

## The Presidents Letter

It has been a hot Summer running in the city of Lynchburg. We had the Percival's Isle 5 Miler in July which was a huge success, and the Lynchburg ½ Marathon and 5K in August, with a record turnout of runners from all over Virginia and from many other States. Special appreciation goes to race director **Jeff Fedorko** and all the volunteers who made the Summer Race Series such a huge success.

There are still plenty of running events to come this Fall. The Fall race season is shaping up nicely. There is the Virginia Ten Miler, the John Stephenson Youth run in Riverside park, the Running with the Wolves Cross Country 5K, the Mountain Masochist, the Turkey Trot, the Peaks Jingle Bells, and many other Fall classics.

The monthly club meetings will resume on Tuesday September 11 at 7:00 p.m. at Randolph College (Leggett 535). Jeff and his 10-Miler staff will inform us of organizational progress to date. Awards for the Lynchburg Summer Race Series will be presented at the meeting on 9 October at Monte Carlo's on Old Forest Road. It's free pizza night, so plan to join us and applaud the accomplishments of your fellow Road Runners. Through December mark off the second Tuesday of each month to meet other Road Runners and listen to our roster of guest speakers. Don't worry, you won't be drafted into commitments for club activities at the meetings. We used to do that, but it tends to keep members away. So we'll do our drafting on the phone or with personal contact when needed. Come on out and enjoy the programs and meet your fellow Roadrunners.

About one third the Membership's dues are up, so kindly pay attention to the date in the lower right corner of your address label and mail in your dues with the Application at the end of this newsletter.

We will continue our tradition of a **free pizza** dinner for members attending the LRRC confirmation of club officers at the **December 13** meeting. Plan to be there as we review the year and set plans for next year.

Have some fun today,  
**Bret Boman**

## 2007 LRR OFFICERS

President	Bret Boman
Vice-President	
Secretary	Craig Miller
Treasurer	Vic Galan
Membership	Jeff Fedorko
Newsletter	Vic Galan

## Next LRR Club Meeting

*Tuesday September 11 at 7:00 p.m.*

**Place: Randolph College (Leggett 535).**

**Topic: The New & Improved 10-Miler**

**The OCTOBER meeting** of the Lynchburg Roadrunners Club will be on **Tuesday 9 October** at Monte Carlo's restaurant on Old Forest Road. It's Awards night for the Lynchburg Summer Race Series.

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](http://www.lynchburgroadrunners.org).

You may also find the latest race information at [www.riversiderunners.com](http://www.riversiderunners.com)

## Latest News

After his terrible bike accident, **Tommy Harris** continued his healing process by running the race series ½ marathon in a time of 2 hrs. 20 min. Congratulations Tommy. Can't wait to see you "burn-up" the 10 - Miler course.

## Update on the VA 10 Miler.

Preparations for the 34th BB&T Virginia Ten Miler are in the bell-lap phase. It is just weeks before runners will toe the line on Sat. September 29th.

This year's event will feature many positive changes; moisture wicking shirts, designation as a RRCA Regional Championship event, double points for the LRRC Race Series awards, sponsorship by Brooks Sports (lots of free shoes), bands on the course, an improved finish line setup, and a pasta dinner hosted by the EC Glass cross country team with master world record holder Alysa Harvey as our guest speaker!

Many members have asked how they can help support our first year managing this event. The answer is simple...**SIGN UP AND RUN, TELL YOUR FRIENDS!** With the 4 miler and Amazing Children's Run there is an event for everyone.

Information can be found on the race website; **Virginia10miler.com**. I look forward to seeing each of you on race day. Keep training!

## UPCOMING RACES

**Sept. 29, Lynchburg - Virginia 10 Miler & 4 Miler & Amazing Mile**, 8:00 a.m. start at E.C. Glass High School on Langhorne Road. Info: (434)846-7449 or on the Website [www.Virginia10Miler.com](http://www.Virginia10Miler.com)

**Oct. 6, Lynchburg - Dr. John A. Stephenson Memorial Youth Run 9 a.m.** at Riverside Park.

Race Directors, Dave and Lindsay Christian.

Discount to LRRC members. See enclosed Flyer.

**October 13, Vinton - Fall Festival 5K Run/Walk**

Info: Vinton Area Chamber of Commerce (540)343-1364

**November 3, Lynchburg - Mountain Masochist 50 Mile Trail Run**, 6:30am; Info: Dave Horton (434) 582-2386 (w), 239-1324 (h), or e-mail [dhorton@liberty.edu](mailto:dhorton@liberty.edu) or on the Web at [www.extremoultrarunning.com](http://www.extremoultrarunning.com). Part of the Lynchburg Ultra Series.

**November 3, Bedford - Apple Valley 5K**

10 a.m. start. See enclosed flyer. Race Director Theresa Boyes (540)-297-2709 or [e173boyes@aol.com](mailto:e173boyes@aol.com)

**November 10, Richmond - Sun Trust Marathon**

8 a.m. start. 8K start 8:35 a.m. Info: (804)673-RACE or on the Web at [www.RichmondMarathon.com](http://www.RichmondMarathon.com).

