



News on The Run

A Letter from the President...



The weather at the start of the Sept Trophy Series Race at Westminster City Park was a cool and overcast, perfect for the 9 mile race. We had a total of 66 runners and race walkers compared to 54 last year.

I want to thank Jeff Olson and Holly Whelan for their efforts in directing their first race together. This course in particular is an easy one to get off course and Jeff gained some valuable experience in marking the course. My thanks to Ric Robinette and Jeff for starting at 0:00 to help out at the Finish Line. Holly did a great job managing the Finish Line and expanding her understanding of what's involved.

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. It takes a lot of help to conduct a smooth event.

Our club's participation at this year's KUVU Labor Day Race in the City was great! All of the members who either helped with the course setup and Finish Line or ran had a great time. I especially want to thank Adam and Brad for all their efforts in managing the Finish Line and scoring for the event.

Lastly, I want to thanks all our members who either ran or helped with Lesley Kinder's Boulder Backroads Marathon and Half Marathon. She runs a really great event and has donated generously each year to our club.

We have one remaining race left in our Summer/Fall Marathon Training Race Series. This race series is a major source of funds to help pay for expenses and keep our member's dues low. My special thanks to the members who have so far volunteered to help direct and assist in putting on this 4 race series.

The club also needs to start planning for next year. 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.

So far, Ric Robinette has offered to assume the responsibilities as Race Committee Chairperson for next year. Please join me in thanking Bonnie Keefe for all her efforts these last three years. In addition, Kerry Walling has expressed an interest in becoming the Marketing Coordinator for the club. She works in the Recreation Dept for Lakewood in a similar capacity.

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 2nd. At this meeting, we will be discussing 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**

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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**

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Karen Voss Szymanski

Training/Track Workouts

Mike Robbert (720) 933-7093

Volunteer Coordinator

Lisa Champeau (303) 777-2261

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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 rmrnewsletter@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

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Race Permits

Teresa Abbot

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Track Workouts/Training

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President: Jenn Becker (303) 909-2658

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Potts Trotters

Fearless Leader Parthenia (Potts) Jones

(303) 877-8534

Phidippides

President: Matt Steinberg (303) 477-9770

Team Steps Ahead Looking for a Few Good Pairs of Shoes

Hello Rocky Mountain Road Runners. I'd like to tell you about a great group of kids you may see at the races. They are *Team Steps Ahead* from George Washington High School. Your RMRR club is sponsoring their team in an event called *Kids Running America*. They will be doing weekly runs until they accumulate 25.2 miles. On October 15th, they will run their 26th mile at the Denver Marathon Event. The program is about graduating from high school, about taking on lifestyle habits that serve, about fitness and self confidence. It's about the satisfaction of following through with a commitment to oneself and to others.

To show their appreciation, they will be giving back to our club as volunteers for trophy series runs and other races. We,

Karen & Peter, thank you for your generosity. Please ask us or the kids about *Team Steps Ahead* and *Kids Running America!* To find out more go to, www.ColoradoYouthAtRisk.org & www.KidsRunningAmerica.com.

The team is in need of three pairs of running shoes, size 10 and 10&1/2 women's shoes and size 11&1/2 to size 12 men's running shoes. If anyone has shoes that still have life in them and they want to donate, contact Karen at 720-838-8963.

See you at the races, Karen Voss & Peter Szymanski

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. Race Promotions - Enter the RMRR Race schedule on other websites like Active.com and Colorado Runner Magazine.
3. 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/

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.

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
Sat, Oct 7	9 am	8MI	CHATFIELD	John Bullock/Rick Vorhees
Sun, Nov 5	9 am	10MI	WATERTON CANYON*	Ray Sibley
Sun, Dec 3	9 am	4.4MI	WASHINGTON PARK	Lisa Champeau/Mark Ballard

RMRR Fall Marathon Training Series

Sun, Oct 1	20MI	CITY PARK (WESTMINSTER)	Doug Smith/Bonnie Keefe
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Races of Interest

Sun, Sept. 24	26.2/13.1	Boulder Backroads	Boulder	N/A
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* By permit of the US Forest Service

IMPORTANT DATE CHANGE

The October Trophy Series Race has been changed to Saturday, October 7 because of the Komen Denver Race for the Cure, which is being held on October 8.

Next Newsletter Deadline, Friday October 13

The Newsletter Deadline is generally the Friday following that month's Trophy Series Race. Next month's deadline will be Friday, October 13 (with a not too wide margin of error this month, 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.

