



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

Focus On Our Allied Clubs—Potts Trotters

By Mike Acosta

The Potts Trotters Running Club, as described by its founder, Parthenia "Potts" Jones, is "one big happy family that enjoys the sport of running and walking". Potts goes on to describe the local running club as one that caters to runners and walkers with special needs and the club supports worthy causes through the races that it sponsors. Founded in 1991, this unique club also differs from most running clubs by participating in local and national special events from fun runs to ultra-marathons.

Potts Trotters sponsors from 4-5 events a year. The "A Day to Remember Run/Walk, Motorcycle and Scooter Breakfast Ride" (September 11, 2005), helps support local law enforcement's "Cops for Cancer Patients". The "Fishers of Men Fellowship Run/ Walk" (November 26, 2005) sponsored by the church of the same name and working with the Aurora Police Department Explorer Post 2024, assists high school students who aspire to a law enforcement career, attend youth conferences. The Trotters is also sponsoring the "Kwanzaa Run/Walk" (December 2005) and "Run for the Dream Run/Walk" (January 2006) both of which support local worthy causes like the Dr. Martin Luther King Scholarship Program in Aurora. Recently, the Potts Trotters added a special race, the "Javad Marshall Field and Vivian Wolfe Memorial Twilight 5K Run and Walk" in order to raise funds for Crime Stoppers. Money raised will be used for a \$10,000 reward for information leading to the arrest and conviction of those responsible for killing Javad and Vivian. This race will be held Thursday, August 25 at 7:00 PM.

Other examples of worthy causes in which Potts Trotters is involved

includes raising funds for the Special Olympics and memorial park benches. The club also includes a community service program, through volunteer work, for young offenders to satisfy community services as directed by juvenile courts. Other volunteer projects include preparing race packets for the Bolder Boulder and bags for the Elephant Rock ride in Castle Rock.

The running/walking events are customized to fit the needs and abilities of various runners. For example, to accommodate the very senior runners, there is an Athena division for runners over the age of 75, named after Leslie Whittemore (age 85). The Denver running community remembers the late Steve "Flagman" Muniz a giant of a runner (as in heavy-weight) who always raced holding an American flag. In his memory, the Trotters have established a Clydesdale Division. Sometimes the club sponsors low key races where participants bring white elephant gifts from home as donations for prize drawings and the race is followed by a potluck meal.

Potts Trotters membership includes runners from other local running clubs including the Rocky Mountain Road Runners, Blake Street Striders, and the Colorado Masters. The club has had the opportunity to meet well known runners such as Essie Garrett and Peter Tanui.

Potts would like to see the number of club events increase but still wants to keep the club fun and enjoyable. The running community, no doubt, feels the same way. Potts Trotters Running club - truly a unique and special running organization.

The 3rd Annual jazz89 Labor Day Race In the City

By Lee Bengston

Speaking as a RMRR member, Director for KUVU, and event chairman, I want to thank all our members for their outstanding support of the Labor Day Race in the City as volunteers and participants since the race's inaugural two years ago. I feel the race is becoming established as an event people in the community know about and look forward to as part of the Labor Day mosaic in Denver. The event has certainly become high on KUVU's list of fund raising events. This year marks the station's 20th Anniversary and this year's race will help celebrate that important milestone. We expect a larger number of participants, perhaps up to 1,000.

This year, more sponsors have joined in supporting the race with HealthONE taking the lead. 9News has come aboard as a media sponsor. Live music, one of the ingredients that makes this race unique, will be expanded to three bands. The opening band at the starting line will really get everyone going and there will be another band on the course for additional motivation. A Race Walker division has been added to separate the competitive walkers from the 'fun' walkers. More and better awards, door prizes, a Frontier Airline ticket drawing, a silent auction, expanded free food and drink, and more will add to the excitement. Registration discounts are also available for employees or members of sponsoring organizations including the RMRR. Also, note our original 2005 race graphic, which will adorn your T-shirt.

(Continued on page 5)



Due to technical difficulties, News on the Run did not have a photo of Kristi Aarsby-Kail and Josh Kail for last month's Member Profile. They are shown here after finishing the 2003 Grandma's Marathon.

**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

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Mike Robbert
Stephanie Struble

Trophy Series Directors
Janet Fairs

Volunteer Coordinator
Lisa Champeau

Special Events
Betsy Lyle

Communications
Michelle Evans
John Pawlowski

Computer
Brad Labarry

Non-Board, Non-Voting Positions
Quartermaster
John Lyle

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

Web Team
Alan Reiley, Webmaster
alan@coloradocomputerguy.com

Jim Chow
Deb Cunningham
Jeff Olson jeffreygolson@cs.com

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 July Trophy Series Race at Bible Park was grand, the cloud cover during the race kept the temperature from getting too hot. We had a total of 107 runners and race walkers compared to 107 for last year, I counted the numbers twice. I'm glad to report that no one ran off course, a tribute to Alicia and Betsy who ably served as Course Marshals.

A special thanks to Dave Cunningham and Amelia Cunningham for cooking everyone a delightful pancake breakfast. Deb coordinated the rental of the propane griddle and purchasing the required pancake mix, margarine, syrup, fruit and juice. Betsy supplied the blueberries. Jim Grant helped with the serving and members of Potts' Trotters sliced the fruit.

Adam Feerst has agreed to direct the finish line for the KUVU Labor Day Race in the City on Labor Day. Heather Reddy, Tim Gentry and Ray Sibley will co-direct the 15 mile MTS on Aug 14th. **The 20 mile MTS on Sept 18 is still available.** Contact Bonnie Keefe, if you would be willing to direct or co-direct that race. 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 or co-direct a race.

In addition, our club will again be promoting the Boulder Backroads Half/Full Marathon on Sep-

tember 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 and held the Monday before each month's Trophy Race. 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.

Enjoy the great weather! Doug Smith

COACH WANTED!!

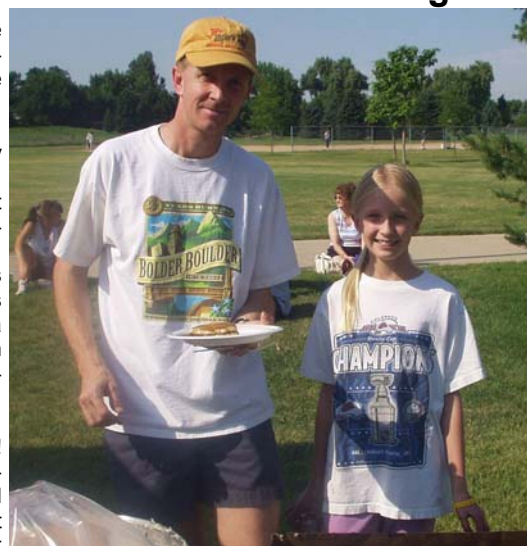
Regis Jesuit High School located in Aurora is seeking a men's and women's cross country coach for the upcoming school year....anyone interested in applying may contact Kelly Doherty at kdoh636475@aol.com.

Volunteers of the Month - Dave and Amelia Cunningham

Congratulations to the volunteers of the month - Dave Cunningham and daughter, Amelia. They were recognized for cooking those great pancakes at the July Trophy Series Race.

Dave loves to cook and grill, so he readily agreed to help out with the pancake breakfast. He has been a club member for 5 years, but rarely gets to run in the trophy series races because he's taking care of the kids while his wife, Deb, runs. Dave has been running for 17 years and runs four days/week. He enjoys trail races like the Pike's Peak Marathon & Ascent, Teva Vail hill climb, and the Golden Gate Canyon Run. His racing goal for this summer is a successful Pike's Peak Ascent.

