



The Milepost

The Presidents Column

On behalf of the LRR I would offer a warm welcome to our new club members. Whether you have just discovered the club, or are a returning member, your support and interest in our running community is greatly appreciated. Membership Chair, Mary Ann Craven, reports a significant increase in our membership. Thanks to you our club is back on its feet with more than 120 members!

March and April stood witness to the beginning of an outstanding running season. The March 9th "Goode What Goes Down Must Come Up," handicap race and pancake breakfast was a great success. Many thanks to Jerome Loy for another outstanding event. Race Director Sue Jones reports another successful "Spring Into Spring" youth run on March 23rd. The wind was a bit blustery, and the new course was challenging, but everyone finished with a smile. A large group of the LRR runners tested their mettle at the Charlottesville Ten Miler on April 6th. It was a great day for the Promise Land 50K. This race is the second of three races of the Lynchburg Ultra Series organized by David Horton and continues to attract some of the best runners in Lynchburg and the nation.

May and June promise even more fun and excitement! As this newsletter is going to press, preparations are being made for Leslie McPhatter's CVKA Memorial Day 10K (the first race of the LRR Summer Race Series), which will be held on May 27, Bret Boman's June Track Series, and the LRR Summer Race Series. You will find applications for the Summer Race Series in this newsletter.

Congratulations to Steve and Kathy Morris, of Riverside Runners, on the arrival of their new baby boy, Kirby, on April 20th. I understand that everyone is happy and healthy. On behalf of the LRR, I would like to thank Steve and Kathy for their continued support of our club and the running community in and around Lynchburg.

Finally, I encourage each of you to attend our monthly meetings or fun runs. These are great opportunities to socialize, learn more about our sport, and HAVE FUN! After all, that's what the LRR is all about! See you on the roads.

Jeff Fedorko

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

Speaker for May meeting is one of Lynchburg's best massage therapists, Jim McFarland, from Massage Therapy Associates, speaking about the benefits of massage and running. He will be teaching new self-massage technique. Wear comfortable clothes (shorts preferred) if you would like a "hands-on" demonstration. The program will include a progress report on the organization of the LRR Summer Race Series. The floor will be open to all present to help resolve problems identified by the Race Series committee.

June's meeting will be postponed in order to support the Track Series at Lynchburg College Tuesday, June 11th. All are encouraged to attend either as a participant or race fan.



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 - 12 March, 2002

By Nancy Saunders

The March meeting of the Lynchburg Roadrunners was held on March 12, 2002, at Monte Carlo Restaurant. Dinner began at 6:30 pm and the meeting started at 7:00 pm. Eighteen members and guests were in attendance.

Mary Ann Craven reported that the club now has 68 paid members. Treasurer's Report: \$605.51

The first race of the summer race series will be the Memorial Day 10K. Other races in the series will include a 5K in June, a 5-Miler in July and a Half-Marathon in August.

The Summer Race Series is in need of volunteers. A meeting was held on March 3, 2002, to discuss the specific needs for the race series. This includes:

1. someone to contact sponsors,
2. a course director who will measure the course and determine the number of volunteers needed,
3. someone to obtain proper permits from the Parks & Recreation Department,
4. someone to be in charge of advertising.

Our guest speaker for the evening was Mr. Hunter Allen, a nutritional and training consultant who coaches athletes all over the world. As a former professional cyclist, Hunter provided us with a great amount of insight into the need for developing a plan and how to achieve our goals through proper physical, mental and nutritional training. Hunter is also a sales representative for Shaklee nutritional supplements and provided us with information on the importance of getting the proper nutritional balance to achieve our athletic goals.

More speakers are planned for future monthly

meetings. Please contact Jeff if you have any ideas for a guest speaker.

A LRR Fun Run was held on Saturday, March 2. Approximately 40 runners came in the freezing rain to enjoy the exercise and social time. The next fun run is planned for April 13th.

Jeff made a motion for the Lynchburg Roadrunners to take a club membership for \$50 in the Youth Sports Council. Vic Galan seconded the motion. Jeff will be the LRR's representative on this council.

Meeting Minutes - 9 April, 2002

By Nancy Saunders

The April meeting of the Lynchburg Roadrunners was held on April 9, 2002, at Monte Carlo Restaurant. Dinner began at 6:30 pm and the meeting started at 7:00 pm. Jeff Fedorko, Lynchburg Roadrunners president, presided over the meeting. Twenty-five members and guests were in attendance.

