

## The Presidents Column

Seems hard to believe with all the ice and snow, but spring is actually just around the corner. For those of you whose training has survived the weather challenges congratulations! If you have fallen behind a bit; it's not too late. Club activities are here to motivate, inspire, and educate. I encourage you to participate and get involved. Whether it's a "Fun Run", monthly meeting, or local running event the Lynchburg Road Runners has something to offer just about everyone.

Congratulations to all that participated in the VES / LRR Artic 10K. It was a beautiful day for a run. Kudos to all the volunteers and the efforts of race director Reed Finely. A big thumbs up to all that braved the cold, rain, and mud at the Holiday Lake 50k this past month. Dave Horton and crew out did themselves once again. Dave, your efforts are an inspiration to us all.

"Thank You" to all that have renewed their membership dues for 2003. The Lynchburg Road Runners continues to grow. Your contribution through annual dues continues to provide the necessary insurance for more than a dozen running events held though out the year. In addition, you receive discounts at races and area merchants and a bimonthly newsletter. In short your membership pays for itself.

With our growth in membership we have seen an increase in individuals just starting to run. I have received many emails asking about training groups for the spring. Let's get one started. One way to meet individuals your speed is to attend a monthly "Fun Run." You can find out about these runs through this newsletter and by email. Just drop an email to [riversiderunners@yahoo.com](mailto:riversiderunners@yahoo.com) and you will be added to the list. A training group can really take your running to the next level, help you surpass your goals for the year, and make running enjoyable.

Finally, I encourage all to participate in the 9th Annual Goode "What Goes Down, Must Come Up 4-Miler" & Pancake Breakfast. This has become a March tradition. Top honors go NOT to the runner with the fastest time but to the individual that has predicted their finish time most accurately. Everyone has a chance to win. Pace the race. Good luck to all this spring. I look forward to seeing you on the roads!

Jeff Fedorko

## 2002 LRR OFFICERS

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

We are in need of a Secretary to take minutes of our club meetings and resolutions of the executive committee and the membership. A commitment to attend our monthly club meetings is assumed. Word processor and e-mail capability is desired, though not necessary. Please contact Jeff Fedorko at Riverside Runners (434) 846-7449 for further info.

The office of equipment manager has been eliminated. Race directors can contract for equipment with the club president and pick up needed items at Riverside Runners.

**Next LRR Club Meeting**  
Tuesday, 11 March, 2003  
at the Monte Carlo Restaurant  
Old Forest Road  
6:30 Diner  
7:00 Meeting

The guest speaker for the meeting is Dr. Ghandi, from Blue Ridge Orthopedics. Put March 11 on your calendar and encourage our guest speakers with your presence and insightful questions. The program will also include a progress report on the organization of the LRR Summer Race Series.

The **April** meeting will be held at the Monte Carlo Restaurant at 6:30 pm on **Tuesday, 8 April, 2003**. The guest speaker for the meeting is Heather Sagan, a

top middle distance athlete running for Adidas and on the coaching staff at LU.

## **FUN RUN**

The next fun run is from Riverside Runners March 15th at 7:30am.

## **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.

## **A PRETTY RUN**

*Joined this morning's run even though I'm slow.*

*Thought I'd give it a whirl.*

*It was cold, but the wind didn't blow,*

*A good day for the squirrels.*

*The girls admired the snow*

*While I admired the girls.*

**Bernie The Bard**

## **Meeting Minutes - 14 January, 2003**

By Vic Galan: Acting Secretary

The January meeting of the Lynchburg Roadrunners was held on Tuesday, 14 January, 2003, at Monte Carlo Restaurant with dinner orders taken at 6:30 PM. Lynchburg Roadrunner president, Jeff Fedorko, began the business meeting at 7:00 PM. Fifty members and guests were in attendance, a great turnout for some great speakers.

Mary Jane Harrelson and Alexis Sharangabo, middle distance runners on the VPI track and cross-country team, kept listeners enthralled with their obvious enthusiasm and love of running. Mary Jane emphasized the need for the runner to take care of small things, like diet, training program, good coaching and hard work. She eats mostly whole foods and plenty of water. You get out of running what you put into it.

Alexis talked of his start in Rwanda. He represented

his country in the '96 and '00 Olympics in the 1500 meter and 5K. His current 1500 meter time is 3:38 and his best mile to date is 3:56. But to him racing is about strategy and winning, not race time. It takes determination to succeed. "Don't fear to take risks", he states.

