

## ***Trophy Series Races***

RMRR offers a series of monthly races for runners and race walkers. Our "Trophy Series" uses a unique handicap start system that provides runners of all abilities an equal chance of winning.

The series consists of 12 races, held early each month, with distances from 2 to 10 miles. Races longer than 5 miles also have a shorter 5K distance option. Trophy Series races are held at locations throughout the Denver Metro area.

## ***Track Workouts***

RMRR holds weekly track workouts from April through October. We run at Denver North High School at 32<sup>nd</sup> and Speer on Wednesday evenings at 6:15pm. Our track leaders will have planned workouts and recommendations for people of all speeds.

Guests are welcome. We ask that you consider membership if you find yourself a regular participant!



## ***Marathon Training***

RMRR holds spring and fall marathon training races to help you prepare for your big run. Standard race distances are 10M and 20M on a 5M out and back course. You'll find aid stations with water and energy drink every 2 miles, and we'll have fruit and other food to help you catch up at the finish. Races are held on the Clear Creek and Platte River bike paths. All are welcome, and RMRR members receive discounted entry.

## ***Volunteer***

Rocky Mountain Road Runners is an all-volunteer organization, and our success comes entirely from our dedicated volunteers who give their time and effort so that others can share the joy of running. We ask all our members to help out in some way, and offer many different types of opportunities at our races and runs, as well as on our board of directors. We're always looking for people to get involved!

## **For More...**

- Visit us at [www.rmrr.org](http://www.rmrr.org)
- Send an email to [rmrr@rmrr.org](mailto:rmrr@rmrr.org)
- Join us at our next race!

## **Primary Member (all info required)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Gender (circle one):    F            M

Your email will be used for member communications. We may also share it with key sponsors to obtain their discounts.

## **Membership Type** (*Memberships run for 12 months from the date of application*)

- Individual \$35
- Family \$45
- Student \$15
- Volunteer \$10

Circle one:            New                            Renewal

## **Family Memberships**

Please list all family members:

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_            F            M

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_            F            M

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_            F            M

Fast, easy online signup:

<https://runsignup.com/Club/Join/689>.

or...complete and sign this membership form, write a check payable to "Rocky Mountain Road Runners", and send to:

RMRR P.O. Box 6352 Denver, CO 80206

RMRR is a member of the Road Runners Club of America (RRCA). Your membership dues include membership in RRCA.

### WAIVER (signature required)

In consideration of the acceptance of my membership, I, the undersigned participant, for myself, my family members, heirs, administrators, personal representatives, successors and assigns hereby fully release, discharge and hold harmless Rocky Mountain Road Runners, Road Runners Club of America, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in RMRR activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I assume all risks associated with running, including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. I represent by my application for membership that my physical condition is adequate to compete safely in any race or event held by RMRR.

**I understand no dogs, baby joggers or skates are permitted on RMRR run routes.**

I also permit RMRR to share my email address and physical address in exchange for sponsor discounts. I hereby certify that I have fully read and understand the foregoing release, waiver and covenant not to sue and sign it voluntarily.

Signature

Date

Parent or Guardian if under 18

## 2018 Trophy Series Race Schedule

Date	Time	Distance	Place
Sun Jan 7	9am	10K / 5K	Platte R Trailhead Park
Sun Feb 11	9am	7M / 5K	Platte River Bar & Grill
Sun Mar 4	9am	3M	Crown Hill Park
Sun Apr 8	9am	4M	City Park
Sun May 6	8am	5M / 5K	Stapleton Central Park
Sun Jun 3	8am	4K	Bible Park Pancake breakfast!
Sun July 8	8am	2M	Stone House Ice Cream Sundaes!
Fri Aug 3	6:30pm	5K	deKoevend Park Potluck!
Sun Sep 9	8am	10M / 5K	Westminster Central Park
Sun Oct 7	9am	8M / 5K	Thornton Carpenter Park
Sun Nov 4	9am	9M / 5K	Prairie Gateway Park
Sun Dec 2	9am	4.5M	Washington Park

## Spring Marathon Training Series

Date	Time	Distance	Place
Sun Mar 25	8am	10M/20M	Platte R Trailhead Park
Sat Apr 7	8am	10M/20M	88 <sup>th</sup> and Colorado
Sun Apr 22	8am	10M/20M	Thornton

## Fall Marathon Training Series

Date	Time	Distance	Place
Sun Aug 28	7am	10M/20M	Twin Lakes Park
Sun Sept 11	7am	10M/20M	Twin Lakes Park
Sun Sept 25	7am	10M/20M	Twin Lakes Park

Check us out at [www.rmrr.org](http://www.rmrr.org)



Denver's Premiere Running Club

# Have Fun Becoming A Better Runner!

Whether you train hard or just enjoy jogging a couple of times a week...you are a RUNNER, and Rocky Mountain Road Runners is the club for you. RMRR brings runners and walkers of all ages and abilities together to run in activities ranging from races and speed training to social runs. Our members come from all walks of life, and we all share an enthusiasm for our sport. Come check us out and become a better runner!

### Benefits

- Monthly competitive races, with ability-graded start times so **all** runners have a chance of winning!
- Weekly track workouts April - October
- Spring and Fall marathon training series
- Discounts at area running stores
- Membership eligibility in the Space Age Federal Credit Union
- Membership in Road Runners Club of America ([www.rrca.org](http://www.rrca.org))
- All for only \$35 a year!