

# The Milepost

P. O. BOX 11223, LYNCHBURG, VA. 24506



JULY. 2010



## Presidents Podium

Greetings and salutations. Summer has arrived! Its HOT! So is our race series, its on fire! Attendance is up and records are being broken!

The Memorial Day Central Virginia Kidney 10k was a bit warm, with some great performances. Race attendance was about even with last years numbers. Great job by race director Lesley McPhatter! A great race and good fund raiser for a terrific cause.

Presbyterian Homes 5k has been growing. This year's finisher list was 288 participants compared to last year's 243! Another great race for a good cause!

Downtown Mile on July 3 had a great turn out with two records being smashed. The first was a new men's open record set by Kalib Wilkerson in 4:33! Great job Kalib! Next was a new record set in the Men's Master division by Jeff Harrington who blazed through a new course record in 4:49! Great job Jeff!

The month of June was a busy month as we also held Uncle Bret's Track Series at Lynchburg College every

Tuesday evening. Lets thank Bret Bowman and Greg Cavalier as the meet directors. I would also like to thank all those volunteers that helped with the series. We also shouldn't forget to thank Lynchburg College for their generosity of their wonderful facility. There were some great performances at the pink oval by both kids and adults. I do need to recognize one of the outstanding performances put forth by an elderly gentleman in the mile. Len Barker age 50 ran a 5:06 ! Congratulations Len!

We have plenty of races and fun runs in the next several weeks. Remember to check our face book page for the latest updates.

Jeff is busy at work planning this year's Ten Miler. He has some great surprises in store for this year's race. Some changes (course stays the same) will allow for more participation, since it is now a festival of races bridging over two days. Our celebrity speaker should pack the house!

Keep cool and stay well hydrated!  
See you on the roads.

Pounding the Pavement,

Jonathan Perrotto

As always, if anyone has an issue or idea they would like to discuss with the executive committee, they are invited to attend the executive committee meeting on the second Tuesday of every month.

## Next LRR Club Meeting

Tuesday, 14 Sept. 2010  
At Monte Carlo's Restaurant  
On Old Forest Road  
6:30 p.m. Dinner  
7:00 p.m. Open Meeting

Our monthly meetings are held the second Tuesday of the month from September through May at Monte Carlo's on Old Forest Road. We order dinner at 6:30p.m. and the meeting starts at 7:00 pm. If Club members have issues or ideas they would like to discuss with the Executive Committee, we welcome your comments and suggestions at this time.

## 2010 LRR Club OFFICERS

President **Jonathan Perrotto**  
jon.perrotto@gmail.com

Vice-President **Sue Jones**  
sue.run4him@gmail.com

Secretary **Mike Mitchell**  
motormitch@aol.com

Treasurer **Vic Galan**  
elcid@jetbroadband.com

Membership **Heather Vozel**  
heathervozel@yahoo.com

Newsletter This is an office in transition. Vic Galan will still be doing it for now.

The Milepost is provided on the Web through the generosity of professor Peter Sheldon as a community service of Randolph College. You will find us on [www.lyncburgroadrunners.org](http://www.lyncburgroadrunners.org).

You may also find the latest race information at [www.riversiderunners.com](http://www.riversiderunners.com)

## ANNOUNCEMENTS

## 1. Newsletter

With the November /December issue of The Milepost, Vic Galan is retiring as newsletter editor. After more than twenty years at the helm the time has come for Vic to turn this task over to someone more in tune with the current club demographics and "Information Technology". The newsletter is instrumental to the growth of the club not just in size but in pro-activeness for its members and the community at large. It takes all of us to make our club strong and relevant to the community. The newsletter, along with the Web Site and Facebook, helps to build and unite our club. The Lynchburg Roadrunners Club needs a member to continue this vital function for it's members. The editor is free to determine its content that will:

**Inform** - Race results, schedules, news, volunteers, meeting schedules and minutes, etc.

**Educate** - Nutrition, technique, injury prevention and care, training advice.

**Inspire** - narrative testimonial.

**Entertain** - cartoons, poems, articles, etc.

This is an excellent opportunity for someone to sharpen those Desktop Publishing skills and upgrade their resume'.

Those interested should contact:

**Club President: Jonathan Perrotto via e-mail at [jon.perrotto@gmail.com](mailto:jon.perrotto@gmail.com) or phone 434-386-6641.**

**Current Editor: Vic Galan via e-mail at [elcid@jetbroadband.com](mailto:elcid@jetbroadband.com) or phone 434-385-8022.**

We will meet and discuss any ideas and open items you might have.

## 2. Club History

The club is also looking for a volunteer that will work on documenting the history of the the club as well as the Virginia Ten-Miler. Vic Galan has newsletters from "way back" that can serve as a data base for historical purposes. There is also an extensive date base for the Ten-Miler kept by Lesley McPhatter. Anyone interested can work at their own pace to pull this data together in a suitable format. Let's talk about it at the next meeting or call club president Jon Perrotto to discuss the details.

## Meeting Minutes

May 11, 20010 at Monte Carlo's Restaurant on Old Forest Road. Club president Jon Perrotto handed out an agenda and called the meeting to order at 7:08 pm.

Financial update: as of 5/11/10 the club bank account had a balance of \$1,044.33.

Jon thanked Kevin Shroyer, Sue Jones, and Heather Vozel for working on several communications through the club facebook web page.

Wanted: Newsletter editor and web page wizard for our club.

Jon noted that Sue Jones did a great job coordinating the May Day fun run. Several ideas are being tossed around for a summer fun run but no decisions just yet.

Racing update: Bret Boman with assistance from Greg Cavaliere will be directing the LRRRC Summer Track Series every Tuesday evening in June at 6:30 pm at the Lynchburg College

## MY SHADOW

Though not my favorite kind,  
He's the best friend I can find  
When to run I am inclined.  
My companion, ever true,  
He won't leave me behind  
Like all the other runners do.

## Bernie the Bard

Track. All of the races this year have shown tremendous growth in participants, as well as fund raising for worthy causes...this is good! The LU Godparent Home race raised about \$8,000 to benefit that cause!

Upcoming race announcements: LRRC Summer Series races; Memorial Day CVKA 10K directed by Lesley McPhatter, and the Presbyterian Home 5K on June 19. Two races not in the series were announced, The Educ8K June 12 at the Kemper St. entrance to the Blackwater Creek trail system to benefit education efforts conducted through Samaritans Purse, and another 5K race announced by Mike Griffin to benefit a youth missions trip for Calvary Baptist Church for helping with some needed construction in Kentucky.

Jennifer Washburn introduced the guest speaker for the evening, Kalib Wilkinson. Kalib began his talk with how he got started in running - to get in shape for basketball. He stated he didn't get serious about running till he was in the ninth grade. He was then able to be part of some national championship teams in both cross country and track.

Running became so integrated with his identity as a person that he became totally consumed with setting and reaching for ever higher goals. The problem with that is when those goals were not achieved he became deeply depressed. This got so extreme that he had difficulty with weight perception and eating. This developed into bulimia during his senior year of High School.

Kalib managed to go on to the Air Force Academy and won some conference championships there. However, the difficulties continued with the goal setting, the depression and eating disorder. Running had become a drudgery and was not fun for Kalib anymore. At this point God reached into Kalib's life and changed his outlook. Kalib stated that God saved him out of his eating disorder and the depression. Running started to become fun again, something liberating. Kalib was able to adjust his running to something that was just one part of him, not his whole identity.

Kalib says that God led him back into competitive running again. He was training in the same geographic location as several elite runners and one day Khalid Khanouchi told "you should train for marathons." So Kalib began to set his sights on the marathon and train for it. He still has goals but does not allow them to consume him. He has a goal of continuing to try and qualify for the olympic marathon.

During a short Question and answer session following Kalib's talk he was asked "What has been your favorite marathon so far?" He replied "My first time at Boston!"

For the good of the order...president Jon reminded us to make use of the club facebook page for LRRC communication!

Next Meeting is Tuesday September 14, 2010 at Monte Carlo. Dinner at 6:30 pm, meeting at 7:00 pm.

---Respectfully submitted by Mike Mitchell, LRRC secretary 2010.

## FITNESS

### Barefoot Runners

(Article in Roanoke Times early 2010)

Runners, baring your soles makes you well-heeled. Barefoot running puts less stress on the feet than does running in cushioned shoes, a study said. At least running barefoot seems better for the feet, producing far less impact stress compared with feet shod in fancy, expensive running shoes.

People who grew up running barefoot -- such as boys in Kenya's Rift Valley province, which is known for endurance running champs -- tend to land mostly on the front or middle of the foot when they touch ground. And when these runners do use shoes, they continue to run in that way. People who have always worn cushioned running shoes usually hit the ground heel first."

The difference in the way the foot strikes the ground is important. The study examined the physical stresses on feet with different types of running and found that people with running shoes strike the ground with the mass of the entire leg, nearly 7 percent of the body. That's more than three times the weight of impact for barefoot running.

It's really about how you hit the ground. When you hit the ground, some of your body comes to a dead stop.

For runners in cushioned shoes, it is literally like someone hitting you on the heel with a hammer. Lieberman said. But, the way in which barefoot runners run is more or less collision free.



**RUN ON EMPTY** (The Roanoke Times, 5 June 2010)

"LONDON -- Running on empty may not be such a bad idea after all."

"Though many athletes eat before training, some scientists say that if you really want to get rid of more fat, you should skip the pre-workout snack."

"Several studies suggest exercising while your body is low on food may be a good way to trim excess fat. In a recent paper, European researchers found that cyclists who trained without eating burned significantly more fat than their counterparts who ate."

"Muscles usually get their energy from carbohydrates, which is why athletes like Lance Armstrong and Michael Phelps scarf down enormous amounts of food before a race. But if you haven't eaten before exercising, your body doesn't have many carbohydrates in reserve. That forces it to burn fat instead, scientists say."

**Comments by Bernie Davis**

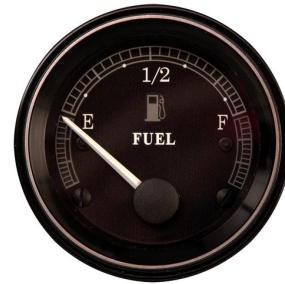
Apparently the researchers compared snack vs. no snack at all. Apparently they did not compare "snack" (in my case breakfast) before exercising vs. same "snack" after exercising. I wish they had. That's a choice that I have.

A physics principal that's taught in Engineering School is **Input Minus Output Equals Accumulation**. Common sense, logic, intuition, and this engineering principal tell us that you will tend to lose weight if you do the same amount of activity and eat less, e.g., if you eliminate a snack in your routine, be it before or after exercising. We don't need a study to learn that, but studies should (and reportedly do) support that outcome.

But I believe it makes no difference in your weight whether you eat breakfast before running vs. after running -- assuming it is the same breakfast. (**Input Minus Output Equals Accumulation.**) (Timing is not in the equation.)

For several years I've weighed about 170 lb. For at least a few years I've wanted to get back to my "fighting weight" of about 160 lb. I love to eat and have thought it nearly impossible for me to lose weight. I don't want to diet, count calories. I would like to reduce my eating slightly in hopes that will do the trick. I've learned that, in my case, no amount of exercise will do it by itself. (I guess I just eat more as I exercise more.) My most recent weight, Thursday, was 166 lb. after a sweaty bike ride to Altavista. I've been eating breakfast before my eight-mile run -- always oatmeal, always with blueberries on it, usually with other fruits on it as well, milk, half a grapefruit. I usually eat some kind of snack when I get back from my run. This morning for the first time I deferred breakfast till after run-

ning. The run went unusually well. It was cool, which was very nice. It was a cooler day than we've been having, but getting out slightly earlier may have contributed. At least in the summer, I think I'll continue doing this -- on my eight-mile days. (Some days during the week I have different programs.) But, I must admit, I ate more than my minimal breakfast on my return; so I probably didn't do anything toward weight loss.

**UPCOMING ACTIVITIES****Saturday, 14 August 2010, 6:05 p.m.**

Kevin Shroyer has arranged a **Lynchburg Road Runners Night at the Ballpark** in Lynchburg City Stadium. It's the Lynchburg Hillcats vs. Kinston Indians with **fireworks following the game!** Come join your friends and fellow runners for a fun night out together while cheering for your hometown Hillcats! This is the night of the Lynchburg Half-Marathon & 5K. Go race in the morning and then kick back at the ballpark for some well-deserved rest and relaxation!

