

News on The Run

ROCKY MOUNTAIN
ROAD RUNNERS

Volunteers and Trophy Series Winners are Honored at Annual Awards Banquet at Fox Hollow Golf Club



Volunteers with over 30 hours sporting their new RMRR shirts.



Congratulations to 2005 Race Directors!



2005 TS Winner Nick Benjamin



Racewalk winners Mike Blanchard and Jan Hill



Resolute Runner Mike Knipps being congratulated by Doug Smith

A Letter from the President...



The weather for the January Trophy Series Race at Twin Lakes was good except for the head wind on the return leg of the course. However, I understand that even with the sun it was still quite brisk. We had a total of 100 runners and race walkers compared to 98 for last year. I want to thank Ric Robinette, Deb Cunningham, and all those volunteering for their efforts. Let's all hope for great weather for the February T/S Race at Cherry Creek State Park. For me, the February Trophy Series Race always conjures up memories of cold and blustery.

Everyone attending the Holiday Party was treated to one of the best assortment of entrees, side dishes and desserts in my memory. Also, we had collected enough raffle gifts that nearly everyone came away with something. My thanks to Boulder Running Company, Running Delights, Runners Roost and Two Feet To Go

(Continued on page 2)

**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

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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: Marguerite Slavik (720) 312-0059

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

Running Well™

Key components to saving your knees!

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

The study, *Strength Around the Hip and Flexibility of Soft Tissues in Individuals With and Without Patellofemoral Pain Syndrome* from the Journal of Orthopaedic & Sports Physical Therapy, (Dec. 2005), supports the importance of flexibility of the major muscles of the legs. The authors of this study report, "patients with PFPS, patellofemoral pain syndrome, demonstrated significantly less flexibility of the gastrocnemius, soleus, (calf muscles), the quadriceps, and hamstrings compared to healthy control subjects". PFPS is a common source of knee pain for people of all ages and activity levels and has been reported to account for as much as 40% of all knee problems seen in sports medicine centers.

Why knee pain result from tight hamstrings, quadriceps, and calf muscles is not clearly understood. It is thought that tight quadricep muscles pull on the patella, the knee cap, upwards resulting in compression on the knee joint. Limited hamstring length places the knees in slight flexion or bent creating passive resistance and a greater demand on the quadriceps to straighten the knee. In running, this equates to a tendency to overstride along with misaligned pelvic position and increased low back lordosis.

The calf muscles, when tight and limited in length, affect ankle dorsiflexion or ankle bending. The limit in this motion changes the alignment of the ankle joint. Because of the forces placed on the ankle and foot, the lack of ankle movement will be gained in other ways. The other ways involve misalignment and compensations such as an increase of pronation, slight twist or rotation of the lower leg bone, the tibia, resulting in changes in the way the tibia relates with the thigh bone and its relation to the function of the hips and pelvis up the "kinetic chain" to neck and shoulders.

The results of this study reinforce the importance of flexibility of muscle, tendon, & ligament and other soft tissue for prevention of joint dysfunction and injury. If you are experiencing knee pain, listen to your body and find out what you can do to alleviate it. Work with a professional skilled in manual therapy techniques, soft tissue mobilization, appropriate stretching and effective stretching techniques along with specific movement training and supportive positioning education. You don't have to accept knee pain as part of getting older or expected with exercise. Joints are built to last if they are well maintained.

Peter Szymanski has been a physical therapist since 1984. He has earned the Integrated Orthopedic Certification and Certified Functional Manual Therapist designations. He has completed more than 20 marathons and when he isn't running he is often teaching courses or mentoring peers in his profession. Karen has studied movement and development with adult and pediatric clients since 1987 and earned the Functional Orthopedic Certification in 2005 to further her skills in soft tissue and movement restrictions. She has completed more than 20 distance running and multi-sport events.

Peter and Karen are in private practice in Denver at 2727 Bryant St., Suite 540, 80211. You can contact them at 303-458-9660 or email info@CatalystTherapies.com.

A Letter from the President... (continued)

(Continued from page 1)

for their contributions.

I also want to mention again that your club in cooperation with Phidippides Track Club and the Colorado Colfax Marathon with be putting a Marathon Training Races Series to help prepare participants for the Colfax Marathon on Sunday, May 21, 2006. See the Race Schedule in this issue for the dates of the 10/15/20 mile races. Members wishing to earn volunteer hours for helping at any of the 3 races should contact Lisa Champeau by sending an email to volunteer@rmrr.org.

The club still has a number of positions that would be great to match up with interested members. Since last month, Carl McNew has agreed to help with the newsletter distribution to our members and sponsors and Liz Stolz has agreed to write a feature article on various running spots in

the area. One of the goals for 2006 is on better distributing the work required each month and to help the club deliver more value for your membership.

Additionally as I'm writing this, I'm looking forward to the Annual Awards & Volunteer Dinner on this coming Sunday. More on that in next month's issue.

