



News on The Run

A Letter from the President...



Despite the threat of rain, we had a good turnout for the May Trophy Series at Carson Nature Center, and our Race Directors Alicia Nix and Heather Reddy put on another great race. For the second year in a row, we've had to redesign the course there to deal with construction, and I want to thank Ric Robinette for ensuring that, despite what your split times may have had you thinking, the new course was exactly 5 miles. As it turns out, the mile markings on the Platte River trail are a bit inaccurate, so don't be surprised if your splits for the first and last mile were a little faster than you expected. Speaking of the course at Carson Nature Center, some members have raised questions as to whether the official course for the race should be the paved path, the dirt trail adjacent to the path in most places, or some combination of both. We will be discussing this at our next board meeting and will have a "rule" for next year's race there. If you've got an opinion on the matter, please drop by the board meeting or speak to a board member.

We have recently encountered some issues with scoring. We are requesting that if you notice an issue with your results from a Trophy Series race, please send an email to our website, email Brad, myself or Ric Robinette, or otherwise put your concern in writing before the next trophy series race. This will help us with scoring and keep us from having to go back and rescore races.

Chris Vanoni, our Colorado State Representative for RCRA, will be hosting a meeting of all the Colorado running clubs this fall. The meeting will likely be held on the same weekend as a local running event, possibly the Denver Marathon. In an effort to make it easier for distant clubs to participate, we're looking for people who are willing to host representatives from those clubs for the weekend. For more information, please talk to or e-mail Chris at vanonic@amc.org. Also, September 21, 2007, is National Run@Work day. Chris is going to organize some events for that day and is looking for people to lead runs at their work or at locations throughout the City. If you are interested in leading a run or have ideas, please let Chris know.

Our goal for this year is to increase membership. Membership numbers have been declining and the Board decided it to focus on increasing our membership numbers this year. You, as members, can help us with this goal by talking up the club to friends, family and coworkers and passing out applications. For our part, this month RMRR will be at the Colfax Marathon Expo talking up our group and the benefits of joining RMRR. In addition, at a recent Board meeting we decided to keep the entry fee for nonmembers at TS races at \$5. We are hoping that by getting nonmembers to try our races at a very cheap price, we can convince them to become members. Further, we are still looking for ideas and help designing and printing a poster to help promote the club in running stores, at race expos, and so on. We would like to have a design that gives a good feel for the unique aspects of the club, not just another print of people running. Brian has come up with a rough sketch of an idea which is to have a map of Denver with the Trophy Series courses marked on the map. We'd like to hear about any other ideas people may have. If you have ideas, or if you have experience as or connections with graphic designers, artists, or printers, please let me know.

See you at the next Trophy Series - Saturday June 2 at 8 am at Stone House Park!

Member Profile: *Bill O'Dell*

By *Alicia Nix*

I met with Bill O'Dell and could not help being inspired by his stories, courage and his passion. He loves to participate in sports, eat healthy, and has a great passion and appreciation for children.

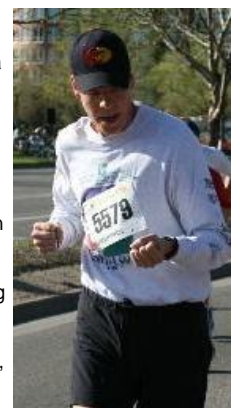
Bill told me that he honestly did not run in many TS races but, has begun to participate in more races with the club, particularly the longer runs. He used our Marathon Training series to train for his first marathon. His first marathon was the P.F Chang, in 2007. He ran the marathon in 3:29 and ended up qualifying for Boston. He had had neither pre-thought of qualifying nor understanding of his accomplishment. He had gone just to run a marathon and states, "he went at a comfortable pace and completed." He also told me that he had to reach deeper inside himself than he had ever expected or imagined to run that distance. Since Bill had four surgeries to fix his clubfoot before he turned five, it is even more to admire his marathon time, qualifying run for Boston, and membership into the RMRR.

After 15 years of drinking 15 diet sodas a day, Bill found himself not feeling well. He went to a holistic doctor and was told he had aspartame poisoning and a seizure disorder that was related to all the caffeine he had been ingesting therefore, he was told to change his eating habits and to quit drinking soda. He did just that and more. He also quit all sugar intakes, went to eating more fruits and vegetables, began to drink and eat soy products, and became cognizant of all he put into his body. He lost twenty pounds from the lifestyle change. As an addition and enhancement to his lifestyle change, he now has a ritual which includes interval training two times per week and boot camp on Saturdays with a great instructor named Linda Brinkman at the Colorado Athletic Club in Inverness. He feels better than ever.

Out of the all his passions Frisbee would have to be on the upper part of his list. He won a National Tournament at Penn State in 1977. Finished 16th in the World Championships that year and also made the U.S.A. Ultimate Frisbee team. He still plays and loves to provide demonstrations to students in schools. Its part of the love and admiration he has for children. In Hannibal, New York he taught 5th and 6th grade. Included with these passions he stated, "he enjoys his working relationships with his clients (he is a Document Imaging Manager), is a die hard Nuggets fan, and has a continued goal to have fun when he runs."

When I asked Bill about a particular philosophy he might have, he stated, "He didn't have any for running but he had a profound philosophy for teaching: "Provide Positive attention with accountability through consequences" He further states, "notice the little things in people or children it can make a real difference."

It was a pleasure to meet this gentle, passionate individual who cares deeply about every facet of his life and the way he lives. He offered me words of praise and support as I learned of his own courage to change various aspects of his lifestyle and his own childhood challenges. It is his on-going attention to detail and self-fulfillment that we discover his truest qualities cannot be bottled but must be acquired.



**2007 RMRR
Executive Committee**

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Stephanie Struble, 303-333-0173

Vice President

Bob Reilly, 303—522-5410

Secretary

Deb Cunningham, 303-331-8323

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
Devin Croft
Dan Haney

Volunteer Coordinator

Lisa Champeau, 303-777-2261

Communications

Michelle Evans

Computer Database/Race Scoring

Brad Labarry

Non-Board, Non-Voting Positions

Special Events

Betsy Lyle

Quartermaster

John Lyle

Newsletter rmrrnewsletter@yahoo.com

Jim Chow, Editor 303-997-2864
Stephanie Struble
Chris Vanoni
Holly Whelan

Web Team

Jim Chow, Webmaster
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Race Permits

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Allied Clubs

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[Phidippides Track Club](#)

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
Sat. Jun 2	8:00 AM	2.4 MI	STONE HOUSE PARK	Brian Bergevin/Steph Struble
Sun. Jul 8	8:00 AM	2 MI	BIBLE PARK	Carmen Kitts/Doug Smith
Fri. Aug 3	6:30 PM	5K	DEKOVEND PARK - BBQ	John & Betsy Lyle
Sat Sep 8	8:00 AM	8 MI	CHATFIELD RESERVOIR	Rick Voorhees/John Bullock
Sun. Oct 7	9:00 AM	10 MI	WATERTON CANYON	Ray Sibley
Sun. Nov 4	9:00 AM	9 MI	WESTMINSTER CITY PARK	Ric Robinette, Race Dir. Training
Sun. Dec 2	9:00 AM	4.4 MI	WASHINGTON PARK	OPEN

Colfax Marathon Training Series Schedule

Sun. May 20 26.2 mi COLFAX MARATHON No race director needed.

