



News on The Run

A Letter from the President...



Sorry to have missed ya'll at the March Trophy Series. I have been told that it was very well attended and that it was a great day of racing.

We have several events coming up in the next month. First, don't forget to sign up for the Colfax Marathon training series. There will be a 15 mile run at Twin Lakes Park on March 25 and a 20 mile race starting at the Front Range Community College in Westminster on April 22. You can register for the runs at www.getmeregistered.com or, of course, the day of the race, although its \$5 more on race day. If you pay to register for 2 of the runs, you will get a free pair of gloves. Our club is being paid to direct the races, and we get a share of the profits, so be sure to come out and support the effort!! Club members get a \$5 discount.

Please also consider getting trained to be a race director for one of our upcoming races. Adam Feerst is going to hold a race-director clinic during the next trophy series at Bear Creek Bike Path, so please contact Adam to sign up to learn to race direct. Adam can be reached at 303-870-0487 or Adam@runuphillracing.com. We are always looking for more race directors. Race Directing is a fun way to learn all that goes into putting on a race and it is crucial for our club's success, so please consider getting trained and signing up to help direct a race.

Finally, the Board decided at the last board meeting that, absent significant objections from the membership, we would begin phasing out hardcopy distribution of our newsletters. The newsletter will still be written and will be available for download from our website. We will send out e-blasts to members when the newsletter is available for download and we will continue to print some copies that we will bring to our races and put in the local running stores. By moving to electronic distribution, the Club will save a significant amount of money on printing and mailing the newsletters. The Board would like to hear from our membership regarding your thoughts on this proposal so please feel free to contact any of the board members with your thoughts. Thanks.

Hope you all have a great month of running. See you April 1.

Stephanie

Member Profile: Jeff Young

By Karen Voss

Jeff Young may be new to the RMRR club but he is not new to the running community. You may have seen him at some of the trophy series races. One can't help but notice Jeff and his group of well trained runners from North High Track & Cross Country.

My husband, Peter and I first met Jeff around seven years ago at the North Side Stride, an annual run to raise money for North High. His passion for reaching the kids through running was evident then and still is now.

Jeff took the time to meet with me and tell me more about the path his life took leading him to North High and the significance of running for himself and what he has seen running do for others. Jeff's fiancée, Janet Hettlestad who is a new RMRR club member, joined us.

Jeff talked eagerly about the North High Track & Cross Country Team (NHT&CCT) he has been coaching since 1993. That next summer he had a "Dream Team": 4th in State but 5/6 on the team were seniors and it took 2 years to build up a team again. Since that time, Jeff proudly reported they have been in the top 10 consistently and placed 6th in the last 2 years.

Jeff told me his standards or expectations of the kids who want to be on his team:

1. *They have to want to be part of the team.*
2. *Strong work ethic. "If you can make it the first two weeks, you stand a good chance of making the team."*
3. *This (running) is the hardest thing (physically) you will do in school.*
4. *Grades and College are expected. Get good grades, graduate, and go on to college or secondary school. "No one told them this before; no one expected it of them."*

Jeff tells the kids that by getting their education, they give themselves choices. Jeff stated the kids were in situations in which, "no one had ever believed in them before, believed that they could graduate and go to college". He believes in them and sees that by running and giving their best, they change and begin to believe in themselves.

Jeff stated (for him), "school was always enjoyable and not that difficult". As he was talking it was apparent he has a tendency to take things in stride. He took his time getting through veterinarian school, not because it was difficult but from listening to him, it just was the way it was. He stated he

(Continued on page 9)



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President: Matt Steinberg

Race Schedule

Check the race schedule every month for changes! Times and locations for some of the 2007 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!

Trophy Series Races

Date	Time	Distance	Location	Race Director
Sun. Apr 1	9:00 AM	4 MI	BEAR CREEK BIKE PATH	Adam Feerst, Race Dir Training
Sun. May 6	8:00 AM	5 MI	CARSON NATURE CENTER	Heather Reddy/Alicia Nix
Sat. Jun 2	8:00 AM	2.4 MI	STONE HOUSE PARK	Brian Bergevin/Steph Struble
Sun. Jul 8	8:00 AM	2 MI	BIBLE PARK	Carmen Kitts/Doug Smith
Fri. Aug 3	6:30 PM	5K	DEKOVEND PARK - BBQ	John & Betsy Lyle
Sat Sep 8	8:00 AM	8 MI	CHATFIELD RESERVOIR	Rick Voorhees/John Bullock
Sun. Oct 7	9:00 AM	10 MI	WATERTON CANYON	Ray Sibley
Sun. Nov 4	9:00 AM	9 MI	WESTMINSTER CITY PARK	Ric Robinette, Race Dir. Training
Sun. Dec 2	9:00 AM	4.4 MI	WASHINGTON PARK	OPEN

Colfax Marathon Training Series Schedule

Sun. Mar 25	9 a.m.	15 mi	TWIN LAKES PARK	Brian Bergevin/Steph Struble
Sun. Apr 22	8 a.m.	20 mi	FRONT RANGE COM COLL	Karen Voss/Peter Szymanski
Sun. May 20		26.2 mi	COLFAX MARATHON	No race director needed.

Fall Marathon Training Series Schedule

Sun. Jul. 15	8 a.m.	10 mi	WESTMINSTER CITY PARK	Janet Fairs/Mike Blanchard
Sun. Aug. 5	8 a.m.	15 mi	WESTMINSTER CITY PARK	OPEN
Sun. Aug. 26	8 a.m.	20 mi	FRONT RANGE COM COLL	Holly Whelan
Sun. Sep. 23	8 a.m.	20 mi	WESTMINSTER CITY PARK	Bonnie Keefe/Doug Smith

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. See www.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 start from the Goodson Rec Ctr and are on 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. Water is usually at Orchard Rd, just past the 4 mile mark.

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 6:00pm.

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.

BOARD MEETING MINUTES

February 26, 2007 RMRR - Board Meeting Agenda

Time: 7pm
Location: Wild Oats, Wash Park

March Trophy Series

Doug will do pre-race announcements
Bob will take the volunteer book.
Lisa faxed the volunteer list for this Sunday to Janet Gold.
Doug says that we should use only disposable batteries in the timer with black strap.
For raffle, bring 6 pr of socks, beanies and a few accelerade bags. Stephanie will package that up.
Doug will bring his camera.

