The Presidents Letter

Greetings fellow runners. Sixty two days! That’s the number of days in my least favorite running months of the year. The heat and humidity just wear on me and I find it hard to make any progress during this time. Fortunately, July is starting off on the cool side, but it’s just a matter of time before it turns. Do be careful and respect the heat and humidity. Avoid running between 1 and 5 pm and make sure to stay hydrated before, during, and after your runs. Consider adding pretzels to your diet for salt replenishment. To improve shoe wear make sure you have a good place for them to dry out between runs and if you can afford it, alternate pairs of running shoes.

The summer track series weathered venue changes and race director changes and from my biased perspective appeared to go well (see results herein). The Presbyterian Home 5K saw record attendance this year as local races continue to grow. Surprisingly, attendance at the Academy 4th of July race was slightly down this year. I suspect some don’t want to go through all of the race day preparations for just a mile but I find this race one of the most enjoyable since the race is subdivided into the children’s, master’s, and open races. This format allows you to watch other races when you’re not running your race.

On the horizon are the Percival’s Island Five Miler (it’s flat and fast) and the Lynchburg Half Marathon, which is a great springboard to the Virginia Ten Miler and the fall marathons. Make sure to put them on your calendar.

Our monthly LRRC meetings continue their summer hiatus but will resume come September 8th at 6:30 pm at the Monte Carlo restaurant on Old Forest Road. Virginia Ten Miler preparations are going strong and we are actively recruiting runners from outside Lynchburg. So feel free to use the event to invite out of town friends to come down and run the race.

See you on the roads (or trails) or the September 8th meeting.

Bret

LRR Club Meeting

As always, if anyone has an issue or idea they would like to discuss with the executive committee, they are invited to attend the executive committee meeting on the second Tuesday of every month.

Next LRR Club Meeting
Tuesday, 8 September 2009
At Monte Carlo's
On Old Forest Road
6:30 p.m. Dinner
7:00 p.m. Open Meeting

Our monthly meetings are held the second Tuesday of the month from September through May at Monte Carlo's on Old Forest Road. We order dinner at 6:30 p.m. and the meeting starts at 7:00 p.m. 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.
Meeting Minutes

The monthly meeting of the Lynchburg Roadrunners was held on May 12th at Monte Carlo’s Restaurant. Dr. Tina Walker was guest speaker to discuss heat and hydration for summer running.

Updates for runners to be aware of:
1) Summer track series will take place at Linkhorne Middle School track due to maintenance and construction at Lynchburg College track.
2) Jeff shared about a need for a committee to help with the 10 miler in attracting elite runners for the 10 miler and also a need to host runners. There is also a need for help in cataloging a 10 miler race history.

Updates on coming races:
1) Memorial Day 10K to benefit Central Virginia Kidney Association
2) Presbyterian Home 5K
3) July 4th One Mile to benefit the Academy of Fine Arts

Discussion:
Bret reminds groups that the classic book "Once A Runner" is now back in print. Original copies are rare and expensive.

Horace Ellis expressed his desire to see a further breakdown of the older age groups of 60 and above. Some races are broken down in 5 year increments and others in 10. This does not motivate some older runners to participate if they are running against people 9 year their junior. He said a break down of 60 to 64, 65 to 69 and 70 and over would open the doors for greater participation for those age groups. If the number of runners in the older age group is an issue, the awards need be no greater than a feather. What is needed is recognition. The members present agreed and Jeff will look into a standardized age group breakdown for the Race Series. The individual race directors will have to address this issue.

Guest Speaker
Dr. Tina Walker was introduced and shared about heat related difficulties that runners can face in the warm summer months of running. Three common areas runners experience are heat illness, heat exhaustion and heat stroke. Dr. Walker gave out a Sports Medicine Tip Sheet paper on heat illness detailing the risk factors for developing a heat related illness and a description of what indicators to look for in heat related injury situations for runners. It was a practical discussion for runners since the warm months of running are in the near future here.

Next meeting will take place September 8, 2009 back at Monte Carlo’s restaurant. Have a great but safe summer of running and racing.

Respectfully submitted,
Craig M. Miller, Secretary

ON TRAINING

This let me be refraining: It mostly depends on training.
If you would shine on race day,
In training you’ll have to pay.
This hardly needs explaining.

In the race you’ll be straining
While fatigue on you is gaining
And, though you start pell-mell,
You won’t do so well
If you’ve been lax in training.

