

## The Presidents Column

Are those hot, hazy training days of summer over yet? Hard to believe it's September already. Fall is just around the corner along with cooler training days. What a great time to take advantage of the local running scene.

Less than two weeks and the 30th running of the VA 10-Miler will commence. Good luck to all! Start time is 8:30am at E.C. Glass High School. One of our founding club members, Frank McPhatter will attempt his 30th VA 10-Miler. Wow! Congratulations Frank. He is one of five runners that have run all 29 races. If you are not racing, consider volunteering. If you are interested contact me at the store.

October will see the running of the 13th Annual John A. Stephenson Kids Run on October 4th in Riverside Park. The event is open to the first 300 children 13 and under. An application is included with this newsletter. "Thank you" to co-race directors, Heather Royer and Catherine Phillips, for stepping up to help continue the success of this race.

The Guatemala Kids 5K Road Race and One-Mile Walk/Run will make its debut on October 4th. The course will wind through the campus of Liberty University and raise money for the Guatemalan Orphanage. Help support this worthy charity and road racing in Lynchburg by participating. The more road races in our area the better!

Looking to extend that weekend long run just a bit? Well its not to late to register for the Mountain Masochist 50-Mile trail run. Thanks to Dave Horton and his volunteers this has become a nationally known event drawing competitors from as far away as Japan. For you it's a short drive to the start at the James River Visitor Center on Saturday October 18th.

Finally, best of luck to those training for this Fall's marathons. Lesley McPhatter has done an excellent job organizing weekly training runs for those running between 8:00 and 9:00 minutes a mile. The

Lynchburg Road Runners will be represented at the Marine Corps Marathon, Richmond Marathon, and New York City Marathon. Look for results in the next newsletter!

**Next LRR Club Meeting**  
Tuesday, 14 October, 2003  
at the Monte Carlo Restaurant  
Old Forest Road  
6:30 Diner  
7:00 Meeting  
Guest Speaker: **Rebekah Trittipoe**

Please plan to join us at the October meeting and hear **Rebekah Trittipoe** talk of her odyssey in Brazil. In mid September she will test her mettle on a six day, 160 mile stage run through the Brazilian jungle. Perhaps you have read of Rebekah's exploits in the "No Ordinary Runner" article by the News & Advance on Sunday 22 June '03. Just be there!

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      | <b>OPEN</b>     |
| Treasurer      | Wendy Golden    |
| Membership     | Mary Ann Craven |
| Newsletter     | Vic Galan       |

## A HOT HALF

Though the shade was a real treat,  
There was still too much heat.  
Greeting friends was nice.  
I couldn't have run it twice.  
The winner was O'Brien, Pete.

**Bernie the Bard**

## Meeting Minutes

By Vic Galan: Acting Secretary

The September meeting of the Lynchburg Roadrunners Club (LRRC) was held on Tuesday, 9 September 2003 at the Monte Carlo Restaurant. With six members in attendance, president Jeff Fedorko called to meeting to order at 7:00 PM.

Thanks to Bret Boman for once again coming through with a successful Track Series at Lynchburg College in June. Jeff reported that the active Summer Race Series draws increasing support and participation from runners throughout the State of Virginia and beyond. We are pleased to see that the Race series is catching on as this is a plus for the club. Darrel Wargo reported on the progress of the Virginia Ten-Miler. To date, six hundred runners have registered in both the ten and four mile races. Six Kenyans are expected to participate. Now, if only the present cool weather will prevail we might have a course record.

The membership totals 128 to date. The number of members plus the number of participants in sponsored races has a bearing on race insurance, which is critical in this age of litigation.

The meeting was adjourned about 8:00 PM.

### **DISCOUNT**

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

### **The Coach Says ....**

The following is extracted from Centra Health's "Heart Matters" Vol. 6, No. 2.

