

# News on The Run

## A Letter from the President...

I hope you are all finding places to run outside. It sure has been a challenge during these last few snowy and cold weeks. Here's hoping the snow melts before May!!

The January Trophy Series went off without a hitch thanks to the hard work of Ric Robinette. The snow appears to have frightened off a lot of runners as our turnout was much lower than we usually have in January (we had approximately 60 runners). Nevertheless, the runners who did run had a great run, notwithstanding the snow covered route. Although the course had been dry and clear on Saturday, the wind had swept snow over the path by Sunday morning. There was only one patch that was particularly icy, the rest was either dry or covered with snow drifts. The snow did slow people down as only one runner ended up beating his handicap.

We are still looking for race directors for some of our races. If you have never race directed before, Adam Feerst has graciously agreed to train someone when he race directs the April Trophy Series (April 1 on the Bear Creek Bike Path) and Ric Robinette will be holding a race directors clinic sometime this fall at Westminster City Park. Please contact either Lisa G ([lisa\\_g11@yahoo.com](mailto:lisa_g11@yahoo.com)), myself ([stephstru@hotmail.com](mailto:stephstru@hotmail.com) or 303-333-0173), Adam ([Adam@runuphillracing.com](mailto:Adam@runuphillracing.com)) or Ric ([sleddogric@hotmail.com](mailto:sleddogric@hotmail.com)) if you are interested in learning how to race direct.

We have partnered up with the Colfax Marathon to hold a marathon training series this Spring. There will be a 10 mile race on February 25, a 15 mile race on March 25, and 20 mile run on April 22. All of the runs are currently scheduled for Westminster City Park, but keep checking [rmrr.org](http://rmrr.org) in case venues change because of winter course conditions. Please come out and run or help volunteer. We are working on providing incentives to runners who sign up for at least 2 of the 3 runs. Knowing that all of you probably have more t-shirts than you know what to do with, we are looking at providing something a little different, such as gloves. We'll let you know when we finalize that decision.

See you at Cherry Creek on the 4<sup>th</sup>!!

## Mike Knipps Sets New Resolute Runner Scoring Record

By Ric D. Robinette

When the smoke had cleared at the end of the 2006 Trophy Series, Mike Knipps won his third straight Resolute Runner title in impressive fashion. The award is given annually to the runner who has scored the most combined points in all of the Trophy Series races in the four preceding years. Mike won his first title at the end of the 2004 season with combined total points of 3257, and followed that up with his second title at the end of the 2005 season with combined total points of 3170. Mike followed those titles up by winning his third straight title at the end of the 2006 season in impressive fashion by scoring new record total combined points of 3284. This tops the previous mark of 3263 points set by Rick Edrich in 2003. Deb Cunningham was second place in 2006 with 3047, followed in third by Rick Edrich with 2863. Congratulations to all three of our place finishers, especially to Mike for setting the new standard.

Last month's January newsletter gave the Resolute Runners combined scores for the last three years as the runners enter into the start of the 2007 season. Not surprising, Mike starts the year at the top with the highest combined points for the three most recent years going into this season, followed by Deb Cunningham. Based upon the consistent strong performances from Mike in the last several years, and his overall lead going into this year, it appears likely that Mike is in the driver's seat to win out on this title for the fourth straight time in 2007, and for most of the rest of this decade. Good luck Mike.



Mike and Joy Knipps running the January TS race.

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# 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](http://www.rmrr.org) for updated information or to volunteer to help!

## Trophy Series Races

Date	Time	Distance	Location	Race Director
Sun. Feb 4	9:00 AM	7 MI	CHERRY CREEK	Jeff Olson
Sun. Mar 4	9:00 AM	3 MI	CROWN HILL	Janet Gold/Ken Applegate
Sun. Apr 1	9:00 AM	4 MI	BEAR CREEK BIKE PATH	Adam Feerst
Sun. May 6	8:00 AM	5 MI	CARSON NATURE CENTER	Heather Reddy/Alicia Nix
Sat. Jun 2	8:00 AM	2.4 MI	STONE HOUSE PARK	Open/Rick Edrich (poss)
Sun. Jul 8	8:00 AM	2 MI	BIBLE PARK	John and Betsy Lyle
Fri. Aug 3	6:30 PM	5K	DEKOVEND PARK - BBQ	Carmen Kitts/Doug Smith
Sat Sep 8	8:00 AM	8 MI	CHATFIELD RESERVOIR	OPEN
Sun. Oct 7	9:00 AM	9 MI	WATERTON CANYON	Rick Voorhees/John Bullock
Sun. Nov 4	9:00 AM	10 MI	WESTMINSTER CITY PARK	Ric Robinette Race Dir. Training
Sun. Dec 2	9:00 AM	4.4 MI	WASHINGTON PARK	OPEN

