

The Milepost

P. O. BOX 11223 LYNCHBURG, VA. 24506



The President's letter

SEPT. / OCT.

Greetings fellow runners. It's almost Ten Miler time. Many thanks to Jeff Fedorko for bringing the race back to life. Thanks also to Bob Brennan for bringing Joan Benoit Samuelson to town. One of the best marathoners ever and the gold medallist of the inaugural Women's Olympic marathon in 1984. How cool is that? Twenty-four years later she still has it as she posted a sub 2:50 marathon at the Olympic Trials this spring. Yours truly was on hand for that and could not believe that performance. Please take advantage of her trip to Lynchburg and come see her speak Friday night before the Ten Miler at EC Glass.

Hats off to Jeff also for putting on an outstanding half marathon. Given that this race was almost truncated to a 10K, save for a suggestion from Lesley McPhatter and an open mind from Jeff, the race went off without a visible hitch. Even though the course was much tougher most folks

walked away pleased with the race.

Could we have had a better summer? I don't want to jinx it, but we haven't had that dog day stretch of miserably hot weather. Hopefully, the trend will continue to October.

Please join us September 9th at Monte Carlo at 6:30 pm. RB Carter will describe his experience at this year's Hood to Coast Relay. As the Largest Running Relay Race in the World, and Mother of All Relays, The Nike Hood To Coast Relay stretches 197 miles near the top of Oregon's majestic Mt. Hood down to the beautiful Pacific Ocean beach in Seaside, Oregon.

We will also meet October 14th at Monte Carlo at 6:30 pm. There's some chance that Jeff may have the summer series awards ready for that meeting. But if not we'll have the awards at the November meeting.

Besides the Ten Miler there are a plethora of other racing and helping

opportunities this fall. And if you have some time available we could use some help at the Stephenson Children's race in October. Let Jeff or I know if you can help.

See you on the roads (or trails),
Bret

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: RB Carter will describe his experience at this year's Mount Hood to Coast Relay

We will meet again on October 14th at Monte Carlo at 6:30 pm. There's some chance that Jeff may have the summer series awards ready for that meeting.

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 6:30p.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.

2008 LRR OFFICERS

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

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

Running Free

In Marty Jerome's The Complete Runner's Day-By-Day Log And Calendar is the essay "August Sole." I quote from the second paragraph:

"South Africa's Zola Budd twice broke world records in the women's 5000 meters, both times without wearing shoes. Ethiopian Abebe Bikila won two consecutive Olympic marathons unshod. And Bassirima Soro, an Ivory Coast native, won his fifth Tucson Marathon by shedding his shoes at mile 14."

Runners of the barefoot kind
Really blow my mind.
But when you're striding
down the road,
Shoes increase your load
No matter how designed.

Bernie the Bard

RACE RESULTS

July 19, Lynchburg

PERCIVAL'S ISLAND 5-MILER

FEMALE OVERALL RESULTS

Pl	Name	Age	Time
1	Rebecca Parsons	27	32:56:00
2	Sarah Krycinski	28	33:02:00
3	Hannah Roller	21	34:37:00
4	Hayley Flynn	22	35:33:00

MALE OVERALL RESULTS

Pl	Name	Age	Time
1	Ryan Wheeler	30	27:05:00
2	Matt Richards	41	28:04:00
3	Andrew Rigler	17	28:32:00
4	Jeff Harrington	38	28:44:00

MALE AGE GROUP: 1 - 12

Pl	OA	Name	Age	Time
1	50	Landon Curry	12	36:13:00
2	51	Dana Thompson	12	36:15:00
3	117	Evans Olichney	12	44:47:00
4	139	Jake Olichney	10	49:27:00
5	173	William Olichney	6	1:11:55

FEMALE AGE GROUP: 1 - 12

1	136	MaryJO DeLaHunt	12	49:11:00
2	138	Lucy Wooldridge	11	49:24:00
3	156	Erin Saunders	11	54:55:00

MALE AGE GROUP: 13 - 19

1	8	Stephen Mattox	15	30:21:00
2	16	Daniel Blanks	15	31:59:00
3	18	Joel Sutton	17	32:21:00
4	30	Bryan Rapp	13	34:32:00
5	33	Jason Snowman	16	34:48:00
6	35	Zachary Byram	16	34:56:00
7	41	Patrick Sullivan	14	35:37:00
8	52	Jonathan Howard	16	36:34:00
9	55	Chris Richards	17	37:00:00
10	91	Ryan Johnson	13	41:47:00
11	95	Roy Francis	16	42:14:00
12	105	Eric Van Buskirk	14	42:58:00
13	110	Nathan France	18	44:03:00
14	166	Matthew Perez	19	58:18:00

FEMALE AGE GROUP: 13 - 19

1	69	Leigha Schimmoeller	15	39:13:00
2	72	Bilynda Brinkley	15	39:37:00
3	93	Katie Wilson	13	42:02:00
4	106	Claire Malloy	13	43:21:00
5	133	Mckenna Coalson	13	48:42:00
6	150	Morgan Kane	18	53:35:00

