

# The Milepost

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



SEPT. 2010



## Presidents Podium

Greetings and salutations. It's been a long hot and humid summer. Hopefully all those training miles will equate to some fast fall times as we enter the fall season. Our fall season for road racing opens with "The Festival of Races" a weekend packed with running and walking events for all ages and abilities. This year's events will commence on Friday September 24 with the running of the Amazing Mile Children's Run. Following the Youth run is our **Special Guest Speaker Tennis Legend, Andre Agassi and his wife Steffi Graf.** The next morning, Saturday is the start of the infamous, "The Virginia 10 Miler" followed by the four miler race and walk. Race director Jeff Fedorko has promised cooler weather for this year's festival. Hope to see you at this outstanding event.

There are plenty of races and fun runs in the ensuing months just check the newsletter or our website. Also remember to check our Facebook page for the latest updates for clinics, fun runs, activities, social events and club meetings.

Our Newsletter Editor Vic Galan is retiring from his duties as editor ef-

fective with the upcoming Nov/Dec newsletter. We need a club member to come forward to fill this position. Vic will be happy to help with the transition. Please feel free to contact Vic or myself.

Our first meeting after the summer break will be on Tuesday September 14 at Monte Carlo's restaurant on Old Forest Road. Dinner at 6:30 p.m. and meeting at 7:00 p.m.

Pounding the Pavement,  
Jonathan Perrotto

## 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

**The October meeting** of the Lynchburg Roadrunners will take place on Tuesday October 13 at Monte Carlo's. Rebekah Trittipoe, one of our local ultra-marathoners, is the scheduled guest speaker.

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 6:30 p.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 Cavaliere**  
heathervozel@yahoo.com

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



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.

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.lynchburgroadrunners.org](http://www Lynchburgroadrunners.org).

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

**BOZEMAN BIATHLON**

It was great to toe the line  
At Bozeman's biathlon number nine.

After running and biking hard,  
We picnicked in the yard.

Number ten will be just as fine.

**Bernie the Bard**

**BOZEMAN BIATHLON**

For several years, including twice this summer, Steve and Debbie Bozeman have been hosting a small, informal, weekday-evening biathlon at their home in Lynchburg. It's a three-mile run and eleven-mile bike event, followed by a picnic around the pool in their wonderful back yard. I have known about these biathlons for a long time and been interested, but Tuesday this week was the first time I participated. It was a very hot evening, but that didn't spoil it. There were 34 participants (28 solos and two teams of two), as well as the spouses and children of some of them, and several indispensable volunteers. The race was hot, the drinks were cool and the fellowship incomparable.

**UPCOMING RACES****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)**

Pre-race Downtown Festival on Friday September 24 at Amazement Square's Education Warehouse. Packet pick-up and the Children's Amazing Mile will take place at 5:45 pm. special guest speaker is tennis legend Andre Agassi accompanied by his wife tennis great Steffi Graff.

**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 ~ Deep Hollow Half Marath & 5K**

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

Visit [www.liberty.edu/studentactivities](http://www.liberty.edu/studentactivities).

**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**  
 DISTANCE: 50+ Miles STARTING TIME: 5:30 A.M. TIME LIMIT: 12 hours RACE LIMIT: 300 Runners  
 ENTRY FEE: \$80 before October 10th - \$100 thereafter  
 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

**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 Info:  
 www.phfs.org

**Thur. 25th - Altavista Gible Jog 5K**  
 8:30am Start, AVHS Cross Country Course, Frazier Rd and 7th ST. Visit  
 www.AltavistaOnTrack.com for more info

**December 2010**

**Sat. 4th - Peaks of Otter Christmas Classic 5k.**  
 8:30am Start. Bedford 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

**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  
 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

RACE RESULTS

**BozeMan Biathlon IX**

**Tuesday 31 August** - three-mile run and eleven-mile bike event

**Race Director: Steve Bozeman**

First of all, congratulations to Marcus Wright and Sarah Davidson for their hard fought victories and their place in the "record books of champions." Kudos to all participants who raced safely on a very challenging, hot, humid, hilly run and bike course. I also want to thank all the many "volunteers" who help do various jobs to make this event run smoothly and safely.

Thanks to "Rev. Malcolm Miller" for prayer before start for safety of event. Thanks to "Chef" Calvin Milan for doing all the grill work for the masses. He did Louisville Ironman Sunday and qualified for Kona. Thanks to Heather Childress for comic relief about the highs and lows of her Louisville Ironman - "you're almost an Ironman!"

Lastly, thanks to Debbie all those folks who brought side dishes to go with the burgers and dogs. What a feast had by all.



**RESULTS**

Overall Time	Name	Sex	Age	Finish
1	Wright, Marcus	m		49:00:00
2	Nelson, Eric	m		51:10:00
3	Blevins, Bob	m	55	54:26:00
4	Callan, Paul	m		56:53:00
5	Riley, Joel	m		57:18:00
6	Davidson, Sarah	f		57:32:00
7	McCurley, Scott	m		57:39:00
8	Triska, Paul	m		58:55:00
9	Elder, Donna	f	47	59:56:00
10	Harrington, James	m	33	60:45:00
11	Duff, Chad	m		1:01:56
12	Schlader, Dan	m		1:03:33
13	Glass, Sarah	f		1:03:34
14	Ferris, Dave	m		1:04:15
15	Carlton, Brian	m		1:04:22
16	Page, Pete	m		1:04:38
17	Johnson, Levi	m		1:05:42
18	Lupton, George	m		1:06:04
19	Hayes, Ryan	m	27	1:08:03
20	Breslow, Ed	m	43	1:08:55
21	Ferris, Nancy	f		1:11:42
22	Miller, Malcolm	m		1:12:58
23	Harris, Tommy	m	71	1:12:59
24	Hudson, Mark	m		1:16:03
25	Starkey, Bob	m		1:19:58
26	Davis, Bernie	m	73	1:22:35
27	Summer, Ben	m		1:24:32
28	Mace, Maggi	f		1:48:45

Team	1	Sex	Age	Finish
	Varah, Mark (runner)	m	45	53:00:00
	Salmon, Jay (biker)	m	41	53:00:00
Team	2	Sex	Age	Finish
	Burgess, Roybn (runner)	f	24	58:52:00
	Burgess, Robert (biker)	m	58	58:52:00

