



News on The Run

2005 Trophy Series Results Are In

By Deb Cunningham

The 2005 RMRR Trophy Series came to a close with a cold and snowy race in Wash Park. Nick Benjamin led TS results for most of the year. He had an insurmountable 50 point lead going into the last race and used the occasion to drop a 26 point score from the November race to finish with a 78.4 point average. During the course of the year, Nick decreased his handicap from 111 to 90. Second place went to Mark Stevens. Mark averaged 74.7 points for the 10 races he ran, keeping his handicap stable near 75 for most of the year. Third place finisher Dave Mayhew was hot on Mark's heels with a 74.5 average. Fourth place went to John Bullock with an average score of 74.4. The first female finisher was Heather Reddy who dropped her handicap from 115 to 105. Heather averaged 74.2 points, followed by Holly Whelan averaging 72.0. Devin Croft finished in 7th place, followed by David Hill in 8th. Last year's winner Mike Knipps took 9th, with David Rothenburger rounding out the top 10. George Huner secured the 15th spot with only 9 races. The best 10 races count, so this is the only time someone with fewer than 10 races has won a trophy since we went to the best 10 of 12 system.

Consolation prizes go to three runners, Brad LaBarry, Jeff Olson, and Ric Robinette, who ran all 12 races, but for various reasons, didn't place in the top 20.

Race Walkers

The 2005 race walker title was a two person race for most of the season. Mike Blanchard repeated as champion, besting runner up Jan Hill by less than three points. Each raced 10 times. Mike, the holder of nearly all of the club's course records, won 5 races this year. Newcomer Jan Hill won 3. Constant top-3 competitor Ed Guiff, took third place this year and won the December race.

Female Scratch

The club's fastest female, for a record 5th year in a row is Deb Cunningham. Deb ran consistently and won 4 races this year, finishing with 974 points. Bonnie Keefe finished second for the third year in a row, moving past 3rd place Bethanie Werner after the December race. Bethanie didn't run the December race, but her nine race total of 818 points was good enough for third place. Stephanie Struble and Lisa Champeau rounded out the top 5.

Old and young speedsters Karen Voss and Angie Anderson each won three races, but neither competed in enough races over the course of the year to earn a top five trophy.

Male Scratch

Master's runner and club newcomer Tim Gentry won this year's scratch title despite running injured during September and October. Tim finished with 987 points to Scott Kukul's 971 points. Tim won 4 races this year, while Scott, last year's scratch champ won three. Devin Croft proved that old guys don't have to be slow, winning the scratch title at two TS races to finish in third place. David Rothenburger and Micheal Collyer were in the top five again this year, finishing 4th and 5th.

Adam Feerst, the only other winner of an individual race missed three races, keeping him out of contention.

Resolute Runner

Mike Knipps repeated as the Resolute Runner for 2005. Mike had a stellar performance in 2004, and built on that by outdistancing all of his competitors except one in 2005. With a big lead and a great 2005, so one could catch him! Mike started the year with an 86 handicap and finished at 92. He averaged 62.8 points per race. Second and third places went to two newcomers to the Resolute Runner standings, Deb Cunningham and Scott Kukul. Deb had a good year as well, averaging 64.2 points. Scott's 51.6 average brought him home in third place, setting up a great competition for 2006. Perennial contenders Ric Robinette and Rick Edrich both battled injuries this year. Ric's heel and Rick's concussion from the bicycle accident slowed them down for a season. Neither has missed a race in ages, so this year's higher handicaps will position both well for next year. Going into next year's race (total of 2003-2005, dropping 2002), Mike, Deb and Scott are still 1-2-3, with Deb only 90 pts back. John Bullock moves up to 4th, putting him in contention for 2007.

2006 Club Officers

By Doug Smith

The RMRR Board is composed of up to 15 members and includes the Executive Committee. In addition to serving on the Board, these individual members have volunteered to perform other responsibilities. I've also included members who perform other needed tasks within the club. Please see the list of officers on the next page and Open Volunteer Positions in the accompanying article.

Everyone who enjoys the many benefits of club membership should be very thankful to all those who choose to hold positions or perform other responsibilities within the club. Lastly, the club depends on the many volunteers who help put on each of our races. A complete list of their names is included on the back cover of each issue of *News on The Run* with the hours they have contributed.

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2006 Open Positions

By Doug Smith

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 Editor to do monthly articles to introduce items or members of interest to the rest of the club.
3. Newsletter Distribution Coordinator to print monthly mailing labels, pickup finished copies from the club office, label and deliver newsletters to the Bulk Mail Department of the US Post Office.

(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 rmrnewsletter@yahoo.com

John Pawlowski, Editor (303) 933-6780

Stephanie Struble

Jean Townsend & Chris Vanoni

Web Team

Jim Chow, Webmaster (303) 324-7082

Deb Cunningham (303) 331-8323

Jeff Olson jeffreygolson@cs.com

Mechanic

Ken Applegate (303) 733-1602

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

A Letter from the President...

The weather for the December Trophy Series Race at Wash Park was quite brisk with the sun showing itself toward the end of the race to the welcome relief of all the participants. We had a total of 75 runners and race walkers compared to 103 for last year. I want to thank Jim Chow and Heather Reddy and all those volunteering for their efforts.

It's my great pleasure to announce that Stephanie Struble has agreed to be the club's Vice President in 2006. I will continue on as President on an interim basis and until such time that Stephanie feels comfortable enough to lead the club forward. I'm also pleased to announce that Bob Basse, Robert Reilly and Karen Voss Szymanski have agreed to serve on the Board. Lee Bengston has asked to step down from the Board. Please join me in thanking Lee for his insight and efforts the last 3 years. Also, Kolene Brown, Janet Fairs, Betsy Lyle and Alan Reiley have stepped down from the Board. All but Alan, will continue to serve the club in other capacities. Their efforts were and are very much appreciated. My thanks to the other Board members who have agreed to stay on, with their presence, the continuity of the Board is ensured.

Please take a moment to review the entire list of members who will be doing their best to make our club the best running organization in Denver for 2006. See the lists on the inside of the newsletters front page and on the back page of the newsletter. Each of these members deserves our thanks and support for their efforts on behalf of our club.

Also, please take a look at the list of positions and projects in this issue that are waiting for someone to step forward and take them on. The focus in 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 Holiday Party & Business Meeting on Sunday, December 11th and the Annual Awards & Volunteer Dinner on Sunday, Jan 15th. As always, the details for these events are in *News on The Run* and on www.rmrr.org.

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.

Because of the New Year's Holiday, the next meeting is Tuesday, Jan 3rd.

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



Volunteer of the Month-Carol Bengston



Thank you Carol for everything you do to support RMRR. Carol has been selected this month's volunteer of the month for all of her tireless efforts in helping RMRR at the Trophy Series Races.

Carol is often one of the friendly faces working the finish line that we see when we get to the end of the race. Being married to Lee, our former volunteer coordinator, she was often recruited to help and did so very graciously.

Next time you see Carol at the finish line, give her a smile and a big THANK YOU for all of her help.

