

## The Presidents Column

Congratulations to Kelly and Wendy Goldman on the arrival of their new baby girl, Lynley Taylor Golden, on April 16. I understand that everyone is healthy and that Wendy is looking forward to putting lots of miles on the new tandem jogger recently purchased. Again, congratulations to the Golden family. On behalf of LRR, I would like to thank Wendy for her continued service as treasurer to the club, even through this latest pregnancy when, at times, she was confined to bedrest. Good job Wendy!

And as LRR welcomes a new member into the local running community, we must say good bye to Larry Haak. Larry, a long standing pillar in our running community, moved off to New York to pursue a new career opportunity at the end of March. Larry served as equipment manager for LRR for a number of years and was always available to provide a helping hand. Larry and I took in a number of training runs together, including part of the Promised Land Extreme 50 K which will be held on April 28 and a number of hash runs. Again, on behalf of LRR, I extend thanks to Larry for his service to our community.

March and April stood witness to the beginning of an outstanding running season. The March 4 Goode What Goes Down Must Come Up handicap race and Pancake Breakfast was a great success. Many thanks to Jerome Loy for another outstanding event. The first race in the 10 Miler Tune – Up series was held on April 14. A field of approximately seventy-five runners (sorry Vince, I don't have the exact figure) turned out for this inaugural event. From my vantage at the finish line, it appeared that a good race was had by all. Thanks to Vince Decker for serving as race director and to Harris Tire and Riverside Runners for sponsoring the Tune-Up series.

May and June promise even more fun and excitement. As this newsletter is going to press, preparations are being made for the Promised Land Extreme 50 K trail run in the Big Island area. This race is the second event of the Lynchburg Ultrarunning Series organized by David Horton. The second and third events in the 10 Miler Tune-Up series will be held on May 12 and June 16 respectively. Sue Jones has organized a children's race for May 19. The CVKA 10K will be held on May 28 and the National YMCA family run will be held on June 2.

Despite the hard work, positive attitudes, and enthusiasm displayed by our community, one serious issue continues to cast a pall over our fair town. That issue is the declining membership rolls in LRR. Currently, our club has a membership which is approximately seventy percent of last year's membership. If membership continues to decline, a point will come where it will be difficult to justify the existence of the club. I would ask all of you to ponder, for a moment, what would happen if LRR disbanded. The first impact would be a significant decrease in the number of events in which the local running community can participate in. As the local representative for RRCA, LRR provides the very expensive liability insurance required to host many of these events. Without RRCA and LRR support, these events would not be able to carry on. Simply put, if you as a running enthusiast in the community, enjoy the convenience of participating in events in Lynchburg, I strongly urge you to consider supporting LRR by either renewing your expired membership or by completing the membership form attached to this newsletter and sending it, with the associated fee, to Mary Ann Craven.

Until next time,

Walter Rawle  
President

### 2001 LRR OFFICERS

|                |                 |
|----------------|-----------------|
| President      | Walter Rawle    |
| Vice President | Darrell Wargo   |
| Secretary      | Nancy Saunders  |
| Treasurer      | Wendy Golden    |
| Membership     | Mary Ann Craven |
| Equipment      | Darrell Wargo   |
| Newsletter     | Vic Galan       |

### Next LRR Club Meeting

Tuesday, 8 May 2001  
at the Monte Carlo Restaurant  
Old Forest Road  
6:30 Diner  
7:00 Meeting

The June meeting will be held at the Monte Carlo Restaurant at 6:30 pm on Tuesday, 12 June, 2001.

If you have any issues which you feel are of interest to the executive committee, please attend the monthly meetings at Monte Carlo's.



### **LRR HOTLINE 582-8000**

For information on club activities, area races, etc., call the Lynchburg Roadrunners Hotline.

### **LRR WEB ADDRESS**

<http://www.physicsrules.org/runclub>.

The Milepost is provided on the Web through the generosity of professor Peter Sheldon as a community service of Randolph-Macon Womens College.

#### **Meeting Minutes - 13 March, 2001**

The March meeting of the Lynchburg Roadrunners was held on Tuesday, March 13, 2001, at Monte Carlo Restaurant with dinner orders taken at 6:30 PM. Lynchburg Roadrunner president, Walter Rawle, began the business meeting at 7:00 PM. Eight members were in attendance.

Beth Bright, YMCA, reported that plans are progressing well for the World's Largest 5K Run, a national synchronized race which is sponsored by the YMCA. This race will be held on June 2, 2001.

Walter Rawle, president, reported findings of his research with RRCA National on the taxable versus non-taxable IRS rules for the LRR club. The club can estimate gross receipts up to \$25,000 without filing any additional tax forms.

Jerome Loy's Goode What Goes Down, Must Come Up 4 Miler and Pancake Breakfast was successful and was enjoyed by all that attended.

The Holiday Lake 50K which was held on February 17th was challenging with river crossings having water levels above the knee.

The total number of paid LRR members to-date is 55.

Darrell Wargo is the new equipment manager.

