

The Milepost

P.O. Box 11223 Lynchburg, Va. 24506

Sept. / Oct. 2005

The Presidents Letter

It has been a hot Summer running in the city of Lynchburg. While the Summer season is winding down with many races completed, there are still plenty of running events still to come this Fall. I have been busy helping to organize the Summer Race Series. We had the Percival Isle 5 Miler in July which was a huge success, and the Lynchburg 1/2 Marathon and 5K which had a record turnout. We had runners from all over Virginia and from many other States. Congratulations to all who came out to these events and to the many volunteers whose support is crucial to all these races.

Special congratulations go this Summer to Michael McPhatter for winning the Grandfather Mountain marathon, and to Dave Horton who broke another world record by running the Pacific Crest Trail from Mexico to Canada in sixty-six days. That's Incredible! We hope to have Dave as a guest speaker later this Fall.

The Fall race season is shaping up nicely. There is the Virginia Ten Miler, the John Stephenson Youth run in Riverside park, the Running with the Wolves Cross Country 5K, the Mountain Masochist, and many other Fall classics.

Have fun at these wonderful Fall races.
Darrell Wargo

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

LRR Club Meetings

After that long lazy summer we begin our regularly scheduled club meetings on the second Tuesday of each month. Don't worry, you won't be drafted into commitments for club activities at the meetings. We used to do that, but it tends to keep members away. So we'll do our drafting on the phone or with personal contact when needed. The Fall schedule of meetings is listed below. Come on out and enjoy the programs and meet your fellow Roadrunners.

Next LRR Club Meeting Tuesday, 13 September, 2005

at the Monte Carlo Restaurant
Old Forest Road
6:30 Dinner, 7:00 Meeting

Guest Speaker

Ann Marie Coffee

Holland Chiropractic & Wellness Center

2005 LRR OFFICERS

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

The **October meeting** of the Lynchburg Roadrunners will take place on Tuesday 11 Oct. at Monte Carlo's. This is our awards meeting for the **Summer Race Series**.

Dave Horton will wow us on his high adventures in the wilds of the Pacific Crest Trail at the **November 8 meeting**.

We will continue our tradition of a **free pizza** dinner for members attending the **December 13** meeting.

The Coach Says

Lance Armstrong's Legacy

Lance Armstrong has changed how we train, how we prepare and how we compete. His techniques have become best practices. Armstrong dismantled the power equation to discover that he could climb a mountain far more efficiently by standing and spinning lower gears at a much higher cadence than the widely accepted practice of driving big gears while seated. He broke new ground by taking a scientific approach to a problem. He became a student of physics and physiology and applied them to his riding technique. For Armstrong, it is small increments of time. Seconds. And every one counts. Armstrong surrounds himself with those who can help him shave even a fraction of a second, challenging teammates, equipment-makers and clothing providers to do just that. He spends hours in the wind tunnel, experimenting with every aspect, including subtle shifts in his own body position, seeking the elusive perfect form."

LANCE ARMSTRONG

Added to his training and physiology,
His innovations in technique and technology
Helped him rise to and stay at the top.
He's much like Fosbury with his flop.
Lance also used psychology.

The antithesis of decadence,
Lance spun with a rapid cadence
While climbing mountains standing up.
Since no one could keep up,
His new methods now have credence.

Bernie the Bard

DAVID HORTON CONQUERS PACIFIC CREST TRAIL

And what did you do this summer? Dave Horton has a unique answer. He ran the Pacific coast trail in record time. What is the Pacific Coast Trail? The length of the Trail is 2,666 miles (4,265 km). As the crow flies it is 1,000 miles (1,600 km), and traverses California, Oregon and Washington from the Mexican border to the Canadian. Elevation gain and loss is 300,000 feet including up 60 major mountain passes and down 19 major canyons. Dave covered this distance from June 4 – August 9 this year in 66 days, 7 hours, 16 minutes, averaging 45 miles per day (not counting some lost time).

You can read Horton's reflections on his adventure in

the feature article of this newsletter. A daily account can be read on his web site found at <http://www.extremeultrarunning.com>

In case you didn't already know, David is 55 years young and a professor at Liberty University. He has run 95,000 miles at the end of 2004, and has won over 40 ultra marathons. He has sped the Appalachian Trail in 1991, averaging 40 miles/day over 2,160 miles., and has run the 2,906-mile Trans-America footrace in 1995, averaging 45 miles/day and placing 3rd. In addition Dave set the Long Trail record in 1999, running 271-miles in 4 days, 22 hours. (New records set in 2000 and 2004).