Open Positions

(Continued from page 1)

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 data-

(Continued on page 4)

Club Officers

(Continued from page 1)

As of the writing of this article, the club still needs a President. I will continue on an interim basis until such time as one of the other Board members feels comfortable in assuming this position. Lee Bengston has informed me that he will not be on the Board in 2006, we all owe Lee our thanks for his help the last several years.

Best wished for a prosperous and happy 2006, Doug Smith



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.

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 indi-

vidual's or group's needs. The routes selected will be on compacted dirt trail, although there may be very short portions of asphalt or concrete. 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 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.

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, Jan 8	9 am	10K	TWIN LAKES	Ric Robinette
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. May21	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: Monday, Nov 28th, 7pm

Location: Wild Oats on 1111 S Washington Street, Denver 80210

Attendees: Karen Voss, Doug Smith, Bonnie Keefe, Mike Robbert, Lisa Champeau, Stephanie Struble, Leslie Mitchell, Michelle Evans, Bob Reilly, Deb Cunningham

Visibility

1. Website issues – Host with Alan month to month. Move to Yahoo when Jim Chow can move the site.
2. RMRR signs for van – Doug has them on the van.
3. Colfax Marathon Training Series – Doug
Deb C - Feb 26, Mike Robbert ? - March 26, Doug - Apr 23.
4. RRCA Convention, Houston TX on March 8-12th Ric Robinette – long term volunteering gets complementary plane fix.
5. Colorado Sportswoman of the Year Award, nominations due Dec 15th

Increasing Membership Value

1. Awards/Volunteer Dinner, Jan 15th – Food choices are: Spinach Lasagna, Spaghetti w/ Meat Balls, & Chicken Parmesan.
2. Volunteer, Race Director Awards (trophies, hats, socks, shirts, gloves) – Doug/Bonnie RDs = Brooks gloves + RMRR socks. Volunteers w/ 30+ hrs get dryline shirt + RMRR socks. Everyone coming to the awards banquet gets a free beanie cap. Socks – Runner's Roost will pay for part of the cost of the socks if we put Runner's Roost on one side. Doug to check out the savings.
3. USA Track & Field club membership – Doug. If we need to pay a USATF fee to sanction each of our RMRR races, we would not become a USATF sanctioned club.
4. ATP, Colorado Center for Altitude Training and Performance – Doug. No word back from them on the performance testing (MCAT).

Open Positions

(Continued from page 2)

base for a bi-monthly "household" list for [Colorado Runner magazine](#))

7. Awards/Raffle Coordinator to obtain the gift certificates from the club sponsors for the club's races/events and assist the Race Director with the post-race raffle.
8. Sponsor Support Coordinator to distribute applications and the club's monthly newsletter to: Bent Gate, Golden; Boulder Running Company, Littleton; Runners Roost, Aurora/Denver/Lakewood; Runners Wild, Highlands Ranch; Sporting Women, Cherry Creek North; Two Feet To Go, Denver.
9. 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.
10. 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
11. 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.

5. CU Health Sciences – exploring a relationship to offer their testing at discounted cost for members.

Volunteer Issues

1. Volunteer of the Month – Carol Bengston for her work at the November TS. Every time she's around, she helps.
2. Outside race scoring opportunities, MS Run for Hope, Rainbow Run, etc – Doug. Board agreed that we'd increase our race fee to \$500. \$100 of that would go to the qualified RMRR member who directs the race. Before we implement this policy, outside counsel will confirm legality.
3. Awards for past members – Everyone earning awards, member/former member, is welcome to attend the banquet. Free if 15+ hrs.

Operational Items

1. Treasurer's Report – Leslie
 - Paid our comprehensive insurance. Includes insurance on the van. The insurer wants a list of van drivers. They'll insure us in 2006, but not in 2007.
 - Full year, we'll lose a small amount of money. In 2004, we had a gain. Long term, the club's objective is to break even.

Long Term Goals/Volunteers Needed

1. Board members for 2006
2. Open Positions – Doug
 - Joanne Winge starting a training group out of Westminster City Park
 - Karen Voss will work with Two Feet to Go on a weekday evening training run. Tentatively Mondays, starting in April, 2006.
 - Michelle Evans will help Joanne and Karen.
 - Karen Voss and Bob Reilly will join the board.

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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

WHITE ROCK MARATHON/HALF-MARATHON

December 11, 2005 Dallas, TX

Name	Gen	Div	OAPI	DivPI	GenPI	ChipTime	Pace	GunTime	Event
PETER SZYMANSKI	M	M4549	321	30/201	275/1775	1:41:34	7:46	1:41:43	Half
KAREN VOSS	F	F4044	119	1/178	16/1109	3:10:31	7:17	3:10:36	Marathon
DEB CUNNINGHAM	F	F4044	382	10/178	46/1109	3:33:41	8:10	3:34:26	Marathon
JANE WHITELEY	F	F5054	2134	17/52	612/1109	4:44:27	10:52	4:46:43	Marathon

CMRA CLEAR CREEK 4 MILER

December 10, 2005 Clear Creek Park

Name	AGE	Gen	PI	Time
JAY TRUJILLO	47	M	23	30:03
SCOTT MCFARLANE	54	M	26	31:19
MITCH CHESBRO	47	M	31	32:32
GEORGE HUNER	52	M	32	32:33
ED YOUNGBERG	62	M	36	32:40
MIKE KNIPPS	53	M	38	33:16
RAY GRUNDMEYER	67	M	40	33:49
MIKE VANONI	57	M	41	34:12
RICH MARTINEZ	58	M	42	34:19
MARK JOHNSON	48	M	44	34:26
CHRIS VANONI	53	F	49	36:11
LEE BENGSTON	68	M	56	37:56
CAROL JOHNSON	51	F	57	38:41

TUCSON MARATHON

December 4, 2005 Tucson, AZ

Name	Age	Gen	PI	ChipTime	Pace	Div	DivPI	GenPI	GunTime	Event
ANDREW HODSON	32	M	940	2:21:04	10:46	30-34	61	474	2:21:46	Half

CAPE COD MARATHON

October 30, 2005 Falmouth, MA

Name	PI	DivPI	Age	Gen	Div	Chiptime	Pace	GunTime
HOLLY WHELAN	685	64/116	44	F	F4049	4:31:30	10:22	4:31:45

SUNMART ENDURANCE RUN 50 K

December 10, 2005 Huntsville, TX

Name	Age	Gen	PI	GunTime	ChipTime	Pace
JASON SAITTA	27	M	2	3:18:26	3:18:26	6:24
JIM ROMERO	65	M	115	5:26:03	5:26:00	10:31

LAS VEGAS MARATHON

December 4, 2005 Las Vegas, NV

Name	Age	Gen	ChipTime	GunTime	Pace	OAPI	GenPI
ANGELA ANDERSON	25	F	3:23:28	3:24:19	7:45	403	41
JERRY O'DONNELL	59	M	4:26:04	4:28:01	10:08	3361	2379
PENELOPE O'DONNELL	56	F	4:51:25	4:54:09	11:06	4740	1563
ELIZABETH PRAZERES	40	F	5:00:22	5:05:49	11:27	5139	1741

