

The Milepost

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



MAY. 2010

Presidents Podium

Greeting and salutations. Running is alive and well in Lynchburg Virginia! I see many of you out on the road at all crazy hours from 5:30am till midnight.

Our race series is off to a great start. We have seen exponential growth in our first two races. The Point of Honor had over 310 registered runners, up from 200 last year. Great job Kevin! The God parents run had over 505 registered runners, up from 300 last year. Great job Malcom! Both races added a youth run with good participation numbers for the first year.

The club has decided to host four organized fun runs, one per quarter. Our second run is our May Day Fun Run and tee shirt swap. May 1 at 8:30am at the Forest Post Office. Bring a tee shirt to swap. No entry fee. Refreshments provided by LRRC. Our host for this run is Sue Jones. Hope to see you there. We may add additional runs in the summer, check LRRC face book page for quick up to date information.

Please continue to check The Lynchburg Road Runner Club Face Book Page for up to date information on special events, clinics, fun runs, group runs, training runs, meetings, social events and more. Check it out!

On Memorial Day, Monday, May 31st is the 13th Annual Central Virginia Kidney Association Memorial Day 10k. A great fund raiser and good time of year to run. Race direc-

tor is Lesley McPhatter. Lets all get out and support this great run!

Starting up in June is Uncle Bret's Track Series, every Tuesday evening at Lynchburg College Track starting at 6:30pm. Races and distances will vary week to week. Check LRRC Face book for events. This is a good way to add speed work to your diet and get ready for the fast and furious Downtown Academy Mile on Saturday July 3rd.

At the April monthly meeting we had a huge turnout with a brief business meeting which was followed up by our guest speaker, Craig Miller who spoke to us about his bout with cancer and his quest for 50/50, 50 Marathons in 50 states. Thanks to Craig for his inspirational program. We all wish him well in his 50/50 quest.

Our next meeting before our summer hiatus is Tuesdays, May 11 at Monte Carlo Restaurant. Plan to arrive at 6:30 if having dinner, meeting starts promptly at 7:00pm. Our guest speaker is Kalib Wilkinson who recently ran Fortis Marathon in Rotterdam and was the third American to finish. Lets have a great turn out for this last meeting!

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, 11 May 2009
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.

We will take the summer off and meet again on **Tuesday 14 September** at Monte Carlo's at 6:30 pm.

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.

You may also find the latest race information at www.riversiderunners.com

Letter to the Editor

London, England

Hi Dad,

I seem to have cracked it - get some music pumping into your brain to distract you from the pain and spur you on! I have a friend's old iPod and loaded up some suitable upbeat music. I was able to run a full lap around the park, walk for three minutes, then do another lap and a 1/4 before walking fast to cool down. I think the park is about a mile and the run was just short of 30 minutes with a 3 minute break. So improving! The music also helps me pace myself.

Below is a link that shows the parks near me. So far I've stuck to laps around St James's Park and Green Parks. What do you think - one lap around the two together is about 2 and a quarter miles? When I can run the full lap without stopping (which I should be able to do by the end of next week) I think next step will be to walk up to Hyde Park and do a lap, eventually working up to doing the full 7.2 miles. How long do you think until I can do that?

The big test is going to be how I fare when it starts to get cold!

http://www.serpentine.org.uk/pages/run_routes_01_index.html

Love,
Esther

Meeting Minutes**Meeting March 9, 2010**

Club president Jon Perotto called the business meeting to order at 7:00 p.m. and handed out an agenda for the meeting.

Web Site: To keep up with the ever evolving modern means of communication, Jon and Vic are exploring the needs of the club to develop a web based means to make the news of events more accessible and timely for everyone. Our current Facebook page, managed by Kevin Shroyer, Sue Jones, and Heather Vozel, seems to work for now for quick communication. Please check it periodically and make good use of it. There is also the possibility of using a blog format to communicate. We ask our technology gifted members for get in touch with Jon Perotto or Vic Galan via e-mail to share their ideas.

Membership: A shirt design is "in the works" for LRRC identity. Jon brought up the idea of a membership drive, possibly rewarding members in some way for signing up new members. Jon thanked Bill and Brenda Gray, Kevin Shroyer, Jeff Fedorko, and Craig Miller for helping with the LRR booth during the Centra Health Fair held at the Jamerson YMCA.

Fun Run: Jon thanked Heather Vozel and Riverside Runners for their efforts to make the Queen of Hearts Fun Run an enjoyable event for all who participated. Jon noted an impressive turnout (40) at the Beginning Runners clinic at OCCVA, thanks Rachel and Mike. The May 1 T shirt exchange Fun Run was announced. The fun starts at 8:30 a.m. at the Forest post office. Remember to bring a T shirt to swap.

Activities: A Pilates for runners clinic was announced, to be held at 722 Commerce St. by Kim Buhler on 3/16 at 7:00 p.m. Jon has sent letters to the Charlottesville and Roanoke running clubs about the possibility of a "Ten Miler Challenge" between our clubs...stay tuned.

There were some questions brought up about coaches offering their services

through Lynchburg Roadrunner activities. The discussion concluded with bringing up Conflict of Interest policies of the Road Runners Club of America and the Federal Law regarding how not for profit corporations cannot allow for members to gain financially using resources that belong to the not for profit organization.

Vice president Sue Jones is looking into possible speakers and club meeting ideas. Possibly a YMCA kids and family night if there is enough interest. And for good measure, the possibility of a "Moonlight Fun Run" was brought up for later in the year.

Race Series: Kevin Shroyer reported Centra Health has signed on as a sponsor for the Point of Honor 5 K. Depot Grille is the host location and is providing food. The race course is the same as last year due to the continuing construction on the lower part of Jefferson St. Please show appreciation to the race sponsors by supporting them.

Darrell Wargo reported the Liberty Godparent Home 5K was coming together well. Sponsors have been stepping forward and things look good.

Jeff Fedorko provided a general update for all the downtown races he directs and an overall update on the Virginia Ten Miler. He has been meeting with Genworth about sponsorship. The City of Lynchburg is supportive of a "Downtown Running Festival" with the idea of music performances and displays and tourism being promoted through the Office of Economic Development. Amazement Square is on board with that idea. Some statistics of note: about 10% of the Virginia Ten Miler runners are from Greensboro NC, and about \$175,000 value is brought into the city because of the Ten Miler...people coming from out of town and getting motel rooms, buying meals and shopping. Registration for the Ten Miler opens in April. The search continues for a guest speaker. The Holiday Inn Select offers a special rate for Ten Miler guests. The kids mile will start at 7:30 a.m. The Four Miler will start separate

from the Ten Miler and will have a walkers division. Suggestions will be considered for making the start better. There is discussion of a 5K on 9/11 at the Downtown YMCA.

Respectfully submitted by Mike Mitchell, Secretary LRRC 2010

Meeting April 13, 2010

Club president Jon Perotto handed out an agenda and called the meeting to order.

