



News on **The Run**

Member Profiles—Josh Kail and Kristi Aarsby-Kail

By Alicia Nix

Josh and Kristi Kail started running together in their senior year of college. The first race they ran together was the Bolder Boulder. They had so much fun that they decided to continue running together. They used marathon training runs to make wedding plans for the first marathon. They both attended Luther College in Decorah, Iowa for their undergraduate degrees and were in the same dorm for their freshman, sophomore and senior years of college.

Josh and Kristi enjoy running after work along Bear Creek, at Washington Park and around Stapleton where they now live. Josh spent the last year working in Dallas Texas, so he ran quite a bit on the Katy Trail while there. Their favorite runs are Matthew Winters Park, Red Rocks, River Road, and "The Lakes" which consists of Lake Harriet, Lake of the Isles, and Lake Calhoun in Minneapolis.

These two Road Runners enjoy the Tuesday Night fun runs and they also participate in the monthly trophy series. The trophy series they say gives them a goal each month which, helps motivate them the run faster. They also enjoy the running store discounts received as part of club membership dues "since running shoes are so expensive." Josh wears the Mizunu Wave Renegade shoe which costs \$120.00 and Kristi enjoys the Gel Kayano XI for \$130.00. So the discount really helps them out.

Josh and Kristi enjoy concerts. They have tickets to see Santana in September. They absolutely love to travel. This past year they

went to Santiago, Chile for almost 2 weeks. They are already planning a trip to Spain next Spring. They also enjoy wine and have learned more and more after kicking things off in Napa/Sonoma for their honeymoon. Chile was fantastic for the two of them to be outdoors, as the weather was very similar to Colorado. The Andes mountains were just outside of town and there were plenty of Chilean wine to go around, they claim.

These two also enjoy other recreational activities. Last year they participated in a team relay, for the Colorado Relay from Idaho Springs to Glenwood Springs. They have both participated in Triathlons and Josh has completed a half-Ironman. He is hoping to accomplish a full Ironman in 2006. They also enjoy biking and hiking. They have a goal to attempt at least one 14'er a month and camp more next year.

Josh works as a Computer Specialist, for Accenture and Kristi works for Natural Resource Group, Inc as an Environmental Consultant. Their philosophy on running is to make the hard workouts hard and the easy workouts really easy. The easier you make the recovery, they state, the harder you can push the rest of your workout. They also feel that rest is an important factor of any workout week.

Josh and Kristi want other Road Runners to make sure to find balance in their lives, by making sure to balance work, family, exercise and social life. They also want us to know not to feel bad about skipping workouts due to family commitments, and to make sure to always try to have fun with your running workouts!

Thinking about next year!

By Doug Smith

This may seem a little early, but I would like everyone to start thinking about their current commitment to the success of the Rocky Mountain Road Runners and more importantly, what their future level of participation in the operation of the club will be for 2006. We are privileged to be part of the best running club in the Denver metro area and we want to keep it that way.

An inspection of the summary of Volunteer Hours on the back of **News on The Run** shows that the club has been blessed with some very dedicated people. The members that are listed on the inside front page of the club's newsletter and members with 30+ volunteer hours a year are the people who keep the club going. Like me, many of the members that fill those positions have been serving for 2 years or more and would like to "pass the torch." For example, I will be stepping down as President at the end of the year and need some training time with next year's president. New blood is important for the longevity of our club.

For this reason, I encourage others from the club to get involved by coming to Board meetings to learn what needs to be done. If you have any interest in keeping the club going, show up at a board meeting. By attending Board meetings, the existing Board members can teach the prospective Board members what they have learned. In turn, the Board would welcome any input from the other participating members. This would also allow the current Board members to discuss how we might further distribute the tasks that need to get done and to train other mem-

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RMRR Pancake Breakfast after the July TS Race

Come one, come all to the 1st annual RMRR pancake breakfast! Eat all of the pancakes you can after the July 9 Trophy Series Race. The July 9th race is a 2 miler at 8 am at Bible Park. While you're running, a club volunteer will fire up the propane griddle to cook those hotcakes. Others will have set out the butter, syrup, strawberries and bananas to go with them. The club will also provide juice as well as the usual beverages.

In addition to the pancake breakfast, the July race will include a kid's funrun, so bring the family! Mark your calendar and we'll see you there!

**2005 RMRR
Executive Committee**

President
Doug Smith

Vice President/Secretary
Deb Cunningham

Treasurer
Leslie Mitchell

Race Committee Chairperson
Bonnie Keefe

Membership
Kolene Brown

Board Positions
Board Members at Large

Lee Bengston
Mike Robbert
Stephanie Struble

Trophy Series Directors
Janet Fairs

Volunteer Coordinator
Lisa Champeau

Special Events
Betsy Lyle

Communications
Michelle Evans
John Pawlowski

Computer
Brad Labarry

Non-Board, Non-Voting Positions
Quartermaster
John Lyle

Newsletter rmmnewsletter@yahoo.com
John Pawlowski, Editor
Stephanie Struble

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

Mechanic
Ken Applegate

Telephone
Kolene Brown

Training
Mike Robbert
Scott Kukel

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 June Trophy Series Race at City Park was the toughest we have had in quite some time, it rained nearly the entire time. We had a total of 91 runners and race walkers compared to 92 for last June's T/S Race at Stone House. Brian and Stephanie Struble did a fantastic job as Race Directors. The route they chose enabled runners to see a great view of downtown Denver from the East side of the course. With better weather in future years, we will have a great view of the Front Range.

I also want to thank April Jackson for bringing samples of their sports and nutrition drinks for our members to try at the June Race in City Park.

As of this writing, Mike Robbert has held two training sessions for the participants of the Moving Comfort Grant Program, see the group picture below. Mike will be coaching these new runners until the Aug Trophy Series Race. I want to thank Mike again for generously volunteering his time and effort for this endeavor and also Dennis "Mex" Giannangeli at Runners Roost for his assistance. In addition, I want to thank Pete Szymanski and Karen Voss Szymanski at Catalyst Therapies, LLC for taking time to speak to the fledgling runners on the topic of Injury Prevention.

I am very grateful for the members who volunteered their time over the Memorial Day weekend to help with the Boulder Boulder. We had 15 members help with the setup on Sunday and 31 mem-

bers help with the Finish Line for Monday's race. That's outstanding, considering that over 25 others had to back out after they were told they couldn't work the Finish Line after running.

We still need Race Directors for three events including the KUVO Labor Day Race in the City on Labor Day. Heather Reddy is looking for a co-director for the 15 mile MTS on Aug 14th and the 20 mile MTS on Sept 18 is still available. 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.

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.

The monthly Board meetings are moving back to Monday evenings. Should a holiday fall on a Monday, then we will meet on Tuesday. Anyone wishing to attend is welcome. The meetings are from 7-9pm. The use of the Wild Oats location on Wash Street is in exchange for Wild Oats use of advertising space in *News on the Run*, the club's monthly newsletter.

Happy trails! Doug Smith

Volunteer of the Month - Mike Robbert

By John Pawlowski

Congratulations to Mike Robbert, this month's Volunteer of the Month. Mike has been very active training members of the Moving Comfort program with RMRR. This is a training program for beginning female runners who commit to a training program that will culminate in their participation of a 5K race at the August 5th Trophy Series. Mike is shown in the picture at right with several participants in the Moving Comfort program including (L-R) Linda Pope, Nancy Kell, Mike, and Erika Klumker.

In addition to his involvement with the Moving Comfort training program,

Mike has also coached track workout sessions, participated as a member of the RMRR Board and with wife Kasey, co-directs the November Trophy Series race. Mike is one of the fastest runners in the club and recently took 1st place in the Wyoming Rocky Mountain Marathon with a time of 3:30:02 on May 29th, and finished in 9th place in the Deadwood Marathon on June 5th.

Mike enjoys trail running, having completed the Pikes Peak Marathon in 2003. He was also his age group winner for the 2004 Trail Runner Magazine Trophy Series, finishing second overall. Mike joined RMRR in 2002 and took top honors that year in the Trophy Series.

Mike is originally from Holland, MI and since moving to Denver works as a System/Network Administrator at the Colorado School of Mines. One of his favorite places to run is Matthew Winters Park in Jefferson County. Congratulations Mike on being Volunteer of the Month and thank you for your hard work.



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
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	Heather Reddy/Open
Sun 8/28/05	7am	20mi Marathon Training Run	Big Dry Creek Trail, Westminster	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	Big Dry Creek Trail, Westminster	Open
Sat 10/1/05	9am	8mi Trophy Series	Chatfield State Park	John Bullock/Rick Edrich
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

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 and Westminster. Schedules are being confirmed, so keep checking. Latest schedule and registration info for the Marathon Training Series is available on Active.com.

Affiliated Club Races

Date	Time	Event/Distance	Location	Organization/Info
Sun 7/17/05	8 am	Mt. Madness 12K/RW	Christies @ Genesee	Colorado Master's Running Association 303-794-2952
Wed 8/10/2005	6:30 pm	Fairmount Park 5K/RW	Fairmount Park, Golden	Colorado Master's Running Association 303-238-4405

Next Newsletter Deadline, Friday July 15

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, July 15. 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.

