

News on The Run

ROCKY MOUNTAIN
ROAD RUNNERS

A Letter from the President...



The weather at the start of the October Trophy Series Race at Chatfield State Park was perfect at the start and just a little warm at the finish. We had a total of 63 runners and race walkers compared to 69 last year.

Please join me in thanking Rick Voorhees, Rick Edrich and Alice Bedard-Voorhees for all their efforts in directing this race.

I also want to thank all of the other volunteers for their help with Registration, setup of the Finish Line and packing up the van at the end.

The club held the last of the 4 MTS races on Oct 1st. My thanks to all of our members that helped make this 4 race series the success that it was. The club received numerous compliments for putting-on this race series.

The club has started planning for next year. See the Board Meeting Minutes for our progress as of the last Board meeting. Feel free to attend the next meeting if you would like to contribute. You can also contact any of the other Board members with your thoughts if you can't attend.

If you would like to be a Board member or help with any of the open positions, please contact me! Remember it's the Board that elects the President and Vice President. The club's Constitution requires elections for the Board if we get more than 15 nominees. I encourage every member to get more involved. It's only by our collective efforts that our club will continue to be a vibrant organization.

In closing, 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, Oct 30th. At this meeting, we continue our discussion of the club's objectives for next year.

Wishing all your runs leave you "feeling great" at the end! Doug Smith

Thank You Trophy Series Race 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 rmrrnewsletter@yahoo.com

John Pawlowski, Editor (303) 933-6780

Stephanie Struble

Jean Townsend & Chris Vanoni

Web Team

Jim Chow, Webmaster (303) 324-7082

Deb Cunningham (303) 331-8323

Jeff Olson jeffreygolson@cs.com

Mechanic

Ken Applegate (303) 733-1602

Telephone

Teresa Abbot

Race Permits

Teresa Abbot

Janet Fairs

Track Workouts/Training

Scott Kukul

Devin Croft

Dan Haney

Allied Clubs

Colorado Masters Racing Association

President: Vici De Haan (303) 758-1934

Colorado Columbines

President: Jenn Becker (303) 909-2658

Front Range Walkers

Guru: Bob Carlson (303) 377-0576

Potts Trotters

Fearless Leader Parthenia (Potts) Jones
(303) 877-8534

Phidippides

President: Matt Steinberg (303) 477-9770

Race Schedule

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

Trophy Series Races				
Date	Time	Distance	Location	Race Director
Sun, Nov 5	9 am	10MI	WATERTON CANYON*	Ray Sibley
Sun, Dec 3	9 am	4.4MI	WASHINGTON PARK	Lisa Champeau/Mark Ballard

* By permit of the US Forest Service

Open Volunteer Positions for 2006 and 2007

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

1. 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)
2. Club's phone message hotline – Answer the phone messages left by people interested in getting more info about the club's activities. This can take 20-30 minutes 2-3 times per week. In addition, revise the phone greeting as required.
3. Race Promotions - Enter the RMRR Race schedule on other websites like Active.com and Colorado Runner Magazine.
4. 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.

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/

“Barefoot Running”

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

Jerry Mesner, a barefoot marathoner, Denver Post (Oct 3, 2006), was reported as saying, “It (barefoot running) strengthens your ankles. You’ve got a stronger motivation to run with good form, if you don’t land softly, you end up injuring yourself. The biofeedback is pretty strong”. He reported his back and knee problems went away after he began running barefoot.

There’s a foundational, bio-mechanical reason for his comment. The following is a simplified explanation. The foot has one bone in particular (*talus*) that directly communicates with a bone (*tibia*) of the lower leg and sets up the alignment through the thigh, pelvis and base of the spine. To get a good idea of where the *talus* is, find the largest protuberance on the back of your ankle toward your heel, that’s the back part of it. Point your toes ‘extremely’ like a ballet dancer and the bump lessens due to the bone moving forward toward the forefoot. Now bend your ankle lifting your forefoot toward your knee as much as possible and the bump increases. The *talus* is moving back under your lower leg bone, the position of shock absorption when your foot lands under you when running. Now imagine what position that bone is in when you wear various shoes. All shoes, even men’s, have a lift in the heel including running shoes. “Stability” running shoes attempt to correct the position of the *talus* in relation to the foot and leg. When the heel is lifted, toes pointing, the ankle is out of its natural shock absorption position and the forces will be transferred structurally to the pelvis and low back. This is consistent with a heavy heelstrike or overstride in running. The barefoot runner is more likely to be aware of the ground, is more likely to place their feet carefully under them thus decreasing heavy heelstrike and less likely to overstride.

The point of this article is simply to say there is a basis for the barefoot runner’s comments and there is good reason to avoid any degree of “toe point” ankle position. Add working the muscles that lift your forefoot and pick up your feet and stretching out the bottoms of your feet and calf muscles as part of your fitness routine. Think about the position your feet are in the greater percentage of every day and multiply that times 365. Make a choice to bring one of your balance points, the *talus*, back into position regularly. Do this just by stretching, going barefoot or taking those high heels off. You may be pleasantly surprised to find you experience less discomfort in your heels, legs, hips, and back.

