



News on The Run

A Letter from the President...



The last two Trophy Series races went off, once again, without a hitch. We couldn't have asked for better running weather than we had for our September Trophy Series Race at Chatfield State Park – it was a beautiful overcast day, keeping the temperature down. John Bullock and Bob Basse put on a great race and we thank them for all their work. Bob went above and beyond when he drove the van back to the office full of bees, buzzing away in the back of the van. We had great raffle prizes for the race, thanks in large part to Jim Chow donating bags of “Goat Snacks” and the Boulder Marathon (formerly known as the “Boulder Backroads Marathon”), which provided several free entries to the race. Congratulations to the new race director who we expect will continue the great Boulder marathon tradition.

For October, the weather wasn't quite as good – due to the crazy wind whipping down the canyon. Nevertheless, it was a bright sunny day and a great race. We would like to thank Denver Water for letting us run at Waterton, as I know many of us consider it our favorite running spot. In addition, it is thanks to Ray Sibley agreeing to race direct that we are allowed to run there and he always organizes a great race.

Thanks to everyone who stood out in the cold and rain to volunteer for the Denver Marathon. The Club agreed to provide as many volunteers as possible. In exchange, the Denver Marathon has put our fall training series on their website and next year will partner with us to put on the MTS races.

Speaking of volunteers, next year is fast approaching and we are looking for volunteer help. We have spots on the Board and we have several positions that need filling, including officer positions, volunteer coordinator, and a new position “Incentives Coordinator.” We are often approached by organizations willing to offer our members discounts or other incentives and we need someone to contact these people and figure out if the offer is something of value for our members. This person would also be responsible for maintaining inventory of RMRR singlets and hats, researching ideas for TS raffles, and coordinating yearly race director and volunteer award gifts. Let me know if you can handle some or all of these tasks – we could really use the help!!



Finally, we are happy to announce that the Club has purchased a new timer. Janet and Kerry Kuck donated \$500 towards the purchase, and William “Flick” Fornia donated as well. Speaking of Kerry, you might want to check out the interesting article in Colorado Runner entitled “Running Blind.”

Janet, Kerry, and Audi handing Stephanie a donation check of \$500 for a new timer for the club. Thanks, Janet, Kerry, & Audi!

Note:

Our apologies for the delays in getting the newsletter out the door ... a convergence of factors has made it increasingly challenging for those involved to stay on schedule.

If any of you are interested in helping out with the newsletter in any capacity, please send an email to rmrrnewsletter@yahoo.com.

An immediate need would be for someone to take over collating members' races results for the Racing in Other Places feature (which, unfortunately, we aren't able to provide at this time.)

Thanks!

**2007 RMRR
Executive Committee**

President

Stephanie Struble, 303-333-0173

Vice President

Bob Reilly, 303—522-5410

Secretary

Deb Cunningham, 303-331-8323

Treasurer

Leslie Mitchell

Race Committee Chairpersons

Ric Robinette, 303-915-2862

Membership

Laurie Phenix

Board Positions

Board Members at Large

Bob Basse, 303-733-7307
Karen Voss Szymanski, 303-433-7378
Bonnie Keefe, 303-741-4065
Doug Smith, 303-741-4065

Training/Track Workouts

Mike Robbert, 720-933-7093
Scott Kukel
Devin Croft
Dan Haney

Volunteer Coordinator

Lisa Champeau, 303-777-2261

Communications

Michelle Evans

Computer Database/Race Scoring

Brad Labarry

Non-Board, Non-Voting Positions

Special Events

Betsy Lyle

Quartermaster

John Lyle

Newsletter rmrrnewsletter@yahoo.com

Jim Chow, Editor 303-997-2864
Stephanie Struble
Chris Vanoni
Holly Whelan

Web Team

Jim Chow, Webmaster
Deb Cunningham, Photo Editor

Mechanic

Ken Applegate

Telephone

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Race Permits

Teresa Abbot
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President: Ken Simons

[Colorado Columbines](#)

President: Jenn Becker

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Guru: Bob Carlson

[Potts Trotters](#)

Fearless Leader Parthenia (Potts) Jones

[Phidippides Track Club](#)

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. 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

Thanks to all the Volunteers at the Trophy Series Races!



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 week-day 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

September 4, 2007 RMRR - Board Meeting Minutes

Attendees: Brad LaBarry, Stephanie Struble, Bob Basse, Ric Robinette, Deb Cunningham, Leslie Mitchell, Jim Chow

Trophy Series

September Trophy Series – Need non-running volunteers. Have 8 vols, but need course marshals and two people for water stop. Our October TS race is in conflict w/ the Race for the Cure. We'll look at changing it if we can change the date of the permit. Ric will talk with Denver Water. Ric will also contact Ray about directing the race on Saturday.

Races and Marathon Training Series

1. need gift certificates for September 23. Stephanie will talk to Doug. They were donated by Runners Roost before.
2. Volunteers – think we have enough
3. Denver Marathon – Our MTS is now on their website. A training group may come out as well – would get \$5 off. The Denver Marathon is looking forward to partnering with us. They'll donate gels and sports drink for next year's MTS. We'll put out the notice for volunteers for their race. The race is doing well on registration. They are nearing capacity.
4. Bob Basse worked w/ Boulder Backroads Race director, Jeff Mason, to get 5 complementary entries to the race.

Volunteer Issues:

1. Volunteer of the Month – Holly Whelan.
2. Need replacement for Brad and Lisa. Brad talked w/ two potential volunteers. Also need a replacement for Lisa as volunteer coordinator.

Operational Items:

1. Treasurer's Report: YTD revenue is down \$1200, but expenses were down more. The net position is slightly better than last year. December expenses will be heavy with banquet, awards, insurance.
2. Timers: Timer person has not returned our email. Stephanie will follow-up.
3. Denver Marathon Partnership
Expo space?
Advertisement for MTS
We provide volunteers

Goals for 2007 - Increasing Memberships

Poster – updated poster. 18 x 24" size cost is \$21/poster. Stephanie will get the PDF, then email it to Brad, Bob and Ric.
Member Survey

2008 Race calendar

Ric is starting to work on the 2008 race calendar. He'll go with Sundays unless we find conflicts.
We'll try to get City Park back on the schedule.
Ric will call a few new places to see if we can run there.



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<p>CAPITOL HILL 303.832.7701 E 11th Ave @ Ogden 7am-10pm Everyday</p>	<p>WASHINGTON PARK 303.733.6201 S Washington St @ I-25 7am-10pm Everyday</p>
<p>COLORADO BLVD 303.691.0101 S Colorado @ Kentucky 7am-10pm Everyday</p>	<p>WEST DENVER 303.277.1339 14357 W Colfax @ Indiana 7am-10pm Everyday</p>
<p>LITTLETON 720.214.3174 8194 S Kipling Pkwy 7am-10pm Everyday</p>	<p>WESTMINSTER 303.650.2333 N Sheridan Blvd @ 92nd 7am-10pm Everyday</p>

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BOARD MEETING MINUTES

October 1, 2007 RMRR - Board Meeting Minutes

Attendees: Nick Sterner, Nick Sterner Jr., Doug Smith, Michelle Evans, Karen Voss, Bob Basse, Deb Cunningham, Stephanie Struble, Bonnie Keefe, Ric Robinette.

