

The Presidents Column

Summer greetings! We've had all types of training conditions in the Hill City and surrounding areas. Congratulations to all that have endured.

The Summertime Track Series, organized by Brett Boman was again a huge success despite some challenging weather conditions. Both young and old were challenged at numerous distances from 100 meter to 5,000 meter races. The summer just would not be the same without this great event. A big THANK YOU to Brett and to all that volunteered and participated.

May saw the start of the Lynchburg Road Runners Summer Race Series with race #1, the CVKA Memorial Day 10K. It was a wonderful day for running and Lesley McPhatter and volunteers, for the sixth year, put on a great event. An added bonus was that the proceeds from this race benefit a worthwhile cause.

The Lynchburg Road Runners are developing a reputation as a real contributor to our community. In addition to supporting the Central Virginia Kidney Association, our club will be organizing the Presbyterian Home 5k in an effort to raise funds for the Lynchburg Presbyterian Home. Celebrating its 100th year, the Presbyterian Home continues to help children and families in distress. Race day is Saturday July 26th at 8:00am. More information can be found at in this newsletter.

Finally, the Virginia 10-Miler is just around the corner. Can you believe this will be its 30th year? How can you not participate? I encourage our membership to support this historic event either by running or volunteering. Take advantage of the group runs and races to stay motivated and we'll see you at the starting line. This is one of Lynchburg's premier Fall road racing events. Be part of it!

See you on the roads,

Jeff

As always, if anyone has an issue or idea that would like to discuss with the executive committee, they are invited to attend the executive committee meeting on the second Tuesday of every month at the Monte Carlo restaurant on Old Forest Road. We look forward to seeing you.

2003 LRR OFFICERS

President	Jeff Fedorko
Vice President	Darrell Wargo
Secretary	OPEN
Treasurer	Wendy Golden
Membership	Mary Ann Craven
Newsletter	Vic Galan

LRR WEB ADDRESS

The club has a new Web address. Look us up at www.lynchburgroadrunners.org

The Milepost is provided on the Web through the generosity of professor Peter Sheldon as a community service of Randolph-Macon Women's College.

You may also find the latest race information at www.riversiderunners.com

Next LRR Club Meeting
Tuesday, 9 September, 2003
at the Monte Carlo Restaurant
Old Forest Road
6:30 Diner
7:00 Meeting

Meeting Minutes - 13 May, 2003

By Vic Galan: Acting Secretary

The **May** meeting of the Lynchburg Roadrunners was held on Tuesday, May 13, 2003 at Monte Carlo Restaurant with dinner orders taken at 6:30 PM. With twelve members in attendance, president **Jeff Fedorko** called the meeting to order at 7:00 PM. Speaker for the evening was **Dr. Jeff Tanzar** who enlightened us on "Chiropractic Care and Running".

Dr. Tanzar reviewed the essentials for life, as food, oxygen, water, and the nervous system. The analogy of the nervous system as branches and leaves on a tree was effectively visualized by inverting a slide of a human with nervous system detailed on its head. The brain then is then shown as the root and the nervous system as the branches and leaves on a plant, as a tree.

Dr. Tanzar explained that optimal performance is achieved with recovery time and repair of the damage caused to the nervous system in training. If the nerves emanating from the spinal column remain stressed or damaged then performance is greatly reduced. One shouldn't judge health just by waiting for symptoms to appear. Subluxation, a misalignment of the spine, causes the nerve branches to transmit their signals ineffectively and this in turn causes problems and eventually crises to the organs fed by the nervous system.

Spinal maintenance is important. Before and after x-rays are an objective way to show the results of spinal adjustment.

A short business meeting followed. **Membership** chairperson Mary Ann Craven reported that only 92 members had renewed for 2003 to date. A notification through e-mail will be sent to remind members of their dues. Race Insurance and continuation of the Newsletter is at stake.

The **Treasurers** report showed a current balance of \$907.00 and a Race Series balance of \$1,024.00.

Jeff reminded us of the great Summer race season that starts with the Bret Boman's Summer Track Series every Tuesday evening in June. The meeting was then adjourned.

