

The Presidents Letter

Merry Christmas and a Happy New Year 2007!

May the upcoming year bring health and prosperity to the all members and families 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. The **New Year's Day Fun Run** will actually take place on Monday 1 January 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 off your 2007 membership dues. Further details are in this newsletter.

Race Director David Horton will again host the **Holiday Lake 50K ++** on February 10th at Holiday Lake State Park in Appomattox. If you love trail running this event is for you.

The **VES Arctic 5K** will be held on Saturday February 24th at 9:30 a.m. Race Director Jennifer Anderson and staff at VES put on a great winter race guaranteed to put your winter hill work in perspective.

Then on 10 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 keep 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 2006 officers who served in the executive committee; Paul Carrasco as Vice Pres., Bret Boman as Secretary, Catherine Phillips as Treasurer, Jeff Fedorko on Membership, and Vic Galan as newsletter editor. 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

incoming President and executive committee will work to insure that the future of the Lynchburg Road Runners is indeed a bright one.

See you on the roads,
Tommy Harris

2007 LRR OFFICERS

President	???
Vice-President	???
Secretary	???
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 12th of December. About thirty members and guests were in attendance to celebrate the end of a most successful year of racing in Lynchburg and surrounding communities. Free pizza was provided to start off the meeting and to help the members get in the mood for our guest speaker.

Master of ceremonies and membership chairman Jeff Fedorko provided an update on Club membership with a report of 112 individual, family and student memberships. Please pay attention to your membership due date on the bottom right of your newsletter address label.

Our guest speaker, Josh Bailey, provided a most helpful expose' of the foibles of the human body in response to the passion of the runner.

The meeting finished a little after 8 in the evening.

Best wishes to each and everyone in the Club for a healthy, prosperous and rewarding New Year 2007!!!

Next LRR Club Meeting

Tuesday, 9 January, 2007
at the Bedford Library
On Forest Road
7:00 p.m.

This will be an Executive Committee meeting to organize 2007 activities. All members and guests welcome. Your input is most welcomed.

number by mailing them to:

Lynchburg Roadrunners
C/O Membership Chairman
P.O. Box 11223
Lynchburg, Va. 24506

LRRC Member Renewal

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. Thank you for your continued support.

DAILY EXERCISE

Daily exercise, I contend,
Belongs in your blend.
If you keep yourself fit,
The health benefit
Is worth what you spend.

Bernie the Bard

FUN RUN

Monday 1 January, Riverside Park - LRRC New Year's Run with \$1.00 off membership dues for 2007.

Let's kick-off the new year 2007 right with a Fun-Run, followed by refreshments and social time.

We'll meet on New Year's Day 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 2007.** 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

RACE REPORTS / RESULTS

Nov. 11, Richmond - Sun Trust Marathon & 8K

Enduring warm weather that saw afternoon temperatures approach 80 degrees, 26-year-old Ethiopian Asnake Fekadu was unchallenged the entire race to win the 29th running of this race in a time of 2:20:23. On the women's side, Maureen Ackerly, 37, of Richmond captured her first marathon title with a winning time of 2:53:14.

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

Marathon Results

<u>Name</u>	<u>Time</u>
BRIAN KELLEHER	2:52:45
MATT RICHARDS	3:05:02
JONATHAN BRYANT	3:08:27
BRET BOMAN	3:12:16
DANIEL YOUNG	3:28:31
ANDREW WILDS	3:34:36
CHRISTIAN JORDAN	3:39:02
SARAH DAVIDSON	3:40:57
NANCY O'BRIEN	3:41:49
PETER O'BRIEN	3:41:49
GREG KOSOWSKI	3:48:17
PRESTON EVANS	3:49:33
SARAH GLASS	3:51:05
LESLEY MCPHATTER	3:52:28

WILBERT HOOPER	3:55:27
TIMOTHY DAILEY	4:02:32
KEVIN SHROYER	4:13:10
WAYNE PATTON	4:14:57
ERIK PANZER	4:15:18
BLAIR SNYDER	4:17:52
DAN BERKENKEMPER	4:25:52
KRISTA MEISCH	4:33:52
ROY JONES	6:47:53
KELVIN FLOWERS	4:47:54
ROY ILCH	4:53:55
JOHN HAGER	4:53:55

8K Results

<u>Name</u>	<u>Age</u>	<u>Time</u>
Joel Sutton	15	34:15
Michael White	41	37:18
David Hylton	28	39:17
Alex Hawkins	30	40:29
Michael Elliot	42	41:14
Sam Fuller	58	42:13
Kristie Shroyer	45	43:02
Amy Hawkins	25	44:08
Amy Patton	36	47:17
Carrie Knapp	22	50:29
Brian Carlton	53	50:42
Lauren Elliot	20	53:23
Gail Staton	52	53:48
Sonya Tweedy	23	57:43
Sue Wood	56	65:43

Nov 18, Roanoke - Star City Half Marathon

George Probst was the overall winner of the Star City half marathon (13.1 miles) with a time of 1:12:17. The first female to cross the finish was Katie Braekkan with 1:26:39 to finish.

Local finishers of the 1/2 Marathon include:

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
22	Gary Stroud	55	1:29:43
64	Robert Reid	38	1:40:27
71	Craig Miller	53	1:41:28
151	Jeanne Craig	37	1:58:28
190	Bernie Davis	69	2:06:04

Local finishers of the 5K included:

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
9	Mark Jones	14	19:35 1M 10-14
19	Sue Jones	45	21:38 3F 45-49
47	Heather Scott	24	25:52 1F 20-24
72	Marjette Glass	51	27:42 4F 50-54
84	Brenda Gray	60	32:10 2F 60-64

Foot Locker Cross Country Regional Championships, Charlotte, NC

5K

Sue Jones 3rd Master 21:25

3K

Mark Jones 23rd (medalled) 11:02
Micah Jones 13:00

Nov. 23, 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 365 runners at the 5K start line, and 54 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.

