

The Milepost

P.O. Box 11223 Lynchburg, Va. 24506

March / April. 2006

The Presidents Letter

Spring is here HOOYAH! The relatively mild winter weather and passing of slippery streets has removed all excuse for our members not to be fine tuning their Spring training schedule for the 2006 race season. It's right around the corner. Despite the sometimes harsh weather, I have observed many hearty souls sticking to their programs over the last eight weeks. First, congratulations to all LRR members who participated in VES Arctic 5K. Race Director **Reed Finlay** and his team put on a great race over a new course. The weather was great this year, the field was small but fast, and everyone had a good time. That's what counts. I must admit that the highlight of the race for me was watching **Bernie Davis**, one of our senior LRR members, running strong up to the finish line with another competitor. Bernie, you are an inspiration for us all.

February 11 witnessed another gathering of the clan as many LRR members participated in the Holiday Lake 50K++. Congratulations to the LRR members who participated in this event. Despite a pending snow (rain) storm we had a great turnout on a rather muddy course. What fun we all had! Dave has always suggested a mud run for this area. I think he just had one.

The running calendar for March and April is filling up quickly. Coach **Jerome Loy** will be hosting the Goode What Goes Down Must Come Up 4 mile run and pancake breakfast on Saturday, March 11. There's the Charlottesville 10 Miler on April Fool's Day, and, for those who have a taste for the extreme, sign up early for **Dave Horton's** Promised Land 50K.

Jeff Fedorko reports that membership renewals continue to arrive. As of the end of February, there are 100 members in LRRC for the year 2006. Look to the lower left of your mailing label to see your next renewal month.

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 executive board meeting was held January 10th with Vic Galan, Paul Carrasco, Tommy Harris, Bret Boman and Darrell Wargo, attending. Topics discussed included: Including the Triathlon schedule in the newsletter, Having regular group fun runs, Establishing a calling committee to help remind the club members of upcoming events (There is a rumor that Richard Brooks will head this up).

Potential Guest Speakers for the March and April meetings are Richard Ferguson and Dr. Peter O'Brien.

It was decided to have a fun run March 25th from the Forest Post Office at 7:30 am. Distances are from 2 to 6 miles (if you want to run longer show up earlier).

Next LRR Club Meeting

Tuesday, 14 March, 2006

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

Guest Speaker: Dr. Richard Ferguson
Sports Psychology

April 2006 Meeting

The April meeting of the Lynchburg Roadrunners Club will take place on April 11 at the Forest Library on Route 221. The Club meeting will begin at 6:30 p.m. followed by **Guest Speaker Dr. Peter O'Brien**. Mark this date on your calendar.

Treasurer's Report

The Lynchburg Roadrunners accounting is divided into two accounts. Our **Base Account** takes in dues, donations, and equipment rentals and applies them to the Newsletter, club insurance, and miscellaneous expenses. Our **Race Account** takes in entry fees, race sponsors donations, and service fees which are used:

1. to produce a given race,
2. to seed money for the next race,
3. for maintenance of race equipment,
4. for sponsorship of other local races,
5. for the occasional pizza night.

For the **Base Account in 2005:**

Expenditures:

Newsletter:	\$1165.23
Race Applications:	\$87.00
RRCA Dues:	\$478.36
Post Office Box Rental	\$72.00

Total expenditures:	\$1802.59

Income:

Membership dues:	\$2130.00
Rental Fees:	\$50.00

Total Income:	\$2180.00
Balance in the LRRC account at the end of 2005: includes deposits for 2006 membership	\$1239.02

Because of time constraints the **Race Account** report for 2005 will be included in the next newsletter.

FUN RUN

Saturday March 25,

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

Time: 07:30

Place: Parking lot at Forest Village Square - on Rt. 221 (Forest Post Office)

Course: Six miles more and less.

No fee, no times, no shirts, no awards, no pressure.
Refreshments provided!!!!

!! 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

Compliment (sort of..) to Dave Horton

From Bernie Davis

David's most recent record is running the entire Pacific Crest Trail from the Mexican border to the Canadian border in 66 days last summer. It's ~2,700 miles on the trail (considerably less as the crow flies). Saturday evening I enjoyed the colorful movie that was made of the feat, which was accomplished with a large, able, dedicated support team.

Professor Horton teaches Exercise Physiology at Liberty University and also teaches a running course there.

Dr. Horton founded the four ultra marathons in Lynchburg's vicinity, and each year he does a superb job of directing them.

I've known David for about 28 years.

DAVID

Fifty-five years old,
So strong and so bold,
He says he is humble,
To which I'd not tumble
Were I not told.

