The Presidents Letter
Greetings fellow runners.

May and June were filled with good running experiences. The Point of Honor and Godparent Home 5Ks, the Memorial Day 10K, the summer track series, and the Presbyterian Home 5K, as well as the Academy Mile all turned out well with record or near record number of participants. A big THANKS to our Race Directors, Lesley McPhatter and Jeff Fedorko and the band of willing volunteers who kept the Spring and early Summer lively with great race opportunities. Volunteers are the heart and soul of these races. If, for some reason you are not able to race, please consider volunteering your services to a desperate race director. He or she will love you dearly and even consider giving you a race shirt for your efforts.

Even though July and August are my least favorite running months (I dread the hot soupy weather), there are plenty of opportunities to race and socialize. The Percival’s Island 5 Miler on July 19th and the half marathon / 5K in August are two local opportunities and there are many others within an hour or so drive. Due to construction at Riverfront park, our half marathon course is not available to us. We will either have a different course or we will go with a shorter distance (10K?) this year. Next year, we’ll be back on our course from the last two years.

With many of us vacationing during this time, it can also be a worthwhile experience to seek out races and/or running paths at our vacation destinations. With the internet you might stumble upon a moonlight 5K at the beach or find a 2 mile loop around an alpine lake. You’ll experience something different and may make new friends. Last year in Duck, NC I met a runner from Staunton who ended up coming to our half marathon in August.

In September we will resume our regular meetings on the second Tuesday of each month at 6:30 pm at Monte Carlo’s. We’re expecting to have RB Carter come talk about his experience at this year’s Hood-to-Coast Relay. Until then, be safe, hydrate well, and avoid the dangerous times during the day.

See you on the roads or trails,

Bret Boman

2008 LRR OFFICERS

<table>
<thead>
<tr>
<th>President</th>
<th>Bret Boman</th>
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<tbody>
<tr>
<td>Vice-President</td>
<td>Sue Jones</td>
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<td>Secretary</td>
<td>Craig Miller</td>
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<tr>
<td>Treasurer</td>
<td>Vic Galan</td>
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<td>Membership</td>
<td>Heather Vozel</td>
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<td>Newsletter</td>
<td>Vic Galan</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 College. You will find us on www.lynchburgroadrunners.org. You may also find the latest race information at 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 pm. 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, 9 September 2008
At Monte Carlo’s
On Old Forest Road
6:30 p.m. Dinner
7:00 p.m. Open Meeting

Guest Speaker:
See September Newsletter
!! 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

Wild Wednesdays
A fun trail adventure the first Wednesday of each month...
Next run...6 August 2008
6:00pm Meet for instruction at Riverside Runners
6:15pm Start

The Bangalore 10K
This just e-mailed from a friend based in India with Microsoft.
26 May 2008
As for me... been working a lot lately. Ran a 10K race in Bangalore last weekend. It was hot as hades but the more wacky thing were the Indians running in no doubt was their first race. Lots of people running super hard for the first two clicks and then realizing they have eight to go. I did see a woman run by me in a Sari and no shoes on. Not sure just how long she lasted but she was blowing me away. I, of course, was forced to put her out of mind as having a barefoot woman in Sari running by me was not good for the ego. Did see lots of folks in what would be normal everyday pants and long shirts. Of course, the guy that finished with me was wearing flip-flops. That didn't help the ego either.
Keep the pace,
Jerry

David Horton's Continental Divide Trail speed attempt is over

By Clark Zeeland
SUNDAY, JUNE 8, 2008
And now for the rest of the story...
I knew David was in rough shape when he called last night, I just didn't know how bad. Yesterday, when David lost the trail in the last few miles, he was in really bad shape. So bad that he was on the verge of passing out. David was completely out of water, severely dehydrated with cramping and swollen hands. He found a wind-pump that hikers sometimes use and he laid down, hung up his shoes and hat so he could be found in case he passed out. David laid there for 50 minutes drinking the water and eating what little food he had left. He told me that at that point all he thought about was survival and not wanting to die.

Shortly after he finished the 45 miles yesterday he tried to eat some dinner. He was so dehydrated and now, nauseous, he started to throw-up whatever he ate. David decided he might as well go to bed but cramping in his stomach and extremities, especially his hands, kept him awake all night. The topic of not going on first came up last night but all thought it would be better to wait until morning. Initially thinking a 'zero day' might be enough, David and support team drove back into Deming, NM. They spent the day at the Motel looking over maps and discussing the situation as well as waiting to see David's condition improve. In addition, the only clinic in the area where David could get an IV was closed on weekends.

The decision to not continue was finally made and was based primarily on:

David's condition was not improving rapidly and would take too many days to improve to continue a speed attempt.

The next section was more remote desert bushwhacking.

David was consuming 2 liters of water every 4 miles and not able to carry enough water to compensate.

The temperature was forecasted to continue to be over 100 degrees.

Talking to those who have seen David in rough times, they described David's condition as one of the worst they have seen. I have seen David push through hard times, times when I would not have continued and have no doubt that his condition is worse than he has experienced before. Furthermore, the decision to not continue was incredibly difficult for David. David feels as though he is letting down the many people who are involved with this adventure and all those who are following along. This is not a result of not being in shape or being psychologically unprepared. A successful CDT speed attempt was not a foregone conclusion and I would be kidding myself if I said David would easily finish. It's easy to think how tough the mountains will be, but how about traversing 45 miles of desert in 108 degrees with no shade, being cut by sage and briars for 16 hours and staggering your last seven miles after narrowly avoiding a black-out, alone and in the dark, just for starters?
DR. HORTON

He'll click off a mile every tenth minute,  
And the Lord will bless him in it.  
He'll be an inspiration to others, 
To the sisters and the brothers.  
Yes, that's the way he'll spin it.  

Bernie the Bard

I have David Horton to thank -- and to blame -- that I got into ultra running.

RACE RESULTS

April 26, Promised Land - a Correction  
Jeanne Craig was missed once again. She finished Promised Land in a fine 7:50, a fourth place in the 30 - 39 age group. Sorry about that Jeanne. Indeed you are turning into the "stealth runner".

11th Annual Central Virginia Kidney Assoc. Memorial Day 10K  
Lynchburg, VA May 26, 2008 8:00AM  
Race Director: Lesley McPhatter

Thanks to everyone who participated in the 11th Annual CVKA 10K race. With the support of the runners, sponsors and volunteers, we raised $6500.00 to help people in our community with kidney disease. This money helps support a nutritional supplement program that we run for three dialysis facilities in Lynchburg, Amherst and Altavista and other people with kidney disease that are not yet on dialysis yet but need help with adequate nutritional intake. Forty-70% of dialysis patients are malnourished and providing nutritional protein supplementation helps to prevent hospitalizations, mortality and other problems for this complex patient population.

I cannot do this race without the support of the Lynchburg Roadrunners, Jeff Fedorko and the Riverside Runners crew, and our running community.

Thanks for all that you do.

FEMALE OVERALL RESULTS  
1 Sarah Krycinski 27 Bedford VA 42:59  
2 Rachel Sengenberger 31 Lynchburg VA 44:06  
3 Georgianna Corsini 37 Lynchburg VA 44:22

MALE OVERALL RESULTS  
1 Ryan Webb 29 Lynchburg VA 36:41  
2 Timothy Vernon 17 Forest VA 37:34  
3 Nathan Hottle 31 Lynchburg VA 37:38

FEMALE OVERALL MASTERS RESULTS  
1 Ellen Sarantos 44 Lynchburg VA 46:35

MALE OVERALL MASTERS RESULTS  
1 Brian Kelleher 41 Lynchburg VA 37:40

FEMALE OVERALL GRAND MASTERS  
1 Nancy Ferris 52 Goode VA 48:03

MALE OVERALL GRAND MASTERS  
1 John Cardwell 50 Lynchburg VA 40:44

MALE AGE GROUP: 1 - 19  
1 10 Joel Sutton 16 Lynchburg VA 39:54  
2 26 David Cedillo 13 Forest VA 43:10  
3 44 Jonathan Howard 16 Forest VA 47:07  
4 73 Mark Jones 16 Forest VA 51:53  
5 99 Tyler Layne 12 Forest VA 55:28  
6 117 Evans Olichney 12 Lynchburg VA 58:29  
7 118 Alex Vanbuskirk 14 Lynchburg VA 58:43  
8 143 Jacob Olichney 10 Lynchburg VA 1:07:06