In effect, with the Pacific Coast Trail, Dave Horton has run a **giant H** across the USA. And what did you do this summer?

And what did Donna Elder and family do this summer? Here are a couple of summer races the Elder family attended.

A Summer of Family Fun

By Donna Elder

July 10, 2005 - Scenic Mountain Triathlon,
Richwood, WV

Well, this was the experience of the year! It's a 1/2 mile swim, 17 mile up hill bike, and a 10K run. David and the boys and I drove to WV for our 4th annual trip to this triathlon. The weather proved to be ideal, water temps in the lower to mid-70's, and bright, sunny, blue skies for the 10:00 am start. There were approximately 80 finishers. Once again, I finished 2nd OA female, falling again to the same overall winner as last year, but still managed to finally get a third bike for my third child to ride. Now the collection is complete and I can move on to other things. This year was especially exciting as the mountain people, better known as the "Hunter Family" appeared in WV for their annual family reunion. Fortunately for us tri-athletes, the reunion ended two weeks before the actual tri, but there were still numerous family members "hanging around" the beautiful Monongahela National Forest. It's like a band of gypsy's everywhere! I feel like I had my fastest run ever as the remaining family members were very close to us during the run, in the forests, on the side of the road, hanging out of buses, camping, eating, and just general "cheering" of the athletes. It was quite an experience. I highly encourage all Lynchburg athletes to give this one a try as it's truly a beautiful area with delightful meaning!

David and I also competed as a Relay Team in the Culpepper Sprint Triathlon (part of the Virginia Triathlon Series) on Sunday, August 7, 2005. We finished 2nd OA team! We make a great team, both on and off the courts, and together, we smoked the competition! I think my husband has a new appreciation for triathlons now. He seems much more committed to his running these days too. We may even see him and one or two of my children at the Angels Race in Lynchburg next year! Wouldn't that be something? Makes a Momma proud! It's so fun to encourage and enlighten your family members, both young and not so young, whenever possible.

RACE REPORTS / RESULTS

July 9, Boone, N. C. - Grandfather Mountain Marathon

Michael McPhatter of Madison Heights was the fastest of 359 finishers at the 38th running of the Grandfather Mountain Marathon. With nearly 1,000 feet of elevation gain, the point-to-point race claims to be "One of America's Toughest Marathons." The 36.2 mile race started at 3,333 feet on Appalachian State University's track before going through the town of Boone, up the Blue Ridge Parkway and finishing at the entrance of Grandfather Mountain in Linville, N.C., at an elevation of 4,279 feet. Michael was pretty excited to run a victory lap with torch in hand around the Scottish Highland Games track, located near the finish line.

1 st Michael McPhatter	2:49
Debbie Bozeman	4:39
Steve Bozeman	4:56

July 23, Lynchburg - LRRC Summer Series **PERCIVAL'S ISLAND 5-MILER**

*CR = Course Record

FEMALE OVERALL RESULTS

1 Lisa MacPhearson	17	35:10
2 Alix Flowers	19	36:16
3 Sarah Gahagan	20	36:51
4 Sue Jones	44	37:55

(Course Record: Donna Elder, 32:29, 2004)

MALE OVERALL RESULTS

1 Aaron Saft	27	25:48 * CR
2 Steve Crowder	32	26:25
3 Peter O'Brien	37	27:45
4 Ben Thomas	36	28:04

(Old Course Record: Peter O'Brien, 27:32, 2004)

MALE AGE GROUP: 1 - 12

1 68 Brandon McClenny	11	39:32
2 71 Tyler Bullock	11	39:39
3 121 Micah Jones	11	48:31

MALE AGE GROUP: 13 - 19

1 5 Patterson Wilhelm	17	28:24
2 9 Drew Flowers	17	30:05
3 12 Andrew Rigler	14	30:58
4 21 Ryan Bullcok	17	32:37
5 26 Joel Sutton	14	33:31
6 31 Colin Rote	16	34:11
7 36 Edward Lane	18	34:26
8 77 Grant Jennings	14	40:45
9 80 Chris O'Berry	15	40:59
10 103 Daniel Dansby	17	44:57

