The Presidents Letter

I’ve finally stepped up from Vice-President to President taking over from Jeff Fedorko. With his athletic background and knowledge of the running sport scene, Jeff has brought a lot of skills and support to our running community. I have really enjoyed working with him over the years. Jeff will continue contributing to the club as Membership Chairman and race director.

Catherine Phillips has agreed to be Treasurer this year taking over from Wendy Golden. Special thanks to Wendy for all her help and support as Treasurer for many years. She has done so much for our running community and will be missed.

I am looking forward to a new and exciting year of running and organizing a full schedule of quality races for 2005. With your club officers and your continued support the LRRC will continue organizing and assisting with races throughout central Virginia. Your membership is crucial for us to promote health and fitness as well as to serve local charity organizations. We use our races as fund raisers to help those in need.

Please keep supporting our many events and encourage others to participate. I am available for your comments and suggestions by e-mail at DAWRUN@hotmail.com

Darrell Wargo
President

Meeting Minutes

The February meeting of the Lynchburg Roadrunners began promptly at 7:15. There were 11 people in attendance for the meeting.

The guest speaker for the February meeting was Josh McDougal a freshman from Liberty University by way of Plattsburg New York and one of America's best collegiate distance runners. He was the only freshman in the nation to go undefeated during the 2004 NCAA Division I Cross Country season. He went on to finish 13th at the NCAA National Championships this past November earning All America honors.

Josh spoke about his running experiences and future plans. Prior to attending Liberty University, Josh led the nation as a prep distance runner specializing in the 5K. He has represented the United States at the World Junior Championships in Italy this past summer running 14:07 for 5K and placing 12th.

Among his notable ‘milestones’ include: breaking a 20 plus year old mark with a CR of 15:03 5K in Van Courtland Park, going undefeated as a freshman, spending time last summer on the European cross country circuit and running a 14:15 5K in Boston at the World Junior Championships.

The weekend after his talk with us Josh came in 4th at the USA Track & Field National Championship in Vancouver, Washington with a time of 11:41.8, ahead of Jorge Torres and Alan Webb and only a few strides off the pace set by first place finisher Tim Broe. This guarantees Josh a slot on the USA team for the World Cross Country Championships, to be held in France this March.

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

Next LRR Club Meeting

Tuesday, 8 March, 2005
at the Monte Carlo Restaurant
Old Forest Road
6:30 Dinner, 7:00 Meeting
General meeting to organize 2005 activities
!! MOVING !!!
If you have recently moved or are planning to move
please notify us of your new address and phone
cnumber by mailing them to:

Lynchburg Roadrunners
C/O Membership Chairman
P.O. Box 11223
Lynchburg, Va. 24506

!! Dues Notice !!
Club membership dues were last raised in the late
eighties. Since then the cost of insurance, the
newsletter, etc. has increased significantly.
Accordingly, on January 2, 2005 membership dues
increased as follows:

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$15</td>
</tr>
<tr>
<td>Family</td>
<td>$20</td>
</tr>
<tr>
<td>Student</td>
<td>$10</td>
</tr>
</tbody>
</table>

Your continued support gives us strength in numbers
to maintain the newsletter, pay for race insurance,
and maintain race equipment.

Please renew early in 2005. You will find an club
application form in this newsletter. Thank you for
your continued support.

---

About Winter

A runner feels the wind as it blows,
In winter the snow is cold on our toes.
Proudly I am a Lynchburg Roadrunner,
The races we do couldn’t be funner.

Just ask Bernie .... He knows.

Jeff Harrington

---

RACE REPORTS / RESULTS

Feb. 12, Appomattox - Holiday Lake 50K
10th Annual
2005 Holiday Lake 50K++
February 12, 2005
by David Horton

The Holiday Lake 50K is the first race of the
Lynchburg Ultra Series (LUS). As a result of being
relatively flat, the course can be VERY muddy. But,
because of a lack of recent rain and very little snow,
the course was dry and the weather ranged from 30°
- 50° on race day ... perfect racing conditions.

Race morning began with the singing of the National
Anthem, sung by race participant, Caroline Williams
(Woodbridge, VA). Good job! However, many
runners commented on how much they missed the
Race Director’s off-key, word slaughtering version
for their morning wake up call! I’m touched!

The race starts and finishes at the Center and is a
two-lap course with the second lap going in the
opposite direction of the first lap. Both previous
winners were back from 2004. Aaron Swartzbard
(Reston, VA) and Catherine Phillips (Lynchburg,
VA) were ready to defend their crowns. One time
recorder holder, Bethany Hunter Patterson
(Lynchburg, VA) was returning and sure to give
Phillips a run for her money. Annette Bednosky
(Jefferson, NC – who, the previous weekend, had
broken Patterson’s course record at Uwharrie 40
Miler by an astounding 20 minutes) was here to just
“cruise” the course ... so she says! Several of the
men had their sights set on dethroning Swartzbard
as well.

