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

<table>
<thead>
<tr>
<th>2007 LRR OFFICERS</th>
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<tbody>
<tr>
<td>President</td>
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<tr>
<td>Vice-President</td>
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<td>Secretary</td>
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<td>Treasurer</td>
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<td>Membership</td>
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<td>Newsletter</td>
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The Milepost is provided on the Web through the generosity of professor Peter Sheldon as a community service of Randolph-Macon Women’s College. You will find us on www.lynchburgroadrunners.org.

You may also find the latest race information at www.riversiderunners.com

Meeting Minutes

The 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:

<table>
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<tr>
<th>2007</th>
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<tbody>
<tr>
<td>President</td>
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<td>Vice-President</td>
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<td>Membership</td>
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<td>Newsletter</td>
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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

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 years’ Holiday Lake 50K, please check out our website www.extremeultrarunning.com and click on the Holiday Lake link.

Top Ten

<table>
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<tr>
<th>#</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Pete Breckinridge</td>
<td>37</td>
<td>3:50:24</td>
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<tr>
<td>2</td>
<td>Bradley Mongold, WV</td>
<td>29</td>
<td>3:55:07</td>
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<td>3</td>
<td>Steven Baker,</td>
<td>21</td>
<td>4:18:21</td>
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### Age Groups Results for Local Finishers

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<th>Time</th>
<th>Age</th>
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<td><strong>Males 19 &amp; under</strong></td>
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<td>118</td>
<td>Jonathan Knowles</td>
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<tr>
<td>183</td>
<td>Jake Haskins</td>
<td>6:40:33</td>
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<tr>
<td>183</td>
<td>Josh Knight</td>
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<td><strong>Males 20 - 29</strong></td>
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<td>16</td>
<td>Dave Christen</td>
<td>4:44:21</td>
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<td>21</td>
<td>Benjamin Rogers</td>
<td>4:48:42</td>
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<td>32</td>
<td>Christopher Gaumer</td>
<td>4:59:30</td>
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<td>35</td>
<td>Ben Wiese</td>
<td>5:02:20</td>
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<td>44</td>
<td>John Lauffer</td>
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<td>57</td>
<td>Andy Earl</td>
<td>5:26:44</td>
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<td>115</td>
<td>Joseph Alderson</td>
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<td>188</td>
<td>James Freeeney</td>
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<td>Brian Keefer</td>
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<td>14</td>
<td>Jeremy Ramsey</td>
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<td>24</td>
<td>Matt Richards</td>
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<td>52</td>
<td>Mike Zealand</td>
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<td>Jason Captain</td>
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<td>Jarett Tighe</td>
<td>5:28:45</td>
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<td>85</td>
<td>Jared Hesse</td>
<td>5:45:59</td>
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<td>85</td>
<td>Marshall Roberts</td>
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<td>187</td>
<td>Roger Bunce</td>
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<td>190</td>
<td>Darrell Wargo</td>
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<td><strong>Males 40 - 49</strong></td>
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<td>Wilbert Hooper</td>
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<td>164</td>
<td>Kelly Golden</td>
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<td>Michael Will</td>
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<td>Chris Berg</td>
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<td><strong>Males 50 - 59</strong></td>
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<td>29</td>
<td>Jeff Minahan</td>
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<td>126</td>
<td>John Cooper</td>
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<td>136</td>
<td>Craig Miller</td>
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<td>176</td>
<td>Michael Mitchell</td>
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<td><strong>Males 60 &amp; Over</strong></td>
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<td>203</td>
<td>Stephanie Place</td>
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<td><strong>Females 20 - 29</strong></td>
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<td>9</td>
<td>Bethany Patterson</td>
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<td>20</td>
<td>Sarah Johnston</td>
<td>4:47:51</td>
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<td><strong>Females 30 - 39</strong></td>
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<tr>
<td>62</td>
<td>Jenny Anderson</td>
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<tr>
<td>197</td>
<td>Jeanne Craig</td>
<td>6:52:22</td>
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<td><strong>Females 40 - 49</strong></td>
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<tr>
<td>70</td>
<td>Donna Elder</td>
<td>5:36:35</td>
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<td>88</td>
<td>Rebekah Trittipoe</td>
<td>5:46:24</td>
<td>44</td>
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<tr>
<td>144</td>
<td>Lesley McPhatter</td>
<td>6:20:14</td>
<td>43</td>
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<tr>
<td><strong>Females 50 &amp; over</strong></td>
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<tr>
<td>94</td>
<td>Nancy Ferris</td>
<td>5:49:24</td>
<td>51</td>
</tr>
</tbody>
</table>

### 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 - 32nd 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  

**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 23  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

**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
### 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

### Male Age Group: 60 - 69
- 1. 40 Micky Miear  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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**Medical Supply, Inc.**

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**2300 Bedford Ave.**

Lynchburg, VA 24503

Ph. 434-528-9312

Fax 434-846-7425

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Taking Care of Your Home Health Care Needs With

- Durable Medical Equipment
- Physical Therapy Supplies
- Respiratory Therapy

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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 - 12th Annual What Goes Down Must Come Up 4-miler.** Race Director: Jerome H Loy

Contact on <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

**March 31, Charlottesville - 10 Miler**

Info: (434) 293-6115. www.cvilletenmiler.com

**March 31, Richmond - Monument Ave. 10K**

Info: (804) 285-9495 or www.sportsbackers.org

**April 21, Lynchburg - Godparent Home 5K**

Info: Riverside Runners www.riversiderunners.com

**April 21, Charlottesville - Marathon & ½ M.**

Start 7:30 a.m. Info. And application at 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**
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 or at the Heart of Virginia Festival Website at 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  
Gretchen Clark at 434-656-8961 or 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

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