

The Presidents Letter

Merry Christmas and a Happy New Year 2005!

May the upcoming year bring health and prosperity to the valued members of the Lynchburg Roadrunners. To those members training for the winter / spring race season, best of luck in all your pursuits! Speaking of pursuits, the race calendar for January and February is Shaping up nicely. The **New Year's Day Fun Run** will start at 10:00 a.m. from Riverside Park. This has become an annual roadrunner event. The turnout last year was great! So, start your new year off on the right foot and save a dollar on your 2005 membership dues. Further details are in this newsletter.

Stay motivated! The **VES Arctic 10K** will be held on Sunday February 13 at 2:00 p.m. David Horton will once again host the **Holiday Lake 50K ++** on February 12th at Holiday Lake State Park in Appomattox. If you love trail running this event is for you. Both of these events are great fun and all members are encouraged to participate, either as a runner or volunteer. Race Directors are always in need of volunteers.

For the past three years I have really enjoyed playing an active role in the growth of the Lynchburg Road Runners while serving as its President. Although membership was down this year, but the number of running events in the Lynchburg area has increased, our timing equipment is getting more use than ever, our newsletter has continued to inform and educate, our weekly and monthly organized runs have kept us motivated, and we've brought in outstanding speakers to our club meetings. This is certainly an appropriate time to say, **"Thank You"** to our membership for all their selfless acts that have benefited the running community. A special thanks to the executive committee; Darrell, Vic, Wendy, and especially to George Mrus for stepping up as club Secretary.

The future of the Lynchburg Road Runners is indeed a bright one, but, only with your continued support. Our executive committee is in need of volunteers to step up and fill **current vacancies for 2005.**

Positions to be filled for 2005 include club President, Treasurer, and Membership Chair. These are vital club responsibilities and take less than 2-3 hours a month to perform. Your active participation as an executive board member will have a direct impact on our running community. Without these positions filled I am afraid our club will take a serious stride backward. Interested club members should contact me by email

(riversiderunners@yahoo.com) or by phone (386-0660).

And finally, its dues time again. You will find a membership form on the last page of this newsletter. As a member of the LRRC you'll receive benefits and services designed to help you get the most out of your running experience. Your dues provide for this newsletter, local race insurance, discounts at local races and merchants, fun runs, and your automatic membership in the Road Runners Club of America (RRCA). It pays for itself. Send your membership renewal in January. Better yet, save a buck and renew at the Fun Run on January 1st.

See you on the roads,
Jeff

2004 LRR OFFICERS

President	Jeff Fedorko
Vice President	Darrell Wargo
Secretary	George Mrus
Treasurer	Wendy Golden
Membership	Vic Galan
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 December meeting was held at rather busy Monte Carlo's on Tuesday the 14th. Sixteen people were in attendance for free pizza night to start off the meeting. The meeting began about 7:10 with Jeff reviewing a number of items: the increase on a year over year basis of race participants, upcoming events, open positions on the Running Club (President, Membership and Treasurer).

Vic Galan provided an update on Club membership numbers: 102 are registered. The cost of insurance, the newsletter and other costs has increased significantly since dues were last raised in the late eighties. The new year will see and increase in

Club fees (post 1/1/04) from \$10 to \$15 individual and from \$17 to \$20 for a family membership. A student membership will be \$10 per student with an ID card, please.

The guest speakers for the evening were Bob Sitler and Kimberly Hughes. They were 2 of the 16 strong US contingent that ran the Marathon des Sables (Marathon of the Sand). Bob recounted (along w/ Kimberly who ran her first multi-stage event in Morocco) a number of stories and brought a few items from the multi-stage (self-sufficient except water) event as well as a slide presentation. They both provided a wonderful insight into challenges as well as the rewards of participating in a multi-stage event. Many thanks to the both of them for sharing their thoughts and experiences.

The meeting finished a little after 8 in the evening.

Best wishes to each and everyone in the Club for a healthy and rewarding New Year!!!

Next LRR Club Meeting

Tuesday, 11 January, 2005
at the Monte Carlo Restaurant
Old Forest Road

6:30 Diner, 7:00 Meeting
General meeting to organize 2005 activities

FUN RUN

Jan. 1, Riverside Park - LRRC New Year's Run With \$1.00 off membership dues for 2005.

Let's kick-off the new year 2005 right with a Fun-Run, followed by refreshments and social time. We'll meet at **10:00 a.m.** in the parking lot at **Riverside Park** for a leisurely paced 3 mile run up the Rivermont sidewalks to Peakland Place and back. The more ambitious can include the Peakland Place loop to make it a 5 mile run. The really worked over reveler can always be guided to a 1 mile jaunt about the Riverside Park path, but no fair getting to the refreshments first.

