



News on The Run

A Letter from the President...



The weather for the July Trophy Series Race at Bible Park was uncharacteristically cool and overcast. The recent rains made the trail a bit wet and muddy, but negotiable. We had a total of 79 runners and race walkers compared to 108 last year. Deb Cunningham and her girls with able assistance from Mike and Chris Vanoni did a **FANTASTIC** job on the pancakes. Thankfully, the rain came later when we were packing up.

I want to thank Carman Kitts and my wife, Bonnie Keefe, for all their help in packing the van, setting up for the race and unloading everything back at the office. I also want to thank all of the other volunteers for their help in the setup and helping to conduct a smooth event, especially at the finish line.

Lesley Kinder of the Boulder Backroads Marathon and Half Marathon has again offered numerous benefits to the club and its members for participating in this event. Member will again be given a \$5 discount on registration. Watch for the special ad page and registration form this and future issues. Be sure to checkout their website for the entire list of benefits for racing either the full or half marathon, <http://www.boulderbackroads.com/>.

Our Summer/Fall Marathon Training Race Series started on July 16th. We are always looking for volunteers to help put these races on for the benefit of those training for a fall marathon. This race series is a major source of funds to help pay for expenses and keep our member's dues low. Please see the Race Schedule in this newsletter and volunteer when you can.

We are also starting to plan for the KUVU Labor Day Race in the City. I encourage all of our members and their families that will be in town that day to participate as runners, race walkers or as a volunteer for race day registration and/or at the Finish Line.

Lastly, the monthly Board meetings are held at Wild Oats on Washington St. Attending is a great way to help decide how best to do more to support the club. The meetings are from 7-8:30pm and are held the Monday before each month's Trophy Race. The next meeting is Monday, August 31st.

Enjoy all your running efforts! Doug Smith

The People Who Make It All Happen Thank you July Race Volunteers



August Trophy Series Race

OK, so we know that work and life can be eat and run. Well here at RMRR we are more fond of run and eat. Last month it was a great pancake breakfast, thanks to the Cunningham clan. This month, the Annual post-race dinner at de-Koevand Park.

The race will be a 5K, starting at 6:30 p.m. on Friday Aug 4, followed by good eats. Bring a side dish to share.

**2006 RMRR
Executive Committee**

Interim President

Doug Smith (303) 741-4065

Vice President

Stephanie Struble

Secretary

Deb Cunningham (303) 331-8323

Treasurer

Leslie Mitchell (303) 777-1210

Race Committee Chairpersons

Bonnie Keefe (303) 741-4065

Robert Reilly

Membership

Kolene Brown (303) 984-1186

Board Positions

Board Members at Large

Bob Basse

Karen Voss Szymanski

Training/Track Workouts

Mike Robbert (720) 933-7093

Volunteer Coordinator

Lisa Champeau (303) 777-2261

Communications

Michelle Evans (303) 907-9308

John Pawlowski (303) 933-6780

Computer Database/Race Scoring

Brad Labarry (303) 363-6273

Non-Board, Non-Voting Positions

Special Events

Betsy Lyle (303) 238-1135

Quartermaster

John Lyle (303) 238-1135

Newsletter rmrrnewsletter@yahoo.com

John Pawlowski, Editor (303) 933-6780

Stephanie Struble

Jean Townsend & Chris Vanoni

Web Team

Jim Chow, Webmaster (303) 324-7082

Deb Cunningham (303) 331-8323

Jeff Olson jeffrengolson@cs.com

Mechanic

Ken Applegate (303) 733-1602

Telephone

Teresa Abbot

Race Permits

Teresa Abbot

Janet Fairs

Track Workouts/Training

Scott Kukul

Devin Croft

Dan Haney

Allied Clubs

Colorado Masters Racing Association

President: Vici De Haan (303) 758-1934

Colorado Columbines

President: Jenn Becker (303) 909-2658

Front Range Walkers

Guru: Bob Carlson (303) 377-0576

Potts Trotters

Fearless Leader Parthenia (Potts) Jones
(303) 877-8534

Phidippides

President: Matt Steinberg (303) 477-9770

New Training Runs for Form and Fitness

Monday evening runs at Crown Hill Park in Wheat Ridge at 6:15 pm. Meet at the east end of the parking lot located off 26th west of Wadsworth Blvd. The outside lap is a dirt trail about 2.3 miles once around. The inside dirt trail is about 1.5 miles. We will run 2 laps either both outside or one outside and one inside.

The purpose of this run is to present ideas for varying speed and to get valuable form and alignment training out of running at an easy pace. The easy pace provides an opportunity to focus on your alignment for greater efficiency in running. The goal is to put less stress on the ligaments and tendons that are vulnerable to injury at higher intensities over greater duration. The ability to vary your speed is critical for developing an awareness of what your pace is at the beginning, middle, and last third of a race or training run. This is by far one of the most difficult lessons to learn for most runners. Come on out & run an "easy" run for better performance!



Marathon Training Series

Training Races for a Fast Fall Marathon

Race 1	10 mi - July 16	Westminster, Big Dry Creek
Race 2	15 mi - Aug 6	Westminster, Big Dry Creek
Race 3	20 mi - Aug 27	Westminster, Big Dry Creek
Race 4	20 mi - Oct 1	Westminster, Big Dry Creek

All races start at 7 a.m. at Westminster City Park

Register online at www.active.com

For more info: www.rmrr.org or phone 303-871-8366

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/

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 individual'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.

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!

Trophy Series Races

Date	Time	Distance	Location	Race Director
Fri, Aug 4	6:30 pm	5K	DEKOEVAND PARK	John & Betsy Lyle/Alicia Nix
Sun, Sep 10	8 am	9MI	CITY PARK (WESTMINSTER)	Jeff Olson
Sun, Oct 8	9 am	8MI	CHATFIELD	John Bullock/Rick Vorhees
Sun, Nov 5	9 am	10MI	WATERTON CANYON*	Ray Sibley
Sun, Dec 3	9 am	4.4MI	WASHINGTON PARK	Lisa Champeau/Mark Ballard

RMRR Fall Marathon Training Series

Sun, Aug 6		15MI	CITY PARK (WESTMINSTER)	Janet Fairs/Mike Blanchard
Sun, Aug 27		20MI	CITY PARK (WESTMINSTER)	Open
Sun, Oct 1		20MI	CITY PARK (WESTMINSTER)	Doug Smith/Bonnie Keefe

Club Sponsored Races

Mon, Sept. 4		5280 m Jazz 89 KUVU Labor Day Race in the City	WASHINGTON PARK	Open
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Races of Interest

Sun, Sept. 24		26.2/13.1 Boulder Backroads	Boulder	N/A
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* By permit of the US Forest Service

Next Newsletter Deadline, Friday August 11

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, August 11 (with a pretty wide margin of error, but please let me know if submissions will come in after deadline). Share your stories, photos, comments, thoughts, musings about running. Please send all submissions to rmrrnewsletter@yahoo.com. Thanks, John.

BOARD MEETING MINUTES

June's Board Meeting minutes were not included in last month's newsletter, so are included here, July's minutes follow on page 7.

Date/Time: Monday, June 5, 2006, 7:00 p.m.

Attendees: Lisa Champeau, Michelle Evans, Leslie Mitchell, Mike Robert, Stephanie Struble, Karen Voss Peter.

1) Visibility

A) Colfax Marathon Expo

Overall consensus was that the RMRR booth at the Colorado Colfax Marathon provided positive visibility for the club. It is something the club should participate in again next year. Next year the club will try to negotiate a free booth in exchange for the RMRR Colorado Colfax Marathon Training Series runs to avoid the \$100 nonprofit booth fee that was paid this year. It was also discussed the club hasn't seen any revenue from the Colorado Colfax Marathon Training Series as of yet. We will be looking into this matter very soon. It was also discussed that we should be prepared to sell RMRR Club Merchandise at the next expo.

B) The New Denver Marathon Expo

The possibility of hosting a booth at the New Denver Marathon Expo was discussed. Karen Voss Peter was going to get more information concerning costs for the board members to review before a final decision whether or not RMRR will participate in this marathon's expo will be made.