Racing in Other Places

By Chris Vanoni

MARATHON TRAINING SERIES 20 MILE

August 27, 2006 Westminster

Name	Age	Gen	Time
DOUG CROFT	40	M	2:15:04
EDWIN QUINTANILLA	28	M	2:30:09
MOLLIE LEHMAN	28	F	2:50:06
ERIC GREENE	26	M	2:55:53
STACY RUSSELL	39	F	3:10:27
HOLLY RADIN	39	F	3:12:12
MARK JOHNSON	48	M	3:23:20
CINDY LAMER	41	F	4:22:59

AMERICA DISCOVERY TRAIL MARATHON/HALF-MARATHON

September 4, 2006 Colorado Springs

Name	Age	Gen	PI	DivPI	Time	Event
MICHAEL QUISPE	40	M	11	2/35	1:25:21	Half
VALERIE SHOCKLEY	40	F	22	10/36	1:47:42	Half
JOHN LYNCH	42	M	97	21/35	1:52:35	Half
MARK STEVENS	48	M	156	28/33	2:07:40	Half
CARL MATHER	42	M	7	2/24	3:01:36	Marathon
JIM ROMERO	66	M	56	2/3	4:04:18	Marathon
MIKE JENSEN	42	M	80	17/24	4:21:52	Marathon
JARRETT ROBERTS	39	M	128	20/20	6:37:51	Marathon

PIKES PEAK ASCENT - 13MILES

August 19, 2006 Colorado Springs

Name	Age	Gen	GenPI	DivPI	Time
ADAM FEERST	46	M	43	5/166	2:59:08
MICHAEL QUISPE	39	M	112	25/198	3:16:50
JEFFREY BERNARDY	45	M	173	22/166	3:28:13
DAVID ROTHENBURGER	37	M	210	52/198	3:33:53
GREG WOSKOW	41	M	281	50/187	3:42:44
JAMES BRANSON	49	M	315	43/166	3:46:30
MARK STEVENS	48	M	551	77/166	4:12:10

PIKES PEAK MARATHON

August 20, 2006 Colorado Springs

Name	Age	Gen	GenPI	DivPI	Ascent	Descent	Total
MICHAEL ROBBERT	31	M	39	4/61	3:16:33	1:46:54	5:03:27
JEFF O'REILLY	46	M	155	28/83	3:48:59	2:18:24	6:07:23
JAMES BRANSON	49	M	266	42/83	3:55:07	2:59:41	6:54:48
KASANDRA ROBBERT	32	F	70	17/28	4:43:53	2:41:51	7:25:44
LEE RHODES	73	M	352	1/4	4:32:56	3:00:44	7:33:40

STEAMBOAT TRIATHLON

August 27, 2006 Steamboat Springs, Colorado

3/4 Mile Swim 20 Mile Bike 4 Mile Run

Name	Age	Gen	PI	Time	Div	Swim	Bike	Run	Pace
JOHN ESTES	54	M	442	2:42:12	M5054	44:17	1:08:57	39:47	9:57
STEPHANIE LARSEN	33	F	449	2:44:29	F3034	35:59	1:13:52	42:06	10:32

INDIAN PEAKS 10K TRAIL RUN

August 26, 2006 Nederland, CO

Name	Age	Gen	PI	DivPI	Div	Time
JUSTIN LITTLE	32	M	33	7/19	M3034	48:43
JIM ROMERO	66	M	92	1/2	M6569	58:37
CHRISTOPHE SIGEL	34	M	30	6/19	M3034	48:10
SCOTT MCFARLANE	55	M	107	3/6	M5559	1:01:21
ROSS WESTLEY	70	M	131	1/2	M7074	1:08:55

**Pilates Instruction
with
Doug Smith**

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More Racing in Other Places

jazz89 LABOR DAY RACE IN THE CITY

September 4, 2006 Washington Park

Name	Age	Gen	GenPI	OAPI	Time	Div	Event
SALIM HAJI	35	M	3	3	00:18:34.	35-39	Run
BRIDGET MACKINNON	29	F	1	5	00:19:25.	24-29	Run
LARRY STELLER	39	M	7	8	00:20:04.	35-39	Run
DEB CUNNINGHAM	44	F	2	17	00:21:36.	40-44	Run
JEFF OLSON	46	M	26	30	00:23:34.	45-49	Run
ED KING	53	M	28	32	00:23:42.	50-54	Run
DAVID HILL	55	M	30	34	00:23:51.	55-59	Run
JAY BOISSEAU	47	M	31	35	00:23:56.	45-49	Run
DENNIS DEPAKAKIBO	35	M	36	43	00:24:34.	35-39	Run
JAMES SIMPSON	31	M	38	46	00:24:42.	30-34	Run
LAURA KINNEY	19	F	13	55	00:25:51.	15-19	Run
ROSS KINNEY	47	M	43	57	00:25:53.	45-49	Run
JERRY O'DONNELL	60	M	50	66	00:26:48.	60-64	Run
PATRICIA SIMPSON	57	F	52	133	00:34:42.	55-59	Run
PENELOPE O'DONNELL	57	F	58	145	00:36:48.	55-59	Run
JANET FAIRS	63	F	70	170	00:43:19.	60-64	Run
JAN HILL	48	F	2		00:35:04.05		Walk
RICHARD ELLIS	67	M	2		00:38:28.38		Walk

