



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

## A Letter from the President...

The weather and the level of club support for the KUVU Race in The City on Labor Day was great! The folks at KUVU did a fantastic job putting on a memorable event. The live bands were a real treat. I think this race is one of the best kept secrets in Denver on Labor Day. Our goal for next year should be to get more of the running community to come out and enjoy what is truly a great event!

The weather for the September Trophy Series Race was a little warm at the finish. I think everyone appreciated not having to make the climb up to the Rec Center and around the lake at the end. We had a total of 51 runners and race walkers compared to 76 for last year. I want to thank Bonnie and all those volunteering for their efforts.

I also want to thank the Race Directors and many volunteers who helped with the first three MTS Races. I'll include a summary of all 4 races in the Nov newsletter. The last 20 mile race is this weekend. As I've stated last month, 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 I'm writing this, the Boulder Backroads Half/Full Marathon is 2 weeks away on September 25<sup>th</sup>. I'm very hopeful that our club will be well represented. 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.

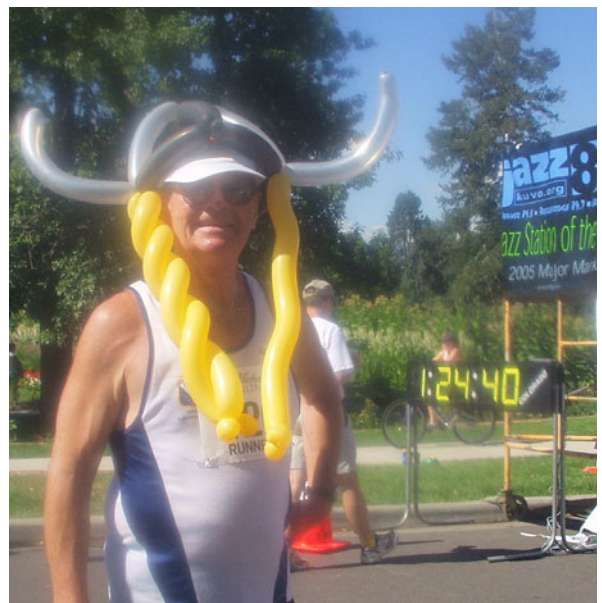
Enjoy the great weather! Doug Smith



## RMRR Quick Chicks at the KUVU Jazz89 Labor Day Race in the City



Quick Chicks posing before the start of the race.



Is this another Quick Chick that didn't make it in the pre-race photo? No, it's John Lyle sporting golden balloon locks.

**2005 RMRR  
Executive Committee**

**President**  
Doug Smith

**Vice President/Secretary**  
Deb Cunningham

**Treasurer**  
Leslie Mitchell

**Race Committee Chairperson**  
Bonnie Keefe

**Membership**  
Kolene Brown

**Board Positions**  
**Board Members at Large**

Lee Bengston  
Mike Robbert  
Stephanie Struble

**Trophy Series Directors**  
Janet Fairs

**Volunteer Coordinator**  
Lisa Champeau

**Special Events**  
Betsy Lyle

**Communications**  
Michelle Evans  
John Pawlowski

**Computer**  
Brad Labarry

**Non-Board, Non-Voting Positions**  
**Quartermaster**  
John Lyle

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

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

## Running Well "Hit The Trails"

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

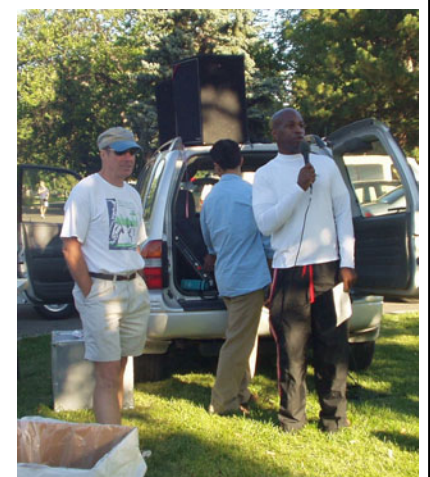
If you haven't already, it's time to hit the trails and check out the fall colors! Trail running is great for working on your "balanced alignment" as discussed in the last RMRR newsletter. Up and downhill running can help facilitate and strengthen your core stability and your overall coordination in your running form. Here's a tip for core strength and balanced alignment with uphill running. When running uphill, bend your ankle more as you "lift" from your pelvis on the same side, carry your upper arm close to your side and pump from your shoulders. Say to yourself or out loud, "lift"- "lift"- "lift". Resist the temptation to look up the hill and instead carry your head in alignment with your torso. Do this by keeping the back of your neck long and eye gaze about 3 ft in front of you. You should feel lighter and notice your stride under you pushing behind you more as you go up the hill. It is good to start with lesser inclines and shorter distances initially. Happy trails!

*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.*

## RMRR Volunteers at the KUVU Jazz89 Labor Day Race in the City



**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
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
Sun 10/16/2005	9 am	Coal Creek XC Challenge 5.5	Randy's Ranch, Louisville	Colorado Master's Running Association 303-666-0864
Sun 11/20/2005	9 am	Chatfield 10 mile/5 mile	Chatfield State Park	Colorado Master's Running Association 303-765-5512

**NEXT TROPHY SERIES RACE SATURDAY  
OCTOBER 1, 9 A.M. 8 MILES AT  
CHATFIELD STATE PARK**

**Next Newsletter Deadline, Friday October 7**

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, October 7. 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](mailto:rmrrnewsletter@yahoo.com). Thanks, John.

