



News on The Run

A Letter from the President...

Hi Road Runners,

For those of you who were around five years ago, it's déjà vu time on the RMRR board. I am back as club president — working with the usual group.

My reason for volunteering to be your 2008 President is that our club is approaching our 50th anniversary. In 2009, we will be 50 years old. That's right 50 years! I am awed by that accomplishment! The club has been through a lot from the 1959 start to the boom years during the 80s to some more recent struggles with our overall mission and engaging adequate volunteer support.



We have a rich history and we're still running strong thanks to members and volunteers like all of you. I've worked alongside many of you over the past six years and appreciate your efforts to keep our club alive and well. Like you, I love this club! I like our potential to grow in the future and am excited about the opportunity to do something really special for our 50th anniversary.

During 2008, the club is going to focus on planning for the future and thinking about ways to celebrate 50. This will translate into a specific goal. I'm going to be talking to you at our races about our goal including ideas to celebrate the 50th anniversary in 2009. I'm also going to be asking you for help. Help could be something small like giving me your opinion about what's working and what's not. It could be something bigger like race volunteer or race director. Last, you could run wild by agreeing to help out on our board.

Give it some thought. We've got a rich past, a core of dedicated volunteers for the present, and a future full of people who love to run.

I'll be looking forward to seeing all of you as we gear up to Celebrate 50!

Deb Cunningham

RMRR Banquet is on Sunday **January 27, 2008.**

RMRR Volunteer and Awards Banquet is Sunday, January 27 from 6-8 pm at the Fox Hollow Golf Club. This event is free for those with 15 or more volunteer hours. We're still working out the logistics of the menu and pricing.

If you are in the top 20 finishers in the Trophy Series overall standings, top 5 in the Male or Female Scratch, top 3 Race Walk finishers, were a race director for a race, or have 30 or more volunteer hours, you'll receive a prize or award. See later pages of this newsletter for results and volunteer hours.

**2008 RMRR
Executive Committee**

President

Deb Cunningham, 303-331-8323

Vice President

Open

Secretary

Open

Treasurer

Leslie Mitchell

Race Committee Chairpersons

Ric Robinette, 303-915-2862

Membership

Laurie Phenix

Board Positions

Board Members at Large

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

Training/Track Workouts

Mike Robbert, 720-933-7093
Scott Kukel
Mike Quispe

Volunteer Coordinator

Stephanie Struble, 303-333-0173

Communications

Michelle Evans

Computer Database/Race Scoring

Brad Labarry
Felix Lopez

Non-Board, Non-Voting Positions

Special Events

Betsy Lyle

Quartermaster

John Lyle

Newsletter rmrnewsletter@yahoo.com

Kevin Downing, Editor 303-683-1825
Stephanie Struble
Holly Whelan

Web Team

Jim Chow, Webmaster
Deb Cunningham, Photo Editor

Mechanic

Ken Applegate

Telephone

Holly Whelan

Race Permits

Teresa Abbot
Janet Fairs
Bonnie Keefe

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 Track Club](#)

President: Matt Steinberg

[Road Runners Clubs of America](#)

Western Regional Rep: Chris Vanoni

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 Schedule

	Date	Time	Distance	Location	Race Director
SUN	JAN	6	9am	10 K	TWIN LAKES PARK Ric & Rochelle Robinette
SUN	FEB	3	9am	7 MI	CHERRY CREEK RESERVOIR Jeff Olson
SUN	MAR	2	9am	3 MI	CROWN HILL PARK Ken Applegate & Janet Gold
SUN	APR	6	9am	4 MI	CITY PARK
SUN	MAY	4	8am	5 MI	STAPLETON PARK
SUN	JUN	1	8am	2.4 MI	STONE HOUSE PARK
SUN	JUL	13	8am	2 MI	BIBLE PARK
FRI	AUG	1	630pm	5 K	DEKOVEND PARK
SUN	SEP	7	8am	8 MI	CHATFIELD RESERVOIR
SAT	OCT	4	9am	10 MI	WATERTON CANYON
SUN	NOV	2	9am	9 MI	WESTMINSTER CITY PARK
SUN	DEC	7	9am	4.4 MI	WASHINGTON PARK Keith & Lisa Champeau

Fall Marathon Training Series Schedule

SUN	JUL	20	7am	10 MI	WESTMINSTER CITY PARK
SUN	AUG	3	7am	15 MI	WESTMINSTER CITY PARK
SUN	AUG	24	7am	20 MI	WESTMINSTER CITY PARK
SUN	SEP	14	7am	20 MI	WESTMINSTER CITY 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 from the first Wednesday in April until the last Wednesday in October. All members are welcome for free.

The workouts are at Denver South High School. (1700 East Louisiana Ave.) The workouts begin at 6:00pm.

Please arrive early and com-

plete 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.

Trail Running

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

BOARD MEETING MINUTES

November 26, 2007 RMRR - Board Meeting Minutes

Attendees: Kevin Downing, Mike Robbert, Stephanie Struble, Holly Whelan, Jim Chow, John Lyle, Betsy Lyle, Deb Cunningham, Bonnie Keefe, Doug Smith, Bob Basse, Leslie Mitchell, Ric Robinette, Karen Voss.

Trophy Series

December Trophy Series – volunteers. Want 7-8. Have 7. Rescoring the race because it was 8.9 miles – the board agreed that we would not rescore the race. The course records from the past will stand. This race will be a special record at 8.9 miles.

Volunteer Issues:

Volunteer of the Month. Bob Basse is the volunteer of the month for RD in Sept, work w/ Boulder Marathon RD and being a running volunteer.
 Kevin Downing volunteered to do the newsletter.
 President for Next Year. Bob Reilly is dropping off the board, so will not be the club's president next year.
 Incentives Coordinator
 Volunteer Coordinator
 Answering Phone. Holly Whelan will be the phone rep.
 Racing in other places.
 Volunteer hours – need to remind people to get their hours in for the 15 hr awards dinner qualification and the 30 hour promo item. Stephanie will email Michelle to do an eblast. Deadline for submitting hours for 2007 = 12/15.

Operational Items:

Newsletter: The newsletter takes a lot of time to prepare. The board discussed what to do with the newsletter
 Go to an every other month schedule?
 Drop it entirely?
 Shorten it by deleting the calendar?
 Kevin: who is the target reader – is it current membership or new members?
 We've printed 100 copies of the Sept newsletter. We're not mailing to the general membership, but we do USPS to 4-5 people without computers. The combined Oct/Nov issue didn't get printed.
 The December newsletter has not been printed. Karen will get it from Jim to the printer. When Michelle does an eblast, add in

a link to the Dec newsletter on the website. December newsletter has race schedule for 2008.

