

The Milepost January / February 2009

The Presidents Letter

November's meeting brought us the summer series awards ceremony. Jeff Fedorko spent countless hours scoring the series, ordering the trophies, and coming up with fun facts to entertain us. The turnout was good and folks enjoyed the free pizza. At December's meeting, Margaret Clevestine gave us her story that I will title "from wheelchair to marathon finish line". An amazing tale of perseverance was told as we once again enjoyed free pizza (notice a trend here?). Also at this meeting we re-elected the current slate of officers and we recognized Vic Galan for his twenty years of publishing the newsletter ñ that's the definition of "a labor of love".

Who didn't run the Turkey Trot? I know that there are a few of you. However, it's hard to believe that anyone missed it given that there were over 800 finishers. That race has exploded that last three years. Kudos to Don and Barbara Lucy and Jeff and all the wonderful volunteers who made that race happen. The finish line was controlled chaos and has caused us to think about Chip Timing. If anyone has an extra fifteen grand lying around the house, the club would be happy to put that to good use on a timing system.

The new year will kickoff with our annual New Year's Day Run in Riverside Park at 9 am. It's a low-key social run with refreshments afterward and a dollar discount on your dues. Hope to see you there. Also, please consider attending our club meetings that are held the second Tuesday of each month at Monte Carlo at 6:30 pm. We've been blessed with some great speakers as of late and I look forward to that continuing. With the continued support of its members, the future of the Lynchburg Road Runners is indeed a bright one.

Merry Christmas and a Happy New Year 2009! May the upcoming year bring health and prosperity to all. See you on the roads,
Bret Boman

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

2009 LRR OFFICERS

President	Bret Boman
Vice-President	Sue Jones
Secretary	Craig Miller
Treasurer	Vic Galan
Membership	Heather Vozel
Newsletter	Vic Galan

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, 13 January 2009
At Monte Carloís
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 Carloís 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 meet again on Tuesday 10 February at Monte Carloís at 6:30 pm. Darryl Wargo will check with Sam Chelanga about coming to LRR meeting in February.

Meeting Minutes

November 11, 2008

The monthly meeting was held at Monte Carlo's restaurant. The awards for the Summer Race Series were presented by Race Director Jeff Feforko. Congratulations to all participants. The overall winners are:

Men	Points
Jeff Harrington	375
Ryan webb	275
Jonathan Perrotto	246

Women	Points
Sarah Krycinski	340
Rebecca Parsons	290
Whitney Wynn	285

There continues to be a "running boom" in the Lynchburg area and we can be grateful for that. Coming up will be the Turkey Trot which we hope is as well attended as last year and the Christmas Classic run in Bedford the first Saturday in December (only a 5K this year).

Congratulations to Heather Vozel on the OBX marathon and best to those going to Richmond this weekend for the Marathon.

December 9, 2008

The monthly meeting was held at Monte Carlo's restaurant. The guest speaker was Margaret Clevensine of WSET channel 13 news. She shared about her running history and ability to do marathons despite having the diagnosis of rheumatoid arthritis. She completed the 2005 Twin Cities Marathon in 4 hours and 21 minutes and has run some other marathons since that time.

She is happy for the medical advances in the area of arthritis and that while she maintains the diagnosis of RA, she does not suffer from the disfiguring and severe pain as in times past.

There are two up coming events for local runners to participate in:

Jingle Bell Jog on December 20 at 8:30 a.m. starting at Riverside Runners. Runners are encouraged to dress festive for the season and bring some goodies to share if they are a good cook or know a good cook.

The annual New Years Day Run takes place on January 1 at Riverside Park starting at 9 a.m. Those runners who renew their membership to LRR also receive an extra \$ 1.00 discount off the application fee.

OLD BUSINESS:

The LRR club insurance expires the end of the year and renewal is based on membership in September which Vic reports to be around 125. The insurance will be renewed as soon as the notice has been received.

The Thanksgiving Day Turkey Trot 5K brought another new record of numbers to the roads that morning. There were over 800 finishers in just the 5K alone this year. There have been preliminary discussions about the possible need to relocate the race to accommodate such large numbers of participants. Nothing definite has been decided.

NEW BUSINESS:

In accordance with Article Five of our By-Laws, the annual election of officers to serve the LRR club was conducted. Each of the existing officers was returned to their respective offices following a motion by Gregg Cavaliere and a second by Jeff Fordorko to return the present officers to their positions. Motion passed. These Officers serve as the Executive Committee of the LRRC and see to the orderly continuation of the LRRC, conduct its business, and promote its interest.

President	Bret Boman
Vice-President	Sue Jones
Secretary	Craig Miller
Treasurer	Vic Galan
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Newsletter	Vic Galan

The floor was open for suggestions, ideas and discussion on how to improve running through LRR. The following topics were suggested:

Consideration by the LRR to invest in a timing chip system. This would aide in timing such races as the growing Turkey Trot and other races in the area.

Jeff asks is there is a better way to track points for the summer race series.

Darryl Wargo will check with Sam Chelanga about coming to LRR meeting in February.

It was asked if it could be possible to pay a flat rate for the summer track series in June or the summer race series. No determination was given.

There is a desire to promote LRR more through applications as part of big race packets in the area and possibly putting an extra line item on some race applications to include a fee for joining the LRR.

Kevin Shroyer volunteered to put LRR meetings and other pertinent running information in the local paper to take advantage of free announcements during the week.

LRR will continue to meet the second Tuesday of each month from January to May and again from September to December each year.

Many Thanks

Girls on the Run is a character development program for girls in the third through eighth grades. The program provides the necessary tools for girls to manage the tough times of adolescence. Life skill lessons are combined with training for a five kilometer (3.1 miles) walk or run, in a creative, interactive and incredibly fun way.

On behalf of Girls on the Run of Greater Lynchburg, I would like to thank the many volunteers and sponsors who contributed their time and money to help make our Celebration 5K Run / Walk event a tremendous success. Special thanks go to Riverside Runners and Jeff Fedorko for creating a professional and safe race atmosphere.

Mary Hanson
Council director
Girls on the Run

FUN RUNS

Dec. 20, Lynchburg, Va. - Jingle Bell Fun Run

0830 at Riverside Runners, 2301 Rivermont Ave.