Amelia Cunningham is not a runner yet! She enjoys playing soccer and volleyball. Amelia plays sweeper on the U12 team that her dad coaches. She also tried volleyball for the first time this year. She avoids the spotlight, but mom & dad know her skills helped her team win first place in the catholic school JV volleyball tournament.



Dave and Amelia working the griddle

Thanks for the help, Dave and Amelia.

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
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

Affiliated Club Races

Date	Time	Event/Distance	Location	Organization/Info
Wed 8/10/2005	6:30 pm	Fairmount Park 5K/RW	Fairmont Park, Golden	Colorado Master's Running Association 303-238-4405
Thurs 8/25/2005	7 pm	Javad Marshall Field and Vivian Wolfe Memorial Twilight 5K Run and Walk		Potts Trotters

Next Newsletter Deadline, Friday August 12

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, August 12. 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

Board Meeting Minutes – July 5th

Attendees: John Lyle, Stephanie Struble, Doug Smith, Mike Robbert

Increasing Participation:

1. Denver Fit cross promotion in Wash Park for MTS – Leslie planning for the weekend after the July T/S Race.
2. Call/Survey members who have missed the last several T/S Races – Waiting for 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 – Adam Feerst has the contact list for HS Coaches. Looking for a member willing to contact high school coaches for next summer.
7. Bolder Boulder volunteer effort – Looking for feedback from our volunteers on their Bolder Boulder volunteer experience.

Visibility:

1. Links to the website need to be checked and broken ones fixed. No action will be taken to limit search engine access to rmmr.org
2. 501(c)(3) grants – Received \$500 check from Qwest for Jim Chow's volunteer efforts. Our many thanks to Jim for all his efforts and for applying for the Qwest grant.
3. Moving Comfort Grant Program - Mike Robbert has held weekly training sessions with the 3 eager women who have continued to attend.
4. RMRR logo for van – Doug needs to place order with Kinkos for three 15" signs.
5. Colfax Marathon – At this time the Board agreed to encourage the formation of one or more teams from its membership and to cross promote the event in the club's newsletter and website.
6. Search engine access – Looking for a member to develop a list of key words for each web page. Any Interested member should contact Doug Smith.
7. Bolder Boulder Team competition – The team that Scott Kukel organized took 3rd Place in the Running Club Division. Congrats to those representing our club.

Increasing Membership Value:

1. New Balance has joined Boulder Running Company and Runners Roost in offering gift certificates for distribution at our monthly T/S Races.
2. Discussions are taking place about including a "classified ad" page in the monthly newsletter for our members to sell used running gear. i.e. watches, heart rate monitors, water bottles,

hydration packs etc.

Volunteer of the Month:

1. Need list of nominees from Lisa.

Operational Items:

1. Treasurer's Report – The club continues to have a positive cash flow.
2. Denver Lutheran Track – The track workouts on the new all weather track have been great and are well attended. The Denver Lutheran HS and track is located at Arizona and Federal. Arizona Ave is 1 block South of Alameda Ave.
3. MTS Update – We will need at least 12 volunteers for the 10 mile race to be held at Chatfield State Park on Sunday, July 17th. The race starts at 7am. MTS Applications are in all our supporting running stores. Active.com is also available for those wanting to register online.
4. 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. The meeting is always timed for the Monday prior to the T/S Race.
5. Summer outside races – Rainbow Run has been canceled for 2005, Run for Lauren to be held in Sept.

Long Term Goals/Projects:

1. Survey questions for members.
2. Recruit H.S. runners for Trophy Races.
3. Key word lists for pages on the website to optimize search engine access.



Marathon Training Series
Training Races for a Fast Fall Marathon

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.rmmr.org or phone 303-871-8366



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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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The 3rd Annual jazz89 Labor Day Race In the City

(Continued from page 1)

The purpose of this event is to raise awareness of the role that public radio serves in the community and specifically to raise funds for the KUVO Legacy of Diversity Capital Campaign. KUVO recently received recognition as the number one major market jazz station in the country. As a leading force to perpetuate the jazz art form, even if you are not a jazz fan, they deserve your support.

We are counting on our members to participate in the race as runners, walkers or volunteers. The Club receives a fee for managing the race and garners valuable publicity. Register from www.mmr.org or the race Web site www.kuvo.org/race. You can register in person by downloading or picking up a registration form at any Club-sponsored race or local running store.

Something else that makes this 5280 meter race special is the Team Challenge. You can compete individually and as part of a team in an open or masters division by male, female, or mixed composition. The Club will have at least two teams. Check with Deb Cunningham (dcunningham@iqworld.net) or Scott Kukel (skukel@yahoo.com) if interested in joining or forming a team.

Last year in addition to over 50 runners or walkers, the club provided over 20 volunteers. We need at least that many for this year's race. Contact Lisa Champeau (lisa_g11@yahoo.com) or me (Lee@Bengston.com), or you can volunteer on-line at www.mrr.org. Phone numbers for all people named in this article are listed in the newsletter.

MT. EVANS ASCENT

America's Highest Road Race
14.5 Miles to 14,264 Feet
June 18, 2005 Idaho Springs, CO

Racing in Other Places

By Chris Vanoni

SUMMER ROUNDUP TRAIL RUN 7.22M

JULY 10, 2005 COLORADO SPRINGS

Name	Age	Gen	PI	Time
DEREK GRIFFITHS	29	M	4	2:06:15
JIM ROMERO	65	m	40	2:44:21
DEBRA CUNNINGHAM	43	f	52	2:54:01
BONNIE KEEFE	40	F	82	3:03:22
DAVID CUNNINGHAM	44	m	86	3:04:55
CHARLES SCHEIBE	50	M	98	3:12:20
DOUGLAS SMITH	55	M	105	3:16:40
OLGA HNZDIL	60	f	144	3:52:15

Name	Age	Gen	GenPI	DivPI	Time
JEFF OGREN	48	M	12	1/46	0:50:53
MICHAEL ROBBERT	30	M	13	3/35	0:51:00
DEBRA CUNNINGHAM	43	F	12	2/32	0:58:31
CRAIG EWING	52	M	98	9/32	1:02:16
BONNIE KEEFE	40	F	28	5/32	1:02:35
ELWYN OWEN	43	M	113	14/35	1:03:51
DOUGLAS SMITH	55	M	148	8/24	1:07:36
CHARLES SCHEIBE	50	M	193	25/32	1:12:46
JOHN ROUTA	43	M	208	26/35	1:14:31
JENNIFER BOSSARD	37	F	139	20/23	1:26:47