**Aug. 14, Lynchburg - LRRC Summer Series 1/2 marathon & 5K,**

**Race Director: Jeff Fedorko**

7:30 a.m. Start, Riverfront Park, Downtown Lynchburg

**1/2 Marathon Results**

**283 Finishers**

\*\*\*\*\*FEMALE OVERALL RESULTS\*\*\*\*\*

1	Renee High	28	Virginia Beach	VA	1:20:29	6:09
* New Record (Old Record, 1:25:33 - Saunders 2009)						
2	Mina Thorstenson	26			1:26:30	6:37
3	Rebekah Morris	25	Lynchburg	VA	1:34:45	7:14
4	Regin Paperno	40	palmyra	VA	1:36:53	7:24
5	Hayley Mullins	24	Forest	VA	1:37:20	7:26

\*\*\*\*\* MALE OVERALL RESULTS \*\*\*\*\*

1	Kalib Wilkinson	26	lynchburg	VA	1:11:26	5:28
2	Ricky Flynn	23	Lynchburg	VA	1:13:36	5:38
3	Jeff Harrington	40	Lynchburg	VA	1:16:27	5:51
* Masters Record (Old Record, 1:17:27 - Piggott 2009)						
4	Jon Piggott	11	Williamsburg	VA	1:18:09	5:58
5	Nathan Hottle	34	Lynchburg	VA	1:22:18	6:17

Place	Name	Ag	City	St	Time	Pace
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\*\*\*\*\* FEMALE MASTERS OVERALL CHAMPION \*\*\*\*\*

1	Lois Gullman	48	Broadway	VA	1:39:20	7:35
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\*\*\*\*\* MALE MASTERS OVERALL CHAMPION \*\*\*\*\*

1	HT Page	50	Wirtz	VA	1:24:44	6:29
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**MALE AGE GROUP: 14 - 17**

1	44 George Sherman	15	Amherst	VA	1:37:28	7:27
2	89 Gabe LaMartina	17	Forest	VA	1:49:18	8:21
3	249 Drew LaMartina	17	Forest	VA	2:26:21	11:11

**FEMALE AGE GROUP: 14 - 17**

1	64 Sarah Quigg	17	Lynchburg	VA	1:45:10	8:02
2	117 Abby Quigg	15	Lynchburg	VA	1:53:50	8:42

3 242 Lexy Parsons 15 hampton VA 2:24:25 11:02  
 4 248 Cristen Coleman 17 Evington VA 2:26:21 11:11

**MALE AGE GROUP: 18 - 24**

1 11 Robert Deis 18 Forest VA 1:28:00 6:44  
 2 17 Jordan Miller 23 24503 1:30:12 6:54  
 3 23 Joseph Parker 24 Lynchburg VA 1:31:53 7:01  
 4 24 Sam Dancg 22 Lynchburg VA 1:31:53 7:01  
 5 31 Eric Bohac 19 N. Charleston SC 1:34:09 7:12  
 6 36 Patrick Spencer 18 Forest VA 1:35:58 7:20  
 7 47 william spencer 24 Lynchburg VA 1:39:46 7:37  
 8 54 Louis Papet 21 Forest VA 1:42:09 7:48  
 9 55 David Fritz 20 Lynchburg VA 1:42:10 7:48  
 10 57 Tom Syre 24 Lynchburg VA 1:43:07 7:53  
 11 59 Brad Mckee 22 Kings Mountain NC 1:43:48 7:56  
 12 60 Jonathan Myers 22 Williamsburg VA 1:43:57 7:57  
 13 86 Neal Tuley 22 Lynchburg VA 1:48:27 8:17  
 14 90 Justin Burke 24 Lynchburg VA 1:49:20 8:21  
 15 99 James Evans 22 Evington VA 1:50:33 8:27  
 16 101 Tony Trombadore 21 24503 1:51:23 8:31  
 17 102 Joshua Byrum 24 Roanoke VA 1:51:32 8:31  
 18 139 Travis Marshall 19 Lynchburg VA 1:58:16 9:02  
 19 141 Christopher Steed 23 Christiansburg VA 1:58:24 9:03  
 20 160 Nathan Carroll 23 24503 2:01:44 9:18  
 21 279 David Flannery 24 Rustburg VA 2:53:51 13:17

**FEMALE AGE GROUP: 18 - 24**

1 92 Angela Newman 22 24503 1:49:36 8:22  
 2 110 Tara Moran 20 Alexandria VA 1:52:44 8:37  
 3 146 Colette McCrone 20 Herndon VA 1:59:22 9:07  
 4 165 Bailey Lynch 20 24503 2:03:25 9:26  
 5 170 Claire Smith 20 Lynchburg VA 2:03:57 9:28  
 6 175 Brittany Matheson 20 Lynchburg VA 2:05:03 9:33  
 7 190 Lauren Krizay 20 Centreville VA 2:08:13 9:48  
 8 208 Amy Sumner 20 Stafford VA 2:13:56 10:14  
 9 214 Molly Maloy 21 Springfield VA 2:15:24 10:21  
 10 217 Katie Grantham 19 Abingdon VA 2:16:25 10:25  
 11 225 Kellie Lewis 18 Lynchburg VA 2:19:31 10:40  
 12 226 Janell Derstine 24 Birdsboro PA 2:19:37 10:40  
 13 250 Maria Eakin 20 Altavista VA 2:26:29 11:11  
 14 259 Michelle Lewis 23 Chicago IL 2:30:44 11:31  
 15 275 Melanie Ness 24 Midlothian VA 2:45:53 12:40

