



The Milepost

The Presidents Column

So far, our community has enjoyed a rather warm winter, dry winter. But the weather forecast is predicting a cold, if dry, weekend, at last. Well, I hope that slight perturbations in our otherwise ideal running weather do not upset your training plans too much as the race season is now upon us.

Reed Finley hosted another excellent VES 10 K on February 3. The weather cooperated magnificently on this early spring Sunday afternoon and great fun was had by all. The race shirt sported the caricatures of several local runners and LRR members. Thank you, Reed, for another fine race.

Holliday Lake provided the venue for another David Horton 50 K Plus Plus on February 16. The weather was just right for a record run. As always, David put on another excellent event and all runners were greeted enthusiastically at the finish line by a rather hoarse, but obviously pleased, race director. Good spirits prevailed and were nourished by a hardy lunch after the race.

Keep abreast of upcoming events and races as listed in the newsletter and by calling the Hot-Line (updated monthly) and consulting the re-invigorated LRR website. 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, submits the LRR membership list quarterly 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.

Jeff Fedorko

VOLUNTEERS NEEDED

The 10-Miler Tune-Up Series will not be run this year under the leadership of the now defunct Sports Capital. Instead, the LRR will conduct a 2002 Summer Race Series over the same bike trail courses. The schedule includes 11 May - 5mi., 15 June - 10K, 13 July 10mi., and 17 Aug. - ½ marathon.

Sue Jones has consented to hold an organization meeting at her home on Sunday 3 March at 3:30 p.m. Please RSVP by calling her at **385-4940** or through e-mail at alansuejones@inmind.com.

We need volunteers for start-line, finish tabulation, course monitors, and water stops. The club will provide the base equipment, but sponsorship and people will determine the class of race provided.

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 March, 2002
at the Monte Carlo Restaurant
Old Forest Road
6:30 Diner
7:00 Meeting

The program for the March meeting will include a progress report on the organization of the LRRC Summer Race Series. The floor will be open to all present to help resolve problems identified by the Race Series committee.

The April meeting will be held at the Monte Carlo Restaurant at 6:30 pm on Tuesday, 9 April, 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 Women's College.

Meeting Minutes - 8 January, 2002

The January meeting of the Lynchburg Roadrunners was held on Tuesday, 8 January, 2002, at Monte Carlo Restaurant with dinner orders taken at 6:30 PM. Lynchburg Roadrunner president, Jeff Fedorko, began the business meeting at 7:00 PM. Eight members were in attendance.

Treasurer's Report - \$885.23

Pat Draney has been reimbursed \$200 for club expenses that he paid from his personal funds while he was president.

Dues for Road Runners Club of America membership and race insurance were filed on time, along with a list of races we plan for this year.

The Hot Line was updated and payment for one year made to NTELOS for our message service.

Nancy Saunders
Secretary

Meeting Minutes - February 12, 2002

The February meeting of the Lynchburg Roadrunners was held on Tuesday, February 12, 2002 at Monte Carlo Restaurant with dinner orders taken at 6:30 PM. Jeff Fedorko, president, called the meeting to order at 7:00 PM. Seventeen members were in attendance.

Treasurer's Report - \$700.51. It was reported that \$391.72 has been paid to the Road Runner Club of America for annual dues. Also, the annual fee for the post office box was paid in the amount of \$55. Mary Ann Craven, membership director, reported that the club has 58 members to-date. Darrell Wargo, vice-president and equipment director, reported that an inventory of the club's equipment was recently completed. Equipment in need of repair was noted.

Guest speaker Craig Cassell, Lynchburg Chamber of Commerce, Sports Sales Manager, presented information on the merger of the Sports Capital and the Lynchburg Chamber. Craig is now the Virginia 10-Miler race director. The Virginia 10-Miler Tune-up Series was discussed. Sponsors are willing to donate to the series. A director is needed to head up the race series. A suggestion was made to possibly have a different director for each race so that the level of commitment would be less.

Riverside Runners is planning to have an all female 5K race which would begin at Riverside Park. Jeff will be the race director.

The idea of organizing a scholarship program was presented. One local male and one local female high school athlete would be granted the scholarship. A committee will be formed to discuss this further and to determine the criteria for athlete selection.

