

## The Presidents Letter

Spring is just around the corner. Winter temperatures finally arrived in mid-January and the trend continued into February. Some runners don't care for running in the cold days of winter, but rather that, than those hot humid days in August. In any case, we look forward to fine tuning our Spring training in preparation for the 2007 race season. Despite the sometimes harsh weather, I have observed many hearty souls sticking to their programs over the last eight weeks.

On February 10 many LRRC members participated in the Holiday Lake 50K++. Congratulations to all who participated in this event. Dave Horton describes the event in this newsletter.

Congratulations to all LRRC members who participated in VES Arctic 5K. Race Director **Jennifer Anderson** and her team put on a great race over a new course. The weather was clear and brisk this year, the number of runners was greater, and everyone had a good time. That's what counts. I am encouraged by the age mix of runners from young to more seasoned running for their own goals and having fun doing it.

The running calendar for March and April is filling up quickly. Coach **Jerome Loy** will be hosting the Goode What Goes Down Must Come Up 4 mile run and pancake breakfast on Saturday, March 10. For a mere five bucks you have the opportunity to win this race, no matter what your speed. Later, have your fill of pancakes in support of the Jefferson Forest cross country team.

There's the Charlottesville 10 Miler on March 31st, and marathon on 21 April. For those who have a taste for the extreme, sign up early for **Dave Horton's** Promised Land 50K on 28 April.

**Vic Galan** has agreed to be Treasurer and Newsletter Editor this year. Special thanks to **Catherine Phillips** for all her help and support as Treasurer for the past two years. She has done so much for our running community and we look forward to her continued work as co-director of the Stephenson Children's Race in the Fall. **Craig Miller** is our new Secretary. Thank you Craig for volunteering to serve on the Executive Committee. **Bret Boman** has moved to the Vice-President post.

Membership Chairman **Jeff Fedorko** reports that membership renewals continue to arrive. As of the end of February, there are 113 members in the Club for the year 2007. Look to the lower right of your mailing label to see your next renewal month.

I am looking forward to a new and exciting year of running and organizing a full schedule of quality races for 2007. With your club officers and your continued support the LRRC will continue organizing and assisting with races throughout central Virginia. Your membership is crucial for us to promote health and fitness as well as to serve local charity organizations. We use our races as fund raisers to help those in need and to fund succeeding races. Please keep supporting our many events and encourage others to participate.

See you at the races,  
Paul Carrasco

### 2007 LRR OFFICERS

President	Paul Carrasco
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](http://www.lynchburgroadrunners.org).

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

### Meeting Minutes

The LRRC monthly meeting in January was held on January 9 at 7:00 p.m. at the Bedford County Library in Forest. Jeff Fedorko presided over the meeting. The purpose of the meeting was to elect LRRC Officers for 2007 and to discuss the direction of the club this year.

The following Officers were confirmed:

	<b>2007</b>
President	Paul Carrasco
Vice-President	Bret Boman
Secretary	Craig Miller
Treasurer	Vic Galan
Membership	Jeff Fedorko
Newsletter	Vic Galan

Thanks to the incoming Officers for taking on the responsibilities of club management.

**Paul Carrasco** is President this year. Please provide him your support and confidence as we move the

Club to take on the responsibility of the Virginia Ten Miler.

Jeff brought us up to date on the Race Series for 2007 and on the negotiations with the Lynchburg Chamber of Commerce for a formal contract to own the Virginia 10-Miler. 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. Once paperwork is signed with the chamber there will be an official press release.

The remainder of the meeting involved the structure of management of the Virginia 10-Miler.

LRRC Secretary  
Craig Miller

### !! MOVING !!!

If you have recently moved or are planning to move please notify us of your new address and phone number by mailing them to:

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

### Next LRR Club Meeting

**Tuesday, 13 March, 2007**

at

**Randolph-Macon Women's College  
Martin Science Building**

**6:30 p.m.**

Topic: The Virginia 10-Miler

### GOOD MORNING!

There are those who won't talk  
When met out on a walk.  
Not really all that sweet,  
They'd just as soon not greet  
But prefer just to gawk.

They may be too meek  
To utter even a squeak.  
There's not much you can do

If they're too good for you  
Or just unable to speak.

If you've not been introduced,  
Trouble can be produced,  
Very serious trouble  
That could burst your bubble,  
Perhaps they have deduced.

Bernie the Bard

### Latest News

**Johnathan Basham** of Lynchburg won the Black Mountain, NC marathon in 3:20:57. There were 116 finishers who braved the out and back course with elevation change of 2,980 feet.