**MALE AGE GROUP: 25 - 29**

1 10 Adam Roggia 25 Montclair, VA VA 1:27:15 6:40  
 2 18 Patrick Frankfort 29 Lynchburg VA 1:30:48 6:56  
 3 48 Patrick Madigan 29 Lynchburg VA 1:39:47 7:38  
 4 72 Blake Edmondson 27 Lynchburg VA 1:47:16 8:12  
 5 83 Craig Decker 25 Charlottesville VA 1:48:11 8:16  
 6 93 Robert DeRise 26 Lynchburg VA 1:49:37 8:23  
 7 112 Matt Painter 26 24503 1:53:07 8:39  
 8 124 Peter Henry 28 Forest VA 1:55:17 8:49  
 9 145 Douglas Paul Dailey 27 Lynchburg VA 1:59:11 9:06  
 10 179 Kyle Lewis 29 Roanoke VA 2:05:58 9:37  
 11 201 Nathan Myers 28 Leesburg VA 2:11:32 10:03  
 12 213 Clell Smyth 29 Lynchburg VA 2:15:21 10:20  
 13 224 Stewart Waddy 28 Lynchburg VA 2:19:26 10:39  
 14 230 Matt DeVries 26 Lynchburg VA 2:20:26 10:44  
 15 238 Oliver D'costa 28 Lynchburg VA 2:21:44 10:50  
 16 261 Parag Savant 28 Lynchburg VA 2:33:55 11:45  
 17 269 Michael Gossler 29 Forest VA 2:36:59 12:00  
 18 272 Prabhu Ramamoorthy 29 Lynchburg VA 2:42:58 12:27

**FEMALE AGE GROUP: 25 - 29**

1 53 Madeline Falcone 25 Lynchburg VA 1:41:38 7:46  
 2 78 gwen martin 27 Lynchburg VA 1:47:33 8:13  
 3 105 Alicia Rider 29 Kernersville NC 1:51:44 8:32  
 4 106 Amanda Cocke 28 Goode VA 1:52:02 8:34  
 5 108 Alexis Thomas 27 Evington VA 1:52:11 8:34  
 6 113 Lindsay Painter 26 Raleigh NC 1:53:08 8:39  
 7 128 Courtney Griffin 27 South Boston VA 1:56:05 8:52  
 8 129 Heather Cavaliere 28 Lynchburg VA 1:56:50 8:56  
 9 172 Marion Wheeler 27 Charlottesville CO 2:04:18 9:30  
 10 177 Amanda Murphy 27 Lynchburg VA 2:05:21 9:35  
 11 189 Morgan Conner 28 Forest VA 2:07:53 9:46  
 12 191 Jenny Kern 28 Raleigh NC 2:08:19 9:48  
 13 243 Shannon Allmendinge 27 Harrisonburg VA 2:24:38 11:03  
 14 256 Jessica Boone 25 Lynchburg VA 2:29:07 11:23  
 15 273 Jane Thomas 26 Appomattox VA 2:43:14 12:28  
 16 276 Amanda Linn 26 Lynchburg VA 2:47:35 12:48

**MALE AGE GROUP: 30 - 34**

1 8 Andy Nelson 31 Charlottesville VA 1:25:30 6:32  
 2 13 Aaron Carr 31 Hillsborough NC 1:28:31 6:46  
 3 16 Jared Hesse 34 Lynchburg VA 1:29:43 6:51  
 4 20 Aaron Meadows 34 Christiansburg VA 1:31:14 6:58  
 5 21 James Grant 31 Lynchburg VA 1:31:24 6:59  
 6 22 Dwayne Fitts 32 Lynchburg VA 1:31:37 7:00  
 7 28 John Turner 34 Lynchburg VA 1:33:31 7:09  
 8 37 Randall Birnschein 31 Evington VA 1:35:59 7:20  
 9 49 Sean Ward 30 Camp Lejeune NC 1:39:47 7:38  
 10 81 Mauricio Beccera 33 Lynchburg VA 1:48:04 8:15  
 11 95 Andy Linn 33 Lynchburg VA 1:50:00 8:24  
 12 96 andrew juarez 30 virginia beach VA 1:50:07 8:25  
 13 121 Ross Meyer 31 Lynchburg VA 1:55:05 8:48  
 14 125 David Hylton 32 Bedford VA 1:55:38 8:50  
 15 135 Nathan Dicken 34 Christiansburg VA 1:57:54 9:00  
 16 147 John Willse 34 Greensboro NC 1:59:40 9:09  
 17 155 Jonathan Offermann 30 Decatur IL 2:00:59 9:15  
 18 178 Christian Wilwohl 33 Lynchburg VA 2:05:36 9:36  
 19 180 Brandon Edlefsen 33 Salem VA 2:06:06 9:38  
 20 203 Jerel Jacobs 31 Charlottesville VA 2:12:04 10:05  
 21 207 Jeffrey Boatner 34 Lynchburg VA 2:13:46 10:13  
 22 212 David Mercadante 30 Trinity NC 2:15:08 10:19  
 23 232 Peter Henning 32 Charlottesville VA 2:20:32 10:44  
 24 245 Bobby Walton 34 Wirtz VA 2:25:07 11:05  
 25 265 Benjamin Summers 34 Forest VA 2:35:26 11:52

**FEMALE AGE GROUP: 30 - 34**

1 75 Pepper Raines 30 Christiansburg VA 1:47:25 8:12  
 2 80 Carrie Beaumont 33 Lynchburg VA 1:47:58 8:15  
 3 116 Kim Lane 32 Forest VA 1:53:42 8:41  
 4 118 Chelsie Viar 30 Lynchburg VA 1:54:01 8:43  
 5 136 Liane Axe 31 Arlington VA 1:57:56 9:01  
 6 138 Kacie Pantana 31 Lynchburg VA 1:58:00 9:01  
 7 140 Allison Angell 32 Blue Ridge VA 1:58:17 9:02  
 8 168 amanda barnhart 30 lake orion VA 2:03:53 9:28  
 9 174 caryenne craig 32 Lynchburg VA 2:04:59 9:33  
 10 184 Katie Bigham 32 Concord VA 2:06:48 9:41  
 11 188 Brandi Tyree 33 Goode VA 2:07:51 9:46  
 12 197 Marlaina Seay 32 Lyman SC 2:10:14 9:57  
 13 206 Katie Biesterveld 33 Gladys VA 2:13:18 10:11  
 14 210 Jennifer Anders 31 Lynchburg VA 2:14:22 10:16  
 15 231 Melissa Hill 33 Burke VA 2:20:31 10:44  
 16 233 Catherine Henning 30 Charlottesville VA 2:20:32 10:44

