

The Presidents Letter

Merry Christmas and a Happy New Year 2008!

May the upcoming year bring health and prosperity to all members of the Lynchburg Roadrunners.

To those members training for the Winter / Spring race season, best of luck in all your pursuits! Speaking of pursuits, the race calendar for January and February is shaping up nicely. But let's start things off with the low key **New Year's Day Fun Run**. On Tuesday, January 1, we'll meet at 9:00 a.m. in Riverside Park to start the year off with a three or five mile (your choice) easy run with your fellow Roadrunners. This has become an annual Roadrunner event. The turnout last year was great! So, start your new year off on the right foot and save a dollar on your 2008 membership dues. Further details are in this newsletter.

The Lynchburg Ultra Series kicks off to a start with race director David Horton's **Holiday Lake 50K ++** on February 16th at Holiday Lake State Park in Appomattox. If you love trail running this event is for you.

The **VES Arctic 5K** will be held on a Sunday in February at 2:00 p.m. The staff at VES put on a great winter race guaranteed to put your winter hill work in perspective.

Then there's the great "**What Goes Down Must Come Up**" 4-miler at Goode some time in March. Coach Jerome Loy even bribes you to run with a pancake breakfast inclusive in the race fee.

All of these events are great fun and all members are encouraged to participate, either as a runner or volunteer. Race Directors are *always* in need of volunteers. So, please give them your support.

The number of running events in the Lynchburg area has increased, our timing equipment is getting more use than ever, our newsletter has continued to inform, educate and entertain, and fun runs have kept us motivated. This is certainly an appropriate time to say, "**Thank You**" to our membership for all their selfless acts that have benefited not only the club but the community through sponsorship of charitable and needy causes. A special thanks to the 2007 officers who served in the executive committee; Vic Galan on Newsletter and club Treasurer, Craig Miller as Secretary, and Jeff Fedorko on Membership. Of course, the real glory and thanks goes to our **Race Directors** whose hard work and dedication, along with all the volunteers, allows us to continue to enjoy quality road and trail racing in the Lynchburg area.

With the continued support of its members, the future of the Lynchburg Road Runners is indeed a bright one.

See you on the roads,
Bret Boman

2008 LRR OFFICERS

President	Bret Boman
Vice-President	Henry Hsu
Secretary	Craig Miller
Treasurer	Vic Galan
Membership	Heather Vozel
Newsletter	Vic Galan

As always, if anyone has an issue or idea they would like to discuss with the executive committee, they are invited to attend the executive committee meeting on the second Tuesday of every month.

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

Tuesday, 8 January 2008
Randolph College

LRRC Officers Meeting

The February meeting of the Lynchburg Roadrunners Club is on the second Tuesday, 12 February at Randolph College.

Meeting Minutes

At the **November** meeting of the LRRC at Monte Carlo's restaurant, the 2007 Race Series Awards were presented. The overall winners of the 2007 Race

Series are:

<u>Male</u>			<u>Points</u>
1	Jeff Harrington	Lynchburg VA	305
2	Jordan Whitlock	Lynchburg VA	240
3	Matt Richards	Lynchburg VA	230

<u>Female</u>			<u>Points</u>
1	Cat Phillips	Lynchburg VA	350
2	Rachel Sengenberger	Lynchburg VA	310
3	Georgianna Corsini	Lynchburg VA	260

The ranking by **Age Group** of qualifying participants are shown in this newsletter.

The **December** meeting of the Lynchburg Road Runners (LRR) was held at Monte Carlo's for the annual end of year free pizza meal and selection of club officers for the coming year. About 35 members were in attendance. The meeting was highlighted by watching the last 5K of the 2007 NCAA Cross Country Championship won by Liberty Universities Josh McDougal. It was the type film that gets all runners hearts pounding to the finish line. Races like that inspires one to do better next year.

In accordance with Article Five of our By-Laws, the majority of members present at our December meeting elected the following Officers for the year 2008. These Officers serve as the Executive Committee of the LRRC and see to the orderly continuation of the LRRC, conduct its business, and promote its interest.

President	Bret Boman
Vice-President	Henry Hsu
Secretary	Craig Miller
Treasurer	Vic Galan
Membership	Heather Vozel
Newsletter	Vic Galan

OLD BUSINESS:

Jeff Fedorko highlighted the last few months of running in the Lynchburg area. They included the recent Bedford Christmas Classic won by Jeff Harrington for the 5K, a record turnout of around 700 participants in the annual Turkey Trot to raise support and awareness of Genesis House on the Presbyterian Home campus, Josh McDougal's win at the NCAA Cross Country Championship and a continued growing community of runners in the area participating in the local races.

NEW BUSINESS:

After selection of the officers for 2008, discussion was held concerning raising awareness of and adding to the number of members of the LRR. Kevin

Shroyer suggested taking advantage of free announcement opportunities in the News and Advance. Bret would like to see a nicer application printed up. Heather Vozel suggested developing some colorful flyers to be placed at various locations and being personal ambassadors for area races, especially for children. Jeff reported fielding several questions a week at Riverside Runners from nearby communities such as Altavista, Appomattox and Goode concerning race participation and club membership.

Respectfully submitted,
Craig M. Miller, Secretary

FUN RUNS

Dec. 22, Lynchburg, Va. - Jingle Bell Fun Run
0830 at Riverside Runners, 2301 Rivermont Ave. Open to all. Come share the holiday fun! Prizes to those with the most Holiday Spirit (costumes, etc.) Cookies and hot cider served afterward. Info. Cal (434) 846-7449.

Jan. 1, Riverside Park - LRRC New Year's Day Run with \$1.00 off membership dues for 2008.
Let's kick-off the new year 2008 right with a Fun-Run, followed by refreshments and social time.

We'll meet at **9:00 a.m.** in the parking lot at **Riverside Park** for a leisurely paced 3 mile run up the Rivermont sidewalks to Peakland Place and back. The more ambitious can include the Peakland Place loop to make it a 5 mile run. Those frizzed by the holidays can always be guided to a 1 mile jaunt about the Riverside Park path, but no fair getting to the refreshments first.

No fee, no times, no shirts, no awards, no pressure.

Refreshments provided!!!! **Plus, Don't Forget, \$1.00 Off Membership Dues for 2008.** This your last chance to get \$1.00 off the \$15.00 individual, \$20.00 family, and \$10.00 student fees.

UPCOMING RACE

Feb. 16, Appomattox - Holiday Lake 50K,
6:30am; Info: Dave Horton, Liberty University 1971
University Blvd, Lynchburg, VA 24501. Phone (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.

Feb. ??, Lynchburg - VES/LRR Arctic5K, 2:00p.m. at
Virginia Episcopal School campus.

