

The Presidents Column

Spring is here! Or is it? As I write this column, our community has enjoyed balmy spring weather for a number of days. But the weather forecast is predicting snow for tomorrow. Well, I hope these slight perturbations in our otherwise ideal running weather do not upset your training plans too severely.

The race season is now upon us.

Reed Finley hosted another excellent VES 10 K on February 4. The weather cooperated magnificently on this early spring Sunday afternoon and great fun was had by all. I understand that the race shirt sported the caricature of , among others, a rather interesting individual carrying a globe. Thank you, Reed, for the compliment, I think.

Holliday Lake provided the venue for another David Horton 50 K Plus Plus on February 17. As always, David put on another excellent event. In typical fashion, the trail was muddy and slick through the early part of the day, and the water was fairly chilly at the knee high water crossings, but good spirits prevailed and many a sturdy runner was greeted at the finish line just after lunch. This was your president's third run at Holiday Lake, and I am happy to report I am three for three, although my lollygagging at the aid stations made my official finish at this most recent event a bit of a challenge..... I crossed the finish line with eight minutes to spare. Well, I received the official finisher's kit bag, just like all the other finishers, and that's good enough for me this year.

Another very important event occurred on February 17. Some members of LRR may be aware that your president volunteers as an assistant coach to the Jefferson Forest High School Indoor Track and Field Team. I lead the team through conditioning workouts on Wednesday afternoons. I am very proud to report that both the JFHS boys and JFHS girls took first place at the Seminole District indoor track meet at Heritage High School. Rumor has it the the JFKS boys actually lapped Heritage in the 4 x 440 relay. An outstanding job.

A number of our LRR members will be travelling to the Tidewater area for the Shamrock marathon later in March. Locally, the first race in the Virginia 10 miler tune-up series will occur on April 14. David Horton will host the inaugural Promised Land extreme 50 K on the last Saturday of April. Stay tuned to the hot line and the re-invigorated LRR website.

The LRR webmaster, Peter Shelton, has established a new address for our website. The membership is encouraged to check it out at <http://www.physicsrules.org/runclub>.

Finally, if you have not renewed your membership, I strongly urge you to do so quickly. Our dedicated membership chairperson, Mary Ann Craven, will submit the LRR membership list shortly to RRCA for distribution of Footnotes. Please ensure that your name is on that list.

As always, if you have any issues which you feel are of interest to the executive committee, please attend the monthly meeting at Monte Carlo's. If I don't see you at the meeting, I look forward to seeing you on the road. Don't forget the Sunday morning runs at Blackwater Creek, behind the Greek Church at 0800 hours.

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	Larry Haak
Newsletter	Vic Galan

Next LRR Club Meeting

Tuesday, 13 March 2001
at the Monte Carlo Restaurant
Old Forest Road
6:30 Diner
7:00 Meeting

The April meeting will be held at the Monte Carlo Restaurant at 6:30 pm on Tuesday, 10 April, 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
March / April 2001

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 - 14 November, 2000

The January meeting of the Lynchburg Roadrunners was held on Tuesday, January 9, 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. Ten members/guests were in attendance.

Treasurer's Report - \$622.76 (Annual Dues = \$393.40)

Walter announced the Lynchburg Roadrunners 2001 schedule of events:

- 2/4/01 - VES LRR Arctic 10K
- 3/10/01 - Goode 4-Mile Handicap Run
- 3/24/01 - LRR Spring Fling 5K
- 4/14/01 - Sports Capital 5K Tune-up Run
- 5/12/01 - Sports Capital 5-Mile Tune-up Run
- 5/28/01 - Central Virginia Kidney Association Memorial Day 10K
- 6/2/01 - YMCA World's Largest 5K Run
- 6/5/01 - 6/26/01 - Lynchburg College Track Series
- 6/16/01 - Sports Capital 10K and 5K Tune-up Run
- 7/14/01 - Sports Capital 10-Mile and 5K Tune-up Run
- 8/18/01 - Sports Capital Half-Marathon and 5K Tune-up Run
- 10/6/01 - Stephenson Youth Run
- 11/11/01 - LRR Veteran's Day 5K
- 12/22/01 - LRR Christmas 5K

Beth Bright, Central Virginia YMCA, provided information on the YMCA's World's Largest 5K Run which will be held on June 2, 2001 at 10:00 am. The race will be held at the same time (adjusted for time zones) all across the country. The Blackwater Creek Trail will be the site of the race.