Both Mary Jane and Alexis stress that their training is aimed at quality instead of quantity because of the need for speed. They put in about 65 miles per week with a mix of anaerobic and aerobic training.

Treasurer's Report - \$885.23

Dues for Road Runners Club of America membership and race insurance were filed on time, along with a list of races we plan for this year.

## **Meeting Minutes - February 11, 2003**

By Vic Galan: Acting Secretary

The February meeting of the Lynchburg Roadrunners was held on Tuesday, February 11, 2003 at Monte Carlo Restaurant with dinner orders taken at 6:30 PM. Jeff Fedorko, president, called the meeting to order at 7:00 PM. Nine members were in attendance.

As luck would have it, guest speaker Dr. Ghandi, from Blue Ridge Orthopedics, called with the news he could not attend due to an emergency at the hospital. We will reschedule him for next month's meeting. Hopefully he can then talk to a wider selection of our membership.

Treasurer's Report - \$560.04 in the general fund and \$1,313.21 in the race series fund.

Mary Ann Craven, membership director, reported that the club has 138 members with 67 paid this year to date. Darrell Wargo, vice-president and equipment director, reported that an inventory of the club's equipment was recently completed. Equipment in need of repair was noted.

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

A reminder that the "Goode, What Goes Down, Must Come Up, 4-Mile Handicap & Pancake Breakfast" will start at 9:00 a.m. on Saturday 1 March at the Oakland Methodist Church located behind the Goode Post Office (and former Country store-car wash) on Route 221 half way between Bedford and Forest.

This unique race gives each and every competitor an equal opportunity to win. No watches are permitted.

You may NOT wear a watch! Each runner predicts his/her time to cover the 4-mile downs and ups of the beautiful Goode Countryside. As the clock counts down to your predicted time, your race begins...the goal is to catch the people in front of you, not get caught by the people behind you, and to finish the race as close to 00:00 as possible. (The beginning of this race looks much like the finish of a race, while the finish looks much like the start). You can choose to challenge yourself, or sandbag it. Walkers are also welcome! Can you walk four miles in an hour?

Lots of prizes followed by an all-you-can-eat pancake breakfast at JFHS. A race application is provided with this newsletter. Or you can see me at the school or register on race day.

Coach Loy

**ANNE HUNTZICKER**  
(finisher at the '02 Mountain Masochist)

She broke two ribs and a humerus  
And had scrapes and bruises numerous.  
With a mile to go, she hurt like hell.  
Her collapsed lung not very humorous.

**Bernie The Bard**

## RACE RESULTS

**February 2, 2003 - VES / LRRC Arctic 10K**  
**Race Director: Reed Finlay**

**Darrell Wargo** wins Arctic Road Race on a frigid day in the Burg! "Often a bridesmaid, seldom a Bride" sums up the accomplishment of Lynchburg Christian cross-country coach Darrell Wargo. Over the years, Wargo has been one of the most consistent runners in the Lynchburg area participating in the Arctic Road Race, and this year the shirt featured a caricature of him. It was fitting that he win this year's race on a truly arctic day with a time of 36:3. In November at Woodberry Forest School, Darrell led his boys' team to a sixth-place finish at the Virginia Independent Schools state meet in a field of more than forty-five teams.

Running behind Wargo were **Grattan Garbee**, a strong runner who was seventh last year, and **Greg Matherly** of Gretna High School.

In the women's division, long-time VES-Lynchburg Roadrunners participants **Lisa Hannell**, **Donna**

**Elder**, and **Ashley Armistead** claimed the top three places. All three runners are from the Forest area, and Hannell and Elder train together on weekends, along with running pal Jim Weimer, who won his age division. Over the years, both Hannell and Elder have participated often, and Lisa comments that she competed once when she was pregnant. "Atta, Girl, Lisa!" Armistead, who won her age division, is a senior at Jefferson Forest High School and has competed in the race every year since she was in the ninth grade.

Gretna High School track and cross-country coach **Wayne Owen** has been an important individual with the development and success of distance running in the Greater Gretna area. This year the Gretna Hawks won recognition for bringing seventeen runners to the Arctic Road Race. The runners ranged in age from 11 to 46 and included siblings as well as a father and son combination (Ernesto and Ryan Almanza). Like Wargo, Wayne runs with his athletes, and in the spring he hosts track invitational meets that include middle school as well as high school runners.

