



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

Safe Running for Children

By Deb and Amelia Cunningham

Like many of you, I hope my children will start running someday and come to love the sport as much as I do. Some kids seem to have an aptitude for racing and love it. Others don't want to get out at all. Nationally, there has been an increase in the number of children participating in distance running. You've probably noticed more youngsters at races this summer. I've wondered about that myself. That little kid who passed me during a 5K in Wash Park – should she be running that hard and that far? At what age should kids start running? How much mileage should they do? How can I support them without pressuring them?

My daughter, Amelia, and I did some research to try to answer these questions.

First, exercise is good for kids. Running is a great form of exercise, so running in moderation is fine. However, training too hard and racing too far at too young an age can result in injuries and an aversion to running later in life. The Sports Medicine Clinic at Boston Hospital found that distance running is the leading cause of sports injuries in young people. Football is a distant second. A study in Seattle found that girl's cross country had the highest rate of injury among high school sports. It was statistically higher than football, wrestling, and gymnastics. Boy's cross country had the 5th highest injury rate.

The increased risks children face from running stem from the fact that Children are physically different from adults in two fundamental ways.

1. Children do not adapt to heat stress as well as adults.
2. Children's bones are soft because of growth plates.

There are several factors that increase children's risk of heat stress.

First, children have a greater body surface area to body mass ratio than adults, meaning they have more skin surface per pound of weight. The impact is that children are more prone to heatstroke and hypothermia because they absorb more radiant heat on a hot day and lose more heat to the surrounding environment on a cool day.

Second, children also produce more metabolic heat per unit of body mass (generate more heat per pound than adults do), but they sweat less and have less ability to convey body heat from their core to their skin surface. This results in less ability to dissipate body heat and a greater increase in core temperature during endurance activities than adults. Heat-related disorders occur more often in races over 30 minutes long.

Next, let's talk about growth plates.

Unlike adults, children's and adolescent's bones are not solid. They have an area of grow-

ing tissue near both ends of long bones. These growth plates are present in the long bones of the legs (femur, tibia and fibula) as well as in hips and ankles. Growth plates are the weakest part of the growing skeleton. They can be injured by a fall or a blow to the limb or by overuse.

An injury caused by a fall, like a sprained ankle, is likely to cause ligament damage in an adult, but can cause a growth plate injury in a child.

Overuse injuries can affect adults as well as children. When running, the impact of one's weight is magnified. Runners absorb a force equal to 3-6 times body weight with every step. A runner lands on each leg between 500-1000 times per mile, depending on stride length. Children have shorter stride lengths, so they come in contact with the pavement more often than adults do over a given distance. Growth plate injuries can be caused by overuse.

A growth plate injury is a fracture. Growth plate fractures comprise 15% of all childhood fractures. Boys are twice as likely to sustain a growth plate fracture as girls. This risk of injury is highest during the adolescent growth spurt. Maximum height velocity is reached at average age 12 for girls and 14 for boys. The greatest incidence of growth plate fractures is in 11-13 year old girls and 14-16 year old boys.

(Continued on page 3)

Congratulations October Trophy Series Winners



Front (L-R): John Bullock, Olga Hnizdil, Adam Feerst, Devon Croft, Jay Trujillo. Back (L-R): Mark Stevens, Lee Bengston, David Mayhew, Mike Knipps, Martin Pahl, Holly Whelan, Karen Voss



Racewalk Winners (L-R): Mike Blanchard, Jan Hill, Ed Guiff



Fastest Finisher: Devon Croft

**2005 RMRR
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Doug Smith

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Bonnie Keefe

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Communications
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Brad Labarry

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John Lyle

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

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Alan Reiley, Webmaster
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Jim Chow
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Mechanic
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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 October Trophy Series Race at Chatfield State Park was **hot**. We had a total of 68 runners and race walkers compared to 89 for last year. I want to thank John Bullock and Rick Voorhees and all those volunteering for their efforts.

I again want to thank the Race Directors and many volunteers who helped with the entire MTS Races Series (4). The club made a little over \$2000. 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' pay at the current \$30 (single) and \$40 (family) level.

The Boulder Backroads Half/Full Marathon on September 25th was a huge success. The weather cleared up nicely, so neither rain, wind nor too much sun made things any more difficult on the runners than the course itself. ALL those hills certainly take their toll. There were a total of 50 RMRR members who participated in this year's marathon and half marathon compared to 42 last year. As expected, Lesley Kinder did a great job putting on this event.

Please take a look at the list below of positions and projects that are waiting for someone to step forward and take them on. Each of them will help the club deliver more value to a membership in RMRR.

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.

The next meeting is Monday, Oct 31st.

Enjoy the great weather! Doug Smith



Open Volunteer Positions for 2005-2006

The club has several projects and positions that are waiting for someone to step up and lend their support:

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. Maintain the club's phone Hotline for upcoming events and return phone messages
5. Member Database Admin person (print labels for monthly T/S Races and News on The Run newsletter, 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)
6. Newsletter Classified Ad Editor (new position)
7. Recruit H.S. runners for Trophy Races for 2006 – contact area H.S. Cross Country Coaches for interest and recommendations
8. Create a "Key" word lists for pages on the website to optimize search engine access (about 3-4 hours)
9. 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.

Note:

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

Volunteer of the Month-Brad Labarry

Congratulations to Brad for being named Volunteer of the Month. In charge of race scoring and the RMRR database, Brad has been instrumental in the success of the this summer's Marathon Training Series and the KUVO Labor Day Race in the City. Brad's input is also evident every month in *News on the Run*, as he compiles all of the data for the race results, volunteer hours, member birthdays, new members and last, but certainly not least, prints the labels for the newsletter mailing.

In addition to the efforts Brad puts in with every race, he is also doing very well this year with his own racing, currently at 16th place in Trophy Series Scoring and 8th in scratch scoring.

Congratulations again Brad and thanks for all of your help every month.



