



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

## Member Profiles—Salim and Micol Rothman-Haji

By Mike Acosta

Colorado's scenery, climate, outdoor activities, and professional opportunities, have attracted many for the lifestyle it affords. So when choosing a place to live while pursuing advanced studies, Dr. Micol Rothman-Haji included Denver among her choices. She and husband, Salim, were looking for a chance to move away from the East Coast and Micol was looking for a medical school to pursue her specialist training. Salim and Micol Rothman-Haji have lived in some pretty popular and exotic areas so when they chose to make Colorado their home about one year and a half ago it was another big score for the state. Salim and Micol met while undergraduates at Brown University where they started running together in local races. Their running continued when they lived in the areas of Boston, Baltimore, and San Francisco. They spent a year in Tanzania where Salim taught business classes while on a Fulbright Scholarship and once again, running continued to be part of their lifestyle.

While living in Tanzania they ran with a "serious" local running club and also the "not-so-serious", world known Hash House Harriers. The serious running club held weekly 5K races on Saturday and the Harriers held their races during the week. For those who aren't familiar with the Hash House Harriers, they are an international running club that holds races which are a combination of scavenger hunts and beer tasting fests. The race course is marked with fake trails so the faster runners end up chasing up the wrong run and running about twice the distance that the slower runners do. Rather than water stations, they have beer stations. It's a different slant on the handicap system that the RMRR uses.

Salim and Micol, attacked Mt. Kilimanjaro for the 2003 inaugural Mt. Kilimanjaro Marathon, trying to keep pace with about 50 elite Kenyan and Tanzania runners on a course with the world famous mountain in the background. In addition to the Mt. Kilimanjaro Marathon they both have run the Big Sur and New York City Marathon. Micol also ran the inaugural Baltimore Marathon. While living in the Boston area they ran in the many local races offered but didn't get a chance to run the "Boston".

Micol is from New York City and came to Colorado to attend the CU



Medical School where she has a medical fellowship to pursue her specialty, endocrinology. She obtained her medical degree at Columbia University and continued on to do her residency at John Hopkins University. While in Tanzania she worked in a community hospital and taught medical school, picking up a little Swahili in her spare time. Micol continued her studies in the Bay Area doing medical research during which time Salim obtained his MBA from Stanford. She enjoys morning runs with her running companion, Max, a stray dog she came to own while living in Tanzania. She somehow came to own Max, it seems, because he came along with the house they rented. When she asked who the dog belonged to her neighbors replied, "You live in the house. He belongs to you!" Her favorite marathon is the Big Sur which she ran in 3:50 and now that she has done some high altitude training in Denver, is thinking of running a flat lands

*(Continued on page 7)*

## Thank you to the volunteers that make RMRR the great club it is!



Volunteers from the February Trophy Series Race



February Trophy Series Race Directors (L-R) Mike Blanchard, Dave Hill and Jan Hill

**2005 RMRR  
Executive Committee**

**President**  
Doug Smith

**Vice President/Secretary**  
Deb Cunningham

**Treasurer**  
Leslie Mitchell

**Race Committee Chairperson**  
Bonnie Keefe

**Membership**  
Kolene Brown

**Board Positions**  
**Board Members at Large**

Lee Bengston  
Mike Robbert  
Stephanie Struble

**Trophy Series Directors**  
Janet Fairs

**Volunteer Coordinator**  
Lisa Champeau

**Special Events**  
Betsy Lyle

**Communications**  
Michelle Evans  
John Pawlowski

**Computer**  
Brad Labarry

**Non-Board, Non-Voting Positions**  
**Quartermaster**  
John Lyle

**Newsletter** rmrnewsletter@yahoo.com  
John Pawlowski, Editor  
Jean Townsend  
Michelle Somers

**Web Team**  
Alan Reiley, Webmaster  
alan@coloradocomputerguy.com  
Jim Chow  
Deb Cunningham  
Jeff Olson

**Mechanic**  
Ken Applegate

**Telephone**  
Kolene Brown

**Training**  
Mike Robbert  
Scott Kukul

**Allied Clubs**  
Colorado Masters Racing Association  
President: Vici De Haan

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 February race at Cherry Creek State Park was very mild, a little wind, but nothing like 2 years ago. We

had a total of 107 runners and race walkers compared to 92 for last February's race at Cherry Creek State Park. Mike Blanchard and Dave & Jan Hill did a great job as Race Directors.

Lisa Champeau, formerly Lisa Giuliani, did a superb job in her first race as Volunteer Coordinator. Thanks again to Lee Bengston and Nancy Stone for helping Lisa get off to such a good start. My thanks to all the members who agreed to help with the Feb Trophy Series Race.

The date for the July race has been moved from July 2<sup>nd</sup> to July 9<sup>th</sup>. We still need Race Directors for several events including the KUVO Labor Day Race in the City on Labor Day. See the Race schedule in this issue for the openings. Contact Bonnie Keefe if you would be willing to direct one of the remaining races. 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 stepped up to direct a race.

The Web Team is off to a great start and hopefully things will run more smoothly going forward.

Each of the member households should be receiving the March/April issue of Colorado Runner Magazine. 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.

Starting with the next Board meeting on March 1<sup>st</sup>, the club will be meeting at the Communities Room at the Wild Oats location on Washington Street. Starting with this meeting, we will meet at this location the first Tuesday of each month. Anyone wishing to attend is welcome. The meetings are from 7-9pm. The use of the Wild Oats location is in exchange for Wild Oats use of advertising space in News on the Run, the club's monthly newsletter.

May the great running weather continue!  
Doug Smith

**Volunteer of the Month - Kolene Brown**

*By John Pawlowski*

Those of you with good memories might recall that Kolene was Volunteer of the Month around this same time last year. You may also recall that this is the same picture as last year. Kolene is shown here with her dog Ayla, who has since passed away and Kolene wanted to use this picture again, in memory of Ayla.

Kolene was nominated volunteer of the month for her hard work of arranging the purchase and embroidery of the clothing awards given to volunteers and race directors at the RMRR annual awards banquet. Kolene works for Ouray Sportswear and has taken on the role as liaison between RMRR and Ouray to coordinate all of the ordering of different sizes and colors of apparel and getting them done in time for the banquet. And with many last minute requests for color changes, this was not a small feat!

Kolene is also active on the Board as Membership Chairperson and is responsible for sending out all of the membership letters and cards.

A very active runner in the past, Kolene will be participating more as a non-running volunteer this year. She suffered an Achilles tendon injury last year that she is now allowing to heal. However, that injury did not stop her from running last year's Pikes Peak Ascent, Vail half-marathon, Vail 10k at 10,000 feet, Rim Rock Run, and being part of the Trophy Wives team for the Colorado relay and KUVO Labor Day race. She not only competed in many events last year, but also excelled by finishing 3rd in the female scratch scoring in the RMRR Trophy Series, and also finished 3rd in her age group in the Triple Crown of Running race series that included the Garden of the Gods 10 mi, Summer Roundup Trail Run 12k, and Pikes Peak Ascent.

Although Kolene is taking a break from her running, she isn't sitting still. She is now spending her weekends mountain biking, often with her good friend and co-worker, Brad Labarry. One of her favorite mountain biking trails is Gashouse Gulch trail near Pine.

Thank you Kolene for all you've done for RMRR and best wishes for a quick recovery. We hope to see running again soon!



Kolene and Ayla

**Important Racing Dates to Remember**

Sunday, March 6, 9 a.m. March Trophy Series Race

Saturday, March 19, 9 a.m. Colorado Master's Running Association Spring Spring 10k/5k R/W, Twin Lakes Park, 303-282-7521.

## Running Well

Peter Szymanski, PT, IOC, CFMT & Karen Voss Szymanski, MS, OTR, SIPT, IMC

Start your running season by preparing your body for training. Now is the time to put together a routine of activities, exercises, and stretches for body flexibility and stability to prepare you for the rigor of another running season. Here are some suggestions that are safe and relatively easy to put into your daily routine whether or not you are running that day. Get into the habit of doing upper and lower body stretches throughout the day.

