

## The Presidents Column

Merry Christmas and a Happy New Year 2003. May the upcoming year bring health and prosperity to the valued members of the Lynchburg Roadrunners. To those members training for the winter / spring race season, best of luck in all your pursuits!

Speaking of pursuits, the race calendar for January and February is shaping up nicely. As of this writing, because of the great response last year the New Year's Day Fun Run will start at 10:00 a.m. from Riverside Park. It's a great way to start the year and save a dollar on your 2003 membership dues. See further details in this newsletter.

The VES Arctic 10K will be held on Sunday 2 February. David Horton will once again host the Holliday Lake 50K ++ on February 15 in Appomattox. Both of these events are great fun and all members are encouraged to train and to participate, either as runner or volunteer. Race Directors are always in need of volunteers.

Your executive committee has remained essentially unchanged from the year 2002 slate of officers. I would like to sincerely thank Darrel, Wendy, Nancy, Mary Ann, and Vic for the continued service to the group and for their commitment to provide a guiding hand to LRR for another year. Vacancies for next year include Secretary and Equipment. If you would like help with one of these positions please contact me. (386-0660)

And finally, its dues time again. You will find a membership form on the last page of this newsletter. Please consider the value you receive from your membership dollars. As a member of the LRR you'll receive benefits and services designed to help you get the most out of your running experience. Your membership helps to enhance the Lynchburg area's running community by providing this local newsletter, as well as your membership in the Road Runners Club of America (RRCA), from which you receive Outlook magazine and through which your club provides insurance for sponsored races. We support youth running activities by sponsoring several races tailored to children, like Sue Jones' "Spring Into Spring Youth Run", and Bret Boman's Summer Track Series, and Mary Ann Craven's "Stephenson Memorial Youth Run". So please consider the support that your membership dollars provide to the local running community and send your membership renewal in January. Better yet, save a buck and renew at the Fun Run on 1 January.

See you on the roads,

Jeff

## 2002 LRR OFFICERS

President	Jeff Fedorko
Vice President	Darrell Wargo
Secretary	<b>Open</b>
Treasurer	Wendy Golden
Membership	Mary Ann Craven
Equipment	<b>Open</b>
Newsletter	Vic Galan

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

The February meeting of the Lynchburg Roadrunners will be held on **11 February 2003** at the Monte Carlo Restaurant.

## 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 November, 2002**

By Nancy Saunders

The November meeting of the Lynchburg Roadrunners was held on Tuesday, November 12, 2002 at Monte Carlo Restaurant. The business portion of the meeting began at 7:00 pm. Eight members and guests were in attendance.

**Treasurer's Report** - \$1,149.03 (General Account)  
- \$1313.21 (Race Series Account)

**Note:** A separate Race Account has been established for the Summer Tune-up Series.

**Membership Report** - 138 paid members (not including family members separately in the count)

Our guest speakers for the evening were Eric and Travis Stickle of Chiropractic Health Center. They spoke on "Chiropractic Care and Running" and provided information on how chiropractic care can realign your body. Topics also included how to choose a chiropractor and different certifications.

Another LRR Fun Run will take place on Saturday, November 16th from Riverside Runners on Rivermont Avenue. The annual Fun Run and membership drive is planned for New Years Day, January 1, 2003 from Riverside Park.

Volunteers have been requested for the Bedford Christmas Classic which will be held on Dec. 7th.

A motion was made and approved by the club members to purchase a banner for the Lynchburg Roadrunners Club and a second motion was made and approved to purchase roadside warning signs which will indicate "runners ahead" to motorists.

Nominations for club officers will be held at the December meeting. A free pizza buffet will be served.

## **Meeting Minutes - 10 December, 2002**

By Nancy Saunders

The December meeting of the Lynchburg Roadrunners was held on Tuesday, December 10, 2002 at Monte Carlo Restaurant. A pizza buffet was available at 6:30 pm. Jeff Fedorko, President, called the meeting to order at 7:00 pm. Nineteen members and guests were in attendance.

