



News on **ROCKY MOUNTAIN ROAD RUNNERS** The Run

A Letter from the President...

Letter from the President



If you let the rain keep you inside instead of coming to the August Trophy Series and cookout, you missed out on a great night of racing and eating. On the racing side, we had a first-timer leap to the top of the scratch times, so congratulations to our Fast Female, Lindsay Krause. More importantly, on the eating side, the reduced turnout meant that everybody got as many burgers and hot dogs as they could eat, and many went home with care packages of burgers or buns to hold their own home version of the RMRR Cookout. I especially want to thank Alicia Nix for her hard work in directing the race, Lee and Carol Bengston for gathering up the food, Mike Vanoni and Ray Sibley for manning the grill, and everybody who brought goodies to share. And, last, I want to thank the people from O Infused Water for showing up again to hand out some of their products.

There's still one last chance to get in a long run before the fall marathons. Our last Marathon Training Series run is a 20-miler on September 23 in Westminster. If your plans for the fall only go as far as a half-marathon, feel free to run it as a 10-miler training instead.

Speaking of fall marathons, Bob Basse has been, on behalf of RMRR, in contact with the new race director of the Boulder Backroads Marathon, which rumor has it will soon be known as the "Boulder Marathon." The course is still the same, and the new owner has been generous enough to offer us a couple of complimentary entries which we'll raffle off at the September Trophy Series.

The Boulder Marathon isn't the only thing with a new owner. Doug Smith informs us that two of the local Runner's Roost stores have changed ownership, but all locations will still offer 15% discounts to RMRR members. More importantly, the Colorado Blvd store has generously offered to donate a couple of gift certificates for the September Trophy Series raffle.

Finally, the year is rapidly coming to an end. Please consider donating your time and talents to RMRR next year. Specifically, we are always interested in new board members, and we will need a volunteer coordinator to replace Lisa G. We are also looking for someone to replace Brad to do the timing, although a few people have expressed interest in this position. Let us know if you have any special talents and we will gladly put them to use.

See you Sunday September 9 at Chatfield.

"Get Hip". This is the 2nd/4 articles about hips beginning August, 07.

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

In the 1st article, "Get Hip", a specific exercise for strengthening the hip joint was provided. In this article we will explore a commonly used warm-up activity, grapevines, in which the body is sideways and moves by crossing one foot/leg over the other repeatedly by using the hip adductors and abductors. We have often seen people doing this activity while their arms are held straight out to the sides and up on their toes. Doing it this way *does not* translate into good running form and will be harmful for your low back due to a swivel action or twisting.

When both arms are lifted symmetrically out to the side and held, the result is an exaggerated lift of the rib cage and arching of the lumbar spine forcing a counter balance position of up-on-toes. The bottom line is an arched back, twisting in the low back and tightening of the calves and quadriceps muscles (up-on-toes).

Try this activity out as a way to strengthen and mobilize your hips while toning the inside aspect of your whole leg. The set up is the same initially and do this on a flat surface, preferably at the gym or track. Start with your body sideways and place your shoulders and arms in "running position". Cross one foot/leg over the other to move yourself forward. The key is to land or place your whole foot and not land on toes. Your knees will be in a softer position similar to the shock absorption phase in your running. By whole foot we are referring to the area right under or just forward of the middle of the heel to the ball of the foot. This is your platform for shock absorption just prior to push off in running. Try out this activity and let us know how you like it at the next trophy series run on September 9th.

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.

**2007 RMRR
Executive Committee**

President

Stephanie Struble, 303-333-0173

Vice President

Bob Reilly, 303—522-5410

Secretary

Deb Cunningham, 303-331-8323

Treasurer

Leslie Mitchell

Race Committee Chairpersons

Ric Robinette, 303-915-2862

Membership

Laurie Phenix

Board Positions**Board Members at Large**

Bob Basse, 303-733-7307

Karen Voss Szymanski, 303-433-7378

Bonnie Keefe, 303-741-4065

Doug Smith, 303-741-4065

Training/Track Workouts

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Scott Kukel

Devin Croft

Dan Haney

Volunteer Coordinator

Lisa Champeau, 303-777-2261

Communications

Michelle Evans

Computer Database/Race Scoring

Brad Labarry

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

Betsy Lyle

Quartermaster

John Lyle

Newsletter rmrrnewsletter@yahoo.com

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Stephanie Struble

Chris Vanoni

Holly Whelan

Web Team

Jim Chow, Webmaster

Deb Cunningham, Photo Editor

Mechanic

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Race Permits

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Allied Clubs**[Colorado Masters Racing Association](#)**

President: Ken Simons

[Colorado Columbines](#)

President: Jenn Becker

[Front Range Walkers](#)

Guru: Bob Carlson

[Potts Trotters](#)

Fearless Leader Parthenia (Potts) Jones

[Phidippides Track Club](#)

President: Matt Steinberg

Race Schedule

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

Trophy Series Races					
Date	Time	Distance	Location	Race Director	
Sun Sep 9	8:00 AM	8 MI	CHATFIELD RESERVOIR	Rick Voorhees/John Bullock	
Sun. Oct 7	9:00 AM	10 MI	WATERTON CANYON	Ray Sibley	
Sun. Nov 4	9:00 AM	9 MI	WESTMINSTER CITY PARK	Ric Robinette, Race Dir. Training	
Sun. Dec 2	9:00 AM	4.4 MI	WASHINGTON PARK	OPEN	

Fall Marathon Training Series Schedule

Sun. Aug. 26	8 a.m.	20 mi	FRONT RANGE COM COLL	Holly Whelan
Sun. Sep. 23	8 a.m.	20 mi	WESTMINSTER CITY PARK	Bonnie Keefe/Doug Smith



Thanks to all the
Volunteers at the
August Trophy Series
Race and
Annual Barbecue!



Training

Group Runs

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

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

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

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

Track Workouts

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

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

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

Training Partner Program

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

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

Training Advice

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

Trail Running

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

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

BOARD MEETING MINUTES

July 30, 2007 RMRR - Board Meeting Agenda

Attendees: Brian Bergevin, Ric Robinette, Brad LaBerry, Michelle Evans, Holly Whelan, Lisa Champeau, Bonnie Keefe, Alicia Nix, Doug Smith, Stephanie Struble, Bob Rielly, Deb Cunningham

Trophy Series

1. August TS
 - Need to create Costco shopping list for Lee: Club provides burgers
 - Ric Robinette will help Alicia set up the course. Oh water will be at the TS.