“Happy Feet Make For Healthy Runs”

Peter, a physical therapist since 1984, is certified in Orthopedic & Functional Manual Therapy. He is currently enrolled in the Doctorate of Physical Therapy program at Regis University, teaching courses to his peers, mentoring, and treating. *Karen*’s background is in occupational therapy with adult neuro-trauma and pediatric clients. She is specialized in Functional Orthopedic, soft tissue mobilization & movement analysis. They both enjoy teaching *Running Well Seminars™*, mentoring youth, distance running and multi-sport events. Peter and Karen have over 40 combined years of experience and are in private practice in Denver.

You can contact them at 303-458-9660 or email info@CatalystTherapies.com with any questions or for consultation.

Training

Group Runs

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

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

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

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

Track Workouts

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

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

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

Training Partner Program

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

Training Advice

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

Trail Running

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

Next Newsletter Deadline, Friday November 10

The Newsletter Deadline is generally the Friday following that month’s Trophy Series Race. Next month’s deadline will be Friday, November 10 (please let me know if submissions will come in after deadline). Share your stories, photos, comments, thoughts, musings about running. Please send all submissions to rmrrnewsletter@yahoo.com. Thanks, John.

BOARD MEETING MINUTES

Date/Time: Monday, October 2, 2006, 7:00 pm

Attendees: Bob Basse, Jim Chow, Deb Cunningham, Michelle Evans, Bonnie Keefe, John Lyle, Leslie Mitchell, Bob Reilly, Mike Robbert, David Rothenburger, Doug Smith, Stephanie Struble, Kerry Walling

The focus for this Board Meeting was to begin the planning process for deciding the club's goals for next year. Deb asked the group for their ideas about what the club should and shouldn't try to do for its members. Initially, we wanted to get a list that we could use to discuss the pros and cons based on the availability of resources and desirability for our members. We quickly discovered that this was going to take more than one meeting to discuss everyone's ideas and to arrive at a consensus.

The following list is all of the ideas mentioned by the members present at the meeting. In some cases, these ideas represent positions from opposing points of view.

On the list of things the club should do or not do:

1. Continue the Trophy Races in its present format.
2. Continue, reduce or expand the MTS Race Series.
3. Eliminate vs maintain a club office.
4. Continue vs cease future organized club volunteer commitments to Bolder Boulder, Boulder Backroads, Colfax Marathon, KUVO Labor Day Race in the City.
5. Offer a XC Race or no frills 5K/10K Races to replace some T/S Races.
6. Continue paper newsletter vs web site downloads.
7. Continue Summer kids' races.
8. Sponsor youth running programs vs no youth programs.
9. Solicit more grant opportunities on a case by case basis.
10. Continue equipment rental vs discontinue equipment rental on a case by case basis.
11. Continue the Track Workout Program.
12. Replace the Run in Progress signs.
13. Continue to partner with running stores.
14. Sell more RMRR gear.
15. Start a New Member Outreach Program with grants for new runners ie like the Moving Comfort Program 2 years ago.
16. Expand the database of places to run in Denver on the web-site, rmrr.org
17. Do more to publicize member accomplishments.
18. Offer a means for members to list races they are training for or planning on doing.
19. Offer info to government tourism agencies for places to run in Denver.
20. Offer paid coaching for beginning runners and for members training for half/full marathons.
21. Provide better raffle prizes for the T/S Races
22. Continue vs discontinue the Aug T/S BBQ, July Pancake Breakfast, Dec Holiday Party and Jan Awards Banquet
23. Continue and expand informal group runs
24. More formal training for Race Directors
25. Create a knowledge database of club activities for training new members wanting to get more involved
26. Do more outreach to other running clubs
27. Do more marketing promotion of the club and it's activities
28. Offer cash prizes for race awards
29. Paid volunteers vs no paid volunteers
30. Keep or replace the van
31. Keep or replace the large analog time clocks
32. No outside race management services
33. No sponsorship of teams for outside races

(Continued on page 9)

Pilates Instruction with Doug Smith

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COLORADO BLVD 303.691.0101 S Colorado @ Kentucky 7am-10pm Everyday	WEST DENVER 303.277.1339 14357 W Colfax @ Indiana 7am-10pm Everyday
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Racing in Other Places

