

# The Milepost

P.O. Box 11223 Lynchburg, Va. 24506

Jan. / Feb. 2002

## The Presidents Column

Merry Christmas and a Happy New Year 2002. May the upcoming year bring health and prosperity to the valued members of the Lynchburg Roadrunners. To those members training for the winter / 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, the VES Arctic 10K will be held the first Sunday of February – see application in this newsletter. David Horton will once again host the Holliday Lake 50K ++ on February 17 in Appomattox. Both of these events are great fun and all members are encouraged to train and to participate, either as runner or volunteer. Race Directors are always in need of volunteers.

Your executive committee has remained essentially unchanged from the year 2001 slate of officers. A sincere Thank You is extended to Darrel, Wendy, Nancy, Mary Ann, and Vic for the continued service to the group and for their commitment to provide a guiding hand to LRRC for another year. Now, all we need is a President. Who will step up to the plate and add to their resume of good deeds accomplished!

After deliberation at the November 2001 monthly meeting, the executive committee concurred that the club should continue our focus on races and fun runs. Monthly club meetings have been organizational in nature and will continue to be until so directed by a new club president. 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 not be advertised in the local newspaper. However, the membership is encouraged to attend the monthly meetings and to bring items of concern forward under the heading of New Business.

With our continued focus on increasing the number of races and fun runs for the membership, we have decided to reintroduce the New Year's Day Fun Run for members. All the details are explained in this newsletter.

Congratulations to Steve and Cathy Morris on their successful first full year at their running shoe store, Riverside Runners, on Rivermont Ave. We thank them for their enthusiastic support of our club and the running community in the Lynchburg area. Don't forget that LRRC members receive a discount, so it's

worth your effort to check out this store.

And finally, its dues time again. You will find a membership form on the last page of this newsletter. Please consider the value you receive from your membership dollars. As a member of the LRRC you'll receive benefits and services designed to help you get the most out of your running experience. Your membership helps to enhance the Lynchburg area's running community by providing this local newsletter, as well as your membership in the Road Runners Club of America (RRCA), from which you receive Outlook magazine and through which your club provides insurance for sponsored races. We are making a special effort to improve the quality of youth running activities by sponsoring several races tailored to children, like Sue Jones' "Spring Into Spring Youth Run", and Bret Boman's Summer Track Series, and Mary Ann Craven's "Stephenson Memorial Youth Run". So please consider the support that your membership dollars provide to the local running community and send your membership renewal in January. Better yet, save a buck and renew at the Fun Run on 1 January.

I wish you happy and safe running in the year 2002, and look forward to seeing you on the roads training and at many of the races as participant or volunteer.

Vic Galan  
Newsletter Editor

## 2002 LRR OFFICERS

President	"Open"
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 January, 2002  
at the Monte Carlo Restaurant  
Old Forest Road  
6:30 Diner  
7:00 Meeting

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 the challenges the club faces this year.

The February meeting will be held at the Monte Carlo Restaurant at 6:30 pm on Tuesday, 12 February, 2002.

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.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 November, 2001

The December meeting of the Lynchburg Roadrunners was held on Tuesday, 13 November, 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.

### Treasurer's Report - \$769.11

A discussion of the equipment was held. Equipment Manager Darrell Wargo reported a donation of \$50.00 from equipment use at the Mountain Masochist. Thank you race director Dave Horton.

The executive committee determined earlier this year that when the LRR equipment is loaned out for events that are not associated with the club, the race director will be informed that a donation to the LRR Club would be appreciated. However, a receipt of a donation is not the sole basis for determining the loan of club equipment. After all, the purpose of our club is the promotion and sponsorship of races. A donation is asked to offset equipment upkeep.

Walter Rawle, outgoing club president, reported that the Road Runners Club of America (RRCA) provides liability insurance in the membership fee (\$394).

It was decided to bring back the New Year's Day Fun Run. Bret Boman will lead this effort. Time is 10:00 a.m. on New Year's morning. There will be refreshments served after the run and \$1.00 off for membership renewal.

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

"Running is the classical road to self-consciousness, self-awareness and self-reliance. Independence is the outstanding characteristic of the runner. He learns the harsh reality of his physical and mental limitations when he runs. She learns that personal commitment, sacrifice and determination are her only means to betterment. Runners only get promoted through self-conquest."