Colfax Marathon Training Series

1. 10-Miler recap
36 runners, 22 paying.
There were a few problems with people registering with www.getmeregistered.com – some people couldn't sign up on Friday before the race. Others who did sign up didn't get on our list as being pre-registered.

Need Race Director for 20-miler

Thinking about holding a 10 miler at the same time as the 20 miler for the ½ marathons.
Karen Voss & Peter Szymanski will direct this race, with help from Stephanie and Brian.
Ric Robinette is going to design the course. He is looking at whether we can get 2 miles in back of the community college to keep the regular mile markers.

Newsletter

1. Articles – Stadium Stampede
We will put the race on our calendar, but no to an article about the race itself. They can purchase an ad if they would like to advertise the race.
2. Member profiles
Have identified members to profile for the rest of the year. Have a few writers identified as well.

Do we go paperless?

Yes, we plan to go paperless in 6 months.
Through January and February, there were only two complaints from people who didn't get newsletter & can't pick it up electronically.

We currently print 450 at a cost of \$520.

Karen Voss knows a less expensive printer and will look into how much it will save us to switch to a new printer.
Doug suggested we bring newsletters to the board meetings. Then whoever wants to take them to local running stores can do so.
Need to notify people that we'll be phasing out the newsletter. Direct people to go to the email distribution list and tell them we'll have copies at the TS. Stephanie's letter from the Prez will get the word out.

Website

1. Policy on putting links on the Website
No, we won't trade reciprocal links with commercial sites. We want to direct people to our running store sponsors.

Volunteer Issues:

Volunteer of the Month
The Board voted for Rosalie Ritcher as the volunteer of the month.

Operational Items:

- Treasurer's Report. Don't have the report for this month – fax didn't come through.
- Qwest Grant – Jim's suggests that the funds be used for Kids Run America. We postponed a decision on this because may need the money to run the club.
- Possible AirAide Sponsorship of Club – AirAide people are ready to go forward. Brian Bergevin will go to the 1 hr training. They want a banner at our races, link from the website, display product literature and a ½ page ad in 6 newsletters. They will provide raffle product. We will receive \$2500 in exchange.
- Do we need further advertising of our events?
We'll ask Dave and Molly Cunningham + the marketing rep from Lakewood parks & rec to design a poster w/ the race schedule to put up at all the running stores.
- Do we continue to allow North High School students run for free?
Yes, all youth <=18 can run for free. Not restricted to North High.
- Track workouts. Track workouts will start the first Wed of April. We'll use the Denver Lutheran HS track again. Add these workouts to the April calendar. Start time is 6:15 pm. Mike Robbert & Scott Kukel will develop the workouts.

New drivers of the van need to provide driver's license, DOB

Goals for 2007

What are our goals for 2007? We will discuss this more at the next board meeting

A Trip Back in Time

By Carl Koecher

I recently traveled to Minnesota to visit my family, friends and to take part in my favorite Minnesota winter event, the Northwoods Snowshoe Championships Marathon, Half Marathon and 10K in Duluth. Three days before the race Barb Van Skike, the race director, renamed it, the No Snow Northwoods Snowshoe Championships. Without snow for the first time ever, the event became a trail race.

The weather was near perfect, cool, no wind and the snow on the ground looking like dusting of powdered sugar on a cake. I gave my family their last minute instructions to find someplace warm and meet me at the finish line in an hour. At age 68, I knew this might be my last Minnesota snowshoe race in Duluth. As I headed to the start line, memories of past races flooded over me. The pre-race pasta party's at Augustino's with members of my Twin Cities running club. I remember passing and getting passed by the same people at the same place year-after-year. A friend of mine had both a frightening and laughable experience. After seeing her husband off at the start line, she headed for the nearest porta potty. After she sat down, the service company, not realizing someone was in it, tried to remove it with her inside.

I remembered my first snowshoe marathon. It was so cold that my friend Larry froze his fingertips helping me put on my snowshoes and all the water at the aid stations turned to ice. That was the year Tom Sobal traveled from Leadville, CO and won the snowshoe marathon in spite of getting to the start line late because his car wouldn't start. Every year, Keith and his running partner Al's goals were to come in last in the 10K. A few times they had to pull off the course, open a bottle of wine, and wait until their competition for last place gave up and headed for the finish line. I remember the year my goal was to beat my friend Luther in the 10K. We both took a wrong turn and ended up doing an extra lap. He never passed me, but he ended up beating me by a few minutes. I guess he found a short cut.

I have more fond memories of this event than I care to list. My most important memories are of the comradely, friendships, the characters like Keith and Al and the good natured competition between friends. For me this was a trip back in time that I will never forget.

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Racing in Other Places

By Chris Vanoni

DETROIT INTERNATIONAL MARATHON/HALF-MARATHON

October 29, 2006 Detroit, MI

Name	Age	Gen	OAPI	GunTime	ChipTime	Event
JEFFREY LEITE	39	M	771	3:41:28	3:41:14	Marathon
LAURIE PHENIX	48	F	1360	4:00:16	3:58:15	Marathon
STEVE PHENIX	49	M	1514	2:01:36	2:00:58	Half

SPRING RUNOFF 10-MILE

March 4, 2007 Pueblo, CO

Name	Age	Gen	PI	DivPI	Div	Time	Pace
ROSS WESTLEY	70	M	58	1	70+	1:26:39	8:40

ANTARCTICA MARATHON

February 26, 2007 King George Island, Antarctica

Name	Age	Gen	Time
JIM ROMERO	66	M	5:12:03

CMRA FORTY FURLONGS (5 MILES)

February 10, 2007 Littleton

Name	Age	Gen	PL	Time
ADAM FEERST	46	M	2	0:30:56
DAVID ROTHENBURGER	38	M	5	0:33:12
JIM ROMERO	66	M	19	0:37:51
RIC ROBINETTE	54	M	22	0:38:13
CHRIS STONE	40	M	27	0:39:16
SCOTT MCFARLANE	55	M	30	0:39:44
MITCH CHESBRO	48	M	31	0:39:46
GEORGE HUNER	53	M	33	0:40:05
JEROLD GARDNER	56	M	37	0:41:24
MARK JOHNSON	49	M	42	0:44:29
RICH MARTINEZ	60	M	45	0:45:06
JERRY O'DONNELL	60	M	46	0:46:13
LEE BENGSTON	69	M	49	0:46:53
PAUL RUNDLE	42	M	51	0:47:46
RICH MULDOON	70	M	53	0:48:14
PENELOPE O'DONNELL	57	M	58	0:54:09
DAVE BLACK	55	M	61	0:57:30

JEREMY WRIGHT NORTH AMERICAN SNOWSHOE CHAMPIONSHIPS

February 11, 2007 Beaver Creek, CO

Name	PI	Gen	Time	Event
JEFFREY BERNARDY	13	M	50:11:00	5K

Congratulations Jim Romero!!