Lactic or Lactate, That is the Question

Martin Pahl, affiliate coach, JDS Sport Coaching, LLC

Runners are a strange breed. The last trophy series race at City Park should be example enough to prove that statement. For some reason I know that many of you need more proof and with the following I hope to give you the proof of how strange we really are. Most runners have two things in common: one, we want to run faster and two, we have a limited amount of time to run and look for that elusive speed.

This month we will look at the basis for building speed. That basis is Anaerobic Threshold. Speed is not just for sprinters. Speed is the ability to run faster over a given course or for a longer period of time. What would a 10-20 second per mile pace increase mean to most runners? You can do the math but maybe it is the difference between going to Boston or not. It is not simply to run faster but to run smarter, using the limited time that we have to run with intention. By training with intention we use our heart rate zones, perceived exertion, and pace charts to focus our training, saving time and increasing our enjoyment.

The start of this series of training articles we had a lesson on building our aerobic base and the reasons that our aerobic base is important to be built in the first place. If you missed that article please review last month's newsletter. I gave the following formula for calculating heart rate zones:

$$220 - (\text{age}) - (\text{resting HR}) \times (\% \text{ of max HR}) + (\text{resting HR}) = (\text{your training HR for that zone})$$

Heart Rate Zones:

- 1- Aerobic, 70% of Maximum Heart Rate
- 2- Aerobic, 75% of MHR
- 3- Aerobic, 80 % of MHR
- 4- Anaerobic, 90% of MHR
- 5- Anaerobic, 95-100% of MHR

Based on this formula we calculated heart rate zones 1, 2, and 3 as our aerobic zones. For most of us this is a difficult place to train but hopefully now that you realize the benefits, you will enjoy increasing your aerobic capacity. Now we will move toward a more common training place, a place we all like to visit, a place tempered with pain; our Anaerobic Threshold (AT). Some people will also use the term Lactate Threshold (LT) interchangeably but in truth there is a significant physiological difference. I will explain these differences but for discussion they are the same point in training. The point where pain starts to tell the mind to slow down!

Lactic acid, lactate threshold notice the difference? Lactic acid is a bi-product of cellular metabolism. Its production happens all the time, even while you are sitting there reading this article. Your body has the ability to deal with (buffer) a certain level of the lactic acid and therefore we do not notice the effects of this acid as we do at increased levels of production, like when we are chasing our faster friends at the trophy series races. The perception to most people is that lactic acid is a bad thing. In fact it is quite different. It can even be used for fuel given the proper training and adaptation by our bodies. It is the excess accumulation of lactic acid that is the bad thing, so as the Buddhists say "we create our own suffering!"

Lactate threshold (LT) is the point at which cellular metabolism is causing an increase in the production of lactic acid and that excess accumulation can no longer be buffered efficiently. You will notice this point as a burning pain and will do one of two things; push through it as in the end of a race or during a surge to drop your "friends," most of us choose the logical answer and slow down.

Anaerobic Threshold (AT) is the point at which the body cannot process enough oxygen to effectively burn fat stores as fuel and must switch to burning glycogen. The problem with this switch is availability of fuel. As most of us are aware of we have a greater storage of fat (feel free to laugh out loud) that can be used for exercise, basically limitless, but our glycogen stores are limited to 2-3 hours based on exertion level. Even the thinnest Kenyan runner has 40,000 plus fat calories stored for fuel. We are not Kenyans. Again, feel free to do your own math. Many of us are

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Next Year

(Continued from page 1)

bers for replacing those current Board members that need to take a less active role next year.

I'm asking each of you to encourage your fellow members/friends to think about serving on the Board. Remember, it's the Board members that elect the officers of the club. The officers and Board members, together with the other members listed on the inside front cover of the **News on The Run**, run the club we all enjoy.



Come join the fun! Join TEAM NACoA!

The National Association for Children of Alcoholics *Run for the Children*® is participating in the following marathons:

- | | |
|--|------------------|
| Detroit Free Press/Flagstar Marathon | October 23, 2005 |
| Marine Corps Marathon (spaces available) | October 30, 2005 |
| Marathon of the Palm Beaches | December 4, 2005 |
| WALT DISNEY WORLD® Half Marathon | January 7, 2006 |
| WALT DISNEY WORLD® Full Marathon | January 8, 2006 |
| P.F. Chang's® Rock 'n' Roll Arizona | January 15, 2006 |

For more information and registration forms, please call our office toll free (888) 554-2627 or visit our web page www.nacoa.org

NACoA: the voice for the 1 in 4 children hurt by alcohol abuse in the family



Marathon Training Series

Training Races for a Fast Fall Marathon

- Race 1 10 mi - July 17 Chatfield State Park
- Race 2 15 mi - Aug 14 Chatfield State Park
- Race 3 20 mi - Aug 28 Westminster, Big Dry Creek
- Race 4 20 mi - Sept 18 Westminster, Big Dry Creek

All races start at 7 a.m.

Register online at www.active.com

For more info: www.rmrr.org or phone 303-871-8366

Racing in Other Places

By Chris Vanoni

STEAMBOAT MARATHON/HALF-MARATHON

June 5, 2005 Steamboat Springs

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace	Event
HEIDI WHEELER	27	F	265	121st	25-29	15th	1:57:19	8:57	Half
AL NICKELS	67	M	315	162nd	60+	4th	2:00:34	9:12	Half
JOEL LINDAU	29	M	418	197th	25-29	17th	2:07:53	9:46	Half
ROSS KINNEY	52	M	565	231st	50-59	23rd	2:18:31	10:34	Half
AMY PADDEN	36	F	721	453rd	35-39	114th	2:39:09	12:09	Half
JASON SAITTA	27	M	1	1st	25-29	1st	2:41:02	6:09	Marathon
BOB BASSE	50	M	27	23rd	50-59	2nd	3:29:34	8:00	Marathon
TODD MATUSZEWICZ	41	M	110	80th	40-44	16th	3:56:02	9:01	Marathon
GINA AHNEN	27	F	115	34th	25-29	9th	3:56:54	9:03	Marathon
CRAIG EWING	52	M	143	101st	50-59	11th	4:04:23	9:20	Marathon
KATIE GRUNER	23	F	165	52nd	20-24	6th	4:10:33	9:34	Marathon
ED GREEN	55	M	204	134th	50-59	16th	4:19:06	9:53	Marathon

24 HOURS OF BOULDER

May 21-22, 2005 Boulder Reservoir

Name	Gen	TeamName	Category	Mileage
JAMES CHOW	M	Silly Goat	Solo M	57.12
NANCY KIYOTA	F	Allegro	open coed	21.42

DEADWOOD MARATHON/HALF-MARATHON

June 5, 2005 Deadwood, SD

Name	Age	Gen	PI	Pace	Time	Event
JIM ROMERO	65	M	63	7:20	1:36:05	Half
JERRY O'DONNELL	59	M	264	8:45	1:54:41	Half
CHRISTINE VANONI	53	F	324	9:03	1:58:27	Half
MICHAEL VANONI	56	M	377	9:21	2:02:22	Half
PENELOPE O'DONNELL	56	F	497	10:11	2:13:20	Half
MICHAEL ROBBERT	29	M	9	7:28	3:15:35	Martahon
MIKE LOITZ	29	M	138	9:33	4:10:21	Martahon
SHARON MAJETICH	45	F	255	11:03	4:49:22	Martahon
JAMES CHOW	48	M	287	11:25	4:59:15	Martahon
DAVID BLACK	54	M	409	15:06	6:35:48	Martahon

CMRA MEMORIAL 10K

May 15, 2005 deKoevend Park

Name	Age	Gen	PI	Time
JIM ROMERO	65	M	4	43:38:00
SCOTT MCFARLANE	54	M	8	45:31:00
JERRY O'DONNELL	58	M	11	51:49:00
RAY GRUNDMEYER	67	M	12	52:30:00
MARK JOHNSON	47	M	13	54:00:00
MIKE VANONI	56	M	14	54:33:00
CHRISTINE VANONI	53	F	15	55:32:00
CAROL JOHNSON	51	F	18	58:15:00
DAVE BLACK	54	M	26	1:04:33

COLORADO ROCKIES HOME RUN 5K

May 22, 2005 Coors Field

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace
GENE WASSMAN	41	M	41	33rd	40-44	6th	20:02	6:27
KAREN VOSS	40	F	62	13th	40-44	3rd	21:30	6:55
DAVID RODDENBERRY	47	M	71	55th	45-49	4th	21:46	7:01
JIM ROMERO	65	M	88	70th	65-69	2nd	22:16	7:10
MIKE LOITZ	29	M	114	92nd	25-29	12th	22:55	7:23
PETER SZYMANSKI	49	M	134	107th	45-49	10th	23:30	7:34
ED KING	52	M	152	123rd	50-54	11th	23:59	7:44
JOSEPH BEARSS	34	M	263	194th	30-34	33rd	26:03:00	8:23
JERRY O'DONNELL	59	M	287	211th	55-59	7th	26:35:00	8:34
ROSS KINNEY	47	M	304	222nd	45-49	21st	26:56:00	8:40
SHARON MAJETICH	45	F	356	101st	45-49	6th	27:47:00	8:57
JOEL MUNN	56	M	390	274th	55-59	11th	28:17:00	9:07
SARAH DAVIDSON	29	F	463	152nd	25-29	38th	29:24:00	9:28
DAVID MCGILLIVARY	54	M	731	436th	50-54	30th	33:52:00	10:54
PENELOPE O'DONNELL	56	F	729	295th	55-59	12th	33:51:00	10:54
ANDREW HODSON	32	M	787	456th	30-34	71st	35:29:00	11:25
MARIE ROMERO	61	F	1024	480th	60-64	13th	45:51:00	14:46
ADAM KINNEY	14	M	1081	559th	14&dn	59th	49:03:00	15:48
SHARYL RILEY	55	F	1284	659th	55-59	44th	56:46:00	18:17

