The old adage "Time flies when you are having fun." certainly applies to events this summer. The Lynchburg Roadrunners have hosted a track series and a summer race series. Many thanks to Bret Boman for another great job directing the Track Series, and to all the volunteers who gave their time and energy to the monthly races. A few dedicated runners split up the workload and Walla! A good time was had by all.

Summer is over and it's Va. Ten-Miler time again. Best of luck to all of those running the race on Saturday, 28 September. Don't forget that the start time is 8:30 a.m. If you are not running, consider helping the club with a mile split or water stop. Contact me at the running store if you are interested. It's a great way to watch one of Lynchburg's finest races and help too.

The September and October race calendar is full of great races. See the “Upcoming Events” listed in this newsletter. Mary Ann Craven will host the John A. Stephenson Children's Race on the first Saturday morning in October, at Riverside Park. This is a great event for the kids and I encourage everyone to come out and cheer on the younger runners in our community. Ask Mary Ann if you can volunteer to make the race a success. The race flyer is enclosed with this newsletter.

For the ultra-folk, David Horton will host another edition of the Mountain Masochist on 19 October. This premier event celebrates its 20th anniversary! Challenge yourself and run 50 miles. It’s an experience you'll never forget.

What better way to meet new people and have fun doing it than by participating in a “fun run.” These low-key events are designed to make training enjoyable and are open to all ages and abilities. We plan one, once a month, somewhere in the Lynchburg community. See this newsletter for more details.

Finally, best of luck to everyone training for that special race this Fall. Whether it’s your first marathon or first 5k you can do it! The club can be an excellent motivational resource. See you at the races.

Happy running!

Jeff

2002 LRR OFFICERS
President        Jeff Fedorko
Vice President   Darrell Wargo
Secretary        Nancy Saunders
Treasurer        Wendy Golden

Meeting Minutes - 13 August, 2002
By Nancy Saunders

The August meeting of the Lynchburg Roadrunners Club (LRRC) was held on Tuesday, 11 August 2002 at Monte Carlo's Restaurant on Old Forest Road. LRRC president Jeff Fedorko called the meeting to order at 7:00 p.m.

Mike Zealand was introduced as guest speaker for the evening. Mike shared the presentation with his brother Clark. A former Courtside Personal Trainer, Mike now runs the Lifestyle Fitness Center at Fort Hill Shopping Center. He provides guidance in weight management, strength training, nutrition, flexibility and coordination. Brother Clark is a distance run coach at Liberty University. Both Mike and Clark have well established credentials as ultra-trail and marathon runners.

Mike emphasized that any program of weight management and exercise requires that you listen to your body. Know what your body is telling you.
inside and out. He reminded us to constantly “evaluate what you are doing.” Plan - Review - Do.

Proper clothing with the changing seasons is essential. Of course, quality shoes are a must. Keep track that shoe mileage never exceeds 500 miles. That means at 20 miles per week, for the average fitness runner, a change every six months is recommended. Retire the run shoe to a “day shoe”. It’s important because many shin, knee, ankle, and hip problems are related to worn shoes, either inside or out.

Are you prepared for the course you will race? Prepare for what the race will do to your body.

As to speed work remember, when the intensity is high the risk of injury is high. With that in mind, mile repeats at just under race pace are used as well as 6 miles at six minute pace or better on a relatively flat course like the Virginia 10-miler. Ha, ha.

Meals before a race should be moderate and tailored to the type race. For short race over 5K or 10K eat no red meat and more carbohydrates. For long distance races like the marathon and greater eat anything you want. For long distances, what you eat the night before is not much of a factor. What is stored from the week preceding the race is what counts.

The business meeting followed:
Thanks to all who made the Summer Race Series possible and a success. Membership is at 130 members - much improved from last year.

The John A. Stephenson Children’s Run on 5 October will have no race day registration. A race application will be included in the Set / Oct newsletter. Also, a Fall cross-country series is coming together by partnering with area schools. An entry fee of $4.00 will be split with the host school. Dates and times are to be worked out.