ESTES PARK MARATHON & HALF MARATHON/OPTIMIST 10K/5K

June 19, 2005 Estes Park, CO

Name	Div	PI	Time	Pace	Gen	GenPI	DivPI	Event
REG ARCHER	30-39	19	50:28	8:08	M	15	6	10K
JULIE LINKUS	40-49	38	58:16	9:23	F	11	1	10K
SALIM ROTHMAN-HAJI	30-39	10	1:35:50	7:19	M	9	3	Half
MICOL ROTHMAN-HAJI	30-39	41	1:52:18	8:34	F	13	2	Half
ROSS WESTLEY	60-99	59	1:56:16	8:53	M	41	1	Half
VALERIE SHOCKLEY	30-39	67	1:59:34	9:08	F	20	6	Half
HAYNES HENDRICKSON	30-39	95	2:06:09	9:38	M	65	19	Half
ANDREA SMITH	20-29	96	2:06:09	9:38	F	31	13	Half
CHRISTINE VANONI	50-59	164	2:27:29	11:15	F	72	5	Half
LESLIE THOMPSON	40-49	230	3:17:02	15:02	F	120	20	Half
MARK STEVENS	40-49	36	4:29:54	10:18	M	30	8	Marathon
MARK BALLARD	40-49	61	4:47:33	10:59	M	50	16	Marathon
LISA CHAMPEAU	30-39	62	4:47:42	10:59	F	12	7	Marathon



ESCAPE FROM ALCATRAZ TRIATHLON

Swim 1.5 Mi - Bike 18 Mi - Run 8 Mi
June 12, 2005 San Francisco, CA

Name	Age	Gen	OAPI	Div	DivPI	GenPI	TotalTime	SwimTime	BikeTime	RunTime
NANCY WAGGONER	40	F	1167	F40-44	25	182	3:49:36	1:04:04	1:09:18	1:21:39
CLYDE WAGGONER	48	M	1272	M45-49	105	1012	4:00:23	1:04:03	1:10:53	1:31:13

LOVELAND LAKE TO LAKE TRI

1.5K Swim/29.5 mile Bike/10K Run
June 26, 2005 Loveland

Name	Gen	DivPI	Event	Swim	Bike	Run	Pace	Time	PI
ANDY RODRIGUEZ	M	4/46	M40-44	00:24:30	01:20:35	00:45:20	00:07:18	02:32:11	40/518
MARION SILLS	F	12/29	F35-39	00:27:04	01:36:00	00:56:18	00:09:04	03:02:15	236/518
JAY TRUJILLO	M	23/30	M45-49	00:37:21	01:39:26	00:47:28	00:07:39	03:08:15	280/518
MARY SIETSMA	F	14/36	F40-44	00:32:34	01:38:24	00:54:12	00:08:44	03:08:32	285/518
MANDIE HAGGERTY	F	25/40	F25-29	00:31:10	01:52:13	00:53:04	00:08:33	03:20:34	358/518

More Racing in Other Places

DAM-TO-DAM 20K

June 4, 2005 Des Moines IA

It had quit raining shortly before the race, and while not hot, it was muggy. From the Des Moines Register: "Repeat Dam to Dam participants said weather conditions made running more difficult. The last time rain intruded the event was 1984... Slicker pathways and a headwind slowed the pace."

Much of the course was fairly flat, but there were a few significant hills. During the first few miles, there was some opportunity to run on the gravel shoulders, but later, it was all asphalt or concrete. My left knee did bother me some for a few days afterward, as I'm not accustomed to running on asphalt or concrete. With a few hundred yard to go, I heard my wife and brother-in-law yelling for me, so I kicked it into a higher gear, and passed several people. If my wife's cousin had been a few days older, he would have taken my spot; he was almost 65.

Name	Gen	QAPI	Age	DivPI	GunTime	ChipTime
KEN SIMONS	M	1183/3180	67	1/11	1:50:01	1:49:03



TEVA 8K @ 8,000

June 12, 2005 Vail

Name	Age	Gen	Div	DivPI	OvPlc	Time
BRAD LABARRY	31	M	30-39	7.	40	43:32
JIM ROMERO	65	M	60-69	1.	49	44:30

SUNRISE STAMPEDE 10K

June 11, 2005 Longmont

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace
JAY TRUJILLO	46	M	69.	56th	45-49	9th	43:58	7:05
RAY GRUNDMEYER	67	M	252.	192nd	65-69	1st	54:05	8:43



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

STAPLETON CHARITY CHASE 5K

June 11, 2005 Denver

Name	Age	Gen	PI	Time	Pace
ROSS WESTLEY	68	M	26	22:44	7:20
MITCH CHESBRO	46	M	34	25:32	8:14
DENNIS JOUETT	61	M	35	25:33	8:14

GOLDEN GATE CANYON TRAIL RUN 12 MILES

June 26, 2005 Golden Gate Canyon

Name	Age	Gen	Place	Time	Pace
DEREK GRIFFITHS	30	M	11.	1:39:30	8:17
MICHAEL ROBBERT	30	M	16.	1:45:31	8:48
MICHAEL ROBBERT	30	M	16.	1:45:31	8:48
THOMAS JOHNSON	31	M	24.	1:50:12	9:11
RACHEL FOSS	24	F	27.	1:50:57	9:15
KAREN VOSS	40	F	34.	1:53:54	9:30
DEB CUNNINGHAM	43	F	43.	1:59:52	9:59
JIM ROMERO	65	M	44.	2:00:41	10:03
SALIM ROTHMAN-HAJI	33	M	47.	2:01:18	10:06
DAVE CUNNINGHAM	44	M	54.	2:04:08	10:21
BONNIE KEEFE	40	F	65.	2:11:50	10:59
MICOL ROTHMAN-HAJI	33	F	67.	2:13:07	11:06
SCOTT MCFARLANE	54	M	69.	2:13:27	11:07
DOUG SMITH	55	M	76.	2:16:02	11:20
PETER SZYMANSKI	49	M	79.	2:17:19	11:27
SUSAN WESCOTT	41	F	87.	2:30:20	12:32

More Racing in Other Places

ARBY'S ROCKY MOUNTAIN 1/2 MARATHON/ LUNA WOMEN'S 8K

June 12, 2005 Denver

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace	Event
KAREN VOSS	40	F	5.	5.	40-44	1st	34:44	7:00	8K
MARION SILLS	39	F	25.	25.	35-39	4th	41:36	8:23	8K
PATTI THURMAN	53	F	41.	41.	50-54	2nd	43:27	8:45	8K
DEB MEGUIRE	41	F	87.	87.	40-44	12th	46:09	9:17	8K
SHARON MARTINEZ	43	F	260.	260.	40-44	29th	55:11	11:06	8K
EDWIN QUINTANILLA	27	M	45.	35th	25-29	10th	1:29:35	6:50	Half
GREG HYDE	47	M	91.	72nd	45-49	5th	1:38:09	7:30	Half
ANGELA ANDERSON	24	F	102.	22nd	20-24	3rd	1:39:01	7:34	Half
SUE TADDEUCCI	40	F	133.	33rd	40-44	2nd	1:42:50	7:51	Half
RUSTY CALDWELL	49	M	158.	117th	45-49	9th	1:44:42	8:00	Half
CHELSEY HOOD	24	F	165.	43rd	20-24	9th	1:45:15	8:02	Half
MIRIAM TOPE	33	F	192.	55th	30-34	17th	1:47:35	8:13	Half
ROSS WESTLEY	68	M	218.	152nd	65-69	1st	1:48:55	8:19	Half
SUSAN WESCOTT	41	F	244.	77th	40-44	6th	1:50:41	8:27	Half
JANET HOFFMAN	40	F	277.	90th	40-44	8th	1:52:34	8:36	Half
MARLA NOSAN	43	F	332.	114th	40-44	12th	1:55:00	8:47	Half
KAREN BARSCH	44	F	341.	119th	40-44	13th	1:55:37	8:50	Half
SHARON RILEY	33	F	475.	191st	30-34	50th	2:01:45	9:18	Half
DAVID STARK	57	M	524.	301st	55-59	2nd	2:04:25	9:30	Half
NADENE TANIS	35	F	527.	225th	35-39	34th	2:04:31	9:30	Half
ROBERT FRIES	56	M	797.	376th	55-59	9th	2:35:21	11:51	Half