Brad charging hard in a Trophy Series Race

Training

Group Runs

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

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

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

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

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

Track Workouts

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

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

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

Training Partner Program

Call Devin Croft (303) 978-9342,

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

Training Advice

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

Trail Running

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

Race Schedule

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

Date	Time	Distance	Location	Race Director
Sun 11/6/05	9am	10mi Trophy Series	deKoevend Park	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 11/20/2005	9 am	Chatfield 10 mile/5 mile	Chatfield State Park	Colorado Master's Running Association 303-765-5512
Sat 12/10/2005	9 am	President's 4 mi/RW	Prospect Park, Wheat Ridge	Colorado Master's Running Association 303-494-1782

NEXT TROPHY SERIES RACE SUNDAY NOVEMBER 6, 9 A.M. 10 MILES AT DEKOEVENDE PARK

Safe Running for Children

(Continued from page 1)

Now that we've scared you about running with your kids, there are guidelines for running safely. The key is moderation. Let's talk about how far and how often. According to Dr. Lyle Micheli, a member of the Boston Marathon Medical team, the training of rapidly growing children in terms of duration, intensity and distance should not increase by more than 10% weekly.

How Far:

This chart provides a guide to maximum race distances by age.

Sources: waycoolrunning.com and the American Academy of Pediatrics

Age	Max Distance
Elementary School (<10)	100 -400 meters
Junior High (<15)	<5K
High School (16-18)	<=10K
Age 18+	Marathon (many marathons prohibit competitors under 18 because of the risk of serious skeletal injury.)

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BOARD MEETING MINUTES

Monday, Sept 26th, 7pm @ Wild Oats on 1111 S Washington Street, Denver 80210

Attendees: Doug Smith, Bonnie Keefe, Lisa Champeau, Mike Robbert, Deb Cunningham, Stephanie Struble

Increasing Participation:

1. review current info telling members of benefits – agreed to announce at October TS race (Deb), put in newsletter (Doug) and review member letters to make sure it's in there (Doug & Kolene)
2. additional awards or gifts for varying levels of member participation – board decided that there will be no additional awards/
3. club sponsored membership in other running groups, RMRR Club Ambassadors – no to paying the membership of members to join other clubs.
4. offer fee based training for interested members – Decided against offering this. The market appears to be nearing saturation
5. Moving Comfort type program – Mike & Kasey Robbert agreed to coach next year and the club will fund some type of beginner running program. Instead of through moving comfort, we'll sponsor via each of the running stores. Need to decide when new runner gets the award. Want to prove they'll participate, but need shoes & gear up front. We talked about the importance of good shoes & that new runners need to hear a speech about how to find the right type of shoe.

Visibility:

1. Website issues, broken links, **search engine access** – need volunteer
2. RMRR signs for van – Doug will try to find someone to put them on.
3. Colfax Marathon Training Series – Yes, club is in. RMRR gets \$400/ MTS race + upside on profits if more than 500 runners in MTS. No pro-

ceeds from race itself.

Increasing Membership Value:

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

Volunteer Issues:

1. Volunteer of the Month – Brad LaBarry for work with KUVO.

Operational Items:

1. Treasurer's Report – MTS proceeds up, credit union funding down. Still slightly ahead of last year.
2. Update on MTS Series and Nov T/S Race – Need lots of volunteers because we'll police the road crossings ourselves. Greenwood Village police will be at one crossing. Deb make announcement at Oct TS.
3. Summer race contracts (Run for Lauren) – Discussed ideas about how to get someone to do this on behalf of the club. Effort is ½ day. Didn't come up with any great ideas.

Long Term Goals:

1. Update member email addresses – Jean Townsend has volunteered
2. Race course committee for 2006 – Teresa Abbott, Brian Bergevin, Janet Fairs, Bonnie Keefe, Mike Robbert, Doug Smith
3. Board members for 2006 – no new nominations, so no elections
4. Search for a Newsletter Editor – Doug will follow-up with Mark Stevens.
5. Database Admin
6. Organize Fun Runs in other areas around Denver

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LITTLETON 720.214.3174 8194 S Kipling Pkwy 7am-10pm Everyday	WESTMINSTER 303.650.2333 N Sheridan Blvd @ 92nd 7am-10pm Everyday

