

The Presidents Column

Cool crisp mornings, the crunch of fall leaves under foot, cross-country set against the Blue Ridge, your 29th VA 10-Miler or maybe your first, your 20th Mountain Masochist 50-miler or maybe your first, perhaps your first road race ever, marathons, a group "Fun Run," little ones racing a mile...there is no doubt these past months have offered us the opportunity to enjoy and appreciate our sport. For most, it's not just a sport but also a lifestyle.

It is for this reason the recent traffic accident involving three club members affects our running community so deeply. Whether you knew Sabrina personally or not, we all share in common the fact that we enjoy running. Sabrina knew the life changing potential of running. She had a goal to start a running club for women in Bedford where she lived. So she did and called it Women in Motion. She dared to dream, and had begun training to qualify for the Olympic Trials. She had a goal of making the Bedford Christmas Classic one of the best races in the area. The race applications were out in September. All that knew Sabrina would agree that her enthusiasm for life was contagious. Her ability to set goals and strive towards excellence was inspiring to many. She will be missed dearly.

On behalf of the Lynchburg Road Runners I extend our deepest sympathy to Kevin Willis and family. A bank account has been set up for the family. (First Citizens Bank, ATTN: Linda West, 130 E. Main Street, Bedford, VA 24523 - Please designate on the check Kevin Willis - Special Acct). The Lynchburg Road Runners will also discuss the creation of a scholarship in her honor. If you would like to be part of this committee please contact me.

Many have asked how they can help. Saturday December 7th is the Bedford Christmas Classic. I encourage all to attend this event either as a participant or volunteer. Runners are traveling to show their support from as far away as Atlanta. Information on this race is located in this newsletter.

If you can't make the Christmas Classic I look forward to seeing many of you at the Richmond Marathon, club meetings, "Fun Runs", and of course, you can't miss the Timberlake Christian Academy Turkey Trot 5K on Thanksgiving if you are in town!

See you on the roads,

Jeff

2002 LRR OFFICERS

President	Jeff Fedorko
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, 12 November, 2002
at the Monte Carlo Restaurant
Old Forest Road
6:30 Diner
7:00 Meeting

Guest speaker:

Dr. Laura Holland
"Chiropractic Care and running."

Business: Nominations will be taken for 2003 Club officers.

The December meeting of the Lynchburg Roadrunners will be held on **10 December, 2002** at the Monte Carlo Restaurant. The business meeting will include election of club officers for the coming year, 2003. Please plan to attend this important meeting.

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 Women's College.

Meeting Minutes - 10 September, 2002

By Nancy Saunders

The September meeting of the Lynchburg Roadrunners was held on Tuesday, September 10, 2002 at Monte Carlo Restaurant. The business portion of the meeting began at 7:00 pm. Eleven members and guests were in attendance.

Treasurer's Report - \$1,108.08 (General Account)

Note: A separate Race Account has been established for the Summer Tune-up Series.

Membership Report - 131 paid members

Our guest speaker for the evening was Bob Sitrer. Bob recently completed the 135-mile Badwater Ultra Marathon. He described his experiences in this grueling race. He achieved his goal in completing the ultra in 44 hours, 33 min. (goal = under 48 hours). He provided information on his preparation for this experience, as well as, the role of others on his crew in helping him complete the race.

The next LRR Fun Run will take place on Saturday, September 14th at 7:30 am at E.C. Glass High School.. The fun run will cover the 10-Miler course.

The Fall Cross Country Series begins with a race at Heritage High School. The entry fee is \$4 and half of the proceeds will be given to the school and the other half to the Lynchburg Roadrunners.

It was reported that the Summer Tune-up Series was a great success. The results are being finalized.

Meeting Minutes - 8 October, 2002

By Nancy Saunders

The October meeting of the Lynchburg Roadrunners was held on Tuesday, October 8, 2002 at Monte Carlo Restaurant. Jeff Fedorko, President, called the meeting to order at 7:00 pm. Eleven members and guests were in attendance.

