

## LETTER FROM THE EDITOR

### Vic'space

I know, I know - the July / August newsletter is **late, late, late !!!** Chalk it up to the lazy days of summer. Late June found me in Arizona running early morning physical training with daughter Anna's platoon of soldiers at Fort Huachuca. At 0600 hours it was 75F with very low humidity and even less oxygen at 5200 feet above sea level (we are about 850 feet at Lynchburg). After some cadence run she lead them off for a five mile run at an eight minute pace to leave poor dad sucking wind in the rear. Anna is forty-five, with nineteen years in the Army, an Iraq veteran, and in darn good shape.

Despite the heat and humidity, this summer has been filled with great race opportunities right here in Lynchburg, thanks to race directors Lesley McPhatter, Bret Boman, Jeff Fedorko and a band of the willing - the volunteers.

It started out with Lesley's Memorial Day Run, then the Summer Track Series compliments of Bret Boman, followed by the Presbyterian Home 5K, the Academy Mile, and the Percival's Isle 5 Miler all directed by Jeff. There is one more big summer race left on August 19 - the Lynchburg Classic Half Marathon starts at 7:30 a.m. You will find a registration form with this newsletter. For those not up to a half marathon in August, there will be a 5K to get you out of bed for a little speed work that day.

I've seen them on Rivermont Avenue and in Riverside Park already. Those runners getting ready on the course of the Virginia 10-Miler. It's a bit early in September this year so it could be a warm and humid run. I don't need to remind you to think about hydration before during and after your training runs.

Have a good summer - what's left of it.

Keep the pace.  
Vic

**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](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, 12 September, 2006**

At the Forest Library  
On Forest Road  
Route 221 near 811  
6:30 Club Business  
7:00 Meeting

### Guest Speaker:

To be Announced  
Next Newsletter

## OFFICERS

President	Tommy Harris
Vice-President	Paul Carrasco
Secretary	Bret Boman
Treasurer	Cat Phillips
Membership	Jeff Fedorko
Newsletter	Vic Galan

### Meeting Minutes

No monthly meetings are held during the summer months.

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

Runners support the Lynchburg Running community when they run local races. It does enhance the run environment to pay up, show up, and enjoy the races. But it is incumbent on local runners to do a little more. Get the word out to your friends who run that LRRC membership makes the organizational structure which sponsors the races stronger and better able to serve their need for frequent quality races.

Furthermore, you can pick at least one local race a year and volunteer your services to the Race Director. There is a great need, especially during the summer months, to provide fluids at frequent water stops. At the Parkersburg, WV ½ marathon there's

water and refreshments, even ice, at every mile. That might be a bit over the top, but liquids every two miles would not be unreasonable in August.

On another point, several studies have shown that regular, vigorous workouts may prevent or at least delay the onset of dementia and even the forgetfulness often associated with normal aging.

A study published in the Journal of Neuroscience in September 2005 found that running greatly stimulates the production of new neurons (brain cells). The creation of new neurons correlates to faster learning and better retention, which helps keep memory and other brain functions sharp.

The idea that regular exercise can help your head as well as your heart and joints is, well, a no-brainer. When you do bicep curls with weights in a gym, blood and oxygen go to the biceps muscle and it strengthens. Same with the brain. When you do an aerobic exercise it increases the heart rate over a sustained period of time and increases the level of oxygen in the blood.

In a paper published in October 2005, researchers from the Karolinska Institute in Sweden found that those who had engaged in robust physical activity at least twice a week since middle age had a 50 percent lower chance of developing dementia and a 60 percent lower risk of developing Alzheimer's than those who were sedentary.

So, keep the pace to remember the race.

**!! 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

## RACE REPORTS / RESULTS

9th ANNUAL CENTRAL VA KIDNEY ASSOC.  
 TEN KILOMETER ROAD RACE  
 May 29, 2006

### FEMALE OVERALL RESULTS

Pl	Name	Age	Time
1	Cat Phillips	31	39:35
2	Donna Elder	43	44:46
3	Nancy Ferris	50	45:46
Record 37:44 Mercedes Gill (2000)			

### MALE OVERALL RESULTS

Pl	Name	Age	Time
1	Andrew Hodges	22	34:25
2	Jeff Harrington	36	35:57
3	Matthew Crofton	17	36:34
Record 34:04 Matt Richards (2000)			