Open to all. Come share the holiday fun! Prizes to those with the most Holiday Spirit (costumes, etc.)

Cookies and hot cider served afterward.

Info. Call (434) 846-7449.

Jan. 1, Riverside Park - LRRC New Year's Day Run with \$1.00 off membership dues for 2008. Let's kick-off the new year 2009 right with a Fun-Run, followed by refreshments and social time.

We'll meet at 9:00 a.m. in the parking lot at Riverside Park for a leisurely paced 3 mile run up the Rivermont sidewalks to Peakland Place and back. The more ambitious can include the Peakland Place loop to make it a 5 mile run. Those frizzed by the holidays can always be guided to a 1 mile jaunt about the Riverside Park path, but no fair getting to the refreshments first.

No fee, no times, no shirts, no awards, no pressure. Refreshments provided!!!! Plus, Don't Forget, \$1.00 Off Membership Dues for 2008. This your last chance to get \$1.00 off the \$15.00 individual, \$20.00 family, and \$10.00 student fees.

UPCOMING RACES

Feb. 14, Appomattox - Holiday Lake 50K,
6:30am; Info: Dave Horton, Liberty University 1971 University Blvd, Lynchburg, VA 24501.
Phone (434) 582-2386 (w), 239-1324 (h), or e-mail dhorton@liberty.edu or on the Web at
www.extremeultrarunning.com. Part of the Lynchburg Ultra Series.

Feb. ??, Lynchburg - VES/LRR Arctic 5K,
2:00p.m. at Virginia Episcopal School campus.

March ??, Goode - What Goes Down Must Come Up 4- miler.
The start of this popular annual winter race is at 9:00 a.m. from the Oakland Methodist Church
off 221. Entry fee includes all-you-can-eat pancake breakfast. More details are forthcoming in
the next newsletter.
Race Director: Jerome H Loy <fizzzed@verizon.net> Discount is offered to Lynchburg
Roadrunners.

March 21 - 22, Virginia Beach -
Shamrock 8K, Marathon and Half Marathon
21st - 8K start 8 a.m.
22nd - 1/2 Marathon 7 a.m. start
Marathon 8 a.m. start
www.shamrockmarathon.com

April 25, Bedford -
Promised Land 50K Trail Race
6:30am; Info: Dave Horton, Liberty University 1971 University Blvd, Lynchburg, VA 24501.
Phone (434) 582-2386 (w), 239-1324 (h), or e-mail dhorton@liberty.edu or on the Web at
www.extremeultrarunning.com. Part of the Lynchburg Ultra Series.

RACE RESULTS

2nd Annual I am Woman 5k October 25, 2008 9:00am

OVERALL AWARDS

Place	Name	Age	Time	Pace
1	Abby May	11	21:57	7:04
2	Andrea Angelos	24	22:59	7:24
3	Stacey Crawley	22	23:21	7:31

FEMALE MASTERS AWARDS

Place	Name	Age	Time	Pace
1	Sue Jones	47	24:51	8:00
2	Vicky Phelps	44	27:43	8:56
3	Nancy Prothero	40	28:25	9:09

AGE GROUP AWARDS

GROUP: 1 - 12

Place	OA Name	Age	Time
1	76 Kallie Howard	11	38:03
2	90 Amanda Lyons	9	52:37
3	91 Hannah Quigg	11	52:37

GROUP: 13 - 19

1	6 Brianne Kreasy	14	24:16
2	9 Jenna Angell	13	24:48
3	17 Mary Jo Delahunt	13	26:16
4	19 Meredith Weber	19	26:31
5	22 Courtney Chappell	19	27:00
6	27 McKenna Coalson	13	28:04
7	68 Kesler Coalson	14	35:54
8	70 Mindy Norris	19	36:04
9	74 Shala Gammon	19	36:41

GROUP: 20 - 29

1	4 Katie Knight	21	24:05
2	5 Lauren Vickers	20	24:12
3	8 Amanda Corbett	24	24:44
4	11 Jamie Campbell	29	25:05
5	12 Jodi Kordonski	26	25:11
6	14 Heather Vozel	26	25:36
7	15 Tabitha Combs	29	25:39
8	18 Erica Flynt	22	26:19
9	20 Kelly Perdieu	29	26:43
10	21 Anne Parsons	21	27:00
11	23 Amanda Gregorin	28	27:19
12	24 Sarah Cousar	24	27:26
13	26 Julie Laun	23	28:01
14	28 Wendolyn Summers	28	28:24
15	30 Erin Bromley	25	28:40
16	42 Amanda Irvin	26	30:35
17	50 Makaela Suitt	28	32:16
18	58 Lindsay Eppes	24	33:12
19	59 Lauren Bennett	24	33:12
20	64 Jessica Johnson	22	33:52
21	67 Chelsie Viar	28	34:35
22	71 Katie Howard	23	36:06

23	72 Amy Hilton	22	36:08
24	84 Sara Manley	23	47:02
25	88 Megan Klussman	22	48:58

GROUP: 30 - 39

1	7 Christy McIver	37	24:18
2	13 Erin Elwell	32	25:33
3	16 Johnna Ingersoll	36	25:45
4	31 Lynn Ramberg	39	28:41
5	34 Andrea Gillispie	30	29:22
6	35 Kim Yeatts	39	29:27
7	37 Tabitha Rowland	30	30:04
8	38 Jessica Tilley	31 30:29	
9	40 Kellie Gallier	31 30:32	
10	43 Jennifer Walton	35	31:15
11	44 Melanie McClure	36	31:27
12	48 Barbara Hubbard	33	32:00
13	49 Lara Wimmer	36	32:03
14	55 Rachel Mitchell	38	32:48
15	56 Beth Scott	39 32:57	
16	57 Kirsten Tiller	39	33:08
17	61 Angela Blankenship	35	33:42
18	65 Mary Kurecinski	30	34:29
19	69 Wendy Jamerson	38	35:58
20	73 Christy Mays	31	36:24
21	75 Sandy Duff	34	38:02
22	77 Susan Shirey	32	38:19
23	78 Amanda Villameriel	37	38:39
24	80 Maggie Mace	37	41:49
25	85 Liane McCread	33	47:38