Andrew Rigler from Altavista, the overall winner, covered the hilly course through Poplar Forest in 16:51, and Ashley Hardy from Gretna, the female champion, finished in 20:05.

Tyler Bullock (6:30) and CT Skorcz (6:59), 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.

For any of you that ran the race and did not receive a race T-shirt we apologize. Unfortunately, two boxes of shirts did not make it to the race site on race day. If you are entitled to a shirt you may pick it up at Riverside Runners. 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

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Ashley Hardy	16	20:05
2 Angela Newman	18	20:41
3 Sarah Murphy	14	21:46

MALE OVERALL RESULTS

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Andrew Rigler	15	16:51
2 Jeff Harrington	36	17:36
3 Jordan Whitlock	19	17:46

MALE AGE GROUP: 1 - 13

<u>Pl</u>	<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	41	Michael Kenny	11	21:42
2	52	Brandon McClenny	13	22:16
3	70	Justin Jantomaso	11	22:46
4	103	Micah Jones	13	24:07
5	105	Bryan Rapp	11	24:09
6	110	Karl Overstreet	12	24:19
7	112	Gavin Proffitt	13	24:23
8	117	Rob Bradford	12	24:41
9	141	Jack Robertson	12	25:21
10	155	Daniel Kosowski	12	25:38
11	166	Regan Brooks	12	26:03
12	177	Carter Watson	13	26:22
13	178	Brian Carey	12	26:27
14	194	Lynch Heppner	10	27:13
15	235	Carter Head	13	28:57
16	245	Peter Harrington	11	29:33
17	297	Phillip Head	11	32:11
18	310	Daniel Dearden	11	33:12

19 334 Nathan LeVasseur 13 35:57

FEMALE AGE GROUP: 1 - 13

<u>Pl</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	66 Mary Deis	13	22:38
2	77 Rachel Lambrecht	13	23:06
3	80 Katie Vann	12	23:09
4	104 Bilynda Brinkley	13	24:08
5	114 Kate Tillotson	13	24:30
6	128 Maddy Skorcz	13	24:54
7	144 Sara Tschelter	9	25:27
8	147 Kaitlyn Brown	13	25:32
9	154 Katherine Drablos	13	25:38
10	231 Amber Wingfield	12	28:54
11	260 Elizabeth Main	11	30:09
12	279 Ruth Bettis	13	31:05
13	282 Elizabeth Robertson	8	31:13
14	338 Madi Davis	11	36:28
15	347 Anna Mitchell	13	39:31
16	348 Lillian Ware	8	39:32

MALE AGE GROUP: 14 - 19

<u>Pl</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	5 Jonathan Bryant	19	18:04
2	6 Robert Deis	15	18:25
3	8 James Evans	19	18:46
4	12 Adam Broda	18	19:17
5	13 Geoffrey Ranowsky	17	19:23
6	15 Elliott Brennan	17	19:32
7	17 Cam King	16	19:44
8	18 Kevin Truitte	16	19:45
9	20 Zach Wheeler	17	19:55
10	21 Jacob Pritchett	15	19:59
11	27 Joel Sutton	15	20:23
12	28 Peyton Yeatts	17	20:27
13	38 Ryan Van Noort	16	21:30
14	45 Robert Gettinger	14	21:50
15	48 Austin Vogt	15	22:04
16	54 Mark Jones	14	22:18
17	60 Jason Brame	15	22:28
18	67 Paul Overstreet	18	22:39
19	71 Jeff Kuhland	19	22:47
20	72 Matt Goetz	19	22:48
21	76 Taylor Scott	16	23:05
22	96 Travis Stauder	16	23:51
23	102 Thomas Imron	19	24:04
24	106 Drew Ramsey	17	24:10
25	125 Luke Johnston	19	24:51
26	127 John Goetz	18	24:53
27	167 Josaih Sutton	17	26:10
28	187 Jason Fielder	15	26:49
29	259 Ryan Truitte	14	30:03
30	264 Jimmy Kuhland	17	30:19

FEMALE AGE GROUP: 14 - 19

<u>Pl</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	85 Cara Haskins	15	23:17
2	100 Donna Bryant	16	24:02
3	111 Alix Hines	15	24:20
4	118 Austin Ferguson	17	24:43
5	129 Alicia Hooper	17	24:55
6	150 Lindsey Scott	18	25:34
7	162 Sarah Fiorito	16	25:56

8	196 Laura Ramsey	16	27:23
9	201 Allison Palmer	19	27:38
10	202 Nicole Imron	18	27:45
11	219 Laura Phelps	14	28:23
12	220 Jacqui Wendland	15	28:25
13	225 Kate Bradford	19	28:37
14	227 Salina Rtzanna	17	28:43
15	230 Brittany Dray	15	28:52
16	236 Krystal Mays	17	29:02
17	243 Margaret Harrington	14	29:15
18	248 Emily Carter	16	29:36
19	275 Taylor Reedy	16	30:58
20	289 Tiffany Burns	14	31:31
21	298 Amber Osinga	15	32:15
22	303 Valerie Phelps	16	32:31
23	328 Amy Maddox	19	35:11
24	352 Brooke Hutchison	15	42:31