FEMALE AGE GROUP: 13 - 19

1 79 Shannon Tomkinson	19	40:47
2 88 Brittney May	15	42:08
3 98 Kelsey Greene	13	43:42
4 104 Anna Sumerlin	17	45:01
5 118 Marina Michael	16	47:29

MALE AGE GROUP: 20 - 29

1 8 Daniel Boyers	26	28:48
2 11 Josh Zealand	24	30:50
3 23 Matthew Zealand	26	32:48
4 25 Joshua Raines	28	33:23
5 29 Walker Wright	25	34:09
6 38 Dwayne Fitts	27	34:40
7 42 Ryan Carlton	20	35:09
8 59 Jeremy Mink	28	38:01
9 126 Kyle Falce	25	49:27

FEMALE AGE GROUP: 20 - 29

1 64 Nicole Lane	22	38:52
2 70 Megan Austin	20	39:36
3 76 Kathy Carrol	23	40:35
4 78 Kristen Faulkner	23	40:46
5 81 Jennifer Martin	24	41:00
6 82 Catherine Adams	20	41:14
7 92 Galen Gordon	24	42:35
8 96 Melissa Small	24	42:46
9 101 Katie Waterworth	27	44:18
10 105 Rachel Jonas	29	45:13
11 106 Rebekah Meadows	24	45:14
12 110 Leigh Ann Whatley	22	46:14
13 111 Lindsay Wasch	23	46:15
14 115 Jennifer Austin	21	47:17
15 120 Megan Mann	27	47:41
16 123 Charity Brown	24	49:10
17 124 Elizabeth Creasy	29	49:19
18 125 Jasaphra Falce	26	49:26
19 128 Victoria Muradi	28	49:52
20 132 Anna Gilkey	25	51:10
21 135 Shana Mattson	27	54:13
22 136 Rebecca Walker	20	54:49

MALE AGE GROUP: 30 - 34

1	27 Chad Waterworth	32	33:46
2	34 Mike Zealand	30	34:24
3	37 Mark Stephens	33	34:36
4	55 James Edwards	33	37:52
5	73 Matt Foster	34	40:06
6	74 Ken Marks	34	40:14
7	90 Cavan Carlton	31	42:27
8	93 Glenn Campbell Jr	34	42:37
9	97 Jeffrey Carpenter	30	43:34
10	99 Michael Smith	34	43:56
11	139 Matt Miller	34	56:56

FEMALE AGE GROUP: 30 - 34

1	61 Katherine McCombs	33	38:39
2	66 Lisa Pacot	33	39:09
3	75 Donna Rinker	34	40:25
4	89 Julie Buchikos	31	42:09
5	108 Nina Dillen	30	45:47
6	134 Betty harrington	34	51:31
7	137 Julie Baty	32	55:43

MALE AGE GROUP: 35 - 39

1	6 Brian Kelleher	38	28:35
2	7 Jeff Harrington	35	28:44
3	13 Matt Richards	38	30:58
4	17 Darrell Wargo	37	32:15
5	19 Paul Carrasco	35	32:35
6	24 Tom Lennings	39	33:11
7	32 George Cook	38	34:16
8	53 Jack Flippin	35	37:22
9	54 Robert Reid	37	37:27
10	62 Wayne Patton	35	38:43
11	85 Brett Martin	35	41:48
12	91 Jeff Aultice	36	42:34
13	102 Bob Weaver	37	44:19
14	114 Ferdinand Flores	39	46:56
15	127 Malcolm Miller	39	49:28
16	129 David Donahue	38	50:13

FEMALE AGE GROUP: 35 - 39

1	58 Kitty Tomkinson	39	38:00
2	67 Blair Snyder	37	39:11
3	94 Wendy Golden	37	42:39
4	95 Leigh Cheatham	37	42:40
5	117 Qian Ma	35	47:23
6	138 Rachel Mitchell	35	56:55
7	140 Rebecca Carrol	37	56:57

MALE AGE GROUP: 40 - 44

1	15 David Little	43	31:50
2	22 Lee Eagle	43	32:40
3	33 Robert Cook	43	34:18
4	39 Grattan Garbee	42	34:45
5	50 Thomas Mohr	42	36:44
6	52 John Alford	44	37:08
7	60 Kevin Shroyer	44	38:09
8	112 Eric Miller	43	46:33
9	119 Jerry Price	43	47:39