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, Jan 30th.

Wishing you all a most happy and prosperous 2006! Doug Smith

Next Newsletter Deadline, Friday February 10

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, February 10 (give or take). Share your stories, photos, comments, thoughts, musings about running. Have a story or photos of other races you would like to share? Please send all submissions to rmrrnewsletter@yahoo.com. Thanks, John.

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. The club provides free Power Gels on the Sat Training Runs while our supply lasts. See rmrr.org for additional information on the club.

Beginning February 13th, Monday evening weekend recovery runs at Crown Hill Park in Wheatridge at 6:15 pm. Meet at the east end of the parking lot located along 26th. 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 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 are on various sections of 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. We will try to have a car parked at or close to the scheduled midpoint for that week, so that we can re-fuel with more water and Power Gels. See Calendar for Saturday Run Locations.

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 6:15pm.

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
Sun, Feb 5	9 am	7MI	CHERRY CREEK	Lisa Champeau/Robert Reilly
Sun, Mar 5	9 am	3MI	CROWN HILL	Ken Applegate/Janet Gold
Sun, Apr 2	9 am	4MI	CITY PARK	Stephanie Struble/Brian Bergevin
Sun, May 7	8 am	5MI	CARSON NATURE CENTER	Heather Reddy/Alicia Nix
Sat, Jun 10	8 am	2.4MI	STONE HOUSE	Adam Feerst/Rick Edrich
Sat, Jul 8	8 am	2MI	BIBLE PARK	Doug Smith/Carmen West
Fri, Aug 4	6:30 pm	5K	DEKOEVAND PARK	Open
Sun, Sep 10	8 am	9MI	CITY PARK (WESTMINSTER)	Open
Sun, Oct 8	9 am	8MI	CHATFIELD	Jeff Olsen
Sun, Nov 5	9 am	10MI	WATERTON CANYON*	Open
Sun, Dec 3	9 am	4.4MI	WASHINGTON PARK	Lisa Champeau/Mark Ballard

Colfax Marathon Training Series

Sun, Feb 26	10MI	DEKOEVAND PARK	Deb Cunningham
Sun, Mar 26	15MI	DEKOEVAND PARK	Open
Sun Apr 23	20MI	DEKOEVAND PARK	Doug Smith/Bonnie Keefe

RMRR Fall Marathon Training Series

Sun, Jul 16	10MI	CITY PARK (WESTMINSTER)	Open
Sun, Aug 6	15MI	CITY PARK (WESTMINSTER)	Open
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, May 21	26.2 MI Colfax Marathon	Denver	N/A
Sun, Sept. 24	26.2/13.1 Boulder Backroads	Boulder	N/A

* By permit of the US Forest Service

BOARD MEETING MINUTES

Date/Time: Tuesday, Jan 3rd, 7pm

Attendees: Liz Stolz, Carl McNew; John Lyle, Doug Smith, Lisa Champeau, Karen Voss, Mike Robbert, Bonnie Keefe, Betsy Lyle, Stephanie Struble, Bob Reilly, Bob Basse, Jim Chow, Deb Cunningham

Visibility:

1. Website issues – Moved to new hosting company.
2. Colfax Marathon Training Series – Doug will turn in applications for City of Greenwood Village. Teresa will contact Denver Water & South Suburban.
3. RRCA Convention, Houston TX on March 8-12th. Ric Robinette has been nominated for a lifetime achievement award.

Increasing Membership Value:

1. Awards/Volunteer Dinner, Jan 15th – Betsy. 40 RSVPs so far.
2. Volunteer, Race Director Awards (trophies, hats, socks, shirts, gloves) – Doug/Bonnie. Order for the shirts was turned in. Gloves order turned in as well. Socks won't be ready in time – DeFeet has a long lead time.
3. USA Track & Field club membership – Doug has not received a reply to our question about whether we have to sanction all of our events if we join. We do not need to use their insurance. Primary benefit is for members who want to race as a team in the Colfax Marathon. Teams can win the cash prize.

Volunteer Issues:

1. Volunteer of the Month –

2. Outside race scoring opportunities, interested members. Per Stephanie, we can pay up to \$600/yr before have to issue a 1099. We would need to check the race insurance to see if it covers the situation where the paid member is injured or if the club is sued by a participant in the race.
3. Our auto insurance will not be renewed unless we provide drivers license numbers. We're covered through next September. May need to provide drivers' license numbers for members driving the van so that they can get DMV reports.

Operational Items:

1. Treasurer's Report – Club is projected to break even (loss of \$377) for the year. Still need to reconcile cash box & pay for volunteer awards.
2. ?

