

The Presidents Letter

The negotiations with the Lynchburg Chamber of Commerce for a formal contract to own the Virginia 10-Miler was completed. We have filed an application with the State of Virginia for non stock corporate status and the RRCA has approved the 10-Miler as the East Coast Regional 10-Miler Championship. The paperwork was signed with the Chamber on March 8 and an official press release was issued on

March and April saw the beginning of a great road racing season. There were many race 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 10th Goode "What Goes Down Must Come Up," handicap race and pancake breakfast was a great success. Many thanks to Jerome Loy for another outstanding event. Perhaps he can advise Dave Horton on the arrangements for nice weather on race day.

Many area runners tested their mettle at the Shamrock marathon and ½, the Charlottesville Ten Miler, the Charlottesville Marathon & ½ Marathon, the Promise Land 50K, and the inaugural Godparent 5K, the first race of the LRRC Race Series.

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 which will be held on May 28, Bret Boman's June Track Series, and the LRRC 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.

Jeff Fedorko has taken on the monumental task of Race Director for the Virginia Ten Miler. He will need all the encouragement and help he can get to accomplish this task. I encourage all of you to provide this support.

It is with both joy and sadness that I must announce my resignation from the office of president of the Lynchburg Road Runners Club effective May 10. My family and I are moving to Knoxville, Tennessee in May so I will be unable to continue my duties with the club. This decision carries a great deal of sadness because I have been living in this beautiful city of Lynchburg for so many years and have enjoyed the friendship of so many people here. The running community in Lynchburg is simply amazing. But, there is also joy because it is a new and exciting time

for my family as we begin a new chapter in our lives. Thanks everyone for your friendship and best wishes to all your families.

See you at the races,
Paul Carrasco

2007 LRR OFFICERS

President	
Vice-President	Bret Boman
Secretary	Craig Miller
Treasurer	Vic Galan
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

Next LRR Club Meeting

Tuesday, 12 June, 2007
by tradition
we meet on the
Lynchburg College Track
for the friendly competition of the
LRRC Track Series.

The club meetings discontinue for the summer and pickup again in September.

Meeting Minutes

Twelve LRRC members attended the meeting on March 13 on the campus of Randolph-Macon College at the Martin Science Building. The main topic of conversation centered on the Lynchburg Chamber of

Commerce passing ownership of the VA 10 miler to the LRR. The process has been completed and the transfer of records and materials will take place in the near future. The contract was signed on March 8.

LRR is now a recognized incorporation and has the addition status of being a non-profit 501 (c) 3 organization through membership in the Road Runners Club of America.

Jeff presented materials for Relay for Life and listed the 7 races in the summer race series for 2007. The dates and races are listed on riversiderunners.com.

Discussion for the majority of the meeting concerned ideas on how to improve the VA 10 miler for this year and what to avoid from previous years. The VA 10 miler this year will have the added prestige of being the host race for the Mid Atlantic Regional 10 mile Championship race. This designation will bring increased organizational support from a national level and also an influx of runners from outside of Lynchburg to participate. The date of the 10 miler will be September 29.

LRRC Secretary
Craig Miller

Latest News

Catherine Phillips named Wild-Cat cross country coach at Randolph College

The Randolph College Athletics Department announced the hiring of Catherine Phillips as the men's and women's cross country coach.

Phillips is a successful athlete, having competed as a professional tri-athlete for six years. During this time she competed in numerous races across the country and the world, including Ironman events in Switzerland, Brazil, and Canada, as well as the Boston Marathon. Her professional highlights include a seventh place finish at Ironman Canada and several half-marathon and long-distance race victories.

In addition to her own athletic endeavors, Phillips has also made a successful transition to coaching. She has served as the assistant cross country and track coach at E.C. Glass High School in Lynchburg. She helped guide the boy's indoor track and field team to the Virginia High School Indoor State Championship. A graduate of the University of Virginia, Phillips currently teaches earth science at E.C. Glass. Phillips is anxious to begin building the new Randolph

College varsity cross country program and is looking forward to the first season. "The first team next fall will create the foundation for new traditions and set the standards for high expectations in the future," she says. "The athletes will be the forerunners of an exciting change."