Fall Marathon Training Series Schedule

Sun. Jul. 15 8 a.m. 10 mi [WESTMINSTER CITY PARK](#) Janet Fairs/Mike Blanchard
Sun. Aug. 5 8 a.m. 15 mi [WESTMINSTER CITY PARK](#) Dave & Deb Cunningham
Sun. Aug. 26 8 a.m. 20 mi FRONT RANGE COM COLL Holly Whelan
Sun. Sep. 23 8 a.m. 20 mi [WESTMINSTER CITY PARK](#) Bonnie Keefe/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. 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 indi-

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

Track Workouts

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

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

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

Training Partner Program

Call Devin Croft (303) 978-9342, dctrainer@comcast.net. 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.

BOARD MEETING MINUTES

April 30, 2007 RMRR - Board Meeting Agenda

Attendees: Holly Whelan, Doug Smith, Bonnie Keefe, Bonnie Keefe, Stephanie Struble, Deb Cunningham, Mike Robbert, Leslie Mitchell, Heather Reddy, Brad LaBarry, Jeff Olson, David Rothenburger, Jim Chow, Lisa Champeau, Ric Robinette, Chris Vanoni

Trophy Series

May Race – Race Course, Volunteers. Two possible courses for Saturday. Ric has designed a course that takes into account the bridges that are closed. We will go back to an out and back course rather than the course from last year.

Timers: One works, one doesn't. The one that doesn't gives a different error message each time it's turned on. Brad will look at old chronomix timers to see if they will work.

Cash box has \$600 in it. Time to make a deposit. Check total after TS. Any discrepancies in results need to be reported in writing. Brad would like reports before he scores the next race.

Colfax Marathon Training Series

1. 20-Miler recap. 50-60 runners, but race went fine. Colfax normally pays us after the Marathon.

Newsletter

1. New Printer. Have newsletter. Holly will stamp & mail in the next day or two. Mail isn't dependable. Some people get them early, some haven't received at all.

Website

No issues to report

Volunteer Issues:

1. Volunteer of the Month. The Board voted for Karen Voss & Peter Szymanski for Kids Run America and for directing the 20 mile Colfax race. Sheryl Riley was also nominated.

Operational Items:

Treasurer's Report. Income stmt YTD last yr vs this year. Down \$400 vs last year due to Space Age credit union revenue. Memberships are down a bit, but that is usually just timing. Qwest grant came in earlier this year vs last. Expenses are also down. This is also largely a timing issue. Air Aide money not in yet.

Qwest Grant –Kids Run America or other ideas. Karen Voss was unable to attend so there was no news on number of kids running so will wait for next Board meeting to discuss.

Track workouts – good turnout – 20 people. Some members, some non-members who want to join. Need to get apps to take with.

Member renewals – should we amend the renewal form to allow for 3 year renewals? No, we won't advertise multi-year memberships – it causes too many accounting problems and we need to use up our current apps first.

Running magazine sponsorship of race(s). No, because Running Times wants email addresses of members. We aren't selling the mailing list.

Club has a comp entry to the Copper 1/2 Marathon. We'll raffle this at the June race.

Don't have Bolder Boulder comp entries yet. They have new personnel and this fell through the cracks. Lisa will look into and try to get before Trophy Series.

Next board meeting falls on Memorial Day. Move it to Tuesday, May 29.

Colorado State Rep - Chris Vanoni

State meeting – Chris will be holding a state meeting in connection with a race. She has a budget of \$100 to use for the event. Chris is looking for club members to host a visiting rep. so that they don't have to pay hotel costs. Some states have clubs who do a lot of together – competitions. Colorado has ~20 clubs. Lisa Paige tried to schedule a past meeting in Colorado Springs. They rented hotel space & no one showed. Chris wants to hold this in connection with a local race. Board Members suggested the Denver Marathon since it is in Denver.

Run at work day is in September. RRCA has a kit available online to tell you how to get an event organized at your workplace. Chris would like to see if RMRR members would like to lead runs on that day or otherwise participate.

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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
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7am-10pm Everyday

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CMRA SAND CREEK 5 MILER

April 7, 2007 Denver

Name	Age	Gen	PI	Time
ADAM FEERST	47	M	8	31:20
DAVID ROTHENBURGER	38	M	11	33:21
KAREN VOSS	41	F	17	35:49
DENISE GLENN	39	M	25	38:40
JIM ROMERO	67	M	27	39:02
CHRIS STONE	40	M	28	39:26
RIC ROBINETTE	54	M	29	40:14
THERESA JOCKERS	45	F	30	40:22
SCOTT MCFARLANE	56	M	31	40:33
ROSS WESTLEY	70	M	33	40:41
PETER SZYMANSKI	51	M	35	40:55
JOE METHNER	45	M	37	41:28
GEORGE HUNER	53	M	39	41:57
BRENT JOCKERS	56	M	41	43:32
RICH MARTINEZ	60	M	45	43:52
KEN SIMONS	69	M	47	44:25
LESLIE MITCHELL	45	F	48	44:27
MIKE VANONI	58	M	51	47:31
ED EWING	53	M	54	48:49
CHRIS VANONI	55	F	61	57:51
LARRY VINCENT	66	M	62	1:01:08

GO METRO STATE DOWNTOWN 5K

April 15, 2007 Denver

Name	Age	Gen	GenPI	Time
HECTOR MARTINEZ	23	M	16	16:57
JEFFREY YOUNG	51	M	39	20:12
ED KING	54	M	42	20:52
JC MARTINEZ	51	M	64	22:38
MICOL ROTHMAN-HAJI	35	F	16	23:32
MIKE FONTES	54	M	90	25:20

BELLEVIEW CHIROPRACTIC 5K

April 22, 2007 Cherry Creek State Park

Name	Age	Gen	PI	Time	Pace	Event
VAL SHOCKLEY	41	F	11	21:50	7:00	Run
LIS SHEPARD	42	F	109	39:18	12:36	Walk



SURVIVOR STRIDES FOR EPILEPSY 5K

April 22, 2007 Washington Park

Name	Gen	PI	DivPI	GenPI	Pace	Time
RODNEY SOENDKER	M	11	8/95	11/100	6:45	20:56
ANDREA MILSTEIN	F	132	72/95	56/91	12:33	38:57

Racing in Other Places

Compiled by Chris Vanoni



HORSETOOTH HALF MARATHON

April 14, 2007 Fort Collins

Name	Gen	PI	DivPI	Div	Time	Pace
RICH CARNEY	M	206	56	30-39	1:48:32	8:17
ROSS WESTLEY	M	352	1	70-99	1:57:26	8:58

GREENLAND TRAIL RACES 50K/25K/8MI

April 14, 2007 Greenland, CO

Name	Age	Gen	PI	Time	Pace	Event
MICHAEL QUISPE	40	M	3	1:50:51	7:09	25K
KAREN VOSS	41	F	17	2:05:18	8:04	25K
JAMES BRANSON	50	M	56	2:30:22	9:41	25K
DAVID GILLIKIN	52	M	61	2:32:01	9:48	25K
JIM ROMERO	67	M	62	2:33:37	9:54	25K
SCOTT MCFARLANE	56	M	78	2:37:53	10:10	25K
RANDALL CALEY	46	M	96	2:52:13	11:06	25K
LEE RHODES	73	M	119	3:12:04	12:22	25K
DEB CUNNINGHAM	45	F	24	5:08:53	9:57	50K
JEFF O'REILLY	47	M	29	5:20:11	10:19	50K
BOB BASSE	52	M	10	59:42	7:28	8mile
JOE METHNER	45	M	36	1:12:56	9:07	8mile
JOHN ROUTA	45	M	58	1:18:19	9:48	8mile
MYRA RHODES	74	F	95	1:29:17	11:10	8mile
JENNIFER BOSSARD	39	F	103	1:32:46	11:36	8mile
ALICE SMITH	52	F	116	1:43:45	12:59	8mile