Noel Carroll

## The Bozeman Trails

All nine members of the "Running Color Guard" crossed the finish line of the Virginia 10-Miler together in just under 95 minutes. We stuck together and ran together as a matter of showing national pride. Some of the Guard could have run this race in 65 minutes or less, but they slowed down to stay together.

The other half of the Bozeman's finished in a super time of 1:21:16 and placed third in her age division.

At the Marine Corps Marathon, Debbie ran a 3:56 by herself while I ran to my Marine buddy's slower pace and finished in 4:13 carrying The Colors.

Not to rest on our laurels, three weeks later Debbie and I ran together her 7<sup>th</sup> "last time" and my 14th JFK 50-miler in Maryland in a time of 9:53. If you put all this together with the MMTR-50+++ (see Rick Brooks account in the Nov. / Dec. Newsletter) you can see why my quads are still very unhappy with me. I don't know how Horton and those guys can do mega mileage back to back - and I don't want to know as I may try it.

## RACE RESULTS

### Nov. 10, Richmond - Richmond Marathon

A clear, beautiful day for marathoning about the city of Richmond. As usual, the course was well tended with liquid refreshment, time at every mile, and music to take your mind off your troubles.

The following local runners participated in the fun.

<u>Name</u>	<u>Time</u>	
Catherine Phillips	3:04:36	4 <sup>th</sup> OA Women
Brad Fitzgerald	3:13:22	
Ronald Riscart	3:14:16	
Carl Thurston	3:14:19	
Nancy Ferris	3:23:06	1 <sup>st</sup> Age Group
Preston Evans	3:30:52	
Jack Cassidy	3:33:36	
Tommy Harris	3:41:13	2 <sup>nd</sup> Age Group
Sue Jones	3:41:57	
Wilbert Hooper	3:42:48	
Van Phillips	3:43:20	
Paul Carrasco	3:45:38	
Eddie Steuart	3:47:05	
Christopher Palladino	3:50:32	
David Miller	3:52:52	
Heather Royer	4:08:01	
Joe Gearhart	4:36:18	
Alan Jones	4:53:00	
Tom Gerdy	5:01:08	
David Mcaden	5:02:36	
Steve Royer	5:02:37	
Daniel Lovern	5:02:37	
Brandon Robertson	5:04:14	
John Kurisky	5:08:54	

<u>Name</u>	<u>Time</u>
Craig Tiller	5:17:19
Anne Gibbons	5:23:55
Christa Peterson	5:47:26
Eileen Kane	5:52:32
Carolyn Cyrus	6:35:26
Theresa Toms	6:35:26
Vic Galan	DNF

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

<u>PL.</u>	<u>Name</u>	<u>Time</u>
<b>Overall Female</b>		
1	Catherine Phillips	1:26:19
3	Donna Elder	1:34:43
5	Lisa Hannell	1:36:32
<b>Women 19 and under</b>		
3	Erin Richter	2:31:12
4	Kelly Sandiford	2:34:33
<b>Women 30 to 34</b>		
2	Paula Skulina	1:52:30
<b>Women 35 to 39</b>		
2	Terri Ripley	1:39:50
13	Anita Martin	2:18:00
14	Linda Johnson	2:23:10
<b>Women 40 to 44</b>		
1	Beth Wright	1:46:44
10	Lisa Light	2:09:36
<b>Women 45 to 49</b>		
12	Nancy Hein	2:15:41
<b>Women 50 to 54</b>		
4	Jeanie Stone	2:13:41
<b>Men 30 to 34</b>		
3	Darrell Wargo	1:22:16
<b>Men 35 to 39</b>		
5	Grattan Garbee	1:26:05
<b>Men 40 to 44</b>		
8	Andrew Wilds	1:39:17
13	Dan Rooney	1:45:34
<b>Men 45 to 49</b>		
3	Craig Miller	1:34:57
17	Steve Lowry	1:52:31
<b>Men 50 to 54</b>		
28	John Hammerstein	2:13:08
<b>Men 60 to 64</b>		
1	Bernie Davis	1:52:08
<b>5K Results</b>		
<u>PL.</u>	<u>Name</u>	<u>Time</u>
<b>Overall Female</b>		
5	Meg Dailey	21:26
<b>Women 10 to 14</b>		
2	Holly Mills	22:02
<b>Women 15 to 19</b>		