EL GRITO 5K ROAD RACE

September 10, 2006 Denver

Name	Age	Gen	PI	Time	Pace	Event
JAY WISSOT	61	M	38	22:04	7:05	Run
SCOTT MCFARLANE	55	M	42	22:21	7:10	Run
J MARTINEZ	51	M	43	22:23	7:11	Run
JAMES SIMPSON	31	M	45	22:25	7:11	Run
ROSS WESTLEY	70	M	44	22:24	7:11	Run
DAVID HILL	55	M	46	22:35	7:15	Run
ROBERT ROMERO	60	M	69	23:59	7:42	Run
LEE BENGSTON	69	M	91	25:52	8:18	Run
JERRY O'DONNELL	60	M	99	26:08	8:23	Run
PENELOPE O'DONNELL	57	F	116	27:30	8:49	Run
HOLLY ROMERO	47	F	141	29:07	9:20	Run
PATRICIA SIMPSON	58	F	164	30:39	9:50	Run
BOB BUSSEY	71	M	187	33:24	10:43	Run
RHONDA ROMERO	36	F	221	52:05	16:42	Run
MARIE ROMERO	62	F	223	53:27	17:08	Run
SANDRA ROMERO	42	F	57	52:44	16:55	Walk

BERGEN PEAK 11.5 MILES

September 9, 2006 Evergreen

Name	Gen	PI	Time
JULI CLARK	F	9.	1:58:08
KEN SIMONS	M	23.	2:28:16



GOLDEN GALLOP 10K/5K

August 19, 2006 Golden

Name	Age	Gen	GenPI	Time	Event
CHARLES WESTLEY	70	M	20	56:48	10K

PEARL STREET MILE

August 17 Boulder

Name	Age	Gen	DivPI	Time	Div
GENE WASSMAN	42	M	30.	5:57	MastersMen
RAY SIBLEY	51	M	31.	7:07	50+Men
ROSS WESTLEY	70	M	106.	7:51	MassWaveMen
MICHAEL SIBLEY	12	M	163.	9:42	MassWaveMen

SPLASH MASH & DASH TRIATHLON

August 12, 2006 Highlands Ranch

Name	Gen	GenPI	Swim	Bike	Run	Time
CARL MATHER	M	2	11:01	38:58	23:11	1:15:11.8
ANTHONY BEESON	M	29	15:49	46:02	24:35	1:29:56.9

CMRA FAIRMONT 5K

August 16, 2006 Golden

Name	Age	Gen	PI	Time
MICHAEL QUISPE	39	M	4	19:57
KAREN VOSS	41	F	11	21:48*
JIM ROMERO	66	M	18	23:35
SCOTT MCFARLANE	55	M	20	24:14
MITCH CHESBRO	47	M	24	25:03*
ROSS WESTLEY	70	M	28	25:26
COLIN WHITMORE	43	M	29	25:45
ED YOUNGBERG	63	M	44	30:54
DAVE BLACK	55	M	50	35:32



FIRST AMERICAN STATE BANK FITNESS FESTIVAL 5K

September 9, 2006 Greenwood Village

Name	Age	Gen	GenPI	DivPI	Time	Nettime	Pace
ALYNN PARK	55	F	8	1/16	22:45	22:40	7:18
ROBERT REILLY	52	M	64	7/28	24:13	24:10	7:47
TRISHA DAVIS	55	F	28	2/16	25:59		

HOLY COW TRAIL STAMPEDE 10K

August 19, 2006 Westminster, CO.

Name	Age	Gen	GenPI	DivPI	OAPI	Time	Pace
DENNIS DEPAKAKIBO	35	M	28/53	10	39/106	51:53	8:23

TEVA BERRY PICKER 5K

August 13, 2006 Vail

Name	Age	Gen	DivPI	Time
JIM ROMERO	66	M	1.	50:16



MUDDY BUDDY RIDE & RUN

August 20, 2006 Boulder

Team	Name	Name	PI	Div	Time
FILTHY AND FORTY	DONNA KIMBLE	RHONDA REICHARDT	172	F7094	49:50.8
MEDIOCRE	STEVE SCHOMMER	KERRI SCHOMMER	562	C7694	1:00:35.5
MISFITS	JIM ALBERTZ	DENISE BLANDFORD	586	C6675	1:01:19.1

CMRA ELK MEADOW 10K

August 27, 2006 Evergreen

Name	Age	Gen	PI	Time
JIM ROMERO	66	M	10.	49:49
GEORGE HUNER	53	M	11.	49:50
SCOTT MCFARLANE	55	M	15.	54:13
MITCH CHESBRO	47	M	17.	54:44
LEE BENGSTON	69	M	21.	58:55
RICK VOORHEES	53	M	26.	63:53

