

The Presidents Letter

Ah, Autumn! My favorite time to run. No more heat, no more humidity. Many of you are training for and running in fall marathons. Best of luck and hope you have better weather than those who ran at Chicago. In other news, the Ten Miler is back! Attendance was up in all three races by about a third. Jeff Fedorko and all the volunteers did an awesome job directing the race and I think most enjoyed many of the new features: bands on the course, great post race refreshments, back packs, pasta dinner, etc. I look forward to its continued growth and return to its previous glory.

It seems that after the VA 10 Miler there were more local races than I can remember. The weekends were crowded with 5k and 10k races. It was great to see so much support for these events. The Dr. John A. Stephenson Youth Run, held in Riverside Park, had a record turnout on a cool day in October despite the unusual warm weather this year. The many volunteers, parents, sponsors, and co-race directors Dave and Lindsay Christian made this record turnout most enjoyable for everyone.

Amazingly enough, the weekend following the Stephenson run, there were three local races within an hour drive of each other! You don't have to be a speed demon to participate in these events. Local races typically raise money for local charities and are a great way to see old friends, make new ones, and stay motivated.

Fall in Lynchburg would not be the same without the Mountain Masochist Trail Run. Ultra marathoners had beautiful Fall weather on scenic mountain trails. Dr. Horton put on another outstanding event. The Lynchburg Road Runners were represented at the Chicago Marathon, the Marine Corps Marathon, and the New York Marathon as well. Congratulations to all that competed in these events.

Good luck to all that will venture to Richmond to run the world's friendliest marathon in early November. And, you don't want to miss the Genesis House Turkey Trot on Thanksgiving morning. Stick around for the award ceremonies with your race number as there will be merchandise, pies, and turkeys for door prizes. Don't forget, the Bedford Christmas Classic the first weekend in December is also a race to cherish.

At the November 13th club meeting the Race Series awards will be presented. Join us to congratulate the winners between rounds of free pizza. Take the opportunity to meet your fellow roadrunners and swap tales of the races you've run this Fall.

The December meeting date is changed to the first Tuesday, 4 December. Please join us to help set the direction of our club for next year. We will elect the 2008 Club Officers. You may also take the opportunity to renew your membership for 2008, and listen to guest our speaker. I look forward to seeing you there.

Hope to see you on the roads, at the races, and at the upcoming meetings.

Happy Running,
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 13 November 2007
Monte Carlo's
On Old Forest Road
Free Pizza 6:30 p.m.
Meeting starts at 7:00 p.m.
Summer Race Series Awards
Guest Speaker:*

The December meeting of the Lynchburg Roadrunners Club has changed to the first Tuesday in December. Mark your calendars for 4 December 2007 and join us as we affirm the selection of Club Officers for 2008.

The office of President and Vice-president are critical needs of our club. We need volunteers to step into the leadership roles for one year. The duties of the Club Officers are spelled out in our By-Laws. Please get in touch with membership chairman Jeff Fedorko at Riverside Runners and register your interest.

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

Meeting Minutes September 11, 2007

Present: Bret Boman, Vic Galan, Craig Miller, Jeff Fedorko
Discussion centered on the coming 10 miler and improved expectations. Those included: Bands on the course, a good number of volunteers, a great number of prizes and donations, moisture wicking shirts, Brooks mesh bags to first 500 registrants, exceeding last years fund raising mark, finishers medals for 10 & 4 mile finishers, Road Runners Club of America Championship for east coast, Queen City timing from Charlotte to do the timing, Lesley McPhatter to write a history of 10 miler.

Next meeting 2nd Tuesday in October at Monte Carlo's for Centra Health speaker, Summer Race Series results.

Coming events: New all woman's 5K on October 27th, they will donate \$100 to use LRR insurance.

New Business: Jeff reports IRS changes concerning tax laws and that Dunston, Doyle & Hilton Accounting will audit expenses for LRR and 10 miler based on Corporate ID number.

