



News on The Run

A Letter from the President...

Our February Trophy Series at Cherry Creek State Park went off without a hitch, thanks to the hard work of Jeff Olsen. Thanks Jeff for putting on such a great race. Thanks also to all the volunteers who helped out – especially the non-volunteers who put up with the cold to allow us all to run -- Janet Fairs, Betsy Lyle, Tom Mates, Rosalie Richter, Liz Shepard, and Ray Sibley – thank you, we couldn't do this without you!! Finally, thank you to all the runners who stayed to the side of the road, we have not heard any criticism from the Park Service so hopefully we'll be back at Cherry Creek next year. We had a total of 89 runners, and the conditions were very good. Almost the entire road was clear of snow and ice, and by the end of the race, the weather warmed up, making for a very nice run.

As you all know, we have partnered up with the Colfax Marathon to hold a marathon training series. At Twin Lakes Park, we will be holding the 10 mile race on February 25 and the 15 mile race on March 25. We will also be running a 20 mile race at the Front Range Community College in Westminster on April 22. You can register for the runs at www.getmeregistered.com or, of course, the day of the race. If you pay to register for 2 of the runs, you will get a free pair of gloves. Our club is being paid to direct the races, and we get a share of the profits, so be sure to come out and support the effort!! Club members get a \$5 discount.

Finally, AirAide has expressed an interest in sponsoring our running club. It is an herbal supplement that promises to help with your breathing while running. You can find more information at www.myairaide.com. The club would be interested in hearing from club members regarding your thoughts about the product and a potential sponsorship. Also, if you are interested in trying the product and being a spokesperson, please let me know. You can reach me at stephstru@hotmail.com.

Finally, we are still looking for volunteers to help with some of our club responsibilities. In addition to the volunteer opportunities listed in this newsletter, we are also looking for race directors for the April Colfax training run, and our October and December trophy series races. If you have never been a race director, Adam Feerst is going to hold a race-director clinic during the April trophy series and Ric Robinette will be doing the same in November, so please consider getting trained and signing up to help direct a race.

See you at Crown Hill Park on the 4th of March!!

Race Director Training

Who: Anyone interesting in learning how to direct a race, taking on a bigger volunteer role at races, or just learning more about what goes on behind the scenes.

Putting on a race is really not as hard as it may seem. I know that it seems like a lot is going on behind the scenes, and that it's quite complicated. Most of keys to putting on a good race is in the planning and advanced preparation. I remember how worried I was before my first race. Perhaps the biggest lesson you will learn is what you really need, and don't need to worry about. We'll teach you the keys to putting on a good race, and what goes on behind the scenes. This will focus on the Trophy Series, but many of the skills are useful in other races.

RMRR is an all-volunteer club. We are always looking for more people to help put on the Trophy Series, Marathon Training Series, and other outside races. You can learn valuable skills, and become another resource for the club, whether or not you want to direct a race yourself. We depend on member support to make the races, and the club work. The more people we have available, the more and better events we can provide.

When:

April 1, at the 4mi Trophy Series Race, with Adam Feerst

Nov 4, at the Trophy Series race in Westminster, with Ric Robinette

Both are long time members of the club, very experienced race directors, and good teachers.

Cost: FREE

If interested, or for more information, contact RMRR at rmrr@rmrr.org, 303-871-8366

**2007 RMRR
Executive Committee**

President

Stephanie Struble

Vice President

Bob Reilly

Secretary

Deb Cunningham

Treasurer

Leslie Mitchell

Race Committee Chairpersons

Ric Robinette

Membership

Kolene Brown

Board Positions

Board Members at Large

Bob Basse

Karen Voss Szymanski

Bonnie Keefe

Doug Smith

Training/Track Workouts

Mike Robbert

Scott Kukel

Devin Croft

Dan Haney

Volunteer Coordinator

Lisa Champeau

Communications

Michelle Evans

Computer Database/Race Scoring

Brad Labarry

Non-Board, Non-Voting Positions

Special Events

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Quartermaster

John Lyle

Newsletter rmrrnewsletter@yahoo.com

John Pawlowski, Editor

Stephanie Struble

Chris Vanoni

Jim Chow

Holly Whelan

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Colorado Masters Racing Association

President: Ken Simons

Colorado Columbines

President: Jenn Becker

Front Range Walkers

Guru: Bob Carlson

Potts Trotters

Fearless Leader Parthenia (Potts) Jones

Phidippides

President: Matt Steinberg

Race Schedule

Check the race schedule every month for changes! Times and locations for some of the 2007 races are still being confirmed. Check the newsletter, call the club office at (303) 871-8366 or visit our web site at www.rmrr.org for updated information or to volunteer to help!

Trophy Series Races

| Date | Time | Distance | Location | Race Director |
|------------|---------|----------|-----------------------|-----------------------------------|
| Sun. Mar 4 | 9:00 AM | 3 MI | CROWN HILL PARK | Janet Gold/Ken Applegate |
| Sun. Apr 1 | 9:00 AM | 4 MI | BEAR CREEK BIKE PATH | Adam Feerst, Race Dir Training |
| Sun. May 6 | 8:00 AM | 5 MI | CARSON NATURE CENTER | Heather Reddy/Alicia Nix |
| 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 | 9 MI | WATERTON CANYON | OPEN |
| Sun. Nov 4 | 9:00 AM | 10 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. Feb 25 | 9 a.m. | 10 mi | TWIN LAKES PARK | Deb Cunningham |
| Sun. Mar 25 | 9 a.m. | 15 mi | TWIN LAKES PARK | Brian Bergevin/Steph Struble |
| Sun. Apr 22 | 8 a.m. | 20 mi | FRONT RANGE COM COLL | OPEN |
| 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 | OPEN |
| Sun. Aug. 5 | 8 a.m. | 15 mi | WESTMINSTER CITY PARK | OPEN |
| Sun. Aug. 26 | 8 a.m. | 20 mi | FRONT RANGE COM COLL | Holly Whelan |
| Sun. Sep. 16 | 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 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.

BOARD MEETING MINUTES

January 29, 2007 RMRR - Board Meeting Minutes

Attendees: Doug Smith, Bonnie Keefe, Lisa Champeau, Stephanie Struble, Adam Feerst, Jeff Olson, Brad LaBerry, Ric Robinette, Deb Cunningham, Bob Reilly, Jim Chow, Michelle Evans.

Volunteer Issues:

1. Volunteer of the Month: Carmen Kitts for running w/ Kerry Kuck.
2. Race Directors – March Colfax Marathon Training Series. Still looking for a director.
3. Newsletter – Jim Chow is the new layout coordinator. Holly Whelan will handle distribution. Lisa Champeau will write the vol of the month articles.
4. February race – New coordinator at Cherry Creek Rez wants us to run on one side of the road only. This makes the course too long. Suggestions = leave it as is or move the turn-around up to the front of the parking lot. Also one water stop at the turn-around. They're also looking for our emergency plan. Bob Reilly will work on this using the Waterton instructions and Boulder Backroads directions as a starting point. Doug to email Bob the Backroads info. Deb will bring her family's walkie-talkies to see if they work. Jeff has looked at the course. It's just icy on the south side of the road. Michelle will send an eBlast this weekend. If weather looks bad, she'll remind everyone to be there at 9am in case we do a mass start.

