



News on The Run

A Letter from the President...

Greetings from your new President.

First and foremost, I would like to thank Doug for all of his efforts on behalf of the Club for the last three years. I think we all agree that he has done a fantastic job for the Club. It will be a challenge to fill his shoes.

Despite downright freezing temperatures and snow-packed roads, we had a great turnout for the December trophy series at Wash Park. Lisa G. and Mark Ballard did a fantastic job as race directors – going so far as to put down kitty litter at the finish to make sure no one slipped in their last ditch effort to increase their trophy series points before the end of the year. They also provided hot chocolate and coffee, which was a welcome respite from the bitter cold. Thanks also to all the volunteers who helped with the effort.

Later that night, we had our annual holiday pot-luck dinner. It was a fun evening of football and food. Thanks to Betsy Lyle for all her work arranging the dinner, and decorating the place to create a very festive atmosphere. Thanks also to everyone who brought delicious dishes to share – we had everything from Karen Voss' African stew to Ken Applegate's experimental blueberry and banana pie. Yum!!

And now on to next year.... Ric Robinette, our race committee chair, has put together the trophy series calendar for next year. Look for it in this newsletter and be sure to mark your calendars. If you are interested in race directing one of the races, please contact Ric, myself, or Lisa G., and as always, be sure to sign up to volunteer at the races. Lisa has the sign-up book at all the races and we always need volunteers. In addition to the trophy series, we are in negotiations with the Colfax marathon folks regarding whether we will hold a marathon training series for the Colfax marathon again this year. At this point, it looks like we will put on a 10-miler in February, a 15-miler in March, and a 20-miler in April at Westminster City Park. We will also continue to do a marathon training series in the late summer/early fall for the fall marathons, which will be also held at Westminster City Park, like last year. If anyone has any suggestions regarding our races, please let myself or Ric know, or sign up to be on the race committee.

I would like to thank our 2007 slate of officers for stepping up to help out. Bob Reilly has agreed to be the Vice-President, and Deb Cunningham and Leslie Mitchell have agreed to return as Secretary and Treasurer. In addition to the officers, all of the Board members have agreed to return, and retain their positions. Kolene Brown, however, is looking for someone to replace her. She is responsible for collecting all membership data. Please let me know if you would be willing to take on this responsibility. Thanks also to Ric Robinette who has taken over as the Race Committee Chair.

Finally, please feel to approach me, or any of the other officers, if you have and ideas or suggestions regarding the club, or if you have time or skills you would like to donate to the club. Thanks and I look forward to serving you for 2007!!
Stephanie

RMRR Members and Kids Enjoying the Holiday Dinner Meeting



**2007 RMRR
Executive Committee**

President
Stephanie Struble

Vice President
Bob Reilly

Secretary
Deb Cunningham

Treasurer
Leslie Mitchell

Race Committee Chairpersons
Ric Robinette

Membership
Kolene Brown

**Board Positions
Board Members at Large**

Bob Basse
Karen Voss Szymanski
Bonnie Keefe
Doug Smith

Training/Track Workouts
Mike Robbert

Volunteer Coordinator
Lisa Champeau

Communications
Michelle Evans

Computer Database/Race Scoring
Brad Labarry

**Non-Board, Non-Voting Positions
Special Events**
Betsy Lyle

Quartermaster
John Lyle

Newsletter rmrnewsletter@yahoo.com
John Pawlowski, Editor
Stephanie Struble
Chris Vanoni

Web Team
Jim Chow, Webmaster

Mechanic
Ken Applegate

Telephone
Teresa Abbot

Race Permits
Teresa Abbot
Janet Fairs

Track Workouts/Training
Scott Kukel
Devin Croft
Dan Haney

Allied Clubs
Colorado Masters Racing Association
President: Ken Simons
Colorado Columbines
President: Jenn Becker
Front Range Walkers
Guru: Bob Carlson
Potts Trotters
Fearless Leader Parthenia (Potts) Jones

Phidippides
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. Jan 7	9:00 AM	10K	TWIN LAKES	Ric Robinette
Sun. Feb 4	9:00 AM	7 MI	CHERRY CREEK	Jeff Olson
Sun. Mar 4	9:00 AM	3 MI	CROWN HILL	
Sun. Apr 1	9:00 AM	4 MI	BEAR CREEK BIKE PATH	
Sun. May 6	8:00 AM	5 MI	CARSON NATURE CENTER	
Sat. Jun 2	8:00 AM	2.4 MI	STONE HOUSE	
Sun. Jul 8	8:00 AM	2 MI	BIBLE PARK	
Fri. Aug 3	6:30 PM	5K	DEKOVEND PARK - BBQ	
Sat Sep 8	8:00 AM	9 MI	WESTMINSTER CITY PARK	Ric Robinette Race Dir. Training
Sun. Oct 7	9:00 AM	8 MI	CHATFIELD RESERVOIR	
Sun. Nov 4	9:00 AM	10 MI	DEKOVEND PARK	
Sun. Dec 2	9:00 AM	4.4 MI	WASHINGTON PARK	

Training

Group Runs

The group that meets on Tuesday & Saturday is an offshoot of the Rocky Mountain Road Runners located in Denver, Colorado. The club spans all genders, ages, and abilities. Race Walkers are also welcome.

Being a RMRR member is not a pre-requisite to joining us at any of the club's monthly Trophy Races, Tues Fun Runs, Sat Training Runs or the summer Marathon Training Series. See www.rmrr.org for additional information on the club. The Tuesday evening Fun Runs are at Washington Park in Denver at 6 p.m. The group usually does 2 laps, about 5+ miles. Those interested, go for dinner after everyone is finished.

The Saturday Training Runs start from the Goodson Rec Ctr and are on the Highline Canal. The distance can vary from 8-22 miles according to the individual's or group's needs. The

routes selected will be on compacted dirt trail, although there may be very short portions of asphalt or concrete. Water is usually at Orchard Rd, just past the 4 mile mark.

Track Workouts

The RMRR track workouts will be held every Wednesday through the summer. All members are welcome for free.

The workouts are at Denver Lutheran High School, 3201 W. Arizona Avenue (near Federal & Mississippi). The workouts begin at 6:00pm.

Please arrive early and complete 10 minutes of easy jogging before this time. The workouts will consist of stretching, drills, speed work (typically 20-30 minutes), cool down, and post run stretching and drills.

Training Partner Program

Call Devin Croft (303) 978-9342, dctrainer@comcast.net. Leave your name, address, phone number, typical 10K

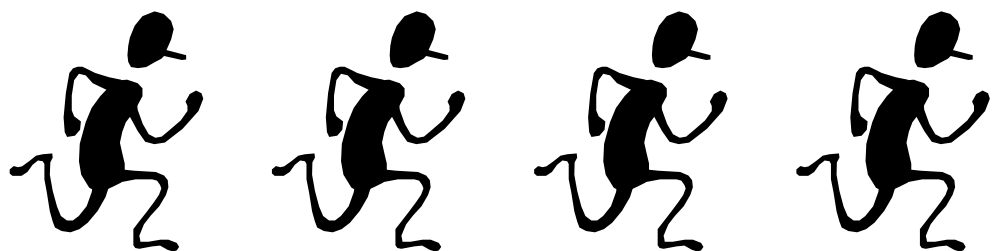
pace, and time of day you run. Devin will do his best to find a Road Runner training partner for you.

