

# The Milepost

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



SEP - OCT 2009

## The Presidents Letter

September! It's GO TIME. The Ten Miler is knocking at our door and fall marathons are just around the corner. All those summer runs are behind us and now it's easier to lengthen those long runs and build strength for those fall races.

July and August brought us record numbers for the Percival's Island five miler and the Lynchburg half marathon/5K. And speaking of records, Patterson Wilhelm's made short work of a difficult course in a wicked 67 minutes. Look for Patterson to make some noise this fall running cross country season.

This weekend, the Lynchburg triathletes are descending on Louisville for a crack at a full Ironman. Best of luck to our fellow athletes and especially to the recently engaged Jeff Fedorko.

Our September meeting will take place September 8th at 6:30 pm at The Central Virginia Orthopedic Center (2405 Atherholt Road) where they are offering free functional movement screening (gait analysis?) for us.

October 13th we will return to Monte Carlo for our regular monthly meeting.

Also be sure not to miss Dick Beardsley's talk on Virginia Ten Miler race eve (9/25) at 7:30 in the EC Glass auditorium.

Besides the Ten Miler there are a plethora of other racing and helping opportunities this fall. And if you have some time available we could use some help at the Stephenson Children's race on Saturday 3 October.

Let Jeff or I know if you can help.

See you on the roads or trails

Bret

### 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



## 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,  
6:30 pm**

at the Central Virginia Orthopedic Center  
2405 Atherholt Road  
Free functional movement screening will be provided.

**The October meeting** of the Lynchburg Roadrunners will take place on Tuesday October 13 at Monte Carlo's. Dinner at 6:30 p.m. and meeting at 7:00 p.m.

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 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.

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).

**NUTRITION**

Excerpted from the Roanoke Times, 20 August 2009:

Rats that got a high-fat diet had less stamina and weaker mental ability when they were switched from a low-fat diet to a high-fat diet and they showed serious reductions in their physical endurance and cognitive ability. After just nine days, they were only able to run 50 percent as far on a treadmill as those that remained on the low-fat diet.

Endurance depends on how much oxygen can be supplied to muscles and how efficiently muscles release energy by burning the fuel supplied by food. Fat as a fuel is less efficient, but studies on how various diets affect physical performance have been mixed.

The rats in the study showed a 30 percent decline in running stamina after only five days. They also began making more mistakes in a maze task. The rats also had significantly bigger hearts after only nine days.

The study shows that high-fat feeding even over short periods of time can markedly affect gene expression. By optimizing diets appropriately we should be able to increase athletes' endurance and help patients with metabolic abnormalities improve their ability to exercise and do more,' he said.



**Meeting Minutes**

No meetings were held during the summer months

**SCIENCE**

**How Dogs Keep On Mushing**

For years sled-dog racers stuck to a basic long-distance formula: six hours on, six off. Recently, though, teams have won prominent races like the Iditarod by going longer than was thought possible, up to 14 hours at a stretch, with the dogs getting stronger the longer they ran. Clearly a tactical rethink and a medical reevaluation were in order.

Michael S. Davis, an Oklahoma State University veterinary physiologist, says top sled dogs 'seem to flip a magic switch, which somehow changes their metabolism after racing a few hours. That lets them quickly burn lots of calories -- about 12,000 a day, from a fat-laden diet - without depleting their muscles' fat and sugar stores or growing tired. It's not clear just how they do it, or whether migratory animals have a similar capacity, but Davis hopes to find the 'hidden strategy,' then see whether humans have one too.

Musher Jon Little defends testing the endurance of sled dogs, typically huskies and malamutes, for the sake of science. 'They run because they love to,' he says, 'not because they have to.' Might other breeds have the metabolic switch? That's best answered by the racer who ran four Iditarods with poodles.

**ENDURANCE TEST**

Sled dogs use more energy than other species' star athletes but don't seem to feel the burn. Daily energy burned in kilocalories per pound

Horse in 3-day event	45
Cyclist in Tour de France	140
Sled dog in Iditarod	490

**Marathon Woman**

Twenty-five years ago, Joan Benoit, 27, bested the competition, and the Los Angeles smog to capture the gold in the first women's Olympic marathon, August 5, 1984. By mile three, Benoit, who had recently had knee surgery, is ahead of the other 49 runners, including the iconic Greta Waitz. Joan medals with a time of 2 hours 24 minutes 52 seconds. "I did not want to take the lead," she said as guest speaker at the Virginia 10 Miler last year, "but I figured if no one was coming with me, I might as well go - feet don't fail me now." In 2008, at age 51, her time of 2:49:08 at the Olympic trials sets a record for the 50+ age group.