Operational Items:

- Treasurer's Report. No treasurer's report for this meeting.
- Qwest Grant – what to do with the grant. Paperwork is in. It takes a long time to receive the money. Ideas – use for general operating expenses, advertising of Club events. Decision = use for general

operating expenses.

- Possible AirAide Sponsorship of Club. Mike Robbert will test the product out. See how he likes it.
- Race Committee meeting – Ric will call a mtg with those interested in talking about race formats and events. As part of this, consider Adam's Offer to Calibrate courses – which courses do we need to calibrate?
- Do we need further advertising of our events (Doug). Need volunteers to put our race calendar on Active.com. We have ignored offers to put our race calendar on running websites and calendars because of time and because we're in the running stores, the Rocky Mountain Sports Keeper Issue.
- What to do with offers that come over internet (eg insoles). Michelle's opinion – we don't want to spam our members. Send out only if it's a sponsor (Runner's Roost or BRC) or if it's something for free. She will use her discretion on what to forward.
- Do we want to advertise to our members volunteer opportunities with other races/clubs – e.g. boulder cross country.

Colfax Marathon Training Series

1. Update on Progress. Not listed on get me registered.com yet. Stephanie will follow-up. If run 2 of the 3 races, you'll receive a pair of gloves.

Mission for 2007

Defer discussion until next time.





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| | |
|--|--|
| <p>AURORA 303.695.8801 E Iliff Ave @ Peoria 8am-9pm Mon-Sat 8am-8pm Sunday</p> <p>CAPITOL HILL 303.832.7701 E 11th Ave @ Ogden 7am-10pm Everyday</p> <p>COLORADO BLVD 303.691.0101 S Colorado @ Kentucky 7am-10pm Everyday</p> <p>LITTLETON 720.214.3174 8194 S Kipling Pkwy 7am-10pm Everyday</p> | <p>LITTLETON 303.798.9699 S Univ. Blvd @ Orchard 7am-9pm Mon-Sat 8am-9pm Sunday</p> <p>WASHINGTON PARK 303.277.1339 S Washington St @ I-25 7am-10pm Everyday</p> <p>WEST DENVER 303.277.1339 14357 W Colfax @ Indiana 7am-10pm Everyday</p> <p>WESTMINSTER 303.650.2333 N Sheridan Blvd @ 92nd 7am-10pm Everyday</p> |
|--|--|

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Carmen Kitts: Volunteer of the Month – January 2007

by Lisa G. Champeau

Congratulations to [Carmen Kitts](#) for being our first volunteer of the month in 2007 to be recognized by the club for her efforts at the January Trophy Series. Carmen is a woman on whom the club has relied for her gracious attitude and many hours of service. She became a member of the Rocky Mountain Road Runners in July 1999. She ran the Trophy Series and had so much fun that she joined. She also has a lot much fun directing that race each year with Doug Smith.



In her 25 years of running, she has run two marathons: Las Vegas and Pacific Shoreline. This year she plans to train for the CAL International Marathon in December. She runs because she enjoys being outdoors and there are so many benefits that come with running (meeting a lot of great people, staying fit, relief from stress, and never having to diet!).

She first realized she was speedy when she ran a local 5k for fun and came in second place in her age group, so she started doing track workouts as well as tempo runs and hill workouts to increase her speed. Her favorite running route is anywhere along the Highline Canal and a typical week for Carmen would be 5 mile runs three days, a track or tempo run, a long run on the weekend and then a short recovery run the next day. Her total mileage for the week is about 30 miles. Her favorite race is America's Finest City Half marathon in August in San Diego where she grew up. Her best training tips are: vary your workouts (distances and intensities), incorporate rest days into your training, run long, slow runs and, most importantly, have fun!

For Carmen's volunteering efforts, she will receive a \$25 gift certificate at a local running store. The club honors a member a month, so don't be shy!! Contact Lisa G. Champeau at lisa_g11@yahoo.com or 303-777-2261 to volunteer. No experience necessary – we will train you!

Relief for Sufferers of Plantar Fasciitis- Pain in the heel/bottom of foot

By Peter Szymanski, PT, IOC, CFMT & Karen Voss Szymanski, MS, OTR, SIPT, IMC

Plantar fasciitis can really be horrible. It will reduce the most dedicated runner to a limp and crawl. Peter's only DNF in a marathon was due to plantar fasciitis. It is often at its worst with a common activity such as getting out of bed and walking. The plantar fascia is an important structure to the function of your feet. It consists of fibrous "saran-wrap" like tissue that supports the arch of your foot from your heel to toes. It is thickest near the heel and projects like fingertips to the toes. Injury and inflammation results from micro-tears to this tissue and is most susceptible to injury when it is in a shortened range such as first thing in the morning with a sudden force of body weight applied by stepping out of bed. Some runners are more susceptible to this injury due to their body structure or to their running style.

The following quick and easy exercise is the result of a recent study by Dr. Benedict DiGiovanni, published in the Journal of Bone and Joint Surgery. For those of you plagued by this condition; give this a go and let us know how it works for you.

1. Seated & barefoot: place ankle of affected foot on opposite knee. Use same hand as affected foot to reach across and grasp toes.
 2. Flex the ankle and pull toes toward your shin.
 3. You should be able to feel the cord-like plantar fascia along the length of your foot.
- Hold the stretch a slow count of 10 seconds. Relax completely. Repeat 10 times.
Do this at least 3 times/day.

In DiGiovanni's study, 92% were completely satisfied and 94% reported a decrease in pain. People who performed this stretch had significantly greater relief of plantar fasciitis than those who just did calf stretches.

Other things we have found to help prevent recurrence and provide complete relief are:

- Manual therapy for the nearby soft tissues and joints
- Calf stretches are important because some of the pain is often referred from trigger points in the calf muscles.
- Transverse-Friction Massage to the plantar fascia, ask Karen or Peter to demo this
- Orthotics: to support the foot and take stress off the plantar fascia.
- Night splint may be helpful. Sleep positioning in supported side-lying instead of back-lying reduces prolonged shortened tissues.

The biggie: change running form to reduce over-stride which pounds the heel and often produces a slap-down effect of the foot.

There are other causes of heel and foot pain other than plantar fasciitis. If you are experiencing foot pain get it checked by us, another physical therapist or a physician who is well versed in running injuries.

Peter, a physical therapist since 1984, is certified in Orthopedic & Functional Manual Therapy. He is currently enrolled in the Doctorate of Physical Therapy program at Regis University, teaching courses to his peers, mentoring, and treating. *Karen's* background is in occupational therapy with adult neuro-trauma and pediatric clients. She is specialized in Functional Orthopedic, soft tissue mobilization & movement analysis. They both enjoy teaching *Running Well Seminarssm*, mentoring youth, distance running and multi-sport events. Peter and Karen have over 40 combined years of experience and are in private practice in Denver. You can contact them at 303-458-9660 or email info@CatalystTherapies.com with any questions or for consultation.