All of us are at some risk to develop heart disease. That risk increases as we grow older. The good news is that there are steps we can take to lower the risk through prudent lifestyle decisions and exercise, no matter what our age.

Much has been written recently about what level of exercise is necessary to do the job. Relative to the heart, moderate aerobic exercise (every day is best, four to five days a week should be minimum) is the ticket.

The heart rate should be brought up to 75 to 80 percent of the heart's ability and maintained at that level for 35 to 40 minutes. Run, walk, bicycle and swimming are the best activities to achieve the proper heart rate. Sports like tennis or basketball do not produce maximum benefits in terms of heart exercise because they do not provide the necessary 30 to 40 minutes of continuous activity.

In addition to strengthening the heart, some positive side effects derived from aerobic exercise include:

|  |                           |
|--|---------------------------|
| Lowered blood sugar                    | Lowered blood pressure    |
| Decreased heart rate                   | Increased HDL cholesterol |
| Increased oxygen uptake                | Increased cardiac output  |
| Decreased body fat                     | Increased metabolism      |
| Increased endorphin levels (hoorah!!!) |                           |

David Truitte, M.D.



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

## UPCOMING RACES

**Sept. 13, Danville - 23<sup>rd</sup> Annual River City 5K**  
Formerly the Harvest Jubilee 5k the race will feature  
a **9:00 a.m.** 5K run / walk and a **8:30 a.m.** ½ mile fun  
run. Proceeds will be used to promote distance  
running at Danville & Pittsylvania County Schools.  
Entry fee is \$12, or \$15 race day. Register online at  
active.com. For more information, call: (434) 793-  
3409 or (434) 792-1647.

**Sept. 20, Lynchburg - Virginia 10 Miler & 4 Miler  
& Amazing Mile.** 30<sup>th</sup> 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**

**Sept. 20, Smith Mtn Lake - Outback Big Lick  
Triathlon** S-1.5K, B-40K, R-10K.  
9am. Info: Bill Scott (910) 458-0299.

**Sept. 27, Virginia Beach - Neptune Festival 8K**  
Info: R. P. Kale (757) 421-2602.

**Oct. 4, Lynchburg - 13<sup>th</sup> Annual Youth Run**  
The **Dr. John A. Stephenson Memorial Youth Run**  
will start at 9:00 a.m. at Riverside Park.  
**See Flyer with this newsletter.**

**Oct. 18, Lynchburg - Mountain Masochist 50 mile  
Trail Run.** 6:30 a.m. Info: David Horton (804)582-  
2386 (w) or <http://www.extremeultrarunning.com>

**Oct. 25, Roanoke - Goblin Gallop 5K**  
9am. Info: Owen Grogan (540) 343-0987.

**Oct. 26, Washington, DC - Marine Corps  
Marathon.** 8:30am. Info: (800) RUN-USMC.

**Nov. 1, Danville - Louie Fields 5K**  
8 am. Info: Kim Hensley (434) 792-0621.

**Nov. 15, Richmond - Sun Trust Marathon**  
8 a.m. \$35 by 9/8. Info: (804)673-RACE or  
[www.richmondmarathon.com](http://www.richmondmarathon.com)

## INCOMING

### FATHER TIME

On Father Time, here's my spin:

In the end, the old boy is sure to win.

He's got an awesome record.

On that I'm in full accord,

But that doesn't mean I'll just cave in.

**Bernie the Bard**

## Training Opportunities

Do you want to improve your overall fitness and  
health? Running is the most efficient aerobic exercise  
to help achieve your fitness goals.

The YMCA Running Club will be meeting every  
Wednesday at 6 pm at the Jamerson Family YMCA  
facilities on Enterprise Drive. Topics for September  
include Training Methods, Tapering, Hydration, &  
Water Jogging. A Black Water Creek Trail Run is  
scheduled to start at 8:00 am on September 13.  
Speed Work will be taught and conducted on the  
Brookville Track at 6 pm on Wednesday, September  
24. Please contact Mark Smith at 847-5597 for more  
information.

