

News on The Run

ROCKY MOUNTAIN
ROAD RUNNERS

Member Profiles—John and Betsy Lyle

By Mike Acosta

Meet John and Betsy Lyle. Actually, if you were at the April 4 mile Trophy Series Race, you probably already have met them since they co-directed the race as they have been doing for several years. And if by some chance you were not paying attention, John probably got your attention when he stepped up on the table and announced "This is a very difficult race ... to get lost on!" Or maybe you were reminded by Betsy after the race to be sure and save your "cans for a van" as she went about encouraging people to recycle the aluminum cans. And surely you must remember John, the race walker, giving words of encouragement to the runners as they passed him by on the course. The point is that John and Betsy are very involved with Road Runners from participating in the races to directing them. Betsy, by no choice of her own, has taken a little time off from the race walker scene. As she puts it, she "put an end to her career of always finishing the short races last" when in December 2003, she slipped on some black ice, breaking her ankle and wrist. Her injury has not slowed her down, however, as she has just redirected her efforts to being a "permanent" non-running volunteer.

Before directing the 4 mile Trophy Series Race, John and Betsy, were directors of the 9 mile race for about 4 or 5 years. Currently they both hold offices with the club. Betsy is in charge of special events and John holds the distinguished office of quartermaster – a position he jealously guards. Betsy has also held the position of volunteer coordinator for a couple of terms.

John, a Denver native, and Betsy from Washington state, met while attending Colorado State University. They graduated in 1958; John in engineering and Betsy in occupational therapy. They married in the same year. John's work took him to Ohio where he first became interested in running after reading Dr. Kenneth's book on aerobics. In 1972, after about five years in the Midwest, the Lyles returned to Colorado and John subsequently started his own engineering company. Betsy continued her career as a recreational therapist. A registered professional mechanical engineer, John holds patents in a concrete pneumatic vibrator which is used in large concrete construction like dams. He is semi-retired but still has his consulting business. John has entered a second career as a bus driver for Lakewood's Head Start program, seniors, and the physically disabled. His



Betsy and John at the April Trophy Series Race where they were race directors.

bus driving talents were developed while in college.

As best they can recollect, the Lyles joined the RMRR around 1974 or 1975. In 1980, after 26 years of smoking, Betsy quit and took up running. After a period of time in which they were mostly middle-of-the-pack runners, John and Betsy changed over to race walking where John has managed to make a great showing in various races (he finished second in the recent 3 mile Trophy Race). The Lyles work out at least 3 times a

(Continued on page 5)

RMRR and Runner's Roost Colorado Blvd Awarded Moving Comfort Women's Beginner Fitness Grants

Free Running apparel to 10 beginning, female runners

RMRR members - do you know a woman who is thinking about taking up running? If you do, tell her to talk to the friendly folks at Runner's Roost on Colorado Boulevard about this program. Participation in the Program entitles each of 10 women up to \$60-\$75 of Moving Comfort running apparel.

The purpose of the Moving Comfort Women's Beginner Fitness Grant Program is to help create new, or support existing grassroots running and walking programs that inspire women to get fit. RMRR and our new training program were selected! This means that each beginning runner will get new apparel and participate in a training program this summer. The training program will prepare the runners for RMRR's 5k Trophy Series race at 6pm on Friday, August 5th at DeKoevend park. Interested participants should be willing to commit to running 2-3 times/week including the weekly group training runs at 6 pm on Tuesdays in Washington Park. The training program will begin on Tuesday, May 3rd and finish on Friday, August 5th at the RMRR 5K.

This is a great opportunity for your non-running, female friends to take up our sport. Get the word out and tell them to sign up quickly. We have 10 spaces and once they're gone, they're gone!

**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 Director
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

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 April race at Bear Creek was very mild. We had a total of 107 runners and race walkers compared to 121 for last

ary. 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 for your efforts. We will have their volunteer forms at the next 2 Trophy Races.

April's at Bear Creek. John and Betsy did a great job as Race Directors. The great folks at the Bolder Boulder were generous enough to donate 20 complementary entries for this year's race. Half of these free entries were raffled off at this race. The remaining 10 will be raffled off at next month's race.

I also want to thank Body Architecture for coming out. They plan on being at the May T/S race and will have some free sessions and a Personal Training Package to raffle off.

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 Janu-

In addition, our club will again be promoting the Boulder Backroads Half/Full Marathon on September 25th. 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 Tues 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 - Parthenia "Potts" Jones

By John Pawlowski

Her soft spoken voice belies the powerful lungs that have called racers to the starting line at several recent Trophy Series Races. When Potts is announcing the start times, no one can use the excuse that they couldn't hear their start times being called. Congratulations to Potts for being RMRR's April Volunteer of the Month.

Potts has been involved in the Denver racing community for over 20 years, and became involved during her sister Rose's 5k races and marathons. Initially it was the idea of helping out and the T-shirts the volunteers received that got her interested in volunteering at races. Now, it is giving back to the community.

As a deputy marshal for the Aurora Municipal Court, Potts saw the need for a community service outlet for youthful offenders, her clients, and started Potts Trotters. Some of her community service projects include preparing registration packets for the Bolder Boulder and preparing thousands of bags for the Elephant Rock ride in Castle Rock, as well as assisting with many other races in the Denver area. Even after their community service requirements are fulfilled, many of Potts' clients return to volunteer with her projects.

Support for Potts Trotters is through races she puts on throughout the year. Several of the races are low key pot-luck events, but others are more involved including scooter and motorcycle rides. Where she can, Potts solicits commercial support to fund Potts Trotters and is especially grateful to fellow RMRR member Mitch Chesbro for his sponsorship.

This past January, Potts received the Dr. Martin Luther King Achievement Award for Community Services for all of her work supporting the community and was nominated as a torch bearer for the Salt Lake City Olympics.

Congratulations, and thank you Potts for all you are doing for the community and RMRR. The next issue of News on the Run will include Potts Trotters' race schedule so interested RMRR members can help Potts help others.



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 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. Leave your name, address, phone number, typical 10K pace, and time of day you run. Devin will do his best to find a Road Runner training partner for you.

Training Advice

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

Trail Running

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

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 for updated information or to volunteer to help!

Date	Time	Distance	Location	Race Director
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
Sat 7/9/05	8am	2mi Trophy Series	Bible Park (Brunch)	Doug Smith & Carmen West
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 5/21/05	9 am	5k/10k/RW	deKoevend Park	Colorado Master's Running Association 303-693-2268
Sat 6/11/05	8 am	5k/10k/RW	Waterton Canyon	Colorado Master's Running Association 303-279-7020

Next Newsletter Deadline, Friday May 6

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, May 6. 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. Thanks, John.

BOARD MEETING MINUTES

April - Board Meeting Minutes

Attendees: Betsy Lyle, Mike Robbert, Stephanie Struble, Doug Smith, Bonnie Keefe, Jim Chow, John Lyle, Deb Cunningham.

Date/Time: Tuesday, March 29th, 7pm
Location: Wild Oats on 1111 S Washington Street, Denver 80210

Increasing Participation:

- Denver Fit cross promotion in Wash park For MTS – waiting for their calendar
- 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 – Mike is working on survey. Deb & Betsy
- Call new members. Doug will check w/ Brad & Kolene on a list of new members. – Deb & Betsy
- How best to promote the kids races – July & August races only.
- Change July T/S Brunch to pancake breakfast – rent griddle from Butler rents. Dave Cunningham will cook.
- Recruit HS runners during summer months – John Lyle made progress by talking with Ric Robinette. Rules have changed regarding HS athletes competing in other events. They can run if they have their coach's permission.