Sue Jones discussed plans for a new youth run to be held on May 19, 2001.

Nancy Saunders  
Secretary

#### **Meeting Minutes - 10 April, 2001**

The April meeting of the Lynchburg Roadrunners was held on Tuesday, April 10, 2001, at Monte Carlo

Restaurant with dinner orders taken at 6:30 PM. The Treasurer's report shows a \$399.86 balance. Forty-three members have not sent in their dues to date. A final reminder will be posted in the next newsletter. Since the membership for the national RRCA has been turned in and since club membership is important to provide race insurance to support local races, the membership is encouraged to send in their 2001 dues ASAP.

It was decided by the executive committee to continue meeting this year at Monte Carlo's restaurant on the second Tuesday of each month.

Renee Draney and Wendy Golden have expressed interest in an informal meeting and fun run with strollers for Moms with stroller age kids. A possible meeting place is in front of the Riverside Roadrunners store on Rivermont Ave. It's a good idea and will be pursued at the next meeting.

Next meeting is on Tuesday, 8 May 2001 at the Monte Carlo restaurant.

#### **New Race in May**

The Lynchburg Roadrunners and the Peaks View Pacers are presenting a youth race on May 19, 2001. The race is being held to provide a Spring youth race for the Lynchburg area that is similar to the John A. Stephenson youth race held in the Fall.

The Peaks View Pacers are a group of homeschool runners. The Spring into Spring Youth Run will raise money for the Pacers to buy track uniforms. The race start this year will be near the BB&T Bank in Forest Square Plaza, on Rt. 221. A race registration form is included in this newsletter and can be picked up at CMT Sports, or Riverside Roadrunners on Rivermont Ave., and at Bikes Unlimited.

The race is a good idea, but it takes lots of hard work, so we would appreciate the support of volunteers to assist on race day for setup, start/finish line, results team and race marshalls to provide safety and direction during the race. This is our first time race directing, so we can use all the help (and advice) we can get. Your help is appreciated. Bring your family out to run and help out while you are there! If you can help, please contact me at (804) 385-4940. With your help we can make the **Spring into Spring Youth Run** a success.

Sue Jones  
Race Director

#### **The Coach Says ....**

From The Coach's Desk  
Subject: **water vs coke**

A friend sent me the following info. How much of this would you physiologist types consider to be true, especially about dehydration? "We all know that water is important but I've never seen it written down like this before."

**WATER** - 75% of Americans are chronically dehydrated. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. Even MILD dehydration will slow down one's metabolism as much as 3%. One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.

Lack of water is the #1 trigger of daytime fatigue. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?

**COKE** - No wonder coke tastes soooo good: In many states (in the USA) the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.

You can put a T-bone steak in a bowl of coke and it will be gone in two days.

To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and.....Let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.

To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.

To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.

To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.

To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.

To remove grease from clothes: Empty a can of coke

into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

**FYI:**

The active ingredient in Coke is phosphoric acid. Its Ph is 2.8. It will dissolve a nail in about 4 days.

To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material place cards reserved for highly corrosive materials.

The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

### THE SHAMROCK MARATHON

On St. Patrick's Day we'll run again for glory,  
Out and back and both ways through Fort Story.  
It was one of my best runs the year I turned fifty  
And cruised this course in less than 2:50.  
But at 63 this year's run will be a different story.

Bernie The Bard

### Bernie's Reflection on Boston 2001

3:47 I don't know the seconds. Not important. It took at least five minutes to get to the start. Had hoped for better. Thought I was doing better. Virtually identical to last year. About the same time as in Virginia Beach last month, but it felt a lot better. Almost exactly one hour slower than my first Boston in 1977.

### RUNNING TO BOSTON

We ran to Boston on a clear, cool, perfect day.  
It went very well, I'm glad to say.  
There's no way to run like in the past,  
But a little under four hours, while not very fast,  
Allowed time to enjoy the cheering throng along the way.

Bernie The Bard

### UPCOMING RACES

#### May 5, Lynchburg - Gary Taylor Memorial Triathlon & Duathlon

8:00am at the YMCA, 1315 Church Street.  
Triathlon: 300 m. swim, 10 mi. bke, 5K run.  
Duathlon: 1 mi. run, 15K bike, 5K run.  
Contact Vince Decker at Sports Capital  
(804) 845-5335.