Long Term Goals/Volunteers Needed:

1. Open Positions - Doug
2. Liz Stolz will write an article each month about a new place to run including a map & topography
3. Carl McNew will be distributing the newsletter to running stores + drop off the print ready version at the post office.
4. We have another volunteer who may be helping with the newsletter.
5. We're in good shape for the January race 8 running and 8 non-running. Need to email volunteers with responsibilities.
6. Lisa Champeau will be tracking volunteer hours in 2006.
7. Karen Voss will organize Monday evening runs. The runs will be at Crown Hill Park on the dirt path. They'll start on February 13. Karen will write a blurb introducing the runs for the Feb newsletter.

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

New RMRR Group Run

Beginning February 13th, Monday evening weekend recovery runs at Crown Hill Park in Wheatridge at 6:15 pm. Meet at the east end of the parking lot located along 26th. 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.

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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

WALT DISNEY WORLD MARATHON/HALF-MARATHON

January 7&8, 2006 Orlando, FL

Name	Age	Gen	ChipTime	GunTime	Pace	OAPI	GenPI	DivPI	Event
DEREK GRIFFITHS	30	M	1:30:17	1:30:30	6:53	121	106	18	Half
KIM HARTWIG	49	M	2:26:29	2:29:44	11:10	4199	2305	329	Half

WINTER SOLSTICE 5 MILE RUN

December 22, 2005 Littleton

Name	Age	Gen	PI	Div	Time
JAMES TAYLOR	27	M	16	20-29	34:51
GEORGE HUNER	52	M	27	50-59	39:29

POTTS TROTTERS KWANZAA 5K

January 1, 2006 Aurora, CO.

Name	Age	Gen	GenPI	DivPI	OAPI	Time	Pace	Event
JIM ROMERO	64	M	10/26	1	11/52	22:29	7:15	Run
MITCH CHESBRO	47	M	13/26	5	17/52	24:23	7:52	Run
LARRY MUDRON	63	M	14/26	2	19/52	24:32	7:54	Run
STACY RUSSELL	38	F	6/26	1	20/52	24:48	8:00	Run
ALICIA NIX	40	F	10/26	2	27/52	27:30	8:52	Run
LARRY O'DONNELL	59	M	19/26	4	29/52	27:59	9:01	Run
PENELOPE O'DONNELL	56	F	20/26	6	43/52	37:53	12:12	Run
GREGORY SIDES	60	M	24/26	4	44/52	39:16	12:39	Run
MICHAEL BLANCHARD	44	M		1		28:55	9:19	Walk
CHUCK THIES	59	M		4		37:21	12:02	Walk

CHRISTMAS CLASSIC 4M

December 18, 2005 Fort Collins

Name	Gen	Time	Pace	GenPI	DivPI	Div
ANDREA SMITH	F	34:15	8:34	7/36	3/10	30-39

THE CHILLY CHEEKS DUATHLON SERIES RACE #1

December 17, 2005 Cherry Creek State Park

4 Mile Run, 10.8 Mile Bike

Name	Age	Gen	PI	Time
MICK VOLLMAR	51	M	55	1:24:59

RESOLUTION RUN 5K

December 31, 2005 Washington Park

Note: Only the first 100 finishers were timed

Name	Age	Gen	GenPI	PI	Time	Pace
DEVIN CROFT	52	M	20th	22.	19:01	6:08
DAVID ROTHENBURGER	37	M	23rd	25.	19:43	6:21
ANGIE ANDERSON	25	F	6th	35.	20:28	6:36
JEFFREY BERNARDY	45	M	49th	61.	22:02	7:06
BOB BASSE	50	M	59th	72.	22:36	7:17
DAVID TONINI	29	M	70th	87.	23:16	7:30

STEVE'S RUDOLPH RAMBLE 5K

In honor of Steve "Flag Man" Muniz

December 18, 2005 Washington Park

Name	Age	Gen	GenPI	DivPI	Time	Pace
EDWARD KING	53	M	11	3/15	0:24:27.0	7:53
CRAIG EWING	52	M	14	5/15	0:24:42.3	7:58
MITCH CHESBRO	47	M	19	6/12	0:25:23.1	8:11

Open Volunteer Positions for 2006:

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

1. Newsletter Layout Editor, using MS Publisher, compose the layout for the monthly newsletter, [News on The Run](#).
2. Newsletter Feature Writers to do monthly articles on items or members of interest to the rest of the club.
4. Newsletter Classified Ad Editor to compile a "Classified Ad" page for the newsletter for members wishing to sell their used running gear and clothes.
5. Marketing Coordinator to develop a plan to enhance the club's visibility and presence within the running community in the Denver metropolitan area.
6. 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)
7. Enter the RMRR Race schedule on the website for Active.com and Colorado Runner Magazine.
8. Serve on the *Race Course Committee for 2006* (Sept-Dec '05) This includes selecting new race courses, revisions to existing courses and checking the accuracy of existing ones.
8. Youth Program Coordinator to recruit H.S. runners for Trophy Races for 2006. i.e. contact area H.S. Cross Country Coaches for interest and recommendations
9. 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.