Visibility:

- Website issues – Alan/Jim/Jeff/Deb. Making progress. Still some broken links. Alan is looking at the "Where to run in Denver."
- 501(c)(3) grants – Jim, future article for newsletter.
- Moving Comfort Grant – Doug, application submitted. Mike got a call today to clarify how new runners obtain merchandise – seems to be looking good. Formal answer by 4/16.
- ALPS, Active Living Partnership of Greater Stapleton – Doug, same day as T/S Race

- Hera multisport. We will put Hera's dates on our calendar. Link on our website.
- Van sign. Doug priced vinyl sign 20" x 20" for signs. \$220 for 4 signs. Alternative = paint the logo on it or get a magnetic sign.

Increasing Membership Value:

- Investigate making the newsletter color – Impossible – 2 week lead time + 3 times as expensive.
- Body Architecture will attend next T/S Race in April - do massage, PTs on staff.
- Raffle prizes for April race – Bolder Boulder entries, Making Tracks entry, 'Dust to Glory' Film passes.

Volunteer Issues:

- Volunteer of the Month – ask Lisa if she has any ideas.
- April Race – 9 non-running volunteers is probably enough.

Operational Items:

- Treasurer's Report – is at Bonnie's work. Not many changes from last time.
- E-mails to website, directed to responsible volunteers – Doug will give list to Alan.
- Denver Lutheran track, RMRR track workouts – Track is about 1 month behind schedule. Leave apps in stores – call any who registered.
- Update on MTS Series and Nov T/S Race – Can't run at Waterton. Problem with Chatfield on Aug 28 for balloon festival. Bonnie will look at alternate locations like Barr Lake – 9 mile unpaved loop.
- Summer race contracts (MS Race, Rainbow Run, Run for Lauren) – Doug & Bonnie

Next meeting, 7pm on Tuesday, April 26 at Wild Oats on Washington St.

Choosing the Right Running Shoe

By Dr. Stuart Currie D.C.

Most of you reading this article have purchased a pair of "good" running shoes in the past year. How much did you really know about how that shoe fit on you? How much did you have to rely on a salesperson to help you make your decision? In this article I will attempt to provide you with some information and tips that can help you make your next shoe purchase.

To understand shoes we need to get some definitions out of the way:

Outsole: The treaded part of your shoe. Usually made of carbon rubber. Different tread patterns are made for different activities and conditions.

Last: This is the mold or template upon which the shoe is made. Different shoe companies use different templates or lasts. The term last can also refer to the way in which the upper is attached to the midsole.

Upper: The soft uppermost part of the shoe that covers your foot and has the laces in it. Usually made of a light breathable material to allow heat to escape. Can also be padded in the rear of the shoe to prevent wear on the Achilles tendon.

Midsole: The meat of the shoe sandwich. This is the most important part of the shoe and is where many manufacturers build in cushion and stability control (air, gel etc.) to help with different foot types. The major contribution of the midsole is shock absorption. A dual-density midsole is one in which a higher density (firmer) midsole is placed on the inner side of the shoe to prevent rolling in (pronation) of the foot. You can usually see

this dual density as two different colors.

Heel Counter: A rigid cup that surrounds the heel and is meant to control rear foot motion and provide stability.

The first thing you need to know as a consumer of running shoes, is what type of foot you have. This is important. There is no "best" running shoe, but there are shoes that are best for your foot type and running style. Many brands of shoes make good shoes for different foot types, the trick is figuring out what type you are. There are two main categories of foot type with many gradations in between. My running shoe recommendation list is based on the type of foot you have and what would suit you best, not brand names.

A little about foot types:

1) A supinated foot is one that has a high arch. This foot usually rolls out at the ankle and is usually a more rigid type of foot. This type of foot is generally a poor shock absorber and requires more of a cushioned shoe.

2) A pronated foot is a flat one. The ankle rolls in and the foot bulges on the inner side. These feet are generally flexible and unstable so they require more motion control in their shoes.

Now keep in mind that both pronation (flattening of the foot) and supination (raising of the arch) are *normal* parts of the gait cycle. These motions happen during every step and are necessary for shock absorption

(Continued on page 12)

Running Well Running Downhill (Without going downhill)

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

After a race a while back we were talking with some other runners. We mentioned a race that had a lot of downhill running. Someone said, "Downhill running is really hard on your body." Our reply was that we *used to* think the same thing. Since we've changed our form and learned to run more efficiently, downhill running is much easier and doesn't have anywhere near the negative impact that it used to. In other words, it's not downhill running that's hard on you; it's the way you run downhill that's hurting you.

A typical tendency for a lot of runners is to reach out with the foot and lower leg and land excessively on the heel. This is often associated with a trunk that's leaning back, instead of having a slight forward inclination as efficient runners do. In downhill running, this is exaggerated. On a steep downhill in a race, you can hear runners' forefeet slapping down after their exaggerated heel strike. This causes a lot of shock and trauma throughout the body. It's especially hard on the knees.

In order to run efficiently downhill, you must first learn to run efficiently on flat ground. All the same principles apply, with greater force. You need to lift your leg from your hips and pelvis in order to be able to land your foot gently directly under your center of gravity. The controlled fall that running consists of is exaggerated compared to flat running. The tendency is to lean back and "put on the brakes". It's much more efficient to keep your weight inclined forward. Remember that the forward lean is the *whole body as a unit*; it's not *bending* forward at the waist. Your trunk should stay in a balanced, stable, "neutral" posture, not bent forward and not leaning back. (We'll write more about postural alignment and abdominal stabilization at some point.)

Downhill running is the time when gravity is your friend, so it's a great time to let it go and let yourself fly.

Peter Szymanski, PT, IOC, CFMT 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 Szymanski, OTR, SIPT, IMC has studied human movement and development with adult and pediatric clients since 1987. She has completed more than 15 marathons.

Peter and Karen are in private practice at Catalyst Therapies, LLC, 2727 Bryant St., Suite 540, 80211. You can contact them at 303-458-9660 or email Running_Well@msn.com.

RUNNING WELL™

Running Form Training

6 Week Programs
Spring & Summer 2005

Contact us for dates & more information.

"I'm running faster but it feels easier" -NT



Catalyst Therapies, LLC

Physical Therapy & Movement Reeducation
for a Better Way to Achieve
Injury Free running!

\$35 Initial Session for New Clients!

Peter Szymanski, PT, IOC, CFMT
Karen Voss Szymanski, MS, OTR

(303) 458-9660

Info@CatalystTherapies.com
www.catalysttherapies.com

Member Profiles

(Continued from page 1)

week with other race walkers. John also works out with a race walker club known as "The HART", an acronym for High Altitude Race walker Training and lately has become interested in snowshoeing.

Married for nearly 50 years, you have to wonder what was going through John's mind when he found out he was going to be married to a woman who, as Betsy describes herself, "enjoys throwing things". That's how Betsy explains how she got involved with her other past time favorite – pitching horseshoes. As a young girl, while the other kids were interested in running events, she always favored the field events which included throwing things like softballs. This summer she plans on pitching horseshoes in the national senior games to be held in Pittsburgh.

The Lyles have four children and four grandchildren. None of their children have remained in the Colorado and none are runners. This leaves them time for their volunteer activities. As John commented with regards to their volunteer work with the Club, "it's the least we could do for all the time we spent not volunteering when we were getting so much out of the club as runners".

Cans for Vans

Save your cans and bring them to the next trophy series race. Money collected from this recycling effort goes into upkeep of the club's van. Contact Betsy Lyle for more info.

