

## The Presidents Column

Summer is here! We can look forward to hot, humid, sweaty, early morning runs and some great local road races. I have really enjoyed seeing so many of you at the Summer Track Series, hosted by our very own Bret Boman. June would not be the same without running at the Lynchburg College track. Amazingly, we dodged the traditional thunder storms that can play havoc.

Our running club has been very active supporting a number of local races over the past 2 months. A big "thank-you" to all that have supported the Riverside Runners "kids" fun run at Peaks View park at National Trails Day in early June. The summer racing season really kicked off with the annual Central VA Kidney Association 10k on Memorial Day. Attendance was up and a light rain kept runners cool. This was the first race of the Lynchburg Road Runners Race Series. Now in its 3rd year, the series seeks to motivate runners to keep running through these tough summer months. Points are scored in an "overall" category and in "age group" divisions. To be eligible for the series, runners must complete a minimum of 3 race series events. The second race of the series was the Percival's Island 5-Miler. Look for results in this newsletter. It's not too late to participate in the series!

On July 24th, Presbyterian Homes and Family Services, will host the Presbyterian Homes 5K. This promises to be the road race event of the summer. The course starts and finishes on the campus of the Presbyterian Home, winds its way up Linden Avenue, and uses the entire length of Peakland Place. Sure its got its share of hills, but, the streets are completely closed to traffic. A Family Fun Day will follow complete with live music, petting zoo, food and fun. I encourage you to encourage all runners you know to sign-up. Applications are available at Riverside Runners. Early registration ends on July 16th.

Looking to make a difference in our community through running? You'll find in this newsletter, a flyer for "Ryan's Run 2004." The BB&T Virginia Ten Miler and Ryan's Run 2004 have partnered to make a difference. To become part of Ryan's Run Team, runners need to raise \$50 or more in pledges. All proceeds benefit Kids' Haven. The goal of this non-profit is to provide grief support for children that have lost a loved one. Team members receive entry into either the 10 mile or 4 mile race. This is a

win/win for all involved!

There's been a lot of interest in Lynchburg Road Runners team singlets. Are you interested? Riverside Runners is taking orders. Please call the store by July 24th with your size and quantity. Cost for club members, for this moisture wicking top, is just \$17. It's always fun seeing our club represented at races or on the roads.

The Virginia 10 Miler and those fall marathons are just around the corner so stay hydrated and keep logging those miles. I look forward to seeing you on the roads and at the races.

Happy Running,

Jeff Fedorko

### 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

By George Mrus, Secretary

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](http://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](http://www.riversiderunners.com)

### The Bozemans' Trails

*By Steve Bozeman*

On Saturday, May 8<sup>th</sup>, at Camp Lejeune, N.C., Debbie and I completed an exciting 50K Bike race. Debbie may be 50 years young and not in marathon shape at this time, but she can "ride with the big dogs" on the bike. After missing two marathons this winter and spring, she needed a "positive experience" to brag a little. We have been doing this race for about 6 years and we are never in "bike shape," because we train very little the first part of the year. So, we always push as hard as we can and hope for the best. This year, we had our best finish time of 1:17:23 (Debbie) and me (1:17:26). Just like the Tour de France, we race in packs and near the finish line, it's a wild and crazy sprint. Debbie positioned herself in the 15 person pack better than I did the last 1/2 mile and beat me by 3 seconds. I didn't let her, she earned it!!!!!! We had one bike crash in our pack at mile 15 and both of us had to swerve off the road into the gravel and grass and was able to get back on the road without crashing or stopping. Now, that will get your heartbeat up fast. Biking around Lynchburg, it's hard to maintain a decent MPH, but on Camp Lejeune (slightly rolling) in the pack we managed 24 MPH average. Needless to say, it wasn't easy and our heart rate was pegged out many times. We had Champagne that night!!! There is an old saying about Champagne by Napoleon, "In Victory, you deserve it, in Defeat, you need it." Needless to say, in victory, it taste much better.

The next marathon we have is Grandfather Marathon in July. So, we are determined to keep in shape for the "BIG" triathlon in Hawaii in October.

**(Editor's Note:** Read Debbie's take on the Camp Lejeune 50K Bike Race in this Newsletter's Feature

Article.)



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

#### MEMORIAL DAY THOUGHTS IN THEIR DEBT

They died in our conflicts honorably.  
Their purpose was to keep us free.  
So many fine folks sacrificed.  
Some in wars quite ill-advised.  
They passed the torch to you and me.

