

The Presidents Column

Icy roads, highs in the 60's, sub-zero wind chills, sunny mornings, 5 inches of snow; sound familiar? Yup, you guessed it! Another central Virginia winter. Where were you? Hopefully, training for all those Spring running opportunities that are fast approaching. You'll soon reap the rewards of all your efforts. Many in the club have set some great goals for the coming months: marathons, half-marathons, triathlons, 5ks and 10ks. Congratulations on all your hard work.

Some runners just couldn't wait to get out and compete this winter. The VES Arctic 10K celebrated its 29th running this past February. Over 50 brave souls ran the icy roads of Rivermont Avenue and Riverside Park. Race Director Reed Finlay once again did an outstanding job. Nothing says "I love you" like an ultra-marathon. More than 150 runners agreed and celebrated Cupid's day by running the 9th annual Holiday Lake 50K. This is the first race in Dr. David Horton's "Ultra Series," and as usual, it was great success.

Did anyone notice that the Blackwater Creek bikeway was clear of snow following last month's snow storm? I was as shocked as anyone. A huge public "thank you" to the Lynchburg Parks and Recreation staff as well as the City of Lynchburg Public Works Department for looking out for runners, walkers and bikers. If you have an opportunity to thank them, please do so. With sidewalks covered in snow, the bike path was the place to exercise.

You'll find in this newsletter a number of race applications. Please support these worthwhile events. I encourage all to participate in the 10th 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. March will also see the addition of a new event on March 27th. Join others in Lexington for the 1st Annual Christopher Moore Kidney Fund 5k & 10K Fun Run. Lynchburg's only triathlon will return to downtown Lynchburg on April 25th. The 2nd annual Angels Race Triathlon will add a new dimension to your 2004 race schedule. Teams are encouraged. Check out the application in this newsletter. For additional info on these events and upcoming local races like the Charlottesville 10-Miler, Charlottesville Marathon and Half Marathon, Promise Land 50k, and the CVKA 10K, visit the club's website at www.lynchburgroadrunners.org. You may also find the latest race information at

www.riversiderunners.com

"Thank You" to all who have renewed their membership dues for 2004. 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. If you have not renewed please do so soon.

Good luck to all this spring. I look forward to seeing you on the roads!

See you on the roads,
Jeff

2004 LRR OFFICERS

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

Next LRR Club Meeting

Tuesday, 9 March, 2004
at the Monte Carlo Restaurant
Old Forest Road
6:30 Diner, 7:00 Meeting
Guest Speaker: Dr. Gondi

Dr. Gautham Gondi is an orthopedic surgeon with Central Virginia Orthopedic. He will speak on foot and ankle injuries. Plan to attend and take advantage of Dr Gondi's considerable experience in his specialty of sport's medicine.

The **April** meeting of the Lynchburg Roadrunners will be on **Tuesday, 13 April 2004** at the Monte Carlo Restaurant on Old Forest Road.

LRR WEB ADDRESS

Look us up on the Web at www.lynchburgroadrunners.org . The Milepost is provided on the Web through the generosity of professor Peter Sheldon as a community service of Randolph-Macon Women's College.

You may also find the latest race information at www.riversiderunners.com

Meeting Minutes

By Vic Galan: Acting Secretary

The monthly meeting of the Lynchburg Roadrunners Club (LRRC) was held on Tuesday, 13 January 2004 at the Monte Carlo Restaurant.

With **fifteen** guests and members in attendance, club president Jeff Fedorko called the meeting to order at 7:00 PM. Designated club officers report the following: The **LRRC has 135 members to date**. The **Treasurer's report** showed we have \$2,224.42 in the general fund and \$1,692.49 in the race fund. The **club officers for 2004** are Jeff Fedorko, president (third year), Darrell Wargo, Vice President (five years), George Mrus, Secretary (this year - thanks George), Wendy Golden, Treasurer (five years), and Vic Galan, Membership and Newsletter. Jeff thanked **Mary Ann Craven** for her many years of service as Membership Chairperson.

