The President's Letter
Greetings fellow runners. I am amazed at the growth in the number of running events and number of runners participating this spring. It used to be that between New Years and Memorial Day we had the VES arctic road race, Poplar Forest Run, Heart Fund Five, and Uncle Billy’s Day. Nowadays there’s a race almost every weekend from the first of March through Memorial Day and sometimes more than one. And the races keep getting bigger – 300 at the Godparent home race per example.

The last newsletter explained the race series rules and gave the race schedule. The first two races of the summer series have had great turnouts and the races have gone off without a hitch. A special thanks to the Shroyers, Malcolm Miller, and Jeff and his crew for making these races happen. For those who drink the Koolaid of ultras, the ever popular Promised Land 50K had several hundred finishers and some amazing times.

We will have our last meeting before the summer break on Tuesday May 12th at 6:30 pm at Monte Carlo’s. Join us for a meal and sit back and listen to our guest speaker Dr. Walker of Orthopaedic Group of Central Virginia explain heat illness and its prevention.

Speaking of Boston, kudos to those local runners who ran this year under near perfect marathon conditions (Kalib Wilkinson 2:24.46, Michael Hayden 3:09.42, Bob Blevins 3:21.50, Chris Gassler 3:27.55, Greg Kosowski 3:40.07, Georgianna Corsini 3:52.08).

Congrats also to the Lynchburg crew who went up to Cville and took home hardware from their 10 Miler.

Due to athletic field changes at Lynchburg College, we’ll need to move the Summer Track Series this June. Assume (unless you hear otherwise) this year we will be at Link-horne middle school’s track.

See you on the roads (or trails) or the May 12th meeting, Bret

Newsletter from 1976. It was interesting reading the articles and authors. There was even a Bernie Davis like poem describing many of the founding fathers. One of who is our beloved newsletter editor, Vic Galan. So for over 33 years Vic has been supporting our club. Next time you see him, give him a big thanks!

It’s not too early to commit to running the Virginia Ten Miler. This year Dick Beardsley of the famed “Duel in the Sun” Boston Marathon (check it out on Wikipedia or Youtube) will come entreat us. He has an amazing story that you want to catch in the EC Glass auditorium on race eve.

Next LRR Club Meeting
Tuesday, 12 May 2009
At Monte Carlo’s
On Old Forest Road
6:30 p.m. Dinner
7:00 p.m. Guest Speaker

Just in time for summer, the importance of hydration and heat related injuries and prevention will be discussed by Dr. Walker of Orthopaedic Group of Central Virginia.

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 8 September.

2009 LRR OFFICERS
President Bret Boman blboman@verizon.net
Vice-President Sue Jones sue.run4him@gmail.com
Secretary Craig Miller aglynchburg@earthlink.net
Treasurer Vic Galan elcid@jetbroadband.com
Membership Heather Vozel heathervozel@yahoo.com
Newsletter Vic Galan elcid@jetbroadband.com

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.
LRR Club Meeting Minutes

By Craig Miller
Secretary

MARCH 10, 2009
The monthly meeting was held at Monte Carlo's restaurant on Old Forest Road. In the absence of Bret Boman, VP Sue Jones assumed the gravel and promptly started the meeting at 7:00 p.m.

Old Business:
Sam Chelega, last month's speaker, ran a recent 5K meet in Arkansas in 13 minutes and 19 seconds.

Jeff Fedorko gave a brief summary of where the 10 miler for 2009 is at this point: The ten miler will held the last Saturday in September for at least the next two years. The VA Ten miler will have a presence in the flyer at the Charlottesville 10 mile race and a possible flyer in the race packet. Brooks shoe company remains on board to help support the race. Dick Beardsley will be the guest of honor this year at the VA Ten Miler. The four mile finish will once again move on to the grounds of Randolph College to help eliminate some congestion on the race course and keep it safer for four miler finishers. It is hoped that the executive committee can meet in the next two weeks or so to discuss some other details concerning the 10 miler.

Treasurer and Newsletter editor, Vic Galan, noted that from the newsletter count there are 130 active members in the LRRC. The club account to date has $448.00 and the Race Series account has $5,600.00 as seed moneys for the coming race season.

Guest Speaker:
Josh Bailey from Rehab Associates of Central VA was the guest speaker. Josh, having spoken at previous LRR meetings is always a welcome guest. He shared about a new service being provided through Rehab Associates at this time.