No fee, no times, no shirts, no awards, no pressure. Refreshments provided!!!! **Plus, Don't Forget,**

\$1.00 Off Membership Dues for 2005. This your last chance to get \$1.00 off the \$12.00 membership dues. After New Year's Day the dues are increased to \$15.00 individual, \$20.00 family, and \$10.00 student.

Bernie's Can-Can

As my ongoing service project, I recycle aluminum cans to raise money for Habitat for Humanity. Habitat enables qualifying low-income families, who could not otherwise, to buy their own homes. I transfer cans from collection bins to a recycle center. I also save our own cans and receive cans saved by some of my neighbors. I even pick up littered cans when I'm jogging or walking.

Jeff Harrington has acquired my habit of collecting littered cans while running. In fact, he has written about a dozen limericks on this obsession, including the one below. If you should also acquire this hobby, that would be great. But it would be right much for me to request. What I do ask is that, on a long-term basis, you save your own cans for Habitat. You may give them to me, or you can put them in one of the Habitat's bins. There is a doghouse-shaped bin in front of each of the following schools:

Dunbar Middle, Holy Cross, Linkhorne Middle, Sandusky Elementary, Brookville Middle, and Forest Elementary.

You will be bettering the environment and conserving energy while contributing to a worthy charity.

Thank you,
Bernie Davis

FLEMING MOUNTAIN

The cans on Fleming Mountain seemed very new.
I picked up cans of Budweiser and Mountain Dew.
Thinking of Bernie and making him proud,
I hustled and bustled and crunched cans aloud.
How people can litter, I have not a clue.

Jeff Harrington

!! 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 will increase as follows:

Individual	\$15
Family	\$17
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.

RACE REPORTS / RESULTS

Nov. 6, Bedford - Apple Valley 5K

Race Director: Theresa Boyes (540) 297-2709

Results are found on the Web at

www.riversiderunners.com

THE APPLE VALLEY 5K

Out in County Bedford

We were a motley herd.

We were kids and adults too

Under a sky so blue

Running 'round the orchard.

Bernie the Bard

Nov. 13, Richmond - Sun Trust Marathon & 8K

Congratulations to the following area runners who were among the 2022 men and 1203 women who completed this popular marathon in windy conditions.

Marathon Results

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
Cat Phillips	29	2:59:09	6:50
Preston Evans	48	3:12:12	7:20
Van Phillips	35	3:27:02	7:55
Paul Carrasco	34	3:27:39	7:55
Frank Seldon	38	3:32:08	8:07
Lance Collins	33	3:37:58	8:20
Ron Riscart	50	3:39:13	8:22
Jeane Craig	35	3:57:28	9:07
Chris Stuckey	32	4:04:46	9:23
Abigail Clairborne	23	4:19:40	9:59
Anna Gilkey	25	4:22:55	10:09
Michael Reffner	31	4:34:05	10:33
Ray Ilich	41	4:45:11	10:57
Darcy Mathes	31	4:50:21	11:12
Bryan Carter	27	4:59:42	11:32
Owen Grubbs	46	5:12:48	12:01
Anthony Peeler	37	5:12:32	12:08
Kevin Shroyer	44	6:25:17	14:57

8K Results

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
Bill Hutter	52	33:47	6:47
Kenneth Snell	31	34:11	6:52
Thomas Phillips	50	42:12	8:29
Leslie Phillips	38	42:41	8:35
Samantha Goode	28	65:50	13:14
Max Meador	68	68:58	13:52

Nov 20, Roanoke - Star City Half Marathon

Adam Robinson was the overall winner of the Star City half marathon (13.1 miles) with a time of 1:17:54. The first female to cross the finish was Marcy Little in 1:24:50 to finish.

Local finishers include:

<u>Name</u>	<u>Age</u>	<u>Time</u>
Calvin Milam	47	1:28:55 1M 45-49
Johann Plancher	26	1:34:06
Wilbert Hooper	46	1:38:36
Craig Miller	51	1:40:08
Nancy Ferris	48	1:41:16 1F 45-49
Gabrielle Suydam	34	1:44:09 2F 30-34
Tammi Nelson	25	1:47:18 1F 25-29
Donna Rinker	33	1:49:54
Paula Skulina	35	1:50:04 3F 35-39

Sue Jones	43	1:50:22	2F 40-44
Jimmy Roux	42	1:51:17	
Bernie Davis	67	1:55:06	1M 65-69
Leslie McPhatter	41	1:59:33	
Terry Grow	39	2:00:50	
David Skulina	41	2:01:01	
Richard Stone	57	2:02:50	
William Terrell	45	2:03:28	
Peter Magyari	46	2:04:55	
Peter Grissom	38	2:06:30	
Megan Snelson	29	2:25:20	

Star City ½ Marathon

It was a lucky stroke,
Running today in Roanoke.

It was a wise decision

For, in my division,

I was the fastest bloke.

