

The President's Letter

Merry Christmas and a Happy New Year 2006!

May the upcoming year bring health and prosperity to the all 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. Since New Year falls on Sunday, the **New Year's Day Fun Run** will actually take place on Saturday 31 December at 9:00 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 2006 membership dues. Further details are in this newsletter.

Race Director David Horton will again host the **Holiday Lake 50K** ++ on February 11th at Holiday Lake State Park in Appomattox. If you love trail running this event is for you.

The **VES Arctic 5K** (new distance) will be held on Sunday February 19 (this is the corrected date) at 2:00 p.m. Reed Finlay and staff at VES put on a great winter race guaranteed to get your winter hill work in perspective.

Then on 11 March there's the great **"What Goes Down Must Come Up"** 4-miler at Goode. Coach Jerome Loy even bribes you to run with a pancake breakfast inclusive in the race fee.

All 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. So, please give them your support.

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, educate and entertain, fun 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 2005 president Darrell Wargo and the officers who served in the executive committee; Vic Galan on newsletter, George Mrus as Secretary, Catherine Phillips as Treasurer, and Jeff Fedorko on Membership. Of course, the real glory and thanks goes to our **Race Directors** whose hard work and dedication, along with all the volunteers, allows us to continue to enjoy quality road and trail racing in the Lynchburg area.

With the continued support of its members, the future

of the Lynchburg Road Runners is indeed a bright one.

See you on the roads,
Tommy Harris

2006 LRR 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.

You may also find the latest race information at www.riversiderunners.com

Meeting Minutes

The December meeting of the LRRC was held at Monte Carlo's on Tuesday the 13th. Twenty-five members and guests were in attendance to elect the LRRC officers for the year 2006, and to vote on the new club by-laws drafted by the Executive Committee. Free pizza was provided to start off the meeting and to help the members prepare for their fiduciary responsibilities.

The meeting began about 7:10 with 2005 President Darrell Wargo setting the agenda for the meeting. Awards were presented to Vic Galan and Jeff Fedorko for their long time service to the club.

For the selection of Club Officers for 2006, the positions of President, Vice-president and Secretary were open. Jeff Fedorko nominated Tommy Harris for President, Paul Carrasco for Vice-president and Bret Boman as Secretary. The positions filled by Treasurer, Membership and Newsletter remain the

same. The nominations were seconded by Bob Hartless and voted a unanimous "yea" by all members present. For 2006 the LRRC Officers are:

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

Membership Chairman Jeff provided an update on Club membership with a report of 126 individual, family and student memberships.

Treasurer Cat Phillips was not present provided a statement of the financial condition of the club to date. An audit and financial statement will be presented in the next newsletter.

Newsletter Editor Vic Galan presented the members with the new By-laws which govern club activities. Comment is solicited so that the Executive committee can adopt the By-laws at the January meeting.

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, 10 January, 2006
at the Monte Carlo Restaurant
Old Forest Road
6:30 Diner, 7:00 Meeting

This will be an Executive Committee meeting to organize 2006 activities. All members and guests welcome. Your input is most welcomed.

FUN RUN

Dec. 17, Lynchburg, Va. - Jingle Bell Fun Run
0830 at Riverside Runners, 2301 Rivermont Ave.
Open to all. Come share the holiday fun! Prizes to those with the most Holiday Spirit (costumes, etc.)

Cookies and hot cider served afterward.
Info. Cal (434) 846-7449.

Sat. Dec. 31, Riverside Park - LRRC New Year's Run with \$1.00 off membership dues for 2006.

Let's kick-off the new year 2006 right with a Fun-Run, followed by refreshments and social time.

Since New Year is on Sunday this year, we'll meet on Saturday at **9:00 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. Those frizzed by the holidays 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 2006.** This your last chance to get \$1.00 off the \$15.00 individual, \$20.00 family, and \$10.00 student fees.

!! 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

MEMBERSHIP RENEWAL

We invite you and family to renew membership in The Lynchburg Roadrunners Club (LRRC) for the year 2006. Your membership is crucial for us to promote the sport of running and to offer opportunities for competition at all levels and age groups. Your continued support gives us strength in numbers to maintain the newsletter, pay for race insurance, and maintain race equipment.

