



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

## Member Profiles—Renee Withrow and David Mayhew

By Alicia Nix

Renee Withrow began running in 1992 and ran her first marathon, The Denver International Marathon, in 1993. She joined RMRR in February of 1995. She made the fateful decision to go mountain biking in Crested Butte over Labor Day weekend in 1995 and met David Mayhew. Renee initially thought David might be a "muscle-head" and he thought she was quite bizarre with rhinestone cat-eye sunglasses and toenails painted black. However, a mutual attraction developed and Renee convinced David to take up running by serving as his running coach. David joined RMRR in March of 1996. They ran their first Trophy Series race together at Crown Hill and Renee was quite perturbed that David beat her. They both enjoy the Trophy Series races because they are at different locations and distances and require trying to stay in shape all year long. Most years they have tried to do at least ten races.

The Steamboat Marathon in 2001 was Renee's second and last marathon and David's first and last marathon. They both feel that marathons are just too hard on their bodies and require too much time to train for. They enjoy running half-marathons now and liked doing the Moab and the Rock Canyon in Pueblo. In 1996 Renee did the Danskin Triathlon and David was her coach, cheerleader and photographer. This year she is doing Tri For The Cure in August.

When they met Renee was a scuba diver so David took diving lessons and became certified and they took many scuba diving vacations. In February of 1997 on a dive trip to Bonaire they were at the highest point of the island when David got down on his knee and proposed. Renee got down on her knee and accepted. They decided to make their wedding unique. They enjoyed climbing 14'ers so on their wedding invitation they used a photograph taken of them at the summit of Holy Cross, similar to this one in the newsletter. The invitation indicated they had decided to "summit the mountain of matrimony" and on August 23, 1997 they were married by an officiant found in the yellow pages. The wedding cake was a mountain with figurines of Conan The Barbarian

and Zena The Warrior Princess on top.

David got Renee more involved in backpacking and one year they went on a four-day trip and only encountered two other people the entire time. When they got back to civilization Renee had planned a surprise trip to Las Vegas for David's 30th birthday and there they were surrounded by the masses. The trips were quite a contrast.

In February of 1999 they had Dylan, who recently turned 6 years old. They're not quite as active as they used to be but are fortunate to have relatives who love baby-sitting him. Dylan has ran several of the RMRR kids' races and the whole family has signed up to do the track meet at Denver Lutheran High School.

David and Renee have enjoyed being members of RMRR over the last ten years. They have met many wonderful people and appreciate the efforts of everyone who make RMRR the great running club it is.



Renee and David getting pumped before the 2001 Steamboat Marathon.

## RMRR Partners With Denver Lutheran HS for Track Workouts and Track Meet Fundraiser

By Deb Cunningham

All members who have participated in track workouts over the past few years know how increasingly crowded the track has become. Last year, we dodged elementary school children and competed with various training groups for a place on the dirt track.

That is all about to change. Denver Lutheran HS has a brand new, all weather composition track that Denver Lutheran coach Bill Stahl will let us use. Per Bill, RMRR has EXCLUSIVE use of the track for our Wednesday evening track workouts.

What's the catch you ask? It's simple. We're helping them put on a fund raising race. RMRR will donate finish tags, a volunteer, scoreboards and a clock for the first annual DLHS Making Track(s) Meet. When was the last time you ran 400 meters, 1 mile or 2 mile all out against others in your age group? We all know that an adult track meet with age group

*(Continued on page 16)*

## Bolder Boulder Around the Corner

By John Pawlowski

Those of you who've been with the club for awhile know that Rocky Mountain Road Runners have been very involved with the Bolder Boulder over the years. Those of you who've run the Bolder Boulder may have recognized the RMRR clocks on the course and more importantly, the cheerful orange clad volunteers at the finish line helping with the scoring and offering words of encouragement to all of the finishers.

From personal experience, it is a really magical experience being at the finish line. During the elite race, the runners are only inches away as they charge through the finish line. But what is really rewarding, is meeting thousands of your fellow runners as they cross the finish line. Some are well conditioned athletes, but many are there because a mother, father, sister or brother encouraged them to do the Bolder Boulder as their first race, as a race together with their family, or in someone's honor or memory. If you ever need running or personal inspiration, there are thousands of stories at the finish line. Or if you simply want to help the club, volunteering at the finish line is a great way. RMRR receives \$20 for each volunteer, plus you can earn volunteer hours.

The Bolder Boulder is held on Memorial Day, and winds up between 1-2 p.m., leaving enough time to get back to Memorial Day picnics or stroll at the Boulder Creek Festival held the same weekend.

A volunteer form and instructions are on page 6 of this newsletter. Join us!!!

**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**  
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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      jeffreyygolson@cs.com

**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 March race at Crown Hill Park was very mild, a little wind, but nothing like the last couple of years. We

had a total of 124 runners and race walkers compared to 135 for last March's race at Crown Hill Park. Ken Applegate and Janet Gold did a great job as Race Directors.

Prior to the race it appeared like we would be short of volunteers, but thankfully some friends of our members showed up to help and several of our members agreed to start at 0.00. My thanks to them and all the other members who agreed to help ahead of time with the March Trophy Series Race.

Please check the race schedule each month in *News on The Run* for any changes. We were recently informed of some changes regarding the use of Waterton Canyon that will make it difficult to use that location for the 20 mile MTS races. We still need Race Directors for three events including the KUVU 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.

Please look at your plans for Memorial Day. The club has had a tradition of helping at the Finish Line for the Bolder Boulder. If you receive a notice for volunteering from the Bolder Boulder, please choose the Finish Line and write on the form that you are with the Rocky Mountain Road Runners so the club gets credit (and gets paid!) for your efforts. We will have their volunteer forms at the next two Trophy Races.

In addition, our club will again be promoting the Boulder Backroads Half/Full Marathon on September 25<sup>th</sup>. Show your support for this signature local event by participating or volunteering. Lesley Kinder does a great job every year putting on this event and deserves our support.

As I mentioned in last month's column, the Board meetings will be meeting at the Communities Room at the Wild Oats location on Washington Street. We will be meeting on the Tuesday before each Trophy Race. 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 - Jim Chow**

*By John Pawlowski*

Congratulations to Jim Chow for being RMRR's Volunteer of the Month. Jim has been running with RMRR since last year and has actively volunteered at several of the Trophy Series races and has signed up to codirect the December Trophy Series race with Heather Reddy. Jim has also been very involved with the club's web team and has taken on the role of getting race results posted to the website, which has been happening very quickly with Jim's efforts.

Jim joined the Saturday runs at the Highline Canal last February and until then, had not run consistently. But after starting with RMRR, he continued to look forward to each Saturday to run, and also enjoy the company and stories of the other RMRR members. He built up his mileage enough so that he recently completed the Las Vegas Marathon this past January.

No longer content with the marathon distance, Jim is setting his sights on the Atacama Crossing in July, 2006. This is a 250 km race across the Atacama Desert of northern Chile, consisting of 6 legs over 6 days. Not surprisingly, I wasn't the first person to ask Jim, why? Jim is very inspired by other RMRR members, such as Carl Koecher who formerly ran ultramarathons, and Jim Romero who completed the Kilimanjaro marathon this past Feb. 27, and other runners who've completed the Atacama Crossing. Jim welcomes company for this race, so if you are interested or just want to find out more about Atacama Crossing and other desert races, please visit [www.racingtheplanet.com](http://www.racingtheplanet.com).

When asked about what he could say to inspire other RMRR members to volunteer, Jim's response was very humble and just said that he himself was inspired by the dedication of other RMRR volunteers such as Doug and Bonnie who arrive early every Saturday to set up water stops for the Saturday Runs, and all of the other volunteers who work for the club. He simply wants to do his part and feels that if other members are so moved, they should do what they can.