Mary Ann Craven reported that the club now has 100 paid members. Treasurer's Report: \$860.71

Our guest speaker for the evening was Dr. Robert Sydnor, an orthopedic physician with Central Virginia Orthopedics. Dr. Sydnor helps to prevent and treat sports injuries. He works with the Lynchburg Hillcats and the Lynchburg Storm teams. His presentation provided us with information about proper training and things to do when we become injured.

Riverside Runners will have Lynchburg Roadrunners singlets for sale in the store.

Plans are underway for the Summer Race Series. Points will be tallied in specific age groups for the participants in these races. A discount will be given for signing up for all of the races.

Representatives from the Leukemia Society's Team-In-Training were on-hand for a short presentation and to answer any questions.

For Your Info.....

The Summer Track Series will begin on Tuesday, June 4, 2002. Races will be held every Tuesday in the month of June at 6:30 pm at the Lynchburg College Track.

Fun Run for May will be held Saturday May 11th at the Jamerson YMCA Forest VA at 7:30am.

Fun Run for June will be held Saturday June 1st in conjunction with National Trail Day activities hosted by the Lynchburg City Department of Parks and Recreation. 7:30am at Percivals Island.

!!! NOTICE !!!

Volunteers are needed to staff a club information table at National Trail Day from 9:30am to 2:00pm on June 1st. This a great opportunity to inform the community about who we are and to recruit new members.

The Central Virginia Kidney Association is sponsoring a 10K foot race on Memorial Day, **Monday, May 27 at 8 am.** This 6.2 mile event will start and finish at the Holiday Inn Select on Main St in Lynchburg. There is an application attached to this newsletter as well. All proceeds help support people in the local community with kidney disease. If you are unable to run and would like to help out on race day, please email me at lmcpfatter@lynchburgnephrology.com



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WHY RUN?

At the races there are many figures fair.
I'm always careful not to stare.
People often ask me why I run.
It's all because the competition's fun
And running duds are much like underwear.

Anonymous

RACE RESULTS

The Spring (March through May) race season has just been marvelous. Reports on many of your favorite races follow:

November 2001, Richmond - Richmond Marathon

Many apologies to **Jim Weimer** whom I overlooked in reporting his results from this great race. Jim's **3:30:00** effort easily qualified him for Boston, but he has done that already. Great run Jim.

March 9, Goode - What Goes Down Must Come Up

Run in beautiful Spring like weather, there were 54 runners on the course this year. 23 of the 54 finished within 1:00 +/- of 00:00. And would you believe that Steve Epps, in his first effort at this crazy run, finished **exactly** as he predicted!!! The fastest runner was Chris Moreland...Time was 22:32...prediction was 22:00 (-32).

Predicted - Actual

1st	Steve Epps	00
2 nd	Dave Ferris	-02
2 nd	Mari Cedill	+02
4th	Berney Copsy	-02.5
5th	Donna Copsey	+09
6th	Matt Ogle	+09.5
7th	Jim Weimer	-11
8th	Ron Riscart	-11.3
9th	Drew Flowers	-11.6
10th	Robert Dewess	- 14

As of press time, the remainder of results are yet to be found.

March 16, Virginia Beach - 30th Shamrock Sportsfest Marathon and 8K

The Marathon

As medical staffers cradled each of his arms at the finish line, his legs as limp as fresh boiled pasta, Lynchburg Roadrunner **John Billingslea** re-evaluated his reasons to come to Virginia Beach. It was to “have some fun and help pace Vic Galan through his 65th birthday marathon.” For those reasons he probably should have run the 8K with his other Lynchburg buddies and battled the early morning winds instead. For the marathoners stifling heat turned the annual pilgrimage to Virginia Beach into a test of survival. Temperatures in the mid 80s took a major toll on the roughly 2500 marathoners with 1213 finishers (801 men and 412 women). The Shamrock marathon is *never* a cake walk. Ben Rosario of St Louis, MO won the race in a time of 2:34:14, just a bit faster than the slowest course time on record. Irina Suvorova of Russia won for the women with a time of 2:58:04.