BOSTON MARATHON

April 16, 2007 Boston, MA

Name	Age	Gen	Pace	Time	OAPI	GenPI	DivPI
KENNETH SOULE	45	M	0:06:35	2:52:26	435	406	66
ANTHONY BEESON	31	M	0:07:10	3:07:53	1639	1549	1128
TIMOTHY GENTRY	44	M	0:07:49	3:24:42	4252	3748	1287
TIMOTHY WOLFE	43	M	0:08:01	3:30:13	5598	4738	1779
DAN SHAW	47	M	0:08:14	3:35:41	6898	5600	2181
ALYN PARK	56	F	0:08:27	3:41:12	8254	1839	36
MICHAEL HEITZ	55	M	0:09:08	3:59:14	12815	8737	1641
JAY WISSOT	62	M	0:09:35	4:10:55	14784	9621	281
DAVID STARK	59	M	0:09:37	4:12:05	14939	9701	1954
SCOTT VANEYK	37	M	0:09:44	4:14:51	15301	9870	3730
LAURIE PHENIX	48	F	10:01	4:22:27	16211	5920	1935

HIGHLANDS RANCH ADVENTURE 10K/5K

April 21, 2007 Highlands Ranch

Name	Age	Gen	PI	DivPI	GenPI	Pace	Time	Event
ERIN KUECHLER	30	F	21	3/30	4/50	8:33	53:03	10K
ABRAHAM MEDINA	30	M	41	14/29	31/69	9:25	29:14	5K
DAN WALL	46	M	100	11/13	56/69	11:33	35:51	5K

DESERT R.A.T.S. TRAIL RUNNING FESTIVAL 25/50 MILE

April 21-22, 2007 Fruita, CO

Name	Age	Gen	PI	DivPI	Div	Time	Pace	Event
JEFFREY YOUNG	51	M	15	3/18	M5099	4:01:31	9:40	25 Mi
JANET HATTLSTAD	36	F	109	29/37	F3549	6:10:42	14:50	25 Mi
SYLVIA MARTINEZ	23	F	128	21/21	F0134	7:10:24	17:13	25 Mi
BILL MOYLE	68	M	131	15/18	M5099	7:27:35	17:55	25 Mi
HECTOR MARTINEZ	23	M	7	4/15	M0134	8:27:51	10:10	50 Mi

SALT LAKE CITY MARATHON HALF/MARATHON

April 21, 2007 Salt Lake City, UT

Name	Age	Gen	PI	ChipTime	Pace	DivPI	OAPI	GenPI	GunTime	Event
MARK STEVENS	48	M	1035	2:02:46	9:22	62/91	1035/2406	596/986	2:04:00	Half



ELBERT REFLECTIONS 5K

April 21, 2007 Elbert, CO

Name	Age	Gen	GenPI	DivPI	Time
MITCH CHESBRO	48	M	12	4/9	0:25:42
KEN SHIMADA	35	M	14	2/4	0:26:04

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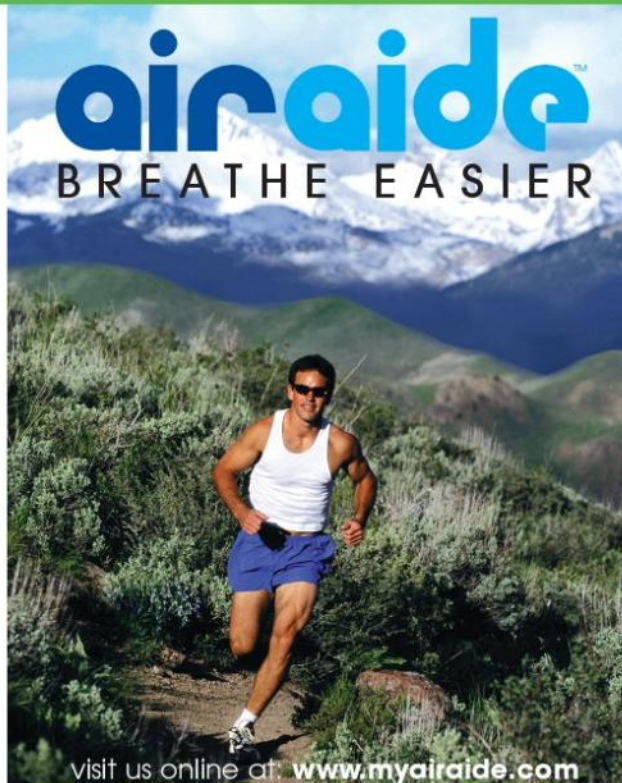
April 21, 2007 Chatfield State Park

Name	Age	Gen	PI	Time	Pace
MICHAEL QUISPE	40	M	5	48:43	6:36
KAREN VOSS	41	F	15	56:00	7:35
JIM ROMERO	67	M	38	1:02:46	8:30
DAVID MCGILLIVARY	56	M	49	1:07:16	9:07
ROSS WESTLEY	70	M	52	1:10:29	9:33
DAVE BLACK	56	M	62	1:43:06	13:58



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10 & 20 MILE COLFAX MARATHON TRAINING SERIES
April 22, 2006 Westminster

Name	Age	Gen	PI	Time	Event
DAVID COOK	41	M	1	1:13.16	10mi
BILL O'DELL	48	M	2	1:18.27	10mi
BRETT ALLENDORF	38	M	3	1:25.59	10mi
DENNIS DEPAKAKIBO	36	M	4	1:29.14	10mi
LESLIE MITCHELL	45	F	6	1:34.03	10mi
BRUCE WILSON	43	M	8	1:36.08	10mi
LISA WILSON	41	F	15	1:53.50	10mi
TRISTAN MITCHELL	21	M	1	2:13.49	20mi
MARK RAMSEY	44	M	13	3:05.50	20mi
MARK JOHNSON	49	M	21	3:35.29	20mi

EUGENE MARATHON

April 29, 2007 Eugene, OR

Name	Gen	OAPI	DivPI	GenPI	Time	Pace
JASON SAITTA	M	9	6/119	9/835	2:26.27	5:36

DASH & DINE 4

May 1, 2007 Coot Lake, Boulder

Name	Age	Gen	GenPI	PI	Div	DivPI	Time	Pace
KEVIN GLODAVA	30	M	22nd	25	30-39	10th	22:03	7:06

HIGHLANDS RANCH CINCO DE MAYO 5K

May 5th, 2007 - Highlands Ranch, CO

Name	Age	Gen	PI	DivPI	GenPI	Time	Pace
MICHAEL ROACH	51	M	8	1/7	9/89	20:44	6:41

BOULDER DISTANCE CARNIVAL 15K

April 29, 2007 Boulder Reservoir

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace
LARRY STELLER	40	M	48	39th	40-44	9th	1:08:29	7:21
BONNIE KEEFE	42	F	89	26th	40-44	7th	1:18:28	8:26
DOUG SMITH	57	M	113	71st	55-59	3rd	1:23:16	8:56
STEPHANIE STRUBLE	40	F	127	52nd	40-44	13th	1:26:34	9:18