MILE HIGH UNITED WAY TURKEY TROT 4 MILE

November 24, 2005 - Washington Park, Denver

Name	Age	GenPI	GunTime	Pace	Chip Time
JOHN GAUDETTE	20	13	22:03	5:31	22:01
EDWARD STEINHAUSER	36	25	22:57	5:45	22:54
SALIM ROTHMAN-HAJI	34	30	23:28	5:52	23:24
DAVID ROTHENBURGER	37	51	24:17	6:05	24:14
BRIDGET MACKINNON	29	4	24:40	6:10	24:38
BOB BASSE	50	64	25:13	6:19	
RICK EDRICH	45	276	30:22	7:36	30:15
BECKY EDRICH	15	85	30:28	7:37	30:21
JEFF OLSON	46	288	30:34	7:39	30:30
MONICA BRISNEHAN	35	97	30:58	7:45	30:27
MARY SIETSMA	41	109	31:14	7:49	30:59
CHARLES SCHEIBE	99	142	32:07	8:02	31:57
GRAYSON DREXEL	56	402	32:13	8:04	31:42
JESSICA LAVIGNE	32	165	32:45	8:12	30:38
MICK VOLLMAR	51	442	32:51	8:13	32:20
JIM MARTINEZ	50	492	33:27	8:22	30:55
PATTIE THURMAN	53	196	33:41	8:26	33:14
ROLAND THOMAS	56	514	33:46	8:27	32:23
ADAM HUNER	16	530	33:56	8:29	30:57
ERIC BALZHISER	35	548	34:10	8:33	33:09
JILL MULLEN	23	252	34:31	8:38	32:19
GARLAND THURMAN	57	600	34:48	8:42	34:21
RAYMOND SIBLEY	51	620	35:01	8:46	34:20
STACY RUSSELL	38	288	35:12	8:48	32:50
MARYSE THOMAS	14	334	35:58	9:00	33:34
CRAIG PELZ	28	738	36:35	9:09	33:27
PETE WALL	66	799	37:27	9:22	33:42
JENNIFER BOSSARD	38	577	39:12	9:48	37:57
GARY ANGERHOFER	63	940	39:20	9:50	38:12
CHELSEY HOOD	24	592	39:25	9:52	35:03
MANDIE HAGGERTY	26	665	40:03	10:01	35:09
ROB LAVIGNE	36	1005	40:17	10:05	38:10
DEBBY MEFFERD	58	743	40:49	10:13	39:23
ALICIA NIX	40	818	41:36	10:24	36:42
BILL MICHAELS	53	1126	41:54	10:29	41:25
TINA RICHARDS	49	1112	44:58	11:15	43:50
JOHN CLINTON	47	1315	45:06	11:17	42:46
STEPHEN KURTZ	55	1369	46:01	11:31	40:50
KIMBERLY SHELTON	36	1192	46:03	11:31	39:59
ROBERT REILLY	51	1504	48:41	12:11	46:56
NANCY KELL	99	1507	51:12	12:48	47:31
TOM DOWNEY	40	1680	1:01:18	15:20	54:16

PLEASE JOIN US FOR THE RMRR AWARDS AND VOLUNTEER BANQUET

Sunday, January 15, 2006, 6 pm

Fox Hollow Golf Club in Lakewood



Menu includes spaghetti with meatballs, chicken parmesan, or spinach lasagna.

Cost: \$15 (children and volunteers with 15+ hrs free)
All attendees receive RMRR knit beanie!!!

Please RSVP by Jan 8 with dinner choice and menu preference to Betsy Lyle at (303) 238-1135 or jandblyle@yahoo.com. Fox Hollow Golf Club is located at 13410 West Morrison Road in Lakewood (west of Kipling Parkway).