On February 26th, Jim completed the Antarctica Marathon, thus joining the ranks of a select few who have completed marathons in all seven continents.





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More Racing in Other Places

MT. TAYLOR WINTER QUADRATHLON

February 17, 2007 Grants, NM

Name	Agegrp	Gen	PI	Bikeup	Runup	Skiup	Shoep	Totup	Shoedn	Skidn	Rundn	Bikedn	Totdn	Total
SALIM HAJI	35-39	M	45	1:08:18	57:08	46:19	29:10	3:20:54	11:28	25:56	42:16	44:34	2:04:13	5:25:07

SCREAMIN SNOWMAN 5K/10K SNOWSHOE RACE

February 11, 2007 Eldora Mountain Resort

Name	Age	Gen	GenPI	Time	Event
JEROLD GARDNER	56	M	75	55:58	5K
KEN SIMONS	69	M	38	1:32:43	10K

VALENTINE'S DAY 5K

February 11, 2007 Washington Park

Name	GenPI	OAPI	DivPI	Time	Pace
BILL O'DELL	11/54	13	2/13	21:29	6:55
ED KING	16/54	23	4/9	22:41	7:19
CHARLES SCHEIBE	28/54	39	5/9	25:14	8:08
LESLIE MITCHELL	15/73	45	4/15	26:01	8:23
PATTI THURMAN	24/73	62	2/9	27:59	9:01
TINA RICHARDS	42/73	88	5/9	32:41	10:32

MOAB'S RED HOT 50K+34 MILES

February 17, 2007 Moab, UT

Name	Age	Gen	PI	Time
HECTOR MARTINEZ	23	M	8	5:03:35
GARY BLACK	20	M	54	6:49:38

COLORADO COLFAX MARATHON TRAINING SERIES 10M

February 25, 2007 Westminster, CO

Name	Age	Gen	PI	Time
DAVID ROTHENBURGER	38	M	3	1:09:14
ERIC GREENE	26	M	4	1:11:09
ALYN PARK	56	F	9	1:19:58
CHRISTOPHER STONE	40	M	14	1:24:36
MARK JOHNSON	49	M	21	1:36:17
JIM CHOW	50	M	24	1:44:43
PETER SZYMANSKI	50	M	27	1:47:02
KAREN VOSS	43	F	32	2:08:10

GATEWAY CANYONS DOLORES RIVER 10K

February 25, 2007 Gateway, CO

Name	Gen	PI	Time
CHARLES WESTLEY	M	12	52:26

RUN THE REGISTER STAIR CLIMB

February 25, 2007 Denver, CO

Name	Age	Gen	PI	GenPI	Time
JUSTIN LITTLE	32	M	5	5/620	6:14
ADAM FEERST	46	M	11	11/620	6:25
DYAN PISCOPO	47	F	437	122/816	10:25
JOSEPH BEARSS	36	M	605	384/620	11:19

SNOWSHOE SHUFFLE

March 3, 2007 Vail, CO

Name	Gen	GenPI	Time	Event
JEFFREY BERNARDY	M	7	37:26:00	5K

PRESIDENT'S DAY 5K

February 17, 2007 Washington Park

Name	Gen	OAPI	DivPI	GenPI	Time	Pace
CHASE KELLY	M	5	1/17	4/75	17:55	5:46
MITCH CHESBRO	M	49	4/14	35/75	23:42	7:38
CHARLES SCHEIBE	M	62	5/10	46/75	24:50	8:00
BILL O'DELL	M	123	12/14	68/75	32:43	10:32
SHARYL RILEY	F	150	6/6	76/77	51:34	16:36

CHILLY CHEEKS DUATHLON #3

10.8 Mile Bike, 2.5 Mile Run

February 17, 2007 Cherry Creek State Park

Name	Age	Gen	PI	Time
CHRIS VOELLER	37	M	8	49:34
ERIC GREENE	26	M	25	55:00
LUKAS JETER	33	M	68	1:04:21
JOSEPH BEARSS	36	M	115	1:18:09

SNOWMAN STAMPEDE 10M/20M

February 24, 2007 Cherry Creek State Park

Name	Age	Gen	PI	Time	Pace	Event
MICHAEL QUISPE	40	M	8	1:07:41	6:47	10Mile
VALERIE SHOCKLEY	41	F	33	1:17:45	7:47	10Mile
NICOLE NOVOTNEY	33	F	36	1:18:04	7:49	10Mile
MICOL ROTHMAN-HAJI	34	F	56	1:23:13	8:20	10Mile
LESLIE MITCHELL	45	F	86	1:32:00	9:12	10Mile
JEROLD GARDNER	56	M	98	1:34:03	9:25	10Mile
CHARLES SCHEIBE	52	M	108	1:36:05	9:37	10Mile
MARY PITZ	43	F	119	1:44:01	10:25	10Mile
HECTOR MARTINEZ	23	M	2	2:17:35	6:53	20Mile
CARL MATHER	42	M	5	2:23:04	7:10	20Mile
DAVID ROTHENBURGER	38	M	17	2:33:33	7:41	20Mile
DAVID STARK	59	M	46	3:16:04	9:49	20Mile

CMRA TOM BAILEY SPRING SPREE 10K

March 10, 2007 Twin Lakes

Name	Age	Gen	PI	Time
HECTOR MARTINEZ	23	M	1	0:34:24
ADAM FEERST	47	M	4	0:39:10
DAVID ROTHENBURGER	38	M	7	0:40:35
JEFF YOUNG	51	M	12	0:42:20
THERESA JOCKERS	45	F	19	0:45:19
RIC ROBINETTE	54	M	25	0:47:05
CHRIS STONE	40	M	31	0:48:51
SCOTT MCFARLANE	55	M	32	0:49:25
JIM ROMERO	66	M	35	0:49:58
ROSS WESTLEY	70	M	38	0:50:52
CHARLES SCHEIBE	52	M	41	0:52:31
LESLIE MITCHELL	45	F	42	0:52:35
BRENT JOCKERS	56	M	45	0:53:10
RICH MARTINEZ	60	M	46	0:54:13
LEE BENGSTON	69	M	50	0:57:08
RICK VOORHEES	54	M	54	0:59:31
JOE BLACK	8	M	68	1:14:00
DAVE BLACK	55	M	69	1:14:02

