

The President's Letter

Greetings to you at the start of the summer race season. A big **THANKS** to our Race Directors, **Lesley McPhatter and Jeff Fedorko** and the band of willing volunteers who kept the Spring and early Summer lively with great race opportunities. It all started with Lesleys' Memorial Day CVKA 10K, then the Summer Track Series, followed by the Presbyterian Home 5K. The June Track Series got the Summer started with some speed work to condition the body to the heat. The Presbyterian Home 5K is a short hilly course that's a snap if you did your speed work on Tuesday evenings at the fine new track at Lynchburg College. The race had a record turnout of 208 finishers. The staff at the Home provided a great table of post race refreshments, and, of course, there was the ice cream.

This summer, for your racing pleasure, we have the July Fourth Mile, the Race Series Five Miler on 21 July, the 1st annual Grace Church 5K on 14 August, and the 1/2 Marathon and 5K on 18 August. We'll finish the summer and the Race Series with the new and improved Virginia Ten Miler on September 29.

Volunteers are the heart and soul of these races. If, for some reason you are not able to race, please consider volunteering your services to a desperate race director. He or she will love you dearly and even consider giving you a race shirt for your efforts. The quality of a race is enhanced by your level of service.

There is no need to tell you that it's hot and humid and we should all pay attention to the **warning signs of dehydration** (lack of sweat, goose bump flesh, light headedness). Take sufficient fluids on those training runs and pay attention to your state of dehydration during a race. Those with high pain thresholds are particularly at risk.

I'd like to bring back Saturday fun runs where every other month we gather the various groups for a common start/finish and post run refreshments. No dates have been finalized but we'll put one on in July or August.

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

The Milepost is provided on the Web through the generosity of professor **Peter Sheldon** as a community service of Randolph 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

The club meetings discontinue for the summer and pickup again in September. The next issue of the Milepost will announce the Fall meeting schedule.

Latest News

After his terrible bike accident, **Tommy Harris** is on the mend at home. Get well soon Tommy. We miss you at our summer race series.

GRIT AND DETERMINATION

When you're in a trying situation
Vis-a-vis a difficult destination,
What you really need
Much more than strength or speed
Are grit and determination.

Bernie the Bard

RACE RESULTS

May 28, Lynchburg - CVKA / LRR Memorial Day 10K, Race Director: Lesley McPhatter

FEMALE OVERALL RESULTS

1	Cat Phillips	32	40:16
2	Rachel Sengenberger	30	45:17
3	Georgianna Corsini	36	46:36

Record 37:44 Mercedes Gill (2000)

MALE OVERALL RESULTS

1	Ryan Wheeler	29	34:45
2	Matt Richards	40	35:49
3	Jordan Whitlock	19	36:32

Record 34:04 Matt Richards (2000)

MALE AGE GROUP: 1 - 19

1	12 Timothy Vernon	16	40:55
2	15 Jacob Pritchett	15	41:15
3	22 Joel Sutton	15	42:51
4	23 James Newsom	16	42:53
5	25 Robert Newsom	15	43:02
6	26 Jesse Mitchell	19	43:12
7	37 James Courtney	17	45:36
8	38 Louis Papet	17	45:36
9	67 Zachary Hurt	14	49:07
10	117 Joe Euhus	14	54:07
11	122 Todd Tempas	15	55:19
12	124 Karl-Adryan Flores	13	55:23
13	143 Bhaumik Patel	16	1:00:28

FEMALE AGE GROUP: 1 - 19

1	78 Lindsay Papet	16	49:54
2	93 Hannah Davidson	13	51:52
3	101 Rebecca Hurt	17	52:48
4	121 Heidi Childs	16	55:18
5	151 Laura Phelps	15	1:02:32
6	152 Jacqui Wendland	16	1:02:32
7	162 Allison Briggs	16	1:05:31
8	164 Emily Carter	16	1:07:42
9	171 Valerie Phelps	17	1:10:03

MALE AGE GROUP: 20 - 29

1	7 Eric Nelson	27	39:49
2	28 Dwayne Filts	29	43:22
3	45 Walker Wright	27	46:47
4	48 Kyle Harvey	20	47:08
5	49 Bert Horsley	28	47:17
6	57 Matt VanDonsel	20	47:46
7	70 Josh Williams	29	49:11
8	74 James Lewis	28	49:29
9	77 David Hylton	28	49:49
10	83 Chris Montgomery	25	50:24
11	86 Ryan Carlton	22	50:57
12	91 Matthew Warner	24	51:45

FEMALE AGE GROUP: 20 - 29

1	61 Carrie York	29	48:26
2	63 Jennifer Nelson	27	48:53
3	71 Galen Gordon	26	49:12
4	79 Meagan Hinson	25	49:57

5	89 Stacy Reighard	28	51:33
6	99 Kacie Pantana	28	52:17
7	112 Lindsay Christen	24	53:31
8	128 Jennifer Captain	28	55:49
9	130 Hilary Foster	29	56:35
10	133 Katie Waterworth	29	57:05
11	142 Allison Ochs	24	1:00:18
12	147 Jane Kupkowski	23	1:02:05
13	158 Katie Ainsley	28	1:03:27
14	159 Whitney Wynn	23	1:03:30

MALE AGE GROUP: 30 - 34

1	10 Travis Rothman	31	40:41
2	20 Jason Captain	30	42:20
3	21 Chad Waterworth	34	42:37
4	33 Jared Hesse	31	45:02
5	34 Peter Sengenberger	30	45:13
6	39 Brad Bradley	34	45:53
7	59 Jeremy White	31	47:56
8	66 Fred Heppding	34	49:04
9	68 Scott Carson	32	49:07

FEMALE AGE GROUP: 30 - 34

1	102 Kiston McPhatter	32	52:52
2	140 Jennifer Hutchinson	31	59:39
3	153 Darlene Jenkins	31	1:02:43
4	173 Jaclyn Hakes	30	1:13:47

MALE AGE GROUP: 35 - 39

1	4 Jeff harrington	37	37:17
2	6 Rob Arnold	35	39:34
3	14 Darrell Wargo	38	41:10
4	16 Peter Caprise	39	41:19
5	17 Peter Sheldon	39	41:21
6	18 Chris Gassler	38	41:43
7	24 Bill Vickery	37	42:57
8	41 Henry Hsu	35	45:59
9	47 Mark Stevens	35	47:04
10	51 Jack Flippin	37	47:25
11	52 Robert Reid	39	47:26
12	60 Richard Creasy	38	48:25
13	87 Michael Ballard	37	51:16
14	95 Robert Cole	38	51:53
15	105 Chet McPhatter	35	53:07
16	125 Lee Beaumont	38	55:26