Trophy Series

1. October Trophy Series. Have 6 running & 7 non-running volunteers for the 10 mile.

Marathon Training Series

Wrap up
Last race grossed over \$1000. Had more than 50 paying entries.
Running stores donated gifts.
For next year, go back to 7am start.

Volunteer Issues:

Volunteer of the Month. Abe Medina who designed our poster is the volunteer of the month.

Need replacement for Brad and Lisa. Felix Lopez trained with Brad at the last Trophy Series.

Need volunteers for the Denver Marathon. Club members will be course marshals. Vols get a T shirts and a goodie bag and volunteer hours from RMRR.

Board members for Next Year – all members at meeting agreed to re-up.

Need volunteer awards. Budget is \$600-\$750 for 30-35 volunteer award & race director gifts. Ideas = tyvek jackets, duffel bags, fleece blankets. Need to order in mid-December.

Trophy costs have gone up. We'll look at alternative designs.

Operational Items:

1. Presentation by AIR

The Air Foundation (Activity Inspired Rehabilitation) – Nick Sterner talked about Air Foundation. Positive interaction w/ community through running for people who can be rehabilitated. The running leads to a vibrant,

healthy, satisfying life through healthy living, consistent training, goal setting and achievement. Looking for:

- Running partners
- Participate in our races at no cost
- Pacers

Shoe drive at Runner's Roost in Lakewood. They get free new shoes after 1 month. Club members can donate used shoes, clothes, Gatorade, gels, etc.

Also looking for professional sponsorships for nutrition, chiropractic.

Volunteer requirements so the guys give back. For example, they'll be the clean-up crew for Denver Marathon.

50th Anniversary of the Club. 2009 is the club's 50th anniversary. Deb brought up some ideas to celebrate – key chains or other promotions for people participating in our events. Reunion at the pancake breakfast or the potluck. Start to think about ideas because 2009 is a little over a year away.

Treasurers Report - postponed until next Board meeting

Timers. Stephanie has the new timer.

Batteries to power the laptop. These need to remain on the charger during the month between the races. We need some instructions posted on how to charge the battery.

Donations to the club. The club would like to thank the Kucks and Flick Fornia.

Kerry & Janet Kuck and their dog, Audi, for a \$500 donation to the club for the purchase of a new timer.

Flick Fornia donated \$100 to the club's general fund.

Race schedule. Race for the Cure has changed its dates several of the past few years. We can't find the date early. To avoid the need to change the race, the board will consider scheduling the October race on a Saturday.

Newsletter will be electronic only with a few copies printed for the running stores. We do have a list of people who don't have a way to print the newsletter for mailing.

Members of the Rocky Mountain Road Runners will receive \$100 off custom orthotics.

Goals for 2007 - Increasing Memberships

1. Poster. Feedback from Ric's graphic designers is to change the case from all caps to sentence case. Put dark font on the green background.



EMERGENCY FOOTCARE

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Dr. Clinton F. Holland (9255)

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“Get Hip”: This is the 4th/4 articles about hips beginning August, 07.

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

In the 1st article, “Get Hip”, a specific exercise for strengthening the hip joint was provided. The 2nd article provided a functional hip mobility warm-up activity. This article is about where the power comes from when “running from your hips”.

The iliopsoas muscle is comprised of the iliacus and psoas major muscles, hip flexor muscles connected to your inner thigh bone, crossing the hip joint, connecting to the inside of your pelvic bone and to your lumbar spine. The best way to fire this muscle set in sequence is to place your pelvis in neutral, bend your ankle so your forefoot lifts up without excessive toe lift, and keep your ankle bent bringing your foot up under you toward your sit bone. Practice this very slowly a few times every day as you gradually put it into your running form.

As you add greater coordination of your hip flexion into your running form, you will notice your feet land under you better. If you notice increased stress in your low back it may be due to excessively tight hip flexors as part of the problem. This is a repeat but it is so important we are putting it out again. *Ways to stretch your quadriceps muscles & hip flexors when you are at work, when stretching, or warming up for a run:*

- Sitting in your chair or on a stool. Scoot to the front edge/corner of your chair, lower your knee toward the floor while keeping your ankle flexed, toes up to help you stabilize. Slowly allow your pelvis and upper body to round a bit into an easy slump. Continue to easily point your knee toward the floor for a 1 to 3 minute passive lengthening stretch.
- In stance, place your toes on a stable bench, soft chair. Keeping your ankle flexed, slowly lower your knee towards the floor, round your pelvis and back slightly as you ease into this stretch while looking at reports, talking on the phone, waiting for the printer- you get the idea.
- Kneeling on one knee, soft cushion under that knee and on toes, ankle flexed. Same sequence: first slowly tilt your pelvis slightly back while allowing your back to round a bit into a slight slump of your upper body, hold settle into this stretch then slowly transition your body as one unit forward toward your front foot. You can then place your forward foot out to the side and stretch the adductor muscles on the inside of your thigh.

There are additional ways to stretch the quadriceps and hip flexors but these three provide options for stretching anywhere and any time of the day. Please note that it is very typical to feel a stretch in the quadriceps muscles anywhere from upper, mid thigh to just above the knee long before the hip flexor gets stretched.

Try out the drill and begin lengthening your quads and hip flexors to help you minimize the risk of sore hips and sore knees.

Peter, a physical therapist since 1984, is certified in Orthopedic & Functional Manual Therapy. He is currently enrolled in the Doctorate of Physical Therapy program at Regis University, teaching courses to his peers, mentoring, and treating. *Karen*'s background is in occupational therapy with adult neuro-trauma and pediatric clients. She is specialized in Functional Orthopedic, soft tissue mobilization & movement analysis. They both enjoy teaching *Running Well Seminars*[®], mentoring youth, distance running and multi-sport events. Peter and Karen have over 40 combined years of experience and are in private practice in Denver.

You can contact them at 303-458-9660 or email info@CatalystTherapies.com with any questions or for consultation.



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In the 1st article, “Get Hip”, a specific exercise for strengthening the hip joint was provided. The 2nd article provided a functional hip mobility warm-up activity. The 3rd was about where the power comes from when “running from your hips”, the hip flexors.

In this fourth article, we’ll talk about the muscles in the back and sides of your hips and a little about the hip joint itself.