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

March 4, 2007 3 Miles @ Crown Hill Park

Place	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW HCP	OLD HCP	TS Pts	Scratch Pts	Races
1	Simpson, James	32	2:48	0:24:38	0:27:26	8:13	37	89.00	109	100.00	53.55	1
2	Greene, Eric	26	10:48	0:18:39	0:29:27	6:13	6	56.00	71	98.87	93.55	3
3	Wieten, Jenae	38	6:16	0:23:17	0:29:33	7:46	5	83.00	94	97.75	146.09	2
3	Johnson, Jesse	21	6:16	0:23:17	0:29:33	7:46	29	83.00	94	97.75	146.09	2
4	Kuck, Kerry	49	0:16	0:29:19	0:29:35	9:46	54	110.00	119	96.62	31.61	3
5	Rowley, Diane	35	3:32	0:26:14	0:29:46	8:45	8	97.00	106	95.49	68.89	2
6	Bearss, Joseph	36	4:28	0:25:56	0:30:24	8:39	41	95.00	102	94.37	48.39	3
7	Hora, Mike		4:14	0:26:23	0:30:37	8:48	44	97.00	103	93.24	44.52	1
9	Lynn, John Calvin	61	-10:41	0:41:21	0:30:40	13:47	62	152.00	156	90.99	21.29	2
8	Fairs, Janet	63	-5:57	0:36:37	0:30:40	12:12	16	137.00	141	92.11	33.33	1
10	Wischmeyer, Jerry	66	-1:37	0:32:25	0:30:48	10:48	60	122.00	126	89.86	23.87	1
11	Cook, David	41	10:27	0:20:23	0:30:50	6:48	14	67.00	73	88.73	83.23	2
12	Arman, Jesse	56	2:48	0:28:11	0:30:59	9:24	52	105.00	109	87.61	34.19	3
13	McFarlane, Scott	55	7:57	0:23:10	0:31:07	7:43	28	82.00	86	86.48	65.16	3
14	VanNorstrand, Michael	45	7:20	0:23:52	0:31:12	7:57	32	85.00	89	85.35	60.00	3
15	O'Dell, Bill	48	11:09	0:20:07	0:31:16	6:42	13	65.00	69	84.23	84.52	1
17	Rogers, Bill		9:43	0:21:34	0:31:17	7:11	18	73.00	77	81.97	78.06	3
16	Szymanski, Sarah	31	8:33	0:22:44	0:31:17	7:35	3	80.00	83	83.10	91.11	3
18	Kitts, Carmen	55	4:00	0:27:20	0:31:20	9:07	10	101.00	104	80.85	60.00	2
19	Steller, Larry	40	11:30	0:19:51	0:31:21	6:37	11	63.00	67	79.72	87.10	2
20	Haji, Salim	35	13:06	0:18:16	0:31:22	6:05	3	53.00	57	78.59	97.42	1
21	King, Ed	54	10:05	0:21:21	0:31:26	7:07	17	72.00	75	77.46	79.35	1
22	Chesbro, Mitch	48	8:45	0:22:42	0:31:27	7:34	24	80.00	82	76.34	70.32	3
23	Robinette, Ric	54	8:45	0:22:43	0:31:28	7:34	25	80.00	82	75.21	69.03	3
24	Jordan, Charlie	65	7:08	0:24:21	0:31:29	8:07	35	88.00	90	74.08	56.13	1
25	Haller, Gordon	56	9:09	0:22:21	0:31:30	7:27	21	78.00	80	72.96	74.19	3
26	Rothenburger, David	38	12:38	0:18:56	0:31:34	6:19	7	58.00	60	71.83	92.26	3
27	Bengston, Lee	69	5:10	0:26:27	0:31:37	8:49	45	98.00	99	70.70	43.23	3
28	LaBarry, Brad	33	8:45	0:22:54	0:31:39	7:38	26	81.00	82	69.58	67.74	2
29	Gentry, Tim	44	14:07	0:17:34	0:31:41	5:51	1	48.00	50	68.45	100.00	2
30	Szymanski, Peter	51	8:22	0:23:22	0:31:44	7:47	30	83.00	84	67.32	62.58	2
31	Basse, Bob	52	12:47	0:19:01	0:31:48	6:20	9	58.00	59	66.20	89.68	3
32	Nix, Alicia	42	4:14	0:27:37	0:31:51	9:12	12	103.00	103	65.07	51.11	2
33	Beebe, Kerry	52	2:19	0:29:34	0:31:53	9:51	13	111.00	111	63.94	46.67	3
34	Boisseau, Jay	47	7:57	0:23:57	0:31:54	7:59	33	86.00	86	62.82	58.71	3
35	McNamara, Susan	43	6:16	0:25:38	0:31:54	8:33	7	94.00	94	61.69	73.33	1
37	Feerst, Adam	47	14:15	0:17:41	0:31:56	5:54	2	49.00	49	59.44	98.71	3
36	Johnson, Chuck	49	6:55	0:25:01	0:31:56	8:20	38	91.00	91	60.56	52.26	2
38	Benjamin, Nick	31	5:50	0:26:09	0:31:59	8:43	43	96.00	96	58.31	45.81	2
39	Voss, Karen	41	11:09	0:20:52	0:32:01	6:57	1	70.00	69	57.18	100.00	2
40	Russell, Stacy	39	7:20	0:24:41	0:32:01	8:14	6	89.00	89	56.06	77.78	2
41	Karaiskaj, Denis	32	11:09	0:20:54	0:32:03	6:58	15	70.00	69	54.93	81.94	1
42	Paige, Lisa	49	5:50	0:26:14	0:32:04	8:45	9	97.00	96	53.80	64.44	1
43	Huner, George	53	8:33	0:23:32	0:32:05	7:51	31	84.00	83	52.68	61.29	3
44	Quispe, Michael	40	13:41	0:18:25	0:32:06	6:08	4	54.00	53	51.55	96.13	3
45	Lee, Adam	34	9:09	0:23:04	0:32:13	7:41	27	81.00	80	50.42	66.45	1
46	Applegate, Ken	58	11:19	0:20:55	0:32:14	6:58	16	69.00	68	49.30	80.65	3
47	Knipps, Mike	54	5:37	0:26:39	0:32:16	8:53	47	98.00	97	48.17	40.65	3
48	Allendorf, Brett	38	9:54	0:22:32	0:32:26	7:31	23	77.00	76	47.04	71.61	3
49	Rundle, Paul	42	5:37	0:26:51	0:32:28	8:57	49	98.00	97	45.92	38.06	2
50	Depakakibo, Dennis	36	7:57	0:24:32	0:32:29	8:11	36	87.00	86	44.79	54.84	2
51	Chow, James	50	5:50	0:26:40	0:32:30	8:53	48	99.00	96	43.66	39.35	1
52	Bullock, John H. Jr.	45	12:29	0:20:05	0:32:34	6:42	12	62.00	61	42.54	85.81	3
53	Olson, Jeffrey	47	7:33	0:25:02	0:32:35	8:21	39	89.00	88	41.41	50.97	3
54	Rowley, Darren	39	2:33	0:30:05	0:32:38	10:02	56	113.00	110	40.28	29.03	1
55	Dathe, Bryon	38	2:04	0:30:34	0:32:38	10:11	58	113.00	112	39.15	26.45	3
56	Beebe, Jim	63	5:50	0:26:56	0:32:46	8:59	50	100.00	96	38.03	36.77	1
57	Croft, Devin	54	13:50	0:18:58	0:32:48	6:19	8	58.00	52	36.90	90.97	1
58	Kukel, Scott	33	14:15	0:18:34	0:32:49	6:11	5	55.00	49	35.77	94.84	1
59	Head, Curtis	53	8:45	0:24:15	0:33:00	8:05	34	87.00	82	34.65	57.42	1
60	Gray, Rob	56	11:09	0:22:01	0:33:10	7:20	19	74.00	69	33.52	76.77	1