Financial and membership report:

Vic Galan reported there are 125 active members and 39 pending members. There is \$854.00 as of 4/13/10 in the club bank account. The use of e-mail for the club newsletter is saving a substantial amount of money mostly from not having to use postage to mail a hard copy to each member. Jon noted our Facebook page seems to be working well for general communication with club members. A question was brought up about how one might post a story to the club facebook site. The answer for the time being is to post it as a discussion topic.

Membership drive: At this time it may be a good emphasis to kick off next year. A polo shirt design was presented to give members an idea of what a club identity polo shirt would look like.

Fun Run: Our 2nd quarter fun run will be a May Day T shirt swap run, meeting at the Forest post office at 8:30 a.m. on May 1. The distance will be 3 to 5 miles...more if you want to come early. Please check the club facebook page for more information.

Race Series: Kevin Shroyer thanked all who participated in the Point of Honor 5 K race. There were 375 runners and proceed totals are still being finalized so they can be sent to Life Net. Kevin thanked the Depot Grille for the food bags and commented about the start being somewhat congested.

Next year the start should be moved back down to the lower part of Jefferson St. because the construction will be finished. That will alleviate the congestion from the trail entrance off Jefferson St. during the race.

Malcolm Miller reported that everything was shaping up good for the Liberty Godparent Home 5K. He said he was anticipating over 400 people taking part in that event.

Guest Speaker: Our guest speaker for the evening was our own Craig Miller. He spoke about the ABC's of life and running. **A = Adversity**...all of us will face adversity in life and in our running sooner or later. **B = Believe**... in yourself and in a power higher than yourself to see you through the adversity. **C = Commitment**...to a relaxed, positive attitude...the adversity will pass...how are you going to react to it? Craig went on to talk about some of the adversities he has faced in the last few years. He was hit by a car in 2001 while running along Timberlake Road and suffered broken bones and a lengthy recovery time while running fitness seemed to vanish. Then in May of 2007 Craig was diagnosed with colon cancer, had surgery and in the months after, had chemotherapy treatments that made him feel "mostly dead" as he put it, for several days after each treatment. There were several negative side effects that came along with the chemo aside from just outright feeling terrible. His hair fell out, food tasted like Vaseline, his feet got cold easily, and he watched his fitness and running speed deteriorate drastically. Through all this, Craig says, he determined to have a relaxed and positive attitude. He said he drew inspiration from Joseph of the Old Testament who had all kinds of real bad things happen to him that he had no control over. Joseph maintained a positive outlook and eventually was rewarded with great leadership opportunity beyond anything he could have imagined earlier. Craig summarized his talk with these statements: "Believe there is a greater power at work in your life even in the face of adversity; Com-

mit to keeping on with your life and seeing your way through adversity; Things are going to happen to you – how are you going to react?" Craig then told us of his new commitment to run a marathon in each of the 50 states. His focus now is to average one marathon a month in a different state until completing 50 marathons in 50 states. He plans to have 21 totaled up by the end of 2010. His daughter Chelsie has joined him for some of the marathons he has done so far and she plans to run more of them with her dad. Craig concluded his remarks with a short question and answer session then the meeting adjourned.

Respectfully submitted by Mike Mitchell, LRRC secretary 2010.

ADVERSITY, BELIEF, COMMITMENT

When adversity comes, don't be uptight.

Believe it'll somehow turn out right.

Accept it.

To goals commit

And to achieve them fight.

Bernie the Bard



UPCOMING ACTIVITIES

News Technology: Stay up to date with the latest club activities by visiting our **Facebook** site. Just get to a Google access site and typ in, without quotations, Facebook Lynchburg Roadrunners, and hit return. On the list that then appears, click on Lynchburg Roadrunners Club / Facebook. Read the latest on INFO or click onto WALL. Better yet, join the Facebook crowd and post your own comments.

A lot of organizations are going to a Facebook page for up to date communication. News and events are more accessible and more timely. Just find us, friend us and get in touch with the admin of the page to get your info out there.

Wild Wednesdays: During the month of May, a series of trail "Fun Runs" will be held each wednesday at 6:00 p.m. The following runs are offered to put some **Spring** in your step:

May 5: Blackwater Creek Bikepath, Old Langhorn Road.
May 12: Candler's Mountain, Park at Wngate Inn.
May 19: Peaks View Park, meet at the Red Barn.
May 26: Candler's Mountain, Park at Snowflex Complex.

More Info Contact: Riverside Runners (434)846-7449

2010 Summer Track Series:

MEET DIRECTOR: Bret Boman (434) 525-5136
Gregg Cavaliere (434) 258-4228

Every Tuesday in June, it's Track Time at Lynchburg College track. All are invited. Ages 1 to 101! All abilities welcome, 4 minute through 12 minute milers, fast or slow sprinters. Events offered vary with the date. In general, one distance event highlights the evening, followed by 2-3 sprint events. Cost for runners is just one dollar. Age Group ribbons for awards.

2010 EVENT SCHEDULE

JUNE 1: 1500m / 100m / 800m
JUNE 8: 5000m / 200m
JUNE 15: 2 mile / 400m
JUNE 22: 800m / 200m
JUNE 29: 1 Mile / 400m / 100 m

Come out and bring the whole family to participate or just watch the five year olds race 100 meters.

Pilates Demo

A small, but enthusiastic group attended the Pilates demonstration sponsored by the club on March 16. Kim Buhler, a Stott Pilates certified instructor, reviewed the principles of Pilates and also discussed its relevance to running. Since the group was small, Kim was able to do a lot more "hands on" demonstration than originally antici-

pated. Although mat work is often a big part of Pilates, large equipment such as the "Reformer" and the "Cadillac" provide some very interesting exercises. All of those in attendance had an opportunity to try the equipment under Kim's close supervision. All agreed that the demonstration had been worthwhile.

THE BOZEMAN'S TRAILS

By Steve Bozeman

The Shamrock Marathon - One More Time

As the Rolling Stones song goes, "You can't always get what you want, but if you try sometimes, you get what you need." This was one of those days.

Debbie and I went to Virginia Beach for a long weekend and for my annual Spring PT Test to see if I can still run 26.2 miles in the Shamrock Marathon. Having green beer at the finish line does help motivate this old Marine the last few miles. Yes, I finished, even though back in 1978 when I ran my first marathon at Va. Beach I swore that I wouldn't run anymore since it hurt so bad the last 6 miles.

No matter how good or bad I run a marathon or ultra, my quads, hips, knees are unforgiving for a few days after. Last year at start of marathon, temps was low 30's and this past Sunday was 52 degrees and then got up to 72 at finish. Last year stayed cooler and was in upper 50's at finish, which I believe my finish time of 4:10 and lots of luck was dependent upon. This year I finished in 4:27, which I contribute to a few factors, such as lower training mileage, slower runs and little warmer on race day - oh yea one year older!! Actually, my 10 mile split was 91:13 last year and 92:30 this year. My half was 2:01:19 last year and 2:01:15 this year. Thennnnnnnnnnn, the legs got heavy and stride shorter and at 20 mile split I was 7 minute slower than last year. I didn't walk any, just each mile was slower!! I sort of was feeling little down that I didn't come close to last year finish time, but then read a quote in the Shamrock Marathon calendar they gave us, which was, "Some of my best races were not my fastest. Let effort, not time determine if you had a good race."

