

News on The Run

A Letter from the President...



The weather for the May Trophy Series Race at Carson Nature Center was sunny, but not too warm. We had a total of 69 runners and race walkers, the same as last year. Included were 10 non-members compared to 2 for last year. I want to thank Heather Reddy and Alicia Nix and all those volunteering for their efforts. Brad stated that the scoring went well.

I want to thank again Matt Steinberg of Phidippides Track Club, Ceigh Kelly and Sara Croshal of BKB Ltd, Boulder Running Company, Runners Roost, Runners Wild and the members of the Colorado Colfax Marathon Committee for all their help in putting on the Colfax Marathon Training Race Series. I also want to thank Lisa Champeau and all the other RMRR members who volunteered at each of the 3 races.

I'm hoping to report next month that we had a great turnout for the Colfax Marathon and for the Finish Line of the Bolder Boulder on Memorial Day. Each year the Bolder Boulder extends itself in support of our club and the Rocky Mountain Road Runners has had a long tradition of supporting this truly great event.

Lesley Kinder of the Boulder Backroads Marathon and Half Marathon has again offered numerous benefits to the club and its members for participating in this event. Member will again be given a \$5 discount on registration. Watch for the special ad page and registration form in future issues. Be sure to checkout their website for the entire list of benefits for racing either the full or half marathon, <http://www.boulderbackroads.com/>.

The club still has a number of positions that would be great to match up with interested members. John Pawlowski is working hard to find a way to continue on and is interviewing several members who have indicated their willingness to help with the newsletter. At this point it looks like John will continue his fine job of doing the newsletter layout with help from others on the writing and editing.

Lastly, the monthly Board meetings are held at Wild Oats on Washington St. Attending is a great way to help decide how best to do more to support the club. The meetings are from 7-8:30pm and are held the Monday before each month's Trophy Race. The next meeting is Monday, June 5th.

Enjoy the longer days! Doug Smith

Volunteer of the Month – Keith Champeau

You may know Keith from his efforts working the finish line at the last 7 Trophy Series and over the last several years. Although he is not a runner, he is critical to our club's operations. He got involved with RMRR by dating and eventually marrying Lisa Giuliani who is now the Volunteer Coordinator. He is very supportive of her running and her commitment to the club. He has learned to appreciate the efforts and dedication of runners and the organization. He thinks the club's members are a great bunch of people and appreciates the handicapped system which gives everyone a fair chance of winning the race.

As a native Coloradan, Keith enjoys hiking, biking and skiing. His last official race was the Pikes Peak Ascent last summer where his last two hours were spent getting drilled with hail stones. He has declared that his last race! His true passion is guiding rafters down the Arkansas River, Colorado River, Eagle River, Clear Creek and other rivers in the Rockies. He has been a professional whitewater raft guide for 9 years and continues to guide every weekend between his consulting job at Fujitsu. If anyone wants to contact him for a trip, check out Arkansas Valley Adventures at www.coloradorafting.net. Keith will use his \$25 gift certificate from Runners Roost for a tech shirt. Interested in volunteering? Call Lisa G. at 303-777-2261



Speaking of volunteers, John and Betsy Lyle were several of the many RMRR members working the finish line of this year's Bolder Boulder

**2006 RMRR
Executive Committee**

Interim President

Doug Smith (303) 741-4065

Vice President

Stephanie Struble

Secretary

Deb Cunningham (303) 331-8323

Treasurer

Leslie Mitchell (303) 777-1210

Race Committee Chairpersons

Bonnie Keefe (303) 741-4065

Robert Reilly

Membership

Kolene Brown (303) 984-1186

Board Positions

Board Members at Large

Bob Basse

Karen Voss Szymanski

Training/Track Workouts

Mike Robbert (720) 933-7093

Volunteer Coordinator

Lisa Champeau (303) 777-2261

Communications

Michelle Evans (303) 907-9308

John Pawlowski (303) 933-6780

Computer Database/Race Scoring

Brad Labarry (303) 363-6273

Non-Board, Non-Voting Positions

Special Events

Betsy Lyle (303) 238-1135

Quartermaster

John Lyle (303) 238-1135

Newsletter rmrrnewsletter@yahoo.com

John Pawlowski, Editor (303) 933-6780

Stephanie Struble

Jean Townsend & Chris Vanoni

Web Team

Jim Chow, Webmaster (303) 324-7082

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: Jenn Becker (303) 909-2658

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

SUPPORT DENVER LUTHERAN HIGH SCHOOL'S TRACK

By Amelia Cunningham

Those of you who've gone to track practice know what the track is like: a truly great place to run! Well, here is your chance to help pay off loans on the track! It's the DLHS Making Track(s) Meet where all the proceeds go to paying off the cost of building the track. And you, members of the RMRR, can use this awesome facility for track practice every Wednesday, April through October!

Here's the lowdown:

What: DLHS Making Track(s) Meet

Who: The general public and especially, members of the RMRR

Where: DLHS Track at 3201 West Arizona Avenue

When: Wednesday, June 14, 2006 beginning at 6:30pm

Why: to raise money for the track

Events	Time
Adult and student mile	6:30pm
Student 100 meters	7:00pm
Adult 400 meters	7:30pm
Student 400 meters	8:00pm
Adult 2 mile	8:30pm

Fees

Adults: one race-\$15, two or all three races-\$20

Students: one race-\$10, two or all three races-15\$

Add \$5 on race day

Treats:

Water, Gatorade, fruit, and candy provided.

AWARDS!!!

Every participant gets a t-shirt

Awards given to people who place 1st-3rd in their age group

Age groups:

<10; 11-14; 15-18; 19-29; 30-39; 40-49; 50-59; 60+

To register: go to www.active.com, Runner's Roost or the RMRR June Trophy Series race.

For more info: call 303-477-2236 or email Bill Stahl at silly_billy@msn.com

Please, come out and support the track...and our love for running!

**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/

Training

Group Runs

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

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

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

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

Track Workouts

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

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

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

Training Partner Program

Call Devin Croft (303) 978-9342, dctrainer@comcast.net. Leave your name, address, phone number, typical 10K pace, and time of day you run. Devin will do his best to find a Road Runner training partner for you.

Training Advice

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

Trail Running

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

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
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

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, Sept. 24		26.2/13.1 Boulder Backroads	Boulder	N/A
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* By permit of the US Forest Service

Next Newsletter Deadline, Friday June 16

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, June 16 (give or take). Share your stories, photos, comments, thoughts, musings about running. Please send all submissions to rmrrnewsletter@yahoo.com. Thanks, John.

