

## **The Presidents Letter**

The summer season is in full swing with many races completed. There were record turnouts at the Memorial Day 10K, the Presbyterian Home 5K and the Summer Track Series. They were all huge success stories. At Presbyterian Home 5K a record field of 170 runners took to the streets. Both the men's and women's records were broken. But best of all the monies from these races went to benefit the Kidney Association and the Family Services programs of the respective race sponsors.

There are more races to run this summer, like the Percival Island 5 miler on 23 July, the Lynchburg Half Marathon on 20 August, and the big one, the Virginia Ten-Miler on 24 September. So, run safely this summer and come out to support these events. All of the proceeds benefit local charities. There's nothing like a good race to make you feel good in more ways than one.

Keep on running,  
Darrell Wargo

### **2005 LRR OFFICERS**

President	Darrell Wargo
Vice President	
Secretary	George Mrus
Treasurer	Catherine Phillips
Membership	Jeff Fedorko
Newsletter	Vic Galan

The Milepost is provided on the Web through the generosity of professor Peter Sheldon as a community service of Randolph-Macon Women's College. You will find us on the Web at [www.lynchburgroadrunners.org](http://www.lynchburgroadrunners.org). You may also find the latest race information at [www.riversiderunners.com](http://www.riversiderunners.com)

## **Meeting Minutes**

**No meetings are scheduled during the Summer months.**

**Next LRR Club Meeting**  
**Tuesday, 13 September, 2005**  
at the Monte Carlo Restaurant  
Old Forest Road  
6:30 Dinner, 7:00 Meeting  
Guest Speaker  
To Be Announced Next Newsletter

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

## **MEMBERSHIP**

Chairman Jeff Fedorko reports 39 families, 69 individuals, 11 students, and 2 stores for a total of **121 members** this year. Encourage your friends to drop by Riverside Runners and sign on as member.

## **Summer Running Hats**

Lynchburg Roadrunners running hats have arrived at Riverside Runners. These hats are moisture wicking, made of white material with black underside of bill to reduce glare, and embroidered with the club logo. Retail \$20.

Mention that you saw this ad and **save \$5.00.**

## The Bozeman Trails

As Debbie and I prepare for another marathon run up Grandfather Mountain in July, we are also preparing for our annual Biathlon in August.

This year's event will take place on **August 16 at 1800 hours** (that's 6:00 p.m. civilian time). The event is open to the first 50 participants that register with us. So call early.

A \$10.00 donation will get you some pain and gain. We start with the pain, a 2 mile run followed by an 11 mile bike tour, and follow with the gain, a cookout and socializing with the area's "super athletes."

**Directions:** From the Expressway, take 501 North, take a right onto Winding Creek (Rt. 647), then turn right onto Meriwether Circle. We are the second house on the right. Look for the signs.

**Volunteers** are needed. You can be part of this event by volunteering to help in many important roles, such as time keeps, road guards, registration, grilling, etc. To register or volunteer, call us at (434) 384-7609.

## The Coach Says ....

**Subject:** Exercise for Seniors

Start by standing outside behind the house and, with a 5-pound potato sack in each hand, extend your arms straight out to your sides and hold them there as long as you can.

After a while, move up to 10-pound potato sacks, then 50-pound potato sacks, and finally, get to where you can lift a 100-pound potato sack in each hand and hold your arms straight out for more than a full minute.

Next, put a few potatoes in the sacks! but I would caution you not to overdo it at this level.

### BEHIND MY RUNNING BUDDIES

For my running friends I'm thankful.  
Of energy they are a tank-full.  
On Saturday morn  
I'm never forlorn.  
To me they're worth a bank-full.

Bernie the Bard



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

## RACE REPORTS / RESULTS

### May 30, Lynchburg - CVKA / LRR Memorial Day 10K

Race Director: **Lesley McPhatter**

The 8th Annual Central Virginia Kidney Association (CVKA) Memorial Day 10K on May 30th was an unprecedented success. With the support of the local running community, volunteers and sponsors, **we raised \$4600.00** to help people in our local area with kidney disease. This is 2.5 times more than we have made in ANY previous year. All proceeds from the race go directly to help and support patients with kidney disease in the local area by providing emergency funds, nutritional supplements and medications to patients in need. We also had 145 runners finish the course, exceeding all previous attendance records by 50%.

I could not do this race without the support of the Lynchburg Roadrunners, Jeff Fedorko and the staff of Riverside Runners, Jeep Howell and the Lynchburg Ham Radio Club, the Lynchburg City Parks and Recreation and Police Departments, my many faithful sponsors, and my friends and family who volunteer on race day and throughout the year to make this race the success it has become. Special thanks to the MANY runners who include donations beyond the registration fee on their race applications to the CVKA. Two runners who were not able to run

sent donations anyway! It is wonderful the support that you continue to provide this important cause.

Chronic Kidney Disease (CKD) affects about 15 million people nationally and 20,000 in our local area. Patients requiring dialysis is approaching 400 in our area and is growing at a rate of 7-8% per year. The primary causes of kidney disease are diabetes and hypertension. Both of these conditions are exacerbated by excess body weight and can be prevented and/or controlled with a healthy diet and regular exercise program. So keep running and encouraging your friends and family who don't to start a regular exercise plan!

I look forward to seeing you and 200 of your closest friends and running partners at next year's race on May 29, 2006 at 8 am!!!