Jim has a history of being a volunteer. He was a volunteer fireman, and newsletter editor and web designer for his daughter's orchestra when he lived in New York. Jim, his wife Cynthia and two children moved to Colorado approximately six years ago from Long Island, NY. Although he initially missed New York, he is now very happy to be in Colorado and enjoys biking here as well as running.



**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](http://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 indi-

vidual'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 will be held every Wednesday through the summer. All members are welcome for free.

The workouts are at Denver Lutheran High School, 3201 W. Arizona Avenue (near Federal & Mississippi). The workouts begin at 6:15pm.

Please arrive early and complete 10 minutes of easy jogging before this time. The workouts will consist of stretching, drills, speed work (typically 20-30 minutes), cool down, and post run stretching and drills.

**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.

**Race Schedule**

Check the race schedule every month for changes! 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 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	Chatfield State Park	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	TBD	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	Chatfield State Park	Open
Sat 10/1/05	9am	8mi Trophy Series	Chatfield State Park	John Bullock
Sun 11/6/05	9am	10mi Trophy Series	TBD	Mike and Kasey Robbert
Sun 12/4/05	9am	4.4mi Trophy Series	Washington Park	Jim Chow and Heather Reddy

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

**Also, due to increased security at the dam, we can no longer take the club van up Waterton Canyon. Marathon Training Series Races and November TS Race Locations will be changed. Mostly to Chatfield, but keep checking.**

**Affiliated Club Races**

Date	Time	Event/Distance	Location	Organization/Info
Sat 4/9/2005	9 am	Sand Creek 5-Miler/RW	Stapleton	Colorado Master's Running Association 720-333-0624
Sat 5/21/05	9 am	5k/10k/RW	deKoevend Park	Colorado Master's Running Association 303-693-2268

**Next Newsletter Deadline, Friday April 8**

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, April 8. Share your stories, photos, comments, thoughts, musings about running. Have a story or photos of other races you would like to share? Does anyone even read this notice? Please send all submissions to [rmrrnewsletter@yahoo.com](mailto:rmrrnewsletter@yahoo.com). Thanks, John.

# BOARD MEETING MINUTES

Attendees: Doug Smith, Bonnie Keefe, Lisa Champeau, Brad LaBarry, Deb Cunningham, Mike Robbert, Stephanie Struble, Leslie Mitchell, Jeff Olson.

Date/Time: Tuesday, March 1<sup>st</sup>, 7pm

**Increasing Participation:**

Mike Robbert/Deb C ideas.

- Denver Fit cross promotion in Wash park. Leslie Mitchell – we can give out some info about the club, MTS. Do more after their calendar is out. They start in April and aim for a fall marathon. Wait for their schedule to coordinate.

- 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. Status of two surveys for next mtg (current members, new members). Betsy & Deb will call current members.

Current members

- o What do you value most about your membership?
- o Have they been to any events?
- o Why don't you participate?

New members

- o How heard about us?
- o Why did you join?
- o What do you expect?

- Publicize the kids races - maybe get some better prizes. These races are a courtesy for the parents to encourage them to bring little kids to selected events. Maybe hold the kids race on the potluck & brunch?

- Potluck and Brunch promoted to members. Pancake breakfast depends on ability to cook. Deb check into it.
- 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 and places to run in Denver with Jim & Alan. Both are swamped. Jim will eventually work with Lisa on the volunteer pages. Picture reformatting with Jeff Olson & Jim.
- Hera Multisport – cross promoting events on websites/calendars. No update other than exchanging links and calendar dates. Send electronic version of Making Tracks app to Heather and to Jeff Olson for Phidippides.
- Bolder Boulder qualifier. Won't submit paperwork because didn't get a lot more participants.
- 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 –Doug will follow-up w/ Dennis at Runner's Roost after new store opening.
- Doug will drop off Apps and newsletters at new Runner's Roost (Alameda & Wadsworth).

**Increasing Membership Value:**

- Investigate making the newsletter color (John P - Didn't ask John to investigate.)
- Reprint applications. Brad will look at current app, suggest changes. Deb check if it's in my backup file. Brad will ck w/ Kolene.
- Bolder Boulder used to give us complimentary apps.
- Backroads – Doug talk to Lesley about discount for RMRR members instead of complementary apps.
- Stadium Stampede – St. Joseph hospital foundation sponsors this. Last year for the race. Leslie is on both boards. Will ask about some complementary entries and will bring apps to put out at our races.

**Volunteer Issues:**

1. Volunteer of the Month. Jim Chow.

**Operational Items:**

- Newsletter calendar person – add track workouts. Add making tracks run on 4/16.
- Treasurer's Report – Cashflow is nearly same as 2004. Revenue from Space Age is down, but membership dues are up.
- Van: Window was replaced. Now save cans for vans for a new paint job or logo. Ken Applegate will remove electrical hookup for trailer hitch and molding that is peeling away.
- E-mails to website will be directed to responsible volunteers.
- Denver Lutheran track, RMRR track workouts start April 6. Daylight savings time starts April 3. Track is at 3201 W. Arizona Ave, Denver.
- Waterton Canyon has prohibited vehicles. Practically, we can't run there for the MTS and the TS. The restriction is for security, not because of club actions.

**Next Board Meeting Tuesday, March 29  
All Are Invited**



## HIGHLANDS RANCH Run Series

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**Enter the series by  
May 21!**

- May 21: Highlands Ranch 5K Heritage Run/Walk
- June 25: Highlands Ranch 5K Adventure Run/Walk
- August 13: Splash N' Dash (800 yd Swim/5K Run)
- July 30: Miles 4 Miracles (4 Mile Run/Walk)
- September 24: The 4th Annual Run for Lauren 5K
- November 24: Turkey Day 5K Family Run/Fun Walk

[www.HighlandsRanchRunSeries.com](http://www.HighlandsRanchRunSeries.com)

## Short-Leg Syndrome In Runners

Dr. Stuart Currie D.C.

As a health care practitioner involved the treatment of sports and running injuries I am often asked about "short legs". Sometimes a patient has been told that one leg is shorter than the other, sometimes the patient just feels unbalanced. What does this really mean, and how does it affect their running?

Many runners develop imbalance and pain as a result of a leg length discrepancy. Depending on what source you like to use, the statistics say that anywhere from 60 – 90% of the general population have differences in leg length. They can be the root of many ankle, knee, hip and spinal problems.

The first thing to understand is that there are two types of short leg syndrome:

- 1) Anatomical Short Leg. This involves an actual difference in the length of the bones in your leg. Differences can involve the tibia, the femur, or both. This type is the least common of the two types.
- 2) Functional Short Leg. This is much more common and is a situation in which one of your legs is functioning in a shortened position. This can occur because of biomechanical asymmetries such as pelvic rotations, soft tissue contractures, muscle imbalances or different foot function side to side.

### How did I get my short leg?

There are many causes of both anatomical and functional short legs. Causes can include but are not limited to: past trauma to a limb or pelvis (especially during the growing years), differences in muscle development, joint capsule tightness, and imbalanced pronation of the foot.

Your body has an amazing ability to adapt and compensate, and that is most often what we do. For example, our feet can compensate by flattening (and therefore shortening) the long leg. The difference in leg length between when the foot is flat versus when the arch is high (or supinated) can be as much as ¾ of an inch. Many people contract the opposite hip muscles excessively to lower the short leg while running. Our spine and pelvis can compensate as well to try and balance body mechanics. Many times it is the way that our body compensates for a leg length difference that we notice first, rather than the actual difference itself.

