



News on The Run

A Letter from the President...



As I sit here writing this, it is 28 degrees outside and threatening to snow again!! Luckily, the weather was quite different last weekend during our April Trophy Series. We had a great turnout and Adam did a fantastic job as race director. The course was very well marked and the volunteers made it a great run. And don't forget to sign up for Adam's terrific running form clinics – he does them for both road and trail running. See his website at www.runuphillracing.com for more details.

Next month is the Bolder Boulder (Memorial Day, May 28). If you aren't going to be running, please consider volunteering – they are looking for volunteers and our Club gets \$20 for each member that volunteers. This is a great way for our club to make some extra money for our operating expenses. Plus, the Bolder Boulder will be giving our club some free entries that we will raffle off at the next Trophy Series. You can sign up to volunteer on their website – go to www.bolderboulder.com – pull down the menu under "The Race" and click on Volunteers – Non Profits. Then click on "to join your group, click [here](#)."

Pull down the menu and go to Rocky Mountain Road Runners. Input the password "welcome" and then fill out the volunteer application.

Speaking of the Bolder Boulder, Tim Gentry is going to be putting together a men's team for the BB. If you are interested in running on the team, please contact Tim at either 303-263-7299 or Taggent@yahoo.com. In addition, if any women are interested in running on a team, let me know and I can try to organize a women's team as well. You can either email me at stephstru@hotmail.com or call me at 303-333-0173.

Don't forget the Colfax Marathon on May 20 – if you aren't in shape for the full marathon, there is always the half or the relay teams. We really enjoyed working with the Colfax people putting on the Marathon Training Series and want to thank them for all their support.

Finally, at the last Board meeting, we decided that our goal for the year is to increase our membership. This means that we will be increasing our marketing efforts. I would like to have a poster designed that includes all of our races to post in the running stores. If you have any artistic talent, and some spare time, please let me know. If you have any other ideas of ways we can increase our membership, we would love to hear from you.

Thanks and see you at the next Trophy Series – Saturday May 5!!

Stephanie

Member Profile: *Carl Koecher*

By *Ken Simons*

Over the past 20 years, Carl has made an amazing transformation from a non-runner (who didn't want to be a runner) to a person with many running accomplishments. After much prodding from his wife, he agreed to try to run. At first, he couldn't go more than 100 feet without taking a walking break. After a week or so, he was able to run a mile without stopping. Over the next several years, his times became faster and his distances longer.

Having lived in Minnesota most of his life, he joined ALARC (The American Lung Association Running Club), a Minneapolis running club that specialized in running and training for marathons. After his first marathon, he knew that running was to become a major part of his life. Over the past twenty years, he has completed somewhere between 35 and 40 marathons, several ultras, and lots of shorter races.

His training schedule has changed many times over the years depending on which races he is training for. He is currently training for the 250k stage race in the Gobi desert. Because of that, he has added walking and training with a pack three to four days per week; most of the Gobi race will be walking over rough terrain. He still runs three days per week; one day of short speed work, one tempo run, and one long run.

Carl's favorite races have also changed many times over the years. The two that he has enjoyed the most are the North Woods Snowshoe Championships in Duluth, Minnesota, and the Collegiate Peaks 25 mile trail race in Buena Vista.

At 68 years of age, Carl doesn't show much sign of easing up. He certainly is an inspiration to seniors of my vintage. His advice to other runners is "don't be afraid of getting older. You will slow down, but running is just as much fun". He is thankful to his wife Nancy for twisting his arm to begin running, but also thankful to her for putting up with his running addiction that he has acquired.

Carl says that running has been very good to him. He has a shelf full of age group awards, and has met many interesting runners and friends from various places where he has lived or traveled. He has helped with volunteer work at various RMRR races last year. He misses the RMRR Saturday morning runs and is looking forward to when they begin again.

After retiring from Northwest Airlines in Minnesota, they moved to Buena Vista. Then after about a year and a half, they moved to Buenos Aires, Argentina to be near their new granddaughter. When his son and family transferred back to Denver, Carl and Nancy followed a few months later, moving to Littleton. Regarding other things Carl enjoys, first and foremost he likes spending time with his two granddaughters, ages 2 and 5. They spend the weekend with their grandparents every few weeks. Then he enjoys anything that involves the outdoors; he tries to climb at least one fourteener and do a few day hikes each year.



**2007 RMRR
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Kolene Brown

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Doug Smith, 303-741-4065

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Scott Kukel

Devin Croft

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Lisa Champeau, 303-777-2261

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Michelle Evans

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[Phidippides Track Club](#)

President: Matt Steinberg

Race Schedule

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

Trophy Series Races

Date	Time	Distance	Location	Race Director
Sat. May 5	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	10 MI	WATERTON CANYON	Ray Sibley
Sun. Nov 4	9:00 AM	9 MI	WESTMINSTER CITY PARK	Ric Robinette, Race Dir. Training
Sun. Dec 2	9:00 AM	4.4 MI	WASHINGTON PARK	OPEN

Colfax Marathon Training Series Schedule

Sun. 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	Karen Voss/Peter Szymanski
Sun. May 20		26.2 mi	COLFAX MARATHON	No race director needed.

Fall Marathon Training Series Schedule

Sun. Jul. 15	8 a.m.	10 mi	WESTMINSTER CITY PARK	Janet Fairs/Mike Blanchard
Sun. Aug. 5	8 a.m.	15 mi	WESTMINSTER CITY PARK	OPEN
Sun. Aug. 26	8 a.m.	20 mi	FRONT RANGE COM COLL	Holly Whelan
Sun. Sep. 23	8 a.m.	20 mi	WESTMINSTER CITY PARK	Bonnie Keefe/Doug Smith

Training

Group Runs

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

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

The Saturday Training Runs start from the Goodson Rec Ctr and are on the Highline Canal. The distance can vary from 8-22 miles according to the indi-

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

Track Workouts

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

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

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

Training Partner Program

Call Devin Croft (303) 978-9342, dctrainer@comcast.net. Leave your name, address,

phone number, typical 10K pace, and time of day you run. Devin will do his best to find a Road Runner training partner for you.

Training Advice

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

Trail Running

The **DenverTrailRunners** meet Thursday evenings, year round, as well as other weekday morning and weekend runs. Locations vary, mostly in the Morrison/Golden area. The runs are **FREE**. All ages and abilities welcome. For more info, please visit: <http://sports.groups.yahoo.com/group/DenverTrailRunners/>.