FEMALE AGE GROUP: 35 - 39

1	82 Gabby Suydam	38	50:16
2	85 Mechelle Lafon	36	50:49
3	96 Laurie Wynnyk	39	51:53
4	110 Brandy Schmidt	36	53:20
5	116 Paulina Skulina	38	53:47
6	123 Wendy Golden	39	55:22
7	138 Karen Dillon	35	58:26
8	145 Kim Sheldon	38	1:01:18
9	148 Heather Kinder	38	1:02:08
10	160 Sarah Camden	37	1:04:34
11	161 Betty Harrington	35	1:05:11
12	169 Rachel Mitchell	36	1:08:53
13	170 Rebecca Carroll	38	1:09:13
14	172 Marlenea Covington	35	1:11:47
15	176 Heather Childress	35	1:19:42

MALE AGE GROUP: 40 - 44

1	13 Kevin Willis	40	40:57
2	31 Richard Tugman	42	44:27
3	36 Stephen Simmons	40	45:18
4	42 Tom Mohr	44	46:18
5	55 Bob Dendy	43	47:41
6	65 Scott Englund	41	49:02
7	69 Virgil Hurt	42	49:10
8	84 Malcolm Miller	41	50:46
9	90 Alan Rogers	40	51:44
10	97 Joe Zwetolitz	43	52:13
11	114 Tony Ferguson	43	53:33
12	115 Chris Williams	42	53:41
13	119 Tom Delorey	40	55:00
14	120 Brian Fuller	43	55:13
15	126 Michael Elliott	42	55:33
16	127 Ferdinand Flores	41	55:47
17	149 Pete Grissom	40	1:02:30
18	150 Mark Sloman	44	1:02:31
19	156 David Skulina	44	1:02:58
20	168 Wayne Casto	41	1:08:13

FEMALE AGE GROUP: 40 - 44

1	80 Kitty Tomkinson	41	50:02
2	94 Sarah Davidson	42	51:52
3	103 Louise Uffelman	43	53:01
4	108 Maurene OConnell	42	53:16
5	157 Diane Sosa	42	1:03:11
6	174 Kelly Hakes	41	1:13:47

MALE AGE GROUP: 45 - 49

1	5 Jonathan Perrotto	47	39:09
2	9 Bret Boman	48	40:17
3	11 Robert Blevins	49	40:51
4	27 Calvin Milam	47	43:15
5	29 Andrew Wilds	47	43:39
6	30 Kevin Shroyer	46	44:24
7	32 Lee Eagle	45	44:33
8	43 Charles Jenkins	47	46:19
9	46 Ted Batt	47	46:52
10	50 Jamie Courtney	45	47:20
11	58 Wilbert Hooper	48	47:50
12	64 Rick Benedict	46	48:59
13	75 Jim McFarland	49	49:45
14	76 Billy Flint	46	49:48
15	92 Doug Layman	47	51:52
16	107 Steve Letterman	47	53:15
17	109 Daniel Carey	46	53:18
18	111 Bruce Gerlich	49	53:25
19	135 Mark Landry	49	57:43
20	137 David Miles	47	58:18
21	154 Alan Jones	49	1:02:57
22	165 RB Carter	48	1:07:43

FEMALE AGE GROUP: 45 - 49

1	98 Sue Jones	46	52:16
2	129 Kristie Shroyer	46	56:31
3	132 Marylynne Arnold	45	56:46
4	141 Beth Morrison	45	1:00:08

MALE AGE GROUP: 50 - 54

1	19 Preston Evans	50	42:08
2	40 John Vadnal	51	45:58
3	53 Mike Mitchell	50	47:27
4	81 Brian Elliott	52	50:10

5	100 Tom Muniz	52	52:40
6	106 Ed Keefer	54	53:07
7	118 Mark Bushing	51	54:24
8	177 Craig Miller	54	1:44:00

MALE AGE GROUP: 55 - 59

1	54 Dave Eckes	56	47:36
2	72 Peyton Morgan	55	49:15
3	88 Glenn Meadows	56	51:17
4	136 Ben Schowe	59	57:55

FEMALE AGE GROUP: 50 - 59

1	134 Ann Harris	57	57:07
2	144 Marjette Glass	51	1:00:58

MALE AGE GROUP: 60 - 64

1	56 Jim Weimer	60	47:45
2	73 John Justice	62	49:16
3	104 Chip Clements	60	53:02
4	113 Roy Robichand	60	53:33
5	131 Russ Daubert	61	56:39
6	139 Bob Foster	61	58:42
7	155 Richard Stone	60	1:02:58
8	167 Leland Gammon	63	1:07:59

FEMALE AGE GROUP: 60 - 99

1	163 Brenda Gray	60	1:06:18
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MALE AGE GROUP: 65 - 69

1	62 Horace Ellis	65	48:31
2	146 Terry Walton	66	1:01:40
3	166 John Billingslea	69	1:07:56

MALE AGE GROUP: 70 - 99

1	175 Victor Galan	70	1:15:15
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June- 2007 Summer Track Series

Meet Director: **Bret Boman**

We returned to Lynchburg College this year and their brand new facilities. Turnout was great and there were no thunderstorms this year. Special thanks to my bride - Lisa, Gregg Cavalierre, Jeff Harrington, Erik Panzer, Dave Christen, Josh Yeoman, Mike Mitchell, Darrell Wargo and all who lent a hand making it a success.