17 236 Michlle Hart 34 Rotterdam Junct NY 2:21:35 10:49  
 18 237 D'Lynn Shaw 33 Lynchburg VA 2:21:40 10:49  
 19 254 Erin Colbert 31 Lynchburg VA 2:28:28 11:20  
 20 277 Sara Snow 30 Christiansburg VA 2:50:10 13:00  
 21 278 Glenda Coffelt 33 Christiansburg VA 2:50:10 13:00  
 22 281 Kelley Thacker 33 24503 3:08:19 14:23

**MALE AGE GROUP: 35 - 39**

1 52 Cavan Carlton 36 Lynchburg VA 1:41:38 7:46  
 2 58 Alan Kauppi 38 Lynchburg VA 1:43:14 7:53  
 3 66 Todd Thomas 35 Evington VA 1:45:46 8:05  
 4 67 James LaPrade 39 Forest VA 1:45:54 8:06  
 5 88 Chad Duff 38 Lynchburg VA 1:49:09 8:20  
 6 103 Mike Hutson 39 Bellbrook OH 1:51:42 8:32  
 7 148 Mark Dorr 39 Monroe VA 1:59:46 9:09  
 8 166 Brian Dilling 37 Amherst VA 2:03:40 9:27  
 9 192 scott lewis 35 crewe VA 2:08:21 9:48  
 10 253 Mike Durham 36 Forest VA 2:27:26 11:16  
 11 263 Michael Amendola 35 Lynchburg VA 2:35:11 11:51  
 12 264 Michael Reffner 36 Lynchburg VA 2:35:14 11:51

**FEMALE AGE GROUP: 35 - 39**

1 63 Cary Moody 35 chicago IL 1:44:46 8:00  
 2 73 Jennifer Ramey 38 Lynchburg VA 1:47:21 8:12  
 3 76 Sharlene Toone 36 Lynchburg VA 1:47:26 8:13  
 4 94 Nina Dillon 36 Lynchburg VA 1:49:55 8:24  
 5 104 Johnna Ingersoll 38 Lynchburg VA 1:51:42 8:32  
 6 133 Heidi Bjorness 38 24503 1:57:12 8:57  
 7 134 Ruth Gillespie 37 Forest VA 1:57:18 8:58  
 8 149 Christy Howard 37 Lynchburg VA 2:00:05 9:10  
 9 151 Angela Bryant 37 Amherst VA 2:00:39 9:13  
 10 154 Cynthia Hunter 37 Madison Heights VA 2:00:51 9:14  
 11 167 Deborah Grishaw 39 Forest VA 2:03:50 9:28  
 12 194 Holly Knight 37 Forest VA 2:08:39 9:50  
 13 204 Tana Willse 35 Greensboro NC 2:12:24 10:07  
 14 205 Julianne Corley 37 Falls church VA 2:12:37 10:08  
 15 222 Rebecca Zahrdt 35 Virginia Beach VA 2:19:16 10:38  
 16 240 lisa st. clair 35 riner VA 2:24:02 11:00  
 17 244 stacy hollandsworth 37 christiansburg VA 2:24:48 11:04  
 18 246 Carrie Walton 36 Wirtz VA 2:25:07 11:05  
 19 260 Julie BATY 37 BIG ISLAND VA 2:32:20 11:38  
 20 268 Karen Beverly 35 Richmond VA 2:36:45 11:58  
 21 270 Wendy Storey 36 Lynchburg VA 2:42:01 12:23  
 22 271 Sandy Duff 36 Lynchburg VA 2:42:01 12:23  
 23 280 Heather Childress 38 Forest VA 3:07:03 14:17

**MALE AGE GROUP: 40 - 44**

1 14 william vickery 40 bedford VA 1:28:39 6:47  
 2 34 anthony ivey 42 tabor city NC 1:35:24 7:17  
 3 35 Gary Morris 43 Forest VA 1:35:26 7:18  
 4 39 Darrell Wargo 42 Lynchburg VA 1:36:30 7:22  
 5 42 Thomas Burrowes 43 Lynchburg VA 1:37:20 7:26  
 6 51 Geoffrey MacDonald 40 Charlottesville VA 1:40:40 7:42  
 7 56 Jack Flippin 40 Lynchburg VA 1:42:48 7:51  
 8 62 Chad Randolph 44 Mooresville NC 1:44:36 8:00  
 9 74 Robert Treadway 42 Charlottesville VA 1:47:23 8:12  
 10 85 Bob Price 44 Forest VA 1:48:26 8:17  
 11 97 Derrick DeWalt 41 Salem VA 1:50:11 8:25  
 12 109 Curtis Irwin 41 Lynchburg VA 1:52:43 8:37  
 13 115 Mark Sheehan 44 Lynchburg VA 1:53:21 8:40  
 14 122 Anthony Smith 43 Bedford VA 1:55:09 8:48  
 15 123 Erik Panzer 42 24503 1:55:16 8:48

16 142 Michael Merholz 41 Lynchburg VA 1:58:42 9:04  
 17 144 Todd Seay 40 Lyman SC 1:58:56 9:05  
 18 156 William Schopfel 40 King George VA 2:01:05 9:15  
 19 162 Malcolm Miller 44 Lynchburg VA 2:02:25 9:21  
 20 202 Tony Martin 41 Appomattox VA 2:11:54 10:05  
 21 235 Larry Comerford 42 Lynchburg VA 2:21:19 10:48  
 22 258 Lance Daniels 41 24503 2:30:32 11:30

**FEMALE AGE GROUP: 40 - 44**

1 114 Mary Prillaman 44 Bassett VA 1:53:13 8:39  
 2 132 Debbie Hendrickson 43 Forest VA 1:56:55 8:56  
 3 153 Trish Gallagher 43 24503 2:00:43 9:13  
 4 181 Courtney Witt 44 Cloverdale VA 2:06:25 9:40  
 5 186 Wendy Golden 42 24503 2:06:50 9:41  
 6 195 Kim Yeatts 40 Lynchburg VA 2:08:42 9:50  
 7 200 Cindi Perry 42 Lynchburg VA 2:11:22 10:02  
 8 216 Laura Parker 42 Forest VA 2:15:46 10:22  
 9 220 Barbara Hopper 44 Lynchburg VA 2:17:56 10:32  
 10 229 Lila Walters 43 Evington VA 2:19:57 10:41  
 11 252 Susan Coalson 44 Lynchburg VA 2:26:32 11:12  
 12 274 Melody LaPrade 42 Forest VA 2:45:44 12:40  
 13 283 Christina Lowton 43 suffolk VA 3:23:07 15:31