FEMALE AGE GROUP: 40 - 44

1	72 Lesley McPhatter	41	39:57
2	84 Heather Royer	43	41:47

3	107 Mary Edmonds	40	45:21
4	122 Kristie Shroyer	44	48:37
5	130 Tate Leftwich	44	50:21

MALE AGE GROUP: 45 - 49

1	10 John Cardwell	47	30:15
2	14 Brad Fitzgerald	47	31:43
3	18 Jeff Minehan	48	32:23
4	20 Preston Evans	49	32:36
5	35 Robert Vogel	47	34:25
6	41 RB Carter	46	34:57
7	63 Jim McFarland	47	38:52
8	69 Eddie Everhart	47	39:33
9	113 Harry Rote	46	46:52
10	116 Mark Bushing	49	47:18
11	131 William Leftwich	46	50:21

FEMALE AGE GROUP: 45 - 49

1	65 Lori Flowers	49	38:56
2	141 Helen Smith	47	56:57

MALE AGE GROUP: 50 - 59

1	16 Steve Bognar	53	31:57
2	30 Ron Riscart	51	34:10
3	40 Bill Hutter	52	34:51
4	44 Craig Miller	52	35:20
5	45 Donald Martin	52	35:24
6	46 Jim Weimer	58	35:29
7	57 Peyton Morgan	53	37:58
8	86 Ben Schowe	57	42:03
9	87 Brian Elliott	50	42:05
10	100 Terry Adams	53	44:08

FEMALE AGE GROUP: 50 - 59

1	83 Ann Harris	56	41:43
2	133 Cheryl Boreland	59	51:30

MALE AGE GROUP: 60 - 64

1	28 Bob Hartless	61	33:52
2	49 John Justice	60	36:42

MALE AGE GROUP: 65 - 99

1	47 Tommy Harris	66	36:14
2	109 Bernie Davis	67	46:05

July 30, Colorado Springs - State Games of America

Robert Harding, who wrote of his passion for track & field in the feature article of the May / June newsletter, participated in the State Games of America in Colorado Springs on July 30. He reports that the weather and the location of the meet (the United States Air Force Academy) were beautiful. Although a little disappointed in the turnout, he was happy with how he ran.

Robert won all three races in which he competed setting meet records for his age category (40-44)) in the 200 and 400 meters. His 100 meter time, which was into a slight head wind, was a season best fully automated time (FAT) of 11.78. His 400 meter time was 52.25 which is his over 40 personal as well as

meet age group record. His 200 meter time was 23.23 which is an over 40 personal as well as meet record FAT time.

Congratulations Robert on a Summer well run.

August 16, Bozeman's Trail - Bozeman's Biathlon Championship V: Run 2 miles, Bike 11 miles.

Race Director: Steve Bozeman

It was one of those race directors nightmares. The clouds looked threatening, but it wasn't raining, the racers were here, and my wife was not in love with a postponement to the rain date. So off we ran on the two mile course. The rain didn't start till well into the 11 mile bike course. But everyone returned safe with tall tales to tell on their expert handling of their bikes in a driving rain. No one would admit that they just slowed down and had a safe ride to near the finish where the racing really began.

The comfort of food and drink compensated for the discomfort of the rain and we all had a good time at the awards. Thanks for everyone participating and Thank you volunteers who had to stand out there and simply get wet.

Race results are enclosed with this newsletter.

Aug. 20, Lynchburg - LRRRC Summer Series Half marathon & 5K,

August lived up to its reputation - hot and muggy at the start and throughout the race. There was an overcast though to keep matters from getting out of hand. Once again this year broke previous year's record for number of runners. And how did you and guests like the post race ice-cream? Thank you runners for braving the weather, and thank you volunteers for your service. The Lynchburg Park Service personnel were very helpful and generous with their time and equipment.