**March ??, Goode - What Goes Down Must Come Up 4-
miler.** The start of this popular annual winter race is at
9:00 a.m. from the Oakland Methodist Church off 221.
Entry fee includes all-you-can-eat pancake breakfast. More
details are forthcoming in the next newsletter.
Race Director: Jerome H Loy <fizzzed@juno.com>
Discount is offered to Lynchburg Roadrunners.

**March 15 & 16, Virginia Beach - 36th Shamrock
Sportsfest, 8K and Marathon**
15th - 8K start 8 a.m.
16th - 1/3 Marathon 7 a.m. start
Marathon 8 a.m. start
www.shamrockmarathon.com

April 26, Bedford - Promised Land 50K Trail Race
6:30am; Info: Dave Horton, Liberty University 1971
University Blvd, Lynchburg, VA 24501. Phone (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.

THE UNFINISHED MASOCHIST

Sorry, didn't make it.
Old age, it's hard to shake it.
According to my plan,
You do the best you can.
What you get, you take it.

Somewhat disappointed.
Not out of jointed.
Better than last year.
Try again next year
At the time appointed.

Bernie the Bard

A month ago I composed a poem in contemplation

of finishing today's MMTR. I couldn't use it. This evening I composed the poem above about not finishing.

I moved stronger, faster, and farther than last year. I was obliged to drop out at Aid Station 12 (31.2 miles), exceeding the aid station cutoff time. I was going much too slow and couldn't even jog downhill by then. But after I was eventually transported to the finish area, having to wait two hours there for the buses to go to Lynchburg, rather than sit around, I walked 5 more miles on the last part of the course, mostly jeep trail, some of it steep.

Although I was carrying only about five minutes margin vs. the aid station cutoff times, early on I was strong -- very strong on the uphills -- and I was back and forth with several people, including some quite respectable runners. This held true till Aid Station 6 (19.1 miles). Fatigue set in between Aid Stations 6 and 7, a long downhill on a nice gravel road, and from there progress was ever slower and ever more taxing. I came in on the gravel road to Aid Station 10 (26.9 miles) at a snail's pace about 2 minutes over the cutoff time. Race worker Lance Bingham advised me I was slightly over and therefore had to quit. Then he changed his mind, saying that a five-minute period of grace was allowed. I knew I couldn't possibly finish the race but was determined to make one more aid station. It took me an hour to make the 1.7 miles steeply uphill on the jeep trail to Aid Station 11 (28.6 miles). Same story there, about 2 minutes over the cutoff time. I asked aid station leader Lou Basten if he would allow any grace time. Lou said "You can have all the grace you want." Unable to even jog downhill at this point, I walked the 2.6 miles downhill on the jeep trail to Aid Station 12 where I arrived 12 minutes after the cutoff time, which definitely necessitated my quitting there.

Bernie

2007 LRRC Race Series Ranking

The overall winners of the 2007 Race Series are:

<u>Male</u>			<u>Points</u>
1	Jeff Harrington	Lynchburg VA	305
2	Jordan Whitlock	Lynchburg VA	240
3	Matt Richards	Lynchburg VA	230

<u>Female</u>			<u>Points</u>
1	Cat Phillips	Lynchburg VA	350
2	Rachel Sengenberger	Lynchburg VA	310
3	Georgianna Corsini	Lynchburg VA	260

The ranking by **Age Group** of qualifying participants are as follows:

FEMALE

Rank	NAME	CITY	STATE	AGE
------	------	------	-------	-----

Age Group13-19

1	Papet Lindsay	Forest VA		16
2	Hurt Rebecca	Lynchburg VA		17

Age Group20-29

1	Captain, Jennifer	Lynchburg VA		28
2	Gordon, Galen	Bedford VA		26
3	Vozel, Heather	Lynchburg VA		25

Age Group30-34

1	Hutchinson, Jennifer	Forest VA		32
2	Elwell, Erin	Lynchburg NC		31

Age Group35-39

1	Childress, Heather	Forest VA	35	
2	Suydam, Gabrielle	Lynchburg VA		37
3	Sheldon, Kim	Lynchburg VA		39
4	Dillon, Karen	Wirtz VA	35	

Age Group40-44

1	McPhatter, Lesley	Madison Heights VA		43
2	Tomkinson, Kitty	Huddleston VA		41

Age Group45-49

1	Shroyer, Kristie	Goode VA		46
2	Arnold, Marylynne	Lynchburg VA		45
3	Jones, Sue	Forest VA		46

Age Group60 & Older

1	Gray, Brenda	Lynchburg VA		61
---	--------------	--------------	--	----

MALE**12 & Under**

1	Phillips, Levi	Coleman Falls VA		10
---	----------------	------------------	--	----

13 - 19

1	Mitchell, Jesse	Lynchburg VA		19
2	Vernon, Timothy	Forest VA	16	
3	Sutton, Joel	Timberlake VA	16	
4	Rigler, Andrew	Altavista VA		16
5	Francis, Roy	Brookneal VA		15
6	Hurt, Zachary	Lynchburg VA		14
7	Phillips, Justin	Coleman Falls VA		13
8	Papet, Louis	Forest VA		17

20-29

1	Fitts, Dwayne	Lynchburg VA		29
2	VanDonsel, Matt	Lynchburg VA		20
3	Wright, Walker	Bedford VA		27
4	Harvey, Kyle	Madison Heights VA		20
5	Lewis, James	Danville VA		28
6	Hylton, David	Lynchburg VA		29

30-34

1	Captain, Jason	Lynchburg VA		30
2	Carson, Scott	Lynchburg VA		32
3	Rothman, Travis	Lynchburg VA		31
4	Libbey, Christopher	Lynchburg VA		31
5	Heppding, Fred	Forest VA		34
6	Sengenberger, Peter	Lynchburg VA		30

35-39

1	Gassler, Christopher	Lynchburg VA		38
2	Wargo, Darrell	Lynchburg VA		39
3	Arnold, Robert	Lynchburg VA		35
4	Stephens, Mark	Evington VA		35
5	Phillips, Van	Lynchburg VA		38
6	Reid, Robert	Forest VA		39
7	Hsu, Henry	Lynchburg VA		35

40-44

1	Miller, Malcolm	Lynchburg VA		41
2	Sheldon, Peter	Lynchburg VA		40
3	Williams, Chris	Lynchburg VA		42
4	Nixon, Randy	Lynchburg VA		43
5	Garbee, Grattan	Lynchburg VA		44
6	Flores, Ferdinand	Lynchburg VA		41
7	Casto, Wayne	Rustburg VA		41

45-49

1	Boman, Bret	Forest VA		48
2	Perrotto, Jonathan	Lynchburg VA		47
3	Eagle, Leonard	Danville VA		45
4	Shroyer, Kevin	Goode VA		46
5	Carter, RB	Lynchburg VA		49
6	Milam, Calvin	Lynchburg VA		47
7	Hooper, Wilbert	Forest VA		49
8	Wids, Andrew	Lynchburg VA		47
9	Landry, Mark	Appomattox VA		49
9	Miles, David	Forest VA		47