GROUP: 40 - 49

1	32 Cheryle Angell	44	28:58
2	33 Cheryl Rogers	49	29:01
3	39 Heather Babcock	40	30:29
4	45 Michelle Skinner	40	31:34
5	47 Carolyn Jennings	42	31:55
6	52 Melissa Millner	42	32:31
7	53 Susan Coalson	42	32:43
8	54 Rebecca Carroll	40	32:47
9	79 Roxanne Snyder	44	39:04
10	82 Sondra Pinn	46	44:56
11	87 Karen Camden	40	48:58
12	92 Karen Quigg	47	52:38

GROUP: 50 - 59

1	41 Sara Lloyd Bryant	50	30:34
2	46 Gail Copelan	59	31:35
3	51 Rowana Okun	53	32:19
4	62 Mollie Adams	53	33:47
5	63 Nancy Blackwell	56	33:50
6	66 Wylie Austin	54	34:31
7	81 Annette Patrick	55	43:37
8	83 Freeda Manley	52	47:02
9	94 Carey Goad	55	53:05

GROUP: 60 - 99

1	36 Nancy Campbell	60	29:30
2	60 Priscilla Jones	60	33:42
3	86 Wanda Yoder	61	47:39

11th annual Apple Valley 5K

1 Nov. 2008

Race Director: Theresa Boyes

One hundred thirty runners and walkers participated Saturday, Nov. 1, in the 11th annual Apple Valley 5K cross country race at Gross' Orchard in Bedford County. Liberty High School cross country coach Sarah Krycinski, 28, of Bedford finished first among the women and sixth overall, covering the 3.1-mile course in 20 minutes, 41 seconds. Melissa Schaefer, 14, of Roanoke, was second place in 21 minutes, 16 seconds, a two minute, 27 second improvement over her 2007 time. Schaefer, who earned 11th place overall, was followed by 15-year-old Kaitlyn Brown of Lynchburg who finished with a time of 22.13, a one minute, 49 second improvement over her 2007 time.

The men were lead by 38-year-old Jeff Harrington of Lynchburg who finished with a time of 18 minutes. Harrington was followed closely by 17-year-old Forest resident Timothy Vernon (18.16), and 18-year-old Rocky Mount resident Aaron Waters (18.24).

The Most Improved Runner Award was given to 47-year-old Forest resident Morris Byram who finished the course in 25.26, a two minute, 39-second improvement over his 2007 time. Byram also took third place in the men's 40-49 age division.

The following runners placed in the overall and age divisions:

Men's overall: Jeff Harrington, 18.00

Women's overall: Sarah Krycinski, 20.41

The Top Three in the age group divisions follow:

Men 12 and under

1. Stephen Vernon, 20.49
2. Logan Zentz, 22.38
3. Sebastiano Blandino, 23.46

Women 12 and under

- 1.Danielle Young, 25.29
- 2.Jordan Nicole Wray, 25.37
- 3.Sierra Gonnig, 28.42

Men 13-18

- 1.Timothy Vernon, 18.16
- 2.Aaron Waters, 18.24
- 3.Timmy Moyer, 19.41

Women 13-18

- 1.Melissa Schaefer, 21.16
- 2.Kaitlyn Brown, 22.13
- 3.Elizabeth Vernon, 23.07

Men 19-29

- 1.Mark Laurenz, 21.49
- 2.Anthony Moreno, 22.44
- 3.Patrick Parziale, 23.21

Women 19-29

- 1.Angie Martin, 23.41
- 2.Amy Toulson, 24.51
- 3.Amanda Morgan, 29.19

Men 30-39

- 1.Josh Ranes, 20.54
- 2.Mike Donahue, 22.41
- 3.Kevin Hansen, 25.25

Women 30-39

- 1.Julie Stewart, 25.03
- 2.Fran Elrod, 25.07
- 3.Christy McIver, 25.44

Men 40-49

- 1.Henry Schaefer, 23.40
- 2.Joel Burch, 25.11
- 3.Morris Byram, 25.26

Women 40-49

- 1.Kitty Tomkinson, 23.13
- 2.Louise Uffelman, 24.06
- 3.Sue Jones, 27.39

Men 50-59

1. Paul Hardesty, 25.54
2. Marion Childress, 26.13
3. Jay Sheaffer, 30.56

Women 50-59

1. Dru Sexton, 25.25
2. Sara Lloyd Bryant, 32.26
3. Luann Inge, 32.29

Men 60-69

1. David Howison, 24.14
2. Walter Allen, 24.36
3. Graham Zollman, 26.00

Women 60-69

1. Barbara Koehler, 38.27

Men 70 and older

1. John Billingslea, 37.33
2. Charles Moore, 41.38

Mountain Masochist 50-Mile Trail Run

Saturday, 1 Nov. 2008

Race Director: Clark Zealand

Only 186 of the 253 runners who started Saturday's annual mountain Masochist completed the race in the 12 hour time limit.

Pl.	OA	Name	Gender	Age	Time
Men Overall					
1		Eric Grossman		40	07:08:48
2		Jeremy Ramsey		32	07:31:44
3		Harland Peelle		34	07:59:33

Women Overall

1.	13	Justine Morrison		28	08:27:38
2.	26	Bethany Patterson		29	09:06:23
3.	30	Alyssa Wildeboer		29	09:23:03

Virginia Finishers

4		Brian Schmidt	M	40	08:06:38
5		Sean Andrish	M	39	08:06:38
6		Christopher Clarke	M	23	08:11:42
7		Jonathan Basham	M	31	08:13:50
8		Eric Webb	M	21	08:26:41

