



News on **ROCKY MOUNTAIN ROAD RUNNERS** The Run

Member Profiles—Mike and Joy Knipps

By John Pawlowski

Mike and Joy Knipps celebrated this year running together by taking first and third places in the Trophy Series, respectively. Mike also swept top honors by winning the Resolute Runner Award. For those of you who knew Mike in the past, it is not a surprise he scored at the top. He had been a previous member of RMRR in the mid 1980s and was one of the faster runners. He then moved to Montana for 10 years with his job in the Department of the Interior. Mike returned to Denver four years ago and promptly rejoined RMRR.

Mike especially enjoys the Trophy Series races since no matter how fast you run, you have a chance to compete. While he is not as fast as he was when he was originally with the club, Mike enjoys knowing that even the slower runners have a chance to compete.

Mike had been keeping tabs on the trophy series scoring and knew that Ric Robinette was a close second, but good finishes in the last 2 races of the year clinched the Trophy Series crown for Mike. He realized he was in the running for the Resolute Runner Award after last year's scoring and continued hard with his training to win that award.

Mike began running in high school at Coronado High in El Paso, Texas. He ran the half-mile, mile and cross-country, but didn't start running local races until in his 30s. Mike is originally from El Paso, but lived in many places throughout the country. He settled in Denver after coming out of the service in Fort Carson since two of his brothers lived here. After moving to Denver, Mike lived near Washington Park and made that his regular training route.

Shortly after rejoining RMRR, Mike met Joy at work, both of them working for the Department of the Interior at the Federal Center. Joy joined RMRR three years ago. Before meeting Mike and joining RMRR,

Joy had never been a runner. She is proud to have completed all of the Trophy Series Races this past year and finished third in the Trophy Series Scoring. She now considers herself a dedicated runner. Joy is scheduled to run her first half-marathon this March in Moab. After completing that, she wants to target triathlons and possibly a marathon.

Joy is originally from Illinois. She grew up in Texas and New Jersey, but Colorado has been home for the past 30 years. She has recently been continuing her education while working full-time, and credits running for helping her get through her hectic schedule.

Mike's goals for the upcoming year include the Pikes Peak Ascent and Mt. Evans, if it is held this year. He is also training for the Moab half-marathon with Joy.

Mike and Joy enjoy training together, doing their long runs in Water-ton Canyon. They currently live near Green Mountain and enjoy trail running on Green Mountain, Dinosaur Ridge and in Matthews-Winters Park and Red Rocks.

Family is very important to Mike and Joy. They have two daughters, a son and love spending time with their 5 grandsons and 1 granddaughter, with another grandchild on the way.

Congratulations to Mike and Joy for their successful running season with RMRR.



Joy and Mike Knipps at the Volunteer and Awards Banquet

Volunteer and Awards Banquet a Great Success at Fox Hollow Golf Club



RMRR members that served as race directors in 2004 were honored at the awards banquet.



Volunteers with over 30 hrs of service in 2004 are shown wearing their new RMRR vests and jackets.

Special thanks go to Betsy Lyle for coordinating this year's banquet. Great food and festivities greeted the many volunteers and award winners who attended the banquet on January 16th. More photos on page 3.

**2005 RMRR
Executive Committee**

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Doug Smith

Vice President/Secretary

Deb Cunningham

Treasurer

Leslie Mitchell

Race Committee Chairperson

Bonnie Keefe

Membership

Kolene Brown

Board Positions**Board Members at Large**

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Mike Robbert

Stephanie Struble

Trophy Series Directors

Janet Fairs

Volunteer Coordinator

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Special Events

Betsy Lyle

Communications

Michelle Evans

John Pawlowski

Computer

Brad Labarry

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John Lyle

Newsletter rmrnewsletter@yahoo.com

John Pawlowski, Editor

Jean Townsend

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Web Team

Alan Reiley, Webmaster

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Colorado Columbines

President: Marguerite Slavik

Front Range Walkers

Guru: Bob Carlson

Potts Trotters

Fearless Leader Parthenia (Potts) Jones

Phidippides

President: Matt Steinberg

A Letter from the President...



The weather for the January race at Twin Lakes was great, a little headwind on the return leg of the 10K, but nothing like Las Vegas

the last 2 years. We had a total of 98 runners and race walkers compared to 76 for last January's race at City Park. Ric Robinette did a fine job as Race Director. Special thanks to Heather Reddy, Jim Chow and Adam Schlegel for taking the time to work with Ric on loading the van, setting up the course and unpacking the van at the office after the race. In addition, a hearty "Thanks" to Potts, aka Pathenia Jones, for announcing the starting times with her very able voice! Check out her race schedule for 2005, she can use all of our support.

The number of members participating is up over last year and we hope to continue this trend. In fact, at the last Board meeting, the Board decided the goal for 2005 was increasing the member participation at all of our events. Please let myself or any of the other Board Members know if you have any ideas that will make our events more enjoyable and /or increase the value of your membership.

Lisa Champeau, formerly Lisa Giuliani, has agreed to accept the position of Volunteer Coordinator. She will be working with Lee Bengston to continue the great job Lee has done the last 2 years. Please extend her your cooperation as she begins this very important responsibility.

Please mark your calendars with the dates for the 2005 race schedule, see this issue of *News on the Run*. Contact Bonnie Keefe if you would be willing to direct one of the monthly Trophy Series Races(12) or one of the Summer Marathon Training Races(4). Directing a race is a great way to support the club and earn the clothing/gear award at the Annual Awards and Volunteer Banquet held each January. My thanks to those who have already agreed to direct some of the races.

Our recent difficulties, with the club's website and the resulting move to a new host service, has resulted in the formation of a Web Team. My thanks to Jim Chow, Deb Cunningham and Jeff Olson for joining Alan Reiley to make our website the very best! We all realize more than ever the amount of effort put forth by Aaron and Adrienne Ruhnnow over the last several years in the evolution and maintenance of website.

Thanks to everyone for all the clothing donated at the club's events in Dec and Jan. We all owe Adam Feerst a "Thank You" for taking on this project. His delivery of your clothing to the Denver Rescue Mission was very much appreciated.

Lastly, the Board voted to pay for sending copies of Colorado Runner Magazine to each member household in the club. This bi-monthly publication is in its second year and offers timely articles and race results for Colorado held events. We hope you find this of value and worthy of reading on a regular basis.

May the great running weather continue!
Doug Smith

Volunteer of the Month - Ric Robinette

By John Pawlowski

Congratulations to Ric Robinette, this month's Volunteer of the Month. Ric was the race director for January's race at Twin Lakes Park, a venue he's traditionally hosted as race director. In addition to directing the race, Ric has used Twin Lakes as a training opportunity for future race directors. This year, Jim Chow, Heather Reddy and Adam Schlegel joined Ric as race directors.