### AGE DIVISION WINNERS

<u>Age Gr.</u>	<u>MALE</u>	<u>Time</u>
<15	D. J. Stone	53:55
15-19	Greg Matherly	38:51
20-29	Greg Flannigan	43:50
30-39	Darrell Wargo	36:31
40-49	Grattan Barbee	38:51
50-59	Jim Weimer	41:42
60 +	Bernie Davis	50:41

<u>Age Gr.</u>	<u>FEMALE</u>	<u>Time</u>
<15	Carrie Dudley	56:23
15-19	Ashley Armistead	44:40
20-29	Kelly Jenkins	46:40
30-39	Lisa Hannell	41:36
40-49	Donna Elder	42:40
50-59	Rosemary Dawson	59:51

### OVERALL FINISHERS & TIMES

<u>Name</u>	<u>Time</u>	<u>Age</u>	<u>Age Gr.</u>
1. Darrell Wargo	36:31	34	1st
2. Grattan Garbee	38:51	40	1st
3. Greg Matherly	40:30	16	1st
4. Drew Flowers	41:04	15	2nd
5. Preston Evans	41:34	46	2nd
6. Lisa Hannell	41:36	35	1st
7. Jim Weimer	41:42	56	1st
8. Antonio Jones	42:30	17	3rd
9. Donna Elder	42:40	40	1st
10. Paul Triska	42:45	37	2nd

11. Peter Shields	43:06	17	
12. Patrick Draney	43:48	37	3rd
13. Greg Flannigan	43:50	21	1st
14. Kerry Hogan	44:08	29	2nd
15. Ashley Armistead	44:40	17	1st
16. Lori Flowers	44:43	46	2nd
17. John Dudley	45:08	16	
18. John Kendricks	45:30	15	
19. Matt Abatecola	45:39	15	
20. Susannah Obenchaain	45:52	15	2nd
21. Kelly Jenkins	46:40	21	1st
22. Sarah Davidson	46:49	38	2nd
23. John Justice	47:38	58	2nd
24. Chad Evans	47:42	30	
25. Hannah Roller	48:22	15	3rd
26. Jack Cassidy	48:26	51	3rd
27. Heather Royer	48:30	40	3rd
28. Tara May	48:44	21	2nd
29. Tom Brickhouse	48:44	55	3rd
30. Mike Shea	49:22	38	
31. Mickey Mear	50:03	56	
32. Ryan Almanza	49:22	15	
33. Frank Villa (?)		48	3rd
34. Bernie Davis	50:41	65	
35. Kathy Graves	50:53	44	
36. Kevin Willis (?)	51:13	36	
37. Steven Selby	53:00	42	
38. Wendy Golden	53:17	34	3rd
39. Chuck Wall	53:46	49	
40. Hush Puppy	53:49	17	
41. D. J. Stone	53:55	12	1st
<b><u>Name</u></b>	<b><u>Time</u></b>	<b><u>Age</u></b>	<b><u>Age Gr.</u></b>
42. Bob Foster	54:18	57	
43. David Towles	54:47	55	
44. David Skulina	55:30	39	
45. Paul Sherburne	55:54	58	
46. Wayne Owen	55:55	50	
47. Kathy Nunn	56:11	46	
48. Ernesto Almanza	56:19	46	
49. Carrie Dudley	56:23	11	1st
50. Ann Freeman	56:35	42	
51. Kris Freeman	56:36	43	
52. John Bashon	56:40	25	3rd
53. Hilary Foster	56:41	24	3rd
54. Rie Godsey	56:42	47	
55. Marta Ruggles	56:43	42	
56. Judith Zerfoss	56:43	42	
57. Marshall Wood	56:47	30	
58. Larry Scott	58:11	57	
59. Scott Torres	58:28	26	
60. Andrea Dorsey	58:29	27	
61. Grace Fredrickson	59:26	45	
62. Jennifer Page	59:30	27	
63. Gina Patterson	59:33	14	2nd
64. Audrey Thacker	59:40	15	
65. Rosemary Dawson	59:51	57	1st
66. John Kurisky	62:12	64	2nd
67. Renee Robinson	62:18	14	3rd
68. Megan Ashworth	63:00	14	
69. ? ? ? ?	63:08		
70. Dustin Chaney	71:28	14	2nd
71. James Carroll	77:49	15	