July 26, Lynchburg - Presbyterian Home 5K

8:00 a.m. start at the Presbyterian Home on Linden Ave. Info: Riverside Runners, Jeff Fedorko (434) 846-7449. **See Flyer in this Newsletter !!!!!!!**

Lynchburg Road Runners Summer Race Series Sponsors

This year's race series would not be possible if not for the generous contributions of the following sponsors: The Lynchburg Regional Chamber of Commerce, Bank of the James, Harris Tire Co., Riverside Runners, GME Medical Supply, Bikes Unlimited, and Wal-Mart. Please thank these businesses with your patronage and kind words if the opportunity arises.

August 5, Bozeman's House - Bozeman's Biathlon

Championship V: Run 1 ½ miles, Bike 11 miles
Tuesday, **starts 6:15 PM SHARP!**

Rain date is Aug. 7, Thursday, 6:15 PM

WHERE: Steve & Debbie Bozeman's House

WHY: Exercise, eat, drink and socialize

Only \$10.00 "Donation" for all this fun.

Info: Debbie or Steve at H: 384-7609 or W: 832-2927. **See Flyer in this Newsletter!!!!**

August 23, Lynchburg - LRRRC Summer Race Series Half Marathon and 5K

7:30 a.m. start at the Ed Page Entrance to the Blackwater Creek Trail (by Greek Church on Langhorn Road). Info: Riverside Runners, Jeff Fedorko (434) 846-7449.

August 30, Charlottesville - Women's Four Miler

Info: 434-293-3367

Sept. 20, Lynchburg - Virginia 10 Miler & 4 Miler & Amazing Mile. 30th Anniversary!

8:30 a.m. start at E. C. Glass High School.

For Info: Craig Cassell, 434-845-5968, ext. 30

Pickup Flyer at Riverside Runners

Nov. 15, Richmond - Sun Trust Marathon

8 a.m. \$35 by 9/8. Info: (804)673-RACE or www.richmondmarathon.com

Oct 18, Lynchburg - Mountain Masochist 50 mile

Trai Run. 6:30 a.m. Info: David Horton (804)582-2386 (w) or <http://www.extremelultrarunning.com>

UPCOMING RACES

Holcomb Rock Hell

We did the Fleming Mountain Loop.

Fifteen in our group.

Hills aplenty.

Another twenty

Through the rain and soup.

Bernie The Bard

The Coach Says

Subject: Exercise for Seniors

Start by standing outside behind the house and, with a 5-pound potato sack in each hand, extend your arms straight out to your sides and hold them there as long as you can.

After a while, move up to 10-pound potato sacks, then 50-pound potato sacks, and finally, get to where you can lift a 100-pound potato sack in each hand and hold your arms straight out for more than a full minute.

Next, put a few potatoes in the sacks! but I would caution you not to overdo it at this level.

INCOMING

On asking how Mamma (Louise Martin) got through the Winter, daughter Mary sent the following:

Vic,

Thank everyone for their concern and interest in Mama. Mama's fine. In fact, I am writing this email from Hampton Roads where we are attending the National Senior Olympics. We ran the 5k Monday and of course...what would you expect...Mama got the gold in the 85-89 age group. She beat her nearest competitor by about 2 minutes.

I won 7th place in my category which pleased and astonished me.

We're here at the VA Beach Pavilion watching volleyball now because "Mama wants to be in the thick of things" rather than resting up for the 2pm 10k today. We ran the 5k and will run this 10k on the Little Creek Amphibious Navy Base near Norfolk.

When we moaned about the afternoon start times, they told us something about moving some ships out. We run right by these huge naval ships which is kind of interesting.

We have missed local races due to different reasons. We missed the Kidney race in Lynchburg because I was away. I have a son that is in the army now and just graduated from Airborne school and it seemed like the weekends we could visit him hit at the same time as some of the local races.

Mama is running around 15 minute miles now. She commented yesterday that when she started running 31 years ago she was running from 9-10 minute miles. She said she guessed a drop off of 5 minutes wasn't too bad.

Forward this email to anyone who is interested and thanks again.

Mary

Training Opportunities

10-Miler Thursdays

Every Thursday in August come join us for a 10-Miler. On **Aug 7th and 21st at 6:30pm**, a group will leave from EC Glass HS and run the 10-Miler course. Water and Gatorade will be provided by Riverside Runners at the store. Water and refreshments will be available at the finish.

On August, **Aug 14th & 18th at 6:30 pm**, the group will meet at the Ed Page Entrance to the Bike Trail (Greek Church) for a 10 Mile run. Don't forget, start time will be **6:30pm** for Thursday fun runs. For more information visit the message board at www.riversiderunners.com

Team in Training to start program in Lynchburg.