Guest speaker **Catherine Phillips** was introduced. A local girl, Catherine didn't start running till after college. The way she tells it, this helped in that she wasn't "burned out" by coaches as so many runners are by the time they complete college. Anyway, the competitive nature and variety of the Triathlon got her attention and she trained hard to be a professional Triathlete. Catherine works with Jeff at Riverside Runners and is a positive role model for women athletes and non-athletes alike in her example of hard work and dedication to who she wants to be - a professional triathlete.

Catherine talked about her personal experience with Hear Rate Monitors for training feedback and monitoring. She states that as a training tool the monitor helps keep her from burnout due to over-training. She has a top of the line monitor which allows her to download a training run and keep a record for comparison to other training runs and races. This provides for an objective view of her performance relative to her goals.

When asked if she used the monitor during a race, she responded: "Heck no! The purpose of the monitor is to train, the purpose of a race is to win." She wears the monitor during a race so she can record and study the dynamics of the race later.

Catherine shared some charts of heart rate profiles she printed of track repeats and of the Dec. 13, Hellgate 100K where she place 4th overall in a very respectable time of 13:15:27. Judging from the positive response of her audience, there might have been a run on heart rate monitors the next day.

Since it takes a while to get used to a monitor, she cautions a first time user to choose a monitor carefully. For a reasonable price a simple heart rate monitor will provide heart rate and watch / timer functions as well as record interval times; all the basics needed to get started.

Thanks Catherine for sharing your experience and training methods with us. It was a perfect complement to Dr. Peter Magayari's talk in December on the Principles of Aerobic Performance.

SHARE THE ROAD

Some drivers think the road they own,
That it's there for cars alone
And not for folks on foot in tights,
A breed who have no rights.
But I'm glad they don't throw stones.

Bernie the Bard

The Coach says

Beautiful Morning
Coach Loy

It was a beautiful morning. Got up early, watched the sun reflecting on the ice hanging from the trees, the moon was moving to its position over the Peaks of Otter, and several woodpeckers & squirrels were busy in the back yard. Then drove down 221 and passed the Wolf Branch Farm. Had to stop and look at the

cross country course for a few minutes. It's pretty cool to see how the snow melts last on the running trail.

I run because I enjoy it-not always, but most of the time. I run because I have always run-not trained, but run. What do I get? Joy and pain. Good health and injuries. Exhilaration and despair. A feeling of accomplishment and a feeling of waste. The sunrise and the sunset."

From Jeff Galloway:

The first few months of the year are, for many people, the best time to focus on positive changes in your life. By fine-tuning exercise, and doing it regularly, vitality improves and a better feeling of well-being can be achieved-even when under stress. My experience in working weekly with my e-coaching clients has renewed my understanding that connecting with other runners can make running more motivating and enjoyable.

Shedding Holiday Pounds without Atkins: I don't recommend the Atkins diet. While it often produces a short term weight loss, research shows that most will end up weighing more, later. The saturated and trans fat allowed in this diet are unhealthy and often stimulate bad eating habits which continue after the diet.

Why run faster? Good question! When the benefits are few and the challenges significant and many, you must answer this question before and throughout the program to maintain consistent motivation. Every person needs to dig down and come up with his or her own answer.

From Nancy Clark: "Changing for Good: Tips for Athletes Who Want to Invest in Health and Performance"

Why is it so hard to lose weight, improve eating behaviors, drink less alcohol and eat healthier like you know you should? Because changing the way you function in your daily life is difficult. Losing weight takes more than just willpower and is far more complex than simply eating less and exercising more. Eating fewer treats at night often means feeling the loneliness that might have otherwise been smothered with hot fudge sauce. Eating more fruit might mean eating less candy (your treat). Drinking less beer could mean spending less time with friends at the pub.

From Runner's World February 2004:
-The Road to Athens: NBC has all Olympic-related

TV rights in the United States, but has decided not to do live, national coverage of either the Men's or Women's (April 3 in Saint Louis) Olympic Marathon Trials.



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

Feb. 1, Lynchburg - 29th VES / LRRC Arctic 10K
By Reed Finley, Race Director

In a truly Arctic day, Lynchburg Running Machine **Jeff Harrington** was the overall winner in the 29th Annual VES Lynchburg Road Runners 10-K Arctic Road Race in a time of 37:22. Local running legend **Donna Elder** was no less outstanding as she won the women's division with a time of 40:40, as she blazed through the challenging steep hills of the out-and-back course. **Jennifer Anderson** of VES was second with a time of 44:28.