Craig Cassell provided a 10-miler update. The race is on the last Saturday of September (28th this year) and starts at 8:30 a.m. Flyers are available around town and registration is available on the Web at Active.com.

Closet Full of Shoes?
How many running shoes do you have in your closet? If you are like most runners the number might be embarrassing to admit. Well, starting Tuesday September 3rd you can donate your old running shoes to a good cause. Local runner Ellen Agnew has organized a “shoe drive.” Starting September 3rd, runners are encouraged to drop off their worn running shoes at Riverside Runners, CMT, or at the Virginia 10-Miler Registration. Collection baskets will be located at these areas. Your shoes will benefit the Salvation Army, Goodwill, and Kids First. Let’s show how generous the LRRC can be! Clean your closet and support this worthwhile effort. For more information contact Ellen Agnew at 384-5767.

FUN RUN SATURDAY SEPTEMBER 14TH
The next Lynchburg Road Runners “Fun Run” will be held Saturday September 14th at 7:30am. A review of the Virginia 10-Miler course will be run. You can run as far or as short as you would like. Water will be placed throughout the course and refreshments will be provided afterward. This is a great way to prepare for one of Lynchburg’s premier races. All are welcome. Let’s have fun! There is a good possibility that the Roanoke Star City Striders running club will join us as well. Mark your calendars.

FUN RUN SATURDAY OCTOBER 12TH
Come join us Saturday October 12th, 7:30am out in beautiful Forest, Virginia. We will run from the Forest Post Office located on Route 221. Course and pace will vary. Refreshments will be provided afterward. All are welcome. Bring a friend!

GOTTA RUN
Every day I must run
Whether there's rain or there's sun.
My health is outstanding
From this old habit demanding,
But I won't say it's fun.

Bernie The Bard

Mom, The Runner
By Beth Jones

What happens if your mom is a runner...
-You were weaned on Gatoraid.
-You drink from cups won at races.
-Your first shoes were Nike.
-You learned to run before you could talk.
-You are the most flexible kid in your neighborhood.
-If you happen to see some safety pins you automatically put them in groups of four.
-By the time you are twelve you could single-handedly put on a race better than most grown-ups.
-You learned to take off long sleeve shirts for the short sleeve shirt underneath while running before
you turned nine.
-On Saturday mornings you watch all the adventure races and track meets that had been taped that week instead of cartoons.
-You compare roller coasters with running one hundred meter sprints.
-You go shopping at the expo.
-Waiters suggest your mom be in commercials "MARATHON RUNNER EATS AT ...... (Name of restaurant)".
-You learned math by helping her figure out her splits for the distance she just ran.
-You found it difficult to understand that not everybody speaks runner lingo, like PR, 5K, Splits, 42k, ....etc.
-You become your own EMT.
-You quickly learn that running is contagious.
-Almost everybody in your city is acquainted with you because they run with your mother.
-You don't have a dog because they are "runner eaters".
-Your sandbox is the long jump pit when your mother runs track.

These are all things that really happened to my siblings and me.

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AID
As up the Masochist's mountains I chug,
I dream of the next aid station and of my next hug.
Much more than Gatorade, it's what I savor.
When to Helen is reported my behavior,
Her reaction is a knowing smile and a shrug.

Bernie The Bard

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RACE RESULTS

Year 2002 June Track Series
Race Director, Bret Boman
(continued from May / June issue of the Milepost)