**May 5, Roanoke - Virginia Western 5K Run**  
9 a.m. Info: Gary Adkins (540)857-6325

**May 12, Lynchburg - Tune-Up Race Series 5 Miler**  
9:00 a.m. start at Purcival's Island on Jefferson St.  
\$12 pre-reg. / \$15 race day. Info: Vince Decker, Sports  
Capital of Virginia, POB 2435, 2015 Memorial Ave.,  
Lynchburg, Va 24501. Phone (804) 845-5338  
On the Web at [www.sportscapital.org](http://www.sportscapital.org)

**May 19, Forest - Spring into Spring Youth Run** 9:00  
a.m. start at BB&T Bank in Forest Square Plaza, on Rt.  
221. \$10 before 12 May, \$12 after. Info: Sue Jones  
(804)385-4940. **See Flyer in this newsletter.**

**May 19, Danville - Nestle 5K Run** 9  
a.m. Info: Bernice Moore (804)793-3409

**May 19, Huddleston - 4th Annual Smith Mountain  
Lake Triathlon (1K Swim, 20K Bike, 5K Run)**  
Info: Virginia Amateur Sports, Inc. Phone (540) 343-  
0987, or the Web at [www.commonwealthgames.org](http://www.commonwealthgames.org)

**May 28, Downtown Lynchburg - Memorial Day 10K**  
Benefit the Central Virginia Kidney Association.  
Info: Leslie McPhatter (804) 384-9009 (h), (904) 947-  
5981 ext 116(w) **See Flyer in this newsletter.**  
e-mail: [lmcphatter@lynchburgnephrology.com](mailto:lmcphatter@lynchburgnephrology.com)

**June 5 through June 26, Lynchburg -  
2001 SUMMERTIME TRACK RACES**

**What:** Track Races for the young and old, fast and  
slow.  
Children through Seniors

**Where:** Lynchburg College Track

**When:** Tuesdays at 6:30 pm from June 5th through  
June 26th

**Cost:** \$1 per evening (unlimited events)

**Awards:** Age Group Ribbons

**Races:**  
**June 5** – 5K - 200 meters - 100 meters.

**June 12** - 2 mile - 400 meters - 4X100 Relay  
- Long Jump.

**June 19** - 1 mile - 100 meters - 200 meters  
- 4x200 Relay - Shot Put.

**June 25** - 1500 meters - 400 meters – 800 meters  
- Long Jump.  
Every Tuesday - Kid's Races (100 and/or 200  
meters).  
Plus Other Events as Requested.

For more information: **Bret Boman 385-8107**

**June 2, Roanoke - AEP Festival 5K & 10K Run**  
8 a.m. Info: AEP, POB 1466, Roanoke, Va 24007.  
Richard Dietz (540)985-2973

**Aug. 19, Parkersburg, WV - Half Marathon**  
Info: Steve Richmond, (831)335-3542, [joyelm@aol.com](mailto:joyelm@aol.com)

**Nov. 10, Richmond - Sun Trust Marathon**  
8 a.m. \$35 by 9/8. Info: (804)673-RACE or  
[www.richmondmarathon.com](http://www.richmondmarathon.com)

**Oct 20, Lynchburg - Mountain Masochist 50 mile  
Trai Run.** 6:30 a.m. Info: David Horton (804)582-2386  
(w) or <http://davidhorton.simplenet.com>

**VIC'SPACE**

There's a richness to Louise Martin's life. Despite  
falling on ice this winter and shattering her right elbow,  
despite the pain of recovery with multiple pins to hold  
the elbow together, despite the frustration at the painful  
effort to roll out the biscuit dough, there she was on  
April 14 at the Race Series 5K doing what she loves at  
age 84 - racing. She is active and shares her contagious  
enthusiasm with others. She has woven herself into the  
fabric of the community by contributing to it in a positive  
way. We are proud to count Louise Martin as a  
supporting member of the Lynchburg Roadrunners.

**LRR Membership**

The quarterly magazine "Footnotes" of the Road  
Runners Club of America (the RRCA) just arrived. The  
new editor in chief, Megan Kearney, has repackaged the  
magazine in an entertaining and pleasing way. It just  
reads easier and is packed with informative articles. It is  
certainly worth the runners while to get this magazine.  
And to think, it's included as part of your membership  
dues in the Lynchburg Roadrunners Club.  
Membership in the Lynchburg Roadrunners Club  
(LRR) includes membership in the RRCA. That makes  
you one of approximately 200,000 runners who support  
grass roots long distance running.

This year your LRR sponsors many local races.  
Insurance for each of these races is provided through our  
membership in the RRCA. Your membership dues  
secures for you race insurance, the magazine

“Footnotes”, and continued publication of this newsletter. **So, please renew your membership!** Fill out the form at the back of this newsletter and mail with your dues today! **Thanks for your support.**

**RACE RESULTS**

**March 10, Goode, Va - Goode What Goes Down Must Come Up 4 Miler Handicap.**

Race Director: Jerome Loy

Race results from the pre-pancake extravaganza:

| <u>Place</u> | <u>Name</u>                  | <u>Predicted + Difference</u> | <u>Time</u> |
|--------------|------------------------------|-------------------------------|-------------|
| 1.           | Al Cumby                     | - 4                           |             |
| 2.           | Jim Weimer                   | -24                           |             |
| 3.           | Donna Elder                  | - 25                          |             |
| 4.           | Brad Fitzgerald              | + 27                          |             |
| 5.           | Dave Eckes                   | - 29                          |             |
| 6.           | Tommy Craven                 | - 30                          |             |
| 7.           | Fred Fauber                  | - 31                          |             |
| 8.           | Larry Jackson                | - 33                          |             |
| 9.           | Darryl Wargo                 | - 34                          |             |
| 10.          | Chris Moreland               | + 34                          |             |
|              | (fastest real time of 24:34) |                               |             |
| 11.          | Dana Peters                  | - 35                          |             |
| 12.          | Cate Jackson                 | - 36                          |             |
| 13.          | Judy Zerfoss                 | + 38                          |             |
| 14.          | Holly Carwile                | - 39                          |             |
| 15.          | Lars Johnson                 | - 40                          |             |
| 16.          | Melanie Zeleny               |                               |             |
| 17.          | William Bach                 | - 42                          |             |
| 18.          | Sue Jones                    | - 43                          |             |
| 19.          | Ken Emmanuel                 | - 44                          |             |
| 20.          | Vic Galan                    | - 45                          |             |
| 21.          | Jerry Solomon                | + 46                          |             |
| 22.          | Ben Dailey                   | + 53                          |             |
| 23.          | Chuck Allison                | - 57                          |             |
| 24.          | John Williams                | + 60                          |             |
| 25.          | Karl Bach                    | + 1:01                        |             |
| 26.          | Heather Royer                | + 1:10                        |             |
| 27.          | Meg Dailey                   | + 1:04,                       |             |
|              | Yvonne McMannOn              | + 1:04,                       |             |
|              | Mary Ann Craven              | - 1:04                        |             |
| 30.          | Orlando Harding              | -1:07                         |             |
| 31.          | Brennan HEisler              | -1:08                         |             |
| 32.          | Shannon Saunders             | + 1:20                        |             |
| 33.          | Bret Boman                   | + 1:21                        |             |
| 34.          | Walter Rawl                  | - 1:30                        |             |
| 35.          | Gus Heisler                  | - 1:35                        |             |
| 36.          | Will Farlow                  | - 1:33                        |             |
| 37.          | Mark Henry                   | + 1:35                        |             |
| 38.          | Ashley Armistead             | +1:42                         |             |
| 39.          | Stephanie Bach               | 1:43                          |             |
| 40.          | Carling Sitterley            | 1:44                          |             |
| 41.          | Tim Dailey                   | -1:57                         |             |
| 42.          | Gerald Carney                | +2:02                         |             |
| 43.          | Sarah Erb                    | - 2:39                        |             |
|              | (first to finish)            |                               |             |
| 44.          | Kristin Saunders             | +2:43                         |             |
| 45.          | John Kurisky                 | +2:52                         |             |
| 46.          | Nancy Saunders               | + 3:00                        |             |
| 47.          | Becky Jones                  | + 3:00                        |             |
| 48.          | Ruthy Fisher                 | + 3:00                        |             |

Thanks Mr. & Mrs. Roberts for your early morning help, Mrs. Armistead for clean up detail, Mrs. Fitzgerald for chronomix assistance,

Coach

**March 17, Virginia Beach - 28th Shamrock Sportsfest 8K & Marathon.**

**MARATHON**

**Finish Position**

| <b>Group</b> |      | <b>Age</b>        | <b>OA Name</b> | <b>Age</b> | <b>Time</b> |
|--------------|------|-------------------|----------------|------------|-------------|
| 10           | 74   | STEVEN SHEPHERD   | 32             |            | 3:09:01     |
| 25           | 437  | JAMES WEIMER      | 54             |            | 3:46:33     |
| 61           | 458  | BRIAN POWERS      |                | 34         |             |
|              |      | 3:48:17           |                |            |             |
| 8            | 463  | DEBBIE BOZEMAN    | 47             |            | 3:48:41     |
| 27           | 464  | STEPHEN BOZEMAN   | 54             |            | 3:48:42     |
| 10           | 548  | BERNIE DAVIS      | 63             |            | 3:54:03     |
| 12           | 576  | JULIE-JOY GAYLARD | 19             |            |             |
|              |      | 3:55:15           |                |            |             |
| 86           | 627  | GERALD HUGHES     | 44             |            | 3:57:57     |
| 95           | 824  | STEVE ROYER       | 31             |            | 4:12:02     |
| 60           | 889  | RICHARD STONE     | 54             |            | 4:18:42     |
| 154          | 994  | BRYAN WILSON      | 35             |            | 4:28:31     |
| 19           | 1141 | JEAN STONE        | 51             |            | 4:43:50     |
| 174          | 1219 | MARK SLOMAN       | 38             |            | 4:50:55     |

**MASTERS 8K (Over 40)**

|     |     |                 |    |    |       |
|-----|-----|-----------------|----|----|-------|
| 16  | 62  | RONALD RISCART  |    | 46 |       |
|     |     | 31:42           |    |    |       |
| 3   | 68  | BOB HARTLESS    | 57 |    | 31:57 |
| 13  | 172 | RONNIE WRIGHT   |    | 59 |       |
|     |     | 36:53           |    |    |       |
| 20  | 456 | JO LUCY         | 52 |    | 44:58 |
| 16  | 472 | VICTOR GALAN    | 64 |    | 45:40 |
| 18  | 483 | BILLY AUERSON   | 61 |    | 46:05 |
| 107 | 573 | ERIC ALMOND     | 46 |    | 49:10 |
| 52  | 576 | TOMMY CRAVEN    | 56 |    | 49:14 |
| 35  | 578 | MARY ANN CRAVEN | 54 |    | 49:19 |
| 57  | 628 | LELAND GAMMON   | 56 |    | 51:21 |
| 10  | 648 | PEGGY GAMMON    | 55 |    | 52:39 |