FEMALE AGE GROUP: 1 - 19  
1 55 Jenn Rocca 18 Forest VA 49:20  
2 74 Bilynda Brinkley 15 Bedford VA 51:53  
3 83 McKenna Coalson 13 Lynchburg VA 52:39  
4 155 Lucy Wooldridge 10 Evington VA 1:11:52

MALE AGE GROUP: 20 - 29  
1 5 Luke Dodge 21 Forest VA 38:53  
2 9 Eric Nelson 28 Forest VA 39:47  
3 11 Chris Saavedra 25 Lynchburg VA 40:05  
4 19 Walker Wright 28 Bedford VA 41:53  
5 22 Joel Riley 27 Lynchburg VA 42:53  
6 33 Jesse Mitchell 20 Lynchburg VA 44:22  
7 37 Keith Captain 29 Forest VA 45:33  
8 43 Rob Buchanan 25 Radford VA 46:55  
9 52 Blake Edmonson 24 Lynchburg VA 48:04  
10 96 Michael McPhatter 24 M. H. VA 55:15  
11 109 Clark Kopelman 27 Danville VA 57:00

FEMALE AGE GROUP: 20 - 29  
1 53 Whitney Wynn 24 Gladys VA 48:07  
2 57 Karla Powell 23 Bedford VA 49:29  
3 58 Alicia Taylor 29 Lynchburg VA 49:39  
4 59 Becky Mix 21 Lynchburg VA 49:39  
5 61 Jennifer Nelson 28 Forest VA 50:29  
6 87 Laura Clark 26 Lynchburg VA 53:26  
7 93 Ashley Pearson 27 Lynchburg VA 54:56  
8 103 Jessi Burkey 28 Lynchburg VA 56:15
<table>
<thead>
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<tbody>
<tr>
<td>1. 6 Jason Captain    31 Lynchburg VA 38:58</td>
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<td>2. 7 Chris Libby      31 Lynchburg VA 39:09</td>
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<td>3. 14 Dwayne Fitts    30 Lynchburg VA 40:54</td>
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<td>4. 21 Chet White      33 Lynchburg VA 42:32</td>
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<td>5. 29 Jeremy White    32 Lynchburg VA 43:58</td>
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<tr>
<td>6. 31 Peter Sengenberger 31 Lynchburg VA 44:07</td>
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<tr>
<td>7. 78 Derrick Swim    31 Lynchburg VA 52:12</td>
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<tr>
<td>8. 140 Scott Carson   33 Lynchburg VA 1:04:00</td>
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<td>9. 152 Jeff Young     32 Mad. Hghts VA 1:10:37</td>
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<tr>
<td>1. 36 Jennifer Pritchett 32 Goode VA 45:32</td>
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<tr>
<td>2. 40 Carrie Beaumont    30 Lynchburg VA 46:16</td>
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<td>3. 42 Nina Dillon       33 Lynchburg VA 46:38</td>
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<td>4. 84 Jamie Smith       34 Lynchburg VA 53:06</td>
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<tr>
<td>5. 88 Sheri Meyer      34 Lynchburg VA 54:02</td>
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<td>6. 90 Adrienne Howard   31 Lynchburg VA 54:13</td>
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<td>7. 92 Stacy Wright     31 Evington VA 54:49</td>
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<td>8. 95 Brandon Landes    31 Lynchburg VA 55:14</td>
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<tr>
<td>9. 97 Kistin McPhatter 33 Mad. Hghts VA 55:16</td>
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<td>10. 98 Trissa Gandy-Jones 31 Forest VA 55:19</td>
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<tr>
<td>11. 110 Angela Olmsted  32 Lynchburg VA 57:07</td>
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<tr>
<td>12. 126 Jean Hazelwood  32 Lynchburg VA 1:00:28</td>
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<tr>
<td>13. 129 Sunday Towles   32 Forest VA 1:00:45</td>
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<tr>
<td>14. 136 Kelley Thacker  30 Forest VA 1:03:11</td>
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<tr>
<td>15. 141 Rachel Novak    33 Lynchburg VA 1:05:13</td>
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<td>16. 145 Darlene Jenkins 32 Lynchburg VA 1:07:53</td>
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<td>17. 149 Elizabeth Creasy 32 Bedford VA 1:09:30</td>
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<td>1. 8 Marcus Wright     35 Lynchburg VA 39:42</td>
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<td>2. 13 Chris Gastler    39 Lynchburg VA 40:51</td>
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<tr>
<td>3. 24 Darrell Wargo    39 Lynchburg VA 43:02</td>
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<td>4. 28 Thomas Meyer     37 Lynchburg VA 43:49</td>
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<td>5. 47 Jack Flippin     38 Lynchburg VA 47:26</td>
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<td>6. 60 Cecil Johnson    35 Lynchburg VA 50:27</td>
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<td>7. 70 Robert Cole      39 Forest VA 51:40</td>
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<td>8. 71 David Manning    39 Lynchburg VA 51:40</td>
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<td>9. 76 Donnie Baker     35 Evington VA 51:58</td>
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<td>1. 77 Paula Skulina      39 Lynchburg VA 52:05</td>
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<td>2. 79 Gabby Milan       38 Lynchburg VA 52:13</td>
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<tr>
<td>3. 89 Missy Perry       37 Lynchburg VA 54:13</td>
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<td>4. 116 Cynthia Hunter   35 Mad. Hghts VA 58:17</td>
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<td>5. 121 Erika Wray       35 Lynchburg VA 58:16</td>
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<td>6. 123 Tina Jordan      37 Forest VA 59:41</td>
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<td>7. 131 Rachel Mitchell  37 Forest VA 1:01:06</td>
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<td>1. 18 David Olichney   41 Lynchburg 41:44</td>
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<td>2. 20 Pete Caprice     40 Lynchburg 42:15</td>
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<td>3. 25 George Cook      41 Lynchburg 43:09</td>
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<td>4. 27 Joseph Malloy    44 Lynchburg 43:18</td>
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<td>5. 39 Robert Reid      40 Forest   46:03</td>
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<td>6. 49 Malcolm Miller   42 Lynchburg 47:44</td>
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<td>7. 72 Joe Zwortolitz   44 Lynchburg 51:50</td>
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<td>8. 107 Carl Williams   42 Altavista 56:31</td>
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<td>9. 134 Tom Spangenberg 42 Forest 1:01:51</td>
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<th>Female Age Group: 40 - 44</th>
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<td>1. 45 Kitty Tomkinson   42 Huddleston 47:13</td>
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<td>2. 67 Maureen O'Connell 43 Lynchburg 51:31</td>
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<td>3. 82 Wendy Golden      40 Mad. Hghts 52:32</td>
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<td>4. 94 Debbie Hendrickson 41 Forest 55:01</td>
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<td>5. 120 Linda Shields    41 Forest 58:57</td>
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<td>6. 132 Jenny Stadheim   41 Forest 1:01:30</td>
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<tr>
<td>7. 153 Lyn Mathews      44 Lynchburg 1:10:57</td>
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<td>8. 156 Susan Coalson    41 Lynchburg 1:12:46</td>
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<td>9. 160 Carol Ruggio     40 Lynchburg 1:21:05</td>
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<tr>
<td>1. 16 Lee Eagle        46 Danville 41:17</td>
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<td>2. 17 R.B. Carter      49 Lynchburg 41:40</td>
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<td>3. 32 Kevin Shroyer    47 Goode 44:18</td>
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<td>4. 35 Wilbert Hooper   49 Forest 45:01</td>
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<td>5. 46 Rick Benedict    47 Forest 47:18</td>
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<td>6. 64 Andrew Wilds     48 Lynchburg 50:59</td>
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<td>7. 66 Billy Flint      47 Lynchburg 51:16</td>
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<td>8. 100 Mark Sloman     45 Lynchburg 55:30</td>
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<td>9. 112 David Miles     48 Forest 57:19</td>
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<td>10. 115 David Paidley  49 Monroe 58:11</td>
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<td>11. 125 Greg McCauley  46 Lynchburg 1:00:26</td>
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<td>12. 127 Dennis Layne   45 Forest 1:00:31</td>
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<td>13. 146 David Skulina   45 Lynchburg 1:08:11</td>
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<td>1. 56 Beth Frackleton    46 Lynchburg 49:23</td>
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<tr>
<td>2. 63 Kristie Shroyer    47 Goode 50:45</td>
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<td>3. 81 Leslie Rocco      48 Forest 52:19</td>
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<td>4. 104 Tracey White     45 Lynchburg 56:16</td>
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<tr>
<td>5. 113 Andrea Neiman    47 Lynchburg 57:30</td>
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<tr>
<td>6. 138 Wendy Fariss     45 Rustburg 1:03:54</td>
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<td>7. 150 Mary Hansen      49 Amberst 1:09:50</td>
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<tr>
<td>8. 164 Natalie Darling  46 Lynchburg 1:25:02</td>
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June-2008 Summer Track Series

Meet Director: Bret Boman

Once again the Lynchburg College excellent track facilities were made available to us this year. Turnout was great for for all four Tuesdays in June. The first night was run under less than ideal conditions – rain, some thunder. Second night, like the first but a little better, third night – absolutely perfect! Fourth night, a repeat of the third. Special thanks to Francy Rubin, Darrell Wargo, Jeff Fedorko, Greg and Daniel Kosowski, Erik Panzer, Lisa, Gregg Cavaliere, Jeff Harrington, Brian Kelleher, Mike McPhatter, Ryan Wheeler, the Gassler’s and everyone who helped.