### MALE AGE GROUP: 1 - 19

Pl	OA	Name	Age	Time
1	19	Chris O'berry	15	41:44
2	20	Chris Wyatt	18	42:25
3	25	Joel Sutton	14	42:57
4	30	Timothy Vernon	15	43:46
5	74	Mark Jones	14	50:05
6	79	Jake Link	16	51:08
7	82	Brandon McClenny	12	51:36
8	130	Tommy Dillard	16	1:05:28

### FEMALE AGE GROUP: 20 - 29

1	64	Emily Riggins	18	48:47
2	85	Brittney May	16	52:12
3	110	Caroline Watson	17	57:07

### MALE AGE GROUP: 20 - 29

1	9	Johann Plancher	28	39:33
2	26	Mike Waller	21	43:19
3	38	Walker Wright	26	45:28
4	76	Chris Montgomery	24	50:35
5	86	Jeff Cunningham	29	52:20

### FEMALE AGE GROUP: 20 - 29

1	54	Carrie York	28	47:50
2	71	Jennifer Nelson	26	49:42
3	77	Galen Gordon	25	50:39
4	96	Jenny Overstreet	23	54:37
5	133	Jessica Baty	25	1:06:00
6	135	Lindsay Hegna	23	1:07:07
7	139	Melissa Busse	29	1:12:25

### MALE AGE GROUP: 30 - 34

1	4	Michael McPhatter	32	36:49
2	13	Ryan Ravenna	31	40:17
3	14	Rob Arnold	34	40:24
4	17	Marcus Wright	33	41:32
5	28	Michael Pflieger	32	43:22
6	32	Brad Bradley	33	44:11
7	72	Chris Meadows	30	49:51
8	80	Steve Allen	33	51:09
9	92	Frank Bae	33	53:19
10	109	Ramon Wycoff	32	56:42

### FEMALE AGE GROUP: 30 - 34

1	50	Katherine McCombs	34	47:23
2	63	Nina Dillon	31	48:38
3	68	Kristi Quillen	32	49:17
4	102	Marcia Yochum	32	55:36
5	104	Jennifer Ramey	34	55:54
6	112	Erika Wray	33	58:01
7	121	Elizabeth Creasy	30	1:01:40
8	122	Betty Harrington	34	1:02:00
9	137	Julie Baty	33	1:07:57
10	138	Dianne Witt	32	1:11:28

### MALE AGE GROUP: 35 - 39

1	5	Matt Richards	39	37:33
2	6	Peter Sheldon	38	38:39
3	15	Darrell Wargo	37	40:49
4	16	Kevin Willis	39	40:59

5	18	Pete Caprise	38	41:33
6	24	Chris Gassler	37	42:54
7	29	Van Phillips	37	43:37
8	41	Andrew Quillen	39	45:52
9	42	Robert Reid	38	46:04
10	44	Michael Creadon	38	46:37
11	55	Gray Wiley	39	47:54
12	61	Lance Collins	35	48:32
13	81	Jack Flippin	36	51:31
14	84	Brett Martin	36	52:01
15	87	Alan Rogers	39	52:24
16	114	Mark Flores	36	58:22
17	116	Barry Witt	37	59:40
18	127	Pete Grissom	39	1:03:46
19	142	Richard Tisdale	35	1:15:01

**FEMALE AGE GROUP: 35 - 39**

1	51	Sarah Glass	35	47:32
2	53	Krista Leake	36	47:45
3	66	Candace Caprise	37	49:06
4	67	Kelly Mortemousque	38	49:07
5	70	Jenny Witko	35	49:27
6	75	Gabby Suydam	37	50:18
7	83	Blair Snyder	38	51:43
8	95	Paula Skulina	37	53:42
9	97	Wendy Golden	38	54:41
10	107	Kim Sheldon	37	56:18
11	115	Anne Hatcher	37	58:34

**MALE AGE GROUP: 40 - 44**

1	11	David Little	44	40:08
2	31	Lee Eagle	44	43:49
3	34	Grattan Garbee	43	44:24
4	46	Tom Mohr	43	46:58
5	62	Virgil Hurt	41	48:33
6	89	John Bowden	43	52:39
7	94	Ferdinand Flores	40	53:34
8	125	Jerry Price	44	1:03:26
9	126	Mark Sloman	43	1:03:46
10	129	David Skulina	43	1:03:49
11	131	David Dillard	42	1:05:29
12	132	Kevin Logan	43	1:05:48

**FEMALE AGE GROUP: 40 - 44**

1	47	Sarah Davidson	41	47:00
2	58	Ellen Wiley	41	48:07
3	90	Heather Royer	44	52:49
4	93	Renee Draney	41	53:22
5	99	Barbara Edgar	40	55:00
6	101	Cheryl Barb	43	55:15
7	103	Mary Lynne Arnold	44	55:48
8	113	Kim Fast	43	58:19