Local survivors (just look at those times) are:

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
Male 24 & under			
12	344 Chris Moreland	19	4:13:06
40	882 Ryan Dunphy	23	5:12:11
42	936 Matthew Martini	22	5:18:49
Male 35 - 39			
59	447 Jim Laneve	37	4:22:30
Male 40 - 44			
22	112 Carl Thurston	41	3:38:22
141	954 Alan Jones	44	5:21:57
Male 50 - 54			
13	182 Jack Cassidy	50	3:50:58
Male 55 - 59			
12	351 Steve Bozeman	55	4:13:38
27	701 Richard Stone	55	4:48:10
Male 60 - 64			
22	1120 John Billingslea	64	5:59:00
Female 30 - 34			
7	177 Lisa Hannell	34	3:50:36
Female 40 - 44			
34	715 Sue Jones	41	4:49:23
36	730 Judith Zerfoss	42	4:51:31
39	803 Lisa Light	40	4:59:25
Female 50 - 54			
21	1100 Jean Stone	52	5:23:30

Shamrock Open 8K

<u>Pl</u>	<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
Male 14 & under				
11	372	Colin Rote	12	37:33
Male 15 -19				
30	602	Ben Farrell	19	42:47
Male 30 - 34				
58	315	Greg Whitley	31	38:05
Male 35 - 39				
212	1402	William Martin	39	57:03
Male 40 - 98				
159	1289	Eric Almond	47	53:20
Female 14 & under				
14	985	Lisa Emanuel	13	48:12
Female 15 - 19				
18	1175	Beckey Jones	15	51:14
Female 20 - 24				
63	1291	Christa Peterson	24	53:21
Female 30 - 34				
151	1356	Gretchen Olson	31	55:24
179	1480	Eileen Kane	30	59:41
Female 35 - 39				
6	149	Donna Elder	39	34:03
166	1496	Judy McDarris	38	60:35
167	1497	Tracey White	39	60:36
Female 40 - 98				
74	1498	Gail Staton	47	60:38
Shamrock Masters 8K				
<u>Pl</u>	<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
Male 40 - 44				
63	259	David Elder	41	40:29
Male 45 - 49				
67	318	Timothy Matthews	47	41:59
Male 50 - 54				
26	182	Ken Emanuel	50	37:52
Male 55 - 59				
3	62	Bob Hartless	58	32:57
56	583	Leland Gammon	57	50:56
Male 60 - 64				
6	164	Ronnie Wright	60	37:16
Female 40 - 44				
97	710	Carolyn Hooper	43	61:37
Female 45 - 49				
1	81	Nancy Ferris	46	34:08

Female 50 - 54

18	435	JoAnn Lucy	53	45:12
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Female 55 - 59

10	626	Peggy Gammon	56	53:29
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3	Bryan	Hankey	7	09:04
4	Seth	Connor	8	09:07
5	Ben	Matthews	7	09:27
6	Alex	Balchik	8	09:31
7	Zachary	Metzger	8	10:20

March 23, Lynchburg - Spring Into Spring Youth Run
Run at Believers Fellowship

The second running of the Spring Into Spring One-Miler should have been called the "spring back to winter run" as we were greeted with very cold temperatures Saturday morning. That didn't deter over 100 participants from coming out and running! It was a great race, with lots of food and door prizes and trophies galore. Our runners, representing the home school running group, placed well in several different age groups. Way to go kids!

Thanks to all the Lynchburg Road Runners who came out and ran and helped with the event. It was definitely a team effort!

***** Male Age 4 and under ******

Pl	First	Last	Age	Time
1	Zachary	Reece	4	02:08
2	Keller	Royer	3	03:02
3	Geoffrey	Hicks	3	03:12
4	Takoda	Gallagher	4	03:20
5	James	Speranza	4	03:43
6	Shane	Beck	2	04:00
7	Daniel	Metzger	4	04:23
8	Taiyan	Crews	3	04:41
9	Brock	Porter	2	04:50

***** Female Age 4 and under ******

Pl	First	Last	Age	Time
1	Anna	Oimet	4	02:54
2	Kendall	Branham	3	03:11
3	Tate	Royer	4	03:36

***** Male Age 5 and 6 ******

Pl	First	Last	Age	Time
1	Benjamin	Stanley	6	03:54
2	Ryan	Kidd	6	04:15
3	Austin	Porter	5	04:58
4	Sean	Speranza	6	05:34
5	Riley	Beck	5	05:47
6	Philip	Warner	5	06:40

