

The Milepost

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



MAR. 2009

The President's Letter

Dear Fellow Runners,

The winter has been rather mild so far this year. The opportunity to establish a good mileage base on which to fine tune our Spring training for the 2009 race season is still there. Speaking of fine tuning, at the March meeting Josh Bailey will talk about running injuries and their prevention along with his new project of breaking down a runner's gait. So, attend the March 10 meeting for some fine tips to improve your performance this year.

On Valentine's Day, February 14, many local runners participated in the Holiday Lake 50K++. Congratulations to all who participated in this event. Special kudos to Donna Elder, fourth place for the women, and to John Kurisky who at the tender age of seventy completed his first ultra- in seven hours and 30 minutes. You will find race director Dr. David Horton's account of the race and Kurisky's impressions as the featured articles in this newsletter.

The Spring running calendar is filling up quickly. Coach Jerome Loy will be hosting the Goode What Goes Down Must Come Up 4 mile run on Saturday, March 8. This is a predict your time race in which you cannot wear a watch. But watch the fun at the finish as runners jostle to cross the line first. The VES 5K race, normally in February, will be at the end of March this year. Then the Summer

Race Series begins with Kevin Shroyer's Point of Honor 5K on April 4 at 9:00a.m. Race Series #2 takes place on April 18 with Malcolm Miller's 5K Race for Life.

The list of Race Series events and rules of participation are given in this newsletter. So mark your calendar and participate in this year's Race Series.

With this newsletter we are testing electronic delivery instead of post for those of you who so indicated a preference for this mode of delivery. If you have received a hard copy and would like to receive the newsletter through e-mail instead, please send your e-mail address to blboman@verizon.net.

I am looking forward to a new and exciting season of running and organizing a full schedule of quality races for 2009. With your club officers and your continued support the LRRRC will continue organizing and assisting with races throughout central Virginia. Your membership is crucial for us to promote health and fitness as well as serve local charity organizations. We use our races as fund raisers to help those in need and to fund succeeding races. Please keep supporting our many events and encourage others to participate.

See you on the roads,
Bret Boman

Next LRR Club Meeting

Tuesday, 10 March 2009
At Monte Carlo's
On Old Forest Road
6:30 p.m. Dinner
7:00 p.m. Guest Speaker
Scheduled speaker is Josh Bailey who will talk about running injuries

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. We will meet again on **Tuesday 14 April** at Monte Carlo's at 6:30 pm.

2009 LRR OFFICERS

President **Bret Boman**
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Vice-President **Sue Jones**
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Secretary **Craig Miller**
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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

Letter to the Editor

London, England

Hi Dad,

I seem to have cracked it - get some music pumping into your brain to distract you from the pain and spur you on! I have a friend's old iPod and loaded up some suitable upbeat music. I was able to run a full lap around the park, walk for three minutes, then do another lap and a 1/4 before walking fast to cool down. I think the park is about a mile and the run was just short of 30 minutes with a 3 minute break. So improving! The music also helps me pace myself.

Below is a link that shows the parks near me. So far I've stuck to laps around St James's Park and Green Parks. What do you think - one lap around the two together is about 2 and a quarter miles? When I can run the full lap without stopping (which I should be able to do by the end of next week) I think next step will be to walk up to Hyde Park and do a lap, eventually working up to doing the full 7.2 miles. How long do you think until I can do that? The big test is going to be how I fare when it starts to get cold!

http://www.serpentine.org.uk/pages/run_routes_01_index.html

Love,
Esther

LRR Club Meeting Minutes

January 13, 2009

The monthly meeting for LRR was held at Monte Carlo's restaurant on January 13th at 7 p.m.

OLD BUSINESS:

Appreciation was expressed to Heather Vozel for her oversight and membership drive for the January 1 fun run from River-side Park.

VA 10 miler update: This years speaker will be Dick Beardsley who is known for a famous Boston marathon finish with Alberto Salazar and also for a farming accident that led to an addiction with pain medications. The 10 miler will be the last Saturday in September for at least the next 2 years. Genworth at this time remains the title sponsor. There are no race brochures yet, but online registration should be available in the near future. VA 10 miler is pursuing the possibility of grant money in Lynchburg to help support and defray costs for the race.

