

The President's Letter

March and April stood witness to the beginning of an outstanding running season. Could there have been any more running activities in the Lynchburg area these past two months? It seemed that just about every week something was going on somewhere. The race results you'll find in this issue are proof positive that hard work pays off!

The March 11th "Goode What Goes Down Must Come Up," handicap race and pancake breakfast was a great success. Last year we ran with snow falling gently and this year was as warm on race day as it has ever been. Many thanks to Jerome Loy for another outstanding event. Perhaps he can help out Dave Horton on the arrangements for nice weather on race day.

A large group of the LRR runners tested their mettle at the Charlottesville Ten Miler on April 1st. Our running club was well represented at the Charlottesville 10-Miler, Charlottesville Marathon & ½ Marathon, and Promise Land 50K.

It was a great day for the Promise Land 50K. This race is the second of three races of the Lynchburg Ultra Series organized by David Horton and continues to attract some of the best runners in Lynchburg and the nation. Sue Jones describes in this newsletter how the heavens opened up with a torrential downpour at the start of the race and of the trials and travails of the ultra runner.

May and June promises even more fun and excitement! As this newsletter is going to press, preparations are being made for Leslie McPhatter's CVKA Memorial Day 10K (the first race of the LRR Summer Race Series), which will be held on May 29, Bret Boman's June Track Series, and the LRR Summer Race Series. You will find applications for the Memorial Day 10K in this newsletter and for the remainder of the Summer Race Series in upcoming newsletters.

A huge THANK YOU to all the club volunteers at these events. Your participation gave others a quality event experience. I really encourage those that have not volunteered at a local race to take a weekend and try it. It's a completely different perspective and one I know you will enjoy.

I would also like to take this opportunity to thank Jeff Fedorko for keeping many of us motivated this past spring. There was hardly a Saturday when a training run was not arranged somewhere. All those miles really added up to some admirable performances.

See you on the roads, Tommy Harris

Next LRR Club Meeting

Tuesday, 9 May, 2006

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

Guest Speakers:

Josh Yeoman

&

"Girls on the Run"

June 2006 Meeting

The June meeting of the Lynchburg Roadrunners Club will take place on June 13 on the track at E.C. Glass High School. The Club meet to compete at Bret Boman's **Summer Track Series**. This will be the last scheduled meeting till September.

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

March 14, 2006

With 25 members present, the **March** meeting of the Lynchburg Roadrunners was called to order by club president Tommy Harris at 6:30 pm at the Forest Library on Route 221. After preliminary remarks on upcoming club events, membership chairman Jeff Fedorko introduced our speaker for the evening. Dr. Richard Ferguson is professor of Sports Psychology at Averett University in Danville, Virginia. He writes a monthly column on running psychology for the Running Journal magazine, and he has developed a national reputation working with elite athletes.

Dr. Ferguson talked about the mental skills and techniques necessary to excel in sports. He explained the methods used to get in the groove of the "flow state" where the mind is in control, there is no pain, and time appears suspended. With total concentration, the skilled runner can stay in the flow, in total control, for a long time.

How do we get into the flow state during a race? First and foremost, proper conditioning and training for that race. You can't squeeze lemonade out of stone. Then, be motivated at a level of optimal arousal. Focus on the present. Focus on process, not the product. Forget about yourself. Maintain confidence and the proper attitude. If you find that during the race negative thoughts creep into your mind, like time and distance to go, or discomfort, just **clap** your hands and shout **Stop!** Get back in the flow. **Confidence is a choice you make.**

The essence of Dr Ferguson's talk can be found in the book "Flow in Sports", by Mihaly Csikszentmihali.

April 11, 2006

Twenty members were present for the **April** meeting of the Lynchburg Roadrunners. The meeting took place on the campus of R-MWC.

After preliminary remarks by Tom Borrough of Lynchburg college on the planned \$4.3 million dollar upgrade to their track and athletic facilities, club president Tommy Harris introduced our speaker for the evening, Donna Elder, a licensed physical education instructor at the YMCA, who spoke on nutrition.