Half Marathon Results

Place Name Age Time

FEMALE OVERALL RESULTS

1 Shannon Saunders	21	1:24:54
2 Elizabeth Boyd	28	1:37:40
3 Jessica Bishop	30	1:38:14
4 Eileen Mallesch	49	1:44:26

MALE OVERALL RESULTS

1 Aaron Saft	27	1:12:58
2 Pete O'Brien	37	1:17:11
3 Michael McPhatter	32	1:19:28
4 Brian Kelleher	38	1:19:42

MALE MASTERS CHAMPION

1 7 John Cardwell	47	1:22:26
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FEMALE MASTERS CHAMPION

1 56 Ryan Morrison	40	1:45:32
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MALE AGE GROUP: 14 - 19

1 63 James Evans	17	1:46:13
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FEMALE AGE GROUP: 14 - 19

NO ENTRIES

MALE AGE GROUP: 20 - 29

1 5 Danny Boyers	27	1:19:48
2 9 Erik Lie-Nielson	29	1:24:08
3 14 Nathan Hottle	29	1:30:12
4 47 Walker Wright	25	1:43:45
5 57 Dwayne Fitts	27	1:45:48
6 73 Todd Pechar	29	1:47:29
7 92 Jeffrey Jackson	20	1:54:41
8 102 Robert Walker	28	1:57:52
9 160 Kyle Erickson	25	2:51:03

FEMALE AGE GROUP: 20 - 29

1 77 Jennifer Nelson	25	1:48:18
2 82 Meledith Horne	29	1:50:39
3 88 Jennifer Martin	24	1:53:29
4 101 Steele Alison	27	1:57:05
5 104 Jennifer Hodgkin	27	1:58:17
6 111 Kristin Lancaster	26	1:59:34
7 113 Katie Waterworth	27	2:00:04
8 119 Heather Scott	23	2:03:26
9 122 Carrie York	28	2:04:47
10 126 Molly Brannan	21	2:06:51
11 143 Megan Mann	27	2:15:04
12 144 Adrienne Howard	29	2:15:12
13 145 Suzanne Maddox	25	2:15:13
14 154 Jennifer Austin	22	2:31:11
15 156 Anna Gilkey	26	2:36:44
16 159 Samantha Goode		2:47:49
17 161 Kristen Erickson	25	2:51:04

MALE AGE GROUP: 30 - 34

1 11 Ronnie Ellington	31	1:24:57
2 18 Lewis Hendricks	32	1:32:47
3 39 Chad Waterworth	33	1:40:49
4 42 Mark Stephens	33	1:42:31
5 43 Mike Pflieger	31	1:42:44
6 55 Lance Collins	34	1:45:25
7 74 James Edwards	33	1:47:37
8 86 Roger Bunce	34	1:51:31
9 109 Michael Dunn	32	1:59:17
10 134 Glenn Campbell		2:10:59
11 151 Brandon Reynolds	30	2:29:52

FEMALE AGE GROUP: 30 - 34

1 90 Amanda Webster	30	1:53:54
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2	100 Donna Rinker	34	1:56:48
3	112 Kiston McPhatter	30	1:59:38
4	118 Julie Buchikos	31	2:03:04
5	131 Melanie Ingraham	30	2:09:26
6	142 Sherri Maddox	33	2:14:10
7	155 Betty Harrington	34	2:33:50
8	158 Rachel Quiegliariel	30	2:47:02

2	75 Lesley McPhatter	41	1:47:48
3	87 Cindi Bowen	44	1:51:32
4	103 Sue Jones	44	1:58:03
5	108 Beth Wright Frackle	44	1:59:16
6	125 Kim Fast	42	2:06:14
7	149 Suzanne Perry	40	2:18:50
8	153 Marilyn Monroe	40	2:31:10

MALE AGE GROUP: 35 - 39

1	6 Jeff Harrington	35	1:21:09
2	13 Paul Carrasco	35	1:30:08
3	16 Matt Richards	38	1:32:05
4	21 Neal Jamison	37	1:33:42
5	23 Gary Morris	38	1:34:07
6	28 Geoffrey Bemiss	37	1:37:12
7	35 Peter Sheldon	38	1:39:10
8	44 Keith Spencer	38	1:43:01
9	48 Chris Gassler	36	1:43:59
10	49 Ron DeVos	35	1:44:13
11	53 Van Phillips	36	1:44:40
12	64 Jack Flippin	35	1:46:37
13	69 David Hedrick	35	1:47:02
14	76 Robert Reid	37	1:48:16
15	94 Wayne Patton	35	1:55:27
16	96 Tom Jennings	39	1:56:25
17	99 Matt LeVasseur	37	1:56:44
18	123 Chuck Besser	37	2:05:10
19	133 Tommy Field	37	2:10:58