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

January, 2006 10k Twin Lakes Park

-----TIMES-----

---HANDICAP---

-----POINTS-----

PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND		NEW	OLD	TS	SCRATCH	#
							PLACE						
1	Abbott, Teresa	43	-1:45	1:08:53	1:07:08	11:05	18		119	123	100.00	35.24	1
2	Winge, Joanne	38	14:37	0:53:50	1:08:27	8:40	5		90	92	98.96	84.76	1
3	Saitta, Jason	27	33:03	0:35:25	1:08:28	5:42	1		38	42	97.92	100.00	1
4	Luebke, Art	58	7:10	1:01:26	1:08:36	9:53	57		105	107	96.88	32.12	1
5	Russell, Stacy	37	15:32	0:53:46	1:09:18	8:39	4		89	90	95.84	88.57	1
6	Knipps, Mike	52	14:37	0:54:56	1:09:33	8:51	39		92	92	94.81	53.94	1
7	Westley, C. Ross	68	16:27	0:53:07	1:09:34	8:33	33		88	88	93.77	61.21	1
8	Quispe, Michael	38	29:12	0:40:26	1:09:38	6:31	5		55	55	92.73	95.15	1
9	Reilly, Robert	50	17:47	0:51:55	1:09:42	8:21	30		85	85	91.69	64.85	1
10	Carney, Rich	35	22:46	0:47:05	1:09:51	7:35	17		74	73	90.65	80.61	1
11	Evans, Michelle	38	11:15	0:58:41	1:09:56	9:27	7		100	99	89.61	77.14	1
12	Heitz, Michael	52	22:23	0:47:38	1:10:01	7:40	18		75	74	88.57	79.39	1
13	Applegate, Ken	56	24:19	0:45:44	1:10:03	7:22	15		70	69	87.53	83.03	1
14	Meacham, Lance	37	25:03	0:45:09	1:10:12	7:16	14		69	67	86.49	84.24	1
15	Finch, Jack	54	14:37	0:55:44	1:10:21	8:58	42		93	92	85.45	50.30	1
16	Allendorf, Brett	36	21:59	0:48:25	1:10:24	7:48	22		76	75	84.42	74.55	1
17	Piscopopo, Dyan	45	4:29	1:05:59	1:10:28	10:37	14		114	112	83.38	50.48	1
18	Robinette, Ric	52	21:59	0:48:32	1:10:31	7:49	23		76	75	82.34	73.33	1
19	Robbert, Michael	29	26:51	0:43:45	1:10:36	7:03	12		63	62	81.30	86.67	1
20	Feerst, Adam	44	29:50	0:40:57	1:10:47	6:36	7		54	53	80.26	92.73	1
21	Edrich, Rick	44	26:30	0:44:18	1:10:48	7:08	13		64	63	79.22	85.45	1
22	Haji, Salim	33	30:09	0:40:41	1:10:50	6:33	6		53	52	78.18	93.94	1
23	Voorhees, Rick	52	10:15	1:00:42	1:10:57	9:46	54		102	101	77.14	35.76	1
24	Croft, Devin	51	31:03	0:39:56	1:10:59	6:26	4		50	49	76.10	96.36	1
25	Raish, Dean	67	16:00	0:55:05	1:11:05	8:52	40		90	89	75.06	52.73	1
26	Huner, George	51	17:47	0:53:20	1:11:07	8:35	34		86	85	74.03	60.00	1
27	Basse, Bob	50	27:32	0:43:37	1:11:09	7:01	11		61	60	72.99	87.88	1
28	Steller, Larry	37	25:03	0:46:07	1:11:10	7:25	16		71	67	71.95	81.82	1
29	Hill, David	53	21:35	0:49:38	1:11:13	7:59	27		77	76	70.91	68.48	1
30	Bearss, Joseph	34	14:08	0:57:11	1:11:19	9:12	46		95	93	69.87	45.45	1
31	Kumpf, Howard	63	10:45	1:00:49	1:11:34	9:47	55		101	100	68.83	34.55	1
32	Keefe, Bonnie	39	21:35	0:49:59	1:11:34	8:03	2		77	76	67.79	96.19	1
33	Rothenburger, David	36	30:27	0:41:13	1:11:40	6:38	8		52	51	66.75	91.52	1
34	Knipps, Joy	47	-5:58	1:17:46	1:11:48	12:31	21		131	130	65.71	23.81	1
35	Reddy, Heather	35	7:41	1:04:11	1:11:52	10:20	11		107	106	64.68	61.90	1
36	Gentry, Tim	42	32:13	0:39:44	1:11:57	6:24	3		46	45	63.64	97.58	1
37	Mathiesen, Sarah	29	19:56	0:52:04	1:12:00	8:23	3		86	80	62.60	92.38	1
38	Bullock, John H. Jr.	43	29:31	0:42:29	1:12:00	6:50	10		55	54	61.56	89.09	1
39	Chesbro, Mitch	46	17:20	0:54:42	1:12:02	8:48	38		88	86	60.52	55.15	1
40	Haller, Gordon	54	21:35	0:50:31	1:12:06	8:08	28		82	76	59.48	67.27	1
41	Cunningham, Dave	44	23:10	0:48:58	1:12:08	7:53	25		78	72	58.44	70.91	1
42	Bedard-Voorhees, Alice	52	7:10	1:05:01	1:12:11	10:28	12		108	107	57.40	58.10	1
43	Martinez, Richard	58	15:32	0:56:41	1:12:13	9:07	43		94	90	56.36	49.09	1
44	Cunningham, Deb	43	24:19	0:47:55	1:12:14	7:43	1		70	69	55.32	100.00	1
45	Struble, Brian	37	24:19	0:47:59	1:12:18	7:43	20		70	69	54.29	76.97	1
46	Head, Curtis	51	20:46	0:51:35	1:12:21	8:18	29		79	78	53.25	66.06	1
47	McFarlane, Scott	53	20:21	0:52:02	1:12:23	8:23	31		80	79	52.21	63.64	1
48	O'Donnell, Jerry	58	15:04	0:57:50	1:12:54	9:19	49		96	91	51.17	41.82	1
49	Robbert, Kasandra	30	10:15	1:02:48	1:13:03	10:07	9		108	101	50.13	69.52	1
50	Whelan, Holly	43	10:15	1:02:51	1:13:06	10:07	10		102	101	49.09	65.71	1
51	Arman, Jesse	54	10:45	1:02:23	1:13:08	10:03	61		101	100	48.05	27.27	1
52	Chow, James	48	14:08	0:59:04	1:13:12	9:30	53		96	93	47.01	36.97	1
53	Sibley, Ray	105	11:44	1:01:29	1:13:13	9:54	59		99	98	45.97	29.70	1
54	Bengston, Lee	67	11:44	1:01:32	1:13:16	9:54	60		99	98	44.94	28.48	1
55	Nickels, Allan	67	16:27	0:57:00	1:13:27	9:11	45		92	88	43.90	46.67	1
56	Dais, Hille	57	7:10	1:06:21	1:13:31	10:41	17		109	107	42.86	39.05	1