Training Advice

Information on setting up your own interval training or advice on other running issues. Call Dan Haney (303) 972-2539, drhaney@peoplepc.com; Devin Croft (303) 978-9342, dctrainer@comcast.net.

Trail Running

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



Racing Report—Istanbul Marathon

By Terry Mandziak

Weather conditions literally changed overnight for the 28th Annual Intercontinental Eurasian Marathon held on Sunday, November 5 at Istanbul, Turkey. Runners were greeted with rain, snow and below freezing weather (which I am told is atypical for that time of year) during the race registration held Saturday afternoon. But fortunately the skies cleared overnight and the race started with clear skies, dry streets, and temperatures around 3 to 5C. About 500 people participated in the full marathon, while about 1350 of us ran the 15 km race.

The run boasts itself as the only race that starts in one continent (Asia), crosses the Bosphorous Bridge and finishes in a second continent (Europe). The race winds up and down hills through the city streets, with the marathon ending in one of the sports arenas and finishers proudly displayed on the jumbo screen in the central park area. The \$20 entry fee provides you with a "pasta party" (not sure how to say that in Turkish) on Saturday night, a bib with electronic timing chip, a t-shirt, finishers medal and an opportunity to run with some of the friendliest Turkish people you could meet, for either the full marathon and 15 km race. The only snag was that I got the wrong bib number at registration and found out a few days later that my results were logged as someone named Anders from Sweden. I'm not quite sure why, but it seems it may be easier to change my name and run all my future races as Anders, than to get the name listed in the results changed.

If you are lucky enough to be in Istanbul for next year's race, don't get surprised when you get handed a bottle of water at the aid stations (I felt bad throwing away a practically full bottle of water after only a gulp or two), and make sure that you remember the bus that you left your bag in (there were about 30 buses that took you to the starting line and then parked near the finish line with your clothes – I saw quite a few people who forgot the bus number they were on and had to go through bus after bus looking for their things...). All in all, it was a great race in a great place!



Sighted Guide Runners Needed

By Devon Croft

We have a brand new club member named Kerry Cook from Lakewood who is a blind runner. He has been running with the aid of his guide dog up to now but would appreciate the assistance of one or more sighted guide runners two to three times per week. He runs at about a 10 minute per mile pace currently and does quite well in comparison to other blind runners his age but would like to improve his running. He can be reached at 303-934-9103 and lives in zip code area 80232.

Next Newsletter Deadline, Friday January 12

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, January 12 (please let me know if submissions will come in after deadline). Share your stories, photos, comments, thoughts, musings about running. Please send all submissions to rnrnewsletter@yahoo.com. Thanks, John.

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!!

BOARD MEETING MINUTES

11/30/06
7pm at Wild Oats on Washington Street

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

Executive Committee:

President: Stephanie Struble nominated by Lisa Champeau, Seconded by Bob Basse. Unanimously elected President.

VP: Bob Reilly nominated by Stephanie Struble. Seconded by Lisa Champeau. Unanimously elected.

Treasurer: Leslie Mitchell nominated by Bonnie Keefe. Seconded by Stephanie Struble. Unanimously elected.

Secretary: Deb Cunningham nominated by John Lyle. Seconded by Michelle Evans. Unanimously elected.

Board Members:

- Bob Basse
- Lisa Champeau - Volunteer Coordinator.
- Jim Chow - Webmaster
- Michelle Evans - Communications
- Bonnie Keefe
- Brad LaBarry - Scoring
- John Lyle - Quartermaster
- Mike Robbert - Training
- Doug Smith
- John Pawlowski - Newsletter Editor
- Karen Voss Szymanski

Holiday Party: no need to RSVP, but bring a dish to share.
Awards banquet: RSVP to Doug with choice of Herb Chicken or Vegetarian Spaghetti

Volunteer Awards:
short sleeve silkscreen Brooks shirts. <\$18


Race Director Awards:
getting prices on messenger bags

Thank you Volunteers at the December Trophy Series Race



Congratulations December Trophy Series Winners





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AURORA 303.695.8801 E Iliff Ave @ Peoria 8am-9pm Mon-Sat 8am-8pm Sunday	LITTLETON 303.798.9699 S Univ. Blvd @ Orchard 7am-9pm Mon-Sat 8am-9pm Sunday
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

UNITED WAY TURKEY TROT 4 MILE

November 23, 2006 Washington Park

Name	Gen	OAPI	DivPI	GenPI	Chip Time	Pace	Gun Time
CHASE KELLY	M	29	18/316	29/1866	22:42	5:41	22:58
BRIDGET MACKINNON	F	73	3/482	10/1987	25:01	6:16	25:04
DAVID ROTHENBURGER	M	98	14/464	85/1866	25:33	6:24	25:35
ANGIE ANDERSON	F	139	10/529	18/1987	26:29	6:38	26:37
ALYN PARK	F	366	1/152	79/1987	29:25	7:22	29:31
JIM JOYNER	M	423	20/249	314/1866	29:52	7:29	30:32
GORDON HALLER	M	492	25/249	365/1866	30:26	7:37	31:05
JIM MARTINEZ	M	518	28/249	382/1866	30:34	7:39	33:30
GEORGE HUNER	M	533	30/249	389/1866	30:41	7:41	33:11
DAVID GILLIKIN	M	610	39/249	442/1866	31:10	7:48	35:17
SUSAN WESCOTT	F	618	16/311	159/1987	31:14	7:49	32:21
JENNIFER SHURBET	F	662	45/482	170/1987	31:37	7:55	31:57
DERRICK HUNER	M	680	116/316	490/1866	31:43	7:56	34:17
JEFF OLSON	M	681	97/314	491/1866	31:43	7:56	31:45
JAY WISSOT	M	718	8/91	513/1866	31:57	8:00	32:05
LAURA KINNEY	F	735	22/284	190/1987	32:02	8:01	32:11
ROBERT LAVIGNE	M	776	144/464	546/1866	32:20	8:06	32:48
FRANKI GOMEZ	F	798	63/482	216/1987	32:27	8:07	38:47
PATTI THURMAN	F	836	3/152	231/1987	32:40	8:11	33:05
ROSS KINNEY	M	844	68/329	589/1866	32:43	8:11	32:54
KAREN DAVIS	F	850	32/311	235/1987	32:44	8:12	34:14
DENNIS DEPAKAKIBO	M	852	154/464	594/1866	32:45	8:12	33:15
GINA AHNEN	F	946	97/529	273/1987	33:14	8:19	35:18
PETE WALL	M	1024	15/91	696/1866	33:41	8:26	33:57
RAY SIBLEY	M	1047	74/249	712/1866	33:49	8:28	34:14
ALICIA NIX	F	1162	46/311	368/1987	34:24	8:37	34:44
RICH MARTINEZ	M	1319	93/249	840/1866	35:10	8:48	35:24
ALLAN NICKELS	M	1374	25/91	866/1866	35:26	8:52	39:42
JENNIFER BOSSARD	F	1734	178/482	652/1987	37:08	9:18	38:14
LEE BENGSTON	M	1750	31/91	1046/1866	37:12	9:19	45:54
KERRY WALLING	F	2008	214/482	785/1987	38:20	9:36	38:40
CARRIE STEUART	F	2337	185/329	974/1987	39:57	10:00	41:53
RYAN HALLER	M	2338	165/257	1304/1866	39:57	10:00	40:37
DIANE WILLIAMS	F	2886	65/152	1303/1987	43:37	10:55	49:53
DAVID GARRETT	M	2999	206/249	1564/1866	44:35	11:09	47:36
JULIA CLARK	F	3290	21/57	1557/1987	48:53	12:14	49:58
ELISABETH SHEPARD	F	3341	247/311	1588/1987	50:05	12:32	51:36
BETH HALLER	F	3427	101/152	1645/1987	51:53	12:59	53:36
BILL MICHAELS	M	3431	224/249	1707/1866	51:55	12:59	52:07
MARIE DRAKE	F	3555	270/311	1722/1987	55:57	14:00	58:38
JIM BRONSTINE	M	3927	91/91	1861/1866	1:28:0	22:02	1:28:48