50-54

1	Mitchell, Mike	Lynchburg VA		51
2	Miller, Craig	Lynchburg VA		54
3	Bushing, Mark	Lynchburg VA		51
4	Evans, Preston	Madison Heights VA		51
5	Muniz, Tom	Lynchburg VA		52
6	Knight, Lance	Lynchburg VA		51
7	Keefer, Ed	Waynesboro VA		54

55-59

1	Morgan, Peyton	Lynchburg VA		55
2	Schowe, Ben	Forest VA		59
3	Meadows, Glenn	Lynchburg VA		56

60-69

1	Dauber, Truss	FOREST VA	61	
2	Ellis, Horace	Huddleston VA		65
3	Weimer, Jim	Moneta VA		60
4	Billingslea, John	Lynchburg VA		70

70 & Up

1	Galan, Victor	Lynchburg VA		70
---	---------------	--------------	--	----

RACE RESULTS

November 3, Lynchburg - Mountain Masochist 50 Mile Trail Run.

Race Director: David Horton

In 1983, 21 runners started the first MMTR 50 Miler. The name masochist originally came from my wife. She said that we are all masochists, so we should name the race that, and she was RIGHT. For 25 years, there have been 3 constants at the MMTR, Tom Green, Nancy Horton, and me. Geep Howell and Hal Devyst, who work with the Lynchburg Amateur Radio Club, have also been with us for all 25 years. My goal the first year was to start the race, win it and direct it thereafter. I won it by 13 seconds and have directed it since. This was the last year as race director for me.

After last year's race, my wife made me a proposal. She said if I would stop directing the MMTR that I could do another long trail. I had promised her after doing the Pacific Crest Trail (PCT) in 2005 that I would not do another long trail. And I planned on keeping that promise.

At the time she made the proposition, I had nothing planned. But, on August 1 of this year, while running on the PCT in Washington, I made the decision that I wanted to do the Continental Divide Trail (CDT). One big problem . . . how could I let the MMTR go? I had worked so hard to establish a great race, and I just didn't want it to die. But, I couldn't think of anyone who might want to take over this huge undertaking and direct it. As all race directors know . . . it is not an easy task!

My first thought . . . my good friend and a great runner himself, Clark Zealand. Clark had moved back to Lynchburg in August of this year so I approached him about it and without much hesitation, he agreed to take over directing the MMTR 50 Miler. So, with some mixed emotions, (along with the elation of my wife) this was my last year as director of the MMTR.

I thought it would be bittersweet, but the weekend was a GREAT way to hand the reins over to Clark. He shadowed me over the pre-, during-, and post-race activities. He will of course do some things differently than I did (and possibly even better), but I have no doubt that he will do a GREAT job. My desire is that you would support him as much as you have supported my efforts.

The weather was perfect for my last day as race director. The conditions were very good, low thirties at the start with highs in the upper 50s with good sunshine throughout the day, although it became a little windy later in the day.

The leaders times are:

Place	Name	Age	Time
-------	------	-----	------

First Five Places

Male

1	Zach Miller,	31,	7:04:10
2	Eric Grossman,	39	7:06:16
3	Brian Schmidt,	39	7:40:59
4	Serge Arbona,	42,	7:53:36
4	Adam Casseday,	27	7:53:36

Female

18	Nikki Kimball,	36	8:31:42
25	Annette Bednosky	40	8:43:42
31	Monica Ochs	38	8:55:33
31	Monica Ochs	38	8:55:33
32	Kristin Moehl	30,	8:56:52

Local Area Athletes are:

Place	Name	Age	Time
Male			
9	Jeremy Ramsey	31	8:07:04
23	Dave Christen	24	8:42:20
66	Jared Hesse	31	9:46:31
67	Andy Earl	23	9:50:41
73	Joe Gahagan	24	9:53:11
	Gallant	23	10:21:30
106	Micah Jackson	24	10:24:51
109	Matt Rawlins	32	10:27:16
110	Jarett Tighe	39	10:27:25
124	Jonathan Knowles	20	10:45:27
125	John Cooper	52	10:45:44
129	Calvin Milam	48	10:46:23
136	Michael Dunlop	37	10:54:39
140	Jeff Kuhland	20	10:57:52
15	4Roger Bunce	36	11:10:13
158	Jonathan Basham	30	11:13:03
175	Brian Keefer	20	11:24:52
180	Neal Bryant	37	11:28:58
189	Richard Golden	40	11:31:26
199	Michael Willl	50	11:40:02
212	Greg Flannigan	25	11:47:27

Female

Place	Name	Age	Time
43	Krista Meisch	22	9:15:41
63	Donna Elder	44	9:45:14
82	Jenny Anderson	33	10:04:15
84	Sarah Johnston	23	10:08:08
108	Rebekah Trittipoe	50	10:25:37
153	Nancy Ferris	51	11:09:27
172	Tabatha Stevens	22	11:24:12
183	Becky Mix	20	11:30:02
226	Deborah Watkins	25	12:10:16

November 10, Richmond - Sun Trust Marathon

Congratulations to the following area runners who were among the record field that completed in the 30th running of this popular marathon. On a beautiful day to race, overcast and cool, 3,783 runners started the course.

Marathon Results

Place	Name	Age	Time
2	DAVID CHEROMEI	28	2:20:20
9	MATT RICHARDS	40	2:37:09
86	MICHAEL HAYDEN	18	3:01:18
278	CHRIS GASSLER	38	3:18:30
288	JOHN WATERWORTH	35	3:19:24
308	ROBERT BLEVINS	50	3:20:51
372	GREG KOSOWSKI	51	3:25:42
424	PRESTON EVANS	51	3:28:00
588	BRIAN FRASER	25	3:35:28
598	GEORGE COOK	41	3:35:50
834	ELLEN SARANTOS	43	3:43:39
	LESLEY McPHATTER	44	3:43:39
892	MICHAEL MITCHELL	51	3:45:01
	WILBERT HOOPER	49	3:46:07
	TIM DAILEY	50	3:47:50
	KISTON McPHATTER	33	3:54:51
1265	WAYNE PATTON	38	3:55:28
1345	CARRIE BEAUMONT	30	3:56:54
1378	SUSAN BARNEY	42	3:57:49
1467	GABRIELLE MILAM	37	3:59:59
1514	MATT VANDONSEL	21	4:01:20
1643	WENDY GOLDEN	39	4:12:02
1853	DAVID HYLTON	29	4:12:51
1976	CHRIS WILLIAMS	42	4:17:46
2043	RYAN CARLTON	22	4:20:23
2220	MARY TAYLOR	45	4:26:40
2788	SCOTT CARSON	33	4:49:20
2797	MARK FLORES	38	4:49:39
3104	JOEY ALLEN	56	5:07:45
3430	CHRISTA PETERSEN	30	5:38:36

