

## The President's Letter

What a great Fall race season to date, and the season's not over yet! Road racing in central Virginia is alive and well. It seems that after the VA 10 Miler there were more local races than I can remember. The weekends were crowded with 5k's and 10k's. It was great to see so much support for these events. The Dr. John A. Stephenson Youth Run, held in Riverside Park, had a record turnout despite the steady drizzle and wind. The kids were so fired up they wouldn't let their parents common sense prevail and just stay home. The many volunteers, parents, Jeff Fedorko of Riverside Runners and co-race directors Catherine Phillips and Heather Royer made this record turnout possible.

Amazingly enough, the weekend following the kids run, there were 3 local races within an hour drive of each other! You don't have to be a speed demon to participate in these events. Local races typically raise money for local charities and are a great way to see old friends, make new ones, and stay motivated.

Fall in Lynchburg would not be the same without the Mountain Masochist Trail Run. Ultra marathoners had beautiful Fall weather on the scenic mountain trails. Dr. Horton put on another outstanding event. The Lynchburg Road Runners were represented at the Chicago Marathon and the Marine Corps Marathon as well. Congratulations to all that competed in these events, and Good luck to all that will venture to Richmond to run the world's "friendliest marathon." You don't want to miss are the Genesis House Turkey Trot on Thanksgiving morning. Stick around for the award ceremonies with your race number as there will be merchandise, pies, and turkeys for door prizes. Don't forget the Bedford Christmas Classic the first weekend in December is also a race to cherish.

At our September club meeting we recognized award winners from the Lynchburg Road Runners Race Series. This year's overall champions were Jeff Harrington and Cat Phillips. Awards were given to the top four overall point totals and to the top 3 in each age group. Jonathan Basham inspired us on what it takes to conquer the Colorado Trail.

### **There will be NO meeting of the Lynchburg Roadrunners in November.**

Please plan to join us for our annual December pizza party on Tuesday 12 December at Monte Carlo's on Old Forest Road and help set the direction of our club for next year. Between rounds of free pizza we elect the Club Officers for next year, 2007. You may also take the opportunity to renew your membership for 2007, and listen to guest speaker Josh Bailey talk

on running mechanics, injury prevention, and the secrets to improving running economy and performance. I look forward to seeing you there.

Happy Running,  
Tommy Harris

**Next LRR Club Meeting**  
*Free Pizza Night*  
**Tuesday, 12 December, 2006**  
Monte Carlo's  
On Old Forest Road  
*Meeting starts at 6:30 p.m.*

### **Guest Speaker:**

Josh Bailey

Who will present running mechanics, injury prevention, and the secrets to improving running economy and performance

Our club needs your presence at the December meeting to affirm the selection of Officers for 2007. The Offices of President and Vice-President are critical needs of our club. We need volunteers to step into the leadership roles for one year, 2007. The duties of Club Officers are spelled out in our By-Laws. Please get in touch with Membership Chairman Jeff Fedorko and register your interest.

### **2006 CLUB OFFICERS**

President	Tommy Harris
Vice-President	Paul Carrasco
Secretary	Bret Boman
Treasurer	Cat 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](http://www.lynchburgroadrunners.org).

You may also find the latest race information at [www.riversiderunners.com](http://www.riversiderunners.com)

### **Meeting Minutes**

At the September monthly meeting Jonathan Basham discussed his Colorado Trail run and the Summer Series Awards were presented. About 20 LRR members were in attendance at Monte Carlo's for free pizza night.

Jonathan discussed his record time run in great detail. Preparation (conquering a large number of Colorado's 14,000 ft peaks), performance (beauty, solitude, crew support, shoes) and recovery were amongst the topics. Dr. Horton challenged Jon to shoot for the Continental Divide Trail record -- Jon declined (leaving the door open for Dr. Horton, himself).

After the discussion, the summer series awards (overall and age group) were presented to those in attendance. Jeff Harrington had the best overall ranking for the men, and Catherine Phillips took best overall for the women this year. The Summer Race Series rankings were published in the Sept / Oct newsletter this year. If you did not receive your award, stop by Riverside Runners. Everyone who attended was in good spirits -- must have been the free pizza.

