

# News on The Run

## Member Profiles—Stephanie Struble and Brian Bergevin

By Alicia Nix

Stephanie began running to keep in shape. She loved soccer and played into her college years; though she claims that “her first love is eating.” Stephanie believes her first competitive run was a 5k in Palau, in 1998. She was hooked on running after that, and has continued to enjoy running since.

Brian began running after he was cut from the high school varsity soccer team. He then joined the cross-country team but felt he was lousy at that. He then ran sporadically while in college to stay in shape. His first run was a 5k in Niagara Falls, NY in 1995. He burned out at mile 2 and had to walk most of the last mile, before he finished. After that, he slowly increased his running frequency and distance as a way to continue to stay in shape.

Stephanie runs in the morning because she tends to get caught up at work. If she tried to run after work she feels she would make plenty of excuses to avoid running. She runs at City Park during the week and runs on the Cherry Creek Trail with Brian on the Weekends. Brian on the other hand likes to sleep in, and can't fathom getting out of bed to run before work. He prefers to run after work and before dinner. He enjoys running on the treadmill in the winter. He states it is a great way to force you to run at a steady pace and to train a bit harder by running steadily uphill.

Stephanie completed the San Francisco marathon as a relay with her two sisters and dad. She states they each completed a leg of the race. She also ran the Boulder Distance Carnival this year with Brian. They also enjoyed the Houston marathon and the Fort Collins marathon in May. Brian states that the 10k at JFK Airport in New York City was interesting because the race ran down one of the runways while planes took off and landed. His first 5k was in Palau he truly enjoyed this race because it was the only race he ever won. He won, he claims because there were few competitors willing to get up at 5a.m. to participate. He also enjoyed the New York City Marathon because of the sheer number and variety of spectators along the course.

This duo joined the RMRR shortly after moving to Denver in 2002. They were active runners with the local race series in Long Island. This series held a different length race each week and in a different state park. They “enjoyed that series because it exposed them to a different area of the island and different state parks, much like the RMRR trophy series,” Brian states.



Stephanie and Brian like being part of the RMRR club because of the trophy series and also, talking to other club members. Talking to other members “helps them learn about races in other places that they might want to run in, running gear, running techniques, or trails to check out.” They have gotten involved by being Race Directors of a trophy series race and try to help out with registration or setup/teardown, when they are able. Stephanie also serves of the RMRR Board.

Before moving to Denver Stephanie and Brian lived in Long Island, New York. They moved to New York after working for the court system in Palau out in the Pacific Ocean (seen recently on “Survivor”.) Stephanie grew up in California, and then moved to Texas for college and law school.

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## What I Did On Summer Vacation - Ran the Pan Am Highway

By Mike Acosta

This past June, we took a family vacation to Peru to get away from it all and to visit my wife's family in her home town of Máncora. Máncora was our home for a short period of time after we were married. I met my wife twenty-five years ago when we were both working for an international oil company in the neighboring town of Los Organos. My wife tries to make the trip every year and I usually go every two years. We have been doing this now since about 1984 when we moved back to Colorado.

I came about working in Peru, through contacts with some fraternity buddies who had started an engineering consulting company. It's always tough for a runner to find an enjoyable and safe place to run when away from home. When I first came to Peru, I had to run on roads in the oilfields around Los Organos, along beach roads in the early morning in Lima, and airstrips in the jungle. After testing several areas around Máncora, I finally found a place that I look forward to running every time I come back. It may sound a bit odd, but I really enjoy running the Pan American Highway.

Máncora is a small fishing village in northern Peru with a reputation for surfing and a growing tourist business. (My wife describes Máncora by comparing it to Macondo, the village in Gabriel Garcia Marquez' novel, *One Hundred Years of Solitude*.) By road it takes 16-18 hours from Lima. The nearest airport is in the town of Tumbes which is just south of the border with Ecuador. The trip from Tumbes takes about 1 ½ – 2 hours by car.

El Niño changed the landscape around Máncora in 1983 when unusually heavy rains washed out bridges, roads, flooded the arroyos, and moved

*(Continued on page 5)*

**2005 RMRR  
Executive Committee**

**President**  
Doug Smith

**Vice President/Secretary**  
Deb Cunningham

**Treasurer**  
Leslie Mitchell

**Race Committee Chairperson**  
Bonnie Keefe

**Membership**  
Kolene Brown

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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 Aug Trophy Series Race and picnic at Julia deKoevend Park was super, the temperature during the race wasn't too hot and the evening temperature was comfortable. We had a total of 119 runners and race walkers compared to 106 for last year.

A special thanks to John and Betsy for picking up the food and many thanks to Aaron Ruhnow and Jim Beebe for their cooking expertise. I also want to thank Bob Baas for cleaning the grills.

The club also needs to thank Sue Gleason, Treasurer, of the former Rocky Mountain Harriers from Granville HS for making a \$ 279 donation to our club in recognition of the club's efforts to promote running.

I'm very pleased that Bent Gate Mountaineering, Golden Colorado has agreed to offer RMRR members a 10% discount. See the *Press Release* in this month's issue of **News on The Run**. We continue to look for opportunities to add value for being a member of RMRR.

In addition, I want to thank all of the members that have already volunteered or plan to volunteer to help with the MTS Races. It is very gratifying to see the enthusiastic level of support to help put on this series of 4 races. This race series is a major source of income for the club to help pay for our rent, insurance and membership to RRCA. The net affect is to keep the dues our members dues at the

current \$30 (single) and \$40 (family) level. I'm sure you will all agree that your membership is well worth the amount paid.

As the Labor Day Holiday rapidly approaches, I want to ask for your continued support to help the club with the Jazz89 Labor Day Race In The City. If you plan on being in town, please take time to participate or volunteer to help put this great event on. Please call Lisa Champeau to volunteer at 303-777-2261 or email the club at [volunteer@rmrr.org](mailto:volunteer@rmrr.org).

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

A reminder, the monthly Board meetings are held at Wild Oats on Washington St. 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



## Volunteers of the Month - Jim Beebe and Aaron Ruhnow

They say that the way to a man's (or woman's) heart is through their stomach. It's also the way to garner Volunteer of the Month. Joining last month's volunteers, Dave and Amelia Cunningham, who cooked pancakes after the July Trophy Series Race are Jim Beebe and Aaron Ruhnow. Jim and Aaron had the honors of chief chefs at the barbecue after the August Race. Thank you Jim and Aaron for your culinary skills and congratulations for being named Volunteers of the Month.



**Training**

**Group Runs**

The group that meets on Tuesday & Saturday is an offshoot of the Rocky Mountain Road Runners located in Denver, Colorado. The club spans all genders, ages, and abilities. Race Walkers are also welcome.

Being a RMRR member is not a pre-requisite to joining us at any of the club's monthly Trophy Races, Tues Fun Runs, Sat Training Runs or the summer Marathon Training Series. The club provides free Power Gels on the Sat Training Runs while our supply lasts. See [rmrr.org](http://rmrr.org) for additional information on the club.

The Tuesday evening Fun Runs are at Washington Park in Denver at 6 p.m. The group usually does 2 laps, about 5+ miles. Those interested, go for dinner after everyone is finished.

The Saturday Training Runs are on various sections of the Highline Canal. The distance can vary from 8-22 miles according to the indi-

vidual's or group's needs. The routes selected will be on compacted dirt trail, although there may be very short portions of asphalt or concrete. We will try to have a car parked at or close to the scheduled midpoint for that week, so that we can re-fuel with more water and Power Gels. See Calendar for Saturday Run Locations.

**Track Workouts**

The RMRR track workouts will be held every Wednesday through the summer. All members are welcome for free.

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

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

**Training Partner Program**

Call Devin Croft (303) 978-9342,

[dctrainer@comcast.net](mailto:dctrainer@comcast.net). Leave your name, address, phone number, typical 10K pace, and time of day you run. Devin will do his best to find a Road Runner training partner for you.

**Training Advice**

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

**Trail Running**

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

**Race Schedule**

Check the race schedule every month for changes! Times and locations for some races are still being confirmed. Check the newsletter, call the club office at (303) 871-8366 or visit our web site at [www.rmrr.org](http://www.rmrr.org) for updated information or to volunteer to help!

Date	Time	Distance	Location	Race Director	
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
Sat 9/25/2005	8 am	Barr Lake 15K/RW	Barr Lake State Park	Colorado Master's Running Association 303-781-1738
Sun 10/16/2005	9 am	Coal Creek XC Challenge 5.5	Randy's Ranch, Louisville	Colorado Master's Running Association 303-666-0864

*(Continued from page 1)*

**Stephanie Struble and Brian Bergevin**

Stephanie states she has been on both coasts, so she thought she would try the middle. Denver is also between their families, which reside in California and New York. Brian lived in Buffalo and grew up in the Adirondack Mountains in upstate New York. They moved to Denver because they wanted to live in a community known for having an outdoorsy kind of reputation.