### RACE RESULTS

**Feb. 10, Appomattox - Holiday Lake 50K,**  
Race Director: Dave Horton

The weather this year was VERY cold, with temperatures in the low teens. Many runners' backs, hair, and caps were covered with ice making for some weird looking runners. With two stream crossings in each loop, runners had to run through streams that were covered with ice or were full of large ice chunks. Water bottles and camelbacks froze up on many of the runners. Fluids left out too long at the aid stations became slushies.

There were 249 starters with many being 1st time ultra-runners. We had 231 finishers, with 46 from the Lynchburg area completing the course. That is great. For other stories from the runners competing in this year's Holiday Lake 50K, please check out our website [www.extremeultrarunning.com](http://www.extremeultrarunning.com) and click on the Holiday Lake link.

#### Top Ten

#	Name	Age	Time
1	Pete Breckinridge,	37	3:50:24
2	Bradley Mongold,	29 WV	3:55:07
3	Steven Baker,	21	4:18:21

4 Bryon Powell,	28	4:20:03
5 Nick Whited,	28	4:22:20
6 Daniel Villarreal,	22	4:25:40
7 Rick Kwiatkowski,	41	4:27:15
8 Bryan Banning,	23	4:33:36
9 Bethany Patterson,	28	4:35:51F
10 John Cassilly, 40		4:35:54

77 Krista Meisch	5:38:54	22
122 Lori Dollar	6:05:38	21
132 Krista Lanata	6:10:10	24
203 Katherine Harris	7:00:06	21
210 Deborah Watkins	7:08:12	24
220 April Done	7:14:24	21
231 Christa Peterson	7:35:17	29

**Age Groups Results for Local Finishers**

**# Name Time Age**

**Males 19 & under**

118 Jonathan Knowles	6:04:55	19
183 Jake Haskins	6:40:33	15
183 Josh Knight	6:40:33	16

**Males 20 - 29**

16 Dave Christen	4:44:21	23
21 Benjamin Rogers	4:48:42	28
32 Christopher Gaumer	4:59:30	23
35 Ben Wiese	5:02:20	26
44 John Lauffer	5:08:46	24
57 Andy Earl	5:26:44	22
115 Joseph Alderson	6:03:06	25
188 James Freeney	6:41:44	20
194 Brian Keefer	6:48:33	20

**Males 30 - 39**

14 Jeremy Ramsey	4:43:05	30
24 Matt Richards	4:49:45	39
52 Mike Zealand	5:21:33	31
59 Jason Captain	5:27:51	30
60 Jarett Tighe	5:28:45	39
85 Jared Hesse	5:45:59	31
85 Marshall Roberts	5:45:59	37
187 Roger Bunce	6:41:32	35
190 Darrell Wargo	6:43:43	38

**Males 40 - 49**

144 Wilbert Hooper	6:20:14	48
164 Kelly Golden	6:29:55	40
195 Michael Will	6:49:16	49
170 Chris Berg	6:31:50	21

**Males 50 - 59**

29 Jeff Minahan	4:54:33	50
126 John Cooper	6:07:40	52
136 Craig Miller	6:13:39	54
176 Michael Mitchell	6:38:12	50

**Males 60 & Over**

203 Stephanie Place	7:00:06	69
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**Females 20 - 29**

9 Bethany Patterson	4:35:51	28
20 Sarah Johnston	4:47:51	22

**Females 30 - 39**

62 Jenny Anderson,	5:29:47	32
197 Jeanne Craig	6:52:22	37

**Females 40 - 49**

70 Donna Elder	5:36:35	44
88 Rebekah Trittipoe	5:46:24	44
144 Lesley McPhatter	6:20:14	43

**Females 50 & over**

94 Nancy Ferris	5:49:24	51
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**EXERCISE IRONY EXPLAINED**

Weight lifting is improving; that's fine,  
 But my cardiovascular is in decline.  
 The former I tweak.  
 The latter long ago peaked,  
 But I try not to mind.

To weights my muscles adapt.  
 To PR I'm certainly not apt.  
 I don't like it, of course,  
 That on a repeating course  
 I often am lapped.

Weights, worthwhile to do,  
 Are relatively new.  
 I do them twice weekly.  
 The miles I do weekly  
 Are still quite a few.

**Bernie the Bard**

**Feb. 24, Lynchburg - 32<sup>nd</sup> VES/LRR Arctic 5K,**

Race Director: Jennifer Anderson

With a start on the new VES track and perfect race weather, cool and low wind, the conditions were perfect for the record turnout of 131 Runners for the new course. We look forward to many years and new records on this course. Thank you volunteers and special thanks to Jeff Fedorko from Riverside

Runners for the start / finish line and results service.