**MALE AGE GROUP: 45 - 49**

1 26 John Tate 47 Burlington NC 1:32:32 7:04  
 2 30 Bob Clouston 48 Wintergreen VA 1:34:03 7:11  
 3 33 Kevin Shroyer 49 Goode VA 1:34:52 7:15  
 4 43 Mike Griffin 46 Lynchburg VA 1:37:22 7:26  
 5 50 David Jessey 48 Mooresville NC 1:39:49 7:38  
 6 70 Matthew Hillmer 46 Covington VA 1:47:00 8:11  
 7 126 Virgil Hurt 45 Lynchburg VA 1:55:53 8:51  
 8 131 Calvin Curry 45 Roanoke VA 1:56:52 8:56  
 9 152 Michael Elliott 49 Lynchburg VA 2:00:43 9:13  
 10 159 Dwayne Marshall 47 Lynchburg VA 2:01:28 9:17  
 11 163 Larry Lowton 49 suffolk VA 2:02:45 9:23  
 12 164 Charles Lee 49 Forest VA 2:03:11 9:25  
 13 173 Patrick Mitchell 46 Hillsborough NC 2:04:55 9:33  
 14 183 Michael Bradley 47 Suffolk VA 2:06:44 9:41  
 15 187 fernando vasquez 46 dery NH 2:07:14 9:43  
 16 196 Jeffrey Puuri 47 Roanoke VA 2:09:14 9:52  
 17 211 Doug Lawrence 48 Lynchburg VA 2:14:33 10:17  
 18 215 Pete Jewett 47 Dublin VA 2:15:32 10:21  
 19 227 Lee Haag 47 24503 2:19:53 10:41

**FEMALE AGE GROUP: 45 - 49**

1 87 shawn fortner 46 Roanoke VA 1:48:28 8:17  
 2 91 Ryn Morrison 45 South Boston VA 1:49:32 8:22  
 3 161 Renee Draney 45 Forest VA 2:02:15 9:20  
 4 169 Sue Jones 49 Forest VA 2:03:56 9:28  
 5 198 Priscilla Bettis 45 Forest VA 2:10:43 9:59  
 6 228 Elizabeth quinzio 48 williamsburg VA 2:19:54 10:41  
 7 241 Letty Marino 48 Virginia Beach VA 2:24:03 11:00  
 8 247 ava rupert 45 forest VA 2:25:21 11:06  
 9 282 Diane Bradley 46 Suffolk VA 3:23:07 15:31

**MALE AGE GROUP: 50 - 54**

1 12 Preston Evans 54 Madison Heights VA 1:28:15 6:45  
 2 15 Kerry Seal 51 Cary NC 1:28:51 6:47  
 3 19 Calvin Milam 50 Lynchburg VA 1:30:54 6:57  
 4 25 Bret Boman 51 24503 1:32:10 7:03  
 5 27 Norris Welfare 50 Monroe VA 1:33:01 7:07  
 6 65 Mike Mitchell 54 Lynchburg VA 1:45:18 8:03  
 7 77 Mark Bushing 54 Lynchburg VA 1:47:27 8:13

8	82 Michael Goetz	52 Forest	VA 1:48:09	8:16
9	100 Mike Hammer	51 24503	1:51:08	8:30
10	107 Steve Letterman	50 Appomattox	VA 1:52:11	8:34
11	119 George Zippel	51 Lynchburg	VA 1:54:11	8:43
12	130 Eddie Everhart	53 Forest	VA 1:56:51	8:56
13	143 Georg Schwarzmann	50 Lynchburg	VA 1:58:56	
9:05				
14	171 Gene Parsons	50 hampton	VA 2:04:02	9:29
15	176 Keith Coalson	53 Lynchburg	VA 2:05:07	9:34
16	218 Jerry Grantham	51 Abingdon	VA 2:16:25	10:25

**FEMALE AGE GROUP: 50 - 59**

1	71 Nancy Ferris	54 Goode	VA 1:47:08	8:11
2	185 Yvonne McMahon	51 24503	2:06:50	9:41
3	193 Selena Hislop	50 Glen Allen	VA 2:08:37	9:50
4	199 Denise Hinkle	57 Somerset	NJ 2:10:48	10:00
5	234 Freda Spencer	50 Forest	VA 2:21:02	10:46
6	251 SARA LLOYD BRYANT	51 LYNCHBURG	VA	
2:26:30				11:11

**MALE AGE GROUP: 55 - 59**

1	29 Roger Koehler	56 Lexington	VA 1:33:39	7:09
2	38 Gary Michael	55 24503	1:36:26	7:22
3	45 Felix Lopez	57 Lynchburg	VA 1:37:39	7:28
4	68 Brian Carlton	57 Lynchburg	VA 1:46:12	8:07
5	69 Craig M. Miller	57 Lynchburg	VA 1:46:48	8:10
6	98 Glenn Meadows	59 24503	1:50:21	8:26
7	111 Peyton Morgan	58 Lynchburg	VA 1:52:53	8:38
8	120 Bill Hite	57 Forest	VA 1:55:03	8:47
9	127 robert ladd	56 lynchburg	VA 1:56:00	8:52
10	137 Walker Pennock	59 Lynchburg	VA 1:57:59	9:01
11	150 Roy Blakeburn	55 Va Beach	VA 2:00:38	9:13
12	209 Jim Allmendinger	56 Harrisonburg	VA 2:14:03	10:14
13	219 William Flynn	57 Lynchburg	VA 2:17:29	10:30
14	221 Frank Villa	55 Forest	VA 2:19:12	10:38

**MALE AGE GROUP: 60 - 64**

1	61 Walter Allen	62 Lynchburg	VA 1:44:11	7:58
2	158 Tom Carr	60 Hillsborough	NC 2:01:19	9:16
3	182 Gene Proctor	61 Annandale	VA 2:06:31	9:40
4	223 Bob Foster	64 Lynchburg	VA 2:19:25	10:39
5	266 richard stone	63 lynchburg	VA 2:35:37	11:53
6	267 Sid Busch	64 Goose Creek	SC 2:36:03	11:55