The main bulk of your hip muscles are the three *gluteal* muscles: the *gluteus maximus, medius, and minimus*. The glut max is the largest, and is located mostly in the back of your hip. It is primarily a hip *extensor* muscle. The glut medius and minimus are located more toward the sides and deeper. They are mostly *abductor* muscles. (*Abduction* is moving the leg away from the midline of the body.) All three gluteals are important for hip stability while you’re bearing weight on your leg. (See the first article for some good strengthening exercises.) Trigger points in the glut maximus and medius cause referred pain in the low back and hip/buttock area. Trigger points in the glut minimus can give you pain all the way down the back or side of your leg.

The *piriformis* muscle is one of the deep external rotators of your hip joint. Trigger points in the piriformis can cause pain down the back of your thigh, and also entrap the sciatic nerve which travels underneath it.

Tightness in any of these muscles can cause restriction in the hip joint itself. Strength and stability deficits can lead to excessive wear and tear in the hip joint. These can cause arthritis in the joint. Research shows that with manual physical therapy and specific exercises, we can decrease or prevent arthritic changes from happening. If you have any pain in your hip area, it’s important to get some good hands-on treatment *early*, before it progresses too far. We believe that if more people were treated manually and learned to take care of themselves when they first start having discomfort (in their 30s, 40s or 50s), there would be less need for total hip replacements later in life.

Here are some stretches to increase the mobility of the hip muscles and joint:

1. To stretch the glut max: Lie on your back. Pull your knee up over your chest toward your opposite shoulder. Make sure your pelvis stays flat on the ground. You should feel a stretch in the *back* of your hip. Many people with tight hips feel a pinching, restricted feeling in the *front* of their hip. (This is what we call *anterior impingement*.) If this happens, put a small rolled-up towel into the crease in front of your hip and do the stretch over this fulcrum. You should feel less of the impingement in front, and more of the stretch in the back.

2. To stretch the glut medius and minimus: Stand and lean forward a little and support yourself with your hands on a counter, table, etc. Cross one leg over the other. Move your hips to one side and feel a stretch on the side of your hip. Move your hips to the other side and feel a stretch on that hip. Then cross your legs the opposite way and move your hips first one direction, then the other. (These muscles are fan-shaped on the outside of your hip, and can be tricky to stretch. We do this stretch with the legs crossed each direction so we can get to more of the different parts of the muscles. You can also experiment with increasing or decreasing the amount you lean forward so you can find the fibers that need to be stretched.)

3. To stretch the piriformis: Lie on your back, keeping your pelvis flat on the ground. Flex your right hip to a 90° angle, so your thigh is vertical. Then use your right hand to push your knee all the way across your body toward the left. Then use your left hand to grasp your lower leg and pull your ankle toward you. Be sure to keep your knee all the way across your body, and your hip still at the 90° angle. You may need extra support under your head and shoulders so that your arms can reach far enough to do this.

These are a little hard to describe on paper, so as always feel free to ask us to demonstrate if you see us at races or elsewhere.

Peter, a physical therapist since 1984, is certified in Orthopedic & Functional Manual Therapy. He is currently enrolled in the Doctorate of Physical Therapy program at Regis University, teaching courses to his peers, mentoring, and treating. *Karen’s* background is in occupational therapy with adult neuro-trauma and pediatric clients. She is specialized in Functional Orthopedic, soft tissue mobilization & movement analysis. They both enjoy teaching *Running Well Seminars*®, mentoring youth, distance running and multi-sport events. Peter and Karen have over 40 combined years of experience and are in private practice in Denver.

You can contact them at 303-458-9660 or email info@CatalystTherapies.com with any questions or for consultation.



BLIND LOVE

Kerry Kuck loves to race. But because he's blind, he can't go it alone. Running with volunteer guides is an option, but Kuck (pronounced "Cook") prefers to race with his guide dog—something very few blind runners do. He and his yellow Lab, Audi, have done a few small races together, but a huge event like last May's Bolder Boulder 10-K posed a challenge: How to keep Kuck and Audi safe in a record field of 50,816? The answer was a unique guiding system, comprising two volunteers as support staff and Audi as the linchpin.

RW: Why not just run with a sighted guide?

KK: Totally blind runners like me usually use a handheld rope, which can be cumbersome. But more than that, Audi and I are a team. With an experienced volunteer, I can go fast, but it's not at all the runner's high I get with Audi. No matter how good you are as a sighted guide, it's hard without knowing each other's tendencies. Audi knows exactly how much clearance I need in a turn or with an obstacle. He's done it for nearly six years. And he likes to run, so I see the races as a reward for him and for me.

RW: You had a guide behind and in front of you, with the lead runner playing tunes on your iPod so you'd have an audio target. Was the music your idea?

KK: Yeah, I took the idea from a cross-country ski program for the blind in which the guide spoke into a microphone connected to speakers.

RW: How often do you train with Audi?



EYE OPENER Blind runner Kerry Kuck and his guide, Audi, ran 1:06 at Bolder Boulder.

KK: We run three or four miles every day. He's always ready to run. I could tell right away when I met Audi [about six years ago] that he was built for running. You could say it was love at first sight.

RW: What's next?

KK: I've considered running a full marathon, although I couldn't do it with Audi. [Many experts consider half and full marathons too tough on a dog's paws.] The American Council of the Blind is trying to put together a relay team of blind runners for this year's Denver Marathon [October 14]. That's a possibility. But it's hard to beat Bolder Boulder.