BOARD MEETING MINUTES

Board Meeting Minutes – May 31st

Attendees: Bonnie Keefe, Brad LaBarry, John Lyle, Leslie Mitchell, Stephanie Struble, Doug Smith, Jean Townsend

Increasing Participation:

1. Denver Fit cross promotion in Wash Park for MTS – Doug will get apps to Leslie in the next week.
2. Call/Survey members who have missed the last several T/S Races - Mike working on survey questions.
3. Call new members – Looking for members that have time to call and welcome new members.
4. Promote kids races in July & Aug – Use July/Aug newsletter and pre-race announcements at the June/July T/S Race.
5. July T/S Brunch is changing to a pancake breakfast after the race – Deb/Dave coordinating. Need members to cut fruit before the race.
6. Recruit HS runners during the summer – Need to get contact list for HS Coaches and get the work out thru them. John to contact Ric Robinette.
7. Bolder Boulder volunteer effort – Lisa will confirm the list of members able to help with the setup on Sunday and the Finish Line on Monday.

Visibility:

1. Links to the website need to be checked and broken ones fixed.
2. 501(c)(3) grants – Jim Chow’s application with Qwest has been approved. Jim will work on a future article for the newsletter.
3. Moving Comfort Grant Program - Mike Robbert held the first training session Tuesday, May 31st.
4. RMRR logo for van – Leslie obtained quote from Kinkos, \$15/sq ft. Doug will follow-up with Kolene to provide artwork to order and install.
5. Colfax Marathon – Jean Townsend spoke to the Board about the status of this event and possible ways for the club to be involved. At this time the Board agreed to form one or more teams from its membership and to cross promote the event in the club’s newsletter and website.

6. dexwebclicks.com – Dex called to promote their services. Doug will ask Alan and Jim about whether search engines find our website for third party inquires.

Increasing Membership Value:

1. April Jackson from CAJ Development will be at the June T/S Race to market their energy drink and/or power nutrition water.

Volunteer of the Month:

1. The Board voted Mike Robbert Volunteer of the Month for his efforts in obtaining the Moving Comfort Grant and for coaching the women who stepped up to participate.

Operational Items:

1. Treasurer’s Report – Leslie stated that the decrease in support from Space Age FCU hasn’t been offset by the increased in membership dues.
2. Route emails to the website directly to responsible volunteers – Doug will continue to preview and route when required.
3. Denver Lutheran Track – Work was completed last week, first workout at the new location will be June 1st. Denver Lutheran HS and track is located at Arizona and Federal. Arizona Ave is 1 block South of Alameda Ave.
4. MTS Update – The 10 and 15 mile races will be held at Chatfield State Park. The two 20 mile races will be held on the Big Dry Creek Trail in Westminster. Applications will be in all our supporting running stores by June 1st.
5. Future Board meeting will be on Monday evenings at the Wild Oats on Washington St. at 7pm. If a holiday falls on Monday, the meetings will be on Tuesday. Meetings are scheduled for the Monday of the week prior to each month’s Trophy Race.



CHILDREN'S FUN RUNS

Following the July and August Trophy Series Races

Runs will be distances of ¼, ½ and one mile for children of different ages

RIBBONS WILL BE AWARDED TO ALL FINISHERS

PLAN TO BRING THE FAMILY



WILD OATS
NATURAL MARKETPLACE

NATURAL POWER FOR ATHLETES!

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

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

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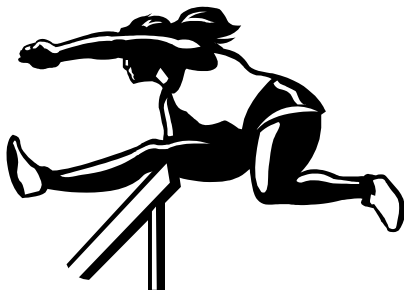
FTCOLLINS OLD TOWN MARATHON/HALF MARATHON/10K/5K

May 8, 2005 FtCollins

Name	Age	Gen	GenPI	DivPI	Div	GunTime	Pace	Chip-Time	Event
DERRICK HUNER	24	M	15			44:59:00	7:15		10K
JOHN HALLEZ	53	M	63			1:03:09	10:10		10K
MICHAEL BLANCHARD	43	M	1			55:09:00	8:53		10KRW
JAN HALLEZ	50	F	2			1:16:23	12:18		10KRW
ANGELA ANDERSON	24	F	1			20:28	6:35		5K
GEORGE HUNER	51	M	43			55:33:00	17:53		5K
DEREK GRIFFITHS	29	M	17	6/40	2529	23:49.1	6:24		Half
GREGORY HYDE	47	M	56	6/39	4549	36:21.8	7:22		Half
LANCE MEACHAM	37	M	63	6/48	3539	37:44.0	7:28		Half
BRAD LOGAR	25	M	72	14/40	2529	39:42.0	7:37		Half
JUSTIN LITTLE	31	M	78	14/50	3034	40:38.3	7:41		Half
JOANNE WINGE	38	F	131	20/98	3539	52:39.9	8:36		Half
CRAIG EWING	51	M	181	22/36	5054	54:07.9	8:43		Half
JAMES GRANT	59	M	186	3/10	5559	54:40.7	8:45		Half
ROSS KINNEY	47	M	239	30/39	4549	04:27.2	9:30		Half
MARY PITZ	41	F	286	29/62	4044	05:05.2	9:33		Half
TONYA MARTIN	29	F	334	66/119	2529	08:51.2	9:50		Half
TERESA ABBOTT	43	F	494	54/62	4044	29:30.8	11:25		Half
TIM GENTRY	42	M	13	2/53	4044	02:04.8	6:57	01:44.6	Mar
LARRY STELLER	38	M	56	12/45	3539	22:51.7	7:45	22:32.2	Mar
MICHAEL HEITZ	53	M	80	4/27	5054	29:59.4	8:01	29:46.0	Mar
DAWN BURGESS	29	F	20	10/52	2529	38:31.7	8:21	38:24.3	Mar
BETHANIE WERNER	29	F	21	11/52	2529	39:22.8	8:23	38:52.1	Mar
MARK STEVENS	46	M	179	37/63	4549	58:18.0	9:06	57:26.8	Mar
JAMES CHOW	48	M	221	45/63	4549	12:20.7	9:38	11:49.9	Mar
CHARLES SCHEIBE	50	M	228	14/27	5054	14:58.6	9:44	14:41.4	Mar
ROLAND THOMAS	55	M	256	10/21	5559	29:31.9	10:17	29:00.2	Mar
DIANE ROWLEY	33	F	149	24/40	3034	41:20.5	10:44	40:28.0	Mar
DARREN ROWLEY	37	M	282	38/45	3539	43:34.8	10:49	42:42.3	Mar
KRISTIN LIND	36	F	177	28/37	3539	50:59.4	11:06	50:06.7	Mar

STADIUM STAMPEDE

June 5, 2005 Denver



Name	Age	Gen	GenPI	DivPI	Time	Pace	Event
GENE WASSMAN	41	M	31	5/33	19:57	6:26	Run
JOEL MUNN	56	M	117	5/13	26:31:00	8:32	Run
MITCH CHESBRO	46	M	124	14/21	26:57:00	8:41	Run
THOMAS BLACK	38	M	198	25/34	33:21:00	10:44	Run
NICK BENJAMIN	29	M	220	16/18	38:37:00	12:26	Run
KOLLEEN QUINN	28	F	159	29/33	38:37:00	12:26	Run
MICHAEL BLANCHARD	44	M	1		27:19:00	8:48	Walk
JAN HALLEZ	51	F	1		37:02:00	11:56	Walk
SHEILA MOLDE	50	F	4		39:05:00	12:35	Walk

KBCO KINETIC 5K

May 7, 2005 Boulder Reservoir, Boulder

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace
DAVID ROTHENBURGER	36	M	10	10th	30-39	4th	19:08	6:10
ROSS WESTLEY	68	M	86	76th	60-69	1st	23:11	7:28
KEN SIMONS	67	M	176	131st	60-69	2nd	25:15:00	8:08
GENE DANNENBERGER	51	M	414	244th	50-59	16th	30:30:00	9:49
GARY ANGERHOFER	62	M	481	266th	60-69	5th	31:39:00	10:12
LINDA PAINTING	48	F	499	228th	40-49	11th	32:09:00	10:21
SUSANNA RECK	38	F	514	240th	30-39	60th	32:28:00	10:27
DAVE BLACK	54	M	574	287th	50-59	20th	35:14:00	11:21

June Trophy Series Roundup

Ninety-one hardy racers turned out in the rain for the June Trophy Series Race at City Park. Making their mark on a new 2.4 mile course, Angela Anderson set a new female 2.4 mi record with a time of 16:02, beating Karen Voss' record of 16:01 from Stone House Park. Tim Gentry took top male honors with a time of 13:45. Keeping his streak alive, Mike Blanchard broke his own prior record in the racewalk division for the 3rd month in a row with a time of 21:11. Last month, Heather Reddy moved into second place in overall Trophy Series Scoring and continued her climb this month, moving into first place. In overall scratch scoring, Tim Gentry remains in the top men's spot and Deb Cunningham tops the women's list.

