



News on The Run

A Letter from the President...

The weather for the November Trophy Series Race at deKoevend Park on the Highline Canal Trail was great. We had a total of 69 runners and race walkers compared to 79 for last year. I want to thank Mike and Kasey Robbert and all those volunteering for their efforts. Putting on this race was more of a challenge than usual because of the additional help needed to stop traffic for our runners and race walkers. I also want to thank the Greenwood Village Police for their invaluable assistance. I hope everyone agreed that the location and nature of the course was worth the extra effort.

I'm pleased to announce that your club in cooperation with Phidippides Track Club and the Colorado Colfax Marathon will be putting a Marathon Training Races Series to help prepare participants for the Colfax Marathon on Sunday, May 21, 2006. See the ad in this issue for the details of the 10/15/20 mile race series.

In addition, beginning Nov 19th, Joanne Winge has agreed to host Sat Training Runs on the Big Dry Creek Trail, beginning and ending at the Westminster Rec Center (105th & Sheridan). Mileage will depend on the week - from 13 (every other week) up to 18 or 20 miles on alternating weeks through May. The starting time is 8am. (negotiable) Pace will be 9:30 to 10 min/mile. Interest runners should contact Joanne at jojomaestra@aol.com.

With the holidays fast approaching, please keep all of the retailers that sponsor our club in mind when you start planning your gift shopping trips. See the "Thanks for supporting RMRR" ad at the end of each newsletter. Their very generous support each month goes a long way to adding value to your membership.

Also, please take a look at the list 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.

Lastly, 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 are held the Monday before each month's Trophy Race.

Enjoy the great weather! Doug Smith



RMRR Winners from 2005 Triple Crown of Running Race Series



Deb Cunningham (left), Greg Woskow (middle) and Bonnie Keefe (right) celebrate after receiving their awards from the TCR race series. The series consisted of the Garden of the Gods 10-miler in June; the 12k Summer Roundup Trail Race in July; and the Pikes Peak Ascent in August. Deb finished 4th in her age group, Greg was also 4th in his age group and Bonnie took 6th in her age group. Congratulations Deb, Greg and Bonnie.

PLEASE JOIN US FOR THE RMRR AWARDS AND VOLUNTEER BANQUET

Sunday, January 15, 2006, 6 pm

Fox Hollow Golf Club in Lakewood



Menu includes spaghetti with meat sauce or vegetarian lasagna and garlic bread.

Cost: \$15 (children and volunteers with 15+ hrs free)

Please RSVP with dinner choice and menu preference to Betsy Lyle at (303) 238-1135 or jandblyle@yahoo.com. Fox Hollow Golf Club is located at 13410 West Morrison Road in Lakewood (west of Kipling Parkway).

**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 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 Editor

It's been a great honor and privilege to serve as editor of *News on the Run* for the past two years, but like all good things, it is time for a change. We are currently looking for a new RMRR member(s) to take over as newsletter editor. If your creative juices are flowing and you would like to contribute to RMRR, newsletter editor is a great opportunity to work with the leadership of RMRR, get to know many of your friends and co-members better and earn some great merchandise and free membership (usually) in RMRR through volunteer hours.

This past year has been challenging for me after taking a new job that's involved lots of travel and other commitments that have made it hard to dedicate as much time to the newsletter as I was previously able (you all may have noticed).

I bet at this point, many of you are saying "Hey, I'd like to do that, but I wouldn't know how to get started?" I'm glad you asked. Getting the newsletter out is really a team effort and lots of people already participate. The various steps include: getting material that makes up the content of the newsletter, layout, sending files to the printer, picking newsletter up from printer, labeling, and mailing. The copy that makes up all of the interesting reading is contributed by some fine writers including Mike Acosta and Alicia Nix, Chris Vanoni who scours the web for race results for *Racing in Other Places*, Stephanie Struble who compiles the calendar, Deb Cunningham and photographers for pictures, Brad Labarry for compiling member data such as birthdays, volunteer hours and trophy series results. Usually, the deadline for each issue of *News on the Run* is the Friday following the last Trophy Series race. The newsletter is put together using Microsoft Publisher and the club has a copy of the program for the newsletter editor to use.

From our masthead, you'll see that next year will be the 29th year of *News on the Run*. If you'd like to be part of this great heritage and help shape the face of RMRR, this is a great opportunity. While I would like to turn over all of the editor duties to a new person or team, I am willing to bow out gracefully and will be happy to continue some level of participation on the newsletter team. Additionally, if you feel that there may be times in the year that wouldn't fit with your schedule for doing newsletter, I will also be happy to cover some of those times. I just cannot continue to do so every month. RMRR is a great running club that deserves a great newsletter, and I've not been able to do it justice lately.

OK, so now I hear quite a few of you saying "take on another responsibility this time of year with the holidays and all of the hectic end of year activities going on. Are you nuts?" No, just hopeful and besides, we can transition slowly and I'll help out any way I can. If you are interested in exploring this great opportunity to participate in RMRR or have any questions, please don't hesitate to get in touch. My contact info is listed to the left of this column.

Happy Running,
John P.

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:

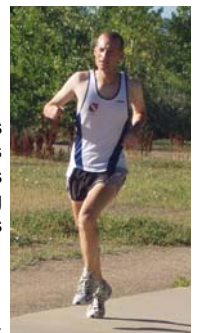
1. Serve on the *Race Course Committee for 2006* (Sept-Dec '05)
2. Board members for 2006 (Jan-Dec '06)
3. Newsletter Editor for **News on The Run** (please see above!)
4. Maintain the club's phone Hotline for upcoming events and return phone messages
5. Member Database Admin person (print labels for 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- Scott Kukel

Many of you know Scott as one of the fastest runners with RMRR, and this month, he is being honored as volunteer of the month for trying to help many of us catch him. RMRR wishes to thank Scott for hosting the track workout sessions this past summer, which many members took advantage of to improve their running technique and speed. Thank you Scott for helping organize the track workouts this year and for all of your efforts on behalf of RMRR.



Scott racing at the October 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 12/4/05	9am	4.4mi Trophy Series	Washington Park	Jim Chow and Heather Reddy
Sun 1/8/06	9am	10k Trophy Series	Twin Lakes Park	Open
Sun 2/5/06	9am	7mi Trophy Series	Cherry Creek State Park	Lisa Champeau/Robert Reilly
Sun 2/26/06		10mi Colfax Marathon Training Series	DeKoevend Park	Open
Sun 3/5/06	9am	3mi Trophy Series	Crown Hill Park	Ken Applegate/Janet Gold
Sun 3/26/06		15mi Colfax Marathon Training Series	DeKoevend Park	Open
Sun 4/2/06	9am	4mi Trophy Series	City Park (Denver)	Stephanie Struble/Brian Bergevin
Sun 4/23/06		20mi Colfax Marathon Training Series	DeKoevend Park	Doug Smith/Bonnie Keefe
Sun 5/7/06	8am	5mi Trophy Series	Carson Nature Center	Open
Sun 6/4/06	8am	2.4mi Trophy Series	Stone House Park	Adam Feerst/Rick Edrich
Sat 7/8/06	8am	2mi Trophy Series	Bible Park (Brunch)	Doug Smith/Carmen West
Sun 7/16/06	7am	10mi RMRR Marathon Training Series	City Park (Westminster)	Open
Fri 8/4/06	6:30pm	5k Trophy Series	DeKoevend Park (BBQ)	Open
Sun 8/6/06	7am	15mi RMRR Marathon Training Series	City Park (Westminster)	Open
Sun 8/27/06	7am	20mi RMRR Marathon Training Series	City Park (Westminster)	Open
Mon 9/4/06	9am	5280m jazz89 Labor Day Race in the City	Washington Park	Open
Sun 9/10/06	8am	9mi Trophy Series	City Park (Westminster)	Open
Sun 10/1/06	7am	20mi RMRR Marathon Training Series	City Park (Westminster)	Doug Smith/Bonnie Keefe
Sun 10/8/06	9am	8mi Trophy Series	Chatfield State Park	Open
Sun 11/5/06	9am	10mi Trophy Series	Waterton Canyon*	Open
Sun 12/3/06	9am	4.4mi Trophy Series	Washington Park	Lisa Champeau/Mark Ballard