8K Results

Among the 4,906 starters were our own:

Place	Name	Age	Time
104	JOEL SUTTON	16	31:56:00
378	KEITH AUSTIN	53	36:31:00
1121	MICHAEL ELLIOTT	43	41:50:00
1159	KATIE WATERWORTH	29	42:01:00
1315	KEN CARLTON	55	42:56:00
2181	LAUREN ELLIOTT	21	47:12:00
2546	JOHN BILLINGSLEA	70	49:15:00
2985	AMY PATTON	37	51:53:00
3232	CARRIE KNAPP	23	53:33:00
3464	JAMES ARMENTROUT	34	55:54:00
3576	NANCY PRICE	53	57:00:00
3689	MARY JANE DAILEY	48	58:39:00
3982	CHRISTINE WEAVER	33	1:04:17
4040	SARAH DAVIS	33	1:05:42
4399	MARY BETH	31	1:16:33
4802	SANDRA MOBLEY	56	1:31:45

Nov 17, Roanoke - Star City Half Marathon

George Probst was the overall winner of the Star City half marathon (13.1 miles) with a time of 1:11:13.

The first female to cross the finish was Sarah Glenn with 1:28:56 to finish.

Local finishers include:

Place	Name	Age	Time
-------	------	-----	------

2	Danny Boyers	29	1:19:03
9	Jonathan Perrotto	48	1:23:59
20	Bret Boman	49	1:28:16
46	Robert Reid	39	1:37:53
78	Donna Davis	46	1:45:19
149	Paula Skulina	38	1:57:21
163	David Lowry	53	1:59:24
178	Bernie Davis	70	2:01:35
193	Helen Wheelock	43	2:07:17
239	Christa Peterson	30	2:33:24

Nov. 24, Forest - Genesis House 5k & Youth Mile Race Directors: Don & Barbara Lucy

The Genesis House Turkey Trot 5K and Youth Mile was a huge success on Thanksgiving morning because of many generous individuals. It was the largest crowd ever for this race with 585 runners completing the 5K (3.1 miles), and 95 runners participating in the Youth Mile at Timberlake Christian School.

We are pleased to announce that over \$10,000 was raised for the Genesis House, a facility in Lynchburg which provides care for children and families in crisis situations.

Ryan Wheller, the overall winner, covered the hilly course through Poplar Forest in 16:32, and Shannon Saunders, the female champion, finished in 19:18.

Refreshments were waiting for the runners at the finish. Awards and door prizes were presented in the gym.

It takes many hands and many dollars to put on a first class race. We thank the sponsors, the volunteers for their time and the runners who raced the course.

GENESIS HOUSE TURKEY TROT 5K RUN

Thanksgiving Day, November 22, 2007

FEMALE OVERALL RESULTS

1	Shannon Saunders	23 Forest	VA	19:18
2	Katie Vann	13 Forest	VA	21:44
3	Rachel Sengenberger	30 Lynchburg	VA	21:48

MALE OVERALL RESULTS

1	Ryan Wheeler	29 Lynchburg	VA	16:32
2	Douglas Pelletier	23 Wells	ME	17:05
3	Seth Pelletier	17 Wells	ME	17:20

MALE AGE GROUP: 1 - 13

1	73 Lynch Heppner	11 Lynchburg	VA	22:48
2	75 David Cedillo	12 Forest	VA	22:54
3	90 Wilson Simmons	11 Lynchburg	VA	23:39

FEMALE AGE GROUP: 1 - 13

1	113 Susanna Rademacher	12 Lynchburg	VA	24:25
2	131 Abby May	10 Forest	VA	24:55
3	159 Sara Jane Tschetter	10 Amherst	VA	25:44

MALE AGE GROUP: 14 - 19

1	6 Robert Deis	16 Forest	VA	18:21
2	10 Joel Sutton	16 Lynchburg	VA	19:22

3 13 Wes Spangler 17 Goode VA 19:36

FEMALE AGE GROUP: 14 - 19

1 69 Mary Deis 14 Forest VA 22:38
 2 89 Emily Rademacher 14 Lynchburg VA 23:38
 3 100 Hailey Flowers 16 Lynchburg VA 23:56

MALE AGE GROUP: 20 - 24

1 5 Jordan Whitlock 20 Lynchburg VA 18:01
 2 12 Thomas Brennan 23 Lynchburg VA 19:34
 3 15 Jeremy Gallant 24 Evington VA 19:38

FEMALE AGE GROUP: 20 - 24

1 87 Meg Dailey 21 Forest VA 23:27
 2 104 Christina Morris 23 Forest VA 24:01
 3 145 Whitney Wynn 23 Gladys VA 25:18

MALE AGE GROUP: 25 - 29

1 7 Michael Wortley 29 Knoxville TN 18:22
 2 11 Eli Lazarus 25 Durham NC 19:33
 3 41 Lee Steele 25 Lynchburg VA 21:32

FEMALE AGE GROUP: 25 - 29

1 81 Tracy Wu 29 Lynchburg VA 23:12
 2 93 Mason Morris 29 VA Beach VA 23:41
 3 117 Allison Sherrier 26 Washington DC 24:32

MALE AGE GROUP: 30 - 34

1 46 Jeremy White 32 Lynchburg VA 21:46
 2 56 Peter Sengenberger 31 Lynchburg VA 22:10
 3 62 Adam New 34 Lynchburg VA 22:29

FEMALE AGE GROUP: 30 - 34

1 207 Christy Howard 34 Lynchburg VA 26:51
 2 210 Kellie Hudson 34 Forest VA 26:56
 3 221 Tiffany Dunn 33 Clemmons NO 27:06

MALE AGE GROUP: 35 - 39

1 4 Jeff Harrington 37 Lynchburg VA 17:40
 2 8 Rick Brooks 36 Lynchburg VA 18:37
 3 25 Darrell Wargo 39 Lynchburg VA 20:20

FEMALE AGE GROUP: 35 - 39

1 165 Brandy Schmidt 35 Forest VA 25:49
 2 188 Anna Warren 38 Asheville NC 26:25
 3 213 Charmin Thomas 37 Forest VA 26:58

MALE AGE GROUP: 40 - 44

1 14 Peter Sheldon 40 VA VA 19:37
 2 24 Gary Morris 40 Forest VA 20:06
 3 32 Kevin Willis 41 Bedford VA 20:46

FEMALE AGE GROUP: 40 - 44

1 58 Donna Elder 44 Forest VA 22:23
 2 116 Lisa Richardson 41 Red House VA 24:31
 3 158 Kris Kattmann 43 Greensboro NO 25:43