Bernie the Bard

#### RACE RESULTS

#### **May 31, Lynchburg - 7th- ANNUAL CENTRAL VA KIDNEY ASSOCIATION TEN KILOMETER ROAD RACE**

<u>Place</u>	<u>Name</u>	<u>Age S</u>	<u>Time</u>
1	Steve Crowder	30 M	33:49
2	Peter O'Brien	36 M	36:27
3	Jeff Harrington	34 M	36:44
4	Christopher Palladi	32 M	36:47
5	Michael McPhatter	30 M	38:24
6	Paul Carrasco	33 M	39:35
7	Jeremy Ramsey	28 M	40:29
8	George Mrus	44 M	40:51
9	Darrell Wargo	35 M	40:55
10	Gary Stroud	52 M	41:06
11	Terry Ketchersid	43 M	41:10
12	Preston Evans	45 M	41:17
13	Donna Elder	41 F	41:19
14	Jonathan Knowles	17 M	41:52

15	Kevin Willis	37 M	41:56	77	David Skulina	41 M	58:07
16	Bob Hartless	60 M	42:15	78	Laura Taylor	41 F	59:22
17	Peter Sheldon	36 M	42:20	79	Larry Scott	58 M	59:40
18	George Cook	37 M	42:45	80	Danielle Demetrius	18 F	1:00:34
19	David Little	42 M	42:59	81	Terry Walton	63 M	1:01:12
20	Lee Eagle	42 M	43:40	82	Jamie David	42 F	1:02:27
21	Ron Riscart	50 M	44:10	83	Jeanie Stone	54 F	1:02:41
22	Brian Carlton	50 M	44:15	84	Jennifer Page	27 F	1:03:11
23	Carrie Nicklin	23 F	44:31	85	Vic Galan	67 M	1:03:43
24	Wilbert Hooper	45 M	44:52	86	Grace Frederickson	46 F	1:04:00
25	Robert Cook	42 M	44:54	87	Mary Hansen	46 F	1:04:17
26	Mark Stephens	32 M	44:56	88	Diane Burns	27 F	1:04:27
27	Nancy Ferris	48 F	45:21	89	Mark Jones	12 M	1:04:41
28	Riken Kumar	16 M	45:23	90	Karen Bolton	49 F	
29	Duane Pederson	37 M	45:45	91	John Kurisky	65 M	1:10:55
30	Nathan Brandley	28 M	46:12	92	James Carroll	19 M	
31	Craig Miller	51 M	46:13	93	Jane Benbow	67 F	
32	Sue Jones	42 F	46:14	94	Meagan Sanford	22 F	
33	Krista Leake	34 F	46:22	95	Brittany Davidson	13 F	
34	Jack Flippin	34 M	46:30				
35	Benjamin Kunkel	16 M	46:37				
36	John Justice	59 M	47:10				
37	Robert Vogel	46 M	47:18				
38	Chris Wyatt	16 M	48:28				
39	Horace Ellis	62 M	48:29				
40	Tommy Harris	64 M	48:29				
41	Robert Reid	36 M	48:33				
42	Donna Rinker	33 F	48:45				
43	Blair Snyder	36 F	49:09				
44	Emily Riggins	17 F	49:30				
45	Eileen Mallesch	48 F	49:38				
46	Dave Cavis	47 M	49:56				
47	Michael Reffner	30 M	50:22				
48	Heather Royer	42 F	50:23				
49	Krista Pickle	25 F	50:30				
50	Peyton Morgan	52 M	50:35				
51	F. Karl Overstreet	9 M	50:53				
52	Robert Knowles	34 M	51:02				
53	Barbara Edgar	38 F	51:09				
54	Daniel Dansby	16 M	51:26				
55	Wayne McDaniel	41 M	51:47				
56	Daniel Carey	43 M	52:07				
57	Noell Danaher	30 F	52:23				
58	Wendy Golden	36 F	52:26				
59	Leigh Cheatham	36 F	52:37				
60	Matt Levasseur	36 M	53:03				
61	Bernie Davis	66 M	53:22				
62	Anna Sumerlin	16 F	53:30				
63	Anne Hatcher	35 F	53:36				
64	Bilynda Brinkley	11 F	53:42				
65	Paula Skulina	35 F	54:18				
66	Chet McPhatter	32 M	54:20				
67	Steven Selby	42 M	55:00				
68	Tate Leftwich	43 F	55:10				
69	Bryan Carter	27 M	56:06				
70	Alan Jones	46 M	56:20				
71	Richard Stone	57 M	56:36				
72	Pete Grissom	37 M	56:44				
73	Amy Rockhill	51 F	57:00				
74	Skip Galt	45 M	57:20				
75	Randy Power	17 M	57:44				
76	Crystal Aylward	25 F	57:56				

## 2004 Summer Track Series

### June 1st - 29th, Lynchburg -

6:30 p.m. every Tuesday at Lynchburg College Track.

Race Director: **Bret Boman**

It was amazing this year – five meets and no real rain to speak off! It appeared that big fun was had by all who attended. Special thanks to Darrell Wargo, Adam Jones, Vic Galan, Pat Draney, Jeff Fedorko, Matt Ripley, Allen and Chris Armistead, and all who lent a hand timing. We had one series record this year but more importantly put on dozens of races and handed out hundreds of ribbons.