Marathon Training Series

1. Have the prizes courtesy of Runner's roost. 2 x \$20 gift certificates, two marathon caps, two pr socks.
2. Volunteers. Have 7 vols, that's enough.

Volunteer Issues:

1. Lisa G. unable to continue with all of her duties. Bonnie Keefe will finish out the year as volunteer coordinator. Bob Reilly agreed to take over VOM articles for newspaper

2. Volunteer of the Month – Rochelle Robinette for her help w/ the TS timing.

Operational Items:

1. Treasurer's Report – Leslie cannot attend, will fax report. Have not yet received Colfax revenue. Had a good month with Space Age.
2. Timers
Brad looked at the timer from the Vanonis. He was able to get the info downloaded into his pc. These timers are bigger than ours. Also the battery is a rechargeable, meaning we need to remember to charge them.

Vanonis have a demo unit that they bought from a distributor. Stephanie will check the cost & availability of a refurbished unit vs a new one.

Board agreed to purchase one new timer.

3. RacingColorado.com – distribution of magazines
This publication will mail us some magazines to hand out at races.
4. Need replacement for Brad

Goals for 2007 - Increasing Memberships

1. Poster – updated poster. The board suggested more changes. Stephanie will get price quotes for quantities & sizes.
2. Member Survey – The president was full of excuses about why the survey wasn't completed. She said something about surgery...

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AURORA 303.695.8801 E Iliff Ave @ Peoria 8am-9pm Mon-Sat 8am-8pm Sunday	LITTLETON 303.798.9699 S Univ. Blvd @ Orchard 7am-9pm Mon-Sat 8am-9pm Sunday
CAPITOL HILL 303.832.7701 E 11th Ave @ Ogden 7am-10pm Everyday	WASHINGTON PARK 303.733.6201 S Washington St @ I-25 7am-10pm Everyday
COLORADO BLVD 303.691.0101 S Colorado @ Kentucky 7am-10pm Everyday	WEST DENVER 303.277.1339 14357 W Colfax @ Indiana 7am-10pm Everyday
LITTLETON 720.214.3174 8194 S Kipling Pkwy 7am-10pm Everyday	WESTMINSTER 303.650.2333 N Sheridan Blvd @ 92nd 7am-10pm Everyday

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Racing in Other Places

Compiled by Chris Vanoni

GOLDEN GATE CANYON TRAIL RUN 12.7MI/5K

July 21, 2007 Golden Gate Canyon State Park

Name	Gen	Place	Time	Pace	Event
HECTOR MARTINEZ	M	14	1:49:04	8:35	12.7 mile
JUSTIN LITTLE	M	19	1:50:44	8:43	12.7 mile
MICHAEL ROBERT	M	20	1:51:17	8:46	12.7 mile
ANDY MOYER	M	43	2:05:11	9:51	12.7 mile
JEFFREY YOUNG	M	44	2:05:36	9:53	12.7 mile
MILTON SAFFRY	M	61	2:13:59	10:33	12.7 mile
SCOTT VANEYK	M	86	2:22:47	11:15	12.7 mile
ROBERT SIBLEY	M	96	2:28:46	11:43	12.7 mile
BONNIE KEEFE	F	97	2:29:02	11:44	12.7 mile
SCOTT MCFARLANE	M	104	2:33:00	12:03	12.7 mile
DOUG SMITH	M	107	2:34:56	12:12	12.7 mile
KEN SIMONS	M	114	2:37:56	12:26	12.7 mile
LEE BENGSTON	M	124	2:51:33	13:30	12.7 mile
HOLLY ROMERO	F	136	3:29:34	16:30	12.7 mile
BILL MOYLE	M	138	3:32:12	16:43	12.7 mile
ERIK SPRINGER	M	14	27:25		5K



KID'S CURE FOR CANCER 5K

July 28, 2007 Denver

Name	Age	Gen	GenPI	PI	Div	DivPI	Time	Pace
TRACY PETERSON	34	M	15th	15	30-34	2nd	20:31	6:37
BILL O'DELL	48	M	22nd	22	45-49	1st	21:05	6:48
DEREK FUCHSBERGER	14	M	27th	27	10-14	3rd	21:26	6:54
FELIX LOPEZ	54	M	30th	30	50-54	2nd	21:55	7:04
MICOL ROTHMAN-HAJI	35	F	6th	44	35-39	1st	22:55	7:23

CLASSIC 10K

July 28, 2007 Colorado Springs

Name	Age	Gen	GenPI	Time	Pace
CRAIG EWING	54	M	114	46:45	7:32
DANIEL GANNON	48	M	150	49:38	8:00

BOULDER STROKE & STRIDE #9

August 2, 2007 Boulder Reservoir

Name	Age	Gen	PI	Div	Time	Swim	Run	Event
MICK VOLLMAR	53	M	54	M5054	47:00	17:13	26:45	750MSwim5KRun

INDIAN PEAKS 10K TRAIL RUN

August 4, 2007 Nederland, CO

Name	Age	Gen	PI	Div	Time	Pace
TED ROMERO	26	M	19	M2529	47:10	7:37
JUSTIN LITTLE	33	M	23	M3034	48:38	7:51
SCOTT VANEYK	37	M	82	M3539	58:16	9:24
JIM ROMERO	67	M	107	M6569	1:02:35	10:06
SCOTT MCFARLANE	56	M	135	M5559	1:07:59	10:58
KEN SIMONS	69	M	144	M6569	1:10:46	11:25
SUSAN WESCOTT	43	F	151	F4044	1:11:43	11:34



TEVA-VAIL 1/2 MARATHON

July 22, 2007 Vail

Name	Age	Gen	DivPI	OAPI	Time	Div
JEFFREY BERNARDY	46	M	16.	71	2:39:33	40-49
JIM ROMERO	67	M	2.	84	2:44:41	60+
MARK STEVENS	48	M	32.	149	3:09:11	40-49
BILL MOYLE	68	M	5.	193	3:58:46	60+