2 Andrea Copsey 24:13

### 5K Results (continued)

<u>PL.</u>	<u>Name</u>	<u>Time</u>
<b>Women 25 to 29</b>		
1	Tamara Jamerson	26:25
<b>Women 40 to 44</b>		
1	Donna Copsey	25:26
2	Judy Zerfoss	26:54
<b>Women 50 to 54</b>		
2	Sue Hall	27:48
<b>Men 10 to 14</b>		
4	Ben Dailey	21:21
5	Sam Dailey	23:33
<b>Men 15 to 19</b>		
5	Kirby Mills	18:46
4	Tim Dailey	23:29
6	Bernie Copsey	24:05

### Nov. 22, Lynchburg Genesis House Turkey Trot 5K and Youth Mile

Over 200 runners gathered on a sunny, crisp morning for the Genesis House Turkey Trot 5k on Thanksgiving Day. At the sound of the gun the race got started with the lead pack taking charge over the challenging hills. Ben Schowe of Appalachian State ran strong and took the lead at the halfway point. He went on to win in 16:46. Cate Jackson, a local high school runner was the womens' champion for the second year in a row with a time of 20:04.

Almost 50 children ran in the youth mile. Matthew Kadak defended his championship from last year and won in 6:06. Megan Rinckel won for the girls in 6:40

Proceeds from this race benefit the children at the Genesis House.

### **MEN**

<b>Pl. Name</b>	<b>OA</b>	<b>Time</b>
<b>Overall</b>		
1. Ben Schrowe	1	16:46
2. Dustin Rosser	2	17:12
3. Daniel Boyers	3	17:16

### **13-Under**

1. Reed Kramer	27	20:07
2. Ryan Owens	29	21:17
3. Ben Dailey	53	22:00
4. Paul Overstreet	64	22:39
5. Brendan Heisler	72	23:07
6. Sam Dailey	80	23:31
7. Daniel Inge	89	23:52
8. Kyle Broda	102	24:52
9. Matt Warwick	141	27:14
10. John Broda	174	30:37

### **Pl. Name OA Time**

<b>Pl.</b>	<b>Name</b>	<b>OA</b>	<b>Time</b>
<b>14 - 19</b>			
1.	Luke Thomas	5	17:42
2.	Brad Fitzgerald	8	17:51
3.	Topher Hackworth	10	17:54
4.	Joe Parker	15	18:36
5.	Andy Whitacre	16	18:41
6.	Kirby Mills	18	19:24
7.	Matt Abatecola	21	19:49
8.	John Williams	24	20:00
9.	Chris Moreland	33	20:30
10.	Barry Wilhelm	43	21:11
11.	Paul Inge	47	21:33
12.	Drew Tatom	48	21:34
13.	Forest Ripley	56	22:06
14.	Patterson Wilhelm 61	22:28	
15.	Cody Grey	62	22:30
16.	August Heisler	63	22:32
17.	Brian Hutchison	68	22:56
18.	Dustin West	84	23:34
19.	Cam Wall	88	23:49
20.	Win Farlow	92	24:05
21.	Zach Barrett	93	24:06
22.	Andy Morris	94	24:11
23.	Matt Rinckel	96	24:20
24.	Will Ramsey	97	24:24
25.	Ben Maxwell	127	26:26
26.	Richard Suddith	159	28:39
27.	Matthew Bennett	176	30:44

### **20-24**

1.	Michael Wortley	4	17:27
2.	Dan Prince	6	17:46
3.	Brian Englestad	23	19:56
4.	Zack Gettinger	44	21:29
5.	Patrick West	59	22:16
6.	Matthew Morris	81	23:32
7.	Jonathan Bashan	134	26:48

### **25-29**

1.	Michael McPhatter	12	18:01
2.	Tom Lipscomb	13	18:15
3.	Kevin Budd	28	20:14
4.	Mark Freeman	67	22:54
5.	Greg Dean	70	23:03
6.	Taylor Cassidy	115	25:44
7.	Jesse Shieh	182	31:11