BOULDER BACKROADS MARATHON/HALF-MARATHON

September 24, 2006 Boulder

Name	Age	Gen	PI	GenPI	Div	DivPI	Time	Pace	Event
GENE WASSMAN	42	M	66.	54th	40-44	10th	1:33:53	7:10	Half
EDWIN QUINTANILLA	28	M	67.	55th	25-29	5th	1:34:11	7:12	Half
KAREN VOSS	41	F	76.	17th	40-44	4th	1:35:17	7:17	Half
CHUCK DESMOINEAUX	36	M	119.	90th	35-39	19th	1:38:15	7:30	Half
ALYNN PARK	55	F	138.	36th	55-59	2nd	1:39:52	7:38	Half
WILLIAM QUINTANILLA	31	M	195.	140th	30-34	20th	1:43:11	7:53	Half
JIM ROMERO	66	M	231.	166th	65-69	2nd	1:44:36	7:59	Half
JAY WISSOT	61	M	374.	251st	60-64	2nd	1:50:23	8:26	Half
DAVID GILLIKIN	51	M	401.	264th	50-54	23rd	1:51:19	8:30	Half
ROBERT REILLY	52	M	431.	277th	50-54	24th	1:52:02	8:33	Half
STACY RUSSELL	39	F	452.	162nd	35-39	45th	1:52:40	8:36	Half
HOLLY RADIN	39	F	520.	195th	35-39	50th	1:54:51	8:46	Half
ROSS WESTLEY	70	M	575.	350th	70-74	1st	1:56:36	8:54	Half
MARK CHASE	49	M	650.	378th	45-49	44th	1:58:23	9:02	Half
MITCH CHESBRO	48	M	865.	461st	45-49	58th	2:03:37	9:26	Half
CARL KOECHER	67	M	985.	504th	65-69	5th	2:06:50	9:41	Half
MARY JOYCE	36	F	1111.	556th	35-39	129th	2:10:04	9:56	Half
MOLLY WALSAM	34	F	1225.	641st	30-34	105th	2:13:33	10:12	Half
HOLLY MHELAN	44	F	1233.	648th	40-44	132nd	2:13:55	10:13	Half
LEE RHODES	73	M	1267.	592nd	70-74	2nd	2:14:46	10:17	Half
ALICIA NIX	41	F	1273.	679th	40-44	133rd	2:14:56	10:18	Half
CATHERINE CLARKE	34	F	1413.	777th	30-34	137th	2:19:45	10:40	Half
DEBI KELLY	49	F	1499.	843rd	45-49	68th	2:23:05	10:55	Half
KERRY BEEBE	51	F	1562.	898th	50-54	30th	2:26:46	11:12	Half
ELIZABETH STOLZ	37	F	1892.	1154th	35-39	249th	2:58:00	13:35	Half
LIS SHEPARD	41	F	1936.	1192nd	40-44	205th	3:12:45	14:43	Half
CARL MATHER	42	M	9.	8th	40-44	2nd	3:04:04	7:02	Marathon
BOB BASSE	51	M	29.	26th	50-54	4th	3:20:10	7:39	Marathon
ERIC GREENE	26	M	78.	67th	25-29	14th	3:39:00	8:22	Marathon
DEB CUNNINGHAM	44	F	89.	17th	40-44	2nd	3:41:55	8:28	Marathon
MICHAEL HEITZ	54	M	90.	73rd	50-54	7th	3:42:33	8:30	Marathon
WILLIAM AHLERS	44	M	294.	198th	40-44	39th	4:29:16	10:17	Marathon
JAMES CHOW	50	M	400.	254th	50-54	26th	5:05:02	11:39	Marathon
AL NICKELS	69	M	420.	262nd	65-69	1st	5:16:23	12:04	Marathon
MICHELLE SLUSSER	31	F	436.	166th	30-34	32nd	5:24:36	12:23	Marathon
MARK STEVENS	48	M	440.	273rd	45-49	31st	5:27:30	12:30	Marathon

DENVER MARATHON

October 15, 2006 Denver

Name	Age	Gen	PI	Pace	Chptime	Event
KEN SOULE	44	M	7	6:06	1:19:53	Half
EDWIN QUINTANILLA	28	M	26	6:42	1:27:49	Half
BOB BASSE	51	M	32	6:53	1:30:11	Half
DAVID ROTHENBURGER	38	M	34	6:56	1:30:48	Half
JIM ROMERO	66	M	135	7:56	1:43:56	Half
WILLIAM QUINTANILLA	32	M	148	8:02	1:45:09	Half
MICOL ROTHMAN-HAJI	34	F	70	8:17	1:48:34	Half
RICH CARNEY	37	M	199	8:24	1:50:05	Half
HOLLY RADIN	39	F	110	8:31	1:51:31	Half
DAVID GILLIKIN	51	M	219	8:34	1:52:12	Half
CHARLES WESTLEY	70	M	235	8:38	1:53:10	Half
GARLAND THURMAN	58	M	397	9:23	2:02:55	Half
RANDALL CALEY	46	M	435	9:37	2:05:52	Half
MARK STEVENS	48	M	448	9:40	2:06:34	Half
LEE BENGSTON	69	M	498	9:57	2:10:22	Half
SARA ALKAYALI	32	F	504	9:59	2:10:50	Half
LIZ SHEPARD	35	F	503	9:59	2:10:45	Half
KERRY BEEBE	52	F	729	10:43	2:20:18	Half
ALICE BEDARD-VOORHEES	54	F	756	10:51	2:22:07	Half
CATHERINE CLARKE	34	F	762	10:53	2:22:30	Half
DANIEL MULDOON	55	M	666	13:29	2:56:42	Half
SHERRIE MULDOON	45	F	1064	13:29	2:56:42	Half
KAREN VOSS	38	F	1098	14:24	3:08:47	Half

LAIR O' THE BEAR 10 MILES

October 14, 2006 Idledale

PI	Name	Age	Time	Gen
1	TRACY PETERSON**	34	1:08:49	M
11	GEORGE HUNER	53	1:32:25	M
37	BILL MOYLE	67	2:26:54	M

** New Course Record: Congrats Tracy!

ERACE HOMELESSNESS 8K

October 14, 2006 Denver

Name	Age	Gen	GenPI	Time
ROSS WESTLEY	70	M	5.	41:58

KENT DENVER SUN DEVIL DASH 5K

October 15, 2006 Denver

Name	Gen	PI	Div	Time
MATTHEW WEBB	M	63	13-15	25:31
ELLIE WEBB	F	71	10-12	25:45
GEOFF WEBB	M	73	50-59	25:51