**November 22, Lynchburg - Turkey Trot 5K & 1 Mile**

**Youth Run**, Timberlake Christian School on Thanksgiving Day for the benefit of Genesis House. Race Director, Don Lucy.

**December 1, Bedford - Peaks Christmas Classic 10K & 5K**, 8:30 a.m. Start, Bedford Middle School. For info. Call

Bedford Area Family YMCA at (540) 586-3483.

**December 8, Lynchburg - Hellgate 100K**, 12:01 a.m.; Info: Dave Horton (434) 582-2386 (w), 239-1324 (h), or e-mail [dhorton@liberty.edu](mailto:dhorton@liberty.edu) or on the Web at [www.extremoultrarunning.com](http://www.extremoultrarunning.com). Part of the Lynchburg Ultra Series.

## DREAMS

The MMTR to again complete.  
With friends to again compete.  
These are my dreams.  
Impossible it seems,  
But it would be neat.

**Bernie the Bard**

## RACE RESULTS

### PERCIVAL'S ISLAND 5-MILER

Lynchburg, VA July 21, 2007 8:00AM

We had a record turnout and cool weather for this morning's Percival's Island 5-Miler.

### AWARDS LIST

#### FEMALE OVERALL RESULTS

1 Catherine Phillips	32	30:29*
		*Course Record
2 Alice Uhl	32	31:43
3 Laura Rapp	17	31:56
4 Nancy Ferris	51	34:14

#### MALE OVERALL RESULTS

1 Steve Crowder	34	26:53
2 Ryan Wheeler	29	27:48
3 Jeff Harrington	37	28:05
4 Danny Boyers	29	28:31

## PERCIVAL'S ISLAND RACE

Hundred forty-six runners smilin'  
Ran at Percival's Island,  
All healthy and strong,  
Striding right along,  
Happy to be five-milin'.

**Bernie the Bard**

### MALE AGE GROUP: 1 - 12

1 35 Bryan Rapp	12	33:43
2 44 Justin Jantomaso	12	35:06
3 66 Levi Phillips	10	37:14
4 143 Dean Flores	11	57:03

### FEMALE AGE GROUP: 1 - 12

1 131 Mary Watson	11	52:01
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### MALE AGE GROUP: 13 - 19

1 6 Andrew Rigler	16	29:38
2 11 Timothy Vernon	16	30:39
3 13 Chris Wyatt	19	30:56
4 14 Joel Sutton	16	31:09

5	16	Chris O'Berry	17	31:17
6	17	Jacob Pritchett	16	31:35
7	20	Geoff Ranowsky	18	31:44
8	29	Dylan Beck	13	32:51
9	31	Jesse Mitchell	19	32:57
10	33	Roy Francis	15	33:05
11	42	Louis Papet, III	17	34:55
12	51	Joshua Ranowsky	16	35:33
13	98	Adryan Flores	13	43:40
14	104	Zachary Hurt	14	44:38
15	123	Justin Phillips	13	48:09

**FEMALE AGE GROUP: 13 - 19**

1	83	Lindsay Papet	16	40:34
2	87	Alicia Hooper	17	42:00
3	113	Leigha Schimmoeller	14	46:00
4	114	Bilynda Brinkley	14	46:01
5	132	Natalye Meador	13	52:18
6	139	Tessa Englund	13	55:27

**MALE AGE GROUP: 20 - 29**

1	34	Dwayne Fitts	29	33:14
2	46	Kyle Harvey	20	35:22
3	50	Matt VanDonsel	21	35:30
4	56	Walker Wright	27	36:14
5	57	James Lewis	28	36:23
6	62	David Hylton	29	36:59
7	65	Nathan Grabaskas	21	37:11
8	96	Russell Darnell	27	43:30
9	124	Joel Rogers	21	49:04
10	125	Pablo Zavala	22	49:04

**FEMALE AGE GROUP: 20 - 29**

1	70	Galen Gordon	26	38:00
2	75	Hannah Hinkson	22	38:39
3	82	Katie Waterworth	29	39:33
4	86	Heika Ufema	27	41:59
5	88	Jennifer Captain	28	42:02
6	100	Whitney Wynn	23	44:21
7	115	Kelly Davenport	22	46:05
8	138	Jill Nance	26	54:31
9	142	Kristen Williams	24	56:52

**MALE AGE GROUP: 30 - 34**

1	5	Christopher Libbey	31	29:00
2	7	Travis Rothman	31	30:13
3	18	Jason Captain	30	31:37
4	28	Chad Waterworth	34	32:35
5	40	Scott Carson	32	34:35
6	55	Jeremy White	31	36:13
7	63	Fred Heppding	34	37:05
8	69	Cavan Carlton	33	37:55
9	78	Jeff Cunningham	30	39:00
10	105	Paul Ufema	31	45:03