Kathy Morris, Riverside Runners, discussed the line of products and brands sold at her running store. Spikes, racing flats, and walking shoes are sold in addition to training shoes. Running apparel is also carried. The store's hours are: Tues. - Fri. 3:30 - 7:30 pm, Sat. 8 am - 6pm (closed Sun. & Mon.) A 10% discount is given to LRR members. High School/College students also receive discounts.

Reed and Lucretia Finlay attended the meeting and welcomed everyone to the upcoming annual VES Arctic 10K which will be held on February 4, 2001. Any volunteers for finish line work would be appreciated.

Plans for the Gary Taylor/Caroline Beasley Memorial Endurance Challenge are underway. This race will be 134 miles and will consist of 10 laps on the Blackwater Creek Trail. A large group of volunteers will be critical to the success of this event.

Nancy Saunders
Secretary

Meeting Minutes - 12 December, 2000

The February meeting of the Lynchburg Roadrunners was held on Tuesday, February 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. Seven members were in attendance.

Treasurer's Report - \$479.76

Mary Ann Craven, Membership Chairman, announced that the number of renewed LRR members to-date is 40.

Peter Sheldon attended the meeting and discussed improvements to the LRR web site. Plans for the web site are to include maps of training course runs (can accept maps in any format; can scan pictures if necessary); email address will be included on the site, as well as, a comment box for suggestions and communications. The web site can be found at: **www.physicsrules.org/runclub**

Walter notified the members that the LRR annual mailbox rental is due.

The Coach Says

To figure out an estimate of how many calories your body needs, multiply your body weight by 12. Whatever calories you consume over that amount is what starts adding up to weight gain.

To get and keep motivated

- Choose activities that are fun, not exhausting.
- Add variety.
- Make it convenient for yourself.
- Wear comfortable clothes and shoes.
- Find someone to exercise with - a running buddy.
- Don't overdo it.
- Keep a log of your activities.
- Reward yourself for reaching goals.

The Bozeman Trails

Sorry, nothing really to report on Bozeman's Trails except the Paris Trip where Debbie and I were part of a "Sports Delegation" going to our Sister City in France, which is Rueil-Malmaison (just 1/2 hour from downtown Paris). We represented running, cycling, swimming and triathlons. Others of the seven person delegation represented tennis, soccer, and basketball. We spent 4 days with our French hosts and was "wined and dined" by the French City officials and Sports Directors. We made a hit! We'll probably have some French runners over for the Va. 10 miler this year.

This Saturday, 24 Feb., we will run the Camp Lejeune Marathon (first one of the year).

RACE RESULTS

Nov.18, Roanoke, Star City 5K

Overall Female

Name	Overall	Time	Pace
3. Sue Jones	25	21:00	6:46

Men 9 and under

3. Mark Jones	96	25:35	8:15
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Women 10 to 14

9. Becky Jones	136	28:10	9:05
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Men 40 to 44

2. Alan Jones	43	22:19	7:12
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Nov. 23, Lynchburg, Turkey Trot Youth Mile

Name	Time
Mark Jones	6:45
Bilynda Brinkley	6:51
Micah Jones	8:05
Beth Jones	8:19

Editor's Note! Apologies to the Jones family for not

publishing their great Fall running in the last newsletter. To all members, please keep me informed of your out of town race results so they may be recognized in the newsletter.

Feb. 4, Lynchburg - VES Arctic 10K

When runners answered the gun for the twenty-fifth running of the VES Arctic 10K road race, conditions were anything but arctic. Instead, the field was greeted with sunshine and temperatures in the upper 40's. With the weather cooperating, the bif challenge was the out and back course, which featured a few steep hills and rolling terrain while winding its way through the scenic Rivermont Avenue and Riverside Park.

Fincastle's Steve Crowder and Forest's Shannon Saunders paced the field on this beautiful race day. Crowder and Danny Fink of Swoope, Virginia, moved to the front shortly after the gun sounded, and the race was on. As they hit the first big hill about a half mile into the race, Crowder began to open a gap and took a lead he would not relinquish. His finish time of 31:38 eclipsed the 35:36 time of last year's winner James Johnson, who is now coaching track and cross-country and teaching science in Washington State.