Trophy Series Roundup

By Mike Knipps

The weather for the September 9-mile race was actually cool, a big change from past hot weather conditions. It wasn't a big crowd at the race, and that affected the yearly competitions. Edwin Quintanilla won the race over second-place George Huner, with Bryon Dathe, Rick Voorhees, and Stacy Russell rounding out the top five. In the fastest male competition, Tim Gentry added another win to his collection with Mike Quispe in second and Salim Haji in third. In the women's comp, Bonnie Keefe took first with Deb Cunningham and Stacy Russell in second and third places. In the walkers comp, Richard Ellis took first with Chuck Thies and Ed Guiff second and third. For the year-to-date (YTD) comps, Rick Voorhees continues to lead in the total points for the year in the main Trophy Series with Dennis Depakakibo close behind, followed by Mike Knipps, Rick Edrich and Bonnie Keefe to round out the top 5. When dropping the two lowest scores (T-2), the rankings mix up a bit with Depakakibo having a 40 point lead over Voorhees and Bryon Dathe moves up into third place. For fastest male, Michael Quispe leads in total score, followed by John Bullock and Tim Gentry. For T-2 rankings, Gentry goes to first with Quispe in second. In the women's comp, Deb Cunningham and Bonnie Keefe are running a close 1-2 on total score, with Bonnie continuing to close the gap. Should be interesting to see how this closest of the YTD comps will turn out.

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

September 10, 2006 9 Mile, Westminster City Park

PLACE	NAME	AGE	-----TIMES-----				---HANDICAP---			-----POINTS-----		
			START	ACT'L	FINISH	PACE	PLACE	NEW	OLD	TS	SCRATCH	#
1	Quintanilla, Edwin	28	35:34	1:01:50	1:37:24	6:52	8	59	70	100.00	81.33	4
2	Huner, George	53	25:46	1:12:39	1:38:25	8:04	14	78	86	97.89	65.33	8
3	Dathe, Bryon	38	1:42	1:37:09	1:38:51	10:48	30	112	118	95.79	22.67	8
4	Voorhees, Rick	53	17:27	1:22:13	1:39:40	9:08	27	93	98	93.68	30.67	9
5	Russell, Stacy	39	23:46	1:16:27	1:40:13	8:30	3	84	89	91.58	85.45	7
6	Depakakibo, Dennis	36	24:27	1:16:00	1:40:27	8:27	17	83	88	89.47	57.33	8
7	Quispe, Michael	40	43:24	0:57:29	1:40:53	6:23	2	49	55	87.37	97.33	9
8	Basse, Bob	51	40:56	1:00:04	1:41:00	6:40	4	55	60	85.26	92.00	7
9	Cunningham, Deb	44	34:26	1:07:10	1:41:36	7:28	2	69	72	83.16	92.73	9
10	Keefe, Bonnie	41	35:34	1:06:12	1:41:46	7:21	1	67	70	81.05	100.00	9
11	Chesbro, Mitch	48	25:07	1:16:58	1:42:05	8:33	20	85	87	78.95	49.33	9
12	Edrich, Rick	46	40:56	1:01:11	1:42:07	6:48	6	57	60	76.84	86.67	9
13	Robbert, Michael	31	40:56	1:01:15	1:42:11	6:48	7	57	60	74.74	84.00	7
14	Bullock, John H. Jr.	44	41:56	1:00:21	1:42:17	6:42	5	56	58	72.63	89.33	9
15	Gentry, Tim	44	45:43	0:56:35	1:42:18	6:17	1	47	50	70.53	100.00	8
16	Beebe, Kerry	51	7:29	1:35:12	1:42:41	10:35	9	110	111	68.42	41.82	8
17	Knipps, Mike	54	21:01	1:21:47	1:42:48	9:05	26	92	93	66.32	33.33	9
18	Head, Curtis	52	28:22	1:14:49	1:43:11	8:19	16	82	82	64.21	60.00	5
19	Sibley, Ray	52	18:10	1:25:10	1:43:20	9:28	28	97	97	62.11	28.00	7
20	Haji, Salim	35	43:24	1:00:03	1:43:27	6:40	3	55	55	60.00	94.67	6
21	Robinette, Ric	54	27:44	1:16:06	1:43:50	8:27	18	84	83	57.89	54.67	9
22	Applegate, Ken	58	37:15	1:06:45	1:44:00	7:25	10	68	67	55.79	76.00	9
23	Fornia, William	47	27:44	1:16:18	1:44:02	8:29	19	84	83	53.68	52.00	3
24	Gray, Rob	56	36:41	1:07:22	1:44:03	7:29	11	69	68	51.58	73.33	6
25	Mitchell, Leslie	45	24:27	1:19:40	1:44:07	8:51	5	89	88	49.47	70.91	4
26	Rothenburger, David	38	42:26	1:02:25	1:44:51	6:56	9	58	57	47.37	78.67	8
27	Struble, Brian	39	35:34	1:09:19	1:44:53	7:42	13	71	70	45.26	68.00	9
28	Struble, Stephanie	39	22:24	1:23:21	1:45:45	9:16	6	92	91	43.16	63.64	7
29	Scheibe, Charles	51	25:07	1:20:45	1:45:52	8:58	24	91	87	41.05	38.67	2
30	Arman, Jesse	55	10:39	1:35:57	1:46:36	10:40	29	108	107	38.95	25.33	6
31	Evans, Michelle	39	19:36	1:27:24	1:47:00	9:43	8	96	95	36.84	49.09	8
32	Meacham, Lance	39	38:52	1:08:09	1:47:01	7:34	12	66	64	34.74	70.67	8
33	Olson, Jeffrey	47	28:22	1:19:02	1:47:24	8:47	23	83	82	32.63	41.33	9
34	Davis, Trisha	55	23:06	1:24:19	1:47:25	9:22	7	93	90	30.53	56.36	6
35	Knipps, Joy	49	-12:34	2:00:28	1:47:54	13:23	10	135	134	28.42	34.55	7
36	Smith, Douglas	56	29:37	1:19:00	1:48:37	8:47	22	81	80	26.32	44.00	8
37	O'Dell, Bill	47	37:47	1:17:37	1:55:24	8:37	21	67	66	24.21	46.67	3
38	Allendorf, Brett	37	35:34	1:20:48	1:56:22	8:59	25	71	70	22.11	36.00	9