Bernie the Bard

Nov 20, Hagerstown, Md - JFK 50 Mile Race

The 42nd Annual JFK 50 miler is the largest American ultra event. There were 876 official finishers within the 14 hour time limit. Among the finishers, fresh from their conquest of the Hawaii Ironman, were the Iron Couple Debbie and Steve Bozeman.

<u>Name</u>	<u>Age</u>	<u>Time</u>
Debbie Bozeman	51	11:50:52
Steve Bozeman	58	11:50:53

Nov. 25, Lynchburg - Genesis House 5k & Youth Mile

Race Directors: Don & Barbara Lucy

The Genesis House Turkey Trot 5K and Youth Mile was a huge success on Thanksgiving morning because of many generous individuals. It was the largest crowd ever for this race with over 314 runners at the 5K start line, and 63 runners participating in the Youth Mile.

We are pleased to announce that over \$3800 was raised for the Genesis House, a facility in Lynchburg which provides care for children and families in crisis situations.

It was a dark and stormy night and we had our worries. However, due to clean living, the rain let up then stopped just at the start. Jason Brown, the overall winner, covered the hilly course through Poplar Forest in 16:58, and Catherine Phillips, the female champion, finished in 19:46.

Mark Jones (6:15) and Bilynda Brinkley (6:32), were the champions in the Youth Mile. Refreshments were waiting for the runners at the finish. Awards and door prizes were given after the Youth Mile.

It takes many hands and many dollars to put on a first class race. We thank the sponsors volunteers for their time and the runners who raced the course.

MALE OVERALL RESULTS

1 Jason Brown	22	16:58
2 Casey Grey	19	17:06
3 Don Prince	27	17:31

FEMALE OVERALL RESULTS

1 Cat Phillips	29	19:46
2 Donna Elder	41	21:03
3 Cory Morris	31	21:08

MALE AGE GROUP: 1 - 13

Place OA

1 17 Andrew Rigler	19:49
2 32 Joel Sutton	20:51
3 33 Austin Vogt	20:52
4 62 Brandon McClenny	22:51

Place OA

5 111 Forster McCracken	25:10
6 126 Gavin Proffitt	25:49
7 139 Grant Jennings	26:10
8 170 Mark Hostutler	27:39
9 209 Jake Towles	29:34
10 226 Palmer Ferguson	30:29
11 242 Jason Fielder	31:31
12 252 Ryan Truitte	32:07
13 265 Justin Price	32:35
14 266 Kerry Codoley	32:40
15 315 George Doby	45:47

FEMALE AGE GROUP: 1 - 13

Place OA

1 77 Alissa Williams	23:48
2 83 Cara Haskins	24:04
3 95 Suzanne Sciarrino	24:41

4	98 Cameron DeWitt	24:43
5	115 Hollis Owens	25:14
6	121 Morgan Spicuzza	25:28
7	165 Chris Schweikart	27:33
8	200 Rachel Lambrecht	29:09
9	222 Danielle Pickett	30:13
10	225 Emmi Owens	30:25
11	267 Francis Carey	32:41
12	291 Brooke Hutchison	36:52

MALE AGE GROUP: 14 - 19

Place OA

1	5 James Evans	18:30
2	6 Matthew Kadak	18:38
3	7 Jonathan Bryant	18:41
4	10 Wyatt Miles	18:55
5	12 Ryan Owens	19:02
6	13 Thomas Ballowe	19:21
7	14 Paul Overstreet	19:33
8	20 Ragan Rudisill	19:58
9	21 Dakota Pellman	20:01
10	24 Joshua Knight	20:12
11	37 Peyton Yeatts	21:05
12	41 Kevin Kadak	21:17
13	42 Collin Clark	21:17
14	45 Edward Lane	21:24
15	47 Eric MacPherson	21:31
16	50 Shashi Murthy	21:45
17	53 Matthew Crofton	22:09
18	60 Cash DeWitt	22:43
19	61 Steven Kadak	22:44
20	70 Breck Light	23:13
21	80 Drew Ramsey	23:57
22	88 Christopher Hammock	24:21
23	92 Bryan Hutchison	24:33
24	104 Andy Morris	24:54
25	109 Zach Barrett	25:07
26	125 Stephen Boman	25:46
27	145 Nathan Schweikart	26:23
28	151 Matthew Rinckel	26:52
29	163 Keith Austin	27:32
30	167 Karl Bach	27:35
31	175 Kevin Truitte	27:48
32	215 Richard Suddith	29:54
33	230 Brian Hostutler	30:49
34	290 Mark Doby	36:44
35	298 Will Ramsey	37:16

FEMALE AGE GROUP: 14 - 19

Place OA

1	49 Hannah Roller	21:40
2	63 Lisa MacPherson	22:51
3	64 Sallie Ford	22:53
4	76 Laura Rapp	23:44
5	79 Meredith Storton	23:53
6	81 Emily Riggins	24:01
7	84 Dnielle Walton	24:06
8	87 Liz Doby	24:16
9	100 Spenser Angel	24:46
10	101 Austin Ferguson	24:46
11	120 Laura Ramsey	25:22

