently in a holding pattern, eagerly awaiting what swim meets will look like this summer. Pool members, please check the website regularly to find swim meet times and information.

- Morning/regular practices start May 24
- Evening practices are held on Wednesdays

Please visit [www.ckswimteam.swimtopia.com](http://www.ckswimteam.swimtopia.com) for more details, or contact Parent Reps Brett East, Amy Lieberthal, Laura Pederson at [cherryknollsswimteam@gmail.com](mailto:cherryknollsswimteam@gmail.com)

### CHERRY KNOLLS IMPROVEMENT ASSOCIATION (CKIA)

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 Database Manager ..... Susan Desparrois  
 Directory & Advertising ..... Sandy Wischmeyer  
 Member at Large ..... Rod Macdonald  
 Member at Large ..... Brendan Carroll



**Parent Co-op** Cherry Knolls Parent Co-op is a great way to get to know other neighbors. If you would like to be a part of the co-op or have questions **please contact Susan Pelikan** at [smfouts@gmail.com](mailto:smfouts@gmail.com).

### TEEN SERVICES

To add your teen's name, please e-mail Sarah Keene at [skeene@dealerinspire.com](mailto:skeene@dealerinspire.com).

**Categories:** (B) Baby-sitting, (\*) Red Cross Certified for CPR, (L) Lawn Care, (R) Leaf Raking, (S) Snow Removal, (P) Pet & House sitting, (O) Odd jobs.

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Nora C.	12	B*	cuthberts@ymail.com
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Kenzie D.	16	B*/P	dsdinkel@comcast.net
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Stella E.	14	B*/P	east.brett@me.com
Eli A.	14	B/P	hollygant@gmail.com
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Abbie L.	12	B	stacylister72@gmail.com
Jessica L.	15	B*/P	Larson.carrie@comcast.net
Emma L.	13	B*/P	Larson.carrie@comcast.net
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Zoe Z.	13	B*	tarazucker@msn.com



# WE NEED YOU!

To Help to Keep Cherry Knolls  
A Great Place To Live!

Dues letters have gone out and we need everyone to pay dues in order to maintain quality of our neighborhood! Please help us!

Here's what your dues will do:

### Maintain our perimeter

- Fence maintance
- Weed Mitigation

### Entrances

- As of this year our Nobles and Arapahoe entrance is now Cherry Knolls responsibility and will require a landscape design and installation
- The Colorado Blvd entrance will have to have a redesign after the traffic light is installed.
- The Elizabeth entrance will need a redesign after the major bridge reconstruction being carried out by the city.

### Community Spirit

- Cherry Field needs to be maintained and watered for the many soccer games and family fun.
- Our Community Events-- Dumpster Day, Easter Egg Hunt, 4th of July, Christmas decorations and Santa's visit add great community spirit.
- Our newsletter, directory and New Neighbor welcome packets keep the us connected and a great neighborhood.

The \$120 dues for the year (that's \$10 a month) are some of the lowest dues in neighborhoods in this area and a dedicated group of volunteers have managed to stretch the funds to cover many things.

Please know that if you haven't had a chance to pay this year's dues, you will be receiving a friendly reminder via text and email.



Please help us maintain the quality of Cherry Knolls. You can pay with a check or online. To pay on line go to [cherryknolls.org](http://cherryknolls.org) and click on pay dues or scan this QR code.

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**Pride in Perfection**

Dustin "Zeke" Szenderski has resided in the beautiful Cherry Knolls neighborhood since 2017 with his wife and 2 daughters.





## ROGER KANE: ULTRARUNNER OF CHERRY KNOLLS

Many of our Cherry Knolls neighbors have hidden talents and achievements, and we hope to highlight more of them in coming issues. One such neighbor is Roger Kane. Now in his 60s, Roger is training to run his seventh 100-mile Colorado race this summer.

A senior attorney for RTD, Roger lives on Adams Street in Cherry Knolls with his wife Jeanie Schultz, an occupational therapist for Littleton Public Schools. Roger has a grown son and Jeanie has a son and daughter in college. Roger and Jeanie enjoy road biking and hiking together.