### How do I know if my pain is related to a short leg?

The easiest way to be sure is to be evaluated by a health care practitioner who specializes in this type of condition. Many (but not all) chiropractors and physical therapists have advanced training in the treatment of this type of disorder. Many will use a static evaluation and a gait or running analysis. The only way to truly tell if you have an anatomical leg length difference is by x-ray, CT scan or MRI – but these tests are expensive and often not necessary.

There are some clues you can look for yourself. The first thing you can do is look at yourself in a full-length mirror while you are standing comfortably with your shoes off. Look at a few key points and see if they are even. Are your kneecaps even side to side? Do they point the same direction? Find the two bony bumps on the front of your pelvis and put your fingers on them. Are they even? Is one lower than the other? How about your shoulders? Is one lower than the other?

Be careful about what you infer from this home evaluation. Just because your left shoulder is lower does not mean you have a left short leg. There are many ways that the body can compensate, and these tests are meant as a guide only.

The other way you can get information is to pay attention when you are running. Many runners simply say they feel off balance. Listen to yourself run. Do you hear one foot hitting the ground with more force than the other, or does one foot scuff the ground more often than the other? Do you feel a rocking or swaying from side to side? Some patients will say that the first time they thought about a short leg was when they were

having their pants hemmed and were told that one side would be hemmed shorter. Another thing you can do is look at your race photos, especially near the end when fatigue has set in and your imbalances are more pronounced.

### What symptoms does a short leg cause?

The list is long, but here are a few of the most common: One-sided knee pain, IT band pain, or foot pain. One-sided pelvic or hip pain and low back pain.

Low back pain is highly correlated with differences in leg length, especially in runners. The reasons are obvious – when we run we simply magnify the forces that are being transmitted through our bodies. When there is inefficiency in that system, the symptoms show up faster and are usually more severe.

### How is it treated?

There are numerous ways to treat a short leg including foot orthotics, heel lifts, full-length sole lifts, shoe modifications, exercise, rehab and stretching. Careful analysis and examination can often reveal the source. How your leg length discrepancy is treated (or not treated) should be a clinical decision made by you and your health care provider with consideration for your age, your activity level and your type and degree of biomechanical compensation.

*Dr. Stuart Currie is a doctor of chiropractic specializing in sports and running injuries, gait analysis, and rehabilitation. He is an orthotics technical consultant and biomechanics lecturer for podiatrists, chiropractors, physical therapists and athletic trainers on the west coast. He is an avid runner and maintains a practice in Wheat Ridge. His office offers a \$25 "running triage" evaluation and he can be reached at 303-424-7751 to answer your running injury questions.*

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# **BOLDERBOULDER**

## **Volunteer at BolderBOULDER with the Rocky Mountain Road Runners!**

*For every RMRR volunteer that helps out on race day, the BolderBOULDER will donate \$20 to the club. Last year RMRR members earned over \$1300 for the club by volunteering at the race!*

### **SUNDAY SETUP**

We are looking for 30 volunteers to help out setting up the finish line on Folsom Field the day before the race. This job is from 8am – 12pm on Sunday, May 29, 2005. All you have to do is show up willing to work hard! All volunteers receive a t-shirt and a ticket to the BolderBOULDER post-race volunteer party at the Colorado Rockies game on June 11.

### **FINISH LINE**

We are also looking for 200 adults to volunteer at the finish line on race day (Mon. May 30) from 6:20am – 1:30pm. This is an adult job so volunteers must be 18 or older. All volunteers receive a t-shirt and snack lunch bag. They also receive a ticket to the BolderBOULDER post-race volunteer party at the Colorado Rockies game on June 11.

If you are interested in volunteering, please fill out the attached sign-up form and mail or fax it in to BolderBOULDER by **May 13, 2005.**

## **Rocky Mountain Road Runners Volunteer Form**

### **Sign me up! I would like to volunteer for:**

- Sunday Set Up (8am – 12pm, Sunday May 29)
- Finish Line (6:20am – 1:30pm, Monday May 30)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: (day) \_\_\_\_\_ (eve) \_\_\_\_\_

Age: \_\_\_\_\_ (if 21 or under)

T-Shirt Size (circle one):    Small                      Medium                      Large                      X-Large                      XXL

**Waiver:** I wish to help produce the BolderBOULDER run and associated activities. I understand that a condition of my participation is that I sign this. I understand that there are many risks associated with my involvement. They include, but are not limited to, the risk of being in a large moving crowd and attempting to control that crowd to enforce rules; that some people may physically resist enforcement of the rules, the fact that motorists may aggressively seek to enter the course; the fact that there are authorized vehicles on the course which are sometimes confronted with confusion and the necessity of making split second decisions; the fact that the vehicles carrying spectators and the press are awkward, relatively unstable and cumbersome; and the fact that there are often environmental factors such as heat, cold and wind which may make my participation hazardous. I grant permission to BolderBOULDER, Inc. to utilize any and all photographs, motion pictures, videotapes, etc. which may depict me for any purpose, including commercial use by the race, its sponsors and their licensees.

Volunteer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**THANK YOU FOR VOLUNTEERING!** *You will receive a confirmation postcard immediately upon volunteering and a detailed information letter and instructions during the week of May 16.*

**MAIL THIS FORM TO:** BolderBOULDER, 4571 Broadway St., Boulder, CO 80304, ATTN: Nancy  
**-OR- FAX IT TO:** 303-444-6411

**Racing in Other Places**

*By Chris Vanoni*

**MT. TAYLOR WINTER QUADRATHLON**

February 19, 2005 Grants, NM

Name	PI	Div	Bikeup	Runup	Skiup	Shooup	Shoedn	Skidn	Rundn	Bikedn	Total
ADAM FEERST	40	Solo:M40-44	54:42	48:50	40:52	21:48	8:48	20:21	38:10	49:45	4:43:12
MARTIN PAHL	66	Solo:M40-44	51:34	49:35	42:42	26:36	10:57	25:59	45:17	48:14	5:00:49
SALIM HAJI	91	Solo:M30-34	58:14	50:56	39:26	28:40	12:54	32:22	43:46	49:21	5:15:34



**PRESIDENT'S DAY 5K**

February 20, 2005 Washington Park

Name	Age	Gen	Gen PI	DivPI	Time	Pace	Event
DEREK GRIFFITHS	29	M	14	5/15	17:46	5:44	Run
LARRY STELLER	37	M	29	8/30	20:20	6:33	Run
MARK STEVENS	46	M	40	9/34	21:31	6:56	Run
ROSS WESTLEY	68	M	50	1/8	22:41	7:18	Run
ED GREEN	55	M	51	5/23	22:54	7:23	Run
MITCH CHESBRO	46	M	61	18/34	23:40	7:37	Run
ED KING	52	M	63	7/23	23:42	7:38	Run
ROLAND THOMAS	55	M	83	12/23	26:10	8:26	Run
GRAYSON DREXEL	55	M	86	14/23	26:26	8:31	Run
ROSS KINNEY	47	M	94	29/34	27:31	8:52	Run
GREGORY SIDES	59	M	112	18/23	31:27	10:08	Run
ROBILYN WOOD	33	F	80	20/25	35:55	11:34	Run
MICHAEL BLANCHARD	43	M	1	1	27:10	8:45	Walk

**THE SCREAMIN' SNOWMAN 5K/10K SNOWSHOE RACE**

February 13, 2005 Eldora Mountain Resort, Nederland, Colorado

Name	Gen	GenPI	Time	Event
MARTIN PAHL	M	5	1:11:44	10K
ADAM FEERST	M	18	1:15:17	10K
BILL MOYLE	M	58	1:47:01	10K
ED GREEN	M	12	43:31	5K