NEW BUSINESS:

Bob Blevins representing a group who would like to include a new 5K in the Summer Race Series made a presentation for the Tinbridge Hill 5K Run For The Roses.

The race would be held on the afternoon of May 3 at 3 p.m. beginning at the Old City Cemetery and running down 5th St. and through the Tinbridge neighborhood before returning to the finish in the heart of the Old City Cemetery. The race is designed to promote the Tinbridge neighborhood as a way of raising awareness for its unique historical character, needs and concerns for its citizens. The race is also to benefit the Yoder Center, an inner city recreational facility in the heart of the Tinbridge area. The race will also focus on getting some of the young people in the area to participate and highlight the Old City Cemetery during a time of year in which the roses are in bloom.

Discussion was held and concerns about the course, why another 5K was needed, and the Sunday afternoon start and its

ramifications was held. The course will certainly be challenging due to the hills and turns. Bob would consider changing the race to a four miler if the area would allow such a configuration and the date was chosen to be near the roses blooming and to avoid a conflict of race timing with Jeff Fedorko. A motion was made by Bret Boman, with a second by Heather Vozel to include the Tinbridge 5K in the race series.
Motion passed.

Discussion was held concerning the philosophy and nature of the Summer Race Series (SRS).

The following points were identified by Jeff Fedorko as basic to the goals behind the SRS.

1. One of the goals is to promote health and wellness through running and racing in the Lynchburg community.
2. The SRS is to provide the opportunity for individuals of all ages to test themselves at various running distances.
3. The SRS hopes to use the collective quality of all participating events to increase race participation in all of the SRS events and running in general in the Lynchburg area.
4. The race series was designed to keep runners motivated during the summer months.
5. The race series was designed to reward runner's participation.

Other points brought up by the members in attendance include: to promote the LRR club through the SRS events, to provide a discount to LRR members, to have a charity and non/profit element to the series, and to have consistent age group break down for all SRS events.

In the future, participation in the summer race series will require each participating race to donate \$100.00 to the LRR to help defray the costs of the Race Series awards and awards dinner.

The SRS will culminate with the VA 10 miler.

A motion was made by Vic Galan and seconded by Heather Vozel to incorporate the points listed above into practice.

Motion passed.

Meetings adjourned and next meeting will be February 10 at Monte Carlo's.

February 10, 2009

The Lynchburg Road Runner's met for the monthly meeting on February 10th at Monte Carlo's restaurant. The guest speaker was Sam Chelanga from Liberty University who had placed 2nd in the NCAA national cross country championship in the fall of 2008.

Sam shared briefly about his beginning running days (reluctantly) in Kenya and the transfer from Farleigh Dickenson University to Liberty University and the subsequent success that he is experiencing in distance running. He shared his long term goal to someday win the Boston Marathon. It was noted that Sam will be competing in a meet in Arkansas that will be televised on ESPN in the future.

Due to a mix up at the restaurant, we were unable to watch the video of the national championship. Parts of the race can be seen on You Tube by searching for NCAA Men XC 2008.

March's speaker will be Josh Bailey on the 10th of March talking about running injuries and there prevention along with his new project of breaking down a runner's gait.

Upcoming runs identified were:

- * Goode 4 miler, a predict your time race in which you cannot wear a watch
- * The beginning of the Summer Race Series with the first 5K in April under the direction of Kevin Shroyer.
- * The VES race normally in February will be at the end of March this year.

Kevin Shroyer announced a Facebook page for Lynchburg Road Runners to join if they so desired.

No other new business. Meeting was adjourned until March.

