

The President's Column

Merry Christmas and a Happy New Year 2004!

May the upcoming year bring health and prosperity to the valued members of the Lynchburg Roadrunners. To those members training for the winter / spring race season, best of luck in all your pursuits!

Speaking of pursuits, the race calendar for January and February is Shaping up nicely. The **New Year's Day Fun Run** will start at 10:00 a.m. from Riverside Park. This has become an annual roadrunner event. The turnout last year was great! So, start your new year off on the right foot (or left, whichever you prefer) and save a dollar on your 2004 membership dues. Further details are in this newsletter.

Stay motivated. The **VES Arctic 10K** will be held on Sunday February 1st. This is the perfect compliment to training for the Williamsburg Half Marathon later in the month. David Horton will once again host the **Holiday Lake 50K ++** on February 14th at Holiday Lake State Park in Appomattox. If you love trail running this event is for you. Both of these events are great fun and all members are encouraged to participate, either as a runner or volunteer. Race Directors are always in need of volunteers.

For the past two years I have really enjoyed playing an active role in the growth of the Lynchburg Road Runners while serving as its President. Membership has grown, the number of running events in the Lynchburg area has increased, our timing equipment is getting more use than ever, our newsletter has continued to inform and educate, our weekly and monthly organized runs have kept us motivated, and we've brought in outstanding speakers to our club meetings. This is certainly an appropriate time to say, **"Thank You"** to our membership for all their selfless acts that have benefited the running community. A special thanks to the executive committee; Darrell, Vic, Wendy, and especially Mary Ann Craven who is stepping down as Membership Chair after many years of service.

The future of the Lynchburg Road Runners is indeed a bright one, but, only with your continued support. Our executive committee is in need of individuals to "step up." **Our current vacancies for 2004 include the positions of President, Secretary, and Membership Chair.** These are vital club responsibilities and take less than 2-3 hours a month to perform. Your active participation as an executive board member will have a direct impact on our running community. Without these positions filled I am afraid our club will take a serious stride

backward. Interested club members should contact me by email (riversiderunners@yahoo.com) or by phone (386-0660).

And finally, its dues time again. You will find a membership form on the last page of this newsletter. As a member of the LRR you'll receive benefits and services designed to help you get the most out of your running experience. Your dues provide for this newsletter, local race insurance, discounts at local races and merchants, fun runs, and your automatic membership in the Road Runners Club of America (RRCA). It pays for itself. Send your membership renewal in January. Better yet, save a buck and renew at the Fun Run on January 1st.

See you on the roads,
Jeff

2004 LRR OFFICERS

President (OPEN)	Jeff Fedorko
Vice President	Darrell Wargo
Secretary (OPEN)	Vic Galan
Treasurer	Wendy Golden
Membership (OPEN)	Mary Ann Craven
Newsletter	Vic Galan

Next LRR Club Meeting

Tuesday, 13 January, 2004
at the Monte Carlo Restaurant
Old Forest Road
6:30 Diner
7:00 Meeting

The **February** meeting of the Lynchburg Roadrunners will be on **Tuesday, 10 Feb. 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 December meeting of the Lynchburg Roadrunners Club (LRRC) was held on Tuesday, 9 December 2003 at the Monte Carlo Restaurant. It was **free pizza night** and most all guests took advantage and carbo loaded.

With **twenty** guests and members in attendance, president **Jeff Fedorko** called to meeting to order at 7:00 PM. The **LRRC has 135 members to date**. Everyone was reminded that membership dues should be paid early in 2004. Dues have not changed for the coming year. In fact dues are reduced by \$1.00 for those hardy souls signing up at the January 1 **New Year's Fun Run** at 10:00 am from Riverside Park. Our race insurance for the year must be paid in January - and you know how important that is. No insurance, no races.

Treasurer's report includes \$2,195 in the general fund and \$1,692 in the race fund.

The **club officer positions** of President, Secretary and Membership are open for 2004. Please come forward and volunteer to help keep your club strong. Call Jeff Fedorko, or attend the next meeting and give your club a hand.

Guest speaker **Dr. Peter Magayari**, Director of Human Performance Lab at Lynchburg College, provided a technical and most interesting talk on **Principles of Aerobic Performance**. The talk included definitions of VO_2 max, Lactic acid threshold, Running economy, Environment, and Nutrition.

Oxygen uptake as a function of work for the individual is determined in the lab. Training can increase VO_2 max by 15%.