Donna stressed the importance of a balanced diet of whole foods with seven to nine servings (½ cup) per day of fruits and vegetables. To prevent nutrient deficiency, Donna introduced a food supplement called Juice Plus - a capsule of the condensed essence of various fruits and vegetables which contain

antioxidants. The body's energy cycle is the so called Krebs cycle. This oxidation (aerobic) process takes carbohydrates and feed them into an energy releasing cycle which causes free radicals through the metabolic burning process. Anti-oxidants control the free radicals that remain after the process. If insufficient carbs are present, the body will make carbs by shredding protein into amino acid and carbohydrates. The kidney eliminates the waste products.

Juice Plus is a commercial product designed as a supplement to a healthy diet.

!! 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

FUN RUNS

A series of trail "Fun Runs" held throughout Lynchburg during the month of May.

Courses will be marked with streamers. The more you run the better your chances of winning a pair of Montrail trail shoes. Attend a minimum of 3 Wild Wednesday's and you are entered in a drawing for a pair of Montrail trail shoes. Attend 3 times and you are entered 3 times. Run all 5 runs and you are entered 5 times. Drawing to be held May 31st.

Wild Wednesdays

Open to ages 18 & Older. Hydration provided before/ after. Meet at 6:00pm, Run begins promptly at 6:15pm.

Distance: Two runs will be planned each meeting. A long run and a short run. Long run will range in distance 5-8 miles. Short run will range in distance 4-6 miles.

Dates:

May 3: Blackwater Creek Bikepath, Old Langhorne Road

May 10: Candler's Mountain, Candler's Mountain Road, Park at Wingate Inn

May 17: Peaks View Park, Meet at the Red Barn

May 24: Heritage High School

May 31: Blackwater Creek Bikepath, Old Langhorne Road

The Coach Says

A study recently published in the New England Journal of Medicine warns that drinking too much liquid during periods of intense exercise **could** pose major health risks to **some** athletes.

The study examined the blood of 488 runners in the 2002 Boston Marathon and found that nearly 13% of runners drank enough liquid during the race to cause hyponatremia, a condition marked by abnormally low levels of sodium in the blood.

The condition was seen mostly in "slower" runners who drank an average of three liters, or 13 cups, of water or sports drink in a four-hour period, causing them to actually gain weight during the race.

Scientists say that athletes' kidneys cannot process excess water during intense exercise, therefore forcing the extra water into runners' brain cells. The enlarged cells push against the skull and can hinder "vital functions" such as breathing and cause immediate death.

Researchers note that the problem is compounded when physicians and EMTs assume that the athlete who stumbles is suffering from dehydration and needs intravenous fluids. A hyponatremia expert at the University of Cape Town recommends that medical workers test the salt concentration of athletes' blood before administering fluids.

RACE REPORTS / RESULTS

11th Annual Goode 4-Miler What Goes Down, Must Come Up

By Coach Jerome Loy

Approximately 100 runners enjoyed a beautiful day touring the Goode countryside. This popular winter race started at 9:00 a.m. from the Oakland Methodist Church off 221. Afterwards it was All-You-Can-Eat Pancakes.

Bernie Davis showed up at 7:00 A.M. for the 9:00 A.M. start, ran the 4 mile loop five times and was still picking up trash for Habitat For Humanity when I returned from the pancake breakfast...so I guess you could say Bernie was the real winner.

Dorothy Nugent actually finished the race first, but was 10:18 ahead of her predicted 44:16 pace. Austin Vogt had the fastest time, 26:42, 42 seconds off his target pace of 24 minutes.

Top 10 Trophy Winners:

#1 Mick Gunter, finished 1 second faster than his predicted time of 44 minutes.

Mick received a heart rate monitor compliments of Riverside Runners.