For more training opportunities visit the message  
board at [www.riversiderunners.com](http://www.riversiderunners.com)

## 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](http://www.riversiderunners.com). There you can post questions and announcements.

## RACE RESULTS

### June 21-22, Ohio - Mohican Trail 100 Miler

Rebekah Trittipoe completed this trail run in 23 hours 36 minutes.

### July 26, Lynchburg - Presbyterian Home 5K

| <u>Place</u> | <u>Name</u>       | <u>Age</u> | <u>S</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-------------------|------------|----------|-------------|-------------|
| 1            | Greg Cavaliere    | 35         | M        | 17:28       | 5:38        |
| 2            | Thomas Brennan    | 19         | M        | 17:30       | 5:39        |
| 3            | Andy Whitacre     | 17         | M        | 17:33       | 5:40        |
| 4            | Darrell Wargo     | 35         | M        | 17:52       | 5:46        |
| 5            | Jeff Harrington   | 30         | M        | 17:55       | 5:47        |
| 6            | Topher Hackworth  | 17         | M        | 17:56       | 5:47        |
| 7            | Michael McPhatter | 30         | M        | 17:57       | 5:48        |
| 8            | Drew Flowers      | 15         | M        | 17:59       | 5:48        |
| 9            | John Cardwell     | 45         | M        | 18:09       | 5:52        |
| 10           | Eric Davis        | 36         | M        | 18:22       | 5:56        |
| 11           | Ryan Owens        | 15         | M        | 18:34       | 6:00        |
| 12           | Shannon Saunders  | 19         | F        | 18:47       | 6:04        |
| 13           | Victor Torres     | 44         | M        | 18:57       | 6:07        |
| 14           | Matt Abatecola    | 15         | M        | 19:20       | 6:15        |
| 15           | Spencer Drake     | 17         | M        | 19:27       | 6:17        |
| 16           | R.J. Scott        | 39         | M        | 19:56       | 6:26        |
| 17           | Donna Elder       | 40         | F        | 20:05       | 6:29        |
| 18           | Preston Evans     | 46         | M        | 20:23       | 6:35        |
| 19           | Paul Overstreet   | 14         | M        | 20:35       | 6:39        |
| 20           | Jim Weimer        | 56         | M        | 20:43       | 6:41        |
| 21           | Martin Owens      | 41         | M        | 20:50       | 6:44        |
| 22           | Mark Stephens     | 31         | M        | 21:02       | 6:48        |
| 23           | Todd Glasgow      | 36         | M        | 21:04       | 6:48        |
| 24           | Craig Miller      | 50         | M        | 21:05       | 6:48        |
| 25           | Don Lucy          | 53         | M        | 21:08       | 6:50        |
| 26           | Lee Eagle         | 41         | M        | 21:14       | 6:51        |
| 27           | Kristen Saunders  | 19         | F        | 21:21       | 6:54        |
| 28           | Jay Salmon        | 34         | M        | 21:29       | 6:56        |
| 29           | Wilbert Hooper    | 45         | M        | 21:30       | 6:56        |
| 30           | Horace Ellis      | 61         | M        | 21:39       | 6:59        |
| 31           | Nancy Ferris      | 47         | F        | 21:45       | 7:01        |
| 32           | Eric Brown        | 17         | M        | 21:52       | 7:04        |
| 33           | Andrew Wilds      | 43         | M        | 22:00       | 7:06        |
| 34           | Kevin Willis      | 36         | M        | 22:02       | 7:07        |
| 35           | Jack Flippin      | 33         | M        | 22:18       | 7:12        |
| 36           | Andy Drake        | 15         | M        | 22:21       | 7:13        |
| 37           | Bill Hutter       | 50         | M        | 22:22       | 7:13        |
| 38           | Beth Wright       | 42         | F        | 22:23       | 7:14        |
| 39           | Nathan Brandley   | 27         | M        | 22:26       | 7:15        |