**FEMALE AGE GROUP: 30 - 34**

1	41	Rachel Sengenberger	30	34:46
2	47	Jennifer Pritchett	31	35:27
3	112	Jennifer Hutchinson	32	45:49
4	118	Erin Elwell	31	47:12
5	135	Jennifer Whitley	32	53:15
6	140	Kelley Thacker	30	56:12
7	141	Shawn Hecker	34	56:40

**MALE AGE GROUP: 35 - 39**

1	9	Rob Arnold	35	30:24
2	15	Darrell Wargo	39	31:14
3	23	Chris Gassler	38	32:04
4	24	Bill Vickery	37	32:11
5	26	Frank Wright	36	32:19
6	27	Van Phillips	38	32:26
7	32	Peter Sheldon	39	32:59
8	38	Clunet Pettyjohn	37	34:27
9	39	Henry Hsu	35	34:32
10	45	Mark Stephens	35	35:17
11	49	Robert Reid	39	35:30

**FEMALE AGE GROUP: 35 - 39**

1	77	Gabby Suydam	37	38:58
2	91	Charmin Thomas	37	42:36
3	108	Karen Dillon	35	45:33
4	120	Rachel Mitchell	37	47:29
5	122	Kim Sheldon	39	47:44

**MALE AGE GROUP: 40 - 44**

1	22	Kevin Willis	40	31:57
2	25	Dewey Sowers	42	32:15
3	54	Malcolm Miller	41	36:12
4	73	Jim Gallagher	41	38:12
5	81	Randal Nixon	43	39:17
6	85	Chris Williams	42	40:52
7	109	Mark Sheehan	41	45:34
8	110	Chris Tharp	40	45:36
9	119	Tom Thorton	44	47:20
10	127	Wayne Casto	41	50:52
11	144	Ferdinand Flores	41	57:03

**FEMALE AGE GROUP: 40 - 44**

1	67	Kitty Tomkinson	41	37:38
2	79	Lesley McPhatter	43	39:13
3	99	Laura Keohane	40	43:51
4	102	Sandy Singleton	43	44:34
5	129	Donna O'Berry	42	51:04
6	130	Nina salmon	44	51:42
7	145	Carol Ruggio	40	58:29

**MALE AGE GROUP: 45 - 49**

1	8	Bret Boman	48	30:21
2	30	Lee Eagle	45	32:51
3	36	Kevin Shroyer	46	33:53
4	48	Ted Batt	47	35:28
5	53	Wilbert Hooper	49	36:07
6	72	Letterman Steve	47	38:09
7	80	Douglas Layman	47	39:14
8	121	Jerry Price	45	47:42
9	134	John Paul Jones	46	53:13

**FEMALE AGE GROUP: 45 - 49**

1	90	Mary Lynne Arnold	45	42:13
2	95	Kristie Schroyer	46	43:01

**MALE AGE GROUP: 50 - 54**

1	43	Preston Evans	51	34:59
2	52	Mike Mitchell	51	35:54
3	58	Keith Austin	53	36:30

4	68 Craig Miller	54	37:47
5	76 Lance Knight	51	38:52
6	84 Tom Muniz	52	40:37
7	89 Mark Bushing	51	42:06
8	93 Mark Landry	50	42:43
9	103 Bill Flynn	54	44:36
10	106 David Barnett	51	45:06

**FEMALE AGE GROUP: 50 - 54**

1	116 Marjette Glass	52	46:11
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**MALE AGE GROUP: 55 - 59**

1	12 Steve Bognar	55	30:43
2	60 Dave Eckes	56	36:45
3	71 Peyton Morgan	55	38:07
4	74 Glenn Meadows	56	38:32
5	92 Ben Schowe	59	42:43
6	94 Terry Adams	55	42:58
7	101 Jerry Salmon	56	44:28

**FEMALE AGE GROUP: 55 - 59**

1	128 Debbie Martin	55	50:56
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**MALE AGE GROUP: 60 - 64**

1	61 Jim Weimer	60	36:55
2	64 John Justice	62	37:09
3	97 Russ Daubert	61	43:39
4	111 Bill Gribbin	64	45:44
5	117 Richard Stone	60	46:46
6	137 Bill Gray	61	54:14

**FEMALE AGE GROUP: 60 - 99**

1	126 Brenda Gray	60	49:18
2	146 Peggy Gammon	61	1:00:42

**MALE AGE GROUP: 65 - 99**

1	59 Horace Ellis	65	36:39
2	107 Bernie Davis	69	45:21
3	133 John Kurisky	68	52:50
4	136 Victor Galan	70	53:34

**July 21, Roanoke - Commonwealth Games of VA**  
**5K - John Billingslea 70 30:29 1<sup>st</sup> Age Group 70-74**

**THE GRACE CHURCH KAZAKHSTAN ORPHANAGE 5K RACE.**  
 Runners of every pace  
 Ran at the church called Grace.  
 In the August sun  
 Some called it fun,  
 But the humidity was hard to face.