LRR club structure is non stock VA corporation with a tax ID number.

Respectfully submitted,
Craig M. Miller,
Secretary

Meeting October 9, 2007

Present: 8 members of LRR at Monte Carlo's for meeting. Speaker was unable to come and finalization of Summer Race Series was not able to be completed for the meeting.

Financial Report:

The LRR Club account has \$1,049.00 from member's dues. The LRR newsletter costs approx. \$254 to print and mail. Discussion followed as to how best to inform members of news, events, etc. Suggestions included keeping newsletter in present format, sending email newsletter, more information in LRR web site. The average LRR member costs around \$18 a year to cover insurance and newsletter fees.

The Race Series acct has approx. \$7900.00 in it with not all expenditures up to date. A final account will be provided at the December meeting.

Next meetings are scheduled for the 2nd Tuesday in November and the 1st Tuesday in December.

Meeting adjourned after enjoying pizza and drinks.

Respectfully submitted,
Craig M. Miller
Secretary

UPCOMING RACES**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.

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 or on the Web at www.extremeultrarunning.com. Part of the Lynchburg Ultra Series.

RACE RESULTS**Sept. 29, Lynchburg - Virginia 10 Miler & 4 Miler**

Race Director: Jeff Fedorko

Congratulations to all who participated in the 31st running of the Virginia 10 Miler. The list is too long to recognize each local runner, but you know it was a great day to run.

Thank you for your support whether as volunteer or participant in this year's race. More than 700 runners completed this year's ten mile race, and 390 completed the 4 miler. It was truly a special day for the Lynchburg running community!

You may find the race results on the web at www.riversiderunners.com

2007 VA TEN MILER

Virginia Ten Miler thirty-four
Certainly was not a bore.
The weather was exactly right.
We strode with all our might.
Next year we'll be back for more.

Bernie the Bard

MALE OVERALL RESULTS 10 MILER

Place	O'All Name	Age	Gun time	Pace
1	1 David Cheeromei	24 M	52:26	5:15
2	2 WILSON CHEYKONY	26 M	52:55	5:18
3	3 Joe Jacobs	24 M	55:56	5:36
4	4 David Hryvniak	22 M	57:04	5:43
5	5 Ryan Wheeler	29 M	57:09	5:43

FEMALE OVERALL RESULTS 10 MILER

Place	O'All Name	Ag	Gun time	Pace
1	12 Tara Wojciechowski	32 F	59:35	5:58
2	21 Catherine Phillips	32 F	1:04:05	6:25
3	28 Alice Uhl	32 F	1:05:17	6:32
4	40 Heather Zealand	26 F	1:08:29	6:51
5	43 Rebecca Parsons	26 F	1:08:55	6:54

MALE MASTERS OVERALL RESULTS 10 MILER

1	8 Matt Richards	40 M	58:04	5:49
2	16 Brian Kelleher	40 M	1:02:36	6:16
3	19 Billy Pearlman	48 M	1:03:03	6:19

FEMALE MASTERS OVERALL RESULTS 10 MILER

1	70 Sarah Davidson	43 F	1:12:02	7:13
2	74 Nancy Ferris	51 F	1:12:30	7:15
3	164 ellen sarantos	43 F	1:19:16	7:56

RRCA MALE GRAND MASTERS OVERALL CHAMPION 10 MILER

1	39 Gary Adkins	57 M	1:08:27	6:51
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RRCA FEMALE GRAND MASTERS OVERALL CHAMPION 10 MILER

1	74 Nancy Ferris	51 F	1:12:30	7:15
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Oct. 6, Lynchburg - 17th Annual Dr. John A. Stephenson Memorial Youth Run 9 a.m. Riverside Park.

Race Directors: Dave and Lindsay Christian.