#### FEMALE OVERALL RESULTS

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Lisa MacPherson 17	43:18	
2 Nancy Ferris	49	43:28
3 Alix Flowers	19	44:31

#### MALE OVERALL RESULTS

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Peter O'Brien	37	34:36
2 Jeff Harrington	35	35:31
3 Michael McPhatter	31	35:32

#### MALE AGE GROUP: 1 - 19

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1 5	Drew Flowers	17	37:07
2 8	Chris O'Berry	14	38:08
3 24	Austin Vogt	14	41:36
4 33	Chris Wyatt	17	44:07
5 34	Ed Lane	19	44:14
6 48	Matt Belair	16	46:05
7 84	Mark Jones	13	52:26
8 92	Randy Power	18	53:59
9 101	Nathan Schweikert	16	55:14
10 114	Keith Austin	19	56:42

#### FEMALE AGE GROUP: 1 - 19

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1 111	Kristen Shepard	16	56:36
2 112	Brittney May	15	56:40
3 121	Kelsey Greene	13	58:27
4 129	Laura Carr	15	59:52

#### MALE AGE GROUP: 20 - 29

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1 11	Jeremy Ramsey	29	38:40
2 12	Daniel Boyers	27	39:13
3 17	Josh Zealand	24	40:22
4 23	Anthony Danell	26	41:31
5 25	Matthew Zealand	26	41:39
6 27	Dwayne Fitts	27	42:19
7 37	Josh Raney	28	44:41

8 44	Walker Wright	25	45:27
9 49	Ryan Carlton	20	46:27
10 61	Christopher White	29	48:39
11 75	Jeremy Mink	28	49:48
12 85	Mark Ainsley	29	52:44
13 122	Jimmy Reaves	23	58:33
14 127	Matt Ainsley	23	59:39
15 135	Matthew White	28	1:02:24

#### FEMALE AGE GROUP: 20 - 29

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1 65	Meghan Austin	20	48:59
2 71	Catherine Adams	20	49:25
3 89	Nancy White	24	53:16
4 117	Jennifer Austin	21	57:27
5 118	Kristin Faulkner	23	57:47
6 123	Sara Ulrich	26	58:53
7 133	Abbie White	28	1:00:35
8 137	Rebecca Walker	20	1:04:32
9 139	Tracey Adams	27	1:05:03
10 140	Holly Black	26	1:07:47
11 142	Elizabeth Creasy	29	1:09:00
12 143	Rebekah Brubaker	23	1:14:34
13 144	Jennifer Bowman	27	1:14:34

#### MALE AGE GROUP: 30 - 34

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1 4	Christopher Pallodi	33	36:46
2 9	Matt Storre	31	38:23
3 10	Paul Carrasco	34	38:36
4 13	Joe Moon	34	39:20
5 95	Michael Reffner	31	54:28
6 116	Cavan Carlton	31	57:08
7 138	Ross Strader	34	1:04:58

#### FEMALE AGE GROUP: 30 - 34

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1 69	Donna Rinker	34	49:20
2 74	Katherine McCombs	33	49:43
3 78	Sarah Glass	34	50:30
4 80	Jennifer Ramey	33	51:20
5 81	Noell Danaher	30	51:37
6 100	Janet Shelton	34	55:02
7 124	Carla Workman	34	58:55

#### MALE AGE GROUP: 35 - 39

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1 6	Brian Kelleher	38	37:27
2 14	Darrell Wargo	36	39:29
3 19	Matt Richards	38	40:41
4 32	Peter Sheldon	37	43:28
5 47	Declan Pratt	35	45:04
6 54	Robert Reid	37	47:23
7 56	Chris Gassler	36	47:39
8 57	Matt LeVasseur	37	47:51
9 60	Wayne Patton	35	48:21
10 97	Pete Grissom	38	54:50
11 103	Brett Martin	35	55:16
12 107	Lee Beaumont	36	56:08
13 109	Charles Sheaffer	37	56:11
14 145	Glenn Rich	36	1:16:52

#### FEMALE AGE GROUP: 35 - 39

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	58 Kitty Tomkinson	39	48:03
2	59 Gabby Suydam	36	48:18
3	62 Blair Snyder	37	48:42
4	68 Amy Gallagher	37	49:16
5	98 Paula Skulina	36	54:51

MALE AGE GROUP: 40 - 44

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	15 David Little	43	39:43
2	22 Lee Eagle	43	41:00
3	38 Robert Cook	43	44:44
4	50 Tom Mohr	42	46:28
5	53 Kevin Shroyer	44	47:00
6	70 William Flint	44	49:22
7	76 John Bowden	42	50:13
8	86 Joe Kilby	41	52:49
9	94 Edward Fielder	40	54:03
10	96 David Skulina	42	54:45
11	113 Jerry Price	43	56:41
12	126 Daniel Carey	44	59:31
13	132 Gordon Daniel	44	1:00:29

FEMALE AGE GROUP: 40 - 44

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	67 Sue Jones	44	49:12
2	77 Nicolle Cundiff	40	50:26
3	90 Heather Royer	43	53:40
4	102 Cheryl Barb	42	55:16
5	115 Kim Fast	42	56:54