MALE AGE GROUP: 20 - 29

1	5	Ryan Webb	29	28:45:00
2	22	Jesse Mitchell	20	32:57:00
3	24	James Evans	20	33:05:00
4	25	Paul Carmany	25	33:15:00
5	26	Walker Wright	28	33:34:00
6	29	Joel Riley	27	34:30:00
7	42	Joey Hall	25	35:41:00
8	45	Randall Birnschein	29	35:47:00
9	81	Russell Darnell	28	40:28:00
10	84	Zach Crump	23	40:45:00
11	135	Brent Phillips	26	48:55:00
12	167	Daniel Perez	22	58:20:00

FEMALE AGE GROUP: 20 - 29

1	43	Amy Teer	29	35:44:00
2	65	Whitney Wynn	24	38:56:00
3	83	Ashley Glover	23	40:45:00
4	103	Heather Vozel	26	42:41:00
5	108	Sarah May	24	43:33:00
6	118	Laura Clark	26	44:52:00
7	127	Tabitha Abbott	29	47:13:00
8	131	Kate Civis	20	48:04:00
9	134	Sarah Brown	24	48:55:00
10	145	Stacy Detweiller	20	51:19:00
11	149	Sara Graham	24	53:34:00
12	168	Ann Hunt	27	58:55:00

MALE AGE GROUP: 30 - 34

1	6	Travis Rothman	32	30:00:00
2	9	Chet White	33	30:22:00
3	12	Jason Captain	31	31:03:00
4	17	Dwayne Fitts	30	32:20:00
5	28	Mike Pflieger	34	34:00:00
6	37	Scott Carson	33	35:14:00
7	39	Jeremy White	32	35:28:00
8	56	Caven Carlton	34	37:13:00
9	64	Paul Spiggle	33	38:44:00
10	79	James Harrington	31	40:22:00
11	96	Kevin Berry	30	42:19:00
12	104	Scott Kirkwood	32	42:41:00
13	155	Jeff Young	32	54:37:00
14	165	Benjamin Parrish	30	57:05:00

FEMALE AGE GROUP: 30 - 34

1	47	Jennifer Pritchett	32	35:54:00
2	48	Nina Dillon	33	36:04:00
3	75	Katie Waterworth	30	39:53:00
4	82	Jennifer Owji	31	40:37:00
5	94	Tracy Wu	30	42:02:00
6	112	Christa Peterson	31	44:14:00
7	114	Erin Elwell	32	44:33:00
8	115	Stacey Wright	32	44:38:00

9	128	Elizabeth Creasy	32	47:32:00
10	130	Jennifer Hutchinson	33	47:45:00
11	143	Kelley Thacker	31	50:38:00
12	148	Andrea Gillispie	30	52:41:00
13	162	Meredith Fix	30	55:45:00
14	175	Teal McClure	34	1:12:52

MALE AGE GROUP: 35 - 39

1	11	Marcus Wright	35	30:51:00
2	49	Mark Stephens	36	36:08:00
3	86	Brad Pennington	35	41:17:00
4	97	James LaPrade	37	42:21:00
5	100	Kyle Hawkins	39	42:34:00
6	101	Jay Parker	39	42:37:00
7	102	Tony Martin	38	42:38:00
8	116	John Simmons	37	44:45:00
9	121	Robert Copenhaver	37	45:33:00
10	129	Jeff Coleman	37	47:35:00
11	132	Matt Miller	37	48:38:00
12	140	Kevin Struble	36	49:29:00
13	147	Dave Cropco	38	51:37:00

FEMALE AGE GROUP: 35 - 39

1	78	Charmin Thomas	38	40:08:00
2	85	Sarah Stearne	37	40:58:00
3	125	Erika Wray	35	46:41:00
4	151	Johnna Ingersoll	36	53:37:00
5	158	Rachel Mitchell	38	55:17:00
6	163	Lara Wimmer	36	56:14:00
7	164	Carmen Kerr	39	56:46:00
8	169	Heather Childress	36	59:07:00

MALE AGE GROUP: 40 - 44

1	13	David Olichney	41	31:19:00
2	15	Vince Decker	44	31:58:00
3	27	Darrell Wargo	40	33:36:00
4	34	Paul Schmidt	40	34:54:00
5	44	Chris Snowman	43	35:45:00
6	53	Malcolm Miller	42	36:39:00
7	59	Robert Reid	40	37:39:00
8	77	Jim Gallagher	42	40:05:00
9	87	Michael Elliot	43	41:22:00
10	119	Mark Sheehan	42	44:54:00

FEMALE AGE GROUP: 40 - 44

1	76	Lesley Mcphatter	44	39:59:00
2	111	Sophia Decker	44	44:10:00
3	159	Rebecca Carroll	40	55:19:00
4	160	Melody LaPrade	40	55:23:00
5	161	Susan Coalson	42	55:35:00
6	170	Catherine Mosley	43	59:48:00
7	172	Carol Ruggio	41	1:05:00
8	174	Lara Olichney	40	1:11:56