### 1500 Meters June 1, 2004

Kids 5-6

Joseph Schmidt 8:00.7

Girls 9-10

Monica Beck 6:51.9, Misty Schmidt 7:06.7, Stephanie Brown 7:22.1, Shannon Bing 7:35.1, Adelina Atkinson 8:16.3

Girls 11-12  
Bilynda Brinkley 5:54

Girls 17-19  
Ashley Armistead 5:31, Sarah Givens 6:15.7, Carrie Vest 6:15.9

Women 30-39  
Donna Rinker 6:19.3

Women 40-49  
Eileen Mallesch 6:36.7, Judy Zerfoss 7:45.9

Boys 11-12  
Paul Schmidt 6:29.6

Boys 13-14  
Jeremiah Brown 5:47

Boys 15-16  
Drew Flowers 4:38, Chris Sullivan 4:51, Andy Drake 5:29, Jamal Bass 5:39.8, Matthew Case 6:03.4

Men 17-19  
Spencer Drake 5:19

Men 20-29  
Nathan Brandley 5:20

Men 30-39  
Paul Carrasco 4:59, Brian Kelleher 5:01, Paul Triska 5:06, Peter Sheldon 5:08, Darrell Wargo 5:15, Pat Draney 5:25, Felix McCain 5:45

Men 40-49  
Bret Boman 4:46, George Mrus 5:00, Jonathan Givens 7:14.8

Men 50-59  
Peyton Morgan 6:04.1

Men 60-69  
Vic Galan 7:47.1

### **100 Meters June 1, 2004**

Kids 3-4  
Diego Carrasco 30.9, Daniel Carrasco 1:32, Gracyn Draney 1:40, Lynley Golden 1:49

Kids 5-6  
Noah Golden 26.7

Kids 7-8

Colin Beck 17.0, Trey Armistead 20.0, Burke Kelleher 20.5

Girls 9-10  
Shannon Bing 16.1, Monica Beck 16.5, Maggie Kelleher 17.3, Adelina Atkinson 18.8, Stephanie Brown 19.1

Girls 11-12  
Bilynda Brinkley 16.7

Girls 15-16  
Amanda Bing 15.8

Girls 17-19  
Sarah Givens 14.8, Carrie Vest 16.5

Women 30-39  
Donna Rinker 17.3

Boys 9-10  
Patrick Donigan 15.4, Kendrick Rose Jr. 15.6

Boys 13-14  
Jeremiah Brown 15.0

Boys 15-16  
Matthew Case 12.9, Jamal Bass 13.1, Andy Drake 14.6

Boys 17-19  
Andy Drake 13.7

Men 30-39  
Kendrick Rose Sr 12.7

### **5000 Meters June 8, 2004**

Girls 11-12  
Sarah Ranowsky 28:46.1

Girls 15-16  
Nicole Wade 23:45.1, Amanda Bing 29:48.9

Girls 17-19  
Ashley Armistead 21:34.5

Women 30-39  
Donna Rinker 23:29.1

Women 40-49  
Debbie Sullivan 28:28.1, Judy Zerfoss 32:05.9

Boys 11-12  
Geoff Ranowsky 22:17.8

Boys 13-14  
Josh Ranowsky 26:19.6, Jeff Matthews 28:54.3

Boys 15-16  
Chris Sullivan 17:34.2, Drew Flowers 17:34.8, Andy Drake 21:08, Anthony Jarman 28:27.3

Men 17-19  
James McKenzie 20:38.8, Spencer Drake

Men 20-29  
Dwayne Fitts 20:17, Nathan Brandley 21:07.5

Men 30-39  
Jeff Harrington 16:52, Pete O'Brien 17:10, Chris Palladino 17:16, Mike McPhatter 17:47, Matt Ripley 18:33, Jeff Fedorko 18:45, Paul Carrasco 19:11, Paul Triska 19:41, Peter Sheldon 19:22.5, Pat Draney 21:23.6

Men 40-49  
John Cardwell 18:43, Carl Thurston 19:01.6, Peter Magyari 25:52.0

Men 50-59  
Gary Stroud 19:57, Steve Bogнар 20:45.6, John Justice 21:33.3

Men 60-69  
Bobby Hartless 19:46.3, Vic Galan 28:59.1

## 200 Meters June 8, 2004

Kids 3-4  
Hayley Holloman 66.9, Diego Carrasco 72.1, Ethan Holloman 79.7, Isabella Palladino 96.4, Madalyn Sterne 118.6, Gracyн Draney 122.3, Natalie Holloman 141.5, Daniel Carrasco 209.5, Anna Speeney