1500 Meters June 3, 2008

Girls 13-14 Katie Vann 5:39.8, Elizabeth Vernon 5:50.0, Faith Smith 6:19.8
Women 30-39 Alice Kassene Uhl 4:52.8
Boys 15-16 Josh Morris 4:27.6, Justin Resendes 4:39.1, Joel Sutton 4:39.6, Roy Francis 4:47.8, Devin Jacquin 5:36.3, Jon Henderson 5:39.4
Boys 17-19 Timothy Vernon 4:48.1
Men 20-29 Kyle Resendes 5:05.1, Brendan Heisler 5:05.5
Men 30-39 Jeff Harrington 4:26.9, Chris Libbey 4:50.6
Men 50-59 Walker Pennock 6:40
Men 60-69 John Kurisky 9:05.6
Men 70-79 John Billingslea 9:49.0

100 Meters June 3, 2008

Kids 4 & Under Rachael Panzer 23.8, Derek Pixton 51.1, Simon Poluiuks 75.4
Girls 5-6 Ann Taylor Thomson 23.9
Girls 7-8 Olivia Panzer 19.5
Girls 13-14 Faith Smith 14.6, Elizabeth Vernon 16.9
Women 20-29 Peggy Poluiuks 14.9
Boys 5-6 Alec Pixton 21.0, Ryan Gallagher 27.6
Boys 7-8 Jeremiah Solovskoy 18.9, Grant Harrington 20.7
Boys 9-10 Micah Solovskoy 16.2, Nathan Smith 17.2, Zechariah Solovskoy 17.8, Connor Pixton 18.8, Takoda Gallagher 19.5
Boys 11-12 Colin Beck 15.4, Stephen Vernon 16.1, Nehemiah Solovskoy 16.4
Boys 15-16 Justin Resendes 12.7

The Milepost
**800 Meters June 3, 2008**

**Girls 13-14**
Elizabeth Vernon 3:07.8, Faith Smith 3:16.5

**Women 30-39**
Alice Kassene Uhl 2:27.9

**Women 40-49**
Tina Pixton 6:01.9

**Boys 5-6**
Alec Pixton 6:01.9

**Boys 7-8**
Jeremiah Solovskoy 3:45

**Boys 9-10**

**Boys 11-12**
Stephen Vernon 2:54

**Boys 15-16**
Justin Resendes 2:07.5, Josh Morris 2:18.7

**Boys 17-19**
Timothy Vernon 2:27.8

**Men 20-29**
Kyle Resendes 2:03.2, Brendan Heisler 2:24.9

**Exhibition 400 Meters June 3, 2008**

**Men 20-29**
Chris Poluikis 52.8

**Men 40-49**
Robert Harding 56.0

**5000 Meters June 10, 2008**

**Women 20-29**
Sarah Krycinski 19:56.5, Shelli Sayers 21:27.6, Erin Fitts 31:40.9

**Women 30-39**
Alice Kassene Uhl 19:00.4

**Boys 11-12**
Bryan Rapp 21:19.8

**Boys 13-14**
Justin Jantomaso 22:54.8, Atticus Dickson 23:09.4, Timothy Byram 27:30.6

**Boys 15-16**

**Boys 17-19**
Chris Rehads 23:02.9, Matt Carpenter 24:46.7

**Men 20-29**
Dave Baxter 16:21.7, Jordan Whitlock 16:52.9, Lance Larson 18:11.2, Tim Sykes 19:00.9

**Men 30-39**
Jeff Harrington 16:55.9, Chris Libbey 17:43.3, Nathan Hotte 18:57.1, Chris Gassler 19:46.0, Chet White 19:54.4

**Men 40-49**
Brian Kelleher 17:59.9, Morris Byram 25:03.2, Paul Francis 25:05.0

**Men 50-59**
Donnie Barton 22:57.1

**Men 60-69**
John Kurisky 31:57.2

**100 Meters June 10, 2008**

**Kids 2 & Under**
Ben Gassler 51.8, Luke Libbey 52.3, Derek Pixton 56.2, Corbin Fitts NT

**Kids 3-4**
Rachael Panzer 21.8, Nehemiah Jantomaso 22.4, Isaiah Harrington 28.3,

**Kristen Gassler 28.9, Kai Moore 29.2, Elizabeth Matney 54.3**

**200 Meters June 10, 2008**

**Girls 5-6**
Brianna Swinton 45.0, Rachael Panzer 51.4, Sadie Pontius 51.8, Ann Taylor Thomson 53.8, Kristin Gassler 65.7

**Girls 7-8**
Lauren Christian 38.6, Sophie Jantomaso 42.0, Eva Pontius 42.4, Olivia Panzer 43.9

**Girls 9-10**
Charis Jantomaso 36.5

**Women 30-39**
Christa Kumar 52.8

**Boys 5-6**
Alec Pixton 46.1, Noah Gassler 46.8, Christopher Matney 55.0

**Boys 7-8**
Christian Kumar 40.3, Jeremiah Solovskoy 41.5, Grant Harrington 46.8, Joe Matthews 49.5, Gabriel Byram 50.1

**Boys 9-10**
Elijah Jantomaso 37.9, Zechariah Solovskoy 39.1, Connor Pixton 41.2, Will Norvelle 41.6

**Boys 11-12**
Josiah Swinton 31.0 (30.6 in open), Colin Beck 31.9, Noah Solovskoy 32.4, Nehemiah Solovskoy 35.1

**Boys 13-14**
Daniel Kosowski 32.6, Justin Jantomaso 33.4 (33.8 in open)

**Men 20-29**
Chris Poluikis 23.1, Ramsey Moore 24.1

**Men 40-49**
Robert Harding 24.3, Mark Jantomaso 31.1, Jay Kumar 34.1

**2 Mile June 17, 2008**

**Girls 9-10**
Charis Janomato 18:51.5

**Girls 17-19**
Dorothy Nugent 17:29.4

**Women 20-29**
Sarah Krycinski 12:04, Laura Clark 16:05.4, Heather Vozel 16:27.1, Erin Fitts 19:12.8

**Boys 9-10**
Takoda Gallagher 18:36.3, Elijah Jantomaso 18:51.1

**Boys 11-12**
Bryan Rapp 13:27.1, Tyler Layne 16:01.8

**Boys 13-14**
Justin Jantomaso 13:39.1, Timothy Byram 15:32.1, Alex VanBuskirk 15:56.1

**Boys 15-16**
Zach Byram 12:36.3, Eric Paulson 13:15.9, Jon Henderson 14:06.3

**Boys 17-19**
Chris Richards 15:40.7

**Men 30-39**
Jeff Harrington 10:21, Chris Libbey 10:54, Nathan Hotte 11:15, Jason Captain 11:34, Chris Gassler 12:12, Dwayne Fitts 12:20

**Men 40-49**
Paul Triska 12:10, Erik Panzer 13:08.6, Paul Francis 15:04.1, Morris Byram 15:33.9, Jim Gallagher 15:59.5, Marc Jantomaso 17:22.3, Dennis Layne 17:55.3
Men 50-59     John Cardwell 12:21, Donnie Barton 14:10.0  
Men 60-69     Norm Yee 17:07.5, John Kurisky 19:34.7

