

# The Milepost

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



MAY - JUNE 2009

## 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 God-parent 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 Kool-aid 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. We will take a break from our monthly meetings for the summer months and resume in September.

Mike Mcphatter gave me a copy of the original Lynchburg Roadrunner

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 entertain us. He has an amazing story that you want to catch in the EC Glass auditorium on race eve.

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 form 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 12<sup>th</sup> meeting ,

Bret

## 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**  
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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](http://www.lynchburgroadrunners.org). You may also find the latest race information at [www.riversiderunners.com](http://www.riversiderunners.com).

**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**

## 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 Chelenga, 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 newsletter is available via e-mail at this time, though there are still some paper copies being mailed out to those who have that preference. 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 absence 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](http://www.girlsontherun.com) or [www.girlsontherungreaterlynchburg.org](http://www.girlsontherungreaterlynchburg.org). You can reach Mary on the e-mail address [gotgreaterlynchburg@comcast.net](mailto:gotgreaterlynchburg@comcast.net).

## UPCOMING RACES

**For the area's most complete race calendar, check out [www.lynchburgroadrunners.org](http://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.

Info. and registration: Riverside Runners [www.riversiderunners.com](http://www.riversiderunners.com) (846-7449).

**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](mailto: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.

Info. and applications at Riverside Runners, [www.riversiderunners.com](http://www.riversiderunners.com) (846-7449) or [www.phfs.org](http://www.phfs.org) (455-3650).

Register on line at [raceit.com](http://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,

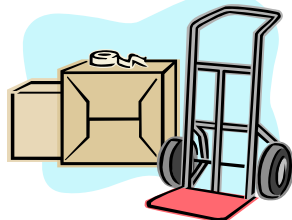
Sat. July 4th - 3rd Annual Downtown Academy Mile.

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

## **!! MOVING !!**



If you have recently moved or are planning to move please notify us of your new street address, phone number and e-mail contact by mailing them to:

Lynchburg Roadrunners  
C/O Membership Chairman  
P.O. Box 11223  
Lynchburg, Va. 24506

Please don't forget to keep your e-mail address updated, especially if you receive the Milepost via the Web.

## **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 Baldrige + 16 seconds slower than 42:00 with 42:16  
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 Blondek - 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 Dragaon - 3; 37:00  
Erin Dragon - 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 Spangenburg - 1:28; 36:32  
Amy Toulson - 1:22; 31:08  
Linda Shields - 1:15; 36:45  
Tim Peterson - 1:13; 32:47  
Curtis Whitlow - 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 Englund - 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 Carlton - 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 Blondek + 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 Schimmoeller + 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 Ziudema + 6; 51-ish  
Tyler Wilkerson + 6; 66-ish, but also got lost

### Sat. 14th March GIFTS FOR GULU, 5K

#### OVERALL AWARDS LIST

<u>Place Name</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
FEMALE			
1 LINDSAY PAPET	17	22:10	7:09
2 ABBY MAY	12	24:32	7:54
3 Rose White	16	25:15	8:08

#### MALE

1 TREY FISHER	14	19:20	6:14
2 Will Stratton	15	19:46	6:22
3 Zach Quigg	17	20:27	6:35

#### AGE GROUP

##### Place (OA) Name Age Time

#### MALE AGE GROUP: 1 - 12

1 (51) Seamus Donahue 12 29:25

#### FEMALE AGE GROUP: 1 - 12

1 (34) Katie Griffin 11 26:42

#### MALE AGE GROUP: 13 - 19

1 (4) ERIC PAULSON 16 20:34  
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

11	47 Nicki Keiser	17	28:44
12	50 Ashton Ogden	18	29:14
13	54 Brooke Denison	17	30:48
14	55 Tessa Meisheid	18	31:04
15	58 Payge Alexander	17	32:12
16	59 Emma Galinskie	16	32:13

**MALE AGE GROUP: 20 - 29**

1	15 Sean Cochran	25	23:25
2	52 Richard Suddith	22	29:34
3	56 Daniel Morgan	20	31:56
4	57 John Hutt	21	31:57
5	66 Joey Colson	26	35:21

**FEMALE AGE GROUP: 20 - 29**

1	29 Katie Zimmerman	22	26:21
2	38 Elizabeth Kwiatkows	20	27:07
3	40 Catherine Adams	24	27:35
4	45 Sarah Hardin	20	28:36
5	48 Monica Catalano	28	28:51
6	49 Heather Vozel	27	29:01
7	68 Joseph Rachael	21	35:39