2) Bolder Boulder

A partial list of RMRR 2006 Bolder Boulder Volunteers was compiled.

3) Boulder Backroads

Initiatives were discussed. The club will receive some free comps and hats for raffles. Club members will receive a \$5.00 discount off the race but must use the application that is in the June, 2006 RMRR Newsletter.

4) Newsletter

A discussion occurred concerning having a web based only newsletter. At this time the printed newsletter will continue as John Pawlowski has agreed to train new volunteers to produce the newsletter.

5) Volunteer Issues

A) Volunteer of the Month

The Board voted that Kasey Robbert to be the RMRR volunteer of the month for her overall outstanding club volunteer work but most especially for her contribution at the Colorado Colfax Marathon cheering the full Marathon Runners on with her reddish fishnet stockings and matching red feather attire at two different stations along the route. Two board members who ran the full marathon found her to be very encouraging amongst many great volunteers that day.

B) Outside Race Scoring Opportunities

John Bullock has expressed an interested in volunteering for the club in this area.

6) Treasurer's Report

Leslie Mitchell, presented the clubs financials which consisted of a cash flow comparison and a balance sheet. Another brief discussion occurred concerning that at this time RMRR hasn't seen any revenue from the Colorado Colfax Marathon Training Series. Also, it was brought to the board members attention that the club is expending more on membership benefit due to a prior board decision to increase membership value.

7) Equipment Rental

Adam Feerst, former RMRR Club President, has approached the club concerning renting race equipment. It was decided that the board
(Continued on page 7)




Marathon Training Series
Training Races for a Fast Fall Marathon

Race 1	10 mi - July 16	Westminster, Big Dry Creek
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Race 3	20 mi - Aug 27	Westminster, Big Dry Creek
Race 4	20 mi - Oct 1	Westminster, Big Dry Creek

All races start at 7 a.m. at Westminster City Park

Register online at www.active.com
For more info: www.rmrr.org or phone 303-871-8366

Please renew your membership promptly. If your membership has expired, you will not have a printed start tag for Trophy Series Races. All expired memberships must be renewed prior to racing. You will not be included in the trophy series scoring without a current membership, and we don't want that to happen!!



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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

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Racing in Other Places

By Chris Vanoni

MT EVANS ASCENT

June 17, 2006 Idaho Springs, CO
14.5 Miles to 14,264 Feet Elevation

Name	Age	Gen	PI	Time
ADAM FEERST	46	M	5	2:06:36
MICHAEL QUISPE	39	M	19	2:24:13
DEB CUNNINGHAM	44	F	48	2:48:33
JEFFREY BERNARDY	45	M	59	2:51:22
BONNIE KEEFE	41	F	65	2:54:05
DAVE CUNNINGHAM	45	M	72	2:58:53
JIM ROMERO	66	M	73	2:59:16
DOUG SMITH	56	M	111	3:25:00
JOE YOUNG	36	M	124	3:35:55

CMRA SOUTH VALLEY PARK 10K

June 10, 2006 South Valley Park

Name	Age	Gen	PI	Time
JAY TRUJILLO	47	M	12	0:53:53

LAFAYETTE WINE FESTIVAL 5K

June 17, 2006 Lafayette

Name	Age	Gen	GenPI	Time
SUE TADDEUCCI	41	F	6.	22:04
STEPHANIE MYERS	30	F	135.	40:28

ADVENTURE 5K RUN/FUN WALK

June 17, 2006 Mountain Vista High School

Name	Age	Gen	GenPI	DivP	Time	Pace
MICHAEL ROACH	50	M	12	1/6	21:52	7:03
SHANNON REAGAN	32	F	44	24/41	35:37	11:28

STADIUM STAMPEDE

June 18, 2006 Denver

Name	Age	Gen	GenPI	Time	Pace
LANCE MEACHAM	38	M	18	20:29	6:36
KEN APPLGATE	57	M	21	20:57	6:45
JOSEPH NAGLE	34	M	26	21:53	7:03
JIM ROMERO	66	M	43	23:36	7:36
LESLIE MITCHELL	44	F	18	24:51	8:00
MITCH CHESBRO	47	M	77	25:09	8:06
JAMES SIMPSON	31	M	81	25:33	8:14
ALAN NICKELS	68	M	94	26:16	8:27
JERRY O'DONNELL	60	M	122	27:36	8:53
ROSS KINNEY	47	M	150	29:14	9:25
PATRICIA SIMPSON	57	F	111	35:13	11:20
SHERYL RILEY	56	F	157	47:07	15:10

JOE COLTON'S OFF-ROAD ADVENTURE 10MI

June 18, 2006 Rollinsville, CO

Name	Age	Gen	GenPI	Time
BRETT ALLENDORF	37	M	26.	1:24:35

ESTES PARK MARATHON

June 18, 2006 Estes Park, CO

Name	PI	Time	Pace	GenPI	DivPI	Gen	Div
DAVE CUNNINGHAM	18	3:47:27	8:41	18	3	M	40-49

UNI-HILL 2K

June 22, 2006 Boulder

Name	Age	Gen	PI	Time
MITCH CHESBRO	47	M	36.	9:09

ROCKY MOUNTAIN PBS FAMILY FUN RUN

June 24 2006 City Park

Name	Age	Gen	PI	GenPI	Time	Pace
EDWARD KING	53	M	41/79	26/39	35:25	11:24

SLACKER HALF MARATHON AND 4 MILE

June 24, 2006 Georgetown

Name	Age	Gen	GenPI	DivPI	Time	Pace	Event
MITCH CHESBRO	47	M	6	2/10	31:27	7:52	4mi
TRISHA DAVIS	55	F	5	1/11	32:21	8:06	4mi
ANNE FRIES	55	F	82	11/11	1:03:38	15:55	4mi
MICHAEL HEITZ	54	M	37	2/39	1:35:40	7:18	Half
JAY TRUJILLO	47	M	47	10/59	1:38:41	7:32	Half
MICHELLE HANCOCK	38	F	16	11/111	1:40:20	7:40	Half
LESLIE MITCHELL	44	F	39	9/83	1:50:15	8:25	Half
RANDALL CALEY	45	M	166	45/59	2:07:21	9:43	Half
KAREN OKAMOTO	50	F	203	16/29	2:15:07	10:19	Half
MARLA NOSAN	44	F	254	61/83	2:23:14	10:56	Half
AMY PADDEN	37	F	257	89/111	2:23:44	10:58	Half
KERRY BEEBE	51	F	260	21/29	2:26:04	11:09	Half
ROBERT FRIES	57	M	235	37/39	2:42:33	12:24	Half

GOLDEN GATE CANYON TRAIL RUN 12.7 MILES

June 25, 2006 Golden Gate Canyon State Park

Name	Age	Gen	PI	Time	Pace
JUSTIN LITTLE	32	M	11.	1:55:54	9:08
MIKE ROBBERT	31	M	18.	2:00:10	9:28
KAREN VOSS	41	F	20.	2:00:50	9:31
JEFF O'REILLY	46	M	37.	2:13:37	10:31
THOMAS JOHNSON	32	M	41.	2:22:11	11:12
BETHANIE WERNER	30	F	46.	2:29:31	11:46
SCOTT MCFARLANE	55	M	49.	2:30:50	11:53

INDEPENDENCE SUNSET 10K RUN

July 4, 2006 Highlands Ranch

Name	Age	Gen	GenPI	DivPI	Time	Pace
ANTHONY BEESON	31	M	10	6/38	45:51	7:23
CHARLES WESTLEY	69	M	39	1/1	1:03:40	10:15

NORTHSIDE STRIDE 5K

June 26 2006 Denver

Name	Age	Gen	GenPI	Time
NICOLE NOVOTNEY	33	F	5.	22:25
PETER SZYMANSKI	50	M	20.	22:53
BECKY EDRICH	15	F	29.	29:55

TWILIGHT TRAIL SERIES #1 6.5 MILES

June 27, 2006 Golden

Name	Age	Gender	Place	Time	Pace
JUSTIN LITTLE	32	M	9.	54:53	8:27

SAXON MOUNTAIN HILL CLIMB

July 1, 2006 Georgetown

Name	Age	Gen	PI	Time	Event
GEORGE HUNER	52	M	7	51:30.00	5mi
ROSS WESTLEY	69	M	14	1:00:56.00	5mi
MARK STEVENS	57	M	19	3:03:24.00	15mi
BRETT ALLENDORF	37	M	20	3:04:08.00	15mi