Please renew this year in the month indicated at the lower right of your address label. You will find a club application form in this newsletter. Application forms are also available at Riverside Runners on Rivermont Avenue or on the Web sites listed on

page 1 of this newsletter.

Thank you for your continued support.

RACE REPORTS / RESULTS

Nov. 12, Richmond - Sun Trust Marathon & 8K

Enjoying perfect weather that saw start time temperatures about 40 degrees and virtually no wind, a total of 4,763 runners started this year's SunTrust Richmond Marathon, smashing last year's record of 4,221. The NTELOS 8k had 4,698 total entries, almost 700 more than the record set in 2003. With another record field in the Richmond Times-Dispatch Kids Run (929), a total of 10,390 runners registered for the event, reflecting total growth of a whopping 18% over last year's record field.

Andrei Gordeev eased into the lead at Mile 8, breaking away from his training partner and seizing control to win the 28th SunTrust Richmond Marathon in a race record time of 2 hours, 14 minutes and 32 seconds. On the women's side, Russian Marina Bychkova broke the tape first in a time of 2:42:40.

The NTELOS 8k men's race provided a thrilling finish for the second year in a row. Vyacheslav Shabunin surged ahead of Kenyan's Samuel Ndereba and Joseph Koskei at the tape to capture the win in a time of 23 minutes and 3 seconds. On the women's side, Ukrainian Tetyana Hladyr won in a time of 26:00.

Congratulations to the following area runners who were among the record field that completed this popular marathon.

Marathon Results

<u>Name</u>	<u>Age</u>	<u>Time</u>
Michael McPhatter	32	2:40:39 2nd AG
George Cook	39	3:19:55 29 AG
Tom Jennings	40	3:20:03 41 AG
Michael Zealand	30	3:21:25 39 OA
Preston Evans	49	3:27:26 50 AG
Robert Cook	44	3:27:32 60 AG
Lance Collins	34	3:50:39
Kevin Shroyer	45	3:52:09
Paul Fast	46	4:22:08
Ifeoma Ilo	21	4:27:27
Heather Scott	23	4:36:46
Robert Richards	46	5:10:53
Christy Deardorff	28	5:35:46
David Emmert	25	5:38:56

8K Results

<u>Name</u>	<u>Age</u>	<u>Time</u>
Chris Libbey	29	29:39
Joel Sutton	14	32:58
David Miles	45	42:35
Becky Mix	18	44:06
Darcy Mathes	32	44:41
Sean Walters	19	45:13
Amy Hawkins	24	47:54
Kelly Stone	20	49:15
Chris Malgee	27	49:24
Maureen Watkins	27	49:24
Nichole Carson	27	54:01
John Kurisky	67	56:17
Paul Mathwin	59	1:09:19

Nov 20, Roanoke - Star City Half Marathon

George Probst was the overall winner of the Star City half marathon (13.1 miles) with a time of 1:11:13.

The first female to cross the finish was Sarah Glenn with 1:28:56 to finish.

Local finishers include:

Name	Age	Time	
Gary Stroud	54	1:28:57.1	1 M 50-54
Steve Bognar	53	1:29:54.4	2 M 50-54
Craig Miller	52	1:35:18.8	3 M 50-54
Robert Reid	37	1:38:33.4	10 M 35-39
Kelvin Flowes	50	1:41:55.0	5 M 50-54
Declan Pratt	36	1:46:06.6	15 M 35-39
Steve Iutz	50	1:46:53.7	9 M 50-54
Alicia Taylor	26	1:53:53.5	7 F 25-29
Alicia Taylor	26	1:53:53.5	7 F 25-29
Suzanne Ramsey	38	1:58:47.2	9 F 35-39
Paula Skulina	36	1:58:47.3	10 F 35-39
Bernie Davis	68	2:03:36.2	4 M 65-69
Shelley Blades	20	2:03:45.8	10 F 20-24
Lisa Light	44	11 2:05:04.	2 F 40-44
David Skulina	42	2:09:29.6	13 M 40-44
Rachel Kolb	20	2:18:20.1	12 F 20-24
Megan Jacobs	20	2:18:20.3	13 F 20-24

Nov. 24, Forest - 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 272 runners at the 5K start line, and 51 runners participating in the Youth Mile. We are pleased to announce that over \$4000 was raised for the Genesis House, a facility in Lynchburg which provides care for children and families in crisis situations.

