

Trophy Series Races

RMRR offers a series of monthly races for runners and race walkers. Our "Trophy Series" uses a unique handicap start system that provides runners of all abilities an equal chance of winning.

The series consists of 12 races, held early each month, with distances from 2 to 10 miles. Races longer than 5 miles also have a shorter 5K distance option. Trophy Series races are held at locations throughout the Denver Metro area.

Track Workouts

RMRR holds weekly track workouts from April through October. We run at Denver North High School at 32nd and Speer on Wednesday evenings at 6:15pm. Our track leaders will have planned workouts and recommendations for people of all speeds.

Guests are welcome, and we ask that you consider membership if you find yourself a regular participant!

Marathon Training

RMRR holds spring and fall marathon training races to help you prepare for your big run. Standard race distances are 10M and 20M on a 5M out and back course. You'll find aid stations with water and

energy drink every 2 miles, and we'll have fruit and other food to help you catch up at the finish. Races are held on the Clear Creek and Platte River bike paths. All are welcome, and RMRR members receive discounted entry.



Volunteer

Rocky Mountain Road Runners is an all-volunteer organization, and our success comes entirely from our dedicated volunteers who give their time and effort so that others can share the joy of running. We ask all our members to help out in some way, and offer many different types of opportunities at our races and runs, as well as on our board of directors. We're always looking for people to get involved!

For More...

- Visit us at www.rmrr.org
- Send an email to rmrr@rmrr.org
- Join us at our next race!

Primary Member

Name: _____

Address: _____

City, State, ZIP: _____

Phone: _____

Email: _____

Birthdate: _____

Gender (circle one): F M

Your email will be used for member communications only and will not be shared with any other organization.

Membership Type (*Memberships run for 12 months from the date of application*)

☐ Individual \$35

☐ Family \$45

☐ Student \$15

☐ Volunteer \$10

Circle one: New Renewal

Family Memberships

Please list family members:

Name: _____

Birthdate: _____ F M

Name: _____

Birthdate: _____ F M

Name: _____

Birthdate: _____ F M

Fast, easy online signup:

<https://runsignup.com/Club/Join/689>.

By mail: complete and sign this membership form, write a check payable to "Rocky Mountain Road Runners", and send both to:

RMRR
P.O. Box 6352
Denver, CO 80206

RMRR is a member of the Road Runners Club of America (RRCA), and your membership dues include membership in RRCA.

WAIVER (signature required)

In consideration of the acceptance of my membership, I, the undersigned participant, for myself, my family members, heirs, administrators, personal representatives, successors and assigns hereby fully release, discharge and hold harmless Rocky Mountain Road Runners, Road Runners Club of America, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in RMRR activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I assume all risks associated with running, including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. I represent by my application for membership that my physical condition is adequate to compete safely in any race or event held by RMRR. I understand no dogs, baby joggers or skates are permitted on run routes. I hereby certify that I have fully read and understand the foregoing release, waiver and covenant not to sue and sign it voluntarily.

Signature

Date

Parent or Guardian if under 18

2016 Trophy Series Race Schedule

Date	Time	Distance	Place
Sun Jan 3	9am	10K / 5K	Twin Lakes Park
Sun Feb 14	9am	7mi / 5K	Platte River Bar & Grill
Sun Mar 6	9am	3mi	Crown Hill Park
Sun Apr 3	9am	4mi	City Park
Sun May 1	8am	5mi / 5K	Stapleton Central Park
Sun Jun 5	8am	4K	Bible Park
Sun July 10	8am	2mi	Stone House
Fri Aug 5	6:30pm	5K	deKoevend Park
Sat Sep 10	8am	8mi / 5K	Trailhead Park
Sat Oct 1	9am	10mi / 5K	Cherry Creek Trail
Sun Nov 6	9am	9mi / 5K	Prairie Gateway Park
Sun Dec 4	9am	4.5mi	Washington Park

Spring Marathon Training Series

Date	Time	Distance	Place
Sun Mar 27	8am	10M/20M	Twin Lakes Park
Sat Apr 10	8am	10M/20M	Twin Lakes Park
Sat Apr 23	8am	10M/20M	Twin Lakes Park

Fall Marathon Training Series

Date	Time	Distance	Place
Sun Aug 28	7am	10M/20M	Twin Lakes Park
Sun Sept 11	7am	10M/20M	Twin Lakes Park
Sun Sept 25	7am	10M/20M	Twin Lakes Park

Check us out at www.rmrr.org



Denver's Premiere Running Club

***Have Fun Becoming
A Better Runner!***

Whether you train hard or just enjoy jogging a couple of times a week...you are a RUNNER, and Rocky Mountain Road Runners is the club for you. RMRR brings runners and walkers of all ages and abilities together to run in activities ranging from races and speed training to social runs. Our members come from all walks of life, and we all share an enthusiasm for our sport. Come check us out and become a better runner!

Benefits

- Monthly competitive races, with ability-graded start times so **all** runners have a chance of winning!
- Weekly track workouts April - October
- Spring and Fall marathon training series
- Discounts at area running stores
- Membership eligibility in the Space Age Federal Credit Union
- Membership in Road Runners Club of America (www.rrca.org)
- All for only \$35 a year!