CMRA CHATFIELD 10 MILER

November 18, 2006 Littleton

Name	Age	Gen	PI	Time
ADAM FEERST	46	M	3	1:04:57
KAREN VOSS	41	F	22	1:15:51
JIM ROMERO	66	M	31	1:20:40
BOB TAFELSKI	66	M	40	1:26:45
GEORGE HUNER	53	M	54	1:32:00
LESLIE MITCHELL	45	F	55	1:32:02
PAUL RUNDLE	42	M	61	1:33:28
RICK VOORHEES	53	M	67	1:38:18
LEE BENGSTON	69	M	68	1:38:29
MARK JOHNSON	48	M	69	1:39:29

THE MOTHER ROAD 100 MILER

November 11, 2006 Arcadia-Sapulpa, Oklahoma

Name	Gen	PI	Time
JAMES CHOW	M	75	27:45:43

HIGHLANDS RANCH TURKEY DAY 5K

November 23, 2006 Highlands Ranch

Name	Gen	OAPI	DivPI	Time	Pace
KEN SOULE	M	6	1/118	18:06	5:50
TIM GENTRY	M	9	3/118	18:31	5:58
LANCE MEACHAM	M	46	9/116	21:08	6:49
ALLEN BRIDGEFORTH	M	70	18/116	22:44	7:20
EDWARD KING	M	82	2/31	23:13	7:29
JUDITH COLLINS	F	266	3/24	27:45	8:57
ROGER CARLIN	M	306	58/118	28:41	9:15
KASANDRA ROBBERT	F	467	68/142	31:47	10:14
TOOKIE SCHERDER	F	518	8/24	33:00	10:38
JENNY CARLIN	F	613	59/102	36:11	11:39

RIM ROCK RUN 37K

November 11, 2006 Grand Junction

Name	Age	Gen	OAPI	DivPI	Div	Time
CHRISTOPHE SIGEL	35	M	23.	4.	35-39	2:43:13.9
ANTHONY BEESON	31	M	29.	2.	30-34	2:49:45.2
DAVE CUNNINGHAM	42	M	67.	8.	40-44	3:09:07.7
JEFF O'REILLY	46	M	78.	7.	45-49	3:12:52.0
MARK STEVENS	48	M	207.	18.	45-49	4:06:28.4
HOWARD KUMPF	65	M	228	5	65-70	4:24:51
LAREE MORRIS	58		244	6	55-59	4:41:25
BILL MOYLE	67	M	256	7	65-70	5:22:10

PANICKING POULTRY 5K

November 12, 2006 Boulder Reservoir

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace
BOB TAFELSKI	66	M	95.	70th	60+	2nd	24:28	7:53
DAVID GILLIKIN	51	M	99.	73rd	50-59	4th	24:34	7:55
LISA PAIGE	48	F	149.	52nd	40-49	11th	26:16	8:28
CARLY PAIGE	14	F	179.	64th	14&dn	2nd	27:22	8:49
ALICIA NIX	41	F	192.	71st	40-49	14th	27:52	8:59

DENISON MONTESSORI RUN FOR THE ARTS 5K RUN/WALK

November 11, 2006 City Park

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace
MITCH CHESBRO	48	M	9.	8th	40-49	3rd	24:08	7:46
DENNIS DEPAKAKIBO	36	M	18.	13th	30-39	6th	27:06	8:44

TTTS RACE FOR HOPE 5K

Nov 12, 2006 Denver, CO

Name	Gen	OAPI	DivPI	GenPI	Time	Pace
EDWARD KING	M	39	4/16	33/126	23:09	7:28
LAURA KINNEY	F	54	2/9	13/289	25:02	8:04
ROSS KINNEY	M	71	7/36	55/126	26:46	8:38