**MALE AGE GROUP: 30 - 39**

1	13 Michael Donahue	36	22:39
2	19 Chad Duff	36	24:04
3	26 Rodney Beale	39	25:56
4	28 Gary Gellert	39	26:05
5	37 Michael Cheatwood	38	26:54
6	39 Anthony Lougee	38	27:20
7	61 Christian Wilwohl	32	32:51

**FEMALE AGE GROUP: 30 - 39**

1	62 Rachel Mithcell	38	32:59
2	65 April Allen	36	33:36
3	73 Nancy Turner	37	36:43
4	74 Sandy Duff	35	39:57

**MALE AGE GROUP: 40 - 49**

1	8 Chris Gassler	40	21:33
2	10 Darrell Wargo	40	22:23
3	12 Norris Welfare	49	22:29
4	17 Randy Nixon	45	23:31
5	23 Stephen Washburn	45	25:37
6	25 Jim Gallagher	42	25:44
7	30 Mark Sheehan	43	26:24
8	36 Mikel Griffin	44	26:45
9	53 Don Keiser	46	29:37
10	63 Greg Mccauley	47	33:27
11	70 William Ogde	45	36:09

**FEMALE AGE GROUP: 40 - 49**

1	22 Kathleen Washburn	43	25:21
2	64 Kim Cuneo	47	33:35
3	67 Karen Harris	48	35:25
4	71 Kristen Ogden	41	36:11
5	72 Susan Coalson	42	36:40
6	75 Cindy Arnold-Steele	43	39:59

**MALE AGE GROUP: 50 - 59**

1	11 Don Lucy	59	22:26
2	33 Walker Pennock	58	26:39
3	78 William Edwards	50	42:15

**FEMALE AGE GROUP: 50 - 59**

1	76 Bernadette Galinski	50	40:01
2	79 Carol Hardin	53	50:06

**MALE AGE GROUP: 60 - 99**

1	18 Walter Allen	60	23:53
2	60 Bernie Davis	71	32:41

**FEMALE AGE GROUP: 60 - 99**

1	69 Marcy Catalano	61	35:52
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**GIFTS FOR GULU**

The day was cold and dampus  
 When we ran the LC campus.  
 I mean it was a lulu  
 When we ran Gifts for Gulu.  
 And yet, it didn't cramp us.

**Bernie the Bard**

**Sat. 4 April - Lynchburg, VA:**

**Point of Honor 5K**

**Race #1 Lynchburg Road Runners Race Series.**

Race Director: Kevin Shroyer  
 With clear, cool but blustery wind conditions, 199 hardy runners climbed the Point of Honor hill twice to be greeted by staff in period costume and finish the race. Lots of valuable door prizes preceded the presentation of awards.

**AWARDS LIST**

Place	Name	Age	Time	Pace
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**FEMALE OVERALL RESULTS**

1	Sarah Krycinski	28	20:03	6:18
2	Rebekah Morris	23	20:57	6:35
3	Jenny Anderson	35	21:32	6:46

**MALE OVERALL RESULTS**

1	Andrew Rigler	18	16:40	5:14
2	Jordan Whitlock	21	17:29	5:30
3	Brian Kelleher	42	18:31	5:49

**FEMALE MASTERS OVERALL CHAMPION**

1	Sarah Davidson	44	22:16	7:10
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**MALE MASTERS OVERALL CHAMPION**

1	Darrell Wargo	40	20:25	6:34
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**AGE GROUP RESULTS**

Pl.	OA Name	Age	Time	Pace
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**MALE AGE GROUP: 1 - 13**

1	28 Noah Jantomaso	12	21:48	6:51
2	32 Ben May	12	22:14	6:59
3	97 Jacob Olichney	11	29:30	9:16
4	124 Bookem	2	32:07	10:05
5	137 Evan Olichney	13	33:25	10:30

**FEMALE AGE GROUP: 1 - 13**

1	75 Abby May	12	26:20	8:16
2	86 Lindsay Broman	13	28:04	8:49
3	107 Jill Walton	11	30:14	9:30
4	108 Lucy Wooldridge	11	30:35	9:36
5	153 Hannah Johnson	12	35:13	11:04
6	163 Bevin Eastman	13	36:31	11:28
7	174 Caroline Branham	7	40:46	12:48
8	178 Mary Ware	12	43:01	13:30
9	186 Kaylyn Martin	13	47:54	15:02
10	190 Kendall Branham	10	49:31	15:33
11	195 Miranda Price	11	57:36	18:05

**MALE AGE GROUP: 14 - 19**

1	4 Will Statton	15	19:01	5:59
2	15 Noah Delahunt	16	20:28	6:26
3	17 Matt Wallace	16	20:33	6:27
4	20 Joseph Burgin	15	20:46	6:31
5	23 Justin Jantomaso	14	20:58	6:35
6	49 Preston Rogers	15	24:14	7:37
7	67 Bobby White	15	25:49	8:07
8	104 Chance LaFratta	14	29:56	9:24
9	106 Ty Ramberg	15	30:11	9:29
10	130 Aaron Johnson	17	32:44	10:17