There is more variety in the training and more challenge in Triathlons so, they have begun to partake. Brian has played some rugby but has found it difficult to fit into his schedule. Stephanie and Brian also try to partake in hiking, camping, mountain climbing, and skiing each year, as well as traveling the world. Brian states that Stephanie can persuade him to travel anywhere where there is a race to be run. They have talked about running marathons in China, Kenya, Alaska, and Hungary. He then states, "That he watches an inordinate amount of television and is a computer game geek."

These RMRR members met in Palau. They were separately working

for the court system there. "It being a small island and an even smaller expatriate community, they spent most of their time, both working and otherwise, together while they lived there. Brian moved back to New York a year before Stephanie, but when she moved back to New York they moved in together. The Strubles' actually are not married. They do not see how being married would make their relationship any different. Brian refers to Stephanie as his "spousal equivalent." Struble (Stephanie) is a civil rights attorney and represents employees in their employment related disputes. Bergevin (Brian) works as a law clerk for a federal judge, he does legal research on cases and helps write opinions. Before working as a law clerk Brian was an employment attorney in Buffalo. They have both been vegetarians for many years. It's not much of a juggle for them to juggle work and a relationship Brian states. He states having only one car and no cell phones might make it easier to maintain. Brian's running philosophy is "to make each run a little bit longer, faster or harder than the last one, but remember that running is for fun, that way you do not get too upset if a race or run does not go as well as hoped. Good advice.

# BOARD MEETING MINUTES

August 1, 2005

Attendees: Teresa Abbott, Lee Bengston, Jim Chow, Michelle Evans, Bonnie Keefe, Brad LaBarry, Betsy Lyle, John Lyle, Leslie Mitchell, Mike Robbert, Doug Smith, Stephanie Struble

**Increasing Participation:**

1. Denver Fit cross promotion in Wash Park for MTS – Leslie still working with Denver Fit to select a date.

**Visibility:**

1. Links to the website need to be checked and broken ones fixed.
2. Website advertising – Will evaluate on a case by case basis.
3. Moving Comfort Grant Program - Mike Robbert will present the participants at the Aug T/S Race.
4. RMRR logo for van – Should be installed for the Aug T/S Race.
5. Colfax Marathon – No discussion or updates presented.
6. Donations to RMRR – Sue Gleason, Treasurer, of the former Rocky Mountain Harriers from Granville HS will be making a donation to our club in recognition to the club's efforts to promote running.
7. Waiting for delivery of 25 RMRR mesh running hats. The cost is \$17ea, propose we sell them for \$15ea.

**Increasing Membership Value:**

1. Bent Gate in Boulder has agreed to offer RMRR members a 10% discount.
2. Discussions are taking place about including a "classified ad" page in the monthly newsletter for members selling stuff. 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 – Year to date, the club's expenses exceed income by about \$2000.
2. MTS Update – Presented the 15 mile MTS race course for the Aug 14<sup>th</sup> race at Chatfield.
3. Outside races- Race for Lauren on Sat Sept 24<sup>th</sup> is the only scheduled race.
4. The Highline Canal Trail is being considered for the Nov T/S Race. Preliminary discussions with the Cherry Hills and Greenwood Village Police and the Greenwood Village and South Suburban Rec Departments have been favorable.

**Long Term Goals/Projects:**

1. Search for a member to update member email addresses
2. Search for members to serve on a Race course committee for 2006
3. Recruit Board members for 2006
4. Search for a Newsletter Editor
5. Search for a Member Database Admin person (enter volunteer hours, print label for T/S Races, sort member database for a bi-monthly "household" list for Colorado Runner magazine)
6. Search for a Newsletter Classified Ad Editor
7. Search for a member to recruit H.S. runners for Trophy Races for 2006
8. Search for a member to create a "Key" word lists for pages on the website to optimize search engine access

## Looking for a Way to Get Great RMRR Goodies?

The club has several projects and positions that are begging for someone to step up and lend their support (and earn coveted volunteer hours):

1. Serve on the Race Course Committee for 2006 (Sept-Dec '05)
2. Board members for 2006 (Jan-Dec '06)
3. Newsletter Editor for News on the Run
4. Member Database Admin person (print the tag labels for T/S Races, provide monthly copies of the member database for Running in Other Places, sort member database for a bi-monthly "household" list for Colorado Runner magazine)
5. Newsletter Classified Ad Editor (new position)
6. Recruit H.S. runners for Trophy Races for 2006 – contact area H.S. Cross Country Coaches for interest and recommendations
7. Create a "Key" word lists for pages on the website to optimize search engine access (about 3-4 hours)
8. Organize weekday/weekend runs in other parts of the Denver area - Access to Wash Park on Tues evenings and Goodson Rec Ctr on Sat mornings isn't convenient for members living more than 30 min away. Would like to see someone agree to promote their favorite running area for others to join them on their weekday/weekend runs.



Some of these positions are of limited duration while others would require a commitment for an entire year. We urge each of our members to see where they can lend their support.

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**LITTLETON**  
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14357 W Colfax @ Indiana  
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## Running Well

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

In our past articles we discussed running form and injury prevention. We have covered what the forward lean or forward inclination means, what it means to run from the "hips" with your feet "under" you and to use your shoulders. We haven't discussed body alignment. Body alignment is often referred to as "a neutral posture". We like to describe it as "your best available body alignment at the present time". Judith Aston, Aston Therapeutics ©, describes neutral as "your own unique position of a dynamically balanced alignment".

Balanced alignment is crucial for synergistic firing of muscle groups during the phases of running. When a runner has a balanced system they will consistently distribute forces throughout their body in a three dimensional pattern for forward propulsion. Anytime a body segment moves away from your balanced alignment another segment will counterbalance. In running, if the movement away from balanced alignment is not part of the forward equation, certain muscles will be placed "on hold" or be overused. This will result in increased effort or stress and with force and repetition will end up in injury.

To make lasting changes in your body alignment, first get a clear idea as to how you "stack up". You may be surprised. The best way to get this is to see a picture of your posture along with a videotaping of your running form. Next, know what to look for and where to start.

Changing your alignment is not an overnight quick fix; it is a lifetime process and involves life habit changes.

Try the following body awareness exercises to help explain this.

1. When sitting, notice if you always cross your legs the same way. Now uncross and cross again paying attention to what happens in your pelvis and spine all the way up to your shoulders and neck. Place a support such as a pillow or folded towel under the hip of the leg crossed over the other. Now take the support away and compare how your alignment changes with and without the support.

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*(Continued from page 1)*

## Summer Vacation

the beach out about 100-200 yards. The Pan American Highway once ran along the coast between Máncora and Los Organos, but El Niño washed out most of it. When the highway was rebuilt, it no longer followed the coastline, but instead took a more direct route between the two towns through the hills overlooking the ocean. Shortly after El Niño, we returned to the States and on one of our first return visits to Máncora, the new section of Pan American Highway was being completed. I had tried running on back roads, the old washed out section of the Pan American Highway, and the beach, but each had too many drawbacks. The back roads had too much dust from passing trucks and too many rocks; the washed out highway had too much construction traffic from the new hotels and too many dogs; and unless the tide was just right, the sand was either too thick or not wide enough for dry running on the beach. My only choice left was the Pan American.

The Pan American Highway is a narrow, two-lane highway and runs through the center of Máncora. It is, in fact, the only paved road of most small towns and villages along its route. Private automobiles travel the highway, but by far the most common vehicles are huge cargo trucks and buses. The number of buses has been increasing in number over the years, replacing many of the private taxis and smaller buses. The buses are huge double decker models that stand between 15 and 20 feet high and cruise along on the two lane highway at speeds reserved for turnpikes. Many of the private automobiles are taxis which make runs between the various towns along the coast. The older taxis are Dodges and Chevys from the 1960's and 1970's. These taxis wait at the taxi stand until they have enough riders to make the trip then they take off as fast as they can like they're running moonshine. Over the past ten years, traffic within this town of about 5,000 inhabitants (give or take a few hundred depending upon the season) has increased significantly due not only to more tourists, but because of the "mototaxis". A mototaxi reminds me of a motorized rickshaw. The motorized portion being the front half of a motorcycle pulling a two seater carriage. Did I say a two-seater? Actually it fits exactly as many people as can get in as well as any mattress, sink, case of beer, etc.

When I'm in Peru on vacation, it's run or perish. That's because the combination of sun, family, the ocean, and *cebiche* leads to an uncontrollable urge to drink beer. *Cebiche* or *ceviche* is found in many countries in different forms. I've eaten it in Mexico, Ecuador, Peru, and Chile, but by habit favor the Peruvian version. Peruvian *cebiche* is raw seafood marinated in limes, with salt, pepper, hot peppers, and onions. Some people add garlic, but I prefer sans garlic. The best things about *cebiche* is that

not only is it delicious but it goes with beer and visa versa. In order to combat the added calories of the beer, it becomes necessary to exercise and my exercise of choice is running, or more correctly for me, jogging.