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Racing in Other Places

By Chris Vanoni

BOULDER BACKROADS MARATHON/HALF-MARATHON

September 25, 2005 Boulder Reservoir

Name	Age	Gen	Place	GenPl	Div	DivPl	Time	Pace	Event
DAVID ROTHENBURGER	37	M	40.	40th	35-39	7th	1:26:21	6:36	Half
KAREN VOSS	40	F	85.	12th	40-44	3rd	1:34:36	7:13	Half
MICHAEL HEITZ	53	M	119.	102nd	50-54	9th	1:37:13	7:25	Half
JOSEPH NAGLE	33	M	142.	122nd	30-34	21st	1:38:33	7:31	Half
BONNIE KEEFE	40	F	176.	30th	40-44	6th	1:40:32	7:41	Half
JIM ROMERO	65	M	214.	166th	65-69	1st	1:42:28	7:49	Half
ELWYN OWEN	43	M	231.	178th	40-44	20th	1:43:27	7:54	Half
VALERIE SHOCKLEY	39	F	269.	69th	35-39	14th	1:45:12	8:02	Half
JOSEPH O'MEARA	37	M	308.	226th	35-39	41st	1:46:26	8:08	Half
ANDREW HODSON	32	M	403.	278th	30-34	50th	1:50:07	8:24	Half
DOUG SMITH	55	M	500.	333rd	55-59	14th	1:53:18	8:39	Half
MARY SIETSMA	41	F	507.	172nd	40-44	27th	1:53:26	8:40	Half
JENNY CARLIN	41	F	548.	195th	40-44	30th	1:54:25	8:44	Half
LESLIE MITCHELL	44	F	566.	207th	40-44	33rd	1:54:50	8:46	Half
STACY RUSSELL	38	F	604.	226th	35-39	41st	1:55:54	8:51	Half
CRAIG EWING	52	M	617.	385th	50-54	35th	1:56:09	8:52	Half
WILLIAM O'DELL	46	M	641.	400th	45-49	56th	1:56:43	8:55	Half
SABINA MEHTA	27	F	699.	273rd	25-29	57th	1:58:26	9:03	Half
GARLAND THURMAN	57	M	950.	533rd	55-59	24th	2:04:01	9:28	Half
DEB MEGUIRE	41	F	1079.	506th	40-44	80th	2:07:13	9:43	Half
HOLLY WHELAN	43	F	1299.	659th	40-44	109th	2:12:04	10:05	Half
CARMEN WEST	54	F	1351.	694th	50-54	17th	2:13:51	10:13	Half
ERIC HUBBARD	48	M	1376.	664th	45-49	85th	2:14:43	10:17	Half
DEBI KELLY	48	F	1469.	776th	45-49	66th	2:18:25	10:34	Half
SHANNON PURRINGTON	27	F	1485.	785th	25-29	172nd	2:19:14	10:38	Half
LEE BENGSTON	68	M	1531.	713th	65-69	5th	2:20:38	10:44	Half
DAVID BENJAMIN	44	M	1562.	723rd	40-44	97th	2:21:47	10:49	Half
ALICE BEDARD-VOORHEES	53	F	1624.	889th	50-54	26th	2:24:45	11:03	Half
EILEEN REGAN	44	F	1678.	931st	40-44	143rd	2:28:05	11:18	Half
CINDY LAMER	40	F	1715.	961st	40-44	146th	2:30:19	11:28	Half
TERESA ABBOTT	44	F	1761.	1000th	40-44	152nd	2:34:14	11:46	Half
MARIE DRAKE	42	F	1978.	1182nd	40-44	174th	3:07:05	14:17	Half
JASON SAITTA	27	M	1.	1st	25-29	1st	2:35:50	5:57	Marathon
JEFFREY HELFRICH	25	M	11.	11th	25-29	2nd	2:53:53	6:38	Marathon
BOB BASSE	50	M	98.	88th	50-54	4th	3:36:24	8:16	Marathon
ERIC GREENE	25	M	110.	96th	25-29	19th	3:40:06	8:24	Marathon
DEB CUNNINGHAM	43	F	145.	23rd	40-44	4th	3:49:15	8:45	Marathon
LANCE MEACHAM	38	M	156.	129th	35-39	23rd	3:51:38	8:51	Marathon
JENNIFER KAUFMAN	35	F	175.	33rd	35-39	6th	3:55:15	8:59	Marathon
PAUL RUNDLE	40	M	205.	163rd	40-44	31st	4:00:48	9:12	Marathon
KATY PATRICK	27	F	208.	44th	25-29	10th	4:01:20	9:13	Marathon
DENIS KARAIKAI	31	M	212.	167th	30-34	36th	4:02:03	9:14	Marathon
JAMES GRANT	59	M	274.	208th	55-59	7th	4:13:20	9:40	Marathon
MARK STEVENS	47	M	335.	240th	45-49	24th	4:24:55	10:07	Marathon
JAMES CHOW	49	M	405.	272nd	45-49	28th	4:35:53	10:32	Marathon
DARREN ROWLEY	38	M	429.	286th	35-39	50th	4:40:34	10:43	Marathon
DIANE ROWLEY	33	F	431.	144th	30-34	31st	4:40:51	10:43	Marathon
STEPHEN DAVISON	36	M	538.	339th	35-39	62nd	5:03:19	11:35	Marathon
TALON WINDWALKER	37	M	672.	396th	35-39	71st	6:17:14	14:24	Marathon
LESLIE THOMPSON	49	F	692.	287th	45-49	33rd	6:59:35	16:01	Marathon

ST. GEORGE MARATHON

October 1, 2005 St. George, UT

Name	Age	Gen	GunTime	OAPI	GenPl	DivPl	Div	ChipTime
DAVID MACBEAN	33	M	3:34:19	848	697	80	M30-34	3:33:41
MICHAEL HEITZ	53	M	3:34:36	855	702	61	M50-54	3:33:56
ROBERT REILLY	51	M	3:44:41	1224	935	89	M50-54	3:44:02
TINKA CROSBY	45	F	4:01:22	1727	497	53	F45-49	3:56:58
ALLAN NICKELS	68	M	4:21:34	2441	1629	12	M65-69	4:16:53
DAVID STARK	57	M	4:48:21	3465	2145	124	M55-59	4:47:38

GOLDEN LEAF CLASSIC HALF-MARATHON

September 18, 2005 Aspen

Name	Gen	Pl	Div	Time
JUSTIN LITTLE	M	36	30-39	1:50:28
MICHAEL QUISPE	M	38	30-39	1:51:17
MICHAEL ROBBERT	M	116	30-39	2:05:49
JEFF BERNARDY	M	149	40-49	2:12:01
ANDREW HODSON	M	261	30-39	2:31:09
SUMMER RUCKMAN	F	343	30-39	2:50:59
ROBERT FRIES	M	385	50-59	3:27:18

A DAY TO REMEMBER 5K Run/Walk

September 11, 2005 Aurora, CO.

Name	Age	Gen	Pl	Time	Event
MITCH CHESBRO	46	M	9	24:24	Run
ROSS KINNEY	47	M	13	26:38	Run
JOHN HALLEZ	53	M	21	30:27	Run
JAN HALLEZ	51	F	1	35:59	RaceWalk

LEAD KING LOOP 25K RESULTS

September 25 2005 Marble, Colorado

Name	Gen	Pl	Time
CHARLES WESTLEY	M	39	3:52:35

**KOMEN RACE FOR THE CURE
COMPETITIVE RUN 5K RUN**

Sun, October 02, 2005 Denver

NAME	Gen	Pl	Pace	Time
DAVID ROTHENBURGER	M	11	6:05	18:52
BOB BASSE	M	47	6:37	20:33
CHARLES POLLARD	M	95	7:04	21:56
ALYN PARK	F	108	7:10	22:15
JENNIFER KAUFMAN	F	164	7:28	23:12
BOBBIE HICKMAN	F	313	8:07	25:11
JUSTIN WALK	M	395	8:27	26:16
JERRY O'DONNELL	M	435	8:35	26:40
AMY KLINGENBERG	F	484	8:45	27:10
JANE WHITELEY	F	621	9:22	29:05
PENELOPE O'DONNELL	F	729	9:58	30:57
CARRIE STEUART	F	757	10:06	31:22
KERRY BEEBE	F	774	10:13	31:43
SHIRLEY BINGHAM	F	788	10:21	32:07
GARY ANGERHOFER	M	826	10:45	33:24
TINA RICHARDS	F	863	11:26	35:29
PATTI THURMAN	F	868	11:28	35:36