LRRC FINANCIAL REPORT 2008

Bank of the James - Club Account

	Carryover from 2007	\$ 868.62
	Deposits - Members Dues	\$1,829.00
	Close CNB Bank Account	\$ 103.38
I	Income	
	Total deposits	\$2,801.00
II	Disbursements	
	Six Newsletters	\$1,406.27
	Post Office Box Rental	\$ 68.00
	RRCA Dues & Race Insurance	\$ 750.00
	New Year's Day Fun Run (2007 & 2008)	\$ 148.90
	Membership Cards, Check #765	\$ 80.59
	Total Costs	\$2,453.76
III	Balance	
	Income minus disbursements	\$ 347.24

The balance agrees with the bank balance of 12/31/2008

Bank of the James - Race Account

	Carryover from 2007	\$ 5,372.07
	Race Series 2008	\$16,814.92
	CVKA 10K donation	\$ 50.00
	Deposit error	\$ 1,627.95
	Total deposits	\$23,864.94
II	Disbursements	
	2007 Half Marathon expense (#821)	\$ 129.18
	Race Director Fee 2007 (#826)	\$ 1,333.67
	Race Series 2008	\$10,744.81
	Bad check	\$ 21.00
	Deposit correction (#836)	\$ 1,627.95
	Race Series Awards (#851)	\$ 572.25
	Race Series Dinner (#853)	\$ 418.98
	December Meeting Dinner (#852)	\$ 217.52
	Total Disbursement	\$15,065.36
III	Balance	
	Income minus disbursements	\$ 8,799.58

The balance agrees with the bank balance of 12/31/2008

LRRC's Summer Race Series

Goal:

To promote health and wellness through running and racing in the Lynchburg community.

Eligibility:

Open to all runners. Participate in at least four races by 1 September. Age in first completed race determines the runners age group.

Award Points:

Age Group and Overall Male and Female

1st - 50 points, 2nd - 45 points, 3rd - 40 points, 4th - 35 points, 5th - 30 points, 6th - 25 points, 7th - 20 points, 8th - 15 points, 9th - 10 points, 10th - 5 points.

Beyond 10th the runner is awarded one point per race.

Double points for the 10 Miler.

Awards:

Top 3 Overall Male and Female

Top 3 Age Group Male and Female

Special award for all eight races.

Winners notified for presentation of awards at the club meeting in November.

2009 Races Series:

Sat. April 4th - Lynchburg, VA: Point of Honor 5K

Sat. April 18th - 3rd Annual Liberty Godparent Home 5K

Mon. May 25th - 12th Annual CVKA Memorial Day 10K.

Sat. June 20th - Annual Presbyterian Homes 5K,

Sat. July 4th - 3rd Annual Downtown Academy Mile.

Sat. July 18th - Annual Percival's Island 5-Miler.

Sat. August 15th - Lynchburg Half Marathon & 5K.

Sat. September 26th - 36th Annual Virginia 10- Miler, 4- Miler

DEVIL'S MARBLEYARD HIKE

We drove up Arnold's valley.
From Elk Creek forth we sallied.

We hiked up Belfast Trail
To its tee with Gunter Trail.
Five miles round trip we tallied.

Hikers we were eight,
And let me tell you straight
It was a right hard climb.
But we had a right good time,
For the day and views were great.

It could have been much colder.
The marbleyard is all rocks and boulders.
At ease now you'll find me.
This hike served to remind me
That I'm getting older.

Bernie the Bard

UPCOMING RACES

March 2009

Sat. 7th ~ 14th Annual Goode "What Goes Down Must Come Up 4-Miler"

8:50am Start at Oakland Methodist Church, five miles west of Forest behind the Goode Country Store and Goode Post Office.

This is a predict your time event. You may not wear a watch.

Early registration is encouraged: (Received by Tuesday, March 3rd) \$5 for students and 2009 Lynchburg Road Runner members or \$7 for non-members.

Race Day registration \$10. Make checks payable to "Jefferson Forest Athletic Boosters" and mail to Coach Jerome Loy, 105 Fox Creek Drive, Goode, VA, 24556.

Sat. 14th ~ GIFTS FOR GULU, 5K RUN & CHILDRENS FUN RUN.

9:00am, Lynchburg College Track. This race benefits the efforts of local non-profit Sports Outreach. Participants are asked to donate new or used sports equipment to be sent to the people of GULU. Visit www.giftsforgulu.com for more information.

Sat. 14th - Danville, Va: Green Legs & Hamstrings

Start 10:00 a.m. Info: J. Bookheimer (434) 799-5213

March 21 &22 - Virginia Beach Shamrock Marathon & 1/2 M

Saturday, 21st 8K start 8:00 a.m.