* By permit of the US Forest Service

Other Races of Interest:

Colfax Marathon Sunday, May 21, 2006

Boulder Backroads Marathon and Half-Marathon Sunday, September 24, 2006

BOARD MEETING MINUTES

November 1, 2005

Attendees: Doug Smith, Bonnie Keefe, John Lyle, Leslie Mitchell, Michelle Evans, Bob Reilly, Jim Chow, Lisa Champeau

Increasing Participation:

- Fee based training for interested members
Doug & Bonnie went to RRCA session. Need to complete their written exam. Then possibly offer service to members.

Visibility:

- Bolder Boulder Race Calendar – Cost is \$35 / event. Too expensive for all of our races. Maybe put in MTS. KUVO a possibility. Spring MTS w/ Colfax marathon maybe.
- Website issues, broken links, search engine access – Alan/Jim/Jeff/Deb. Current web hosting company has some problems. Instead of trying to save a few dollars, move to Yahoo when current hosting contract expires. Jim/Doug will work on it off-line.
- RMRR signs for van – Doug has not found anyone to do this yet.
- Colfax MTS – Ad appeared in Colorado Runner.

Increasing Membership Value

- Awards dinner at Fox Hollow golf club again.
- Volunteer, Race Director Awards, - RMRR socks. Gloves & hats for RDs. Long sleeve technical shirts for those w/ 30 hours.
- USA Track & Field club membership – Waiting for reply from USATF on whether we have to sanction all of our events.
- ATP, Colorado Center for Altitude Training and Performance – This company does performance testing like lactate threshold, VO2 max, MCAT, etc. RMRR inquiring about discounted pricing for club members.
- Classified ads for members in newsletter – need an editor for the ads.
- Runnerart.com – Doug

Volunteer Issues

- Volunteer hours – Are we caught up? Deb to email Brad.
- Volunteer of the Month – Scott Kukel for organizing track workouts this summer.
- Joe Arrazola volunteer award – Ken Simons (Member since 1967)
- Outside race scoring opportunities, MS Run for Hope, Rainbow Run – Club will give a gift card or cash to members willing to direct an outside race. Raise fee from \$400 to \$500 if we can do it based on the legal & tax review – Stephanie Struble.
- Fishers of Men race (Potts Trotters). Still need volunteers.

Operational Items

- Treasurer's Report: Less income than last year. Space Age credit union is down \$2500 from last year. Race Income is down as well, but we're missing KUVO (Doug check w/ Lee). Race expenses are also up \$1700 over last year for the MTS, Trophy Series, and Permits. Permit prices have definitely increases. Leslie will get some detail.
- 2006 race schedule. Stick with Sundays.
 - o January 8: 10K @ Twin Lakes
 - o Feb 5: 7 mi @ Cherry Creek State Park (Lisa Cham-

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.

- peau, Bob Rielly)
- o March 5: 3mi @ Crown Hill
- o April 2: 4 mi @ City Park (Stephanie Struble, Brian Bergevin)
- o May 7: 5 mi @ Carson Nature Center
- o June 4: 2.4 mi @ Stone House (Adam Feerst, Rick Edrich)
- o July 9: 2 mi @ Bible Park - Pancake Breakfast (Doug Smith, Carmen West)
- o Aug 4: 5k @ DeKoevend
- o Sept 10: 9 mi @ Westminster City Park
- o Oct 8: 8mi @ Chatfield
- o Nov 5: 10mi Wateron Canyon
- o Dec 3: 4.4 mi Wash Park (Lisa Champeau, Mark Ballard)

- Not enough interested parties to hold elections for next year's board.
- Need a president for next year. Discussion about paying the President, not a full salary, but something. Doug does not want to be President next year. Deb doesn't either.

Long Term Goals/Volunteers Needed:

- Update member email addresses – Jean Townsend has volunteered
- Race course committee for 2006 – Teresa Abbott, Brian Bergevin, Janet Fairs, Bonnie Keefe, Mike Robbert, Doug Smith
- Board members for 2006
- Search for a Newsletter Editor
- Database Admin
- RMRR Phone Message/Info Line
- Organize Fun Runs in other areas around Denver

WILD OATS
NATURAL MARKETPLACE

NATURAL POWER FOR ATHLETES!

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

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

WWW.WILDOATS.COM • 800.494.WILD

Better Food. Pure & Simple.™

©2005 Wild Oats Markets, Inc. # 8954

Racing in Other Places

By Chris Vanoni

CHICAGO MARATHON

October 9, 2005 Chicago, IL

Name	Age	Gen	ChipTime	GunTime	Pace	OAPI	GenPI	DivPI
SCOTT KUKEL	31	M	03:11:10	03:11:39	7:17	1446	1315	262
LARRY STELLER	38	M	03:13:36	03:14:10	7:23	1627	1476	281
ALYN PARK	54	F	03:20:41	03:21:28	7:39	2346	265	2
CHELSEY HOOD	24	F	03:31:59	03:33:39	8:05	3964	594	87
ELWYN OWEN	43	M	03:38:39	03:42:36	8:20	5225	4258	752
MONICA BRISNEHAN	35	F	03:53:13	03:59:19	8:53	8733	2123	369
EDWARD KING	52	M	03:55:24	04:02:12	8:58	9324	6991	441
ANDREW HODSON	32	M	03:55:36	04:01:44	8:59	9372	7031	1218
JAY WISSOT	60	M	03:57:36	03:58:25	9:03	9979	7439	45
PATTI THURMAN	53	F	04:05:28	04:16:59	9:21	12006	3299	51
ADAM LEE	33	M	04:08:54	04:16:27	9:29	12841	9196	1595
SUE GOLDEN	40	F	04:21:33	04:35:22	9:58	16178	5178	693
DEBI KELLY	48	F	04:47:20	04:55:09	10:57	22908	8511	548
KIMBERLY SHELTON	35	F	05:00:48	05:18:01	11:28	25813	10095	1656
ROBYN AASMUNDSTAD	27	F	05:20:22	05:30:59	12:13	28582	11660	2930

SCREAM SCRAM 5K

October 28, 2005 Washington Park
Note: Top 100 people were scored.