Finishing second, Danny Fink, a wiry and quick runner, ran a 32:24, an improvement of 23 seconds from his 1999 race when he was second behind Johnson. In third place was Vince Decker of Nathalie with a time of 36:42. It appears that the top three trophy winners represented the Foreign Legion in that none of them were local - they all came from afar!

In the girls field local high school super star Shannon Saunders followed the same tact by moving to the head of the field on the VES Road hill and, once on the level terrain of Rivermont Avenue, she was gunning to beat her last year's time of 40:13. Her time of 39:01 lowered her mark by 74 seconds, and she improved her finish from thirteenth to eighth. In fifteen place, claiming second female overall was Shannon's sister Kristen Saunders, who ran a 41:25, an improvement over her 41:42 of last year. Veteran Arctic Road Racer Nancy Ferris claimed the third-place trophy with a time of 42:12.

In the high school division it was the boys and girls from Gretna High School who made the trek for the race. There were nearly fifteen runners from "Wayne's World." Coach Wayne Owen has made Gretna a hot bed of running for young people in recent years! The Jefferson Forest girls had the highest finishes, but Gretna's numbers were impressive.

Gretna's Jared Roncaglione led a band of Hawks as he finished sixth overall with a time of 38:05. VES's Peter Ungerleider was the first Bishop to cross the line in sixteenth place at 41:27, and behind him were Hunter

Moore, Ruffner Alexander, Bruce Dickey, Meredith Brebner, Stephany Baun, Lyndsay Polloway, and Andrew Mitchell.

As in the past, there were members of same families participating. In addition to the SAUNDERS sisters, there were Amy and "Mouse" Andrews of Liberty University. There was the mother and son duo of Donna Headley and Justin Headley, and father and son combination of Jack Cassidy and Taylor Cassidy, and maybe because there was no Sunday afternoon football there were the husband and wife tandems of Eddie and Rie Godsey, Dennis and Maxine Montague, and Kriss and Ann Freeman.

2001 ARCTIC ROAD RACE AGE DIVISIONS

MALE 14 and Under

Name	Place	Time
1. Jojo Kendrick	33	45:53
2. Drew Flowers	45	48:39
3. Troy Human	72	54:53

MALE 15-20

Name	Place	Time
1. Chris Moreland	5	38:03
2. Jared Roncaglione	6	38:05
3. Andy Whitacre	10	40:03
4. Kevin Worsham	11	40:08
5. John Williams	14	41:08
6. Peter Ungerleider	16	41:27
7. Hunter Moore	21	43:15
8. Andrew Toothman	22	43:23
9. Ruffner Alexander	39	46:32
10. William Smith	43	47:41
11. Bruce Dickey	65	53:21
12. Andrew Mitchell	108	73:20

MALE 20-29

Name	Place	Time
1. Steve Crowder	1	31:38
2. Michael McPhatter	4	37:18
3. Peter Gibbs	19	42:44
4. Chad Evans	37	46:17
5. Kerry Hogan	47	48:52
6. Brian Irvin	57	51:38
7. Taylor Cassidy	90	58:38

MALE 30-39

Name	Place	Time
1. Danny Fink	2	32:24
2. Vince Decker	3	36:42
3. Darrell Wargo	7	38:55
4. Paul Triska	9	39:44
5. Chris Bright	25	43:35
6. Thomas Mohr	30	44:42
7. Joseph Hertzberger	32	45:34
8. Glenn Campbell	52	49:41
9. Bob Weaver	54	51:02
10. Danny Rivers	70	54:22
11. Jimmy Davis	71	54:23
12. Jim Kent	83	56:40
13. Kevin Mock	94	59:48

MALE 40-49

Name	Place	Time
1. Ron Riscart	12	40:28
2. Mitch Overstreet	43	43:27
3. Jack Cassidy	35	46:06

4. Taft Yeatts	38	46:30
5. Paul Fast	46	48:47
6. Wayne Owen	48	48:56
7. Frank Villa	49	49:12
8. Bruce Gerlich	53	50:33
9. Kriss Freeman	63	52:59
10. Gary Hatmaker	67	54:35
11. Chuck Wall	75	55:53
12. Eddie Godsey	81	56:27
13. Ken Schmidt	101	65:49

MALE 50-59

Name	Place	Time
1. Bob Hartless	13	40:55
2. John Justice	18	42:34
3. Sam Fuller	42	47:14
4. Dave Eckes	44	48:31
5. John Southerland	56	51:24
6. Larry Spencer	60	52:22
7. Paul Sherburne	68	54:36
8. Larry Scott	78	56:12
9. Tommy Craven	104	67:59