In addition to directing the Twin Lakes races, Ric helps score all of the Trophy Series Races and is generally seen crouched over the scoring boards at the end of the races, after running the races in his trademark form wearing headphones and no shirt.

Ric's achievements with RMRR are many. He currently holds the record for the most consecutive Trophy Series Races run at 226. For those counting, that is almost 19 years! Running that many Trophy Series Races has helped Ric garner the coveted Resolute Runner Award eight times in the past 18 years. This award is given to the runner with the highest total Trophy Series score for the prior 4 years. That award has since been renamed as the "Ric Robinette" Resolute Runner Award. Ric has also won the Trophy Series scoring twice in his running career with RMRR.

Over the years, Ric has also become the unofficial historian for RMRR. His History of RMRR series was originally published in *News on the Run* during the mid 90's, and was updated and reprinted last year to celebrate the 45th year of RMRR.

Congratulations Ric for being the RMRR volunteer of the month and thank you for all of the work you do for our club.

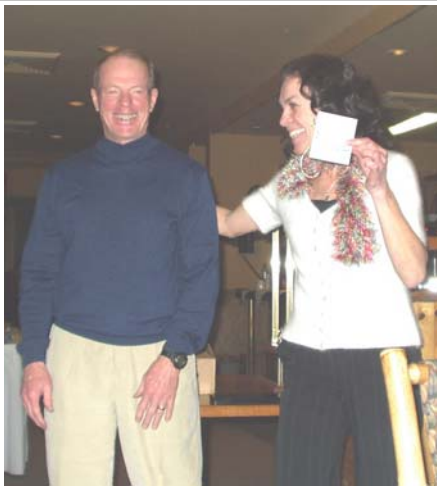


Ric at the 2005 Volunteer and Awards Banquet with his "get-a-life" hat.

Important Dates to Remember

Saturday, February 5, 9 a.m. February Trophy Series Race

Saturday, February 12, 9 a.m. Colorado Master's Running Association 40 Furlongs-5 Miler R/W, South Suburban Tennis Center, 303-282-7521.



Lee Bengston is announced as volunteer of the year by Carmen West at the awards banquet.



RMRR president for 2005, Doug Smith, speaking at the awards banquet.



David Knapp, the evening's speaker, told the story of his quest to complete 40 marathons in 2004 to celebrate his 40th birthday.



Fast female finishers (left, L-R) Bonnie Keefe, Leslie Mitchell and Deb Cunningham are shown with their awards for finishing highest in the scratch standings.

Fast male finishers (right, L-R) Rick Edrich and Scott Kukel received awards for fast finishes in the male scratch category.



Race Schedule

Check the race schedule every month for changes! The dates below (for 2005). Times and locations for some races are still being confirmed. Check the newsletter, call the club office at (303) 871-8366 or visit our web site at www.rmrr.org for updated information or to volunteer to help!

Date	Time	Distance	Location	Race Director
Sat 2/5/05	9am	7mi Trophy Series	Cherry Creek State Park	Mike Blanchard & Dave Hill
Sun 3/6/05	9am	3mi Trophy Series	Crown Hill Park	Ken Applegate & Janet Gold
Sun 4/3/05	9am	4mi Trophy Series	Bear Creek Bike Path	John and Betsy Lyle
Sun 5/1/05	8am	5mi Trophy Series	Carson Nature Center	Open
Sat 6/4/05	8am	2.4mi Trophy Series	City Park	Stephanie and Brian Struble
Sat 7/2/05	8am	2mi Trophy Series	Bible Park (Brunch)	Doug Smith & Carmen West
Sun 7/17/05	7am	10mi Marathon Training Series	Waterton Canyon	Open
Fri 8/5/05	6:30pm	5k Trophy Series	DeKoevend Park (BBQ)	Open
Sun 8/14/05	7am	15mi Marathon Training Run	Chatfield State Park or Big Dry Creek, Westminster	Open
Sun 8/28/05	7am	20mi Marathon Training Run	Waterton Canyon*	Open
Mon 9/5/05	9am	5280m jazz89 Labor Day Race in the City	Washington Park	Open
Sun 9/11/05	8am	9mi Trophy Series	Westminster City Park	Open
Sun 9/18/05	7am	20mi Marathon Training Run	Waterton Canyon*	Open
Sat 10/1/05	9am	8mi Trophy Series	Chatfield State Park	Open
Sun 11/6/05	9am	10mi Trophy Series	Waterton Canyon*	Open
Sun 12/4/05	9am	4.4mi Trophy Series	Washington Park	Open

* By permit of the US Forest Service

Training

Group Runs

The group that meets on Tuesday & Saturday is an offshoot of the Rocky Mountain Road Runners located in Denver, Colorado. The club spans all genders, ages, and abilities. Race Walkers are also welcome.

Being a RMRR member is not a pre-requisite to joining us at any of the club's monthly Trophy Races, Tues Fun Runs, Sat Training Runs or the summer Marathon Training Series. The club provides free Power Gels on the Sat Training Runs while our supply lasts. See rmrr.org for additional information on the club.

The Tuesday evening Fun Runs are at Washington Park in Denver at 6 p.m. The group usually does 2 laps, about 5+ miles. Those interested, go for dinner after everyone is finished.

The Saturday Training Runs are on various sections of the Highline Canal. The distance can vary from 8-22 miles according to the individual's or group's needs. The routes selected will be on compacted dirt trail, although there may be very short portions of asphalt or concrete. We will try to have a car parked at or close to the scheduled midpoint for that week, so that we can re-fuel with more water and Power Gels. See Calendar for Saturday Run Locations.

Track Workouts

The RMRR track workouts are not being held during the winter months. Check back in the Spring for the Track Workout schedule.

Training Partner Program

Call Devin Croft (303) 978-9342, dctrainer@comcast.net. Leave your name, address, phone number, typical 10K pace, and time of day you run. Devin will do his best to

find a Road Runner training partner for you.

Training Advice

Information on setting up your own interval training or advice on other running issues. Call Dan Haney (303) 972-2539, drhaney@peoplepc.com; Devin Croft (303) 978-9342, dctrainer@comcast.net.

Trail Running

The **DenverTrailRunners** meet Thursday evenings, year round, as well as other weekday morning and weekend runs. Locations vary, mostly in the Morrison/Golden area. The runs are **FREE**. All ages and abilities welcome. For more info, please visit: <http://sports.groups.yahoo.com/group/DenverTrailRunners/>. The group is not formally affiliated with RMRR. Call 303-870-0487 - please only if you don't have web access.

BOARD MEETING MINUTES

Attendance: Doug Smith, Bonnie Keefe, John Pawlowski, Stephanie Struble, Lee Bengston, Brad LaBarry, Mike Robbert, John Lyle, Deb Cunningham, Jim Chow, Leslie Mitchell.

Next meeting Monday, Jan 31 at 7pm at Leslie Mitchell's house.