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

March 4, 2007 3 Miles @ Crown Hill Park

Place	NAME	AGE	START	ACT'L	FINISH	PACE	GEND			TS Pts	Scratch	
							PLACE	NEW HCP	OLD HCP		Pts	Races
61	Johnson, Mark	49	7:08	0:26:06	0:33:14	8:42	42	91.00	90	32.39	47.10	3
62	Trujillo, Jay	48	10:59	0:22:16	0:33:15	7:25	20	74.00	70	31.27	75.48	1
63	O'Donnell, Jerry	60	5:37	0:27:49	0:33:26	9:16	51	104.00	97	30.14	35.48	1
64	Smith, Douglas	57	8:22	0:25:06	0:33:28	8:22	40	87.00	84	29.01	49.68	1
65	Martinez, Richard	60	7:08	0:26:32	0:33:40	8:51	46	98.00	90	27.89	41.94	1
66	Simpson, Patricia	58	-1:21	0:35:15	0:33:54	11:45	15	132.00	125	26.76	37.78	1
67	Keefe, Bonnie	42	10:48	0:23:09	0:33:57	7:43	4	73.00	71	25.63	86.67	2
68	Edrich, Rick	46	12:29	0:22:30	0:34:59	7:30	22	63.00	61	24.51	72.90	2
69	Acosta, Michael	58	4:56	0:30:17	0:35:13	10:06	57	103.00	100	23.38	27.74	1
70	Black, Dave	56	0:47	0:35:47	0:36:34	11:56	61	134.00	117	22.25	22.58	1
71	Hnizdil, Olga	62	-1:04	0:46:16	0:45:12	15:25	18	125.00	124	21.13	24.44	2

Race Walkers

Non-Members

PI	NAME	Age	Start	ACT'L	FINISH	PACE	NEW		TS Pts	Races	Name	R/W	FINISH	Start	NET	PACE
							HCP	OLD HCP								
1	Guiff, Ed	63	-1:04	0:32:55	0:31:51	10:58	124.00	124	100.00	3	Frank Kurtz	R	0:29:23	6:29	0:22:54	7:38
2	Thies, Chuck	60	-1:37	0:36:53	0:35:16	12:18	127.00	126	80.00	3	Jennifer Smith	R	0:29:34	0:16	0:29:18	9:46
3	Ellis, Richard H.	68	-3:53	0:40:56	0:37:03	13:39	138.00	134	60.00	1	Susan Leihe	R	0:29:41	0:16	0:29:25	9:48
4	Lyle, John	74	-3:18	0:40:55	0:37:37	13:38	133.00	132	40.00	3	Stephen Triebel	R	0:31:04	7:45	0:23:19	7:46
											Susan bellard	R	0:31:09	10:38	0:20:31	6:50
											Michael Johnson	R	0:31:25	2:48	0:28:37	9:32
											Pat Clifford	R	0:31:29	13:06	0:18:23	6:08
											Rebela Lasica	R	0:31:43	6:16	0:25:27	8:29
											Rein Anderson	R	0:32:00	14:31	0:17:29	5:50
											Cory Lasica	R	0:32:17	15:17	0:17:00	5:40
											Jesse Tijerina	R	0:32:33	11:19	0:21:14	7:05
											Jerry Medford	R	0:32:39	12:57	0:19:42	6:34
											Tania Pavec	R	0:32:42	20:13	0:12:29	4:10
											Larry Williams	R	0:32:51	0:00	0:32:51	10:57
											Lewis Hoffman	R	0:33:23	13:40	0:19:43	6:34
											Link Woken	R	0:33:33	7:20	0:26:13	8:44
											Kevin Chow	R	0:34:44	0:32	0:34:12	11:24
											Harry Farb	R	0:35:16	7:45	0:27:31	9:10
											Austine Thompson	R	0:39:23	0:00	0:39:23	13:08

New Members

R/W	NAME	Age	FINISH	Start	NET	PACE	GEND PLACE	NEW HCP	TS Pts	Scratch Pts	Name	R/W	FINISH	Start	NET	PACE
R	Glenn, Denise		0:28:50	6:29	0:22:21	7:27	2	78.00	60.00	95.56	Jesse Tijerina	R	0:32:33	11:19	0:21:14	7:05
R	Shimada, Ken		0:30:29	1:48	0:28:41	9:34	53	107.00	60.00	32.90	Jerry Medford	R	0:32:39	12:57	0:19:42	6:34
R	Jeter, Heidi	33	0:31:46	1:03	0:30:43	10:14	141	115.00	60.00	42.22	Tania Pavec	R	0:32:42	20:13	0:12:29	4:10
	Martinez, Christo-pher	26	0:31:55	12:09	0:19:46	6:35	10	63.00	60.00	88.39	Larry Williams	R	0:32:51	0:00	0:32:51	10:57
R	Wall, Dan		0:32:21	0:00	0:32:21	10:47	59	122.00	60.00	25.16	Lewis Hoffman	R	0:33:23	13:40	0:19:43	6:34
R	Bossard, Jennifer	39	0:32:52	5:23	0:27:29	9:10	11	1102.00	60.00	55.56	Link Woken	R	0:33:33	7:20	0:26:13	8:44
R	Jeter, Lukas	33	0:33:14	3:32	0:29:42	9:54	55	111.00	60.00	30.32	Kevin Chow	R	0:34:44	0:32	0:34:12	11:24
R	Frick, Carly	11	0:40:57	0:00	0:40:57	13:39	17	151.00	60.00	28.89	Harry Farb	R	0:35:16	7:45	0:27:31	9:10
											Austine Thompson	R	0:39:23	0:00	0:39:23	13:08

