

# News on The Run

## RMRR Member Sets Age Group Record at Portland Marathon

By Deb Cunningham

No one who attended RMRR track workouts last summer failed to notice the older lady running intervals with us. Myra Rhodes joined RMRR in June when she and her husband, Lee moved to Colorado from California.

When I first saw Myra at practice, her speed and comfort on the track impressed me. This lady obviously knew what she was doing. I thought she was a grand master runner, but I had no the woman with the ponytail flying behind her 5'2", 100 lb frame was 73 years young. Her husband, Lee, age 72, a three time Western States 100 finisher, and an age group champion himself, confirmed all that when he told me, 'she usually wins her age group'.

Lee introduced Myra to running in the 1970s. She got started to improve her endurance for tennis, but didn't race much. At that time tennis was her sport. She had started playing in the 1960s. She played in tournaments all over the western US and became a top age group player. At the height of her tennis game, Myra held a top ten national ranking.

That all changed when she discovered that she couldn't play tennis and compete in running races at the same time. She got the competitive bug in her late 50s. In the years since she has run everything from the mile to a 50k, winning her age group more often than not and setting records in the process. Her most recent record was set at the Portland Marathon in Portland Oregon on October 9, 2005. Her 3:59:04 demolished the age group record by more than ½ hour. That was to be expected as Myra's marathon times from 2001-now are consistently between 3:54 and 4:04.

After 17 years of serious running, Myra's current times are not that far off her PRs. Her first marathon was the Napa Valley marathon in 1990. At age 58, she ran 3:48:48, qualifying for Boston. Some of Myra's notable races are listed on page 2.

How does she stay so fast? Myra says the key to success is good health and disciplined training. She wants to maintain her speed & not slow down too much. She trains the same way for marathons and ultras, averaging around 40 miles per week year round and she 'works up to the longer ones'.

A typical weekly workout is 7-8 easy miles on Monday, followed by speed work on the Track on Tuesday. Wednesday is an easy 10 miles. More speed work of ½ or mile repeats follows on Thursday. Friday is a rest day. Saturday is tempo run day and Sunday is reserved for a long run. Myra's favorite track workout is nine quarters in 1:38 to 1:40

Myra also enjoys the social aspects of running. She made many great friends in her California running club, the Buffalo Chips. She plans to keep running until she stops enjoying the training and the races. Let's hope that's not for a good, long time!



## A Letter from the President...



The weather for the February Trophy Series Race at Cherry Creek State Park was sunny but very windy. We had a total of 84 runners and race walkers compared to 94 for last year. I want to thank Lisa Chapeau and Robert Reilly and all those volunteering for their efforts. Let's all hope for great weather for the March T/S Race at Crown Hill. Last year the weather was quite pleasant.

Everyone attending the Awards and Volunteer Dinner was treated to a bit of club history by Joe Arrazola, the club's founder. Joe presented a service award to Ken Simons for his many years of participation in the club. Many thanks to Betsy and John Lyle for all of their work in organizing the event with the folks at Fox Hollow.

I also want to mention again that your club, in cooperation with Phidippides Track Club and the Colorado Colfax Marathon, will be hosting a Marathon Training Race Series to help prepare participants for the Colfax Marathon on Sunday, May 21, 2006. See the Race Schedule in this issue for the dates of the 10/15/20 mile races. Members wishing to earn volunteer hours for helping at any of the 3 races should contact Lisa Champeau by sending an email to [volunteer@rmrr.org](mailto:volunteer@rmrr.org).

I also want to start everyone thinking about helping with the Bolder Boulder on Memorial Day. If you're in town and not running the race, please consider volunteering to help with other club members at the Finish Line. The Race Organizer, Cliff Bosley, always provides the club's members a generous number of comp entries and other benefits for helping out.

(Continued on page 2)

**2006 RMRR  
Executive Committee**

**Interim President**

Doug Smith (303) 741-4065

**Vice President**

Stephanie Struble

**Secretary**

Deb Cunningham (303) 331-8323

**Treasurer**

Leslie Mitchell (303) 777-1210

**Race Committee Chairpersons**

Bonnie Keefe (303) 741-4065

Robert Reilly

**Membership**

Kolene Brown (303) 984-1186

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**Board Members at Large**

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Karen Voss Szymanski

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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

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**Quartermaster**

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Stephanie Struble

Jean Townsend & Chris Vanoni

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Teresa Abbot

**Race Permits**

Teresa Abbot

Janet Fairs

**Track Workouts/Training**

Scott Kukul

Devin Croft

Dan Haney

**Allied Clubs**

Colorado Masters Racing Association

President: Vici De Haan (303) 758-1934

Colorado Columbines

President: Marguerite Slavik (720) 312-0059

Front Range Walkers

Guru: Bob Carlson (303) 377-0576

Potts Trotters

Fearless Leader Parthenia (Potts) Jones

(303) 877-8534

Phidippides

President: Matt Steinberg (303) 477-9770

**Volunteer of the Month—Lisa Champeau**

*By Deb Cunningham*

RMRR's volunteer of the month for January was Lisa Champeau. Lisa earned the award for her tireless work as the club's volunteer coordinator. She's been running since 2001, and joined the club a few years before becoming active. She thought we might be too serious until she completed her first trophy series race at the 4.4 mile race at Wash Park. She had never run that far before and came to the race by herself, but the members of the club cheered her on and made her feel welcome. The rest is history! Lisa has run many fun runs and Trophy Series races since. Lisa stepped up her contribution to the club when Lee Bengston convinced her to take over as Volunteer Coordinator. She realized how much she had gotten out of the club and wanted to give something back.

Most of you know that Lisa is a flight attendant. She's been all over the world and knows the best way to see a city is to take a run. She's run seven marathons (including Chicago & NY), half marathons all over the country, and plenty of local races. Her favorite international race was the half-marathon on the Great Wall of China. That race was so incredible because of the people, the history, and the breathtaking scenery made a tough course seem easy. Closer to home, Lisa likes Georgetown. She's run this half every year since she began running.

As volunteer of the month, Lisa earned a \$25 gift certificate from the Boulder Running Company. She's going to use her gift certificate to get another Nike visor. You, too, can volunteer and become eligible for volunteer of the month honors. Contact Lisa to sign up!

**Myra's Notable Races**

*Continued from page 1*

Distance	Race name	Time	Date
10 miles	Buffalo Stampede	1:21:37* USATF top time in 70-74 division	9/8/02
10k	Heritage Oaks Bank	49:13* USATF top time in 70-74 division	9/29/02
30k	Clarksburg	2:47:08	11/10/02
50k	Jed Smith Ultra	4:48:23* at the time, US and world record for F70+	3/8/03
50 mile	American River	10:55	2003
8k	Shriners Challenge	39:59	6/21/03
Mile	Fleet Feet Davis Mile	6:41	7/7/98
Marathon	California International Marathon	3:36:04	12/8/91
Trail Marathon	Pikes Peak	9:00:09* age group record	8/17/03
Other race times:			
Mile	Fleet Feet Davis Mile	7:05:62	7/13/03
Marathon	Boston	3:46:25	4/15/91
Marathon	California International Marathon	4:04:00 (1 <sup>st</sup> F65-69)	12/2/01
Marathon	California International Marathon	3:54:13 (1 <sup>st</sup> F70-74)	12/8/02
Marathon	St George	4:00:33 (1 <sup>st</sup> F70-74)	10/5/02
Marathon	Napa Valley	3:57:30 (1 <sup>st</sup> F70-74)	3/3/02
Marathon	St George	3:57:43 (1 <sup>st</sup> F70-74)	10/4/03
Marathon	California International Marathon	3:55:23 (1 <sup>st</sup> F70-74)	12/5/04
Marathon	Napa Valley	3:56:17 (1 <sup>st</sup> F70-74)	3/7/04
Marathon	Portland	3:59:04* age group record	10/9/05

**A Letter from the President... (continued)**

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. See the special ad page and registration form in this issue. 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. Since last month, Holly Whelan has agreed to help with the newsletter distribution to our members and sponsors. One of the goals for 2006 is on

better distributing the work required each month and to help the club deliver more value for your membership.