Visibility:

1. RMRR goals or direction for 2005. In 2003, was visibility. 2004 increasing member value. 2005 Increase participation. Increasing participation is getting more people to attend RMRR events.

- Mike Robbert will put together a list of ideas to increase participation. Other board members will also bring ideas.

2. Race contract – Brain Struble has comments. Doug will discuss offline w/ Stephanie & Brian.

3. Website issues and the need for a Web Team? Jim Chow and Alan Reiley will lead the effort to organize a web team. Alan's suggestions.

- Converting Race Results from .xls to .html. (John Pawlowski will email Alan revised format)

- Converting digital camera images from very large (format straight from camera) to a large and a thumbnail size (2 sizes total)

- Converting Race Schedules into html.

- Responding to emails to rmrr.org regarding topics such as Sponsorships,

- Memberships, Races to List, Links, etc. (this is being "beta tested" now to an email address going to Doug Smith.)

- Missing results from the Nov & Dec TS races, final YTD results, and 2005 schedule. Places to Run link doesn't work. I sent in a correction to the Denver Trail Runners text a month ago that hasn't been updated; the changes did make it into the latest newsletter.

4. Moving Comfort grant – RMRR looking to team up with Runner's Roost to apply for this grant. \$300-\$1000 to get women interested in running.

5. Twin to Twin Transfusion Syndrome Foundation – The National Foundation is fund raising. RMRR will ask the Somers if they'd like to get involved in an RMRR effort.

6. Fred's Team, Cancer Research – Like Team in Training. Runners raise a certain amount of money, then get a t-shirt & run the NYC marathon together. We'll leave the DVD out at the next TS for interested club members.

7. Bolder Boulder Race Calendar – John will check if we're included. We are in the Keeper issue of Rocky Mountain Sports. We won't advertise in the Keeper issue.

Increasing Membership Value:

1. Awards Banquet – Only 5 people have RSVP'd. January 16th = date.

We'll make announcement at this weekend's race + have a sign up sheet. Deb will make sign-up sheet. EBlast, too.

2. RMRR hats/clothing – vests or last year's jacket or fleece top for volunteers with 30+ hrs. Race Directors get red Brooks long sleeve shirts w/ small RMRR logo on left chest.

3. Colorado Runner Magazine – Will provide 3 - 1/8 page ads for two club races or 1 - 1/4 page ad. In return, we pay postage for mailing magazine to club members. It's 50 cents/family to mail it every two months. Next issue is Mar/Apr. Yes, RMRR will participate. Ad will probably be for marathon training series. We'll have time to decide which race and what size ad.

4. Movie promotion coupons, Son of Mask. What was that? No call back from these folks.

5. KUVU has 5 cases of Power Bars to donate to the club.

Volunteer Issues:

1. Volunteer Coordinator position, Lisa Giuliani will be our new Volunteer Coordinator.

2. Volunteer of the Month – Ric Robinette

3. Volunteer of the Year – short list of contenders for volunteer of the year. Lee will email list to the Board to vote on.

4. Recognition for past members' contributions – several retiring volunteers have moved on. \$50 gift certificate for one specific volunteer.

Operational Items:

1. Treasurer's Report – We had net income of \$3600 this year. It's \$1900 less than 2003, but we had more member benefits (singlets, for example). We also had less race income vs 2003 because of fewer outside races.

- 2005 Race calendar/locations – Bonnie

- January race at Twin Lakes. John Pawlowski will email Michelle Evans to send out an eblast. Needed because the website is out of date and the newsletter is late.

- Sept 25th race = for Arvada schools. Doug & Bonnie will take equipment out. Sample contract out to our contact.

- June TS – Keep the race at City Park. Keep it on the same date. April race is still at Bear Creek.

3. Replace Van window – Bonnie will get a quote to replace the windshield.

4. Van parking – The van was towed as an abandoned vehicle because it was not moved every 72 hours. The club received two notices. It was towed, so cost \$240 to spring it. Leslie Mitchell's idea - ask Wild Oats if we could park in their lot in exchange for advertising in our newsletter. The van also got 2 parking tickets.

JINGLE BELL RUN

December 12, 2004 Washington Park

Racing in Other Places

By Chris Vanoni

CMRA CLEAR CREEK 4 MILE

December 11, 2004 Arvada

Name	Gen	PI	Time	Pace	Chip-Time	Event
ED STEINHAUSER	M	12	18:17	5:54	18:15	Run
VINCENT FUENTES	M	27	20:51	6:43	20:48	Run
NANCY THONEN	F	5	20:54	6:44	20:50	Run
LAURA KINNEY	F	7	21:43	7:00	21:39	Run
BRENDAN CROFT	M	37	21:53	7:03	21:49	Run
DAVID RODDENBERRY	M	41	22:38	7:18	22:33	Run
DAVID HILL	M	44	22:55	7:23	22:51	Run
FEDERICO FIGALLO	M	48	23:26	7:33	23:23	Run
JEFF OLSON	M	52	23:41	7:38	23:39	Run
ADAM LEE	M	55	24:05	7:46	24:05	Run
GRAYSON DREXEL	M	63	24:21	7:51	24:10	Run
MICHELLE EVANS	F	46	26:30	8:32	26:30	Run
ROSS KINNEY	M	158	28:54	9:19	28:17	Run
KIM HARTWIG	M	172	29:41	9:34	29:08	Run
AARON SMITH	M	180	30:19	9:46	29:59	Run
GREGORY SIDES	M	210	31:45	10:14	31:40	Run
JOHN CLINTON	M	251	34:24	11:05	33:36	Run
JIM GARCIA	M	267	36:12	11:39	35:02	Run
OLGA HNIZDIL	F	356	40:50	13:09	40:37	Run
SHARYL RILEY	F	422	49:35	15:58	49:25	Run
JIM BRONSTINE	M	335	54:52	17:40	54:30	Run
MICHAEL BLANCHARD	M	1	28:24	9:09	28:23	Walk
JAN HILL	F	2	33:35	10:49	33:32	Walk
ANTHONY RODRIGUEZ	M	78	59:12	19:04	58:48	Walk
ADAM KINNEY	M	101	1:06:16	21:20	1:06:05	Walk
SUE KINNEY	F	283	1:06:19	21:21	1:06:09	Walk

Name	Age	Gen	PI	Time
SCOTT KUKEL	30	M	3	0:24:20
JAY TRUJILLO	46	M	8	0:27:56
JIM ROMERO	64	M	12	0:29:06
SCOTT MCFARLANE	53	M	15	0:29:54
ROSS WESTLEY	68	M	16	0:30:23
MITCH CHESBRO	46	M	18	0:30:32
TODD DUNNING	40	M	26	0:31:50
ADAM LEE	32	M	27	0:31:54
KIM MASSEY	46	F	29	0:32:36
CARMEN WEST	53	F	33	0:33:44
RAY GRUNDMEYER	66	M	36	0:34:02
MARK JOHNSON	47	M	37	0:34:25
MIKE VANONI	56	M	39	0:35:08
JAMES CHOW	48	M	40	0:35:29
CHRIS VANONI	53	F	45	0:37:19
CAROL JOHNSON	50	F	47	0:37:34
LEE BENGSTON	67	M	49	0:37:54
OLGA HNIZDIL	60	F	52	0:39:08
DENNIS VELENCHENKO	58	M	58	0:46:42
PAT CRESPI	46	F	59	0:48:38