Once again, I needed to realize that "time" is relative and I did put forth a good effort to still get to the finish line, while chatting with folks as I very slowly passed them to give encouragement or just (I thought), witty or funny comments to make each mile go faster. Shamrock Marathon was a good solid run to bump me up to running the Big Sur Marathon on April 25th, which is my son, Shane's, birthday. It will be a good one to honor his memory and birthday.

RACE RESULTS

March 2010

Sat. 6th, Goode - What Goes Down Must Come Up 4-miler.

Race Director: Jerome H Loy

There were plenty of cookies and chocolate milk for the 80+ runners in the 15th Annual Goode What Goes Down, Must Come Up 4-Miler. At what perfect weather to earn those cookies.

First to cross the finish line was Shirley Lee who ran 9:15 faster than her predicted 4 mile pace of 56 minutes. However, a bigger story is that she proudly has lost 110 pounds this year. See what running can do for one?!

The fastest time of the day was turned in by Jason Snowman who finished 2 minutes and 45 seconds faster than his predicted 28:00.

The top 10 finishers:

- 1st: William Hubbard finished exactly at 40:00
- 2nd: Emily Carter was 1/2 second slower than her 37:20 prediction
- 3rd: Lee Schimmoeler sprinted by 1 second faster than 40:00
- 4th: Noah DeLaHunt was 1.5 seconds slower than 28:00
- 5th: Todd tenPas ran 2 seconds faster than 28:00
- 6th: Alisha Matteredly finished 5 seconds slower than her 43:23 pace
- 7th: R.B. Carter was 6 seconds faster than 28:12
- 8th: Chad Duff ran 6 seconds too slow after a 32:30 head start
- 9th: Zane Laughlin also ran 6.5 seconds off his pace of 30:00
- 10th: Rick Benedict ran too fast and was 9 seconds faster than 34:00

Thanks to Jeff at Riverside Runners and Ruth Fitzgerald and the entire Bryant Family for their valuable assistance setting up, tearing down, results, door prizes, and home made cookies.

Sat. 20th and Sun. 21st, Virginia Beach Shamrock Marathon

Overall Winners

Men: Sergey Kaledin, Eugene, Oregon, 2:27:50

Women: Meghan Ridgley, Reston, Va, 2:52:01

Local Area Finishers

<u>BIB</u>	<u>NAME</u>	<u>AGE</u>	<u>TIME</u>
260	RICHARD STONE	63	3:18:58
1208	JEANNE CRAIG	40	3:44:34
842	LORI PEELE	24	3:58:43
1980	MIKEL GRIFFIN	45	4:17:37
2467	CYNTHIA HUNTER	36	4:21:10
2011	STEVE BOZEMAN	63	4:26:56
3865	BLAKE BREWER	19	4:36:41

2608	WHITNEY ETZEL	31	4:40:53
2644	BRENDA HENDERSON	26	4:51:22
2230	MICHAEL ELLIOTT	45	4:55:18
2156	ELISE SPONTARELLI	24	5:08:32
2948	ANDREA GILLISPIE	32	5:09:26
2801	KEITH COALSON	53	5:23:24
2965	SUSAN COALSON	43	
220	CASEY VENTERS	33	5:32:19
2876	DINA JONES	25	5:41:05
211	JENNIFER CLARK	36	6:11:56

1/2 Marathon

8051	SHARLENE TOONE		1:50:25
7634	GLENN MEADOWS	59	2:03:28
8726	KENSIE JOHNSON	41	2:06:49
10032	BOB LEFFEW	46	2:07:21
6257	LAURI WYNNYK	41	2:06:49
8177	TRACY SIMMONS	40	2:10:09
8176	COURTNEY EDMUNDS	33	2:15:35
8175	CHANTAL REDMOND	40	2:15:35
11310	BARBARA HOPPER	44	2:19:21
11144	SARA BRYANT	51	2:23:57
11562	REBECCA ESSIG	29	3:00:59
12162	CHRIS COCHRAN	35	3:14:09
12163	ABIGAIL COCHRAN	31	3:14:10
5770	TEAL MCCLURE	36	3:17:39

April 2010

Sat. 3rd - Lynchburg, Point of Honor 5K

FEMALE OVERALL AWARDS

<u>Place</u>	<u>Name</u>	<u>Ag</u>	<u>City</u>	<u>St</u>	<u>Time</u>	<u>Pace</u>
1	Rebekah Morris	24	Lynchburg	VA	20:31	6:37
2	Lindsay Papet	18	Forest	VA	21:07	6:48
3	Jennifer Captain	30	Lynchburg	VA	23:02	7:25

MALE OVERALL AWARDS

1	Jeffrey Harrington	39	Lynchburg	VA	17:16	5:34
2	Jordan Whitlock	22	Lynchburg	VA	17:22	5:36
3	Jesse Sewell	23	Kahoka	MO	17:52	5:46

FEMALE MASTERS OVERALL AWARDS

1	Kristie Shroyer	49	Goode	VA	24:59	8:03
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MALE MASTERS OVERALL AWARDS

1	Preston Evans	53	Madison Heights	VA	19:13	6:12
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<u>Place</u>	<u>Name</u>	<u>Ag</u>	<u>City</u>	<u>St</u>	<u>Time</u>
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MALE AGE GROUP: 1 - 12

1	201 Nick Simpkins	10	Concord	VA	31:58
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FEMALE AGE GROUP: 1 - 12

1	73 EJ Saunders	12	Forest	VA	24:42
2	78 Hannah Murphy	12	Appomattox	VA	24:53
3	80 Claire McClenny	11	Pamplin	VA	24:55
4	141 Emma Wilson	9	Forest	VA	28:36
5	143 Lucy Wooldridge	12	Evington	VA	28:42
6	181 Kendall Branham	11			30:54
7	188 Jessica Pascadlo	11	Forest	VA	31:09
8	206 Caroline Branham	8			32:16

