

The Presidents Column

You did it! You made it through a summer of training in Virginia. That's quite an accomplishment considering the heat and humidity, family vacations, and other summer distractions. Way to go!

Congratulations to all that have been participating in the Lynchburg Road Runners race series. Each race has had a record number of runners and quality performances. The success of these events could not have been possible without our sponsors and volunteers. Thank you. Results from the race series will be announced at our October meeting.

Time to put that summer fitness to the test. The VA 10-Miler is once again upon us. On September 18th hundreds will keep this annual pilgrimage to Riverside Park and back alive. This year I would like to encourage all runners to participate in the "team" segment of this historic race. Running for a team can add a whole new dimension to your race experience. Team entries will be accepted right up until the end of packet pickup on Friday evening. Up to 5 runners can be part of a team with the top 3 scoring.

Which team to do you run for? Your first reaction may be that you don't. Upon further reflection it's easy to see who your running friends are. They might be a group you run with everyday or once a week, that person you end up behind or in front of at almost every race, that individual you pass each day at the same spot on your Monday running route, or your dog that goes completely bonkers each time you head for the door. Motivating, inspiring, and encouraging, our teammates come in many shapes and sizes. So, you might not be able to sign your dog up for your 10-miler team but, talk to your running buds, think up a team name, and call me at the running store 846-7449. Even if you have already sent your application in, you can still organize a team.

October will see the running of the 14th Annual John A. Stephenson Kids Run on October 4th in Riverside Park. The event always has a great turnout

and fills up quickly. An application is included with this newsletter. "Thank you" to co-race directors, Heather Royer and Catherine Phillips, for stepping up to help continue the success of this race. Your help is needed too. If you can volunteer please send an email to either Catherine or Heather at info@riversiderunners.com.

With the changing color of the leaves comes the Mountain Masochist 50-Mile trail run. This year's event, directed by Dr. David Horton, is the final event in the Montrail Cup Ultra Series. The race has been capped at 300 runners with some of the best ultra runners in the nation already registered. Check out the action on October 16th.

A record number of Lynchburg Road Runners will be traveling to the Chicago Marathon this Fall. Others are registered for the Marine Corps Marathon and the New York City Marathon. Good luck to you all. We'll try to have the results of local finishers in our upcoming newsletters. Long training runs are always being organized. If you are not receiving emails about these runs please contact me via email and I can add you to the list. Have a great Fall.

Happy Running,

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, 14 September, 2004

at the Monte Carlo Restaurant
Old Forest Road

6:30 Diner, 7:00 Meeting

Guest Speaker: To be Announced

Meeting Minutes

We took the Summer off. It's time though to shake off the drowsy summer tempo pick it up a bit, as

with the new school year and those invigorating Fall runs. Please put your club meetings on your calendar and attend some interesting meetings.

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.

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



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

The Bozemans' Trails

By Steve Bozeman

Kudos to all who participated and pushed their limits at the "Iron Couple's Biathlon" on Tuesday, 31 August. Thanks to all the volunteers, it was a safe and successful event. We appreciate the volunteers taking the time so we can safely compete. Once again, I'm glad everyone enjoyed themselves in the race and social cookout afterwards. Thanks to all who brought side dishes and treats. "Chef Rick" did a yeoman's job on the grill and checking everyone in at registration. **Race results are posted in this newsletter.**

Debbie and I would like to thank all for the generous

"donations" for our trip of a lifetime to the Hawaii Ironman. It's friends like you that make this event fun to put on every year. We will "do well" in Hawaii to honor all our friends who believe in us on this quest. "Mahalo" (thank you).

A Runner's Prayer

*Now I lay me down to sleep,
I pray the Lord my shape to keep.
Please no wrinkles, please no bags,
Please lift my butt before it sags.
Please no age spots, please no gray,
As for my belly, please take it away.
Please keep me healthy, so that I may run,
Thank you dear Lord for all you've done.*

ANNOUNCEMENT

Lynchburg Road Runner singlets will be available for sale and pickup at Riverside Runners the week of the VA 10-Miler.