RACE FOR THE CURE 5K

July 4, 2006 Greeley

Name	Gen	PI	Time	Pace	GenPI	DivPI	Div
JIM ROMERO	M	114	22:17	7:11	87/476	2/28	60-69
NANCY KIYOTA	F	162	23:17	7:30	45/784	8/149	40-49

FREEDOM RUN 5K

July 4, 2006 Evergreen

Name	Age	Gen	GenPI	DivPI	Time	Pace	Event
DAVID ROTHENBURGER	37	M	20	5/55	20:09	6:30	Run
ADAM HUNER	17	M	31	10/29	21:39	6:59	Run
NICOLE NOVOTNEY	33	F	17	7/60	22:49	7:21	Run
DERRICK HUNER	25	M	81	14/36	23:50	7:41	Run
GEORGE HUNER	52	M	109	15/68	24:58	8:03	Run
GRAYSON DREXEL	56	M	115	16/68	25:08	8:06	Run
SEAN RATLEDGE	16	M	133	21/29	26:09	8:25	Run
JOE RATLEDGE	46	M	158	41/85	27:02	8:42	Run
KIRSTEN HUNER	23	F	72	17/52	27:06	8:44	Run
SHARYL RILEY	56	F	378	49/55	48:19	15:34	Run
MICHAEL BLANCHARD	45	M	1	1/13	27:38	8:54	Walk
LINDA DREXEL	56	F	9	4/68	34:08	11:00	Walk

SPRUCE CANYON 5K RUN

July 4, 2006 Coal Creek Canyon, Colorado

Name	Age	Gen	PI	Time	Event
RIC ROBINETTE	53	M	6	23:37	5K
MITCH CHESBRO	47	M	13	26:47	5K
STEPHANIE LARSEN	14	F	45	33:40	5K
ROB GRAY	55	M	22	1:01:15	12K

SALOMON TRESPASS CHALLENGE 5.4 MILE

July 9, 2006 Nederland

Name	Age	Gen	GenPI	Time
GRAYSON DREXEL	56	M	37.	56:04

CABBAGE HEAD DUATHLON

July 8, 2006 Wiggins, CO

5K Run, 30K Bike, 5K Run

Name	Age	Gen	PI	Div	Time	Run1	Bike	Run2
PAUL RUNDLE	41	M	131	M4044	1:49:59	25:21	56:51	25:00

SUMMER ROUNDUP TRAIL RUN 12K

July 9, 2006 Bear Creek Park, Colorado Springs

Name	Age	Gen	GenPI	DivPI	Time
JOHN GAUDETTE	20	M	4	2/8	0:53:05
ADAM FEERST	46	M	7	1/37	0:54:59
KAREN VOSS	41	F	8	2/27	1:04:04
DEB CUNNINGHAM	44	F	13	3/27	1:08:45
JOHN LYNCH	42	M	154	24/41	1:18:21
ALLISON LYNCH	43	F	119	24/27	1:38:49
DEBORAH MEFFERD	59	F	121	3/7	1:39:13

LIBERTY RUN 4 MILE

July 4, 2006 Washington Park

Name	Age	Gen	GenPI	DivPI	Time	Pace
RICHARD HICKEY	59	M	41	7/23	30:39	7:40
BILL MICHAELS	53	M	42	8/23	30:57	7:45
JILL MULLEN	24	F	21	12/40	0:32:03	8:01
ROSS KINNEY	48	M	83	19/38	36:17	9:05
MARK STEVENS	47	M	142	37/38	48:14	12:04
KATHLEEN HICKEY	59	F	140	16/21	0:48:51	12:13

Board Meeting Minutes

(Continued from page 4)

would review equipment rental requests on a case by case basis unless a need arises to develop a more, formal structured policy concerning rental of club equipment. It was agreed by club members to allow Mr. Feerst to rent the club timers at the cost of \$50.00 each per with a Gatorade cooler and club tent being lent free of charge with the rental of the club timers. Stephanie Struble will devise a contract representing RMRR's best interests concerning the equipment rental to Adam Feerst.

8) A link on the Club's website to two different magazines, Runners World and Running Times was discussed if a discount is received for allowing the link.

9) It was agreed the Athens Marathon people could come out to one of our Trophy Series or perhaps MTS run to promote their marathon as they are offering discounted group rates. The 11th person is free after 10 people sign up.

10) A brochure on Mental Running will be placed out at the Trophy Series. Also the club will also do an announcement for the Denver Lutheran High School's Track Meet at the June Trophy Series.

July Board Meeting Minutes

Date/Time: Monday, July 3, 7pm

Attendees: Stephanie Struble, Bonnie Keefe, Deb Cunningham, Doug Smith, Mike Robbert, Betsy Lyle, John Lyle.

Visibility:

1. Website metrics – Jim/Deb

Increasing Membership Value:

1. John Pawlowski will continue on doing the newsletter. Does not want it to be discontinued on his watch.
2. PDF only – emailed to RMRR members w/ email addresses. Post PDF on website.

Volunteer Issues:

1. Volunteer of the Month – Tom Mates

Operational Items:

1. Equipment rental
 - Timers cost \$850 new. \$50 rental is fair price.
2. July Trophy Race – Doug/Deb
 - Short on non-running vols. Rely on spouses or have others start at 0:00
3. Race Directors
 - Deb – Aug 27 MTS
4. Aug Trophy Race – Betsy & John/Alicia
 - Club will buy macaroni salad + chips & salsa because last year ran out of food.
 - More soda
5. KUVU
 - Doug will contact Lee Bengston. We haven't heard about the race yet. There was talk about changing the date.

June TS Scoring Correction

The previous June Trophy Series race results had Jack Wackwitz listed as a non-member, however, Jack is a RMRR member and after being included in the corrected TS results, took first place. Congratulations Jack! Jack's first place finish slightly changes the handicap, TS points and scratch points for the other racers that were listed in last month's News on the Run. Corrected June results are on the next page, page 8.

RMRR Member

Boulder Backroads Discount

Fill out and clip this **ENTIRE** entry form for a \$5 discount for either race. No reproductions allowed. One per person, good for RMRR members only. Must be postmarked on or before August 31 to receive discount.

goLite boulder backroads
official entry for

BIB# _____ PO

One entry form per person. Mail in entries **MUST** be postmarked by Sept. 12, 2006. Make check payable to: Boulder Backroads Marathon, LLC.

**Mail to: Boulder Backroads Marathon, P.O. Box 1889,
Boulder, CO 80306.**

First _____ Last _____

Address _____

City _____ State _____ Zip _____ Country (if not USA) _____

Age on 9/24/06 _____ Phone Number _____

Email _____

Male Female Shirt Size: S M L XL

entry fees: (check one)

if postmarked or received on or before August 1

\$65 Half Marathon \$75 Marathon

if received on or before noon, Sept. 22, at local running stores or online

\$75 Half Marathon \$85 Marathon

Walk Up at Pre-Race Expo on Sept. 23 – 9 a.m. - 4 p.m. only

\$85 Half Marathon (if available) \$95 Marathon (if available)

There is no race day registration.

Yes, I want to register to win a free massage from MassageSpecialists.com

Additional donation to:

Family Learning Center \$ _____

Team in Training \$ _____

Total Amount Enclosed (checks only please) \$ _____

Waiver AND release

PLEASE READ THIS DOCUMENT CAREFULLY.

By signing this document, you are giving up any legal rights you may have to sue Boulder Backroads LLC, GOLITE or its affiliates (related companies).