- *Quadriceps, hip flexors, & hamstring stretches.* You can do this the traditional way of "taking time out of your day" to standing on one leg and with your hand pull your foot towards your bottom bending your knee (be sure to keep your leg under you and not out to the side and don't let your low back arch) and bend over to touch your toes ever attempting to stretch the hamstrings.
- Or you can do this easily while talking on the phone: simply stand up and put the top of your forefoot on the chair (with knee pointing down & back to chair) and lower your body until you feel a stretch; next put your heel on the chair and lengthen the hamstrings and adductors. Doing this every time you talk on the phone instead of just before running or after a 10 minute warm-up would result in better preparedness prior to running.
- *Upper body.* Stretch the upper and middle chest muscles, the pectoralis major and minor for greater flexibility and chest expansion during your run. Do this by placing your forearms on a door frame or corner wall, contract the muscles by "intending" to push the wall down, relax the muscles then allow your trunk to slowly move forward while maintaining your forearm contact on the doorframe. Take a slow deep breath to relax your shoulders increasing the stretch. Be sure not to rotate your body or arch your back. Do this one throughout your day each time you linger near a door frame or corner wall.

This is very practical advice but as George Sheehan said in *Running & Being*: "I am a runner. When something clearly becomes essential, there is no problem accepting it and whatever went with it". Instead of the kind of day you have being the kind of run you achieve; make your day carry over into your run you want.

*Peter Szymanski has been a physical therapist since 1984. He has earned the Integrated Orthopedic Certification and Certified Functional Manual Therapist designations, and has completed more than 20 marathons.*

*Karen Voss has studied human movement and development with adult and pediatric clients since 1987. She has completed more than 16 marathons. Peter and Karen are in private practice in Denver at 2727 Bryant St., Suite 540, 80211. You can contact them at 303-458-9660 or email peterkaren-catalyst@msn.com.*

## 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](http://www.rmrr.org) for updated information or to volunteer to help!

Date	Time	Distance	Location	Race Director
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	Jeff Olson and Michael Heitz
Sat 6/4/05	8am	2.4mi Trophy Series	City Park	Stephanie and Brian Struble
<b>Sat 7/9/05</b>	<b>8am</b>	<b>2mi Trophy Series</b>	<b>Bible Park (Brunch)</b>	<b>Doug Smith &amp; Carmen West</b>
Sun 7/17/05	7am	10mi Marathon Training Series	Waterton Canyon	Janet Fairs and Howard Kumpf
Fri 8/5/05	6:30pm	5k Trophy Series	DeKoevend Park (BBQ)	Teresa Abbot
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*	Kolene Brown and Brad Labarry
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	Bonnie Keefe
Sun 9/18/05	7am	20mi Marathon Training Run	Waterton Canyon*	Open
Sat 10/1/05	9am	8mi Trophy Series	Chatfield State Park	John Bullock
Sun 11/6/05	9am	10mi Trophy Series	Waterton Canyon*	Mike and Kasey Robbert
Sun 12/4/05	9am	4.4mi Trophy Series	Washington Park	Jim Chow and Heather Reddy

\* By permit of the US Forest Service

**Please Note New Date for July Trophy Series Race—Now on Saturday, July 9**

## Hera Multisport Joins RMRR to Cross-promote Activities

Hera Multisport of Colorado was established to encourage women to acknowledge their needs and honor their commitments by setting goals and attacking new challenges. The mission is to build a community that provides information, support, encouragement and education to female athletes of all abilities.

The website, [www.heramultisport.com](http://www.heramultisport.com), is the vehicle that brings women together to focus on staying fit in a way that is achievable by providing the tools to make it believable. Visit the website, become a registered user at no cost and start taking advantage of the links, calendar and forum features.

## 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](mailto: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](mailto:drhaney@peoplepc.com); Devin Croft (303) 978-9342, [dctrainer@comcast.net](mailto: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

Attendees: John Lyle, Mike Robbert, Leslie Mitchell, Stephanie Struble, Mike Blanchard, Deb Cunningham, Jim Chow.

### Increasing Participation:

Mike Robbert/Deb C ideas.

- info tent in wash park 1 or 2 times during the summer 6-8pm. Denver fit – they have training runs in Wash Park @ winken, blinken & nod statue. They start in April and aim for a fall marathon. Different training groups for different paces. Leslie knows some of these folks. Leslie will ask Denver fit about RMRR coming out.
- Call 5 members we haven't seen each month to invite them to the next TS. Mike would like to ask a 3-5 question survey to the members we call. He'll prepare two surveys for next mtg (current members, new members). Betsy & Deb will call current members.
- Call new members – why join? Do they know about the next race? (Mike & Kolene call and ask survey questions.)
- Bolder Boulder qualifier. If Bonnie Keefe will do it, proceed. If not, skip it this year.
- Publicize the kids races - maybe get some better prizes. (Lukewarm on this – who are we aiming at, do we get more participation? => Needs further discussion at next board mtg. Maybe hold the kids race on the potluck & brunch?)
- Potluck and Brunch promoted to members. Brunch – change it to a pancake breakfast to make it more memorable? Right now it's too similar to the std run. For the pancake breakfast, someone would bring their grill and put the griddle attachment on to cook on race morning. Recruit HS runners during summer months. Free entry or \$1 to HS runners. July & August race. John Lyle will talk to Ric Robinette. Deb to talk to Bill Stahl.

### Visibility:

- Website issues and the need for a Web Team? List of site edits – Jim Chow/Alan Reiley. Jim would like to split up the duties. CMS idea to update site is not going to work. Jim will work with Lisa on the volunteer pages. Picture reformatting with Jeff Olson – Jim will discuss w/ Jeff.
- Hera Multisport – cross promoting events on websites/calendars – Doug/Deb. No update other than exchanging links and calendar dates.
- RMRR logo on van, since it's now being parked at Wild Oats on Washington St. Zero support for painting the logo on the van.
- 501(c)(3) grants – Qwest example. RMRR Non-Profit # is 98-03721 (Jim Chow). Jim's idea = develop a program to use the \$ for. Proposal = Funding for entries for local races. Jim will write an article for the next

newsletter (if he has time!).

- Moving comfort grant – Deb will follow-up w/ Doug on meeting with Runner's Roost.

### Increasing Membership Value:

Investigate making the newsletter color (Deb to follow-up w/ John P.) Colorado Runner has family addresses for next mailing

### Volunteer Issues:

1. Volunteer of the Month. Nominations = Kolene Brown for volunteer & RD awards.

### Operational Items:

- Eblast w/ directions because the newsletter is late. (Michelle)
- TS race. Mike Blanchard feels good about the course. Friday, they'll load the van w/ Bonnie & Doug. Dave Hill will call running vols, Mike will call non-running.
- Minutes from last mtg were approved.
- Jim Chow will call John P about the format of results for web page.
- Also, we are going to need a new newsletter calendar person. Basically, Jean Townsend has been doing it for awhile and is ready to pass on the torch, can explain more later in person. But she's agreed to continue until we find a replacement. Stephanie Struble is interested in taking this over.
- Treasurer's Report – Leslie has now got a way to account for the cash box. RD's have to fill in the cash in/cash out report. Space Age \$ were low \$230. January outflows high because of volunteer banquet and awards. \$34,000 in the club's MMF.
- Replace Van window – \$169. Yes. It's a safety issue & a potential ticket if the driver is stopped. John & Betsy Lyle will get windshield replaced.
- Van parking – Wild Oats. Next mtg will be at Wild Oats.
- Denver Lutheran track, RMRR track workouts. Issues w/ timing the race using bar code reader? Assuming you don't have too many race day registrants, they would have to be in the database before the finish of the race, but I would suggest getting them entered into the database before the race started.
- July TS. Now on July 2 = holiday weekend. Move to Saturday, July 9 (one day before Summer Round-up). Yes, if the permit can be changed to July 9, we'll move the race to that date. (Doug check w/ Janet Fairs.)