RACE RESULTS

July 24, Lynchburg - Presbyterian Home 5K

FEMALE OVERALL RESULTS

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Shannon Saunders	20	18:16
2	Donna Elder	41	20:02
3	Hannah Roller	17	20:23
4	Nancy Ferris	48	21:27

MALE OVERALL RESULTS

1	Steve Crowder	31	16:18
2	Ben Thomas	35	16:28
3	Peter O'Brien	36	16:34
4	Donnie Mikels, III	18	17:11

MALE AGE GROUP: 1 - 12

<u>Group</u>	<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
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1	75 F. Karl Overstreet	9	24:15
2	107 Mark Jones	12	27:31
3	124 Teddy Golden	12	29:33
4	139 Micah Jones	10	33:27

FEMALE AGE GROUP: 1 - 12

1	113 Kelsey Greene	12	27:59
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MALE AGE GROUP: 13 - 19

1	8 Drew Flowers	16	18:05
2	9 Adam Campbell	18	18:08
3	13 Will Farlow	18	18:43
4	18 Matt Abatecola	16	19:21
5	23 Zachary Smith	13	20:12
6	27 Edward Lane	18	20:45
7	30 Zach VanDerwerker	15	21:04
8	31 Andy Drake	16	21:06
9	33 Cash DeWitt	15	21:21
10	34 Grayson Burch	15	21:26
11	54 Jamal Bass	15	22:53
12	77 Chris Wyatt	16	24:22
13	99 Mike VanDerwerker	13	26:25
14	100 Christopher Huiner	16	26:32
15	117 Chris Schweikart	13	28:23
16	118 Ray Washington	15	28:29
17	119 Richard Suddith	18	28:40
18	127 Otis Maxey	16	30:24
19	128 Antonio Brown	16	30:25
20	141 Nathan Schweikart	15	34:47
21	142 Justin Haynes	14	34:47

FEMALE AGE GROUP: 13 - 19

1	36 Donna Bryant	14	21:30
2	60 Lindsey Bowyer	15	23:02
3	62 Carrie Vest	17	23:04
4	65 Kelly Karcher	13	23:19
5	67 Catherine Adams	19	23:35
6	74 Cameron DeWitt	13	24:01
7	80 Sarah Givens	17	24:32
8	89 Laura Rapp	14	25:08
9	91 Liz Doby	19	25:33
10	114 Sarah Scruggs	19	28:06
11	133 Allison Owen	16	31:16
12	152 Ranica Fitch	14	45:12
13	153 Faith Scott	15	46:27

MALE AGE GROUP: 20 - 29

1	41 Jeffrey Johnson	28	21:43
2	44 Nathan Brandley	28	21:54
3	59 Jeremy Woods	26	23:02
4	70 Anthony Mahar	25	23:43
5	95 Bryan Carter	27	26:04
6	97 Matt Severs	24	26:10
7	101 Brandon Rich	23	26:33
8	109 Brandon Reynolds	29	27:35

FEMALE AGE GROUP: 20 - 29

1	56 Jennifer Pritchett	28	22:56
2	58 Tamara Nelson	28	23:00
3	98 Karen Bowling	28	26:11
4	105 Kerry Buxton	27	27:09

5	116 Anna Gilkey	24	28:14
6	121 Jill Davis	29	28:58
7	125 Kristen Quirk	24	29:37
8	131 Courtney Mays	20	31:11
9	138 Elizabeth Creasy	28	32:45
10	140 Meagan Barksdale	22	34:16
11	147 Janette Rodes	29	35:28
12	149 Samantha Goode	28	39:34
13	154 Denise Clark	25	47:55

MALE AGE GROUP: 30 - 34

1	5 Jeff Harrington	34	17:20
2	6 Christopher Palladi	32	17:35
3	7 Michael McPhatter	31	17:52
4	12 Paul Carrasco	34	18:33
5	28 David Hedrick	34	20:46
6	37 Jack Flippin	34	21:34
7	71 Ken Marks	33	23:48
8	79 Michael Reffner	30	24:28
9	110 Brett Martin	34	27:36
10	112 Mark Flores	34	27:57
11	146 John Ramsey	32	35:28
12	148 Jay Cash	33	38:47

FEMALE AGE GROUP: 30 - 34

1	66 Donna Rinker	33	23:27
2	85 Gabby Suydam	34	24:49
3	86 Joy Stenner	30	24:52
4	94 Noell Danaher	30	25:38
5	135 Alison Cox	34	31:39