*Bernie the Bard*

**GRACE CHURCH 5K RACE**  
**SATURDAY AUGUST 4, 2007**  
**Lynchburg, Virginia**

**FEMALE OVERALL RESULTS**

1	Alice Uhl	32	19:49
2	Janel Reeves	16	21:35
3	Alix Hines	16	23:43

**MALE OVERALL RESULTS**

1	Jordan Whitlock	19	17:22
2	Jeff Harrington	37	17:44
3	Kyle Resendes	19	19:25

**MALE AGE GROUP: 1 - 12**

1	30 Levi Phillips	10	24:55
2	47 Noah Waldo	9	29:08
3	73 Connor Price	12	38:53

**FEMALE AGE GROUP: 1 - 12**

1	23 Hosannah Vickery	11	23:46
2	44 Sara Vickery	10	28:20
3	46 McKenna Coalson	12	28:49

**MALE AGE GROUP: 13 - 19**

1	4 Jesse Mitchell	19	19:37
2	18 Mark Jones	15	22:52
3	57 Justin Phillips	13	30:49
4	64 John Holt	18	32:06
5	66 Joseph Jones	19	32:29
6	79 Kendall McAfee	18	42:38
7	80 Kenneth Dunbar	19	42:45

**FEMALE AGE GROUP: 13 - 19**

1	25 Kaitylyn Brown	14	24:22
2	28 Jacqui Wendland	16	24:43
3	29 Laura Phelps	15	24:43
4	31 Hailey Flowers	16	25:09

**MALE AGE GROUP: 20 - 24**

1	33 Michael Eames	22	25:30
2	41 Brian Davenport	23	27:30
3	81 Antwone Ientress	23	45:17

**FEMALE AGE GROUP: 20 - 24**

1	52 Kelly Davenport	22	30:14
2	71 Denise Morgan	24	36:24
3	82 Charmoni Jackson	20	45:37
4	83 Chrysandra Anderson	23	45:37

**MALE AGE GROUP: 25 - 29**

1	17 David Hylton	29	22:42
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**FEMALE AGE GROUP: 25 - 29**

1	27 Kacie Pantana	28	24:37
2	48 Angela Noto	28	29:15
3	51 Candace Grahl	26	30:06
4	55 Courtney Phillips	28	30:44
5	58 Jill Nance	26	31:01
6	67 Dawn Hamilton	27	32:37

**MALE AGE GROUP: 30 - 34**

1	10 John Turner	31	21:02
2	14 Scott Carson	32	22:04
3	45 Jason Bivens	33	28:34
4	54 Josh Phillips	32	30:41

**FEMALE AGE GROUP: 30 - 34**

1	50 Karen Vidzicki	32	30:00
2	65 Sunday Towles	32	32:10
3	69 Kelly Bivens	31	34:02
4	74 Jen Vaughn	31	39:01

**MALE AGE GROUP: 35 - 39**

1	6 Darrell Wargo	39	19:52
2	7 Bill Vickery	37	20:04
3	9 Sean McMenamin	36	20:34
4	21 Robert Reid	39	23:00
5	35 Kent Colling	38	25:43
6	56 Joseph Jackson	37	30:46

**FEMALE AGE GROUP: 35 - 39**

1	42 Sherri Maddox	35	27:49
2	68 Johnna Ingersoll	35	32:55
3	75 Jeanne Szymanski	39	39:08
4	77 Angela Vaughn	35	41:46

**MALE AGE GROUP: 40 - 44**

1	8 Vince Decker	43	20:07
2	15 Malcolm Miller	41	22:24
3	24 Randy Nixon	43	23:48
4	34 Eddie Fielder	42	25:33
5	37 Dwayne Marshall	44	26:28

**FEMALE AGE GROUP: 40 - 44**

1	32 Lesley McPhatter	42	25:20
2	76 Susan Coalson	41	39:39
3	78 Bette Demma	42	41:47
4	84 Sandra Pinn	40	45:51

**MALE AGE GROUP: 45 - 49**

1	11 Kevin Shroyer	46	21:16
2	13 Andrew Wilds	47	21:46
3	72 Jerry Price	45	38:52

**FEMALE AGE GROUP: 45 - 49**

1	40 Kristie Shroyer	46	27:20
2	59 Kathy Super	47	31:09

**MALE AGE GROUP: 50 - 54**

1	16 Mike Mitchell	51	22:42
2	20 Kelvin Flowers	51	22:59
3	36 Tom Muniz	52	25:44
4	38 Mark Landry	50	26:38
5	63 Keith Coalson	50	31:53

**FEMALE AGE GROUP: 50 - 54**

1	62 Barbara Compter	51	31:51
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**MALE AGE GROUP: 55 - 59**

1	26 Dave Eckes	56	24:31
2	39 Larry Compter	56	26:54
3	43 Ben Schowe	59	28:18

**FEMALE AGE GROUP: 55 - 59**

1	60 Jerie Webster	59	31:12
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**MALE AGE GROUP: 60 - 69**

