

## The Presidents Letter

Dear Fellow Runners,

As you may be aware, Henry Hsu died on 31 January 2008 from injuries sustained in a car accident.

Henry was very active in the Lynchburg Road Runners and had recently volunteered to be the club's Vice President. Henry had recently moved to our area from northern Virginia and shared his enthusiasm for fitness and running as a member of the Lynchburg Road Runners Club. He was very interested in helping the Club by sharing his experiences as a club member in northern Virginia. He was a huge help behind the scenes making the 2007 Virginia Ten Miler a success. His constant encouragement and willingness to volunteer his time for the success of our community of runners will be sorely missed. Henry is survived by his daughter Olivia, age eight. If you feel so moved you may contribute to the Olivia Hsu educational fund c/o Sun Trust Bank.

Spring is just around the corner. We look forward to fine tuning our Spring training in preparation for the 2008 race season. The winters have been rather mild lately, so we can take advantage of it and get some good base mileage in.

On Tuesday March 11th, Vic Uotinen will come speak to us about one of yesterday's running heroes, Lasse Viren. Four times a gold medallist (5,000 and 10,000 meters at both Munich and Montreal), Viren was a running icon in the 70s. Vic Uotinen managed Finnish runners who toured the US in road races. Come join us at Monte Carlo at 6:30 pm to eat and 7:00 for the talk.

On February 16 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 who participated in VES Arctic 5K on 17 February. Race Director **Jennifer Anderson** and her team put on a great race over the new 5K course. The weather cooperated again this year, and 104 runners completed the course. The Spring running calendar 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 8. 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. What a bargain!

There's a new race, the Point of Honor 5K, in support of the Virginia organ donor program, directed by

Kevin Shroyer on April 5 this year. This is race #1 of the LRRC Race Series. Then there is the Charlottesville 10 Miler on March 29th, and marathon on 19th April. For those who have a taste for the extreme, sign up early for **Dave Horton's** Promised Land 50K on 26 April.

At the February meeting, Sue Jones graciously agreed to be our new Vice President. The slate of club officers for 2008 are listed on page 2 of this newsletter. Please give them your support.

As of the end of February, there are 120 members in the Club. Look to the lower right of your mailing label to see your next renewal month. If you would like to receive the newsletter electronically rather than hard copy through the mail, please send an email to [blboman@verizon.net](mailto:blboman@verizon.net) with your email address.

I am looking forward to a new and exciting year of running and organizing a full schedule of quality races for 2008. 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 on the roads,  
Bret Boman

## 2008 LRR OFFICERS

President	Bret Boman
Vice-President	Sue Jones
Secretary	Craig Miller
Treasurer	Vic Galan
Membership	Heather Vozel
Newsletter	Vic Galan

The Milepost is provided on the Web through the generosity of professor **Peter Sheldon** as a community service of Randolph College. You will find us on [www.lynchburgroadrunners.org](http://www.lynchburgroadrunners.org).

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

Our monthly meetings are held the second Tuesday of the month from September through May at Monte Carlo's on Old Forest Road. We order dinner at 6:30 p.m. and the meeting starts at 7:00 p.m. If Club

members have issues or ideas they would like to discuss with the Executive Committee, we welcome your comments and suggestions at this time.

## **Next LRR Club Meeting**

Tuesday, 11 March 2008

At Monte Carlo's  
On Old Forest Road  
6:30 p.m. Dinner  
7:00 p.m. Open Meeting

**Guest Speaker: Vic Uotinen**  
Will talk on Lassie Viren  
Finland's four-time Olympic Gold Medalist

General Club Meeting

**The April meeting** of the Lynchburg Roadrunners Club is on Tuesday, 8 April at Monte Carlo's on Old Forest Road.

## **!! 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

## **MEETING MINUTES**

**By Craig Miller**  
**Secretary**

### **January Meeting**

The Lynchburg Road Runners met on 8 January '08 at Monte Carlo's restaurant to discuss the upcoming year of running events and plans. All officers were present except Henry Hsu who had a previous commitment. Present: Brett B., Vic G., Heather, Craig and about twenty members in attendance.

### **OLD BUSINESS:**

A recap of last year highlights such as the increase in the VA 10 miler and the other local races was shared by Jeff Ferdorko and others who either participated or directed local races.