Another club fun run will be held on Saturday, March 2nd starting at the Forest Post Office.

Nancy Saunders
Secretary

The Coach Says

A reminder that the "Goode, What Goes Down, Must Come Up, 4-Mile Handicap & Pancake Breakfast" is slated for Saturday morning, March 9th, 9:00, beginning at the Oakland Methodist Church located behind the Goode Post Office (and former Country store-car wash) on Route 221 half way between Bedford and Forest.

This unique race gives each and every competitor an equal opportunity to win. No watches are permitted. You may NOT wear a watch! Each runner predicts his/her time to cover the 4-mile downs and ups of the beautiful Goode Countryside. As the clock counts down to your predicted time, your race begins...the goal is to catch the people in front of you, not get caught by the people behind you, and to finish the race as close to 00:00 as possible. (The beginning of this race looks much like the finish of a race, while the finish looks much like the start). You can choose to challenge yourself, or sandbag it. Walkers are also welcome! Can you walk four miles in an hour?

Lots of prizes followed by an all-you-can-eat pancake breakfast at JFHS. See me for race applications at school or register on race day.

Coach Loy
JFHS, Home of State Champions
'92, '99, '00, '00, '01, '01



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Bernie The Bard

WEIGHT WORK

After my run is through,
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I use the weight machines at TUF
Where, if exercise is not enough,
There's beautiful scenery too.

RACE RESULTS

February 5, 2002 - VES-Lynchburg Roadrunners Arctic Road Race

Jefferson Forest Runners Shine

In the 2002 VES-Lynchburg Roadrunners 10-K Arctic Run, it was youth that was out on the course on this frigid afternoon. In fact, seven of the first ten finishers were teenagers. Leading the way in the men's division was BRIAN ROBERTS of Jefferson Forest, and pacing the girls was SHANNON SAUNDRES, also of Jefferson Forest. And most impressive were CARRIE DUDLEY who at 10 won the under 14 for the girls and J. D. STONE at 11 who won the under 14 for the boys. Both runners were members of Coach Wayne Owen's Gretna Striders team.

DARRELL WARGO (third), VINCE DECKER (fifth), and GRATTAN GARBEE (seventh) gave credibility to the old timers with their strong finishes on this Sunday afternoon when many of the regulars were perhaps preparing for Super Bowl parties. Coming the farthest for the race was MARTI STEUDLE of Charlottesville, and the one who came the shortest distance was MATT POLLARD of Charleston, WV, who came down the stairs from his room in Randolph Dormitory on campus.

The race was a family gathering for some as the husband and wife tandems of MARY ANN and TOM CRAVEN, ANN and KRIS FREEMAN, and RICHARD and JEANIE STONE. Sibling duos were JOSH and REBEKAH READ, DREW and LORI FLOWERS, JOHN and CARRIE DUDLEY, SHANNON and KIRSTIN SAUNDERS, and D. J. STONE and ANTONIO JONES, while HILARY FOSTER had both her father, BOB, and a boyfriend, JOHN BASHOM, running with her, and RYAN

ALMANZA ran with his dad ERNESTO ALMANZA.

The youngest male to participate was D. J. STONE (11), and the youngest female was CARRIE DUDLEY (10), whereas the oldest male was BERNIE DAVIS (64) and the oldest female was CANDICE MICHALIK (54). JEFFERSON FOREST won the high school division over Gretna and VES, and MERIWETHER-GODSEY won the group division with more than ten participants.

AGE GROUP WINNERS

<u>GROUP</u>	<u>MALE</u>	<u>FEMALE</u>
Under 14	Drew Flowers 45:19	Carrie Dudley 60:12
15-19:	Brian Roberts 34:51	Shannon Saunders 41:03
20-29:	Peter Gibbs 42:13	Marti Steudle 44:01
30-39:	Darrell Wargo 36:38	Lisa Hannell 41:11
40-49:	Preston Evans 42:58	Sue Jones 44:32
50-59:	Jim Weimer 41:44	Candice Michalik 50:52
60 UP:	'Bernie Davis 49:31	