A typical vacation day in Máncora starts around 7:00 AM. On running days I'd get up stretch, go for a run, come back, get cleaned up and have a breakfast of coffee, papaya juice, fresh bread, eggs, and fried bananas. Although the ocean is only a few blocks from my wife's family's house where we stay, the most popular beach is about 10-15 minutes walking distance. Around 11:00 we'd take a mototaxi to the main beach area near the more moderately priced hotels. We stay until 1 or 2 in the afternoon then take our lunch break. Sometimes lunch includes fried fish or *calamar* (squid), but always includes *cebiche* and beer. The *cebiche* is either fish or a mixture of fish, shrimp, squid, and octopus. The beer is always cold. This may not seem like a big deal, but when I first started running in Máncora, very few houses had the need for a refrigerator since electricity was available only periodically if at all. My beer of choice is Pilsen Callao and we buy it in twelve packs of 620 ml bottles. There are several nice things about the beer and *cebiche* luncheons. First we don't have enough to get drunk and secondly, even if we drink a couple of cases (lots of family you know), we don't wake up with hangovers. We attribute this to the relaxed eating and drinking style mixed with plenty of conversation, as well as the clean pure air at sea level. The bottles are always recycled and to top things off if we ever need to go somewhere, we take a mototaxi so we never have to drive.

After lunch we take a siesta and rest until early evening when we go for a walk to watch the sunset, followed by a light dinner with coffee, bread, and soup or sun-dried meat and fried bananas. On non-running days I might lounge around longer and try in vain to catch the news on my short wave radio.

A typical run along the Pan American Highway goes something like this. To avoid the mototaxis, regular taxis, foot traffic, dogs, and other roadblocks, I now take a mototaxi to the bridge on the south end to start. The fare is one *Nueva Sol* or about \$.30. It's winter in Máncora so the high temperature only gets to the mid-80's. Nonetheless, I choose to run around 7:00 AM to avoid the sun as there isn't any shade where I'm going. Unlike Lima and other places up and down the coast, the sun in Máncora comes out every day, so it's a good idea to get started early. I always run on the side facing traffic and the road immediately takes off steeply as it cuts its way through the surrounding hills. There is about 2-3 feet of loose gravel shoulder and a 1-2 foot concrete drainage ditch separating

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**Racing in Other Places**

*By Chris Vanoni*

**DANSKIN TRIATHLON**

July 17, 2005 Aurora Reservoir

**TRI FOR THE CURE**

August 7, 2005 Cherry Creek Reservoir

Name	DivPI	Div	Swim	Bike	Run	Final	Overall Rank
NANCY WAGGONER	8/331	40-44	00:16:27	00:33:20	00:29:36	01:24:07	66/2761
MARY SIETSMA	10/331	40-44	00:17:37	00:35:27	00:26:27	01:24:31	73/2761
MONICA BRISNEHAN	15/416	35-39	00:18:20	00:36:02	00:25:09	01:25:15	87/2761
KAREN VOSS	42/416	35-39	00:25:09	00:36:42	00:23:16	01:30:14	223/2761
NICOLE AMIDON	85/463	30-34	00:15:55	00:40:19	00:32:26	01:34:00	347/2761
HOLLY ROMERO	80/197	45-49	00:24:47	00:42:40	00:31:05	01:48:04	1072/2761
KERRY BEEBE	37/132	50-54	00:19:17	00:49:14	00:35:12	01:50:52	1202/2761
LINDA POPE	199/331	40-44	00:22:33	00:43:45	00:39:03	01:53:19	1333/2761
BETH HALLER	61/132	50-54	00:24:12	00:50:24	00:35:43	02:00:09	1607/2761
NANCY KELL	153/197	45-49	00:22:55	00:53:27	00:42:25	02:08:32	1940/2761

Name	Age	PI	Time
MARY SIETSMA	41	50	1:20:23
BROOKE THURMAN	19	58	1:21:34
NICOLE AMIDON	33	333	1:31:26
HEATHER REDDY	35	530	1:35:31
KRISTIN PRILIPP	24	747	1:39:36
PATRICIA SAITTA	29	847	1:41:26
DEANNA GAMPP	27	934	1:43:05
KERRY BEEBE	50	940	1:43:13
RENEE WITHROW	47	945	1:43:18
CHRISTINE VANONI	54	1069	1:45:40
AMY PADDEN	36	1195	1:48:07
LEE MERRIFIELD	39	1460	1:54:07

**LEADVILLE TRAIL MARATHON**

July 2, 2005 Leadville, CO

Name	Gen	PI	Time	DivPI
DEREK GRIFFITHS	M	15	4:42:40	8
JIM ROMERO	M	64	5:37:31	1
ED GREEN	M	103	6:09:26	16
CLYDE WAGGONER	M	144	6:32:56	37
NANCY WAGGONER	F	237	8:41:39	21

**STATE GAMES OF AMERICA**

July 30-31, 2005 USAFA Colorado Springs

Name	Div	DivPI	Gen	Time	Event
MICHAEL BLANCHARD	40-44	1	M	7:33.32	1500 M Racewalk
JOHN LYLE	70-74	1	M	10:07.11	1500 M Racewalk
MICHAEL BLANCHARD	40-44	1	M	16:11.7	3000 M Racewalk
JOHN LYLE	70-74	1	M	20:38.9	3000 M Racewalk

**SUMMER ROUNDUP TRAIL RUN - 7.22M**

July 10, 2005 Colorado Springs

Name	Age	Gen	GenPI	DivPI	Time
JEFF OGREN	48	M	12	1/46	0:50:53
MICHAEL ROBERT	30	M	13	3/35	0:51:00
DEB 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

**BOSTON MARATHON**

Name	Gen	Age	PI	GenPI	DivPI	Gun-Time	Chip-Time
TIMOTHY WOLFE	M	42	775	725	161	3:03:06	3:02:47



**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](http://www.nacoa.org)

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

**Running Well**

*(Continued from page 5)*

2. In standing, notice if you stand on one leg more than the other or with one leg stiff or both knees locked in extension. Notice what it takes to not do the habit and the difference it makes in your hips and spine and even your head and neck.

Your postural habits in sitting, standing, and walking are in your running form as well. Some of your habits were inherited on two levels, learned by seeing at a very young age and genetics. Other habits can be considered a consequence of your daily routine. Becoming aware of your body's habits on a neuromuscular level is the first step in making changes in your running form for greater efficiency.

*Peter Szymanski, PT, IOC, CFMT graduated in 1984 from the University of Colorado Health Sciences Center. He has earned the Integrated Orthopedic Certification and Certified Functional Manual Therapist designations, and has completed more than 20 marathons.*

*Karen Voss Szymanski, MS, OTR, SIPT, IMC has studied human movement and development with adult and pediatric clients since her graduation from the University of Minnesota in 1987. She has completed more than 15 marathons.*

*Peter and Karen are in private practice at Catalyst Therapies, LLC, 2727 Bryant St., Suite 540, 80211. You can contact them at 303-458-9660 or email [info@CatalystTherapies.com](mailto:info@CatalystTherapies.com).*