Next meeting, Tuesday, March 1 at Wild Oats Community Room.

## Racing in Other Places

*By Chris Vanoni*

### LAFAYETTE OATMEAL FESTIVAL 5K RUN/WALK

January 8, 2005 Lafayette, CO

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace
ROSS WESTLEY	68	M	68.	54th	60-69	1st	22:59	7:24
PAT MIDDLETON	52	F	255.	86th	50-59	6th	29:27	9:29
BONNIE DORAN	53	F	625.	331st	50-59	45th	46:00	14:49
SHARYL RILEY	55	F	680.	372nd	50-59	58th	48:46	15:42



### TURQUOISE LAKE 20 MILE SNOWSHOE RUN

January 8, 2005 Leadville, CO

Name	Age	Gen	PI	Time
ADAM FEERST	44	M	6	4:28:00



### CMRA LAKE ARBOR 5K

January 8, 2005

Name	Age	Gen	PI	Time
JAY TRUJILLO	46	M	6	21:34
SCOTT MCFARLANE	53	M	12	23:12
MITCH CHESBRO	46	M	16	24:00
TODD DUNNING	40	M	19	24:48
KIM MASSEY	46	F	22	25:36
JERRY O'DONNELL	58	M	27	26:47
JIM ROMERO	64	M	29	27:13
RAY GRUNDMEYER	66	M	30	27:19
CAROL JOHNSON	50	F	33	28:25
DAVE BLACK	53	M	43	33:00
PENELOPE O'DONNELL	55	F	46	34:19
DENNIS VELENCHENKO	58	M	48	39:00

### P.F. CHANG'S ROCK 'N' ROLL ARIZONA MARATHON/HALF-MARATHON

January 9, 2005 Phoenix, AZ

Name	Age	Gen	PI	GenPI	Div	DivPI	Event	Pace	GunTime	ChipTime
EDWARD KING	52	M	760	579	M_50-54	34	Half Marathon	7:51	1:43:14	1:42:54
ED GREEN	55	M	1837	1239	M_55-59	47	Half Marathon	8:38	1:54:50	1:53:03
ANTHONY RODRIGUEZ	36	M	2506	1612	M_35-39	274	Half Marathon	8:57	2:02:16	1:57:12
JOHN CLINTON	46	M	8596	4081	M_45-49	542	Half Marathon	11:21	2:32:44	2:28:41
SHARON MARTINEZ	43	F	12285	7188	F_40-44	1149	Half Marathon	14:11	3:14:07	3:05:48
ROBILYN WOOD	33	F	12286	7189	F_30-34	1367	Half Marathon	14:11	3:14:07	3:05:49
LARRY STELLER	37	M	190	175	M_35-39	33	Marathon	7:22	3:13:27	3:13:07
JOHN KRATZ	47	M	465	403	M_45-49	53	Marathon	8:00	3:30:07	3:29:28
BILL MICHAELS	52	M	3023	2027	M_50-54	181	Marathon	10:10	4:26:30	4:26:17
MANDIE HAGGERTY	25	F	3504	1226	F_25-29	217	Marathon	10:30	4:37:46	4:35:09
ROSS KINNEY	47	M	4545	2772	M_45-49	390	Marathon	11:21	5:00:16	4:57:12
DARREN ROWLEY	37	M	4830	2909	M_35-39	590	Marathon	11:35	5:04:01	5:03:30
KRISTIN LIND	35	F	4831	1922	F_35-39	403	Marathon	11:35	5:04:01	5:03:30
SUE KINNEY	42	F	6382	2823	F_40-44	467	Marathon	14:06	6:14:51	6:09:19

### WALT DISNEY MARATHON/HALF-MARATHON

January 9, 2005 Orlando, FL

Name	Age	Gender	Place	GunTime	ChipTime	Pace	Event
DEREK GRIFFITHS	29	M	308	1:44:00	1:43:57	7:56.3	H
LONNIE SOMERS	30	M	454	3:39:46	3:39:05	8:23.3	M
MICHELLE SOMERS	30	F	457	3:39:53	3:39:11	8:23.5	M



**More Racing in Other Places**

**THE SWIFT SKEDADDLE 4K & 10K SNOWSHOE RACE**

January 15, 2005 Silverthorne, CO

Name	Age	Gen	PI	Time	Event
DEREK GRIFFITHS	29	M	5	35:30	4K
RICK VOORHEES	52	M	13	39:18	4K
MARTIN PAHL	43	M	6	1:14:50	10K
KAREN VOSS	39	F	29	1:21:24	10K
SCOTT SWANEY	36	M	51	1:33:42	10K
KEN SIMONS	67	M	63	1:37:58	10K
ED GREEN	55	M	68	1:39:19	10K
BILL MOYLE	65	M	78	1:49:21	10K
LEE BENGSTON	67	M	97	2:09:02	10K

**CHILLY CHEEKS DUATHLON #2**

January 16, 2005 Cherry Creek State Park

2 Mile Packed-Snow Trail Run  
3.5 Mile Bike  
2 Mile Packed-Snow Trail Run  
7 Mile Bike  
50 Meter Run

Name	Age	Gen	PI	Time
STEVEN PACHECO	40	M	23	1:08:05
RICK EDRICH	44	M	39	1:11:39
BRETT ALLENDORF	36	M	86	1:31:18

**RUN FOR THE DREAM 5K RUN/WALK**

January 15, 2005 Aurora, CO.



Name	OAPI	Gen	GenPI	Age	DivPI	Time	Pace	Event
AARON RUHNOW	8/63	M	8/43	33	1	19:39	6:20	Run
CRAIG EWING	14/63	M	14/43	52	3	21:27	6:55	Run
ROSS WESTLEY	15/63	M	15/43	68	1	21:56	7:04	Run
MITCH CHESBRO	18/63	M	18/43	46	3	23:07	7:27	Run
KELLY REYNOLDSON	19/63	F	1/20	33	1	23:10	7:28	Run
JIM ROMERO	25/63	M	23/43	64	1	26:08	8:25	Run
GREGORY SIDES	40/63	M	32/43	59	3	31:41	10:12	Run
JIM BRONSTINE	61/63	M	42/43	63	4	57:15	18:26	Run
KENDALL RUHNOW	62/63	F	20/20	6	1	57:50	18:37	Run
MICHAEL BLANCHARD		M		43	1	28:16	9:06	Walk

**THE BEST CROSS-COUNTRY RACE ON THE PLANET 4 MILE**

January 22, 2005 Harlow Platts Park, Boulder

Name	Age	Gen	GenPI	Div	DivPI	Time	Pace
MICHAEL COLLYER	33	M	38.	30-34	7th	25:41	6:26
KEN SIMONS	67	M	81.	65-69	2nd	35:30	8:53

**ACG/PEDAL POWER SNOWSHOE 9 MILER**

January 22, 2005

Name	GenPI	Time	Gen
BILL MOYLE	22.	2:38:58	M
ED GREEN	23.	2:39:44	M

**POLAR BEAR 5K**

January 23, 2005 Washington Park



Name	Age	Gen	GenPI	DivPI	Time	Pace	Event
ANGELA ANDERSON	24	F	4	2/55	21:29	6:55	Run
BETHANIE WERNER	28	F	6	3/55	21:55	7:04	Run
MARK STEVENS	46	M	31	5/34	22:02	7:06	Run
TODD DUNNING	40	M	45	11/34	23:58	7:43	Run
MITCH CHESBRO	46	M	47	12/34	24:07	7:46	Run
LESLIE MITCHELL	43	F	17	3/26	24:15	7:49	Run
SHEILA HAGGERTY	41	F	23	5/26	25:03	8:04	Run
ROBILYN WOOD	33	F	120	30/46	33:56	10:56	Run
SHARON MARTINEZ	43	F	141	20/26	35:35	11:28	Run
SHARYL RILEY	55	F	179	11/11	47:40	15:21	Run
MICHAEL BLANCHARD	43	M	1		27:33	8:53	Walk
JIM BRONSTINE	99	M	14		56:58	18:21	Walk