9	Matthew Warner	M	32	08:27:58
10	Jack Kurisky	M	41	08:59:38
11	Steve Core	M	42	08:59:51
12	Bethany Patterson	F	29	09:06:23
13	Kevin Townsend	M	35	09:07:14
14	Jared Hesse	M	32	09:18:04
15	Heather Fisher	F	22	09:24:37
16	John Cassilly	M	41	09:24:59
17	Lew McGrath	M	46	09:25:19
18	Marc Griffin	M	32	09:28:13
19	Michael Bailey	M	27	09:31:36
20	Greg Loomis	M	34	09:31:57
21	Drew Ponder	M	23	09:33:05
22	Donald Smith	M	50	09:35:47
23	Krista Meisch	F	23	09:36:51
24	Jenny Anderson	F	34	09:36:51
25	Matthew Day	M	29	09:38:42
26	Tracy Wu	F	30	09:53:33
27	David Horton	M	58	09:56:07
28	Jay Finkle	M	45	10:02:43
29	Frank Probst	M	65	10:07:52
30	Adam Eidson	M	34	10:09:42
31	Bryan Banning	M	24	10:24:11
32	Monte Evans	M	57	10:25:05
33	Bill Vickery	M	38	10:25:33
34	Jarett Tighe	M	41	10:29:02
35	Andrew Anderson	M	27	10:29:02
36	Micah Jackson	M	28	10:35:41
37	David Snipes	M	41	10:35:46
38	Frank Fumich	M	40	10:37:45
39	Bert Horsley	M	30	10:39:17
40	Alton Martin	M	43	10:39:25
41	Michael Huff	M	41	10:40:16
42	Ed Duval	M	50	10:40:23
43	Mike Dunlop	M	39	10:43:51
44	Blake Edmondson	M	25	10:46:18
45	Heather House	F	19	10:48:39
46	Wilbert Hooper	M	50	10:51:47
47	Donna Elder	F	45	10:51:47
48	John McCall	M	30	10:53:31
49	Darin Dunham	M	39	10:54:24
50	Blake Brown	M	46	10:54:28
51	Rebekah Trittipoe	F	51	10:54:40
52	Richard Michael	M	36	10:55:48
53	Ling Dao	M	31	10:58:56
54	Kelly Golden	M	41	11:03:34

55 Marianna Inslee	F	43	11:07:18
56 Jan Grajkowski	M	18	11:09:44
57 John Cooper	M	53	11:14:58
58 Ben Clark	M	51	11:15:36
59 William Turrentine	M	60	11:15:38
60 James Todd	M	37	11:16:22
61 Jenny Deegan	F	38	11:17:05
62 Anita Finkle	F	42	11:18:33
63 David Main	M	46	11:19:01
64 Roger Bunce	M	37	11:21:57
65 Jim Harrison	M	50	11:22:48
66 Michael George	M	55	11:23:53
67 Matthew Anderson	M	48	11:33:15
68 Linda Newman	F	47	11:35:38
69 Jill Devereux	F	42	11:35:48
70 Joe Wood	M	43	11:36:14
71 Eric Schlueter	M	36	11:36:28
72 Jeromy Gallant	M	25	11:37:54
73 Nathan Eastlake	M	26	11:38:36
74 Peggy Ankney	F	45	11:38:55
75 Lesley McPhatter	F	44	11:39:18
76 Nancy Ferris	F	52	11:39:18
77 Scott Carson	M	34	11:39:18
78 Carolyn Wilson	F	48	11:40:30
79 Keith Whited	M	56	11:40:46
80 Justus Stull	M	30	11:41:35
81 Keith Mattox	M	47	11:41:49
82 Bob Anderson	M	62	11:42:56
83 John Price	M	54	11:44:16
84 Amanda Dion	F	43	11:45:56
85 Ericka Umbarger	F	28	11:47:19
86 Vicki Kendall	F	55	11:47:43
87 Steve Bowles	M	61	11:48:46
88 Alicia Taylor	F	29	11:50:3
89 Becky Walters	F	21	11:53:55
90 Janice Heltibridle	F	50	11:54:00
91 Brad Lowery	M	35	11:55:17
92 Gordon Thomson	M	50	11:59:40

November 15, Richmond Marathon

Kenyan Jynocel Basweti won the SunTrust Richmond Marathon in 2 hours 22 minutes and claimed the marathoner's hat trick, three marathon victories in three months. Basweti won the Quad Cities Marathon in September and the Denver Marathon in October. Kristin Price, of Raleigh, North Carolina, won the women's division with a time of 2:45:02. Price, a former Richmond resident, found her familiarity with the course helpful on a blustery day. "I really like the course," she said. "Well, I think I like it except for the wind."

Lynchburg Area Finishers

Name	Age	G	C. Time	Pace
DAVID CHEROMEI 29	M	2:28:04	05:39.1	
JAMES DOAK	23	M	2:58:25	06:48.8
CATHERINE PHILLIPS	33	F	2:59:51	06:52.0
GEORGE COOK	42	M	3:28:12	07:57.4
CALVIN MILAM	49	M	3:29:22	08:00.6
ELLEN SARANTOS	44	F	3:38:38	08:21.8
TOM JENNINGS	43	M	3:40:33	08:25.6
GEORGIANNA CORSINI	37	F	3:43:05	08:33
ASHLEY MCCOWEN	32	F	3:50:35	08:51.1
PETE CAPRISE	40	M	3:50:43	08:48.9
PETER SHELDON	41	M	3:52:08	08:51.8
CARRIE BEAUMONT	31	F	3:54:51	09:03.1
MICHAEL GOETZ	50	M	3:58:07	09:08.5
SARAH GLASS	37	F	3:58:27	09:07.2
HAYLEY FLYNN	22	F	3:59:49	09:12.4
PRESTON EVANS	52	M	4:01:26	09:14.1
NINA DILLON	34	F	4:03:47	09:20.5
TIMOTHY DAILEY 51	M	4:06:33	09:26.0	
GABRIELLE MILAM	38	F	4:07:11	09:29.1
MAUREEN O'CONNELL	44	F	4:07:55	09:33
CLUNET PETTYJOHN	38	M	4:11:39	09:39.3
MICHAEL DONAHUE	35	M	4:12:16	09:38.2
JONATHAN†PERROTTO	49	M	4:15:16	09:44.7
NICOLE POPE	25	F	4:16:44	09:51.0
CANDACE CAPRISE	40	F	4:17:56	09:51.8
LLOYD BOMAN	50	M	4:19:19	09:56.6
LISA BOMAN	50	F	4:19:21	09:56.6
RILEY LATHAM	23	M	4:26:13	10:12.8
KEVIN SHROYER	48	M	4:27:02	10:12.8
WAYNE PATTON	39	M	4:27:02	10:12.8
CRAIG MILLER	55	M	4:27:04	10:12.8
YVONNE MCMAHON	49	F	4:30:42	10:25.2
WENDY GOLDEN	40	F	4:32:20	10:28.9
JAMES REDMOND 40	M	4:35:06	10:33.0	
KELLIE HUDSON	35	F	4:36:27	10:38.7
CHRISTY HOWARD	35	F	4:36:28	10:38.7
FRANK WEINMEISTER	45	M	4:37:34	10:39
LUCY MUTCH	35	F	4:43:03	10:54.1
RICKY STERNE	39	M	4:45:33	11:00.0
SARAH STERNE	37	F	4:45:33	11:00.0
CHARMIN THOMAS	38	F	4:48:41	11:06.7
MARK FLORES	39	M	5:01:19	11:37.8
MATT VANDONSEL	22	M	5:02:43	11:35.7