I _____ [NAME] desire to participate in or attend the GOLITE Boulder Backroads Marathon and Half-Marathon ("the Event") conducted by Boulder Backroads, LLC and sponsored by GOLITE and others. I have full knowledge of the risks involved in this Event and verify that I am physically fit and able to participate. In consideration of the opportunity to participate, I hereby irrevocably and unconditionally agree, on my own behalf and on behalf of my heirs and assigns, to indemnify GOLITE Inc., its affiliates, and Boulder Backroads, LLC, and their respective officers, directors employees, agents, and insurers ("the Released Parties") against, any lawsuits, claims, or expenses (including attorney fees), whether arising from the negligence of the Released Parties or otherwise; and I release and agree not to sue the Released Parties for any damages or personal injuries (including death) or any other liability relating in any way to the Event. I understand that the Event may be photographed, videotaped, or otherwise recorded, and I grant such parties the worldwide right in perpetuity, without approval or compensation, to use my name or likeness for any purpose, without approval or compensation to me or to any third party. I have read this release and waiver carefully, fully understand its content, and voluntarily agree to its terms.

Participant's Signature: _____

Date: _____ Date of Birth: _____

(Parent's signature if participant is a minor - in most states, under 18 year of age)

By signing above, the parent or guardian waives, and agrees not to assert, any claims it might have against the Released Parties arising out of the Event.

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

June 10, 2006 2.4 Mi Stone House Park

-----TIMES-----

---HANDICAP---

-----POINTS-----

PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND		NEW	OLD	TS	SCRATCH	#
							PLACE						
1	Wackwitz, Jack	63	4:46	0:19:01	0:23:47	7:55	26		87	95	100.00	48.72	2
2	Karaiskaj, Denis	32	8:39	0:15:48	0:24:27	6:35	9		65	70	98.60	83.59	1
3	Haller, Gordon	55	7:21	0:17:11	0:24:32	7:10	17		75	79	97.19	67.18	5
4	Eusebio, Alex	31	9:11	0:15:25	0:24:36	6:25	7		62	66	95.79	87.69	3
5	Depakakibo, Dennis	35	4:56	0:19:42	0:24:38	8:12	30		91	94	94.39	40.51	5
6	Little, Justin	32	9:19	0:15:19	0:24:38	6:23	6		61	65	92.98	89.74	3
7	Nix, Alicia	41	2:58	0:21:42	0:24:40	9:02	11	102	105	91.58	55.56	6	
8	Keefe, Bonnie	41	8:05	0:16:35	0:24:40	6:55	1	71	74	90.18	100.00	6	
9	Davis, Trisha	55	5:07	0:19:35	0:24:42	8:10	5	90	93	88.77	82.22	5	
10	Gray, Rob	55	8:14	0:16:29	0:24:43	6:52	13	70	73	87.37	75.38	3	
11	O'Donnell, Jerry	60	4:25	0:20:18	0:24:43	8:27	33	95	97	85.96	34.36	3	
12	Beebe, Kerry	51	1:01	0:23:43	0:24:44	9:53	14	113	115	84.56	42.22	5	
13	Struble, Brian	38	8:31	0:16:14	0:24:45	6:46	11	68	71	83.16	79.49	6	
14	Huner, George	52	6:16	0:18:33	0:24:49	7:44	24	84	86	81.75	52.82	5	
15	Smith, Douglas	56	6:26	0:18:24	0:24:50	7:40	22	83	85	80.35	56.92	5	
16	Cunningham, Deb	44	8:14	0:16:39	0:24:53	6:56	2	71	73	78.95	95.56	6	
17	Olson, Jeffrey	46	6:26	0:18:29	0:24:55	7:42	23	83	85	77.54	54.87	6	
18	Edrich, Rick	45	9:50	0:15:08	0:24:58	6:18	4	59	61	76.14	93.85	6	
19	Mitchell, Leslie	44	5:57	0:19:01	0:24:58	7:55	3	87	88	74.74	91.11	2	
20	Allendorf, Brett	37	8:05	0:16:55	0:25:00	7:03	16	73	74	73.33	69.23	6	
21	Champeau, Lisa	37	5:57	0:19:04	0:25:01	7:57	4	87	88	71.93	86.67	4	
22	Ahlers, Bill	43	7:48	0:17:14	0:25:02	7:11	18	75	76	70.53	65.13	4	
23	Basse, Bob	51	9:57	0:15:08	0:25:05	6:18	5	59	60	69.12	91.79	5	
24	Chesbro, Mitch	47	6:06	0:19:00	0:25:06	7:55	25	87	87	67.72	50.77	6	
25	Steller, Larry	39	8:31	0:16:36	0:25:07	6:55	14	71	71	66.32	73.33	2	
26	Martinez, James	50	6:54	0:18:14	0:25:08	7:36	20	82	82	64.91	61.03	1	
27	Knipps, Mike	53	4:56	0:20:13	0:25:09	8:25	32	94	94	63.51	36.41	6	
28	Bullock, John H. Jr.	44	10:12	0:14:59	0:25:11	6:15	3	58	58	62.11	95.90	6	
29	Voorhees, Rick	53	4:14	0:20:59	0:25:13	8:45	36	98	98	60.70	28.21	6	
30	Applegate, Ken	57	9:03	0:16:13	0:25:16	6:45	10	68	67	59.30	81.54	6	
31	Robbert, Kasandra	32	4:46	0:20:32	0:25:18	8:33	8	96	95	57.89	68.89	3	
32	Bedard-Voorhees, Alice	54	2:24	0:22:56	0:25:20	9:33	13	109	108	56.49	46.67	5	
33	Robinette, Ric	53	7:12	0:18:08	0:25:20	7:33	19	81	80	55.09	63.08	6	
34	Quispe, Michael	39	10:40	0:14:41	0:25:21	6:07	2	55	54	53.68	97.95	6	
35	Piscopo, Dyan	46	3:20	0:22:03	0:25:23	9:11	12	104	103	52.28	51.11	5	
36	Struble, Stephanie	39	5:37	0:19:47	0:25:24	8:15	7	91	90	50.88	73.33	4	
37	Gentry, Tim	44	11:20	0:14:06	0:25:26	5:52	1	49	48	49.47	100.00	5	
38	Meacham, Lance	38	9:42	0:15:45	0:25:27	6:34	8	63	62	48.07	85.64	6	
39	Ballard, Mark	42	5:57	0:19:32	0:25:29	8:08	29	90	88	46.67	42.56	3	
40	Romero, Jim	66	7:12	0:18:17	0:25:29	7:37	21	81	80	45.26	58.97	3	
41	Arman, Jesse	55	3:20	0:22:10	0:25:30	9:14	37	105	103	43.86	26.15	4	
42	Paine, Sharyn	56	0:49	0:24:43	0:25:32	10:18	16	117	116	42.46	33.33	2	
43	Kitts, Carmen	55	4:56	0:20:39	0:25:35	8:36	10	97	94	41.05	60.00	3	
44	Robbert, Michael	31	9:19	0:16:27	0:25:46	6:51	12	66	65	39.65	77.44	5	
45	Dathe, Bryon	37	0:00	0:25:47	0:25:47	10:45	39	121	120	38.25	22.05	5	
46	Woljan, Dennis	64	5:47	0:20:02	0:25:49	8:21	31	90	89	36.84	38.46	3	
47	Evans, Michelle	39	5:17	0:20:33	0:25:50	8:34	9	93	92	35.44	64.44	5	
48	Russell, Stacy	38	6:06	0:19:44	0:25:50	8:13	6	88	87	34.04	77.78	5	
49	Kumpf, Howard	65	2:58	0:23:02	0:26:00	9:36	38	106	105	32.63	24.10	4	
50	Raish, Dean	69	5:37	0:20:23	0:26:00	8:30	34	91	90	31.23	32.31	6	
51	Huner, Derrick	25	9:11	0:16:50	0:26:01	7:01	15	72	66	29.82	71.28	1	
52	Gerhold, Bret	40	5:37	0:20:40	0:26:17	8:37	35	96	90	28.42	30.26	1	
53	Johnson, Mark	48	7:03	0:19:17	0:26:20	8:02	27	82	81	27.02	46.67	5	
54	Fairs, Janet	63	-3:31	0:29:53	0:26:22	12:27	17	139	136	25.61	28.89	2	
55	Withrow, Renee	48	2:24	0:24:05	0:26:29	10:02	15	110	108	24.21	37.78	5	
56	LaBarry, Brad	32	8:05	0:19:30	0:27:35	8:07	28	76	74	22.81	44.62	3	
57	Knipps, Joy	49	-2:09	0:30:27	0:28:18	12:41	18	132	130	21.40	24.44	4	

August Monthly Featured Running Route: Waterton Canyon

By Liz Stolz

Distance: 12 Mile (Up and Back trip)

Location: The Waterton Canyon road is 4.3 miles south of c-470 on Wadsworth. There is a sign with an arrow that tells you to make a left and the parking lot is marked Waterton Canyon parking and it is about 50 yards off of Wadsworth. Waterton Canyon is just south of Chatsfield Reservoir.