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

December 3, 2006 4.4 Mile, Washington Park

-----TIMES-----

---HANDICAP---

-----POINTS-----

PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND		NEW	OLD	TS	SCRATCH	#
							PLACE						
1	Tafelski, Bob	66	9:07	0:37:02	0:46:09	8:25	22		89	95	100.00	58.00	2
2	Chesbro, Mitch	48	11:41	0:35:03	0:46:44	7:58	14		82	87	98.49	74.00	12
3	Voss, Karen	41	16:01	0:30:47	0:46:48	7:00	1		67	72	96.98	100.00	5
4	McFarlane, Scott	55	11:41	0:35:39	0:47:20	8:06	18		84	87	95.47	66.00	9
5	Sibley, Ray	52	8:07	0:39:22	0:47:29	8:57	30		96	98	93.96	42.00	9
6	Jordan, Charlie	65	10:06	0:37:24	0:47:30	8:30	24		90	92	92.45	54.00	1
7	Piscopo, Dyan	47	4:35	0:43:19	0:47:54	9:51	10		107	108	90.94	57.65	9
8	Haji, Salim	35	19:44	0:28:18	0:48:02	6:26	3		57	57	89.43	96.00	9
9	Greene, Eric	26	16:32	0:31:31	0:48:03	7:10	10		70	70	87.92	82.00	5
10	Meacham, Lance	39	17:04	0:31:13	0:48:17	7:06	8		69	68	86.42	86.00	11
11	Steller, Larry	39	17:04	0:31:15	0:48:19	7:06	9		69	68	84.91	84.00	4
12	Beebe, Kerry	52	3:51	0:44:35	0:48:26	10:08	12		111	110	83.40	48.24	11
13	Feerst, Adam	46	21:28	0:27:00	0:48:28	6:08	1		50	49	81.89	100.00	7
14	Applegate, Ken	58	16:48	0:31:45	0:48:33	7:13	11		70	69	80.38	80.00	12
15	Robinette, Ric	54	12:17	0:36:19	0:48:36	8:15	20		86	85	78.87	62.00	12
16	Little, Justin	32	18:48	0:29:57	0:48:45	6:48	6		64	61	77.36	90.00	5
17	Gillikin, David	51	13:11	0:35:36	0:48:47	8:05	16		84	82	75.85	70.00	3
18	Knipps, Mike	54	9:27	0:39:22	0:48:49	8:57	29		95	94	74.34	44.00	12
19	Mitchell, Leslie	45	11:41	0:37:09	0:48:50	8:27	6		88	87	72.83	76.47	7
20	Gentry, Tim	44	21:40	0:27:12	0:48:52	6:11	2		49	48	71.32	98.00	11
21	Cunningham, Deb	45	16:32	0:32:23	0:48:55	7:22	2		72	70	69.81	95.29	11
22	Voorhees, Rick	53	9:07	0:39:50	0:48:57	9:03	31		96	95	68.30	40.00	12
23	Nix, Alicia	41	7:26	0:41:37	0:49:03	9:27	8		101	100	66.79	67.06	10
24	Mudron, Larry	64	11:03	0:38:04	0:49:07	8:39	26		91	89	65.28	50.00	6
25	Acosta, Michael	58	8:27	0:40:42	0:49:09	9:15	33		100	97	63.77	36.00	5
26	Rothenburger, David	38	19:02	0:30:08	0:49:10	6:51	7		61	60	62.26	88.00	11
27	Smith, Douglas	57	12:54	0:36:33	0:49:27	8:18	21		84	83	60.75	60.00	11
28	Olson, Jeffrey	47	12:17	0:37:14	0:49:31	8:28	23		86	85	59.25	56.00	12
29	Basse, Bob	51	19:57	0:29:39	0:49:36	6:44	5		57	56	57.74	92.00	10
30	Fairs, Janet	63	-7:37	0:57:14	0:49:37	13:00	17		141	138	56.23	24.71	5
31	Knipps, Joy	49	-6:17	0:55:58	0:49:41	12:43	16		138	135	54.72	29.41	8
32	Haller, Gordon	56	14:38	0:35:05	0:49:43	7:58	15		78	77	53.21	72.00	10
33	Dathe, Bryon	38	4:13	0:45:37	0:49:50	10:22	39		110	109	51.70	24.00	11
34	LaBarry, Brad	33	14:21	0:35:36	0:49:57	8:05	17		82	78	50.19	68.00	6
35	Quispe, Michael	40	21:16	0:28:46	0:50:02	6:32	4		51	50	48.68	94.00	12
36	Finch, Jack	56	11:22	0:38:48	0:50:10	8:49	28		94	88	47.17	46.00	3
37	Huner, George	53	14:04	0:36:13	0:50:17	8:14	19		81	79	45.66	64.00	10
38	Depakakibo, Dennis	36	12:54	0:37:31	0:50:25	8:32	25		84	83	44.15	52.00	11
39	Davis, Trisha	55	9:46	0:40:59	0:50:45	9:19	7		96	93	42.64	71.76	7
40	Struble, Brian	39	16:17	0:34:36	0:50:53	7:52	13		72	71	41.13	76.00	12
41	Whelan, Holly	45	6:02	0:45:01	0:51:03	10:14	13		106	104	39.62	43.53	6
42	Keefe, Bonnie	41	16:48	0:34:41	0:51:29	7:53	3		70	69	38.11	90.59	12
43	Struble, Stephanie	39	9:27	0:42:15	0:51:42	9:36	9		95	94	36.60	62.35	10
44	Carr, Kelly	37	7:46	0:44:08	0:51:54	10:02	11		110	99	35.09	52.94	1
45	Bengston, Lee	69	8:47	0:43:29	0:52:16	9:53	37		97	96	33.58	28.00	9
46	Methner, Joe	44	13:46	0:38:36	0:52:22	8:46	27		94	80	32.08	48.00	1
47	Mayhew, David	38	11:41	0:41:13	0:52:54	9:22	34		96	87	30.57	34.00	3
48	Reddy, Heather	37	4:57	0:48:23	0:53:20	11:00	14		111	107	29.06	38.82	8
49	Romero, Jim	66	12:17	0:41:52	0:54:09	9:31	35		86	85	27.55	32.00	6
50	Ballard, Mark	43	10:44	0:44:08	0:54:52	10:02	38		96	90	26.04	26.00	4
51	Withrow, Renee	49	3:29	0:52:34	0:56:03	11:57	15		116	111	24.53	34.12	7
52	Johnson, Mark	49	13:11	0:42:55	0:56:06	9:45	36		88	82	23.02	30.00	6
53	Wischmeyer, Jerry	65	7:46	0:50:33	0:58:19	11:29	40		126	99	21.51	22.00	1

RMRR RACEWALKERS, DECEMBER 2006 TROPHY SERIES

Place	NAME	AGE	-----TIMES-----			PACE	---HANDICAP---		TS Pts	Races
			START	ACT'L	FINISH		NEW	OLD		
1	Lyle, John	74	-11:17	1:00:18	0:49:01	13:42	147	146	100.00	11
2	Blanchard, Michael	45	8:07	0:42:16	0:50:23	9:36	100	98	73.33	11
3	Thies, Chuck	60	-1:12	0:52:52	0:51:40	12:01	124	123	46.67	12

RMRR NEW RACERS, DECEMBER 2006 TROPHY SERIES 4.4 mi

R/W	NAME	AGE	START	ACT'L	FINISH	PACE	---HANDICAP---		---POINTS---	
							GEND PLACE	NEW	TS	SCRATCH
R	McClatcher, Louisa	27	11:03	0:36:16	0:47:19	8:15	5	86	60	81.18
R	Jockers, Theresa	45	11:40	0:35:46	0:47:26	8:08	4	85	60	85.88
R	Stone, Chris	39	14:55	0:33:39	0:48:34	7:39	12	78	60	78.00
R	Jockers, Brent	56	11:41	0:40:18	0:51:59	9:10	32	99	60	38.00



Racewalk winners John Lyle and Mike Blanchard

NON-MEMBERS, DEC. TROPHY SERIES

R/W	NAME	START	ACT'L	FINISH	PACE
R	Suzanne Steller	0:00	0:41:26	0:41:26	9:25
R	Mike Meya	12:54	0:31:49	0:44:43	7:14
R	Mike Harris	5:19	0:41:22	0:46:41	9:24
R	Jeff Young	14:55	0:31:59	0:46:54	7:16
R	Eric Ndikumana	21:40	0:25:43	0:47:23	5:51
R	Joseph Manilafasha	21:40	0:25:44	0:47:24	5:51
R	Mauro Martinez	21:40	0:26:17	0:47:57	5:58
R	Javior Torre	13:11	0:35:02	0:48:13	7:58
R	Hector Marinez	21:40	0:26:36	0:48:16	6:03
R	Irving Reza	17:19	0:31:12	0:48:31	7:05
R	Jamison djhito	20:11	0:29:17	0:49:28	6:39
R	David Kelble	16:32	0:33:34	0:50:06	7:38
R	Janel Chia	16:01	0:34:12	0:50:13	7:46
R	Rick Cagahel	7:46	0:44:10	0:51:56	10:02
R	Gurnicz	21:18	0:31:51	0:53:09	7:14
R	Sylvia Martinez	8:27	0:45:47	0:54:14	10:24

Who are these masked men?