We asked Roger some questions about his ultrarunning:

### Summarize your ultrarunning achievements for us.

*An Ultra is any run over the 26.2 mile marathon distance. I did the Run to the Sun, a 36 mile run in Hawaii from sea level to the top of a volcano, in 2006 and 2008. In 2006 I also did a 47-mile rim-to-rim-to-rim run of the Grand Canyon. In 2008 I ran the Leadville 100, finishing 19 minutes under the 30 hour cut-off time.*

*On a training run for Leadville, I met a guy who told me about the Hardrock 100. It sounded too outrageous to be true: a 100.5 mile trail and jeep road loop out of Silverton, going through or near Telluride, Ouray and Lake City with over 12 major climbs, including 14'er Handies Peak. The average elevation was 11,000 feet. I first ran it in 2010. I've been lucky enough to get into and finish four more since then.*

*Just last summer, I did the Never Summer 100k, a great mountain run northwest of Rocky Mountain National Park and one of the very few longer ultras run in 2020.*

### When was your first 100 miler and when was your most recent? How old were you on each of them?

*Leadville in 2008 was the first; I was 50. Hardrock 2018 was the most recent and I was 60.*

### What was your fastest time?

*Leadville is very different than Hardrock with far fewer climbs, and a lot of road running. Leadville's cut-off time is 30 hours, and Hardrock's is 48. My Leadville time of 29:41 is my fastest 100 mile time by 16 hours.*

### You've always finished your 100-mile races on time - what was your closest call?

*Minute-wise, it was Leadville, but the 2014 Hardrock was really the closest call. After having dozed in my car, I got into the run from the waitlist only about 20 minutes before the start. That was too late for the race organization to get my drop bags (food re-fills) to all of the aid stations. Then the last aid station temporarily ran out of its food right before I got there. The climb from there was steep, went to 13,000 feet,*

*and I ran out of gas before I got to the top. It was a real struggle just to get up, get over it and keep moving for the last six miles down to Silverton. I finished with 35 minutes to spare, but was afraid I'd have to drop out due to exhaustion.*

### What's it like running 100 miles?

*If I ever run 100 miles, I'll tell you! In mountain 100s, the long uphill are walking as fast as you can manage. The climbs and aid stations are sub-goals that you tick off one after the other. There are nice people with food, water, medical care and other support about every 15 miles. It's a warm social experience, and a fantastic way to see a lot of great country without really risking much. The couple of days after a race aren't so much fun, though I rarely sleep better.*

### Is it true that runners don't sleep for 48 hours and hallucinate?

*The faster runners at Hardrock finish in 35 hours or less, before dusk the second day, and I hear they go to sleep soon after they finish. I've seen runners in aid stations sleeping, but I don't know if they were able to rouse themselves to continue. Usually, sleep on the course is due to exhaustion and altitude sickness. I typically finish between 45 and 46 hours, and don't sleep until the end. I just think it would be too hard to get up and get going again.*

*People do occasionally hallucinate. One time I came into Silverton about 2:30 a.m. and was surprised to see people at street corners ahead of me out to watch. When I got to those corners, no one was there.*

### Is there camaraderie on the trail or is it every person for himself?

*Yes and no. The Hardrock is a 100 mile course with only 145 runners, so people get really spread out. If you find someone going about your speed, it can be nice to share some miles, especially at night. In the end though, if you need to be going different speeds, you each do your own thing. The exception is if someone needs help. The year I had trouble at Hardrock, someone let me borrow his pacer and a trekking pole to make sure I*

finished safely. Another time, I caught up to a disoriented, incoherent runner, and got him to an aid station so he could safely drop out.

### **Do you run totally alone or do you have support? What about other runners - are there entouragees?**

Runners can have a pacer: someone to accompany them to help keep them going during the last half of most longer ultras. Most ultras also allow runners to have a "crew": people who drive around to various aid stations to re-supply and otherwise help out their runners. I've never had a crew. The races transport stuff that you pre-pack to the aid stations, and they also have fresh cooked food, drinks, and people like doctors who want to help you.

At one Hardrock someone at an aid station asked me if he could be my pacer because he badly wanted to participate. He paced me for about 30 miles and has been a friend ever since. My last two Hardrocks my wife did the last 15 or so miles with me to make sure I got back all right.

### **Have you ever had an injury? What are the best things to do to keep from getting injured if you're running long distances?**

Don't play hockey! My worst injury was a slap-shot to the foot. It wrecked my training in 2014 and is another reason why I almost didn't finish Hardrock that year. Other than that, for me at 60+, the keys are doing only two runs a week, one long, and trying to get enough sleep.

