

# News on The Run

ROCKY MOUNTAIN  
ROAD RUNNERS

## Important Date Change

The May Trophy Series Race at Carson Nature Center will be Saturday, May 6

### A Letter from the President...



The weather for the April Trophy Series Race at City Park was sunny and a little breezy. We had a total of 100 runners and race walkers compared to 107 for last year. Included were 24 non-members compared to 9 for last year. The word has gotten out about our grant from the Qwest Foundation. I want to thank Stephanie Struble and Brian Bergevin and all those volunteering for their efforts. The volunteers at the Finish Line worked especially well together.

I want to thank Vanessa Clarke of Touching the Senses for coming out to perform message therapy on our members after the race.

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 date of the remaining 20 mile race. Members wishing to earn volunteer hours for helping at any of the 2 remaining 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 Boulder 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. Look for the Volunteer Form in this issue of the newsletter. The Race Organizer, Cliff Bosley, has provided the club's members 10 comp entries, five of which were raffled at Sunday's race. The other 5 comp entries will be raffled at the May T/S Race.

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

The club still has a number of positions that would be great to match up with interested members. John Pawlowski has stated that the June issue of the News on The Run will be his last issue. We have been looking for John's replacement since last September. I want to personally thank John for continuing this long, given the amount of traveling he does for his employer. One of the goals for this year is to do a better job at succession planning.

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, May 1st.

Enjoy the longer days! Doug Smith



Congratulations April Trophy Series Winners



It takes more than a village. It takes a lot of dedicated, hard working people. Thank you April Trophy Series Volunteers!!

**2006 RMRR  
Executive Committee**

**Interim President**

Doug Smith (303) 741-4065

**Vice President**

Stephanie Struble

**Secretary**

Deb Cunningham (303) 331-8323

**Treasurer**

Leslie Mitchell (303) 777-1210

**Race Committee Chairpersons**

Bonnie Keefe (303) 741-4065

Robert Reilly

**Membership**

Kolene Brown (303) 984-1186

**Board Positions****Board Members at Large**

Bob Basse

Karen Voss Szymanski

**Training/Track Workouts**

Mike Robbert (720) 933-7093

**Volunteer Coordinator**

Lisa Champeau (303) 777-2261

**Communications**

Michelle Evans (303) 907-9308

John Pawlowski (303) 933-6780

**Computer Database/Race Scoring**

Brad Labarry (303) 363-6273

**Non-Board, Non-Voting Positions****Special Events**

Betsy Lyle (303) 238-1135

**Quartermaster**

John Lyle (303) 238-1135

**Newsletter** rmmnewsletter@yahoo.com

John Pawlowski, Editor (303) 933-6780

Stephanie Struble

Jean Townsend &amp; Chris Vanoni

**Web Team**

Jim Chow, Webmaster (303) 324-7082

Deb Cunningham (303) 331-8323

Jeff Olson jeffreygolson@cs.com

**Mechanic**

Ken Applegate (303) 733-1602

**Telephone**

Teresa Abbot

**Race Permits**

Teresa Abbot

Janet Fairs

**Track Workouts/Training**

Scott Kukul

Devin Croft

Dan Haney

**Allied Clubs**

Colorado Masters Racing Association

President: Vici De Haan (303) 758-1934

Colorado Columbines

President: Jenn Becker (303) 909-2658

Front Range Walkers

Guru: Bob Carlson (303) 377-0576

Potts Trotters

Fearless Leader Parthenia (Potts) Jones

(303) 877-8534

Phidippides

President: Matt Steinberg (303) 477-9770

**Current Events****“Wired to Win” and Chocolate Milk***By Adam Feerst*

**Wired to Win:** *Surviving the Tour de France*, is an IMAX movie currently playing at the Denver Museum of Nature and Science. The movie uses the Tour as a vehicle for illustrating how the brain affects our performance. This is not a review of the movie, but a review of the ideas presented, and how it can benefit us.

Why does Lance Armstrong push just a little harder than everyone else up L'Alpe d'Huez, or Michael Jordan hit that miracle shot to win the game? How do you respond when you “hit the wall” in a marathon, have to push the pace in a 5k? On a wet and cold morning, do you head out the door for a run, or makes you crawl back under the covers? When finishing a trophy series race, do you tense up, or relax and out kick your competitor to the line?

Patterns in our brains determine how we respond to both external and internal stimuli – from how we react to our parents or children, to how we compete. When our muscles send a signal that they are working too hard, or too long, we may respond to that signal by slowing down, pushing through the pain, or even suppressing the signal. There is certainly a physiological component to it, but our brain plays an important role in how we respond to those physiological signals.

These patterns also represent our emotional attachment to winning (or doing well). That affects whether we can stay focused in our training, whether we head out the door on those cold mornings, and whether we give that extra little effort in a race.

These “wiring” patterns are developed through our experiences. Many of these patterns are wired as children, when our brains are more malleable. It's possible to rewire our brains as adults, but it's more difficult. How do we do that? The simple answer is to practice. But, as we know, it's not as easy as that.

Breaking old patterns and creating new ones require us to practice things that are different. For example, I can deal with the gradual pain from ultras, but struggle with the feeling of high intensity. That means practicing running hard in training (e.g., VO2Max intervals); and racing 5ks (my least favorite distance) harder than is comfortable, regardless of whether I fade or not at the end. To change a pattern, you have to be willing to do things that are uncomfortable, and be willing to fail, often repeatedly.

**Chocolate milk as a recovery drink?**

That's the suggestion from a recent study, published in the February issue of the *International Journal of Sport Nutrition and Exercise Metabolism*. The study compared 2% chocolate milk, Gatorade (fluid and electrolyte replacement), and Endurox R4 (recovery drinks) as recovery drinks. It found that chocolate milk did as well as Gatorade, and significantly better than R4.

The results should be taken with some caution. The study was extremely limited - only 9 trained cyclists, male, 19-22 years old, and only using a 4 hour recovery period. The results contradicts other studies, and has yet to be repeated, a standard in science literature. Also, the study was sponsored by a dairy industry group. Still, there are some valuable lessons.