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, Feb 27th.

Wishing you all great running weather! Doug Smith

**Training**

**Group Runs**

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

Being a RMRR member is not a pre-requisite to joining us at any of the club's monthly Trophy Races, Tues Fun Runs, Sat Training Runs or the summer Marathon Training Series. The club provides free Power Gels on the Sat Training Runs while our supply lasts. See [rmrr.org](http://rmrr.org) for additional information on the club.

Beginning February 13<sup>th</sup>, Monday evening weekend recovery runs at Crown Hill Park in Wheatridge at 6:15 pm. Meet at the east end of the parking lot located along 26<sup>th</sup>. The outside lap is a dirt trail about 2.3 miles once around. The inside dirt trail is about 1.5 miles. We will run 2 laps either both outside or one outside and one inside.

The Tuesday evening Fun Runs are at Washington Park in Denver at 6 p.m. The group usually does 2 laps, about 5+ miles. Those

interested, go for dinner after everyone is finished.

The Saturday Training Runs are on various sections of the Highline Canal. The distance can vary from 8-22 miles according to the 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. We will try to have a car parked at or close to the scheduled midpoint for that week, so that we can re-fuel with more water and Power Gels. See Calendar for Saturday Run Locations.

**Track Workouts**

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

The workouts are at Denver Lutheran High School, 3201 W. Arizona Avenue (near Federal & Mississippi). The workouts begin at 6:15pm.

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

run stretching and drills.

**Training Partner Program**

Call Devin Croft (303) 978-9342, [dctrainer@comcast.net](mailto: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](mailto:drhaney@peoplepc.com); Devin Croft (303) 978-9342, [dctrainer@comcast.net](mailto: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](http://www.rmrr.org) for updated information or to volunteer to help!

**Trophy Series Races**

Date	Time	Distance	Location	Race Director
Sun, Mar 5	9 am	3MI	CROWN HILL	Ken Applegate/Janet Gold
Sun, Apr 2	9 am	4MI	CITY PARK	Stephanie Struble/Brian Bergevin
Sun, May 7	8 am	5MI	CARSON NATURE CENTER	Heather Reddy/Alicia Nix
Sat, Jun 10	8 am	2.4MI	STONE HOUSE	Adam Feerst/Rick Edrich
Sat, Jul 8	8 am	2MI	BIBLE PARK	Doug Smith/Carmen West
Fri, Aug 4	6:30 pm	5K	DEKOEVAND PARK	Open
Sun, Sep 10	8 am	9MI	CITY PARK (WESTMINSTER)	Open
Sun, Oct 8	9 am	8MI	CHATFIELD	Jeff Olsen
Sun, Nov 5	9 am	10MI	WATERTON CANYON*	Open
Sun, Dec 3	9 am	4.4MI	WASHINGTON PARK	Lisa Champeau/Mark Ballard

**Colfax Marathon Training Series**

Sun, Mar 26	15MI	DEKOEVAND PARK	Open
Sun Apr 23	20MI	DEKOEVAND PARK	Doug Smith/Bonnie Keefe

**RMRR Fall Marathon Training Series**

Sun, Jul 16	10MI	CITY PARK (WESTMINSTER)	Open
Sun, Aug 6	15MI	CITY PARK (WESTMINSTER)	Open
Sun, Aug 27	20MI	CITY PARK (WESTMINSTER)	Open
Sun, Oct 1	20MI	CITY PARK (WESTMINSTER)	Doug Smith/Bonnie Keefe

**Club Sponsored Races**

Mon, Sept. 4	5280 m Jazz 89 KUVU Labor Day Race in the City	WASHINGTON PARK	Open
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**Races of Interest**

Sun, May21	26.2 MI Colfax Marathon	Denver	N/A
Sun, Sept. 24	26.2/13.1 Boulder Backroads	Boulder	N/A

\* By permit of the US Forest Service

# BOARD MEETING MINUTES

## Feb - 2006 RMRR Board Meeting Minutes

Attendees: Michelle Evans, Bob Basse, Mike Robbert, John Pawlowski, Karen Voss, Leslie Mitchell, Holly Whelan, John Lyle, Doug Smith, Bonnie Keefe, Brad LaBarry.

### Visibility:

1. Website metrics – Jim’s making changes to website to make it easier to maintain. New metrics reports showing us who uses site, times used, common search phrases, paths through the site, abandoned pages.
2. Colfax Marathon Training Series – Apps in the stores. Permits are in the works with South Suburban, Greenwood Village.
3. RRCA Convention, Houston TX on March 8-12<sup>th</sup> Ric Robinette won the Rod Steele award & gets a free trip to the meeting.
4. Moving comfort is doing their program again. Mike had two women complete the program out of 12 expressing interest at the start. With a free program, it’s easier to drop out.
5. Qwest donations – Jim
  - Ad on the website for members to bring a friend. Non-members can run for free one time courtesy of Qwest.
  - Ad in Colorado Runner April
  - Starts with February race. Include in eblast for this Sunday’s race.
  - Michelle’s eblast will be the ad.
  - Put on Racing Underground and Active.com calendar.
6. Logo socks - Runner’s Roost is funding ½ the cost of the socks. One side is RMRR logo, other side is Runner’s Roost. Reworking the logo now. We ordered 144 pairs of socks.

### Increasing Membership Value:

1. Awards/Volunteer Dinner, Jan 15<sup>th</sup> – 68 attendees. Plenty of food.
2. USA Track & Field club membership – Doug
3. Propane griddle purchase – no, the choices for purchase do not seem as sturdy as what we rented.
4. Bolder Backroads– Go Lite & LaSportiva are sponsors. Lesley Kinder has offered:
  - a) use of her database. We can send an email to past runners highlighting future RMRR events.
  - b) comp entries and clothing for RMRR raffles.
  - c) 2006 Backroads Race will have free tech shirt to finishers of Marathon & Half Marathon. Medals to ½ finishers as well.

## New Opportunity to Share Your Passion for Running

Lutheran High School Coach, Bill Stahl, needs some help for track season that began the week of Feb. 20th. He is looking for someone to run with his distance kids after school on Tuesday and Wednesday, weekly for the season. The kids are enthusiastic about running and need an adult role model who is energetic about running.

This is a great way to pump up your own running and help out some great kids for a purpose at the same time. Call Bill Stahl at 303-910-3476 cell or 303-477-2236 home.

### Volunteer Issues:

1. Volunteer of the Month – Sheryl Reilly for volunteering at numerous TS.
2. Outside race scoring opportunities, interested members? Still research to be done.
3. Review requirements for volunteer hours for complementary single/family membership. Members with combined volunteer hours between what’s required for a free single and free family membership will pay the \$10 difference between membership types.