Racing in Other Places

By Chris Vanoni

VALLEY OF THE SUN HALF-MARATHON/3MI

March 13, 2005 Phoenix, AZ

Name	Age	Gen	GenPI	PI	Time	Pace	Div	DivPI	Gun-Time	Event
SHIRLEY BINGHAM	38	F	24-108	47	29:37	9:52	35-39	2-15		3mi
VALERIE SHOCKLEY	39	F	29-559	107	1:40:47	7:41	35-39	2-95	1:40:55	Half
C. ROSS WESTLEY	68	M	122-458	173	1:47:17	8:11	65-69	1-6	1:47:33	Half
CHRISTINE VANONI	53	F	201-559	478	2:06:21	9:38	50-54	6-39	2:06:55	Half



QUEEN CHARLOTTE CLASSIC 44.3K (27.5 MI) TRAIL RUN

March 19, 2005 Picton, New Zealand

Name	Age	Gen	PI	TIME
ADAM FEERST	44	M	2nd	4:19:02



CANYONLANDS HALF-MARATHON

March 12, 2005 Moab, UT



Name	Age	Gen	DivPI	Div	Pace	Chip-Time	GenPI	Gun-Time	OAPI
TIM GERLACH	34	M	18/165	M30-34	00:07:01	01:31:58	97	01:32:00	112/2653
MARY SIETSMA	41	F	20/161	F40-44	00:08:19	01:48:56	151	01:49:07	538/2653
DAVID KNAPP	40	M	134/172	M40-44	00:09:59	02:09:43	874	02:10:55	1560/2653
EDWARD DONE	50	M	101/122	M50-54	00:11:09	02:24:45	1069	02:26:16	2151/2653
PATRICIA CRESPI	46	F	116/121	F45-49	00:13:09	02:48:34	1389	02:52:21	2556/2653

RUNNIN' OF THE GREEN LUCKY 7K

March 13, 2005 Lower Downtown, Denver

Name	Gen	GenPI	DivPI	GunTime	Pace	ChipTime	Event
DAVID ROTHENBURGER	M	29	8/293	0:26:12.9	6:02	0:26:12.8	Run
GENE WASSMAN	M	62	17/192	0:29:08.4	6:42	0:29:01.4	Run
DAVID BENEDICT	M	89	27/293	0:30:27.1	7:01	0:30:22.7	Run
MARK STEVENS	M	93	23/192	0:30:34.2	7:02	0:30:30.6	Run
ANGIE ANDERSON	F	22	10/264	0:30:57.7	7:08	0:30:54.5	Run
BETHANIE WERNER	F	21	9/264	0:30:57.5	7:08	0:30:53.5	Run
BRETT ALLENDORF	M	158	58/293	0:32:42.8	7:32	0:31:36.1	Run
SCOTT MCFARLANE	M	165	20/129	0:32:52.1	7:34	0:32:16.3	Run
MITCH CHESBRO	M	175	41/192	0:33:13.1	7:39	0:33:04.6	Run
ADAM SCHLEGEL	M	220	41/127	0:34:08.3	7:51	0:32:47.6	Run
GINA AHNEN	F	54	26/264	0:34:13.0	7:52		Run
ED KING	M	236	27/129	0:34:27.7	7:56	0:33:44.4	Run
MARLA NOSAN	F	78	9/136	0:35:27.6	8:10	0:35:16.4	Run
GEORGE HUNER	M	312	32/129	0:36:15.7	8:21	0:35:27.5	Run
AMY KLINGENBERG	F	121	47/297	0:36:42.0	8:27	0:35:21.9	Run
ALICIA NIX	F	146	61/297	0:37:31.5	8:38	0:37:09.8	Run
MICK VOLLMAR	M	392	44/129	0:37:44.9	8:41	0:36:32.2	Run
JEFFREY HILL	M	409	18/40	0:38:06.7	8:46	0:36:42.2	Run
EDWIN QUINTANILLA	M	417	72/127	0:38:15.7	8:48	0:36:28.4	Run
MICHELLE EVANS	F	190	74/297	0:38:29.2	8:51	0:38:14.9	Run
RAY GRUNDMEYER	M	510	10/33	0:40:04.2	9:13	0:38:16.4	Run
ASHLEY BRUSH	F	316	122/264	0:41:28.6	9:33	0:41:04.1	Run
CARRIE STEUART	F	416	68/136	0:43:27.1	10:00	0:41:56.8	Run
HOLLY WHELAN	F	419	69/136	0:43:29.5	10:00		Run
JOHN HALLEZ	M	651	88/129	0:44:03.2	10:08	0:43:17.9	Run
HEATHER REDDY	F	509	192/297	0:45:30.2	10:28	0:44:35.3	Run
ROBERT MCCONVILLE	M	702	100/129	0:45:32.5	10:29	0:44:15.8	Run
GREGORY SIDES	M	711	104/129	0:46:08.0	10:37		Run
GARY ANGERHOFER	M	713	21/33	0:46:14.6	10:38	0:44:39.0	Run
TINA RICHARDS	F	574	98/136	0:47:46.4	10:59	0:46:11.2	Run
ROBILYN WOOD	F	603	231/297	0:48:31.2	11:10	0:48:16.8	Run
LESLIE THOMPSON	F	649	108/136	0:50:19.2	11:35	0:49:39.2	Run
SHARON MARTINEZ	F	715	117/136	0:54:45.1	12:36	0:54:30.2	Run
DENNIS VELENCHENKO	M	801	123/129	0:56:58.0	13:06		Run
JAN HALLEZ	F	42	10/36	0:52:18.7	12:02	0:52:15.8	Walk



CMRA SPRING SPREE 10K

March 19, 2005 Twin Lakes Park

Name	Age	Gen	PI	TIME
GARY BLACK	19	M	13.	39:15
JAY TRUJILLO	46	M	28	46:42
JIM ROMERO	64	M	40.	49:09
RAY GRUNDMEYER	67	M	51.	52:57
RICH MARTINEZ	58	M	56.	55:13
CHRISTINE VANONI	53	F	60.	57:40
MIKE VANONI	56	M	63.	58:07
CAROL JOHNSON	50	F	68.	62:11
DAVE BLACK	53	M	72.	67:41

THE SWIFT SKEDADDLE GREAT SNOW-SHOE ADVENTURE 10K, & 10 MILE

February 19, 2005 Frisco, Colorado

Name	Age	Gen	PI	Time	Event
BILL MOYLE	66	M	9	1:35:55	10K
MALTIN PAHL	43	M	4	1:32:28	10mi
ED GREEN	55	M	31	2:08:15	10mi

Less than a mile into the race, the leaders missed a turn taking a big chunk of the 10K field on a 3.5 mile trek across Dillon Reservoir, before eventually getting back on course. Race organizers quickly created a new 10 Mile division to accommodate these finishers.

Training for the Long Run SAQ and You

By Jonathan Siegel, CSCS and Ben Ollett, CSCS

If you could increase an area of your running performance by four to seven percent by adding a different type of exercise to your training, would you? Before you answer that, consider what that seemingly small increase in performance means to your 10k or Marathon time. If you 10k p.r. is 42:00, you may be able to drop it by 50 seconds, without doing more running. In fact, you'll likely be doing less running in order to effect this increase. If you are a marathoner running a 3:30 pr, you can take 5 minutes off your time. If either of these numbers seem paltry, consider how your improved times would affect your race-day standings. SAQ is shorthand for speed, agility and quickness drills. Distance runners, welcome to plyometrics.