For a reasonable fee a runner can have his or hers running style video taped, analyzed and discussed. This will determine if there are any major gait problems that need to be addressed. The video will also show areas that could be potential injury situations. The running clinic is open to all levels of runners from elite to the average runner who just wants to improve their time and overall running performance.

April 14, 2009
The April meeting was held at Monte Carlo's restaurant on Old Forest Road. In the absentee of Bret Boman, VP Sue Jones once again assumed the gravel and promptly started the meeting at 7:00 p.m.

Treasurer and Newsletter editor, Vic Galan, reports that from the newsletter count there are 135 active members in the LRRC. The club account to date has $537.99 and the Race Series account has $8,290.00 as seed moneys for the coming race season.

Mary Hanson, of Girls on the Run, was guest speaker. Mary explained how the program engages young girls in grades 3 to 5 in physical activities that promote fellowship, higher self-esteem, improved body image, within a positive peer group setting with positive role models. Studies show that girls who participate in physical activities are 40% less likely to smoke and have lower levels of depression.

Those interested finding out more about Girls on the Run in Greater Lynchburg can access their web site at www.girlsontherun.com or www.girlsontherungreaterlynchburg.org. You can reach Mary on the e-mail address gotgreaterlynchburg@comcast.net.

On the road with Bernie
This morning I biked the Military Ridge Trail some forty miles from Dodgeville to Madison, Wi.

RIDGE RIDE
Thought it would do no harm
To ride out through the farms.
While making good mileage,
I got whiffs of corn silage
And other farm charms.
'Twas as cold as a fridge
On that windy old ridge
As my lonely way I found
Past Mt. Horeb and Blue Mound
And beyond Verona just a smidge.

From Dodgeville to Barneveld,
Oh, the pain my bottom felt!
But I rode on a loner
On into Verona,
A forty-miler under my belt.

Bernie the Bard
UPCOMING RACES

For the area’s most complete race calendar, check out www.lynchburgroadrunners.org

Sun. 2 May - Run for the Roses 5K
Race #3 Lynchburg Road Runners Race Series.
Start and finish in Lynchburg's historic Old City Cemetery, Fourth and Taylor Street Entrance.

Sat. 16 May - New Balance Wondergirl 5K, featuring Girls on the Run of Greater Lynchburg.
8:30am. Kemper St. Station, Lynchburg, VA. For more information on this non-competitive, family oriented event, contact Riverside Runners or Mary Hanson at 434-607-2024 or e-mail gotgreaterlynchburg@comcast.net.

Mon. 25 May - 12th Annual CVKA Memorial Day 10K.
Race #4 Lynchburg Road Runners Race Series.
8:00am Start. Holiday Inn Select Parking Lot, 601 Main St., Lynchburg.
See attached Flyer.

Tues. June 2, 9, 16, 23, 30 - LRRC Summer Track Series,
6:30pm at Linkhorne Middle School.
See this newsletter for schedule of events

Sat. 20 June - Annual Presbyterian Homes 5K,
RACE #5 Lynchburg Road Runners Race Series.
8:00am Start at Presbyterian Homes' campus.
Register on line at raceit.com.

Sat. 4 July - Academy Mile - Out & Back on Commerce St., downtown Lynchburg. Relatively Flat and FAST

June- 2009 Summer Track Series
"Every Tuesday in June"

MEET DIRECTOR: Bret Boman 434-525-5136

WHO: All are invited. Ages 1 to 101! All abilities welcome, 4 minute through 12 minute milers, fast or slow sprinters.

WHAT: Events offered vary with the date. In general, one distance event highlights the evening, followed by 2-3 sprint events. Field events can be added by request. Cost for runners is just one dollar. Age Group ribbons for awards.

WHEN: Meets are held each Tuesday in June. The highlighted distance event of the evening begins at 6:30pm.

2009 EVENT SCHEDULE
JUNE 2: 1500m / 100m / 800m
JUNE 9: 5000m / 200m
JUNE 16: 2 mile / 400m
JUNE 23: 800 m / 200m
JUNE 30: 1 Mile / 400m / 100 m

WHERE: Because of field repair at Lynchburg College this year, we will run at Linkhorne Middle School.
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 18th - Annual Percival's Island 5-Miler.
Sat. August 15th - Lynchburg Half Marathon & 5K.
Sat. September 26th - 36th Annual Virginia 10- Miler, 4- Miler

Posted in the Altavista YMCA wellness center:

"Research demonstrates that 10 weeks of basic and brief strength training can add 3 pounds of muscle and increase resting metabolic rate by 7% (approximately 100 calories a day). You also use about 6 - 8 calories a minute strength training."

