

The Presidents Column

The old adage "Time flies when you are having fun" certainly applies to the events of this summer. LRR and the local running community have hosted an outstanding series of races, which have attracted participants from West Virginia to North Carolina. Brett Bowman reports that the Track Series held a record attendance this year. Again thanks to Brett for a great job in putting on the series.

The last event in the Sports Cap/LRR Tune up series was held on August 18. The series has become extremely popular with 170 runners participating in the half marathon/ 5 K event. Thanks to Vince Decker, Darrell Wargo, Missy Taylor, and all the volunteers who made this series the success that it turned out to be. Vince has left the Sports Capital of Virginia for a full time position at Danville Community College. Everyone at LRR wishes Vince good fortune in his new endeavors and we hope to still see him at some of the runs.

The September and October race calendar is chocked full of great events. The big event of the year, the Virginia 10 Miler, will be held on the last weekend of September this year. We all expect to see Louise Martin representing LRR as the senior member of our group. For those who don't know, Louise won a gold medal at the Senior Olympic Games recently held in Baton Rouge, Louisiana. Louise will be 85 this September, and still going strong. Louise, thank you for being an inspiration for us all.

Marie Ann Craven will host the John F Stephenson Children's Race on the first Saturday morning in October, at Riverside Park. This is a great event for the kids so I encourage everyone to come out and cheer on the younger runners of our community. And for the ultra-folk, David Horton will host another edition of the Mountain Masochist on 20 October.

At last count, LRR has approximately 80 members. Lets try to get our membership back up over 100. If you have a friend who is a runner, please encourage him or her to support the local organization. And, as always, if you have an issue you wish to discuss with the executive committee, you are welcome to attend the monthly meetings held the second Tuesday of each month, Monte Carlo's restaurant on Old Forest Rd., at 6:30 pm

Train safe,

Walter Rawle

Next LRR Club Meeting
Tuesday, 11 September 2001
at the Monte Carlo Restaurant
Old Forest Road
6:30 Diner
7:00 Meeting

The October meeting will be held at the Monte Carlo Restaurant at 6:30 pm on Tuesday, 9 October, 2001.

If you have any issues which you feel are of interest to the executive committee, or would like to just drop by and share your race experiences or the weather with fellow Roadrunners, please attend the monthly meetings at Monte Carlo's.

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



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

The July meeting of the Lynchburg Roadrunners was held on Tuesday, July 10, 2001, at Monte Carlo Restaurant. Dinner orders were taken at 6:30 PM, and Lynchburg Roadrunner president, Walter Rawle, began the business meeting at 7:00 PM.

Treasurer's Report - \$648.86

There have been 2 new renewal memberships this month.

A discussion of the Roadrunner Hotline was held. It was determined that the investment in the hotline service is small and if a volunteer would be able to keep it updated, it would be advantageous to keep. It was suggested that the Sports Capital become involved in maintaining the information on the hotline.

The August meeting of the Lynchburg Roadrunners was held on Tuesday, August 14, 2001, at Monte Carlo Restaurant with dinner orders taken at 6:30 PM. Vice President, Darrell Wargo, presided over the meeting in Walter Rawle's absence. Discussions of upcoming races were held. Everyone that attended the meeting enjoyed the fellowship and exchange of information.

Treasurer's Report - \$585.86

Mary Ann Craven reported that the club currently has 77 members.

Contributions were made by race directors for equipment use. They were:

CVKA Memorial Day 10K - \$50

Altavista YMCA - \$30

Next Meeting: Tuesday, September 11, 2001 at Monte Carlo's Restaurant.

Nancy Saunders
Secretary

Spring Fling a Success

Thanks so much to The Lynchburg Roadrunners Club for your support of our Spring Into Spring Youth Run held this past May. It was a big success. Due to your support we were able to put on a quality race with T-shirts,

medals, trophies, and good food for everyone. The money raised by the event helped to purchase team uniforms for the Peaks View Pacers and send the team to the USA Track & Field Junior Olympics and AAU Junior Olympics held in June.