COLORADO ROCKIES HOME RUN FOR THE HOMELESS 5K

May 6, 2007 Coors Field, Denver

Name	Age	Gen	GenPI	PI	Div	DivPI	Time	Pace
RODNEY SOENCKER	40	M	22nd	23	40-44	3rd	19:24	6:15
JOHN KELTY	34	M	80th	89	30-34	16th	22:42	7:19
JAMES SIMPSON	32	M	105th	121	30-34	20th	23:42	7:38
DAVID HILL	56	M	171st	212	55-59	6th	26:11	8:26
SCOTT NEWMAN	37	M	211th	271	35-39	25th	27:12	8:46
SHERRIE MULDOON	45	F	202nd	579	45-49	10th	32:07	10:21
PATRICIA SIMPSON	58	F	316th	768	55-59	17th	36:13	11:40
JAN HILL	49	F	332nd	792	45-49	17th	36:43	11:50
JAMES BRANSON	50	M	476th	832	50-54	41st	37:47	12:10
DANIEL MULDOON	55	M	480th	840	55-59	25th	38:02	12:15
ANDREA MILSTEIN	45	F	366th	853	45-49	23rd	38:25	12:22
ELISABETH SHEPARD	42	F	386th	889	40-44	35th	39:32	12:44
JULIEANNE KELTY	36	F	473rd	1027	35-39	64th	47:06	15:10
SHARYL RILEY	57	F	649th	1276	55-59	50th	54:53	17:40
JIM BRONSTINE	64	M	663rd	1367	60-64	35th	58:25	18:48

OKLAHOMA CITY MEMORIAL HALF-MARATHON

April 29, 2007 Oklahoma City, OK

Name	Gen	Div	OAPI	DivPI	GenPI	Time	Pace	ChipTime
JEFF BERNARDY	M	4549	120	9/160	102/1487	1:38:17	7:30	1:38:07

CHERRY CREEK SNEAK

April 29, 2007 Denver

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace	Event
CHASE KELLY	25	M	20	19	M25-29	2	00:29:47.9	00:05:57	ELITE
ADAM FEERST	47	M	22	20	M45-49	1	00:30:09.4	00:06:01	ELITE
ED STEINHAUSER	38	M	9	8	M35-39	1	00:18:49.5	00:06:04	5K
MICHAEL ROACH	50	M	17	16	M50-54	1	00:19:41.9	00:06:21	5K
DAN SHAW	47	M	40	34	M45-49	6	00:21:19.1	00:06:52	5K
JAY WISSOT	62	M	121	96	M60-64	1	00:23:44.5	00:07:39	5K
DAVID KELLY	16	M	245	183	M15-19	21	00:25:35.9	00:08:15	5K
CARMEN KITTS	55	F	445	139	F55-59	1	00:27:38.6	00:08:55	5K
NICK THOMPSON	M	543	357			18	00:28:25.8	00:09:10	5K
CARRIE STEUART	48	F	853	372	F45-49	21	00:30:40.4	00:09:53	5K
DYAN PISCOPO	47	F	1006	455	F45-49	25	00:31:48.1	00:10:15	5K
SARA ALKAYALI	32	F	1609	855	F30-34	125	00:36:39.5	00:11:49	5K
WINIFRED PRALL	59	F	1637	876	F55-59	26	00:36:54.3	00:11:54	5K
ANDREA MILSTEIN	45	F	1962	1091	F45-49	81	00:41:25.5	00:13:21	5K
BILL MICHAELS	54	M	2278	966	M50-54	64	00:47:50.2	00:15:25	5K
SCOTT KUKEL	33	M	7	7	M30-34	2	00:30:33.4	00:06:06	5MILE
MICHAEL QUISPE	40	M	8	8	M40-44	1	00:30:42.4	00:06:08	5MILE
CHRIS VOELLER	37	M	14	14	M35-39	5	00:31:10.0	00:06:14	5MILE
DAVID ROTHENBURGER	38	M	30	29	M35-39	8	00:32:15.8	00:06:27	5MILE
BOB BASSE	52	M	68	63	M50-54	4	00:33:24.3	00:06:40	5MILE
DAVID COOK	41	M	105	95	M40-44	15	00:34:24.4	00:06:52	5MILE
JODY SCHRADER	34	F	141	14	F30-34	3	00:35:12.4	00:07:02	5MILE
MOLLIE LEHMAN	28	F	225	29	F25-29	9	00:36:50.1	00:07:22	5MILE
RYAN ECKHARDT	31	M	235	204	M30-34	26	00:36:55.0	00:07:23	5MILE
MICHAEL ROTHMAN-HAJI	35	F	280	44	F35-39	7	00:37:30.8	00:07:30	5MILE
BRAD LABARRY	33	M	293	247	M30-34	39	00:37:44.3	00:07:32	5MILE
JIM MARTINEZ	51	M	299	251	M50-54	25	00:37:49.4	00:07:33	5MILE
DERRICK HUNER	M	343	285			12	00:38:16.5	00:07:39	5MILE
BRETT ALLENDORF	38	M	377	312	M35-39	45	00:38:40.0	00:07:44	5MILE
CRAIG EWING	53	M	394	324	M50-54	33	00:38:53.1	00:07:46	5MILE
ERIN KUECHLER	30	F	395	71	F30-34	20	00:38:53.2	00:07:46	5MILE
JIM ROMERO	67	M	397	326	M65-69	2	00:38:53.8	00:07:46	5MILE
GEORGE HUNER	53	M	448	366	M50-54	40	00:39:29.8	00:07:53	5MILE
BILL RODGERS	49	M	445	364	M45-49	53	00:39:26.8	00:07:53	5MILE
SCOTT VANEYK	37	M	487	394	M35-39	63	00:39:49.7	00:07:57	5MILE
DAVID STARK	59	M	504	404	M55-59	16	00:39:58.5	00:07:59	5MILE
MICHAEL VANNORSTRAND	45	M	605	484	M45-49	70	00:41:02.7	00:08:12	5MILE
DAVID MCGILLIVARY	56	M	608	486	M55-59	21	00:41:05	00:08:13	5MILE
ADAM LEE	35	M	666	522	M35-39	87	00:41:31.5	00:08:18	5MILE
DAVID KNAPP	M	674	528			25	00:41:35.0	00:08:19	5MILE
MARLA NOSAN	45	F	757	185	F45-49	15	00:42:14.1	00:08:28	5MILE
DENNIS DEPAKAKIBO	36	M	859	639	M35-39	110	00:42:56.7	00:08:35	5MILE
JEFF OLSON	47	M	856	637	M45-49	94	00:42:55.6	00:08:35	5MILE
STACY RUSSELL	39	F	984	264	F35-39	38	00:43:47.8	00:08:45	5MILE
GEOFF WEBB	55	M	1061	761	M55-59	32	00:44:19	00:08:51	5MILE
MATTHEW WEBB	14	M	1242	851	M14 UND	15	00:45:21	00:09:04	5MILE
ART LUEBK	60	M	1880	1145	M60-64	31	00:49:19.2	00:09:51	5MILE
VICTOR PRALL	59	M	1917	1158	M55-59	52	00:49:29.1	00:09:53	5MILE
ERIOKA ENGLERT	36	F	2393	1037	F35-39	187	00:52:12.7	00:10:26	5MILE
CHRISTINA GILLE	42	F	2423	1060	F40-44	128	00:52:26.0	00:10:29	5MILE
BILL BAUER	40	M	2709	1458	M40-44	188	00:54:38.4	00:10:55	5MILE
RICKI KELLY	26	F	2907	1381	F25-29	308	00:58:18.8	00:11:15	5MILE
TOOKIE SCHERDER	51	F	2979	1430	F50-54	64	00:58:55.1	00:11:23	5MILE
RICHARD FRIEDMANN	70	M	3138	1612	M70-74	9	00:58:28.9	00:11:41	5MILE
ELISABETH SHEPARD	42	F	3551	1821	F40-44	217	01:06:11.2	00:13:14	5MILE
MARILYN OLEN	80	F	3851	2044	F80+	1	01:15:17.5	00:15:03	5MILE
SHARYL RILEY	57	F	4170	2289	F55-59	97	01:25:29.3	00:17:05	5MILE