MALE AGE GROUP: 45 - 49

1	15 Bret Boman	46	1:30:59
2	17 Jeff Minahan	49	1:32:28
3	19 Calvin Milam	46	1:33:13
4	25 George Mrus	45	1:34:32
5	32 Preston Evans	49	1:38:12
6	37 Wilbert Hooper	47	1:40:06
7	41 Paul Fast	46	1:42:28
8	46 Rock Henderson	48	1:43:14
9	52 Gary Sheehan	45	1:44:27
10	54 Tom Loy	48	1:45:14
11	80 Bill Cundiff	48	1:50:16
12	85 Kevin Uhl	45	1:51:29
13	93 James Lovell	47	1:54:43
14	107 Eddie Everhart	47	1:59:04
15	114 Taft Yeatts	45	2:00:57
16	135 Dave Fix	48	2:11:05
17	150 Mark Bushing	49	2:19:31

FEMALE AGE GROUP: 35 - 39

1	89 Gabby Suydam	35	1:53:44
2	106 Peggy Plunkett	37	1:58:57
3	115 Leigh Cheatham	37	2:01:17
4	117 Denise Martz	38	2:02:42
5	120 Jeanne Craig	35	2:03:56
6	128 Lisa Thomas	36	2:07:59
7	137 Wendy Golden	37	2:11:32
8	138 Sheri Aggarwal	39	2:12:31
9	146 Frances Samples	38	2:16:29
10	162 Melissa Waugh	36	2:56:17
11	163 Melody LaPrade	37	2:56:18

FEMALE AGE GROUP: 45 - 49

1	98 Mandy Hoy	45	1:56:43
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MALE AGE GROUP: 50 - 59

1	27 Steve Bognar	53	1:36:38
2	29 Frank Guller	54	1:37:35
3	34 Ron Riscart	51	1:38:51
4	45 Craig Miller	52	1:43:05
5	50 Donald Martin	52	1:44:19
6	58 Mike Douchette	50	1:45:57
7	59 Kelvin Flowers	50	1:46:00
8	61 Jim Hill	51	1:46:03
9	65 Barry Kreisa	51	1:46:39
10	67 Michael Brannan	52	1:46:45
11	68 Don Garber	53	1:46:53
12	78 Richard McDaniel		1:48:40
13	83 Chip Clements	58	1:51:12
14	91 Peyton Morgan	53	1:54:21
15	110 Steve Kerr	50	1:59:20
16	121 Ben Schowe	57	2:04:29
17	124 John Mein	57	2:06:13
18	127 Terry Ojure	56	2:07:53
19	129 Steve Burns	52	2:08:24
20	132 Jim Allmendinger	51	2:09:42
21	139 Keith Austin	51	2:12:57
22	140 Richard Stone	58	2:13:49

MALE AGE GROUP: 40 - 44

1	8 Dale Ball	42	1:23:30
2	12 Bryan Powell	40	1:29:38
3	20 Vince Decker	42	1:33:41
4	22 Terry Ketchersid	44	1:33:51
5	24 Daro Ferrara	44	1:34:11
6	36 John Tate	42	1:39:39
7	38 Lee Eagle	43	1:40:25
8	40 David Little	43	1:41:48
9	60 Virgil Hurt	40	1:46:01
10	66 Thomas Mohr	42	1:46:41
11	79 Calvin Curry	40	1:49:28
12	81 Kevin Spencer	40	1:50:33
13	84 Kevin Shroyer	44	1:51:26
14	95 Robert Cook	44	1:56:24
15	97 John Alford	44	1:56:26
16	105 Elvis Presley	42	1:58:45
17	141 Mark Sloman	42	2:13:50
18	152 Jerry Price	43	2:30:59

FEMALE AGE GROUP: 50 - 59

1	70 Marianne Kramer	50	1:47:12
2	147 Judy Campbell	56 J	2:17:04
3	157 Debbi Kyte	51	2:39:30

FEMALE AGE GROUP: 40 - 44

1	62 Deanna Grim	40	1:46:08
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MALE AGE GROUP: 60 - 64

1	26 Bob Hartless	61	1:34:58
2	31 Sam Going	63	1:38:07
3	72 John Justice	60	1:47:16