We look forward to hosting another quality event next year to encourage activity within the young people in our community.

Thank you for your support.

Sue Jones
Peaks View Pacers

AND THE BEAT GOES ON

How to Survive a Heart Attack when you are alone!

Let's say it's 6:15 p.m. and you're driving home (alone of course), after an unusually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home; unfortunately you don't know if you'll be able to make it that far. What can you do? You've been trained in CPR but the guy that taught the course neglected to tell you how to perform it on yourself. The following may save your life....

Since many people are alone when they suffer a heart attack, this article seemed to be in order. Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. Deep breaths and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way heart attack victims can get to a hospital.

Tell as many other people as possible about this, it could save their lives!

...(reprinted from The Mended Hearts, Inc. publication)

Report From The National Senior Games By Mary Torrence

Mama (Louise Martin) and I have returned from the National Senior Games in July at Baton Rouge, LA. We both ran the 10k and 5k which were very well organized

racers with plenty of support. I was impressed. This was the first time either of us had used a chip.

I was a little confused about how they timed the race. Although we all had a chip, it was announced before the race that "gun time" would be the official time.

In the 10k, Mama won the gold in the 80 - 84 category with a "gun time" of 1:33:18:0. Her chip time was 1:33:13:8. Her nearest competitor was an 81 year old (Elizabeth Geobstadt from PA). Her gun time was 1:33:23:1 and chip time of 1:33:19.5. I placed 6th in the 50 - 54 with a time of 1:02:02:8.

You wouldn't have believed the finish Mama had. I wished I had a video of it. I finished the race and went back out and picked up Mama about 4 tenths of a mile from the finish. She was doing fine, but there was this lady about 5 or 6 paces in front of her. If Mama speeded up, this lady speeded up. Mama told me, "Get up there and find out how old she is". I ran up beside Ms. Geobstadt and started talking to her and eventually asked her how old she was. She told me 81. I dropped back to Mama and told her she was in her category. She told me, "Get up there and get her to talk to you." Being an obedient daughter ...I did so. I asked her about her running, when she started, etc. etc. About 20 feet from the finish, I got out of the way so as not to run through the chute, when all of a sudden Mama leans forward in what I would call a barely controlled fall and takes off. She totally surprised Ms. Geobstadt and passed her right at the finish line. I never knew my mother was so competitive. This other poor lady was ahead of Mama the whole race and lost right at the finish line.

In the 5k, Mama won the silver with a gun time of 44:53:3. and Ms. Geobstadt won the gold with 44:51:5. What's interesting is that in chip time Mama was faster with 44:45:5 and Ms Geobstadt with 44:46:0.

You wouldn't believe the people in these races. Just amazing. The overall winner of the 10k had a time under 38 minutes. Three women over 85 years old were blind who ran the 5k. Mary Haines from Conn. had a seeing eye dog. When I asked her before the race, if she would use the dog she replied, "Oh no, it's too hot for the dog." Now mind you this is from a woman 86 years old, blind and with a hearing aid. A 91 year old also had a seeing eye dog. When I asked her why she didn't run with the dog (she had already told me she ran 4 miles a day with the dog) she replied, "Oh my dog is too competitive in a race. He'll go too fast. He likes to win."

We had a great time with the other 9500 athletes. They have 19 categories of events and had several former real Olympians competing. (One won the gold with Wilma Rudolph in the relay.) The great news is that the 2003 Olympics will be held in the Hampton Roads area.

So, you Senior Lynchburg Roadrunners start training. You've got 2 years.

The Coach Says

Maximize Your Liquid Assets

Adequate water is necessary in every living cell to regulate chemical reactions. Water helps the body break down and absorb nutrients from foods. It cushions tissues, lubricates joints, helps bowel function and transports waste products to the kidneys, where they're eliminated in urine. Unfortunately, many of us don't get enough water. Generally, it is recommended that people drink at least 6 to 8 cups of water daily. But those who exercise, summer or winter, need to drink far more. How much more?