100 Meters June 17, 2008

Kids 4 & Under Rachael Panzer 22.5, Nehemiah Jantomaso 22.7, Kaitlyn Baumann 25.0, Hunter Kryckinski 26.8, Parker Sterne 27.0, Kai Moore 27.8, Isaiah Harrington 28.5, Hailey Draney 29.3, Taylor Baumann 30.3, Kristin Gassler 30.9, Kristina Captain 32.1, Grant Helm 33.8, Kristin Stwont 36.9, Owen Helm 38.1, Elizabeth Matney 42.4, Jonathan Matney 44.2, Luke Libbey 50.9, Ben Gassler 51.6, Derek Pixton 56.7, Haley Kryckinski 87.2, Corbin Fitts 110.0

Girls 5-6     Brianna Swinton 21.6, Madelyn Sterne 21.6, Ann Tayler 26.1  
Girls 7-8     Julie Crows 20.1, Sophia Jantomaso 20.3, Olivia Panzer 20.7, Gracyn Draney 21.0

Girls 9-10    Charis Jantomaso 18.1  
Girls 11-12   Abby May 16.1, Burke Kelleher 17.6

Girls 17-19   Dorothy Nugent 15.2  
Women 40-49   Tina Pixton 18.5

Boys 5-6      Alex Pixton 21.0, Noah Gassler 22.6, Christopher Matney 25.5, Ryan Gallagher 28.2

Boys 7-8      Jeremiah Soloskoy 19.5

Boys 9-10     Micah Soloskoy 17.0, Zechariah Soloskoy 18.5, Elijah Jantomaso 18.8, Connor Pixton 19.0, Takoda Gallagher 21.6, Jeremy Lindsey 22.0

Boys 11-12    Noah Jantomaso 15.4, Nehemiah Soloskoy 16.5

Boys 13-14    Drew Crowe 13.9 (14.0 open), Josiah Swinton 15.1, Justin Jantomaso 17.4 (16.5 open)

Boys 15-16    DJ Crowe 12.3

Boys 17-19    Ryan Webb 11.2, John Morris 12.6, Peter Kennedy 12.6

Men 20-29     Shawn Webb 12.0

Men 30-39     Ramsey Moore 11.9, Dwayne Fitts 12.4

Men 40-49     Robert Harding 12.5, Marc Jantomaso 15.5, Paul Francis 15.8

Men 50-59     Donnie Barton 16.1

Men 60-69     Norm Yee 16.6

400 Meters June 17, 2008


Girls 5-6     Madelyn Sterne 2:07.1

Girls 7-8     Sophia Jantomaso 1:40.0, Gracyn Draney 1:56.3

Girls 9-10    Charis Jantomaso 91.4

Girls 11-12   Abby May 77.2

Girls 17-19   Dorothy Nugent 97.6

Women 20-29   Peggy Poulikis 68.9, Sarah Kryckinski 70.4

Women 40-49   Tina Pixton 1:40.4

Boys 5-6      Noah Gassler 1:50.7, Alex Pixton 1:53.7, Ryan Gallagher 2:26.2

Boys 7-8      Jeremiah Soloskoy 1:39.1

Boys 9-10     Micah Soloskoy 86.0, Elijah Jantomaso 92.7, Zechariah Soloskoy 95.6, Will Norvelle 1:43.4, Takoda Gallagher 1:49.8, Connor Pixton 2:08.3, Jeremy Lindsay 2:08.3

Boys 11-12    Noah Jantomaso 73.9, Tyler Layne 77.0

Boys 13-14    Drew Crowe 70.8, Josiah Swinton 72.7, Timothy Byram 78.4, Justin Jantomaso 88.6

Boys 15-16    Jason Shockley 52.9, Zach Byram 70.2

Boys 17-19    Ryan Webb 51.1, Peter Kennedy 56.3, John Morris 57.3,

Men 20-29     Chris Poulikis 51.3, Shawn Webb 55.7

Men 30-39     Dwayne Fitts 55.1, Ramsey Moore 55.3, Chris Gassler 66.6

Men 40-49     Robert Harding 56.3, Morris Byram 74.4, Paul Francis 77.4, Jim Gallagher 81.0, Marc Jantomaso 81.1,

Men 50-59     Donnie Barton 77.1

Men 60-69     Norm Yee 84.1

1 Mile June 24, 2008

Girls 9-10    Charis Jantomaso 7:54.6

Girls 11-12   Abby May 6:44.0

Girls 15-16   Biyunda Brinkley 6:14.4

Women 20-29   Sarah Kryckinski 5:34.3, Whitney Wynn 6:25.7

Boys 5-6      Noah Gassler 9:25.9

Boys 9-10     Elijah Jantomaso 8:02.3, Takoda Gallagher 8:14.6

Boys 11-12    Bryan Rapp 6:08.3, Ean White 7:13.0

Boys 13-14    Alex Van Buskirk 6:12.4, Micah Jones 6:13.5, Justin Jantomaso 6:15.1, Drew Crowe 6:25.3

Boys 15-16    Joel Sutton 5:03.7, Marcus Conrad 5:24.9, Mark Jones 5:30.4, Jonathan Howard 5:32.6

Boys 17-19    Ryne Bollinger 5:45.8, Ryan Webb 5:46.4, Chris Richards 6:04.7

Men 20-29     Joel Riley 5:49.3
Men 30-39   Jeff Harrington 4:53.0, Dwayne Fitts 5:30.9, Chris Gassler 5:37.9
Men 40-49   Paul Triska 5:29.9, Erik Panzer 5:44.1, Paul Francis 6:42.9, Marc Jantomaso 7:07.1, Jim Gallagher 7:08.4
Men 50-59   Donnie Barton 6:32.6
Men 60-69   Norm Yee 7:53.2
Men 70-79   John Billingslea 9:32.2, Vic Galan 10:12.8

100 Meters June 24, 2008
Kids 4 & Under Rachael Panzer 2x.x, Kailey Baumann 23.7, Christian Swinton 29.3, Hailey Draney 2x.x, Kristen Gassler 29.6, Isaiah Harrington 3x.x, Kristina Captain 30.4, Taylor Baumann 31.3, Emily Colling 32.3, Jonathan Matney 37.2, Cooper Campbell 43.7, Ben Gassler 48.6, Elizabeth Matney 49.2, Derek Pixton 53.9, Luke Libbey 54.2, China Crews 68.8, Corbin Fitts NT

200 Meters June 24, 2008
Kids 4 & Under Kailyn Baumann NT, Taylor Baumann NT, Hailey Draney NT, Kristin Gassler 1:42.3, Isaiah Harrington NT, Augustin Lassus NT, Rachael Panzer NT
Girls 5-6   Brianna Swinton 44.0, Alyssa Colling 62.4, Ann Taylor Thomson NT
Girls 7-8   Sophie Jantomaso 43.5, Julie Crowe 44.4, Gracyn Draney NT, Olivia Panzer NT
Girls 9-10  Soriah 41.8, Laura Crowe NT
Girls 11-12 Takayoa 35.7, Amelia Harrington 36.5
Girls 13-14 Nysheka Harden 33.1
Girls 15-16 Uniquequa 28.6
Girls 17-19 Candace Lewis 33.1
Women 20-29 Kena Wilson 27.6, Sarah Krycinski NT
Women 30-39 Christa Kumar NT
Women 40-49 Renee Draney 39.9
Boys 5-6   Alec Pixton 46.4, Noah Gassler 47.0, Ryan Gallagher 64.2, Tyler Captain 64.8
Boys 7-8   Deuce Elder 37.8, Kane Campbell 39.8, Jeremiah Solovskoy 40.4, Christian Kumar 40.7, Pierre Lassus NT, Grant Harrington 46.8
Boys 9-10   Micah Solovskoy 35.1, Zechariah Solovskoy 38.9, Will Norvelle 42.3, Connor Pixton 47.9, Takoda Gallagher NT
Boys 11-12  Colin Beck 33.9, Nehemiah Solovskoy 34.8, Jeffrey Reed 37.3
Boys 13-14  Drew Crowe 27.6