RMRR TROPHY SERIES OVERALL STANDINGS

Through March 2007

Place	Name	SEX	Total Points	Races	Ave Points	Place	Name	SEX	Total Points	Races	Ave Points
1	Ric Robinette	M	265.49	3	88.50	25	Stephanie Struble	F	158.78	2	79.39
2	Kerry Kuck	M	256.62	3	85.54	26	Jesse Johnson	M	157.75	2	78.87
3	Eric Greene	M	251.78	3	83.93	27	Jenae Wieten	F	157.75	2	78.87
3	Joseph Bearss	M	245.00	3	81.67	28	Brian Struble	M	156.09	2	78.04
4	David Rothenburger	M	235.84	3	78.61	29	Bryon Dathe	M	153.67	3	51.22
5	Mitch Chesbro	M	234.96	3	78.32	30	John H. Jr. Bullock	M	149.54	3	49.85
6	Bill Rogers	M	232.32	3	77.44	31	Chris Voeller	M	148.97	2	74.48
7	Michael VanNorstrand	M	226.04	3	75.35	32	David Cook	M	148.73	2	74.37
8	Ken Applegate	M	223.44	3	74.48	33	Lee Bengston	M	146.28	3	48.76
9	Jesse Arman	M	219.38	3	73.13	34	Diane Rowley	F	140.32	2	70.16
10	Sarah Szymanski	F	217.15	3	72.38	35	Dave Cunningham	M	139.28	2	69.64
11	Gordon Haller	M	206.43	3	68.81	37	Brad LaBarry	M	137.85	2	68.93
12	Bob Basse	M	203.87	3	67.96	36	Deb Cunningham	F	131.55	2	65.77
13	Jay Boisseau	M	196.16	3	65.39	38	Tim Gentry	M	131.21	2	65.60
14	Brent Jockers	M	195.38	2	97.69	39	Chuck Johnson	M	120.56	2	60.28
15	Theresa Jockers	F	190.76	2	95.38	40	Jim Romero	M	118.94	2	59.47
17	Adam Feerst	M	188.58	3	62.86	41	John Calvin Lynn	M	116.50	2	58.25
16	Scott McFarlane	M	186.17	3	62.06	42	Jeffrey Olson	M	111.05	3	37.02
18	Larry Mudron	M	185.66	2	92.83	43	Karen Voss	F	104.77	2	52.38
19	Mike Knipps	M	178.53	3	59.51	44	Carmen Kitts	F	104.57	2	52.28
20	George Huner	M	175.53	3	58.51	45	Peter Szymanski	M	102.50	2	51.25
21	Michael Quispe	M	174.89	3	58.30	46	Nick Benjamin	M	100.38	2	50.19
22	Kerry Beebe	F	169.32	3	56.44	47	James Simpson	M	100.00	1	100.00
23	Joy Knipps	F	165.13	2	82.57	48	Brett Allendorf	M	99.10	3	33.03
24	Larry Steller	M	159.03	2	79.51	49	Mike Hora	M	93.24	1	93.24

Congratulations Trophy Series Runner and Racewalk Winners



Thank You Volunteers!

For more pictures, please visit the RMRR website gallery.



YTD Scratch Females

PI	Name	Total Points	Races	Ave Points	PI	Name	Total Points	Races	Ave Points	PI	Name	Total Points	Races	Ave Points
1	Jenae Wieten	267.87	2	133.93	9	Diane Rowley	123.67	2	61.84	18	Janet Hattlestad	65.22	1	65.22
2	Sarah Szymanski	258.86	3	86.29	10	Carmen Kitts	101.82	2	50.91	19	Joy Knipps	64.98	2	32.49
3	Karen Voss	200.00	2	100.00	11	Denise Glenn	95.56	1	95.56	20	Lisa Paige	64.44	1	64.44
3	Deb Cunningham	196.52	2	98.26	12	Alicia Nix	88.50	2	44.25	21	Sylvia Martinez	61.74	1	61.74
4	Theresa Jockers	185.77	2	92.89	13	Leslie Mitchell	86.09	1	86.09	22	Mary Pitz Alice Bedard-	58.26	1	58.26
5	Bonnie Keefe	172.12	2	86.06	14	Marla Nosan	82.61	1	82.61	23	Voorhees	56.36	1	56.36
6	Stacy Russell	149.95	2	74.98	15	Susan McNamara	73.33	1	73.33	24	Jennifer Bossard	55.56	1	55.56
7	Kerry Beebe	147.06	3	49.02	17	Kristen Healy	70.91	1	70.91					
8	Stephanie Struble	142.77	2	71.38	16	Margot Smit	68.70	1	68.70					

YTD Scratch Males

PI	Name	Total Points	Races	Ave Points	PI	Name	Total Points	Races	Ave Points	PI	Name	Total Points	Races	Ave Points
1	Adam Feerst	291.00	3	97.00	9	Mitch Chesbro	211.59	3	70.53	18	Brett Allendorf	161.73		353.91
2	Michael Quispe	285.74	3	95.25	10	Ric Robinette	200.82	3	66.94	19	David Cook	160.37		280.18
3	Bob Basse	273.21	3	91.07	11	Tim Gentry	195.10	2	97.55	20	Brian Struble	158.78		279.39
	David Rothen-				12	Chris Voeller	193.47	2	96.73	21	Rick Edrich	155.13		277.56
3	burger	271.94	3	90.65	13	George Huner	192.04	3	64.01	22	Bill Rogers	151.40		350.47
4	Jesse Johnson	267.87	2	133.93	14	Jay Boisseau	178.94	3	59.65	23	ham Dave Cunning-	143.36		271.68
5	John H. Jr. Bullock	261.63	3	87.21		Michael VanNor-				24	Brad LaBarry	136.72		268.36
6	Eric Greene	258.40	3	86.13	15	strand	175.92	3	58.64					
7	Ken Applegate	249.35	3	83.12	17	Scott McFarlane	175.00	3	58.33					
8	Gordon Haller	216.96	3	72.32	16	Larry Steller	172.40	2	86.20					