There's no need to amend
This message I send.
Yet and still,
Say what you will,
He's a heck of a friend.

Bernie Bard

RACE REPORTS / RESULTS

Feb. 11, Appomattox - Holiday Lake 50K, Race Director, David Horton

The Holiday Lake 50K is the flattest and easiest of the four local ultras. As a result, we had many first time ultra runners. The starting field of 195 runners was the largest ever. It included 50 local runners, the most we've ever had from our area. There is nothing more encouraging and exciting to see than a runner completing their first ultra. Look on our website (extremeultrarunning.com) and read some of their stories.

MALE OVERALL WINNERS

Place	Name, Age	Time
1	Billy Barnett, 21	4:05:41
2	Aaron Schwartzbard, 28	4:09:16
3	Steven Baker, 21	4:22:56

FEMALE OVERALL WINNERS

Place	Name, Age	Time
5	Jenn Shelton, 22	4:27:50
8	Frannie Conte, 33	4:41:46
19	Bethany Patterson, 27	4:57:45

LOCAL FINISHERS

Place	Name, Age	Time
15	Jonathan Bryant, 18	4:52:01
18	Christopher Palladino, 34	4:53:59
22	Ben Rogers, 27	5:00:35
25	Rick Brooks, 35	5:05:36
27	Jeff Minahan, 49	5:08:36
30	Crystal Pruitt, 20	5:14:11

45	Stephen Morris, 37	5:35:01
48	Joseph Novak, 43	5:38:41
55	Rebekah Trittioe, 48	5:46:31
70	Calvin Milam, 47	6:03:01
80	J.T. Witt, 25	6:09:15
93	Bob Hartless, 62	6:22:33
	Nancy Ferris, 50	6:22:33
	Wilbert Hooper, 47	6:22:33
97	Darrell Wargo, 37	6:24:19
99	Craig Miller, 53	6:25:11
106	Jim McFarland, 47	6:28:21
116	Clayson Brimjoin, 24	6:36:08
120	Joseph Daley, 19	6:39:16
122	Kevin Budd, 29	6:39:39
	Marshall Roberts, 36	6:39:39
129	Gabby Suydam, 36	6:44:17
138	Joe Parker, 19	6:50:03
139	Jon House, 46	6:50:39
	Heather House, 17	6:50:39
141	Terri Ripley, 43	6:56:20
144	Stephen Bozeman, 59	6:56:41
156	Paul Kelly, 25	7:01:00
	Shane Amos, 27	7:01:00
161	Amy Andrews, 29, TN	7:12:02
	Mouse Andrews, 28	7:12:02
170	Lisa Light, 44	7:23:22
172	Alicia Taylor, 27	7:24:08
173	Beth Frackleton, 44	7:24:31
174	Bill Gribbin, 62	7:27:25
177	Wendy Golden, 38	7:32:45



Bob Hartless mush's on at Holiday Lake

HOLIDAY LAKE WIMP OUT

It's just as well I wimped out
'Cause I might well have wiped out.
Wintry was the weather
When the runners got together,
But that's not for me to gripe about.

Bernie the Bard

Feb. 19, Lynchburg - VES/LRR Arctic5K Race Director - Reed Finlay

The 31st Annual VES-Lynchburg Road Runners 5K Arctic Road Race started promptly at 2:00pm under sunny skies with 34 balmy degrees and calm winds - perfect race weather. There were Fifty-five finishers to discuss the merits of the new course. Send comments to Reed Finlay at VES 384-6221.

FEMALE OVERALL RESULTS

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Stephanie Place	18	23:29 Record

MALE OVERALL RESULTS

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Jonathan Basham	28	18:37 Record

MALE AGE GROUP: 14 & under

<u>Place</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	9 Tim Vernon	14	21:05

FEMALE AGE GROUP: 14 & under

<u>Place</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	19 Sarah Murphy	14	23:51
2	30 Alix Hines	14	26:31
3	34 Brett Beeson	14	27:53
4	36 Cat Valentine	13	28:34
5	37 Ali Donaldson	13	28:35

MALE AGE GROUP: 15 - 19

<u>Place</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	2 Lew Lloyd	17	19:14
2	11 Hank Donaldson	15	21:33
3	23 Chris Amos	18	25:20
4	32 Jon Schweikart	15	26:44

FEMALE AGE GROUP: 15 - 19

<u>Place</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	48 Jessica Sosa	18	31:54
2	51 Jenna Crabtree	15	35:06
3	53 Susan Crabtree	15	35:26

MALE AGE GROUP: 20 - 29

<u>Place</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
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1	14	Jeremy Woods	27	22:47
2	38	Drake Watts	20	28:55
3	55	Robby Lewis	20	NT