Next month's race will be held at Bible Park for a fast 2-miler with a pancake breakfast and kid's fun runs to follow. Records to beat from Bible Park are:

2 Mile at Bible Park (July TS)	
10:33 (M)	Jason Saitta (July 2002)
13:36 (F)	Deb Cunningham (July 2002)
17:44 (W)	Mike Blanchard (June 2004)

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

June, 2005 2.4 mi City Park

		-----TIMES-----				---HANDICAP---				-----POINTS-----			
PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND		NEW	OLD	TS	SCRATCH	#
							PLACE						
1	Thomas, Maryse		-0:13	0:23:06	0:22:53	9:37	19	110.00	121	100.00	31.43	2	
2	Thomas, Roland	55	4:46	0:18:49	0:23:35	7:50	37	86.00	95	99.00	55.69	4	
3	Prilipp, Kristin	24	1:25	0:22:14	0:23:39	9:16	15	105.00	113	98.00	46.67	1	
4	Rowley, Darren	37	3:31	0:20:18	0:23:49	8:27	54	95.00	102	97.00	34.77	2	
5	Archer, Reg	38	7:48	0:16:22	0:24:10	6:49	20	69.00	76	96.00	76.62	2	
6	Jouett, Dennis	61	3:53	0:20:20	0:24:13	8:28	55	95.00	100	95.00	33.54	1	
7	Edrich, Rebecca M.	14	5:57	0:18:20	0:24:17	7:38	5	83.00	88	94.00	84.76	2	
8	Bearss, Joseph	35	5:07	0:19:15	0:24:22	8:01	40	88.00	93	93.00	52.00	2	
9	Allendorf, Brett	36	7:57	0:16:26	0:24:23	6:51	22	70.00	75	92.00	74.15	6	
10	Nedleman, Alex	43	8:39	0:15:46	0:24:25	6:34	13	65.00	70	91.00	85.23	2	
11	Kumpf, Howard	64	4:14	0:20:17	0:24:31	8:27	52	94.00	98	90.00	37.23	5	
12	Lee, Adam	33	7:57	0:16:36	0:24:33	6:55	23	71.00	75	89.00	72.92	5	
13	Ratledge, Joe	45	7:30	0:17:06	0:24:36	7:07	27	74.00	78	88.00	68.00	2	
14	Ballard, Mark	41	6:16	0:18:24	0:24:40	7:40	36	83.00	86	87.00	56.92	4	
15	Reddy, Heather	35	2:35	0:22:06	0:24:41	9:12	14	105.00	107	86.00	50.48	6	
16	Struble, Stephanie	38	5:47	0:18:58	0:24:45	7:54	7	87.00	89	85.00	77.14	6	
17	Dunning, Todd	40	6:44	0:18:05	0:24:49	7:32	35	81.00	83	84.00	58.15	6	
18	Moore, Brian	34	7:57	0:16:55	0:24:52	7:03	26	73.00	75	83.00	69.23	3	
19	Collyer, Michael	34	10:47	0:14:07	0:24:54	5:53	3	51.00	53	82.00	97.54	6	
20	Meacham, Lance	37	8:47	0:16:10	0:24:57	6:44	17	68.00	69	81.00	80.31	3	
21	Struble, Brian	37	9:03	0:15:56	0:24:59	6:38	16	66.00	67	80.00	81.54	6	
22	Hill, David	54	7:21	0:17:39	0:25:00	7:21	31	78.00	79	79.00	63.08	5	
23	Whelan, Holly	43	2:58	0:22:03	0:25:01	9:11	13	104.00	105	78.00	54.29	5	
24	Rothman-Haji, Salim	33	10:47	0:14:15	0:25:02	5:56	5	52.00	53	77.00	95.08	1	
25	LaBarry, Brad	31	8:39	0:16:26	0:25:05	6:51	21	70.00	70	76.00	75.38	6	
26	Bullock, John H. Jr.	43	10:04	0:15:02	0:25:06	6:16	8	59.00	59	75.00	91.38	6	
27	Head, Curtis	51	7:21	0:17:46	0:25:07	7:24	33	79.00	79	74.00	60.62	5	
28	McFarlane, Scott	54	7:39	0:17:29	0:25:08	7:17	29	77.00	77	73.00	65.54	6	
29	Heitz, Michael	53	8:22	0:16:49	0:25:11	7:00	25	72.00	72	72.00	70.46	4	
30	Gentry, Tim	43	11:26	0:13:45	0:25:11	5:44	1	47.00	47	71.00	100.00	6	
31	Caldwell, Rusty	49	8:31	0:16:45	0:25:16	6:59	24	72.00	71	70.00	71.69	2	
32	Grundmeyer, Ray	67	5:57	0:19:20	0:25:17	8:03	41	89.00	88	69.00	50.77	6	
33	Rothnburger, David	36	11:07	0:14:10	0:25:17	5:54	4	51.00	50	68.00	96.31	6	
34	Edrich, Rick	44	10:26	0:14:52	0:25:18	6:12	7	57.00	56	67.00	92.62	6	
35	Black, Thomas	39	2:12	0:23:06	0:25:18	9:37	64	110.00	109	66.00	22.46	2	
36	Benjamin, Nick	29	5:17	0:20:02	0:25:19	8:21	50	93.00	92	65.00	39.69	6	
37	Champeau, Lisa	36	6:16	0:19:04	0:25:20	7:57	8	87.00	86	64.00	73.33	5	
38	O'Brian, Christopher	41	7:48	0:17:33	0:25:21	7:19	30	77.00	76	63.00	64.31	4	
39	Friedmann, Rich	69	3:53	0:21:28	0:25:21	8:57	59	101.00	100	62.00	28.62	5	
40	Mitchell, Leslie	43	6:35	0:18:47	0:25:22	7:50	6	85.00	84	61.00	80.95	3	
41	Keefe, Bonnie	40	7:12	0:18:11	0:25:23	7:35	4	81.00	80	60.00	88.57	6	