Team in Training can help you achieve your marathon goals while raising money for a good cause; leukemia research. An informational meeting will be held at the Virginia Baptist Hospital **Wednesday July 23rd**. For time, location and more information call Jeff at Riverside Runners 846-7449. The fall marathon is Disney World in January. Training starts in August.

MESSAGE BOARD

Riverside Runners announces new message board.

Have questions about training? Upcoming races? Local events? Training runs? Visit the message board at www.riversiderunners.com. There you can post questions and announcements.

RACE RESULTS

Altavista, VA 2003 Uncle Billy's Day Race

2 Mile Results - Men

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age Group</u>
1	Jesse Dalton	10:31	
2	Darrell Wargo	10:42	
3	W. C. Winston	10:50	
8	Paul Triska	11:23	1 st 36-40
21	Ben Dailey	12:57	10 th 13-19
23	Gary Thacker	13:18	2 nd 36-40
40	Tim Dailey	14:17	1 st 46-50
63	Mike Ferguson	16:22	4 th 31-35
64	Bill Hammond	16:23	1 st 60 +
65	Terry Walton	16:24	2 nd 60 +

2 Mile Results - Women

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age Group</u>
20	Sue Jones	12:54	
24	Meg Dailey	13:30	
26	Beth wright	13:36	
28	Eileen Mallesch	13:39	1 st 46-50
35	Gabby Sydam	13:57	1 st 31-35
67	Annie Dailey	16:39	2 nd 12 under
74	Becky Jones	17:04	6 th 13-19

Lynchburg, VA May 26, 2003 8:00 AM

6th ANNUAL CENTRAL VA KIDNEY ASSOCIATION TEN KILOMETER ROAD RACE

Record: 34:04 by Matt Richards (2000)

<u>Place</u>	<u>Name</u>	<u>Age S</u>	<u>Time</u>	<u>Pace</u>	<u>AG</u>
1	David Royer	36 M	35:55	5:47	1M
2	Michael McPhatter	29 M	37:15	6:00	2M
3	Bret Boman	44 M	37:34	6:03	3M
4	Drew Flowers	15 M	38:48	6:15	1
5	Jeff Harrington	33 M	39:25	6:21	1
6	Matt Ripley	38 M	39:28	6:21	1
7	Cat Phillips	28 F	39:59	6:27	1F
8	Paul Carrasco	32 M	41:14	6:39	2
9	David Crawfords	37 M	41:25	6:40	2
10	George Mrus	43 M	41:36	6:42	1
11	Jim Wemer	56 M	43:01	6:56	1
12	Preston Evans	46 M	43:06	6:57	1
13	Terri Ripley	40 F	44:05	7:06	2F
14	Mark Stephens	31 M	44:19	7:08	3
15	Craig Miller	50 M	44:22	7:09	2

