

The Presidents Letter

It has been a hot Summer running in the city of Lynchburg. We had the Percival's Isle 5 Miler in July which was a huge success, and the Lynchburg ½ Marathon and 5K which had a record turnout of 313 runners for both races from all over Virginia and from many other States. Congratulations to all who came out to participate and support these events.

Special appreciation this Summer goes to Jeff Fedorko and all the volunteers who made the Summer Race Series such a huge success. And then there was Jonathan Basham who set the record for the 483 mile Colorado Trail in 8 days, 13 hours, 28 minutes. There is no doubt that whoever beats that record will have to suffer more than he did. We hope to have Jonathan as a guest speaker later this Fall.

There are still plenty of running events to come this Fall. The Fall race season is shaping up nicely. There is the Virginia Ten Miler, the John Stephenson Youth run in Riverside park, the Running with the Wolves Cross Country 5K, the Apple Valley 5K, the Mountain Masochist, and many other Fall classics. Don't forget the Turkey Trot on Thanksgiving Day.

The monthly club meetings will resume on Tuesday September 12 at 7:00 p.m. at the Forest Library. Awards for the Lynchburg Summer Race Series will be presented. Mark your calendar and plan to join us to applaud the accomplishments of your fellow Road Runners. Through December mark off the second Tuesday of each month to meet other Road Runners and listen to our roster of guest speakers. Don't worry, you won't be drafted into commitments for club activities at the meetings. We used to do that, but it tends to keep members away. So we'll do our drafting on the phone or with personal contact when needed. Come on out and enjoy the programs and meet your fellow Roadrunners.

About one third the Membership's dues are up, so kindly pay attention to the date in the lower right corner of your address label and mail in your dues with the Application at the end of this newsletter.

The Farmers Almanac predicts a colder than usual winter this year, so have fun at those wonderful Fall races.

Tommy Harris

Next LRR Club Meeting
Free Pizza Night
Tuesday, 12 September, 2006
Monte Carlo's Restaurant

On Old Forest Road
Pizza starts at 6:30 p.m.
Meeting starts at 7:00 p.m.

Summer Race Series Awards

Guest Speaker:
Johnathan Basham
Conquering the Colorado Trail

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

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 were held during the summer months.

2006 LRRC Summer Race Series a Success

Lynchburg, VA - More than 650 individual runners participated this summer in the annual series of races named the 2006 Lynchburg Road Runners Summer Race Series.

This was the largest participation in the history of the series. These races include the CVKA 10K, Presbyterian Homes 5K, Downtown Academy Mile, Percival's Island 5-Miler, and the Lynchburg Half Marathon. To be eligible for race series points, runners must complete a minimum of three races

Awards are given to the top 3 overall male and female in the series and top 3 in each age category. More than 51 men and 24 women qualified this year. A special gift is given to those that complete all 5

race series events. This year 8 men and 6 women completed all 5 races. An awards presentation will take place at the September meeting of the Lynchburg Road Runners.

Congratulations to everyone that made these events a success. Whether you were a volunteer, sponsor, or spectator you made running and racing in Lynchburg this summer special.

CHARLOTTESVILLE EVE

I can never get my fill
Of running Lynchburg's hills
While chatting with my friends.
I'm sorry when it ends,
But we'll be together in Charlottesville.

There's no other marathon like Charlottesville's
With its gravel roads and endless hills.
It is slow, and it is hard.
We thank White Hall Vineyard
For their race and their refills.

Bernie the Bard

RACE REPORTS / RESULTS

2006 LYNCHBURG HALF MARATHON AUGUST 19, 2006

FEMALE OVERALL RESULTS

1	Cat Phillips	31	1:27:08	6:40	\$100.00
2	Nancy Ferris	50	1:39:28	7:36	\$ 75.00
3	Katherine McCombs	35	1:39:36	7:37	\$ 50.00
4	Rebecca Parsons	25	1:41:28	7:45	

MALE OVERALL RESULTS

1	Jeff Harrington	36	1:19:48	6:06	\$100.00
2	Matt Richards	39	1:21:20	6:13	\$ 75.00
3	Brian Kelleher	39	1:21:28	6:14	\$ 50.00
4	Christopher Libbey	30	1:23:53	6:25	

