

The Presidents Letter

What an exciting Spring race season we have had!

There have been record turnouts for many events. The Goode Four-Miler was a success as was the Jamerson YMCA indoor triathlon. This is especially noteworthy given that this was the Y's first time organizing such an event. Many thanks to the Y's staff and to Jeff Fedorko for bringing his Angels experience to bear. Speaking of the Angels Triathlon in downtown Lynchburg, the event had a record setting attendance in its third year. The Charlottesville Ten-Miler and marathon as well as the Promised Land 50K were all well attended. The hard work of race directors and volunteers conspired with the good Spring weather to yield most satisfactory race conditions, and runners therefore responded in record numbers.

The popular Summer Track Series continues this year, every Tuesday in June starting 6:00 p.m. at Lynchburg College. June also marks the beginning of the Lynchburg Road Runners Summer Race Series. The first race of the Series kicks off May 30 with the CVKA 10K race. Please mark your calendar for the Presbyterian Home 5K race on June 25. This is a big fund raiser for the Youth Home Programs, so come out and support this event. There will be **prize money** for overall Male, Female, and Masters as well as lots of food and prizes.

The Summer races round out with the Percival Island 5-Miler on 23 July, the half marathon and 5K on 20 August, and the Virginia Ten-Miler on 24 Sept. Remember, the more races you participate in the more points you accumulate! I encourage all members to make an appearance at these events. You won't be disappointed.

For more information go to the Web sites listed in this newsletter.

See ya at the races,

Darrell Wargo
President

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

www.lynchburgroadrunners.org .

You may also find the latest race information at

www.riversiderunners.com

Meeting Minutes

The **March** meeting of the Lynchburg Roadrunners began promptly at 7:15. There were only two members in attendance for the meeting, President Darrel Wargo and Secretary George Mrus.

The **April** meeting was cancelled.

Next LRR Club Meeting

Tuesday, 10 May, 2005

at the Monte Carlo Restaurant
Old Forest Road

6:30 Dinner, 7:00 Meeting

General meeting of members

Please bring your suggestions for meeting topics and guest speakers for the September and Fall meetings.

No meetings will be scheduled for the summer months. Let's kick off the Fall race season by getting together on 13 September to brag about the Summer Track and Race Series and to get news of the Virginia Ten-Miler and other Fall races.

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 37 families, 57 individuals, 8 students, and 2 stores as members this year. If you are reading this notice and haven't signed on yet, this is your last newsletter.

FUN RUN

Saturday May 7 at 7:30 a.m. come on out to the Mother's Day Fun Run. Start at Riverside Runners. All welcome - Various course distances. Refreshments afterwards at the Asics tent. Prizes and give-a-ways.

2005 VA 10-Miler Training Group

Program Goal:

To prepare "beginner" and "intermediate" runners for the VA 10-Miler (Sept. 24, 2005).

Training Plan:

Participants will be mentored through a 16-week training plan by Cat Phillips and Jeff Fedorko. Plan begins the week of June 2nd.

Group Runs:

2005 VA 10-Miler Training Group will meet on Thursday evenings at 6:30pm. Practice will be at various locations around Lynchburg. Runs will be supervised, supported, and led by experienced runners.

Training Pace:

Pace of runs and workouts will vary on the fitness and ability level of the individual. We envision the majority of our runners to be training between 8:45 - 11:00 / mile.

Team Bonuses:

Registered team members receive special discounts, and other goodies, at Riverside Runners for the duration of the program.

Orientation:

Meet the Coaches and Team on Thursday May 26, 7:00pm at Riverside Runners, 2301 Rivermont Ave. Lynchburg, VA (434)846-7449.

Registration:

Interested runners can register by phone (434)846-7449, or by email (info@riversiderunners.com). Registration fee is \$50 (non-refundable). Training Group is limited to the first 25 "paid" runners. Must

be 18 years of age or older to participate.