<u>Place</u>	<u>Name</u>	<u>Age S</u>	<u>Time</u>	<u>Pace</u>	<u>AG</u>
16	Wilbert Hooper	43 M	44:24	7:09	2
17	Roger Vaden	54 M	44:50	7:13	3
18	David Hedrick	32 M	45:19	7:18	
19	Lee Eagle	41 M	45:24	7:19	3
20	Lori Flowers	46 F	45:40	7:21	3F
21	Sue Jones	42 F	45:45	7:22	1
22	Beth Wright	41 F	46:20	7:28	2
23	Krista Leake	33 F	46:21	7:28	1
24	Peter Sheldon	35 M	46:23	7:28	3
25	Bill McGuinn	42 M	46:23	7:28	
26	Horace Ellis	61 M	46:28	7:29	1
27	Andy Flowers	48 M	46:56	7:34	2
28	John Justice	58 M	46:58	7:34	
29	Tommy Harris	63 M	47:05	7:35	2
30	Chad Waterworth	30 M	47:07	7:35	
31	Peyton Morgan	51 M	47:33	7:40	
32	Eileen Mallesch	47 F	47:43	7:41	1
33	Micky Mear	56 M	47:53	7:43	
34	Gary Thacker	40 M	48:03	7:44	
35	Hunter Marshall	43 M	48:09	7:45	
36	Jim Kent	40 M	48:12	7:46	
37	Gabriell Suydam	33 F	49:01	7:54	2
38	Rick Brooks, Jr.	33 M	49:31	7:58	
39	Richard Brooks	53 M	49:36	7:59	
40	Brian Garfield	39 M	49:38	8:00	
41	Kyle Smith	40 M	49:50	8:02	
42	Erin Rothman	26 F	49:53	8:02	1
43	Barbara Edgar	37 F	50:09	8:05	1
44	Katie Waterworth	25 F	50:52	8:12	2
45	Gail Rochelle	37 F	51:02	8:13	2
46	Glenn Meadows	52 M	51:18	8:16	
47	Bernie Davis	65 M	51:25	8:17	3
48	Bob Foster	57 M	51:32	8:18	
49	Chip Clements	56 M	52:17	8:25	
50	Wendy Golden	35 F	52:29	8:27	3
51	Jackie Moon	29 F	52:31	8:28	3
52	Richard Stone	56 M	53:18	8:35	
53	Alan Jones	45 M	54:53	8:50	3
54	David Skulina	40 M	55:03	8:52	
55	Scott Torres	26 M	55:15	8:54	1
56	Pete Grissom	36 M	55:18	8:54	
57	Andrea Dorsey	23 F	56:01	9:01	
58	Kristy Stephens	23 F	57:12	9:13	
59	Diana Pettyjohn	41 F	58:17	9:23	
60	Kate Lowry	48 F	58:17	9:23	2
61	Jamie David	40 F	58:18	9:23	
62	Chet McPhatter	31 M	58:52	9:29	
63	Bryan Carter	26 M	59:17	9:33	2
64	Jack Walton	62 M	59:19	9:33	
65	Crystal Aylward	24 F	1:00:25	9:44	
66	Christa Peterson	26 F	1:00:39	9:46	
67	Diana Baldwin	53 F	1:00:56	9:49	1
68	John Kurisky	64 M	1:01:24	9:53	
69	Frank McPhatter	61 M	1:02:41	10:06	
70	Vic Galan	66 M	1:02:50	10:07	
71	Sonny Miller	22 M	1:02:57	10:08	3
72	Ronny Roseveare	37 M	1:02:57	10:08	
73	Gary Morris	36 M	1:02:58	10:08	
74	John Clark	60 M	1:02:58	10:08	
75	Steven Selby	42 M	1:03:58	10:18	

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>S</u>	<u>Time</u>	<u>Pace</u>	<u>AG</u>
76	Joyce Oquinn	35	F	1:04:39	10:25	
77	Charlene Graves	54	F	1:04:51	10:27	2
78	John Billingslea	65	M	1:05:04	10:29	
79	Jennifer Page	27	F	1:06:22	10:41	
80	April Roberts	25	F	1:13:27	11:50	
81	Jane Benbow	66	F	1:15:27	12:09	1

May 31, Roanoke - AEP Festival 10K & 5K

10K Results

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>S</u>	<u>Time</u>
15	Ron Riscart	49	M	41:38
18	Bob Hartless	59	M	42:06
19	Donna Elder	40	F	42:08
30	Nancy Ferris	47	F	43:54
138	Larry Scott	57	M	58:39

5K Results

7	Darrell Wargo	34	M	17:46
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2003 Summer Track Series Results

Bret Boman, Race Director

Despite the torrential downpours again this year, the summer track series was a success thanks to good attendance and the help of all of you volunteers who helped time, call places, pick up equipment, etc. We had lots of kid's races - hopefully we'll see many of these youngsters progress through the high school and college ranks.

For those roadrunners who did not make it out there, please do not be intimidated. These races are for all ages and abilities.

5,000 Meters June 3, 2003

Girls 7-8	Emmi Owens 30:07.4
Girls 11-12	Hollis Owens 24:36.9
Girls 17-18	Meg Dailey 22:37.8
Women 40-49	Terri Ripley 21:17.0, Sue Jones 21:38.7, Deb Sullivan 24:37.1
Boys 13-14	Adam Broda 22:36.8
Boys 15-16	Chris Sullivan 18:24.3
Men 17-19	Joey Tolsma 21:59.8
Men 20-29	Mike McPhatter 17:00.7, Dwayne Fitts 20:16.7
Men 30-39	David Royer 16:59.9, Darrel Wargo 17:41.5, Gregg Cavaliere 17:58.5, Paul Triska 18:33.7, Matt Richards 18:44.6, Paul Carrasco 18:53.8, Peter Sheldon 20:33.8
Men 40-49	Ron Riscart 20:03.9, Paul Broda 23:18.3, Tim Dailey 23:19.6
Men 50-59	Jim Weimer 20:59.0, Peyton Morgan 22:37.8, Paul Sherburne 23:57.7
Men 60-69	Horace Ellis 21:32.6, John Kurisky 29:08.1