FEMALE MASTERS OVERALL CHAMPION

1	Donna Elder	43	1:43:53	7:56	\$50.00
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MALE MASTERS OVERALL CHAMPION

1	Bret Boman	47	1:27:11	6:40	\$50.00
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MALE AGE GROUP: 14 - 19

1	18 James Evans	18	1:30:39	6:56	
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2	19 Eric Macpherson	16	1:31:25	6:59	
3	34 Kevin Truitte	15	1:38:03	7:30	
4	35 Grayson Burch	17	1:38:39	7:32	
5	36 Paul Malloy	15	1:38:48	7:33	
6	91 Benjamin Byrnes	18	1:50:23	8:26	
7	124 Bryce Kimmel	18	1:57:52	9:00	

FEMALE AGE GROUP: 14 - 19

1	92 Anne Ralston	19	1:50:43	8:28	
2	143 Caitlin Alexander	17	2:08:29	9:49	

MALE AGE GROUP: 20 - 29

1	10 Johann Plancher	28	1:27:35	6:42	
2	15 Mike Waller	21	1:29:00	6:48	
3	17 Eric Nelson	26	1:30:10	6:53	
4	46 Dwayne Fitts	28	1:40:24	7:40	
5	59 Joe Parker	20	1:43:58	7:57	
6	60 Jeffry Jackson	21	1:44:02	7:57	
7	68 Walker Wright	26	1:45:34	8:04	
8	79 Ryan Lane	24	1:48:12	8:16	
9	83 Richard Mansir	24	1:48:51	8:19	
10	86 Christopher Sica	27	1:49:17	8:21	
11	88 Kyle Erickson	26	1:49:51	8:24	
12	113 Buck Walker	29	1:55:19	8:49	
13	114 David Hylton	28	1:55:28	8:49	
14	142 Maggie McDonald	22	2:06:45	9:41	
15	150 Andrew Gilmer	27	2:15:00	10:19	
16	163 Clell Smyth	25	2:25:00	11:05	

FEMALE AGE GROUP: 20 - 29

1	55 Claire Magat	25	1:43:19	7:54	
2	66 Jennifer Martin	25	1:45:11	8:02	
3	87 Kristen Erickson	26	1:49:50	8:24	
4	100 Galen Gordon	25	1:52:08	8:34	
5	101 Carrie York	29	1:52:13	8:34	
6	103 Brye Savini	29	1:52:30	8:36	
7	110 Jennifer Nelson	26	1:54:55	8:47	
8	111 Jennifer Hodgins	28	1:54:57	8:47	
9	123 Eliza Evans	21	1:57:48	9:00	
10	130 Jenny Kline	27	2:00:38	9:13	
11	135 Liz Doby	21	2:03:28	9:26	
12	141 Austin Calhoun	25	2:06:45	9:41	
13	164 Sarah Brown	22	2:25:18	11:06	
14	165 Sarah May	22	2:25:19	11:06	
15	170 Bethany Roberts	22	2:33:20	11:43	

MALE AGE GROUP: 30 - 34

1	5 Karsten Brown	32	1:24:10	6:26	
2	6 Michael Zealand	31	1:27:04	6:39	
3	16 Rob Arnold	34	1:29:03	6:48	
4	20 Diego Troya	31	1:32:02	7:02	
5	28 Travis Rothman	30	1:34:22	7:13	
6	47 Charles Burger	34	1:41:05	7:43	
7	50 Demer Dana	30	1:42:51	7:52	
8	76 Steve Warren	34	1:47:22	8:12	
9	93 Tad Melton	31	1:50:56	8:29	
10	104 Douglas Hensel	33	1:52:43	8:37	
11	117 Chris McSwain	31	1:55:46	8:51	
12	151 Jason Roghelia	33	2:15:03	10:19	

FEMALE AGE GROUP: 30 - 34

1	102 Lisa Barella	31	1:52:22	8:35	
2	112 Janine Thomas	33	1:55:07	8:48	
3	115 Jennifer Burg	33	1:55:29	8:49	