MALE AGE GROUP: 35 - 39

1	17 Darrell Wargo	36	19:14
2	20 Kevin Willis	37	19:58
3	26 George Cook	37	20:31
4	50 Virgil Hurt	39	22:31
5	61 Lou Penalva	36	23:04
6	68 Bryan Wilson	39	23:39
7	72 Gregg Cavaliere	36	23:50
8	73 Ray Rakowski	36	24:00
9	84 Jon Schweikart	39	24:40
Group OA Name Age Time			
10	93 Edward Fielder	39	25:36
11	132 Charles Sheaffer	36	31:13
12	143 Bill Gorman	38	34:53

FEMALE AGE GROUP: 35 - 39

1	47 Nancy O'Brien	36	22:08
2	82 Suzanne Ramsey	36	24:35
3	87 Leigh Cheatham	36	24:53
4	88 Wendy Golden	36	24:56
5	96 Joyce O'Quinn	36	26:06
6	123 Myra Dendy	39	29:27
7	130 Barbara Sgro	39	31:02
8	137 Lee Kelleher	39	31:57
9	151 Tracey Fitch-Reeves	37	44:16

MALE AGE GROUP: 40 - 44

1	14 David Little	42	18:57
2	15 George Mrus	44	19:09
3	16 R.J. Scott	40	19:10

4	42 Bob Dendy	41	21:44
5	45 Bill McGuinn	43	21:54
6	52 Leland Gibson	43	22:39
7	57 Steve Schweikart	41	22:57
8	64 Frank Weinmeister	41	23:16
9	76 David Elder	44	24:18
10	90 John Sarver	41	25:14

FEMALE AGE GROUP: 40 - 44

1	48 Sue Jones	43	22:18
2	78 Heather Royer	42	24:27
3	92 Beth Wright	43	25:35
4	103 Anita Schmidt	43	27:07

MALE AGE GROUP: 45 - 49

1	10 Bret Boman	45	18:11
2	19 Preston Evans	48	19:53
3	29 RB Carter	45	20:50
4	39 Wilbert Hooper	46	21:39
5	40 Robert Vogel	46	21:40
6	49 James Waddell	46	22:22
7	51 John Cook	47	22:35
8	81 Dave Cavis	47	24:32
9	83 Peter Magyari	46	24:36
10	104 Scott Rankins	45	27:07

FEMALE AGE GROUP: 45 - 49

1	55 Lori Flowers	48	22:55
2	63 Eileen Mallesch	48	23:11
3	120 Grace Fredrickson	46	28:53
4	129 Karen Bolton	49	30:46
5	150 Dana Johnson	47	39:51

MALE AGE GROUP: 50 - 59

1	22 Steve Bognar	52	20:08
2	32 Ron Riscart	50	21:11
3	38 Craig Miller	51	21:35
4	43 Bill Hutter	51	21:48
5	46 John Justice	59	22:06
6	69 Peyton Morgan	52	23:43
7	102 Terry Adams	52	26:34
8	111 Ben Schowe	56	27:46
9	115 Alberto Carrion	50	28:11
10	122 George Doby	52	29:21
11	126 Frank Sgro	56	29:42
12	136 Tommy Craven	59	31:56
13	144 Hunsdon Cary	59	35:03

FEMALE AGE GROUP: 50 - 59

1	106 Amy Rockhill	52	27:26
2	134 Patsy Sellers	50	31:35

MALE AGE GROUP: 60 - 64

1	24 Bob Hartless	60	20:17
2	53 Tommy Harris	64	22:41

FEMALE AGE GROUP: 60 - 99

NO ENTRIES

MALE AGE GROUP: 65 - 99

1	108 Bernie Davis	66	27:31
2	145 William F. Parr	65	35:09

RACE CONDITIONS

It was a heck of a race!

Along Peakland Place

We had great conditions,

As with our conditions

We came face to face.

Bernie the Bard

Aug. 21, North Carolina - Lake Norman Triathlon

Donna Elder was one of the few competitors from Virginia at this years Triathlon. She finished 8th out of 197 female competitors, 2nd in age group, and 87th of 700 overall participants. Donna writes: "The race was so well organized, the weather perfect (cloudy and a bit cool) and my support staff was awesome ! Quick trip, but well worth the effort. No other locals participated But they really should !!!

Donna's results: Swim 750 meters in 15:34, Bike 30K in 51:50, Run 5K 20:34. Total time, including transitions was an excellent 1:31:06.