BOULDER PEAK TRIATHLON

July 22, 2007 Boulder

Name	Gen	GenPI	OAPI	DivPI	Div	Swim	Bike	Run	Pace	Time
WILL NOTTINGHAM	M	341	430/1417	61/129	M30-34	00:30:01	01:18:50	00:53:13	00:08:35	02:45:54
KARL FLEISCHER	M	634	916/1417	84/106	M45-49	00:29:22	01:29:50	01:06:33	00:10:44	03:09:38
JEFFREY KERN	M	769	1249/1417	42/50	MCLYDES	00:35:20	01:40:13	01:15:54	00:12:14	03:39:41
MICHAEL BURN	M	807	1344/1417	46/50	MCLYDES	00:50:08	01:42:52	01:22:24	00:13:17	04:06:09

MILES FOR MIRACLES 5K

July 22, 2007 Denver

Name	Gen	OAPI	DivPI	GenPI	Time	Pace
FELIX LOPEZ	M	13	1/14	11/92	21:43	7:00
DEREK FUCHSBERGER	M	33	5/9	24/92	24:26	7:52
ROSS WESTLEY	M	38	1/2	29/92	24:58	8:02
JANE WHITELEY	F	55	1/16	14/119	27:56	9:00
LISA WILSON	F	96	10/26	41/119	34:11	11:01
DAN PRICE	M	112	12/17	61/92	36:26	11:44



DIP & DASH RACE #7

July 24, 2007 Aurora

Name	Age	Gen	PI	Div	Time	Swim	Run	Event
MARY PITZ	44	F	89	F4044	1:12:54	31:28	38:42	750MSwim5KRun

BOULDER STROKE & STRIDE #8

July 26, 2007 Boulder Reservoir

Name	Age	Gen	PI	Div	Time	Swim	Run	Event
MICK VOLLMAR	53	M	32	M5054	44:37	15:07	27:19	750MSwim5KRun

SPRING CREEK MEMORIAL

July 28, 2007 Steamboat Springs

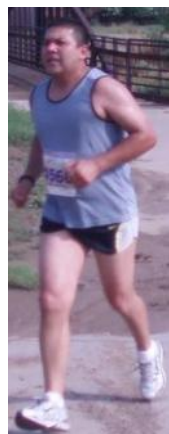
Name	Age	Gen	Place	Time
KIRK HILBELINK	39	M	14	1:20:05
LAJARA DAVIS	54	F	65	1:56:30



HUMAN RACE 10K

July 28, 2007 Fort Collins

Name	Age	Gen	GenPI	Time
DERRICK HUNER	26	M	33.	44:42
GEORGE HUNER	54	M	58.	50:22



EVERGREEN TOWN RACE 5K & 10K

August 5, 2007 Evergreen, CO

Name	Age	Gen	PI	Time	Pace	Event
ADAM FEERST	47	M	4	35:19	5:42	10K
MICHAEL QUISPE	40	M	6	36:22	5:52	10K
BRETT ALLENDORF	38	M	56	45:16	7:18	10K
JAY WISSOT	62	M	99	49:30	7:59	10K
SCOTT KUKEL	33	M	14	16:59	5:29	5K
DERRICK HUNER	26	M	73	21:19	6:53	5K
ADAM HUNER	18	M	80	21:42	7:00	5K
GEORGE HUNER	54	M	96	22:49	7:22	5K
MITCH CHESBRO	48	M	109	23:19	7:32	5K
JERRY O'DONNELL	61	M	186	26:34	8:35	5K
KIRSTEN HUNER	24	F	231	27:41	8:56	5K
GIGI NICHOLS	43	F	338	31:27	10:09	5K
BOBBIE VOLZER	59	M	354	32:20	10:26	5K
PENELOPE O'DONNELL	58	F	392	34:19	11:04	5K

THE STATE GAMES OF AMERICA 5K RACE

August 5, 2007 Colorado Springs

Name	Age	Gen	PI	Time	Pace
ROSS WESTLEY	70	M	79	26:54	8:41



15 MILE MARATHON TRAINING SERIES

August 5, 2007 Westminster

Name	Age	Gen	PI	Time
CARL MATHER	43	M	5	1:45:27
ED KING	54	M	9	2:08:44
LONNIE VINCENT	47	M	10	2:09:47
ALYN PARK	56	F	11	2:10:08
BEN WILEY	53	M	13	2:14:24
DARICE KIEFER	26	F	20	2:31:36
MARISSA LYNN PARRA	24	F	21	2:32:27
SCOTT NEWMAN	37	M	22	2:35:15
DAVID COOK	41	M	23	2:43:25
DENNIS DEPAKAKIBO	36	M	27	2:53:27



More Racing in Other Places

TRI FOR THE CURE

August 5, 2007 Cherry Creek State Park

Name	Gen	PI	Swim	Bike	Run	Pace	Time
MEGAN VANONI	F	148/2671	17:12	35:09	26:00	8:23	1:24:50
HEATHER REDDY	F	613/2671	17:00	37:19	31:07	10:02	1:34:36
HOLLY WHELAN	F	816/2671	16:12	42:36	29:52	9:38	1:37:58
KERRY BEEBE	F	988/2671	18:54	43:23	30:18	9:46	1:40:44
RENEE WITHROW	F	1125/2671	20:43	42:23	31:04	10:01	1:42:44
STACEY HAYDUK	F	1175/2671	19:46	37:58	35:14	11:22	1:43:37
CARRIE STEUART	F	1400/2671	17:10	48:01	32:46	10:34	1:46:52
CHRISTINE VANONI	F	1429/2671	23:49	39:51	35:06	11:19	1:47:22
TERRY MCFARLANE	F	1702/2671	20:29	41:09	40:04	12:55	1:52:32
PAM EDRICH	F	1929/2671	22:26	49:14	33:55	10:56	1:57:23

NIKE SUMMIT TRAIL SERIES LITTLE FRENCH 12K

August 8, 2007 Breckenridge

Name	Gen	Div	PI	Time
JESSE JOHNSON	M	4		57:03.4

ELDORADO SPRINGS CURE 4 MILE

August 9, 2007 Eldorado Springs

Name	Age	Gen	PI	Gen	SEX	Time
JOHN LYLE	74	M	70	M	M	54.44

BOULDER STROKE & STRIDE #10

August 9, 2007 Boulder Reservoir

Name	Age	Gen	PI	Div	Time	Swim	Run
MARK STEVENS	49	M	19	M4549	43.43	15.29	26.20

HRCA SPLASH MASH AND DASH TRIATHLON

Aug 11, 2007 - Highlands Ranch

Name	Gen	OAPI	Div	PI	Gen	PI	Time	Swim	Bike	Run	Pace
MICHAEL FONTES	M	37	2/5	29/173	1:30:08	18:44.5	50:10.4	18:24.5	5:16		
MARK STEVENS	M	172	14/23	108/173	1:48:44	17:53.4	54:19.5	32:25.7	9:16		