4	126 Jennifer Ramey	34	1:58:03	9:01
5	136 Shelly Bowers-Roghe		2:04:34	9:31
6	137 Erika Wray	33	2:04:37	9:31
7	153 Kristi Beatty	32	2:16:04	10:24
8	158 Julie Stewart	34	2:20:38	10:45
9	168 Julie Baty	33	2:31:01	11:32
10	172 Dana Rose	33	2:36:41	11:58

MALE AGE GROUP: 35 - 39

1	13 Paul Carrasco	36	1:28:35	6:46
2	21 Chris Gassler	37	1:32:24	7:04
3	26 Gary Morris	39	1:33:37	7:09
4	27 Darrell Wargo	38	1:33:54	7:11
5	30 Paul Schmidt	38	1:35:55	7:20
6	37 Van Phillips	37	1:38:56	7:34
7	44 Keith Spencer	39	1:40:09	7:39
8	52 Frank Wright	35	1:42:57	7:52
9	54 Ron Devos	35	1:43:07	7:53
10	56 Shawn Quillen	39	1:43:52	7:56
11	61 Lance Collins	35	1:44:17	7:58
12	62 Robert Reid	38	1:44:18	7:58
13	85 Erik Panzer	38	1:49:03	8:20
14	89 Roger Bunce	35	1:49:56	8:24
15	98 Scott Wade	36	1:52:03	8:34
16	107 Bill Rudelis	38	1:53:59	8:43
17	122 Alan Rodgers	39	1:57:47	9:00
18	127 James Miller	39	1:58:52	9:05
19	132 Matt Levasseur	38	2:00:51	9:14
20	139 Bob Weaver	38	2:04:52	9:32
21	147 James Laprade, Sr.	35	2:11:37	10:03

FEMALE AGE GROUP: 35 - 39

1	63 Nancy O'Brien	38	1:44:34	7:59
2	64 Sarah Glass	35	1:44:34	7:59
3	73 Donna Hodgert	39	1:45:57	8:06
4	81 Jenny Witko	35	1:48:17	8:16
5	94 Krista Leake	36	1:50:58	8:29
6	99 Gabby Suydam	36	1:52:06	8:34
7	105 Peggy Plunket	38	1:53:18	8:39
8	138 Georgianna Corsini	35	2:04:37	9:31
9	140 Janet Shelton	35	2:06:19	9:39
10	149 Betty Harrington	35	2:14:24	10:16
11	159 Angela Berst	37	2:20:44	10:45
12	160 Katrina Tuels	35	2:22:01	10:51
13	171 Monica Mickles	37	2:33:22	11:43
14	174 Jenny Haga	37	2:41:02	12:18
15	175 Melody Laprade	38	2:41:03	12:18
16	176 Mia Dillard-Johnson	38	2:50:18	13:00
17	177 Melissa Waugh	37	2:59:55	13:45
18	178 Angela Campbell	35	2:59:56	13:45

MALE AGE GROUP: 40 - 44

1	9 Bryan Powell	41	1:27:15	6:40
2	14 David Little	44	1:28:47	6:47
3	23 Chuck Parker	44	1:32:54	7:06
4	25 John Tate	43	1:33:11	7:07
5	49 Lee Eagle	44	1:41:36	7:46
6	78 Virgil Hurt	41	1:48:02	8:15
7	90 Kevin Spencer	41	1:50:02	8:24
8	97 Malcolm Miller	40	1:51:39	8:32
9	106 Nick Gerbino	40	1:53:42	8:41
10	121 Andrew Quada	41	1:57:19	8:58
11	133 Todd Hawes	42	2:02:52	9:23

12	144 Lee Haag	43	2:08:38	9:50
13	161 Jerry Price	44	2:22:38	10:54

FEMALE AGE GROUP: 40 - 44

1	74 Deanna Grim	41	1:46:26	8:08
2	77 Lesley McPhatter	42	1:48:01	8:15
3	116 Mary Lynne Arnold	44	1:55:39	8:50
4	125 Renee Draney	41	1:58:01	9:01
5	134 Louise Uffelman	43	2:03:04	9:24
6	145 Tammy Waldron	41	2:09:29	9:54
7	166 Mari Ryniewicz	43	2:25:29	11:07