# BOARD MEETING MINUTES

Board Meeting Minutes – Sept 6th

Attendees: Lee Bengston, Jim Chow, Bonnie Keefe, Brad La-Barry, Mike Robbert, Doug Smith, Stephanie Struble

### Ideas for Increasing Participation

1. consider additional awards or gifts for varying levels of member participation, maybe we could more members to seek Board membership
2. encourage membership in other running groups, RMRR Club Ambassadors to increase participation at events like KUVU and MTS Races
3. offer fee based training for interested members, training groups seem to be gaining in popularity

### Visibility

1. Website issues, broken links, **search engine access** – Alan/Jim/Jeff/Deb
2. consider a RMRR style Moving Comfort Grant program for getting people interested in running
3. KUVU Teams – there was a lot of discussion about whether having teams was worth the effort
4. RMRR signs for van – need to seek more experienced help putting the decals on the van, Doug was unsuccessful at installing first decal
5. RMRR hats are available for sale, \$15
6. Colfax Marathon Training Series – 10/15/20 mile runs next Spring preceding the Colfax Marathon

### Increasing Membership Value

1. Classified ads for members in the newsletter – Editor needed

### Volunteer Issues

1. Volunteer of the Month – Lisa needs to make recommendations, lots of candidates based on the efforts for KUVU

### Operational Items

1. Treasurer's Report – Income thru Sept 1<sup>st</sup> has exceeded expenses by nearly \$2400
2. Update on MTS Series and Nov T/S Race – Hopeful that the next 20 mile race will have more than 46 participants like the last 20 mi race
3. Summer race contracts (Run for Lauren) – Doug/Bonnie will score on Sat, Sept 24th

### Long Term Goals

1. Update member email addresses – Jean Townsend has volunteered
2. Race course committee for 2006 – still looking for members interested in working on next year's schedule
3. Board members for 2006 – need to do more to get more members interested in serving on next year's Board, Lee to step down
4. Search for a Newsletter Editor
5. Database Admin – new position, see Sept/Oct newsletter
6. Organize Fun Runs in other areas around Denver, see Sept/Oct newsletter

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

*By Chris Vanoni*

**PIKES PEAK ASCENT - 13M/MARATHON**

August 20th, 2005 Manitou Springs

Name	Age	Gen	PI	DivPI	Time	Event
TONY FOX	35	M	14	4/206	2:44:34	Ascent
JEFF OGREN	48	M	39	6/195	2:59:22	Ascent
ADAM FEERST	45	M	45	8/195	3:00:44	Ascent
RACHEL FOSS	25	F	8	1/58	3:10:19	Ascent
DAVID ROTHENBURGER	36	M	174	41/206	3:30:55	Ascent
BRAD LABARRY	31	M	209	40/177	3:36:00	Ascent
JOSEPH O'MEARA	37	M	224	52/206	3:37:47	Ascent
DEB CUNNINGHAM	43	F	57	18/136	3:44:49	Ascent
DAVID CUNNINGHAM	44	M	280	46/186	3:44:52	Ascent
DOUGLAS SMITH	55	M	382	16/91	3:55:27	Ascent
BONNIE KEEFE	40	F	106	31/136	4:01:24	Ascent
CHARLES SCHEIBE	50	M	460	49/151	4:01:41	Ascent
SUMMER RUCKMAN	32	F	170	30/84	4:18:37	Ascent
JOHN ROUTA	43	M	766	117/186	4:37:20	Ascent
LISA CHAMPEAU	36	F	327	57/102	4:53:08	Ascent
OLGA HNIZDIL	61	F	392	7/15	5:07:15	Ascent
LISA PAIGE	47	F	434	71/106	5:14:33	Ascent
JENNIFER BOSSARD	37	F	522	85/102	5:36:37	Ascent
DEREK GRIFFITHS	30	M	98	14/67	5:35:42	Marathon
ELWYN OWEN	43	M	249	45/103	6:39:11	Marathon
JAY WISSOT	60	M	421	13/24	7:46:28	Marathon
JAMES BRANSON	48	M	448	70/108	7:55:33	Marathon
WILLIAM FORNIA	46	M	497	80/108	8:28:08	Marathon
DAVE BLACK	54	M	564	91/106	9:00:22	Marathon

**BASALT HALF-MARATHON**

August 20, 2005 Basalt

Name	Div	Gen	PI	Time
MICHAEL QUISPE	35-39	M	6.	1:24:10
MICHAEL HEITZ	50-54	M	19.	1:32:57
CHRISTINE VANONI	50-54F	F	88.	2:00:43
MICHAEL VANONI	55-59	M	94.	2:02:23
JAMES CHOW	45-49	M	96.	2:04:43
TERESA ABBOTT	40-44F	F	119.	2:34:39

**IMOGENE PASS RUN 17.1 MI**

September 9, 2005 Teluride

Name	Gen	PI	Div	GunTime	NetTime
DAVE BLACK	M	1043	50-54	05:39:27.000	05:39:27.000
JANINA EDWARDS	F	828	30-34	04:48:19.000	04:48:19.000
ADAM FEERST	M	22	45-49	02:44:58.000	02:44:58.000
RACHEL FOSS	F	56	25-29	02:59:33.000	02:59:33.000
MICHAEL HEITZ	M	593	50-54	04:10:54.000	04:10:54.000
KAREN OKAMOTO	F	780	45-49	04:37:33.000	04:37:33.000
MARTIN PAHL	M	156	40-44	03:19:09.000	03:19:09.000
ROBERT REILLY	M	593	50-54	04:10:54.000	04:10:54.000
SUMMER RUCKMAN	F	625	30-34	04:16:12.000	04:16:12.000

**YMCA TRAIL TROT 5K/10K**

August 21, 2005 Littleton

Name	Age	Gen	GenPI	DivPI	Time	Pace	Event
CHARLIE POLLARD	54	M	15	3/15	45:43	7:22	10KRun
JIM ROMERO	65	M	16	1/7	46:06	7:26	10KRun
BOBBIE HICKMAN	45	F	8	4/10	52:35	8:28	10KRun
DEVIN CROFT	52	M	3	1/15	18:59	6:07	5KRun
CRAIG EWING	52	M	17	5/15	22:05	7:07	5KRun
KEN SIMONS	67	M	33	2/7	25:01	8:04	5KRun
ROBERT ROMERO	59	M	38	8/15	26:20	8:29	5KRun

**GREATER BURLINGTON TRIATHLON**

0.9 mile swim 25.3 mile bike 10k run.  
August 28, 2005 Burlington, VT

Name	PI	Age	Div	DivPI	Gen	Swim	Bike	Run	Total
LIESA TAYLOR	49	30	30-34	2	F	28:00	1:35:50	51:23	2:55:13

**HOLY COW TRAIL STAMPEDE 10K TRAIL RUN 5K RUN/WALK**

August 20th, 2005 Westminster, CO.