**MALE AGE GROUP: 45 - 49**

1	7	John Cardwell	48	38:48
2	8	Bret Boman	47	38:57
3	22	Preston Evans	49	42:31
4	23	Calvin Milam	46	42:39
5	27	RB Carter	47	43:21
6	33	Andrew Wilds	46	44:15
7	39	Kevin Shroyer	45	45:35
8	43	Wilbert Hooper	47	46:36
9	49	Mike Mitchell	49	47:17
10	59	Kevin Uhl	46	48:16
11	60	Jim McFarland	48	48:19
12	65	Dave Civis	49	48:48
13	69	Billy Flint	45	49:26
14	78	Andrew Alexson	47	51:01
15	100	Bruce Gerlich	48	55:09
16	106	David Miles	46	56:02
17	119	Alan Jones	48	1:01:00

**FEMALE AGE GROUP: 45 - 49**

1	56	Sue Jones	45	47:56
2	111	Kristie Shroyer	45	57:40
3	123	Andrea Neiman	45	1:02:13

**MALE AGE GROUP: 50 - 54**

1	12	Steve Bogner	54	40:13
2	21	Gary Stroud	54	42:26
3	36	Craig Millen	53	44:58
4	37	Kelvin Flowers	50	45:12
5	45	Greg Kosowski	50	46:54
6	52	Peyton Morgan	54	47:35
7	73	Keith Austin	52	50:00
8	88	Mark Bushing	50	52:37
9	105	Brian Elliott	51	56:01
10	124	Glenn Meyer	50	1:02:24

**MALE AGE GROUP: 55 - 59**

1	91	Chip Clements	59	53:11
2	128	Richard Stone	59	1:03:48
3	136	Bob Moden	56	1:07:27

**MALE AGE GROUP: 60 - 65**

1	48	Horace Ellis	64	47:09
2	98	John Wilt	61	54:47
3	117	Terry Walton	65	1:00:11
4	118	Russ Daubert	60	1:00:51
5	120	Bob Foster	60	1:01:08
6	134	Larry Scott	60	1:07:06

**MALE AGE GROUP: 66 - 99**

1	57	Tommy Harris	66	47:57
2	108	Bernie Davis	69	56:35
3	140	John Billingslea	68	1:14:56
4	141	Victor Galan	69	1:14:57

**June, Lynchburg - 2006 Summer Track Series**

*"Every Tuesday in June"*

**MEET DIRECTOR: Bret Boman**

The motto is "Every Tuesday in June." Like swallows, the runners return every year -- though this year they found there way to EC Glass high school due to the track destruction at LC.

It appeared that big fun was had by all who attended. Turnout was the best ever for the first three meets but dropped a bit at the last one due to inclement weather earlier in the day. Special thanks to Erik Panzer, Paul Triska, Mike McPhatter Brian Kelleher, Danny Boyers, and all who lent a hand making it a success.

**See the results posted in this newsletter.**

**June 24, Lynchburg - Presbyterian Home 5K**

Olympic gold medal Gymnast Kerri Strug served as the honorary race master and official starter for the

annual Presbyterian Homes 5K and Youth Run. Ten years ago, Kerri Strug lived out an Olympic dream at the 1996 Summer Games in Atlanta. Her courageous vault on a severely injured ankle scored a perfect 10.0 and catapulted the United States over Russia to the team gold medal. "That was my 15 minutes of fame," said Strug, who spoke at a dinner Friday night that kicked off the Presbyterian Homes and Family Services' Alumni Weekend. "(Before that vault) I was always the bridesmaid. When everything was on me, I finally put it all together."

A total of 184 runners completed the annual 5K race.