## Colfax Marathon Training Series Schedule

Sun. Feb 25	9 a.m.	10 mi	WESTMINSTER CITY PARK	Deb Cunningham
Sun. Mar 25	9 a.m.	15 mi	WESTMINSTER CITY PARK	Brian Bergevin/Steph Struble
Sun. Apr 22	8 a.m.	20 mi	WESTMINSTER CITY PARK	OPEN
<b>Sun. May 20</b>		<b>26.2 mi</b>	<b>COLFAX MARATHON</b>	<b>No race director needed.</b>

## Fall Marathon Training Series Schedule

Sun. Jul. 15	8 a.m.	10 mi	WESTMINSTER CITY PARK	OPEN
Sun. Aug. 5	8 a.m.	15 mi	WESTMINSTER CITY PARK	OPEN
Sun. Aug. 26	8 a.m.	20 mi	WESTMINSTER CITY PARK	OPEN
Sun. Sep. 16	8 a.m.	20 mi	WESTMINSTER CITY PARK	OPEN

## 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](http://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](mailto: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](mailto:drhaney@peoplepc.com); Devin Croft (303) 978-9342, [dctrainer@comcast.net](mailto:dctrainer@comcast.net).

### Trail Running

The **Denver Trail Runners** meet Thursday evenings, year round, as well as other weekday morning and weekend runs. Locations vary, mostly in the Morrison/Golden area. The runs are **FREE**. All ages and abilities welcome. For more info, please visit: <http://sports.groups.yahoo.com/group/DenverTrailRunners/>. The group is not formally affiliated with RMRR. Call 303-870-0487 - please only if you don't have web access.

# BOARD MEETING MINUTES

## January 2, 2007 RMRR - Board Meeting

Wild Oats, Wash Park

Attendees: Stephanie Struble, Doug Smith, Lisa Champeau, Bob Basse, Deb Cunningham, Bob Reilly, Bonnie Keefe, John Lyle, Michelle Evans, Mike Robbert, Jim Chow, Brad LaBarry, Betsy Lyle.

### Volunteer Issues:

- Volunteers for Blind Runner. Get more info about runner like training days and distance. Lisa will call. The Club will give volunteer hours to anyone who runs with Kerry Cook.
- Yr end volunteer hour totals – had some members who didn't report their hours. Doug emailed them to get correct hours for volunteer awards.
- Women's shirts – light yellow (spring). Men's – yellow (sting).
- Volunteer of the year nominations: Janet Fairs, Jim Chow, Brad LaBarry, John Pawlowski, Doug Smith. Stephanie Struble will email the board for votes.

### Member Benefits:

- Irish Snug, bar on Colfax, has a free run on Thursday nights. Free appetizers at the Irish Snug after the run. After five runs, participants receive a free tech shirt. We'll put the flyer out at the TS.
- Unsolicited email with benefits to members will be forwarded in our eblast. For example, the North Pole marathon is a free entry.

### Operational Items:

- Treasurer's Report. Membership was down and space age was down. Total loss for the year is \$2200.
- Race Schedule. Ric is looking at locations for Sept – Nov for the TS. Will email race schedule to Rocky Mountain Sports. Stephanie will follow up w/ Ric about holding a race committee meeting.
- Possible AirAide Sponsorship of Club. Club has a proposal to pay us \$5000 in return for demo at TS race, logo on website, logo on eblasts. Assignment – board members google www.airaide.com.
- Lack of newsletter for January. Editor was traveling during December. We will produce an electronic version this month. Post it on line and print a smaller quantity (100-200) later for the office, running store distribution, awards banquet and TS race. We'll use this as an experiment towards going online only.
- USATF membership expires 5/1/07. Advantage is to gain their insurance. We're insured through RRCA. If we're a USATF club, coaches for track workouts need to submit qualifications, pay fees per insured event.

### Races/Training Series

1. Colfax MTS: Update on Progress. No lunch meeting this past month. Yes, they'll give us more publicity. Have not talked about fees yet. Training series race dates already chosen. Submitted to keeper issue, but not run by Colfax yet.
2. Ric also picked 3 dates for the fall MTS. At this point no 4<sup>th</sup> date that's 3 weeks before Chicago.
3. This week's race will be at Twin Lakes. We don't have time to change the venue from a permitting perspective and contacting members. Doug will drive out & look at the course on Wednesday.
4. Lisa is working on recruiting RDs for many of the open TS – several Board members signed up for open race directing positions.

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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!!