## More Racing in Other Places

## GEORGETOWN TO IDSPRINGS HALF MARATHON

August 13, 2005 Georgetown

Name	Age	Gen	GenPI	DivPI	ChipTime	Pace	GunTime
DAVID ROTHENBURGER	36	M	39	4/162	1:23:53.8	6:24	1:23:50.9
TIMOTHY WOLFE	42	M	41	5/157	1:24:20.1	6:26	1:24:17.8
SCOTT KUKEL	31	M	42	10/172	1:24:21.5	6:27	1:24:18.6
MICHAEL QUISPE	38	M	57	7/162	1:27:05.1	6:39	1:27:01.2
DAVE CUNNINGHAM	41	M	77	12/157	1:30:10.8	6:53	1:30:05.0
THOMAS JOHNSON	32	M	79	17/172	1:30:19.7	6:54	1:30:15.2
RACHEL FOSS	25	F	9	5/172	1:30:31.4	6:55	1:30:17.3
ANGELA ANDERSON	24	F	18	2/93	1:34:41.9	7:14	1:34:27.4
MATTHEW KENNEDY	29	M	117	17/81	1:35:01.5	7:15	1:34:56.6
DEB CUNNINGHAM	43	F	28	5/189	1:36:47.6	7:24	1:36:27.3
FRITZ GALE	45	M	144	14/142	1:36:49.1	7:24	1:35:46.7
MICHAEL HEITZ	53	M	142	13/108	1:36:47.7	7:24	1:36:33.6
SUE TADDEUCCI	40	F	40	8/189	1:37:56.7	7:29	1:37:42.5
JAY TRUJILLO	47	M	172	22/142	1:39:11.2	7:34	1:39:10.2
NICHOLAS ACCARDI	48	M	186	25/142	1:39:58.2	7:38	1:39:57.2
RUSTY CALDWELL	49	M	226	28/142	1:42:24.0	7:49	1:41:51.9
CRAIG EWING	52	M	225	24/108	1:42:19.9	7:49	1:41:24.6
JEFF BERNARDY	44	M	239	48/157	1:43:00.6	7:52	1:41:41.8
ROBERT REILLY	50	M	263	27/108	1:44:00.1	7:56	1:43:47.6
JANET HOFFMAN	40	F	105	16/189	1:46:39.4	8:09	1:46:24.2
ADAM LEE	33	M	353	59/172	1:48:30.6	8:17	1:48:09.0
CURTIS HEAD	51	M	354	35/108	1:48:35.5	8:18	1:47:49.6
WILLIAM O'DELL	46	M	382	46/142	1:49:36.3	8:22	1:49:15.2
JENNY CARLIN	41	F	156	24/189	1:50:21.3	8:26	1:49:42.4
JESSICA LAVIGNE	31	F	160	29/219	1:50:42.8	8:27	1:50:41.8
GINA AHNEN	28	F	164	34/172	1:50:54.0	8:28	1:49:52.5
CHARLES SCHEIBE	50	M	421	40/108	1:51:38.6	8:31	1:51:23.0
JAMES GRANT	59	M	425	12/64	1:51:48.7	8:32	1:50:31.7
MARK BALLARD	41	M	432	75/157	1:52:07.9	8:34	1:49:33.6
PAUL RUNDLE	40	M	446	77/157	1:52:35.0	8:36	1:50:43.3
ADAM SCHLEGEL	28	M	464	46/81	1:53:28.5	8:40	1:51:27.3
JOHN KISSINGFORD	37	M	485	84/162	1:54:24.2	8:44	1:52:48.3
KATY PATRICK	27	F	262	51/172	1:55:07.1	8:47	1:53:21.0
KRISTEN HEALY	40	F	267	45/189	1:55:14.6	8:48	1:54:17.7
LIESA TAYLOR	30	F	269	50/219	1:55:16.4	8:48	1:54:20.5
KELLY WEBSTER	38	F	283	48/247	1:55:45.3	8:50	1:54:30.0
ROBERT LAVIGNE	36	M	529	91/162	1:55:48.7	8:51	1:54:10.0
MICK VOLLMAR	51	M	534	52/108	1:56:18.8	8:53	1:55:45.6
HAYNES HENDRICKSON	32	M	544	101/172	1:56:46.0	8:55	1:54:53.7
ANDREA SMITH	29	F	302	59/172	1:56:43.1	8:55	1:54:51.3
AL NICKELS	67	M	550	6/17	1:57:03.0	8:56	1:55:56.2
LISA CHAMPEAU	36	F	322	59/247	1:57:43.3	8:59	1:55:51.6
PATTI THURMAN	63	F	331	3/19	1:58:11.5	9:01	1:56:33.2
JOANNE WINGE	38	F	328	63/247	1:58:06.4	9:01	1:57:09.2
BROOKE THURMAN	19	F	337	22/38	1:58:24.5	9:02	1:56:47.5
DAVID STARK	57	M	600	16/64	1:58:59.4	9:05	1:57:30.6
STEPHANIE STRUBLE	38	F	390	80/247	2:00:11.0	9:11	1:58:59.7
MONICA TURNER	35	F	391	81/247	2:00:13.6	9:11	1:58:31.9
ROGER CARLIN	42	M	673	112/157	2:02:32.4	9:21	2:00:42.9
JERRY O'DONNELL	59	M	680	23/64	2:02:53.2	9:23	2:02:10.4
RICH MARTINEZ	58	M	731	29/64	2:06:36.1	9:40	2:06:26.8
RAY GRUNDMEYER	67	M	738	9/17	2:07:08.8	9:42	2:06:11.0
MIKE JENSEN	40	M	747	119/157	2:07:28.0	9:44	2:06:36.6
HOLLY WHELAN	43	F	612	101/189	2:10:07.2	9:56	2:09:21.6
OLGA HNZDIL	61	F	644	5/19	2:11:19.4	10:02	2:10:01.2
NADENE TANIS	35	F	653	136/247	2:11:42.0	10:03	2:10:53.4
KRISTIA AARSBY-KAIL	26	F	662	119/172	2:11:59.1	10:05	2:10:56.7
JOSHUA KAIL	27	M	818	66/81	2:11:59.1	10:05	2:10:56.6
AMY PADDEN	36	F	935	204/247	2:28:40.5	11:21	2:27:19.4
TERESA ABBOTT	44	F	1013	164/189	2:36:03.1	11:55	2:35:46.7
JULIA CLARK	64	F	1041	11/19	2:39:08.5	12:09	2:36:42.4

## TEVA VAIL HALF MARATHON

July 24, 2005 Vail

Name	Gen	DivPI	Time	Div
JEFF OGREN	M	4.	1:52:56	40-49
MATTHEW KENNEDY	M	5.	2:05:03	20-29
DEREK GRIFFITHS	M	11.	2:05:18	30-39
BRAD LABARRY	M	18.	2:12:17	30-39
JIM ROMERO	M	1.	2:14:25	60+
CRAIG EWING	M	11.	2:23:54	50-59
BONNIE KEEFE	F	15.	2:30:10	40-49
DOUG SMITH	M	13.	2:30:43	50-59

## CMRA CHRISTIE'S @ GENESEE MOUNTAINMADNESS 12K

July 17, 2005 Genessee

Name	Age	Gen	PI	Time
DAVID ROTHENBURGER	36	M	1	0:50:50
GARY BLACK	19	M	2	0:51:46
JAY TRUJILLO	46	M	6	0:59:14
JOE RATLEDGE	45	M	14	1:01:57
SCOTT MCFARLANE	54	M	19	1:04:32
COLIN WHITMORE	42	M	25	1:09:06
TODD DUNNING	40	M	30	1:11:52
JERRY O'DONNELL	59	M	33	1:12:48
RAY GRUNDMEYER	67	M	35	1:13:20
RICH MARTINEZ	58	M	38	1:14:42
MITCH CHESBRO	46	M	41	1:16:38
SEAN RATLEDGE	15	M	48	1:26:36
DAVE BLACK	54	M	52	1:34:35

## BLOCKBUSTER 5K/10K

July 23, 2005

Name	Age	Gen	PI	Event	Time
TIM GENTRY	43	M	6	10K	37:59.99
DAVID MCGILLIVARY	54	M	43	10K	55:17.90
DAVID ROTHENBURGER	36	M	8	10K	38:33.93
JOE RATLEDGE	45	M	18	10K	47:08.34
KERRY BISHOP	40	F	58	5K	25:45.99
MITCH CHESBRO	46	M	46	5K	24:54.33
TRISHA DAVIS	54	F	41	5K	24:19.97
JOHN LYLE	72	M	104	5K	35:49.66
SEAN RATLEDGE	15	M	74	5K	28:14.93
JAMES BRONSTINE	63	M	171	5K	1:00:43.24
JAY TRUJILLO	47	M	28	5K	21:38.06
CRAIG EWING	52	M	30	5K	21:57.04

## August Trophy Series Roundup

The August Trophy Series Race ends the summer series of short races. Scott Kukel and Angela Anderson took top male and female honors with times of 17:41 and 20:43, respectively. Jan Hill took first place in the racewalker division with a time of 33:46. In overall Trophy Series scoring Bonnie Keefe broke into the top 10 with a huge leap from 17th to 6th place. Also, joining the top 10 was Stephanie Struble, moving from 13th to 7th place. Nick Benjamin, Heather Reddy, and Michael Collyer kept their hold on the top 3 spots.