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

RACE REPORTS / RESULTS

**March 5, Goode - 11th Annual What Goes Down Must
Come Up, 4-miler and Pancake Breakfast.**

Race Director: Coach Jerome Loy

The idea of the race was generated about 11 years ago when, one day, a 6-mile tempo run was on the schedule. (Living only one mile from the Goode 4-mile loop, and the "heart-rate-monitor-watch" in for repairs, I was running without a watch, on instinct, simply listening to my body for pace.) This was the perfect loop and I wanted all my running friends to experience a race that challenged you to race against him/herself, not others, where anybody could win, not necessarily the fastest runner, to enjoy the scenery, little traffic, varied terrain, and especially the last hill! Hope you enjoyed!

Here are the 2005 results and a few notes. Results are probably not exactly accurate, but who cares anyway, since everybody went away with a smile on their face and an adventure run under their belts. Lots of pancakes were eaten and about 40 door prizes & t-shirts were given out to the 48 finishers. Big thanks to Jeff at Riverside Runners!

The race started with Bernie Davis showing up at 7:30 AM, an hour and 40 minutes before his 9:10

AM start. So, he just ran in the rain and sleet until then and finished along with some BIG snowflakes at around 10:30 long after the awards were all given out.

First to cross the finish line was **James Meador**, in his first ever race, about 21 minutes faster than his predicted time of 55 minutes (**therefore he finished last, we think**).

The fastest time of the day was turned in by **Pete O'Brian**. Pete gave course record holder (21:40), **Richard Ferguson**, a 2:30 head start, and finished 16 seconds faster than his predicted race time of 23:00 with a real time of 22:44. (Ferguson had the 2nd fastest time, finishing 10 seconds off his pace of 25:30 in 25:40. However, this race does not necessarily go to the fastest.

Jeremy Metcalf was the over-all winner of the 11th Annual Goode, 'What Goes Down, Must Come Up' 4-Mile Handicap & Pancake Breakfast. Jeremy finished five seconds slower than his predicted pace of 30:00, in 30:05.

2nd place: Laura Carr who finished 8 seconds faster than her predicted 37:00, in 36: 52.

3rd: Kevin Shroyer: 9 seconds off his 29:40, in 29:49.

4th: Richard Ferguson, 10 seconds off his 25:30 in 25:40.

5th: Craig Miller, 11 seconds off his 31, in 31:11.

6th: Brittany Sites: 15 seconds off her 34, in 34:15

7th: Pete O'Brian: 16 faster than his 23:00 in 22:44

8th: Bobby Clauss: 17 faster than his 29, in 28:43

9th: Darryl Wargo; 19 seconds faster than his 32, in 31:41

10th place tie: Ryan Carlton & Paul Bryant, 20 seconds off 32 & 38 min. projections.

Other times in relative order:

Brett Boman, about 21 seconds faster than 28:10

Austin Vogt, about 30 seconds faster than 28:00

Elizabeth DeGiorgio, about 30 seconds slower than 40.

Eric MacPherson, about 31 seconds faster than 32

David Rocco, about 32 seconds faster than 39

Jeanne Craig about 33 faster than 35:40

Lisa MacPherson, Donna Bryant, & Ashley Armistead were all about 43 seconds faster than 32:00 and 32:12 start times.

Donna Elder: 45 seconds faster than 32

Corrie Owen and Wayne Owen about 47 seconds faster than 52:05 & 52:04

Brian Carlton about 48 seconds faster than 30:00

Brittney May & Bob Hartless about 58 seconds faster than 37 & 32

Lori Rocco about a minute faster than 39 (and about 30 seconds faster than husband, Dave).

Geoff Ranowsky about one minute faster than 32.

Hannah Ybarra & Tommy Craven about 1:07 faster & slower than 34 & 42 minutes respectively.

Vic Galan & Adam Karschner about 1:08 slower & faster than 42 & 34 minutes.

Jerry Price about 1:24 slower than 40 minutes.

Caitlyn Carlton about 1:11 slower than 34

Josh Ranowsky about 1:12 slower than 30 minutes.