Everyone is responsible for purchasing their own tickets. Great news on discounted tickets to the Lynchburg Road Runners Night at The Ballpark! The Hillcats are offering us coupons for \$4 general admission tickets! That's a savings of \$3 off the regular admission price! Let's try to sit as a group in the middle section down the 3rd base line (Hillcats' dugout side).

Keep posted on club activities and updates by visiting our Facebook site. Click on the Wall to read the latest info.



## UPCOMING RACES

## July 2010

**Sat. 17 - Percival's Island 5 - Miler**

## August 2010

**Sat. 14th - Lynchburg Half Marathon, 5K & Youth Run.**

Start Half Marathon (7:30am) / 5K (8:00am) 5k / Youth Run (9:00am).

Information: Call (434)846-7449 or Online Register at [www.riversiderunners.com](http://www.riversiderunners.com)

## September 2010

**Sat. 25th - 37th Annual Virginia 10- Miler, 4- Miler, and Kids Amazing Mile.**

8:00am Start. EC Glass HS.

Information: Call (434)846-7449 or Online Register at [www.virginia10miler.com](http://www.virginia10miler.com)

## October 2010

**Sat. 2nd ~ 20th Annual John A. Stephenson Memorial Youth Run.**

9:00am, Riverside Park, Lynchburg VA. Race Distance varies with age.

Information: Call (434)846-7449 or Online Register at [www.riversiderunners.com](http://www.riversiderunners.com)

**Sat. 9th ~ Hundreds of Feet... Miles of Care 5K Run/Walk.**

8:00am. Bedford Memorial Hospital, 1613 Oakwood St., Bedford, VA.

**Sat. 16th ~ Deep Hollow Half Marath**

Liberty Mtn. Camp Hydaway, 8:00am, Lynchburg VA. .... Deep Hollow website

**Sat. 23rd ~ I AM Woman 5K. (a women's only event)**

9:00am Start. Peaks View Park.

Information: Call (434)846-7449 or Online Register at [www.riversiderunners.com](http://www.riversiderunners.com)

## November 2010

**Sat. 6th - Apple Valley 5K,**

Start 10:00am, Rolling 3.1 mile cross country course runs through scenic Gross' Orchard, grass gravel and dirt roads. Tour of Course at 8:30am. For more info contact Theresa Boyes 540.297.2709 or [e173boyes@aol.com](mailto:e173boyes@aol.com).

**Sat. 6th - Lynchburg, Va - Mountain Masochist 50 Mile Trail Run**

Start 6:30am. Info: Dr Clark Zealand (434)-846-2333

**Sat. 13th - Richmond, Va - SunTrust Marathon, 1/2 Marathon and 8K**

Start: 8K 7:00am, 1/2 Marathon 7:30am, Marathon 8:00am

Info: (804)285-9495 or [www.richmondmarathon.com](http://www.richmondmarathon.com)

**Sat. 20th. - New Balance Girls on the Run 5K**

Featuring Girls on the Run of Greater Lynchburg. 8:30am. Kemper St. Station, Lynchburg, VA. .

**Thur. 25th - Genesis House Turkey Trot 5k & Youth Mile**

Lynchburg, VA; 9:00 AM

**Thur. 25th - Altavista Gible Jog 5K**

8:30am Start, AVHS Cross Country Course, Frazier Rd and 7th ST. Visit [www.AltavistaOnTrack.com](http://www.AltavistaOnTrack.com) for more info

## December 2010

**Sat. 4th - Peaks of Otter Christmas Classic 5k.**

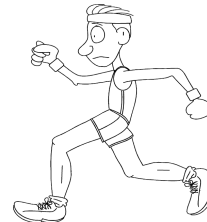
8:30am Start. Bedford VA

**Sat. 11th - Holiday Classic 5K Run**

9:00am Start, Sponsored by the Southside Virginia YMCA, Farmville, VA.

**Sat. 18th - Jingle Bell Fun Run**

8:30am at Riverside Runners. 2301 Rivermont Ave. Open to all. Come share in the holiday fun! Prizes given to those with the most holiday spirit (like costumes). Cookies and hot cider served afterward. For more info call 846-7449



RACE RESULTS

May

**Tuesday 25th - BozeMan Trails Biathlon VIII**

(A Very Hilly 3 mi. run & 11 mi. bike)

Race Director: Steve and Debbie Bozeman

We had decent turnout with enough volunteers to make it run smoothly. Thanks goes out to Bikes Unlimited, Black Water Bike Shop and Riverside Runners for donating various prizes that everyone received something for participating. Also, thanks to all those 16 volunteers who helped with the race, cookout and social afterwards. We had 17 new members sign up for the Iron Gate Tri Club to participate in the BozeMan Biathlon and I'm sure more will sign up for the next one in August. Everyone had a great time competing, cookout social and awards afterwards. Also, thanks to all those who brought food and cold beverages.

Overall Race Position No.	Name	Run Time	Bike T1	Total Split Time
1	2 Calvin Milan (1st. male)	20:40	21:32	31:42 53:14
2	4 Darrell Wargo	19:49	20:13	36:15 56:28
3	10 Joel Riley	21:29	22:14	34:27 56:41
4	29 Mark Stephens	23:24	24:35	32:25 57:00
5	3 Todd Glasgow	24:08	24:45	33:15 58:00
6	28 Scott McCurley	23:10	23:59	34:10 58:09
7	30 Chad Duff	23:48	24:17	35:20 59:37
8	25 Dave Ferris	24:24	25:36	36:00 1:01:36
9	13 Tony Robinson	24:34	25:46	36:1 1:02:03
10	14 Pete Page	23:48	24:27	38:23 1:02:37
11	8 Billy Flint	23:24	25:23	38:27 1:03:50
12	12 Dan Schlader	24:42	26:54	37:03 1:03:57
13	7 Brian Carlton	23:24	24:32	39:31 1:04:03
14	9 George Lupton	24:14	25:40	39:04 1:04:14
15	11 Greg Toone	25:12	26:32	38:12 1:04:44
16	26 Nancy Ferris(1st. female)	25:05	27:06	38:23 1:05:29
17	24 Geb Broman	27:35	29:19	37:23 1:06:42
18	6 Malcom Miller	23:08	24:08	43:00 1:07:08
19	18 Tracey Grutz	27:30	28:39	40:49 1:09:28
20	23 Stacey Steuart	28:32	30:12	41:02 1:11:14
21	16 Drew Wilds	26:37	28:27	44:00 1:12:27
22	19 Jean hazelwood	28:25	29:44	43:30 1:13:14
23	22 Erin Elwell	30:33	31:27	43:37 1:15:04
24	27 Ben Brenneman	26:44	27:48	53:15 1:21:03
25	15 Ben Summers	33:09	34:49	48:35 1:23:24
26	21 Heather Childress	40:04	41:42	47:12 1:28:54

PAST YEARS WINNERS:

Year	Men	Women
1999	Chris Bright	Trish Davis
2000	Charlie Pitkin	Nancy Ferris
2001	Chris Bright	Cat Phillips
2002	Ryan Owen	Cat Phillips
2003	Scottie Curley	Donna Elder
2004	Ryan Owen	Donna Elder
2005	Ryan Owen	Donna Hodgert
4 year layoff		
2010	Calvin Milan	Nancy Ferris



**Every Tuesday in June - LRRC Summer Track Series at Lynchburg College**

Race Director: Bret Boman &amp; Greg Cavalier

2010 was a rare five Tuesday June. This year marked the first time that we had FAT (fully automated timing) – the sprinters approved. Special thanks to Gregg Cavaliere who took over for two of the weeks when I was out of the town. Many thanks also goes to Heather Vozel, Len Barker, Erik Panzer, Doug Thomassey, Ashley Palmer, Lisa Boman, Jonathan Perrotto, Chris Gassler, Nathan Hottle, Ryan Wheeler, Darrell Wargo and all who lent a hand making it a success. Note also that Ricky Flynn crafted new records in the 2 mile (9:10.0) and the 800 (1:54.6).

**1500 Meters June 1, 2010**

Girls 9-10 Sophia Jantomaso 6:44.7  
 Girls 11-12 Samantha Schreiber 6:01.1, Charis Jantomaso 6:18.5  
 Women 20-29 Jenny Yee 7:47.9  
 Women 30-39 Alice Kassens Uhl 5:02.0, Kelly Bivens 8:43.9, Allyson McSwain 9:38.0  
 Women 40-49 Suzanne Ramsey 5:52.5  
 Boys 5-6 Nehemiah Jantomaso 6:54.3  
 Boys 7-8 Timothy Scheiber 6:27.0  
 Boys 11-12 Joseph Schmidt 6:09.0, Elijah Jantomaso 6:18.0  
 Boys 13-14 Noah Jantomaso 5:19.2  
 Boys 15-16 Justin Jantomaso 5:01.5  
 Men 30-39 Jared Hesse 5:14.8, Chris McSwain 5:43.1, Jason Bivens 7:21.3  
 Men 40-49 Darrell Wargo 5:15.2, Erik Panzer 5:31.3, Marc Jantomaso 6:54.5  
 Men 50-59 Len Barker 4:43.7, Bret Boman 5:04.7, Felix Lopez 5:34.6, Mike Mitchell 6:05.1  
 Men 60-69 Norm Yee 7:22.4

**100 Meters June 1, 2010**

Kids 4 & Under Tyler Hinton 24.04, Landon 33.45, Josiah Jantomaso 34.89, Rowan Harrington 56.46, Gavin Harrington 57.58, Tanner Hesse 65.23, Anna Boyers 92.24  
 Girls 5-6 Rachael Panzer 19.32, Madison 26.05, Taylee Hesse 26.72  
 Girls 9-10 Laurel Hinton 17.52, Sophia Jantomaso 17.53, Olivia Panzer 18.50, Noel Palmer 18.57, Reagan McDaniel 21.29  
 Girls 11-12 Charis Jantomaso 17.66, Samantha Schreiber 17.30  
 Women 20-29 Jenny Yee 18.71  
 Women 30-39 Kelly Bivens 21.57  
 Women 50-59 Kathy Gerber 17.10  
 Boys 5-6 Nehemiah Jantomaso 19.39, Aiden McDaniel 22.91, Isaiah Harrington 23.13  
 Boys 7-8 Weston McSwain 19.68, Zachary Hinton 19.80  
 Boys 9-10 Christian Kumar 16.39, Michael 17.93, Grant Harrington 19.78  
 Boys 11-12 Joseph Schmidt 16.84, Timothy Schreiber 17.30, Elijah Jantomaso 17.58  
 Boys 13-14 Noah Jantomaso 14.41 (14.81)  
 Boys 15-16 Patrick Donigan 11.63, Justin Jantomaso 14.85 (15.17)  
 Boys 17-19 Shawn Sutton 11.01  
 Men 20-29 Vic Evans 12.20, John Michael Pavia 12.47  
 Men 30-39 James Harrington 13.54, Patrick Donigan Sr 14.13, Jared Hesse 14.40  
 Men 40-49 Robert Harding 11.88  
 Men 50-59 Jay Kumar 16.07  
 Men 60-69 Norm Yee 16.57

**800 Meters June 1, 2010**

Girls 5-6 Rachael Panzer 4:24.60  
 Girls 9-10 Sophia Jantomaso 3:13.05, Olivia Panzer 3:49.66, Noel Palmer 4:00.78, Reagan McDaniel 4:42.97  
 Women 20-29 Ashley Palmer 2:21.57, Jenny Yee 3:56.91  
 Women 30-39 Kelly Bivens 4:04.69, Allyson McDaniel 4:53.4  
 Boys 5-6 Nehemiah Jantomaso 3:40.37, Aiden McDaniel 4:24.47  
 Boys 7-8 Weston McSwain 3:54.43  
 Boys 9-10 Christian Kumar 3:12.48

