

The Milepost

P. O. BOX 11223 LYNCHBURG, VA. 24506



NOV. / DEC. 2008

The President's letter

Greetings fellow runners! I hope everyone has enjoyed the last couple of months. Autumn has finally arrived and I know many of you have fall marathons on your calendar and I wish you the best of weather for those events. My advice to running a marathon: make sure that you're running at a pace that you could hold a conversation, don't get caught up with how good you feel halfway, expect a tough patch at about eighteen, and when you get to twenty you just run.

The 35th Virginia Ten Miler (and second under the direction of Jeff Fedoroko) was a resounding success. Race numbers were up in both the four and ten milers, mile split chip pads were provided, and we were all treated to Joan Benoit Samuelson's presence at the race – a special thanks to Bob Brennan for making that possible. Best of all is that those who made the race happen were energized by the event such that plans to improve the race further are under way.

The Stephenson Youth run was in an awkward position this year with last

year's directors moving out of town. Thanks to Jeff, Heather Royer, Lesley McPhatter, Sue and Micah Jones, Vic Galan, Drew Wilds, Bernie Davis, Heather Vozel, Josh Yeoman, Gregg Cavaliere, Renee Draney, and all the folks at registration, and the others that I forgot the races went off well on a splendid Saturday morning. If you have not helped at this race before, I would encourage you to do so – it's good entertainment and watching the kids run and have a good time is way cool.

Our September and October meetings were a treat. RB Carter spoke about his participation in the Hood to Coast relay in August. This is a multi-person road relay from Mt. Hood to the Oregon coast. RB was part of Genworth's team. As a result, several roadrunners got excited about running in a road relay. Kevin Uhl came to the October meeting a told of his participation in the top five world marathons (Chicago, Boston, New York, Berlin, and London) with special emphasis on the two in Europe. He also gave us the secret to gaining entry in the London marathon, which given the large number of applicants, is difficult to get into.

I'd encourage everyone to attend the November and December meetings. Both have free pizza and the November meeting will include the summer series awards ceremony. At the December meeting, we will make plans for 2009.

See you on the roads or trails,
Bret

The November LRRC meeting

The next LRRC meeting will be on Tuesday November 11 at Monte Carlo's. The Summer Race Series Awards will be presented. Free pizza buffete awaits all who attend.

The December LRRC meeting

The December meeting will be on Tuesday, December 9 at Monte Carlo's. This is our annual business meeting when plans for 2009 are discussed and new club officers are presented. Your presence is encouraged to vote on important club matters. Of course, the free pizza buffete helps.

Liberty Mountain Trails;

by David Horton

Over 15 years ago, I started building trails on Liberty Mountain. I did much of the work with a few other folks. For a period of time I required my running class students to do one day of trail work as a course requirement. Over the years, perhaps as much as 35 to 40 miles of trails were built. Most of the trails were single track and many were very rough. Two years ago, the administration of Liberty paid a company to improve and expand the trails. They used much of the existing trails and used a tractor to make them more runner friendly. They also added some trails where they did not exist before.

There are perhaps more than 40 miles of trails on the mountain now. Several bridges were added in needed places. The best place to access the trails is using the Wingate Inn parking area nearest Candler's Mountain road. The folks at Wingate do not have a problem with walkers, runners, or bikers parking there. Straight across the road and just into the woods is a map on a stand showing a map of the trails. There is also a map just below the Baldy Mountain, which is accessible from higher up on the mountain about 400 yards above Wingate just off Candler's Mountain Road.

The trails are open to all users. Come and enjoy some very nice trails.

The Milepost (including older issues) and race calendar are 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

FIVE RAN**DAVID HORTON**

LU's Doctor David Horton
Ran the race just to be sportin'.
Seventeen trail miles on feet right sore
He and buddies ran the night before!
Or were they moonshine snortin'?

DAVID CHEEROMEI

Coach David Cheeromei
Is a Kenyan who can really fly.
Over the course he sped,
Seven minutes of second ahead!
He's another LU guy.

BILL DRAPER

If you know old Bill Draper,
Then you know he'll never taper.
Bill is now eighty-one,
And all thirty-five he's run
According to the paper.

JIM MONTGOMERY

From Florida it's a long drive
For a man almost seventy-five.
In his car this man I admire a lot
Slept in the parking lot!
For him it was number thirty-five.