OVERALL FINISHERS

<u>NAME</u>	<u>TIME</u>	<u>AGE</u>
1. Brian Roberts	34:51	18
2. Tony Szachowicz	36:10	18
3. Darrell Wargo	36:48	33
4. Will Farlow	37:29	15
5. Vince Decker	38:09	38
6. Chris Moreland	38:33	18
7. Grattan Garbee	38:47	39
8. Kevin Worsham	39:44	16
9. Michael Dulinawka	40:30	18
10. Shannon Saunders	41:03	17
11. Kristin Saunders	41:08	17
12. Paul Triska	41:16	36
13. Charley Warren	41:35	16
(14.)		
15. Lisa Hannell	41:41	34
16. Jim Weimer	41:44	55
17. Donna Elder	41:51	37
18. Peter Gibbs	42:13	24
19. Brian Engelstad	42:15	24
20. John Justice	42:28	57
21. Jack Cassidy	42:56	50
22. Preston Evans	42:58	45
23. Josh Read	43:36	20
24. Marti Steudeli	44:01	27
25. Susan Johnson	44:17	37
26. Sue Jones	44:32	41
27. Drew Flowers	45:19	17
28. James Lowe	45:48	50
29. Lori Flowers	46:30	45
30. Matt Pollard	46:32	15
31. Jeremy Martin	47:31	23

32. Antonio Jones	47:50	16
33. Jojo Kendricks	47:51	14
34. Jim Pittard	47:56	38
35. Jimmy Davis	47:58	38
36. Ashley Armistead	48:00	16
37. Jarel Bryant	48:20	17
38. Mike Shea	48:22	37
39. Tom Brickhouse	48:25	54
40. Sam Fuller	48:40	53
41. Billy Flint	48:42	41
42. John Dudley	48:52	15
43. Jared Shields	48:55	14
44. Bernie Davis	49:31	64
45. Adam Wright	49:51	16
46. Sam Cantinella	50:33	22
47. Frank Villa	50:43	47
48. Richard Stone	50:52	55
49. Candice Michalik	50:52	54
50. Dave Eckes	50:54	51
51. Steve Selby	51:34	40
52. Rebekah Read	52:11	19
53. Jennifer Bing	52:45	16
54. Rob Anderson	52:46	35
55. Ann Freeman	52:47	42
56. Kris Freeman	52:55	41
57. Susannah Obenchain	52:56	15
58. Susan Robinson	53:18	38
59. D. J. Stone	53:31	11
60. Hilary Foster	53:55	23
61. John Bashom	54:31	23
62. Mark Edwards	54:32	23
63. Peter Tokar	54:43	22
64. Ryan Almanza	54:44	14
65. Lindsay Polloway	55:03	17
66. Paula Warlick	55:04	45
67. Dana Kline	55:19	20
68. Judith Zerfoss	55:33	42
69. Marie Godsey	55:47	46
70. Marta Ruggles	55:52	42
71. Bob Foster	55:53	56
72. Lesley McPhatter	56:37	38
73. Kate Lowry	56:52	47
74. Justin Headley	56:53	17
75. Toinette Staley	57:16	45
76. Sue Hall	57:18	51
77. Russ King	57:20	49
78. Ernesto Almanza	57:35	45
79. John Kurisky	57:55	63
80. Danny Rivers	58:49	37
81. Denise Simmons	58:56	35
82. Carrie Dudley	60:12	10
83. Linda Johnson	60:14	39
84. Jennifer Ibrahim	61:27	20
85. Jeannie Stone	62:21	52
86. Tommy Craven	63:31	57
87. Debbie Cordoley	64:47	43

88. Courtney Shaughnessy	65:17	21
89. Carrie Cruciano	65:19	21
90. Doug Cline	69:56	28
91. Craig Horner	70:17	27
92. Ashley Marr	70:17	12
93. Wayne Owen	81:17	49

