

The Presidents Column

One of the most important values from your membership investment is this newsletter. Inside, you will find important information such as race results, upcoming races, training advice, and hopefully the motivation you need to keep training and to stay healthy. **Vic Galan** has done an outstanding job over the years producing Lynchburg's only complete source dedicated to the local running scene. It takes countless hours to put this newsletter together. You can help Vic by providing him information about your accomplishments or achievements of those you know by e-mailing Vic at elcid@lynchburg.net. Thank you Vic for another great issue!

Congratulations to all that participated in the Angels Race Triathlon, Jamerson YMCA 5K, Charlottesville 10 Miler, Charlottesville Half Marathon / Marathon and Promise Land 50K! The Lynchburg Road Runners were also represented at the Boston Marathon, Virginia Beach Marathon, Big Sur Marathon and other races and ultra events throughout Virginia and North Carolina. All those winter miles really did pay off didn't they? A special thank you to Race Directors, **Corey Jeffcoat**, **Geb Broman**, **Mick Gunter**, and **Dave Horton**. Your efforts gave hundreds the opportunity and inspiration to test themselves.

One of our strengths as a club is our diversity of membership and talents. We all run for our own personal goals. The Lynchburg Road Runners can help you achieve your goals whether you have been running for years or have just begun. The coming months hold tremendous opportunity to test oneself. Road races are a great way to get involved. Whether you participate or volunteer, the energy and efforts of those around you can really add a new dimension to your training. There is now a local race every month from now until January. Check this issue for upcoming race dates and applications.

What would May and June be without the Central Virginia Kidney Association 10k on Memorial Day, the Summer Track Series at Lynchburg College every Tuesday in June, or the Percival's Island 5-Miler on the Blackwater Creek bike path? June also marks the beginning of the Lynchburg Road Runners Race Series. Inside this newsletter you'll find a list of these qualifying races. Remember, the more races you participate in the more points you accumulate! I encourage all members to make an appearance at these events. You won't be disappointed.

See you on the roads,

Jeff Fedorko

2004 LRR OFFICERS

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

Due to low attendance during the summer months, we will convene for the next meeting of the Lynchburg Roadrunners in September.

Keep posted on upcoming local races during the summer months by consulting your newsletter or the following Web sites.

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

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

By George Mrus, Secretary

The monthly meeting of the Lynchburg Roadrunners was held on March 9, 2004 at Monte Carlo Restaurant on Old Forest Road.

Club President Jeff Fedorko called the meeting to order at 7:00 p.m. with 9 members in attendance. Jeff congratulated Dave Horton on the successful running of the Holiday Lake 50K this past Valentine's Day.

The LRR would like to thank Craig at the Chamber of Commerce (lead contact for information on the 10 Miler) for delivery of 2 editions of the Washington Running Report which can be picked up at Riverside Runners. LRR has had very good representation at the monthly Chamber of Commerce 10 Miler meetings and will continue to work with the Chamber to provide resources to insure another successful running of the September event.

The guest speaker was Dr. Gauthom Gondi an Orthopedic Doctor with Central Virginia Orthopedic Practice in Lynchburg. Dr. Gondi's sub-specialty is the Foot, Ankle Knee and Shoulders. He has resided in the Lynchburg area for 8 years, moving from the Atlanta area.

Dr. Gondi provided a very informative presentation of various issues runners have with regards to either their knees, ankles or feet. These were also mentioned in conjunction with a discussion on plantar fasciitis, shin splints and the ever present Achilles tendon area.

Running injuries are either intrinsic or extrinsic, that is either congenital (or biomechanical) or training related (shoes, training/mileage.) Of these injuries about 80 per cent are extrinsic.

Among the more interesting statistics from the presentation were: ~800 foot strikes per mile, up to 3X your body weight of pressure is put on each foot strike, 50 % of runners have injuries, and 60 % of ALL exercise is running (at least 2 miles).