|    |                  |    |   |       |       |
|----|------------------|----|---|-------|-------|
| 40 | Tommy Harris     | 63 | M | 22:32 | 7:16  |
| 41 | Karl Overstreet  | 8  | M | 22:36 | 7:18  |
| 42 | Hannah Roller    | 16 | F | 22:43 | 7:20  |
| 43 | Nancy O'Brien    | 35 | F | 22:53 | 7:23  |
| 44 | Bob Dendy        | 40 | M | 22:54 | 7:23  |
| 45 | Paul Broda       | 43 | M | 23:07 | 7:28  |
| 46 | Leland Gibson    | 42 | M | 23:17 | 7:31  |
| 47 | Josh Canty       | 14 | M | 23:21 | 7:32  |
| 48 | Kelly Jennings   | 30 | F | 23:27 | 7:34  |
| 49 | Donna Rinker     | 32 | F | 23:33 | 7:36  |
| 50 | Peyton Morgan    | 51 | M | 23:35 | 7:37  |
| 51 | Jim McFarland    | 45 | M | 23:40 | 7:39  |
| 52 | Carrie Vest      | 16 | F | 23:58 | 7:44  |
| 53 | Ricky Torres     | 14 | M | 24:07 | 7:47  |
| 54 | Tiffany Tompkins | 34 | F | 24:21 | 7:52  |
| 55 | Richard Brooks   | 53 | M | 24:27 | 7:54  |
| 56 | David Jefferson  | 33 | M | 24:35 | 7:56  |
| 57 | Steve Letterman  | 43 | M | 24:37 | 7:57  |
| 58 | Lesley McPhatter | 39 | F | 24:40 | 7:58  |
| 59 | Richard Stone    | 56 | M | 24:42 | 7:59  |
| 60 | Steven Selby     | 42 | M | 24:43 | 7:59  |
| 61 | David Cresson    | 48 | M | 24:45 | 7:59  |
| 62 | Amy Rockhill     | 51 | F | 24:50 | 8:01  |
| 63 | Lee Beaumont     | 34 | M | 24:55 | 8:03  |
| 64 | Wendy Golden     | 35 | F | 24:57 | 8:03  |
| 65 | Michael Reffner  | 29 | M | 24:59 | 8:04  |
| 66 | Hollis Owens     | 11 | F | 25:05 | 8:06  |
| 67 | Edward Fieldes   | 38 | M | 25:06 | 8:06  |
| 68 | Breck Light      | 13 | M | 25:27 | 8:13  |
| 69 | Richard Suddith  | 17 | M | 25:28 | 8:13  |
| 70 | Carlton Cavan    | 29 | M | 25:34 | 8:15  |
| 71 | Leigh Cheatham   | 35 | F | 25:35 | 8:15  |
| 72 | Perrow Brumfield | 33 | M | 25:37 | 8:16  |
| 73 | Ann Harris       | 54 | F | 25:37 | 8:16  |
| 74 | Lauri Wynnyk     | 35 | F | 25:38 | 8:17  |
| 75 | Keeling Harris   | 27 | F | 25:59 | 8:23  |
| 76 | Bryan Carter     | 26 | M | 26:19 | 8:30  |
| 77 | John Sarver      | 40 | M | 26:26 | 8:32  |
| 78 | Bilynda Brinkley | 10 | F | 26:35 | 8:35  |
| 79 | Ruth Erquiaga    | 28 | F | 26:58 | 8:42  |
| 80 | Bernie Davis     | 65 | M | 27:16 | 8:48  |
| 81 | Kyle Broda       | 12 | M | 28:04 | 9:04  |
| 82 | Ben Schowe       | 55 | M | 28:07 | 9:05  |
| 83 | Wayne Owen       | 51 | M | 28:38 | 9:14  |
| 84 | Heather Newman   | 29 | F | 28:49 | 9:18  |
| 85 | Rebecca Walker   | 18 | F | 28:56 | 9:20  |
| 86 | Myra Dendy       | 38 | F | 28:59 | 9:21  |
| 87 | Brian Saunders   | 46 | M | 29:06 | 9:24  |
| 88 | Brian Skyes      | 16 | M | 29:36 | 9:33  |
| 89 | Gretchen Miller  | 32 | F | 29:47 | 9:37  |
| 90 | Tommy Craven     | 58 | M | 30:07 | 9:43  |
| 91 | Lindsay Newman   | 26 | F | 30:33 | 9:51  |
| 92 | Anita Martin     | 37 | F | 31:25 | 10:08 |
| 93 | Philip Just      | 53 | M | 32:14 | 10:24 |
| 94 | Emmi Owens       | 7  | F | 34:51 | 11:15 |