"Catherine is an amazing athlete and great motivator," says Athletics Director Valerie Cushman. "I have no doubt that the new men's and women's cross country teams will thrive under her leadership."

The WildCat men's and women's cross country teams will start varsity competition in 2007-2008, competing in the Old Dominion Athletic Conference (ODAC). Phillips will spend the next few months recruiting for the new program.

Sub 4:00 for Josh McDougal

In March, Liberty junior Josh McDougal joined the exclusive sub 4:00 mile club., clocking 3:57.46 at the ASICS Collegiate Invitational. Josh's time was the fastest by a collegiate athlete this year, qualifying him for the NCAA Division I East Regional Championships in the 1,500 meters. He is one of fewer than 300 Americans who have run a sub 4:00 mile.

STEVE BOZEMAN

It's a great mystery how

This mule can forever plow

And swim, ride, and run

More double irons than anyone

Who's come along till now.

Bernie the Bard

RACE RESULTS

March 10, Goode - 12th Annual What Goes Down Must Come Up 4- miler.

Race Director: Jerome H Loy

The weather was perfect for the 12th running of this classic race. More than a race, the event was a competition to see who could most accurately predict their finish time. It featured a staggered start with the slowest runners starting first and faster runners starting at four-minute intervals. Ideally, all runners finish at the same time.

The overall winner was Jordan Whitlock who finished one-half second slower than his predicted time of 23:30. He also had the fastest time of the day.

The runners were entertained by four mustang horses who helped set the pace along a fence at the two mile mark. Veteran ultra-marathon runner Bernie Davis rand five circuits (20 miles) while picking up cans and bottles in support of Habitat for Humanity. Runners enjoyed a post-race all-you-can-eat pancake breakfast at Jefferson Forest High.

The top ten winners are:

<u>Place</u>	<u>Name</u>	<u>est. time</u>	<u>+ / -</u>
1	Jordan Whitlock	23:30	½ sec slower
2	Paul Sherburne	36:30	2 sec slower
3	Robert Deis	26:00	3 sec slower
4	Amy Hawkins	37:00	4 sec faster
5	Christy Howard	38:00	8 sec faster
6	Harrison Loy	32:00	10 sec slower
7	Jordan Watkins	37:00	12 sec faster
8	Debbie Watkins	37:00	13 sec faster
9 & 10	three-way tie		
	Dave Drablos	32:00	20 sec faster
	Wes Spangler		20 sec faster
	Zach Smith		20 sec slower

March 17 & 18, Virginia Beach - 29th Shamrock Sportsfest.

8K (4.97 mi.)

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Chip</u>	<u>Age Gr.</u>
467	Ronnie Wright	65	41:28	2 / 28
536	Glenn Meadows	56	41:44	
1280	Carrie Norman	25	47:36	
1555	Timothy Matthews	52	50:35	

Half Marathon (13.1 mi)

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Chip</u>	<u>Age Gr.</u>
1	Nickolas Kamakya	22	1:03:05	1 st OA
26	Anna Fodor	24	1:14:15	1 st F
539	David Hylton	28	1:44:23	56 / 261
595	Tamara Jameson	33	1:44:41	22 / 411
1496	Jim Pinella	37	2:01:01	181 / 346
1773	Jacob Brown	23	2:03:16	97 / 146
1863	Jeanne Craig	37	2:04:58	118 / 369
1960	Maureen Watkins	26	2:03:16	176 / 500
2140	Kristina Mele	36	2:01:47	146 / 369
2224	Mary Arnold	45	2:10:18	76 / 243
3157	John Billingslea	69	2:24:01	9 / 19
3158	Leland gammon	62	2:24:02	20 / 38
3264	Vic Galan	70	2:28:06	5 / 8
3414	Nancy Hein	51	2:28:11	74 / 152
4110	Peggy Gammon	61	2:56:38	6 / 16
4156	Richard Stone	60	3:09:19	35 / 38
4157	Jeanne Stone	57	3:09:20	45 / 72

Marathon (26.2 mi)

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Chip</u>	<u>Age Gr.</u>
1	Genna Tufa	22	2:20:36	1 st OA