"Unfortunately, endurance exercises (running, biking, walking) do not stop the muscle loss that is associated with aging. They are performed to enhance cardiovascular fitness."

"Dieting alone lowers the resting metabolic rate and is unlikely to produce permanent fat loss."

"Wayne Wescott, Ph.D., C.S.C.S."

STRENGTH TRAINING

As you age, your muscles wither.
You can't stop it by running hither and thither.
But running, yet and still, is smart
Because it helps your lungs and heart
As your muscles wither.

So run and bike and walk all day
As your muscles wither away.
But strength training don't bypass.
That's what grows your muscle mass.
At least that's what they say.

Bernie the Bard
RACE RESULTS

Sat. 7th March - 14th Annual Goode
"What Goes Down Must Come Up 4-Miler"
Race Director: Jerome Loy

Comments from Vic Galan
Great weather, lots of new and old faces, breath-taking finish, door prizes, that the last may be first, had a great time, hope there will be pancakes next year.

Order of finish equals Actual time minus Predicted time
Top 10
1st: Barb Bryant finished first with a 50:00 minute prediction in 50 minutes!
2nd: Brian Carlton +1 second slower than 32 min. in 32:01
3rd: Nathan Booth +6 seconds slower than 29:58 with 32:04
4th: R.B. Carter +8 seconds slower than 28:00 with 28:08
5th: Kevin Shroyer + 9 seconds slower than 29:00 with 29:09
6th: Dana Bryant - 14 seconds faster than 50:00 with 49:46
7th: Tiffany Baldridge + 16 seconds slower than 29:58 with 32:04
8th: Linda Peters +18 seconds slower than 38 min. with 38:18
9th & 10th Tie: Erin Elwell -19 seconds faster than 36 min. with 35:41 and Jeanne Craig +19 seconds slower than 39:20 with 39:39

The actual fastest times went to Michael Plazak (25:50) who placed 26th by being 1:20 slower than prediction and Amy Toulson (31:08), placing 27th and being 1:22 seconds faster than her prediction.

Remaining finishers in order of their finish:
Those that ran too fast with approx. how fast they ran followed by a very close estimate to their actual time:
Priscilla Jones –10 min; 68 minutes total
Sandy Brandt – 5:03; 59:57
Terri Loy – 5:02; 59:58
Jeanne Ramsey – 5:01; 59:59
Tian Blodek – 5 minutes; 65:00
Kevin Hansen – 4 min; 34:30
Sid Kerstein – 3; 43:00
Kellie Grogg – 3; 43:00
Christine Hansen – 3; 36:30
Eric Drgaoon – 3; 37:00
Erik Drgaoon – 3; 37:00
Lantz Martin – 3; 33:00
Paul Francis – 3; 33:37
Adam Hopkins – 2 min; 38 min.
Paul Sherburne – 2; 38:40
Lisa Boman – 1:55; 36:05
Tim Groover – 1:44; 36:16
Noah DeLaHunt – 1:41; 32:19
Donna Bryant – 1:39; 32:21
Paul Bryant – 1:37; 36:23
Todd tenPas – 1:34; 26:00 (2nd fastest OVA time)
Chris Richards –1:31; 32:29
Tom Spangenberg – 1:28; 36:32
Amy Toulson – 1:22; 31:08
Linda Shields – 1:15; 36:45
Tim Peterson – 1:13; 32:47
Curtis Whllo – 1:12; 27:48
Rick Benedict – 1:10; 32:50
Donnie Norman – 1:07; 34:53
Bobby White – 1:00; 33:00
Meaghan Parker – 0:55; 39:05
Tessa Englnd – 0:55; 39:05
Brittney May – 52; 39:08
Chad Duff – 50; 35:10
Jamie Smith – 49; 37:11
Harper Loy – 47; 32:13
Lynn Rambert – 39; 37:52
Linda Shields – 38; 37:22
Ted Allen – 37; 31:23
Ryan Carlson – 30; 31:30