It mostly depends on training
And you shouldn’t be complaining
When you fail to do your best
If you always take a rest
On days when it is raining.

Conversely, I’m maintaining,
You’ll be beyond restraining
And running at least as good
As you think you should
After the best of training.

Bernie the Bard
UPCOMING RACES

July 18, Lynchburg - Percival’s Isle 5 Mile
8:00 a.m. Start, Percival’s Island Parking Lot, on Jefferson St.
Info: Riverside Runners
2301 Rivermont Avenue
Lynchburg, Va. 24503
Phone: (434)846-7449
Webb: www.riversiderunners.com

Aug. 15, Lynchburg - LRRC Summer Series 1/2 marathon & 5K, 7:30 a.m. Start, Riverfront Park, Downtown Lynchburg
Info: Riverside Runners
2301 Rivermont Avenue
Lynchburg, Va. 24503
Phone: (434)846-7449
Webb: www.riversiderunners.com

Aug. 22, Parkersburg, WV - Half Marathon
Start 1/2M 8:00 a.m., Start 2 mile 8:05 a.m.
Info: Melissa Decker (304)485-1891 (ext. 459)

Sept. 6, Virginia Beach - Rock’n Roll 1/2 Marathon
A circus of fun and flat as a pancake. 7:00 a.m. start
Phone: (800) 311-1255
Email: rnrvb@eliteracing.com
Web: www.rnrvb.com

Sept. 26, Lynchburg - Virginia 10-Miler
Info: Riverside Runners
2301 Rivermont Avenue
Lynchburg, Va. 24503
Phone: (434)846-7449
Webb: www.riversiderunners.com

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.

"The fight is won or lost far away from witnesses -- behind the lines, in the gym, and out there on the road, long before I dance under those lights."

Muhammad Ali

RACE RESULTS

12th Annual Central Virginia Kidney Assoc.
Memorial Day 10K
Lynchburg, VA May 25, 2009
8:00AM
Race Director: Lesley McPhatter

Thanks to everyone who participated in the 12th Annual CVKA 10K race. With the support of the runners, sponsors and volunteers, we raised funds to help people in our community with kidney disease. This money helps support a nutritional supplement program that we run for three dialysis facilities in Lynchburg, Amherst and Altavista and other people with kidney disease that are not yet on dialysis yet but need help with adequate nutritional intake. Most dialysis patients are malnourished and providing nutritional protein/kcalorie supplementation helps to prevent hospitalizations, mortality and other problems for this complex patient population.

I cannot do this race without the support of the Lynchburg Roadrunners, Jeff Fedorko and the Riverside Runners crew, and our running community. Thanks for all that you do.

AWARDS LIST

FEMALE OVERALL RESULTS
1 Sarah Krycinski 28 44:21
2 Amber DeWald 29 44:30
3 Amy Coute 33 44:51

MALE OVERALL RESULTS
1 Ryan Wheeler 31 34:50
2 Jeff Harrington 39 36:30
3 Daniel Boyers 31 36:59

FEMALE OVERALL MASTERS
1 Nancy Ferris 53 48:38

MALE OVERALL GRAND MASTERS
1 Preston Evans 52 40:56
But when you're striding down the road,

Erin Bromley         25    1:04:26
Jimmy Reaves       27    1:04:26
Jimmy Kirshberger 26  1:04:26
Paul Carmany
Joel Riley
Jessica Boone
Emily House
McKenna Coalson
Britney Ross
Wendy Storey
Jennifer Walton
Cynthia Hunter
Georgianna Corsini  38
Brandon Zuidema
Chris Hansen
Mark Flores
Kevin Hansen
Pete Page
Andrea Gillispie    31   1:03:04
Robin Cunningham 30  1:02:18
Angela Olmsted
Sam Kraus
Chris Libbey
Kelly Coleman
Sheila Gray

MALE AGE GROUP:  40 - 44
1 10 Darrell Wargo 40  41:01
2 15 George Coon 42  42:56
3 17 Kevin Willis 42  43:32
4 30 Malcolm Miller 43  45:38
5 35 W. David Manning 40  46:30
6 46 Rodney Beale 40  48:25
7 67 Chris Williams 44  51:55
8 72 Mark Sheehan 43  52:18
9 84 Carl Williams 43  53:13
10 113 Alan Rogers 42  56:27
11 126 James Redmond 41  58:38
12 130 Bob Cole 40  58:56
13 183 Dale Witt 43  1:13:01
14 192 Tim Burnette 44  1:21:58