1	19 Horace Ellis	65	22:55
2	49 Richard Stone	60	29:29

3	53 Bernie Davis	69	30:25
4	61 Larry Scott	62	31:30

**2007 LYNCHBURG HALF MARATHON  
AUGUST 18, 2007 7:30AM****AWARDS LIST**

<u>Place Name</u>	<u>Ag</u>	<u>Time</u>	<u>Pace</u>
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**FEMALE OVERALL RESULTS**

1	Ashley Seaton	24	1:29:31	6:50
2	Julie Stumpf	27	1:31:09	6:58
3	Nancy Ferris	51	1:36:19	7:22
4	Rebecca Parsons	26	1:36:36	7:23
5	Joy Deaton	24	1:39:29	7:36

<u>Place Name</u>	<u>Ag</u>	<u>Time</u>	<u>Pace</u>
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**MALE OVERALL RESULTS**

1	Brian Tullock	25	1:12:57	5:35
2	Matt Barresi	24	1:14:43	5:43
3	Jordan Whitlock	19	1:15:04	5:44
4	Matt Richards	40	1:16:20	5:50
5	Thomas Brennan	23	1:16:41	5:52

**FEMALE MASTERS OVERALL CHAMPION**

1	Beth Frackleton	46	1:47:01	8:11
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**MALE MASTERS OVERALL CHAMPION**

1	Bret Boman	48	1:26:07	6:35
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**MALE AGE GROUP: 14 - 19**

1	14 Jake Wimberly	18	1:25:49	6:34
2	16 Kevin Truitte	16	1:26:47	6:38
3	26 Jesse Mitchell	19	1:30:26	6:55
4	38 Jacob Pritchett	16	1:34:49	7:15
5	42 James Evans	19	1:35:15	7:17

**FEMALE AGE GROUP: 14 - 19**

1	117 Nathalie Woolworth	19	1:54:23	8:44
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**MALE AGE GROUP: 20 - 29**

1	6 Danny Boyers	29	1:17:39	5:56
2	8 Paul Smartschan	28	1:20:37	6:10
3	11 Aaron Carr	28	1:23:56	6:25
4	12 Nathan Stanford	28	1:24:00	6:25
5	22 Erik Steidl	20	1:29:27	6:50
6	32 Jason Farr	29	1:33:10	7:07
7	41 Joshua Grimley	27	1:35:09	7:16
8	48 Brett-Rolenn Leshner	23	1:37:17	7:26
9	58 Seth Huber	28	1:41:45	7:47
10	61 Matt VanDonsel	21	1:42:26	7:50
11	67 Dwayne Fitts	29	1:44:12	7:58
12	79 Andrew Shuler	26	1:46:00	8:06
13	86 Walker Wright	27	1:46:50	8:10
14	87 David Hylton	29	1:46:53	8:10
15	89 Thomas Imron	20	1:47:03	8:11
16	96 Kyle Harvey	20	1:47:33	8:13
17	101 Blake Edmondson	24	1:48:49	8:19
18	104 James Lewis	28	1:50:25	8:26
19	126 Jonathan Hubble	24	1:57:37	8:59
20	149 Clell Smyth	26	2:02:52	9:23

**FEMALE AGE GROUP: 20 - 29**

1	77 Sarah Nolan	24	1:45:56	8:06
2	97 Tabatha Stevens	22	1:47:35	8:13
3	105 Hannah Hinkson	22	1:50:38	8:27
4	109 Shelley Matthews	25	1:52:47	8:37
5	116 Liz Doby	22	1:54:12	8:44
6	124 Melissa Shigley	28	1:57:13	8:57
7	129 Jennifer Captain	28	1:58:04	9:01
8	131 Melissa Swonger	27	1:58:11	9:02
9	132 jennifer pillow	27	1:58:22	9:03
10	137 galen gordon	26	1:59:56	9:10
11	143 Whitney Wynn	23	2:01:27	9:17
12	145 Marley Peale	29	2:02:08	9:20
13	162 Rebekah Meadows	26	2:13:03	10:10
14	165 Allyson Doby	25	2:17:59	10:32
15	166 Heather Vozel	25	2:19:43	10:40
16	179 Diana Boss	29	2:36:02	11:55
17	180 Nicole Kratzer	29	2:36:03	11:55

**MALE AGE GROUP: 30 - 34**

1	9 Michael McPhatter	34	1:20:59	6:11
2	10 Christopher Libbey	31	1:22:25	6:18
3	19 Travis Rothman	31	1:27:44	6:42
4	31 Jason Captain	30	1:32:51	7:06
5	43 Jared Hesse	31	1:36:13	7:21
6	65 Michael Dunn	32	1:42:56	7:52
7	71 Scott Carson	32	1:44:49	8:01
8	111 Travis Wingfield	30	1:52:52	8:37
9	112 Maurice Becerra	30	1:53:19	8:40
10	113 Jeffrey Cunningham	30	1:53:28	8:40
11	125 Nolan Shigley	31	1:57:14	8:57
12	146 M. Kirkwood	31	2:02:26	9:21
13	147 Steve Kirkwood	34	2:02:27	9:21
14	161 Christopher Meadows	31	2:13:02	10:10