#2 Darrel Wargo; 2 seconds slower than his prediction of 32 minutes in 32:02

#3 Sarah Krycinnski; sprinted 4 seconds faster than 28:30

#4 Lorene Nop; 5 seconds faster than her prediction of 38 minutes

#5 Shirley Sirois; 7 seconds faster than her goal of 37:50

#6 Darren Sweeney; 9 seconds off his pace of 52:07

#7 Lynda Locatelli was 13 seconds slower than her predicted walk/run pace of 55 minutes

#8 Chris Gassler was 14 seconds slower than 28 minutes in 28:14

#9 Kenneth Sirois finished 18 seconds faster than 33 minutes

#10 Paul Sherburn finished ahead of pace by 19 seconds in 35:41

Most importantly, Volunteers Ruth Fitzgerald and Chris & Allen Armistead made this race all possible.

March 18, Virginia Beach - 28th Shamrock Sportsfest 8K

Reported by Vic Galan

This year the **8K** was split by a day from the marathon and half marathon races, which were run on Sunday. How this will play out with the runners in

future races is hard to tell. Over 3200 runners completed the 8K on Saturday.

The 8K start is at 33rd street and Atlantic Avenue. All races finish at the King Neptune Statue at 31st and the Boardwalk. The sky was clear, the temperature 35F and the wind at gale force as we gathered for the start. The start ceremony seemed to go on forever, but in the middle of the crowded start on narrow Atlantic Avenue it began to warm quite nicely from the body heat. I didn't hear the start gun, but suddenly the mass of humanity lurched forward, accordion style toward the chip matt. The blustery wind chill felt like 25F as the pack slowly gained speed and expanded.

In the first mile I must have run an extra 100 yards in the weave about slower runner / walkers. In fact many walkers had crowded the front of pack and were a real hazard to dodge around. I hope the organizers return to the old start in front of the Pavilion where a much broader avenue allows a smoother start.

We started north on Atlantic Avenue into the stiff wind, but shortly did a 180 degree turn and headed south on Pacific Avenue with the wind at our back. Now, that's more like it. As we passed the mile marker on 36th street things began to settle down. My pace didn't permit much chatter with nearby runners (70% - 80% max Kerkorian heart rate), but it seems that those who chatted (60% - 75% heart rate effort) were paired with those who only gasped response such as uh, huh, now and then.

The moment of truth, as you might guess, occurred when we turned back into the wind at 5th street on the boardwalk. Right on the ocean we battled the gale force wind for the next two miles to the finish. We could see the finish from two miles out, but it never seemed to get closer. I noted my time and was encouraged to find myself on the planned ten minute per mile pace. Then, what seemed an eternity of running discomfort, I glanced at my watch again. Only four minutes had passed.! Forget the watch and just stay focused on the finish line, so Richard Ferguson had advised at the last LRRC meeting.

Then I began to worry about my fellow "**happy gourmet dining**" buddies who were also in the race. Every year LRRC members JoAnn & Ronnie Wright, John Billingslea, and Leland & Peggy Gammon compete to see who will buy the first round at dinner that night. Ronnie excepted, the "winner" buys. Honor demands that we make our best effort to race on this day. Near the finish I heard a loud **clap** and a shout "**Stop**" just behind me. Startled, I slowed just a bit to see John rush past hell bent for

the finish line to beat me and claim the honor of the first round.

As he explained later, trickery was never intended. He had taken the advice of Ferguson at the LRRC meeting to just **clap** and shout **“stop”** when negative thoughts crowd the mind as the stomach knots and the legs feel weak and quiver in the rush for the finish. All I know is I ain't pausing for no shouts or claps next year near the finish line.

Finished the 8K (4.971 miles) in 52:24 (10:32 per mile). Not fast, I know, but **my best effort** on this race day. Another thing! JoAnn traded her race number with hubby Ronnie. When I saw her race time of 41 minutes I nearly croaked. It took me a little while to realize all ain't what it seems. I wonder why I dine with these guys?

The 8K

The Kenyan Stephen Koech won the 8K race with a time of 23:05. The female winner was Tatiana Chulakh with a time of 26:49.