GEORGETOWN TO IDAHO SPRINGS HALF MARATHON

Aug 11th, 2007 - Idaho Springs, CO

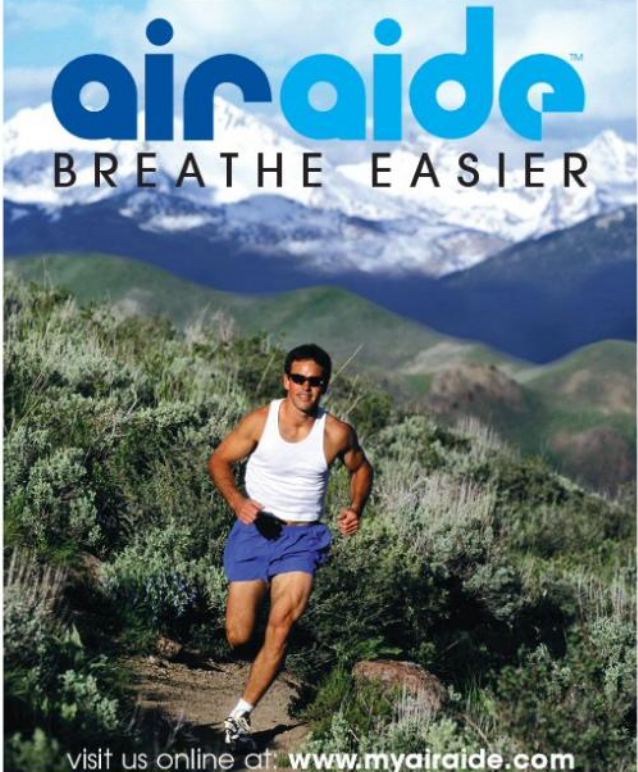


Name	OAPI	Div	PI	Gen	PI	ChipTime	Pace	GunTime
HECTOR MARTINEZ	5	2/35	5/909	1:12:55.2	5:34	1:12:57.6		
BRIDGET MACKINNON	25	2/221	4/1156	1:22:45.7	6:19	1:22:49.8		
SCOTT KUKEL	31	7/113	27/909	1:24:10.4	6:28	1:24:10.4		
DANIEL PRICE	96	12/155	84/909	1:30:01.7	6:53	1:31:16.5		
JEFFREY YOUNG	97	9/93	85/909	1:31:11.4	6:58	1:31:16.8		
JODY SCHRADER	103	2/214	14/1156	1:31:27.9	6:59	1:31:37.3		
DAVID COOK	122	16/134	105/909	1:32:16.8	7:03	1:33:01.7		
LARRY STELLER	119	15/134	102/909	1:32:39	7:05	1:32:53.5		
DAN SHAW	126	12/121	108/909	1:33:03.4	7:06	1:33:20.5		
KAREN VOSS	156	3/160	26/1156	1:34:41.4	7:14	1:35:03.7		
DEB CUNNINGHAM	203	3/100	35/1156	1:37:50	7:28	1:38:05.2		
DAVE CUNNINGHAM	209	29/134	173/909	1:38:18.3	7:30	1:38:18.3		
LONNIE VINCENT	210	20/121	174/909	1:38:09.6	7:30	1:38:18.8		
CAROLYN PARSONS	302	6/100	68/1156	1:43:30.2	7:54	1:43:45.8		
CHRIS STONE	377	49/134	276/909	1:43:45.6	7:55	1:46:52.2		
MARK RAMSEY	334	46/134	252/909	1:44:26.6	7:59	1:45:04.2		
DENIS KARAIKAJ	335	36/113	253/909	1:44:54.7	8:01	1:45:12.3		
KEVIN DOWNING	457	58/134	320/909	1:47:37.4	8:13	1:49:15.6		
CHRISTOPHER MARTINEZ	414	54/134	294/909	1:47:33.2	8:13	1:48:08.4		
DANNIEL GANNON	484	40/121	336/909	1:48:59.5	8:19	1:49:52.7		
JIM JOYNER	476	10/38	330/909	1:49:42.7	8:23	1:49:42.7		
JENNIFER KELLER	538	33/221	178/1156	1:50:50.3	8:28	1:51:46.9		
DAVID GILLIKIN	594	44/93	389/909	1:51:47.8	8:32	1:53:23.3		
DAVID STARK	567	47/121	377/909	1:51:59.1	8:33	1:52:39.3		
ROSS WESTLEY	568	1/12	378/909	1:52:39.4	8:36	1:52:39.4		
LESLIE MITCHELL	591	17/100	204/1156	1:52:51.4	8:37	1:53:13.8		
DAVID MACBEAN	657	65/155	430/909	1:53:58.6	8:42	1:55:02		
JAY WISSOT	676	13/39	445/909	1:54:30	8:45	1:55:29.9		
SHARON RILEY	725	48/214	258/1156	1:56:50.1	8:55	1:56:50.1		
RICH MARTINEZ	911	19/39	544/909	2:01:23.4	9:16	2:02:01.1		
PETER SZYMANSKI	929	58/93	555/909	2:01:16.7	9:16	2:02:20.3		
LEE BENGSTON	967	6/17	569/909	2:02:28.3	9:21	2:03:26		
CHUCK JOHNSON	1064	79/121	609/909	2:04:54.9	9:32	2:06:12.2		
CHARLES SCHEIBE	1085	64/93	616/909	2:06:18.7	9:39	2:06:40.5		
DENNIS DEPAKAKIBO	1096	101/155	621/909	2:06:45.7	9:41	2:07:04.1		
KASANDRA ROBBERT	1161	100/221	510/1156	2:07:50.1	9:46	2:08:54.5		
SUZANNA STELLER	1248	122/214	569/1156	2:08:21.9	9:48	2:10:59.7		
TERRELL DYE	1282	111/134	691/909	2:11:08.9	10:01	2:11:47.4		
JANET HATTELESTAD	1319	120/155	706/909	2:11:29.5	10:02	2:12:44.1		
MYRA RHODES	1325	1/5	618/1156	2:12:21.3	10:06	2:12:49.9		
CHRISTINA GILLE	1646	113/160	849/1156	2:23:24.3	10:57	2:24:47.9		
AMY PADDEN	1795	188/214	952/1156	2:31:31.8	11:34	2:33:38.4		
BETTE BULLOCK	1963	32/42	1076/1156	2:52:13.8	13:09	2:53:23.9		
KAREN DAVIS	1993	154/160	1097/1156	2:57:26.6	13:33	3:00:14.3		