Although the sun was shining, it was a frigid afternoon as Lynchburg was still recovering from a week of snow that on race day still covered patches of the course along Rivermont Avenue. VES Senior **Marcos Maldonado** of Houston, Texas, spent four or five hours cleaning up these treacherous ice patches to ensure a safe run for the field of fifty high-spirited runners.

Jeff Fedorko of Riverside Runners was on hand with his truck, sound system, and banners, and Liberty University's David Horton once again provided several of his "Horton's Heroes" to assist with the race management.

The men's runner up was **Darrell Wargo**, who was the overall winner last year. Runners ranged in age from nine-year-old **Karl Overstreet** to sixty-five year-old **John**

Kurisky, an Arctic Road Race regular. Other familiar faces were John Justice, Paul Triska, Peter Sheldon. Wendy Golden, Pam Green, Vince Decker, Preston Evans, Frank Villa, Heather Royer, Tommy Craven, Bob Hartless, and Vic Galan.

Pl. OA Name Age Time

FEMALE OVERALL CHAMPION

1 Donna Elder 41 40:40

MALE OVERALL CHAMPION

1 Jeff Harrington 33 37:22

MALE AGE GROUP: 1 - 14

1 17 Karl Overstreet 9 48:33

FEMALE AGE GROUP: 1 – 14
NO ENTRANTS

MALE AGE GROUP: 15 - 19

1 10 Penn Clarke 16 44:26

2 14 Ed Land 17 45:23

FEMALE AGE GROUP: 15 - 19

1 15 Susannah Obenchain 16 45:40

2 21 Molly Stubstad 16 52:30

Pl. OA Name Age Time

MALE AGE GROUP: 20 - 29

1 32 Scott Torres 27 58:26

2 43 Bryan Ventre 24 1:12:54

FEMALE AGE GROUP: 20 - 29

1 11 Jennifer Anderson 29 44:28

2 23 Abigail Claiborne 23 53:38

3 26 Maureen Miller 26 55:29

4 31 Andrea Torres 23 58:26

MALE AGE GROUP: 30 - 39

1 2 Darrell Wargo 35 38:59

2 4 Paul Triska 38 40:01

3 8 Peter Sheldon 36 41:01

FEMALE AGE GROUP: 30 - 39

1 22 Wendy Golden 35 52:57

2 27 Mary Edmonds 39 55:30

3 29 Pam Green 37 57:41

4 34 Joyce O'Quinn 35 1:00:10

MALE AGE GROUPE: 40 - 49

1 3 Vince Decker 40 39:26

2 7 Preston Evans 47 40:59

3 12 Paul Fast 44 44:51

4 16 Kevin Shroyer 43 46:37

5 18 Jimmy Roux 41 48:41

6 30 Frank Villa 49 57:41

7 36 Jon Laster 47 1:01:15

8 38 David Barnett 47 1:03:09

9 42 Alan Spearman 45 1:11:39

FEMALE AGE GROUP: 40 - 49

1 20 Heather Royer 41 52:11

2 24 Kim Fast 41 53:56

3 28 Jessica Gisclair 41 56:12

4 35 Grace Fredrickson 46 1:00:57

5 44 Kathleen Wendt 47 1:15:47

MALE AGE GROUP: 50 - 59

1 9 Brian Carlton 50 43:53

2 13 John Justice 59 45:16

3 19 Richard Brooks 54 50:18

4 37 Ben Schowe 55 1:01:40

5 40 Tommy Craven 59 1:05:15

FEMALE AGE GROUP: 50 – 59
NO ENTRANTS

MALE AGE GROUP: 60 - 99

1 6 Bob Hartless 60 40:58

2 33 Bill Gribbin 60 59:10

3 39 Victor Galan 66 1:04:00

4 41 John Kurisky 65 1:06:05

FEMALE AGE GROUP: 60 – 99
NO ENTRANTS

Feb. 14, Appomattox - Holiday Lake 50K

The Year of Fast Women – February 14, 2004
by David Horton, Race Director

I knew before the start of the race that the field was loaded with some very talented ladies. Anne Riddle (Swannoa, NC) was making her first appearance at Holiday Lake. Riddle holds many records and has been a member of the national 100K team. Local runner, Cat Phillips, was competing in her second ultra. Phillips made quite a debut in her first ultra at the December 2003 Hellgate 100K, winning and coming in 4th overall. Phillips was not your typical newbie as she is a professional triathlete having completed many triathlons. Laura Nelson (Waynesboro, VA) finished 2nd in the 2003 Holiday Lake and was 10th overall. Kim Martin (Medina, OH) also had a very good year in 2003 and hoped to challenge for a high finish.