FEMALE AGE GROUP:  40 - 44
1 116 Barbara Hopper 43  56:46
2 117 Debbie Hendrickson 42  57:19
3 148 Michelle Skinner 40  1:02:47
4 170 Susan Coalson 42  1:07:42
5 176 Jenny Stadheim 42  1:10:16
6 188 Valerie Pascado 41  1:16:17
7 199 Sandra Bragg 41  1:45:08

MALE AGE GROUP:  45 - 49
1 5 Carl Thurston 49  38:18
2 16 Calvin Milam 49  43:03
3 18 Norris Welfare 49  43:38
4 22 Kevin Shroyer 48  44:20
5 33 Randy Nixon 45  46:24
6 48 Grattan Garbee 46  48:37
7 55 Billy Flint 48  49:20
8 57 Cliff Glickman 48  49:48
9 71 Drew Wilds 49  52:17
10 77 Steve Shields 46  52:29
11 99 Joe Zvetolitz 45  54:55
12 107 Mike Gilley 49  55:43
13 110 Mark Sloom 46  56:13
14 120 David Miles 49  57:35
15 124 Jonathan Paskad 47  58:11
16 141 Jerry Price 47  1:01:12
17 163 Dennis Layne 46  1:05:56
18 168 Greg McCauley 47  1:07:23

FEMALE AGE GROUP:  45 - 49
1 73 Kristie Shroyer 48  52:19
### AWARDS

**MALE MASTERS RUN OVERALL AWARDS**

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<th>Name</th>
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<td>1</td>
<td>Matt Richards</td>
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<td>1:37:54</td>
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<td>2</td>
<td>Noah Jantomaso</td>
<td>70</td>
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<td>Lynch Heppner</td>
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<tr>
<td>1</td>
<td>Lesley McPhatter</td>
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### LESLEY'S RACE

Not only just for fun, Lesley's race was by us run. Of course, it was Memorial Day.
We kept that in mind all the way As we ran it for the Kidney Fund.

There were a few beginners. All knew they'd have good dinners. As medal earners, some stood out.

*Bernie the Bard*

### Presbyterian Homes 5K

Lynchburg, VA June 20, 2009
8:00AM
A great turn-out for this year's race, with 288 runners completing the 3.1 mile course.

### AWARDS LIST

**FEMALE 5K RUN OVERALL AWARDS**

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### Year 2009 Summer Track Series

**Race Director:** Bret Boman

2009 was a rare five Tuesday June and even more rare, a summer series that was not adversely affected by the weather. Due to construction at Lynchburg College, the first and second nights were run at a new venue, Linkhorne Middle School. Attendance was surprisingly good considering the change and we even had some shade to setup in. Special thanks to Gregg Cavaliere who took over for two of the weeks when I was out of the town. Many thanks also Heather Vozel, Jeff Fedorko, Ryan Wheeler, the Gasslers, Christa Kumar, Len Barker, Lisa Bowman and all who lent a hand making it a success. The ice pops were a very nice addition to the series.

#### 1500 Meters June 2, 2009

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#### 100 Meters June 2, 2009

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Runners of the barefoot kind
No matter how designed.

Girls 11
Norm Yee 3:34.8
Men 60
2:52.1, Jim Gallagher 3:09.2
Chris Gassler 2:40.2, Chuck Hinton 18.9

Boys 13-13 Justin Jantomaso 15.4
Boys 15-16 Patrick Donigan 11.7
Boys 17-19 Ryan Webb 11.2
Men 20-29 Chris Poluikis 11.4, Shawn Webb 12.0
Men 30-39 Dwayne Fitts 12.7, Kendrick Rose Sr 12.9, Patrick Donigan Sr 13.0
Men 40-49 Robert Harding 12.0, Jim Gallagher 15.5
Men 60-69 Norm Yee 17.1