Ken Carlton about 2:38 faster than 40

Lacy Yule about 3:17 faster than 40

Kristie Shroyer about 7:13 faster than 46

Della Turner & Julie Tweedy about 14:37 faster than 50 minutes

Ken Marks & Jimmy Kyhland were lost in the shuffle along with several other pre-race favorites: Ben Therdunthat, Heywood Yabuzzoff, Juraz Mustbedraggin, and Shoulda Benthere!

THE GOODE RUN

Though it snowed,
We hit the road
In the race at Goode.
The running was good,
But slippery was the road.

Pancakes were the attraction
After the action
In the race at Goode.
We ate lots of food,
And we felt satisfaction.

Bernie the Bard

March 19, Virginia Beach - 33 rd Shamrock Marathon & 8K

By Vic Galan

What has happened to the famed howling gales and sleet that marked the unpredictable at the Shamrock Sportsfest? Is it global warming? For the third year in a row the weather was cooperative with temperatures at the start in the upper thirties and in the mid fifties about noon under blue skies.

The races used to start and finish by the Pavilion. This year the start was on Atlantic Ave at 39th street, and the finish on the boardwalk at 39th. Although better for the spectators to see the runners returning on Atlantic and finishing on the boardwalk, many runners in the 8K posted slower times than previous

years. I believe this was due to the jam of runners at the relatively narrow start on Atlantic. I know it took me quite a while to stretch out and get moving. Anyway, it was lots of fun and I'm looking forward to beating my time on the new course next year.

This year's event had 1494 finishers in the marathon, 81 finishers in the marathon walk, 263 finishers in the marathon teams, 262 finishers in the marathon Two-person relay, and 3,190 finishers in the 8K, for a total of 5290 finishers.

In the marathon, Lynchburg's Riken Kumer placed 5th in the 15-19 age group with a time of 4:10:32.

In the 8K race, Bob Hartless placed 2nd in the 60-64 age group with a time of 32:41. Also, Lynchburg's own Robert Huntington, 81, finished 5th in the 75+ age group with a time of 1:12:48.

I am, of course, proud that my son Matt Galan (34) finished his first marathon in 4:23:11, with Dad's assistance over the last six miles. Matt's longest training run was 12 miles. Ah, youth! I remember when I could do that.....but it hurt.

The winner of the men's marathon was Matt Bozung, 27, of Haslett, MI, in 2:31:27. The women's marathon was won by Megan Burns, 41, of Va. Beach in 2:58:28.

In the men's 8K, four Kenyans sprinted together to the finish, separated by just three seconds. Eric Chirchir took the victory in 23:27. The women's 8K was won by Ukranian Tetyana Hladyr in 25:49.

Local finishers are:

MARATHON

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Chip</u>
679	Riken Kumar	16	4:09:29 5 th AG
841	Matt Galan	34	4:23:11
905	Steve Bozeman	58	4:26:58
981	Emily Riggins	17	4:33:42
1144	RJ Lynch	18	4:49:12

8K

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Chip</u>
100	Ron Riscart	50	32:32
103	Bob Hartless	61	32:38 2 nd AG
120	Donna Elder	42	33:12
408	Ronnie Wright	63	39:48
630	David Elder	45	41:35
1244	Timothy Matthews	50	45:17
1460	JoAnn Wright	56	49:04
1503	Larry Scott	59	49:29
1518	Christy Lucy	26	49:31
1520	Vic Galan	68	49:33
2178	John Billingslea	67	56:25

2279 Gail Staton 50 58:25

April 2, Charlottesville - Charlottesville Ten-Miler

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Alec Lorenzoni	20	56:24
2	Colin Delaney	23	56:34
3	Peter O'brien	37	57:59 3 rd OA
11	Michael McPhatter	31	1:00:49 1 st AG
13	Brian Kelleher	38	1:01:09 2 nd AG
14	Jeff Harrington	34	1:01:23 2 nd AG
24	Brett Boman	46	1:03:33 1 st AG
	Nadia Baadj	21	1:03:42 1 st F
42	Paul Carrasco	34	1:06:17
57	Steve Bognar	53	1:08:17 1 st AG
58	Gary Stroud	53	1:08:20 2 nd AG
72	Calvin Milan	45	1:09:29
327	Wilbert Hooper	46	1:20:30
382	Gabrielle Suydam	35	1:21:22
398	Lesley McPhatter	41	1:22:03
562	Joyce Oquinn	36	1:26:24
944	Renee Draney	39	1:35:41
1001	Kimberly Mitchell	28	1:37:36
1012	Ann Allison	52	1:38:38
1090	Pete Grissom	38	1:40:34
1095	David Skulina	41	1:41:38
1162	Glenn Meyer	49	1:43:28
1205	Richard Stone	58	1:45:56
1286	Jerry Price	43	1:51:05