**FEMALE AGE GROUP: 14 - 19**

1	102 Courtney Bryant	15	29:50	9:22
2	129 Michelle Viar	18	32:39	10:15
3	131 Taylor Reedy	18	32:46	10:17
4	144 Rachel Vos	16	34:25	10:48
5	187 Maylen Searls	18	47:56	15:03
6	192 Kelsey Smith	19	49:53	15:40

**MALE AGE GROUP: 20 - 24**

1	5 Joseph Parker	23	19:19	6:04
2	11 Austin Sheldon	23	20:05	6:19
3	12 Thomas Syre	22	20:10	6:20

4	19 Montana Gibson	23	20:42	6:30
5	25 Dennis Coan	24	21:15	6:41
6	36 Brandon Hagar	24	22:56	7:12
7	81 Steven McAtce	23	26:58	8:28
8	118 Jonathan Schwartz	24	31:33	9:54
9	171 Charles Tyler	20	39:31	12:24

**FEMALE AGE GROUP: 20 - 24**

1	53 Stacey Crawley	23	24:43	7:46
2	58 Tonia Rutherford	24	25:10	7:54
3	61 Leslie Parker	21	25:20	7:57
4	66 Brandy Gibbs	23	25:47	8:06
5	71 JoEllyn McAtce	23	26:10	8:13
6	90 Liz Barry	24	28:35	8:59
7	119 Carla Bunch	21	31:34	9:55
8	138 Katie Lewis	24	33:30	10:31
9	150 Cassie Clerkin	23	35:09	11:02
10	162 Emily House	22	36:11	11:22
11	164 Caitlin Toynbee	22	37:07	11:39
12	191 Catherin Gumpman	21	49:32	15:33

**MALE AGE GROUP: 25 - 29**

1	30 Alan Biggio	27	22:02	6:55
2	38 Joshua Yoeman	25	22:58	7:13
3	44 Ryan Earle	28	23:29	7:23
4	84 Daniel Wilson	26	27:19	8:35
5	120 Rick Bunch	25	31:38	9:56
6	121 Keith Coalson	25	31:45	9:58

**FEMALE AGE GROUP: 25 - 29**

1	31 Whitney Wynn	25	22:09	6:58
2	37 Natasha Yoeman	25	22:57	7:13
3	52 Elisa Day	27	24:31	7:42
4	60 Jennifer Captain	29	25:17	7:56
5	68 Jodi Kordonski	26	25:50	8:07
6	79 Jennifer Washburn	27	26:44	8:24
7	80 Mary Earle	28	26:45	8:24
8	83 Erin Dragan	27	27:11	8:32
9	87 Meredith Becker	27	28:32	8:58
10	98 Erin Bromley	25	29:32	9:17
11	99 Jill Nance	27	29:33	9:17
12	110 Mrogan Connor	27	30:40	9:38
13	126 Heather Coe	25	32:29	10:12
14	140 Stefanie Williams	29	33:39	10:34
15	148 Kristen Cooper	27	34:54	10:58
16	181 Faith Martin	29	45:23	14:15
17	182 Leigh Ann Hines	28	45:26	14:16

**MALE AGE GROUP: 30 - 34**

1	6 Dwayne Fitts	31	19:28	6:07
2	8 Chet White	33	19:32	6:08
3	9 Daniel Boyers	30	19:53	6:15
4	21 John Turner	33	20:53	6:34
5	27 Randall Birnschein	30	21:40	6:48
6	29 Jeremy White	33	21:56	6:53
7	82 Eric Dragan	31	26:59	8:28
8	92 Zachary Stinson	31	28:39	9:00

**FEMALE AGE GROUP: 30 - 34**

1	46 Nina Dillon	34	23:46	7:28
2	117 Jennifer Cave	30	31:27	9:53
3	122 Mary Carter Stallin	31	32:03	10:04
4	154 Deana Greene	32	35:20	11:06
5	158 Laura Sprouse	33	35:49	11:15
6	168 Erica Peak	30	37:44	11:51
7	169 Tressa Jones	32	37:46	11:52
8	170 Leslie Hoglund	31	38:47	12:11
9	185 Wendy Storey	34	45:45	14:22