**July 12, Grandfather Mountain - Marathon**  
**Grandfather Mountain Marathon Results**

*Reported By Lesley McPhatter*

It was a beautiful day and a GREAT marathon. I recommend it to anyone who likes running hills and wants to see some BEAUTIFUL country while running. The marathon is small limited to 400 but you finish at the Highland Games, the Scottish Clan Festival, running a lap on the track in front of 15000 people. Its as close to the Olympics as I will ever come! Here are the results of 10 Lynchburg area participants.

| <u>Name</u>      | <u>Time</u> |               |
|------------------|-------------|---------------|
| Wilbert Hooper   | 3:51:18     |               |
| Terri Ripley     | 3:51:48     | 2nd age group |
| Lesley Mcphatter | 3:52:08     |               |
| Richard Brooks   | 4:06:05     |               |
| Horace Ellis     | 4:19:43     |               |
| Drew Wilds       | 4:19:44     |               |
| Wendy Golden     | 4:36:01     |               |
| Richard Stone    | 4:37:19     |               |
| Debbie Bozeman   | 4:42:20     |               |
| Steve Bozeman    | 4:42:23     |               |

| <u>Name</u>      | <u>Age</u> | <u>Time</u> | <u>Place</u>               |
|------------------|------------|-------------|----------------------------|
| Horrace Ellis    | 61         | 1:47:38     | 5 <sup>th</sup> Age Group  |
| Richard Brooks   | 53         | 1:54:21     | 21 <sup>st</sup> Age Group |
| Jo Ann Wright    | 55         | 2:23:31     | 4 <sup>th</sup> Age Group  |
| John Billingslea | 66         | 2:23:31     | 10 <sup>th</sup> Age Group |
| Vic Galan        | 66         | 2:28:23     | 10 <sup>th</sup> Clysdale  |

**SWEET 65**

I see where the oldest runner did fine,  
 Beating all men twenty to twenty-nine.  
 To him, my hat I doff.  
 During the awards I wandered off  
 But should have stayed to get mine.

**Bernie the Bard**

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

On a typical August warm, humid day, most runners reduced to prayer for rain. The Bike Trail railroad tunnel provided some relief, but not much. All fluid canisters were returned empty. Everyone enjoyed the refreshments at the finish.

**HAMSTRING**

The reward for a runner's hustle  
 Can be an injured muscle.  
 A pulled hamstring  
 Needs patience, not a sling.  
 But being patient is a tussle.