MALE AGE GROUP: 20 - 24

<u>Pl</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	7 Jason Brown	24	18:41
2	9 Kirby Mills	21	19:03
3	10 W.C. Winston	20	19:09
4	11 Mike Waller	21	19:10
5	19 Jeromy Gallant	23	19:48
6	24 Bryan Hutchison	20	20:16
7	25 Chris Bollinger	20	20:17
8	34 Cameron Scott	20	21:09
9	53 Jonathan Sutton	21	22:17
10	57 Scott Dwyer	23	22:20
11	107 James Harvey	20	24:11
12	123 Casey Grey	21	24:49
13	126 Keith Jr. Austin	20	24:51
14	132 Blake Edmondson	23	25:00
15	133 Lucas Brown	21	25:09
16	135 Parker Mills	23	25:13
17	138 Scott Palmer	23	25:17
18	159 Jacob Brown	23	25:46
19	161 Cody Grey	23	25:51
20	170 Jason Bryant	24	26:14
21	203 Ryan Lane	24	27:46
22	204 Matt Van Donsel	20	27:48
23	209 Rob Bradford	22	28:09
24	267 Kevin Muniz	23	30:30
25	292 Drew Lawhorne	23	31:43
26	299 Richard Suddith	20	32:18

FEMALE AGE GROUP: 20 - 24

<u>Pl</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	84 Brandie Brown	21	23:14
2	134 Meg Dailey	20	25:12
3	164 Nicole Lane	24	26:00
4	181 Naomi Sutton	24	26:30
5	217 Erica Neiman	20	28:21
6	241 Kristen Overstreet	23	29:10
7	281 Heather Vozel	24	31:12
8	285 Michelle Patterson	21	31:27
9	293 Alicia Acorn	21	31:49
10	321 Ashley Bryant	22	34:13
11	322 Lauren Elliott	20	34:19
12	325 Sarah Scruggs	22	34:41
13	329 Sarah May	22	35:26

MALE AGE GROUP: 25 - 29

1	55 Walker Wright	27	22:19
2	95 David Hylton	28	23:49
3	146 Adam Copp	26	25:30
4	152 Davy Hazlegrove	27	25:36
5	211 Adam Ales	25	28:10
6	218 Jason Osborne	28	28:22
7	240 Andrew Bollinger		29:08
8	263 Ben Johnston	26	30:15
9	266 Jeff Mason	26	30:29
10	270 Chad Copp	25	30:46
11	306 Michael Staton	29	32:44
12	324 Jack Gary	28	34:31
13	332 Martin Johnson	27	35:47
14	337 Daniel Muniz	25	36:20
15	350 Russell Hutchison	28	40:53

FEMALE AGE GROUP: 25 - 29

<u>Pl</u>	<u>QA Name</u>	<u>Age</u>	<u>Time</u>
1	56 Hitomi Makino	27	22:20
2	86 Jamie Campbell	27	23:18
3	98 Galen Gordon	25	23:56
4	153 Jennifer Pillow	27	25:37
5	172 Holly Vandewater	28	26:16
6	188 Hilary Foster	28	26:52
7	197 Kelly Wills	29	27:26
8	234 Meghan Mann	29	28:56
9	239 Lauren Hudson	29	29:07
10	256 Anna Gilkey	27	30:01
11	262 Lyzette Bullock	27	30:12
12	268 Beverley Laughon	28	30:31
13	269 Stefanie Copp	25	30:41
14	277 Beth Houck	29	31:03
15	278 Christy Gonzalez	29	31:04
16	280 Elizabeth Cook	27	31:10
17	283 Melissa Short	25	31:26
18	284 Jill Nance	25	31:27
19	308 Lindsey Koons	26	32:51
20	344 Courtney Gary	28	38:26

MALE AGE GROUP: 30 - 34

<u>Pl</u>	<u>QA Name</u>	<u>Age</u>	<u>Time</u>
1	4 Michael McPhatter	33	18:01
2	36 Jared Hesse	30	21:17
3	39 Frank Gonzalez	30	21:37
4	51 Chris Stuckey	34	22:12
5	61 Chris Banton	33	22:29
6	69 Zach Gettinger	31	22:42
7	81 Henry Hsu	34	23:10
8	91 Mark Freeman	32	23:36
9	101 Mke Walker	31	24:02
10	108 Jeff Terry	32	24:12
11	109 Jeremy White	31	24:14
12	120 John Willse	30	24:45
13	142 Steve Webber	33	25:22
14	145 Jeff Williams	32	25:28
15	165 Keston Fulcher	31	26:01
16	212 Fred Heppding	33	28:11
17	221 Jesse Shieh	34	28:26
18	229 Sam Rabon	33	28:51
19	244 Mike Durham	32	29:22
20	257 Adam New	33	30:02

FEMALE AGE GROUP: 30 - 34

<u>Pl</u>	<u>QA Name</u>	<u>Age</u>	<u>Time</u>
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1	157 Nina Dillon	32	25:45
2	190 Elizabeth Creasy	30	26:54
3	206 Jennifer Hutchinson	31	28:03
4	207 Karen Singleton	34	28:04
5	216 Sherri Maddox	34	28:20
6	223 Kellie Hudson	33	28:35
7	224 Christie Howard	33	28:36
8	265 Heather Newman	32	30:23
9	271 Holly James	31	30:47
10	276 Tana Willse	31	31:00
11	312 Cory Morris	33	33:25
12	323 Shawn Hecker	32	34:21
13	327 Alice Felmlee	33	35:07
14	333 Melissa Gilkey	30	35:56
15	346 Laurel Weaver	32	38:46
16	351 Jessica Bellamy	32	40:54
17	353 Camille Rabon	30	42:32