## Racing in Other Places

By Chris Vanoni

### CALIFORNIA INTERNATIONAL MARATHON

December 3 2006 Sacramento, CA

Name	Age	Gen	PI	Div	DivPI	GunTime	Pace	ChipTime
JASON SAITTA	28	M	22	M25-29	11	02:28:10	00:05:39	02:28:07
MICHAEL HEITZ	54	M	1099	M50-54	73	03:38:36	00:08:20	03:38:28

### JINGLE BELL RUN FOR ARTHRITIS

December 10, 2006 Washington Park

Name	Gen	PI	DivPI	GenPI	Time	Pace
BOB BASSE	M	19	3/45	17/350	19:48	6:23
BILL O'DELL	M	43	16/145	38/350	21:22	6:53
RICK EDRICH	M	62	8/61	53/350	22:17	7:11
EDWARD KING	M	66	9/45	56/350	22:27	7:14
ALYN PARK	F	95	1/46	19/411	23:35	7:36
JAY WISSOT	M	108	1/15	87/350	24:04	7:45
ROSS KINNEY	M	139	16/61	109/350	25:11	8:07
LAURA KINNEY	F	165	5/48	44/411	25:37	8:15
LESLIE MITCHELL	F	180	47/145	51/411	25:57	8:22
JANE WHITELEY	F	288	69/145	102/411	28:10	9:05
BECKY EDRICH	F	307	13/48	108/411	28:34	9:12
RACHEL EDRICH	F	311	14/48	111/411	28:39	9:14
KERRY BEEBE	F	355	9/46	138/411	29:25	9:29
DENNIS KAVANAUGH	M	498	10/15	267/350	32:38	10:31
SHARYL RILEY	F	752	44/46	403/411	1:01:32	19:49

### RUDOLPH'S REVENGE 5K & 10K

December 16, 2006 Chatfield State Park

Name	Age	Gen	PI	Time	Pace	Event
VALERIE SHOCKLEY	40	F	33	45:26	7:20	10K
MICOL ROTHMAN-HAJI	34	F	51	48:02	7:45	10K
JIM ROMERO	66	M	63	49:13	7:57	10K
ROSS WESTLEY	70	M	110	53:53	8:42	10K
CARRIE STEUART	48	F	200	1:05:44	10:37	10K
ERICKA ENGLERT	36	F	211	1:07:58	10:58	10K
MICHAEL QUISPE	40	M	10	19:45	6:23	5K
RICK VOORHEES	53	M	68	27:58	9:02	5K
STEPHANIE LARSEN	33	F	96	30:39	9:53	5K

### LAS VEGAS MARATHON/HALF MARATHON

December 10, 2006 Las Vegas, NV

Name	Gen	PI	DivPI	Div	GunTime	ChipTime	Event
JIM ROMERO	M	572	2	66	1:56:12	1:48:54	Half
DAVE CUNNINGHAM	M	932	145	4044	3:59:48	3:47:13	Marathon
CRAIG EWING	M	1502	103	5054	4:09:04	4:00:26	Marathon
JERRY O'DONNELL	M	3751	72	6064	4:54:10	4:53:17	Marathon
PENELOPE O'DONNELL	F	4210	25	5559	5:09:42	5:06:25	Marathon
DEAN BEHRENS	M	5235	472	4549	5:57:12	5:55:25	Marathon
JULIE NAJJAR	F	5606	392	3539	6:40:57	6:37:48	Marathon

### CMRA CLEAR CREEK 4 MILER

December 9, 2006 Prospect Park

Name	Age	Gen	PI	Time
SALIM HAJI	35	M	8	0:24:42
DAVID ROTHENBURGER	38	M	12	0:26:05
MITCH CHESBRO	48	M	33	0:29:49
GEORGE HUNER	53	M	34	0:30:05
SCOTT MCFARLANE	55	M	40	0:30:47
ROSS WESTLEY	70	M	41	0:30:51
MARK JOHNSON	48	M	50	0:35:07
MEGAN VANONI	26	F	51	0:35:08
ED YOUNGBERG	63	M	61	0:39:52
CHRISTINE VANONI	55	F	63	0:40:17
DAVE BLACK	55	M	69	0:42:53

### TURQUOISE LAKE 20 MILE SNOWSHOE RUN

January 6, 2007 Leadville CO

Name	Age	Gen	Place	Time
ADAM FEERST	46	M	8	4:14:09

### CHILLY CHEEKS DUATHLON SERIES #1

December 9, 2006 Cherry Creek State Park, Denver, CO  
4 Mile Road & Trail Run, 10.8 Mile Bike

Name	Age	Gen	PI	Time
ERIC GREENE	26	M	39	1:00:15
JOSEPH BEARSS	36	M	177	1:27:46

### RESOLUTION RUN 5K

January 7, 2007 Washington Park

Name	Age	PI	Gen	GenPI	Time	Pace
EDWARD KING	54	35.	M	27th	25:25	8:11

### RESCUE RUN 10K

January 1, 2007 Colorado Springs

Name	Age	Gen	GenPI	DivPI	Time
CRAIG EWING	53	M	59	15/44	0:54:37

### COLDER BOULDER

December 3, 2006 Boulder

Name	DivPI	Age	Gen	Time
EDWARD KING	48	53	M	23:55
LISA PAIGE	19	48	F	26:41
MARY PITZ	29	43	F	27:01

**ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES**

January, 2007 10k Twin Lakes Park

-----TIMES-----							---HANDICAP---			-----POINTS-----		
PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	#
1	Chesbro, Mitch	48	19:05	0:50:15	1:09:20	8:05	12	81	82	100.00	75.56	1
2	Jockers, Theresa	45	17:47	0:51:53	1:09:40	8:21	2	85	85	96.28	92.73	1
3	Jockers, Brent	56	11:15	0:58:25	1:09:40	9:24	28	99	99	98.14	40.00	1
4	Robinette, Ric	54	17:20	0:52:43	1:10:03	8:29	17	87	86	94.42	64.44	1
5	Mudron, Larry	64	15:04	0:55:04	1:10:08	8:52	22	92	91	92.56	53.33	1
6	Applegate, Ken	58	23:56	0:46:17	1:10:13	7:27	7	71	70	90.70	86.67	1
7	Rothenburger, David	38	27:12	0:43:28	1:10:40	7:00	5	62	61	88.84	91.11	1
8	Healy, Kristen	42	15:32	0:55:15	1:10:47	8:54	5	93	90	86.98	70.91	1
9	Bearss, Joseph	36	11:15	0:59:49	1:11:04	9:38	29	102	99	85.12	37.78	1
10	Greene, Eric	26	23:56	0:47:22	1:11:18	7:37	8	71	70	83.26	84.44	1
11	Knipps, Mike	54	13:11	0:58:10	1:11:21	9:22	26	96	95	81.40	44.44	1
12	Struble, Brian	39	23:10	0:48:14	1:11:24	7:46	10	73	72	79.53	80.00	1
13	Basse, Bob	52	28:33	0:42:57	1:11:30	6:55	4	58	57	77.67	93.33	1
14	Gillikin, David	51	18:13	0:53:24	1:11:37	8:36	18	85	84	75.81	62.22	1
15	Struble, Stephanie	39	13:11	0:58:27	1:11:38	9:25	6	96	95	73.95	63.64	1
16	Haller, Gordon	56	20:46	0:51:12	1:11:58	8:14	15	79	78	72.09	68.89	1
17	Quispe, Michael	40	30:27	0:41:36	1:12:03	6:42	2	52	51	70.23	97.78	1
18	Huner, George	53	19:30	0:52:40	1:12:10	8:29	16	82	81	68.37	66.67	1
19	Knipps, Joy	49	-11:01	1:23:11	1:12:10	13:23	10	139	138	66.51	34.55	1
20	Cunningham, Deb	45	23:10	0:49:07	1:12:17	7:54	1	73	72	64.65	100.00	1
21	Dathe, Bryon	38	5:34	1:07:00	1:12:34	10:47	33	111	110	62.79	28.89	1
22	Boisseau, Jay	47	17:47	0:54:52	1:12:39	8:50	20	87	85	60.93	57.78	1
23	Meacham, Lance	39	24:19	0:48:21	1:12:40	7:47	11	70	69	59.07	77.78	1
24	Cunningham, Dave	46	21:59	0:51:03	1:13:02	8:13	14	83	75	57.21	71.11	1
25	Feerst, Adam	46	30:45	0:42:22	1:13:07	6:49	3	51	50	55.35	95.56	1
26	McFarlane, Scott	55	18:13	0:54:56	1:13:09	8:51	21	85	84	53.49	55.56	1
27	Hora, Michael	43	16:00	0:57:19	1:13:19	9:14	25	97	89	51.63	46.67	1
28	Bullock, John H. Jr.	45	28:13	0:45:14	1:13:27	7:17	6	60	58	49.77	88.89	1
29	Romero, Jim	66	17:20	0:56:33	1:13:53	9:06	23	87	86	47.91	51.11	1
30	Voorhees, Rick	54	12:43	1:01:12	1:13:55	9:51	30	97	96	46.05	35.56	1
31	Arman, Jesse	56	6:06	1:08:12	1:14:18	10:59	34	112	109	44.19	26.67	1
32	Mathiesen, Sarah	31	20:46	0:53:44	1:14:30	8:39	4	87	78	42.33	78.18	1
33	Edrich, Rick	46	27:53	0:47:33	1:15:26	7:39	9	61	59	40.47	82.22	1
34	Olson, Jeffrey	47	17:20	0:58:11	1:15:31	9:22	27	87	86	38.60	42.22	1
35	Bedard-Voorhees, Alice	54	6:06	1:10:14	1:16:20	11:18	7	111	109	36.74	56.36	1
36	Bengston, Lee	69	12:14	1:04:36	1:16:50	10:24	32	98	97	34.88	31.11	1
37	Keefe, Bonnie	41	23:56	0:52:56	1:16:52	8:31	3	71	70	33.02	85.45	1
38	Johnson, Mark	49	16:27	1:03:25	1:19:52	10:12	31	89	88	31.16	33.33	1
39	Allendorf, Brett	38	23:33	0:56:34	1:20:07	9:06	24	75	71	29.30	48.89	1
40	Beebe, Kerry	52	5:02	1:15:42	1:20:44	12:11	8	112	111	27.44	49.09	1
41	Thompson, Leslie	50	-4:08	1:33:35	1:29:27	15:04	11	148	127	25.58	27.27	1
42	Kitts, Carmen	55	11:44	1:21:02	1:32:46	13:03	9	104	98	23.72	41.82	1
43	Lynn, John	39	-18:22	1:52:32	1:34:10	18:07	36	182	149	21.86	22.22	1