BILL FASTABEND

We knew we could depend
On our own Bill Fastabend.
Running with an injured calf,
Cheered on by his better half,
He brought his 35th to its end.

Bernie the Bard**2008 LRR OFFICERS**

President **Bret Boman**
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Vice-President **Sue Jones**
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Secretary **Craig Miller**
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Treasurer **Vic Galan**
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Membership **Heather Vozel**
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LRR Club Meeting Minutes**September 9, 2008**

The first fall meeting of LRR convened at Monte Carlo's restaurant at 7 p.m.

Linda Peters and her friend **Lara Peterson** came to the meeting from Appomattox to express the desire for LRR to partner with Grace Hills Baptist Church in sponsoring a 5K for the purpose of raising awareness and financial support for the American Cancer Society. Linda reported that she has a bank account in place, some volunteers, but no specific dates in mind and has a concern about the insurance coverage needed. Ideas from trying to link it with the Relay for Life, doing it in conjunction with the Awareness Garden at the beginning of the bike path and possibly doing it on their own at a time of year when the race calendar was not so crowded were all suggested. No final decision was made, but there are individuals in the LRR who would probably be willing to lend advice and encouragement to Linda.

R.B. Carter a local runner and employee of Genworth Financial in Lynchburg shared his experience with this year's 27th annual Hood to Coast Relay. The relay consists of 12 members on a team in competition with about a 1,000 other teams. The relay covered 197 miles down Mt. Hood in Oregon on the roads to the Pacific Ocean divided into 36 legs for the relay. R.B. covered legs 6, 18, 30. He described the experience as long with little sleep, camping in gymnasium, and riding in a cramped van with people for long hours that at times could get on your nerves! An experience he states he would do again.

Vic Galan updated the meeting with news that there were approximately 135 members in LRR and the club banking account had approx. \$612.89 cents and the race series account was over \$11,000.00, but all expenses had not yet been paid and that about a third of it should be left following that. The Milepost, the LRR newsletter, will be going through some new improvements in the future. There will be an updated format, some better color pictures

and on line availability with the help of Peter Sheldon from Randolph College. With the cost to mail each newsletter at 59 cents apiece, Vic is looking for ways to reduce that expense.

Jeff Fedorko updated the meeting on the VA 10 miler. At that time, there were 532 pre-registered runners for the 10 miler and 313 runners for the 4 miler. This is an increase of 26% at this time last year. Jeff stated that volunteers are needed to stuff the runner's bags on Sept. 23rd at Presbyterian Home from 3 p.m. until it is finished.

Joan Benoit Samuelson will be the guest speaker on Friday evening that will be open to the public. She won the gold medal in 1984 Olympics in woman's marathon. There will be 6 bands on the course and mile times at each mile marker.

The 18th annual John A. Stephenson memorial run is taking shape as many different people are doing the leg work to contact sponsors, donors, volunteers, etc. The run will be the first Saturday in October.

Respectfully submitted,
Craig M. Miller, Secretary for LRR

October 14, 2008

The monthly meeting of the LRR was held at Monte Carlo Restaurant on Tuesday October 14.

A short discussion and feedback time was conducted on two recent races:

VA 10 miler: Overall, there was a consensus of a positive experience. There were over 600 finishers in just the 4 miler alone this year, a significant increase in number. Concerns over some safety issues with runners crossing the road for transportation back to E. C. Glass during the 10 miler and the additional spectators on the course at the 4 mile finish may cause the finish to go back to Randolph College again. Most everyone agreed that Joan Benoit Samuelson was a good addition to the 10 miler experience. A suggestion for someone next year included Dick Beardsley. Next year there is a hope and

plan to use the same timing group and that they will have a better understanding of the layout and logistics for the course. The radio personalities for the award ceremony were not a positive for some. It was suggested that someone with a knowledge of the runners or some running background would be better suited.

Dr. John A. Stephenson Memorial Youth Run: With many loose ends to pull together in 3 weeks to see the run completed, the cooperation of many different people made it happen. The race attendance was pretty good despite limited advertisement. Needed for next year is better communication for the race between sponsors, run directors and leaders, and the strategic people who benefit from the run. The run seems to enjoy the flavor of being in Riverside Park and keeping the traditions that has made it a running staple for many children throughout the years. Bret will be seeking to set up a time for him and Jeff to have a conference with Dr. Malcolm of Richeson Pediatrics to discuss next years run. JAS run will become a LRR club event. Some proceeds from the run will be set aside to help as seed money for next years run the first Saturday in October.