LINCOLN HALF MARATHON

May 6, 2007 Lincoln, NE

Name	Gen	OAPI	DivPI	GenPI	Time	Pace	GunTime
NICK BENJAMIN	M	1542	150/238	917/1410	2:04:11	9:29	2:12:15

KINETIC 5K RACE AROUND THE REZ

May 5, 2007 Boulder Reservoir

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace
HILLARY SCHUBACH	35	F	157	34th	30-39	12th	25:06	8:05

TAKE 5 IN THE GARDEN 5MILE

May 5, 2007 Colorado Springs CO

Name	Age	Gen	GenPI	Time	Pace
CRAIG EWING	52	M	72	40:26	8:06

NIKETOWN 5 FOR KIDS

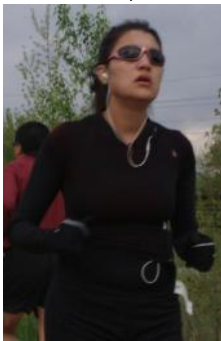
May 6, 2007 Denver, CO

Name	Age	Gen	PI	Time	Pace
CHRIS VOELLER	37	M	10	18:06	5:50
DAVID ROTHENBURGER	38	M	11	18:26	5:56
CHUCK DESMOINEAUX	37	M	38	21:01	6:47
ALLEN BRIDGEFORTH	32	M	50	21:51	7:02

RUN WITH THE WARRIORS

May 6, 2007 Westminster

Name	Age	Gen	PI	Time	Pace
MITCH CHESBRO	48	M	27	25:09.36	8:06.9



ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

May 5, 2007 5 Miles @ Carson Nature Center

Place	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW HCP	OLD HCP	TS Pts	Scratch Pts	CountOfRACE
1	Kuck, Kerry	49	10:04	0:40:23	0:50:27	8:05	26	83.00	96	100.00	53.49	5
2	Glenn, Denise		16:27	0:35:05	0:51:32	7:01	1	66.00	78	98.52	100.00	2
3	Downing, Kevin	42	15:07	0:37:14	0:52:21	7:27	17	73.00	82	97.04	70.23	1
4	Jockers, Theresa	45	15:48	0:36:36	0:52:24	7:19	3	71.00	80	95.56	90.00	3
5	Jockers, Brent	56	10:50	0:41:34	0:52:24	8:19	30	86.00	94	94.07	46.05	3
6	Saffry, Milton	47	15:48	0:37:12	0:53:00	7:26	16	73.00	80	92.59	72.09	2
7	Shimada, Ken	35	11:57	0:41:16	0:53:13	8:15	29	86.00	91	91.11	47.91	3
8	Parra, Marissa Lynn	24	12:40	0:40:35	0:53:15	8:07	6	84.00	89	89.63	75.00	2
9	Struble, Stephanie	40	10:27	0:43:11	0:53:38	8:38	9	91.00	95	88.15	60.00	4
10	Cook, David	41	19:34	0:34:06	0:53:40	6:49	11	63.00	68	86.67	81.40	4
11	Huner, George	53	14:26	0:39:17	0:53:43	7:51	24	80.00	84	85.19	57.21	5
12	Robinette, Ric	54	16:08	0:37:35	0:53:43	7:31	20	75.00	79	83.70	64.65	5
13	Mitchell, Leslie	45	12:19	0:41:28	0:53:47	8:18	8	86.00	90	82.22	65.00	2
14	Croft, Devin	54	22:37	0:31:16	0:53:53	6:15	4	52.00	57	80.74	94.42	3
15	Pitz, Mary	43	5:41	0:48:15	0:53:56	9:39	12	104.00	107	79.26	45.00	2
16	Martinez, James	51	16:27	0:37:35	0:54:02	7:31	19	75.00	78	77.78	66.51	2
17	Bullock, John H. Jr.	45	21:00	0:33:03	0:54:03	6:37	9	59.00	63	76.30	85.12	5
18	Applegate, Ken	58	19:16	0:34:54	0:54:10	6:59	13	66.00	69	74.81	77.67	5
19	Cunningham, Deb	45	17:44	0:36:28	0:54:12	7:18	2	71.00	74	73.33	95.00	4
20	Cunningham, Dave	46	15:28	0:38:46	0:54:14	7:45	23	78.00	81	71.85	59.07	3
21	Knipps, Mike	54	9:18	0:44:58	0:54:16	9:00	36	96.00	98	70.37	34.88	5
22	Bengston, Lee	69	8:55	0:45:23	0:54:18	9:05	37	97.00	99	68.89	33.02	5
23	Reilly, Robert	52	13:45	0:40:34	0:54:19	8:07	27	84.00	86	67.41	51.63	1
24	Szymanski, Sarah	31	15:28	0:38:59	0:54:27	7:48	5	79.00	81	65.93	80.00	5
26	Feerst, Adam	47	24:22	0:30:07	0:54:29	6:01	1	47.00	50	62.96	100.00	5
25	Rothenburger, David	38	22:53	0:31:36	0:54:29	6:19	7	53.00	56	64.44	88.84	5
27	Olson, Jeffrey	47	13:23	0:41:09	0:54:32	8:14	28	85.00	87	61.48	49.77	5
28	LaBarry, Brad	33	16:08	0:38:28	0:54:36	7:42	22	77.00	79	60.00	60.93	4
29	Beebe, Kerry	52	6:06	0:48:39	0:54:45	9:44	13	105.00	106	58.52	40.00	5
30	Haji, Salim	35	23:39	0:31:17	0:54:56	6:15	5	52.00	53	57.04	92.56	3
31	Voeller, Chris	37	23:53	0:31:06	0:54:59	6:13	3	51.00	52	55.56	96.28	3
32	Bergevin, Brian	39	19:16	0:35:46	0:55:02	7:09	14	69.00	69	54.07	75.81	4
33	Paige, Lisa	49	9:18	0:45:48	0:55:06	9:10	10	98.00	98	52.59	55.00	3
34	O'Dell, Bill	48	20:26	0:34:41	0:55:07	6:56	12	65.00	65	51.11	79.53	3
35	Gentry, Tim	45	24:37	0:30:33	0:55:10	6:07	2	49.00	49	49.63	98.14	4
36	Simons, Ken	69	10:50	0:44:34	0:55:24	8:55	35	95.00	94	48.15	36.74	1
37	Allendorf, Brett	38	17:44	0:37:41	0:55:25	7:32	21	75.00	74	46.67	62.79	5
38	Brusch, Sonia	28	14:26	0:41:01	0:55:27	8:12	7	85.00	84	45.19	70.00	1
39	Bedard-Voorhees, Alice	55	3:59	0:51:43	0:55:42	10:21	14	112.00	111	43.70	35.00	3
40	Reddy, Heather	37	3:59	0:51:46	0:55:45	10:21	15	112.00	111	42.22	30.00	1
41	Depakakibo, Dennis	36	13:02	0:42:44	0:55:46	8:33	33	89.00	88	40.74	40.47	4
42	Greene, Eric	27	23:08	0:32:40	0:55:48	6:32	8	56.00	55	39.26	86.98	5
43	Keefe, Bonnie	42	17:44	0:38:08	0:55:52	7:38	4	75.00	74	37.78	85.00	4
44	Wall, Dan		2:41	0:53:12	0:55:53	10:38	41	115.00	114	36.30	25.58	3
45	Basse, Bob	52	22:22	0:33:42	0:56:04	6:44	10	60.00	58	34.81	83.26	4
46	Voorhees, Rick	54	8:31	0:48:10	0:56:41	9:38	38	101.00	100	33.33	31.16	3
47	Haller, Gordon	56	16:27	0:40:19	0:56:46	8:04	25	80.00	78	31.85	55.35	4
48	Chesbro, Mitch	48	15:28	0:42:03	0:57:31	8:25	31	82.00	81	30.37	44.19	5
49	Boisseau, Jay	48	13:45	0:43:57	0:57:42	8:47	34	88.00	86	28.89	38.60	4
50	Edrich, Rick	46	21:00	0:37:31	0:58:31	7:30	18	65.00	63	27.41	68.37	3
51	Chow, James	50	11:57	0:50:34	1:02:31	10:07	40	92.00	91	25.93	27.44	3
52	Hnizdil, Olga	62	-2:48	1:06:52	1:04:04	13:22	16	127.00	126	24.44	25.00	4
53	Lynn, John Calvin	61	-16:46	1:22:09	1:05:23	16:26	43	154.00	153	22.96	21.86	5
54	Jouett, Dennis	63	10:27	1:11:43	1:22:10	14:21	42	118.00	95	21.48	23.72	1