**RMRR RACEWALKERS, JANUARY 2007 TROPHY SERIES**

-----TIMES-----						---HANDICAP---				
Place	NAME	AGE	START	ACT'L	FINISH	PACE	NEW	OLD	TS Pts	Races
1	Blanchard, Michael	45	10:45	1:01:56	1:12:41	9:58	101.00	100	100.00	1
2	Guiff, Ed	62	-1:45	1:14:49	1:13:04	12:03	125.00	123	80.00	1
3	Lyle, John	74	-17:00	1:34:36	1:17:36	15:14	148.00	147	60.00	1
4	Thies, Chuck	60	-2:20	1:26:11	1:23:51	13:52	125.00	124	40.00	1

**RMRR TROPHY SERIES SCRATCH STANDINGS  
JANUARY, 2007**

PI	Male Scratch Name	Total Points	#	Ave Points	PI	Female Scratch Name	Total Points	#	Ave Points
1	Chris Voeller	100.00	1	100.00	1	Deb Cunningham	100.00	1	100.00
2	Michael Quispe	97.78	1	97.78	2	Theresa Jockers	92.73	1	92.73
3	Adam Feerst	95.56	1	95.56	3	Bonnie Keefe	85.45	1	85.45
4	Bob Basse	93.33	1	93.33	4	Sarah Mathiesen	78.18	1	78.18
5	David Rothenburger	91.11	1	91.11	5	Kristen Healy	70.91	1	70.91
6	John H. Jr. Bullock	88.89	1	88.89	6	Stephanie Struble	63.64	1	63.64
7	Ken Applegate	86.67	1	86.67	7	Alice Bedard-Voorhees	56.36	1	56.36
8	Eric Greene	84.44	1	84.44	8	Kerry Beebe	49.09	1	49.09
9	Rick Edrich	82.22	1	82.22	9	Carmen Kitts	41.82	1	41.82
10	Brian Struble	80.00	1	80.00	10	Joy Knipps	34.55	1	34.55
11	Lance Meacham	77.78	1	77.78	11	Leslie Thompson	27.27	1	27.27
12	Mitch Chesbro	75.56	1	75.56					
13	Bill Rogers	73.33	1	73.33					
14	Dave Cunningham	71.11	1	71.11					
15	Gordon Haller	68.89	1	68.89					
16	George Huner	66.67	1	66.67					
17	Ric Robinette	64.44	1	64.44					
18	David Gillikin	62.22	1	62.22					
19	Michael VanNorstrand	60.00	1	60.00					
20	Jay Boisseau	57.78	1	57.78					
21	Scott McFarlane	55.56	1	55.56					
22	Larry Mudron	53.33	1	53.33					
23	Jim Romero	51.11	1	51.11					
24	Brett Allendorf	48.89	1	48.89					
25	Michael Hora	46.67	1	46.67					



**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/](http://sports.groups.yahoo.com/group/RMRR_ENews/)

**RMRR NEW RACERS, JANUARY 2007 TROPHY SERIES 10k**

R/W	NAME	AGE	-----TIMES-----			PACE	GEN PLACE	---HANDICAP---		---POINTS---	
			START	ACT'L	FINISH			NEW	TS	SCRATCH	
R	Rogers, Bill		21:35	0:50:15	1:11:50	8:05	13	81	60	73.33	
R	VanNorstrand, Michael	45	17:20	0:54:39	1:11:59	8:48	19	91	60	60.00	
R	Voeller, Chris		31:03	0:40:57	1:12:00	6:36	1	57	60	100.00	
R	Kuck, Kerry		0:00	1:21:01	1:21:01	13:02	35	139	60	24.44	