MALE AGE GROUP: 45 - 49

1	12 Kerry Alexander	45	1:28:07	6:44
2	22 Daro Ferrara	45	1:32:38	7:05
3	32 Douglas Riley	46	1:37:24	7:27
4	38 Copeland Hicks	47	1:39:17	7:35
5	42 Paul Fast	47	1:39:51	7:38
6	43 Peter Worford	47	1:40:01	7:39
7	58 Kevin Shroyer	45	1:43:58	7:57
8	69 David Jernigan	49	1:45:38	8:04
9	71 Robert Vogel	48	1:45:45	8:05
10	80 Rock Henderson	49	1:48:13	8:16
11	96 Jim McFarland	48	1:51:31	8:31
12	109 Bryan Waugh	47	1:54:46	8:46
13	146 Gary Gray	48	2:09:56	9:56
14	157 Greg Martin	46	2:18:55	10:37
15	167 John Clemons	48	2:26:08	11:10

FEMALE AGE GROUP: 45 - 49

1	65 Sue Jones	45	1:44:52	8:01
2	95 Beth Frackleton	45	1:51:15	8:30
3	119 Dehorah Sullivan	45	1:55:51	8:51
4	156 Patti Richards	48	2:17:58	10:32

MALE AGE GROUP: 50 - 54

1	11 Steve Bognar	54	1:27:49	6:43
2	29 Preston Evans	50	1:34:34	7:14
3	31 Ron Riscart	52	1:37:07	7:25
4	41 Michael Doucette	51	1:39:45	7:37
5	45 Craig Miller	53	1:40:21	7:40
6	51 Donald Martin	53	1:42:54	7:52
7	53 Mike Mitchell	50	1:43:04	7:53
8	72 John Gray	54	1:45:50	8:05
9	75 Kelvin FLOWERS	51	1:47:22	8:12
10	82 Thomas Contos	51	1:48:20	8:17
11	84 Greg Kosowski	50	1:49:02	8:20
12	108 Roy BlakeBurn	51	1:54:17	8:44
13	128 Mark Bushing	50	1:59:24	9:07
14	129 Ron Nelson	51	1:59:52	9:10
15	148 George Doby	54	2:12:25	10:07
16	152 David Barnett	50	2:15:20	10:20
17	169 Peyton Morgan	54	2:33:12	11:42

FEMALE AGE GROUP: 50 - 59

1	154 Judy Campbell	57	2:16:49	10:27
2	173 Debbi Kyte	52	2:39:59	12:13

MALE AGE GROUP: 55 - 59

1	24 Frank Guler	55	1:33:02	7:07
2	67 Richard McDaniel	56	1:45:30	8:04
3	120 Richard Morris	56	1:57:16	8:58

MALE AGE GROUP: 60 - 64

1	33 Sam Going	64	1:37:41	7:28
2	162 John Szakal	60	2:22:51	10:55

FEMALE AGE GROUP: 60 - 99

1	70 Mary Saunders	62	1:45:41	8:05
2	155 Janice Hicks	64	2:17:12	10:29

MALE AGE GROUP: 65 - 99

1	118 Lowell Skelton	66	1:55:46	8:51
2	131 Wally Goode	66	2:00:46	9:14

!! 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

2006 LYNCHBURG 5K
Aug. 19, 2006

FEMALE OVERALL RESULTS

1	Laura Rapp	16	19:25
2	Ashley Hardy	15	20:40
3	Sarah Kline	25	21:59
4	Amanda Hepp	25	22:09

MALE OVERALL RESULTS

1	Nathan Robinson	26	15:42
2	Paul Smartschan	27	17:19
3	Dakota Pelman	15	18:29
4	Michael Lacy	17	18:32

MALE AGE GROUP: 13 & UNDER

1	20 Brandon McClenny	12	21:33
2	42 Zachary Hurt	13	23:43
3	46 Andrew Dewshap	13	23:58
4	53 Levi Phillips	9	24:29
5	67 William McAden	12	25:39
6	79 Micah Jones	12	26:53
7	81 Noah Perry	13	27:01
8	100 Justin Phillips	12	28:30
9	132 Nathan LeVasseur	12	37:06