We'll do a January newsletter in the same format. For Feb, need to debate ideas: quarterly newsletter, web only, web only + a marketing piece to promote the club in running stores. Kevin Downing will develop a proposal.

The club will not renew our USPS bulk mail permit. Food drive at the December TS. Michelle will send an eblast. 2008 race calendar. We have changes to the schedule due to permit issues.

Treasurer's Report. Credit union revenue down \$1000 from last year. Right now club has \$3500 more inflow than outflow.

Awards Banquet – January 27th at Fox Hollow. Betsy will ck what they can provide for \$15/person.

Trophies will be beer mugs. Doug and Bonnie will take care of this. Gifts: Karen is still looking. Bonnie & Ric will get Karen the list of RDs. Volunteers will come from volunteer hour listing.

Dec 6 BRC Littleton location only has their member night. Club members get an additional 5% off.

Sonja at Lakewood Runner's Roost has offered a club night at her store before Christmas. We can get an additional 5% off on that night. Mike Robbert will ck w/ Sonja about her expectations.

April TS will be at Stapleton, May will be City Park. Same distances, but different venues.

Barr Lake masters' race in October had a problem where Barr Lake charged for more cars than the masters had runners. Barr Lake is requiring each car to have a park pass. We filed for permits like we had in the past. We may get the old deal, may get a new deal.

Ric got a price quote from his company's printer. Their price is less. He also redid the poster to follow graphic design conventions he thinks translate well to print. We'll print 11" x 17". Quantity 20 units. Stephanie will get Ric the artwork. Ric will work w/ his printer to get it done.



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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 Shendan Blvd @ 92nd 7am-10pm Everyday

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A Note from the Editor

By Kevin Downing
Newsletter Editor

I am pleased to introduce myself as the new editor of *News on the Run*. I look forward to sharing with you the running and walking activities of the members of the RMRR club.

We all have stories about why we run: here's mine. After a lifetime of relative inactivity, I was, by my 40th birthday, overweight and out of shape. About three years ago, after a failed 12-hour-long experiment with the South Beach diet, I decided that I would lose weight by running. At first running was simply a way to lose a few pounds; those initial fifteen-minute slogs around the block were certainly not fun, especially since I didn't know what I was doing, and I certainly couldn't understand what those crazy folks who ran marathons could possibly be thinking. But I slowly became a running addict—I began to look forward to my 6 am runs in mid-February and to be proud of the increasingly longer distances I was able to complete. (I also lost 40 pounds.) I completed my first marathon in October 2006, and I hope to finish many more, with the support and advice of my fellow runners.

Everyone in the RMRR has a similar tale to tell, and I hope you will allow me to share those stories with your fellow members. This newsletter should be a forum for all of us to share our expertise, accomplishments, successes, and setbacks. Whether you have recently run an ultramarathon on another continent, qualified for Boston (yet again), or have just finished your first 5k, other members of the club will want to hear from and about you. I hope everyone will allow me to share your stories (and photos!) with the rest of the group.

I will be also working with Deb and the other board members to prepare for our 50th anniversary by improving the visibility of the club throughout the local running community. In addition to the Trophy series, discounts at running stores, and other benefits, we offer other Denver runners something that is quite special – a community of like-minded individuals who enjoy sharing their experience, expertise, and enthusiasm for the sport of running. I will be working hard to make sure local runners and walkers know about all we have to offer, but the best advertisement for the group is the word-of-mouth of the members. If you have any ideas, suggestions, questions, or concerns, please feel free to let me know. I look forward to working with you.



Consider Contributing to News on the Run

Please consider writing or submitting photos for the newsletter. We need material to help promote the club and to foster a sense of community. I'm looking for articles that are:

- Profiles of members - both old and new
- Reviews of new books and websites on running
- Reports on races both near and far
- Advice on training, racing, nutrition, stretching for both experienced and beginner runners and walkers.
- Exhortations and lamentations about all and sundry (as long as it pertains to running and walking)

C'mon--don't be shy. Contact me at rmmnewsletter@yahoo.com

Remember . . .

Donations of nonperishable items are being collected at the January and February Trophy Series races for the
END CHILDHOOD HUNGER FOOD DRIVE
of Operation Frontline Colorado.

Operation Frontline Colorado, a direct service program of Share Our Strength, is a nutrition education and financial planning program that offers short and long-term solutions to malnutrition by providing hands-on knowledge and skills for daily living.

Please refer to the December 2007 *News on the Run* newsletter for more information .

Off to the Races in 2008

*By Ric Robinette
Race Committee Chair*



The dust has hardly settled from the 2007 Trophy Series races and here we are again with the upcoming start of the 2008 Trophy Series. Before we move on to the 2008 race schedule, here are a few closing statistics from our 2007 series. In 1999, the club adopted a revised scoring system in which the annual winners are based on the runner's/walker's cumulative scoring of their best 10 race scores out of the 12 annual race events. This year we had 8 club members participate as a walker in at least one race, and 211 club members participated as a runner in at least one race. This equates to less than half of the club membership either ran or walked in at least one of the 2007 Trophy Series races. Only 6 members participated in all 12 race events. Eight additional members participated in 11 of the events, and 12 more participated in 10 of the events. Thus, a total of 26 members participated in at least 10 race events. These same 26 members combined to walk off with 28 of the total 30 annual Trophy Series awards in 2007. I think those statistics are telling us that if you want to do well in the 2008 series, you need to be out there running when the sun comes out on race days.

For newer club members who may be unaware, the club has held the annual Trophy Series races in one format or another every year for nearly 45 years. Awards are typically given to the top 20 finishers in the Handicap Trophy Series, the top 3 Scratch (fastest) Female Runners, the top 3 Scratch (fastest) Male Runners, the top 3 Race Walkers, and the top Resolute Runner. The detailed scoring methods are explained on the club website. As for 2008, the Trophy Series will once again

comprise 12 race events ranging in distance from 2 miles to 10 miles. The races will be held once a month in local parks. About half are run on courses with some type of pavement, and half are run on courses mostly consisting of dirt or gravel paths. Ten of the twelve races in 2008 will be held at the same venue and distance as its 2007 counterpart race. The April and May 2008 races will be held at different locations than 2007. The 4 mile April race will be held in the newly renovated Denver City Park, and the 5 mile May race will be our inaugural race in the new Stapleton Central Park. The 2008 schedule is posted in the newsletter and on the website. As with every year, participants should always monitor these schedule posting sites for potential mid-year schedule changes that may become necessary. Good luck with your 2008 running goals, and keep injury free. See you at the races.