18	Cheryl Anderson	25	2:42:53	1 st F
74	Robert Arnold	35	3:07:13	14 / 217
192	Jason captain	30	3:24:28	25 / 168
723	Chris Tharp	39	3:58:27	109 / 217
1000	Debbie Bozeman	53	4:15:30	11 / 44
1002	Steve Bozeman	60	4:15:30	15 / 37
1320	Richard Sterne	37	4:38:13	177 / 217

March 31, Durham, NC - Umstead Marathon

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Chip</u>
26	Drew Wilds	46	3:40:41
40	Donna Elder	44	3:51:26
48	Nancy Ferris	51	3:54:58
71	Wilbert Hooper	48	4:15:25
76	Gratten Garbee	44	4:22:59

March 31, Charlottesville - 10 Miler

There were 965 male finishers and 904 female finishers for a total of 1869 runners that completed the Charlottesville 10 Miler. As usual a large turnout of Lynchburg area runners participated. Great race, everyone!

<u>OA</u>	<u>Name</u>	<u>Age</u>	<u>Chip</u>	<u>Div/Tot</u>
1	Milam Kabasenche	34	52:30	1/148
16	Michael McPhatter	33	58:45	2/148
19	Jeff Harrington	36	59:51	3/130
35	Joel Wallschlaeger	34	1:02:42	3/148
1 st F	Andea Wright	45	1:04:34	1/62
85	Jesse Mitchell	19	1:07:56	6/36
114	Calvin Milam	47	1:09:35	11/110
160	Nancy Ferris	51	1:12:02	1/44
164	Erik Panzer	39	1:12:05	28/130
168	Kevin Shroyer	46	1:12:15	15/110
176	Kevin Uhl	47	1:12:21	16/110
296	Wilbert Hooper	48	1:16:06	24/110
318	Georgianna Corsini	36	1:16:45	7/124
379	Jack Flippin	36	1:17:47	49/130
394	Michael Mitchell	50	1:18:20	18/80
402	Philip Worthington	27	1:17:38	53/136
408	Lesley McPhatter	43	1:18:30	12/89
410	Suzanne Ramsey	39	1:18:26	9/124
637	Sarah Glass	36	1:23:06	20/124
680	Beth Frackelton	45	1:24:24	13/62
686	Matt Levasseur	39	1:24:17	69/130
801	Cavan Carlton	32	1:25:55	87/148
1038	M. Kirkwood	31	1:30:26	109/148
1260	Kimberely Mitchell	30	1:35:06	63/112
1279	Pam Parker	50	1:34:45	14/44
1280	Greg Sepesi	48	1:34:46	88/110
1434	Jennifer Hutchinson	31	1:38:25	78/112
1654	Beth Morrison	44	1:47:25	64/89

April 21, Lynchburg - Godparent Home 5K

The inaugural run on the Blackwater Creek Trail was a total success.

FEMALE OVERALL RESULTS

1	Cat Phillips	31	18:48
2	Rebecca Parsons	26	19:21
3	Krista Meisch	22	20:09

MALE OVERALL RESULTS

1	Andrew Rigler	16	16:48
2	Jordan Whitlock	19	16:58
3	Jeff Harrington	36	17:06

MALE AGE GROUP: 1 - 12

1	56 Levi Phillips	9	23:11
2	93 Timothy Marshall	12	25:17
3	107 Noah Waldo	8	26:42
4	128 Ethan Phillips	8	28:37
5	157 Tres Erquiaga	10	32:44

FEMALE AGE GROUP: 1 - 12

1	161 Lillian Ware	9	34:08
2	162 Carriington Erquiag	6	34:12

MALE AGE GROUP: 13 - 19

1	12 Timothy Vernon	16	19:18
2	14 Dylan Beck	13	19:39
3	18 Joel Sutton	15	19:51
4	20 Jesse Mitchell	19	20:02
5	27 Stephen Barnes	19	20:39
6	34 Zachary Hurt	13	21:32
7	53 Isaac Olsen	19	22:54
8	55 Louis Papet	17	23:07
9	68 John Goetz	18	23:49
10	90 Michael Guyer	19	25:12
11	97 Karl Flores	13	25:26
12	102 john austin	14	26:09
13	123 Justin Phillips	13	28:25
14	127 joseph lee	19	28:33