GARDEN OF THE GODS 10MILES

June 12, 2005 Colorado Springs

Name	Age	Gen	GenPI	DivPI	Time
JEFF OGREN	48	M	31	2/87	1:06:24
GENE WASSMAN	41	M	77	13/90	1:12:12
LARRY STELLER	38	M	118	18/73	1:15:49
DEBRA CUNNINGHAM	43	F	20	5/68	1:17:10
BONNIE KEEFE	40	F	39	9/68	1:20:20
ELWYN OWEN	43	M	200	32/90	1:21:42
MARK STEVENS	46	M	208	33/87	1:22:23
DOUGLAS SMITH	55	M	314	16/44	1:28:24
PAUL RUNDLE	40	M	341	56/90	1:30:19
JEAN TOWNSEND	58	F	141	3/11	1:33:23
HOLLY WHELAN	43	F	228	46/68	1:41:53
SARAH DAVIDSON	29	F	285	54/60	1:49:17

RUN THE ROCKIES HALF-MARATHON AND TEN MILE CREEK 10K

June 11 2005 Frisco, CO.

Name	Age	Gen	Time	GenPI	Pace	Event
KELLY WEBSTER	38	F	49:45	16	8:02	10K
DAVID MCGILLIVARY	54	M	56:45	63	9:10	10K
MICHAEL HEITZ	53	M	1:41:21	15	7:44	Half
ROBERT REILLY	50	M	1:52:57	38	8:37	Half
AL NICKELS	67	M	1:58:48	51	9:04	Half
LISA CHAMPEAU	36	F	1:59:17	31	9:06	Half
ANDREA SMITH	28	F	1:59:17	32	9:06	Half
TERESA ABBOTT	43	F	3:04:35	87	14:05	Half

SLACKER HALF MARATHON/4 MI

June 25, 2005 Georgetown

Name	Age	Gen	GenPI	DivPI	Time	Pace	Event
MITCH CHESBRO	46	M	9	2/7	32:24	8:06	4Mi
ANNE FRIES	54	F	64	9/11	1:10:05	17:32	4Mi
GARY BLACK	19	M	15	1/2	1:30:34	6:55	Half
CRAIG EWING	52	M	41	4/46	1:39:08	7:34	Half
EDWARD KING	52	M	65	8/46	1:42:55	7:51	Half
JANET HOFFMAN	40	F	24	5/58	1:46:59	8:10	Half
KEN LEHMAN	44	M	95	25/68	1:50:10	8:25	Half
JESSICA LAVIGNE	31	F	44	19/97	1:51:29	8:31	Half
AL NICKELS	67	M	116	2/8	1:54:09	8:43	Half
ROBERT LAVIGNE	36	M	124	36/68	1:56:58	8:56	Half
JOANNE WINGE	38	F	82	33/97	1:58:05	9:01	Half
JOSHUA KAIL	26	M	138	30/49	1:58:58	9:05	Half
KRISTI AARSBY-KAIL	26	F	132	41/89	2:04:57	9:32	Half
KRISTIN PRILIPP	24	F	172	58/89	2:15:15	10:20	Half
TERESA ABBOTT	43	F	244	47/58	2:38:11	12:04	Half
ROBERT FRIES	56	M	241	46/46	2:39:54	12:12	Half

SCAR TOP MOUNTAIN RUN 12K/SPRUCE CREEK 5K

July 4, 2005 Coal Creek Canyon, Colorado

Name	Age	Gen	PI	Time	Event
MICHAEL COLLYER	34	M	19	57:30	12K
ADAM FEERST	45	M	3	48:54	12K
DERMOT LYNCH	21	M	20	57:38	12K
JEFF BERNARDY	44	M	42	1:01:47	12K
ROSS WESTLEY	68	M	59	1:06:47	12K
SCOTT MCFARLANE	54	M	63	1:08:25	12K
RAY GRUNDMEYER	67	M	80	1:12:37	12K
JOHN ROUTA		M	81	1:12:42	12K
DAVID LYNCH	49	M	85	1:13:05	12K
JENNIFER BOSSARD		F	109	1:27:56	12K
MITCH CHESBRO	46	M	13	26:55	5K
CAROL MCCONVILLE	45	F	51	37:28	5K
ROBERT MCCONVILLE	55	M	37	33:04	5K

July Trophy Series Roundup

The July Trophy Series Race was a fast two miler at Bible Park, followed by some great pancakes cooked by Dave and Amelia Cunningham. Thank you Dave and Amelia. Continuing his pattern of beating course records this year, Mike Blanchard set a new racewalker record, besting his time from last year by 10 seconds with a time of 17:34. Deb Cunningham took fast female honors with a time of 13:42 and Scott Kukel was fast male at 11:29. In overall scoring, Nick Benjamin regained first place from Heather Reddy at a close second. There was little change in the top ten overall standings, but Ray Grundmeyer made a big jump from 16th place to 9th.

Next month's race will be held at deKoevend Park a fast 5k with a BBQ and kid's fun runs to follow. Records to beat from deKoevend Park are:

5K at DeKoevend Park (Aug TS)
 16:33 (M) Jason Saitta (Aug 2002)
 20:05 (F) Emily Knaub (June 1999)
 28:18 (W) Mike Blanchard (June 1999)