### Operational Items:

1. Treasurer’s Report – In about the same position as last year. Difference is due to timing of payments.
2. Van insurance – won’t be renewed with the current carrier unless we provide driver’s licenses for drivers.
3. Newsletter – have a new features editor who will proof feature articles. Deadline for features will be earlier. Member profiles – look at runners from TS placement in 2006.
4. Online only for newsletter? No decision now. Can the printer take care of it for us? Newsletter costs \$385 to print, \$85 more to mail. Holly Whelan will help distribute newsletter.
5. Timers- every race one seems to fail. John Lyle got new rechargeable batteries + charged them. Doug will check inverters and is charging the car battery.
6. The chutes at the last T/S Race were closed too soon. Some spindles has as few as 4 tags before there was a Closed chute tag. This made scoring was difficult because Brad had to keep going back and forth between spindles to get the correct order of finishers. As many Finisher Tags as possible should be on each be on a spindle to make scoring easier. Of course, when the Chute fills with runners it has to be closed and a Closed Chute Tag given to the last person.

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<b>CAPITOL HILL</b> 303.832.7701 E 11th Ave @ Ogden 7am-10pm Everyday	<b>WASHINGTON PARK</b> 303.733.6201 S Washington St @ I-25 7am-10pm Everyday
<b>COLORADO BLVD</b> 303.691.0101 S Colorado @ Kentucky 7am-10pm Everyday	<b>WEST DENVER</b> 303.277.1339 14357 W Colfax @ Indiana 7am-10pm Everyday
<b>LITTLETON</b> 720.214.3174 8194 S Kipling Pkwy 7am-10pm Everyday	<b>WESTMINSTER</b> 303.650.2333 N Sheridan Blvd @ 92nd 7am-10pm Everyday

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# Running Well™

## More on last months article “Key components to saving your knees!”

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

Last month we cited a study supporting the importance of flexibility of the major muscles of the legs. This article is the first of a series of articles written to provide ideas on how to get greater muscle & soft tissue length & flexibility. The previously discussed muscles were the gastrocnemius, soleus, (calf muscles), the quadriceps, and hamstrings. This article is about working out the quadriceps muscle group.



This one is my favorite for stretching the quadriceps & to get length along the front of the hip/pelvis. In the picture, he is using his hand to move & stabilize his pelvis in a tail tuck, not pushing it forward. Upper body stays over lower body, back is not arched. It is good to do this one with toes bent on floor instead of flat on floor (in pic). This same stretch can be done in “lunges” to get active lengthening. It can be done while seated dropping one knee to the floor. When doing “butt kickers”, think about alignment and visualize the same tail tuck, no arching, upper body over (IPA, G. Johnson) base of support and not elevated upward. In standing, place foot on an object and keep the same alignment.

For general loosening of the quadriceps, sit in “long-sitting” position. This is good to do seated on the floor on a pillow or bath towel.

Use your hand to roll the entire thigh muscle mass side to side moving from top to bottom and back. See if you can increase the overall tissue “play” and its general “looseness”. At rest, muscle should not feel stringy or like a brick, it should be flexible. Repeat a stretch after loosening the muscle and see if you improved your tissue length. After a week of this you may feel taller and that nagging knee pain under the knee cap might dissipate.

Peter has been a physical therapist since 1984. He has earned the Integrated Orthopedic Certification and Certified Functional Manual Therapist designations. He is enrolled in the Doctorate of Physical Therapy program at Regis University, teaching courses to his peers and mentoring. Peter enjoys winter sports, playing golf and running.

Karen has studied movement and development with adult and pediatric clients since 1987 and earned the Functional Orthopedic Certification in 2005 to further her skills in soft tissue and movement restrictions. She enjoys mentoring youth, winter sports, middle and distance running and multi-sport events.

Peter and Karen are in private practice in Denver at 2727 Bryant St., Suite 540, 80211. They are mentoring youth through ColoradoYouthAtRisk.org. You can contact them at 303-458-9660 or email [info@CatalystTherapies.com](mailto:info@CatalystTherapies.com).

## Monthly Featured Running Route: Green Mountain Trail

By Liz Stolz

This month's 2006 Feature article offers the reader an in-depth look at the Green Mountain Running Route and trails located within the Denver Metro area. This article includes a descriptive write-up as well as a GPS tracking map of the route with waypoints (identifiable features/landmarks) along the route. Readers are encouraged to contact Liz Stolz at [lizstolz@mrr.org](mailto:lizstolz@mrr.org) if they are interested in adding a specific route to the monthly Featured Running Route

**Distance:** 8 miles

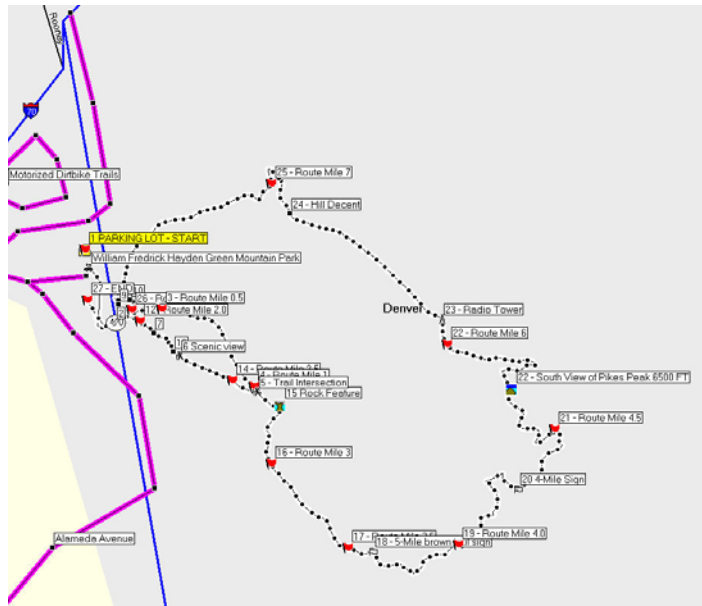
**Location:** 1 mile south of the intersection at I-70 and C-470

**Difficulty:** Difficult - Hilly Route with 1100 feet in elevation changes

**Directions:** From north of I-70, Take I -70 West to the C-470 “Towards Colorado Springs” Exit. From the South, take C-470 West. Then take the Morrison Exit on C-470 and go west 100 feet and turn north on Rooney Road. Pass the gas station on your left (west) and continue traveling 2.4 miles north to a T intersection. Turn left on Alameda Avenue and travel 0.4 miles while crossing over C-470 and taking the right turn (unmarked) just after C-470. Continue traveling north for 0.6 miles paralleling C-470 until arriving at a right turn into the parking lot for the Rooney Trailhead (unmarked at turn). The park sign says William Fredrick Hayden Green Mountain Park.

**Description:** This route is for the runner who is interested in hill training as there are several steep hills along the route and a total elevation change of 1,100 feet. The route starts out in the parking lot of William Fredrick Hayden Green Mountain Park. See PARKING LOT waypoint #1.

The runner begins the run in the parking lot heading south on the trail that takes a curve at 0.25 miles into the run to the east forcing the runner to cross C-470 at the Route Point #2 on the map. Once across the overpass bridge at Route Point #2, the runner comes to an intersection of 3 different trails. The runner should continue forward towards the east and con-



tinue to Point #3 - Route Mile 0.5.

The runner continues uphill and then a slight downhill to Route Point #4 which is 1.0 miles from the start. Just past the first mile, the runner comes to another trail intersection. The runner should bear right and head back west towards Route Point #6. At Route Point #6 the runner is rewarded with a scenic view of Mount Evans in the distance. Continuing running northwest through Route Point #7 and as the runner approaches Route Point #8 the runner will have completed the first loop of the run. At

(Continued on page 7)

## March is National Nutrition Month®

By Lisa Paige, RRCA CO State Rep and Western Region Director

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes ADA and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Initiated in March 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition.