The real dark horse, however, proved to be Kristen Eddy (Reston, VA), competing in her first ultra. In the men's division, Clark Zealand (Kitchner, Ontario, CN) was returning to defend his title. Zealand had reported that the winter has been very long and hard in Canada, and that he was not in good running shape. Aaron Schwartzbard (Reston, VA) finished 4th in the 2003 Holiday Lake and 2nd in the Hellgate 100K in December of 2003. Ultra veteran, Tom Nielson (Annandale, VA) was 5th in the 2003 Holiday Lake and hoped to move up. Local runner, Jonathan Basham, had high hopes as well. Basham made some strong statements before this year's Holiday Lake, on how hard he was going to race ... could he back it

up?

On Thursday night, I received a call from a runner, Rainer Koch (Schillerstr, Germany) asking if it was too late for him to register for the race, however, he would not be able to make it to the race till Saturday morning. I didn't recognize the name and thought he might not even show, although he was pretty insistent. Little did I know how fast an ultra runner he was.

As I expected ... the women's race was tight! Phillips went right to the front, but several others were right on her heels. Phillips checked into aid station 4 (12.1 miles) at 8:04 with Nelson and Riddle 3 minutes back. Annette Bednosky (Boone, NC), Eddy and Mast were only 7 minutes behind Phillips. At the turnaround, Phillips had stretched her lead to 5 minutes over Nelson and 6 minutes over Riddle. Jennifer Flint (Berwyn, PA), Eddy and Mast were all 8 minutes behind Phillips with Bednosky 9 minutes behind. Seven ladies within 9 minutes ... WOW!

By 22.3 miles, Phillips had a 6-minute lead with ultra rookie, Eddy, running a close second. Riddle and Nelson were another minute back with Mast still another minute back. It stayed pretty much this way until the last aid station (27.8 miles). Riddle and Eddy checked in together, only 3 minutes behind Phillips.

One of the problems with being the leader is never knowing if someone is catching you or not. Phillips cruised on to finish in a new course record of 4:34:39, breaking local runner, Bethany Hunter's record of 4:42 set in 2002. As she crossed the finish line we told her to look behind her. Crossing the finish line just 7 seconds later was Eddy (4:34:46)! Phillips had no idea anyone was that close to her. Eddy did not see Phillips until a quarter mile from the finish. This was the closest finish we have ever had! Riddle finished 4 minutes later for 3rd place with a time of 4:38:41. Nelson took 4th in 4:41:21, with Mast only 12 seconds behind Nelson with a time of 4:41:33 for 5th place.

These top 5 women were all under the course record! Jennifer Flint took 6th place in 4:54:23. Six women under 5 hours!

The first time I saw the lead men was around 6 miles. The leaders were Alex Kahl (Somerset, NJ) and Rainer Koch. I was surprised to say the least! Checking further back, I saw that Zealand was running with his two brothers, Mike and Matt. I knew at that point that we would have new winner ... but who? Kahl and Koch stayed together through 22.3 miles with Schwartzbard only 2 minutes back. Nielsen was 5 minutes back with Basham only 7 minutes behind at this point. By 25.1 miles, Schwartzbard had taken the lead with Koch 1 minute back and Nielsen 4 minutes back. Kahl had faded to 5 minutes back at this time; however, he increased his lead to 2 minutes by the last aid station (27.8 miles) with Nielsen still 4 minutes behind.

Schwartzbard cruised on to victory finishing in 4:14:34, with Nielsen closing the gap to less than 2 minutes to take 2nd place in a time of 4:16:27. Koch took 3rd place with

4:17:00, with Basham coming in 4th with a time of 4:19:38. The four top men finished within 5 minutes of each other. Kahl took 5th overall in a time of 4:27:29.