—INTERVIEW BY BRAD CRAWFORD

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

September 9, 2007 8 Miles @ Chatfield Reservoir

Place	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW HCP	OLD HCP	TS Pts	Scratch Pts	CountOfRACE
1	Mendez, Luz	44	-56:44	2:03:36	1:06:52	15:27	19	158.00	182	100.00	24.21	2
2	Rundle, Paul	42	15:23	1:06:08	1:21:31	8:16	28	82.00	98	98.62	53.04	3
3	Tafelski, Bob	67	20:57	1:06:01	1:26:58	8:15	26	82.00	89	97.24	56.52	1
4	Quintanilla, William F.	32	25:34	1:01:37	1:27:11	7:42	17	74.00	81	95.86	72.17	1
5	Mitchell, Tristan	21	40:18	0:48:07	1:28:25	6:01	1	43.00	50	94.48	100.00	3
6	Smith, Will	27	38:16	0:51:02	1:29:18	6:23	3	50.00	55	93.10	96.52	3
7	Robinette, Ric	55	30:21	0:59:01	1:29:22	7:23	12	68.00	72	91.72	80.87	9
8	Huner, George	54	24:27	1:04:56	1:29:23	8:07	22	80.00	83	90.34	63.48	8
9	Mitchell, Leslie	46	22:08	1:07:18	1:29:26	8:25	6	84.00	87	88.97	78.95	6
10	Cook, David	42	33:47	0:56:10	1:29:57	7:01	7	62.00	65	87.59	89.57	7
11	Jockers, Theresa	46	29:50	1:00:10	1:30:00	7:31	3	71.00	73	86.21	91.58	7
12	Radin, Holly	40	18:32	1:11:28	1:30:00	8:56	8	91.00	93	84.83	70.53	2
13	Applegate, Ken	59	32:50	0:57:11	1:30:01	7:09	9	65.00	67	83.45	86.09	9
14	Vanoni, Chris	56	0:00	1:30:07	1:30:07	11:16	16	119.00	120	82.07	36.84	2
15	Beebe, Kerry	52	10:05	1:20:04	1:30:09	10:01	12	104.00	106	80.69	53.68	8
16	Jockers, Brent	57	24:27	1:06:04	1:30:31	8:16	27	82.00	83	79.31	54.78	7
17	Lee, Adam	35	25:34	1:05:00	1:30:34	8:07	23	80.00	81	77.93	61.74	5
18	Glenn, Denise	40	31:51	0:58:54	1:30:45	7:22	1	68.00	69	76.55	100.00	6
19	Voss, Karen	42	30:51	1:00:07	1:30:58	7:31	2	71.00	71	75.17	95.79	5
20	McFarlane, Scott	56	23:52	1:07:09	1:31:01	8:24	29	84.00	84	73.79	51.30	7
21	Downing, Kevin	42	28:16	1:02:51	1:31:07	7:51	21	76.00	76	72.41	65.22	5
22	Lynn, John Calvin	62	-30:32	2:01:39	1:31:07	15:12	45	156.00	156	71.03	23.48	8
23	Olson, Jeffrey	48	22:43	1:08:25	1:31:08	8:33	32	86.00	86	69.66	46.09	9
24	Martinez, Richard	60	20:21	1:10:49	1:31:10	8:51	33	90.00	90	68.28	44.35	5
25	Rodgers, Bill	49	28:48	1:02:27	1:31:15	7:48	20	75.00	75	66.90	66.96	7
26	Mitchell, Colin	5	19:09	1:12:07	1:31:16	9:01	36	92.00	92	65.52	39.13	1
27	Rothenburger, David	39	37:50	0:53:27	1:31:17	6:41	5	56.00	56	64.14	93.04	9
28	Knipps, Mike	55	15:23	1:15:57	1:31:20	9:30	42	98.00	98	62.76	28.70	9
29	Basse, Bob	52	35:11	0:56:19	1:31:30	7:02	8	63.00	62	61.38	87.83	8
30	Kukel, Scott	33	41:51	0:49:44	1:31:35	6:13	2	47.00	46	60.00	98.26	5
31	Allendorf, Brett	38	29:19	1:02:20	1:31:39	7:48	19	75.00	74	58.62	68.70	9
32	Gentry, Tim	45	39:54	0:51:48	1:31:42	6:28	4	52.00	51	57.24	94.78	8
33	Newman, Scott	37	18:32	1:13:15	1:31:47	9:09	37	94.00	93	55.86	37.39	4
34	Lopez, Felix	54	31:51	1:00:01	1:31:52	7:30	14	70.00	69	54.48	77.39	4
35	VanNorstrand, Michael	45	24:27	1:07:27	1:31:54	8:26	30	84.00	83	53.10	49.57	7
36	Bullock, John H. Jr.	45	36:32	0:55:34	1:32:06	6:57	6	60.00	59	51.72	91.30	9
37	Cunningham, Deb	45	30:51	1:01:15	1:32:06	7:39	4	72.00	71	50.34	87.37	8
38	Labarry, Brad	33	30:21	1:01:48	1:32:09	7:43	18	73.00	72	48.97	70.43	8
39	Bergevin, Brian	38	31:22	1:01:07	1:32:29	7:38	15	71.00	70	47.59	75.65	8
40	Bengston, Lee	70	17:55	1:14:41	1:32:36	9:20	39	95.00	94	46.21	33.91	8
41	Whelan, Holly	45	8:42	1:24:23	1:33:05	10:33	14	111.00	108	44.83	45.26	2
42	Woljan, Dennis	65	19:09	1:14:19	1:33:28	9:17	38	96.00	92	43.45	35.65	2
43	O'Dell, Bill	48	33:47	0:59:46	1:33:33	7:28	13	66.00	65	42.07	79.13	6
44	Vanoni, Megan	27	21:33	1:12:10	1:33:43	9:01	9	89.00	88	40.69	66.32	2
45	Trujillo, Jay	49	28:16	1:05:35	1:33:51	8:12	25	78.00	76	39.31	58.26	5
46	Kitts, Carmen	56	13:26	1:20:30	1:33:56	10:04	13	102.00	101	37.93	49.47	6
47	Shimada, Ken	35	22:43	1:11:22	1:34:05	8:55	34	87.00	86	36.55	42.61	7
48	Szymanski, Peter	51	24:27	1:11:57	1:36:24	9:00	35	85.00	83	35.17	40.87	4
49	Fleischer, Karl	48	22:08	1:14:47	1:36:55	9:21	40	90.00	87	33.79	32.17	2
50	Parra, Marissa Lynn	25	23:18	1:14:05	1:37:23	9:16	10	86.00	85	32.41	62.11	5
51	Kuck, Kerry	50	23:52	1:15:24	1:39:16	9:26	41	87.00	84	31.03	30.43	7
52	Karaskaj, Denis	33	33:47	1:07:31	1:41:18	8:26	31	67.00	65	29.66	47.83	5
53	Quintanilla, Edwin	29	36:58	1:05:11	1:42:09	8:09	24	68.00	58	28.28	60.00	1
54	Scheibe, Charles	52	21:33	1:21:30	1:43:03	10:11	43	92.00	88	26.90	26.96	2
55	Paige, Lisa	49	16:01	1:30:08	1:46:09	11:16	17	99.00	97	25.52	32.63	6
56	Chow, James	51	19:09	1:29:18	1:48:27	11:10	44	96.00	92	24.14	25.22	4
57	Paine, Sharyn	57	5:53	1:51:00	1:56:53	13:53	18	117.00	112	22.76	28.42	2
58	Jouett, Dennis	63	0:00	2:01:39	2:01:39	15:12	46	122.00	120	21.38	21.74	3

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES
September 9, 2007 8 Miles @ Chatfield Reservoir

Walkers

Place	NAME	AGE	START	ACT'L	FINISH	PACE	NEW HCP	OLD HCP	TS Pts	Races
1	Lyle, John	74	-18:44	1:52:29	1:33:45	14:04	145.00	143	100.00	8
2	Ellis, Richard H.	68	-15:17	1:51:16	1:35:59	13:54	144.00	139	60.00	3