Cardiac output is determined by the individuals

heart rate reserve, **HHR**. To determine heart rate reserve the maximum heart rate **HRmax** is either measured specifically for the individual or estimated with the formula **HRmax = 220 - age**. The age formula has a standard deviation of +/- 10 bpm. This means that for a large test population and a normal distribution about the sample mean, 68% of the individuals fall within 10 bpm of the mean for a given age when using this formula. A **heart rate monitor** can provide a specific measure of an individual's HRmax, although this method is not recommended for beginners.

The heart rate reserve is then calculated by subtracting the resting heart rate, RHR, from the maximum rate. **HHR = HRmax - RHR**

For training, the Oxygen uptake is optimized at **$VO_2 \text{ max} = HHR * 0.80$**

The most dramatic way that training affects the heart rate reserve is by lowering the resting heart rate and increasing the lactic acid threshold. This is most efficiently accomplished with training near 80% of heart rate reserve.

Knowledge is power, and as runners our time is precious. How we use our limited time to train is very important. The information shared by Dr. Magayari will help anyone improve.

To Bernie the Bard

The seed is planted when you say Hi
To others as you are passing by.
While they do not reply to you,
Your example will shine through
And may cause them to smile for the next guy.

So don't allow your natural good cheer
To dwindle, dim, or disappear.
Your simple acts of kindness inspire change.
Although at the time you may feel strange,
The goodness of your heart is always clear.

Anonymous

FUN RUN

Jan. 1, Riverside Park - LRRC New Year's Run With \$1.00 off membership dues for 2004.

Let's kick-off the new year 2004 right with a Fun-Run, followed by refreshments and social time. We'll meet at **10:00 a.m.** in the parking lot at **Riverside Park** for a leisurely paced 3 mile run up the Rivermont sidewalks to Peakland Place and back. The more ambitious can include the Peakland Place loop to make it a 5 mile run. The really worked over reveler can always be guided to a 1 mile jaunt about the Riverside Park path, but no fair getting to the refreshments first.

No fee, no times, no shirts, no awards, no pressure. Refreshments provided!!!! **Plus, Don't Forget, \$1.00 Off Membership Dues for 2004.**

The Coach Says

"Running is the classical road to self-consciousness, self-awareness and self-reliance. Independence is the outstanding characteristic of the runner. He learns the harsh reality of his physical and mental limitations when he runs. She learns that personal commitment, sacrifice and determination are her only means to betterment. Runners only get promoted through self-conquest."

Noel Carroll

Louise Martin's Latest Trip

By Mary Torrence

I wanted to let you folks know that my mother fell Nov. 3rd and broke her left arm near the shoulder. She had surgery on Nov. 10th and Dr. Diminick is very pleased with her progress. This weekend she began regular walks during the day on the long driveway and is beginning therapy for the shoulder. Therefore, Don, you won't see Mama or me at the Turkey Trot much to our disappointment.

This accident did have it's comic moments. My sister took her to the emergency room and there the doctor, not knowing Mama at all and seeing an 87 year old woman asked her if she used a "walker". Silence followed and finally my sister responded, "She just ran the 10 miler". The doctor just looked at them both.

Next, the doctor asked for an account of what happened. Mama began, "I had just finished my usual 5 mile run and was in my cool down period when I decided to fill a watering trough for some calves and tripped over the hose." The doctor looked at my mother and again at my sister and never made a comment. She probably thought she should call in a psych consult for the both of them.

A couple of years ago Mamma fell on ice and broke the same arm. You would not believe what the xrays look like on this arm. Amazing!! Drs. were running all over the emergency room pointing out the elbow. She's doing well....starting rehab now. I told her she had a new career in body building.

My mother's address is Route 1 Box 663, Appomattox, VA 24522 and her telephone number is 352 7810. I know she would love to hear from any of you. Thank you all for your continuing support and encouragement.

The Bozeman Trails

Debbie and I ran the JFK-50 Saturday, November 22, a beautiful day. Debbie finished 557th with a time of 11:13:58, and I strolled in 558th overall at 11:13:59. Darn, she beat me again!! These are never easy, and I'm just glad to show up every year for another completion. Debbie hurt her back the week before and I was worried about her finishing at all. Almost 1,000 runners started and approximately 100 dropped out for various reasons. **Dave Mackey** of Boulder Colorado won in 5:55:30 (7:05/mile).

Buzz Sawyer, age 75, was the originator and director of the JFK-50 for 31 years, until he handed off to a younger race director 10 years ago. Buzz not only started this event, but "won" a couple of years. Now, at 75 he is able to push himself 50 miles and finish in 13:34 and placed 807 out of 829 "official" finishers under the deadline of 14 hours.