MALE AGE GROUP: 35 - 39

<u>Pl</u>	<u>QA Name</u>	<u>Age</u>	<u>Time</u>
1	14 Darrell Wargo	38	19:24
2	16 Kenny Palmer	38	19:43
3	22 Rick Brooks	36	20:04
4	30 Chris Gassler	37	20:29
5	35 James Fischer	38	21:13
6	40 Frank Wright	35	21:40
7	42 Paul Schmidt	38	21:43
8	47 Bill Vickery	36	22:04
9	63 Chris Gowen	36	22:35
10	79 Bryan Reynolds	37	23:08
11	90 Jack Flippin	36	23:32
12	93 Roy Emeigh	38	23:42
13	94 Clunet Pettyjohn	36	23:47
14	99 David Head	39	24:01
15	116 Alan Rogers	39	24:39
16	122 Jamie Miller	39	24:47
17	214 Christopher Jaskson	35	28:14
18	228 Barry Witt	38	28:44
19	250 John Perry	35	29:40
20	286 Doug Robertson	36	31:28
21	296 Matt LeVasseur	39	32:10
22	313 Daniel Wolfanger	38	33:26
23	318 Tim Briggs	39	33:51

FEMALE AGE GROUP: 35 - 39

<u>Pl</u>	<u>QA Name</u>	<u>Age</u>	<u>Time</u>
1	137 Gabby Suydam	36	25:16
2	140 Jeannie Craig	37	25:21
3	199 Brandy Schmidt	35	27:34
4	200 Anne Ranson	36	27:35
5	210 Brooke Pettyjohn	36	28:10
6	232 Sassy Betts	39	28:55
7	233 Linda Jackson	37	28:55
8	237 Dawn Emeigh	38	29:05
9	238 Betty Harrington	35	29:06
10	246 Patty Sanders	36	29:34
11	272 Heather May	35	30:49
12	291 Leslie Riehl	39	31:38
13	295 Rachel Mitchell	36	32:00
14	300 Kim Daniel	39	32:22
15	316 Melody LaPrade	38	33:42
16	331 Cindy Capps	36	35:28
17	354 Lee McClenny	39	44:43
18	355 Linda Ware	39	44:43

19	363 Kim Kost	38	1:00:37
20	365 Victoria Swinson	39	1:00:37

14	131 David Jansson	48	24:59
15	139 Steve Letterman	47	25:20
16	143 Charles Lee	46	25:25
17	176 Skip Galt	47	26:22
18	179 Daniel Carey	46	26:28
19	182 Paul Bryant	48	26:31
20	193 David Miles	46	27:09
21	195 Bruce Gerlich	49	27:14
22	222 John Wren	45	28:32
23	254 Richard Raines	45	29:55
24	261 Douglas Main	48	30:11
25	273 Chris Sullivan	49	30:52
26	361 Tim Dudley	45	52:30

MALE AGE GROUP: 40 - 44

<u>Pl</u>	<u>QA Name</u>	<u>Age</u>	<u>Time</u>
1	33 Grattan Garbee	43	21:08
2	50 Mark Karnes	43	22:06
3	73 Troy Burns	42	23:00
4	78 Gray Wiley	40	23:07
5	97 Dickie Beale	44	23:54
6	124 Thomas Mohr	44	24:50
7	136 Edward Fielder	41	25:15
8	148 Dave Drablos	42	25:33
9	149 Michael Elliott	42	25:34
10	151 James Gallagher	40	25:35
11	160 Dwayne Marshall	43	25:47
12	184 Bob Dendy	43	26:35
13	185 Stephen Brooks	42	26:37
14	208 Jay Waller	42	28:08
15	213 Dale Witt	41	28:12
16	215 Randy Nixon	43	28:15
17	253 Chris Heppner	44	29:54
18	258 Melvin Sperberg	42	30:02
19	274 Yesh Rtzanna	44	30:54
20	339 Jimmy Davis	43	36:37
21	356 Chris Skorcz	40	47:37
22	362 Michael Nuckles	44	53:30

FEMALE AGE GROUP: 45 - 49

<u>Pl</u>	<u>QA Name</u>	<u>Age</u>	<u>Time</u>
1	58 Sue Jones	45	22:21
2	115 Cheryl Gerlich	46	24:32
3	186 Marianne Ramsey	48	26:48
4	242 Sandi Martin	47	29:14
5	251 Elizabeth Taraldson	46	29:47
6	252 Amy Heppner	49	29:52
7	255 Andrea Neiman	45	29:57
8	288 Pam Bradford	48	31:30
9	290 Betty Sullivan	47	31:32
10	301 Dawn Heneberry	48	32:24
11	302 Karin Truitte	46	32:25
12	326 Bonnie Tillotson	45	34:48
13	330 MaryJane Dailey	47	35:27
14	343 Carolyn Paschau	46	38:21
15	345 Anne Gibbons	49	38:27
16	358 Lisa Liston	45	48:31

FEMALE AGE GROUP: 40 - 44

<u>Pl</u>	<u>QA Name</u>	<u>Age</u>	<u>Time</u>
1	65 Donna Elder	43	22:38
2	87 Ellen Wiley	42	23:26
3	113 Lisa Richardson	40	24:29
4	119 Alycia Ferguson	41	24:44
5	171 Priscilla Bettis	42	26:15
6	198 Pamela Willoughby	43	27:27
7	249 Myra Dendy	42	29:38
8	287 Teresa Rtzanna	41	31:29
9	341 Karen Dearden	44	36:47
10	359 Clare Skorcz	41	50:30
11	364 Theresa Riddle	41	1:00:37

MALE AGE GROUP: 50 - 54

<u>Pl</u>	<u>QA Name</u>	<u>Age</u>	<u>Time</u>
1	37 Ron Rogers	54	21:22
2	46 Craig Miller	53	22:40
3	68 Brian Carlton	53	22:40
4	74 Kenneth Duncan	52	23:02
5	89 Keith Sr Austin	52	23:30
6	156 Gregory Kosowski	50	25:39
7	163 Thomas Munit	51	25:58
8	169 Bryan Elliott	51	26:13
9	175 William Flynn	53	26:21
10	191 Craig Gettinger	53	26:55
11	226 Thomas Eppes	54	28:39
12	294 Charlie Copp	53	31:57
13	304 Chris Barrett	54	32:40
14	305 Robert Brennan	53	32:43
15	309 Dan Schalder	54	33:11
16	314 Gary Hatmaker	54	33:28
17	319 Mike Bradford	53	34:05
18	320 Clarke Scott	51	34:06