Sunday, 22nd 1/2M start 7:00 a.m. Marathon start 8:00 a.m.

www.shamrockmarathon.com

Sat. 28th - Sedalia, Va. Terrapin Mountain 50K & 1/2 M

7:00 a.m. Info: Dr. Clark Zealand (434)846-2333

Sat. 28th - Richmond, Va: Monument Avenue 10K

Info: Sports Backers (804) 285-9495

April 2009

Sat. 4th - Lynchburg, VA: Point of Honor 5K Race #1 Lynchburg Road Runners Race Series.

Start 9:00 a.m. at Jefferson Street near Riverfront Park
Info: Race Director Kevin Shroyer at 947-2244, ext. 106, or on the web at www.riversiderunners.com or www.lynchburgroadrunners.org

Proceeds to benefit LifeNet Health & Donate Life insupport of their Organ Donor programs.

Sat. 4th ~ Charlottesville 10 Miler, Charlottesville Va,

<http://www.cvilletenmiler.com>

Sat. 18th - 7th Annual Charlottesville Marathon / Half Marathon, Course starts in C'ville, runs in the shadows of the Shenandoah National Park winding through historic Albemarle wine and horse country. Limited to first

3,500 entrants. Contact: Gill, Race Director at runggillrun@adelphia.net, (434) 293-7115, <http://www.charlottesville-marathon.com/> for more info.

Sat. 18th - 3rd Annual Liberty Godparent Home 5K Race #2 Lynchburg Road Runners Race Series.

Start / Finish at Kemper St. Station entrance to the Blackwater Creek Bikeway (website)
\$15.00 before April 18, \$20.00 race day
Info: Malcom Miller (434) 660-5019 or www.godparentshome5K@aol.com
Applications and results: www.riversiderunners.com

Fri. 24th ~ Angels Race EXPO, Holiday Inn Select, Main St., Lynchburg. 12-6pm. FREE / Open to the public. Participants will have an opportunity to pick-up their race packets for the race and get some great deals on triathlon gear.

Sat. 25th, Bedford - Promised Land 50K Trail Race

6:30am; Info: Dave Horton, Liberty University 1971 University Blvd, Lynchburg, VA 24501. Phone (434) 582-2386 (w), 239-1324 (h), or e-mail dhorton@liberty.edu or on the Web at www.extremoultrarunning.com. Part of the Lynchburg Ultra Series.

Sun. 26th ~ The Angels Race Triathlon, 8:00am. Lynchburg Downtown YMCA. 300m pool swim, 25k bike, 5k run. Limited to 400 individuals and 50 relays. <http://www.angelsracefoundation.com/>

RACE RESULTS

January

Sat. 14th - Appomattox, Va - Holiday Lake 50K

Race Director: Dr. David Horton

Holiday Lake has everything (except mountains) that a good ultra contains: pre- and post- race meals, lodging, parking, rest-rooms, showers, and meeting rooms at the start/finish area . . . ALL in one place. The folks at the Holiday Lake 4H Educational Center are very helpful and seem to really enjoy having us at their facility. And a big thanks to the ladies that did the meals. . . super job as always.

The weather service had predicted showers all week long for Saturday. Saturday morning was cold with the temperatures around 28 degrees. The rain never materialized and it got up to over 50 degrees Saturday afternoon. Because there had been tons of wind on Wednesday and Thursday, the muddy sections had pretty well dried up. Overall, the footing and the temperatures were probably the best we have ever had.