The American Dietetic Association's mission is to promote optimal nutrition and well being for all people by advocating for its members. With nearly 65,000 members, ADA is the world's largest organization of food and nutrition professionals. The majority of ADA's members are registered dietitians and dietetic technicians, registered.

For 2006, the key messages during NNM reflect the need for healthy choices and balance in our busy lives. Specifically, the food and physical activity choices made today – and every day – affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.

Do any of these statements sound like you?

- It's hard to choose. There's so much decision-making! I just want a simple plan to eat right. What should I do?
- I don't have time to think about getting in a workout and making dinner. The kids don't like what I prepare so why should I bother?
- What the heck is a serving size anyway? I think I practice moderation but I still weigh too much. Am I supposed to carry measuring cups around with me?
- Food doesn't matter. I take all the nutrients I need in these little pills.
- How can I possibly afford to eat right? All that organic and natural stuff is expensive!

Most of us care about our health. We want to make the right choices. But trying to understand all the news about what to eat and what not to eat takes another chunk of your squeezed time. Plus how are you supposed to know that you are making the right choices?

The good news is that you can start one step at a time to better nutrition. "Step Up to Better Nutrition" is the theme for NNM. This means you can start to work on your nutritional foundation now and enjoy a more healthful lifestyle later. Here are a few suggestions:

- Be a Champion of Breakfast. If you aren't eating breakfast, start today. It doesn't have to be the traditional American farmer's breakfast and it shouldn't be a soda and doughnut. Try something different – how about half of a sandwich and half of a piece of fruit? If that's too much for you to stomach, cut the halves into halves. Is black coffee your go-go juice for the morning? Try a half cup instead of a full cup. Substitute apple juice. The point is, start with a small step, but be sure to start.
- If It's Bigger Than Your Head, Don't Eat It. Seriously, the portion sizes for Americans have become much larger than what our stomachs can comfortably hold. One of the best ways to manage your weight is to eat less. Practice eating one smaller meal each day. Keep track of the days that you eat a smaller meal. If you skip a day or two, then choose to make the next meal a smaller portion size. After a week, see how many times you have selected smaller portions. Try this for a month. At the end of the month, make sure to celebrate your healthy choices. Then do it again for the next week, and the next month. Are you saving money with

smaller portions? Great! Color your hair, buy that new handbag, indulge in an ice-cream cone, just don't forget to give yourself a pat on the back for actually sticking to your plan.

As a member of the RMRR, you have access to the national programs of the Road Runners Club of America (RRCA). In January, RRCA partnered with FoodFit.com to bring a new service to its members. The partnership will promote fitness and healthy living and bring valuable nutrition information to the running community.

FoodFit.com is an award-winning healthy eating and active living website dedicated to providing consumers with the information and tools they need to lead a healthier life. FoodFit integrates hundreds of features and interactive tools with thousands of recipes and tips from over 100 leading chefs. Its reliable guidance combines information from experts in the fields of nutrition, medicine and fitness. FoodFit was founded by its CEO Ellen Haas, a former USDA Undersecretary for Food, Nutrition and Consumer Services.

"We are delighted to partner with RRCA because it offers an exclusive opportunity to promote FoodFit's healthy lifestyle plan to the nation's premier organization of runners," says Haas. "Healthy eating is central to good performance and FoodFit offers an exceptional diet and fitness plan developed by leading experts at the University of California, Davis Medical Center."

To kick off the program, the RRCA is offering its members FoodFit's Healthy Living Plan, and will be providing healthy living and nutrition information from FoodFit contributors. By joining the FoodFit's Healthy Living Plan, members of the plan will receive:

Daily meal plans tailored to your nutritional goals and needs. The easy-to-use meal plans include healthy and delicious recipes for breakfast, lunch, dinner and snacks. The menus emphasize seasonality, and come with interactive shopping lists that ease the journey from store to kitchen. Thousands of simple, original chef-created recipes with full nutritional analysis Support and advice from leading nutrition and medical experts and the FoodFit community. An Interactive Food and Fitness Diary for easy in-take tracking, plus more powerful online tools to help members achieve their fitness goals.

"FoodFit's Healthy Living Plan is a great on-line resource providing healthy living and nutrition information," says Jean Knaack, RRCA Executive Director. "The Plan is about making lifestyle changes and balancing daily eating habits to achieve weight loss or weight maintenance goals. The partnership is a great opportunity to bring our members a new tool that can help them achieve their nutrition and healthy living goals." The proceeds from the partnership will benefit the RRCA's Personal Fitness Program.

For valuable healthy living information and to join FoodFit's Healthy Living Plan, visit <http://www.rrca.org/programs/programs.html#P5> and click on the FoodFit banner ad. For answers to your basic nutrition questions, visit the FoodFit.com nutrition dictionary as well.

The Road Runners Club of America is a non-profit organization of over 700 running clubs and 175,000 members across the United States. The RRCA chapters organize races, have training runs, provide safety guidelines, promote children's and masters fitness running programs, and have social programs. <http://www.RRCA.org>

### Next Newsletter Deadline, Friday March 10

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, March 10 (give or take). Share your stories, photos, comments, thoughts, musings about running. Have a story or photos of other races you would like to share? Please send all submissions to [rmrnewsletter@yahoo.com](mailto:rmrnewsletter@yahoo.com). Thanks, John.

## Green Mountain Trail (continued)

*(Continued from page 5)*

Route Point #8 the runner should notice that they are close to the parking lot and at the intersection in which they started to first loop. The runner should continue running north up a steep hill to Route Point #9 to the open doublewide trail at the top of the second loop of the run. The runner should turn right and head east towards Route Point #10 until approaching the same intersection of 3 trails once again. At the Intersection the runner should head on the southern most trail (not paved) towards Route Point #11. At Route Point #12, the runner has completed 2.0 miles.

The runner continues through Route Point #13 and the scenic view again, going the other way this time, to reach Route Point #14 which is 2.5 Miles total from the start. The runner continues until they reach the trail intersection and then turn right or head south towards Route Point #15. At Route Point #15, there are breath-taking views of the mountains and several rock features. The runner continues on to Route Point #16 which is 3 miles into the run.

As the runner continues on through Route #17, which is 3.5 miles into the run, the runner will start to notice brown trail signs facing the opposite direction every ½ mile. At Route Point #18, there is a brown trail sign marked for hikers/bikers heading the other direction that says "Mile 5" (at this point, unfortunately, this is not mile 5 of this featured route!)

The runner continues past Route Point #18 and passes a green fence where the runner takes the trail to the northeast towards Route Point #19. At Route Point #19, the runner has completed 4 miles of the run. This is the point at which the very steep hill begins with several switch backs placed strategically so that the runner can climb 1,100 feet. At Route Point #20, the runner will notice another brown trails sign that

says "Mile 4".

At Route Point #21, the runner has finished 4.5 miles. The runner continues to Route Point #22 which has an elevation of 6,500 feet. There are amazing views that the runner should stop and turn around and look at including Pikes Peak to the distant south, downtown to the east, foothills to the north.

As the runner continues to climb towards the Radio Tower and the top of Green Mountain, at Route Point #22 the runner has completed 6 miles. At Route Point #23 the runner passes the Radio Tower and has to climb one last short hill to the top.

At Route Point #24, the runner is finally descending Green Mountain. This is a steep decline and runners should be cautious and watch for bikers that are using the trails simultaneously. At Route Point #25, the runner has logged a total of 7 miles and it is all downhill from here.