100 Meters June 3, 2003

Kids 3-4	Diego Carrasco 37.8, Owens 49.0
Kids 5-6	Hannah Royer 20.0, Michael Parker 21.3, Katelyn Barker 24.0
Girls 7-8	Ashlin Royer 19.8
Girls 9-10	Annie Dailey 17.6
Girls 11-12	Hollis Owens 18.8
Boys 11-12	Mark Jones 15.9, Ethan Parker 16.2, Sam Dailey 16.8, Brandon Jones 17.8
Boys 13-14	Ben Dailey 14.7
Men 20-29	Dwayne Fitts 12.1
Men 30-39	Paul Carrasco 13.7, Darrel Wargo 14.7
Men 40-49	Robert Harding 11.5
Men 50-59	Brant Tolsma 13.0, Peyton Morgan 16.9

200 Meters June 3, 2003

Kids 3-4	Diego Carrasco NT
Kids 5-6	Michael Parker 51.0, Hannah Royer 52.7
Girls 7-8	Ashlin Royer 46.5
Girls 9-10	Annie Dailey 42.6
Girls 17-18	Becky Jones 30.3
Boys 11-12	Mark Jones 33.8, Ethan Parker 35.3, Sam Dailey 35.4, Brandon Jones 41.3
Boys 13-14	Ben Dailey 30.4
Men 20-29	Dwayne Fitts 25.7
Men 30-39	Darrel Wargo 31.3
Men 40-49	Robert Harding 23.8
Men 50-59	Brant Tolsma 27.2, Peyton Morgan 35.6

2 Mile - June 10, 2003

Girls 13-14	Donna Bryant 15:36.8
Girls 15-16	Carrie Vest 16:34.8, Caiti Mason 17:20.4, Janelle Vaughn 20:49.1
Women 17-19	Meg Dailey 15:01, Becky Jones 17:18.2, Sarah Hooks 19:30.7
Women 30-39	Gabby Sud 14:21.5, Lesley McPhatter 14:41.6
Women 40-49	Sue Jones 13:17.9, Beth Wright 13:45.8, Deb Sullivan 15:31.5
Boys 7-8	Micah Jones 21:11.9
Boys 9-10	Mark Jones 17:48.8
Boys 13-14	Andy Drake 13:12.5, Drew Tucker 14:22.9, Jeremiah Brown 14:41.3, Chris Sullivan 11:35.4, Matthew Case 16:59.6
Boys 15-16	
Men 17-19	Thomas Brennan 10:35.2, Luke Thomas 10:42.6, Spencer Drake 11:37.7, Joey Tolsma 13:40.1

Men 20-29 Mike McPhatter 10:44.7, Dwayne Fitts 12:26.2, Chris Moreland 12:29.5, Nathan Brundley 15:20.2
 Men 30-39 Ben Thomas 10:35.1, Darrell Wargo 10:57.4, Matt Ripley 11:11.5, Gary Morris 11:21.6, Paul Carrasco 11:46.6, Grattan Garbee 12:06.4, Peter Sheldon 12:57.1
 Men 40-49 Wilbert Hooper 13:05.2, Keith Austin 14:52.5, Tim Dailey 14:54.9, Ronnie Tucker 18:35.8,
 Men 50-59 Gary Stroud 12:03.4, Peyton Morgan 14:34.7, Paul Sherburne 15:49.0
 Men 60-69 Horace Ellis 13:43.4, John Kurisky 17:51.0, Vic Galan 17:53.8

800 Meters – June 10, 2003

Women 20-29 Mary Jayne Harrelson 2:04.3, Marlies Overbeeke 2:11.9

 Boys 13-14 Brett Yule 2:51.0
 Boys 15-16 Chris Sullivan 2:26.0
 Men 17-19 Spencer Drake 2:30.3
 Men 20-29 Dwayne Fitts 2:16.2
 Men 30-39 Ben Thomas 2:04.3, Darrell Wargo 2:27.9