Resolute Runners

PL.	FNAME	LNAME	2004	2005	2006	2007	Total
1	Mike	Knipps	932.26	753.83	816.75	737.49	3240.33
2	Ric	Robinette	874.12	526.41	771.27	941.51	3113.32
3	Deb	Cunningham	846.52	770.34	670.39	681.49	2968.74
4	John H. Jr.	Bullock	845.73	787.70	612.95	632.53	2878.91
5	Brian	Bergevin	625.56	655.54	703.97	714.51	2699.59
6	David	Rothenburger	624.84	766.12	578.86	703.96	2673.78
7	Jeffrey	Olson	733.28	598.26	636.71	688.70	2656.95
8	Ken	Applegate	395.04	464.23	816.49	815.03	2490.80
9	Bonnie	Keefe	664.55	606.66	814.11	339.63	2424.95
10	Scott	McFarlane	732.59	588.99	469.68	560.44	2351.70

RMRR TROPHY SERIES OVERALL STANDINGS

December 2007

NAME	GEN	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Total	Lowest 2	Best 10	#	
1 Ric Robinette	M	94.42	95.86	75.21	70.70	83.70	76.47	66.06	84.56	91.72	82.04	71.03	49.71	941.51	49.71	66.06	825.73	12
2 Brent Jockers	M	98.14	97.24	0.00	0.00	94.07	64.71	86.67	83.16	79.31	57.55	57.24	81.71	799.80	0.00	0.00	799.80	10
3 Theresa Jockers	F	96.28	94.48	0.00	0.00	95.56	54.12	61.21	67.72	86.21	67.35	64.14	76.00	763.06	0.00	0.00	763.06	10
4 Kerry Beebe	F	27.44	76.55	63.94	92.11	58.52	35.29	79.39	0.00	80.69	86.94	90.34	95.43	786.66	0.00	27.44	759.22	11
5 Kerry Kuck	M	60.00	100.00	95.49	98.87	100.00	42.35	0.00	0.00	31.03	80.41	51.72	97.71	757.60	0.00	0.00	757.60	10
6 Ken Applegate	M	90.70	82.07	49.30	60.56	74.81	55.29	62.42	78.95	83.45	65.71	58.62	53.14	815.03	49.30	53.14	712.59	12
7 Michael VanNorstrand	M	60.00	79.31	85.35	0.00	0.00	80.00	46.67	69.12	53.10	64.08	69.66	70.29	677.58	0.00	0.00	677.58	10
8 Brian Bergevin	M	79.53	75.17	0.00	71.83	54.07	43.53	55.15	77.54	47.59	52.65	91.72	65.71	714.51	0.00	43.53	670.99	11
9 Bob Basse	M	77.67	58.62	66.20	0.00	34.81	45.88	76.97	46.67	61.38	93.47	95.86	45.14	702.68	0.00	34.81	667.86	11
10 Mike Knipps	M	81.40	47.59	48.17	62.82	70.37	57.65	69.70	62.11	62.76	83.67	32.41	58.86	737.49	32.41	47.59	657.49	12
11 Ken Shimada	M	0.00	0.00	60.00	100.00	91.11	75.29	39.39	63.51	36.55	34.69	62.76	80.57	643.88	0.00	0.00	643.88	10
12 Bill Rodgers	M	60.00	90.34	81.97	0.00	0.00	69.41	63.64	55.09	66.90	31.43	46.21	77.14	642.13	0.00	0.00	642.13	10
13 David Rothenburger	M	88.84	73.79	71.83	77.46	64.44	44.71	33.33	36.84	64.14	33.06	73.79	41.71	703.96	33.06	33.33	637.56	12
14 Deb Cunningham	F	64.65	65.52	0.00	52.68	73.33	65.88	75.76	60.70	50.34	46.12	77.93	48.57	681.49	0.00	46.12	635.37	11
15 Brad Labarry	M	0.00	66.90	69.58	72.96	60.00	81.18	83.03	80.35	48.97	21.63	0.00	47.43	632.02	0.00	0.00	632.02	10
16 Eric Greene	M	83.26	68.28	97.75	65.07	39.26	25.88	51.52	95.79	0.00	29.80	48.97	50.86	656.41	0.00	25.88	630.53	11
17 Lee Bengston	M	34.88	39.31	70.70	45.92	68.89	40.00	0.00	94.39	46.21	90.20	88.97	39.43	658.89	0.00	34.88	624.01	11
18 Jeffrey Olson	M	38.60	29.66	41.41	74.08	61.48	58.82	53.94	74.74	69.66	39.59	55.86	90.86	688.70	29.66	38.60	620.44	12
19 John H. Jr. Bullock	M	49.77	55.86	42.54	50.42	76.30	36.47	21.21	88.77	51.72	78.78	80.69	0.00	632.53	0.00	21.21	611.32	11
20 Tim Gentry	M	0.00	61.38	68.45	47.04	49.63	49.41	64.85	59.30	57.24	0.00	66.90	79.43	603.63	0.00	0.00	603.63	10
21 George Huner	M	68.37	53.10	52.68	53.80	85.19	50.59	0.00	35.44	90.34	55.92	42.07	0.00	587.50	0.00	0.00	587.50	10