**FEMALE AGE GROUP: 30 - 34**

1	56 Rachel Sengenberger	30	1:40:56	7:43
2	82 Carrie Beaumont	30	1:46:17	8:07
3	118 Kiston McPhatter	32	1:54:29	8:45
4	120 Lisa Barella	32	1:55:18	8:49
5	154 Lakshmi Vasist	30	2:06:34	9:40
6	169 Andrea Harvey	33	2:20:43	10:45
7	175 Cassie McEachern	33	2:27:42	11:17

**MALE AGE GROUP: 35 - 39**

1	7 Jeffrey Harrington	37	1:20:00	6:07
2	13 Russell Westbrook	37	1:24:58	6:30
3	21 Chris Gassler	38	1:29:23	6:50
4	24 Chad Waterworth	35	1:29:45	6:52
5	25 william vickery	37	1:30:06	6:53
6	30 Darrell Wargo	39	1:32:05	7:02
7	33 Van Phillips	38	1:33:18	7:08
8	46 Paul Schmidt	39	1:36:59	7:25
9	51 Erik Panzer	39	1:38:04	7:30
10	54 Robert Reid	39	1:40:08	7:39
11	59 Henry Hsu	35	1:41:58	7:48
12	68 Mark Stephens	35	1:44:30	7:59
13	69 Dean Phillips	38	1:44:41	8:00
14	70 Wayne Patton	37	1:44:44	8:00
15	72 Lance Collins	36	1:45:09	8:02
16	76 Pete Caprice	39	1:45:51	8:05
17	78 Gregg Cavaliere	39	1:45:58	8:06
18	84 Scott McCurley	36	1:46:47	8:10
19	85 Chet McPhatter	35	1:46:48	8:10

20	102 Roger Bunce	36	1:49:16	8:21
21	110 Tommy Field	39	1:52:51	8:37
22	114 Martin Lenoir	37	1:53:40	8:41
23	151 Dustin Wilhoit	35	2:04:21	9:30
24	157 James LaPrade	36	2:08:34	9:49
25	163 Mark Flores	37	2:14:31	10:17

**FEMALE AGE GROUP: 35 - 39**

1	55 Karen Young	39	1:40:16	7:40
2	63 Georgianna Corsini	36	1:42:38	7:51
3	83 Candice Caprice	39	1:46:21	8:08
4	92 Amy Gallagher	39	1:47:25	8:12
5	95 blair rhodes	37	1:47:28	8:13
6	106 gabrielle suydam	37	1:51:10	8:30
7	153 Wendy Golden	39	2:04:57	9:33
8	156 Danelle Rucker	35	2:07:57	9:47
9	171 Kim Sheldon	39	2:23:20	10:57
10	173 Ellen Dice	39	2:27:32	11:16
11	174 Lisa Coleman	38	2:27:33	11:16
12	181 Angela Campbell	36	2:38:29	12:06
13	182 Melody LaPrade	39	2:38:37	12:07
14	183 Heather Childress	35	2:49:17	12:56

**MALE AGE GROUP: 40 - 44**

1	17 Vince Decker	44	1:27:05	6:39
2	18 Bryan Powell	42	1:27:28	6:41
3	34 John Tate	44	1:33:59	7:11
4	35 Peter Sheldon	40	1:34:12	7:12
5	52 Joe Zielinski	44	1:39:15	7:35
6	62 Nick Gerbino	41	1:42:34	7:50
7	64 Keith Spencer	40	1:42:53	7:52
8	66 Malcolm Miller	41	1:43:44	7:56
9	75 Grattan Garbee	44	1:45:39	8:04
10	80 Thomas Rogers	40	1:46:01	8:06
11	91 Kevin Spencer	42	1:47:13	8:12
12	135 John Heaton	44	1:59:38	9:08
13	140 Chris Williams	42	2:01:00	9:15
14	158 Dwayne Marshall	44	2:09:03	9:52

**FEMALE AGE GROUP: 40 - 44**

1	93 Lesley McPhatter	43	1:47:26	8:13
2	100 Nicolle Cundiff	42	1:48:30	8:17
3	121 Renee Draney	42	1:55:20	8:49
4	159 Kathy Boon	44	2:09:41	9:54
5	172 AVA RUPERT	42	2:25:44	11:08
6	176 Wendy Sterne	41	2:28:51	11:22

**MALE AGE GROUP: 45 - 49**

1	20 marty coleman	46	1:28:14	6:45
2	27 Bill Stahr	46	1:30:40	6:56
3	29 calvin milam	47	1:31:39	7:00
4	36 Leonard Eagle	45	1:34:22	7:13
5	50 Wilbert Hooper	49	1:37:44	7:28
6	73 George Bognar	45	1:45:28	8:04
7	115 Gary Wood	47	1:53:48	8:42
8	123 Richard Poorman	48	1:56:12	8:53
9	128 Todd Wilson	45	1:57:45	9:00
10	177 Jerry Price	45	2:30:26	11:30