Local finishers of 3235 runners.

| <u>OA</u> | <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>AG</u> |
|-----------|------------------|------------|-------------|-----------|
| 374 | Ronnie Wright | 64 | 41:11 | 8/66 |
| 724 | Erika Wray | 32 | 47:29 | 52/311 |
| 1149 | John Billingslea | 68 | 49:27 | 10/26 |
| 1174 | JoAnn Wright | 57 | 49:47 | 11/75 |
| 1673 | Vic Galan | 69 | 52:18 | 13/26 |
| 1803 | Gail Staton | 51 | 54:19 | 35/130 |
| 1811 | Leland Gammon | 61 | 55:38 | 39/65 |
| 1857 | Peggy Gammon | 60 | 56:18 | 5/33 |

March 19, Virginia Beach - 28th Shamrock Sportsfest Marathon

Richard Tessier of Canada won the marathon race with a time of 2:31:37. Conni Grace won the female race with a time of 3:04:22

Local finishers of 1738 runners.

| <u>OA</u> | <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Pace</u> |
|-----------|-----------------|------------|-------------|-------------|
| 140 | Robert Arnold | 34 | 3:18:39 | 7:35 |
| 209 | Craig Miller | 53 | 3:26:30 | 7:53 |
| 641 | Emily Riggins | 18 | 3:57:29 | 9:04 |
| 714 | Brad Bradley | 32 | 4:02:08 | 9:15 |
| 808 | Debbie Bozeman | 56 | 4:09:03 | 9:31 |
| 809 | Steve Bozeman | 59 | 4:09:04 | 9:31 |
| 1118 | Bill Rudelin | 38 | 4:28:34 | 10:15 |
| 1433 | Robert Richards | 46 | 4:56:33 | 11:20 |

March 19, Virginia Beach - 28th Shamrock Sportsfest 1/2 Marathon

Phillip Lagat won the 1/2 marathon with a time of

1:04:26. Mary Bailey led the females with a time of 1:15:24

Local finishers of 3872 runners.

| <u>OA</u> | <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Pace</u> |
|-----------|-------------------|------------|-------------|-------------|
| 337 | Kitomi Makino | 27 | 1:39:39 | 7:37 |
| 433 | Peter Caprise | 37 | 1:39:58 | 7:38 |
| 603 | Katherine Carroll | 23 | 1:46:19 | 8:07 |
| 731 | David Gardner | 43 | 1:49:23 | 8:22 |
| 855 | Candice Caprise | 37 | 1:49:15 | 8:21 |
| 869 | Tamara Jamerson | 32 | 1:52:05 | 8:34 |
| 1108 | Tracy Proffitt | 23 | 1:54:55 | 8:47 |
| 1396 | Amanda Cocke | 24 | 1:58:26 | 9:03 |
| 1398 | Lindsay Brown | 21 | 1:58:27 | 9:03 |
| 2980 | Kelly Kennedy | 28 | 2:24:28 | |
| 2981 | Christy Deardoff | 29 | 2:24:28 | |
| 3486 | Jeanie Stone | 56 | 2:50:20 | 13:01 |

31st ANNUAL CHARLOTTESVILLE TEN MILER

APRIL 1, 2006 7:45 A.M.

FEMALE OVERALL 1 - 98

| <u>Place</u> | <u>Name</u> | <u>Ag</u> | <u>Gun time</u> |
|--------------|-------------------|-----------|-----------------|
| 1 | Dana Coons | 27 | 59:53 |
| 2 | Anne Lundblad | 39 | 1:04:14 |
| 3 | Elizabeth Cottone | | 1:07:40 |
| 4 | Una Broderick | 39 | 1:08:40 |
| 5 | Eliza OConnell | 35 | 1:08:52 |