New Members

R/W	NAME	AGE	FINISH	START	NET	PACE	GEND PLACE	NEW HCP	TS Pts	Scratch Pts
R	Keilman, Diedre		1:21:09	5:53	1:15:16	9:25	11	97.00	60.00	57.89
R	Custaldi, Colleen		1:28:50	23:18	1:05:32	8:11	5	81.00	60.00	83.16
R	Bruce, Calista	42	1:28:54	0:00	1:28:54	11:07	15	117.00	60.00	41.05
R	Keilman, Peter		1:29:26	28:10	1:01:16	7:40	16	73.00	60.00	73.91
R	Shaw, Dan	48	1:29:55	32:21	0:57:34	7:12	10	65.00	60.00	84.35
R	Stockman, Karen		1:29:58	19:09	1:10:49	8:51	7	90.00	60.00	74.74
R	Castaldi, Robert		1:30:13	31:22	0:58:51	7:21	11	68.00	60.00	82.61

Non-Members

Name	R/W	FINISH	START	NET	PACE
Matt Alley	R	1:15:23	0:00	1:15:23	9:25
Mari Giarratano	R	1:28:49	17:17	1:11:32	8:57
Bob Keffler	R	1:29:49	0:00	1:29:49	11:14
Donja Milligan	R	1:29:50	16:39	1:13:11	9:09
Les Milligan	R	1:29:51	16:39	1:13:12	9:09
Tami Keogh	R	1:30:47	10:05	1:20:42	10:05
Gilberto Dominquez	R	1:33:22	19:09	1:14:13	9:17
Pevro Deheon	R	1:42:13	16:01	1:26:12	10:47
Angela Wilson	R	2:06:13	0:00	2:06:13	15:47

YTD Runners (through September)

Name	SEX	Total Points	Races	Ave Points	Name	SEX	Total Points	Races	Ave Points
Ric Robinette	M	738.72	9	82.08	Leslie Mitchell	F	404.15	6	67.36
Ken Applegate	M	637.55	9	70.84	Scott McFarlane	M	401.42	7	57.35
Brent Jockers	M	603.30	7	86.19	Sarah Szymanski	F	392.82	6	65.47
Brad Labarry	M	562.95	8	70.37	Dan Wall	M	384.55	5	76.91
Mike Knipps	M	562.55	9	62.51	Kevin Glodava	M	382.71	5	76.54
Theresa Jockers	F	555.57	7	79.37	Bill O'Dell	M	378.21	6	63.04
David Rothenburger	M	555.39	9	61.71	Denise Glenn	F	371.22	6	61.87
Kerry Kuck	M	527.75	7	75.39	Adam Feerst	M	369.04	7	52.72
Eric Greene	M	526.79	8	65.85	John Calvin Lynn	M	368.76	8	46.10
Kerry Beebe	F	513.95	8	64.24	Lukas Jeter	M	349.45	5	69.89
Deb Cunningham	F	508.86	8	63.61	Larry Mudron	M	342.01	4	85.50
Brian Bergevin	M	504.42	8	63.05	Gordon Haller	M	329.84	5	65.97
Jeffrey Olson	M	502.39	9	55.82	Adam Lee	M	329.18	5	65.84
George Huner	M	489.51	8	61.19	Stephanie Struble	F	326.26	5	65.25
Bill Rodgers	M	487.35	7	69.62	Carmen Kitts	F	309.38	6	51.56
Michael VanNorstrand	M	473.56	7	67.65	Lisa Paige	F	308.76	6	51.46
John H. Jr. Bullock	M	473.06	9	52.56	Scott Kukel	M	308.64	5	61.73
Brett Allendorf	M	469.68	9	52.19	Kevin Downing	M	305.69	5	61.14
Bob Basse	M	468.21	8	58.53	Richard Martinez	M	305.34	5	61.07
Ken Shimada	M	465.86	7	66.55	Jesse Arman	M	302.97	6	50.49
Mitch Chesbro	M	463.90	8	57.99	Eric Finch	M	300.52	4	75.13
Tim Gentry	M	457.30	8	57.16	Karen Voss	F	296.46	5	59.29
David Cook	M	450.56	7	64.37	Denis Karaiskaj	M	281.07	5	56.21
Lee Bengston	M	440.30	8	55.04	Diane Rowley	F	278.63	4	69.66
Dave Cunningham	M	405.75	6	67.63	Jim Romero	M	278.11	4	69.53

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

September 9, 2007 8 Miles @ Chatfield Reservoir

YTD Scratch Female

Name	Total Points	Races	Ave Points
Deb Cunningham	761.56	8	95.19
Theresa Jockers	640.68	7	91.53
Denise Glenn	595.29	6	99.22
Sarah Szymanski	514.91	6	85.82
Karen Voss	484.36	5	96.87
Leslie Mitchell	453.84	6	75.64
Bonnie Keefe	431.19	5	86.24
Kerry Beebe	395.27	8	49.41
Marissa Lynn Parra	375.39	5	75.08
Stephanie Struble	344.29	5	68.86
Lisa Paige	343.02	6	57.17
Carmen Kitts	326.22	6	54.37
Susan McNamara	256.47	4	64.12
Diane Rowley	247.56	4	61.89
Olga Hnizdil	163.52	6	27.25
Sonia Bruschi	154.76	2	77.38
Stacy Russell	153.35	2	76.68
Holly Radin	150.53	2	75.26
Kristen Healy	144.24	2	72.12
Megan Vanoni	137.74	2	68.87
Janet Fairs	136.40	4	34.10
Alice Bedard-Voorhees	135.36	3	45.12
Debbie Thomas	135.24	2	67.62
Heidi Jeter	103.34	3	34.45
Mary Pitz	103.26	2	51.63

YTD Scratch Male

Name	Total Points	Races	Ave Points
David Rothenburger	813.23	9	90.36
Tim Gentry	780.40	8	97.55
Ken Applegate	743.58	9	82.62
John H. Jr. Bullock	726.58	9	80.73
Eric Greene	713.61	8	89.20
Bob Basse	707.66	8	88.46
Adam Feerst	677.02	7	96.72
Ric Robinette	627.47	9	69.72
Brian Bergevin	617.57	8	77.20
Brett Allendorf	578.31	9	64.26
David Cook	568.37	7	81.20
Brad Labarry	546.42	8	68.30
Bill Rodgers	501.61	7	71.66
Bill O'Dell	497.82	6	82.97
Scott Kukel	493.10	5	98.62
George Huner	482.14	8	60.27
Mitch Chesbro	473.33	8	59.17
Michael Quispe	460.92	5	92.18
Jeffrey Olson	426.11	9	47.35
Scott McFarlane	390.46	7	55.78
Dave Cunningham	387.88	6	64.65
Michael VanNorstrand	381.82	7	54.55
Kevin Glodava	377.58	5	75.52
Denis Karaiskaj	371.97	5	74.39
Rick Edrich	357.11	5	71.42