CMRA COAL CREEK XC CHALLENGE 5.72 Mi

October 15, 2006 Louisville

Name	Age	Gen	PI	Time
SCOTT MCFARLANE	55	M	50	0:47:49
MEGAN VANONI	26	F	78	0:53:52
MIKE VANONI	58	M	88	0:59:13
TERRY MCFARLANE	56	F	93	1:02:18
CHRISTINE VANONI	55	F	96	1:06:31
DAVE BLACK	55	M	98	1:08:21

Name	Age	Gen	PI	Pace	Chptime	Event
CHRISTOPHER SIGEL	35	M	26	7:14	3:09:27	Marathon
BRIDGET MACKINNON	29	F	6	7:21	3:12:18	Marathon
LARRY STELLER	39	M	56	7:33	3:17:49	Marathon
MICHAEL ROACH	50	M	57	7:34	3:18:09	Marathon
CHARLES DESMOINEAUX	36	M	95	7:56	3:27:59	Marathon
TRACY KMETZ	25	F	21	8:16	3:36:43	Marathon
SUE GOLDEN	41	F	81	9:03	3:57:15	Marathon
DENNIS KARAIKAI	32	M	295	9:14	4:01:45	Marathon
LISA PAIGE	48	F	129	9:32	4:09:55	Marathon
DENNIS DEPAKAKIBO	36	M	367	9:40	4:13:27	Marathon
MARLA NOSAN	44	F	150	9:45	4:15:29	Marathon
MARK CHASE	50	M	481	10:28	4:34:13	Marathon
ROSS KINNEY	48	M	485	10:30	4:34:59	Marathon
KIMBERLY SHELTON	36	F	259	10:46	4:42:05	Marathon
RYAN ECKHARDT	30	M	536	10:55	4:46:04	Marathon
JERRY O'DONNELL	60	M	535	10:55	4:45:57	Marathon
MARY PITZ	43	F	290	10:56	4:46:36	Marathon
JAMES CHOW	50	M	554	11:03	4:49:40	Marathon
DEBI KELLY	49	F	323	11:19	4:56:29	Marathon
PENELOPE O'DONNELL	57	F	366	11:48	5:08:58	Marathon
DONNA SCHUTZIUS	47	F	367	11:49	5:09:38	Marathon
PATRICIA SIMPSON	58	F	431	12:45	5:34:10	Marathon
JARRETT ROBERTS	39	M	689	13:47	6:01:07	Marathon
ALLEN BRIDGEFORTH	31	M	690	13:52	6:03:29	Marathon
CINDY LAMER	41	F	480	14:18	6:14:45	Marathon
ELIZABETH STOLZ	37	F	481	14:25	6:17:57	Marathon