The group is not formally affiliated with RMRR. Call 303-870-0487 - please only if you don't have web access.

BOARD MEETING MINUTES

March 26, 2007 RMRR - Board Meeting Minutes

Attendees: Stephanie Struble, Mike Robbert, Karen Voss, Janet Fairs, Deb Cunningham, Michelle Evans, Bonnie Keefe, Doug Smith, Brad LaBarry, Jim Chow.

Trophy Series

Complaints from Crown Hill. Crown Hill got back to us – want us to have more volunteers to clean the trail & the bathroom, need to carpool because parking lot was full, need to put up signs three days before the event to let people know we'll be there. The permit is free. There was no toilet paper, so the bathrooms could not have been serviced. For parking, we could try the high school or the 2nd lot. We agreed to write a letter responding to their complaints and requesting clarification of the issues. Stephanie will draft a letter.

April Race – Bear Creek Bike Path. We have enough volunteers. No one signed up to learn to race direct. Stephanie's suggestion is to call people we think would be good race directors to get them to co-direct.

Colfax Marathon Training Series

15-Miler recap. Race went well. We had 47 participants. The parking lot was under construction & a mud pit. We got the van in the lot & everyone else parked in the RTD lot. Better experience with Get Me Registered. Issues for 20-miler. Our permit does include parking at FRCC. Colfax will rent a porta potty for the runners. Renting one for ~50-100 runners.

Newsletter

New Printer. Used the new printer and printed from the PDF on the website. Karen or Holly will pick up the newsletters. Won't be mailed to people prior to the race. Michelle will include the newsletter link in the eblast.

Electronic Newsletter. We have not heard any complaints about electronic newsletters.

Volunteer Issues:

Volunteer of the Month. Ray Sibley is the volunteer of the month for volunteering as a non-runner for several races this year.

Operational Items:

Treasurer's Report . Space Age Credit Union funding seems to be drying up. We talked about raising the non-member race fee from \$5 to \$10. Also discussed limiting the raffle to members only. We agreed to keep race fees for non-members at \$5, but limiting the raffle to members only. Stephanie will print out the value of the member benefits that we will display at TS to try to encourage more non-member

runners to join the club.

Qwest Grant – Jim's suggestion to use with Karen for kids Run America. She'll know how many kids she has running in April. Other suggestions = current operating expenses, race scholarships. Karen's Kids Run America participants will volunteer at our races.

Track workouts - We're set to start April 4 at 6:15pm at Denver Lutheran. Michelle will do an eblast.

Timers – we've had problems with the timers off & on. We agreed to use new batteries each time and to remove the chargers from the bags with the timers.

Chip Timing System. Two systems – IPCO sports. The chips are \$3. The total charge for a Chip system would be approximately \$8000. It runs on a 12 volt battery. This is significantly cheaper than other systems like Champion chip. Some issues were raised with using the Chip system and whether it would save time in scoring. We would have to assign chips to members and prior to the race assign chip numbers to every non-member runner as well as any member who forgot their chip.

Problems scoring – biggest problem is when registration tags are not filled in correctly. When that happens, Brad has to rescore & check it himself. Member/non-member categorization, runner vs walker boxes need to be marked. Need to know if it's an old member running again or a brand new member. It would also be helpful to know if they're a new member today. We also need the paperwork for all members who renew their membership at the race. Without the paperwork, they don't get renewed them in the database.

Accelerade Deal – If we put up a blinking banner on the home page of our website and the 2nd most frequently used page, members can order at a 20% discount. Members have to pay \$6 for shipping, but club gets 5% of the revenue. The board vetoed this idea.

Statistics. Unique runners/yr: 2005=332, 2006=372. Unique members running 1 race/yr: 2005=248, 2006=187. Member races run: 2005=1001, 2006=810. Non-members running 1 or more races: 2005=89, 2006=197. So, the Qwest grant was used entirely.

Goals for 2007

What are our goals for 2007: Increase membership. Brad will develop statistics 2006 vs 2007. What will we do to increase membership?

Ideas:

- Poster promoting club and our race schedules that can be posted at all of the running stores and possibly recreation centers.
- Apps to put in goodie bags at smaller races. Karen will check w/ printer on cost.
- Give away item – sunscreen or lip balm with RMRR logo & URL. Bonnie will look at pricing.
- Survey of members about why they keep their membership – Jim will put the survey on the website.

Colfax – We will have a booth at the Colfax expo.

Nobody Chasing Her

By Sherrie Muldoon

Jefferson, Colorado, where I live, work and train is a wide spot on Hwy 285. If you sneeze you'll miss it, but at 9950 feet, there isn't a lot of air to sneeze with! The rancher to runner ratio when I moved here was 8 to 1, with me being the 1. (I was delighted when my spouse began to run as well, because it doubled our numbers.) Never was the cultural gap between running cows and running the road more clearly stated then one morning last Spring.

My favorite running route is a 10K out and back along Park County Road 35. It starts in beautiful downtown Jefferson and heads north and west. Pastures that in high summer are loaded with Highlanders and Herefords and two Red Angus bulls line both sides of the road. It's not at all unusual to see a fox or coyote trotting through the willow bushes that line Jefferson Creek and I will confess to having startled more than one rabbit. This particular morning was clear and almost warm, with a total dearth of wind. That hadn't happened in 5 months, and I wasn't about to let it go to waste.

So, I started out easy, warming up, feeling my body's working heat and enjoying the pure, albeit thin air. I noticed two of my neighbors, ranchers both, unloading their truck loads of fence fixing supplies. Soon it would be time to bring the cattle up from the lowlands, and the winters, wind and elk up here are brutal on barbed wire fences. "Fixin' Fence" is a sure sign Spring is close enough to touch. The ranchers and their crews stopped unloading to turn and watch me and my pink running skirt approach. I was smiling broadly, enjoying the infant day and strong feeling legs. The ranchers leaned against one of the trucks, their eyes never leaving me. I waved cheerfully and was trotting past when I heard one gravely voiced old Rancher say to his friend.

"Nope. Don't appear to be nobody chasin' her."

"Just as well." His friend responded "I don't guess she could out run 'em, anyhow."