12	123 Carter Angel	25:40
13	124 Sarah Givens	25:42
14	150 Megan Rinckel	26:51
15	154 Erin Fitzgerald	26:57
16	155 Lauren O'Neil	26:58
17	166 Sarah Boman	27:34
18	187 Brittney May	28:29
19	188 Donna Bryant	28:38
20	199 Sarah Erb	29:08
21	231 Mallory Benedict	31:01
22	233 Christine Sciarrino	31:02
23	234 Katie Lambrecht	31:03
24	237 Erin Hager	31:15
25	246 Lara Clark	31:45
26	268 Ann Nelson	32:44
27	297 Molly Hutter	37:16

MALE AGE GROUP: 20 - 24

Place OA

1	74 Michael West	23:41
2	75 Andrew Schulze	23:43
3	82 Aaron Tannenbaum	24:02
4	103 Jason Bryant	24:53
5	129 Cody Grey	25:58
6	156 Jared Tannenbaum	26:58
7	194 Adam MacPherson	28:54
8	204 Ben Johnston	29:23
9	286 Tim Grahl	35:43
10	287 Jason Stinnett	35:48

FEMALE AGE GROUP: 20 - 24

Place OA

1	143 Charity Brown	26:19
2	171 Sarah Tyler	27:43
3	178 Julia Clark	27:57
4	182 Rebekah Meadows	28:09
5	186 Lauren Brown	28:28
6	198 Stefanie Erb	29:08
7	207 Candace Grahl	29:30
8	220 Kristin Saunders	30:08
9	221 Melissa Short	30:08
10	223 Anna Sakolosky	30:14
11	227 Lindsay Schrader	30:37

Place OA

12	229 Kate Sakolosky	30:47
13	239 Ashley Combes	31:22
14	264 Sadie Simmons	32:35
15	285 Ember Mumaw	35:42
16	288 Stephanie Baum	36:25
17	295 Sarah May	37:10
18	299 Mindy Cooper	37:24
19	318 Heather Baum	48:22

MALE AGE GROUP: 25 - 29

Place OA

1	11 Ben Schowe	19:02
2	34 Frank Gonzales	20:54
3	113 John Willse	25:12
4	149 Matt Towles	26:50
5	157 Jeremy Smith	26:58

6 177 Brandon Reynolds 27:53
7 235 Luke Towles 31:03

FEMALE AGE GROUP: 25 - 29

Place OA

1 69 Mason Morris 23:11
2 86 Jamie Campbell 24:11
3 91 Ellen Michalik 24:29
4 132 Julie Setliff 26:01
5 168 Camille Rabon 27:35
6 173 Megan Mann 27:44
7 184 Alison Richmond 28:15
8 203 Kendra Williams 29:16
9 243 Tana Willse 31:34
10 269 Nichole Carson 32:45
11 271 Christy Lucy 32:50
12 274 Jennifer Page 33:07
13 276 Sara Clark 33:33
14 281 Sunday Towles 35:18
15 303 Heather Brown 37:48
16 305 Faith Towles 37:51
17 310 Mellisa Lucia 41:38

MALE AGE GROUP: 30 - 34

Place OA

1 4 Jeff Harrington 17:54
2 9 Michael McPhatter 18:51
3 38 Chris Banton 21:07
4 43 Chad Waterworth 21:19
5 51 Mark Freeman 21:58
6 59 Mike Dunn 22:39
7 68 Jack Flippin 23:08
8 136 Paul Alfieri 26:06
9 142 Ken Marks 26:19
10 202 Jesse Shiell 29:15
11 213 Timothy Meredith 29:38
12 245 James LaPrade, Sr 31:43
13 250 David Coleman 32:05

FEMALE AGE GROUP: 30 - 34

Place OA

1 66 Donna Rinker 23:05
2 78 Diana Johnson 23:50
3 106 Noell Danaker 24:57
4 147 Brandy Schmidt 26:27
5 158 Julie Buchikos 26:59
6 180 Karen Freeman 27:59
7 211 Rachel Baker 29:37
8 214 Tiffany Dunn 29:43
9 249 Beth Hudson 32:03
10 253 Brooke Pettyjohn 32:07
11 257 Susan Dreher 32:28
12 282 Sarah Bare 35:18
13 306 Melissa Hudson 39:02

MALE AGE GROUP: 35 - 39

Place OA

1 15 Brian Kelleher 19:39
2 19 Darrell Wargo 19:56
3 22 Kenny Palmer 20:04
4 28 Gary Morris 20:27
5 46 Van Phillips 21:31
6 89 Paul Schmidt 24:22
7 96 Keith McCombie 24:42
8 97 Stephen Morris 24:42
9 99 Felix McCain 24:43
10 108 Robert Speeney 25:02
11 114 Andy McCracken 25:13
12 116 James Gallagher 25:15
13 118 Gray Wiley 25:17
14 141 Brett Martin 26:16
15 144 Chris Gassler 26:20
16 161 Jon Schweikart 27:13
17 164 Todd Pickett 27:32
18 238 Edward Fielder 31:20
19 255 Barry Witt 32:21
20 261 Patrick Dreher 32:33
21 283 William Bare 35:23
22 300 Mike Rundle 37:29

