

# The Milepost

May/June 2003

## The Presidents Column

Could there have been any more running activities in the Lynchburg area these past two months? It seemed that just about every week something was going on somewhere. The race results you'll find in this issue are proof positive that hard work pays off! The running club was well represented at the Charlottesville 10-Miler, Charlottesville Marathon & ½ Marathon, The Jamerson YMCA 5K, Promise Land 50K, and the Angles Race Triathlon. Believe it or not, all these events took place in just the past month of April. Congrats to all that tested their endurance.

A huge THANK YOU to all the club volunteers at these events. Your participation gave others a quality event experience. I really encourage those that have not volunteered at a local race to take a weekend and try it. It's a completely different perspective and one I know you will enjoy.

I would also like to take this opportunity to thank Lesley McPhatter for keeping many motivated this past spring. There was hardly a Saturday, despite the weather, when a training run was not arranged somewhere. All those miles really added up to some admirable performances.

Thanks again to Dr. Gautham Gondi and Heather Sagan for their very informative talks at our monthly meetings. Their words were both motivational and encouraging.

Just around the corner are a number of annual club events. Activities like the Summer Race Series, the Lynchburg Summer Track Series, and the organized Fun Run's are a great way to stay motivated and meet new and old friends. Look for dates and information in this newsletter!

Happy Miles!  
Jeff Fedorko

## 2003 LRR OFFICERS

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

**Next LRR Club Meeting**  
Tuesday, 13 May, 2003  
at the Monte Carlo Restaurant  
Old Forest Road  
6:30 Diner  
7:00 Meeting

Aches? Pains? Want some answers? Come to the May meeting. **Dr. Jeffrey Tanzier, Chiropractor will be speaking about chiropractic care and running.** Look forward to seeing you.

Meetings for **June and July are postponed** due the Summer Track Series and vacations in July. Next club meeting will take place Aug. 12th. More details in the July / August newsletter.

## FUN RUN

Next Fun Run is at Riverside Runners May 17th. 7:30am. Various distances, all abilities welcome. Bring a friend.

## LRR WEB ADDRESS

[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.

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

By Vic Galan: Acting Secretary

The March meeting of the Lynchburg Roadrunners was held on Tuesday, 11 March, 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 with 12 members in attendance.

Our guest speaker for the evening was Dr. Gautham Gondi of Central Virginia Orthopedics. His topic for the evening was the runner's knee and common injuries and complaints.

Dr. Gondi began with a thorough description of the anatomy of the knee. Common complaints due to Patella injuries, Meniscus abnormalities, Ligament injuries, and cartilage defects were explained. A lively question & answer session followed the presentation.

As to why operate? Dr. Gondi explained that surgery provides a stable knee for the patient which, coupled with therapy, can provide for a return to normal function and running. Surgery can also the progression of degenerative diseases. As to the stress of running? Run gently down hill recommends Dr. Gondi. An anti-inflammatory, such as Aleve, helps relieve pain after a hard run.

After a short business session, the meeting was adjourned by Jeff.

## **Meeting Minutes - 8 April, 2003**

By Vic Galan: Acting Secretary

The April meeting of the Lynchburg Roadrunners was held on Tuesday, April 8, 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.

Speaker for the evening was Heather Sagen, an assistant coach at Liberty University and professional athlete sponsored by Adidas. Heather has experienced tremendous success as a collegiate and professional runner over the past two years.

Heather informed us that she did not really begin to get serious about running Track till the summer of her junior year at Liberty. Before that there struggles with anemia. Her running took off when she set goals for herself, acquired a vision of where she was going, and focused on her training. She then realized that it

was NOT impossible for her to win.

Heather shared her recent successes as a professional athlete running for Adidas in the USATF professional tour. This included her account of running in a race where the recent world record of 3:59 was set for 1500m by Regina Jacobs and Heather ran her personal best of 4:13 for the distance. She has just returned from the World Cross Country Championships in Switzerland where she finished 52<sup>nd</sup> overall in the 4K race.