PI Name AgeTime

First five Men

1	Aaron Schwartzbard	31	3:50:11
2	Clark Zealand	35	3:54:41
3	Kevin Lane	24	3:58:16
4	Christopher Clarke	23	3:58:44
5	Jordan Whitlock	21	3:59:20

First five Women

17	Justine Morrison	28	4:25:18
21	Heather Fisher	23	4:29:48
42	Alyssa Godesky	23	4:56:53
53	Katie Hedley	22	5:02:56
57	Donna Elder	46	5:04:58

Lynchburg Area Finishers

PI	Name	Age	Time
2	Clark Zealand	35	3:54:41
5	Jordan Whitlock	21	3:59:20
12	Jeremy Ramsey	32	4:17:11
14	Jason Captain	32	4:21:16
24	John Lauffer	26	4:32:45
28	Jared Hesse	33	4:43:58
40	Mike Pflieger	34	4:55:07
50	Jeromy Gallant	25	5:01:18
57	Donna Elder	46	5:04:58
62	Jarett Tighe	41	5:08:28
63	Joe Novak	46	5:09:04
69	Jacob Arthur	18	5:17:09
73	Josh Yeoman	24	5:18:40
74	Marshall Roberts	39	5:19:06
85	Grattan Garbee	46	5:21:33
86	Michael Zealand	33	5:21:38
90	Heather House	20	5:24:50
93	Amy Passauer	19	5:25:34
106	Wilbert Hooper	50	5:35:19
108	Stephanie Place	21	5:36:21
116	Blake Edmondson	25	5:42:17
123	Mike Mitchell	52	5:44:10
125	Jon House	49	5:44:58
126	John Cooper	54	5:46:38
128	Micah Jackson	24	5:47:17
144	Matt Rawlins	34	5:55:39
145	Cavan Carlton	34	5:56:57
145	Ryan Carlton	24	5:56:57
154	Nick DeRenzis	30	6:03:42
157	Peter Sengenberger	32	6:04:44
163	Kelly Golden	42	6:09:01
166	Aaron Digloria	28	6:12:35

174	Matt VanDonsel	22	6:14:26
185	Nichole Sherman	20	6:17:41
188	Courtney Chappell	19	6:20:13
189	Katie Knight	22	6:20:13
191	Nancy Ferris	53	6:23:08
193	Donna Hodgert	41	6:24:41
194	Russell Darnell	29	6:25:33
200	Maureen O'Connell	44	6:30:13
203	Robyn Burgess	22	6:30:34
204	Jaime Azuaje	21	6:34:40
214	Wendy Golden	41	6:43:30
215	Matthew Towles	33	6:44:17
217	Anne Parsons	21	6:45:50
225	Lisa Light	47	6:55:34
228	Dan Laslie	53	6:59:39
237	Jared Yeoman	27	7:17:04
243	Angela Whitworth	23	7:29:17
244	John Kurisky	70	7:30:01
244	Jack Kurisky	41	7:30:01

DISCOUNTS

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

Riverside Runners

Offering 10% off on all store sales.
Open: Mon. - Fri. 10:30am - 7:00pm
Saturday, 10:00am - 6:00pm
Come see us at
2301 Rivermont Avenue
Lynchburg, Va. 24503
Phone: (434)846-7449
Webb: www.riversiderunners.com

Dr. Frank Villa

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

Ragged Mountain Running Shop

10% off shoes to Lynchburg Roadrunners since 1982
3 Elliewood Avenue, Charlottesville, Va 22903
Hours: Monday-Friday 10-6:00 / Thursday 10-7 / Saturday 10-5:00 Mark & Cynthia Lorenzoni - 434-293-3367

Bikes Unlimited

10% on select items.

Outdoor Trails

10% on select items.

Lynchburg Orthopedic Lab

10% on Orthotics
1919 Thomson Dr.
(434) 846-1803

**14th Annual Holiday Lake
"Here Comes the Younger Generation"
Feb. 14, 2009
By Dr. David Horton**

The Holiday Lake 50K is the first ultra of the new year in our area. It is also the first event in the Lynchburg Ultra Series (LUS)/ Beast Series. It is also the easiest/fastest ultra of the six Beast ultras. It is also the most beginner friendly race of the six events. As a result, there is usually a lot of first-time ultrarunners and that was true this year as well. Nothing brings me any more pleasure than seeing others find the world of ultrarunning. Their joy is so pure and contagious. Look at our website, xtremeultrarunning.com, and read some of the first-timer stories. It will make you remember the joy that you experienced when you first found ultrarunning.

We had a beautifully designed race shirt this year. The race happened to fall on Valentine's Day, so Dawn Mugford of Canada crafted a shirt with a heart in front and trees and a really nice running scene. The Valentine logo was also used on the finisher's shirt as well. I publically apologize to Dawn that I mistakenly gave credit for the shirt design to another person. Dawn did an incredible job . . . thank you!