**FLYING HORSE FLING 5.4 MI**

March 6, 2005 Castle Rock

Name	Age	Gen	GenPI	DivPI	Time	Pace
CRAIG EWING	51	M	8	2/14	39:57	7:24
LARRY MUDRON	62	M	25	2/3	47:12	8:45
ROSS KINNEY	47	M	34	15/18	49:00	9:05

**SUGARBOWL MARDI GRAS MARATHON/HALF-MARATHON**

February 27, 2005 New Orleans, LA

Name	Age	Time	Gen	OAPI	Chip-Time	Pace	GenPI	Div	DivPI	Event
TOM BARSCH	46	2:08:11	M	878	2:07:17	9:43	589/1075	M4549	83/149	Half
JANET HOFFMAN	40	3:46:31	F	268	3:46:01	8:38	47/946	F4044	7/108	Mar
KAREN BARSCH	43	3:55:32	F	354	3:54:38	8:58	69/946	F4044	13/108	Mar
FEDERICO FIGALLO	35	4:26:12	M	697	4:21:52	10:00	504/1030	M3539	107/175	Mar

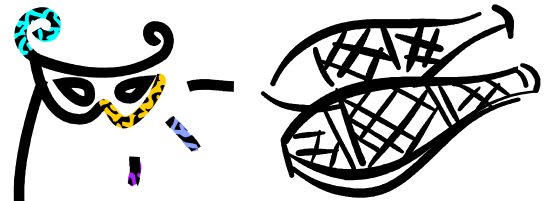


**VALENTINE'S DAY 5K**

February 13, 2005 Washington Park



Name	Age	Gen	GenPI	DivPI	Time	Pace	Event
SALIM ROTHMAN-HAJI	33	M	1	1/25	18:38	6:00	Run
NICHOLAS ACCARDI	48	M	12	3/24	21:07	6:48	Run
CRAIG EWING	51	M	16	3/14	21:16	6:51	Run
MITCH CHESBRO	46	M	32	9/24	23:36	7:36	Run
LESLIE MITCHELL	43	F	14	3/23	24:13	7:48	Run
ROSS KINNEY	47	M	58	16/24	27:33	8:52	Run
ROBILYN WOOD	33	F	91	31/44	33:45	10:52	Run
SHARON MARTINEZ	43	F	96	15/23	34:20	11:03	Run
LESLIE THOMPSON	48	F	127	22/23	44:25	14:18	Run
SHERYL RILEY	55	F	130	13/13	48:33	15:38	Run
JAMES BRONSTINE	63	M	93	5/6	56:32	18:12	Run
MICHAEL BLANCHARD	43	M	1	1	27:20	8:48	Walk



**KOMEN 3K SNOWSHOE RACE**

March 5, 2005 Frisco, CO

Name	Gen	Div Place	Time	Div
KEN SIMONS	Men	4	24:00ish	40+

**FREESCALE MARATHON**

February 19, 2005 Austin, TX

Name	Age	Gen	OAPI	Time	Chiptime	Div	DivPI	Pace
DEREK GRIFFITHS	29	M	105	2:59:20	2:59:11	M 25-29	21	6:50
DAVID MACBEAN	33	M	1104	3:51:35	3:46:42	M 30-34	145	8:39

**NAPA VALLEY MARATHON**

March 6, 2005 Napa, CA

Name	Gen	Place	Time	Div
DAN SMITH	Men	809	4:13:38.0	45-49

**MERCEDES MARATHON**

February 11, 2005 Birmingham, AL

Name	Age	Gen	PI	GenPI	Div	DivPI	Pace	GunTime	ChipTime
JOE ATKINSON	53	M	278	230	M5054	20	9:30	4:10:25.85	4:09:03.95



## March Trophy Series Roundup

Thank you to Janet Gold and Ken Applegate for directing a fantastic March Trophy Series at Crown Hill Park and arranging for a snow free course during the middle of March!

Over 120 runners and walkers took part in the 3 mile race around the lake. This month, youth prevailed with Rebecca Edrich taking top honors in trophy series scoring. In her second race of the season, Patricia Saitta took second, with Mark Stevens round out the top three. Breaking Karen Voss' string of fastest female finishes, Bethanie Werner took first with a time of 20:59, a few seconds ahead of Karen. Following his strong finish from last month, Jason Saitta took fastest male honors again this month with a time of 16:49. In the racewalker category, Mike Blanchard took first, with John Lyle and Sheila Molde in second and third respectively. Next month, the April Trophy Series Race will be a 4 miler held on Sunday, April 3 at Bear Creek Bike Path.

Times to beat at the Bear Creek Bike path race are:

21:47 R	Jason Saitta (Apr 2002)
25:53 R	Carita Hobson (Apr 1999)
35:47 W	Mike Blanchard (Apr 2001)

## ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

### March, 2005 3 mi Crown Hill Park

-----TIMES-----						---HANDICAP---			-----POINTS-----			
PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	#
1	Edrich, Rebecca M.	14	2:19	0:24:18	0:26:37	8:06	8	88	111	100.00	81.94	1
2	Saitta, Patricia		0:00	0:28:19	0:28:19	9:26	20	106	120	99.16	50.97	2
3	Stevens, Mark		8:45	0:21:02	0:29:47	7:01	20	70	82	98.32	79.46	3
4	Benjamin, Nick	29	4:00	0:25:48	0:29:48	8:36	61	95	104	97.47	35.14	3
5	Scheibe, Charles	50	6:55	0:23:15	0:30:10	7:45	38	82	91	96.63	60.00	3
6	Hallez, John	53	1:33	0:28:43	0:30:16	9:34	69	107	114	95.79	26.49	2
7	Black, Thomas	38	1:18	0:29:06	0:30:24	9:42	70	109	115	94.95	25.41	1
8	Finch, Eric	16	3:46	0:26:45	0:30:31	8:55	64	99	105	94.11	31.89	1
9	Gampp, Deanna	27	2:33	0:28:05	0:30:38	9:22	17	105	110	93.26	58.71	1
10	Vollmar, Mick	51	6:16	0:24:23	0:30:39	8:08	48	88	94	92.42	49.19	2
11	Acosta, Michael	56	6:42	0:23:59	0:30:41	8:00	44	86	92	91.58	53.51	3
12	Grundmeyer, Ray	67	6:16	0:24:28	0:30:44	8:09	51	88	94	90.74	45.95	3
13	Thomas, Roland	55	5:10	0:25:42	0:30:52	8:34	59	94	99	89.89	37.30	2
14	Finch, Jack	54	6:29	0:24:31	0:31:00	8:10	52	89	93	89.05	44.86	2
15	O'Byrne, Linda	32	7:45	0:23:17	0:31:02	7:46	6	83	87	88.21	87.10	1
16	Hendrickson, Haynes	31	9:09	0:21:54	0:31:03	7:18	29	75	80	87.37	69.73	3
17	Black, Dave	54	-1:21	0:32:25	0:31:04	10:48	72	122	125	86.53	23.24	1
18	Knipps, Joy	47	-3:01	0:34:07	0:31:06	11:22	30	128	131	84.84	25.16	3
18	Allendorf, Brett	36	9:32	0:21:34	0:31:06	7:11	27	73	78	85.68	71.89	3
20	Hoffman, Janet	40	8:09	0:22:58	0:31:07	7:39	5	81	85	84.00	89.68	2
21	Lee, Adam	32	8:33	0:22:35	0:31:08	7:32	33	79	83	82.32	65.41	3
21	Matuszewicz, Todd	41	11:19	0:19:49	0:31:08	6:36	14	63	68	83.16	85.95	3
23	Reddy, Heather	35	1:48	0:29:21	0:31:09	9:47	23	110	113	81.47	43.23	3
24	Woljan, Dennis	62	6:42	0:24:31	0:31:13	8:10	53	89	92	80.63	43.78	1
25	Friedmann, Rich	68	4:42	0:26:35	0:31:17	8:52	63	98	101	79.79	32.97	2
26	Arman, Jesse	54	4:14	0:27:05	0:31:19	9:02	65	100	103	78.95	30.81	3
27	Kumpf, Howard	63	5:10	0:26:10	0:31:20	8:43	62	96	99	78.11	34.05	3
28	Vanoni, Chris	53	4:28	0:26:54	0:31:22	8:58	15	100	102	77.26	63.87	2
29	Smith, Andrea	28	5:23	0:26:02	0:31:25	8:41	13	96	98	76.42	69.03	2
30	Gormley, Joe	51	6:42	0:24:44	0:31:26	8:15	55	90	92	75.58	41.62	2
31	Benedict, David	32	11:30	0:19:57	0:31:27	6:39	15	64	67	74.74	84.86	3
32	Kukel, Scott	31	13:50	0:17:38	0:31:28	5:53	2	49	52	73.89	98.92	3
33	Chesbro, Mitch	46	8:45	0:22:50	0:31:35	7:37	34	80	82	73.05	64.32	3
34	Champeau, Lisa	35	7:20	0:24:18	0:31:38	8:06	9	88	89	72.21	79.35	2
35	Albertz, Jim	26	9:20	0:22:19	0:31:39	7:26	31	78	79	71.37	67.57	2
36	Head, Curtis	51	9:09	0:22:31	0:31:40	7:30	32	79	80	70.53	66.49	3
37	Applegate, Ken	56	11:40	0:20:00	0:31:40	6:40	16	64	66	69.68	83.78	2
38	Brown, Nathan	25	12:00	0:19:41	0:31:41	6:34	12	62	64	68.84	88.11	3
39	Thompson, Leslie	48	-1:54	0:33:36	0:31:42	11:12	29	126	127	67.16	27.74	3
39	Collyer, Michael	33	13:24	0:18:18	0:31:42	6:06	4	53	55	68.00	96.76	3
41	Withrow, Renee	47	4:00	0:27:44	0:31:44	9:15	16	103	104	66.32	61.29	3