***** Female Age 5 and 6 ******

Pl	First	Last	Age	Time
1	Rachel	Kidd	6	04:19
2	Lola	Giret	6	04:21
3	Alexandra	Royer	5	04:23
4	Emmi	Owens	6	04:48
5	Lovelee	Warner	6	05:37
6	Sallie	Blanks	5	05:50
7	Sasha	Kohnle	5	06:16
8	Mackenzie	Parks	5	07:20
9	Amelia	Harrington	5	DNF

***** Male Age 7 and 8 ******

Pos	First	Last	Age	Time
1	Micah	Jones	8	08:36
2	Braden	Parks	8	08:44

***** Female Age 7 and 8 ******

Pl	First	Last	Age	Time
1	Randi	Stanley	8	08:18
2	Leah	Oimet	8	09:09
3	Victoria	Warner	7	09:24
4	Katlyn	O'Leary	8	09:50
5	Martha	Blanks	8	10:38
6	Erin	O'Leary	7	10:39
7	Theresa	Harr	7	13:48

***** Male Age 9 and 10 ******

Pos	First	Last	Age	Time
1	Mark	Jones	10	07:14
2	Stephen	Warner	10	07:28
3	Jake	Roark	9	07:36
4	Buddy	Stanley	10	07:53
5	Tyler	Routon	10	08:04
6	Levi	Oimet	10	08:30
7	James	Warner	9	08:35
8	Jon	Bullock	9	08:36
9	Devin	Francis	10	09:21
10	Adam	O'Kane	10	09:46
11	Jesse	Reynolds	10	10:35
12	James	Blanks	10	10:54
13	Logan	Harr	9	11:05

***** Female Age 9 and 10 ******

Pl	First	Last	Age	Time
1	Genna	Freeman	9	07:25
2	Bilynda	Brinkley	9	07:27
3	Alyssa	Williams	10	07:46
4	Sarah	Hankey	9	07:48
5	Hayley	Kidd	10	07:54
6	Hollis	Owens	10	08:06
7	Payton	Reece	9	08:58
8	Olivia	Hunt	10	09:09
9	Clare	Mason	10	09:13
10	Carley	Dudley	10	10:03
11	Judy	Connor	9	10:27

***** Male Age 11 and 12 ******

Pl	First	Last	Age	Time
1	Chris	Schweikart	11	07:40
2	Jared	Boone	11	09:42
3	Ben	Blanks	12	DNF

***** Female Age 11 and Group 12 ******

Pl	First	Last	Age	Time
1	Jessie	Sheffield	12	07:03
2	Emily	Angell	11	07:27
3	Catherine	Boniface	11	07:54
4	Emily	Boniface	11	08:14
5	Amanda	Connor	11	08:32
6	Emily	Mason	12	09:12
7	Ciara	Gillispie	12	12:21
8	Austin	Ferguson	12	DNF

***** Male Age 13 and 14 ******

Pl	First	Last	Age	Time
1	Christopher	Sullivan	14	05:50
2	Ryan	Owens	14	06:03
3	Matthew	Case	13	06:17
4	Jonathan	Warner	14	06:50

5	Jonah	Guelzo	14	07:10
6	Jake	Thompson	13	07:19
7	Daniel	Spanos	13	DNF

*** Female Age 13 and 14 ****

Pl	First	Last	Age	Time
1	Alaina	Copsey	13	07:19
2	Kira	Wilson	13	07:59
3	Caitlin	Mason	14	08:10
4	Beth	Jones	14	08:39

*** Male Age 15 and 16 ****

Pl	First	Last	Age	Time
1	Benjamin	Manley	15	05:54
2	Daniel	Warner	15	06:01
3	Joel	Guelzo	16	07:02

*** Female Age 15 and 16 ****

Pl	First	Last	Age	Time
1	Becky	Jones	15	08:05

*** Male Age 17 and 18 ****

Pl	First	Last	Age	Time
1	Colin	Mason	17	06:48

*** Male Age 19 and over ****

Pl	First	Last	Age	Time
1	Chris	Moreland	19	05:59
2	Paul	Mignard	24	06:49
3	Joseph	Adkins	31	07:27
4	Dwight	Kidd	44	09:07
5	Jason	Delk	31	10:06

*** Female Age 19 and over ****

Pl	First	Last	Age	Time
1	Debbie	Sullivan	40	07:42
2	Katie Lynn	Corcoran	24	09:48
3	Darla	Stevens	21	10:22
4	Sarah	Burger	45	10:41
5	Nancy	Balchik	44	11:39
6	Maria	Harr	43	14:47