**FEMALE AGE GROUP: 45 - 49**

1	122 Deborah Moseley	49	1:55:41	8:50
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**MALE AGE GROUP: 50 - 54**

1	37 Blanks Blankinship	51	1:34:28	7:13
2	47 Bob Blevins	50	1:36:59	7:25
3	49 Preston Evans	51	1:37:28	7:27
4	57 Michael Mitchell	51	1:41:31	7:45
5	99 Mark Eschenfelder	51	1:48:22	8:17
6	119 DAVID CIVIS	50	1:55:10	8:48
7	127 Tom Muniz	52	1:57:44	9:00
8	130 Joseph Mancari	53	1:58:07	9:01
9	134 Ed Keefer	54	1:59:34	9:08
10	136 Craig Miller	54	1:59:49	9:09
11	138 Mark Bushing	51	1:59:57	9:10
12	141 Jim Allmendinger	53	2:01:01	9:15
13	164 David Barnett	51	2:14:45	10:18

**FEMALE AGE GROUP: 50 - 59**

1	107 Ann Tucker	53	1:51:21	8:30
2	133 Julianne Amidon	52	1:59:22	9:07
3	139 Judy Campbell	58	1:59:58	9:10
4	144 Marie Tedesco	58	2:01:41	9:18
5	148 Marion Wilhelm	53	2:02:29	9:21
6	155 Louise BAgwell-Robi	54	2:06:40	9:41
7	160 Ann Allison	55	2:12:14	10:06

**MALE AGE GROUP: 55 - 59**

1	39 Robert Fitzgerald	55	1:34:56	7:15
2	60 Richard Morris	57	1:42:03	7:48
3	81 Peyton Morgan	55	1:46:02	8:06
4	90 Donald Garber	55	1:47:05	8:11
5	98 Tommy Wilhoit	57	1:47:51	8:14
6	150 Tom Carr	57	2:03:15	9:25
7	168 Max Irick	59	2:20:39	10:45

**MALE AGE GROUP: 60 - 64**

1	74 Micky Mear	60	1:45:30	8:04
2	152 bill gribbin	64	2:04:56	9:33

**FEMALE AGE GROUP: 60 - 99**

1	108 Andrea Hess	63	1:52:24	8:35
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**MALE AGE GROUP: 65 - 69**

1	40 Sam Going	65	1:35:01	7:16
2	94 Horace Ellis	65	1:47:27	8:13
3	103 Lowell Skelton	67	1:50:06	8:25
4	142 Wally Goode	67	2:01:24	9:17
5	167 Tommy Harris	68	2:20:27	10:44
6	178 John Kurisky	68	2:34:12	11:47

**MALE AGE GROUP: 70 - 99**

1	170 John Billingslea	70	2:22:57	10:55
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**LYNCHBURG OPEN 5K August 18, 2007 8:00am**

**AWARDS LIST**

**Place Name Ag Time**

**FEMALE OVERALL RESULTS**

1	Laura Rapp	17	19:30
2	Jennifer Pritchett	31	21:18
3	Ashley Hardy	16	21:27

**MALE OVERALL RESULTS**

1	Joshua Pinyan	24	16:27
2	andrew Rigler	16	17:19

3	Josh Morris	16	17:35
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**Place Name Ag Time**

**MALE AGE GROUP: 1 - 13**

1	18 Brandon McClenny	13	20:16
2	27 Bryan Rapp	12	21:26
3	37 Carter Lovern	11	22:30
4	38 Matthew McAden	11	22:31
5	41 Levi Phillips	10	22:45
6	56 Brandon Morgan	11	25:12
7	61 Heath Drinkard	11	25:23
8	75 Andrew Phelps	12	27:23
9	80 Atticus Dickson	12	27:55
10	85 Noah Waldo	9	28:38
11	95 Takoda Gallagher	9	29:54
12	108 Justin Phillips	13	34:00

**FEMALE AGE GROUP: 1 - 13**

1	66 Amanda Mayhew	13	26:04
2	71 Claire Malloy	12	26:49
3	102 Tessa Englund	13	32:58

**MALE AGE GROUP: 14 - 19**

1	4 Robert Deis	15	17:45
2	6 Paul Malloy	16	18:19
3	8 Christopher O'Berry	17	19:12
4	9 Robert Costa	16	19:28
5	10 Tyler Magann	15	19:29
6	13 Joshua Ranowsky	17	19:41
7	14 Matt Carpenter	16	19:42
8	15 Ryan Reynolds	15	19:53
9	17 Austin Walker	15	20:13
10	20 Kemper Harris	16	20:24
11	26 Phillip Mayhew	16	21:25
12	34 Christopher Norcutt	16	22:28
13	40 Quinton Fouche	15	22:43
14	42 Bryan Holloway	15	22:46
15	51 Mark Hostutler	16	24:05
16	52 Mike Hill	16	24:06
17	64 Connor Richards	14	25:58
18	68 Will Stratton	14	26:20