YTD Walkers

Name	SEX	Total Points	Races	Ave Points
John Lyle	M	713.33	8	89.17
Ed Guiff	M	573.33	7	81.90
Michael Blanchard	M	406.67	6	67.78
Chuck Thies	M	226.67	5	45.33
Richard H. Ellis	M	160.00	3	53.33
Dennis Jouett	M	140.00	2	70.00
Jack Finch	M	60.00	1	60.00
Dennis Woljan	M	60.00	1	60.00



ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES
October 6, 2007 10 Miles @ Waterton Canyon

Place	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW HCP	OLD HCP	TS Pts	Scratch Pts	Coun- tofRAC E
1	Lynn, John Calvin	62	38:46	2:10:24	1:31:38	13:02	38	135.00	156	100.00	26.00	9
2	Romero, Robert	61	35:13	1:18:33	1:53:46	7:51	14	74.00	77	98.37	74.00	1
3	Trujillo, Jay	49	34:33	1:19:57	1:54:30	8:00	15	76.00	78	96.73	72.00	6
4	Stanley, Sheila	41	15:22	1:39:28	1:54:50	9:57	8	102.00	103	95.10	56.92	3
5	Basse, Bob	52	44:05	1:10:51	1:54:56	7:05	4	62.00	63	93.47	94.00	9
6	Stone, Chris	40	34:33	1:20:28	1:55:01	8:03	16	77.00	78	91.84	70.00	1
7	Bengston, Lee	70	21:57	1:33:36	1:55:33	9:22	32	95.00	95	90.20	38.00	9
8	Radin, Holly	40	25:05	1:30:58	1:56:03	9:06	6	91.00	91	88.57	69.23	3
9	Beebe, Kerry	53	14:31	1:41:57	1:56:28	10:12	10	105.00	104	86.94	44.62	9
10	Quispe, Michael	41	47:30	1:09:03	1:56:33	6:54	2	58.00	57	85.31	98.00	6
11	Knipps, Mike	55	19:32	1:37:11	1:56:43	9:43	35	99.00	98	83.67	32.00	10
12	Robinette, Ric	55	41:04	1:16:04	1:57:08	7:36	9	69.00	68	82.04	84.00	10
13	Kuck, Kerry	50	28:07	1:29:04	1:57:11	8:54	28	88.00	87	80.41	46.00	8
14	Bullock, John H. Jr.	45	45:49	1:11:34	1:57:23	7:09	5	61.00	60	78.78	92.00	10
15	Kazmierski, Stefan	52	41:04	1:16:27	1:57:31	7:39	10	71.00	68	77.14	82.00	3
16	Mitchell, Tristan	21	54:32	1:03:07	1:57:39	6:19	1	44.00	43	75.51	100.00	4
17	Smith, Doug	57	29:35	1:28:34	1:58:09	8:51	23	87.00	85	73.88	56.00	4
18	Lopez, Felix	54	39:49	1:18:27	1:58:16	7:51	13	71.00	70	72.24	76.00	5
19	Shaw, Dan	48	42:54	1:15:32	1:58:26	7:33	7	66.00	65	70.61	88.00	2
20	Woljan, Dennis	65	21:09	1:37:21	1:58:30	9:44	36	97.00	96	68.98	30.00	3
21	Jockers, Theresa	46	39:11	1:19:24	1:58:35	7:56	1	72.00	71	67.35	100.00	8
22	Applegate, Ken	59	42:54	1:15:54	1:58:48	7:35	8	66.00	65	65.71	86.00	10
23	VanNorstrand, Michael	46	30:19	1:28:34	1:58:53	8:51	24	85.00	84	64.08	54.00	8
24	McFarlane, Scott	56	30:19	1:28:40	1:58:59	8:52	25	85.00	84	62.45	52.00	8
25	Keefe, Bonnie	42	36:34	1:22:36	1:59:10	8:16	3	77.00	75	60.82	87.69	6
26	Cook, David	42	44:40	1:14:34	1:59:14	7:27	6	63.00	62	59.18	90.00	8
27	Jockers, Brent	57	31:45	1:27:33	1:59:18	8:45	22	83.00	82	57.55	58.00	8
28	Huner, George	54	33:09	1:26:25	1:59:34	8:39	19	81.00	80	55.92	64.00	9
29	Simons, Ken	70	21:57	1:37:41	1:59:38	9:46	37	100.00	95	54.29	28.00	2
30	Bergevin, Brian	38	39:11	1:20:54	2:00:05	8:05	17	72.00	71	52.65	68.00	9
31	Rothman-Haji, Micol	35	35:54	1:24:28	2:00:22	8:27	5	83.00	76	51.02	75.38	1
32	Tafelski, Bob	67	31:45	1:28:43	2:00:28	8:52	26	83.00	82	49.39	50.00	2
33	Feerst, Adam	47	51:10	1:09:35	2:00:45	6:58	3	52.00	50	47.76	96.00	8
34	Cunningham, Deb	45	38:32	1:22:34	2:01:06	8:15	2	73.00	72	46.12	93.85	9
35	Romero, Jim	67	32:27	1:29:16	2:01:43	8:56	29	85.00	81	44.49	44.00	5
36	Mitchell, Leslie	46	30:19	1:32:01	2:02:20	9:12	7	85.00	84	42.86	63.08	7
37	Cunningham, Dave	47	35:13	1:27:14	2:02:27	8:43	20	79.00	77	41.22	62.00	7
38	Olson, Jeffrey	48	28:51	1:34:24	2:03:15	9:26	33	87.00	86	39.59	36.00	10
39	Downing, Kevin	42	35:54	1:27:26	2:03:20	8:45	21	77.00	76	37.96	60.00	6
40	Vanoni, Chris	56	0:57	2:02:58	2:03:55	12:18	13	120.00	119	36.33	26.15	3
41	Shimada, Ken	35	28:07	1:36:17	2:04:24	9:38	34	88.00	87	34.69	34.00	8
42	Rothenburger, David	39	48:02	1:17:15	2:05:17	7:44	12	57.00	56	33.06	78.00	10
43	Rodgers, Bill	49	36:34	1:28:47	2:05:21	8:53	27	76.00	75	31.43	48.00	8
44	Greene, Eric	27	50:09	1:16:47	2:06:56	7:41	11	54.00	52	29.80	80.00	9
45	Allendorf, Brett	38	36:34	1:31:27	2:08:01	9:09	30	76.00	75	28.16	42.00	10
46	Jouett, Dennis	64	-1:56	2:10:26	2:08:30	13:03	39	123.00	122	26.53	24.00	4
47	Black, Dave	56	-11:59	2:20:38	2:08:39	14:04	40	134.00	132	24.90	22.00	5
48	Paige, Lisa	49	18:43	1:51:02	2:09:45	11:06	12	100.00	99	23.27	32.31	7
49	Labarry, Brad	33	37:53	1:32:55	2:10:48	9:18	31	74.00	73	21.63	40.00	9