### IMPROVEMENT OVER 2002

<u>Name</u>	<u>2002</u>	<u>2003</u>	
*Wayne Owen	81:17	55:55	-25:22
Susannah Obenchain	52:56	45:52	-6:04
Jared Shields	48:55	43:06	-5:49
Ryan Almanza	54:44	49:22	-5:22
Antonio Jones	47:50	42:30	-5:20
Drew Flowers	45:19	41:04	-4:15
John Dudley	48:52	45:08	-3:44
Carrie Dudley	60:12	56:23	-3:39
Ashley Armistead	48:00	44:40	-3:20
Lori Flowers	46:30	44:43	-1:47
Bob Foster	55:53	54:18	-1:35
Ernesto Almanza	57:35	56:19	-1:16
Darrell Wargo	36:48	36:31	-17
Lisa Hannell	41:41	41:36	-05

### REFRESHING

*It's more refreshing than Gatorade lemon  
And much better than going swimmin',  
For it's not nearly so borin'  
And in your eyes there is no chlorin'  
When you're running with women.*

**Bernie The Bard**

### **Feb. 14, Clearwater, Fla. - Gulf Stream Marathon**

The following Lynchburg Roadrunners decided that Spring was too far off to wait for good marathon weather. So why not take advantage of the flat course and Spring like winter in Florida to get ahead of the game.

**Lesley McPhatter** felt great with a time of 3:49

**Richard & Jeanne Stone** shared a time of 5:37

Maybe they will start a trend of winter training here and racing in Florida. It is reported that **Horace Ellis** is recuperating this winter in Florida. We suspect he is really training for a Spring surprise on the race circuit in Virginia.

### **Feb. 14, Appomattox, Va. - Holiday Lake 50K**

**Race Director: David Horton**

The Holiday Lake is the first race in the Lynchburg Ultra Series (LUS). It is also the easiest of the three: Holiday Lake – 2000 feet of elevation gain; Promise Land – 7400 feet elevation gain and the Mountain Masochist – 9200 feet elevation gain. The Holiday Lake is relatively flat. That is good and bad news. You can end up running a lot more and a lot faster ... and when it rains ... it is very muddy! And it was VERY muddy this year! It rained all night Friday night and continued throughout the day on Saturday.

I knew there would be no course records set ... and there wasn't!

### Overall Results

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	<b>Clark Zealand</b>	29	<b>4:02:07</b>
2	Derrick Carr	41	4:27:32
3	Byron Backer	38 SC	4:28:33
4	Aaron Schwartzbard	25	4:31:01
5	Tom Nielsen	43	4:43
6	Connie Gardner	39 OH	4:46:22
7	Jonathan Basham	25	4:47:22
8	Jeffrey Wilbur	43	4:48:54
9	Christopher Calfee	35	4:50:33
10	Laura Nelson	37	4:50:52
11	Jay Dicharry	27	4:51:40
12	Eric Linder	23 MD	4:53:10
13	Michele Burr	37 MD	5:01:55
14	Ken Bower	42 PA	5:04:35
15	Craig Sheckler	34 PA	5:04:51
16	Robert Pokorny	41 OH	5:05:07
17	<b>Josh Zealand</b>	21	<b>5:07:13</b>
18	Annette Bednosky	36 NC	5:09:13
19	Frank Probst	59	5:10:03
20	Kevin Townsend	30	5:10:18
21	<b>Bethany Hunter</b>	23	<b>5:10:22</b>
22	<b>Gary Morris</b>	35	<b>5:11:33</b>
<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
23	Kevin Black	43	5:11:43
24	Ryan Henry	28	5:18:53
25	Monika Bracken	37	5:24:25
26	Dennis Maietta	42	5:26:58
27	<b>Joshua Read</b>	21	<b>5:29:20</b>
28	Scott Ferrari	44 PA	5:29:26
29	Paul Carrasco	32	5:30:13
30	Joseph Novak	40	5:31:27
31	Kim Martin	38 OH	5:32:18
32	Tony Smith	49 NC	5:32:26
33	<b>John Price</b>	48	<b>5:32:44</b>
34	Dan Lehmann	52 WV	5:33:32
35	Sophie Speidel	40	5:38:26
36	Andy Earl	18	5:39:27
37	Neal Jamison	34	5:43:30
38	Mouse Andrews	25	5:43:30
38	Steve Pero	51 NH	5:43:30
40	<b>Jack Cassidy</b>	51	<b>5:47:02</b>
41	William Harrold	43	5:51:23
42	Josh Gilbert	27	5:53:17
43	<b>Ron Roseveare</b>	37	<b>5:55:47</b>
44	Michael Priddy	27 FB	5:58:13
45	Terry Bower	39 PA	5:58:39
46	Edward Hill	36	5:58:44
47	David Snipes	35	5:59:05
48	Quatro Hubbard	4	35:59:11
49	William Turrentine	54	5:59:15
50	David Scaffide	20 MD	6:00:13
51	<b>Suzanne Ramsey</b>	35	<b>6:00:30</b>
52	Joe Salwan	48 OH	6:03:33
53	Sydney Moser	20	6:03:35
54	Neal Bryant	32 FB	6:05:23
55	Derick Page	28	6:07:00
56	Kevin O'Connor	55	6:08:55