BOARD MEETING MINUTES

Date/Time: Monday, May 1st, 7pm

Attendees: Michelle Evans, Lisa Paige, Robert Reilly, Bob Basse, Stephanie Struble, Mike Robbert, Jim Chow, Brad LaBarry, Doug Smith and Bonnie Keefe

Strategic Planning Goal for 2006/7

Deb will lead this discuss at the next Board meeting.

Who is our customer? Who is not?
 What do we want to do for this customer? What don't we want to do?
 How do we do it – this translates into the items like visibility, member value, etc. What won't we do?

RRCA – Q & A – Lisa Paige – State Representative (RRCA Western Region)

1. RRCA doing some strategic planning to see what they can provide to its affiliated clubs.
2. Looking for nominations for a new state representative.
3. Encouraging state clubs to nominate active members for various RRCA awards.

Increasing Participation:

1. Qwest donation still being used for non-member trophy series fee.

Visibility:

1. Website metrics – 2006 newsletter files needed for website archives.
2. Colfax Marathon Training Series – 85 finishers for the final 20 miler.

The club stepped up with many volunteers. Need to check on the final permit cost.

3. Looking for volunteers to work a few hours on Friday and Saturday at the Expo for the Colfax Marathon.

4. Summer/Fall MTS, Marathon Training Race Series apps are done and will be available in the running stores and at the Colfax Marathon Expo.

Increasing Membership Value:

1. Bolder Boulder initiatives – Members have been contacted. Confirm with volunteers that they were able to get signed up as an RMRR volunteer. The Bolder Boulder has changed the password on the volunteer page. Email Lisa with the names of those who have volunteered for the event.

2. Bolder Backroads M & H/M initiatives -

- a) use of database
- b) comp entries and clothing
- c) discounted entry forms in newsletters for July, August and September

Volunteer Issues:

1. Volunteer of the Month – need list of current nominations to vote
2. Outside race scoring opportunities, interested members?
3. Equipment rental charges. Fed. Cup looking to rent cones for their race.

Operational Items:

1. Treasurer's Report – Outflows exceeding Inflows to date. Projecting a loss for the year.

Long Term Goals/Volunteers Needed:

1. Open Positions – Newsletter Copy Editor



2006 STEAMBOAT SPRINGS RUNNING SERIES
 RUN FAST. RUN OFTEN. RUN STEAMBOAT.


SAT - MAY 6	21st Spirit Challenge
SAT - MAY 20	28th Hayden Cog Run
SUN - JUNE 4	25th Steamboat Marathon
SAT - JUNE 17	21st Hot Springs Short Cut
SAT - JULY 1	15th Spring Creek Memorial
TUES - JULY 4	15th Steamboat Sprint
SUN - JULY 9	28th Mountain Madness
SAT - JULY 15	1st Howelsen Hill 8 Miler
SAT - AUG 5	12th Mt. Werner Classic
FRI/SAT - AUG 11	3rd Wild West Relay (24 hrs)
SUN - AUG 20	8th Continental Divide
SUN - SEPT 3	22nd 10K at 10,000 Feet
SAT - SEPT 9	12th Kremmling Road Kill
SUN - SEPT 24	20th Pilot Run for Literacy

INFO: www.runningseries.com
 REGISTER: www.active.com









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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

CHERRY CREEK SNEAK

April 30, 2006 Denver

Name	Age	Gen	PI	GenPI	Div	Time	Event
ED STEINHAUSER	37	M	4	4	1	18:34.9	3.1 Mile
TRISHA DAVIS	55	F	235	65	1	25:45.4	3.1 Mile
DAVID KELLY	15	M	358	243	13	27:15.3	3.1 Mile
JERRY O'DONNELL	59	M	448	296	12	28:07.0	3.1 Mile
BILL O'DELL	47	M	667	397	34	30:12.1	3.1 Mile
CINDY LAMER	41	F	1832	1055	139	45:45.4	3.1 Mile
JIM BRONSTINE	63	M	2280	890	37	54:38.2	3.1 Mile
CHASE KELLY	24	M	2649	1009	25	42:19.6	3.1 Mile
DANIEL DAHL	31	M	12	11	1	31:06.5	5 Mile
DAVID ROTHENBURGER	37	M	17	16	3	31:31.1	5 Mile
GENE WASSMAN	42	M	59	54	10	33:16.7	5 Mile
BOB BASSE	51	M	117	101	6	34:42.2	5 Mile
ANTHONY BEESON	30	M	247	199	32	36:53.6	5 Mile
FRANKI GOMEZ	35	F	267	54	11	37:12.9	5 Mile
DAVID HILL	55	M	300	239	13	37:40.7	5 Mile
JIM ROMERO	66	M	330	265	1	38:05.5	5 Mile
DERRICK HUNER	25	M	337	271	38	38:11.3	5 Mile
JIM MARTINEZ	50	M	345	278	20	38:13.9	5 Mile
GEORGE HUNER	53	M	554	425	32	40:07.2	5 Mile
SKIP GARDNER	36	M	637	475	97	40:42.7	5 Mile
MARK STEVENS	47	M	658	490	68	40:50.1	5 Mile
DEB MEGUIRE	42	F	693	186	16	41:06.4	5 Mile
LESLIE MITCHELL	44	F	695	187	17	41:07.0	5 Mile
RYAN ECKHARDT	30	M	881	642	93	42:34.8	5 Mile
PATTI THURMAN	54	F	901	245	6	42:40.3	5 Mile
ED YOUNGBERG	63	M	1069	750	17	43:46.4	5 Mile
MARLA NOSAN	44	F	1143	352	36	44:07.7	5 Mile
KATHERINE BELLON	29	F	1162	364	88	44:13.2	5 Mile
RICK WILSON	46	M	1180	807	102	44:22.9	5 Mile
JOE RATLEDGE	46	M	1195	813	105	44:30.7	5 Mile
SEAN RATLEDGE	15	M	1197	815	16	44:30.8	5 Mile
PAUL RUNDLE	41	M	1216	822	121	44:37.5	5 Mile
GARLAND THURMAN	58	M	1278	853	44	45:01.5	5 Mile
TINKA CROSBY	45	F	1353	459	39	45:30.1	5 Mile
LEE BENGSTON	68	M	1362	899	9	45:31.6	5 Mile
JOSEPH BEARSS	35	M	1485	955	167	46:21.5	5 Mile
RANDALL CALEY	45	M	1548	986	134	46:44.2	5 Mile
CARMEN KITTS	54	F	1719	667	26	47:45.0	5 Mile
ART LUEBKE	59	M	1819	1092	59	48:19.1	5 Mile
ROSS KINNEY	48	M	1834	1101	151	48:26.1	5 Mile
KATY PATRICK	28	F	2064	866	209	49:42.8	5 Mile
KRISTIN PRILIPP	90	F	2533	1200	36	52:55.1	5 Mile
RICKI KELLY	25	F	2840	1399	314	55:39.4	5 Mile
CARL MCNEW	47	M	3344	1599	199	04:05.6	5 Mile
ELIZABETH STOLZ	36	F	3345	1746	286	04:05.8	5 Mile
NANCY KELL	46	F	3563	1901	164	12:00.8	5 Mile
ROBERT FRIES	57	M	3641	1683	112	15:28.3	5 Mile
KAREN FRIEDMANN	68	F	3865	2139	15	22:53.5	5 Mile
RICHARD FRIEDMANN	69	M	3871	1728	40	22:59.7	5 Mile