MALE AGE GROUP: 45 - 49

1 20 Bret Boman 49 Forest VA 19:44
 2 33 Richard Carter 49 Lynchburg VA 20:53
 3 36 Calvin Milam 48 Lynchburg VA 21:20

FEMALE AGE GROUP: 45 - 49

1 171 Lisa Boman 49 Forest VA 25:55
 2 212 Sue Jones 46 Forest VA 26:57
 3 270 Kristie Shroyer 46 Goode VA 28:20

MALE AGE GROUP: 50 - 54

1 59 Pete Pearl 52 Troutville VI 22:24
 2 70 Keith Austin 53 Lynchburg VI 22:42
 3 78 John Vadnal 52 Forest VI 23:05

FEMALE AGE GROUP: 50 - 54

1 57 Nancy Ferris 51 Goode VA 22:16
 2 189 Amy Heppner 50 Lynchburg VA 26:26
 3 254 Marion Wilhelm 54 Lynchburg VA 28:04

MALE AGE GROUP: 55 - 59

1 49 Ron Rogers 55 Riner VA 21:49
 2 79 Richard Morris 57 Lynchburg VA 23:08
 3 88 Daniel Schlader 55 Forest VA 23:29

FEMALE AGE GROUP: 55 - 59

1 162 Kathryn Stafford 57 Huntingtown MA 25:46
 2 318 Florence Shank 57 West Chester PE 29:43
 3 425 Candace Lawhorne 57 Lynchburg VA 33:59

MALE AGE GROUP: 60 - 69

1 85 John Justice 62 Lynchburg VI 23:23
 2 106 Ronnie Wright 66 Rustburg VA 24:10
 3 151 John Storton 60 Lynchburg VA 25:28

FEMALE AGE GROUP: 60 - 99

1 548 Rosemary Cole 64 Blacksburg VA 44:39
 2 583 Shireen Moore 61 Richmond VA 1:04:59
 3 585 Winnie Schamerhorn 71 Lynchburg VA 1:08:05

MALE AGE GROUP: 70 - 99

1 396 John Billingslea 70 Lynchburg VA 33:06
 2 489 Vic Galan 70 Lynchburg VA 37:51
 3 562 Bob Huntington 85 Lynchburg VA 48:47

GENESIS HOUSE TURKEY TROT YOUTH MILE

Place Name	Ag S Town	St Mile
Boys		
1 Blake Proffit	12 M Lynchburg	VA 6:03
2 Daniel Bryant	12 M Forest	VI 6:21
3 Landon Curry	11 M Evington	VI 6:24
Girls		
1 Mary Lundeen	12 F Lynchburg	VA 6:51
2 CT Skorcz	11 F Lynchburg	VI 6:52
3 Claire McClenny	9 F Pamplin	VA 7:05

28TH ANNUAL PEAKS OF OTTER CHRISTMAS CLASSIC 10K
 DECEMBER 1, 2007 - 8:30AM

What a beautiful day for the Bedford YMCA. For the two loop 10K course, seventy-six runners enjoyed the early morning run and stayed to witness

the Bedford City Christmas parade. Results for the 10K are as follows:

FEMALE OVERALL RESULTS

1 Nancy Ferris	51 Goode	VA	43:50
2 Amy Jo Harper	25 Raleigh	NC	46:51
3 Jennifer Pritchett	31 F		47:47
4 Sarah Tharp	36 F Lynchburg	VA	48:39

MALE OVERALL RESULTS

1 Steve Crowder	34 Fincastle	VA 10	33:53
2 Jordan Whitlock	20 Lynchburg	VA 10	34:46
3 Danny Boyers	29 Lynchburg	VA 10	34:58
4 Andrew Rigler	16 Altavista	VA 10	36:38

MALE AGE GROUP: 1 - 12

NO ENTRIES

FEMALE AGE GROUP: 1 - 12

NO ENTRIES

MALE AGE GROUP: 13 - 19

1 186 Timothy Vernon	16 Forest	VA 10	36:59
2 225 Brandon A Dorr	16 Monroe	VA 10	45:35

FEMALE AGE GROUP: 13 - 19

1 253 Kasi Quinn	16 Rocky Mount	VA 10	52:15
------------------	----------------	-------	-------

MALE AGE GROUP: 20 - 29

1 192 Erik Steidl	20 Seville	OH 10	38:37
2 196 Jesse Mitchell	20 Lynchburg	VA 10	39:34
3 198 Montana Gibson	22	10	39:45
4 203 Matthew Day	28	10	41:29
5 204 Montanna Gibson	22	10	41:32
6 206 James Evans	20 Evington	VA 10	42:04
7 222 Jared Mink	25 Lynchburg	VA 10	44:17
8 228 Jason Harper	25 Raleigh	NC 10	45:46
9 236 Blake Edmondson	24 Lynchburg	VA 10	47:39
10 245 Jacob McGlaufflin	27 Lynchburg	VA 10	48:58

FEMALE AGE GROUP: 20 - 29

1 246 Elisa Day	26 Goode	VA 10	49:02
2 248 Amanda Cocke	26 Goode	VA 10	49:13
3 258 Jennifer Pillow	28 Appomattox	VA 10	52:55
4 266 Jennifer Captain	28 Lynchburg	VA 10	55:39
5 267 Jennifer Overstreet	25 Bedford	VA 10	55:48
6 268 Shannen Walker	29 Bedford	VA 10	55:48
7 281 Lucy Mallinak	25 Bedford	VA 10	1:02:58

MALE AGE GROUP: 30 - 34

1 197 Jason Captain	30 Lynchburg	VA 10	39:42
2 250 Scott Carson	33 Lynchburg	VA 10	51:29
3 282 Jennifer Whitley	32 Alexandria	VA 10	1:03:44

FEMALE AGE GROUP: 30 - 34

1 273 Erika Wray	34 Lynchburg	VA 10	56:59
2 280 Darlene Jenkins	32 Lynchburg	VA 10	1:01:06

MALE AGE GROUP: 35 - 39

1 220 Robert Reid	39	10	43:56
2 223 Paul Schmidt	39 Forest	VA 10	44:55
3 231 Brian Duncan	38 Canvass	WV 10	46:33

FEMALE AGE GROUP: 35 - 39

1 252 Brandy Schmidt	36 Forest	VA 10	52:13
2 256 Jeanne Craig	38 Goode	VA 10	52:42
3 259 Lynae Knott	36 Wirtz	VA 10	53:01
4 269 Julie Harkema	38 Hardy	VA 10	55:56
5 279 Angie Peak	38 Bedford	VA 10	1:00:35
6 284 Rachel Mitchell	37 Forest	VA 10	1:06:52
7 285 Rebecca Carroll	39 Lynchburg	VA 10	1:06:58