FEMALE AGE GROUP: 20 - 29

<u>Place</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	16 Leah Raff	20	23:39
2	26 Hillary foster	27	25:45
3	35 Ashley Stephens	20	27:55
4	39 Catherine Watts	26	28:56
5	41 Kristen Anderson	23	30:05
6	52 Jessi Pruitt	20	35:14

MALE AGE GROUP: 30 - 39

<u>Place</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	4 Darrell Wargo	37	19:49
2	6 Marcus Wright	33	20:17
3	10 Chris Gassler	37	21:06
4	12 Declan Pratt	36	22:33
5	13 Jack Flippin	35	22:39
6	22 Roy Emleigh	37	24:24
7	24 Brett Martin	36	25:35
8	33 Barry Witt	37	27:20
9	49 Tim Briggs	38	33:45

FEMALE AGE GROUP: 30 - 39

<u>Place</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	27 Julie Stewart	34	25:52
2	40 Carla Workman	35	29:22
3	46 Debbie Bradney	30	31:32
4	47 Amy Koudelka	35	31:32

MALE AGE GROUP: 40 - 49

<u>Place</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	3 David Little	44	19:18
2	5 RB Carter	47	20:06
3	8 Preston Evans	49	21:04
4	18 Mike Mitchell	49	23:48
5	31 Dale Witt	40	26:34
6	45 Patrick Girten	45	30:47

FEMALE AGE GROUP: 40 - 49

<u>Place</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	42 Diane Sosa	41	30:19
2	43 Grace Frederickson	48	30:27

MALE AGE GROUP: 50 - 59

<u>Place</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	7 Ron Riscart	51	20:45
2	17 Richard Morris	55	23:43
3	21 Keith Austin	52	24:23
4	25 Ben Schowe	57	25:40
5	44 Wayne Owen	53	30:46

FEMALE AGE GROUP: 50 - 59

No Entries

MALE AGE GROUP: 60 & up

<u>Place</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	20 Tommy Harris	66	24:07

2	28	Bob Foster	60	26:10
3	29	Bernie Davis	68	26:12
4	50	John Kurisky	67	34:26
5	54	Roger Akeres	61	35:43

FEMALE AGE GROUP: 60 & up
No Entries

UPCOMING RACES

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 18, Lynchburg -Jamerson Family YMCA Y-Indoor Triathlon Swim 20 minutes, bike 10 minutes, run 20 minutes. Race is limited to the first 84 entries. For more information contact the YMCA at www.lynchburgymca.org

March 18, Virginia Beach - 28th Shamrock Sportsfest, 8:00am- **8K,** \$35 Information on the Web at www.shamrockmarathon.com

March 19, Virginia Beach - 28th Shamrock Sportsfest, 7:30am- **Marathon,** \$65 Information on the Web at www.shamrockmarathon.com

March 25, Forest - Fun Run 07:30a.m. at the Parking lot at Forest Village Square - on Rt. 221 (Forest Post Office). Six miles more and less.

April 1, Charlottesville - Charlottesville 10 Miler, For info. call 293-3367.

April 2, downtown Lynchburg YMCA - Angels Race Sprint Triathlon. For more information visit www.angelsrace.com or phone (434) 525-8040 or visit Riversiderunners on Rivermont Ave.

April 22, Bedford - Promised Land 50K, 5:30am; Info: Dave Horton, Liberty University 1971 University Blvd, Lynchburg, VA 24501. Phone (434) 582-2386 (w), 239-1324 (h), or on the Web at www.extremeultrarunning.com.

May 29, Lynchburg - CVKA / LRR Memorial Day 10K, Starts downtown. Benefit the Central Virginia Kidney Association. Race Director: Lesley McPhatter (434) 384-9009 (h), (434) 947-5981 ext 116(w)

Last, but not least

We are always on the lookout for raw local talent in the poetry department. Bernie the Bard keeps us on our toes, or the edge of our seats, with rhyme. And so, please welcome Jeff Harrington's ode to running in this fair city.

The Joy of Running By Jeff Harrington

Oh the joy of running
In this fair city.
If you don't run, that's a pity

The people who run are cheerful
And happy.
I run with their sons and
I run with their pappies.

We have lots of fun
And we run lots of races,
So put down that honey bun
And cinch up your laces!

Tommy Harris is our new man
With some ideas and a plan.
He will lead our dear club
As the runners best fan.

As we prepare for more miles
With shoes of all style,
Remember, it doesn't matter
Who wins
Just as long as you smile.

There now, don't you just feel better?



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

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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