- Taking carbohydrates after exercise, to refuel depleted muscles, speeds recovery. Many experts suggest that the muscles will replenish glycogen faster if taken in the first 20-30 minutes after exercise (not part of this study).
- Real food can be as good or better, and is often cheaper than sports drinks, powders and supplements. In analysis of this study, some experts have suggested that the molecular structure of the sugars and proteins in milk made it easier to digest than R4. Before you spend that money on the latest hot nutrition product, remember that something as simple as chocolate milk, or a PB&J sandwich, may do just as well.
- Protein, taken with carbohydrates, may speed the refueling of tired muscles. In the case of both chocolate milk and R4, there's a 4:1, carb:protein ratio.

**Important Date Change**

**The May Trophy Series Race at Carson Nature Center  
will be Saturday, May 6**

**Next Newsletter Deadline, Friday May 12**

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, May 12 (give or take). Share your stories, photos, comments, thoughts, musings about running. Please send all submissions to rmmnewsletter@yahoo.com. Thanks, John.

## 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](http://www.rmrr.org) for additional information on the club. The Tuesday evening Fun Runs are at Washington Park in Denver at 6 p.m. The group usually does 2 laps, about 5+ miles. Those interested, go for dinner after everyone is finished.

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

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

### Track Workouts

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

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

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

### Training Partner Program

Call Devin Croft (303) 978-9342, [dctrainer@comcast.net](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
Sat, May 6	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

## Important Date Change

**The May Trophy Series Race at Carson Nature Center will be Saturday, May 6**

# BOARD MEETING MINUTES

## April - 2006 RMRR - Board Meeting Minutes

Date/Time: Monday, March 27th, 7pm

Attendees: Stephanie Struble, Theresa Abbott, Lisa Champeau, Bonnie Keefe, Deb Cunningham, Doug Smith, John Lyle, Brad LaBarry, Karen Voss, Jim Chow.

### Strategic Planning goal for 2006:

Goals for 2006 – succession planning.

### Sunday Race:

1. Brian & Stephanie mapped out a new non-repeating course at City Park.
2. Check map on website
3. Daylight savings time starts on race day.
4. Technical difficulties with scoring. People manning the back of the chutes didn't put the tags on the stringers on properly. Need to put each set of tags on a separate spindle. Brian & Stephanie will start at 0:00. Need to get start tags filled out properly as members/non and new runners. Deb will work with registration.

### Visibility:

1. Colfax Marathon
  - Training Series: 126 runners for 15 miler. Lots of volunteers. A few registration snafus, need to put start time on phone line and on website.
  - Point person for the expo, Saturday May 20. What will we be charged for expo space.
  - Should RMRR get a banner? Catalyst Therapies banner from Kinkos costs \$250.
  - Purchase new cones with mile markers 1-8. \$200. Use Colfax Training series revenue to fund.
2. Master Team for the Boston Marathon - Tim Wolfe approached the club again about running Boston as a master's team for RMRR. Yes, if all runners are club members.

### Increasing Membership Value:

1. Bolder Boulder initiatives – Lisa.
  - Only non-runners can volunteer for finish line on Monday. No Sunday set-up. Club is looking for 30 volunteers and receives \$20/volunteer.
  - Have 10 complimentary entries 5 each for April and May TS races.
2. Bolder Backroads M & H/M initiatives – Doug

- a) use of database
  - b) comp entries possibly for later in the summer.
  - c) clothing
3. \$0.75 charge for returned copies of Colorado Runner. Kolene is checking the bounces against the latest database. The club will verify that the February list was used for the latest mailing.

### Volunteer Issues:

1. Volunteer of the Month – review current nominations and vote
2. Outside race scoring opportunities, interested members?
3. Newsletter replacement for John Pawlowski. He's resigning after the June issue. The time commitment is 7-10 hours per month. The club has software. If no volunteers, no newsletter.
4. Liz Shepherd has volunteered to be the classified ad director. She'll need to develop the rules. For the website, email it to Jim.
5. The clubs e-blast list mailing list is two years old. We need to purge old email addresses and add new.

### Operational Items:

1. Treasurer's Report – Running \$700 behind last year. Projecting a net loss of \$1000 for the year.

## 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 like this month's upcoming Trophy Series Race, members of the RMRR ENews group received 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/](http://sports.groups.yahoo.com/group/RMRR_ENews/)

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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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## Racing in Other Places