Mark Lundblad (Asheville, NC) took the lead early
and maintained a one minute lead over Swartzbard
at the end of the first lap (15.7 miles). Alex Kahl
(New Brunswick, NJ) was 2 minutes back in third
place and 4 other runners within 5 minutes of the
lead. At 22 miles, Swartzbard caught Lundblad with
John Reynolds (Fairmont, WV) 6 minutes behind
them.

At the last aid station (27.8 miles), Swartzbard had a
one minute lead. Lundblad could not make up the
difference from there as Swartzbard took the win for
the second year in a row with a time of 4:05:17.
Lundblad finished in second, only 50 seconds later.
Reynolds took third with a time of 4:11:12.

The women’s race was dominated by Phillips as she
jumped to a 3 minute lead over Patterson by aid
station 2 (6.3 miles) with Bednosky another 3
minutes back alongside Justine Morrison
(Washington DC).

Phillips increased her lead to 9 minutes over
Patterson, 12 minutes over Morrison and 14 minutes
over Bednosky (remember ... cruise!) at the
turnaround. The race stayed exactly the same
through 22 miles, but after that, the 3 ladies chasing
Phillips begin closing in on the lead.
By the last aid station (27.8 miles), Patterson had closed to within 7 minutes of Phillips with Morrison and Bednosky 7 minutes behind Patterson.

However, time ran out and Phillips took first (again) finishing in 4:42:39 (8 minutes over her course record of 2004). Patterson came in second, a little less than 6 minutes later (4:48:18). Bednosky (I thought the word was “cruise”) ran the last section 5 minutes faster than Phillips and 4 minutes faster than Patterson taking third place in 4:51:55. Morrison came in fourth also breaking 5 hours with a time of 4:55:25.

Robert Prom (Calloway, VA) took the Masters title finishing in 5:14:02 with Rebekah Trittipoe (Lynchburg, VA) taking the women’s Masters title in 5:33:27. Herman Richards (Stockton, NJ) and Barbara Isom (Silver Springs, MD) took the Grand Masters titles in 4:58:17 and 5:58:43 respectively. Kenneth Burns (Hudsonville, MI) took the Super Masters title in 6:26:23.

Two special awards that we give each year are “Fastest Fat Boy” and “Best Blood.” The “Fastest Fat Boy” award is for the fastest runner over 200 pounds. This year, it went to 20 year old, Virginia Tech student, Brian Mayer in his first ultra. His longest race ever was a 10 miler. On Friday night, he had to eat and drink and eat and drink to get his weight up to 201 pounds. He finished in 9th place overall in 4:39:58. He was not a fat boy at all ... I would guess that he only had about 10% body fat. Barbara Isom took a nasty fall that brought some good blood for her to take the coveted “Best Blood” award.

Last year, 12-year-old Seth Trittipoe completed his first ultra (Holiday Lake in 6:12). This year, at 13 years old and one growth spurt later, he ran a great time of 5:28 (34th place) beating his mother by a little less than 5 minutes!

Of the four Lynchburg Ultras, I like this course the least. However, because of the setting, lodging, meals, staff, convenience, etc., we plan on continuing this ultra. It is a very good first ultra for many people. The 11th Annual Holiday Lake race will be held on February 11, 2006. I hope to see many of you at the upcoming Promise Land 50K on April 23, the Mountain Masochist 50 Miler on October 15, and the Hellgate 100K on December 10.