## TROPHY SERIES RESULTS CONTINUED

PLACE	NAME	AGE	-----TIMES-----			---HANDICAP---				-----POINTS-----		#
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	
42	Struble, Brian	37	10:38	0:21:08	0:31:46	7:03	23	71	72	65.47	76.22	3
43	Werner, Bethanie	28	10:48	0:20:59	0:31:47	7:00	1	70	71	64.63	100.00	3
44	Evans, Michelle	38	6:29	0:25:18	0:31:47	8:26	11	92	93	63.79	74.19	3
45	Saitta, Jason	27	15:02	0:16:49	0:31:51	5:36	1	42	43	62.95	100.00	2
46	Vanoni, Mike	56	6:42	0:25:10	0:31:52	8:23	56	92	92	62.11	40.54	2
47	Caldwell, Rusty	49	10:48	0:21:06	0:31:54	7:02	22	71	71	61.26	77.30	1
48	Smith, Douglas	55	7:57	0:24:00	0:31:57	8:00	45	86	86	60.42	52.43	3
49	Knipps, Mike	52	7:33	0:24:25	0:31:58	8:08	50	88	88	59.58	47.03	3
50	Hill, David	54	9:09	0:22:52	0:32:01	7:37	35	80	80	58.74	63.24	2
51	Martinez, James	49	8:57	0:23:05	0:32:02	7:42	37	82	81	57.89	61.08	1
51	Black, Heather L.	13	1:18	0:30:44	0:32:02	10:15	25	115	115	57.05	38.06	1
53	Abbott, Teresa	43	0:00	0:32:03	0:32:03	10:41	26	120	120	56.21	35.48	3
54	Roddenberry, David	47	10:59	0:21:05	0:32:04	7:02	21	71	70	55.37	78.38	1
55	West, Carmen	53	7:20	0:24:50	0:32:10	8:17	10	90	89	54.53	76.77	3
56	Pahl, Martin	43	12:38	0:19:33	0:32:11	6:31	10	61	60	53.68	90.27	2
57	Edrich, Rick	44	13:24	0:18:47	0:32:11	6:16	8	56	55	52.84	92.43	3
58	Struble, Stephanie	38	6:55	0:25:18	0:32:13	8:26	12	92	91	52.00	71.61	3
59	Bullock, John H. Jr.	43	13:06	0:19:11	0:32:17	6:24	9	58	57	51.16	91.35	3
60	Fairs, Janet	61	-5:03	0:37:20	0:32:17	12:27	31	139	138	49.47	22.58	1
60	Cunningham, Deb	43	10:59	0:21:18	0:32:17	7:06	3	71	70	50.32	94.84	3
62	Piscopo, Dyan	45	3:17	0:29:01	0:32:18	9:40	22	109	107	48.63	45.81	1
63	Volzer, Robert	57	4:28	0:27:52	0:32:20	9:17	67	104	102	46.95	28.65	2
63	Rothenburger, David	36	13:58	0:18:22	0:32:20	6:07	5	52	51	47.79	95.68	3
65	McFarlane, Scott	53	10:05	0:22:17	0:32:22	7:26	30	76	75	46.11	68.65	3
66	Keefe, Bonnie	40	9:43	0:22:44	0:32:27	7:35	4	78	77	45.26	92.26	3
67	Heitz, Michael	53	10:48	0:21:43	0:32:31	7:14	28	72	71	44.42	70.81	3
68	Whelan, Holly	43	3:46	0:28:48	0:32:34	9:36	21	106	105	43.58	48.39	2
69	Dunning, Todd	40	8:45	0:23:50	0:32:35	7:57	41	83	82	42.74	56.76	3
70	Gentry, Tim	42	14:47	0:17:49	0:32:36	5:56	3	46	45	41.89	97.84	3
71	Labarry, Brad	31	11:09	0:21:32	0:32:41	7:11	26	70	69	41.05	72.97	3
72	Ferst, Adam	45	14:07	0:18:37	0:32:44	6:12	6	51	50	40.21	94.59	3
73	Mayhew, David	36	8:33	0:24:13	0:32:46	8:04	46	84	83	39.37	51.35	3
74	Voss, Karen	39	11:40	0:21:07	0:32:47	7:02	2	67	66	38.53	97.42	3
75	Robbert, Michael	29	13:15	0:19:36	0:32:51	6:32	11	57	56	37.68	89.19	3
76	Croft, Devin	52	14:07	0:18:45	0:32:52	6:15	7	51	50	36.84	93.51	3
77	Beebe, Kerry	50	3:17	0:29:36	0:32:53	9:52	24	108	107	36.00	40.65	3
78	Basse, Bob	50	13:15	0:19:43	0:32:58	6:34	13	57	56	35.16	87.03	3
79	Nix, Alicia	40	6:55	0:26:04	0:32:59	8:41	14	94	91	34.32	66.45	1
79	Robinette, Ric	52	11:50	0:21:09	0:32:59	7:03	24	66	65	33.47	75.14	3
81	Nedleman, Alex	43	12:09	0:20:56	0:33:05	6:59	19	70	63	32.63	80.54	1
82	Pawlowski, John	44	5:50	0:27:21	0:33:11	9:07	66	97	96	31.79	29.73	2
83	Olson, Jeffrey	45	9:32	0:23:40	0:33:12	7:53	39	79	78	30.95	58.92	3
84	Reilly, Robert	50	8:57	0:24:19	0:33:16	8:06	47	83	81	30.11	50.27	2
85	Quintanilla, Edwin	26	12:57	0:20:20	0:33:17	6:47	17	65	58	29.26	82.70	1
86	Haller, Gordon	54	9:43	0:23:41	0:33:24	7:54	40	80	77	28.42	57.84	1
87	Sides, Gregory	59	0:16	0:33:09	0:33:25	11:03	73	121	119	27.58	22.16	2
88	Chow, James	48	7:45	0:25:45	0:33:30	8:35	60	88	87	26.74	36.22	3
89	Schultz, Bodo	56	2:33	0:31:00	0:33:33	10:20	71	111	110	25.89	24.32	3
90	Jordan, Charlie	63	8:22	0:25:22	0:33:44	8:27	57	90	84	25.05	39.46	1
91	Fornia, William	46	9:32	0:24:23	0:33:55	8:08	49	86	78	24.21	48.11	1
92	Trujillo, Jay	46	10:16	0:23:52	0:34:08	7:57	42	75	74	23.37	55.68	3
93	Mitchell, Mark	39	9:43	0:24:31	0:34:14	8:10	54	84	77	22.53	42.70	1
94	Velenchenko, Dennis	58	-2:10	0:39:11	0:37:01	13:04	74	131	128	21.68	21.08	1
95	Beebe, Jim	61	10:38	0:28:08	0:38:46	9:23	68	84	72	20.84	27.57	1