**MALE AGE GROUP: 35 - 39**

1	7 Marcus Wright	36	19:30	6:08
2	13 Chad Waterworth	36	20:18	6:23
3	35 Roger Bunce	37	22:54	7:12
4	40 Chad Duff	36	23:01	7:14
5	48 Kevin Hansen	38	24:13	7:36
6	59 James La Prade	37	25:16	7:56
7	64 Brian LaFratta	37	25:30	8:01
8	73 Gene Page	35	26:16	8:15
9	101 Billy Drinkard	39	29:43	9:20
10	112 David McBride	36	31:06	9:46
11	156 Brandon Zuidema	37	35:28	11:08
12	157 Brian Sprouse	36	35:29	11:09
13	198 David Edmondson	38	01:25	19:17

**FEMALE AGE GROUP: 35 - 39**

1	63 Cynthia Hunter	35	25:26	7:59
2	69 Kellie Hudson	35	25:51	8:07
3	74 Christy Howard	35	26:18	8:16
4	76 Lori Lee	38	26:38	8:22
5	85 Erika Wray	35	27:24	8:36
6	100 Jennifer Walton	36	29:37	9:18
7	103 Holly Knight	35	29:54	9:23
8	127 Betty Harrington	37	32:35	10:14
9	135 Amy Mapes	38	33:04	10:23
10	143 Charmain Bryant	39	34:17	10:46
11	149 Nancy Turner	37	34:56	10:58
12	151 Sara Bond	36	35:10	11:03
13	155 Spring Zuidema	38	35:22	11:06
14	159 Lisa Drinkard	39	36:03	11:19
15	166 Sandy Duff	35	37:32	11:47
16	167 Heather Childress	37	37:43	11:51
17	176 Susan Eastman	39	42:41	13:24
18	177 Crystel Ware	38	42:43	13:25

**MALE AGE GROUP: 40 - 44**

1	42 Malcolm Miller	43	23:11	7:17
2	47 Kinckle Robinson	42	23:47	7:28
3	50 Jamie Grassano	42	24:22	7:39
4	77 Steve Hammer	43	26:41	8:23
5	147 Jacquelyn Mosby	44	34:48	10:56
6	160 John Prastinski	42	36:08	11:21
7	179 John Johnson	44	44:11	13:52

**FEMALE AGE GROUP: 40 - 44**

1	94 Linda Shields	42	28:41	9:01
2	95 Lynn Ramberg	40	28:47	9:02
3	96 Barbra Hopper	43	29:00	9:06

4	105 Vicky Phelps	44	30:00	9:25
5	136 Lara Olichney	40	33:05	10:23
6	146 Susan Coalson	42	34:46	10:55
7	165 Monica Prastinski	41	37:31	11:47
8	197 Tracy Price	41	57:39	18:06

**MALE AGE GROUP: 45 - 49**

1	18 Norris Welfare	49	20:39	6:29
2	39 Randal Nixon	45	22:59	7:13
3	55 Donnie Norman	46	24:56	7:50
4	65 Mike Gilley	49	25:45	8:05
5	78 Larry Mobley	49	26:42	8:23
6	88 Geb Broman	47	28:33	8:58
7	89 Yesh Khanna	46	28:34	8:58
8	91 Mitch Nuckles	46	28:38	9:00
9	111 Charles Lein	45	30:43	9:39
10	123 Lee Haag	46	32:05	10:05
11	145 Scott Goodman	45	34:45	10:55
12	196 Jerry Price	47	57:37	18:05

**FEMALE AGE GROUP: 45 - 49**

1	70 Kristie Shroyer	48	25:53	8:08
2	114 Cheryl Rogers	49	31:12	9:48
3	116 Tracey White	46	31:23	9:51
4	139 Bernadette Clerkin	47	33:31	10:31
5	172 Mary Beth Robb	47	39:32	12:25
6	175 Lesley McPhatter	45	42:07	13:13
7	180 Bonita Johnson	46	45:10	14:11
8	189 Sondra Pinn	46	49:13	15:27

**MALE AGE GROUP: 50 - 54**

1	16 Preston Evans	52	20:31	6:27
2	24 Roger Koehler	54	21:07	6:38
3	43 Kelvin Flowers	53	23:13	7:18
4	54 Mark Bushing	52	24:48	7:47
5	56 Gary Walters	52	24:58	7:51
6	93 Tim Groover	51	28:40	9:00
7	199 Charles Ellis	54	61:25	19:17

**FEMALE AGE GROUP: 50 - 54**

1	115 Laura Shannon	52	31:13	9:48
2	134 Sara Lloyd Bryant	50	32:59	10:21
3	152 Beth Doucette	53	35:12	11:03
4	161 Susan Metzler	52	36:09	11:21
5	173 Elaine Smith	53	40:44	12:47
6	188 Marie Young	54	48:24	15:12