**MIAMI INTERNATIONAL MARATHON/HALF-MARATHON**

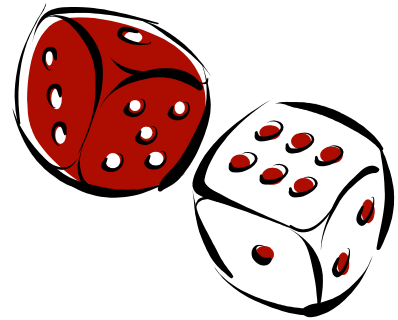
January 30, 2005 Miami, FL

Name	Gen	OAPI	GunTime	Chiptime	Event
ROBERT TAFELSKI	M	450	1:44:43	1:44:11	Half

## And Even More Racing in Other Places

### HALF SHELL 1/2 MARATHON

January 30, 2005 Key West, FL



GenPI	Name	Gen	Age	DivPI	Time	Pace
51	JIM ROMERO	M	64	2	1:45:16	8:02
9	BONNIE KEEFE	F	39	2	1:45:59	8:05
122	DOUG SMITH	M	55	8	1:58:23	9:02
136	JERRY O'DONNELL	M	58	10	2:00:32	9:12
57	CARMEN WEST	F	53	6	2:04:17	9:29
156	MICHAEL VANONI	M	56	15	2:05:58	9:37
75	CHRISTINE VANONI	F	53	9	2:10:14	9:56
116	PENELOPE O'DONNELL	F	55	4	2:29:15	11:24



### LAS VEGAS MARATHON/HALF MARATHON

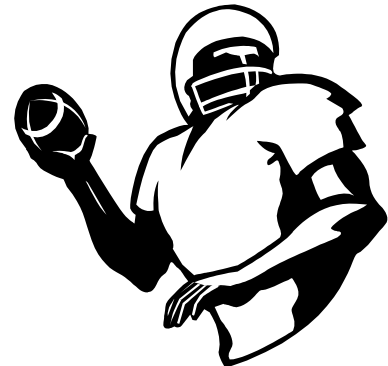
January 30, 2005 Las Vegas, NV

Name	Div	Gen	OAPI	GunTime	ChipTime	DivPI	Event
SCOTT HOFTIEZER	M3034	M	774	1:50:49	1:49:43	84/217	Half
MARY MORRISON	F3539	F	1203	1:58:53	1:57:46	76/288	Half
NANCY WAGGONER	F4044	F	1726	2:10:37	2:07:37	96/268	Half
CLYDE WAGGONER	M4549	M	1728	2:10:37	2:07:37	155/224	Half
SALLY ALDERWICK	F4549	F	952	4:08:44	4:07:23	23/99	Marathon
JAMES CHOW	M4549	M	1093	4:16:34	4:14:46	166/278	Marathon

### SUPER BOWL 5K

February 6, 2005 Washington Park

Name	Age	Gen	GenPI	DivPI	Time	Pace	Event
DEREK GRIFFITHS	29	M	5	1/11	18:38	6:00	Run
EDWARD KING	52	M	38	4/19	24:28	7:53	Run
ROSS KINNEY	47	M	72	13/24	27:18	8:48	Run
JOHN HALLEZ	52	M	90	15/19	30:49	9:56	Run
ROBILYN WOOD	33	F	77	31/45	33:07	10:40	Run
SHARON MARTINEZ	43	F	89	14/22	34:58	11:16	Run
GREGORY SIDES	59	M	101	17/19	35:12	11:20	Run
SHARYL RILEY	55	F	130	18/18	47:05	15:10	Run
MICHAEL BLANCHARD		M	1		28:27	9:10	Walk
JAN HALLEZ		F	3		37:14	11:59	Walk
SHEILA MOLDE		F	9		41:43	13:26	Walk



### FRISCO GOLD RUSH 10K SNOWSHOE

February 5, 2005 Frisco Nordic Center

Name	Age	Gen	PI	GenPI	Div	DivPI	Time
MARTIN PAHL	43	M	9.	9th	40-49	3rd	50:53
ADAM FEERST	44	M	18.	16th	40-49	6th	57:55

## Member Profiles

(Continued from page 1)

race, perhaps the Marine Corp Marathon in the fall.

Salim grew up in Tanzania and Washington D.C. In addition to English, and Swahili, Salim speaks French (his mother is French). The year that he spent teaching in Tanzania was at the Institute of Finance Management in Dar es Salaam, the largest city in Tanzania and located on the coast of the Indian Ocean. He works as a business consultant and this March will join the DU Daniels School of Business as an adjunct professor. Salim also is a free lance writer for the Motley Fool. He prefers running in the afternoons, but because of his work and business travel, sometimes finds it difficult to fit in as much running as he would like. When hes not traveling he rides his bike to work which helps him train for triathlons. He completed the Maryland Half Ironman in 4:45 hours. Last year he participated in the "Ride the Rockies" which he enjoyed so much he's going to do it again this year. Like Micol, Salim also enjoys skiing and snowshoeing.

Even though their running paces differ, Micol and Salim enjoy running together when their busy schedules allow. Two of their favorite running spots are Highline Canal and Waterton Canon. Both enjoy the Trophy Series races and the camaraderie that the club offers. Salim expresses his fondness for RMRR as, he's "super happy" with the club.

## February Trophy Series

Beautiful February weather greeted the racers for the 7 mile February Trophy Series race at Cherry Creek State Park on Saturday, February 5.

In a strong family finish, Chris Vanoni took top honors in Trophy Series scoring with Mike Vanoni in fourth place. Charles Scheibe and Christopher O'Brian took 2nd and 3rd places. Sheila Molde, who joined the club in January, took top honors in the race-walker category, with Jan Hill and Ed Guiff rounding out 2nd and 3rd places.

Top honors in the male scratch category go to Jason Saitta who finished with a time of 41:42, edging out Tim Gentry who finished 2nd with a time of 42:36. Karen Voss repeated as fast female with a time of 50:16, with new racer Rachel Foss taking second with a time of 50:36. The March Trophy Series Race will be a 3 miler held on Sunday, March 6 at Crown Hill Park.

Times to beat at the Crown Hill Park race are:

15:43 R	Richard Ames (March 1994)
19:40 R	Erin Kaspar (Mar 2004)
23:54 W	Mike Blanchard (Mar 1995)

## ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

### February, 2005 7 mi Cherry Creek State Park

-----TIMES-----                      ---HANDICAP---                      -----POINTS-----

PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND		TS	SCRATCH	#	
							PLACE	NEW				
1	Vanoni, Chris	53	0:00	1:08:12	1:08:12	9:45	16	102	120	100.00	55.56	1
2	Scheibe, Charles	50	9:55	1:01:44	1:11:39	8:49	43	91	104	98.90	45.81	2
3	O'Brian, Christopher	40	17:39	0:56:15	1:13:54	8:02	29	80	90	97.81	63.87	2
4	Vanoni, Mike	56	11:39	1:02:42	1:14:21	8:57	47	92	101	96.71	40.65	1
5	Abbott, Teresa	43	-4:42	1:19:11	1:14:29	11:19	25	120	127	95.62	28.89	2
6	Brown, Nathan	25	25:25	0:49:13	1:14:38	7:02	14	64	74	94.52	83.23	2
7	Arman, Jesse	54	6:20	1:08:27	1:14:47	9:47	57	103	110	93.42	27.74	2
8	Matuszewicz, Todd	41	24:03	0:50:49	1:14:52	7:16	16	68	77	92.33	80.65	2
9	Chow, James	48	15:32	0:59:57	1:15:29	8:34	41	87	94	91.23	48.39	2
10	Hendrickson, Haynes	31	19:11	0:56:20	1:15:31	8:03	30	80	87	90.14	62.58	2
11	Mayhew, David	36	17:39	0:58:02	1:15:41	8:17	37	83	90	89.04	53.55	2
12	Withrow, Renee	47	6:56	1:09:10	1:16:06	9:53	17	104	109	87.95	52.59	2
13	O'Brian, Momoko	39	9:19	1:07:13	1:16:32	9:36	15	101	105	86.85	58.52	2
14	Schultz, Bodo	56	3:51	1:12:42	1:16:33	10:23	60	110	114	85.75	23.87	2
15	Stevens, Mark		19:11	0:57:33	1:16:44	8:13	34	82	87	84.66	57.42	2
16	Gentry, Tim	42	34:15	0:42:36	1:16:51	6:05	2	45	52	83.56	98.71	2
17	Schlegel, Adam		24:58	0:51:54	1:16:52	7:25	18	70	75	82.47	78.06	2
18	Acosta, Michael	56	14:26	1:02:36	1:17:02	8:57	46	92	96	81.37	41.94	2
19	Johnson, Mark	47	15:32	1:01:49	1:17:21	8:50	44	91	94	80.27	44.52	2
20	Croft, Devin	52	33:10	0:44:16	1:17:26	6:19	3	50	55	79.18	97.42	2
21	Voss, Karen	39	27:11	0:50:16	1:17:27	7:11	1	66	70	78.08	100.00	2
22	Rothenburger, David	36	33:10	0:44:18	1:17:28	6:20	4	51	55	76.99	96.13	2
23	Anderson, Angela	24	26:45	0:50:55	1:17:40	7:16	3	68	71	75.89	94.07	1
24	Evans, Michelle	38	14:59	1:02:45	1:17:44	8:58	10	93	95	74.79	73.33	2
25	Pawlowski, John	44	13:20	1:04:27	1:17:47	9:12	49	96	98	73.70	38.06	1
26	Basse, Bob	50	31:40	0:46:10	1:17:50	6:36	9	56	59	72.60	89.68	2
27	Smith, Douglas	55	18:41	0:59:11	1:17:52	8:27	39	86	88	71.51	50.97	2
28	Nickels, Allan	67	19:42	0:58:22	1:18:04	8:20	38	84	86	70.41	52.26	1
29	McFarlane, Scott	53	24:03	0:54:02	1:18:05	7:43	22	75	77	69.32	72.90	2
30	Knipps, Joy	47	-8:11	1:26:16	1:18:05	12:19	26	131	132	68.22	25.93	2
31	Nosan, Marla	42	17:07	1:01:01	1:18:08	8:43	8	89	91	67.12	79.26	1
32	Trujillo, Jay	46	24:31	0:53:38	1:18:09	7:40	21	74	76	66.03	74.19	2
33	Edrich, Rick	44	32:26	0:45:45	1:18:11	6:32	6	55	57	64.93	93.55	2
34	Werner, Bethanie	28	25:52	0:52:29	1:18:21	7:30	5	71	73	63.84	88.15	2
35	Head, Curtis	51	22:10	0:56:25	1:18:35	8:04	31	80	81	62.74	61.29	2
36	Robinette, Ric	52	28:53	0:49:43	1:18:36	7:06	15	65	66	61.64	81.94	2
37	Bullock, John H. Jr.	43	32:03	0:46:34	1:18:37	6:39	10	57	58	60.55	88.39	2
38	Benjamin, Nick	29	9:19	1:09:22	1:18:41	9:55	59	104	105	59.45	25.16	2
39	Chesbro, Mitch	46	21:11	0:57:31	1:18:42	8:13	33	82	83	58.36	58.71	2
40	Collyer, Michael	33	32:48	0:45:56	1:18:44	6:34	7	55	56	57.26	92.26	2
41	Heitz, Michael	52	26:19	0:52:30	1:18:49	7:30	19	71	72	56.16	76.77	2

**TROPHY SERIES RESULTS CONTINUED**

PLACE	NAME	AGE	-----TIMES-----			---HANDICAP---			-----POINTS-----			#
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	
42	Robbert, Michael	29	32:48	0:46:06	1:18:54	6:35	8	56	56	55.07	90.97	2
43	Olson, Jeffrey	45	23:35	0:55:23	1:18:58	7:55	26	78	78	53.97	67.74	2
44	Grundmeyer, Ray	67	15:32	1:03:28	1:19:00	9:04	48	94	94	52.88	39.35	2
45	Cunningham, Deb	43	27:11	0:51:57	1:19:08	7:25	4	70	70	51.78	91.11	2
46	Allendorf, Brett	36	24:03	0:55:15	1:19:18	7:54	25	78	77	49.59	69.03	2
47	Kukel, Scott	31	34:36	0:44:42	1:19:18	6:23	5	52	51	50.68	94.84	2
48	Lee, Adam	32	21:41	0:57:39	1:19:20	8:14	35	83	82	48.49	56.13	2
49	Struble, Brian	37	26:45	0:52:37	1:19:22	7:31	20	72	71	47.40	75.48	2
50	Ruhnow, Aaron	33	31:40	0:47:47	1:19:27	6:50	11	60	59	46.30	87.10	1
51	Friedmann, Rich	68	12:13	1:07:22	1:19:35	9:37	56	101	100	45.21	29.03	1
52	Kumpf, Howard	63	13:20	1:06:16	1:19:36	9:28	52	99	98	44.11	34.19	2
53	Benedict, David	32	28:53	0:50:56	1:19:49	7:17	17	67	66	43.01	79.35	2
54	Beebe, Kerry	50	8:44	1:11:08	1:19:52	10:10	19	107	106	41.92	46.67	2
55	Mitchell, Leslie	43	23:07	0:56:47	1:19:54	8:07	7	81	79	40.82	82.22	1
56	Dunning, Todd	40	22:10	0:57:45	1:19:55	8:15	36	82	81	39.73	54.84	2
57	Hnizdil, Olga	60	4:29	1:15:31	1:20:00	10:47	23	114	113	38.63	34.81	2
58	Saitta, Jason	27	38:27	0:41:42	1:20:09	5:57	1	43	39	37.53	100.00	1
59	Keefe, Bonnie	40	24:31	0:55:39	1:20:10	7:57	6	77	76	36.44	85.19	2
60	Pahl, Martin	43	32:03	0:48:13	1:20:16	6:53	12	60	58	35.34	85.81	1
61	Reddy, Heather	35	5:06	1:15:23	1:20:29	10:46	22	113	112	34.25	37.78	2
62	West, Carmen	53	18:41	1:01:52	1:20:33	8:50	9	89	88	33.15	76.30	2
63	Rundle, Paul	40	14:26	1:06:31	1:20:57	9:30	55	99	96	32.05	30.32	1
64	Struble, Stephanie	38	17:39	1:03:46	1:21:25	9:07	11	91	90	30.96	70.37	2
65	Mudron, Larry	62	20:12	1:01:33	1:21:45	8:48	42	89	85	29.86	47.10	1
66	Black, Dave	53	-4:01	1:25:54	1:21:53	12:16	62	129	126	28.77	21.29	1
67	Thompson, Leslie	48	-4:01	1:26:28	1:22:27	12:21	27	127	126	27.67	22.96	2
68	Finch, Jack	54	17:07	1:05:32	1:22:39	9:22	50	93	91	26.58	36.77	1
69	Labarry, Brad	31	28:02	0:55:08	1:23:10	7:53	24	69	68	25.48	70.32	2
70	Bearss, Joseph	34	17:07	1:06:28	1:23:35	9:30	54	93	91	24.38	31.61	1
71	Feerst, Adam	44	35:17	0:48:24	1:23:41	6:55	13	50	49	23.29	84.52	2
72	Champeau, Lisa	35	21:11	1:05:43	1:26:54	9:23	13	89	83	22.19	64.44	1
73	Knipps, Mike	52	19:11	1:08:42	1:27:53	9:49	58	88	87	21.10	26.45	2

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

**Next Newsletter Deadline, Friday March 11**

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, March 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](mailto:rmrrnewsletter@yahoo.com).

