

## The Presidents Letter

What a busy season for racing in Central Virginia. There have been a lot of events going on all over Virginia as well as here in Lynchburg. I want to say congratulations to those who ran the Virginia Ten Miler and the Mountain Masochist Fifty Miler. I completed my seventh Masochist, which this year saw its largest field of runners. Bernie Davis, as the oldest finisher, completed his eighteenth Mountain Masochist. Congratulations Bernie.

As co-directors of the John A. Stephenson Memorial children's run at Riverside Park, Catherine Phillips and Heather Royer had their hands full with a record turnout of eager youth. Great weather and dedicated volunteers resulted in a great race day to the satisfaction of all.

Congratulations to those who ran the Summer Race Series and who won awards. We look forward to doing the race series again next summer. We will fix the race dates early next year so you can mark them on your calendar. There are more events coming up to close the 2005 race year. Please mark your calendars for The Apple valley 5K on 5 November, the Thanksgiving Day Turkey Trot 5K on 24 November, and the Bedford Christmas Classic 5K and 10K on 3 December.

I am proud to be the President of the Lynchburg Roadrunners for the year 2005. Due to the hard work and dedication of the race directors and volunteers we had lots of races and have fond memories to cherish into the coming year. I will be resigning as club president at the end of the year. We will be restructuring the club and changing the format of the organization to reflect the realities of the club membership. Be assured that your membership is valued as we plan for a busy race year in 2006. Your membership dues are important to provide race insurance for the many events we sponsor and to continue the newsletter.

Have fun on the run,

Darrell Wargo  
President 2005

### 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)

**Next LRR Club Meeting**  
**Tuesday, 8 November, 2005**  
at the Monte Carlo Restaurant  
Old Forest Road  
6:30 Dinner, 7:00 Meeting  
Guest Speaker  
**Dr. Dave Horton**  
**A summer of fun and other high adventures**

### December Meeting

Please make plans to join us for our annual December pizza party on **Tuesday 13 December** at Monte Carlo's on Old Forest Road. Free pizza and drink are provided. You can take the opportunity to renew your membership for 2005 and provide your comments and suggestions toward your club's reorganization. We look forward to seeing you there.

### Meeting Minutes

At the October meeting of the Lynchburg Roadrunners (LRRC) we recognized the winners of the Summer Race Series. The meeting started about 6:45 with a general introduction from president Darrell Wargo. Series Director, Jeff Fedorko followed up with a brief overview of the race series. As usual Jeff was quite eloquent with his words with respect to all the sponsors of the Series, the runners, their families, and the Award recipients.

Those that completed all 5 races received an Adidas backpack. Both overall and age group winners were recognized.

### The Overall Female winners were:

| <u>Pl.</u> | <u>Name</u>     | <u>Age</u> | <u>Points</u> |
|------------|-----------------|------------|---------------|
| 1.         | Eilen Mallesch, | 49         | 185           |
| 2.         | Sue Jones       | 44         | 175           |
| 3.         | Alix Flowers    | 19         | 150           |

**The Overall Male winners were:**

| <u>Pl.</u> | <u>Name</u>       | <u>Age</u> | <u>Points</u> |
|------------|-------------------|------------|---------------|
| 1.         | Pete Obrien       | 37         | 250           |
| 2.         | Jeff Harrington   | 35         | 175           |
| 3.         | Michael McPhatter | 32         | 175           |

Note: Jeff Harrington was color coordinated for the evening!

Pizza and soft drinks were provided through the evening. There were about 25 members and guests in attendance for the meeting including a number of younger runners. The award ceremony lasted until 8 p.m. It was a very enjoyable evening and a good time was had by all.

Awards are available at Riverside Runners for those that could not be there that night.

**APOLOGY**

*From the Editor*

Your Newsletter arrives a little late this month. I was having such a good time on vacation in Nova Scotia, Canada that we stayed an extra week. Expect the next issue of the newsletter about mid December. A little late this month, a little early next month, ought to even things out.

Apologies if there was any inconvenience caused by late news and information.

Vic Galan

**FAREWELL**

*LRRC Secretary, George Mrus writes:*

Eileen and I would like to thank each and every member of the Lynchburg running community for the warmth and sense of camaraderie provided during our time in Lynchburg.

From the moment we met Jeff, Leslie and Tommy Harris ('Boston kicked me!') at the Memorial day 10k in 2003 and through the past 2+ years we have had experiences to last a lifetime.

However, Eileen has accepted a promotion with Nationwide Insurance Company and we will be relocating in the not to distant future to Columbus Ohio. If your passing through please give us a shout!

Again, many thanks from Eileen and I for the friendship and conversations over the past couple of years. We wish each and every member and their families the best of health and well being!