Aug. 21, Parkersburg, WV - 18th Annual Half Marathon (13.1 miles)

By Vic Galan

Kenyan Isaac Arusei's winning time of 1:04:12 dominated his fellow Kenyans who claimed the first six finishers of the race. Russian Alevtina Ivanova won the female division in a time of 1:12:24.

Race director John Huelse was all smiles as the race had gone off without a hitch. From late Friday afternoon till 6:30 race day thunderstorms drenched the race course. The last drop of rain fell about half hour before the race. While the course was wet, the runners stayed cool from the overcast, much to the relief of the 669 runners and 58 walkers who finished the race.

It's the volunteers who make this a great race - those who man the water and ice stops every mile after two miles,

those providing direction, music and other forms of encouragement. The hardest part of the course, other than the normal August heat, is the 13th street hill. It's not very long (about half mile), but it's steep. It comes about 11 miles into the race so that any reserves you've held back are spent on the hill. But then there's an easy downhill grade to the finish.

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
11 AG	Ronnie Wright	63	1:57:02
5 AG	JoAnn Wright	56	2:12:39
11AG	Vic Galan	67	2:24:39

Two Mile Run

John Billingslea	67	18:57
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For me, the race is just an excuse to attend the annual weekend music festival, to ride the paddle wheel river boats on the Ohio river, to visit the chocolate outlets, etc., etc. By the way, this year the barge setting off the fireworks Saturday night did not blow up like last year despite the intense scrutiny of the crowd. I don't know if the spectators were relieved or disappointed? The show was terrific.

Aug. 21, Lynchburg - LRRC Summer Series

½ marathon & 5K, 7:30 a.m. Start.

FEMALE OVERALL RESULTS

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Alisa Harvey	38	1:28:53
2	Liz Boyd	27	1:31:56
3	Heidi Johnson	38	1:39:51
4	Hannah Roller	17	1:41:55

MALE OVERALL RESULTS

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Peter OBrien	36	1:15:36
2	Josh Zealand	23	1:19:50
3	Jeff Harrington	34	1:20:31
4	Kevin Anderson	34	1:20:34

MALE AGE GROUP: 14 - 19

<u>Group</u>	<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	11	Andy Whitacre	18	1:25:17
2	105	Andy Morris	16	1:56:08
3	129	Riken Kumar	16	2:05:30
4	130	Ben Kunkel	16	2:05:31
5	132	Daniel Dansby	16	2:05:31
6	146	Daniel Schmidt	18	2:16:18
7	160	Nathan Schweikart	15	2:41:42

FEMALE AGE GROUP: 14 - 19

1	84	Susannah Obenchain	17	1:51:59
2	131	Anna Sumerlin	16	2:05:31
3	150	Sarah Krynitsky	18	2:18:17

MALE AGE GROUP: 20 - 29

1	7	Thomas Brennan	20	1:21:55
2	9	James Eastland	28	1:23:58

3	10	Adam Pegues	23	1:24:44
4	14	Matt Zealand	25	1:27:55
5	17	Jonathan Raessler	25	1:31:21
6	18	Hans Speck	20	1:31:53
7	26	Brian Aurelio	20	1:34:32
8	32	William Wall	25	1:37:40
9	33	Dwayne Fitts	26	1:39:03
10	116	Brian Thrower	28	1:59:28
11	120	Thomas Finch	26	2:01:29
12	126	Theron Maynard	25	2:04:14
13	135	Shane Weeks	20	2:08:20
14	142	Bryan Carter	27	2:11:52
15	153	Steve Chromy	29	2:20:51

FEMALE AGE GROUP: 20 - 29

1	54	Meredith Horne	28	1:45:29
2	57	Tammi Nelson	28	1:45:55
3	89	Sommer McNaughton	27	1:52:31
4	90	Marjorie Westbrook	22	1:52:48
5	95	Laura Price	25	1:53:59
6	133	Anna Gilkey	25	2:07:00
7	134	Mary Andrews	26	2:08:03
8	138	Meghan Butasek	23	2:09:21