CMRA BARR LAKE 1/3 MARATHON

September 25, 2005

Name	Age	Gen	Pl	Time
JAY TRUJILLO	47	M	4	1:05:14
SCOTT MCFARLANE	54	M	10	1:09:51
GEORGE HUNER	52	M	18	1:13:39
TODD DUNNING	40	M	26	1:19:13
MARK JOHNSON	47	M	30	1:25:08

Running Well "Sweet Dreams"

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

We discussed the importance of "balanced alignment" with running in the previous articles. Balanced alignment is also important for tissue recovery during sleep. It is a time for healing and elimination of stress on your musculo-skeletal system; for tissue repair and inflammation reduction everyday, not just on running days. Supportive positioning during sleep will relieve tension on muscles, ligaments, and your spine. Two key areas are the *hips and legs* and your *side (lumbar spine)*. You will need a body pillow or king size pillow, hand towel and possibly a bath towel. First lie on your side and notice if you need your hand under your head pillow for comfort, if so, try another pillow, work with two pillows, or place a folded bath towel under your head pillow until the height is right. After your head (cervical spine) is supported add the two key areas.

Place the body pillow from the very top of your thighs to the bottom of your feet. Bend at hips/knees until comfortable and notice how it feels. Now place the neatly folded hand towel under your side to support your lumbar spine. You may want to tri-fold it so the seams don't bother you. Rest for about 2 to 3 minutes and if possible, have someone slowly remove the side support, notice the difference from neck/shoulders to back/hips, then remove hip/leg support and again notice the impact on your alignment. At first use trial/error to figure out the amount of support you need. It is good to practice this so you know what you need when you do go to bed.

Sweet Dreams!



Safe Running for Children

(Continued from page 3)

How Often:

If your kids are in good shape, are not injured and have stretched, they have an amazing capacity to race distances under 1 mile frequently. Don't worry about them running frequent, short races.

As they get older, total mileage or number of hours run is a better indicator of overtraining than race distance. Dr. Micheli recommends no more than 15 miles or 22 kilometers per week for children under the age of 16.

Like adults, children need rest days. When racing distances over 1 mile, a common rule of thumb is to take one day off from racing for every mile run.

Like everything else in life, moderation is the key to success. We talked about the increased risks children face from running because they are physically different from adults with respect to their ability to adapt to heat stress and their bone structure. We've also presented common guidelines for mileage and frequency of runs based on age.

If your children like to run, let them do it. Focus less on race results and more on improving your child's self esteem and how they feel about running. If your kids enjoy running and feel a sense of pride from the sport, chances are they'll continue to be active for life. We RMRR members love this sport. Let's hope the next generation will, too!

Sources:

<http://www.waycoolrunning.com/tips.shtml>
http://www.physsportsmed.com/issues/1999/01_99/difiori.htm
<http://www.drpribut.com/sports/spchild.html>
http://kidshealth.org/parent/firstaid_safe/outdoor/sports_safety.html
<http://hermes.hhp.ufl.edu/keepingfit/ARTICLE/younginjury.HTM>
<http://www.aims-association.org/Articles/Children&Marathoning.pdf>
<http://www.aap.org/policy/03326.html> (American Academy of Pediatrics)
http://www.niams.nih.gov/hi/topics/growth_plate/growth.htm
http://www.acefitness.org/fitfacts/pdfs/fitfacts/itemid_205.pdf

More Racing in Other Places

CUB CREEK CROSSOVER 7.5MILE

September 24, 2005 Evergreen

Name	Age	Gen	OAPI	DivPI	Time
KEN SIMONS	67	M	13	1	1:13:55

HARVEST MOON LONG COURSE TRI

1.2 Mile Swim * 56 Mile Bike * 13.1 Mile Run
September 18, 2005 Aurora Reservoir, CO

Name	Age	Gen	PI	Time	Div	Swim	Bike	Run
MICK VOLLMAR	51	M	180	6:28:46	M5054	46:41	3:09:39	2:24:40

CMRA BARR LAKE 1/3 MARATHON

September 25, 2005

Name	Age	Gen	PI	Time
JAY TRUJILLO	47	M	4	1:05:14
SCOTT MCFARLANE	54	M	10	1:09:51
GEORGE HUNER	52	M	18	1:13:39
TODD DUNNING	40	M	26	1:19:13
MARK JOHNSON	47	M	30	1:25:08

BEARABLE ADVENTURE RACE

Teams of two compete in the following events
 Inner-Tube Lake Swim (350 yards)
 Challenge Course - Mountain Trail Bike (~10 miles) - Trail Run (~ 4 miles)
 September 25, 2005 Morrison, Colorado

Names	PI	Div	Team	Time
DEVIN CROFT, BRENDAN CROFT	112	A-Y	TEAM CROFT	2:24:26
PAT SMITH, BRAD STEINMETZ	134	MALE	THUNDERBIRDS	2:37:14

BEAVERDALE 5K

September 17, 2005 Des Moines

Name	Age	Gen	OAPI	DivPI	Time
KEN SIMONS	67	M	54	1	23:44

October Trophy Series Roundup

Now it gets exciting! Not that the Trophy Series isn't always exciting, but since Trophy Series scoring counts the 10 best scores, a lot can happen in the last two races of the year. Nick Benjamin is currently in first place, but Mark Stevens has the highest average point score. With 8 races behind him, Mark needs to finish strong in the last two races of the year, and could finish at, or near the top. Stay tuned. Although this was a new course, Mike Blanchard again bested his previous 8 mi course record of 1:17:24 from 2001 with a time of 1:16:07. This time earned Mike first place in racewalker TS scoring. Devon Croft repeated this month as fast male with a time of 51:08 and new member Patricia Heid took top female honors with a time of 55:21.