**FEMALE AGE GROUP: 60 - 99**

1	255 Deborah Allen	60 Lynchburg	VA 2:28:33	11:21
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**MALE AGE GROUP: 65 - 69**

1	79 Horace Ellis	68 Huddleston	VA 1:47:56	8:15
2	84 Dave Stephenson	66 Moneta	VA 1:48:17	8:16
3	239 John Hinkle	66 Somerset	NJ 2:22:07	10:51

**MALE AGE GROUP: 70 - 99**

1	157 Lowell Skelton	70 Moneta	VA 2:01:07	9:15
2	257 Edward Green	78 Washington	DC 2:29:20	11:24

**5K Results—191 Finishers**

\*\*\*\*\* FEMALE OVERALL RESULTS \*\*\*\*\*

1	Lindsay Papet	19 Forest	VA 19:36
2	Mary Deis	17 Forest	VA 20:04
3	Jennifer Nelson	30 Forest	VA 21:08

\*\*\*\*\* MALE OVERALL RESULTS \*\*\*\*\*

1	Kyle Steiner	25 24503	17:31
2	Will Stratton	17 Forest	VA 17:32
3	James DeMarco	37 24503	17:45

**Place Name Age City St Time Pace**

\*\*\*\*\* FEMALE MASTERS CHAMPION \*\*\*\*\*

1	Kristie Shroyer	49 Goode	VA 23:49	7:41
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\*\* MALE MASTERS OVERALL CHAMPION \*\*\*\*\*

1	Kent Eanes	40 Altavista	VA 18:54	6:06
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**MALE AGE GROUP: 1 - 12**

1	41 Tristin Williams	12 Madison Heights	VA 22:16
2	53 Noah Richards	12 Lynchburg	VA 24:19
3	136 Ford Morrison	11 South Boston	VA 31:33
4	149 Henry Morrison	9 South Boston	VA 33:13

**FEMALE AGE GROUP: 1 - 12**

1	83 Hannah Murphy	12 appomattox	VA 26:03
2	84 Claire McClenny	11 Pamplin	VA 26:07
3	138 Mary Ella Morrison	6 South Boston	VA 31:39

**MALE AGE GROUP: 13 - 17**

1	4 Tres Langhorne	17 Evington	VA 17:49
2	6 Noah DeLaHunt	17 24503	18:15
3	9 Tyler Bullock	16 forest	VA 19:04
4	10 Josh Oswald	16 Forest	VA 19:10
5	11 Zane Laughlin	16 Forest	VA 19:24
6	19 Casey Martin	14 Appomattox	VA 21:00
7	20 Benjamin Ottman	14 Forest	VA 21:02
8	26 Matthew McKeague	13 24503	21:30
9	31 Bobby White	16 Lynchburg	VA 21:46
10	36 Tyler Walters	14 Lynchburg	VA 22:05
11	38 Douglas McDaniel	13 Forest	VA 22:10
12	61 Evin Morrison	15 South Boston	VA 24:41
13	69 Nathan Gilliam	15 Appomattox	VA 25:13
14	85 Jacob Laurent	14 Lynchburg	VA 26:29
15	103 Tommy Hyres	15 Lynchburg	VA 28:32
16	165 K.C. Schimmoeller	13 Forest	VA 35:59

**FEMALE AGE GROUP: 13 - 17**

1	23 Leigha Schimmoeller	17 Forest	VA 21:21
2	28 Katie Vann	16 Forest	VA 21:40
3	34 hosannah vickery	14 bedford	VA 22:02
4	35 Anna Carter	15 Lynchburg	VA 22:03
5	43 Carsen Wilkerson	14 Forest	VA 22:47
6	44 Tessa Englund	16 lynchburg	VA 22:50
7	45 McKenna Coalson	15 Lynchburg	VA 22:51
8	46 Hannah Owen	15 24503	22:51
9	48 Alexis Bowen	16 Forest	VA 22:58
10	49 Leah Hurt	13 Lynchburg	VA 23:34
11	63 sarah vickery	13 bedford	VA 24:57
12	79 Erin Flynn	16 Lynchburg	VA 25:47
13	93 Lucy Morrison	13 South Boston	VA 27:21
14	97 Lucy Wooldridge	13 Evington	VA 27:56
15	108 Katherine Claunch	14 Goode	VA 29:04
16	109 Zoey Dorman	16 Forest	VA 29:12
17	115 Amanda Staton	14 Forest	VA 30:05
18	120 Caty Malone	14 Lynchburg	VA 30:25
19	122 Emma Sandidge	15 Lynchburg	VA 30:27
20	134 Rachel Policke	15 Forest	VA 31:24
21	155 Kesler Coalson	16 Lynchburg	VA 34:06

22 179 Savannah Williams 17 24503 39:49

**MALE AGE GROUP: 18 - 24**

1 5 Parker Spencer 20 Forest VA 18:05  
2 7 Jake Roark 18 Forest VA 18:45

**FEMALE AGE GROUP: 18 - 24**

1 125 Shelby Luton 21 Lynchburg VA 30:32  
2 130 Nasia Olinger 19 Concord VA 30:46  
3 135 Summer Smith 21 Lynchburg VA 31:26  
4 144 Jamie Brown 23 Bedford VA 32:29  
5 151 Kristen Turbyfill 23 Forest VA 33:38  
6 154 Stephanie Barnard 22 Lynchburg VA 34:02  
7 164 Katie Anfindsen 21 24503 35:26  
8 169 Brittney Roberts 22 24503 36:55  
9 191 sarah rose 23 Lynchburg VA 49:18

**MALE AGE GROUP: 25 - 29**

1 39 Lynn Ferguson 28 Altavista VA 22:10  
2 52 Kyle Bowman 26 Lynchburg VA 24:12  
3 59 Jerry Truax 27 Lynchburg VA 24:37  
4 62 Michael Gibbs 25 Lynchburg VA 24:53  
5 89 Joshua Abbe 26 Lynchburg VA 26:54  
6 90 Todd Libeau 28 Lynchburg VA 26:56  
7 92 Nick VanWingerden 27 Lynchburg VA 27:11  
8 96 Will McGinley 26 Lynchburg VA 27:55  
9 137 Courtney Glosser 29 Fairfax VA 31:33  
10 147 NILESH APSINGEKAR 29 LYNCHBURG VA 33:01