Difficulty: Easy to Moderate

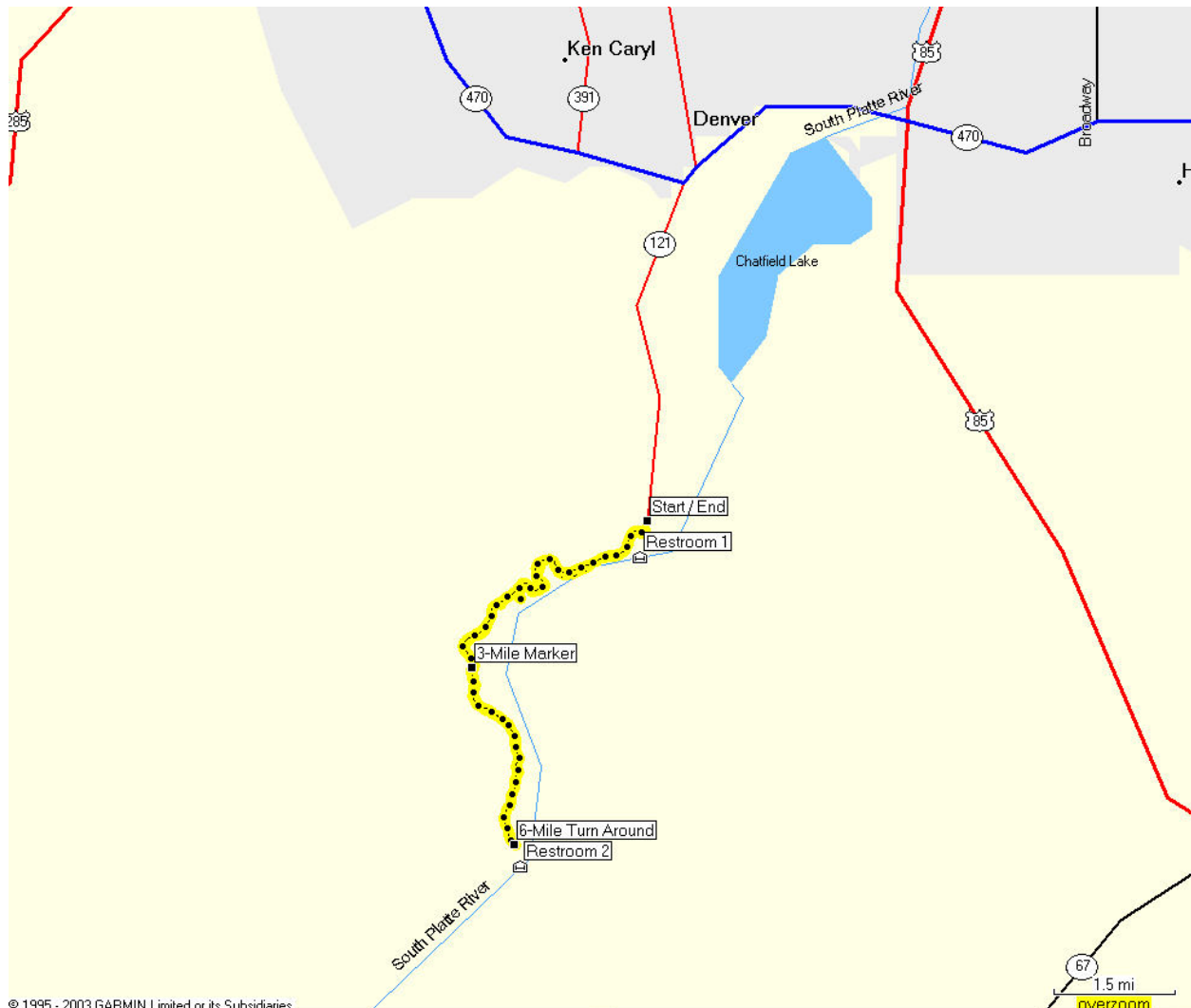
Description: This route is considered easy to moderate with approximately a gradual 300 foot hill climb up to the top of Waterton Canyon making the trip up the canyon a total of 6 miles. The route is then reversed to make it a 12 mile roundtrip distance from the start to the top of Waterton Canyon and back to the start. This featured running route is a wide (car length) trail run with a surface that is all dirt and small rocks. Since the trail follows the canyon, an early morning run offers the runner lots of shade from the surrounding mountains.

This route provides the runner with a scenic view of the South Platte River at all times during the 12 miles. The area around the trail is mountainous with large boulders and rocks surrounding the canyon. Runners share the trail with many mountain bikers. At the top, the Waterton Canyon trail connects with the Colorado Trail. Runners might also get an opportunity to share the trail with a number of different wildlife species such as deer and rabbits.

Below is a map showing the up and back route from the parking lot to the top of Waterton Canyon and back. The runner starts in the Waterton Canyon parking lot, heads west, and crosses Highway 121 access the trail. There are restrooms in the parking lot of the trail and at the 6-mile marker at the top of the trail. Once the runner is on the trail, this route is easy to follow because there is only one way to run and only one trail to follow. As the runner reaches the 6 mile marker, there is a restroom. The runner should turn-around and head back down the canyon to complete the run which is a total of 12 miles from start to finish.

This route is for the runner looking for a trail run that is close to Metro Denver but offers the runner a feeling of being away from the City with scenic views through the mountainous Waterton Canyon. Happy Running and Enjoy this scenic route!

Readers are encouraged to contact Liz Stolz at lizstolz@mr.org if they are interested in adding a specific route to the monthly Featured Running Route



ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

July 8, 2006 2 Mi Bible Park

-----TIMES-----

---HANDICAP---

-----POINTS-----

PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND		NEW	OLD	TS	SCRATCH	#
							PLACE						
1	Boisseau, Jay	47	3:29	0:15:32	0:19:01	7:46	23		86	98	100.00	57.07	2
2	Gerhold, Bret	40	3:47	0:16:23	0:20:10	8:11	30		92	96	98.60	43.41	2
3	Gersbeck, Amanda	36	-0:21	0:20:34	0:20:13	10:17	15	119	122	97.19	34.12	1	
4	Simons, Ken	68	3:47	0:16:34	0:20:21	8:17	32	94	96	95.79	39.51	1	
5	Depakakibo, Dennis	35	4:29	0:15:54	0:20:23	7:57	26	89	91	94.39	51.22	6	
6	Nickels, Allan	68	4:12	0:16:12	0:20:24	8:06	27	91	93	92.98	49.27	3	
7	Struble, Stephanie	39	4:29	0:16:02	0:20:31	8:01	4	90	91	91.58	85.88	5	
8	Nix, Alicia	41	2:54	0:17:38	0:20:32	8:49	9	101	102	90.18	62.35	7	
9	Chesbro, Mitch	47	5:01	0:15:36	0:20:37	7:48	24	86	87	88.77	55.12	7	
10	Kukel, Scott	32	9:14	0:11:24	0:20:38	5:42	1	48	49	85.96	100.00	5	
11	Voorhees, Rick	53	3:29	0:17:09	0:20:38	8:35	36	98	98	87.37	31.71	7	
12	Knipps, Mike	53	4:04	0:16:37	0:20:41	8:18	33	94	94	84.56	37.56	7	
13	Romero, Jim	66	5:48	0:14:55	0:20:43	7:28	16	81	81	83.16	70.73	4	
14	Edrich, Rick	46	8:17	0:12:26	0:20:43	6:13	4	59	59	81.75	94.15	7	
15	Dathe, Bryon	37	-0:10	0:20:54	0:20:44	10:27	40	121	121	77.54	23.90	6	
16	Gentry, Tim	44	9:14	0:11:30	0:20:44	5:45	2	49	49	80.35	98.05	6	
17	Wackwitz, Jack	63	5:01	0:15:43	0:20:44	7:51	25	87	87	78.95	53.17	3	
18	Stevens, Mark	6:10	0:14:35	0:20:45	7:18	14	79	78	76.14	74.63	2		
19	Champeau, Lisa	37	5:01	0:15:45	0:20:46	7:53	3	88	87	74.74	90.59	5	
20	Fairs, Janet	63	-3:28	0:24:14	0:20:46	12:07	16	139	139	73.33	29.41	3	
21	Armstrong, Kyle	30	6:03	0:14:44	0:20:47	7:22	15	80	79	71.93	72.68	5	
22	Haller, Gordon	55	6:32	0:14:16	0:20:48	7:08	13	76	75	70.53	76.59	6	
23	Huner, George	53	5:25	0:15:25	0:20:50	7:42	22	85	84	69.12	59.02	6	
24	Basse, Bob	51	8:17	0:12:34	0:20:51	6:17	6	60	59	67.72	90.24	6	
25	Smith, Douglas	56	5:33	0:15:19	0:20:52	7:40	19	84	83	66.32	64.88	6	
26	Robinette, Ric	53	5:48	0:15:05	0:20:53	7:33	18	82	81	64.91	66.83	7	
27	Beebe, Kerry	51	1:10	0:19:44	0:20:54	9:52	13	114	113	63.51	43.53	6	
28	Struble, Brian	39	7:20	0:13:35	0:20:55	6:48	9	69	68	62.11	84.39	7	
29	Olson, Jeffrey	46	5:33	0:15:23	0:20:56	7:42	21	84	83	59.30	60.98	7	
30	Bullock, John H. Jr.	44	8:23	0:12:33	0:20:56	6:17	5	59	58	60.70	92.20	7	
31	Piscopo, Dyan	46	2:36	0:18:22	0:20:58	9:11	10	105	104	57.89	57.65	6	
32	Allendorf, Brett	37	6:46	0:14:12	0:20:58	7:06	12	74	73	56.49	78.54	7	
33	Woljan, Dennis	64	4:37	0:16:22	0:20:59	8:11	29	91	90	55.09	45.37	4	
34	Meacham, Lance	38	7:53	0:13:07	0:21:00	6:34	7	64	63	53.68	88.29	7	
35	Gray, Rob	56	7:07	0:13:54	0:21:01	6:57	10	71	70	52.28	82.44	4	
36	Sibley, Ray	51	4:04	0:16:58	0:21:02	8:29	35	96	94	49.47	33.66	5	
37	Quispe, Michael	39	8:41	0:12:21	0:21:02	6:10	3	56	55	50.88	96.10	7	
38	Wilson, Rick	46	4:21	0:16:45	0:21:06	8:23	34	95	92	48.07	35.61	3	
39	Mitchell, Leslie	45	5:01	0:16:06	0:21:07	8:03	5	88	87	46.67	81.18	3	
40	McFarlane, Scott	55	5:48	0:15:19	0:21:07	7:40	20	83	81	45.26	62.93	6	
41	Kitts, Carmen	55	3:38	0:17:32	0:21:10	8:46	8	98	97	43.86	67.06	4	
42	Evans, Michelle	39	4:12	0:17:00	0:21:12	8:30	7	94	93	42.46	71.76	6	
43	Cunningham, Deb	44	7:00	0:14:18	0:21:18	7:09	1	72	71	41.05	100.00	7	
44	Applegate, Ken	57	7:20	0:13:59	0:21:19	6:59	11	69	68	39.65	80.49	7	
45	Reddy, Heather	36	2:36	0:18:45	0:21:21	9:23	12	106	104	38.25	48.24	6	
46	LaBarry, Brad	32	6:25	0:14:58	0:21:23	7:29	17	77	76	36.84	68.78	4	
47	Keefe, Bonnie	41	7:00	0:14:27	0:21:27	7:14	2	72	71	35.44	95.29	7	
48	Bengston, Lee	68	4:04	0:17:26	0:21:30	8:43	37	96	94	34.04	29.76	6	
49	Withrow, Renee	48	1:39	0:19:57	0:21:36	9:59	14	111	110	32.63	38.82	6	
50	Whitmore, Colin	43	5:25	0:16:14	0:21:39	8:07	28	89	84	31.23	47.32	2	
51	Russell, Stacy	38	4:53	0:16:48	0:21:41	8:24	6	89	88	29.82	76.47	6	
52	Rothenburger, David	37	8:47	0:13:10	0:21:57	6:35	8	56	54	28.42	86.34	6	
53	Okamoto, Karen	50	3:21	0:18:42	0:22:03	9:21	11	102	99	27.02	52.94	4	
54	Knipps, Joy	49	-2:08	0:24:48	0:22:40	12:24	17	133	132	25.61	24.71	5	
55	King, Ed	53	7:00	0:16:34	0:23:34	8:17	31	75	71	24.21	41.46	2	
56	Shaw, Milt	58	3:29	0:20:28	0:23:57	10:14	39	119	98	22.81	25.85	1	
57	Michaels, Bill	53	2:26	0:25:21	0:27:47	12:41	41	117	105	21.40	21.95	1	

RMRR RACEWALKERS, JULY 2006 TROPHY SERIES

Place	NAME	AGE	-----TIMES-----				----HANDICAP----			TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD			
1	Blanchard, Michael	45	3:38	0:17:19	0:20:57	8:39	98	97	100.00	7	
2	Guiff, Ed	62	-1:03	0:22:10	0:21:07	11:05	127	126	80.00	6	
3	Thies, Chuck	59	-2:08	0:23:42	0:21:34	11:51	133	132	60.00	7	
4	Lyle, John	73	-4:15	0:26:45	0:22:30	13:23	144	143	40.00	7	

RMRR NEW RACERS, JULY 2006 TROPHY SERIES 2 mi

R/W	NAME	AGE	-----TIMES-----				---HANDICAP---			---POINTS---	
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	TS	SCRATCH	
R	Webb, Geoff	54	0:41	0:18:27	0:19:08	9:14	38	106	60	27.80	

RACEWALKER OVERALL STANDINGS

PI	Name	Gen	Total Points	#	Ave Points
1	Michael Blanchard	M	588.00	7	84.00
2	Chuck Thies	M	525.33	7	75.05
3	Ed Guiff	M	456.00	6	76.00
4	John Lyle	M	362.67	7	51.81
5	Jan Hill	F	88.00	2	44.00

NON-MEMBERS, JULY TROPHY SERIES

R/W	NAME	START	ACT'L	FINISH	PACE
R	Louisa McClatchet	0:00	0:16:38	0:16:38	8:19
R	Yaffa Hanouna	0:00	0:19:19	0:19:19	9:39
R	Ernie Romero	5:15	0:14:23	0:19:38	7:12
R	David Gillikin	3:38	0:16:04	0:19:42	8:02
R	John Sliter	0:41	0:19:19	0:20:00	9:39
R	Chris Kulik	8:17	0:12:02	0:20:19	6:01
R	Paul Hernandez	2:36	0:17:48	0:20:24	8:54
R	Victor Akin	5:33	0:15:13	0:20:46	7:36
R	Mary-Kate Sliter	4:37	0:16:12	0:20:49	8:06
R	Gigi Nichols	0:00	0:20:56	0:20:56	10:28
R	Nada Akin	3:38	0:17:27	0:21:05	8:44
R	Rodney Soendker	8:41	0:12:50	0:21:31	6:25
R	Catherine Myers	4:37	0:17:19	0:21:56	8:39
R	Nena Spencer	0:00	0:22:12	0:22:12	11:06
R	Theo De inger	8:41	0:14:05	0:22:46	7:02
R	Adam Deyser	6:32	0:17:40	0:24:12	8:50
R	Lorene Bloom	0:00	0:36:32	0:36:32	18:16

Congratulations July Trophy Series Winners



Racewalk winners (above) Mile Blanchard (L) and Ed Guiff (R)