MALE AGE GROUP: 30 - 34

1	5	Chris Palladino	33	1:21:27
2	12	Michael McPhatter	31	1:25:50
3	13	Paul Carrasco	34	1:26:20
4	27	Joel Wallschlaeger	32	1:34:39
5	38	Jack Flippin	34	1:41:08
6	45	Rick Brooks	34	1:43:15
7	53	Thomas Kannon	33	1:45:14
8	64	Juan Cuebas	34	1:47:32
9	81	Wayne Patton	34	1:51:46
10	98	Gerald Zeigler	33	1:54:28
11	107	Eric Carpenter	33	1:56:25
12	119	Michael Reffner	30	2:01:12
13	154	Brett Martin	34	2:22:45

FEMALE AGE GROUP: 30 - 34

<u>Group</u>	<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	52	Katie Diminick	33	1:44:35
2	61	Kelly Jennings	31	1:46:51
3	91	Donna Rinker	33	1:52:53
4	94	Alex Wood	32	1:53:54
5	99	Gabby Suydam	34	1:54:59
6	101	Angela Thomas	30	1:55:13
7	109	Cathy Hasle	34	1:57:14
8	118	Joy Stenner	30	2:00:10
9	136	Janet Shelton	33	2:08:35

MALE AGE GROUP: 35 - 39

1	6	David Pace	36	1:21:42
2	20	Kevin Willis	37	1:32:04
3	23	Jim Donaldson	37	1:32:56
4	24	Van Phillips	35	1:33:34
5	25	George Cook	37	1:34:15
6	28	Chris Bright	38	1:34:40

7	37 Paul Triska	39	1:40:42
8	42 Virgil Hurt	39	1:42:30
9	47 Calvin Curry	39	1:44:02
10	58 Robert Reid	36	1:46:05
11	78 Bob Johnson	38	1:51:16
12	87 Matthew LeVasseur	36	1:52:19
13	112 Chris Tharp	37	1:58:16
14	113 David Hunt	37	1:58:23
15	157 Wade Hasle	36	2:30:45

FEMALE AGE GROUP: 35 - 39

1	50 Nancy OBrien	36	1:44:29
2	59 Deanna Grim	39	1:46:16
3	62 Malisa Fadeley	37	1:47:14
4	65 Blair Snyder	36	1:48:15
5	67 Kitty Tompkinson	38	1:49:04
6	68 Sarah Davidson	39	1:49:08
7	79 Peggy Plunkett	36	1:51:23
8	80 Laurie George	37	1:51:28
9	85 Kristen Cook	36	1:52:06
10	86 Lauri Wynnyk	36	1:52:06
11	92 Barbara Edgar	39	1:53:02
12	97 Lisa Richardson	38	1:54:14
13	110 Leigh Cheatham	36	1:57:29
14	143 Leah Carpenter	35	2:11:58
15	144 Dawn Emeigh	36	2:12:02
16	145 Suzanne Perry	39	2:15:36
17	147 Maria McCracken	36	VA 2:17:10
18	148 Mary Edmonds	39	2:17:10

MALE AGE GROUP: 40 - 44

1	15 George Mrus	44	1:28:38
2	21 Vince Decker	41	1:32:35
3	29 Terry Ketchersid	43	1:35:42
4	36 David Little	42	1:40:31
5	46 Gary Sheehan	44	1:43:16
6	48 Doug DoLecki	43	1:44:06
7	51 Kevin Williams	43	1:44:30
8	60 John Alford	43	1:46:31
9	72 Thomas Mohr	42	1:50:14
10	74 Kevin Shroyer	43	1:50:33
11	93 Jimmy Roux	41	1:53:27
12	106 Gary Wood	44	1:56:19
13	115 Dave Walsh	41	1:59:25

FEMALE AGE GROUP: 40 - 44

1	83 Lynne Mayer	41	1:51:57
2	88 Mandy Hoy	44	1:52:21
3	96 Beth Wright	43	1:54:06
4	124 Cathy Davenport	43	2:02:46
5	125 Lona Jackson	41	2:03:44
6	137 Beth Stinnett	41	2:08:58
7	156 Judy Finch	42	2:30:09

MALE AGE GROUP: 45 - 49

1	8 Bret Boman	45	1:23:21
2	30 Preston Evans	48	1:37:04
3	34 Jeff Minahan	48	1:39:06
4	71 David Lytal	46	1:49:50
5	75 Tom Contos	49	1:50:40
6	76 Paul Fast	45	1:50:52
7	102 Jim Lovell	46	1:55:15