22 David Cook	M	0.00	60.00	88.73	27.89	86.67	67.06	0.00	32.63	87.59	59.18	0.00	57.71	567.46	0.00	0.00	567.46	9
23 Adam Feerst	M	55.35	72.41	59.44	43.66	62.96	41.18	0.00	34.04	0.00	47.76	75.17	73.71	565.68	0.00	0.00	565.68	10
24 Scott McFarlane	M	53.49	44.83	86.48	75.21	0.00	0.00	40.61	27.02	73.79	62.45	0.00	96.57	560.44	0.00	0.00	560.44	9
25 Leslie Mitchell	F	0.00	48.97	0.00	0.00	82.22	56.47	87.88	39.65	88.97	42.86	50.34	52.00	549.35	0.00	0.00	549.35	9
26 Brett Allendorf	M	29.30	22.76	47.04	80.85	46.67	85.88	49.09	49.47	58.62	28.16	36.55	61.14	595.54	22.76	28.16	544.62	12
27 Dave Cunningham	M	57.21	80.69	0.00	0.00	71.85	83.53	58.79	53.68	0.00	41.22	0.00	85.14	532.12	0.00	0.00	532.12	8
28 John Calvin Lynn	M	21.86	83.45	100.00	22.25	22.96	22.35	24.85	0.00	71.03	100.00	21.38	21.14	511.28	0.00	21.14	490.14	11
29 Michael Quispe	M	70.23	51.72	51.55	0.00	0.00	62.35	0.00	31.23	0.00	85.31	53.10	78.29	483.78	0.00	0.00	483.78	8
30 Larry Mudron	M	92.56	93.10	0.00	84.23	0.00	0.00	72.12	0.00	0.00	0.00	43.45	93.14	478.60	0.00	0.00	478.60	6
31 Mitch Chesbro	M	100.00	57.24	76.34	42.54	30.37	51.76	57.58	48.07	0.00	0.00	0.00	0.00	463.90	0.00	0.00	463.90	8
32 Karen Voss	F	0.00	46.21	57.18	79.72	0.00	0.00	38.18	0.00	75.17	0.00	93.10	66.86	456.42	0.00	0.00	456.42	7
33 Felix Lopez	M	0.00	0.00	0.00	0.00	0.00	60.00	47.88	56.49	54.48	72.24	68.28	88.57	447.94	0.00	0.00	447.94	7
34 Lisa Paige	F	0.00	0.00	53.80	38.03	52.59	78.82	60.00	0.00	25.52	23.27	22.76	63.43	418.22	0.00	0.00	418.22	9
35 Denise Glenn	F	0.00	0.00	60.00	0.00	98.52	48.24	45.45	42.46	76.55	0.00	0.00	42.86	414.07	0.00	0.00	414.07	7
36 Scott Kukel	M	0.00	0.00	35.77	0.00	0.00	97.65	50.30	64.91	60.00	0.00	40.69	60.00	409.33	0.00	0.00	409.33	7
37 Sarah Szymanski	F	42.33	91.72	83.10	39.15	65.93	70.59	0.00	0.00	0.00	0.00	0.00	0.00	392.82	0.00	0.00	392.82	6
38 Stefan Kazmierski	M	0.00	0.00	0.00	0.00	0.00	60.00	85.45	0.00	0.00	77.14	94.48	72.57	389.65	0.00	0.00	389.65	5
39 Dan Wall	M	0.00	0.00	60.00	95.49	36.30	98.82	93.94	0.00	0.00	0.00	0.00	0.00	384.55	0.00	0.00	384.55	5
40 Kevin Glodava	M	0.00	54.48	0.00	90.99	0.00	84.71	80.61	71.93	0.00	0.00	0.00	0.00	382.71	0.00	0.00	382.71	5
41 Jay Trujillo	M	0.00	0.00	31.27	69.58	0.00	27.06	29.70	0.00	39.31	96.73	86.21	0.00	379.85	0.00	0.00	379.85	7
42 Kevin Downing	M	0.00	0.00	0.00	0.00	97.04	38.82	56.36	41.05	72.41	37.96	35.17	0.00	378.82	0.00	0.00	378.82	7
43 Lukas Jeter	M	0.00	0.00	60.00	76.34	0.00	100.00	36.97	76.14	0.00	0.00	0.00	29.14	378.59	0.00	0.00	378.59	6
44 Bill O'Dell	M	0.00	0.00	84.23	59.44	51.11	0.00	89.09	52.28	42.07	0.00	0.00	0.00	378.21	0.00	0.00	378.21	6
45 Gordon Haller	M	72.09	60.00	72.96	0.00	31.85	92.94	0.00	0.00	0.00	0.00	0.00	30.29	360.13	0.00	0.00	360.13	6
46 Luz Mendez	F	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	100.00	0.00	100.00	98.86	358.86	0.00	0.00	358.86	4
47 Adam Lee	M	0.00	0.00	50.42	0.00	0.00	71.76	78.18	50.88	77.93	0.00	25.52	0.00	354.69	0.00	0.00	354.69	6
48 Peter Szymanski	M	0.00	33.79	67.32	0.00	0.00	0.00	74.55	0.00	35.17	0.00	47.59	92.00	350.42	0.00	0.00	350.42	6
49 Sheila Stanley	F	0.00	0.00	0.00	0.00	0.00	0.00	60.00	73.33	0.00	95.10	61.38	55.43	345.24	0.00	0.00	345.24	5
50 Tristan Mitchell	M	0.00	60.00	0.00	0.00	0.00	0.00	0.00	43.86	94.48	75.51	0.00	69.14	343.00	0.00	0.00	343.00	5