The least fun about the professional tour is the constant traveling. It's difficult to stay focused. Her short term goals are 4:10 in the 1500 meter, being in the top 5 national, and getting to the Olympic Trials. Long term goal is to keep improving.

A short business meeting followed at which Jeff reminded us of the great Spring race season we are in. The meeting was then adjourned.

## **UPCOMING RACES**

### **May 17, Danville - Nestle 5K Run**

9 a.m. Info: L.C. Moore (434) 793-3409  
\$12.00 or \$15.00 race day.

### **May 26, Lynchburg - 6<sup>th</sup> Annual CVKA Memorial Day**

**10K**, Starts downtown. Benefit the Central Virginia Kidney Association. Race Director: Lesley McPhatter (434) 384-9009 (h), (434) 947-5981 ext 116(w)  
(see flyer in this newsletter)

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

8 a.m., \$17.00 by 5/26, after \$27.00  
Info: Owen Grogan, (540) 343-0987  
[www.commonwealthgames.org](http://www.commonwealthgames.org)

### **June 3rd & 10th, Lynchburg - Summer Track Series,**

Lynchburg College 6:00 p.m. Bret Bowman, Race Director.  
A lot of family fun for toddlers through adults.

### **June 17th & 24th, Lynchburg - Summer Track Series,**

Lynchburg College 6:00 p.m. Bret Bowman, Race Director.  
A lot of family fun for toddlers through adults.

### **June 28, Lynchburg - LRRC Summer Series 5 Mile & 1**

**Mile.**, 8:00 a.m. Start, Percival Island Parking Lot, Jefferson St. Info: Jeff Fedorko (434) 846-7449

## The Coach Says ....

It takes courage to push yourself to places that you have never been before... to test your limits... to break through barriers. And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom.

### A PERFECT RUN

Cool fresh air, blue sky, bright sun,  
A perfect day for a run.  
I ran twenty and walked one.

Rivermont, Peakland, Boonsboro, Old Mill,  
Almost flat, nary a tough hill.  
Among the bright blossoms, it was a thrill

To be running together  
With Mary, Sue, Lisa, Terri, and Heather,  
Craig and Paul in wonderful spring weather.

Bernie The Bard

## RACE RESULTS

### March 1, Goode - What Goes Down Must Come Up: Jerome Loy, Race Director.

Sixty-four runners 'finished' the 9th Annual "Goode, What Goes Down, Must Come Up 4 Mile Handicap" on a beautiful March morning in scenic downtown Goode. Lisa MacPherson, a freshman at Jefferson Forest, running for the first time, finished first with a time of 40:03. Lisa had a 40 minute handicap, finishing 3 seconds off her prediction. Bobby Clauss was 2nd in 28:55, finishing 5 seconds off his predicted time of 29:00. Darrel Wargo was 3rd; eight seconds faster than his handicap start of 32 minutes. The fastest time was turned in by Richard Ferguson (Danville) who ran 23:14, but a full minute faster than his predicted time of 24:15. The remainder of the top ten finishers:

4th: Ron Riscart + 13 seconds at 34:13  
5th: Carrie Dudley - 15 at 35:45  
6<sup>th</sup>: Tim Dailey + 15 at 35: 45  
7th: Kiston MacPhatter -16 at 35:44  
8th: Wendy Golden -17 at 35:43  
9th: John Deis: -19 at 31:41  
10th: Grattan Garbee: -21 at 25:39 (2nd fastest over-all time)

Afterwards everybody enjoyed the "all-you-can-eat" pancake and sausage feast at the Jefferson Forest High School cafeteria.

Coach Loy  
JF Track & Field; Cross Country

## March 15, Virginia Beach - 30th Shamrock Sportsfest

**Editor's Note:** The race results, as posted on the Web site, did not provide for a listing of finishers by hometown. With my meager computer skills it was beyond my capability to scan thousands of finisher's names to retrieve local finishers.