Boys 15-16  Mark Jones 23.7, DJ Crowe 24.2, Jason Shockley 25.1, Jonathan Howard 25.5
Boys 17-19  Ryan Webb 23.3, Ryne Bollinger 24.9, Peter Kennedy 25.6, Greg Brannon 27.0
Boys 20-29  Ramsey Moore NT, Kyle Resendes 23.6, Shawn Webb 24.8, Kevin Hillard 26.7
Boys 30-39  Dwayne Fitts NT, Chris Gassler NT
Boys 40-49  Robert Harding 24.8, Paul Francis 27.4, Jim Gallagher 29.6, Jay Kumar NT
Boys 50-59  Donnie Barton 32.7
Boys 60-69  Norm Yee NT

800 Meters June 24, 2008
Kids 4 & Under   Kristen Gassler 5:32
Women 20-29   Sarah Krycinski 2:39.7
Boys 5-6      Noah Gassler 4:29, Alec Pixton 4:38, Ryan Gallagher 5:25
Boys 7-8      Jeremiah Solovskoy 3:39
Boys 11-12    Bryan Rapp 2:52, Colin Beck 3:10, Jeffrey Reed 3:30, Nehemiah Solovskoy 4:24
Boys 15-16    Joel Sutton 2:20.8
Boys 17-19    Ryan Webb 2:15.1, Robert VanNoordt 2:23.6
Men 20-29     Kyle Resendes 2:07.0, Shawn Webb 2:26.9
Men 30-39     Jeff Harrington 2:15.5, Chris Gassler 2:39.7
Men 40-49     Robert Harding 2:22.2, Jim Gallagher 3:02.0, Paul Francis 2:54
Men 50-59     Donnie Barton 3:00.0
Men 60-69     Norm Yee 3:27
Presbyterian Homes 5K
June 21, 2008 8:00AM
There were a record 215 runners who completed the 5K race this year, and their were 33 finishers for the Youth Run.

FEMALE 5K RUN OVERALL AWARDS

Place Name  Age City  St Time  Place
1 Sarah Krycinski 28 Bedford  19:52 6:24
2 Rebecca Parsons 27 Lynchburg  20:16 6:32
3 Sarah Kline 27 Lynchburg  21:25 6:54

MALE 5K RUN OVERALL AWARDS
1 Andrew Rigler 17 Altavista  16:53 5:27
2 JEFF HARRINGTON 38 Lynchburg 17:26 5:37
3 RYAN WEBB 29 Lynchburg 18:05 5:50

FEMALE MASTERS RUN OVERALL
1 Donna Hodgert 40 Lynchburg  22:05 7:07

MALE MASTERS RUN OVERALL AWARDS
1 Jonathan Perrotto 48 Lynchburg  18:52 6:05

MALE AGE GROUP: 1 - 12
1 38 BRYAN RAPP 12 Lynchburg 21:33
2 43 Landon Curry 12 Evington VA 21:48
3 44 LYNCH HEPPNER 11 Lynchburg 21:58
4 113 Robhendy 11 Lynchburg 26:53
5 127 Matt Meadows 11 Lynchburg 27:41
6 154 RYAN PAVIA 8 Lynchburg 30:10
7 158 JACOB OLICHNEY 10 Lynchburg 30:55
8 181 EVANS OLICHNEY 12 Lynchburg 33:46
9 193 SAM KINDER 7 Lynchburg 36:26
10 207 William Olichney 6 Lynchburg 44:58

FEMALE AGE GROUP: 1 - 12
1 77 Abby May 11 Forest 24:04
2 159 Lucy Wooldridge 10 Evington 31:00
3 172 Shannon Laughlin 11 Forest 32:45
4 173 Erin Saunders 11 Forest 32:46
5 197 Caroline Dabney 9 Lynchburg 36:53
6 198 REGAN KINDER 9 Lynchburg 37:00
7 199 Ruby Hutchison 10 Lynchburg 37:00

MALE AGE GROUP: 13 - 19
1 4 Stephen Mattox 15 Altavista 18:19
2 9 DYLAN BECK 14 Lynchburg 18:55
3 11 Daniel Blanks 14 Lynchburg 19:12
4 13 Joel Sutton 16 Lynchburg 19:37
5 15 Roy Francis 16 Brookneal 19:44
6 41 Zachary Byram 16 Forest 21:37
7 59 Caleb Stone 17 Lynchburg 22:45
8 66 Zane Laughlin 14 Forest 23:02
9 82 Alex Vanbuskirk 14 Lynchburg 24:33
10 98 Timothy Byram 14 Forest 26:06
11 182 Shannon Sexton 13 Lynchburg 33:58

FEMALE AGE GROUP: 13 - 19
1 73 Laura Phelps 16 Madison Heights 23:39
2 103 Hailey Flowers 17 Lynchburg 26:18
3 106 McKenna Coalson 13 Lynchburg 26:28
4 161 Emily Carter 17 Lynchburg 31:15

MALE AGE GROUP: 20 - 24
1 19 Jesse Mitchell 20 Lynchburg 19:49
2 54 Kyle McQuillan 24 Lynchburg 22:32
3 104 Joel Dickinson 21 Lynchburg 26:25
4 148 MIKE TURNER 22 Lynchburg 29:51
5 167 Richard Suddith 22 Lynchburg 31:59

FEMALE AGE GROUP: 20 - 24
1 55 Whitney Wynn 24 Gladys 22:33
2 76 Tonia Rutherford 24 Lynchburg 23:52
3 79 Sally Moynan 23 Lynchburg 24:10
4 107 JENNIE CRATE 24 Lynchburg 26:29
5 118 Lauren McQuillan 23 Lynchburg 27:00
6 132 Sarah May 24 Lynchburg 27:57
7 142 Lauren Elliott 22 Winchester 29:04
8 160 Sara Graham 24 Forest 31:06
9 177 Elizabeth Barry 23 Lynchburg 33:05
10 189 Laura Francis 23 Lynchburg 35:39
11 202 Candace Brown 22 Lynchburg 37:12
12 211 Sara Manley 22 Lynchburg 46:49

MALE AGE GROUP: 25 - 29
1 5 LANCE LARSON 25 Lynchburg 18:42
2 22 Eric Torrey 26 Lynchburg 19:54
3 23 Walker Wright 28 Bedford 19:57
4 27 Joel Riley 27 Lynchburg 20:23
5 31 STEPHEN WHITE 25 Lynchburg 20:55
6 35 Aaron Spruance 27 Lynchburg 21:13
7 42 Matthew Conner 26 Lynchburg 21:40
8 46 JOEY HALL 25 Lynchburg 22:02
9 49 Blake Edmondson 25 Lynchburg 22:08
10 65 Ben Robbins 27 FOREST 23:02
11 68 Randall Birnschein 29 Evington 23:06
12 78 JONATHAN PAUL 26 Lynchburg 24:07
13 80 CJ WILLIAMSON 27 Lynchburg 24:26

FEMALE AGE GROUP: 25 - 29
1 67 Jennifer Nelson 28 Forest 23:03
2 72 ALICIA TAYLOR 29 Lynchburg 23:37
3 97 Bridgett Morrison 26 Lynchburg 25:54
4 99 LAURA CLARK 26 Lynchburg 26:08
5 108 JILL CRAWFORD 26 Lynchburg 26:31
6 111 Heather Vozel 26 Lynchburg 26:47
7 128 Kelly Perdieu 29 Forest 27:50
8 147 MEGAN FISCHER 29 Lynchburg 29:35
MALE AGE GROUP: 30 - 34
1 8 CHET WHITE 33 MONROE 18:53
2 10 Jason Captain 31 Lynchburg 19:04
3 24 Dwayne Fitts 30 Lynchburg 20:02
4 33 Scott Carson 33 Lynchburg 21:02
5 69 Paul Spiggle 33 Appomattox 23:08
6 70 Derrick Swim 31 Lynchburg 23:19
7 84 Matthew Towles 33 Forest 24:40
8 92 Brad Pennington 34 Lynchburg 25:19
9 94 Kevin Berry 30 Madison Heights 25:33
10 117 Kahlil Fischer 33 Lynchburg 26:56
11 119 Michael Gordon 33 Forest 27:00
12 123 Bryan Carter 31 Lynchburg 27:16
13 146 Michael Reffner 34 Lynchburg 29:34
14 201 SHAWN KLINE 30 Lynchburg 37:12