TROPHY SERIES RESULTS CONTINUED

PLACE	NAME	AGE	-----TIMES-----			---HANDICAP---			-----POINTS-----			#
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	
42	Winge, Joanne	38	5:57	0:19:26	0:25:23	8:06	10	89.00	88	59.00	65.71	3
43	Baldrige, Melissa	41	4:36	0:20:49	0:25:25	8:40	12	97.00	96	58.00	58.10	1
44	Quintanilla, Edwin	27	9:35	0:15:51	0:25:26	6:36	14	65.00	63	57.00	84.00	3
45	Martinez, Richard	58	5:57	0:19:30	0:25:27	8:07	46	90.00	88	56.00	44.62	3
46	Mayhew, David	37	6:16	0:19:11	0:25:27	8:00	39	87.00	86	55.00	53.23	5
47	West, Carmen	54	5:27	0:20:01	0:25:28	8:20	11	92.00	91	54.00	61.90	6
48	Abbott, Teresa	43	-0:25	0:25:54	0:25:29	10:47	20	123.00	122	53.00	27.62	5
49	Cunningham, Deb	43	8:55	0:16:36	0:25:31	6:55	2	69.00	68	52.00	96.19	6
50	Pahl, Martin	43	9:50	0:15:42	0:25:32	6:32	12	64.00	61	51.00	86.46	3
51	Knipps, Mike	52	6:06	0:19:27	0:25:33	8:06	45	88.00	87	50.00	45.85	6
52	Anderson, Angela	24	9:35	0:16:01	0:25:36	6:40	1	65.00	63	49.00	100.00	3
53	Kukel, Scott	31	11:45	0:13:52	0:25:37	5:47	2	46.00	44	48.00	98.77	5
54	Davis, Trisha	54	6:26	0:19:14	0:25:40	8:01	9	86.00	85	47.00	69.52	3
55	Huner, George	51	6:16	0:19:25	0:25:41	8:05	44	87.00	86	46.00	47.08	4
56	Johnson, Carol	51	2:47	0:22:55	0:25:42	9:33	17	107.00	106	45.00	39.05	4
57	Croft, Devin	52	11:00	0:14:44	0:25:44	6:08	6	52.00	51	44.00	93.85	6
58	Nickels, Allan	67	6:06	0:19:39	0:25:45	8:11	48	88.00	87	43.00	42.15	4
59	Robbert, Michael	30	10:33	0:15:15	0:25:48	6:21	10	56.00	55	42.00	88.92	6
61	Smith, Douglas	55	6:16	0:19:35	0:25:51	8:10	47	89.00	86	40.00	43.38	4
60	Basse, Bob	50	10:19	0:15:32	0:25:51	6:28	11	58.00	57	41.00	87.69	6
62	Applegate, Ken	56	9:42	0:16:15	0:25:57	6:46	18	63.00	62	39.00	79.08	5
63	Withrow, Renee	47	2:58	0:23:02	0:26:00	9:36	18	106.00	105	38.00	35.24	5
64	Scheibe, Charles	50	7:03	0:19:02	0:26:05	7:56	38	82.00	81	37.00	54.46	5
65	Volzer, Robert	57	3:42	0:22:26	0:26:08	9:21	60	103.00	101	36.00	27.38	4
66	Roddenberry, David	47	9:03	0:17:08	0:26:11	7:08	28	69.00	67	35.00	66.77	3
67	Albertz, Jim	26	8:14	0:17:59	0:26:13	7:30	34	75.00	73	34.00	59.38	4
68	Knipps, Joy	48	-1:43	0:27:57	0:26:14	11:39	21	130.00	128	33.00	23.81	5
69	Finch, Jack	55	6:06	0:20:18	0:26:24	8:27	53	89.00	87	32.00	36.00	4
70	Olson, Jeffrey	45	7:03	0:19:22	0:26:25	8:04	43	82.00	81	31.00	48.31	6
71	Robinette, Ric	52	8:55	0:17:45	0:26:40	7:24	32	69.00	68	30.00	61.85	6
72	Chesbro, Mitch	46	7:21	0:19:22	0:26:43	8:04	42	81.00	79	29.00	49.54	5
73	Finch, Eric	16	4:04	0:22:45	0:26:49	9:29	61	102.00	99	28.00	26.15	2
74	Voss, Karen	40	9:03	0:17:49	0:26:52	7:25	3	70.00	67	27.00	92.38	4
75	O'Brian, Momoko	39	4:14	0:22:43	0:26:57	9:28	16	100.00	98	26.00	42.86	4
76	Acosta, Michael	56	6:06	0:20:57	0:27:03	8:44	58	88.00	87	25.00	29.85	6
77	Feerst, Adam	45	11:13	0:16:19	0:27:32	6:48	19	50.00	49	24.00	77.85	6
78	Sibley, Ray		4:56	0:23:05	0:28:01	9:37	63	95.00	94	23.00	23.69	3
79	Thies, Chuck	58	8:05	0:20:38	0:28:43	8:36	57	84.00	74	22.00	31.08	1
80	Gerhold, Bret	39	5:37	0:23:43	0:29:20	9:53	65	100.00	90	21.00	21.23	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.



Marathon Training Series
 Training Races for a Fast
 Fall Marathon

- Race 1 10 mi - July 17 Chatfield State Park
- Race 2 15 mi - Aug 14 Chatfield State Park
- Race 3 20 mi - Aug 28 Westminster, Big Dry Creek
- Race 4 20 mi - Sept 18 Westminster, Big Dry Creek

All races start at 7 a.m.

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Martin A Pahl, OMD, L Ac, NCMT
 Doctor of Acupuncture and Oriental Medicine
 Nationally Certified Chinese Herbalist
 Board Certified
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**The Body Dynamic—Acupuncture
 And Massage Therapy Clinic**

Phone:
 303-217-3557

Email:
thebodydynamic@juno.com

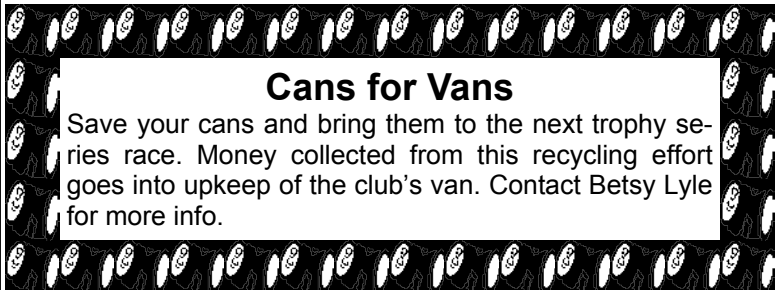
1705 South Pennsylvania St

Denver, Colorado 80210

Washington Park

RMRR RACEWALKERS, JUNE 2005 TROPHY SERIES 2.4 mi

Place	NAME	AGE	-----TIMES-----				---HANDICAP---			TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD			
1	Hallez, Jan	51	-3:17	0:28:53	0:25:36	12:02	136	135	100	5	
2	Blanchard, Michael	44	4:36	0:21:11	0:25:47	8:50	97	96	84	6	
3	Molde, Sheila	50	-4:13	0:30:24	0:26:11	12:40	140	139	68	5	
4	Hill, Jan	47	0:00	0:26:28	0:26:28	11:02	121	120	52	5	
5	Guiff, Ed	61	-1:17	0:27:50	0:26:33	11:36	127	126	36	6	



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.

RACEWALKER YTD OVERALL

PI	Name	Gen	Total Points	#	Ave Points
1	Michael Blanchard	M	509.33	6	84.89
2	Sheila Molde	F	396.00	5	79.20
3	Jan Hill	F	386.67	5	77.33
4	Ed Guiff	M	328.00	6	54.67
5	Jan Hallez	F	286.67	5	57.33
6	John Lyle	M	193.33	4	48.33

RMRR NEW RACERS, JUNE 2005 TROPHY SERIES 2.4 mi

R/W	NAME	AGE	-----TIMES-----				---HANDICAP---			---POINTS---	
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	TS	SCRATCH	
R	Whitmore, Colin	42	2:24	0:20:30	0:22:54	8:32	56	96	60	32.31	
R	Whitmore, Chris	17	3:31	0:19:49	0:23:20	8:15	49	92	60	40.92	
R	Ratledge, Sean	15	4:36	0:20:12	0:24:48	8:25	51	94	60	38.46	
R	Kennedy, Matthew		9:27	0:15:55	0:25:22	6:38	15	66	60	82.77	
R	Johnson, Thomas	31	10:26	0:15:03	0:25:29	6:16	9	59	60	90.15	
R	Rodriguez, Anthony	36	6:54	0:22:50	0:29:44	9:31	62	108	60	24.92	

Still More Racing in Other Places

CASPER MARATHON

June 5, 2005 Casper, WY

Name	Age	Gen	PI	Time	Pace
DEREK GRIFFITHS	29	M	2	3:07:42	7:10
JOSEPH BEARSS	35	M	77	4:45:47	10:55
ROLAND THOMAS	55	M	81	4:48:47	11:02

BARKIN' DOG DUATHLON

May 7, 2005 Keenesburg, CO
 5K Run, 30K Bike, 5K Run

Name	Age	Gen	PI	DIV	Time
MARK LOWE	31	M	13	M3034	1:24:44
JUSTIN WALK	23	M	64	M2024	1:37:14
JAY TRUJILLO	46	M	109	M4549	1:43:36
ROB GRAY	54	M	160	M5054	1:52:18
KEVIN GLODAVA	28	M	165	M2529	1:53:00
MICK VOLLMAR	51	M	170	M5054	1:53:43
JOSEPH BEARSS	34	M	220	M3034	2:04:21

WYOMING ROCKY MOUNTAIN MARATHON

May 29, 2005 Laramie, WY

Name	Age	Gen	Place	Time
MICHEAL ROBBERT	29	M	1	3:30:02

BURY FRIDAY FIVE

June 3, 2005 Bury-St. Edmund, UK

Name	PI	Gen	Time
GEOFF WEBB	268	M	45:02
KAREN OKAMOTO	300	F	48:56

AIRLIFE MEMORIAL 10K/5K

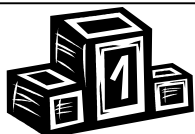
May 15, 2005 Hudson Gardens

Name	Age	Gen	GenPI	DivPI	Time	Pace	Event
VICENTE FUENTES	40	M	13	6/25	43:52:00	7:04	10KRun
BILL O'DELL	46	M	38	11/25	48:48:00	7:52	10KRun
ROSS KINNEY	47	M	58	19/25	56:46:00	9:09	10KRun
JOSEPH BEARSS	34	M	59	21/24	57:07:00	9:12	10KRun
SCOTT KUKEL	31	M	2	2/20	18:08	5:50	5KRun
SHARYL RILEY	55	F	120	13/13	52:20:00	16:51	5KRun

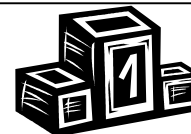
DASH & DINE 6

May 17, 2005 Coot Lake, Boulder

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace
GENE WASSMAN	41	M	53	44th	40-49	6th	21:00	6:46
ROSS WESTLEY	68	M	102	79th	60+	1st	24:00:00	7:44
MITCH CHESBRO	46	M	131	95th	40-49	18th	26:54:00	8:40
JESSICA GRIFFITHS	28	F	151	49th	20-29	22nd	29:25:00	9:28