Open Volunteer Positions for 2007

The club has several positions and projects that are waiting for someone to step up and volunteer their time and talents:

1. Newsletter – We are looking for individuals to help with the newsletter. Specifically, we need people to write articles and provide content.
2. Database – We need someone to provide monthly copies of the member database for Running in Other Places, sort member database for a bi-monthly "household" list for Colorado Runner magazine.
3. Club's phone message hotline – Answer the phone messages left by people interested in getting more info about the club's activities. This can take 10-20 minutes 2-3 times per week. In addition, revise the phone greeting as required.
4. Membership Admin person to maintain and update the club's membership database. The position includes sending welcoming and renewal letters and membership cards to new members and reminder letters to members with expiring memberships. This position is very important and requires about 8-10 hours per month. The position requires the use of Microsoft Excel and Word in order to merge documents. Membership cards are created with Adobe Illustrator and a laser printer. The database is maintained with Microsoft Access, but no prior knowledge of that program is necessary.
5. Race Promotions - Enter the RMRR Race schedule on other websites like Active.com and Colorado Runner Magazine. We are also looking for someone to design a poster to advertise our group that we could put up in the running stores.
6. Organize weekday/weekend runs in other parts of the Denver area - Access to Wash Park on Tues evenings and Goodson Rec Ctr on Sat mornings isn't convenient for members living more than 30 min away. Would like to see some members promote their favorite running area for others to join them on their weekday/weekend runs.

Note:

Some of these positions are of limited duration while others would require a commitment for an entire year. I urge each of our members to see where they can lend their support.

Racing in Other Places

By Chris Vanoni

ELDORA NIGHTHAWKS SERIES #1

January 17, 2007 Eldora Mountain Resort

| Name | Gen | GenPI | DivPI | Time |
|-------------|-----|-------|-------|---------|
| ADAM FEERST | M | 2 | 1 | 12:52.0 |

CMRA LAKE ARBOR 5K

January 20, 2006 Arvada

| Name | Age | Gen | PI | Time |
|-----------------|-----|-----|----|-------|
| JIM ROMERO | 38 | M | 18 | 23:12 |
| GEORGE HUNER | 53 | M | 22 | 23:46 |
| SCOTT MCFARLANE | 55 | M | 25 | 24:43 |
| CHRIS STONE | 40 | M | 27 | 26:29 |
| LEE BENGSTON | 69 | M | 32 | 27:42 |
| PAUL RUNDLE | 42 | M | 33 | 27:50 |

FROSTY'S FROZEN FIVE 5M/10M

January 21, 2007 Littleton, CO

| Name | Age | Gen | PI | Time | Pace | Event |
|------------------|-----|-----|----|---------|-------|-------|
| HECTOR MARTINEZ | 23 | M | 2 | 1:04:32 | 6:28 | 10M |
| JEFF YOUNG | 50 | M | 15 | 1:19:36 | 7:58 | 10M |
| CRAIG EWING | 53 | M | 36 | 1:29:26 | 8:57 | 10M |
| MICHAEL QUIspe | 40 | M | 4 | 34:31 | 6:55 | 5M |
| MARY PITZ | 43 | F | 51 | 50:59 | 10:12 | 5M |
| KASANDRA ROBBERT | 32 | F | 67 | 55:22 | 11:05 | 5M |
| ERICKA ENGLERT | 36 | F | 84 | 59:28 | 11:54 | 5M |

ELDORA NIGHTHAWKS SERIES #2

January 24 2007 Eldora Mountain Resort

| Name | Gen | GenPI | DivPI | Time |
|-------------|-----|-------|-------|---------|
| ADAM FEERST | M | 2 | 1 | 18:34.0 |

THE BEST CROSS-COUNTRY RACE ON THE PLANET

January 27, 2007 Boulder

| Name | Age | Gen | GenPI | Div | DivPI | Time | Pace |
|-----------------|-----|-----|-------|-------|-------|-------|------|
| HECTOR MARTINEZ | 23 | M | 44. | 20-24 | 16th | 23:57 | 6:00 |

POLAR BEAR 5K

January 28, 2007 Washington Park

| Name | OAPI | DivPI | GenPI | Time | Pace |
|------------------|------|-------|-------|-------|-------|
| R. FURR | 7 | 1/8 | 7/37 | 22:17 | 7:11 |
| MITCH CHESBRO | 9 | 2/8 | 9/37 | 23:53 | 7:42 |
| LESLIE MITCHELL | 21 | 3/8 | 6/43 | 25:59 | 8:22 |
| JOSEPH BEARSS | 27 | 5/9 | 19/37 | 27:44 | 8:56 |
| ROSS WESTLEY | 55 | 1/1 | 31/37 | 31:56 | 10:17 |
| JERRY WISCHMEYER | 66 | 2/2 | 36/37 | 35:39 | 11:29 |

ELDORA NIGHTHAWKS SERIES #3

January 31 2007 Eldora Mountain Resort

| Name | Gen | GenPI | DivPI | Time |
|-------------|-----|-------|-------|---------|
| ADAM FEERST | M | 2 | 1 | 13:08.0 |

SUPER BOWL 5K

Feb 4, 2007 Washington Park

| Name | Gen | GenPI | OAPI | DivPI | Event | Time | Pace |
|-----------------|-----|-------|------|-------|-------|-------|------|
| ED KING | M | 16/55 | 20 | 3/6 | Run | 23:14 | 7:29 |
| CHARLES SCHEIBE | M | 38/55 | 53 | 5/6 | Run | 28:25 | 9:09 |

FRISCO GOLD RUSH 7K SNOWSHOE

February 4, 2007 Frisco, CO.

| Name | Age | Gen | GenPI | Time |
|------------------|-----|-----|-------|-------|
| VALERIE SHOCKLEY | 40 | F | 13 | 51:40 |