**Treasurer's Report** - \$1,131.54 (General Account)  
- \$2,736.44 (Race Series Account)

**Membership Report** - 134 paid members.

Our guest speaker was Mike Cundiff of Mind Body

Studio. Mike has many years of experience with yoga and general fitness. His topic for the evening was "Benefits of Yoga in Endurance Athletes". Mike explained the benefits of total body fitness and flexibility. He explained the different kinds of yoga and provided a demonstration.

A club banner and warning road signs have been ordered.

Since the hotline has not been used frequently, a motion was made and approved to use the money being spent on the hotline and invest it in improving the club's website.

A motion was made and approved to accept the current officers for next year, 2003, except for the positions of secretary and equipment manager. These vacancies will be advertised in the upcoming newsletter.

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

"Running is the classical road to self-consciousness, self-awareness and self-reliance. Independence is the outstanding characteristic of the runner. He learns the harsh reality of his physical and mental limitations when he runs. She learns that personal commitment, sacrifice and determination are her only means to betterment. Runners only get promoted through self-conquest."

Noel Carroll

## **FUN**

Just had what for me  
Was a very good run.  
Must say, it was great fun.

**Bernie the Bard**

## **The Bozeman's Trails:**

By Steve & Debbie Bozeman

**Richmond Marathon** tore up my feet because they were not use to going fast (is 8:15 pace fast?). I slowed down at 15 miles and changed my stride to prevent the skin from peeling all the way off on both feet and finished in 3:55. Fortunately, the feet healed up and two weeks later, Debbie and I ran the **JFK-50 miler**. Over 1,000 started the 40th annual.

At the supper prior to the MMTR-50 race, Debbie had tripped and fell on the sidewalk, hurting her knees. Though she was able to struggle and finish the Marine Corps Marathon the following week, her JFK-50 was not looking good. Finishing at all was a "win."

Last year, we ran 9:53 and this year almost 2 hours slower. But, a finish is a finish and goes in the record book. **"Team Bozeman" finished in 11:46:39**, which was good enough for 647th place. Never underestimate women who have given birth. They are a tough breed when it comes down to enduring pain for a long time. I would say out of the total time, she was in the "labor pains" for about 6 hours, especially the last 8 miles where we had to push to make the time limit. We beat it by 13 minutes. Debbie knew it would be tough, but not this tough. I'm proud of her and she is really glad to finish her 8th JFK-50.

Two more finishes and she is inducted into the "Legends Club." There are less than 10 women in it of all the thousands of women who have run this race the last 40 years! I gained my 15th finish and will be inducted into the "750 mile club" with David Horton (he has 16 finishes). I hope I live and can continue running for five more years and get my 20th finish. All in all, the Bozeman's are happy and ready to take it easy over the up-coming holiday season.

## "GOOD" AND BAD

Some days my "runs" are very bad.  
I can handle it. I'm not really sad.  
The years play tricks. That's understood.  
I take the bad with the good.  
For my "good" runs I'm very glad.

### Bernie the Bard

#### FUN RUN

**Jan. 1, Riverside Park - LRRC New Year's Fun-Run**

**With \$1.00 off membership dues for 2002.**

Let's kick-off the new year 2002 right with a Fun-Run, followed by refreshments and social time. We'll meet at **10:00 a.m.** in the parking lot at **Riverside Park** for a leisurely paced 3 mile run up the Rivermont sidewalks to Peakland Place and back. The more ambitious can include the Peakland Place loop to make it a 5 mile run. The really worked over reveler can always be guided to a 1 mile jaunt about the Riverside Park path, but no fair getting to the refreshments first.

No fee, no times, no shirts, no awards, no pressure. Refreshments provided!!!! **Plus, Don't Forget, \$1.00 Off Membership Dues for 2002.**

Ultra News ...