Plyometrics help the runner take advantage of the stretch-shortening cycle (SSC) of muscles. This cycle is a combination of eccentric (muscle-lengthening) and concentric (muscle-shortening) actions. SSC works like a rubber band that has been stretched and snaps back. The key muscles and tendons of running, (calf muscles, Achilles tendon, quads, patellar tendon, glutes and hamstrings) all stretch when the foot hits the ground, and "snap-back", providing the energy to propel the body forward. Plyometrics train muscle fibers to be stiffer, so that they "snap-back" with more force. This SSC action is vital, as without it, there would be more energy-consuming muscle contractions. After six weeks of training in one study, the average 3k performance improved by 16.6 seconds!

Plyometric drills (plyos) for distance runners include jump squats, split-scissor jumps, double-leg bounds, alternate leg bounds, single and double leg forward hops, depth jumps and single and double-leg hurdle hops. Typically, a phase of plyometric training is 6 weeks, and starts with simple plyos and goes to more complex ones. Then a rest week is often prescribed, after which a second phase of plyos can be performed. Depending on a runner's race schedule, and the placement of "A" races, these two phases could be started in the spring. Alternatively, one phase of plyos might be completed, then a maintenance phase would continue throughout the season. You must be careful when adding any new type of training. The total training load must be assessed, as well as the placement of rest days. If you add two days of plyos a week on top of 50 miles of running, the possibility of injury is greatly increased. Because of this, if you wish to include plyos it is highly recommended that you work with a coach who knows not only the technique of plyos, but who can look at your training routine and make an educated assessment of where to add the workouts, and what amount of running is appropriate for the particular training phase.

Adding another dimension to your training will not only help your running efficiency and economy, but in the case of plyometrics, it will help your balance and coordination. It will also relieve some tedium of running the same drills, on the same day, again. The human body is a wonderfully adaptive machine. By continuously challenging yourself in your training, you will feel and enjoy the changes you create in your body.

Jonathan Siegel, CSCS, is an RRCA-certified running coach and certified cycling coach. Ben Ollett, CSCS is an associate coach @ JDS Sportcoaching, LLC. If you have training questions or comments, contact Jonathan@JDSsportcoaching.com

More Racing in Other Places

ORPHANS OF VIOLENCE 5K
March 20, 2005 Washington Park

Name	Age	Gen	GenPI	DivPI	Time	Pace
MITCH CHESBRO	46	M	37	9/16	24:17	7:49
GREGORY SIDES	59	M	62	8/10	31:41	10:12
LESLIE THOMPSON	48	F	64	13/14	37:29	12:04
SHARYL RILEY	55	F	76	5/5	48:15	15:32

SNOWSHOE SHUFFLE
March 26, 2005 Vail, CO

Name	DivPI	Div	Gen	Event	Time
JEFFREY BERNARDY	7	40-49	M	5K	0:49:36
MARK LOWE	9	30-39	M	10K	1:23:33
BILL MOYLE	7	50+	M	10K	1:42:47

5K ON ST. PATRICK'S DAY
March 12, 2005 CoSprings

Name	Age	Gen	GenPI	DivPI	Time	Pace
CRAIG EWING	51	M	76	5/46	21:31	6:56

NELLIE MAE SCHOLARSHIP SCUTTLE 5K
April 3, 2005 Washington Park

Name	Age	Gen	GenPI	DivPI	Time	Pace
CHARLES WESTLEY	68	M	28	1/4	22:36	7:17
MONICA TURNER	35	F	30	6/26	28:30	9:11
MARIE ROMERO	61	F	131	6/6	1:00:54	19:37

WILD OATS
NATURAL MARKETPLACE

fuel your body
at wild oats
delicious, healthy foods
for active lifestyles

NATURAL
POWER FOR
ATHLETES!

AURORA 303.695.8801 E Iliff Ave @ Peoria 8am-9pm Mon-Sat 8am-8pm Sunday	LITTLETON 303.798.9699 S Univ. Blvd @ Orchard 7am-9pm Mon-Sat 8am-9pm Sunday
CAPITOL HILL 303.832.7701 E 11th Ave @ Ogden 7am-10pm Everyday	WASHINGTON PARK 303.733.6201 S Washington St @ I-25 7am-10pm Everyday
COLORADO BLVD 303.691.0101 S Colorado @ Kentucky 7am-10pm Everyday	WEST DENVER 303.277.1339 14357 W Colfax @ Indiana 7am-10pm Everyday
LITTLETON 720.214.3174 8194 S Kipling Pkwy 7am-10pm Everyday	WESTMINSTER 303.650.2333 N Sheridan Blvd @ 92nd 7am-10pm Everyday

WWW.WILDOATS.COM • 800.494.WILD

Better Food. Pure & Simple.™

©2005 Wild Oats Markets, Inc. #13954

April Trophy Series Roundup

Thanks to John Lyle's excellent course directions, not a single racer got off-track at the April Trophy Series race at the Bear Creek Bike Path. But, there were some big moves in Trophy Series scoring, but first, a new course record was set in the racewalker category by Mike Blanchard with his time of 35:17, beating his 2001 record of 35:47. Congratulations Mike! Jan Hill, Ed Guiff and John Lyle rounded out the top spots in the racewalker category. In Trophy Series scoring, Nick Benjamin jumped 4 places into first, with Mike Acosta in second and Heather Reddy moving into third place. Other big movers in Trophy Series scoring included David Rothenburger and Scott Kukul. Competing in her second Trophy Series race, Karen Okamoto took first place in the April race, with Diane Rowley and Linda Drexel, taking second and third places. Angela Anderson took top honors as fastest female with a time of 26:55, with Scott Kukul taking fast male with a time of 23:10. Next months TS race will be a 5 miler at the Carson Nature Center.

Records to beat at the Carson Nature Center 5 mile race are:

28:19 M	Jason Saitta (May 2003)
35:04 F	Karen Voss (May 2004)
47:26 W	Mike Blanchard (May 2004)