FEMALE AGE GROUP: 13 & UNDER

1	52 Bilynda Brinkley	13	24:22
2	63 Kate Tillotson	13	25:34
3	68 Amanda Mayhew	12	25:39
4	123 Lauren Phillips	11	32:58
5	131 Britney Pingilley	12	34:33

MALE AGE GROUP: 14 - 19

1	5 Michael Plazak	15	18:50
2	7 Timothy Vernon	15	19:07
3	8 Geoff Ranowsky	17	19:10
4	9 Adam McAden	15	19:14
5	14 Josh Ranowsky	16	20:54
6	16 Luke Early	15	21:10
7	17 Stephen Boman	17	21:17
8	18 Matt Carpenter	15	21:18
9	21 Eric Willoughby	18	21:40
10	22 Anthony Locatelli	16	21:42
11	23 Kemper Harris	15	21:46
12	24 Daniel Welch	15	21:47
13	25 Zac Hartless	17	21:56
14	30 Mark Jones	14	22:27
15	31 Jesse Baker	17	22:32
16	49 Mark Hostutler	15	24:10
17	104 Victor LeVasseur	14	28:48
18	105 David (DJ) Crowe	14	28:53

FEMALE AGE GROUP: 14 - 19

1	47 Erin Saxton	17	24:05
2	48 Kelsey Greene	14	24:05
3	54 Rebecca Hurt	16	24:36
4	56 Sarah Vaden	16	24:58
5	61 Kelsey Shelton	15	25:27
6	66 Michelle Adams	15	25:38
7	77 Dorothy Nugent	15	26:42
8	90 Emily Carter	15	27:40
9	98 Brooke Shafer	18	28:26
10	114 Rachel McKeague	14	30:10
11	115 Addison Leftwich	14	30:10
12	120 Sarah Montgomery	18	32:02
13	130 Danielle Hansen	19	34:05

MALE AGE GROUP: 20 - 29

1	6 Alfredo Hay	29	19:04
2	10 Paul Carmany	23	19:22
3	15 Dan Paley	20	20:59
4	27 Matthew Conner	24	22:08
5	36 Chris Marston	25	22:56
6	39 Kemper Beasley III	26	23:16
7	41 Chris Ireland	26	23:25
8	92 Ben Satterfield	29	27:49
9	107 David Howe	26	29:02
10	113 Matt Wilkins	29	30:05

FEMALE AGE GROUP: 20 - 29

1	40 Andrea Wildrick	26	23:20
2	55 Nicole Lane	23	24:37
3	58 Amanda Ruhl	29	25:08
4	75 Heather Scott	24	26:20
5	76 Kelly Stone	21	26:36
6	78 Rebekah Smyth	22	26:53
7	82 Kelly Wills	29	27:13
8	84 Kelly Lacy	20	27:16
9	85 Amy Hawkins	25	27:18
10	86 Jennifer Austin	23	27:21
11	88 Shannon Tomkinson	20	27:36
12	91 Christy Howard	29	27:41
13	106 Rachel Smith	21	29:02
14	111 Jill Nance	25	29:51
15	112 Kelly Camarda	28	29:52
16	116 Jessa Brown	23	30:20

17	117 Emily Popp	20	30:25
18	119 Kelly Chapman	20	31:59
19	121 Erin Fitts	26	32:25
20	129 Theresa Nelson	23	33:38

MALE AGE GROUP: 30 - 39

1	29 Brett Matthews	31	22:14
2	37 Nathan Brandley	30	23:00
3	38 Jerrod Ruhl	31	23:08
4	43 Ken Marks	36	23:46
5	65 Jeff Mead	34	25:37
6	83 Danny Hamilton	31	27:14
7	102 Mark Roghelia	30	28:37
8	122 John Perry	35	32:37