GEB BROMAN	46	M 5:03:04	11:40.8
RACHEL GUELZO	25	F 5:10:12	11:53.5
JOSH GROHS	27	M 5:13:47	12:04.7
JAMES BARNES	25	M 5:14:43	12:03.8
DAVID GARDNER	46	M 5:20:42	12:17.9
STEVE SPEICHER	34	M 5:31:47	12:47.0
CALEB KAUFFMANN	20	M 5:36:34	12:57.8
MELISSA PERRY	37	F 5:40:33	13:06.0
LISA STRAIN	36	F 5:48:37	13:25.2
KELLEY THACKER 31		F 6:01:00	13:55.3

Sun Trust 1/2 Marathon

TOM MARTIN	30	M 1:43:59	07:56.2
KATHLEEN WASHBURN	43	F 1:55:27	08:54.2
KRISTIE SHROYER	47	F 1:55:43	08:49.9
STEPHEN WASHBURN	45	M 1:55:56	08:56.4
HEATHER ROYER	46	F 1:56:54	08:55.4
WALKER PENNOCK	57	M 1:58:30	09:04.8
MEG DAILEY	22	F 2:00:15	09:19.0
RODNEY BEALE	39	M 2:03:07	09:29.1
LISA LIGHT	47	F 2:07:15	09:49.5
JOHNNA INGERSOLL	36	F 2:07:47	09:45.3
CHANTAL REDMOND	39	F 2:08:19	09:51.0
ELISE BEAVERS	23	F 2:08:35	09:54.9
JOEL GIBSON	24	M 2:13:37	10:18.9
LAURA GIBSON	22	F 2:13:37	10:18.9
CHRISTA PETERSEN	31	F 2:15:58	10:34.4
JAMIE MOSS 31		F 2:33:50	11:54.2
AM †PATTON	38	F 2:38:19	12:14.3
BROOKE PETTYJOHN	38	F 2:41:12	12:21.6
SARAH BISSELL	21	F 2:42:00	12:36.4
JESSICA MILBOURNE	21	F 2:42:00	12:36.4
MELODY LAPRADE	40	F 2:43:55	12:51.9

Sun Trust 8K

BRIAN CARLTON	55	M 37:25:00	07:31.5
SAMUEL DAILEY	17	M 37:59:00	07:38.4
MIKE GILLEY	49	M 43:22:00	08:43.4
ANNIE DAILEY	14	F 47:01:00	09:27.6
COURTNEY EDMUNDS†	31	F 49:20:00	09:55.4
MARY JANE DAILEY	49	F 54:28:00	10:57.4
SUNDAY TOWLES†††	33	F 1:02:16	12:31.7
ANGELA CAMPBELL	37	F 1:05:20	13:08.7
FRANK BURGESS†††	60	M 1:13:40	14:49:09

GENESIS HOUSE TURKEY TROT 5K RUN

Thanksgiving Day, November 27, 2008

Race Directors: Don & Barbara Lucy

The Genesis House Turkey Trot 5K and Youth Mile was a huge success on Thanksgiving morning because of many generous individuals. It was the largest crowd ever for this race with over 800 runners completing in the 5K (3.1 miles), and Youth Mile at Timberlake Christian School.

We are pleased to announce that much needed funds were raised for the Genesis House, a facility in Lynchburg which provides care for children and families in crisis situations. It takes many hands and many dollars to put on a first class race. We thank the sponsors, the volunteers for their time and the runners who raced the crowded but challenging course.

Place Name Age Time

FEMALE OVERALL RESULTS

1	Sallie Ford	21	20:41
2	Janal Reeves	17	20:49
3	laura rapp	19	20:51

MALE OVERALL RESULTS

1	Ryan Wheeler	30	16:55
2	Will Reeves	19	17:14
3	Jeff Harrington	38	17:22

The first ten places in each age group is listed below:

Pl OA Name Age Time

MALE AGE GROUP: 1 - 13

1	37	brian rapp	13	20:51
2	48	Blake Proffitt	13	21:17
3	63	Lynch Heppner	12	21:54
4	78	Ben Cavanaugh	13	22:32
5	80	Ben May	11	22:38
6	128	Matt Meadows	11	23:54
7	129	wilson simmons	12	23:57
8	140	Blaine Maddox	12	24:07
9	183	Seamus Donahue	11	24:58
10	200	Tyler Thomas	12	25:15

FEMALE AGE GROUP: 1 - 13

1	95	Hosannah Vickery	12	22:58
2	139	Katie Wilson	13	24:07

3	152 Sarah Tschetter	11	24:22
4	189 Abby May	11	25:04
5	228 Mary Lundeen	13	25:55
6	263 Abby Quigg	13	26:45
7	269 libby davidson	9	26:56
8	317 anne lewis simmons	10	27:50
9	359 Margaret DeLahunt	13	28:44
10	366 burke kelleher	12	28:51

MALE AGE GROUP: 14 - 19

1	6 Cash DeWitt	19	17:56
2	7 Anthony Noegel	15	18:04
3	8 Robert Deis	17	18:19
4	10 Nathan Richards	19	18:44
5	11 Will Stratton	15	18:50
6	15 Joel Sutton	17	19:40
7	24 Noah DeLahunt	15	20:24
8	32 Geoff Ranowsky	19	20:45
9	33 Matt Wallace	15	20:47
10	39 Brandon McClenny	15	20:57

FEMALE AGE GROUP: 14 - 19

1	47 Leigha Schimmoeller	15	21:15
2	66 Mary Deis	15	22:04
3	70 Chelsea Page	15	22:16
4	71 Alexis Bowen	14	22:17
5	87 Jessica Totty	18	22:47
6	107 Kaitlyn Brown	15	23:20
7	141 Kristen Sill	16	24:08
8	158 Meaghan Parker	15	24:30
9	172 Kelsey Shelton	17	24:46
10	175 hannah davidson	14	24:49