MALE AGE GROUP: 45 - 49

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	7 Bret Boman	46	38:03
2	16 George Mrus	45	39:59
3	18 Brad Fitzgerald	46	40:29
4	21 Jeff Minahan	48	40:58
5	26 Preston Evans	48	42:11
6	28 Calvin Milam	45	42:32
7	36 RB Carter	46	44:41
8	39 Kelvin Flowers	49	44:50
9	43 Wilbert Hooper	46	45:15
10	51 Hunter Marshall	45	46:32
11	66 Eddie Everhart	48	49:07
12	72 Jim McFarland	47	49:36
13	82 Jimmy Overstreet	48	51:58
14	88 Bruce Gerlich	47	53:08
15	106 Robert Ibarra	46	55:59
16	131 Alan Jones	47	1:00:24
17	134 David Barnett	49	1:02:11

FEMALE AGE GROUP: 45 - 49

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	55 Eileen Mallesch	49	47:23
2	63 Lori Flowers	48	48:42
3	120 Sylvia Denton	45	58:24
4	128 Grace Fredrickson	47	59:44

MALE AGE GROUP: 50 - 59

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	20 Steve Bogнар	53	40:46
2	40 Craig Miller	52	45:02
3	45 Jim Weimer	58	45:37

4	52 Bill Hutter	52	46:35
5	64 Glenn Meadows	54	48:45
6	73 Sid Kirstein	54	49:42
7	79 Peyton Morgan	53	50:34
8	83 Bob Ladd	51	52:00
9	87 Terry Adams	53	53:05
10	93 David Lowry	50	54:00
11	99 Brian Elliott	50	54:56
12	104 Bob Foster	59	55:18
13	105 Ben Schowe	57	55:19
14	108 Richard Stone	58	56:11
15	110 Frank Villa	50	56:29
16	136 David Jordan	57	1:04:04

FEMALE AGE GROUP: 50 - 59

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	119 Ann Allison	53	58:05
2	130 Kate Lowry	50	1:00:23

MALE AGE GROUP: 60 - 99

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	29 Bob Hartless	61	42:51
2	41 Horace Ellis	63	45:12
3	42 Tommy Harris	65	45:13
4	46 John Justice	60	45:56
5	91 Paul Sherburne	60	53:47
6	125 Terry Walton	64	58:56
7	141 Victor Galan	68	1:07:50

### June 25, Lynchburg - Presbyterian Home 5K,

This year's race gave prize money to the top four overall and top four Masters. The 5K raised a little over \$2,000 for the Presbyterian Homes & Family Services, Inc. The race was moved up a month from last year to coincide with the Homes alumni weekend.

Nick Noe was the overall winner of the second event in the LRRC summer Race Series. He clocked a course record of 15:57 over the challenging (hilly) 3.1 mile course. Noe donated his \$100 prize money back to the Presbyterian Homes.

Ann McGranahan set the women's record for the course in an impressive 17:30, which was fast enough for eight place overall. Ann, a graduate of Villanova, runs professionally and is sponsored by New Balance.

There were 170 finishers ranging in age from 9 to 65.

#### FEMALE OVERALL RESULTS

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Ann McGranahan	26	17:30 New Record
2 Donna Elder	42	20:03
3 Alix Flowers	19	21:09
4 Lori Flowers	48	22:35

#### MALE OVERALL RESULTS

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Nick Noe 21	15:57	New Record
2 Thomas Brennan	21	16:06
3 Ben Thomas	36	16:24
4 Peter O'Brien	37	16:41

7 115 Rebecca Hurt	15	26:57
8 139 Shannon Tomkinson	18	29:15
9 153 Paige Mullen	13	31:06
10 158 Ashleigh Martell	16	32:21
11 165 Shaula Martell	14	34:22
12 170 Leah Reed	14	49:24

#### FEMALE MASTERS OVERALL RESULTS

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	61 Eileen Mallesch	49	22:39
2	73 Sue Jones	44	23:28
3	82 Lesley McPhatter	41	24:06

#### MALE MASTERS OVERALL RESULTS

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	11 Bret Boman	46	18:07
2	14 R.J. Scott	41	18:22
3	18 Dewey Sowers	40	18:49

#### MALE AGE GROUP: 1 - 12

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	56 Brandon McClenny	11	22:09
2	95 Jared Sperrazza	9	25:28
3	116 Micah Jones	11	27:02
4	130 Michael Mullen	11	28:19
5	145 Michael Goodrich	9	30:02
6	164 Desmond Johnson	12	34:11

#### FEMALE AGE GROUP: 1 - 12

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	117 Emily Rademacher	11	27:06
2	118 Susanna Rademacher	10	27:07
3	149 Maddy Skorcz	12	30:30

#### MALE AGE GROUP: 13 - 19

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	9 Drew Flowers	17	17:35
2	13 Andrew Rigler	14	18:18
3	15 Chris O'Berry	14	18:37
4	29 Edward Lane	19	20:11
5	30 Josh Knight	14	20:20
6	42 Zach Van Derwerker	16	21:21
7	44 Andy Drake	16	21:27
8	47 Grayson Burch	16	21:33
9	48 Stephen Boman	16	21:34
10	51 Hank Donaldson	14	21:54
11	59 Mark Jones	13	22:19
12	68 Timothy Vernon	14	23:23
13	74 Grant Jennings	14	23:34
14	81 Nathan Schweikart	16	24:02
15	91 Chris Huiner	17	24:57
16	113 Josh Mays	16	26:46
17	138 Richard Suddith	19	29:02
18	140 Young Clayton	13	29:21
19	144 Josh Goodrich	14	30:01