### **NEW BUSINESS:**

Brett led the following discussion:

#### **1: Review what we do**

LRR will continue the newsletter and it was discussed if it would remain a mailing or if it could be available on line. Going through the process of having it on line will take some effort through Peter Sheldon and Vic in placing it on the web site, in the future having people request it to be sent to them via email may be a possibility, but for the present, it remains a mailing.

Vic will continue to sponsor the New Year's Day run, Brett will continue to direct the Summer Track Series, LRR will cooperate with Jeff F at Riverside to continue the Summer Race Series. The Summer Race Series will consist of 8 races this year, with the new 5K for organ donor awareness put on by Kevin Shroyer on April 5 being added to the existing runs from last year. LRR will continue the New Year's Day fun run and hope to add some other fun runs and possibly some group runs designed to either draw new runners to the club or be marked for certain running levels for participation for those with various speeds and distances they would like to run.

#### **2: Things we need to do:**

Jeff is working on a final accounting of the VA 10 miler funds and expenses. Ideas of how to increase LRR membership was discussed. Heather passed out a tentative new application form and asked for feedback on what could be improved on application or needed to be added or changed. Insurance fees have increased overall to cover the LRR races, it is hoped that present membership fees will not be raised as a result and that new members will help offset those expenses.

#### **3: Things we might do in future**

It is hoped that we could secure additional discounts from various businesses in addition to the ones LRR has with Riverside Runners, Dr. Frank Villa, Bikes Unlimited, Outdoor Trails, Lynchburg Orthopedic Lab, and Ragged Mountain Running Shop in Charlottesville.

We hope for improved presence and updating of LRR web site. Brett will contact Peter Sheldon who manages the site. It was hoped that a web designer amongst the LRR would step up and add expertise to the site.

It was discussed and hoped that greater cooperativeness and possibly competition between the Charlottesville and VA 10 milers could be developed to include some sort of trophy the respective running club could keep from year to year. The same is hoped for Star City Striders in Roanoke.

Henry Su had sent an email with a variety of suggestions on how to increase LRR visibility in the community, add members to the LRR, and generate better web site and application forms for LRR. The email had been sent to each of the officers and was mentioned by Bret.

### February Meeting

Meeting on February 12th at Monte Carlo's, the Lynchburg Road Runners acknowledged the death of our Vice President Henry Hsu. Sue Jones accepted the post and was confirmed by the members present.

An issue as to which races are covered by our Race Insurance was brought up due to new guidelines issued by Road Runners Club of America (RRCA). The new guidelines imply that club ownership of the sponsored race is required and that monies go through our club. This was deemed necessary by the Insurers of RRCA due to past abuses by other clubs. Bret and Jeff Fedorko will clarify the issue with the race directors of the affected races. At the March meeting we will vote to accept ownership of certain club sponsored races without the burden of processing their financing.

The guest speaker this month was **Greg Cavaliere**. His informative talk on Training Secrets will hopefully pay off in races later this Spring.

### FUN RUNS

#### NEW YEARS DAY RUN

Five miles, then hot cider and cookies  
To see how the new year was looking.  
There were some runners strong,  
But behind I just tagged along.  
You wouldn't call it booking.

**Bernie the Bard**

### MY UPS AND DOWNS

Downhill on streets I'm strong.  
Maybe that's 'cause my legs are long.  
But uphill, sadly,  
I do badly,  
With barely the power to creep along.

On trails, it's the reverse.  
Rough surfaces are my downhill curse.  
Uphill I am right strong  
Because I'm a walker long,  
But down-hills to me are right adverse.

**Bernie the Bard**

### Treasurer's Report

By Vic Galan

The current balance in the Club account is \$525.72 and in the Race Series account the balance is \$1,885.38. The account for the Ten - Miler is reported and handled separately, but is available for interested club members. So far this year, the club has paid \$750.00 for RRCA membership and Race Insurance for the 2008 season. We have enough in our accounts to support the start of the 2008 race season.