#### AWARDS LIST

##### FEMALE 5K RUN OVERALL AWARDS

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>City</u>	<u>St</u>	<u>Time</u>	<u>Pace</u>
1	Cat Phillips	31	Lynchburg	VA	19:39	6:20
2	Rebecca Parsons	25	Lynchburg	VA	20:43	6:41
3	Sarah Murphy	14	Gretna	VA	21:49	7:02
4	Jennifer Nelson	26	Lynchburg	VA	22:07	7:08

##### MALE 5K RUN OVERALL AWARDS

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>City</u>	<u>St</u>	<u>Time</u>	<u>Pace</u>
1	Joshua Zobenica	25	Lynchburg	VA	16:56	5:27
2	Jeff Harrington	36	Lynchburg	VA	17:13	5:33
3	Mike McPhatter	33	Hog Town	VA	17:39	5:41
4	Andrew Rigler	15	Altavista	VA	17:40	5:42

##### FEMALE MASTERS RUN OVERALL AWARDS

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>City</u>	<u>St</u>	<u>Time</u>	<u>Pace</u>
1	Sue Jones	45	Forest	VA	22:43	7:19
2	Lesley Mcphatter	42			24:53	8:01
3	Beth Frackleton	45	Forest	VA	25:50	8:19

##### MALE MASTERS RUN OVERALL AWARDS

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>City</u>	<u>St</u>	<u>Time</u>	<u>Pace</u>
1	John Cardwell	48	Lynchburg	VA	18:12	5:52
2	Bret Boman	47	Forest	VA	18:31	5:58
3	David Little	44	Lynchburg	VA	18:43	6:02

##### AGE GROUP AWARDS

###### MALE AGE GROUP: 1 - 12

<u>Place</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	43 Blanks Daniel	12	22:25
2	57 Brandon McClenny	12	23:22
3	92 Levi Phillips	9	25:28
4	105 Justin Jantomaso	11	26:32
5	110 Micah Jones	12	26:42
6	127 Lynch Heppner	9	28:34
7	133 Justin Phillips	12	28:55
8	173 Matthew Meadows	9	36:55
9	181 Conner Price	11	41:09

###### FEMALE AGE GROUP: 1 - 12

1	166 Shannon Bineg	12	34:17
2	169 Lauren Phillips	11	34:34

###### MALE AGE GROUP: 13 - 19

1	7 Joshua Knight	15	18:18
2	8 James Evans	18	18:24
3	13 Christopher O'Berry	15	18:59
4	15 Chris Wyatt	18	19:21
5	27 Paul Malloy	15	20:59
6	29 Mark Jones	14	21:29
7	42 Wes Spangler	15	22:16
8	47 Stephen Boman	17	22:42
9	50 Kevin Malloy	13	22:54
10	62 Benjamin Rynes	17	23:40
11	75 Christopher Huiner	18	24:27
12	85 Zachary Hurt	13	25:02
13	94 Stuart Hiers	18	25:36
14	96 William Alexson	14	25:49
15	109 Noah Perry	13	26:38
16	138 Aaron Bryant	16	29:12
17	148 Cabell Wingfield	14	30:16
18	161 Josh Mays	17	32:56
19	165 Desmond Johnson	14	34:12
20	183 Adrian Jones	15	43:23

###### FEMALE AGE GROUP: 13 - 19

1	56 Brittany Sites	17	23:19
2	60 Cara Haskins	14	23:31
3	63 Brittney May	16	23:47
4	66 Alix Hines	15	23:59
5	67 Cassie Neal	15	24:00
6	81 Kelsey Shelton	15	24:46
7	115 Rebecca Hurt	16	27:04
8	128 Sarah-Louise Dechow	15	28:35
9	160 Emily Carter	15	32:51
10	177 Raven Alston	16	39:05
11	179 Melaine Miller	16	39:09

###### MALE AGE GROUP: 20 - 29

1	5 Jason Brown	24	18:06
2	14 Mike Walker	21	19:10
3	19 Walker Wright	26	20:02
4	20 Dwayne Fitts	28	20:08
5	37 Spencer Drake	20	21:58
6	49 Matthew Conner	24	22:51
7	65 Kevin Connay	25	23:52
8	68 Ryan Carlton	21	24:04
9	73 Billy Barron	20	24:25
10	83 Ross Ellis	29	24:54
11	87 Chris Marston	25	25:14
12	88 Jeff Williams	25	25:19
13	98 Davy Hazlegrove	27	25:54
14	111 Bryan Carter	29	26:47
15	120 Richard Suddith	20	27:31
16	162 Carter Wingfield	20	33:02

###### FEMALE AGE GROUP: 20 - 29

1	69 Sarah Kline	25	24:07
2	72 Galen Gordon	25	24:14
3	74 Austin-Lee Barron	24	24:26
4	77 Catherine Adams	21	24:34
5	91 Nicole Lane	23	25:26

6	122 Joyce Carman	27	27:46
7	129 Kelly Wills	29	28:36
8	141 Robin Burgess	20	29:32
9	142 Sarah Hooks	20	29:33
10	146 Erin Fitts	26	30:02
11	156 Lindsay Hegna	23	31:44
12	159 Kelly Perdieu	27	32:43
13	163 Jennifer Scherer	20	33:14
14	164 Kari Smith	25	34:07
15	171 Lane	26	35:21
16	176 Libi Prince	25	38:55