This months meeting featured Kevin Uhl, a local runner with just three years race experience. Kevin shared his story of waking up a few years ago when he turned 45 with the notion to run a marathon. Having never even run before, he shared how he went to Riverside Runners bought a pair of shoes and began the process of preparing for the Chicago marathon. He followed a Hal Higden marathon preparation guide and finished fast enough to qualify for the Boston marathon. He later wanted to complete the "Big Five" marathons: Chicago, NYC, Boston, Berlin and London. Kevin showed a slide presentation of recent marathons he completed in Berlin and London. He was the 16th fastest out of the just 121 Americans who were a part of the over 30,000 who did the London marathon. Kevin will run the NYC marathon in November of this year and

completed his goal of running the world's largest and most popular marathons.

Respectfully submitted,
Craig M. Miller, Secretary for LRR

RACE RESULTS

SATURDAY Sept. 6, 2008

2nd Annual Grace Church 5K and 1/2 &

FEMALE OVERALL RESULTS

Pl	Name	Age	Time
1	Abby May	11	22:48
2	Samantha Oberholzer	22	23:33
3	Allie Boester	25	23:55

MALE OVERALL RESULTS

Pl	Name	Age	Time
1	Will Reeves	20	19:13
2	Darrell Wargo	40	20:21
3	Jeremy White	32	21:05

MALE AGE GROUP: 1 - 12

Pl	OA	Name	Age	Time
1	8	Landon Curry	12	22:18
2	11	Noah Jantomaso	12	22:38
3	30	Ben May	11	26:39

MALE AGE GROUP: 13 - 19

1	4	Mark Jones	16	21:18
2	5	Justin Jantomaso	13	21:25
3	17	Micah Jones	14	23:30

FEMALE AGE GROUP: 13 - 19

1	27	Mary Jo Delahunt	13	26:09
2	36	McKenna Coalson	13	27:30
3	42	Alicia Schaap	19	28:28

MALE AGE GROUP: 20 - 24

1	6	Brandon Hagar	23	21:48
2	22	Benjamin Manley	22	24:14
3	43	Evan Barnhart	23	28:28

FEMALE AGE GROUP: 20 - 24

1	21	Brandy Brown	23	24:05
2	33	Erica Flynt	22	27:11
3	35	Emily Fowler	20	27:30

MALE AGE GROUP: 25 - 29

1	7	Joel Riley	27	21:57
2	9	James Grant	29	22:27
3	10	Albie Powers	25	22:37

FEMALE AGE GROUP: 20 - 24

1	21	Brandy Brown	23	24:05
2	33	Erica Flynt	22	27:11
3	35	Emily Fowler	20	27:30

MALE AGE GROUP: 25 - 29

1	7	Joel Riley	27	21:57
2	9	James Grant	29	22:27
3	10	Albie Powers	25	22:37

FEMALE AGE GROUP: 25 - 29

1	24	Kacie Pantana	29	24:53
2	32	Tabby Combes	29	26:58
3	50	Michelle Cofer	29	30:12

MALE AGE GROUP: 30 - 34

1	51	Christian Wilwohl	32	30:15
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FEMALE AGE GROUP: 30 - 34

1	37	Christa Petersen	31	27:44
2	41	Darlene Jenkins	32	28:26
3	47	Bonnie Curran	33	28:57

MALE AGE GROUP: 35 - 39

1	23	Chad Duff	36	24:43
2	52	Kevin Struble	37	30:24
3	53	Kenneth Turner	37	30:33

FEMALE AGE GROUP: 35 - 39

1	65	Nancy Turner	37	34:41
2	66	Kim Yeatts	39	34:48
3	68	Spring Zuidema	38	35:18

MALE AGE GROUP: 40 - 44

1	16	Robert Reid	40	23:27
2	26	Bryan Wilson	43	25:46

FEMALE AGE GROUP: 40 - 44

1	28	Lola Provenzola	44	26:10
2	48	Diane Sosa	44	29:47
3	63	Alicia Matherly	44	33:27

MALE AGE GROUP: 45 - 49

1	15	Kevin Shroyer	47	23:17
2	25	Troy Manley	46	25:32
3	31	Dwayne Marshall	45	26:47