**RMRR TROPHY SERIES OVERALL STANDINGS
JUNE, 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		Heather Reddy	F	465.61	6	77.60	1	Tim Gentry	593.54	6	98.92	1	Deb Cunningham	575.92	6	95.99
2		Nick Benjamin	M	462.45	6	77.08	2	Devin Croft	575.03	6	95.84	2	Bonnie Keefe	534.84	6	89.14
3		Michael Collyer	M	436.24	6	72.71	3	David Rothenburger	571.74	6	95.29	3	Bethanie Werner	467.63	5	93.53
4		David Rothenburger	M	401.23	6	66.87	4	Michael Collyer	570.83	6	95.14	4	Carmen West	436.96	6	72.83
5		Tim Gentry	M	393.61	6	65.60	5	Rick Edrich	544.21	6	90.70	5	Stephanie Struble	425.84	6	70.97
6		Brian Struble	M	386.57	6	64.43	6	Adam Feerst	543.18	6	90.53	6	Karen Voss	389.80	4	97.45
7		John H. Jr. Bullock	M	383.59	6	63.93	7	John H. Jr. Bullock	536.91	6	89.49	7	Lisa Champeau	379.43	5	75.89
8		Charles Scheibe	M	383.36	5	76.67	8	Michael Robbert	536.69	6	89.45	8	Michelle Evans	360.37	5	72.07
9		Devin Croft	M	379.03	6	63.17	9	Bob Basse	533.41	6	88.90	9	Angela Anderson	294.07	3	98.02
10		Curtis Head	M	370.71	5	74.14	10	Scott Kukel	487.60	5	97.52	10	Heather Reddy	278.54	6	46.42
11		Deb Cunningham	F	369.30	6	61.55	11	Brian Struble	459.76	6	76.63	11	Holly Whelan	258.83	5	51.77
12		Michael Acosta	M	368.96	6	61.49	12	Brad LaBarry	446.10	6	74.35	12	Leslie Mitchell	249.84	3	83.28
13		David Hill	M	354.89	5	70.98	13	Ric Robinette	444.65	6	74.11	13	Renee Withrow	241.24	5	48.25
14		Ken Applegate	M	351.14	5	70.23	14	Ken Applegate	420.21	5	84.04	14	Trisha Davis	238.84	3	79.61
15		Rick Edrich	M	349.08	6	58.18	15	David Benedict	408.77	5	81.75	15	Momoko O'Brian	222.67	4	55.67
16		Ray Grundmeyer	M	346.81	6	57.80	16	Brett Allendorf	401.41	6	66.90	16	Joanne Winge	213.59	3	71.20
17		Stephanie Struble	F	345.63	6	57.60	17	Scott McFarlane	400.65	6	66.77	17	Carol Johnson	186.02	4	46.51
18		Mark Stevens	M	344.06	4	86.02	18	Jeffrey Olson	347.84	6	57.97	18	Kerry Beebe	182.21	4	45.55
19		Brett Allendorf	M	343.88	6	57.31	19	Nathan Brown	331.36	4	82.84	19	Linda O'Byrne	176.77	2	88.39
20		Mike Knipps	M	339.01	6	56.50	20	Curtis Head	325.30	5	65.06	20	Janet Hoffman	171.50	2	85.75
21		Adam Lee	M	336.05	5	67.21	21	Todd Dunning	321.87	6	53.64	21	Rebecca M. Edrich	166.70	2	83.35
22		Mark Ballard	M	335.41	4	83.85	22	David Hill	318.36	5	63.67	22	Teresa Abbott	155.43	5	31.09
23		Scott McFarlane	M	333.64	6	55.61	23	Adam Lee	308.48	5	61.70	23	Olga Hnizdil	149.89	4	37.47
24		Michael Robbert	M	332.81	6	55.47	24	Michael Heitz	295.89	4	73.97	24	Kristi Aarsby-Kail	138.89	2	69.44
25		Roland Thomas	M	325.29	4	81.32	25	Mitch Chesbro	288.78	5	57.76	25	Donna Lynch	136.44	2	68.22
26		David Mayhew	M	321.73	5	64.35										
27		Scott Kukel	M	316.12	5	63.22										
28		Teresa Abbott	F	315.09	5	63.02										
29		Brad LaBarry	M	313.48	6	52.25										
30		Joy Knipps	F	311.45	5	62.29										
31		Carmen West	F	310.48	6	51.75										
32		Lisa Champeau	F	307.86	5	61.57										
33		Bonnie Keefe	F	307.35	6	51.23										
34		Michelle Evans	F	306.24	5	61.25										
35		Bob Basse	M	305.86	6	50.98										
36		Holly Whelan	F	304.77	5	60.95										
37		Christopher O'Brian	M	301.27	4	75.32										
38		Todd Dunning	M	297.51	6	49.59										
39		James Chow	M	295.22	5	59.04										
40		George Huner	M	283.22	4	70.81										
41		Howard Kumpf	M	278.50	5	55.70										
42		John Pawlowski	M	276.44	4	69.11										
43		David Benedict	M	275.66	5	55.13										
44		Mitch Chesbro	M	271.76	5	54.35										
45		Haynes Hendrickson	M	267.64	3	89.21										
46		Adam Feerst	M	266.39	6	44.40										
47		Renee Withrow	F	266.20	5	53.24										
48		Rich Friedmann	M	260.67	5	52.13										
49		Bethanie Werner	F	258.52	5	51.70										
50		Jesse Arman	M	258.13	3	86.04										

**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!

- | | | |
|-----------------|---------------|------------------|
| Joel Dice | Matt Kennedy | Linda Pope |
| Vaughn Dice | Erika Klumker | Summer Ruckman |
| Anne Fries | Stephen Kurtz | James Simpson |
| Robert H. Fries | Amanda Manatt | Patricia Simpson |
| Tom Hackney | Sabina Mehta | James Taylor |
| Leah Jappe | Diedric Nagle | Liesa Taylor |
| Thomas Johnson | Joseph Nagle | Susan Wescott |
| Nancy Kell | Jeff O'Reilly | Judy Wolf |

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.