Next month's race will be held at Westminster City Park, moving into the longer fall distances with a 9-miler. Records to beat from Westminster City Park are:

9 Mile at Westminster City Park (Sept TS – new course)  
 57:29 (M) Tim Gentry (Sept 2004)  
 1:06:45 (F) Deb Cunningham (Sept 2004)  
 1:27:49 (W) Mike Blanchard (Sept 2004)

## ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

### August, 2005 5k deKoevend Park

-----TIMES-----						---HANDICAP---				-----POINTS-----		
PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	#
1	Rodriguez, Anthony	36	3:10	0:23:18	0:26:28	7:30	34	78	108	100.00	61.18	2
2	O'Dell, Bill	46	9:30	0:21:24	0:30:54	6:53	17	68	80	99.08	81.18	3
3	Black, Dave	54	-1:24	0:32:28	0:31:04	10:27	66	117	125	98.16	23.53	3
4	Kielian, Elizabeth	35	9:41	0:21:34	0:31:15	6:57	20	69	79	97.24	77.65	2
5	Leslie, Jerry	42	9:17	0:22:18	0:31:35	7:11	24	73	81	96.32	72.94	1
6	Fairs, Janet	62	-6:30	0:38:09	0:31:39	12:17	32	137	142	95.40	24.85	5
7	Rundle, Paul	40	6:58	0:24:45	0:31:43	7:58	44	85	92	94.48	49.41	3
8	Hnizdil, Olga	61	1:21	0:30:23	0:31:44	9:47	24	110	115	93.56	44.24	6
9	Whitmore, Colin	42	8:28	0:23:16	0:31:44	7:29	33	78	85	92.64	62.35	3
10	Johnson, Mark	47	6:44	0:25:04	0:31:48	8:04	48	87	93	91.72	44.71	4
11	Head, Curtis	51	9:41	0:22:32	0:32:13	7:15	28	74	79	90.80	68.24	6
12	Benjamin, Nick	29	7:24	0:24:53	0:32:17	8:01	46	86	90	89.89	47.06	8
13	Whelan, Holly	43	4:09	0:28:09	0:32:18	9:04	18	101	104	88.97	58.79	7
14	Vanoni, Chris	54	5:07	0:27:15	0:32:22	8:46	16	97	100	88.05	63.64	3
15	Keefe, Bonnie	40	10:17	0:22:06	0:32:23	7:07	4	72	76	87.13	92.73	8
16	O'Brian, Christopher	41	10:05	0:22:21	0:32:26	7:12	25	73	77	86.21	71.76	5
17	Romero, Jim	65	10:05	0:22:22	0:32:27	7:12	26	73	77	85.29	70.59	2
18	Archer, Reg	38	11:35	0:20:53	0:32:28	6:43	11	65	69	84.37	88.24	4
19	Trujillo, Jay	47	11:02	0:21:27	0:32:29	6:54	18	68	72	82.53	80.00	6
20	Kennedy, Matt		12:07	0:20:22	0:32:29	6:33	10	62	66	83.45	89.41	2
21	Vollmar, Mick	51	7:50	0:24:41	0:32:31	7:57	43	85	88	81.61	50.59	5
22	Olson, Jeffrey	45	8:53	0:23:39	0:32:32	7:37	36	80	83	80.69	58.82	8
23	Mitchell, Leslie	44	8:28	0:24:05	0:32:33	7:45	7	82	85	79.77	85.45	4
24	McFarlane, Scott	54	9:53	0:22:41	0:32:34	7:18	30	75	78	78.85	65.88	8
25	Champeau, Lisa	36	8:28	0:24:07	0:32:35	7:46	8	82	85	77.93	83.03	7
26	West, Carmen	54	6:44	0:25:52	0:32:36	8:20	12	91	93	77.01	73.33	8
27	Withrow, Renee	47	3:40	0:28:56	0:32:36	9:19	20	104	106	76.09	53.94	7
28	Struble, Stephanie	38	7:50	0:24:47	0:32:37	7:59	11	85	88	75.17	75.76	8
29	Mayhew, David	37	8:16	0:24:21	0:32:37	7:50	40	83	86	74.25	54.12	7
30	Gray, Rob	55	10:51	0:21:49	0:32:40	7:01	21	70	73	73.33	76.47	4
31	Croft, Brendan	18	10:17	0:22:23	0:32:40	7:12	27	73	76	72.41	69.41	1
32	Finch, Jack	55	7:24	0:25:17	0:32:41	8:08	50	88	90	71.49	42.35	6
33	Kukel, Scott	31	15:04	0:17:41	0:32:45	5:42	1	44	47	70.57	100.00	7
34	LaBarry, Brad	31	11:45	0:21:03	0:32:48	6:47	14	66	68	69.66	84.71	8
35	Collyer, Michael	34	14:21	0:18:29	0:32:50	5:57	3	50	52	68.74	97.65	8
36	Sibley, Ray	105	6:17	0:26:33	0:32:50	8:33	57	94	95	67.82	34.12	4
37	Gerhold, Bret	39	7:37	0:25:14	0:32:51	8:07	49	88	89	66.90	43.53	3
38	Schlegel, Adam		11:24	0:21:28	0:32:52	6:55	19	68	70	65.98	78.82	3
39	Arman, Jesse	54	4:09	0:28:43	0:32:52	9:15	64	103	104	65.06	25.88	5
40	Pierce, Douglas	34	6:31	0:26:22	0:32:53	8:29	56	93	94	64.14	35.29	2
41	O'Donnell, Jerry	59	6:58	0:25:55	0:32:53	8:21	55	91	92	63.22	36.47	2

## TROPHY SERIES RESULTS CONTINUED

PLACE	NAME	AGE	-----TIMES-----			---HANDICAP---			-----POINTS-----			
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	#
42	Rothenburger, David	37	14:21	0:18:33	0:32:54	5:58	4	50	52	62.30	96.47	8
43	Edrich, Rebecca M.	15	8:41	0:24:14	0:32:55	7:48	9	83	84	61.38	80.61	4
44	Gampp, Deanna	27	4:09	0:28:48	0:32:57	9:16	19	103	104	60.46	56.36	4
45	Feerst, Adam	45	14:39	0:18:21	0:33:00	5:54	2	49	50	59.54	98.82	7
46	Anderson, Angela	24	12:17	0:20:43	0:33:00	6:40	1	64	65	58.62	100.00	4
47	Meacham, Lance	38	11:45	0:21:16	0:33:01	6:51	16	67	68	57.70	82.35	4
48	Smith, Douglas	55	8:03	0:25:00	0:33:03	8:03	47	87	87	56.78	45.88	6
49	Reddy, Heather	35	3:55	0:29:09	0:33:04	9:23	21	105	105	55.86	51.52	8
50	Voss, Karen	40	11:24	0:21:43	0:33:07	6:59	2	70	70	54.94	97.58	5
51	Hill, David	54	9:41	0:23:27	0:33:08	7:33	35	79	79	54.02	60.00	7
52	Knipps, Mike	52	7:37	0:25:33	0:33:10	8:14	52	89	89	53.10	40.00	8
53	Allendorf, Brett	36	11:13	0:21:59	0:33:12	7:05	22	71	71	52.18	75.29	8
54	Cunningham, Deb	43	11:24	0:21:50	0:33:14	7:02	3	70	70	51.26	95.15	8
55	Lee, Adam	33	11:13	0:22:02	0:33:15	7:06	23	72	71	50.34	74.12	7
56	Benedict, David	32	12:07	0:21:11	0:33:18	6:49	15	67	66	49.43	83.53	6
57	Johnson, Thomas	32	13:45	0:19:34	0:33:19	6:18	8	57	56	48.51	91.76	3
58	Struble, Brian	38	12:27	0:20:53	0:33:20	6:43	12	65	64	47.59	87.06	8
59	Szymanski, Peter	49	8:41	0:24:40	0:33:21	7:56	42	85	84	46.67	51.76	3
61	Gersbeck, Bob	38	6:44	0:26:37	0:33:21	8:34	58	94	93	45.75	32.94	1
60	Croft, Devin	52	14:21	0:19:10	0:33:31	6:10	7	54	52	44.83	92.94	7
62	Grundmeyer, Ray	67	8:03	0:25:32	0:33:35	8:13	51	88	87	43.91	41.18	8
63	Rowley, Diane	33	6:44	0:26:52	0:33:36	8:39	14	94	93	42.99	68.48	4
64	Chesbro, Mitch	46	9:05	0:24:32	0:33:37	7:54	41	83	82	42.07	52.94	7
65	Huner, George	52	8:03	0:25:35	0:33:38	8:14	53	89	87	41.15	38.82	5
66	Aarsby-Kail, Kristi	26	6:44	0:27:04	0:33:48	8:43	15	96	93	40.23	66.06	3
67	Rowley, Darren	38	6:31	0:27:22	0:33:53	8:49	61	95	94	39.31	29.41	4
68	Gentry, Tim	43	14:56	0:19:01	0:33:57	6:07	5	49	48	38.39	95.29	8
69	Werner, Bethanie	29	11:02	0:22:56	0:33:58	7:23	5	75	72	37.47	90.30	6
70	Robbert, Michael	30	13:45	0:20:16	0:34:01	6:31	9	58	56	36.55	90.59	7
71	Stevens, Mark	30	11:02	0:23:01	0:34:03	7:25	31	73	72	34.71	64.71	6
72	Black, Gary	19	14:56	0:19:07	0:34:03	6:09	6	54	48	35.63	94.12	1
73	Thies, Chuck	58	8:28	0:25:51	0:34:19	8:19	54	86	85	33.79	37.65	3
74	Arman, Linda	47	-1:24	0:35:44	0:34:20	11:30	30	129	125	32.87	29.70	1
75	Kumpf, Howard	64	6:17	0:28:05	0:34:22	9:02	63	96	95	31.95	27.06	7
76	Basse, Bob	50	13:26	0:21:01	0:34:27	6:46	13	60	58	31.03	85.88	7
77	Hendrickson, Haynes	32	10:28	0:24:03	0:34:31	7:45	38	80	75	30.11	56.47	4
78	Robinette, Ric	53	11:24	0:23:09	0:34:33	7:27	32	71	70	29.20	63.53	8
79	Montano, Michael	57	10:17	0:24:18	0:34:35	7:49	39	80	76	28.28	55.29	2
80	Evans, Michelle	38	6:58	0:27:40	0:34:38	8:54	17	95	92	27.36	61.21	6
81	Chow, James	49	7:50	0:26:53	0:34:43	8:39	59	91	88	26.44	31.76	6
82	Bengston, Lee	68	5:35	0:29:13	0:34:48	9:24	65	105	98	25.52	24.71	2
83	O'Brian, Momoko	39	5:07	0:29:57	0:35:04	9:39	22	102	100	24.60	49.09	5
84	Knipps, Joy	48	-3:08	0:38:25	0:35:17	12:22	33	132	131	23.68	22.42	7
85	O'Donnell, Penelope	56	0:16	0:35:37	0:35:53	11:28	29	120	119	22.76	32.12	2
86	Bradshaw, Erica	29	4:09	0:31:55	0:36:04	10:17	26	105	104	21.84	39.39	2
87	Edrich, Rick	45	13:26	0:41:13	0:54:39	13:16	68	59	58	20.92	21.18	8