MALE AGE GROUP: 20 - 24

1	12 Jordan Whitlock	21	19:00
2	19 andrew whitacre	23	20:05
3	75 Stephen Peters	23	22:26
4	96 Patrick Delaney	24	22:59
5	98 Matt Vandonsel	22	23:02
6	109 nathan kinder	24	23:22
7	122 Justin Stauder	20	23:49
8	133 caleb ehus	21	24:00
9	142 Eric Forcey	23	24:09
10	161 Scott Redgate	20	24:33

FEMALE AGE GROUP: 20 - 24

1	92 Meg Dailey	22	22:54
2	97 Anna Sumerlin	20	22:59
3	149 Whitney Wynn	24	24:17
4	178 stacey crawley	22	24:53
5	201 Tonia Rutherford	24	25:17
6	203 Christina Morris	24	25:21
7	225 Meghan Austin	24	25:51
8	277 Rachel Price	20	27:04
9	295 Meredith Storton	20	27:22
10	300 Katie Wild	21	27:31

MALE AGE GROUP: 25 - 29

1	4 ryan webb	29	17:27
2	9 Eric Nelson	28	18:40
3	20 Kent Morris	28	20:08
4	26 Walker Wright	29	20:35
5	27 Austin Hinkson	25	20:35
6	29 Lee Steele	26	20:41
7	53 Chris Waskey	28	21:30
8	56 Dan Steele	28	21:37
9	72 Blake Edmondson	25	22:18
10	79 James Grant	29	22:37

FEMALE AGE GROUP: 25 - 29

1	41 julie halliwell	29	21:04
2	57 Rebecca Irby	28	21:38
3	113 Samantha Larson	26	23:31
4	168 Ashley Pearson	28	24:45
5	179 Jennifer Pillow	29	24:55
6	182 Carrie Lucado	27	24:57
7	190 Samantha Mitchell	26	25:05
8	239 Jennifer Nelson	28	26:08
9	241 Keri Jones	25	26:11
10	288 Stefanie Copp	27	27:18

MALE AGE GROUP: 30 - 34

1	5 Nathan Hottle	32	17:32
2	55 Jeremy White	33	21:30
3	102 Joel Hart	31	23:08
4	119 Andy Hawkins	32	23:38
5	127 Michael Sloan	31	23:54
6	135 Luke Towles	31	24:02
7	136 Jeff Terry	34	24:03
8	147 Brad Adams	31	24:16
9	148 Mark Freeman	34	24:16
10	210 Lantz Martin	34	25:37

FEMALE AGE GROUP: 30 - 34

1	44 Tracy Wu	30	21:09
2	65 James Maxson	30	21:59
3	104 Mason Morris	30	23:11
4	227 Rachelle Chase	31	25:52
5	290 Brandon Landes	32	27:19
6	331 Holly Vandewater	30	28:02
7	339 Holly Perrow	31	28:10
8	352 Tana Willse	34	28:27
9	385 Hope Steele	33	29:11
10	388 Jennifer Perry	34	29:13

MALE AGE GROUP: 35 - 39

1	17 Bill Vickery	38	19:59
2	22 Joel Husted	39	20:12
3	25 Chad Waterworth	36	20:25
4	28 chris gassler	39	20:36
5	62 Michael Donahue	36	21:52
6	101 Mark Simpson	36	23:07
7	106 Donnie Baker	35	23:19
8	110 Terry Morton	38	23:25
9	124 Kevin Hansen	37	23:50
10	131 Randy Gellert	38	23:59

FEMALE AGE GROUP: 35 - 39

1	120 Elizabeth Tarkinto	36	23:40
2	165 amy kraje	38	24:42
3	166 Missy Perry	37	24:43
4	198 gabby milam	39	25:12
5	199 Mechelle Lafon	37	25:13
6	246 Kellie Hudson	35	26:19
7	247 charmin thomas	38	26:20
8	260 Christy Howard	35	26:42
9	270 sarah glass	37	26:57
10	333 rebecca whipkey	35	28:02

MALE AGE GROUP: 40 - 44

1	16 Darrell Wargo	40	19:49
2	31 George Cook	42	20:42
3	35 Kevin Willis	42	20:50
4	45 David Hutchesor	42	21:13
5	69 gary morris	41	22:13
6	81 Mark Zadell	42	22:42
7	114 frank selden	42	23:31

8	132 Brenden Phillips	42	23:59
9	174 James Gallagher	42	24:49
10	193 Dave Drablos	44	25:08

FEMALE AGE GROUP: 40 - 44

1	64 sarah davidson	44	21:56
2	138 Lisa Richardson	42	24:06
3	145 Lori Zubrowski	40	24:13
4	162 Kappa Meadows	42	24:34
5	209 Alycia Ferguson	43	25:32
6	354 Melissa Taylor	42	28:38
7	373 Deidre Edwards	44	28:59
8	379 sheryl mawn	44	29:05
9	392 Tammy Waugh	42	29:15
10	400 Susie Gauthier	40	29:24

MALE AGE GROUP: 45 - 49

1	13 Len Barker	48	19:08
2	38 calvin milam	49	20:55
3	40 L. Theodore Batt	49	20:58
4	52 joseph malloy	45	21:29
5	59 Grattan Garbee	45	21:47
6	67 Norris Welfare	49	22:07
7	112 William Stokes	49	23:27
8	121 Randal Nixon	45	23:47
9	130 rick benedict	48	23:57
10	146 Robert Dendy	45	24:15

FEMALE AGE GROUP: 45 - 49

1	188 Kristie Shroyer	47	25:04
2	278 Dawn Price	48	27:04
3	281 Sue Jones	47	27:08
4	384 Wendy Fariss	46	29:10
5	397 julie doyle	45	29:21
6	405 Leslie Rocco	48	29:28
7	409 Andrea Neiman	47	29:32
8	456 Sue Brown	48	30:22
9	487 Mary Jane Dailey	49	31:16
10	507 Stacy Stewart	45	31:29