FEMALE AGE GROUP: 30 - 34
1 51 Nina Dillon 33 Lynchburg 22:15
2 52 Jennifer Prichette 32 Goode 22:18
3 96 Christy Howard 34 Lynchburg 25:43
4 105 Brandon Landes 31 Lynchburg 26:26
5 124 Erin Elwell 32 Lynchburg 27:18
6 125 Rachel Novak 33 Lynchburg 27:30
7 136 Christa Peterson 31 Lynchburg 28:26
8 144 Elizabeth Creasy 32 Bedford 29:21
9 150 Adrienna Howard 31 Lynchburg 29:55
10 151 Angela Ohmsted 33 Lynchburg 29:57
11 153 Jennifer Hutchinsion 33 Forest 30:04
12 157 Katie Waterworth 30 Lynchburg 30:34
13 162 Kelley Thacker 31 Forest 31:16
14 183 Jennifer Cullom 30 Lynchburg 34:08
15 184 AMY LEACH 34 Lynchburg 34:44
16 190 Melissa Zadell 32 Lynchburg 35:40
17 204 Mary Beth Pavia 31 Lynchburg 38:47
18 208 Teal McClure 34 Lynchburg 45:09
19 209 Aimee Blanks 31 Lynchburg 45:54

MALE AGE GROUP: 35 - 39
1 6 Marcus Wright 35 Lynchburg 18:45
2 16 Christopher Gassler 39 Lynchburg 19:45
3 17 Chad Waterworth 35 Lynchburg 19:46
4 29 Darrell Wargo 39 Lynchburg 20:31
5 40 Frank Shen 37 Charlottesville 21:37
6 50 John Flippin 38 Lynchburg 22:14
7 90 JAY PARKER 39 Lynchburg 25:14
8 115 David Gulick 35 Exeter NH 26:54
9 116 Pete Page 35 Lynchburg 26:54
10 122 Garry Gellert 39 Lynchburg 27:09
11 143 Dave Cropco 38 Forest 29:21
12 152 Kevin Strubel 36 Lynchburg 29:57
13 170 Maurice Bruce 39 Lynchburg 32:16

FEMALE AGE GROUP: 35 - 39
1 39 Georgianna Corsini 37 Lynchburg 21:34
2 93 Charmin Thomas 38 Forest 25:24
3 109 Missy Perry 37 Lynchburg 26:41
4 130 Erika Wray 35 Lynchburg 27:55
5 134 Cheryl Betz 38 Lynchburg 28:09
6 163 ANNE BURTON 35 Lynchburg 31:20
7 168 Johanna Ingersoll 36 Lynchburg 32:04
8 180 Heather Childress 36 Forest 33:16
9 192 Heather Kinder 39 Lynchburg 36:26
10 195 Lara Wimmer 36 Forest 36:36
11 215 Karen Camden 39 Lynchburg 50:19
12 216 ANGELA PAGE 36 Lynchburg 51:01

MALE AGE GROUP: 40 - 44
1 25 PETE CAPRISE 40 Lynchburg 20:14
2 28 DAVID OLCINHEY 41 Lynchburg 20:24
3 30 TOM JENNINGS 42 Lynchburg 20:49
4 32 JOHN RIORDAN 42 Lynchburg 20:56
5 36 Frank Selden 41 Lynchburg 21:15
6 45 Robert Reid 40 Forest 22:01
7 56 James Malle 42 Lynchburg 22:33
8 71 Tim Laughlin 43 Forest 23:22
9 89 Michael Elliott 43 Lynchburg 25:05
10 100 Carl Williams 42 Altavista 26:09
11 112 Tom Spanenburg 42 Forest 26:52
12 114 Chris Williams 43 Lynchburg 26:53
13 137 JOE DEFFNER 43 FOREST 28:38
14 145 Jeff Curry 42 Evington 29:27

FEMALE AGE GROUP: 40 - 44
1 61 Kitty Tomkinson 42 Huddleston 22:46
2 129 Kappa Meadows 41 Lynchburg 27:50
3 169 Stacy Hudgins 42 Forest 32:08
4 186 Ann Hutchison 41 Lynchburg 35:16
5 187 Susan Coalson 41 Lynchburg 35:20
6 196 Catherine Mosley 43 Lynchburg 36:38
7 206 LARA OLICHEY 40 Lynchburg 44:57

MALE AGE GROUP: 45 - 49
1 14 Lee Eagle 46 Danville 19:41
2 18 Bret Bonan 49 Forest 19:48
3 20 Richard Carter 49 Lynchburg 19:51
4 34 Kevin Shroyer 47 Goode 21:09
5 53 Gratten Garbee 45 Lynchburg 22:19
6 75 Steve Letterman 48 Appomattox 23:47
7 85 Morris Byram 47 Forest 24:41
8 87 Robert Dandy 45 Lynchburg 24:56
<table>
<thead>
<tr>
<th></th>
<th>88 Larry Mobley</th>
<th>48 Appomattox</th>
<th>25:03</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>101 Dwayne Marchell</td>
<td>45 Lynchburg</td>
<td>26:15</td>
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<tr>
<td>11</td>
<td>110 Gregg Allen</td>
<td>46 Lynchburg</td>
<td>26:47</td>
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<tr>
<td>12</td>
<td>139 CHRIS HEPPNER</td>
<td>46 Lynchburg</td>
<td>28:48</td>
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<tr>
<td>13</td>
<td>140 SKIP GALT</td>
<td>49 RUSTBURG</td>
<td>28:49</td>
</tr>
<tr>
<td>14</td>
<td>141 Jeffrey May</td>
<td>49 Forest</td>
<td>28:51</td>
</tr>
</tbody>
</table>

FEMALE AGE GROUP: 45 - 49
1. Elizabeth Frackleton 47 Lynchburg 22:57
2. Wendy Fariss 46 Rustburg 29:54
3. Sara Lloyd Bryant 49 Lynchburg 32:37
4. Sandra Pinn 45 Lynchburg 44:38

MALE AGE GROUP: 50 - 54
1. Preston Evans 51 Madison Heights 19:33
2. Kelvin Flowers 52 Lynchburg 22:46
3. John Vadal 52 Forest 22:50
4. Mark Bushing 52 Lynchburg 23:46
5. MARK LANDRY 50 Lynchburg 26:16
6. Keith Coalson 51 Lynchburg 30:33

FEMALE AGE GROUP: 50 - 54
1. AMY HEPPNER 50 Lynchburg 28:48
2. Nancy Saunders 50 Forest 33:11
3. Freed Manley 51 Lynchburg 46:48
4. Merle Herndon 54 Brookneal 47:00

MALE AGE GROUP: 55 - 59
1. Craig Miller 55 Lynchburg 22:03
2. DONNIE BARTON 56 Lynchburg 22:55
3. Walter Allen 59 Lynchburg 24:31
4. PEYTON MORGAN 56 Lynchburg 24:36
5. Ed Keefer 55 Waynesboro 25:15
7. James Gallagher 55 Lynchburg 32:50

FEMALE AGE GROUP: 55 - 59
1. ANN HARRIS 58 Lynchburg 27:06
2. Deborah Allen 58 Lynchburg 31:54
3. Nancy Blackwell 56 Lynchburg 34:46
4. Judy Trent 55 Concord 49:17

MALE AGE GROUP: 60 - 64
1. Dave Stephenson 64 Moneta 25:38
2. Samuel Fuller 60 Lynchburg 27:07
3. Robert Foster 62 Lynchburg 27:33
4. Russ Daubert 62 Forest 27:56
5. Ben Schowe 60 Forest 28:21
6. William Gray 62 Lynchburg 33:00

MALE AGE GROUP: 65 - 99
1. Horace Ellis 66 Huddleston 22:40
2. Tommy Harris 68 Lynchburg 24:47

3rd Annual July 4th Academy Mile
Friday July 4, 2008

There were a record total of 169 runners who competed under ideal weather conditions for July. The runners were divided into three heats by Age Group. The Youth Division led the charge, followed by the Masters Division, and then the Open Division.

