

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

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 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.

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 number 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:

Individual	\$15
Family	\$20
Student	\$10

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.

<u>OA Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
Overall Male			
1	Aaron Schwartzbard	27	4:05:17
2	Mark Lundblad	36	4:06:07

3	John Reynolds	37	4:11:12
4	Adam Childless	23	4:24:18
5	Christopher Palladino	33	4:26:37

Overall Female

1	Catherine Phillips	29	4:42:39
2	Bethany Patterson	21	4:48:18
3	Annette Bednosky	38	4:51:55
4	Justine Morrison	24	4:55:25
5	Amy Bath	28	5:15:50

Local finishers:

<u>OA Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
Male 19 & Under			
34	Seth Trittipoe	13	5:28:39

Male 20 - 29

20	Jon-Michael Allen	20	5:07:31
42	Jack Gahagan	22	5:39:18
88	Benjamin Eppard	22	6:20:00
89	Andy Erol	20	6:21:25
93	Josh Earls	23	6:23:46

Male 30 - 39

5	Christopher Palladino	33	4:26:37
12	Paul Carrasco	34	4:47:43
62	Gary Morris	37	5:56:36
62	Steve Morris	36	5:56:36
79	Darrell Wargo	36	6:15:17
134	Rosiho Bryant	34	7:07:07

Male 40 - 49

27	Gratten Garbee	42	5:18:58
28	Calvin Milam	45	5:19:27
36	Joe Novak	42	5:28:55
76	Jay Finkle	41	6:13:21
82	Wilbert Hooper	46	6:16:31
115	Jerry Ballard	45	6:43:27
118	Frank Villa	49	6:52:32

Male 50 - 59

60	Kim Graham	50	5:55:53
80	Craig Miller	52	6:16:00
110	Philip Captain	57	6:38:38

Male 60 +

121	Bernie Davis	67	6:53:59
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<u>OA Pl</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
Female 20 - 29			
10	Catherine Phillips	29	4:42:39
13	Bethany Patterson	21	4:48:18
117	Deb Duryea	23	6:50:46
120	Anna Gilkey	25	6:53:42
134	Jill Crawford	23	7:07:07
142	Christine Wade	23	7:22:00

Female 30 - 39

76	Anita Finkle	38	6:13:21
96	Gabby Suydam	35	6:27:44

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

HOLIDAY LAKE

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

1	29 Cara Haskins	13	53:48
2	31 Brittney 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

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: 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: 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 Kosewski	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

MALE AGE GROUP: 50 - 59

1	8 Steve Bognar	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

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

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
FEMALE OVERALL RESULTS			
1	Susannah Obenchain	18	42:51

MALE OVERALL RESULTS

1	Danny Fink	41	34:16
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<u>Place</u>	<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
MALE AGE GROUP: 1 - 14				
1	11	Austin Vogt	14	42:35

FEMALE AGE GROUP: 1 - 14

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



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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.charlottesville-marathon.com

April 23, Bedford - Promise Land 50K Trail race

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

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)

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