## **The Bozeman Trails**

*By Steve Bozeman*

As most of you know, twelve of "us" ran the Virginia 10-Miler as the "Running Color Guard" carrying all the five military service flags and seven American flags to honor those seven vets killed from Lynchburg (two soldiers from Lynchburg and five Marines reservist from Company C Engineers based in Lynchburg).

To carry on this tribute to these vets, I did a "BIG TRIATHLON" the weekend of Oct. 7th & 8<sup>th</sup>. I hold the American Record for the most finishes (fourteen) of the Double Iron-Man Triathlon where you swim 4.8 miles, then bicycle 224 miles and then run (walk/jog) 52.4 miles. This year the event was held at Lake Anna State Park just north of Richmond, Virginia. It's twice the distance of the World Championship Hawaii Iron-man Triathlon, which Debbie and I did in 2004.

My goal this year was to finish my fifteenth Double Iron-Man in under 31 ½ hours. The memory of those seven vets killed from Lynchburg would help "motivate" me to keep pushing through Saturday

night into Sunday morning as I neared the finish line. Debbie and six good friends crewed for me and helped to pace me through the 281 mile course to achieve my goal. I know many of you think I'm crazy for still doing my PT (physical training) at age 60, when I could be taking it easy and doing those "16 oz. curls." But, thanks to those four DI's at Parris Island in 1966, I'm always in training and ready for another "mission" when needed.

Improvise, Overcome and Adapt!! Miserable conditions (rain 6" and temps down to 48 degrees Sat. night) required more grit to stay focused and finish. Many dropped out due to weather, but I had the best crew and there was no way I could drop out.

During the race, as I passed by the "flags" on each lap of the bike and run course, I would take stock of my current physical and mental state and then compare it to "theirs" during their final seconds on this earth as "warriors." I was alive, healthy and with the help of my many friends who were pacing me, I was going to push on in spite of the weather conditions and fatigue and complete my 15th Double Iron Triathlon in honor of these vets. On the last two mile lap of the run, myself and each one of my crew (Debbie, Dan Schlader, Paul Triska, Tony Robinson, Jim Harding, Mark Raskin - Roy Ilch had to leave early) picked up one of the seven American flags and we walked/jogged together as the final tribute to their sacrifice to the finish line. Mission Accomplished!!

I missed my goal of sub 31:38 hours, but under the circumstances I felt like I had won when I crossed the finish line seventh overall out of 20 starters in 33:02 as the oldest competitor. I still hold the American record for completing more Double Iron Triathlons than any other American tri-athlete since 1985 when the race first started in Huntsville, Alabama. You can view results on the web page [www.usultratri.com](http://www.usultratri.com).

Now I can rest for awhile and "regroup" for next two events on my running schedule for year. Thanks to all who sacrificed their time and help pace me and to those who sent emails to cheer me on.

## **RACE REPORTS / RESULTS**

**Sept. 16, Lynchburg - VA Ten Miler & Four Miler**  
Congratulations to all who participated in 31<sup>st</sup> running of the Virginia 10 Miler % Miler. The list is too long to recognize each local runner, but you know it was a great day to run. The following overall results include many local runners.

[http://www.queencitytiming.com/2006\\_results/bbt\\_virginia\\_10\\_miler.htm](http://www.queencitytiming.com/2006_results/bbt_virginia_10_miler.htm) Please click on the link for results.