By Chris Vanoni

### RUNNIN' OF THE GREEN LUCKY 7K

March 12, 2006 Denver

Name	Age	Gen	GenPI	DivPI	GunTime	ChipTime	Pace	Event
JOEL DICE	27	M	24	11/198	0:24:58.9	0:24:55.8	6:07	Run
BOB BASSE	51	M	48	4/162	0:26:17.3	0:26:14.7	6:26	Run
BRIDGET MACKINNON	29	F	10	6/437	0:26:28.0	0:26:22.2	6:29	Run
DAVID ROTHENBURGER	37	M	53	16/389	0:26:28.8	0:26:25.7	6:29	Run
ANGIE ANDERSON	25	F	15	10/437	0:26:59.1	0:26:54.5	6:36	Run
GENE WASSMAN	41	M	71	18/249	0:27:24.8	0:27:16.1	6:43	Run
MICHAEL ROACH	49	M	105	21/249	0:29:00.5	0:28:06.9	7:06	Run
TRACY KMETZ	25	F	31	13/437	0:29:55.9	0:29:05.8	7:20	Run
DAVID HILL	54	M	139	16/162	0:30:21.8	0:30:04.0	7:26	Run
FRANKI GOMEZ	35	F	37	10/521	0:30:34.0	0:30:28.3	7:29	Run
LARRY STELLER	38	M	155	53/389	0:30:46.2	0:30:06.5	7:32	Run
JIM ROMERO	65	M	167	2/39	0:31:00.4	0:30:54.5	7:35	Run
JIM JOYNER	53	M	200	25/162	0:31:37.3	0:30:57.3	7:44	Run
ADAM LEE	33	M	202	65/389	0:31:41.4	0:31:27.1	7:45	Run
SCOTT MCFARLANE	54	M	216	26/162	0:31:53.6	0:31:45.4	7:48	Run
MICK VOLLMAR	52	M	253	29/162	0:32:49.3	0:32:27.6	8:02	Run
BRETT ALLENDORF	37	M	257	88/389	0:32:55.2	0:30:21.4	8:03	Run
MARK STEVENS	47	M	283	67/249	0:33:27.2	0:32:59.1	8:11	Run
MITCH CHESBRO	47	M	314	75/249	0:33:54.5	0:33:31.8	8:18	Run
STACY RUSSELL	38	F	127	50/521	0:34:38.4	0:34:09.2	8:29	Run
ERIN JACOB	23	F	133	53/437	0:34:53.0	0:33:06.8	8:32	Run
NICK BENJAMIN	30	M	424	147/389	0:35:39.3	0:34:58.7	8:44	Run
PETE WALL	67	M	427	12/39	0:35:41.2	0:34:58.1	8:44	Run
MYRA RHODES	73	F	181	1/4	0:36:07.4	0:35:56.6	8:50	Run
JOE KELLY	33	M	460	164/389	0:36:08.2	0:34:18.3	8:51	Run
RICK WILSON	46	M	491	117/249	0:36:41.8	0:35:49.6	8:59	Run
LEE RHODES	72	M	500	1/5	0:36:52.6	0:36:42.5	9:01	Run
JERRY O'DONNELL	99	M	510	3/7	0:36:57.5	0:36:37.2	9:03	Run
ALLAN NICKELS	68	M	569	18/39	0:38:13.2	0:36:37.7	9:21	Run
JANE WHITELEY	52	F	350	14/101	0:38:43.5	0:37:55.0	9:29	Run
RICK VOORHEES	53	M	634	78/162	0:39:05.0	0:37:22.1	9:34	Run
ALICIA NIX	40	F	476	74/229	0:40:14.3	0:38:11.6	9:51	Run
LEE BENGSTON	68	M	706	24/39	0:40:23.6	0:38:40.5	9:53	Run
DYAN PISCOPO	46	F	513	81/229	0:40:50.7	0:39:25.3	10:00	Run
KIMBERLY SHELTON	36	F	564	224/521	0:41:31.7	0:40:49.8	10:10	Run
STEPHANIE LARSEN	32	F	575	231/521	0:41:37.0	0:39:31.6	10:11	Run
CARRIE STEUART	47	F	587	95/229	0:41:47.0	0:40:12.3	10:13	Run
KRISTIN PRILIPP	25	F	856	303/437	0:45:20.1	0:43:32.2	11:06	Run
CARL MCNEW	46	M	975	222/249	0:49:06.6	0:47:51.7	12:01	Run
ELIZABETH STOLZ	36	F	1068	427/521	0:49:07.3	0:47:52.0	12:01	Run
SHARYL RILEY	56	F	1298	88/101	1:02:46.8	1:00:25.3	15:21	Run
JAN HILL	48	F	12	2/43	0:44:32.8	0:44:31.2	10:54	Walk

### VALLEY OF THE SUN HALF MARATHON

March 12, 2006 Phoenix, AZ

Name	Age	ChipTime	Pace	PI	Div	DivPI	Gen	GenPI	GunTime
CHRIS VANONI	54	2:01:36	9:17	325	F 50-54	3	F	111	2:01:56

### CANYONLANDS HALF MARATHON

March 18, 2006 Moab, UT

Name	Gen	GenPI	Div	TotalTime	ChipTime	Pace
BOB BASSE	M	64	50-54	1:31:11.2	1:31:08.6	6:57
VALERIE SHOCKLEY	F	62	40-44	1:44:26.9	1:44:10.9	7:58
JAMES TAYLOR	M	344	30-34	1:50:31.8	1:50:12.2	8:26
HEATHER REDDY	F	1178	35-39	2:32:51.1	2:31:31.5	11:40
TERESA ABBOTT	F	1321	40-44	2:41:36.5	2:39:14.0	12:20
JOY KNIPPS	F	1412	45-49	2:49:19.9	2:46:40.4	12:55
MIKE KNIPPS	M	1133	50-54	2:49:20.1	2:46:40.4	12:55

### 15 MILE COLFAX MARATHON TRAINING SERIES

March 26, 2006 deKoevend Park

Name	Age	Gen	PI	Time
DAVID ROTHENBURGER	37	M	9	1:48:00
SALIM HAJI	34	M	13	1:51:47
KEN APPLGATE	57	M	16	1:53:59
ALYN PARK	55	F	21	1:57:24
ANGELA ANDERSON	25	F	22	1:57:52
DENIS KARAIKAJ	31	M	25	1:59:15
LARRY STELLER	39	M	29	2:00:20
EDWARD KING	53	M	39	2:08:23
DAVE CUNNINGHAM		M	45	2:12:53
MICK VOLLMAR	52	M	48	2:14:21
BOB REILLY	51	M	50	2:14:47
JILL MULLEN	24	F	56	2:17:34
SCOTT HOGG	37	M	58	2:17:36
ROSS WESTLEY	69	M	63	2:18:46
JAY WISSOT	61	M	65	2:19:27
SUE GOLDEN	41	F	79	2:25:38
MARK STEVENS	47	M	81	2:25:55
MARY PITZ	42	F	84	2:28:22
MARK JOHNSON	48	M	91	2:31:29
MICHELLE EVANS	39	F	92	2:32:26
DYAN PISCOPO	46	F	103	2:45:20

### A RUN THROUGH TIME MARATHON/ HALF-MARATHON

March 18, 2005 Salida, CO

elevation 7000-9000' 3800'+ climb

Name	Age	Gen	PI	Time	Event
ADAM FEERST	46	M	5	3:39:27	Marathon
JEFF O'REILLY	46	M	28	5:05:09	Marathon
LEE RHODES	72	M	47	6:06:23	Marathon
MYRA RHODES	73	F	54	6:31:07	Marathon
ROSS WESTLEY	69	M	25	2:08:06	Half
CARL KOECHER	67	M	44	2:18:21	Half
ED YOUNGBERG	63	M	45	2:18:47	Half