The biggest shock of the day was Andrew Ponder. Ponder is an 18-year-old freshman at Liberty University (taking my advanced running class). One of the requirements of the class is to complete an ultra. He had never raced beyond 10 miles. His plan was to take it easy the first loop and run hard the second loop if he could. He finished the first loop in 2:18 and blitzed the second loop in 2:11 ... the fastest second loop by anyone. Ponder's final time of 4:28:28 placed him 6th out of 178 starters! What an ultra debut! What does the future hold for him?

Tom Nielson took the Male Masters title along with Hosni Haghghan (Charlottesville, VA - 5:11:45) winning the Female Masters title. The Grand Masters titles went to Herman Richards (Sergeantsville, NJ - 5:18:22) and Tanya Cady (Sagamore Hills, OH) - 5:51:43. Bill Fornoff (Jarrettsville, MD) took the Super Masters title in a time of 6:18:22.

We also gave awards to "Fastest Fat Boy" (200 lbs. and up) and "Best Blood." This year the winner of both these awards went to the same person ... local runner, Neal (Rosie-Ho) Bryant finishing in 5:45:07. However, you will need to ask him yourself about how he came to win the Best Blood award. But he definitely earned it ... OUCH

How old do you have to be to run an ultra? Just ask Seth Trittipoe! Last year, veteran ultra runner, Rebekah Trittipoe, ran with her 15 year old son, Caleb, as he completed the Holiday Lake 50K. This year, her 12 year old son, Seth, wanted to give ultra running a shot (but also wanted to break his brother's time...a little sibling rivalry????) Seth ran great; pushing mom at times, but ultimately beat his older brother with a time of 6:12:10. I haven't talked with him since, but I wonder if ultrarunning will be in Seth's future? Kevin Townsend (Virginia Beach, VA) paced his wife, Ann, to her first ultra finish (7:02:43). Josh Read (Waynesboro, VA) paced his 15-year-old brother, John, to finish in a time of 7:11:01 as well.

The two overall winners received an embroidered Patagonia jacket. The top 10 males and top 5 females received a stretch expedition weight Zip-T top. All other sub 7.5-hour finishers received a long-sleeved, lightweight Patagonia top. These were some very nice and useful awards!

With the first race in the Lynchburg Ultra Series behind us, we are anxiously looking forward to the second race in the L.U.S. ... the Promise Land 50K on April 24. This is the "Toughest 50K you will ever love." Hope to see you there!

Top Ten & Local Runners

Place	Name	Age	Time
1	Aaron Schwartzbard	26	4:14:34
2	Tom Nielsen	44	4:16:27
3	Rainer Koch	23	4:17:00
4	Jonathan Basham	26	4:19:38
5	Alex Kahl	24	4:27:29

6	Andrew Ponder	18	4:29:28
7	Larry Bullock	26	4:29:48
8	Corey Handelsman	25	4:32:54
9	Christopher Palladino	32	4:33:38
10	Catherine Phillips	28	4:34:39 F
11	Kristin Eddy	33	4:34:36 F
13	Annie Riddle	37	4:38:41 F
21	Paul Carrasco	33	4:52:40
30	Vince Decker	40	5:10:00
33	Jeff Fedorko	32	5:12:25
52	Van Phillips	34	5:31:55
56	Clark Zealand	30	5:33:12
67	Neal Bryant	33	5:45:07
69	Darrell Wargo	35	5:47:56
74	Kevin Willis	37	5:51:55
94	Rebekah Trittipoe	46	6:12:10 F
95	Seth Trittipoe	12	6:12:10
98	Nancy Ferris	48	6:12:51 F
99	Wilbert Hooper	45	6:12:51
100	Terri Ripley	41	6:12:51 F
126	Camille Rabon	27	6:41:51 F

178 Started - 165 Finished - 7 ½ hour Time Limit

DISCOUNT

The following businesses offer discounts on select items for your patronage. Please ask which items are discounted when you stop by and see the good folks at:

Riverside Roadrunners

Offering 10% to 15% off Manufacturer's Suggested Retail Price to Lynchburg City Roadrunners and student-athletes. We also match Road Runner Sports prices! Phone: (434)846-7449

Open: Tues. - Fri. 12:00pm - 7:30pm

Saturday, 9:00am - 6:00pm

Come see us at 2301 Rivermont Avenue.