Treasurer's Report - \$1,321.21 (Race Account)
No information provided for the General Account.
Membership Report - 147 paid members

Our guest speaker for the evening was Bernie Davis. Bernie was a former president of the Lynchburg Roadrunners from 1989-1990. He provided a very interesting discussion on the history of the club and the background on many of the local races in town. Bernie is a very accomplished runner who has finished 27 Virginia 10-milers, over 60 marathons, 20 50-mile races, and 10 attempts at 100-milers (completing four). We were honored to have Bernie as our guest speaker.

The next LRR Fun Run will take place on Saturday, October 12th at 7:30 am beginning at the Forest Post Office. A 10-mile loop is planned. The November Fun Run is planned for Saturday, November 16th with the Roanoke Striders.

The next race in the Fall Cross Country Series will be on Friday, October 11th at 5:30 pm at the

VES home course. The following race in the series will be held on October 15th at the Brookville High School course, located at the corner of Leesville Road and Waterlick Road. Race time is 5:00 pm. There will also be another opportunity for cross country racing on Saturday, October 19th at the Running With the Wolves Invitational. This is hosted by Jefferson Forest High School and will take place at Wolf Branch Farm which is located on Rt. 221 in Forest.

The 20th annual Mountain Masochist 50-Miler will be held on Saturday, October 19, 2002.

The Summer Tune-up Series was a great success. The club recognized the many sponsors and supporters. The men's overall winners were: Mike McPhatter, Chris Moreland and Matt Richards. The women's overall winners were: Catherine Phillips, Sue Jones and Lori Flowers. There were 147 participants in the series. Suggestions for use of the proceeds are: scholarship, club banner and various race equipment.

Craig Cassell, Lynchburg Regional Chamber of Commerce is requesting feedback on the The Virginia 10-Miler which was held on Saturday, September 28, 2002.

Bozeman's Trails:

By Steve & Debbie Bozeman

As most of you know, I'm not much of a swimmer or biker. For that matter, not much of a runner either. I'm not fast, but like an old mule, I can plow out in the hot sun all day long (and sometimes all night as well).

My annual event, which makes me swim and bike a lot during the summer, is the Double Ironman Triathlon (Swim 4.8 miles, bicycle 224 miles, then run 52.4 miles). It is currently held at Lake Anna, Virginia and is the only Double in America.

I finished the Double Ironman in 5th place overall this year in 32 hours and 7 minutes. Nine athletes finished behind me (3 dropped out). First place was from Niles, Mich., 2nd. From France (Fabio), 3rd from Germany, 4th from Switzerland (female) and then old Marine finished and then stud from Italy. Last year at this time I was hurting from my two broken ribs and now one year later I'm hurting (quads, calves, toes) from finishing my 13th Double Ironman Triathlon. I still hold the World Record for finishing more Double Ironmans than anyone else. Believe me, it's a much better "hurt" with a finish under your belt. Not bad for 56 year old guy who trains very little compared to my competitors.

Then Fall rolls around and it's Virginia 10-miler time. Another notch in the belt by running 26 in a row. David Horton's MMTR-50 is always a pleasure to run, but at the same time, you certainly know you been through the mountains – up and down, up and down. My problem in recent years, is I think I can still do the MMTR-50 and then run the Marine Corps Marathon (MCM) the following weekend. I must confess, the "Ironman" is starting to feel it.

The MCM is special to me, being a former Marine and all and being inducted into the MCM Hall of Fame in 2000. This was my 25th MCM in a row and running the MMTR does make it more difficult, especially when you carry OLE Glory for 26.2 miles. It wasn't my best this year (4:22), but it was a finish. In fact, I think I felt as bad this year as my first one, so I guess I haven't got any smarter over the years, because I keep doing them.

In another week, I'll run the Richmond Marathon and two weeks later the JFK-50 with Debbie. This will be my 15th and her 8th JFK-50. By the way, you can finish the JFK-50 about an hour faster than the MMTR-50 for those who are interested.