FEMALE AGE GROUP: 13 - 19

1	50 Lindsay Papet	16	22:42
2	70 Barbara Lafleur	19	23:54
3	72 Stephanie Place	19	23:56
4	83 Rebecca Hurt	16	24:37
5	85 Brynne Gingras	18	24:43
6	87 Heidi Childs	16	24:45
7	112 Holly Flowers	13	27:05
8	117 Allison Briggs	16	27:36
9	119 Hailey Flowers	16	27:43
10	136 Cassandra Goodwin	19	29:21
11	138 Julie Laybourne	19	29:27
12	141 Michaela Margida	18	29:39
13	151 Shelly Engel	18	31:04
14	165 Jacqui Gooden	19	34:57
15	167 Patricia Brearly	19	34:59

MALE AGE GROUP: 20 - 24

1	5 David Hunt	21	17:20
2	9 Brian Burkey	22	18:45
3	11 Mike Waller	21	19:12
4	21 Lance Larson	24	20:05

5	30 Curtis Handy	21	21:04
6	31 Matthew Clum	20	21:11
7	32 Caleb Mast	20	21:23
8	35 James Harvey	20	21:34
9	38 Paul Tillman	24	21:46
10	40 Mathew Warner	24	22:01
11	46 John Gossett	21	22:20
12	48 Matt Van Donsel	20	22:30
13	59 Sean Janelle	23	23:20
14	67 Blake Edmondson	23	23:45
15	96 Joshua Keith	22	25:24
16	124 Daniel Hibler	22	28:28
17	150 Stephen Ross	20	31:03

FEMALE AGE GROUP: 20 - 24

1	36 Samantha Larson	24	21:36
2	66 Christina Morris	22	23:39
3	75 Katie Harris	21	24:04
4	81 Colleen Burkey	20	24:30
5	95 Rachel Kolb	22	25:20
6	98 Monica Whorley	22	25:41
7	108 Alissa Keith	22	26:43
8	118 Shannon Tomkinson	20	27:37
9	120 Stacey Leibeck	20	27:45
10	125 Delia Roschelli	21	28:29
11	126 Rachel Pick	24	28:32
12	131 Heather Campbell	22	29:14
13	132 Katy Haffen	21	29:16
14	133 Lacey Garcia	23	29:17
15	135 Ellen Sarantos	20	29:19
16	140 Emily Laybourne	22	29:38
17	142 Amber Hagey	21	29:40
18	146 Carrie Keehan	24	30:15
19	147 Samantha Bunting	22	30:18
20	152 Elizabeth Paul	21	31:10

MALE AGE GROUP: 25 - 29

1	6 Jason Brown	25	18:24
2	7 Mark Pemberton	26	18:36
3	16 Dwayne Fitts	29	19:47
4	41 Walker Wright	27	22:08
5	43 Bert Horsley	28	22:10
6	44 Kurt Reighard	28	22:15
7	47 Kevin Conway	25	22:22
8	77 Brad Blackburn	28	24:14
9	103 Nathan Kolb	25	26:17
10	109 Jon Rurlean	27	26:45
11	122 James Jarvis	27	27:53
12	154 Kevin Rawls	28	31:34

FEMALE AGE GROUP: 25 - 29

1	64 Galen Gordon	25	23:31
2	99 Stacey Reighard	28	25:57
3	100 Jennifer Captain	27	25:58
4	114 Heather Vozel	25	27:19
5	130 Heather Sorensen	29	29:12
6	134 Jennifer Cave	28	29:18
7	149 Sarah Knapp	25	30:58
8	168 Meagan Covington	25	35:00
9	171 Megan Burriss	28	36:17

MALE AGE GROUP: 30 - 34

1	15 Jason Captain	30	19:44
2	24 Travis Rothman	31	20:21

3	58 Fred Heppding	34	23:17
4	63 Scott Carson	32	23:29
5	82 Jon Gordon	30	24:36
6	110 Michael Erquiaga	33	26:50