#### FEMALE AGE GROUP: 13 - 19

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	80 Kelsey Greene	13	24:00
2	85 Brittany Sites	16	24:21
3	88 Caitlin Carlton	15	24:31
4	90 Cara Haskins	13	24:55
5	101 Brittney Mays	15	25:44
6	110 Erin Fitzgerald	15	26:19

#### MALE AGE GROUP: 20 - 29

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	7 Josh Zealand	24	17:16
2	10 Daniel Boyers	27	17:45
3	16 Jonathan Raessler	26	18:42
4	26 Ryan Carlton	20	20:02
5	28 Joshua Ranes	28	20:08
6	31 Walker Wright	25	20:31
7	37 Joel Moylan	23	20:51
8	38 Adam Wright	20	20:57
9	70 Nathan Brandley	29	23:25
10	105 Matthew Conner	23	26:10
11	109 Joshua Reynolds	24	26:19
12	114 Joshua Smartwood	25	26:47
13	121 Bryan Carter	28	27:19
14	142 Jeremy Grogg	29	29:50

#### FEMALE AGE GROUP: 20 - 29

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	69 Nicole Lane	22	23:25
2	87 Julie Setliff	29	24:31
3	89 Kristin Faulkner	23	24:50
4	99 Lisa Lowes	25	25:35
5	100 Cheryl Mueller	26	25:44
6	102 Melissa Small	24	25:50
7	107 Kellie Grogg	27	26:15
8	111 Rebekah Meadows	24	26:33
9	120 Jennifer Austin	21	27:17
10	123 Erin Schnatterly	21	27:22
11	124 Bonnie Belue	21	27:24
12	126 Carrie Madison	23	27:41
13	128 Kerry Buxton	27	28:04
14	132 Keeling Harris	29	28:25
15	135 Rebecca Walker	20	28:43
16	143 Elizabeth Creasy	29	29:53
17	159 Sally McEnany	20	32:21
18	160 Meredith Hollyfield	26	32:37

#### MALE AGE GROUP: 30 - 34

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	5 Michael McPhatter	32	16:57
2	12 Joe Moon	34	18:10
3	35 Chad Waterworth	32	20:38
4	55 Chris Banton	31	22:07
5	79 Ken Marks	34	23:51
6	83 Michael Walker	30	24:16
7	94 Cavan Carlton	31	25:27
8	97 Brandon Reynolds	30	25:31
9	112 Michael Reffner	31	26:41
10	137 Brad Pennington	32	28:54

#### FEMALE AGE GROUP: 30 - 34

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	78 Katherine McCombs	33	23:40
2	127 Ericka Alshuler	33	28:03
3	146 Melissa Goodrich	33	30:02

4 157 Betty Harrington 34 32:20

MALE AGE GROUP: 35 - 39

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	6 Jeff Harrington	35	17:06
2	17 Matthew Richards	38	18:48
3	22 Mark Joyce	37	19:22
4	53 Chris Gassler	36	22:02
5	58 Robert Reid	37	22:14
6	66 Jack Flippin	35	23:12
7	76 Ronald Kennedy	35	23:36
8	84 Brett Martin	35	24:20
9	119 Charles Sheaffer	37	27:16
10	161 Bill Bare	36	32:42

FEMALE AGE GROUP: 35 - 39

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	65 Kitty Tomkinson	39	23:03
2	77 Blair Snyder	37	23:37
3	108 Cathy Sackett	37	26:17
4	122 Jocelyn Earnest	35	27:20
5	136 Deirdre Maddox	35	28:51
6	141 Kelly Mortemousque	37	29:26
7	151 Clare Skorcz	39	30:50
8	152 Ali Cox	35	30:52
9	155 Chantal Redmond	35	31:10
10	167 Christine O'Donnell	39	38:09
11	168 Kim Clarke	38	46:58
12	169 Yolanda Reed	39	49:23

MALE AGE GROUP: 40 - 44

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	25 Lee Eagle	43	19:58
2	36 Robert Cook	43	20:48
3	45 Bob Dendy	42	21:27
4	50 Virgil Hurt	40	21:42
5	52 Kevin Shroyer	44	21:59
6	57 Bill McGuinn	44	22:14
7	63 Leland Gibson	44	22:49
8	67 John Alford	44	23:16
9	96 Jonathan Schweikart	40	25:29
10	154 Pat Mullen	44	31:07

FEMALE AGE GROUP: 40 - 44

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	106 Cheryl Barb	42	26:14
2	129 Kristie Shroyer	44	28:04
3	131 Katie Hurt	40	28:20
4	147 LeePat Kelleher	40	30:18
5	150 Jenny Rademacher	40	30:49
6	163 Lucy Sackett	40	33:42
7	166 Donna O'Berry	40	35:58

MALE AGE GROUP: 45 - 49

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	19 George Mrus	45	19:04
2	21 Preston Evans	48	19:18
3	23 Brad Fitzgerald	46	19:36
4	24 Jeff Minahan	48	19:49
5	32 RB Carter	46	20:32
6	41 Wilbert Hooper	47	21:18
7	71 Jim McFarland	47	23:26
8	86 Stevie Letterman	45	24:22