CASTLEWOOD CLIFFS 10K TRAIL RUN

(Official Distance 6.5 Miles)

May 6, 2006 Castlewood Canyon State Park Franktown

Name	Age	Gen	PI	DivPI	Div	Time
JAMES TAYLOR	28	M	13	5/10	M2529	53:07
JUSTIN LITTLE	32	M	19	4/17	M3034	55:51
JEFFREY BERNARDY	45	M	42	4/11	M4549	1:03:03
ROSS WESTLEY	69	M	71	1/3	M6569	1:10:52
ED YOUNGBERG	63	M	84	1/2	M6064	1:14:05
KEN SIMONS	68	M	97	3/3	M6569	1:18:25

HORSETOOTH HALF-MARATHON

April 22, 2006 Fort Collins

Name	Age	Gen	PI	DivPI	Div	Time	Pace
JIM ROMERO	66	M	209	2	60-69	1:50:01.9	8:24/M
BILL AHLERS	43	M	352	54	40-49	1:59:24.1	9:07/M
MYRA RHODES	73	F	431	1	70-99	2:05:44.9	9:36/M
LEE RHODES	73	M	500	2	70-99	2:10:40.6	9:58/M
CHRISTINE VANONI	54	F	604	15	50-59	2:23:30.1	10:57/M
JOSEPH BEARSS	35	M	614	109	30-39	2:25:54.4	11:08/M

GREENLAND TRAIL RACES

April 29, 2006 Greenland, CO

Name	Age	Gen	PI	Time	Event
BOB BASSE	51	M	10	59:57.00	8M
JIM ROMERO	66	M	35	1:08:01.00	8M
JOHN LYNCH	42	M	55	1:11:53.00	8M
MYRA RHODES	73	F	92	1:20:58.00	8M
LEE RHODES	73	M	105	1:24:59.00	8M
PATRICI SAITTA	30	F	115	1:27:19.00	8M
MICHAEL QUISPE	39	M	8	1:51:00.00	25K
BRID MACKINNON	29	F	20	2:01:19.00	25K
BETHANI WERNER	29	F	50	2:22:21.00	25K
ROSS WESTLEY	69	M	73	2:38:04.00	25K
TAL WINDWALKER	37	M	103	3:15:20.00	25K
MATT KENNEDY	30	M	25	5:11:00.00	50K
JAMES CHOW	49	M	51	6:24:12.00	50K

FAIRMOUNT 5000

April 30, 2006 Golden

Name	Age	Gen	GenPI	DivPI	Time
SCOTT HOGG	37	M	12	5/26	21:02
MARK MCVAY	56	M	19	5/18	23:14
ROSS WESTLEY	69	M	34	1/9	24:57
WENDELL GADD	67	M	74	7/9	30:32
TOOKIE SCHERDER	50	F	52	3/14	32:25

MAKE-A-WISH HALF-MARATHON

May 7, 2006 Cherry Creek State Park

Name	Age	Gen	Gen PI	DivPI	Time	Pace	Event
JERRY O'DONNELL	59	M	42	3/12	27:44	8:56	5K
PENELOPE O'DONNELL	56	F	74	2/16	34:44	11:11	5K
MARTHA GRAF	64	F	106	3/7	39:49	12:49	5K
DAVID ROTHENBURGER	37	M	8	2/26	1:28:23	6:45	Half
MICHAEL ROACH	50	M	17	1/19	1:34:10	7:11	Half
MICHAEL HEITZ	54	M	28	3/19	1:39:58	7:38	Half
ALYN PARK	55	F	5	1/4	1:41:53	7:47	Half
JIM ROMERO	66	M	51	1/4	1:48:21	8:16	Half
JAY WISSOT	61	M	73	2/3	1:54:03	8:42	Half
STACY RUSSELL	38	F	40	16/46	1:59:09	9:06	Half
DYAN PISCOPO	46	F	99	8/13	2:17:41	10:31	Half
KERRY BEEBE	51	F	132	7/10	2:26:21	11:10	Half
TOOKIE SCHERDER	50	F	137	8/10	2:28:17	11:19	Half
TERESA ABBOTT	44	F	154	34/37	2:43:43	12:30	Half