FEMALE AGE GROUP: 30 - 34

1	115 Jennifer Hutchinson	31	27:26
2	129 Elizabeth Creasy	31	28:39
3	139 Erin Elwell	31	29:36
4	148 Heather Newman	33	30:42
5	155 Stacie Swan	31	32:05
6	164 Ruth Erquiaga	32	34:16

MALE AGE GROUP: 35 - 39

1	17 Chris Gassler	38	19:48
2	23 James Fisher	39	20:19
3	28 Peter Sheldon	39	20:44
4	29 Van Phillips	38	20:51
5	62 Mark Stephens	35	23:28
6	84 Mike Ferguson	39	24:39

FEMALE AGE GROUP: 35 - 39

1	42 Georgianna Corsini	36	22:09
2	74 Gabby Suydam	37	24:02
3	159 Rachel Mitchell	36	33:06
4	160 Rebecca Carroll	38	33:07
5	166 Rosalie Short	38	34:58
6	169 Karen Betham	35	35:38
7	170 Renee Shrewsbury	37	35:40
8	173 Heather Childress	35	37:29

MALE AGE GROUP: 40 - 44

1	4 Matt Richards	40	17:12
2	37 Grattan Garbee	44	21:37
3	52 Tom Mohr	44	22:53
4	57 Dickie Beale	44	23:16
5	71 Virgil Hurt	42	23:55
6	94 Jon Schweikart	42	25:19
7	101 Ferdinand Flores	41	26:07
8	105 Thomas Sly	40	26:28
9	144 David Skulina	44	30:03
10	153 D. Wayne Casto	41	31:33

FEMALE AGE GROUP: 40 - 44

1	61 Kitty Tomkinson	41	23:27
2	88 Lesley Mcphatter	43	24:49
3	116 Laura Jewell	41	27:35
4	137 Jean Fisher	42	29:26
5	163 Linda Ware	40	34:14
6	172 Sharon Cohick	43	36:18

MALE AGE GROUP: 45 - 49

1	8 Jonathan Perrotto	47	18:42
2	19 Calvin Milam	47	19:53
3	25 Lee Eagle	45	20:28
4	26 Andrew Wilds	47	20:36
5	33 Kevin Shroyer	46	21:27
6	54 Wilbert Hooper	48	23:05
7	60 Jim McLaughlin	48	23:23
8	76 Doug Layman	47	24:09
9	80 Mike Goetz	48	24:26
10	104 David Miles	47	26:27
11	106 Mark Landry	49	26:38
12	145 Douglas John	46	30:12

13	156 James Brown	47	32:13
14	158 Michael Fein	48	32:59
15	174 William Terrell	48	37:30

FEMALE AGE GROUP: 45 - 49

1	92 Maria Kabis	46	25:15
2	111 Kristie Shroyer	46	27:01

MALE AGE GROUP: 50 - 54

1	45 Craig Miller	54	22:16
2	49 Brian Carlton	53	22:38
3	51 Kelvin Flowers	51	22:45
4	69 Brian Elliott	52	23:50
5	79 Tom Muniz	51	24:21
6	89 Ed Keefer	54	25:11
7	91 Lance Knight	51	25:13
8	113 Mark Bushing	51	27:08

FEMALE AGE GROUP: 50 - 54

1	73 Lori Flowers	50	23:57
2	175 Dana Johnson	50	38:03

MALE AGE GROUP: 55 - 59

1	39 Dennis Sullivan	57	21:54
2	78 Glen Meadows	56	24:16
3	176 Dennis Johnson	59	41:53

MALE AGE GROUP: 60 - 99

1	65 Horace Ellis	65	23:34
2	121 Russ Daubert	61	27:48
3	143 Bernie Davis	69	29:55

April 16, Boston, MA - Boston Marathon

Local Finishers are:

<u>Name</u>	<u>Age</u>	<u>Time</u>
Michael McPhatter	33	2:45:17
Jonathan Bryant	19	2:59:00
Christopher Libbey	30	3:07:47
Michael Pflieger	33	3:14:13
Kevin Uhl	47	3:33:30
George Cook	40	3:34:16
Peter Caprise	39	3:36:26
Tom Jennings	41	3:36:57
Candace Caprise	38 F	3:56:32
Katie Diminick	35 F	3:56:35
Robert Cook	45	4:03:40

April 21, Charlottesville - Marathon & 1/2 M.