57	Tanya Cady	49 OH	6:11:58
58	Debbie Miller	51 KY	6:13:19
59	Michael Stratton	19	6:13:56
60	Tony Rouse	38 NC	6:14:15
61	<b>Scott Griffith</b>	30	<b>6:15:33</b>
62	<b>Vince Decker</b>	39	<b>6:16:43</b>
63	Michael Rogan	50 DC	6:17:46
64	Johnny Raney	41 FB	6:20:29
65	Malcolm Gillis	64 AL	6:20:43
65	Sonia Rodriguez	19	6:20:43
67	Charlie Hesse	50	6:22:18
67	Michael Bowen	48 NC	6:22:18
67	<b>Rebekah Trittipoe</b>	45	<b>6:22:18</b>
67	<b>Caleb Trittipoe</b>	15	<b>6:22:18</b>
67	David Grider	56 NC	6:22:18
67	Buddboy	26 FB	6:22:18
73	Gary Richwine	54 MD	6:23:00
74	Brian McNeill	44 MD	6:24:00
75	Farouk Elkassed	53	6:24:00
76	Alton Martin	37	6:26:00
77	Phil Offield	30	6:27:31
78	Thomas Brunetto	43 NJ	6:28:14
78	Joseph Ludden	42 NJ	6:28:14
78	Steve Weyl	43 NJ	6:28:14
78	Nelson Stritehoff	51 MD	6:28:14
79	Deb Pero	48 NH	6:31:04
<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
79	Amy Thompson	26 PA	6:31:04
80	<b>Tommy Harris</b>	63	<b>6:33:18</b>
81	John Farmer	39	6:33:58
82	James Vogltanz	31	6:34:15
83	Piers Newbery	38	6:34:30
84	<b>Lisa Hannell</b>	35	<b>6:35:11</b>
85	Henry Christner	25	6:35:54
86	Rob Apple	41 TN	6:35:58
87	Richard Gibson	32	6:36:15
88	Greg Ball	41 NC	6:36:51
89	Deborah Duryea	21	6:37:16
90	Dorothy Fyock	29 NC	6:37:34
91	<b>Wilbert Hooper</b>	44	<b>6:39:28</b>
92	Martha Lindemann	42	6:39:51
93	Milton Webb	46 WV	6:42:34
94	Thomas Smith	50	6:42:44
95	Anita Walker	36 NC	6:42:57
95	Jay Finkle	39	6:42:57
95	Brian Loose	37 CT	6:42:57
95	John Muir	41 CT	6:42:57
96	Michael Day	41 NC	6:43:06
97	Morris Miller	51 KY	6:46:33
98	David Stuckey	37 FB	6:48:38
99	Roy Marshall	46	6:48:47
100	Amber Marshall	25	6:48:47
101	Larry Friedenber	42	6:48:55
102	Donnie Wilkerson	51	6:49:09
10	2Mark Konodi	46 WA	6:49:09
103	Bill Brophy	59 NC	6:50:21
104	Scott Mackenzie	49	6:50:48
105	Jim Cavanaugh	61	6:51:23
106	Bob Anderson	56	6:52:06
107	Christine Couldrey	28 MD	6:52:46
108	Graham Zollman	54	6:53:33
108	Dru Sexton	50	6:53:33
109	Dean Broz	37 NC	6:54:03