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PLATTE RIVER HALF MARATHON

April 1, 2007 Denver

Name	Age	Gen	PI	Time
JASON SAITTA	29	M	4.	1:10:58
TRISTAN MITCHELL	21	M	18.	1:19:12
MICHAEL QUIESPE	40	M	26.	1:21:41
CHASE KELLY	25	M	36.	1:25:35
CHRIS VOELLER	37	M	43.	1:26:26
BOB BASSE	52	M	61.	1:30:06
LARRY STELLER	40	M	73.	1:31:41
DENISE GLENN	39	F	98.	1:36:39
ALYN PARK	56	F	108.	1:37:40
JODY SCHRADER	34	F	117.	1:38:34
VALERIE SHOCKLEY	41	F	151.	1:41:30
ED KING	54	M	174.	1:43:36
KEVIN DOWNING	42	M	186.	1:44:35
JAY WISSOT	62	M	213.	1:47:42
WILLIAM QUINTANILLA	32	M	224.	1:48:34
MARK RAMSEY	44	M	234.	1:49:37
RICHARD CARNEY	37	M	247.	1:50:29
DAVID STARK	59	M	258.	1:51:04
ROSS WESTLEY	70	M	306.	1:54:07
LIZ SHEPARD	35	F	379.	1:58:18
MYRA RHODES	74	F	583.	2:14:14
BRUCE WILSON	44	M	610.	2:16:24
HOWARD KUMPF	65	M	628.	2:18:24
LEE RHODES	73	M	683.	2:23:30
RICKI KELLY	26	F	730.	2:29:58

Racing in Other Places

By Chris Vanoni

BUCKHORN EXCHANGE RELAY

Names	PI	Team	Div	DivPlc	Time
JEFF BERNARDY, MIKE MILLER, GARY HOLT	1	Team Tooth Docs	Male	1st	1:24:08
STACY RUSSELL, RENEE SUPPLEE, MEGAN DOBERKECK	9	Carbo Vino Trio	Female	2nd	1:42:54
KIMBERLY SHELTON, SARAH TENNIAN, SAM DANTZLER	18	Dream Team	Coed	9th	1:54:06
MICHELLE SUMMERS, KELLY BUFFINGTON, KELLY STANDIFORD	39	Mk2	Female	17th	2:23:22

UNIVERSITY OF DENVER COLLEGE OF LAW LRAP LAP 5K

April 1, 2007 Washington Park

Name	Gen	OAPI	DivPI	GenPI	Time	Pace
ANDREA MILSTEIN	F	54	6/9	32/45	39:27	12:42

SHAMROCK SHUFFLE 5K

March 18, 2007 Albuquerque, NM

Name	Age	Gen	GenPI	Time
ALLEN BRIDGEFORTH	32	M	120	22:55.20
BOB TAFELSKI	63	M	177	24:30.95

15 MILE COLFAX MARATHON TRAINING SERIES

March 25, 2007 Westminster

Name	Gen	PI	Time
ERIC GREENE	M	6	01:46.2
BILL O'DELL	M	16	01:59.2
ALYN PARK	F	19	02:02.6
JAY WISSOT	M	21	02:10.6
LARRY MUDRON	M	23	02:14.6
DIAN ROWLEY	F	34	02:30.3
MARK JOHNSON	M	35	02:32.4



SHARIN' O' THE GREEN 5K RUN/WALK

March 18, 2007 Fort Collins

Name	OAPI	Time	Pace	GenPI	DivPI	Gen	Div
MYRA RHODES	191	27:50	8:58	62/277	1/2	F	70-99
LEE RHODES	208	28:33	9:12	138/224	2/3	M	70-99
JAMES TAYLOR	223	29:13	9:25	145/224	41/58	M	30-39

SHAMROCK SHUFFLE 8K

March 25, 2007 Chicago, IL

Name	Age	Gen	ChipTime	GunTime	OAPI	GenPI	DivPI
LISA PAIGE	49	F	0:45:54	0:47:08	8300	2766	73



RUN THROUGH TIME MARATHON / HALF MARATHON

March 17, 2007 Salida, CO

Name	Age	Gen	PI	Time	Event
JIM ROMERO	66	M	28	2:03:55	Half
CARL KOECHER	68	M	73	2:38:51	Half
JAMES CHOW	50	M	79	2:44:04	Half
JEFF O'REILLY	47	M	63	5:16:19	Marathon



HIGHLANDS RANCH ST PATRICK'S DAY 5K

Mar 17, 2007 Highlands Ranch


Name	OAPI	DivPI	GenPI	ChipTime	Pace	GunTime
DAN WALL	305	44/58	183/236	32:03	10:24	32:17
ELISABETH SHEPARD	437	38/47	218/261	40:29	13:08	40:47



CANYONLANDS HALF-MARATHON

March 17, 2007 Moab, UT

Name	Age	Time	Div	OAPI	DivPI	ChipTime	Pace	Gen	GenPI
BOB BASSE	52	01:27:25	M50-54	60	4	01:27:24	00:06:40	M	51
LONNIE VINCENT	47	01:44:29	M45-49	381	26	01:44:07	00:07:58	M	295
DAVID MCGILLIVARY	55	01:49:55	M55-59	606	26	01:49:30	00:08:23	M	447
JAMES BRANSON	50	01:50:16	M50-54	625	32	01:49:01	00:08:25	M	458
DAVID KILTY	44	01:55:27	M40-44	864	71	01:52:51	00:08:48	M	591
MARK STEVENS	48	02:08:50	M45-49	1557	104	02:06:56	00:09:50	M	877