9	239 Lauren Pascadlo	8	Forest	VA	35:44	17	265 Katie McQuain	22	Lynchburg	VA	40:17
10	256 Ella McGinnis	8	Forest	VA	38:35	18	285 Brittany Wright	24			54:12
11	277 Anna Young	7	Madison Heights	VA	49:46	19	286 Samantha Bried	22	Lynchburg	VA	54:14
12	281 Ashlyn Goolsby	12	Lynchburg	VA	53:24	MALE AGE GROUP: 25 - 29					
13	294 Delaney Snead	10	bedford	VA	56:51	1	5 Brian Myers	28	Lynchburg	VA	19:05
MALE AGE GROUP: 13 - 17						2	7 Eric Torrey	28	Lynchburg	VA	19:09
1	6 Jason Snowman	17	Forest	VA	19:08	3	32 Jonathan Washburn	27	Lynchburg	VA	21:47
2	8 Justin Jantomaso	14	Forest	VA	19:12	4	37 Blake Edmondson	26	Lynchburg	VA	22:39
3	13 Stefan Moscalu	16	Lynchburg	VA	19:35	5	60 Ryan Earle	29	Lynchburg	VA	24:00
4	15 Stephen Maddox	17	Lynchburg	VA	19:41	6	64 Jimmy Murphy	29	Forest	VA	24:25
5	17 John Wierenga	17	Cantyor	MI	20:12	7	111 Kevin Mitchell	29	Forest	VA	26:33
6	36 Jacob Elbrecht	14	Lynchburg	VA	22:26	8	115 Kyle Bowman	25	Lynchburg	VA	26:51
7	43 Preston Rogers	16	Lynchburg	VA	23:02	9	130 Jimmy Wesley	26	Lynchburg	VA	27:57
8	62 Michael Goodrich	15	Lynchburg	VA	24:07	10	132 Joshua Abbe	26	Lynchburg	VA	28:03
9	79 Will Stratton	16	Lynchburg	VA	24:54	11	153 Seth Moore	25	Lynchburg	VA	29:07
10	81 Bobby White	16	Lynchburg	VA	24:57	12	156 Dan Youngsma	28	Lynchburg	VA	29:16
11	97 Collin Butler	15	Grandville	MI	25:47	13	160 Matthew Woosley	25	Lynchburg	VA	29:24
12	139 Chance LaFratta	15	Lynchburg	VA	28:26	14	166 Todd Libeau	27	Lynchburg	VA	29:59
13	193 Graham Brooks	16	Lynchburg	VA	31:21	15	186 Michael Gossler	29	Forest	VA	31:03
FEMALE AGE GROUP: 13 - 17						16	228 Stewart Waddy	28	Lynchburg	VA	34:27
1	70 Charity Carlson	16	Sandstone	MN	24:38	17	244 Jason Mattox	27	Forest	VA	35:56
2	88 Leah Hurt	13	Lynchburg	VA	25:17	18	276 DANIEL MADDIX	28	Lynchburg	VA	49:45
3	107 Savanna Wienenga	15	Byron Center	MI	26:18	19	283 Mike Lane	26	Lynchburg	VA	53:56
4	136 Hailey Williams	15	Forest	VA	28:21	FEMALE AGE GROUP: 25 - 29					
5	150 Jordan Martin	15			28:58	1	57 Cate Huff	25	Rocky Mount	VA	23:48
6	194 Haley Fore	13	Amherst	VA	31:23	2	87 Margaret McHugh	29	Lynchburg	VA	25:13
7	262 Jordan Cash	16	Lynchburg	VA	39:49	3	116 Jennifer Washburn	28	Lynchburg	VA	26:53
8	263 Courtney Pittman	17	Lynchburg	VA	39:58	4	117 Chelsie Viar	29			26:54
9	295 Kaylyn Goolsby	15	Lynchburg	VA	56:52	5	147 Morgan Conner	28	Forest	VA	28:55
MALE AGE GROUP: 18 - 24						6	168 Erin Bromley	26	Appomattox	VA	30:08
1	11 Evan Davis	19	Lynchburg	VA	19:22	7	190 Amanda Linn	26	Lynchburg	VA	31:10
2	16 Zach Quigg	18	Lynchburg	VA	20:06	8	209 Sara Cashman	27	Lynchburg	VA	32:27
3	21 Matt Sewell	19	Kahoka	MO	20:30	9	222 Kimberly Wade	27	Forest	VA	33:51
4	23 Thomas Syre	23	Harrisonburg	VA	20:34	10	234 Ashley Jaggars	29	Lynchburg	VA	35:32
5	33 Matthew Turner	23	Lynchburg	VA	21:56	11	236 Jackie Weaver	28	Forest	VA	35:34
6	35 Tudor Moscalu	24	Lynchburg	VA	22:16	12	238 Dawn Maddox	28	Lynchburg	VA	35:42
7	42 Jordan Miller	23	Lynchburg	VA	22:56	13	242 Amy Libeau	28	Lynchburg	VA	35:48
8	52 Justin DeVaul	22	Lynchburg	VA	23:31	14	245 Lauren Bifulco	28	Lynchburg	VA	36:02
9	65 Rory Bosek	24	Lynchburg	VA	24:30	15	249 Jacqueline Jaszczak	25	Lynchburg	VA	36:34
10	72 Jake Carlson	23	Lynchburg	VA	24:39	16	275 Mandy Wood	25	Lynchburg	VA	48:03
11	93 Cody Rogers	20	Lynchburg	VA	25:41	17	297 Shannon Barksdale	28	Forest	VA	57:34
12	113 Eric Reitzel	23	Lynchburg	VA	26:44	MALE AGE GROUP: 30 - 34					
13	155 Nathan Goldsmith	23	Lynchburg	VA	29:15	1	4 Nathan Hottle	33	Lynchburg	VA	18:08
14	230 Kevin Heideman	20	Lynchburg	VA	34:46	2	14 Dwayne Fitts	32	Lynchburg	VA	19:38
FEMALE AGE GROUP: 18 - 24						3	19 Randall Birnschein	31	Evington	VA	20:20
1	83 Sarah Stubbs	18	Lynchburg	VA	25:02	4	25 Darrell Manning	34	Lynchburg	VA	20:48
2	86 Stacy Crawley	24	Lynchburg	VA	25:09	5	26 Jeremy White	34	Lynchburg	VA	20:51
3	131 Katelyn Bowers	20	Lynchburg	VA	28:02	6	29 James Grant	30	Lynchburg	VA	21:30
4	152 Alissa Williams	18	Forest	VA	29:06	7	31 John Turner	34	Lynchburg	VA	21:40
5	157 Brandy Gibbs	24	Lynchburg	VA	29:18	8	51 Ryan Ayres	30	Lynchburg	VA	23:25
6	165 Heather Markland	21	Forest	VA	29:55	9	67 Brett Matthews	34	Lynchburg	VA	24:34
7	173 Whitney Bowers	23	Lynchburg	VA	30:34	10	68 Jeff Martin	32	Appomattox	VA	24:37
8	174 Sarah Huffines	19	Monroe	VA	30:38	11	77 Ross Meyer	30	Lynchburg	VA	24:52
9	176 Ashton Ogen	19	Madison Heights	VA	30:42	12	103 Matthew Fifer	32	Lynchburg	VA	26:05
10	184 Wynn Christy Burtne	19	Lynchburg	VA	31:00	13	106 Keith Thompson	33	Bedford	VA	26:16
11	197 Laura Crites	18	Forest	VA	31:42	14	118 Matthew Bailey	30	Lynchburg	VA	27:05
12	198 Brittany Bobbitt	18	Bedford	VA	31:42	15	121 Jonathan Stephens	32	Forest	VA	27:27
13	207 Samantha Bryant	20	Lynchburg	VA	32:18	16	163 Thomas Vaughan	32	Lynchburg	VA	29:37
14	220 `Wilson	22	Lynchburg	VA	33:44	17	182 Van Arpornrat	34	Lynchburg	VA	30:57
15	227 Jessi Pruitt	24	Lynchburg	VA	34:26	18	200 Kristopher Smith	34	Lynchburg	VA	31:56
16	229 Alison Reynolds	20	Lynchburg	VA	34:29	19	221 Jared Anderson	30	Lynchburg	VA	33:46
						20	233 Chris Jaggars	30	Lynchburg	VA	35:02
						21	278 Jeff Young	34	Madison Heights	VA	49:51