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boulder marathon

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Marathon Relay • 5k

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 [Information on BoulderBackroads.com]

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 PACKET PICK-UP FOR SUNDAY RACES, 10AM - 5PM
 BOULDER MARATHON EXPO, 10AM - 5PM

SUNDAY, SEPTEMBER 30TH, 2007:
7AM START FOR THE 9TH BOULDER BACKROADS MARATHON 26.2 MILES
7AM START FOR THE BOULDER MARATHON RELAY (4-PERSON TEAM)
 (THIS IS AN OPTIONAL, PLEDGE EVENT TO BENEFIT THE PEOPLE'S CLINIC & THE FAMILY LEARNING CENTER)
8AM START FOR THE 9TH BOULDER BACKROADS 1/2 MARATHON 13.1 MILES
 BOULDER MARATHON EXPO 10AM - 5PM

REGISTER TODAY ON ACTIVE.COM INFO @ WWW.BOULDERBACKROADS.COM

BOULDER RESERVOIR **HELL HOLE STATE PARK**

2006 Boulder Marathon Image

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES

August 3, 2007 5K @ deKoevend Park

Place	NAME	AGE	START	ACT'L	FINISH	PACE	GEND PLACE	NEW HCP	OLD HCP	TS Pts	Scratch Pts	CountOfRACE
1	Black, Joe	9	-0:17	0:28:03	0:27:46	9:02	43	100.00	121	100.00	28.51	3
2	Vanoni, Megan	27	3:40	0:25:14	0:28:54	8:07	6	88.00	106	98.60	71.43	1
3	Smith, Will	27	12:57	0:19:10	0:32:07	6:10	5	55.00	61	97.19	93.19	2
4	Greene, Eric	27	13:26	0:18:46	0:32:12	6:03	4	52.00	58	95.79	94.89	8
5	Bengston, Lee	70	5:35	0:26:39	0:32:14	8:35	39	94.00	98	94.39	35.32	7
6	Benjamin, Nick	31	6:03	0:26:33	0:32:36	8:33	38	94.00	96	92.98	37.02	4
7	Evans, Michelle	40	4:09	0:28:29	0:32:38	9:10	10	102.00	104	91.58	48.57	2
8	Prugh, Wally	54	11:35	0:21:08	0:32:43	6:48	15	67.00	69	90.18	76.17	2
9	Bullock, John H. Jr.	45	12:57	0:19:48	0:32:45	6:22	8	59.00	61	88.77	88.09	8
10	Finch, Jack	57	6:31	0:26:17	0:32:48	8:28	36	92.00	94	87.37	40.43	3
11	Smith, Doug	57	8:03	0:24:46	0:32:49	7:58	30	85.00	87	85.96	50.64	3
12	Robinette, Ric	55	10:40	0:22:09	0:32:49	7:08	20	72.00	74	84.56	67.66	8
13	Jockers, Brent	56	8:28	0:24:22	0:32:50	7:51	28	83.00	85	83.16	54.04	6
14	Newman, Scott	37	6:31	0:26:20	0:32:51	8:29	37	93.00	94	81.75	38.72	3
15	Labarry, Brad	33	10:40	0:22:11	0:32:51	7:08	21	72.00	74	80.35	65.96	7
16	Applegate, Ken	59	11:45	0:21:08	0:32:53	6:48	14	67.00	68	78.95	77.87	8
17	Bergevin, Brian	38	11:13	0:21:40	0:32:53	6:59	17	70.00	71	77.54	72.77	7
18	Jeter, Lukas	33	4:09	0:28:45	0:32:54	9:15	44	103.00	104	76.14	26.81	5
19	Olson, Jeffrey	47	8:03	0:24:52	0:32:55	8:00	33	86.00	87	74.74	45.53	8
20	Stanley, Sheila	41	4:09	0:28:48	0:32:57	9:16	11	103.00	104	73.33	42.86	2
21	Glodava, Kevin	31	11:13	0:21:47	0:33:00	7:01	19	70.00	71	71.93	69.36	5
22	Elliq, Ali	30	13:07	0:19:54	0:33:01	6:24	9	59.00	60	70.53	86.38	2
23	VanNorstrand, Michael	45	8:41	0:24:22	0:33:03	7:51	29	83.00	84	69.12	52.34	6
24	Jockers, Theresa	46	10:51	0:22:13	0:33:04	7:09	3	73.00	73	67.72	88.57	6
25	Parra, Marissa Lynn	25	8:28	0:24:37	0:33:05	7:56	5	85.00	85	66.32	77.14	4
26	Kukel, Scott	33	15:13	0:17:55	0:33:08	5:46	1	46.00	46	64.91	100.00	4
27	Shimada, Ken	35	8:16	0:24:53	0:33:09	8:01	34	86.00	86	63.51	43.83	6
28	Knipps, Mike	54	5:35	0:27:34	0:33:09	8:52	42	98.00	98	62.11	30.21	8
29	Cunningham, Deb	45	11:13	0:21:57	0:33:10	7:04	2	71.00	71	60.70	94.29	7
30	Gentry, Tim	45	14:30	0:18:41	0:33:11	6:01	3	51.00	51	59.30	96.60	7
31	Keefe, Bonnie	42	10:28	0:22:44	0:33:12	7:19	4	75.00	75	57.89	82.86	5
32	Lopez, Felix	54	11:45	0:21:33	0:33:18	6:56	16	69.00	68	56.49	74.47	3
33	Rodgers, Bill	49	10:40	0:22:39	0:33:19	7:18	23	75.00	74	55.09	62.55	6
34	Cunningham, Dave	46	10:17	0:23:03	0:33:20	7:25	24	77.00	76	53.68	60.85	6
35	O'Dell, Bill	48	12:27	0:20:56	0:33:23	6:44	13	65.00	64	52.28	79.57	5
36	Lee, Adam	35	9:30	0:23:56	0:33:26	7:42	27	81.00	80	50.88	55.74	4
37	Allendorf, Brett	38	10:51	0:22:38	0:33:29	7:17	22	74.00	73	49.47	64.26	8
38	Chesbro, Mitch	48	8:41	0:24:49	0:33:30	7:59	32	85.00	84	48.07	47.23	8
39	Basse, Bob	52	12:57	0:20:34	0:33:31	6:37	12	62.00	61	46.67	81.28	7
40	Kitts, Carmen	56	5:21	0:28:12	0:33:33	9:05	9	101.00	99	45.26	54.29	5
41	Mitchell, Tristan	21	15:04	0:18:30	0:33:34	5:57	2	50.00	47	43.86	98.30	2
42	Glenn, Denise	40	11:45	0:21:49	0:33:34	7:01	1	69.00	68	42.46	100.00	5
43	Downing, Kevin	42	10:28	0:23:07	0:33:35	7:27	25	76.00	75	41.05	59.15	4
44	Mitchell, Leslie	46	8:16	0:25:26	0:33:42	8:11	7	87.00	86	39.65	65.71	5
45	McNamara, Susan	43	5:49	0:28:06	0:33:55	9:03	8	98.00	97	38.25	60.00	4
46	Rothenburger, David	39	13:54	0:20:08	0:34:02	6:29	10	56.00	55	36.84	84.68	8
47	Huner, George	54	9:17	0:24:47	0:34:04	7:59	31	83.00	81	35.44	48.94	7
48	Feerst, Adam	47	14:56	0:19:20	0:34:16	6:13	6	50.00	48	34.04	91.49	7
49	Cook, David	42	12:37	0:21:42	0:34:19	6:59	18	65.00	63	32.63	71.06	6
50	Quispe, Michael	41	13:54	0:20:26	0:34:20	6:35	11	57.00	55	31.23	82.98	5
51	Jordan, Charlie	65	7:11	0:27:21	0:34:32	8:48	41	93.00	91	29.82	31.91	3
52	Depakakibo, Dennis	36	7:24	0:27:10	0:34:34	8:45	40	92.00	90	28.42	33.62	6
53	McFarlane, Scott	56	8:53	0:25:45	0:34:38	8:17	35	84.00	83	27.02	42.13	6
54	Finch, Eric	18	11:13	0:23:30	0:34:43	7:34	26	72.00	71	25.61	57.45	4
55	Hnizdil, Olga	63	-2:15	0:37:46	0:35:31	12:10	13	130.00	128	24.21	31.43	6
56	Black, Dave	56	-2:50	0:39:51	0:37:01	12:50	46	132.00	130	22.81	23.40	4
57	Vanoni, Chris	56	4:09	0:34:59	0:39:08	11:16	12	120.00	104	21.40	37.14	1

