

The President's Column

Happy New Year 2001. May the upcoming year bring health and prosperity to the valued members of the Lynchburg Roadrunners and to those members training for the spring race season, best of luck in all your pursuits. Speaking of pursuits, the race calendar for January and February is shaping up nicely. As of this writing, I expect that the VES Arctic 10K will be held the first Sunday of February – stay tuned for further updates. David Horton will once again host the Holliday Lake 50K ++ on February 17 in Appomattox. Both of these events are great fun and I encourage all members to participate.

Your executive committee has remained essentially unchanged from the year 2000 slate of officers. I would like to sincerely thank Darrel, Wendy, Nancy, Mary Ann, and Vic for the continued service to the group and for their commitment to provide a guiding hand to LRR for another year.

After deliberation at the November and December LRR monthly meetings, the executive committee concurred with your president that a new tack was required for club activities. The lack of member response to traditional programmed meetings encouraged efforts to re-focus activities towards races and fun runs. Monthly club meetings will now be organizational in nature. The use of guest speakers will be reserved for one or two meetings per year. Club meetings, since they are now simply organizational in nature, will no longer be advertised in the local newspaper. However, the membership is still encouraged to attend the monthly meetings and to bring items of concern forward under the heading of New Business.

With LRR's new focus on increasing the number of races and fun runs for the membership, I would like to introduce Vince Decker to our community. Vince is the new director for Sports Capital of Virginia and, as such, will be taking on the role and responsibilities left behind with Gary Taylor's death. Vince has approached LRRC with a very exciting plan for a Virginia 10 Miler Tune Up series, a series similar to that hosted by the Tidewater Running Club which precedes the Shamrock Marathon. The final details of this series are still being worked out, so stay tuned.

The Lynchburg Area Triathlon Club (LATC) hosts Sunday morning training runs at Blackwater Creek. This

The Milepost

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series of training runs is being led, on alternate Sundays, by Chuck Anderson, and your president. I encourage all members to partake of these training opportunities.

I would also like to congratulate Steve and Cathy Morris on the opening of their new running shoe store on Rivermont Ave. I understand that the operating hours, at present, are a little erratic. However, I also understand that LRRC members receive a discount, so the erratic hours should be worth your effort to check out this store.

And finally, its dues time again.

With the mailing of the last two newsletters, memberships forms have been distributed. I strongly urge you to consider the value you receive from your membership dollars, the support that your membership dollars provide to the local running community, and then send your membership renewal, in a timely fashion, to Mary Ann Craven. Mary Ann has the monumental task of receiving the membership renewals, transferring the funds to Wendy Golden, club secretary, for deposit to the club bank account, and updating the membership records for 2001. Please make Mary Ann's job easier by sending in your membership renewal today.

Happy running, I look forward to seeing you on the roads

Walter Rawle
President

2001 LRR OFFICERS

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

Next LRR Club Meeting
Tuesday, 9 January, 2001
at the Monte Carlo Restaurant
Old Forest Road
6:30 Diner
7:00 Meeting

Jan. / Feb. 2001

The program for the January meeting will include a discussion on the topic of Club goals and format of the monthly meetings. The floor will be open to all present to help resolve whether we are a race management or a road racing club.

The February meeting will be held at the Monte Carlo Restaurant at 6:30 pm on Tuesday, 13 February, 2001. Please consult the Hotline a few days before the meeting for further details.



LRR HOTLINE 582-8000

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

LRR WEB ADDRESS

<http://WWW.PHYSICSRULES.COM/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 - 14 November, 2000

The November meeting of the Lynchburg Roadrunners was held on Tuesday, November 14, 2000, 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.

Treasurer's Report - \$440.74

1) Several successful races have been held recently. Approximately 85 runners participated in the Apple Valley 5K. A newly formed 5K race was held at Lynchburg College and 50 - 60 runners participated. Twenty-two local runners were in the Mt. Masochist this year.

2) Walter Rawle raised the question whether the present format of the club meetings was serving the current membership. Attendance has been low for programs. He suggested that the members consider changing the format to have the club operate as a race management organization where race discussions take place informally. He raised the question of how we can get more people to come to the meetings.

3) Current officers were asked about their interest in returning next year to the same positions. If anyone is interested in becoming the equipment manager, let

Walter know.

4) Vince Decker, director of the Sports Capital of Virginia, will continue to conduct monthly races at Percival Isle beginning again in the Spring.

Nancy Saunders
Secretary

Meeting Minutes - 12 December, 2000

The December meeting of the Lynchburg Roadrunners was held on Tuesday, December 12, 2000, 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. Ten members were in attendance.

Treasurer's Report - \$335.64

1) Mr. Vince Decker, director of the Sports Capital of Virginia, was welcomed to the meeting.

2) Mr. Decker provided details on the 2001 Tune-Up Races Series for the Virginia Ten Miler. This series will begin on April 14, 2001 and will run monthly until August 18, 2001. Each month the featured race will be a longer distance than the month before. In April, June, July, and August, a 5K race will be offered. Trophies will be awarded to the top-3 overall winners, medals or ribbons will be given to the top-3 in each age group and special point series awards will be for the overall and age group winners. As an added incentive, anyone who signs up and pays for all five races before April 14 (or completes a race on all five race dates), will receive a free entry to the Virginia Ten Miler/Four Miler on September 29, 2001.

3) Anyone who has race information, please report it to Vic as soon as possible. A master schedule of all races will be provided soon.