As you become dehydrated, your kidneys reabsorb as much water as possible, which concentrates (darkens) the urine sent to the bladder. If you're adequately hydrated, the kidneys don't concentrate the urine as much, so it remains diluted and clear. So the color of your urine is a good barometer of adequate hydration. If it's diluted your body is happy. If it is concentrated, your body wants more water.

The American College of Sports Medicine recommends drinking about two cups (half a liter) of water two hours before prolonged exercise, and another two cups 15 minutes before the activity. While working out, drink at regular intervals to replace water lost in sweat. And remember, 40 to 50 degree water is absorbed quicker.

...(paraphrased from Health Smart in USA Weekend)

The Bozeman Trails

Pretty quite here on the home front this summer. Just in the "training mode" for the Double Ironman on Sept. 8 & 9th. at Lake Anna, Va. This is my annual fitness test to see if I'm good for another year on this earth. The only upcoming events of note are:

Kids 1 mile "fun run" in conjunction with the Va. 10 miler. Amazement Square will coordinate this activity.

Kids Biathlon on the weekend of Oct. 13th (or 14th). Still in the planning stages. It will be a 1/2 mile run and 3 mile bike. Location to be determined later.

Steve Bozeman

UPCOMING RACES

Sept. 1, Charlottesville - Women's Four Miler

8:00 a.m. Info: (434)293-3367

Sept. 8, Danville - River City 5K

9:00 a.m. Info: L. C. Moore (434)793-4309

Sept. 8, Bedford - September Stampede 10K

8:30 a.m. start at the National D-Day Memorial. Entry fee \$15.00 with parking free to all participants. Info: Contact American Legion Post 54 in Bedford, or call (434)660-5770, 5:00 - 8:00PM weekdays. (Flyer included in this newsletter)

Sept. 8, Spotsylvania Co. - Odyssey Double Iron

Triathlon S-4.8 mi., B-224 mi., R-52.4 mi.
Info: (757)425-2445.

Sept. 22, Smith Mountain Lake - Outback Big Lick

Triathlon, S-1.5K, B-40K, R-10K
9:00 a.m. Info: (910)458-0299.

Sept. 29, Lynchburg - Virginia 10 Miler & 4 Miler

Start 8:30 a.m. start at E. C. Glass High School.
One Mile Children's Run
Start 8:45 a.m. start at E. C. Glass High School.
For Info: Vince Decker (800) 732-5821 or (804) 845-5338, or on the web at sportscapital.org
Register online at active.com

Oct. 6, Lynchburg - Dr. John A. Stephenson Memorial Youth Run

Start 9:00 a.m. Riverside Park.
Entry fee \$10.00
Info: Mary Ann Craven, (434) 239-1095
(Flyer included in this newsletter)

Oct. 13, Kids Biathlon

Info: Steve Bozeman, (434)832-2927

The Milepost

Oct. 20, Forest - 'Runnin' With the Wolves'

(A true cross country 5k)

The Wolf Branch Farm on the historic Radford Estate Forest, VA. (Near Bear Creek Restaurant on Route 221)
Races for: Middle schools, high schools, and an open 5K for non-students. \$5 entry fee.

Oct 20, Lynchburg - Mountain Masochist 50 mile

Trai Run. 6:30 a.m. Info: David Horton (434)582-2386 (w) or <http://davidhorton.simplenet.com>

Nov. 10, Richmond - Sun Trust Marathon

8 a.m. \$35 by 9/8. Info: (434)673-RACE or www.richmondmarathon.com

Dec. 15, Kiawah Island, SC - Kiawah Island

Marathon. 8:00 a.m. Info: Lori Lacy (843)768-2780

Mt. Kilimanjaro – Climb for Sight 2002.

Join us for a hike of a lifetime to the top of Mt. Kilimanjaro plus three days safari in Africa. The adventure is from Feb. 2-13, 2002. Participants are asked to seek sponsorships to fund sight-saving surgeries for children in Guatemala. If \$10,000 is raised the climber travels FREE. Fund raising resources provided. Non-technical route. No ropes or climbing experience needed.