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FUN RUN

The next LRRC fun run is scheduled for Saturday November 16th at 7:30am. Start is at Riverside Runners on Rivermont Avenue. All abilities welcome. Various distances will be run and refreshments will be available afterward.

CONTRARY

*Advancing age is scary.
Any slower is stationary.
But I'm still not dieing.
So I won't stop trying.
For that I'm too contrary.*

Bernie The Bard

Sam Dailey 6:48, Mark Jones 7:17, Christopher Barker 7:36, Carter Craddock 7:32.

RACE RESULTS

2 September - Buena Vista 5K

<u>Name</u>	<u>Age</u>	<u>Time</u>
Michael McPhatter,	29	17:31
Ashley Armistead17	22:46	
Zack saunders	12	23:23
Lesley McPhatter	38	24:08
Alan saunders	50	26:35

Sept. 28, Lynchburg - Virginia 10 Miler & 4 Miler & Amazing Mile - The results for this popular local race were printed in the Sunday, September 29 edition of the News & Advance. Congratulations to all participants for completing this difficult course.

Special mention goes to local runners Matt Richards and Matt Ripley for their 63:04 run. Sabrina Willis took 3rd in her age group with a time of 69:17. Also, congratulations to Frank McPhatter and Bill Fastabend for completing all Ten Milers since start of the race in 1973.

The amazing Louise Martin, 86, completed her 27th Ten Miler in 2:48:52. Her only complaint? "After I reached 80 I noticed there was a difference and I get pretty tired now."

Oct. 5, Lynchburg - Dr. John A. Stephenson Memorial Youth Run.

Race Director, Mary Ann Craven.

12TH annual John A. Stephenson Memorial Youth Run took place Sat., Oct. 5 2002 in Riverside Park. It was a beautiful day, great turn out, and a lot of happy children. Thank you LLR, couldn't have done it without you.

1 Mile

1st place male - Michael Woollet, 5:50
1st place female - Hannah Snead, 6:24

LRR members

1/8 mile - 3 & under 1/2 mile 6 & 7

Regan Reynolds 1:57, Travis Elder 3:50, Rhyan Reynolds 2:03, Matthew Tatom 3:56, Anna Craven 2:51, Joel Warford 4:37, Rebecca Allison Carter Villa 4:53, John Cook 1:32, Matt McMahon 5:23, Woods Cook 1:55, Alexandra Royer 4:10, Megan McMahon 4:36.

1/4 mile - 4 & 5

Kendall Branham 2:47, Keller Royer 2:44, Corey Elder 7:01(2nd in a.g.), Dalton Reynolds 2:52, Micah Jones 7:43, Jacob Brooks 2:57.

1 mile 8 & 9

Bilynda Brinkley 7:06(1st a.g), Shannon Bing 8:03, Annie Dailey 8:48, Sydney Burford 10:33, JoJo Villa 11:33.

1 mile 10 & 11

1 mile 12 & 13

Jazzmin Edley 7:27, Alex Tatom 6:10 (2nd in age group).

October 19, Lynchburg - Mountain Masochist 50 Mile trail Run

Race Director - David Horton

An elite field of ultra marathon runners competed in the 20th running of the 50+ Mile Mountain Masochist Trail Run. The grueling point-to-point race started from the James River Visitor's Center near Big Island and ended in Montebello near Crabtree Falls. Of the 277 entrants from 29 states and three foreign countries, 242 completed the race, run on dirt and paved roads and narrow trails through the Blue Ridge Mountains. "It was perfect weather for the race, cool with low humidity," race director David Horton said. David's commentary on the race is provided as the feature article in this issue of the LRRC newsletter.