8	108 Tommy Rakes	47	1:56:36
9	114 Robert Vogel	46	1:59:23
10	139 David Fix	47	2:09:53
11	149 Bill Butterworth	47	2:17:37
12	155 Paul Pooley	49	2:24:22

FEMALE AGE GROUP: 45 - 49

1	44 Eileen Mallesch	48	1:42:40
2	77 Yvonne McMahon	45	1:51:01
3	151 Karen Bolton	49	2:18:22
4	152 Gail Shepherd	48	2:19:39
5	161 Joyce Scott	49	2:42:00

MALE AGE GROUP: 50 - 59

1	31 Ron Riscart	50	1:37:19
2	40 Imants Celtnieks	59	1:42:02
3	41 Reeves Westbrook	55	1:42:20
4	49 John Justice	59	1:44:28
5	55 Craig Miller	51	1:45:33
6	56 Frank Guler	53	1:45:36
7	63 Karl Peterson	51	1:47:15
8	66 Richard McDaniel	54	1:48:34
9	70 Philip Halapin	53	1:49:37
10	73 Micky Mear	57	1:50:28
11	82 Wayne Treadway	53	1:51:55
12	100 Richard Brooks	54	1:55:11
13	104 Richard Morris	54	1:56:07
14	111 Chip Clements	57	1:57:37
15	117 Steve Burns	51	1:59:59
16	121 Terry Ojure	55	2:01:34
17	122 Jim Coffey	54	2:01:51
18	123 Mike Cassell	54	2:02:25
19	127 Steve Bozeman	57	2:05:25
20	158 Larry Scott	59	2:31:49
21	159 Leslis McFarling	56	2:35:55

FEMALE AGE GROUP: 50 - 59

1	69 Mary Sanders	59	1:49:24
2	103 Debbie Bozeman	50	1:55:58
3	128 Molly Holmes	56	2:05:30
4	141 Amy Rockhill	52	2:10:27
5	162 Jane Fraytet	57	2:48:52

MALE AGE GROUP: 60 - 64

<u>Group</u>	<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	22	Bob Hartless	60	1:32:39
2	43	Tommy Harris	64	1:42:38

FEMALE AGE GROUP: 60 - 99

1	163 Jane Benbow	67	2:55:48
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MALE AGE GROUP: 65 - 99

1	140 Bernie Davis	66	2:10:13
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OPEN 5K RESULTS

FEMALE OVERALL RESULTS

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Sallie Ford	16	20:58
2	Meredith Storton	16	20:59

3 Sue Jones	43	21:40
4 Carrie Vest	17	22:09

MALE OVERALL RESULTS

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Steve Crowder	31	16:07
2	Matt Abatecola	16	17:17
3	Christopher Sulliva	16	17:29
4	Daniel Boyers	26	17:53

MALE AGE GROUP: 19 & UNDER

<u>Group</u>	<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	5	Adam Campbell	18	18:11
2	8	Jeremy Phelps	17	19:44
3	9	Thomas Ballowe	16	19:50
4	10	Penn Clarke	18	20:05
5	11	Gianni Freco	16	20:20
6	12	Andy Drake	16	20:23
7	16	Joel Sutton	13	21:15
8	18	Grayson Burch	15	21:48
9	22	Chris Wyatt	16	22:15
10	23	Mark Jones	12	22:15
11	26	Sam Theienemann	17	22:56
12	38	Paul Schmidt	11	24:52
13	41	Chris Schweikart	13	25:32
14	50	T.J Beuerle	14	27:06
15	56	Micah Jones	10	27:44
16	58	Karl Overstreet	9	27:49
17	84	Connor Bright	15	36:54
18	89	William Howard	10	46:15

FEMALE AGE GROUP: 19 & UNDER

1	27	Megan Rinckel	14	23:16
2	28	Kelly Karcher	13	23:21
3	49	Misty Schmidt	14	27:05
4	51	Kristen Shepherd	15	27:16
5	53	Suzanne Westbrook	18	27:30
6	54	Cara Sullivan	15	27:34
7	57	Rebecca Hurt	14	27:45
8	62	Emily Popp	18	28:12
9	78	Katie Campbell	15	31:50
10	81	Brittney May	14	33:04
11	82	Danielle Hansen	17	33:54