Hundreds of walkers make it to the top of Africa's tallest mountain each year. Rising 19,340 feet, this legendary volcano is one of the few high altitude adventures that doesn't require technical experience. The most popular route to the top takes five days, beginning at Marangu Gate on the southeast corner of the national park, and stopping for the night at huts. For those in a rush, it can be done in 16 strenuous hours. Just ask Dr. Frank Villa.

For the thrill of a lifetime don't miss watching the sun rise over the snowy crater. Only trekkers with licensed guides may climb the mountain. Take this opportunity to participate in a chance of a lifetime activity while helping those less fortunate!

For details call trip leader Zip Chambers at 386-734-1783 or visit "<http://www.voshpa.org>".
Locally you can contact Compassion Climb 2000 veteran Dr. Frank Villa at 434-385-8800 or e-mail to: fvillaod@lynchburg.net.

RACE RESULTS

Sept. / Oct. 2001

**July 14, Lynchburg - Tune-Up Race Series
10 Mile Results**

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
Overall Male			
1.	Matt Richards	0:57:04	34
2.	Stephen Meier	0:58:49	24
3.	Michael McPhatter		1:00:38 28
Overall Female			
1.	Catherine Phillips	1:05:03	26
2.	Molly Ison	1:13:10	19
3.	Vickie Hill	1:13:18	40
13 & Under Male			
1.	Christopher Sullivan	1:20:16	13
14 - 19 Male			
1.	Chris Moreland	1:03:47	18
2.	Johnathan Raper	1:10:25	17
3.	Marc Lewis	1:12:24	14
14 - 19 Female			
1.	Jennifer Bing	1:35:00	16
2.	Laura Brown	1:43:58	15
20-29 Male			
1.	Kevin Branson	1:10:24	24
2.	Nathan Brandley	1:24:06	25
3.	Clint Davis	1:25:15	26
4.	Magnus Larsson	1:25:32	28
5.	Brandon Robertson	1:28:26	26
20-29 Female			
1.	Joan Bienvenue	1:16:01	24
2.	Katie Harris	1:19:28	23
3.	Keeling Harris	1:22:16	25
4.	Robin Brooks	2:17:29	29
30-39 Male			
1.	Grattan Garbee	1:02:10	38
2.	Clark Darran	1:04:33	33
3.	Frank Wright	1:08:28	30
4.	Brian Ray	1:09:10	30
5.	Arturo Vega	1:09:22	33
6.	Kerry Staats	1:12:15	36
7.	Lars Johansson	1:15:35	38
8.	Mark Newell	1:17:21	35
9.	Matt Levasseur	1:19:03	33
10.	Otto Koning	1:20:55	38
11.	David Wright	1:23:38	31
12.	Bob Weaver	1:25:16	32
13.	Glenn Cambell	1:28:30	30
14.	Edward Edgar	1:30:14	37
30-39 Female			
1.	Karen Hanson	1:14:02	35
2.	Charlene Staats	1:21:11	38
3.	Barbara Edgar	1:21:48	35
4.	Trish Carter-Anderson	1:24:07	34
5.	Heather Royer	1:24:18	39
6.	Diana Pettyjohn	1:29:18	39
7.	Leigh Cheatham	1:29:45	33
8.	Lisa Anderson	1:40:50	38
9.	Linda Johnson	1:48:21	38
40-49 Male			
1.	Tim Otis	1:04:25	46
2.	Preston Evans	1:08:10	44
3.	Richard Repasky	1:08:52	47

4.	Peter Worford	1:11:23	42
5.	Wilbert Hooper	1:12:42	43
6.	Jack Cassidy	1:12:54	49

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
7.	Eddie Stewart	1:16:24	43
8.	James Brown	1:18:29	48
9.	Steve Letterman	1:24:48	41
10.	Gary Wood	1:26:05	41
11.	Paul Fast	1:28:29	42
12.	Tom Gerdy	1:28:42	47
13.	Alan Jones	1:36:21	43
14.	Gary Baber	1:36:45	46