Boys 11-12 Joseph Schmidt 3:07.10  
 Boys 13-14 Noah Jantomaso 2:44.95  
 Boys 15-16 Justin Jantomaso 2:36.79  
 Boys 17-19 Tymer Williams 2:20.17  
 Men 20-29 Doug Thomassey 2:05.95  
 Men 30-39 James Harrington 2:41.77, Patrick Donigan Sr 2:45.71,  
 Chris McSwain 3:50.53  
 Men 40-49 Robert Harding 2:17.92, Darrell Wargo 2:46.69, Marc Jantomaso 3:28.54  
 Men 50-59 Felix Lopez 2:44.51, Jay Kumar 3:31.71  
 Men 60-69 Norm Yee 3:34.64

**5000 Meters June 8, 2010**

Girls 13-14 Leah Hurt 23:45, Rachel Packer 26:01  
 Girls 15-16 Tessa Englund 22:46  
 Women 20-29 Meg Dailey 22:45, Heather Vozel 23:44, Becca Hurt 26:47  
 Women 40-49 Suzanne Ramsey 21:50, Sue Jones 26:05, Barbara Hopper 27:45,  
 Katie Hurt 29:46, Alison Crehore 33:00  
 Boys 7-8 Calvin Hurt 38:41  
 Boys 13-14 Tyler Walters 24:06  
 Boys 17-19 Tymer Williams 19:45.98  
 Boys 20-29 Bobby Clauss 23:21  
 Men 30-39 Jeff Harrington 16:07.55, James Harrington 21:59.51,  
 Chris McSwain 22:28, Jonathan Stephens 26:41  
 Men 40-49 Matt Richards 18:49.93, Darrell Wargo 19:25.84, Erik Panzer 21:25,  
 Virgil Hurt 24:57  
 Men 50-59 Felix Lopez 20:39.74, Mike Mitchell 22:13, Tim Dailey 22:32,  
 Keith Austin 22:36  
 Men 60-69 Norm Yee 27:39

**100 Meters June 8, 2010**

Kids 4 & Under Ben Gassler 26.93, Davis Hottle 28.23

**200 Meters June 8, 2010**

Kids 4 & Under Ben Gassler 67.77, Davis Hottle 68.10  
 Girls 5-6 Rachael Panzer 45.12, Autumn Walters 48.87, Kristin Gassler 53.95  
 Girls 7-8 Abigail Pitts 44.64  
 Girls 9-10 Cashmir McDaniel 37.86, Laurel Hinton 38.62, Noel Palmer 39.13, Olivia Panzer 40.33, Reagan  
 McDaniel 48.99  
 Girls 11-12 Allison Rose Crehore 34.19, Savannah Walters 35.78  
 Girls 13-14 Leah Hurt 32.57  
 Women 20-29 Becca Hurt 32.40  
 Women 40-49 Alison Crehore 32.60  
 Boys 5-6 Aiden McDaniel 48.33, Jack Pitts 53.95, Isaiah Harrington 59.32  
 Boys 7-8 Noah Gassler 42.05, Zachary Hinton 43.87, Weston McSwain 46.07, Calvin Hurt 47.57  
 Boys 9-10 Christian Kumar 36.32, Grant Harrington 45.68  
 Boys 11-12 Ethan Pitts 38.53  
 Boys 15-16 Patrick Donigan 24.39, Carl Stamey 26.25, Tyler Walters 31.63  
 Boys 17-19 Shawn Sutton 23.05, Vic Evans 25.09, Tymer Williams 25.90  
 Men 20-29 Kyle Steiner 24.22, Ryan Webb 24.48, Ethaun Chilton 25.24, Jamal Bass 26.24, Bobby Clauss 26.63  
 Men 30-39 Patrick Donigan 29.95, David Beroth 31.65  
 Men 60-69 Norm Yee 37.37

**2 Mile June 15, 2010**

Girls 9-10 Sophia Jantomaso 15:16.5  
 Girls 11-12 Samantha Schreiber 13:16.0, Alyssa Shupe 15:03.8,  
 Charis Jantomaso 15:27.4  
 Girls 13-14 Leah Hurt 14:37.8, Rachel Packer 15:58, Erin Saunders 16:16.1  
 Girls 15-16 Tess Englund 13:57.4, Becky Schreiber 16:14.9  
 Girls 17-18 Katie Schreiber 15:13.5  
 Women 20-29 Becky Hurt 16:23.9  
 Women 30-39 Kelly Bivens 19:33.3

Women 40-49 Suzanne Ramsey 13:30/6, Lesley McPhatter 14:46.6, Sue Jones 16:16.5, Katie Hurt 18:26.3, Allison Crehore 20:24.8, Allison McSwain 17:57.7 (lap short)

Boys 5-6 Nehemiah Jantomaso 16:01.4

Boys 7-8 Noah Gassler 20:19.1, Calvin Hurt 22:54.5

Boys Timmy Packer 15:44.1

Boys 11-12 Elijah Jantomaso 15:23.8 (17:00.1 2nd time)

Boys 13-14 Noah Jantomaso 12:29.8, Tyler Walters 14:23.7

Boys 15-16 Nate Martin 10:53.6, Justin Jantomaso 11:57.7, Zane Laughlin 12:02.2

Men 20-29 Ricky Flynn 9:10.0 (**New Series Record**), Joe Alderson 12:45.2, Jamal Bass 13:24.1

Men 30-39 James Harrington 13:08.5, Chris McSwain 13:46.7

Men 40-49 Jeff Harrington 10:13.6, Nathan Hottle 10:49.7, Darrell Wargo 12:22.4, Grattan Garbee 12:58.9, Chris Gassler 13:14.4, Tim Laughlin 14:04.2, Virgil Hurt 15:05.6, Marc Jantomaso 15:41.9

Men 50-59 Len Barker 11:29.2, Felix Lopez 12:58.5, Mike Mitchell 13:55.1, Kenny Longo 16:34.1

Men 60-69 Norm Yee 17:03.5

### 100 Meters June 15, 2010

Kids 4 & Under Ben Gassler 28.7, Davis Hottle 32.0, Josiah Jantomaso 37.9, Gavin Harrington 60.5, Rowan Harrington 65.5

### 400 Meters June 15, 2010

Girls 5-6 Autumn Walters 1:58.7, Kristin Gassler 2:09.1, Madison Bivens 3:10.2

Girls 9-10 Sophia Jantomaso 1:23.1

Girls 11-12 Alyssa Shupe 1:16.3, Samantha Schreiber 1:21.8, Savannah Walters 1:24.1, Noel Palmer 1:32.0

Women 20-29 Becca Hurt 79.0

Women 30-39 Allyson McSwain 1:45.3, Kelly Bivens 2:29.4

Women 40-40 Katie Hurt 1:49.4

Boys 5-6 Nehemiah Jantomaso 1:36.7, Ben Gassler 3:10.2, Landon Bivens 3:23.5

Boys 7-8 Nashuan Anderson 1:37.9, Weston McSwain 1:44.7, Noah Gassler 1:46.3, Calvin Hurt 1:49.4

Boys 11-12 Elijah Jantomaso 1:19.5, Timothy Schreiber 1:29.6

Boys 13-14 Wyatt Toms 60.4, Noah Jantomaso 67.0 (73.3), Lucas Longo 79.1, Corey Hatin 97.8

Boys 15-16 Patrick Donigan 52.3, Caleb Pollard 55.2, Justin Jantomaso 67.6

Boys 17-19 Chris Whitlow 52.1, Tymer Williams 54.0, Vic Evans 55.8, Shawn Sutton 56.2, Lee Lewis 56.3, Josiah Wilson 60.2

Men 20-29 Ryan Webb 54.4, Shawn Webb 56.7, Jamal Bass 58.2

Men 30-39 Nathan Hottle 57.1, Chris McSwain 65.5, Patrick Donigan Sr 65.8

Men 50-59 Felix Lopez 75.6

Men 60-69 Norm Yee 84.9

### 800 Meters June 22, 2010

Girls 7-8 Madelyn Sterne 3:45.0

Girls 9-10 Sophia Jantomaso 3:16.2

Girls 11-12 Alyssa Shupe 2:48.8, Samantha Schreiber 2:52.4, Charis Jantomaso 3:11.8, Morgan Beaty 3:43.9

Girls 13-14 Leah Hurt 2:52.3, Jami Maule 3:10.2, Rachel Packer 3:22.5

Girls 15-16 Becky Schreiber 3:21.6

Girls 17-19 Leigha Schimmoeller 2:22.4, Lindsay Papet 2:39.6, Kathleen Schreiber 3:05.2

Women 20-29 Jenny Yee 3:45.2

Women 30-39 Marlaina Seay 3:14.4, Alyssa McSwain 4:12.6

Women 40-49 Suzanne Ramsey 2:49.8, Wendy Shupe 3:13.4

Boys 5-6 Weston McSwain 3:11.3, Ethan Gardner 3:46.8, Parker Sterne 4:11.0, Regan Seay 4:39.1, Michael Sreusi 4:50.5

Boys 7-8 Noah Gassler 3:49.0, Calvin Hurt 4:09.7

Boys 9-10 Reed Laughlin 3:48.5

Boys 11-12 Takoda Gallagher 3:04.4, Elijah Jantomaso 3:06.5, Timothy Schreiber 3:20.8

Boys 13-14 Noah Jantomaso 2:33.8, KC Schimmoeller 3:51.0, Tyler Walters 3:58.4  
 Boys 15-16 Caleb Pollard 2:17.1, Ryan Johnson 2:21.2, Zane Laughlin 2:24.1,  
 Justin Jantomaso 2:29.4  
 Boys 17-19 Curtis Whitlow 2:01.6, Tymer Williams 2:15.4, Will Straton 2:17.3, Zachary Hurt 2:33.4  
 Men 20-29 Ricky Flynn 1:54.6 (**New Series Record**), Kyle Steiner 2:00.2, Doug Thomassey 2:11.5, Jamal Bass  
 2:32.7, Blake Edmondson 2:57.0  
 Men 30-39 Nathan Hottle 2:06.1, Jared Hesse 2:34.2, David Beroth 2:37.4, Chris McSwain 2:37.5, Jonathan  
 Stephens 3:25.5  
 Men 40-49 Jeff Harrington 2:08.4, Robert Harding 2:13.6, Virgil Hurt 2:48.3,  
 Tim Laughlin 2:57.9, Jim Gallagher 3:04.4, Marc Jantomaso 3:10.7,  
 Men 50-59 Len Barker 2:14.9, Felix Lopez 2:41.3, Mike Mitchell 2:59.3  
 Men 60-69 Norm Yee 3:21.9

**100 Meters June 22, 2010**

Kids 4&Under Ben Gassler 29.2, Davis Hottle 30.0, Josiah Jantomaso 34.8,  
 Madeleine Stephens 59.7, Anna Boyers 1:27

**200 Meters June 22, 2010**

Girls 5-6 Autumn Walters 51.9, Regan Seg 54.3, Nikitha Prabhu 1:10.6,  
 Angelina Stephens 1:14.2  
 Girls 7-8 Madelyn Sterne 40.0, Haley Willoughby 57.7  
 Girls 9-10 Sophia Jantomaso 35.8  
 Girls 11-12 Alyssa Shupe 32.0, Alison Crehore 33.4, Charis Jantomaso 34.6,  
 Samantha Schreiber 37.3  
 Girls 13-14 Rachel Packer 39.1  
 Girls 15-16 Becky Schreiber 38.5  
 Girls 17-19 Kathleen Schreiber 36.5  
 Women 20-29 Jenny Yee 42.06  
 Boys 5-6 Parker Sterne 48.7, Michael Srougi 51.2, Isaiah Harrington 66.4,  
 Josiah Jantomaso 1:19.9  
 Boys 7-8 Noah Gassler 40.7, Zachary Hinton 43.3, Weston McSwain 45.2,  
 Calvin Hurt 49.5, Ryan Gallagher 50.48  
 Boys 9-10 Christian Kumar 37.3  
 Boys 11-12 Elijah Jantomaso 35.0, Jack Schimmoeller 35.0, Timothy Schreiber 35.8, Takoda Gallagher 41.38  
 Boys 13-14 Noah Jantomaso 30.3  
 Boys 15-16 Caleb Pollard 25.05  
 Boys 17-19 Shawn Sutton 22.65, Lee Lewis 23.37, Vic Evans 24.18,  
 Curtis Whitlow 24.27, Tymer Williams 25.18, Zach Hurt 27.94  
 Men 20-29 Chris Word 23.44, Ryan Webb 23.74, Shawn Webb 24.90,  
 Jamal Bass 25.25, Blake Edmondson 36.04  
 Men 30-39 Nathan Hottle 25.59, Chris McSwain 29.29, Patrick Donigan 29.30,  
 David Beroth 30.05  
 Men 40-49 Robert Harding 24.68, Marc Jantomaso 31.63, Jim Gallagher 33.69  
 Men 50-59 Felix Lopez 34.52  
 Men 60-69 Norm Yee 35.05