Evan Falat, the overall winner, covered the hilly course through Poplar Forest in 15:53, and Cate Jackson, the female champion, finished in 20:30. Karl Overstreet (6:22) and Maddy Skorcz (6:42), 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, the volunteers for their time and the runners who raced the course.

FEMALE OVERALL RESULTS

1 Cate Jackson	20 Lynchburg	VA	20:30
2 Laura Rapp	16 Lynchburg	VA	20:37
3 Mallory Benedict	16 Forest	VA	20:46

MALE OVERALL RESULTS

1 Evan Falat	22 Lynchburg	VA	15:53
2 Casey Grey	20 Forest	VA	17:15
3 Jesse Dalton	21 Greta	VA	17:18

MALE AGE GROUP: 1 - 13

1 53 Brandon McClenny	12	22:23
2 70 Forster McCracken	11	23:09
3 84 Daniel Blanks	12	23:47
4 135 Sam Bradford	11	26:39

5 176 Jack Robertson	11	28:46
6 187 Joseph Euhus	13	29:35
7 189 David Clark	13	29:41
8 203 Regan Brooks	11	30:24
9 212 Connor Norris	11	31:34
10 216 Matthew Kattmann	10	32:03

FEMALE AGE GROUP: 1 - 13

1 62 Sarah Murphy	13	22:48
2 165 Alex Jennings	13	28:21
3 208 Taylor Musgrove	12	30:58
4 241 Amber Wingfield	12	35:38
5 258 Emily Link	13	39:56

MALE AGE GROUP: 14 - 19

1 8 Andrew Rigler	14	18:11
2 9 Robert McMillan	17	18:35
3 11 James Evans	18	18:45
4 13 Elliot Brennan	17	19:06
5 14 Paul Overstreet	17	19:22
6 19 Austin Vogt	14	20:08
7 20 Paul Brockman	16	20:11
8 22 Peyton Yeatts	16	20:15
9 23 Jacob Pritchett	14	20:16
10 26 Joel Sutton	14	20:42
11 28 Pratik Patel	16	20:48
12 38 Jimmy Kuhland	16	21:15
13 51 Caleb Euhus	18	22:12
14 66 Cory Euhus	18	22:57
15 85 Jake Link	15	23:48
16 88 Dan Wallace	14	23:53
17 108 Chris Kattmann	14	25:35
18 121 David Thilking	17	26:17
19 123 Andy Morris	18	26:19
20 133 Zach Barrett	19	26:35
21 147 Chris Schweikart	14	27:06
22 159 Jason Fielder	14	27:53
23 164 Nathan Schweikart	16	28:17
24 170 Richard Suddith	19	28:29
25 254 Jeff Kuhland	18	38:31
26 255 Nathan Levasseur	14	39:41
27 261 Ben Euhus	14	40:44

FEMALE AGE GROUP: 14 - 19

1 36 Lisa MacPherson	17	21:07
2 39 Hannah Roller	18	21:16
3 65 Donna Bryant	15	22:52
4 69 Cara Haskins	14	23:02
5 82 Alissa Williams	14	23:45
6 90 Alix Hines	14	24:04
7 94 Danielle Walton	17	24:29
8 109 Cassie Neal	15	25:36
9 122 Meg Dailey	19	26:18
10 131 Erica Neiman	19	26:33
11 132 Kelsey Greene	14	26:34
12 142 Kelsie Donahue	16	26:51
13 152 Nikki Imron	17	27:37
14 157 Linde Groover	16	27:48
15 167 Amber Osinga	14	28:24
16 173 Taylor Reedy	15	28:30
17 184 Bethany Euhus	15	29:29
18 185 Salina Khanna	16	29:30
19 220 Maria Kattmann	16	32:11
20 223 Erica Flynt	19	32:19