FEMALE AGE GROUP: 45 - 49

1	29	Sue Jones	47	26:28
2	55	Kathy Super	48	30:46

MALE AGE GROUP: 50 - 54

1	18	Kelvin Flowers	53	23:31
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2	34	Kenny Longo	50	27:12
3	44	Keith Coalson	51	28:49

MALE AGE GROUP: 55 - 59

1	38	Steve Hamilton	55	28:04
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GRACE CHURCH MILE KIDS RACE

Pl	Name	Age	Time
1	Lucas Longo	11	6:47
2	Charis Jantomaso	10	6:59
3	Elijah Jantomaso	9	7:00
4	Luke Martin	10	8:05
5	Laura Wilson	6	8:43
6	Davis Lane	4	8:45
7	Brock Duff	5	8:56
8	Leah Longo	8	9:08
9	Travis Mock	11	9:17
10	Dylan Duff	10	11:24
11	Aubrie Gaddy	4	11:53
12	Lydia Price	7	12:50
13	Gregory Brogan	4	18:20

Sept. 27, Lynchburg Virginia 10-Miler

In 2007, the Lynchburg Road Runners assumed ownership of the Virginia Ten Miler from the Lynchburg Regional Chamber of Commerce.

This year, the 35th Annual Virginia Ten Miler, 4 mile race and Amazing Children's Mile continued to be the highlight of the Lynchburg Road Runner's Summer Race Series and serves to continue as a regional championship for the Road Runners Club of America. The proceeds benefit the Coalition for HIV Awareness & Prevention (CHAP).

Complete coverage of race results can be downloaded on the Web at www.RIVERSIDERUNNERS.com

David Cheromei won the Virginia Ten Miler this year and then went on to the Chicago marathon on 12 October to place 29th in a time of 2:22:01. The Chicago winner was Evans Cheruiyot in a time of 2:06:25.

Virginia 10-Miler

TOP 5 MALES

Pl	Name	Age	Time	Pace
1	David Cheromei	29	50:16	5:02

2	Ryan Wheeler	30	56:57	5:42
3	Andrew Schroeder	27	57:30	5:46
4	Ryan Webb	29	1:00:59	6:06
5	Jeffrey Harrington	38	1:01:42	6:11

TOP 3 MASTERS MALES

1	Matt Richards	41	1:01:59	6:12
2	Brian Kelleher	41	1:04:36	6:28
3	Larry Meadors	46	1:04:36	6:29

TOP 1 GRAND MASTERS MALES

1	Bob Blevins	51	1:08:08	6:50
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TOP 5 FEMALES

Pl	Name	Age	Time	Pace
1	Joan Benoit Samuelson	51	1:02:25	6:15
2	Shannon Saunders	24	1:03:01	6:19
3	Catherine Phillips	33	1:04:52	6:30
4	Alice Uhl	33	1:08:01	6:49
5	Rachel Valliere	23	1:08:48	6:54

TOP 3 MASTERS FEMALES

1	Sarah Davidson	44	1:14:19	7:26
2	Amy A. Gallagher	40	1:15:58	7:38
3	Donna Elder	45	1:16:54	7:42

TOP 1 GRAND MASTERS FEMALES

1	Nancy Ferris	52	1:19:21	7:57
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VA FOUR MILER

TOP 3 MALES

Pl	Name	Age	Time	Pace
1	Paul Malloy	17	23:53	6:00
2	Spencer Jackson	18	24:20	6:06
3	Eli Lazarus	26	24:32	6:14

TOP MASTERS MALES

1	Clark Jackson	52	26:40	6:42
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TOP 3 FEMALES

Pl	Name	Age	Time	Pace
1	Porsche Pugh	21	27:36	6:55
2	Abby May	11	28:03	7:04
3	Kate Martin	17	28:40	7:11

TOP MASTERS FEMALES

1	Donna Hodgert	41	29:24	7:27
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JOAN BENOIT SAMUELSON

Among the women, number one,
She did right well at fifty-one.
We're so glad she came to town,
This gold medalist of renown,
Joan Benoit Samuelson.

Bernie the Bard

October 4th, Lynchburg 18th Annual John A. Stephenson Memorial Youth Run

It was hard to believe. With minimum advertisement 393 bubbling youth showed up dragging their parents to the 18th running of this event. It was up to **Drew Wilds** to restrain their youthful energy momentarily behind a starting line, and what an admirable job he did removing himself from the path of unrestrained youth as they bolted for the finish line. Did I mention that the weather was perfect?