April 6, Charlottesville - Ten Miler

Local Finishers

Pl	First	Last	Age	Time
16	Darrell	Wargo	33	1:00:12
46	Catherine	Phillips	26	1:03:36
69	Gary	Stroud	50	1:06:34
81	Bob	Hartless	58	1:09:03
118	Lisa	Hannell	34	1:09:43
127	Donna	Elder	39	1:10:07
203	Miles	Tranks	40	1:13:17
237	Susanne	Ramsey	34	1:14:22
387	Wilbert	Hooper	43	1:18:31
406	Beth	Wright	40	1:18:50
434	Mason	Morris	23	1:19:22
447	Donna	Rinker	30	1:19:37
454	Lesley	McPhatter	38	1:19:46
483	Scott	Torres	25	1:20:43
487	Heather	Royer	40	1:20:48
548	Eddie	Steuart	44	1:21:57
595	Paula	Skulina	32	1:22:49
605	Melissa	Taylor	35	1:23:01
643	John	Ramsey	30	1:24:06
658	Sam	Fuller	54	1:24:25
745	Gary	Thacker	39	1:26:13
800	Richard	Brooks	52	1:27:30
815	Terry	Grow	36	1:27:47
958	Greg	Sepesi	42	1:30:01

974	Diana	Petty	John	39	1:30:22
983	Wendy	Golden	34	1:30:31	
1004	Richard	Aldridge	16	1:30:57	
1025	Brandon	Robertson	27	1:31:29	
1103	Richard	Stone	55	1:32:58	
1124	Kate	Lowry	47	1:33:23	
1125	David	Skulina	38	1:33:23	
1155	Marie	Godsey	46	1:33:59	
1286	Jamie	David	39	1:37:09	
1293	Preston	Whitt	17	1:37:28	
1295	Rowland	Hill	44	1:37:36	
1308	Alison	Richmond	22	1:37:52	
1353	Chuck	Story	33	1:39:13	
1386	John	Hammerstein	54	1:39:41	
1499	Jean	Stone	52	1:43:56	
1711	Kevin	Pate	24	2:03:45	
1731	Kevin	Cloran	29	2:07:33	
1737	Steve	Carr	25	2:17:09	
1738	Donald	Edwards	32	2:17:39	
1739	Janell	Carr	25	2:18:07	
1740	Sarah	Edwards	23	2:18:25	

April 13, Richmond - Monument Avenue 10K

With a total of 6531 runners registered and 5400 finishing the Ukrop's Monument Avenue 10K, the race is now the ninth largest 10K in the country. More than \$40,000 was raised for the Association for the Support of Children with Cancer, the event's official beneficiary.

Local finishers are:

Name	Age	Time
Kenneth Snell	29	0:44:58
Mason Morris	23	0:47:55
Jennifer Beeker	25	0:48:19
Darin Kapanjie	27	0:48:36
Joe Wilson	47	0:52:46
Olivia Hobel	19	0:53:34
Fred Fauber	69	0:55:24
Alison Richmond	22	0:58:02
Tucker Babcock	23	0:59:17
Chuck Story	33	1:05:49
Tom Phillips	48	1:11:17
Leslie Phillips	35	1:11:18
Carolyn Hopper	43	1:14:28
Tracey Corriveau	27	1:16:38

3rd age group

April 15, - Boston Marathon

Congratulations to our Boston Marathon participants this year. Boston is always quite a spectacle and this year was no exception.

Name	Age	Time
Catherine Phillips	26	3:09:33
George Cook	35	3:33:08
Tom Jennings	36	3:33:09
Tommy Harris	62	4:00:50

April 27, Vinton - Dogwood 5K

The Vinton Baptist Church Dogwood 5K Team Challenge was won by Believers Fellowship with all six members of the Alan & Sue Jones' family leading the way. Rounding the team were Bilynda Brinkley and Jeffrey Harrington. The team placed first of seven competing teams. Congratulations!