FEMALE AGE GROUP: 35 - 39

Place OA

1 65 Lisa Richardson 22:58
2 85 Blair Snyder 24:06
3 107 Leigh Cheatham 25:01
4 127 Alycia Ferguson 25:50
5 185 Kristina Krider 28:17
6 192 Maria McCracken 28:50
7 251 Tammy McClung 32:07
8 254 Kensie Johnson 32:18
9 259 Pam Penny 32:30
10 260 Denny Toone 32:33
11 262 Susie Gauthier 32:33
12 278 Kim Towles 33:57
13 296 Melody LaPrade 37:14
14 301 Pam Rundle 37:30
15 311 Claire Skorcz 41:39
16 313 Cami Crofton 42:57

MALE AGE GROUP: 40 - 44

Place OA

1 25 Jacob Tonge 20:15
2 26 David Little 20:17
3 29 Grattan Garbee 20:37
4 30 Scott Kadak 20:43
5 48 Martin Owens 21:35
6 56 Bob Dendy 22:20
7 72 Kevin Shroyer 23:34
8 73 Mark Karnes 23:35
9 90 Kevin Crofton 24:25
10 94 Daniel Carey 24:39
11 128 Scott Wilson 25:51
12 138 Richard Raines 26:07
13 148 Jimmy Davis 26:30
14 153 David Skulina 26:57
15 160 William Spicuzza 27:07

16	181 David Miles	28:00
17	191 Kelly Crofton	28:49
18	196 Jimmy Roux	29:04
19	205 Bob Leffew	29:24
20	218 Jay Waller	30:02
21	224 Rick Benedict	30:15
22	236 Steve Schweikart	31:05

FEMALE AGE GROUP: 40 - 44

Place OA

1	110 Sue Jones	25:08
2	119 Ellen Wiley	25:18
3	195 Jessica Gisclair	29:02
4	210 Marcia Moore	29:36
5	244 Myra Dendy	31:42
6	263 Jan Harrison	32:35
7	294 Judy Wilson	37:08
8	314 Jill Crofton	45:47
9	316 Lori Carpenter	47:09

MALE AGE GROUP: 45 - 49

Place OA

1	8 Bret Boman	18:41
2	18 Preston Evans	19:49
3	23 Brad Fitzgerald	20:12
4	31 Ted Batt	20:44
5	40 Larry Jackson	21:14
6	71 Hunter Marshall	23:19
7	105 Jim McFarland	24:57
8	137 John Alfieri	26:06
9	162 Paul Bryant	27:20
10	169 John Clark	27:38
11	172 Peter Magyari	27:44
12	179 David Truitte	27:58
13	183 Dave Stinnett	28:10
14	232 Brian Saunders	31:01

FEMALE AGE GROUP: 45 - 49

Place OA

1	44 Nancy Ferris	21:23
2	130 Marianne Ramsey	25:59
3	176 Laura Light	27:53
4	206 Denise Baxter	29:26
5	219 Nancy Suanders	30:04
6	277 Anne Gibbons	33:44
7	293 Susan May	36:56
8	304 Missy Raines	37:48
9	307 Wanda Brooks-Crocke	39:43

MALE AGE GROUP: 50 - 54

Place OA

1	27 Steve Bognar	20:18
2	52 Bill Hutter	22:00
3	54 Craig Miller	22:12
4	112 Lloyd Tannenbaum	25:11
5	134 Richard Morris	26:04
6	135 Keith Dr Austin	26:05
7	189 Jack Cassidy	28:38
8	190 George Doby	28:46
9	228 Dan Schlader	30:47

10	247 Gary Hatmaker	31:53
11	248 Chris Barrett	31:58
12	256 Bob MacPherson	32:27
13	279 Paul Grey	34:35

FEMALE AGE GROUP: 50 - 54

Place OA

1	117 Kathy Stafford	25:16
2	197 Ann Allison	29:04
3	201 Donna Boberg	29:10
4	216 Rebbeca Clark	29:57
5	270 Jeannie Stone	32:48
6	308 Elizabeth Farnsworth	40:23
7	309 Helen Brown	40:59

MALE AGE GROUP: 55 - 59

Place OA

1	55 John Justice	22:16
2	57 Jim Weimer	22:23
3	102 Jack Sturton	24:50
4	122 Roger Stoudt	25:33
5	131 Sam Fuller	26:00
6	140 Chip Clements	26:14
7	146 Mark Coward	26:26
8	152 Richard Stone	26:53
9	174 Gene Proctor	27:45
10	193 Jim Locke	28:51
11	208 Warren Clark	29:33
12	217 David Towles	30:00
13	289 Douglas Baum	36:43
14	292 Wayne Hutchison	36:52