**Marathon:** There were 2648 finishers. 1359 Male and 1289 female. In the marathon walk, Jean Stone finished in 6:26:29, and was back in time for lunch.

### 8K - Male

<u>Name</u>	<u>Age</u>	<u>Time</u>	
Bob Hartless	59	32:07	David
Elder 42	40:42		Victor Galan
66	47:16		Leland
Gammon 58	56:01		

### 8K - Female

Donna Elder	40	32:57
JoAnn Lucy	54	46:18

## March 17 - 22, Tuscarora Trail -

Stage Run- 252 Miles

The field was limited to 20 total runners. There were six finishers:

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1.	Peter Bakwin	40	56:53
2.	Jeffrey Wilber	43	59:08
3.	<b>David Horton</b>	<b>53</b>	<b>63:54</b>
4.	Joe Clapper	44	64:49
5.	Tim Lee	40	66:30
6.	<b>Bethany Hunter</b>	<b>23</b>	<b>69:21</b>

There were four female runners at the start.

**Ed. Note:** In this newsletter's feature article you can relive the adventure through the pen of Bethany Hunter as she takes you through the daily grind of the Stage Runs as an insider. Great job Bethany and we hope to read more of your adventures at the limit.

**April 5, Charlottesville - Ten Miler**  
**Male**

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
18	Michael McPhatter	29	1:00:29
20	David Royer	36	1:00:47
26	Darrell Wargo	34	1:01:59
45	Gratten Garbee	40	1:04:52
63	Paul Carrasco	32	1:06:36
90	Ron Riscart	48	1:08:17
94	Robert Blevins	45	1:08:32
103	Van Phillips	34	1:08:54
105	Jim Weimer	56	1:08:56
109	Bob Hartless	59	1:09:07
148	Brian Carlton	49	1:10:41
297	Wilbert Hooper	44	1:16:27
450	Lawrence Moffatt	44	1:20:06
529	John Cooper	48	1:22:00
606	Robert Babcock	51	1:23:46
703	Owen Grubbs	44	1:25:40
740	Richard Stone	56	1:26:19
747	Greg Sepesi	44	1:26:24
757	Horace Ellis	61	1:26:37
758	Gary Thacker	40	1:26:37
759	Richard Brooks	53	1:26:40
873	George Cook	36	1:28:52
1133	David Skulina	39	1:35:04
1563	Anthony Ciccarello	52	1:53:48

**Female**

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
35	Catherine Phillips	27	1:03:13
110	Donna Elder	40	1:09:08
125	Lisa Hannell	35	1:09:46
224	Nancy Ferris	47	1:13:36
265	Sue Jones	42	1:15:09
301	Lesley McPhatter	38	1:16:33
448	Donna Rinker	31	1:20:01
451	Patricia Moffatt	33	1:20:06
459	Heather Royer	41	1:20:15
569	Paula Skulina	33	1:23:08
579	Yvonne McMahon	43	1:23:20
718	Kiston McPhatter	28	1:25:52
741	Wendy Golden	35	1:26:20
874	Kisten Cook	35	1:28:53
1301	Jean Stone	53	1:39:15

PS: The Lynchburg race & pace mixed team won the "team" competition with top finishers Michael McPhatter, Ron Riscart, Donna Elder & Lisa Hannell.

**April 12, Lynchburg - Jamerson YMCA 5K & 1 Mile**

**1 Mile**

<u>Place</u>	<u>Name</u>	<u>Time</u>
1	Mark Jones	7:19
2	Monica Beck	7:53
3	Micah Jones	8:20
4	Shannon Bing	8:40
5	Justin Jantomoso	8:45
6	Katie Vann	9:22

7	Amanda Bing	9:25
8	Emily Fredrickson	10:54
9	Leslie Mastropaolo	11:10
10	Takoda Gallagher	12:08
11	Alex Landis	12:40
12	Brianna Fredrickson	13:11
13	Darian Finnerty	13:33