**FEMALE AGE GROUP: 25 - 29**

1 29 Cate Huff 25 Rocky Mount VA 21:41  
2 70 Becky George 28 Durham NC 25:14  
3 91 Rachel McGinley 25 Lynchburg VA 27:02  
4 158 Amy Libeau 28 Lynchburg VA 35:07  
5 159 Lauren Cox 29 Lynchburg VA 35:14  
6 161 Maria Wilkinson 27 Lynchburg VA 35:18  
7 163 Holly Myers 25 24503 35:26  
8 167 Ally Hale 26 24503 36:04  
9 184 Alesha Allen 27 24503 42:18  
10 189 Sara Abbe 26 Lynchburg VA 44:49

**MALE AGE GROUP: 30 - 34**

1 15 Jeremy White 34 Lynchburg VA 20:08  
2 17 Brad Adams 33 Washington DC 20:48  
3 33 James Harrington 33 24503 22:00  
4 57 Will Carwile 34 Lynchburg VA 24:31  
5 58 Brian Lacey 31 Hopewell VA 24:31  
6 64 Gerald Cox 32 Lynchburg VA 25:03  
7 66 Brentley Shields 30 Evergreen VA 25:11  
8 71 Kemper Beasley, III 30 Dillwyn VA 25:15  
9 106 Jason Osborne 32 Lynchburg VA 28:39

**FEMALE AGE GROUP: 30 - 34**

1 40 Jennifer Pritchett 34 Goode VA 22:12  
2 67 jamie martin 32 appomattox VA 25:12  
3 86 Holly Perrow 33 Lynchburg VA 26:36  
4 94 Tia Adams 31 Washington DC 27:26  
5 95 Courtney Phillips 31 24503 27:31  
6 100 Blake Wright 30 24503 28:10  
7 102 Kelly Bivens 34 Lynchburg VA 28:22  
8 107 Andrea Adams 31 Lynchburg VA 28:50  
9 110 Andrea Ferguson 34 Altavista VA 29:13  
10 129 Stefanie Williams 30 Lynchburg VA 30:36

11 133 Tanya Salseth 33 24503 31:24  
12 146 Tracey Tollar 34 Rustburg VA 32:49  
13 157 Jessica Dennis 31 24503 34:39  
14 172 Amy Rowland 31 Gretna VA 37:26  
15 178 Heidi Elder 30 Forest VA 39:04

**MALE AGE GROUP: 35 - 39**

1 24 Brian Bowles 37 brookneal VA 21:22  
2 47 Kerri Grove 38 Lynchburg VA 22:52  
3 72 Eric Jennings 39 Concord VA 25:18  
4 73 Kevin Peak 38 Lynchburg VA 25:20  
5 80 William Capshaw 36 Lynchburg VA 25:51  
6 99 Brian LaFratta 39 Lynchburg VA 28:10  
7 104 Mike Closs 37 Lynchburg VA 28:32  
8 112 Hank Mullins 39 Forest VA 29:33

**FEMALE AGE GROUP: 35 - 39**

1 65 Michele Rakowski 39 Lynchburg VA 25:06  
2 76 Jan Baker 39 Madison Heights VA 25:40  
3 142 Laurie Thomas 37 Sandy Level VA 32:11  
4 153 Zandra Dorr 38 Monroe VA 33:53  
5 156 Shawn Hecker 37 24503 34:07  
6 171 Lorie Carwile 35 Lynchburg VA 37:17  
7 177 Sheri Hutson 37 Bellbrook OH 38:23  
8 183 Joeline Key-Tissot 35 24503 42:18  
9 187 Liane McCready 35 Lynchburg VA 44:10

**MALE AGE GROUP: 40 - 44**

1 25 James O'Connell 42 Lynchburg VA 21:22  
2 27 Paul Thompson 40 Lynchburg VA 21:30  
3 54 Matthew Richards 43 Lynchburg VA 24:19  
4 56 Matthew Lloyd 43 Lynchburg VA 24:24  
5 60 Scott Beasley 41 Lynchburg VA 24:40  
6 116 Lew McKeague 44 24503 30:08  
7 124 Scott Sandidge 43 Lynchburg VA 30:31

**FEMALE AGE GROUP: 40 - 44**

1 118 Zoe Stokes 43 Madison Heights VA 30:20  
2 123 Beth Scott 41 Lynchburg VA 30:28  
3 126 Janelle Schopfel 41 King George VA 30:32  
4 127 Kirsten Tiller 41 Lynchburg VA 30:34  
5 131 Candy Kaime 43 Lynchburg VA 30:48  
6 141 Laurie Randolph 44 Mooresville NC 32:01  
7 143 melissa williams 40 Amherst VA 32:23  
8 145 Cindy Capps 40 Lynchburg VA 32:34  
9 162 Carmelita Foster 40 Amherst VA 35:24  
10 168 Tamara Goodman 43 Goode VA 36:04  
11 173 Michelle Fultz 40 Lynchburg VA 37:51  
12 175 Melody Roberts 44 Faber VA 38:17  
13 176 Angie Collins 40 Roseland VA 38:17

**MALE AGE GROUP: 45 - 49**

1 18 Joel Malloy 46 Lynchburg VA 20:58  
2 22 Tim Laughlin 46 Forest VA 21:11  
3 30 Tim Burnette 45 24503 21:41  
4 74 Joshua Martin 45 Appomattox VA 25:24  
5 75 RJ Roark 49 Forest VA 25:38  
6 88 Phil Danaher 48 Forest VA 26:49  
7 98 Scott Goodman 46 Goode VA 28:08  
8 117 Scott Kadak 47 24503 30:09  
9 139 Robert Morrison 45 South Boston VA 31:39  
10 166 Lee Schimmoeller 49 Forest VA 35:59