**MALE AGE GROUP: 55 - 59**

1	45 Craig Miller	56	23:33	7:24
2	62 Walker Pennock	58	25:23	7:58
3	72 Ed Keefer	56	26:15	
4	113 Leif Aagaard jr.	58	31:10	9:47

**FEMALE AGE GROUP: 55 - 59**

1	132 Deborah Allen	59	32:54	10:20
2	141 Nancy Blackwell	56	33:58	10:40
3	142 Copelan Gail	59	34:16	10:46

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
4	109 Richard Stone	62	30:39	9:38
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

**Sat. 4 April - 34th Charlottesville 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	Guntime
1	Shannon Saunders	24 1:01:39
2	Mina Thorstenson	25 1:02:28
3	Melissa Rittenhouse	32 1:04:25

AWARDS LIST - MALE

1	Charlie Hurt	25 52:02
2	Robert Thiele	30 52:13
3	Sean Keveren	18 54:13
7	Ryan Wheeler	31 56:07

AGE GROUP AWARDS

Place Name	Age	chip time
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MALE AGE 30 - 34

2	Nathan Hottle	32 1:00:15
3	Ryan Webb	30 1:00:40

MALE AGE 35 - 39

1	Jeffrey Harrington	38 59:09
2	Joel Wallschlaeger	36 1:02:39

MALE AGE 45 - 49

4	Len Barker	49 1:03:04
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FEMALE AGE 50 - 54

2	Nancy Ferris	53 1:17:54
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MALE AGE 50 - 54

3	Bret Boman	50 1:08:53
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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	Erik Cranney	26 1:26:06
866	Hannah Hinkson	24 1:27:16
986	Greta Fiedler	27 1:29:17
1039	Ashley Kline	19 1:30:04
1046	Jeff Coleman	37 1:29:59
1097	Kevin Struble	37 1:30:39
1108	Brandy Tate	24 1:31:23
1142	Andrew Eppes	26 1:31:35
1180	Sarah Chartschlaa	26 1:32:14
1197	Kimberly Mitchell	32 1:32:35
1237	Anthony Wiseman	23 1:33:21
1285	Ben Brenneman	65 1:33:15
1290	Jimmy Davis	46 1:33:51
1329	Julianna Smith	21 1:34:45
1527	Holly McCabe	24 1:36:50
1529	Joseph McCabe	26 1:36:49
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
1969	Kacie Kirshberger	27 1:48:28
2044	Glenn Meyer	53 1:51:53
2107	Dayna Shesko	26 1:57:19

**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
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2	Rebekah Morris	23 20:16
3	Rebecca Parson	28 20:43

MALE OVERALL RESULTS

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

MALE AGE GROUP: 1 - 12

1	107 Jacob Olichney	11 27:23
2	110 Micah Hunter	10 27:41
3	164 Tim McCarty	10 30:04
4	224 Todd Higgins	11 33:28
5	275 John Struble	12 41:48

FEMALE AGE GROUP: 1 - 12

1	109 Jill Walton	11 27:32
2	180 Grace Kim	12 30:53
3	194 Natalie Hendrickson	10 31:24
4	242 Karlan Saunders	11 34:35
5	261 Megan Miller	12 37:58
6	280 Cassie Cohu	9 45:39

MALE AGE GROUP: 13 - 19

1	12 Jonathan Howard	17 19:48
2	17 Noah DeLaHunt	16 20:23
3	37 Ryan Gibbons	18 22:33
4	67 Bobby White	15 25:13
5	73 Tyler Flynn	18 25:24
6	85 Jeremy Perdue	18 25:58
7	86 Ben Grabaskas	18 26:03
8	114 Keith Loveday	15 27:50
9	115 Ty Ramberg	15 27:58
10	189 Ryan McHaney	18 31:11

FEMALE AGE GROUP: 13 - 19

1	57 Hannah Charlton	19 24:37
2	59 McKenna Coalson	13 24:46
3	80 Courtney Lane	19 25:48
4	84 Kristie Cullison	18 25:57
5	119 Emily Carter	18 28:07
6	120 Jaclyn Bailey	18 28:10
7	122 Alyssa Bochman	18 28:17
8	123 Megan Muller	18 28:18
9	126 Katelyn Bowers	19 28:25
10	127 Kathryn Mieden	19 28:26
11	130 Bethany Koran	19 28:41
12	140 Julie Heidorn	19 29:03
13	143 Anna Howard	13 29:14
14	144 Susan Long	19 29:16
15	157 Emily Roby	19 29:45
16	174 Jocelyn Bowers	19 30:42
17	181 Hannah Sailsbury	19 30:54
18	183 Karen Hoover	19 30:58
19	186 Samantha Moschera	19 31:02
20	197 Taylor Reedy	19 31:27