TROPHY SERIES RESULTS CONTINUED

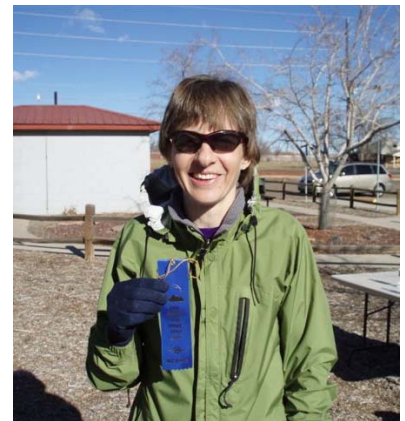
PLACE	NAME	AGE	-----TIMES-----			---HANDICAP---			-----POINTS-----			
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	#
57	Kukel, Scott	31	31:21	0:42:16	1:13:37	6:48	9	49	48	41.82	90.30	1
58	Friedmann, Rich	68	9:45	1:04:06	1:13:51	10:19	63	103	102	40.78	24.85	1
59	Withrow, Renee	47	8:43	1:05:10	1:13:53	10:29	13	105	104	39.74	54.29	1
60	Olson, Jeffrey	45	19:30	0:54:30	1:14:00	8:46	37	82	81	38.70	56.36	1
61	Scheibe, Charles	50	17:20	0:56:46	1:14:06	9:08	44	87	86	37.66	47.88	1
62	Lee, Adam	32	21:35	0:52:35	1:14:10	8:28	32	77	76	36.62	62.42	1
63	Benjamin, Nick	28	15:32	0:58:45	1:14:17	9:27	50	91	90	35.58	40.61	1
64	Struble, Stephanie	37	17:20	0:57:20	1:14:40	9:14	6	87	86	34.55	80.95	1
65	Kennedy, Matt		26:51	0:47:59	1:14:50	7:43	19	67	62	33.51	78.18	1
66	Nix, Alicia	39	9:14	1:06:18	1:15:32	10:40	16	104	103	32.47	42.86	1
67	Boisseau, Jay	45	19:05	0:57:44	1:16:49	9:18	48	98	82	31.43	43.03	1
68	Trujillo, Jay	46	23:56	0:55:15	1:19:11	8:54	41	71	70	30.39	51.52	1
69	Acosta, Michael	56	14:37	1:05:15	1:19:52	10:30	64	93	92	29.35	23.64	1
70	Romero, Jim	64	22:23	0:57:40	1:20:03	9:17	47	76	74	28.31	44.24	1
71	Champeau, Lisa	35	18:13	1:02:20	1:20:33	10:02	8	87	84	27.27	73.33	1
72	Rundle, Paul	40	19:05	1:01:29	1:20:34	9:54	58	84	82	26.23	30.91	1
73	Hendrickson, Haynes	31	19:56	1:00:58	1:20:54	9:49	56	85	80	25.19	33.33	1
74	Smith, Andrea	28	14:37	1:06:17	1:20:54	10:40	15	96	92	24.16	46.67	1
75	Ballard, Mark	41	18:13	1:02:42	1:20:55	10:06	62	85	84	23.12	26.06	1
76	Beebe, Kerry	50	6:38	1:15:50	1:22:28	12:12	20	117	108	22.08	27.62	1
77	Quintanilla, Edwin	26	25:47	1:06:43	1:32:30	10:44	65	72	65	21.04	22.42	1