The presentation last about 45 minutes and was followed by a Q&A session. It should be noted that Dr. Gondi's practice is providing the Hill City and surrounding area with advanced technology to provide a greater diagnosis of any and all problems.

The meeting ended around 8:15. We thank Dr. Gondi for his time and the knowledge dispensed during the presentation.



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

The Bozemans' Trails

Debbie hurt her leg prior to Lejeune and couldn't run that or Shamrock either. She will have to do what all runners hate to do and stay off of it until her tendonitis in her lower right leg heals. She is bummed out big time. She will be shooting for Grandfather Marathon in July.

We both got "accepted" to do the Hawaii Ironman Triathlon in October. I'll stay with her and we'll finish together in about 15 hours. I plan on carrying Ole Glory in the marathon and keep up with Debbie.

Camp Lejeune Marathon (26.2 mi.), Feb. 28, 2004

(finish time was 3:54:62 and finished 3rd in age group and 30th overall. My race number was 30, which was ironic.)

Race started at 0800 after Colors were hoisted. Temperature was 34 degrees, sunny and very windy. This race was canceled last year due to most Marines being in Iraq. Rescheduled this year, but turnout was lower than normal. About 125 started and 112 finished under the 6 hour time limit. Also, they had a 5K race and over 200 participated. I was hoping for a 8:15 average pace first ten miles, but wasn't in the cards. I took Gel packs every 5 miles, which seems to help (this time), except for last 7 miles when "reality" sets in. I was hoping to hold close to a 9 minute pace last 10K, but the "stride" shorten and "rigormortis" was setting in. However, I did keep a steady pace (even though slow), and continued to pass other runners who were worse off than I. At mile 23 aid station, I stopped and stretched, took a leak (which is good because I stayed hydrated) and drank even more for the final "push" to the finish. I took two salt tablets at 15 miles and two Ibuprofen at mile 18, which prevented me from having any cramps and help the quads keep pumping. Only one person passed me at mile 13 since the start and I continued to pass others, so I was happy overall with my pace.

This was my ~ 172 marathon and over 60 Ultras (anything over 26.2 miles) since 1978 and each one is "unique." But, they all have things in common, such as optimism at the start, reality after 15 miles and the "WALL" somewhere around 20 miles. Sometimes I have ran through it and felt great to the finish, but have to admit, the majority of these races, the "WALL" is waiting for me. I've gone through wide ranges of emotions in all of these marathons, but crossing the finish line is always sweet and

glorious. So, far (knock on wood) I have never had to drop out of a marathon. But, as the body ages, I'll see how many years I can keep this "streak" going before the ambulance picks me up.

ANNOUNCEMENT

2004 VA 10-Miler Training Group

Program Goal: To give "beginner" runners the best chance for completing the VA 10-Miler.

Training Plan: Participants will be mentored through a 16-week training plan by Cat Phillips and Jeff Fedorko beginning the week of May 23rd.

Group Runs: 2004 VA 10-Miler Training Group will meet at least one day a week at various locations around Lynchburg for an evening, supervised, supported run, led by experienced runners. Exact date and time to be determined at "Orientation."

Training Pace: Pace of runs and workouts will vary on the fitness and ability level of the individual. We envision the majority of our runners to be training slower than 9:30 per mile.

Team Bonuses: Registered team members receive special discounts, and other goodies, at Riverside Runners for the duration of the program.

Orientation/Meet the Coaches and Team:
Thursday May 20, 2004, 7:00pm at Riverside Runners, 2301 Rivermont Ave. Lynchburg, VA (434)846-7449.

Registration: Interested runners can register by phone (434)846-7449, or by email info@riversiderunners.com
Registration fee is \$30 (non-refundable).
Training Group is limited to 25.