**1 Mile June 29, 2010**

Girls 7-8 Christa Gassler 9:29.0  
 Girls 9-10 Sophia Jantomaso 6:58.9  
 Girls 11-12 Samantha Schreiber 6:24.1, Renee Packer 9:21.3  
 Girls 13-14 Leah Hurt 6:23.2, Rachel Packer 7:19.7  
 Girls 15-16 Jennifer Schmidt 7:20.9, Anna Hurt 7:29.5, Becky Schreiber 7:50.6  
 Girls 17-19 Katie Schrieber 6:54.1, Elizabeth Hurt 8:31.8  
 Women 20-29 Heather Vozel 6:58.2, Becca Hurt 7:07.8, Jenny Yee 8:32.0  
 Women 30-39 Sunday Towles 7:46.9, Allyson McSwain 9:40.7  
 Women 40-49 Suzanne Ramsey 6:18.0, Katie Hurt 8:35.2, Alison Crehore 9:48.4  
 Boys 5-6 Jonah Packer 10:41.7  
 Boys 7-8 Weston McSwain 7:46.6, Noah Gassler 9:24.6, Joshua Packer 9:30.2, Calvin Hurt 9:58.6  
 Boys 11-12 Joseph Schmidt 6:47.2, Elijah Jantomaso 6:52.7,  
 Timmy Schreiber 7:17.0, Takoda Gallagher 7:25.4  
 Boys 13-14 Noah Jantomaso 5:35.8

Boys 15-16 Justin Jantomaso 5:30.5, Justin Phillips 5:40.7  
 Boys 17-19 Justin Resendes 4:44.5, Michael Phillips 5:44.6, Paul Schmidt 6:18.6  
 Men 20-29 Kyle Resendes 4:38.5, Joe Alderson 5:47(?), Ryan Morris 6:17.8,  
 Bobby Pearson 7:06.9  
 Men 30-39 Nathan Hottle 4:39.5, Jared Hesse 5:36.6, James Harrington 5:55.3, Chris McSwain 5:57.9  
 Men 40-49 Matt Richards 5:16.1, Randy Smith 5:52 (?), Grattan Garbee 6:15.6,  
 Virgil Hurt 6:37.9, Jim Gallagher 6:55.3, Marc Jantomaso 7:10.3  
 Men 50-59 Len Barker 5:06.9, Felix Lopez 6:01.4, Keith Austin 6:23.9,  
 Mike Mitchell 6:28.5  
 Men 60-69 Norm Yee 7:24.5

**100 Meters June 29, 2010**

Peyton Blount 18.5  
 Kids 4&Under Ben Gassler 30.6, Davis Hottle 30.9, Emma Towles 33.8,  
 Josiah Jantomaso 34.8, Chamberlain Streeter 46.4, Rohan 47.0,  
 Rowan Harrington 49.8  
 Girls 5-6 Nikitha Prabhu 23.7, Savannah Towles 24.5, Kristin Gassler 24.7  
 Girls 9-10 Sophia Jantomaso 18.1  
 Girls 11-12 Alison Crehore 14.9, Sophie Smith 16.6, Charis Jantomaso 17.8,  
 Noel Palmer 18.0, Kaylee Martin 18.2  
 Girls 13-14 Leah Hurt 15.1  
 Girls 15-16 Anna Hurt 16.7  
 Women 20-29 Becca Hurt 14.9, Jenny Yee 18.7  
 Women 50-59 Kathy Gerber 16.6  
 Boys 5-6 Jonah Towles 21.8  
 Boys 7-8 Noah Gassler 19.1, Calvin Hurt 20.2, Sam Watson 21.2,  
 Ryan Gallagher 22.2, Peyton Blount 39.2  
 Boys 9-10 Christian Kumar 16.4, Will Watson 18.7, Tyler Towles 20.3  
 Boys 11-12 Elijah Jantomaso 17.6, Takoda Gallagher 18.8  
 Boys 13-14 Noah Jantomaso 14.6, Eric Ring 16.6  
 Boys 15-16 Patrick Donigan 11.3, Justin Phillips 14.2  
 Boys 17-19 Shawn Sutton 10.9, Anthony Settje 10.9, Lee Lewis 11.3,  
 Michael Phillips 13.9  
 Men 20-29 Chris Ward 11.1, Earl Graves 11.3, McKinley Johnson Jr. 11.6,  
 Shawn Webb 12.0, Kyle Resendes 12.2, Jamal Bass 12.2,  
 Ryan Morris 13.1, Bobby Pearson 14.7  
 Men 30-39 Patrick Donigan Sr. 13.1, Kendrick Rose 13.1  
 Men 40-49 Virgil Hurt 14.2, Chris Martin 15.6  
 Men 50-59 Felix Lopez 16.2

**400 Meters June 29, 2010**

Kids 4&Under Ben Gassler 2:20.7  
 Girls 5-6 Kristin Gassler 2:06.9, Savannah Towles 2:08.8  
 Girls 7-8 Christa Packer 2:06.1  
 Girls 9-10 Sophia Jantomaso 1:23.4  
 Girls 11-12 Samantha Schreiber 1:23.1, Alison Crehore 1:23.9, Noel Palmer 1:25.8, Sophie Smith 1:27.2  
 Girls 13-14 Leah Hurt 1:21.3, Rachel Packer 1:26.4  
 Women 20-29 Becca Hurt 1:22.6, Jenny Yee 1:39.8  
 Boys 5-6 Jonah Towles 1:52.8, Tyler Towles 1:58.9, Jonah Packer 2:20.5  
 Boys 7-8 Weston McSwain 1:39.5, Noah Gassler 1:45.7, Calvin Hurt 1:49.8,  
 Sam Watson 1:57.0, Joshua Packer 1:57.9  
 Boys 9-10 Christian Kumar 1:26.5, Will Watson 1:53.2  
 Boys 11-12 Timmy Schreiber 1:30.7  
 Boys 13-14 Noah Jantomaso 70.6, Eric Ring 1:26.3  
 Boys 15-16 Patrick Donigan 55.5, Justin Phillips 65.1  
 Boys 17-19 Justin Resendes 52.5, Tymer Williams 54.1, Vic Evans 54.5,  
 Lee Lewis 54.6, Josiah Wilson 55.5, Michael Phillips 64.4  
 Men 20-29 Jamal Bass 55.7, Shawn Webb 58.5, Joe Alderson 64.1  
 Men 30-39 Chris McSwain 64.6, Patrick Donigan 70.8  
 Men 60-69 Norm Yee 1:21.5

## RACE RESULTS

MAY

**Mon. 31st - 13th Annual Central Virginia Kidney Association Memorial Day 10K.**

Race Director: Lesley McPhatter

The Memorial Day Central Virginia Kidney 10k was a bit warm, but with some great performances. With 229 finishers race attendance was about even with last years numbers. A great race and good fund raiser for a terrific cause.

**FEMALE OVERALL**

- 1 Stacey Vidt 29 Blacksburg VA 41:51
- 2 amber dewald 30 Lynchburg VA 43:28
- 3 Cate Huff 25 Rocky Mount VA 46:55

**MALE OVERALL**

- 1 Ryan Wheeler 32 Lynchburg VA 34:14
- 2 Jeffrey Harrington 40 Lynchburg VA 35:35
- 3 Jordan Whitlock 22 Lynchburg VA 36:16

**FEMALE OVERALL MASTERS**

- 1 Lisa Hannell 43 Lynchburg VA 51:02

**MALE OVERALL MASTERS**

- 1 Darrell Wargo 41 Lynchburg VA 40:50

**FEMALE OVERALL GRAND MASTERS**

- 1 Nancy Ferris 54 Goode VA 49:14

**MALE OVERALL GRAND MASTERS**

- 1 Len Barker 50 Lynchburg VA 38:41

**MALE AGE GROUP: 1 - 12**

- 1 76 James Redmond 8 Lynchburg VA 51:51
- 2 197 noah golden 12 madison heights VA 1:09:44

**FEMALE AGE GROUP: 1 - 12**

- 1 173 Lucy Wooldridge 12 Evington VA 1:04:59
- 2 225 lynley golden 9 madison heights VA 1:30:06

**MALE AGE GROUP: 13 - 17**

- 1 24 Zachary Ryan 14 Lynchburg VA 44:09
- 2 47 Stefan Moscalu 17 Lynchburg VA 48:30
- 3 114 logan bosiger 13 forest VA 55:25

**FEMALE AGE GROUP: 13 - 17**

- 1 65 Amanda Pettyjohn 15 Monroe VA 50:48
- 2 77 Leah Hurt 13 Lynchburg VA 51:53
- 3 82 Katie Zwetolitz 14 Lynchburg VA 52:21
- 4 127 McKenna Coalson 15 Lynchburg VA 57:02

**MALE AGE GROUP: 18 - 24**

- 1 8 Evan Davis 19 Lynchburg VA 40:11
- 2 9 Duke Wellington 24 Lynchburg VA 40:27

- 3 11 Thomas Syre 24 Lynchburg VA 41:25
- 4 19 Patrick Spencer 18 Forest VA 43:04
- 5 37 Evan Barnhart 24 Lynchburg VA 46:43
- 6 50 Jordan Miller 23 Lynchburg VA 48:42
- 7 51 Ryan Carlton 23 Lynchburg VA 48:51
- 8 66 Hunter Hannell 18 Lynchburg VA 50:57
- 9 104 Nathan Gunter 19 madison heights VA 54:13
- 10 122 Kyle Bryant 23 Lynchburg VA 56:19
- 11 131 Mark Balderson 23 Lynchburg VA 57:53
- 12 141 Heath Tomlin 24 Lynchburg VA 59:11
- 13 176 David Flannery 23 Rustburg VA 1:05:28

**FEMALE AGE GROUP: 18 - 24**

- 1 42 Sara Sloman 19 Lynchburg VA 47:51
- 2 81 Stacey Crawley 24 Lynchburg VA 52:16
- 3 90 Sarah Ellis 23 Lynchburg VA 52:55
- 4 108 Lauren Bryant 22 Lynchburg VA 54:51
- 5 118 Heather Henderson 21 Lynchburg VA 55:49
- 6 158 Megan Crites 22 Forest VA 1:01:32
- 7 165 Juliana Ospina 21 Lynchburg VA 1:03:55
- 8 171 Laura Crites 18 Forest VA 1:04:26
- 9 184 Brittany Bobbitt 18 Bedford VA 1:07:21
- 10 198 Donielle Tomlin 23 Lynchburg VA 1:09:45

**MALE AGE GROUP: 25 - 29**

- 1 26 Jonathan Washburn 27 Lynchburg VA 44:21
- 2 34 Blake Edmondson 26 Lynchburg VA 46:07
- 3 52 Mark Furler 27 Lynchburg VA 48:55
- 4 67 Lynn Ferguson 28 Altavista VA 51:00
- 5 121 Stephen Konyndyk 26 Lynchburg VA 56:18
- 6 126 Don Kidd 28 Forest VA 57:01
- 7 157 Aaron Meng 26 Lynchburg VA 1:01:27
- 8 172 Stewart Waddy 28 Lynchburg VA 1:04:46