Kids 5-6  
Seth Ranowsky 47.8

Girls 7-8  
Anna Ripley 43.5

Girls 15-16  
Nicole Wade 31.4

Women 30-39  
Donna Rinker 35.4

Boys 9-10  
Patrick Donigan 32.4, Kendrick Rose Jr. 34.2

Boys 13-14  
Tristen Mosley 30.8

Boys 15-16  
Matt Green 25.3, Jamal Bass 26.8, Matthew Case 27.4, Andy Drake 28.8

Boys 17-19  
Bobby Clauss 24.3, Jamie Coyner 24.7, Jeremy Phelps 24.8, James McKenzie 30.8

Men 20-29

Dwayne Fitts 25.6

Men 30-39  
Patrick Donigan 25.9, Ken Rose 27.0

Men 50-59  
Mike Ohl 32.1

## 2 Mile June 15, 2004

Kids 7-8  
Emmi Owens 18:15

Girls 11-12  
Hollis Owens 15:06

Girls 13-14  
Misty Schmidt 16:24, Laura Rapp 17:41

Girls 15-16  
Amanda Bing 15:48, Nicole Wade 16:09, Cheryn Rapp 17:59

Women 17-19  
Heather Mullis 10:42, Ashley Armistead 12:57, Carrie Vest 14:16, Kelly Karcher 14:16, Sarah Givens 15:29

Women 20-29  
Erin Nielsen 18:31

Women 30-39  
Donna Rinker 14:08

Women 40-49  
Nancy Ferris 13:26, Judy Zerfoss 15:48

Boys 11-12  
Paul Schmidt 15:20

Boys 15-16  
Colin Rote 12:22, Andy Drake 12:55, Chris Hammock 13:12, Grayson Burch 13:20

Men 17-19  
Jeremy Phelps 11:49

Men 20-29  
Aaron Saft 9:21 (**New Series Record**), Dwayne Fitts 12:21, Nathan Brandley 12:35

Men 30-39  
Jeff Harrington 10:18, Chris Palladino 10:37, Ben Thomas 10:42, Paul Carrasco 11:35, Paul Triska 11:53, Brian Kelleher 11:56, Peter Sheldon 12:14, Pat Draney 12:45, Felix McCain 15:06, Malcolm Miller 17:20

Men 40-49  
Preston Evans 11:36, George Mrus 11:43, David Ferris 13:05, Joel Burch 14:27, Fritz Rote 16:25, David Hammock 18:43