### MALE OVERALL RESULTS

1	Michael McPhatter	33	17:44
2	Mike Waller	21	19:04
3	Mike Pflieger	33	19:41

### FEMALE OVERALL RESULTS

1	Rebecca Parsons	26	20:52
2	Amanda Hepp	26	22:10
3	Tabatha Stevens	21	22:27

### MALE AGE GROUP: 1 - 12

1	53 Lynch Heppner	10	24:56
2	105 Kellen Currier	12	31:23

### FEMALE AGE GROUP: 1 - 12

1	111 Mia Currier	9	33:03
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### MALE AGE GROUP: 13 - 19

1	6 Jesse Mitchell	19	20:34
2	7 Hank Donaldson	16	20:46
3	11 Stephen Barnes	19	21:45
4	29 John Nixon	18	23:26
5	44 Sean Manard	18	24:30
6	46 Michael Graney	16	24:36
7	54 Jackson Dunn	16	25:12
8	65 John Holt	19	26:40
9	72 Brett Beeson	15	27:14
10	99 Derrick Currier	17	30:04

### FEMALE AGE GROUP: 13 - 19

1	39 Bilynda Brinkle	13	24:04
2	52 Alix Hines	15	24:52
3	64 Tatum Bell	17	26:30
4	67 Carter Craddock	15	26:53
5	68 Sarah Fiorito	16	26:54
6	79 Anne Parsons	19	27:55
7	90 Cat Kelley	17	29:10
8	100 Daisy Venney	15	30:53
9	107 Jenna Crabtree	18	31:44
10	110 Hailey Flowers	16	32:59

### MALE AGE GROUP: 20 - 29

1	5 Brian Burkey	22	20:20
2	22 Kurt Rieghard	28	23:02
3	24 Blake Edmondson	23	23:11
4	27 Walker Wright	26	23:23
5	33 Travis Wingfield	29	23:38
6	43 Billy Quinn	21	24:27
7	51 Keith Captain	28	24:49
8	59 Ronnie Shook	22	25:45
9	95 Gibrilla Sankoh	20	29:52
10	103 Drew Lequick	27	31:01
11	118 Matthew Wersely	22	35:08
12	119 Anthony Spencer	29	35:09

### FEMALE AGE GROUP: 20 - 29

1	30 Kate Fletcher	20	23:33
2	32 Sarah Kline	25	23:36
3	41 Galen Gordon	25	24:16
4	57 Stacey Rieghard	28	25:35
5	71 Melanie Mitnoff	21	27:04
6	80 Amy Hawkins	25	27:58
7	88 Denise Morgan	23	28:53
8	97 Michelle Cofer	27	30:00
9	112 Meagan Covington	25	33:20
10	121 Volanda Contereras	22	35:43
11	122 Jessica Benson	20	35:45
12	123 Kelly Nayert	27	36:32
13	125 Nell Corbett	28	37:33
14	130 Katie Bowman	26	42:18

### MALE AGE GROUP: 30 - 39

1	4 Darrell Wargo	38	19:56
2	10 Van Phillips	38	21:07
3	16 Clunett Pettyjohn	36	22:11
4	18 Peter Betz	36	22:32
5	31 Jerrod Ruhl	31	23:35
6	48 Walter Currier	39	24:39
7	50 Fred Heppding	34	24:45
8	62 Scott Carson	32	26:13
9	70 Michael Masters	37	26:59
10	101 Michael Jacob	30	30:56

### FEMALE AGE GROUP: 30 - 39

1	20 Georgiana Corsini	35	22:48
2	36 Gabby Suydam	37	23:58
3	58 Wendy Golden	39	25:41
4	74 Kellie Hudson	33	27:38
5	85 Elizabeth Creasey	31	28:17
6	86 Christy Howard	33	28:29
7	87 Jennifer Hutchinson	31	28:38
8	106 Darlene Jenkins	31	31:43
9	109 Erin Elwell	30	32:59
10	116 Elizabeth Johnson	37	34:47
11	117 Kathy Uveges	36	34:54
12	120 Allyson Pollard	34	35:15
13	124 Shawn Hecker	34	36:33
14	126 Amy Koudelka	36	37:35
15	129 Marlenea Covington	35	40:38
16	131 Debbie Bradney	32	42:24

### MALE AGE GROUP: 40 - 49

1	8 RB Carter	48	20:51
2	12 Joseph Malloy	43	21:46
3	13 Kevin Shroyer	46	21:49
4	28 Jim McLaughlin	47	23:25
5	37 Rick Benedict	46	24:01
6	42 Jon Schweikart	41	24:18
7	49 Steve Pettit	48	24:43
8	56 Edward Fielder	42	25:34
9	61 Dwayne Marshall	44	25:55
10	66 Chris Williams	41	26:43