**FEMALE AGE GROUP: 14 - 19**

1	29 Olivia Jackson	15	21:35
2	32 Mary Deis	14	22:21
3	35 Amanda Wimbush	15	22:28
4	44 Kaitlyn Brown	14	22:53
5	49 Leigha Schimmoeller	14	24:03
6	55 Alicia Hooper	18	24:53
7	57 Rachel McKeague	15	25:13
8	70 Kate Tillotson	14	26:48
9	73 Emily Carter	16	27:09
10	78 Maria Michael	14	27:47
11	93 Lauren Phelps	16	29:49
12	110 Sarah Ranowsky	15	34:45
13	111 Lindsay Bowers	19	36:21
14	113 Clara Wilson	14	51:40

**MALE AGE GROUP: 20 - 29**

1	5 Lance Larson	24	18:15
2	16 Blake Riber	21	20:10
3	19 Paul Carmany	24	20:18
4	24 Chris Ireland	27	21:11

5	31 Jeff Riber	25	21:58
6	33 Jesse Houk	26	22:27
7	36 Kemper Beasley, III	27	22:29
8	87 Brian Davenport	23	28:41
9	100 Jonathan Washburn	24	32:19

**FEMALE AGE GROUP: 20 - 29**

1	54 Tia Adams	28	24:26
2	82 Sara Hunt	26	28:04
3	84 Jill Nance	26	28:22
4	86 Kelly Davenport	22	28:40
5	99 Jennifer Washburn	25	32:18
6	112 Sarah Watson	27	49:57

**MALE AGE GROUP: 30 - 39**

1	7 Frank Wright	36	19:04
2	23 Jeremy White	31	21:10
3	46 Eugene Kim	31	22:58
4	48 Fred Heppding	34	23:32
5	81 John Hunt	31	28:02

**FEMALE AGE GROUP: 30 - 39**

1	59 Kellie Hudson	34	25:20
2	60 Charmin Thomas	37	25:21
3	62 Doris Shambora	30	25:24
4	69 Karen Dillon	35	26:27
5	72 Christy Gonzalez	30	27:06
6	77 Christy Howard	34	27:27
7	83 Betty Harrington	36	28:11
8	88 Kelley Thompson	37	28:42
9	91 Koren Meadows	31	29:47
10	92 Traci Lipscomb	39	29:48
11	97 Kelley Thacker	30	30:52
12	107 Shawn Hecker	34	33:40

**MALE AGE GROUP: 40 - 49**

1	12 RB Carter	48	19:33
2	21 Joseph Malloy	43	20:30
3	22 Mark Smith	49	20:43
4	30 Mark Richards	46	21:44
5	45 Jim McFarland	49	22:57
6	47 Steve Letterman	47	23:08
7	50 Jim McLaughlin	48	24:04
8	53 Jon Schweikart	42	24:18
9	74 Lew McKeague	41	27:10
10	89 Dan Lovern	42	29:32
11	96 Lee Stone	43	30:23
12	105 Stephan Phelps	44	33:27

**FEMALE AGE GROUP: 40 - 49**

1	58 Kristie Shroyer	46	25:19
2	63 Lisa Richardson	41	25:25
3	67 Kathleen Malloy	49	26:13
4	76 Sophia Decker	43	27:24
5	94 Donna O'Berry	42	29:53
6	98 Carol Ruggio	40	32:02
7	101 Bonnie Tillotson	46	32:33
8	103 Christine O'Donnell	41	33:00
9	114 Ann Wilson	48	51:40

**MALE AGE GROUP: 50 - 59**

1	39 Keith Austin	53	22:33
2	43 John Gray	55	22:47

**FEMALE AGE GROUP: 50 - 59**

1	90 Debbie Martin	55	29:35
2	104 Debbi Kyte	53	33:06
3	109 Betsy Garber	52	34:18

**MALE AGE GROUP: 60 - 69**

1	65 Russ Daubert	61	26:00
2	79 Richard Stone	60	27:49

**FEMALE AGE GROUP: 60 - 99**

NO ENTRANTS

**MALE AGE GROUP: 70 - 99**

1	106 Victor Galan	70	33:32
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**Sept. 2, Virginia Beach - Rock "N" Roll 1/2 Marathon**

Over 17,00 runners crossed the finish line under unusually good race conditions for this time of year. There were 7,433 males and 9,576 females who finished. The overall leader was Haron Toritich with 1:02:20 and Edna Kiplagat finished in 1:11:14 to lead the females to the finish line.

The oldest competitors were John Cahill (83) in 2:09:12 and Lois Creamer (82) in 4:11:30.

Racers from Lynchburg were:

Christopher Libby	31	1:21:26
Grafton Blankinship	51	1:34:46
<b>John Billingslea</b>	70	2:36:03 9 <sup>th</sup> 70-74



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