

## The Presidents Column

Road racing is alive and well in central Virginia. In the past, the conclusion of the VA 10 Miler was a great excuse to take a break from the racing season. However, this past October saw more local races than I can remember. It seems that weekends were crowded with 5k's and 10k's. It was great to see so much support for these events; especially the Dr. John A. Stephenson Youth Run held last month. More than 350 kids participated. The many volunteers, parents and co-race directors Catherine Phillips and Heather Royer made this record turnout possible. Amazingly enough, the weekend following the kids run, there were 3 local races within an hour drive of each other! You don't have to be a speed demon to participate in these events. Local races typically raise money for local charities and are a great way to see old friends, make new ones, and stay motivated.

Fall in Lynchburg would not be the same without the Mountain Masochist Trail Run and marathons. Ultra marathoners braved a variety of weather conditions on the scenic mountain trails. Dr. Horton put on another outstanding event. The Lynchburg Road Runners were represented at the Chicago Marathon and the Marine Corps Marathon as well. Congratulations to all that competed in these events. Good luck to all that will venture to Richmond to run the world's "friendliest marathon." Some upcoming events you don't want to miss are the Genesis House Turkey Trot on Thanksgiving morning. Stick around for the award ceremonies with your race number as there will be merchandise, pies, and turkeys for door prizes. The Bedford Christmas Classic the first weekend in December is also a race to cherish.

At our October club meeting we recognized award winners from the Lynchburg Road Runners Race Series. This year's overall champions were Dr. Pete O'Brien and Donna Elder. Awards were given to the top four overall point totals and to the top 3 in each age group. Awards are available at Riverside Runners for those that could not be there that night.

Please make plans to join us for our annual December pizza party on Tuesday 14 December at Monte Carlo's on Old Forest Road. Free pizza and drink are provided. You can take the opportunity to renew your membership for 2005, and listen to guest speaker Bob Sitler describe his run across Morocco. I look forward to seeing you there.

Happy Running,  
Jeff

## Announcement

**Dr. Nancy Clark**, sports nutritionist and author, *Nancy Clark's Sports Nutrition Guidebook* and *Nancy Clark's Food Guide for Marathoners*, will lecture at **Lynchburg College on 18 November at 7 p.m.** Her presentation on "Using Nutrition to Improve Sports Performance" will take place in the **Memorial Ballroom, Hall Campus Center.**

Dr. Clark is a regular columnist on nutrition for "Running Journal" magazine.

## 2004 LRR OFFICERS

President	Jeff Fedorko
Vice President	Darrell Wargo
Secretary	George Mrus
Treasurer	Wendy Golden
Membership	Vic Galan
Newsletter	Vic Galan

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 will find us on [www.lynchburgroadrunners.org](http://www.lynchburgroadrunners.org).

You may also find the latest race information at [www.riversiderunners.com](http://www.riversiderunners.com)

## Meeting Minutes

The October meeting of the Lynchburg Roadrunners Club (LRRC) was held on Tuesday, 12 October 2004 at the Monte Carlo Restaurant. The meeting was started by Jeff at 7:10 p.m. The LRRC Summer Race Series Awards Meeting was attended by twenty-two LRRC members and family. Everyone seemed to be in a jovial and light hearted mood—there were many conversations going on prior to the start of the meeting.

The meeting began with the Secretary's Report, specifically noting the September meeting. Jeff provided a report on the treasury, mentioning that a large bill will be coming due for the Club-its insurance policy. Prior to the awards part of the meeting, Jeff reviewed the list of upcoming races (Mountain Masochist) and those that have passed, with emphasis on the recent Stephenson's

Kids run. Special thanks goes to major sponsors of the Summer Series: (Tommy) Harris Tire, Lynchburg Chamber of Commerce, The Ten-Miler, Bank of the James, Pathology Consultants of Lynchburg and all the many volunteers. Also, a special note of thanks to Jeff and Steve for all their enthusiasm, energy and passion!!!

Next on the agenda was the Awards ceremony! There were over 700 entries received for the Summer races, inclusive of a record out of town contingency! The Riverside Runners website notes the final standing and places for the age categories.

The meeting was adjourned about 7:55 p.m.