<table>
<thead>
<tr>
<th>OA Pl</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall Male</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Aaron Schwartzbard</td>
<td>27</td>
<td>4:05:17</td>
</tr>
<tr>
<td>2</td>
<td>Mark Lundblad</td>
<td>36</td>
<td>4:06:07</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OA Pl</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall Female</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Catherine Phillips</td>
<td>29</td>
<td>4:42:39</td>
</tr>
<tr>
<td>2</td>
<td>Bethany Patterson</td>
<td>21</td>
<td>4:48:18</td>
</tr>
<tr>
<td>3</td>
<td>Annette Bednosky</td>
<td>38</td>
<td>4:51:55</td>
</tr>
<tr>
<td>4</td>
<td>Justine Morrison</td>
<td>24</td>
<td>4:55:25</td>
</tr>
<tr>
<td>5</td>
<td>Amy Bath</td>
<td>28</td>
<td>5:15:50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OA Pl</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male 19 &amp; Under</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>34</td>
<td>Seth Trittipoe</td>
<td>13</td>
<td>5:28:39</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OA Pl</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male 20 - 29</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Jon-Michael Allen</td>
<td>20</td>
<td>5:07:31</td>
</tr>
<tr>
<td>42</td>
<td>Jack Galagan</td>
<td>22</td>
<td>5:39:18</td>
</tr>
<tr>
<td>88</td>
<td>Benjamin Eppard</td>
<td>22</td>
<td>6:20:30</td>
</tr>
<tr>
<td>89</td>
<td>Andy Erol</td>
<td>20</td>
<td>6:21:25</td>
</tr>
<tr>
<td>93</td>
<td>Josh Earls</td>
<td>23</td>
<td>6:23:46</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OA Pl</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male 30 - 39</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Christopher Palladino</td>
<td>33</td>
<td>4:26:37</td>
</tr>
<tr>
<td>12</td>
<td>Paul Carrasco</td>
<td>34</td>
<td>4:47:43</td>
</tr>
<tr>
<td>62</td>
<td>Gary Morris</td>
<td>37</td>
<td>5:56:36</td>
</tr>
<tr>
<td>62</td>
<td>Steve Morris</td>
<td>36</td>
<td>5:56:36</td>
</tr>
<tr>
<td>79</td>
<td>Darrell Wargo</td>
<td>36</td>
<td>6:15:17</td>
</tr>
<tr>
<td>134</td>
<td>Roshi Bryant</td>
<td>34</td>
<td>7:07:07</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OA Pl</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male 40 - 49</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Gratten Garbee</td>
<td>42</td>
<td>5:18:58</td>
</tr>
<tr>
<td>28</td>
<td>Calvin Milam</td>
<td>45</td>
<td>5:19:27</td>
</tr>
<tr>
<td>36</td>
<td>Joe Novak</td>
<td>42</td>
<td>5:28:55</td>
</tr>
<tr>
<td>76</td>
<td>Jay Finkle</td>
<td>41</td>
<td>6:13:21</td>
</tr>
<tr>
<td>82</td>
<td>Wilbert Hooper</td>
<td>46</td>
<td>6:16:31</td>
</tr>
<tr>
<td>115</td>
<td>Jerry Ballard</td>
<td>45</td>
<td>6:43:27</td>
</tr>
<tr>
<td>118</td>
<td>Frank Villa</td>
<td>49</td>
<td>6:52:32</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OA Pl</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male 50 - 59</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>60</td>
<td>Kim Graham</td>
<td>50</td>
<td>5:55:53</td>
</tr>
<tr>
<td>80</td>
<td>Craig Miller</td>
<td>52</td>
<td>6:16:00</td>
</tr>
<tr>
<td>110</td>
<td>Philip Captain</td>
<td>57</td>
<td>6:38:38</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OA Pl</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male 60 +</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>121</td>
<td>Bernie Davis</td>
<td>67</td>
<td>6:53:59</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OA Pl</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female 20 - 29</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Catherine Phillips</td>
<td>29</td>
<td>4:42:39</td>
</tr>
<tr>
<td>13</td>
<td>Bethany Patterson</td>
<td>21</td>
<td>4:48:18</td>
</tr>
<tr>
<td>117</td>
<td>Deb Duryea</td>
<td>23</td>
<td>6:50:46</td>
</tr>
<tr>
<td>120</td>
<td>Anna Gilkey</td>
<td>25</td>
<td>6:53:42</td>
</tr>
<tr>
<td>134</td>
<td>Jill Crawford</td>
<td>23</td>
<td>7:07:07</td>
</tr>
<tr>
<td>142</td>
<td>Christine Wade</td>
<td>23</td>
<td>7:22:00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OA Pl</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female 30 - 39</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>76</td>
<td>Anita Finkle</td>
<td>38</td>
<td>6:13:21</td>
</tr>
<tr>
<td>96</td>
<td>Gabby Suydam</td>
<td>35</td>
<td>6:27:44</td>
</tr>
</tbody>
</table>
Female 40 - 49
37 Rebekah Trittipoe 47 5:33:29
82 Donna Elder 42 6:16:31
82 Nancy Ferris 49 6:16:31
101 Terri Ripley 42 6:30:22

FEMALE OVERALL RESULTS
1 Susannah Obenchain 18 42:51

MALE OVERALL RESULTS
1 Danny Fink 41 34:16

Place OA Name Age Time
MALE AGE GROUP: 1 - 14
1 11 Austin Vogt 14 42:35

FEMALE AGE GROUP: 1 - 14
1 29 Cara Haskins 13 53:48
2 31 Britteny May 14 54:08
3 32 Hollis Owens 12 54:12
4 39 Laura Carr 14 58:50
5 41 Emmi Owens 9 1:01:06