MALE AGE GROUP: 50 - 54

1	14 Robert Blevins	51	19:33
2	18 Richard Carter	50	20:04
3	21 Bret Boman	50	20:08
4	43 Grafton Blankinship	52	21:09
5	68 Charles Tolley	53	22:11

6	100 Wilbert Hooper	50	23:06
7	125 Keith, Sr. Austin	54	23:52
8	126 Lance Knight	53	23:53
9	134 Kenny Duncan	54	24:01
10	144 John Boggess	50	24:12

FEMALE AGE GROUP: 50 - 54

1	84 Nancy Ferris	52	22:46
2	323 Marjette Glass	53	27:53
3	344 kathleen malloy	50	28:18
4	360 Amy Heppner	51	28:46
5	414 Laura Shannon	52	29:41
6	441 Paula Warwick		30:07
7	509 Sara Lloyd Bryant	50	31:31
8	573 Kay Bowling	52	33:04
9	618 Mollie Adams	53	34:38
10	635 Dianne Wright	53	35:18

MALE AGE GROUP: 55 - 59

1	23 Tom Wild	55	20:16
2	61 Craig Miller	55	21:51
3	74 Ron Rogers	56	22:24
4	184 Richard Morris	58	25:00
5	244 Stephen Hamilton	55	26:15
6	261 william flynn	55	26:44
7	264 Lloyd Tannenbaum	58	26:47
8	332 Jim VandeWater	59	28:02
9	353 Gary Hatmaker	56	28:37
10	386 Randy Spencer	59	29:12

FEMALE AGE GROUP: 55 - 59

1	378 Florence Shank	58	29:04
2	452 deana baldwin	59	30:20
3	501 Deborah Allen	59	31:26
4	551 Gail Copelan	59	32:22
5	559 Marie Allen	56	32:30
6	571 Nancy Blackwell	56	33:03
7	602 Leslie Payne	55	33:54
8	625 Candace Lawhorne	58	34:46
9	671 Sue Wood	58	36:53
10	691 debbie bozeman	55	38:13

MALE AGE GROUP: 60 - 69

1	123 Walter Allen	60	23:49
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2	254 Roger Stoudt	63	26:23
3	294 John Storton	61	27:22
4	308 Gene Proctor	60	27:43
5	364 Russ Daubert	62	28:48
6	433 Samuel Fuller	60	30:01
7	443 bob foster	62	30:08
8	462 Bill Gribbin	65	30:34
9	541 Larry Scott	63	32:09
10	586 Norm Yee	61	33:20

FEMALE AGE GROUP: 60 - 69

1	712 Marcia Catalano	60	39:46
2	799 Christine Rinella	61	59:56

MALE AGE GROUP: 70 - 99

No Entries

FEMALE AGE GROUP: 70 - 99

No Entries

TURKEY TROT YOUTH MILE
Thanksgiving Day, November 27, 2008

Place	Name	Ag S	Mile
1	landon curry	12 M	6:18
2	Claire McClenny	10 F	6:37
3	Hannah Murphy	10 F	6:48
4	holly hudson	12 F	6:49
5	Grayson Gauthier	9 M	6:59
6	Sarah Vickery	11 F	7:07
7	Brandon Kerr	10 M	7:21
8	jacob coomer	10 M	7:22
9	Caleb Vickery	8 M	7:22
10	logan bosiger	11 M	7:31

CHRISTMAS CLASSIC

Because it's not far from here,
 We ran it again this year.
 It may not be fantastic,
 But the Peaks of Otter Classic
 Is a race that we hold dear.

Bernie the Bard

**29TH ANNUAL PEAKS OF OTTER
CHRISTMAS CLASSIC 5K
DECEMBER 6, 2007 - 8:30AM**

More than 300 runners of all ages participated in the 29th annual Peaks of Otter Christmas Classic 5K and half-mile Youth Run. Top four finishers in the 5K received cash and other prizes. It was cold, as it should be, but a great day to run.

Next year's 30th annual event is set for Dec. 5.

Overall Female

1. Sarah Krycinski	28	19:48.34
2. Donna Williams	47	22:01.69
3. Nancy Ferris	52	22:13.68
4. Jennifer Pillow	29	22:18.06

Overall Male

1. Cory Reed	19	16:29.25
2. Jordan Whitlock	21	17:22.44
3. Jeff Harrington	38	17:31.88
4. Gregg Cavaliere	40	17:54.47

12 & Under Results - Women

1 May, Abby†	11	22:40.18
2 Vickery, Hosanna	12	22:40.62
3 Vickery, Sarah		24:32.62
4 Wooldridge, Lucy	11	26:15.04
5 Garbarini, Laura	12	26:57.50

13-17 Results - Women

1 Brown, Kaitlyn	15	23:26.09
2 Ramsdell, Lindsie	15	25:39.44
3 Creasey, Breanna	14	25:41.18
4 Hines, Alix	17	25:51.81
5 Buchanan, Bridge	16	27:56.12

18-24 Results - Women

1 Dailey, Meghann	22	22:25.02
2 Wynn, Whitney	24	22:39.56
3 Toulson, Amy	24	23:06.59
4 Tate, Brandy	23	26:46.88
5 Flynt, Erica	22	26:53.88

25-29 Results - Women

1 Ritter, Amy	26	22:25.72
2 Mitchell, Samantha	26	23:53.62

3	Vozel, Heather	26	26:32.88
4	Meadows, Rebekah	27	27:20.65
5	Morgan, Amanda	29	28:20.59

30-34 Results - Women

1	Putney, Jen	33	22:23.84
2	Bradley, Missy	31	27:07.50
3	Jenkins, Darlene	33	27:51.12
4	Stallings, Mary C	31	30:08.15
5	Clark, Amy	34	32:21.00

35-39 Results - Women

1	Porter, Hollie	35	23:52.28
2	McIver, Christy	37	24:00.87
3	Brinkley, Sandra	39	24:45.33
4	Gonzalez, Fran	37	25:29.28
5	Craig, Jeanne	39	26:02.25

40-44 Results - Women

1	Tomkinson, Kitty	42	23:00.31
2	Washburn, Kathleen	43	23:58.53
3	Sensenig, Kara	41	25:28.66
4	Taylor, Melissa	42	26:09.5
5	Dailey, Mary Jane	40	29:50.03