MALE AGE GROUP: 40 - 44

1 202 Kevin Willis	41 Bedford	VA 10	41:24
2 224 Erik Panzer	40 Lynchburg	VA 10	45:27
3 226 Steven J Brown	40 Roanoke	VA 10	45:36
4 235 Doug Falls	42 Roanoke	VA 10	47:37
5 257 Chris Tharp	40 Lynchburg	VA 10	52:43
6 274 Eddie Witt	43 Goode	VA 10	57:56
7 289 Greg Doane	42 Richmond	VA 10	1:16:22

FEMALE AGE GROUP: 40 - 44

1 287 Andrea Plamondon	41 St Charles	IL 10	1:07:17
2 288 Christine O'Donnell	41 Concord	VA 10	1:16:21

MALE AGE GROUP: 45 - 49

1 209 Rob Prom	45 Callaway	VA 10	42:34
2 211 Kevin Shroyer	47 Goode	VA 10	43:11
3 221 Hunter Marshall	48 Spout Spring	VA 10	44:13
4 251 Jerry Ballard	48 Roanoke	VA 10	51:30

FEMALE AGE GROUP: 45 - 49

1 272 Leigh Prom	45 Callaway	VA 10	56:30
------------------	-------------	-------	-------

MALE AGE GROUP: 50 - 59

1 214 Preston Evans	51 Madison Hts	VA 10	43:32
2 216 Ron Rogers	55 Riner	VA 10	43:41
3 227 Michael Morris	54 Roanoke	VA 10	45:38
4 230 Mike Mitchell	51 Lynchburg	VA 10	46:27
5 232 Brian Carlton	54 Lynchburg	VA 10	46:35
6 237 Richard McDaniel	58 Boones Mill	VA	47:40
7 242 Tim Dailey	50 Forest	VA 10	48:40
8 247 Tom Roth	57 Salem	VA 10	49:03
9 249 Marion Childress	55 Roanoke	VA 10	49:42
10 278 Bruce Ritter	56 Raleigh	NC 10	1:00:12

FEMALE AGE GROUP: 50 - 59

1 261 Amy Rockhill	55 Roanoke	VA 10	53:11
2 262 Patricia Edwards	50	10	54:01
3 265 Trina Nicholson	53 Blueridge	VA 10	55:38
4 276 Ann Allison	55 Goode	VA 10	58:31
5 277 Carol Inge	53 Troutville	VA 10	59:38
6 283 Lori Janovec	53 Bluefield	VA 10	1:06:01

MALE AGE GROUP: 60 - 64

1 234 Ed Allen	60 Troutville	VA 10	47:18
----------------	---------------	-------	-------

FEMALE AGE GROUP: 60 - 64

NO ENTRIES

MALE AGE GROUP: 65 - 99

1 264 Bernie David	70 Lynchburg	VA 10	54:54
2 286 John J Kurisky	69 Forest	VA 10	1:07:17

AGE-GROUP RESULTS FOR 5K RACE

For the one loop 5K course, spectators were thrilled by the close finish of **Jeff Harrington and Andy Sayers**. Now that's what racing is all about for, the spectators anyway.

MALE OVERALL RESULTS

1	Jeff Harrington	37 Lynchburg	VA 5	17:04
2	Andy Sayers	29 Salem	VA 5	17:05
3	Matt Brown	15 Afton	VA 5	17:35
4	Greg Cavaliere	39 Lynchburg	VA 5	18:14

FEMALE OVERALL RESULTS

1	Sarah Krylicinski	27 Bedford	VA 5	19:38
2	Elizabeth Vernon	13 Forest	VA 5	22:20
3	Mary Lynn Deis	14 Forest	VA 5	22:28
4	Katherine Seay	31 Bedford	VA 5	22:32

MALE AGE GROUP: 1 - 12

1	25 David Cedillo	12 Forest	VA 5	20:51
2	32 Stephen Vernon	11 Forest	VA 5	21:59
3	76 Strychr From	9	5	26:40
4	77 Noah Waldo	9	5	26:48
5	78 Ryan Dorr	8 Monroe	VA 5	26:49
6	92 Jacob Grant	11 Bedford	VA 5	27:35
7	107 Keegan Alvis	9 Chesapeake	VA 5	28:58
8	111 Will Norvelle	10 Lynchburg	VA 5	29:09
9	141 Jack Shea	12 Bedford	VA 5	32:13
10	165 Chris Sharrett	12 Bedford	VA 5	34:13
11	166 Anthony DelPopolo	11	5	34:18
12	170 Austin Schlodman	10 Bedford	VA 5	35:17
13	171 Hayden Smith	6 Lillington	NC 5	35:23
14	189 Robert Shupe	12 Thaxton	VA 5	37:57
15	200 Brice Beverly	10	5	39:53
16	207 Michael Moneymaker	12 Bedford	VA 5	42:09

FEMALE AGE GROUP: 1 - 12

1	44 Hosannah Vickery	11 Bedford	VA 5	22:42
2	72 Laura Garbarini	11 Bedford	VA 5	26:26
3	103 Abby May	10	5	28:13
4	104 Lucy A Wooldridge	10 Evington	VA 5	28:25
5	151 Hannah Overstreet	9 Bedford	VA 5	33:08
6	152 Lizzie Boone	9 Bedford	VA 5	33:09
7	188 Bailey O'Hara	10 Bedford	VA 5	37:39
8	193 Morgan Karnes	10 Bedford	VA 5	38:50
9	210 Kim Sharrett	9 Bedford	VA 5	43:10
10	239 Carrie Craig	5 Goode	VA 5	48:26

MALE AGE GROUP: 13 - 19

1	5 Ryne Bollinger	17 Bedford	VA 5	18:23
2	8 Joel Sutton	16 Bedford	VA 5	19:03
3	10 Aaron Waters	18 Rocky Mount	VA 5	19:05
4	15 Zachary Byram	15 Forest	VA 5	19:24
5	23 Nathan D Tumas	18 Bedford	VA 5	20:41
6	24 Judson Tumas	16 Bedford	VA 5	20:41
7	31 Eric Laughlin	18 Lynchburg	VA 5	21:51
8	40 Sam Dailey	17 Forest	VA 5	22:38
9	49 Chris Taylor	14	5	22:58
10	50 Jared Fogus	17	VA 5	23:15
11	71 Lawrence Johnston	16 Bedford	VA 5	26:25
12	87 Dave Amadee	18 Chesterfield	VA 5	27:25

13	91 Ginna Shea	14 Bedford	VA 5	27:34
14	98 Daniel Buttram	14 Bedford	VA 5	28:00
15	100 S J Boone	13 Bedford	VA 5	28:03
16	145 Andy Mallory	16 Bedford	VA 5	32:32
17	159 Ted Schlegel	19 Bedford	VA 5	33:48
18	219 Kevin Regan	16 Forest	VA 5	43:53