1500 Meters June 5, 2007

Girls 9-10	Leah Hurt 7:43.3
Girls 11-12	Anna Hurt 7:33.5
Girls 13-14	Katie Vann 5:34.9
Girls 15-16	Heidi Childs 6:26.9, Allison Briggs 6:35.0, Elizabeth Hurt 8:27.4
Girls 17-19	Rebecca Hurt 6:20.4
Boys 7-8	Ethan Phillips 7:50.6
Boys 9-10	Levi Phillips 6:06.2, Noah Richards 7:26.9
Boys 11-12	Daniel Kosowski 6:30.9
Boys 13-14	Zachary Hurt 5:33.3, Paul Schmidt 5:54.3, Micah Jones 5:57.2, Justin Phillips 7:04.9
Boys 15-16	Mark Jones 4:59.1
Boys 17-19	Chris Wyatt 4:42.4, Jeremiah Brown

Men 20-29 4:50.0, Jesse Mitchell 4:54.0, Grayson Burch 5:14.1, Chris Sullivan 5:53.5
 Women 20-29 Josh Pinyan 4:37.8, Dwayne Fitts 5:00.3, Dean Short 5:21.2, Spencer Drake 5:58.1
 Women 20-29 Lindsay Christen 6:17.0
 Men 30-39 Jeff Harrington 4:32.2, Marcus Wright 4:56.4, Peter Sheldon 5:06.4, Erik Panzer 5:20.8
 Women 30-39 Gabby Suydam 6:33.7
 Men 40-49 Calvin Milam 5:07.2, Mark Warren 6:11.7, Felix McCain 6:37.0
 Men 50-59 Steve Bogner 5:01.0, Mike Mitchell 5:50.7, Keith Austin 5:55.1, Greg Kosowski 6:31.2
 Women 60-69 Brenda Gray 8:28.7
 Men 70-79 Vic Galan 8:50.6

Boys 7-8 Joseph Schmidt 3:32.6, Ethan Phillips 3:59.7, Dakota Yoder 5:12.4
 Boys 9-10 Levi Phillips 3:07.0, Colin Beck 3:26.6
 Boys 11-12 Bryan Rapp 2:58.9, Nic Meador 3:28.6, Tyler Yoder 4:18.6
 Boys 13-14 Paul Schmidt 2:48.8, Zachary Hurt 2:56.9, Jeremy Sipantzi 2:58.2, Micah Jones 3:06.2, Justin Phillips 3:30.6
 Boys 15-16 Mark Jones 2:38.4
 Boys 17-19 Bryce Kimmel 2:15.6, Jeremiah Brown 2:26.3, Bryant Ferguson 2:27.5, Jesse Mitchell 2:33.8, Andy Drake 2:38.8
 Men 20-29 Greg Flannigan 2:28.1, Dwayne Fitts 2:53.8
 Men 30-39 Jeff Harrington 2:16.4
 Men 40-49 Robert Harding 2:14.6
 Men 50-59 Mike Mitchell 2:49.1

100 Meters June 5, 2007

Kids 4 & Under Hailey Draney 33.6, Isiah Harrington 54.9, Sienna Fielder 39.6
 Boys 5-6 Adam Minnehan 21.0, Grant Harrington 21.7, Luke Richards 22.3, Joe Matthews 23.2, Calvin Hurt 25.7
 Girls 5-6 Abbigail Phillips 20.7, Gracyn Draney 21.8, Olivia Panzer 22.2, Cari Phillips 24.1
 Kids 7-8 John Warren 17.7, Joseph Schmidt 18.1, Ethan Phillips 20.1, Sarah Richards 21.4, Dakota Yoder 21.8
 Girls 9-10 Leah Hurt 16.4, Amelia Harrington 18.0
 Girls 11-12 Lauren Phillips 16.7, Jennifer Schmidt 17.0, Anna Hurt 17.7
 Girls 13-14 Elizabeth Hurt 16.6
 Boys 9-10 Colin Beck 15.1, Levi Phillips 16.8, Geoffrey Hicks 18.6
 Boys 11-12 Nathan Sipantzi 15.4, Daniel Kosowski 15.8, Nic Meador 16.3, Tyler Yoder 17.4
 Boys 13-14 Micah Jones 14.3, Jeremy Sipantzi 14.6, Zachary Hurt 16.5, Justin Phillips 17.3
 Boys 15-16 Mark Jones 12.6, Michael Phillips 14.9,
 Boys 17-19 Bryant Ferguson 11.74, Bryce Kimmel 12.4, Chris Wyatt 12.93
 Men 20-29 Dwayne Fitts 12.57, Keith Austin 12.61
 Men 30-39 Erik Panzer 13.97
 Men 40-49 Robert Harding 11.8

800 Meters June 5, 2007

Girls 5-6 Cari Phillips 4:50.0, Olivia Panzer 4:57.0, Abigail Phillips 5:04.5
 Girls 9-10 Leah Hurt 3:50.4, Caleah Yoder 4:04.8, Amelia Harrington 4:43.8
 Girls 11-12 Jennifer Schmidt 3:39.3, Anna Hurt 3:45.3
 Girls 15-16 Allison Briggs 3:15.2, Elizabeth Hurt 4:17.9
 Girls 17-19 Rebecca Hurt 3:14.6
 Boys 5-6 Joseph Matthews 4:48.9, Grant Harrington 4:49.4, Calvin Hurt 5:02.4

5000 Meters June 13, 2006

Girls 15-16 Rebecaa Hurt 24 :37.7
 Boys 9-10 Levi Phillips 22:30.2
 Boys 11-12 Justin Jantamaso 21:35.9
 Boys 13-14 Jake Patterson 19:58.7, Zachary Hurt 21:16.4, Paul Schmidt 22:48.9, Micah Jones 23:42.8, Justin Phillips 27:27.1
 Boys 15-16 Ryne Bollinger 18:11.1, Timothy Vernon 18:31.2, Joel Sutton 19:21.7, Mark Jones 20:55.8
 Boys 17-19 Jordan Whitlock 16:14.9, Geoff Ranowsky 18:22.1, Chris Wyatt 18:49.2, Jesse Mitchell 19:06.7, Bryce Kimmel 20:31.9, Grayson Burch 21:41.1 Chris Sullivan 24:28.1, Andrew Parkins 16:40.6, Andy Sayers 16:44.9, Ben Wiese 19:22.7, Dwayne Fitts 20:03.7, David Hylton 23:46.8, Spencer Drake 23:57.4
 Women 20-29 Shelli Sayers 21:11.5
 Men 20-29 Jeff Harrington 16:57.2, Mike McPhatter 17:34.1, Darrell Wargo 18:57.5, Jeff Fedorko 19:32.6, Chris Gassler 19:50.1, Henry Hsu 20:40.0
 Women 30-39 Gabby Suydam 24:25.0
 Men 40-49 Matt Richards 16:22.2, Paul Triska 20:13.1, Andrew Wilds 20:23.7, Marc Jantamaso 23:43.5
 Men 50-59 Mike Mitchell 21:53.1, Keith Austin 22:26.1
 Men 70-79 Vic Galan 30:31