40-49 Female			
1.	Mary Justice	1:15:49	40
2.	Sue Jones	1:16:35	40
3.	Sharon Lapkoff	1:20:23	48
4.	Debbie Bozeman	1:23:27	47
5.	Amy Rockhill	1:26:28	49
6.	Yvonne McMahan		1:27:46 41
7.	Cindi Bowen	1:29:17	40
8.	Deborah Sullivan	1:35:37	40
9.	Judith Zerfoss	1:40:03	41
10.	Mary Hansen	1:41:52	43

50-59 Male			
1.	Dennis Holman	1:05:53	51
2.	Don Lucy	1:08:22	51
3.	Horace Ellis	1:14:12	59
4.	Larry Spencer	1:18:10	54
5.	Charlie Rolf	1:21:38	54
6.	Sam Fuller	1:21:42	53
7.	Richard Stone	1:24:59	54
8.	Tommy Gammon	1:25:25	54

50-59 Female			
1.	Ann Harris	1:27:45	51
2.	Mary Torrence	1:42:50	52

60 Plus Male			
1.	Tommy Harris	1:14:25	62
2.	Bernie Davis	1:19:39	63
3.	John Kurisky	1:35:47	62

60 Plus Female			
1.	Thuong Ho	1:56:38	60

5K RACE RESULTS

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
--------------	-------------	-------------	------------

Overall Male			
1.	Steve Crowder	15:46	28
2.	John Williams	19:24	19
3.	Bill Sutton	19:31	48

Overall Female			
1.	Susan Sutton	21:49	45
2.	Sarah Heiss	21:59	17
3.	Lori Flowers	22:41	44

13 & Under Male			
1.	Drew Flowers	22:16	13

13 & Under Female			
1.	Chelsea Flowers	27:29	12

14-19 Male

1. Daniel Warner 21:49 14

14-19 Female

1. Rebecca Walker 26:52 16
2. Alix Flowers 27:28 15
3. Cherish Nash 31:43 19

20-29 Male

1. Eric Williams 23:55 26
2. Chet McPhatter 24:21 29
3. James Buchholz, Jr. 26:54 27
4. Jesse Shieh 27:00 26

Place Name Time Age
20-29 Female

1. Kelly Jennings 28:35 28

30-39 Male

1. James Toms 25:22 32
2. Richard Golden 27:35 34
3. Michael Elliott 27:36 36

30-39 Female

1. Jennifer Murphy 27:12 37
2. Betty Harrington 29:30 30
3. Cheryl Doss 29:32 32
4. Ruth Ann Warner 39:40 37
5. Donna Carter 54:48 31

40-49 Male

1. Scott Hyman 22:50 41
2. Mike Fein 27:23 42

40-49 Female

1. Grace Fredrickson 24:26 43
2. Brenda Padgett 29:29 40

50-59 Male

1. Sid Kirstein 22:26 50

50-59 Female

1. Val Carter 53:30 58

60 & Over Female

1. Louise Martin 21:55 84

August 18, Lynchburg - Tune-Up Race Series

Half Marathon Results

Place Name Time Age

Top 3 Overall Males

1 David Bice 1:15:09 29
2 Matt Richards 1:16:23 34
3 Michael Keeling 1:16:29 20

Top 3 Overall Females

1 Catherine Phillips 1:26:15 26
2 Karen Hanson 1:37:46 35
3 Beverly Richardson 1:41:16 24

14 to 19 Male

1 Kevin Worsham 1:25:15 15
2 Chris Morland 1:26:43 18
3 Antonio Jones 1:45:22 15
4 Michael Wall 1:54:25 16
5 Jared Shields 1:56:01 14
6 John Dudley 2:23:50 14

14 to 19 Female

1 Stephanie Mangaell 2:09:59 17

20 to 29 Male

1 Lenny Loff 1:29:45 27
2 John Hurley 1:35:07 20
3 Eric Tyson 1:48:08 26
4 Paul Cowgill 1:48:20 27
5 Clint Davis 1:58:21 26
6 David Barber 1:58:58 28
7 Brandon Robertson 2:00:47 26