### **Next LRR Club Meeting**

**Tuesday, 14 December, 2004**

at the Monte Carlo Restaurant

Old Forest Road

6:30 Diner, 7:00 Meeting

**Guest Speaker: Bob Sitrler**

Will describe his run across Morocco.

### **The Bozemans' Trails**

*By Steve Bozeman*

Debbie and I are still on Hawaii time (6 hours behind) and our sleeping pattern is all messed up. We accomplished our goal of starting and finishing together in the IRONMAN (2.4 mile swim, 112 mile bike, 26+ mile run). This race is certainly the World Championship, since most of the 1,700 triathletes (including the men) from around the world have shaved legs. I will never do that to decrease my bike time!! Plus, I've watched Debbie shave her legs and that is a lot of work. The Marine in me just can't do it.

Another Lynchburger named Eric Davis did the Ironman. His Dad is Bernie Davis and trained Eric to run fast as a kid. He went to Harvard and now lives in California. He

qualified for Hawaii by doing a race in Canada. I saw and talked to him just before the race started. I haven't taken the time to type up a blow by blow report on our Ironman experiences. Eric did a great job on his, so I thought I would just send his along, which summarizes the race conditions and how he felt. It's all "relative" on how all the triathletes feel on the race course, no matter how fast or slow you are. My run was worse than his and Debbie and I finished in 16 hours and 24 minutes. No matter what time you finish, the last 1/2 mile running on Alii Drive to the finish line is one of the greatest experiences in the world. Debbie and I crossed holding hands.

We finished the swim in 2:02 with 18 minute cushion. She was 1:01 at the turnaround and I knew then we had it made. The bike went pretty good until the "trade winds" cranked up. Debbie felt better than I on the last 40 miles. I was getting dehydrated and beat up from pushing hard on the pedals. Once the run started, (I carried Ole Glory in the marathon) I thought I could recover, but the "bonk" stayed with me. So we walked more than I wanted, but my goal was to finish under 17 hours. Many of the pro's dropped out due to the conditions and I think over 150 total didn't finish. Our goal from the start was to finish together with a smile on our faces. I'll show pictures and video later. Thanks for all your support this summer.

No rest for the weary as we will run the Marine Corps Marathon this Sunday. I hope my legs finally wakeup to run a decent race in D.C.

**Editor's Note:** Eric Davis provides his thoughts on the Hawaii Ironman in this month's Newsletter. Debbie Bozeman will share her thoughts on **The Ironman** in the Jan / Feb '05 issue of this Newsletter.

### **Home Schooled Athletes**

*By Sue Jones*

The sun is bright and the day warm. The sound of leaves crunching and twigs snapping as spiked shoes swiftly make their way through the woods brings shouts and cheers as the runners file out into the clearing. Two blue-topped runners and then a white-topped runner appear first. The shouting and cheering increases as the three runners race towards the finish. Up on the hill, more runners emerge from the woods; green clad, blue clad, and another in white come into view.

Who are these runners in white? They are the Peaks View Pacers, a home school cross-country team. I am their coach, Sue Jones. We have been running as a team for five years; running cross-country for the

last three years. I didn't realize how unique we were until I read an article last year in RUNNERS WORLD.com about "the first home school cross country team in the U.S." This group is in Connecticut and is coached by Patti (Catalano) Dillon, the elite marathoner who won the Honolulu Marathon in the early 80's. In reading the article and visiting their website, I realized that our little team here, in Forest, Virginia, has been running cross-country a year longer than they have. Are we paving the way, charting new territories for home schooled athletes?

The air is crisp and cool as evening approaches at another venue. The starter gives the command and the runners are off! From a distance, we see several navy and some blue uniforms and, yes, white. Three more white shirts appear, as our runners seem to be running as a group. A few more navy runners and two more white-topped runners crest the hill. As the girls make their way through the circuit, they are holding their positions and even passing some. They finish strong and place well. I hope we are paving the way for a new opportunity for home schooled athletes. Each year brings its own challenges and excitement.