100 Meters June 13, 2006

Kids Under 4 Nehemiah Jantamaso 25.9, Hailey Draney 31.3, Parker Sterne 32.8,

Kristin Gassler 34.8, Isaiah Harrington
38.9

200 Meters June 13, 2006

Girls 5-6 Abigail Phillips 46.1, Sophia Jantamaso 49.9, Gracyn Draney 50.7, Cari Phillips 51.4, Madelyn Sterne 53.8
Girls 7-8 Marla Shumate 47.8
Girls 9-10 Cares Jantamaso 40.4, Isabelle McCauley 39.4, Amelia Harrington 41.1
Girls 11-12 Heather Wilson 34.3, Elizabeth Vernon 35.7, Lauren Phillips 36.1, Anna Hurt 37.6, Leah Hurt 40.4
Girls 17-19 Rebecca Hurt 33.3
Boys 5-6 Kane Campbell 42.6, Will Patterson 45.8, Grant Harrington 49.7, Joseph Matthews 52.1, Noah Richards 52.4, Calvin Hurt 65.8
Boys 7-8 John Warren 39.2, Joseph Schmidt 39.3, Elijah Jantamosa 42.4, Ethan Phillips 43.5, Christian Kumar 46.1
Boys 9-10 Noah Jantamaso 34.2, Levi Phillips 37.3
Boys 11-12 Nathan Sipantzi 33.7, Justin Jantamaso 34.4, Daniel Shumate 35.6, Stephen Vernon 36.4
Boys 13-14 Micah Jones 32.2, Jeremy Jantamaso 32.6, Zachary Hurt 34.4, Justin Phillips 39.9
Boys 15-16 Mark Jones 26.4, Timothy Vernon 31.1, Mike Phillips 31.9
Boys 17-19 Ryne Bollinger 23.6, Bryant Ferguson 23.9, Bryce Kimmel 25.9, Dane Wilson 28.4
Men 20-29 Shawn Webb 23.9, Ben Wiese 24.8, Dwayne Fitts 25.5
Men 40-49 Robert Harding 24.4

2 Mile June 19, 2007

Girls 9-10 Emma Collins 17:12.7
Boys 7-8 Elijah Jantomaso 16:46.7
Boys 9-10 Levi Phillips 14:43.3
Boys 11-12 Justin Jantamaso 13:40.9
Boys 13-14 Paul Schmidt 14:03.5, Jeremy Sipantzi 14:47.5, Micah Jones 14:51.9, Justin Phillips 17:34.9
Boys 15-16 Timothy Vernon 11:18.4, Josh Morris 11:19.1, Joel Sutton 11:58.9, Mark Jones 12:35.4, Zachary Byram 13:54.2
Boys 17-19 Jordan Whitlock 10:16.4, Chris Wyatt 11:14.6, Geoffrey Ranowsky 11:30.4, Michael Lacy 11:30.8, Jesse Mitchell 12:16.6, Kyle Resendes 12:22.0, Bryant Ferguson 13:15.0, Bryce Kimmel 13:19.9
Men 20-29 Phil Panebianco 11:11.9, Dwayne Fitts 13:05.6, Spencer Drake 14:32.0, David Hylton 14:58.1
Men 30-39 Chris Gassler 12:26.5, Darrell Wargo 12:35.2, Henry Hsu 12:59.2, Lance Collins 13:27.9
Women 30-39 Gabby Suydam 15:36.5

Men 40-49 Marc Jantomaso 16:47.0, Morris Byram 17:25.9
Women 40-49 Renee Draney 15:44.0
Men 50-59 Steve Bogner 11:26.1, Mike Mitchell 13:47.6, Keith Austin 13:53.2

100 Meters June 19, 2007

Kids 4 & Under Nehemiah Jantomaso 24.6, Hailey Draney 31.7, Kristin Gassler 37.2, Parker Sterne 40.0, Eleanor McPhatter 2:04.5, Emma McPhatter 2:05, Claire McPhatter 2:09.7
Girls 5-6 Abbie Phillips 20.8, Rebecca Allison 21.2, Gracyn Draney 22.0, Sophia Jantomaso 23.6, "Beans" Collins 24.0, Cari Phillips 24.3, Madelyn Sterne 24.8
Girls 7-8 Emily Griffin 17.0
Girls 9-10 Katie Griffin 16.9, Sarah Collins 19.6, Emma Collins 19.9
Girls 11-12 Jennifer Schmidt 16.7, Lauren Phillips 17.0
Boys 5-6 Noah Gassler 23.1
Boys 7-8 Joseph Schmidt 18.3, Christian Kumar 19.4, Ethan Phillips 19.7, Joe Collins 20.4
Boys 9-10 Colin Beck 15.6, Noah Jantamaso 16.2, Levi Phillips 18.3
Boys 11-12 Nathan Sipantzi 16.0, Justin Jantamaso 16.4
Boys 13-14 Micah Jones 14.7, Jeremy Sipantzi 15.1, Justin Phillips 18.4
Boys 15-16 Justin Resendes 12.55, Mark Jones 13.20, Bhaumik Patel 14.9, Matt Carpenter 14.24
Boys 17-19 Bryant Ferguson 11.86, Shawn Webb 11.93, John Morris 11.98, Bryce Kimmel 12.58, Michael Lacy 12.85, Dwayne Fitts 12.43
Men 20-29 Lance Collins 13.59
Men 30-39 Marc Jantomaso 15.13, Jay Kumar 15.72

400 Meters June 19, 2007

Girls 5-6 Sophia Jantomaso 1:57.6, Abby Phillips 2:00.3, Cari Phillips 2:23.6
Girls 7-8 Emily Griffin 93.1
Girls 9-10 Katie Griffin 85.5
Girls 11-12 Jennifer Schmidt 86.6
Boys 5-6 Noah Gassler 2:05.0
Boys 7-8 Joseph Schmidt 86.4, Christian Kumar 1:40.4, Ethan Phillips 1:46.0
Boys 9-10 Colin Beck 78.0, Noah Jantomaso 78.3, Levi Phillips 90.4
Boys 11-12 Justin Jantomaso 77.6, Nathan Sipantzi 80.7
Boys 13-14 Justin Resendes 56.9, Jeremy Sipantzi 72.3, Zachary Byram 72.4, Paul Schmidt 74.0, Micah Jones 74.9, Justin Phillips 95.9
Boys 15-16 Mark Jones 59.9, Josh Morris 60.9, Austin Vogt 62.0, Bhaumik Patel 68.5, Matt Carpenter 74.2
Boys 17-19 Geoffrey Ranowsky 52.7, Kyle

Resendes 53.9, John Morris 54.6,
Shawn Webb 55.8, Chris Wyatt 57.4,
Michael Lacy 58.4, Bryant Ferguson
62.8, Bryce Kimmel 64.7
Men 20-29 Dwayne Fitts 56.8