Warmest regards,

Eileen and George

**The Coach Says .....**

**BETTY GRACE, A TOUGH, TENACIOUS, DETERMINED ELDERLY LADY, AND A SURVIVOR**

She survived open heart surgery. She survived breast cancer. She survived a stroke. So the 26.2-mile trek that she part ran, part walked through the smothering humidity of a June day in Kona, Hawaii was just one more thing to survive -- and she could do it."

|  |
|--|
| <p><b>BETTY GRACE</b></p> <p>A marathon is hard to do</p> <p>When you're eighty-two.</p> <p>In spite of stroke, cancer and arthritis</p> <p>And other ills worse than bursitis,</p> <p>Betty saw it through.</p> <p style="text-align: right;">Bernie the Bard</p> |
|--|

**The Pacers**

*Home-schooled racers*

By Sue Jones

This past summer I began running with some home-schooled students who were interested in joining our cross country team in the fall. I must admit, we had a blast! This year's crop of runners are good kids; eager to run and willing to take on the challenge of my crazy runs. During our runs, the kids increased their mileage and eventually improved their times on some of our loop courses. They were ready for the fall running season.

My main purpose in having a home-school cross country team is to offer an opportunity to our middle school and high school age children to run and compete against other talented runners. I want to expose them to healthy competition and to afford them the experience of individual and team success. Unfortunately, the reactions we get from the public are not as encouraging as most cross country teams receive. This year we were turned down by three area high schools when asked whether we could participate in their cross country meets. Two of these schools we competed against last year. This was, as you can imagine, very disappointing to my high school runners.

I have looked into the legalities of our competing at the high school level. There is a governing body, called the VA High School League, which determines eligibility for school athletes and athletics. When we first became a cross country team we contacted the VHSL and spoke with Tom Zimorski about our eligibility. He seemed excited about us, as a home school cross country team, competing against area high schools. He told us that it would be up to the individual school whether we were allowed to run. We were very encourage to hear that. We also make it a practice to require insurance forms from each of our runners and we make them sign a waiver at the beginning of the season saying they waive all rights to sue, should they get injured during their participation. We feel as though we have covered all the bases.

I am very grateful to the schools who do allow us to participate. This year we have had a runner from each our boys' and girls' high school team to finish sixth in a meet against six other schools. At the middle school level, our first-place boy has finished first in all but one of his meets. I feel blessed to have such talent running for me this year. I pray that I will be able to provide for them the kind of competition they need to further their success. I am hoping that next year, and subsequent years, we will have plenty of meets available to these talented and hard working runners.

I have some race results from the Danville River City 5k:

Mark Jones 21:28, 1st 0-14  
 Horace Ellis 21:55, 1st 60-64  
 Micah Jones 25:03  
 Rebecca Hurt 25:55, 2nd 15-19

If you want to check for other area runners, and those that ran the half-marathon, here is the website:  
<http://www.dcc.vccs.edu/Foundation/race2005/>

## RACE REPORTS / RESULTS

### Sept. 24, Lynchburg - Virginia 10 Miler LRRC Summer Series

Lynchburg's Pete O'Brien won the Virginia Ten Miler this year. In fact, Lynchburg runners finished in the top three overall. Jeff Harrington of Lynchburg finished fifth with a time of 59:54.

O'Brien, Michael McPhatter, Brian Kelleher and Jeff Harrington all trained together for the race and set a goal for each of them to break 60 minutes. "We run during the week together and race together on the

weekends," Kelleher said. "It was exciting." "Those guys are great to train with," O'Brien said. "They are very passionate and dedicated runners. They have made me tougher and more focused at this point in my career." The four were the top male finishers and each finished in the top five overall. From first to fifth, they were separated by two minutes and one second. "We are all pretty close in ability. It just depends on who feels good on a particular day," McPhatter said.

## Awards List

| MALE OVERALL RESULTS 10 MILER |    |                   |     |            |
|-------------------------------|----|-------------------|-----|------------|
| Pl                            | OA | Name              | Age | Pace       |
| 1                             | 1  | Peter O'Brien     | 37  | 57:51 5:48 |
| 2                             | 2  | Michael McPhatter | 32  | 58:55 5:54 |
| 3                             | 3  | Brian Kelleher    | 38  | 59:23 5:57 |

| FEMALE OVERALL RESULTS 10 MILER |    |                    |     |              |
|---------------------------------|----|--------------------|-----|--------------|
| Pl                              | OA | Name               | Age | Pace         |
| 1                               | 4  | Tara Wojciechowski | 30  | 59:30 5:57   |
| 2                               | 18 | Catherine Phillips | 30  | 1:06:37 6:40 |
| 3                               | 21 | Lauren Jefferson   | 31  | 1:07:45 6:47 |

| FEMALE MASTERS OVERALL RESULTS 10 MILER |    |                 |     |              |
|---|----|-----------------|-----|--------------|
| Pl                                      | OA | Name            | Age | Pace         |
| 1                                       | 69 | Jusy Holden     | 44  | 1:15:33 7:34 |
| 2                                       | 72 | Nancy Ferris    | 49  | 1:15:41 7:35 |
| 3                                       | 83 | Eileen Mallesch | 49  | 1:17:27 7:45 |

| FEMALE 10 1 - 98 ATHENA MILER |     |               |     |              |
|-------------------------------|-----|---------------|-----|--------------|
| Pl                            | OA  | Name          | Age | Pace         |
| 1                             | 232 | Alicia Taylor | 26  | 1:29:10 8:55 |
| 2                             | 241 | JOYCE O'QUINN | 37  | 1:29:32 8:58 |
| 3                             | 252 | Renee Draney  | 40  | 1:29:45 8:59 |

| MALE 10 1 - 98 CLYDESDALE MILER |    |               |     |              |
|---------------------------------|----|---------------|-----|--------------|
| Pl                              | OA | Name          | Age | Pace         |
| 1                               | 29 | Rick Brooks   | 35  | 1:09:00 6:54 |
| 2                               | 97 | Jim Weimer    | 58  | 1:18:56 7:54 |
| 3                               | 99 | Thomas Hughes | 51  | 1:19:05 7:55 |