### **Do you train year round? How many miles a week? Do you do other exercise (biking).**

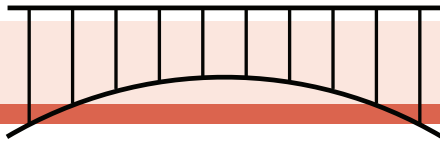
I don't train year-round. If I do a long event like 100 miles or 100k, I don't run again for several weeks. I rest for the first week or two, and then ride my road bike, which I've missed by then and really like to do. I tend to start running again when the weather gets cold. If I'm run training, my maximum weekly miles are about 55, with 50 of them being a long run. I work up to that over several months.

### **Do you run with music or podcasts, or with nothing other than your thoughts? And if your thoughts, what do you think about for nearly 48 hours straight?**

I don't run with any electronic sound. If I take the trouble to get up into a mountain environment to run, I want to fully experience it, not shut it out. Also, the terrain at Hardrock and on my training runs is tough enough that it demands attention. That includes attention to sounds such as rocks shifting or falling, rushing water, snow consistency, any nearby people or animals and thunder or rising wind. If I get into an easy section, I'll look around more to fully appreciate where I am, or let my mind wander to some fond memory.

### **Why do you like running long distances so much?**

I like being able to cover a lot of ground in the mountains, day and night, without having to carry a heavy pack. I like having a reason to get into the mountains every week when I'm training, and I like having a challenge to look forward to.



## **BIG DRY CREEK BRIDGE REPLACEMENT UPDATE**

Cherry Knolls Improvement Association is working with the City of Centennial on the Big Dry Creek/Arapahoe Road Bridge Improvements. The Long Range Planning Committee and the CKIA Board have been in contact with the City of Centennial concerning many issues that will affect Cherry Knolls. This bridge replacement project is part of the Big Dry Creek improvements involving many other local agencies and one of the many Centennial capital improvement projects.

### **Project Overview**

The City of Centennial is working with a consultant team to finalize the design of the replacement bridge over Big Dry Creek. This well-used bridge was built in 1945 and is located on Arapahoe Road, just east of University and west of South Elizabeth Street, which serves as a main east-west corridor to and from I-25 for the surrounding neighborhoods and businesses. This 74-year old bridge is well past its prime and is starting to show signs of wear. As part of this project, the design will also include needed roadway, drainage, and trail improvements.

### **Project Schedule**

The preliminary design for the bridge and associated infrastructure is complete. Centennial is currently working to finalize the design in anticipation of advertising this project for construction in spring 2021. Construction is expected to be completed in early Summer 2022.

Since this project is in the early stages and not many details are known currently as to impacts to Cherry Knolls, we will keep you apprised as information becomes available. If you have any questions, please contact Barbara Shangraw, Long Range Planning Committee Chair, or Dusty Laird, CKIA President. Their contact information is listed on [cherryknolls.org](http://cherryknolls.org)

For more information, please watch the video describing the project at [https://www.centennialco.gov/files/sharedassets/public/documents/public-works/final\\_arapahoe-big-dry-creek-presentation.pdf](https://www.centennialco.gov/files/sharedassets/public/documents/public-works/final_arapahoe-big-dry-creek-presentation.pdf)



# Welcome to Cherry Knolls

## **NEW NEIGHBORS?**

Do you have a new neighbor? If so, please let us know so we can welcome them to Cherry Knolls! Thanks! Your New Neighbor Committee, Sue Carlton-Smith, [sacarltonsmith@msn.com](mailto:sacarltonsmith@msn.com)



# MAKE IT A GREAT DAY.

Or don't...the choice is always yours.

During this challenging school year, this saying echoed in both the virtual and in person classrooms of Sandburg Elementary. I enjoyed hearing this positive and encouraging message every day. It is the perfect message to continually instill in students.

I had originally intended this article to be a tribute to the amazing job Karen Tarbell has done as the principal of Sandburg Elementary. A truly heartfelt thank you from our community is due. As Karen says goodbye to our children, she leaves behind a community that will miss her greatly. And so, I feel I must also mention a few of the ways that Sandburg has become a centering point for many in our community as a result of the leadership.

Karen's motto for this school year has been "We solved impossible problems!" and they certainly did. Pick up and drop off time has always been a very social time at the school. Adjusting to the restrictions imposed by the pandemic, it is clear how taxing this time has been for all of us.

In July as Karen was preparing for the school year, she needed to find where best to install water bottle filling stations, as drinking fountains were not allowed to be used.