FEMALE AGE GROUP: 30 - 39

1	33 Jennifer Pritchett	30	22:37
2	44 Julie Setliff	30	23:53
3	59 Elizabeth Creasy	30	25:20
4	71 Jennifer Hutchinson	31	25:48
5	87 Kellie Hudson	33	27:34
6	96 Brenda Sand	30	28:10
7	124 Shawn Hecker	33	32:59
8	125 Julie Kidd	33	33:13
9	127 Marisol David	39	33:27
10	134 Stacy Morgen-Demer	30	42:08
11	135 Dawn Quada	36	46:38

MALE AGE GROUP: 40 - 49

1	12 RB Carter	47	19:59
2	19 Joseph Malloy	43	21:19
3	35 Thomas Mohr	43	22:49
4	45 Rick Benedict	45	23:57
5	50 Stevie Letterman	46	24:14
6	51 James Gallagher	40	24:18
7	62 Mike Carpenter	43	25:32
8	69 David Adams	46	25:40
9	70 Michael Elliott	41	25:40
10	73 David Shelton	49	26:06
11	108 Paul Crowe	43	29:11

FEMALE AGE GROUP: 40 - 49

1	32 Kitty Tomkinson	40	22:34
2	60 Kristen Shroyer	45	25:22
3	64 Lisa Richardson	40	VA 25:35
4	72 Lisa Boman	48	26:01
5	80 Kathy Malloy	48	26:54
6	89 Katie Hurt	41	27:39
7	94 Helen Wheelock	42	28:04
8	95 Maria Roberts	42	28:07
9	99 Paula Warwick	49	28:28
10	103 Susan Crabtree	47	28:39
11	118 Stephanie Maddox	40	31:10
12	128 Kathy Nelson	48	33:38

MALE AGE GROUP: 50 - 59

1	34 Keith Austin	52	22:39
2	57 Brian Elliott	51	25:06
3	74 John Mein	58	26:15
4	109 Ed Boyers	56	29:13
5	133 Walt Carey	59	37:56

FEMALE AGE GROUP: 50 - 59

1	93 Dalynn Brinkley	50	27:57
2	97 Sue Boyers	56	28:22
3	110 Debbie Marin	54	29:43

MALE AGE GROUP: 60 & UP

1	101 John Mehfoud	60	28:32
2	126 Tommy Craven	61	33:14

FEMALE AGE GROUP: 60 & UP

NO ENTRIES



Medical Supply, Inc.
24 hour Availability

2301 Rivermont Ave.
Lynchburg, VA 24503

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Fax 434-846-7425

*Taking Care of Your Home Health Care Needs
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**May you live each day to the fullest and
enjoy every run for the gift it is.**

UPCOMING RACES

Sept. 9, Danville, Va. - Danville ½ Marathon & 5K
Start 8:00 a.m. **Info: Vince Decker, (434)797-8470 or**
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** To register go to
www.commonwealthgames.org

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

**Oct. 7, Lynchburg, VA - Dr. John A. Stephenson
Memorial Youth Run**

9:00 a.m. at Riverside Park. Race open to ages 13 and under. Distances range from 1/8 mile to one mile depending on age. Entry fee \$12 and entry forms available at Riverside Runners on Rivermont Avenue near the park. Download entry form at www.riversiderunners.com

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. 4, Bedford County - Ninth Annual Valley 5K
10:00 a.m. at Gross' Orchard. For more info: Race Director Theresa Boyes at (540) 297-2709 or e173boyes@aol.com
Download entry form at www.riversiderunners.com

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

November 23, Lynchburg - Turkey Trot 5K & 1 Mile Youth Run, Timberlake Christian School on Thanksgiving Day for the benefit of Genesis House. Race Director, Don Lucy.

December 2, Bedford - Peaks Christmas Classic 10K & 5K, 8:30 a.m. Start, Bedford Middle School. For info. Call Bedford Area Family YMCA at (540) 586-3483.

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

DISCOUNTS

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

Riverside Runners

Offering 10% off on all store sales.
Open: Tues. - Fri. 10:30pm - 7:00pm
Saturday, 9:00am - 6:00pm

Come see us at
2301 Rivermont Avenue
Lynchburg, Va. 24503
Phone: (434)846-7449
Webb: www.riversiderunners.com

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
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