FEMALE AGE GROUP: 55 - 59

Place OA

1	159 Candice Michalik	27:02
2	212 Ann Campbell	29:37
3	272 Jo Wright	32:57
4	319 Sally Baum	51:36

MALE AGE GROUP: 60 - 69

Place OA

1	35 Bob Hartless	20:57
2	67 Tommy Harris	23:06
3	93 Ronnie Wright	24:36
4	240 Tommy Craven	31:22
5	275 Jim Sakolosky	33:08
6	280 Phillip Welker	35:10
7	312 Joseph Skorcz	42:57

FEMALE AGE GROUP: 60 - 69

Place OA

1	302 Laura Meredith	37:32
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MALE AGE GROUP: 70 - 99

Place OA

1 317 Robert Carpenter 47:09

MALE AGE GROUP: 70 - 99

Place OA

1 273 Nancy Welker 33:05



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

**Dec. 4, Bedford - Peaks of Otter Christmas
Classic 10K & 5K Run**

This great event raises money for the Bedford YMCA and has a great tradition. At race time the weather conditions were perfect for a fast pace on this hilly course. What a day for women runners. Kristy Vancour, 22 of Pulaski, Va., took 1st place in the 10K race and Ann McGranahan, 25 of Newport Va., took 1st place in the 5K race. In fact, the 10K results show that women led the men overall, in the 13-17 age group, the 18-24 age group and in the 44-49 age group. Congratulations ladies!

10K Overall Results

Place Name Age Time

FEMALE OVERALL RESULTS

1	Kristy Vancour	22	37:14
2	Bonnie McDonald	40	40:39
3	Bethany Patterson	25	41:46
4	Donna Elder	42	42:06

MALE OVERALL RESULTS

1	James Evans	17	38:22
2	John Lauffer	21	38:31
3	Greg Stick	49	39:47
4	Calvin Milam	45	40:01

MALE AGE GROUP: 13 - 17

<u>Place</u>	<u>OA</u>	<u>Name</u>	<u>Time</u>
1	117	Nick Smeltzer	47:21

FEMALE AGE GROUP: 13 - 17

1	109	Hannah Roller	44:31
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MALE AGE GROUP: 18 - 24

1	169	Bronson Carroll	1:15:32
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FEMALE AGE GROUP: 18 - 24

1	125	Samantha Edwards	50:09
2	132	Amy Jo Harper	52:16
3	133	Charity Brown	52:55
4	136	Abigail Claiborne	53:59
5	151	Kristen Crawford	57:37
6	152	Bonnie Belve	58:02
7	154	Susan Hall	58:15
8	156	Deborah Easter	58:49
9	157	Jessica Moody	58:55

MALE AGE GROUP: 25 - 34

1	106	Frank Wright	42:15
2	113	Sam Dean	46:15
3	119	Charles Burger	48:28
4	120	Michael Reffner	48:53
5	126	James Booth	50:11
6	144	Brandon Reynolds	55:24
7	158	Scott Schwarzer	59:01

FEMALE AGE GROUP: 25 - 34

1	115	Gabby Suydam	46:32
2	139	Camille Rabon	54:14
3	142	Janet Shelton	55:08
4	146	Erika Wray	56:17
5	153	Mary Thomas	58:10
6	166	Lee Ann Wheat Eagle	1:05:00

MALE AGE GROUP: 35 - 43

1	101	Darrell Wargo	40:27
2	103	David Little	41:05
3	112	Robert Reid	46:13
4	121	Robert McTier	49:07
5	137	Chris Gassler	54:06
6	164	Bill Bare	1:04:12
7	165	Avery Rose	1:05:00

FEMALE AGE GROUP: 35 - 43

1	118 Jeanne Craig	47:35
2	122 Paula Skulina	49:12
3	127 Leslie McPhatter	50:51
4	128 Leigh Cheatham	51:05
5	130 Wendy Golden	51:45
6	141 Kristina Krider	55:03
7	143 Janet Grant	55:12
8	145 Kim Hudson	56:04
9	149 Renee Draney	56:46

MALE AGE GROUP: 44 - 49

1	111 Kevin Shroyer	45:42
2	134 Gene Croce	53:10
3	162 David Barnett	1:02:21
4	167 William Leftwich	1:05:08

FEMALE AGE GROUP: 44 - 49

1	107 Nancy Ferris	42:46
2	147 Donna Copsey	56:45
3	155 Tate Leftwich	58:38
4	163 Brenda Padgett	1:02:52
5	168 Ramona Seay	1:10:01