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

July, 2005 2 mi Bible Park

PLACE	NAME	AGE	-----TIMES-----				---HANDICAP---			-----POINTS-----		#
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	
1	Gerhold, Bret	39	3:12	0:16:00	0:19:12	8:00	46	89	100	100.00	47.83	2
2	Whitmore, Colin	42	3:47	0:15:26	0:19:13	7:43	37	85	96	99.10	58.26	2
3	Bergsieker, Jennifer	29	3:29	0:15:57	0:19:26	7:58	6	89	98	98.20	86.21	2
4	Finch, Eric	16	2:54	0:16:39	0:19:33	8:20	54	94	102	97.30	38.55	3
5	Rundle, Paul	40	3:21	0:16:18	0:19:39	8:09	52	92	99	96.40	40.87	2
6	Thomas, Maryse		1:39	0:18:05	0:19:44	9:03	14	104	110	95.51	64.14	3
7	Kail, Josh	27	5:09	0:14:48	0:19:57	7:24	31	80	86	94.61	65.22	3
8	Keefe, Bonnie	40	5:48	0:14:14	0:20:02	7:07	2	76	81	93.71	97.24	7
9	Little, Justin	31	6:46	0:13:17	0:20:03	6:38	12	67	73	92.81	87.25	2
10	Romero, Jim	65	5:48	0:14:22	0:20:10	7:11	26	77	81	91.91	71.01	1
11	O'Donnell, Jerry	59	3:47	0:16:25	0:20:12	8:13	53	92	96	91.01	39.71	1
12	Benjamin, Nick	29	4:12	0:16:02	0:20:14	8:01	47	90	93	90.11	46.67	7
13	Ballard, Mark	41	5:33	0:14:42	0:20:15	7:21	29	79	83	89.21	67.54	5
14	Loughran, Lisa	41	5:40	0:14:37	0:20:17	7:19	3	79	82	88.31	94.48	1
15	Dunning, Todd	40	5:48	0:14:30	0:20:18	7:15	27	78	81	87.42	69.86	7
16	Johnson, Thomas	31	8:17	0:12:05	0:20:22	6:03	5	56	59	86.52	95.36	2
17	Smith, Douglas	55	4:45	0:15:41	0:20:26	7:50	40	87	89	85.62	54.78	5
18	Bergsieker, Ryan	29	6:39	0:13:49	0:20:28	6:55	18	72	74	83.82	80.29	2
19	Champeau, Lisa	36	5:01	0:15:27	0:20:28	7:43	4	85	87	84.72	91.72	6
20	Grundmeyer, Ray	67	4:45	0:15:44	0:20:29	7:52	41	87	89	82.92	53.62	7
21	LaBarry, Brad	31	7:07	0:13:22	0:20:29	6:41	13	68	70	82.02	86.09	7
22	Johnson, Carol	51	2:08	0:18:22	0:20:30	9:11	19	106	107	81.12	50.34	5
23	Struble, Brian	38	7:33	0:12:58	0:20:31	6:29	10	64	66	80.22	89.57	7
24	Brown, Nathan	25	7:53	0:12:41	0:20:34	6:21	8	62	63	79.33	91.88	5
25	Rowley, Darren	37	3:55	0:16:40	0:20:35	8:20	55	94	95	78.43	37.39	3
26	Mayhew, David	37	5:01	0:15:35	0:20:36	7:48	39	86	87	77.53	55.94	6
27	Moore, Brian	34	6:46	0:13:50	0:20:36	6:55	19	72	73	76.63	79.13	4
28	Volzer, Robert	57	2:45	0:17:52	0:20:37	8:56	59	102	103	75.73	32.75	5
29	Withrow, Renee	47	2:17	0:18:22	0:20:39	9:11	18	106	106	74.83	53.10	6
30	Bullock, John H. Jr.	43	8:17	0:12:23	0:20:40	6:12	7	59	59	73.93	93.04	7
31	Trujillo, Jay	47	6:53	0:13:48	0:20:41	6:54	17	72	72	73.03	81.45	5
32	Reddy, Heather	35	2:26	0:18:15	0:20:41	9:07	17	105	105	72.13	55.86	7
33	Archer, Reg	38	7:14	0:13:28	0:20:42	6:44	14	69	69	71.24	84.93	3
34	Lee, Adam	33	7:00	0:13:42	0:20:42	6:51	15	71	71	70.34	83.77	6
35	Stevens, Mark		6:53	0:13:51	0:20:44	6:55	20	72	72	69.44	77.97	5
36	Whelan, Holly	43	2:36	0:18:09	0:20:45	9:05	15	104	104	68.54	61.38	6
37	Albertz, Jim	26	6:32	0:14:13	0:20:45	7:07	23	76	75	67.64	74.49	5
38	Martinez, Richard	58	4:37	0:16:09	0:20:46	8:04	50	91	90	66.74	43.19	4
39	Struble, Stephanie	38	5:01	0:15:46	0:20:47	7:53	5	88	87	65.84	88.97	7
40	Hnizdil, Olga	61	1:00	0:19:48	0:20:48	9:54	23	115	114	64.94	39.31	5
41	Luebke, Art	58	2:17	0:18:32	0:20:49	9:16	63	107	106	64.04	28.12	3

TROPHY SERIES RESULTS CONTINUED

PLACE	NAME	AGE	-----TIMES-----			---HANDICAP---			-----POINTS-----			#
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	
42	Finch, Jack	55	4:45	0:16:04	0:20:49	8:02	49	90	89	63.15	44.35	5
43	Bearss, Joseph	35	4:53	0:15:57	0:20:50	7:58	44	89	88	61.35	50.14	3
44	Nickels, Allan	67	4:53	0:15:57	0:20:50	7:58	43	89	88	62.25	51.30	5
45	Edrich, Rick	45	8:29	0:12:22	0:20:51	6:11	6	58	57	60.45	94.20	7
46	Allendorf, Brett	36	7:07	0:13:45	0:20:52	6:52	16	71	70	59.55	82.61	7
47	Rowley, Diane	33	4:21	0:16:32	0:20:53	8:16	9	93	92	58.65	77.93	3
48	Ratledge, Joe	45	6:39	0:14:15	0:20:54	7:07	24	75	74	57.75	73.33	3
49	Knipps, Mike	52	4:53	0:16:02	0:20:55	8:01	48	89	88	56.85	45.51	7
50	Cunningham, Deb	43	7:14	0:13:42	0:20:56	6:51	1	70	69	55.96	100.00	7
51	Collyer, Michael	34	9:03	0:11:56	0:20:59	5:58	3	52	51	55.06	97.68	7
52	Gray, Rob	55	7:07	0:13:52	0:20:59	6:56	21	73	70	54.16	76.81	3
53	Kukel, Scott	31	9:30	0:11:29	0:20:59	5:45	1	47	46	53.26	100.00	6
54	Chesbro, Mitch	46	5:48	0:15:12	0:21:00	7:36	34	82	81	52.36	61.74	6
55	Rothenburger, David	36	9:03	0:11:58	0:21:01	5:59	4	52	51	50.56	96.52	7
56	McFarlane, Scott	54	6:18	0:14:43	0:21:01	7:22	30	78	77	51.46	66.38	7
57	Scheibe, Charles	50	5:40	0:15:23	0:21:03	7:42	36	83	82	49.66	59.42	6
58	Gentry, Tim	43	9:25	0:11:39	0:21:04	5:50	2	48	47	48.76	98.84	7
59	Pawlowski, John	45	4:12	0:16:55	0:21:07	8:28	56	95	93	47.87	36.23	5
61	Thomas, Roland	55	5:09	0:15:58	0:21:07	7:59	45	87	86	46.97	48.99	5
60	Hill, David	54	6:10	0:14:58	0:21:08	7:29	33	79	78	46.07	62.90	6
62	Fairs, Janet	62	-3:40	0:24:48	0:21:08	12:24	29	142	140	44.27	22.76	4
63	Black, Dave	54	-0:21	0:21:29	0:21:08	10:45	67	125	122	45.17	23.48	2
64	Ratledge, Sean	15	4:04	0:17:05	0:21:09	8:32	57	95	94	43.37	35.07	2
65	Olson, Jeffrey	45	5:40	0:15:31	0:21:11	7:46	38	83	82	41.57	57.10	7
66	Davis, Trisha	54	5:09	0:16:02	0:21:11	8:01	8	87	86	42.47	80.69	4
67	Roddenberry, David	47	7:14	0:14:01	0:21:15	7:00	22	70	69	37.98	75.65	4
68	West, Carmen	54	4:21	0:16:54	0:21:15	8:27	10	93	92	39.78	75.17	7
69	Ruhnaw, Aaron	34	8:11	0:13:04	0:21:15	6:32	11	65	60	38.88	88.41	2
70	Middleton, Pat	52	3:03	0:18:12	0:21:15	9:06	16	105	101	40.67	58.62	1
71	Kumpf, Howard	64	4:04	0:17:12	0:21:16	8:36	58	95	94	37.08	33.91	6
72	Lind, Kristin	36	3:21	0:17:56	0:21:17	8:58	13	102	99	36.18	66.90	3
73	Piscopo, Dyan	45	1:49	0:19:35	0:21:24	9:48	22	112	109	35.28	42.07	3
74	Szymanski, Peter	49	6:10	0:15:15	0:21:25	7:37	35	84	78	34.38	60.58	2
75	Gampp, Deanna	27	3:03	0:18:26	0:21:29	9:13	20	104	101	33.48	47.59	3
76	Friedmann, Rich	69	3:03	0:18:26	0:21:29	9:13	62	102	101	32.58	29.28	6
77	Edrich, Rebecca M.	15	5:33	0:15:57	0:21:30	7:58	7	84	83	31.69	83.45	3
78	Thies, Chuck	58	5:25	0:16:10	0:21:35	8:05	51	85	84	30.79	42.03	2
79	Arman, Jesse	54	3:12	0:18:24	0:21:36	9:12	61	104	100	29.89	30.43	4
80	Dais, Hille	57	1:30	0:20:09	0:21:39	10:05	24	114	111	28.99	36.55	3
81	Robinette, Ric	52	7:14	0:14:55	0:22:09	7:28	32	70	69	28.09	64.06	7
82	Applegate, Ken	56	7:53	0:14:20	0:22:13	7:10	25	64	63	27.19	72.17	6
83	Knipps, Joy	48	-1:46	0:24:29	0:22:43	12:14	28	131	130	26.29	25.52	6
84	Acosta, Michael	56	4:53	0:18:01	0:22:54	9:00	60	89	88	25.39	31.59	7
85	O'Donnell, Penelope	56	1:20	0:21:52	0:23:12	10:56	27	119	112	24.49	28.28	1
86	Mudron, Larry	63	4:45	0:19:39	0:24:24	9:50	65	94	89	23.60	25.80	2
87	Bradshaw, Erica	28	4:21	0:20:32	0:24:53	10:16	25	104	92	22.70	33.79	1
88	Pierce, Douglas	34	5:25	0:19:52	0:25:17	9:56	66	94	84	21.80	24.64	1
89	Michaels, Bill	52	4:37	0:23:58	0:28:35	11:59	69	105	90	20.90	21.16	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 FRIDAY
AUGUST 5, 6:30 P.M. WITH BBQ TO
FOLLOW.