January Trophy Series Winners



Racewalk winners John Lyle (L) and Ed Guiffe (R)



Fast female finisher Deb Cunningham



Thank You Volunteers!!



January 2006 Race Director Ric Robinette

RMRR RACEWALKERS, JANUARY 2006 TROPHY SERIES

Place	NAME	AGE	-----TIMES-----				PACE	---HANDICAP---		TS Pts	Races
			START	ACT'L	FINISH	NEW		OLD			
1	Guiff, Ed	60	4:44	1:14:16	1:09:32	11:57	128	128	100.00	1	
2	Blanchard, Michael	43	11:15	0:59:35	1:10:50	9:35	101	99	80.00	1	
3	Lyle, John	72	-13:38	1:28:54	1:15:16	14:19	144	142	60.00	1	
4	Thies, Chuck	58	17:20	1:23:20	1:40:40	13:25	142	86	40.00	1	

NON-MEMBERS, JAN TROPHY SERIES

R/W	NAME	START	ACT'L	FINISH	PACE
R	Tom Chapin	0:00	0:58:00	0:58:00	9:20
R	Peter Vail	33:03	0:34:14	1:07:17	5:31
R	Renee Supplee	14:08	0:55:12	1:09:20	8:53
R	Seth Bitting	27:12	0:43:39	1:10:51	7:02
R	Khia Khan	12:14	1:01:30	1:13:44	9:54
R	Edgar Contrera	26:51	0:47:29	1:14:20	7:39
R	Bill Odell	27:12	0:47:21	1:14:33	7:37
R	Jameson Kendall	15:04	1:06:54	1:21:58	10:46
R	Barbara Marshall	0:00	1:43:22	1:43:22	16:38

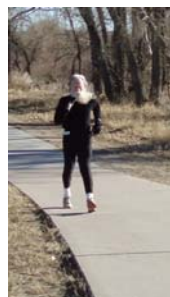
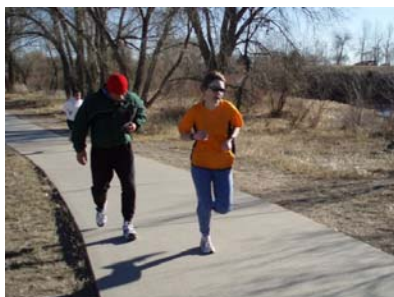


Stephanie Struble and Brian Bergevin reading the names of the lucky winners in the raffle following the January Trophy Series Race.

RMRR NEW RACERS, JANUARY 2006 TROPHY SERIES 10k

R/W	NAME	AGE	-----TIMES-----				PACE	---HANDICAP---		---POINTS---	
			START	ACT'L	FINISH	GEND PLACE		NEW	TS	SCRATCH	
R	Eusebio, Alex		18:39	0:48:07	1:06:46	7:45	21	76	60	75.76	
R	Schoumer, Steve		8:43	0:58:51	1:07:34	9:28	51	100	60	39.39	
R	Gardner, Skip		8:43	0:58:52	1:07:35	9:29	52	100	60	38.18	
R	Kiakona, Kaponu		1:09	1:07:29	1:08:38	10:52	66	116	60	21.21	
R	Gaudette, John	19	33:03	0:35:59	1:09:02	5:48	2	40	60	98.79	
R	Youngberg, Ed	61	15:04	0:54:09	1:09:13	8:43	35	90	60	58.79	
R	Hogg, Scott	36	20:46	0:48:59	1:09:45	7:53	26	78	60	69.70	
R	Ezra, Bryan	26	22:23	0:48:36	1:10:59	7:49	24	77	60	72.12	
R	Armstrong, Kyle		18:13	0:54:09	1:12:22	8:43	36	90	60	57.58	
R	Lachor, Pam		6:38	1:13:41	1:20:19	11:52	19	127	60	31.43	