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

May 5, 2007 5 Miles @ Carson Nature Center

Walkers

Place	NAME	AGE	START	ACT'L	FINISH	PACE	NEW HCP	OLD HCP	TS Pts	Races
1	Lyle, John	74	-15:40	1:08:19	0:52:39	13:40	146.00	151	100.00	5
2	Blanchard, Michael	45	6:55	0:47:16	0:54:11	9:27	102.00	104	80.00	3
3	Guiff, Ed	63	-1:51	0:56:57	0:55:06	11:23	124.00	124	60.00	4
4	Thies, Chuck	60	-3:45	1:06:18	1:02:33	13:16	129.00	128	40.00	5

New Members

R/W	NAME	AGE	START	FINISH	NET	PACE	GEND PLACE	NEW HCP	TS Pts	Scratch Pts
R	Chow, Kevin		0:00	0:49:00	0:49:00	9:48	39	106.00	60.00	29.30
R	Hilbelink, Kirk		15:07	0:52:18	0:37:11	7:26	15	73.00	60.00	73.95
R	Kieber, Darcie		7:19	0:53:21	0:46:02	9:12	11	98.00	60.00	50.00
R	Woods, Guy	26	22:53	0:54:25	0:31:32	6:18	6	53.00	60.00	90.70
R	Scheibe, Charles	52	16:08	0:58:25	0:42:17	8:27	32	88.00	60.00	42.33

Non-Members

R/W	NAME	START	FINISH	NET	PACE
R	Steve Hibbard	10:04	0:50:27	0:40:23	8:05
R	Bob Romero	12:40	0:52:00	0:39:20	7:52
R	Link (James) Lubken	10:27	0:53:18	0:42:51	8:34
R	Caroline Campbell	10:04	0:53:30	0:43:26	8:41
R	Aaron Ruhnow	18:03	0:53:44	0:35:41	7:08
R	Holly Romero	5:41	0:53:45	0:48:04	9:37
R	Jon Rowe	13:23	0:53:46	0:40:23	8:05
R	Brad Simpson	10:04	0:54:00	0:43:56	8:47
R	Ron Nies	22:22	0:54:48	0:32:26	6:29

YTD Walkers

Through May 2007

Name	SEX	Total Points	Races	Ave Points
John Lyle	M	413.33	5	82.67
Ed Guiff	M	340.00	4	85.00
Michael Blanchard	M	260.00	3	86.67
Chuck Thies	M	226.67	5	45.33
Richard H. Ellis	M	100.00	2	50.00
Jack Finch	M	60.00	1	60.00
Dennis Jouett	M	60.00	1	60.00



Volunteers of the Month:

Peter Szymanski & Karen Voss Szymanski

by Stephanie Struble



This month we have two volunteers of the month – Peter Szymanski and Karen Voss Szymanski. Peter and Karen were voted as volunteers of the month because of their work as race directors for the Colfax Marathon Training Series. This was their first time race directing for RMRR and they did a fantastic job. Karen is also an active member on our Board of Directors.

Even outside of RMRR, Peter and Karen are incredibly active volunteers – they help with Kids Run America and they have been helping train runners from the Denver Rescue Mission who are training for the Colfax Marathon. You may have even seen their pictures in the paper for their work on this worthy cause.

In their “real” lives, Karen and Peter are owners of Catalyst Therapies where they do physical and occupational therapy. They also conduct running form clinics focusing on injury prevention, so if you want to improve your running, give them a call.

Karen and Peter are extremely active runners. Indeed, Karen is often our “fast female” at our Trophy Series and last year won the women’s category in the Mardi Gras marathon.

Thank you Peter and Karen for all your volunteer help!!!



RMRR TROPHY SERIES OVERALL STANDINGS Through May 2007

Name	SEX	Total Points	Races	Ave Points
Kerry Kuck	M	454.37	5	90.87
Ric Robinette	M	419.90	5	83.98
David Rothenburger	M	376.37	5	75.27
Ken Applegate	M	357.44	5	71.49
Eric Greene	M	353.61	5	70.72
Sarah Szymanski	F	322.23	5	64.45
Kerry Beebe	F	318.57	5	63.71
George Huner	M	313.14	5	62.63
Mike Knipps	M	310.34	5	62.07
Mitch Chesbro	M	306.48	5	61.30
Adam Feerst	M	293.82	5	58.76
Stephanie Struble	F	291.72	4	72.93
Brent Jockers	M	289.45	3	96.48
Theresa Jockers	F	286.32	3	95.44
Brian Bergevin	M	280.61	4	70.15
John H. Jr. Bullock	M	274.88	5	54.98
Larry Mudron	M	269.89	3	89.96
Brad LaBarry	M	269.43	4	67.36
Joseph Bearss	M	267.00	4	66.75
David Cook	M	263.29	4	65.82
Scott McFarlane	M	260.01	4	65.00
Lee Bengston	M	259.70	5	51.94
Deb Cunningham	F	256.18	4	64.04
Ken Shimada	M	251.11	3	83.70
John Calvin Lynn	M	250.53	5	50.11
Jesse Arman	M	246.14	4	61.53