#### MALE AGE GROUP: 30 - 34

1	9 Chris Libbey	30	18:27
2	16 Rob Arnold	34	19:35
3	31 Nathan Brandley	30	21:41
4	61 Jerrod Ruhl	31	23:37
5	103 Brandon Reynolds	31	26:30
6	130 Michael Reffner	32	28:37

#### FEMALE AGE GROUP: 30 - 34

1	54 Nina Dillion	31	22:59
2	55 Kathrine Mccombs	34	23:12
3	59 Julie Setliff	30	23:30
4	114 Elizabeth Creasy	30	27:00
5	139 Karen Dillon	34	29:13
6	144 Heather Newman	32	29:54
7	147 Christy Howard	32	30:14
8	168 Meegan Reynolds	31	34:26

#### MALE AGE GROUP: 35 - 39

1	12 Darrell Wargo	37	18:47
2	18 Frank Wright	35	19:59
3	22 George Cook	39	20:30
4	32 Mike Laitey	38	21:43
5	40 Robert Reid	38	22:10
6	70 Macdara Maccathmhao	38	24:12
7	71 Alan Roers	39	24:13
8	79 Ken Marks	35	24:37
9	90 Darrin Johnson	35	25:21
10	101 Matthew Miller	35	26:23
11	153 Kevin Corsini	36	31:27

#### FEMALE AGE GROUP: 35 - 39

1	46 Sarah Glass	35	22:41
2	51 Krista Leake	36	22:55
3	52 Candace Caprise	37	22:56
4	78 Patricia Moffatt	36	24:36
5	86 Sabine Boggs	36	25:04
6	124 Kristina Krider	38	28:08
7	131 Betty Harrington	35	28:46
8	158 Rebecca Carroll	38	32:32
9	167 Shannon Burnett	39	34:19
10	174 Kappa Meadows	39	37:06
11	180 Kim Clarke	39	40:45

#### MALE AGE GROUP: 40 - 44

1	38 Joseph Malloy	42	22:06
2	41 Troy Manley	44	22:13
3	45 Virgil Hurt	41	22:40
4	53 Bob Dendy	43	22:57
5	80 Ferdinand Flores	40	24:38

6	84 Jon Schweiskart	41	24:56
7	100 James Gallagher	40	26:15
8	104 Bryan Wilson	41	26:31
9	116 Michael Elliott	41	27:05
10	136 Chris Heppner	44	29:04
11	145 Kevin Logan	43	29:55
12	182 Jerry Price	44	41:10

#### FEMALE AGE GROUP: 40 - 44

1	107 Mary Lynne Arnold	44	26:34
2	108 Cheryl Barb	43	26:38
3	118 Pamela Willoughby	43	27:13
4	126 Katie Hurt	41	28:28
5	134 Myra Dendy	41	28:58
6	135 Janer Scherer	42	29:03
7	175 Donna O'Berry	41	37:48
8	184 Yolanda Reed	40	47:06

#### MALE AGE GROUP: 45 - 49

1	21 Preston Evans	49	20:17
2	23 Peter Worford	47	20:38
3	26 RB Carter	47	20:45
4	28 Kevin Shroyer	45	21:22
5	33 Wilbert Hooper	48	21:47
6	89 Steve Litterman	46	25:20
7	95 Jeffrey Luke	49	25:41
8	99 Andrew Alexson	47	25:59
9	106 Chris Taylor	47	26:33
10	123 Homer Davis	47	28:04
11	125 David Faidley	47	28:11

#### FEMALE AGE GROUP: 45 - 49

1	102 Kristie Shroyer	45	26:26
2	117 Lisa Boman	48	27:12
3	119 Katy Nunn	49	27:14
4	137 Kathy Malloy	47	29:05
5	150 Diana Hobson	45	30:30
6	155 Judy Taylor	46	31:30

#### MALE AGE GROUP: 50 - 59

1	24 Gary Stroud	54	20:40
2	30 Ron Riscart	52	21:38
3	34 Craig Miller	53	21:48
4	44 Mike Mitchell	50	22:35
5	64 Peyton Morgan	54	23:48
6	76 Mark Bushing	50	24:29
7	93 Ken Carlton	54	25:31
8	112 Brian Elliot	51	26:53
9	113 Sam Fuller	58	26:54
10	121 Robert Burgess	54	27:36
11	154 Steven Nielsen	54	31:28
12	157 Ed Boyers	56	32:04