MALE AGE GROUP: 45 - 49

<u>Pl</u>	<u>QA Name</u>	<u>Age</u>	<u>Time</u>
1	26 RB Carter	48	20:21
2	29 Daniel Hague	49	20:28
3	32 Calvin Milam	45	20:50
4	49 Ted Batt	47	22:05
5	59 Hunter Marshall	47	22:23
6	62 Kevin Shroyer	46	22:34
7	64 Wilbert Hooper	48	22:37
8	75 Timothy Dailey	49	23:04
9	82 Jim McFarland	48	23:12
10	83 Eric Kenny	47	23:13
11	88 Paul Broda	47	23:28
12	121 Rick Benedict	46	24:46
13	130 TJ Liston	47	24:58

FEMALE AGE GROUP: 50 - 54

<u>Pl</u>	<u>QA Name</u>	<u>Age</u>	<u>Time</u>
1	44 Nancy Ferris	50	21:48
2	205 Ann Allison	54	27:49
3	335 Joyce Scott	52	36:16
4	336 Teri Grey	54	36:17
5	340 Sue Johnston	50	36:38
6	349 Rowana Okun	51	40:52

MALE AGE GROUP: 55 - 59

<u>Pl</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	92 Jim Weimer	59	23:40
2	168 Alan Rothchild	55	26:12
3	174 Jim Vandewater	57	26:18
4	183 Thomas Brickhouse	59	26:32
5	192 Gene Proctor	58	26:57
6	307 Ron Gettinger	57	32:47
7	342 Paul Grey	55	37:12

FEMALE AGE GROUP: 55 - 59

<u>Pl</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	158 Kathy Stafford	56	25:46
2	173 Candice Michalik	59	26:17
3	317 Candace Lawhorne	56	33:43

MALE AGE GROUP: 60 - 69

<u>Pl</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	180 Roger Stoudt	61	26:29
2	189 Bob Foster	60	26:53
3	247 Ted Abernathy	62	29:35
4	315 Larry Scott	61	33:30

FEMALE AGE GROUP: 60 - 99

<u>Pl</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	311 Betty Morris	60	33:14

MALE AGE GROUP: 70 - 99

<u>Pl</u>	<u>OA Name</u>	<u>Age</u>	<u>Time</u>
1	357 Joseph Skorcz	70	48:31
2	360 Floyd Bettis	75	51:30

Dec. 2 Bedford - 27th 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

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Matt Richards	39	35:51
2	Jordan Whittock	19	37:02
3	James Evans	19	37:43
4	Brian Falls	40	38:14

Female

1	Nancy Ferris	50	43:44
2	Donna Williams	45	44:39
3	Jennifer M Pritchett	30	45:49
4	Donna Elder	44	46:00

10K Age Group Results

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
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MALE AGE GROUP: 1 - 12

1	230 Kendall Harrison	7	57:58
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MALE AGE GROUP: 13 - 19

1	179 Erik Steidl	19	39:57
2	180 Jesse Mitchell	19	40:17
3	181 Timothy Vernon	15	40:19

FEMALE AGE GROUP: 13 - 19

No Entries

MALE AGE GROUP: 20 - 29

1	177 Jason Brown	23	39:02
2	209 David M Hylton	28	48:32
3	228 Matt Ritter	29	56:14

FEMALE AGE GROUP: 20 - 29

1	207 Galen Gordon	25	48:11
2	216 Jennifer M Pillow	27	51:37
3	224 Meagan Hinson	25	54:48
4	231 Lauren Young	25	58:52
5	232 Jennifer Overstre	24	58:53

MALE AGE GROUP: 30 - 34

1	206 Kevin Cloran	34	47:56
2	208 James Harrington	30	48:25

FEMALE AGE GROUP: 30 - 34

No Entries

MALE AGE GROUP: 35 - 39

1	178 Darrell Wargo	38	39:35
2	189 Robert Reid	38	44:34

FEMALE AGE GROUP: 35 - 39

1	236 Leslie Riehl	39	1:05:02
2	237 Rebecca Carroll	38	1:06:50
3	238 Rachel Mitchell	36	1:06:50
4	242 Melody Laprade	38	1:09:37

MALE AGE GROUP: 40 - 44

1	186 Grattan Garbee	43	43:37
2	223 David Dilard	43	54:14

FEMALE AGE GROUP: 40 - 44

1	212 Louise Uffelman	43	49:30
2	227 Leigh Prom	44	55:52

MALE AGE GROUP: 45 - 49

1	182 Dan Hague	49	40:40
2	183 Andrew Wilds	46	40:46
3	188 Wilbert Hooper	48	44:14
4	196 Kevin Shroyer	46	45:26
5	202 Tim Dailey	49	46:55
6	215 Jerry Ballard	47	51:25
7	233 Gary Gray	49	59:21
8	243 Jerry Price	45	1:09:38

FEMALE AGE GROUP: 45 - 49

1	225 Kristie Shroyer	45	55:29
2	234 Susan Crabtree	47	1:00:06

MALE AGE GROUP: 50 - 59

1	184 Preston Evans	50	42:55
2	185 Frank A Guler	56	43:24
3	191 Craig M Miller	53	44:52