Name	Age	Gen	PI	Time	Pace
DAVID ROTHENBURGER	37	M	17	18:59	6:07
MICHAEL QUISPE	39	M	21	19:15	6:12
ANGELA ANDERSON	25	F	33	20:57	6:45
NANCY KIYOTA	45	F	68	23:30	7:34
CHELSEY HOOD	24	F	75	23:45	7:39

TTTS RACE FOR HOPE 5K

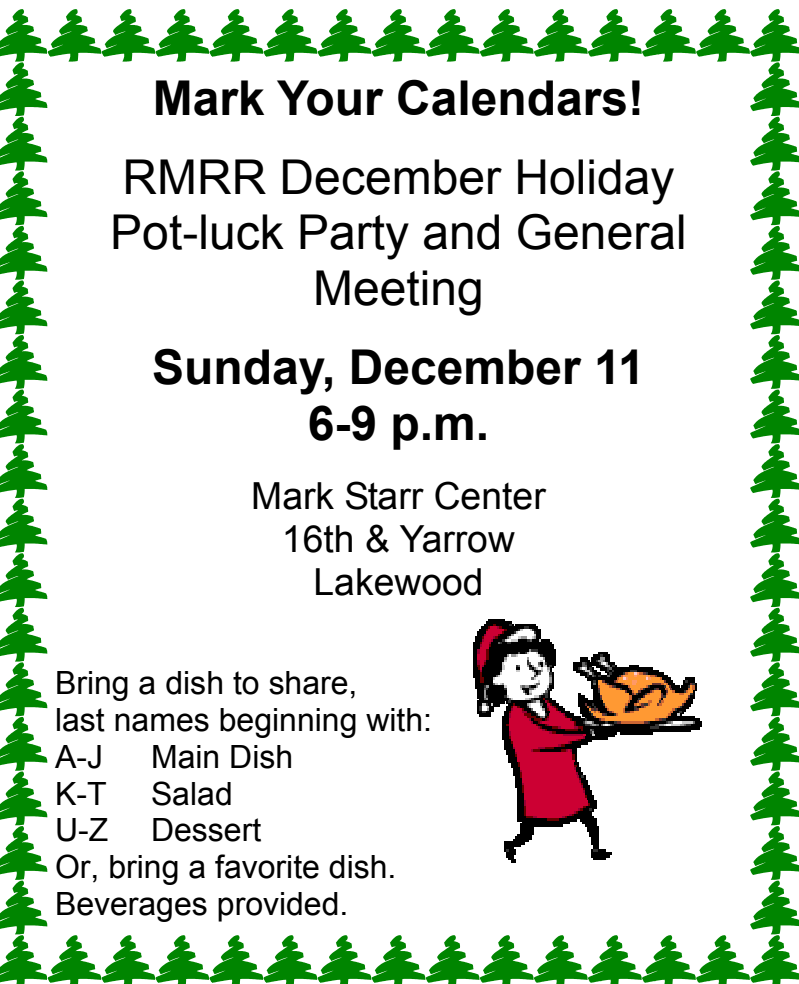
November 13, 2005 Washington Park

Name	Age	Gen	GenPI	DivPI	Time	Pace
CRAIG EWING	52	M	35	7/22	22:19	7:11
ED KING	52	M	36	8/22	22:19	7:11
LESLIE MITCHELL	44	F	11	3/59	24:23	7:51
TRISHA DAVIS	54	F	17	3/29	25:36	8:15
JANE WHITELEY	52	F	32	5/29	27:53	8:59

NIKE WOMEN'S MARATHON/HALF-MARATHON

October 23, 2005 San Francisco, CA

Name	Age	Gen	Overall	ChipTime	Div	DivPI	GenPI	Pace	GunTime	Event
CHRISTINE VANONI	54	F	DENVER	2:09:03 AM	F50-54	22	999	12:09:51	2:10:36	Half
SUE TADDEUCCI	40	F	ENGLEWOOD	3:43:38 AM	F40-44	11	141	12:08:32	3:44:26	Marathon
JANET HOFFMAN	40	F	CASTLE ROCK	4:05:07 AM	F40-44	45	396	12:09:21	4:05:54	Marathon



Mark Your Calendars!

**RMRR December Holiday
Pot-luck Party and General
Meeting**

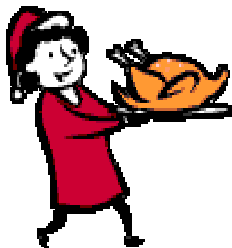
**Sunday, December 11
6-9 p.m.**

Mark Starr Center
16th & Yarrow
Lakewood

Bring a dish to share,
last names beginning with:

- A-J Main Dish
- K-T Salad
- U-Z Dessert

Or, bring a favorite dish.
Beverages provided.



CMRA COAL CREEK XC CHALLENGE 5.75 MILES

October 16, 2005 Broomfield

Name	Age	Gen	PI	Time
GARY BLACK	20	M	14	37:59
JAY TRUJILLO	47	M	24	42:32
JIM ROMERO	65	M	38	44:33
SCOTT MCFARLANE	54	M	56	47:43
GEORGE HUNER	52	M	66	49:26
TODD DUNNING	41	M	73	52:24
RAY GRUNDMEYER	67	M	82	54:27
LEE BENGSTON	68	M	92	57:15
CHRIS VANONI	54	F	93	57:48
MIKE VANONI	57	M	98	58:52
DAVE BLACK	54	M	106	66:12

RIMROCK 37K

Nov 12, 2005 Grand Junction

Name	Age	Gen	DivP	OAPI	Time
ADAM FEERST	45	M	1	5	2:26:59
DAVE CUNNINGHAM	41	M	5	52	2:55:40
LARRY STELLER	38	M	10	66	3:03:17
JEFF O'REILLY	45	M	16	121	3:24:24
MYRA RHODES	73	F	1	186	3:48:24
LEE RHODES	72	M	1	225	4:03:50
TALON WINDWALKER	37	M	22	255	4:25:12
RICHARD FRIEDMANN	69	M	3	260	4:28:21
HOWARD KUMPF	64	M	6	270	4:37:34