9 98 John Clark 49 25:32

10 148 Keith Miller 48 30:26

FEMALE AGE GROUP: 45 - 49

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	125 Nancy Saunders	48	27:25
2	133 Grace Fredrickson	47	28:34

MALE AGE GROUP: 50 - 59

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	20 Steve Bognar	53	19:09
2	33 Ron Riscart	51	20:34
3	40 Bill Hutter	52	21:14
4	43 Jim Weimer	58	21:24
5	49 Craig Miller	52	21:34
6	64 Sid Kirstein	54	22:54
7	72 Peyton Morgan	53	23:27
8	75 Frank Gencarelli	51	23:35
9	92 Terry Adams	53	25:06
10	93 Keith Austin	51	25:26
11	104 Brian Elliott	50	26:08
12	162 Bob Moden	55	33:15

FEMALE AGE GROUP: 50 - 59

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	103 Ann Harris	55	25:50
2	156 Cheryl Borland	59	31:18

MALE AGE GROUP: 60 - 64

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	34 Bob Hartless	61	20:36
2	46 Horace Ellis	63	21:29
3	62 John Justice	60	22:42

FEMALE AGE GROUP: 60 - 99

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	134 Susan Spencer	60	28:37

MALE AGE GROUP: 65 - 99

1	54 Tommy Harris	65	22:03
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## 2005 Summer Track Series

Bret Boman, Race Director

The motto is "Every Tuesday in June." Like swallows, the runners return every year.

There were no torrential evening downpours this year. The weather was perfect for the track events each Tuesday in June. Thanks to the good attendance and the help of all of you volunteers who helped time, call places, pick up equipment, etc., the Summer Track Series was once again a great success. It appeared that big fun was had by all.

Special thanks to Darrell Wargo, Gregg Cavalierre, Brian Kelleher, Danny Boyers, Jeff Fedorko, Mike McPhatter, Paul Triska, Sue Jones and all who lent a hand making it a success.

We had lots of kid's races - hopefully we'll see many of these youngsters progress through the high school and college ranks. For those Roadrunners who did not make it out there, please do not be intimidated. These races are for all ages and abilities. See you next year.

### 1500 Meters June 7, 2005

Girls 15-16	Misty Schmidt 6:23.6
Women 20-29	Erin Nielsen 7:57.5
Women 30-39	Gabby Suydam 6:20.9, Donna Rinker 6:22.9
Women 40-49	Eileen Mallesch 6:14.7, Sue Jones 6:17.6
Boys 11-12	Paul Schmidt 6:12.0, Jacob Gordon 6:41.4, Micah Jones 6:53.8, Matthew Dushaw 8:18.8
Boys 13-14	Austin Vogt 5:04.2, Mark Jones 5:23.9
Boys 15-16	Andy Drake 5:30.9
Men 17-19	Chris Sullivan 4:55.9, James McKenzie 4:59.2
Men 20-29	Danny Boyers 4:35.8, Matt Jackson 4:42.6, Dwayne Fitts 5:07.1
Men 30-39	Jeff Harrington 4:33.6, Brian Kelleher 4:42.0, Peter Sheldon 5:15.3
Men 40-49	George Mrus 4:54.6, Paul Triska 4:59.5, John Cardwell 5:03.0, Calvin Milam 5:14.5, Pat Draney 5:50.3
Men 50-59	Steve Bozeman 7:27.3
Men 60-69	Vic Galan 8:01

### 100 Meters June 7, 2005

Kids 3-4	Rebecca Allison 27.7, Gracyn Draney 29.8, Lilly Gordon 35.6, Madelyn Sterne 37.0, Josiah Dushaw 40.5, Isabella Palladino 44.2, Lynley Gordon 45.4, Haden Golden NT, Parker Sterne NT
Kids 5-6	Reagan Reynolds 23.44, Rhyann Reynolds 24.87, Jeremiah Gordon 27.35
Girls 9-10	Monica Beck 16.32, Sydney Rice 20.79, Cheyenne Reynolds 21.37
Girls 15-16	Abbey Gordon 15.18
Women 20-29	Erin Nielsen 15.40

Boys 7-8 Colin Beck 16.58, Timothy Dushaw 19.95, Dalton Reynolds 21.20, Noah Golden 23.17, Jacob Brooks 24.33

Boys 11-12	Jacob Gordon 15.66, Paul Schmidt 16.52, Micah Jones 16.82
Boys 13-14	Austin Vogt 14.24, Mark Jones 14.33
Boys 15-16	Andy Drake 13.78
Boys 17-19	Jamie Coyner 11.70
Men 20-29	Dwayne Fitts 12.42
Men 40-49	Robert Harding 11.5

### 800 Meters June 7, 2005

Girls 9-10	Monica Beck 3:17.8, Jennifer Schmidt 3:59.8
Girls 15-16	Abby Gordon 3:50.0, Misty Schmidt 3:15.3
Women 40-49	Sue Jones 3:19.7
Boys 5-6	Joseph Schmidt 3:25.9
Boys 7-8	Colin Beck 3:22.2
Boys 9-10	Samuel Dushaw 4:31.7
Boys 11-12	Paul Schmidt 3:13.5, Jacob Gordon 3:12.8, Micah Jones 3:43.3, Matthew Dushaw 4:17.1
Boys 13-14	Austin Vogt 2:32.7, Mark Jones 2:35.0
Boys 15-16	Andy Drake 2:55.2
Men 17-19	Chris Wyatt 2:18.3, James McKenzie 2:45.5, Daniel Schmidt 2:57.8
Men 20-29	Danny Boyers 2:15.0, Matt Jackson 2:20.6, Dwayne Fitts 2:26.1
Men 30-39	Brian Kelleher 2:19.1
Men 40-49	Robert Harding 2:14.4, Pat Draney 2:37.1