Last year for the first time, they had two "starts," one at 5:00 AM for those who "might" need 14 hours to finish and a 7:00 AM start for those who can finish under (hopefully) 12 hours - with the deadline of 7:00 PM for all the runners. About 250 runners started at 5:00 AM and we passed many of these as well as the 7:00 AM starters. If I continue to do this event after I achieve my 20th finish, I may have to start at 5:00 AM as well to have more "cushion" to finish in 14 hours since "gravity" will take over soon and the legs will move slower.

Next year Debbie and I will be the only "husband-wife team" to finish 10 or more JFK's in it's (then) 42 year history. When Debbie accomplishes #10 next year, we'll be in the JFK-50 record books. I predict that in 51 weeks from now, she will finish her 10th JFK in under 11 hours. Of course, Debbie commented out on the course around 30 mile plus, that after she does 10, it might be "over." We all have said that before!!!

Concerning the JFK-50, **Dave Horton** and I are tied now at 16 each completion. Of course, he actually WON this race in 1985 with a time of 6:16:00, while all I can do is hope to finish. **Bethany Hunter** really has improved over the years with David's coaching. She finished 1st Female (25th Overall) with an outstanding time of 7:20:53. My best time on that course is 8:18 back in 1983 (my first year).

P.S. Oh yea, the shower was "cold" afterwards.



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

Better Late Than Never

Hey... in the last LRR newsletter, I looked to see if my Columbus marathon result was in there. I guess I should have e-mailed it to you. I'm now listed as 4:30:30 even though my initial chip time said 4:30:29. OK, no big deal, I guess, except I had already written the 29 on the back of my medal. Oops.

Jeanne Craig

What Ever Happened To

By Lesley McPhatter

Just wanted to let everyone know that our fast old man Horace Ellis ran the Jacksonville Marathon Sunday in rain, heat and humidity in 3:51 and did NOT pass out at the end (He couldn't-none of us were there to pick his butt up!!!!). So the old man is back on track. He sounded great after the race and his only mission was finding his favorite beverage! He only came in 4th in his age group (boo hoo-no hardware for a change-). The winning time in his age group (I think its 60-99 year olds) was 3:04-impressive.

Gotta give him a hard time since he is living it up down South while we freeze and slip and slide up here! On a serious note, he had two friends hit by a car in a run/walk last night. They are both in critical condition-one is 67 the other 53 and they were thrown a good ways so please keep them in your thoughts and prayers. A reminder to us all to be careful out there and watch out for ourselves and each other!

RACE RESULTS

Nov. 15, Richmond - Sun Trust Marathon

Reported by Jeanne Craig

A clear, beautiful day for the 26th running of the Richmond marathon and 8K. As usual, the course was well tended with liquid refreshment, time at every mile, and music to take your mind off your troubles. 2780 runners participated.

Hey! Richmond was great! I ran in the 8K along with some Runners World Online friends on a team we called "Sabrina's Dream". Originally it was supposed to be three Women in Motion and two RW online friends, but Brenda Padgett got injured... wasn't sure Christy Aud could make it... so it was me & some friends.

Kevin Shroyer 43 1:03:35 2874 174

Still... if you check out the team results, Sabrina's Dream came in 12th out of 35 teams, and the 11 teams that beat us were all male! So I am REALLY WISHING they had had separate male/female team awards... I would finally have that gold medal....

Anyway, I ran a 40:56 and was pleased, but also a little disappointed because I know I could have gone sub-40 if I hadn't had to weave around people for the first 1/2 mile. So many slower people lined up near the front. Honestly, I passed people who were WALKING. Grrrr. Anyway, after the race two other teammates and I plunked ourselves down just before mile marker 25. I saw two guys run by wearing Lynchburg RR shirts and I jumped up and down and cheered. They probably thought I was some crazy woman.

Our Bedford ladies ran good times (Kindra Younce did 3:53 chip, Kelly Jennings and Hollie Porter also came in under 4:00 chip).

The following local runners participated in the fun.