RESOLUTION RUN 5K

December 31, 2004 Washington Park

Note: Only the first 100 runners were timed

Name	Age	Gen	PI	Gen PI	Time	Pace
DAVID ROTHENBURGER	36	M	24.	23rd	19:08	6:10
JUSTIN WALK	23	M	31.	30th	19:44	6:21
CRAIG EWING	51	M	51.	46th	21:24	6:54
VICENTE FUENTES	39	M	56.	50th	21:36	6:58
ED KING	52	M	74.	65th	22:49	7:21
BRENDAN CROFT	18	M	84.	74th	23:16	7:30
TODD DUNNING	40	M	100.	87th	23:59	7:44

STEVE'S RUDOLPH RAMBLE

In honor of Steve "Flag Man" Muniz

December 19, 2004 Washington Park

Name	Age	Gen	PI	DivPI	Time	Pace	Event
DEREK GRIFFITHS	29	M	16	4/11	18:19	5:54	Run
CRAIG EWING	51	M	40	3/19	21:34	6:57	Run
LAURA KINNEY	17	F	4	2/9	21:52	7:03	Run
ED GREEN	55	M	45	4/19	22:28	7:14	Run
ROSS WESTLEY	68	M	48	2/10	22:44	7:20	Run
LESLIE MITCHELL	43	F	9	2/25	23:49	7:40	Run
JON RISI	36	M	76	21/29	25:52	8:20	Run
ROSS KINNEY	47	M	80	16/26	26:23	8:30	Run
GREGORY SIDES	59	M	100	16/19	30:45	9:54	Run
CELESTE CALLAHAN	62	F	58	2/7	33:05	10:39	Run
LESLIE THOMPSON	48	F	88	25/25	43:13	13:55	Run
MICHAEL BLANCHARD	43	M	1		32:01	10:19	Walk
JIM BRONSTINE	63	M	9		1:04:17	20:42	Walk
SHARYL RILEY	55	F	35		1:04:16	20:42	Walk

RESCUE RUN 5K/10K

January 1, 2005 Colorado Springs

Name	Age	Gen	PI	DivPI	Time	Event
CRAIG EWING	51	M	39	8/48	0:47:30	10K
MARK STEVENS	46	M	60	22/55	0:49:37	10K
ROSS WESTLEY	68	M	77	2/12	0:51:07	10K
BILL LARSON	80	M	119	2/3	0:46:43	5K

PAN PACIFIC MASTERS GAMES

November 6-9, 2004 Gold Coast Australia

OAPI	Name	Div	DivPI	Time	Event
3rd	MICHAEL BLANCHARD	M40	1st Meet age group record	7:13.99	1500 Metre Track Racewalk
4th	MICHAEL BLANCHARD	M40	1st	15:52.56	3000 Metre Track Racewalk

POTTS TROTTERS KWANZAA 5K RUN/WALK

December 26 2004 Aurora

Name	Age	Gen	GenPI	Div PI	OAPI	Time
ED GREEN	55	M	17/39	1	18/54	21:44
MITCH CHESBRO	46	M	20/39	5	23/54	25:14
ROSS KINNEY	47	M	22/39	7	25/54	25:24
JIM ROMERO	64	M	28/39	1	31/54	28:05
LEE BENGSTON	67	M	29/39	1	32/54	28:12
JOHN HALLEZ	52	M	34/39	7	40/54	29:49
GREGORY SIDES	59	M	36/39	6	43/54	32:17
LESLIE THOMPSON	48	F	10/15	2	46/54	34:58
JAN HALLEZ	50	F	4/7	3		35:10
SHARYL RILEY	55	F	44:49	3		14:26

CHILLY CHEEKS DUATHLON #1

December 11, 2004 Cherry Creek State Park

4 Mile Run, 10.8 Mile Bike

Name	Age	Gen	PI	Div	Time
STEVEN PACHECO	40	M	28	Open	1:00:33

January Trophy Series, 10k Twin Lakes Park

This year's January Trophy Series race continued the tradition of a 10k in January, but at a different venue than City Park, where the 10k race had been held for several years. Ninety-eight racers came out on Jan 9th to begin a new season of Trophy Series Racing.

Coming off a strong December race, Nick Benjamin took top honors, with Heather Reddy and Mark Stevens coming in 2nd and 3rd. Karen Voss in 4th place also took top honors as fast female with a time of 45:31. Finishing 15th in Trophy Series scoring, Tim Gentry was the fast male finisher with a time of 39:42. In the racewalker category, Mike Blanchard and Jan Hill took top honors with a tying TS time of 1:09:16, with Ed Guiff rounding out the top 3 finishers.

Perhaps it's New Year's resolutions or taking advantage of membership benefits (please see article on page 12), but 28 new runners joined RMRR for the January Race. We are glad you all came out and hope to continue seeing everyone at the other Trophy Series races and RMRR events. The February race will be 7 miles at Cherry Creek State Park. If history is a guide, dress warmly and aerodynamically.

Times to beat at the 7 mile Cherry Creek State Park race are:

35:36 (R)	Derek Griffiths (Feb 2003)
46:54 (R)	Carita Hobson (Mar 2000)
1:07:22 (W)	Mike Blanchard (Mar 2001)