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

May, 2006 5 Mi Carson Nature Center

-----TIMES-----

---HANDICAP---

-----POINTS-----

PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND		NEW	OLD	TS	SCRATCH	#
							PLACE						
1	Ahlers, Bill	43	13:45	0:38:07	0:51:52	7:37	20		76.00	86	100.00	64.65	3
2	Eusebio, Alex	31	17:06	0:34:54	0:52:00	6:59	13		66.00	76	98.52	77.67	2
3	Dathe, Bryon	37	-2:48	0:55:10	0:52:22	11:02	43	120.00	126	97.04	21.86	4	4
4	Piscopo, Dyan	46	4:50	0:47:57	0:52:47	9:35	9	103.00	109	95.56	50.77	4	4
5	Bengston, Lee	68	8:55	0:44:15	0:53:10	8:51	35	94.00	99	94.07	36.74	5	5
6	Depakakibo, Dennis	35	9:18	0:44:23	0:53:41	8:53	36	94.00	98	92.59	34.88	4	4
7	Bedard-Voorhees, Alice	54	3:59	0:49:47	0:53:46	9:57	12	108.00	111	91.11	32.31	4	4
8	Dahl, Dan	31	22:53	0:30:57	0:53:50	6:11	3	51.00	56	89.63	96.28	2	2
9	Raish, Dean	69	11:12	0:42:46	0:53:58	8:33	32	90.00	93	88.15	42.33	5	5
10	Voorhees, Rick	53	8:07	0:46:02	0:54:09	9:12	38	98.00	101	86.67	31.16	5	5
11	Mudron, Larry	64	13:23	0:40:52	0:54:15	8:10	26	84.00	87	85.19	53.49	4	4
12	Russell, Stacy	38	12:40	0:41:37	0:54:17	8:19	4	87.00	89	83.70	81.54	4	4
14	Hogg, Scott	37	18:58	0:35:21	0:54:19	7:04	15	67.00	70	80.74	73.95	5	5
13	Luebke, Art	59	6:30	0:47:49	0:54:19	9:34	41	103.00	105	82.22	25.58	2	2
15	Keefe, Bonnie	41	17:06	0:37:16	0:54:22	7:27	2	74.00	76	79.26	93.85	5	5
16	Saitta, Jason	28	27:01	0:27:25	0:54:26	5:29	1	34.00	38	77.78	100.00	2	2
17	Edrich, Rick	45	21:17	0:33:28	0:54:45	6:42	10	61.00	62	76.30	83.26	5	5
18	Smith, Douglas	56	13:45	0:41:01	0:54:46	8:12	27	85.00	86	74.81	51.63	4	4
19	Struble, Brian	38	18:21	0:36:26	0:54:47	7:17	16	71.00	72	73.33	72.09	5	5
20	Gray, Rob	55	17:44	0:37:06	0:54:50	7:25	18	73.00	74	71.85	68.37	2	2
21	Chesbro, Mitch	47	13:02	0:41:55	0:54:57	8:23	31	87.00	88	70.37	44.19	5	5
22	Feerst, Adam	46	23:53	0:31:05	0:54:58	6:13	4	51.00	52	68.89	94.42	4	4
23	Trujillo, Jay	47	17:44	0:37:15	0:54:59	7:27	19	73.00	74	67.41	66.51	4	4
24	Rothenburger, David	37	23:08	0:31:53	0:55:01	6:23	7	54.00	55	65.93	88.84	5	5
25	Applegate, Ken	57	19:51	0:35:12	0:55:03	7:02	14	67.00	67	64.44	75.81	5	5
26	Gentry, Tim	44	24:51	0:30:15	0:55:06	6:03	2	48.00	48	62.96	98.14	4	4
27	Bullock, John H. Jr.	44	22:22	0:32:45	0:55:07	6:33	8	58.00	58	61.48	86.98	5	5
29	Robbert, Michael	31	20:26	0:34:48	0:55:14	6:58	12	65.00	65	58.52	79.53	4	4
28	Knipps, Mike	53	10:50	0:44:24	0:55:14	8:53	37	94.00	94	60.00	33.02	5	5
30	Meacham, Lance	38	21:17	0:33:59	0:55:16	6:48	11	62.00	62	57.04	81.40	5	5
31	Nix, Alicia	41	6:30	0:48:47	0:55:17	9:45	10	105.00	105	55.56	44.62	5	5
32	Olson, Jeffrey	46	14:06	0:41:13	0:55:19	8:15	28	85.00	85	54.07	49.77	5	5
33	Robinette, Ric	53	16:08	0:39:16	0:55:24	7:51	23	80.00	79	52.59	59.07	5	5
34	Struble, Stephanie	39	12:40	0:42:46	0:55:26	8:33	5	90.00	89	51.11	75.38	3	3
35	Basse, Bob	51	22:06	0:33:21	0:55:27	6:40	9	60.00	59	49.63	85.12	4	4
36	Hill, David	55	16:27	0:39:01	0:55:28	7:48	22	79.00	78	48.15	60.93	5	5
37	Quispe, Michael	39	23:39	0:31:52	0:55:31	6:22	6	54.00	53	46.67	90.70	5	5
38	Cunningham, Deb	44	18:21	0:37:13	0:55:34	7:27	1	73.00	72	45.19	100.00	5	5
39	Davis, Trisha	55	11:35	0:43:59	0:55:34	8:48	7	93.00	92	43.70	63.08	4	4
40	Haji, Salim	34	24:08	0:31:31	0:55:39	6:18	5	53.00	51	42.22	92.56	4	4
41	Haller, Gordon	55	16:27	0:39:22	0:55:49	7:52	24	79.00	78	40.74	57.21	4	4
42	Greene, Eric	26	19:34	0:36:40	0:56:14	7:20	17	72.00	68	39.26	70.23	1	1
43	Reddy, Heather	36	7:19	0:48:59	0:56:18	9:48	11	104.00	103	37.78	38.46	5	5
44	Vollmar, Mick	52	15:07	0:41:21	0:56:28	8:16	29	86.00	82	36.30	47.91	1	1
45	Woljan, Dennis	64	13:23	0:43:06	0:56:29	8:37	33	89.00	87	34.81	40.47	2	2
46	Allendorf, Brett	37	18:03	0:38:31	0:56:34	7:42	21	74.00	73	33.33	62.79	5	5
47	Lee, Adam	34	17:06	0:39:38	0:56:44	7:56	25	77.00	76	31.85	55.35	5	5
48	Werner, Bethanie	30	16:27	0:40:19	0:56:46	8:04	3	83.00	78	30.37	87.69	1	1
49	Kumpf, Howard	65	7:43	0:49:11	0:56:54	9:50	42	105.00	102	28.89	23.72	3	3
50	Evans, Michelle	39	11:57	0:45:27	0:57:24	9:05	8	92.00	91	27.41	56.92	4	4
51	McFarlane, Scott	55	15:48	0:41:52	0:57:40	8:22	30	81.00	80	25.93	46.05	5	5
52	Sibley, Ray	51	11:12	0:47:30	0:58:42	9:30	40	94.00	93	24.44	27.44	4	4
53	Romero, Jim	66	17:06	0:43:20	1:00:26	8:40	34	80.00	76	22.96	38.60	2	2
54	Johnson, Mark	48	15:48	0:46:46	1:02:34	9:21	39	81.00	80	21.48	29.30	4	4