FEMALE FASTEST MILE

1	Samantha Francis	11	6:06
2	Maggie Kelleher	13	6:32
3	McKenna Coalson	12	6:37

MALE FASTEST MILE

1	Karl Overstreet	13	6:07
2	Brian Carey	13	6:16
3	Nathan Hunt	13	6:26

AGE-GROUP RESULTS

MALE AGE GROUP: 0 - 3

1	1 Kai Moore	3 Lynchburg	VA	0:48
2	2 Kasey Morris	3 Lynchburg	VA	0:50
3	3 Parker Sterne	3 Forest	VA	0:51

FEMALE AGE GROUP: 0 - 3

1	1 Sophie Redmond	3 Lynchburg	VA	0:54
2	2 Gillian Howell	3 Huddleston	VA	1:00
3	3 Virginia Haga	3 Lynchburg	VA	1:03

MALE AGE GROUP: 4 - 5

1	1 Walker Kavanaugh	5 Lynchburg	VA	1:47
2	2 Sodapop Gonzalez	5 Lynchburg	VA	1:49
3	3 Ethan Vickery	5 Bedford	VA	1:53

FEMALE AGE GROUP: 4 - 5

1	1 Madison Gallagher	5 Lynchburg	VA	1:51
2	2 Samantha Allen	5 Evington	VA	1:53
3	3 Naomi Jones	5 Lynchburg	VA	1:57

MALE AGE GROUP: 6 - 7

1	1 Hunter Diminick	7 Lynchburg	VA	3:29
2	2 Chase Grey	7 Lynchburg	VA	3:30
3	3 Sacket Wood	7 Lynchburg	VA	3:42

FEMALE AGE GROUP: 6 - 7

1	1 Abby Gonzalez	6 Lynchburg	VA	3:36
2	2 Logan Hartsell	7 Lynchburg	VA	3:40
3	3 Jillian Jones	7 Lynchburg	VA	3:50

MALE AGE GROUP: 8 - 9

1	17 Luc Mortemousque	9 Lynchburg	VA	6:48
2	24 Joshua Barnad	8 Lynchburg	VA	7:00
3	31 Chris Jenkins	9 Madison Heights	VA	7:15

FEMALE AGE GROUP: 8 - 9

1	51 Brandi Mitchell	8 Evington	VA	7:41
2	64 Grace Rademacher	8 Lynchburg	VA	7:56
3	69 Anne Simmons	9 Lynchburg	VA	8:02

MALE AGE GROUP: 10 - 11

1	7 Wilson Simmons	11 Lynchburg	VA	6:30
2	8 Brandon Morgan	11 Lynchburg	VA	6:31
3	12 Landon Curry	11 Evington	VA	6:37

FEMALE AGE GROUP: 10 - 11

1	26 Abby May	10 Forest	VA	7:03
2	30 katie griffin	10 lynchburg	VA	7:13
3	39 Sarah Vickery	10 Bedford	VA	7:26

MALE AGE GROUP: 12 - 13

1	5 Matthew Pittard	13 Lynchburg	VA	6:27
2	6 Mathew Taton	12 Lynchburg	VA	6:28
3	10 Joshua Aultice	12 Lynchburg	VA	6:35

FEMALE AGE GROUP: 12 - 13

1	14 Mary Helen Lundeen	12 Lynchburg	VA	6:44
2	16 Hosannah Vickery	12 Bedford	VA	6:47
3	20 Ryan Hedgepeth	12 Hurt	VA	6:58

**1st Annual I am Woman 5k
Lynchburg, VA October 27, 2007**

OVERALL AWARDS

Place Name	Ag City	St Time	Pace
1 Rebecca Parsons	26 Lynchburg VA	19:38	6:20
2 Kaitlyn Brown	14 Lynchburg VA	21:57	7:04
3 Samantha Larson	25 Lynchburg VA	21:59	7:05

FEMALE MASTERS RUN OVERALL AWARDS

Place Name	Ag City	St Time	Pace
1 Kitty Tomkinson	41 Huddleston VA	23:21	7:31
2 Lesley Mcphatter	43 Madison Hts VA	24:15	7:49
3 Candice Michalik	60 Lynchburg VA	25:33	8:14