We were mandated to make a course change this year because of some trail closures. As a result, there was only .6 of a mile of paved road at the start and the same amount at the end of the race. The loop included more trails and fewer roads. The general consensus was that it was a MUCH better course. I did not hear a single person say they liked the old course better. The old course was close to 34 miles. The majority of runners had the new course measured at 32.1 miles, just one mile over a TRUE 50K course. I thought the new course would be slower, so I increased the time limit from 7.5 hours to 8 hours. As it turned out, the new course isn't slower at all, but I will probably leave the time limit at 8 hours.

Michael Stratton of Blacksburg, Virginia and Virginia Tech, started a trend of getting Hokie students to come to Holiday Lake and the other Lynchburg area ultras several years ago. This year, there were 23 Virginia Tech students and several VT alumni as well. I teach a beginning and advanced running class at Liberty University and one of the requirements for the advanced class is completion of an ultra. I had 11 of those students running Holiday Lake this year and all 11 finished. There were also four other Liberty students who completed the race, as well as 12 faculty and staff members who started and finished. With all the Hokie and LU students, the starting field was much younger than your average age at most ultras. There were 58 runners who finished that were 25 or younger—almost one fourth of the field. The average age of the top ten runners was 25.4 years of age. In the top 20 runners, there was only one runner over the age of 40. The youngsters are taking over.

Another trend in our area, besides lots of younger runners, is more and more local runners are running ultras. We had 62 runners from our local area complete Holiday Lake. There is much more acceptance of ultrarunning as a legitimate sport and not a crazy sport for old has-been runners. I'm really glad to see these two new trends.

We also had several couples run as well. There were fathers and daughters, fathers and sons, and husbands and wives who ran and completed the race. This is really cool to see families run ultras together.

We had 257 start and 248 finish the 2009 Holiday Lake. This 96 percent finishing ratio is great and comparable to previous years.

The ladies field looked like it would be Justine Morrison's (Washington, D.C.) race to lose. Morrison had a terrific season in 2008, winning every ultra she ran in our area. Heather Fisher (Blacksburg, VA) had run well in 2008 and looked to have a chance in giving Morrisson some competition. I did not think anybody else had a chance to keep these ladies in sight. As it turned out, I was correct.

The men's field was deeper in the chase for the winner's title. Aaron Swartzbard (Reston, VA) had been a two-time winner of Holiday Lake. Clark Zealand, director of three of the six Beast Series races, used to be the fastest local runner we had. But with living in Canada for several years, starting a family, and getting his doctorate, he had not regained his former running competence. But I had noticed he was on the comeback trail based upon some of his workouts. Swartzbard had been a contender in every ultra he has run in recently. There were other runners who were also expected to have a chance at winning. Jonathan Basham (Allentown, PA) had previously finished second at Holiday Lake. Local runner, Jeremy Ramsey had won the 2008 Hellgate 100K. Chris Clarke (Blacksburg, VA) had won the 2008 LUS.

Morrison took the lead from the start, gaining a three minute lead on Fisher by AS 1. Her lead continued to grow to 10 minutes by mile 25. Morrison started out very steady and strong, whereas Fisher started out slowly with the following places at the aid stations: 56, 49, 44, 40, 34, 29, 24, and 21st overall at the finish. Morrison finished in a fantastic time of 4:25:18. Fisher closed on Morrison finishing exactly 4 minutes and 30 seconds behind Morrison. Alyssa Godesky (Baltimore, MD) took third place in 4:56:53. Katie Hedley (Richmond, VA) took fourth in 5:02:56. Local runner, Donna Elder, came in 5th place with a time of 5:04:58. The ages of the first four female runners were: 28, 23, 23, and 22. Elder is 46 years old . . . way to hang in there Donna!