Racers and Volunteers in Action at the February Trophy Series Race



ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

February 4, 2007 7 Miles Cherry Creek State Park

-----TIMES-----

---HANDICAP---

-----POINTS-----

| PLACE | NAME | AGE | START | ACT'L | FINISH | PACE | GEND PLACE | NEW | OLD | TS | SCRATCH | # |
|-------|-----------------------|-----|--------|---------|---------|-------|---------------|--------|-----|--------|---------|---|
| 1 | Lynn, John | 39 | -49:11 | 1:45:35 | 0:56:24 | 15:05 | 50 | 156.00 | 182 | 100.00 | 21.60 | 2 |
| 2 | Kuck, Kerry | 49 | -13:15 | 1:18:29 | 1:05:14 | 11:13 | 48 | 119.00 | 139 | 98.62 | 24.80 | 2 |
| 3 | Knipps, Joy | 49 | -13:15 | 1:29:27 | 1:16:12 | 12:47 | 20 | 135.00 | 139 | 97.24 | 30.91 | 2 |
| 4 | Jockers, Brent | 56 | 12:46 | 1:03:33 | 1:16:19 | 9:05 | 34 | 94.00 | 99 | 95.86 | 47.20 | 2 |
| 5 | Robinette, Ric | 54 | 19:11 | 0:57:26 | 1:16:37 | 8:12 | 22 | 82.00 | 87 | 94.48 | 66.40 | 2 |
| 6 | Jockers, Theresa | 45 | 20:12 | 0:56:26 | 1:16:38 | 8:04 | 3 | 80.00 | 85 | 93.10 | 92.73 | 2 |
| 7 | Mudron, Larry | 64 | 16:36 | 1:00:16 | 1:16:52 | 8:37 | 27 | 88.00 | 92 | 91.72 | 58.40 | 2 |
| 8 | Mathiesen, Sarah | 31 | 19:11 | 0:57:46 | 1:16:57 | 8:15 | 4 | 83.00 | 87 | 90.34 | 89.09 | 2 |
| 9 | Rogers, Bill | | 22:10 | 0:54:59 | 1:17:09 | 7:51 | 16 | 77.00 | 81 | 88.97 | 76.00 | 2 |
| 10 | Voeller, Chris | 37 | 32:26 | 0:44:45 | 1:17:11 | 6:24 | 6 | 52.00 | 57 | 87.59 | 92.00 | 2 |
| 11 | Arman, Jesse | 56 | 5:06 | 1:12:18 | 1:17:24 | 10:20 | 45 | 109.00 | 112 | 86.21 | 29.60 | 2 |
| 12 | Gardner, Jerry | 56 | 16:36 | 1:00:53 | 1:17:29 | 8:42 | 28 | 89.00 | 92 | 84.83 | 56.80 | 1 |
| 13 | Struble, Stephanie | 40 | 14:26 | 1:03:08 | 1:17:34 | 9:01 | 7 | 93.00 | 96 | 83.45 | 78.18 | 2 |
| 14 | Applegate, Ken | 58 | 26:45 | 0:51:11 | 1:17:56 | 7:19 | 13 | 68.00 | 71 | 82.07 | 80.80 | 2 |
| 15 | Cunningham, Dave | 46 | 21:11 | 0:56:56 | 1:18:07 | 8:08 | 19 | 81.00 | 83 | 80.69 | 71.20 | 2 |
| 16 | VanNorstrand, Michael | 45 | 17:07 | 1:01:02 | 1:18:09 | 8:43 | 29 | 89.00 | 91 | 79.31 | 55.20 | 2 |
| 18 | Beebe, Kerry | 52 | 5:06 | 1:13:05 | 1:18:11 | 10:26 | 14 | 111.00 | 112 | 76.55 | 52.73 | 2 |
| 17 | Steller, Larry | 39 | 27:37 | 0:50:34 | 1:18:11 | 7:13 | 11 | 67.00 | 69 | 77.93 | 84.00 | 1 |
| 19 | Struble, Brian | 39 | 25:52 | 0:52:30 | 1:18:22 | 7:30 | 15 | 71.00 | 73 | 75.17 | 77.60 | 2 |
| 20 | Rothenburger, David | 38 | 30:30 | 0:47:56 | 1:18:26 | 6:51 | 9 | 60.00 | 62 | 73.79 | 87.20 | 2 |
| 21 | Feerst, Adam | 46 | 34:36 | 0:43:53 | 1:18:29 | 6:16 | 4 | 49.00 | 51 | 72.41 | 95.20 | 2 |
| 22 | Boisseau, Jay | 47 | 19:11 | 0:59:25 | 1:18:36 | 8:29 | 25 | 86.00 | 87 | 71.03 | 61.60 | 2 |
| 23 | Romero, Jim | 66 | 19:11 | 0:59:42 | 1:18:53 | 8:32 | 26 | 87.00 | 87 | 69.66 | 60.00 | 2 |
| 24 | Greene, Eric | 26 | 26:45 | 0:52:09 | 1:18:54 | 7:27 | 14 | 71.00 | 71 | 68.28 | 79.20 | 2 |
| 25 | LaBarry, Brad | 33 | 21:41 | 0:57:25 | 1:19:06 | 8:12 | 21 | 82.00 | 82 | 66.90 | 68.00 | 1 |
| 26 | Cunningham, Deb | 45 | 25:52 | 0:53:17 | 1:19:09 | 7:37 | 2 | 73.00 | 73 | 65.52 | 96.36 | 2 |
| 27 | Bearss, Joseph | 36 | 11:04 | 1:08:08 | 1:19:12 | 9:44 | 41 | 102.00 | 102 | 64.14 | 36.00 | 2 |
| 28 | Nosan, Marla | 44 | 16:36 | 1:02:51 | 1:19:27 | 8:59 | 6 | 93.00 | 92 | 62.76 | 81.82 | 1 |
| 29 | Gentry, Tim | 44 | 35:17 | 0:44:12 | 1:19:29 | 6:19 | 5 | 50.00 | 49 | 61.38 | 93.60 | 1 |
| 30 | Haller, Gordon | 56 | 23:07 | 0:56:27 | 1:19:34 | 8:04 | 17 | 80.00 | 79 | 60.00 | 74.40 | 2 |
| 31 | Basse, Bob | 52 | 32:03 | 0:47:39 | 1:19:42 | 6:48 | 8 | 59.00 | 58 | 58.62 | 88.80 | 2 |
| 32 | Chesbro, Mitch | 48 | 22:10 | 0:57:34 | 1:19:44 | 8:13 | 23 | 82.00 | 81 | 57.24 | 64.80 | 2 |
| 33 | Bullock, John H. Jr. | 45 | 31:17 | 0:48:33 | 1:19:50 | 6:56 | 10 | 61.00 | 60 | 55.86 | 85.60 | 2 |
| 34 | Glodava, Kevin | 30 | 23:35 | 0:56:27 | 1:20:02 | 8:04 | 18 | 80.00 | 78 | 54.48 | 72.80 | 1 |
| 35 | Huner, George | 53 | 21:41 | 0:58:25 | 1:20:06 | 8:21 | 24 | 83.00 | 82 | 53.10 | 63.20 | 2 |
| 36 | Quispe, Michael | 40 | 34:15 | 0:46:00 | 1:20:15 | 6:34 | 7 | 53.00 | 52 | 51.72 | 90.40 | 2 |
| 37 | Dathe, Bryon | 38 | 5:43 | 1:14:42 | 1:20:25 | 10:40 | 46 | 112.00 | 111 | 50.34 | 28.00 | 2 |
| 38 | Mitchell, Leslie | 45 | 18:41 | 1:01:57 | 1:20:38 | 8:51 | 5 | 90.00 | 88 | 48.97 | 85.45 | 1 |
| 39 | Knipps, Mike | 54 | 14:26 | 1:06:29 | 1:20:55 | 9:30 | 39 | 97.00 | 96 | 47.59 | 39.20 | 2 |
| 40 | Voss, Karen | 41 | 28:28 | 0:53:05 | 1:21:33 | 7:35 | 1 | 69.00 | 67 | 46.21 | 100.00 | 1 |
| 41 | McFarlane, Scott | 55 | 20:12 | 1:01:36 | 1:21:48 | 8:48 | 30 | 86.00 | 85 | 44.83 | 53.60 | 2 |
| 42 | Rowley, Diane | 34 | 10:30 | 1:11:52 | 1:22:22 | 10:16 | 13 | 106.00 | 103 | 43.45 | 56.36 | 1 |
| 43 | Fornia, William | 48 | 20:42 | 1:02:09 | 1:22:51 | 8:53 | 32 | 89.00 | 84 | 42.07 | 50.40 | 1 |
| 44 | Benjamin, Nick | 31 | 18:41 | 1:04:25 | 1:23:06 | 9:12 | 36 | 96.00 | 88 | 40.69 | 44.00 | 1 |
| 45 | Bengston, Lee | 69 | 13:20 | 1:10:01 | 1:23:21 | 10:00 | 44 | 99.00 | 98 | 39.31 | 31.20 | 2 |
| 46 | Thompson, Leslie | 50 | -20:05 | 1:43:59 | 1:23:54 | 14:51 | 22 | 149.00 | 148 | 37.93 | 23.64 | 2 |
| 47 | Rundle, Paul | 42 | 15:32 | 1:08:43 | 1:24:15 | 9:49 | 42 | 97.00 | 94 | 36.55 | 34.40 | 1 |
| 48 | Russell, Stacy | 39 | 20:12 | 1:04:19 | 1:24:31 | 9:11 | 8 | 89.00 | 85 | 35.17 | 74.55 | 1 |
| 49 | Szymanski, Peter | 51 | 22:10 | 1:02:30 | 1:24:40 | 8:56 | 33 | 84.00 | 81 | 33.79 | 48.80 | 1 |
| 50 | Kumpf, Howard | 65 | 8:44 | 1:16:21 | 1:25:05 | 10:54 | 47 | 112.00 | 106 | 32.41 | 26.40 | 1 |
| 51 | Depakakibo, Dennis | 36 | 20:42 | 1:04:45 | 1:25:27 | 9:15 | 37 | 86.00 | 84 | 31.03 | 42.40 | 1 |
| 52 | Olson, Jeffrey | 47 | 19:11 | 1:07:14 | 1:26:25 | 9:36 | 40 | 88.00 | 87 | 29.66 | 37.60 | 2 |
| 53 | Johnson, Mark | 49 | 18:10 | 1:09:18 | 1:27:28 | 9:54 | 43 | 90.00 | 89 | 28.28 | 32.80 | 2 |
| 54 | Whelan, Holly | 45 | 8:44 | 1:18:49 | 1:27:33 | 11:16 | 19 | 108.00 | 106 | 26.90 | 34.55 | 1 |
| 55 | Chase, Shannon | 31 | 13:53 | 1:13:58 | 1:27:51 | 10:34 | 16 | 107.00 | 97 | 25.52 | 45.45 | 1 |
| 56 | Nix, Alicia | 41 | 11:39 | 1:18:31 | 1:30:10 | 11:13 | 18 | 103.00 | 101 | 24.14 | 38.18 | 1 |
| 57 | Allendorf, Brett | 38 | 24:58 | 1:05:59 | 1:30:57 | 9:26 | 38 | 76.00 | 75 | 22.76 | 40.80 | 2 |
| 58 | Hnizdil, Olga | 62 | 4:29 | 1:37:45 | 1:42:14 | 13:58 | 21 | 124.00 | 113 | 21.38 | 27.27 | 1 |