MALE AGE GROUP: 50 - 55

1	108 Brian Carlton	43:13
2	110 Craig Miller	45:12
3	114 Frank Guler	46:30
4	116 Kenneth Bailey	46:40
5	123 Bruce Ritter	49:34
6	124 Tom Roth	49:41
7	129 Marion Childress	51:31
8	159 Bob Mooty	59:16

FEMALE AGE GROUP: 50 - 55

1	150 Ann Allison	57:30
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MALE AGE GROUP: 56 - 60

1	148 Richard Stone	56:45
2	160 Richard Myers	59:30

MALE AGE GROUP: 61 - 65

1	138 Bill Gribbin	54:11
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MALE AGE GROUP: 66 - 99

1	131 Bernie Davis	52:12
2	140 Fred Fauber	54:30
3	161 Robert Cole	1:00:58
4	170 Ray Gilberte	1:18:46

5K Overall Results

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
FEMALE OVERALL RESULTS			
1	Ann McGranahan	25	16:50
2	BeeJay Chapman	17	21:34
3	Lisa Richardson	38	22:13
4	Kelly Jennings	31	22:55

MALE OVERALL RESULTS

1	Jeff Harrington	34	17:14
2	Andrew Nordhaus	16	17:58
3	William Wall	25	18:00
4	R.J. Scott	41	18:00

MALE AGE GROUP: 1 - 12

1	23 Brandon McClenny	21:59
2	39 Alec Paget	24:03
3	64 Jack Shea	28:46
4	66 S.J. Boone	29:05
5	70 Jamie Messier	29:39

FEMALE AGE GROUP: 1 - 12

1	53 Kennedy Flynn	26:03
2	65 Annie Kate Dailey	28:54
3	72 Haley Smith	29:40
4	93 Lizzie Boone	36:15
5	95 Meredith Goldean	36:51

MALE AGE GROUP: 13 - 17

1	6 AW Woolfrey	18:26
2	7 Jessy Harvell	18:54
3	9 Thomas Ballowe	19:30
4	10 Gabe Lane	19:44
5	14 Andrew Stone	20:12
6	16 Sam Dailey	20:56
7	28 Eli White	22:30
8	51 Hunter Barnes	25:36
9	59 Teddy Goldean	26:59

FEMALE AGE GROUP: 13 - 17

1	34 Cara Haskins	23:41
2	57 Kate Burks	26:51

MALE AGE GROUP: 18 - 24

1	18 Jacob McGlaufflin	21:21
2	49 Scott Graham	25:33
3	69 Richard Suddith	29:25

FEMALE AGE GROUP: 18 - 24

1	37 Sarah Krylicinski	24:01
2	50 Lauren Young	25:36

MALE AGE GROUP: 25 - 34

1	11 Joe Moon	19:49
2	27 Jeremy Woods	22:21
3	36 Jonathan Fortney	23:47
4	43 David Hylton	24:40
5	46 Ken Marks	24:56
6	52 David Smith	26:02
7	90 Damon Lamar Chamber	35:08

FEMALE AGE GROUP: 25 - 34

1	76 Christy Lucy	31:41
2	94 Melissa Hudson	36:30

MALE AGE GROUP: 35 - 43

1	8 Kenny Palmer	19:06
2	12 Mark Joyce	19:52
3	13 Tommy Field	20:02
4	22 Andrew Flynn	21:48
5	26 Mark Karnes	22:19
6	29 Jeffrey Cutler	22:33
7	30 Kevin Willis	22:45
8	40 Mike Shea	24:16
9	44 Edward Fielder	24:51
10	79 David Whitehurst	31:53

FEMALE AGE GROUP: 35 - 43

1	55 Elisabeth Flynn	26:34
2	67 Damie Reilly	29:05
3	68 Kristie Shroyer	29:22
4	71 Tammy McCloung	29:40
5	73 Kelly Cutler	29:44
6	74 Jennifer Murphy	30:23
7	82 Lisa Tomlin	32:25
8	87 Christine O'Donnel	34:24
9	92 Mary Jo Boone	36:14

MALE AGE GROUP: 44 - 49

1	17 Doug Stone	20:15
2	19 Winston Burks	21:21
3	35 Tim Dailey	23:46
4	54 Scott Dean	26:33
5	58 Dave Stinnett	26:53
6	62 Kurt Smith	28:32
7	77 Brian Murphy	31:44

FEMALE AGE GROUP: 44 - 49

1	41 Gail Nordhaus	24:17
2	75 Lisa Kidd	30:56
3	88 Delisa Alvis	34:41

MALE AGE GROUP: 50 - 55

1	15 Bill Hutter	20:31
2	20 John Geyer	21:30
3	45 Barry Harvell	24:53
4	48 Bobby Dean	25:09
5	56 Clark Brown	26:37
6	63 Bob Moody	28:39
7	83 Robert McMillan	32:59
8	84 Buddy Johnson	33:58