Fastest Finishers (left) Scott Kukel and Deb Cunningham

**RMRR TROPHY SERIES OVERALL STANDINGS
JULY, 2006**

PI	Overall TS Name	Gender	Total Points	#	Ave Points	PI	Male Scratch Name	Total Points	#	Ave Points	PI	Female Scratch Name	Total Points	#	Ave Points
1	Rick Voorhees	M	541.83	7	77.40	1	Michael Quispe	660.69	7	94.38	1	Deb Cunningham	688.89	7	98.41
2	Rick Edrich	M	536.60	7	76.66	2	John H. Jr. Bullock	635.15	7	90.74	2	Bonnie Keefe	658.66	7	94.09
3	Dennis Depakakibo	M	521.87	6	86.98	3	Rick Edrich	614.65	7	87.81	3	Stacy Russell	491.02	6	81.84
4	Mike Knipps	M	505.40	7	72.20	4	Lance Meacham	597.36	7	85.34	4	Michelle Evans	427.42	6	71.24
5	Lance Meacham	M	496.75	7	70.96	5	Tim Gentry	589.24	6	98.21	5	Lisa Champeau	411.22	5	82.24
6	Mitch Chesbro	M	491.32	7	70.19	6	Ken Applegate	562.41	7	80.34	6	Stephanie Struble	389.84	5	77.97
7	Dyan Piscopo	F	481.19	6	80.20	7	David Rothenburger	540.32	6	90.05	7	Trisha Davis	369.11	5	73.82
8	Bonnie Keefe	F	466.34	7	66.62	8	Brian Struble	539.12	7	77.02	8	Sarah Mathiesen	360.63	4	90.16
9	Michael Quispe	M	458.50	7	65.50	9	Bob Basse	531.13	6	88.52	9	Alicia Nix	360.30	7	51.47
10	Ken Applegate	M	453.74	7	64.82	10	Brett Allendorf	497.80	7	71.11	10	Heather Reddy	323.20	6	53.87
11	Ric Robinette	M	445.48	7	63.64	11	Scott Kukul	485.93	5	97.19	11	Dyan Piscopo	311.59	6	51.93
12	Brett Allendorf	M	432.36	7	61.77	12	Ric Robinette	465.57	7	66.51	12	Carmen Kitts	262.93	4	65.73
13	Brian Struble	M	431.50	7	61.64	13	Michael Robbert	412.75	5	82.55	13	Leslie Mitchell	254.51	3	84.84
14	John H. Jr. Bullock	M	423.13	7	60.45	14	Gordon Haller	399.35	6	66.56	14	Renee Withrow	249.30	6	41.55
15	Bryon Dathe	M	421.08	6	70.18	15	Jeffrey Olson	385.98	7	55.14	15	Holly Whelan	232.38	4	58.10
16	Bob Basse	M	413.40	6	68.90	16	Adam Feerst	379.42	4	94.86	16	Kerry Beebe	225.75	6	37.63
17	Douglas Smith	M	412.32	6	68.72	17	Salim Haji	377.88	4	94.47	17	Alice Bedard-Voorhees	225.64	5	45.13
18	Alicia Nix	F	406.71	7	58.10	18	Scott Hogg	376.40	5	75.28	18	Karen Okamoto	213.26	4	53.31
19	Deb Cunningham	F	405.41	7	57.92	19	Mitch Chesbro	360.54	7	51.51	19	Kasandra Robbert	206.98	3	68.99
20	Kyle Armstrong	M	402.36	5	80.47	20	Scott McFarlane	348.43	6	58.07	20	Karen Voss	200.00	2	100.00
21	George Huner	M	399.32	6	66.55	21	George Huner	332.67	6	55.45	21	Franki Gomez	186.98	2	93.49
22	Gordon Haller	M	393.22	6	65.54	22	David Hill	322.89	5	64.58	22	Shannon Chase	131.43	2	65.71
23	Kerry Beebe	F	389.71	6	64.95	23	Douglas Smith	321.78	6	53.63	23	Joy Knipps	129.15	5	25.83
24	Tim Gentry	M	380.03	6	63.34	24	Kyle Armstrong	320.21	5	64.04	24	Hille Dais	128.57	3	42.86
25	Heather Reddy	F	380.03	6	63.34	25	Adam Lee	314.00	5	62.80	25	Bethanie Werner	87.69	1	87.69
26	Scott Hogg	M	367.72	5	73.54										
27	Dean Raish	M	365.25	6	60.88										
28	Stacy Russell	F	364.48	6	60.75										
29	Jeffrey Olson	M	354.34	7	50.62										
30	Scott Kukul	M	346.06	5	69.21										
31	Michelle Evans	F	336.70	6	56.12										
32	Larry Mudron	M	336.01	4	84.00										
33	Lee Bengston	M	329.97	6	55.00										
34	Adam Feerst	M	321.93	4	80.48										
35	Bill Ahlers	M	312.75	4	78.19										
36	David Rothenburger	M	309.55	6	51.59										
37	Trisha Davis	F	305.57	5	61.11										
38	Rich Carney	M	295.93	4	73.98										
39	Sarah Mathiesen	F	294.45	4	73.61										
40	Michael Robbert	M	291.87	5	58.37										
41	Ray Sibley	M	289.09	5	57.82										
42	Lisa Champeau	F	283.44	5	56.69										
43	Alice Bedard-Voorhees	F	282.53	5	56.51										
44	Scott McFarlane	M	278.06	6	46.34										
45	Salim Haji	M	271.23	4	67.81										
46	David Hill	M	266.07	5	53.21										
47	Rob Gray	M	260.39	4	65.10										
48	Stephanie Struble	F	257.52	5	51.50										
49	Michael Heitz	M	255.72	3	85.24										
50	Alex Eusebio	M	254.31	3	84.77										



Betsy Lyle keeps the racers on the straight and narrow at the July TS race.

**Joining
RMRR**



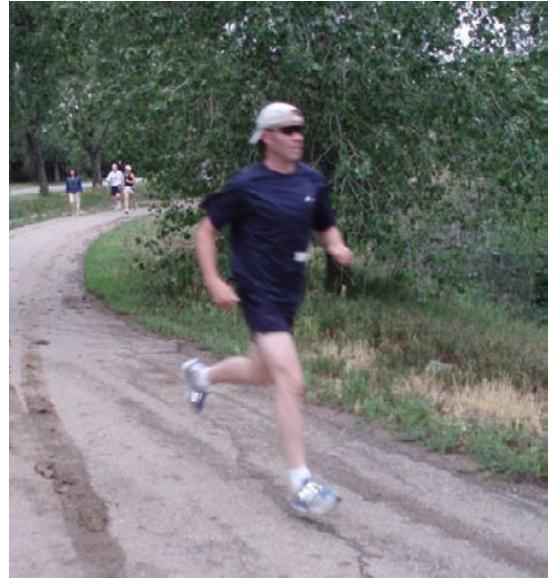
Membership is \$30 for individuals, \$40 for couples and families, and \$10 for volunteer members. (Note that the volunteer membership does not include entry into the monthly Trophy Series races.)

- 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

Runners In Action at the July Trophy Series Race

Photos courtesy of Vivia Lawson and Deb Cunningham



Trophy Series Notes

The **Trophy Series (TS)** is a monthly race series featuring a handicap start and scoring system. Racers start at different times, with everyone finishing at about the same time.

New TS Racers: Please arrive at least 20 minutes early to register. We can use a time from a recent 5k/10k race to assign you a start time.

Start Times for members are based on previous TS results. Experienced TS racers and active members will have a preprinted tag with your start and predict times. Please pick up your tag at least 10 min prior to the 0:00 start time. If your membership has expired, you will not have a pre-printed tag. You must pay your renewal, or a non-member fee before racing.