During the one mile descent, the runner will notice the trail opens up to a doublewide trail. As the runner approaches the intersection, (it should look familiar from the beginning of the run), the runner should stay on the doublewide trail towards Route Point #26 where the runner has completed 8 miles from the start. The runner can walk it off to the end crossing over the footbridge over C-470 returning to the Parking Lot and the starting point.

The map shows the entire route from beginning to end. Most of this run is scenic, hilly, and offers views of the native Colorado prairie grasses, the downtown Denver skyline, and mountain views. The entire route is on a rocky trail so runners, watch your footing and be careful for speeding mountain bikers that may pass you on the trail. Most of all, enjoy this open environment and trail running route for a good 8 mile run!

## Open Volunteer Positions for 2006:

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

1. Newsletter Layout Editor, using MS Publisher, compose the layout for the monthly newsletter, [News on The Run](#).
2. Newsletter writers to do monthly articles to introduce items or members of interest to the rest of the club.
3. Newsletter Classified Ad Editor to compile a "Classified Ad" page for the newsletter for members wishing to sell their used running gear and clothes.
4. Marketing Coordinator to develop a plan to enhance the club's visibility and presence within the running community in the Denver metropolitan area.
5. Member Database Admin person to print labels for the monthly [News on The Run newsletter](#), provide monthly copies of the member database for [Running in Other Places](#), sort member database for a bi-monthly "household" list for [Colorado Runner](#) magazine)
6. Serve on the *Race Course Committee for 2006* (Sept-Dec '05) This includes selecting new race courses, revisions to existing courses and checking the accuracy of existing ones.
7. Youth Program Coordinator to recruit H.S. runners for Trophy Races for 2006. i.e. contact area H.S. Cross Country Coaches for interest and recommendations
8. 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

**SWIFT SKEEDADDLE SNOWSHOE 10K/4K**

January 14, 2006 Silverthorne

Name	Place	Gen	Age	Event	Time
LEE BENGSTON	18	M	68	4K	33:24
RICK VOORHEES	20	M	53	4K	35:57
ALICE BEDARD-VOORHEES	30	F	53	4K	40:38
CARL KOECHER	95	M	67	10K	2:00:23

**LAFAYETTE OATMEAL FESTIVAL 5K**

January 14, 2005 Lafayette, CO

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace
KAREN VOSS	40	F	58	11th	40-49	4th	21:07	6:48
CARL MCNEW	46	M	683	350th	40-49	98th	35:02	11:17
JAY TRUJILLO	47	M	952	433rd	40-49	116th	45:40	14:42
MARK STEVENS	50	M	1412	561st	50-59	90th	1:02:44	20:12

**BEAVER CREEK SNOWSHOE ADVENTURE SERIES #2 10K**

January 7, 2006 Beaver Creek

Name	Gen	GenPI	Time
JEFFREY BERNARDY	M	39	1:47:26

**CRAZY 8'S 8 MILE/16 MILE**

January 14, 2006 Aurora Reservoir

Name	Age	Gen	PI	Time	Pace	Event
JASON SAITTA	28	M	1	45:35	5:42	8Mi
CRAIG EWING	52	M	18	1:02:51	7:52	8Mi
JIM ROMERO	65	M	31	1:05:13	8:10	8Mi
JOHN LYNCH	41	M	37	1:07:19	8:25	8Mi
CRAIG GOUDY	49	M	43	1:08:53	8:37	8Mi
ED YOUNGBERG	62	M	48	1:10:20	8:48	8Mi
MARY PITZ	42	F	65	1:14:44	9:21	8Mi
ELIZABETH STOLZ	36	F	115	1:42:42	12:51	8Mi
CHRISTOPHE SIGEL	34	M	7	1:53:31	7:06	16Mi
SETH BITTING	33	M	19	2:03:27	7:43	16Mi
MATTHEW KENNEDY	29	M	24	2:04:59	7:49	16Mi
JAMES TAYLOR	27	M	26	2:08:02	8:01	16Mi
PETER SZYMANSKI	49	M	34	2:20:28	8:47	16Mi
JEN LO TURCO	24	F	35	2:24:02	9:01	16Mi
ROSS WESTLEY	69	M	56	2:40:30	10:02	16Mi

**CMRA LAKE ARBOR 5K**

January 7, 2006 Lake Arbor

Name	Age	Gen	PI	Time
JAY TRUJILLO	47	M	14	21:53
ROSS WESTLEY	69	M	18	23:03
RIC ROBINETTE	53	M	19	23:11
SCOTT MCFARLANE	54	M	23	23:37
ED YOUNGBERG	62	M	29	24:49
GEORGE HUNER	52	M	30	24:52
MITCH CHESBRO	47	M	34	25:24
RICH MARTINEZ	59	M	36	25:42
COLIN WHITMORE	42	M	39	26:13
JERRY O'DONNELL	59	M	47	27:47
CAROL JOHNSON	51	F	50	27:58
LEE BENGSTON	68	M	52	28:24
RICK VOORHEES	53	M	53	29:15
TERRY MCFARLANE	55	F	65	37:52
PATRICIA CRESPI	47	F	66	37:53

**RUN FOR THE DREAM 5K RUNWALK**

January 14, 2006 Aurora, CO.

Name	Age	Gen	GenPI	DivPI	OAPI	Time	Pace	Event
MITCH CHESBRO	47	M	12/33	6	14/58	24:12	7:48	Run
GREGORY SIDES	60	M	25/33	4	33/58	29:52	9:37	Run
CHUCK THIES	59	M		4		36:44	11:50	Walk

**TURQUOISE LAKE 20 MILE SNOWSHOE**

January 7, 2006 Leadville

Name	Age	Gen	Place	Time
Adam Feerst	45	M	11	4:16:03
Matt Kennedy	29	M	14	4:29:03
Jim Romero	65	M	39	5:49:48

**GRAND LAKE SNOWSHOE FESTIVAL 5K/10K**

January 14, 2006 Grand Lake

Name	Gen	DivPI	Div	Pace	Time	OAPI	Event
DAVID ROTHENBURGER	M	2/3	M33-45	0:12:04	1:14:47	5/10	10K

**CMRA FORTY FURLONGS**

February 11, 2006 Littleton

Name	Age	Gen	PI	Time
MICHAEL QUISPE	39	M	3	0:33:47
JIM ROMERO	65	M	11	0:40:34
ROSS WESTLEY	69	M	13	0:40:38
SCOTT MCFARLANE	54	M	16	0:41:36
COLIN WHITMORE	42	M	20	0:43:05
LESLIE MITCHELL	44	F	22	0:43:21
ED YOUNGBERG	63	M	25	0:43:49
GEORGE HUNER	52	M	27	0:43:38
RICH MARTINEZ	59	M	28	0:45:33
MIKE KNIPPS	53	M	29	0:45:38
JERRY O'DONNELL	59	M	32	0:49:20
CHRISTINE VANONI	54	F	33	0:49:55
CAROL JOHNSON	51	F	35	0:51:09

**SCREAMING SNOWMAN 5K/10K SNOWSHOE**

February 12, 2006 Nederland

Name	Age	Gen	PI	Time	Event
TALON WINDWALKER	37	M	51	1:41:22	10K
MICHAEL COLLYER	34	M	41	48:18	5K
LEE BENGSTON	68	M	72	55:37	5K
RICK VOORHEES	51	M	73	56:02	5K
MIKE VANONI	57	M	76	57:11	5K
MEGAN VANONI	25	F	82	59:03	5K
ALICE BEDARD-VOORHEES	53	F	83	59:39	5K
CHRISTINE VANONI	54	F	84	59:58	5K

**More Racing in Other Places**

**CHILI HILLY STAGE RACE**

January 21-22, 2006 Bradford Woods, Indiana

Saturday 10k in the afternoon and a 4 mile in the dark after dinner. Sunday morning includes a 5k followed by a 10 mile and concludes with a 1 mile dash.