RMRR RACEWALKERS, FEBRUARY 2007 TROPHY SERIES

| Place | NAME | AGE | -----TIMES----- | | | PACE | ---HANDICAP--- | | TS Pts | Races |
|-------|--------------|-----|-----------------|---------|---------|-------|----------------|-----|--------|-------|
| | | | START | ACT'L | FINISH | | NEW | OLD | | |
| 1 | Lyle, John | 74 | -20:05 | 1:27:05 | 1:07:00 | 12:26 | 132.00 | 148 | 100.00 | 2 |
| 2 | Guiff, Ed | 63 | -3:20 | 1:21:55 | 1:18:35 | 11:42 | 124.00 | 125 | 73.33 | 2 |
| 3 | Thies, Chuck | 60 | -3:20 | 1:30:02 | 1:26:42 | 12:52 | 126.00 | 125 | 46.67 | 2 |

RMRR NEW RACERS, FEBRUARY 2007 TROPHY SERIES

| R/W | NAME | AGE | -----TIMES----- | | | PACE | ---HANDICAP--- | | ---POINTS--- | |
|-----|--------------------|-----|-----------------|-------|---------|-------|----------------|--------|--------------|---------|
| | | | START | ACT'L | FINISH | | GEND PLACE | NEW | TS | SCRATCH |
| R | Johnson, Jessie | | 1:13:09 | 11:04 | 1:02:05 | 8:52 | 31 | 91.00 | 60.00 | 52.00 |
| R | Gille, Christina | 42 | 1:13:37 | 0:00 | 1:13:37 | 10:31 | 15 | 111.00 | 60.00 | 49.09 |
| R | Martinez, Hector | 23 | 1:14:23 | 33:10 | 0:41:13 | 5:53 | 2 | 41.00 | 60.00 | 98.40 |
| R | Johnson, Chuck | | 1:14:49 | 11:04 | 1:03:45 | 9:06 | 35 | 94.00 | 60.00 | 45.60 |
| R | Young, Jeff | 50 | 1:17:07 | 26:19 | 0:50:48 | 7:15 | 12 | 67.00 | 60.00 | 82.40 |
| R | Mitchell, Tristan | | 1:17:30 | 34:15 | 0:43:15 | 6:11 | 3 | 47.00 | 60.00 | 96.80 |
| R | Smit, Margo | | 1:18:02 | 13:20 | 1:04:42 | 9:15 | 9 | 96.00 | 60.00 | 70.91 |
| R | Ponce, Oscar | | 1:19:35 | 40:24 | 0:39:11 | 5:36 | 1 | 34.00 | 60.00 | 100.00 |
| R | Pitz, Mary | 43 | 1:20:07 | 9:19 | 1:10:48 | 10:07 | 12 | 107.00 | 60.00 | 60.00 |
| R | Hughes, Julie | | 1:22:12 | 5:43 | 1:16:29 | 10:56 | 17 | 116.00 | 60.00 | 41.82 |
| R | Ramsey, Mark | | 1:23:02 | 25:52 | 0:57:10 | 8:10 | 20 | 82.00 | 60.00 | 69.60 |
| R | Hattlestad, Janet | 36 | 1:24:49 | 16:04 | 1:08:45 | 9:49 | 10 | 103.00 | 60.00 | 67.27 |
| R | Martinez, Sylvia | 23 | 1:24:50 | 16:04 | 1:08:46 | 9:49 | 11 | 103.00 | 60.00 | 63.64 |
| R | Friedmann, Richard | 70 | 1:36:12 | 8:44 | 1:27:28 | 12:30 | 49 | 132.00 | 60.00 | 23.20 |