Swartzbard took a one-minute lead over the field by AS 1. There were 11 other runners within 3 minutes of the lead at this point. By AS 3 (12.1 miles), Swartzbard had a 3-minute lead over Zealand and local runner Jordan Whitlock. Whitlock is a 21-year-old runner in my running class who had run only one ultra before Holiday Lake this year. Swartzbard could not break these two runners, having only a 2- minute lead over Zealand at 25 miles and 3 minutes over Whitlock at this point. By the last aid station, with 4.5 miles to the finish, Swartzbard had extended his lead to 4 minutes over Zealand with Whitlock another 3 minutes back of Zealand. Swartzbard finished in a fine time of 3:50:11. Zealand took second with a time of 3:44:41, EXACTLY 4 minutes and 30 seconds behind Swartzbard, the exact time difference between the first two ladies. Zealand is back to his fast running like he used to do. Kevin Lane (Asheville, NC) came on strong to take third in 3:58:16. Clarke took fourth in 3:58:44 with Whitlock taking 5th and also breaking 4 hours finishing in 3:59:20.

Elder was thus the women's master winner, with Greg Zaruba (Smithsburg, MD) taking the men's title. The grand masters winners were Dana Beyeler (Russell, PA) and Janice Heltibridle (Mauertown, VA). The supermaster winner was Robert Francis (Branford, CT).

John Price (Virginia Beach, VA) started for the 14th time and finished for the 14th time. Next year, Lord willing, John will finish for the 15th time and then shortly later begin his trans-America run.

I would be remiss if I did not thank our sponsors: **Montrail**, who generously gave tape, shoes, sandals, numbers, and a canopy. **Patagonia**, who provided us GREAT finishing shirts at a discount. Clif, who provided us bars, bloks, and the replacement drink. Finally, I would like to thank local optometrist, **Dr. Frank Villa**, who has been our biggest supporter and our longest running sponsor. Thanks to all of you.

One of the highlights for me is congratulating each runner as they cross the finish line and then shortly thereafter, awarding them their Patagonia Capilene 2 long-sleeved finisher's shirt.

There are now 248 runners who are eligible for the LUS/Beast Series. How many will finish each?

The next race in the LUS/Beast Series is the **Terrapin Mountain 50K** with a very nice new challenging course to be held on **March 28**. The next event I will be directing is the Promise Land 50K on April 25. I hope to see many of you there.

THE 2009 HOLIDAY LAKE 50K MY FIRST ULTRA... WHY?/WHY NOT? John Kurisky

It may have started some 25+ years ago, while at a Lynchburg Roadrunners Club meeting and I heard (what I then thought) was a pretty ridiculous comment... David Horton told me "Running an ultra is easier than running a marathon". I thought to myself: Are you kidding me??? Give me a break!!! I nodded politely, and just wondered what that guy was thinking.

I puzzled over that comment through the years, and it came back to me once in particular after Paul Sherburne and I got done with running my third New York City marathon in the early 1990's, on a meager running schedule. Paul and I reasoned that since we've been there and done it, that we should be able to do it again; our training schedules were dismal, and my longest run was a single ~20 miler, with an upper running base of 20-30 miles a week. It was painful... we couldn't walk up the steps to get into our hotel – we had to go up the steps backwards. Sometime later, David's comment came back to me again: "An ultra is easier than a marathon..." So feeling like I did then, that only meant that I would feel ~15-20% worse if I had done a 50K ultra... no way Jose!!!

Some years later, I got acquainted with ultras, since my oldest son Jack started running them – his first was the JFK 50 miler in 2004. That really knocked my socks off- just how could anybody run or walk or crawl that far, and why. But he finished, and he kept on with many more ultras. In 2008, he did the local ultra Beast series; his Virginia Happy Trails Running Club

awarded him the "Rookie of the Year" award for 2008 – quite an honor with a running club with 681 members. It was just as exciting for him as it was for me.

So I guess that Jack's ultras reignited David's comment one more time; and last October or November when I was talking to Jack about running, I mentioned once again that I'd never done an ultra. His comment was simply "why don't you think about doing one?" That sparked my thoughts, since I had just turned the big 70 this past summer. With this being a milestone year, it might be the time to do one, and I told him that I'd think about it... more in jest than anything else.