FEMALE AGE GROUP: 13 - 19

1	45 Katie Vann	13 Forest	VA 5	22:43
2	48 Haley Smith	14 Lillington	NC 5	22:56
3	51 Hailey Flowers	16 Lynchburg	VA 5	23:15
4	58 Bilynda Brinklay	14 Bedford	VA 5	24:57
5	60 Kimberly Nowlin	17	5	25:22
6	62 Teresa Padgett	14 Bedford	VA 5	25:24
7	83 Alexandra Wray	13 Lynchburg	VA 5	27:15
8	90 Annie Kate Dailey	13 Forest	VA 5	27:32
9	93 Anne Whitehurst	16 Bedford	VA 5	27:44
10	112 Rachel Smith	15	5	29:12
11	120 Kara Harrison	14	5	30:00
12	121 Emily Carter	17 Lynchburg	VA 5	30:18
13	174 Ashley Harris	15 Bedford	VA 5	35:57
14	190 Amanda Bing	19 Forest	VA 5	37:59
15	201 Whitney Padgett	19 Lynchburg	VA 5	40:36
16	205 Amanda Quintance	17	5	41:32
17	218 Taylor Reedy	17 Lynchburg	VA 5	43:53

MALE AGE GROUP: 20 - 29

1	6 John Bingham	21 Trinity	NC 5	18:29
2	7 Drew Setliff	20 Hickory	NC 5	18:36
3	18 Matt Krylicinski	28 Bedford	VA 5	19:44
4	27 Alan M Biggio	26 Bedford	VA 5	21:10
5	29 Ben Berry	20 Bedford	VA 5	21:34
6	30 Walker Wright	28 Bedford	VA 5	21:49
7	33 Matthew VonDonsel	21 Lynchburg	VA 5	22:14
8	42 Reece Martinez	25 Bedford	VA 5	22:40
9	55 Sonny Daniels	20 Evington	VA 5	24:11
10	82 Rob Lampkin	28 Bedford	VA 5	27:10
11	85 Jeremy Witt	20 Bedford	VA 5	27:22
12	88 Christopher Pratt	21 Willow St.	PA 5	27:31
13	102 Jonathan Paul	29 Forest	VA 5	28:09
14	108 Dan Ranger	22	5	29:01
15	110 Elijah Bailey	28 Blackburg	VA 5	29:03
16	116 Joel Saul	27 Roanoke	VA 5	29:25
17	126 Mike McGinn	23 Knoxville	TN 5	30:40
18	129 Brandon P Davis	23 Forest	VA 5	30:48
19	144 Scott Graham	27 Bedford	VA 5	32:30
20	146 Chris Mays	25 Forest	VA 5	32:35
21	147 Mark Maslon	26 Forest	VA 5	32:36

FEMALE AGE GROUP: 20 - 29

1	56 Bee Jay Chapman	20 Bedford	VA 5	24:15
2	64 Hillary Peabody	21	5	25:29
3	67 Samantha Mitchell	25 Bedford	VA 5	25:51
4	69 Amanda R Alvey	25 Bedford	VA 5	26:14
5	75 Rebecca Botts	23 Lynchburg	VA 5	26:37
6	86 Joy Osborne	25 Lynchburg	VA 5	27:25
7	89 Joanna Chapman	20	5	27:31
8	106 Merideth Morton	27 Forest	VA 5	28:52
9	115 Jessica Frie	27	5	29:22
10	125 Michelle Cofer	28 Forest	VA 5	30:37
11	127 Jennifer Harlow	27 Bedford	VA 5	30:42
12	131 Erin Ritter	27 Kernersville	NC 5	31:22
13	133 Magen Cooney	21 Roanoke	VA 5	31:40

14	136 Liz Mays	24 Forest	VA 5	31:45
15	142 Susan Sperduto	26 Lynchburg	VA 5	32:23
16	153 Beth Scott	29 Lynchburg	VA 5	33:20
17	155 Crystal Kendowe	24 Roanoke	VA 5	33:28
18	156 Carmen Overstr	25 Roanoke	VA 5	33:37
19	162 Rebekah Meadows	26	5	34:03
20	176 Meagan Hinson	26 Forest	VA 5	35:58
21	180 Blake Wright	27 Bedford	VA 5	36:19
22	182 Allison Wingfield	28 Bedford	VA 5	36:36
23	195 Liz Samson	24 Lynchburg	VA 5	39:32
24	254 Leigh Ann White	28 Lynchburg	VA 5	52:26
25	255 Denise Clark	26 Lynchburg	VA 5	52:28
26	263 Sarah Watson	27 Lynchburg	VA 5	54:25
27	270 Kaylin Howell	29	5	56:02

MALE AGE GROUP: 30 - 34

1	20 Adam M New	34 Lynchburg	VA 5	20:24
2	21 Joshua Raney	30 Lynchburg	VA 5	20:26
3	37 Travis Wingfield	30 Bedford	VA 5	22:23
4	46 Joel Hart	30 Lynchburg	VA 5	22:44
5	94 Matt Ritter	30 Kernersville NC	5	27:51
6	109 Brian Ranger	30	5	29:02
7	122 Jamie Dooley	32 Bedford	VA 5	30:19
8	149 Jesse Pratt	31	5	32:49

FEMALE AGE GROUP: 30 - 34

1	52 Hollie Porter	34 Bedford	VA 5	23:23
2	114 Stacy Wright	31	5	29:22
3	135 Kristen Graham	34 Bedford	VA 5	31:43
4	138 Autumn Alvarez	33 Roanoke	VA 5	32:06
5	161 Tiffany Renalds	33 Lynchburg	VA 5	34:02
6	164 Stephanie Hart	32 Lynchburg	VA 5	34:09

MALE AGE GROUP: 35 - 39

1	9 Steve Spire	37 Bridgewater	VA 5	19:04
2	12 Bill Vickery	37 Bedford	VA 5	19:16
3	13 Darrell Wargo	39 Lynchburg	VA 5	19:22
4	14 Joe Moon	36 Thaxton	VA 5	19:23
5	17 Chris Gassler	38 Lynchburg	VA 5	19:40
6	22 Tommy Field	39 Bedford	VA 5	20:36
7	43 Richard Michael	35 Bedford	VA 5	22:41
8	47 Wayne Patton	38 Lynchburg	VA 5	22:50
9	79 Mark A Dorr	37 Monroe	VA 5	26:49
10	175 Kevin Cloran	35	5	35:58
11	181 Travis Witt	37 Bedford	VA 5	36:26
12	240 Carrie's Dad	38 Goode	VA 5	48:26