Men 50-59  
Steve Bognar 12:29, John Justice 13:11

Men 60-69  
Bob Hartless 12:20, Vic Galan 17:59

#### **400 Meters June 15, 2004**

Kids 3-4  
Claire Owens 3:00, Isabella Palladino 3:56, Madalyn Sterne 4:11

Kids 5-6  
Mike Stufano 1:38, Joseph Schmidt 1:46

Girls 7-8  
Emmi Owens 1:35, Alexandra Royer 1:36

Girls 9-10  
Monica Beck 1:23

Girls 11-12  
Hollis Owens 1:27

Girls 15-16  
Nicole Wade 1:14

Women 17-19  
Heather Mullis 59.0, Sarah Givens 1:20

Women 20-29  
Mary Jayne Harrelson 67.9

Women 30-39  
Donna Rinker 79.4

Boys 7-8  
Bryan Rapp 1:38

Boys 9-10  
Tamone Lynch 1:45

Boys 11-12  
Paul Schmidt 1:27

Boys 15-16  
Jamal Bass 59.3, Andy Drake 72.4

Boys 17-19  
Bobby Clauss 54.1, Jeremy Phelps 54.1, Jamie Coyner 57.4

Men 20-29  
Dwayne Fitts 58.2

Men 30-39  
Brian Kelleher 62.9, Ken Beck 70.4

Men 40-49

Robert Harding 54.4

#### **100 Meters June 15, 2004**

Kids 3-4  
Claire Owens 33.6, Isabella Palladino 47.3, Madalyn Sterne 52.4

Kids 5-6  
Mike Stufano 19.3, Joseph Schmidt 21.8

Kids 7-8  
Alexandra Royer 18.2, Emmi Owens 18.9

Girls 9-10  
Maggie Kelleher 17.4, Jenny Schmidt 20.5

Girls 11-12  
Hollis Owens 18.7

Girls 13-14  
Laura Rapp 14.9, Misty Schmidt 17.0

Girls 15-16  
Amanda Bing 15.8

Women 17-19  
Sarah Givens 15.2

Boys 7-8  
Tremiar Smith 17.1, Colin Beck 17.7, Bryan Rapp 21.2

Boys 9-10  
Kendrick Rose 15.9, Tamone Lynch 20.2

Boys 11-12  
Paul Schmidt 18.3

Boys 13-14  
Tristen Mosely 14.6

Boys 15-16  
Jamal Bass 13.3, Andy Drake 14.9

Boys 17-19  
Jamie Coyner 12.0, Bobby Clauss 12.2, Jeremy Phelps 12.5

Men 20-29  
Dwayne Fitts 12.5

Men 30-39  
Kendrick Rose 12.5, Patrick Donigan 13.3

Men 40-49  
Robert Harding 11.8

Men 50-59  
Mike Ohl 15.5

## 1 Mile June 22, 2004

Kids 5-6

Joseph Schmidt 8:45

Girls 7-8

Emmi Owens 8:44.7

Girls 9-10

Annie Dailey 8:16.5

Girls 11-12

Sarah Ranowsky 8:02.2

Girls 13-14

Donna Bryant 6:00.6, Misty Schmidt 7:49.7, Abbey Gordon 8:09

Girls 15-16

Amanda Bing 7:50.2, Kristen Sheperd 7:20.9

Women 17-19

Ashley Armistead 5:56.5, Kelly Karcher 6:30.0, Carrie Vest 6:30.8, Sarah Givens 7:01.1

Women 40-49

Nancy Ferris 6:18.6, Eileen Mallesch 6:56.5, Judy Zerfoss 8:11.5

Boys 7-8

Daniel Bryant 7:43.5

Boys 11-12

Paul Schmidt 7:27.2

Boys 13-14

Sam Dailey 6:18.3, Josh Ranowsky 6:44.6

Boys 15-16

Andy Drake 5:33.0, Jamal Bass 5:48.3, Geoff Ranowsky 5:49.7

Men 17-19

Donnie Mickels 4:45.9, Will Farlow 5:08.4, Jeremy Phelps 5:22.6, Spencer Drake 5:40.3, Daniel Schmidt 6:29.3

Men 20-29

Danny Boyers 5:14.7, Dennis Johnson 6:04.3

Men 30-39

Jeff Harrington 4:51.4, Chris Palladino 4:56.4, Paul Triska 5:12.2, Brian Kelleher 5:20.0, Pat Draney 5:43.5

Men 40-49

Preston Evans 5:25.0, David Ferris 5:51.1, Larry Jackson 6:07.2, Tim Dailey 6:36.0, Mike Stefano 6:52.2

Men 50-59

John Justice 6:12.4, Mike Ohl 7:42.3, Greg Headington 7:50.2

Men 60-69

Bob Hartless 5:45.2, Vic Galan 8:02.3

## 100 Meters June 22, 2004

Girls 3-4

Claire Owens 30.6, Gracyn Draney 35.3, Isabella Palladino 44.9, Natalie Holloman 59.5, Madalyn Sterne 61.4, Lynley Golden 65.3

Girls 5-6

Hayley Holloman 30.6

Girls 7-8

Emmi Owens 18.6, Dana Bryant 19.9

Girls 9-10

Monica Beck 16.5, Jennifer Schmidt 20.8

Girls 13-14

Abbey Gordon 15.1, Donna Bryant 15.2, Misty Schmidt 16.7

Girls 15-16

Kristen Sheperd 16.7

Women 17-19

Sarah Givens 15.1, Ashley Armistead 15.4

Boys 3-4

Diego Carrasco 32.7, Ethan Holloman 35.8, Daniel Carrasco 78.9, Haden Golden 2:33.2

Kids 5-6

Mike Stufano 19.3, Joseph Schmidt 21.9, Noah Golden 28.1

Boys 7-8

Tremiar Smith 15.9, Daniel Bryant 17.2

Boys 9-10

Kendrick Rose Jr 15.8, Micah Jones 17.1

Boys 11-12

Mark Jones 14.8

Boys 13-14

Tristen Mosely 13.6

Boys 15-16

Cordero Rucker 11.4, Jeremy Thomas 12.0, Jamal Bass 12.9, Andy Drake 14.3

Boys 17-19

Donnie Mickels 13.1

Men 20-29

Dennis Johnson 12.1

Men 30-39

Kendrick Rose 12.1, Patrick Donigan 12.4

Men 40-49

Robert Harding 11.7

Men 50-59

Mike Ohl 14.8

### **200 Meters June 22, 2004**

Girls 3-4

Claire Owens 68.5, Gracyn Draney 93.3, Isabella Palladino 1:48.1, Madalyn Sterne 2:23.9