<u>Marathon Name</u>	<u>Age</u>	<u>Chip Time</u>	<u>OA</u>	<u>OAG</u>
Michael McPhatter	30	2:44:43	19	5
Bret Boman	45	2:55:55	48	1
Chris Palladino	32	3:01:44	90	17
Carl Thurston	42	3:02:19	95	15
Brad Fitzgerald	45	3:13:33	190	12
Kevin Willis	37	3:24:03	330	45
Paul Carrasco	33	3:23:57	339	46
Preston Evans	47	3:26:08	373	37
Virgil Hurt	38	3:37:16	599	86
Donna Rinker	32	3:42:13	703	21
Hollie Porter	30	3:55:19	1045	40
Liv Fedorko	30	3:56:18	1085	45
Kelly Jennings	30	3:56:20	1087	46
Gary Thacker	40	3:56:23	1092	168
Richard Brooks	54	4:03:38	1283	76
Melissa Taylor	37	4:11:42	1453	82
Leigh Cheatham	35	4:23:06	1744	98
Lisa Dejarnette	34	4:23:50	1763	102
Mary Steuart	41	4:23:51	1765	78
Roy Ilch	40	4:41:47	2131	276
Laura Taylor	40	5:06:31	2438	124
John Kurisky	65	5:10:44	2466	14
John Hager	49	5:19:16	2532	239

<u>8K Name</u>	<u>Age</u>	<u>Chip Time</u>	<u>OA</u>	<u>OAG</u>
William Hunter	51	0:38:00	522	22
Lesley McPhatter	40	0:38:18	548	15
Katey Peoffitt	15	0:38:21	560	14
Sidney Thomas	35	0:39:57	760	80
Kiston McPhatter	29	0:40:33	851	36
Jeanne Craig	34	0:40:56	873	29
Fred Fauber	71	0:43:39	1291	6
Nadine Potter	27	0:45:04	1507	96
Leslie Phillips	37	0:49:29	2150	155
Megan Thompson	28	0:52:40	2427	209
James Armentrout	30	0:59:26	2748	202

12th 8K Team - Sabrina's Dream Team

Eleni Heeschen	38:44
Pamela Stratos	39:59
Jeanne Craig	40:56
Karen Rasmussen	41:16
Andrea Bahry	48:50

November 22, Roanoke, Va. - Star City 1/2 Marathon
1/2 Marathon Local finishers out of 267 runners

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
1	Kevin Beck	33	1:14:32	5:41
12	Catherine Phillips	28	1:24:57	6:29
34	Greg Snowman	38	1:31:25	6:59
50	Craig Miller	50	1:35:26	7:17
66	Wilbert Hooper	45	1:39:58	7:38
97	Chip Moffitt	44	1:44:21	7:58
100	Trish Moffitt	34	1:44:59	8:01
104	George Mlus	43	1:45:55	6:05
105	Eileen Mallesch	47	1:45:56	8:05
142	Paula Skulina 34	1:52:33	8:35	
152	David Lowry	49	1:53:45	8:41
153	Heather Royer	41	1:53:49	8:41
173	Yvonne McMahon	44	1:56:55	8:55
189	Greg Sepesi	44	1:59:32	9:07
193	Anthony Peeler	36	2:01:19	9:16
194	Layne Terrell	44	2:01:20	9:16
210	Amanda Ruhl	27	2:05:11	9:33
211	Pete Grissom	37	2:05:15	9:34
212	David Skulina	40	2:05:16	9:34
220	Lisa Light	42	2:07:04	9:42
221	Cindi Bowen	43	2:07:05	9:42

8K Local finishers out of 127 runners

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
1	David Angell	27	16:21	5:16
62	Heather Morrison	21	25:16	8:09
91	Wendy Golden	35	28:09	9:05

November 27, Genesis House Turkey Trot 5K and Youth Mile

Race Directors: Don & Barbara Lucy

The Genesis House Turkey Trot 5K and Youth Mile was a huge success on Thanksgiving Day because of many generous individuals. We are pleased to announce that over \$2500 was raised for the Genesis House, a facility in Lynchburg which provides care for children and families in crisis situations.

Over 300 runners came out on a beautiful fall morning to race the hilly course through Poplar Forest. Casey Grey, men's champion and Shannon Saunders, female champion are both former stand out cross country runners from Amherst High School and Jefferson Forest High School respectively. Karl Overstreet and Bilynda Brinkley were the champions in the Youth Mile.

It takes many hands and many dollars to put on a first class race. We would like to thank the three sponsors, High Peak Sportswear, Central VA Orthopedics, and Rehabilitation Associates of Central VA. for their generous contributions, the volunteers for their time and the more than 300 runners who raced the course. Refreshments were waiting for the runners at the finish. Awards and door prizes were given after the Youth Mile.

MEN

Pl.	Name	Time
1.	Casey Grey	17:09
2.	Greg Johnson	17:23
3.	Thomas Brennan	17:39

WOMEN

Pl.	Name	Time
Overall		
1.	Shannon Saunders	18:17
2.	Cat Phillips	19:22
3.	Donna Elder	20:38

See overall Results in this newsletter.