Next month's race will be an 10-miler at deKoevend Park, a new course. Other 10-mile records to beat are:

54:01 (M)	Wes Crist (Nov 197x?)
1:05:52 (F)	Pam Allen (Nov 1976)
1:34:18 (W)	Mike Blanchard (Nov 1998)

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

October, 2005 8 mi Chatfield State Park

-----TIMES-----

---HANDICAP---

-----POINTS-----

PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND		NEW	OLD	TS	SCRATCH	#
							PLACE						
1	Bullock, John H. Jr.	43	35:38	0:54:04	1:29:42	6:45	6		58	61	100.00	90.48	9
2	Huner, George	52	20:21	1:09:21	1:29:42	8:40	26		87	90	98.49	52.38	7
3	Hnizdil, Olga	61	7:18	1:22:29	1:29:47	10:19	13		108	110	96.98	43.53	7
4	Whelan, Holly	44	12:46	1:17:05	1:29:51	9:38	10		100	102	95.47	57.65	9
5	Trujillo, Jay	47	31:51	0:58:43	1:30:34	7:20	12		68	69	93.96	79.05	8
6	Bengston, Lee	68	10:45	1:20:08	1:30:53	10:01	37		105	105	92.45	31.43	3
7	Croft, Devin	52	39:54	0:51:08	1:31:02	6:24	1		51	51	90.94	100.00	9
8	Pahl, Martin	44	34:16	0:57:10	1:31:26	7:09	10		64	64	89.43	82.86	4
9	Stevens, Mark		29:19	1:02:21	1:31:40	7:48	14		75	74	87.92	75.24	8
10	Knipps, Mike	53	20:21	1:11:33	1:31:54	8:57	28		91	90	86.42	48.57	10
11	Feerst, Adam	45	40:42	0:51:13	1:31:55	6:24	2		51	49	84.91	98.10	8
12	Scheibe, Charles	51	24:27	1:07:34	1:32:01	8:27	22		84	83	83.40	60.00	8
13	Mayhew, David	37	23:52	1:08:15	1:32:07	8:32	24		85	84	81.89	56.19	9
14	Voss, Karen	40	31:22	1:00:51	1:32:13	7:36	2		72	70	80.38	95.29	6
15	Evans, Michelle	39	16:39	1:15:38	1:32:17	9:27	9		97	96	78.87	62.35	8
16	Keefe, Bonnie	40	30:21	1:01:59	1:32:20	7:45	3		74	72	77.36	90.59	9
17	Basse, Bob	50	35:38	0:56:44	1:32:22	7:05	9		62	61	75.85	84.76	9
18	Rothenburger, David	37	39:54	0:52:40	1:32:34	6:35	3		52	51	74.34	96.19	10
19	Robinette, Ric	53	30:21	1:02:26	1:32:47	7:48	16		73	72	72.83	71.43	10
20	Benjamin, Nick	29	22:08	1:11:03	1:33:11	8:53	27		88	87	71.32	50.48	10
21	Olson, Jeffrey	46	25:34	1:07:42	1:33:16	8:28	23		82	81	69.81	58.10	10
22	Gentry, Tim	43	40:18	0:53:04	1:33:22	6:38	4		51	50	68.30	94.29	10
23	Woskow, Greg	40	35:38	0:58:20	1:33:58	7:18	11		67	61	66.79	80.95	1
24	Collyer, Michael	34	39:54	0:54:15	1:34:09	6:47	7		52	51	65.28	88.57	10
25	Grundmeyer, Ray	67	20:57	1:13:13	1:34:10	9:09	30		90	89	63.77	44.76	10
26	Lee, Adam	33	30:21	1:04:13	1:34:34	8:02	19		74	72	62.26	65.71	8
27	Voorhees, Rick	52	14:05	1:20:43	1:34:48	10:05	38		105	100	60.75	29.52	2
28	Allendorf, Brett	36	30:51	1:04:02	1:34:53	8:00	18		73	71	59.25	67.62	9
29	Cunningham, Deb	43	31:51	1:03:11	1:35:02	7:54	4		70	69	57.74	85.88	10
30	Werner, Bethanie	29	28:16	1:06:55	1:35:11	8:22	6		77	76	56.23	76.47	8
31	Simons, Ken	68	20:57	1:14:17	1:35:14	9:17	31		96	89	54.72	42.86	1
32	LaBarry, Brad	31	32:50	1:02:25	1:35:15	7:48	15		68	67	53.21	73.33	10
33	Rundle, Paul	41	23:18	1:11:57	1:35:15	9:00	29		87	85	51.70	46.67	4
34	Reddy, Heather	36	10:45	1:24:39	1:35:24	10:35	14		107	105	50.19	38.82	9
35	Bedard-Voorhees, Alice	53	10:05	1:25:27	1:35:32	10:41	15		112	106	48.68	34.12	1
36	McFarlane, Scott	54	28:48	1:06:49	1:35:37	8:21	21		77	75	47.17	61.90	9
37	Chow, James	49	19:09	1:16:46	1:35:55	9:36	34		93	92	45.66	37.14	8
38	Johnson, Thomas	32	37:24	0:58:46	1:36:10	7:21	13		59	57	44.15	77.14	4
39	Arman, Jesse	54	11:26	1:24:52	1:36:18	10:36	40		105	104	42.64	25.71	7
40	Champeau, Lisa	36	24:27	1:12:05	1:36:32	9:01	7		84	83	41.13	71.76	9
41	Knipps, Joy	48	-10:16	1:47:00	1:36:44	13:23	17		134	133	39.62	24.71	9
42	Applegate, Ken	57	34:16	1:02:51	1:37:07	7:51	17		67	64	38.11	69.52	7
43	Benedict, David	33	32:50	1:04:32	1:37:22	8:04	20		69	67	36.60	63.81	7
44	West, Carmen	54	19:45	1:18:20	1:38:05	9:48	11		93	91	35.09	52.94	9
45	Withrow, Renee	48	10:45	1:27:48	1:38:33	10:59	16		106	105	33.58	29.41	9

RMRR RACEWALKERS, OCTOBER 2005 TROPHY SERIES 8 mi

Place	NAME	AGE	-----TIMES-----				---HANDICAP---		TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD		
1	Blanchard, Michael	44	14:44	1:16:07	1:30:51	9:31	98	99	100.00	9
2	Hill, Jan	47	0:00	1:31:15	1:31:15	11:24	120	120	73.33	9
3	Guiff, Ed	61	-6:13	1:37:28	1:31:15	12:11	128	128	46.67	9