### **30-34**

1.	Jeff Harrington	9	17:53
2.	Gary Morris	22	19:54
3.	Jeff Fedorko	30	20:18
4.	Steve Morris	38	20:54
5.	Paul Schmidt	77	23:19
6.	David Wright	118	25:48
7.	Greg Briggs	191	36:20

### **35-39**

1.	Paul Bishop	7	17:49
2.	Craig Schwartz	11	17:57
3.	Gratten Garbee	14	18:20
4.	Vince Decker	17	19:03
5.	Scott Kadak	20	19:46
6.	George Cook	40	20:58
7.	Melvin Lusk	57	22:12
8.	Martin Owens	60	22:17
9.	Jimmy Davis	74	23:14
10.	Michael Kirkpatrick	82	23:33

11.Gary Thacker	91	23:58
12.Todd Pickett	112	25:37
13.Mitch Nuckols	116	25:46
14.Charlie Thomas	121	26:02

### 35 - 39 (continued)

Pl. Name	OA	Time
15.Scott Wilson	151	27:57
16.John Carrington	158	28:38

### 40-44

1. Brad Fitzgerald	19	19:33
2. Peter Worford	25	20:03
3. Andrew Wilds	35	20:37
4. Larry Jackson	37	20:53
5. Kevin Shroyer	51	21:47
6. Doug Cole	66	22:49
7. Daniel Carey	75	23:15
8. Stephen Horton	78	23:26
9. Tim Dailey	79	23:27
10.Bernie Copsey	85	23:35
11.Darryl Metts	98	24:34
12.Jay Gamble	99	24:35
13.Jim McFarland	104	24:59
14.Stuart Hill	108	25:12
15.Charles Weiss	114	25:40
16.Donnie Newman	140	27:04
17.Bruce Gerlich	157	28:33
18.Jim Heisen	166	29:15
19.Mark Rinchel	169	30:02
20.Brad Butler	187	32:02

### 45-49

1. Craig Miller	32	20:27
2. Michael Morris	36	20:45
*3. Jack Cassidy	41	20:59
4 Ken Duncan	49	21:43
5. Charlie Jones	50	21:46
6. David Miller	58	22:13
7. Charlie Hesse	71	23:06
8. Tom Gerdy	107	25:09
9. Chuck Wall	119	25:54
10.Michael Smith	123	26:10
11.Champ Hardie	138	27:01
12.Chris Barrett	143	27:15
13.Bill Johnson	152	28:03
14.Barry Wilhelm	181	31:06
13.Mitch Nuckols	116	25:46

### 50-54

1. David Horton	31	20:19
2. David Vaughan	54	22:01
3. Wayne Hutchison	73	23:08
4. Tom Brickhouse	76	23:17
5. Sam Fuller	89	23:52
6. Richard Morris	100	24:46
7. Tim Parker	113	25:39
8. Brad Malcolm	131	26:40
9. Robert Boberg	162	28:55
10.Ben Schowe	167	29:28
11.Douglas Baum	194	36:44

### 55-59

1. John Justice	42	21:01
2. Harold Ingram	45	21:32
3. Roger Stoudt	105	25:00
4. Larry Scott	128	26:27
5. Bob Foster	132	26:41
6. Tommy Craven	163	29:00
7. Gerald Carney	198	37:20
8. Peter Manion	199	38:08

9. John Price	203	41:59
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### Pl. Name OA Time

Pl. Name	OA	Time
<b>60-69</b>		
1. Tommy Harris	52	21:53
2. Marshall Wakat	111	25:25
3. Vic Galan	173	30:31

### WOMEN

Pl. Name	OA	Time
<b>Overall</b>		
1. Cate Jackson	26	20:04
2. Nancey Ferris	34	20:33
3. Donna Elder	39	20:57