800 Meters June 2, 2009

Girls 5-6 Kristin Gassler 4:46.6, Gracie Thornton 5:19.5
Girls 9-10 Laurel Hinton 3:40.5
Girls 11-12 Charis Jantamoso 3:26.4
Women 20-29 Jenny Yee 4:27.7
Boys 5-6 Nehemiah Jantamoso 3:45.9, Ryan Gallagher 4:26.0, Zachary Hinton 4:26.6
Boys 7-8 Noah Gassler 4:13.5, Alec Pixton 4:22.6
Boys 9-10 Micah Solovskoy 3:08, Elijah Jantamoso 3:30.3
Boys 11-12 Noah Jantamoso 2:48.7, Connor Pixton 3:59.4, Isaac Williams 4:11.0, Frank Randolph 4:18.2
Boys 13-14 Justin Jantamoso 2:44.2, Atticus Dickson 2:44.9, Kendall Porter 2:46.4, Bryan Rapp 2:53.7
Boys 15-16 Deshawn Bowling 2:46.5
Men 20-29 Shawn Webb 2:40.3
Men 30-39 Dwayne Fitts 2:22.5
Men 40-49 Robert Harding 2:16.6, Chris Gassler 2:40.2, Chuck Hinton 2:52.1, Jim Gallagher 3:09.2
Men 50-59 Mike Mitchell 2:55.3
Men 60-69 Walter Allen 2:48.1, Norm Yee 3:34.8

5000 Meters June 9, 2009

Girls 11-12 Charis Jantamoso 27:21
Girls 15-16 Leilagh Schimmoeller 20:35
Women 30-39 Nina Dillon 23:01
Women 40-49 Lesley McPhatter 24:58, Cari Jantamoso 30:31
Boys 15-16 Zane Laughlin 21:19, Tim Byram 21:54, Bobby White 25:15
Boys 17-19 Seth Pelletier 25:46, Zach Byram 19:54
Men 60-69 Walter Allen 21:56

100 Meters June 9, 2009

Girls 5-6 Kristin Gassler 61.0
Girls 7-8 Sophia Gassler 44.5
Girls 9-10 Laurel Hinton 37.9
Girls 11-12 Charis Jantamoso 36.6
Girls 15-16 Uniquequa Jackson 27.2
Girls 17-19 Kelly Marshall 35.5
Women 20-29 Kena Wilson 26.2, Peggy Poluikis 30.4
Boys 5-6 Nehemiah Jantamoso 41.2, Zachary Hinton 49.3
Boys 7-8 Noah Gassler 44.5
Boys 9-10 Elijah Jantamoso 37.6, Christian Kumar 37.7, Jack Schimmoeller 38.8
Boys 11-12 Noah Jantamoso 31.6, KC Schimmoeller 35.6
Boys 13-14 Timothly Marshall 28.6, Justin Jantamoso 31.9
Men 20-29 Chris Poluikis 23.5, Cory Marshall 34.4
Men 40-49 Robert Harding 24.4

2 Mile June 16, 2009

Girls 7-8 Sophia Jantamoso 17:18, Emily Carter 17:43
Girls 13-14 Anna Carter 17:02
Girls 15-16 Leilagh Schimmoeller 12:44.0
Women 20-29 Jenny Yee 18:17
Women 30-39 Nina Dillon 14:23
Boys 9-10 Elijah Jantamoso 16:12
Boys 11-12 Noah Jantamoso 12:50.3
Boys 13-14 Justin Jantamoso 12:25.3
Boys 15-16 Zane Laughlin 12:40.3
Boys 17-19 Joel Sutton 12:17.9, Tyler Bosser 14:02
Men 20-29 Joe Parker 11:42.7
Men 40-49 Len Barker 11:06.0, Tim Laughlin 14:02, Marc Jantamoso 14:56
Men 60-69 Walter Allen 13:33, Norm Yee 17:14

100 Meters June 16, 2009

Girls 5-6 Kailyn Baumann 1:59.0, Kristin Gassler 2:14.2, Savannah Towles 2:22.5, Kiley Morris 3:50.9
Girls 7-8 Sophia Jantamoso 1:30.3
Girls 9-10 Laurel Hinton 1:27
Girls 15-16 Leilagh Schimmoeller 1:10.1
Women 20-29 Peggy Poluikis 67.8
Boys 5-6 Nehemiah Jantamoso 1:40.1, Zachary Hinton 1:48.0, Jonas Towles, Isaiah Harrington 2:29.4, Taylor Baumann 2:29.9
Boys 7-8 Alex Pixton 1:48.3, Tyler Towles 1:50.6, Noah Gassler 2:04.0
Boys 9-10 Christian Kumar 1:32
Boys 11-12 Jake Towles 1:56.4, Noah Jantamoso 1:12.2, Micah Solovskoy 1:15.6, Jesse Kleiner 1:18.6, Frank Randolph 1:19.7, Isaac Williams 1:20.0, Connor Pixton 1:52
Boys 13-14 Justin Jantamoso 1:11.8
Boys 15-16 Patrick Donigan 53.8
Men 30-39 Chris Poluikis 51.4, Nathan Hottie 56.4, Dwayne Fitts 57.0, Patrick Donigan Sr 63.2
Men 40-49 Len Barker 61.6, Chuck Hinton 66.4, Lee Schimmoeller 1:24.5
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### 400 Meters June 30, 2009