**FEMALE AGE GROUP: 25 - 29**

- 1 95 Chelsie Viar 29 Lynchburg VA 53:19
- 2 110 Amy Toulson 26 Lynchburg VA 55:05
- 3 115 Heather Vozel 28 Lynchburg VA 55:26
- 4 134 Jennifer Thompson 26 Lynchburg VA 58:22
- 5 137 Jennifer Washburn 28 Lynchburg VA 58:39
- 6 150 Sarah Konyndyk 26 Lynchburg VA 1:00:07
- 7 159 Erin Bromley 26 Appomattox VA 1:02:18
- 8 162 Jessica Boone 25 Lynchburg VA 1:02:45
- 9 210 Sarai Brooks 29 goode VA 1:14:05
- 10 211 Rebecca Essig 29 Lynchburg VA 1:15:01
- 11 213 Amanda Watts 27 madison heights VA 1:15:41
- 12 216 Lauren Bifulco 29 Lynchburg VA 1:16:20
- 13 219 Christen Colburn 29 Forest VA 1:19:14
- 14 220 Rachel Meredith 27 Fairfax VA 1:20:11

**MALE AGE GROUP: 30 - 34**

- 1 4 Danny Boyers 31 Lynchburg VA 36:43
- 2 5 Rohan Meredith 30 Fairfax VA 38:34
- 3 12 Dwayne Fitts 32 Lynchburg VA 41:28
- 4 13 Jared Hesse 34 Lynchburg VA 41:42
- 5 16 Randall Birnschein 31 Evington VA 42:20
- 6 18 John Turner 34 Lynchburg VA 42:59

7 23 Jeremy White 34 Lynchburg VA 44:01  
 8 33 James Grant 31 Lynchburg VA 45:49  
 9 54 Ryan Ayres 31 Lynchburg VA 49:03  
 10 62 Matthew Lorber 30 Charlottesville VA 50:26  
 11 72 Ross Meyer 30 Lynchburg VA 51:21  
 12 97 Gerald Cox 32 Lynchburg VA 53:34  
 13 116 Matthew Fifer 32 evington VA 55:30  
 14 145 Kemp Houck 34 Lynchburg VA 59:38  
 15 151 Kevin Rawls 31 Lynchburg VA 1:00:14  
 16 183 Ben Summers 33 Forest VA 1:07:03  
 17 204 Jeff Young 34 madison heights VA 1:11:56

**FEMALE AGE GROUP: 30 - 34**

1 41 Jennifer Pritchett 34 Goode VA 47:16  
 2 55 Tiffany Lyttle 30 Lynchburg VA 49:10  
 3 57 Alicia Taylor 31 Lynchburg VA 49:22  
 4 61 Jennifer Captain 31 Lynchburg VA 50:18  
 5 93 Kim Lane 32 Forest VA 53:07  
 6 105 Alyson Ramsey 33 Lynchburg VA 54:13  
 7 106 Whitney Etzel 31 Madison Heights VA 54:44  
 8 107 Jamie Martin 32 Appomattox VA 54:51  
 9 109 Sunday Towles 34 Lynchburg VA 55:00  
 10 125 Liane Axe 31 Arlington VA 56:48  
 11 144 Beth Houck 32 Lynchburg VA 59:37  
 12 148 Andrea Adams 31 Lynchburg VA 1:00:03  
 13 154 Kim Hesse 34 Lynchburg VA 1:01:13  
 14 167 Katie Biesterveld 32 Gladys VA 1:04:02  
 15 180 Cheyenne Craig 32 lynchburg VA 1:06:39  
 16 212 Kelley Thacker 32 Lynchburg VA 1:15:39

**MALE AGE GROUP: 35 - 39**

1 28 Alan Kauppi 38 Lynchburg VA 44:41  
 2 29 Cavan Carlton 36 Lynchburg VA 44:57  
 3 32 Eric Torrey 38 Lynchburg VA 45:37  
 4 35 Mike Donahue 37 Lynchburg VA 46:10  
 5 36 Steve Roberts 38 Goode VA 46:40  
 6 63 Chad Duff 37 Lynchburg VA 50:28  
 7 68 Brad Pennington 37 Lynchburg VA 51:01  
 8 71 Matt Biesterveld 37 Gladys VA 51:13  
 9 87 Pete Page 36 Lynchburg VA 52:49  
 10 129 Kevin Struble 38 Lynchburg VA 57:31  
 11 156 Brian LaFratta 38 Lynchburg VA 1:01:25  
 12 194 Morgan Whitfield 37 Lynchburg VA 1:09:30  
 13 199 Michael Amendola 35 Lynchburg VA 1:09:58  
 14 208 Troy Nelson 35 Concord VA 1:13:33

**FEMALE AGE GROUP: 35 - 39**

1 48 Nina Dillon 35 Lynchburg VA 48:31  
 2 74 Jennifer Prince 37 Lynchburg VA 51:37  
 3 79 Brandy Schmidt 39 Lynchburg VA 52:03  
 4 85 Johnna Ingersoll 38 Lynchburg VA 52:31  
 5 86 Ruthie Gillespie 37 Lynchburg VA 52:49  
 6 91 Jennifer Ramey 38 Lynchburg VA 53:00  
 7 94 Angela Bryant 36 Amherst VA 53:10  
 8 128 Deborah Grishaw 38 Forest VA 57:03  
 9 149 Jenny Woodward 35 Big Island VA 1:00:03  
 10 161 Kim Jacobs 39 Lynchburg VA 1:02:38

11 187 Sandy Duff 36 Lynchburg VA 1:07:40  
 12 193 Wendy Storey 35 Lynchburg VA 1:08:56  
 13 202 Betty Harrington 38 Lynchburg VA 1:11:25  
 14 203 Julie Gravely 38 Lynchburg VA 1:11:48  
 15 207 Anita Lord 35 Lynchburg VA 1:13:06  
 16 209 Cindy Capps 39 Lynchburg VA 1:13:39  
 17 215 Jan Baker 39 Madison Heights VA 1:16:01  
 18 222 Heather Childress 38 Forest VA 1:22:00  
 19 228 Amanda Godsey 36 Lynchburg VA 1:31:08  
 20 229 Karen Nixon 39 Madison Heights VA 1:31:11

**MALE AGE GROUP: 40 - 44**

1 15 Thomas Burrowes 43 Lynchburg VA 42:00  
 2 20 Gary Morris 43 Lynchburg VA 43:26  
 3 25 Marshall Roberts 40 Lynchburg VA 44:11  
 4 58 Robert Reid 42 Lynchburg VA 49:25  
 5 64 Paul Schmidt 41 Lynchburg VA 50:40  
 6 75 Tom Spangenberg 44 Forest VA 51:46  
 7 88 Malcolm Miller 44 Lynchburg VA 52:50  
 8 92 David Manning 41 Lynchburg VA 53:02  
 9 99 Scott Baker 41 Madison Heights VA 53:42  
 10 102 Mark Sheehan 44 Lynchburg VA 54:04  
 11 113 Scott Beasley 40 Lynchburg VA 55:22  
 12 153 Larry Comerford 42 Lynchburg VA 1:01:03  
 13 185 Andy Maddox 42 Lynchburg VA 1:07:31

**FEMALE AGE GROUP: 40 - 44**

1 112 Chantal Redmond 40 Lynchburg VA 55:10  
 2 117 Debbie Hendrickson 43 Lynchburg VA 55:41  
 3 120 Donna Hodgert 42 Lynchburg VA 56:03  
 4 132 Gabby` Milam 40 Lynchburg VA 57:58  
 5 135 Tara Smith 40 Bedford VA 58:29  
 6 142 Lila Walters 43 Evington VA 59:18  
 7 147 Barbara Hopper 44 Lynchburg VA 59:46  
 8 155 Linda Shields 43 Lynchburg VA 1:01:14  
 9 160 Melissa Taylor 43 Lynchburg VA 1:02:34  
 10 186 Tabby Maddox 41 Lynchburg VA 1:07:31  
 11 190 Jenny Stadheim 43 Lynchburg VA 1:08:33  
 12 191 valerie pascadlo 42 forest VA 1:08:44  
 13 192 Susan Coalson 43 Lynchburg VA 1:08:55  
 14 196 Marisol David 43 Hurt VA 1:09:40  
 15 206 Alison Crehore 41 Madison Heights VA 1:13:03  
 16 214 Carmen Foster 40 Amherst VA 1:15:48  
 17 223 Sandra Bragg 42 Lynchburg VA 1:25:17  
 18 224 Wendy Golden 42 madison heights VA 1:30:06

**MALE AGE GROUP: 45 - 49**

1 22 Mike Griffin 46 Lynchburg VA 43:34  
 2 31 Kevin Shroyer 49 Goode VA 45:08  
 3 40 Grattan Garbee 47 Lynchburg VA 47:13  
 4 59 Billy Flint 49 Lynchburg VA 49:30  
 5 69 Tim Burnette 45 Lynchburg VA 51:01  
 6 83 Chad Smith 48 Bedford VA 52:26  
 7 133 Joe Zwetolitz 46 Lynchburg VA 58:06  
 8 143 Jon pascadlo 48 forest VA 59:24  
 9 166 Mark Sloman 47 Lynchburg VA 1:03:56  
 10 168 David Hammock 47 Forest VA 1:04:09

**FEMALE AGE GROUP: 45 - 49**

- 1 96 Kristie Shroyer 49 Lynchburg VA 53:24
- 2 98 Beth Frackelton 48 Lynchburg VA 53:41
- 3 119 Diana Pettyjohn 48 Monroe VA 55:51
- 4 124 Stacy Steuart 46 Lynchburg VA 56:27
- 5 139 Sue Jones 49 Forest VA 58:59
- 6 140 Vicky Phelps 46 Gladstone VA 59:05
- 7 152 andrea neiman 49 lynchburg VA 1:00:21
- 8 217 Debbie Sullivan 48 Madison Heights VA 1:16:21
- 9 221 Lyn Mathews 46 Lynchburg VA 1:20:19
- 10 226 Ricky Kiser 46 Lynchburg VA 1:30:42
- 11 227 Joyce Kiser 45 Lynchburg VA 1:30:42

**MALE AGE GROUP: 50 - 54**

- 1 7 Preston Evans 53 Madison Heights VA 39:06
- 2 17 Norris Welfare 50 Lynchburg VA 42:46
- 3 38 Mike Goetz 51 Forest VA 46:54
- 4 44 John Cardwell 52 Lynchburg VA 47:58
- 5 45 Kelvin Flowers 54 Lynchburg VA 48:03
- 6 49 Mike Mitchell 53 Lynchburg VA 48:36
- 7 53 George Zippel 51 Lynchburg VA 48:59
- 8 60 Mark Bushing 54 Lynchburg VA 50:10
- 9 78 Steve Letterman 50 Lynchburg VA 52:01
- 10 100 John Vadnal 54 Forest VA 53:47
- 11 103 Andy Faulconer 54 Madison Heights VA 54:06
- 12 111 Andrew Wilds 50 Lynchburg VA 55:08
- 13 130 Keith Coalson 53 Lynchburg VA 57:37
- 14 136 Mike Gilley 50 Lynchburg VA 58:31
- 15 138 Alan Morgan 53 Lynchburg VA 58:45
- 16 189 Glenn Meyer 54 Lynchburg VA 1:08:02

**FEMALE AGE GROUP: 50 - 54**

- 1 179 Freda Spencer 50 Lynchburg VA 1:06:29
- 2 195 Sara Lloyd Bryant 51 Lynchburg VA 1:09:39

**MALE AGE GROUP: 55 - 59**

- 1 27 Felix Lopez 57 Lynchburg VA 44:30
- 2 30 Roger Koehler 55 Lexington VA 45:00
- 3 46 Brian Carlton 56 Lynchburg VA 48:11
- 4 73 Craig Miller 57 Lynchburg VA 51:26
- 5 80 Wim Imron 55 Lynchburg VA 52:11
- 6 89 Robert Ladd 56 Lynchburg VA 52:51
- 7 101 Peyton Morgan 58 Lynchburg VA 53:55
- 8 163 Frank Villa 55 Lynchburg VA 1:03:32
- 9 200 John Wherry 59 Lynchburg VA 1:10:17

**FEMALE AGE GROUP: 55 - 59**

- 1 181 Rowana Okun 55 Bedford VA 1:06:48
- 2 182 Nancy Blackwell 58 Lynchburg VA 1:07:03
- 3 205 Ruth Syre 58 Lynchburg VA 1:12:08

**MALE AGE GROUP: 60 - 64**

- 1 43 Walter Allen 61 Lynchburg VA 47:57
- 2 146 Ben Schowe 62 forest VA 59:45
- 3 174 Bob Foster 64 Lynchburg VA 1:05:06
- 4 175 William Hubbard 64 Forest VA 1:05:07

- 5 177 Richard Stone 63 Lynchburg VA 1:05:40
- 6 188 Bill Gray 64 Lynchburg VA 1:07:43

**FEMALE AGE GROUP: 60 - 64**

- 1 169 Priscilla Jones 61 Lynchburg VA 1:04:15
- 2 201 Gail Copelan 60 Lynchburg VA 1:10:59

**MALE AGE GROUP: 65 - 69**

- 1 84 Horace Ellis 68 Huddleston VA 52:28
- 2 123 Roger Stoudt 65 Forest VA 56:24
- 3 164 Paul Sherburne 65 Lynchburg VA 1:03:45
- 4 178 Terry Walton 69 Huddleston VA 1:05:59

**FEMALE AGE GROUP: 65 - 69****MALE AGE GROUP: 70 - 99**

- 1 170 Bernie Davis 72 Lynchburg VA 1:04:20
- 2 218 John Kurisky 71 Forest VA 1:17:23

**FEMALE AGE GROUP: 70 - 99****JUNE****Sat. 19th - Annual Presbyterian Homes 5K****Race Director:**

With 243 finishers a great race and good fund raiser was conducted for a terrific cause. Thanks to all the volunteers who made the day a great one for our cause.