Special thanks to all members of the team that came together on short notice to pull the rabbit out of the hat. Well done.

FEMALE FASTEST MILE

Pl	Name	Age	Time
1	Samantha Francis	12	6:02
2	Abby May	11	6:20
3	Julia Ayam	13	6:34

MALE FASTEST MILE

1	Matthew Tatom	13	5:56
2	Robert Munding	10	6:04
3	Casey Martin	12	6:06

1 MILE BOYS & GIRLS 12 - 13 YRS

1	Matthew Tatom	13	5:56
2	Samantha Francis	12	6:02
3	Casey Martin	12	6:06
4	C. Lynch Heppner	12	6:09
5	Joshua Aultice	13	6:17
6	Landon Curry	12	6:23
7	Lucas Wheelock	13	6:31
8	Julia Ayam	13	6:34

9	Mary Lundeen	13	6:37
10	Ben Mignogna	13	6:39
11	Burke Kelleher	12	6:41
12	Austin Tatom	12	6:45
13	Peter Harrington	13	7:00
14	Mary Jo Delahunt	13	7:06
15	Olivia Davis	12	7:11
16	Sarah Hedgpeth	12	7:19
17	JW Barnard	12	7:23
18	Sam Winters	12	7:27
19	Brett Turner	12	7:42
20	Courtney Gardner	12	7:49
21	Jack Vranian	13	7:52
22	Cynthia Beasley	12	7:55
23	Henry Thelin	13	7:59
24	Madi Davis	12	8:03
25	Natasha Billard	12	8:09
26	Hope Wright	13	8:12

I Mile Boys 10-11 YRS OLD

1	Robert Mundin	10	6:04
2	Matt Meadows	11	6:09
3	Connor Tatom	11	6:43
4	Ben May	11	6:43
5	Rob Dendy	11	6:44
6	Tate Dorman	11	7:13
7	Saad Elhachem	11	7:17
8	Devin Creger	10	7:18
9	Peter Seufer	11	7:24
10	Takoda Gallagher	10	7:27
11	Chris Jenkins	10	7:37
12	Liam Sheehan	10	7:41
13	Sam Floyd	10	8:09
14	Ben Womack	10	8:20
15	JJ. Jennings	11	8:22
16	Carter Elliott	11	8:25
17	Dylan Duff	10	10:55

I MILE GIRLS AGES 10-11 YRS OLD

1	Abby May	11	6:20
2	Hannah Murphy	10	7:07
3	Anne Lewis Simmons	10	7:12
4	Maleah Manion	11	7:16
5	Lucy Wooldridge	11	7:37
6	Addie Snyder	11	7:51
7	Burgess Edson	10	7:55
8	Jill Walton	10	8:01
9	Jessica Pascadlo	10	8:11
10	Emory McVeigh	11	8:13
11	Natalie Jones	10	8:17
12	Annie Gianakos	10	8:20
13	Kali Germeroth	10	8:21
14	Reagan Delahunt	10	8:26

15	Allison Gryder	10	8:28
16	Kate Pittard	10	8:29
17	Erica Sheehan	10	8:44
18	Sarah Williams	11	8:48
19	Erin Nuckles	11	9:12
20	Alexis Newman	10	9:21
21	Natalie Hendrickson	10	9:29
22	Amanda Shaver	10	9:44
23	Kezziah Wilgus	10	9:50
24	Alison Denne	10	10:08
25	Tatum Hudson	10	10:39

The remainder of results from the Stephenson Children's Race can be seen and downloaded on the Web at www.RIVERSIDERUNNERS.com

YOUTH RUN

Kids and parents had loads of fun
At the Stephenson memorial run.
Sunshiny were the skies,
And shiny were the trophies
Given to finishers, every one.

Bernie the Bard

**Oct. 11, Lynchburg
Deep Hollow Trail Half Marathon &
5K Trail Race.**

Location: Camp HideAway, Lynchburg
VA (Chandlers Mtn.)