Fast female finisher Karen Voss

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Overall Female Scratch Standings

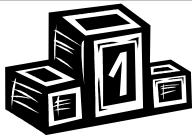
NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Total	Lowest 2	Best 10	#	
1 Bonnie Keefe	96.2	86.7	94.3	92.4	93.8	100.0	95.3	100.0	100.0	100.0	100.0	90.6	1,149.3	86.7	90.6	972.00	12
2 Deb Cunningham	100.0	100.0	97.1	96.2	100.0	95.6	100.0	95.0	92.7	92.0	0.0	95.3	1,063.9	0.0	92.0	971.91	11
3 Stephanie Struble	81.0	0.0	74.3	0.0	75.4	73.3	85.9	75.0	63.6	60.0	84.0	62.4	734.8	0.0	0.0	734.83	10
4 Stacy Russell	88.6	0.0	85.7	81.0	81.5	77.8	76.5	0.0	85.5	84.0	0.0	0.0	660.5	0.0	0.0	660.48	8
5 Michelle Evans	77.1	0.0	80.0	77.1	56.9	64.4	71.8	65.0	49.1	36.0	52.0	0.0	629.5	0.0	0.0	629.51	10
6 Leslie Mitchell	0.0	82.2	0.0	0.0	0.0	91.1	81.2	0.0	70.9	76.0	89.3	76.5	567.2	0.0	0.0	567.22	7
7 Alicia Nix	42.9	37.8	62.9	54.3	44.6	55.6	62.4	60.0	0.0	0.0	68.0	67.1	555.4	0.0	0.0	555.36	10
8 Trisha Davis	0.0	73.3	77.1	73.3	63.1	82.2	0.0	0.0	56.4	0.0	0.0	71.8	497.2	0.0	0.0	497.24	7
9 Lisa Champeau	73.3	77.8	82.9	0.0	0.0	86.7	90.6	85.0	0.0	0.0	0.0	0.0	496.2	0.0	0.0	496.22	6
10 Karen Voss	0.0	0.0	100.0	100.0	0.0	0.0	0.0	90.0	0.0	0.0	94.7	100.0	484.7	0.0	0.0	484.67	5
11 Dyan Piscopo	50.5	51.1	0.0	50.5	50.8	51.1	57.6	55.0	0.0	0.0	30.7	57.6	454.9	0.0	0.0	454.90	9
12 Kerry Beebe	27.6	33.3	40.0	39.0	0.0	42.2	43.5	45.0	41.8	28.0	41.3	48.2	430.1	0.0	27.6	402.52	11
13 Heather Reddy	61.9	55.6	57.1	61.9	38.5	0.0	48.2	40.0	0.0	0.0	0.0	38.8	402.0	0.0	0.0	402.03	8
14 Sarah Mathiesen	92.4	91.1	88.6	88.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	360.6	0.0	0.0	360.63	4
15 Holly Whelan	65.7	60.0	60.0	46.7	0.0	0.0	0.0	0.0	0.0	52.0	0.0	43.5	327.9	0.0	0.0	327.91	6
16 Renee Withrow	54.3	28.9	54.3	35.2	0.0	37.8	38.8	0.0	0.0	0.0	0.0	34.1	283.4	0.0	0.0	283.42	7
17 Alice Bedard-Voorhees	58.1	0.0	45.7	42.9	32.3	46.7	0.0	0.0	0.0	0.0	46.7	0.0	272.3	0.0	0.0	272.31	6
18 Kasandra Robbert	69.5	0.0	68.6	0.0	0.0	68.9	0.0	0.0	0.0	0.0	57.3	0.0	264.3	0.0	0.0	264.32	4
19 Carmen Kitts	0.0	64.4	71.4	0.0	0.0	60.0	67.1	0.0	0.0	0.0	0.0	0.0	262.9	0.0	0.0	262.93	4
20 Joy Knipps	23.8	0.0	28.6	27.6	0.0	24.4	24.7	25.0	34.5	0.0	0.0	29.4	218.1	0.0	0.0	218.11	8
21 Karen Okamoto	0.0	42.2	48.6	69.5	0.0	0.0	52.9	0.0	0.0	0.0	0.0	0.0	213.3	0.0	0.0	213.26	4
22 Franki Gomez	0.0	95.6	91.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	187.0	0.0	0.0	186.98	2
23 Marissa Lynn Parra	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	78.2	68.0	0.0	0.0	146.2	0.0	0.0	146.18	2
24 Janet Fairs	0.0	0.0	25.7	0.0	0.0	28.9	29.4	30.0	0.0	0.0	0.0	24.7	138.7	0.0	0.0	138.72	5
25 Andrea Smith	0.0	61.5	69.0	0.0	0.0	0.0	0.0	0.0	71.4	0.0	0.0	0.0	201.9	0.0	0.0	201.9	3

Overall Male Scratch Standings

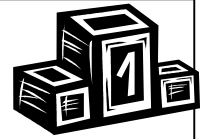
PI NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Total	Lowest 2	Best 10	#	
1 Tim Gentry	97.58	95.47	0.00	100.00	98.14	100.00	98.05	98.18	100.00	97.89	96.60	98.00	1,079.91	0.00	95.47	984.44	11
2 Michael Quispe	95.15	90.94	96.13	93.73	90.70	97.95	96.10	96.36	97.33	91.58	93.19	94.00	1,133.16	90.70	90.94	951.52	12
3 Bob Basse	87.88	86.42	89.68	0.00	85.12	91.79	90.24	0.00	92.00	95.79	91.49	92.00	902.41	0.00	0.00	902.41	10
4 John H. Jr. Bullock	89.09	89.43	90.97	90.59	86.98	95.90	92.20	92.73	89.33	0.00	81.28	0.00	898.49	0.00	0.00	898.49	10
5 David Rothenburger	91.52	87.92	93.55	92.16	88.84	0.00	86.34	87.27	78.67	87.37	82.98	88.00	964.61	0.00	78.67	885.94	11
6 Rick Edrich	85.45	83.40	87.10	87.45	83.26	93.85	94.15	72.73	86.67	85.26	77.87	0.00	937.18	0.00	72.73	864.45	11
7 Lance Meacham	84.24	80.38	88.39	89.02	81.40	85.64	88.29	0.00	70.67	83.16	79.57	86.00	916.75	0.00	70.67	846.09	11
8 Salim Haji	93.94	93.96	97.42	0.00	92.56	0.00	0.00	94.55	94.67	89.47	84.68	96.00	837.25	0.00	0.00	837.25	9
9 Ken Applegate	83.03	75.85	84.52	81.18	75.81	81.54	80.49	83.64	76.00	72.63	76.17	80.00	950.85	72.63	75.81	802.40	12
10 Brian Struble	76.97	77.36	75.48	73.33	72.09	79.49	84.39	76.36	68.00	70.53	67.66	76.00	897.67	67.66	68.00	762.01	12
11 Michael Robbert	86.67	0.00	83.23	85.88	79.53	77.44	0.00	90.91	84.00	0.00	86.38	0.00	674.04	0.00	0.00	674.04	8
12 Adam Feerst	92.73	96.98	0.00	95.29	94.42	0.00	0.00	0.00	0.00	93.68	94.89	100.00	668.00	0.00	0.00	668.00	7
13 Gordon Haller	67.27	0.00	70.32	60.78	57.21	67.18	76.59	70.91	0.00	60.00	64.26	72.00	666.52	0.00	0.00	666.52	10
14 Ric Robinette	73.33	71.32	66.45	65.49	59.07	63.08	66.83	52.73	54.67	53.68	50.64	62.00	739.29	50.64	52.73	635.92	12
15 Brett Allendorf	74.55	68.30	74.19	70.20	62.79	69.23	78.54	78.18	36.00	0.00	0.00	0.00	611.98	0.00	0.00	611.98	9
16 Scott Kukul	90.30	98.49	98.71	98.43	0.00	0.00	100.00	100.00	0.00	0.00	0.00	0.00	585.93	0.00	0.00	585.93	6
17 Douglas Smith	0.00	41.13	57.42	49.80	51.63	56.92	64.88	69.09	44.00	62.11	52.34	60.00	609.32	0.00	41.13	568.19	11
18 George Huner	60.00	50.19	56.13	54.51	0.00	52.82	59.02	47.27	65.33	55.79	0.00	64.00	565.07	0.00	0.00	565.07	10
19 Jeffrey Olson	56.36	56.23	54.84	52.94	49.77	54.87	60.98	65.45	41.33	51.58	43.83	56.00	644.18	41.33	43.83	559.02	12
20 Rob Gray	0.00	0.00	0.00	78.04	68.37	75.38	82.44	81.82	73.33	76.84	0.00	0.00	536.23	0.00	0.00	536.23	7
21 Mitch Chesbro	55.15	59.25	50.97	45.10	44.19	50.77	55.12	49.09	49.33	34.74	37.02	74.00	604.72	34.74	37.02	532.96	12
22 Scott McFarlane	63.64	65.28	63.87	46.67	46.05	0.00	62.93	56.36	0.00	0.00	47.23	66.00	518.03	0.00	0.00	518.03	9
23 Dennis Depakakibo	0.00	26.04	31.61	30.98	34.88	40.51	51.22	45.45	57.33	57.89	54.04	52.00	481.97	0.00	26.04	455.93	11
24 Scott Hogg	69.70	74.34	81.94	76.47	73.95	0.00	0.00	0.00	0.00	0.00	65.96	0.00	442.35	0.00	0.00	442.35	6
25 Justin Little	0.00	0.00	85.81	82.75	0.00	89.74	0.00	89.09	0.00	0.00	0.00	90.00	437.39	0.00	0.00	437.39	5