Those running slower than prediction with very close estimated results:
Nancy Ferris + 31; 31:51 (2nd fastest female)
Daniel Bryant + 32; 34:32
Virgil Hurt + 52; 33:08
Mike Plazak + 1:20; 25:50
Justin Jantomaso +1:35; 27:35
Sandy Duff + 1:50; 49:59
Christopher Blodek + 2:00; 42-ish
Amanda Morgan + 2:50; 40:50-ish
John Kurisky + 2:51; 46:26
Noah Jantomaso +2:52; 28:02
Katy McIntyre + 3:00; 48-ish
Karen Sims + 3:01; 67:01
Vic Galan + 3:02; 67:02
Bernie Davis +3:03; 43-ish
Diane Wright + 3:04; 47:04
Lucy Wooldridge + 3:15; 39:15 (11 yrs old)
Ashley Armistead + 4; 59-ish
Leigha Schimoeller + 4; 59-ish
Michael Kerr + 4; 39-ish
Hannah Owen + 6; 44-ish
Mary Jo DeLaHunt + 6; 50-ish
Virginia Scott + 6; 54-ish, but got lost
Tricia Mock + 6; 38-ish
Ashley Noonan +6; 38-ish
Glenn Meyer + 6; 52-ish
Spring Zludem + 6; 51-ish
Tyler Wlkerson + 6; 66-ish, but also got lost

Sat. 14th March

GIFTS FOR GULU, 5K

OVERALL AWARDS LIST

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
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<tr>
<td>FEMALE</td>
<td>1 LINDSAY PAPET 17</td>
<td>22:10</td>
<td>1:10</td>
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<tr>
<td>2</td>
<td>ABBY MAY 12</td>
<td>24:32</td>
<td>1:14</td>
</tr>
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<td>3</td>
<td>FEMALE AGE GROUP:  1 - 12</td>
<td>26:42</td>
<td>1:15</td>
</tr>
<tr>
<td>4</td>
<td>TREY FISHER 14</td>
<td>19:20</td>
<td>1:19</td>
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<tr>
<td>5</td>
<td>Will Stratton 15</td>
<td>19:46</td>
<td>1:20</td>
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<tr>
<td>6</td>
<td>Zach Quigg 17</td>
<td>20:27</td>
<td>1:20</td>
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<tr>
<td>7</td>
<td>MALE AGE GROUP:  13 - 19</td>
<td>20:50</td>
<td>1:21</td>
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<tr>
<td>8</td>
<td>ERIC PAULSON 16</td>
<td>20:34</td>
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<td>9</td>
<td>Thomas Grabasleas 16</td>
<td>20:50</td>
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<td>10</td>
<td>Patrick Spencer 16</td>
<td>21:30</td>
<td>1:21</td>
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<tr>
<td>11</td>
<td>Matt Wallace 15</td>
<td>21:31</td>
<td>1:21</td>
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<tr>
<td>12</td>
<td>Joshua Welfare 15</td>
<td>23:10</td>
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<tr>
<td>13</td>
<td>Timothy Marshall 14</td>
<td>23:28</td>
<td>1:21</td>
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</table>

FEMALE AGE GROUP: 1 - 12
1 (51) Seamus Donahue 12 29:25
2 (24) Ali Matisse 16 25:42
3 (27) Jordan Zelenky 16 25:59
4 (31) Paden Tennant 16 26:25
5 (32) Kristen Fisher 16 26:38
6 (35) Tess Herzenberg 17 26:44
7 (37) Mary Jo DeLaHunt 17 27:39
8 (38) Hannah Cleckner 16 27:40
9 (39) Megan Mateja 16 27:41
10 (40) Holly Burgard 14 27:48

MALE AGE GROUP: 13 - 19
1 (54) Katie Griffin 11 26:42
2 (5) Thomas Grabasleas 16 20:50
3 (6) Patrick Spencer 16 21:30
4 (7) Matt Wallace 15 21:31
5 (14) Joshua Welfare 15 23:10
6 (16) Timothy Marshall 14 23:28

FEMALE AGE GROUP: 13 - 19
1 (24) Ali Matisse 16 25:42
2 (27) Jordan Zelenky 16 25:59
3 (31) Paden Tennant 16 26:25
4 (32) Kristen Fisher 16 26:38
5 (35) Tess Herzenberg 17 26:44
6 (41) Hannah Cleckner 16 27:39
7 (42) Megan Mateja 16 27:40
8 (43) Holly Burgard 14 27:41
9 (44) Karlee Lebo 18 28:00
10 (46) Ariel Arnold 17 28:41
Runners of the barefoot kind

Bernie the Bard

No matter how designed.