21	210 Bethany Anderson	16	31:54
22	213 Katie Kearney	19	32:09
23	219 Mary Lundeen	14	32:40
24	220 Mary Jo DeLaHunt	13	32:48
25	253 Ashlee Hicks	18	36:44
26	255 Laura McCarty	17	36:51
27	290 Brooke Lavender	16	50:27
28	298 Maggie Woconish	18	51:52

MALE AGE GROUP: 20 - 24

1	5 Joseph Parker	23	18:41
2	14 Nathan Carroll	21	20:13
3	18 Matthew Bryant	20	20:25
4	20 Dennis Coan	24	20:42
5	31 Jordan Miller	22	22:08
6	43 Nicholas Lawrence	24	23:04
7	45 Stephen Peters	23	23:23
8	58 Jason Waller	22	24:44
9	78 Joshua Redmond	23	25:42
10	111 Connor Thomas	20	27:43
11	184 Stewart Laws	24	30:59
12	215 Matt Roehrich	24	32:22
13	299 Brian Ellis	22	51:53

FEMALE AGE GROUP: 20 - 24

1	34 Rosmond Adams	22	22:16
2	40 Jennifer Rahn	24	22:54
3	50 Stacey Crawley	23	23:47
4	60 Rachel Heintzelman	20	24:47
5	74 Brandy Gibbs	23	25:24
6	79 Lindsay Winokuzevv	20	25:45
7	81 Sara Gilmore	20	25:49
8	96 Rachel Russo	22	26:41
9	100 Emily House	22	27:02
10	118 Priscilla McGrath	21	28:05
11	121 Jessica Hunt	22	28:14
12	132 Brittani Collinswor	22	28:47
13	147 Amber Dubberke	21	29:19
14	153 Jacqui Gooden	21	29:41
15	156 Andrea Fragg	20	29:44
16	158 Allison Stansberry	20	29:46
17	159 Sarah Hall	22	29:46
18	163 Jessica Osborne	21	30:02
19	166 April Brandwater	20	30:18
20	185 Jessica Motsenbocke	21	31:01
21	203 Sarah Averette	21	31:34
22	204 Joanna Jensen	21	31:34
23	216 Sarah Keefer	22	32:22
24	265 Lauren Moody	22	38:23
25	293 Kelly Early	24	50:33

MALE AGE GROUP: 25 - 29

1	13 Joel Riley	28	19:51
2	24 Stephen White	26	21:02
3	29 Blake Edmondson	25	21:45
4	39 Matthew Conner	26	22:49
5	42 Stephen Konyndyn	25	23:02

6	88 Don Kidd	27	26:25
7	90 Daniel Willson	26	26:27
8	135 Marc Curley	26	28:52
9	192 Guy Madison	28	31:15

FEMALE AGE GROUP: 25 - 29

1	26 Amber DeWald	29	21:17
2	27 Whitney Wynn	25	21:26
3	33 Sarah Kline	27	22:13
4	56 Megan Gezen	27	24:18
5	71 Jennifer Captain	29	25:19
6	83 Jennifer Washburn	27	25:55
7	92 Sarah Bathe	26	26:30
8	117 Heather Vozel	27	28:01
9	128 Amanda Snyder	26	28:26
10	134 Rachel Morrison	29	28:52
11	139 Melissa Short	27	29:01
12	141 Sarah Addair	27	29:06
13	142 Erin Bromley	25	29:07
14	145 Rebekah Meadows	28	29:17
15	146 Dacy Ayres	29	29:18
16	148 Dana Hale	29	29:24
17	151 Jackie Parks	26	29:38
18	152 Jenny Candler	28	29:39
19	171 Erika Reyes	25	30:33
20	173 Reebea Mathew	25	30:41
21	175 Jen Stowers	28	30:47
22	179 Amanda Irvin	26	30:52
23	187 Brittany Shelton	28	31:07
24	196 Jessica Justice	26	31:26
25	202 Sherry Conrad	26	31:33
26	217 Marissa Wilterink	25	32:31
27	223 Tifani Davids	29	33:24
28	225 Rosellyn Kidd	26	33:28
29	238 Chelsie Via	28	34:15
30	267 Carrie West	28	38:59
31	268 Jennifer McKinney	25	39:12
32	270 Sarah May	25	39:17
33	271 Tricia Smith	26	39:25
34	273 Olivia Madison	27	40:46
35	277 Kim Stewart	27	41:58