IMPROVEMENT OVER 2001

<u>NAME</u>	<u>2001</u>	<u>2002</u>	<u>IMPROVEMENT</u>
Lisa Hannell	49:38	41:41	-8:57
Linda Johnson	66:10	50:14	-5:56
Susan Robinson	58:07	53:18	-5:49
Tommy Craven	67:59	63:31	-4:28
Marie Godsey	59:58	55:47	-4:12
Marta Ruggles	59:59	55:52	-4:07
Drew Flowers	48:39	45:19	-3:20
Jack Cassidy	46:06	42:56	-3:10
Lori Flowers	49:13	46:30	-2:43
Judith Zerfoss	58:13	55:33	-2:40
Charley Warren	44:11	41:35	-2:36
Darrell Wargo	38:55	36:48	-2:07
Lyndsay Polloway	56:14	55:03	-1:11
Toinette Staley	58:06	57:16	-50
John Kurisky	58:28	57:55	-33
Peter Gibbs	42:44	42:13	-13
Kevin Worsham	40:08	39:44	-24
John Justice	42:34	42:28	-6
Kriss Freeman	52:59	52:55	-4

2002 Holiday Lake 50K Overall Results

LU assistant coach **Clark Zealand** won the seventh annual Holiday Lake 50K with a personal best time of 3:47:15. It was his third first-place showing in the Lynchburg Ultramarathon Series. The course record time is 3:41, run by Andy Herr last year.

In her third time running the race, **Bethany Hunter**, a 2001 LU graduate, was the fastest female finisher in 4:42:57, a new female course record, placing 13th overall.

The race was run in ideal temperatures on excellent trail conditions. The trails were so good that "best blood" award only required a band-aid. The 180 runners at the start made it the largest field ever for a 50K ultra marathon race in Virginia. The 168 finishers, including 40 women, completed the race within the 7½ hour time limit.

LRRC Vice-President **Darrell Wargo** placed 14th in an excellent time of 4:48:11. Former LRRC president **Walter Rawle** completed the course before lunch in 7:05:34. Congratulations to all LRRC and local runners who participated and accomplished their

goal.

Special acknowledgement is given to **Sue Hall** on her return to ultramarathoning this year. Years ago she completed the Mountain Masochist. With all the kids out of the house, the urge to hit the trails again struck. With her longest training run of 17 miles run just the week before, her time of 7:00 over the 50K++ is worthy of note.

Top 10 Male

<u>Pl.</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>
1	3:47:15	Clark Zealand	28
2	4:16:44	Scott Wolfe	28
3	4:17:29	Maarten Gelder	41
4	4:24:46	Larry Miller	28
5	4:28:59	Herman Richards	48
6	4:29:47	Dave Drach	45
7	4:36:02	Jonathan Basham	24
8	4:37:33	Grattan Garbee	39
9	4:38:20	Chris Betz	39
10	4:39:52	Tom Flummerfelt	27

Top 10 Female

<u>Pl.</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>
13	4:42:57	Bethany Hunter	22
21	5:02:27	Monica Bracken	36
32	5:17:27	Sophie Speidel	39
37	5:22	Suzanne Ramsey	34
47	5:26:47	Janice Bales	44
50	5:29	Beth Howell	46
53	5:30:56	Michelle Lancaster	21
55	5:32:48	Cecily Rekart	27
59	5:38:19	Mary Andrews	24
73	5:47:53	Mary Justice	41

LRRC Runners

<u>Pl.</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>
14	4:48:11	Darrell Wargo	33
31	5:13:50	Rick Brooks	31
76	5:49:01	Theresa Boyes	34
124	6:23:33	Frank Villa	47
145	6:47:48	Richard Brooks	52
150	7:00	Sue Hall	51
154	7:05:34	Walter Rawle	44

UPCOMING RACES

March 9, Goode - What Goes Down Must Come Up, Predict your time 4 Miler. Jerome Loy, Race Director. Further information and application in the LRRC newsletter and on the Hot-Line. Discount is offered to Lynchburg Roadrunners on registration.

March 16, Virginia Beach - 28th Shamrock Sportsfest, 8:30am- Masters 8K; 9:00am-Marathon; 9:30am- Open 8K; \$40 marathon, \$25 8K before 3/4. For information: Phone 1-866-742-6762, or e-mail sportsfest@juno.com, or on the Web at www.shamrocksportsfest.com

March 16, Charlottesville - Martha Jefferson 8K, Start 8:00 a.m. at Martha Jefferson Hospital. Limited to 750 registrants. \$22.00 till race day. Info: Dr. Michael Goldman (434) 466-9153 or register at ACTIVE.com

March 23, Lynchburg - Spring Into Spring Youth Run, Race Director, Sue Jones. This race is for ages 18 years and under. The race is conducted in heats at ¼ mile, ½ mile, and 1 mile. Discount is offered to Lynchburg Roadrunners on registration.