RACE RESULTS

March 6, Goode - What Goes Down Must Come Up, Race Director: Jerome Loy

The idea of the race was generated about 11 years ago when, one day, a 6-mile tempo run was on the schedule. (Living only one mile from the Goode 4-mile loop, and the "heart-rate-monitor-watch" in for repairs, I was running without a watch, on instinct, simply listening to my body for pace.) This was the perfect loop and I wanted all my running friends to experience a race that challenged you to race against him/herself, not others, where anybody could win, not necessarily the fastest runner, to enjoy the scenery, little traffic, varied terrain, and especially the last hill! Hope you enjoyed!

There were 87 finishers who found the weather conditions perfect (60 degrees & drizzle) for the 10th Annual Goode, What Goes Down, Must Come Up 4 Mile Handicap. The race featured veteran road runners, first time runners seeking extra credit for phys. ed class, parents, walkers, a strong contingent of cheerleaders, and Fred Fauber running his 10th.

The actual fastest time was turned in by Michael Hoyt, who ran the 4 miles in 27:34, which was 3:34 slower than his predicted time of 24:00. (Course record is 21:04 by Richard Ferguson, 1997) Will Farlow ran the entire course sdrawkcab (backwards), 1 minute and 12 seconds faster than his predicted time of 44 minutes; 42:48. Two girls (i won't mention their names) got lost at the turnaround and finished a bit confused, after a 3 mile-ish jog.

Jodi Chronister was the first to cross the finish line in 39:20. Jodi ran 9:40 faster than her predicted of 40 minutes. But she didn't actually win. (And, at first we thought Bernie Davis was gong to be the first to cross the finish line, but Bernie was just out in the middle of a 20 mile run and only ran through to say 'hello.')

Twenty-six runners finished within one minute, plus or minus, from their predicted pace.

The top 10 finishers were:

*Difference = Actual Time - Predicted Time
- equals faster, + equals slower*

10th: **Tammi Sisk**, -10.5 seconds, 39:50
9th: **Ashley Armestead**, -10.2 seconds, 31:50
8th: **Tiffnay Carp**, -10 seconds, 35:50
7th: **Rob Gillan**, +10 seconds, 40:10
6th: **Jimmy Roux**, -9 seconds, 30:41
5th: **Jimmy Hyson**, +7 seconds, 39:27
4th: **Zac Hartless**, +3 seconds, 30:03

3rd: **Donna Bryant**, +2 seconds, 30:02
2nd: **Lori Rocco**, +1 second, 39:21
1st place: **Candice Michalek**. 0.00

Candice ran a perfect 8:30 pace for 4 miles: 34:00.

After the race, trophies were presented to the top 10, a sdrawkcab trophy to Will Farlow, and 50 door prizes of t-shirts, and contributions from Riverside Runners. After the race we gathered at the Jefferson Forest cafeteria for all-you-can-eat pancakes.

BIG THANKS to volunteers, Donna Bryant, Bob & Ann Carter MacPherson, Allen & Chris Armistead, Ruth Fitzgerald, Cliff Farlow, Linda Dingus, and Tom Burr.

Faster than predicted:

Hannah Ketcher ; 10:03
Madison Embrae; 10:02
Jodi Chronister 9:40
Mary Burr; 8:45
Nancy Saunders; 7:35
Keri Gearhart; 6:25
Anna Pearce; 6:25
Cailin Carlton; 6:20
Brittany Sites; 6:19
April Allen; 6:10
Ted Allen; 4:30
Angela Madison; 3:10
Annita Schmidt; 3:40
Brooke Mays; 3:02
Mellisa Sites; 2:35
Corrie Owen; 2:35
Wayne Owen; 2:32
Meg Dailey; 2:20
Eric MacPherson; 2:15
Paul Bryant; 2:10
Carolyn Paschall; 1:59
Jeff Kuhland; 1:53
Jim Giudice; 1:47
Lisa MacPherson; 1:47
Renaye Wheaton; 1:42
Carson Moorefield ` 1:40
Adam MacPherson; 1:32
Darren Sweeney 1:24
Carrie Madison; 1:22
Kelly Jennings; 1:20
Fred Fauber; 1:17
Bobby Clauss; 1:13
Ann Allison; 1:12
Donna Copsey 1:12
Shoulda Benthere; 1:11
Jon Deis; 1:10
Kristin Saunders; 1:08
Will Farlow 1:04
Frank Weinmeister; :58
Ken Emanuel; :52