100 Meters - June 10, 2003

Kids Under 4 Jaden Lance 39.8, Diego Carrasco 41.3
 Kids 5-6 Hannah Royer 19.7, Dana Bryant 20.5, Kendall Branham 28.6
 Kids 7-8 Daniel Bryant 17.5, Ashlin Royer 20.7, Anna Ripley 21.2
 Girls 13-14 Jesse Sheffield 13.9, Donna Bryant 15.8, Caiti Mason 16.9
 Girls 15-16 Beth Jones 14.3

 Boys 9-10 Micah Jones 17.8
 Boys 11-12 Mark Jones 16.8
 Boys 13-14 Brett Yule 14.7
 Boys 15-16 Jamie Coyner 12.3, Matthew Case 12.7, Anthony Jarman 14.0, Brandon Cooter 14.4, Chris Sullivan 14.6
 Men 17-19 Spencer Drake NT
 Men 20-29 Dwayne Fitts NT
 Men 40-49 Robert Harding 11.6
 Men 50-59 Brant Tolsma NT

400 Meters – June 10, 2003

Kids 7-8 Anna Ripley 1:58.7
 Girls 13-14 Jesse Sheffield 65.1, Caiti Mason 1:34.7
 Girls 15-16 Beth Jones 77.0
 Women 17-19 Becky Jones 75.0
 Women 20-29 Mary Jayne Harrelson 55.9

 Boys 9-10 Micah Jones 1:45.6
 Boys 11-12 Mark Jones 1:29.0
 Boys 13-14 Andy Drake 69.1, Brett Yule 70.2
 Boys 15-16 Jamie Coyner 57.7, Brandon Cooter

62.5, Spencer Drake 66.5
 Men 17-19 Luke Thomas 55.3
 Men 20-29 Dwayne Fitts 55.6
 Men 30-39 Darrell Wargo 71.3
 Men 40-49 Robert Harding 53.5
 Men 50-59 Brant Tolsma 61.6

1 Mile - June 17, 2003

Kids 7-8 Monica Beck 7:43.7
 Girls 13-14 Donna Bryant 6:38.8
 Girls 15-16 Carrie Vest 6:53.2, Caiti Mason 7:37.0
 Women 17-19 Meg Dailey 6:30.0, Becky Jones 7:19.4, Sarah Hooks 7:54.7
 Women 40-49 Sue Jones 6:05.3

 Boys 9-10 John Broda 7:37.9, Connor Schwartz 7:58.5, Micah Jones 8:46.7
 Boys 11-12 Kyle Broda 6:33.7, Mark Jones 6:50.9
 Boys 13-14 Anthony King 5:51.8, Adam Broda 6:03.5, Andrew Drake 6:13.1, Drew Tucker 6:23.4, Jeremiah Brown 10:50.7
 Boys 15-16 Jamie Coyner 5:48.8, Matthew Case 6:31.2
 Men 17-19 Eric Brown 5:28.2, Richard Suddith 6:42.0, Colin Mason 6:55.6
 Men 20-29 Mike McPhatter 4:59.4, Allen Dalton 5:18.5, Dwayne Fitts 5:21.7
 Men 30-39 Darrell Wargo 5:05.8, Paul Triska 5:09.5, Gregg Cavaliere 5:13.8, Paul Carrasco 5:27.3, Peter Sheldon 5:38.0, Todd Colasgow 5:44.6, Felix McCain 6:34.0
 Men 40-49 Carl Thurston 5:25.0, Craig Schwartz 5:37.5, Tim Dailey 6:29.6, Paul Broda 6:51.5
 Men 50-59 Jim Weimer 5:54.5, Peyton Morgan 6:33.0, Paul Sherburne 7:20.5

100 Meters – June 17, 2003

Kids Under 4 Jaden Lance 48.1
 Kids 7-8 Monica Beck 17.8, Daniel Bryant 18.3
 Girls 9-10 Shannon Bing 18.6
 Women 20-29 Erin Nielsen 15.3

 Boys 9-10 Connor Schwartz 16.6, David Bryant 18.9, John Broda 19.2
 Boys 11-12 Kyle Broda 17.7
 Boys 13-14 Cameron Glasgow 13.9, Andrew Tucker 15.1, Andy Drake 15.9, Adam Broda 16.4
 Boys 15-16 Tyler Tipton 12.1, Jamie Coyner 12.7, Matthew Case 13.1
 Men 20-29 Dwayne Fitts 15.3
 Men 30-39 Darrell Wargo 14.9