**Welcome New Members!**

Jim Albertz  
Mark Ballard  
Monica Brisnehan  
Cynthia Chow  
Rebecca Dittmer  
David Garret

Kevin Glodava  
Joe Gormby  
James Grant  
Dana Hamamura  
Justin Little  
Alan Lodge

Donna Lynch  
Danielle Meunier  
Craig Pelz  
Mary Pitz  
Patricia Saitta Saitta  
Nadene Tanis

Brooke Thurman  
Garland Thurman  
Patti Thurman  
Tyler Thurman  
Jane Whiteley

**RMRR RACEWALKERS, FEBRUARY 2005 TROPHY SERIES 7 mi**

Place	NAME	AGE	-----TIMES-----				---HANDICAP---		TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD		
1	Molde, Sheila	50	-25:39	1:33:53	1:08:14	13:25	141	155	100.00	2
2	Hill, Jan	47	-3:20	1:18:10	1:14:50	11:10	119	125	84.00	2
3	Guiff, Ed	61	-4:42	1:21:12	1:16:30	11:36	123	127	68.00	2
4	Blanchard, Michael	43	11:04	1:05:50	1:16:54	9:24	98	102	52.00	2
5	Hallez, Jan	50	-7:29	1:30:25	1:22:56	12:55	132	131	36.00	2



Racewalk Winners L-R: Jan Hill, Ed Guiff, Mike Blanchard



Fastest Runners Jason Saitta and Karen Voss

**RACEWALKER OVERALL STANDINGS**

Pl	Name	Gen	Total Points	#	Ave Points
1	Jan Hill	F	168	2	84
2	Sheila Molde	F	160	2	80
3	Michael Blanchard	M	152	2	76
4	Ed Guiff	M	136	2	68
5	Jan Hallez	F	88	2	44
6	John Lyle	M	36	1	36



Trophy Series Winners (L-R) Back Row: Charles Scheibe, Jesse Arman, Jim Chow, Haynes Hendrickson. Front Row: Dave Mayhew, Renee Withrow, Teresa Abbot, and Mark Stevens.

**RMRR NEW RACERS, FEBRUARY 2005 TROPHY SERIES 7 mi**

R/W	NAME	AGE	-----TIMES-----				PACE	---HANDICAP---		---POINTS---	
			START	ACT'L	FINISH	GEND PLACE		NEW	TS	SCRATCH	
R	Owen, Elwyn	42	0:00	0:56:02	0:56:02	8:00	28	79	60	65.16	
R	Ballard, Mark		0:00	1:05:44	1:05:44	9:23	51	98	60	35.48	
R	Smith, Andrea	28	0:00	1:05:45	1:05:45	9:24	14	98	60	61.48	
R	Lynch, Donna		8:44	1:05:29	1:14:13	9:21	12	98	60	67.41	
R	Albertz, Jim	26	18:41	0:55:54	1:14:35	7:59	27	79	60	66.45	
R	Foss, Rachel	24	24:58	0:50:36	1:15:34	7:14	2	67	60	97.04	
R	DeCaporale, Joseph	33	19:42	0:56:52	1:16:34	8:07	32	81	60	60.00	
R	Lind, Kristin	35	5:06	1:11:47	1:16:53	10:15	20	108	60	43.70	
R	Rowley, Diane	32	5:06	1:12:17	1:17:23	10:20	21	109	60	40.74	
R	Whelan, Holly	43	8:08	1:09:47	1:17:55	9:58	18	105	60	49.63	
R	Gormby, Joe		16:04	1:02:22	1:18:26	8:55	45	92	60	43.23	
R	Saitta, Patricia Saitta		0:00	1:18:53	1:18:53	11:16	24	120	60	31.85	
R	Pelz, Craig		28:02	0:54:56	1:22:58	7:51	23	77	60	71.61	
R	Thomas, Roland	55	19:11	1:06:20	1:25:31	9:29	53	99	60	32.90	
R	Carney, Rich	35	26:19	0:59:23	1:25:42	8:29	40	86	60	49.68	
R	Baas, Jim	43	0:00	1:25:50	1:25:50	12:16	61	130	60	22.58	

**RMRR TROPHY SERIES OVERALL STANDINGS  
FEBRUARY, 2005**

PI	Overall TS Name	Gen	Total Points	#	Ave Points	PI	Male Scratch Name	Total Points	#	Ave Points	PI	Female Scratch Name	Total Points	#	Ave Points
1	Mark Stevens	M	182.47	2	91.23	1	Tim Gentry	198.71	2	99.35	1	Karen Voss	200.00	2	100.00
2	Haynes Hendrickson	M	180.27	2	90.14	2	Devin Croft	194.96	2	97.48	2	Deb Cunningham	187.47	2	93.74
3	Jesse Arman	M	179.18	2	89.59	3	Scott Kukel	189.92	2	94.96	3	Bethanie Werner	177.24	2	88.62
4	Michael Acosta	M	175.89	2	87.95	4	Michael Collyer	188.57	2	94.28	4	Bonnie Keefe	170.64	2	85.32
5	David Mayhew	M	175.89	2	87.95	5	David Rothenburger	187.51	2	93.76	5	Carmen West	154.48	2	77.24
6	Karen Voss	F	174.79	2	87.40	6	Rick Edrich	183.70	2	91.85	6	Michelle Evans	144.24	2	72.12
7	Devin Croft	M	168.22	2	84.11	7	Bob Basse	182.29	2	91.15	7	Stephanie Struble	134.01	2	67.00
8	Bodo Schultz	M	168.22	2	84.11	8	Adam Feerst	178.36	2	89.18	8	Momoko O'Brian	118.52	2	59.26
9	Tim Gentry	M	168.22	2	84.11	9	Michael Robbert	177.43	2	88.71	9	Renee Withrow	98.05	2	49.02
10	James Chow	M	167.12	2	83.56	10	John H. Jr. Bullock	177.31	2	88.66	10	Rachel Foss	97.04	1	97.04
11	Nick Benjamin	M	159.45	2	79.73	11	Ric Robinette	164.70	2	82.35	11	Kerry Beebe	95.76	2	47.88
12	Charles Scheibe	M	158.90	2	79.45	12	David Benedict	163.35	2	81.68	12	Angela Anderson	94.07	1	94.07
13	Christopher O'Brian	M	157.81	2	78.90	13	Nathan Brown	162.30	2	81.15	13	Valerie Shockley	92.73	1	92.73
14	Nathan Brown	M	154.52	2	77.26	14	Todd Matuszewicz	156.03	2	78.01	14	Heather Reddy	90.51	2	45.25
15	Todd Matuszewicz	M	152.33	2	76.16	15	Adam Schlegel	154.68	2	77.34	15	Leslie Mitchell	82.22	1	82.22
16	Teresa Abbott	F	151.78	2	75.89	16	Michael Heitz	154.62	2	77.31	16	Janet Hoffman	81.82	1	81.82
17	Michael Collyer	M	149.59	2	74.79	17	Scott McFarlane	145.83	2	72.91	17	Marla Nosan	79.26	1	79.26
18	Joy Knipps	F	148.49	2	74.25	18	Brad Labarry	144.48	2	72.24	18	Olga Hnizdil	76.63	2	38.32
19	Momoko O'Brian	F	146.85	2	73.42	19	Brian Struble	142.25	2	71.13	19	Joanne Winge	74.55	1	74.55
20	David Rothenburger	M	146.30	2	73.15	20	Jay Trujillo	138.50	2	69.25	20	Donna Lynch	67.41	1	67.41
21	Adam Schlegel	M	142.47	2	71.23	21	Jeffrey Olson	133.28	2	66.64	21	Kristi Aarsby-Kail	67.27	1	67.27
22	Rick Edrich	M	141.92	2	70.96	22	Curtis Head	132.98	2	66.49	22	Lisa Champeau	64.44	1	64.44
23	Curtis Head	M	141.92	2	70.96	23	Haynes Hendrickson	125.66	2	62.83	23	Teresa Abbott	63.43	2	31.72
24	Michelle Evans	F	137.53	2	68.77	24	Brett Allendorf	123.49	2	61.75	24	Andrea Smith	61.48	1	61.48
25	Heather Reddy	F	133.15	2	66.58	25	Christopher O'Brian	122.02	2	61.01	25	Joy Knipps	56.84	2	28.42
26	Bob Basse	M	132.60	2	66.30										
27	Douglas Smith	M	132.05	2	66.03										
28	Michael Heitz	M	130.96	2	65.48										
29	Renee Withrow	F	128.77	2	64.38										
30	Mark Johnson	M	127.67	2	63.84										
31	John H. Jr. Bullock	M	127.67	2	63.84										
32	Scott McFarlane	M	126.58	2	63.29										
33	Deb Cunningham	F	125.48	2	62.74										
34	Ric Robinette	M	125.48	2	62.74										
35	Scott Kukel	M	115.62	2	57.81										
36	Bethanie Werner	F	115.62	2	57.81										
37	David Benedict	M	114.52	2	57.26										
38	Mitch Chesbro	M	113.42	2	56.71										
39	Olga Hnizdil	F	109.04	2	54.52										
40	Jeffrey Olson	M	103.56	2	51.78										
41	Jay Trujillo	M	103.56	2	51.78										
42	Michael Robbert	M	100.27	2	50.14										
43	Chris Vanoni	F	100.00	1	100.0										
44	Mike Vanoni	M	96.71	1	96.71										
45	Bonnie Keefe	F	95.89	2	47.95										
46	Rick Voorhees	M	95.62	1	95.62										
47	Ken Applegate	M	93.42	1	93.42										
48	Ray Grundmeyer	M	91.51	2	45.75										
49	Edward Steinhauser	M	91.23	1	91.23										
50	George Huner	M	87.95	1	87.95										