Name	Age	Gen	DivPI	OAPI	GenPI	Time	Pace	Div	Event
ERIC GREENE	25	M	4	14/96	13/55	42:48	6:55	20-29	10K
KERRY BISHOP	40	F	4	47/96	10/41	54:23	8:47	40-49	10K
JILL MULLEN	23	F	5	50/96	13/41	55:00	8:53	20-29	10K
CRAIG EWING	52	M	1	12/164	10/65	22:18	7:11	50-59	5K
LEIGH SINGLETON	37	F	3	26/164	7/99	24:46	7:59	30-39	5K
MITCH CHESBRO	46	M	5	34/164	24/65	25:34	8:14	40-49	5K

**SUMMIT TRAIL RUNNING SERIES #6**

Carter Park, Breckenridge, CO

Name	Div	DivPI	Time	Event
DEREK GRIFFITHS	20-29	5	57:23.60	Short
JESSICA GRIFFITHS	20-29	3	57:30.71	Short
MICHAEL ROBBERT	20-29	3	1:16:20.67	Long
ROSS WESTLEY	50+	4	1:39:42.04	Long

**BRECKENRIDGE CREST MOUNTAIN MARATHON**

September 4, 2005

Name	Age	Gen	Time	Pace	PI	GenPI	DivPI	Event
DEREK GRIFFITHS	30	M	40:49:00		2	2	1	5Mi
RICH WILSON	55	M	1:00:25		41	26	7	5Mi
NATHAN BROWN	26	M	2:08:13	5:14	13	10	4	Half
MARVIN SCHUTZIUS	49	M	2:58:12	7:17	121	69	17	Half
LIESA TAYLOR	30	F	3:14:35	7:57	143	61	32	Half
TALON WINDWALKER	37	M	3:16:07	8:01	145	84	38	Half
MICHAEL ROBBERT	30	M	4:53:10	11:58	44	38	20	Marathon

**LEADVILLE TRAIL 10K**

August 14, 2005 Leadville

Name	Age	Gen	PI	Time
BONNIE KEEFE	40	F	13	48:35:00
DOUGLAS SMITH	55	M	29	55:01:00

**More Racing in Other Places**

**GOVERNOR'S CUP 10K RUN AND 5K RUN/WALK**

September 18, 2005 Denver

Name	Age	Gen	GenPI	DivPI	Time	Pace	Event
GENE WASSMAN	41	M	23	9/65	40:17	6:29	10KRun
BOB BASSE	50	M	27	7/45	41:10	6:38	10KRun
JIM ROMERO	65	M	54	2/24	45:32	7:20	10KRun
BRETT ALLENDORF	36	M	57	12/47	45:58	7:24	10KRun
JAY WISSOT	60	M	113	7/24	51:03	8:13	10KRun
DAVID LYNCH	49	M	140	46/65	54:27	8:46	10KRun
JOE ATKINSON	54	M	168	34/45	58:08	9:22	10KRun
DAMIEN CONWAY	30	M	171	39/47	58:43	9:27	10KRun
JOHN CLINTON	47	M	206	65/65	1:10:41	11:23	10KRun
ALYN PARK	54	F	10	1/13	44:42	7:12	10KRun
MARLA NOSAN	43	F	30	11/41	52:02	8:23	10KRun
KERRY BISHOP	40	F	40	13/41	53:39	8:39	10KRun
CARRIE STEUART	47	F	100	28/41	1:00:32	9:45	10KRun
JUSTIN WALK	23	M	3	2/21	18:18.9	5:54	5KRun
LANCE RISI	36	M	7	3/35	18:42.5	6:02	5KRun
DAVID ROTHENBURGER	37	M	8	4/35	18:53.1	6:05	5KRun
ANGELA ANDERSON	25	F	4	2/30	20:20.8	6:33	5KRun
JIM MARTINEZ	50	M	49	8/32	24:06.7	7:46	5KRun
TRISHA DAVIS	54	F	22	3/24	25:00.0	8:03	5KRun
DENNIS JOUETT	61	M	64	4/24	25:16.4	8:09	5KRun
ART LUEBKE	59	M	98	14/32	27:44.7	8:56	5KRun
DANA HAMAMURA	36	F	107	20/39	33:32.7	10:48	5KRun
SHARYL RILEY	56	F	39		53:08.3	17:07	5KWalk

**EASY STREET WHEAT HALF MARATHON**

September 18, 2005 Ft. Collins

Name	Div	Gen	PI	Time	Pace	GenPI	DivPI
ANTONIO RODRIGUEZ	30-34	M	47	1:30:18	6:54	39/222	7/28
CRAIG EWING	50-54	M	129	1:47:46	8:14	89/222	3/17
JOANNE WINGE	35-39	F	220	1:57:00	8:56	85/325	11/45

**STEAMBOAT TRIATHLON**

0.75 Mile Swim, 20 Mile Bike, 4 Mile Run  
August 27, 2005 Steamboat Springs, Colorado

Name	Age	Gen	PI	Time	Div	Swim	Bike	Run
STEPHANIE STRUBLE	38	F	152	2:09:11	F3539	27:32	1:02:55	35:32

**POTTS TROTTERS/TOGETHER FOREVER 5K RUN/WALK**

August 25th, 2005 Aurora, CO.