21	227 Julie Lotz	15	33:05		
22	228 Brittany Dray	14	33:06		
23	251 Lauren Flynt	16	38:01		
24	257 Lily Phillips	14	39:52		
25	260 Raychel Euhus	16	40:43		
26	268 Brittney Roberts	18	47:07		
MALE AGE GROUP: 20 - 24					
1	7 Jason Brown	23	18:07		
2	18 Brandon Euhus	21	19:58		
3	68 Joshua Euhus	20	22:59		
4	76 Jonathan Sutton	20	23:31		
5	93 Jeremy Dalton	21	24:28		
6	213 Robert Foster	23	31:49		
7	222 Reid Madden	20	32:18		
8	252 Conor Frackleton	20	38:29		
9	253 Karl Bach	20	38:30		
10	266 Joseph Feag	24	43:34		
FEMALE AGE GROUP: 20 - 24					
1	153 Naomi Sutton	23	27:38		
2	158 Tracy Proffitt	23	27:52		
3	160 Charity Brown	24	27:58		
4	175 Kelly Stone	20	28:45		
5	188 Melissa Short	24	29:36		
6	196 Jennifer Austin	22	29:56		
7	238 Stacey Kiger	22	34:43		
8	262 Lauren Euhus	21	40:44		
9	264 Heather Baum	24	42:12		
10	269 Shani` Anderson	24	51:05		
MALE AGE GROUP: 25 - 29					
1	5 Dan Prince	28	17:30		
2	6 Danny Boyers	27	17:34		
3	16 Hill Vaden	27	19:49		
4	48 Walker Wright	26	22:00		
5	57 Jared Hesse	29	22:36		
6	72 John Willse	29	23:26		
7	137 Richie Morris	26	26:43		
8	144 Jonathan Fuller	29	27:01		
9	155 Brian Ferretti	26	27:46		
10	235 Chris Libbey	29	34:35		
11	245 Kenneth Gilbert	26	35:48		
12	250 James Brown	27	36:57		
13	270 Nathan Roberts	25	51:06		
FEMALE AGE GROUP: 25 - 29					
1	86 Mason Morris	27	23:49		
2	106 Julie Setliff	29	25:27		
3	124 Yana Morris	27	26:20		
4	138 Megan Mann	28	26:46		
5	154 Alison Richmond	26	27:45		
6	192 Elizabeth Creasy	29	29:48		
7	194 Lindsey Schlader	25	29:53		
8	200 Camille Rabon	29	30:09		
9	242 April Roberts	28	35:39		
10	243 Allison Manion	26	35:46		
MALE AGE GROUP: 30 - 34					
1	10 Mike Zealand	30	18:40		
2	30 Marcus Wright	32	20:58		
3	61 Mark Freeman	31	22:45		
4	81 Keston Fulcher	30	23:43		
5	107 Micheal Walker	30	25:28		
6	129 Brandon Reynolds	30	26:31		
7	161 Jesse Shieh	33	28:03		
8	190 James LaPrade	34	29:43		
FEMALE AGE GROUP: 30 - 34					
1	83 Cory Morris	32	23:46		
2	89 Janeen Abernethy	33	NC 23:58		
3	96 Katherine McCombs	34	24:32		
4	117 Brandy Schmidt	34	25:56		
5	163 Erika Wray	32	28:16		
6	204 Karen Singleton	33	30:30		
7	215 Julie Baty	33	32:00		
8	218 Amy Koudelka	34	32:05		
9	234 Cary Cucinelli	33	34:34		
10	236 Dianne Witt	32	34:36		
MALE AGE GROUP: 35 - 39					
1	4 Jeff Harrington	35	17:29		
2	15 Darrell Wargo	37	19:33		
3	21 Kevin Willis	39	20:14		
4	31 Paul Schmidt	37	20:59		
5	33 Jonathan Wright	35	21:01		
6	49 Chris Gassler	36	22:02		
7	71 Andy McCracken	38	23:10		
8	73 Michael Delong	38	23:27		
9	74 Gray Wiley	39	23:29		
10	95 James Miller	38	24:30		
11	105 Jack Flippin	35	25:21		
12	116 James Gallagher	39	25:54		
13	125 Roy Emeigh	37	26:21		
14	128 Brett Martin	36	26:30		
15	162 Glenn Landers	38	28:08		
16	231 Daniel Wolfanger	37	33:20		
17	237 Barry Witt	37	34:37		
18	256 Matthew Levasseur	38	39:42		
19	267 Ken Norris	39	43:34		
FEMALE AGE GROUP: 35 - 39					
1	58 Lisa Richardson	39	22:37		
2	60 Krista Leake	35	22:42		
3	78 Donna Hodgert	38	23:40		
4	87 Kitty Tomkinson	39	23:51		
5	92 Gabby Suydam	35	24:25		
6	102 Nancy Noel	37	25:13		
7	171 Leanne Landers	38	28:29		
8	177 Maria McCracken	38	28:50		
9	180 Audrey MacDowell	37	29:09		
10	182 Dawn Emeigh	37	29:11		
11	193 Leslie Phillips	39	29:50		
12	198 Kristina Krider	37	30:01		
13	207 Victoria Swinson	38	30:37		
14	211 Lora Norris	39	31:33		
15	225 Diana Kost	36	32:45		
16	233 Melody LaPrade	37	33:52		
MALE AGE GROUP: 40 - 44					
1	17 David Little	44	19:55		
2	46 Grattan Garbee	42	21:48		
3	47 Tom Rokicki	42	21:54		
4	56 Robert Dendy	42	22:33		
5	64 Mark Karnes	42	22:50		
6	91 Felix McCain	40	24:24		
7	97 Tom Mohr	43	24:35		
8	99 Edward Fielder	40	24:54		