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

April, 2005 4 mi Bear Creek Bike Path

-----TIMES-----						---HANDICAP---				-----POINTS-----		
PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	#
1	Okamoto, Karen	49	-0:22	0:36:28	0:36:06	9:07	17	99	121	100.00	58.71	2
2	Rowley, Diane	33	3:49	0:34:25	0:38:14	8:36	10	92	109	99.07	76.77	2
3	Drexel, Linda	49	-9:46	0:49:12	0:39:26	12:18	30	135	145	98.14	25.16	1
4	Carney, Rich	35	10:49	0:29:11	0:40:00	7:18	23	73	86	97.21	72.06	2
5	Ballard, Mark	41	7:20	0:32:55	0:40:15	8:14	44	87	98	96.28	45.40	2
6	Lind, Kristin	36	4:09	0:36:31	0:40:40	9:08	18	99	108	95.35	56.13	2
7	Montano, Michael	57	11:39	0:29:51	0:41:30	7:28	29	76	83	94.42	64.44	1
8	Moore, Brian	34	12:11	0:29:36	0:41:47	7:24	27	75	81	93.49	66.98	2
9	Huner, George	51	9:25	0:32:26	0:41:51	8:07	38	85	91	92.56	53.02	2
10	Johnson, Carol	51	3:29	0:38:28	0:41:57	9:37	21	105	110	91.63	48.39	2
11	Lynch, Donna	31	7:20	0:34:44	0:42:04	8:41	13	93	98	90.70	69.03	2
12	Albertz, Jim	26	12:58	0:29:11	0:42:09	7:18	22	73	78	89.77	73.33	3
13	Gampp, Deanna	27	5:07	0:37:05	0:42:12	9:16	19	101	105	88.84	53.55	2
14	Aarsby-Kail, Kristi	26	7:38	0:34:38	0:42:16	8:39	12	93	97	87.91	71.61	2
15	Logar, Brad	25	12:58	0:29:20	0:42:18	7:20	25	73	78	86.98	69.52	2
16	Anderson, Angela	24	15:24	0:26:55	0:42:19	6:44	1	63	68	86.05	100.00	2
17	Benjamin, Nick	29	8:14	0:34:09	0:42:23	8:32	51	91	95	85.12	36.51	4
18	Lee, Adam	33	12:42	0:29:42	0:42:24	7:26	28	75	79	84.19	65.71	4
19	Haller, Gordon	54	12:26	0:29:59	0:42:25	7:30	31	76	80	83.26	61.90	2
20	Volzer, Robert	57	5:27	0:37:02	0:42:29	9:16	55	101	104	82.33	31.43	3
21	O'Brian, Momoko	39	6:24	0:36:05	0:42:29	9:01	16	98	101	81.40	61.29	3
22	O'Brian, Christopher	40	12:26	0:30:05	0:42:31	7:31	33	76	80	80.47	59.37	3
23	Cunningham, Deb	43	14:42	0:27:51	0:42:33	6:58	2	67	71	79.53	97.42	4
24	Kukul, Scott	31	19:23	0:23:10	0:42:33	5:48	1	44	49	78.60	100.00	4
25	Roddenberry, David	47	14:42	0:27:52	0:42:34	6:58	15	67	71	77.67	82.22	2
26	Trujillo, Jay	46	13:43	0:28:53	0:42:36	7:13	21	72	75	76.74	74.60	4
27	Gray, Rob	54	14:13	0:28:26	0:42:39	7:07	18	70	73	75.81	78.41	2
28	Pawlowski, John	44	7:38	0:35:08	0:42:46	8:47	53	95	97	74.88	33.97	3
29	Applegate, Ken	56	16:19	0:26:28	0:42:47	6:37	12	61	64	73.95	86.03	3
30	Whelan, Holly	43	4:48	0:38:01	0:42:49	9:30	20	104	106	73.02	50.97	3
31	Hill, David	54	12:26	0:30:25	0:42:51	7:36	34	78	80	72.09	58.10	3
32	Knipps, Mike	52	10:16	0:32:36	0:42:52	8:09	40	86	88	71.16	50.48	4
33	Reddy, Heather	35	3:29	0:39:26	0:42:55	9:52	23	108	110	70.23	43.23	4
34	Rothenburger, David	36	18:49	0:24:08	0:42:57	6:02	3	49	52	69.30	97.46	4
35	Dais, Hille	57	2:48	0:40:10	0:42:58	10:02	25	111	112	68.37	38.06	2
36	Finch, Jack	55	9:59	0:33:00	0:42:59	8:15	46	87	89	67.44	42.86	3
37	Champeau, Lisa	35	10:16	0:32:44	0:43:00	8:11	7	86	88	66.51	84.52	3
38	Vollmar, Mick	51	10:16	0:32:46	0:43:02	8:11	43	87	88	65.58	46.67	3
39	Robbert, Michael	29	17:49	0:25:14	0:43:03	6:19	9	55	57	64.65	89.84	4
40	Quintanilla, Edwin	26	16:06	0:26:59	0:43:05	6:45	13	63	65	63.72	84.76	2
41	Dunning, Todd	40	11:39	0:31:27	0:43:06	7:52	36	82	83	62.79	55.56	4

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	14:42	0:28:27	0:43:09	7:07	19	70	71	61.86	77.14	4
43	Hnizdil, Olga	60	2:07	0:41:04	0:43:11	10:16	26	113	114	60.93	35.48	3
44	Evans, Michelle	38	9:07	0:34:05	0:43:12	8:31	8	91	92	60.00	81.94	4
45	Chow, James	48	10:16	0:32:58	0:43:14	8:14	45	87	88	59.07	44.13	4
46	Edrich, Rick	44	18:01	0:25:14	0:43:15	6:19	8	55	56	58.14	91.11	4
47	Grundmeyer, Ray	67	10:16	0:33:01	0:43:17	8:15	47	87	88	57.21	41.59	4
48	Chesbro, Mitch	46	12:26	0:30:52	0:43:18	7:43	35	79	80	56.28	56.83	4
50	Fairs, Janet	61	-7:17	0:50:36	0:43:19	12:39	31	139	139	54.42	22.58	2
49	Piscopo, Dyan	45	3:49	0:39:30	0:43:19	9:53	24	109	109	55.35	40.65	2
51	Basse, Bob	50	17:49	0:25:31	0:43:20	6:23	10	56	57	53.49	88.57	4
52	Acosta, Michael	56	10:49	0:32:31	0:43:20	8:08	39	86	86	52.56	51.75	4
53	Woljan, Dennis	62	9:59	0:33:22	0:43:21	8:21	49	89	89	51.63	39.05	2
54	Steinhauser, Edward	36	18:13	0:25:10	0:43:23	6:17	6	55	55	50.70	93.65	2
55	Collyer, Michael	33	18:37	0:24:47	0:43:24	6:12	5	53	53	49.77	94.92	4
56	Beebe, Kerry	50	4:09	0:39:17	0:43:26	9:49	22	108	108	48.84	45.81	4
57	Gentry, Tim	42	19:56	0:23:32	0:43:28	5:53	2	46	46	47.91	98.73	4
58	McFarlane, Scott	54	13:28	0:30:01	0:43:29	7:30	32	76	76	46.98	60.63	4
59	Sides, Gregory	59	-0:22	0:43:53	0:43:31	10:58	61	121	121	46.05	23.81	3
60	Knipps, Joy	47	-2:57	0:46:28	0:43:31	11:37	28	128	128	45.12	30.32	4
61	Bullock, John H. Jr.	43	17:37	0:25:56	0:43:33	6:29	11	59	58	44.19	87.30	4
62	LaBarry, Brad	31	14:56	0:28:40	0:43:36	7:10	20	71	70	43.26	75.87	4
63	Struble, Stephanie	38	9:07	0:34:30	0:43:37	8:37	11	93	92	42.33	74.19	4
64	O'Byrne, Linda	32	11:39	0:31:59	0:43:38	8:00	5	84	83	41.40	89.68	2
65	Croft, Devin	52	19:00	0:24:39	0:43:39	6:10	4	52	51	40.47	96.19	4
66	Kail, Josh	26	11:06	0:32:42	0:43:48	8:11	42	86	85	39.53	47.94	2
67	Werner, Bethanie	28	14:56	0:28:55	0:43:51	7:14	3	71	70	38.60	94.84	4
68	Keefe, Bonnie	40	12:58	0:30:54	0:43:52	7:43	4	79	78	37.67	92.26	4
69	Schultz, Bodo	56	3:08	0:40:46	0:43:54	10:12	59	112	111	36.74	26.35	4
70	West, Carmen	53	9:42	0:34:13	0:43:55	8:33	9	91	90	35.81	79.35	4
71	Huner, Derrick	24	16:32	0:27:31	0:44:03	6:53	14	66	63	34.88	83.49	1
72	Allendorf, Brett	36	14:13	0:29:52	0:44:05	7:28	30	74	73	33.95	63.17	4
73	Feerst, Adam	45	19:00	0:25:10	0:44:10	6:17	7	52	51	33.02	92.38	4
74	Olson, Jeffrey	45	12:42	0:31:33	0:44:15	7:53	37	80	79	32.09	54.29	4
75	Drexel, Grayson	55	11:39	0:32:40	0:44:19	8:10	41	86	83	31.16	49.21	1
76	Thompson, Leslie	49	-2:12	0:46:34	0:44:22	11:39	29	127	126	30.23	27.74	4
77	Martinez, Richard	58	11:06	0:33:21	0:44:27	8:20	48	88	85	29.30	40.32	2
78	Benedict, David	32	16:19	0:28:12	0:44:31	7:03	17	65	64	28.37	79.68	4
79	Friedmann, Rich	68	7:20	0:37:16	0:44:36	9:19	56	99	98	27.44	30.16	3
80	Brown, Nathan	25	16:46	0:28:12	0:44:58	7:03	16	63	62	26.51	80.95	4
81	Nickels, Allan	67	11:22	0:33:37	0:44:59	8:24	50	86	84	25.58	37.78	2
82	Robinette, Ric	52	15:52	0:29:19	0:45:11	7:20	24	67	66	24.65	70.79	4
83	Johnson, Mark	47	9:25	0:35:54	0:45:19	8:59	54	93	91	23.72	32.70	3
84	Fornia, William	46	10:49	0:34:32	0:45:21	8:38	52	87	86	22.79	35.24	2
85	Velenchenko, Dennis	58	-4:06	0:51:24	0:47:18	12:51	63	132	131	21.86	21.27	2
86	Sibley, Ray		10:33	0:48:16	0:58:49	12:04	62	93	87	20.93	22.54	1