**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.

**RMRR RACEWALKERS, MARCH 2005 TROPHY SERIES 3 mi**

Place	NAME	AGE	-----TIMES-----				PACE	---HANDICAP---		TS Pts	Races
			START	ACT'L	FINISH	NEW		OLD			
1	Blanchard, Michael	43	5:23	0:26:20	0:31:43	8:47	97	98	100	3	
2	Lyle, John	72	-4:10	0:36:12	0:32:02	12:04	135	135	84	2	
3	Molde, Sheila	50	-5:57	0:38:06	0:32:09	12:42	142	141	68	3	
4	Hallez, Jan	50	-3:18	0:36:11	0:32:53	12:04	133	132	52	3	
5	Guiff, Ed	61	-0:48	0:34:01	0:33:13	11:20	124	123	36	3	

**NON-MEMBERS, MARCH TROPHY SERIES**

**RACEWALKER OVERALL**

R/W	NAME	GEN	START	ACT'L	FINISH	PACE
R	Olan Young	M	10:48	0:18:30	0:29:18	6:10
R	Julie Campbell	F	7:57	0:22:33	0:30:30	7:31
R	Christine Gould	F	11:19	0:19:12	0:30:31	6:24
R	Angie Kinnaird	F	4:56	0:26:31	0:31:27	8:50
R	Gary Westin	M	12:57	0:19:00	0:31:57	6:20
R	James Campbell	M	13:58	0:18:02	0:32:00	6:01
R	Theresa Braymer	F	2:48	0:29:14	0:32:02	9:45
R	Andrew White	M	0:00	0:32:07	0:32:07	10:42
R	Tim Heiman	M	13:58	0:18:11	0:32:09	6:04
R	Jesse Tierina	M	11:40	0:20:34	0:32:14	6:51
R	Steve Kupecz	M	13:58	0:19:17	0:33:15	6:26
R	Barry Davret	M	13:15	0:20:35	0:33:50	6:52
R	Kreighton Bieger	M	15:32	0:19:18	0:34:50	6:26
R	Gerri Nieder	F	0:00	0:41:12	0:41:12	13:44

Pl	Name	Gen	Total Points	#	Ave Points
1	Michael Blanchard	M	252	3	84
2	Sheila Molde	F	228	3	76
3	Ed Guiff	M	172	3	57
4	Jan Hill	F	168	2	84
5	Jan Hallez	F	140	3	47
6	John Lyle	M	120	2	60



Trophy Series Winners (L-R) Front Row: Eric Finch, Nick Benjamin, Ray Grundmeyer, Rebecca Edrich. Back Row: Mark Stevens, Jack Finch, John Hallez, Deanna Gampp, Mick Vollmer, Mike Acosta, Patricia Saitta.



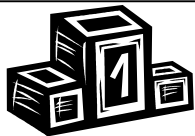
Racewalk Winners: Mike Blanchard (L) and John Lyle (R)



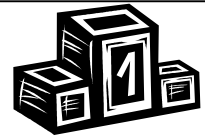
Fast male and female runners: Jason Saitta and Bethanie Werner

**RMRR NEW RACERS, MARCH 2005 TROPHY SERIES 3 mi**

R/W	NAME	AGE	-----TIMES-----				PACE	---HANDICAP---		---POINTS---	
			START	ACT'L	FINISH	GEN D PLACE		NEW	TS	SCRATCH	
R	Martin, Tonya	29	0:32	0:28:12	0:28:44	9:24	18	105	60	56.13	
R	Thurman, Patti	53	0:32	0:28:14	0:28:46	9:25	19	105	60	53.55	
R	Little, Justin	31	8:45	0:21:31	0:30:16	7:10	25	73	60	74.05	
R	Meacham, Lance	37	10:59	0:20:39	0:31:38	6:53	18	68	60	81.62	
R	Gregory, Pash		7:57	0:23:58	0:31:55	7:59	43	86	60	54.59	
R	Grant, James	58	6:42	0:25:25	0:32:07	8:28	58	93	60	38.38	
R	Okamoto, Karen	49	0:00	0:32:19	0:32:19	10:46	27	121	60	32.90	
R	Webb, Ellie	10	0:00	0:32:19	0:32:19	10:46	28	121	60	30.32	
R	Dittmer, Rebecca	26	9:43	0:23:20	0:33:03	7:47	7	83	60	84.52	
R	Moore, Brian	34	10:16	0:22:54	0:33:10	7:38	36	81	60	62.16	