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More Racing in Other Places

RUNNIN' OF THE GREEN LUCKY 7K

March 11, 2007 - Denver

Name	Age	Gen	PI	DivPI	GenPI	Guntime	Pace	Time	Event
SALIM HAJI	35	M	39	9/421	34/1140	26:32	6:06	26:29	Run
DAVID ROTHENBURGER	38	M	40	10/421	35/1140	26:33	6:06	26:30	Run
BOB BASSE	52	M	56	5/139	47/1140	27:21	6:17	27:18	Run
LARRY STELLER	39	M	98	31/421	86/1140	28:51	6:36	28:38	Run
ANGELA ANDERSON	26	F	93	6/444	12/1317	28:48	6:37	28:45	Run
DAVID COOK	41	M	114	27/281	97/1140	29:26	6:44	29:13	Run
ED KING	54	M	163	15/139	137/1140	30:41	7:00	30:24	Run
ALYN PARK	56	F	184	3/83	27/1317	31:08	7:09	31:04	Run
VALERIE SHOCKLEY	41	F	233	8/237	43/1317	31:46	7:17	31:39	Run
JAY WISSOT	62	M	257	2/54	210/1140	32:13	7:23	32:06	Run
BRETT ALLENDORF	38	M	322	102/421	257/1140	33:14	7:29	32:30	Run
SCOTT MCFARLANE	55	M	338	25/139	267/1140	33:31	7:36	33:00	Run
JIM JOYNER	54	M	365	28/139	284/1140	33:53	7:42	33:27	Run
MITCH CHESBRO	48	M	367	85/281	286/1140	33:54	7:45	33:40	Run
MARK MCVAY	57	M	471	33/139	349/1140	35:16	7:50	34:04	Run
DAVID MCGILLIVARY	55	M	417	29/139	314/1140	34:29	7:52	34:12	Run
MARLA NOSAN	45	F	464	18/237	119/1317	35:11	8:01	34:48	Run
KEVIN DOWNING	42	M	698	136/281	490/1140	37:36	8:02	34:52	Run
CHUCK JOHNSON	49	M	475	101/281	352/1140	35:22	8:05	35:08	Run
STACEY RUSSELL	39	F	599	66/475	169/1317	36:48	8:20	36:11	Run
BILL AHLERS	44	M	801	152/281	548/1140	38:37	8:23	36:25	Run
BRUCE WILSON	44	M	803	153/281	550/1140	38:38	8:28	36:47	Run
MIKE FONTES	54	M	701	45/139	493/1140	37:38	8:31	37:00	Run
ABRAHAM MEDINA	30	M	1009	253/421	647/1140	40:12	8:36	37:21	Run
MICHAEL HORA	43	M	727	139/281	507/1140	37:56	8:37	37:28	Run
RICK WILSON	47	M	778	148/281	532/1140	38:22	8:38	37:32	Run

DAVID GILLIKIN	51	M	926	63/139	606/1140	39:31	8:45	38:01	Run
KERRY WALLING	34	F	896	121/475	303/1317	39:12	8:53	38:37	Run
JAMES TAYLOR	32	M	1258	292/421	764/1140	42:06	8:58	38:56	Run
JERRY O'DONNELL	60	M	970	15/54	628/1140	39:52	9:01	39:12	Run
MARY PITZ	43	F	989	57/237	350/1317	40:00	9:01	39:13	Run
MICK VOLLMAR	52	M	1053	68/139	669/1140	40:38	9:01	39:11	Run
RANDALL CALEY	46	M	1339	215/281	793/1140	42:33	9:03	39:20	Run
MYRA RHODES	74	F	930	1/8	321/1317	39:33	9:04	39:22	Run
JOSEPH BEARSS	36	M	1007	252/421	646/1140	40:11	9:05	39:29	Run
LEE BENGSTON	69	M	1124	18/54	697/1140	41:05	9:12	39:57	Run
KIMBERLY SHELTON	37	F	1026	149/475	374/1317	40:24	9:16	40:14	Run
LEE RHODES	73	M	1034	2/6	657/1140	40:30	9:17	40:19	Run
LUKAS JETER	33	M	1405	318/421	821/1140	43:08	9:47	42:31	Run
HEIDI JETER	33	F	1421	227/475	596/1317	43:19	9:49	42:39	Run
STEPHANIE LARSEN	33	F	1708	295/475	780/1317	45:30	10:05	43:49	Run
LISA WILSON	41	F	1737	136/237	804/1317	45:45	10:06	43:54	Run
GIGI NICHOLS	43	F	2039	180/237	1014/1317	49:17	11:10	48:32	Run
SHERRIE MULDOON	45	F	2246	203/237	1167/1317	53:33	11:48	51:17	Run
DANIEL MULDOON	55	M	2263	135/139	1086/1140	54:18	11:58	52:00	Run
JERRY WISCHMEYER	M	3	1/2	3/4		45:39	10:30	51:05	Walk
ELIZABETH SHEPARD	F	5	1/2	2/8		54:54	12:38	56:47	Walk

EISENHOWER MARATHON

April 7, 2007 Abilene, KS



Name	Age	Gen	PI	Time	Pace
DAVID COOK	41	M	58	4:02:38	9:16

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

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

E-mail lists are not sold or distributed and we aim to keep the number of messages to a minimum. So, sign up for RMRR ENews to stay abreast of all the exciting RMRR news between issues of *News on the Run*.

The Rocky Mountain Road Runners ENews group can be accessed at:

http://sports.groups.yahoo.com/group/RMRR_ENews/



2007
STEAMBOAT SPRINGS
RUNNING SERIES
 INFO: www.runningseries.com REGISTER: www.active.com

- SAT - MAY 5 22nd Spirit Challenge
- SAT - MAY 19 29th Hayden Cog Run
- SUN - JUNE 3 26th Steamboat Marathon
- SAT - JUNE 16 22nd Hot Springs Short Cut
- SAT - JUNE 30 2007 USA Trail Championships
- WED - JULY 4 16th Steamboat Sprint
- SUN - JULY 8 29th Mountain Madness
- SAT - JULY 14 2nd Howelsen Hill 8 Miler
- SAT - JULY 28 16th Spring Creek Memorial
- SAT - AUG 4 13th Mt. Werner Classic
- SAT - AUG 3 & 4 4th Wild West Relay (24 hrs)
- SUN - AUG 19 9th Continental Divide
- SUN - SEPT 2 23rd 10K at 10,000 Feet
- SAT - SEPT 8 13th Kremmling Road Kill

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ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