PI	Name	Event	Team Name	Category	Gen	10K	4 Mile	5K	10 Mile	1 Mile	Total Points
4	Adam Feerst	Team	Weaver Express	Masters	Men	4	4	5	4	4	21
10	Matt Kennedy	Team	Weaver Express	Open	Men	8	11	10	8	10	47

**NAPLES DAILY NEWS HALF MARATHON**

January 22, 2006 Naples, FL

Name	Age	Div/PI	Time	OAPI
BONNIE KEEFE	40	7	1:40:58.80	187
JIM ROMERO	65	5	1:44:16.47	227
CHRISTINE VANONI	54	18	2:07:03.54	700
MICHAEL VANONI	57	47	2:09:04.99	735
DOUG SMITH	56	49	2:09:55.98	751

**THE BEST CROSS-COUNTRY RACE ON THE PLANET**

January 28, 2006 Boulder

Name	Age	Gen	GenPI	Div	DivPI	Time	Pace
ROSS WESTLEY	69	M	126	65-69	1st	31:46	8:09
ED YOUNGBERG	62	M	135	60-64	3rd	33:59	8:43
KEN SIMONS	68	M	141	65-69	4th	35:51	9:12

**ING MIAMI MARATHON/HALF-MARATHON**

January 28, 2005 Miami, FL

Name	Div	GunTime	ChipTime	OAPI	GenPI	DivPI	Pace	Event
JIM ROMERO	M65	1:48:40	1:48:12	738	574	3	8:15	Half
ROBERT TAFELSKI	M65	2:19:32	2:15:38	2822	1757	15	10:21	Half
BRAD LOGAR	M26	4:29:23	4:28:38	1249	913	97	10:15	Marathon
ROBERT FRIES	M57	6:02:36	6:01:12	2282	1460	80	13:47	Marathon



**POLAR BEAR RUN 5K**

January 29, 2006 Washington Park

Name	Age	Gen	GenPI	DivPI	Time	Pace
KAREN VOSS	40	F	2	1/20	20:46	6:42
PETER SZYMANSKI	49	M	19	4/23	22:47	7:20
CRAIG EWING	52	M	22	3/16	23:07	7:27
MITCH CHESBRO	47	M	37	6/23	24:51	8:00
CHARLES SCHEIBE		M	39		CO	8:03
LESLIE MITCHELL	44	F	9	3/20	25:09	8:06
STACY RUSSELL		F	10		25:22	8:10
AMY PADDEN	37	F	58	13/33	30:02	9:40
DAVID KNAPP	41	M	91	18/23	33:05	10:39
SHARYL RILEY	56	F	136	12/12	48:26	15:36

**MARDI GRAS MARATHON/HALF-MARATHON**

February 5, 2006 New Orleans, LA

Name	Age	Gen	PI	GunTime	ChipTime	Pace	Event
JIM ROMERO	65	M	125	1:42:58	1:42:54	7:52	Half
KAREN VOSS	40	F	25	3:11:08	3:10:00	7:15	Marathon
PETER SZYMANSKI	49	M	113	3:39:29	3:39:23	8:23	Marathon
JAMES CHOW	49	M	386	4:29:50	4:27:25	10:13	Marathon

**PACIFIC SHORELINE HALF MARATHON**

February 5, 2005 Huntington Beach, CA

Name	Age	Gen	Div	GunTime	ChipTime	Pace	PI	GenPI	DivPI
STACY RUSSELL	38	F	F3539	1:51:32	1:50:14	8:25	941	264	65
AMY PADDEN	37	F	F3539	2:20:38	2:18:34	10:35	3159	1444	281

**SUPER BOWL 5K**

February 5, 2006 Washington Park

Name	Age	Gen	GenPI	DivPI	Time
JOEL DICE	27	M	6	3/14	19:11
EDWARD KING	53	M	28	6/19	22:16
CHARLES SCHEIBE	51	M	49	9/19	25:31
TINKA CROSBY	45	F	14	3/22	26:04
JANE WHITELEY	52	F	28	2/11	28:53
SHARYL RILEY	56	F	86	11/11	48:23

**THE CHILLY CHEEKS DUATHLON SERIES RACE #2**

January 21, 2006 Cherry Creek State Park

1.5 Mile Run, 4 Mile Bike, 2.7 Mile Run, 6 Mile Bike, 50 Meter Run!

Name	Age	Gen	PI	Time
JUSTIN LITTLE	31	M	12	1:03:50
MICK VOLLMAR	51	M	54	1:15:28

**VALENTINE'S DAY 5K**

February 12, 2006 Washington Park

Name	Age	Gen	GenPI	DivPI	Time	Pace	Event
JIM ROMERO	65	M	38	3/6	23:13	7:29	Run
MITCH CHESBRO	47	M	48	20/29	23:48	7:40	Run
CHARLES SCHEIBE	51	M	58	8/18	24:49	7:59	Run
RICK WILSON	46	M	70	23/29	27:26	8:50	Run
SHARYL RILEY	56	F	91	6/6	48:16	15:32	Run
MICHAEL BLANCHARD	44	M	1		28:21	9:08	Walk



**TROPHY SERIES RESULTS CONTINUED**

PLACE	NAME	AGE	-----TIMES-----			---HANDICAP---			-----POINTS-----			
			START	ACT'L	FINISH	PACE	NEW	OLD	TS	SCRATCH	#	
57	Friedmann, Rich	69	10:30	1:15:16	1:25:46	10:45	52	104.00	103	30.00	23.02	2
58	Bearss, Joseph	35	14:59	1:11:21	1:26:20	10:12	47	96.00	95	28.75	30.57	2
59	Johnson, Mark	48	17:07	1:10:22	1:27:29	10:03	46	93.00	91	27.50	32.08	1
60	Stevens, Mark		24:31	1:03:08	1:27:39	9:01	39	78.00	76	26.25	42.64	1
61	Mitchell, Colin	4	25:25	1:02:25	1:27:50	8:55	35	92.00	74	25.00	48.68	1
62	Whitmore, Colin	42	23:35	1:04:27	1:28:02	9:12	42	84.00	78	23.75	38.11	1
63	Withrow, Renee	48	9:19	1:19:00	1:28:19	11:17	17	106.00	105	22.50	28.89	2
64	Okamoto, Karen	50	15:32	1:14:56	1:30:28	10:42	14	97.00	94	21.25	42.22	1

**Thank You Volunteers!**



Fast female finisher Deb Cunningham



Race directors Robert Reilly and Lisa Champeau

**RMRR RACEWALKERS, FEBRUARY 2006 TROPHY SERIES**

Place	NAME	AGE	-----TIMES-----			----HANDICAP----			TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD		
1	Thies, Chuck	59	-15:29	1:29:52	1:14:23	12:50	136.00	142	100.00	2
2	Guiff, Ed	62	-5:23	1:22:46	1:17:23	11:49	126.00	128	80.00	2
3	Blanchard, Michael	44	11:39	1:08:16	1:19:55	9:45	102.00	101	60.00	2
4	Lyle, John	73	-17:00	1:41:12	1:24:12	14:27	145.00	144	40.00	2