FEMALE AGE GROUP: 30 - 34

1	47 Alicia Taylor	31 Lynchburg	VA	23:11	3	41 Thomas Burrowes	43 Lynchburg	VA	22:51
2	85 Whitney Etzel	31 Lynchburg	VA	25:07	4	50 Kinckle Robinson	43 Pamplin	VA	23:23
3	89 Kacie Pantana	31 Lynchburg	VA	25:24	5	58 Wayne Patton	40 Lynchburg	VA	23:56
4	126 Andrea Adams	31 Lynchburg	VA	27:44	6	61 Robert Reid	42 Forest	VA	24:03
5	129 Jamie Martin	31 Appomattox	VA	27:51	7	71 Malcolm Miller	44 Lynchburg	VA	24:38
6	149 Brandi Tyree	33 Goode	VA	28:57	8	76 Jay Parker	41 Lynchburg	VA	24:50
7	195 Stephanie Cox	33 Lynchburg	VA	31:32	9	84 Billy Drinkard	40 Forest	VA	25:06
8	199 Kelley Thacker	32 Forest	VA	31:54	10	90 Tom Spangenberg	44 Forest	VA	25:24
9	223 Kelly Bivens	33 Lynchburg	VA	33:53	11	91 Michael Merholz	40 Lynchburg	VA	25:29
10	241 Cheyenne Craig	32 Lynchburg	VA	35:47	12	96 Steve Hammer	44 Forest	VA	25:47
11	255 Marcy Droog	30 Rustburg	VA	38:27	13	98 Scott Beasley	40 Lynchburg	VA	25:48
12	264 Jenny Lipford	30 Lynchburg	VA	40:15	14	134 Mark Sheehan	44 Lynchburg	VA	28:06
13	267 Ashley Mays	31 Lynchburg	VA	40:25	15	158 Larry Comerford	42 Lynchburg	VA	29:19
14	271 Jessica Barger	30 Forest	VA	42:10	16	161 Chris Elbrecht	40 Lynchburg	VA	29:24
15	274 Brenda Young	34 Madison Heights	VA	48:02	17	169 Jeryl Rowe	40 Evington	VA	30:09
16	293 Jessica Snead	33 bedford	VA	56:37	18	261 Michael Justice	41 Appomattox	VA	39:26
17	299 Liane McCready	34 Lynchburg	VA	57:52	19	290 Dan Allen	42 Lynchburg	VA	54:17

MALE AGE GROUP: 35 - 39

1	10 Marcus Wright	37 Lynchburg	VA	19:20	1	100 Andrea Adams	42 Lynchburg	VA	25:52
2	34 Harvey Scott	36 Goode	VA	22:03	2	159 Lila Walters	43 Evington	VA	29:22
3	38 James LaPrade	38 Forest	VA	22:45	3	178 Amy Patton	40 Lynchburg	VA	30:43
4	40 Pete Page	36 Lynchburg	VA	22:50	4	183 Lisa Drinkard	40 Forest	VA	30:59
5	55 Kevin Hansen	39 Monroe	VA	23:45	5	187 Susan Coalson	43 Lynchburg	VA	31:06
6	74 Arthur Buckley	35 Forest	VA	24:43	6	196 Simonton	44 Lynchburg	VA	31:35
7	102 Mike Durham	35 Lynchburg	VA	25:59	7	202 Jennifer Bryant	40 Lynchburg	VA	32:04
8	112 Brian LaFratta	38 Lynchburg	VA	26:39	8	214 Julie Piercy	40 Lynchburg	VA	33:25
9	135 Eric Jennings	39 Concord	VA	28:09	9	216 Melody LaPrade	42 Lynchburg	VA	33:28
10	172 Jeff Bennett	35 Amherst	VA	30:28	10	217 Shirley Lee	40 Forest	VA	33:32
11	179 Steve Speicher	36		30:46	11	231 Carmelita Foster	40 Amherst	VA	34:56
12	192 Michael Amendola	35 Lynchburg	VA	31:20	12	237 Kristin Ogden	42 Madison Heights	VA	35:42
13	203 Chad Duff	37 Lynchburg	VA	32:08	13	240 Valerie Pascadlo	41 Forest	VA	35:44
14	225 Tommy Singleton	39 Madison Heights	VA	34:09	14	254 Tamara Goodman	43 Goode	VA	38:15
15	235 Paul Weaver	37 Forest	VA	35:33	15	260 Teresa Justice	42 Appomattox	VA	39:25
16	288 Curt Baker	38 Lynchburg	VA	54:16	16	268 Stephanie Maddox	44 Amherst	VA	40:25
17	304 David Edmondson Jr.	39 Amherst	VA	59:21	17	298 Tammy Blanchard	44		57:50

FEMALE AGE GROUP: 40 - 44

1	100 Andrea Adams	42 Lynchburg	VA	25:52
2	159 Lila Walters	43 Evington	VA	29:22
3	178 Amy Patton	40 Lynchburg	VA	30:43
4	183 Lisa Drinkard	40 Forest	VA	30:59
5	187 Susan Coalson	43 Lynchburg	VA	31:06
6	196 Simonton	44 Lynchburg	VA	31:35
7	202 Jennifer Bryant	40 Lynchburg	VA	32:04
8	214 Julie Piercy	40 Lynchburg	VA	33:25
9	216 Melody LaPrade	42 Lynchburg	VA	33:28
10	217 Shirley Lee	40 Forest	VA	33:32
11	231 Carmelita Foster	40 Amherst	VA	34:56
12	237 Kristin Ogden	42 Madison Heights	VA	35:42
13	240 Valerie Pascadlo	41 Forest	VA	35:44
14	254 Tamara Goodman	43 Goode	VA	38:15
15	260 Teresa Justice	42 Appomattox	VA	39:25
16	268 Stephanie Maddox	44 Amherst	VA	40:25
17	298 Tammy Blanchard	44		57:50

MALE AGE GROUP: 45 - 49

1	66 Donnie Norman	48 Lynchburg	VA	24:31
2	94 Doug Lawrence	48 Lynchburg	VA	25:42
3	108 Larry Blanchard	46		26:19
4	119 Steve Butler	46 Grandville	MI	27:15
5	123 Scott Goodman	46 Goode	VA	27:32
6	124 Geb Broman	48 Forest	VA	27:37
7	128 Darin Bowers	49 Lynchburg	VA	27:46
8	133 Jerry Price	48 Lynchburg	VA	28:04
9	145 Jonathan Pascadlo	47 Forest	VA	28:49
10	167 Phil Danaher	48 Forest	VA	30:03
11	291 Bill Varner	45 Lynchburg	VA	56:36