### CMRA SPRING SPREE 10K

March 18, 2006 Twin Lakes Park

Name	Age	Gen	PI	Time
KAREN VOSS	40	F	10	43:16
ALYN PARK	55	F	17	45:49
JAY TRUJILLO	47	M	18	46:01
BRETT ALLENDORF	37	M	24	47:06
PETER SZYMANSKI	50	M	26	47:18
RIC ROBINETTE	53	M	28	48:20
JIM ROMERO	65	M	31	48:32
SCOTT MCFARLANE	54	M	36	48:57
JAY WISSOT	61	M	37	49:26
MITCH CHESBRO	47	M	41	52:25
COLIN WHITMORE	42	M	43	54:38
MIKE VANONI	57	M	48	57:42
LEE BENGSTON	68	M	50	58:08
CHRIS VANONI	54	F	54	59:42
CAROL JOHNSON	51	F	60	65:15
DAVE BLACK	54	M	64	68:27

### ST. PATTY'S RUN FOR THE GREEN 5K

March 18, 2006 Highlands Ranch

Name	Age	Gen	GenPI	DivPI	Time	Pace
EDWARD KING	53	M	14	1/12	21:55	7:03
TOOKIE SCHERDER	50	F	70	3/5	39:56	12:52

# ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

## April, 2006 4 Mi City Park

-----TIMES-----							---HANDICAP---			-----POINTS-----		
PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	#
1	Jappe, Leah	23	7:01	0:31:44	0:38:45	7:56	5	83.00	99	100.00	84.76	1
2	Sides, Gregory	60	-0:22	0:39:15	0:38:53	9:49	49	108.00	121	98.89	24.71	1
3	Johnson, Mark	48	8:32	0:30:54	0:39:26	7:43	24	80.00	94	97.78	63.92	3
4	Reddy, Heather	36	4:28	0:37:45	0:42:13	9:26	11	103.00	107	96.67	61.90	4
5	Sibley, Ray	106	7:56	0:34:33	0:42:29	8:38	40	93.00	96	95.56	38.82	3
6	Kelly, Ricki	25	-1:50	0:44:25	0:42:35	11:06	19	123.00	125	94.44	31.43	2
7	Piscopopo, Dyan	46	3:08	0:39:33	0:42:41	9:53	14	109.00	111	93.33	50.48	3
8	Beebe, Kerry	51	1:04	0:41:40	0:42:44	10:25	17	115.00	117	92.22	39.05	4
9	Wilson, Rick	46	8:32	0:34:13	0:42:45	8:33	39	92.00	94	91.11	40.39	2
10	Bengston, Lee	68	6:24	0:36:28	0:42:52	9:07	46	99.00	101	90.00	29.41	4
11	Voorhees, Rick	53	6:05	0:36:54	0:42:59	9:14	47	101.00	102	88.89	27.84	4
12	Meacham, Lance	38	16:19	0:26:41	0:43:00	6:40	8	62.00	64	87.78	89.02	4
13	Voss, Karen	40	14:56	0:28:05	0:43:01	7:01	1	68.00	70	86.67	100.00	2
14	Edrich, Rick	45	16:19	0:26:44	0:43:03	6:41	9	62.00	64	85.56	87.45	4
15	Kennedy, Matt		15:38	0:27:26	0:43:04	6:52	11	65.00	67	84.44	84.31	2
16	Depakakibo, Dennis	35	7:01	0:36:10	0:43:11	9:03	45	98.00	99	83.33	30.98	3
17	Ahlers, Bill	43	10:33	0:32:39	0:43:12	8:10	29	86.00	87	82.22	56.08	2
18	Robbert, Michael	30	16:06	0:27:14	0:43:20	6:48	10	65.00	65	81.11	85.88	3
19	Szymanski, Peter	50	13:13	0:30:10	0:43:23	7:33	21	77.00	77	80.00	68.63	2
20	Armstrong, Kyle	30	12:42	0:30:42	0:43:24	7:41	22	79.00	79	78.89	67.06	4
21	Feerst, Adam	46	18:49	0:24:37	0:43:26	6:09	4	52.00	52	77.78	95.29	3
22	O'Dell, Bill	47	15:10	0:28:18	0:43:28	7:05	14	69.00	69	76.67	79.61	1
23	Mudron, Larry	63	10:33	0:32:58	0:43:31	8:14	32	87.00	87	75.56	51.37	3
24	Little, Justin	32	16:06	0:27:26	0:43:32	6:52	12	65.00	65	74.44	82.75	2
25	Okamoto, Karen	50	7:20	0:36:18	0:43:38	9:05	9	99.00	98	73.33	69.52	3
26	Keefe, Bonnie	41	13:43	0:29:57	0:43:40	7:29	3	76.00	75	72.22	92.38	4
27	Gentry, Tim	43	19:45	0:23:56	0:43:41	5:59	1	48.00	47	71.11	100.00	3
28	Kukel, Scott	32	19:34	0:24:08	0:43:42	6:02	2	49.00	48	70.00	98.43	4
29	Robinette, Ric	53	12:58	0:30:45	0:43:43	7:41	23	79.00	78	68.89	65.49	4
30	Quispe, Michael	39	18:49	0:24:55	0:43:44	6:14	5	53.00	52	67.78	93.73	4
31	Cunningham, Deb	44	14:42	0:29:05	0:43:47	7:16	2	72.00	71	66.67	96.19	4
33	Applegate, Ken	57	15:52	0:27:57	0:43:49	6:59	13	67.00	66	64.44	81.18	4
32	Kelly, Chase	24	19:34	0:24:15	0:43:49	6:04	3	49.00	48	65.56	96.86	3
34	Knipps, Mike	53	8:50	0:35:00	0:43:50	8:45	42	94.00	93	63.33	35.69	4
35	Rothenburger, David	37	18:25	0:25:28	0:43:53	6:22	6	55.00	54	62.22	92.16	4
36	Huner, George	52	11:06	0:32:48	0:43:54	8:12	30	86.00	85	61.11	54.51	4
38	Dathe, Bryon	37	-1:50	0:45:53	0:44:03	11:28	50	126.00	125	58.89	23.14	3
37	Bullock, John H. Jr.	44	17:49	0:26:14	0:44:03	6:34	7	58.00	57	60.00	90.59	4
39	Russell, Stacy	38	10:16	0:33:48	0:44:04	8:27	6	89.00	88	57.78	80.95	3
40	Raish, Dean	68	9:07	0:34:57	0:44:04	8:44	41	93.00	92	56.67	37.25	4
41	Smith, Douglas	56	11:06	0:32:59	0:44:05	8:15	33	86.00	85	55.56	49.80	3
42	Mathiesen, Sarah	30	13:13	0:30:55	0:44:08	7:44	4	78.00	77	54.44	88.57	4
43	Head, Curtis	52	12:11	0:32:01	0:44:12	8:00	27	82.00	81	53.33	59.22	4
44	Chesbro, Mitch	47	10:33	0:33:39	0:44:12	8:25	36	88.00	87	52.22	45.10	4
45	Trujillo, Jay	47	14:13	0:30:00	0:44:13	7:30	19	74.00	73	51.11	71.76	3
46	Bedard-Voorhees, Alice	54	3:29	0:40:49	0:44:18	10:12	16	111.00	110	50.00	42.86	3
47	Gray, Rob	55	14:56	0:29:23	0:44:19	7:21	15	74.00	70	48.89	78.04	1
48	Olson, Jeffrey	46	11:22	0:32:58	0:44:20	8:14	31	85.00	84	47.78	52.94	4
49	Carney, Rich	36	14:42	0:29:42	0:44:24	7:26	17	72.00	71	46.67	74.90	4
50	Evans, Michelle	39	9:42	0:34:43	0:44:25	8:41	7	91.00	90	45.56	77.14	3
51	Struble, Brian	38	14:42	0:29:44	0:44:26	7:26	18	72.00	71	44.44	73.33	4
52	Nix, Alicia	41	5:27	0:39:04	0:44:31	9:46	13	105.00	104	43.33	54.29	4
53	Haller, Gordon	55	13:13	0:31:20	0:44:33	7:50	26	78.00	77	42.22	60.78	3
54	Allendorf, Brett	37	14:27	0:30:06	0:44:33	7:32	20	73.00	72	41.11	70.20	4
55	Knipps, Joy	48	-3:20	0:47:57	0:44:37	11:59	20	130.00	129	40.00	27.62	3
56	Hogg, Scott	37	15:10	0:29:34	0:44:44	7:23	16	70.00	69	38.89	76.47	4