1500 Meters - June 25, 2002
Girls 13-14   Sallie Ford 5:28.4, Beth Jones 7:32.9, Stephanie Brown 7:40.8
Girls 15-16  Becky Jones 6:37.0, Sarah Givens 6:47.8, Chris Manley 6:55.7
Girls 17-19  Ashley Armstead 5:37.3
Women 30-39  Lesley McPhatter 6:13.5
Women 40-49  Debbie Sullivan 6:31.0, Judy Zeross 7:26.3
Boys 7-8     Micah Jones 7:30.3
Boys 9-10    Mark Jones 6:20.2, Kyle Broda 6:22.2
Boys 13-14   Chris Sullivan 4:51.6, Matthew Case 5:56.5, Adam Broda 5:58.1, Andy Drake 6:14.2
Boys 15-16   Spencer Drake 4:51.5, Ben Manley 5:06.7, Richard Sudith 6:00.9
Men 20-29    Danny Boyers 4:30.9, Mike McPhatter 4:31.3
Men 30-39    Jeff Harrington 4:40.9, Paul Triska 4:50.0, Paul Carrasco 4:56.5, Grattan Garbee 5:14.9
Men 40-49    David Kim 5:07.2, Keith Austin 6:02.7, Broda 6:22.6, Mike Fein 7:29.4
Men 60-69    Horace Ellis 5:41.4, Vic Galan 8:15.0

100 Meters - June 25, 2002

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WHY NOT GIVE CROSS COUNTRY A TRY?
The LRRC is pleased to announce an opportunity for local runners to experience the thrill of fall cross-
country. The club will partner with local high school cross country teams and organize a 5k "open" race to immediately follow home cross country races. Five dates listed below have been selected. Cost to participate is just $4.00 (except for the Running with the Wolves Invitational) with half the proceeds going to the host school. Times are tentative check call Riverside Runners (846-7449) for details.

9/17 (Tue) at Heritage H.S., Heritage H.S., 5:30pm
10/11 (Fri) at Presbyterian Home, VES, 5:00pm
10/16 (Wed) at Brookville's course (Waterlick & Leesville Rd.), Brookville H.S., 5:00pm
10/19 (Sat) at Running With the Wolves Invitational, Wolf Branch Farm, Forest.
10/25 (Fri) at LCA, Camp Hideaway, Chanders Mtn. Road., 5:30pm.
**July 13, Boone, NC - Grandfather Mountain Marathon**

This very mountainous and scenic course, that winds through the Blue Ridge Mountains, climbs from a starting elevation of 3,333 feet to 4,279 feet at the finish high atop Grandfather Mountain. The race ends before thousands of spectators during the largest Highlands games in the world.

Congratulations to **Michael McPhatter** who ran the course in 3:04:57 to place 1st in age group and 6th overall. Winning male: 2:49:10, female 3:23:01

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**July 20, Lynchburg - LRRC Summer Race Series**

5 Mile Results

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Overall</td>
<td></td>
</tr>
<tr>
<td>Sabrina Willis</td>
<td>33:03</td>
</tr>
<tr>
<td>Lisa Hannell</td>
<td>33:21</td>
</tr>
<tr>
<td>Sue Jones</td>
<td>36:47</td>
</tr>
<tr>
<td>Male Overall</td>
<td></td>
</tr>
<tr>
<td>Peter O'Brien</td>
<td>28:31</td>
</tr>
<tr>
<td>Matt Richards</td>
<td>29:11</td>
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<tr>
<td>Danny Boyers</td>
<td>29:48</td>
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<tr>
<td>Female 12 and Under</td>
<td></td>
</tr>
<tr>
<td>Holli Owens</td>
<td>45:43</td>
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<tr>
<td>Female 13-19</td>
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<td>Ashley Armstead</td>
<td>39:28</td>
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<td>Male 13-19</td>
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<tr>
<td>Jordan Miller</td>
<td>44:34</td>
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<tr>
<td>Female 20-29</td>
<td></td>
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<tr>
<td>Liv Heggoy</td>
<td>39:44</td>
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<tr>
<td>Julie Byers</td>
<td>47:33</td>
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<tr>
<td>Dara Lawrence</td>
<td>49:56</td>
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<tr>
<td>Male 20-29</td>
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<td>Peter Gibbs</td>
<td>31:32</td>
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<tr>
<td>Female 30-34</td>
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<td>Suydam Gabby</td>
<td>37:05</td>
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<td>Leigh Cheatham</td>
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<td>Lori Lee</td>
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<td>Tiffany Tompkins</td>
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<td>Laurie Wynnyk</td>
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<td>Male 30-34</td>
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<td>Paul Carrasco</td>
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<td>Fred Price</td>
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<td>Female 35-39</td>
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<tr>
<td>Lesley McPhatter</td>
<td>39:00</td>
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<td>Terry Groh</td>
<td>42:12</td>
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<td>Mari Cedillo</td>
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<td>Linda Johnson</td>
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<td>Gary Morris</td>
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<td>Grattan Garbee</td>
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<td>Wanjema Muhoro</td>
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<td>John Sarver</td>
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<td>Heather Royer</td>
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<td>Judy Zerfoss</td>
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<td>Wilbert Hooper</td>
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<td>Leland Gibson</td>
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<tr>
<td>Jim Kent</td>
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<td>Steve Letterman</td>
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<tr>
<td>Preston Evans</td>
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<tr>
<td>Craig Miller</td>
<td>33:46</td>
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<tr>
<td>Mike Smith</td>
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<td>Female 50-59</td>
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**800 Meters - June 25, 2002**