Overall Female Scratch Standings

NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Total	Lowest 2	Best 10	#	
1 Deb Cunningham	100.00	96.52	0.00	96.00	95.00	96.19	96.19	94.29	87.37	93.85	94.29	90.00	1,039.69	0.00	87.37	952.32	11
2 Theresa Jockers	92.73	93.04	0.00	0.00	90.00	92.38	92.38	88.57	91.58	100.00	88.57	96.67	925.92	0.00	0.00	925.92	10
3 Denise Glenn	0.00	0.00	95.29	0.00	100.00	100.00	100.00	100.00	100.00	0.00	0.00	93.33	688.63	0.00	0.00	688.63	7
4 Karen Voss	0.00	100.00	100.00	100.00	0.00	0.00	88.57	0.00	95.79	0.00	100.00	100.00	684.36	0.00	0.00	684.36	7
5 Leslie Mitchell	0.00	86.09	0.00	0.00	65.00	80.95	77.14	65.71	78.95	63.08	71.43	80.00	668.35	0.00	0.00	668.35	9
6 Bonnie Keefe	85.45	0.00	85.88	92.00	85.00	0.00	0.00	82.86	0.00	87.69	82.86	0.00	601.74	0.00	0.00	601.74	7
7 Kerry Beebe	49.09	51.30	48.24	52.00	40.00	46.67	54.29	0.00	53.68	44.62	60.00	73.33	573.22	0.00	40.00	533.22	11
8 Sarah Szymanski	78.18	89.57	90.59	88.00	80.00	88.57	0.00	0.00	0.00	0.00	0.00	0.00	514.91	0.00	0.00	514.91	6
9 Lisa Paige	0.00	0.00	71.76	56.00	55.00	65.71	61.90	0.00	32.63	32.31	37.14	66.67	479.13	0.00	0.00	479.13	9
10 Marissa Lynn Parra	0.00	0.00	0.00	84.00	75.00	77.14	0.00	77.14	62.11	0.00	0.00	0.00	375.39	0.00	0.00	375.39	5
11 Stephanie Struble	63.64	79.13	0.00	72.00	60.00	0.00	69.52	0.00	0.00	0.00	0.00	0.00	344.29	0.00	0.00	344.29	5
12 Carmen Kitts	41.82	0.00	62.35	64.00	0.00	54.29	0.00	54.29	49.47	0.00	0.00	0.00	326.22	0.00	0.00	326.22	6
13 Holly Radin	0.00	0.00	0.00	80.00	0.00	0.00	0.00	0.00	70.53	69.23	0.00	76.67	296.42	0.00	0.00	296.42	4
14 Sheila Stanley	0.00	0.00	0.00	0.00	0.00	0.00	58.10	42.86	0.00	56.92	54.29	60.00	272.16	0.00	0.00	272.16	5
15 Susan McNamara	0.00	0.00	76.47	0.00	0.00	69.52	50.48	60.00	0.00	0.00	0.00	0.00	256.47	0.00	0.00	256.47	4
16 Diane Rowley	0.00	54.78	67.06	60.00	0.00	0.00	65.71	0.00	0.00	0.00	0.00	0.00	247.56	0.00	0.00	247.56	4
17 Colleen Custaldi	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	83.16	0.00	77.14	83.33	243.63	0.00	0.00	243.63	3
18 Olga Hnizdil	0.00	26.96	24.71	24.00	25.00	31.43	0.00	31.43	0.00	0.00	0.00	36.67	200.19	0.00	0.00	200.19	7
19 Janet Fairs	0.00	0.00	34.12	28.00	0.00	35.24	39.05	0.00	0.00	0.00	0.00	30.00	166.40	0.00	0.00	166.40	5
20 Deidre Keilman	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	57.89	0.00	48.57	53.33	159.80	0.00	0.00	159.80	3
21 Sonia Bruschi	0.00	0.00	0.00	0.00	70.00	84.76	0.00	0.00	0.00	0.00	0.00	0.00	154.76	0.00	0.00	154.76	2
22 Alicia Nix	0.00	37.39	52.94	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	63.33	153.67	0.00	0.00	153.67	3
23 Stacy Russell	0.00	72.17	81.18	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	153.35	0.00	0.00	153.35	2
24 Kristen Healy	70.91	0.00	0.00	0.00	0.00	73.33	0.00	0.00	0.00	0.00	0.00	0.00	144.24	0.00	0.00	144.24	2
25 Megan Vanoni	0.00	0.00	0.00	0.00	0.00	0.00	0.00	71.43	66.32	0.00	0.00	0.00	137.74	0.00	0.00	137.74	2

Overall Male Scratch Standings

NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Total	Lowest 2	Best 10	#	
1 Tim Gentry	0.00	93.73	100.00	100.00	98.14	98.67	98.49	96.60	94.78	0.00	95.00	96.86	972.26	0.00	0.00	972.26	10
2 Adam Feerst	95.56	95.29	98.71	98.57	100.00	97.40	0.00	91.49	0.00	96.00	96.67	98.43	968.12	0.00	0.00	968.12	10
3 David Rothenburger	91.11	87.45	92.26	94.29	88.84	92.13	89.43	84.68	93.04	78.00	91.67	87.45	1,070.35	78.00	84.68	907.67	12
4 Bob Basse	93.33	89.02	89.68	0.00	83.26	90.82	92.45	81.28	87.83	94.00	90.00	90.59	982.25	0.00	81.28	900.97	11
5 Eric Greene	84.44	79.61	93.55	95.71	86.98	82.95	95.47	94.89	0.00	80.00	86.67	92.16	972.43	0.00	79.61	892.82	11
6 John H. Jr. Bullock	88.89	85.88	85.81	88.57	85.12	86.89	26.04	88.09	91.30	92.00	88.33	0.00	906.91	0.00	26.04	880.87	11
7 Ken Applegate	86.67	81.18	80.65	84.29	77.67	84.26	84.91	77.87	86.09	86.00	76.67	78.00	984.28	76.67	77.67	829.94	12
8 Brian Bergevin	80.00	78.04	0.00	82.86	75.81	75.08	77.36	72.77	75.65	68.00	80.00	79.61	845.18	0.00	68.00	777.18	11
9 David Cook	0.00	76.47	83.23	77.14	81.40	89.51	0.00	71.06	89.57	90.00	0.00	84.31	742.69	0.00	0.00	742.69	9
10 Michael Quispe	97.78	90.59	96.13	0.00	0.00	93.44	0.00	82.98	0.00	98.00	85.00	93.73	737.64	0.00	0.00	737.64	8
11 Ric Robinette	64.44	65.49	69.03	72.86	64.65	71.15	71.32	67.66	80.87	84.00	78.33	74.90	864.71	64.44	64.65	735.61	12
12 Scott Kukel	0.00	0.00	94.84	0.00	0.00	100.00	100.00	100.00	98.26	0.00	93.33	95.29	681.73	0.00	0.00	681.73	7
13 Bill Rodgers	75.56	74.90	78.06	0.00	0.00	73.77	69.81	62.55	66.96	48.00	65.00	67.06	681.67	0.00	0.00	681.67	10
14 Brett Allendorf	48.89	40.39	71.61	80.00	62.79	76.39	65.28	64.26	68.70	42.00	58.33	63.92	742.57	40.39	42.00	660.17	12
15 Brad Labarry	0.00	67.06	67.74	71.43	60.93	68.52	74.34	65.96	70.43	40.00	0.00	62.35	648.77	0.00	0.00	648.77	10
16 George Huner	66.67	62.35	61.29	62.86	57.21	59.34	0.00	48.94	63.48	64.00	51.67	0.00	597.80	0.00	0.00	597.80	10
17 Felix Lopez	0.00	0.00	0.00	0.00	0.00	85.57	81.89	74.47	77.39	76.00	73.33	81.18	549.83	0.00	0.00	549.83	7
18 Michael VanNorstrand	60.00	54.51	60.00	0.00	0.00	56.72	48.68	52.34	49.57	54.00	55.00	52.94	543.76	0.00	0.00	543.76	10
19 Dave Cunningham	71.11	70.20	0.00	0.00	59.07	65.90	60.75	60.85	0.00	62.00	0.00	65.49	515.37	0.00	0.00	515.37	8
20 Brent Jockers	40.00	46.67	0.00	0.00	46.05	48.85	50.19	54.04	54.78	58.00	53.33	57.65	509.56	0.00	0.00	509.56	10
21 Scott McFarlane	55.56	52.94	65.16	67.14	0.00	0.00	56.23	42.13	51.30	52.00	0.00	59.22	501.67	0.00	0.00	501.67	9
22 Bill O'Dell	0.00	0.00	84.52	87.14	79.53	0.00	87.92	79.57	79.13	0.00	0.00	0.00	497.82	0.00	0.00	497.82	6
23 Tristan Mitchell	0.00	96.86	0.00	0.00	0.00	0.00	0.00	98.30	100.00	100.00	0.00	100.00	495.16	0.00	0.00	495.16	5
24 Rick Edrich	82.22	0.00	72.90	0.00	68.37	69.84	63.77	0.00	0.00	0.00	66.67	68.63	492.40	0.00	0.00	492.40	7
25 Jeffrey Olson	42.22	37.25	50.97	57.14	49.77	51.48	45.66	45.53	46.09	36.00	43.33	51.37	556.82	36.00	37.25	483.56	12