**NON-MEMBERS, FEB TROPHY SERIES**

R/W	NAME	START	ACT'L	FINISH	PACE
R	Ben Kramer	0:00	0:43:34	0:43:34	6:13
R	Frank Kurtz	0:00	0:51:25	0:51:25	7:21
R	John Daniels	0:00	0:53:43	0:53:43	7:40
R	Bill Rodgers	0:00	0:53:52	0:53:52	7:42
R	Jackie kramer	0:00	1:03:35	1:03:35	9:05
R	Jon Haradon	0:00	1:07:47	1:07:47	9:41
R	Shannon Chase	0:00	1:08:30	1:08:30	9:47
R	Brad Simpson	0:00	1:11:18	1:11:18	10:11
R	Kendall Jamison	0:00	1:15:47	1:15:47	10:50
R	Stacey Malerba	0:00	1:20:25	1:20:25	11:29

**RACEWALKER OVERALL STANDINGS**

PI	Name	Gen	Total Points	#	Ave Points
1	Ed Guiff	M	180	2	90
2	Michael Blanchard	M	140	2	70
3	Chuck Thies	M	140	2	70
4	John Lyle	M	100	2	50

**RMRR NEW RACERS, FEBRUARY 2006 TROPHY SERIES 7 Mi**

R/W	NAME	AGE	-----TIMES-----			PACE	--HANDICAP--		---POINTS---	
			START	ACT'L	FINISH		GEND PLACE	NEW	TS	SCRATCH
R	Kelly, Chase		0:00	0:43:28	0:43:28	6:13	1	48	60	100.00
R	Sigel, Christophe	34	0:00	0:49:26	0:49:26	7:04	11	64	60	84.91
R	Gomez, Franki	35	0:00	0:54:32	0:54:32	7:47	2	76	60	95.56
R	Quintanilla, William F.	31	0:00	1:01:23	1:01:23	8:46	31	90	60	54.72
R	Jacob, Erin	23	0:00	1:03:35	1:03:35	9:05	8	94	60	68.89
R	De pakakibo, Dennis		0:00	1:11:51	1:11:51	10:16	50	109	60	26.04
R	Marshall, Barbara		0:00	1:53:50	1:53:50	16:16	18	166	60	24.44

**Runners in Action at the February Trophy Series Race**



**RMRR TROPHY SERIES OVERALL STANDINGS  
FEBRUARY, 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	Rich Carney	M	183.15	2	91.57	1	Tim Gentry	193.05	2	96.52	1	Deb Cunningham	200.00	2	100.00
2	Dyan Piscopo	F	182.13	2	91.06	2	Adam Feerst	189.71	2	94.85	2	Sarah Mathiesen	183.49	2	91.75
3	Mike Knipps	M	181.06	2	90.53	3	Devin Croft	188.82	2	94.41	3	Bonnie Keefe	182.86	2	91.43
4	Adam Feerst	M	175.26	2	87.63	4	Scott Kukul	188.79	2	94.40	4	Lisa Champeau	151.11	2	75.56
5	Michael Quispe	M	167.73	2	83.86	5	Salim Haji	187.90	2	93.95	5	Holly Whelan	125.71	2	62.86
6	Rick Voorhees	M	167.14	2	83.57	6	Michael Quispe	186.09	2	93.05	6	Heather Reddy	117.46	2	58.73
7	Michael Heitz	M	166.07	2	83.04	7	David Rothenburger	179.44	2	89.72	7	Dyan Piscopo	101.59	2	50.79
8	Lance Meacham	M	165.24	2	82.62	8	John H. Jr. Bullock	178.52	2	89.26	8	Franki Gomez	95.56	1	95.56
9	Rick Edrich	M	162.97	2	81.49	9	Bob Basse	174.29	2	87.15	9	Stacy Russell	88.57	1	88.57
10	Sarah Mathiesen	F	162.60	2	81.30	10	Rick Edrich	168.85	2	84.43	10	Hille Dais	85.71	2	42.86
11	Ric Robinette	M	158.59	2	79.29	11	Lance Meacham	164.62	2	82.31	11	Joanne Winge	84.76	1	84.76
12	Salim Haji	M	158.18	2	79.09	12	Rich Carney	159.47	2	79.74	12	Renee Withrow	83.17	2	41.59
13	Bob Basse	M	157.99	2	78.99	13	Ken Applegate	158.88	2	79.44	13	Leslie Mitchell	82.22	1	82.22
14	Scott Hogg	M	157.50	2	78.75	14	Brian Struble	154.33	2	77.16	14	Stephanie Struble	80.95	1	80.95
15	Kyle Armstrong	M	156.25	2	78.13	15	Michael Heitz	152.22	2	76.11	15	Alicia Nix	80.63	2	40.32
16	Mitch Chesbro	M	151.77	2	75.88	16	Ric Robinette	144.65	2	72.33	16	Michelle Evans	77.14	1	77.14
17	Dean Raish	M	147.56	2	73.78	17	Scott Hogg	144.04	2	72.02	17	Trisha Davis	73.33	1	73.33
18	Brett Allendorf	M	146.92	2	73.46	18	Brett Allendorf	142.85	2	71.42	18	Kasandra Robbert	69.52	1	69.52
19	Heather Reddy	F	145.93	2	72.96	19	Dave Cunningham	140.72	2	70.36	19	Erin Jacob	68.89	1	68.89
20	Ken Applegate	M	143.78	2	71.89	20	David Hill	135.28	2	67.64	20	Carmen Kitts	64.44	1	64.44
21	Dave Cunningham	M	140.94	2	70.47	21	Curtis Head	129.83	2	64.92	21	Kerry Beebe	60.95	2	30.48
22	John H. Jr. Bullock	M	135.31	2	67.65	22	Scott McFarlane	128.92	2	64.46	22	Alice Bedard-Voorhees	58.10	1	58.10
23	Devin Croft	M	134.85	2	67.43	23	Adam Lee	124.69	2	62.34	23	Andrea Smith	46.67	1	46.67
24	Robert Reilly	M	132.94	2	66.47	24	Kyle Armstrong	115.31	2	57.66	24	Karen Okamoto	42.22	1	42.22
25	David Hill	M	132.16	2	66.08	25	Mitch Chesbro	114.40	2	57.20	25	Teresa Abbott	35.24	1	35.24
26	Scott Kukul	M	130.57	2	65.28										
27	Deb Cunningham	F	125.32	2	62.66										
28	Richard Martinez	M	122.61	2	61.31										
29	George Huner	M	120.28	2	60.14										
30	Brian Struble	M	119.29	2	59.64										
31	Bonnie Keefe	F	116.54	2	58.27										
32	Tim Gentry	M	116.14	2	58.07										
33	Edwin Quintanilla	M	114.79	2	57.39										
34	David Rothenburger	M	113.21	2	56.61										
35	Scott McFarlane	M	112.21	2	56.10										
36	Allan Nickels	M	111.40	2	55.70										
37	Hille Dais	F	106.61	2	53.30										
38	Howard Kumpf	M	103.83	2	51.92										
39	Holly Whelan	F	102.84	2	51.42										
40	Teresa Abbott	F	100.00	1	100.00										
41	Joanne Winge	F	98.96	1	98.96										
42	Joseph Bearss	M	98.62	2	49.31										
43	Curtis Head	M	98.25	2	49.12										
44	Jason Saitta	M	97.92	1	97.92										
45	Art Luebke	M	96.88	1	96.88										
46	Stacy Russell	F	95.84	1	95.84										
47	C. Ross Westley	M	93.77	1	93.77										
48	Kerry Beebe	F	90.83	2	45.41										
49	Michelle Evans	F	89.61	1	89.61										
50	Larry Mudron	M	87.50	1	87.50										