4	195 Michael D Morris	53	45:09
5	199 Mike Mitchell	50	46:40
6	205 Kelvin Flowers	51	47:43
7	210 Bobby Dean	52	48:33
8	211 Thomas Roth	56	48:40
9	219 Tom Muniz	51	52:35
10	229 Bruce Ritter	55	56:25
11	235 Joey Allen	55	1:00:07

FEMALE AGE GROUP: 50 - 59

1	226 Ann Allison	54	55:49
2	244 Mickey Pellillo	50	1:10:38

MALE AGE GROUP: 60 - 64

1	220 Ted Abernethy	62	52:43
2	239 Larry Scott	61	1:06:54
3	240 Leland Gammon	62	1:08:59

FEMALE AGE GROUP: 60 - 64

1	247 Peggy Gammon	60	1:15:44
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MALE AGE GROUP: 65 - 99

No Entries

FEMALE AGE GROUP: 65 - 99

No Entries

THE CHRISTMAS CLASSIC

'Twas a great race no doubt,
But I sat this one out
Due to a situation I abhorred:
Sprained knee on a snowboard,
And it's none too stout.

Bernie the Bard

5K Overall Results

Place Name Age Time

Male Overall

1	Jeff Harrington	36	17:22
2	Kenny Flint	17	18:36
3	Clinton Overstreet	14	19:07
4	Kenny Palmer	38	19:15

Female Overall

1	Cory L Morris	33	20:52
2	Mary Lynn Deis	13	21:32
3	Jen Putney	31	22:10
4	Deanna Grim	42	22:52

5K Age Group

MALE AGE GROUP: 1 - 12

1	37 Stephen Vernon	12	23:03
2	77 S J Boone	12	26:34
3	91 Jamie Carroll	10	27:52
4	97 Alex Conway	10	28:18
5	105 Jamie Messier	12	29:07
6	113 Nelson Carroll	10	30:03
7	114 Keegan Alvis	8	30:06
8	133 Austin Porter	10	31:33
9	134 Will Norvelle	9	31:36
10	146 Dalton Worsham	11	34:07

FEMALE AGE GROUP: 1 - 12

1	60 Elizabeth Vernon	12	25:13
2	94 Annie Kate Dailey	12	27:59
3	129 Tara Harlow	9	31:19
4	142 Logan M Byers	11	33:06
5	143 Lizzie Boone	8	33:13
6	170 Sydney Angel	8	38:11
7	174 Hannah Overstreet	8	38:20
8	176 Lillian Ware	8	38:39
9	213 Carrie Craig	4	51:20
10	221 Molly Robertson	9	53:07
11	222 Micaela Delledera	9	53:08
12	241 Nessa Molnar-Suhajd	8	1:09:32
13	246 Gabriella G Greco	8	1:14:12

MALE AGE GROUP: 13 - 19

1	5 Caleb Kingery	15	19:23
2	6 Ben Berry	19	19:39
3	10 Joel Sutton	15	19:52
4	15 Jake Link	16	20:45
5	19 Adam Broda	18	20:55
6	24 matt carpenter	15	21:37
7	27 Sam Dailey	16	21:59
8	29 John Nixon	18	22:00
9	30 Kyle Broda	16	22:08
10	39 Alex Fisher	16	23:15
11	56 Cody Reynolds	15	25:06
12	58 Aron Wickline	15	25:07
13	107 Skyler Wingfield	15	29:12
14	119 Bryce Clark	17	30:24
15	131 Ethan Dalton	14	31:27

FEMALE AGE GROUP: 13 - 19

1	41 Alix Hines	15	23:39
2	45 Courtney Falls	13	23:56
3	47 Heidi Heimer	15	23:59
4	50 Chistiana Marjakang	13	24:10
5	63 Alicia Hooper	17	25:25
6	74 Kaitlyn Brown	13	26:09
7	79 Tiffany Quesenberry	16	26:37
8	81 Annie Willmon	13	26:51
9	83 Haley Smith	13	27:22
10	93 Emily Carter	16	27:58
11	95 Holly Flowers	13	28:04
12	99 Katrina Litchford	16	28:29
13	115 Anne Whitehurst	15	30:09
14	118 Katherine Burks	17	30:21
15	122 Hailey Flowers	15	30:37
16	139 Sara Maupin	17	32:37
17	140 Stefanie Shields	17	32:37
18	154 Amy Whyte	16	35:59
19	200 Lauren Basham	17	46:47
20	217 Tiffany Wade	17	51:52
21	218 Ashley Sink	17	52:34

MALE AGE GROUP: 20 - 29

1	7 Reece Martinez	24	19:40
2	16 Christopher Montgom	25	20:51
3	18 Walker Wright	27	20:54
4	26 Joshua Ranes	29	21:55
5	33 Kyle Harvey	20	22:35
6	38 Jonathan E Hanna	27	23:08
7	40 Josh Sutton	21	23:35

8	54 Jacob Brown	23	24:54
9	57 Rob Lampkin	27	25:06
10	61 Travis W Wingfield	29	25:22
11	69 Kurt Reighard	28	25:34
12	75 Matt Van Donsel	20	26:20
13	100 Joshua Nixon	22	28:34
14	120 Richard Suddith	20	30:25
15	130 Scott Graham	26	31:24
16	138 Dory Lancaster	21	32:25
17	158 Mark St Martin	20	36:06
18	162 Tim Covi	24	36:13

FEMALE AGE GROUP: 20 - 29

1	36 Brandie Brown	21	22:56
2	70 Stacey Reighard	28	25:37
3	80 Amy Hawkins	25	26:46
4	88 Joy Osborne	24	27:42
5	89 Kacie Pantana	27	27:51
6	90 Anna Gilkey	27	27:52
7	92 Kelly stone	21	27:54
8	104 Rebekah Meadows	25	29:07
9	108 Erin Ritter	26	29:35
10	110 Michelle Cofer	27	29:41
11	123 Jennifer Scanlon	26	30:37
12	151 Theresa Nelson	23	35:15
13	194 Katie Ann Daniels	22	45:04
14	201 Cherad Cloran	27	46:48