MALE AGE GROUP: 15 - 19
1 4 Matt Abatecola 17 39:11
2 5 James Evans 17 39:41

FEMALE AGE GROUP: 15 - 19
1 15 Hannah Roller 18 44:14
2 24 Mease Brockman 16 48:51
3 34 Megan Davies 18 56:08

FEMALE AGE GROUP: 20 - 29
1 37 Sheree Zarou 20 57:57
2 43 Jennifer Banke 20 1:02:07

FEMALE AGE GROUP: 30 - 39
1 23 Noell Danaher 31 48:50
2 26 Joyce O'Quinn 36 50:35
3 27 Donna Hodgert 37 51:38
4 45 Michelle Marks 33 1:23:53

MALE AGE GROUP: 30 - 39
1 2 Jeff Harrington 34 36:29
2 6 Frank Wright 33 40:04
3 9 Paul Triska 39 41:20
4 17 Robert Reid 37 45:28
5 20 Deacon Pratt 35 47:24

FEMALE AGE GROUP: 40 - 49
1 23 Noell Danaher 31 48:50
2 26 Joyce O'Quinn 36 50:35
3 27 Donna Hodgert 37 51:38
4 45 Michelle Marks 33 1:23:53

MALE AGE GROUP: 40 - 49
1 3 Vince Decker 41 36:56
2 7 Preston Evans 48 40:56
3 10 Martin Owens 42 42:19
4 13 Kelvin Flowers 49 43:18
5 16 Robert Vogel 47 45:16
6 19 Greg Kosowski 49 47:02
7 22 Billy Flint 44 48:13
8 25 Steve Selby 43 50:32
9 33 Eddie Fielder 40 55:04
10 35 John-Paul Jones 44 57:46

FEMALE AGE GROUP: 50 - 59
1 36 Kate Lowry 50 57:47
2 40 Ann Allison 52 58:59

MALE AGE GROUP: 50 - 59
1 8 Steve Bogmar 53 41:06
2 14 Bill Hutter 52 44:10
3 21 Richard Morris 54 47:52
4 28 Sam Fuller 56 53:23
5 38 Robert Burgess 53 58:26
6 42 Rob Palmer 51 1:01:27

FEMALE AGE GROUP: 50 - 59
1 36 Kate Lowry 50 57:47
2 40 Ann Allison 52 58:59

MALE AGE GROUP: 60 - 99
1 18 John Justice 60 46:41
2 30 Bernie Davis 67 53:55
3 44 John Kurisky 66 1:11:35

MALE AGE GROUP: 60 - 99
1 18 John Justice 60 46:41
2 30 Bernie Davis 67 53:55
3 44 John Kurisky 66 1:11:35

Bernie the bard

THE LAKE WAS LOW,
And I was slow,
But I don't care
'Cause my friends were there,
Don't you know.

Whatever your pace,
'Twas a great day for the race.
I do the best I can.
Finishing is my plan,
For I am no ace.

The lake was largely mud flat.
I saw no runners fat.
Going fifty kilometers on foot,
I tripped but once on a root,
And I never sat.

Feb. 13, Lynchburg -
30TH ANNUAL VES-LYNCHBURG ROAD RUNNERS 10K ARCTIC ROAD RACE

Place Name Age Time
FEMALE OVERALL RESULTS
1 Susannah Obenchain 18 42:51

MALE OVERALL RESULTS
1 Danny Fink 41 34:16

Place OA Name Age Time
MALE AGE GROUP: 1 - 14
1 11 Austin Vogt 14 42:35

FEMALE AGE GROUP: 1 - 14
1 29 Cara Haskins 13 53:48
2 31 Britteny May 14 54:08
3 32 Hollis Owens 12 54:12
4 39 Laura Carr 14 58:50
5 41 Emmi Owens 9 1:01:06

MALE AGE GROUP: 15 - 19
1 4 Matt Abatecola 17 39:11
2 5 James Evans 17 39:41

FEMALE AGE GROUP: 15 - 19
1 15 Hannah Roller 18 44:14
2 24 Mease Brockman 16 48:51
3 34 Megan Davies 18 56:08

FEMALE AGE GROUP: 20 - 29
1 37 Sheree Zarou 20 57:57
2 43 Jennifer Banke 20 1:02:07

FEMALE AGE GROUP: 30 - 39
1 2 Jeff Harrington 34 36:29
2 6 Frank Wright 33 40:04
3 9 Paul Triska 39 41:20
4 17 Robert Reid 37 45:28
5 20 Deacon Pratt 35 47:24