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

January, 2005 10k Twin Lakes Park

-----TIMES-----

---HANDICAP---

-----POINTS-----

PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND		TS	SCRATCH	#	
							PLACE	NEW				OLD
1	Benjamin, Nick	28	5:02	1:01:29	1:06:31	9:54	54	105	111	100.00	34.77	1
2	Reddy, Heather	35	2:50	1:04:57	1:07:47	10:27	14	112	115	98.90	54.78	1
3	Stevens, Mark		16:00	0:52:48	1:08:48	8:30	32	87	89	97.81	61.85	1
4	Voss, Karen	39	23:56	0:45:31	1:09:27	7:20	1	70	70	96.71	100.00	1
5	Voorhees, Rick	52	10:45	0:58:45	1:09:30	9:27	50	100	100	95.62	39.69	1
6	Acosta, Michael	56	12:43	0:56:57	1:09:40	9:10	46	96	96	94.52	44.62	1
7	Applegate, Ken	56	25:25	0:44:19	1:09:44	7:08	13	66	66	93.42	85.23	1
8	Collyer, Michael	33	29:12	0:40:34	1:09:46	6:32	4	56	55	92.33	96.31	1
9	Steinhauser, Edward	35	29:31	0:40:24	1:09:55	6:30	2	55	54	91.23	98.77	1
10	Hendrickson, Haynes	31	17:20	0:52:43	1:10:03	8:29	31	87	86	90.14	63.08	1
11	Croft, Devin	51	29:31	0:40:33	1:10:04	6:32	3	55	54	89.04	97.54	1
12	Huner, George	51	16:00	0:54:18	1:10:18	8:44	39	91	89	87.95	53.23	1
13	Mayhew, David	36	16:27	0:53:55	1:10:22	8:41	36	90	88	86.85	56.92	1
14	Arman, Jesse	54	6:06	1:04:18	1:10:24	10:21	58	110	109	85.75	29.85	1
15	Gentry, Tim	42	30:45	0:39:42	1:10:27	6:23	1	52	50	84.66	100.00	1
16	Hallez, John	52	3:56	1:06:33	1:10:29	10:43	60	114	113	83.56	27.38	1
17	Schultz, Bodo	56	3:56	1:06:36	1:10:32	10:43	61	114	113	82.47	26.15	1
18	Gray, Rob	54	23:33	0:47:01	1:10:34	7:34	16	73	71	81.37	81.54	1
19	Knipps, Joy	47	-6:35	1:17:17	1:10:42	12:26	20	132	131	80.27	33.91	1
20	Head, Curtis	51	19:56	0:50:51	1:10:47	8:11	24	81	80	79.18	71.69	1
21	Johnson, Carol	50	7:10	1:03:49	1:10:59	10:16	13	110	107	78.08	58.26	1
22	Edrich, Rick	44	28:52	0:42:10	1:11:02	6:47	9	57	56	76.99	90.15	1
23	Chow, James	48	14:08	0:56:56	1:11:04	9:10	45	94	93	75.89	45.85	1
24	Heitz, Michael	52	23:33	0:47:34	1:11:07	7:39	19	72	71	74.79	77.85	1
25	Cunningham, Deb	43	24:19	0:46:54	1:11:13	7:33	2	70	69	73.70	96.52	1
26	Hill, David	53	20:21	0:50:54	1:11:15	8:12	25	80	79	72.60	70.46	1
27	Benedict, David	32	25:47	0:45:33	1:11:20	7:20	14	66	65	71.51	84.00	1
28	Hnizdil, Olga	60	4:29	1:06:55	1:11:24	10:46	17	113	112	70.41	44.35	1
29	Rothenburger, David	36	29:31	0:41:54	1:11:25	6:45	8	55	54	69.32	91.38	1
30	Aarsby-Kail, Kristi	25	12:43	0:58:59	1:11:42	9:30	10	97	96	68.22	68.70	1
31	Bullock, John H. Jr.	43	28:33	0:43:11	1:11:44	6:57	10	58	57	67.12	88.92	1
32	Knipps, Mike	52	17:20	0:54:33	1:11:53	8:47	40	87	86	66.03	52.00	1
33	Kukel, Scott	31	30:45	0:41:11	1:11:56	6:38	5	51	50	64.93	95.08	1
34	Robinette, Ric	52	25:47	0:46:16	1:12:03	7:27	15	66	65	63.84	82.77	1
35	Evans, Michelle	38	13:40	0:58:23	1:12:03	9:24	9	95	94	62.74	72.17	1
36	Szymanski, Peter	48	21:10	0:50:59	1:12:09	8:12	26	78	77	61.64	69.23	1
37	Smith, Douglas	55	16:54	0:55:18	1:12:12	8:54	42	88	87	60.55	49.54	1
38	Keefe, Bonnie	39	21:59	0:50:14	1:12:13	8:05	5	76	75	59.45	86.09	1
39	Logar, Brad	25	21:10	0:51:10	1:12:20	8:14	27	78	77	58.36	68.00	1
40	McFarlane, Scott	53	21:35	0:50:47	1:12:22	8:10	23	77	76	57.26	72.92	1
41	Abbott, Teresa	43	-2:20	1:14:51	1:12:31	12:03	19	127	124	56.16	37.39	1

TROPHY SERIES RESULTS CONTINUED

PLACE	NAME	AGE	-----TIMES-----			---HANDICAP---			-----POINTS-----			
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	#
42	Chesbro, Mitch	46	19:05	0:53:31	1:12:36	8:37	34	83	82	55.07	59.38	1
43	West, Carmen	53	16:54	0:55:51	1:12:45	8:59	7	88	87	53.97	79.13	1
44	Risi, Lance	36	29:12	0:43:37	1:12:49	7:01	11	57	55	52.88	87.69	1
45	Werner, Bethanie	28	23:10	0:49:40	1:12:50	8:00	4	73	72	51.78	89.57	1
46	Winge, Joanne	38	16:54	0:56:07	1:13:01	9:02	8	88	87	50.68	75.65	1
47	Olson, Jeffrey	45	21:10	0:51:52	1:13:02	8:21	29	78	77	49.59	65.54	1
48	Feerst, Adam	44	31:21	0:41:42	1:13:03	6:43	6	49	48	48.49	93.85	1
49	Johnson, Mark	47	14:37	0:58:43	1:13:20	9:27	49	94	92	47.40	40.92	1
50	Martinez, Richard	58	18:13	0:55:18	1:13:31	8:54	41	85	84	46.30	50.77	1
51	Robbert, Michael	29	29:31	0:44:05	1:13:36	7:06	12	56	54	45.21	86.46	1
52	Beebe, Kerry	50	8:13	1:05:38	1:13:51	10:34	15	106	105	44.11	51.30	1
53	Dunning, Todd	40	19:56	0:53:56	1:13:52	8:41	37	81	80	43.01	55.69	1
54	Luebke, Art	58	12:14	1:01:44	1:13:58	9:56	55	104	97	41.92	33.54	1
55	Withrow, Renee	47	7:10	1:06:54	1:14:04	10:46	16	109	107	40.82	47.83	1
56	Kumpf, Howard	63	12:14	1:01:55	1:14:09	9:58	56	98	97	39.73	32.31	1
57	Grundmeyer, Ray	67	14:08	1:00:07	1:14:15	9:41	51	94	93	38.63	38.46	1
58	Trujillo, Jay	46	22:23	0:52:00	1:14:23	8:22	30	76	74	37.53	64.31	1
59	Volzer, Robert	56	10:15	1:04:17	1:14:32	10:21	57	102	101	36.44	31.08	1
60	Struble, Stephanie	37	16:00	0:59:02	1:15:02	9:30	11	90	89	35.34	65.22	1
61	Labarry, Brad	31	25:03	0:50:07	1:15:10	8:04	22	68	67	34.25	74.15	1
62	Struble, Brian	37	23:56	0:51:18	1:15:14	8:15	28	71	70	33.15	66.77	1
63	Lee, Adam	32	19:56	0:55:34	1:15:30	8:57	43	82	80	32.05	48.31	1
64	Vollmar, Mick	50	15:32	1:00:11	1:15:43	9:41	52	94	90	30.96	37.23	1
65	Allendorf, Brett	36	21:35	0:54:17	1:15:52	8:44	38	77	76	29.86	54.46	1
66	Reilly, Robert	50	20:21	0:55:38	1:15:59	8:57	44	81	79	28.77	47.08	1
67	O'Dell, Bill	46	23:10	0:53:09	1:16:19	8:33	33	76	72	27.67	60.62	1
68	Kail, Josh	26	18:13	0:58:39	1:16:52	9:26	48	85	84	26.58	42.15	1
69	Dais, Hille	57	7:41	1:09:13	1:16:54	11:09	18	112	106	25.48	40.87	1
70	Bengston, Lee	67	13:11	1:05:44	1:18:55	10:35	59	98	95	24.38	28.62	1
71	Crespi, Patricia	46	-2:20	1:23:10	1:20:50	13:23	21	133	124	23.29	30.43	1
72	Thompson, Leslie	48	-2:56	1:24:50	1:21:54	13:39	22	126	125	22.19	26.96	1
73	Sides, Gregory	59	1:09	1:36:54	1:38:03	15:36	65	119	118	21.10	21.23	1