### 5000 Meters June 14, 2005

Girls 15-16	Rebecca Hurt 28:53.3
Women 20-29	Erin Nielsen 29:30.8
Women 30-39	Gabby Suydam 24:17.3
Women 40-49	Eileen Mallesch 23:22.3, Sue Jones 24:49.9
Boys 11-12	Zachary Hurt 26:00.0, Micah Jones 28:23.8
Boys 13-14	Josh Knight 20:28.4, Mark Jones 24:28.6
Boys 15-16	Andy Drake 21:54.0, Geoff Ranowsky 24:52.8, Nathan Schweikart 25:07.7
Men 17-19	Riken Ramey 20:31.8, Bryant Ferguson 21:31.4, James McKenzie 22:39.6
Men 20-29	Thomas Brennan 16:43.7, Matt Jackson 18:42.1, Dwayne Fitts 20:06.1
Men 30-39	Jeff Harrington 17:14.1, Mike McPhatter 17:35.5, Brian Kelleher 18:07.4, Felix McCain 25:15.5
Men 40-49	Bret Boman 18:37.6, John Cardwell 18:50.5, George Mrus 19:12.9, Calvin Milam 19:41.8, Paul Triska 19:43.3, Jeff Minahan 20:06.6, Preston Evans 20:14.7, Pat Draney 21:16.4, Virgil Hurt 23:20.2, Jim McFarland 23:28.8
Men 50-59	Jim Weimer 21:55.3, Peyton Morgan 23:45.7

Men 60-69 Tommy Harris 22:15.3,

**200 Meters June 14, 2005**

Girls 5-6 Reagan Reynodls 46.9, Rhyan Reynolds 49.8, Grayson Draney 62.6

Girls 7-8 Leah Hurt 40.5

Girls 9-10 Anna Hurt 41.0, Cheyenne Reynolds 41.4, Jazmine Rhodes 42.0, Sydney Rice 42.9

Girls 13-14 Elizabeth Hurt 36.7

Girls 15-16 Rebecca Hurt 34.3

Boys 5-6 John Warren 38.8, James LaPrade 48.7,

Boys 7-8 Colin Beck 35.3, Michael Stufano 39.1, Josh Greer 41.8, Seth Ranowsky 44.7, Jacob Brooks 51.6, Dalton Reynolds 52.7

Boys 9-10 Bryan Rapp 39.6

Boys 11-12 Micah Jones 39.1, Zachary Hurt 42.0

Boys 13-14 Mark Jones 29.9

Boys 15-16 Jamal Bass 25.2

Boys 17-19 Jamie Coyner 24.2, Bryant Ferguson 23.4

Men 20-29 Dwayne Fitts 25.2

Men 40-49 Robert Harding 23.5, Virgil Hurt 27.9, Collin Green 30.8, Jim McFarland 35.2

Men 50-59 Mike Ohl 32.4, Peyton Morgan 35.7

Men 60-69 Tommy Harris 35.3

**100 Meters June 14, 2005**

Girls 7-8 Leah Hurt 19.5

Girls 9-10 Anna Hurt 19.8

Girls 13-14 Elizabeth Hurt 16.5

Girls 15-16 Rebecca Hurt 16.1

Boys 7-8 Colin Beck 16.0, Michael Stefano 18.8

Boys 11-12 Micah Jones 17.7, Zachary Hurt 17.8

Boys 13-14 Mark Jones 13.6

Boys 15-16 Jamal Bass 12.64

Boys 17-19 Jamie Coyner 11.43, Bryant Ferguson 16.8

Men 20-29 Dwayne Fitts 12.14

Men 40-49 Robert Harding 11.44, Virgil Hurt 13.4, Mike Stefano 15.2

Men 50-59 Mike Ohl 14.8

**2 Mile June 21, 2005**

Girls 13-14 Kelsey Greene 14:32, Elizabeth Hurt 19:49

Girls 15-16 Laura Rapp 14:06, Rebecca Hurt 16:05

Women 20-29 Erin Nielsen 19:37

Women 30-39 Gabby Suydam 14:21, Jocelyn Earnest 16:30, Melody LaPrade 19:01

Women 40-49 Donna Elder 12:48, Lesley McPhatter 14:35, Renee Draney 16:22

Boys 9-10 Jared Sperrazza 15:48

Boys 11-12 Micah Jones 17:16, Matthew Dushaw 18:31

Boys 13-14 Mark Jones 13:01, Grant Jennings 14:34, Matt Carpenter 15:45

Boys 15-16 Andy Drake 12:40, Grayson Burch 13:20, Nathan Schweikart 14:12

Men 17-19 Chris Sullivan 11:51

Men 20-29 Danny Boyers 11:07, Dwayne Fitts 12:15

Men 30-39 Jeff Harrington 10:29, Brian Kelleher 10:51, Peter Sheldon 12:26 Felix McCain 14:02, James LaPrade 16:51