**TROPHY SERIES RESULTS CONTINUED**

PLACE	NAME	AGE	-----TIMES-----			---HANDICAP---			-----POINTS-----			
			START	ACT'L	FINISH	PACE	NEW	OLD	TS	SCRATCH	#	
57	Finch, Eric	17	10:49	0:34:03	0:44:52	8:31	38	90.00	86	37.78	41.96	1
58	Davis, Trisha	55	9:25	0:35:30	0:44:55	8:53	8	92.00	91	36.67	73.33	3
59	Lee, Adam	34	13:43	0:31:17	0:45:00	7:49	25	76.00	75	35.56	62.35	4
60	Ballard, Mark	42	11:06	0:33:57	0:45:03	8:29	37	88.00	85	34.44	43.53	2
61	Chase, Shannon	30	7:56	0:37:11	0:45:07	9:18	10	97.00	96	33.33	65.71	2
62	Acosta, Michael	57	9:07	0:36:04	0:45:11	9:01	44	93.00	92	32.22	32.55	3
63	Whelan, Holly	44	5:27	0:39:50	0:45:17	9:58	15	105.00	104	31.11	46.67	4
64	Hill, David	55	13:13	0:32:15	0:45:28	8:04	28	78.00	77	30.00	57.65	4
65	Benjamin, Nick	30	10:33	0:35:08	0:45:41	8:47	43	88.00	87	28.89	34.12	4
66	Vanoni, Chris	54	7:01	0:39:00	0:46:01	9:45	12	104.00	99	27.78	58.10	1
67	McFarlane, Scott	55	12:42	0:33:19	0:46:01	8:20	35	80.00	79	26.67	46.67	4
68	Withrow, Renee	48	4:28	0:42:46	0:47:14	10:41	18	108.00	107	25.56	35.24	4
69	LaBarry, Brad	32	14:13	0:33:16	0:47:29	8:19	34	74.00	73	24.44	48.24	2
70	Black, Heather L.	14	-2:35	0:50:23	0:47:48	12:36	21	128.00	127	23.33	23.81	2
71	Bearss, Joseph	35	9:07	0:38:43	0:47:50	9:41	48	93.00	92	22.22	26.27	4
72	Black, Thomas	39	0:22	0:50:02	0:50:24	12:31	51	120.00	119	21.11	21.57	2

**RMRR RACEWALKERS, APRIL 2006 TROPHY SERIES**

Place	NAME	AGE	-----TIMES-----			---HANDICAP---			TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD		
1	Blanchard, Michael	44	7:01	0:35:36	0:42:37	8:54	96.00	99	100.00	4
2	Guiff, Ed	62	-2:12	0:44:56	0:42:44	11:14	124.00	126	84.00	4
3	Thies, Chuck	59	-4:53	0:48:08	0:43:15	12:02	133.00	133	68.00	4
4	Hill, Jan	48	-0:43	0:44:07	0:43:24	11:02	122.00	122	52.00	2
5	Lyle, John	73	-8:06	0:51:33	0:43:27	12:53	141.00	141	36.00	4

**RACEWALKER OVERALL STANDINGS**

Pl	Name	Gen	Total Points	#	Ave Points
1	Ed Guiff	M	316.00	4	79.00
2	Michael Blanchard	M	308.00	4	77.00
3	Chuck Thies	M	292.00	4	73.00
4	John Lyle	M	236.00	4	59.00
5	Jan Hill	F	88.00	2	44.00



Ed Guiff proudly displaying his racewalker ribbon.