FEMALE AGE GROUP: 1 - 12

1	6 Mckenna Coalson	12 Lynchburg VA	24:09
2	12 Mattie Sullivan	11 Lynchburg VA	25:44
3	23 Ellee Evans	11 Forest VA	28:39
4	28 Jill Walton	9 Forest VA	30:59
5	34 Lane McCurly	11 Lynchburg VA	32:07
6	35 Lucy Woodriddle	10 Evington VA	32:34
7	43 Delilah Tryall	11 Lynchburg VA	35:31

FEMALE AGE GROUP: 13 - 19

1	26 Stephanie Place	19 Lynchburg VA	30:27
2	27 Beki Molce	18 Lynchburg VA	30:28
3	31 Ashlyn McCurley	15 Lynchburg VA	31:52

FEMALE AGE GROUP: 20 - 29

1	5 Nyrie Apelian	20 Lynchburg VA	23:38
2	10 Kat May	24 Durham NC	25:35
3	11 Anna New	28 Lynchburg VA	25:42
4	15 Heather Vozel	25 Lynchburg VA	26:28
5	24 Annette McCullaugh	20 Lynchburg VA	29:13
6	30 Amanda Hill	23 Forest VA	31:47
7	33 Kelly Perdieu	28 Forest VA	31:58
8	42 Crystal Garber	20 Lynchburg VA	35:28

FEMALE AGE GROUP: 30 - 39

1	8 Kiston McPatter	33 Madison Hts VA	24:30
2	13 Tressa Gandy-Jones	31 Forest VA	25:45
3	22 Kristina Krider	39 Lynchburg VA	28:16
4	25 Kelley Thacker	30 Lynchburg VA	30:21
5	36 Cindy Capps	37 Lynchburg VA	34:22
6	38 Deana Greene	30 Lynchburg VA	34:38

FEMALE AGE GROUP: 40 - 49

1	14 Kathy Malloy	49 Lynchburg VA	25:53
2	16 Maria Roberts	43 Lynchburg VA	27:09
3	17 Helen Wheelock	43 Lynchburg VA	27:10
4	18 Jenny Stadheim	40 Forest VA	27:19
5	19 Andrea Neiman	46 Lynchburg VA	27:21
6	20 Kim Fast	45 Lynchburg VA	27:59
7	21 Joan Deal	47 Forest VA	28:14
8	32 Lysa Slay	44 Lynchburg VA	31:57
9	37 Alison Baker	43 Lynchburg VA	34:37

10	40 Cindy Cutler	40 Madison hts	VA	35:21
11	44 Julie Gladbach	47 Woodbrige	VA	35:38
12	45 Susan Coalson	41 Lynchburg	VA	37:16
13	47 Sandra Dinn	45 Lynchburg	VA	43:39

FEMALE AGE GROUP: 50 - 59

1	29 Eva Pietsch	57 Lynchburg	VA	31:04
2	39 Rowana Okun	52 Bedford	VA	35:08
3	41 Marci Catalano	59 Lynchburg	VA	35:26
4	46 Sarah Dunston	53 Lynchburg	VA	38:53

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 or on the Web at www.extremeultrarunning.com. Part of the Lynchburg Ultra Series.

Editor's Note

Results will be covered in the next newsletter in early December



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OLD AND NEW TIMES

By Bernie Davis

*Remembering the same of old times,
I did the Ten-Miler course two times.
For crying out loud,
What a different crowd!
And what a difference in my times!*

Thirty years ago I was part of a group that regularly met Saturday mornings at the E.C. Glass High School parking lot and did training runs around the Virginia Ten-Miler course. In the fall, we ran the course twice in preparation for marathons. We didn't have enough imagination to do other routes. We didn't have e-mail. Telephoning would have been too laborious. We all automatically just showed up at the appointed time. About a dozen would show up. All were men; there were very few women runners then. I never felt the need nor did it ever occur to me to take a nap afterward. Nobody put water or Gator Aide out on the course, nor did anybody carry a water bottle; we were camels. I was no slouch; I once did a 65 and then a 70 immediately back-to-back.