Slower than predicted:

Lori Rocco :01
Donna Bryant :02
Zac Hartless:03
Jimmy Hyson :07
Rob Gillan :10
Zac Cofer :11
David Hammock: 14
Bret Boman :15
Scott Rankonkis; 16
Kate Lowry:50
Christine Sciarrino : 1:27
Chris Hammock 1:27
Matt Bailey 1:40
Bob Hartless 1:46
Vic Galan 1:51
Nancy Ferris 1:55
Darrel Wargo 2:03
Donna Elder 2:08
Lynne Weinmeister 2:20
Terri Loy 2:29
Alaina Copsey 2:29
Phillip Mayher 2:31
David Cox 2:32
Ali Pinch 2:53
Hannah Loy 2:54
John Clark 3:03
Mike Hoyt
Lorene Nop 3:35
Daniel Hodge 3:48
Miranda Patterson : 4:08
Joe Prinzing 4:50
Karen Peters 8:16
Tanya Lacks 8:18

Faster than predicted:

Terry Smith; :50
Bagi Marinkovich; :35
Peter Magyari; :36
Kevin Shroyer ; :34
Emily Codrea; :30
Bernie Copsey; :29
Tim Dailey; :28
Jeanne Craig; :27
Alisha Dingus; :23
Tammi Sisk; :10
Ashely Armistead; :10
Tiffany Carp; :10
Jimmy Roux; :9
Candy Michalike; 0 : 00

March 20, Virginia Beach - 32nd Shamrock

For the second straight year the weather was cooperative with temperatures in the mid-50s under blue skies. The marathon numbered 1,808 participants and the 8K had 2,634.

Kenyan David Maritim ran 2:24:00 to win the men's marathon and Alison Holinka, known for her success in half-marathons, surprised herself to take the top women finisher in 2:50:59.

Kenyan Patrick Nthiwa won the men's open 8K with a time of 23:41. Russian Galina Alexandrova won the women's 8K, covering the course in 25:34.8.

The oldest participant in the 8K was 85 year old Cokey Daman from Virginia Beach. He won the over age 75 group in 52:01. Lynchburg's own **Robert Huntington**, 81, finished fifth in 1:08:08.

Marathon

<u>Name</u>	<u>Age</u>	<u>Chip Time</u>
Nancy O'Brien	36	3:48:39
George Bean	50	3:52:58
Steve Bozeman	57	4:22:10
Dan Schlader	52	4:22:13
Roy Ilch	40	4:23:46
Tiffany Tomkins	35	4:37:25

8 K

<u>Name</u>	<u>Age</u>	<u>Chip Time</u>
Bob Hartless	60	31:47 1 st 60-64
Robin Levandowski	51	42:39
Vic Galan	67	45:54
JoAnn Wright	55	46:05
Patsy Sellers	49	50:44
Gail Staton	49	54:26
Robert Huntington	81	68:08

April 3, Charlottesville - Charlottesville 10 Miler

Once again Lynchburg area runners turned out in

force for this popular race. What a great way to start the Spring race season!