MALE AGE GROUP: 30 - 34

1	12 Gregg Dean	30	20:22
2	51 Larry Scarberry	30	24:13
3	68 Fred Heppling	33	25:33
4	87 Jeff Amos	30	27:41
5	96 Adam New	33	28:18
6	101 Chris Conway	34	28:35
7	128 Charles Harlow	33	31:19
8	135 John Porter	33	31:49
9	141 Kyle Williams	34	32:56

FEMALE AGE GROUP: 30 - 34

1	43 Hollie Porter	33	23:49
2	53 Katherine Seay	30	24:43
3	67 Kelly Jennings	33	25:31
4	72 Elizabeth Creasy	30	25:53
5	127 Sunshine Lewis	30	31:18
6	132 Darlene Jenkins	31	31:31
7	147 Kim Rawlings	34	34:11
8	160 Heather Williams	33	36:09
9	165 Kristen Graham	33	36:56
10	203 Jennifer Stinnette	32	47:19
11	204 Lee Ann Eagle	32	47:20

MALE AGE GROUP: 35 - 39

1	13 Steve Spire	36	20:29
2	20 Tommy Field	38	20:56
3	21 James E Fischer	39	21:12
4	23 Bill Vickery	36	21:36
5	52 Richard Creasy	37	24:23
6	84 Bassy Witt	38	27:28
7	103 Walter C Nixon	36	29:06
8	126 Rodney Beale	37	31:16
9	214 Carrie's Dad	37	51:20

FEMALE AGE GROUP: 35 - 39

1	55 Kara Sensenig	39	24:57
2	59 Jeanne Craig	37	25:07
3	62 Helen A Maxwell	38	25:24
4	86 Sheri Worsham	38	27:35
5	125 Lisa Shelton	37	31:10
6	145 Carol Ruggio	39	33:41
7	156 Krista Moore	37	36:01
8	159 Sheila St Marton	38	36:06
9	167 Linda Ward	39	37:02
10	193 Kimberly Taylor	36	44:57

MALE AGE GROUP: 40 - 44

1	9 Kevin Willis	40	19:44
2	25 Mark Karnes	42	21:46
3	44 Eddie Fielder	41	23:51
4	71 Jeff Cutler	40	25:42
5	73 Randy Nixon	43	25:57
6	76 Darrell Childress	43	26:28
7	82 Mark Slomen	43	26:57
8	85 W. Melvin Sperberg	42	27:33
9	117 Dale Witt	41	30:15
10	152 David Whitehurst	44	35:33
11	192 Avery Rose	43	44:57

FEMALE AGE GROUP: 40 - 44

1	49 Kitty Tomkinson	40	24:09
2	102 Diane Sosa	42	28:40
3	163 Tracey White	43	36:19
4	164 Charla Casino	42	36:19

MALE AGE GROUP: 45 - 49

1	8 RB Carter	48	19:43
2	28 Winston W Burks III	47	21:59
3	106 Tom Kingery	48	29:11
4	112 Kurt W Smith	45	29:56
5	121 Shea Alvis	45	30:27
6	149 Tom Jorvelle	45	34:23

FEMALE AGE GROUP: 45 - 49

1	111 Mary Jo Boone	45	29:42
2	136 Delisa F Alvis	46	32:00
3	144 Mary Jane Dailey	47	33:33
4	150 Kathy Nelson	49	35:15
5	173 Cathey Burks	47	38:20

MALE AGE GROUP: 50 - 59

1	11 Ron Riscant	52	20:18
2	14 Dave Wriston	51	20:40
3	32 Dave Eckes	56	22:18
4	34 Keith Austin	52	22:51
5	42 Don Mankie	51	23:42
6	46 Ken Bailey	56	23:58
7	64 Bob Moody	51	25:27
8	66 Ron Nelson	51	25:29
9	78 Gene L Croce	50	26:35
10	109 Glenn Meyer	51	29:39
11	245 Mick Overstreet	56	1:13:56

FEMALE AGE GROUP: 50 - 59

1	65 Candice Michalik	59	25:28
2	98 Marjette Glass	51	28:28
3	116 Cindy Harper	53	30:13
4	124 Trina Nicholson	52	31:03
5	148 Sally Ritter	55	34:17

6	161 Ann Bailey	56	36:13
7	175 Rowana Okwin	51	38:37

MALE AGE GROUP: 60 - 64

1	48 Robert W Pawlas	63	24:09
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FEMALE AGE GROUP: 60 - 64

1	137 Connie Hall	60	32:06
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MALE AGE GROUP: 65 - 99

1	155 George W Smith	82	35:59
2	157 Jim Cutler	68	36:02
3	168 Garland L Page Jr	74	37:15
4	172 Charles Moore	72	38:15

Dec. 9, Fincastle, VA - Hellgate 100K

Hellgate 100K

“The Tradition Continues – Extreme Cold, Wind and Leaves”

By David Horton

www.extremoultrarunning.com

In the short time of just 4 years, the Hellgate 100K has developed a reputation and tradition of tough, brutal and REWARDING conditions and performances. In 2003, we had about a foot of snow and temperatures in the low teens; cold but dry in 2004, snow and ice last year and temperatures around 12° with winds of 20-30 mph this year. If you don't believe how rewarding finishing the Hellgate 100K is, go to our website and read the accounts from this and other years about finishes and non-finishes. If this course is dry and the temperatures and leaves cooperate (not this time of year anyway), I think the veterans would be disappointed. Most runners who ran on the ice-covered course last year thought that it was better than the leaves on the ground this year.