The 2004 season has been very exciting for the Peaks View Pacers. We have a good team of runners who are dedicated to training and encouraging one another. Our middle school team competed in six meets, while our high school team competed in seven. Our team has trained hard, many of them throughout the summer, and they have seen the result in faster times. Their yearly bests are as follows:

Joel Sutton-  
13:25 (2 miles), 9:42 (1.6 miles), 21:34 (5k)

Mark Jones-  
14:01 (2 miles), 10:09 (1.6 miles), 22:04 (5k)

Bilynda Brinkley-  
14:17 (2 miles), 11:40 (1.6 miles) 25:40 (5k)

Paul Schmidt-  
15:08 (2miles), 11:35 (1.6 miles)

Hollis Owens-  
16:08 (2 miles), 11:45 (1.6 miles), 25:53 (5k)

Heidi Childs-  
16:29 (2 miles), 12:06 (1.6 miles), 29:24 (5k)

Emily Childs -  
16:45 (2 miles), 25:28 (5k)

Rebecca Hurt-  
16:41 (2 miles), 25:59 (5k)

Micah Jones-  
17:00 (2 miles), 12:07 (1.6 miles)

Matthew Dushaw -  
20:13 (2 miles), 14:15 (1.6 miles)

Misty Schmidt- 25:59 (5k)

Ryan Owens- 19:50 (5k)



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enjoy every run for the gift it is.**  
**RACE REPORTS / RESULTS**

**Sept. 18, Lynchburg - Virginia 10 Miler & 4  
Miler & Amazing Mile,**

Congratulations to all who participated in 31<sup>st</sup> running of the Virginia 10 Miler. The list is too long to recognize each local runner, but you know it was a great day to run. The following overall results include many local runners.

**Place OA Name Age time Pace**

**Male OVERALL RESULTS**

1	1	Henry Githuka	20	51:21	5:09
2	2	Garick Hill	23	51:51	5:12
3	3	Paul Spangler	29	52:33	5:16

**Female OVERALL RESULTS**

1	7	Tara Wojciechowski	29	59:04	5:55
2	26	ALICE KASSERS	29	1:05:41	6:35
3	31	Catherine Phillips	29	1:06:35	6:40

#### Male MASTERS OVERALL RESULTS

1	6	Larry Taylor	43	58:20	5:50
2	8	Alan Pover	55	59:15	5:56
3	10	Mike Sandlin	49	59:58	6:00

#### Female MASTERS OVERALL RESULTS

1	60	Bonnie McDonald	40	1:10:38	7:04
2	68	Donna Elder	41	1:11:56	7:12
3	73	Nancy Ferris	48	1:12:32	7:16

#### FEMALE ATHENA RESULTS

1	265	Joyce Quinn	36	1:25:48	8:35
2	281	Kashia Harris	32	1:26:56	8:42
3	352	Samantha Edwards	21	1:30:40	9:04

#### MALE CLYDESDALE RESULTS

1	65	Rick Brooks	34	1:11:12	7:08
2	77	Frederie Girot	42	1:13:19	7:20
3	143	Jim Weimer	58	1:17:54	7:48

### **Sept. 27, Pinehurst, NC - Triathlon**

*By Donna Elder*

Just wanted to report on a little triathlon I did last weekend in Pinehurst, NC. FABULOUS weather! Cloudy, misty rain and SUPER humid - perfect race conditions for me. The race filled up early in the week with a race cap of 800! The swim was a fast 1.5K in Lake Pinehurst, the 40K bike circled most of the little golf town with rolling hills, but a fast finish, then a hilly little 10K run around a golf course - beautiful scenery I might add - which finished up the day for me in 2:28:16. My oldest son, Joshua and I went down together on Friday afternoon, and had a GREAT time. He's such good support for me that he even ran the last few hundred yards with me to the end! He enjoyed the beach, sand and post-race party, which was filled with hot dogs and red beans and rice! I finished 1st in my age group, ahead of the Masters Elite Females (what's up with that???) and left with some GREAT parting gifts.

**Oct. 2, Lynchburg - Dr. John A. Stephenson Memorial Youth Run**, at Riverside Park. Race Directors, **Heather Royer and Catherine Phillips**.

The race was a great success once again. The children appeared to have a great time! The weather was perfect and Teddy Spaghetti was a big hit with young and old alike. This year the race quickly filled with over 300 runners ages varying from two to thirteen. It is great to promote fitness in a fun way. Next year come out just to see those determined, smiling faces for yourself!