MALE OVERALL 1 - 99

| <u>Place</u> | <u>Name</u> | <u>Ag</u> | <u>Gun time</u> |
|--------------|-----------------|-----------|-----------------|
| 1 | Jeff Eggleston | 21 | 51:50 |
| 2 | Mark Cucuzzella | 39 | 55:23 |
| 3 | Charlie Hurt | 22 | 56:41 |
| 4 | Dave Miller | 22 | 57:19 |
| 5 | Jesse Rappole | 23 | 57:49 |

| <u>OA</u> | <u>Div/Tot</u> | <u>Name</u> | <u>Chip time</u> | <u>Pace</u> |
|-----------|----------------|--------------------|------------------|-------------|
| 25 | 3/127 | Jeffrey Harrington | 1:03:15 | 6:20 |
| 27 | 2/126 | Joel Wallschlaeger | 1:03:48 | 6:23 |
| 35 | 4/127 | Matt Richards | 1:04:47 | 6:29 |
| 42 | 2/114 | Bret Boman | 1:05:35 | 6:34 |
| 118 | 18/127 | Chris Gassler | 1:12:20 | 7:15 |
| 146 | 16/114 | Calvin Milam | 1:13:39 | 7:23 |
| 197 | 1/90 | Renee Draney | 1:15:24 | 7:36 |
| 206 | 7/93 | Craig Miller | 1:16:06 | 7:37 |
| 251 | 28/114 | Wilbert Hooper | 1:17:17 | 7:47 |
| 256 | 40/127 | Jack Flippin | 1:17:45 | 7:48 |
| 285 | 10/93 | Greg Kosowski | 1:18:36 | 7:52 |
| 396 | 48/127 | Erik Panzer | 1:21:42 | 8:11 |
| 457 | 50/114 | Michael Mitchell | 1:22:59 | 8:21 |
| 469 | 48/126 | Michael Pflieger | 1:23:30 | 8:22 |
| 696 | 63/129 | James Davis | 1:28:07 | 8:52 |

| | | | |
|--------------|------------------|---------|-------|
| 867 11/71 | Kathleen Graves | 1:31:51 | 9:14 |
| 1118 93/114 | Greg Sepesi | 1:36:06 | 9:45 |
| 1439 143/196 | Helena Joly | 1:43:56 | 10:29 |
| 1541 174/212 | Kristin Anderson | 1:46:16 | 10:47 |
| 1582 108/127 | Leslie Phillips | 1:48:14 | 10:52 |
| 1615 83/93 | Glenn Meyer | 1:48:12 | 10:59 |

| | | |
|-------------------|----|---------|
| 177 Heather Royer | 44 | 8:52:35 |
| 179 Mary Andrews | 28 | 8:56:20 |
| 192 Wendy Golden | 38 | 9:16:40 |
| 192 Renee Draney, | 40 | 9:16:40 |

April 22, Bedford - Promised Land 50K,

Race Director: *David Horton*

David reviews the race in this month's feature article.
The overall winners are:

MALE

| # | Name | Age | Time |
|---|-----------------|-----|---------|
| 1 | Eric Grossman | 37 | 4:52:51 |
| 2 | Jonathan Basham | 28 | 5:07:10 |
| 3 | Mike Mason | 35 | 5:20:00 |

FEMALE

| # | Name | Age | Time |
|---|-----------------|-----|---------|
| 1 | Jen Shelton | 22 | 5:43:19 |
| 2 | Kerry Arsenault | 41 | 5:47:54 |
| 3 | Crystal Pruitt | 20 | 5:51:40 |

LOCAL MALE

| # | Name | Age | Time |
|-----|-----------------------|-----|---------|
| 2 | Jonathan Basham | 28 | 5:07:10 |
| 11 | Christopher Palladino | 34 | 5:40:27 |
| 28 | Rick Brooks | 35 | 6:08:39 |
| 30 | Josh Yeoman | 22 | 6:11:34 |
| 32 | Ben Watson | 22 | 6:13:57 |
| 38 | Phil Offield | 33 | 6:24:01 |
| 41 | Joe Novak | 43 | 6:24:50 |
| 52 | Michael Tucker | 20 | 6:40:03 |
| 77 | Grattan Garbee | 43 | 7:14:22 |
| 101 | Matt Rawlins | 31 | 7:33:48 |
| 116 | Michael Dunlop | 36 | 7:49:01 |
| 119 | Clayson Brimijoin | 24 | 7:51:09 |
| 135 | Jim McFarland | 47 | 8:04:53 |
| 138 | Joseph Parker | 20 | 8:08:13 |
| 146 | Richard Golden | 39 | 8:11:24 |
| 166 | Steve Bozeman | 59 | 8:35:29 |
| 178 | Mike Weirich | 54 | 8:55:48 |
| 191 | Dave Barnett | 50 | 9:12:20 |
| 196 | Bernie Davis | 68 | 9:36:25 |