**5K**

**Overall Women's Winners**

<u>Name</u>	<u>Time</u>
Mary Ann Munz	23:37
Jennifer Harlow	25:10
Leslie McPhatter	25:17

**14 and under**

Megan Mastopaolo	No Time
Sarah Landis	No Time
Ashlee Hicks	No Time
Celeste Blankinship	No Time

**15-19**

Becky Jones	29:07
Amee Brothers	32:31
Samantha Lawrence	32:52

**20-24**

Whitney Yates	29:46
Heather Morrison	30:23
Amy Wiley	33:10
Jacqueline Mavinga	37:40
Alba Orozco	38:40
Brandy Powell	No Time

**25-29**

Jennifer M Pritchett	25:26
Amanda Ruhl	26:51
Kiston McPhatter	27:17
Faith Finnerty	28:38
Leslie Mastropaolo	No Time
Melanie Heuslein	DQ

**30-34**

Karen Gandy	28:08
Tiffany Baldrige	29:16
Darcy Mathers	29:28
Tammy Marsh	32:35
Christine Chruscicki	33:11
Leigh Johnson	33:12
Kelly Elder	33:13
Julie Stewart	No Time

**35-39**

Wendy Golden	26:56
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**40-44**

Judith Zerfoss	28:18
Sherrie Yates	30:55
Ann Hicks	32:24
Jeanne Landis	No Time

**45-49**

Deanna Morandy	26:25
Vida Parker	40:45
Bonnie Surcek	43:47

Marian Lipscomb 53:43  
Grace Fredrickson No Time

50-54  
Sue M Bass No Time

60-64  
Joyce Price No Time

**5K**

**Overall Men's Winners**

<u>Name</u>	<u>Time</u>
Josh Zealand	17:23
Darrell Wargo	18:27
Jeff Harrington	18:45

14 and under  
Anthony King 22:03

15-19  
Richard Gretsky 20:01

20-24  
Lance Larson 20:02  
Phillip Collier 27:55  
Gary Johnson 33:09  
Marcell Howard 37:47

25-29  
Will Bilder 24:10  
Ian Smith 24:31  
Jeff Cunningham 25:43  
Mike Durham 25:51  
Michael Reffner 26:11

30-34  
David Titcomb 24:24  
Steve Schlapman 26:42  
Lokesh Ravindranath 26:52  
Kevin Mastropaolo No Time

35-39  
Vince Decker 19:06  
Scott Wright 25:04

40-44  
Grattan Garbee 18:54  
Chris Wyndham 24:37  
Wilbert Hooper 25:18  
Doug Lawrence 26:18  
Tim George No Time

45-49  
Brent St. John 21:44  
Bill Parker 29:49

50-54  
William Hutter 23:26  
Mark Courtney 23:35  
Jack Cassidy No Time

55-59  
Bob Hartless 20:59  
Richard Stone 24:59  
Norman Clingempeel 33:14

60-64  
Horace Ellis 23:15

70 +  
Alfred Cumby 31:25



**Medical Supply, Inc.**  
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**Lynchburg, VA 24503**

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**CHARLOTTESVILLE**

I can never get my fill  
Of running Lynchburg's hills  
While chatting with my friends.  
I'm sorry when it ends,  
But we'll be together in Charlottesville.

There's no other marathon like Charlottesville's  
With its gravel roads and endless hills.  
It was slow, and it was hard.  
We thank White Hall Vineyard  
For their race and their refills.

**Bernie The Bard**

### April 19, Charlottesville - Marathon, & ½ Mar.

**Grattan Garbee** was 6th overall in the marathon and 3<sup>rd</sup> in his age group. **Vince Decker** was 9th and 1st in his age group! Great Job!

Congratulations to **Catherine Phillips** for a superb run at C'ville 1/2 marathon (1st woman and 4th overall!) and to the age group winners **Sue Jones** and **Horace Ellis**.