April 1, 2007 4 Miles @ Bear Creek Bike Path

Place	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW HCP	OLD HCP	TS Pts	Scratch Pts	CountOfRACE
1	Shimada, Ken	35	4:28	0:34:06	0:38:34	8:32	36	91.00	107	100.00	50.00	2
2	Kuck, Kerry	49	3:29	0:35:24	0:38:53	8:51	40	96.00	110	98.87	44.29	4
3	Paine, Sharyn	57	-0:43	0:40:37	0:39:54	10:09	16	112.00	122	97.75	40.00	1
4	Finch, Eric	18	9:42	0:30:35	0:40:17	7:39	19	78.00	90	96.62	74.29	1
5	Wall, Dan		-0:43	0:41:25	0:40:42	10:21	52	114.00	122	95.49	27.14	2
6	Chow, James	50	7:01	0:33:55	0:40:56	8:29	35	91.00	99	94.37	51.43	2
7	Martinez, Richard	60	7:20	0:33:42	0:41:02	8:25	33	90.00	98	93.24	54.29	2
8	Beebe, Kerry	52	3:08	0:38:40	0:41:48	9:40	13	106.00	111	92.11	52.00	4
9	Glodava, Kevin	30	12:26	0:29:32	0:41:58	7:23	16	74.00	80	90.99	78.57	2
10	Kitts, Carmen	55	6:24	0:35:40	0:42:04	8:55	10	97.00	101	89.86	64.00	3
11	Black, Dave	56	-5:17	0:47:22	0:42:05	11:50	55	131.00	134	88.73	22.86	2
12	Romero, Jim	67	10:33	0:31:39	0:42:12	7:55	26	82.00	87	87.61	64.29	3
13	Simpson, Patricia	58	-4:30	0:46:49	0:42:19	11:42	18	129.00	132	86.48	32.00	2
14	Martinez, James	51	11:55	0:30:30	0:42:25	7:37	18	78.00	82	85.35	75.71	1
15	Mudron, Larry	64	10:16	0:32:14	0:42:30	8:04	28	85.00	88	84.23	61.43	3
16	Johnson, Jesse	21	11:39	0:30:56	0:42:35	7:44	23	80.00	83	83.10	68.57	3
17	Martinez, Christopher	26	16:32	0:26:04	0:42:36	6:31	8	59.00	63	81.97	90.00	2
18	Allendorf, Brett	38	13:13	0:29:29	0:42:42	7:22	15	74.00	77	80.85	80.00	4
19	Voss, Karen	41	14:56	0:27:57	0:42:53	6:59	1	68.00	70	79.72	100.00	3
20	Karaiskaj, Denis	32	14:56	0:27:58	0:42:54	6:59	11	68.00	70	78.59	85.71	2
21	Rothenburger, David	38	17:37	0:25:19	0:42:56	6:20	5	56.00	58	77.46	94.29	4
22	Jeter, Lukas	33	3:08	0:39:50	0:42:58	9:58	50	110.00	111	76.34	30.00	2
23	McFarlane, Scott	56	11:55	0:31:05	0:43:00	7:46	24	80.00	82	75.21	67.14	4
24	Olson, Jeffrey	47	9:59	0:33:02	0:43:01	8:16	31	87.00	89	74.08	57.14	4
25	LaBarry, Brad	33	12:11	0:30:51	0:43:02	7:43	21	79.00	81	72.96	71.43	3
26	Struble, Brian	39	14:42	0:28:21	0:43:03	7:05	13	69.00	71	71.83	82.86	3
27	Robinette, Ric	54	12:26	0:30:39	0:43:05	7:40	20	79.00	80	70.70	72.86	4
28	Trujillo, Jay	48	13:58	0:29:08	0:43:06	7:17	14	73.00	74	69.58	81.43	2
29	Head, Curtis	53	10:33	0:32:35	0:43:08	8:09	29	86.00	87	68.45	60.00	2
30	Croft, Devin	54	17:37	0:25:33	0:43:10	6:23	6	57.00	58	67.32	92.86	2
31	Robbert, Michael	31	17:24	0:25:48	0:43:12	6:27	7	58.00	59	66.20	91.43	1
32	Greene, Eric	27	18:01	0:25:16	0:43:17	6:19	4	55.00	56	65.07	95.71	4
33	Fairs, Janet	63	-6:28	0:49:46	0:43:18	12:27	19	137.00	137	63.94	28.00	2
34	Knipps, Mike	54	7:20	0:36:01	0:43:21	9:00	44	98.00	98	62.82	38.57	4
35	Haji, Salim	35	18:37	0:24:45	0:43:22	6:11	3	53.00	53	61.69	97.14	2
36	Applegate, Ken	58	15:10	0:28:13	0:43:23	7:03	12	69.00	69	60.56	84.29	4
37	O'Dell, Bill	48	16:06	0:27:18	0:43:24	6:50	10	65.00	65	59.44	87.14	2
38	Woljan, Dennis	64	9:07	0:34:19	0:43:26	8:35	38	92.00	92	58.31	47.14	1
39	Benjamin, Nick	31	7:56	0:35:32	0:43:28	8:53	41	96.00	96	57.18	42.86	3
40	Smith, Douglas	57	10:33	0:32:58	0:43:31	8:14	30	87.00	87	56.06	58.57	2
41	Bedard-Voorhees, Alice	55	3:08	0:40:25	0:43:33	10:06	15	111.00	111	54.93	44.00	2
42	Huner, George	53	11:22	0:32:12	0:43:34	8:03	27	84.00	84	53.80	62.86	4
43	Cunningham, Deb	45	14:13	0:29:22	0:43:35	7:21	2	74.00	73	52.68	96.00	3
44	Johnson, Chuck	49	9:25	0:34:11	0:43:36	8:33	37	92.00	91	51.55	48.57	3
45	Bullock, John H. Jr.	45	16:46	0:26:51	0:43:37	6:43	9	63.00	62	50.42	88.57	4
46	Rowley, Diane	35	7:38	0:36:04	0:43:42	9:01	11	98.00	97	49.30	60.00	3
47	Parra, Marissa Lynn	24	10:16	0:33:31	0:43:47	8:23	5	89.00	88	48.17	84.00	1
48	Gentry, Tim	44	19:34	0:24:17	0:43:51	6:04	1	49.00	48	47.04	100.00	3
49	Bengston, Lee	69	7:20	0:36:37	0:43:57	9:09	45	99.00	98	45.92	37.14	4
50	Struble, Stephanie	40	8:50	0:35:11	0:44:01	8:48	8	95.00	93	44.79	72.00	3
51	Feerst, Adam	47	19:23	0:24:39	0:44:02	6:10	2	50.00	49	43.66	98.57	4
52	Chesbro, Mitch	48	12:26	0:31:37	0:44:03	7:54	25	81.00	80	42.54	65.71	4
53	Rowley, Darren	39	2:28	0:41:36	0:44:04	10:24	53	114.00	113	41.41	25.71	2
54	Depakakibo, Dennis	36	10:33	0:33:38	0:44:11	8:25	32	88.00	87	40.28	55.71	3
55	Szymanski, Sarah	31	12:26	0:31:50	0:44:16	7:57	4	81.00	80	39.15	88.00	4
56	Paige, Lisa	49	7:38	0:36:48	0:44:26	9:12	12	98.00	97	38.03	56.00	2

News on the Run

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES April 1, 2007 4 Miles @ Bear Creek Bike Path