LOCAL FEMALE

| # | Name | Age | Time |
|-----|-------------------|-----|---------|
| 50 | Donna Elder | 43 | 6:39:09 |
| 97 | Nancy Ferris | 50 | 7:29:48 |
| 107 | Rebekah Trittipoe | 49 | 7:37:41 |
| 118 | Becky Mix | 19 | 7:49:34 |
| 142 | Sue Jones | 45 | 8:09:30 |
| 149 | Naomi Troudt | 20 | 8:15:01 |
| 153 | Alicia Taylor | 27 | 8:19:29 |
| 168 | Vanessa Shaffer | 19 | 8:37:21 |
| 170 | Jeanne Craig | 36 | 8:40:10 |

PROMISE LAND

As my workout for today,
I did the Promise Land 50 K
With two hundred hardy souls
Who have lofty running goals,
Though I'm not as young as they.

And let me tell you, Bud,
With all the rain and mud,
It was a challenge to undertake.
Now I'm ready for steak,
And I'd also like a spud.

Bernie the Bard

Ultra run? Mud Run? Yes!

By Sue Jones

My first Ultra Race was the 2006 Promise Land 50K. After a dry 10minutes, the heavens opened up with a torrential downpour and my feet were soaked from that point on, praise God for Vaseline! The lightning was very scary, as we were climbing up the mountain into the woods, two places you should NOT be in a lightning storm. But, our group prayed for God's protection and not long after that the lightning and thunder stopped. The rain, however, kept falling on and off for another 2 hours or so. Climbing up to the radio tower was like being in a mud run. The path was so mucked up with the previous 100 plus runners who had scrambled up the mountain before me, that you had to choose the risk of having your shoe sucked off, or hiking in the middle of small stream created by the run off. I chose the stream.

Scrambling down Cornelius Creek Trail, which was similar to the stream itself in places, I thought that there was no other place I would rather be at this time. It was so beautiful! And the sound of the rushing stream... should have warned me for what was ahead. The creeks we had crossed in training two weeks prior were now raging rivers in flood stage. Crossing one, I was a stride from the bank only to step into a hole and find myself in water up to my shorts! I later heard that one man fell in over

his head. A very dangerous place! Further on the trail itself did in fact turn into the creek and we had to make our way through ankle-high water, hoping the rocks wouldn't slip out from under our shoes. This was a concern for me in particular, as I was wearing an ankle brace from having rolled my ankle on trails a month earlier.

The chicken noodle soup at the trail head at North Creek and Cornelius Creek aid station was wonderful! In fact, all the food at all of the aid stations was terrific!! Thank you so much to all of the volunteers who helped out and made the race possible! I liked the running part on the gravel road that came next. Then, up into the hills we went. I hooked up with another runner from NC on this stretch and he helped me make it through the second half of the race. Bill was preparing to chalk up his 151st ultra at the conclusion of our run! Way to go, Bill! He was a great help to me, giving hints and helpful suggestions for the various parts we went through. We celebrated with a GU after getting to the top of the falls. From there, it was only a little way to the aid station on the parkway.

After crossing the finish line, I was so glad to be done. This was by far the most difficult thing I have ever done. I think that the Promise Land 50k fulfilled my desire to run an ultra, a mud run, and (the bonus) an adventure run! Thank you, Dr. Horton, for putting this on. Thank you, God, for stopping the storm and eventually the rain.

April 24, Boston - The 110th Boston Marathon
 The overall winners of this year's running of the 110th Boston marathon were **Robert Cheruiyot** of Kenya for the men in a time of 2:07:14 and **Rita Jeptoo** of, you guessed it, Kenya for the women 2:23:38.