Overall Race Walk Standings

PI NAME	Gen	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Total	Lowest 2	Best 10	Num	
1 Michael Blanchard	M	80.0	60.0	68.0	100.0	100.0	80.0	100.0	60.0	52.0	84.0	0.0	73.3	857.3	0.0	52.0	805.3	11
2 Chuck Thies	M	40.0	100.0	84.0	68.0	73.3	100.0	60.0	100.0	84.0	52.0	60.0	46.7	868.0	40.0	46.7	781.3	12
3 Ed Guiff	M	100.0	80.0	52.0	84.0	0.0	60.0	80.0	80.0	68.0	36.0	40.0	0.0	680.0	0.0	0.0	680.0	10
4 John Lyle	M	60.0	40.0	100.0	36.0	46.7	40.0	40.0	0.0	36.0	100.0	100.0	100.0	698.7	0.0	36.0	662.7	11
5 Richard H. Ellis	M	0.0	0.0	0.0	0.0	0.0	0.0	0.0	60.0	100.0	68.0	80.0	0.0	308.0	0.0	0.0	308.0	4
6 Jan Hill	F	0.0	0.0	36.0	52.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	88.0	0.0	0.0	88.0	2
7 Cynthia Chow	F	0.0	0.0	0.0	0.0	0.0	0.0	0.0	40.0	0.0	0.0	0.0	0.0	40.0	0.0	0.0	40.0	1