Name	Age	Gen	DivPI	OAPI	GenPI	Time	Pace	Event
JIM ROMERO	65	M	1	14/61	12/38	23:30	7:34	5kRun
MITCH CHESBRO	46	M	2	19/61	16/38	26:20	8:29	5kRun
ROSS KINNEY	47	M	3	28/61	25/38	28:05	9:03	5kRun
JOHN LYLE	72	M	1			39:21	12:40	MastersRaceWalk
MIKE BLANCHARD	44	M	1			29:20	9:27	OpenRaceWalk

**FALL FRENZY TRIATHLON/DUATHLON**

September 11, 2005 Parker

Name	Age	Gen	GenPI	Total	Run1	Trans1	Bike	Trans2	Run2	Event
MICHAEL BURN	35	M	121	1:27:38	13:09	1:44	38:31	1:47	32:29	Tri
KEVIN GLODAVA	29	M	10	1:23:27	23:38	0:59	32:58	1:06	24:47	Du

**FARMERS 5000**

September 18, 2005 Wheat Ridge

Name	Age	Gen	GenPI	Pace	Time	Event
ELIJAH NEYMARK	14	M	43.	7:12	22:20	Run
JENNY CARLIN	41	F	9.	7:16	22:34	Run
ROGER CARLIN	42	M	96.	8:20	25:54	Run
BONNIE FERRELL	44	F	57.	8:39	26:52	Run
JOEL NEYMARK	45	M	120.	8:45	27:10	Run
GABE NEYMARK	10	M	122.	8:47	27:17	Run
MONICA TURNER	27	F	289.	15:58	49:36	Run
KAREN TAYLOR	50	F	323.	16:54	52:29	Run
MICHAEL BLANCHARD	44	M	1.	8:42	27:00	Walk
JOHN LYLE	72	M	4.	12:17	38:10	Walk

**EL GRITO 5KROAD RACE**

September 11, 2005 Denver

Name	Age	Gen	PI	Time	Pace
CHRIS MARTINEZ	25	M	9	18:54	6:04
SCOTT MCFARLANE	54	M	27	22:07	7:06
TINKA CROSBY	44	F	38	23:22	7:30
JAMES MARTINEZ	50	M	39	23:23	7:30
JERRY O'DONNELL	59	M	55	24:44	7:56
BOB ROMERO	59	M	72	25:56	8:19
PENELOPE O'DONNELL	56	F	83	27:04	8:41
ALICIA NIX	40	F	88	27:25	8:48
HOLLEY ROMERO	45	F	108	28:17	9:04
LEE BENGSTON	68	M	109	28:20	9:05
DENNIS HOLMAN	55	M	142	34:33	11:05
TRISH MARTINEZ	50	F	6	35:36	11:25

**24TH ANNUAL NEDER-NEDERLAND 10K**

September 11, 2005 Nederland

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace
ALAN REILEY	38	M	112.	83rd	30-39	20th	56:17	9:04

**STAPLETON STAMPEDE**

August 27, 2005 Founder's Greem

Name	Age	Gen	PI	DivPI	Time	Pace	Event
SABINA MEHTA	27	F	26	12/21	1:26:38	9:18	15KRun
MITCH CHESBRO	46	M	13	5/10	24:20	7:50	5KRun
STACY RUSSELL	38	F	5	3/19	24:42	7:57	5KRun

**INDIAN PEAKS 10K TRAIL RUN**

August 27, 2005 Nederland, CO

NAME	Age	Gen	PI	Time
ROSS WESTLEY	69	M	92	1:02:57

**TEVA EVERGOLD 10K**

September 11, 2005 Vail

Name	Age	Gen	DivPI	Time
JEFF OGREN	49	M	2.	55:46
JIM ROMERO	65	M	1.	1:03:42

## September Trophy Series Roundup

The September Trophy Series Race marked the beginning of a series of longer distance races. Continuing his record breaking pace, Mike Blanchard bested his previous course record of 1:27:49 with a time of 1:26:51. Jan Hill took first in the racewalker division in Trophy Series Scoring. Deb Cunningham and Devon Croft were the fastest finishers with times of 1:07:05 and 58:02, respectively. Big moves in overall Trophy Series Scoring included Holly Whelan, David Hill and John Bullock into 7th, 8th and 9th places respectively. Nick Benjamin, Heather Reddy, and Michael Collyer kept their hold on the top 3 spots.

Next month's race will be an 8-miler at Chatfield State Park, the exact start location and parking details are being finalized. Please check the RMRR website and hotline for details. Records to beat from Chatfield are:

8 Mile at Chatfield – new course as of 10/2004 (Oct TS)

52:01 (M) Tim Gentry (Oct 2004)  
1:00:56 (F) Deb Cunningham (Oct 2004)  
1:18:33 (W) Mike Blanchard (Oct 2004)

## ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

### September, 2005 9 mi Westminster City Park

-----TIMES-----

---HANDICAP---

-----POINTS-----

PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND		NEW	OLD	TS	SCRATCH	#
							PLACE						
1	Smith, Andrea	29	18:54	1:21:38	1:40:32	9:04	6		92	96	100.00	71.43	3
2	Croft, Devin	52	43:52	0:58:02	1:41:54	6:27	1		51	54	98.22	100.00	8
3	Montano, Michael	57	29:37	1:12:33	1:42:10	8:04	16		78	80	96.44	61.29	3
4	Nickels, Allan	68	23:46	1:18:48	1:42:34	8:45	23		88	89	94.67	43.23	6
5	Cunningham, Deb	43	35:34	1:07:05	1:42:39	7:27	1		69	70	92.89	100.00	9
6	Martinez, Richard	58	22:24	1:20:33	1:42:57	8:57	24		90	91	91.11	40.65	5
7	Scheibe, Charles	50	27:44	1:15:47	1:43:31	8:25	18		83	83	89.33	56.13	7
8	Hill, David	54	30:15	1:13:23	1:43:38	8:09	17		79	79	87.56	58.71	8
9	Mayhew, David	37	27:44	1:16:14	1:43:58	8:28	20		84	83	85.78	50.97	8
10	Whelan, Holly	43	15:14	1:28:53	1:44:07	9:53	10	102	101	84.00	48.57	8	
11	Bullock, John H. Jr.	43	41:26	1:02:47	1:44:13	6:59	5	61	59	82.22	89.68	8	
12	Stevens, Mark		33:51	1:10:38	1:44:29	7:51	13	74	73	80.44	69.03	7	
13	Knipps, Mike	53	23:46	1:20:45	1:44:31	8:58	25	90	89	78.67	38.06	9	
14	O'Dell, Bill	46	36:41	1:08:00	1:44:41	7:33	10	69	68	76.89	76.77	4	
15	Rothenburger, David	37	45:43	0:59:00	1:44:43	6:33	2	51	50	75.11	97.42	9	
16	Grinspoon, Jennifer	40	23:06	1:21:37	1:44:43	9:04	5	92	90	73.33	77.14	1	
17	Johnson, Carol	51	11:26	1:33:18	1:44:44	10:22	11	108	106	71.56	42.86	6	
18	Olson, Jeffrey	46	29:37	1:16:12	1:45:49	8:28	19	81	80	69.78	53.55	9	
19	Kielian, Elizabeth	35	36:08	1:09:51	1:45:59	7:46	11	70	69	68.00	74.19	3	
20	Greene, Eric	25	39:23	1:06:46	1:46:09	7:25	9	65	63	66.22	79.35	2	
21	Basse, Bob	50	40:56	1:05:18	1:46:14	7:15	7	61	60	64.44	84.52	8	
22	Robinette, Ric	53	35:00	1:11:25	1:46:25	7:56	15	72	71	62.67	63.87	9	
23	Winge, Joanne	38	23:46	1:22:58	1:46:44	9:13	7	92	89	60.89	65.71	4	
24	Withrow, Renee	48	12:58	1:33:47	1:46:45	10:25	12	105	104	59.11	37.14	8	
25	Trujillo, Jay	47	36:41	1:10:35	1:47:16	7:51	12	69	68	57.33	71.61	7	
26	Evans, Michelle	38	19:36	1:27:56	1:47:32	9:46	9	96	95	55.56	54.29	7	
27	Kukel, Scott	31	48:18	0:59:25	1:47:43	6:36	3	45	44	53.78	94.84	8	
28	Huner, George	52	23:46	1:24:01	1:47:47	9:20	27	90	89	52.00	32.90	6	
29	Robbert, Michael	30	41:56	1:05:58	1:47:54	7:20	8	59	58	50.22	81.94	8	
30	Grundmeyer, Ray	67	24:27	1:23:36	1:48:03	9:17	26	89	88	48.44	35.48	9	
31	Arman, Jesse	54	13:44	1:34:26	1:48:10	10:30	30	104	103	46.67	25.16	6	
32	Gentry, Tim	43	46:10	1:02:02	1:48:12	6:54	4	50	49	44.89	92.26	9	
33	LaBarry, Brad	31	37:47	1:11:01	1:48:48	7:53	14	67	66	43.11	66.45	9	
34	Champeau, Lisa	36	28:22	1:20:54	1:49:16	8:59	3	83	82	41.33	88.57	8	
35	Mitchell, Leslie	44	28:22	1:20:55	1:49:17	8:59	4	83	82	39.56	82.86	5	
36	Collyer, Michael	34	45:43	1:04:30	1:50:13	7:10	6	51	50	37.78	87.10	9	
37	Struble, Stephanie	38	26:26	1:24:15	1:50:41	9:22	8	86	85	36.00	60.00	9	
38	Werner, Bethanie	29	32:40	1:18:43	1:51:23	8:45	2	76	75	34.22	94.29	7	
39	Head, Curtis	51	33:16	1:18:22	1:51:38	8:42	22	75	74	32.44	45.81	7	
40	Benjamin, Nick	29	25:46	1:27:39	1:53:25	9:44	28	87	86	30.67	30.32	9	
41	Knipps, Joy	48	-10:42	2:04:16	1:53:34	13:48	14	133	132	28.89	25.71	8	
42	Chow, James	49	22:24	1:32:28	1:54:52	10:16	29	92	91	27.11	27.74	7	
43	Struble, Brian	38	38:20	1:16:52	1:55:12	8:32	21	66	65	25.33	48.39	9	
44	Kumpf, Howard	64	18:54	1:38:34	1:57:28	10:57	31	97	96	23.56	22.58	8	
45	Lynch, Donna	32	21:01	1:55:47	2:16:48	12:52	13	98	93	21.78	31.43	3	

**RMRR RACEWALKERS, SEPTEMBER 2005 TROPHY SERIES 9 mi**

Place	NAME	AGE	-----TIMES-----			----HANDICAP----				TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD			
1	Hill, Jan	47	-1:44	1:43:23	1:41:39	11:29	120	122	100	8	
2	Guiff, Ed	61	-7:57	1:50:45	1:42:48	12:18	128	129	80	8	
3	Blanchard, Michael	44	17:27	1:26:51	1:44:18	9:39	99	98	60	8	
4	Lyle, John	72	-17:20	2:07:52	1:50:32	14:12	141	139	40	6	

**NON-MEMBERS, SEPT TROPHY SERIES**

R/W	NAME	START	ACT'L	FINISH	PACE
R	Kyle Armstrong	21:01	1:14:36	1:35:37	8:17
R	Ken Lotze	27:44	1:15:15	1:42:59	8:22
R	Brent Jasobsen	15:14	1:31:19	1:46:33	10:09
R	Robert Kessler	43:52	1:03:07	1:46:59	7:01
R	Dean Behrens	37:47	1:16:37	1:54:24	8:31