9	100 Steven Euhus	44	25:08
10	112 Terry Gray	41	25:50
11	114 Robert Cook	44	25:52
12	115 Jon Schweikart	40	25:53
13	126 Dwayne Marshall	42	26:28
14	148 Dickie Beale	43	27:16
15	156 Ken Tomkinson	41	27:47
16	166 Stephen Brooks	41	28:23
17	168 Jay Waller	41	VA 28:27
18	186 Lee Haag	43	29:33
19	191 Yesh Khanna	42	29:47
20	206 Kevin Logan	42	30:32
21	214 Dole Witt	40	31:54
22	221 Kevin Kattmann	43	32:16
23	249 Dave Skulina	42	36:56

FEMALE AGE GROUP: 40 - 44

1	34 Donna Elder	42	21:03
2	55 Sue Jones	44	22:30
3	75 Ellen Wiley	41	23:30
4	80 Kris Kattmann	41	23:42
5	174 Andrea Neiman	44	28:33
6	178 Ellen Guarente	44	28:51
7	181 Judy Wilson	43	29:10
8	199 Pamela Willoughby	42	30:07
9	209 Myra Dendy	41	31:00
10	226 Theresa Riddle	40	32:46
11	232 Linda Johnson	42`	33:29
12	247 Sharon Civis	44	36:43

MALE AGE GROUP: 45 - 49

1	12 Bret Boman	47	19:02
2	29 Calvin Milam	46	20:57
3	32 RB Carter	47	21:00
4	40 Larry Jackson	47	21:21
5	42 Robert Vogel	47	21:29
6	45 Ted Batt	46	21:40
7	54 Kevin Shroyer	45	22:29
8	63 Jim McFarland	47	22:49
9	67 Brad Fitzgerald	47	22:58
10	77 Mike Mitchell	49	23:32
11	98 Dave Civis	49	24:51
12	101 Tim Dailey	48	25:11
13	103 TJ Liston	46	25:17
14	113 Dan Carey	45	25:51
15	130 Bruce Gerlich	48	26:32
16	143 Rick Benedict	45	26:54
17	146 Paula Bryant	48	27:03
18	149 David Miles	45	27:25
19	202 David Euhus	47	30:22
20	230 Patrick Girtens	45	33:14

FEMALE AGE GROUP: 45 - 49

1	44 Nancy Ferris	49	21:38
2	104 Cindi Bowen	45	25:18
3	120 Marianne Ramsey	47	26:16
4	139 Lisa Boman	47	26:47
5	169 Dawn Heneberry	47	28:28
6	183 Sandi Martin	46	29:16
7	201 Cheryl Gerlich	45	30:17
8	205 Helen Smith	47	30:31
9	210 Paula Warwick	49	31:12
10	219 Pam Bradford	47	32:09
11	240 Sue Johnston	49	35:36