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A Long Run - The Early Days
By Bernie Davis

The health benefit of getting into running was, in my case, incidental and coincidental. I got into running in the 1970s strictly because it was something I enjoyed doing. It was kind of an afterthought that it might have some health benefits. Like, hey that’s great, I can enjoy this activity and at the same time incidentally get some health benefits out of it.

I had always been quite thin. I don’t remember my high school weight -- maybe 155 or 160. I stayed thin through college. I guess it was after getting married in 1964, and particularly after moving to Lynchburg in 1970 that I was gaining weight. I got up to 185 and was moving on up. My doctor advised me that I needed a regular exercise program, as I had none before 1974. But I didn’t take him very seriously. And it wasn’t because of his advice at all that I got into running. Without any thought about losing weight, just from the activity, my weight came down rapidly to 170 and then gradually to an eventual 160 and sometimes 155. Right now I’m about 170.

In high school I ran cross country in the fall and ran the mile in track in the spring. I also did some running / jogging by myself on the streets. It wasn’t very regular, and I never went very far at all, maybe a couple miles generally. But enough to be noticed. One friend called me "the notorious runner." Running like that was uncool, odd, rare in those days. There were no local road races; such a thing was yet unheard of, although up in Boston they’d been doing the marathon for a very long time. Sometimes I would run home from the track or training area after a running workout with my high school teammates -- about 1-1/2 miles. I wasn’t very good at all. The longest distance offered in track was one mile. The best I could manage was about 5:10, never made a 5-minute mile. In cross country -- roughly 3 miles -- I wasn’t so great either. Before my senior year, I wasn’t even among our first five. My senior year I was our fifth runner, which meant I counted in the scoring, and at least once we had a perfect score of 15 (all five ahead of the first man on the other team). Track was a bit of a drudge, really, although I did it faithfully. But I loved cross country. I graduated high school in 1955 in Albany, OR.

When I went to college (Oregon State in Corvallis) it never even occurred to me to go out for cross country or track. I wasn’t anywhere near good enough. And I was busy with my engineering program. Once in a great while I’d do a little run on my own of maybe a mile or two -- again enough to get noticed by friends as having an interest.

The same was true after college (through grad school and early jobs). Once in a great while with no regularity at all, if I had the time and the weather was perfect, I’d go out and jog a couple miles. Weeks and months would go by between these little runs. Being young, I could do that and enjoy it without being regular about it at all. So I’d always had an interest, never been very good, never was into it heavily or regularly. Running hadn’t been all that cool. As far as I knew, there had never been any general interest in running -- no road races or running clubs, etc.

We moved to Lynchburg in 1970. In 1974 the running boom had started and the first Virginia Ten Miler was held in Lynchburg. I watched it and was turned on by it, and that’s when I started my roadrunning career. There was some hype leading into the first VA Ten Miler -- come and watch the stars that were brought in from out of town. (There were some stars, but they weren’t quite first-rank, like they were in following years.) The idea of inviting interested local persons to enter the race wasn’t part of the hype. I watched the race, and what impressed me was the many ordinary runners. I knew I could do this too and would enjoy it. Running had become cool, popular, and the running boom had started. And I learned there was a newly formed running club in town, the Lynchburg Roadrunners (I’m still a member). So that’s when I got into road running in a serious way. And I learned there were a few other road races around in neighboring towns, and I got into them. And I’ve regretted I didn’t enter that first VA Ten-Miler, even though I hadn’t trained for it and ten miles had seemed like a long distance. In all the years of the VA Ten-Miler, I’ve missed only three -- that first one in 1974, the 2000 race because we were in South Africa, and 2008 because I was injured.

I have Dr. David Horton to thank - and to blame - that I got into ultra running. But that’s another story.
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: __________________
Thank you Lynchburg Road Runners for your support!