Aside from doing a couple of half marathons in recent years, I had not done a longer run since my last Richmond marathon in ~2002. My current running routine amounted to between 10 and 20 miles a week during most of 2008. Memories get short, and when I thought about it a few more times, I decided that if I ever did an ultra, then there's probably no better time to do it than now.

I had a lot of apprehension just thinking about it; my running routine was meager at best, without any really long runs. However, during the last two months of 2008, I beefed up my mileage, and I did do a 15 miler and a 23 miler in December; all my longer runs were at a 12-14 minute per mile pace, with lots of walking breaks. I decided to do the two training runs on the Holiday Lake course (on 1-10-09 and on 2-1-09) and then make the final decision to go or no-go. However, I didn't wait for the second HL training run before I made the decision. It was made in mid January, when David's E-MAIL noted that the new cutoff time to finish would be 8 hours vs. the previous 7 ? hours. I was hooked; I also told my wife and kids what I had signed up to do. That's a great motivator, since there's no backing out once you tell someone about it. My announcement wasn't greeted with jubilation – it was more like "what do you think you're doing", and "don't you think you might be a little on the older side to be doing something like that???"

Along came race day, February the 14th. Jack and I got out there at ~5:50 AM, picked up our race stuff, and got ready for the race. It was dark when the start signal sounded, and off we went up the hill for 0.6 miles and then onto the trail. I was bringing up the rear, and I had some real doubts about the race; I felt winded and tired already, and the race had just started. But my son Jack got me settled in and we got into the routine. It was really a beautiful sight to see the sun coming up over the hills as day broke, and it was a made-to-order race day. The overall weather was ideal – temperatures in the 30's/40's, clear and no mud on the course and just a great day. I was quite a way out from the turnaround when the lead runner passed me, going the opposite direction; Aaron Schwartz bard (who eventually won the men's race with a 3:50:11 time) and Jack exchanged their greetings, and Aaron gave me an encouraging greeting to which I replied the same back to him. It was neat to see other runners I knew by name, and so many more I recognized by face but not by name: Kelly Golden, Wendy Golden, Nancy Ferris, Donna Elder (just talking away with a group of runners, as if she had just left the starting line), Mike Mitchell, Wilbert Hooper, etc – all giving a voice of encouragement and cheer. With the aid stations ~every four miles to break up the routine, we finished the first loop in 3 hours 30 minutes, and then started back in the reverse direction for the second loop.

I think somebody played a trick on us on the reverse loop, somewhere after AS#3 at the 21 mile point. The course for the next 6-8 miles was all uphill (?), but I didn't remember going down them on the first outbound loop; I feel that David went out of his way to get extra hills put on the return course to keep us honest... or whatever. It was getting tougher as we went onwards; we passed the last AS#1 at 6 ? hours, with 4.24 miles to go. And then we got to the one-mile-to-go marker in 7:18. I needed a 12 minute mile to break 7 ? hours. My legs were pretty well shot, and the first 0.4 mile was first uphill, and then some trail before it turned onto the paved road to the finish line. I opened up as much as I could on the paved road, and kept on down the hill to the finish line for a time of 7:30:01.

What a tremendous feeling to cross that finish line, and to get that greeting that only David Horton can give!!! And the greetings from the finish line crew and the other folks at the finish line was memorable. I did it; I finished my first ultra, with special thanks to Jack for pulling me around the course and taking me under his wing. It's a special feeling to do some huff and puff routine with one of your family members, and its extra special when its one of your kids.

Any takeaways? I think too many of us are intimidated by thinking of what we can't do, rather than by at least trying. I regret that I waited until the big 70 to do my first ultra, and I now agree with David Horton that it really is easier to do an ultra than it is to do a 26.2 mile marathon (no one mile markers, constant changing trails and scenery to keep your mind and body in check), a different mindset and type of runner, etc.

I endorse the 2009 HL 50K race shirt with the logo "Run with your heart not your legs." I wholeheartedly encourage everyone to try some other activity or do something different; you'll never know if you can do anything unless you try, and its never too late to try. Will I ever do another ultra? Well, I don't know, but I think I could have done a little better...in spite of at times feeling like I couldn't go another step. So we'll see...

See you at the races, and don't be afraid to try...

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: _____

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