### 13-Under

1. Holly Mills	69	22:57
2. Alaina Copsey	122	26:08

### 14-19

1. Meg Dailey	55	22:04
2. Sallie Ford	65	22:41
3. Andrea Copsey	86	23:38
4. Stephanie Bach	106	25:02
5. Caroline Labrecque	109	25:17
6. Jessica Maggi	110	25:24
7. Lindsay Polloway	137	26:54
8. Becky Jones	153	28:06
9. Sarah Scruggs	155	28:28
10.Kathryn McCann	175	30:40
11.Allison Glass	177	30:47
12.Stephany Baum	193	36:35

### 20-29

1. Mason Morris	46	21:33
2. Jennifer Beeker	83	23:33
3. Mouse Andrews	87	23:48
4. Liv Heggoy	124	26:22
5. Megan Grey	125	26:23
6. Kelly Hudson	130	26:33
7. Hillary Foster	133	26:42
8. Shannon Greg	136	26:54
9. Christy Howard	139	27:02
10.Angie Miller	146	27:30
11.Karen Rhoden	147	27:37
12.Emily West	148	27:37
13.Lisa Labrecque	154	28:26
14.Melissa Short	170	30:23
15.Lindsay Newman	180	30:54
16.Laura Miller	184	31:15
17.Sarah Lindeman	185	31:19
18.Lauren Fortgauf	186	31:57
19.Sarah Briggs	192	36:26
20.Allison Manion	195	36:46
21. Kate Madigan	196	

### 30-34

1. Donna Rinker	91	23:58
2. Leigh Cheatham	120	26:01
3. Sandra Rhoads	142	27:15

### 35-39

1. Donna Davis	90	23:56
2. Heather Royer	95	24:17
3. Sophia Decker	126	26:25
4. Mary Stewart	145	27:29
5. Linda Johnson	183	31:13
6. Cindy Sellers	188	32:09
7. Martha Massie	189	35:16
8. Judy Wilson	190	35:46

<b>Pl. Name</b>	<b>OA</b>	<b>Time</b>
<b>40-44</b>		
1. Marianne Ramsey	103	24:58
2. Rita Maggi	117	25:47
3. Donnna Copsey	135	26:52
4. Pat Aronson	149	27:42
5. Missy Talaldsen	156	28:29
6. Anne Gibbons	168	29:33

<b>45-49</b>		
1. Peggy Scruggs	129	26:30
2. Sue Whitacre	144	27:16
3. Paula Warwick	150	27:51
4. Donna Boberg	161	28:45
5. Marion Wilhelm	164	29:05
6. Thersa Grey	171	30:29
7. Lanaux Hailey	178	30:53
8. Sue Johnston	200	38:13
9. Nancy Price	202	41:59

<b>50-59</b>		
1. Candice Michalik	101	24:47
2. Sue Hall	160	28:44
3. Mary Torrence	165	29:10
4. Patty West	172	30:30
5. Candy Lawhorne	179	30:53
6. Susan Manion	201	38:50

<b>60-Over</b>		
1. Louise Martin	204	42:00

#### **One- Mile Results**

<b>Pl. Name</b>	<b>OA</b>	<b>Time</b>
1. Matthew Kadak	1	6:06
2. Alex Tatom	2	6:06
3. Brian Evans	3	6:33
4. Tripp Taraldsen	4	6:38
1. Megan Rinckel	5	6:40
2. Lauren Crist	6	6:46
5. Christopher Schwartz	7	6:52
6. Conner Schwartz	8	6:56
3. Bylinda Brinkley	9	6:57
7. Matt Ramsey	10	7:08
4. Alyssa Williams	11	7:10
8. Mark Jones	12	7:12
9. Austin Davis	13	7:12
10. Evan Davis	14	7:15
11. Brian Carey	15	7:26
5. Laura Ramsey	16	7:27
12. Chris Schweikart	17	7:30
13. Michael Marshall	18	7:38
14. Cody Stewart	19	7:39
15. Trey Padgett	20	7:42
16. Micah Jones	21	7:43
17. Ryan Glaize	22	7:44
18. John Bullock	23	7:46
6. Frances Carey	24	8:09
7. Annie Dailey	25	8:22
8. Jazzmin Edley	26	8:33
9. Jessica East	27	8:42
19. Travis Marshall	28	8:43
10. Allison Reynolds	29	8:49
11. Whitney Mills	30	8:51
12. Brooke Hutchison	31	8:53
20. Matthew Tatom	32	8:54
13. Dorothy Nugent	33	8:56
21. Jeremy Osborne	34	8:57
14. Mary Brickhouse	35	9:08
15. Danielle Pickett	36	9:09