MALE 60 and Over

Name	Place	Time
1. Tommy Harris	41	47:13
2. John Kurisky	89	58:28

FEMALE 14-19

Name	Place	Time
1. Shannon Saunders	8	39:01
2. Kristin Saunders	15	41:25
3. Jennifer Bing	34	46:03
4. Ashley Armistead	36	46:09
5. Meredith Brebner	66	54:30
6. Stephany Baum	74	55:16
7. Lyndsay Polloway	79	56:14
8. Stephanie Mangall	84	57:51
9. Jennifer Irby	85	57:52
10. Rebecca Gardner	92	58:45
11. Kristin Fast	98	60:09
12. Nicole Taylor	99	60:11

FEMALE 20-29

Name	Place	Time
1. Lucy Heil	29	44:21
2. Mouse Andrews	40	46:41
3. Kerri Gwinn	58	51:43
4. Tammi Austin	59	51:44
5. Amy Andrews	91	58:44

FEMALE 30-39

Name	Place	Time
1. Susan Johnson	20	43:09
2. Sarah Davidson	24	43:31
3. Lisa Hannell	51	49:38
4. Stephany O'Brien	55	51:04
5. Alice Pond	62	52:58
6. Heather Royer	64	53:00
7. Sophia Harvey	76	55:55
8. Laura Bailey	77	56:09
9. Susan Robinson	87	58:07
10. Wendy Golden	93	59:20
11. Robin Taylor	100	50:11
12. Linda Johnson	102	66:10

FEMALE 40-49

Name	Place	Time
1. Nancy Ferris	17	42:12
2. Sue Jones	27	43:59
3. Lori Flowers	50	49:13
4. Ann Freeman	61	52:28
5. Yvonne McMahon	73	55:11
6. Sue Whitacre	80	56:19
7. Grace Fredrickson	82	56:28
8. Toinette Staley	86	58:07
9. Judith Zerfoss	88	58:13
10. Marie Godsey	95	59:58
11. Marta Ruggles	96	59:59
12. Maxine Montgomery	97	60:02
13. Nancy Price	103	66:19
14. Nancy Blacker	105	69:48

FEMALE 50 and Over

Name	Place	Time
1. Eloise Mason	106	69:49
2. Mary Ann Craven	107	70:28

Feb. 17, Appomattox - Holiday Lake 50K

by David Horton

After the Holiday Lake race last year, I thought about dropping the race and starting a new 50K on Liberty Mountain trails adjacent to Liberty University (LU) where I teach. However, in the face of much opposition, I decided to keep the Holiday Lake, but add a new race, the Promise Land 50K, and institute the Lynchburg Ultra Series. In hindsight, I am glad that I did not drop the Holiday Lake 50K. In 2000, we had 112 starters. This year we had 156 starters, from 13 states! Why the growth? I'm not sure, but I think some of it was the Series aspect and also the fact that ultrarunning, especially on trails, is catching on in our area, as witnessed by the fact we had 34 local finishers!

Another reason that I am glad that we continued the Holiday Lake 50K is because of the setting. The Holiday Lake 4-H Educational Center is a perfect setting for the race. Food, lodging, start and finish, are all at one place. Richard Pulliam, the director of the center, and Christine Glover, the head cook and all of the Holiday Lake staff made us feel welcome and were extremely gracious hosts, catering to our every need. Christine and her staff prepared an excellent pre-race meal consisting of meat and meatless spaghetti and meat and meatless lasagna, a garden salad and several tasty desserts. They also prepared a great post-race chicken meal as well. We could not ask for better hosts.

The pre-race favorite this year was Clark Zealand who had tied for first in 2000 with Courtney Campbell (who was not entered in this year's race). I thought the race belonged to Clark with possible threats from Scott Wolfe (Brevard, NC), Wes Kessenich (Ruckersville, VA), and Clark's brother Mike Zealand who finished 5th in 2000. Little did I know (or anyone else) that a darkhorse was in the field. The week before the race, a runner named Andrew Herr (Latrobe, PA) called and asked if he could

enter. Tim Hewitt of Greensburg, PA had suggested the Holiday Lake as a good race for his FIRST ultra. Not receiving his entry until just before the race, I did not notice that he had run a 2:21 marathon!?!?! Later, I and everyone else would take notice.