**Non-Members
February 2007 Trophy Series**

For more RMRR photos, please visit the [RMRR Photo Gallery](#) in the RMRR website.

| Name | R/W | FINISH | START | NET | PACE |
|--------------------|-----|---------|-------|---------|-------|
| Nicholas Thompson | R | 1:08:17 | 0:00 | 1:08:17 | 9:45 |
| David Flemming | R | 1:15:28 | 16:04 | 0:59:24 | 8:29 |
| Eric Ndikumana | R | 1:15:32 | 35:17 | 0:40:15 | 5:45 |
| Joseph Manilafasha | R | 1:15:50 | 35:17 | 0:40:33 | 5:48 |
| John Daniels | R | 1:16:13 | 30:06 | 0:46:07 | 6:35 |
| Omar Martinez | R | 1:16:23 | 36:36 | 0:39:47 | 5:41 |
| Nate Curvas | R | 1:16:24 | 30:54 | 0:45:30 | 6:30 |
| David Cook | R | 1:17:59 | 24:58 | 0:53:01 | 7:34 |
| Oliver Cunningham | R | 1:19:11 | 33:10 | 0:46:01 | 6:34 |
| Irving Reza | R | 1:21:06 | 28:28 | 0:52:38 | 7:31 |
| Connie Ahrnsbrak | R | 1:22:20 | 18:16 | 1:04:04 | 9:09 |
| Courtney Morris | R | 1:25:34 | 16:04 | 1:09:30 | 9:56 |
| Sam Granados | R | 1:25:45 | 35:17 | 0:50:28 | 7:13 |
| Frank Kurtz | R | 1:26:03 | 26:19 | 0:59:44 | 8:32 |
| Rosalia Murch | R | 1:28:07 | 0:05 | 1:28:02 | 12:35 |



Chris Vanoni—new Colorado RRCA State Representative

Chris Vanoni takes over the role of RRCA State Representative for Colorado from long time rep Lisa Paige (over 10 years of dedicated service!!)

Congratulations and good luck, Chris!

And a huge Thank You, Lisa, for all your years of dedicated service!