Runners in Action at the January Trophy Series Race



RMRR TROPHY SERIES SCRATCH STANDINGS JANUARY, 2006



Alice Bedard-Vorhees and Carol Bengston at the annual awards banquet



PI	Male Scratch Name	Total Points	#	Ave Points	PI	Female Scratch Name	Total Points	#	Ave Points
1	Jason Saitta	100.00	1	100.00	1	Deb Cunningham	100.00	1	100.00
2	John Gaudette	98.79	1	98.79	2	Bonnie Keefe	96.19	1	96.19
3	Tim Gentry	97.58	1	97.58	3	Sarah Mathiesen	92.38	1	92.38
4	Devin Croft	96.36	1	96.36	4	Stacy Russell	88.57	1	88.57
5	Michael Quispe	95.15	1	95.15	5	Joanne Winge	84.76	1	84.76
6	Salim Haji	93.94	1	93.94	6	Stephanie Struble	80.95	1	80.95
7	Adam Feerst	92.73	1	92.73	7	Michelle Evans	77.14	1	77.14
8	David Rothenburger	91.52	1	91.52	8	Lisa Champeau	73.33	1	73.33
9	Scott Kukul	90.30	1	90.30	9	Kasandra Robbert	69.52	1	69.52
10	John H. Jr. Bullock	89.09	1	89.09	10	Holly Whelan	65.71	1	65.71
11	Bob Basse	87.88	1	87.88	11	Heather Reddy	61.90	1	61.90
12	Michael Robbert	86.67	1	86.67	12	Alice Bedard-Voorhees	58.10	1	58.10
13	Rick Edrich	85.45	1	85.45	13	Renee Withrow	54.29	1	54.29
14	Lance Meacham	84.24	1	84.24	14	Dyan Piscopo	50.48	1	50.48
15	Ken Applegate	83.03	1	83.03	15	Andrea Smith	46.67	1	46.67
16	Larry Steller	81.82	1	81.82	16	Alicia Nix	42.86	1	42.86
17	Rich Carney	80.61	1	80.61	17	Hille Dais	39.05	1	39.05
18	Michael Heitz	79.39	1	79.39	18	Teresa Abbott	35.24	1	35.24
19	Matt Kennedy	78.18	1	78.18	19	Pam Lachor	31.43	1	31.43
20	Brian Struble	76.97	1	76.97	20	Kerry Beebe	27.62	1	27.62
21	Alex Eusebio	75.76	1	75.76	21	Joy Knipps	23.81	1	23.81
22	Brett Allendorf	74.55	1	74.55					
23	Ric Robinette	73.33	1	73.33					
24	Bryan Ezra	72.12	1	72.12					
25	Dave Cunningham	70.91	1	70.91					

Doug Smith (L) and Joe Arrazola (R) recognize Ken Simons (center) for his many years of service as a member of RMRR.



Trophy Series winners at the Annual Awards Banquet



Fastest male and female finishers at the Annual Awards Banquet.

Please renew your membership promptly. If your membership has expired, you will not have a printed start tag at 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. We know you don't want that to happen so that you can join all of the smiling racers shown above at the annual Awards Banquet.

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 pre-

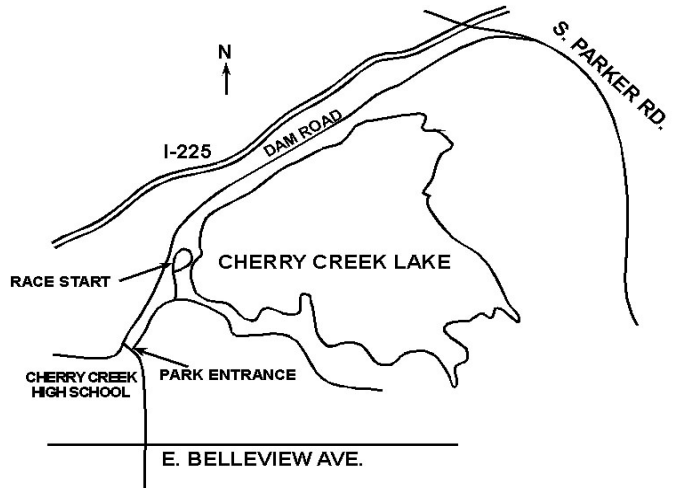
Sample 7 Mile Start Times	
HCP	Start
120	0:00
110	6:19
100	12:12
90	17:38
80	22:38
70	27:11
60	31:17
50	34:56
40	38:08

pared 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

Run the February Trophy Series 7 mi Cherry Creek State Park Sunday, February 5, 9 a.m.



Directions:

From the north: I-25 to 1-225. Take the first exit, DTC Blvd/Tamarac Parkway. Follow the frontage road straight across DTC Blvd to Yosemite. Turn right.

At Union turn left, past the high school to Dam Road. Do not enter the Dam Road. Turn right at the light onto Dayton. Make quick left into the park. **DO NOT PAY FOR A PARKING PASS** Parking is paid for by the club. Continue about 1/2 mile into the park. Turn left into the first parking lot towards the boat ramp.

From the south: Take I-25 to Belleview. Go east to Yosemite and turn left. At Union turn right and follow the directions above...

From the east: Take 1-225 to Yosemite, turn left. At Union, turn left and follow the directions above...