4 130 Bill Gribbin 62 2:08:24

FEMALE AGE GROUP: 60 - 99

1 148 Janice Hick 63 2:17:05

MALE AGE GROUP: 65 - 99

1 71 Tommy Harris 66 1:47:15

2 116 Wally Goode 65 2:02:10

3 136 Bernie Davis 67 2:11:31

2005 OPEN 5K AWARDS LIST

Place Name Age Time

FEMALE OVERALL RESULTS

1 Laurel Reed 22 20:02

2 Sallie Ford 17 20:31

3 Beth Saft 26 21:04

4 Laura Rapp 15 21:27

MALE OVERALL RESULTS

1 Richard Ferguson 47 18:11

2 Andrew Rigler 14 18:25

3 Riken Kumar 17 18:44

4 Josh Knight 15 18:46

MALE AGE GROUP: 1 - 19

1 5 Chris Wyatt 17 19:33

2 6 Christopher Sulliva 17 19:40

3 7 Andy Drake 17 19:42

4 8 Dakota Pellman 14 19:42

5 10 Thomas Ballowe 17 19:51

6 16 Grayson Burch 16 20:38

7 18 Joel Sutton 14 20:55

8 22 Brandon McClenny 11 21:24

9 27 Jesse Baker 16 22:01

10 28 Carl DeMuth 16 22:03

11 31 Mark Jones 13 22:16

12 32 Jake Haskins 14 22:16

13 33 Jason Faix 13 22:29

14 35 Timothy Vernon 14 22:37

15 38 Geoff Ranewsky 16 22:56

16 39 Hank Donaldson 15 22:59

17 40 Tony Coradazzi 16 23:06

18 42 Paul Schmidt 12 23:10

19 43 Josh Ranowsky 15 23:11

20 44 Karl Overstreet 10 23:12

21 45 Chris Schweikart 14 23:16

22 46 Anthony Locatelli 15 23:16

23 49 Nathan Schweikart 16 23:49

24 69 Matt Warwick 16 25:35

25 75 Phillip Mayhew 14 26:13

FEMALE AGE GROUP: 1 - 19

1 29 Ashley Hardy 14 22:09

2 50 Erin Saxton 16 23:57

3 51 Heather House 16 24:01

4 52 Marina Michael 16 24:05

5 54 Brittney May 15 24:14

6 58 Alicia Hooper 16 24:35

7 64 Kelsey Greene 13 24:53

8 65 Jordan Naves 14 25:04

9 67 Kelly Karcher 14 25:12

10 70 Misty Schmidt 15 25:37

11 72 Alydia Miller 14 25:43

12 73 Caroline Watson 16 26:04

13 74 Kim Adams 15 26:05

14 76 Rebecca Hurt 15 26:23

15 82 Michelle Adams 14 27:03

16 89 Erica Rutherford 18 27:40

17 102 Kristen Johnson 16 28:40

18 104 Ali Donaldson 12 28:41

19 105 Allison Hake 15 28:44

20 109 Alison Reynolds 15 29:09

21 116 Devin Johnson 13 29:36

22 118 Lauren Totty 15 30:00

23 125 Rachel McKeague 13 30:51

24 127 Marie Warwick 19 31:13

25 131 Amber Reed 16 31:33

MALE AGE GROUP: 20 - 29

1 11 Josh Ranes 28 19:52

2 13 Arthur Ryan 22 20:24

3 15 Jerry Ayantola 26 20:36

4 24 Ryan Carlton 20 21:42

5 55 Jon Fortney 27 24:17

6 60 David Hylton 27 24:42

7 86 Jeremy Grogg 29 27:28

8 99 Paul Ufema 29 28:31

9 134 Nate Schломann 24 31:43

FEMALE AGE GROUP: 20 - 29

1 36 Jennifer Pritchett 29 22:38

2 56 Rebekah Meadows 24 24:23

3 62 Kellie Grogg 27 24:49

4 63 Cheryl Kidd 26 24:51

5 71 Laurie Ridgeway 24 25:38

6 90 Amanda Cruickshank 24 27:41

7 96 Camille Rabon 28 28:13

8 101 Elizabeth Creasy 29 28:36

9 110 Kelly Stone 20 29:13

10 123 Rebecca McGowan 25 30:42

11 126 Jill Nance 24 31:08

12 129 Tamara Nelson 29 31:14

MALE AGE GROUP: 30 - 39

1 9 Marcus Wright 32 19:46

2 41 David Crawford 39 23:08

3 47 Ken Marks 35 23:38

4 59 Brett Martin 35 24:41

5 80 Ferdinand Flores 39 26:50

6 85 Lew McKeague 39 27:22

7 91 Malcolm Miller 39 27:50

8 106 Charles Sheaffer 37 28:48

9 124 Jason Powell 30 30:42

FEMALE AGE GROUP: 30 - 39

1 34 Lisa Richardson 39 22:35

2 79 Tiffany Dunn 31 26:36