**OPEN 8K**

|     |      |                 |    |       |
|-----|------|-----------------|----|-------|
| 4   | 145  | ANDREW RISCART  | 14 | 32:20 |
| 29  | 666  | STACY CUSTER    | 24 | 43:14 |
| 12  | 694  | MARY FARRELL    | 44 | 43:48 |
| 121 | 930  | TAMARA SHEPHERD | 30 | 48:23 |
| 34  | 949  | JUSTIN ROTE     | 15 | 48:54 |
| 73  | 959  | HARRY ROTE      | 42 | 49:08 |
| 29  | 973  | CONNIE HALL     | 55 | 49:18 |
| 35  | 1019 | BEN FARRELL     | 18 | 50:11 |
| 98  | 1012 | STACIE COUSART  | 29 | 50:01 |
| 38  | 1093 | DIANE JONES     | 46 | 51:24 |

**March 17, Roanoke - Shamrock Hill 5K****Female - Overall**

| <u>Place</u> | <u>Name</u>      | <u>OA</u> | <u>Time</u> |
|--------------|------------------|-----------|-------------|
| 1            | Shannon Saunders | 8         | 17:53       |
| 3            | Kristan Saunders | 34        | 19:29       |

**Female 23-29**

|    |                 |     |       |
|----|-----------------|-----|-------|
| 14 | Tamara Jamerson | 211 | 26:16 |
|----|-----------------|-----|-------|

**Female 30-34**

|    |             |     |       |
|----|-------------|-----|-------|
| 7  | Pilar Gomez | 225 | 26:33 |
| 10 | Cheryl Cash | 283 | 29:02 |

**Female Masters - Overall**

|   |           |    |       |
|---|-----------|----|-------|
| 1 | Sue Jones | 56 | 20:42 |
|---|-----------|----|-------|

**Female Masters - 40-44**

|    |                 |     |       |
|----|-----------------|-----|-------|
| 6  | Judy Zerfoss    | 243 | 27:09 |
| 11 | Vickie Sandifer | 316 | 30:14 |

**Male 18-22**

|   |                      |    |       |
|---|----------------------|----|-------|
| 3 | Christopher Moreland | 10 | 18:05 |
|---|----------------------|----|-------|

**Male 30-34**

|    |               |     |       |
|----|---------------|-----|-------|
| 20 | Rodger Knight | 333 | 32:57 |
|----|---------------|-----|-------|

**Male Masters 40-44**

|    |                 |     |       |
|----|-----------------|-----|-------|
| 25 | Daniel Sandifer | 228 | 26:45 |
|----|-----------------|-----|-------|

**March 31, Richmond - Monument Avenue 10K**

Overcast and 47F race weather. Perfect for the 4,680 runners of the annual Ukrop Monument Avenue 10K. It was an awesome sight to see the sea of runners stretched out in front of and behind me on Monument Avenue. Kenyan Elly Rono broke from the pack early to finish in 29:59. Of course he was out front. Us back of the pack racers could at least count on "chip time" to compensate for standing there in the light drizzle a long-long time after the start horn.

**Male Masters 60-64**

| <u>Place</u> | <u>Name</u>  | <u>OA</u> | <u>Time</u>  |
|--------------|--------------|-----------|--------------|
| 29           | Victor Galan | 2771      | 58:38 (9:26) |

**April 7, Charlottesville - Charlottesville 10 Miler**

| <u>Place</u> | <u>Name</u>       | <u>Age</u> | <u>Time</u> |
|--------------|-------------------|------------|-------------|
| 15           | Bret Boman        | 42         | 60:51       |
| 21           | Michael McPhatter | 27         | 61:41       |

|      |                  |    |        |
|------|------------------|----|--------|
| 63   | Matt Ripley      | 36 | 67:05  |
| 67   | Gary Stroud      | 49 | 67:17  |
| 151  | Nancy Ferris     | 45 | 72:17  |
| 191  | Terri Ripley     | 38 | 73:43  |
| 300  | Sue Jones        | 40 | 77:16  |
| 504  | Leslie McPhatter | 37 | 82:17  |
| 717  | Richard Brooks   | 51 | 87:04  |
| 937  | Paula Skulina    | 31 | 91:21  |
| 1334 | David Skulina    |    | 100:57 |

**April 7, Raleigh, NC - Umstead 100 Mile Run**

A hot and humid weekend took the starch out of LRR President Walter Rawle's effort at 70 miles. Great effort and a super run for Walter.