**FEMALE 5K RUN OVERALL**

- 1 Leigha Schimmoeller 17 Forest VA 19:44 6:22
- 2 Rebekah Morris 24 Lynchburg VA 20:11 6:30
- 3 Lindsay Papet 19 Forest VA 20:41 6:40

**MALE 5K RUN OVERALL**

- 1 Jeffrey Harrington 40 Lynchburg VA 16:44 5:24
- 2 NATHAN HOTTLE 33 Lynchburg VA 17:41 5:42
- 3 LEN BARKER 50 Lynchburg VA 18:31 5:58

**FEMALE MASTERS RUN OVERALL**

- 1 Susan Barney 44 Lynchburg VA 25:19 8:09

**MALE MASTERS RUN OVERALL**

- 1 Darrell Wargo 41 Lynchburg VA 19:02 6:08

**MALE AGE GROUP: 1 - 12**

- 1 66 Elijah Jantomaso 11 Forest VA 24:05
- 2 90 James Redmond 8 Lynchburg VA 25:56
- 3 114 David Vaughan 11 Lynchburg VA 27:32
- 4 178 Noah Gassler 8 Lynchburg VA 33:05
- 5 234 Dylan Wright 9 Lynchburg VA 44:53

**FEMALE AGE GROUP: 1 - 12**

- 1 68 Charis Jantomaso 12 Forest VA 24:11
- 2 72 Alyssa Shupe 12 Forest VA 24:40
- 3 77 Sophia Jantomaso 9 Forest VA 24:55
- 4 113 Hannah Murphy 12 Appomattox VA 27:32

5 115 Claire McClenny 11 Paplin VA 27:33  
 6 149 Sophie Smith 11 Lynchburg VA 30:01  
 7 174 Sierra Maulbeck 11 Lynchburg VA 32:35  
 8 198 Emma Wilson 9 Forest VA 36:31  
 9 200 Alison Rose Crehore 12 Madison Heights VA 36:54  
 10 208 Jessica Pascadlo 12 Forest VA 37:48  
 11 216 Ella McGinnis 9 Forest VA 39:09  
 12 221 Kathryn McGinnis 7 Forest VA 41:10

**MALE AGE GROUP: 13 - 17**

1 8 Justin Jantomaso 15 Forest VA 19:18  
 2 20 Zane Laughlin 16 Forest VA 21:09  
 3 22 Noah Jantomaso 13 Forest VA 21:17  
 4 87 Rob Dendy 13 Lynchburg VA 25:30  
 5 102 Seamus Donahue 13 Lynchburg VA 27:04  
 6 112 Tommy Hyres 15 Lynchburg VA 27:29

**FEMALE AGE GROUP: 13 - 17**

1 52 Abby May 13 Forest VA 23:22  
 2 57 Leah Hurt 13 Lynchburg VA 23:32  
 3 93 Anna Hurt 15 Lynchburg VA 26:35  
 4 123 Olivia Davis 13 Lynchburg VA 28:25  
 5 167 Emily Stephens 14 Evington VA 32:00  
 6 168 Lucy Wooldridge 13 Evington VA 32:02

**MALE AGE GROUP: 18 - 24**

1 4 Evan Davis 19 Lynchburg VA 18:54  
 2 14 Patrick Spencer 18 Forest VA 20:36  
 3 25 Travis Marshall 19 Lynchburg VA 21:25  
 4 28 Jesse Mitchell 22 Lynchburg VA 21:39  
 5 29 Ben Warren 21 Lynchburg VA 21:43  
 6 30 Jordan Miller 23 Lynchburg VA 22:09  
 7 37 Louis Papet 20 Forest VA 22:30  
 8 67 Bobby Clauss 23 Goode VA 24:05  
 9 201 Derek Hart 24 Lynchburg VA 36:54  
 10 232 Brandon Riley 24 Lynchburg VA 43:58

**FEMALE AGE GROUP: 18 - 24**

1 81 Sarah Ellis 23 Lynchburg VA 25:03  
 2 131 Jill Dziejewicz 20 Lynchburg VA 28:59  
 3 154 Samantha Bryant 21 Lynchburg VA 30:21  
 4 196 Sarah Gifford 23 Lynchburg VA 35:58  
 5 202 Diana Chicas 21 Lynchburg VA 36:55  
 6 212 Tiffany Donald 19 Lynchburg VA 38:23  
 7 220 Brittany Proffitt 22 Madison Heights VA 41:07

**MALE AGE GROUP: 25 - 29**

1 23 JONATHAN WASHBURN 27 LYNCHBURG VA 21:20  
 2 31 Blake Edmondson 27 Lynchburg VA 22:10  
 3 41 Mark Furler 27 Lynchburg VA 22:43  
 4 48 Matthew Conner 28 Lynchburg VA 23:13  
 5 91 Kyle Bowman 26 Lynchburg VA 25:57  
 6 120 Todd Libeau 28 Lynchburg VA 28:20  
 7 135 Oliver D'Costa 28 Lynchburg VA 29:03  
 8 138 Joel Michael Gibson 26 Lynchburg VA 29:18  
 9 141 Stewart Waddy 28 Lynchburg VA 29:25

10 158 Lucas Hayden 29 Lynchburg VA 30:49  
 11 172 Savant Parag 28 Lynchburg VA 32:20  
 12 177 Prabhu Ramamoorthy 29 Lynchburg VA 32:51  
 13 206 Nilesh Apsingekar 29 Lynchburg VA 37:27  
 14 209 JARET HUSSDINY 28 LYNCHBURG VA 37:48  
 15 214 Reinaldo Gonzalez 28 Lynchburg VA 38:41

**FEMALE AGE GROUP: 25 - 29**

1 35 Cate Huff 25 Rocky Mount VA 22:27  
 2 46 Sarah Funderburke 25 Lynchburg 23:05  
 3 62 Chelsie Viar 29 Lynchburg VA 23:48  
 4 80 Alexis Thomas 27 Evington VA 25:02  
 5 108 Jennifer Washburn 28 Lynchburg VA 27:11  
 6 118 Erin Suders 26 Lynchburg VA 28:16  
 7 119 Melanie Van Wynsber 25 Rustburg VA 28:19  
 8 159 Colleen McBride 28 Forest VA 30:54  
 9 204 Sarah Patterson 28 Lynchburg VA 37:03  
 10 207 Amy Libeau 28 Lynchburg VA 37:34  
 11 210 Theresa Lindberg 28 Lynchburg VA 37:49  
 12 215 LeeAnn Gonzalez 28 Lynchburg VA 39:07  
 13 236 Brandy Sermons 28 Lynchburg VA 45:12

**MALE AGE GROUP: 30 - 34**

1 6 Jason Captain 33 Lynchburg VA 19:10  
 2 7 Eric Nelson 30 Forest VA 19:17  
 3 10 Dwayne Fitts 32 Lynchburg VA 19:39  
 4 12 Randall Birnschein 31 Evington VA 20:03  
 5 15 Jeremy White 34 Lynchburg VA 20:36  
 6 19 John Turner 34 Lynchburg VA 21:05  
 7 50 Ross Meyer 31 Lynchburg VA 23:19  
 8 55 LaMont Council 32 Lynchburg VA 23:25  
 9 73 Matthew Fifer 32 Lynchburg VA 24:41  
 10 74 Thomas Vaughan 32 Lynchburg VA 24:48  
 11 89 John Ankeney 34 Forest VA 25:51  
 12 96 Will Carwile 34 Lynchburg VA 26:41  
 13 105 Brendan Phillips 33 Forest VA 27:08  
 14 126 Wade Stout 32 Lynchburg VA 28:37  
 15 150 Brian Grinstead 30 Lynchburg VA 30:02  
 16 153 Rubin Kidd, Jr. 34 Lynchburg LY 30:16  
 17 171 Chris Maulbeck 31 Lynchburg VA 32:15  
 18 187 Christopher Derrico 33 Madison Heights VA 33:42

**FEMALE AGE GROUP: 30 - 34**

1 40 Jennifer Pritchett 34 Goode VA 22:38  
 2 63 Alicia Taylor 31 Lynchburg VA 23:56  
 3 109 Marlaina Seay 32 Lynchburg SC 27:18  
 4 129 Erin Colbert 31 Lynchburg VA 28:51  
 5 151 Cheyenne Criag 32 Lynchburg VA 30:10  
 6 170 Kelly Bivens 34 Lynchburg VA 32:11  
 7 189 Jennifer Powers 34 Beford VA 33:59  
 8 193 Dee Buchanan 32 Lynch Station VA 35:03  
 9 213 Rosa Derricott 30 Madison Heights VA 38:41  
 10 227 Lorie Carwile 34 Lynchburg VA 42:36  
 11 241 Simone Hamilton 30 Lynchburg VA 50:44  
 12 242 Denise Clark 31 Lynchburg VA 50:45  
 13 243 Sara Viers 30 Lynchburg VA 51:58

**MALE AGE GROUP: 35 - 39**

- 1 34 Chad Duff 38 Lynchburg VA 22:26
- 2 38 James LaPrade 38 Forest VA 22:33
- 3 39 Kevin Faust 35 Buena Vista VA 22:35
- 4 42 Todd Thomas 35 Evington VA 22:47
- 5 49 Pete Page 37 Lynchburg VA 23:17
- 6 54 Stephen Tozier 36 Lynchburg VA 23:24
- 7 64 Brad Pennington 37 Lynchburg VA 23:58
- 8 82 Mike Durham 36 Forest VA 25:09
- 9 86 Dustin Wilhoit 37 Appomattox VA 25:28
- 10 98 Brian LaFratta 38 Lynchburg VA 26:51
- 11 103 Mike Donahue 37 Lynchburg VA 27:04
- 12 111 Matt Miller 39 Lynchburg VA 27:24
- 13 116 Paul Weaver 37 Forest VA 27:45
- 14 122 Eric Jennings 39 Concord VA 28:23
- 15 130 Mike Closs 37 Lynchburg VA 28:55
- 16 133 Michael Amendola 35 Lynchburg VA 28:59
- 17 160 Archie Lord 36 Lynchburg VA 31:15
- 18 176 Troy Nelson 35 Concord VA 32:47
- 19 192 Jamie Minter 39 Lynchburg VA 34:54