### Lynchburg Roadrunners 2007 Financial Report

#### Bank of the James - Club Account

I	Income	
	Carryover from 2006	\$605.00
	Deposits - Members dues	
\$2,480.00		
	- City reimbursement	\$100.00
	- Service to local races	\$200.00
	Total deposits	
\$3,385.00		
II	Disbursements	
	Six Newsletters	
\$1,725.83		
	Return Check Fee	\$21.00
	New Checks Order	
\$9.00		
	Post Office Box Rental	\$72.00
	RRCA Dues & Race Insurance	
\$579.96		
	Miscellaneous	
\$108.59		
	Total Costs	
\$2,516.38		

**III Balance**  
**Income minus Disbursements**  
**\$868.62**

#### Bank of the James - Race Account

I	Income	
	Carryover from 2006	
\$232.00		
	Deposit from Central Bank	
\$7,164.34		
	City reimbursement for 2006	\$500.00
	Purcival Island 5 Miler	
\$2,038.00		

Half Marathon & 5K  
\$6,910.00

Total Deposits  
\$16,844.34

II Disbursements  
New Check Order  
\$9.00  
Open Va Ten Miler Account  
\$100.00  
Club Ownership of Race Series  
\$5,915.50  
Purcival Island 5-Miler  
\$1,651.65  
Half Marathon & 5K  
\$5,979.64  
Race Series  
\$1,303.17

Total Costs  
\$14,958.96

III **Balance**  
**Income minus Disbursements**  
**\$1,885.38**

## UPCOMING RACES

**March 8, Goode - 13th 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](mailto:fizzzed@juno.com)>

Discount is offered to Lynchburg

Roadrunners.

See Flyer in this newsletter.

Discount is offered to Lynchburg Roadrunners.

**March 15, Danville, Va. - Shamrock 5K**  
10:30 a.m. Info: Melissa Keatts (434) 791-4470.

**March 15 & 16, Virginia Beach - 36th Shamrock 8K and Marathon**  
15th - 8K start 8 a.m.  
16th - start 1/2 Marathon at 7 a.m. start Marathon at 8 a.m. Info: [www.shamrockmarathon.com](http://www.shamrockmarathon.com)

**March 29, Charlottesville - 10 Miler**  
Start 7:45 a.m. Info: (434) 293-6115.  
[www.cvilletenmiler.com](http://www.cvilletenmiler.com)

**March 29, Sedalia, VA, - Terrapin Mountain Marathon and half Marathon**  
Start at 7:00 a.m. at the Sedalia Center. Cost \$50.00 before March 8 and \$70.00 thereafter. Info online at

[www.eco-xsports.com](http://www.eco-xsports.com) or Dr. Clark Zealand  
(434)846-2333.

**April 5, Lynchburg, VA - Point of Honor 5K**  
Start 9:00 a.m., Info: Kevin Shroyer (434)665-8046  
or [www.riversiderunners.com](http://www.riversiderunners.com)

**April 5, Richmond - Monument Ave. 10K**  
Start 8:30 a.m., Info: (804) 285-9495 or  
[www.sportsbackers.org](http://www.sportsbackers.org)

**April 19, Lynchburg - Race for Life 5K**  
Info: Riverside Runners  
[www.riversiderunners.com](http://www.riversiderunners.com)

**April 19, Charlottesville - Marathon & Q M.**  
Start 6:30 a.m. Info. And application at  
[www.charlottesvillamarathon.com](http://www.charlottesvillamarathon.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](mailto:dhorton@liberty.edu)  
or on the Web at  
[www.extremeultrarunning.com](http://www.extremeultrarunning.com). Part of the  
Lynchburg Ultra Series.

**May 26, Lynchburg, VA - CVKA Memorial Day 10K** - See the May / June issue of The Milepost -  
**RACE RESULTS**

Correction to the Mountain Masochist results listed in the  
January / February newsletter:

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
207	Jeanne Craig	38	11:44:28

Any LRRC member who has the fortitude to  
complete the MMTR deserves recognition from our  
race community.

### **Note from the Editor**

If y'all note any missed results, I can assure you that  
it is just an oversight. Contact me, Vic Galan,  
through the post box or at [elcid@lynchburg.net](mailto:elcid@lynchburg.net).