Name	SEX	Total	Races	Ave Points
Jeffrey Olson	M	245.23	5	49.05
Jesse Johnson	M	239.72	3	79.91
Bob Basse	M	237.31	4	59.33
Gordon Haller	M	236.90	4	59.23
Bill Rogers	M	232.32	3	77.44
Brett Allendorf	M	226.61	5	45.32
Tim Gentry	M	226.50	4	56.63
Michael VanNorstrand	M	224.66	3	74.89
Jay Boisseau	M	223.67	4	55.92
Dave Cunningham	M	209.75	3	69.92
Jim Romero	M	205.17	3	68.39
Chris Voeller	M	204.52	3	68.17
Salim Haji	M	197.32	3	65.77
Bill O'Dell	M	194.77	3	64.92
Carmen Kitts	F	194.43	3	64.81
Dan Wall	M	191.79	3	63.93
Diane Rowley	F	187.11	3	62.37
Devin Croft	M	184.97	3	61.66
Karen Voss	F	183.11	3	61.04
Michael Quispe	M	173.51	3	57.84
Chuck Johnson	M	172.11	3	57.37
Joy Knipps	F	165.13	2	82.57
James Chow	M	163.95	3	54.65
James Martinez	M	163.13	2	81.56

Congratulations Trophy Series Runner and Racewalk Winners



Thank You Volunteers!



For more pictures, please visit the RMRR website gallery.



The Allure of Stage Races

By Jim Chow (jimchow@rmrr.org)

Like most "normal" people, I thought of the marathon distance in near mythical terms and having bum knees, I didn't think completing one in this lifetime was a possibility. In fact, I clearly remember the sense of trepidation I had when I signed up for the 2004 Basalt Half Marathon – a distance that seemed so illogically long. I was tagging along with Doug Smith, Bonnie Keefe, Chris and Mike Vanoni, all of whom struck me as being perfectly normal people. Little did I know then that that was the start of a new era for me. A few short months later I would enter and complete my first marathon – the 2005 Las Vegas Marathon.

It is hard to overstate the feeling of joy, relief and accomplishment I felt after the race ... so much so that within a couple of days I decided to find another "easy" marathon to do. It was in this state of irrational exuberance that I stumbled upon the RacingThePlanet website and saw something about a stage race in Chile. I decided then and there that I'd sign up for the event, remit my deposit, and only after, read the fine print.

What I read scared me. The event was a self-supported footrace across 250K of the Atacama, a high Andean desert - the race started at around 13,000' and stayed above 9,000'. It consisted of 6 stages over 7 days, with distances that ranged from 20K to 80K. The only thing the organizers provided were 1.5 liters of water at every checkpoint (spaced 7-10 miles apart), space in a tent, and a campfire at night.

I somehow managed to survive the "Atacama Crossing" last July, finishing in 61 hours 46 minutes. It was an incredible adventure - physically and mentally challenging with many once-in-a-lifetime moments ... like the time I got completely lost (during the night of the long stage), suddenly finding myself in a endlessly large field, not able to distinguish glow sticks (which marked the course) from stars. (Later on I found out that the field was a left over mine field from the Chile-Bolivia war!) It was well over an hour before I found the trail again ... and many more hours before I made it out of a labyrinth-ian canyon and onto a plateau at around 2:30AM where, all by my lonesome self, I was treated to the most spectacular of lightshows – with several billion stars and dozens of constellation swirls as a backdrop, thousands upon thousands of falling stars flashed through the sky in a mind-blowingly awesome display. I had never felt more insignificant ... and yet significant at the same time.



Despite (or maybe due to) the great diversity of cultures represented (in my tent of 8, 2 were from the US, 2 from France, 1 from HK, 1 from Ireland, 2 from UK), conversation, laughter, and friendship was easy, making the overall experience all the more richer. Where else can one get up at the crack of dawn to a chorus of heavily accented Shakira songs emanating from the Danish tent! Where else can one scavenge discarded Norwegian, Dutch, Danish, and English freeze dried foods as I did after eating through my own ample supply! Where else can one see a rhino charging across the barren desert? (A 7-person Save-the-Rhino conservation group from the UK took turns running in a fiberglass rhino costume!) Where else can one slog through dozens of miles across ankle busting, shoe shredding un-flat salt flats and on to miles of shifting, drifting sand ... and witness a whooping band of Union Jack led maniacs rushing down a sand dune in a scene worthy of an adventure movie!

Although I was a physical wreck by event's end, I was hooked on events of this ilk. It's hard to explain why but I can assure you that once you've successfully suffered through such an event, chances are you'll want to come back for more! (For a wmv show of my Atacama adventure, check out this link - <http://sillygoat.com/AtacamaCrossingJuly2006v4.wmv>.)

This June, I will be participating in my second stage race – RacingThePlanet's Gobi March – in the Kashgar region of northwestern China, hard by Tajikistan and Kyrgyzstan. This time around I will be joined by fellow RMRR member, Carl Koecher, who at 68 is embarking on his first multi-day stage race. We thought he'd be a shoo-in winner for his age group ... only to find out that, in addition to a 70 year old, there are a number of others in that group! There are 185 competitors from 25 countries participating in the "Gobi March", the uptick in numbers consistent with the growing popularity of stage races.

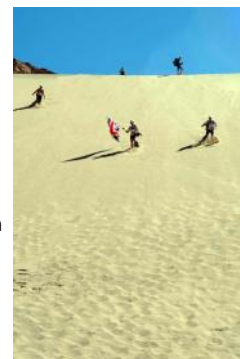
Stage racing has been very popular in Europe for many years, with the granddaddy of the 240K+ self-supported genre being the Marathon des Sables, now in its 22nd year (http://www.darbaroud.com/index_uk.php) – drawing upwards of 600 competitors to the Moroccan Sahara. For those interested in a more intimate self-supported stage race, there's the Augrabies Extreme Marathon in the Great Kalahari Desert in South Africa (<http://www.augrabiesextreme.cjb.net/>). RacingThePlanet stages the 4Deserts series – Atacama Crossing, Gobi March, Sahara Race, and Antarctica Last Desert (<http://www.racingtheplanet.com>.) For those of you who don't mind bugs, leeches and waterborne parasites, the Jungle Marathon in the Brazilian Amazon might interest you (<http://www.junglemarathon.com/>).

There is also a growing number of supported stage races (i.e., food and shelter are provided) – the 175-mile Marathon of Britain (<http://www.ambitionevents.com/mob/welcome.htm>); the 225K Coastal Challenge in Costa Rica (<http://www.thecoastalchallenge.com/therace/therace.htm>); the 240K Gore-Tex Transalpine Run which traverse Germany, Austria, Switzerland, and Italy with approximately 43,400' ascents and 41,230' descents (http://www.transalpine-run.com/alps_cross_start.htm).

Much closer to home, there is Longmont-based Gemini Adventure's 150 mile Desert R.A.T.S. from Grand Junction, CO to Moab, UT along the Koppelli Trail (<http://www.geminiadventures.com/DesertRATS.html>); and a new event, also in Colorado, the 125 mile Gore-Tex Transrockies Run from Beaver Creek through Leadville to Aspen (<http://www.transrockies.com/>).