FEMALE AGE GROUP: 45 - 49

1	95 Lesley McPraten	46		25:45
2	105 Sue Jones	49 Forest	VA	26:09
3	162 Vicky Phelps	45 Gladstone	VA	29:26
4	211 Pamela Butler	46 Grandville	MI	32:34
5	246 Debbie Sullivan	48 Madison Heights	VA	36:11
6	257 Cindy McGinnis	45 Forest	VA	38:38
7	258 Laura Simpkins	47 Concord	VA	39:05
8	266 Anita Trescott	49 Lynchburg	VA	40:18
9	269 Teresa Tatlock	47 Amherst	VA	40:36
10	273 Nancy Campbell	46 Madison Heights	VA	44:48
11	287 Alison Baker	46 Lynchburg	VA	54:15
12	296 Tracey White	47 Lynchburg	VA	57:33
13	302 Kim Ayscue	47 Lynchburg	VA	59:20

FEMALE AGE GROUP: 35 - 39

1	54 Nina Dillon	35 Lynchburg	VA	23:39
2	63 Johnna Ingersoll	37 Lynchburg	VA	24:24
3	92 Jennifer Prince	37 Forest	VA	25:33
4	104 Ruthie Gillespie	37 Forest	VA	26:07
5	114 Charmin Thomas	39 Forest	VA	26:49
6	120 Melissa Goodrich	38 Lynchburg	VA	27:23
7	137 Karen Singleton	37 Madison Heights	VA	28:22
8	142 Michele Rakowski	38 Lynchburg	VA	28:38
9	148 Holly Knight	36 Forest	VA	28:57
10	189 Jennifer Walton	37 Pamplin	VA	31:10
11	191 Wendy Brooks	36 Lynchburg	VA	31:13
12	204 Sandy Duff	36 Lynchburg	VA	32:09
13	208 christy breedon	35 lynchburg	VA	32:26
14	213 Betty Harrington	38 Lynchburg	VA	32:58
15	218 Kristi DuBois	38 Goode	VA	33:36
16	219 Sheree Bryant	38 Appomattox	VA	33:41
17	226 Cindy Capps	39 Lynchburg	VA	34:09
18	232 Wendy Storey	35 Lynchburg	VA	35:02
19	243 Alison Fore	35 Amherst	VA	35:56
20	259 Heather Childress	38 Forest	VA	39:09
21	284 Shawn Jennings	35 Rustburg	VA	54:03
22	292 Amy Goolsby	39 Lynchburg	VA	56:36

MALE AGE GROUP: 40 - 44

1	12 Darrell Wargo	41 Lynchburg	VA	19:24
2	20 Lawrence Kusko	40 Lynchburg	VA	20:23

MALE AGE GROUP: 50 - 54

1	18 Jonathan Perrotto	50 Lynchburg	VA	20:18
2	24 Norris Welfare	50 Lynchburg	VA	20:43
3	30 David Sewell	53 Lynchburg	VA	21:32
4	45 Mike Mitchell	53 Lynchburg	VA	23:04
5	46 Kelvin Flowers	54 Lynchburg	VA	23:04
6	48 Jack MacNeill	52 Lynchburg	VA	23:13
7	56 Larry Jackson	51 Forest	VA	23:48
8	59 George Zippel	51 Lynchburg	VA	23:58
9	69 Mark Bushing	53 Lynchburg	VA	24:37
10	110 Larry Mobley	50 Appomattox	VA	26:23
11	144 Keith Coalson	53 Lynchburg	VA	28:47

FEMALE AGE GROUP: 50 - 54

1	109 Susan Crabtree	50 Lynchburg	VA	26:20
2	127 Karen Conrad	50 Lynchburg	VA	27:45
3	140 Susan Anderson	54 Forest	VA	28:28
4	151 Laura Shannon	53 Forest	VA	28:58
5	177 Sara Lloyd Bryant	51 Lynchburg,	VA	30:42
6	210 Sanoi Martin	50 Lynchburg	VA	32:33
7	215 Karen Hemmerlein	51 Lynchburg	VA	33:27
8	224 Cheryl Rogers	50 Lynchburg	VA	33:58
9	251 Mary Crites	53 Forest	VA	36:46
10	282 Janet McQuain	53 Lynchburg	VA	53:40
11	289 Nancy Allen	52 Lynchburg	VA	54:16

MALE AGE GROUP: 55 - 59

1	27 Roger Koehler	55 Lexington	VA	21:01
2	49 Craig Miller	57 Lynchburg	VA	23:16
3	53 Brian Carlton	56 Lynchburg	VA	23:38
4	99 Glenn Meadows	59 Lynchburg	VA	25:48
5	101 Walter Pennock	59 Lynchburg	VA	25:55
6	125 John Wherry	59 Lynchburg	VA	27:43
7	138 Rob Seng	55 Lynchburg	VA	28:24
8	146 Randy Mayhew	55 Bedford	VA	28:53
9	175 Leif Aagaard	59 Amherst	VA	30:39
10	253 Tom Gerdy	56 Lynchburg	VA	36:53

FEMALE AGE GROUP: 55 - 59

1	171 Rowana Okun	55 Bedford	VA	30:22
2	180 Nancy Blackwell	57 Lynchburg	VA	30:53
3	250 Ruth Syre	57 Lynchburg	VA	36:44
4	252 Jane Gerdy	55 Lynchburg	VA	36:47
5	272 Kathy Gerber	56 Massies Mill	VA	43:08
6	303 Robbie Johnson	59 Lynchburg	VA	59:21

MALE AGE GROUP: 60 - 64

1	39 Walter Allen	61 Lynchburg	VA	22:48
2	154 ben schowe	61 Forest	VA	29:12
3	164 william hubbard	64 Forest	VA	29:42
4	170 Bob Foster	64	VA	30:17
5	248 Daryl Yoder	62 Lynchburg	VA	36:17

FEMALE AGE GROUP: 60 - 64

1	185 Priscilla Jones	61	VA	31:01
2	212 Gail Copelan	60 Lynchburg	VA	32:40
3	247 Deborah Allen	60 Lynchburg	VA	36:16
4	300 Wanda Yoder	62 Lynchburg	VA	58:31
5	301 Ellen Deluca	60 Lynchburg	VA	58:32

MALE AGE GROUP: 65 - 69

1	75 Horace Ellis	68 Huddleston	VA	24:44
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MALE AGE GROUP: 65 - 69

1	279 Rosemary Hamilton	68 Norristown	PA	51:20
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MALE AGE GROUP: 70 - 99

1	122 Tommy Harris	70 Lynchburg	VA	27:29
2	205 Bernie Davis	72 Lynchburg	VA	32:14
3	270 John Kurisky	71 Forest	VA	40:48
4	280 Victor Galan	73 Lynchburg	VA	53:10

Tuesday, March 16, 2010
Springing into shape. . .I think

By Rebekah Trittipoe
<http://rebekahtrippoe.blogspot.com/>

Sunglasses on and ponytail swinging, the muted sound of each footfall registered briefly in my mind. The sound was a rhythmic, light pitter-patter, not heavy and plodding. I liked to hear the gravel crunching under my feet, a testament to progress. But soon my attention turned to my breathing. I was in the midst of a steep hill and still running. Running *and* breathing at the same time, mind you. Not the gasping for air kind of breathing but the kind that responds as it should to increased demand. That, my friend, seldom happens.