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

RMRR TROPHY SERIES OVERALL STANDINGS
through February 2006

| PI | Name | Total Points | # | Ave Points | PI | Female Scratch Name | Total Points | # | Ave Points | PI | Male Scratch Name | Total Points | # | Ave Points |
|----|----------------------|--------------|---|------------|----|-----------------------|--------------|---|------------|----|----------------------|--------------|---|------------|
| 1 | Brent Jockers | M 194.00 | 2 | 97.00 | 1 | Deb Cunningham | 196.36 | 2 | 98.18 | 1 | Chris Voeller | 192.00 | 2 | 96.00 |
| 2 | Theresa Jockers | F 189.38 | 2 | 94.69 | 2 | Theresa Jockers | 185.45 | 2 | 92.73 | 2 | Adam Feerst | 190.76 | 2 | 95.38 |
| 3 | Ric Robinette | M 188.90 | 2 | 94.45 | 3 | Sarah Mathiesen | 167.27 | 2 | 83.64 | 3 | Michael Quispe | 188.18 | 2 | 94.09 |
| 4 | Larry Mudron | M 184.28 | 2 | 92.14 | 4 | Stephanie Struble | 141.82 | 2 | 70.91 | 4 | Bob Basse | 182.13 | 2 | 91.07 |
| 5 | Ken Applegate | M 172.77 | 2 | 86.38 | 5 | Kerry Beebe | 101.82 | 2 | 50.91 | 5 | David Rothenburger | 178.31 | 2 | 89.16 |
| 6 | Joy Knipps | F 163.75 | 2 | 81.88 | 6 | Karen Voss | 100.00 | 1 | 100.00 | 6 | John H. Jr. Bullock | 174.49 | 2 | 87.24 |
| 7 | David Rothenburger | M 162.63 | 2 | 81.32 | 7 | Bonnie Keefe | 85.45 | 1 | 85.45 | 7 | Ken Applegate | 167.47 | 2 | 83.73 |
| 8 | Kerry Kuck | M 158.62 | 2 | 79.31 | 8 | Leslie Mitchell | 85.45 | 1 | 85.45 | 8 | Eric Greene | 163.64 | 2 | 81.82 |
| 9 | Stephanie Struble | F 157.40 | 2 | 78.70 | 9 | Marla Nosan | 81.82 | 1 | 81.82 | 9 | Brian Struble | 157.60 | 2 | 78.80 |
| 10 | Mitch Chesbro | M 157.24 | 2 | 78.62 | 10 | Stacy Russell | 74.55 | 1 | 74.55 | 10 | Bill Rogers | 149.33 | 2 | 74.67 |
| 11 | Brian Struble | M 154.71 | 2 | 77.35 | 11 | Margo Smit | 70.91 | 1 | 70.91 | 11 | Gordon Haller | 143.29 | 2 | 71.64 |
| 12 | Eric Greene | M 151.53 | 2 | 75.77 | 12 | Kristen Healy | 70.91 | 1 | 70.91 | 12 | Dave Cunningham | 142.31 | 2 | 71.16 |
| 13 | Joseph Bearss | M 149.25 | 2 | 74.63 | 13 | Janet Hattlestad | 67.27 | 1 | 67.27 | 13 | Mitch Chesbro | 140.36 | 2 | 70.18 |
| 14 | Bill Rogers | M 148.97 | 2 | 74.48 | 14 | Joy Knipps | 65.45 | 2 | 32.73 | 14 | Ric Robinette | 130.84 | 2 | 65.42 |
| 15 | Chris Voeller | M 147.59 | 2 | 73.79 | 15 | Sylvia Martinez | 63.64 | 1 | 63.64 | 15 | George Huner | 129.87 | 2 | 64.93 |
| 16 | Michael VanNorstrand | M 139.31 | 2 | 69.66 | 16 | Mary Pitz | 60.00 | 1 | 60.00 | 16 | Jay Boisseau | 119.38 | 2 | 59.69 |
| 17 | Dave Cunningham | M 137.90 | 2 | 68.95 | 17 | Alice Bedard-Voorhees | 56.36 | 1 | 56.36 | 17 | Michael VanNorstrand | 115.20 | 2 | 57.60 |
| 18 | Bob Basse | M 136.30 | 2 | 68.15 | 18 | Diane Rowley | 56.36 | 1 | 56.36 | 18 | Larry Mudron | 111.73 | 2 | 55.87 |
| 19 | Sarah Mathiesen | F 132.67 | 2 | 66.34 | 19 | Leslie Thompson | 50.91 | 2 | 25.45 | 19 | Jim Romero | 111.11 | 2 | 55.56 |
| 20 | Gordon Haller | M 132.09 | 2 | 66.05 | 20 | Christina Gille | 49.09 | 1 | 49.09 | 20 | Scott McFarlane | 109.16 | 2 | 54.58 |
| 21 | Jay Boisseau | M 131.96 | 2 | 65.98 | 21 | Shannon Chase | 45.45 | 1 | 45.45 | 21 | Oscar Ponce | 100.00 | 1 | 100.00 |
| 22 | Jesse Arman | M 130.39 | 2 | 65.20 | 22 | Carmen Kitts | 41.82 | 1 | 41.82 | 22 | Hector Martinez | 98.40 | 1 | 98.40 |
| 23 | Deb Cunningham | F 130.17 | 2 | 65.08 | 23 | Julie Hughes | 41.82 | 1 | 41.82 | 23 | Tristan Mitchell | 96.80 | 1 | 96.80 |
| 24 | Mike Knipps | M 128.98 | 2 | 64.49 | 24 | Alicia Nix | 38.18 | 1 | 38.18 | 24 | Tim Gentry | 93.60 | 1 | 93.60 |
| 25 | Adam Feerst | M 127.76 | 2 | 63.88 | 25 | Holly Whelan | 34.55 | 1 | 34.55 | 25 | Brett Allendorf | 89.69 | 2 | 44.84 |
| 26 | Michael Quispe | M 121.96 | 2 | 60.98 | | | | | | | | | | |
| 27 | John Lynn | M 121.86 | 2 | 60.93 | | | | | | | | | | |
| 28 | George Huner | M 121.48 | 2 | 60.74 | | | | | | | | | | |
| 29 | Jim Romero | M 117.56 | 2 | 58.78 | | | | | | | | | | |
| 30 | Bryon Dathe | M 113.14 | 2 | 56.57 | | | | | | | | | | |
| 31 | John H. Jr. Bullock | M 105.63 | 2 | 52.81 | | | | | | | | | | |
| 32 | Kerry Beebe | F 103.99 | 2 | 52.00 | | | | | | | | | | |
| 33 | Scott McFarlane | M 98.32 | 2 | 49.16 | | | | | | | | | | |
| 34 | Kristen Healy | F 86.98 | 1 | 86.98 | | | | | | | | | | |
| 35 | Jerry Gardner | M 84.83 | 1 | 84.83 | | | | | | | | | | |
| 36 | Larry Steller | M 77.93 | 1 | 77.93 | | | | | | | | | | |
| 37 | David Gillikin | M 75.81 | 1 | 75.81 | | | | | | | | | | |
| 38 | Lee Bengston | M 74.19 | 2 | 37.10 | | | | | | | | | | |
| 39 | Jeffrey Olson | M 68.26 | 2 | 34.13 | | | | | | | | | | |
| 40 | Brad LaBarry | M 66.90 | 1 | 66.90 | | | | | | | | | | |
| 41 | Leslie Thompson | F 63.51 | 2 | 31.76 | | | | | | | | | | |
| 42 | Marla Nosan | F 62.76 | 1 | 62.76 | | | | | | | | | | |
| 43 | Tim Gentry | M 61.38 | 1 | 61.38 | | | | | | | | | | |
| 44 | Christina Gille | F 60.00 | 1 | 60.00 | | | | | | | | | | |
| 45 | Janet Hattlestad | F 60.00 | 1 | 60.00 | | | | | | | | | | |
| 46 | Hector Martinez | M 60.00 | 1 | 60.00 | | | | | | | | | | |
| 47 | Chuck Johnson | M 60.00 | 1 | 60.00 | | | | | | | | | | |
| 48 | Jeff Young | M 60.00 | 1 | 60.00 | | | | | | | | | | |
| 49 | Margo Smit | F 60.00 | 1 | 60.00 | | | | | | | | | | |
| 50 | Jessie Johnson | M 60.00 | 1 | 60.00 | | | | | | | | | | |
| 51 | Mary Pitz | F 60.00 | 1 | 60.00 | | | | | | | | | | |
| 52 | Richard Friedmann | M 60.00 | 1 | 60.00 | | | | | | | | | | |
| 53 | Mark Ramsey | M 60.00 | 1 | 60.00 | | | | | | | | | | |
| 54 | Oscar Ponce | M 60.00 | 1 | 60.00 | | | | | | | | | | |
| 55 | Sylvia Martinez | F 60.00 | 1 | 60.00 | | | | | | | | | | |
| 56 | Tristan Mitchell | M 60.00 | 1 | 60.00 | | | | | | | | | | |
| 57 | Julie Hughes | F 60.00 | 1 | 60.00 | | | | | | | | | | |

**Congratulations
February
Trophy Series
Winners**

| PI | Race Walker Name | Total Points | # | Ave Points |
|----|-------------------|--------------|---|------------|
| 1 | John Lyle | M 160.00 | 2 | 80.00 |
| 2 | Ed Guiff | M 153.33 | 2 | 76.67 |
| 3 | Michael Blanchard | M 100.00 | 1 | 100.00 |
| 4 | Chuck Thies | M 86.67 | 2 | 43.33 |



RMRR Annual Award Banquet
January 27, 2007

RMRR members ran on and on at the Fox Hollow Country Club

Around 60 Road Runners attended the 2006 volunteer and awards banquet held on Saturday, January 26. The evening began with brilliant conversation against the backdrop of a slide show featuring music and images from this year's races. Outgoing president Doug Smith kicked off the formal program by introducing RMRR's resident celebrity and winner of the first Ironman triathlon, Gordon Haller. Gordon had all of us marveling and laughing at his exploits – marveling at the 2:25 times he was running & laughing at his race day stories. For example, in that first Ironman, he talked about leisurely 10-15 minute transitions where he could actually take a shower, change clothes or get a massage! Wow, have times changed. He also pulled out his running log for more great stories about shoes with zero padding, his surfboard guide for the swim who actually had to turn back and the tiny trophy that was hardly worth mentioning. Thank you, Gordon, for sharing your place in the history of this famous race.



The next part of the banquet included the awards for trophy series and scratch winners. Bonnie Keefe had a great year. She poured on the miles while training for her first ultra. All that hard work paid off as she lowered her handicap to 69, placed 5th in the overall TS and won this year's women's scratch award. Her total points were .09 more than Deb Cunningham. Stephanie Struble finished third, Stacey Russell fourth, and Michelle Evans finished 5th in the women's series.



The men's scratch series was won by Tim Gentry for the second year in a row. Tim won three races and placed highly in all of his other races to best Mike Quispe. Mike didn't win any races, but finished consistently high in every race he ran. Bob Basse finished in third place, while John Bullock was fourth and David Rothenburger, 5th in the Men's series.

The overall Trophy Series winner was Dennis Depakakibo. After missing the January race, Dennis began training for a marathon. His training showed as he ran his best from March to October to sew up his first title. Bryon Dathe continued his return to running with an impressive 2nd place finish. Rick Voorhees showed us that old guys aren't slow by finishing third despite an intense outside race schedule. Our first female finisher was Kerry Beebe in fourth. Kerry ran well in the late summer and fall to earn her fourth place finish. Bonnie Keefe rounded out the top five, capping a great year of running.