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

November, 2005 10 mi deKoevend Park

PLACE	NAME	AGE	-----TIMES-----				---HANDICAP---			-----POINTS-----		#
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	
1	Bengston, Lee	68	13:39	1:35:36	1:49:15	9:34	33	97.00	105	100.00	34.36	4
2	Dais, Hille	57	5:38	1:44:02	1:49:40	10:24	13	107.00	114	98.40	36.00	4
3	Tonini, David	29	28:07	1:22:49	1:50:56	8:17	17	80.00	87	96.80	67.18	2
4	Arman, Jesse	55	13:39	1:37:21	1:51:00	9:44	34	99.00	105	95.20	32.31	8
5	Okamoto, Karen	50	18:43	1:32:40	1:51:23	9:16	8	94.00	99	93.60	62.67	3
6	Voorhees, Rick	52	13:39	1:38:08	1:51:47	9:49	36	100.00	105	92.00	28.21	3
7	Voss, Karen	40	38:32	1:13:21	1:51:53	7:20	1	66.00	72	90.40	100.00	7
8	Knipps, Joy	48	-14:04	2:06:10	1:52:06	12:37	15	130.00	134	88.80	25.33	10
9	Fornia, William	47	28:07	1:24:04	1:52:11	8:24	21	82.00	87	87.20	58.97	3
10	Rundle, Paul	41	28:07	1:24:18	1:52:25	8:26	22	82.00	87	85.60	56.92	5
11	Gentry, Tim	43	50:40	1:01:53	1:52:33	6:11	1	44.00	51	84.00	100.00	11
12	Bullock, John H. Jr.	44	46:57	1:05:57	1:52:54	6:36	5	53.00	58	82.40	91.79	10
13	Szymanski, Peter	49	29:35	1:23:48	1:53:23	8:23	19	82.00	85	80.80	63.08	4
14	Huner, George	52	28:07	1:25:19	1:53:26	8:32	24	84.00	87	79.20	52.82	8
15	Withrow, Renee	48	12:48	1:40:46	1:53:34	10:05	11	103.00	106	77.60	46.67	10
16	Vollmar, Mick	51	29:35	1:24:03	1:53:38	8:24	20	82.00	85	76.00	61.03	6
17	Reddy, Heather	36	11:55	1:41:59	1:53:54	10:12	12	105.00	107	74.40	41.33	10
18	Hill, David	54	33:51	1:20:05	1:53:56	8:00	13	76.00	79	72.80	75.38	9
19	Basse, Bob	50	44:40	1:09:21	1:54:01	6:56	6	59.00	62	71.20	89.74	10
20	Croft, Devin	52	50:40	1:03:24	1:54:04	6:20	2	48.00	51	69.60	97.95	10
21	Mayhew, David	37	29:35	1:24:34	1:54:09	8:27	23	83.00	85	68.00	54.87	10
22	Olson, Jeffrey	46	31:45	1:22:40	1:54:25	8:16	16	80.00	82	66.40	69.23	11
23	Cunningham, Deb	44	39:49	1:14:44	1:54:33	7:28	2	68.00	70	63.20	94.67	11
24	Rothenburger, David	37	50:09	1:04:24	1:54:33	6:26	3	50.00	52	64.80	95.90	11
25	Stevens, Mark		36:34	1:19:18	1:55:52	7:56	11	75.00	75	61.60	79.49	9
26	Allendorf, Brett	36	37:53	1:18:16	1:56:09	7:50	9	74.00	73	60.00	83.59	10
27	Romero, Jim	65	37:53	1:18:21	1:56:14	7:50	10	74.00	73	58.40	81.54	3
28	Werner, Bethanie	29	35:13	1:21:01	1:56:14	8:06	3	78.00	77	56.80	89.33	9
29	Evans, Michelle	39	20:21	1:35:58	1:56:19	9:36	9	98.00	97	55.20	57.33	9
30	Struble, Brian	38	42:18	1:14:37	1:56:55	7:28	7	68.00	66	53.60	87.69	10
31	Knipps, Mike	53	25:05	1:31:54	1:56:59	9:11	30	92.00	91	52.00	40.51	11
32	Lee, Adam	33	37:14	1:20:12	1:57:26	8:01	14	75.00	74	50.40	73.33	9
33	Vanoni, Chris	54	20:21	1:37:09	1:57:30	9:43	10	99.00	97	48.80	52.00	4
34	Hancock, Michelle	37	34:33	1:23:10	1:57:43	8:19	4	81.00	78	47.20	84.00	1
35	Robinette, Ric	53	37:53	1:19:55	1:57:48	7:59	12	74.00	73	45.60	77.44	11
36	Woljan, Dennis	63	26:36	1:31:15	1:57:51	9:08	29	92.00	89	44.00	42.56	3
37	Grundmeyer, Ray	67	25:51	1:32:13	1:58:04	9:13	32	91.00	90	42.40	36.41	11
38	Kukel, Scott	31	53:08	1:05:43	1:58:51	6:34	4	47.00	46	40.80	93.85	10
39	Head, Curtis	52	36:34	1:22:20	1:58:54	8:14	15	77.00	75	39.20	71.28	8
40	Struble, Stephanie	38	28:51	1:30:25	1:59:16	9:02	7	88.00	86	37.60	68.00	10
41	Scheibe, Charles	51	30:19	1:30:29	2:00:48	9:03	28	85.00	84	36.00	44.62	9
42	Hnizdil, Olga	61	11:03	1:49:53	2:00:56	10:59	14	109.00	108	34.40	30.67	8
43	Chesbro, Mitch	47	29:35	1:31:59	2:01:34	9:12	31	86.00	85	32.80	38.46	9
44	McFarlane, Scott	54	35:13	1:26:57	2:02:10	8:42	25	78.00	77	31.20	50.77	10
45	Bearss, Joseph	35	26:36	1:37:34	2:04:10	9:45	35	93.00	89	29.60	30.26	4
46	Trujillo, Jay	47	41:04	1:23:41	2:04:45	8:22	18	69.00	68	28.00	65.13	9
47	Benjamin, Nick	29	27:22	1:38:52	2:06:14	9:53	37	89.00	88	26.40	26.15	11
48	Johnson, Mark	47	26:36	1:40:25	2:07:01	10:03	39	90.00	89	24.80	22.05	6
49	LaBarry, Brad	31	41:04	1:30:21	2:11:25	9:02	27	69.00	68	23.20	46.67	11
50	Edrich, Rick	45	46:23	1:40:03	2:26:26	10:00	38	62.00	59	21.60	24.10	9

TROPHY SERIES RESULTS CONTINUED

PLACE	NAME	AGE	-----TIMES-----				---HANDICAP---			-----POINTS-----		
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	#
62	Bengston, Lee	68	8:27	0:42:09	0:50:36	9:35	48	98.00	97	32.22	26.27	5
63	LaBarry, Brad	32	16:48	0:34:10	0:50:58	7:46	20	70.00	69	31.11	70.20	12
64	Ballard, Mark	42	13:11	0:37:58	0:51:09	8:38	37	84.00	82	30.00	43.53	7
65	Johnson, Mark	48	10:44	0:40:31	0:51:15	9:12	43	91.00	90	28.89	34.12	7
66	Hnizdil, Olga	61	4:13	0:47:19	0:51:32	10:45	19	110.00	109	27.78	34.55	9
67	Greene, Eric	25	17:49	0:33:44	0:51:33	7:40	18	68.00	65	26.67	73.33	3
68	Voorhees, Rick	52	7:26	0:44:23	0:51:49	10:05	49	101.00	100	25.56	24.71	4
69	Withrow, Renee	48	6:23	0:45:33	0:51:56	10:21	17	104.00	103	24.44	41.82	11
70	Nix, Alicia	40	9:27	0:47:17	0:56:44	10:45	18	103.00	94	23.33	38.18	2
71	Dathe, Bryon	37	1:58	0:55:29	0:57:27	12:37	51	131.00	115	22.22	21.57	1
72	Trujillo, Jay	47	16:48	0:46:12	1:03:00	10:30	50	70.00	69	21.11	23.14	10

RMRR NEW RACERS, DECEMBER 2005 TROPHY SERIES 10 mi

R/W	NAME	AGE	-----TIMES-----				---HANDICAP---			---POINTS---	
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	TS	SCRATCH	
R	Russell, Stacy	38	0:45:53	8:27	0:37:26	8:30	6	90.00	60.0	81.82	

RMRR RACEWALKERS, DECEMBER 2005 TROPHY SERIES 10 mi

Place	NAME	AGE	-----TIMES-----				---HANDICAP---			TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD			
1	Guiff, Ed	61	-3:42	0:51:27	0:47:45	11:42	128.00	129	100.00	11	



With the thrill of victory having them fired-up, these hardy Trophy Series winners have no trouble staying warm after the December TS race.



Fast finishers, Tim Gentry and Deb Cunningham.



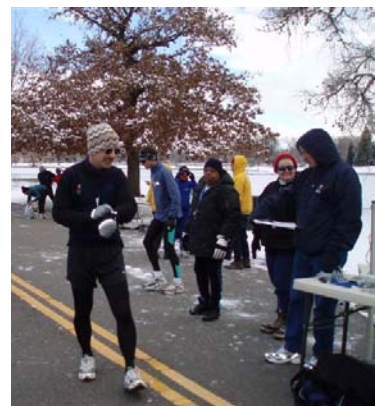
The folks who make it happen, thank you December volunteers and to anyone who's volunteered this past year.



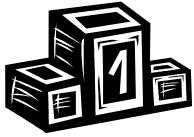
Ed Guiff proudly displays his first place ribbon in the race walk division



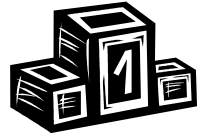
Lisa Champeau, Brad Labarry and Ric Robinette in a festive moment at the December race.



Rick Edrich checks his time at the finish line.