Topping the hill, I started down the incline. My legs, though not accustomed to such turn over, responded. I felt like a runner again, strong and swift. By the time I arrived back at the house, the big hand on the kitchen clock confirmed I had run well. It felt so good. I hoped it wasn't a fluke.

Back at the ranch-or actually, the YMCA-the line at the bottom of the pool has been a good companion. A while back, the only comforting thing about that line was the end of it, signaling that the wall was within reach. I purposely kept a lap counter on the pool's edge, a good excuse to occasionally stop and move the beads down the abacus-like counter. To swim a full mile was a test of patience and nothing about it felt natural. But now, other than the initial chill of the water, there is nothing I don't like about my swim. No longer do I pant from exhaustion or sputter from not having sufficient air for a flip turn. Instead, I feel free in the water; gliding from end to end with relative ease. It's a great time to think and pray, the water forming a quiet and insulating barrier to the outside world.

Once again, I am beginning to look forward to my daily exercise, whatever form it takes. On most of my recent runs I have felt to be more than a jogger. I think of some upcoming races. Maybe, just maybe. . . I am tired of not running strong, sometimes using my age as an excuse for mediocrity. Though I may never be as fast as I once was, I know I can be faster than I now am.

I know the road will not be easy and smooth. Potholes of fear may threaten my progress. Life may force some detours. But for now, I have the address typed into the GPS and am heading for the start of a beautiful adventure into the world of fitness gains and challenges.



Happy Spring

Saturday 3rd - Charlottesville Marathon

Weather: Sunny - 50's

500 finishers

Overall Male Winners

<u>Pl.</u>	<u>Name</u>	<u>Time</u>	<u>Pace</u>
1	328 Kevin Kemmerle	2:36:32	5:59
2	2291 Marcus Jones	2:40:56	6:07
3	414 Kit Mock	2:44:58	6:18

Overall Female Winners

18	544 Nicole Solana	3:13:43	7:24
21	49 Erin Bland	3:14:13	7:25
22	566 Nicole Terry	3:14:15	7:25

Lynchburg Area Runners

37	471 Zach Quigg	3:25:03	7:50
57	2288 Niels Remberg	3:32:00	8:04
218	441 Nancy Obrien	4:05:04	9:22
220	439 Peter O'brien	4:05:04	9:22
360	556 Bill Struzzi	4:36:25	10:33
406	573 Cynthia Tighe	4:49:22	11:03
407	574 Jarett Tighe	4:49:22	11:03

Charlottesville 1/2 Marathon

Overall Male Winners

<u>Pl.</u>	<u>Name</u>	<u>Time</u>	<u>Pace</u>
1	1189 Yuri Horwitz	1:12:57	5:34
2	1175 Matt Hoerner	1:16:55	5:52
3	1098 Thomas Goodman	1:17:23	5:55

Overall Female Winners

22	1265 Kerry Kelley	1:28:54	6:46
24	1002 Liz Elko	1:29:02	6:48
31	964 Colleen Depman	1:29:54	6:52

Lynchburg Area Runners

43	1439 Jay Meadows	1:33:20	7:05
98	859 Rb Carter	1:40:29	7:38
206	1692 Jennifer Rocco	1:48:59	8:18
222	969 Nina Dillon	1:50:37	8:22
245	1200 Adrienne Howard	1:51:55	8:28
247	1203 John Howard	1:51:57	8:28
375	1684 Steve Roberts	1:58:24	8:54
403	682 Gracie Abeyta	1:58:44	8:58
408	1936 Frank Weinmeister	1:59:28	8:59
426	1418 Kelly McGinley	1:58:55	9:03
438	1924 Stephen Washburn	1:59:41	9:04
522	1681 David Roberts	2:03:43	9:19

Mon. 19th - Boston Marathon

Lynchburg Area Runners

<u>Bib</u>	<u>Name</u>	<u>Age</u>	<u>G</u>	<u>Time</u>	<u>Pace</u>
39	Wilkinson, Kalib	25	M	2:30:5	0:05:46
7042	Blevins, Robert W.	52	M	3:15:27	0:07:28
5290	Hayden, Michael T.	20	M	3:19:14	0:07:36
13471	Kosowski, Greg	54	M	3:32:18	0:08:06
14362	Batt, Ted III	50	M	3:41:17	0:08:27
18471	Diminick, Katie E.	38	F	3:45:06	0:08:35
17611	Corsini, Georgianna	39	F	3:47:44	0:08:42
19321	Wynnyk, Lauri T.	41	F	3:49:32	0:08:46

17933 Miller, Craig M. PhD. 57 M 5:42:40 0:13:05

Sat. 24th - Bedford -

Promised Land 50K Trail Race

Race Director: Dr. David Horton

In the third of six events in the annual BEAST Series, 295 started and 284 finished this difficult but scenic ultramarathon.

Overall Male Winners

<u>Pl</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
1	Jake Reed	4:49:27	22
2	Jordan Whitlock	4:54:47	22
3	Jonathan Bryant	4:57:52	22

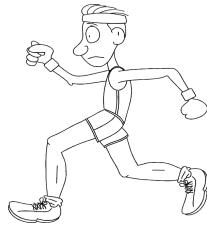
Overall Female Winners

<u>Pl</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
12	Eva Pastalkova	5:27:13	34
31	Justine Morrison	6:02:06	29
36	Amy Albu	6:08:49	33

Lynchburg Area Runners

<u>Pl</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
4	Jeremy Ramsey	5:00:19	34
7	Darryl Smith	5:16:01	38
8	Frank Gonzalez	5:20:59	33
15	Jack Kurisky	5:34:12	42
18	Micah Jackson	5:40:15	30
25	Sam Danc	5:52:00	22
33	Marshall Roberts	6:07:26	40
42	Brenton Swyers	6:14:17	22
53	Blanks Blankinship	6:23:51	54
59	Joseph Alderson	6:26:11	28
60	Joseph Parker	6:26:39	24
63	Jarett Tighe	6:30:05	42
79	Liz Barry	6:43:02	25
81	Rebekah Trittipoe	6:45:51	53
81	Jaime Azuaje	6:45:51	22
97	Caleb Kauffmann	6:56:30	22
103	Michael Ballard	7:01:02	40
104	Kevin Smith	7:02:02	32
107	Rachel Chestnut	7:03:53	22
113	Philipp Gabathuler	7:05:41	25
118	Mike Mitchell	7:06:19	53
119	Griffin Weston	7:06:27	21
124	Joe Novak	7:07:58	47
143	Reid Lanham	7:23:11	40
145	Jeanne Craig	7:25:06	40
150	Todd Foster	7:28:39	39
151	Bert Horsley	7:28:59	31
154	Alicia Taylor	7:29:39	31
169	Robyn Burgess	7:40:50	23
176	Kenneth Palys	7:44:16	45
175	Susanna Greever	7:44:11	32
179	Grattan Garbee	7:45:18	47
180	Sheryl Mawn	7:45:34	45
190	Michael Dunlop	7:52:51	40
196	Jessie Bullins	7:55:18	21
191	Maureen O'Connell	7:53:23	45
191	Missy Perry	7:53:23	36
200	Jennifer Iskat	7:58:06	22