**Bernie the Bard**

**HALF MARATHON**

| <u>Place</u> | <u>Name</u>     | <u>Age S</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|--------------|-------------|-------------|
| 1            | Peter O'Brien   | 35 M         | 1:19:14     | 6:03        |
| 2            | David Royer     | 36 M         | 1:21:27     | 6:14        |
| 3            | Mike McPhatter  | 30 M         | 1:24:31     | 6:28        |
| 4            | Jeff Harrington | 33 M         | 1:25:58     | 6:34        |
| 5            | Vince Decker    | 40 M         | 1:26:32     | 6:37        |
| 6            | Paul Carrasco   | 32 M         | 1:26:54     | 6:39        |
| 7            | Brad Fitzgerald | 45 M         | 1:27:16     | 6:40        |
| 8            | Gary Morris     | 36 M         | 1:29:48     | 6:52        |
| 9            | Ron Hales       | 38 M         | 1:30:04     | 6:53        |
| 10           | Calvin Milam    | 44 M         | 1:31:52     | 7:01        |
| 11           | Bob Hartless    | 59 M         | 1:34:35     | 7:14        |
| 12           | David Hedrick   | 33 M         | 1:38:21     | 7:31        |
| 13           | Richard Repasky | 49 M         | 1:38:38     | 7:32        |
| 14           | Duane Fitts     | 25 M         | 1:39:42     | 7:37        |
| 15           | Craig Miller    | 50 M         | 1:39:59     | 7:38        |
| 16           | Jack Flippin    | 33 M         | 1:40:55     | 7:43        |
| 17           | Darrell Wargo   | 35 M         | 1:40:59     | 7:43        |
| 18           | Wilbert Hooper  | 45 M         | 1:40:25     | 7:40        |
| 19           | Krista Leake    | 33 F         | 1:40:40     | 7:42        |
| 20           | Peter Worford   | 44 M         | 1:41:25     | 7:45        |
| 21           | Tom Wells       | 41 M         | 1:41:38     | 7:46        |
| 22           | Beth Wright     | 42 F         | 1:42:15     | 7:49        |
| 23           | Nancy Ferris    | 47 F         | 1:42:44     | 7:51        |
| 24           | Eileen Mallesch | 47 F         | 1:43:03     | 7:52        |
| 25           | George Mrus     | 43 M         | 1:43:29     | 7:54        |
| 26           | Preston Evans   | 46 M         | 1:43:30     | 7:55        |
| 27           | Kevin Willis    | 36 M         | 1:43:44     | 7:56        |
| 28           | Micky Mear      | 56 M         | 1:44:12     | 7:58        |
| 29           | Wayne Mancari   | 49 M         | 1:44:45     | 8:00        |
| 30           | Sue Jones       | 42 F         | 1:45:24     | 8:03        |
| 31           | Virgil Hurt     | 38 M         | 1:45:31     | 8:04        |

**August 5, Bozeman's House - Bozeman's Biathlon Championship V: Run 1 ½ miles, Bike 11 miles**  
**See article and results in this newsletter.**

**Aug. 16, Parkersburg, WV - ½ Marathon**

*Reported by Vic Galan*

The three H's - heat, humidity and hills - melted any talk of a course record as a Kenyan six pack swept the field and couldn't be stopped, at least by any of the 900 other runners who challenged the 13.1 mile course. More than 3,000 volunteers were on the loop course providing liquids and much needed ice at stations spaced every mile interval. Kenyan John Gwako crossed the finish line in 1:03:35, and Russian Olga Romanova crossed in 1:12: 15.