## Lynchburg and Area TOP Runners

| MALE AGE GROUP: 1 - 14 10 MILER |     |               |     |              |
|---------------------------------|-----|---------------|-----|--------------|
| Pl                              | OA  | Name          | Age | Pace         |
| 1                               | 71  | Jake Haskings | 14  | 1:15:39 7:34 |
| 2                               | 113 | Marcus Conrad | 12  | 1:19:43 7:59 |
| 3                               | 127 | Paul Malloy   | 14  | 1:21:23 8:09 |
| 4                               | 128 | Kevin Truitte | 14  | 1:21:23 8:09 |
| 5                               | 138 | Dylan Hague   | 14  | 1:22:19 8:14 |

FEMALE AGE GROUP: 15 - 19 10 MILER

| Pl | OA Name           | Age | time    | Pace  |
|----|-------------------|-----|---------|-------|
| 1  | 167 Heather House | 16  | 1:24:32 | 8:28  |
| 2  | 263 Sarah Wilson  | 19  | 1:30:36 | 9:04  |
| 3  | 333 Michelle Bice | 19  | 1:35:05 | 9:31  |
| 4  | 391 Sarah Erb     | 19  | 1:39:29 | 9:57  |
| 5  | 398 Andrea Copsey | 19  | 1:40:35 | 10:04 |

MALE AGE GROUP: 15 - 19 10 MILER

| Pl | OA Name           | Age | time    | Pace |
|----|-------------------|-----|---------|------|
| 1  | 6 Jonathan Bryant | 17  | 1:00:00 | 6:00 |
| 2  | 10 DREW FLOWERS   | 17  | 1:02:43 | 6:17 |
| 3  | 17 RIKEN KUMAR    | 17  | 1:06:33 | 6:40 |
| 4  | 22 CHRIS WYATT    | 17  | 1:07:55 | 6:48 |
| 5  | 45 Brent Dewsnap  | 17  | 1:11:57 | 7:12 |

FEMALE AGE GROUP: 20 - 24 10 MILER

| Pl | OA Name            | Age | time    | Pace |
|----|--------------------|-----|---------|------|
| 1  | 40 Laurel Reed     | 22  | 1:10:35 | 7:04 |
| 2  | 120 Sarah Gahagan  | 21  | 1:20:08 | 8:01 |
| 3  | 198 Sarah Oktavec  | 23  | 1:26:25 | 8:39 |
| 4  | 215 Monica Dillard | 22  | 1:28:00 | 8:48 |
| 5  | 220 Tara May       | 24  | 1:28:31 | 8:52 |

MALE AGE GROUP: 20 - 24 10 MILER

| Pl | OA Name           | Age | time    | Pace |
|----|-------------------|-----|---------|------|
| 5  | 53 Charles Warren | 20  | 1:13:12 | 7:20 |

FEMALE AGE GROUP: 25 - 29 10 MILER

| Pl | OA Name             | Age | time    | Pace |
|----|---------------------|-----|---------|------|
| 3  | 114 HITOMI MAKINO   | 26  | 1:19:49 | 7:59 |
| 5  | 121 Jennifer Nelson | 25  | 1:20:08 | 8:01 |

MALE AGE GROUP: 25 - 29 10 MILER

| Pl | OA Name           | Age | time    | Pace |
|----|-------------------|-----|---------|------|
| 1  | 26 Chris Libbey   | 29  | 1:08:20 | 6:50 |
| 2  | 39 Dwayne Fitts   | 27  | 1:10:30 | 7:03 |
| 3  | 41 Eugene Huang   | 29  | 1:10:43 | 7:05 |
| 4  | 60 Johann Placher | 27  | 1:14:28 | 7:27 |
| 5  | 64 WALKER BOYD    | 28  | 1:14:47 | 7:29 |

FEMALE AGE GROUP: 30 - 34 10 MILER

| Pl | OA Name           | Age | time    | Pace |
|----|-------------------|-----|---------|------|
| 1  | 43 Thomas Meyer   | 34  | 1:11:24 | 7:09 |
| 2  | 134 Janeen Abern  | 33  | 1:21:56 | 8:12 |
| 3  | 145 Jennifer West | 32  | 1:22:46 | 8:17 |
| 4  | 156 Sarah Glass   | 34  | 1:23:49 | 8:23 |
| 5  | 159 Alex Wood     | 33  | 1:23:59 | 8:24 |

MALE AGE GROUP: 30 - 34 10 MILER

| Pl | OA Name          | Age | time    | Pace |
|----|------------------|-----|---------|------|
| 5  | 61 Lance Collins | 34  | 1:14:36 | 7:28 |