200 Meters – June 17, 2003

Girls 13-14 Donna Bryant 33.6
 Women 20-29 Erin Nielsen 32.5

Boys 15-16 Tyler Tipton 24.6
 Men 20-29 Dwayne Fitts 25.4
 Men 30-39 Darrell Wargo 31.7, Felix McCain 39.1

800 Meters – June 24, 2003

Kids 7-8 Bryan Rapp 3:36.3
 Girls 13-14 Laura Rapp 3:06.9
 Girls 15-16 Jessica Bowman 3:21.7
 Women 17-19 Meg Dailey 2:53.0

Boys 9-10 Seth Connor 3:24.7, Micah Jones 3:33.2
 Boys 11-12 Mark Jones 3:03.4, Kyle Broda 3:04.4
 Boys 13-14 Adam Broda 2:48.4, Drew Tucker 2:50.2, Jeremiah Brown 3:04.1
 Boys 15-16 Chris Sullivan 2:28.9, Matthew Case 3:02.4
 Men 17-19 Topher Hackworth 2:08.2, Eric Brown 2:33.1, Richard Suddith 2:50.2
 Men 20-29 Dwayne Fitts 2:12.6
 Men 30-39 Paul Triska 2:11.6, Gary Morris 2:14.8, Darrell Wargo 2:24.5, Peter Sheldon 2:31.1, Felix McCain 2:47.5
 Men 40-49 Larry Jackson 2:55.6
 Men 50-59 Paul Sherburne 3:14.6
 Men 60+ Vic Galan 4:09.7

400 Meters – June 24, 2003

Kids 7-8 Monica Beck 1:23.7, Bryan Rapp 1:43.6, Jonathan Hyman 2:01.7
 Girls 13-14 Laura Rapp 81.7, Andrea Arrington 1:34.7, Joy Givens 1:36.5
 Women 17-19 Eric Brown 71.6
 Boys 9-10 Micah Jones 1:32.9, Seth Connor 1:39.0, Sam Hyman 1:54.9
 Boys 11-12 Mark Jones 77.5, Kyle Broda 88.7
 Boys 13-14 Andy Drake 67.0, Adam Broda 77.2, James Wingfield 79.5, Jeremiah Brown 83.8
 Boys 15-16 Jamie Coyner 59.2, John Albury 66.3, Matthew Case 68.9, Jordan Tropp 70.4, Chris Sullivan 73.0, Anthony Jarman 74.3, Hal Scott 84.0
 Men 20-29 Dwayne Fitts 55.8
 Men 30-39 Gary Morris 56.3, Paul Triska 57.0, Felix McCain 82.1
 Men 40-49 Robert Harding 53.4

Long Jump – June 24, 2003

Kids 7-8 Bryan Rapp 8'2"
 Girls 13-14 Laura Rapp 11'3-1/2"
 Women 20-29 Erin Nielsen 13'5"

Boys 15-16 Jamie Coyner 17'0"
 Men 20-29 Dwayne Fitts 17'10"
 Men 40-49 Robert Harding 17'7"

PERCIVAL'S ISLE

Five flat, fast miles

On Percival's Isle.

Sixty local runners or more,

All strictly hard core.

Being fit is reason to smile.