18	Leigh Cheatham	35 F	51:32	8:18
19	Bruce Ritter	52 M	51:45	8:20
20	Abigail Clarborne	23 F	52:13	8:25
21	Bob Moore	32 M	52:28	8:27
22	Maureen Miller	26 F	53:45	8:39
23	Bernie Davis	66 M	54:24	8:46
24	Lauren Brown	21 F	54:37	8:48
25	Jamie Wyckoff	19 F	54:47	8:49
26	Anita Schmidt	43 F	55:13	8:54
27	Scott Rankins	45 M	55:14	8:54
28	Fred Fauber	71 M	55:53	9:00
29	Tate Leftwich	43 F	56:02	9:02
30	Forrest Carson	28 M	56:42	9:08
31	Ann Allison	51 F	57:38	9:17
32	Sarah Erb	17 F	57:38	9:17
33	Kristina Krider	35 F	58:13	9:23
34	Larry Scott	58 M	58:31	9:25
35	Mary Thomas	29 F	59:18	9:33
36	Paula Morgan	36 F	1:01:28	9:54
37	Branson Carroll	19 M	1:03:21	10:12
38	Rachel Allen	32 F	1:03:34	10:14
39	Anna Gilkey	24 F	1:03:48	10:16
40	Lee Ann Wheat	29 F	1:05:18	10:31
41	Jennifer Page	27 F	1:06:20	10:41
42	Laura Edwards	42 F	1:07:12	10:49

5K Overall Results

Dec. 6, Bedford - 24th Annual Peaks of Otter Christmas Classic 10K & 5K Run

This great event raises money for the Bedford YMCA and has a great tradition. The race weather conditions were perfect despite the dire weather predictions the night before.

10K Overall Results

<u>Place</u>	<u>Name</u>	<u>Age S</u>	<u>Time</u>	<u>Pace</u>
1	Michael McPhatter	30 M	36:58	5:57
2	Matt Manico	29 M	37:08	5:59
3	Darrell Wargo	35 M	39:04	6:18
4	Bonnie McDonald	39 F	39:47	6:25
5	Donna Elder	40 F	41:34	6:42
6	Karen Black	31 F	41:54	6:45
7	Michael Morris	50 M	42:32	6:51
8	Brian Carlton	50 M	42:45	6:53
9	Preston Evans	47 M	42:52	6:54
10	Donna Williams	42 F	43:27	7:00
11	Natalie Bordeaux	23 F	43:46	7:03
12	Stan Edwards	42 M	45:42	7:22
13	Frank Guler	53 M	45:54	7:24
14	Kitty Tomkinson	37 F	48:13	7:46
15	Jimmy Roux	41 M	48:43	7:51
16	Craig Nicol	34 M	48:51	7:52
17	Eddie Everhart	46 M	51:17	8:16

<u>Place</u>	<u>Name</u>	<u>Age S</u>	<u>Time</u>	<u>Pace</u>
1	Jeff Harrington	33 M	17:46	5:43
2	Joe Moon	32 M	18:56	6:06
3	James Evans	16 M	19:04	6:09
4	Steve Spire	33 M	19:11	6:11
5	R.J. Scott	40 M	19:13	6:11
6	Kenny Palmer	35 M	19:43	6:21
7	Kevin Craig	15 M	19:49	6:23
8	Van Phillips	34 M	20:02	6:27
9	William Wall	24 M	20:26	6:35
10	Kevin Willis	37 M	20:27	6:36
11	Tommy Field	35 M	20:34	6:37
12	Mark Joyce	35 M	20:54	6:44
13	Paul Miller	37 M	21:37	6:58
14	Gregg Dean	27 M	21:39	6:59
15	Hannah Roller	16 F	21:42	6:59
16	Winston Burks	44 M	22:46	7:20
17	Mark Karnes	40 M	22:58	7:24
18	Eddie Fielder	38 M	23:14	7:29
19	Jeffrey Cutler	37 M	23:17	7:30
20	Kelly Jennings	30 F	23:50	7:41
21	Jeanne Craig	34 F	24:12	7:48
22	Mike McFadden	59 M	25:20	8:10
23	Josh Reynolds	22 M	25:32	8:14
24	David Smith	33 M	26:10	8:26
25	Daniel Meade	12 M	26:32	8:33
26	Ben Schowe	55 M	27:00	8:42
27	Bob Moody	49 M	27:08	8:45