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

November, 2005 10 mi deKoevend Park

PLACE	NAME	AGE	-----TIMES-----				---HANDICAP---			-----POINTS-----		#
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	
1	Bengston, Lee	68	13:39	1:35:36	1:49:15	9:34	33	97.00	105	100.00	34.36	4
2	Dais, Hille	57	5:38	1:44:02	1:49:40	10:24	13	107.00	114	98.40	36.00	4
3	Tonini, David	29	28:07	1:22:49	1:50:56	8:17	17	80.00	87	96.80	67.18	2
4	Arman, Jesse	55	13:39	1:37:21	1:51:00	9:44	34	99.00	105	95.20	32.31	8
5	Okamoto, Karen	50	18:43	1:32:40	1:51:23	9:16	8	94.00	99	93.60	62.67	3
6	Voorhees, Rick	52	13:39	1:38:08	1:51:47	9:49	36	100.00	105	92.00	28.21	3
7	Voss, Karen	40	38:32	1:13:21	1:51:53	7:20	1	66.00	72	90.40	100.00	7
8	Knipps, Joy	48	-14:04	2:06:10	1:52:06	12:37	15	130.00	134	88.80	25.33	10
9	Fornia, William	47	28:07	1:24:04	1:52:11	8:24	21	82.00	87	87.20	58.97	3
10	Rundle, Paul	41	28:07	1:24:18	1:52:25	8:26	22	82.00	87	85.60	56.92	5
11	Gentry, Tim	43	50:40	1:01:53	1:52:33	6:11	1	44.00	51	84.00	100.00	11
12	Bullock, John H. Jr.	44	46:57	1:05:57	1:52:54	6:36	5	53.00	58	82.40	91.79	10
13	Szymanski, Peter	49	29:35	1:23:48	1:53:23	8:23	19	82.00	85	80.80	63.08	4
14	Huner, George	52	28:07	1:25:19	1:53:26	8:32	24	84.00	87	79.20	52.82	8
15	Withrow, Renee	48	12:48	1:40:46	1:53:34	10:05	11	103.00	106	77.60	46.67	10
16	Vollmar, Mick	51	29:35	1:24:03	1:53:38	8:24	20	82.00	85	76.00	61.03	6
17	Reddy, Heather	36	11:55	1:41:59	1:53:54	10:12	12	105.00	107	74.40	41.33	10
18	Hill, David	54	33:51	1:20:05	1:53:56	8:00	13	76.00	79	72.80	75.38	9
19	Basse, Bob	50	44:40	1:09:21	1:54:01	6:56	6	59.00	62	71.20	89.74	10
20	Croft, Devin	52	50:40	1:03:24	1:54:04	6:20	2	48.00	51	69.60	97.95	10
21	Mayhew, David	37	29:35	1:24:34	1:54:09	8:27	23	83.00	85	68.00	54.87	10
22	Olson, Jeffrey	46	31:45	1:22:40	1:54:25	8:16	16	80.00	82	66.40	69.23	11
23	Cunningham, Deb	44	39:49	1:14:44	1:54:33	7:28	2	68.00	70	63.20	94.67	11
24	Rothenburger, David	37	50:09	1:04:24	1:54:33	6:26	3	50.00	52	64.80	95.90	11
25	Stevens, Mark		36:34	1:19:18	1:55:52	7:56	11	75.00	75	61.60	79.49	9
26	Allendorf, Brett	36	37:53	1:18:16	1:56:09	7:50	9	74.00	73	60.00	83.59	10
27	Romero, Jim	65	37:53	1:18:21	1:56:14	7:50	10	74.00	73	58.40	81.54	3
28	Werner, Bethanie	29	35:13	1:21:01	1:56:14	8:06	3	78.00	77	56.80	89.33	9
29	Evans, Michelle	39	20:21	1:35:58	1:56:19	9:36	9	98.00	97	55.20	57.33	9
30	Struble, Brian	38	42:18	1:14:37	1:56:55	7:28	7	68.00	66	53.60	87.69	10
31	Knipps, Mike	53	25:05	1:31:54	1:56:59	9:11	30	92.00	91	52.00	40.51	11
32	Lee, Adam	33	37:14	1:20:12	1:57:26	8:01	14	75.00	74	50.40	73.33	9
33	Vanoni, Chris	54	20:21	1:37:09	1:57:30	9:43	10	99.00	97	48.80	52.00	4
34	Hancock, Michelle	37	34:33	1:23:10	1:57:43	8:19	4	81.00	78	47.20	84.00	1
35	Robinette, Ric	53	37:53	1:19:55	1:57:48	7:59	12	74.00	73	45.60	77.44	11
36	Woljan, Dennis	63	26:36	1:31:15	1:57:51	9:08	29	92.00	89	44.00	42.56	3
37	Grundmeyer, Ray	67	25:51	1:32:13	1:58:04	9:13	32	91.00	90	42.40	36.41	11
38	Kukel, Scott	31	53:08	1:05:43	1:58:51	6:34	4	47.00	46	40.80	93.85	10
39	Head, Curtis	52	36:34	1:22:20	1:58:54	8:14	15	77.00	75	39.20	71.28	8
40	Struble, Stephanie	38	28:51	1:30:25	1:59:16	9:02	7	88.00	86	37.60	68.00	10
41	Scheibe, Charles	51	30:19	1:30:29	2:00:48	9:03	28	85.00	84	36.00	44.62	9
42	Hnizdil, Olga	61	11:03	1:49:53	2:00:56	10:59	14	109.00	108	34.40	30.67	8
43	Chesbro, Mitch	47	29:35	1:31:59	2:01:34	9:12	31	86.00	85	32.80	38.46	9
44	McFarlane, Scott	54	35:13	1:26:57	2:02:10	8:42	25	78.00	77	31.20	50.77	10
45	Bearss, Joseph	35	26:36	1:37:34	2:04:10	9:45	35	93.00	89	29.60	30.26	4
46	Trujillo, Jay	47	41:04	1:23:41	2:04:45	8:22	18	69.00	68	28.00	65.13	9
47	Benjamin, Nick	29	27:22	1:38:52	2:06:14	9:53	37	89.00	88	26.40	26.15	11
48	Johnson, Mark	47	26:36	1:40:25	2:07:01	10:03	39	90.00	89	24.80	22.05	6
49	LaBarry, Brad	31	41:04	1:30:21	2:11:25	9:02	27	69.00	68	23.20	46.67	11
50	Edrich, Rick	45	46:23	1:40:03	2:26:26	10:00	38	62.00	59	21.60	24.10	9

RMRR RACEWALKERS, NOVEMBER 2005 TROPHY SERIES 10 mi

Place	NAME	AGE	-----TIMES-----				---HANDICAP---			TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD			
1	Hill, Jan	47	0:00	1:54:07	1:54:07	11:25	118.00	120	100.00	10	
2	Lyle, John	72	-21:35	2:18:24	1:56:49	13:50	142.00	141	80.00	7	
3	Guiff, Ed	61	-7:53	2:05:20	1:57:27	12:32	129.00	128	60.00	10	
4	Blanchard, Michael	44	19:32	1:45:42	2:05:14	10:34	99.00	98	40.00	10	

NON-MEMBERS, NOV TROPHY SERIES

R/W	NAME	START	ACT'L	FINISH	PACE
R	Kel Anzelius	15:22	1:35:31	1:50:53	1:50:53
R	Chris Dow	0:00	1:53:37	1:53:37	1:53:37
R	Mary Albair	15:22	1:39:04	1:54:26	1:54:26
R	Richard Paiadis	0:00	1:54:31	1:54:31	1:54:31
R	Lilia Paradis	40:27	1:14:49	1:55:16	1:55:16
R	Becca Peters	39:11	1:18:09	1:57:20	1:57:20
R	Sarah Kressey	25:05	1:32:55	1:58:00	1:58:00
R	Joseph Allard	54:59	1:30:50	2:25:49	2:25:49



Top racewalkers from the November TS race: (L-R) John Lyle, Jan Hill, and Ed Guiff.