MALE AGE GROUP: 30 - 34

1	4 Tommy Martin	31	18:35
2	6 Daniel Boyers	30	18:58
3	8 Dwayne Fitts	31	19:09
4	22 John Turner	33	20:52
5	41 Matt Towles	34	22:58
6	47 Thomas Pryor	32	23:29
7	64 Jeff Boatner	33	25:04
8	105 Karl Miller	32	27:18
9	150 Kris Watts	30	29:35

FEMALE AGE GROUP: 30 - 34

1	36 Nina Dillon	34	22:24
2	66 Jamie Smith	34	25:09
3	87 Dana Howald	32	26:16

4	89 Christa Peterson	31	26:26
5	94 Mckenzie Goss	31	26:35
6	97 Whitney Etzel	30	26:47
7	106 Tressa Gandy-Jones	32	27:19
8	165 Beth Brooks	32	30:09
9	169 Stacey Reighard	30	30:23
10	177 Cotrena Lignon	30	30:50
12	206 Christy Gonzalez	31	31:43
13	207 Jennifer Hutchinson	33	31:44
14	221 Kristie Short	32	32:52
15	228 Jennifer Coronato	31	33:44
16	229 Allison Green	33	33:44
17	237 Juliann Ingersoll	33	34:14
18	239 Ruth Erquiaga	34	34:29
19	252 Leslie Hoglelund	31	36:37
20	278 Heather Stewart	31	41:59
21	279 Wendy Storey	34	42:21
22	294 Missy Martin	33	50:46
23	297 Tanya Brown	33	51:43

MALE AGE GROUP: 35 - 39

1	7 Michael Mcphatter	35	19:05
2	35 Chad Duff	36	22:19
3	38 Wayne Patton	39	22:44
4	44 Rodney Beale	39	23:
5	46 Kevin Hanson	38	23:24
6	55 James LaPrade	37	24:12
7	61 Kevin Struble	37	24:56
8	70 Pete Page	35	25:18
9	82 Charlse Calloway	35	25:52
10	101 Daniel Howell	39	27:03
11	191 Michael Erquiaga	35	31:13
12	209 Brandon Zuidema	37	31:53
13	211 Jacob Anderson	38	31:55

FEMALE AGE GROUP: 35 - 39

1	52 Johnna Ingersoll	36	23:51
2	63 Lori Lee	38	25:02
3	75 Cynthia Hunter	36	25:29
4	77 Jennifer Prince	36	25:41
5	102 Jennifer Hollis	36	27:12
6	124 Diana Johnson	36	28:19
7	154 Amy Patton	39	29:42
8	162 Betty Harrington	37	29:57
9	168 Lori Gardner	35	30:23
10	172 Misty Nolen	35	30:38
11	188 Tara Smith	38	31:09
12	212 Carolyn Shepherd	37	32:08
13	218 Cathy Bush	39	32:37
14	222 Spring Zuidema	38	33:19
15	230 Shannon Pryor	37	33:57
16	232 Catherine Peters	36	34:02
17	233 Tina Williams	37	34:02
18	236 Malia King	38	34:11
19	240 Jill Caner	37	34:33
20	241 Mary Beth Morris	36	34:34
21	243 Kim Towler	36	34:40

22	247 Laurie Tibbs	36	35:08
23	249 Vickie Elder	39	35:56
24	257 Cindy Capps	38	37:03
25	258 Jeanine Wilson	39	37:14
26	260 Carmelita Foster	39	37:29
27	263 Sandy Duff	35	38:02
28	264 Heather Childress	37	38:05
29	274 Robin Brooks	37	41:05
30	276 Chris Holley	39	41:55
31	281 Carolyn Cohu	36	45:40
32	284 Jenny Walter	38	48:22
33	286 Karen Brown	35	48:43
34	287 Debbie Struble	36	49:
35	288 Melinda Bunyard	39	49:02
36	296 Tiffany Renalds	35	51:42
37	305 Sheri Saunders	39	52:20

MALE AGE GROUP: 40 - 44

1	11 Darrell Wargo	40	19:42
2	62 Tim Barclay	44	25:01
3	133 Kyle Hammersmith	40	28:48
4	167 Mike Ferguson	41	30:19
5	256 Rob Smith	41	36:54

FEMALE AGE GROUP: 40 - 44

1	95 Linda Shields	42	26:36
2	108 Debbie Hendrickson	41	27:23
3	113 Vicky Phelps	44	27:48
4	125 Lynn Ramberg	40	28:23
5	138 Pam Miller	40	29:00
6	161 Michelle Skinner	40	29:53
7	193 Melody LaPrade	41	31:16
8	199 Laura Olichney	40	31:31
9	234 Renee Witt	43	34:09
10	235 Jacquelyn Mosby	44	34:10
11	245 Karen Reutter	44	34:54
12	248 Susan Coalson	42	35:11
13	300 Laura Evans	40	52:00