**Happy Racers at the February Trophy Series Race**



**Joining  
RMRR**



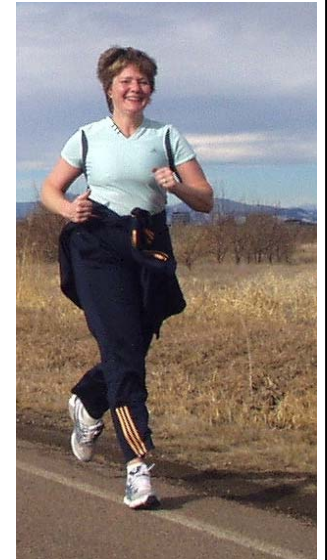
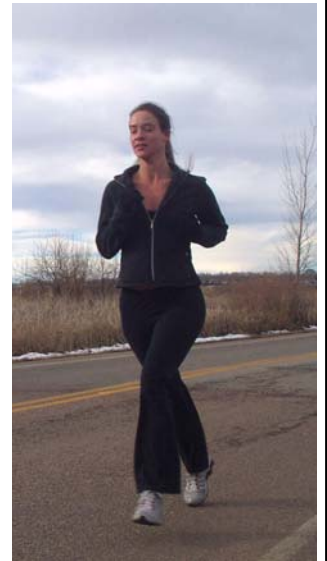
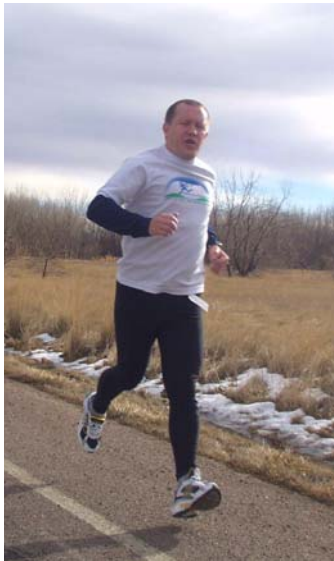
Membership is \$30 for individuals, \$40 for couples and families, and \$10 for volunteer members. (Note that the volunteer membership does not include entry into the monthly Trophy Series races.)

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

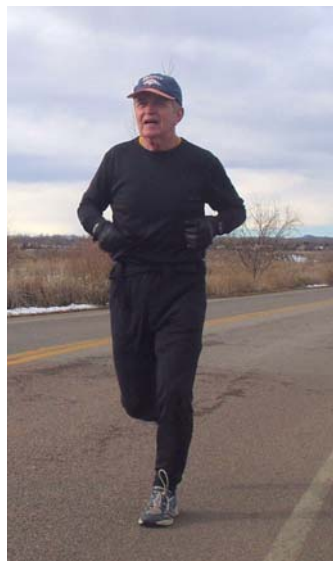
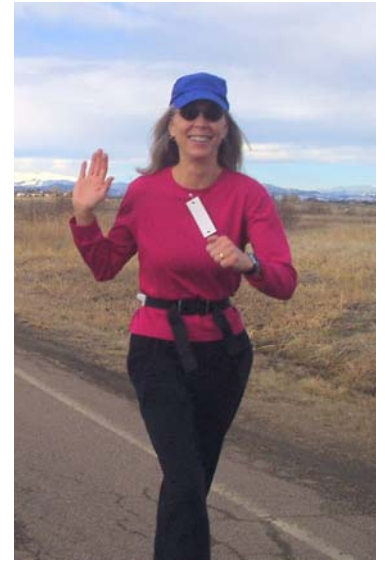
ing Runner's Roost (Colorado Blvd, Parker Rd Aurora, Highlands Ranch), Boulder Running Company (Littleton, Boulder), Runner's Choice (Boulder)

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

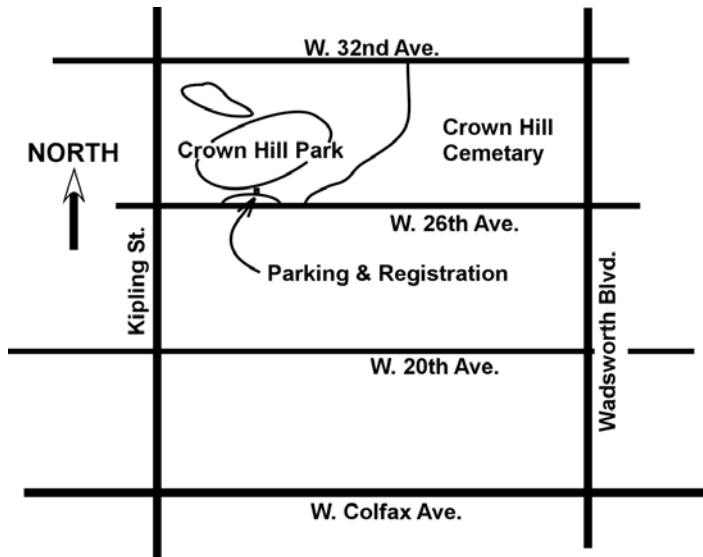
# Great Weather and Water Station Volunteers Greeted the Racers at the February Trophy Series Race at Cherry Creek State Park



# More Runners in Action at the February Trophy Series Race



Run the March Trophy Series 3 mi  
Crown Hill Park  
Sunday, March 6, 9 a.m.



**ROCKY MOUNTAIN ROAD  
RUNNERS WISH TO THANK  
WILD OATS AT WASHINGTON  
PARK FOR THEIR SUPPORT  
OF OUR CLUB.**



**WILD OATS**  
NATURAL MARKETPLACE

Thanks for supporting RMRR



POTTS TROTTERS



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c o n c e p t s

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**RUNNING DELIGHTS™**  
GREETING CARDS & NOVELTY GIFTS

**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 3 mi Start Times**

HCP	Start
120	0:00
110	2:34
100	4:56
90	7:08
80	9:09
70	10:59
60	12:38
50	14:07
40	15:25
30	16:32

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.