RMRR TROPHY SERIES OVERALL STANDINGS DECEMBER, 2005



PI	NAME	Gen	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Total	Lowest 2	Best 10	#	
1.	Nick Benjamin	M	100.0	59.5	97.5	85.1	55.4	65.0	90.1	89.9	30.7	71.3	26.4	70.0	840.8	26.4	30.7	783.8	12
2.	Mark Stevens	M	97.8	84.7	98.3	0.0	63.3	0.0	69.4	34.7	80.4	87.9	61.6	68.9	747.1	0.0	0.0	747.1	10
3.	David Mayhew	M	86.8	89.0	39.4	0.0	51.5	55.0	77.5	74.3	85.8	81.9	68.0	75.6	784.7	0.0	39.4	745.4	11
4.	John H. Jr. Bullock	M	67.1	60.5	51.2	44.2	85.6	75.0	73.9	0.0	82.2	100.0	82.4	65.6	787.7	0.0	44.2	743.5	11
5.	Heather Reddy	F	98.9	34.2	81.5	70.2	94.8	86.0	72.1	55.9	0.0	50.2	74.4	57.8	776.0	0.0	34.2	741.7	11
6.	Holly Whelan	F	0.0	60.0	43.6	73.0	50.2	78.0	68.5	89.0	84.0	95.5	0.0	77.8	719.5	0.0	0.0	719.5	10
7.	Devin Croft	M	89.0	79.2	36.8	40.5	89.5	44.0	0.0	44.8	98.2	90.9	69.6	60.0	742.6	0.0	36.8	705.8	11
8.	David Hill	M	72.6	0.0	58.7	72.1	72.5	79.0	46.1	54.0	87.6	0.0	72.8	88.9	704.2	0.0	0.0	704.2	10
9.	Mike Knipps	M	66.0	21.1	59.6	71.2	71.1	50.0	56.9	53.1	78.7	86.4	52.0	87.8	753.8	21.1	50.0	682.7	12
10.	David Rothenburger	M	69.3	77.0	47.8	69.3	69.8	68.0	50.6	62.3	75.1	74.3	64.8	37.8	766.1	37.8	47.8	680.6	12
11.	Charles Scheibe	M	60.0	98.9	96.6	0.0	90.8	37.0	49.7	0.0	89.3	83.4	36.0	34.4	676.2	0.0	0.0	676.2	10
12.	Deb Cunningham	F	73.7	51.8	50.3	79.5	62.0	52.0	56.0	51.3	92.9	57.7	63.2	80.0	770.3	50.3	51.3	668.8	12
13.	Michael Collyer	M	92.3	57.3	68.0	49.8	86.9	82.0	55.1	68.7	37.8	65.3	0.0	43.3	706.4	0.0	37.8	668.6	11
14.	Tim Gentry	M	84.7	83.6	41.9	47.9	64.6	71.0	48.8	38.4	44.9	68.3	84.0	56.7	734.6	38.4	41.9	654.3	12
15.	George Huner	M	87.9	0.0	0.0	92.6	56.7	46.0	0.0	41.1	52.0	98.5	79.2	83.3	637.4	0.0	0.0	637.4	9
16.	Brian Struble	M	33.2	47.4	65.5	61.9	98.7	80.0	80.2	47.6	25.3	0.0	53.6	62.2	655.5	0.0	25.3	630.2	11
17.	Brett Allendorf	M	29.9	49.6	85.7	34.0	52.8	92.0	59.6	52.2	0.0	59.2	60.0	84.4	659.3	0.0	29.9	629.4	11
18.	Adam Lee	M	32.1	48.5	82.3	84.2	0.0	89.0	70.3	50.3	0.0	62.3	50.4	55.6	625.0	0.0	0.0	625.0	10
19.	Ray Grundmeyer	M	38.6	52.9	90.7	57.2	38.4	69.0	82.9	43.9	48.4	63.8	42.4	73.3	701.6	38.4	38.6	624.6	12
20.	Stephanie Struble	F	35.3	31.0	52.0	42.3	100.0	85.0	65.8	75.2	36.0	0.0	37.6	94.4	654.7	0.0	31.0	623.7	11
21.	Bonnie Keefe	F	59.5	36.4	45.3	37.7	68.5	60.0	93.7	87.1	0.0	77.4	0.0	41.1	606.7	0.0	0.0	606.7	10
22.	Jesse Arman	M	85.8	93.4	78.9	0.0	0.0	0.0	29.9	65.1	46.7	42.6	95.2	52.2	589.8	0.0	0.0	589.8	9
23.	Scott Kukel	M	64.9	50.7	73.9	78.6	0.0	48.0	53.3	70.6	53.8	32.1	40.8	53.3	619.9	0.0	32.1	587.9	11
24.	Renee Withrow	F	40.8	87.9	66.3	0.0	33.1	38.0	74.8	76.1	59.1	33.6	77.6	24.4	611.9	0.0	24.4	587.4	11
25.	Joy Knipps	F	80.3	68.2	84.8	45.1	0.0	33.0	26.3	23.7	28.9	39.6	88.8	91.1	609.8	0.0	23.7	586.2	11
26.	Michelle Evans	F	62.7	74.8	63.8	60.0	44.9	0.0	0.0	27.4	55.6	78.9	55.2	50.0	573.2	0.0	0.0	573.2	10
27.	Curtis Head	M	79.2	62.7	70.5	0.0	84.3	74.0	0.0	90.8	32.4	0.0	39.2	38.9	572.0	0.0	0.0	572.0	9
28.	Bob Basse	M	60.0	72.6	35.2	53.5	43.6	41.0	0.0	31.0	64.4	75.8	71.2	54.4	602.8	0.0	31.0	571.8	11
29.	Brad LaBarry	M	34.2	25.5	41.1	43.3	93.4	76.0	82.0	69.7	43.1	53.2	23.2	31.1	615.8	23.2	25.5	567.1	12
30.	Jay Trujillo	M	37.5	66.0	23.4	76.7	0.0	0.0	73.0	82.5	57.3	94.0	28.0	21.1	559.6	0.0	0.0	559.6	10
31.	Scott McFarlane	M	57.3	69.3	46.1	47.0	41.0	73.0	51.5	78.9	0.0	47.2	31.2	46.7	589.0	0.0	31.2	557.8	11
32.	Lisa Champeau	F	0.0	22.2	72.2	66.5	83.0	64.0	84.7	77.9	41.3	41.1	0.0	0.0	553.0	0.0	0.0	553.0	9
33.	Jeffrey Olson	M	49.6	54.0	30.9	32.1	35.7	31.0	41.6	80.7	69.8	69.8	66.4	36.7	598.3	30.9	31.0	536.3	12
34.	Carmen Kitts	F	54.0	33.2	54.5	35.8	79.0	54.0	39.8	77.0	0.0	35.1	0.0	66.7	529.0	0.0	0.0	529.0	10
35.	Olga Hnizdil	F	70.4	38.6	0.0	60.9	31.8	0.0	64.9	93.6	0.0	97.0	34.4	27.8	519.4	0.0	0.0	519.4	9
36.	Rick Edrich	M	77.0	64.9	52.8	58.1	29.2	67.0	60.4	20.9	0.0	0.0	21.6	45.6	497.6	0.0	0.0	497.6	10
37.	Mark Ballard	M	0.0	60.0	0.0	96.3	92.1	87.0	89.2	0.0	0.0	26.0	0.0	30.0	480.7	0.0	0.0	480.7	7
38.	Ric Robinette	M	63.8	61.6	33.5	24.7	34.4	30.0	28.1	29.2	62.7	72.8	45.6	40.0	526.4	24.7	28.1	473.7	12
39.	Karen Voss	F	96.7	78.1	38.5	0.0	0.0	27.0	0.0	54.9	0.0	80.4	90.4	0.0	466.0	0.0	0.0	466.0	7
40.	Ken Applegate	M	93.4	0.0	69.7	74.0	75.1	39.0	27.2	0.0	0.0	38.1	0.0	47.8	464.2	0.0	0.0	464.2	8
41.	Michael Robbert	M	45.2	55.1	37.7	64.7	88.2	42.0	0.0	36.6	50.2	0.0	0.0	44.4	464.0	0.0	0.0	464.0	9
42.	Michael Acosta	M	94.5	81.4	91.6	52.6	23.9	25.0	25.4	0.0	0.0	0.0	0.0	63.3	457.7	0.0	0.0	457.7	8
43.	Adam Feerst	M	48.5	23.3	40.2	33.0	97.4	24.0	0.0	59.5	0.0	84.9	0.0	35.6	446.4	0.0	0.0	446.4	9
44.	Douglas Smith	M	60.5	71.5	60.4	0.0	0.0	40.0	85.6	56.8	0.0	0.0	0.0	71.1	446.0	0.0	0.0	446.0	7
45.	Bethanie Werner	F	51.8	63.8	64.6	38.6	39.7	0.0	0.0	37.5	34.2	56.2	56.8	0.0	443.2	0.0	0.0	443.2	9
46.	Howard Kumpf	M	39.7	44.1	78.1	0.0	26.6	90.0	37.1	32.0	23.6	0.0	0.0	64.4	435.5	0.0	0.0	435.5	9
47.	Mitch Chesbro	M	55.1	58.4	73.1	56.3	0.0	29.0	52.4	42.1	0.0	27.5	32.8	0.0	426.5	0.0	0.0	426.5	9
48.	Mick Vollmar	M	31.0	0.0	92.4	65.6	67.2	0.0	0.0	81.6	0.0	0.0	76.0	0.0	413.8	0.0	0.0	413.8	6
49.	Todd Dunning	M	43.0	39.7	42.7	62.8	25.2	84.0	87.4	0.0	0.0	21.5	0.0	0.0	406.4	0.0	0.0	406.4	8
50.	James Chow	M	75.9	91.2	26.7	59.1	42.3	0.0	0.0	26.4	27.1	45.7	0.0	0.0	394.4	0.0	0.0	394.4	8