NON-MEMBERS, OCT TROPHY SERIES

R/W	NAME	START	ACT'L	FINISH	PACE
R	Karl van hook	0:00	0:59:31	0:59:31	7:26
R	Michelle-	0:00	0:59:39	0:59:39	7:27
R	B Tugman	0:00	1:15:48	1:15:48	9:29
R	Heather Hunt	38:16	0:52:33	1:30:49	6:34
R	Tim Sullivan	33:19	0:58:38	1:31:57	7:20
	Greg Frauenhoff	30:51	1:02:47	1:33:38	7:51
	Ed Youngberg	22:43	1:13:26	1:36:09	9:11

RACEWALKER YTD OVERALL

PI	Name	Gen	Total Points	#	Ave Points
1	Michael Blanchard	M	769.33	9	85.48
2	Jan Hill	F	706.67	9	78.52
3	Ed Guiff	M	514.67	9	57.19
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 RESULTS CONTINUED

PLACE	NAME	AGE	-----TIMES-----				---HANDICAP---			-----POINTS-----		
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	#
46	Kukel, Scott	31	42:13	0:56:27	1:38:40	7:03	8	46	45	32.08	86.67	9
47	Johnson, Mark	47	22:08	1:17:43	1:39:51	9:43	36	89	87	30.57	33.33	5
48	Davis, Trisha	54	22:08	1:18:32	1:40:40	9:49	12	90	87	29.06	48.24	5
49	Chesbro, Mitch	47	24:27	1:17:10	1:41:37	9:39	35	85	83	27.55	35.24	8
50	Ballard, Mark	41	26:40	1:15:10	1:41:50	9:24	32	82	79	26.04	40.95	6
51	Montano, Michael	57	27:12	1:16:32	1:43:44	9:34	33	79	78	24.53	39.05	4
52	Sibley, Ray	105	17:55	1:26:49	1:44:44	10:51	41	96	94	23.02	23.81	5
53	Dunning, Todd	41	27:12	1:21:29	1:48:41	10:11	39	81	78	21.51	27.62	8

RMRR NEW RACERS, OCTOBER 2005 TROPHY SERIES 8 mi

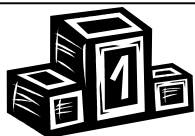
R/W	NAME	AGE	-----TIMES-----				---HANDICAP---		---POINTS---	
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	TS	SCRATCH
R	Bellon, Katherine	28	0:00	1:15:17	1:15:17	9:25	8	97	60	67.06
R	Quispe, Michael	39	35:38	0:53:05	1:28:43	6:38	5	55	60	92.38
R	Tonini, David	29	22:08	1:08:50	1:30:58	8:36	25	87	60	54.29
R	Heid, Patricia	35	38:16	0:55:21	1:33:37	6:55	1	61	60	100.00
R	Kmetz, Tracy		29:19	1:04:46	1:34:05	8:06	5	79	60	81.18
R	Schutzius, Marviin	49	0:00	1:38:12	1:38:12	12:17	42	129	60	21.90



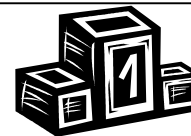
*The folks who make it
all happen.*

Thank You

Volunteers!



RMRR TROPHY SERIES OVERALL STANDINGS OCTOBER, 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	744.44	10	74.44	1	Tim Gentry	974.22	10	97.42	1	Deb Cunningham	956.96	10	95.70
2	David Rothenburger	M	663.54	10	66.35	2	David Rothenburger	958.34	10	95.83	2	Bonnie Keefe	815.40	9	90.60
3	Michael Collyer	M	663.09	10	66.31	3	Michael Collyer	941.82	10	94.18	3	Bethanie Werner	728.69	8	91.09
4	Heather Reddy	F	643.80	9	71.53	4	Scott Kukel	869.11	9	96.57	4	Lisa Champeau	714.52	9	79.39
5	Holly Whelan	F	641.74	9	71.30	5	Devin Croft	867.97	9	96.44	5	Stephanie Struble	650.57	9	72.29
6	David Mayhew	M	641.18	9	71.24	6	John H. Jr. Bullock	810.11	9	90.01	6	Carmen West	638.40	9	70.93
7	John H. Jr. Bullock	M	639.74	9	71.08	7	Bob Basse	788.57	9	87.62	7	Karen Voss	582.67	6	97.11
8	Deb Cunningham	F	627.14	10	62.71	8	Brad LaBarry	756.68	10	75.67	8	Michelle Evans	538.22	8	67.28
9	Mark Stevens	M	616.58	8	77.07	9	Adam Feerst	740.10	8	92.51	9	Holly Whelan	485.21	9	53.91
10	Mike Knipps	M	614.05	10	61.41	10	Michael Robbert	709.21	8	88.65	10	Heather Reddy	424.74	9	47.19
11	Devin Croft	M	613.03	9	68.11	11	Ric Robinette	707.54	10	70.75	11	Leslie Mitchell	418.15	5	83.63
12	Charles Scheibe	M	605.75	8	75.72	12	Brian Struble	684.77	9	76.09	12	Renee Withrow	414.84	9	46.09
13	Tim Gentry	M	593.96	10	59.40	13	Rick Edrich	659.59	8	82.45	13	Angela Anderson	394.07	4	98.52
14	Ray Grundmeyer	M	585.86	10	58.59	14	Brett Allendorf	626.93	9	69.66	14	Trisha Davis	367.77	5	73.55
15	Bonnie Keefe	F	565.55	9	62.84	15	Scott McFarlane	594.81	9	66.09	15	Rebecca M. Edrich	330.75	4	82.69
16	Brad LaBarry	M	561.47	10	56.15	16	Jay Trujillo	580.89	8	72.61	16	Joanne Winge	279.31	4	69.83
17	Lisa Champeau	F	552.98	9	61.44	17	Jeffrey Olson	575.40	10	57.54	17	Carol Johnson	279.22	6	46.54
18	David Hill	M	542.54	8	67.82	18	Ken Applegate	561.91	7	80.27	18	Olga Hnizdil	276.98	7	39.57
19	Brian Struble	M	539.71	9	59.97	19	Mark Stevens	561.32	8	70.17	19	Momoko O'Brian	271.76	5	54.35
20	Scott Kukel	M	525.80	9	58.42	20	David Benedict	556.11	7	79.44	20	Diane Rowley	263.93	4	65.98
21	Stephanie Struble	F	522.64	9	58.07	21	Adam Lee	532.08	8	66.51	21	Joy Knipps	234.49	9	26.05
22	Adam Lee	M	519.00	8	64.87	22	David Hill	499.96	8	62.50	22	Deanna Gamp	216.21	4	54.05
23	Brett Allendorf	M	514.86	9	57.21	23	David Mayhew	483.58	9	53.73	23	Kristi Aarsby-Kail	204.95	3	68.32
24	Scott McFarlane	M	511.12	9	56.79	24	Mike Knipps	443.51	10	44.35	24	Andrea Smith	201.94	3	67.31
25	Jay Trujillo	M	510.53	8	63.82	25	Curtis Head	439.34	7	62.76	25	Chris Vanoni	183.06	3	61.02
26	Renee Withrow	F	509.82	9	56.65										
27	Jeffrey Olson	M	495.19	10	49.52										
28	Curtis Head	M	493.96	7	70.57										
29	Bob Basse	M	477.18	9	53.02										
30	George Huner	M	474.86	7	67.84										
31	Michelle Evans	F	468.02	8	58.50										
32	Carmen West	F	462.36	9	51.37										
33	Olga Hnizdil	F	457.26	7	65.32										
34	Mark Ballard	M	450.66	6	75.11										
35	Jesse Arman	M	442.38	7	63.20										
36	Ric Robinette	M	440.81	10	44.08										
37	Rick Edrich	M	430.45	8	53.81										
38	Joy Knipps	F	429.93	9	47.77										
39	Michael Robbert	M	419.58	8	52.45										
40	Ken Applegate	M	416.45	7	59.49										
41	Adam Feerst	M	410.84	8	51.35										
42	Todd Dunning	M	406.44	8	50.80										
43	James Chow	M	394.43	8	49.30										
44	Michael Acosta	M	394.36	7	56.34										
45	Mitch Chesbro	M	393.73	8	49.22										
46	Carol Johnson	F	390.01	6	65.00										
47	Christopher O'Brian	M	387.48	5	77.50										
48	Bethanie Werner	F	386.44	8	48.31										
49	Karen Voss	F	375.64	6	62.61										
50	Douglas Smith	M	374.88	6	62.48										