ROCKY MOUNTAIN ROAD RUNNER TROPHY SERIES
[July 8, 2007 2 Miles @ Bible Park](#)

Walkers

Place	NAME	AGE	START	ACT'L	FINISH	PACE	NEW HCP	OLD HCP	TS Pts	Races
1	Guiff, Ed	63	1:41	0:34:51	0:33:10	11:13	126.00	126	100.00	7
2	Blanchard, Michael	46	4:09	0:29:11	0:33:20	9:24	105.00	104	60.00	6

New Members

R/W	NAME	AGE	FINISH	START	NET	PACE	GEND PLACE	NEW HCP	TS Pts	Scratch Pts
R	Kessler, Robert		0:34:22	14:56	0:19:26	6:15	7	56.00	60.00	89.79
R	Mendez, William		0:35:25	0:00	0:35:25	11:24	45	128.00	60.00	25.11
R	Mendez, Richard		0:53:45	0:00	0:53:45	17:18	47	182.00	60.00	21.70
R	Mendez, Luz		0:53:46	0:00	0:53:46	17:19	14	182.00	60.00	25.71

Non-Members

Name	R/W	FINISH	START	NET	PACE
Lindsay Krause	R	0:30:59	11:02	0:19:57	6:25
John Wright	R	0:31:47	11:02	0:20:45	6:41
Justin Frye	R	0:32:45	8:03	0:24:42	7:57
Chris Frye	R	0:32:46	8:03	0:24:43	7:57
Curtis Carlson	R	0:33:04	1:53	0:31:11	10:02
Beth Ritternolting	R	0:33:52	0:00	0:33:52	10:54
Vicki Gricius	R	0:34:27	4:09	0:30:18	9:45
Allan Roy	R	0:38:16	0:00	0:38:16	12:19
Erin Roy	R	0:38:17	0:00	0:38:17	12:19

More Racing in Other Places

LEADVILLE TRAIL 10K

August 12, 2007 Leadville

Name	Gen	PI	Time
BONNIE KEEFE	F	14	0:48:11
DOUG SMITH	M	45	0:54:29
JIM ROMERO	M	61	0:57:51

THE LASALLE BANK CHICAGO DISTANCE CLASSIC HALF MARATHON

August 12, 2007 Chicago, IL

Name	Age	Gen	Chip Time	Clock Time	OAPI	GenPI	DivPI
STACY RUSSELL	39	F	1:51:38	1:53:01	1872	454	68

BLOCK BUSTER 5K/10K

August 12, 2007 Lakewood

Name	Age	Gen	GenPI	Time	Event
ED KING	54	M	2	45:07	10KRun
FELIX LOPEZ	54	M	8	22:07	5KRun
ROB GRAY	57	M	11	22:31	5KRun
JERRY O'DONNELL	61	M	24	27:56	5KRun
PENELOPE O'DONNELL	58	F	17	36:14	5KRun
JOHN LYLE	74	M	1	41:33	5KWalk

LA SPORTIVA FRONT RANGE FRENZY #5 LOOKOUT MOUNTAIN HILL CLIMB 4.25 M

Aug 12, 2007 Golden

Name	Age	Gen	PI	Time	Pace
MICHAEL QUISEP	40	M	8	41:42	9:49
ANDY MOYER	36	M	9	42:55	10:06
SCOTT VANEYK	37	M	39	50:24	11:52
CRAIG EWING	54	M	44	54:19	12:47
ERIK SPRINGER	36	M	48	54:48	12:54
DAVID MCGILLIVARY	56	M	56	58:53	13:51