Place	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW HCP	OLD HCP	TS Pts	Scratch Pts	CountOfRACE
57	Keefe, Bonnie	42	14:13	0:30:18	0:44:31	7:35	3	74.00	73	36.90	92.00	3
58	Gersbeck, Bob	40	10:49	0:33:50	0:44:39	8:28	34	90.00	86	35.77	52.86	1
59	Johnson, Mark	49	9:25	0:35:50	0:45:15	8:58	42	92.00	91	34.65	41.43	4
60	Wackwitz, Jack	64	10:33	0:35:06	0:45:39	8:46	39	95.00	87	33.52	45.71	1
61	Voorhees, Rick	54	7:38	0:38:09	0:45:47	9:32	48	100.00	97	32.39	32.86	2
62	Gerhold, Bret	41	8:14	0:37:41	0:45:55	9:25	47	101.00	95	31.27	34.29	1
63	Simpson, James	32	9:59	0:36:00	0:45:59	9:00	43	90.00	89	30.14	40.00	2
64	Jeter, Heidi	33	1:46	0:44:15	0:46:01	11:04	17	116.00	115	29.01	36.00	2
65	Cook, David	41	15:38	0:30:26	0:46:04	7:36	17	68.00	67	27.89	77.14	3
66	Arman, Jesse	56	5:07	0:41:15	0:46:22	10:19	51	106.00	105	26.76	28.57	4
67	Robbert, Kasandra	33	6:24	0:39:59	0:46:23	10:00	14	106.00	101	25.63	48.00	1
68	Bearss, Joseph	36	8:14	0:38:59	0:47:13	9:45	49	96.00	95	24.51	31.43	4
69	Black, Joe	8	2:28	0:47:21	0:49:49	11:50	54	121.00	113	23.38	24.29	1
70	Lynn, John Calvin	61	-12:46	1:03:32	0:50:46	15:53	56	153.00	152	22.25	21.43	4
71	Hnizdil, Olga	62	-1:50	0:55:21	0:53:31	13:50	20	126.00	125	21.13	24.00	3

Race Walkers

Place	NAME	AGE	STAR T	ACT'L	FINISH	PACE	NEW HCP	OLD HCP	TS Pts	Race s
1	Lyle, John	74	-11:54	0:55:40	0:43:46	13:55	151.00	150	100.00	4
2	Blanchard, Michael	45	6:24	0:38:59	0:45:23	9:45	104.00	101	80.00	2
3	Ellis, Richard H.	68	-6:53	0:53:34	0:46:41	13:23	139.00	138	60.00	2
4	Thies, Chuck	60	-2:35	0:51:02	0:48:27	12:45	128.00	127	40.00	4

Non-Members

R/W	Name	FINISH	START	NET	PAGE
R	James(Link) Lubken	0:42:45	8:14	0:34:31	8:38
R	Gerri Nieder	0:49:36	0:00	0:49:36	12:24

New Members

R/W	NAME	AGE	FINISH	START	NET	PACE	GEND PLACE	NEW HCP	TS Pts	Scratch Pts
R	Schubach, Hillary	35	0:38:52	3:29	0:35:23	8:51	9	96.00	60.00	68.00
R	Maniscalco, Derk		0:40:40	3:08	0:37:32	9:23	46	103.00	60.00	35.71
R	Radin, Holly	40	0:41:31	7:01	0:34:30	8:37	6	93.00	60.00	80.00
R	Martinez, Amanda	24	0:42:01	7:20	0:34:41	8:40	7	93.00	60.00	76.00
R	Saffry, Milton		0:42:16	11:22	0:30:54	7:43	22	80.00	60.00	70.00
W	Finch, Jack	57	0:44:41	0:00	0:44:41	11:10		123.00	60.00	0.00
W	Jouett, Dennis	63	1:03:33	0:00	1:03:33	15:53		168.00	60.00	0.00



RMRR TROPHY SERIES OVERALL STANDINGS

Through April 2007

Name	SEX	Total Points	Races	Ave Points
1 Kerry Kuck	M	354.37	4	88.59
2 Ric Robinette	M	336.20	4	84.05
3 Eric Greene	M	314.35	4	78.59
4 David Rothenburger	M	311.93	4	77.98
5 Ken Applegate	M	282.63	4	70.66
6 Mitch Chesbro	M	276.11	4	69.03
7 Larry Mudron	M	269.89	3	89.96
8 Joseph Bearss	M	267.00	4	66.75
9 Kerry Beebe	F	260.05	4	65.01
10 Scott McFarlane	M	260.01	4	65.00
11 Sarah Szymanski	F	256.30	4	64.08
12 Jesse Arman	M	246.14	4	61.53
13 Mike Knipps	M	239.97	4	59.99
14 Jesse Johnson	M	239.72	3	79.91
15 Bill Rogers	M	232.32	3	77.44
16 Adam Feerst	M	230.86	4	57.72
17 George Huner	M	227.95	4	56.99
18 John Calvin Lynn	M	227.56	4	56.89
19 Brian Struble	M	226.54	3	75.51
20 Michael VanNorstrand	M	224.66	3	74.89
21 Brad LaBarry	M	209.43	3	69.81
22 Jim Romero	M	205.17	3	68.39
23 Gordon Haller	M	205.05	3	68.35
24 Stephanie Struble	F	203.57	3	67.86
25 Bob Basse	M	202.49	3	67.50

Name	SEX	Total Points	Races	Ave Points
26 John H. Jr. Bullock	M	198.59	4	49.65
27 Brent Jockers	M	195.38	2	97.69
28 Jay Boisseau	M	194.78	3	64.93
29 Carmen Kitts	F	194.43	3	64.81
30 Lee Bengston	M	190.81	4	47.70
31 Theresa Jockers	F	190.76	2	95.38
32 Diane Rowley	F	187.11	3	62.37
33 Jeffrey Olson	M	183.75	4	45.94
34 Karen Voss	F	183.11	3	61.04
35 Deb Cunningham	F	182.84	3	60.95
36 Brett Allendorf	M	179.95	4	44.99
37 Tim Gentry	M	176.87	3	58.96
38 David Cook	M	176.62	3	58.87
39 Michael Quispe	M	173.51	3	57.84
40 Chuck Johnson	M	172.11	3	57.37
41 Joy Knipps	F	165.13	2	82.57
42 Ken Shimada	M	160.00	2	80.00
43 Larry Steller	M	157.65	2	78.82
44 Nick Benjamin	M	156.18	3	52.06
45 Dan Wall	M	155.49	2	77.75
46 Janet Fairs	F	154.93	2	77.46
47 Bryon Dathe	M	152.29	3	50.76
48 Chris Voeller	M	148.97	2	74.48
49 Kevin Glodava	M	145.47	2	72.73
50 Bill O'Dell	M	143.66	2	71.83

Congratulations Trophy Series Runner and Racewalk Winners



Thank You Volunteers!