**Thanks to all the volunteers who helped in creating a wonderful time for all!**

### **October 16, Lynchburg -**

**22<sup>nd</sup> Mountain Masochist 50 Mile Trail Run**

**October 16, 2004**

*David Horton*

“The Fastest Year” The 2004 MMTR 50 Miler promised to be a fast year ... and it lived up to its promise. The Montrail Ultra Cup (MUC) is a series of ultras with \$12,000 of prize money given to the overall winners. The MMTR was the championship race in the MUC and runners were to receive 50% more points in the MMTR than the other races in the MUC. This guaranteed that many of the best runners in the nation would be in Lynchburg,

VA on October 16, 2004. The MMTR was also the last race in the Lynchburg Ultra Series (LUS). The weather forecasters predicted cool, partly cloudy, and no rain for race day. We had cool, sunny, rain, sunny, snow, sunny, sleet, sunny, hail, and then cloudy day. Overall it was very good for the runners, but a little cold and wet for crews, spectators, and the race director.

**The men's field** was fast and talented. Therefore, there was no surprise in seeing a large pack run together at the start. At aid station 3 (8.4 miles), Dave Mackey (Boulder, CO), Eric Grossman (Louisville, KY), Sean Andrish (Leesburg, VA), and Paul DeWitt (Colorado Springs, CO) checked in at 7:36. By aid station 6 (17.5 miles), Mackey and Grossman checked in together at 8:46 with Andrish 3 minutes back and DeWitt 5 minutes back. This was 3 minutes ahead of Mackey's 2003 course record pace of 6:48. The runners stayed this way (Mackey and Grossman basically together) to the halfway point (Long Mountain Wayside - aid station 10 - 26.9 miles) with Mackey checking in at 9:57 and Grossman one minute later and Andrish 2 minutes behind Mackey.

Runners can double their time at Long Mountain Wayside and get a very close estimate of their finishing time. Mackey had checked into this aid station. at the exact same time in 2003.

The second half of the race is much more difficult with the real start of the race beginning on the climb up Buck Mountain and the waiting “Rocky” music at aid station 11 (29.5 miles). Grossman's legs started locking up on this climb and he dropped 12 minutes behind Mackey at aid station 11. Andrish checked in 6 minutes behind Mackey.

Grossman gave up his valiant chase of Mackey and dropped out at aid station 12, leaving it up to Andrish to chase Mackey down. By the start of the infamous loop (33.6 miles), Andrish had closed the gap on Mackey trailing by only 2 minutes. Mackey blitzed the loop in 43 minutes!! I ran the loop, starting about 5 minutes ahead of Mackey, checking and adding a few streamers. Halfway through the loop Mackey flew by me, running every step, even on the steep climbs. Mackey's time out of the loop was exactly the same as in 2003. He slowed from 2003's pace to finish in 1<sup>st</sup> place with a time of 6:52:18, the third fastest time ever, and just 7 seconds slower than Clark Zealand's 2001 time. Mackey has truly shown that he is the King of the Masochist. Andrish finished in 6:56:09, a personal record (PR) by over 2 minutes on the MMTR course.

**The women's field** was the most talented field that we have ever had at the MMTR. Nikki Kimball (Elizabethtown, NY) was clearly the most talented runner in the field and (as expected) jumped to the front of the pack at the start. Prior to the MMTR, Nikki had run 8 ultras in the U.S. in 2004 and won them all! At the halfway point (aid station 10 – Long Mountain Wayside – 26.9 miles), Kimball checked in at 10:35 (an 8:10 overall pace) with Luanne Park (Redding, CA) coming in at 10:44, Annette Bednosky (Boone, NC) at 10:46, Darcy Piceu-Africa (Boulder, CO) at 10:48, and Anthea Schmid (Crested Butte, CO) at 10:51. Bethany Hunter's course record of 8:14:47 set in 2003 looked to be in jeopardy. Hunter had checked in to this point at 10:33, 2 minutes faster than Kimball's time.

From there on, Kimball ran away with the race (3:50 for the second half) finishing in 1<sup>st</sup> place (10<sup>th</sup> overall) in an incredible time of 7:55:57. This bested Hunter's course record by almost 19 minutes!! Hunter's time in 2003 had broken the previous course record by over 12 minutes. In the last two years, the women course record has decreased by over 31 minutes!! Look out men!! Truly, this is the most outstanding performance, on the Masochist course.