**Feb. 16, Appomattox - Holiday Lake 50K,**  
16 February 2008  
Race Director: *David Horton*

This was the 13th Annual Holiday Lake 50K++.  
The ++ is from the fact that the first loop is a little  
longer than 15.55 miles and so is the second. The  
first three years of the race had more paved roads  
than the present course. A new trail was added and  
much of the paved road was taken out of the course  
after the third year. The new trail course was longer.  
Most estimates placed the course somewhere

between 33 and 34 miles. Another new trail has been added in the last few years to the park, the Carter-Taylor Trail. After this year, the Holliday Lake State Park folks said that we could not use a piece of an old trail from the state park to the Holiday Lake 4H Center. Therefore, starting next year, we will change the course trying to add more trail in the course and maybe even having just a 50K course and no ++.

Last year, race morning brought 12 degree temperatures. This made the stream crossings very interesting. The year before it snowed all day and the trails were VERY muddy and slick. This year, the temperature was 30 at the start and topped out at about 55 degrees. There was a little mud but probably the least we have ever had.

**The Winners of the Holiday Lake 50K++ are:**

**Male**

- 1 Bradley Mongold, 30, WV 3:44:23
- 2 Drew Ponder, 22 3:56:40
- 3 Adam Casseday, 27, WV 4:08:22

**Female**

- 1 (15) Justine Morrison, 27, DC 4:28:53
- 2 (26) Amy Sproston, 34, DC 4:44:23
- 3 (28) Heather Fisher, 22 4:47:39

**Congratulations to all Local Finishers.**

For Dave's race description see the feature article to this newsletter.

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
9	David Christen	4:22:05	24
12	Clark Zealand	4:26:32	34
19	Matthew Day	4:33:50	28
23	Joel Sutton	4:39:40	16
33	Joseph Parker	4:57:04	21
42	<b>Bethany Patterson</b>	5:04:00	28
49	<b>Jenny Anderson</b>	5:07:24	33
53	Jared Hesse	5:08:46	32
56	<b>Kendra Horger</b>	5:10:25	27
60	<b>Donna Elder</b>	5:12:29	45
76	<b>Sophie Speidel</b>	5:22:50	45
81	Jarett Tighe	5:25:49	40
95	Marshall Roberts	5:37:24	38
102	Neal Jamison	5:41:54	39
103	Jeromy Gallant	5:42:00	24
103	Jeromy Gallant	5:42:00	24
107	<b>Rebekah Trittipoe</b>	5:48:38	50
107	Wilbert Hooper	5:48:38	49
110	Roger Bunce	5:48:47	36
113	<b>Becky Mix</b>	5:50:51	20
117	<b>Ericka Umbarger</b>	5:54:09	27
114	Jay Finkle	5:52:30	44
115	John Cooper	5:53:51	53
123	<b>Nancy Ferris</b>	5:55:47	52
124	Grattan Garbee	5:56:00	45
134	<b>Alicia Taylor</b>	6:02:53	29
135	<b>Jeanne Craig</b>	6:03:44	38
136	<b>Anita Finkle</b>	6:04:05	41
143	<b>Linda Newman</b>	6:07:45	46

160	Neal Bryant	6:19:47	37
162	Michael Mitchell	6:22:52	51
171	Richard Michael	6:28:46	35
172	Steve Bozeman	6:30:41	61
178	<b>Heather House</b>	6:35:38	19
178	Jon House	6:35:38	48
180	Jason Farr	6:36:24	30
181	Craig Miller	6:37:01	55
182	Scott Carson	6:37:01	33
183	Lesley McPhatter	6:37:01	44
192	Richard Golden	6:40:35	41
199	<b>Wendy Golden</b>	6:44:21	39
202	Mike Vaughn	6:47:19	50
204	Tracey Minnix	6:48:36	40
205	Brian Keefer	6:49:01	21
206	<b>Sarah Roehrich</b>	6:49:01	21
209	Peter York	6:50:06	55
219	Timothy Hardy	7:05:14	41
223	Frank Villa	7:16:35	53