## Four Miler

Top Twenty

Place	OA Name	Age	Time	Pace
1	BRANDON UHL	28 M	25:06	6:17
2	RICK CARTER	35 M	25:20	6:21
3	Joel Sutton	15 M	26:29	6:39
4	Mark Jones	14 M	26:32	6:39
5	DYLAN BECK	12 M	26:38	6:40
6	David Barney Jr	12 M	27:44	6:57
7	Brandon McClenny	13 M	27:57	7:00
8	Michael Kenny	11 M	28:08	7:03
9	colby jones	13 M	28:43	7:11
10	AMANDA HEPP	25 F	28:54	7:15
11	Jesse Stem	37 M	29:11	7:21
12	Rebekah Morris	21 F	29:20	7:21
13	Richard Wardrop	34 M	29:14	7:25
14	JERROD RUHL	31 M	29:43	7:29
15	Tabatha Steven	21 F	29:57	7:30
16	Keith Austin	52 M	29:54	7:32
17	Samuel Yeatts	39 M	30:13	7:37
18	Bill Chapin	51 M	30:27	7:39
19	George Moore	44 M	30:11	7:39
20	Chris Marston	25 M	30:49	7:45

## AGE-GROUP RESULTS

### 200 Yards

#### MALE AGE GROUP: 0 - 3

1	Ben Barnett	3 Lynchburg	VA	1:03
2	Jackson Rockhill	3 Lynchburg	VA	1:04
3	Isaac Minter	3 Lynchburg	VA	1:05

#### FEMALE AGE GROUP: 0 - 3

1	Anna DeJarnette	3 Madison Heights	VA	1:04
2	Elizabeth Grace Olm	3 Lynchburg	VA	1:07
3	Isabelle Amendola	3 Lynchburg	VA	1:09

#### MALE AGE GROUP: 4 - 5

1	Sam Canning	5 Forest	VA	2:00
2	Kane Campbell	5 Lynchburg	VA	2:00
3	Felix Wooldridge	4 Lynchburg	VA	2:04

#### FEMALE AGE GROUP: 4 - 5

1	Jessica Nunge	5 Lynchburg	VA	1:57
2	Madison Zealand	5 Lynchburg	VA	2:00
3	Asia Miller	5 Lynchburg	VA	2:01

### Quarter Mile

#### MALE AGE GROUP: 6 - 7

1	Joshua Barnard	7 Lynchburg	VA	3:36
2	Jack Nunge	7 Lynchburg	VA	3:51
3	Chase Grey	6 Madison Heights	VA	3:55

#### FEMALE AGE GROUP: 6 - 7

1	Brandi Mitchell	7 Evington	VA	3:53
2	Libby Davidson	7 Lynchburg	VA	4:07
3	Brook Manion	7 Amherst	VA	4:14

### One Mile

#### MALE AGE GROUP: 8 - 9

1	22 Luc Mortemousque	8 Lynchburg	VA	7:11
2	32 Connor Tatom	9 Lynchburg	VA	7:22
3	35 Sam McGuinn	9 Lynchburg	VA	7:28

#### FEMALE AGE GROUP: 8 - 9

1	37 Sarah Vickery	9 Bedford	VA	7:34
2	43 Taylor Gondi	9 Lynchburg	VA	7:47
3	49 Maleah Manion	9 Amherst	VA	7:54

#### MALE AGE GROUP: 10 - 11

1	4 Hunt McCarthy	11 Lynchburg	VA	6:35
2	5 Matthew Tatom	11 Lynchburg	VA	6:40
3	7 Matthew McAden	10 Lynchburg	VA	6:46

#### FEMALE AGE GROUP: 10 - 11

1	19 Samantha Francis	10 Lynchburg	VA	7:07
2	26 MaryHelen Lundeen	11 Lynchburg	VA	7:16
3	53 Jessica Winters	11 Lynchburg	VA	7:57

#### MALE AGE GROUP: 12 - 13

1	6 William McAden	12 Lynchburg	VA	6:44
2	9 Ian McIver	13 Lynchburg	VA	6:51
3	10 John McCarthy	13 Lynchburg	VA	6:54

#### FEMALE AGE GROUP: 12 - 13

1	16 Ali Donaldson	13 Lynchburg	VA	7:01
2	23 Kate Patterson	13 Lynchburg	VA	7:13

## Oct. 7, Lynchburg - 16<sup>th</sup> Annual Dr. John A. Stephenson Memorial Youth Run

Race Directors: Cat Phillips & Heather Royer

Neither rain, constant drizzle, wind, not even anxious parents, could contain bubbling youth from showing up to run and compete at the 16<sup>th</sup> annual youth run in Riverside Park. Ah, the persistence of youth. What else can a race director wish for? The smiles on everyone's face was sign enough that another successful Youth Run was completed without injury. The first aid kit was barely used this year.