April 6, Charlottesville - Ten Miler 7:45 a.m.; Starts & finishes at University Hall. Race closes at 2000 entries. Info. (804) 293-3367

April 13, Richmond - Monument Avenue 10K 9:00 a.m.; \$25 before 31 March. Save \$5 by registering on-line (www.sports backers.org); Info. (804) 285-9495.

April 20, Lynchburg - Riverside Runners / LRR Women 5K, Time & Place to be announced.

April 27, Bedford - Promised Land 50K, 5:30am; Info: Dave Horton (434) 582-2386 (w), 239-1324 (h), or e-mail runhorton@juno.com or on the Web at <http://davidhorton.simplenet.com> . Part of the Lynchburg Ultra Series.

April 27, Charlottesville - Dogwood Track Classic UVA Lannigan Field. Info: (804) 293-3367

May 4, Roanoke - Virginia Western 5K 9:00 a.m. start. Info: (540)857-6325. www.vw.vccs.edu/vw5000meterrun

May 11, Lynchburg - LRR Race Series 5mi.

9:00 a.m. start at Purcival's Island on Jefferson St. Info: Jeff Fedorko, 846-7449

May 18, Huddleston - Smith Mountain Lake Triathlon, S-759m, B-20K, R-5K. Info: Tammi Jewell (540)343-0987 or www.commonwealthgames.org

May 27, Lynchburg - CVKA / LRR Memorial Day 10K, Starts downtown. Benefit the Central Virginia Kidney Association. Race Director: Leslie McPhatter (434) 384-9009 (h), (434) 947-5981 ext 116(w)

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
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(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. 12:00pm - 7:30pm
Saturday, 9:00am - 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

**My First Ultra Experience
By Vickie Midkiff**

Finishing time 6:23:12

After becoming a first time Grandmother, I found myself doing less running and more playing with our granddaughter. The fall found me visiting more Zoos and less marathons. However, in December, I decided I was going to pick up my mileage and run a couple spring marathons. I began to run some longer runs on Saturdays. I was going to train for a March marathon. My husband signed up for David Horton's Ultra Series. I thought, "what has gotten into him, why is he going to run ultras?" He began to try and coax me into running Holiday Lake 50k. I said there's no way I can run that far.

One Saturday we went to run on some trails, and as usual, I fell..., I got tired ..., and said forget it, there's no way. I continued running on roads to train for the marathon. Well, January found me with the flu, two times, which really cut into my training. The night Eddie filled out my application for Holiday Lake I was lying on the coach unable to even sit up, which was three weeks before Holiday Lake. He said, "you can do it, you will be better by then". He began to fill out my application # of Ultras 0, age 50. First time ultra at age 50, a Grandmother, none the less.

Well, three weeks seemed a long way off, but it got closer and closer, I didn't want to tell anyone I was going to run Holiday Lake, if I didn't finish, no one would know. We left home on Friday morning so I could see some of the trail and creek crossings. I became scared to death, the closer Saturday got the more scared I got. Friday night at the pre-race meal, I sat across from Charlie Hesse. I said, "Charlie, I'm scared to death." Charlie just laughed and said, "just have fun, you won't have any trouble." Jay DeLancey also sat at our table and tried to encourage me.

We went back to the Super 8 and went to sleep. 4:00 a.m. came, we got up, dressed, packed our bags and left for the 4-H Center. If there had been anyway I could have gracefully bowed out, I would have. We lined up, and started running. As we ran up the paved road, I prayed, "Lord, please give me the strength to complete this run, and please don't let me fall down and get hurt, and please don't let me fall in the creek and get wet, and please, please don't let me get lost. The Lord answered my prayers exceedingly, and abundantly. I did not fall on the trail as I did in training, I made it across the creeks without getting wet and I did not get lost. I gained many blessings that day. I came away not only finishing my first ultra, but I gained many new friends and I gained seeing the beauty of God's creation.

I would highly recommend running Holiday Lake 50k. It will be an adventure, you will never forget. I don't think this will be my last ultra, however, now my husband wants me to sign up for the Ultra Series. I don't know,another grandbaby due in September.