**Feb. 17, Lynchburg - 33nd 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.

**FEMALE OVERALL RESULTS**

1	Beth Frackleton	46 Lynchburg	VA
22:45			
2	Hailey Flowers	17 Lynchburg	VA
22:48			
3	Whitney Wynn	23 Gladys	VA
24:05			

**MALE OVERALL RESULTS**

1	Peter Sheldon	40 Lynchburg	VA
19:05			
2	Pete Caprise	39 Lynchburg	VA
19:11			
3	Matthew Hanley	38 Lynchburg	VA
19:29			

**MALE AGE GROUP: 1 - 12**

1	6 David Cedillo	12 Forest	VA
20:38			
2	31 Lynch Heppner	11 Lynchburg	VA 24:34

3 41 Evans Olichney 12 Lynchburg VA  
 25:38  
 4 90 Jacob Olichney 10 Lynchburg VA  
 32:46  
 5 102 William Olichney 5 Lynchburg VA  
 46:59

**FEMALE AGE GROUP: 1 - 12**

1 32 Abby May 11 Forest  
 VA 24:37  
 2 37 McKenna Coalson 12 Lynchburg VA  
 25:05  
 3 70 Lucy Wooldridge 10 Evington VA  
 28:39

**MALE AGE GROUP: 13 - 19**

1 9 Roy Francis 16 Brookneal VA  
 20:59  
 2 13 Tyler Overfelt 16 Bedford VA  
 21:28  
 3 23 William Manning 14 Lynchburg VA  
 23:45  
 4 24 Devin Jacquin 16 Brookmeal VA  
 23:57  
 5 26 Zane Laughlin 14 Forest  
 VA 24:12  
 6 29 Joshua Welfare 14 Monroe VA  
 24:29  
 7 35 Lee Ayscue 15 Lynchburg  
 VA 24:40  
 8 40 Timothy Marshall 13 Appomattox VA  
 25:26  
 9 45 Lucas Wheelock 13 Lynchburg VA  
 25:59

**FEMALE AGE GROUP: 13 - 19**

1 33 Katie St. Clair 17 Forest  
 VA 24:38  
 2 34 Sarah Fiorito 17 Lynchburg  
 VA 24:39  
 3 78 Ariel Wheelock 17 Lynchburg VA  
 29:58  
 4 79 Sarah Zoehrer 15 Lynchburg VA  
 30:14  
 5 82 Cat Kelley 18 Norfolk  
 VA 31:14  
 6 98 Evelyn Martinez 18 Lynchburg VA  
 36:45

**MALE AGE GROUP: 20 - 29**

1 4 Jon Brown 27 Lynchburg  
 VA 19:38  
 2 11 Walker Wright 28 Bedford  
 VA 21:22  
 3 12 Joel Riley 27 Lynchburg  
 VA 21:25  
 4 14 Stephen Barnes 20 Raleigh  
 NC 22:05  
 5 16 Charles Adams 23 Lynchburg VA  
 22:10  
 6 28 Jonathan Paul 29 Forest  
 VA 24:22  
 7 30 Nick DeBenzis 29 Lynchburg VA  
 24:29

8 42 Robb Foster 25 Greenville SC  
 25:40  
 9 81 Kevin Rawls 29 Lynchburg VA  
 30:50  
 10 94 Thomas Hale 22 Lynchburg VA  
 34:26

**MALE AGE GROUP: 20 - 29**

1 39 Melissa Brown 25 Lynchburg VA  
 25:14  
 2 43 Hilary Basham 29 Allentown PA  
 25:40  
 3 44 Samantha Shepherd 22 Greenville SC  
 25:43  
 4 48 Heather Vozel 26 Lynchburg VA  
 26:51  
 5 54 Catherine Watts 28 Washington DC  
 27:13  
 6 74 Andrea Gillispie 29 Forest  
 VA 29:25  
 7 83 Melissa Relf 26 Lynchburg  
 VA 31:16  
 8 85 Rebecca Essig 27 Lynchburg VA  
 31:49  
 9 91 Heidi Elder 28 Lynchburg  
 VA 32:53  
 10 96 Laura Clark 25 Monroe  
 VA 34:44  
 11 100 Ashley Marshall 24 Lynchburg VA  
 42:12