As late as aid station 11 (29.5 miles) Schmid was in 5<sup>th</sup> place. By running the loop in 53 minutes, Schmid passed Bednosky to take over 2<sup>nd</sup> place and remained there to finish in 2<sup>nd</sup> place with a time of 8:27:30. Bednosky finished the 2003 MMTR in 9:39. Her goal for 2004 was to break 8:40. Bednosky finished strong, achieving her goal in 8:35:58 to take 3<sup>rd</sup> place. What will her goal be for 2005? Piceu-Africa finished in 8:42:12 for 4<sup>th</sup> place.

Krissy Sybrowsky (previous MMTR winner) was in 8<sup>th</sup> place entering the loop, but moved through the field to take 5<sup>th</sup> place in 8:43:21, a PR for her on the MMTR course. Three more women (Park, Helen Cospolich (Breckenridge, CO), and Ragan Petrie (Decatur, GA) broke 9 hours as well. Eight women finishing under 9 hours is the most ever at the MMTR. Of the ten top fastest all-time performers ever at the MMTR, four of them were set this year: Kimball (1<sup>st</sup>), Schmid (5<sup>th</sup>), Bednosky (8<sup>th</sup>), and Piceu-Africa (10<sup>th</sup>).

Bob Dion (Readsboro, VT) took the Masters crown finishing in a tie for 14<sup>th</sup> overall in 8:15:01. No one this age or older has ever run the MMTR this fast. The Masters crown in the female division went to local Lynchburg legend Rebekah Trittipoe, finishing in 9:51:13. The male Grand Masters went to David Jones (Eagleville, TN) finishing in a time of 8:29:08. Tanya Cady (Sagamore Hills, OH) took the female Grand Masters title in 10:18:57. The Super Masters title went to Zeke Zucker (Jeffersonville, VA) in a time of 9:56:10.

Top local finishers, Rebekah Trittipoe and Chris Palladino were the recipients of the Mountain Woman and Mountain Man award respectively.

The "Best Blood" award went to Anthea Schmid. Anthea

had fallen somewhere on the course and had a nasty cut and bruise on her knee with blood running down her shin and caked all the way to her ankle. Mackey fell about 30 feet from the finish, but could not get as much blood as Anthea. The "Fastest Fat Boy" award went to Neal (Rosie-Ho) Bryant, edging out all the other fatties. The Brian McNeil "Horses Rear End" award (last finisher under 12 hours) went to Delbert Ruckle (Columbus, OH) with a finishing time of 11:58:45.

Dave Mackey and Nikki Kimball were the overall winners of the MMTR 50 Miler. They were also the overall winners of the Montrail Ultra Cup, which awarded them \$3,000 each.

There were 31 males and 5 females who finished the LUS (Holiday Lake 50K, Promise Land 50K, and the MMTR 50 Mile). The overall male winner of the LUS was Alex Kahl (Somerset, NJ). The female winner was Annette Bednosky and David Drach (Leesburg, NC) was the Masters winner. The three winners received a pair of Montrail shoes and a Patagonia Auxwool top, as well as the embroidered Patagonia Radiant jacket that all finishers of the LUS received.

It was, once again, a great year and tremendously rewarding to direct the MMTR. The people that help year after year ... they are awesome! It's exciting to see the competition and feel the rush! It's especially rewarding to see so many first-timers do so well and get "hooked" on ultras. Not everything always goes as planned, but you can't let that bog you down. Ask any race director (and I direct four), it can be very stressful and a lot of hard work. Why do I keep doing it? If somebody can answer that ... would you let my wife know?!?!?!?

Hope to see you at the Hellgate 100K (December 11, 2004), the Holiday Lake 50K (February 12, 2005), the Promise Land 50K (April 23, 2005), and the Mountain Masochist 50 Mile Trail Run (October 15, 2005).