22. Thomas McGinnis	37	9:18
16. Melissa Smith	38	9:18

<b>Pl. Name</b>	<b>OA</b>	<b>Time</b>
17. Sydney Campbell	39	9:22
18. Ashleish Stearn	40	9:41
23. Patrick McGinnis	41	10:07
24. Alex Garbee	42	10:21
25. Brandon Harrison	43	10:23
19. Alexandra Royer	44	10:25
26. Joel Worford	45	10:32
20. Hailey Garbee	46	13:19
21. Brooke Harrison	47	14:05

#### **Dec. 1, Bedford Peaks of Otter 10K & 5K**

##### **10K Results**

<b>PL.</b>	<b>Name</b>	<b>Time</b>
<b>Overall Female Winners</b>		
1	Karen Black	42:59
2	Donna Elder	43:17
3	Nancy Ferris	44:47
4	Terri Ripley	45:33

<b>Women 13 to 19</b>		
1	Meg Dailey	49:39
2	Sarah Erb	54:25

<b>Women 27 to 34</b>		
2	Tricia Davis	53:07
3	Leigh Cheatham	53:21

<b>Women 35 to 40</b>		
3	Heather Royer	50:21

<b>Women 48 to 54</b>		
1	Sue Hall	59:34

<b>Overall Male Winners</b>		
1	Richard Furguson	37:06
2	Martin Irving	37:21
3	Darrell Wargo	38:59
4	Brad Fitzgerald	40:14

<b>Men 27 to 34</b>		
5	Brandon Robertson	61:16

<b>Men 41 to 47</b>		
2	Eddie Stewart	46:49
4	Tim Dailey	51:08

<b>Men 48 to 54</b>		
2	Jack Cassidy	44:36

<b>Men 55 to 64</b>		
1	John Justice	44:54
2	Richard Kelly	47:25
3	Bernie Davis	51:46
4	John Kurisky	62:30
5	Tom Craven	67:09

##### **5K Results**

<b>PL.</b>	<b>Name</b>	<b>Time</b>
<b>Overall Female Winners</b>		
1	Sabrina Willis	20:47
2	Hollie Porter	22:26
3	Holly Mills	22:33
4	Emily Painter	22:58

2	<b>Women 12 and under</b> Lauren Crist	26:45	
<b>PL.</b>	<b>Name</b>	<b>Time</b>	
	<b>Women 13 to 19</b>		
1	Andea Copsey	23:46	
2	Crystal Laughlin	26:38	
3	Nichole Taylor	43:12	
	<b>Women 20 to 26</b>		
5	Katie Fitzgerald	32:00	
6	Ursula Moore	32:12	
	<b>Women 27 to 34</b>		
5	Tamara Jamerson	28:26	
7	Amy Patton	30:05	
8	Melissa Conner	44:19	
	<b>Women 35 to 40</b>		
1	Debbie Sullivan	24:13	
2	Mary Stewart	27:23	
	<b>Women 41 to 47</b>		
1	Donna Copsey	26:37	
3	Judy Zerfoss	27:48	
	<b>Women 48 to 54</b>		
1	Candice Michelik	25:20	
2	Candy Lawhorne	31:09	
	<b>Women 55 to 64</b>		
1	Karen Porter	32:43	
2	Mary Ann Craven	34:25	
	<b>Overall Male Winners</b>		
1	Steve Crowder	16:20	
2	Jeff Harrington	18:11	
3	Justin Hayth	18:18	
4	Kirby Mills	19:10	
	<b>Men 12 and under</b>		
1	Sam Dailey	23:43	
3	DJ Stone	27:46	
	<b>Men 13 to 19</b>		
1	Jonathan Bryant	19:53	
4	Ryan Almanza	22:03	
5	Brendan Heisler	22:17	
6	Ben Dailey	22:22	
	<b>Men 20 to 26</b>		
1	Jeremy Bryant	19:17	
	<b>Men 27 to 34</b>		
1	Matt Bullington	19:33	
2	Peter Sheldon	20:21	
	<b>Men 35 to 40</b>		
9	Mitch Nuckles	25:48	
10	Richard Jones	27:26	
	<b>Men 41 to 47</b>		
2	Bernie Copsey	23:45	
	<b>Men 55 to 64</b>		
2	Larry Scott	26:09	
	<b>Men 65 and over</b>		
1	Garland Page	31:22	