RMRR RACEWALKERS, JULY 2005 TROPHY SERIES 2 mi

Place	NAME	AGE	-----TIMES-----				---HANDICAP---			Races
			START	ACT'L	FINISH	PACE	NEW	OLD	TS Pts	
1	Blanchard, Michael	44	3:38	0:17:34	0:21:12	8:47	98	97	100.00	7
2	Lyle, John	72	-3:05	0:24:54	0:21:49	12:27	139	137	73.33	5
3	Hill, Jan	47	-0:10	0:22:12	0:22:02	11:06	122	121	46.67	6

NON-MEMBERS, JULY TROPHY SERIES

R/W	NAME	START	ACT'L	FINISH	PACE
R	Kelly Middleton	0:00	0:17:52	0:17:52	8:56
R	Ruth Brown	0:00	0:19:04	0:19:04	9:32
R	Haiyin Chen	0:00	0:19:08	0:19:08	9:34
R	Heather Larson	0:00	0:19:18	0:19:18	9:39
R	Shannon Rowley	3:55	0:16:41	0:20:36	8:21
R	Gregg Parish	0:00	0:32:35	0:32:35	16:17

RACEWALKER YTD OVERALL

PI	Name	Gen	Total Points	#	Ave Points
1	Michael Blanchard	M	609.33	7	87.05
2	Jan Hill	F	433.33	6	72.22
3	Sheila Molde	F	396.00	5	79.20
4	Ed Guiff	M	328.00	6	54.67
5	Jan Hallez	F	286.67	5	57.33
6	John Lyle	M	266.67	5	53.33

RMRR NEW RACERS, JULY 2005 TROPHY SERIES 2 mi

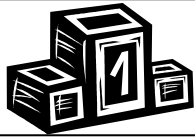
R/W	NAME	AGE	-----TIMES-----				---HANDICAP---		---POINTS---	
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	TS	SCRATCH
R	Hackney, Tom	37	0:00	0:15:56	0:15:56	7:58	42	89	60	52.46
R	Morse, Lucille C.	58	0:00	0:19:33	0:19:33	9:46	21	113	60	44.83
R	Kielian, Elizabeth	34	5:01	0:14:40	0:19:41	7:20	28	79	60	68.70
R	Jappe, Leah	22	2:36	0:17:19	0:19:55	8:39	12	99	60	69.66
R	Simpson, James	30	1:10	0:18:56	0:20:06	9:28	64	109	60	26.96
R	Greene, Eric		7:27	0:12:47	0:20:14	6:24	9	63	60	90.72
R	Purrington, Shannon	26	3:12	0:17:19	0:20:31	8:39	11	99	60	72.41
R	Simpson, Patricia	56	0:00	0:21:34	0:21:34	10:47	26	125	60	31.03
R	Quinn, Kolleen	29	0:00	0:23:39	0:23:39	11:50	68	136	60	22.32

July Trophy Series Winners

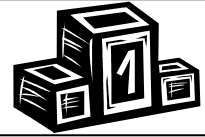


Front Row (L-R): Josh Kail, Maryse Thomas, Bonnie Keefe, Bret Gerhold, Nick Benjamin. Middle Row (L-R): Lisa Loughran, Paul Rundle, Jennifer Bergsieker, Justin Little, Jerry O'Donnell. Back Row (L-R): Colin Whitmore, Jim Romero, Mark Ballard.

Fast female and male finishers Deb Cunningham and Scott Kukul.