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

Next Trophy Series Race
Carson Nature Center
Sunday, May 1, 8 a.m.
Note Earlier Start Time

RMRR RACEWALKERS, APRIL 2005 TROPHY SERIES 4 mi

Place	NAME	AGE	-----TIMES-----			PACE	---HANDICAP---		TS Pts	Races
			START	ACT'L	FINISH		NEW	OLD		
1	Blanchard, Michael	43	7:38	0:35:17	0:42:55	8:49	95	97	100.00	4
2	Hill, Jan	47	0:22	0:43:41	0:44:03	10:55	121	119	80.00	3
3	Guiff, Ed	61	-1:28	0:46:47	0:45:19	11:42	125	124	60.00	4
4	Lyle, John	72	-5:40	0:51:35	0:45:55	12:54	136	135	40.00	3

NON-MEMBERS, APRIL TROPHY SERIES

R/W	NAME	GEN	START	ACT'L	FINISH	PACE
R	Karen Feeny	F	0:43	0:40:26	0:41:09	10:07
R	Ilynn Sutton	F	0:00	0:41:39	0:41:39	10:25
R	Joe Rattledge	M	12:11	0:30:04	0:42:15	7:31
R	Christine Adamowski	F	16:46	0:26:21	0:43:07	6:35
R	Austin Brabec	M	9:25	0:35:07	0:44:32	8:47
R	Sean Rattledge	M	9:25	0:35:08	0:44:33	8:47
R	Jen Goldsmith	F	0:00	0:44:34	0:44:34	11:09
R	Janine Stevens	F	3:08	0:41:52	0:45:00	10:28
R	Scott Brabec	M	11:22	0:35:53	0:47:15	8:58

RACEWALKER OVERALL

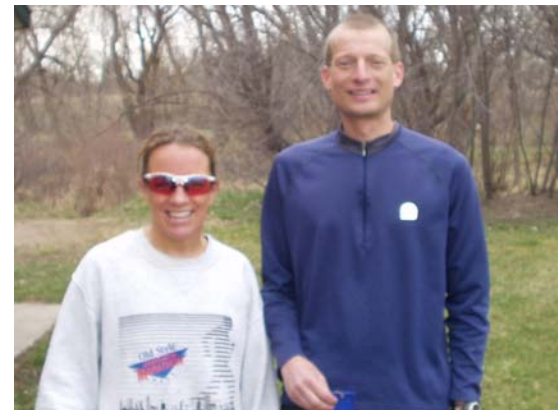
Pl	Name	Gen	Total Points	#	Ave Points
1	Michael Blanchard	M	352.00	4	88.00
2	Jan Hill	F	248.00	3	82.67
3	Ed Guiff	M	232.00	4	58.00
4	Sheila Molde	F	228.00	3	76.00
5	John Lyle	M	160.00	3	53.33
6	Jan Hallez	F	140.00	3	46.67



Trophy Series Winners (L-R) Front Row: Karen Okamoto, Diane Rowley, Deanna Gampp, Kristi Aarsby-Kail, Mark Ballard. Back Row: Mike Montano, Carol Johnson, Brian Moore, Kristin Lind, Rich Carney, Jim Albertz.



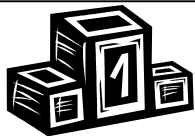
Racewalk Winners: Jan Hill, Ed Guiff, and Mike Blanchard.



Fast female and male runners: Angela Anderson and Scott Kukel

RMRR NEW RACERS, MARCH 2005 TROPHY SERIES 3 mi

R/W	NAME	AGE	-----TIMES-----			PACE	---HANDICAP---		---POINTS---	
			START	ACT'L	FINISH		GEN PLACE	NEW	TS	SCRATCH
R	Rowley, Darren	37	0:00	0:37:22	0:37:22	9:20	57	102	60	28.89
R	Bartuccio, Kim		3:29	0:35:01	0:38:30	8:45	14	94	60	66.45
R	Davis, Trisha		8:14	0:32:16	0:40:30	8:04	6	85	60	87.10
R	Bergsieker, Ryan	29	11:22	0:29:32	0:40:54	7:23	26	74	60	68.25
R	Bergsieker, Jennifer	29	5:27	0:36:01	0:41:28	9:00	15	98	60	63.87
R	Richards, Tina	49	0:00	0:42:11	0:42:11	10:33	27	116	60	32.90
R	Angerhofer, Gary	62	3:29	0:40:14	0:43:43	10:04	58	111	60	27.62
R	Devine, Tom	53	2:48	0:40:56	0:43:44	10:14	60	113	60	25.08