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



PI	NAME	Gen	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Total	Lowest 2	Best 10	#	
1.	Dennis Depakakibo	M	0.00	60.00	97.18	83.33	92.59	94.39	94.39	74.74	89.47	86.09	78.95	44.15	895.27	0.00	44.15	851.12	11
2.	Bryon Dathe	M	0.00	51.25	98.12	58.89	97.04	38.25	77.54	91.58	95.79	87.83	97.19	51.70	845.17	0.00	38.25	806.92	11
3.	Rick Voorhees	M	77.14	90.00	51.06	88.89	86.67	60.70	87.37	62.11	93.68	60.00	59.30	68.30	885.22	51.06	59.30	774.86	12
4.	Kerry Beebe	F	22.08	68.75	58.59	92.22	0.00	84.56	63.51	94.39	68.42	96.52	53.68	83.40	786.12	0.00	22.08	764.04	11
5.	Bonnie Keefe	F	67.79	48.75	72.71	72.22	79.26	90.18	35.44	81.75	81.05	79.13	67.72	38.11	814.11	35.44	38.11	740.56	12
6.	Lance Meacham	M	86.49	78.75	84.94	87.78	57.04	48.07	53.68	0.00	34.74	80.87	69.12	86.42	767.90	0.00	34.74	733.16	11
7.	Mike Knipps	M	94.81	86.25	52.94	63.33	60.00	63.51	84.56	71.93	66.32	40.87	57.89	74.34	816.75	40.87	52.94	722.94	12
8.	Mitch Chesbro	M	60.52	91.25	60.47	52.22	70.37	67.72	88.77	53.68	78.95	26.96	32.63	98.49	782.03	26.96	32.63	722.45	12
9.	Ken Applegate	M	87.53	56.25	82.12	64.44	64.44	59.30	39.65	77.54	55.79	68.70	80.35	80.38	816.49	39.65	55.79	721.05	12
10.	Bob Basse	M	72.99	85.00	68.94	0.00	49.63	69.12	67.72	0.00	85.26	77.39	74.74	57.74	708.53	0.00	0.00	708.53	10
11.	Michael Quispe	M	92.73	75.00	71.76	67.78	46.67	53.68	50.88	70.53	87.37	44.35	70.53	48.68	779.95	44.35	46.67	688.93	12
12.	Douglas Smith	M	0.00	43.75	91.53	55.56	74.81	80.35	66.32	90.18	26.32	73.91	50.88	60.75	714.35	0.00	26.32	688.04	11
13.	Rick Edrich	M	79.22	83.75	53.88	85.56	76.30	76.14	81.75	21.40	76.84	37.39	34.04	0.00	706.27	0.00	21.40	684.87	11
14.	Ric Robinette	M	82.34	76.25	45.41	68.89	52.59	55.09	64.91	42.46	57.89	70.43	76.14	78.87	771.27	42.46	45.41	683.41	12
15.	Tim Gentry	M	63.64	52.50	0.00	71.11	62.96	49.47	80.35	52.28	70.53	65.22	77.54	71.32	716.92	0.00	49.47	667.45	11
16.	Dyan Piscopo	F	83.38	98.75	0.00	93.33	95.56	52.28	57.89	66.32	0.00	0.00	22.81	90.94	661.26	0.00	0.00	661.26	9
17.	Deb Cunningham	F	55.32	70.00	48.24	66.67	45.19	78.95	41.05	60.70	83.16	51.30	0.00	69.81	670.39	0.00	41.05	629.33	11
18.	Gordon Haller	M	59.48	0.00	83.06	42.22	40.74	97.19	70.53	48.07	0.00	39.13	92.98	53.21	626.61	0.00	0.00	626.61	10
19.	George Huner	M	74.03	46.25	67.06	61.11	0.00	81.75	69.12	45.26	97.89	35.65	0.00	45.66	623.79	0.00	0.00	623.79	10
20.	Alicia Nix	F	32.47	31.25	62.35	43.33	55.56	91.58	90.18	63.51	0.00	0.00	85.96	66.79	622.98	0.00	0.00	622.98	10
21.	Brian Struble	M	54.29	65.00	49.18	44.44	73.33	83.16	62.11	50.88	45.26	47.83	87.37	41.13	703.97	41.13	44.44	618.39	12
22.	John H. Jr. Bullock	M	61.56	73.75	43.53	60.00	61.48	62.11	60.70	76.14	72.63	0.00	41.05	0.00	612.95	0.00	0.00	612.95	10
23.	Salim Haji	M	78.18	80.00	70.82	0.00	42.22	0.00	0.00	46.67	60.00	66.96	48.07	89.43	582.35	0.00	0.00	582.35	9
24.	Jeffrey Olson	M	38.70	40.00	36.94	47.78	54.07	77.54	59.30	84.56	32.63	63.48	42.46	59.25	636.71	32.63	36.94	567.14	12
25.	Adam Feerst	M	80.26	95.00	0.00	77.78	68.89	0.00	0.00	0.00	0.00	54.78	100.0	81.89	558.60	0.00	0.00	558.60	7
26.	Ray Sibley	M	45.97	0.00	73.65	95.56	24.44	0.00	49.47	57.89	62.11	49.57	0.00	93.96	552.62	0.00	0.00	552.62	9
27.	David Rothenburger	M	65.71	47.50	39.76	62.22	65.93	0.00	28.42	36.84	47.37	56.52	66.32	62.26	578.86	0.00	28.42	550.44	11
28.	Brett Allendorf	M	84.42	62.50	81.18	41.11	33.33	73.33	56.49	88.77	22.11	0.00	0.00	0.00	543.24	0.00	0.00	543.24	9
29.	Lee Bengston	M	44.94	33.75	33.18	90.00	94.07	0.00	34.04	0.00	0.00	82.61	83.16	33.58	529.32	0.00	0.00	529.32	9
30.	Michael Robbert	M	81.30	0.00	31.29	81.11	58.52	39.65	0.00	97.19	74.74	0.00	60.70	0.00	524.50	0.00	0.00	524.50	8
31.	Stacy Russell	F	95.84	0.00	63.29	57.78	83.70	34.04	29.82	0.00	91.58	61.74	0.00	0.00	517.80	0.00	0.00	517.80	8
32.	Stephanie Struble	F	34.55	0.00	29.41	0.00	51.11	50.88	91.58	55.09	43.16	53.04	49.47	36.60	494.89	0.00	0.00	494.89	10
33.	Rob Gray	M	0.00	0.00	0.00	48.89	71.85	87.37	52.28	87.37	51.58	89.57	0.00	0.00	488.90	0.00	0.00	488.90	7
34.	Scott McFarlane	M	52.21	60.00	68.00	26.67	25.93	0.00	45.26	49.47	0.00	0.00	46.67	95.47	469.68	0.00	0.00	469.68	9
35.	Leslie Mitchell	F	0.00	55.00	0.00	0.00	0.00	74.74	46.67	0.00	49.47	72.17	94.39	72.83	465.27	0.00	0.00	465.27	7
36.	Michelle Evans	F	89.61	0.00	96.24	45.56	27.41	35.44	42.46	28.42	36.84	28.70	27.02	0.00	457.68	0.00	0.00	457.68	10
37.	Larry Mudron	M	0.00	87.50	87.76	75.56	85.19	0.00	0.00	0.00	0.00	46.09	0.00	65.28	447.38	0.00	0.00	447.38	6
38.	Heather Reddy	F	64.68	81.25	61.41	96.67	37.78	0.00	38.25	29.82	0.00	0.00	0.00	29.06	438.91	0.00	0.00	438.91	8
39.	Scott Hogg	M	60.00	97.50	90.59	38.89	80.74	0.00	0.00	0.00	0.00	0.00	38.25	0.00	405.96	0.00	0.00	405.96	6
40.	Scott Kukel	M	41.82	88.75	59.53	70.00	0.00	0.00	85.96	59.30	0.00	0.00	0.00	0.00	405.36	0.00	0.00	405.36	6
41.	Kyle Armstrong	M	60.00	96.25	95.29	78.89	0.00	0.00	71.93	0.00	0.00	0.00	0.00	0.00	402.36	0.00	0.00	402.36	5
42.	Trisha Davis	F	0.00	71.25	65.18	36.67	43.70	88.77	0.00	0.00	30.53	0.00	0.00	42.64	378.74	0.00	0.00	378.74	7
43.	Justin Little	M	0.00	0.00	64.24	74.44	0.00	92.98	0.00	64.91	0.00	0.00	0.00	77.36	373.93	0.00	0.00	373.93	5
44.	Bill Ahlers	M	0.00	0.00	60.00	82.22	100.00	70.53	0.00	0.00	0.00	0.00	55.09	0.00	367.84	0.00	0.00	367.84	5
45.	Dean Raish	M	75.06	72.50	41.65	56.67	88.15	31.23	0.00	0.00	0.00	0.00	0.00	0.00	365.25	0.00	0.00	365.25	6
46.	Rich Carney	M	90.65	92.50	66.12	46.67	0.00	0.00	0.00	69.12	0.00	0.00	0.00	0.00	365.06	0.00	0.00	365.06	5
47.	David Hill	M	70.91	61.25	55.76	30.00	48.15	0.00	0.00	0.00	0.00	32.17	63.51	0.00	361.75	0.00	0.00	361.75	7
48.	Alice Bedard-Voorhees	F	57.40	0.00	27.53	50.00	91.11	56.49	0.00	0.00	0.00	0.00	71.93	0.00	354.46	0.00	0.00	354.46	6
49.	Dennis Woljan	M	0.00	0.00	84.00	0.00	34.81	36.84	55.09	0.00	0.00	91.30	52.28	0.00	354.33	0.00	0.00	354.33	6
50.	Edwin Quintanilla	M	21.04	93.75	54.82	0.00	0.00	0.00	0.00	0.00	100.00	0.00	84.56	0.00	354.17	0.00	0.00	354.17	5

**Resolute
Runners**

PI	FNAME	LNAME	2004	2005	2006	Total
1.	Mike	Knipps	932.26	753.83	816.75	2502.84
2.	Deb	Cunningham	846.52	770.34	670.39	2287.25
3.	John H. Jr.	Bullock	845.73	787.70	612.95	2246.38
4.	Ric	Robinette	874.12	526.41	771.27	2171.81
5.	Bonnie	Keefe	664.55	606.66	814.11	2085.32
6.	Rick	Edrich	835.08	497.60	706.27	2038.95
7.	Brian	Struble	625.56	655.54	703.97	1985.07
8.	David	Rothenburger	624.84	766.12	578.86	1969.82
9.	Jeffrey	Olson	733.28	598.26	636.71	1968.25
10.	Mitch	Chesbro	662.86	426.53	782.03	1871.43

Trophy Series Notes

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

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

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

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

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

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

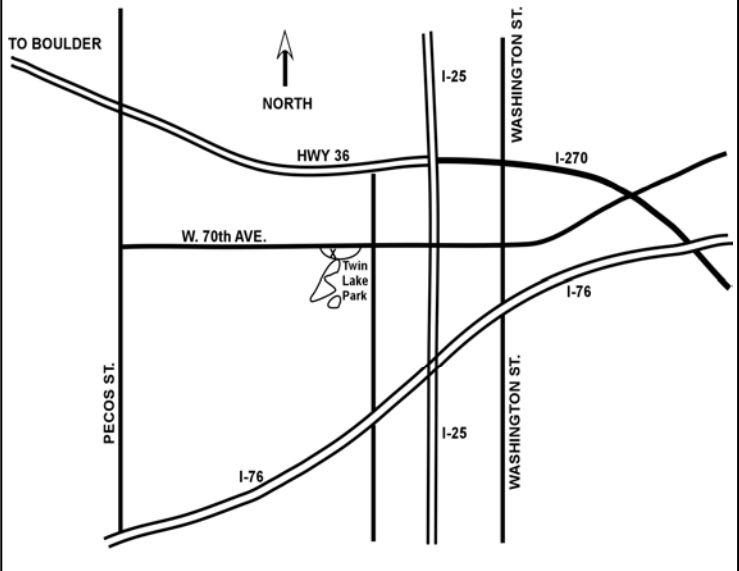
Sample 4.4 mi Start Times	
HCP	Start
120	0:00
110	3:51
100	7:26
90	10:44
80	13:46
70	16:32
60	19:02
50	21:15
40	23:12

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 January Trophy Series 10k Twin Lakes Park Sunday, January 7, 9 a.m.



allowed at RMRR races due to insurance restrictions.