For more pictures, please visit the RMRR website gallery.



Getting Kids Moving!

By Karen Voss

Kids Running America (KRA) and Colorado Youth At Risk (CYAR) are teaming up and getting kids excited about getting active. Kerry Vargo is the mastermind behind the KRA program. I stumbled upon her website last April, 2006. At the time I and my husband Peter were just getting involved in mentoring young people through the CYAR program. Both programs shared the same vision and passion for our youth. They are all about empowering young people, turning them on to an active and positive lifestyle and providing self-esteem building opportunities. Kerry uses running. The staff with CYAR uses a ropes course, role playing, and experiential training. Peter and I decided KRA could be a way for some of the youth with CYAR to experience how good it feels to set a goal and reach it. The youth who choose to join KRA experience making a commitment to a team and to themselves.



You may remember seeing some of the participants last September and October. The RMRR club sponsored seven youth from CYAR to participate in the KRA program as Team Steps-Ahead with Karen Voss Szymanski and Peter Szymanski as their coaches. The members of the Steps-Ahead team gladly volunteered to help out at several trophy series races between September and November.

The smiles on their faces and the looks of accomplishment were priceless. They loved receiving a letter of acknowledgement for their volunteer hours from the president of the RMRR club. They were happy to have the opportunity to gain volunteer hours which will help them when filling out college applications. They all kept their commitment to run 25.2 miles and met with the team 1 to 2 times per week. The day of the final mile was a huge success.

Because of their success, we are doing it again this year! We plan to make it an even bigger event for the CYAR youth if they choose to take on the challenge. KRA participants 12 and under will accrue 25.2 miles and run their last mile at the Denver Marathon event. Participants 13 and older, typical age of the CYAR youth will participate in the KRA program training but will train to run in the Denver Marathon relay event.

Contact Karen, 303-433-7378, if you want to find out more about the CYAR/KRA event or if you want to come out and run with us. To find out more about Kerry Vargo and her KRA program, call 720-260-2745 or go to www.KidsRunningAmerica.org. You can find out more information about being a mentor or about the CYAR program and how to support it by going to www.ColoradoYouthAtRisk.org.

Any child regardless of age willing to run, achieve goals and begin a lifetime of healthy living is eligible!

RAY SIBLEY - VOLUNTEER OF THE MONTH – MARCH

By: Lisa G. Champeau



Congratulations to Ray Sibley for being our volunteer of the month. Because of an injury, Ray has been a non-running volunteer for several months and a big part of making the Trophy Series a success. He also will be the race director for the October Trophy Series at Waterton Canyon. Ray started running in junior high school, around 1968. He was not big enough to play football, and his folks would not sign the permission slip. When someone mentioned signing up for cross country in freshman home room and Ray was unsure what it was, he asked his classmate. He explained it to him and also added that there was no way Ray could do it. So, he signed up the next day. That was the start of his serious running. Being the competitive person he is, running gave Ray a good outlet.

Ray ran his first RMRR trophy series run in 2003 and gradually got to know people and got more involved in the group. He enjoys both running alone for the time to think and with a group of friends or the club. His favorite workouts are one mile repeats on the track or in the mountains and he enjoys track work outs twice a week when he's healthy. A typical week consists of running 2-3 times - maybe 15 miles total. Ray believes in being consistent and setting realistic goals and objectives. Running is like life in general, decide what you want, give yourself enough time to achieve it, and make a plan. He firmly believes that people that participate in activities such as running should put back in as much as they receive, so everyone should take the opportunity to volunteer. You meet a lot of great people and get good advice and meet training partners.

Some of Ray's favorite runs, races and best times are in Waterton Canyon, Arcata, California and a run at Humboldt University. There are great trails that hit both the beach and the redwoods. There is a 12K in California that starts in Marin County, runs you over the Golden Gate Bridge and finishes in San Francisco. The views from the bridge are awesome. Although he's only run it once, the Garden of the Gods Ten Mile would have to be a favorite. He also recommends the Humboldt Redwoods Half Marathon. As everyone else, he was faster when he was younger. He thinks he was most consistent from 35 to 45. He has run a 1:19:03 for the ½ marathon, ran a 4:19 mile at age 20 and has slowed to a 6:05.

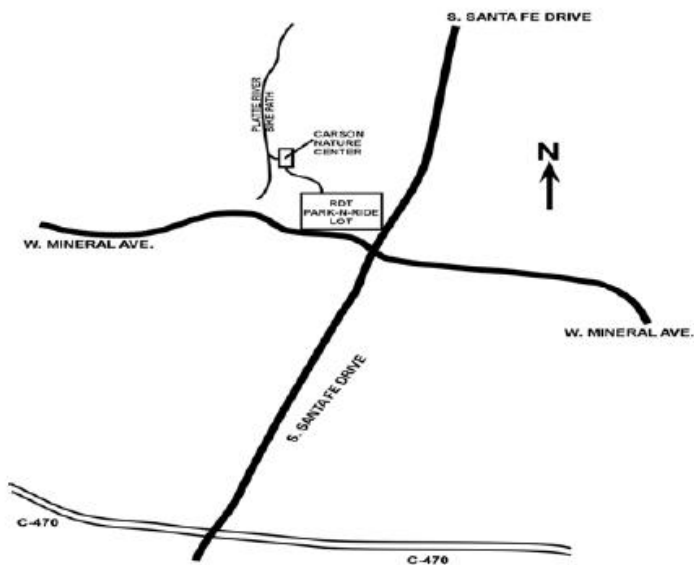
For Ray's volunteering efforts, he will receive a \$25 gift certificate to his favorite local running store. If you would like to volunteer, please contact Lisa G. at 303-777-2261 or lisa_g11@yahoo.com. No experience is necessary – we look forward to meeting new people!





Run the May Trophy Series 5 mi
Carson Nature Center
Saturday, May 5, 8 a.m.