**FEMALE AGE GROUP: 35 - 39**

- 1 43 Nina Dillon 35 Lynchburg VA 22:52
- 2 47 Sharlene Toone 35 Lynchburg VA 23:10
- 3 83 Shelley Stephens 35 Evington VA 25:13
- 4 88 Jennifer Prince 37 Forest VA 25:43
- 5 101 Deborah Grishaw 39 Forest VA 26:58
- 6 117 Melissa Goodrich 38 Lynchburg VA 27:56
- 7 132 Kim Jacobs 39 Forest VA 28:59
- 8 136 Heather Wilson 35 Forest VA 29:06
- 9 137 Jan Baker 39 Madison Heights VA 29:14
- 10 143 Tina Joyce 37 Goode VA 29:30
- 11 147 Vicky Stevens 36 Forest VA 29:49
- 12 161 Wendy Brooks 36 Lynchburg VA 31:29
- 13 162 Mary Boone 39 Bedford VA 31:39
- 14 166 Sandy Duff 36 Lynchburg VA 31:58
- 15 173 Cindy Capps 39 Lynchburg VA 32:27
- 16 184 Wendy Storey 35 Lynchburg VA 33:41
- 17 185 Anita Lord 35 Lynchburg VA 33:41
- 18 194 Karen Webb 39 Lynchburg VA 35:16
- 19 211 Heather Childress 38 Lynchburg VA 38:07
- 20 223 Angelia Page 38 Lynchburg VA 41:35
- 21 231 Crystal Wilhoit 35 Appomattox VA 43:40
- 22 237 Nailah Barnhardt 37 Lynchburg VA 45:29

**MALE AGE GROUP: 40 - 44**

- 1 21 Randy Smith 42 Lynchburg VA 21:10
- 2 56 Paul Thompson 40 Lynchburg VA 23:26
- 3 58 Billy Drinkard 40 Forest VA 23:34
- 4 59 Robert Reid 42 Forest VA 23:36
- 5 60 Jack Flippin 40 Lynchburg VA 23:38
- 6 70 Scott Baker 41 Lynchburg VA 24:31
- 7 75 Todd Seay 40 Lynchburg SC 24:50
- 8 100 James Rinella 40 Lynchburg VA 26:56
- 9 106 Steve Walker 40 Sandy Hook VA 27:10
- 10 164 Kirk Jewell 40 Moneta VA 31:54
- 11 179 Christopher Gassler 41 Lynchburg VA 33:12

**FEMALE AGE GROUP: 40 - 44**

- 1 104 Gabby Milam 41 Lynchburg VA 27:07
- 2 140 Jennifer Bryant 40 Lynchburg VA 29:25
- 3 145 Lisa Drinkard 41 Forest VA 29:46
- 4 148 Shelia Zemaiduk 42 Lynchburg VA 29:54
- 5 163 Valerie Pascadlo 42 Forest VA 31:54
- 6 165 Jeanell Smith 42 Lynchburg VA 31:55
- 7 182 Beth Scott 41 Lynchburg VA 33:30
- 8 183 Alison Crehore 41 Madison Heights VA 33:35
- 9 188 Melody LaPrade 42 Forest VA 33:58
- 10 197 Carmen Foster 40 Amherst VA 36:16
- 11 217 Sandra Bragg 42 Lynchburg VA 39:17
- 12 225 Colette Walker 40 Sandy Hook VA 42:26
- 13 226 Dians Osborne 40 Appomattox VA 42:26

**MALE AGE GROUP: 45 - 49**

- 1 18 David Barney 48 Lynchburg VA 20:53
- 2 24 Kevin Shroyer 49 Goode VA 21:23
- 3 45 Tim Laughlin 45 Forest VA 22:59
- 4 53 Robert Dendy 46 Lynchburg VA 23:24
- 5 69 Tim Burnette 45 Lynchburg VA 24:16
- 6 79 Daniel Carey 49 Lynchburg VA 25:02
- 7 94 Tim Jennings 45 Lynchburg VA 26:40
- 8 97 Jerry Price 48 Lynchburg VA 26:50
- 9 124 Philip Danaher 48 Forest VA 28:34
- 10 125 Jonathan Pascadlo 48 Forest VA 28:35
- 11 144 Joe Deffner 45 Forest VA 29:44
- 12 152 Lee Schimmoeller 49 Forest VA 30:14
- 13 195 James Decker 45 Madison Heights VA 35:54
- 14 222 Chuck McGinnis 45 Forest VA 41:34

**FEMALE AGE GROUP: 45 - 49**

- 1 85 Beth Frackleton 49 Lynchburg VA 25:27
- 2 99 Kristie Shroyer 49 Goode VA 26:54
- 3 107 Sue Jones 49 Forest VA 27:10
- 4 128 Andrea Neiman 49 Lynchburg VA 28:46
- 5 146 Myra Dendy 45 Lynchburg VA 29:48
- 6 169 Ivana Beere 47 Lynchburg VA 32:03
- 7 180 Cheryl VanGilder 48 Forest VA 33:13
- 8 181 Elizabeth Ramsey 49 Forest VA 33:21
- 9 191 Cindy McGinnis 46 Forest VA 34:39
- 10 199 Sharon Cohick 46 Lynchburg VA 36:34
- 11 219 Joanie Smoot 45 Forest VA 39:54
- 12 224 Sheila Norris 47 Madison Heights VA 42:20
- 13 228 Nancy Campbell 46 Madison Heights VA 43:30
- 14 235 Mary McCarthy 46 Lynchburg VA 45:06

**MALE AGE GROUP: 50 - 54**

- 1 9 Bret Boman 51 Forest VA 19:29
- 2 27 Larry Comstock 54 Chesterfield VA 21:36
- 3 36 Larry Jackson 51 Forest VA 22:28
- 4 44 Michael Mitchell 54 Lynchburg VA 22:58
- 5 61 Mark Bushing 54 Lynchburg VA 23:40
- 6 76 Andrew Wilds 50 Lynchburg VA 24:55
- 7 78 Steve Letterman 50 Appomattox VA 24:59
- 8 92 George Zippel 51 Lynchburg VA 26:31

- 9 110 Mike Gillei 50 Lynchburg VA 27:22  
 10 134 Dan Laslie 54 Lynchburg VA 29:01  
 11 142 Mark Landry 52 Appomattox VA 29:29  
 12 156 Homer Davis 51 Lynchburg VA 30:36  
 13 239 Don Rust 53 Forest VA 47:35

**FEMALE AGE GROUP: 50 - 54**

- 1 95 Susan Anderson 54 Forest VA 26:41  
 2 157 Sara Lloyd Bryant 51 Lynchburg VA 30:45  
 3 186 Noel Thomas 52 Lynchburg VA 33:42  
 4 233 Barbara Yost 52 Lynchburg VA 44:53  
 5 240 Cynthia Rust 52 Forest VA 50:42

**MALE AGE GROUP: 55 - 59**

- 1 17 Roger Koehler 55 Lexington VA 20:43  
 2 26 Felix Lopez 57 Lynchburg VA 21:27  
 3 33 Charles Tolley 55 Madison Heights VA 22:22  
 4 51 Craig Miller 57 Lynchburg VA 23:21  
 5 71 Glenn Meadows 59 Lynchburg VA 24:37  
 6 121 L. Robert Halpin 59 Lynchburg VA 28:21

**FEMALE AGE GROUP: 55 - 59**

- 1 155 Nancy Blackwell 58 Lynchburg VA 30:27  
 2 190 Ruth Syre 58 Lynchburg VA 34:22

**MALE AGE GROUP: 60 - 64**

- 1 32 Walter Allen 61 Lynchburg VA 22:20  
 2 230 David Snyder 64 Afton VA 43:40

**FEMALE AGE GROUP: 60 - 99**

- 1 139 Priscilla Jones 61 Lynchburg VA 29:21  
 2 175 Gail Copelan 60 Lynchburg VA 32:37  
 3 203 Deborah Allen 60 Lynchburg VA 36:56  
 4 229 Barbara Matysek 60 Afton VA 43:31

**MALE AGE GROUP: 65 - 99**

- 1 65 Horace Ellis 68 Huddleston VA 24:01  
 2 205 John Kurisky 71 Forest VA 37:09  
 3 238 Gerald Carney 65 Lynchburg VA 47:27

**July 2010****Sat. 3rd - 5th Annual Downtown Academy Mile****MALE OPEN MILE**

- 1 Kalib Wilkinson 26 Lynchburg VA 4:33  
**\$100 Bonus - Course Record**  
 2 Nathan Hottle 33 Lynchburg VA 4:46  
 3 Grant Gastineau 20 Chanute KS 5:06

**FEMALE OPEN MILE**

- 1 Schimmoeller Leigha 17 Lynchburg VA 5:33  
 2 Rebekah Morris 25 Lynchburg VA 5:35  
 3 Cate Huff 25 Rocky Mount VA 5:53

**Female MASTERS RUN OVERALL CHAMPION**

- 1 Kristie shroyer 49 Goode VA 7:10 7:10

**Male MASTERS RUN OVERALL CHAMPION**

- 1 Jeff Harrington 40 Lynchburg VA 4:49

**Course Record (Previous Record: Matt Richards, 5:02 - 2008)****MALE AGE GROUP: 00 - 05**

- 1 148 Alex Sterne 05 Lynchburg VA 12:06

**FEMALE AGE GROUP: 00 - 05**

No Entries

**MALE AGE GROUP: 06 - 07**

- 1 101 Row Sterne 07 Lynchburg VA 8:23

**FEMALE AGE GROUP: 06 - 07**

- 1 121 Isabelle Amendola 07 Lynchburg VA 9:04  
 2 127 Lily Rademacher 06 Lynchburg VA 9:21

**MALE AGE GROUP: 08 - 09**

- 1 107 tyler Jennings 09 Lynchburg VA 8:34  
 2 116 Joseph Sterne 09 Lynchburg VA 8:47

**FEMALE AGE GROUP: 08 - 09**

- 1 126 lauren pascadlo 09 forest VA 9:19

**MALE AGE GROUP: 10 - 12**

- 1 76 Takoda Gallagher 12 Lynchburg VA 7:27  
 2 105 Mitch McMahon 10 Lynchburg VA 8:29  
 3 124 Nick SSilvester 12 Lynchburg VA 9:09  
 4 143 Jared Lyons 11 Tucker GA 11:07

**FEMALE AGE GROUP: 10 - 12**

- 1 55 CLAIRE MCCLENNY 11 Pamplin VA 6:47  
 2 59 Alyssa Shupe 12 Forest VA 6:53  
 3 68 Emily Keehan 12 Appomattox VA 7:13  
 4 71 Lucy Wooldridge 12 Evington VA 7:19  
 5 73 Smith Sophie 11 Lynchburg VA 7:24  
 6 77 Grace Rademacher 11 Lynchburg VA 7:27  
 7 95 jessica pascadlo 12 Forest VA 8:08  
 8 96 Savannah Shupe 10 Forest VA 8:09  
 9 138 Kaitlyn Jennings 11 Concord VA 10:25

**MALE AGE GROUP: 13 - 19**

- 1 5 Evan Davis 19 Lynchburg VA 5:13  
 2 8 Zach Quigg 18 Lynchburg VA 5:20  
 3 42 Jacob Laurant 14 Lynchburg VA 6:27  
 4 43 Joel Worford 14 Lynchburg VA 6:29  
 5 46 Adam Boardwine 15 Madison Heights VA 6:33  
 6 61 Isaac Williams 13 Lynchburg VA 6:55  
 7 63 Sama Hernandez 15 Lynchburg VA 6:57  
 8 131 Matt McMahon 13 Lynchburg VA 9:44

**FEMALE AGE GROUP: 13 - 19**

- 1 65 Olivia Davis 13 Lynchburg VA 7:07  
 2 89 Rachel Poff 14 Big Island VA 7:54  
 3 92 Sarah Bryant 14 Lynchburg VA 8:02

4 97 Meaghan Jennings 14 Concord VA 8:16

MALE AGE GROUP: 20 - 29

1 6 Jeff Kuhland 23 Lynchburg VA 5:16  
 2 18 Jordan Miller 23 Lynchburg VA 5:46  
 3 27 Ryan Earle 29 Lynchburg VA 6:02  
 4 31 Lynn Ferguson 28 Altavista VA 6:10  
 5 35 DeVaul Justin 22 Fayetteville VA 6:17  
 6 58 Samuel Candler 24 Rustburg VA 6:52  
 7 75 Jimmy Wesley 26 Lynchburg VA 7:25  
 8 83 Todd Libeau 28 Lynchburg VA 7:37  
 9 84 Stewart Waddy 28 Lynchburg VA 7:38