Runners and Race Walkers are scored separately. If changing, please let us know at registration. Check your race tag. "R" means runner and "W" means race walker.

Race Walkers must follow USATF

Rules:

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

Thank You for Supporting RMRR



Running Wild



POTTS TROTTERS



January 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(1) www.rmrr.org (2) groups.yahoo.com/group/denvertrailrunners 303-870-0487 (3) http://salidarec.com/ccrc/snowshoe/20-mile-snowshoe.htm (4) www.grandlakesnowshoe-festival.com</p>	<p>1 RMRR Board Meeting, Wild Oats Washington Park 7:00 pm (1)</p>	<p>2 Wash Park Fun Run, 6pm South High Parking Lot (1)</p>	<p>3</p>	<p>4 Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>5</p>	<p>6 RMRR Training Run, 9 am, Goodson Rec. Center, DeKoevend Park (1) Turquoise Lake Snowshoe Adventure Series #2 20 miles, Leadville (3)</p>
<p>7 RMRR Trophy Series 10K 9 am Twin Lakes (1)</p>	<p>8</p>	<p>9 Wash Park Fun Run, 6pm South High Parking Lot (1)</p>	<p>10</p>	<p>11 Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>12</p>	<p>13 RMRR Training Run, 9 am, Goodson Rec. Center, DeKoevend Park (1) 3rd Annual Grand Lake Snowshoe Festival 7K (4) Lake Arbor 5K 9am Lake Arbor (5)</p>
<p>14 Swift Skedaddle Snowshoe Race, Silverthorne (6) Winter Triathlon; 5K Run, 10K Bike, 8K X-C Ski (7) Devils Thumb Ranch, Fraser</p>	<p>15</p>	<p>16 Wash Park Fun Run, 6pm South High Parking Lot (1)</p>	<p>17</p>	<p>18 Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>19</p>	<p>20 RMRR Training Run, 9 am, Goodson Rec. Center, DeKoevend Park (1) Swift Skedaddle Snowshoe Race; 4K, 10K; Breckenridge (6) Chilly Cheeks Duathlon #2 10 am Cherry Creek State Park (8)</p>
<p>21</p>	<p>22</p>	<p>23 Wash Park Fun Run, 6pm South High Parking Lot (1)</p>	<p>24</p>	<p>25 Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>26</p>	<p>27 RMRR Training Run, 9 am, Goodson Rec. Center, DeKoevend Park (1)</p>
<p>28 Polar Bear 5K Run/Walk 10am Wash Park (9)</p>	<p>29</p>	<p>30 Wash Park Fun Run, 6pm South High Parking Lot (1)</p>	<p>31</p>	<p>(5) www.comastersrun.org (6) (970) 547-7889; jims@townofbreckenridge.com (7) www.5430sports.com (8) www.racingunderground.com (9) www.bkbltd.com</p>		



2006 Total Volunteer Hours



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

Name	Hours	Name	Hours	Name	Hours
Teresa Abbott	9.75	Michael Heitz	4.75	Dyan Piscopo	2.50
Mike Acosta	25.25	Dave Hill	9.75	Mike Quispe	5.50
Brett Allendorf	5.00	Jan Hill	5.75	Dean Raish	7.50
Ken Applegate	12.00	Olga Hnizdil	16.00	Heather Reddy	35.50
Mark Ballard	15.50	Amanda Huggenkiss	0.50	Bob Reilly	17.25
Bob Basse	37.25	Kendall Jamison	0.50	Lee Rhodes	7.50
Jim Beebe	2.00	T.J. Johnson	1.00	Myra Rhodes	7.50
Anthony Beeson	2.50	Mark Johnson	0.50	Rosalie Richter	36.75
Nick Benjamin	7.75	Potts Jones	16.50	Sharyl Riley	41.25
Michael Blanchard	27.50	Bonnie Keefe	83.00	Mike Robbert	25.25
Forrest Blassingame	4.25	Deidre Keilman	5.50	Kasey Robbert	7.50
Kolene Brown	17.75	Peter Keilman	5.50	Rochelle Robinette	9.50
John Bullock	8.50	Carmen Kitts	34.50	Ric Robinette	15.50
Lisa G. Champeau	85.25	Mike Knipps	7.50	Mike Rotch	5.00
Keith Champeau	30.00	Joy Knipps	7.50	David Rothenburger	6.75
Mitch Chesboro	2.50	Carl Koecher	18.75	Jeoungmin Seouk	7.50
Jim Chow	94.50	Scott Kukul	13.00	Liz Shepard	25.75
Dave Cunningham	4.50	Howard Kumpf	13.50	Ray Sibley	32.50
Deb Cunningham	84.50	Brad LaBarry	88.75	Doug Smith	160.75
Amelia Cunningham	8.50	Justin Little	4.00	Andrea Smith	4.50
Trisha Davis	11.00	John Lyle	60.00	Liz Stolz	34.50
Danny Dounglomchunt	6.00	Betsy Lyle	60.00	Stephanie Struble	78.50
Rick Edrich	11.50	Tom Mates	42.75	Brian Struble	43.50
Alex Eusebio	7.50	David Mayhew	1.50	Peter Szymanski	4.00
Michelle Evans	32.00	Carl McNew	1.25	Jean Townsend	3.00
Janet Fairs	56.00	Lance Meacham	15.25	Mike Vanoni	20.50
Adam Feerst	26.00	Leslie Mitchell	41.00	Chris Vanoni	77.00
Tim Gentry	1.00	Gigi Nichols	5.00	Megan Vanoni	7.50
Janet Gold	10.00	Alicia Nix	31.00	Rick Voorhees	17.75
Rob Gray	10.50	Lyndzey Nix	4.00	Alice Voorhees	8.50
Eric Greene	6.00	Jeff Olson	49.50	Karen Voss	30.50
Ed Guiff	10.00	Lisa Paige	1.50	Kerry Walling	2.00
Gordon Haller	2.75	Marissa Lynn Parra	7.00	Don Weston	7.50
Gene Hardy	4.50	John Pawlowski	109.00	Holly Whelan	32.00



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

Nick Crespi	1	Sue Golden	16
Amy Padden	2	David MacBean	18
Katherine Bellon	2	Erin Kuechler	18
Paul Fornia	2	Robert Bussey	19
Kyle Kelly	3	Ray Grundmeyer	24
Edith Zemanick	3	Jean Townsend	24
Tyler Thurman	3	Jim Branson	25
Rosalie Richter	4	John Routa	25
Rick Voorhees	6	Pete Wall	27
Tookie Scherder	8	Greg Woskow	28
Jeff O'Reilly	8	Kolleen Quinn	28
John Estes	9	Jay Wissot	29
Bob Basse	12	Gene Hardy	30
Lilo Over	14	Marcia Huner	30
Michael Homer	15	Derrick Huner	30
Melissa French	15	Camille Paige	31

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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