3 92 Karen Gandy 36 27:54

4 94 Nell Mikkelson 31 28:07

5 100 Sheri Worsham 37 28:36

6 107 Marcia Yochum 31 28:58

7 113 Jill Davis 31 29:19

8 117 Kim Sheldon 37 29:48

9 128 Amy Patton 35 31:13

10 144 Christine O'Donnell 39 35:53

11 147 Amy O'Neill 37 38:21

MALE AGE GROUP: 40 - 49

1 17 Ted Batt 45 20:52
2 19 Jerry O'Neill 40 21:01
3 26 Bob Dendy 42 21:59
4 30 Jim McFarland 47 22:15
5 48 Dave Civis 48 23:42
6 53 Jon Schweikart 40 24:09
7 57 Mike Money maker 45 24:29
8 61 Barry Samples 41 24:46
9 81 Doug Johnson 42 26:59
10 83 Stephen Brooks 41 27:06
11 88 Rick Benedict 44 27:36
12 97 Ron Watson 45 28:19
13 112 Bryan Stone 48 29:14
14 114 Kevin Logan 42 29:22
15 119 Ralph Totty 41 30:01
16 135 Andrew Alexson 46 31:44
17 151 Colin Greene 43 47:12

FEMALE AGE GROUP: 40 - 49

1 78 Tracey White 42 26:35
2 84 Kristie Shroyer 44 27:09
3 95 Katie Hurt 40 28:08
4 132 Diane Lovell 45 31:36
5 141 Lelia Johnson 47 35:20
6 149 Sue Edick 48 46:15

MALE AGE GROUP: 50 - 59

1 20 Bill Hutter 52 21:02
2 37 Sid Kirsten 54 22:46
3 66 Brian Elliott 50 25:10
4 122 Wayne Owen 53 30:28
5 145 George Young 53 35:58

FEMALE AGE GROUP: 50 - 59

1 68 Ann Harris 56 25:23
2 111 Carole Stone 50 29:14
3 133 Sue Boyers 50 31:39
4 139 Debbie Martin 53 34:37
5 148 Betsy Garber 50 42:07

MALE AGE GROUP: 60 - 99

1 25 Horace Ellis 63 21:57
2 137 Tommy Craven 60 32:18
3 146 John Brock 60 36:15

FEMALE AGE GROUP: 60 - 99

1 87 Susan Spencer 60 27:36



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

UPCOMING RACES

**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

**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.

See Entry Form enclosed with this newsletter.

Oct. 8, Appomattox, Va - Railroad Day 5K

8:00 a.m. start at Appomattox High School.
Race Director: Lisa Richardson (434) 248-9082

See Entry Form enclosed with this newsletter.

Oct. 8, Vinton - Fall Festival 5K

8:00 a.m., Info.: (540) 343-1364

October 15, Lynchburg - Mountain Masochist 50

Mile trail Run, 6:30am; Part of the Lynchburg Ultra Series. Info: Dr. Dave Horton, Liberty
Phone (434) 582-2386 (w), 239-1324 (h), on the Web at www.extremeultrarunning.com.

November 5, Bedford, Va. - Apple Valley 5K

10 a.m. start. Race Director: Teresa Boyes
Info.: 540 297-2709.

See Entry Form enclosed with this newsletter.

November 12, Richmond - SunTrust Marathon and nTelos 8K celebrating its 28th anniversary

7/1 - 9/30 Marathon \$70, 8K \$25
10/1 - 11/11 Marathon \$80, 8K \$30
Info: www.richmondmarathon.com

BENEFITS AND DEVOTION

Every day I take the notion
To go running in slow motion.

It has health benefits,

But it can be the pits,

And it takes a lot of devotion.

Bernie the Bard

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 Runners

Offering 10% off on all store sales.
Open: Tues. - Fri. 10:30pm - 7:00pm
Saturday, 9:00am - 6:00pm

Come see us at
2301 Rivermont Avenue
Lynchburg, Va. 24503
Phone: (434)846-7449
Webb: www.riversiderunners.com

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

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(804) 846-1803