1 Mile Run June 26, 2007

Girls 9-10 Leah Hurt 8:25.6, Olivia Hsu 8:48.3
Girls 11-12 Elizabeth Vernon 7:40.9, Katie
Claunch 8:25.8, Anna Hurt 8:31.4,
Lauren Phillips 9:19.6
Girls 13-14 Hannah Vernon 7:46.2
Girls 17-19 Rebecca Hurt 6:58.6
Boys 9-10 Levi Phillips 6:50.7, Ethan Phillips
8:29.0
Boys 11-12 Stephen Vernon 6:53.2
Boys 13-14 Justin Resendes 5:13.2, Jake Patterson
5:36.9, Justin Phillips 7:48.2
Boys 15-16 Timothy Vernon 5:15.3, Austin Vogt
5:17.7, Josh Griffin 6:49.9
Boys 17-19 Jordan Whitlock 4:41.8, Michael Lacy
5:00.1, Ryne Bollinger 5:07.7, Chris
Wyatt 5:09.2, Brendan Heisler 5:11.1,
Jesse Mitchell 5:30.9
Men 20-29 Kevin Kadak 4:46.8, Eric Nelson
5:11.6, Josh Yeoman 5:25.7, Dave
Christen 5:52.6
Men 30-39 Chris Libbey 5:10.5, Travis Rothman
5:17.0, Chris Gassler 5:40.7, Henry
Hsu 5:47.9
Women 30-39 Karen Dillon 8:06.6
Men 40-49 Bret Boman 5:17.8
Women 40-49 Renee Draney 7:22.3
Men 50-59 Steve Bogner 5:18.9, Mike Mitchell
6:15.2, Keith Austin 6:19.9
Women 60-69 Brenda Gray 9:02.2
Men 70-79 Vic Galan 9:27.2

Kid's 100 Meters June 26, 2007

Kids 4 & Under Hailey Draney 31.1, Parker Sterne
33.9, Kristin Gassler 35.6, Cooper
Campbell 2:59, Claire McPhatter 3:02,
Emma McPhatter 3:06, Eleanor
McPhatter 3:06

200 Meter Run June 26, 2007

Girls 5-6 Gracyn Draney 48.6, Madelyn Sterne
58.3, Cari Phillips 58.8
Girls 7-8 Martha Shumate 45.5, Lydia Vernon
46.1, Abbie Phillips 46.7
Girls 9-10 Leah Hurt 39.6
Girls 11-12 Lauren Phillips 37.4
Girls 17-19 Donna Bryant 29.6, Rebecca Hurt 33.0
Boys 5-6 Kane Campbell 42.3, Will Patterson
44.5, Noah Gassler 50.0, Joe
Matthews 57.9, Calvin Hurt 67.0
Boys 7-8 Steven Claunch 41.1, Ethan Phillips
43.7
Boys 9-10 Colin Beck 36.3, Levi Phillips 37.9,
Elijah Vernon 53.0
Boys 11-12 Daniel Shumate 35.0
Boys 13-14 Justin Resendes 26.8, Timothy Vernon
29.9, Justin Phillips 38.3
Boys 15-16 Austin Vogt 27.9, Josh Griffin 32.0

Boys 17-19 Ryne Bollinger 23.6, Bryant Ferguson
24.4, Kyle Resendes 24.4, Brendan
Heisler 25.2, Michael Lacy 26.3, Chris
Wyatt 26.5
Men 20-29 Shawn Webb 24.6, Kevin Kadak 25.7,
Dwayne Fitts 26.6
Men 30-39 Travis Rothman 28.5
Men 40-49 Robert Harding 24.8

800 Meter Run June 26, 2007

Girls 9-10 Leah Hurt 3:57.9
Girls 11-12 Anna Hurt
Girls 17-19 Donna Bryant 2:42.6, Rebecca Hurt
3:13.7
Boys 5-6 Joe Matthews 4:49.8, Noah Gassler
5:03.3, calvin Hurt 6:04.0
Boys 9-10 Levi Phillips 3:09.1
Boys 13-14 Justin Resendes 2:23.9, Justin Phillips
4:09.5
Boys 15-16 Austin Vogt 2:29.5, Timothy Vernon
2:29.8, Josh Griffin 3:06.7
Boys 17-19 Kyle Resendes 2:10.5, Jordan
Whitlock 2:11.0, Ryne Bollinger
2:13.0, Michael Lacy 2:15.5, Bryant
Ferguson 2:22.3, Chris Wyatt 2:25.6
Men 20-29 Kevin Kadak 2:09.0, Shawn Webb
2:24.3, Andrew Riscart 2:54.7
Men 30-39 Chris Gassler 2:36.9
Men 40-49 Robert Harding 2:16.7
Men 50-59 Mike Mitchell 2:52.2

June 23, Lynchburg - Presbyterian Home 5K,

FEMALE 5K RUN OVERALL AWARDS

Place	Name	Ag	Time	Pace
1	Cat Phillips	32	19:42	6:21
2	Sarah Kryeinski	27	20:27	6:35
3	Donna Elder	44	20:54	6:44

MALE 5K RUN OVERALL AWARDS

Place	Name	Ag	Time	Pace
1	dickenson edward	43	16:37	5:21
2	Ben Thomas	38	16:40	5:22
3	Kevin Paulk	46	16:56	5:28

FEMALE MASTERS RUN OVERALL AWARDS

Place	Name	Ag	Time	Pace
1	Kitty Tomkinson	41	23:26	7:33
2	Lori Flowers	50	23:36	7:36
3	Beth Frackelton	46	23:57	7:43

MALE MASTERS RUN OVERALL AWARDS

Place	Name	Ag	Time	Pace
1	Jonathan Perrotto	47	18:47	6:03
2	Bret Boman	48	19:06	6:09
3	Lee Eagle	45	20:19	6:33

MALE AGE GROUP: 1 - 12

Gr.	OA Name	Ag	Time
1	57 Justin Jantomaso	12	22:35
2	85 Levi Phillips	10	23:59
3	91 Landon Curry	11	24:37
4	127 Rob Dendy	10	26:59
5	189 Brett Turner	11	33:59
6	198 Dean Flores	11	34:53

FEMALE AGE GROUP: 1 - 12

1	77 Hosanah Vickery	11	23:34
2	117 McKenna Coalson	12	25:59
3	119 Claire Malloy	12	26:08
4	201 Lauren Phillips	12	VA 35:10