FEMALE AGE GROUP: 30 - 39
1 23 Noell Danaher 31 48:50
2 26 Joyce O'Quinn 36 50:35
3 27 Donna Hodgert 37 51:38
4 45 Michelle Marks 33 1:23:53

MALE AGE GROUP: 30 - 39
1 2 Jeff Harrington 34 36:29
2 6 Frank Wright 33 40:04
3 9 Paul Triska 39 41:20
4 17 Robert Reid 37 45:28
5 20 Deacon Pratt 35 47:24

FEMALE AGE GROUP: 40 - 49
1 29 Cara Haskins 13 53:48
2 31 Britteny May 14 54:08
3 32 Hollis Owens 12 54:12
4 39 Laura Carr 14 58:50
5 41 Emmi Owens 9 1:01:06

MALE AGE GROUP: 40 - 49
1 3 Vince Decker 41 36:56
2 7 Preston Evans 48 40:56
3 10 Martin Owens 42 42:19
4 13 Kelvin Flowers 49 43:18
5 16 Robert Vogel 47 45:16
6 19 Greg Kosowski 49 47:02
7 22 Billy Flint 44 48:13
8 25 Steve Selby 43 50:32
9 33 Eddie Fielder 40 55:04
10 35 John-Paul Jones 44 57:46

FEMALE AGE GROUP: 50 - 59
1 36 Kate Lowry 50 57:47
2 40 Ann Allison 52 58:59

MALE AGE GROUP: 50 - 59
1 8 Steve Bogmar 53 41:06
2 14 Bill Hutter 52 44:10
3 21 Richard Morris 54 47:52
4 28 Sam Fuller 56 53:23
5 38 Robert Burgess 53 58:26
6 42 Rob Palmer 51 1:01:27

FEMALE AGE GROUP: 50 - 59
1 36 Kate Lowry 50 57:47
2 40 Ann Allison 52 58:59

MALE AGE GROUP: 60 - 99
1 18 John Justice 60 46:41
2 30 Bernie Davis 67 53:55
3 44 John Kurisky 66 1:11:35

MALE AGE GROUP: 60 - 99
1 18 John Justice 60 46:41
2 30 Bernie Davis 67 53:55
3 44 John Kurisky 66 1:11:35

Bernie the bard

THE LAKE WAS LOW,
And I was slow,
But I don't care
'Cause my friends were there,
Don't you know.

Whatever your pace,
'Twas a great day for the race.
I do the best I can.
Finishing is my plan,
For I am no ace.

The lake was largely mud flat.
I saw no runners fat.
Going fifty kilometers on foot,
I tripped but once on a root,
And I never sat.

Bernie the bard
A great time for Bernie, considering he ran 50K the day before.

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

UPCOMING RACES
March 5, Goode - 11th Annual What Goes Down Must Come Up, 4-miler and Pancake Breakfast. Start at 8:45 a.m. for walkers and 9:00 a.m. for runners.
Race Director: Jerome H Loy <fizzzed@juno.com>
Discount is offered to Lynchburg Roadrunners.
(See application with this newsletter)

March 13, Lynchburg - Inaugural Jamerson Family YMCA Indoor Triathlon (10 minute swim, 20 minute stationary bike, 20 minute run on treadmill)
8 a.m. to 11:30 a.m. (Start times will run every 30 minutes). For more information visit the web site www.lynchburgymca.org
(See application with this newsletter)

March 19, Virginia Beach - 28th Shamrock Sportsfest, 6:30am-Marathon Walk; 7:30am-Marathon; 8:00am- 8K; $65 marathon, $35 8K before 2/28. Information on the Web at www.shamrockmarathon.com

April 9, Richmond - Ukrop’s Monument Ave. 10K
For info. Contact Website www.sportsbackers.org

April 16, Charlottesville - Marathon & half marathon
Information on this scenic race provided on the Web at www.charlottesvillemarathon.com

April 23, Bedford - Promise Land 50K Trail race

5:30 a.m. David Horton (434) 582-2386


DISCOUNT
The following businesses offer discounts on select items for your patronage. Please ask which items are discounted when you stop by and see the good folks at:

Riverside Roadrunners
Offering 10% to 15% off Manufacturer’s Suggested Retail Price to Lynchburg City Roadrunners and student-athletes. We also match Road Runner Sports prices!
Phone: (434)846-7449
Open: Tues. - Fri. 12:00pm - 7:30pm
Saturday, 9:00am - 6:00pm
Come see us at 2301 Rivermont Avenue.

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

Ragged Mountain Running Shop
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