**April 14, Lynchburg - Tune-Up Race Series 5K****Finish Position**

| <u>Group</u>       |            | <u>Name</u>    | <u>Time</u> |
|--------------------|------------|----------------|-------------|
| <u>OA</u>          | <u>Age</u> |                |             |
| <b>Men Overall</b> |            |                |             |
| 1                  | 1          | Matt Richards  | 16:36       |
| 2                  | 2          | Luke Thomas    | 17:07       |
| 3                  | 3          | Steve Shepherd | 17:56       |

**Women Overall**

|   |   |                    |       |
|---|---|--------------------|-------|
| 1 | 1 | Catherine Phillips | 19:55 |
| 2 | 2 | Sue Jones          | 20:48 |
| 3 | 3 | Jennifer Bing      | 22:00 |

**Men 13 & under**

|    |   |            |       |
|----|---|------------|-------|
| 62 | 1 | Mark Jones | 26:11 |
|----|---|------------|-------|

**Women 13 & under**

|    |   |             |       |
|----|---|-------------|-------|
| 66 | 1 | Mary Moomaw | 26:43 |
|----|---|-------------|-------|

**Men 14-19**

|    |   |                |       |
|----|---|----------------|-------|
| 9  | 1 | Chris Moreland | 18:30 |
| 12 | 2 | John Williams  | 19:31 |
| 59 | 3 | Jerry Wiczorek | 25:58 |

**Women 14-19**

|    |   |              |       |
|----|---|--------------|-------|
| 71 | 1 | Beckey Jones | 27:42 |
|----|---|--------------|-------|

**Men 20-29**

|    |   |                   |       |
|----|---|-------------------|-------|
| 8  | 1 | Jake Sweet        | 18:28 |
| 22 | 2 | Nathan Brandley   | 21:13 |
| 24 | 3 | Mike Leger        | 21:42 |
| 26 | 4 | Sam Price         | 21:58 |
| 34 | 5 | Dave Titcomb      | 22:45 |
| 36 | 6 | Matt Mercer       | 22:57 |
| 40 | 7 | Clint Davis       |       |
| 48 | 8 | Brandon Robertson | 24:03 |

23:21

**Group**

| <u>OA</u> | <u>Age</u> | <u>Name</u>  | <u>Time</u> |
|-----------|------------|--------------|-------------|
| 50        | 9          | Josh Cambell | 24:34       |
| 80        | 10         | Jason Wright | 32:09       |

**Women 20-29**

|    |   |                 |       |
|----|---|-----------------|-------|
| 29 | 1 | Sherri Sturgill | 22:22 |
| 76 | 2 | Melisa English  | 29:10 |
| 86 | 3 | Robin Brooks    | 36:58 |

**Men 30-39**

|    |   |                |       |
|----|---|----------------|-------|
| 4  | 1 | Darrell Wargo  | 17:58 |
| 6  | 2 | Gratten Garbee | 18:16 |
| 7  | 3 | Arturo Vega    | 18:24 |
| 13 | 4 | Peter Sheldon  | 19:33 |
| 14 | 5 | Robert Cook    | 19:42 |
| 18 | 6 | Fred Henderson | 20:28 |

|    |    |                 |       |       |
|----|----|-----------------|-------|-------|
| 23 | 7  | Raymond Moore   | 21:21 |       |
| 30 | 8  | Glenn Cambell   | 22:24 |       |
| 31 | 9  | Brian Wilson    | 22:25 |       |
| 33 | 10 | Otto Konig      |       | 22:34 |
| 38 | 11 | Johnnie Younger | 23:07 |       |
| 39 | 12 | Bob Weaver      | 23:13 |       |
| 42 | 13 | Steve Royer     | 23:23 |       |
| 46 | 14 | Mark Mear       | 23:49 |       |
| 49 | 15 | Ken Carson      | 24:33 |       |
| 61 | 16 | John Sarver     | 26:10 |       |
| 72 | 17 | Robert Brown    | 27:51 |       |
| 77 | 18 | Michael Elliot  | 29:27 |       |

**Women 30-39**

|    |    |                 |       |       |
|----|----|-----------------|-------|-------|
| 52 | 1  | Heather Royer   | 24:40 |       |
| 57 | 2  | Chris Allen     |       | 25:41 |
| 58 | 3  | Alice Pond      | 25:51 |       |
| 64 | 4  | Michelle Davis  | 26:40 |       |
| 65 | 5  | Terry Baldwin   | 26:42 |       |
| 69 | 6  | Sarah Davidson  | 27:06 |       |
| 75 | 7  | Tamara Shepherd | 28:46 |       |
| 79 | 8  | Lisa Anderson   | 29:48 |       |
| 81 | 9  | Linda Johnson   | 32:24 |       |
| 83 | 10 | Cheryl Doss     | 33:45 |       |
| 85 | 11 | Ruth Warner     | 36:06 |       |