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<tr>
<td>1</td>
<td>8 Chris Gassler</td>
<td>23</td>
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<td>10 Darrell Wargo</td>
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<tr>
<td>3</td>
<td>14 Justin Jantomaso</td>
<td>15</td>
<td>1:13.68</td>
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<td>4</td>
<td>20 Joseph Burgin</td>
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FEMALE OVERALL RESULTS

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<td>6:06</td>
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<td>20 Rebekah Morris</td>
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<td>2:06.78</td>
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<td>30 Jenny Anderson</td>
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<td>2:23.33</td>
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MALE OVERALL RESULTS

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<td>21 Andrew Rigler</td>
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<td>22 Jordan Whitlock</td>
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<td>1:42.45</td>
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<td>3</td>
<td>42 Brian Kelleher</td>
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<td>1:52.05</td>
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FEMALE MASTERS OVERALL CHAMPION

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<td>1 Sarah Davidson</td>
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MALE MASTERS OVERALL CHAMPION

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<tr>
<td>1</td>
<td>1 Darrell Wargo</td>
<td>40</td>
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AGE GROUP RESULTS

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<tr>
<td>100 - 119</td>
<td>76 Bernadette Galinski</td>
<td>50</td>
<td>50.26</td>
<td>5.72</td>
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<tr>
<td>120 - 129</td>
<td>79 Carol Hardin</td>
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<td>5.72</td>
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FEMALE AGE GROUP: 50 - 59

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<td>1</td>
<td>18 Walter Allen</td>
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<td>60 Bernie Davis</td>
<td>70</td>
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FEMALE AGE GROUP: 60 - 99

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<tr>
<td>1</td>
<td>69 Marcy Catalano</td>
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MALE AGE GROUP: 20 - 29

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<td>2</td>
<td>50 Ashton Ogden</td>
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<td>54 Brooke Denison</td>
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FEMALE AGE GROUP: 30 - 39

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<td>2</td>
<td>65 April Allen</td>
<td>36</td>
<td>33:36</td>
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<tr>
<td>3</td>
<td>73 Nancy Turner</td>
<td>37</td>
<td>36:43</td>
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MALE AGE GROUP: 30 - 39

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FEMALE AGE GROUP: 40 - 49

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FEMALE AGES RESULTS

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MALE AGES RESULTS

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<td>22 Jordan Whitlock</td>
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**FEMALE AGE GROUP: 25 - 29**

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**FEMALE AGE GROUP: 30 - 34**

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**FEMALE AGE GROUP: 35 - 39**

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**FEMALE AGE GROUP: 40 - 44**

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**FEMALE AGE GROUP: 45 - 49**

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**FEMALE AGE GROUP: 50 - 54**

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**FEMALE AGE GROUP: 55 - 59**

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**MALE AGE GROUP: 25 - 29**

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<td>Thomas Brown</td>
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**MALE AGE GROUP: 30 - 34**

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**MALE AGE GROUP: 35 - 39**

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**MALE AGE GROUP: 40 - 44**

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**MALE AGE GROUP: 45 - 49**

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**MALE AGE GROUP: 50 - 54**

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**MALE AGE GROUP: 55 - 59**

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MALE AGE GROUP: 60 - 99
1 41 Walter Allen 60 23:03 7:14
2 51 Horace Ellis 67 24:26 7:40
3 57 Tommy Harris 69 25:09 7:54
5 128 William Gray 63 32:37 10:15
6 133 Russ Daubert 63 32:56 10:21
7 183 John Billingslea 71 45:28 14:16
8 184 Victor Galan 72 45:38 14:20
9 194 James Keane 60 57:36 18:05

FEMALE AGE GROUP: 60 - 99
1 125 Brenda Gray 62 32:19 10:09
2 193 Kathy Keane 60 49:54 15:40

FEMALE OVERALL RESULTS
1 Brenda Gray 62 32:19 10:09
2 Kathy Keane 60 49:54 15:40

Sat. 4 April - 34th Charlotteville 10 Miler
Weather: Cool, CLEAR, 50 deg, 2,225 finishers.
Lynchburg area finishers and awards grabbers are as follows:

AWARDS LIST - FEMALE
Place Name Age chiptime
1 Shannon Saunders 24 1:01:39
2 Mina Thorstenson 25 1:02:28
3 Melissa Rittenhouse 32 1:04:25

AWARDS LIST - MALE
Place Name Age chiptime
1 Charlie Hurt 25 52:02
2 Robert Thiele 30 52:13
3 Sean Keveryen 18 54:13
7 Ryan Wheeler 31 56:07

AGE GROUP AWARDS
Place Name Age chiptime
MALE AGE GROUP: 30 - 34
2 Nathan Hottle 32 1:00:15
3 Ryan Webb 30 1:00:40

MALE AGE GROUP: 35 - 39
1 Jeffrey Harrington 38 59:09
2 Joel Wallschlaeger 36 1:02:39