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

October 7, 2006 8 Mile, Chatfield State Park

-----TIMES-----							---HANDICAP---			-----POINTS-----		
PLACE	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW	OLD	TS	SCRATCH	#
1	Trujillo, Jay	48	29:50	0:59:24	1:29:14	7:26	13	69.00	73	100.00	74.74	5
2	Steller, Larry	39	30:51	0:58:58	1:29:49	7:22	11	68.00	71	98.26	78.95	3
3	Beebe, Kerry	52	7:18	1:23:02	1:30:20	10:23	10	109.00	110	96.52	28.00	9
4	Whelan, Holly	45	10:45	1:19:36	1:30:21	9:57	7	104.00	105	94.78	52.00	5
5	Owen, Elwyn	44	26:40	1:04:09	1:30:49	8:01	16	78.00	79	93.04	68.42	1
6	Woljan, Dennis	64	19:45	1:11:15	1:31:00	8:54	28	91.00	91	91.30	43.16	5
7	Gray, Rob	56	31:51	0:59:14	1:31:05	7:24	12	69.00	69	89.57	76.84	7
8	Dathe, Bryon	38	5:53	1:25:18	1:31:11	10:40	35	112.00	112	87.83	28.42	9
9	Depakakibo, Dennis	36	24:27	1:07:02	1:31:29	8:23	21	83.00	83	86.09	57.89	9
10	O'Dell, Bill	48	32:50	0:58:41	1:31:31	7:20	10	68.00	67	84.35	81.05	4
11	Bengston, Lee	69	16:39	1:14:57	1:31:36	9:22	30	97.00	96	82.61	38.95	7
12	Meacham, Lance	39	33:19	0:58:25	1:31:44	7:18	9	67.00	66	80.87	83.16	9
13	Keefe, Bonnie	41	32:50	0:58:59	1:31:49	7:22	1	68.00	67	79.13	100.00	10
14	Basse, Bob	51	38:16	0:53:35	1:31:51	6:42	3	56.00	55	77.39	95.79	8
15	Glodava, Kevin	30	25:34	1:06:19	1:31:53	8:17	18	82.00	81	75.65	64.21	1
16	Smith, Douglas	56	25:34	1:06:22	1:31:56	8:18	19	82.00	81	73.91	62.11	9
17	Mitchell, Leslie	45	20:57	1:11:02	1:31:59	8:53	4	90.00	89	72.17	76.00	5
18	Robinette, Ric	54	23:52	1:08:13	1:32:05	8:32	23	85.00	84	70.43	53.68	10
19	Applegate, Ken	58	32:21	0:59:51	1:32:12	7:29	14	69.00	68	68.70	72.63	10
20	Haji, Salim	35	38:16	0:54:16	1:32:32	6:47	6	56.00	55	66.96	89.47	7
21	Gentry, Tim	44	41:28	0:51:10	1:32:38	6:24	2	48.00	47	65.22	97.89	9
22	Olson, Jeffrey	47	24:27	1:08:18	1:32:45	8:32	24	84.00	83	63.48	51.58	10
23	Russell, Stacy	39	23:52	1:09:22	1:33:14	8:40	3	85.00	84	61.74	84.00	8
24	Voorhees, Rick	53	18:32	1:14:45	1:33:17	9:21	29	94.00	93	60.00	41.05	10
25	Parra, Marissa Lynn	24	22:08	1:11:17	1:33:25	8:55	5	88.00	87	58.26	68.00	2
26	Rothenburger, David	38	36:58	0:56:29	1:33:27	7:04	7	59.00	58	56.52	87.37	9
27	Feerst, Adam	46	39:54	0:53:35	1:33:29	6:42	4	56.00	51	54.78	93.68	5
28	Struble, Stephanie	39	19:09	1:14:26	1:33:35	9:18	6	93.00	92	53.04	60.00	8
29	Cunningham, Deb	44	31:51	1:01:49	1:33:40	7:44	2	70.00	69	51.30	92.00	10
30	Sibley, Ray	52	16:01	1:17:44	1:33:45	9:43	33	98.00	97	49.57	32.63	8
31	Struble, Brian	39	30:51	1:03:02	1:33:53	7:53	15	72.00	71	47.83	70.53	10
32	Mudron, Larry	64	23:52	1:10:10	1:34:02	8:46	27	89.00	84	46.09	45.26	5
33	Quispe, Michael	40	40:42	0:53:45	1:34:27	6:43	5	50.00	49	44.35	91.58	10
34	Gillikin, David	51	25:34	1:08:55	1:34:29	8:37	25	82.00	81	42.61	49.47	2
35	Knipps, Mike	54	19:09	1:15:30	1:34:39	9:26	31	93.00	92	40.87	36.84	10
36	Haller, Gordon	56	27:45	1:06:57	1:34:42	8:22	20	79.00	77	39.13	60.00	8
37	Edrich, Rick	46	37:24	0:57:45	1:35:09	7:13	8	58.00	57	37.39	85.26	10
38	Huner, George	53	27:12	1:07:59	1:35:11	8:30	22	79.00	78	35.65	55.79	9
39	Arman, Jesse	55	8:42	1:27:15	1:35:57	10:54	37	109.00	108	33.91	24.21	7
40	Hill, David	55	26:40	1:09:24	1:36:04	8:41	26	84.00	79	32.17	47.37	6
41	Greene, Eric	26	31:51	1:04:54	1:36:45	8:07	17	71.00	69	30.43	66.32	3
42	Evans, Michelle	40	16:39	1:22:42	1:39:21	10:20	9	97.00	96	28.70	36.00	9
43	Chesbro, Mitch	48	23:18	1:17:17	1:40:35	9:40	32	86.00	85	26.96	34.74	10
44	Rundle, Paul	42	23:52	1:19:53	1:43:45	9:59	34	93.00	84	25.22	30.53	2
45	Gerhold, Bret	40	18:32	1:25:49	1:44:21	10:44	36	95.00	93	23.48	26.32	4
46	Bearss, Joseph	36	18:32	1:28:02	1:46:34	11:00	38	99.00	93	21.74	22.11	5

 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!!

RMRR RACEWALKERS, OCTOBER 2006 TROPHY SERIES

Place	NAME	AGE	-----TIMES-----				---HANDICAP---			TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD			
1	Lyle, John	73	-21:23	1:53:00	1:31:37	14:08	146	146	100	9	
2	Blanchard, Michael	45	16:01	1:16:23	1:32:24	9:33	98	97	84	10	
3	Ellis, Richard H.	67	-9:26	1:41:57	1:32:31	12:45	133	132	68	3	
4	Thies, Chuck	60	-0:45	1:33:27	1:32:42	11:41	122	121	52	10	
5	Guiff, Ed	62	-0:45	1:34:33	1:33:48	11:49	122	121	36	9	

RMRR NEW RACERS, OCTOBER 2006 TROPHY SERIES 8 mi

R/W	NAME	AGE	-----TIMES-----				---HANDICAP---		---POINTS---	
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	TS	SCRATCH
R	Vanoni, Megan	26	0:00	1:21:19	1:21:19	10:10	8	106	60	44
R	Peterson, Tracy	34	41:28	0:49:39	1:31:07	6:12	1	47	60	100

RACEWALKER OVERALL STANDINGS

NON-MEMBERS, OCT. TROPHY SERIES

PI	Name	Gen	Total Points	#	Ave Points
1	Michael Blanchard	M	784.00	10	78.40
2	Chuck Thies	M	761.33	10	76.13
3	Ed Guiff	M	640.00	9	71.11
4	John Lyle	M	498.67	9	55.41
5	Richard H. Ellis	M	228.00	3	76.00
6	Jan Hill	F	88.00	2	44.00
7	Cynthia Chow	F	40.00	1	40.00

R/W	NAME	START	ACT'L	FINISH	PACE
R	Carolina McVicker	10:05	1:00:54	1:10:59	7:37
R	Marcela Salazar	10:05	1:10:06	1:20:11	8:46
R	Brad Simpson	0:00	1:21:23	1:21:23	10:10
R	Holly Mangan	3:43	1:20:14	1:23:57	10:02
R	Michael Jezier	14:44	1:13:01	1:27:45	9:08
R	Melanie Skembo	3:43	1:25:29	1:29:12	10:41
R	Matt Skenibo	3:43	1:26:31	1:30:14	10:49
R	Tyler Sewald	37:24	0:54:06	1:31:30	6:46
R	Robert Miller	16:01	1:18:14	1:34:15	9:47
R	Vivia Lawson	15:23	1:21:56	1:37:19	10:15

**Fast Finishers
Tracy Peterson and Bonnie Keefe**

September Trophy Series Winners



Research Study Participants Wanted

A high school student from Yorktown Heights, New York is looking for runners to participate in his research study.