Why stage racing???

Hmmm ... that's a question that you ought find out for yourself!



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

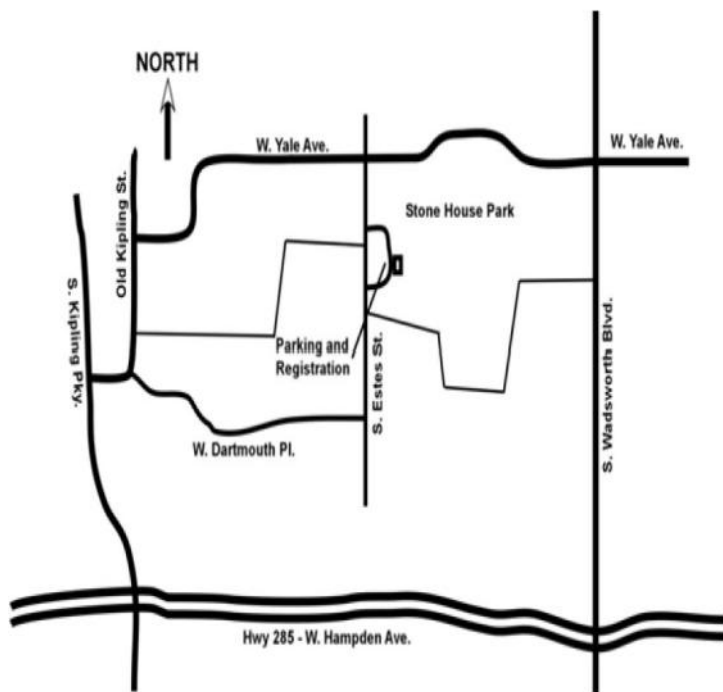
Want to stay on top of the latest RMRR news? Get reminders of upcoming races, or email notification of race/date changes? That doesn't happen often, but if so, members of the RMRR ENews group receive first notice of the date change.

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/

Run the June 2nd Trophy Series 2.4 mi Stone House 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

JUNE 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(1) www.rmrr.org (2) www.active.com (3) groups.yahoo.com/group/denvertrailrunners , 303-870-0487 (4) www.comastersrun.org		(5) www.runuphillracing.com (6) www.racingunderground.com (7) www.bkbltd.com (8) www.rmrunning.com (9) 970-479-2280			1	2 RMRR Trophy Series , 8:00 am, 2.4 miles Stone House Park (1)
3 Trail Running Clinic 7:30 am (5)	4	5 Wash Park Fun Run , 6:00 pm South High Parking Lot (1)	6 Track Workout 6:15pm Denver Lutheran High School	7 Trail Run 5:30pm or 6:15pm (3) Boulder Stroke and Stride 6pm; Boulder Res (6)	8	9 RMRR Training Run , 8 am Goodson Rec. Center, De-Koevend Park (1) South Valley 10K 8am South Valley Park (4) Stapleton Charity Chase 9am Stapleton (7)
10 Arby's Rocky Mountain Half and Women's 8K 7am, Denver (8)	11	12 Wash Park Fun Run , 6:00 pm (1)	13 Track Workout 6:15pm Denver Lutheran High School	14 Trail Run 5:30pm or 6:15pm (3) Boulder Stroke and Stride 6pm Boulder Res (6)	15	16 RMRR Training Run , 8 am Goodson Rec. Center, De-Koevend Park (1) Mount Evans Ascent 8am, Echo Lake (6)
17 Trail Running Clinic 7:30am (5) Stadium Stampede 8am, Invesco Field (7)	18	19 Wash Park Fun Run , 6:00 pm (1)	20 Track Workout 6:15pm Denver Lutheran High School	21 Trail Run , 5:30 pm or 6:15 pm (3) Boulder Stroke and Stride 6pm Boulder Res (6)	22	23 RMRR Training Run , 8 am, Goodson Rec. Center De-Koevend Park (1) Nott Your Average Trail Race , 7 mi, 1000+ feet climb (5)
24 Teva 10K@10,000ft 9am, Vail (9)	25	26 Wash Park Fun Run , 6:00 pm (1)	27 Track Workout 6:15pm Denver Lutheran High School	28 Trail Run 5:30pm or 6:15pm (3) Boulder Stroke and Stride 6pm Boulder Res (6)	29	30 RMRR Training Run , 8 am Goodson Rec. Center, DeKoevend Park (1)

Membership is \$30 for individuals, \$40 for couples and families, and \$10 for volunteer members. (Note that the volunteer membership does not include entry into the monthly Trophy Series races.)

Joining RMRR

- Visit the web site (www.rmrr.org), click on the Club Info page, download an application and mail it in
- Log onto www.active.com and join online
- Pick up an application at local running stores including Runner's Roost (Colorado Blvd, Parker Rd Aurora, Highlands Ranch), Boulder Running Company (Littleton, Boulder), Runner's Choice (Boulder)
- Call the RMRR office, 303-871-8366, leave a message with your name and address and we'll mail you an application



2007 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Ken Applegate	20.00	Eric Greene	1.50	Bob Reilly	7.00
Bob Basse	14.50	Ed Guiff	1.00	Rosalie Richter	11.00
Kerry Beebe	2.00	Olga Hnizdil	2.50	Sharyl Riley	13.50
Caroline Bergelin	1.25	Chuck Johnson	2.25	Mike Robbert	4.25
Kerry Bishop	4.75	Jesse Johnson	2.25	Ric Robinette	4.75
Makenna Bishop	2.25	Bonnie Keefe	8.75	Rochelle Robinette	1.50
Michael Blanchard	11.50	Carmen Kitts	1.50	David Rothenburger	5.75
Lisa G. Champeau	30.25	Brad LaBarry	5.25	Liz Shepard	8.25
Jim Chow	60.00	John Lyle	2.75	Ray Sibley	9.25
Dave Cunningham	4.25	Betsy Lyle	18.00	Doug Smith	24.00
Deb Cunningham	45.00	Tom Mates	15.00	Stephanie Struble	87.25
Josh Daleigh	1.75	Leslie Mitchell	1.00	Brian Struble	28.00
Jesse Daleigh	1.75	Holly Neill	8.00	Pete Szymanski	11.50
Michelle Evans	5.25	Alicia Nix	9.50	Chris Vanoni	1.00
Janet Fairs	5.25	Jeff Olson	27.00	Karen Voss	20.00
Adam Feerst	10.00	Laurie Phenix	12.00	Lisa Wilson	1.50
Tim Gentry	3.25	Nathan Raaz	1.25	Bruce Wilson	1.50
Janet Gold	8.50	Heather Reddy	8.25		

Upcoming RMRR Trophy Series

June 2, 2007
8:00AM Saturday
[2.4 Miles @ Stone House Park](#)

July 8, 2007
8:00AM Sunday
 (Pancake Breakfast)
[2 Miles @ Bible Park](#)

Please Note:

For both the June and the July races, all runners will have to start at their handi-cap times.

Track Workouts

At [Denver Lutheran High School](#)
 (3201 W Arizona Ave, Denver, CO 80219-3941)

Track workouts are Wednesdays at 6:15PM through the end of October.

The workouts are open and free to all RMRR members. Non-members are welcome to try a couple of workouts for free as well.

Check the [RMRR Training Schedule](#) site for the complete training schedule.

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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