FEMALE AGE GROUP: 50 - 55

1	80 Sally Ritter	32:03
2	91 Ann Bailey	36:06

MALE AGE GROUP: 56 - 60

1	42 Mike McFaden	24:29
2	61 Ben Schowe	27:27
3	78 Larry Scott	31:48

FEMALE AGE GROUP: 56 - 60

1	86 Phyllis Gray	34:23
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MALE AGE GROUP: 61 - 65

1	38 Robert Pawlas	24:02
2	60 James Gray	27:06

MALE AGE GROUP: 66 - 99

1	81 Maurice Earles	32:09
2	85 George W. Smith	33:59
3	89 Jim Cutler	35:07

10K OPEN TEAM Results

1. 17 Sabrina's Dream Team (46:00 3:03:59)

1	1 Bonnie McDonald	40:39
2	2 Bethany Patterson	41:46
3	5 Jeanne Craig	47:35
4	9 Abigail Claiborne	53:59
5	(10) Brenda Padgett	1:02:52

2. 20 Babes on the Run (46:14 3:04:55)

1	3 Donna Elder	42:06
2	4 Nancy Ferris	42:46
3	6 Paula Skulina	49:12
4	7 Leslie McPhatter	50:51
5	(8) Wendy Golden	51:45

5K OPEN TEAM Results

1. 10 Word of Life Runners (21:56 1:27:43)

1	1 Kenny Palmer	19:06
2	2 Tommy Field	20:02
3	3 Jeffrey Cutler	22:33
4	4 David Smith	26:02
5	(5) David Whitehurst	31:53

5K CORPORATE RELAY

TEAM Results

1. Bedford YMCA 22:14
2. Bedford Memorial Hospital 23:15

BEDFORD CHRISTMAS CLASSIC

I ran the Christmas Classic

In Tiger shoes by Asics.

Speed I cannot master.

I could go no faster

In the Park Jurassic.

Bernie the Bard

Dec. 11, Fincastle, VA - Hellgate 100K

The second annual Hellgate 100K was held on Saturday, December 11. A new men's course record was set by Sean Andrish, finishing in 11:22, 1 hour and nine minutes faster than last years winning time. Last year we had bitter cold conditions, over a foot of snow, and temperatures with lows in the teens. This year, the highs were in the 40's and the lows in the 30's with just a very light rain and a few snow flurries.

Special thanks go out to all of the people who make this race happen: My wife, Nancy, my secretary, Ashley Partridge, Nancy and Charlie Hesse, Muffy, Rebekah Trittipoe, and a host of aid station workers. A special thanks to the Lynchburg Amateur Radio Club and Hal De Vuyst for GREAT radio communication. Thanks also to our sponsors: Montrail, Patagonia, Conquest, and Frank Villa.

As in all of the other races, Dr. George Wortley serves as our medical director. George had just returned from Mexico where he purchased a pair of sandals for the male and females winners of Hellgate that were made by the Tarahumara Indians. They must wear these if they run Hellgate next year!

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Sean Andrish	35	11:22:41
2	Aaron Schwartzbard	27	12:46:15
3	Keith Knipling	28	12:52:58
9	Annette Bednosky	38	13:50:08
15	Beth Patterson	25	14:40:25
19	Morgan Windram	22	14:52:06

Other area runners include:

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
23	Grattan Garbee	41	15:03:58
26	Josh Yeoman	20	15:37:51
31	Neal Jamison	36	15:49:10
33	Rebekah Trittipoe	47	15:54:14
35	Joe Novak	42	16:14:09
44	Graham Zollman	56	16:55:20
51	Jay Finkle	41	17:26:35
51	Anita Finkle	38	17:26:51

If you want to read articles written by some of the finishers of the 2004 Hellgate 100K, check out our website at www.extremoultrarunning.com

The 2005 Lynchburg Area Ultras include:

1. Holiday Lake 50K - February 12
2. Promise Land 50K - April 23
3. MMTR 50 Miler - October 15
4. Hellgate 100K - December 10

UPCOMING RACES

Jan. 1, Riverside Park - LRRC New Year's Fun-Run, with \$1.00 off membership dues for 2005. 10:00 a.m. in the parking lot at **Riverside Park** for a leisurely paced 3 mile run and good cheer.

Feb. 13, Lynchburg - VES/LRR Arctic10K, 2:00p.m. at Virginia Episcopal School campus. Info: Call Reed Finlay at (434) 385-3834 (Home) or 385-3663) Office. Via e-mail at Rfinlay@VES.org

Feb. 12, Appomattox - Holiday Lake 50K, 6:30am; 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.extremoultrarunning.com. Part of the Lynchburg Ultra Series.

March 5, Goode - What Goes Down Must Come Up, 4 mile Handicap and Pancake Breakfast 9:00 a.m. Start, Race Director: Jerome H Loy <fizzed@juno.com> Discount is offered to Lynchburg Roadrunners.

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