RMRR NEW RACERS, NOVEMBER 2005 TROPHY SERIES 10 mi

R/W	NAME	AGE	-----TIMES-----				---HANDICAP---			---POINTS---	
			START	ACT'L	FINISH	PACE	GEN PLACE	NEW	TS	SCRATCH	
R	Tonini, Suzanne	31	25:05	1:25:58	1:51:03	8:36	5	85	60	78.67	
R	Carlin, Jenny	42	25:05	1:28:14	1:53:19	8:49	6	88	60	73.33	
R	Raish, Dean	68	25:05	1:28:24	1:53:29	8:50	26	88	60	48.72	
R	Karaiskaj, Denis	31	40:27	1:15:44	1:56:11	7:34	8	70	60	85.64	

More Racing in Other Places

ING NEW YORK CITY MARATHON

November 6, 2005 NYC

Name	Age	Gen	GenPlace	PI	DivPI	Pace	GunTime	ChipTime
ELWYN M OWEN	43	M	3997	4704	848	8:29	3:43:25	3:42:23
HAYNES HENDRICKSON	32	M	10558	13578	3982	9:41	4:21:10	4:14:06
ANDREA SMITH	29	F	3841	16278	986	10:12	4:30:56	4:27:22
LISA CHAMPEAU	36	F	3864	16335	1616	10:12	4:31:10	4:27:36
MARGARET M TEZAK	41	F	4912	19316	884	10:26	4:41:36	4:33:32
LESLIE MITCHELL	44	F	5094	19833	913	10:33	4:43:34	4:36:32
JAMES CHOW	49	M	15404	20886	2067	10:47	4:47:26	4:42:36
AMY PADDEN	36	F	8273	28208	3300	11:37	5:16:49	5:04:42
ROBERT FRIES	56	M	23658	34590	1351	13:59	6:09:17	6:06:31

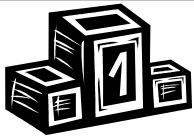
PORTLAND MARATHON

October 9, 2005 Portland, OR

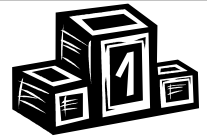
Name	Age	Gen	GenPI	Time	Div/Plc	OAPI	Pace
BONNIE KEEFE	40	F	308	3:49:31	40-44/51	1309	8:45
MYRA RHODES	73	F	512	3:59:04	70-74/1	1816	9:07
MANDIE HAGGERTY	26	F	687	4:09:35	25-29/138	2256	9:31
DOUGLAS SMITH	55	M	2009	4:28:31	55-59/91	3146	10:14



Fast finishers from the November Trophy Series Race.



RMRR TROPHY SERIES OVERALL STANDINGS NOVEMBER, 2005



PI	NAME	SEX	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	Total	Lowest	Best 10	Num
1	Nick Benjamin	M	100.0	59.5	97.5	85.1	55.4	65.0	90.1	89.9	30.7	71.3	26.4	770.8	26.4	744.4	11
2	John H. Jr. Bullock	M	67.1	60.5	51.2	44.2	85.6	75.0	73.9	0.0	82.2	100.0	82.4	722.1	0.0	722.1	10
3	Heather Reddy	F	98.9	34.2	81.5	70.2	94.8	86.0	72.1	55.9	0.0	50.2	74.4	718.2	0.0	718.2	10
4	David Mayhew	M	86.8	89.0	39.4	0.0	51.5	55.0	77.5	74.3	85.8	81.9	68.0	709.2	0.0	709.2	10
5	Devin Croft	M	89.0	79.2	36.8	40.5	89.5	44.0	0.0	44.8	98.2	90.9	69.6	682.6	0.0	682.6	10
6	David Rothenburger	M	69.3	77.0	47.8	69.3	69.8	68.0	50.6	62.3	75.1	74.3	64.8	728.3	47.8	680.6	11
7	Mark Stevens	M	97.8	84.7	98.3	0.0	63.3	0.0	69.4	34.7	80.4	87.9	61.6	678.2	0.0	678.2	9
8	Michael Collyer	M	92.3	57.3	68.0	49.8	86.9	82.0	55.1	68.7	37.8	65.3	0.0	663.1	0.0	663.1	10
9	Mike Knipps	M	66.0	21.1	59.6	71.2	71.1	50.0	56.9	53.1	78.7	86.4	52.0	666.1	21.1	645.0	11
10	Charles Scheibe	M	60.0	98.9	96.6	0.0	90.8	37.0	49.7	0.0	89.3	83.4	36.0	641.7	0.0	641.7	9
11	Holly Whelan	F	0.0	60.0	43.6	73.0	50.2	78.0	68.5	89.0	84.0	95.5	0.0	641.7	0.0	641.7	9
12	Deb Cunningham	F	73.7	51.8	50.3	79.5	62.0	52.0	56.0	51.3	92.9	57.7	63.2	690.3	50.3	640.0	11
13	Tim Gentry	M	84.7	83.6	41.9	47.9	64.6	71.0	48.8	38.4	44.9	68.3	84.0	678.0	38.4	639.6	11
14	David Hill	M	72.6	0.0	58.7	72.1	72.5	79.0	46.1	54.0	87.6	0.0	72.8	615.3	0.0	615.3	9
15	Brian Struble	M	33.2	47.4	65.5	61.9	98.7	80.0	80.2	47.6	25.3	0.0	53.6	593.3	0.0	593.3	10
16	Ray Grundmeyer	M	38.6	52.9	90.7	57.2	38.4	69.0	82.9	43.9	48.4	63.8	42.4	628.3	38.4	589.9	11
17	Renee Withrow	F	40.8	87.9	66.3	0.0	33.1	38.0	74.8	76.1	59.1	33.6	77.6	587.4	0.0	587.4	10
18	Brett Allendorf	M	29.9	49.6	85.7	34.0	52.8	92.0	59.6	52.2	0.0	59.2	60.0	574.9	0.0	574.9	10
19	Adam Lee	M	32.1	48.5	82.3	84.2	0.0	89.0	70.3	50.3	0.0	62.3	50.4	569.4	0.0	569.4	9
20	Scott Kukul	M	64.9	50.7	73.9	78.6	0.0	48.0	53.3	70.6	53.8	32.1	40.8	566.6	0.0	566.6	10
21	Bonnie Keefe	F	59.5	36.4	45.3	37.7	68.5	60.0	93.7	87.1	0.0	77.4	0.0	565.5	0.0	565.5	9
22	Brad LaBarry	M	34.2	25.5	41.1	43.3	93.4	76.0	82.0	69.7	43.1	53.2	23.2	584.7	23.2	561.5	11
23	Stephanie Struble	F	35.3	31.0	52.0	42.3	100.0	85.0	65.8	75.2	36.0	0.0	37.6	560.2	0.0	560.2	10
24	George Huner	M	87.9	0.0	0.0	92.6	56.7	46.0	0.0	41.1	52.0	98.5	79.2	554.1	0.0	554.1	8
25	Lisa Champeau	F	0.0	22.2	72.2	66.5	83.0	64.0	84.7	77.9	41.3	41.1	0.0	553.0	0.0	553.0	9
26	Bob Basse	M	60.0	72.6	35.2	53.5	43.6	41.0	0.0	31.0	64.4	75.8	71.2	548.4	0.0	548.4	10
27	Scott McFarlane	M	57.3	69.3	46.1	47.0	41.0	73.0	51.5	78.9	0.0	47.2	31.2	542.3	0.0	542.3	10
28	Jay Trujillo	M	37.5	66.0	23.4	76.7	0.0	0.0	73.0	82.5	57.3	94.0	28.0	538.5	0.0	538.5	9
29	Jesse Arman	M	85.8	93.4	78.9	0.0	0.0	0.0	29.9	65.1	46.7	42.6	95.2	537.6	0.0	537.6	8
30	Curtis Head	M	79.2	62.7	70.5	0.0	84.3	74.0	0.0	90.8	32.4	0.0	39.2	533.2	0.0	533.2	8
31	Jeffrey Olson	M	49.6	54.0	30.9	32.1	35.7	31.0	41.6	80.7	69.8	69.8	66.4	561.6	30.9	530.6	11
32	Michelle Evans	F	62.7	74.8	63.8	60.0	44.9	0.0	0.0	27.4	55.6	78.9	55.2	523.2	0.0	523.2	9
33	Joy Knipps	F	80.3	68.2	84.8	45.1	0.0	33.0	26.3	23.7	28.9	39.6	88.8	518.7	0.0	518.7	10
34	Olga Hnizdil	F	70.4	38.6	0.0	60.9	31.8	0.0	64.9	93.6	0.0	97.0	34.4	491.7	0.0	491.7	8
35	Karen Voss	F	96.7	78.1	38.5	0.0	0.0	27.0	0.0	54.9	0.0	80.4	90.4	466.0	0.0	466.0	7
36	Carmen West	F	54.0	33.2	54.5	35.8	79.0	54.0	39.8	77.0	0.0	35.1	0.0	462.4	0.0	462.4	9
37	Ric Robinette	M	63.8	61.6	33.5	24.7	34.4	30.0	28.1	29.2	62.7	72.8	45.6	486.4	24.7	461.8	11
38	Rick Edrich	M	77.0	64.9	52.8	58.1	29.2	67.0	60.4	20.9	0.0	0.0	21.6	452.0	0.0	452.0	9
39	Mark Ballard	M	0.0	60.0	0.0	96.3	92.1	87.0	89.2	0.0	0.0	26.0	0.0	450.7	0.0	450.7	6
40	Bethanie Werner	F	51.8	63.8	64.6	38.6	39.7	0.0	0.0	37.5	34.2	56.2	56.8	443.2	0.0	443.2	9
41	Mitch Chesbro	M	55.1	58.4	73.1	56.3	0.0	29.0	52.4	42.1	0.0	27.5	32.8	426.5	0.0	426.5	9
42	Michael Robbert	M	45.2	55.1	37.7	64.7	88.2	42.0	0.0	36.6	50.2	0.0	0.0	419.6	0.0	419.6	8
43	Ken Applegate	M	93.4	0.0	69.7	74.0	75.1	39.0	27.2	0.0	0.0	38.1	0.0	416.4	0.0	416.4	7
44	Mick Vollmar	M	31.0	0.0	92.4	65.6	67.2	0.0	0.0	81.6	0.0	0.0	76.0	413.8	0.0	413.8	6
45	Adam Feerst	M	48.5	23.3	40.2	33.0	97.4	24.0	0.0	59.5	0.0	84.9	0.0	410.8	0.0	410.8	8
46	Todd Dunning	M	43.0	39.7	42.7	62.8	25.2	84.0	87.4	0.0	0.0	21.5	0.0	406.4	0.0	406.4	8
47	James Chow	M	75.9	91.2	26.7	59.1	42.3	0.0	0.0	26.4	27.1	45.7	0.0	394.4	0.0	394.4	8
48	Michael Acosta	M	94.5	81.4	91.6	52.6	23.9	25.0	25.4	0.0	0.0	0.0	0.0	394.4	0.0	394.4	7
49	Carol Johnson	F	78.1	0.0	0.0	91.6	22.6	45.0	81.1	0.0	71.6	0.0	0.0	390.0	0.0	390.0	6
50	Christopher O'Brian	M	60.0	97.8	0.0	80.5	0.0	63.0	0.0	86.2	0.0	0.0	0.0	387.5	0.0	387.5	5