**NON-MEMBERS, APRIL TROPHY SERIES**

R/W	NAME	START	ACT'L	FINISH	PACE
R	Andrew Nardo	3:08	0:35:38	0:38:46	8:55
R	Ryan Cope	7:20	0:33:57	0:41:17	8:29
R	Ien Jeffrey	7:20	0:34:09	0:41:29	8:32
R	Chad y	7:20	0:34:10	0:41:30	8:32
R	Wendall wilts	7:56	0:34:19	0:42:15	8:35
R	nick asad	16:32	0:25:47	0:42:19	6:27
R	Bill smithan	14:57	0:27:49	0:42:46	6:57
R	Link Lubken	8:50	0:34:08	0:42:58	8:32
R	I. Gorodess	5:07	0:38:12	0:43:19	9:33
R	Lisa Parizek	14:27	0:29:08	0:43:35	7:17
R	Jesse Tijerina	14:27	0:29:09	0:43:36	7:17
R	Kristy Rudkin	0:00	0:43:45	0:43:45	10:56
R	Mark Bradly	3:08	0:40:38	0:43:46	10:09
R	Bryan Mckae	11:22	0:32:26	0:43:48	8:07
R	Peggy muhn	15:10	0:28:45	0:43:55	7:11
R	Jack Olquin	0:00	0:44:02	0:44:02	11:01
R	Lindsay Mckae	0:00	0:44:27	0:44:27	11:07
R	Megan Hinton	0:00	0:44:28	0:44:28	11:07
R	Leigh Kelly	0:00	0:44:35	0:44:35	11:09
R	Jen Campbel	19:00	0:25:36	0:44:36	6:24
R	Carrol Johnson	3:08	0:42:38	0:45:46	10:40
R	Jack Wackwitz	11:22	0:35:04	0:46:26	8:46
R	Aimee Kuhn	10:33	0:39:36	0:50:09	9:54



Fast male finisher, Tim Gentry

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

PI	Overall TS Name	Gen	Total Points	#	Ave Points	PI	Male Scratch Name	Total Points	#	Ave Points	PI	Female Scratch Name	Total Points	#	Ave Points
1	Lance Meacham	M	337.96	4	84.49	1	Scott Kukul	385.93	4	96.48	1	Deb Cunningham	393.33	4	98.33
2	Kyle Armstrong	M	330.43	4	82.61	2	Michael Quispe	375.95	4	93.99	2	Bonnie Keefe	369.52	4	92.38
3	Michael Quispe	M	307.27	4	76.82	3	David Rothenburger	365.14	4	91.29	3	Sarah Mathiesen	360.63	4	90.16
4	Rick Voorhees	M	307.09	4	76.77	4	John H. Jr. Bullock	360.08	4	90.02	4	Stacy Russell	255.24	3	85.08
5	Heather Reddy	F	304.00	4	76.00	5	Rick Edrich	343.40	4	85.85	5	Heather Reddy	236.51	4	59.13
6	Rick Edrich	M	302.41	4	75.60	6	Lance Meacham	342.03	4	85.51	6	Michelle Evans	234.29	3	78.10
7	Mike Knipps	M	297.33	4	74.33	7	Ken Applegate	324.57	4	81.14	7	Lisa Champeau	233.97	3	77.99
8	Rich Carney	M	295.93	4	73.98	8	Rich Carney	311.15	4	77.79	8	Holly Whelan	232.38	4	58.10
9	Sarah Mathiesen	F	294.45	4	73.61	9	Brian Struble	303.15	4	75.79	9	Trisha Davis	223.81	3	74.60
10	Ken Applegate	M	290.34	4	72.59	10	Scott Hogg	302.44	4	75.61	10	Karen Voss	200.00	2	100.00
11	Scott Hogg	M	286.98	4	71.74	11	Chase Kelly	296.86	3	98.95	11	Alicia Nix	197.78	4	49.44
12	Dyan Piscopo	F	275.46	3	91.82	12	Tim Gentry	293.05	3	97.68	12	Franki Gomez	186.98	2	93.49
13	Ric Robinette	M	272.89	4	68.22	13	Brett Allendorf	287.24	4	71.81	13	Renee Withrow	172.70	4	43.17
14	Brett Allendorf	M	269.20	4	67.30	14	Salim Haji	285.32	3	95.11	14	Karen Okamoto	160.32	3	53.44
15	Mitch Chesbro	M	264.46	4	66.12	15	Adam Feerst	285.00	3	95.00	15	Stephanie Struble	155.24	2	77.62
16	Bonnie Keefe	F	261.47	4	65.37	16	Devin Croft	283.66	3	94.55	16	Dyan Piscopo	152.06	3	50.69
17	Scott Kukul	M	260.10	4	65.02	17	Ric Robinette	276.60	4	69.15	17	Alice Bedard-Voorhees	146.67	3	48.89
18	Michael Heitz	M	255.72	3	85.24	18	Bob Basse	263.97	3	87.99	18	Kerry Beebe	140.00	4	35.00
19	Adam Feerst	M	253.04	3	84.35	19	David Hill	261.96	4	65.49	19	Kasandra Robbert	138.10	2	69.05
20	Larry Mudron	M	250.82	3	83.61	20	Adam Lee	258.65	4	64.66	20	Carmen Kitts	135.87	2	67.94
21	George Huner	M	248.45	4	62.11	21	Michael Robbert	255.77	3	85.26	21	Shannon Chase	131.43	2	65.71
22	Dean Raish	M	245.88	4	61.47	22	Curtis Head	249.05	4	62.26	22	Hille Dais	128.57	3	42.86
23	Kerry Beebe	F	241.64	4	60.41	23	Kyle Armstrong	247.53	4	61.88	23	Joanne Winge	84.76	1	84.76
24	Dennis Depakakibo	M	240.51	3	80.17	24	Scott McFarlane	239.46	4	59.86	24	Leah Jappe	84.76	1	84.76
25	Deb Cunningham	F	240.23	4	60.06	25	Michael Heitz	232.87	3	77.62	25	Leslie Mitchell	82.22	1	82.22
26	John H. Jr. Bullock	M	238.84	4	59.71										
27	Michelle Evans	F	231.40	3	77.13										
28	Salim Haji	M	229.01	3	76.34										
29	Bob Basse	M	226.93	3	75.64										
30	Dave Cunningham	M	220.24	3	73.41										
31	David Hill	M	217.92	4	54.48										
32	Stacy Russell	F	216.92	3	72.31										
33	David Rothenburger	M	215.20	4	53.80										
34	Ray Sibley	M	215.18	3	71.73										
35	Brian Struble	M	212.91	4	53.23										
36	Richard Martinez	M	211.32	3	70.44										
37	Bryon Dathe	M	208.26	3	69.42										
38	Scott McFarlane	M	206.87	4	51.72										
39	Lee Bengston	M	201.86	4	50.47										
40	Joseph Bearss	M	201.08	4	50.27										
41	Curtis Head	M	196.05	4	49.01										
42	Michael Robbert	M	193.70	3	64.57										
43	Douglas Smith	M	190.83	3	63.61										
44	Nick Benjamin	M	187.55	4	46.89										
45	Tim Gentry	M	187.25	3	62.42										
46	Gordon Haller	M	184.76	3	61.59										
47	Joy Knipps	F	182.28	3	60.76										
48	Adam Lee	M	180.81	4	45.20										
49	Chase Kelly	M	175.67	3	58.56										
50	Trisha Davis	F	173.09	3	57.70										



April Trophy Series Directors, Brian Bergevin and Stephanie Struble.