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<td>3:15:5</td>
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<td>Girls 17-19</td>
<td>2:49:1</td>
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<td>3:13:2</td>
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<td>Boys 7-8</td>
<td>3:36:2</td>
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<tr>
<td>Boys 9-10</td>
<td>3:09:3</td>
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<tr>
<td>Boys 13-14</td>
<td>2:28:3</td>
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<tr>
<td>Boys 15-16</td>
<td>2:30:4</td>
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<tr>
<td>Men 20-29</td>
<td>2:13:5</td>
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<tr>
<td>Men 40-49</td>
<td>2:31:1</td>
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**400 Meters - June 25, 2002**

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<td>Kids 5-6</td>
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<tr>
<td>Kids 7-8</td>
<td>1:36:7</td>
</tr>
<tr>
<td>Girls 9-10</td>
<td>1:58</td>
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<tr>
<td>Girls 13-14</td>
<td>1:37</td>
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<tr>
<td>Girls 15-16</td>
<td>1:16:1</td>
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<tr>
<td>Women 40-49</td>
<td>1:29:1</td>
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<tr>
<td>Boys 9-10</td>
<td>1:24:4</td>
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<tr>
<td>Boys 11-12</td>
<td>1:27:7</td>
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<tr>
<td>Boys 13-14</td>
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<tr>
<td>Boys 15-16</td>
<td>1:56:1</td>
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<tr>
<td>Men 20-29</td>
<td>1:54:0</td>
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<tr>
<td>Men 40-49</td>
<td>1:45:1</td>
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**5 Mile Results**

<table>
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<tr>
<th>Name</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Men 20-29</td>
<td>1:10:3</td>
</tr>
<tr>
<td>Men 40-49</td>
<td>1:45:1</td>
</tr>
</tbody>
</table>

**Performance Highlights**

- Overall Male: 2:49:10
- Overall Female: 3:23:01
- Men's Best: Robert Harding 1:12:30
- Women's Best: Sabrina Willis 1:50:30
Mary Torrence 49:21

Male 50-59
Don Lucy 33:07
John Justice 35:40
Peyton Morgan 38:20
Richard Stone 40:03

Female 60+
Jane Benbow 58:29

Male 60+
Horace Ellis 35:40
Tommy Harris 35:57
Bernie Davis 41:30
Norm Soheisk 48:04

5K Results
Name Time
Overall Female
Kelly Jennings 25:26
Brenda Padgett 27:31
Becky Jones 28:22