28 Mike Shea	39 M	27:23	8:49
29 Sadie Shea	14 F	27:23	8:49
30 Christy Waud	30 F	27:34	8:53
31 Phoebe Wright	56 F	28:00	9:01
32 Scott Dean	43 M	28:15	9:06
33 Bill Hammond	68 M	28:24	9:09
34 Duanne Marshall	40 M	28:50	9:17
35 Brandon Reynolds	28 M	29:15	9:25
36 Tamela McClung	37 F	29:25	9:28
37 Hunter Barnes	12 M	29:45	9:35
38 Jamie Messier	9 M	29:59	9:40
39 Mary Jo Boone	42 F	30:04	9:41
40 Haley Smith	10 F	31:06	10:01
41 Jim Cutler	65 M	31:13	10:03
42 Kurt Smith	42 M	31:27	10:08
43 Delisa Alvis	43 F	32:03	10:20
44 Nancy Welker	69 F	33:30	10:47
45 April Roberts	26 F	33:31	10:48
46 Phil Welker	67 M	33:42	10:51
47 Scott Graham	23 M	33:51	10:54
48 Kim Messier	40 F	34:24	11:05
49 Dwayne Abbott	27 M	36:10	11:39
50 George Smith	79 M	37:14	12:00
51 Elizabeth Wright	27 F	37:24	12:03
52 Kristen Abbott	30 F	37:25	12:03
53 Melissa Hudson	32 F	37:42	12:09
54 Peggy Bryant	70 F	40:16	12:58
55 Wendy Schumann	50 F	40:40	13:06
56 Edwards Bill	66 M	41:46	13:27

Dec. 13, Fincastle, VA - Hellgate 100K

For a history and race description see Race Director Dave Horton's feature article in this newsletter.

Place	Name, Age, State	Time
1	Ryan Cooper, 29, CO	12:31:22
2	Aaron Schwartzbard, 26	13:00:24
3	Courtney Campbell, 38	13:08:16
4	Cat Phillips, 28	13:15:27
5	Mike Zealand, 28	14:15:12
	Ryne Melcher, 24, Canada	14:15:12
7	Jerry Turk, 45, CT	14:40:27
8	Chris Scott, 34	14:44:37
9	Josh Gilbert, 28	14:52:27
10	Grattan Garbee, 40	15:10:57
11	Scott Brockmeier, 41, NC	15:15:45
12	Philip Waggoner, 30	15:20:16
13	Annette Bednosky, 37, NC	15:24:35
14	Jeffrey Garstecki, 34, PA	15:25:04
15	Neal Jamison, 35	15:40:02
16	Lori Cooper, 28, CO	15:45:08
17	Sally Brooking, 47, GA	15:50:17
	Marty Coleman, 42, GA	15:50:17
19	Kevin Bligan, 44, PA	15:54:24
20	Ryan Henry, 29	16:12:13
21	Dan Lehmann, 53, WV	16:15:18
22	Paul Ralyea, 36	16:16:29
23	Hilliary Goode, 21, NC	16:23:36
	Amy Thompson, 27, NC	16:23:36
25	David Snipes, 36	16:26:52
26	Rebekah Trittipoe, 46	16:27:54
27	Roy Marshall, 47	16:52:40
28	Susan Baehre, 45	16:53:37
29	Jim Treece, 34, MD	16:54:02
30	Joe Novak, 41	16:55:07
31	Jaret Seiberg, 34, MD	17:07:20
32	Gary Knipling, 60	17:09:20
	Keith Knipling, 27, IL	17:09:20
34	Graham Zollman, 55	17:11:09
	Kerry Owens, 40	17:11:09
36	Brian Loose, 38, CT	17:43:05
37	Anita Walker, 37	17:46:24
38	Darin Dunham, 34	17:50:31
39	Marty Lindemann, 42	17:52:08
40	Tom Corris, 50	17:53:09
41	Bob Combs, 36, OH	18:41:10
42	Denise Kehoe, 38, NC	18:41:56
	Bill Losey, 31, OH	18:41:56
44	Les Martisko, 59, MN	18:55:00

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

UPCOMING RACES

Jan. 1, Riverside Park - LRRRC New Year's Fun-Run, with \$1.00 off membership dues for 2003. 10:00 a.m. in the parking lot at **Riverside Park** for a leisurely paced 3 mile run and good cheer.

Feb. 1, Lynchburg - VES Artic10K, 2:00p.m. at VES campus. Info: Call Reed Finlay at (804) 384-6221 or 384-6352. See application - enclosed

Feb. 14, Appomattox - Holiday Lake 50K, 6:30am; Info: Dave Horton at (804) 582-2386 (w), 239-1324 (h), e-mail: dhorton@liberty.edu
Web: www.extremeultrarunning.com

March 7, Goode - What Goes Down Must Come Up, Predict your time 4 miler. Jerome Loy, Race Director. Discount is offered to Lynchburg Roadrunners on registration.