Nancy Saunders
Secretary

The Coach Says

When you come to the edge of all the light you know, and are about to step off into the darkness of the unknown, faith is knowing one of two things will happen:

There will be something solid to stand on, or you will be taught how to fly.

Happy New Year and to all a great run in 2001 !

Cross-Country Tales

Shannon Saunders had a record breaking year for the Jefferson Forest girls cross country team and capped it off by winning the Group AA state race with a 19:04 on the 3.1 mile course as the Lady Cavaliers won their first state championship ever.

Saunders, a junior and LRR Club member, was also Seminole District, Region III and Bedford County title holder and has been selected the Coaches' All-Area Girls Runner of the Year. Since the Jefferson Forest girls dominated cross country the Fall, it's not surprising that five of the Lady Cavaliers were selected to the Coaches' All-Area team. They were Shannon saunders, Jennifer Templeton, Kristen Saunders, Carling Sitterly, and Cate Jackson.

Jefferson Forest coach Jerome Loy who has been coach of the year several times and this year led the Jefferson Forest girls to the state title said, "the girls worked hard this year and as a result good things happened in the field."

The Bozeman Trails

Debbie ran five marathons in 2000, as follows:
 Feb. - Myrtle Beach 3:48,
 March - Va Beach 3:51,
 April - Camp LeJeune 3:59,
 October 22 - Marine Corps 3:55.
(Placed 2841 of 17013 finishers (over 21,000 started), and 37th of 565 females 45 to 49, and 533 of 6636 females overall).
 November 18, Richmond 4:13
(See Debbie's comments on Richmond, below.)

Steve ran with her in all of them (side by side), plus he did the JFK-50 in 9:56 (his 12th JFK finish) and notched up another Double Ironman, his 12th, in 29:18.

RACE RESULTS

Nov. 4, Danville - Louie Fields Memorial 5K,

<u>Name</u>	<u>Time</u>	<u>Age Group</u>
Bob Hartless		1st 55-59

Nov. 18, Richmond - Richmond Marathon

Reporter, Debbie Bozeman

After 68 marathons I'm still learning lessons the hard way! With a sore throat and sinus infection the week prior to the Richmond marathon you'd think I would have sense enough not to run the race, but no! I thought I could pull it off, after all I have been running pretty good marathons all year. WRONG!!! From the very first mile I knew I had made a big mistake. I'll spare you all the gory details and jump right to the finish. With Steve by my side, encouraging me I was able to persevere and finish in 4:13. I now understand why people drop out when I think they would have had a good time on their worst day. If Steve hadn't been with me I would have dropped out. I just didn't feel the need to finish when I was hating every miserable step of it and asking why me? why today? Oh well you can't have a good day every time and I learned a valuable lesson. Listen to your body!!!!

With a race record field of 2,642 marathoners, the 23rd annual Richmond Marathon kicked off under near-ideal weather conditions, 29F with bright sunny skies and a slight breeze from the northeast. Lynchburg resident and former All-American distance runner at Lynchburg College, Matt Richards was in the lead for most of the race. An exciting battle for first over-all took place in the last five miles between Michael Harrison of Va Beach and Irina Suvorova of Russia. Male pride spurred Harrison to the win at 2:31:00, twenty-five seconds in the lead of second-place Suvorova. "I'd hate to have had her win first over-all and everyone say, 'What a terrible race by American men'," Harrison commented.

Local Runners:

<u>Name</u>	<u>Time</u>	<u>Age Group</u>
Matt Richards	2:37:45	Top Ten
Bret Boman	2:50:26	40-44
Peter Worford	3:28:40	40-44
David Cook	3:48:54	25-29
Debbie Bozeman	4:13:34	45-49
<u>Name</u>	<u>Time</u>	<u>Age Group</u>
Steve Bozeman	4:13:34	50-54
John Cook	4:15:02	40-44
Robert Brooks	4:50:43	60-64
Wendy Golden	5:09:38	30-34
John Kurisky	5:09:59	60-64
Vic Galan	5:40:14	60-64

Nov. 18, Roanoke Star City 1/2 Marathon & 5K ,

**Genesis House Turkey Trot 5K and Youth Mile
November 23, 2000**

Race Directors: Don & Barbara Lucy

The Genesis House Turkey Trot 5K and Youth Mile was most successful once again on Thanksgiving Day because of many generous individuals. Over the past 12 years this event has contributed over \$10,000 to the Genesis House, a facility in Lynchburg, which provides care for children and families in crises situations.

It takes many hands and many dollars to put on a first class race. We would like to thank the many sponsors for their generous contributions, the volunteers for their time, and the more than 200 runners who braved the crisp, clear morning for the 13th running of this event.

Feb. 4, Lynchburg - VES Artic10K, 2:00p.m. at VES campus. Info: Call Reed Finlay at (804) 384-6221 or 384-6352. See application - enclosed

Feb. 17, Appomattox - Holiday Lake 50K, 6:30am; Info: Dave Horton (804) 582-2386 (w), 239-1324 (h), or e-mail runhorton@juno.com or on the Web at <http://davidhorton.simplenet.com>

March 17, Virginia Beach - 28th Shamrock Sportsfest, 8:00am-Marathon Walk; 8:30am- Masters 8K; 9:00am-Marathon; 9:30am- Open 8K; \$25 marathon, \$18 8K before 2/16. For information: Phone (757) 481-5090, or e-mail sportsfest@juno.com, or on the Web at www.shamrocksportsfest.com

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

THE MILEPOST

P.O. Box 11223 Lynchburg, Va. 24506

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