Overall Male
Spencer Drake 20:05
Len Barker 20:53
Nathan Bradley 21:29

12 and Under
Emmi Owens 32:56

Male 12 and under
Mark Jones 35:47
Micah Jones 39:11
Sang Sun Park 48:15

Male 13-19
Adam Wright 22:19
Andy Drake 30:33

Male 20-29
Jason Cordier 32:00

Female 30-34
Tammy Hedding 28:59

Male 35-39
Kyung Nam Park 48:04

Male 40-44
Robert Cook 24:43

Female 60+
Louise Martin 48:03

August 6, Bozeman’s Place - Bozeman’s Biathlon Championship IV
It looked like the 4th Annual Bozeman’s Biathlon (run 1.5 miles and bike 11 miles) was going to be very hot and humid, but fortunately it turned cooler for the 6:00 PM start. Thirty-six ultra distance athletes completed the “sprint distance” in record time to enjoy the cookout and awards banquet held at our home. Local Ironman competitors (husband/wife team) of Van and Kat Phillips finished in the top five. Ryan Owen (age 14) was the ultimate overall winner in a time of 39 minutes and 11 seconds followed by his dad (Martin) a split second later. Everyone enjoyed the competition, camaraderie and cookout afterwards. The following awards were presented:
Top 3 Males: Ryan Owen, Martin Owen, Chris Bright
Top 3 Females: Kat Phillips, Donna Elder, Gabby Suygam
30-39 age division: Van Phillips, Mark Stephens, John Salmon
40-49 age division: Carl Thurston, Ron Riscart, Jim McFarland
50-59 age division: Robert Burgess, Bob Hartless, Bobby Babcock
60 and over: local legend, Tommy Harris

See page 7 for individual results.

Aug. 17, Lynchburg - LRRC Summer Race Series
1/2 Marathon Results
Name Time
Female Overall
Catherine Phillips 1:27:47
Karen Black 1:33:42
Lisa Hannell 1:36:39

Male Overall
Matt Richards 1:20:26
Chris Moreland 1:23:20
Mike McPhatter 1:23:27

Male 13-19
Drew Flowers 1:36:18

Female 20-29
Ginger Cooper 1:45:59
Tracy Corriveau 2:27:07

Male 20-29
Peter Gibbs 1:30:30
Brandon Robertson 2:40:24

Female 30-34
Sabrina Willis 1:43:14
Suydam Gabby 1:45:09
Nancy O’Brien 1:56:46
Tiffany Tompkins 1:58:29
Leigh Cheatham 2:03:50

Male 30-34
Paul Carrasco 1:29:19
Darrell Wargo 1:32:42
Joel Husted 1:34:13

July 20, Roanoke, Va. - Commonwealth 5 Miler
Pl Name Age Time
Overall Female
1 Shannon Saunders 18 31:18
2 Kristin Saunders 18 32:08
3 Shannon Baker 27 35:22

Women 30 - 34
3 Monique Clapper 30 44:37

Women 40 - 44
3 Debbie Sullivan 41 42:29
Van Phillips 1:35:44
Paul Schmidt 1:41:53
Chet McPhatter 1:59:36
Fred Price 2:06:05

Female 35-39
Lisa Richardson 1:48:42
Lesley McPhatter 1:50:01
Mari Cedillo 2:08:25
Lisa Anderson 2:28:56

Male 35-39
Matthew Riple 1:27:19
Gary Morris 1:28:05
Gratton Garbee 1:34:07
Vince Decker 1:34:40
Keven Willis 1:40:34

Female 40-44
Yvonne McMahon 1:55:20
Heather Rooy 1:55:21
Debbie Sullivan 1:55:38
Judy Zerfoss 2:05:46

Male 40-44
Bret Roman 1:25:26
Brad Fitzgerald 1:25:39
Martin Owens 1:36:21
Wilbert Hooper 1:38:51
Andrew Wilds 1:38:55
Paul Fast 1:44:48
John Botton 1:57:40
Steve Lettermann 1:58:03
Stuart Hill 2:03:51

Female 45-49
Lori Flowers 1:43:49

Male 45-49
Preston Evans 1:30:58
Craig Miller 1:42:54
Ben Moomaw 1:50:58
Jeff Armstrong 1:55:07
Rick Wilta 2:53:01