MALE AGE GROUP: 45 - 49

1	19 Norris Welfare	49	20:31
2	23 Ted Batt	49	20:54
3	25 Kevin Shroyer	48	21:11
4	28 David Herd	48	21:43
5	32 Randy Nixon	45	22:10
6	65 Mike Gilley	49	25:05
7	68 Ed Bulluck	49	25:15
8	98 David Miles	49	26:49
9	131 Ty Mosby	45	28:42
10	137 Doug Lawrence	47	28:59
11	160 Jerry Price	47	29:49
12	170 Darin Bowers	48	30:25
13	176 Chad Smith	46	30:48
14	226 Jim Nutter	48	33:38

FEMALE AGE GROUP: 45 - 49

1	51 Kristie Shroyer	48	23:49
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2	91 Wendy Fariss	46	26:
3	93 Sue Jones	48	26:34
4	103 Stacy Steuart	45	27:13
5	201 Alicia 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	49 Craig Miller	56	23:46
2	72 Walker Pennock	58	25:22
3	104 Bill Flynn	55	27:16
4	200 Jim Gallagher	56	31:31
5	250 Wendell Broadwater	57	36:15

FEMALE AGE GROUP: 55 - 59

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

MALE AGE GROUP: 60 - 99

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	259 John Billingslea	71	37:27
8	291 Bob Huntington	86	50:31

FEMALE AGE GROUP: 60 - 99

1	99 Linda Peters	62	26:56
2	231 Priscilla Jones	60	33:59
3	292 Kathy Early	60	50:31
4	301 Bertha Woody	62	52:01
5	302 Jean Billingslea	72	52:07
6	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
Georgianna Corsini	3:52.08

**Sat. 25 April - Promised Land 50K Trail Race**

**Top Runners include:**

Place	Name	Age	Time
1	Sean Andrish,	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 Knipling,	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
11	John Cassilly,	42	5:50:10

**Lynchburg Area Runners: Male 19 & Under**

200 Youngson Kim,	18	8:54:20
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**Male 20 - 29**

18 Micah Jackson,	29	6:01:34
40 Jeromy Gallant,	25	6:31:17
59 Mark Traeger,	28	6:51:44
68 Blake Edmondson,	25	6:56:57
131 Nathan Eastlake,	26	7:50:16

**Male 30 - 39**

2 Jeremy Ramsey, 33	5:09:19
4 Darryl Smith, 37	5:26:09
16 Jared Hesse, 33	5:59:07
42 Mike Pflieger, 35	6:35:17
44 Frank Gonzalez, 32	6:38:32
76 Bert Horsley, 30	7:06:59
118 Nick DeRenzis, 31	7:44:45
147 Michael Dunlop, 39	8:07:10
82 Cavan Carlton, 34	8:38:23
236 Neal Bryant, 38	9:30:13

**Male 40 - 49**

28 Jarett Tighe, 49	6:16:19
114 Kelly Golden, 42	7:42:24
115 Grattan Garbee, 46	7:43:36
144 Ken Palys, 44	8:07:10

**Male 50 - 59**

92 John Cooper, 54	7:22:19
93 Michael Mitchell, 52	7:22:24
120 Wilbert Hooper, 50	7:45:05
181 Dan Laslie, 53	8:38:10
252 Robert Burgess, 57	10:37:46

**Male 60 & Over**

237 Steve Bozeman, 62	9:30:39
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**Female 20 - 29**

119 Stephanie Place, 21	7:44:51
126 Laura Stephens, 22	7:48:31
141 Nichole Sherman, 20	8:00:05
173 Whitney Robinson, 23	8:30:01
179 Deborah Watkins, 27	8:37:06
224 Robyn Burgess, 22	9:19:15
243 Danielle Bringham, 21	9:46:23
251 Glory Jadin, 21	10:34:26
252 Rachel Burgess, 25	10:37:46

**Female 30 - 39**

169 Alicia Taylor, 30	8:23:36
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**Female 40 - 49**

25 Donna Elder, 46	6:11:25
133 Maureen O'Connell, 44	7:51:45
133 Heather Royer, 47	7:51:45
188 Renee Draney, 43	8:40:43
26 Terri Ripley, 47	9:19:58

**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 biking 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 Triathlons 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 average 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](http://www.lynchburgroadrunners.org)



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\*\*WITH YOUR MEMBERSHIP CARD, YOU CAN GET 10% OFF ON ALL STORE SALES!

THANK YOU LYNCHBURG ROAD RUNNERS FOR YOUR SUPPORT!