In the women's field, the favorite was Francesca Conte (Charlottesville, VA). Francesca had finished 2nd at the 2000 MMTR 50 Miler and had run a very fast 50K race in January of 2001. Rebekah Trittipoe, of Lynchburg and course record-holder, had been expected to give Francesca some strong competition, but became sick a few days before the race, and was not her true race form. Terri Handy (Philadelphia, PA) had also run very strong at the 2000 MMTR and was expected to be a threat as well.

The field also included 15 LU students and four staff members with all but one, who was sick before she even started, finishing the race! Who says you have to be old to run ultras? Nine of them were finishing their very first ultra. Also, two of the five aid stations were manned by LU students.

Charlie Hesse and I had marked the course on Wednesday of race week with white and red streamers and flour marking the turns. It rained Thursday and Friday and very hard Friday night. Most of the flour arrows were washed away by Saturday, but the streamers were still in place. I drove around and placed new arrows at many of the turns.

Fortunately, the rain stopped during the night and race day turned out perfect for the runners: cool, sunny, and breezy, but a little muddy in a few places. The rain also increased the size of the two stream crossings on each of the two loops. There were even sightings of a giant frog and a very large snake at one of the stream crossings! Snakes and frogs out in February? That's Virginia for you!

As expected, Clark Zealand jumped to the front of the pack, but the unknown Herr went right with him. They checked through the first aid station (3.5 miles) together, but Herr pulled to a two minute lead by aid station 3 (9.0 miles) and a four minute lead by 12 miles. His lead stayed in the range of 4-5 minutes through 19.3 miles. Ultimately, Herr pulled away to shatter Courtney Campbell's course record by over 12 minutes, finishing in 3:40:30! Clark finished just seven seconds over the former course record in a time of 3:51:52. Clark ran a great race and is one of the best ultra runners in the nation, but his leg speed was not up to Herr's on this day. Questioned if he would run another ultra, Herr reported that he was going back to the faster races!! My guess...he'll be back!

Wes Kessenich finished in a fine time of 4:07:24. Issac Rattin, first time ultra-runner, LU student, and former

cross-country runner, finished in 4th place with a time of 4:17:41, despite the fact that he started 11 minutes late!!! Mike Zealand finished 5th in 2000 and 5th again this year in 4:29:21.

All three top seeded ladies, Conte, Trittipoe, and Handy, checked into the first aid station at the same time. By the second aid station (6.3 miles), sickness had slowed Trittipoe down considerably. However, Conte and Handy stayed together through 9.0 miles. By aid station 4, Conte had moved out to a two-minute lead over Handy only increasing it to three minutes at the turn around at 15.7 miles. Conte had been running with Russell Gill until this point, but put the hammer down, left Gill, and had a 10-minute lead on Handy by 19.3 miles and never looked back. The only question was whether or not she would get the course record. With a 2:30 first half, she was able to run 2:29 for the second half and get a negative split, falling five minutes short of the course record, but achieving a great win.

The 2nd place finisher in the ladies field was a surprise as well. Bethany Hunter, like Isaac Rattin, a student at LU also started 11 minutes late and slowly and steadily moved through the field. Bethany was the 9th place female at the halfway point getting there in 2:47, despite her late start. Bethany slowly moved up through the ladies field finally passing the 2nd place lady (Terri Handy) just before 27 miles. Bethany's second half was run in 2:37! Only one minute slower than her actual running time on the first lap.

Handy took 3rd in 5:29:29 with Mary (Mouse) Andrews taking 4th in 5:41:04 and Janice Bales (Afton, VA) taking 5th in 5:42:06.

The master's winners were Janice Bales and Russell Zellmer (Shawsville, VA), a first time ultra-runner, finishing in 4:42:51. In fact, three of the top eight runners were first time ultra-runners!

The grand masters went to Frank Probst (Burke, VA) in 5:15:36 and Meredith Bonta (Riva, MD) in 6:46:28. The super masters winner was Stan Neumann (Timonium, MD) in 6:13:54.

The infamous and hard-earned Best Blood Award went to Bill Fornoff (Jarrettsville, MD). Bill had a nasty gash with blood running down his knee and leg and had caked up nicely!

The overall winners received embroidered golf shirts. Other sub 7 ½ hour finishers received a silk-screened duffel bag.