MALE AGE GROUP: 20 - 29

1	19	Nathan Brandley	28	21:53
2	52	Brandon Reynolds	29	27:18
3	61	Jeff Hodges	24	28:12
4	80	Chris Beazley	28	32:38
5	86	Troy Crews	22	41:10

FEMALE AGE GROUP: 20 - 29

1	36	Cheryl Kidd	25	24:43
2	40	Lucinda Ewing	27	25:13
3	59	Virginia Myers	24	27:56
4	60	Marlena Hodges	24	28:11
5	72	Christine Brown	29	30:21
6	73	Amanda Workman	21	30:25
7	87	Alisa Crews	24	41:10

MALE AGE GROUP: 30 - 39

1	6	Kenny Palmer	36	19:12
2	24	Douglas? Pratt	34	22:22
3	32	Jon Schweikart	39	23:39
4	35	Edward Fielder	37	24:32
5	37	Mark Flores	34	24:45
6	43	Ken Marks	34	26:13
7	45	Steve Allen	31	26:31
8	47	Christopher Lyons	35	26:41
9	55	JR Newcomb	34	27:37
10	67	Robert Satterfield	33	29:29
11	69	David Donahue	37	30:10
12	71	Michael Wright	32	30:14

FEMALE AGE GROUP: 30 - 39

1	39	Wendy Golden	36	24:54
2	46	Sheri Worsham	36	26:31
3	48	Kim Hudson	38	26:57
4	66	Ali Cox	34	29:17
5	74	Catherine Mosley	39	30:40
6	77	Lisa Tomlin	36	31:25
7	83	Christine O'Donnell	38	35:14
8	85	Kristin Lyons	36	38:40
9	90	Karen Shaskan	39	46:30

MALE AGE GROUP: 40 - 49

1	7	Robert Cook	43	19:29
2	20	John Cook	47	22:05
3	25	Jay Gamble	46	22:39
4	29	Steve Newcomb	42	23:31
5	33	Dave Cavis	47	23:48
6	34	Pete Magyari	46	24:24
7	64	Philip Walsh	44	28:45
8	70	Bill Smalley	48	30:10

FEMALE AGE GROUP: 40 - 49

1	30	Debbie Sullivan	43	23:31
2	63	Grace Fredrickson	46	28:14
3	65	Sophia Decker	40	28:46
4	68	Marion Butterworth	47	29:50
5	75	Lola Bailey	44	30:51
6	76	Ginny Zirkle	40	30:51
7	79	Lisa Wood	44	32:06

MALE AGE GROUP: 50 - 59

<u>Group</u>	<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	15	Bill Hutter	51	21:08
2	31	Jack Storton	56	23:38
3	42	Wayne Owen	52	25:49
4	44	Alberto Carrion	50	26:26

FEMALE AGE GROUP: 50 - 59

1	88	Robin Westbrook	54	42:52
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MALE AGE GROUP: 60 & UP

NO ENTRIES

FEMALE AGE GROUP: 60 & UP

NO ENTRIES

UPCOMING RACES

Sept. 18, Lynchburg - Virginia 10 Miler & 4 Miler & Amazing Mile, 8:30 a.m. start at E.C. Glass High School on Langhorn Road. Info: Craig Cassell, 434-845-5968, ext. 30 or visit www.sportscapital.org

For 30 years, runners from all over the world have converged on Lynchburg to challenge themselves on this course. This year the event has two new divisions in addition to age groups. In the Clydesdale Division, men must weigh 200 pounds or more. In the Athena Division, women must weigh 140 pounds or more. Participation will determine if these Divisions continue.

Oct. 2, Lynchburg - Dr. John A. Stephenson Memorial Youth Run, at Riverside Park. Race Directors, Heather Royer and Catherine Phillips. Discount is offered to Lynchburg Roadrunners on registration. Info: Riverside Runners, (434) 846-7449 or www.riversiderunners.com
Registration Form with this newsletter.

October 9, Appomattox, Va - Railroad Day 5K
8:00 a.m. start at Appomattox High School.
Registration Form with this newsletter.

October 16, Lynchburg - Mountain Masochist 50 Mile trail Run, 6:30am; 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.

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
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

ANNOUNCEMENT

Lynchburg Road Runner singlets will be available for sale and pickup at Riverside Runners the week of the VA 10-Miler.