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

NEXT TROPHY SERIES RACE SUNDAY  
SEPTEMBER 11, 8 A.M. 9 MILES AT  
WESTMINSTER CITY PARK

**RMRR RACEWALKERS, AUGUST 2005 TROPHY SERIES 5k**

Place	NAME	AGE	-----TIMES-----				---HANDICAP---			TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD			
1	Hill, Jan	47	-0:33	0:33:46	0:33:13	10:52	122	122	100.00	7	
2	Guiff, Ed	61	-1:58	0:36:37	0:34:39	11:47	129	127	60.00	7	

**NON-MEMBERS, AUG TROPHY SERIES**

R/W	NAME	START	ACT'L	FINISH	PACE
R	Kiel Johnson	0:00	0:31:01	0:31:01	9:59
R	Tristan Mitchell	11:56	0:19:08	0:31:04	6:10
R	Katie Sabey	11:24	0:20:26	0:31:50	6:35
R	Jesse Boisaubin	9:30	0:23:23	0:32:53	7:32
R	Colin Mitchell	10:28	0:22:31	0:32:59	7:15
R	Linda Pope	0:00	0:34:06	0:34:06	10:59
R	Zach Comstock	11:35	0:22:36	0:34:11	7:17
R	Kristy rudkin	0:00	0:34:36	0:34:36	11:08
R	Jeanete Grey	7:50	0:27:11	0:35:01	8:45
R	Rose Comstock	0:00	0:37:33	0:37:33	12:05
R	Elena Comstock	0:00	0:37:43	0:37:43	12:09
R	Kim Brummond	0:00	0:39:55	0:39:55	12:51
R	Dalton comstock	5:07	0:35:17	0:40:24	11:22
R	Rebecca shunk	5:07	0:35:18	0:40:25	11:22
R	Nancy Koecher	0:00	0:44:49	0:44:49	14:26

**July Trophy Series Winners**



L-R: Janet Fairs, Colin Whitmore, Holly Whelan, Bonnie Keefe, Elizabeth Kielian, Bill O'Dell, Olga Hnizdil, Curtis Head, Paul Rundle, Anthony Rodriguez.



Scott Kukel, fast male finisher



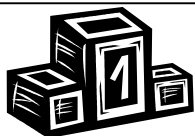
Jan Hill, 1st Place, Racewalker

**RACEWALKER YTD OVERALL**

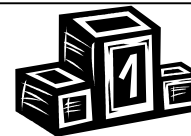
PI	Name	Gen	Total Points	#	Ave Points
1	Michael Blanchard	M	609.33	7	87.05
2	Jan Hill	F	533.33	7	76.19
3	Sheila Molde	F	396.00	5	79.20
4	Ed Guiff	M	388.00	7	55.43
5	Jan Hallez	F	286.67	5	57.33
6	John Lyle	M	266.67	5	53.33
7	Cynthia Chow	F	60.00	1	60.00

**RMRR NEW RACERS, AUGUST 2005 TROPHY SERIES 5k**

R/W	NAME	AGE	-----TIMES-----				PACE	---HANDICAP---		---POINTS---	
			START	ACT'L	FINISH	GEND PLACE		NEW	TS	SCRATCH	
R	Regan, Eileen	44	0:00	0:30:49	0:30:49	9:55	25	111	60	41.82	
R	Koecher, Carl A.	66	6:44	0:24:48	0:31:32	7:59	45	86	60	48.24	
R	Rhodes, Myra	73	4:53	0:26:48	0:31:41	8:38	13	95	60	70.91	
R	Vanderlingen, Jeanette	49	1:53	0:29:59	0:31:52	9:39	23	108	60	46.67	
R	Taylor, Louise H.	61	9:05	0:23:11	0:32:16	7:28	6	78	60	87.88	
R	Glodava, Kevin	29	9:17	0:23:48	0:33:05	7:40	37	81	60	57.65	
R	Lamer, Cindy	40	0:00	0:33:29	0:33:29	10:47	27	121	60	36.97	
R	Crosby, Tinka	44	9:41	0:24:39	0:34:20	7:56	10	85	60	78.18	
R	Ruhnow, Adrienne	30	0:00	0:34:25	0:34:25	11:05	28	125	60	34.55	
R	Taylor, James	30	12:37	0:22:40	0:35:17	7:18	29	75	60	67.06	
R	Kelly, David	12	8:03	0:27:20	0:35:23	8:48	60	97	60	30.59	
R	Kelly, Kyle	40	8:03	0:27:37	0:35:40	8:53	62	98	60	28.24	
R	Bussey, Robert	70	0:00	0:36:22	0:36:22	11:42	67	131	60	22.35	
R	Kell, Nancy	45	0:00	0:36:52	0:36:52	11:52	31	133	60	27.27	
W	Chow, Cynthia	52	0:00	0:44:50	0:44:50	14:26		158	60	0.00	