HALF MARATHON

FEMALE OVERALL RESULTS

Pl	Name	Age	Time	Pace
1	Cat Phillips	33	1:48:45	8:19
2	Rachel Valliere	23	1:58:35	9:04
3	Bethany Thayer	22	2:19:58	10:42

MALE OVERALL RESULTS

1	Jared Hesse		1:48:30	8:17
2	Troy Campbell	29	1:54:47	8:46
3	Joseph Parker	22	1:55:48	8:51

FEMALE MASTERS OVERALL CHAMPION

1	Nancy Ferris	52	2:24:14	11:01
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MALE MASTERS OVERALL CHAMPION

1	Brad Fitzgerald	50	2:06:21	9:39
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MALE AGE GROUP: 20 - 29

Pl	OA	Name	Age	Time	Pace
1	8	Joel Riley	27	2:08:05	9:47
2	9	Jeromy Gallant	25	2:08:10	9:48
3	14	Andy Morris	21	2:14:44	10:18
4	15	Caleb Kauffman	20	2:16:06	10:24
5	26	Joshua Earls	26	2:33:44	11:45
6	29	Jared Yeoman	26	2:37:20	12:01
7	35	Tyler LaPointe	24	2:46:30	12:43
8	41	Jon Shelton	28	2:57:03	13:31
9	42	John Carroll	27	2:57:04	13:31

FEMALE AGE GROUP: 20 - 29

1	19	Eun Kim	20	2:22:32	10:53
2	36	Rachel Sibley	20	2:46:54	12:45
3	39	Danielle Bringham	20	2:55:08	13:23
4	46	Heather Vozel	26	3:11:37	14:38
5	48	Rachel Burgess	25	3:45:31	17:13

MALE AGE GROUP: 30 - 39

1	10	Mark Stephens	36	2:09:12	9:52
2	12	Lem Curran	34	2:11:37	10:03
3	16	Scott Carson	33	2:18:13	10:34
4	25	Roger Bunce	37	2:33:13	11:42
5	33	Bryan Carter	31	2:45:27	12:38
6	40	George Lee	36	2:57:02	13:31

FEMALE AGE GROUP: 30 - 39

1	32	Erika Wray	35	2:39:55	12:13
2	37	Christy Howard	35	2:46:55	12:45
3	38	Christa Peterson	31	2:47:13	12:46
4	50	Heather Childress	36	4:04:56	18:42

MALE AGE GROUP: 40 - 49

1	20	Norris Welfare	48	2:22:49	10:55
2	22	Lee Eagle	47	2:28:45	11:22
3	23	Darrell Wargo	40	2:30:58	11:32
4	28	Bryan Wilson	43	2:37:04	12:00
5	45	Kevin Logan	45	3:05:53	14:12
6	47	Robert Sitler	49	3:19:47	15:16
7	49	Tony Peeler	41	4:04:54	18:42

FEMALE AGE GROUP: 40 - 49

1	24	Lorraine Moore	45	2:32:17	11:38
2	27	Snyder Blair	40	2:33:57	11:46
3	30	Lesley Mcphatter	44	2:38:27	12:06
4	34	Renee Draney	43	2:45:38	12:39
5	43	Susan Robinson	44	2:59:53	13:44
6	44	Lisa Light	47	2:59:53	13:44

MALE AGE GROUP: 50 - 59

1	11	Wilbert Hooper	50	2:10:37	9:59
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2	13	Richard Morris	58	2:14:43	10:18
3	17	Michael Mitchell	52	2:18:49	10:36

MALE AGE GROUP: 60 - 99

1	31	Chip Clements	61	2:39:33	12:11
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Deep Hollow Trail 5K**FEMALE 5K RUN OVERALL AWARDS**

Pl	Name	Age	Time	Pace
1	Sabrina Shamakian	20	31:34:00	10:10
2	Courtney Chap-	19	31:50:00	10:15
3	Cindi Bowen	47	32:08:00	10:21

MALE 5K RUN OVERALL AWARDS

1	Jacob Arthur	18	20:20	6:33
2	Sam Dange	20	25:59:00	8:22
3	Joshua Welfare	14	26:15:00	8:27

FEMALE MASTERS RUN OVERALL

1	Lloyd Bryant	50	40:36:00	13:05
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MALE MASTERS RUN OVERALL

1	Dave Civis	51	27:12:00	8:46
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MALE AGE GROUP: 1 - 19

Pl	OA Name	Age	Time
1	Blane Maddox	12	31:03:00

FEMALE AGE GROUP: 1 - 19

1	19	Lucy Wooldridge	11	36:06:00
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MALE AGE GROUP: 20 - 29