<u>Place</u>	<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
Overall Female				
1	5	Aimee Phillippi	24	17:50.9
2	16	Anna Chase	14	19:21.8
3	26	Sabrina Willis	32	19:47.5

Female 13 & under

1	105	Bilynda Brinkley	9	25:14.4
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Female 14 - 18

2	150	Becky Jones	15	28:08.2
9	212	Beth Jones	14	43:47.6

Female 35 - 39

1	32	Donna Elder	39	20:11.5
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Female 40 - 45

1	39	Sue Jones	41	21:11.9
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Female 46 - 49

1	43	Nancy Ferris	46	21:38.0
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Female 55 - 59

3	208	Peggy Gammon	56	34:04.5
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Overall Male

1	1	Jay Johns	27	15:33.3
2	2	Jeffrey Stone	46	17:40.2
3	3	Lance McDaniel	14	17:45.4

Male 13 & under

2	101	Mark Jones	10	24:50.8
8	173	Micah Jones	8	29:39.2

Male 30 - 34

1	4	Jeffrey Harrington	31	17:49.5
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Male 40 - 45

17	82	Alan Jones	44	23:37.4
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Male 55 - 59

1	22	Jim Weimer	55	19:36.1
2	23	Bob Hartless	58	19:37.5
7	130	Larry Scott	56	26:52.6
10	172	Leland Gammon	57	29:34.

April 27, Bedford - Promised Land 50K

What a beautiful day for an ultra-K !!!!

206 Starters - 205 Finishers

Place	Name	Time
1	Clark Zealand, 28	4:30:43
21	Jonathan Basham, 24	5:39:48
29	J.T. Witt, 21	5:45:02
31	Josh Zealand, 21	5:47:33
33	Michael Wortley, 23	5:53:17
41	Edward Garbee, 42	6:09:21
42	Bethany Hunter, 23	6:09:35
47	Joseph Novak, 39	6:13:55
56	Blanks Blankinship, 46	6:23:35
57	Darrell Wargo, 33	6:24:00
61	Greg Snow man, 36	6:31:31
76	Ben Weise, 21,	6:42:07
82	Sam Catinella, 22	6:48:21
89	Grattan Garbee, 39	6:55:50
100	David Low ry, 47	7:12:49
105	Matthew Zealand, 23	7:17:30
116	Matthew Warner, 19	7:27:51
117	Heather Royer, 40	7:28:30
120	Sydney Moser, 20	7:31:11
124	Todd Glasgow , 35	7:33:17
146	Andrew Shubin, 19,	7:49:18
156	Mary Andrews, 24	7:59:55
156	Amy Thompson, 25	7:59:55
163	Frank Villa, 47	8:09:38
169	Amy Andrews, 25	8:16:53
176	Neal Bryant, 31	8:20:35
176	Rachel Young, 21	8:20:35
178	Stephen Bozeman, 55	8:27:10
180	Nathan Eastlake, 19	8:31:57
181	Richard Brooks, 52	8:43:38
183	Walter Raw le, 44	8:49:09
192	Sue Hall, 51	9:12:35
196	Bryan Carter, 25	9:22:32

UPCOMING RACES

May 4, Roanoke - Virginia Western 5K

9:00 a.m. start. Info: (540)857-6325.
www.vw.vccs.edu/vw5000meterrun

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)

June 1, Roanoke - AEP festival 5K & 10K
Info at Virginia Amateur Sports (540)343-0937.
On-line registration www.commonwealthgames.org

June 4 through June 25, Lynchburg - 2002 SUMMERTIME TRACK RACES
Tuesdays at 6:30 pm at Lynchburg College.
For more information: **Bret Boman 385-8107**

June 15, Lynchburg - LRR Summer Race Series Purcival isle 5K & 1 mile
8:00 a.m. start at Jefferson St. entrance to bike trail.
See flyer in this newsletter.
For Info. Call Riverside Runners, Jeff Fedorke at (434)846-7499.

July 20, Lynchburg - LRR Summer Race Series Bike Trail 5 Mile & 5K
8:00 a.m. start at Langhorn Road (Greek Church) entrance to bike trail. See flyer in this newsletter.
For Info. Call Riverside Runners, Jeff Fedorke at (434)846-7499.

Aug. 17, Lynchburg - LRR Summer Race Series Bike Trail ½ Marathon & 5K
7:30 a.m. start at Langhorn Road (Greek Church) entrance to bike trail. See flyer in this newsletter.
For Info. Call Riverside Runners, Jeff Fedorke at (434)846-7499.

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

10% on Orthotics
1919 Thomson Dr.
(804) 846-1803