#### **Marathon**

##### **Male Overall Winners**

<u>Place</u>	<u>Group</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	1/56	Wes Kessenich	41	2:53:04
2	1/31	James Cathro	21	3:03:47
3	1/62	Tim Michaels	34	3:05:32

##### **Female Overall Winners**

<u>Place</u>	<u>Group</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
15	1/5	Katie Freund	18	3:26:08
17	1/17	Amy Robbins	40	3:26:42
24	2/17	Hosni Haghghian	44	3:30:46

##### **Local Finishers**

<u>Place</u>	<u>Group</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
6	<b>3/56</b>	Gratten Garbee	40	3:13:28
9	<b>2/62</b>	Vince Decker	39	3:16:23
31	8/62	Dan Phillips	34	3:34:38
98	27/56	Gary Thacker	40	4:04:01
119	5/17	Heather Royer	41	4:10:52
120	9/40	Donna Rinker	32	4:10:52
168	15/23	Richard Brooks	53	4:28:12
203	4/7	Bernie Davis	65	4:42:02

#### **Half Marathon**

##### **Male Overall Winners**

<u>Place</u>	<u>Group</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	1/40	Michael Chladon	23	1:19:13
2	1/37	Richard Ferguson	44	1:21:56
3	1/55	John Schwartz	39	1:23:54

##### **Female Overall Winners**

<u>Place</u>	<u>Group</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
<b>4</b>	<b>1/94</b>	<b>Catherine Phillips</b>	<b>27</b>	<b>1:25:09</b>
9	1/65	Jane Gagliardi	30	1:31:28
11	2/65	Tracy Schrage	33	1:32:10

##### **Local Finishers**

<u>Place</u>	<u>Group</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
14	5/55	Van Phillips	34	1:34:15
29	<b>2/29</b>	<b>Craig Miller</b>	50	1:41:02
37	<b>1/41</b>	<b>Sue Jones</b>	42	1:43:01
67	6/65	Kindra Younce	32	1:46:31
68	11/94	Kelly Jennings	29	1:46:33
70	7/65	Lesley McPhatter	39	1:47:19

71	<b>1/6</b>	<b>Horace Ellis</b>	61	1:47:19
191	13/29	Richard Stone	56	2:01:06

### April 21, Boston, MA - Marathon

Congratulations to the following local finishers of the Boston Marathon.

<u>Name</u>	<u>Age</u>	<u>Chip Time</u>
David Kim	42	3:13:47
Sarah Davidson	38	4:00:47
Tommy Harris	53	4:04:12
Preston Evans	46	4:09:12
Jack Cassidy	51	4:15:51
Debbie Bozeman	49	4:32:24
Steve Bozeman	56	4:32:24

The overall men's winner was Robert Cheruiyot of Kenya with 2:10:11.

The overall women's winner was Svetlana Zakharova of Russia with 2:25:20.

### April 26, Bedford - Promised Land 50K,

Lynchburg Ultra Series.

With 171 starters, local runners had a strong showing in this tough but beautiful course.

Master race director Dave Horton pulled off another classic Ultra in his race series. Thanks Dave.

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Will Harlan	27	4:52:17
2	Derrick Carr	41	5:17:03
3	Tom Nielson	43	5:17:03
4	Anne Riddle	36	5:23:50 1 <sup>st</sup> F
9	Scott Mills	51	5:40:11
10	Donald Smith	45	5:45:50
12	Randy Garbee	43	5:51:14
23	Garry Morris	35	6:13:37
35	Kevin Tobin,	31	6:21:19
45	Gratten Garbee	40	6:40:16
46	Rebekah Trittipoe	46	6:40:23 3 <sup>rd</sup> F
54	Jamie Justice	22	6:44:55
117	Anstr Davidson,	57	7:47:08
136	Richard Brooks	53	8:08:07
136	Frank Villa	48	8:08:07
148	Sam Rabon	30	8:28:47
149	Camille Rabon	26	8:28:59
151	Mary Andrews	25	8:29:39
154	Steve Bozeman	56	8:37:18
166	Christa Petersen	25	9:21:07

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

The race starts in downtown Lynchburg with a 300 meter swim at the Central YMCA pool. The bike race then loops 25K along the beautiful banks of the James River. The race finishes with a 5K run on the scenic Blackwater Creek Trail.