Overall Race Walk Standings

NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Total	Lowest 2	Best 10	#	
1 Ed Guiff	80.00	100.00	100.00	0.00	60.00	60.00	73.33	100.00	0.00	100.00	100.00	100.00	873.33	0.00	0.00	873.33	10
2 John Lyle	60.00	73.33	80.00	100.00	100.00	100.00	100.00	0.00	100.00	0.00	46.67	73.33	833.33	0.00	0.00	833.33	10
3 Michael Blanchard	100.00	0.00	0.00	80.00	80.00	40.00	46.67	60.00	0.00	0.00	0.00	0.00	406.67	0.00	0.00	406.67	6
4 Chuck Thies	40.00	46.67	60.00	40.00	40.00	0.00	0.00	0.00	0.00	0.00	0.00	46.67	273.33	0.00	0.00	273.33	6
5 Richard H. Ellis	0.00	0.00	40.00	60.00	0.00	0.00	0.00	0.00	60.00	0.00	73.33	0.00	233.33	0.00	0.00	233.33	4
6 Dennis Jouett	0.00	0.00	0.00	60.00	0.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	140.00	0.00	0.00	140.00	2
7 Dennis Woljan	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	60.00	1
8 Jack Finch	0.00	0.00	0.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	60.00	1

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES
December 2, 2007 4.4 Miles @ Washington Park

Place	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW HCP	OLD HCP	TS Pts	Scratch Pts
1	Webb, Geoff	56	5:19	0:36:21	0:41:40	8:16	35	87.00	106	100.00	46.67
2	Mendez, Luz	44	-11:45	0:57:45	0:46:00	13:07	24	142.00	147	98.86	23.33
3	Kuck, Kerry	50	11:03	0:35:14	0:46:17	8:00	29	83.00	89	97.71	56.08
4	McFarlane, Scott	56	12:17	0:34:17	0:46:34	7:47	27	80.00	85	96.57	59.22
5	Beebe, Kerry	53	6:44	0:39:55	0:46:39	9:04	9	98.00	102	95.43	73.33
6	Stone, Chris	40	14:38	0:32:05	0:46:43	7:17	19	72.00	77	94.29	71.76
7	Mudron, Larry	65	11:03	0:35:54	0:46:57	8:10	33	85.00	89	93.14	49.80
8	Szymanski, Peter	51	11:41	0:35:22	0:47:03	8:02	30	84.00	87	92.00	54.51
9	Olson, Jeffrey	48	11:22	0:35:41	0:47:03	8:07	32	85.00	88	90.86	51.37
10	Webb, Ellie	12	4:35	0:42:33	0:47:08	9:40	14	105.00	108	89.71	56.67
11	Lopez, Felix	54	16:17	0:30:54	0:47:11	7:01	13	67.00	71	88.57	81.18
12	Keilman, Peter	34	15:11	0:32:04	0:47:15	7:17	18	72.00	75	87.43	73.33
13	Radin, Holly	41	10:25	0:36:55	0:47:20	8:23	8	89.00	91	86.29	76.67
14	Cunningham, Dave	47	14:04	0:33:20	0:47:24	7:35	23	77.00	79	85.14	65.49
15	Okamoto, Karen	52	7:26	0:40:01	0:47:27	9:06	10	98.00	100	84.00	70.00
16	Fairs, Janet	64	-8:31	0:56:01	0:47:30	12:44	22	139.00	140	82.86	30.00
17	Jockers, Brent	57	12:36	0:34:56	0:47:32	7:56	28	82.00	84	81.71	57.65
18	Shimada, Ken	36	11:03	0:36:34	0:47:37	8:19	36	87.00	89	80.57	45.10
19	Gentry, Tim	45	20:50	0:26:51	0:47:41	6:06	3	50.00	52	79.43	96.86
20	Quispe, Michael	41	19:16	0:28:26	0:47:42	6:28	5	57.00	59	78.29	93.73
21	Rodgers, Bill	50	14:38	0:33:05	0:47:43	7:31	22	76.00	77	77.14	67.06
22	Jockers, Theresa	46	15:44	0:32:01	0:47:45	7:17	2	72.00	73	76.00	96.67
23	Johnson, Chuck	50	10:06	0:37:40	0:47:46	8:34	38	91.00	92	74.86	41.96
24	Feerst, Adam	47	21:16	0:26:34	0:47:50	6:02	2	49.00	50	73.71	98.43
25	Kazmierski, Stefan	52	17:19	0:30:32	0:47:51	6:56	12	66.00	67	72.57	82.75
26	Finch, Jack	57	10:06	0:37:49	0:47:55	8:36	39	91.00	92	71.43	40.39
27	VanNorstrand, Michael	46	12:17	0:35:39	0:47:56	8:06	31	84.00	85	70.29	52.94
28	Mitchell, Tristan	22	22:28	0:25:32	0:48:00	5:48	1	43.00	44	69.14	100.00
29	Custaldi, Colleen	32	12:54	0:35:09	0:48:03	7:59	6	83.00	83	68.00	83.33
30	Voss, Karen	42	17:19	0:30:45	0:48:04	6:59	1	67.00	67	66.86	100.00
31	Bergevin, Brian	38	17:04	0:31:01	0:48:05	7:03	14	68.00	68	65.71	79.61
32	Shaw, Dan	48	18:04	0:30:02	0:48:06	6:50	10	64.00	64	64.57	85.88
33	Paige, Lisa	49	7:05	0:41:02	0:48:07	9:20	11	101.00	101	63.43	66.67
34	Castaldi, Robert	41	16:48	0:31:20	0:48:08	7:07	16	69.00	69	62.29	76.47
35	Allendorf, Brett	39	14:38	0:33:36	0:48:14	7:38	24	77.00	77	61.14	63.92
36	Kukel, Scott	34	21:28	0:26:51	0:48:19	6:06	4	50.00	49	60.00	95.29
37	Knipps, Mike	55	7:26	0:40:54	0:48:20	9:18	43	101.00	100	58.86	34.12
38	Cook, David	42	18:19	0:30:04	0:48:23	6:50	11	64.00	63	57.71	84.31
39	Nix, Alicia	42	6:23	0:42:06	0:48:29	9:34	12	104.00	103	56.57	63.33
40	Stanley, Sheila	41	6:23	0:42:07	0:48:30	9:34	13	104.00	103	55.43	60.00
41	Black, Dave	56	-6:17	0:54:47	0:48:30	12:27	50	136.00	135	54.29	23.14
42	Applegate, Ken	59	17:19	0:31:14	0:48:33	7:06	15	68.00	67	53.14	78.04
43	Mitchell, Leslie	46	11:59	0:36:39	0:48:38	8:20	7	87.00	86	52.00	80.00
44	Greene, Eric	27	20:11	0:28:31	0:48:42	6:29	6	56.00	55	50.86	92.16
45	Robinette, Ric	55	16:48	0:32:00	0:48:48	7:16	17	70.00	69	49.71	74.90
46	Cunningham, Deb	46	16:17	0:32:32	0:48:49	7:24	4	72.00	71	48.57	90.00
47	Labarry, Brad	34	15:28	0:33:42	0:49:10	7:40	25	76.00	74	47.43	62.35
48	Reddy, Heather	38	3:06	0:46:04	0:49:10	10:28	16	115.00	112	46.29	50.00
49	Basse, Bob	52	19:57	0:29:20	0:49:17	6:40	7	57.00	56	45.14	90.59
50	Edrich, Rick	47	16:17	0:33:03	0:49:20	7:31	21	72.00	71	44.00	68.63
51	Glenn, Denise	40	17:04	0:32:19	0:49:23	7:21	3	71.00	68	42.86	93.33
52	Rothenburger, David	39	19:57	0:29:36	0:49:33	6:44	9	57.00	56	41.71	87.45
53	Quintanilla, Edwin	29	17:04	0:32:32	0:49:36	7:24	20	71.00	68	40.57	70.20
54	Bengston, Lee	70	10:06	0:39:31	0:49:37	8:59	42	93.00	92	39.43	35.69
55	Boisseau, Jay	48	11:22	0:38:47	0:50:09	8:49	40	94.00	88	38.29	38.82
56	Hnizdil, Olga	63	-4:07	0:54:32	0:50:25	12:24	20	134.00	130	37.14	36.67
57	Johnson, Jesse	22	13:46	0:36:50	0:50:36	8:22	37	88.00	80	36.00	43.53