## RMRR TROPHY SERIES OVERALL STANDINGS AUGUST, 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	642.45	8	80.31	1	Tim Gentry	787.67	8	98.46	1	Deb Cunningham	771.07	8	96.38
2	Heather Reddy	F	593.61	8	74.20	2	Michael Collyer	766.15	8	95.77	2	Bonnie Keefe	724.81	8	90.60
3	Michael Collyer	M	560.03	8	70.00	3	David Rothenburger	764.73	8	95.59	3	Stephanie Struble	590.57	8	73.82
4	Brian Struble	M	514.38	8	64.30	4	Scott Kukel	687.60	7	98.23	4	Carmen West	585.46	8	73.18
5	David Rothenburger	M	514.09	8	64.26	5	Devin Croft	667.97	7	95.42	5	Bethanie Werner	557.94	6	92.99
6	Bonnie Keefe	F	488.19	8	61.02	6	Rick Edrich	659.59	8	82.45	6	Lisa Champeau	554.18	7	79.17
7	Stephanie Struble	F	486.64	8	60.83	7	Adam Feerst	642.01	7	91.72	7	Karen Voss	487.38	5	97.48
8	Tim Gentry	M	480.77	8	60.10	8	Brian Struble	636.38	8	79.55	8	Michelle Evans	421.58	6	70.26
9	Deb Cunningham	F	476.52	8	59.56	9	John H. Jr. Bullock	629.96	7	89.99	9	Angela Anderson	394.07	4	98.52
10	Ray Grundmeyer	M	473.64	8	59.21	10	Michael Robbert	627.28	7	89.61	10	Heather Reddy	385.92	8	48.24
11	David Mayhew	M	473.52	7	67.65	11	Bob Basse	619.29	7	88.47	11	Holly Whelan	378.99	7	54.14
12	Lisa Champeau	F	470.51	7	67.22	12	Brad LaBarry	616.89	8	77.11	12	Renee Withrow	348.29	7	49.76
13	Brad LaBarry	M	465.15	8	58.14	13	Ric Robinette	572.24	8	71.53	13	Leslie Mitchell	335.30	4	83.82
14	Scott McFarlane	M	463.95	8	57.99	14	Brett Allendorf	559.31	8	69.91	14	Rebecca M. Edrich	330.75	4	82.69
15	Holly Whelan	F	462.27	7	66.04	15	Scott McFarlane	532.91	8	66.61	15	Trisha Davis	319.53	4	79.88
16	Curtis Head	M	461.51	6	76.92	16	Ken Applegate	492.38	6	82.06	16	Momoko O'Brian	271.76	5	54.35
17	John H. Jr. Bullock	M	457.52	7	65.36	17	David Benedict	492.30	6	82.05	17	Diane Rowley	263.93	4	65.98
18	Adam Lee	M	456.73	7	65.25	18	Adam Lee	466.37	7	66.62	18	Carol Johnson	236.37	5	47.27
19	Brett Allendorf	M	455.61	8	56.95	19	Jeffrey Olson	463.76	8	57.97	19	Olga Hnizdil	233.45	6	38.91
20	David Hill	M	454.98	7	65.00	20	David Hill	441.25	7	63.04	20	Deanna Gamp	216.21	4	54.05
21	Mike Knipps	M	448.97	8	56.12	21	Jay Trujillo	430.23	6	71.70	21	Joanne Winge	213.59	3	71.20
22	Mark Stevens	M	448.21	6	74.70	22	Nathan Brown	423.25	5	84.65	22	Kristi Aarsby-Kail	204.95	3	68.32
23	Scott Kukel	M	439.95	7	62.85	23	Mark Stevens	417.05	6	69.51	23	Joy Knipps	184.07	7	26.30
24	Charles Scheibe	M	433.02	6	72.17	24	Mitch Chesbro	403.46	7	57.64	24	Chris Vanoni	183.06	3	61.02
25	Rick Edrich	M	430.45	8	53.81	25	Curtis Head	393.54	6	65.59	25	Kerry Beebe	182.21	4	45.55
26	Carmen West	F	427.27	8	53.41										
27	Mark Ballard	M	424.62	5	84.92										
28	Devin Croft	M	423.86	7	60.55										
29	Renee Withrow	F	417.12	7	59.59										
30	Michael Acosta	M	394.36	7	56.34										
31	Christopher O'Brian	M	387.48	5	77.50										
32	Todd Dunning	M	384.93	7	54.99										
33	Ken Applegate	M	378.34	6	63.06										
34	Douglas Smith	M	374.88	6	62.48										
35	Roland Thomas	M	372.25	5	74.45										
36	Michael Robbert	M	369.36	7	52.77										
37	Mitch Chesbro	M	366.18	7	52.31										
38	Joy Knipps	F	361.42	7	51.63										
39	Olga Hnizdil	F	360.28	6	60.05										
40	Jay Trujillo	M	359.24	6	59.87										
41	Jeffrey Olson	M	355.60	8	44.45										
42	Jesse Arman	M	353.07	5	70.61										
43	Jack Finch	M	349.71	6	58.29										
44	Howard Kumpf	M	347.53	7	49.65										
45	Mick Vollmar	M	337.78	5	67.56										
46	Bob Basse	M	336.89	7	48.13										
47	Michelle Evans	F	333.60	6	55.60										
48	Nathan Brown	M	329.20	5	65.84										
49	Adam Feerst	M	325.93	7	46.56										
50	David Benedict	M	325.09	6	54.18										

Celestial Seasonings

# BOLDERBOULDER

## WAREHOUSE SALE 05

**Friday, Sept. 9 and Saturday, Sept. 10, 10am - 6pm**

*Quantities are limited - Shop early for the best selection!*

- New Balance Running Tech Gear
- Cotton T-shirts as low as \$1.00
- Long Sleeve T-shirts from \$4.99
- All BolderBOULDER artwork on sale
- Be the first on your block to own the 2006 In-Training T-shirt!

**4571 North Broadway in Boulder, 303-444-RACE**

Can't make it in person? Shop the cyber-sale online at  
[www.bolderboulder.com](http://www.bolderboulder.com) beginning Friday, Sept 9 at 10am

**Bring this ad to the sale and receive a  
FREE New Balance Frisbee and CaseLogic CD Case!!!!**

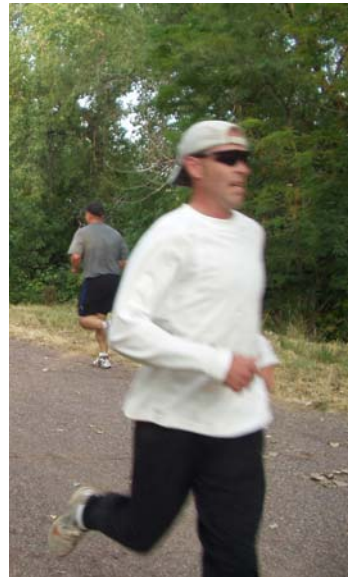
Please renew your membership promptly. If your membership has expired, you will not have a printed start tag. All expired memberships must be renewed prior to racing. You will not be included in the trophy series scoring without a current membership.

# Racers in Action at the August Trophy Series Race

## Our Young Racers at the Starting Line



## Thank You Volunteers!



## Summer Vacation

(Continued from page 5)

the highway from the hills. If I have to get out of harm's way, I'll have to leap like a cat and hope to find something to hang onto.

The first stretch of road is a long hill with a pretty good grade. It's hard for me to judge how far I've run or how much I've had to climb. If I had to guess, the grade is about like that of Lookout Mountain only without the switchbacks and not as high. The road goes for maybe half a mile before it rolls down and I lose the altitude that I struggled to gain starting cold turkey from the bridge. A short distance later the road starts climbing again, dips again, then continues up sharply. I notice numbers written every 20 meters and sign posts indicating kilometers and I try to time myself, but I can't keep track of times and numbers as I struggle against the road and my mind wanders. Occasionally I leave the shoulder and run on the highway since the footing is better and it makes climbing a little easier. I look again to see what traffic is coming down the road and to see that they are staying in their lanes. The souped up Dodges and Chevys sound like jets roaring down the runway as they come up behind me on their way to Los Organos. These taxis either have huge 350 cc engines or are running straight pipes.

I listen for the sound of another jet, one of the huge buses, or an 18 wheeler and look for a place to jump if needed. The drivers have only two speeds – zero or flat out. They also tend to stray to the other lane like race car drivers finding the tangents on the racetrack. A bus comes by going downhill and I'm afraid to see how close we come to each other. My thoughts are similar to those I always have when I run on the roads back home. I think about stepping on a rock just as the bus comes by, losing my balance, and falling right into the bus. Luckily it doesn't happen. I check for the dog tag that I always wear when I run. The tag is covered by a rubber case that keeps it from making noise. Will the police know enough to ID me by removing the rubber on the tag? I hope that someone would have seen me running before and know that my wife is from Máncora and would let her know where to find me on the road. I remember my wife telling me as I leave for my run, not to make her a widow today and I try not to think about her words. I smile inside thinking of Yogi Berra saying something like, "Don't pay attention to her. It's bad luck to be superstitious!"

There is a custom in many countries to build a shrine on the road where some unfortunate soul has met their maker. I take heart in not seeing any crosses or shrines and feel that either the road isn't as dangerous as I fear or no one else has been foolish enough to run here. Thinking about it further makes me inclined to believe the latter since I've never seen another runner in all the times I've run here.

I have basically two signposts that I key on for my runs. The first is a green highway sign showing 10 kilometers to Los Organos and isn't quite to the crest of the hill. An out and back run to this sign takes me about 35 minutes and it's the run I usually choose the first day I challenge the road. Later as I get acclimated and see the need to exercise more because of the afternoon beer sessions, I run further up. I pass the Los Organos sign and can see the road still climbing. I run further up to the top of the hill and to the other side to another road sign showing the road curving to the right and starting to descend. I fight the urge to keep going. This run takes me about 55 minutes and gives me the complete satisfaction that I've conquered the hill and the traffic once again. From the top of my run I can see Los Organos and the beach there. As I mentioned, it's hard for me to measure distance as well as elevation. Looking towards Los Organos I imagine that the elevation of the hills that I've just climbed would compare to Green Mountain back home in Lakewood.

The run back down is much easier not only because it's downhill but because the shoulder of the road is a little wider and flatter offering more places to jump if necessary. As I come to the last hill I see the ocean and fishing boats. It's a beautiful sight and makes the climb worth the fear and suffering. It's a grand feeling to feel that I tempted fate and once again survived. In the three weeks that I spend in Máncora I run the hills nearly every other day. On my last run I decide to walk down to the beach, take off my running shoes, and cool myself off. When I come out of the water, I realize how good it felt and go back in for another dip. I shake my head and wonder why I didn't do this routine after every run.

### 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. Racers start at different times, with everyone finishing at about the same time.

**New TS Racers:** Please arrive at least 20 minutes early to register. We can use a time from a recent 5k/10k race to assign you a start time.

**Start Times** for members are based on previous TS results. Experienced TS racers and active members will have a preprinted tag with your start and predict times. Please pick up your tag at least 10 min prior to the 0:00 start time. If your membership has expired, you will not have a pre-printed tag. You must pay your renewal, or a non-member fee before racing.