Marathon (26.2 mi)

For the marathon there were 251 male finishers and 101 female finishers for a total of 352 runners.

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Chip</u>	<u>Age Gr.</u>
1	Jeff Pones	24	2:44:29	1 st OA
36	Hosni Haghighian	48	3:31:14	1 st F
55	Preston Evans	50	3:39:25	6 M50
87	Frank Selden	40	3:48:13	16 M40
88	Jack Flippin	36	3:48:14	25 M30
117	Clunet Pettyjohn	36	3:54:15	34 M30
129	Michael Mitchell	50	3:58:12	8 M50
264	Jarett Tighe	39	4:39:02	59 M30
265	Cynthia Tighe	42	4:39:03	7 W40

Half Marathon (13.1 mi)

For the half marathon the women outnumbered the men. There were 393 male finishers and 462 female finishers for a total of 855 runners who completed this popular half marathon event.

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Chip</u>	<u>Age Gr.</u>
1	Keran Billaud	17	1:19:05	1 st OA
	Jessica Bossler	29	1:30:12	1 st F
167	Jack Macneill	49	1:45:00	19 M40
219	Kathryn McCann	22	1:48:43	40 W20
258	Richard Sterne	37	1:51:04	61 M30
311	Thomas Rogers	40	1:52:47	40 M40
339	Scott McCurley	36	1:53:12	81 M30
406	Hillary Peabody	20	1:58:20	78 W20
472	Julie Stewart	35	2:02:05	53 W30
495	Chris Williams	42	2:03:36	61 M40
503	Beth Colling	38	2:04:01	55 W30
534	Susan Crabtree	47	2:06:21	31 W40
648	Richard Suddith	21	2:13:21	73 M20
679	Diane Sosa	42	2:14:29	48 W40
782	Caitlyn Hendrickson	21	2:29:11	195 W20
783	Katie Hunt	21	2:29:11	196 W20
841	Dianne Oliver	40	3:21:06	78 W40

April 28, Bedford, Va. - Promise Land 50K

By David Horton

Of the four ultras that I direct in the Lynchburg, Virginia area, this is the prettiest one of the four. Spring show its sign's this time of the year. The fields are green, the trees are leafing out, the dogwoods and flowers are in full bloom. The start of the Promise Land (PL) is at 1200 feet. The high point of the race is at just over 4,000 feet. On the dark side of the course it goes down to 1100 feet. There is over 7400 feet of elevation gain and an equal amount of loss. Runners go from spring to winter (at the higher elevations) and then back to spring at the finish. At Sunset Fields, the highest aid station in the course, I had on two layers of clothes and a jacket. At the finish it was warm enough to wear shorts and a short-sleeved shirt.

With a record field at the Holiday Lake 50K in February, the first event in the Lynchburg Ultra Series (LUS), I expected that we would have a record field at the PL as well. In 2006 we had 210 starters, this year we had 267 starters. In the future, the race limit will be 300 runners for both the HL and PL 50K's. The popularity of ultras continues to grow. This is good and bad news as many ultra events are limiting the number of starters.

<u>Finish</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
1	Jonathan Basham	4:41:25	29
2	Pete Breckenridge	4:41:56	37
13	Jeremy Ramsey	5:27:34	30
16	Annette Bednosky	5:36:16	40 1st F
26	Tracy Schrage	5:49:49	37 2nd F
28	Matt Rawlins	5:51:52	32
29	Darryl Smith	5:51:54	35
31	Jennifer Belt	5:54:41	22 3rd F
39	Benjamin Watson	6:04:24	23
42	Michael Zealand	6:05:11	31
45	Amy Sproston	6:07:43	33
46	Jenny Anderson	6:08:40	33
49	Donna Elder	6:16:38	44
51	Zach Smith	6:18:36	22