**RMRR TROPHY SERIES OVERALL STANDINGS  
MARCH, 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	280.78	3	93.59	1	Tim Gentry	296.55	3	99.35	1	Karen Voss	297.42	3	99.14
2	Haynes Hendrickson	M	267.64	3	89.21	2	Scott Kukel	288.83	3	97.48	2	Deb Cunningham	282.31	3	94.10
3	Michael Acosta	M	267.47	3	89.16	3	Devin Croft	288.47	3	94.96	3	Bethanie Werner	277.24	3	92.41
4	Jesse Arman	M	258.13	3	86.04	4	Michael Collyer	285.32	3	94.28	4	Bonnie Keefe	262.90	3	87.63
5	Nick Benjamin	M	256.93	3	85.64	5	David Rothenburger	283.19	3	93.76	5	Carmen West	231.25	3	77.08
6	Charles Scheibe	M	255.54	3	85.18	6	Rick Edrich	276.13	3	91.85	6	Michelle Evans	218.44	3	72.81
7	Todd Matuszewicz	M	235.49	3	78.50	7	Adam Feerst	272.96	3	91.15	7	Stephanie Struble	205.62	3	68.54
8	Joy Knipps	F	233.34	3	77.78	8	Bob Basse	269.32	3	89.18	8	Janet Hoffman	171.50	2	85.75
9	Nathan Brown	M	223.36	3	74.45	9	John H. Jr. Bullock	268.66	3	88.71	9	Renee Withrow	159.34	3	53.11
10	Michael Collyer	M	217.59	3	72.53	10	Michael Robbert	266.62	3	88.66	10	Lisa Champeau	143.80	2	71.90
11	David Mayhew	M	215.26	3	71.75	11	Nathan Brown	250.41	3	82.35	11	Kerry Beebe	136.40	3	45.47
12	Heather Reddy	F	214.62	3	71.54	12	David Benedict	248.22	3	81.68	12	Heather Reddy	133.73	3	44.58
13	Karen Voss	F	213.32	3	71.11	13	Todd Matuszewicz	241.98	3	81.15	13	Andrea Smith	130.51	2	65.26
14	Curtis Head	M	212.44	3	70.81	14	Ric Robinette	239.84	3	78.01	14	Chris Vanoni	119.43	2	59.71
15	Tim Gentry	M	210.11	3	70.04	15	Michael Heitz	225.43	3	77.34	15	Momoko O'Brian	118.52	2	59.26
16	Teresa Abbott	F	207.99	3	69.33	16	Brian Struble	218.47	3	77.31	16	Teresa Abbott	98.92	3	32.97
17	Devin Croft	M	205.06	3	68.35	17	Brad Labarry	217.45	3	72.91	17	Holly Whelan	98.02	2	49.01
18	Michelle Evans	F	201.32	3	67.11	18	Scott McFarlane	214.47	3	72.24	18	Rachel Foss	97.04	1	97.04
19	Renee Withrow	F	195.08	3	65.03	19	Jason Saitta	200.00	2	71.13	19	Angela Anderson	94.07	1	94.07
20	Rick Edrich	M	194.76	3	64.92	20	Curtis Head	199.47	3	69.25	20	Valerie Shockley	92.73	1	92.73
21	Bodo Schultz	M	194.11	3	64.70	21	Mark Stevens	198.72	3	66.64	21	Linda O'Byrne	87.10	1	87.10
22	David Rothenburger	M	194.09	3	64.70	22	Haynes Hendrickson	195.39	3	66.49	22	Rebecca Dittmer	84.52	1	84.52
23	James Chow	M	193.86	3	64.62	23	Brett Allendorf	195.39	3	62.83	23	Patricia Saitta	82.82	2	41.41
24	Douglas Smith	M	192.48	3	64.16	24	Jay Trujillo	194.18	3	61.75	24	Leslie Mitchell	82.22	1	82.22
25	Scott Kukel	M	189.51	3	63.17	25	Jeffrey Olson	192.20	3	61.01	25	Joy Knipps	82.00	3	27.33
26	David Benedict	M	189.26	3	63.09										
27	Mitch Chesbro	M	186.48	3	62.16										
28	Ray Grundmeyer	M	182.24	3	60.75										
29	Bethanie Werner	F	180.25	3	60.08										
30	John Hallez	M	179.35	2	89.68										
31	John H. Jr. Bullock	M	178.83	3	59.61										
32	Chris Vanoni	F	177.26	2	88.63										
33	Deb Cunningham	F	175.80	3	58.60										
34	Michael Heitz	M	175.38	3	58.46										
35	Scott McFarlane	M	172.68	3	57.56										
36	Bob Basse	M	167.76	3	55.92										
37	Brett Allendorf	M	165.14	3	55.05										
38	Ken Applegate	M	163.11	2	81.55										
39	Adam Lee	M	162.86	3	54.29										
40	Howard Kumpf	M	161.94	3	53.98										
41	Patricia Saitta	F	159.16	2	79.58										
42	Ric Robinette	M	158.95	3	52.98										
43	Mike Vanoni	M	158.82	2	79.41										
44	Christopher O'Brian	M	157.81	2	78.90										
45	Roland Thomas	M	149.89	2	74.95										
46	Momoko O'Brian	F	146.85	2	73.42										
47	Mike Knipps	M	146.70	3	48.90										
48	Brian Struble	M	146.02	3	48.67										
49	Janet Hoffman	F	144.00	2	72.00										
50	Adam Schlegel	M	142.47	2	71.23										

**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 including 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

**Welcome New Members!**

Robyn Aasmundstad  
Kevin Bredell  
Gene Dannenberger  
Tiffany Dunn  
Greg Frederick  
Carly Frick  
Judy Goater  
Pash Gregory  
Taran Griffis  
Jimmi Hallez

Peter Hallez  
Kathleen Hickey  
Richard Hickey  
Andrew Hodson  
Paula Lambert  
Kenneth Lehman  
Lance Meacham  
Deb Meguire  
Lee Merrifield  
Jill Mullen

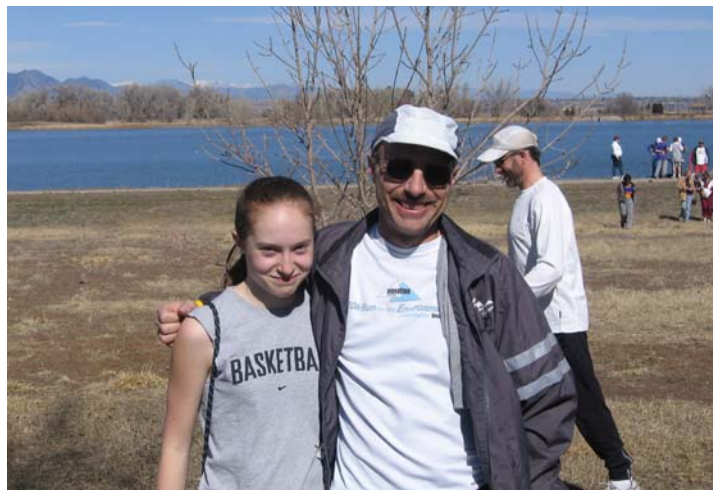
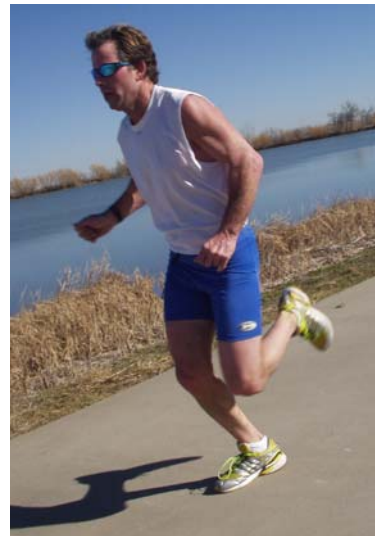
Karen Okamoto  
Linda Painting  
Marion Sills  
Jack Wachwitz  
Ellie Webb  
Geoff Webb  
Matthew Webb  
Diane Williams

Please renew your membership promptly. If your membership has expired, you will not have a printed start tag. All expired memberships must be renewed prior to racing. You will not be included in the trophy series scoring without a current membership.

# Runners in Action and Inaction at the March Trophy Series Race

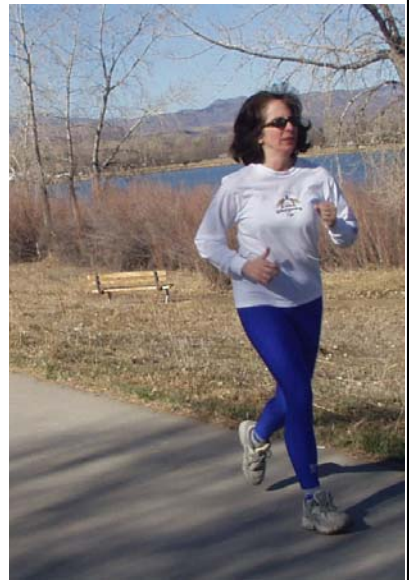
The crowd anxiously awaits as...

...Race director Janet Gold picks raffle winners

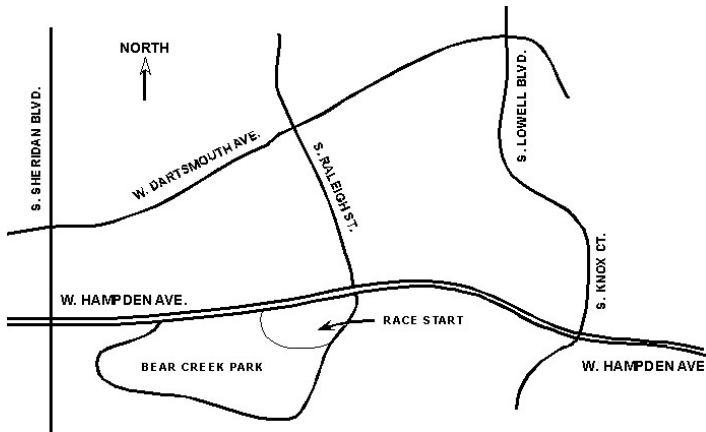


Trophy Series Winner Rebecca Edrich with her dad Rick.