**RACEWALKER YTD OVERALL**

Pl	Name	Gen	Total Points	#	Ave Points
1	Michael Blanchard	M	669.33	8	83.67
2	Jan Hill	F	633.33	8	79.17
3	Ed Guiff	M	468.00	8	58.50
4	Sheila Molde	F	396.00	5	79.20
5	John Lyle	M	306.67	6	51.11
6	Jan Hallez	F	286.67	5	57.33
7	Cynthia Chow	F	60.00	1	60.00



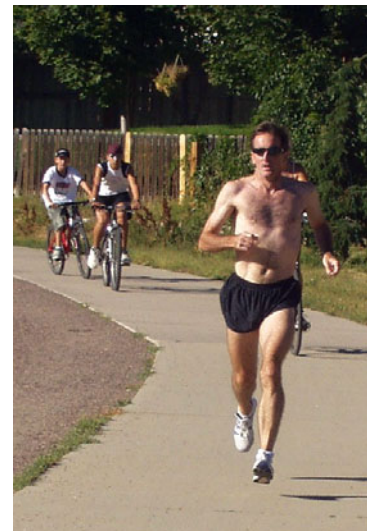
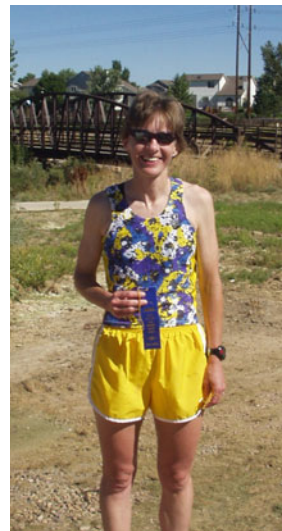
Trophy Series Winners: Front Row (L-R): Holly Whelan, Deb Cunningham, Jennifer Grinspoon. Middle Row (L-R): John Bullock, Rich Martinez, Dave Mayhew, David Rothenberger, Mike Montano. Back Row (L-R): Dave Hill, Bill O'Dell, Mark Stevens.



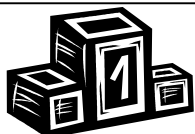
Racewalk Winners: Ed Guiff and Jan Hill



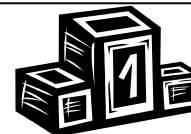
Thank you Volunteers!



Fast finishers: Deb Cunningham and Devon Croft



**RMRR TROPHY SERIES OVERALL STANDINGS  
SEPTEMBER, 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	673.12	9	74.79	1	Tim Gentry	879.93	9	97.77	1	Deb Cunningham	871.07	9	96.79	
2	Michael Collyer	M	597.81	9	66.42	2	David Rothenburger	862.15	9	95.79	2	Bonnie Keefe	724.81	8	90.60	
3	Heather Reddy	F	593.61	8	74.20	3	Michael Collyer	853.25	9	94.81	3	Bethanie Werner	652.22	7	93.17	
4	David Rothenburger	M	589.20	9	65.47	4	Scott Kukel	782.44	8	97.81	4	Stephanie Struble	650.57	9	72.29	
5	Deb Cunningham	F	569.41	9	63.27	5	Devin Croft	767.97	8	96.00	5	Lisa Champeau	642.75	8	80.34	
6	David Mayhew	M	559.29	8	69.91	6	John H. Jr. Bullock	719.63	8	89.95	6	Carmen West	585.46	8	73.18	
7	Holly Whelan	F	546.27	8	68.28	7	Michael Robbert	709.21	8	88.65	7	Karen Voss	487.38	5	97.48	
8	David Hill	M	542.54	8	67.82	8	Bob Basse	703.81	8	87.98	8	Michelle Evans	475.87	7	67.98	
9	John H. Jr. Bullock	M	539.74	8	67.47	9	Brian Struble	684.77	9	76.09	9	Holly Whelan	427.56	8	53.45	
10	Brian Struble	M	539.71	9	59.97	10	Brad LaBarry	683.34	9	75.93	10	Leslie Mitchell	418.15	5	83.63	
11	Mark Stevens	M	528.66	7	75.52	11	Rick Edrich	659.59	8	82.45	11	Angela Anderson	394.07	4	98.52	
12	Mike Knipps	M	527.64	9	58.63	12	Adam Feerst	642.01	7	91.72	12	Heather Reddy	385.92	8	48.24	
13	Tim Gentry	M	525.65	9	58.41	13	Ric Robinette	636.11	9	70.68	13	Renee Withrow	385.43	8	48.18	
14	Stephanie Struble	F	522.64	9	58.07	14	Brett Allendorf	559.31	8	69.91	14	Rebecca M. Edrich	330.75	4	82.69	
15	Charles Scheibe	M	522.35	7	74.62	15	Scott McFarlane	532.91	8	66.61	15	Trisha Davis	319.53	4	79.88	
16	Ray Grundmeyer	M	522.09	9	58.01	16	Jeffrey Olson	517.31	9	57.48	16	Joanne Winge	279.31	4	69.83	
17	Devin Croft	M	522.08	8	65.26	17	Jay Trujillo	501.84	7	71.69	17	Carol Johnson	279.22	6	46.54	
18	Lisa Champeau	F	511.85	8	63.98	18	David Hill	499.96	8	62.50	18	Momoko O'Brian	271.76	5	54.35	
19	Brad LaBarry	M	508.27	9	56.47	19	Ken Applegate	492.38	6	82.06	19	Diane Rowley	263.93	4	65.98	
20	Curtis Head	M	493.96	7	70.57	20	David Benedict	492.30	6	82.05	20	Olga Hnizdil	233.45	6	38.91	
21	Scott Kukel	M	493.73	8	61.72	21	Mark Stevens	486.09	7	69.44	21	Deanna Gampp	216.21	4	54.05	
22	Bonnie Keefe	F	488.19	8	61.02	22	Adam Lee	466.37	7	66.62	22	Joy Knipps	209.78	8	26.22	
23	Renee Withrow	F	476.23	8	59.53	23	Curtis Head	439.34	7	62.76	23	Kristi Aarsby-Kail	204.95	3	68.32	
24	Scott McFarlane	M	463.95	8	57.99	24	David Mayhew	427.39	8	53.42	24	Andrea Smith	201.94	3	67.31	
25	Adam Lee	M	456.73	7	65.25	25	Nathan Brown	423.25	5	84.65	25	Chris Vanoni	183.06	3	61.02	
26	Brett Allendorf	M	455.61	8	56.95											
27	Rick Edrich	M	430.45	8	53.81											
28	Carmen West	F	427.27	8	53.41											
29	Jeffrey Olson	M	425.38	9	47.26											
30	Mark Ballard	M	424.62	5	84.92											
31	Michael Robbert	M	419.58	8	52.45											
32	Jay Trujillo	M	416.57	7	59.51											
33	Bob Basse	M	401.33	8	50.17											
34	Jesse Arman	M	399.74	6	66.62											
35	Michael Acosta	M	394.36	7	56.34											
36	Joy Knipps	F	390.31	8	48.79											
37	Carol Johnson	F	390.01	6	65.00											
38	Michelle Evans	F	389.15	7	55.59											
39	Christopher O'Brian	M	387.48	5	77.50											
40	Todd Dunning	M	384.93	7	54.99											
41	Ken Applegate	M	378.34	6	63.06											
42	George Huner	M	376.37	6	62.73											
43	Douglas Smith	M	374.88	6	62.48											
44	Roland Thomas	M	372.25	5	74.45											
45	Howard Kumpf	M	371.09	8	46.39											
46	Ric Robinette	M	367.98	9	40.89											
47	Mitch Chesbro	M	366.18	7	52.31											
48	Olga Hnizdil	F	360.28	6	60.05											
49	Allan Nickels	M	356.56	6	59.43											
50	Jack Finch	M	349.71	6	58.29											