RMRR RACEWALKERS, MAY 2006 TROPHY SERIES

Place	NAME	AGE	-----TIMES-----				----HANDICAP----		TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD		
1	Blanchard, Michael	45	10:04	0:44:55	0:54:59	8:59	96.00	96	100.00	5
2	Thies, Chuck	59	-6:12	1:01:49	0:55:37	12:22	134.00	133	73.33	5
3	Lyle, John	73	-10:17	1:09:13	0:58:56	13:51	142.00	141	46.67	5

RACEWALKER OVERALL STANDINGS

NON-MEMBERS, MAY TROPHY SERIES

Pl	Name	Gen	Total Points	#	Ave Points	R/W	NAME	START	ACT'L	FINISH	PACE
1	Michael Blanchard	M	408.00	5	81.60	R	David Conner	15:07	0:37:46	0:52:53	7:33
2	Chuck Thies	M	365.33	5	73.07	R	Jim Strauss	10:04	0:43:21	0:53:25	8:40
3	Ed Guiff	M	316.00	4	79.00	R	Claudia Bronner	10:27	0:44:12	0:54:39	8:50
4	John Lyle	M	282.67	5	56.53	R	Aaron Ruhnaw	20:09	0:35:45	0:55:54	7:09
5	Jan Hill	F	88.00	2	44.00	R	Susan Bellard	20:43	0:35:13	0:55:56	7:03
						R	Wolfgang Bronner	24:51	0:31:11	0:56:02	6:14
						R	Carol Johnson	3:07	0:53:02	0:56:09	10:36
						R	Andy Kelly	7:19	0:49:21	0:56:40	9:52
						R	Jack Barry	17:06	0:40:29	0:57:35	8:06
						R	Bob Jurenka	7:19	0:51:53	0:59:12	10:23

June Monthly Featured Running Route: Bear Creek Lake Park Trail

By Liz Stolz

Distance: 9 Mile loop

Location: Lakewood –Park Entrance (South) off of Morrison Road less than one mile east of C-470

Difficulty: Moderate

Parking Fees: \$4.00 per day – This is a Lakewood City Park.

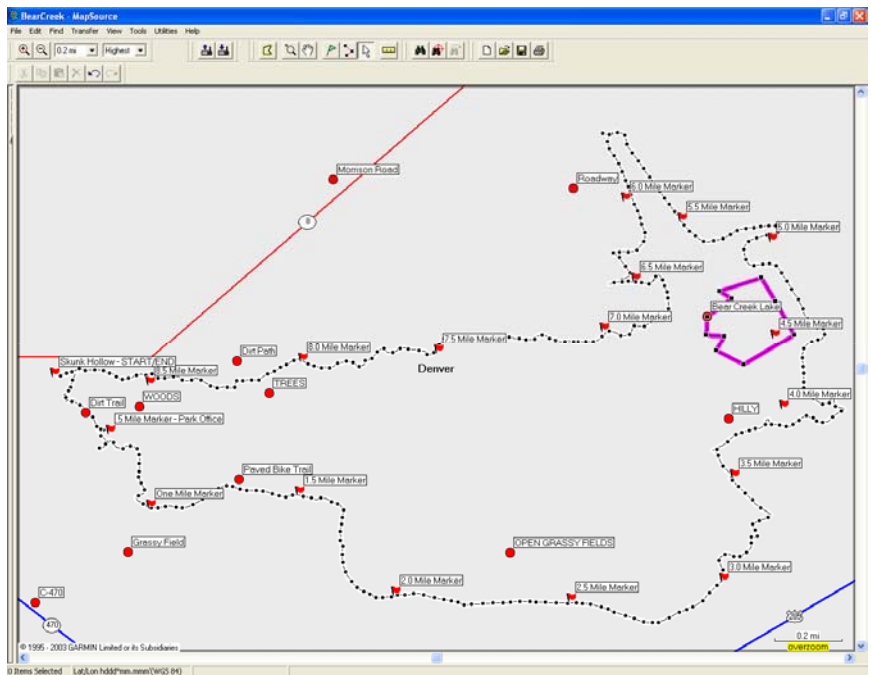
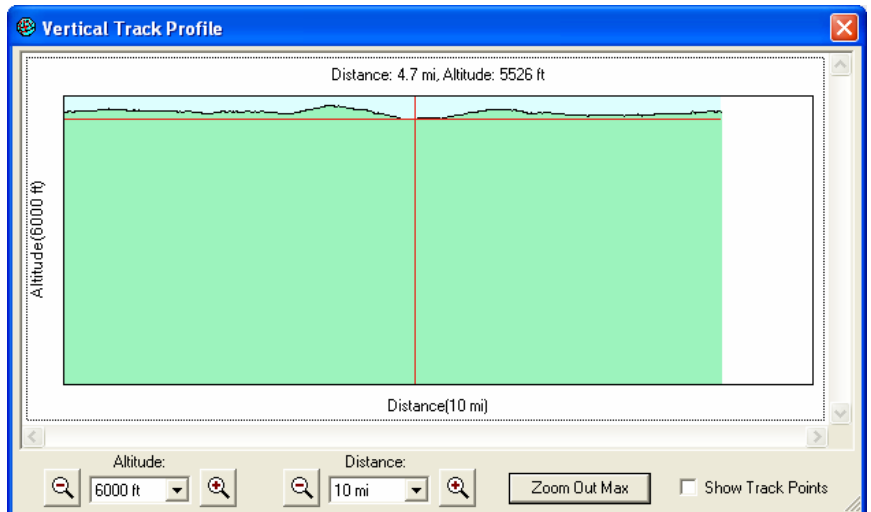
Description: This route is for the runner who wants variety. There are a number of different ecosystems and trail types along this route. The 9-mile loop is a combination of dirt trails, paved trails, and open grassy trails. This trails offer the runner an opportunity to run through a thick woods, open grasslands, along the bear creek lake, and along the roadway. This park is not too crowded but runners will often come across other bikers, hikers, and fellow runners.

The elevation change along the route includes one major hill that is a 200+ foot climb making this a moderately ranked route. The route starts at 5,666 feet and climbs to 5,799 feet at the highest point and dipping to 5,524 feet at the lowest point. From the highest point in the route to the lowest elevation point in the route there is a 275 foot elevation change. See the elevation profile (right) that illustrates the elevation changes along the entire 9 mile loop.