Thanks to all the volunteers who make this race the success it is every year. Top finishers are listed below.

#### \*\*\*\*\* FEMALE FASTEST MILE \*\*\*\*\*

1	Kate Tillotson	13 Appomattox	VA	6:58
2	Hosannah Vickery	10 Bedford	VA	6:58
3	Hannah Davidson	12 Lynchburg	VA	7:00

#### \*\*\*\*\* MALE FASTEST MILE \*\*\*\*\*

1	Dylan Beck	12 Lynchburg	VA	5:38
2	Brandon McClenny	13 Pamplin	VA	5:56
3	Karl Overstreet	12 Lynchburg	VA	6:24

**Oct. 22, Chicago, IL - CHICAGO MARATHON**

The winner of the Chicago Marathon this year is Robert Cheruiyot with a world class time of 2:07:35, that's a 4:51 per mile pace. The woman's race was won by Berhane Adere in a time of 2:20:42, a 5:21 pace.

The following Lynchburg area runners braved the windy city's breezy cool conditions this year to immerse themselves in a sea of 33,000 raucous marathoners and run a respectable time.

KATIE DIMINICK, Age 35	3:45:47
KELLY MORTEMOSQUE, Age 39	4:01:02
PETER A CAPRISE Age 38	3:15:12
GEORGE W COOK Age 40	3:18:11
LAURI WYNNYK Age 38	4:04:36
KEVIN L UHL Age 46	3:30:19
ROBERT D COOK Age 45	4:06:43
CANDACE CAPRISE Age 38	3:44:19
NANCY FERRIS Age 50	3:26:44

**Nancy came in 2<sup>nd</sup> in her age group**

Last, but not least, **Gloria Schiffer, age 79** from Chicago, was the 33,535<sup>th</sup> finisher in a time of 16:30:00.

**Oct. 29, Washington, DC - Marine Corps Marathon**

This year the Marine Marathon hosted its largest field of starters at over 30,000 runners. Amongst the happy crowd were many area runners. Finisher were:

RUBEN GARCIA	02:21:20
LAURA THOMPSON	03:00:22
CHRISTOPHER LIBBEY Age 30	03:06:44
ERIC NELSON Age 26	03:16:19
PRESTON EVANS Age 50	03:36:08
CHRIS STUCKEY Age 34	03:49:25
JENNIFER NELSON Age 26	04:09:35
MICHAEL MITCHELL Age 50	04:14:40
MARY ARNOLD Age 44	04:26:35
STEPHEN BOZEMAN Age 60	04:28:30
JOHANN PLANCHER Age 28	04:37:10
PARKER MILLS Age 21	04:41:55
MAUREEN OCONNELL Age 42	04:48:10
JENNIFER HODGIN Age 28	05:12:34
RONALD NELSON Age 51	05:15:50
HOLLY MILLS Age 16	05:17:58
BRIAN SUMMERS Age 26	05:19:47
PATRICIA PLETKE Age 53	06:26:57
BENJAMIN SUMMERS Age 30	06:39:26

**Nov. 4, Lynchburg, VA - Mountain Masochist 50 Miler** Race Director: David Horton

What a beautiful Fall day to run the twenty-fourth production of Dave Horton's extravaganza in the Blue Ridge Mountains of Virginia. Dave outdid himself in showering the runners with gifts and praise. Bravo Dave and to all who finished and

started this classic ultra.