**Men 40-49**

|    |    |                 |       |  |
|----|----|-----------------|-------|--|
| 5  | 1  | Sam Cox         | 18:01 |  |
| 10 | 2  | Tim Otis        | 19:09 |  |
| 11 | 3  | Mike Woody      | 19:24 |  |
| 19 | 4  | Preston Evens   | 20:09 |  |
| 20 | 5  | Charlie Jones   | 20:35 |  |
| 21 | 6  | Jack Cassidy    | 21:02 |  |
| 35 | 7  | Gary Wood       | 22:52 |  |
| 41 | 8  | Glenn Floyd     | 23:21 |  |
| 43 | 9  | Ben Moomaw      | 23:26 |  |
| 44 | 10 | Neal Hudson     | 23:29 |  |
| 47 | 11 | Alan Jones      | 23:57 |  |
| 54 | 12 | Gary Baber      | 25:00 |  |
| 56 | 13 | Steve Letterman | 25:36 |  |
| 63 | 14 | Darek Wiczorek  | 26:35 |  |

**Women 40-49**

|    |   |                   |       |  |
|----|---|-------------------|-------|--|
| 37 | 1 | Mary Anna Justice | 22:59 |  |
| 51 | 2 | Yuonne McMahon    | 24:39 |  |
| 55 | 3 | Amy Rockhill      | 25:38 |  |
| 60 | 4 | Pattie Burgh      | 26:03 |  |
| 67 | 5 | Judith Zerfoss    | 26:49 |  |
| 68 | 6 | Grace Fredrickson | 26:52 |  |
| 70 | 7 | Martha Ruggles    | 27:07 |  |
| 82 | 8 | Donna Headley     | 33:24 |  |
| 84 | 9 | Bonnie Dawson     | 35:48 |  |

| Group                |            |                 |             |
|----------------------|------------|-----------------|-------------|
| <u>OA</u>            | <u>Age</u> | <u>Name</u>     | <u>Time</u> |
| <b>Men 50-59</b>     |            |                 |             |
| 16                   | 1          | Don Lucy        | 20:02       |
| 17                   | 2          | John Justice    | 20:13       |
| 32                   | 3          | Sid Kirstein    | 22:30       |
| 45                   | 4          | Larry Spencer   | 23:42       |
| 53                   | 5          | Charles Rolf    | 24:59       |
| 89                   | 6          | Robert Lyster   | 45:58       |
| <b>Women 50-59</b>   |            |                 |             |
| 74                   | 1          | Mary Torrence   | 28:01       |
| 78                   | 2          | Sue Hall        | 29:40       |
| 87                   | 3          | Arazella Lyster | 40:54       |
| <b>Men 60 Plus</b>   |            |                 |             |
| 28                   | 1          | Tommy Harris    | 22:06       |
| 73                   | 2          | John Kurisky    | 27:53       |
| <b>Women 60 Plus</b> |            |                 |             |
| 88                   | 1          | Louise Martin   | 44:13       |

**April 16, Boston, MA - Boston Marathon**

| <u>Name</u>  | <u>Age</u> | <u>Time</u> |
|--------------|------------|-------------|
| Bernie Davis | 63         | 3:47        |

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**CMT Specialty Sports** - 10% off your total purchase of running related items, such as shoes, socks, hydration systems, running apparel, headbands, etc.

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1919 Thomson Dr.  
(804) 846-1803

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Come see us at 2301 Rivermont Avenue.

I have been fortunate enough to run many miles and many races and suffer much. Having run across America and run the Appalachian Trail, I had completed two of my major goals. Only one was left the Barkley 100 miler. The other two were very, very difficult but before this year's Barkley I felt it would be harder to finish Barkley than complete the other two challenges. My mind has not changed ... Barkley is (was) the hardest.

I have completed the Barkley Fun Run (three, twenty-mile laps) four times before. Before 1995, I felt the Barkley 100 was "NOT" possible. Prior to 1995, the Fun Run was three loops of 19, 19, and 17. For the 100 miler you had to do 19, 19, 17 and 19, 19, 17 for a total distance of 110 miles and the time limit was only 50 hours!!!

In 1995, race director Gary Cantrell added new segments (climbs and descents), changed the loop to 20 miles, and increased the time limit to 60 hours. At this point, I thought it was possible to finish five loops. Mark Williams showed that was possible by completing five loops in 1995, all in the clockwise direction. He also had excellent weather. The next year Gary changed the 100 to two clockwise loops, two counterclockwise loops, and the fifth loop the runner's choice. In 1998, I had great weather and made it 3.5 loops before getting lost. I also did not think I needed a compass. Going in the counterclockwise direction is very difficult and you need to use a compass. In 1999 and 2000, I failed miserably and dropped out.

I trained very hard for the 2001 Barkley. I had training runs of 42, 40, 42, 71, 42, and 107 miles (2 days) on successive weekends. However, I had a flare-up of my ulcerative colitis the week of the race. By Friday of race week, I felt mentally and physically ready, although a bit intimidated by what lay ahead. On this basis, I felt like Blake Wood and I had the best shot of finishing the 100 miles. He also had four fun run finishes and had performed remarkably in 2000, going 4.5 loops before being turned back by swollen streams. I called Blake in December or January and told him I thought it was time an American finished Barkley. I told him that we should go at it together and finish this crazy thing.