FEMALE AGE GROUP: 35 - 39 10 MILER

| Pl | OA Name           | Age | time    | Pace |
|----|-------------------|-----|---------|------|
| 1  | 75 Joseph Novak   | 38  | 1:16:14 | 7:38 |
| 2  | 95 Amy Gallagher  | 37  | 1:18:42 | 7:53 |
| 3  | 108 Kappa Meadows | 39  | 1:19:27 | 7:57 |
| 4  | 123 JULIE STADLER | 36  | 1:20:41 | 8:05 |
| 5  | 124 Laurie George | 38  | 1:21:06 | 8:07 |

MALE AGE GROUP: 35 - 39 10 MILER

| Pl | OA Name           | Age | time    | Pace |
|----|-------------------|-----|---------|------|
| 1  | 5 Jeff Harrington | 35  | 59:54   | 6:00 |
| 2  | 15 Neal Jamison   | 37  | 1:05:31 | 6:34 |
| 3  | 16 Doug Bloor     | 38  | 1:06:14 | 6:38 |
| 4  | 19 Paul Carrasco  | 35  | 1:06:42 | 6:41 |
| 5  | 25 Peter Sheldon  | 38  | 1:08:12 | 6:50 |

FEMALE AGE GROUP: 40 - 44 10 MILER

| Pl | OA Name               | Age | time    | Pace |
|----|-----------------------|-----|---------|------|
| 1  | 100 Susan Foutz       | 40  | 1:19:05 | 7:55 |
| 2  | 104 Lesley McPhatter  | 41  | 1:19:12 | 7:56 |
| 3  | 107 Sarah Davison     | 41  | 1:19:22 | 7:57 |
| 4  | 132 Frankie Slaughter | 41  | 1:21:50 | 8:11 |
| 5  | 140 Cindy Bowen       | 44  | 1:22:24 | 8:15 |

MALE AGE GROUP: 40 - 44 10 MILER

| Pl | OA Name             | Age | time    | Pace |
|----|---------------------|-----|---------|------|
| 1  | 23 SCOTT KADAK      | 42  | 1:08:00 | 6:48 |
| 2  | 24 David Little     | 43  | 1:08:09 | 6:49 |
| 3  | 38 Tom Jennings     | 40  | 1:10:27 | 7:03 |
| 4  | 54 Scott Richardson | 40  | 1:13:31 | 7:22 |
| 5  | 63 Lee Eagle        | 44  | 1:14:47 | 7:29 |

FEMALE AGE GROUP: 45 - 49 10 MILER

| Pl | OA Name              | Age | time    | Pace |
|----|----------------------|-----|---------|------|
| 1  | 234 Linda Schumann   | 49  | 1:29:16 | 8:56 |
| 2  | 237 YVONNE MCHAHON   | 46  | 1:29:25 | 8:57 |
| 3  | 272 Kathleen Graves  | 47  | 1:31:12 | 9:08 |
| 4  | 295 Cindy Wisecarver | 47  | 1:33:09 | 9:19 |
| 5  | 307 Kathleen Malloy  | 47  | 1:34:28 | 9:27 |

MALE AGE GROUP: 45 - 49 10 MILER

| Pl | OA Name          | Age | time    | Pace |
|----|------------------|-----|---------|------|
| 1  | 20 Jeff Minahan  | 49  | 1:06:47 | 6:41 |
| 2  | 28 Randy Garbee  | 46  | 1:08:49 | 6:53 |
| 3  | 30 Jack King     | 47  | 1:09:27 | 6:57 |
| 4  | 32 Preston Evans | 49  | 1:09:50 | 6:59 |
| 5  | 33 Robert Ramsey | 47  | 1:09:55 | 7:00 |

FEMALE AGE GROUP: 50 - 54 10 MILER

| Pl | OA Name             | Age | time    | Pace  |
|----|---------------------|-----|---------|-------|
| 1  | 247 Terry Miffleton | 54  | 1:29:36 | 8:58  |
| 2  | 270 Ann Tucker      | 51  | 1:31:06 | 9:07  |
| 3  | 304 Debbie Bozeman  | 51  | 1:34:02 | 9:25  |
| 4  | 392 Ann Allison     | 53  | 1:39:29 | 9:57  |
| 5  | 443 Lynda Farr      | 51  | 1:46:26 | 10:39 |

MALE AGE GROUP: 50 - 54 10 MILER

| Pl | OA Name             | Age | time    | Pace |
|----|---------------------|-----|---------|------|
| 1  | 37 Gary Stroud      | 54  | 1:10:24 | 7:03 |
| 2  | 48 Frank Guler      | 54  | 1:12:33 | 7:16 |
| 3  | 50 Ron Riscant      | 51  | 1:13:05 | 7:19 |
| 4  | 56 Michael Doucette | 50  | 1:13:45 | 7:23 |
| 5  | 58 Joseph Ryan      | 50  | 1:14:02 | 7:25 |

FEMALE AGE GROUP: 55 - 59 10 MILER

| Pl | OA Name           | Age | time    | Pace  |
|----|-------------------|-----|---------|-------|
| 1  | 238 Linda Peters  | 58  | 1:29:27 | 8:57  |
| 2  | 262 Jane Poole    | 58  | 1:30:34 | 9:04  |
| 3  | 306 Mollie Holmes | 55  | 1:34:24 | 9:27  |
| 4  | 429 Linda King    | 57  | 1:43:50 | 10:23 |
| 5  | 442 SUSAN HILL    | 55  | 1:46:06 | 10:37 |