March 14, Virginia Beach - 28th Shamrock Sportsfest, 8:00am-Marathon Walk; 8:30am-Masters 8K; 9:00am-Marathon; 9:30am- Open 8K; \$25 marathon, \$18 8K before 2/16. For information: Phone (757) 481-5090, or e-mail sportsfest@juno.com, or on the Web at www.shamrocksportsfest.com

Hellgate 100K – December 13, 2003

“To Hell and Back”

by David Horton

Why start another ultra when you already direct four? For years, I had known about the Glenwood Horse Trail (GHT). In fact, we use 6.2 miles of the GHT in our Promise Land 50K race. I had seen the GHT in different places as being anywhere from 60 – 64 miles.... around 100K??? In August of this year, I told Dr. George Wortley, the medical director of the Lynchburg Ultra Series (LUS), that I was thinking about running the GHT in two days as a fun run. The more we talked, the more excited we became. I thought, what the heck, why not just have a race.... and the story starts, and the work begins.

A location had to be determined for the start/finish. After much looking, we found Camp Bethel (located near Fincastle, VA and just over one mile from the GHT). The camp is a multi-use facility operated by the Church of the Brethren. They have a number of facilities that we could use and they cook meals as well. They were and are extremely friendly, helpful, and were willing to allow us to use their facility. Boy, did we find a GREAT place for race headquarters.

The next major issue was finding and clearing the trail. There were several sections that were overgrown and covered with dead trees. We spent 7 Sunday afternoons clearing the trail. The entire trail is a mixture of single track trails, grassy no traffic roads, and gravel and dirt roads.

The starting time was set at 12:01 a.m., so that runners would do the night time running when they were fresh; and 12:01 not 12:00 so that there would be no confusion on the starting date. Picking a mid December date to run a 100K race has potential problems with weather. When we tried to mark the course the Saturday before the race, we had to deal with 4-10" of snow on the trail!! It took us 12 hours to mark 35 miles. The night right after the race ended brought 3" of snow and ice and rain all the next day. We were very fortunate. Even though it was very cold and much of the early part of the run was snow and ice covered, it could have been much worse.

I had originally set the time limit at 16.5 hours. I knew that I needed to get an idea of how long it took to cover the course and aid station guidelines for crews, so I ran the course starting at 12:01 a.m. on November 8 and, was crewed by Dr. Wortley. I had some G.I. problems during the run, and it ended up taking me 14:44 to complete the course. I then increased the time limit to 18 hours.

Fifty-two runners had already completed the other three races (LUS) that I direct in 2003. An idea came to me that we should do something for those who completed all four ultras in the Lynchburg area. Thus the “Horton Slam”, LUS plus Hellgate 100K was originated. The award was to be a fleece blanket with all four race names embroidered on it.

We wanted to make this a more self-sufficient race so we had only 9 aid stations (16 at the MMTR 50 miler). I recruited 4 crews of workers from Liberty University students (a captive audience). We marked the course with orange streamers and then put up chem. lights (for the first 35 miles) on Friday afternoon and Saturday morning. Per our usual standards, we marked the course heavily, because no one who was running had covered the entire course.

After our meal on Friday, we had a pre-race meeting and then runners lounged, with many taking a nap on the available bunk beds (8:30 – 10:30). We carpooled the 26 miles to the start, for the 12:01a.m. start.

For many runners, this was their first race with night running. We had about a ¾ moon on a very clear and starry night. With this and the snow, visibility was outstanding. Many runners talked about how magical the night was and that for many miles they didn't use their lights.

When we decided to start the race, I thought we might have about 75 runners. We started 71 runners from 13 states and Canada.

With Courtney Campbell (Berryville, VA) and Clark Zealand (now from Kitchner, Ontario) running, I

thought it would be a two man race. However, Courtney had been having a foot problem and Clark lived in flat country now and had not trained on hills.

In the ladies division, I thought it would be between Cat Phillips (Lynchburg, VA), Annette Bednosky (Boone, NC), and Sally Brooking (Marietta, GA). Annette and Sally were very experienced and Cat was running her first ultra. Cat however, was a very experienced runner and a professional triathlete. She had run on a lot of the course and had helped in clearing much of the trails.

Campbell and Aaron Schwartzbard (Reston, VA) jumped to an early lead and were within one minute of each other, through aid station (AS) 3 (13.1 miles – Camping Gap). Ryan Cooper (Erie, CO) checked in 11 minutes after Campbell at this point. Clark Zealand had problems with his hip at this point and was forced to drop out.