MALE AGE GROUP: 45 - 49
4 Len Barker 49 1:03:04

FEMALE AGE GROUP: 50 - 54
2 Nancy Ferris 53 1:17:54

FEMALE AGE GROUP: 50 - 54
3 Bret Boman 50 1:08:53

LYNCHBURG AREA FINISHERS
Place Name Age chiptime
35 Joel Wallschlaeger 36 1:02:36
87 Benjamin Haseltine 21 1:08:03
89 Nick Pontius 35 1:07:59
129 Rb Carter 50 1:09:37
138 Stephen Page 20 1:10:20
151 Mike Pflieger 35 1:11:04
167 Isaac Olsen 21 1:11:41
288 Mike Donahue 36 1:15:55
360 Michael Skinner 19 1:17:42
394 Frank Selden 42 1:18:18
441 Nick Derenzis 31 1:19:08
626 Joseph Dillon 23 1:22:54
774 Hannah Charleston 24 1:26:06
866 Hannah Hinkson 19 1:27:16
986 Greta Fiedler 19 1:27:29
1039 Ashley Kline 19 1:30:04
1046 Jeff Coleman 37 1:30:59
1097 Kevin Struble 37 1:30:39
1108 Brandy Tate 24 1:31:23
1142 Andrew Eppes 26 1:31:35
1180 Sarah Chartslha 26 1:31:44
1197 Kimberly Mitchell 32 1:32:35
1237 Anthony Wiseman 23 1:32:21
1285 Ben Brennan 65 1:33:15
1290 Jimmy Davis 46 1:33:51
1329 Julianna Smith 21 1:34:45
1336 Jaclyn Bailey 18 1:34:10
1357 Leslie Beverly 28 1:37:30
1358 Julie Pierce 45 1:37:01
1542 Colleen Miller 50 1:37:03
1592 Colleen Dougherty 38 1:37:59
1596 Leslie Phillips 42 1:38:25
1721 Stephanie Goudeau 24 1:41:32
1770 Jonathan Ruffo 34 1:43:06
1811 Lisa Thomas 40 1:43:35
1529 Joseph McCabe 26 1:43:49
1527 Holly McCabe 24 1:43:50
1529 Joseph McCabe 26 1:43:49
1536 Alison Kline 29 1:37:31
1537 Leslie Beverly 28 1:37:30
1538 Julie Pierce 45 1:37:01
1542 Colleen Miller 50 1:37:03
1592 Colleen Dougherty 38 1:37:59
1596 Leslie Phillips 42 1:38:25
1721 Stephanie Goudeau 24 1:41:32
1770 Jonathan Ruffo 34 1:43:06
1811 Lisa Thomas 40 1:43:35
2044 Glenn Meyer 53 1:51:53
2107 Dayna Shesko 26 1:57:19

MALE OVERALL RESULTS
1 Jordan Whitlock 21 16:30
2 Jeff Harrington 38 17:34
3 Brian Kelleher 42 18:05

FEMALE OVERALL RESULTS
1 Rebekah Morris 23 20:16
2 Rebecca Parson 28 20:43

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

AWARDS LIST
FEMALE OVERALL RESULTS
1 Sarah Krycinski 28 19:35
2 Rebekah Morris 23 20:16
3 Rebecca Parson 28 20:43
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<td>28 298 Maggie Woconish</td>
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<td>12 156 Jennifer Hollis</td>
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**FEMALE AGE GROUP: 25 - 29**

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**MALE AGE GROUP: 20 - 24**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Age</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-24 FEMALE</td>
<td>13 299 Brian Ellis</td>
<td>22</td>
<td>51:53</td>
</tr>
<tr>
<td>20-24 MALE</td>
<td>28 298 Maggie Woconish</td>
<td>18</td>
<td>51:52</td>
</tr>
<tr>
<td>25-29 FEMALE</td>
<td>9 192 Kris Watts</td>
<td>30</td>
<td>29:35</td>
</tr>
<tr>
<td>25-29 MALE</td>
<td>18 162 Betty Brooks</td>
<td>32</td>
<td>29:09</td>
</tr>
<tr>
<td>30-34 FEMALE</td>
<td>12 156 Jennifer Hollis</td>
<td>36</td>
<td>27:12</td>
</tr>
<tr>
<td>30-34 MALE</td>
<td>19 168 Lori Gardner</td>
<td>35</td>
<td>27:03</td>
</tr>
</tbody>
</table>