**September TS Racers In Action**



*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.*

### 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	7:18
100	14:05
90	20:22
80	26:07
70	31:22
60	36:05
50	40:18
40	44:00

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

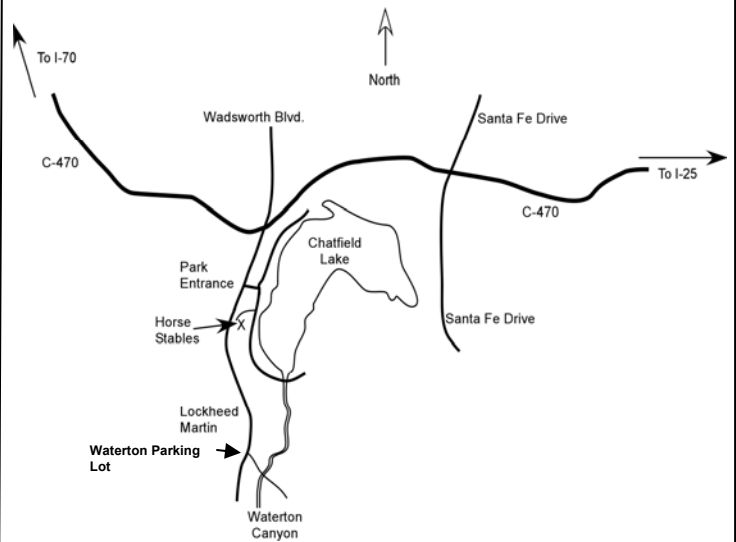
**Dogs and baby strollers** are not allowed at RMRR races due to insurance restrictions.

**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 October Trophy Series 8 miles Chatfield State Park Saturday, October 1, 9 a.m.



### Important Note: Check on Start Location!

Parking and the exact start site for the October Trophy Series race are still being finalized. Please check the club's website at [www.rmrr.org](http://www.rmrr.org) or the hotline, (303) 871-8366, for updated info. The entry road for Chatfield and the Waterton Parking areas can both be reached from Wadsworth Boulevard, South of C470.

### 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**  
c o n c e p t s  
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