Men 40-49 John Cardwell 11:07, Bret Boman 11:15, George Mrus 11:25, Calvin Milam 11:47, Preston Evans 11:48, Paul Triska 11:49, Pat Draney 12:39, Virgil Hurt 13:37, Jim McFarland 14:11

Men 50-59 Steve Bognar 11:52, Jim Weimer 13:15

Men 60-69 Bob Hartless 13:03, Vic Galan 18:47

**400 Meters June 21, 2005**

Girls 7-8 Kendall Branham 2:06.1, Regan Reynolds 2:16.7, Rhyan Reynolds 2:21.4

Girls 9-10 Monica Beck 1:22.8, Malory Harding 1:33.6, Anna Hurt 1:42.4

Girls 13-14 Elizabeth Hurt 1:33.7

Girls 15-16 Rebecca Hurt 1:22.2

Boys 5-6 John Warren 1:48.6, James LaPrade 2:20.0

Boys 7-8 Colin Beck 1:28.8, Mike Stufano 1:38.0, Dalton Reynolds 2:01.8

Boys 9-10 Bryan Rapp 1:30.4

Boys 11-12 Micah Jones 1:30.4, Matthew Dushaw 2:01.2

Boys 13-14 Mark Jones 1:09.3

Boys 17-19 Bobby Clauss 52.93, Bryant Ferguson 53.49, Jamie Coyner 57.33

Men 20-29 Dwayne Fitts 56.65

Men 30-39 Felix McCain 1:30

Men 40-49 Robert Harding 53.01, Virgil Hurt 1:04, Preston Evans 1:06, Mike Stufano 1:11, Jim McFarland 1:11

Men 50-59 Mike Ohl 1:14

**100 Meters June 21, 2005**

Girls Under 4 Gracyn Draney 27.2, Madelyn Carter 34.7, Madalyn Sterne 39.3, Caroline Branham 42.8, Isabella Palladino 53.5

Girls 9-10 Malory Harding 18.47, Anna Hurt 19.38

Girls 13-14 Elizabeth Hurt 17.54

Girls 15-16 Laura Rapp 14.36, Rebecca Hurt 16.08

Boys Under 4 Adam Minahan 28.1, Joseph Fielder 35.1, Josiah Dushaw 40.7, Calvin Hurt 41.7, John LaPrade 1:39.2, Parker Sterne 1:45.6, Ethan Carter 2:03.1

Boys 7-8 Colin Beck 16.37, Mike Stufano 16.98

Boys 9-10 Bryan Rapp 18.02,

Boys 11-12 Micah Jones 18.28

Boys 13-14 Mark Jones 13.81

Boys 17-19 Bryant Ferguson 11.66, Jamie Coyner 11.73

Men 20-29 Dwayne Fitts 12.1

Men 40-49 Robert Harding 11.28, Virgil Hurt 13.01

## 1 Mile June 28, 2005

Girls 7-8 Leah Hurt 9:37.0  
Girls 9-10 Anna Hurt 8:56.3, Melissa Sperrazza 9:33.5  
Girls 11-12 Arielle Sperrazza 8:23.6  
Girls 13-14 Kelsey Greene 6:38.4, Elizabeth Hurt 8:30.9  
Girls 15-16 Laura Rapp 6:35.0, Rebecca Hurt 7:20.2  
Women 17-19 Carrie Vest 7:50.5, Lindsay Ware 8:41.4  
Women 20-29 Ashley Armistead 6:00.1  
Women 30-39 Gabby Suydam 7:01.5, Kiston McPhatter 7:31.0, Jennifer Fielder 9:33.5  
Women 40-49 Lesley McPhatter 6:50.0, Renee Draney 7:29.4, Katie Hurt 8:09.5  
Boys 9-10 Jared Sperrazza 7:44.1  
Boys 11-12 Micah Jones 6:59.4, Zachary Hurt 7:03.0, Tommy Sperrazza 8:27.0, William Sperrazza 10:14.5  
Boys 13-14 Mark Jones 5:26.7  
Boys 15-16 Brandon Love 5:26.7, Sashi Murthy 5:48.8, Andy Drake 5:53.1, Nathan Schweikart 6:21.1, Matt Carpenter 7:47.8  
Men 17-19 Bryant Ferguson 5:39.8, Richard Suddith 7:03.3, Spencer Drake 7:50.5  
Men 20-29 Danny Boyers 4:58.0, Dwayne Fitts 5:42.6  
Men 30-39 Jeff Harrington 4:56.6, Brian Kelleher 5:11.9, Felix McCain 6:12.2  
Men 40-49 George Mrus 5:17.8, Calvin Milam 5:23.9, Preston Evans 5:29.9, Pat Draney 5:51.4, Virgil Hurt 5:59.4, Larry Jackson 6:04.3, Mike Stufano 6:48.7, Colin Greene 7:21.8  
Men 50-59 Mike Ohl 7:41.2  
Men 60-69 Horace Ellis 6:28.7, Vic Galan 8:45.4

## 100 Meters June 28, 2005

Girls 4&Under Rebecca Allison 23, Madelyn Carter 26, Madelyn Sterne 30, Isabella Palladino 34, Lynley Golden 35, Caroline Branham 32, Gracyn Draney 38, Hailey Draney 49,  
Boys 4&Under Kane Campbell 26, Calvin Hurt 38, John LaPrade 60, Nicholas Palladino 67, Haden Golden 80, Ethan Carter 84,  
Parker Sterne 102