Dr. Frank Villa - 10% on all eye glasses and exams. (Does not include disposable contacts)

Ragged Mountain Running Shop

10% off shoes to Lynchburg Roadrunners since 1982

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Hours: Monday-Friday 10-6:00 / Thursday 10-7 /

Saturday 10-5:00

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Bikes Unlimited - 10% on select items.

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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

UPCOMING RACES

March 6, Goode - What Goes Down Must Come Up,

Predict your time 4 miler. This is a predict your time race with a staggered start. If runners predictions are correct, it's a fight (no flying elbows, please) for your finish place. The event is a local classic and is followed by a pancake breakfast. For more info and application visit Riverside Runners or e-mail Jerome Loy, Race Director, at fizzed@juno.com. Discount is offered to Lynchburg Roadrunners on registration.

March 20, Virginia Beach - 32nd Shamrock

Sportsfest, 6:30am-Marathon Walk; 7:30am- Marathon; 8:00am- 8K; For information: Phone (757) 496-5183, or e-mail sportsfest@juno.com, or on the Web at www.shamrockmarathon.com

March 20, Danville - Shamrock 5K

Info: Bob Beecy (434) 799-5833

March 27, Richmond - Monument Avenue 10K

Start 9 a.m. Fee: \$30 Feb. 1 - March 12.

Further info. & registration at www.sportsbackers.org.

March 27, Lexington, VA - Kidney Fund 10K & 5K

Start 8:00 am, VMI campus.

See enclosed Flyer

April 3, Charlottesville - Charlottesville 10 Miler

Info & registration at Riverside Runners, or on the web at: <http://avenue.org/ctc/tenmiler/home.html>.

April 19, Charlottesville - Charlottesville Marathon

Info & registration at Riverside Runners, or on the web at: www.charlottesville-marathon.com.

April 24, Vinton, VA - Vinton Baptist Church 5K

For information call (540) 343-7685

April 24, Bedford - Promised Land 50K, 5:30am;

Info: Dave Horton, Liberty University 1971 University

Blvd, Lynchburg, VA 24501. Phone (434) 582-2386 (w), 239-1324 (h), or e-mail dhorton@liberty.edu or on the Web at www.extremeultrarunning.com. Part of the Lynchburg Ultra Series.

April 25, Lynchburg - Angels Triathlon

300 meter swim, 25K bike, 5K run.

8:00 a.m. start at Downtown YMCA.

Info at www.angelsrace.org.

Flyers at Riverside Runners and at Bikes Unlimited.

May 1, Jamerson YMCA - 2nd Annual Jamerson Family YMCA 5K Run and 1 Mile Run/Walk

Proceeds Benefit YMCA Youth Scholarship for Child Obesity. For more information contact:

Corey Jeffcoat at the YMCA at (434) 582-1900.

May 8, Smith Mountain Lake - Triathlon

Info at www.commonwealthgames.org.

May 15, Danville - Nestle 5k

Kathy Doyle, 350 Hermitage Dr., Danville, VA 24541.

May 31, Lynchburg - CVKA / LRR 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 enclosed Flyer

Where's the HORSEPOWER?

My horsepower is low,

My VO2 Max also.

Although I work hard,

I don't breathe hard,

And I move very slow.

Bernie the Bard

TRIATHLON 101

So you want to try a triathlon

Riverside Runners is providing a free clinic on Training Basics to help prepare for the Angels Race Triathlon held in April

(See enclosed Flyer).

Sat. Mar. 6, 2004

Triathlon Technique

8:00 am @ Riverside Runners

Instruction will be given on swimming (freestyle, breathing, drills), biking (cadence, spinning, intervals), and running (form, strength, power, speed). Optional bike ride to follow.

Sat. April 10, 2004

Triathlon Transitions

8:00 am @ Riverside Runners

The basics of smooth, fast, transitions will be discussed **and** practiced. So, bring your bike and race gear. Optional training run to follow.