This race is unlike the majority of ultras. A 12:01 a.m. starting time with over 13,000 feet of elevation gain on some technical trails, with only 9 aid stations and a time limit of 18 hours, make for a race that is definitely not for everyone. Runners have to be much more self-sufficient and consider eating a lot more, as well as the issues of lighting and clothing.

The pre-race and finish site of Camp Bethel is perfect. It is a small, but intimate setting that is nostalgic. The pre-race meal by the staff at Camp Bethel is outstanding. Right at the finish there is food, showers, bathrooms, beds, and WARMTH immediately available.

Because of the many challenges of the course, the aid stations and transporting runners, we have had to (and will continue) to keep the runner limit at 100. Please don't ever enter Hellgate if you don't think you have a realistic chance of finishing. We filled up six weeks prior to race day this year.

The shirts that all runners receive for entering the race is a classic. It is a picture of a runner entering the gates of Hell with fire all round. Every year we have a new quote printed on the front of the shirt. This year's quote was from

a Roman poet who said, “The gates of Hell are open night and day.”

There were also many runners who had just run the Mountain Masochist five weeks earlier. This turned out to be a problem for many runners. Please take this into consideration before attempting to run both races in 2007. Of the 95 runners who started at just past midnight, 51 males and 7 females finished.

Eric Grossman maintained his pace to break Sean Andrish's (Leesburg, VA) course record time of 11:23, finishing in a new record time of 11:03. Grossman has clearly established himself as a national class ultra runner with victories at the Promise Land 50 Miler, MMTR 50 Miler and Hellgate 100K, as well as many other races. He was also winner of the 2006 Montrail Ultra Cup. As a result, he is on Montrail's 2007 National Ultrarunning Team. He will be a force to be reckoned with in the future.

Steve Slaby ran consistently through the race to finish in 2nd place with a time of 11:42. Serge Arbona took 3rd in 12:08, edging out Bradley Mongold who finished 4th in 12:10.

As expected, Kristin Moehl took the lead from the start. She used her superior speed and experience to forge a 37 minute lead over Sarah Johnston by aid station 7 (Bear Wallow Gap – 42.5 miles) and ran strong from there on to finish in 13:01, breaking Catherine Phillips course record of 13:15 set in 2003. Only 4 male runners ran faster than Moehl.

Sarah Johnston stayed very strong to the finish completing the race in 2nd place with a time of 13:37, the third fastest female ever at Hellgate. This was definitely a breakthrough race for the little “space cadet.” She was the only woman to finish the **Horton Slam** in 2006 which includes the Holiday Lake 50K, the Promise Land 50K, the MMTR 50 Miler and the Hellgate 100K.

The following six males officially completed **the Horton Slam**: Steven Baker, Michael Stratton, Byron Backer, Kevin Townsend, Rick Gray and David Snipes.

The real heroes are the three aid station crews who each worked 3 aid stations...they leap-frogged throughout the course. They suffered hours on end, STANDING (or running in place) in high winds and freezing temperatures to meet the needs of the runners. One runner told me this incredible story ... When he came into a particular aid station, he couldn't get his shoes untied because of frozen fingers. He asked for help, and the young lady tried, but her fingers were so cold she couldn't get them undone either. At this point, she raised his foot and untied his shoe with her TEETH! Now that's what I call above and beyond the call of duty!! We have fantastic aid crews for all our races - Thank you volunteers!

What will December 8, 2007 bring? Who knows!?!?!? Be there and find out!!!!

The top twenty finishers are:

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
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1	Eric Grossman	38	11:03:35 !	
2	Steve Slaby	25	11:42:21	
3	Serge Arbona	41	12:08:22	
4	Bradley Mongold	29	12:10:15	
5	Kristin Moehl	29	13:01:14 !	F
6	Jerry Turk	48	13:24:49	
7	Robert Wehner	44	13:33:58	
8	Sarah Johnston	22	13:37:12	F
9	Steven Baker	21	13:40:43	
10	Jeffrey Wilbur	47	14:02:32	
11	Steve Core	40	14:05:25	
12	Jeffrey Garstecki	37	14:12:24	
13	Zach Gingerich	27	14:47:18	
14	Byron Backer	42	14:49:45	
15	Richard Lilly	44	14:53:02	
16	Bill Tryon	33	14:55:30	
17	Kevin Townsend	33	15:06:20	
18	Ryan Henry	32	15:16:19	
19	Sophie Speidel	43	15:16:19	F
20	Paul Ralyea	39	15:25:12	

Two local runners completed the course:

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
38	Jarett Tighe	39	16:29:38
52	David Christen	23	17:26:10

You can read articles written by some of the finishers of the 2006 Hellgate on the website at www.extremeultrarunning.com

UPCOMING RACES

Jan. 1, Riverside Park - LRR New Year's Fun-Run, with \$1.00 off membership dues for 2007. 9:00 a.m. in the parking lot at **Riverside Park** for a leisurely paced 3 mile or + shake-out run and good cheer.

Feb. 10, 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.

Feb. 24, Lynchburg - VES/LRR Arctic5K, 9:30a.m. at Virginia Episcopal School campus. Race Director, Jennifer Anderson, 434-384-3711, or call Riverside Runners 434-846-7449. **See Flyer in this newsletter.**

March 10, 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 17 & 18, Virginia Beach - 29th Shamrock Sportsfest. On 3/17: 8K, 8am; Mile, 10:30am. On 3/18: Half Marathon, 7am; Marathon 8am. Info: Amy Frostick at 757-412-1056 or www.shamrockmarathon.com



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Saturday, 9:00am - 6:00pm

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

Dr. Frank Villa

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