April 10, Lynchburg - Angels Race Triathlon

The third annual race attracted 280 individuals and 39 relay teams for a total of 400 participants. As a sprint triathlon, the Angels Race distances (300 meter swim, 25 kilometer bike, and 5K run) are short enough not to be intimidating for beginners, yet hard enough to sharpen the competitive athlete. The race is the first of nine in the Virginia Triathlon series.

Michael Harlow won the event in 1 hour, 5 minutes, 17 seconds. The first female to finish was Monica Kornichuk with a time of 1:15:16. Lynchburg Roadrunner Donna Elder finished second with 1:15:29. In the team competition, the trio of Carlyn Kaucher (swim), Chad Davis (bike) and Michael McPhatter (run) representing Riverside Runners won in 1:05:52. The 2nd overall team of Ben Daly (swim), Ryan Owens (bike), and Darrell Wargo (run), raced the course in 1:06:22.

Local Men Finishers

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
15	Van Phillips	36	1:11:33
17	Marcus Wright	32	1:11:44
24	Martin Owen	43	1:13:52
25	Jeff Fedorko	33	1:13:52
28	John Salmon	35	1:14:28
43	Peter Betz	34	1:17:53
46	Robert Vogel	47	1:18:36

49	Dave Civis	48	1:19:29
50	Kevin Willis	38	1:19:34
54	Calvin Milam	45	1:20:19
62	Johann Plancher	27	1:22:51
69	Kevin Shroyer	44	1:23:38
71	David Houghton	33	1:23:43
75	Brian Carlton	51	1:24:10
76	Daniel Carey	44	1:24:23
78	Chris Tharpe	37	1:24:43
87	Declan Pratt	35	1:26:50

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
90	Tommy Harris	66	1:27:04
93	Brian Roberts	21	1:27:36
97	Zack Hartless	15	1:28:06
100	Bob Derdy	41	1:28:34
106	Jimmy Roux	42	1:29:27
127	Scott McCurley	34	1:37:38
131	Mark Ainsley	29	1:38:58
132	Douglas Lawrence	43	1:39:10
134	Daniel Shelton	23	1:39:43
137	Chris Conrad	45	1:40:56
140	Charles Warren	44	1:41:34
141	Stephen Brooks	41	1:42:03
142	Luther Tanner	32	1:42:38
144	Bernie Copsey	46	1:43:04
145	William Johnson	45	1:43:46
148	Jerome Loy	56	1:44:54

Local Women Finishers

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
2	Donna Elder	42	1:15:29
8	Donna Hodgert	37	1:24:03
9	Gabrielle Suydam	35	1:27:34
13	Anne Craighill	19	1:27:34
25	Noell Daraher	31	1:32:23
41	Anna Gilkey	25	1:39:49
46	Lindsay Miller	22	1:41:37
47	Bilynda Brinkley		1:42:12
49	Emily Phillips	13	1:43:59
57	Amy Phillips	15	1:46:10
70	Jennifer McCurley	30	1:48:24
75	Lisa Wiese	40	1:52:28
76	Aliana Copsey	16	1:52:31
82	Shelly Wolf	33	1:53:53
88	Andea Copsey	19	1:58:28

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
89	Lauren Fiesthumel	18	2:00:10
90	Allison Fair	18	2:00:37
104	Michelle Osborn	33	2:41:50
105	Cat Delahunt	40	3:04:09

April 16, Charlottesville - Marathon & 1/2 marathon

The overall winner of the Charlottesville Marathon was Kevin Hill with a time of 2:31:10. First women to cross the finish line was Mandy Palladino in 3:19:54.