**MALE AGE GROUP: 30 - 39**

1 15 Peter Huryk 32 Lynchburg VA  
 22:08  
 2 19 Darrell Wargo 39 Lynchburg VA  
 22:35  
 3 27 David Manning 38 Lynchburg VA  
 24:18  
 4 59 Paul Spiggle 33 Appomattox VA  
 27:59  
 5 80 Daniel Hey 36 BigIsland  
 VA 30:18  
 6 95 Chet White 32 Monroe  
 VA 34:44

**FEMALE AGE GROUP: 30 - 39**

1 58 Kellie Hudson 34 Forest VA  
 27:50  
 2 61 Charmin Thomas 37 Forest VA  
 28:01  
 3 62 Christy Howard 34 Lynchburg VA  
 28:04  
 4 67 Stacey Wright 31 Evington VA  
 28:19  
 5 73 Erin Elwell 31 Lynchburg  
 VA 29:21  
 6 77 Kim Sheldon 39 Lynchburg VA  
 29:55  
 7 84 Tabitha Rowland 30 Forest VA  
 31:45  
 8 86 Elizabeth Creasy 32 Bedford VA  
 31:59  
 9 87 Anne Burton 35 Lynchburg  
 VA 32:02

10 92 Stacy Famer 35 Lynchburg VA  
33:09  
11 99 Lara Olichney 39 Lynchburg VA  
38:29

MALE AGE GROUP: 40 - 49

1 5 David Olichney 41 Lynchburg VA  
20:27  
2 7 Lee Eagle 46 Danville  
VA 20:43  
3 10 Norris Welfare 48 Monroe VA  
21:13  
4 36 Tim Laughlin 43 Forest  
VA 24:45  
5 38 Paul Francis 44 Brookneal  
VA 25:07  
6 50 David Miles 47 Forest  
VA 26:57  
7 51 Mark Sheehan 42 Lynchburg VA  
27:04  
8 60 Keith Walden 48 Danville  
VA 28:01  
9 64 Kriss Freeman 47 Lynchburg VA  
28:11  
10 65 Meade King 45 Lynchburg VA  
28:14  
11 72 Jerry Trent 46 Concord  
VA 28:49  
12 75 Chris Heppner 46 Lynchburg VA  
29:28  
13 93 Timothy Briggs 40 Forest  
VA 33:40

FEMALE AGE GROUP: 40 - 49

1 63 Ann Freeman 48 Lynchburg VA  
28:11  
2 66 Maria Roberts 43 Lynchburg VA  
28:15  
3 68 Mari Cedillo 42 Forest  
VA 28:22  
4 69 Andrea Neiman 46 Lynchburg VA  
28:24  
5 71 Helen Wheelock 44 Lynchburg VA  
28:43

MALE AGE GROUP: 50 - 59

1 8 Preston Evans 51 Madison Heights VA  
20:47  
2 17 Kelvin Flowers 52 Lynchburg VA  
22:17  
3 18 Keith Austin 54 Lynchburg VA  
22:24  
4 22 Donnie Barton 55 Lynchburg VA  
23:13  
5 46 Bob McLaughlin 50 Greenbackville VA  
26:13  
6 49 Wim Imron 52 Forest  
VA 26:51  
7 52 Bruce Gerlich 50 Lynchburg  
VA 27:04  
8 55 Tom Gerdy 54 Lynchburg  
VA 27:14

9 56 Joseph Turk 50 Bedford  
VA 27:22  
10 89 Stephen Hamilton 54 Lynchburg VA  
32:10  
11 101 Brian Healy 53 Fredricksburg VA  
46:50

FEMALE AGE GROUP: 50 - 59

1 47 Amy Heppner 50 Lynchburg  
VA 26:41  
2 97 Dianne Wright 52 Appomattox VA  
35:04  
3 103 Betsy Ballowe 55 Forest  
VA 51:12  
4 104 Merle Herndon 54 Brookneal VA  
51:12

MALE AGE GROUP: 60 - 99

1 53 Tommy Harris 68 Lynchburg VA  
27:08  
2 57 Bob Foster 62 Lynchburg  
VA 27:25  
3 88 John Kurisky 69 Forest  
VA 32:07

FEMALE AGE GROUP: 60 - 99

1 76 Linda Peters 61 Concord  
VA 29:29

**GMIE**

Medical Supply, Inc.  
24 hour Availability

2300 Bedford Ave.  
Lynchburg, VA 24503

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