RMRR RACEWALKERS, SEPTEMBER 2006 TROPHY SERIES

Place	NAME	AGE	-----TIMES-----				---HANDICAP---			TS Pts	Races
			START	ACT'L	FINISH	PACE	NEW	OLD			
1	Ellis, Richard H.	67	-19:17	1:53:58	1:34:41	12:40	132	141	100	2	
2	Thies, Chuck	59	-7:57	1:43:56	1:35:59	11:33	121	129	84	9	
3	Guiff, Ed	62	-5:15	1:44:13	1:38:58	11:35	121	126	68	8	
4	Blanchard, Michael	45	18:10	1:25:11	1:43:21	9:28	97	97	52	9	
5	Lyle, John	73	-22:15	2:10:53	1:48:38	14:33	146	144	36	8	

RMRR NEW RACERS, SEPTEMBER 2006 TROPHY SERIES 5k

R/W	NAME	AGE	-----TIMES-----				---HANDICAP---		---POINTS---	
			START	ACT'L	FINISH	PACE	GEND PLACE	NEW	TS	SCRATCH
R	Gillikin, David	51	25:46	1:14:44	1:40:30	8:18	15	81	60	62.67
R	Parra, Marissa Lynn	24	24:27	1:18:12	1:42:39	8:41	4	87	60	78.18
R	Marshall, Barbara		7:29	2:22:08	2:29:37	15:48	11	160	60	27.27

RACEWALKER OVERALL STANDINGS

PI	Name	Gen	Total Points	#	Ave Points
1	Chuck Thies	M	709.33	9	78.81
2	Michael Blanchard	M	700.00	9	77.78
3	Ed Guiff	M	604.00	8	75.50
4	John Lyle	M	398.67	8	49.83
5	Richard H. Ellis	M	160.00	2	80.00
6	Jan Hill	F	88.00	2	44.00
7	Cynthia Chow	F	40.00	1	40.00

NON-MEMBERS, SEPT. TROPHY SERIES

R/W	NAME	START	ACT'L	FINISH	PACE
R	Leon Erickson	13:44	1:22:41	1:36:25	9:11
R	Valerie Pauwels	10:05	1:27:14	1:37:19	9:42
R	Catherine Kunst	10:39	1:27:01	1:37:40	9:40
R	Thad Tilton	17:27	1:21:14	1:38:41	9:02
R	Linda Porter	5:51	1:33:04	1:38:55	10:20
R	Jeremiah Lindemann	29:00	1:13:06	1:42:06	8:07
R	Doug Croft	46:10	0:56:02	1:42:12	6:14
R	Tim Bricker	31:28	1:11:15	1:42:43	7:55
R	Jill Bicker	22:24	1:21:08	1:43:32	9:01
R	Chris gille	0:00	1:43:57	1:43:57	11:33
R	Angela Murtha	0:00	1:43:58	1:43:58	11:33
R	Lori Crystal	4:13	1:39:46	1:43:59	11:05
R	Melissa Ford	12:58	1:31:49	1:44:47	10:12
R	Kelly Ward	5:51	1:40:08	1:45:59	11:08
R	Nicole Urbaniak	5:51	1:40:09	1:46:00	11:08
R	Beth Hoffman	7:29	1:40:23	1:47:52	11:09