John Price (Virginia Beach, VA) and Mike Kennedy (Raleigh, NC) finished the 2001 Holiday Lake, and are the only two runners who have finished all six Holiday

Lake races.

I would also like to thank Montrail, Conquest, Patagonia and Frank Villa Optometry for helping sponsor this race. Without their help, we could not have a such a successful event with quality awards, shirts and prizes.

The 2001 Holiday Lake 50K was an event for runners to get together, eat, fellowship, renew old friendships, meet new ultra-runners, and run 31 Horton miles.

Hope to see you at the Promise Land 50K on April 28, 2001 and the MMTR 50 on October 20, 2001.

Local Finishers

Place	Name	Time
2	Clark Zealand	3:51:52
4	Isaac Rattin	4:17:41
5	Mike Zealand	4:29:21
9	Andrew Thompson	4:54:40
17	Vince Decker	5:05:08
24	J.T. Witt	5:20:48
26	Bethany Hunter	5:24:25
33	Jeremy Mixon	5:31:36
38	Greg Snowman	5:39:51
39	Blanks Blankinship	5:40:13
46	Amy Thompson	5:45:46
48	Rebekah Trittipoe	5:51:17
52	Andrew Wilds	5:54:24
53	Terri Ripley	5:56:09
53	Wilbert Hooper	5:56:09
56	Lesley McPhatter	5:57:15
60	Darrell Wargo	6:02:20
65	Matt Mercer	6:08:36
84	Donnie Wilkerson	6:19:08
90	Bethany Charron	6:23:18
95	Alden Fahy	6:27:26
108	Jim Pereira	6:43:14
108	Cheryl Jones	6:43:14
110	Frank Villa	6:46:11
118	Theresa Boyes	6:57:31

119	James Price	6:57:39
120	Brady Bunnell	7:00:44
<u>Place</u>	<u>Name</u>	<u>Time</u>
124	Deborah Duryea	7:04:41
125	Richard Golden	7:07:02
127	Rebecca Peterson	7:08:43
130	Harold Henderson	7:12:09
133	Larry Haaks	7:17:17
138	Walter Rawle	7:22:17
140	Kerri Paine	7:34:20

THE MMTR

Of all the races I run there's a special one that is my favorite by far. It's a son of a gun, but it's the one, Brother Horton's fifty-mile MMTR.

I've run it fourteen times already, but don't you see Just to finish within the limit at 63 has become quite a challenge now for me.

So, if somehow when I'm 70 there's a Ken Karcher award for me, I'll surely thank my lucky star.

Bernie The Bard

UPCOMING RACES

March 10, Goode, Va - Goode What Goes Down Must Come Up 4 Mile Handicap, 9:00 a.m.
See Flyer & Registration Form, enclosed.

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

March 17, Danville - St. Patrick's 5K
Info: Anne Jones (804) 793-5422.

March 17, Roanoke - Shamrock Hill 5K
Info: Mike McFadden (540) 977-0588, or Debbie Stump (540) 982-3532.

March 31, Richmond - Monument Avenue 10K
9:00 a.m.; \$15 before 17 March; Info. (804) 285-9495, or on the Web at www.sportsbackers.org

April 7, Charlottesville - Charlottesville Ten Miler
7:45 a.m.; Info. (804) 293-3367

The Milepost

April 7, Roanoke - Helathy Play 5K & 10K
Info.; Star City Striders (540) 966-RUNN.

April 7, Raleigh, NC - Umstead 100 Mile Run
6:00 a.m., Info: Blake Norwood (919) 847-7613 (h)

April 14, Lynchburg - Tune-Up Race Series 5K
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

April 28, Bedford - Promised Land 50K Trail Run
5:30 a.m. Info: David Horton (804) 239-1324 (h), 582-2386 (w). Web: www.extremeultrarunning.com

April 28, Charlottesville - Dogwood Track Classic
Info: (804) 293-3367

April 28, Vinton - Dogwood 5K Challenge
Info: (540) 343-3685

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 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

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

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)
e-mail: lmcphatter@lynchburgnephrology.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

Riverside Roadrunners

10% on all Roadrunner items.
New store on Rivermont Ave.
Tues. - Fri. 3:30pm - 7:30pm
Saturday, 8:00am - 6:00pm

THE MILEPOST

P.O. Box 11223 Lynchburg, Va. 24506

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