45-49 Results - Women

1	Broadwater, Leshia	47	29:43.25
2	Greer-Knowles, Amy	45	31:37.72
3	May, Susan	49	35:28.25
4	Palmer, Liz	49	35:48.15
5	Trent, Andrea	45	42:44.75

50-54 Results - Women

1	Carper, Janet	51	29:24.50
2	Bryant, Sara	50	29:44.50
3	Hardesty, Jill	53	31:20.62
4	Wright, Dianne	53	33:12.59
5	Staton, Gail	54	34:31.24

55-59 Results - Women

1	Childress, Marion	56	24:14.56
2	Allen, Deborah	59	30:04.31
3	Blackwell, Nancy	56	31:39.09
4	Harper, Cindy	56	32:12.25
5	Wood, Sue	58	35:12.62

0-64 Results - Women

1 Backofen, Eileen 61 34:26.00

12 & Under Results - Men

1 May, Ben 11 23:30.18

2 McKeague, Matthew 12 23:56.38

3 Grant, Jaobe† 12 26:49.03

4 From, Strycher 10 29:11.34

13-17 Results - Men

1 Stratton, Will 15 17:59.69

2 Robertson, Stuart 15 18:28.91

3 Lauhlin, Zane 15 21:34.44

4 Parker, Colton 13 21:35.50

5 Key, Jessee 13 22:15.59

18-24 Results - Men

1 Howe, David 22 20:21.75

2 Trail, Brent 21 20:47.91

3 Dailey, Sam 18 20:54.46

4 Crimp, Mike 24 21:23.12

5 VonDonsel, Matt 22 21:27.09

25-29 Results - Men

1 Krycinski, Matt 29 19:21.53

2 Hinkson, Austin 25 19:52.59

3 Wright, Walker 29 20:53.62

4 Edmonson, Blake 25 21:27.78

5 Martinez, Reece 26 22:14.72

30-34 Results - Men

1 Martin, Tom 30 19:51.25

2 Birnscein, Randall 30 21:14.22

3 Harrington, James 33 22:12.81

4 Wingfield, Travis 31 22:53.62

5 Paul, Jonathan 30 23:47.31

35-39 Results - Men

1 Painchaud, Kevin 38 19:29.44

2 Vickery, Bill 38 20:22.90

3 Creasy, Richard 39 21:51.15

4 Spire, Steve 38 22:09.22

40-44 Results - Men

1 Wargo, Darrell 40 19:34.31

2 Willis, Kevin	42	20:21.12
3 Field, Tommy	40	20:55.78
4 Soltanni, Mohammed	44	21:25.97
5 Laughlin, Tim	44	22:42.90

45-49 Results - Men

1 Nixon, Randy	45	22:19.56
2 Burks, Winston	49	22:20.43
3 Washburn, Stephen	45	23:04.47
4 Graham, John	45	24:13.69
5 Gilley, Mike	49	24:37.56

50-54 Results - Men

1 Carter, RB	50	19:15.62
2 Evans, Preston	52	20:03.84
3 Wriston, Dave	53	21:20.25
4 Flowers, Kelvin	53	22:38.84
5 Moody, Bob	53	25:50.25

55-59 Results - Men

1 Rogers, Ron	56	20:59.44
2 Morris, Micheal	55	21:10.12
3 Miller, Craig	55	21:32.75
4 Morris, Richard	58	22:37.97
5 Carlton, Brian	55	23:43.22

60-64 Results - Men

1 Allen, Walter	60	23:08.18
2 Stephenson, Dave	64	25:09.47

65-69 Results - Men

1 Pawlas, Robert	65	24:45.84
2 LaFave, Jim	65	28:44.97

70-74 Results - Men

1 Masser, Lee	73	30:10.25
2 Overstreet, Jackson	72	31:28.75
3 Kurisky, John	70	32:16.62
4 Hammond, Bill	73	32:30.43
5 Davis, Bernie	71	34:10.38
6 Moore, Charles	74	36:20.38
7 Cutler, Jim	70	37:57.00

75-79 Results - Men

1 Page, Garland	76	38:13.15
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80+ Results - Men

1 Smith, George 84 40:05.38

2008 Hell Gate 100K

December 13, 2008

Congratulations to all seventy-six finishers of the Hell Gate 100K ultra. A special recognition to the winner Jeremy Ramsey, a local runner. The following local area runners completed the challenging course through the mountains, starting at 00:01 a.m. the morning of Saturday 13 December.

Place	Name	Age	Time
1	Jeremy Ramsey	32	11:41:46
7	Darryl Smith	37	13:27:45
15	Jared Hesse	32	14:05:02
18	Donna Utakis	40	14:22:03
27	Rande Brown	38	15:05:32
35	Jarett Tighe	41	15:36:39
47	Kari Brown	34	16:33:15
52	Bill Vickery	39	16:16:13
56	Kelly Golden	42	16:45:52
60	John Cooper	53	16:56:07
64	Rebekah Trittipee	51	17:14:05

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

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.
(434) 846-1803 †

SAFETY RULES THE ROAD

As fall changes to winter so do the daylight hours available for running. Here are reminders that will keep you safe while you are out training.

REFLECTIVE GEAR ñ

Make the investment in clothing and gear that reflects light. Most quality reflective shoes, apparel and vests should be rated for a distance of at least 1200 feet. Look for apparel with light, bright colors and with reflective strips, logos, and designs. Blinking, clip-on lights and armbands are also a good idea. Reflective gear keeps you and those you run with visible.

KNOW YOUR ROUTE ñ

Being familiar with your running route contributes to a safe run. Remember that even running on sidewalks has its hazards. Beware of dangerous intersections or cross streets. We are all familiar with areas of our favorite runs where motorists just don't pay attention. Timing your run on your route can be crucial. Don't forget—some desolate weekend routes turn into weekday highways.

RUN AGAINST TRAFFIC ñ

Running against traffic can provide you with a more complete picture of what is happening around you. Making eye contact with motorists can provide helpful clues as to the direction a car may take (especially at intersections). If sidewalks are not available, run as close to the shoulder of the road as possible.

STOP THE MUSIC

There is nothing like a great running song for motivation. However, save it for the treadmill. Wearing a radio or CD player while exercising increases your chances of not hearing on-coming traffic or pedestrians.