|                      |              |         |       |
|----------------------|--------------|---------|-------|
| 32 Lance Collins     | 32 M         | 1:45:48 | 8:05  |
| 33 Tommy Harris      | 63 M         | 1:46:36 | 8:09  |
| 34 Steven Newcomb    | 41 M         | 1:46:51 | 8:10  |
| 35 Nathen Brandley   | 27 M         | 1:46:59 | 8:10  |
| 36 Peyton Morgan     | 51 M         | 1:46:58 | 8:10  |
| 37 Jim Weimer        | 51 M         | 1:47:08 | 8:11  |
| 38 Deanna Grim       | 38 F         | 1:47:15 | 8:12  |
| 39 Michelle Reday    | 31 F         | 1:47:25 | 8:12  |
| 40 Nancy O'Brien     | 35 F         | 1:47:52 | 8:15  |
| 41 Kitty Tomkinson   | 37 F         | 1:47:53 | 8:15  |
| 42 Lori Flowers      | 46 F         | 1:47:54 | 8:15  |
| 43 Lee Eagle         | 41 M         | 1:48:06 | 8:16  |
| 44 Donna Rinker      | 32 F         | 1:48:12 | 8:16  |
| 45 Tiffany Tompkins  | 34 F         | 1:48:33 | 8:18  |
| 46 Barbara Edgar     | 38 F 1:48:50 | 8:19    |       |
| 47 Katie Diminick    | 32 F         | 1:48:59 | 8:20  |
| 48 Wayne Treadway    | M            | 1:49:33 | 8:22  |
| 49 Kelly Jennings    | 30 F 1:50:14 | 8:25    |       |
| 50 Lesley McPhatter  | 39 F         | 1:51:52 | 8:33  |
| 51 Lauri Wynnyk      | 35 F         | 1:52:12 | 8:34  |
| 52 Kristen Cook      | 35 F 1:53:08 | 8:39    |       |
| 53 Pamela Campbell   | 24 F         | 1:53:09 | 8:39  |
| 54 Heather Royer     | 41 F 1:54:14 | 8:44    |       |
| 55 Steve Letterman   | 43 M         | 1:54:21 | 8:44  |
| 56 Tim Courville     | 40 M         | 1:54:22 | 8:44  |
| 57 Mary Justice      | 43 F         | 1:55:53 | 8:51  |
| 58 Wendy Golden      | 35 F         | 1:56:52 | 8:56  |
| 59 Lisa Richardson   | 37 F         | 1:56:55 | 8:56  |
| 60 Camille Rabon     | 26 F         | 1:57:45 | 9:00  |
| 61 Matthew Pugh      | 29 M         | 1:57:55 | 9:01  |
| 62 Wallace Goode     | 63 M         | 1:58:25 | 9:03  |
| 63 Richard Stone     | 56 M         | 1:58:42 | 9:04  |
| 64 Leigh Cheatham    | 35 F         | 1:58:56 | 9:05  |
| 65 Richard Brooks    | 53 M         | 1:59:11 | 9:06  |
| 66 Gary Thacker      | 40 M         | 1:59:32 | 9:08  |
| 67 Tommy Rakes       | 46 M         | 1:59:40 | 9:09  |
| 68 David Siwcina     | 40 M         | 2:03:52 | 9:28  |
| 69 Ben Schowe        | 55 M         | 2:06:00 | 9:38  |
| 70 Katie Proctor     | 23 F         | 2:06:08 | 9:38  |
| 71 Keith Polarck     | 28 M         | 2:06:31 | 9:40  |
| 72 Steven Policastro | 31 M         | 2:07:40 | 9:45  |
| 73 Jonathan Laster   | 48 M         | 2:07:53 | 9:46  |
| 74 Alan Jones        | 45 M         | 2:09:12 | 9:52  |
| 75 Frank McPhatter   | 61 M         | 2:11:24 | 10:02 |
| 76 Bernie Davis      | 65 M 2:13:19 | 10:11   |       |
| 77 Terry Ojure       | 54 M 2:13:27 | 10:12   |       |
| 78 Lee Beamont       | 34 M         | 2:14:33 | 10:17 |
| 79 Wendy Kelley      | 37 F         | 2:16:39 | 10:26 |
| 80 Tammy Newcomb     | 35 F         | 2:18:28 | 10:35 |
| 81 John Kurisky      | 64 M         | 2:18:29 | 10:35 |
| 82 Bryan Carter      | 26 M 2:21:19 | 10:48   |       |
| 83 Stephanie Mear    | 30 F         | 2:24:47 | 11:04 |
| 84 John Billingslea  | 66 M         | 2:25:56 | 11:09 |
| 85 Jo Anne Wright    | 55 F         | 2:26:08 | 11:10 |