Thanks to Brad's immediate scoring printouts, racers can check their results after the race.



**Run the April Trophy Series 4 mi**  
 Bear Creek Bike Path  
 Sunday, April 3, 9 a.m.



**Directions:**

Take hwy 285 to Sheridan. Go north. Turn right at the 2nd light, Dartmouth, just past the shopping center. Go 6 blocks to Raleigh, at a stop sign. Turn right for about 4 blocks, under 285, to the park.

**Thank you, thank you, thank you!**



Thank you volunteers at the March Trophy Series race.

**Thanks for supporting RMRR**



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**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.**

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 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 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.

**Sample 4 mi Start Times**

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.

HCP	Start
120	0:00
110	3:28
100	6:42
90	9:41
80	12:26
70	14:56
60	17:11
50	19:11
40	20:57
30	22:28

**APRIL 2005**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(1) www.rmrr.org, also see Training – This Newsletter                      (2) groups.yahoo.com/group/denvertrailrunners, 303-282-3921                      (3) www.comastersrun.org                      (4) www.bolderboulder.com                      (5) www.rmrr.org, also see Race Schedules – This Newsletter                      (6) www.conservationcenter.org 303-441-3278                      (7) www.cherrycreeksneak.com 303-394-7223                      (8) 3201 W. Arizona Ave. see story this newsletter, or www.active.com                      (9) 3201 W. Arizona Ave. See training, this newsletter                      (10) www.denverspringfling.com</p>					<b>1</b>	<b>2</b> <b>RMRR Training Run</b> , 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)
<b>3</b> <b>RMRR Trophy Series</b> , 9:00 am, 4mi, Bear Creek Bike Path (5)	<b>4</b>	<b>5</b> <b>Washington Park Fun Run</b> , 6:00 pm, South High Parking Lot (1)	<b>6</b> <b>Track Workout</b> , 6:15 p.m. Denver Lutheran High School (9)	<b>7</b> <b>Trail Run</b> , 5:30 pm or 6:15 pm (2)	<b>8</b>	<b>9</b> <b>RMRR Training Run</b> , 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)  Sand Creek 5 miler 9am Stapleton (3)
<b>10</b>	<b>11</b>	<b>12</b> <b>Washington Park Fun Run</b> , 6:00 pm, South High Parking Lot (1)	<b>13</b> <b>Track Workout</b> , 6:15 p.m. Denver Lutheran High School (9)	<b>14</b> <b>Trail Run</b> , 5:30 pm or 6:15 pm (2)	<b>15</b> 	<b>16</b> <b>RMRR Training Run</b> , 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)  <b>DLHS Making Track(s) Meet</b> 9 am, Denver Lutheran High School (8)  Bolder Boulder 5k Qualifier 8 am City Park (4)
<b>17</b> <b>Earth Day 5k Run/Walk</b> 9:30am Boulder (6)	<b>18</b>	<b>19</b> <b>Washington Park Fun Run</b> , 6:00 pm, South High Parking Lot (1)	<b>20</b> <b>Track Workout</b> , 6:15 p.m. Denver Lutheran High School (9)	<b>21</b> <b>Trail Run</b> , 5:30 pm or 6:15 pm (2)	<b>22</b>	<b>23</b> <b>RMRR Training Run</b> , 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)  <b>Denver Spring Fling</b> , 9 a.m., City Park (10)
<b>24</b> <b>Cherry Creek Sneak</b> 5m/5k 8am Denver (7)	<b>25</b>	<b>26</b> <b>RMRR Board Meeting</b> , 7:00pm  <b>Washington Park Fun Run</b> , 6:00 pm, South High Parking Lot (1)	<b>27</b> <b>Track Workout</b> , 6:15 p.m. Denver Lutheran High School (9)	<b>28</b> <b>Trail Run</b> , 5:30 pm or 6:15 pm (2)	<b>29</b>	<b>30</b> <b>RMRR Training Run</b> , 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)



## 2005 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Ken Applegate	17.00	Bonnie Keefe	5.00	Anthony Rodriguez	1.50
Bob Basse	2.50	Brad LaBarry	43.00	Jim Romero	3.50
Jim Beebe	7.25	Betsy Lyle	4.50	Adam Schlegel	10.00
Lee Bengston	7.50	John Lyle	10.00	John Shanahan	3.00
Michael Blanchard	12.00	Tom Mates	7.50	Andrea Smith	4.25
Kolene Brown	8.25	David Mayhew	3.25	Douglas Smith	34.50
Lisa Champeau	14.25	Leslie Mitchell	7.00	Nancy Stone	6.00
James Chow	28.00	Alicia Nix	2.50	Brian Struble	3.50
Deb Cunningham	33.25	Jeffrey Olson	7.00	Stephanie Struble	10.50
Janet Fairs	1.00	John Pawlowski	3.00	Chris Vanoni	9.00
Tim Gentry	1.00	Heather Reddy	12.00	Mike Vanoni	1.00
Janet Gold	16.00	Rosalie Richter	4.50	Rick Voorhees	3.50
Haynes Hendrickson	2.50	Sharyl Riley	9.50	Carmen West	2.00
David Hill	10.00	Kasandra Robbert	1.50	Renee Withrow	3.25
Jan Hill	8.00	Michael Robbert	7.00		
Parthenia Jones	9.75	Ric Robinette	18.75		

## Track Workouts

*(Continued from page 1)*

awards is a unique event. I'm hoping for a good RMRR turnout on April 16. It's a great way to support a wonderful high school and to pay them back for the use of their beautiful new track. Bill and I hope that this unique event will become a yearly, fun, change of pace (no pun intended) for adult runners.

The 1st annual meet will be held on Saturday, April 16 starting at 9am. The schedule includes both Adult (ages 19+) and Student events. Each event will have a separate race by gender and age group.

You can sign up on Active.com, at local running stores or turn in your application at the April Trophy Series race. RMRR members get a \$3 discount off the standard fees, so it's \$12 for an adult to run one race, \$17 for two or three events. Likewise RMRR kids can run for \$7 one race or \$12 for both races.

Come out to the new track at 3201 W. Arizona Avenue (near Federal & Mississippi) for a great time and to set those beginning of the season benchmarks!

### 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 April birthdays!

Miriam Tope	1	Brian Arman	17
Kristin Lind	2	Joel Lindau	17
Leigh Singleton	2	Tim Wolfe	17
Leonda Thompson	2	Shirley Simons	19
Soomin Chun-Hess	3	Chuck Townsend	19
Scott McFarlane	3	Parthenia Jones	23
Jim Romero	3	Adam Lee	23
Robert R. McConville	4	Georgina E Schultz	23
Federico Figallo	5	Jack Finch	24
Tim Gerlach	5	Leslie Thompson	25
Garland Thurman	5	John Carroll	26
Amanda Martinez	7	Alan Lodge	26
Bob Tafelski	8	Peter Goudy	28
David McGillivary	9	John Clinton	29
Janet Gold	11	Bonnie Ferrell	29
Louisa McClatcher	12	Julie Palic	29
Kasandra Robbert	13	Julia Clark	30
Joe Atkinson	16		

### Starting Times for Track Meet

9:00am	Adult Mile
9:30am	Student 100 meters
10:00am	Adult 400 meters
10:30am	Student 400 meters
11:00am	Adult 2 mile

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

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