Girls 7-8

Emmi Owens 40.3, Dana Bryant 47.4

Girls 9-10

Monica Beck 36.0

Girls 13-14

Donna Bryant 33.1, Misty Schmidt 38.5

Women 17-19

Ashley Armistead 31.2

Boys 3-4

Diego Carrasco 80.5, Daniel Carrasco 2:46.7

Boys 5-6

Mike Stufano 40.6

Boys 7-8

Tremiar Smith 37.7, Daniel Bryant 39.5

Boys 9-10

Patrick Donigan 33.9, Jacob Gordon 33.9, Kendrick Rose Jr 35.5, Micah Jones 39.2

Boys 11-12

Mark Jones 32.8, Paul Schmidt 36.9

Boys 13-14

Tristen Mosely 29.5

Boys 15-16

Bryant Ferguson 24.2, Jeremy Thomas 24.6, Jamal Bass 26.1

Boys 17-19

Jeremy Phelps 25.1, Donnie Mickels 25.1, Spencer Drake 28.5

Men 20-29

Dennis Johnson 24.8

Men 30-39

Patrick Donigan 26.9

Men 40-49

Robert Harding 23.7, Mike Stufano 31.8

### **800 Meters June 29, 2004**

Kids 5-6

Joseph Schmidt 3:49

Girls 7-8

Emmi Owens 3:26.1

Girls 11-12

Hollis Owens 3:07.5

Girls 13-14

Donna Bryant 2:40.0, Laura Rapp 2:47.1, Misty Schmidt 3:15.0, Abbey Gordon 3:18.2

Women 17-19

Ashley Armistead 2:35.8, Sarah Boman 2:52.8, Sarah Givens 2:53.7, Carrie Vest 2:54.2

Boys 11-12

Paul Schmidt 3:19.7

Boys 13-14

Jeremiah Brown 2:46.2, Grant Jennings 3:25.3

Boys 15-16

Kyle Resendes 2:14.3, Kerry Cowart 2:20.3, Andy Drake 2:32.1

Men 17-19

Jeremy Phelps 2:07.4, Donnie Mickels 2:07.6, Spencer Drake 2:21.6, Chris Earle 2:36.6, Daniel Schmidt 2:45.3

Men 20-29

Danny Boyers 2:14.0, Dwayne Fitts 2:16.1

Men 30-39

Paul Triska 2:16.9, Chris Palladino 2:17.8, Pat Draney 2:26.7, Paul Carrasco 2:31.3

Men 40-49

Mike Stufano 2:50.7

Men 60-69

Vic Galan 3:48.3

### **400 Meters June 29, 2004**

Girls 3-4

Claire Owens 2:49.8, Gracyn Draney 3:07.7, Isabella Palladino 3:41.8, Madalyn Sterne 4:29.0

Girls 7-8

Emmi Owens 99.9

Girls 11-12  
Hollis Owens 88.2

Girls 13-14  
Donna Bryant 69.4, Abbey Gordon 82.3, Misty Schmidt 85.3

Women 17-19  
Ashley Armistead 68.4, Sarah Givens 73.9, Sarah Boman 76.7

Boys 3-4  
Diego Carrasco 2:34.3, Daniel Carrasco 78.9, Adam Minahan 3:32.0

Kids 5-6  
Mike Stufano 1:42.5, Joseph Schmidt 1:45.7

Boys 9-10  
Patrick Donigan 79.2, Jacob Gordon 85.8

Boys 11-12  
Paul Schmidt 88.4

Boys 13-14  
Jeremiah Brown 78.4

Boys 15-16  
Bryant Ferguson 54.8, Kyle Resendes 55.3, Andy Drake 64.7

Boys 17-19  
Donnie Mickels 55.5, Jeremy Phelps 57.8, Chris Earle 63.0, Spencer Drake 65.8

Men 20-29  
Dwayne Fitts 55.8

Men 40-49  
Robert Harding 54.0

Men 50-59  
Mike Ohl 80.3

### **100 Meters June 29, 2004**

Girls 3-4  
Claire Owens 28, Gracyn Draney 36.2, Lilly Gordon 37.5, Isabella Palladino 45.4, Madalyn Sterne 2:40.0

Girls 7-8  
Halley Stufano 18.7, Emmi Owens 19.5

Girls 9-10  
Page Riley 19.8, Jennifer Schmidt 21.1

Girls 11-12  
Sierra Wade 15.8, Courtney Ware 16.6, Mallory Dinardo

16.8, Kelsea Carpenter 20.6

Girls 13-14  
Abbey Gordon 14.7, Laura Rapp 14.9, Donna Bryant 15.7, Misty Schmidt 19.3

Women 17-19  
Ashley Armistead 15.5

Boys 3-4  
Diego Carrasco 27, Daniel Carrasco NT

Kids 5-6  
Mike Stufano 18.8, Joseph Schmidt 22.4

Boys 9-10  
Patrick Donigan 14.9, Kendrick Rose 15.5, Jacob Gordon 16.6, Bryan Rapp 20.3

Boys 11-12  
Paul Schmidt 18.4

Boys 13-14  
Deon Braxton 13.3

Boys 15-16  
Bryant Ferguson 12.2, Kerry Cowart 13.0, Andy Drake 14.1

Men 20-29  
Dwayne Fitts 12.4

Men 40-49  
Robert Harding 11.7

### **VIC'SPACE A Race To Cherish**

It was the last Tuesday in June, and, sadly, the last race day of the 2004 Summer Track Series. A simple 800 meter run would top off a perfect race series for those lucky enough to run all five Tuesdays in June, complements of Bret Boman, and without a thunder storm to interrupt the pleasure. This was the first year since I started running this series that I was able to make it to every Tuesday event. In some races I improved over last year and in some, well, not so improved. That is, the time was slower but, at least in my mind, the form was better.