109	Marko Broz	31	6:54:03
<b>110</b>	<b>Frank Villa</b>	<b>48</b>	<b>6:54:26</b>
111	Wayne Lapham	56	6:55:28
111	Tommy Trask	56	6:55:28
112	Everett Mounts	59	6:56:38
112	Donald Smith	44	6:56:38
113	Mike Weirich	51	6:57:08
114	Peggy Frederick	52	6:57:10
115	Kathy Firlotte	42 OH	7:00:11
116	Lisa Buehl	46 MD	7:00:14
117	Joy Blitz	28 MD	7:01:05
118	Mary Croft	57 AZ	7:01:10
118	Pete York	50	7:01:10
119	Joey Anderson	47 NC	7:08:50
120	Sam Rabon	30 FB	7:08:56
120	Camille Rabon	26	7:08:56
121	Richard Owen	35 GB	7:12:12
122	David Solomon	28 NC	7:12:17
123	Dionisio DeLeon	51	7:15:35
124	Laura Pyle	31	7:16:59
125	Ralph Kolva	39	7:17:02
126	Victoria Kendall	50	7:17:11
127	Madeline Meadows	31	7:18:08
127	Mike Meadows	31	7:18:08
<b>Place</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>
128	Ralph Bladen	42	7:20:56
129	Tom Green	52 MD	7:24:54

**GME**

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## UPCOMING RACES

**March 1, Goode - What Goes Down Must Come Up**, 9:00 a.m. Predict your time 4 Miler. Jerome Loy, Race Director. Further information and application in this newsletter. Discount is offered to Lynchburg Roadrunners on registration.

**March 15, Virginia Beach - 30th Shamrock Sportsfest**, Walk 6:30am; Marathon 7:30am; 8K 8:00am. \$50 marathon, \$25 8K. After 2/1 \$60/\$35. For information: Phone 757-496-5183, or on the Web at [www.shamrockmarathon.com](http://www.shamrockmarathon.com)

**March 15, Charlottesville - Martha Jefferson 8K**, Start 8:00 a.m. at Martha Jefferson Hospital. Limited to 750 registrants. \$25.00 till registration closes on 8 March. Info: Dr. Michael Goldman (434) 466-9153 or register at ACTIVE.com

**March 17 - 22, Tuscarora Trail - Stage Run- 252 Miles**

The field is limited to 20 total runners.

The event is now full, but you can contact David Horton (434)582-2386 or [dhorton@liberty.edu](mailto:dhorton@liberty.edu) and give it the ol' college try.

**March 29, Richmond - Monument Avenue 10K** 9:00 a.m.; \$25 before 31 March. Save \$5 by registering on-line ([www.sportsbackers.org](http://www.sportsbackers.org)); Info. (804) 285-9495.

**April 5, Charlottesville - Ten Miler**

7:45 a.m.; Starts & finishes at University Hall. Race closes at 2000 entries. Info. (804) 293-3367

**April 12, Lynchburg - Jamerson YMCA 5K**

Start 8:30 a.m. 5K run / walk and 1 mile run  
The race will be held on Lyndhurst / Enterprise Drive and surrounding areas. For more information visit the Jamerson Y or contact Corey Jeffcoat at 434-582-1900.

**April 19, Charlottesville - Marathon, 1/2, & 5K**

The race begins and ends at beautiful White Hall Vineyards. 8:00 a.m. start. \$55 until 2.28, \$60 until 3/31, \$65 after. Limited to first 1200 registrants. Contact race director **Gill** at 434-293-7115 or [rungillrun@adelphia.net](mailto:rungillrun@adelphia.net), or [www.charlottesvillamarathon.com](http://www.charlottesvillamarathon.com)

Pick up Flyers at Riverside Runners

**April 26, Bedford - Promised Land 50K**, 5:30am; Info: Dave Horton (434) 582-2386 (w), 239-1324 (h), or e-mail [runhorton@juno.com](mailto:runhorton@juno.com) or on the Web at <http://davidhorton.simplenet.com>. Part of the Lynchburg Ultra Series.

**April 26, Charlottesville - Dogwood Track Classic** UVA Lannigan Field. Info: (804) 293-3367

**April 27, Lynchburg - Angels Race Triathlon**

8 a.m. at the Central YMCA Lynchburg  
(See enclosed Flyer and entry form)

**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