Next Newsletter Deadline, Friday February 11

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, February 11. Share your stories, photos, comments, thoughts, musings about running. Have a story or photos of other races you would like to share? Please send all submissions to rmrrnewsletter@yahoo.com.

Important note regarding Trophy Series Scoring: Send questions or corrections about results to Brad LaBarry's attention at rmrr@rmrr.org, or 303-871-8366. Corrections must be made before the next Trophy Series race. After that, the results are final.

Welcome New Members!

Jim Baas
Bob Basse
Jennifer Bergsieker
Ryan Bergsieker
Jennifer Bossard
Nathan Brown
Dawn Opal Burgess

Rich Carney
Laura Chow
Damien Conway
Joseph DeCaporale
Connie Drake
Suzanne Hawkes
Brian Keating

David MacBean
Tonya Martin
Todd Matuszewicz
David McGillivray
Daniel Molde
Sheila Molde
Brian Moore

Lydia Motsinger
Elwyn Owen
John Routa
Charles Scheibe
Georgina E Schultz
Jeanette Vanderlingen
Joe Young

RMRR RACEWALKERS, JANUARY 2005 TROPHY SERIES

Place	NAME	AGE	-----TIMES-----				---HANDICAP---			TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD			
1	Blanchard, Michael	43	9:14	1:00:02	1:09:16	9:40	102	103	100.00	1	
2	Hill, Jan	46	-3:32	1:12:48	1:09:16	11:43	125	126	84.00	1	
3	Guiff, Ed	60	-3:32	1:14:53	1:11:21	12:03	127	126	68.00	1	
4	Hallez, Jan	50	-5:58	1:19:39	1:13:41	12:49	131	130	52.00	1	
5	Lyle, John	72	-8:27	1:25:16	1:16:49	13:44	135	134	36.00	1	

NON-MEMBERS, JAN TROPHY SERIES

R/W	NAME	START	ACT'L	FINISH	PACE
R	Patty Rodgers	0:00	0:41:48	0:41:48	6:44
R	Al Spano	13:40	0:57:47	1:11:27	9:18
R	Rod Eves	22:23	0:49:26	1:11:49	7:57
R	David Kelble	25:47	0:47:49	1:13:36	7:42
R	Heather Fielder	0:00	1:14:28	1:14:28	11:59



Racewalk winners (L-R) Jan Hill, Mike Blanchard and Ed Guiff.



January Trophy Series Winners Front Row (L-R) Ken Applegate, Dave Mayhew, Heather Reddy, Nick Benjamin. Back Row (L-R) Michael Collyer, Tim Gentry, Mark Stevens, Rick Vorhees.



January Trophy Series Race Directors → Heather Reddy, Jim Chow, Ric Robinette, and Adam Schlegel (L-R).

RMRR NEW RACERS, JANUARY 2005 TROPHY SERIES 10k

R/W	NAME	AGE	-----TIMES-----				PACE	--HANDICAP--		---POINTS---	
			START	ACT'L	FINISH	GEND PLACE		NEW	TS	SCRATCH	
R	Hoffman, Janet	40	15:04	0:51:38	1:06:42	8:19	6	85	60	82.61	
R	Schlegel, Adam		19:05	0:47:45	1:06:50	7:41	20	75	60	76.62	
R	Scheibe, Charles		6:06	1:00:51	1:06:57	9:48	53	104	60	36.00	
R	O'Brian, Momoko	39	6:06	1:01:38	1:07:44	9:55	12	105	60	61.74	
R	Rosenblat, Harry	51	0:00	1:08:23	1:08:23	11:00	63	118	60	23.69	
R	Crespi, Mick		1:09	1:07:34	1:08:43	10:53	62	116	60	24.92	
R	Carney, Rich	35	21:35	0:47:12	1:08:47	7:36	17	74	60	80.31	
R	Brown, Nathan		21:59	0:47:23	1:09:22	7:38	18	74	60	79.08	
R	Basse, Bob		28:52	0:41:50	1:10:42	6:44	7	59	60	92.62	
R	Lynch, David	48	14:37	0:57:01	1:11:38	9:11	47	96	60	43.38	
R	Shockley, Valerie	38	23:33	0:48:10	1:11:43	7:45	3	76	60	93.04	
R	Matuszewicz, Todd	41	24:41	0:48:15	1:12:56	7:46	21	77	60	75.38	
R	O'Brian, Christopher	40	22:23	0:53:52	1:16:15	8:40	35	90	60	58.15	
R	Molde, Sheila	49	0:00	1:32:24	1:32:24	14:52	23	155	60	23.48	
R	Molde, Daniel		0:00	1:32:28	1:32:28	14:53	64	155	60	22.46	