#### Holiday Lake 50K - 15 Feb.

For those runners planning to conquer the Holiday Lake 50K on Feb. 15 this year, David Horton plans to conduct one loop "course orientation" runs on 19 January and 9 February 2003. Meet him at the Holiday Lake start at 2:00 p.m. For further details contact David at Phone: (434) 582-2386 (w) e-mail: [dhorton@liberty.edu](mailto:dhorton@liberty.edu) Web: [www.extremeultrarunning.com](http://www.extremeultrarunning.com)

#### Tuscarora Trail 6 Day Run- March 17-22

The Virginia Happy Trails Run Club (VHTRC) is planning a 6 day (252 miles) stage run on the Tuscarora Trail for March 17-22, 2003. The northern terminus of the trail is just outside Carlisle, Pennsylvania. It starts on the Appalachian Trail and goes south through Maryland, West Virginia, and into Virginia ending on the Appalachian Trail in the Shenandoah Nat. park on Hogback Mountain. They are thinking about having two divisions, solo and two person teams. Contact: The Virginia Happy Trails Run Club on the Web at VHTRC.org.

## RACE RESULTS

#### October 27, Washington, D.C. - Marine Corps Marathon

From the Editor

Sometimes, in the effort to retrieve names of our local runners from the long lists of runners on the Web site of any given race, I miss a few. Apologies to Terri Ripley and Horace Ellis for not recognizing their outstanding efforts at the Marine Corps Marathon this year. **Horace**, for a man in his sixties you really fly.

<u>Name</u>	<u>Age</u>	<u>Chip Time</u>
Terri Ripley	39	3:42:00
Horace Ellis	60	3:42:48 <b>8<sup>th</sup> in age group</b>

#### Nov. 9, Richmond - Richmond Marathon

A clear, beautiful day for marathoning about the city of Richmond. As usual, the course was well tended with liquid refreshment, time at every mile, and music to take your mind off your troubles. The following local runners participated in the fun.

#### Marathon

<u>Name</u>	<u>Age</u>	<u>Chip Time</u>	<u>OA</u>	<u>OAG</u>
Michael McPhatter	29	2:49:03	24	7
Brad Fitzgerald	44	3:06:01	76	12
Jeff Fedorko	31	3:11:16	110	13
Carl Thurston	41	3:13:26	126	23
Preston Evans	46	3:22:42	195	15
Lisa Hannell	35	3:36:09	396	8
Wilbert Hooper	44	3:37:26	427	62
Jack Cassidy	50	3:39:35	472	31
Sue Jones41	3:41:07	494	11	

Robert Cook	41	3:45:13	577	86
Jim Weimer	55	3:49:59	672	26
Steve Bozeman	56	3:55:50	806	30
Ronald Devos	32	4:14:05	1224	144
Joe Gearhart	44	4:21:12	1373	172
Christine O'Rourke	20	4:23:23	1424	55
Lisa Dejarnette	33	4:26:40	1497	85
Judith Zerfoss	43	4:31:07	1580	55
Sidney Thomas	34	4:33:48	1627	187
Leigh Cheatham	34	4:35:11	1661	103
Rowland Hill	45	4:52:31	1957	167
Fred Price	32	4:54:53	2005	222
Daniel Lovern	37	5:02:39	2094	258
Dave Mcaden	39	5:02:39	2093	257
Brandon Robertson	28	5:18:20	2275	166
John Kurisky	64	5:19:32	2287	29
Peggy Scruggs	47	5:31:35	2348	62
Sarah Bare	32	5:27:44	2339	161
William Bare	34	5:27:44	2338	249

Bernie Davis	65	1:55:54	146	1
Gary Thacker	39	1:57:10	164	17
William Terrell	43	1:58:03	167	24
Anthony Peeler	35	1:58:03	168	18
Brian Tobias	24	2:06:39	212	6
Michael Closs	30	2:10:15	229	20
John Hammerstein	55	2:19:59	244	17
John Kurisky	64	2:25:08	260	4

**November 28, Genesis House Turkey Trot 5K and Youth Mile**

**Race Directors: Don & Barbara Lucy**

The Genesis House Turkey Trot 5K and Youth Mile was most successful once again on Thanksgiving Day because of many generous individuals. We are pleased to announce that over \$1500 were raised for the Genesis House, a facility in Lynchburg which provides care for children and families in crises situations.