12	248 Sue Skulina	46	36:55
13	272 Stacy Euhus	46	59:20

MALE AGE GROUP: 50 - 54

1	35 Bill Hutter	53	21:06
2	37 Ron Rogers	53	21:11
3	43 Craig Miller	52	21:35
4	52 Kelvin Flowers	50	22:22
5	111 Keith Austin	51	25:49
6	134 Tom Copes	53	26:38
7	136 Charlie Hesse	52	26:41
8	150 George Doby	53	27:26
9	151 Brian Elliott	50	27:27
10	179 Tom Phillips	51	28:55
11	195 Dan Schlader	53	29:54
12	217 Chris Barrett	53	32:04

FEMALE AGE GROUP: 50 - 54

1	239 Terri Grey	53	34:56
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MALE AGE GROUP: 55 - 59

1	50 Roger Vaden	56	22:11
2	59 Jim Wiemer	58	22:40
3	119 Gene Proctor	57	26:15
4	140 Richard Morris	55	26:48
5	141 Ben Schowe	57	26:49
6	145 Sam Fuller	57	27:02
7	172 Bob Foster	59	28:29
8	244 Peter Manion	58	35:47
9	263 Douglas Baum	56	41:13

FEMALE AGE GROUP: 55 - 59

1	127 Candice Michalik	58	26:29
2	246 Betty Morris	59	35:54

MALE AGE GROUP: 60 - 69

1	41 Bob Hartless	61	21:26
2	79 Tommy Harris	66	23:41
3	110 Ted Abernethy	61	25:47
4	118 Eric MGrew	61	26:03
5	197 Roger Stoudt	60	29:57
6	224 Larry Scott	60	32:28
7	229 Tommy Craven	61	33:07
8	265 Jaan Sulg	65	43:33

FEMALE AGE GROUP: 60 - 69

1	259 Wilma McGrew	64	40:01
2	271 Sally Baum	60	55:16

Dec. 3, Bedford - 26th Annual 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.

10K Overall Results

Place	Name	Age	St Time	Pace
1	Will Justice	22	34:46	5:36
2	Andrew Rigler	14	35:58	5:48
3	Peter Sheldon	38	37:17	6:01