Listen to the **starter**. He/she will start at 0:00. He/she will announce, then count down to the start time. For example, he/she will call out "8:34." 8:34 means 8 minutes and 34 seconds after the first, 0:00 start, not 8:34AM. Then, he/she will count down, "31, 32, 33, Go."

If your **Handicap** > 120, you will start at 0:00. After the race, a negative start time will be used to calculate your TS time and place. You are responsible for **starting at your assigned time**. Please do not start an unassigned time without prior approval from the race director. No early start times allowed for 5km and shorter races. All racers must be prepared to start at the 0:00 time.

**Registration:** \$5 for non-members. Free for members. Your membership card is not needed. Race day only.

You are responsible for **following the course**. We do our best to clearly adequately mark the

Sample 5k Start Times	
HCP	Start
120	0:00
110	8:17
100	15:59
90	23:06
80	29:38
70	35:34
60	40:56
50	45:43
40	49:55

course. Please listen to the instructions at the start. This is true for experienced members too because course may have changed.

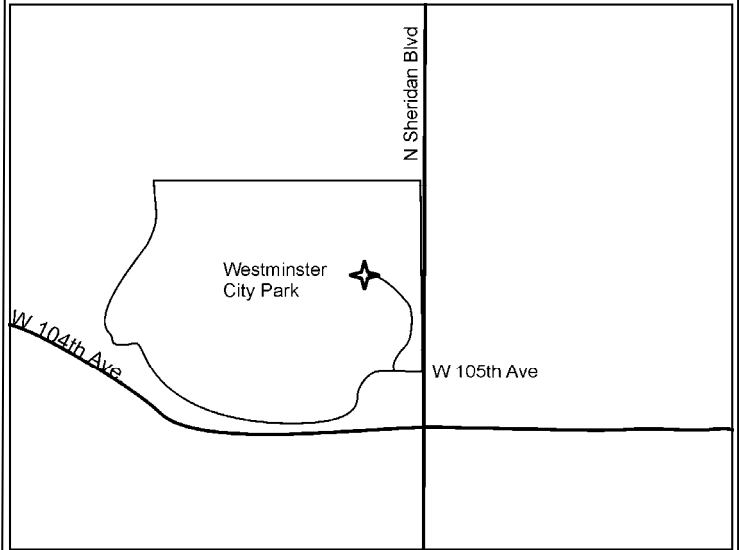
**Dogs and baby strollers** are not allowed at RMRR races due to insurance restrictions.

**Runners and Race Walkers** are scored separately. If changing, please let us know at registration. Check your race tag. "R" means runner and "W" means race walker.

**Race Walkers** must follow USATF Rules:

- 1) The weight bearing leg must have a straight knee.
- 2) Ground contact must be maintained at all times.

### Run the September Trophy Series 9 miles Westminster City Park Sunday September 11, 8 a.m.



**Directions:**  
From N Sheridan Boulevard and West 104th Ave., go north approximately 1 block to W 105th Ave. Go west on 105th Ave, then take the first right, going past the soccer fields. For searching computerized driving directions, the address for Westminster City Park is 10455 Sheridan Boulevard.

### Bent Gate—New RMRR Supporter

Bent Gate in Golden, Colorado has agreed to offer RMRR members a 10% discount.

Bent Gate specializes in mountaineering and outdoor recreation gear and clothing.

They will honor a 10% discount to RMRR members with a membership card on non-sale, non-clearance, non-special order, non-special pricing items. From time to time they have "special pricing" items in the store, this is where they have reduced their price to compete with others or just passing on a deal to their customers. These items are marked on the tag with a "MSRP and OUR PRICE" highlighted. If there are any pricing questions please ask an associate.

### Thanks for supporting RMRR



POTTS TROTTERS

BODYMECCA

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a c c e s s o r i e s f o r f i t n e s s



RUNNING DELIGHTS™

GREETING CARDS & NOVELTY GIFTS

## SEPTEMBER 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(1) <a href="http://groups.yahoo.com/group/denvertrailrunners">groups.yahoo.com/group/denvertrailrunners</a> , 303-870-0487 (2) <a href="http://www.rmrr.org">www.rmrr.org</a> (3) <a href="http://www.runningseries.com">www.runningseries.com</a> (4) <a href="http://www.racingunderground.com">www.racingunderground.com</a>		(5) <a href="http://www.boec.org">www.boec.org</a> , 970-453-6422 (6) <a href="http://www.bolderboulder.com/sombrero.cfm">www.bolderboulder.com/sombrero.cfm</a> (7) 970-377-8005 (8) <a href="http://www.active.com">www.active.com</a>		<b>1</b> <b>Trail Run</b> 5:30pm or 6:15pm (1)	<b>2</b>	<b>3</b> <b>RMRR Training Run</b> , 7:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (2)
<b>4</b> <b>10k at 10,000</b> Rabbit Ears Pass (3)  <b>Breckenridge Crest Mountain Marathon</b> 24.5/13.2/5M trail 6:30am (5)	<b>5</b> <b>Jazz89 Labor Day Race in the City</b> 5280 meters 9 am Washington Park (1)	<b>6</b>	<b>7</b> <b>Track Workout</b> 6:30pm Denver Lutheran High School	<b>8</b> <b>Trail Run</b> 5:30pm or 6:15pm (1)	<b>9</b>	<b>10</b> <b>RMRR Training Run</b> , 7:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (2)  <b>Barr Lake Boogie 15k</b> 9am Brighton (4)
<b>11</b> <b>RMRR Trophy Series</b> Westminster City Park 8am, 9 miles (2)	<b>12</b>	<b>13</b>	<b>14</b> <b>Track Workout</b> 6:30pm Denver Lutheran High School	<b>15</b> <b>Trail Run</b> 5:30pm or 6:15pm (1)	<b>16</b>	<b>17</b> <b>RMRR Training Run</b> , 7:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (2)  <b>Sombrero Ranch Roundup</b> 9am Estes Park (6)
<b>18</b> <b>Marathon Training Series</b> 20 miles 7am Big Dry Creek Trail, Westminster (2)  <b>Easy Street Wheat Half Marathon</b> Fort Collins (7)	<b>19</b>	<b>20</b>	<b>21</b> <b>Track Workout</b> 6:30pm Denver Lutheran High School	<b>22</b> <b>Trail Run</b> , 5:30 pm or 6:00 pm (1)	<b>23</b>	<b>24</b> <b>RMRR Training Run</b> , 7:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (2)  <b>Run for Lauren 5k</b> 9:30am Highlands Ranch (8)  <b>Copper for Colfax 5k</b> 9am Sloans Lake (8)
<b>25</b> <b>Boulder Backroads</b> marathon and ½ marathon 7am Boulder Res (9)  <b>Barr Lake 15k</b> Barr Lake State Park 8am (10)	<b>26</b> <b>RMRR Board Meeting</b> , 7:00 pm (2)	<b>27</b>	<b>28</b> <b>Track Workout</b> 6:30pm Denver Lutheran High School	<b>29</b> <b>Trail Run</b> 5:30pm or 6:00 pm (1)	<b>30</b>	(9) <a href="http://boulderbackroads.com">boulderbackroads.com</a> (10) <a href="http://www.comastersrun.org">www.comastersrun.org</a>



## 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 **September** birthdays!

Dan Smith	2	Carol Bengston	18
Michael Acosta	3	Bryon Dathe	18
Suzanne Hawkes	3	Ken Simons	18
Lynn Kelly	3	Tinka Crosby	19
David Benedict	6	Leah Jappe	19
Tom Devine	6	Laurel Abbott	20
Sherrye Henry	6	Jim Beebe	20
Renee Withrow	6	Mitch Chesbro	20
Joseph O'Meara	8	Mike Knipps	20
Nancy Waggoner	8	Judy Wolf	21
David Benjamin	9	Connie Drake	22
Bill Carey	9	Meagan Schreiber	22
Erika Fisher	9	Karen Okamoto	23
Bobbie Hickman	9	Jeffrey Helfrich	24
Angela Anderson	10	Dave Cunningham	25
Patricia Simpson	10	Heather Reddy	25
Jeffrey Olson	11	Reg Archer	26
Asa Sandberg	11	John Kissingford	26
Mary Pitz	12	Donna Lynch	26
Dennis Kavanaugh	13	Patrick Smith	26
Lydia Motsinger	13	Jessica LaVigne	28
Rich Carney	14	Martin Pahl	29
Kevin Loughran	15	Lance Risi	29
Allan Nickels	15	Anthony Rodriguez	29
Harry Over	16	Lisa Loughran	30
Joel Dice	17		

**Please Note: Volunteer hours are current as of July and will be updated for the next issue of *News on the Run*.**

### 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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