**Resolute
Runners**

PI	FNAME	LNAME	2001	2002	2003	2004	Total
1.	Mike	Knipps	701.81	781.70	932.26	753.83	3169.60
2.	Deb	Cunningham	671.68	760.40	846.52	770.34	3048.94
3.	Scott	Kukel	815.78	792.50	795.07	619.94	3023.28
4.	Ric	Robinette	926.38	617.40	874.12	526.41	2944.32
5.	Rick	Edrich	693.67	824.40	835.08	497.60	2850.75
6.	Jeffrey	Olson	720.91	731.50	733.28	598.26	2783.95
7.	Bonnie	Keefe	671.49	687.40	664.55	606.66	2630.09
8.	Carmen	Kitts	642.91	625.50	754.98	529.03	2552.42
9.	Adam	Feerst	585.93	708.50	572.73	446.39	2313.56
10.	Leslie	Mitchell	769.57	431.50	646.62	327.58	2175.26

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	96.4	91.1	94.8	97.4	100.0	96.2	100.0	95.2	100.0	85.9	94.7	100.0	1,151.6	85.9	91.1	974.6	12
2 Bonnie Keefe	85.5	85.2	92.3	92.3	91.1	88.6	97.2	92.7	0.0	90.6	0.0	96.4	911.8	0.0	0.0	911.8	10
3 Bethanie Werner	89.1	88.1	100.0	94.8	95.6	0.0	0.0	90.3	94.3	76.5	89.3	0.0	818.0	0.0	0.0	818.0	9
4 Stephanie Struble	63.6	70.4	71.6	74.2	68.9	77.1	89.0	75.8	60.0	0.0	68.0	89.1	807.7	0.0	60.0	747.7	11
5 Lisa Champeau	0.0	64.4	79.4	84.5	77.8	73.3	91.7	83.0	88.6	71.8	0.0	0.0	714.5	0.0	0.0	714.5	9
6 Carmen Kitts	78.2	76.3	76.8	79.4	64.4	61.9	75.2	73.3	0.0	52.9	0.0	70.9	709.3	0.0	0.0	709.3	10
7 Karen Voss	100.0	100.0	97.4	0.0	0.0	92.4	0.0	97.6	0.0	95.3	100.0	0.0	682.7	0.0	0.0	682.7	7
8 Michelle Evans	70.9	73.3	74.2	81.9	60.0	0.0	0.0	61.2	54.3	62.4	57.3	60.0	655.6	0.0	0.0	655.6	10
9 Holly Whelan	0.0	49.6	48.4	51.0	55.6	54.3	61.4	58.8	48.6	57.6	0.0	63.6	548.8	0.0	0.0	548.8	10
10 Leslie Mitchell	0.0	82.2	0.0	0.0	86.7	81.0	0.0	85.5	82.9	0.0	0.0	85.5	503.6	0.0	0.0	503.6	6
11 Heather Reddy	52.7	37.8	43.2	43.2	51.1	50.5	55.9	51.5	0.0	38.8	41.3	49.1	515.2	0.0	37.8	477.4	11
12 Renee Withrow	45.5	52.6	61.3	0.0	46.7	35.2	53.1	53.9	37.1	29.4	46.7	41.8	503.3	0.0	29.4	473.9	11
13 Trisha Davis	0.0	0.0	0.0	87.1	82.2	69.5	80.7	0.0	0.0	48.2	0.0	78.2	445.9	0.0	0.0	445.9	6
14 Angela Anderson	0.0	94.1	0.0	100.0	0.0	100.0	0.0	100.0	0.0	0.0	0.0	0.0	394.1	0.0	0.0	394.1	4
15 Olga Hnizdil	41.8	34.8	0.0	35.5	37.8	0.0	39.3	44.2	0.0	43.5	30.7	34.5	342.2	0.0	0.0	342.2	9
16 Rebecca M. Edrich	0.0	0.0	81.9	0.0	0.0	84.8	83.4	80.6	0.0	0.0	0.0	0.0	330.8	0.0	0.0	330.8	4
17 Joanne Winge	74.5	0.0	0.0	0.0	73.3	65.7	0.0	0.0	65.7	0.0	0.0	0.0	279.3	0.0	0.0	279.3	4
18 Carol Johnson	56.4	0.0	0.0	48.4	42.2	39.0	50.3	0.0	42.9	0.0	0.0	0.0	279.2	0.0	0.0	279.2	6
19 Kristi Aarsby-Kail	67.3	0.0	0.0	71.6	0.0	0.0	0.0	66.1	0.0	0.0	0.0	67.3	272.2	0.0	0.0	272.2	4
20 Momoko O'Brian	60.0	58.5	0.0	61.3	0.0	42.9	0.0	49.1	0.0	0.0	0.0	0.0	271.8	0.0	0.0	271.8	5
21 Joy Knipps	30.9	25.9	25.2	30.3	0.0	23.8	25.5	22.4	25.7	24.7	25.3	27.3	287.1	0.0	22.4	264.7	11
22 Diane Rowley	0.0	40.7	0.0	76.8	0.0	0.0	77.9	68.5	0.0	0.0	0.0	0.0	263.9	0.0	0.0	263.9	4
23 Chris Vanoni	0.0	55.6	63.9	0.0	0.0	0.0	0.0	63.6	0.0	0.0	52.0	0.0	235.1	0.0	0.0	235.1	4
24 Deanna Gampp	0.0	0.0	58.7	53.5	0.0	0.0	47.6	56.4	0.0	0.0	0.0	0.0	216.2	0.0	0.0	216.2	4
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	100.0	98.7	97.8	98.7	98.3	100.0	98.8	95.3	92.3	94.3	100.0	100.0	1174.2	92.3	94.3	987.7	12