20 to 29 Female

1 Elizabeth Cowgill 1:48:12 26
2 Lisa Tabor 1:56:48 25
3 Christy Howard 1:58:56 28
4 Rachel Ryder 2:09:29 29

Place Name Time Age

5 Francine Ippolito 2:26:40 26
6 Robin Brooks 3:17:08 29

30 to 39 Male

1 Darrell Wargo 1:24:20 32
2 Grattan Garbee 1:27:24 38
3 Christopher Bright 1:32:01 35
4 Arturo Vega 1:38:56 33
5 Dean Phillips 1:39:23 32
6 Van Phillips 1:39:50 32
7 Scott Dransfield 1:40:20 37
8 Todd Gribble 1:40:21 36
9 Mark Mear 1:42:17 32
10 Paul Schmidt 1:42:22 33
11 Jim Wesslund 1:42:57 37
12 Paul Carrasco 1:43:13 31
13 Rich Goldsboro 1:46:51 31
14 Christopher Iazzetta 1:48:22 30
15 Ed Bray 1:49:03 30
16 Wayne Patton 1:54:43 31
17 Eric Dransfield 1:54:45 35
18 Bob Weaver 1:57:32 32
19 Chris Tharp 1:58:28 34
20 Glenn Campbell 2:00:36 30
21 Ken Carson 2:08:34 37
22 Dan Lovern 2:19:00 36
23 Dave McAden 2:19:01 37

30 to 39 Female

1 Gabby Suydam 1:48:15 31
2 Barbara Edgar 1:48:23 36
3 Abigail Steele 1:51:25 33
4 Beth Stinnett 1:54:16 38
5 Sarah Glass 1:54:35 30
6 Emily Shaffer 1:55:37 31
7 Samantha Cayton 1:59:03 36
8 Lisa Simon 1:59:44 37
9 Tammy Waldron 2:01:51 36
10 Leigh Cheatham 2:02:12 33
11 Susan Robinson 2:02:57 37
12 Wendy Golden 2:09:27 33
13 Lesley McPhatter 2:09:28 37
14 Rose Flaughner 2:14:12 36
15 Lisa Anderson 2:17:06 38
16 Amy Patton 2:33:37 31
17 Linda Johnson 2:36:50 38

40 to 49 Male

1 Terry Ketchersid 1:27:41 40
2 Robert Thaxton 1:32:18 42
3 Preston Evans 1:32:30 45
4 Mike Anson 1:33:22 40
5 Peter Worford 1:35:52 42

6	Taft Yeatts	1:37:12	41
7	Wilbert Hooper	1:39:27	43
8	Jack Cassidy	1:39:56	49
9	Jim Brown	1:43:50	48
10	Eddie Stewart	1:44:12	43
11	Charlie Jones	1:45:55	48
12	Paul Fast	1:51:23	42
13	Alan Jones	1:52:57	43
14	Steve Letterman	1:53:10	41
15	Douglas Rhodes	1:56:12	42
16	Craig Taylor	1:56:26	41
17	Gary Wood	1:56:27	41
18	Skip Galt	1:57:08	42
19	Gary Baber	2:01:52	46

40 to 49 Female

1	Sue Jones	1:42:43	40
2	Mary Justice	1:44:23	40
3	Deborah Sullivan	1:47:59	40
4	Ann Tucker	1:51:47	47
5	Yvonne McMahan	1:53:59	41
6	Amy Rockhill	1:56:38	49

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
7	Cindy Bowen	2:01:56	40
8	Toinette Staley	2:03:37	45
9	Judith Zerfoss	2:12:35	41
10	Karen Wood	2:14:10	41
11	Mary Hanson	2:16:11	43
12	Anne Gibbons	2:23:30	44
13	Linda Bixby	2:56:57	40