**RMRR TROPHY SERIES OVERALL STANDINGS
JULY, 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	552.56	7	78.94	1	Tim Gentry	692.38	7	98.91	1	Deb Cunningham	675.92	7	96.56
2	Heather Reddy	F	537.75	7	76.82	2	Michael Collyer	668.51	7	95.50	2	Bonnie Keefe	632.08	7	90.30
3	Michael Collyer	M	491.30	7	70.19	3	David Rothenburger	668.26	7	95.47	3	Stephanie Struble	514.81	7	73.54
4	Brian Struble	M	466.80	7	66.69	4	Rick Edrich	638.41	7	91.20	4	Carmen West	512.13	7	73.16
5	John H. Jr. Bullock	M	457.52	7	65.36	5	John H. Jr. Bullock	629.96	7	89.99	5	Lisa Champeau	471.15	6	78.53
6	David Rothenburger	M	451.79	7	64.54	6	Scott Kukel	587.60	6	97.93	6	Bethanie Werner	467.63	5	93.53
7	Tim Gentry	M	442.38	7	63.20	7	Devin Croft	575.03	6	95.84	7	Karen Voss	389.80	4	97.45
8	Charles Scheibe	M	433.02	6	72.17	8	Brian Struble	549.32	7	78.47	8	Michelle Evans	360.37	5	72.07
9	Ray Grundmeyer	M	429.73	7	61.39	9	Adam Feerst	543.18	6	90.53	9	Heather Reddy	334.41	7	47.77
10	Deb Cunningham	F	425.25	7	60.75	10	Michael Robbert	536.69	6	89.45	10	Holly Whelan	320.21	6	53.37
11	Mark Ballard	M	424.62	5	84.92	11	Bob Basse	533.41	6	88.90	11	Trisha Davis	319.53	4	79.88
12	Mark Stevens	M	413.50	5	82.70	12	Brad LaBarry	532.19	7	76.03	12	Renee Withrow	294.35	6	49.06
13	Stephanie Struble	F	411.47	7	58.78	13	Ric Robinette	508.71	7	72.67	13	Angela Anderson	294.07	3	98.02
14	Rick Edrich	M	409.53	7	58.50	14	Ken Applegate	492.38	6	82.06	14	Rebecca M. Edrich	250.15	3	83.38
15	Adam Lee	M	406.39	6	67.73	15	Brett Allendorf	484.02	7	69.15	15	Leslie Mitchell	249.84	3	83.28
16	Brett Allendorf	M	403.43	7	57.63	16	Scott McFarlane	467.03	7	66.72	16	Carol Johnson	236.37	5	47.27
17	Bonnie Keefe	F	401.06	7	57.29	17	Nathan Brown	423.25	5	84.65	17	Momoko O'Brian	222.67	4	55.67
18	David Hill	M	400.96	6	66.83	18	David Benedict	408.77	5	81.75	18	Joanne Winge	213.59	3	71.20
19	David Mayhew	M	399.26	6	66.54	19	Jeffrey Olson	404.94	7	57.85	19	Diane Rowley	195.45	3	65.15
20	Mike Knipps	M	395.87	7	56.55	20	Adam Lee	392.25	6	65.37	20	Olga Hnizdil	189.20	5	37.84
21	Brad LaBarry	M	395.50	7	56.50	21	Todd Dunning	391.72	7	55.96	21	Kerry Beebe	182.21	4	45.55
22	Michael Acosta	M	394.36	7	56.34	22	David Hill	381.25	6	63.54	22	Linda O'Byrne	176.77	2	88.39
23	Lisa Champeau	F	392.58	6	65.43	23	Mark Stevens	352.35	5	70.47	23	Janet Hoffman	171.50	2	85.75
24	Scott McFarlane	M	385.10	7	55.01	24	Mitch Chesbro	350.52	6	58.42	24	Kristin Lind	166.73	3	55.58
25	Todd Dunning	M	384.93	7	54.99	25	Jay Trujillo	350.23	5	70.05	25	Joy Knipps	161.65	6	26.94
26	Devin Croft	M	379.03	6	63.17										
27	Ken Applegate	M	378.34	6	63.06										
28	Holly Whelan	F	373.31	6	62.22										
29	Roland Thomas	M	372.25	5	74.45										
30	Curtis Head	M	370.71	5	74.14										
31	Scott Kukel	M	369.37	6	61.56										
32	Carmen West	F	350.26	7	50.04										
33	Renee Withrow	F	341.03	6	56.84										
34	Joy Knipps	F	337.74	6	56.29										
35	Michael Robbert	M	332.81	6	55.47										
36	Nathan Brown	M	329.20	5	65.84										
37	John Pawlowski	M	324.30	5	64.86										
38	Mitch Chesbro	M	324.12	6	54.02										
39	Jim Albertz	M	322.78	5	64.56										
40	Carol Johnson	F	318.46	5	63.69										
41	Douglas Smith	M	318.09	5	63.62										
42	Howard Kumpf	M	315.58	6	52.60										
43	Teresa Abbott	F	315.09	5	63.02										
44	Brian Moore	M	313.12	4	78.28										
45	Michelle Evans	F	306.24	5	61.25										
46	Bob Basse	M	305.86	6	50.98										
47	Christopher O'Brian	M	301.27	4	75.32										
48	James Chow	M	295.22	5	59.04										
49	Rich Friedmann	M	293.25	6	48.88										
50	Jesse Arman	M	288.01	4	72.00										

**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.)

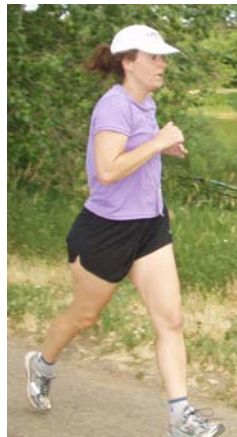
- Visit the web site (www.rmrr.org), click on the Club Info page, download an application and mail it in
- Log onto www.active.com and join online
- Pick up an application at local running stores including Runner's Roost (Colorado Blvd, Parker Rd Aurora, Highlands Ranch), Boulder Running Company (Littleton, 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!

- | | | |
|---------------|-----------------|--------------------|
| Brian Crouse | Denis Karaiskaj | Craig Myers |
| Natalie Darby | David Kelly | Stephanie Myers |
| John Estes | Kyle Kelly | Shannon Purrington |
| Eric Greene | Lynn Kelly | Shannon Reagan |
| Patricia Heid | Rebekah Kelly | Kimberly Shelton |
| Don Hewitt | Trevor Kelly | Talon Windwalker |
| | David Molnar | |

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.

Racers in Action at the July Trophy Series Race



Congratulations to Finishers of the July Children's Fun Run



CHILDREN'S FUN RUNS



Following the August Trophy Series Race and BBQ
Friday, August 5 6:30 p.m.

Runs will be distances of 1/4, 1/2 and one mile for children of different ages

RIBBONS WILL BE AWARDED TO ALL FINISHERS

PLAN TO BRING THE FAMILY



Marathon Training Series Training Races for a Fast Fall Marathon

- 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

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.

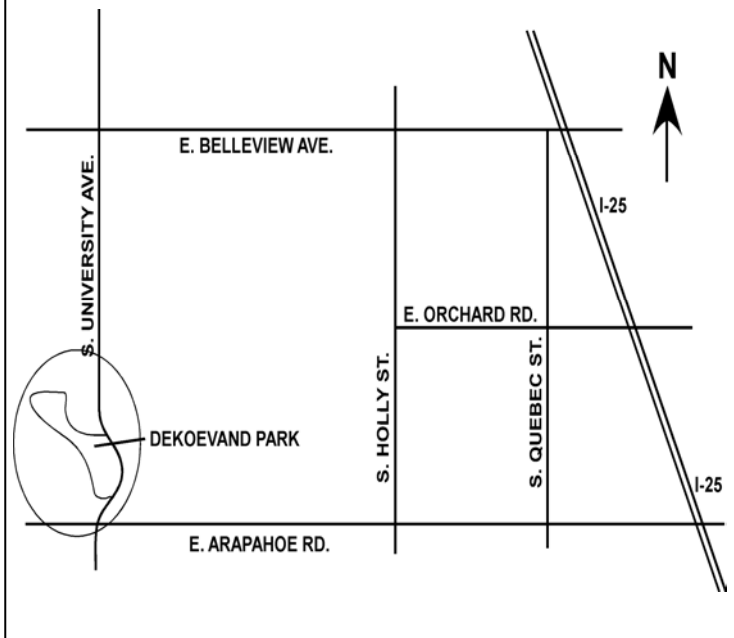
2) Ground contact must be maintained at all times

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

Sample 5k Start Times	
HCP	Start
120	0:00
110	2:39
100	5:07
90	7:24
80	9:30
70	11:24
60	13:07
50	14:39
40	16:00
30	17:09

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

Run the August Trophy Series 5 k deKoevend Park Friday, August 5 6:30 p.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.