Local Marathon Finishers are:

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
40	Paul fast	45	3:27:15
74	Robert Cook	43	3:42:50

79	Jack Flippin	34	3:44:41
141	Robert Reid	37	4:01:08
186	Doni Rule	21	4:14:33
237	Bernie Davis	67	4:27:46 1 st AG

The overall winner of the Charlottesville half-Marathon was Tom Brittain with a time of 1:18:59. First women to cross the finish line in 16th place was Elizabeth Cottone in 1:29:55.

Local Half-Marathon Finishers are:

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
86	George Cook	38	1:42:30
89	Kevin Shroyer	44	1:42:45
123	Wayne Patton	35	1:46:13
142	Bill Snyder	37	1:47:57
167	Matt LeVasseur	37	1:50:26
184	Tammy Nelson	25	1:51:20
369	Kim Fast	42	2:03:33
483	Rachel Regner	22	2:14:02

April 18, Boston, Ma - Boston Marathon

Among the 17,549 finishers of the Boston Marathon this year was our own Lynchburg Roadrunner **Bret Boman**. Bret completed this classic race in 3:08:37, slightly behind race winners Hailu Negussie (2:11:45) and Catherine Ndereba (2:25:13).

April 23, Bedford - Promise Land 50K Trail race

Bryan Dayton (31) of California won this year's 50K race in a time of 4:45:57. The first women across the finish line was 6th place Anne Lundblad (38) of North Carolina with an outstanding time of 5:29:54.

Congratulations to all finishers who completed a very scenic and very difficult 50-KM trail race in the Blue Ridge Mountains.

Local Ultra-Marathon Finishers include:

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
28	Gratten Garbee	42	6:23:07
71	Gary Morris	37	7:16:28
85	Bob Anderson	58	7:29:52
89	Wilbert Hooper	46	7:31:31
<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
100	Nancy Ferris	49	7:44:12
101	Terri Ripley	42	7:44:12
108	Craig Miller	52	7:53:38
124	Steve Morris	36	8:12:31
129	Sam Rabon	32	8:20:20
131	Steve Bozeman	58	8:25:50
134	Bernie Davis	67	8:28:50
144	Frank Villa	50	8:51:10
153	Kari Anderson	43	9:13:06

UPCOMING RACES

May 15, Danville - Nestle 5k

Kathy Doyle, 350 Hermitage Dr., Danville, VA 24541.

May 30, Lynchburg - CVKA / LRR Memorial

Day 10K, Starts downtown. Benefit the Central Virginia Kidney Association. Race Director: Lesley McPhatter (434) 384-9009 (h), (434) 947-5981 ext 116(w)

June 1st - 29th, Lynchburg - Summer Track

Series, 6:30 p.m. every Tuesday at Lynchburg College Track, . A lot of family fun for toddlers through adults.

For more information: Bret Boman 385-8107

June 25, Lynchburg - Presbyterian Home 5K,

8:00 a.m. Start, Presbyterian Home on Linden Avenue. Info: Riverside Runners, (434) 846-7449

www.riversiderunners.com

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.

Aug. 20, Lynchburg - LRRC Summer Series ½ marathon & 5K, 7:30 a.m. Start, Blackwater Creek Bikeway, Ed Page Entrance (by Greek Church on Langhorn Road), Info: Riverside Runners, (434) 846-7449 www.riversiderunners.com.

Sept. 24, Lynchburg - Virginia 10 Miler & 4 Miler & Amazing Mile, 8:30 a.m. start at E.C. Glass High School on Langhorn Road.

Info: Craig Cassell, 434-845-5968, ext. 30

Oct. 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.

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 or on the Web at www.extremeultrarunning.com.

For Your Information

In June, David Horton will attempt to set a new speed record on the Pacific Coast Trail. On this, the longest continuous Trail in the United States, he plans to traverse the 2,666 miles from the Mexican boarder, through the Rocky Mountains to the Canadian boarder in sixty-three days.

God speed, David.

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!

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Open: Tues. - Fri. 10:30pm - 7:00pm

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