Also shown is a GPS map of the 9 mile loop. The route starts in the Bear Creek Lake Park at the Skunk Hollow parking lot. The runner heads south on the dirt trail with an immediate small hill climb through the woods to the 0.5 mile mark. The runner then must cut across the grassy field to connect with the paved bike trail at the one mile mark. After completing the first mile, the runner heads east on the paved bike trail through the open grassy fields. The runner continues from Mile 1 to mile 5 in the route at which point the runner begins to climb the biggest hill in the route. At the 5.5 mile mark the runner continues on a dirt trail that takes the runner behind the Bear Creek Lake dam. At the 6.0 mile mark, the runner follows the park roadway all the way until mile marker 6.5. At mile 6.5 the runner follows the dirt trail again along the bear creek lake for a half mile. At mile 7.0 the runner heads through some of the other parking lots following the dirt trails at mile 8.0 and back to the Skunk Hollow parking lot.

This route definitely offers variety in both trail type and the ecosystems viewed along the route. It is a route that typically is not too crowded that most runners will enjoy! Happy Running!

Readers are encouraged to contact Liz Stolz at lizstolz@mrr.org if they are interested in adding a specific route to the monthly Featured Running Route



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

PI	Overall TS Name	Gen	Total Points	#	Ave Points	PI	Male Scratch Name	Total Points	#	Ave Points	PI	Female Scratch Name	Total Points	#	Ave Points
1	Lance Meacham	M	395.00	5	79.00	1	Michael Quispe	466.65	5	93.33	1	Deb Cunningham	493.33	5	98.67
2	Rick Voorhees	M	393.76	5	78.75	2	David Rothenburger	453.98	5	90.80	2	Bonnie Keefe	463.37	5	92.67
3	Rick Edrich	M	378.70	5	75.74	3	John H. Jr. Bullock	447.06	5	89.41	3	Sarah Mathiesen	360.63	4	90.16
4	Dyan Piscopo	F	371.02	4	92.75	4	Rick Edrich	426.65	5	85.33	4	Stacy Russell	336.78	4	84.19
5	Scott Hogg	M	367.72	5	73.54	5	Lance Meacham	423.42	5	84.68	5	Michelle Evans	291.21	4	72.80
6	Mike Knipps	M	357.33	5	71.47	6	Ken Applegate	400.39	5	80.08	6	Trisha Davis	286.89	4	71.72
7	Ken Applegate	M	354.79	5	70.96	7	Tim Gentry	391.19	4	97.80	7	Heather Reddy	274.97	5	54.99
8	Michael Quispe	M	353.94	5	70.79	8	Scott Kukul	385.93	4	96.48	8	Alicia Nix	242.39	5	48.48
9	Heather Reddy	F	341.78	5	68.36	9	Adam Feerst	379.42	4	94.86	9	Lisa Champeau	233.97	3	77.99
10	Bonnie Keefe	F	340.73	5	68.15	10	Salim Haji	377.88	4	94.47	10	Holly Whelan	232.38	4	58.10
11	Larry Mudron	M	336.01	4	84.00	11	Scott Hogg	376.40	5	75.28	11	Stephanie Struble	230.62	3	76.87
12	Mitch Chesbro	M	334.83	5	66.97	12	Brian Struble	375.24	5	75.05	12	Dyan Piscopo	202.83	4	50.71
13	Dean Raish	M	334.03	5	66.81	13	Brett Allendorf	350.03	5	70.01	13	Karen Voss	200.00	2	100.00
14	Dennis Depakakibo	M	333.10	4	83.28	14	Bob Basse	349.09	4	87.27	14	Franki Gomez	186.98	2	93.49
15	Kyle Armstrong	M	330.43	4	82.61	15	Ric Robinette	335.67	5	67.13	15	Alice Bedard-Voorhees	178.97	4	44.74
16	Ric Robinette	M	325.48	5	65.10	16	Michael Robbert	335.31	4	83.83	16	Renee Withrow	172.70	4	43.17
17	Adam Feerst	M	321.93	4	80.48	17	David Hill	322.89	5	64.58	17	Karen Okamoto	160.32	3	53.44
18	Bryon Dath	M	305.29	4	76.32	18	Adam Lee	314.00	5	62.80	18	Kerry Beebe	140.00	4	35.00
19	Brett Allendorf	M	302.54	5	60.51	19	Rich Carney	311.15	4	77.79	19	Kassandra Robbert	138.10	2	69.05
20	Stacy Russell	F	300.62	4	75.15	20	Chase Kelly	296.86	3	98.95	20	Carmen Kitts	135.87	2	67.94
21	John H. Jr. Bullock	M	300.32	5	60.06	21	Scott McFarlane	285.50	5	57.10	21	Shannon Chase	131.43	2	65.71
22	Lee Bengston	M	295.94	5	59.19	22	Devin Croft	283.66	3	94.55	22	Hille Dais	128.57	3	42.86
23	Rich Carney	M	295.93	4	73.98	23	Jeffrey Olson	270.14	5	54.03	23	Bethanie Werner	87.69	1	87.69
24	Sarah Mathiesen	F	294.45	4	73.61	24	Gordon Haller	255.59	4	63.90	24	Leah Jappe	84.76	1	84.76
25	Brian Struble	M	286.24	5	57.25	25	Mitch Chesbro	254.65	5	50.93	25	Joanne Winge	84.76	1	84.76
26	Deb Cunningham	F	285.41	5	57.08										
27	David Rothenburger	M	281.13	5	56.23										
28	Bob Basse	M	276.56	4	69.14										
29	Salim Haji	M	271.23	4	67.81										
30	David Hill	M	266.07	5	53.21										
31	Douglas Smith	M	265.65	4	66.41										
32	Scott Kukul	M	260.10	4	65.02										
33	Michelle Evans	F	258.81	4	64.70										
34	Michael Heitz	M	255.72	3	85.24										
35	Michael Robbert	M	252.22	4	63.06										
36	Tim Gentry	M	250.21	4	62.55										
37	George Huner	M	248.45	4	62.11										
38	Bill Ahlers	M	242.22	3	80.74										
39	Kerry Beebe	F	241.64	4	60.41										
40	Ray Sibley	M	239.62	4	59.91										
41	Scott McFarlane	M	232.80	5	46.56										
42	Alice Bedard-Voorhees	F	226.04	4	56.51										
43	Gordon Haller	M	225.50	4	56.38										
44	Alicia Nix	F	224.96	5	44.99										
45	Dave Cunningham	M	220.24	3	73.41										
46	Jeffrey Olson	M	217.49	5	43.50										
47	Trisha Davis	F	216.80	4	54.20										
48	Adam Lee	M	212.66	5	42.53										
49	Richard Martinez	M	211.32	3	70.44										
50	Joseph Bearss	M	201.08	4	50.27										