BOLDER BOULDER
May 30, 2005 Boulder

Even More Racing in Other Places

Name	Age	Gen	Time	Name	Age	Gen	Time
ADAM FEERST	45	M	0:37:30	JOSEPH GORMLEY	51	M	0:52:41
DAVID ROTHENBURGER	36	M	0:37:39	NICK BENJAMIN	29	M	0:52:59
SCOTT KUKEL	31	M	0:37:52	MICHELLE EVANS	38	F	0:52:59
EDWARD STEINHAUSER	36	M	0:38:07	TODD DUNNING	40	M	0:53:04
SALIM ROTHMAN-HAJI	33	M	0:38:58	STEPHANIE STRUBLE	38	F	0:53:04
MICHAEL COLLYER	33	M	0:39:59	JOANNE WINGE	38	F	0:53:26
JUSTIN WALK	23	M	0:39:59	THOMAS BARSCH	46	M	0:53:41
GENE H WASSMAN	41	M	0:40:30	KRISTI AARSBY-KAIL	26	F	0:53:47
KEN APPEGATE	56	M	0:41:39	JOSHUA KAIL	26	M	0:53:49
CHRISTOPHER MARTINEZ	25	M	0:42:13	JERRY O'DONNELL	59	M	0:53:57
ANGELA ANDERSON	24	F	0:42:32	MARK JOSEPH JOHNSON	47	M	0:54:13
LARRY STELLER	38	M	0:42:48	MITCH C CHESBRO	46	M	0:54:24
BRAD LABARRY	31	M	0:44:05	ROSS G KINNEY	47	M	0:54:37
LANCE MEACHAM	37	M	0:44:17	LISA PAIGE	47	F	0:54:40
DERRICK HUNER	24	M	0:44:18	MANDIE HAGGERTY	26	F	0:54:49
MICHAEL HEITZ	53	M	0:44:46	GARLAND THURMAN	57	M	0:55:06
CRAIG EWING	52	M	0:44:54	CARMEN WEST	54	F	0:55:19
RACHEL MARIE FOSS	24	F	0:45:25	DEB MEGUIRE	41	F	0:55:54
MICHAEL ROBBERT	29	M	0:45:29	PATTI THURMAN	49	F	0:56:19
STU CURRIE	31	M	0:45:58	CATHERINE ROSSET	33	F	0:57:01
BRAD LOGAR	25	M	0:46:05	RICK WILSON	45	M	0:57:02
KAREN VOSS SZYMANSKI	40	F	0:46:36	JENNIFER W BOSSARD	37	F	0:57:19
ADAM LEE	33	M	0:46:53	ART LUEBKE	58	M	0:57:48
JIM ROMERO	65	M	0:46:53	AMANDA MARTINEZ	22	F	0:58:12
BRIAN T. MOORE	34	M	0:46:57	DARREN M ROWLEY	37	M	0:58:35
BONNIE KEEFE	40	F	0:47:00	MICHAEL BURN	35	M	0:58:39
MICOL SARA ROTHMAN-HAJI	33	F	0:47:02	HOLLY ROMERO	45	F	0:59:00
MARK STEVENS	46	M	0:47:18	CARRIE STEUART	47	F	0:59:22
CURTIS HEAD	51	M	0:47:24	KRISTIN D LIND	36	F	0:59:44
ADAM SCHLEGEL	27	M	0:48:05	COURTNEY ALISA SMITH	23	F	0:59:44
MONICA BRISNEHAN	35	F	0:48:14	GARY E ANGERHOFER	62	M	0:59:46
KRISTIN WOODWARD	34	F	0:48:18	OLGA HNIZDIL	60	F	1:00:01
ANDREW HODSON	32	M	0:48:31	KRISTIN PRILIPP	24	F	1:01:18
JAMES MARTINEZ	49	M	0:48:40	JOEL MUNN	56	M	1:01:37
ALLEN MARK TORRES	35	M	0:48:42	HEATHER REDDY	35	F	1:01:41
ADAM HUNER	16	M	0:49:11	LAURA CHOW	32	F	1:01:54
ROBERT REILLY	50	M	0:49:14	PAT MIDDLETON	52	F	1:01:56
JOSEPH JOHN DECAPORALE	33	M	0:49:15	PRAVEEN JHA	24	M	1:02:25
DAVE GARCIA	35	M	0:49:15	JENNIFER GRINSPON	40	F	1:04:18
BECKIE OLIVIA SCHLESER	24	F	0:49:21	TINA RICHARDS	48	F	1:04:42
TERRY PASQUA	50	F	0:49:27	SHARYN GEBOTT	28	F	1:05:34
JOHN R ROUTA	43	M	0:49:31	PENELOPE O'DONNELL	59	F	1:06:56
JEFFREY OLSON	45	M	0:49:40	ROBERT RICHARD MCCONVILLE	55	M	1:07:53
BRETT ALLENDORF	36	M	0:49:41	TERESA H. ABBOTT	43	F	1:10:14
HAYNES HENDRICKSON	23	M	0:49:53	LUCILLE C MORSE	58	F	1:11:11
GRAYSON DREXEL	55	M	0:50:23	JASON RYAN	27	M	1:11:16
LISA CHAMPEAU	36	F	0:50:30	THOMAS WAYNE BLACK	38	M	1:12:01
GORDON HALLER	54	M	0:50:43	SHARON D. MARTINEZ	43	F	1:14:17
KATIE GRUNER	23	F	0:50:53	CAROL JOHNSON	51	F	1:15:42
EDWARD KING	52	M	0:51:07	PATRICIA MARTINEZ	50	F	1:15:49
KAREN BARSCH	44	F	0:51:16	CARLY FRICK	9	F	1:23:19
GEORGE HUNER	51	M	0:51:23	SANDY MARIE DEWEZ	39	F	1:23:45
MARLA NOSAN	43	F	0:51:27	CONNIE DRAKE	34	F	1:28:33
PAUL RUNDLE	40	M	0:51:45	JOE YOUNG	35	M	1:28:35
ROLAND THOMAS	55	M	0:51:50	GEOFF MUNTZ	56	M	1:34:11
RICH MARTINEZ	58	M	0:51:51	GINA AHNEN	27	F	1:34:37
ROBERT ROMERO	58	M	0:52:04	BETTY ROBINSON	75	F	1:35:10
DOUG SMITH	55	M	0:52:22	ANDY WALZ	21	M	1:40:51
DAVID A LYNCH	49	M	0:52:40	ALLAN NICKELS	67	M	1:41:16
CHARLES SCHEIBE	50	M	0:52:40	ADAM KINNEY	14	M	1:45:24

Lactic or Lactate?

(Continued from page 4)

familiar with "the wall." This is the cost of pushing too hard too soon and burning up the glycogen. We don't have an idiot light that tells us when to refuel, nor does the body convert from glycogen back to fat for a fuel source very efficiently. Thus, our best method to avoid the wall is to know our limits and train our bodies to spare our glycogen stores.

How do we increase our lactate threshold? Effective training. By knowing our proper HR zones and using a HR monitor we can control our efforts both easy and hard for a specific purpose. This purpose is to run faster, more efficient, and have more fun! LT intervals improve our body's ability to buffer lactic acid and utilize an effective fuel source. LT intervals should be approximately 15-20 percent of our total training time (this is also based on other factors like period of training, post injury, etc.). These intervals can be from 2 minutes to 1 hour depending on your goals and abilities. The rest intervals are short, usually one third to one half of the work interval. IE 2min @ LT 1 min rest, repeat. The most important factor is HR. Effective LT training is done 4 beats BELOW to 4 beats above LT. Longer intervals are always done below LT.

Why did I call us a strange breed? The way most of us run and in particular train; too hard or not hard enough. You may notice in the chart above that there is gap between 80-90% of maximum heart rate. The reason for this gap is that physiologically it is a poor place to train. The truth is that most of us will train in this very place. This place is a "no-man's (woman's) land" and should be avoided during training. Your aerobic systems are being tasked and no real increase in aerobic capacity is being realized, while at the same time the anaerobic system is not being stressed enough to cause any real adaptation or increase in LT or AT.

One very important point to consider is the value of the above formula. Physiology is unique to each individual and likewise each individual has unique goals for their running and training. We all spend money on equipment, race entries, travel expenses, and extra food to recover from our training but are we willing to spend some of that money to enhance our training? Although this formula is generally accepted and can be utilized effectively for athletic improvement you should strongly consider a visit to an athletic performance lab or a coaching situation that offers lactate threshold testing. At JDS Sport Coaching, LLC we offer lactate threshold testing. This method is considered by far to be the best method for establishing heart rate training zones, even better than establishing maximum heart rate. There is a cost but the quality increases in training will not only save you time (time is money) it will also help you find that elusive speed.

If you would like further calculations or explanations on any of these concepts feel free to drop me a note. Any other questions on training or injuries can be addressed in future articles.

Dr. Martin Pahl is a Doctor of Oriental Medicine, Licensed Acupuncturist, Nationally Certified Massage Therapist, and Certified Coach working with athletes and non-athletes alike. He specializes in pain and injury solutions as well as internal medicine. He can be reached in writing through the web at:

www.JDSSportCoaching.com, thedydynamic@juno.com or by calling (303)217-3557 directly. His office is located in the Washington Park area.



RMRR Member

Boulder Backroads Discount

Fill out and clip this ENTIRE entry form for a \$5 discount for either race. No reproductions allowed. One per person, good for RMRR members only. Must be postmarked on or before August 26 to receive discount.

Nike boulder backroads official entry form

BIB# _____ PO

One entry form per person. Mail in entries must be postmarked by Sept. 9, 2005. Make check payable to: Boulder Backroads Marathon, LLC.

Mail to: Boulder Backroads Marathon, P.O. Box 1889, Boulder, CO 80306.

First _____ Last _____

Address _____

City _____ State _____ Zip _____ Country (if not USA) _____

Age on 9/25/05 _____ Phone Number _____

Email _____

I agree that my name and other personal information may be included in a mailing list to be used by NIKE USA, Inc., the title sponsor of this event, for purposes of special offers and product promotions.

I do not wish to be included in the mailing list.

Male Female Shirt Size: S M L XL

entry fees: (check one)

If postmarked or received on or before August 26

\$55 Half Marathon \$60 Marathon

If received on or before noon, Sept. 23, at local running stores or online or

at pre-race Rez Fest Expo, Sept. 24, 9am to 4pm only.

\$65 Half Marathon \$70 Marathon

There is no race day registration.

Additional donation to:

Family Learning Center \$ _____

Team in Training \$ _____

Total Amount Enclosed (checks only please) \$ _____

Waiver AND release

PLEASE READ THIS DOCUMENT CAREFULLY.

By signing this document, you are giving up any legal rights you may have to sue NIKE or its affiliates (related companies).

I, _____ [name] desire to participate in or attend the Nike Boulder Backroads Marathon and Half-Marathon ("the Event") conducted by Boulder Backroads, LLC and sponsored by NIKE and others. I have full knowledge of the risks involved in this Event and verify that I am physically fit and able to participate. In consideration of the opportunity to participate, I hereby irrevocably and unconditionally agree, on my own behalf and on behalf of my heirs and assigns, to indemnify NIKE USA, Inc., its affiliates, and Boulder Backroads, LLC, and their respective officers, directors employees, agents, and insurers ("the Released Parties") against, any lawsuits, claims, or expenses (including attorney fees), whether arising from the negligence of the Released Parties or otherwise; and I release and agree not to sue the Released Parties for any damages or personal injuries (including death) or any other liability relating in any way to the Event. I understand that the Event may be photographed, videotaped, or otherwise recorded, and I grant such parties the worldwide right in perpetuity, without approval or compensation, to use my name or likeness for any purpose, without approval or compensation to me or to any third party.

I have read this release and waiver carefully, fully understand its content, and voluntarily agree to its terms.

Participant's Signature: _____

Date: _____ Date of Birth: _____

(Parent's signature if participant is a minor - in most states, under 18 year of age)

By signing above, the parent or guardian waives, and agrees not to assert, any claims it might have against the Released Parties arising out of the Event.