This was the 14th running of the Genesis House Turkey Trot 5K and Youth Mile. Almost two hundred runners braved the very cold temperatures to race the hilly course through Poplar Forest. Michael Wortley, the men's champion, never gave up the lead and came to the finish line for the win in 17:04. Sallie Ford, a freshman cross-country runner from EC Glass was the ladies champion coming in at 20:58.

Alex Tatom won the Youth Mile in the boys race with a time of 6:16 and Megan Rinckel was the girls champion in 6:57.

It takes many hands and many dollars to put on a first class race. We would like to thank the many sponsors for their generous contributions, the volunteers for their time, and the more than 200 runners who braved the crisp, clear morning for the 14th running of this event. Hot apple cider was waiting for all the runners at the finish along with plenty of fruit. Awards and door prizes were given after the Youth Mile.

**8K**

<u>Name</u>	<u>Age</u>	<u>Chip Time</u>	<u>OA</u>	<u>OAG</u>
Jennifer Beeker	25	37:17	388	21
Kiston McPhatter	28	41:19	777	45
Becky Jones	16	44:31	1207	12
Sarah Scruggs	18	48:03	1626	18

**November 23, Roanoke, Va. - Star City 1/2 Marathon**

**1/2 Marathon Results - Female**

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>OA</u>	<u>OAG</u>
Molly Fruin	24	1:31:21	22	1 <sup>st</sup> OA
Terri Ripley	39	1:41:55	64	5 <sup>th</sup> OA
Paula Skalina	33	1:50:05	108	2
Donna Rinker	31	1:55:23	138	4
Debra Codoley	44	1:57:37	165	2
Debbie Moseley	44	2:02:52	195	5
Jill Tobias	22	2:07:10	213	8
Linda Johnson	39	2:25:14	262	19

**1/2 Marathon Results - Male**

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>OA</u>	<u>OAG</u>
Matt Ripley	37	1:20:14	4	4 <sup>th</sup> OA
Brian Kelleher	36	1:20:27	5	5 <sup>th</sup> OA
Craig Schwartz	40	1:24:53	9	2
Darrell Wargo	34	1:25:19	11	1
Gary Stroud	51	1:29:04	16	3
Ron Riscart	48	1:33:49	30	2
Jim Weimer	55	1:36:32	40	2
Craig Miller	49	1:36:38	41	3
Chet Nesley	29	1:37:28	46	4
David Schlegel	40	1:38:03	49	11
David Crawford	36	1:38:17	50	6
Kirby Mills	17	1:43:10	69	3
Robert SchuMacHer	40	1:48:37	102	16
Frank Weinmeister	39	1:48:38	103	14
Chip Moffit	43	1:49:23	105	17
David Lowery	48	1:55:43	142	13

**MEN**

<u>Pl.</u>	<u>Name</u>	<u>OA</u>	<u>Time</u>
1	Michael Wortley	1	17:04
2	Dan Prince	2	17:14
3	Casey Grey	3	17:32

**13-Under**

1	Elliott Brennan	30	20:42
2	Matthew Kadak	55	22:54
3	Tim Bullock	78	24:24
4	Peyton Yeatts	82	24:37
5	Tripp Taraldson	97	25:49
6	Kyle Broda	100	25:56
7	Brian Evans	114	27:01
8	Ryan Spice	125	27:44
9	John Broda	129	27:48
10	Gavin Proffitt	159	31:27
11	Daniel Hostetler	165	32:20
12	John Ladd	168	32:47
13	Kevin Truitt	183	37:09

**14 - 19**

1	Thomas Brennan	4	17:43
2	Luke Thomas	5	17:59
3	Kevin Kadak	8	18:13
4	Tophier Hackworth	11	18:16
5	Patterson Wilhelm	15	18:41
6	Reed Kramer	20	19:18
<b>Pl.</b>	<b>Name</b>	<b>OA</b>	<b>Time</b>
7	Karl Bach	26	20:01
8	Ryan Owens	28	20:13
9	Kirby Mills	31	20:53
10	Paul Overstreet	35	21:10
11	David Shearer	37	21:19
12	Ryan Bullock	44	21:46
13	Brendan Heisler	65	23:41
14	Will Farlow	71	23:52
15	Matt Rinckel	74	24:04
16	Will Ramsey	75	24:14
17	Barry Wilhelm	79	24:24
18	Richard Suddith	91	25:28
19	Zach Barrett	112	26:59
20	Coogan Brennan	113	26:59
21	Tim Hostetler	153	30:38