**More Racing in Other Places**

**STEVE'S RUDOLPH RAMBLE 5K**  
December 17, 2006 Washington Park

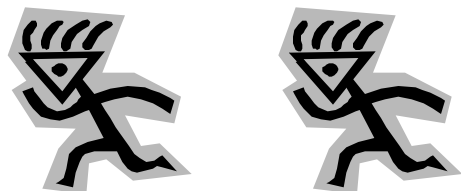
Name	Age	Gen	PI	DivPI	GenPI	Time	Pace
ED KING	54	M	29	5/13	23/63	23:19	7:31
MITCH CHESBRO	48	M	31	4/13	24/63	23:28	7:34
CHARLES SCHEIBE	52	M	46	7/13	36/63	25:33	8:14
ROSS KINNEY	48	M	48	8/13	38/63	25:57	8:22
JOSEPH BEARSS	36	M	61	11/15	43/63	27:42	8:55
SHARYL RILEY	57	F	121	5/5	55/55	52:23	16:52

**WALT DISNEY HALF-MARATHON**  
January 6, 2006 Orlando, FL

Name	Age	Gen	ChipTime	GunTime	Pace	OAPI	GenPI	DivPI
KAREN VOSS	38	F	3:28:39	4:01:47	15:54	11516	6838	1216

**WALT DISNEY MARATHON**  
January 7, 2006 Orlando, FL

Name	Age	Gen	ChipTime	GunTime	Pace	OAPI	GenPI	DivPI
ELISABETH SHEPARD	42	F	6:24:01	6:30:11	14:38	9399	4144	694



**RMRR NEW RACERS, JANUARY 2007 TROPHY SERIES 10k**

R/W	NAME	AGE	-----TIMES-----			PACE	---HANDICAP---		---POINTS---	
			START	ACT'L	FINISH		GEND PLACE	NEW	TS	SCRATCH
R	Rogers, Bill		21:35	0:50:15	1:11:50	8:05	13	81	60	73.33
R	VanNorstrand, Michael	45	17:20	0:54:39	1:11:59	8:48	19	91	60	60.00
R	Voeller, Chris		31:03	0:40:57	1:12:00	6:36	1	57	60	100.00
R	Kuck, Kerry		0:00	1:21:01	1:21:01	13:02	35	139	60	24.44

**Congratulations Trophy Series Runner and Racewalk Winners**



**Thank You  
Volunteers!**

**Congratulations Fast  
Finishers, Chris Voeller  
and Deb Cunningham**



## Open Volunteer Positions for 2007:

The club has several positions and projects that are waiting for someone to step up and volunteer their time and talents:

1. Member Database Admin person to print labels for the monthly News on The Run newsletter, provide monthly copies of the member database for Running in Other Places, sort member database for a bi-monthly "household" list for Colorado Runner magazine)
2. Club's phone message hotline – Answer the phone messages left by people interested in getting more info about the club's activities. This can take 10-20 minutes 2-3 times per week. In addition, revise the phone greeting as required.
3. Membership Admin person to maintain and update the club's membership database. The position includes sending welcoming and renewal letters and membership cards to new members and reminder letters to members with expiring memberships. This position is very important and requires about 8-10 hours per month. The position requires the use of Microsoft Excel and Word in order to merge documents. Membership cards are created with Adobe Illustrator and a laser printer. The database is maintained with Microsoft Access, but no prior knowledge of that program is necessary.
3. Race Promotions - Enter the RMRR Race schedule on other websites like Active.com and Colorado Runner Magazine.
4. Organize weekday/weekend runs in other parts of the Denver area - Access to Wash Park on Tues evenings and Goodson Rec Ctr on Sat mornings isn't convenient for members living more than 30 min away. Would like to see some members promote their favorite running area for others to join them on their weekday/weekend runs.

**Note:**

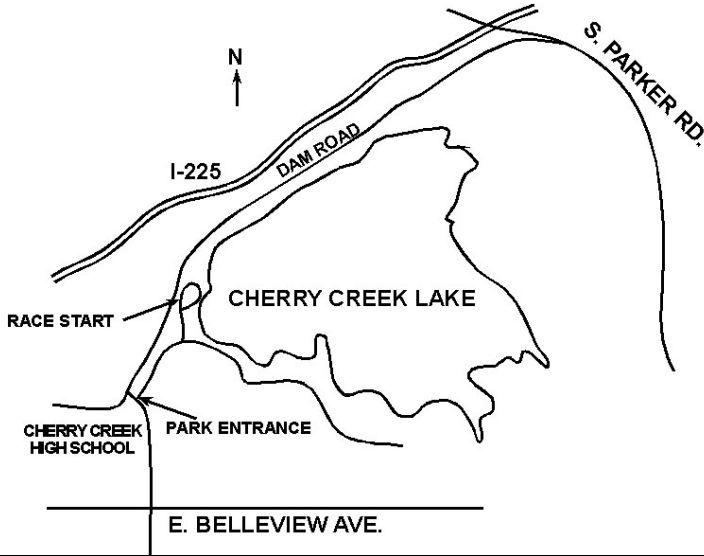
Some of these positions are of limited duration while others would require a commitment for an entire year. I urge each of our members to see where they can lend their support.