Congratulations to the following local runners who participated:

| <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Pace</u> |
|------------------|------------|-------------|-------------|
| Peter Sheldon | 38 | 3:04:05 | 7:02 |
| Michael Doucette | 51 | 3:28:56 | 7:58 |
| Jeff Minahan | 49 | 3:34:53 | 8:12 |
| Cindi Bowen | 45 | 3:49:50 | 8:46 |
| Lowell Skelton | 65 | 4:09:48 | 9:32 |



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 enjoy every run for the gift it is.**

UPCOMING RACES

May 7, Roanoke - Run With Grace 5K

2 p.m., Info: Phyliss Norbo (540) 345-5118

May 27, Roanoke - Carillion 5K

Info: Alan Vierling (540) 981-8685

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)

June 3, Roanoke - Appalachian Power 5K

\$18 by 5/26, after \$28. Infp: Tammi Jewell (540) 343-0987, www.commonwealthgames.org

June, Lynchburg - 2006 Summer Track Series

"Every Tuesday in June"

MEET DIRECTOR: **Bret Boman**

WHO: All are invited. Ages 1 to 101! All abilities welcome, 4 minute through 12 minute milers, fast or slow sprinters.

WHAT: Events offered vary with the date. In general, one distance event highlights the evening, followed by 2-3 sprint events. Field events can be added by request. Cost for runners is just one dollar. Age Group ribbons for awards.

WHEN:

Meets are held each Tuesday in June. The highlighted distance event of the evening begins at 6:30pm.

2006 EVENT SCHEDULE

JUNE 6: 1500m / 100m / 800m

JUNE 13: 5000m / 200m

JUNE 20: 2 mile / 400m / 100m

JUNE 27: 1 mile / 200m / 800m

WHERE: Tradition has these meets hosted by Lynchburg College. However, due to construction of a new LC track, the meets for 2006 will be held at the **E.C. Glass High School Track.**

June 24, Lynchburg - Presbyterian Home 5K, 8:00 a.m.

Start, Presbyterian Home on Linden Avenue.

Info: Riverside Runners, Jeff Fedorko, (434) 846-7449

July 22, Lynchburg - LRR Summer Series 5 Mile & 1

Mile., 8:00 a.m. Start, Percival Island Parking Lot, Jefferson St. Info: Jeff Fedorko (434) 846-7449

Aug. 19, Lynchburg - LRR Summer Series ½ marathon & 5K, 7:30 a.m. Start, Blackwater Creek

Bikeway, Ed Page Entrance (by Greek Church on Langhorn Road), Info: Jeff Fedorko, (434) 846-7449

Cross Training

By Bernie Davis

On Tuesday and Thursday mornings starting at 8:30, Helen has, for years, been participating in an hour-long deep-water exercise class at the Altavista Y. Lynchburg's nearly new Jamerson Y is very close to us, but Helen believes the Altavista Y is cheaper, less crowded, and more friendly. And it is a very nice facility.

In January I began going to the Altavista Y with Helen to work out in the fitness center for an hour and a half. In March, I began riding my bike to Altavista (one-way) for my workouts. About forty minutes by car on the highway, the trip takes me about two hours by bike on the back road. I've done the ride five times with my trail bike and today, for the first time, with my road bike. Both bikes work fine. The road bike will really fly downhill. Trail bikes are much less prone to flat tires.

I intended and still intend this bike ride to be SOP. But there were several mornings in March when I wimped out because I thought it was too cold or threatening to rain. With the advent of daylight saving time, it is just barely daylight when I set out at 6:30. I don't jog on Tuesday or Thursday, but I walk five miles in the afternoon.

MORNING RIDES

Though I'm old and weak,
Exercise I seek.
So let me tell you, Mister,
I ride to Altavista,
And I do it twice a week.

If it's warm and clear,
I put my bike in gear
And ride out in the morning
While the day isorning
Before the sun gets here.

It's a ride of forty K
To the friendly YMCA
Where weight machines I buck.
Then I ride home in my truck
And walk later in the day.

Bernie the Bard

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

10% on select items.

Outdoor Trails

10% on select items.

Lynchburg Orthopedic Lab

10% on Orthotics

1919 Thomson Dr.

(804) 846-1803