**The first ten finishers are listed as:**

Place	Name	Age	Time
1	Eric Grossman	38	6:53:18
2	Sean Andrish,	37	7:06:36
3	Phil Kochik	28	7:37:38
4	Jonathan Basham	29	7:39:16
5	Andrew Thompson	30	7:39:16
<b>6</b>	<b>Nikki Kimball</b>	<b>F37</b>	<b>17:47:05</b>
7	Adam Hill	30	7:50:10
8	Steven Baker	21	7:54:02
<b>9</b>	<b>Jenn Shelton</b>	<b>F22</b>	<b>7:58:11</b>
10	Dink Taylor	41	7:58:11

**Local runners include:**

Place	Name	Age	Time
4	Jonathan Basham	29	7:39:16
33	Paul Carrasco	36	9:09:00
52	John Lauffer	23	9:38:03
66	Jason Brown	24	9:50:28
80	Calvin Milam	47	10:16:37
86	Donna Elder	43	10:20:59
106	Michael Dunlop	36	10:44:10
122	Nancy Ferris	50	10:54:33
141	David Christen	23	11:08:42
153	Rebekah Trittipeo	49	11:14:49
160	Jimmy Reaves	24	11:17:41
227	Terri Ripley	43	12:13:48
228	Darrell Wargo	38	12:14:14
229	Renee Draney	41	12:18:05
231	Gabrielle Suydam	36	12:33:35

**MMTR LAMENT**

Myself I'm not excusing  
 Though it was not my choosing  
 To fail, and that is clear.  
 Oh well, there's next year,  
 But horsepower I'm ever losing.

Bernie The Bard

I was pulled out at aid station 10, which is 26.9 miles, because I was way behind the minimum required schedule.

**Nov. 4, Bedford County Ninth Annual Valley 5K**  
 Race Director Theresa Boyes

One hundred fifteen runners participated in the ninth annual Apple Valley 5K cross country race at Gross' Orchard in Bedford County. Thirty-one-year-old Alice Kassens of Lexington finished first among the women with a time of 20.06, breaking the course record of 20.13 set last year by former Jefferson Forest High School runner Lisa MacPherson. Kassens, the 2005 runner-up, was followed by 12-year-old Melissa Schaefer of Roanoke who finished

the 3.1-mile course in 22 minutes 27 seconds.

Sue Jones, 45, of Forest, finished third among the women with a time of 23.30. The men were lead by 28-year-old Brendan Uhl of Lexington. Uhl finished with a time of 18.43, a 52-second improvement over his 2005 time. Uhl was followed by 38-year-old Jim Cox-Nicol of London, England (19.00) and Sam Dean, 30, of Vinton (19.35).

The Sabrina Award for the most-improved runner, given annually in memory of the late Sabrina Bugay-Willis, was awarded to 15-year-old Forest resident Timothy Vernon. Vernon finished fourth overall and completed the race in 19 minutes, 56 seconds - a 5 minute 36 second improvement over his time in 2005.

The following runners placed in the overall and age divisions:

**Men's overall:** Brendan Uhl, 18.43  
**Women's overall:** Alice Kassens, 20.06

**Men 12 and under**  
Stephen Vernon, 23.10  
Jared Sperrazza, 24.50  
Aaron Rachels, 26.15

**Women 12 and under**  
Melissa Schaefer, 22.27  
Elizabeth Vernon, 25.26  
Hosannah Vickery, 27.55

**Men 13-18**  
Timothy Vernon, 19.56  
Mark Jones, 20.13  
Matt Carpenter, 21.07

**Women 13-18**  
Bilynda Brinkley, 23.24  
Kate Patterson, 26.07  
Avalon McComber, 29.10

**Men 19-29**  
Jesse Mitchell, 20.54  
Fabio Salgado, 21.05  
Jacob Cooley, 21.38

**Women 19-29**  
Hitomi Makino, 23.41  
Lindsay Brown, 24.13  
Amanda Cocke, 24.44

**Men 30-39**  
Jim Cox-Nicol, 19.00  
Sam Dean, 19.35  
Frank Gonzalez, 21.13

**Women 30-39**  
Krista Moore, 36.42

Erin Smither, 36.45  
Carol Ruggio, 37.59

**Men 40-49**  
Kevin Willis, 20.58  
Henry Schaefer, 23.05  
Mark Karnes, 23.18

**Women 40-49**  
Sue Jones, 23.30  
Louise Uffelman, 24.07  
Julie Tisone, 24.12

**Men 50-59**  
Roger Koehler, 20.19  
Joseph Ryan, 21.51  
Ron Rogers, 22.17

**Women 50-59**  
Dru Sexton, 28.26  
Luann Inge, 29.34

**Men 60-69**  
David Howison, 24.58  
Robert Pawlas, 25.51  
Ronnie Wright, 26.06  
102. John Billingslea, 37.44

**Women 60-69**  
Barbara Koehler, 35.37  
Linda Daniel, 56.26

**Men 70 and older**  
Charles Moore



-----  
**Medical Supply, Inc.**  
**24 hour Availability**

**2301 Rivermont Ave.**  
**Lynchburg, VA 24503**

**Ph. 434-528-3765**  
**Fax 434-846-7425**

-----  
*Taking Care of Your Home Health Care Needs  
With*

- Physical Therapy Supplies
- Chiropractic Supplies
- Durable Medical Equipment

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

## 50K Trail Run

By Eric Davis

Yes, I did do the Glacial Trail 50K on Sunday. It was a good experience. I didn't taper at all for the event – did a moderately hard 40 mile bike the day before. Just wanted to have a good run and enjoy myself.

I've learned a lot from my Iron-man experience, and that has set me up well for the ultra-marathon. The learning is that I can go pretty hard for a long time (9-10 hours), as long as I don't exceed your AT, and as long as I stay fueled and hydrated. Anyway, that's what I did in the 50K. I ran steady the whole way – pretty much the same intensity I would do for my normal 6 or 8 mile weekday training run, but I just kept going. I ran briskly on the way out, and actually started to feel better after 5 or 10 miles. I didn't really apply any "pressure", though, until the half-way turnaround. Once I got past the last aid station at 24 miles, I knew I could finish, and at that point I stepped on the gas and pretty much shifted to racing mode. I could have definitely run another 5 or 10 miles if my life had depended on it, and I felt great throughout the entire run, AND all day afterward. However, I was VERY STIFF the next day (and the next day) (and even today).

Interesting crowd out there. Definitely a different batch of people versus what you'd see at a 5K road race. The group was somewhat granola-y, and definitely a little older. They weren't "hard core", but many of them do ultra's ALL the time (many did a 50K trail run in Rockford just 2 weeks prior). There weren't many "super fast" folks, but the bulk of the competitors probably finished under 5.5 hours. Overall, there were 90 entries, and I was 5<sup>th</sup>. The 4<sup>th</sup> place guy was 43 and was a prior winner of this race. The first two guys looked like "real runners" (#1 ran for UW Madison in college), but the next guys looked relatively ordinary (like the kind of guys you and I would see around us during a marathon).

My time was 4:19, which ironically was just 4 minutes slower than my marathon time at Kona. I was very happy to do EXACTLY even splits. I had heard that the course was significantly hilly and rock in places, so I arbitrarily picked a goal for myself of finishing under 4:30 (8:45 per mile). I walked up about 5 different hills which were super steep, but otherwise, I tried to keep shuffling no matter how steep or long the hill. I was pretty much alone the entire day. I followed the 4<sup>th</sup> place guy for about 5 miles, but eventually he slipped out of my sight. On the way back, I passed a 23 year old kid who had

admittedly gone out way to fast. There was a guy who was about 45 seconds behind me at the turnaround, and I imagined he was right behind me all the way back, but ultimately I finished maybe 10 minutes ahead of him. It's interesting running alone for the much time in the woods. I imagined several times that I heard that guy coming up behind me, and I looked back many, many times, but in most cases, you could only see 100 yards in any direction.

## UPCOMING RACES

**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**

**Dec. 16, Lynchburg, Va. - Riverside Runners Jingle Bell Jog**  
8:00 a.m. start at Riverside Runners on Rivermont Ave.  
Free hot cocoa & treats.

## 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](http://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**

10% on select items.

**Outdoor Trails**

10% on select items.

**Lynchburg Orthopedic Lab**

10% on Orthotics  
1919 Thomson Dr.  
(804) 846-1803