More Racing in Other Places

BOULDER DISTANCE CARNIVAL 5 MILE/15K/30K

April 30, 2006 Boulder Reservoir

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace	Event
PETER SZYMANSKI	50	M	32.	25th	50-54	2nd	38:06	7:38	5Mi
KAREN VOSS	40	F	26.	7th	40-44	2nd	1:08:55	7:24	15K
STEPHANIE STRUBLE	39	F	102.	51st	35-39	7th	1:27:46	9:25	15K
GINA AHNEN	28	F	28.	9th	25-29	2nd	2:43:54	8:48	30K
BILL AHLERS	43	M	32.	21st	40-44	3rd	2:54:58	9:24	30K

COLORADO MARATHON/MINI MARATHON/10K

May 7, 2006 Ft. Collins

Name	Gen	GenPI	Div	GunTime	Pace	NetTime	Event
ROSS WESTLEY	M	26	69	52:11	8:24		10K
MICHAEL BLANCHARD	M	1	44	55:39	8:58		10KRW
DAVID MACBEAN	M	149	M3034	3:46:31.3	8:39	3:45:45.2	Marathon
JEN LO TURCO	F	57	F2529	3:57:27.9	9:04	3:57:12.6	Marathon
MYRA RHODES	F	84	F7098	4:09:12.7	9:31	4:09:04.3	Marathon
LEE RHODES	M	304	M7098	4:45:54.0	10:55	4:45:45.7	Marathon
KEVIN WEINMAN	M	42	M3034	1:50:36	7:23		MiniMarathon
MARK STEVENS	M	164	M4549	2:21:06	9:25		MiniMarathon
MICHELLE SLUSSER	F	229	F3034	2:33:17	10:14		MiniMarathon
MARIE DRAKE	F	389	F4044	3:39:30	14:38		MiniMarathon


Joining RMRR



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

- Visit the web site (www.rmrr.org), click on the Club Info page, download an application and mail it in
- Log onto www.active.com and join online

- Pick up an application at local running stores including Runner's Roost (Colorado Blvd, Parker Rd Aurora, Highlands Ranch), Boulder Running Company (Littleton, Boulder), Runner's Choice (Boulder)
- Call the RMRR office, 303-871-8366, leave a message with your name and address and we'll mail you an application



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One entry form per person. Mail in entries **MUST** be postmarked by Sept. 12, 2006. Make check payable to: Boulder Backroads Marathon, LLC.
Mail to: Boulder Backroads Marathon, P.O. Box 1889, Boulder, CO 80306.

First _____ Last _____

Address _____

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Age on 9/24/06 _____ Phone Number _____

Email _____

Male Female Shirt Size: S M L XL

entry fees: (check one)
If postmarked or received on or before August 1
 \$65 Half Marathon \$75 Marathon

If received on or before noon, Sept. 22, at local running stores or online
 \$75 Half Marathon \$85 Marathon

Walk Up at Pre-Race Expo on Sept. 23 - 9 a.m. - 4 p.m. only
 \$85 Half Marathon (if available) \$95 Marathon (if available)

There is no race day registration.
 Yes, I want to register to win a free massage from MassageSpecialists.com

Additional donation to:

Family Learning Center \$ _____
Team in Training \$ _____
Total Amount Enclosed (checks only please) \$ _____

Waiver AND release PLEASE READ THIS DOCUMENT CAREFULLY.

By signing this document, you are giving up any legal rights you may have to sue Boulder Backroads LLC, GOLITE or its affiliates (related companies).

I _____ [NAME] desire to participate in or attend the GOLITE Boulder Backroads Marathon and Half-Marathon ("the Event") conducted by Boulder Backroads, LLC and sponsored by GOLITE and others. I have full knowledge of the risks involved in this Event and verify that I am physically fit and able to participate. In consideration of the opportunity to participate, I hereby irrevocably and unconditionally agree, on my own behalf and on behalf of my heirs and assigns, to indemnify GOLITE Inc., its affiliates, and Boulder Backroads, LLC, and their respective officers, directors employees, agents, and insurers ("the Released Parties") against, any lawsuits, claims, or expenses (including attorney fees), whether arising from the negligence of the Released Parties or otherwise; and I release and agree not to sue the Released Parties for any damages or personal injuries (including death) or any other liability relating in any way to the Event. I understand that the Event may be photographed, videotaped, or otherwise recorded, and I grant such parties the worldwide right in perpetuity, without approval or compensation, to use my name or likeness for any purpose, without approval or compensation to me or to any third party. I have read this release and waiver carefully, fully understand its content, and voluntarily agree to its terms.

Participant's Signature: _____

Date: _____ Date of Birth: _____

(Parent's signature if participant is a minor - in most states, under 18 year of age)
By signing above, the parent or guardian waives, and agrees not to assert, any claims it might have against the Released Parties arising out of the Event.

Trophy Series Notes

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

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

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

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

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

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

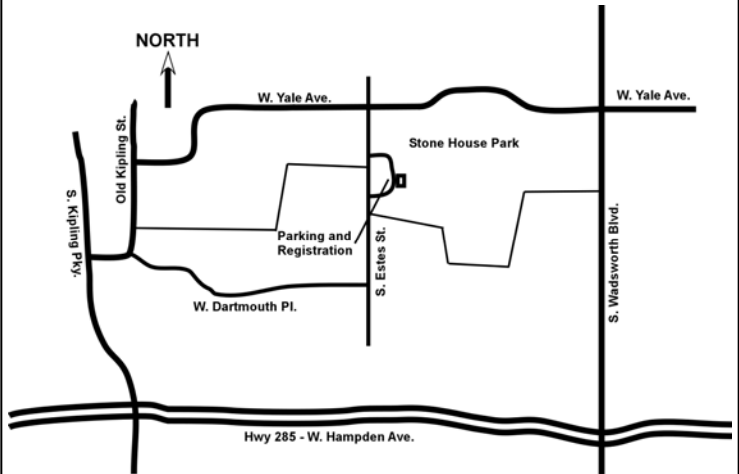
Sample 2.4 Mile Start Times	
HCP	Start
120	0:00
110	2:01
100	3:53
90	5:37
80	7:12
70	8:39
60	9:57
50	11:07
40	12:08

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

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

Dogs and baby strollers are not

Run the June Trophy Series 2.4 mi Stone House Park Saturday, June 10, 8 a.m.



allowed at RMRR races due to insurance restrictions. **Runners and Race Walkers** are scored separately. If changing, please let us know at registration. Check your race tag. "R" means runner and "W" means race walker.