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

October 6, 2007 10 Miles @ Waterton Canyon

WALKERS

Place	NAME	AGE	START	ACT'L	FINISH	PACE	NEW HCP	OLD HCP	TS Pts	Races
1	Guiff, Ed	63	-5:52	2:10:54	2:05:02	13:05	128.00	126	100.00	8

New Members

R/W	NAME	AGE	FINISH	START	NET	PACE	GEND PLACE	NEW HCP	TS Pts	Scratch Pts
R	Son, Chu	36	1:50:35	28:07	1:22:28	8:15	18	80.00	60.00	66.00
R	Park, Alynn	56	1:55:27	32:07	1:23:20	8:20	4	81.00	60.00	81.54
R	Kiefer, Darcie	26	1:59:25	16:13	1:43:12	10:19	11	106.00	60.00	38.46
R	Wescott, Susan	43	2:01:16	20:21	1:40:55	10:05	9	104.00	60.00	50.77

Non-Members

Name	R/W	FINISH	START	NET	PACE
Peggy Muha	R	1:38:42	17:53	1:20:49	8:05
Lenee Weker	R	1:49:33	16:13	1:33:20	9:20
Dale Petersen	R	1:53:24	46:23	1:07:01	6:42
Bill Elder	R	2:00:35	25:05	1:35:30	9:33
George Greco	R	2:02:02	41:41	1:20:21	8:02
Lance Risi	R	2:03:31	47:30	1:16:01	7:36
Allison Patton	R	2:10:51	16:13	1:54:38	11:28



YTD Runners through October

Name	SEX	Total Points	Races	Ave Points
Ric Robinette	M	820.76	10	82.08
Ken Applegate	M	703.27	10	70.33
Brent Jockers	M	660.85	8	82.61
Mike Knipps	M	646.22	10	64.62
Theresa Jockers	F	622.92	8	77.87
Kerry Kuck	M	608.16	8	76.02
Kerry Beebe	F	600.88	9	66.76
David Rothenburger	M	588.45	10	58.85
Brad Labarry	M	584.59	9	64.95
Bob Basse	M	561.67	9	62.41
Brian Bergevin	M	557.08	9	61.90
Eric Greene	M	556.59	9	61.84
Deb Cunningham	F	554.99	9	61.67
John H. Jr. Bullock	M	551.84	10	55.18
George Huner	M	545.43	9	60.60
Jeffrey Olson	M	541.98	10	54.20
Michael VanNorstrand	M	537.64	8	67.20
Lee Bengston	M	530.50	9	58.94
Bill Rodgers	M	518.78	8	64.85
David Cook	M	509.75	8	63.72
Ken Shimada	M	500.55	8	62.57
Brett Allendorf	M	497.85	10	49.78
John Calvin Lynn	M	468.76	9	52.08
Mitch Chesbro	M	463.90	8	57.99
Scott McFarlane	M	463.87	8	57.98

Name	SEX	Total Points	Races	Ave Points
Tim Gentry	M	457.30	8	57.16
Leslie Mitchell	F	447.01	7	63.86
Dave Cunningham	M	446.98	7	63.85
Adam Feerst	M	416.79	8	52.10
Sarah Szymanski	F	392.82	6	65.47
Dan Wall	M	384.55	5	76.91
Kevin Glodava	M	382.71	5	76.54
Bill O'Dell	M	378.21	6	63.04
Denise Glenn	F	371.22	6	61.87
Michael Quispe	M	352.39	6	58.73
Lukas Jeter	M	349.45	5	69.89
Kevin Downing	M	343.65	6	57.27
Larry Mudron	M	342.01	4	85.50
Lisa Paige	F	332.03	7	47.43
Gordon Haller	M	329.84	5	65.97
Adam Lee	M	329.18	5	65.84
Stephanie Struble	F	326.26	5	65.25
Jim Romero	M	322.60	5	64.52
Carmen Kitts	F	309.38	6	51.56
Scott Kukul	M	308.64	5	61.73
Richard Martinez	M	305.34	5	61.07
Jesse Arman	M	302.97	6	50.49
Eric Finch	M	300.52	4	75.13
Karen Voss	F	296.46	5	59.29
Jay Trujillo	M	293.65	6	48.94

RMRR TROPHY SERIES OVERALL STANDINGS
Through October

YTD Female Scratch

Name	Total Points	Races	Ave Points
Deb Cunningham	855.40	9	95.04
Theresa Jockers	740.68	8	92.59
Denise Glenn	595.29	6	99.22
Bonnie Keefe	518.89	6	86.48
Leslie Mitchell	516.92	7	73.85
Sarah Szymanski	514.91	6	85.82
Karen Voss	484.36	5	96.87
Kerry Beebe	439.88	9	48.88
Marissa Lynn Parra	375.39	5	75.08
Lisa Paige	375.32	7	53.62
Stephanie Struble	344.29	5	68.86
Carmen Kitts	326.22	6	54.37
Susan McNamara	256.47	4	64.12
Diane Rowley	247.56	4	61.89
Holly Radin	219.76	3	73.25
Olga Hnizdil	163.52	6	27.25
Sheila Stanley	157.88	3	52.63
Sonia Bruschi	154.76	2	77.38
Stacy Russell	153.35	2	76.68
Kristen Healy	144.24	2	72.12
Megan Vanoni	137.74	2	68.87
Janet Fairs	136.40	4	34.10
Alice Bedard-Voorhees	135.36	3	45.12
Debbie Thomas	135.24	2	67.62
Heidi Jeter	103.34	3	34.45

YTD Male Scratch

Name	Total Points	Races	Ave Points
David Rothenburger	891.23	10	89.12
Ken Applegate	829.58	10	82.96
John H. Jr. Bullock	818.58	10	81.86
Bob Basse	801.66	9	89.07
Eric Greene	793.61	9	88.18
Tim Gentry	780.40	8	97.55
Adam Feerst	773.02	8	96.63
Ric Robinette	711.47	10	71.15
Brian Bergevin	685.57	9	76.17
David Cook	658.37	8	82.30
Brett Allendorf	620.31	10	62.03
Brad Labarry	586.42	9	65.16
Michael Quispe	558.92	6	93.15
Bill Rodgers	549.61	8	68.70
George Huner	546.14	9	60.68
Bill O'Dell	497.82	6	82.97
Scott Kukel	493.10	5	98.62
Mitch Chesbro	473.33	8	59.17
Jeffrey Olson	462.11	10	46.21
Dave Cunningham	449.88	7	64.27
Scott McFarlane	442.46	8	55.31
Michael VanNorstrand	435.82	8	54.48
Jay Trujillo	399.92	6	66.65
Brent Jockers	398.58	8	49.82
Felix Lopez	395.32	5	79.06

YTD Walkers

Name	SEX	Total Points	Races	Ave Points
John Lyle	M	713.33	8	89.17
Ed Guiff	M	673.33	8	84.17
Michael Blanchard	M	406.67	6	67.78
Chuck Thies	M	226.67	5	45.33
Richard H. Ellis	M	160.00	3	53.33
Dennis Jouett	M	140.00	2	70.00
Jack Finch	M	60.00	1	60.00
Dennis Woljan	M	60.00	1	60.00



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

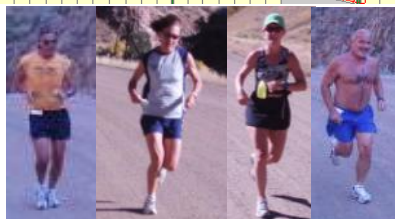
Want to stay on top of the latest RMRR news? Get reminders of upcoming races, or email notification of race/date changes? That doesn't happen often, but if so, members of the RMRR ENews group receive first notice of the date change.