**Volunteers at the February Trophy Series Race**



**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](http://www.rmrr.org)), click on the Club Info page, download an application and mail it in
- Log onto [www.active.com](http://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

### 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 pre-

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

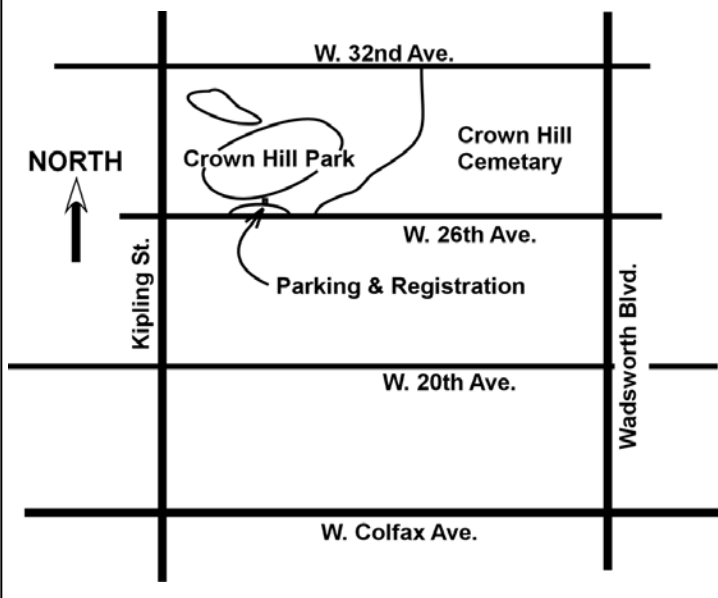
pared to start at the 0:00 time. **Registration:** \$5 for non-members. Free for members. Your membership card is not needed. Race day only.

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 March Trophy Series 3 mi

Crown Hill Park  
Sunday, March 5, 9 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.

**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



**Running Wild**



POTTS TROTTERS



**MARCH 2006**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(1) <a href="http://www.rmrr.org">www.rmrr.org</a>                      (2) <a href="http://groups.yahoo.com/group/denvertrailrunners">groups.yahoo.com/group/denvertrailrunners</a>, 303-282-3921                      (3) <a href="http://www.racingunderground.com">www.racingunderground.com</a>                      (4) <a href="http://www.bkbltd.com">www.bkbltd.com</a>                      (5) <a href="http://www.comastersrun.org">www.comastersrun.org</a>                      (6) <a href="http://www.active.com">www.active.com</a></p>			<b>1</b>	<b>2</b> Trail Run, 5:30 pm or 6:15 pm (2)	<b>3</b>	<b>4</b> <b>RMRR Training Run</b> , 8:00 am, Goodson Rec. Center, deKoevend Park, Littleton (1)  <b>Vail Mountain Night 5 miler</b> Snowshoe, 7pm Vail (3)
<b>5</b> <b>RMRR Trophy Series</b> 3mi 9am Crown Hill Park (1)	<b>6</b> <b>Crown Hill Fun Run</b> 6:15pm (1)	<b>7</b> <b>Wash Park Fun Run</b> , 6pm South High Parking Lot (1)	<b>8</b>	<b>9</b> Trail Run, 5:30 pm or 6:15 pm (2)	<b>10</b>	<b>11</b> <b>RMRR Training Run</b> , 8:00 am, Goodson Rec. Center, deKoevend Park, Littleton (1)
<b>12</b> <b>Running of the Green Lucky7K and 2 mi walk</b> 10:15am LoDo (4)  <b>Swift Skedaddle 3K/10K</b> Snowshoe 10am Breckenridge (3)	<b>13</b> <b>Crown Hill Fun Run</b> 6:15pm (1)	<b>14</b> <b>Wash Park Fun Run</b> , 6pm South High Parking Lot (1)	<b>15</b>	<b>16</b> Trail Run, 5:30 pm or 6:15 pm (2)	<b>17</b>	<b>18</b> <b>RMRR Training Run</b> , 8:00 am, Goodson Rec. Center, deKoevend Park, Littleton (1)  <b>Spring Spree 10K</b> 9am Twin Lakes Park (5)  <b>Lucky Clover 10K</b> (6) 9am Roxborough State Park
<b>19</b> <b>Orphans of Violence 5K</b> Wash Park (4)	<b>20</b> <b>Crown Hill Fun Run</b> 6:15pm (1)	<b>21</b> <b>Wash Park Fun Run</b> , 6pm South High Parking Lot (1)	<b>22</b>	<b>23</b> Trail Run, 5:30 pm or 6:15 pm (2)	<b>24</b>	<b>25</b> <b>RMRR Training Run</b> , 8:00 am, Goodson Rec. Center, deKoevend Park, Littleton (1)
<b>26</b> <b>Colfax Marathon Training Series</b> 10 mi deKoevend Park Littleton(1)	<b>27</b> <b>Crown Hill Fun Run</b> 6:15pm (1)	<b>28</b> <b>Wash Park Fun Run</b> , 6pm South High Parking Lot (1)  <b>RMRR Board Meeting</b> , 7:00 pm (1)	<b>29</b>	<b>30</b> Trail Run, 5:30 pm or 6:15 pm (2)	<b>31</b>	



## 2006 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Mike Acosta	4.00	Gene Hardy	2.50	Heather Reddy	3.50
Mark Ballard	1.50	Jan Hill	3.50	Bob Reilly	9.25
Bob Basse	11.25	Potts Jones	7.00	Rosealie Richter	6.00
Michael Blanchard	3.50	Bonnie Keefe	2.75	Sharyl Riley	4.00
Kolene Brown	12.50	Brad LaBarry	1.50	Mike Robbert	2.75
Lisa G. Champeau	22.00	John Lyle	14.50	Rochelle Robinette	9.50
Keith Champeau	9.50	Betsy Lyle	19.00	Ric Robinette	14.00
Jim Chow	16.25	Tom Mates	6.50	Liz Shepard	8.00
Dave Cunningham	1.50	Carl McNew	1.25	Doug Smith	16.25
Deb Cunningham	24.50	Leslie Mitchell	8.00	Andrea Smith	1.50
Michelle Evans	1.50	Alicia Nix	4.50	Liz Stolz	11.25
Janet Fairs	5.00	Lyndzey Nix	2.50	Stephanie Struble	6.50
Adam Feerst	2.00	Jeff Olson	3.50	Karen Voss	2.75
Tim Gentry	1.00	John Pawlowski	1.50	Holly Whelan	4.50

*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!!*



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

Alynn Park	1	Jeff Owens	16
Erika Klumker	3	Sunniva Russell	17
Liesa Taylor	4	Larry Steller	19
Cary Dameron	5	Bret Gerhold	20
Lisa Paige	5	Mariann Roach	22
Charles Pollard	7	Sue Kinney	23
Layne Chamberlain	9	Allison Lynch	23
Marla Nosan	10	Carl McNew	23
Brett Wendt	10	Andrew Hodson	24
Mick Vollmar	12	Kolene Brown	25
Gene, Jr. Wassman	13	Tina Richards	26
Rebekah Kelly	14	Alicia Nix	29
Michael Heitz	15	Ellie Webb	30
Kristi Aarsby-Kail	16	Michael Burn	31
Finley D. Black	16	Timmy Roach	31

### 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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