October Trophy Series Racers In Action

Photos courtesy of Rick Edrich



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 pre-

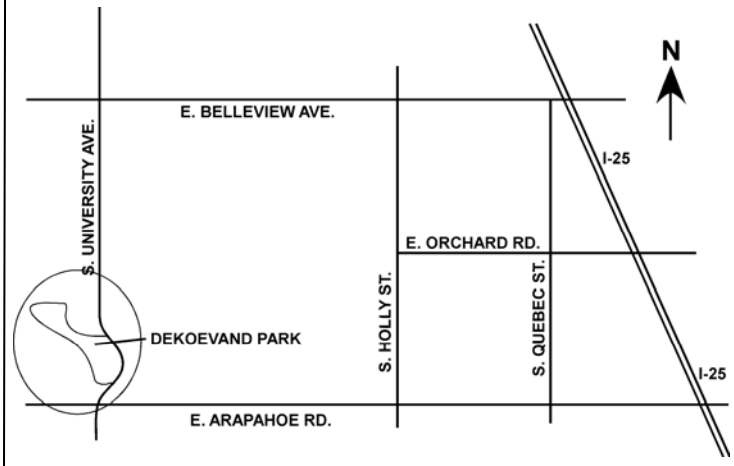
Sample 5k Start Times	
HCP	Start
120	0:00
110	9:17
100	17:54
90	25:51
80	33:10
70	39:49
60	45:50
50	51:11
40	55:53

pared 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 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

Run the November Trophy Series 10 miles deKoevend Park, Denver Sunday, November 6, 9 a.m.

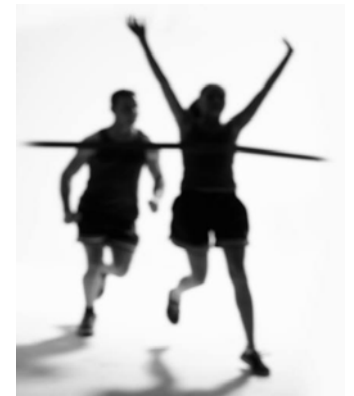


allowed at RMRR races due to insurance restrictions.

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.



Next Newsletter Deadline, Friday November 11

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, November 11. 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 rmrnewsletter@yahoo.com. Thanks, John.