**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

# BOLDERBOULDER

## Volunteer at BolderBOULDER with the Rocky Mountain Road Runners!

*For every RMRR volunteer that helps out on race day, BolderBOULDER will donate \$20 to the club. Last year RMRR members earned over \$1300 for the club by volunteering at the race!*

### FINISH LINE

We are looking for 100 adults from RMRR to volunteer at the finish line on race day (Mon. May 29) from 6:20am – 1:30pm. This is an adult job so volunteers must be 18 or older. All volunteers receive a t-shirt and snack lunch bag. They also receive a ticket to the BolderBOULDER post-race volunteer party at the Colorado Rockies game on Sunday June 11. We need all the volunteers at the stadium for the entire time, so unfortunately you can't run the race and volunteer, you have to choose one or the other.

If you are interested in volunteering, please fill out the attached sign-up form and mail or fax it in to BolderBOULDER by **May 12, 2006**.

## Rocky Mountain Road Runners Volunteer Form

### Sign me up! I would like to volunteer for:

Finish Line (6:20am – 1:30pm, Monday May 29)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: (day) \_\_\_\_\_ (eve) \_\_\_\_\_

Age: \_\_\_\_\_ (if 21 or under)

T-Shirt Size (circle one):    Small                      Medium                      Large                      X-Large                      XXL

**Waiver:** I wish to help produce the BolderBOULDER run and associated activities. I understand that a condition of my participation is that I sign this. I understand that there are many risks associated with my involvement. They include, but are not limited to, the risk of being in a large moving crowd and attempting to control that crowd to enforce rules; that some people may physically resist enforcement of the rules, the fact that motorists may aggressively seek to enter the course; the fact that there are authorized vehicles on the course which are sometimes confronted with confusion and the necessity of making split second decisions; the fact that the vehicles carrying spectators and the press are awkward, relatively unstable and cumbersome; and the fact that there are often environmental factors such as heat, cold and wind which may make my participation hazardous. I grant permission to BolderBOULDER, Inc. to utilize any and all photographs, motion pictures, videotapes, etc. which may depict me for any purpose, including commercial use by the race, its sponsors and their licensees.

Volunteer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**THANK YOU FOR VOLUNTEERING!** You will receive a confirmation postcard immediately upon volunteering and a detailed information letter and instructions during the week of May 15.

**MAIL THIS FORM TO:** BolderBOULDER Volunteers, 4571 Broadway St., Boulder, CO 80304  
**-OR- FAX IT TO:** 303-444-6411

### Trophy Series Notes

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

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

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

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

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

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

Sample 5 Mile Start Times	
HCP	Start
120	0:00
110	4:25
100	8:31
90	12:18
80	15:47
70	18:58
60	21:49
50	24:22
40	26:37

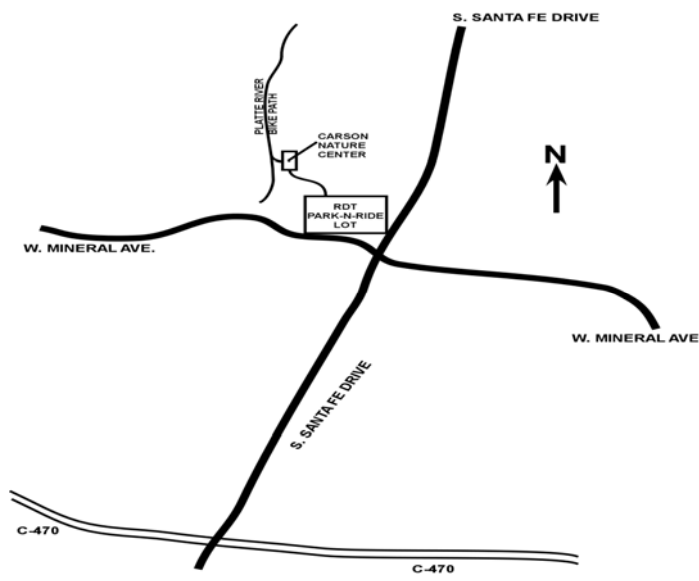
**Registration:** \$5 for non-members. Free for members. Your membership card is not needed. Race day only.

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 May Trophy Series 5 mi

Carson Nature Center  
Saturday, May 6, 8 a.m.



allowed at RMRR races due to insurance restrictions.