**FEMALE AGE GROUP: 25 - 29**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Age</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-24 FEMALE</td>
<td>2 27 Whitney Wynn</td>
<td>25</td>
<td>21:26</td>
</tr>
<tr>
<td>20-24 MALE</td>
<td>4 20 Dennis Coan</td>
<td>24</td>
<td>20:42</td>
</tr>
<tr>
<td>25-29 FEMALE</td>
<td>2 90 Daniel Willson</td>
<td>26</td>
<td>26:27</td>
</tr>
<tr>
<td>25-29 MALE</td>
<td>5 71 Jennifer Captain</td>
<td>29</td>
<td>25:19</td>
</tr>
<tr>
<td>30-34 FEMALE</td>
<td>4 88 Don Kidd</td>
<td>27</td>
<td>26:25</td>
</tr>
<tr>
<td>30-34 MALE</td>
<td>7 90 Daniel Willson</td>
<td>26</td>
<td>26:27</td>
</tr>
</tbody>
</table>
Runners of the barefoot kind
Bernie the Bard
No matter how designed.

1    51 Kristie Shroyer       48  23:49
FEMALE AGE GROUP:  45 - 49
2    91 Wendy Fariss           46  26:26
3    93 Sue Jones              48  26:34
4    103 Stacy Steuart         45  27:13
5    201 Alica Matherly        45  31:32
6    246 Lyn Mathews            45  35:05
7    262 Freda Spencer          49  38:01
8    266 Brown Renee            45  38:53
9    269 Susan May              49  39:16
10   272 Cindy McCarty          49  39:49
11   285 Annette Sherwood       49  48:35
12   295 Terri Ott              48  51:02

MALE AGE GROUP:  50 - 54
1    9 R.B. Carter              50  19:32
2    16 Preston Evans           52  20:19
3    48 Hugh Reed               51  23:31
4    54 Mark Bushing            52  24:10
5    69 Bill Chapin             53  25:18
6    116 Joe Grabaskas          52  27:59
7    136 Keith Coalson          52  28:56
8    251 Denny McHaney          50  36:37

FEMALE AGE GROUP:  50 - 54
1    178 Sara Bryant            50  30:51
2    182 Rowana Okun             54  30:57
3    190 Laura Shannon          52  31:12
4    205 Diane Wright           53  31:42
5    244 Robbie Arthur          53  34:43
6    254 Ann Hicks              50  36:45
7    282 Janet Abbott           50  46:00
8    283 Dana Johnson           52  46:02
9    289 Lisa Woods             52  50:26
10   303 Jane McHaney           52  52:14

MALE AGE GROUP:  55 - 59
1    195 Deborah Allen           59  31:25
2    208 Nancy Blackwell         56  31:51
3    214 Gail Copeland           59  32:18
4    227 Debbie Martin           56  33:43
5    304 Nancy Horton            58  52:15

FEMALE AGE GROUP:  55 - 59
1    30 Walter Allen             60  21:59
2    53 Horace Ellis             67  23:58
3    76 Tommy Harris             69  25:33
4    112 Russ Daubert            63  27:47
5    129 Bob Foster              63  28:33
6    149 Ed Dawson               61  29:31

7   255 John Billingslea       71  37:27
8   291 Bob Huntington         86  50:31
FEMALE AGE GROUP:  60 - 99
9   199 Linda Peters            62  26:56
10  231 Priscilla Jones         60  33:59
11   99 Kathy Early             60  50:31
12   301 Bertha Woody           62  52:01
13   302 Jean Billingslea       72  52:07
14   306 Roma Peters            67  52:21

Mon. 20 April - 113th Boston Marathon

Deriba Merga of Ethiopia won the Boston Marathon in 2:08:42.
Saliva Kosgei of Kenya won the female division in 2:32:16.
Congratulations to the following Lynchburg area finishers.

Kalib Wilkinson  2:24:46
Michael Hayden  3:09:42
Bob Blevins      3:21:50
Chris Gassler   3:27:55
Greg Kosowski   3:40:07
Giorgianna Corsini   3:52:08

Sat. 25 April - Promised Land 50K Trail Race

Top Runners include:

Place NameAge  Time
1    Sean Andrich, 39     5:02:17
2    Jeremy Ramsey, 33     5:09:19
3    Jordan Whitlock, 21   5:15:09
4    Darryl Smith, 37     5:26:09
5    Keith Nipling, 33     5:28:32
6    Eric Webb, 22         5:31:16
7    Michael Hayden, 19    5:35:04
8    Christopher Miller, 35 5:38:20
9    Steve Warner, 30      5:43:30
10   Mario Raymond, 36     5:47:35
11   Bethany Patterson, 30 5:50:10
12   John Cassilly, 42     5:50:10