Colfax Marathon and Marathon Training Series Coming to Denver in 2006

RMRR is proud to partner with the Colfax Marathon and Phidippides Track Club to offer a series of 3 marathon training races to prepare for the inaugural running of the Colfax Marathon.

Location: Shelter B, Julia DeKoevend Park

Dates: February 26, 2006, 9 a.m. 10 mi

March 26, 2006, 9 a.m. 15 mi

April 23, 2006, 9 a.m. 20 mi

Registration and packet pickup will be at Boulder Running Company in Littleton, Runners Wild in Highlands Ranch, Runners Roost in Denver, Lakewood and Aurora. Also, online registration at Active.com.

Overall Female Scratch Standings

PINAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	Total	Lowest	Best 10	Num
1. Deb Cunningham	96.4	91.1	94.8	97.4	100.0	96.2	100.0	95.2	100.0	85.9	94.7	1051.6	85.9	965.7	11
2. Bethanie Werner	89.1	88.1	100.0	94.8	95.6	0.0	0.0	90.3	94.3	76.5	89.3	818.0	0.0	818.0	9
3. Bonnie Keefe	85.5	85.2	92.3	92.3	91.1	88.6	97.2	92.7	0.0	90.6	0.0	815.4	0.0	815.4	9
4. Stephanie Struble	63.6	70.4	71.6	74.2	68.9	77.1	89.0	75.8	60.0	0.0	68.0	718.6	0.0	718.6	10
5. Lisa Champeau	0.0	64.4	79.4	84.5	77.8	73.3	91.7	83.0	88.6	71.8	0.0	714.5	0.0	714.5	9
6. Karen Voss	100.0	100.0	97.4	0.0	0.0	92.4	0.0	97.6	0.0	95.3	100.0	682.7	0.0	682.7	7
7. Carmen West	78.2	76.3	76.8	79.4	64.4	61.9	75.2	73.3	0.0	52.9	0.0	638.4	0.0	638.4	9
8. Michelle Evans	70.9	73.3	74.2	81.9	60.0	0.0	0.0	61.2	54.3	62.4	57.3	595.6	0.0	595.6	9
9. Holly Whelan	0.0	49.6	48.4	51.0	55.6	54.3	61.4	58.8	48.6	57.6	0.0	485.2	0.0	485.2	9
10. Heather Reddy	52.7	37.8	43.2	43.2	51.1	50.5	55.9	51.5	0.0	38.8	41.3	466.1	0.0	466.1	10
11. Renee Withrow	45.5	52.6	61.3	0.0	46.7	35.2	53.1	53.9	37.1	29.4	46.7	461.5	0.0	461.5	10
12. Leslie Mitchell	0.0	82.2	0.0	0.0	86.7	81.0	0.0	85.5	82.9	0.0	0.0	418.2	0.0	418.2	5
13. Angela Anderson	0.0	94.1	0.0	100.0	0.0	100.0	0.0	100.0	0.0	0.0	0.0	394.1	0.0	394.1	4
14. Trisha Davis	0.0	0.0	0.0	87.1	82.2	69.5	80.7	0.0	0.0	48.2	0.0	367.8	0.0	367.8	5
15. Rebecca M. Edrich	0.0	0.0	81.9	0.0	0.0	84.8	83.4	80.6	0.0	0.0	0.0	330.8	0.0	330.8	4
16. Olga Hnizdil	41.8	34.8	0.0	35.5	37.8	0.0	39.3	44.2	0.0	43.5	30.7	307.6	0.0	307.6	8
17. Joanne Winge	74.5	0.0	0.0	0.0	73.3	65.7	0.0	0.0	65.7	0.0	0.0	279.3	0.0	279.3	4
18. Carol Johnson	56.4	0.0	0.0	48.4	42.2	39.0	50.3	0.0	42.9	0.0	0.0	279.2	0.0	279.2	6
19. Momoko O'Brian	60.0	58.5	0.0	61.3	0.0	42.9	0.0	49.1	0.0	0.0	0.0	271.8	0.0	271.8	5
20. Diane Rowley	0.0	40.7	0.0	76.8	0.0	0.0	77.9	68.5	0.0	0.0	0.0	263.9	0.0	263.9	4
21. Joy Knipps	30.9	25.9	25.2	30.3	0.0	23.8	25.5	22.4	25.7	24.7	25.3	259.8	0.0	259.8	10
22. Chris Vanoni	0.0	55.6	63.9	0.0	0.0	0.0	0.0	63.6	0.0	0.0	52.0	235.1	0.0	235.1	4
23. Deanna Gamp	0.0	0.0	58.7	53.5	0.0	0.0	47.6	56.4	0.0	0.0	0.0	216.2	0.0	216.2	4
24. Kristi Aarsby-Kail	67.3	0.0	0.0	71.6	0.0	0.0	0.0	66.1	0.0	0.0	0.0	204.9	0.0	204.9	3
25. Andrea Smith	0.0	61.5	69.0	0.0	0.0	0.0	0.0	0.0	71.4	0.0	0.0	201.9	0.0	201.9	3