5430 HALF IRON MAN

August 12, 2007 Boulder

Name	Age	Gen	PI	Swim	Bike	Run	Pace	Time
MICHAEL ROBBERT	32	M	127/884	0:32:48	2:31:01	1:43:47	0:07:55	4:51:26
CHRIS VOELLER	37	M	156/884	0:41:17	2:29:35	1:41:08	0:07:43	4:57:46
ERIC GREENE	27	M	273/884	0:39:25	2:38:23	2:00:15	0:09:10	5:21:24
RICHARD LOPEZ	44	M	639/884	0:34:41	2:50:59	2:48:13	0:12:50	6:17:45
JEFFREY KERN	42	M	796/884	0:40:03	3:04:45	3:20:21	0:15:17	7:13:17

2007 STEAMBOAT SPRINGS RUNNING SERIES

INFO: www.runningseries.com REGISTER: www.active.com

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

RMRR TROPHY SERIES OVERALL STANDINGS
Through August 2007

YTD Scratch Females

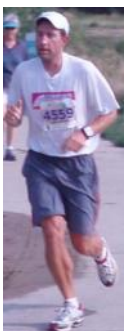
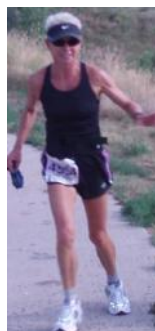
SEX	Name	Total Points	Races	Ave Points
F	Deb Cunningham	674.19	7	96.31
F	Theresa Jockers	549.10	6	91.52
F	Sarah Szymanski	514.91	6	85.82
F	Denise Glenn	495.29	5	99.06
F	Bonnie Keefe	431.19	5	86.24
F	Karen Voss	388.57	4	97.14
F	Leslie Mitchell	374.90	5	74.98
F	Stephanie Struble	344.29	5	68.86
F	Kerry Beebe	341.58	7	48.80
F	Marissa Lynn Parra	313.29	4	78.32
F	Lisa Paige	310.38	5	62.08
F	Carmen Kitts	276.74	5	55.35
F	Susan McNamara	256.47	4	64.12
F	Diane Rowley	247.56	4	61.89
F	Olga Hnizdil	163.52	6	27.25
F	Sonia Bruschi	154.76	2	77.38
F	Stacy Russell	153.35	2	76.68
F	Kristen Healy	144.24	2	72.12
F	Janet Fairs	136.40	4	34.10
F	Alice Bedard-Voorhees	135.36	3	45.12
F	Debbie Thomas	135.24	2	67.62
F	Heidi Jeter	103.34	3	34.45
F	Mary Pitz	103.26	2	51.63
F	Sheila Stanley	100.95	2	50.48
F	Michelle Evans	99.05	2	49.52

YTD Scratch Male

SEX	Name	Total Points	Races	Ave Points
M	David Rothenburger	720.19	8	90.02
M	Eric Greene	713.61	8	89.20
M	Tim Gentry	685.62	7	97.95
M	Adam Feerst	677.02	7	96.72
M	Ken Applegate	657.49	8	82.19
M	John H. Jr. Bullock	635.27	8	79.41
M	Bob Basse	619.84	7	88.55
M	Ric Robinette	546.60	8	68.33
M	Brian Bergevin	541.92	7	77.42
M	Brett Allendorf	509.62	8	63.70
M	David Cook	478.81	6	79.80
M	Brad Labarry	475.98	7	68.00
M	Mitch Chesbro	473.33	8	59.17
M	Michael Quispe	460.92	5	92.18
M	Bill Rodgers	434.66	6	72.44
M	Bill O'Dell	418.69	5	83.74
M	George Huner	418.66	7	59.81
M	Scott Kukel	394.84	4	98.71
M	Dave Cunningham	387.88	6	64.65
M	Jeffrey Olson	380.02	8	47.50
M	Kevin Glodava	377.58	5	75.52
M	Rick Edrich	357.11	5	71.42
M	Scott McFarlane	339.15	6	56.53
M	Gordon Haller	338.98	5	67.80
M	Michael VanNorstrand	332.25	6	55.38

YTD Walkers - through August 2007

R/W	Name	SEX	Total Points	Races	Ave Points
W	John Lyle	M	613.33	7	87.62
W	Ed Guiff	M	573.33	7	81.90
W	Michael Blanchard	M	406.67	6	67.78
W	Chuck Thies	M	226.67	5	45.33
W	Dennis Jouett	M	140.00	2	70.00
W	Richard H. Ellis	M	100.00	2	50.00
W	Jack Finch	M	60.00	1	60.00
W	Dennis Woljan	M	60.00	1	60.00



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

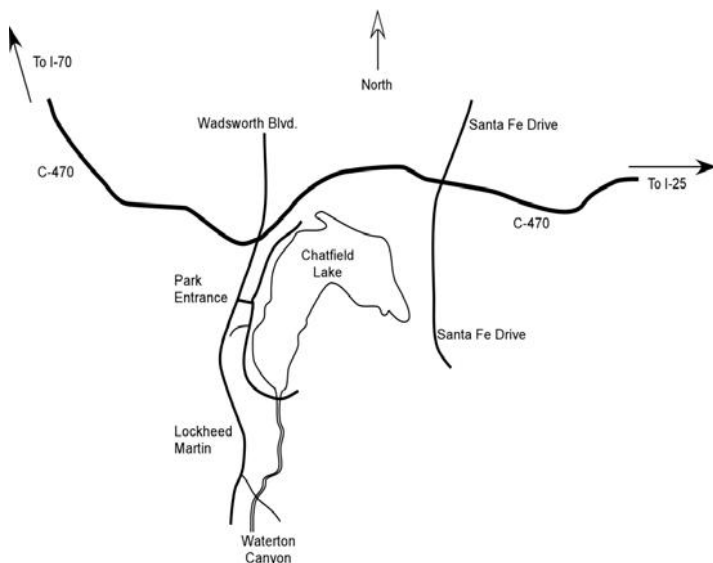
Want to stay on top of the latest RMRR news? Get reminders of upcoming races, or email notification of race/date changes? That doesn't happen often, but if so, members of the RMRR ENews group receive first notice of the date change.