FEMALE AGE GROUP: 35 - 39

1	61 Christy McIver	36 Bedford	VA 5	25:23
2	65 Helen Maxwell	39 Bedford	VA 5	25:35
3	105 Sheri Worsham	39 Bedford	VA 5	28:26
4	119 Tina Jordan	37	5	29:53
5	199 Barbara Ratcliffe	38 Thaxton	VA 5	39:52
6	229 Melissa Duncan	38 Canvas	WV 5	46:18
7	244 Stacy Schlodman	36 Bedford	VA 5	48:56
8	271 Heather Jones	36	5	56:03

MALE AGE GROUP: 40 - 44

1	34 Randy Nixon	44 Lynchburg	VA 5	22:15
2	59 Dwayne Marshall	44 Lynchburg	VA 5	24:59

3	66 Mike Shea	43 Bedford	VA 5	25:43
4	68 David Vann	40 Forest	VA 5	25:56
5	97 Malcolm Miller	42 Lynchburg	VA 5	27:56
6	117 Andy Watkins	41 Bedford	VA 5	29:36

FEMALE AGE GROUP: 40 - 44

1	84 Diane M Sosa	43 Lynchburg	VA 5	27:20
2	96 Mari Cedillo	42 Forest	VA 5	27:54
3	137 Alicia Matherly	43 Hurt	VA 5	31:50
4	158 Susan Saxsan	40 Evington	VA 5	33:44
5	178 Lisa Tomlin	40	5	36:05
6	215 Tina O'Hara	44 Bedford	VA 5	43:40
7	243 Kathy From	43	5	48:56

MALE AGE GROUP: 45 - 49

1	11 Dion (Pat) O'Mara	49 Fairfax	VA 5	19:07
2	19 RB Carter	49 Lynchburg	VA 5	20:17
3	28 Winston W. Burks II	48 Bedford	VA 5	21:22
4	41 Greg Seda	45 Vernon Hill	VA 5	22:39
5	74 Jonathan Buttram	45 Bedford	VA 5	26:35
6	101 Kenny Fogus Jr	48 Bedford	VA 5	28:07
7	118 Tom Norvelle	46 Lynchburg	VA 5	29:49
8	124 Jeff May	49	5	30:31
9	140 Shea Alvis	46 Chesapeake	VA 5	32:10
10	154 David Whitehurst	45 Bedford	VA 5	33:27
11	163 Mark Johnston	49 Bedford	VA 5	34:05
12	172 Kurt Smith	47 Lillington	NC 5	35:23
13	208 Mike Moneymaker	47 Bedford	VA 5	42:12

FEMALE AGE GROUP: 45 - 49

1	81 Kristie Shroyer	46 Goode	VA 5	27:08
2	123 Mary Jo Boone	46 Bedford	VA 5	30:25
3	130 Mary Jane Dailey	48 Forest	VA 5	30:51
4	177 Delisa Alvis	47 Chesapeake	VA 5	36:01
5	184 Jan Heuber	45	5	36:47
6	191 Laura Smith	46 Lillington	NC 5	38:12
7	194 Vickey H Duncan	45 Bedford	VA 5	39:01
8	213 Kathleen Sharrett	46 Bedford	VA 5	43:28

MALE AGE GROUP: 50 - 59

1	26 Dave Wriston	52 Lynchburg	VA 5	21:06
2	35 Keith Austin	53 Lynchburg	VA 5	22:16
3	53 Dave Eckes	57 Forest	VA 5	23:52
4	57 Kenneth Bailey	57 Greensboro	NC 5	24:47
5	63 Bob Mooty	52 Lynchburg	VA 5	25:27
6	70 Craig M Miller	54 Lynchburg	VA 5	26:23
7	95 JT Dooley	52 Bedford	VA 5	27:53
8	150 Joe Turk	50	5	32:55
9	275 Mick Overstreet	57 Bedford	VA 5	57:56

FEMALE AGE GROUP: 50 - 59

1	73 Karen Bolton	52 Troutville	VA 5	26:29
2	80 Lisa Kidd	50 Rustburg	VA 5	26:50
3	113 Janet Carper	50 Bedford	VA 5	29:13
4	128 Cindy Harper	55 Forest	VA 5	30:44
5	139 Karen Bolton	52	5	32:08
6	148 Chris Lewis	51 Blacksburg	VA 5	32:45
7	168 Sally Ritter	56 Raleigh	NC 5	34:52

MALE AGE GROUP: 60 - 64

1	54 Robert Pawlas	64 Bedford	VA 5	23:58
---	------------------	------------	------	-------

2 99 Dave Stephenson 63 Moneta VA 5 28:01
3 134 Jim LaFave 64 Moneta VA 5 31:42

FEMALE AGE GROUP: 60 - 64

1 143 Eileen Backofen 60 Herndon VA 5 32:25
2 212 Rosemary Pawlas 60 Bedford VA 5 43:19

MALE AGE GROUP: 65 - 99

1 157 Phillip Welker 71 Roseland VA 5 33:43
2 173 Jim Cutler 69 Bedford VA 5 35:30
3 179 George W Smith 83 Raleigh NC 5 36:06
4 185 Garland L Page Jr 75 Bedford VA 5 36:49
5 187 Charles Moore 73 Bedford VA 5 37:03
6 260 Keith Janovec 69 Bluefield VA 5 53:06

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: Mon. - Fri. 10:30am - 7:00pm
Saturday, 10:00am - 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.
(434) 846-1803

SAFETY RULES THE ROAD

As fall changes to winter so do the daylight hours available for running. Here are reminders that will keep you safe while you are out training.

REFLECTIVE GEAR –

Make the investment in clothing and gear that reflects light. Most quality reflective shoes, apparel and vests should be rated for a distance of at least 1200 feet. Look for apparel with light, bright colors and with reflective strips, logos, and designs. Blinking, clip-on lights and armbands are also a good idea. Reflective gear keeps you and those you run with visible.

GME

Medical Supply, Inc.
24 hour Availability

2300 Bedford Ave.
Lynchburg, VA 24503

Ph. 434-528-3765
Fax 434-846-7425

*Taking Care of Your Home Health Care Needs
With*

- Durable Medical Equipment
- Physical Therapy Supplies
- Respiratory Services

**May you live each day to the fullest and
enjoy every run for the gift it is.**

KNOW YOUR ROUTE –

Being familiar with your running route contributes to a safe run. Remember that even running on sidewalks has its hazards. Beware of dangerous intersections or cross streets. We are all familiar with areas of our favorite runs where motorists just don't pay attention. Timing your run on your route can be crucial. Don't forget...some desolate weekend routes turn into weekday highways.

RUN AGAINST TRAFFIC –

Running against traffic can provide you with a more complete picture of what is happening around you. Making eye contact with motorists can provide helpful clues as to the direction a car may take (especially at intersections). If sidewalks are not available, run as close to the shoulder of the road as possible.

STOP THE MUSIC –

There is nothing like a great running song for motivation. However, save it for the treadmill. Wearing a radio or CD player while exercising increases your chances of not hearing on-coming traffic or pedestrians.