Overall Male Scratch Standings

NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	Total	Lowest	Best 10	Num
1. Tim Gentry	100.0	98.7	97.8	98.7	98.3	100.0	98.8	95.3	92.3	94.3	100.0	1074.2	92.3	982.0	11
2. Devin Croft	97.5	97.4	93.5	96.2	96.5	93.8	0.0	92.9	100.0	100.0	97.9	965.9	0.0	965.9	10
3. Scott Kukel	95.1	94.8	98.9	100.0	0.0	98.8	100.0	100.0	94.8	86.7	93.8	963.0	0.0	963.0	10
4. David Rothenburger	91.4	96.1	95.7	97.5	94.8	96.3	96.5	96.5	97.4	96.2	95.9	1054.2	91.4	962.9	11
5. Michael Collyer	96.3	92.3	96.8	94.9	93.0	97.5	97.7	97.6	87.1	88.6	0.0	941.8	0.0	941.8	10
6. John H. Jr. Bullock	88.9	88.4	91.4	87.3	89.6	91.4	93.0	0.0	89.7	90.5	91.8	901.9	0.0	901.9	10
7. Bob Basse	92.6	89.7	87.0	88.6	87.8	87.7	0.0	85.9	84.5	84.8	89.7	878.3	0.0	878.3	10
8. Brian Struble	66.8	75.5	76.2	77.1	82.6	81.5	89.6	87.1	48.4	0.0	87.7	772.5	0.0	772.5	10
9. Brad LaBarry	74.2	70.3	73.0	75.9	77.4	75.4	86.1	84.7	66.5	73.3	46.7	803.3	46.7	756.7	11
10. Adam Feerst	93.8	84.5	94.6	92.4	100.0	77.8	0.0	98.8	0.0	98.1	0.0	740.1	0.0	740.1	8
11. Ric Robinette	82.8	81.9	75.1	70.8	72.2	61.8	64.1	63.5	63.9	71.4	77.4	785.0	61.8	723.1	11
12. Brett Allendorf	54.5	69.0	71.9	63.2	68.7	74.2	82.6	75.3	0.0	67.6	83.6	710.5	0.0	710.5	10
13. Michael Robbert	86.5	91.0	89.2	89.8	91.3	88.9	0.0	90.6	81.9	0.0	0.0	709.2	0.0	709.2	8
14. Rick Edrich	90.2	93.5	92.4	91.1	84.3	92.6	94.2	21.2	0.0	0.0	24.1	683.7	0.0	683.7	9
15. Jay Trujillo	64.3	74.2	55.7	74.6	0.0	0.0	81.4	80.0	71.6	79.0	65.1	646.0	0.0	646.0	9
16. Scott McFarlane	72.9	72.9	68.6	60.6	60.0	65.5	66.4	65.9	0.0	61.9	50.8	645.6	0.0	645.6	10
17. Mark Stevens	61.8	57.4	79.5	0.0	75.7	0.0	78.0	64.7	69.0	75.2	79.5	640.8	0.0	640.8	9
18. Adam Lee	48.3	56.1	65.4	65.7	0.0	72.9	83.8	74.1	0.0	65.7	73.3	605.4	0.0	605.4	9
19. Jeffrey Olson	65.5	67.7	58.9	54.3	53.0	48.3	57.1	58.8	53.5	58.1	69.2	644.6	48.3	596.3	11
20. David Hill	70.5	0.0	63.2	58.1	63.5	63.1	62.9	60.0	58.7	0.0	75.4	575.3	0.0	575.3	9
21. Ken Applegate	85.2	0.0	83.8	86.0	86.1	79.1	72.2	0.0	0.0	69.5	0.0	561.9	0.0	561.9	7
22. David Benedict	84.0	79.4	84.9	79.7	80.9	0.0	0.0	83.5	0.0	63.8	0.0	556.1	0.0	556.1	7
23. David Mayhew	56.9	53.5	51.4	0.0	51.3	53.2	55.9	54.1	51.0	56.2	54.9	538.4	0.0	538.4	10
24. Curtis Head	71.7	61.3	66.5	0.0	65.2	60.6	0.0	68.2	45.8	0.0	71.3	510.6	0.0	510.6	8
25. Mitch Chesbro	59.4	58.7	64.3	56.8	0.0	49.5	61.7	52.9	0.0	35.2	38.5	477.2	0.0	477.2	9

Overall Race Walk Standings

PI	NAME	SEX	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	Total	Lowest	Best 10	Num
1.	Michael Blanchard	M	100.0	52.0	100.0	100.0	73.3	84.0	100.0	0.0	60.0	100.0	40.0	809.3	0.0	809.3	10
2.	Jan Hill	F	84.0	84.0	0.0	80.0	86.7	52.0	46.7	100.0	100.0	73.3	100.0	806.7	0.0	806.7	10
3.	Ed Guiff	M	68.0	68.0	36.0	60.0	60.0	36.0	0.0	60.0	80.0	46.7	60.0	574.7	0.0	574.7	10
4.	Sheila Molde	F	60.0	100.0	68.0	0.0	100.0	68.0	0.0	0.0	0.0	0.0	0.0	396.0	0.0	396.0	5
5.	John Lyle	M	36.0	0.0	84.0	40.0	33.3	0.0	73.3	0.0	40.0	0.0	80.0	386.7	0.0	386.7	7
6.	Jan Hallez	F	52.0	36.0	52.0	0.0	46.7	100.0	0.0	0.0	0.0	0.0	0.0	286.7	0.0	286.7	5
7.	Cynthia Chow	F	0.0	0.0	0.0	0.0	0.0	0.0	0.0	60.0	0.0	0.0	0.0	60.0	0.0	60.0	1

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-

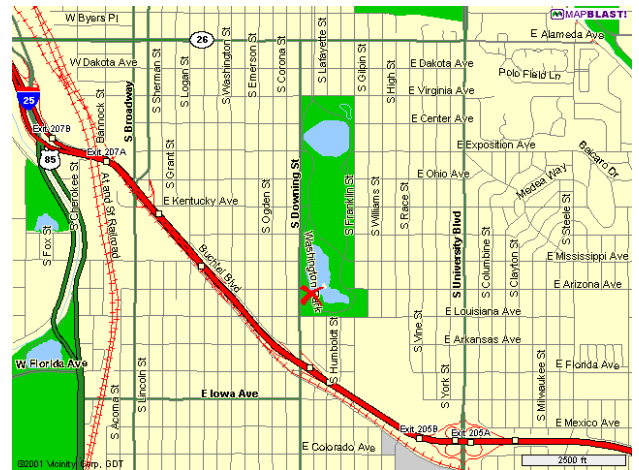
Sample 4.4 Mile Start Times	
HCP	Start
120	0:00
110	3:51
100	7:26
90	10:44
80	13:46
70	16:32
60	19:02
50	21:15
40	23:12