Female 50-59
Leslie McDole 2:16:29
Trish Wilta 3:06:43

Male 50-59
Jonathan Fitt 1:36:59
Don Lucy 1:40:16
Jack Cassidy 1:43:50
Ed Allen 1:44:20
Jim Weiner 1:45:29
Peyton Morgan 1:46:00
John Justice 1:46:15
Micky Miear 1:46:27
Richard Stone 2:00:35
Ben Schowe 2:03:52
Richard Brooks 2:15:58
Jim McDole 2:16:30

5K Results
Name Time

Overall Female
Kelly Jennings 23:00
Jennifer Bing 24:17
Bylinda Brinkley 25:43

Male 35-39
Matthew Riple 1:27:19
Gary Morris 1:28:05
Gratton Garbee 1:34:07
Vince Decker 1:34:40
Keven Willis 1:40:34

Female 35-39
Lisa Richardson 1:48:42
Lesley McPhatter 1:50:01
Mari Cedillo 2:08:25
Lisa Anderson 2:28:56

Male 35-39
Matthew Riple 1:27:19
Gary Morris 1:28:05
Gratton Garbee 1:34:07
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Keven Willis 1:40:34

Female 40-44
Yvonne McMahon 1:55:20
Heather Rooy 1:55:21
Debbie Sullivan 1:55:38
Judy Zerfoss 2:05:46

Male 40-44
Bret Roman 1:25:26
Brad Fitzgerald 1:25:39
Martin Owens 1:36:21
Wilbert Hooper 1:38:51
Andrew Wilds 1:38:55
Paul Fast 1:44:48
John Botton 1:57:40
Steve Lettermann 1:58:03
Stuart Hill 2:03:51

Female 45-49
Lori Flowers 1:43:49

Male 45-49
Preston Evans 1:30:58
Craig Miller 1:42:54
Ben Moomaw 1:50:58
Jeff Armstrong 1:55:07
Rick Wilta 2:53:01

Female 50-59
Leslie McDole 2:16:29
Trish Wilta 3:06:43

Male 50-59
Jonathan Fitt 1:36:59
Don Lucy 1:40:16
Jack Cassidy 1:43:50
Ed Allen 1:44:20
Jim Weiner 1:45:29
Peyton Morgan 1:46:00
John Justice 1:46:15
Micky Miear 1:46:27
Richard Stone 2:00:35
Ben Schowe 2:03:52
Richard Brooks 2:15:58
Jim McDole 2:16:30

Male 60+
Horace Ellis 1:41:31
Bernie Davis 2:08:56
John Kurisky 2:24:19

UPCOMING RACES

Sept. 14, Charlottesville - Pepsi 10K for Special Olympics - 8am; $13 by 9/7, after $15. Info: Lloyd Raupp (434)973-2010; LRaupp@charlottesville.net.

Sept 14, Danville - River City 5K Run/Walk 9:00 a.m.; Info: L.C. Moore (434)793-3409


Sept. 28, Lynchburg - Virginia 10 Miler & 4 Miler & Amazing Mile
Oct. 5, Roanoke, Va. - Star City Striders Women's 5K
contact Striders@starcitystriders.com.

Oct. 5, Lynchburg - Dr. John A. Stephenson Memorial Youth Run, at Riverside Park. Race Director, Mary Ann Craven. Discount is offered to Lynchburg Roadrunners on registration.

October 19, Lynchburg - Mountain Masochist 50 Mile trail Run, 6:30am; 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.

November 9, Richmond - Sun Trust Marathon
Marathon 8 a.m. $55 by 9/30, $65 after. 8K 8:45 a.m. $25 by 9/30, $30 after. Info: (804) 673-RACE or www.richmondmarathon.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.

DISCOUNTS
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
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

August 6, Bozeman’s Place - Bozeman’s Biathlon