MALE AGE GROUP: 55 - 59 10 MILER

| Pl | OA Name             | Age | time    | Pace |
|----|---------------------|-----|---------|------|
| 1  | 14 Matt Richards    | 58  | 1:04:52 | 6:30 |
| 2  | 52 Mark Whisler     | 55  | 1:13:10 | 7:19 |
| 3  | 68 Stuart Samuels   | 55  | 1:15:28 | 7:33 |
| 4  | 89 Ed Allen         | 58  | 1:17:59 | 7:48 |
| 5  | 96 RICHARD MCDANIEL | 56  | 1:18:43 | 7:53 |

MALE AGE GROUP: 60 - 64 10 MILER

| Pl | OA Name           | Age | time    | Pace |
|----|-------------------|-----|---------|------|
| 1  | 47 Bob Hartless   | 61  | 1:12:22 | 7:15 |
| 2  | 130 Roger Fore    | 61  | 1:21:42 | 8:11 |
| 3  | 151 Lance Lewis   | 62  | 1:23:22 | 8:21 |
| 4  | 170 Jimmy Gates   | 63  | 1:24:41 | 8:29 |
| 5  | 200 Ted Abernethy | 61  | 1:26:44 | 8:41 |

MALE AGE GROUP: 65 - 69 10 MILER

| Pl | OA Name              | Age | time    | Pace  |
|----|----------------------|-----|---------|-------|
| 1  | 175 Richard Williams | 69  | 1:24:57 | 8:30  |
| 2  | 182 Lowell Skelton   | 65  | 1:25:32 | 8:34  |
| 3  | 309 Gordon Davies    | 67  | 1:34:43 | 9:29  |
| 4  | 409 Bernie Davis     | 68  | 1:41:54 | 10:12 |
| 5  | 437 Bill Fastabend   | 68  | 1:45:18 | 10:32 |

**Sept. 24, Smith Mtn Lake - Big Lick Triathlon**  
**1500m swim, 40K bike, 10K run**

1<sup>st</sup> Place Masters

| Name         | swim  | bike    | run   |
|--------------|-------|---------|-------|
| Donna Elder, | 29:41 | 1:12:54 | 45:41 |

Age Group 10 - 19

|                |       |         |         |
|----------------|-------|---------|---------|
| Emily Phillips | 29:14 | 1:35:51 | 1:26:07 |
| Amy Phillips   | 31:50 | 1:35:41 | 1:25:08 |

**Oct. 1, Lynchburg - 15<sup>th</sup> Annual Dr. John A. Stephenson Memorial Youth Run**

*Race Directors: Cat Phillips & Heather Royer*

Beautiful weather, bubbling youth and harried, anxious parents - what else can a race director wish for? The smiles on everyone's face was sign enough that another successful Youth Run was completed without injury. The first aid kit was barely used this year.

Thanks to all the volunteers who make this race the success it is every year. Top finishers are listed below.

FEMALE FASTEST MILE

| Pl | Name             | Age | Time |
|----|------------------|-----|------|
| 1  | Hanna Hobbs      | 12  | 6:14 |
| 2  | Bilynda Brinkley | 12  | 6:23 |
| 3  | Maddy Skorcz     | 12  | 6:43 |

MALE FASTEST MILE

| Pl | Name              | Age | Time |
|----|-------------------|-----|------|
| 1  | Mark Jones        | 13  | 5:41 |
| 2  | Brandon McClenny  | 12  | 5:43 |
| 3  | Ricky Van Buskirk | 13  | 5:55 |

AGE-GROUP RESULTS

MALE AGE GROUP: 0 - 3

| Pl | Name             | Age | Time |
|----|------------------|-----|------|
| 1  | Felix Wooldridge | 3   | 0:49 |
| 2  | Walker Kavanaugh | 3   | 0:52 |
| 3  | Andrew Dunlop    | 3   | 1:00 |

FEMALE AGE GROUP: 0 - 3

| Pl | Name           | Age | Time |
|----|----------------|-----|------|
| 1  | Hailey Crews   | 3   | 1:07 |
| 2  | Megan Foster   | 3   | 1:08 |
| 3  | Madalyn Sterne | 3   | 1:09 |

MALE AGE GROUP: 4 - 5

| Pl | Name           | Age | Time |
|----|----------------|-----|------|
| 1  | Andrew Crist   | 5   | 1:51 |
| 2  | Jacob Hailey   | 5   | 1:54 |
| 3  | Logan Anderson | 5   | 1:56 |

FEMALE AGE GROUP: 4 - 5

| <u>Pl</u> | <u>Name</u>     | <u>Age</u> | <u>Time</u> |
|-----------|-----------------|------------|-------------|
| 1         | Natalie Jenkins | 4          | 2:05        |
| 2         | Amy White       | 5          | 2:08        |
| 3         | Gillian Gondi   | 5          | 2:08        |