MALE AGE GROUP: 13 - 19

1	4 Andrew Rigler	16	17:13
2	6 Josh Knight	16	18:02
3	8 Timothy Vernon	16	18:43
4	13 Josh Morris	15	19:14
5	14 Chris O'Berry	16	19:20
6	15 Geoff Ranowsky	18	19:32
7	17 Wes Spangler	16	19:40
8	21 Louis Papet	17	19:54
9	29 Jesse Mitchell	19	20:46
10	30 Kevin Malloy	14	20:48
11	33 Roy Francis	15	20:59
12	42 Mark Jones	15	21:44
13	51 Chris Schweikart	16	22:10
14	69 Josh Ranowsky	16	23:05
15	111 Christopher Huiner		25:43
16	118 Brandon Cash	13	26:07
17	131 Micah Jones	13	27:07
18	157 Justin Phillips	13	29:09
19	179 Jacob Keohane	13	31:53
20	183 Camel Whitley	13	32:07
21	197 Adryan Flores	13	34:52

FEMALE AGE GROUP: 13 - 19

1	62 Kate Martin	15	22:46
2	68 Lindsay Papet	16	23:04
3	70 Kristin Ulmer	16	23:09
4	80 Laura Phelps	15	23:45
5	98 Kaitlyn Brown	13	24:55
6	104 Rebecca Hurt	17	25:12
7	120 Alicia Hooper	17	26:10
8	124 Hailey Flowers	16	26:39
9	126 Sarah-Louise Dechow	16	26:57
10	156 Holly Flowers	13	29:04
11	175 Christa Leotti	19	31:08
12	191 Tessa Englund	13	34:04
13	203 Sarah Ranowsky	15	35:40
14	205 Amanda Turner	19	37:10

MALE AGE GROUP: 20 - 24

1	5 Phil Panebianco	22	17:44
2	34 Kyle Harvey	20	21:02
3	39 Paul Carmany	24	21:29
4	41 Matthew VanDonsel	20	21:37
5	46 Kevin Schafer	21	21:54
6	72 Nathan Grabaskas	21	23:17
7	158 Richard Suddith	21	29:10
8	169 Gregory Lancaster	23	30:12

FEMALE AGE GROUP: 20 - 24

1	73 Brandie Brown	22	23:20
2	93 Meghann Dailey	21	24:41
3	130 Rachel Mabery	20	27:06
4	193 Mary Caitlin Wesolo	20	34:21
5	194 Kristina Gladden	23	34:22

MALE AGE GROUP: 25 - 29

1	16 Jerry Ayantola	28	19:39
2	27 Dwayne Fitts	29	20:32
3	44 Walker Wright	27	21:50
4	50 Matthew Conner	25	22:06
5	60 James Lewis	28	22:44
6	67 David Hylton	28	23:03
7	102 Jimmy Kline	26	25:05
8	112 Davy Hazlegrove	28	25:44
9	139 Kevin Berry	29	27:26
10	149 Keith Wadley	28	28:06

FEMALE AGE GROUP: 25 - 29

1	59 Jennifer Nelson	27	22:42
2	79 Galen Gordon	26	23:40
3	108 Sarah Kline	26	25:34
4	110 Jennifer Captain	28	25:41
5	113 Amy Hawkins	26	25:47
6	128 Courtney Tinnell	28	27:03
7	165 Heather Vozel	25	30:00
8	172 Bethany Sulc	27	30:50
9	173 Daniela Moyer	27	30:52
10	176 Laura Combs	27	31:40
11	196 Jennifer Berry	27	34:47

MALE AGE GROUP: 30 - 34

1	7 Michael Little	30	18:29
2	23 Jason Captain	30	20:05
3	35 Bradley Bradley	34	21:05
4	37 Peter Sengenberger	30	21:14
5	45 Jeremy White	31	21:53
6	49 Scott Carson	32	22:05
7	74 Cavan Carlton	33	23:24
8	100 Fred Heppding	34	25:03
9	101 Daniel Alexander	33	25:04
10	105 Jon Gordon	30	25:17
11	107 Adam Hopkins	30	25:31
12	145 Michael Holland	32	27:54
13	162 Bryan Carter	30	29:28
14	177 Michael Reffner	33	31:41

FEMALE AGE GROUP: 30 - 34

1	38 Rachel Sengenberger	30	21:26
2	43 Jennifer Pritchett	31	21:45
3	135 Kellie Hudson	33	27:16
4	143 Christy Howard	33	27:42
5	151 Jennifer Hutchinson	32	28:11
6	160 Nina Dillon	32	29:17
7	166 Jennifer Perry	33	30:07
8	167 Caroline Morton	34	30:09
9	168 Lindsay Newman	30	30:11
10	170 Erin Elwell	31	30:18