**20 - 24**

1	Chris Moreland	12	18:37
2	John Williams	16	18:58
3	Matt Morris	43	21:45
4	Cam Wall	104	26:21
5	Jason Stinnett	163	31:38

**25 - 29**

1	Michael McPhatter	6	18:05
2	Derek Bright	29	20:22
3	Mark Freeman	41	21:45
4	Brian Englestad	56	23:04
5	Bryan Carter	103	26:18
6	Casey Ventors	116	27:11
7	Brandon Robertson	131	27:49
8	Will Pettus	135	28:26
9	Michael Crosier	137	28:43

**30 - 34**

1	Jeff Harrington	7	18:10
2	Darrell Wargo	9	18:14
3	Kelly Johnson	13	18:39
4	Jeff Fedorko	18	19:02
5	Tom Lipscomb	21	19:23
6	Paul Schmidt	47	21:55
7	Brian Reyms	92	25:30
8	Brian Amend	96	25:43
9	Chet McPhatter	99	25:54
10	Ted Wallof	120	27:23
11	Fred Price	132	27:49
12	Jessie Shieh	143	29:13

**35 - 39**

1	Paul Bishop	10	18:15
2	Matt Richards	14	18:41
3	Gratten Garbee	19	19:07
4	Gary Morris	22	19:27
5	Robert Sternberger	27	20:06
6	Jim Pittard	58	23:09
7	Mark Karnes	76	24:15
8	Gary Thacker	77	24:22

9	Jimmy Davis	81	24:32
10	Todd Pickett	98	25:50
11	David Parker	110	26:42
<b>Pl.</b>	<b>Name</b>	<b>OA</b>	<b>Time</b>
12	Edward Fielder	111	26:57
13	Michael Hart	123	27:33
14	Edward Muller	124	27:37
15	Richard Morrison	150	29:53
16	Mark Matthison	182	36:16

**40 - 44**

1	Brad Fitzgerald	17	18:57
2	Scott Kadak	24	19:33
3	David Spice	25	19:42
4	Wilbert Hooper	45	21:51
5	Larry Jackson	46	21:54
6	Martin Owens	49	22:00
7	Doug Cole	50	22:21
8	Stephen Horton	57	23:05
9	Leland Gibson	61	23:16
10	Rick Rice	62	23:17
11	Jim McFarland	68	23:49
12	Bernie Copsey	80	24:30
13	Scott Rankins	85	24:52
14	Charlie Thomas	118	27:18
15	Jim Hyson	138	28:54
16	Gerald Mize	154	30:45
17	David Miles	161	31:38
18	Mark Rinckel	169	33:48

**45 - 49**

1	Preston Evans	23	19:30
2	Craig Miller	32	20:57
3	David Ferris	36	21:10
4	Tim Dailey	66	23:42
5	Keith Austin	72	24:06
6	Bob Ladd	84	24:45
7	Chuck Wall	108	26:33
8	Dave Stinnett	167	32:46
9	David Truite	174	34:09

**50 - 54**

1	Jack Cassidy	42	21:45
2	Charlie Jones	54	22:42
3	Billy Hutter	69	23:10
4	Robert Boberg	139	28:54
5	George Calvert	145	29:31
6	Robert Brennan	178	35:00
7	Douglas Baum	186	39:56

**55 - 59**

1	Jim Weimer	33	20:58
2	Harold Ingram	48	21:58
3	John Justice	60	23:14
4	Jack Storton	87	25:02
5	Richard Stone	89	25:11
6	Roger Stoudt	93	25:32
7	Tommy Craven	155	30:46
8	Tom Brickhouse	177	34:46

**60 - 69**

1	Frank McPhatter	157	31:05
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**70 - over**  
 1 Al Cumby 166 32:38

**WOMEN**

Pl.	Name	OA	Time
<b>Overall</b>			
1	Sallie Ford	34	20:58
2	Lisa Richardson	38	21:26
3	Nancy Ferris	39	21:34