## Racers and Volunteers in Action at the January Trophy Series Race

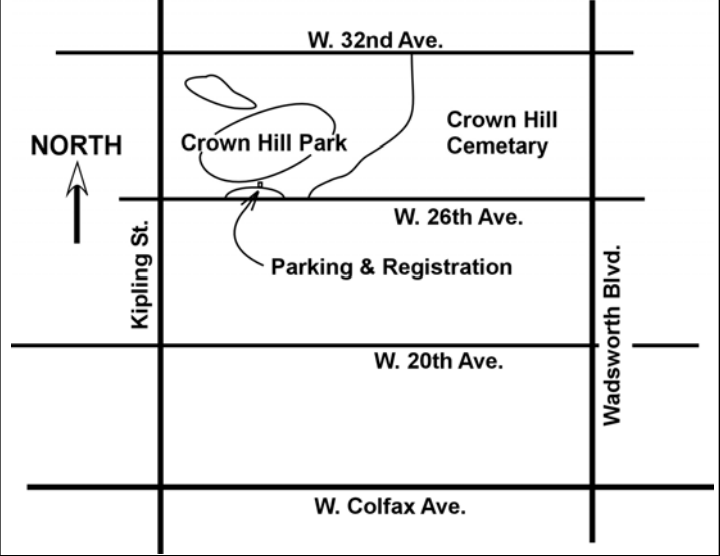




**Run the February Trophy Series 7 mi**  
 Cherry Creek State Park  
 Sunday, February 4, 9 a.m.



**Run the March Trophy Series 3 mi**  
 Crown Hill Park  
 Sunday, March 4, 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.

**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:

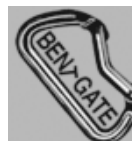
- 1) The weight bearing leg must have a straight knee.
- 2) Ground contact must be maintained at all times.

Sample 7 mi Start Times	
HCP	Start
120	0:00
110	6:19
100	12:12
90	17:38
80	22:38
70	27:11
60	31:17
50	34:56
40	38:08

**Thank You for Supporting RMRR**



**POTTS TROTTERS**



**FEBRUARY 2007**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(1) groups.yahoo.com/group/denvertrailrunners, 303-870-0487 (2) www.rmrr.org (3) www.eldora.com/mountainInfo/events.cfm (4) www.comastersrun.org		(5) www.bkbltd.com (6) www.racingunderground.com (7) www.pedalpowerbike.com (8) www.gatewaycanyons.com		<b>1</b> <b>Trail Run</b> 5:30pm or 6:15pm (1)	<b>2</b>	<b>3</b> <b>RMRR Training Run</b> , 9 am Goodson Rec. Center, DeKoevend Park, Littleton (2)
<b>4</b> <b>RMRR Trophy Series</b> 9am Cherry Creek State Park, 7 miles (2)	<b>5</b>	<b>6</b> <b>Wash Park Fun Run</b> 6 pm; South High Parking Lot (2)	<b>7</b> <b>Nordic Night-hawks Race Series</b> ; 2k-4k snowshoe, also x-c and GS ski; 5:30pm Eldora Mountain, Nederland (3)	<b>8</b> <b>Trail Run</b> 5:30pm or 6:15pm (1)	<b>9</b>	<b>10</b> <b>RMRR Training Run</b> , 9 am Goodson Rec. Center, DeKoevend Park, Littleton (2)  <b>40 Furlongs</b> (5 miles) 9am, South Suburban Tennis Center (4)
<b>11</b> <b>Valentines Day 5K</b> 9am, Wash Park (5)  <b>Screamin' Snowman Snowshoe Race</b> ; 5k/10k; Eldora Mtn, Nederland (6)	<b>12</b>	<b>13</b> <b>Wash Park Fun Run</b> 6 pm; South High Parking Lot (2)	<b>14</b> <b>Nordic Night-hawks Race Series</b> ; 2k-4k snowshoe, also x-c and GS ski; 5:30pm Eldora Mountain, Nederland (3)	<b>15</b> <b>Trail Run</b> 5:30pm or 6:15pm (1)	<b>16</b>	<b>17</b> <b>RMRR Training Run</b> , 9 am Goodson Rec. Center, DeKoevend Park, Littleton (2)  <b>Chilly Cheeks Winter Duathlon</b> ; Cherry Creek State Park (6)
<b>18</b> <b>President's Day 5K</b> 9am, Wash Park (5)	<b>19</b>	<b>20</b> <b>Wash Park Fun Run</b> 6 pm; South High Parking Lot (2)	<b>21</b> <b>Nordic Night-hawks Race Series</b> ; 2k-4k snowshoe, also x-c and GS ski; 5:30pm Eldora Mountain, Nederland (3)	<b>22</b> <b>Trail Run</b> 5:30pm or 6:15pm (1)	<b>23</b>	<b>24</b> <b>RMRR Training Run</b> , 9 am Goodson Rec. Center, DeKoevend Park, Littleton (2)  <b>Billy's Island Grill Night Snowshoe Race</b> ; 5mi; Lionshead, Vail (7)
<b>25</b> <b>RMRR and Colfax Marathon Training Run</b> 9am; 10 miles, Westminster City Park (2)  <b>Run the Register Stair Climb</b> , 9am Wells Fargo Bldg (5)  <b>Dolores River 10k trail run</b> ; Gateway, ~30mi S of Grand Junction (8)	<b>26</b> <b>RMRR Board Meeting</b> , Wild Oats Wash Park 7:00 pm (1)	<b>27</b> <b>Wash Park Fun Run</b> 6 pm; South High Parking Lot (2)	<b>28</b>	<p align="center"><b>Joining RMRR</b></p> <p>Membership is \$30 for individuals, \$40 for couples and families, and \$10 for volunteer members. (Note that the volunteer membership does not include entry into the monthly Trophy Series races.)</p> <ul style="list-style-type: none"> <li>· Visit the web site (www.rmrr.org), click on the Club Info page, download an application and mail it in</li> <li>· Log onto www.active.com and join online</li> <li>· 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)</li> <li>· Call the RMRR office, 303-871-8366, leave a message with your name and address and we'll mail you an application</li> </ul>		