Rules:

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

Race Walkers must follow USATF

Thank You for Supporting RMRR



Running Wild



POTTS TROTTERS



TWO FEET TO GO

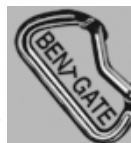


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JUNE 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(1) groups.yahoo.com/group/denvertrailrunners, 303-282-3921 (2) www.rmrr.org (3) www.steamboatmarathon.com (4) www.comastersrun.org		(5) www.pikespeakmarathon.org (6) www.epmarathon.org (7) www.racingunderground.com (8) www.runuphillracing.com		1 Trail Run 5:30pm or 6:15pm (1)	2	3 RMRR Training Run , 7:00 am Goodson Rec. Center, DeKoevend Park, Littleton (2) Girls on the Run 5K 9am City Park (9)
4 Steamboat Marathon ½ Marathon & 10k 7am Steamboat Springs (3)	5 RMRR Board Meeting , Wild Oats Washington Park 7:00 pm (1)	6 Wash Park Fun Run 6:00 pm South High Parking Lot (2)	7 Track Workout 6:15pm Denver Lutheran High School (1)	8 Trail Run 5:30pm or 6:15pm (1)	9	10 RMRR Trophy Series 8 am Stone House 2.4 Miles South Valley 10K (4) 8am South Valley Park
11 Garden of the Gods 10mi 7am Colorado Springs (5) Arby's Rocky Mountain ½ marathon and women's 8K (10) 7am Riverfront Park	12	13 Wash Park Fun Run 6:00 pm South High Parking Lot (2)	14 Making Tracks Track Meet 6:30pm Denver Lutheran High School (1)	15 Trail Run 5:30pm or 6:15pm (1)	16	17 RMRR Training Run , 7:00 am Goodson Rec. Center, DeKoevend Park, Littleton (2) Mount Evans Ascent 14.5 mi 8am Echo Lake (7)
18 Estes Park Marathon Optimist 10K & 5K Estes Park (6) Fibark Running Races 10K Trail Run 7:30am Salida (11)	19	20 Wash Park Fun Run 6 pm (2) Twilight Trial Series 6.6mi 6:40pm (8)	21 Track Workout 6:15pm Denver Lutheran High School (1)	22 Trail Run 5:30pm or 6:15pm (1)	23	24 RMRR Training Run , 7:00 am Goodson Rec. Center, DeKoevend Park, Littleton (2) Slacker Half Marathon 8 am Georgetown (9)
25 Golden Gate Canyon Trail Run 13.1 (8) 8:30am Gilpin County	26	27 Wash Park Fun Run 6:00 pm South High Parking Lot (2)	28 Track Workout 6:15pm Denver Lutheran High School (1)	29 Trail Run 5:30pm or 6:15pm (1)	30	(9) www.bkbltd.com (10) www.rmrrunning.com (11) 719-539-6738



2006 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Teresa Abbott	2.75	Gene Hardy	4.50	John Pawlowski	1.50
Mike Acosta	4.00	Michael Heitz	1.25	Heather Reddy	20.75
Ken Applegate	12.00	Dave Hill	2.25	Bob Reilly	12.00
Mark Ballard	4.00	Jan Hill	5.75	Rosalie Richter	15.50
Bob Basse	18.00	Olga Hnizdil	2.50	Sharyl Riley	25.75
Anthony Beeson	2.50	T.J. Johnson	1.00	Mike Robbert	17.50
Michael Blanchard	8.75	Potts Jones	16.50	Rochelle Robinette	9.50
Kolene Brown	14.50	Bonnie Keefe	39.25	Ric Robinette	14.00
Lisa G. Champeau	40.00	Howard Kumpf	8.50	Liz Shepard	11.25
Keith Champeau	15.25	Brad LaBarry	7.50	Ray Sibley	12.50
Jim Chow	20.00	John Lyle	26.00	Doug Smith	97.25
Dave Cunningham	4.50	Betsy Lyle	25.50	Andrea Smith	4.50
Deb Cunningham	43.50	Tom Mates	14.00	Liz Stolz	22.00
Amelia Cunningham	7.50	Carl McNew	1.25	Stephanie Struble	26.50
Trisha Davis	6.25	Lance Meacham	10.50	Brian Struble	19.00
Michelle Evans	3.00	Leslie Mitchell	9.25	Jean Townsend	3.00
Janet Fairs	19.00	Alicia Nix	17.75	Mike Vanoni	2.00
Adam Feerst	2.00	Lyndzey Nix	2.50	Karen Voss	8.25
Tim Gentry	1.00	Jeff Olson	8.50	Holly Whelan	7.00
Janet Gold	10.00	Lisa Paige	1.50		



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

Michael Blanchard	1	Donna Schutzius	14
Steve Schommer	1	Dean Raish	15
Joseph Bearss	1	Joseph Arrazola	18
Stephanie Myers	1	Dean Hess	19
Mollie Lehman	2	Ryan Haller	19
Trevor Kelly	2	Robert Romero	20
Edwin Quintanilla	3	Miranda Bullock	21
Sean Ratledge	5	Bill Larson	22
Thomas Black	6	Nancy Kiyota	22
Howard Kumpf	8	Chase Kelly	22
Cydnee Magleby	8	Wendell Gadd	23
John Pawlowski	9	Patricia Crespi	23
Jeremiah Schutzius	9	Toni Iaccino-Mettler	25
Anthony Beeson	10	Tiffany Dunn	25
Ted Drescher	11	Tory Johnson	26
Chris Vanoni	11	Rich Friedmann	27
Carl Mather	11	Richard Friedmann	27
Michael Robbert	11	Monae Byrne	27
Tom Mates	12	Lauren MacBean	28
John Bullock III	13	Jessica Haller	29
Rolf Asphaug	14	Adam Kinney	29

Please renew your membership promptly. If your membership has expired, you will not have a printed start tag for Trophy Series Races. All expired memberships must be renewed prior to racing. You will not be included in the trophy series scoring without a current membership, and we don't want that to happen!!

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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