He looking into whether or not running in general and specifically whether a person achieving

a "runner's high" has increased mental processing speed.

Anyone interested in taking part in this study, should email me at runontrails@msn.com.

Cheers, Doug Smith

RMRR TROPHY SERIES OVERALL STANDINGS OCTOBER, 2006

PI	Overall TS Name	Gender	Total Points	#	Ave Points	PI	Male Scratch Name	Total Points	#	Ave Points	PI	Female Scratch Name	Total Points	#	Ave Points
1	Dennis Depakakibo	M	772.17	9	85.80	1	Michael Quispe	945.97	10	94.60	1	Deb Cunningham	968.62	10	96.86
2	Rick Voorhees	M	757.62	10	75.76	2	Tim Gentry	885.31	9	98.37	2	Bonnie Keefe	958.66	10	95.87
3	Bonnie Keefe	F	708.28	10	70.83	3	Rick Edrich	859.30	10	85.93	3	Stacy Russell	660.48	8	82.56
4	Bryon Dathe	M	696.28	9	77.36	4	John H. Jr. Bullock	817.21	9	90.80	4	Stephanie Struble	588.47	8	73.56
5	Mike Knipps	M	684.52	10	68.45	5	Ken Applegate	794.68	10	79.47	5	Michelle Evans	577.51	9	64.17
6	Rick Edrich	M	672.24	10	67.22	6	David Rothenburger	793.63	9	88.18	6	Lisa Champeau	496.22	6	82.70
7	Michael Quispe	M	660.74	10	66.07	7	Brian Struble	754.01	10	75.40	7	Trisha Davis	425.47	6	70.91
8	Ken Applegate	M	655.77	10	65.58	8	Lance Meacham	751.18	9	83.46	8	Alicia Nix	420.30	8	52.54
9	Mitch Chesbro	M	650.91	10	65.09	9	Bob Basse	718.92	8	89.86	9	Leslie Mitchell	401.42	5	80.28
10	Kerry Beebe	F	649.04	9	72.12	10	Salim Haji	656.56	7	93.79	10	Dyan Piscopo	366.59	7	52.37
11	Ric Robinette	M	616.27	10	61.63	11	Ric Robinette	626.65	10	62.67	11	Heather Reddy	363.20	7	51.89
12	Lance Meacham	M	612.36	9	68.04	12	Brett Allendorf	611.98	9	68.00	12	Sarah Mathiesen	360.63	4	90.16
13	Douglas Smith	M	602.72	9	66.97	13	Michael Robbert	587.65	7	83.95	13	Kerry Beebe	340.57	9	37.84
14	Deb Cunningham	F	600.58	10	60.06	14	Scott Kukul	585.93	6	97.66	14	Karen Voss	290.00	3	96.67
15	George Huner	M	578.13	9	64.24	15	Jeffrey Olson	544.35	10	54.44	15	Holly Whelan	284.38	5	56.88
16	Bob Basse	M	576.05	8	72.01	16	Rob Gray	536.23	7	76.60	16	Carmen Kitts	262.93	4	65.73
17	Brian Struble	M	575.47	10	57.55	17	Gordon Haller	530.26	8	66.28	17	Renee Withrow	249.30	6	41.55
18	John H. Jr. Bullock	M	571.90	9	63.54	18	George Huner	501.07	9	55.67	18	Alice Bedard-Voorhees	225.64	5	45.13
19	Tim Gentry	M	568.06	9	63.12	19	Douglas Smith	496.98	9	55.22	19	Karen Okamoto	213.26	4	53.31
20	Dyan Piscopo	F	547.51	7	78.22	20	Mitch Chesbro	493.70	10	49.37	20	Kasandra Robbert	206.98	3	68.99
21	Brett Allendorf	M	543.24	9	60.36	21	Adam Feerst	473.11	5	94.62	21	Joy Knipps	188.70	7	26.96
22	Jeffrey Olson	M	535.01	10	53.50	22	Scott McFarlane	404.79	7	57.83	22	Franki Gomez	186.98	2	93.49
23	Stacy Russell	F	517.80	8	64.72	23	Mike Knipps	390.52	10	39.05	23	Marissa Lynn Parra	146.18	2	73.09
24	Rob Gray	M	488.90	7	69.84	24	Rich Carney	385.70	5	77.14	24	Shannon Chase	131.43	2	65.71
25	Gordon Haller	M	480.42	8	60.05	25	Adam Lee	381.28	6	63.55	25	Hille Dais	128.57	3	42.86
26	Alicia Nix	F	470.22	8	58.78										
27	Michael Robbert	M	463.80	7	66.26										
28	Ray Sibley	M	458.66	8	57.33										
29	David Rothenburger	M	450.28	9	50.03										
30	Salim Haji	M	444.85	7	63.55										
31	Michelle Evans	F	430.66	9	47.85										
32	Lee Bengston	M	412.58	7	58.94										
33	Heather Reddy	F	409.85	7	58.55										
34	Stephanie Struble	F	408.81	8	51.10										
35	Scott Kukul	M	405.36	6	67.56										
36	Kyle Armstrong	M	402.36	5	80.47										
37	Larry Mudron	M	382.09	5	76.42										
38	Adam Feerst	M	376.71	5	75.34										
39	Scott Hogg	M	367.72	5	73.54										
40	Dean Raish	M	365.25	6	60.88										
41	Rich Carney	M	365.06	5	73.01										
42	Lisa Champeau	F	339.93	6	56.66										
43	Trisha Davis	F	336.10	6	56.02										
44	Scott McFarlane	M	327.54	7	46.79										
45	Bill Ahlers	M	312.75	4	78.19										
46	Dennis Woljan	M	302.05	5	60.41										
47	David Hill	M	298.25	6	49.71										
48	Leslie Mitchell	F	298.05	5	59.61										
49	Justin Little	M	296.57	4	74.14										
50	Sarah Mathiesen	F	294.45	4	73.61										