Race walker honors went to some familiar faces. First place was awarded to Mike Blanchard, the perennial winner. This year saw Chuck Thies finish second and Ed Guiff, third.

Awards to our volunteers came next. Members who directed a race this past year received a high-end Mizuno computer bag complete with embroidered RMRR logo AND high fashion, detachable shoulder strap! Volunteers with 30 or more hours received a very "cool"-max t-shirt in bright yellow. Those yellow shirts are reminiscent of bumble bees - we'll look like a speedy swarm at next summer's trophy series races.



The banquet included presentation of a lifetime achievement award for service to the running community. This RRCA award was presented to our own Ric Robinette. Ric is truly tireless – racing in his 250th consecutive race at the January trophy series as well as re-joining the RMRR board as race director in 2007.



Jim Chow won the volunteer of the year award in a very close finish with Doug Smith. Jim is our webmaster extraordinaire. When he's not running around the globe, he keeps our site humming along with lots of great content.

Our Resolute Runner (get a life!) was Mike Knipps for the second year in a row. Mike buried his closest rival, making him a shoe-in for next year's award. On the way to this year's win, Mike set a new record for the most points scored over races these past four years. Way to go, Mike!



The banquet ended with a gift for all attending – RMRR logo deFeet socks. Sporting the RMRR sun and bat logo on one side and the Runner's Roost logo on the others, these socks are eye catching. If you didn't get yours at the banquet, more are available as door prizes at our upcoming TS races.

Run the March Trophy Series 3 mi

Crown Hill Park
Sunday, March 4, 9 a.m.



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.

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

| Sample 3 Mile Start Times | |
|---------------------------|-------|
| HCP | Start |
| 120 | 0:00 |
| 110 | 2:34 |
| 100 | 4:56 |
| 90 | 7:08 |
| 80 | 9:09 |
| 70 | 10:59 |
| 60 | 12:38 |
| 50 | 14:07 |
| 40 | 15:25 |

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

MARCH 2007

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|-----------|---|-----------|---|
| (1) groups.yahoo.com/group/denvertrailrunners , 303-870-0487 (2) www.rmrr.org (3) www.comastersrun.org (4) www.bkbltd.com | | (5) www.bcsnowshoe.com | | 1 Trail Run 5:30pm or 6:15pm (1) | 2 | 3 RMRR Training Run, 9 am Goodson Rec. Center, DeKoevend Park, Littleton (2) Snowshoe Shuffle 11am; Beavercreek (5) |
| 4 RMRR Trophy Series Crown Hill Park 9am; 3 miles (2) | 5 | 6 Wash Park Fun Run 6 pm; South High Parking Lot (2) | 7 | 8 Trail Run 5:30pm or 6:15pm (3) | 9 | 10 RMRR Training Run, 9 am Goodson Rec. Center, DeKoevend Park, Littleton (2) Spring Spree 10K 9am; Twin Lakes Park (3) |
| 11 Running of the Green Lucky 7K 10:15am; LoDo (4) | 12 | 13 Wash Park Fun Run 6 pm; South High Parking Lot (2) | 14 | 15 Trail Run 5:30pm or 6:15pm (3) | 16 | 17 RMRR Training Run, 9 am Goodson Rec. Center, DeKoevend Park, Littleton (2) Saint Patty's Day Run for the Green 5K; 9am Highlands Ranch (4) |
| 18 Orphans of Violence 5K; 9am Wash Park (4) | 19 | 20 Wash Park Fun Run 6 pm; South High Parking Lot (2) | 21 | 22 Trail Run 5:30pm or 6:15pm (3) | 23 | 24 RMRR Training Run, 9 am Goodson Rec. Center, DeKoevend Park, Littleton (2) |
| 25 RMRR and Colfax Marathon Training Run 9am; 15 miles, Twin Lakes Park (2) | 26 RMRR Board Meeting, Wild Oats Wash Park 7:00 pm (1) | 27 Wash Park Fun Run 6 pm; South High Parking Lot (2) | 28 | 29 Trail Run 5:30pm or 6:15pm (3) | 30 | 31 RMRR Training Run, 9 am Goodson Rec. Center, DeKoevend Park, Littleton (2) |



2007 Total Volunteer Hours

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



| Name | Hours | Name | Hours | Name | Hours |
|-------------------|-------|-----------------|-------|--------------------|-------|
| Bob Basse | 8.75 | Ed Guiff | 1.00 | Mike Robbert | 1.25 |
| Kerry Beebe | 2.00 | Bonnie Keefe | 2.25 | Ric Robinette | 1.00 |
| Michael Blanchard | 5.50 | Carmen Kitts | 1.50 | David Rothenburger | 3.50 |
| Lisa G. Champeau | 13.50 | Brad LaBarry | 2.25 | Liz Shepard | 4.00 |
| Jim Chow | 20.00 | John Lyle | 1.25 | Ray Sibley | 6.00 |
| Dave Cunningham | 3.25 | Betsy Lyle | 6.00 | Doug Smith | 2.25 |
| Deb Cunningham | 11.25 | Tom Mates | 7.50 | Stephanie Struble | 18.50 |
| Michelle Evans | 2.25 | Jeff Olson | 19.50 | Brian Struble | 1.50 |
| Janet Fairs | 2.00 | Bob Reilly | 5.50 | | |
| Adam Feerst | 1.00 | Rosalie Richter | 7.00 | | |

Thank You Volunteers!



Happy Birthday!

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

| | | | |
|-----------------|----|-----------------------|----|
| Howard Bashant | 1 | David Hill | 18 |
| Alynn Park | 1 | Larry Steller | 19 |
| Sarah Sweeney | 2 | Dave Black | 20 |
| Adam Feerst | 4 | Bret Gerhold | 20 |
| Liesa Taylor | 4 | Justin Little | 20 |
| Corinna Maleike | 5 | Kristi Heyka | 21 |
| Lisa Paige | 5 | Rebecca Dittmer | 22 |
| Gary Black | 7 | Nada Akin | 23 |
| Charles Pollard | 7 | Elwyn Owen | 23 |
| Lauren Davis | 8 | Milt Shaw | 23 |
| Catherine Kunst | 8 | Rosalinda Castle | 24 |
| Stacey Hayduk | 9 | Alice Bedard-Voorhees | 25 |
| Marla Nosan | 10 | Kolene Brown | 25 |
| Marilyn Olen | 10 | Tina Richards | 26 |
| Darrell Collins | 11 | Ann Rauterkus | 27 |
| Rebekah Kelly | 14 | Buck Adams | 28 |
| Michael Heitz | 15 | Alicia Nix | 29 |
| Finley D. Black | 16 | Ellie Webb | 30 |
| David Gillikin | 17 | Michael Burn | 31 |
| Diane Rowley | 17 | | |

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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