FEMALE AGE GROUP: 20 - 29

1 50 Chanel Isaac 24 Athens GA 6:42  
 2 62 Chelsie Viar 29 Lynchburg VA 6:56  
 3 69 Heather Vozel 28 Lynchburg VA 7:14  
 4 78 Terrie Nicely 22 Pittsburgh PA 7:27  
 5 94 Samantha Bryant 21 Lynchburg VA 8:06  
 6 103 Tabitha Cook 27 Lynchburg VA 8:25  
 7 134 Emily Guschke 26 Richmond VA 10:09  
 8 135 Sarah Knapp 29 Lynchburg VA 10:09  
 9 136 Elizabeth Barrett 27 Richmond VA 10:10  
 10 137 Amy Libeau 28 Lynchburg VA 10:11  
 11 139 Ashley Carter 27 Lynchburg VA 10:26  
 12 140 Christina Snyder 26 Athens GA 10:26

MALE AGE GROUP: 30 - 39

1 7 DWAYNE FITTS 32 Lynchburg VA 5:17  
 2 13 Randall Birnschein 31 Evington VA 5:35  
 3 19 Ross Meyer 31 Lynchburg VA 5:49  
 4 20 Jacob Kalsbeek 32 Westfield NJ 5:49  
 5 24 Chad Duff 38 Lynchburg VA 5:58  
 6 26 Frankie Viar 30 Lynchburg VA 6:01  
 7 32 LaMont Council 32 Lynchburg VA 6:12  
 8 34 David Hylton 32 Bedford VA 6:15  
 9 57 Eric Jennings 39 Concord VA 6:49  
 10 60 Adeel Khan 33 Lynchburg VA 6:53  
 11 66 Kevin Struble 38 Lynchburg VA 7:08  
 12 81 Brian Lafratta 38 Lynchburg VA 7:33  
 13 120 Michael Amendola 35 Lynchburg VA 8:59

FEMALE AGE GROUP: 30 - 39

1 39 Johnna Ingersoll 38 Lynchburg VA 6:24  
 2 41 Alicia Taylor 31 Lynchburg VA 6:27  
 3 49 Nina Dillon 35 Lynchburg VA 6:40  
 4 53 Amanda Ruhl 33 Forest VA 6:45  
 5 79 Michele Rakowski 39 Lynchburg VA 7:27  
 6 90 Jan Baker 39 Madison Heights VA 7:58  
 7 100 Cheyenne Craig 32 Lynchburg VA 8:20  
 8 104 Andrea Ferguson 33 Altavista VA 8:28  
 9 113 Sandy Duff 37 Lynchburg VA 8:45  
 10 115 Wendy Brooks 36 Lynchburg VA 8:46  
 11 119 Amy Amendola 31 Lynchburg VA 8:59  
 12 125 Wendy Storey 35 Lynchburg VA 9:14  
 13 132 Heather Childress 38 Forest VA 9:59  
 14 133 Joy Pratt 30 Lynchburg VA 10:09

MALE AGE GROUP: 40 - 49

1 9 Marshall Roberts 40 Lynchburg VA 5:26  
 2 15 Smith Randy 42 Lynchburg VA 5:39  
 3 17 Mike Griffin 46 Lynchburg VA 5:44  
 4 23 Kevin Shroyer 49 Goode VA 5:54  
 5 28 Grattan Garbee 47 Lynchburg VA 6:06  
 6 38 Robert Reid 42 Forest VA 6:23  
 7 44 Jim Gallagher 44 Lynchburg VA 6:31  
 8 45 Garry Gellert 41 Lynchburg VA 6:32  
 9 51 Tory Martin 40 Lynchburg VA 6:44  
 10 52 Dwayne Marshall 47 Lynchburg VA 6:45  
 11 56 Scott Baker 41 Madison Heights VA 6:48  
 12 72 Philip Danaher 48 Forest VA 7:22  
 13 85 mike poff 49 Big Island VA 7:42  
 14 86 Lee Schimmoeller 49 Forest VA 7:45  
 15 88 Darrell Wargo 42 Lynchburg VA 7:51

FEMALE AGE GROUP: 40 - 49

1 74 Wendy Shupe 40 Forest VA 7:24  
 2 98 Susan Coalson 44 Lynchburg VA 8:17  
 3 99 Jennifer Bryant 40 Lynchburg VA 8:18  
 4 108 Smith Jeanell 42 Lynchburg VA 8:35  
 5 122 Valerie Pascadlo 42 Forest VA 9:07  
 6 123 Alicia Matherly 40 Hurt VA 9:08  
 7 147 Beverly Moore 48 Evington VA 11:48

MALE AGE GROUP: 50 - 59

1 10 Bret Boman 51 Forest VA 5:30  
 2 11 Preston Evans 53 Madison Heights VA 5:33  
 3 16 Roger Koehler 55 Lexington VA 5:39  
 4 21 Norris Welfare 50 Monroe VA 5:52  
 5 30 Ted Batt 50 Lynchburg VA 6:10  
 6 33 Charles Tolley 55 Madison Heights VA 6:14  
 7 36 Larry Jackson 51 Forest VA 6:18  
 8 37 Don Gastineau 54 Chanute KS 6:20  
 9 40 Keith Austin 56 Lynchburg VA 6:27  
 10 47 Craig Miller 59 Lynchburg VA 6:38  
 11 48 Mark Bushing 54 Lynchburg VA 6:40  
 12 64 Peyton Morgan 58 Lynchburg VA 7:01  
 13 70 Walker Pennock 59 Lynchburg VA 7:17  
 14 82 Keith Coalson 53 Lynchburg VA 7:34  
 15 106 Horner Davis 51 Lynchburg VA 8:30  
 16 144 Ernest Lyons 56 Tucker GA 11:08  
 17 145 Peter Worford 51 Lynchburg VA 11:08  
 18 149 Frank Hungate 58 Riverside CA 15:17  
 19 150 Rod Hassler 55 Marshalltown IA 15:17

FEMALE AGE GROUP: 50 - 59

1 102 Sara Bryant 51 Lynchburg VA 8:25  
 2 110 Nancy Blackwell 58 Lynchburg VA 8:39  
 3 114 Dianne Wright 55 Appomattox VA 8:46  
 4 117 Debbie Martin 58 Lynchburg VA 8:48  
 5 130 Laurie Thomas 50 Sandy Level VA 9:41  
 6 141 Pam Gastineau 55 Chanute KS 10:27  
 7 142 Debbie Candler 51 Gladys VA 10:58

**MALE AGE GROUP: 60 - 69**

- 1 29 Waltyer Allen 61 Lynchburg VA 6:07
- 2 54 Horace Ellis 68 Huddleston VA 6:46
- 3 80 ben schowe 62 forest VA 7:33
- 4 87 William Hubbard 64 Forest VA 7:49
- 5 109 Richard Stone 63 Lynchburg VA 8:38
- 6 111 Bob Foster 64 Lynchburg VA 8:41

**FEMALE AGE GROUP: 60 - 69**

- 1 91 Michalik Candice 62 Lynchburg VA 8:01
- 2 112 Priscilla Jones 61 Lynchburg VA 8:45
- 3 128 Gail Copelan 60 Lynchburg VA 9:21
- 4 129 Deborah Allen 60 Lynchburg VA 9:39

**MALE AGE GROUP: 70 - 99**

- 1 146 John Billingslea 73 Lynchburg VA 11:39

**FEMALE AGE GROUP: 70 - 99**

- 1 151 Joan Pennock 80 Lynchburg VA 15:44



**DISCOUNTS**

The following businesses offer discounts on select items for your patronage. Please show your membership card and ask which items are discounted when you stop by and see the good folks at:

**Riverside Runners**

Offering 10% off on all store sales.  
 Open: Mon. - Fri. 10:30am - 7:00pm  
 Saturday, 10:00am - 6:00pm  
 Come see us at  
 2301 Rivermont Avenue  
 Lynchburg, Va. 24503  
 Phone: (434)846-7449  
 Webb: [www.riversiderunners.com](http://www.riversiderunners.com)

**Dr. Frank Villa**

Optometry  
 18800 Forest Road  
 Lynchburg, Va. 24502  
 Phone: (434)385-8800  
 10% on all eye glasses and exams. (Does not include disposable contacts)

**Ragged Mountain Running Shop**

10% off shoes to Lynchburg Roadrunners since 1982  
 3 Elliewood Avenue, Charlottesville, Va 22903  
 Hours: Monday-Friday 10-6:00 / Thursday 10-7 / Saturday 10-5:00  
 Mark & Cynthia Lorenzoni - 434-293-3367

**Bikes Unlimited**

10% on select items.

**Outdoor Trails**

10% on select items.

**Lynchburg Orthopedic Lab**

10% on Orthotics  
 1919 Thomson Dr.  
 Lynchburg, Va. 24501  
 (434) 846-1803

## Golf Ball Run

*By Rebekah Trittipoe*  
rebekahtrippoe.blogspot.com

The air was hot and thick. I was covered with sweat, my arms and legs brown and dirty. I had just finished shoving downed branches and limbs through my chipper. It was a filthy job but I needed mulch; it was worth the effort. But now, with daylight promising to fade, I simply took off down the road to get in a short run. I should have changed shoes but didn't take the time. I noticed my heel was hurting and any spring in those worn-out shoes was long gone miles ago. I felt sluggish, running merely out of obligation and guilt. I didn't feel very inspired.

When I got to my pre-determined turn-around point at the top of a hill, I started back down. Off in the weeds I noticed something white and round. "Ah, a golf ball," I thought to myself. "I should pick it up." But why? I don't play golf nor does anyone else in my family. Still, it's hard not to pick up a found item no matter what it is. I feel a sense of pride every time I return home with some random object, showing it off to whoever will give me the time of day. So, compelled to do so, I picked it up and ran on. But not very far.

Soon, I saw another and another strewn along this lightly-used country road. They were not clumped together. Rather, over the course of a mile and a half, I continued to find perfectly good golf balls. And since I picked up one, I was compelled to pick up all the others. Soon, I had four in each hand and another eight or so stuffed into my running bra. It was quite a sight. My chest had turned into a voluptuous, albeit bumpy, uniboob. Talk about some bounce. The chested balls had a tendency to pop out as I ran, sending me to chase them as they rolled down the road. But chase them I did, wondering what circumstance produced this smattering of golf balls along my route while hoping that none of the neighbors were watching. My run now had purpose and I was delighted.

About a half mile from home and just when I could not find another millimeter of bodily storage space for the next found ball, there in the ditch was a basket, the kind you find at a driving range. My growing and carried load had a new home. Good thing. I found another half dozen before turning down the driveway.

Did I need those golf balls? Hardly. Was it fun to find them? You bet. Almost as much fun as finding all those candy-laden eggs my Grandma used to hide come Easter morning. Thank God for small pleasures. Proudly, I placed the basket full of golf balls on the counter and waited for the questioning to begin.



**LYNCHBURG ROAD RUNNERS MEMBERSHIP APPLICATION**

**Type of Membership and Annual Dues** (Circle all appropriate choices)

New Member	Renewal	Address Change
Individual (\$15)	Family (\$20)	Full Time Student (\$10)

**Membership Benefits**

- Automatic membership in Road Runners Club of America
- Newsletter and web site providing club activities, race information and informative articles
- Member discounts at local merchants and some races
- Children’s races

**Application** (If this is a renewal, only name and any changes are necessary)

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Other Family Members (Name, Sex, Birthday): \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Newsletter (Circle the one that applies):                      *via* e-mail                      *via* snail mail

**\*\*Please mail application, fees (make check payable to: Lynchburg Road Runners), and self addressed envelope to:**  
Lynchburg Road Runners  
P.O. Box 11223  
Lynchburg, VA 24506-1223

**RRCA CLUB APPLICATION WAIVER (ALL MEMBERS MUST SIGN THE BELOW WAIVER)**

I know that running and volunteering to work club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Lynchburg Road Runners and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in these club activities even though the liability may arise out of the negligence or carelessness on the part of the persons named on this waiver.

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

Parent’s Signature (if under 18 years old): \_\_\_\_\_ Date: \_\_\_\_\_

Lynchburg Roadrunners  
P.O. Box 11223  
Lynchburg, VA 24506



visit us at:  
[www.Lynchburgroadrunners.org](http://www.Lynchburgroadrunners.org)



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