1	6	Joel Gibson	24	31:17:00
2	7	Ashley Witherington	21	31:27:00

FEMALE AGE GROUP: 20 - 29

1	12	Tabitha Abbott	29	32:17:00
2	14	Johanna Zipper	20	32:28:00
3	15	Anne Parsons	21	32:52:00
4	16	Laura Gibson	22	33:53:00
5	17	Jessica Milbourne	21	35:46:00
6	20	Erin Shelton	26	40:21:00
7	21	Aubrey Coy	24	40:22:00
8	23	Courtney Collins	23	41:45:00

MALE AGE GROUP: 30 - 39

1	13	David Beazley	33	32:18:00
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FEMALE AGE GROUP: 30 - 39

1	18	Erin Elwell	32	35:46:00
2	25	Amy Hart	37	44:22:00

MALE AGE GROUP: 40 - 49

1	8	Andy Maddox	41	31:29:00
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FEMALE AGE GROUP: 40 - 49

1	24	Hannah Shelton	47	44:22:00
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FEMALE AGE GROUP: 50 - 59

1	26	Rowana Okun	53	44:29:00
2	27	Nancy Blackwell	56	48:50:00

UPCOMING RACES**Oct. 25, Lynchburg**1 AM Woman 5K

Info: Kim Price (434) 947-4729 or at www.RiversideRunners.com

Nov. 1, Gross OrchardApple Valley 5K

Cross Country Race

Start 10:00am, Rolling 3.1 mile cross country course runs through scenic Gross' Orchard, grass gravel and dirt roads. Tour of Course at 8:30am.

For more info contact Theresa Boyes (540) 297-2709 or e173boyes@aol.com

Nov. 1, Lynchburg, VaMountain Masochist 50 Mile Trail Run

6:30 a.m. start

Info.: Clark Zealand (434) 846-2333

Nov. 15, Richmond, VaRichmond Marathon, 1/2 Marathon and 8K

8K- 7:00 a.m., Half M- 7:30 a.m., Marathon 8:00 a.m.

E-mail: marathon@sportsbackers.org

Web: www.richmondmarathon.com

Nov. 27, Lynchburg20th Annual Turkey Trot 5k and Youth Mile

Start 9:00 a.m.

Timberlake Christian School
202 Horizon Drive, Forest Va.

Proceeds benefit Genesis House emergency shelter

Info: www.phfs.org

Dec. 13, RoanokeLewis-Gail Jingle Bell 5K

Info: Jeff Duresky (800) 456-4687

RACE FEEDBACK

Kevin Shroyer sent this feedback to the "Point of Honor 5K" from LifeNet Health. Thanks to all who volunteered and ran this inaugural race.

From the Office of Rony Thomas
President & CEO
Saving Lives, Restoring Health

September 18, 2008

Mr. Kevin Shroyer
2470 Old Cifax Rd.
Goode, VA 24556

Dear Mr. Shroyer:

I was so pleased to hear that the "Point of Honor 5K race" did so well. Thank you so much for your creative thinking in putting together this event and more importantly for honoring the LifeNet Health Foundation with the proceeds in memory of your daughter, Korinne Ashley Shroyer. On behalf of the Foundation, thank you for your donation of \$2,759.56.

Your support, and that of the community, play a very important role in LifeNet Health's mission of Saving Lives and Restoring Health. Your gift to our Foundation enables us to support our donor family services and community education programs. These programs enable us to help donor families through their grief of losing their loved one, make possible activities that educate the community about the shortage of organ and tissue donors and encourages people to register as donors on save7lives.org. And finally, your support provides us with the critical funds to continue our life changing research and development efforts. Efforts that in the future will allow us to repair cartilage and provide a permanent cure for babies born with congenital heart defects.

I look forward to meeting you one day soon, but in the meantime, please know how grateful we are for your consideration and charity.

Sincerely,

Rony Thomas
President & CEO
Life Net Health

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: _____

Newsletter (Circle the one that applies): *via e-mail* *via snail mail*

****Please 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: _____

Lynchburg Roadrunners
P.O. Box 11223
Lynchburg, VA 24506



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www.lynchburgroadrunners.org



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THANK YOU LYNCHBURG ROAD RUNNERS FOR YOUR SUPPORT!