#### FEMALE AGE GROUP: 50 - 59

1	132 Sue Boyers	54	28:54
2	143 Marjette Glass	50	29:35
3	151 Brenda Gray	59	30:47
4	152 Dawn Eberhard	51	31:06
5	170 Marcy Catalona	58	35:18
6	172 Elaine Puening	57	36:39
7	178 Elvira Mahmoud	59	39:07

#### MALE AGE GROUP: 60 - 64

1	36 Horace Ellis	64	21:57
2	140 Bill Skinner	61	29:14

**FEMALE AGE GROUP: 60 - 99**

1	149 Rosemary Dawson	60	30:20
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**MALE AGE GROUP: 65 - 99**

1	58 Tommy Harris	66	23:23
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**July 4, Downtown Lynchburg - Academy Mile**

Race Director: Jeff Fedorko

**AWARDS LIST**

**MALE FASTEST MILE**

1	Ben Thomas	37 Blacksburg	VA	4:47
2	Jeff Harrington	36 Lynchburg	VA	4:50
3	Kevin Correa	20 Lynchburg	VA	4:54

**FEMALE FASTEST MILE**

1	Ann McGranahan	27 Blacksburg	VA	5:08
2	Alix flowers	20 Forest	VA	5:42
3	Cat Phillips	31 Lynchburg	VA	5:42

**MALE MASTERS OVERALL CHAMPION**

1	Bret Boman	47 Forest	VA	5:24
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**FEMALE MASTERS OVERALL CHAMPION**

1	Donna Elder	43 Forest	VA	6:12
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**Youth Division (13 & Under)**

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>S</u>	<u>Town</u>	<u>State</u>	<u>Time</u>
1	Dylan Beck	12	M	Lynchburg	VA	6:13
2	Brandon McClenny	12	M	Pamplin	VA	6:25
3	William McAden	12	M	Lynchburg	VA	6:37
4	Zach Wright	13	M	Forest	VA	6:41
5	Katie Vann	12	F	Lynchburg	VA	6:42
6	Zach Hurt	13	M	Lynchburg	VA	6:53
7	Landon Curry	10	M	Evington	VA	7:20
8	Jared Levesque	11	M	Lynchburg	VA	7:38
9	Karl Flores	12	M	Lynchburg	VA	7:40
10	Levi Phillips	09	M	Coleman Falls	VA	7:41
11	Jacob Laurent	10	M	Lynchburg	VA	7:50
12	Robbi Rodemann	09	F	Evington	VA	7:51
13	Mica Jones	12	M	Forest	VA	8:01
14	McKenna Coalson	11	F	Lynchburg	VA	8:03
15	Jordan Cash	11	F	Lynchburg	VA	8:20
16	Corey Flores	11	M	Lynchburg	VA	8:21
17	Justin Phillips	12	M	Coleman Falls	VA	8:23
18	Anna Carter	11	F	Lynchburg	VA	8:26
19	Leah Hurt	09	F	Lynchburg	VA	8:42
20	Lauren Phillips	11	F	Coleman Falls	VA	8:42
21	Anna Hurt	11	F	Lynchburg	VA	8:43
22	Rob Dendy	09	M	Lynchburg	VA	8:43
23	Mary Michael Robert	09	F	Lynchburg	VA	8:59
24	Kesler Coalson	12	F	Lynchburg	VA	9:23
25	Takoda Gallagher	08	M	Lynchburg	VA	9:34
26	Lucy Wooldridge	08	F	Evington	VA	9:50
27	Terri Motley	13	F	Lynchburg	VA	9:52
28	Jullian Lein	08	F	Forest	VA	9:55

29	Joshua Greene	08	M	Lynchburg	VA	10:03
30	Morgan Greene	11	F	Lynchburg	VA	10:07
31	Will Talbott-Shere	07	M	Lynchburg	VA	10:09
32	Lucas Dendy	05	M	Lynchburg	VA	10:47
33	Nicholas Tolbert	13	M	Gladys	VA	11:01
34	Dean Flores	10	M	Lynchburg	VA	11:03
35	Jacob Black	07	M	Lynchburg	VA	11:11
36	Drew Parkhurst	06	M	Lynchburg	VA	11:19
37	Mary Kate Parkhurst	10	F	Lynchburg	VA	12:05
38	Adam Minahan	05	M	Lynchburg	VA	12:38
39	Michael Caprise	05	M	Lynchburg	VA	12:42
40	Ischel Caprise	07	M	Lynchburg	VA	12:50
41	Noah Golden	08	M	Madison Heights	VA	13:10
42	Hans Flores	06	M	Lynchburg	VA	15:28
43	Lynley Golden	04	F	Madison Heights	VA	17:56
44	Caleb Black	04	M	Lynchburg	VA	18:26
45	Ryan Gallagher	03	M	Lynchburg	VA	21:53