FEMALE OPEN MILE
1. Rebecca Parsons 27 Lynchburg VA 5:26
2. Sarah Krycinski 28 Bedford VA 5:31
3. Amy Teer 28 Lynchburg VA 5:52

MALE OPEN MILE
1. Jeff Harrington 38 Lynchburg VA 4:51
2. Joel Sutton 16 Lynchburg VA 5:03
3. Dylan Beck 14 Lynchburg VA 5:11

FEMALE MASTERS
1. Lesley McPhatter 44 Madison Heights 6:48

Male MASTERS RUN OVERALL CHAMPION
1. Matt Richards 41 Lynchburg VA 5:02
* Master's Course Record
(Old Record Bret Boman 5:24, 2006)

FEMALE AGE GROUP: 60 - 64
1. Olivia Spiggle 06 Appomattox 9:15
2. Caroline Branham 06 Madison Heights 10:40
4. Catherine Boynton 05 Lynchburg 13:52
5. Allie Allen 05 Lynchburg 14:49

FEMALE AGE GROUP: 65 - 99
1. Wade Spiggle 07 Appomattox 7:58
2. Christopher Richard 07 Red House 9:10
3. Chase Coleman 07 Concord 9:24

The Milepost Page 11 July / August 2008
<table>
<thead>
<tr>
<th>Female Age Group: 07 - 09</th>
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<tbody>
<tr>
<td>1 59 Claire McClenny</td>
<td>09 Pamplin</td>
<td>6:46</td>
</tr>
<tr>
<td>2 121 Natalie Hendrickson</td>
<td>09 Forest</td>
<td>9:43</td>
</tr>
<tr>
<td>3 122 Ana Gellert</td>
<td>07 Lynchburg</td>
<td>9:44</td>
</tr>
<tr>
<td>4 133 Cameryn Pool</td>
<td>07 Lynchburg</td>
<td>10:22</td>
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<tr>
<td>5 139 Sarah Allen</td>
<td>07 Lynchburg</td>
<td>10:44</td>
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<tr>
<td>6 144 Lauren Peters</td>
<td>09 Lynchburg</td>
<td>11:16</td>
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<tr>
<td>7 145 Virginia Corsini</td>
<td>09 Lynchburg</td>
<td>11:20</td>
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<tr>
<td>8 147 Grace Corsini</td>
<td>07 Lynchburg</td>
<td>11:41</td>
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<tr>
<td>9 152 Lynley Golden</td>
<td>07 Mad. Hghts</td>
<td>13:10</td>
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<thead>
<tr>
<th>Male Age Group: 10 - 12</th>
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<tbody>
<tr>
<td>1 49 Landon Curry</td>
<td>12 Evington</td>
<td>6:19</td>
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<tr>
<td>2 52 Colin Blanks</td>
<td>10 Lynch Station</td>
<td>6:28</td>
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<td>3 65 Evans Olichney</td>
<td>12 Lynchburg</td>
<td>6:51</td>
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<td>4 80 Jacob Olichney</td>
<td>10 Lynchburg</td>
<td>7:47</td>
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<td>5 102 Takoda Gallagher</td>
<td>10 Lynchburg</td>
<td>8:37</td>
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<tr>
<td>6 136 Noah Golden</td>
<td>10 Mad. Hghts</td>
<td>10:34</td>
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<tr>
<td>7 151 Dylan Duff</td>
<td>10 Lynchburg</td>
<td>12:21</td>
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<tr>
<th>Female Age Group: 10 - 12</th>
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<tbody>
<tr>
<td>1 56 Abby May</td>
<td>11 Forest</td>
<td>6:38</td>
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<tr>
<td>2 76 Lucy Wooldridge</td>
<td>10 Evington</td>
<td>7:35</td>
</tr>
<tr>
<td>3 88 MaryJo DeLaHunt</td>
<td>12 Lynchburg</td>
<td>7:59</td>
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<tr>
<td>4 95 Erin Saunders</td>
<td>11 Forest</td>
<td>8:18</td>
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<tr>
<td>5 96 Shannon Laughlin</td>
<td>11 Forest</td>
<td>8:19</td>
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<td>6 103 Mattax Cara</td>
<td>10 Altavista</td>
<td>8:46</td>
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<tr>
<td>7 104 Kendall Branham</td>
<td>10 Mad. Hghts</td>
<td>8:46</td>
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<tr>
<td>8 124 Kezziah Wilgus</td>
<td>10 Forest</td>
<td>9:47</td>
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<tr>
<td>9 129 Logan Whorley</td>
<td>10 Amherst</td>
<td>9:59</td>
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<thead>
<tr>
<th>Male Age Group: 13 - 15</th>
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<tbody>
<tr>
<td>1 6 Stephen Mattox</td>
<td>15 Alta Vista</td>
<td>5:14</td>
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<tr>
<td>2 10 Daniel Blanks</td>
<td>14 Lynch Station</td>
<td>5:22</td>
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<td>3 27 Noah DeLaHunt</td>
<td>15 Lynchburg</td>
<td>5:40</td>
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<td>4 28 Brandon McClenny</td>
<td>14 Pamplin</td>
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<tr>
<td>5 43 Michae Jones</td>
<td>14 Forest</td>
<td>6:13</td>
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<tr>
<td>6 45 Bryan Rapp</td>
<td>13 Lynchburg</td>
<td>6:14</td>
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<tr>
<td>7 48 Zane Laughlin</td>
<td>14 Forest</td>
<td>6:18</td>
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<td>8 63 Andrew Phemister</td>
<td>13 Lynchburg</td>
<td>6:49</td>
</tr>
<tr>
<td>9 75 Robert White</td>
<td>14 Lynchburg</td>
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<th>Female Age Group: 13 - 15</th>
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<tbody>
<tr>
<td>1 46 Leigha Schimmoeller</td>
<td>15 Forest</td>
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<tr>
<td>2 54 Belynda Brinkley</td>
<td>15 Bedford</td>
<td>6:31</td>
</tr>
<tr>
<td>3 79 Holly Hudson</td>
<td>13 Lynchburg</td>
<td>7:46</td>
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<tr>
<td>4 107 Mary Scruggs</td>
<td>14 Hurt</td>
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<th>Male Age Group: 16 - 19</th>
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<tr>
<td>1 14 Parker Spencer</td>
<td>18 Forest</td>
<td>5:25</td>
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<tr>
<td>2 16 Roy Francis</td>
<td>16 Brookneal</td>
<td>5:27</td>
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<tr>
<td>3 26 Mark Jones</td>
<td>16 Forest</td>
<td>5:39</td>
</tr>
<tr>
<td>4 30 Jonathan Howard</td>
<td>16 Forest</td>
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<th>Female Age Group: 20 - 29</th>
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<tr>
<td>1 50 Whitney Winn</td>
<td>24 Gladys</td>
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<td>2 77 Heather Vozel</td>
<td>26 Lynchburg</td>
<td>7:36</td>
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<tr>
<td>3 109 Rebecca Essig</td>
<td>28 Lynchburg</td>
<td>9:01</td>
</tr>
<tr>
<td>4 125 Candace Brown</td>
<td>20 Lynchburg</td>
<td>9:47</td>
</tr>
<tr>
<td>5 137 Amanda Irvin</td>
<td>25 Mad. Hghts</td>
<td>10:36</td>
</tr>
<tr>
<td>6 140 Charlotte Frazer</td>
<td>28 Bedford</td>
<td>10:46</td>
</tr>
<tr>
<td>7 141 Rebecca Sleen</td>
<td>24 Lynchburg</td>
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<th>Male Age Group: 30 - 39</th>
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<tr>
<td>1 5 Jason Captain</td>
<td>31 Lynchburg</td>
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<td>2 7 Dwayne Fits</td>
<td>30 Lynchburg</td>
<td>5:19</td>
</tr>
<tr>
<td>3 13 Josh Ranes</td>
<td>31 Lynchburg</td>
<td>5:24</td>
</tr>
<tr>
<td>4 24 Christ Gassler</td>
<td>39 Lynchburg</td>
<td>5:36</td>
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<tr>
<td>5 44 Paul Spiggle</td>
<td>33 Appomattox</td>
<td>6:13</td>
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<tr>
<td>6 55 Chad Duff</td>
<td>36 Lynchburg</td>
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<tr>
<td>7 72 Garry Gellert</td>
<td>39 Lynchburg</td>
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<td>8 73 Stuart Massie</td>
<td>37 Lynchburg</td>
<td>7:08</td>
</tr>
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<td>9 82 Phillip Moor</td>
<td>35 Appomattox</td>
<td>7:48</td>
</tr>
<tr>
<td>10 89 Jeff Young</td>
<td>32 Mad. Hghts</td>
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</tr>
<tr>
<td>11 110 Jamie Matherley</td>
<td>32 Hurt</td>
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<th>Female Age Group: 30 - 39</th>
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<tbody>
<tr>
<td>1 42 Georgiana Corsini</td>
<td>37 Lynchburg</td>
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<tr>
<td>2 78 Christa Peterson</td>
<td>31 Lynchburg</td>
<td>7:36</td>
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<tr>
<td>3 87 Jennifer Hutchinson</td>
<td>33 Forest</td>
<td>7:58</td>
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<tr>
<td>4 92 Karen Dillon</td>
<td>36 Wirtz</td>
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<tr>
<td>5 93 Holly Perrow</td>
<td>31 Lynchburg</td>
<td>8:10</td>
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<tr>
<td>6 101 Laurie Thomas</td>
<td>35 Sandy Level</td>
<td>8:36</td>
</tr>
<tr>
<td>7 105 Robin Pool</td>
<td>35 Lynchburg</td>
<td>8:50</td>
</tr>
<tr>
<td>8 111 Heather Childress</td>
<td>36 Forest</td>
<td>9:05</td>
</tr>
<tr>
<td>9 135 Tracy Peters</td>
<td>30 Lynchburg</td>
<td>10:29</td>
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MALE AGE GROUP: 40 - 49
1 9 RB Carter 49 Lynchburg 5:21
2 11 Bret Boman 49 Forest 5:23
3 17 David Olichney 41 Lynchburg 5:28
4 22 Jonathan Perrotto 48 Lynchburg 5:34
5 25 Len Barker 48 Lynchburg 5:37
6 29 Darrell Wargo 40 Lynchburg 5:45
7 34 Malcolm Miller 42 Lynchburg 5:53
8 36 Robert Reid 40 Forest 5:57
9 41 Ted Bats 48 Lynchburg 6:12
10 60 Paul Francis, Jr. 45 Brookneal 6:46
11 67 Gregg Allen 46 Lynchburg 6:55
12 68 James Gallagher 42 Lynchburg 6:56
13 84 Svetlozar Kaney 41 Amherst 7:54