Congratulations to the following local finishers of this year's Mountain Masochist:

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
23	Chris Palladino	33	8:43:39
71	Joshua Yeoman	20	9:50:00
72	Rebekah Trittipoe	47	9:51:13
79	Blanks Blankinship	48	10:00:36
83	Vince Decker	41	10:03:03
92	Brian Radgowski	24	10:11:10
96	Andy Earl	26	10:15:50
109	Calvin Milam	45	10:30:52
129	Dwayne Fitts	26	10:48:02
137	Nancy Ferris	48	11:02:50
137	Terri Ripley	41	11:02:50
194	Suzanne Ramsey	36	11:40:01
203	Angela Madison	21	11:48:32
207	Gabby Suydama	34	11:50:54
210	Shane Amos	25	11:51:19

**Oct. 10, Chicago, Il. - Chicago Marathon**

The windy city was no match for the following local finishers:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Min / Mile</u>
George Cook	38	3:24:56	7:48
Tom Jennings	39	3:27:22	7:54
Robert Cook	43	3:30:50	8:02
Lauri Wynnyk	36	4:04:26	9:19
William Flint	44	4:04:39	9:19
Alexandra Wood	32	4:07:06	9:25
Curt Gardner	24	4:19:52	9:54

**Oct. 31, Washington, D.C. - Marine Corps Marathon**

A total of 16,379 runners completed the Marine Corps Marathon. Among them, the following local finishers:

<u>Name</u>	<u>Time</u>
Horace Ellis	4:26:13
Debbie Bozeman	4:40:09
Steve Bozeman	4:55:50 (with Ol' Glory)
Jeanne Stone	6:20:35
Richard Stone	6:20:35

**UPCOMING RACES**

**Nov. 6, Bedford - Apple Valley 5K**

10am, Info: Theresa Boyes (540) 297-2709

**Nov. 6, Danville - Louis Fields 5K**

8am, Info: Jim Hensley (434) 792-0621

**Nov. 13, Richmond - Sun Trust Marathon & 8K**

8 a.m. Info: (804)673-RACE or [www.richmondmarathon.com](http://www.richmondmarathon.com)

**Nov. 13, Lexington, Va. - 45<sup>th</sup> Annual Domino's Lexington to Buena Vista 10K**

Info: (540) 463-9525 or on the web at [www.RAROREL.org](http://www.RAROREL.org)

**Nov 20, Roanoke - Star City Half Marathon**

9am, Info: (540) 772-2782.

[www.starcitystriders.com](http://www.starcitystriders.com)

**Nov. 25, Lynchburg - Genesis House 5k & Youth Mile**

9:00 AM, Timberlake Christian School.

**See Application in this Newsletter**

**Dec. 4, Bedford - Peaks of Otter Christmas Classic 10K & 5K Run**

8:30 a.m., Bedford Middle School.

**Contact:**

Bedford Area Family YMCA (540)586-3483

Proceeds benefit Bedford YMCA

**Dec. 11, Lynchburg, Va - Hellgate 100K**

Start 12:01 a.m. (Yes, that's just after midnight).

Info: David Horton (434) 582-2386 or better yet -

[www.extremeultrarunning.com](http://www.extremeultrarunning.com)

**Dec. 11, Kiawah Island, SC - Kiawah Island Marathon**

Info: (843) 768-2780

**Dec. 18, Lynchburg, Va. - Riverside Runners Jingle Bell Jog**

8:00 a.m. start at Riverside Runners on Rivermont Ave.

Free hot cocoa & treats.

**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:

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**KNOW YOUR ROUTE –**

Being familiar with your running route contributes to a safe run. Remember that even running on sidewalks has its hazards. Beware of dangerous intersections or cross streets. We are all familiar with areas of our favorite runs where motorists just don't pay attention. Timing your run on your route can be crucial. Don't forget...some desolate weekend routes turn into weekday highways.

**RUN AGAINST TRAFFIC –**

Running against traffic can provide you with a more complete picture of what is happening around you. Making eye contact with motorists can provide helpful clues as to the direction a car may take (especially at intersections). If sidewalks are not available, run as close to the shoulder of the road as possible.

**STOP THE MUSIC –**

There is nothing like a great running song for motivation. However, save it for the treadmill. Wearing a radio or CD player while exercising increases your chances of not hearing on-coming traffic or pedestrians.

**SAFETY RULES THE ROAD**

As fall changes to winter so do the daylight hours available for running. Here are reminders that will keep you safe while you are out training.

**REFLECTIVE GEAR –**

Make the investment in clothing and gear that reflects light. Most quality reflective shoes, apparel and vests should be rated for a distance of at least 1200 feet. Look for apparel with light, bright colors and with reflective strips, logos, and designs. Blinking, clip-on lights and armbands are also a good idea. Reflective gear keeps you and those you run with visible.