I am the only holdover from that group. The others have all moved out of town, died in one case, or "outgrown" running. The handful of others from that era still running locally don't join the present running group. Frank McPhatter, three years younger than I, was a stalwart. Frank has "outgrown" running, but his daughter, Lesley, and his daughter-in-law, Kiston, were in the group this morning.

My friends in the present running group are a whole new generation. They are all 15 to 50 years younger than I. The group is so well organized that a different course is run each Saturday, an e-mail notice is sent out ahead to everyone, and Gator Aide and water are placed out on the course in at least one location. About a dozen typically show up, about half-and-half gals and guys -- often more women than men. This is not the "fast section;" there are some fast runners in town who don't join our group.

This morning, per once-a-year fall custom, the group ran the Ten-Miler course twice. There were about 15 of us, half and half by gender. With my snail's pace shuffling -- ever slowing as I went, at that -- I hate to think how many miles, actually, I fell behind. The weather was perfect, and there were some beautiful trees with their autumn leaves. I had a nice long nap in the afternoon.

LOUISE MARTIN
An unforgettable Ten Miler
By Vic Galan

Louise Martin wont be running the Ten - Miler this year. She recently broke her ankle while working on her Appomattox farm. Besides she is ninety-one this year and still enjoys good health - no doubt from her many years as a senior athlete participating in the Commonwealth Games, the Senior Olympics, and many area races. I don't know how many Ten - Milers she has run, but my records show her participation from 1986 when at the age of 70 she was still running sub 1:40 finishes. Louise still holds age group records in the Ten - Miler for age group 70 - 74 at 1:43:49, for age group 75 - 79 at 1:37:50. These are also Virginia State records. In the 1/2 Marathon she holds the Virginia age group 70 - 74 record of 2:22:41.

My memorable Ten - Miler tale occurred in 1989. I was in my brash young fifties and decided that with my extensive marathon training and racing background I would not train that year but just race. The reasoning was, why waste time training when I could race every two weeks and still turn a respectable time for my age group. As I remember it, on Saturday September 30 that year it was overcast and warm to start but by the time I past the eight mile marker running down hill to the Farm basket it was clear with a bright sun and very humid. You know how those misty mornings in late September can turn out around here. My energy was drained and the lack of training put breaking 1:40 in doubt. Running slower than a ten minute pace was a personal defeat for me then - the difference between running and jogging. Of course about every ten years or so I was forced to readjust the definition of the pace which made the distinction. Near the Farm Basket, with a little over a mile to go, I was already accepting the need to walk up that hill. Just then a small elderly lady came racing past on my left and greeted me with a smile. What runner could be smiling at this stage of the race, I thought. Being the competitor she is, there was no chit-chat just a determined surge ahead as she transitioned from downhill to uphill pace. What! I am about to have my butt beat by an elderly women that barely comes up to my armpit! No way, Jose! I grabbed some water at the station at the bottom of the hill, took a couple of deep breaths, and chased after my receding greeter. In no time I passed her as the adrenalin kicked in and I surged up Langhorn Road. What a relief to crest the hill and view the finish line a quarter mile away. Finished up on the balls of my feet in full sprint with a time of 1:37:11.

In the finish shoot I thought of the little old lady who inspired me at the bottom of the hill near the last water stop, so I turned to greet her as she crossed the line. With a smile she introduced herself as Louise Martin. She was 73 years young, I later learned, and had finished in 1:40:40, just three minutes and 29 seconds behind me. Just what an accomplishment that was I now appreciate as I approach her age then.

Thanks for the memories, Louise Martin.