By AS 4 (Headforemost Mountain – 21.9 miles) Schwartzbard checked in at 4:11 a.m. with Cooper at 4:22 and Campbell at 4:29. Schwartzbard checked in to AS 7 (Bearwallow Gap – 42.5 miles) at 8:40 with Cooper at 8:53 and Campbell at 8:55. Campbell left the AS before Cooper and looked to possibly chase Schwartzbard down for the victory. WRONG! Cooper closed to within 2 minutes of Schwartzbard by AS 8 (Bobbles Gap – 49.5 miles) with Campbell falling back. Within the next 3 miles, Cooper raced by Schwartzbard and flew to the finish, completing the course in 12:31:22. Schwartzbard held off Campbell 13:00:24 to 13:08:16, to take second place.

Phillips checked in to AS 2 (Petites Gap – 7.5 miles) at 1:21 with Brooking at 1:26 and Bednosky at 1:28. That was as close as Brooking and Bednosky ever got, as Phillips pulled away the rest of the race, taking her race to the men. By AS 3 (13.1 miles) “Cat Girl” had moved into fourth and stayed there the rest of the day, making an unbelievable ultra debut!!! I knew she would run well, but I never expected her to run such a GREAT race. At 42.5 miles, she was only 23 minutes out of the lead. Finishing only 8 minutes behind the great runner Courtney Campbell (4 time MMTR 50 Mile winner) demonstrated just how well she ran.

Bednosky took second place in 15:24. Just like her husband Ryan, Lori Cooper put on a late rush and took third in 15:45 with Brooking taking fourth in 15:50, and also first female master runner. Jerry Turk (Clinton, CT) took the masters’ title in 14:40. The grand master winner was Dan Lehmann (Helvetia, WV) in 16:15, and Gary Knipling (Mason Neck, VA) was the super masters’ winner in 17:09. Gary’s son Keith, finished with his dad.

Five males and five females finished the “Horton Slam” and received the embroidered blanket: Joe Novak, David Snipes, Josh Gilbert, Brian Loose, Graham Zollman, Annette Bednosky, Rebekah Trittioe, Anita Walker, Amy Thompson, and Marty Lindemann.

The race would not have been successful if we didn’t have the help of the Lynchburg Amateur Radio Club (LARC). Hal De Vuyst (who has worked all 21 MMTR 50 mile races) headed up the LARC team and was able to recruit a team of 14 LARC members to man the aid stations. They also supplied huge lights for the night aid stations. Their help was invaluable in tracking the runners.

My wife (Nancy) and Nancy Hesse cooked soup and chili for the runners to eat after the race. Sitting by the fireplace in the lodge and eating hot food by the runners was a treat for them. The black long-sleeved t-shirt designed by Liz Corrales was a real hit with the runners. The saying on the front of the shirt was very appropriate.

*“The woods are lovely, dark, and deep,
but I have promises to keep,
and miles to go before I sleep,
and miles to go before I sleep”*

Liz also designed the logo for the finisher awards. Male and female winners received the beautiful embroidered Patagonia Supercell Jackets. The other top 9 males and top 4 females received a Patagonia

R.5 tops. Age group winners also received the R.5 top. All other finishers received a Patagonia mid-weight capilene Zip-T top.

Lawrence Bryant cooked breakfast for runners and crews at AS 6 (34 miles). I wasn't even running and the greasy breakfast tasted great to me. What a welcome break.

Because of great support from our sponsors (Frank Villa, Montrail, and Patagonia), we were able to give away almost \$1,000 of running attire in a raffle. Conquest was also provided by Gray Buffington.

Because it was such a huge success, there will be a second running of the Hellgate 100K. The date for 2004 is December 11, starting at 12:01 a.m. To maintain the spirit and intimacy of the race, we will be limiting the field to 100 runners, and I expect that will be reached way before race day. It will not be a part of the LUS, but it will continue to be a part of the "Horton Slam."

It was a very rewarding and fulfilling experience to initiate, develop, and direct the first 100K ever held in Virginia. There is always the very REAL possibility of bad weather, but that is part of the challenge. The cut-off time will also remain at 18 hours.

The Hellgate 100K is a VERY different and challenging race. The rewards of finishing the race are enormous, just ask one of the runners who finished it. I know it was very rewarding for me to complete it in a training run.

P.S. Two different runners used their altimeters to measure the elevation gain. The two readings were 13,100 and 13,900 feet of gain.

P.S.S. Neal Bryant dropped out at AS 5 and had an appropriate quote, "It is the best race I have never finished."