Gary Cantrell, race director, had a few new surprises for us in 2001. He added a new hill, Hump hill, and changed the routes slightly after Leonard's Butt Slide. Blake and I felt like Hump Hill added 20 minutes to each loop and the other change added - about 5 minutes per loop; total change ... 125 minutes in five laps. Notice any trend in course changes?? We had thought that we might have a chance to sleep at the end of lap four or during lap five. It was not an option with the new course changes. My plan was to go out slower as I knew Blake was more conservative and going out too fast had hurt me in previous years. Rebekah Trittipoe had challenged me to

"Dare to follow" and not go out so fast. Our goal was to complete three loops around thirty to thirty-one hours. Because of the course changes, we finished in thirty-one hours and eighteen minutes. Critical to success in the Barkley is the third and fourth loop, the reverse direction. Blake took compass readings and we hit the two critical books, Big Hell and Little Hell with little trouble on loop three.

Loop 1 was very unique this year in that one-half way through the loop the lead pack was made up of fifteen runners. There were more good runners in this year's field than in any other year. The weather this year was very good although there was rain, sleet, and snow and it was very cold at night. I wore a waterproof jacket much of the time as well as gloves and mittens at times. The trail was slick for a while. However, overall I liked the cold weather. The Barkley is almost impossible when it is hot; the climbs are so tough you can sweat a ton even on cool days.

The fourth lap was very difficult for us. We did this loop during Sunday night. We had trouble finding the books on the bottom of Little Hell and Leonard's Butt Slide. We were extremely slow from the Garden Spot back to camp. We ran out of food and both of us were bonking and shot when we got back to camp on Monday morning at day break. I told Blake that we had to get in and out of camp quickly because we had to do loop five faster than loop four. I thought this was possible because loop five would be all in the day light hours. I really did not want to go out on loop five but Blake was getting ready and I had to go out. I drank three cans of Equate Plus and stuffed myself with food. I felt like I was going to throw up. When we left camp we talked very little for a long time. Mentally it was very difficult during the first three books. After climbing the Zip Line, the Equate kicked in and I started feeling much better. We made great progress and got to the New River, about half way through the loop, in five and half-hours. At this point, we realized we were going to finish and break Mark Williams's time as well. However, Barkley is never completely finished with you. We talked a lot and didn't think about our time until Jury Ridge. At this point, we realized that we better pick it up to make sure we made it in time. What a relief and joy it was to see the folks waiting at the gate and finish line. Calling my wife shortly after I finished was very rewarding. She said she was proud of me and that meant a lot to me.

After seeing the pictures on Steve Pero's website, I realized how bad I looked. I did not feel that bad but I sure did look bad! Blake and I then showered after three very long days. Blake only had one blister and I did not have any. I could only sleep about three hours afterward. I woke very early and packed and drove back to Lynchburg by myself. I did have to stop twice to take two thirty-minute naps.

Blake and I worked great together. We never had any conflict or ill feelings. I knew Blake a little before and now I know him very well. He is extremely smart, calculating, and now a very close friend. Blake is extremely tough, physically and mentally as evident by his victory at the 2001 Rocky Raccoon 100, 1999 victory at Hardrock, and this performance at the 2000 and 2001 Barkleys. Blake and I followed the designated course as best we could and did not use any short cuts. We made very few mistakes, the ones we made were primarily on lap four. I had never run more than thirty-three hours in a race. I did not know if I could go the entire distance without sleeping. I only got sleepy coming off Bird Mountain to the finish. I took some caffeine but not very much. I took one of Kevin Setnes Succeed Caps every hour. I wore two different pairs of Hurricane Ridge Shoe made by Montrail ... they felt great. I drank two or three cans of Equate Plus between each loop and took two and a half cans of Equate Plus with me. I also took enough Conquest powder to make five or six bottles during each loop.

Could I have made it alone? Could Blake have made it alone? Yes, I think both of us could have made it alone. My three and a half loops in 1998 and Blake's four and a half loops in 2000 both indicate that we could have finished alone. Was it easier doing it with someone? Yes, it was great finishing with a friend. How many of you have finished an Ultra with a friend? It is a special pleasure to share accomplishing a goal with a friend. Will I do it again? NO!!! Blake and I made a bet, during the race, that if either of us ever runs Barkley again, that person has to donate \$100 to the charity of the other person's choice.

Will anyone beat our time anytime soon? I don't think so. With the course changes, someone will have to do it without sleep, have good weather, and really know the course. This was the ninth time at Barkley for me and the fifth time for Blake. Besides, who says Gary will not add another climb, I don't think he will however.

The Barkley is like nothing else in the Ultra world. It is the hardest thing I have ever done. I feel extremely happy and satisfied to have completed the Barkley 100.

What's left?? In June, Doug Spencer, Scott McKenzie and I are attempting to set the speed record on the John Muir Trail. I will leave my Barkley space for someone else to suffer in America's toughest Ultra.

# THE

**P.O. Box 11223 Lynchburg, Va. 24506**