**13 - under**

1	Holly Mills	95	25:38
2	Ramey Mize	119	27:20
3	Hollis Owens	122	27:31
4	Austin Ferguson	151	30:29
5	Laura Ramsey	152	30:29
6	Mary Brickhouse	175	34:43
7	Melissa Ferris	176	34:44
8	Whitney Mills	181	35:50

**14 - 19**

1	Meg Dailey	51	22:31
2	Caroline Labrecque	52	22:33
3	Merideth Storton	53	22:33
4	Ashley Armistead	73	24:10
5	Andrea Copsey	94	25:35
6	Alaina Copsey	105	26:25
7	Sarah Erb127	27:47	
8	Stephanie Erb	128	27:47
9	Jennifer Austin	130	27:49
10	Stephany Baum	185	39:55

**20 - 24**

1	Mason Morris	59	23:10
2	Jennifer Harlow	86	25:00
3	Mary Andrewa	102	26:11
4	Allisa Martin	106	26:28
5	Tamara Jamerson	109	26:34
6	Kiston McPhatter	115	27:04
7	Kellie Hudson	126	27:46
8	Beth Hudson	156	30:49
9	Courtney Emacio	160	31:34
10	Lindsay Newman	172	33:31
11	Kristen Orgera	180	35:11

**30 - 34**

1	Donna Rinker	70	24:04
2	Leigh Cheatham	90	25:20
3	Karen Rhoden	162	31:38
4	Janelle Smith	179	35:11

**35 - 39**

1	Alycia Ferguson	101	26:01
2	Laurie Muller	134	28:17
3	Lesley McPhatter	146	29:32
4	Michelle Miles	170	33:20

**40 - 44**

1	Sue Jones40	21:35	
2	Donna Davis	64	23:36
3	Marianne Ramsey	107	26:29
Pl.	Name	OA	Time
4	Joanna Reed	117	27:16
5	Missy Taraldson	136	28:38

6	Donna Copsey	144	29:23
7	Judy Wilson	164	31:56
8	Karen Truitte	173	33:43

**45 - 49**

1	Donna Boberg	140	28:58
2	Marion Wilhelm	147	29:46

**50 - 59**

1	Kathryn Stafford	83	24:41
2	Candice Michalik	88	25:07
3	Jeannie Stone	142	29:09
4	Ann Allison	148	29:51
5	Candy Lawhorne	158	31:20
6	Susan Manion	189	43:09

**60 & Over**

1	Florence Cole	188	42:17
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**Youth Mile Results**

Pl.	Name	OA	Time
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**Boys**

1	Alex Tatom	1	6:16
2	Zach Smith	2	6:28
3	Mark Jones	3	6:42
4	Karl Overstreet	4	6:54
5	Tyler Bullock	6	7:01
6	Chris Schweikart	7	7:21
7	Evan Davis	9	7:25
8	Austin Davis	11	7:28
9	Jeff Kadak	12	7:31
10	Brian Carey	13	7:35
11	Trey Padgett	15	7:44
12	Ben Rice	16	7:52
13	Micah Jones	17	7:53
14	Ryan Truitte	19	8:01
15	Ryan Boedeker	21	8:07
16	Jeff Truitte	22	8:12
17	Matt Truitte	23	8:31
18	Chandler Harvey	24	8:32
19	Jeremy Osborne	26	8:57
20	Zach Boedeker	27	8:58
21	Anthony Lydic	29	12:1
22	Nick Lydic	30	12:3

**Girls**

1	Megan Rinckel	5	6:57
2	Maggie Zellner	8	7:22
3	Rebecca Elcan	10	7:26
4	Allisa Williams	14	7:41
5	Franny Carey	18	7:58
6	Danielle Pickett	20	8:06
7	Emmi Owens	25	8:32
8	Alex Garbee	28	12:06

**Nov. 30 - McAlpine Greenway Park in Charlotte, N.C.**

**Foot Locker Cross Country Championships**

**Peaks View Pacers results**

**By Sue Jones**

The Peaks View Pacers, a team of home-school runners,

competed in the Foot Locker Cross-Country Regional Championships at Greenway Park in Charlotte, N.C. Two of our 10 and under runners, Mark Jones and Bilynda Brinkley, finished 17<sup>th</sup> and 9<sup>th</sup>, respectively, garnering each a medal. Our other runners all improved on their times with Becky Jones setting a PR by 1-½ minutes. This was a perfect ending to a great cross-country season for us.