MALE AGE GROUP: 6 - 7

| <u>Pl</u> | <u>Name</u>      | <u>Age</u> | <u>Time</u> |
|-----------|------------------|------------|-------------|
| 1         | Luc Mortemousque | 7          | 3:31        |
| 2         | Seth Ranewsky    | 7          | 3:36        |
| 3         | Joshua Barnard   | 6          | 3:39        |

FEMALE AGE GROUP: 6 - 7

| <u>Pl</u> | <u>Name</u>      | <u>Age</u> | <u>Time</u> |
|-----------|------------------|------------|-------------|
| 1         | Alyssa Reed      | 7          | 3:54        |
| 2         | Caroline Riordan | 7          | 4:06        |
| 3         | Anne Gianakos    | 7          | 4:15        |

MALE AGE GROUP: 8 - 9

| <u>Pl</u> | <u>OA Name</u>    | <u>Age</u> | <u>Time</u> |
|-----------|-------------------|------------|-------------|
| 1         | 30 Landon Curry   | 9          | 6:53        |
| 2         | 39 Matthew McAden | 9          | 7:03        |
| 3         | 53 Austin Tatom   | 9          | 7:24        |

FEMALE AGE GROUP: 8 - 9

| <u>Pl</u> | <u>OA Name</u>        | <u>Age</u> | <u>Time</u> |
|-----------|-----------------------|------------|-------------|
| 1         | 72 Samantha Francis 9 | 9          | 7:41        |
| 2         | 84 Taylor Gondi       | 8          | 7:56        |
| 3         | 85 Brooke Rigler      | 9          | 7:57        |

MALE AGE GROUP: 10 - 11

| <u>Pl</u> | <u>OA Name</u>      | <u>Age</u> | <u>Time</u> |
|-----------|---------------------|------------|-------------|
| 1         | 8 Karl Overstreet   | 11         | 6:20        |
| 2         | 10 Mark Thomas 11   | 11         | 6:26        |
| 3         | 12 Michael Kenny 10 | 10         | 6:27        |

FEMALE AGE GROUP: 10 - 11

| <u>Pl</u> | <u>OA Name</u>        | <u>Age</u> | <u>Time</u> |
|-----------|-----------------------|------------|-------------|
| 1         | 28 Maggie Kelleher 11 | 11         | 6:51        |
| 2         | 37 Katie Vann         | 11         | 7:00        |
| 3         | 42 Alex Richards      | 11         | 7:05        |

MALE AGE GROUP: 12 - 13

| <u>Pl</u> | <u>OA Name</u> | <u>Age</u> | <u>Time</u> |
|-----------|----------------|------------|-------------|
| 1         | 4 Gus Gianakos | 13         | 5:56        |
| 2         | 5 Evan Karweik | 13         | 6:12        |
| 3         | 7 Kevin Lang   | 13         | 6:17        |

FEMALE AGE GROUP: 12 - 13

| <u>Pl</u> | <u>OA Name</u>   | <u>Age</u> | <u>Time</u> |
|-----------|------------------|------------|-------------|
| 1         | 22 Sarah Chapin  | 13         | 6:45        |
| 2         | 31 Mo Craighill  | 13         | 6:54        |
| 3         | 33 Ali Donaldson | 12         | 6:55        |

**October 15, Waynesboro - Sherando Lake Triathlon**

**750m swim, 19mi bike, 5K run**

1<sup>st</sup> Place Masters

| Name         | swim  | bike    | run   |
|--------------|-------|---------|-------|
| Donna Elder, | 15:23 | 1:06:21 | 22:20 |

Age Group 10 - 19

Amy Phillips 18:13 1:24:08 36:38

**October 15, Lynchburg - Mountain Masochist 50 Mile trail Run**

*Race Director: Dave Horton*

The weekend of the Masochist usually signals the arrival of Fall and the changing of seasons with a tremendous array of spectacular colors. But because of the late summer drought and warm temperatures in the East, it just didn't happen. But I have to say ... it was a great day weather-wise! A little warm for the runners, but the aid crews were loving it!

And it looks like we might just have to live without the colors from now on. The park service instituted a new policy, effective for us next year and thereafter, that no special use permits would be allowed on the Blue Ridge Parkway on weekends in October. **After this year the MMTR will be held on the first Saturday in November.** We didn't want to make this change, but we had no choice. So, I hope this will not deter anyone from coming back to enjoy the MMTR next year.

As usual the weekend began with a pasta feast to over 300 folks at Heritage High School's cafeteria. Runners picked up their long-sleeved t-shirts or sweatshirts and a free water bottle to all entrants. The Masochist is considered a homecoming event for many runners and there was a lot of back-slapping as runners and crews renewed old friendships and new ones were started.