**RMRR TROPHY SERIES OVERALL STANDINGS
APRIL, 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	Nick Benjamin	M	342.04	4	85.51	1	Tim Gentry	395.28	4	98.82	1	Deb Cunningham	379.73	4	94.93	
2	Michael Acosta	M	320.03	4	80.01	2	Scott Kukel	388.83	4	97.21	2	Bethanie Werner	372.08	4	93.02	
3	Heather Reddy	F	284.86	4	71.21	3	Devin Croft	384.66	4	96.17	3	Bonnie Keefe	355.16	4	88.79	
4	Mark Stevens	M	280.78	3	93.59	4	David Rothenburger	380.65	4	95.16	4	Carmen West	310.61	4	77.65	
5	Joy Knipps	F	278.45	4	69.61	5	Michael Collyer	380.24	4	95.06	5	Michelle Evans	300.37	4	75.09	
6	Scott Kukel	M	268.12	4	67.03	6	Rick Edrich	367.25	4	91.81	6	Karen Voss	297.42	3	99.14	
7	Haynes Hendrickson	M	267.64	3	89.21	7	Adam Feerst	365.34	4	91.33	7	Stephanie Struble	279.81	4	69.95	
8	Michael Collyer	M	267.36	4	66.84	8	Bob Basse	357.89	4	89.47	8	Lisa Champeau	228.32	3	76.11	
9	David Rothenburger	M	263.39	4	65.85	9	Michael Robbert	356.46	4	89.11	9	Angela Anderson	194.07	2	97.04	
10	Michelle Evans	F	261.32	4	65.33	10	John H. Jr. Bullock	355.96	4	88.99	10	Kerry Beebe	182.21	4	45.55	
11	Jesse Arman	M	258.13	3	86.04	11	Nathan Brown	331.36	4	82.84	11	Momoko O'Brian	179.81	3	59.94	
12	Tim Gentry	M	258.02	4	64.51	12	David Benedict	327.90	4	81.98	12	Heather Reddy	176.96	4	44.24	
13	Charles Scheibe	M	255.54	3	85.18	13	Ric Robinette	310.63	4	77.66	13	Linda O'Byrne	176.77	2	88.39	
14	Deb Cunningham	F	255.33	4	63.83	14	Brian Struble	295.61	4	73.90	14	Janet Hoffman	171.50	2	85.75	
15	James Chow	M	252.93	4	63.23	15	Brad LaBarry	293.32	4	73.33	15	Renee Withrow	159.34	3	53.11	
16	Rick Edrich	M	252.90	4	63.22	16	Scott McFarlane	275.11	4	68.78	16	Holly Whelan	148.98	3	49.66	
17	Nathan Brown	M	249.87	4	62.47	17	Jay Trujillo	268.78	4	67.20	17	Kristi Aarsby-Kail	138.89	2	69.44	
18	Adam Lee	M	247.05	4	61.76	18	Brett Allendorf	258.56	4	64.64	18	Donna Lynch	136.44	2	68.22	
19	Devin Croft	M	245.53	4	61.38	19	Ken Applegate	255.05	3	85.02	19	Andrea Smith	130.51	2	65.26	
20	Mitch Chesbro	M	242.76	4	60.69	20	Jeffrey Olson	246.49	4	61.62	20	Chris Vanoni	119.43	2	59.71	
21	Ray Grundmeyer	M	239.45	4	59.86	21	Todd Matuszewicz	241.98	3	80.66	21	Diane Rowley	117.51	2	58.76	
22	Christopher O'Brian	M	238.27	3	79.42	22	Mitch Chesbro	239.24	4	59.81	22	Joy Knipps	112.32	4	28.08	
23	Ken Applegate	M	237.06	3	79.02	23	Adam Lee	235.56	4	58.89	23	Deanna Gampp	112.26	2	56.13	
24	Todd Matuszewicz	M	235.49	3	78.50	24	Michael Heitz	225.43	3	75.14	24	Olga Hnizdil	112.12	3	37.37	
25	Bodo Schultz	M	230.86	4	57.71	25	Todd Dunning	222.84	4	55.71	25	Carol Johnson	104.75	2	52.38	
26	Momoko O'Brian	F	228.24	3	76.08											
27	John H. Jr. Bullock	M	223.02	4	55.75											
28	Bob Basse	M	221.25	4	55.31											
29	Jim Albertz	M	221.14	3	73.71											
30	Scott McFarlane	M	219.66	4	54.91											
31	Bethanie Werner	F	218.85	4	54.71											
32	Mike Knipps	M	217.87	4	54.47											
33	David Benedict	M	217.63	4	54.41											
34	David Mayhew	M	215.26	3	71.75											
35	Karen Voss	F	213.32	3	71.11											
36	Curtis Head	M	212.44	3	70.81											
37	Teresa Abbott	F	207.99	3	69.33											
38	Brian Struble	M	207.88	4	51.97											
39	Jay Trujillo	M	203.67	4	50.92											
40	David Hill	M	203.43	3	67.81											
41	Michael Robbert	M	202.61	4	50.65											
42	Brett Allendorf	M	199.09	4	49.77											
43	Renee Withrow	F	195.08	3	65.03											
44	Douglas Smith	M	192.48	3	64.16											
45	Mick Vollmar	M	188.96	3	62.99											
46	Todd Dunning	M	188.27	4	47.07											
47	Ric Robinette	M	183.60	4	45.90											
48	Jack Finch	M	183.07	3	61.02											
49	Deanna Gampp	F	182.10	2	91.05											
50	George Huner	M	180.50	2	90.25											

**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), click on the Club Info page, download an application and mail it in
- Log onto www.active.com and join online
- Pick up an application at local running stores 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!

Reg Archer
Kim Bartuccio
Cary Dameron

Trisha Davis
Eric Hubbard
Michael Quispe

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.

Choosing the Right Running Shoe

(Continued from page 4)

and propulsion. A running shoe can help facilitate this normal function and help overcome many of the minor biomechanical problems that interfere with motion. An inappropriate running shoe can actually have the effect of interfering with this normal function. Most people will fall somewhere in between these two foot types.

The first step in shoe selection is to look at your old shoes. Look at how you wear your outsole or tread. Are you wearing it on the outside of the heel or do you wear the ball of your foot more? This can give you information as to whether you are a heel-striker or a forefoot runner. Some shoes are made with more cushioning in the heel or the ball of the foot. Compare left and right. Is there a difference? This can often be a clue to some running pathologies.

Next put your old shoe on the table and look at the back. Look at how the counter (heel cup) tilts. If your shoe tilts inwards and bulges over the inner side you may be an excessive pronator and would benefit from motion control in your shoes. Either that or you need to replace your shoes more often. If the shoe tilts to the outside, you may have a high arched rigid type foot. This type of foot often benefits from more of a cushioned shoe. Often people with this foot type have lateral knee pain, IT Band Syndrome and low back pain.

Now look at the top of your shoe. Are there bulges in the upper on the inner or outer edge? This may mean you need more room in the toe box of your shoes, or your foot is moving excessively while you run, or your shoe is just too small.

Now look at the shape or last of your shoe. Turn the shoe over and look at the sole. Draw an imaginary straight line that bisects the heel and extends towards the toes. At the toes, are there equal parts of the shoe on each side of that line? If so you are holding a "straight-lasted" shoe. If there is more shoe on the inside of that line you are holding a "semi-curved lasted" or "curved lasted" shoe. Curve lasted shoes were designed to help with pronation control, while straight lasted shoes are generally cushioned. As a side note, if you wear custom orthotics, be very careful about buying a shoe with a curved last. Sometimes the pronation control in the shoe combined with the pronation control in your orthotics can actu-

ally overcorrect.

Additional tips:

- The front of your shoe (toe box) should be big enough to allow the toes to move around.
- Make sure your shoes are big enough. One of the most common mistakes is shoes that are too small. Have your feet measured and make sure there is a finger width of space between your toes and the end of the shoe.
- When in doubt, always err on the big side of shoe size. Have both feet measured. Many people have one foot that is larger than the other and your shoe should be fit to the bigger foot.
- Make sure the running shoe sole flexes easily where the foot flexes, which is at the ball of the foot.
- Test drive your shoes and go for a run. How do they feel? Do not rely on a break in period. Shoes should generally feel good right away.
- Try several brands and models in the type of running shoe that you need - they will all have different fit and comfort characteristics.

Find a good running store (there are some very good ones around Denver).

Some good quality running stores provide a video analysis of your gait to determine what type of shoe would fit you best. This does provide some good information, but be careful about accepting this analysis as the whole story. Often the videos only look at the feet and do not take into consideration other problems and compensations that may be occurring with you. Just be aware that the sum of your running style involves more than your feet.

Hopefully this article has broadened your knowledge of shoes and will allow you to make better decisions when it comes to your feet. Happy running!

Dr. Stuart Currie is a doctor of chiropractic specializing in sports and running injuries, gait analysis, and rehabilitation. He is an orthotics research technician and biomechanics lecturer for podiatrists, chiropractors, physical therapists and athletic trainers. 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.



HIGHLANDS RANCH Run Series

This exciting series consists of six certified runs benefitting local area charities.

\$100 Race Series Entry Fee — all six runs! Enter the series by May 21!