**Masters Race (Age 40 & Older)**

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>S</u>	<u>Town</u>	<u>Time</u>
1	Bret Boman	47	M	Forest	5:24
2	David Little	44	M	Lynchburg	5:28
3	RB Carter	47	M	Lynchburg	5:55
4	Andrew Wilds	46	M	Lynchburg	6:00
5	Preston Evans	49	M	Madison Heights	6:04
6	Kevin Shroyer	45	M	Goode	6:09
7	Theodore Batt	46	M	Lynchburg	6:12
8	Donna Elder	43	F	Forest	6:12
9	Craig Miller	53	M	Lynchburg	6:20
10	Wilbert Hooper	48	M	Forest	6:22
11	Horace Ellis	64	M	Huddleston	6:30
12	Bob Dendy	43	M	Lynchburg	6:31
13	Mike Mitchell	50	M	Lynchburg	6:31
14	Keith Austin	52	M	Lynchburg	6:31
15	Sue Jones	45	F	Lynchburg	6:33
16	Ferdinand Flores	40	M	Lynchburg	6:38
17	Meghan Austin	21	F	Lynchburg	6:39
18	Edward Fielder	41	M	Gretna	6:50
19	Jon Schweikart	41	M	Lynchburg	6:52
20	Lesley McPhatter	42	F	Madison Heights	7:05
21	Lori Flowers	49	F	Forest	7:08
22	Beth Frackleton	45	F	Forest	7:19
23	James Gallagher	40	M	Lynchburg	7:22
24	Mary Lynne Arnold	44	F	Lynchburg	7:27
25	Homer Davis	47	M	Lynchburg	7:35
26	David Shelton	48	M	Forest	7:59
27	Sue Boyers	54	F	Lynchburg	8:06
28	Suzanne Rodemann	42	F	Evington	8:14
29	Charles Lein	43	M	Forest	8:28
30	Jackie Levesque	40	F	Lynchburg	8:35
31	Christopher Levesque	40	M	Lynchburg	8:47
32	Erin Parkhurst	40	F	Lynchburg	8:55
33	Ed Boyers	56	M	Lynchburg	8:58
34	David Smith	54	M	Knoxville	9:02
35	Gayle Alexson	50	F	Lynchburg	9:09
36	Andy Alexson	47	M	Lynchburg	9:09
37	Carlito Fores	49	M	Lynchburg	9:27
38	Shirley Rosser	47	F	Gladys	10:17
39	Vicki Smith	54	F	Knoxville	15:37
40	Kris Roca	26	F	Gladys	22:39