**Top Three Male**

| Place | Name           | Age | Time    | Gender |
|-------|----------------|-----|---------|--------|
| 1     | Dave Mackey,   | 35, | 6:54:11 | M      |
| 2     | Paul DeWitt,   | 37, | 6:59:52 | M      |
| 3     | Eric Grossman, | 37  | 7:18:26 | M      |

**Top Three Female**

| Place | Name              | Age | Time    | Gender |
|-------|-------------------|-----|---------|--------|
| 6     | Anne Lundblad,    | 39, | 7:49:48 | F      |
| 9     | Annette Bednosky, | 38, | 7:55:52 | F      |
| 13    | Cat Phillips,     | 30  | 8:13:15 | F      |

**Local Runners (Finishers)**

| Place | Name             | Age | Time    | Gender |
|-------|------------------|-----|---------|--------|
| 8     | Billy Barnett,   | 21  | 7:55:29 | M      |
| 12    | Steven Baker,    | 20  | 8:05:00 | M      |
| 15    | Jonathan Basham, | 28  | 8:22:32 | M      |
| 16    | Derrick Carr,    | 44  | 8:25:08 | M      |
| 17    | Jenn Shelton,    | 21  | 8:28:10 | F      |
| 18    | Michael Mason,   | 34  | 8:29:28 | M      |
| 21    | Darryl Ayers,    | 31  | 8:35:12 | M      |

|                        |           |            |
|------------------------|-----------|------------|
| 34 Matt McDonald,      | 35        | 9:16:12 M  |
| 40 Josh Yeoman, 21     | 9:26:54 M |            |
| 41 Ryan Henry,         | 31        | 9:27:36 M  |
| 43 Richard Kerby,      | 45        | 9:30:18 M  |
| 44 Joe Novak,          | 42        | 9:31:14 M  |
| 45 Darryl Smith,       | 34        | 9:33:41 M  |
| 54 Kevin Townsend,     | 32        | 9:46:38 M  |
| 56 J.T. Witt,          | 24        | 9:49:59 M  |
| 57 Crystal Pruitt, 20  | 9:50:53 F |            |
| 61 J.J. Vogltanz,      | 33        | 9:53:31 M  |
| 62 Michael Stratton,   | 21        | 9:53:44 M  |
| 63 Calvin Milam,       | 46        | 9:53:56 M  |
| 69 Dave Hopkinson,     | 26        | 9:58:33 M  |
| 74 Scott Crabb,        | 34        | 10:04:28 M |
| 76 David Blair,        | 46        | 10:06:40 M |
| 78 Jennifer Belt,      | 20        | 10:07:22 F |
| 81 Blanks Blankinship, | 49        | 10:12:06 M |
| 88 James Howton,       | 31        | 10:16:52 M |
| 94 Nick Whited,        | 27        | 10:23:33 M |
| 100 Susan Baehre,      | 46        | 10:29:38 F |
| 102 Jeffrey Taylor,    | 43        | 10:29:50 M |
| 106 Benjamin Passons,  | 33        | 10:31:07 M |
| 113 Martha Wright,     | 44        | 10:42:18 F |
| 114 Quatro Hubbard,    | 45        | 10:42:49 M |
| 115 Gary Morris,       | 38        | 10:44:01 M |
| 119 Bill Turrentine,   | 56        | 10:47:01 M |
| 124 Paul Arnett,       | 34        | 10:52:44 M |
| 128 Donnie Willkerson, | 54        | 11:01:07 M |
| 129 Anita Finkle,      | 39        | 11:02:17 F |
| Jay Finkle,            | 42        | 11:02:17 M |
| 131 Grattan Garbee,    | 42        | 11:02:51 M |
| 132 Robin Moon,        | 46        | 11:03:14 F |
| Matthew Lissner,       | 48        | 11:03:14 M |
| 139 John Price,        | 51        | 11:11:38 M |
| 140 Andrew Lloyd,      | 38        | 11:12:32 M |
| 143 Stephen Morris,    | 36        | 11:18:22 M |
| 145 Rayna Matsuno,     | 25        | 11:20:16 F |
| 148 Robert Freed,      | 37        | 11:22:34 M |
| 149 Gabby Suydam,      | 35        | 11:24:00 F |
| 150 Craig Miller,      | 52        | 11:24:51 M |
| 165 Dru Sexton,        | 53        | 11:31:06 F |
| 166 Larry Lovell,      | 62        | 11:33:41 M |
| 169 Bob Anderson,      | 58        | 11:35:03 M |
| 180 David Snipes,      | 37        | 11:43:36 M |
| 182 Tom Smith,         | 52        | 11:45:50 M |
| 183 Darrell Wargo,     | 37        | 11:47:00 M |
| 184 Anstr Davidson,    | 60        | 11:47:55 M |
| John Sondermann,       | 52        | 11:47:55 M |
| 195 Bernie Davis,      | 67        | 12:00:20 M |

\*251 started

## MY 18TH MMTR

I know you've all been waiting

To hear about my number 18.

You can be of good cheer.

I finished again this year,

And that's cause for celebrating.

Bernie the Bard

### October 29, Washington D.C. - Marine Corps Marathon

Twenty-two Lynchburg area runners participated in the annual Washington run-around this year.