11	184 Meegan Reynolds	32	32:50	10	106 Scott Rankins	48	25:24
12	187 Michelle Richardson	33	33:07	11	122 Steve Pettit	49	26:21
13	190 Jamie Waugh	34	34:03	12	125 David Miles	47	26:48
MALE AGE GROUP: 35 - 39				13	141 James Myers	45	27:33
1	10 Robert Arnold	35	18:54	14	152 Homer Davis	48	28:13
2	11 Darrell Wargo	38	18:56	FEMALE AGE GROUP: 45 - 49			
3	20 Christopher Gassler	38	19:45	1	89 Sue Jones	46	24:25
4	22 William Vickery	37	20:02	2	134 Kathy Malloy	48	27:14
5	24 Frank Wright	36	20:17	3	137 Mary Lynn Arnold	45	27:22
6	52 Richard Creasy	38	22:11	4	144 Kristie Shroyer	46	27:51
7	53 Mark Stephens	35	22:16	5	155 Missy Taraldsen	46	28:37
8	65 Robert Reid	39	22:55	MALE AGE GROUP: 50 - 54			
9	153 Kenneth Turner	36	28:29	1	40 Ron Riscart	53	21:35
10	186 Chad Hanning	35	32:57	2	54 John Vadnal	51	22:18
FEMALE AGE GROUP: 35 - 39				3	55 Mike Mitchell	51	22:19
1	48 Georgiana Corsini	36	22:01	4	56 Kelvin Flowers	51	22:26
2	136 Charmin Thomas	36	27:21	5	63 Keith Austin	54	22:51
3	154 Karen Dillon	35	28:33	6	66 Tim Dailey	50	23:01
4	185 Michelle Hanning	37	32:56	7	87 Craig Miller	54	24:17
5	192 Lori Wynnyk	39	34:05	8	88 Ed Keefer	54	24:20
6	207 Heather Childress	35	38:50	9	99 Peyton Morgan	54	25:01
7	208 Marilyn Ferrell	35	40:34	10	116 Lance Knight	51	25:53
MALE AGE GROUP: 40 - 44				11	121 Tom Gerdy	53	26:15
1	31 Joseph Malloy	43	20:49	12	138 Mark Bushing	51	27:25
2	58 Wanjema Muhoro	42	22:40	13	164 Jim Gallagher	54	29:56
3	64 Grattan Garbee	44	22:52	14	199 Ben Taylor	52	34:54
4	81 Malcolm Miller	41	23:46	FEMALE AGE GROUP: 50 - 54			
5	83 Randy Nixon	43	23:53	1	159 Marjette Glass	51	29:12
6	95 James Gallagher	41	24:45	2	178 Barbara Taylor	54	31:46
7	96 Jon Schweikart	42	24:47	MALE AGE GROUP: 55 - 59			
8	109 Ferdinand Flores	41	25:37	1	129 Terry Adams	55	27:05
9	114 Bob Dendy	43	25:48	2	133 Ben Schowe	59	27:10
10	115 Michael Elliott	42	25:49	3	140 Samuel Fuller	59	27:30
11	132 Chris Williams	42	27:09	FEMALE AGE GROUP: 55 - 59			
12	142 Jimmy Roux	44	27:34	No Entries			
13	148 Jeff Curry	41	28:03	MALE AGE GROUP: 60 - 64			
14	163 Wayne Casto	41	29:46	1	76 Jim Weimer	60	23:29
FEMALE AGE GROUP: 40 - 44				2	123 Russ Daubert	61	26:30
1	92 Lesley McPhatter	43	24:38	3	161 Richard Stone	60	29:20
2	146 Willoughby Pamela	44	27:59	4	182 Bill Gray	61	32:04
3	147 Sandy Singleton	43	28:01	FEMALE AGE GROUP: 60 - 99			
4	150 Myra Dendy	42	28:07	1	174 Brenda Gray	60	31:04
5	171 Cheryl Barb	44	30:46	2	188 Connie Hall	61	33:49
6	180 Laura Keohane	40	31:54	MALE AGE GROUP: 65 - 99			
7	181 Evelyn Schweikart	42	32:04	1	71 Horace Ellis	65	23:11
8	195 Christine O'Donnell	41	34:26	2	200 Victor Galan	70	35:07
9	202 Donna O'Berry	42	35:22	FEMALE AGE GROUP: 65 - 99			
10	204 Ruggio Carol	40	37:07	No Entries			
11	206 Melanie Merkle	42	38:09	MALE AGE GROUP: 70 - 99			
MALE AGE GROUP: 45 - 49				No Entries			
1	28 Richard Carter	48	20:38	FEMALE AGE GROUP: 70 - 99			
2	36 Kevin Shroyer	46	21:07	No Entries			
3	47 Wilbert Hooper	49	21:57	MALE AGE GROUP: 75 - 99			
4	61 Jack MacNeill	49	22:45	No Entries			
5	82 Steve Letterman	47	23:51	FEMALE AGE GROUP: 75 - 99			
6	86 Jim McLaughlin	48	24:08	No Entries			
7	90 Doug Layman	47	24:34	MALE AGE GROUP: 80 - 99			
8	94 John Bode	47	24:43	No Entries			
9	97 Mike Moneymaker	47	24:48	FEMALE AGE GROUP: 80 - 99			
				No Entries			

**2nd Annual July 4th Academy Mile
Wednesday July 4, 2007
LYNCHBURG, VIRGINIA * Commerce St.,
8:00am**

Place Name Ag Time

FEMALE FASTEST MILE

1 Cat Phillips 32 5:28
2 Sarah Krylicinski 27 5:32
3 Rachel Sengenberger 30 5:54

MALE FASTEST MILE

1 Jordan Whitlock 19 4:44 *New Course Record
2 Jeff Harrington 37 4:49
3 Christopher Libbey 31 4:55

FEMALE MASTERS RUN OVERALL CHAMPION

1 Sue Jones 46 6:37

MALE MASTERS RUN OVERALL CHAMPION

1 Bret Boman 48 5:24

YOUTH DIVISION (12 & Under)

Place Name Ag S Time

1 Bryan Rapp 12 M 6:13 1st 0-12
2 Levi Phillips 10 M 6:32
3 Mary Helen Lundeen 12 F 6:39
4 Jack McGuinn 12 M 6:44
5 Sam McGuinn 10 M 6:46
6 Blake papet 12 M 6:51
7 Abby Mays 10 F 6:51 1st 0-12
8 McKenna Coalson 12 F 7:14
9 Katie Hines 12 F 7:43
10 Robbi Rodemann 10 F 7:56
11 Cody O'Donnell 10 M 7:58
12 Ethan Phillips 08 M 8:13
13 Brooke Manion 08 F 8:14
14 Maleah Manion 10 F 8:21
15 Dean Flores 11 M 9:00
16 Lucy Wooldridge 09 F 9:01
17 Takoda Gallagher 09 M 9:04
18 Casey Ferguson 12 F 9:52
19 Drew Parkhurst 06 M 10:12
20 Jack Parkhurst 04 M 10:53
21 Kendra Casto 08 F 11:03
22 Alex Arnold 04 M 11:11
23 Mary Kate Parkhurst 11 F 11:21
24 Noah Gassler 05 M 11:32
25 Virginia Bradsher 08 F 11:37
26 Hans Flores 07 M 12:11
27 Drew Sorrells 06 M 12:48
28 Ryan Gallagher 04 M 14:14
29 Jared Chandler 08 M 15:44
30 LJ Green 03 M 17:28

OPEN DIVISION (Ages 13-39)