The winners and Local participants are:

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Sex</u>	<u>Time</u>
1	Sean Andrish	33	M 1	7:002:06
2	Courtney Campbell	37	M 2	7:15:00
3	Hans Put	42	M 3	7:22:55
16	Francesca Conte	30	F 1	8:28:37
17	Bethany Hunter	23	F 2	8:29:03
27	Ragan Petrie	36	F 3	8:48:34
54	Gratten Garbee	39	M 47	9:26:50
71	Rebekah Trittipoe	45	F 9	9:44:38
120	Mary Justice	42	F 16	10:27:19
127	Heather Royer	40	F 18	10:35:15
148	Darrell Wargo	34	M 128	10:47:49
165	David Lowry	48	M 141	11:05:25
173	Frank Villa	41	M 147	11:14:31
181	Richard Brooks	52	M 154	11:25:13
181	Steve Bozeman	56	M 154	11:25:13
244	Bernie Davis	65	M 202	12:19:07

And an applause for the effort to:

DNF Jim McFarland	44	M	-----
DNF Sue Hall	52	F	-----
DNF JoAnn Lucy	54	F	-----

Complete results can be found on the Internet at:
www.extremeultrarunning.com

October 27, Washington, D.C. - Marine Corps Marathon - The Lynchburg area was well represented by the following participants.

<u>Name</u>	<u>Age</u>	<u>Sex</u>	<u>Chip Time</u>
Terri Ripley	39	F	3:42:00
Andrew Wilds	42	M	3:55:47
Tommy Harris	63	M	3:56:51
Robert Schumacher,39		M	4:00:31
Richard Stone	55	M	4:21:15
Steve Bozeman	56	M	4:22:33
Richard Brooks		M	4:24:36
Kimberlee Winer	45	F	4:37:48
Debbie Bozeman	48	F	4:45:25
Alice Pond	32	F	4:46:09
Skip Galt		M	4:52:31
Pete Fauber		M	5:26:56
Jeanie Stone	52	F	5:28:45

PAMPLONA

(Newspaper headline: Three injured in first run at bull festival)

In Pamplona revelry is rife.
Six mean beasts run to stadium strife.
With 2,000 runners, the streets are full.
Two long, sharp horns on a 1,000-pound bull.
It's the biggest rush of your life.
- Bernie The Bard

UPCOMING RACES

November 9, Richmond - Sun Trust Marathon

8K 8:45 a.m. \$25 by 9/30, \$30 after.
Info: (804) 673-RACE or www.richmondmarathon.com

November 16, Lynchburg - LRRC Fun Run

The next LRRC Fun Run is scheduled for Saturday **November 16th at 7:30am**. Start is at Riverside Runners, 2301 Rivermont Avenue. All abilities welcome. Various distances will be run and refreshments will be available afterward. Contact Jeff Fedorko, 846-7449.

November 23, Roanoke, Va. - Star City ½ Marathon & 5K

9:00 a.m. Half Marathon \$22.00 before Nov. 20 - \$30.00 after. 5K \$15.00 before Nov. 20 - 20.00 after. Further information and registration on the Web at www.starcitystriders.com.

November 26, Lynchburg - Turkey Trot 5K & 1 Mile Youth Run

Timberlake Christian School on Thanksgiving Day for the benefit of Genesis House. Race Director, Don Lucy. **See Registration Form in this newsletter.**

December 7, Bedford - Christmas Classic 10K

8:30 a.m. Bedford Middle School at the corner of Longwood Ave. and Peaks Street. The race includes a 5K, 10K, and new this year a kids fun run. Entry fee is \$15 before Nov. 26 and \$20 after. \$1 for the kids run. This year we are having a top of the hill prize \$100 to the first male and female - 5k or 10k runners.

Also prizes and special ornament by local artist Sonya Forte for top 4 finishers in each race. Applications can be picked up at Riverside Runners on Rivermont Avenue in Lynchburg.

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:

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. 12:00pm - 7:30pm
Saturday, 9:00am - 6:00pm
Come see us at 2301 Rivermont Avenue.

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

Ragged Mountain Running Shop

10% off shoes to Lynchburg Roadrunners since 1982
3 Elliewood Avenue, Charlottesville, Va 22903
Hours: Monday-Friday 10-6:00 / Thursday 10-7 / Saturday 10-5:00
Mark & Cynthia Lorenzoni - 434-293-3367

Bikes Unlimited - 10% on select items.

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

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