\$20 - \$25 Individual run entry \$25-\$30 "Day Of" entry *Entry fees are non-refundable.*

Enter the series by May 21!

www.HighlandsRanchRunSeries.com
303-791-2500

May 21: Highlands Ranch 5K Heritage Run/Walk

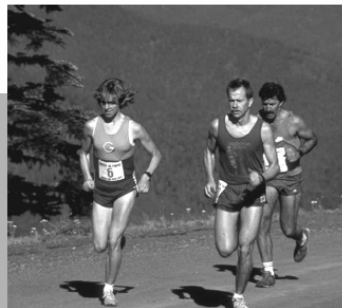
June 25: Highlands Ranch 5K Adventure Run/Walk

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
You may enter just the 5K or participate in both the swim and run.

November 24: Turkey Day 5K Family Run/Fun Walk



**Run, have fun, and
make a difference!**



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

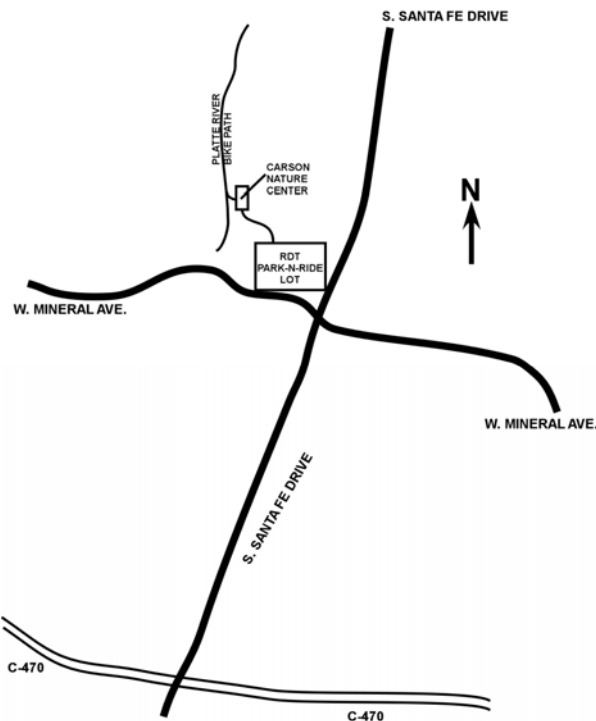
Waiver: I wish to help produce the BolderBOULDER run and associated activities. I understand that a condition of my participation is that I sign this. I understand that there are many risks associated with my involvement. They include, but are not limited to, the risk of being in a large moving crowd 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

Run the May Trophy Series 5 mi
 Carson Nature Center
 Sunday, May 1, 8 a.m.



Runners in Action at the April Trophy Series Race



Thanks for supporting RMRR



POTTS TROTTERS



BODYMECCA

c o n c e p t s

accessories for fitness



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.**

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 8:00 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

MAY 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 RMRR Trophy Series, 9:00 am, 5mi Carson Nature Center (1)</p>	<p>2</p>	<p>3 Washington Park Fun Run, 6:00 pm, South High Parking Lot (2)</p>	<p>4 DLHS Making Track(s) Meet 6:30pm Denver Lutheran High School (12)</p>	<p>5 Trail Run, 5:30 pm or 6:15 pm (3)</p>	<p>6</p>	<p>7 RMRR Training Run, 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1) The Furry Scurry 2M walk/ fun run with pets 9 am Washington Park (4) MS Walk and Run 5k 8:30 am City Park (5)</p>
<p>8 Ft. Collins Old Town Marathon, ½ marathon, 10K, kids marathon 6am Ft. Collins (6)</p>	<p>9</p>	<p>10 Washington Park Fun Run, 6:00 pm, South High Parking Lot (2)</p>	<p>11 Track Workout 6:30pm Denver Lutheran High School</p>	<p>12 Trail Run, 5:30 pm or 6:15 pm (3)</p>	<p>13</p>	<p>14 RMRR Training Run, 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)</p>
<p>15 Memorial Run 5k/10k 9am DeKoevend Park (7) Trail Running 101 form clinic 7:30am (8)</p>	<p>16</p>	<p>17 Washington Park Fun Run, 6:00 pm, South High Parking Lot (2)</p>	<p>18 Track Workout 6:30pm Denver Lutheran High School</p>	<p>19 Trail Run, 5:30 pm or 6:15 pm (3)</p>	<p>20</p>	<p>21 RMRR Training Run, 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1) Highlands Ranch Heritage Run 5k 8:30am Highlands Ranch (9)</p>
<p>22 Colorado Rockies Home Run 5k 8am Coors Field (10)</p>	<p>23</p>	<p>24 Washington Park Fun Run, 6:00 pm, South High Parking Lot (2)</p>	<p>25 Track Workout 6:30pm Denver Lutheran High School</p>	<p>26 Trail Run, 5:30 pm or 6:15 pm (3)</p>	<p>27</p>	<p>28 RMRR Training Run, 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)</p>
<p>29</p>	<p>30 Bolder Boulder 10K 7am Boulder</p>	<p>31 Washington Park Fun Run, 6:00 pm, South High Parking Lot (2) RMRR Board Meeting, 7:00 pm (11)</p>	<p>(1) www.rmrr.org (2) www.rmrr.org (3) groups.yahoo.com/group/denvertrailrunners, 303-282-3921 (4) www.ddfl.org, 303-696-4941 x1378 (5) www.fightmscolorado.org, 303-824-3372 (6) www.ftcollinsmarathon.com (7) www.comastersrun.org (8) www.runuphillracing.com, info@runuphillracing.com, 303-870-0487 (9) www.Highlandsranchrunseries.com (10) www.coloradorockies.com (11) www.rmrr.org (12) www.active.com</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
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	Kassandra Robbert	1.50	Renee Withrow	3.25
Jan Hill	8.00	Michael Robbert	7.00		
Parthenia Jones	9.75	Ric Robinette	18.75		

Please Note: The volunteer hours listed above are as of the end of March. Next month's News on the Run will contain updated volunteer hour info.

RMRR Membership Statistics 2005 vs 2004

As of January	2005	2004
Members	579	607
Avg Age	40	42
Individual Memberships	54%	53%
Family Memberships	45%	46%
Volunteer Memberships	1%	1%
Gender:		
Male	54%	52%
Female	46%	48%



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

Carl Higginson	1	Laura Kinney	15
Adam Huner	1	David Lynch	15
Vicki Owens	1	Oliver "Chip" Bradford	16
Bodo Schultz	1	Larry Mudron	16
Kevin Bredell	3	Megan Vanoni	17
James Grant	3	Janet Fairs	18
Aaron Smith	3	Edward Done	19
Lisa Champeau	4	Jerry O'Donnell	19
Tim Gentry	5	Trevor Rowley	21
Jackson Smith	6	Richard Hickey	22
Bethanie Werner	7	Carly Paige	22
Heather L. Black	8	Karen Voss	22
Emily Finch	8	John E. Kratz	25
Dennis Woljan	8	Quentin O'Brian	25
Craig Ewing	9	Mark Mato	26
Mark Mitchell	9	CarolAnn McConville	26
Joy Knipps	10	Matthew Wall	26
Penelope O'Donnell	10	Christopher Martinez	27
Mandie Haggerty	12	David Mayhew	28
Kirsten Huner	12	Carmen West	28
John Morse	12	Karen Barsch	29
Judy Goater	13	Aaron J. Suppes	29
Dana Hamamura	14		
Carrie Stuart	14		

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

NONPROFIT ORG.
US POSTAGE
PAID
DENVER, CO
PERMIT NO. 844