**A View From the Back
Runners in Action at the
January Trophy Series Race**
Photos by Janet Gold



Mike Blanchard



Adam Feerst

**RMRR TROPHY SERIES SCRATCH STANDINGS
JANUARY, 2005**

PI	Male Scratch Name	Total Points	#	Ave Points	PI	Female Scratch Name	Total Points	#	Ave Points
1	Tim Gentry	100.00	1	100.00	1	Karen Voss	100.00	1	100.00
2	Edward Steinhauer	98.77	1	98.77	2	Deb Cunningham	96.52	1	96.52
3	Devin Croft	97.54	1	97.54	3	Valerie Shockley	93.04	1	93.04
4	Michael Collyer	96.31	1	96.31	4	Bethanie Werner	89.57	1	89.57
5	Scott Kukel	95.08	1	95.08	5	Bonnie Keefe	86.09	1	86.09
6	Adam Feerst	93.85	1	93.85	6	Janet Hoffman	82.61	1	82.61
7	bob basse	92.62	1	92.62	7	Carmen West	79.13	1	79.13
8	David Rothenburger	91.38	1	91.38	8	Joanne Winge	75.65	1	75.65
9	Rick Edrich	90.15	1	90.15	9	Michelle Evans	72.17	1	72.17
10	John H. Jr. Bullock	88.92	1	88.92	10	Kristi Aarsby-Kail	68.70	1	68.70
11	Lance Risi	87.69	1	87.69	11	Stephanie Struble	65.22	1	65.22
12	Michael Robbert	86.46	1	86.46	12	Momoko O'Brian	61.74	1	61.74
13	Ken Applegate	85.23	1	85.23	13	Carol Johnson	58.26	1	58.26
14	David Benedict	84.00	1	84.00	14	Heather Reddy	54.78	1	54.78
15	Ric Robinette	82.77	1	82.77	15	Kerry Beebe	51.30	1	51.30
16	Rob Gray	81.54	1	81.54	16	Renee Withrow	47.83	1	47.83
17	Rich Carney	80.31	1	80.31	17	Olga Hnizdil	44.35	1	44.35
18	Nathan Brown	79.08	1	79.08	18	Hille Dais	40.87	1	40.87
19	Michael Heitz	77.85	1	77.85	19	Teresa Abbott	37.39	1	37.39
20	Adam Schlegel	76.62	1	76.62	20	Joy Knipps	33.91	1	33.91
21	Todd Matuszewicz	75.38	1	75.38	21	Patricia Crespi	30.43	1	30.43
22	Brad Labarry	74.15	1	74.15	22	Leslie Thompson	26.96	1	26.96
23	Scott McFarlane	72.92	1	72.92	23	Sheila Molde	23.48	1	23.48
24	Curtis Head	71.69	1	71.69					
25	David Hill	70.46	1	70.46					

Thank You January Volunteers!



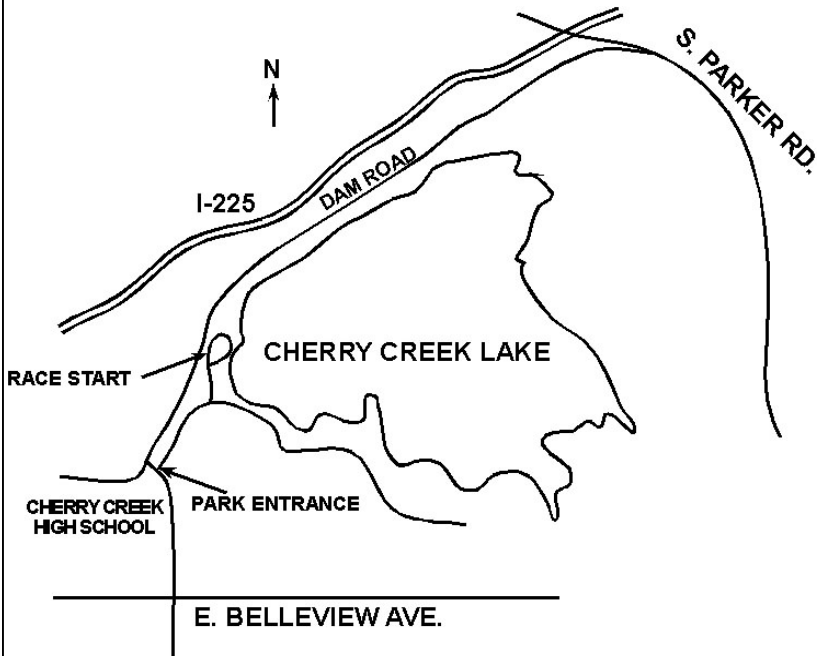
Membership is \$30 for individuals, \$40 for couples and families, and \$10 for volunteer members. (Note that the volunteer membership does not include entry into the monthly Trophy Series races.)

- Visit the web site (www.rmrr.org), click on the Club Info page, download an application and mail it in
- Log onto www.active.com and join online
- Pick up an application at local running stores includ-

ing Runner's Roost (Colorado Blvd, Parker Rd Aurora, Highlands Ranch), Boulder Running Company (Littleton, Boulder), Runner's Choice (Boulder)

- Call the RMRR office, 303-871-8366, leave a message with your name and address and we'll mail you an application

Run the February Trophy Series 7 mi
 Cherry Creek State Park
 Saturday, February 5, 9 a.m.



Directions:

From the north: I-25 to 1-225. Take the first exit, DTC Blvd/Tamarac Parkway. Follow the frontage road straight across DTC Blvd to Yosemite. Turn right.

At Union turn left, past the high school to Dam Road. Do not enter the Dam Road. Turn right at the light onto Dayton. Make quick left into the park. **DO NOT PAY FOR A PARKING PASS** Parking is paid for by the club. Continue about 1/2 mile into the park. Turn left into the first parking lot towards the boat ramp.

From the south: Take I-25 to Belleview. Go east to Yosemite and turn left. At Union turn right and follow the directions above...

From the east: Take 1-225 to Yosemite, turn left. At Union, turn left and follow the directions above...

Trophy Series Notes

The **Trophy Series (TS)** is a monthly race series featuring a handicap start and scoring system. Participants start at different times. In theory, everyone finishes together.

Start times are based on previous TS times. If this is your first TS race, we can use a recent 5k or 10k time to assign you a start time. Please arrive at least 15 min early for first time registration.

All TS races are open to the public. Entry fee is \$5 for non-members; free for members. **Race day registration only.** If you are a new club member, just show up. You don't need your membership card.

In order to ensure fairness to all runners at Trophy Series events, please adhere to the course as announced at the beginning of the race. Runners who go off course or do not complete the announced course will be disqualified and receive no points. You are responsible for starting at your assigned time.

A reminder to all Trophy Series participants: Unfortunately, our insurance does not cover dogs or baby strollers on the race course. Sorry!

Runners changing to walking and

These times are for informational purposes only. Actual start times may vary. All racers must be prepared to start at 9:00 am. Please do not start at other than your assigned start time without prior approval. No early start times allowed in races shorter than 4 miles.

vice versa **MUST** let us know at registration, before the race. This will affect the scoring. Check your race tag to make sure it is correct. An "R" on the label means runner and a "W" means walker. Walkers are expected to follow USATF

Sample 7 mi Start Times

HCP	Start
120	0:00
110	6:19
100	12:12
90	17:38
80	22:38
70	27:11
60	31:17
50	34:56
40	38:08
30	40:54

rules.

- 1) The weight-bearing leg must have a straight knee.
- 2) Ground contact must be maintained at all times




If you have any questions about these rules, feel free to ask the race director or an experienced race-walker.