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/

December Trophy Series Race 4.4 Miles @ Washington Park Sunday, December 2, 9 a.m.



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.

Thank You for Supporting RMRR

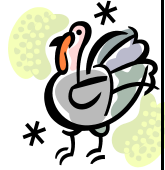


POTTS TROTTERS



Bent Gate
Mountaineering

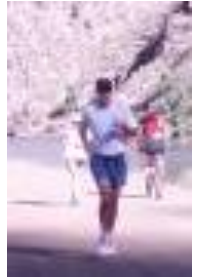
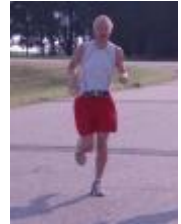
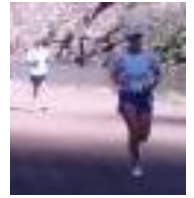
NOVEMBER 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(1) groups.yahoo.com/group/denvertrailrunners, 303-870-0487</p> <p>(2) www.rmrr.org</p> <p>pjones@ci.aurora.co.us</p> <p>(3) www.comastersrun.org</p> <p>(4) www.bkbltd.com</p>	<p>(5) www.racingunderground.com</p> <p>(6) www.ttsraceforhope.org</p> <p>(7) 303-877-8534,</p>			<p>1</p> <p>Trail Run 5:30pm or 6:15pm (1)</p>	<p>2</p>	<p>3</p> <p>RMRR Training Run, 9 am Goodson Rec. Center, DeKoevend Park, Littleton (2)</p> <p>Red Thread Run 5K Run/Walk 9:15am, City Park (4)</p>
<p>4</p> <p>RMRR Trophy Series Westminster City Park 9am; 9 miles (2)</p>	<p>5</p>	<p>6</p> <p>Wash Park Fun Run 6 pm; South High Parking Lot (2)</p>	<p>7</p>	<p>8</p> <p>Trail Run 5:30pm or 6:15pm (3)</p>	<p>9</p>	<p>10</p> <p>RMRR Training Run, 9 am Goodson Rec. Center, DeKoevend Park, Littleton (2)</p> <p>Chatfield 10 Miler 9am Chatfield State Park (3)</p>
<p>11</p> <p>Race for Hope 5K 10 am Wash Park (6)</p>	<p>12</p>	<p>13</p> <p>Wash Park Fun Run 6 pm; South High Parking Lot (2)</p>	<p>14</p>	<p>15</p> <p>Trail Run 5:30pm or 6:15pm (3)</p>	<p>16</p>	<p>17</p> <p>RMRR Training Run, 9 am Goodson Rec. Center, DeKoevend Park, Littleton (2)</p>
<p>18</p>	<p>19</p>	<p>20</p> <p>Wash Park Fun Run 6 pm; South High Parking Lot (2)</p>	<p>21</p>	<p>22</p> <p>Turkey Trot 4 miles 10:15 am Wash Park (4)</p> 	<p>23</p>	<p>24</p> <p>RMRR Training Run, 9 am Goodson Rec. Center, DeKoevend Park, Littleton (2)</p> <p>Fishers of Men Fellowship 5K 10 am Aurora (7)</p>
<p>25</p> <p>Tennessee Pass 5 Miler Snowshoe 10 am, Ski Cooper (5)</p> <p>Gobbler Chase 5K Showshoe (5) 11am Copper Mountain</p>	<p>26</p> <p>RMRR Board Meeting, Wild Oats Wash Park 7:00 pm (1)</p>	<p>27</p> <p>Wash Park Fun Run 6 pm; South High Parking Lot (2)</p>	<p>28</p>	<p>29</p> <p>Trail Run 5:30pm or 6:15pm (3)</p>	<p>30</p>	



2007 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Mike Acosta	8.00	Adam Feerst	10.00	Heather Reddy	19.75
Ken Applegate	21.00	Tim Gentry	13.25	Bob Reilly	9.25
Bob Basse	41.75	Janet Gold	9.50	Rosalie Richter	31.50
Kerry Beebe	2.00	Rob Gray	1.50	Sharyl Riley	32.50
Carol Bengston	2.00	Eric Greene	9.50	Mike Robbert	7.25
Lee Bengston	2.00	Ed Guiff	12.00	Ric Robinette	108.95
Caroline Bergelin	1.25	Olga Hnizdil	6.50	Rochelle Robinette	35.00
Kerry Bishop	4.75	Chuck Johnson	2.25	Jaquaiza Rose	2.00
Makenna Bishop	2.25	Jesse Johnson	2.25	David Rothenburger	8.75
Michael Blanchard	28.00	Bonnie Keefe	63.75	Lis Shepard	30.25
Forrest Blassingame	1.50	Carmen Kitts	21.75	Ray Sibley	38.75
John Bullock	13.50	Carl Koecher	4.50	Doug Smith	119.50
Lisa G. Champeau	42.75	Brad LaBarry	9.00	Stan Stanley	1.00
Jim Chow	95.00	John Lyle	12.25	Stephanie Struble	134.25
Amelia Cunningham	2.50	Betsy Lyle	29.00	Brian Struble	43.50
Dave Cunningham	12.75	Tom Mates	33.00	Pete Szymanski	13.50
Deb Cunningham	89.75	Summer McNaughten	1.50	Chris Vanoni	12.25
Molly Cunningham	5.50	Abe Medina	1.75	Mike Vanoni	11.50
Josh Daleigh	1.75	Leslie Mitchell	4.25	Mick Vollmer	0.50
Jesse Daleigh	1.75	Alicia Nix	29.50	Karen Voss	28.75
Jovan Dorsett	2.00	Bill O'Dell	7.50	Holly Whelan	57.25
Alex Downing	1.00	Jeff Olson	34.50	Cindy Williams	1.50
Ericka Englert	4.00	Anna Persson	1.50	Lisa Wilson	1.50
Michelle Evans	26.00	Laurie Phenix	38.00	Bruce Wilson	1.50
Angela Ewari	1.50	Dyan Piscopo	1.00		
Janet Fairs	43.00	Nathan Raaz	1.25		

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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