From the north, take I-25 to Santa Fe. Go south 9 miles to Mineral. Turn right onto Mineral. Go about 100ft and turn right into the RTD park-n-ride lot.
From the south, take C-470 to Santa Fe. Go north 1 mile to Mineral. Turn left onto Mineral, then right into the RTD lot.
 All participants must park in the RTD lot and walk 1/4 mile to the start.



Trophy Series Notes

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

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

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

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

If your **Handicap** > 120, you will start at 0:00. After the race, a negative start time will be used to calculate your TS time and place. You are responsible for **starting at your assigned time**. Please do not start an unassigned time without prior approval from the race director. No early start times allowed for 5km and shorter races. All racers must be prepared to start at the 0:00 time.

An Excel spreadsheet of the Handicap distances and times is available on the RMRR website—<http://rmrr.org/handicaps/TSHandicaps.xls>.

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

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

Dogs and baby strollers are not allowed at RMRR races due to insurance restrictions.

Runners and Race Walkers are scored separately. If changing, please let us know at registration. Check your race tag. "R" means runner and "W" means race walker.

Race Walkers must follow USATF Rules:

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

Directions:

Take hwy 285 to Sheridan. Go north. Turn right at the 2nd light, Dartmouth, just past the shopping center. Go 6 blocks to Raleigh, at a stop sign. Turn right for about 4 blocks, under 285, to the park.

<http://rmrr.org/rmrrRaceDirections/rmrrBearCreekPark.html>

Thank You for Supporting RMRR



POTTS TROTTERS



Bent Gate Mountaineering

MAY 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(1) www.rmrr.org (2) groups.yahoo.com/group/den-vertrailrunners 303-870-0487 (3) www.bkbltd.com (4) www.ftcollinsmarathon.com (5) www.uphillracing.com		1 Wash Park Fun Run 6 pm South High Parking Lot (1)	2 Track Workout 6:15pm Denver Lutheran High School (1)	3 Trail Run 5:30 or 6:15 pm (2)	4	5 RMRR Trophy Series 5 miles; 8am Carson Nature Center (1) Easy Road Running Running Form Clinic (5)
6 The Colorado Marathon, Mini and 10K 6am, Fort Collins (4)	7	8 Wash Park Fun Run 6 pm South High Parking Lot (1)	9 Track Workout 6:15pm Denver Lutheran High School	10 Trail Run 5:30 or 6:15 pm (2)	11	12 RMRR Training Run , 9 am Goodson Rec. Center deKoevend Park (1) Mamma Mia 5K 8am; City Park (3)
13 Mother's Day Title 9K 9am; Boulder Res (7) Colo. Spina Bifida Ass'n 5K 9am; Wash Park (8)	14	15 Wash Park Fun Run 6 pm South High Parking Lot (1)	16 Track Workout 6:15pm Denver Lutheran High School	17 Trail Run 5:30 or 6:15 pm (2)	18	19 RMRR Training Run , 9 am Goodson Rec. Center deKoevend Park (1) Cottonwood Classic 5K 8am; Thornton (3)
20 Colfax Marathon 6am; Aurora (6) La Sportiva Front Range Trail Frenzy Castlewood Canyon 6.5 miles; 8:30am (5)	21	22 Wash Park Fun Run 6 pm South High Parking Lot (1)	23 Track Workout 6:15pm Denver Lutheran High School	24 Trail Run 5:30 or 6:15 pm (2)	25	26 RMRR Training Run , 9 am Goodson Rec. Center deKoevend Park (1)
27 Wyoming Marathon Half Marathon Double Marathon 6am, Laramie (10)	28 Bolder Boulder 10K 7am; Boulder (9) <i>Happy Memorial Day</i>	29 Wash Park Fun Run 6 pm South High Parking Lot (1)	30 Track Workout 6:15pm Denver Lutheran High School	31 Trail Run 5:30 or 6:15 pm (2)	(6) www.coloradocolfaxmarathon.org (7) www.titlenine.com (8) www.coloradospinabifida.org (9) www.bolderboulder.com (10) www.angelfire.com/wy2/marathon ; 307-635-3316	

Joining RMRR

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

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



2007 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Ken Applegate	20.00	Janet Gold	8.50	Bob Reilly	7.00
Bob Basse	12.75	Eric Greene	1.50	Rosalie Richter	11.00
Kerry Beebe	2.00	Ed Guiff	1.00	Sharyl Riley	8.00
Caroline Bergelin	1.25	Olga Hnizdil	2.50	Mike Robbert	3.25
Kerry Bishop	2.25	Chuck Johnson	2.25	Ric Robinette	3.75
Makenna Bishop	2.25	Jesse Johnson	2.25	Rochelle Robinette	1.50
Michael Blanchard	9.50	Bonnie Keefe	7.75	David Rothenburger	4.75
Lisa G. Champeau	25.25	Carmen Kitts	1.50	Liz Shepard	4.00
Jim Chow	50.00	Brad LaBarry	4.25	Ray Sibley	8.00
Dave Cunningham	3.25	John Lyle	1.25	Doug Smith	7.50
Deb Cunningham	41.75	Betsy Lyle	13.75	Stephanie Struble	64.50
Josh Daleigh	1.75	Tom Mates	11.50	Brian Struble	17.00
Jesse Daleigh	1.75	Holly Neill	7.00	Pete Szymanski	1.50
Michelle Evans	4.25	Alicia Nix	3.00	Karen Voss	6.00
Janet Fairs	5.25	Jeff Olson	24.50	Lisa Wilson	1.50
Adam Feerst	10.00	Laurie Phenix	6.00	Bruce Wilson	1.50
Tim Gentry	3.25	Nathan Raaz	1.25		

Upcoming Races:

Colfax Marathon Training
April 22, 2007
8:00AM Sunday
10 & 20 Mile Options
[Front Range Comm College](#)



RMRR Trophy Series

Please note the date change!

May 5, 2007
8:00AM Saturday
[5 Miles @ Carson Nature Center](#)

Please visit the [RMRR Race Calendar](#) site for more.

Track Workouts

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

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

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

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

Road Runner Information Line (303) 871-8366

The Road Runner Information Line will be answered by club volunteers part-time. If no one is available, you will receive a recorded message regarding upcoming races, along with directions, if necessary. If you wish to be called back, leave your name and number.

If you change your address or phone number, please let us know so we can our records current. Third class mail is never forwarded and we know you wouldn't want to miss a single exciting issue of News on the Run.

Rocky Mountain Road Runners
 537 East Mississippi Avenue
 Denver, CO 80210

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