**Fast Finishers
Bonnie Keefe and Tim Gentry**



September Trophy Series Winners



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 TROPHY SERIES OVERALL STANDINGS
SEPTEMBER, 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	Rick Voorhees	M	697.62	9	77.51	1	Michael Quispe	854.39	9	94.93	1	Deb Cunningham	876.62	9	97.40
2	Dennis Depakakibo	M	686.08	8	85.76	2	John H. Jr. Bullock	817.21	9	90.80	2	Bonnie Keefe	858.66	9	95.41
3	Mike Knipps	M	643.65	9	71.52	3	Tim Gentry	787.42	8	98.43	3	Stacy Russell	576.48	7	82.35
4	Rick Edrich	M	634.85	9	70.54	4	Rick Edrich	774.04	9	86.00	4	Michelle Evans	541.51	8	67.69
5	Bonnie Keefe	F	629.15	9	69.91	5	Ken Applegate	722.05	9	80.23	5	Stephanie Struble	528.47	7	75.50
6	Mitch Chesbro	M	623.96	9	69.33	6	David Rothenburger	706.26	8	88.28	6	Lisa Champeau	496.22	6	82.70
7	Michael Quispe	M	616.39	9	68.49	7	Brian Struble	683.48	9	75.94	7	Trisha Davis	425.47	6	70.91
8	Bryon Dathe	M	608.45	8	76.06	8	Lance Meacham	668.02	8	83.50	8	Alicia Nix	420.30	8	52.54
9	Ken Applegate	M	587.07	9	65.23	9	Bob Basse	623.13	7	89.02	9	Dyan Piscopo	366.59	7	52.37
10	John H. Jr. Bullock	M	571.90	9	63.54	10	Brett Allendorf	611.98	9	68.00	10	Heather Reddy	363.20	7	51.89
11	Kerry Beebe	F	552.52	8	69.06	11	Michael Robbert	587.65	7	83.95	11	Sarah Mathiesen	360.63	4	90.16
12	Deb Cunningham	F	549.27	9	61.03	12	Scott Kukel	585.93	6	97.66	12	Leslie Mitchell	325.42	4	81.35
13	Dyan Piscopo	F	547.51	7	78.22	13	Ric Robinette	572.97	9	63.66	13	Kerry Beebe	312.57	8	39.07
14	Ric Robinette	M	545.83	9	60.65	14	Salim Haji	567.09	6	94.52	14	Karen Voss	290.00	3	96.67
15	Brett Allendorf	M	543.24	9	60.36	15	Jeffrey Olson	492.77	9	54.75	15	Carmen Kitts	262.93	4	65.73
16	George Huner	M	542.48	8	67.81	16	Gordon Haller	470.26	7	67.18	16	Renee Withrow	249.30	6	41.55
17	Lance Meacham	M	531.49	8	66.44	17	Rob Gray	459.39	6	76.56	17	Holly Whelan	232.38	4	58.10
18	Douglas Smith	M	528.81	8	66.10	18	Mitch Chesbro	458.96	9	51.00	18	Alice Bedard-Voorhees	225.64	5	45.13
19	Brian Struble	M	527.64	9	58.63	19	George Huner	445.28	8	55.66	19	Karen Okamoto	213.26	4	53.31
20	Tim Gentry	M	502.84	8	62.86	20	Douglas Smith	434.88	8	54.36	20	Kasandra Robbert	206.98	3	68.99
21	Bob Basse	M	498.66	7	71.24	21	Scott McFarlane	404.79	7	57.83	21	Joy Knipps	188.70	7	26.96
22	Jeffrey Olson	M	471.53	9	52.39	22	Rich Carney	385.70	5	77.14	22	Franki Gomez	186.98	2	93.49
23	Alicia Nix	F	470.22	8	58.78	23	Adam Lee	381.28	6	63.55	23	Shannon Chase	131.43	2	65.71
24	Michael Robbert	M	463.80	7	66.26	24	Adam Feerst	379.42	4	94.86	24	Hille Dais	128.57	3	42.86
25	Stacy Russell	F	456.06	7	65.15	25	Scott Hogg	376.40	5	75.28	25	Janet Fairs	114.01	4	28.50
26	Gordon Haller	M	441.29	7	63.04										
27	Heather Reddy	F	409.85	7	58.55										
28	Ray Sibley	M	409.09	7	58.44										
29	Scott Kukel	M	405.36	6	67.56										
30	Kyle Armstrong	M	402.36	5	80.47										
31	Michelle Evans	F	401.97	8	50.25										
32	Rob Gray	M	399.34	6	66.56										
33	David Rothenburger	M	393.76	8	49.22										
34	Salim Haji	M	377.89	6	62.98										
35	Scott Hogg	M	367.72	5	73.54										
36	Dean Raish	M	365.25	6	60.88										
37	Rich Carney	M	365.06	5	73.01										
38	Stephanie Struble	F	355.77	7	50.82										
39	Lisa Champeau	F	339.93	6	56.66										
40	Trisha Davis	F	336.10	6	56.02										
41	Larry Mudron	M	336.01	4	84.00										
42	Lee Bengston	M	329.97	6	55.00										
43	Scott McFarlane	M	327.54	7	46.79										
44	Adam Feerst	M	321.93	4	80.48										
45	Bill Ahlers	M	312.75	4	78.19										
46	Justin Little	M	296.57	4	74.14										
47	Sarah Mathiesen	F	294.45	4	73.61										
48	Allan Nickels	M	283.33	4	70.83										
49	Alice Bedard-Voorhees	F	282.53	5	56.51										
50	Joy Knipps	F	280.53	7	40.08										



Mike Blanchard representing the Racewalk Winners at the September Trophy Series Race

**IMPORTANT
DATE CHANGE**

The October Trophy Series Race has been changed to Saturday, October 7 because of the Komen Denver Race for the Cure, which is being held on October 8.