Finishing were:

| <u>Name</u>      | <u>Age</u> | <u>Chip Time</u> | <u>Pace</u> |
|------------------|------------|------------------|-------------|
| Preston Evans    | 49         | 3:27:48          | 7:55        |
| Nancy Ferris     | 49         | 3:31:12          | 8:03        |
| Michael Doucette | 50         | 3:34:03          | 8:09        |
| Lesley McPhatter | 41         | 3:42:35          | 6:29        |
| Wilbert Hooper   | 47         | 3:54:08          | 8:55        |
| Kiston McPhatter | 31         | 3:59:07          | 9:07        |
| Paula Skulina    | 36         | 4:17:02          | 9:48        |
| Heather Royer    | 43         | 4:21:41          | 9:58        |
| Sue Jones        | 44         | 4:32:04          | 10:22       |
| Debbie Bozeman   | 52         | 4:37:15          | 10:34       |
| Steve Bozeman    | 59         | 4:37:19          | 10:34       |
| Wendy Golden     | 37         | 4:43:22          | 10:48       |
| Lona Jackson     | 42         | 4:49:42          | 11:02       |
| Beth Stinnett    | 42         | 5:01:38          | 11:30       |
| Renee Draney     | 40         | 5:01:44          | 11:30       |
| Holly Mills      | 15         | 5:05:57          | 11:40       |
| David Skulina    | 42         | 5:11:32          | 11:52       |
| Pete Grissom     | 39         | 5:11:32          | 11:52       |
| Corey Crane      | 26         | 5:40:29          | 12:59       |
| Richard Stone    | 58         | 5:55:50          | 13:34       |
| Mark Sloman      | 42         | 6:00:24          | 13:44       |
| Pat Pletke       | 52         | 6:20:17          | 14:30       |



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

## UPCOMING RACES

### **Nov. 12, Richmond - Sun Trust Marathon & 8K**

8 a.m. marathon, 8:35 a.m. 8K

Info: (804)673-RACE or

[www.richmondmarathon.com](http://www.richmondmarathon.com)

### **Nov. 12, Lexington, Va. - 46<sup>th</sup> Annual Domino's Lexington to Buena Vista 10K**

Info: (540) 463-9525 or on the web at

[www.RAROREC.org](http://www.RAROREC.org)

### **Nov 19, Roanoke - Star City Half Marathon**

9am, Info: John Nettles (540) 362-2638.

[www.starcitystriders.com](http://www.starcitystriders.com)

### **Nov. 24, Lynchburg - Genesis House 5k & Youth Mile.**

Info: Don Lucy (434) 385-7420.

9:00 AM, Timberlake Christian School.

**See Application in this Newsletter**

### **December 3, Bedford - Peaks Christmas Classic 5K and 10K Foot Race.**

8:30 a.m. at Bedford Middle School. Registration

form at Bedford YMCA and Riverside Runners in  
Lynchburg. Online at [www.riversiderunners.com](http://www.riversiderunners.com)

For information call Josh Raney at (540)586-3483

Proceeds benefit Bedford YMCA

### **Dec. 10, Lynchburg, Va - Hellgate 100K**

Start 12:01 a.m. (Yes, that's just after midnight).

Info: David Horton (434) 582-2386 or better yet -

[www.extremeultrarunning.com](http://www.extremeultrarunning.com)

### **Dec. 10, Kiawah Island, SC - Kiawah Island Marathon.**

8 a.m. Info: (843) 768-2780.

## 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*

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Lynchburg, Va. 24503

Phone: (434)846-7449

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

### **Dr. Frank Villa**

10% on all eye glasses and exams. (Does not include  
disposable contacts)

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10-5:00

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## MEMBERSHIP RENEWAL

The following members renewal date is 31 December this year. We invite you and family to renew membership in The Lynchburg Roadrunners Club (LRRC) for the year 2006. Your membership is crucial for us to promote the sport of running and to offer opportunities for competition at all levels and age groups.

By joining now, you will be paid up through your renewal month next year. An application form is provided with this newsletter. Application forms are also available at Riverside Runners on Rivermont Avenue or on the Web sites listed on page 1 of this newsletter.

|                     |                   |
|---------------------|-------------------|
| Matt Abatecola,     | Jenny Anderson,   |
| Ted Batt,           | Steve Bognar,     |
| Richard Brooks,     | Daniel Carey,     |
| Brian Carlton,      | Paul Carrasco,    |
| Matthew Case,       | Daniel Civis,     |
| Chip Clements,      | George Cook,      |
| Robert Cook,        | John Cox,         |
| Tommy Craven,       | Sue Crawford,     |
| Alison Crehore,     | Bernie Davis,     |
| Donna Elder,        | J.H. Ferris,      |
| Kelvin Flowers,     | Matt Foster,      |
| Vic Galan,          | Gratten Garbee,   |
| Jessica Gisclair,   | Wendy Golden,     |
| Jeff Harrington,    | Tommy Harris,     |
| Bob Hartless,       | David Hunt,       |
| Sue Jones,          | John Justice,     |
| John Kurisky,       | David Lipani,     |
| Don Lucy,           | Kristina Mele,    |
| Candice Michalik,   | Calvin Milam,     |
| Craig Miller,       | Peyton Morgan,    |
| Gary Morris,        | Sherwood Newton,  |
| Catherine Phillips, | Scott Rankins,    |
| Robert Reid,        | Jimmy Roux,       |
| John Sarver,        | Dan Schlader,     |
| Daniel Schmidt,     | Frank Selden,     |
| Paul Sherburne,     | Bob Sitler,       |
| Megan Snelson,      | Blair Snyder,     |
| Richard Stone,      | Gabrielle Suydam, |
| Gary Thacker,       | Mary Torrence,    |
| Charles Waller,     | Darrell Wargo     |