## 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

Offering 10% to 15% off Manufacturer's Suggested Retail Price to Lynchburg City Roadrunners and student-athletes. We also match Road Runner Sports prices! Phone: (434)846-7449  
Open: Tues. - Fri. 3:30pm - 7:30pm  
Saturday, 8:00am - 6:00pm  
Come see us at 2301 Rivermont Avenue.

## Ragged Mountain Running Shop

3 Elliewood Avenue, Charlottesville, Va 22903  
Hours: Monday-Friday 10-5:30 / Thursday 10-7 / Saturday 10-5:00  
Mark & Cynthia Lorenzoni - 804-293-3367

## UPCOMING RACES

### Jan. 1, Lynchburg - LRRC New Year's Fun-Run With \$1.00 off membership dues for 2002.

Let's kick-off the new year 2002 right with a Fun-Run, followed by refreshments and social time. We'll meet at **10:00 a.m.** in the parking lot at **Riverside Park** for a leisurely paced 3 mile run up the Rivermont sidewalks to Peakland Place and back. The more ambitious can include the Peakland Place loop to make it a 5 mile run. The really worked over reveller can always be guided to a 1 mile jaunt about the Riverside Park path, but no fair getting to the refreshments first.

No fee, no times, no shirts, no awards, no pressure. Refreshments provided!!!! **Plus, Don't Forget, \$1.00 Off Membership Dues for 2002.**

**Feb. 3, Lynchburg - VES Arctic10K,** 2:00p.m. at Virginia Episcopal School campus. Info: Call Reed Finlay at (804) 384-6221 or 384-6352. See Flyer in this newsletter.

**Feb. 16, 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 16, 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](http://www.shamrocksportsfest.com)

## **RUNNING WITH OLD GLORY**

**By  
Steve Bozeman**

With the patriotic theme rampant in America due to the Terrorists Attacks, it was only appropriate that this year's Virginia 10-Miler have a "Military Running Color Guard" run together and finish together. It didn't take much recruiting to find eight other veterans to muster the Color Guard together. Each was excited and glad to display their pride as veterans. Needless to say, the spectators on the course and other runners gave us lots of cheers and encouragement for doing this. By having a stupid accident (aren't they all stupid?) four weeks prior and breaking two ribs on my left side, I was worried that I would be real slow on the Ten-Miler. But I was able to hold my own (Navy guy was slowest) and we all finished in a spectacular photo finish that put all of us on the front pages of The News Advance and the Running Journal magazine.

As some of you already know, I've been running with Ole Glory in the Virginia 10-

miler since 1978 to show my patriotism and to pay tribute to those 58,220 names on the Wall in D.C. I want to personally thank the other veterans who ran with me that day as it was very emotional for me thinking of the current military situation where young men and women will go in harms way.

They cancelled the Army 10-Miler in Washington, D.C. and there was concern that the Marine Corps Marathon would be cancelled the following week. Marines have never been timid and true to form they made it known that the marathon would go on. That was my 24<sup>th</sup> MCM in a row. I couldn't wait to join up with my Marine buddy to carry Ole Glory and the USMC flags the whole distance. Again, I started this tradition in 1978.

Fortunately, they didn't change the marathon course as it runs by the Pentagon at mile five. Seeing the destruction first hand was pretty awesome and we stopped there for a twenty-one second salute. During the race we always stop on Constitution Avenue near the Vietnam Memorial (about the 10 mile mark) and again paid our respect to those veterans.

Thousands of runners had flags and slogans on their t-shirts. I saw about five others carrying large USA flags, which I was glad to see. Patriotism is alive and well in America. What those kooks did by their acts of terror on Sept. 11, 2001 was to make Americans come together and realize that Freedom is not Free.