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

If your **Handicap** > 120, you will start at 0:00. After the race, a negative start time will be used to

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

Sample 5K Start Times	
HCP	Start
120	0:00
110	2:39
100	5:07
90	7:24
80	9:30
70	11:24
60	13:07
50	14:39
40	16:00

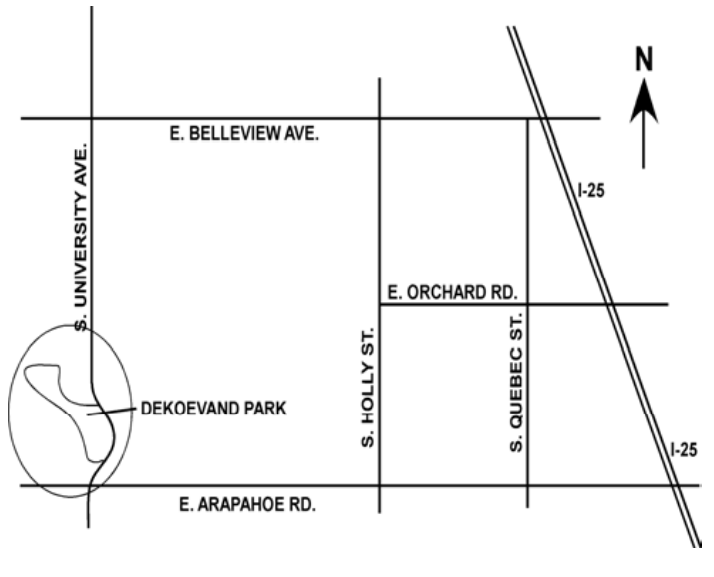
Registration: \$5 for non-members. Free for members. Your membership card is not needed. Race day only.

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 August Trophy Series 5K

deKoevand Park
Friday, August 4, 6:30 p.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.

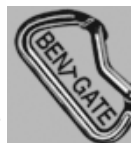
Thank You for Supporting RMRR



POTTS TROTTERS





TWO FEET TO GO



Bent Gate Mountaineering

AUGUST 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(1) www.rmrr.org (2) groups.yahoo.com/group/denvertrail-runners 303-282-3921 (3) www.bkbltd.com (4) sportsgroup@vailrec.com (5) www.uphillracing.com</p>		<p>1 Washington Park Fun Run 6:00 pm South High Parking Lot (1)</p> 	<p>2 Track Workout 6:15pm Denver Lutheran High School (1)</p>	<p>3 Trail Run 5:30 or 6:15 pm (2)</p>	<p>4 RMRR Trophy Series 5K (1) DeKoevend Park 6:30pm BBQ Following Race</p>	<p>5 RMRR Training Run, 7am Goodson Rec. Center DeKoevend Park (1)</p>
<p>6 Marathon Training Series 15 mile run 7am Westminster City Park (1) Iron Girl Women's 5 Mile and 5K Run/Walk Denver (3)</p>	<p>7</p>	<p>8 Washington Park Fun Run 6:00 pm South High Parking Lot (1)</p>	<p>9 Track Workout 6:15pm Denver Lutheran High School</p>	<p>10 Trail Run 5:30 or 6:15 pm (2)</p>	<p>11</p>	<p>12 RMRR Training Run, 7 am Goodson Rec. Center DeKoevend Park (1) Georgetown to Idaho Springs Half Marathon 8am Georgetown (3)</p>
<p>13 TEVA Berry Picker Trail Run 10K/5K 9am Vail (4) Leadville Trail 10K Noon, Leadville leadvilletrail100.com</p>	<p>14</p>	<p>15 Washington Park Fun Run 6:00 pm South High Parking Lot (1) Twilight Trail Series 5.8 mi 6:40 pm Littleton (5)</p>	<p>16 Track Workout 6:15pm Denver Lutheran High School</p>	<p>17 Trail Run 5:30 or 6:15 pm (2)</p>	<p>18</p>	<p>19 RMRR Training Run, 7 am Goodson Rec. Center deKoevend Park (1) Basalt Half Marathon 7am Basalt Runnerfam@comcast.net</p>
<p>20 Muddy Buddy 15K Trail Run/Mtn Bike Team Boulder Res www.muddybuddy.com</p>	<p>21</p>	<p>22 Washington Park Fun Run 6:00 pm South High Parking Lot (1)</p>	<p>23 Track Workout 6:15pm Denver Lutheran High School</p>	<p>24 Trail Run 5:30 or 6:15 pm (2)</p>	<p>25</p>	<p>26 RMRR Training Run, 7 am Goodson Rec. Center deKoevend Park (1)</p>
<p>27 Marathon Training Series 20 mile run 7am Westminster City Park (1)</p>	<p>28</p>	<p>29 Washington Park Fun Run 6:00 pm South High Parking Lot (1)</p>	<p>30 Track Workout 6:15pm Denver Lutheran High School</p>	<p>31 Trail Run 5:30 or 6:15 pm (2)</p>		



2006 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	9.75	Dave Hill	9.75	Heather Reddy	22.50
Mike Acosta	13.75	Jan Hill	5.75	Bob Reilly	12.00
Ken Applegate	12.00	Olga Hnizdil	2.50	Lee Rhodes	7.50
Mark Ballard	5.50	T.J. Johnson	1.00	Myra Rhodes	7.50
Bob Basse	21.50	Potts Jones	16.50	Rosalie Richter	24.75
Jim Beebe	2.00	Bonnie Keefe	45.25	Sharyl Riley	28.25
Anthony Beeson	2.50	Carmen Kitts	1.50	Mike Robbert	22.00
Michael Blanchard	9.75	Mike Knipps	7.50	Kasey Robbert	7.50
Forrest Blassingame	2.25	Joy Knipps	7.50	Rochelle Robinette	9.50
Kolene Brown	14.50	Carl Koecher	9.75	Ric Robinette	14.00
Lisa G. Champeau	48.50	Howard Kumpf	8.50	Jeoungmin Seouk	7.50
Keith Champeau	15.25	Brad LaBarry	7.50	Liz Shepard	18.75
Jim Chow	20.00	John Lyle	39.50	Ray Sibley	12.50
Dave Cunnigham	4.50	Betsy Lyle	41.25	Doug Smith	120.75
Deb Cunnigham	43.50	Tom Mates	27.00	Andrea Smith	4.50
Amelia Cunnigham	7.50	Carl McNew	1.25	Liz Stolz	28.50
Trisha Davis	7.75	Lance Meacham	12.25	Stephanie Struble	33.50
Rick Edrich	7.00	Leslie Mitchell	10.25	Brian Struble	25.00
Alex Eusebio	7.50	Alicia Nix	19.25	Jean Townsend	3.00
Michelle Evans	11.50	Lyndzey Nix	4.00	Mike Vanoni	9.50
Janet Fairs	23.00	Jeff Olson	10.00	Chris Vanoni	33.50
Adam Feerst	10.00	Lisa Paige	1.50	Megan Vanoni	7.50
Tim Gentry	1.00	John Pawlowski	9.00	Karen Voss	18.25
Janet Gold	10.00	Dyan Piscopo	1.50	Don Weston	7.50
Gene Hardy	4.50	Dean Raish	7.50	Holly Whelan	12.00
Michael Heitz	4.75				

Please note, volunteer hours have not been updated this month for the newsletter, but we hope to have a refreshed list for next issue. It's summer, we're all busy running. But take a look at the list and thank one of your co-members for all of the efforts they've put in this year. If your name isn't on the list, there are still plenty of opportunities to help out at upcoming Marathon Training Series Races or Trophy Series Races. Volunteering is a great way to help the club and meet lots of great and interesting people!



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

Nathan Vrooman	2	Stephen Davison	19
Lance Meacham	3	Robert Reilly	20
Sarah Luetkenhaus	3	Lori Wheeler	20
Chris Black	3	Shannon Purrington	20
Art Luebke	4	Stacy Russell	21
Thomas Johnson	4	Elizabeth Stolz	21
Brian Crouse	5	Stephanie Larsen	22
David Roddenberry	6	Gordon Haller	24
James Martinez	8	David Rothenburger	24
Mark Belkin	9	Sharyl Riley	25
Scott Hogg	9	Ric Robinette	25
Peter Fee	10	Eric Hubbard	25
Ken Applegate	10	Rick Wilson	25
Erica Pierce	10	Michael Quispe	26
Gina Ahnen	10	Dan Dahl	26
C. Ross Westley	12	Roland Thomas	28
Salim Haji	13	Jeff Ogren	28
Elizabeth Kielian	14	Mike Jensen	28
Kevin Weinman	17	Wendy McFarlain	28
Lee Bengston	18	Celeste Callahan	29
Darren Rowley	19	Jeanne Davison	30

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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