Runners at the October Trophy Series Race listen attentively during a post-race symposium on Running Form.

Joining RMRR

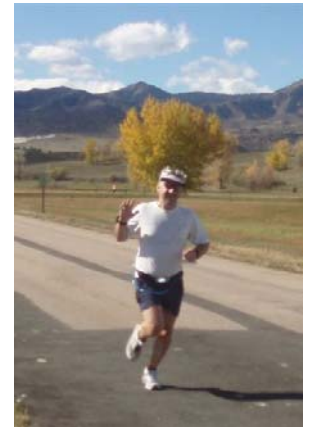


Membership is \$30 for individuals, \$40 for couples and families, and \$10 for volunteer members. (Note that the volunteer membership does not include entry into the monthly Trophy Series races.)

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

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

Runners In Action at the October Trophy Series Race



Board Meeting Minutes

(Continued from page 4)

From this list, the group reached a consensus on the following:

1. The Race Committee Chairperson should hold a meeting of interested members to review the current format for the Trophy Series and make recommendations for any changes.
2. The Race Committee should evaluate the desirability of adding additions races to the MTS Race Series, as well as, adding a cross-country and no frills 5K and 10K races to the Race Calendar. This group should also make recommendations on whether to continue our partnerships with outside races like Bolder Boulder, Colfax and KUVO.
3. Continue to maintain the club office.
4. Continue the distribution of a paper newsletter
5. Create a knowledge base for Race Directors and other positions within the club.
6. Continue the policy of no paid volunteers.
7. Continue the kids' runs during the Summer T/S Races.
8. Decide on a case-by-case basis whether to support any youth programs, initiate any grant programs or rent any of our equipment.
9. Continue to partner with local running stores, Colorado Runner Magazine and other training clubs.
10. Continue the Track Workout Program.
11. Continue the policy of not paying volunteers.
12. Keep the existing van.
13. Continue using the large analog time clocks.

Coach Needed for Club Running at University of Denver

The University of Denver is seeking a coach for Club Running.

- ◆ Prospective applicants need to be trained in CPR and First-Aid, and will become an employee of the University.

- ◆ Practices will be a few times a week and most likely a large weekend practice.

- ◆ Please Contact Matt Dooley, President of Club Running, at 719-287-4174 or mdooley@du.edu

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.

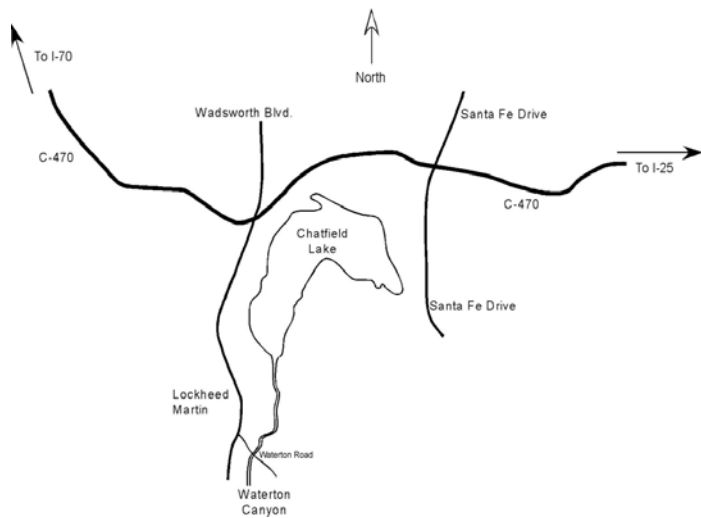
Sample 8 mi Start Times	
HCP	Start
120	0:00
110	9:17
100	17:54
90	25:51
80	33:10
70	39:49
60	45:50
50	51:11
40	55:53

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 November Trophy Series 10 mi Waterton Canyon Sunday, November 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