54	David Christen	6:19:48	23
58	Jarett Tighe	6:23:13	39
60	John Lauffer	6:24:22	24
68	Krista Meisch	6:30:04	22
76	Paul Carrasco	6:35:34	36
78	Jared Hesse	6:38:18	31
79	Blanks Blankinship	6:38:43	51
91	Dan Berkenkemper	6:46:57	21
96	Joseph Alderson	6:52:20	25
97	J.T. Witt	6:52:27	26
120	Tabatha Stevens	7:12:34	21
121	Michael Dunlop	7:12:50	37
124	Grattan Garbee	7:13:48	44
125	Lori Dollar	7:14:09	21
127	Nancy Ferris	7:15:48	51
130	Becky Mix	7:16:59	20
139	John Cooper	7:22:29	52
149	Rebekah Trittipoe	7:28:37	50
158	Craig Miller	7:39:55	54
160	Richard Golden	7:40:46	40
166	Jeanne Craig	7:43:33	37
168	Roger Bunce	7:47:21	35
170	Daniel Dowdy	7:48:42	22
183	Brian Keefer	7:58:27	20
184	Robert Burgess	8:02:33	55
185	Renee Draney	8:02:50	42
185	Heather Royer	8:02:50	45
195	Rick Hutcherson	8:10:00	42
203	Michael Will	8:20:19	49
216	Jonathan Knowles	8:34:29	20
216	Emily Riggins	8:34:29	19
222	Cheryl Barb	8:43:00	44
223	Bryan Carter	8:43:00	30
226	Laura Stephens	8:45:10	20
229	Jessica Smith	8:48:00	22
239	Wendy Golden	8:55:33	39
239	Terri Ripley	8:55:33	44
245	Samuel Price	9:08:50	28
248	Sarah Ott	9:20:59	19
248	Annie Lively	9:20:59	22
250	Shane Amos	9:21:31	28
250	Marcus Root	9:21:31	26
257	Steve Bozeman	9:34:24	60
260	Christa Petersen	9:37:42	29
261	Kendra Howard	10:31:18	22

GME

Medical Supply, Inc.
24 hour Availability

2300 Bedford Ave.
Lynchburg, VA 24503

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

*Taking Care of Your Home Health Care Needs
With*

- Durable Medical Equipment
- Physical Therapy Supplies
- Respiratory Services

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

UPCOMING RACES

May 12, Gretna - Food Land 5K

Start 9:00 a.m. For applications contact:
 Lou Harris at 434-656-2929 or lou@gamewood.net
 Gretchen Clark at 434-656-8961 or
gclark@reynoldsclark.com

May 28, 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) **See enclosed Application.**

June- 2007 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 5: 1500m / 100m / 800m

JUNE 12: 5000m / 200m

JUNE 19: 2 mile / 400m / 100m

JUNE 26: 1 mile / 200m / 800m

WHERE: We will return to Lynchburg College track this year. The new track is ready to set new records on for the 2007 season.

June 23, Lynchburg - Presbyterian Home 5K, 8:00 a.m. Start, Presbyterian Home on Linden Avenue. Info: Riverside Runners, Jeff Fedorko, (434) 846-7449

July 4, Lynchburg - Academy Mile

July 21, Lynchburg - LRRC Summer Series 5 Mile

& 1 Mile.,

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

Aug. 18, Lynchburg - LRRC 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

Sept. 2, Virginia Beach - Rock'n Roll ½ Marathon

A circus of fun and flat as a pancake.
 Phone: (800) 311-1255
 Email: rnhalf@eliteracing.com
 Web: www.rnhalf.com

Sept. 29, Lynchburg - Virginia 10-Miler

Nov. 10, Richmond - 30th Richmond Marathon

Phone: (804) 673-RACE
 Email: marathon@sportsbackers.org
 Web: www.richmondmarathon.com

TOMMY & HORACE

*It's well understood
 I'm not nearly as good
 And no way can embarrass
 Old Horace or old Harris.
 But I sure wish I could.*

*Quite immune to fatigue
 And in a higher league
 Are Horace and Harris --
 Perhaps that of Roger Maris
 Or the ponies of Asateague.*

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