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 December Trophy Series 4.4 miles Washington Park, Denver Sunday, December 4, 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 December 9

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, December 9 (give or take). 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



DECEMBER 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Trail Run 5:30pm or 6:15pm (1)	2	3 RMRR Training Run , 8:00 am Goodson Rec. Center, DeKoevend Park, Littleton (2) Colder Boulder Invitational 5k 8am CU Boulder Campus (3)
4 RMRR Trophy Series Washington Park 9am, 4.4 miles (2)	5	6 Wash Park Fun Run 6:00 pm South High Parking Lot (2)	7	8 Trail Run 5:30pm or 6:15pm (3)	9	10 RMRR Training Run , 8:00 am Goodson Rec. Center, DeKoevend Park, Littleton (2) President's 4-miler (4) 9 am Prospect Park, Wheat Ridge
11 Jingle Bell 5k Run/Walk for Arthritis 10 am Wash Park (5)	12	13 Wash Park Fun Run 6:00 pm South High Parking Lot (2)	14	15 Trail Run 5:30pm or 6:15pm (3)	16	17 RMRR Training Run , 8:00 am Goodson Rec. Center, DeKoevend Park, Littleton (2)
18 Steve's Rudolph Ramble 5k 9am Wash Park (5)	19	20 Wash Park Fun Run 6:00 pm South High Parking Lot (2)	21	22 Winter Solstice Run 5 M 5pm Chatfield State Park (6)	23	24 RMRR Training Run , 8:00 am Goodson Rec. Center, DeKoevend Park, Littleton (2)
	26	27 Wash Park Fun Run 6:00 pm South High Parking Lot (2)	28	29 Trail Run 5:30pm or 6:15pm (3)	30	31 RMRR Training Run , 8:00 am Goodson Rec. Center, DeKoevend Park, Littleton (2) 21st Annual Resolution 5k 6pm Washington Park (7)

(1) groups.yahoo.com/group/denvertrailrunners, 303-282-3921
 (2) www.rmrr.org

(3) 303-444-Race; www.bolderboulder.com
 (4) www.comastersrun.org
 (5) www.bkbltd.com

(6) www.electrictedgerunning.com
 (7) www.emgcolorado.com



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	Janet Gold	16.00	Angela Meyer	7.00
Michael Acosta	8.00	James Grant	10.50	Leslie Mitchell	11.75
Gary Angerhofer	4.00	Rob Gray	7.00	Brian Moore	0.75
Ken Applegate	17.00	Jennifer Grinspoon	1.25	Alicia Nix	32.00
Mark Ballard	27.75	Ray Grundmeyer	10.50	Christopher O'Brian	7.00
Bob Basse	17.50	Ed Guiff	10.60	Momoko O'Brian	7.00
Jim Beebe	22.00	Jan Hallez	3.00	Jeffrey Olson	30.50
David Benedict	8.00	John Hallez	10.00	John Pawlowski	96.50
Carol Bengston	4.00	Peter Hallez	7.00	Heather Reddy	29.50
Lee Bengston	23.50	Curtis Head	4.00	Robert Reilly	5.50
Michael Blanchard	15.50	Michael Heitz	11.50	Tina Richards	4.00
Forrest Blassingame	3.00	Haynes Hendrickson	6.00	Rosalie Richter	37.50
Kolene Brown	63.00	David Hill	18.00	Sharyl Riley	34.50
John H. Jr. Bullock	11.00	Jan Hill	15.00	Lance Risi	7.00
Tammy Bullock	1.00	Janet Hoffman	3.75	Kasandra Robbert	18.00
Kelly Carr	4.50	Thomas Johnson	17.00	Michael Robbert	47.00
Lisa Champeau	55.00	Parthenia Jones	15.25	Ric Robinette	18.75
James Chow	149.00	Bonnie Keefe	69.75	Anthony Rodriguez	33.75
Dave Cunningham	2.50	Nancy Kell	5.50	Jim Romero	3.50
Deb Cunningham	71.25	Lynn Kelly	3.50	David Rothenburger	8.50
Hille Dais	1.00	Matt Kennedy	3.50	Paul Rundle	6.50
Trisha Davis	11.00	Carmen Kitts	30.50	Adam Schlegel	10.00
Tom Devine	4.00	Carl A. Koecher	12.25	John Shanahan	10.00
Todd Dunning	4.00	Scott Kukul	31.50	Ray Sibley	21.50
Rick Edrich	4.00	Howard Kumpf	30.00	Andrea Smith	10.75
John Estes	4.25	Brad LaBarry	136.75	Douglas Smith	194.50
Michelle Evans	16.25	Brad Logar	7.25	Kevin Standbridge	7.00
Janet Fairs	51.00	Betsy Lyle	44.50	Nancy Stone	12.00
Adam Feerst	16.50	John Lyle	49.00	Diane Stoner	14.25
Diana Furr	3.50	Tom Mates	41.75	Brian Struble	21.50
Ron Furr	3.50	David Mayhew	8.00	Stephanie Struble	35.25
Tim Gentry	20.00	Dylan Mayhew	2.00	Maryse Thomas	4.00
Bret Gerhold	4.50	Scott McFarlane	7.00	Chris Vanoni	33.00

Happy Birthday!

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

John Lyle	2	Shelley Tyler	15
Kenneth Lehman	3	Brett Allendorf	16
Forrest Blassingame	4	Ed Euler	16
Susan Wescott	4	Ed King	16
Bob Carlson	6	Remy Arman	17
Allen Cridlebaugh	6	Mark Ballard	17
Eileen Regan	6	Robert LaVigne	17
Bob Gersbeck	7	Geoff Webb	18
Erin Jacob	7	Robyn Aasmundstad	19
Jill Mullen	7	Eric Finch	19
Pamela W. Edrich	8	Ross Kinney	19
Chris Hardy	8	Jason Saitta	19
Betsy Lyle	8	James Simpson	19
Deb Meguire	8	Kirtis Courkamp	20
Brooke Thurman	8	Douglas Smith	20
Mark Johnson	9	David Garret	22
Joe Ratledge	9	Scott Kukul	22
Kristen Healy	10	Richard Martinez	22
Brad LaBarry	10	Elizabeth Prazeres	25
Kathy Goff	11	Kathleen Hickey	27
Dianne Bailey	12	Natalie Darby	31
Deanna Gamp	12	Ashley Hancock	31
Hille Dais	13	Tracy Kmetz	31
Mitchell Goudy	15	Jack Wachwitz	31

Name	Hours	Name	Hours
Mike Vanoni	15.50	Bethanie Werner	8.50
Mick Vollmar	5.25	Holly Whelan	10.75
Rick Voorhees	13.00	Jane Whiteley	4.00
Eric Wartchow	7.00	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

NONPROFIT ORG.
US POSTAGE
PAID
DENVER, CO
PERMIT NO. 844