<u>Pl.</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
14	Jeff Harrington	33	59:20
25	Michael McPhatter	30	1:01:29
29	Bret Bowman	45	1:02:11
45	Darrell Wargo	35	1:04:57
65	Gary Stroud	52	1:06:45
78	Donna Elder	41	1:07:53
86	Bob Hartless	60	1:08:10
92	George Mrus	44	1:08:28
128	Brian Carlton	50	1:11:09
142	Nancy Ferris	48	1:11:52
217	Horace Ellis	62	1:14:58
329	Wilbert Hooper	45	1:18:12
358	Sue Jones	43	1:18:59
364	Steve Royer	34	1:19:08
372	Sarah Glass	33	1:19:18
403	Gabriella Suydam	34	1:20:06
418	Eileen Mallesch	48	1:20:31
548	Chip Clements	57	1:23:56
602	Beth Wright	42	1:24:29
656	Paula Skulina	34	1:25:35
659	Heather Royer	42	1:25:40
653	Owen Grubbs	45	1:25:44
746	Chris Tharp	36	1:27:19
769	Wendy Golden	36	1:27:56
770	Kathleen Graves	45	1:27:57
775	Anne Hatcher	34	1:28:08
807	Matt Levasseur	37	1:28:39
818	Joyce Oquinn	35	1:29:00
819	Susanne Ramsey	36	1:29:01
835	David Skulina	40	1:29:26
871	Pete Grissom	37	1:30:08
997	Ralph Godsey	47	1:32:53
1008	Marie Godsey	48	1:33:15
1045	Kimberly Mitchell	27	1:34:11
1191	Betty Harrington	22	1:37:51
1274	Jeanne Stone	54	1:39:50

April 5, Boston - Boston Marathon

Congrats to **Paul Carrasco** for surviving the hottest Boston Marathon in recent history and finishing a very respectable 3:23!!! Temperature was 85 degrees at the noon start!

April 24, California - Big Sur Marathon

Report from the troops: HOT AND HILLY. Likened to running the Farm Basket Hill over and over again! It was also very scenic and worth the trip.

Horace Ellis	3:57:14
Wilbert Hooper	4:00:30
Gail Rochelle	4:18:15
Paula Skulina	4:21:48
Richard Stone	4:39:29
David Skulina	5:15:52
Jeanie Stone	5:15:52

April 19, Charlottesville - Charlottesville

Marathon

Bernie Davis finished his 70th marathon at Charlottesville in 4:16. To top it off, he got first in his 65 - 69 age group. CONGRATULATIONS Bernie. You SMOKED those other guys.

MARATHON

*As I look back upon
This morning's marathon,
I'm glad it's done,
Though it was great fun
Struggling on and on.*

Bernie the Bard

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

<u>Pl.</u>	<u>Name</u>	<u>Age</u>	<u>Group Pl</u>	<u>Time</u>
7	Bob Hartless	60	1M 60-64	20:01
12	Ron Riscart	50	1M 50-54	21:13
73	David Wiley	47	7M 45-49	25:00

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

Race Director - Dave Horton

Novice ultra runners **Eric Grossman** and **Annette Bednosky** were the men's and women's overall winners in the fourth-annual Promise Land 50K. **Randy Garbee** was the first Lynchburg area runner to cross the finish line. There finish time and those of other area runners are listed below.

<u>Pl.</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Eric Grossman	35	4:41:09
7	Annette Bednosky	37	5:34:30
13	Randy Garbee	44	5:51:31
14	Andy Earl	19	5:59:08
21	Gratten Garbee	41	6:07:05
57	Stacin Martin	34	6:44:01
90	Sam Rabon	31	7:27:26
101	Frank Villa	49	7:43:31
126	Mary Andrews	26	8:03:00
128	Camille Rabon	27	8:06:16
131	Terri Ripley	40	8:11:37
133	Mary Justice	43	8:11:59
136	John Raney	42	8:25:16

April 25, Lynchburg - Angels Triathlon

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

More than 300 runners, including 27 relay teams, participated in the Second Annual Angels Triathlon. The event, starting from the downtown YMCA, benefited the Brittany Grover and the Karla Bolen Memorial Funds. Some local and LRRC finishers are listed below.