Lynchburg Area Runners:

Male 19 & Under
200 Youngson Kim, 18  8:54:20

1    18 Micah Jackson, 29    6:01:34
20  40 Jeremy Gallant, 25    6:31:17
25   59 Mark Traeger, 28     6:51:44
68   Blake Edmondson, 25    6:56:57
131  Nathan Eastlake, 26     7:50:16
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% discount 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
Web: www.riversiderunners.com

**Dr. Frank Villa**
10% discount on all eye glasses and exams.
(Does not include disposable contacts)

**Ragged Mountain Running Shop**
10% off shoes to Lynchburg Roadrunners since 1982.
Open: Monday-Friday 10-6:00
Thursday 10-7
Saturday 10-5:00
3 Elliewood Avenue
Charlottesville, VA 22903
Mark & Cynthia Lorenzoni - 434-293-3367

**Bikes Unlimited**
10% discount on select items.

**Outdoor Trails**
10% discount on select items.

**Lynchburg Orthopedic Lab**
10% discount on Orthotics
1919 Thomson Drive
(434) 846-1803

Have a real cool summer and get ready for some great Fall races!
The Bozeman's Trails
2009 Shamrock Marathon
By Steve Bozeman

Shamrock Marathon was my very first marathon in 1978 and after I finished in 3:50 I swore I
would never do another marathon. Never say never!! I ran the Richmond and Marine Corps
Marathon in the fall and I was hooked.

I finished the Shamrock in 4:10 this year and I figure 31 years later if I'm only 20 minutes
slower, I'll take it. I'm proud to say I still have the desire and love for marathons that I had
when I first started and hope I can continue another decade or so.

Since 1978 I've run just over 300 marathons and ultras and very lucky that my joints have held
up. Many of these I ran with my wife Debbie. I contribute this to doing cross training like bik-
ing and swimming when I completed my first triathlon in 1979, which I still enjoy doing as
well. I didn't intend to, but I hold the American record for completing 15 Double Ironman Tri-
athlons and thinking about doing #16 next year to commemorate the 25th anniversary when it
was held in 1985 in Huntsville, Ala. on Labor Day weekend when only 21 triathletes started.

Thanks to David Horton and the many ultra races he has directed locally, I was able to keep
racking up ultras and still enjoy doing those. I'm looking forward to competing my 6th Promise
Land 50K this year.

Also, at age 62 I'm looking forward to finishing my 33rd Va. 10-miler this year in a row and
hope to make it number 43 in 10 years. My hats off to Bill Fastabend for completing all of
them. I'm very pleased that the LRRC and Race Director Jeff Ferdoka has got the race back on
fast track to being the premier race in this area.

Shamrock Marathon weather was perfect this year - 36 degrees and sunny at start and in 50's at
finish with very little wind. Friend of mine, Stan Pierce, from Tennessee ran with me whole
way - he ran with us for the past three years at MCM (no flag).

It was 57 seconds before my foot hit the mat at starting line. In the first 4 miles I never saw a
mile marker, but felt pace was about 9:20 or so. At 5 miles my clock time was 45:49, an aver-
age of 9:10 pace for first 5 miles At twelve miles I got gel pack & salt tablets from fanny pack
and walked a while. At sixteen miles I took gel pack and put IPOd in my ears for music. At
eighteen miles I slowed down to chat with a young lady who told me I had great legs. At
twenty miles I took some Tylenol.

Finished in 4:10:34 chip time, YEA!!!!!!!!!!!! Not bad for very low training mileage (25 a
week) and longest run of only 13 miles two weeks prior since the JFK-50 in Nov. '08. I never
really hit the Wall in the race, which is rare. I was amazed to stay under 10 minutes per mile
for most of the last 10 miles to finish. It wasn't easy but I kept telling myself that this is "race
day" and not just another training day and it will be another year before you run this again, so
make it count. This was a very positive finish for me and I am now looking forward to the rest
of the year, especially, the Ironman Triathlon on Aug. 30th in Louisville Kentucky.
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

Visit us at:
www.lynchburgroadrunners.org

2301 Rivermont Avenue • Lynchburg, Virginia
(434) 846-7449 • www.riversiderunners.com

Store Hours: Mon-Fri – 10:30a.m.-7:00p.m.
Sun – Long Run

**With your membership card, you can get 10% off on all store sales!

Thank you Lynchburg Road Runners for your support!