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/

**September Trophy Series Race
8 Miles @ Chatfield State Park
Sunday, September 9, 8 a.m.**



Take C470 to Wadsworth. Go South about 1/2 mile to the Chatfield State Park entrance.
When you come in the main entrance, you will hit a stop sign where you will have to make a right or left. From that stop sign you can see the swim beach parking lot straight ahead.
Turn right and then an almost an immediate left.
This "frontage road" will take you to the beach parking lot, which will be the staging area.

Trophy Series Notes

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

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

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

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

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

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

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

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

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

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

Race Walkers must follow USATF Rules:

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

Thank You for Supporting RMRR



POTTS TROTTERS



Bent Gate Mountaineering

SEPTEMBER 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(1) www.rmrr.org (2) www.runningseries.com (3) groups.yahoo.com/group/denvertrailrunners, 303-870-0487 (4) www.comastersrun.org (5) www.bkbltd.com						1 RMRR Training Run , 8 am, Goodson Rec. Center, DeKoevend Prk, Littleton (1)
2 10K@10,000ft 9:30am, Steamboat (2)	3 LABOR DAY Parker Pebble 4 mi 9am, Parker (7)	4 Wash Park Fun Run 6 pm; South High Parking Lot (1) Board Meeting 7pm Wild Oats Wash Park	5 Track Workout 6:15pm Denver Lutheran High School	6 Trail Run 5:30pm or 6:15pm (3)	7	8 RMRR Training Run , 8 am, Goodson Rec. Center, DeKoevend Park, Littleton (1) Potts Trotters 5K (8) Aurora Municipal Court
9 RMRR Trophy Series 8am Chatfield State Park 8 miles (1)	10	11 Wash Park Fun Run 6:00 pm (1) South High Parking Lot	12 Track Workout 6:15pm Denver Lutheran High School	13 Trail Run 5:30pm or 6:15pm (3)	14	15 RMRR Training Run , 8 am, Goodson Rec. Center, DeKoevend Park, Littleton (1) Sombrero Trail Run 4.5 mi 9am, Estes Park (9)
16 Run Around the Block 5K, 8am , Westminster (5) Harvest Moon Triathlon/Duathlon ½ Iron distance Aurora Res (6)	17	18 Wash Park Fun Run 6:00 pm (1) South High Parking Lot	19 Track Workout 6:15pm Denver Lutheran High School	20 Trail Run , 5:30 pm or 6:15 pm (3)	21	22 RMRR Training Run , 8 am, Goodson Rec. Center, DeKoevend Park, Littleton (1) Barr Lake 1/3 Marathon 9am, Barr Lake State Park (4)
23 RMRR Marathon Training Series , 20 miles 8am, Westminster City Park (1) Panerathon 5K 8 am, Westminster (5)	24	25 Wash Park Fun Run 6:00 pm (1) South High Parking Lot	26 Track Workout 6:15pm Denver Lutheran High School	27 Trail Run 5:30pm or 6:15pm (3)	28	29 RMRR Training Run , 8 am, Goodson Rec. Center, DeKoevend Park, Littleton (1)
30 Boulder Backroads Marathon/1/2 Marathon 7am, Boulder Res (10)		(6) www.racingunderground.com (7) www.parkerpebble.com (8) 303-877-8534 (9) www.bolderboulder.com (10) www.boulderbackroads.com				

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.)

Joining RMRR

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



2007 Total Volunteer Hours

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



Name	Hours	Name	Hours	Name	Hours
Mike Acosta	8.00	Adam Feerst	10.00	Heather Reddy	9.75
Ken Applegate	20.00	Tim Gentry	13.25	Bob Reilly	9.25
Bob Basse	24.75	Janet Gold	8.50	Rosalie Richter	24.50
Kerry Beebe	2.00	Rob Gray	1.50	Sharyl Riley	27.50
Carol Bengston	2.00	Eric Greene	9.50	Mike Robbert	7.25
Lee Bengston	2.00	Ed Guiff	12.00	Ric Robinette	10.75
Caroline Bergelin	1.25	Olga Hnizdil	2.50	Rochelle Robinette	3.00
Kerry Bishop	4.75	Chuck Johnson	2.25	Jaquaiza Rose	2.00
Makenna Bishop	2.25	Jesse Johnson	2.25	David Rothenburger	5.75
Michael Blanchard	28.00	Bonnie Keefe	24.25	Lis Shepard	26.25
Forrest Blasingame	1.50	Carmen Kitts	9.50	Ray Sibley	14.50
Lisa G. Champeau	39.75	Brad LaBarry	7.50	Doug Smith	63.00
Jim Chow	110.00	John Lyle	12.25	Stan Stanley	1.00
Amelia Cunningham	2.50	Betsy Lyle	29.00	Stephanie Struble	118.25
Dave Cunningham	12.75	Tom Mates	28.50	Brian Struble	43.50
Deb Cunningham	78.25	Summer McNaughten	1.50	Pete Szymanski	13.50
Molly Cunningham	5.50	Abe Medina	1.75	Chris Vanoni	12.25
Josh Daleigh	1.75	Leslie Mitchell	2.75	Mike Vanoni	9.50
Jesse Daleigh	1.75	Alicia Nix	29.50	Mick Vollmer	0.50
Jovan Dorsett	2.00	Bill O'Dell	7.50	Karen Voss	26.75
Alex Downing	1.00	Jeff Olson	31.50	Holly Whelan	10.75
Erica Englert	4.00	Anna Persson	1.50	Cindy Williams	1.50
Michelle Evans	18.00	Laurie Phenix	26.00	Lisa Wilson	1.50
Angela Ewari	1.50	Dyan Piscopo	1.00	Bruce Wilson	1.50
Janet Fairs	27.00	Nathan Raaz	1.25		

Upcoming RMRR Races

Trophy Series
September 9, 2007
8:00AM Sunday
8 Miles @ Chatfield Reservoir

Marathon Training Series
September 23, 2007
8:00AM Sunday
20 Miles @ Westminster City Park

Trophy Series
October 7, 2007
9:00AM Sunday
10 Miles @ Waterton Canyon

Trophy Series
November 4, 2007
9:00AM Sunday
9 Miles @ Westminster City Park

Track Workouts

At [Denver Lutheran High School](#)

(3201 W Arizona Ave, Denver, CO 80219-3941)

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

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

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

Road Runner Information Line (303) 871-8366

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

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

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

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