<u>Pl</u>	<u>Name</u>	<u>Age Group</u>	<u>Time</u>
1	Kevin Reid	19-24	1:07:23
2	Cat Phillips	25-29	1:08:59
15	Jeff Fedorko	30-34	1:15:27
17	Adam Phillips	35-39	1:16:05
26	Donna Elder	40-44	1:18:15
27	Paul Johnson	35-39	1:19:31
32	Gabby Suydam	30-34	1:20:01
37	Lorrie Beck	45-49	1:21:10
51	Maggie Thacker	30-34	1:24:25
81	Lauri Wynnk	35-39	1:27:56
95	Bobby Evans	45-49	1:30:45
106	Tommy Harris	60-64	1:32:44
124	Jimmy Roux	40-44	1:35:42
141	Ben Bailey	14-18	1:39:06
150	Darrell Wargo	35-39	1:40:14
180	Bilynda Brinkley	13-under	1:48:59
197	Jerome Loy	55-59	1:53:05

May 1, Forest - Jamerson Family YMCA 5K

AGE GROUP RESULTS

<u>Pl</u>	<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
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FEMALE OVERALL RESULTS

1	Christine Orouly	22	21:33
2	Sue Jones	43	22:30
3	Jennifer Pritchett	28	23:04

MALE OVERALL RESULTS

1	Peter O'Brien	36	17:35
2	Jeff Harrington	33	18:03
3	Drew Flowers	16	18:20

MALE AGE GROUP: 1 - 14

1	12 Tyler Meadows	14	21:02
2	27 Mark Jones	12	23:21
3	47 Teddy Goldean	12	29:25
4	68 Chris Masseth	11	51:47
5	69 Cameron Gagon	9	51:48

FEMALE AGE GROUP: 1 - 14

1	26 Kelly Karcher	13	23:14
2	31 Bilynda Brinkley	11	24:59
3	46 Kelsey Greene	12	28:58
4	60 Julie Lotz	14	35:13
5	63 Shannon Bing	10	36:53

<u>Pl</u>	<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
MALE AGE GROUP: 15 - 19				
1	5	Luke Larson	17	19:49
2	9	Tommy Ribaric	16	20:51
3	21	Preston McCutcheon	15	22:50
4	38	Owen Buhler	19	26:00

FEMALE AGE GROUP: 15 - 19				
1	61	Amanda Bing	15	36:16

MALE AGE GROUP: 20 - 24				
1	8	William Wall	24	20:17
2	17	Jeromy Gallant	20	21:42
3	30	Steven Anderson	23	24:54
4	45	Chad Baldwin	22	27:53
5	49	Jimmy Reaves	22	30:09

FEMALE AGE GROUP: 20 - 24				
1	48	Abby Clark	24	29:58
2	52	Lindsay Skinner	21	30:57
3	62	Amory McCutcheon	21	36:31
4	67	Courtney Balankenst	20	51:46

MALE AGE GROUP: 25 - 29				
1	11	Kinmani Nichols	28	20:59
2	13	David Sellars	28	21:06
3	16	Brain Lindauer	26	21:38
4	20	Nathan Brandley	28	22:31
5	28	Chris White	28	23:53
6	34	Mike Durham	29	25:18

FEMALE AGE GROUP: 25 - 29				
1	29	Jennifer Harlow	27	24:07
2	32	Cheryl M. Kidd	25	25:05
3	39	Amy Nowak	27	26:06
4	55	April Cox	26	32:51
5	58	Katie Reynolds	27	34:33
6	59	April Roberts	26	34:35

MALE AGE GROUP: 30 - 34				
1	35	Michael Reffner	30	25:38

FEMALE AGE GROUP: 30 - 34				
1	36	Darcy Mathes	31	25:40
2	53	Stephanie Vandendri	30	30:58
3	54	Staci Brown	33	32:48

MALE AGE GROUP: 35 - 39				
1	4	Darrell Wargo	35	18:59
2	10	George Cook	37	20:52
3	23	Wanjema Muhro	39	22:59
4	51	Chuck Sheaffer	36	30:48

FEMALE AGE GROUP: 35 - 39				
1	40	Dawn Emeigh	35	26:13
2	41	Caroline Henderson	35	26:31
3	56	Caroline Jantomaso	36	33:20
4	66	Julie Little	36	44:19