Overall Race Walkers

Place	Name	SEX	Total Points	Races	Ave Points
1	Ed Guiff	M	253.33	3	84.44
2	John Lyle	M	200.00	3	66.67
3	Chuck Thies	M	166.67	3	55.56
3	Michael Blanchard	M	100.00	1	100.00
4	Richard H. Ellis	M	60.00	1	60.00

Keep Up-to-Date on All RMRR Functions, Join the RMRR Newsgroup

Want to stay on top of the latest RMRR news? Get reminders of upcoming races, or email notification of race/date changes? That doesn't happen often, but if so, members of the RMRR ENews group receive first notice of the date change.

E-mail lists are not sold or distributed and we aim to keep the number of messages to a minimum. So, sign up for RMRR ENews to stay abreast of all the exciting RMRR news between issues of *News on the Run*.

The Rocky Mountain Road Runners ENews group can be accessed at:
http://sports.groups.yahoo.com/group/RMRR_ENews/

Member Profile: Jeff Young

(Continued from page 1)

wanted to be a vet since he could remember and never veered from that path. He described himself as an ADD, "kinetic" type of kid; always active and fit but no organized sports. His running began when he was a freshman on the junior varsity team. He ran a 440 yard race, went all out winning the race, "I was sold on running" and was moved up to varsity. Jeff stated, "It was the first time I had done something competitive. I can't explain the feeling of winning, giving it my all, but I've been spending the last 20 years looking for that high again".

Jeff continued to run during his college years but often with a 20-30 lb backpack to condition for rugby. Playing rugby resulted in a litany of injuries and it was rugby that caused him to take up running again. He stated because of the rugby injuries he lives for the days when his body feels good and it is the running that keeps him going. "For me, coaching was perfect. I did it for selfish reasons", stated Jeff. He explains it keeps him in shape and motivated. The kids love it and love to join in on other running events as well.

With the kids on the NHT&CCT, Jeff takes the same "can do" approach. Jeff stressed to me that coaching the kids is not "just about winning". He tells the kids, "you have a choice to be a winner", "it's a mindset and is infectious". He pushes them to believe in themselves and be able to believe that "they did their best for that day". By doing their best they are making the choice to be a winner because on any given day, anyone is beatable. He pushes them to mentally believe that they have that choice to be a winner.

Jeff and Janet will be running the Spring Desert Ultra in April and the kids will be there to support them. It will be Janet's first 50 mile run and training for the Leadville 100 this August, A repeat for Jeff and Janet's first 100 mile event. The two of them are going to stop running long enough to get married on April 28th at their pizzeria, Gemellis, soon to be open. Just down the street on Tennyson is Planned Pethood Plus, an animal clinic Jeff owns and works as a Veterinarian and Planet Pethood Dog & Cat Boutique owned and operated by Janet and Jeff.

Their pizzeria sounds like it will be a great post run meeting place. They plan to donate 25% of the proceeds to the Marcia Mounsey Memorial Fund and another 25% to the Heart of North Denver Track Club. One last thing, their 6th annual Northside Stride is now a 5k & a 10k race to raise funds for the foundation. Run the races individually or as a team or be a sponsor. Call Jeff if you would like to know more about this event, 720-937-5082 or call Sylvia Martinez, race director, at 720-217-8538.

February Volunteer of the Month – Rosalie Richter

By Lisa G. Champeau

Congratulations to Rosalie for her volunteer efforts toward the club! Any Trophy Series runner knows her and her skills working the finish line. When Rosalie and her friend Tom Mates work the timers, we can all rest assured the results will be accurate. Moving from New York in 1976, she immediately took Colorado for what it has to offer and began running for the exercise and the love of the outdoors. She joined RMRR 1978 and began volunteering right from the start. She enjoyed volunteering for the bigger races that RMRR were affiliated with and started her big t-shirt collection. One such race was the Short Course Triathlon at Washington Park where she and her then 12 year old son Scott were in charge of "duck patrol" where they had to feed the ducks bread to keep them off the biking portion of the race!



Upon doctor's advice, Rosalie hasn't run a race since 1984 but walks instead. She enjoys walking the Race for the Cure and walking around her new house. She enjoys volunteering for RMRR and other races as well. If you have ever run the Bolder Boulder, chances are you have seen her at the finish line – she has been working that race since 1980! Look for her working the finish line at the Cherry Creek Sneak, the Summer Solstice Race, the Colorado Home Run Race and many others. Without volunteers like her, the Colorado running scene would be a lot bleaker. We are certainly glad to have had her countless hours of service for the last 30 years. How about another 30? She has received \$25 gift certificate to a local running store for her efforts. If you would like to volunteer, call Lisa G. at 303-777-2261 or lisa_q11@yahoo.com.

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 preprinted tag. You must pay your renewal, or a non-member fee before racing.

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

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

An Excel spreadsheet of the Handicap distances and times is available on the RMRR website—<http://rmrr.org/handicaps/TSHandicaps.xls>.

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 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:

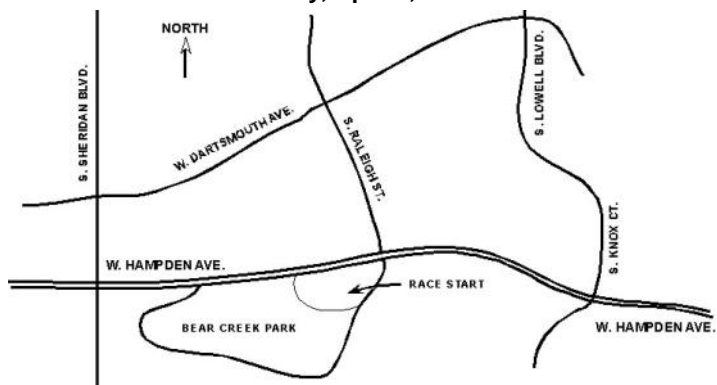
- 1) The weight bearing leg must have a straight knee.
- 2) Ground contact must be maintained at all times.