4 Jennifer McGranahan	26	37:52	6:06	16 Bill Hutter	53	20:48	6:42
5 James Evans	18	38:32	6:13	17 Gregg Dean	29	20:56	6:45
6 David Little	44	39:35	6:23	18 Sam Dailey	15	20:59	6:46
7 Kevin Willis	39	39:56	6:26	19 Jake Link	15	21:12	6:50
8 Lisa MacPherson	18	41:27	6:41	20 Mark O. Karnes	42	21:17	6:52
9 Peston Evans	49	42:14	6:48	21 Joshua Becker	22	21:29	6:55
10 Erin Ritter	25	42:44	6:53	22 Maria Anthony	19	21:30	6:56
11 Nancy Ferris	49	43:04	6:56	23 Zachh VanDerwerker	17	21:41	6:59
12 Craig M. Miller	52	43:37	7:02	24 Brandon McClenny	12	21:43	7:00
13 Michael D. Morris	52	43:48	7:03	25 Lisa Richardson	39	21:58	7:05
14 Wilbert Hooper	47	43:49	7:04	26 Walker Wright	26	22:08	7:08
15 Chris Gassler	36	44:08	7:07	27 Casey Silver	13	22:31	7:15
16 Charles Burger	33	44:16	7:08	28 Kitty Tomkinson	39	22:38	7:18
17 Donna Williams	44	45:04	7:16	29 Hunter Barnes	14	22:54	7:23
18 Sue Jones	44	45:27	7:19	30 Doug Layman	46	22:55	7:23
19 Journey Johnson	50	45:49	7:23	31 Mike Mitchell	49	22:58	7:24
20 Kevin Shroyer	45	45:52	7:23	32 Sarah Murphy	13	23:07	7:27
21 Brad Fitzgerald	47	46:02	7:25	33 Ken Bailey	55	23:11	7:28
22 Scott Wade	35	46:46	7:32	34 Jeff Cutler	39	23:20	7:31
23 Lesley McPhatter	42	47:24	7:38	35 Ricardo Fuciarelli	41	23:26	7:33
24 Timothy Vernon	14	47:34	7:40	36 Jessica Moody	23	23:28	7:34
25 Eddie Everhart	47	48:51	7:52	37 Mike Shea	41	23:45	7:39
26 Tom Roth	55	49:50	8:02	38 Roy Emeigh	37	23:50	7:41
27 Jacob McGlaulin	25	50:05	8:04	39 Robert Pawlas	62	23:53	7:42
28 Cara Haskins	14	50:29	8:08	40 Eddie Fielder	40	24:04	7:45
29 Bruce Ritter	54	51:36	8:19	41 Tim Dailey	48	24:17	7:50
30 Bill Gribbin	62	53:14	8:35	42 Keith Austin	51	24:22	7:51
31 Bernie Davis	68	53:55	8:41	43 Brittney May	15	24:26	7:52
32 Gene L. Croce	49	54:05	8:43	44 Matt Ritter	28	24:33	7:55
33 Megan Mann	28	54:11	8:44	45 Jeanne Craig	36	24:34	7:55
34 Andrew T. Alexson	46	54:59	8:51	46 Danielle Walton	17	24:42	7:58
35 Erika Wray	32	55:39	8:58	47 Galen Gordon	24	25:29	8:13
36 Tommy Dillard	15	57:24	9:15	48 Scott Graham	25	25:50	8:20
37 David Dillard	42	57:25	9:15	49 Ben Schowe	57	25:55	8:21
38 Tracy Proffitt	23	57:26	9:15	50 Loan Vergeylen	22	26:30	8:32
39 Ann Allison	53	57:40	9:17	51 Kristie Shroyer	44	26:34	8:34
40 Shelley Blades	20	58:36	9:26	52 Mike McFadden	61	26:40	8:36
41 John Alexander	54	58:38	9:27	53 Ken Tomkinson	41	26:41	8:36
42 Lauren Young	23	58:52	9:29	54 Matt Carpenter	14	26:46	8:38
43 Jennifer Overstreet	23	58:54	9:29	55 Bob Moody	50	26:48	8:38
44 Julie Baty	33	1:04:18	10:21	56 David M. Hylton	27	26:51	8:39
45 Haley E. Smith	12	1:08:17	11:00	57 Jason Fielder	14	26:52	8:39
46 Samantha Goode	29	1:15:19	12:08	58 Brian Murphy	45	26:56	8:41
				59 Sheri Worsham	37	27:20	8:49
				60 Elizabeth Creasy	29	27:22	8:49
				61 Jennifer Murphy	40	27:30	8:52
				62 Richard Suddith	19	27:35	8:53
				63 S. J. Boone	11	27:43	8:56
				64 Taylor M. Reedy	15	27:58	9:01
				65 Pat Brinkly	49	28:26	9:10
				66 Bill Hammond	70	28:43	9:15
				67 Matt Parker	30	28:48	9:17
				68 Jacob Grant	9	28:55	9:19
				69 Barry Witt	37	28:59	9:20
				70 Sue Boyers	53	29:15	9:26
				71 Triston Harrison	12	29:22	9:28
				72 Denver Aud	10	29:37	9:33
				73 Ed Boyers	55	30:05	9:42
				74 Jamie Messier	11	30:08	9:43
				75 Dale Witt	40	30:09	9:43
				76 Glenn Meyer	50	30:11	9:44
				77 Jack Shea	10	30:14	9:45
				78 Austin Porter	9	30:27	9:49
				79 Kurt W. Smith	45	30:35	9:51