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES
December 2, 2007 4.4 Miles @ Washington Park

Place	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW HCP	OLD HCP	TS Pts	Scratch Pts
58	Keilman, Deidre	29	7:46	0:42:51	0:50:37	9:44	15	100.00	99	34.86	53.33
59	Knipps, Joy	50	-6:17	0:57:23	0:51:06	13:02	23	142.00	135	33.71	26.67
60	Friedmann, Richard	71	-0:48	0:51:55	0:51:07	11:48	47	123.00	122	32.57	27.84
61	Woljan, Dennis	65	8:27	0:42:43	0:51:10	9:42	44	99.00	97	31.43	32.55
62	Haller, Gordon	57	15:11	0:36:03	0:51:14	8:12	34	81.00	75	30.29	48.24
63	Jeter, Lukas	34	6:23	0:45:08	0:51:31	10:15	45	107.00	103	29.14	30.98
64	Dathe, Bryon	39	2:43	0:49:11	0:51:54	11:11	46	122.00	113	28.00	29.41
65	Wischmeyer, Jerry	66	0:48	0:53:01	0:53:49	12:03	49	124.00	118	26.86	24.71
66	McFarlane, Terry	56	6:23	0:48:25	0:54:48	11:00	18	121.00	103	25.71	43.33
67	Paine, Sharyn	57	1:11	0:54:04	0:55:15	12:17	19	120.00	117	24.57	40.00
68	Black, Joe	9	7:26	0:52:33	0:59:59	11:57	48	104.00	100	23.43	26.27
69	Black, Gary	21	21:03	0:38:57	1:00:00	8:51	41	95.00	51	22.29	37.25
70	Lynn, John Calvin	62	-6:43	1:11:22	1:04:39	16:13	51	137.00	136	21.14	21.57

WALKERS

Place	NAME	AGE	START	ACT'L	FINISH	PACE	NEW HCP	OLD HCP	TS Pts
1	Guiff, Ed	63	2:51	0:50:39	0:47:48	11:31	126.00	127	100.00
2	Lyle, John	75	11:45	1:01:39	0:49:54	14:01	148.00	147	73.33
3	Thies, Chuck	61	3:42	1:08:38	1:04:56	15:36	136.00	129	46.67




NEW MEMBERS

R/W	NAME	AGE	FINISH	START	NET	PACE	GEND PLACE	NEW HCP	TS Pts	Scratch Pts
R	Webb, Matthew	14	0:46:06	11:59	0:34:07	7:45	26	79.00	60.00	60.78
R	morahan, julie		0:48:12	14:21	0:33:51	7:42	5	78.00	60.00	86.67
R	Soendker, Rodney	41	0:49:02	19:30	0:29:32	6:43	8	62.00	60.00	89.02
R	Wilson, Lisa	42	0:49:39	1:34	0:48:05	10:56	17	120.00	60.00	46.67
R	Svaldi, Sandi	54	0:55:06	0:00	0:55:06	12:31	21	137.00	60.00	33.33

NON-MEMBERS

R/W	Name	FINISH	START	NET	PACE
R	joseph derybowski	0:43:54	6:02	0:37:52	8:36
R	howard kumpf	0:43:59	3:06	0:40:53	9:17
R	frank keale	0:44:12	6:02	0:38:10	8:40
R	laurel backer	0:44:40	9:46	0:34:54	7:56
R	Colin morgan	0:46:09	9:07	0:37:02	8:25
R	jon gaudette	0:46:14	22:28	0:23:46	5:24
R	steve hibberd	0:46:16	11:03	0:35:13	8:00
R	terry ingersoll	0:48:22	16:01	0:32:21	7:21
R	Pedro Deleon	0:48:31	0:24	0:48:07	10:56
R	HILLARY SCHUBACH	0:49:14	16:01	0:33:13	7:33
R	NELSON MARTINEZ	0:51:58	3:51	0:48:07	10:56
R	RUSSELL DION	0:55:18	0:00	0:55:18	12:34

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



EMERGENCY FOOTCARE

303-789-WALK

Dr. Clinton F. Holland (9255)