MALE AGE GROUP: 45 - 49

1	7	Jack Morrison	48	30:06:00
2	10	Jonathan Perrotto	48	30:31:00
3	19	Lee Eagle	46	32:37:00
4	20	RB Carter	49	32:48:00
5	32	Grattan Garbee	45	34:40:00
6	38	Kevin Shroyer	47	35:25:00
7	60	Steve Letterman	48	38:07:00
8	74	Dan Thompson	46	39:51:00
9	80	Morris Byram	47	40:25:00
10	90	Clifford Glickman	47	41:44:00
11	92	Paul Francis, Jr	45	41:50:00

FEMALE AGE GROUP: 45 - 49

1	66	Kristie Shroyer	47	39:00:00
2	137	Wendy Fariss	46	49:14:00
3	154	Lyn Mathews	45	54:23:00
4	171	Andrea Perez	48	1:03:51
5	176	Sondra Pinn	46	1:12:54

MALE AGE GROUP: 50 - 54

1	14	Preston Evans	52	31:48:00
2	36	Wilbert Hooper	50	35:02:00
3	54	John Vadnal	52	36:48:00
4	61	Dave Civis	51	38:18:00
5	62	Mike Mitchell	52	38:34:00
6	67	Wim Imron	52	39:02:00
7	68	Mark Bushing	52	39:13:00
8	98	Mark Landry	51	42:22:00
9	122	Daniel Laslie	52	45:33:00
10	126	Jon Laster	53	47:08:00
11	141	Charlie Hesse	54	49:35:00
12	144	Keith Coalson	51	50:44:00
13	152	Glenn Meyer	52	53:40:00

FEMALE AGE GROUP: 50 - 54

1	107	Kathy Malloy	50	43:29:00
2	157	Nancy Saunders	51	54:55:00

MALE AGE GROUP: 55 - 59

1	46	Craig Miller	55	35:49:00
2	57	Donnie Barton	56	37:24:00
3	63	Walter Allen	59	38:43:00
4	70	Dave Eckes	57	39:29:00
5	73	Walker Pennock	57	39:44:00
6	89	Barry Snead	57	41:42:00
7	113	William Flynn	55	44:30:00
8	120	Stephen Hamilton	55	44:58:00

FEMALE AGE GROUP: 55 - 59

1	142	Deborah Allen	58	49:53:00
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MALE AGE GROUP: 60 - 64

1	88	Dave Stephenson	64	41:39:00
2	109	Ben Schowe	60	43:39:00
3	124	Russ Daubert	62	46:23:00
4	153	Larry Scott	63	53:55:00

FEMALE AGE GROUP: 60 - 99

1	99	Linda Peters	61	42:31:00
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MALE AGE GROUP: 65 - 99

1	58	Horace Ellis	66	37:39:00
2	71	Tommy Harris	69	39:35:00
3	123	Bernie Davis	70	45:47:00
4	146	John Kurisky	69	51:29:00

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UPCOMING RACESSept. 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
See application in this newsletter.

Sept. 27, Lynchburg

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

Oct. 4th, Lynchburg

Annual John A. Stephenson Memorial Youth Run.
9:00am, Riverside Park
Race Distance varies with age.
Info: Riverside Runners

Oct. 11, Lynchburg

Deep Hollow Trail Half Marathon & 5K Trail Race.
8:00am Half Start, 8:30am 5K start.
Location: Camp Hide-A-way, Lynchburg VA (Chandlers
Mtn.) Application and race info. Online Registration.

Oct. 25, Lynchburg

I AM Woman 5K.
Info: Riverside Runners

Nov. 15, Richmond, Va

Richmond Marathon, 1/2 Marathon and 8K
E-mail: marathon@sportsbackers.org
Web: www.richmondmarathon.com

Oct. 1, Gross Orchard

Apple Valley 5K
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

Nov. 27, Lynchburg

20th Annual Turkey Trot 5k and Youth Mile
Info: www.phfs.org

DISCOUNTS

The following businesses offer discounts on select items for your patronage. Please show your membership card and ask which items are discounted when you stop by and see the good folks at:

Riverside Runners

Offering 10% off on all store sales.
Open: Mon. - Fri. 10:30am - 7:00pm
Saturday, 10:00am - 6:00pm

Come see us at
2301 Rivermont Avenue
Lynchburg, Va. 24503
Phone: (434)846-7449
Webb: www.riversiderunners.com

Dr. Frank Villa

10% on all eye glasses and exams. (Does not include disposable contacts)

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

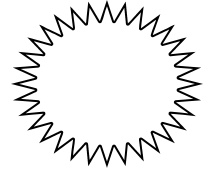
RRCA CLUB APPLICATION WAIVER (ALL MEMBERS MUST SIGN THE BELOW WAIVER)

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



Dr. Peter Sheldon
Randolph College
2500 Rivermont Ave,
Lynchburg, VA 24503



Visit us at:
www.lynchburgroadrunners.org



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SUN – LONG RUN

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THANK YOU LYNCHBURG ROAD RUNNERS FOR YOUR SUPPORT!