Thanks for supporting RMRR

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 GREETING CARDS & NOVELTY GIFTS

FEBRUARY 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Washington Park Fun Run , 6:00 pm, South High Parking Lot (1)	2	3 Trail Run , 5:30 pm or 6:15 pm (2)	4	5 RMRR Trophy Series , 9:00 am, 7 mi, Cherry Creek State Park (3)
6 Frozen Foot 5K , 9:00 am, Folsom Stadium Boulder (4) Super Bowl 5K , 9:00 am, Washington Park, Denver (5)	7	8 Washington Park Fun Run , 6:00 pm, South High Park Lot (1)	9	10 Trail Run , 5:30 pm or 6:15 pm (2)	11	12 RMRR Training Run , 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1) 40 Furlongs 5 miler , 9:00 am, S. Suburban Tennis Center (6) 26th Winter Series – Race #3 , 10:00 am, 5K, 10K, Baptist Rd., CO. Springs (7)
13 Valentine's Day 5K , 9:00 am, Washington Park, Denver (5) Screamin' Snowman 5K/10K Snowshoe Race , 9:30 am, 5K, 10K, Eldora, Nederland (8)		15 Washington Park Fun Run , 6:00 pm, South High Park Lot (1)	16	17 Trail Run , 5:30 pm or 6:15 pm (2)	18	19 RMRR Training Run , 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1) Winter Trails Snowshoe Event , 10:00 am, Estes Park (9)
20 President's Day 5K , 9:00 am, Washington Park, Denver (5)	21	22 Washington Park Fun Run , 6:00 pm, South High Park Lot (1)	23	24 Trail Run , 5:30 pm or 6:15 pm (2)	25	26 RMRR Training Run , 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1) 26th Winter Series – Race #4 , 10:00 am, 10K, 20K, Wolford Elementary, CO. Springs (7) Evergreen Runner's Circle , 8:30 am, Evergreen, distances vary (10)
27 Echo Lake Snowshoe Race , 2 mi & 5 mi, (11)	28 RMRR Board Meeting , 7:00 pm (12)	(1) www.rmrr.org, also see Training – This Newsletter (2) groups.yahoo.com /group/denvertrailrunners, 303-282-3921 (3) www.rmrr.org, also see Race Schedules – This Newsletter (4) www.Colorado.edu/studentgroups/triteam, 720-308-4144 (5) www.bkbltd.com, 303-694-2030 (6) www.comastersrun.org, 303-791-3384 (7) www.pprun.org, 719-598-2953 (8) www.racingunderground.com, 303-642-7917 (9) www.esterparkresort.com, 800-ESTES-08 (10) www.geocities.com/Closseum/Lodge/7018 (every Sat) (11) www.runuphillracing.com, 303-870-0487 (12) www.rmrr.org, also see Minutes - This Newsletter				



2005 Total Volunteer Hours

Thanks to all our volunteers who give so generously of their time and talents.



Name	Hours	Name	Hours	Name	Hours
Jim Beebe	2.00	John Lyle	3.00	Ric Robinette	16.50
Lee Bengston	3.00	Tom Mates	3.00	Jim Romero	3.50
Kolene Brown	3.75	Leslie Mitchell	3.00	Adam Schlegel	10.00
James Chow	10.00	Jeffrey Olson	2.50	Douglas Smith	3.00
Deb Cunningham	8.50	John Pawlowski	3.00	Nancy Stone	3.00
Janet Fairs	1.00	Heather Reddy	9.00	Brian Struble	2.00
Bonnie Keefe	3.00	Sharyl Riley	3.50	Stephanie Struble	5.00
Brad Labarry	15.00	Michael Robbert	3.00	Carmen West	1.00

The Value of Your RMRR Membership

By Deb Cunningham

Did you know that your RMRR membership is worth \$140/year? That's a great return on the \$30/year cost of a single membership in RMRR.

It's a low-ball estimate for many members. We assumed you take advantage of the following:

-12 trophy series race entries at \$5/entry = \$60

-The 15% discount at our generous sponsors (Runner's Roost, Boulder Running Company, Two Feet To Go, Body Mecca and The Sporting Woman) is based on what you buy. Assuming you purchase two pair of shoes that cost \$80/pair, you'll save \$24.

-The club is providing for FREE a 1 Yr subscription to *Colorado Runner Magazine* for each member household. That's a \$15 value, not to mention, a year's subscription to *News on the Run*.

-Attending any of our races means you're eligible for the raffle. If you win twice, you'll win prizes worth \$20.

-Last, to advertise our wonderful club, we provide FREE singlets to anyone who has run 5 club races + 5 outside races. Value = \$20.

These items total \$139. You also benefit from reduced entry fees at the Marathon Training Series and the Jazz98 Labor Day Race in the City. RMRR members are also members of the Road Runners Club of America. And, you're eligible for a free dinner,

Road Runner Information Line (303) 871-8366

The Road Runner Information Line will be answered by club volunteers part-time. If no one is available, you will receive a recorded message regarding upcoming races, along with directions, if necessary. If you wish to be called back, leave your name and number.

If you change your address or phone number, please let us know so we can our records current. Third class mail is never forwarded and we know you wouldn't want to miss a single exciting issue of News on the Run.



The following RMRR members are celebrating February birthdays!

Sheila Molde	1	Tammy Bullock	18
Monica Turner	3	Kelly Reynoldson	18
Devin Croft	4	Lynne Hardy	19
Jason Grubb	4	Bonnie Keefe	19
Larry Hnizdil	5	James Paige	19
Rick Krebsbach	5	Leslee Supeschi	19
Susan McNamara	5	Joel Neymark	20
Ed Guiff	7	Peter Szymanski	20
John Hallez	7	Beckie Schleser	21
Kristin Prilipp	7	Steve Zemanick	21
Cathy Rosset	8	Scott Hinsch	22
Janice Finch	9	Patricia Martinez	22
Allen Torres	9	Trish Montano	22
Allen Griffiths	10	Stephanie Struble	23
Valerie Shockley	11	Kaitlin Zindel	23
Andrew Walz	11	Sharyn Gebott	24
Nick Benjamin	13	Chelsey Hood	24
George Hinkle	13	Kerry Bishop	25
Kolleen Quinn	13	Jennifer Grinspoon	25
Amy Welsh	13	Jan Hill	25
Robert Volzer	14	Micol Rothman	25
Gabe Neymark	15	Jerry Wischmeyer	26
Adrienne Ruhnaw	17	Suzanne Collyer	27
Debbie Singer	17	Mary Sietsma	27
Nicholas Zindel	17		

great gear awards, and free memberships if you volunteer.

The RMRR membership is even better this year with the addition of *Colorado Runner Magazine*. Now that you know just how much your RMRR membership is worth. Use those benefits!

Rocky Mountain Road Runners
537 East Mississippi Avenue
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