**OPEN RACE (Ages 14-39)**

<u>Place Name</u>	<u>Age S</u>	<u>Town</u>	<u>Time</u>
1 Ben Thomas	37 M	Blacksburg	4:47
2 Jeff Harrington	36 M	Lynchburg	4:50
3 Kevin Correa	20 M	Lynchburg	4:54
4 Hugo Aragon	17 M	Rustburg	4:59
5 Drew Flowers	18 M	Forest	5:03
6 Ann McGranahan	27 F	Blacksburg	5:08
7 Christopher polviki	27 M	Big Island	5:09
8 MICHAEL LACY	17 M	Rustburg	5:19
9 Mike Waller	21 M	Gladys	5:22
10 Chris Wyatt	18 M	Lynchburg	5:26
11 Dwayne Fitts	28 M	Lynchburg	5:27
12 Darrell Wargo	38 M	Lynchburg	5:28
13 Chris Gaumer	22 M	Lynchburg	5:33
14 Rob Arnold	34 M	Lynchburg	5:38
15 Alix Flowers	20 F	Forest	5:42
16 Cat Phillips	31 F	Lynchburg	5:42
17 Walker Wright	26 M	Bedford	5:51
18 Ryan Lane	23 M	Lynchburg	5:56
19 Julian Aragon	21 M	Rustburg	5:59
20 Chris Gassler	37 M	Lynchburg	6:00
21 Chris Banton	32 M	Lynchburg	6:02
22 Jerrod Ruhl	31 M	Forest	6:10
23 Johnson Jeff	30 M	Rustburg	6:11
24 Mark Jones	14 M	Forest	6:17
25 Nathan Brandley	30 M	Lynchburg	6:23
26 Kevin Connay	25 M	Lynchburg	6:25
27 Evan Davis	15 M	Lynchburg	6:27
28 Kelsey Shelton	15 F	Forest	6:28
29 Katherine McCombs	34 F	Christianburg	6:29
30 Jeremy Woods	28 M	Roanoke	6:30
31 Caitlin Carlton	16 F	Lynchburg	6:34
32 Jeff Reynolds	26 M	Charlottesville	6:35
33 Brittany Sites	17 F	Forest 6:41	
34 Candace Caprise	37 F	Lynchburg	6:42
35 Jeff Williams	32 M	Lynchburg	6:43
36 Chris Correa	18 M	Baltimore	6:45
37 Krista Leake	36 F	Evington	6:46
38 Rex Talbott	41 M	Lynchburg	6:46
39 Andy Rosenbaum	23 M	Lynchburg	6:54
40 Jason Fielder	15 M	Gretna	6:54
41 Brittney May	16 F	Lynchburg	6:59
42 Galen Gordon	25 F	Bedford	7:00
43 Alicia Hooper	16 F	Forest	7:05
44 Ross Ellis	29 M	Lynchburg	7:06
45 David Ernest	23 M	Lynchburg	7:08
46 Michael Phillips	14 M	Coleman Falls	7:09
47 Jon Gordon	29 M	Bedford	7:10
48 David Hylton	28 M	Lynchburg	7:11
49 Michael Smith	27 M	Forest	7:13
50 Rebecca Hurt	16 F	Lynchburg	7:17
51 Nicole Lane	23 F	Lynchburg	7:25
52 Richard Suddith	20 M	Lynchburg	7:36
53 Elizabeth Creasy	30 F	Bedford	7:44
54 Todd Perdieu	30 M	Forest	7:51
55 Christy Burtner	34 F	Lynchburg	8:03
56 Clay Burtner	39 M	Lynchburg	8:04
57 Betty Harrington	35 F	Lynchburg	8:05
58 Laura Carr	16 F	Lynchburg	8:05
59 Hannah Jennings	16 F	Forest	8:06
60 Emily Carter	15 F	Lynchburg	8:15

61 Kelly Perdieu	27 F	Forest	8:36
62 Holly Black	27 F	Lynchburg	8:45
63 Lindsay Hegna	23 F	Lynchburg	9:05
64 Kiley Revis	27 F	Rustburg	9:32
65 Lynette Merryman	35 F	Evington	9:32
66 Kari Smith	25 F	Forest	9:35
67 Rina Shere	42 F	Lynchburg	10:36
68 Libi Prince	26 F	Lynchburg	11:06
69 Windy Smith	32 F	Knoxville	23:04



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**UPCOMING RACES**

**Aug. 19, Lynchburg - LRRC Summer Series ½  
marathon & 5K, Start 7:30 a.m. at Riverfront Park,  
Downtown Lynchburg, Va.**  
**Info: Jeff Fedorko, (434) 846-7449**

**Sept. 9, Danville, Va. - Danville ½ Marathon & 5K**  
Start 8:00 a.m. **Info: Vince Decker, (434)797-8470 or  
[vdecker@dcc.vccs.edu](mailto:vdecker@dcc.vccs.edu)**

**Sept. 16, Lynchburg - VA Ten Miler & Four Miler**  
Start 8:30 a.m. on Langhorn Road at E. C. Glass High School. **Info: (540-343-0987**

**Sept. 23, Charlottesville, VA - Great Eastern Endurance 100K & 50 K Trail Race**  
Start 6:00 a.m. **Info: Gill (434) 293-7115**

**Oct. 29, Washington, DC - Marine Corps Marathon**  
Start 9:00 a.m. **Info: 1(800)RUN USMC**

**Nov. 4, Lynchburg, VA - Mountain Masochist 50 Miler**  
Start 5:30 a.m. **Info: David Horton (434) 239-1324**

**Nov. 11, Richmond, VA - Richmond Marathon & 8K**  
Start 8:00 a.m. **Info: (804) 673-RACE or**  
[www.richmondmarathon.com](http://www.richmondmarathon.com)

**Dec. 9, Fincastle, VA - Hellgate 100K**  
Start 12:01 a.m. (yes, that's just after midnight)  
**Info: David Horton (434) 239-1324**

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