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

**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**



**TWO FEET TO GO**



**RUNNING DELIGHTS™**  
GREETING CARDS & NOVELTY GIFTS

**BODYMECCA**

c o n c e p t s  
accessories for fitness



**Bent Gate**  
Mountaineering

**MAY 2006**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(1) www.rmrr.org (2) runuphillracing.com (3) groups.yahoo.com/group/denvertrailrunners 303-282-3921</p>	<p><b>1</b> <b>RMRR Board Meeting,</b> Wild Oats Washington Park 7:00 pm (1)</p>	<p><b>2</b> <b>Washington Park Fun Run,</b> 6:00 pm, South High Parking Lot (1)</p>	<p><b>3</b> <b>Track Workout</b> 6pm Denver Lutheran High School (1)</p>	<p><b>4</b> <b>Trail Run</b> 5:30 pm or 6:15 pm (3)</p>	<p><b>5</b></p>	<p><b>6</b> <b>RMRR Trophy Series 5 mi</b> 8 am Carson Nature Center  <b>Trail Running 101</b> Clinic (2)</p>
<p><b>7</b> <b>Make a Wish ½ Marathon and 5k</b> 8am Cherry Creek State Park (4)  <b>Colorado Marathon</b> Fort Collins (10)</p>	<p><b>8</b></p>	<p><b>9</b> <b>Washington Park Fun Run,</b> 6:00 pm, South High Parking Lot (2)</p>	<p><b>10</b> <b>Track Workout</b> 6 pm Denver Lutheran High School (1)</p>	<p><b>11</b> <b>Trail Run</b> 5:30 pm or 6:15 pm (3)</p>	<p><b>12</b> <b>UNC Div. 1 Track &amp; Field Championship</b> Greeley (7)</p>	<p><b>13</b> <b>RMRR Training Run,</b> 8:00 am, Goodson Rec. Center, deKoevend Park (1)  <b>Mamma Mia 5k</b> 9am City Park (4)  <b>UNC Div. 1 Track &amp; Field Championship</b> Greeley (7)</p>
<p><b>14</b> <b>Mothers Day Title 9K</b> 9am Boulder Res (8)  <b>Colorado Rockies Home Run 5K</b> 8:15am Coors Field (9)</p>	<p><b>15</b></p>	<p><b>16</b> <b>Washington Park Fun Run,</b> 6:00 pm, South High Parking Lot (2)</p>	<p><b>17</b> <b>Track Workout</b> 6pm Denver Lutheran High School (1)</p>	<p><b>18</b> <b>Trail Run</b> 5:30 pm or 6:15 pm (3)</p>	<p><b>19</b></p>	<p><b>20</b> <b>RMRR Training Run,</b> 8:00 am, Goodson Rec. Center, deKoevend Park (1)  <b>Memorial Run 5k</b> 4pm Writer's Vista Park (5)</p>
<p><b>21</b> <b>Colfax Marathon</b> 6am Aurora (6)</p>	<p><b>22</b></p>	<p><b>23</b> <b>Washington Park Fun Run,</b> 6:00 pm, South High Parking Lot (2)</p>	<p><b>24</b> <b>Track Workout</b> 6pm Denver Lutheran High School (1)</p>	<p><b>25</b> <b>Trail Run</b> 5:30 pm or 6:15 pm (3)</p>	<p><b>26</b></p>	<p><b>27</b> <b>RMRR Training Run,</b> 8:00 am, Goodson Rec. Center, deKoevend Park (1)</p>
<p><b>28</b> <b>Rocky Mountain Double Marathon</b> 13.1/24.2/52.4 Laramie, Wyoming (11)  <b>Narrow Gauge 10 miler</b> 8 am Durango (12)</p>	<p><b>29</b> <b>Bolder Boulder 10K,</b> Boulder (13)</p>	<p><b>30</b> <b>Washington Park Fun Run,</b> 6:00 pm, South High Parking Lot (2)</p>	<p><b>31</b> <b>Track Workout</b> 6pm Denver Lutheran High School (1)</p>	<p>(4) www.bkbltd.com (5) www.comastersrun.org (6) www.coloradocolfaxmarathon.com (7) http://uncbears.cstv.com (8) www.titlenine.com (9) www.coloradorockies.com (10) <a href="http://www.thecoloradomarathon.com">www.thecoloradomarathon.com</a> (11) 307-635-3316 (12) www.godmt.org (13) www.bolderboulder.com</p>		



## 2006 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Teresa Abbott	2.75	Gene Hardy	4.50	Bob Reilly	10.50
Mike Acosta	4.00	Michael Heitz	1.25	Rosalie Richter	15.50
Ken Applegate	12.00	Dave Hill	2.25	Sharyl Riley	19.25
Mark Ballard	4.00	Jan Hill	5.75	Mike Robbert	16.00
Bob Basse	14.50	Potts Jones	16.50	Rochelle Robinette	9.50
Michael Blanchard	7.25	Bonnie Keefe	22.50	Ric Robinette	14.00
Kolene Brown	12.50	Howard Kumpf	8.50	Liz Shepard	11.25
Lisa G. Champeau	36.00	Brad LaBarry	6.00	Ray Sibley	7.50
Keith Champeau	15.25	John Lyle	16.00	Doug Smith	66.50
Jim Chow	18.50	Betsy Lyle	23.50	Andrea Smith	4.50
Dave Cunningham	1.75	Tom Mates	11.50	Liz Stolz	16.00
Deb Cunningham	43.50	Carl McNew	1.25	Stephanie Struble	25.50
Amelia Cunningham	7.50	Lance Meacham	8.00	Brian Struble	16.25
Trisha Davis	6.25	Leslie Mitchell	9.25	Jean Townsend	3.00
Michelle Evans	1.50	Alicia Nix	9.25	Mike Vanoni	2.00
Janet Fairs	11.00	Lyndzey Nix	2.50	Karen Voss	4.25
Adam Feerst	2.00	Jeff Olson	6.50	Holly Whelan	4.50
Tim Gentry	1.00	John Pawlowski	1.50		
Janet Gold	10.00	Heather Reddy	13.25		



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

Carl Higginson	1	Laura Kinney	15
Adam Huner	1	Chip Bradford	16
Vicki Owens	1	Larry Mudron	16
Diana Furr	2	James Taylor	17
Sue Taddeucci	3	Megan Vanoni	17
Lisa Champeau	4	Janet Fairs	18
Tim Gentry	5	Jerry O'Donnell	19
Michael Roach	5	Nancy Carr	20
Jackson Smith	6	Jennifer Grafner	20
Stephen Kurtz	7	Trevor Rowley	21
Emily Finch	8	Richard Hickey	22
Dennis Woljan	8	Carly Paige	22
Craig Ewing	9	Karen Voss	22
Mark Mitchell	9	Don Hewitt	23
Joy Knipps	10	Trevor Courkamp	24
Penelope O'Donnell	10	John E. Kratz	25
Elizabeth Bravman	11	Kirt Courkamp	26
Denis Karaiskaj	11	Suzanne Tonini	26
Kirsten Huner	12	Christopher Martinez	27
John Morse	12	Carmen Kitts	28
Jay Boisseau	13	David Mayhew	28
Carrie Steuart	14	Aaron J. Suppes	29

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

### Road Runner Information Line (303) 871-8366

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

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

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

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