50 to 59 Male

1	Don Lucy	1:33:56	51
2	Jim Weimer	1:37:28	54
3	Ed Allen	1:43:30	53
5	Tommy Gammon	1:44:05	54
4	Larry Spencer	1:44:48	54
6	Richard Stone	1:57:18	54
7	Greg King	2:03:46	54

50 to 59 Female

1	Karen Lancer	2:09:19	50
2	Jeanie Stone	2:14:42	51
3	Annie King	2:51:41	51

60 Plus Male

1	Tommy Harris	1:42:37	61
2	Bernie Davis	2:05:06	63
3	John Kurisky	2:05:54	62
4	Vic Galan	2:28:34	64

5K Results

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
Top 3 Males			
1	Jacob Wright	17:19	16
2	Jeff Harrington	17:47	31
3	John Wimmer	19:00	35

Top 3 Females

1	Robin Taylor	22:19	38
2	Lori Flowers	23:20	45
3	Jennifer Bing	24:51	16

13 & Under Male

1	Christopher Sullivan	19:47	13
---	----------------------	-------	----

2	Drew Flowers	23:04	13
3	Stephen Warner	23:54	9
4	Mark Jones	25:46	9
5	Michael Simon	28:14	9
6	Donald Stone	29:28	10
7	James Warner	30:41	8
8	Andy Drake	31:27	13
9	Nathan Steele	36:33	9
10	Cameron Steele	36:35	7

13 & Under Female

1	Carrie Dudley	26:20	10
2	Tia Simon	28:23	8
3	Nicole Taylor	35:47	13

14 to 19 Male

1	Joseph Wind	19:38	16
2	Jonathan Kendrick	20:58	14
3	Spencer Drake	21:12	15
4	Mickey Orrell	21:50	16
5	Jake Taylor	23:36	16

14 to 19 Female

1	Rebecca Walker	25:53	16
2	Laura Brown	26:52	15
3	Sarah Hooks	27:13	15
4	Becky Jones	27:25	15
5	Jennifer Irby	29:29	16
6	Marla Flint		30:36 14
7	Cherish Nash	33:08	19

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
--------------	-------------	-------------	------------

20 to 29 Male

1	Brian Engelstad	20:43	24
2	Chad Hanning	31:00	29

20 to 29 Female

1	Kelly Jennings	25:47	28
2	Marie King	28:31	20

30 to 39 Male

1	Richard Golden	23:44	34
2	Michael Elliott	27:02	36
3	Robert Branham	28:13	35
4	Eric Steele	36:34	34

30 to 39 Female

1	Beth Bright	25:40	32
2	Betty Harrington	27:26	32
3	Cheryl Doss	30:23	32
4	Karen Reutter	31:35	36
5	Michelle Hanning	34:04	31
6	Ruth Warner	35:18	37

40 to 49 Male

1	Scott Hyman	22:36	41
2	Michael Coulter	25:03	43
3	Russell King	28:26	48
4	Wayne Owen	32:34	49
5	Grace Fredrickson	26:11	43
6	Deborah Harvey	48:58	40

50 to 59 Female

1	Mary Torrence	29:18	52
---	---------------	-------	----

60 Plus Female

1	Louise Martin	45:25	84
---	---------------	-------	----

DISCOUNTS

The following businesses offer discounts on select items for your patronage. Please ask which items are

discounted when you stop by and see the good folks at:

Bikes Unlimited - 10% on select items.

Dr. Frank Villa - 10% on all eye glasses and exams.
(Does not include disposable contacts)

Outdoor Trails - 10% on select items.

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

Lynchburg Orthopedic Lab

10% on Orthotics
1919 Thomson Dr.
(804) 846-1803

Riverside Roadrunners

We match Road Runner Sports shoe prices and offer an additional 5% off for all running merchandise to running club members and student athletes.

Open: Tues. - Fri. 3:30pm - 7:30pm

Saturday, 8:00am - 6:00pm

Come see us at 2301 Rivermont Avenue.

P.O. Box 11223 Lynchburg, Va. 24506

Sept. / Oct. 2001

THE MILEPOST