Directions:

Take hwy 285 to Sheridan. Go north. Turn right at the 2nd light, Dartmouth, just past the shopping center. Go 6 blocks to Raleigh, at a stop sign. Turn right for about 4 blocks, under 285, to the park.

<http://rmrr.org/rmrrRaceDirections/rmrrBearCreekPark.html>

**Run the April Trophy Series 4 mi
Bear Creek Bike Path
Sunday, April 1, 9 a.m.**



Thank You for Supporting RMRR



POTTS TROTTERS



Bent Gate
Mountaineering

APRIL 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>RMRR Trophy Series Bear Creek Bike Path 4 miles; 9 am (1)</p>	<p>2</p>	<p>3</p> <p>Wash Park Fun Run, 6 pm South High Parking Lot (1)</p>	<p>4</p> <p>Track Workout 6:15pm Denver Lutheran High School</p>	<p>5</p>	<p>6</p>	<p>7</p> <p>RMRR Training Run, 9 am Goodson Rec. Center (1) DeKoevend Park, Littleton</p> <p>Sand Creek 5 Miler 9 am Stapleton (3)</p>
<p>8</p>	<p>9</p>	<p>10</p> <p>Wash Park Fun Run, 6 pm South High Parking Lot (1)</p>	<p>11</p> <p>Track Workout 6:15pm Denver Lutheran High School</p>	<p>12</p> <p>Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>13</p>	<p>14</p> <p>RMRR Training Run, 9 am Goodson Rec. Center DeKoevend Prk, Littleton (1)</p> <p>Greenland Trail 50K/25K 8am; Greenland (5)</p>
<p>15</p> <p>Horsetooth ½ Marathon 8:30 am Ft. Collins (4)</p> <p>Canine Classic 10K/5K 9am Boulder Res (11)</p>	<p>16</p>	<p>17</p> <p>Wash Park Fun Run, 6 pm South High Parking Lot (1)</p>	<p>18</p> <p>Track Workout 6:15pm Denver Lutheran High School</p>	<p>19</p> <p>Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>20</p>	<p>21</p> <p>RMRR Training Run, 9 am Goodson Rec. Center DeKoevend Prk, Littleton (1)</p> <p>Highlands Ranch Heritage Adventure Run 5K/10K Mountain Vista HS (6)</p> <p>Front Range Trail Frenzy ~7.5mi, Chatfield State Prk (10)</p>
<p>22</p> <p>Colfax Marathon Training Series 20 miles, Front Range Community College (7)</p> <p>Strides for Epilepsy 5K 9am; Wash Park (6)</p>	<p>23</p>	<p>24</p> <p>Wash Park Fun Run, 6 pm South High Parking Lot (1)</p>	<p>25</p> <p>Track Workout 6:15pm Denver Lutheran High School</p>	<p>26</p> <p>Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>27</p>	<p>28</p> <p>RMRR Training Run, 9 am Goodson Rec. Center DeKoevend Prk, Littleton (1)</p>
<p>29</p> <p>Boulder Distance Carnival 30K/15K/5mi Boulder Res (8)</p> <p>Cherry Creek Sneak 5mi/5K/1mi 8am, Cherry Creek (9)</p> <p>That Dam Run 10K 8am John Martin Res, Hasty, CO (12)</p>	<p>30</p> <p>RMRR Board Meeting, 7pm Wild Oats Wash Park</p>	<p>(1) www.rmrr.org (2) www.groups.yahoo.com/group/denvertrailrunners, 303-870-0487 (3) www.comastersrun.org (4) www.horsetoothhalfmarathon.com (5) www.greenland50K.com; 720-985-9047 (6) www.bkbltd.com (7) www.coloradocolfaxmarathon.org/3races.cfm (8) www.distancecarnival.com (9) www.cherrycreeksneak.com (10) www.runuphillracing.com (11) www.movingtoendsexualassault.org (12) www.bentcountry.org</p>				

Membership is \$30 for individuals, \$40 for couples and families, and \$10 for volunteer members. (Note that the volunteer membership does not include entry into the monthly Trophy Series races.)

Joining RMRR

- Visit the web site (www.rmrr.org), click on the Club Info page, download an application and mail it in
- Log onto www.active.com and join online
- Pick up an application at local running stores including Runner's Roost (Colorado Blvd, Parker Rd Aurora, Highlands Ranch), Boulder Running Company (Littleton, Boulder), Runner's Choice (Boulder)
- Call the RMRR office, 303-871-8366, leave a message with your name and address and we'll mail you an application



2007 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Ken Applegate	20.00	Janet Gold	8.50	Mike Robbert	1.25
Bob Basse	12.75	Ed Guiff	1.00	Ric Robinette	3.75
Kerry Beebe	2.00	Olga Hnizdil	1.50	Rochelle Robinette	1.50
Michael Blanchard	8.00	Bonnie Keefe	5.00	David Rothenburger	4.75
Lisa G. Champeau	19.00	Carmen Kitts	1.50	Liz Shepard	4.00
Jim Chow	40.00	Brad LaBarry	2.25	Ray Sibley	6.00
Dave Cunningham	3.25	John Lyle	1.25	Doug Smith	5.00
Deb Cunningham	36.25	Betsy Lyle	11.50	Stephanie Struble	39.50
Michelle Evans	2.25	Tom Mates	9.00	Brian Struble	2.75
Janet Fairs	3.25	Holly Neill	7.00	Karen Voss	1.50
Adam Feerst	1.00	Alicia Nix	3.00	Lisa Wilson	1.50
Tim Gentry	2.50	Jeff Olson	23.50	Bruce Wilson	1.50
		Bob Reilly	7.00		
		Rosalie Richter	8.50		



Happy Birthday to members celebrating their birthday in April!

Our apologies for not listing the April birthday celebrants in this issue.

Upcoming Races:

Colfax Marathon Training Series

March 25, 2007
9:00AM Sunday
15 Miles @ Twin Lakes Park

RMRR Trophy Series

April 1, 2007
9:00AM Sunday
4 Miles @ Bear Creek Bike Path

Please visit the [RMRR Race Calendar](#) site for more.

Track Workouts Start on April 4, 2007

At [Denver Lutheran High School](#)
(3201 W Arizona Ave, Denver, CO 80219-3941)

Track workouts are Wednesdays at 6:15PM starting April 4th through the end of October.

The workouts are open and free to all RMRR members. Non-members are welcome to try a couple of workouts for free as well.

Workouts start at 6:15PM sharp. Please arrive early to warm up.

Check the [RMRR Training Schedule](#) site for the complete training schedule.

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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