A month before school began she was informed those stations are on backorder and would not be installed until after school started. At that moment she is faced with the task of providing water for the students. As Karen walked the school grounds, a long time Knolls resident introduced herself and asked if there was anything she could help with. Karen told her of the situation and asked for one case of water. Shortly before the first day of school, 7 cases of water were donated. Additionally, the PTO provided the rest of Sandburg's water until the filling stations were installed. Our community stepped up when it was needed, as they always do, strengthening our connections!



*Karen Tarbell  
Sandburg's outgoing  
principal*

This school year challenged the teachers and staff to find new ways to make things work, many of which they had never dreamed of a year ago. Karen, her staff, and this community now have an even greater appreciation for in person learning.

Karen has said that the thing she will miss most about Sandburg is the people—this community, her students and her staff. Karen leaves Sandburg a hero, not only to our children but to this community. Thank you, Karen!

Make it a great day!

Dusty Laird

# SAVE THE DATE

## 2021 CheKnolls Cup

**When** Saturday, July 17

**Time** Check-in at 6:45 a.m.

**Where** South Suburban Golf Course

**Who** Men and women, ages 21+  
Must live in Cherry Knolls, The Knolls, or Tiffany.

**Signup** The Knolls & Tiffany:  
Visit [TheKnollsGolfClub.com](http://TheKnollsGolfClub.com).

**Cherry Knolls:**  
Email [ChadMNaughton@gmail.com](mailto:ChadMNaughton@gmail.com).



Have a business and want to be involved?  
Email Nick Dosen at [nicholasdosen@gmail.com](mailto:nicholasdosen@gmail.com)  
for sponsorship opportunities!



The CheKnolls Cup is historically a tournament between the Cherry Knolls and The Knolls communities. In 2020 the tournament was resurrected after 17 years and is here to stay!

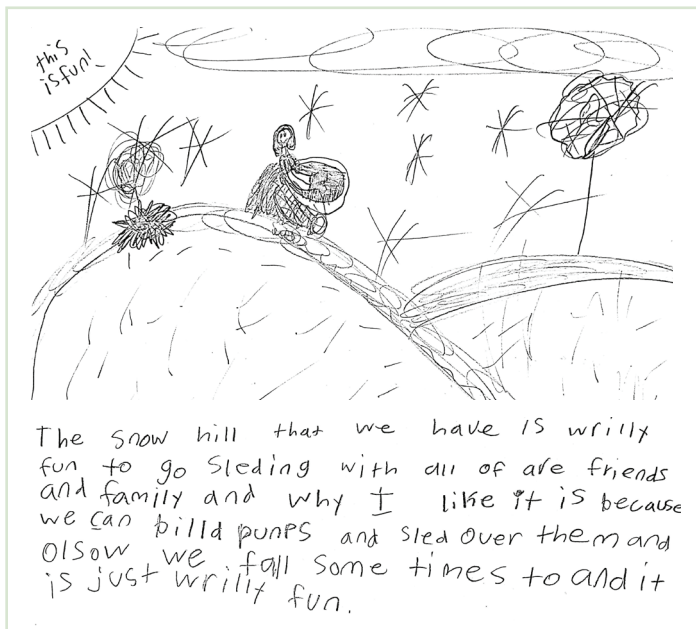
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**Attention Cherry Knolls community!** We will be featuring short stories and/or artwork in each newsletter. If you are 18 years old or younger, and want to share your creativity with your neighbors, we would love to hear from you! Our first short story and drawing is by 8 year old Olivia Keene. Olivia is a Cherry Knolls second grader who loves her neighborhood... especially our hills when it snows. Please submit your wonderful creations to Sarah Keene at [skeene@dealerinspire.com](mailto:skeene@dealerinspire.com) to see your story or artwork in our next edition!



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## Upcoming Webinars

Register for free at [DenverSeniorSeminars.com](https://denverseniorseminars.com)



### Decluttering & Where to Start

Tuesday, April 6 • 9:30 a.m. - 11:00 a.m.

Explore strategies to get a jump start on decluttering and walk through how to ensure a well-planned, coordinated move into your new home.



### Downsizing Done Right: Declutter, Prepare, Move

Wednesday, April 7 & 28 • 11:00 a.m. - 12:30 p.m.

Become empowered to dive into the downsizing process and learn how to navigate the current state of the real estate market in Denver.



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