There were three heats for the 800 meter race - fast pace (2:00 - 3:00 to finish), average pace (3:00 - 3:30 to finish), and "get there" pace (4:00 and greater to finish). I looked over the list of my fellow

“get there” runners and found there were nine boys and girls in our heat the sum of whose ages did not equal my own.

“On your Mark” - **Bang**, and we’re off for two laps of the track. As I suspected, the rush of youthful energy left me in the dust at the first 100 meter turn. In the straight away I caught a runner no higher than my waist with feet a blur of motion. “Keep it up kid - you’ll finish”, I said as I surged past with knees high, arms pumping, stride stretching. I eased the cadence as we took the second turn and headed down the straight away to complete the first lap. The lead runners took the bell as I came out of the turn and the next runner ahead had a ten yard lead.

At the start of the turn in the second lap I became aware of a rapid “pitter-patter, pitter-patter” cadence of shoes slapping track in stark contrast to my more measured “klomp-klomp, klomp-klomp” cadence. I glanced down at my right hip to note a shock of brown hair surge past me and take the lead. I had planned to “save it” on the back stretch and accelerate to a sprint at the last turn to bring it home. But now I had to intimidate the kid with a burst of speed in the back stretch and just give it what I got in the home stretch. We rounded the last turn. The rapid “Pitter-patter, pitter-patter” cadence behind me increased, but my measured “klomp-klomp, klomp-klomp” still lead the way.

I noticed the crowd by the side of the track now excited at the prospect of a David - Goliath race to the finish. The “Pitter-patter, pitter-patter” increased just behind me. **“Come on Vic, he’s catching you!” “Come on Josh, you can catch him”**. The race for last place was on. Sprinting for the finish line: 235 pounds of sixty-seven year old determination versus a just as determined 40 pounds of six year old. Running for all I was worth, the roar of the crowd faded, vision tunneled in to the finish line. I glanced down at my left hip and there he was, shock of brown hair, arms and legs a blur of motion. And then, mercifully, the finish line. My momentum carried me an additional twenty yards. Josh just stopped and stood on the finish line, as kids with little momentum can do.

I returned to the finish line, smiled at him and said, “Nice race, kid.” His response? “Wait till next year.” Now that’s what I call a champion! Results: Vic Galan 3:48.3, Joseph Schmidt 3:49. What a terrific time for a six year old kid. I’ll look forward to a rematch next year. And, thank you Bret Boman for a terrific Summer Track Series.

## June 26, Lynchburg - LRRC Summer Race Series 5 Miles on Percival Isle

### FEMALE OVERALL RESULTS

1 Donna Elder	41	32:29
2 Nancy Ferris	48	34:23
3 Sue Jones	43	35:58
4 Sarah Davidson	39	36:04

### MALE OVERALL RESULTS

1 Peter O'Brien	36	27:32
2 Jeff Harrington	34	27:45
3 Adam Jones	20	29:26
4 Michael McPhatter	31	29:29

### MALE AGE GROUP: 1 - 12

<u>Pl.</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	89 Mark Jones	12	45:17

### MALE AGE GROUP: 13 - 19

1	18 Matt Abatecola	16	33:29
2	21 Edward Lane	18	33:37
3	27 Jeremy Phelps	18	34:43
4	28 Andy Drake	15	34:44
5	34 Chris Wyatt	16	35:44
6	60 Zachary VanDerweber	15	39:21
7	66 Adam Wright	19	39:51
8	79 Randy Power	17	42:12

### FEMALE AGE GROUP: 13 - 19

1	41 Hannah Roller	17	36:24
2	53 Susannah Obenchain	17	38:30
3	59 Lindsey Bowyer	15	39:20
4	86 Kristen Shepherd	15	44:07
5	92 Maddie King	16	45:32

### MALE AGE GROUP: 20 - 24

1	17 Mike Childress	21	33:08
2	77 Andrew Eppes	21	41:55

### FEMALE AGE GROUP: 20 - 24

1	83 Abigail Clairborne	23	43:18
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### MALE AGE GROUP: 25 - 29

1	8 Jeremy Ramsey	28	31:25
2	16 William Wall	25	33:07
3	33 Nathan Brandley	28	35:25
4	52 Jeremy Mink	27	38:27
5	81 Bryan Carter	27	42:25

### FEMALE AGE GROUP: 25 - 29

1	48 Katie Waterworth	26	37:32
2	88 Nadine Potter	28	45:09
3	90 Jean Hazelwood	28	45:24
4	97 Megan Snelson-Thomp	29	49:57