Swedish Medical Plaza 1,
601 E. Hampden Ave. #410,
Englewood, CO 80113

Ankle & Foot Pain

Arthritic & Rheumatoid Feet

Bunions & Hammertoes

Children's Foot Problems

Circulation & Nerve Problems

Corns & Calluses

Diabetic Footcare

Emergency & Routine Podiatry

Flat Feet

Fractures & Sprains

Heel Spurs

Infections

Ingrown Toe Nails

Gout

Nail & Skin Problems

Neuromas

Physical Therapy

Second Opinion

Sports Medicine & Orthotics

Warts

Wound Care

Ulcer Care

Foot And Ankle Surgeon

***Wound Care Specialist**

Most Insurance Accepted

Medicare Welcome

We Offer: Jobst Compression Stockings & Footcare Supplies

Images from the December Trophy Series Race

All Photos by Stephanie Struble



December 2007 Trophy Series winners



Racewalk winners Ed Guiff and John Lyle



Volunteers at the December 2007 Trophy series race



Volunteers Kevin Downing and Liz Shepard cheering on the runners



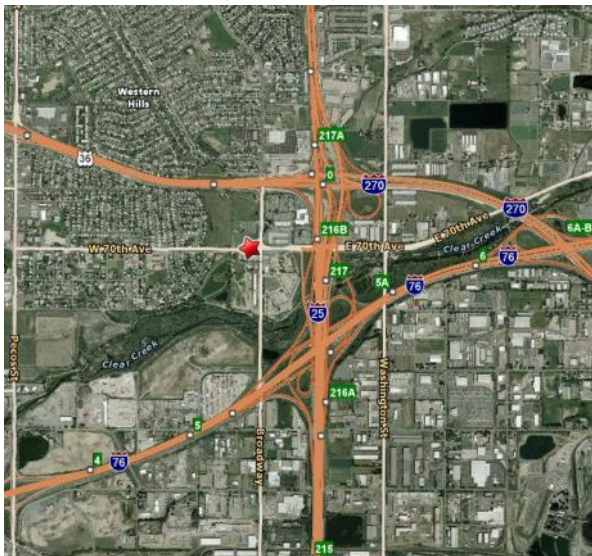
Keep Up-to-Date on All RMRR Functions, Join the RMRR Newsgroup

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/

**January Trophy Series Race
 10K @ Twin Lakes Park
 Sunday, January 6, 9 a.m.**



Twin Lakes Park is on 70th, just west of Broadway. There's a small, dirt parking lot at the park, on the south side of 70th. Please park in the larger, paved, RTD lot across the street.

From the South: Take I-25 north. At the I-76, US-36 interchange, stay to the right and follow the signs to I-76 west, exit 216B. Take the exit for 70th Ave. Do not get onto I-76. Turn left on 70th. Go about 1/2 mile, across Broadway, to the park.

From Boulder/Westminster: Take US-36 east. Take the Broadway exit, just before the I-25 interchange. Turn right for about 1/3 mile. Turn right on 70th to the park.

From the North: Take I-25 south towards Denver. Take the exit to US-36 west, towards Boulder. This takes you off the highway. Turn left at Broadway, the light at the bottom of the exit, before you get onto US-36. Turn right on 70th to the park.

From the West: Take I-76 to Pecos. Go north to 70th. Turn right to the park

Trophy Series Notes

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

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

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

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

If your **Handicap** > 120, you will start at 0:00. After the race, a negative start time will be used to calculate your TS time and place. You are responsible for **starting at your assigned time**. Please do not start an unassigned time without prior approval from the race director. No early start times allowed for 5km and shorter races. All racers must be prepared to start at the 0:00 time.

An Excel spreadsheet of the Handicap distances and times is available on the RMRR website—<http://rmrr.org/handicaps/TSHandicaps.xls>.

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

You are responsible for **following the course**. We do our best to clearly adequately mark the course. Please listen to the instructions at the start. This is true for experienced members too because course may have changed.

Dogs and baby strollers are not allowed at RMRR races due to insurance restrictions.

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

Race Walkers must follow USATF Rules:

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

Thank You for Supporting RMRR



POTTS TROTTERS



Bent Gate
 Mountaineering



2007 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Mike Acosta	8.00	Janet Fairs	48.00	Dyan Piscopo	1.00
Ken Applegate	21.00	Adam Feerst	10.25	Nathan Raaz	1.25
Bob Basse	52.25	Tim Gentry	13.25	Heather Reddy	22.75
Kerry Beebe	2.00	Janet Gold	9.50	Bob Reilly	9.25
Carol Bengston	2.00	Rob Gray	1.50	Rosalie Richter	35.50
Lee Bengston	2.00	Eric Greene	11.50	Sharyl Riley	49.25
Caroline Bergelin	1.25	Ed Guiff	12.00	Mike Robbert	11.00
Kerry Bishop	4.75	Olga Hnizdil	6.50	Ric Robinette	169.75
Makenna Bishop	2.25	Chuck Johnson	2.25	Rochelle Robinette	58.00
Michael Blanchard	31.75	Jesse Johnson	2.25	Jaquaiza Rose	2.00
Forrest Blassingame	1.50	Bonnie Keefe	74.50	David Rothenburger	8.75
John Bullock	13.50	Carmen Kitts	21.75	Lis Shepard	34.25
Lisa G. Champeau	44.75	Carl Koecher	4.50	Ray Sibley	38.75
Jim Chow	13.25	Scott Kukel	32.00	Doug Smith	130.25
Amelia Cunningham	2.50	Brad LaBarry	90.00	Stan Stanley	1.00
Dave Cunningham	14.75	John Lyle	31.25	Stephanie Struble	177.50
Deb Cunningham	107.00	Betsy Lyle	44.50	Brian Struble	46.50
Molly Cunningham	5.50	Tom Mates	40.25	Pete Szymanski	13.50
Josh Daleigh	1.75	Summer McNaughten	1.50	Chris Vanoni	12.25
Jesse Daleigh	1.75	Abe Medina	1.75	Mike Vanoni	11.50
Jovan Dorsett	2.00	Leslie Mitchell	33.00	Mick Vollmer	0.50
Alex Downing	1.00	Alicia Nix	32.50	Karen Voss	32.00
Kevin Downing	5.75	Bill O'Dell	7.50	Holly Whelan	58.25
Ericka Englert	4.00	Jeff Olson	38.25	Cindy Williams	1.50
Michelle Evans	32.00	Anna Persson	1.50	Lisa Wilson	1.50
Angela Ewari	1.50	Laurie Phenix	51.00	Bruce Wilson	1.50

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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