Bernie The Bard

June 28, Lynchburg - LRRC Summer Series 5 Mile
PERCIVAL'S ISLAND 5-MILER

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>S</u>	<u>Time</u>	<u>Pace</u>	<u>AG</u>
1	Peter O'Brien	35	M	27:47	5:34	1 st OA
2	Darrell Wargo	34	M	29:15	5:51	2 nd OA
3	Brett Boman	43	M	29:31	5:55	3 rd OA
4	Topher Hackworth	17	M	29:43	5:57	4 th OA
5	Jeff Harrington	33	M	29:59	6:00	1 st 30-34
6	Matt Richards	35	M	30:05	6:01	1 st 35-39
7	Carl Thurston	42	M	30:34	6:07	1 st 40-44
8	Paul Carrasco	32	M	31:01	6:13	2 nd 30-34
9	George Mrus	43	M	31:19	6:16	2 nd 40-44
10	Calvin Milam	43	M	31:47	6:22	3 rd 40-44
11	Christopher Sulliva	15	M	32:12	6:27	1 st 13-19
12	Spencer Drake	17	M	32:19	6:28	2 nd 13-19
13	Cate Jackson	18	F	32:30	6:30	1 st OA
14	Ron Riscart	49	M	32:35	6:31	1 st 45-49
15	Preston Evans	46	M	32:55	6:35	2 nd 45-49
16	Robert Cook	41	M	33:03	6:37	
17	Craig Miller	50	M	33:55	6:47	1 st 50-59
18	Wilbert Hooper	45	M	34:05	6:49	3 rd 45-49
19	Mark Stephens	31	M	34:23	6:53	3 rd 30-34
20	Chris Bright	37	M	34:24	6:53	2 nd 35-39
21	Paul Fast	44	M	34:40	6:56	
22	Nancy Ferris	47	F	34:42	6:57	2 nd OA
23	Sue Jones	42	F	34:47	6:58	3 rd OA
24	Hannah Roller	16	F	34:52	6:59	4 th OA
25	Lee Eagle	41	M	34:55	6:59	
26	Todd Glasgow	36	M	35:03	7:01	3 rd 35-39
27	Jack Flippin	33	M	35:13	7:03	
28	George Cook	36	M	35:16	7:04	
29	Beth Wright	42	F	35:24	7:05	1 st 40-44
30	Mary Andrews	25	F	36:07	7:14	1 st 20-29

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>S</u>	<u>Time</u>	<u>Pace</u>	<u>AG</u>
31	Tommy Harris	63	M	36:14	7:15	1 st 60-64
32	Horace Ellis	61	M	36:15	7:15	2 nd 60-64
33	Andy Drake	13		36:32	7:19	
34	John Justice	58	M	36:46	7:22	2 nd 50-59
35	Kevin Willis	36	M	36:47	7:22	
36	Eileen Mallesch	47	F	36:51	7:23	1 st 45-49
37	Hollie Porter	30	F	37:10	7:26	1 st 30-34
38	Bill Hutter	50	M	37:26	7:30	3 rd 50-59
39	Donna Rinker	32	F	37:37	7:32	2 nd 30-34
40	Ashley Armistead	18	F	37:45	7:33	1 st 13-19
41	Kevin Shroyer	42	M	37:47	7:34	
42	Kelly Jennings	30	F	38:02	7:37	3 rd 30-34
43	Brian Bowen	39	M	38:10	7:38	
44	Lesley McPhatter	39	F	38:36	7:44	1 st 35-39
45	Bernie Davis	65	M	38:49	7:46	1 st 65 +
46	Nathan Brandley	24	M	38:54	7:47	1 st 20-29
47	Barbara Edgar	37	F	38:55	7:47	2 nd 35-39
48	Pratrick LaFratta	21	M	39:07	7:50	2 nd 20-29
49	Glenn Campbell	31	F	39:11	7:51	
50	Wendy Golden	35	F	39:34	7:55	3 rd 35-39
51	Deborah Sullivan	42	F	40:21	8:05	2 nd 40-44
52	Steve Letterman	43	M	40:27	8:06	
53	Richard Stone	56	M	40:57	8:12	
54	Amy Rockhill	51	F	41:09	8:14	1 st 50-59
55	Kim Fast	40	F	41:42	8:21	3 rd 40-44
56	Pete Grissom	36	M	41:51	8:23	
57	Leigh Cheatham	35	F	42:22	8:29	
58	Jack Cassidy	51	M	42:43	8:33	
59	Bilynda Brinkley	10	F	43:39	8:44	1 st 12 -
60	Richard Suddith	17	M	44:21	8:53	3 rd 16-19
61	Cavan Carlton	29	M	44:33	8:55	3 rd 20-29
62	Christy Howard	29	F	44:42	8:57	2 nd 20-29
63	Betty Harrington	32	M	44:49	8:58	
64	Lee Beavmont	34	M	44:49	8:58	
65	Drew Tucker	14	M	45:59	9:12	
66	Bryan Carter	26	M	46:24	9:17	
67	Joyce O'Quinn	35	F	46:25	9:17	
68	John Kurisky	64	M	48:29	9:42	3 rd 60-64
69	Bill Bare	34	M	48:48	9:46	
70	Sally Bare	33	M	48:51	9:47	

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

May you live each day to the fullest and enjoy every run for the gift it is.



Medical Supply, Inc.
 24 hour Availability

2301 Rivermont Ave.
 Lynchburg, VA 24503

Ph. 434-528-3765
 Fax 434-846-7425

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