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! 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

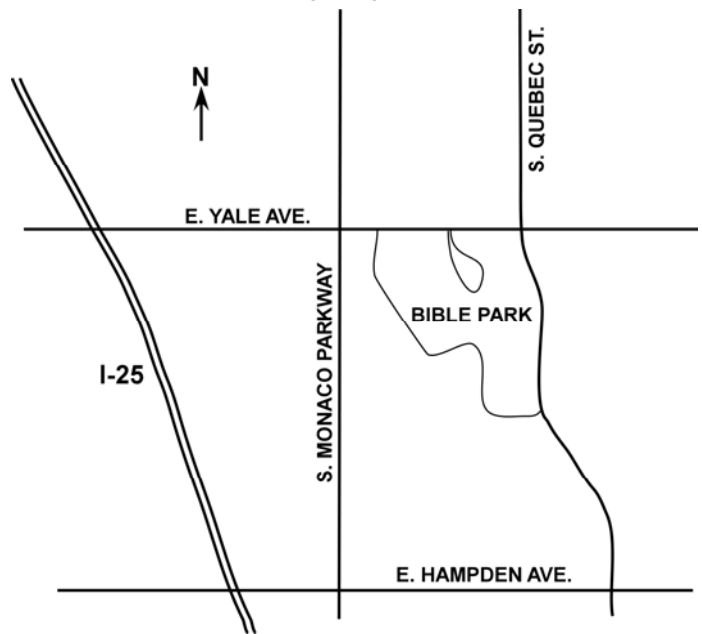
If you have any questions about these rules, feel free to ask the race director or an experienced race-walker.

Sample 2 mi Start Times	
HCP	Start
120	0:00
110	1:39
100	3:11
90	4:37
80	5:55
70	7:06
60	8:11
50	9:08
40	9:59
30	10:42

These times are for informational purposes only. Actual start times may vary. All racers must be pre-

Run the July Trophy Series 2 mi

Bible Park
Saturday, July 9, 8 a.m.



pared 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.

Thanks for supporting RMRR



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Spring & Summer 2005

Contact us for dates & more information.

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Karen Voss Szymanski, MS, OTR

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www.catalysttherapies.com

JULY 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(1) www.rmrr.org (2) 970-479-2280I mortiz@vailrec.com (3) groups.yahoo.com/group/denvertrailrunners, 303-282-3921 (4) www.bkbltd.com (5) www.runuphillracing.com		(6) www.comastersrun.org (7) www.racingunderground.com 303-642-7917 (8) www.5430sports.com (9) www.electrictedgeracing.com 303-674-5446 (10) www.heramultisport.com		1	2 RMRR Training Run, 7:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)	
3 Teva Vail Hill Climb 7.5 mi 8:30am (2)	4 Liberty Run 4 mi 8am Wash Park (4) Scar top Mountain Run 12k/5k (7)	5 Washington Park Fun Run, 6:00 pm South High Parking Lot (1) RMRR Board Meeting, 7:00 pm (1)	6 Track Workout 6:30pm Denver Lutheran High School	7 Trail Run 5:30pm or 6:15pm (3) Boulder Stroke and Stride 6pm (7)	8	9 RMRR Trophy Series, 8:00 am, 2 mi, Bible Park (1) Pancake Brunch after race
10 Fastrek Forest Challenge 8 mi 8am Idaho Springs (9) Mountain Madness ½ Marathon and 10k, Steamboat Springs (11)	11	12 Washington Park Fun Run, 6:00 pm (1) Dip & Dash Aurora Res 6pm (10)	13 Track Workout 6:30pm Denver Lutheran High School Twilight Trail Series 6:40pm Elk Meadow (5)	14 Trail Run 5:30pm or 6:15pm (3) Boulder Stroke and Stride 6pm (7)	15	16 RMRR Training Run, 7:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)
17 Marathon Training Series 10 mile 7am Chatfield (1) Mountain Madness 12k, Christies of Genesee (6) Asha 5k Walk for Education 9am Northridge Park (13)	18	19 Washington Park Fun Run, 6:00 pm (1) Dip & Dash Cherry Creek Res 6pm (10)	20 Track Workout 6:30pm Denver Lutheran High School	21 Trail Run, 5:30 pm or 6:15 pm (3) Boulder Stroke and Stride 6pm (7)	22	23 RMRR Training Run, 7:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)
24 Teva Vail ½ Marathon 8am Vail (3) Boulder Peak Tri 6:30 am Boulder Res (8)	25	26 Washington Park Fun Run, 6:00 pm (1) Dip & Dash Aurora Res 6pm (10)	27 Track Workout 6:30pm Denver Lutheran High School Twilight Trail Series 6:40pm South Valley (5)	28 Trail Run 5:30pm or 6:15pm (3) Boulder Stroke and Stride 6pm (7)	29	30 RMRR Training Run, 7:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1) Miles for Miracles 4mi 8am Highlands Ranch (12)
31 Hamlin Scramble 9mi, 8 am Idaho Springs (11)	(11) www.runningseries.com (12) www.highlandsranchrunseries.com (13) http://5k.ashacolorado.org					



2005 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Teresa Abbott	9.25	Haynes Hendrickson	2.50	Lance Risi	7.00
Gary Angerhofer	4.00	David Hill	18.00	Kasandra Robbert	1.50
Mike Acosta	4.00	Jan Hill	15.00	Michael Robbert	8.25
Ken Applegate	17.00	Parthenia Jones	12.25	Ric Robinette	18.75
Mark Ballard	11.50	Bonnie Keefe	41.75	Anthony Rodriguez	15.00
Bob Basse	7.50	Carl A. Koecher	7.00	Jim Romero	3.50
Jim Beebe	7.25	Scott Kukel	14.00	David Rothenburger	7.00
David Benedict	8.00	Howard Kumpf	9.50	Adam Schlegel	10.00
Lee Bengston	21.50	Brad LaBarry	46.25	John Shanahan	10.00
Michael Blanchard	12.00	Brad Logar	7.25	Ray Sibley	3.00
Forrest Blassingame	2.00	Betsy Lyle	24.50	Andrea Smith	4.25
Kolene Brown	13.25	John Lyle	32.75	Douglas Smith	87.25
Lisa Champeau	37.75	Tom Mates	21.50	Kevin Standbridge	7.00
James Chow	74.75	David Mayhew	3.25	Nancy Stone	6.00
Deb Cunningham	45.00	Scott McFarlane	7.00	Brian Struble	13.50
Trisha Davis	1.00	Angela Meyer	7.00	Stephanie Struble	23.75
Tom Devine	4.00	Leslie Mitchell	10.00	Chris Vanoni	30.50
Todd Dunning	4.00	Brian Moore	0.75	Mike Vanoni	8.00
Michelle Evans	4.00	Alicia Nix	17.25	Mick Vollmar	1.25
Janet Fairs	12.50	Christopher O'Brian	7.00	Rick Voorhees	3.50
Tim Gentry	3.75	Momoko O'Brian	7.00	Eric Wartchow	7.00
Janet Gold	16.00	Jeffrey Olson	19.00	Bethanie Werner	8.50
Jan Hallez	3.00	John Pawlowski	70.00	Carmen West	3.75
John Hallez	10.00	Heather Reddy	14.00	Holly Whelan	2.75
Peter Hallez	7.00	Tina Richards	4.00	Jane Whiteley	4.00
Curtis Head	4.00	Rosalie Richter	18.00	Renee Withrow	3.25
Michael Heitz	4.00	Sharyl Riley	18.00		



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

Jennifer Kaufman	1	Tammy Damrath	18
Alan Reiley	1	Brian Struble	18
Boys Hope	3	Rebecca M. Edrich	19
Rajinder Singh	3	Jonathan Siegel	19
Teresa Abbott	5	Michelle Somers	19
Henry Galleher	5	Margaret Tezak	20
Brenda Wolfe	5	Beth Haller	21
Patricia Carlson	7	Brianna Loughran	22
Rick Edrich	7	Eddie Loughran	22
Edward Baker	9	Wesley Loughran	22
Cynthia Chow	9	Diedric Nagle	24
Haynes Hendrickson	9	Don Wheeler	24
Bennet L. Voorhees	10	Laura Chow	25
Chris Whitmore	12	Haley Smith	25
Page Gaines	13	Joseph Nagle	26
Evelyn Soule	13	Rachel Foss	27
Damien Conway	14	Josh Kail	27
Marshall Gile	14	George Huner	28
Jay Trujillo	14	Jason Macaluso	28
Angela Meyer	15	Marion Sills	28
Karima Bounini	16	Amanda Gersbeck	29
James Bronstine	17	Danielle Meunier	30
James Chow	17	Rob Gray	31
Olga Hnizdil	17	Kim Massey	31
Mike Vanoni	17	Leslie Mitchell	31
Gary Angerhofer	18		

Bolder Boulder Results (Continued)

Name	Age	Gen	Time
SUE KINNEY	43	F	1:45:36
JENNIFER CLARK	29	F	1:50:46
CHRIS HARDY	31	M	1:51:04
JOE ATKINSON	54	M	1:51:33

Name	Age	Gen	Time
JAMES BRONSTINE	62	M	1:58:20
BOB LIEBHAUSER	54	M	2:32:09

Road Runner Information Line (303) 871-8366

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

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

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

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