**Joining
RMRR**



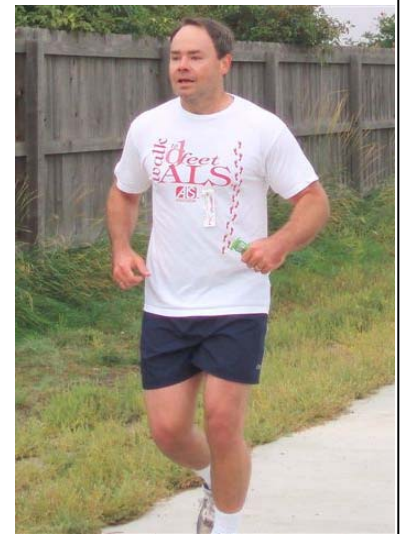
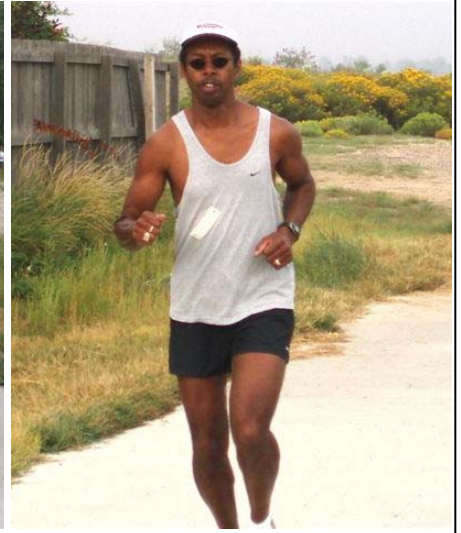
Membership is \$30 for individuals, \$40 for couples and families, and \$10 for volunteer members. (Note that the volunteer membership does not include entry into the monthly Trophy Series races.)

- 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 September Trophy Series Race

Courtesy of Trey Kelly



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.

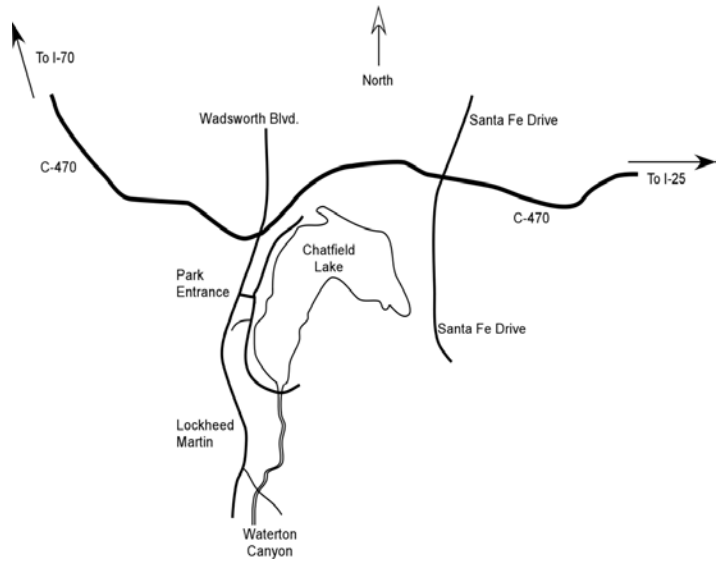
Sample 8 mi Start Times	
HCP	Start
120	0:00
110	7:18
100	14:05
90	20:22
80	26:07
70	31:22
60	36:05
50	40:18
40	44:00

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 October Trophy Series 8 mi Chatfield State Park Saturday, October 7, 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.

Rules:

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

Race Walkers must follow USATF

Thank You for Supporting RMRR



Running Wild



POTTS TROTTERS



OCTOBER 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 RMRR Marathon Training Series Race 20 miles, 7am Westminster City Park</p> <p>Fans on the Field Run/Walk 9am Invesco Field (6)</p>	<p>2 RMRR Board Meeting, 7 pm Wild Oats</p>	<p>3 Wash Park Fun Run 6:00 pm, South High Parking Lot (1)</p>	<p>4 Track Workout 6:15pm Denver Lutheran High School</p>	<p>5 Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>6</p>	<p>7 RMRR Trophy Series, 9 am 8 miles Chatfield State Park (1)</p>
<p>8 High 5 Five Mile Run Centennial Middle School, Boulder (7)</p>	<p>9</p>	<p>10 Washington Park Fun Run, 6:00 pm, South High Parking Lot (1)</p>	<p>11 Track Workout 6:15pm Denver Lutheran High School</p>	<p>12 Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>13</p>	<p>14 RMRR Training Run, 8 am Goodson Rec. Center DeKoven Prk, Littleton (1)</p> <p>Barr Lake Boogie 15K Trail Run Barr Lake State Park (3)</p>
<p>15 Coal Creek Cross Country Challenge 5.5 mi 9am Louisville (4)</p>	<p>16</p>	<p>17 Washington Park Fun Run, 6:00 pm, South High Parking Lot (1)</p>	<p>18 Track Workout 6:15pm Denver Lutheran High School</p>	<p>19 Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>20</p>	<p>21 RMRR Training Run, 8 am Goodson Rec. Center DeKoven Prk, Littleton (1)</p> <p>Living with MS 5K Run, Walk, or Roll 9am Littleton (7)</p> <p>Trail Running 101 Form Clinic (8)</p>
<p>22 Run for RMSEL 5K 9am Cook Park (7)</p>	<p>23</p>	<p>24 Washington Park Fun Run, 6:00 pm, South High Parking Lot (1)</p>	<p>25 Track Workout 6:15pm Denver Lutheran High School</p>	<p>26 Trail Run 5:30 pm or 6:15 pm (2)</p>	<p>27 Scream Scram 5K 6pm Wash Park (6)</p>	<p>28 RMRR Training Run, 8 am Goodson Rec. Center DeKoven Prk, Littleton (1)</p>
<p>29 Halloween Hustle 5K Run/Walk 9am Wash Park (6)</p> <p>Trail Running 101 Form Clinic (8)</p> <p><i>Remember to Turn Back your Clocks!!!</i></p>	<p>30 RMRR Board Meeting, 7 pm Wild Oats, Wash Park</p>	<p>31 Washington Park Fun Run, 6:00 pm, South High Parking Lot (1)</p>	<p>(1) www.rmrr.org (2) www.groups.yahoo.com/group/denvertrailrunners, 303-282-392 (3) www.racingunderground.com (4) www.comastersrun.org (5) www.racingunderground.com (6) www.bkbltd.com (7) www.active.com (8) www.runuphillracing.com, 303-870-0487</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	9.75	Michael Heitz	4.75	Dyan Piscopo	1.50
Mike Acosta	16.25	Dave Hill	9.75	Dean Raish	7.50
Brett Allendorf	5.00	Jan Hill	5.75	Heather Reddy	27.50
Ken Applegate	12.00	Olga Hnizdil	6.50	Bob Reilly	14.00
Mark Ballard	5.50	Amanda Huggenkiss	0.50	Lee Rhodes	7.50
Bob Basse	27.00	Kendall Jamison	0.50	Myra Rhodes	7.50
Jim Beebe	2.00	T.J. Johnson	1.00	Rosalie Richter	30.75
Anthony Beeson	2.50	Mark Johnson	0.50	Sharyl Riley	37.75
Nick Benjamin	3.75	Potts Jones	16.50	Mike Robbert	23.25
Michael Blanchard	21.75	Bonnie Keefe	58.25	Kasey Robbert	7.50
Forrest Blassingame	4.25	Carmen Kitts	17.00	Rochelle Robi nette	9.50
Kolene Brown	14.50	Mike Knipps	7.50	Ric Robinette	14.00
Lisa G. Champeau	65.50	Joy Knipps	7.50	Mike Rotch	5.00
Keith Champeau	17.75	Carl Koecher	18.75	David Rothenburger	3.25
Mitch Chesboro	2.50	Howard Kumpf	13.50	Jeoungmin Seouk	7.50
Jim Chow	21.25	Brad LaBarry	17.50	Liz Shepard	18.75
Dave Cunningham	4.50	Justin Little	4.00	Ray Sibley	13.50
Deb Cunningham	65.50	John Lyle	48.75	Doug Smith	136.00
Amelia Cunningham	8.50	Betsy Lyle	45.25	Andrea Smith	4.50
Trisha Davis	11.00	Tom Mates	29.50	Liz Stolz	34.50
Danny Dounglomchunt	2.25	David Mayhew	1.50	Stephanie Struble	48.75
Rick Edrich	7.00	Carl McNew	1.25	Brian Struble	38.00
Alex Eusebio	7.50	Lance Meacham	15.25	Peter Szymanski	4.00
Michelle Evans	27.25	Leslie Mitchell	11.50	Jean Townsend	3.00
Janet Fairs	47.00	Gigi Nichols	5.00	Mike Vanoni	12.00
Adam Feerst	22.75	Alicia Nix	25.25	Chris Vanoni	36.00
Tim Gentry	1.00	Lyndzey Nix	4.00	Megan Vanoni	7.50
Janet Gold	10.00	Jeff Olson	41.25	Rick Voorhees	2.50
Rob Gray	10.50	Lisa Paige	1.50	Karen Voss	27.00
Ed Guiff	10.00	Marissa Lynn Parra	3.25	Don Weston	7.50
Gene Hardy	4.50	John Pawlowski	9.00	Holly Whelan	26.00



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

Holly Whelan	2	Diane Williams	15
Shannan Steele	2	William Quintanilla	15
Kerry Beebe	3	Margaret Fee	16
David Farr	3	David Daniel Knapp	16
Aidan LaVigne	4	Jenny Carlin	19
Kim Hartwig	5	Dennis Jouett	22
Liz Shepard	5	Steve Phenix	22
Jennifer Bossard	5	Kimberly Shelton	22
Paul Rundle	6	JT French	23
Michelle Evans	7	Chuck Thies	24
Dyan Piscopo	9	Chris Fornia	24
Jessey Chamberlain	9	Joe Young	25
Karen Hoffman	12	Patricia Heid	25
Bill O'Dell	14	Ron Furr	28
Pam Lachor	14	Jane Whiteley	29
Mark Chase	15	Laurie Phenix	29

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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