### MALE AGE GROUP: 30 - 34

1	5 Joe Moon	33	30:03
2	6 Paul Carrasco	34	30:30
3	26 Jack Flippin	34	34:40
4	35 Wayne Patton	34	35:47
5	44 Hamilton Adams	33	36:47
6	51 Mark Faulkner	31	38:24
7	65 Michael Reffner	30	39:47
8	78 Ken Marks	33	42:01

**FEMALE AGE GROUP: 30 - 34**

1	42 Sarah Glass	33	36:36
2	55 Gabby Suydam	34	38:55
3	56 Donna Rinker	33	38:57
4	67 Noell Danaher	30	39:52
5	73 Joy Stenner	30	41:03
6	93 Lori Lee	33	45:49

**MALE AGE GROUP: 35 - 39**

1	7 Darrell Wargo	35	30:58
2	9 Brian Kelleher	37	31:33
3	10 Gary Morris	37	32:05
4	15 Kevin Willis	37	32:45
5	19 Christopher Bright	38	33:30
6	23 Pat Draney	39	34:03
7	45 Robert Reid	36	37:06
8	62 Matt LeVasseur	36	39:34
9	63 Bryan Wilson	39	39:46
10	82 Pete Grissom	38	42:50

**FEMALE AGE GROUP: 35 - 39**

1	47 Blair Snyder	36	37:25
2	57 Barbara Edgar	38	39:10
3	58 Lauri Wynnyk	36	39:10
4	68 Wendy Golden	36	40:02
5	69 Anne Hatcher	35	40:23
6	70 Joyce OQuinn	36	40:31
7	71 Elena Edwards	38	40:54
8	72 Leigh Cheatham	36	40:57
9	95 Nancy Crowley	36	48:55

**MALE AGE GROUP: 40 - 44**

1	12 George Mrus	44	32:19
2	13 David Little	42	32:20
3	46 Kevin Shroyer	43	37:18
4	49 Jimmy Roux	41	37:36
5	61 Ralph Andrews	43	39:34
6	64 John Sarver	41	39:46
7	74 Steve Letterman	44	41:07
8	91 Eric Miller	42	45:28

**FEMALE AGE GROUP: 40 - 44**

1	54 Julie Tisone	40	38:37
2	87 Tate Leftwich	43	44:47

**MALE AGE GROUP: 45 - 49**

1	25 Paul Fast	45	34:32
2	29 Wilbert Hooper	46	34:48
3	32 Robert Vogel	46	35:19
4	50 Jim McFarland	46	38:17
5	84 Alan Jones	46	43:22
6	96 Bill Leftwich	45	49:54

**FEMALE AGE GROUP: 45 - 49**

1	43 Eileen Mallesch	48	36:43
2	94 Karen Bolton	49	47:34

**MALE AGE GROUP: 50 - 59**

1	20 Steve Bognar	52	33:36
2	22 Ron Riscart	50	33:44
3	30 John Justice	59	34:56
4	31 Craig Miller	51	35:16
5	36 Bill Hutter	51	35:54
6	75 Terry Ojure	55	41:08

**FEMALE AGE GROUP: 50 - 59**

1	76 Ann Harris	54	41:10
2	85 Amy Rockhill	52	43:47

**MALE AGE GROUP: 60 - 64**

1	11 Bob Hartless	60	32:10
2	37 Horace Ellis	62	35:55
3	39 Tommy Harris	64	36:01

**FEMALE AGE GROUP: 60 - 99**

1	98 Jane Benbow	67	59:37
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**MALE AGE GROUP: 65 - 99**

1	80 Bernie Davis	66	42:16
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**PERCIVAL'S ISLE**

Five flat, fast miles  
On Percival's Isle.  
Sixty local runners or more,  
All strictly hard core.  
Being fit is reason to smile.

Bernie the Bard

**UPCOMING RACES**

**July 24, Lynchburg - Presbyterian Home 5K**, 8:00 a.m.  
Start, Presbyterian Home on Linden Avenue.  
Info: See Flyer in this newsletter or contact Riverside  
Runners, (434) 846-7449 [www.riversiderunners.com](http://www.riversiderunners.com)

**Aug. 21, Lynchburg - LRRC Summer Series**  
**½ marathon & 5K**, 7:30 a.m. Start, Blackwater Creek  
Bikeway, Ed Page Entrance (by Greek Church on  
Langhorn Road),  
Info: See Flyer in this newsletter or contact Riverside  
Runners, (434) 846-7449 [www.riversiderunners.com](http://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](http://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](mailto:dhorton@liberty.edu) or on the Web at [www.extremeultrarunning.com](http://www.extremeultrarunning.com). Part of the Lynchburg Ultra Series.

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Mark & Cynthia Lorenzoni - 434-293-3367

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10% on Orthotics  
1919 Thomson Dr.  
(804) 846-1803

## **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**