Place Name Ag S Time

1 Jordan Whitlock 19 M 4:44 1st OA
2 Jeff Harrington 37 M 4:49 2nd OA
3 Christopher Libbey 31 M 4:55 3rd OA
4 Joshua Yeoman 23 M 5:13 1st 20-29
5 Dylan Beck 13 M 5:15 1st 13-19
6 Dwayne Fitts 29 M 5:19
7 Rob Arnold 35 M 5:20 1st 30-39
8 Mark Jones 15 M 5:21
9 Jason Captain 30 M 5:21
10 Jesse Mitchell 19 M 5:22
11 Darrell Wargo 39 M 5:25
12 Peter Sheldon 39 M 5:27
13 Cat Phillips 32 F 5:28 1st F
14 Sarah Krylicinski 27 F 5:32 2nd F
15 Frank Wright 36 M 5:33
16 Matt VanDonsel 21 M 5:34
17 Roy Francis 15 M 5:36
18 Kyle Harvey 20 M 5:37
19 Chris Gassler 38 M 5:39
20 Scott Carson 32 M 5:49
21 Mark Stephens 35 M 5:52
22 Rachel Sengenberger 30 F 5:54 3rd F
23 Peter Sengenberger 30 M 5:56
24 Walker Wright 27 M 5:56
25 Lindsay Papet 16 F 6:10 1st 13-19
26 Richard Creasy 38 M 6:12
27 Kate Martin 15 F 6:14
28 Kristin Ulmer 16 F 6:14
29 Fred Heppding 34 M 6:15
30 Kelsey Shelton 16 F 6:16
31 Brian Davenport 23 M 6:18
32 Jon Gordon 30 M 6:22
33 David Hylton 29 M 6:26
34 David Treece 23 M 6:26
35 Micah Jones 13 M 6:30
36 Galen Gordon 26 F 6:34 1st 20-29
37 Alix Hines 16 F 6:42
38 Jennifer Captain 28 F 6:45
39 Adryan Flores 13 M 6:48
40 Alex Hawkins 31 M 6:48
41 Sarah-Louise Dechow 16 F 6:54
42 Jack Sorrells 34 M 6:55
43 Lauren Ulmer 17 F 6:56
44 Amy Hawkins 26 F 6:58
45 Mark Maslow 25 M 7:17
46 Merideth Morton 26 F 7:19
47 Christopher Mays 24 M 7:24
48 Emily Carter 16 F 7:28
49 Richard Suddith 21 M 7:30
50 Jennifer Hutchinson 32 F 7:33 1st 30-39
51 Kelly Davenport 22 F 7:36
52 Justin Phillips 13 M 7:37
53 Heidi Jennings 23 F 7:40
54 Heather Vozel 25 F 7:46
55 Karen Dillon 35 F 7:49
56 Erin Elwell 31 F 7:52
57 Elizabeth Mays 23 F 7:57
58 Tessa England 13 F 8:00

59 Alan Newman	35 M	8:07
60 Beth Harrington	36 F	8:09
61 Lindsay Newman	30 F	8:10
62 Caroline Morton	33 F	8:14
63 Jill Nance	26 F	8:18
64 Erin Parkhurst	39 F	8:38
65 Serena Zea	36 F	8:43
66 Holly Knight	20 F	8:47
67 Selena Bryant	29 F	8:57
68 Camie Wade	31 F	9:08
69 Amanda Blair	13 F	9:14
70 Donna Holland	39 F	9:14
71 Amanda Lawhorne	24 F	9:21
72 Blake Wright	27 F	9:32
73 Mary Halloran	25 F	9:42
74 Meridith DeAvila	25 F	9:43
75 Alicia Matherly	39 F	9:55
76 Aaron Lee	27 M	10:32
77 Kate Wetzel	24 F	10:32
78 Christina Hylton	28 F	10:36
79 Heather Childress	35 F	10:36
80 Kaitlin Evans	14 F	10:39

39 Susan Coalson	41 F	10:53
40 Lynn Shapiro	48 F	11:28
41 Tracey White	44 F	11:28
42 Brian Gotwalt	66 M	12:21
43 Kristie Shroyer	46 F	13:33



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MASTER'S DIVISION (Age 40 & Older)

Place Name	Ag S	Time
1 Bret Boman	48 M	5:24 Master
2 RB Carter	48 M	5:37 1 st 40-49
3 Andrew Wilds	47 M	5:49
4 Kevin Shroyer	46 M	5:52
5 Bill McGuinn	46 M	5:53
6 Jack MacNeill	49 M	5:54
7 Wangema Muhoro	42 M	6:00
8 Ted Bett	47 M	6:03
9 Malcolm Miller	41 M	6:04
10 Scott Englund	41 M	6:13
11 Mike Mitchell	51 M	6:16 1 st 50-59
12 Keith Austin	54 M	6:18
13 Horace Ellis	65 M	6:27 1 st 60-69
14 Craig Miller	54 M	6:33
15 Randal Nixon	43 M	6:35
16 Sue Jones	46 F	6:37 Master
17 Peyton Morgan	55 M	6:54
18 Unknown Runner	M	6:56
19 David Shelton	49 M	6:57
20 Ferdinand Flores	41 M	7:16
21 Mark Bushing	51 M	7:21
22 Wayne Casto	41 M	7:27
23 Russ Daubert	61 M	7:28
24 Ben Schowe	59 M	7:29
25 Mary Lynne Arnold	45 F	7:32 1 st 40-49
26 Mark Landry	49 M	7:36
27 Carole Stone	52 F	8:13 1 st 50-59
28 Paul Ulmer	48 M	8:16
29 James Gallagher	41 M	8:38
30 Brenda Gray	61 F	8:40 1 st 60-69
31 Dewey Ferguson	58 M	8:46
32 Toni Boldt	68 F	8:51
33 John Billingslie	70 M	8:55 1 st 70-99
34 Christine O'Donnell	41 F	8:56
35 Carol Ruggio	40 F	9:05
36 Tracy Ferguson	48 F	9:13
37 Victor Galan	70 M	9:15
38 Bill Parkhurst	40 M	10:03

**May you live each day to the fullest and
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UPCOMING RACES

July 21, Lynchburg - LRRC Summer Series 5 Mile & 1 Mile.,

8:00 a.m. Start, Percival Island Parking Lot, Jefferson St.

Info: Riverside Runners

2301 Rivermont Avenue

Lynchburg, Va. 24503

Phone: (434)846-7449

Webb: www.riversiderunners.com

Aug. 4, Lynchburg - Grace Church 5K and ½ Mile Kid's Race

8:00 a.m. Start Grace Church parking lot, 21129 Timberlake Road.

- See enclosed Flyer -

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: Riverside Runners

2301 Rivermont Avenue

Lynchburg, Va. 24503

Phone: (434)846-7449

Webb: www.riversiderunners.com

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

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Email: rnhalf@eliteracing.com

Web: www.rnrhalf.com

Sept. 29, Lynchburg - Virginia 10-Miler

Info: Riverside Runners

2301 Rivermont Avenue

Lynchburg, Va. 24503

Phone: (434)846-7449

Webb: www.riversiderunners.com