## 2007 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Bob Basse	3.75	Ed Guiff	1.00	Bob Reilly	4.50
Michael Blanchard	1.50	Bonnie Keefe	1.25	Rosalie Richter	3.00
Lisa G. Champeau	8.50	Carmen Kitts	1.50	Mike Robbert	1.25
Jim Chow	1.25	Brad LaBarry	1.25	David Rothenburger	3.50
Dave Cunningham	3.25	John Lyle	1.25	Doug Smith	1.25
Deb Cunningham	8.00	Betsy Lyle	6.00	Stephanie Struble	2.75
Michelle Evans	1.25	Tom Mates	3.50	Brian Struble	1.50
Janet Fairs	2.00	Jeff Olson	2.50		

## TOM BAILEY

By Ken Simons

Former RMRR member Tom Bailey passed away December 27<sup>th</sup> at age 77. Tom was an active member of RMRR. He was responsible for changing the scoring of the RMRR trophy series and setting up a database for these results. He also developed the printed cardboard scoring boards to be used with the pre-printed name tags.

Tom was also well known for his involvement with certifying race courses in the Denver area.

He had performances that would rank him among the top runners in his age group internationally. This includes a 2:36:49 Fiesta Bowl marathon at age 50 and a 1:21:58 Basalt half-marathon at age 58.

A Denver native, Tom ran the quarter mile and half mile at North high school. Then more than 20 years later, Tom resumed running at age 40 and began racing 4 or 5 years later.

Tom was a mechanical engineer at the Martin company, and was also an accomplished harpsichord builder which included new designs and patents.

An outdoor memorial service is planned for the spring. Contact Cheryl Bailey at 303-995-8162 or [cherylbailey@myway.com](mailto:cherylbailey@myway.com) for memorial service details and condolences. An online guest book is available at [www.Legacy.com](http://www.Legacy.com).

Thanks to Connie Ahrensbrak of CMRA for supplying some of this information from an article written by Tom and his wife in 1999.



The following RMRR members are celebrating February birthdays!

Trisha Davis	3	Debbie Singer	17
Scott VanEyk	3	David Roach	17
Devin Croft	4	Tammy Bullock	18
Larry Hnizdil	5	Ryan Koonce	18
Susan McNamara	5	Lynne Hardy	19
Jennifer Williamson	5	James Paige	19
John French	6	Bonnie Keefe	19
Kristen Wiley	6	Allen Bridgeforth	19
Ed Guiff	7	Alex Eusebio	19
Ed Youngberg	8	Peter Szymanski	20
Gene Slusser	8	Patricia Martinez	22
Janice Finch	9	Stephanie Struble	23
Valerie Shockley	11	Chelsey Hood	24
Matthew Webb	11	Jan Hill	25
Nick Benjamin	13	Micol Rothman-Haji	25
Robert Volzer	14	Edward Steinhauser	27
William Damrath	14	Dylan Mayhew	28

### 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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