FEMALE AGE GROUP: 40 - 49
1 70 Deborah Hendrickson 41 Forest 6:59
2 71 Kristie Shroyer 47 Goode 7:03
3 94 Jenny Stadhein 41 Forest 8:12
4 99 Sara Lloyd Bryant 49 Lynchburg 8:27
5 116 Alicia Matherly 44 Hurt 9:26
6 127 Lara Olichney 40 Lynchburg 9:52
7 131 Carol Ruggiero 41 Lynchburg 10:07

MALE AGE GROUP: 50 - 59
1 8 Dennis Coleman 50 Gaithersburg 5:20
2 23 Preston Evans 52 Mad. Hghts 5:36
3 31 Bob Blevins 50 Lynchburg 5:50
4 38 Craig Miller 55 Lynchburg 6:05
5 53 Donnie Barton 56 Lynchburg 6:30
6 57 Mike Mitchell 52 Lynchburg 6:40
7 58 Mark Bushing 52 Lynchburg 6:42
8 61 Walker Pennock 57 Lynchburg 6:47
9 66 Peyton Morgan 56 Lynchburg 6:55
10 74 Mark Landry 50 Appomattox 7:13

FEMALE AGE GROUP: 50 - 59
1 64 Judy Farris 54 Draper 6:50
2 97 Marjette Glass 52 Lynchburg 8:19
3 100 Nancy Saunders 51 Forest 8:28
4 118 Nancy Blackwell 56 Lynchburg 9:32
5 149 Jean Burks 55 Altavista 11:57
6 153 Sandra Landry 52 Appomattox 13:24

MALE AGE GROUP: 60 - 69
1 83 Ben Schow 60 Forest 7:50
2 112 William Gray 62 Lynchburg 9:09
3 148 Brian Gotwalt 67 Whitehall, PA 11:52

FEMALE AGE GROUP: 60 - 69
1 117 Brenda Gray 61 Lynchburg 9:27
2 132 Marey Catalano 60 Lynchburg 10:19

MALE AGE GROUP: 70 - 99
1 128 John Billingslea 70 Lynchburg 9:56
2 130 Vic Galan 71 Lynchburg 10:01

FEMALE AGE GROUP: 70 - 99
1 158 Joan Pennock 78 Lynchburg 14:21

UPCOMING RACES

July 19, Lynchburg - Percival's Isle 5 Mile
8:00 a.m. Start, Percival's Island Parking Lot, on Jefferson St.
Info: Riverside Runners
2301 Rivermont Avenue
Lynchburg, VA 24503
Phone: (434)846-7449
Webb: www.riversiderunners.com

Aug. 16, Lynchburg - LRRC Summer Series 1/2 marathon & 5K,
7:30 a.m. Start, Blackwater Creek Bikeway, Ed Page Entrance (by Greek Church on Langhorn Road)
Info: Riverside Runners
2301 Rivermont Avenue
Lynchburg, VA 24503
Phone: (434)846-7449
Webb: www.riversiderunners.com

Sept. 2, Virginia Beach - Rock'n Roll Marathon
A circus of fun and flat as a pancake.
Phone: (800) 311-1255
Email: rrhalf@eliteracing.com
Web: www.rrhalf.com

September 6, Lynchburg - 2nd Annual Grace Church 5K and 1/2 & Mile Kid's Race
8:00 a.m. Start in Grace Church parking lot, 21129 Timberlake Road. Info: Craig Miller, (434) 385-0560

Sept. 27, Lynchburg - Virginia 10-Miler
Info: Riverside Runners
2301 Rivermont Avenue
Lynchburg, VA 24503
Phone: (434)846-7449
Webb: www.riversiderunners.com
~ FLUIDS ~

Water is the number one most important entity in the human body.

- Your bones are 25% water
- Your muscles are 75% water
- Your brain is 76% water
- Your blood is 82% water
- Your lungs are 90% water

THREE STAGES OF ENERGY PRODUCTION:

- Muscle Glycogen
- Blood Glycogen
- Liver Glycogen

Strategic Hydration and Peak Performance

- Practice proper fluid consumption during your training. Let your body get used to the feeling of proper hydration.

- Drink a good-tasting sports drink (Shaklee Performance) which is absorbed faster than water to:
  - balance your thirst levels with your actual fluid needs
  - provide carbohydrates for muscle fuel
  - offer taste appeal

- Drink cool liquids for faster absorption.
- Drink 2-3 cups of fluid 2-4 hours before exercise.
- Drink 1 cup of fluid about 15 minutes before exercise.
- During exercise, try to drink 1 cup of fluid every 15 to 20 minutes.
- After exercise, drink 2 cups of fluid for every pound of weight you lose. Drink it diligently over a few hours to ensure that you fully rehydrate.
LYNCHBURG ROAD RUNNERS MEMBERSHIP APPLICATION

Type of Membership and Annual Dues  (Circle all appropriate choices)

New Member  Renewal  Address Change
Individual ($15)  Family ($20)  Full-Time Student ($10)

Membership Benefits
- Automatic membership in Road Runners Club of America
- Newsletter and Web Site providing club activities, race information and informative articles.
- Member discounts at local merchants and some races.
- Children’s Races.

Application  (If this is a renewal, only name and any changes are necessary )

Name ______________________________________________________ Sex ______ Birth Date ______

Address ____________________________________________________ City __________ State ______ Zip ______

Other Family Members (Name, Sex, Birthday) ________________________________

Phone ___________________________ e-mail __________________________

Mail application, fees (make check payable to: Lynchburg Road Runners), and self addressed envelope to:
Lynchburg Road Runners
P.O. Box 11223
Lynchburg, VA 24506-1223

RRCA CLUB APPLICATION WAIVER (ALL MEMBERS MUST SIGN THE BELOW WAIVER)

I know that running and volunteering to work club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Lynchburg Road Runners and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in these club activities even though the liability may arise out of the negligence or carelessness on the part of the persons named on this waiver.

Signature: ___________________________ Date: ___________________________

Parent’s Signature (if under 18 years old): ___________________________ Date: ___________________________
Riverside Runners
2301 Rivermont Avenue • Lynchburg, Virginia
(434) 846-7449 • www.riversiderunners.com
RUNNING/WALKING SHOES • APPAREL • SWIMWEAR

Thank you Lynchburg Road Runners for your support!

Store Hours: Mon._Fri. 10:30 – 7 || Sat. 6 || Sun. – Mon. Closed

LYNCHBURG ROADRUNNERS
P.O. BOX 11223
LYNCHBURG, VA 24506

Peter Sheldon
301 Warwick Lane
Lynchburg, VA 24503

05/15/08