November 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(1) www.rmrr.org (2) groups.yahoo.com/group/denvertrailrunners, 303-282-3921 (3) www.runuphillracing.com, 303-870-0487 (4) www.bkbltd.com (5) www.comastersrun.org			1	2 Trail Run, 5:30 pm or 6:15 pm (2)	3	4 RMRR Training Run, 8:00 am Goodson Rec. Center DeKoevend Park, Littleton (1) Red Thread Run 5K 9:15am, City Park (4)
5 RMRR Trophy Series 9:00am, 10 miles Waterton Canyon (1)	6	7 Washington Park Fun Run, 6:00 pm, South High Parking Lot (1)	8	9 Trail Run, 5:30 pm or 6:15 pm (2)	10	11 RMRR Training Run, 8:00 am Goodson Rec. Center DeKoevend Park, Littleton (1) Rock Slide Community 5K 9am Castle Pines (4)
12 Easy Road Running form clinic 8am-noon (3) Littleton Adventist Hospital TTTS Race for Hope 5K 10 am Wash Park (4)	13	14 Washington Park Fun Run, 6:00 pm, South High Parking Lot (1)	15	16 Trail Run, 5:30 pm or 6:15 pm (2)	17	18 RMRR Training Run, 8:00 am Goodson Rec. Center DeKoevend Park, Littleton (1) Chatfield 10 Miler 9am Chatfield State Park (5)
19	20	21 Washington Park Fun Run, 6:00 pm, South High Parking Lot (1)	22	23 THANKSGIVING Mile High United Way Turkey Trot 5K, 10am Wash Park (4)	24	25 RMRR Training Run, 8:00 am Goodson Rec. Center DeKoevend Park, Littleton (1)
26	27 RMRR Board Meeting, 7:00 pm (1)	28 Washington Park Fun Run, 6:00 pm, South High Parking Lot (1)	29	30 Trail Run, 5:30 pm or 6:15 pm (2)		



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	9.75	Dave Hill	9.75	Mike Quispe	5.50
Mike Acosta	25.25	Jan Hill	5.75	Dean Raish	7.50
Brett Allendorf	5.00	Olga Hnizdil	16.00	Heather Reddy	35.50
Ken Applegate	12.00	Amanda Huggenkiss	0.50	Bob Reilly	16.00
Mark Ballard	5.50	Kendall Jamison	0.50	Lee Rhodes	7.50
Bob Basse	29.75	T.J. Johnson	1.00	Myra Rhodes	7.50
Jim Beebe	2.00	Mark Johnson	0.50	Rosalie Richter	34.25
Anthony Beeson	2.50	Potts Jones	16.50	Sharyl Riley	41.25
Nick Benjamin	7.75	Bonnie Keefe	80.25	Mike Robbert	25.25
Michael Blanchard	24.75	Deidre Keilman	5.50	Kasey Robbert	7.50
Forrest Blassingame	4.25	Peter Keilman	5.50	Rochelle Robinette	9.50
Kolene Brown	14.50	Carmen Kitts	34.50	Ric Robinette	15.50
Lisa G. Champeau	69.50	Mike Knipps	7.50	Mike Rotch	5.00
Keith Champeau	17.75	Joy Knipps	7.50	David Rothenburger	5.25
Mitch Chesboro	2.50	Carl Koecher	18.75	Jeoungmin Seouk	7.50
Jim Chow	23.25	Howard Kumpf	13.50	Liz Shepard	18.75
Dave Cunningham	4.50	Brad LaBarry	17.50	Ray Sibley	24.00
Deb Cunningham	71.50	Justin Little	4.00	Doug Smith	158.00
Amelia Cunningham	8.50	John Lyle	50.75	Andrea Smith	4.50
Trisha Davis	11.00	Betsy Lyle	48.75	Liz Stolz	34.50
Danny Dounglomchunt	6.00	Tom Mates	36.00	Stephanie Struble	56.25
Rick Edrich	11.50	David Mayhew	1.50	Brian Struble	43.50
Alex Eusebio	7.50	Carl McNew	1.25	Peter Szymanski	4.00
Michelle Evans	29.25	Lance Meacham	15.25	Jean Townsend	3.00
Janet Fairs	52.50	Leslie Mitchell	13.50	Mike Vanoni	14.00
Adam Feerst	22.75	Gigi Nichols	5.00	Chris Vanoni	36.00
Tim Gentry	1.00	Alicia Nix	26.75	Megan Vanoni	7.50
Janet Gold	10.00	Lyndzey Nix	4.00	Rick Voorhees	14.50
Rob Gray	10.50	Jeff Olson	43.25	Alice Voorhees	8.50
Eric Greene	6.00	Lisa Paige	1.50	Karen Voss	29.00
Ed Guiff	10.00	Marissa Lynn Parra	7.00	Kerry Walling	2.00
Gene Hardy	4.50	John Pawlowski	9.00	Don Weston	7.50
Michael Heitz	4.75	Dyan Piscopo	1.50	Holly Whelan	27.50



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

Seth Bitting	1	Holly Radin	15
Ryan Eckhardt	2	George Clarke	15
Jeffery Bernardy	4	Gabrielle Campbell	15
Catherine Clarke	4	Jay Graham	18
Carl A. Koecher	5	Roger Carlin	18
Sarah Mathiesen	5	Janice Wong	20
Chuck Desmoineaux	7	Ericka Englert	20
Bridget Mackinnon	7	Chelsea Hardy	20
John H. Jr. Bullock	8	Curtis Head	21
Monica Acosta	8	Jim Albertz	21
Kyle French	8	Bill Michaels	22
Douglas Pierce	9	David Stark	23
Rachel A. Edrich	10	Ken Soule	23
Deb Cunningham	13	Jesse Arman	24
Hillary Schubach	14	Jim Joyner	25
Lisa Black	14	William Forna	28
Bruce Wilson	15	Carly Frick	28

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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