5K Overall Results

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>St Time</u>	<u>Pace</u>
1	David Angell	29	16:10	5:13
2	Ben Thomas	36	16:31	5:20
3	Jeff Harrington	35	16:59	5:29
4	Ann McGranahan	26	17:34	5:40
5	Michael Brister	20	17:52	5:46
6	Chase Williams	16	18:05	5:50
7	Darrell Wargo	37	18:59	6:07
8	Steve Spire	35	19:42	6:21
9	Sarah S. Krycinski	25	19:58	6:26
10	Tyler Setliff	15	20:00	6:27
11	R B Carter	47	20:01	6:27
12	Joshua Ranes	28	20:11	6:30
13	Matthew Krycins	26	20:29	6:36
14	Grant Jennings	14	20:33	6:37
15	Ben Dailey	17	20:46	6:42

80	Larry Scott	60	30:36	9:52
81	GINNA SHEA	12	31:00	9:59
82	Anna Messier	12	31:00	9:59
83	Brenda Padgett	45	31:27	10:08
84	Shea Alvis	44	31:30	10:09
85	Eileen Backofen	58	31:46	10:14
86	Mary Jo Boone	44	31:50	10:15
87	Nancy Welker	71	32:07	10:21
88	Kristen Graham	32	32:10	10:22
89	Erin Ritter	25	32:56	10:37
90	Delisa F. Alvis	45	32:57	10:37
91	Emily Carter	15	32:59	10:38
92	Sunshine Lewis	29	33:17	10:43
93	Jim Cutler	67	33:38	10:50
94	Phillip Welker	69	33:44	10:52
95	Tim Holt	17	34:39	11:10
96	Melissa Feris	16	34:39	11:10
97	Charles Moore	71	35:04	11:18
98	Helen Hey	34	35:05	11:18
99	Sandra Collins	46	35:07	11:19
100	George W. Smith	81	35:09	11:20
101	Sally Ritter	54	35:10	11:20
102	Ann Bailey	55	36:29	11:45
103	Teresa Moldenhauer	58	38:20	12:21
104	Laura L. Smith	43	38:30	12:24
105	Stephanie Coughlan	37	45:15	14:35
106	Maria Underwood	40	45:16	14:35

Dec. 10, Fincastle, VA - Hellgate 100K
Race Director: David Horton

The design of the Hellgate shirt remains the same every year ... a runner entering the gates of Hell. Although the design is the same, the color is different, and we add a unique quote below the design. This year, the quote on the shirt was from Dante's Inferno and his writing at the doors of Hell, "Abandon hope all ye who enter here." This statement was very true this year! Of the 80 runners who started at just past midnight, 53 finished.

The top ten finishers are: **Local runners in bold.**

Place	Name	Age	Time
1	Serge Arbona	40	11:41:01
2	Corey Handelsman	27	13:21:40
3	Eric Grossman	49	13:38:47
4	Jerry Turk	47	13:38:52
5	Justine Morrison	25	13:39:11 1st F
6	Neal Jamison	37	13:48:26
7	Robert Wehner	43	14:17:47
8	Aaron Schwartzbard	28	14:35:22
9	Cat Phillips	30	14:37:15 2nd F
10	Jenn Shelton	22	14:42:04 3rd F

Other area runners include:

Place	Name	Age	Time
16	Jeff Wilber	46	15:23:59
22	Sophie Speidel	42	15:51:27
26	Paul Carrasco	35	16:21:32

26	Chris Palladino	34	16:21:32
29	Jay Finkle	42	16:44:24
45	Rebekah Trittipoe	48	17:28:09
50	Josh Yeoman	21	17:34:45

If you want to read articles written by some of the finishers of the 2006 Hellgate 100K, check out the website at www.extremeultrarunning.com

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

UPCOMING RACES

Sat. 31 Dec, Riverside Park - LRRC New Year's Fun-Run, with \$1.00 off membership dues for 2006. 9:00 a.m. in the parking lot at **Riverside Park** for a leisurely paced 3 mile or + 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. 11, 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.extremeultrarunning.com. Part of the Lynchburg Ultra Series.

March 11, Goode - What Goes Down Must Come Up 4-miler. The 11th annual start of this popular winter race is at 9:00 a.m. from the Oakland Methodist Church off 221. Entry fee includes all-you-can-eat pancake breakfast. More details are forthcoming in the next newsletter. Race Director: Jerome H Loy <fizzzed@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

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:

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