As coach, I also ran in the Open/ Masters 5k that was run early that morning. I was a little unsure how I would do, since I had just run in the Turkey Trot 5k on Thurs. So I did what I do whenever I am unsure what to do: **I prayed.** I asked God for strength and wisdom in pacing. I ended up running very well (21:00) and took first place in the Women's Masters division.

I want to thank all of the runners and the Lynchburg Road Runners for all of your support towards me and the Peaks View Pacers. I pray we will grow as a team and that this will encourage more people in our community to get involved in running.

Pl.	Name	Time
<b>Masters Woman 5K:</b>		
1st	Sue Jones	21:00.15
<b>Freshmen/Sophomore Girls 5K:</b>		
	Becky Jones	24:53.42
<b>10 &amp; Under Boys 3K:</b>		
17	Mark Jones	13:56.60
30	Micah Jones	15:09.66
<b>10 &amp; Under Girls 3K:</b>		
9	Bilynda Brinkley	14:05.83

**December 7, Bedford - Christmas Classic 10K & 5K**

**10K Results - Overall Female**

Name	Age	Time	OA
Bonnie McDonald	38	40:45	1
Karen Black	30	41:27	2
Lisa Hannell	35	42:19	3
Donna Elder	40	43:15	4

**10K Results - Female**

Name	Age	Time	OA	OAG
Bethany Hunter	23	43:30	18	1
Nancy Ferris	46	43:46	19	1
Sue Jones41	43:59	22	2	
Terri Ripley	39	44:05	23	1
Gabrielle Sydam	32	46:05	29	2
Lesley McPhatter	39	47:30	35	5
Donna Rinker	31	49:17	37	6
Leigh Cheatham	34	51:48	42	7
Sarah Erb16	54:03	45	1	
Kiston McPhatter	28	55:02	48	4
Ann Allison	50	62:16	64	1

**10K Results - Overall Male**

Name	Age	Time	OA
Brian Falls	36	35:49	1
Matt Ripley	37	36:28	2
Brian Kelleher	36	36:35	3
Michael McPhatter	29	37:02	4

**10K Results - Male**

Name	Age	Time	OA	OAG
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Matt Richards	35	37:30	5	1
Darrell Wargo	34	38:16	6	2
Gratten Garbee	39	38:55	8	3
Brad Fitzgerald	44	39:13	9	1
Preston Evans	46	41:38	12	2
Jim Weimer	56	42:04	14	1
Ron Riscart	48	43:17	17	4
Wilbert Hooper	44	43:52	20	5
Brain Carlton	49	43:54	21	6
David Horton	52	44:07	24	2
Davud Ferris	46	44:29	25	7
Jack Cassidy	50	46:03	28	3
Charlie Heson	49	48:33	36	10
Michael Reffner	29	49:24	38	3
Scott Rankins	44	54:46	47	11
Fred Fauber	70	56:37	50	1
Bryan Carter	25	57:47	53	6
Larry Scott	57	60:00	58	9
Terry Walton	62	62:00	63	2
Glenn Meyer	47	62:42	65	14

**5K Results - Overall Female**

Name	Age	Time	OA
Hollie Porter	29	21:47	1
Hannah Roller	15	22:06	2
Bee Chapman	15	22:38	3
Shannon Tomkinson	16	24:15	4

**5K Results - Female**

Name	Age	Time	OA	OAG
Thersa Boyes	35	24:17	27	1
Jeanne Craig	33	27:18	37	5
Bilynda Brinkley	9	27:49	39	1
Wendy Golden	34	29:24	47	7
Ariel Wheelock	12	30:56	51	2
Melissa Conner	31	42:17	77	10