213	Stephen Brower	8:14:54	22
242	Bryan Wilson	8:42:44	44
243	James Frenchik	8:42:57	40
244	Terri Ripley	8:44:16	47
257	Samantha Wells	9:11:03	19
273	Glory Jadin	9:50:10	22
278	Peter Amato	10:06:26	43
280	David Hammock	10:19:08	47
282	Stephanie Mear	10:38:01	37



UPCOMING RACES

May 2010

Sat. 1st - Heart of Virginia 10K. *Farmville, VA.* Application at Riverside Runners

Sat. 1st - Goode Rec Sports 5K and Kids Run. *Goode, VA* Application at Riverside Runners

Sat. 1st - Bald Mtn 10K. *Lynchburg, VA.*
Race #2 in the Liberty Mtn. Trail Series. Start 8:00am.

Sat. 8th - 4th Annual Gretna 5k Race. *Gretna, VA* 8:30am.
www.gretna5k.com

Sat. 8th. - New Balance Girls on the Run 5K,
8:30am. Bike Trail at Kemper St. Station, *Lynchburg, VA.*
GOTR Registration || www.girlsontherungreaterlynchburg.org

Sat. 15th - 3rd Annual Calvery Baptist Church Road Trip 5K & Youth Mile.

8:00am (5K) 9:00am (Youth Mile). Calvery Baptist Church,
20957 Timberlake Rd., *Lynchburg, VA.*
Race Director: Louis Beckwith, 434-941-1506. Calvery Baptist 5K Application

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

8:00am Start. Holiday Inn Select Parking Lot, 601 Main St., *Lynchburg.*
Application in this newsletter or Riverside Runners

June 2010

Every Tuesday in June - LRRC Summer Track Series. 6:30 p.m. at *Lynchburg College Track*

Sat. 12th - Uncle Billy's Day Two Miler. 9:00am. *Altavista High School* All runners who register on or before June 7 will receive a race t-shirt. The entry fee is \$15 prior June 12 and \$20

on race day. Children under 12 can enter for \$10. For further information call the Altavista Area YMCA at 369-9622.

Sat. 12th - EDUC 8-K. and 1K Fun Run. 8:00am Start. *Blackwater Creek Trail. Lynchburg, VA*

Sat. 19th - Annual Presbyterian Homes 5K and Youth Run, 8:00am Start, 150 Linden Ave. *Lynchburg,* Online Registration or application at Riverside Runners.

Sat. 26th - RIVERFRONT CHALLENGE. 9:00am Start. Riverfront Park (Start/Finish) and Blackwater Creek Trail. <http://www.riverfrontchallenge.com>

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

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

**13th Annual Central Virginia Kidney Association (CVKA)
MEMORIAL DAY 10K
Monday, May 31, 2010, 8 a.m.
*Lynchburg Roadrunners Race Series Race #3***

LOCATION: HOLIDAY INN SELECT, upper level parking deck. 601 Main Street Lynchburg, VA.

SPONSORED BY: Central Virginia Kidney Association (CVKA) & the Lynchburg Roadrunners

RACE DIRECTOR: Lesley McPhatter-(434)384-9009 or 455-7116

WEBSITE: For applications and results www.riversiderunners.com. Register online at active.com.

AGE GROUPS: 26 age groups!! 63 age group awards!

MEN		WOMEN	
12 and under	13-18	12 and under	13-18
19-24	25-29	19-24	25-29
30-34	35-39	30-34	35-39
40-44	45-49	40-44	45-49
50-54	55-59	50-54	55-59
60-64	65-69	60-64	65-69
70 and over		70 and over	

AWARDS: Top three overall male and female, and top three in each age group, Masters overall male and female (40 and over).

ENTRY FEE:

\$16.00 (\$15.00 LRR members) if postmarked by **May 25, 2010**. Late registration and race day registration \$20.00. Race day registration 7-7:30 am. Packet pickup 7 am-7:45 am. Make Checks payable to **Central Virginia Kidney Association**.

PACKET PICKUP:

Riverside Runners, 2301 Rivermont Ave. Friday May 28 4-7 pm, Sat. May 29 10:00am – 5:00pm.

COURSE: Out and back from downtown to Riverside Drive. The course has moderate hills, with a downhill finish. The streets are NOT closed.

AID: There will be two water stops around 2 and 4 miles. Splits at each mile.

ACCOMODATIONS: Holiday Inn Select (race start). Call (804)528-2500 for reservations and rates.

DIRECTIONS: From Route 29 N or S take Main Street Exit in Lynchburg. Proceed to 600 block.

Race Series Race #3

"Lynchburg's Running/Walking Specialty Store."
13th Annual Central Virginia Kidney Association (CVKA)
MEMORIAL DAY 10K
Monday, May 31, 2010 8 a.m.

LAST NAME _____ FIRST NAME _____

PHONE _____

FULL MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS (please print) _____

Age on race day

Date of birth

Sex

(Participant giveaways guaranteed for pre-registered runners only)

REGISTRATION FEE:

CHECK ONE: ___\$16.00 ___\$15.00-LRR MEMBERS postmarked by **May 25, 2010**

Late Registration and Race Day: ___\$20.00

ADDITIONAL DONATIONS TO CVKA TAX DEDUCTIBLE. _____ amount of donation

Please send check payable to Central Virginia Kidney Association

WAIVER(must be signed):

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the 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. Having read the waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Central Va Kidney Association, the Lynchburg Roadrunners, the Holiday Inn Select, the City of Lynchburg and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (Guardian if under 18)

Date

MAIL TO: Riverside Runners, ATTN: Lesley McPhatter, 2301 Rivermont Ave., Lynchburg, VA 24503, Riverside Runners
(434)846-7449 Lesley (434)841-2407 (c) 455-7116 (w)

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



"Lynchburg's Specialty Running / Walking / Swim Store"

2301 RIVERMONT AVENUE • LYNCHBURG, VIRGINIA
(434) 846-7449 • WWW.RIVERSIDERUNNERS.COM

STORE HOURS: MON-FRI – 10:30A.M.-7:00P.M.
SUN – LONG RUN

**WITH YOUR MEMBERSHIP CARD, YOU CAN GET 10% OFF ON ALL STORE SALES!

THANK YOU LYNCHBURG ROAD RUNNERS FOR YOUR SUPPORT!