Thank You for Supporting RMRR



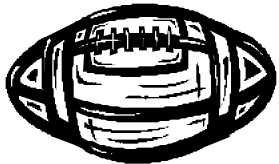



Running Wild



POTTS TROTTERS



FEBRUARY 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(1) www.rmrr.org (2) groups.yahoo.com/group/denvertrailrunners, 303-282-3921 (3) www.comastersrun.org (4) www.racingunderground.com (5) www.bkbltd.com/calendar.htm			1	2 Trail Run 5:30 pm or 6:15 pm (2)	3	4 RMRR Training Run , 8:00 am Goodson Rec. Center, deKoevend Park, Littleton (1)
5 RMRR Trophy Series 9:00am 7 mi Cherry Creek State Park (1) 	6	7 Wash Park Fun Run , 6:00 pm, South High Parking Lot (1)	8	9 Trail Run 5:30 pm or 6:15 pm (2)	10	11 RMRR Training Run , 8:00 am Goodson Rec. Center, deKoevend Park, Littleton (1) 40 Furlongs 5 mile run S. Suburban Tennis Center (3)
12 Valentines Day 5K 9am Wash Park (4) Screaming Snowman Snowshoe 5K/10K 9:30am Eldora Mountain Resort, Nederland (4)	13 Crown Hill Fun Run 6:15pm (1)	14 Wash Park Fun Run , 6:00 pm, South High Parking Lot (1) 	15	16 Trail Run 5:30 pm or 6:15 pm (2)	17	18 RMRR Training Run , 8:00 am Goodson Rec. Center, deKoevend Park, Littleton (1) Chilly Cheeks Duathlon Cherry Creek State Park (4)
19 Presidents' Day 5K 9am Wash Park (4)	20 Crown Hill Fun Run 6:15pm (1)	21 Wash Park Fun Run , 6:00 pm, South High Parking Lot (1)	22	23 Trail Run 5:30 pm or 6:15 pm (2)	24	25 RMRR Training Run , 8:00 am Goodson Rec. Center deKoevend Park, Littleton (1) Snowman Stampede 10/20 mi 10am Cherry Creek State Park (4)
26 Colfax Marathon Training Series 10 mi deKoevend Park Littleton (1) Run the Register Stair Climb 9am Wells Fargo Cntr Building, Denver (5)	27 RMRR Board Meeting , Wild Oats Wash Park 7:00 pm (1) Crown Hill Fun Run 6:15pm (1)	28 Wash Park Fun Run , 6:00 pm, South High Parking Lot (1)				



2006 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Mark Ballard	1.50	Bonnie Keefe	1.25	Sharyl Riley	4.00
Bob Basse	6.25	John Lyle	11.00	Mike Robbert	1.25
Michael Blanchard	1.50	Betsy Lyle	11.00	Rochelle Robinette	9.50
Lisa G. Champeau	10.00	Tom Mates	3.00	Ric Robinette	14.00
Keith Champeau	3.50	Carl McNew	1.25	Liz Shepard	4.00
Jim Chow	16.25	Leslie Mitchell	3.50	Doug Smith	1.25
Deb Cunningham	7.75	Alicia Nix	1.50	Andrea Smith	1.50
Janet Fairs	5.00	Lyndzey Nix	2.50	Liz Stolz	1.25
Jan Hill	3.50	Bob Reilly	1.25	Stephanie Struble	2.75
Potts Jones	3.50	Rosealie Richter	3.00	Karen Voss	1.25



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

Cindy Lamer	1	Tammy Bullock	18
Trisha Davis	3	Ryan Koonce	18
Craig Myers	3	Michael Lynch	18
John Lynch	4	Marie Drake	19
Larry Hnizdil	5	Bonnie Keefe	19
Michelle Hancock	6	James Paige	19
Ed Guiff	7	Gwen Peebles	20
John Hallez	7	Peter Szymanski	20
Lee Merrifield	7	Steve Zemanick	21
Kristin Prilipp	7	Patricia Martinez	22
Deborah Mefferd	8	Todd Cagle	23
Summer Ruckman	8	Stephanie Struble	23
Ed Youngberg	8	Kaitlin Zindel	23
Janice Finch	9	Chelsey Hood	24
Allen Griffiths	10	Jennifer Grinspoon	25
Valerie Shockley	11	Tom Hackney	25
Matthew Webb	11	Jan Hill	25
Nick Benjamin	13	Micol Rothman-Haji	25
Robert Volzer	14	Suzanne Collyer	27
Amanda Manatt	16	John Hancock	27
David Raoch	17	Mary Sietsma	27
Debbie Singer	17	Edward Steinhauser	27
Nicholas Zindel	17	Dylan Mayhew	28

Welcome New Members!

Nancy Carr	Michael Roach
Stephanie Larsen	Timmy Roach
David Roach	Courtney Rogers
Mariann Roach	

Trophy Series Notes

(Continued from page 10)

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.

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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