**5K Results - Overall Male**

Name	Age	Time	OA
David Angell	26	16:35	1
Jesse Dalton	18	16:50	2
Matthew Hayes	26	17:20	3
Bill Stewart	37	17:54	4

**5K Results - Male**

Name	Age	Time	OA	OAG
Jeff Harrington	32	18:17	5	1
Jonathan Bryant	15	19:35	8	2
Jeremy Bryant	23	19:36	9	1
Bob Hartless	58	21:02	12	2
Adam Bonus	25	24:30	28	5
Richard Jones	40	26:14	43	4
Bob Mooty	47	29:03	46	5
Avery Rose	39	31:59	57	10
Dwayne Abbot	26	36:49	69	7

## UPCOMING RACES

**Jan. 1, Riverside Park - LRRC New Year's Fun-Run, with \$1.00 off membership dues for 2003.**  
10:00 a.m. in the parking lot at Riverside Park for a leisurely paced 3 mile run and good cheer.

**Feb. 2, Lynchburg - VES Artic10K,** 2:00p.m. at VES campus. Info: Call Reed Finlay at (804) 384-6221 or 384-6352. See application - enclosed

**Feb. 15, Appomattox - Holiday Lake 50K,** 6:30am; Info: Dave Horton at (804) 582-2386 (w), 239-1324 (h), e-mail: [dhorton@liberty.edu](mailto:dhorton@liberty.edu)  
Web: [www.extremoultrarunning.com](http://www.extremoultrarunning.com)

**March 1, Goode - What Goes Down Must Come Up,** Predict your time 4 miler. Jerome Loy, Race Director. Discount is offered to Lynchburg Roadrunners on registration.

**March 15, Virginia Beach - 28th Shamrock Sportsfest,** 8:00am-Marathon Walk; 8:30am-Masters 8K; 9:00am-Marathon; 9:30am- Open 8K; \$25 marathon, \$18 8K before 2/16. For information: Phone (757) 481-5090, or e-mail [sportsfest@juno.com](mailto:sportsfest@juno.com), or on the Web at [www.shamrocksportsfest.com](http://www.shamrocksportsfest.com)

**March 17 - 22, Tuscarora Trail -** Details in the next newsletter

**March 22, Lynchburg - Spring Into Spring Youth Run,** Race Director, Sue Jones. This race is for ages 18 years and under. The race is conducted in heats at ¼ mile, ½ mile, and 1 mile. Discount is offered to Lynchburg Roadrunners on registration.

## 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



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Dear Fellow Runner,

The Lynchburg Roadrunners Club invites you and family to join our club. We welcome and have members of all ages and ability levels.

The Lynchburg Roadrunners Club (LRRC) consists of a group of local runners who share a common interest in running. Our purpose is to promote the sport of running for fun and fitness, to offer opportunities for competition at all levels and age groups, to encourage personal improvement by all our members, no matter their capability, and to provide information to our members through a bimonthly newsletter, The Milepost.

Please consider the value you receive for your membership dollars. As a member of the LRRC you receive benefits and services designed to help you get the most out of your running experience. Your membership helps to enhance the Lynchburg area's running community by providing a newsletter, as well as your membership in the Road Runners Club of America (RRCA), from which you receive Footnotes magazine and through which our club provides insurance for sponsored races. In addition, several valuable discounts from local merchants are available to you on presentation of your current membership card. You can easily redeem the cost of dues through the discounts offered by our sponsors. Monthly information on club activities, area races, and the newsletter is provided on the Web at <http://www.physicsrules.org/runclub>

Your LRRC improves the quality of youth running activities by sponsoring several races tailored to children, like Sue Jones' "Spring Into Spring Youth Run", and Bret Boman's Summer Track Series, and Mary Ann Craven's "Stephenson Memorial Youth Run".

Please consider the value you receive and the support that your membership dollars provide to the local running community and send in the enclosed application form. By joining now, you will be paid up through the year 2003. Include a self-addressed stamped envelope so we can send your membership card to you. Better yet, show up at the next scheduled meeting to pick up your membership card in person.