MALE AGE GROUP: 40 - 44				
1	6	George Mrus	44	19:49
2	18	David Little	42	21:47
3	43	Steve Letterman	44	26:52
4	57	David Boyes	43	33:31

FEMALE AGE GROUP: 40 - 44				
1	42	Linda Howell	42	26:31
2	64	Donna Anderson	43	37:41

MALE AGE GROUP: 45 - 49				
1	7	Preston Evans	47	19:51
2	33	Peter Magyari	46	25:17
3	44	Michael Buhler	48	27:40

FEMALE AGE GROUP: 45 - 49				
1	25	Eileen Mallesch	48	23:11
2	71	Rebekah Masseth	46	55:39

MALE AGE GROUP: 50 - 54				
1	14	Criag Milles	51	21:14
2	22	Bill Hutter	51	22:50
3	50	Alberta Carrion	50	30:36
4	72	Frank Masseth	54	55:40

FEMALE AGE GROUP: 55 - 59				
1	37	Candice Michalik	56	25:48

FEMALE AGE GROUP: 60 - 64				
1	70	Norma Mayhew	62	53:23

May 8, Smith Mountain Lake - 7th Annual

Triathlon 750 m swim, 20 Km bike, 5K run

Like the Angel's race, the Smith Mountain event is a sprint triathlon, making it inviting for newcomers to the sport. The open swim, compared to the Angel's swim in the YMCA pool, makes it more intimidating for some. Just ask Jeff Fedorko. He says that with 100 meters to go he was engulfed by a big wave which he promptly swallowed. The dash to the finish was a matter of survival to keep from sinking.

James Bales of Alexandria was the first overall finisher in a time of 1:02:09. Jinx Mancini of Midlothian was the first female finisher in 1:12:56.

This race attracts a lot of high-ranking and collegiate level triathletes and a bunch of weekend warriors. Among the strong contingent from the Lynchburg area were:

Males		
<u>Pl</u>	<u>Name</u>	<u>Time</u>
18	Jeff Salmon	1:12:34
42	Adam Phillips	1:15:47
44	Mark Stevens	1:16:20
55	Jeff Fedorko	1:17:57
112	Kriss Freeman	1:24:07

Females

<u>Pl</u>	<u>Name</u>	<u>Time</u>
2	Donna Elder	1:14:25
6	Gabrielle Suydam	1:19:21
14	Sarah Davidson	1:23:06
90	Emily Phillips	1:46:43
112	Amy Phillips	1:56:26

Congratulations to all finishers.

UPCOMING RACES

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)

June 1st - 29th, Lynchburg - Summer Track Series,

6:30 p.m. every Tuesday at Lynchburg College Track, . A lot of family fun for toddlers through adults. See Flyer in this newsletter.

For more information: Bret Boman 385-8107

June 12, Liberty University - Jason Brown 5K

See enclosed flyer.

Info: Shelly Thomas (919) 271-5756

www.riversiderunners.com

June 26, Lynchburg - LRRC Summer Series 5 Mile

8:00 a.m. Start at Percival Island Parking Lot, Jefferson St. See enclosed flyer.

Info: Riverside Runners, (434) 846-7449

www.riversiderunners.com

July 24, Lynchburg - Presbyterian Home 5K, 8:00 a.m.

Start, Presbyterian Home on Linden Avenue.

Info: Riverside Runners, (434) 846-7449

www.riversiderunners.com

Aug. 21, Lynchburg - LRRC Summer Series 1/2

marathon & 5K, 7:30 a.m. Start, Blackwater Creek Bikeway, Ed Page Entrance (by Greek Church on Langhorn Road),

Info: Riverside Runners, (434) 846-7449

www.riversiderunners.com

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

Oct. 2, Lynchburg - Dr. John A. Stephenson Memorial Youth Run

at Riverside Park. Race Director, Heather Royer. Discount is offered to Lynchburg Roadrunners on registration. Info: Riverside Runners, (434) 846-7449 www.riversiderunners.com

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