**FEMALE AGE GROUP: 45 - 49**

1	51 Beth Frackleton	49 Lynchburg	VA 23:57
2	111 Alicia Matherly	46 Hurt	VA 29:18
3	113 Beere Ivana	47 Lynchburg	VA 29:48
4	140 Kelly Abbott	45 Goode	VA 31:46
5	160 Debbie Sullivan	49 Madison Heights	VA 35:15
6	174 Debra Martin	47 Appomattox	VA 38:03
7	182 Teresa Kirkdoffer	49 Schuyler	VA 41:29
8	190 Jackie Johnson	45 Lynchburg	VA 45:50

**MALE AGE GROUP: 50 - 54**

1	12 RB Carter	51 Lynchburg	VA 19:34
2	32 Larry Jackson	51 Forest	VA 21:50
3	37 Joel VanWingerden	52 greenville	SC 22:07
4	87 Gerald East	53 Monroe	VA 26:43

**FEMALE AGE GROUP: 50 - 54**

1	77 Susan Anderson	54 Forest	VA 25:42
2	152 Michele West	51 24503	33:53
3	170 Laura Grantham	51 Abingdon	VA 36:56
4	181 Debra Morse	53 Piney River	VA 41:28
5	188 Barbara yost	52 Lynchburg	VA 44:49

**MALE AGE GROUP: 55 - 59**

1	16 H.G Bussard Jr.	57 24503	20:21
2	42 TOM WYATT	57 LYNCHBURG	VA 22:34
3	68 John Gray	58 24503	25:13
4	81 Stephen Hamilton	56 Lynchburg	VA 25:55
5	82 Ronald Doss	57 Chatham	VA 26:02
6	119 Doug Sampson	57 Wirtz	VA 30:24

**FEMALE AGE GROUP: 55 - 59**

1	114 Nancy Blackwell	58 Lynchburg	VA 29:59
2	128 Ruth Syre	58 Lynchburg	VA 30:35
3	132 Debbie Martin	58 Lynchburg	VA 30:50

**MALE AGE GROUP: 60 - 64**

1	78 Dave Eckes	60 24503	25:45
2	101 william hubbard	64 forest	VA 28:13
3	121 Bob Foster	64 24503	30:26
4	148 Daryl Yoder	63 Lynchburg	VA 33:11
5	185 David A. Snyder	64 Afton	VA 44:08

**FEMALE AGE GROUP: 60 - 64**

1	105 Priscilla Jones	61 Lynchburg	VA 28:37
2	150 Gail Copelan	60 Lynchburg	VA 33:20
3	186 Barbara Matysek	60 Afton	VA 44:09

**MALE AGE GROUP: 70 - 99**

1	180 John Kurisky	71 Forest	VA 41:05
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### The Long Training Run by Gary Dudney

Ultrarunners are an idiosyncratic bunch. They practice the sport in a thousand peculiar and individual ways. But on any given weekend, a high percentage of them will all be doing pretty much the same thing: completing a long training run. That's because the long run is widely recognized as the most important element in the ultrarunner's training regime, especially for the beginner.

When you trained for a marathon, you probably did a series of long runs starting at about eight miles in length and an hour and a half in duration and then worked your way up in a lock-step manner to something like 20 miles and three and a half hours. You probably also had very specific pace and distance goals in mind that were a critical part of attaining your target marathon time. For ultra training, forget all that. Time spent on your feet, not miles covered, is what is important, at least, if your goal is to just finish your first ultra. Let the distance covered and your pace work themselves out.

As far as a "program" is concerned, you'll want to work up through progressively longer runs, doing one a week, adding about half an hour each time, until reaching the four- to fivehour range. Then build up to six to seven hours. Once you're running in that range, do your long runs every other weekend or do two runs for every three weekends.

Unlike those grim marathon workouts where you are constantly watching the clock, the pace for these long runs should be relaxed, allowing you to easily carry on a conversation with your running buddies. Walk the uphill and don't be afraid to take a break once in a while if you feel like it. Your body will be making the correct physiological adaptations for the very long distances of ultrarunning as it adjusts to these long slow workouts. As one trainer puts it, you want to get your metabolism to "burn the right stuff at the right time."

Your long runs will also serve as your laboratory for stress-testing all the variables of ultrarunning, such as eating and drinking, clothing, equipment, lubricants, and shoes. What to drink and how much to drink are critical questions you will need to find answers for during your long runs. How much you should eat, what energy gels work for you, and what solid foods agree with you after significant mileage are also questions you will need to explore. The long runs will teach you about your feet, what shoes and socks work best, and how to protect yourself against blisters. My first significant long run was six hours through a wilderness area on the most technical trails I had ever seen. By the end of the run, I had run out of food and water. I had blisters, a turned ankle, and several bleeding wounds. I was sunburned and I felt like I just barely made it out alive. In other words, I spent six invaluable hours learning some critical lessons about ultrarunning. The next time I went long, I was much better prepared.

Don't shy away from difficult conditions during your long runs. If you are only running a few miles, no conditions seem intolerable, but if you are going long, you will have to figure out how to deal with adverse circumstances that are going to last awhile. Go out in the heat of the day and find out if you've brought enough water and used enough sunblock. Head out into a rainstorm or into icy winds to test your rain gear or see if you've layered on enough clothing or too much. Run on some technical trails or pick a route that takes you through lots of elevation change, especially if that is the type of terrain you expect to face on race day. Do a long run at night to test your lights and to get yourself accustomed to the sensations of running in the dark. Races will not always offer you optimal conditions so you shouldn't be doing long runs only in optimal conditions if you truly want to be prepared for ultra racing.

You can also practice your reactions to facing that moment when you feel you are out of gas and want to quit. Think up a positive and reliable mantra or phrase to repeat to yourself in tough circumstances. Crank your music up and try to distance yourself from the pain, or better yet, learn to accept the pain as a normal part of the process and see it for what it really is, feedback that you are running hard and doing well. Practice systematically relaxing all parts of your body as you run along. Try taking a break but then returning to the run with fresh determination to get to the end.

The fact of the matter is that over the course of your ultrarunning career, you will easily spend more time engaged in long training runs than you will spend actually racing and probably more time than doing all your shorter workouts combined. If you can find a way to enjoy your long runs, you will end up enjoying the lion's share of your ultrarunning training.

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**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



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