2 Scott Kukel	95.1	94.8	98.9	100.0	0.0	98.8	100.0	100.0	94.8	86.7	93.8	95.3	1058.2	0.0	86.7	971.6	11
3 Devin Croft	97.5	97.4	93.5	96.2	96.5	93.8	0.0	92.9	100.0	100.0	97.9	96.9	1062.8	0.0	92.9	969.8	11
4 David Rothenburger	91.4	96.1	95.7	97.5	94.8	96.3	96.5	96.5	97.4	96.2	95.9	92.2	1146.4	91.4	92.2	962.9	12
5 Michael Collyer	96.3	92.3	96.8	94.9	93.0	97.5	97.7	97.6	87.1	88.6	0.0	90.6	1032.4	0.0	87.1	945.3	11
6 John H. Jr. Bullock	88.9	88.4	91.4	87.3	89.6	91.4	93.0	0.0	89.7	90.5	91.8	93.7	995.6	0.0	87.3	908.3	11
7 Bob Basse	92.6	89.7	87.0	88.6	87.8	87.7	0.0	85.9	84.5	84.8	89.7	87.5	965.8	0.0	84.5	881.2	11
8 Adam Feerst	93.8	84.5	94.6	92.4	100.0	77.8	0.0	98.8	0.0	98.1	0.0	89.0	829.1	0.0	0.0	829.1	9
9 Brian Struble	66.8	75.5	76.2	77.1	82.6	81.5	89.6	87.1	48.4	0.0	87.7	82.7	855.2	0.0	48.4	806.8	11
10 Michael Robbert	86.5	91.0	89.2	89.8	91.3	88.9	0.0	90.6	81.9	0.0	0.0	85.9	795.1	0.0	0.0	795.1	9
11 Rick Edrich	90.2	93.5	92.4	91.1	84.3	92.6	94.2	21.2	0.0	0.0	24.1	84.3	768.0	0.0	0.0	768.0	10
12 Brad LaBarry	74.2	70.3	73.0	75.9	77.4	75.4	86.1	84.7	66.5	73.3	46.7	70.2	873.5	46.7	66.5	760.4	12
13 Brett Allendorf	54.5	69.0	71.9	63.2	68.7	74.2	82.6	75.3	0.0	67.6	83.6	78.0	788.6	0.0	54.5	734.1	11
14 Ric Robinette	82.8	81.9	75.1	70.8	72.2	61.8	64.1	63.5	63.9	71.4	77.4	68.6	853.6	61.8	63.5	728.2	12
15 Mark Stevens	61.8	57.4	79.5	0.0	75.7	0.0	78.0	64.7	69.0	75.2	79.5	74.9	715.7	0.0	0.0	715.7	10
16 Adam Lee	48.3	56.1	65.4	65.7	0.0	72.9	83.8	74.1	0.0	65.7	73.3	71.8	677.2	0.0	0.0	677.2	10
17 Jay Trujillo	64.3	74.2	55.7	74.6	0.0	0.0	81.4	80.0	71.6	79.0	65.1	23.1	669.2	0.0	0.0	669.2	10
18 Scott McFarlane	72.9	72.9	68.6	60.6	60.0	65.5	66.4	65.9	0.0	61.9	50.8	65.5	711.1	0.0	50.8	660.3	11
19 David Hill	70.5	0.0	63.2	58.1	63.5	63.1	62.9	60.0	58.7	0.0	75.4	76.5	651.8	0.0	0.0	651.8	10
20 Ken Applegate	85.2	0.0	83.8	86.0	86.1	79.1	72.2	0.0	0.0	69.5	0.0	81.2	643.1	0.0	0.0	643.1	8
21 Jeffrey Olson	65.5	67.7	58.9	54.3	53.0	48.3	57.1	58.8	53.5	58.1	69.2	54.5	699.1	48.3	53.0	597.8	12
22 Curtis Head	71.7	61.3	66.5	0.0	65.2	60.6	0.0	68.2	45.8	0.0	71.3	63.9	574.5	0.0	0.0	574.5	9
23 David Benedict	84.0	79.4	84.9	79.7	80.9	0.0	0.0	83.5	0.0	63.8	0.0	0.0	556.1	0.0	0.0	556.1	7
24 David Mayhew	56.9	53.5	51.4	0.0	51.3	53.2	55.9	54.1	51.0	56.2	54.9	59.2	597.7	0.0	51.0	546.7	11
25 Charles Scheibe	36.0	45.8	60.0	0.0	58.3	54.5	59.4	0.0	56.1	60.0	44.6	40.4	515.1	0.0	0.0	515.1	10

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	100.0	52.0	100.0	100.0	73.3	84.0	100.0	0.0	60.0	100.0	40.0	0.0	809.3	0.0	0.0	809.3	10
2 Jan Hill	F	84.0	84.0	0.0	80.0	86.7	52.0	46.7	100.0	100.0	73.3	100.0	0.0	806.7	0.0	0.0	806.7	10
3 Ed Guiff	M	68.0	68.0	36.0	60.0	60.0	36.0	0.0	60.0	80.0	46.7	60.0	100.0	674.7	0.0	36.0	638.7	11
4 Sheila Molde	F	60.0	100.0	68.0	0.0	100.0	68.0	0.0	0.0	0.0	0.0	0.0	0.0	396.0	0.0	0.0	396.0	5
5 John Lyle	M	36.0	0.0	84.0	40.0	33.3	0.0	73.3	0.0	40.0	0.0	80.0	0.0	386.7	0.0	0.0	386.7	7
6 Jan Hallez	F	52.0	36.0	52.0	0.0	46.7	100.0	0.0	0.0	0.0	0.0	0.0	0.0	286.7	0.0	0.0	286.7	5
7 Cynthia Chow	F	0.0	0.0	0.0	0.0	0.0	0.0	0.0	60.0	0.0	0.0	0.0	0.0	60.0	0.0	0.0	60.0	1