<u>Place</u>	<u>Name</u>	<u>Sex</u>	<u>Time</u>
1	Kevin Reid	M	1:07:33
2	Catherine Phillips	F	1:08:02
4	Van Phillips	M	1:09:28
5	John Salmon	M	1:09:49
7	Andrew Wolf	M	1:12:49
8	Darrell Wargo	M	1:12:54
10	Donna Elder	F	1:14:46
12	Beth Wright	F	1:17:11
14	Jeff Fedorko	M	1:19:06
16	Gabrielle Suydam	F	1:19:20
17	Mark Stevens	M	1:19:37
18	Carl Strayer	M	1:19:54
19	David Head	M	1:23:49
20	Chip Moffatt	M	1:23:54
21	Brian Carlton	M	1:23:58
22	James Wilkes	M	1:24:06
23	Scott Bodien	M	1:24:38
24	Lynn Green	F	1:25:19
25	Chris Wyndham	M	1:25:20
26	Kathy Hoof	F	1:25:32
27	Chris Hensley	M	1:26:31
28	Marit Kington	F	1:27:16
29	John Marshall	M	1:27:32
30	Donna Hodget	F	1:28:00
31	Melanie Higgenbotham	F	1:28:05
32	Alice Tilson	F	1:28:22
33	Bruce McKenna	M	1:29:50
34	Doug Speckmann	M	1:29:52
35	Ron Hoffman	M	1:30:03
36	Robert Starky	M	1:30:05
37	Austin Wiese	M	1:30:05
38	Ritamarie Hensley	F	1:32:08
39	Kevin Kodek	M	1:32:09
40	Richard Overstreet	M	1:33:01
41	Katherine Proctor	F	1:33:02
42	Carling Sitterley	F	1:34:26
43	John Grover	M	1:34:41
45	Wendy Hermann	F	1:35:22
46	Fenton Morton	F	1:37:01
48	Donna Robertson	F	1:40:33
50	Lokesh Ravindranath	M	1:41:40
51	Steven Dudley	M	1:42:25
52	Arthur Ciopsey	M	1:42:46
54	Heather Raith	F	1:43:57
55	Maureen Noftsinger	F	1:44:44
56	Janeen Koch	F	1:44:57
57	Jessalyn Elliot	F	1:51:37
59	Stephanie Deasy	F	1:54:04
60	Katherine Lippert	F	1:55:26
61	Alaina Copsey	F	2:01:21
62	Terri Burkes	F	2:01:36
63	Chris Benton	M	2:01:52
65	Josh Fitzgerald	M	2:02:38
66	Jerome Loy	M	2:05:24

67	Carroll Perry	M	2:06:25
68	Eileen Kane	F	2:07:44
69	Karen Johnston	F	2:09:31
70	Judy Bird	F	2:18:08
71	Carly Simpson	F	2:19:53

### **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

## **SUMMERTIME TRACK RACES**

**What:** Track Races for the young and old, fast and slow. Children through Seniors

**Where:** Lynchburg College Track

**When:** Tuesdays at 6:30 pm from June 3rd through July 1st

**Cost:** \$1 per evening (unlimited events)

**Awards:** Age Group Ribbons

**Races:**

June 3 – 5000 meters - 200 meters - 100 m

June 10 - 2 mile - 400 meters - 100 meters

June 17 - 1 mile - 100 meters - 200 meters

June 24 – 800 meters – 400 meters – Long Jump

June 24 - 1500 meters - 100 meters – 4X100 Relay

\*\*\*\*Every Tuesday - Kid's Races (100 and/or 200 meters) Plus Other Events as Requested

*For more information:* **Bret Boman 385-8107**