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



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AUGUST 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>RMRR Board Meeting, Wild Oats Washington Park 7:00 pm (1)</p>	<p>2</p> <p>Washington Park Fun Run, 6:00 pm, South High Parking Lot (1)</p>	<p>3</p> <p>Track Workout 6:30pm Denver Lutheran High School (1)</p> <p>Twilight Trail Series White Ranch Open Space Park (2)</p>	<p>4</p> <p>Trail Run 5:30 pm or 6:15 pm (3)</p>	<p>5</p> <p>Trophy Series 5k DeKoevend Park 6:30pm BBQ after run</p>	<p>6</p> <p>RMRR Training Run, 7:00 am, Goodson Rec. Center, deKoevend Park (1)</p> <p>Mt. Werner Classic 5mi/12mi Steamboat (4)</p>
<p>7</p> <p>Tri for the Cure Women's Triathlon Cherry Creek Park (6)</p> <p>Evergreen Trail Race 5k/10k 8am (7)</p>	<p>8</p>	<p>9</p> <p>Washington Park Fun Run, 6:00 pm, South High Parking Lot (2)</p>	<p>10</p> <p>Track Workout 6:30pm Denver Lutheran High School (1)</p> <p>Fairmont 5k Trail 6:30pm Fairmont Park (5)</p>	<p>11</p> <p>Trail Run 5:30 pm or 6:15 pm (3)</p>	<p>12</p>	<p>13</p> <p>RMRR Training Run, 7:00 am, Goodson Rec. Center, deKoevend Park (1)</p> <p>Georgetown to Idaho Springs ½ Marathon 8am Idaho Springs (7)</p>
<p>14</p> <p>Marathon Training Series 15 miles Chatfield 7am (1)</p> <p>Leadville Trail 10k Noon, Leadville (8)</p>	<p>15</p>	<p>16</p> <p>Washington Park Fun Run, 6:00 pm, South High Parking Lot (2)</p>	<p>17</p> <p>Track Workout 6:30pm Denver Lutheran High School (1)</p>	<p>18</p> <p>Trail Run 5:30 pm or 6:15 pm (3)</p>	<p>19</p>	<p>20</p> <p>RMRR Training Run, 7:00 am, Goodson Rec. Center, deKoevend Park (1)</p> <p>Pikes Peak Ascent Manitou Springs (9)</p>
<p>21</p> <p>Pikes Peak Marathon Manitou Springs (9)</p> <p>Littleton YMCA Trail Trot 10k/5k Highline Canal, Little- ton(7)</p>	<p>22</p>	<p>23</p> <p>Washington Park Fun Run, 6:00 pm, South High Parking Lot (2)</p>	<p>24</p> <p>Track Workout 6:30pm Denver Lutheran High School (1)</p>	<p>25</p> <p>Trail Run 5:30 pm or 6:15 pm (3)</p>	<p>26</p>	<p>27</p> <p>RMRR Training Run, 7:00 am, Goodson Rec. Center, deKoevend Park (1)</p> <p>Stapleton Stampede 15k/5k 8am (7)</p>
<p>28</p> <p>Marathon Training Series 20 miles 7am Big Dry Creek Trail (1)</p> <p>Elk Meadow Trail 10k Evergreen 10am (5)</p> <p>Steamboat Triathlon Lake Catamount 7:30am (10)</p>	<p>29</p>	<p>30</p> <p>Washington Park Fun Run, 6:00 pm, South High Parking Lot (2)</p>	<p>31</p> <p>Track Workout 6:30pm Denver Lutheran High School (1)</p>	<p>(1) www.rmrr.org (2) www.runuphillracing.com (3) groups.yahoo.com/group/denvertrailrunners, 303-282-3921 (4) www.runningseries.com (5) www.comastersrun.org (6) www.trifortheure-denver.com (7) www.bkbltd.com (8) www.leadvilletrail100.com (9) www.pikespeakmarathon.org (10) www.5430sports.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
Teresa Abbott	10.00	Curtis Head	4.00	Rosalie Richter	20.00
Mike Acosta	6.00	Michael Heitz	4.00	Sharyl Riley	21.00
Gary Angerhofer	4.00	Haynes Hendrickson	2.50	Lance Risi	7.00
Ken Applegate	17.00	David Hill	18.00	Kasandra Robbert	1.50
Mark Ballard	14.00	Jan Hill	15.00	Michael Robbert	9.75
Bob Basse	7.50	Thomas Johnson	2.00	Ric Robinette	18.75
Jim Beebe	10.50	Parthenia Jones	15.25	Anthony Rodriguez	15.00
David Benedict	8.00	Bonnie Keefe	46.50	Jim Romero	3.50
Carol Bengston	0.50	Carl A. Koecher	7.00	David Rothenburger	8.50
Lee Bengston	21.50	Scott Kukel	20.00	Adam Schlegel	10.00
Michael Blanchard	12.00	Howard Kumpf	9.50	John Shanahan	10.00
Forrest Blassingame	3.00	Brad LaBarry	46.25	Ray Sibley	4.00
Kolene Brown	15.75	Brad Logar	7.25	Andrea Smith	4.25
Lisa Champeau	37.75	Betsy Lyle	27.00	Douglas Smith	96.25
James Chow	74.75	John Lyle	32.75	Kevin Standbridge	7.00
Dave Cunningham	2.50	Tom Mates	23.75	Nancy Stone	8.00
Deb Cunningham	49.75	David Mayhew	3.25	Brian Struble	13.50
Hille Dais	1.00	Scott McFarlane	7.00	Stephanie Struble	25.25
Trisha Davis	1.00	Angela Meyer	7.00	Chris Vanoni	33.00
Tom Devine	4.00	Leslie Mitchell	10.00	Mike Vanoni	10.50
Todd Dunning	4.00	Brian Moore	0.75	Mick Vollmar	1.25
Michelle Evans	4.00	Alicia Nix	21.25	Rick Voorhees	3.50
Janet Fairs	12.50	Christopher O'Brian	7.00	Eric Wartchow	7.00
Tim Gentry	3.75	Momoko O'Brian	7.00	Bethanie Werner	8.50
Janet Gold	16.00	Jeffrey Olson	23.00	Carmen West	3.75
Jan Hallez	3.00	John Pawlowski	81.50	Holly Whelan	2.75
John Hallez	10.00	Heather Reddy	15.00	Jane Whiteley	4.00
Peter Hallez	7.00	Tina Richards	4.00	Renee Withrow	3.25



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

Amy Klingenberg	1	Lee Bengston	18
Chris Black	3	Todd Matuszewicz	18
Lance Meacham	3	Stephen Davison	19
Thomas Johnson	4	Darren Rowley	19
Art Luebke	4	Nicole Amidon	20
Craig Pelz	4	Shannon Purrington	20
Brian Crouse	5	Robert Reilly	20
Nathan Brown	6	Lori Wheeler	20
David Roddenberry	6	Alex Nedleman	22
Maryse Thomas	6	Gordon Haller	24
Dennis Velenchenko	6	David Rothenburger	24
Brad Logar	7	Eric Hubbard	25
Joe Gormley	8	Sharyl Riley	25
James Martinez	8	Ric Robinette	25
Gina Ahnen	10	Jeanette	25
Ken Applegate	10	Vanderlingen	
Erica Bradshaw	10	Rick Wilson	25
Peter Fee	10	Dave Garcia	26
Pat Middleton	11	Michael Quispe	26
Patty Griffiths	12	Mike Jensen	28
Rachel Rohner	12	Jeff Ogren	28
C. Ross Westley	12	Roland Thomas	28
Tony Fox	13	Celeste Callahan	29
Salim Haji	13	Praveen Jha	29
Elizabeth Kielian	14	Jeanne Davison	30
Lucie Lawrence	17	Brian Keating	30
		Susanna Reck	30

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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