Thank You for Supporting RMRR



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



POTTS TROTTERS



Bent Gate
Mountaineering

NOVEMBER 2005

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
 <p>November 11 is Veteran's Day</p>		<p>1</p> <p>Washington Park Fun Run 6:00 pm South High Parking Lot (1)</p>	<p>2</p>	<p>3</p> <p>Trail Run 5:30 pm or 6 pm (2)</p>	<p>4</p>	<p>5</p> <p>RMRR Training Run, 8:00 am Goodson Rec. Center, deKoe- vend Park (1)</p> <p>Heart Center of the Rockies Half Marathon, 10K and 4K 8:30am, Loveland (3)</p>
<p>6</p> <p>RMRR Trophy Series DeKoevend Park 9am, 10 mi (1)</p>	<p>7</p>	<p>8</p> <p>Washington Park Fun Run 6:00 pm South High Parking Lot (1)</p>	<p>9</p> <p>Winter Training for Runners FREE Talk, Two Feet to Go, 7 p.m. (8)</p>	<p>10</p> <p>Trail Run 5:30 pm or 6 pm (2)</p>	<p>11</p>	<p>12</p> <p>RMRR Training Run, 8:00 am Goodson Rec. Center, deKoevend Park (1)</p> <p>Rim Rock Run 37K Grand Junction (4)</p>
<p>13</p> <p>TTTS Race for Hope 5K Run/Walk 10 am Wash Park (5)</p> <p>"Running Free" Form Clinic for road and trail runners, West Denver area 8 am-12 pm (10)</p>	<p>14</p>	<p>15</p> <p>Washington Park Fun Run 6:00 pm South High Parking Lot (1)</p>	<p>16</p> <p>Winter Training for Runners FREE Talk, Run- ners Roost, 7 p.m. (9)</p>	<p>17</p> <p>Trail Run 5:30 pm or 6:15 (2)</p>	<p>18</p>	<p>19</p> <p>RMRR Training Run, 8:00 am Goodson Rec. Center, deKoe- vend Park (1)</p>
<p>20</p> <p>Chatfield 10 Miler 9am Chatfield State Park (6)</p>	<p>21</p>	<p>22</p> <p>Washington Park Fun Run 6:00 pm South High Parking Lot (1)</p>	<p>23</p>	<p>24</p> <p>Mile High United Way Turkey Trott 4mi Run/Walk 10 am Wash Park (7)</p>	<p>25</p>	<p>26</p> <p>RMRR Training Run, 8:00 am Goodson Rec. Center, deKoe- vend Park (1)</p>
<p>27</p>	<p>28</p> <p>RMRR Board Meeting 7 pm Wild Oats Wash Park (1)</p>	<p>29</p> <p>Washington Park Fun Run 6:00 pm South High Parking Lot (1)</p>	<p>30</p>	<p>(1) www.rmrr.org (2) groups.yahoo.com/group/denvertrailrunners, 303-282-3921 (3) www.runnersroostftcollins.com (4) www.rimrockrun.org (5) www.ttraceforhope.org (6) www.comastersrun.org (7) www.bkbld.com (8) 4340 Tennyson, Denver, 303-458-7700; www.runuphillracing.com (9) 437 S. Wadsworth, Unit B, Lakewood, 303-991-1851; www.runuphillracing.com (10) www.runuphillracing.com, 303-870-0487</p>		



2005 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Teresa Abbott	16.50	Rob Gray	7.00	Alicia Nix	28.50
Michael Acosta	8.00	Jennifer Grinspoon	1.25	Christopher O'Brian	7.00
Gary Angerhofer	4.00	Ray Grundmeyer	10.50	Momoko O'Brian	7.00
Ken Applegate	17.00	Ed Guiff	10.60	Jeffrey Olson	28.50
Mark Ballard	23.75	Jan Hallez	3.00	John Pawlowski	96.50
Bob Basse	14.75	John Hallez	10.00	Heather Reddy	29.50
Jim Beebe	19.75	Peter Hallez	7.00	Robert Reilly	3.75
David Benedict	8.00	Curtis Head	4.00	Tina Richards	4.00
Carol Bengston	0.50	Michael Heitz	11.50	Rosalie Richter	33.75
Lee Bengston	23.50	Haynes Hendrickson	6.00	Sharyl Riley	30.50
Michael Blanchard	14.50	David Hill	18.00	Lance Risi	7.00
Forrest Blassingame	3.00	Jan Hill	15.00	Kasandra Robbert	5.00
Kolene Brown	63.00	Janet Hoffman	3.75	Michael Robbert	36.00
John H. Jr. Bullock	11.00	Thomas Johnson	17.00	Ric Robinette	18.75
Tammy Bullock	1.00	Parthenia Jones	15.25	Anthony Rodriguez	33.75
Kelly Carr	4.50	Bonnie Keefe	64.00	Jim Romero	3.50
Lisa Champeau	53.25	Nancy Kell	5.50	David Rothenburger	8.50
James Chow	87.25	Lynn Kelly	3.50	Paul Rundle	6.50
Dave Cunningham	2.50	Matt Kennedy	3.50	Adam Schlegel	10.00
Deb Cunningham	64.75	Carl A. Koecher	12.25	John Shanahan	10.00
Hille Dais	1.00	Scott Kukel	31.50	Ray Sibley	18.00
Trisha Davis	7.75	Howard Kumpf	30.00	Andrea Smith	10.75
Tom Devine	4.00	Brad LaBarry	136.75	Douglas Smith	192.75
Todd Dunning	4.00	Brad Logar	7.25	Kevin Standbridge	7.00
Rick Edrich	4.00	Betsy Lyle	44.50	Nancy Stone	12.00
John Estes	4.25	John Lyle	47.25	Diane Stoner	14.25
Michelle Evans	14.50	Tom Mates	37.75	Brian Struble	21.50
Janet Fairs	51.00	David Mayhew	8.00	Stephanie Struble	35.25
Adam Feerst	13.00	Dylan Mayhew	2.00	Maryse Thomas	4.00
Tim Gentry	20.00	Scott McFarlane	7.00	Chris Vanoni	33.00
Bret Gerhold	4.50	Angela Meyer	7.00	Mike Vanoni	13.50
Janet Gold	16.00	Leslie Mitchell	10.00	Mick Vollmar	5.25
James Grant	10.50	Brian Moore	0.75	Rick Voorhees	13.00



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

Tonya Martin	1	Jay Graham	18
Thomas Rohr	1	Holly Romero	19
Janet Hoffman	3	Chad Edwards	20
Jeffery Bernardy	4	Janina Edwards	20
Carl A. Koecher	5	Chelsea Hardy	20
Bridget Mackinnon	7	David Price	20
Monica Acosta	8	Jim Albertz	21
John H. Jr. Bullock	8	Curtis Head	21
Douglas Pierce	9	Bill Michaels	22
Rachel A. Edrich	10	Daniel Molde	22
Harry Rosenblat	11	Ken Soule	23
Deb Cunningham	13	David Stark	23
Grayson Drexel	13	Jesse Arman	24
Sabina Mehta	13	William Fornia	28
Gregory Sides	14	Carly Frick	28
Joseph DeCaporale	16	Monica Brisnehan	29
Shirley M. Bingham	18	Lucille C. Morse	29

Name	Hours	Name	Hours
Eric Wartchow	7.00	Holly Whelan	7.25
Bethanie Werner	8.50	Jane Whiteley	4.00
Carmen West	30.50	Renee Withrow	8.00

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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