JANUARY 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Kwanzaa 5K 10 am Aurora Municipal Court (4)</p>	<p>2</p>	<p>3 Washington Park Fun Run, 6:00 pm, South High Parking Lot (1) RMRR Board Meeting, 7 pm Wild Oats</p>	<p>4</p>	<p>5 Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>6</p>	<p>7 RMRR Training Run, 8 am Goodson Rec. Center, deKoevend Prk, Littleton (1)</p>
<p>8 RMRR Trophy Series, 9:00 am, 10K Twin Lakes (1)</p>	<p>9</p>	<p>10 Washington Park Fun Run, 6:00 pm, South High Parking Lot (1)</p>	<p>11</p>	<p>12 Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>13</p>	<p>14 RMRR Training Run, 8 am Goodson Rec. Center deKoevend Prk, Littleton (1) The Swift Skedaddle 4K fun/10K Race Snowshoe 10am, Silverthorne (3) Run for the Dream 5K 10 am Aurora Muni Court (4) Crazy 8s 8mi/16mi 10 am Aurora Res (4)</p>
<p>15</p>	<p>16</p>	<p>17 Washington Park Fun Run, 6:00 pm, South High Parking Lot (1)</p>	<p>18</p>	<p>19 Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>20</p>	<p>21 RMRR Training Run, 8 am Goodson Rec. Center deKoevend Prk, Littleton (1) Chilly Cheeks Duathlon (5) 10 am, Cherry Creek Res 5K for Krista (4) 9 am Aurora Reservoir</p>
<p>22</p>	<p>23</p>	<p>24 Washington Park Fun Run, 6:00 pm, South High Parking Lot (1)</p>	<p>25</p>	<p>26 Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>27</p>	<p>28 RMRR Training Run, 8 am Goodson Rec. Center deKoevend Prk, Littleton (1)</p>
<p>29 Polar Bear 5K Run/Walk 10 am, Wash Park (6)</p>	<p>30 RMRR Board Meeting, 7 pm Wild Oats, Wash Park</p>	<p>31 Washington Park Fun Run, 6:00 pm, South High Parking Lot (1)</p>	<p>(1) www.rmrr.org (2) www.groups.yahoo.com/group/denvertrailrunners, 303-282-392 (3) http://www.racingunderground.com/skedaddle.html (4) www.active.com (5) www.racingunderground.com (6) www.bkbltd.com</p> 			



2005 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	16.50	Bret Gerhold	4.50	Scott McFarlane	7.00
Michael Acosta	8.00	Janet Gold	16.00	Angela Meyer	7.00
Gary Angerhofer	4.00	James Grant	10.50	Leslie Mitchell	37.50
Ken Applegate	17.00	Rob Gray	11.00	Brian Moore	0.75
Mark Ballard	31.25	Jennifer Grinspoon	1.25	Alicia Nix	35.00
Bob Basse	20.50	Ray Grundmeyer	10.50	Christopher O'Brian	7.00
Jim Beebe	24.50	Ed Guiff	10.60	Momoko O'Brian	7.00
David Benedict	8.00	Jan Hallez	3.00	Jeffrey Olson	38.50
Carol Bengston	4.00	John Hallez	10.00	John Pawlowski	96.50
Lee Bengston	23.50	Peter Hallez	7.00	Heather Reddy	37.50
Michael Blanchard	17.00	Curtis Head	4.00	Robert Reilly	7.25
Forrest Blassingame	3.00	Michael Heitz	11.50	Tina Richards	4.00
Kolene Brown	65.50	Haynes Hendrickson	6.00	Rosalie Richter	40.50
John H. Jr. Bullock	16.50	David Hill	18.00	Sharyl Riley	37.50
Tammy Bullock	1.00	Jan Hill	15.00	Lance Risi	7.00
John Cable	3.00	Janet Hoffman	3.75	Kasandra Robbert	18.00
Kelly Carr	7.50	Thomas Johnson	17.00	Michael Robbert	48.75
Lisa Champeau	66.75	Parthenia Jones	18.25	Ric Robinette	59.75
James Chow	157.00	Bonnie Keefe	148.50	Anthony Rodriguez	33.75
Dave Cunningham	2.50	Nancy Kell	5.50	Jim Romero	3.50
Deb Cunningham	73.00	Lynn Kelly	3.50	David Rothenburger	8.50
Hille Dais	1.00	Matt Kennedy	3.50	Paul Rundle	6.50
Trisha Davis	11.00	Carmen Kitts	30.50	Adam Schlegel	10.00
Tom Devine	4.00	Carl A. Koecher	17.25	John Shanahan	10.00
Todd Dunning	4.00	Scott Kukel	36.00	Ray Sibley	29.50
Rick Edrich	4.00	Howard Kumpf	30.00	Andrea Smith	10.75
John Estes	4.25	Brad LaBarry	152.75	Douglas Smith	226.75
Michelle Evans	26.00	Brad Logar	7.25	Kevin Standbridge	7.00
Janet Fairs	51.00	Betsy Lyle	51.00	Nancy Stone	12.00
Adam Feerst	16.50	John Lyle	55.50	Diane Stoner	14.25
Diana Furr	3.50	Tom Mates	44.75	Brian Struble	27.50
Ron Furr	3.50	David Mayhew	8.00	Stephanie Struble	57.00
Tim Gentry	20.00	Dylan Mayhew	2.00	Maryse Thomas	4.00



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

Nick Crespi	1	Katy Patrick	16
Ray Sibley	1	David MacBean	18
Katherine Bellon	2	Clyde Wadsworth	18
Paul Fornia	2	Mike Abbott Jr.	19
Amy Padden	2	Robert Bussey	19
Kyle Kelly	3	Robert H. Fries	19
Tyler Thurman	3	Ray Grundmeyer	24
Edith Zemanick	3	Jean Townsend	24
Rosalie Richter	4	John Routa	25
Linda Painting	5	Linda Arman	26
Michael Worrall	5	Gene Dannenberger	27
Rick Voorhees	6	Pete Wall	27
Jeff O'Reilly	8	Kolleen Quinn	28
John Estes	9	Greg Woskow	28
Jim Baas	10	Albert Zindel	28
Nancy Kell	10	Brian Moore	29
Bob Basse	12	Jay Wissot	29
Joel Munn	13	Gene Hardy	30
Lilo Over	14	Derrick Huner	30
Michael Homer	15	Marcia Huner	30
Linda Drexel	16	Paula Lambert	30
Sue Golden	16	Camille Paige	31

Name	Hours	Name	Hours
Chris Vanoni	72.00	Eric Wartchow	7.00
Megan Vanoni	5.00	Bethanie Werner	8.50
Mike Vanoni	59.50	Holly Whelan	10.75
Mick Vollmar	5.25	Jane Whiteley	4.00
Rick Voorhees	19.00	Renee Withrow	8.00
Karen Voss	1.75		

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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