## OPEN 5K OVERALL RESULTS

| <u>Place</u> | <u>Name</u>        | <u>Age</u> | <u>S</u> | <u>Time</u> | <u>Pace</u> |
|--------------|--------------------|------------|----------|-------------|-------------|
| 1            | Matt Richards      | 36 M       | 17:54    | 5:47        |             |
| 2            | James Newter       | 27 M       |          | 18:12       | 5:53        |
| 3            | Matthew Abatacola  | 15 M       |          | 18:34       | 6:00        |
| 4            | Brent Clayton      | 18 M       | 18:54    | 6:06        |             |
| 5            | Robert Cook        | 41 M       | 19:30    | 6:18        |             |
| 6            | Don Lucy           | 53 M       |          | 20:08       | 6:30        |
| 7            | George Cook        | 36 M       |          | 20:22       | 6:35        |
| 8            | Horace Ellis       | 61 M       |          | 21:01       | 6:47        |
| 9            | Eric Brown         | 17 M       |          | 21:14       | 6:51        |
| 10           | Hannah Roller      | 16 F       |          | 21:32       | 6:57        |
| 11           | Matt Pollard       | 16 M       | 21:50    | 7:03        |             |
| 12           | Christopher Bright | 37 M       |          | 21:51       | 7:03        |
| 13           | Jim McFarland      | 45 M       |          | 23:02       | 7:26        |
| 14           | Chip Clements      | 56 M       |          | 23:43       | 7:40        |
| 15           | Joel Sutton        | 12 M       |          | 23:51       | 7:42        |
| 16           | Karl Overstreet    | 8 M        | 24:31    | 7:55        |             |
| 17           | Keeling Harris     | 27 F       | 24:39    | 7:58        |             |
| 18           | Bilynda Brinkley   | 10 F       |          | 24:40       | 7:58        |
| 19           | Cavan Carlton      | 29 M       |          | 24:48       | 8:00        |
| 20           | Kenneth Tomkinson  | 39 M       |          | 24:59       | 8:04        |
| 21           | Carl Williams      | 37 M       |          | 25:13       | 8:09        |
| 22           | Mark Cyphert       | 26 M       |          | 25:22       | 8:11        |
| 23           | Abigail Clarborne  | 22 F       |          | 26:03       | 8:25        |
| 24           | Terry Grow         | 38 F       |          | 26:06       | 8:26        |
| 25           | Brandon LittleJohn | 27 M       |          | 26:37       | 8:36        |
| 26           | Mark Jones         | 11 M       | 27:03    | 8:44        |             |
| 27           | Lindsay Polloway   | 20 F       |          | 27:35       | 8:54        |
| 28           | Becky Jones        | 17 F       |          | 28:12       | 9:06        |
| 29           | Marcia Yochum      | 29 F       |          | 29:32       | 9:32        |
| 30           | Tricia Salzmann    | 26 F       |          | 29:36       | 9:33        |
| 31           | Kristinea Krider   | 35 F       | 29:37    | 9:34        |             |
| 32           | Grace Fredrickson  | 45 F       |          | 29:57       | 9:40        |
| 33           | Wendy Moon         | 39 F       |          | 31:14       | 10:05       |
| 34           | Micah Jones        | 9 M        | 31:40    | 10:13       |             |
| 35           | Reed Finley        | 63 M       | 32:23    | 10:27       |             |
| 36           | Katie Webb         | 23 F       | 32:48    | 10:35       |             |
| 37           | Tracie LittleJohn  | 27 F       | 33:18    | 10:45       |             |
| 38           | Stephanie Jackson  | 39 F       |          | 33:56       | 10:57       |
| 39           | Marie Ferguson     | 37 F       |          | 34:04       | 11:00       |
| 40           | Regina Routon      | 36 F       |          | 39:17       | 12:41       |

## LRR WEB ADDRESS

The club has a new Web address. Look us up at [www.lynchburgroadrunners.org](http://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](http://www.riversiderunners.com)