OCTOBER 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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(1) <a href="http://www.rmrr.org">www.rmrr.org</a> (2) 970-577-9348 (3) <a href="http://groups.yahoo.com/group/other_half.html">groups.yahoo.com/group/other_half.html</a> denvertrailrunners, 303-282-3921 (4) <a href="http://www.bkbltd.com">www.bkbltd.com</a>		(5) <a href="http://comastersrun.org">comastersrun.org</a> (6) <a href="http://www.denvergorillarun.com">www.denvergorillarun.com</a> (7) <a href="http://moabhalfmarathon.org/other/">http://moabhalfmarathon.org/other/</a>				<b>1</b> <b>RMRR Trophy Series,</b> Chatfield State Park 9am, 8 mi (1)
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<b>2</b> <b>The Running of the Bulls,</b> 3.75 miles 8 am Estes Park (2)	<b>3</b>	<b>4</b> <b>Wash Park Fun Run</b> 6:00 pm South High Parking Lot (1)	<b>5</b> <b>Track Workout</b> 6:30pm Denver Lutheran High School	<b>6</b> <b>Trail Run</b> 5:30pm or 6:15pm (3)	<b>7</b>	<b>8</b> <b>RMRR Training Run,</b> 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)
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<b>9</b> <b>Harvest Run 5k</b> 8:45am Broomfield (4)	<b>10</b>	<b>11</b> <b>Wash Park Fun Run</b> 6:00 pm (1)	<b>12</b> <b>Track Workout</b> 6:30pm Denver Lutheran High School	<b>13</b> <b>Trail Run</b> 5:30pm or 6:15pm (3)	<b>14</b>	<b>15</b> <b>RMRR Training Run,</b> 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)
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<b>16</b> <b>Coal Creek XC Challenge,</b> 5.5 M 9am Louisville (5)	<b>17</b>	<b>18</b> <b>Wash Park Fun Run</b> 6:00 pm (1)	<b>19</b> <b>Track Workout</b> 6:30pm Denver Lutheran High School	<b>20</b> <b>Trail Run,</b> 5:30 pm or 6:15 pm (3)	<b>21</b>	<b>22</b> <b>RMRR Training Run,</b> 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)  <b>Denver Gorilla Run 5.6 k</b> 11 am Six Flags (6)
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<b>23</b> <b>The Other Half,</b> 13.1 miles Moab, Utah (7)	<b>24</b>	<b>25</b> <b>Wash Park Fun Run</b> 6:00 pm (1)	<b>26</b> <b>Track Workout</b> 6:30pm Denver Lutheran High School	<b>27</b> <b>Trail Run</b> 5:30pm or 6:15pm (3)	<b>28</b> <b>Scream Scram 5k</b> 6pm Wash Park (4)	<b>29</b> <b>RMRR Training Run,</b> 8:00 am, Goodson Rec. Center, deKoevend Prk, Littleton (1)
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<b>30</b> <b>Halloween Hustle</b> 5k 9am Wash Park (4)	<b>31</b> <b>RMRR Board Meeting,</b> 7:00 pm (1)	 <span style="font-size: 4em; color: yellow; text-shadow: 2px 2px 4px black;">Happy Halloween</span>				
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## 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	16.50	Peter Hallez	7.00	Robert Reilly	3.75
Mike Acosta	8.00	Curtis Head	4.00	Tina Richards	4.00
Gary Angerhofer	4.00	Michael Heitz	11.50	Rosalie Richter	30.00
Ken Applegate	17.00	Haynes Hendrickson	2.50	Sharyl Riley	26.25
Mark Ballard	17.50	David Hill	18.00	Lance Risi	7.00
Bob Basse	14.75	Jan Hill	15.00	Kasandra Robbert	5.00
Jim Beebe	19.75	Janet Hoffman	3.75	Michael Robbert	32.75
David Benedict	8.00	Thomas Johnson	14.25	Ric Robinette	18.75
Carol Bengston	0.50	Parthenia Jones	15.25	Anthony Rodriguez	20.25
Lee Bengston	23.50	Bonnie Keefe	56.50	Jim Romero	3.50
Michael Blanchard	12.00	Lynn Kelly	3.50	David Rothenburger	8.50
Forrest Blasingame	3.00	Matt Kennedy	3.50	Paul Rundle	4.00
Kolene Brown	63.00	Carl A. Koecher	12.25	Adam Schlegel	10.00
Lisa Champeau	39.00	Scott Kukel	26.50	John Shanahan	10.00
James Chow	87.25	Howard Kumpf	14.50	Ray Sibley	5.00
Dave Cunningham	2.50	Brad LaBarry	136.75	Andrea Smith	5.25
Deb Cunningham	59.75	Brad Logar	7.25	Douglas Smith	108.25
Hille Dais	1.00	Betsy Lyle	43.00	Kevin Standbridge	7.00
Trisha Davis	7.75	John Lyle	47.25	Nancy Stone	8.00
Tom Devine	4.00	Tom Mates	34.00	Diane Stoner	10.25
Todd Dunning	4.00	David Mayhew	8.00	Brian Struble	13.50
Michelle Evans	14.50	Dylan Mayhew	2.00	Stephanie Struble	27.25
Janet Fairs	22.75	Scott McFarlane	7.00	Chris Vanoni	33.00
Adam Feerst	13.00	Angela Meyer	7.00	Mike Vanoni	13.50
Tim Gentry	8.00	Leslie Mitchell	10.00	Mick Vollmar	1.25
Janet Gold	16.00	Brian Moore	0.75	Rick Voorhees	3.50
James Grant	4.00	Alicia Nix	28.50	Eric Wartchow	7.00
Rob Gray	7.00	Christopher O'Brian	7.00	Bethanie Werner	8.50
Jennifer Grinspoon	1.25	Momoko O'Brian	7.00	Carmen West	20.00
Ed Guiff	6.60	Jeffrey Olson	26.00	Holly Whelan	2.75
Jan Hallez	3.00	John Pawlowski	96.50	Jane Whiteley	4.00
John Hallez	10.00	Heather Reddy	15.00	Renee Withrow	8.00



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

Daniel Dougherty	1	Karen Hoffman	12
Katie Gruner	1	Bill O'Dell	14
Todd Dunning	2	Charles Scheibe	14
Shannan Steele	2	William H Suppes	14
Holly Whelan	2	Diane Williams	15
Kerry Beebe	3	Margaret Fee	16
Jim Garcia	3	Jenny Carlin	19
Aidan LaVigne	4	Dennis Jouett	22
Jennifer Bossard	5	Kimberly Shelton	22
Kim Hartwig	5	Kelly Sandro	23
Linda Pope	6	Jack Beattie	24
Paul Rundle	6	Chris Forna	24
Joanne Winge	6	Taran Griffis	24
Michelle Evans	7	Chuck Thies	24
Anne Fries	8	Patricia Heid	25
Courtney Smith	8	Joe Young	25
Jessey Chamberlain	9	Jane Whiteley	29
Dyan Piscopo	9	Dawn Opal Burgess	31
Melissa Baldrige	10	Jordan Whitmore	31

### Volunteer Hour Update

This summer saw another busy season of running and racing with RMRR. With all of the race scoring and reporting over the past month, all of the volunteer hours have not been updated yet. Hours for the 10, 15 and second 20-mile MTS races have not been entered. With the end of the year approaching, if your volunteer hours are not correct, please let us know at [rmrr@rmrr.org](mailto:rmrr@rmrr.org). Thanks for understanding.

### 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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