## 200 Meters June 28, 2005

Kids 3-4 Kane Campbell 57.6, Rebecca Allison 64.1, Gracyn Draney 69.2  
Girls 5-6 Reagan Reynolds 50.2, Rhyan Reynolds 55.9  
Girls 7-8 Leah Hurt 44.5, Kendall Branham 51.4  
Girls 9-10 Monica Beck 35.6, Morgan Greene

41.1, Cheyenne Reynolds 42.6  
Girls 13-14 Kelsey Greene 36.7, Elizabeth Hurt 38.9  
Girls 15-16 Laura Rapp 30.8, Rebecca Hurt 33.9  
Women 20-29 Ashley Armistead 32.4  
Boys 5-6 John Warren 44.9, James LaPrade 57.1  
Boys 7-8 Colin Beck 36.5, Michael Stufano 39.9, Josh Greene 43.2, Dalton Reynolds 44.2, Noah Golden 49.9  
Boys 9-10 Brian Rapp 39.4, Trey Armistead 41.4, David Walthall 41.6  
Boys 11-12 Micah Jones 40.6  
Boys 13-14 Mark Jones 40.3  
Boys 15-16 Sashi Murthy 24.4, Andy Drake 29.1  
Boys 17-19 Bryant Ferguson 23.1,  
Men 20-29 Dwayne Fitts 24.9  
Men 40-49 Robert Harding 23.0, C. Ferguson 26.9, Colin Greene 30.3  
Men 50-59 Mike Ohl 31.7

## 800 Meters June 28, 2005

Girls 7-8 Leah Hurt 4:36.9  
Girls 9-10 Monica Beck 3:18.9, Melissa Sperrazza 4:31.5  
Girls 11-12 Arielle Sperrazza 3:40.6  
Girls 13-14 Elizabeth Hurt 4:07.4  
Girls 15-16 Rebecca Hurt 3:11.6  
Women 20-29 Ashley Armistead 2:47.9  
Women 40-49 Katie Hurt 3:33.1  
Boys 7-8 Colin Beck 3:36.0, Josh Greene 4:26.1  
Boys 9-10 Jared Sperrazza 3:22.3, Brian Rapp 3:37.8  
Boys 11-12 Micah Jones 3:20.7, William Sperrazza 4:41.1  
Boys 13-14 Mark Jones 2:56.9  
Boys 15-16 Sashi Murthy 2:33.5, Brandon Love 2:35.7  
Men 17-19 Bryant Ferguson 2:24.5, Spencer Drake 2:40.1, Richard Suddith 3:03.3,  
Men 20-29 Dwayne Fitts 2:19.8  
Men 30-39 Felix McCain 2:42.2  
Men 40-49 Robert Harding 2:09.6, Preston Evans 2:36.0, Mike Stufano 3:02.6

## UPCOMING RACES

**July 23, Lynchburg - LRRC Summer Series 5 Mile** 8:00 a.m. Start at Percival Island Parking Lot, Jefferson St. Info: Riverside Runners, (434) 846-7449 [www.riversiderunners.com](http://www.riversiderunners.com).

**August 16, Bozeman's House - Bozeman's Biathlon Championship V:** Run 2 miles, Bike 11 miles. **Starts 6:30 PM SHARP!**

WHERE: Steve & Debbie Bozeman's House  
See Bozemans Trails, above.

WHY: Exercise, eat, drink and socialize  
Only \$10.00 "Donation" for all this fun.  
Info: Debbie or Steve at (434) 384-7609.

**Aug. 20, Lynchburg - LRRC Summer Series Half 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](http://www.riversiderunners.com).

**Aug. 20, Parkersburg, WV - Half Marathon**  
8 a.m. start in downtown Parkersburg.  
By July 15 - \$25, by July 31 - \$30, by Aug. 19 \$35  
Info. & register online [www.NewsandSentinel.com](http://www.NewsandSentinel.com)

**Sept. 10, Danville - Virginia Bank ½ Marathon River City 5K**  
8:30 a.m. \$20.00 half by 8/3, after \$25.00  
Info: Vince Decker (434) 797-8470,  
[vdecker@dcc.vccs.edu](mailto:vdecker@dcc.vccs.edu)

**Sept. 24, Lynchburg - LRRC Summer Series 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. 1, Lynchburg - Dr. John A. Stephenson Memorial Youth Run,** at Riverside Park.  
Race Directors, Heather Royer and Catherine Phillips. Info: Riverside Runners, (434) 846-7449  
[www.riversiderunners.com](http://www.riversiderunners.com).

**October 15, Lynchburg - Mountain Masochist 50 Mile trail Run,** 6:30am; Part of the Lynchburg Ultra Series. 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).

**November 12, Richmond - SunTrust Marathon**

**and nTelos 8K celebrating its 28<sup>th</sup> anniversary**  
7/1 - 9/30 Marathon \$70, 8K \$25  
10/1 - 11/11 Marathon \$80, 8K \$30  
Info: [www.richmondmarathon.com](http://www.richmondmarathon.com)

## DISCOUNTS

The following businesses offer discounts on select items for your patronage. Please show your membership card and 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. 10:30pm - 7:00pm  
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.

### Lynchburg Orthopedic Lab

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