11	69 Bob Carter	41	26:55
12	73 Randal Nixon	43	27:25
13	77 David Miles	46	27:51
14	82 Chris Heppner	45	28:08
15	84 Bruce Gerlich	49	28:10
16	89 Paul McWane	46	29:07
17	115 John-Paul Jones	46	34:38
18	127 Gregory Staples	47	38:37

**FEMALE AGE GROUP: 40 - 49**

1	19 Sue Jones	46	22:38
2	35 Beth Frackelton	45	23:46
3	45 Kitty Tomkinson	40	24:35
4	47 Ellen Sarantos	43	24:38
5	63 Anna McWane	42	26:27
6	75 Jean Fisher	42	27:43
7	76 Susan Crabtree	47	27:46
8	78 Amy Heppner	49	27:52
9	81 Maria Roberts	43	28:07
10	91 Helen Wheelock	43	29:19
11	92 Danielle Lewis	40	29:35
12	93 Kathleen Vlieger	40	29:46
13	94 Shirley Sameshima	40	29:47
14	98 Christine Masters	42	30:01
15	108 Juna Erman	42	32:16
16	128 Kelly Hakes	40	39:48

**MALE AGE GROUP: 50 - 59**

1	14 Preston Evans	50	22:03
2	21 Brian Carlton	53	22:52
3	23 Mike Mitchell	50	23:04
4	25 Kelvin Flowers	51	23:17
5	26 Dave Eckes	56	23:21
6	34 Keith Austin	53	23:39
7	38 Richard Morris	56	24:03
8	55 Tom Muniz	51	25:23
9	60 Robert Moody	52	25:48
10	102 Joe Lequick	54	30:58

**FEMALE AGE GROUP: 50 - 59**

1	96 Sue Whitacre	51	29:57
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**MALE AGE GROUP: 60 - 69**

1	40 Micky Mear	60	24:10
2	83 Paul Sherburne	62	28:08
3	113 John Kurisky	68	34:19
4	114 Victor Galan	69	34:26

**FEMALE AGE GROUP: 60 - 69**

1	104 Susan Spencer	62	31:02
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**May you live each day to the fullest and  
enjoy every run for the gift it is.**

**UPCOMING RACES**

**March 10, Goode - 12<sup>th</sup> Annual What Goes Down Must  
Come Up 4- miler.** Race Director: Jerome H Loy  
Contact on <[fizzzed@juno.com](mailto:fizzzed@juno.com)>. Start is at 9:00 a.m.  
from the Oakland Methodist Church off Virginia 221.  
Entry fee includes all-you-can-eat pancake breakfast.  
**See Flyer in this newsletter.**  
Discount is offered to Lynchburg Roadrunners.

**March 17, Danville, Va. - Shamrock 5K**  
10:30 a.m. Info: Liz Sater (434) 791-4470

**March 17, Roanoke, Va. - Shamrock Hill 5K** 9:15  
a.m. Info: (540) 983-3532

**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](http://www.shamrockmarathon.com)

**March 31, Charlottesville - 10 Miler**  
Info: (434) 293-6115. [www.cvilletenmiler.com](http://www.cvilletenmiler.com)

**March 31, Richmond - Monument Ave. 10K**  
Info: (804) 285-9495 or [www.sportsbackers.org](http://www.sportsbackers.org)

**April 21, Lynchburg - Godparent Home 5K**  
Info: Riverside Runners  
[www.riversiderunners.com](http://www.riversiderunners.com)

**April 21, Charlottesville - Marathon & ½ M.**  
Start 7:30 a.m. Info. And application at  
[www.charlottesvillemarathon.com](http://www.charlottesvillemarathon.com)

**April 28, Bedford, Va. - Promise Land 50K**  
Trail Race starts at 5:30 a.m.  
Info: David Horton (434) 582-2386

**April 28, Vinton, Va. - Baptist Church 5K**  
Info: Debbie Woods (540) 343-7685

**May 5, Huddleston, Va. - SML Triathlon**

8:00 a.m. S-750m, B-20K, R-5K  
Info: Tammi Jewell (540) 343-0987

**May 5, Farmville - Heart of Virginia 10K**

The YMCA and Heart of Virginia are planning a 10K Festival Race to benefit the community of Farmville. Applications are on our website at [www.southsidevafamilyymca.org](http://www.southsidevafamilyymca.org) or at the Heart of Virginia Festival Website at [www.HOV.org](http://www.HOV.org)

**May 12, Gretna - Food Land 5K**

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

**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](http://www.riversiderunners.com)

**Dr. Frank Villa**

10% on all eye glasses and exams. (Does not include disposable contacts)

**Ragged Mountain Running Shop**

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3 Elliewood Avenue, Charlottesville, Va 22903  
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