**MARCH 2005**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(1) <a href="http://www.rmrr.org">www.rmrr.org</a>, also see Training – This Newsletter</p> <p>(2) <a href="http://groups.yahoo.com/group/denvertrailrunners">groups.yahoo.com/group/denvertrailrunners</a>, 303-282-3921</p> <p>(3) <a href="http://www.tubbsromptostomp.com">www.tubbsromptostomp.com</a>, 800-882-2748</p> <p>(4) <a href="http://www.bcsnowshoe.com">www.bcsnowshoe.com</a>, 970-476-6797</p> <p>(5) <a href="http://www.rmrr.org">www.rmrr.org</a>, also see Race Schedules – This Newsletter</p> <p>(6) <a href="http://www.partnersmentoringyouth.org">www.partnersmentoringyouth.org</a>, 970-484-7123x15</p>		<p><b>1</b></p> <p><b>Washington Park Fun Run</b>, 6:00 pm, South High Parking Lot (1)</p>	<p><b>2</b></p>	<p><b>3</b></p> <p><b>Trail Run</b>, 5:30 pm or 6:15 pm (2)</p>	<p><b>4</b></p>	<p><b>5</b></p> <p><b>RMRR Training Run</b>, 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)</p> <p><b>Tubbs Snowshoes 'Romp to Stomp Out Breast Cancer'</b>, 9:00 am, 3K, 5K, Frisco (3)</p> <p><b>Beaver Creek North American Snowshoe Championships</b>, 11:00 am, Beaver Creek (4)</p>
<p><b>6</b></p> <p><b>RMRR Trophy Series</b>, 9:00 am, 3 mi, Crown Hill Park (5)</p>	<p><b>7</b></p>	<p><b>8</b></p> <p><b>Washington Park Fun Run</b>, 6:00 pm, South High Parking Lot (1)</p>	<p><b>9</b></p>	<p><b>10</b></p> <p><b>Trail Run</b>, 5:30 pm or 6:15 pm (2)</p>	<p><b>11</b></p>	<p><b>12</b></p> <p><b>RMRR Training Run</b>, 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)</p> <p><b>Sharin' O' the Green</b>, 8:30 am, 5K run/walk, Library Park, Ft. Collins (6)</p> <p><b>Evergreen Runner's Circle</b>, 8:30 am, Evergreen, distances vary (7)</p>
<p><b>13</b></p> <p><b>Runnin' of the Green! Lucky 7K and 2 Mile</b>, 10:15 am, LoDo, Denver (8)</p>	<p><b>14</b></p>	<p><b>15</b></p> <p><b>Washington Park Fun Run</b>, 6:00 pm, South High Parking Lot (1)</p>	<p><b>16</b></p>	<p><b>17</b></p> <p><b>Trail Run</b>, 5:30 pm or 6:15 pm (2)</p>	<p><b>18</b></p>	<p><b>19</b></p> <p><b>RMRR Training Run</b>, 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)</p> <p><b>Spring Spree 10K</b>, 9:00 am, Twin Lakes Park, 70<sup>th</sup> &amp; Broadway, Denver (9)</p> <p><b>The Swift Skedaddle Great Snowshoe Adventure</b>, 10:00 am, 3K Run/Walk, 10K Race, Frisco Nordic Center (10)</p>
<p><b>20</b></p> <p><b>Orphans of Violence 5K</b>, 9:30 am, Washington Park, Denver (6)</p> <p><b>AARP Snowshoe Festival</b>, 11:30 am, 3K, Devil's Thumb Ranch, (11)</p>	<p><b>21</b></p>	<p><b>22</b></p> <p><b>Washington Park Fun Run</b>, 6:00 pm, South High Parking Lot (1)</p>	<p><b>23</b></p>	<p><b>24</b></p> <p><b>Trail Run</b>, 5:30 pm or 6:15 pm (2)</p>	<p><b>25</b></p>	<p><b>26</b></p> <p><b>RMRR Training Run</b>, 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)</p> <p><b>Snowshoe Shuffle</b>, 11:00 am, 10K, 5K, Vail Mountain, Vail (12)</p>
<p><b>27</b></p>	<p><b>28</b></p> <p><b>RMRR Board Meeting</b>, 7:00 pm (13)</p>	<p><b>29</b></p> <p><b>Washington Park Fun Run</b>, 6:00 pm, South High Parking Lot (1)</p>	<p><b>30</b></p>	<p><b>31</b></p> <p><b>Trail Run</b>, 5:30 pm or 6:15 pm (2)</p>	<p>(7) <a href="http://www.geocities.com/Cloiseum/Lodge/7018">www.geocities.com/Cloiseum/Lodge/7018</a> (every Sat)</p> <p>(8) <a href="http://www.bkbltd.com">www.bkbltd.com</a>, 303-694-2030</p> <p>(9) <a href="http://www.comastersrun.org">www.comastersrun.org</a>, 303-791-3384</p> <p>(10) <a href="http://www.racingunderground.com">www.racingunderground.com</a>, 970-389-4838</p> <p>(11) <a href="http://www.aarp.org/co">www.aarp.org/co</a>, 303-830-2277</p> <p>(12) <a href="http://www.snowshoeshuffle.com">www.snowshoeshuffle.com</a>, 970-476-6797</p> <p>(13) <a href="http://www.rmrr.org">www.rmrr.org</a>, also see Minutes – This Newsletter</p>	



## 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	6.00	Brad Labarry	27.50	Ric Robinette	18.75
Lee Bengston	6.00	Betsy Lyle	2.50	Jim Romero	3.50
Michael Blanchard	12.00	John Lyle	5.00	Adam Schlegel	10.00
Kolene Brown	6.75	Tom Mates	6.00	John Shanahan	3.00
Lisa Champeau	7.25	David Mayhew	3.25	Andrea Smith	3.25
James Chow	15.50	Leslie Mitchell	5.00	Douglas Smith	23.50
Deb Cunningham	24.75	Jeffrey Olson	2.50	Nancy Stone	6.00
Janet Fairs	1.00	John Pawlowski	3.00	Brian Struble	3.50
David Hill	10.00	Heather Reddy	12.00	Stephanie Struble	8.50
Jan Hill	8.00	Rosalie Richter	3.00	Rick Voorhees	3.50
Parthenia Jones	6.75	Sharyl Riley	7.00	Carmen West	1.00
Bonnie Keefe	3.00	Michael Robbert	5.00	Renee Withrow	3.25

### RMRR Remembers Anne Lawson

Anne Lawson was a member of RMRR who was well known by some of the long-time members of our club. She passed away on January 18 at the age of 63 after a 7 year battle with breast cancer. A full obituary is published in the February 2 issue of the Rocky Mountain News. Anne was an avid outdoorsperson and dedicated runner. Memorials in her memory can be made to the Colorado Fourteeners Initiative.

### Running of the Green Discounts

A discount registration fee of \$18/ea for the March 13 Running of the Green is available for groups of 10 or more runners. With many RMRR members running that race, you may be able to save on your registration. Registration must be made in advance of race day. Please contact Doug Smith for more details.



The following RMRR members are  
celebrating **March** birthdays!

Sharon Majetich	2	David Hill	18
Lisa Paige	5	Jerry Leslie	18
Nadene Tanis	5	Larry Steller	19
Jennifer Bergsieker	6	Dave Black	20
Charles Pollard	7	Bret Gerhold	20
Cortney Potter	8	Justin Little	20
Jason Ryan	8	Rebecca Dittmer	22
Aaron Ruhnaw	9	Sarah Davidson	23
Marla Nosan	10	Sue Kinney	23
Paula A. Smith	10	Elwyn Owen	23
Kristen Haller	11	Milt Shaw	23
Mick Vollmar	12	Brent Backus	24
Kristin Woodward	12	Eric Balzhiser	24
Ryan Bergsieker	13	Cheryl Swedenborg	24
Gene, Jr. Wassman	13	Terri Bowland	25
Patti Thurman	14	Kolene Brown	25
Michael Heitz	15	Colleen Bobbin	26
Kristi Aarsby-Kail	16	Carol Johnson	26
Finley D. Black	16	Tina Richards	26
Tanya Kesmodel	16	Michael Montano	29
Jeff Owens	16	Alicia Nix	29
Jessica Griffiths	17	Shannon Winkelman	29
Diane Rowley	17	Sandy Wischmeyer	29
Sunniva Russell	17	Fritz Gale	30
Kelly Webster	17	Michael Burn	31
Joe Casey	18	Gregory Hyde	31

#### 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.**

Rocky Mountain Road Runners  
537 East Mississippi Avenue  
Denver, CO 80210

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