**TOUGHENING UP**

Wanting to be a tougher specimen,  
I'm toughening up my regimen  
While my training I'm never shirking.  
If I find this isn't working,  
What should I do then?

Toughening up is always hard to do  
And more so when old age is showing  
through,  
For there's an assumption that's implicit  
And, though your not apt to miss it,  
It isn't always true.

By running ever longer,  
It's assumed you will get stronger.  
But from time to time I wonder  
If the quest is but a blunder  
And how this notion could be  
wronger.

Yes, I reckon it can happen  
Even with some napping  
That when going to great length  
Intending to increase your strength,  
Instead your strength you're sapping.

**Bernie the Bard**

**UPCOMING RACES****Sept. 26, Lynchburg - Virginia 10-Miler**

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

**Sept. 26, Virginia Beach - Neptune Festival 8K**

Info: Brian Sagedy (757) 498-0215.

**October 3th, Lynchburg - Annual John A. Stephenson Memorial Youth Run.**

9:00am, Riverside Park  
Race Distance varies with age.  
Info: Riverside Runners

**Oct. 10, Lynchburg - Deep Hollow Trail Half Marathon & 5K Trail Race.**

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

**Oct. 24, Lynchburg - I AM Woman 5K.**

Info: Riverside Runners

**Nov. 7, Gross Orchard - Apple Valley 5K**

Start 10:00am, Rolling 3.1 mile cross country course runs through scenic Gross' Orchard, grass gravel and dirt roads. Tour of Course at 8:30am. For more info contact Theresa Boyes (540) 297-2709

**Nov. 7, 2009 - The Mountain Masochist Trail Run**

DISTANCE: 50+ Miles STARTING TIME: 5:30 A.M. TIME LIMIT: 12 hours RACE LIMIT: 300 Runners ENTRY FEE: \$80 before October 10th - \$100 thereafter  
Info: Dr. Clark Zealand (434)846-2333.

The 2009 MMTR is full and online entry is now closed. Overflow entries are now being accepted via paper registration for the wait list.

In contrast to filling an entry spot as soon as one becomes available, I will draw for those entries on September 19, approx. one month before MMTR. The entry fee does not increase until October 10 and, if entry spots are still available, applications will be taken until October 30.

Thanks.  
Clark Zealand  
MMTR Race Director

**Nov. 14, Richmond, Va - Richmond Marathon, 1/2 Marathon and 8K**

E-mail: marathon@sportsbackers.org  
Web: www.richmondmarathon.com

**Nov. 26, Lynchburg - 20th Annual Turkey Trot 5k and Youth Mile**

Info: www.phfs.org

**DISCOUNTS**

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

**Riverside Runners**

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

**Dr. Frank Villa**

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

**Ragged Mountain Running Shop**

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

**Bikes Unlimited**

10% on select items.

**Outdoor Trails**

10% on select items.

**Lynchburg Orthopedic Lab**

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

**"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****July 18, Lynchburg - Percival's Isle 5 Mile****AWARDS LIST****MALE OVERALL RESULTS**

1	Andy Murns	20	27:13
2	Ryan Wheeler	31	27:15
3	Jeff Harrington	39	28:07

**FEMALE OVERALL RESULTS**

1	Shannon Saunders	25	31:47
2	Rebekah Morris	24	33:53
3	Sarah West	34	35:16

**MALE MASTERS CHAMPION**

6	Matt Richards	42	29:07
---	---------------	----	-------

**FEMALE MASTERS CHAMPION**

104	Kathleen Washburn	44	41:19
-----	-------------------	----	-------

**MALE AGE GROUP: 1 - 12**

1	40 Ben May	12	35:42
---	------------	----	-------

**FEMALE AGE GROUP: 1 - 12**

1	55 Abby May	12	37:16
2	183 Lucy Wooldridge	12	54:02

**MALE AGE GROUP: 13 - 19**

1	10 Josh Knight	18	30:30
2	11 Daniel Blanks	16	30:51
3	23 Jason Snowman	17	33:23
4	25 Bryan Rapp	14	33:39
5	34 Stefan Moscalu	16	35:03
6	35 Matt Wallace	16	35:07
7	52 Zane Laughlin	15	36:47
8	78 Blane Maddox	13	39:23
9	117 Bobby Leffew	18	42:11
10	125 Bobby White	15	42:43
11	148 Timothy Marshall	15	45:44
12	210 Connor Price	14	1:14:43

**FEMALE AGE GROUP: 13 - 19**

1	56 Abigail Black	14	37:17
2	57 Austin Ferguson	19	37:18
3	110 Tessa Englund	15	41:28
4	126 Sara Sloman	18	42:45
5	149 Camille Walton	19	45:45

**MALE AGE GROUP: 20 - 24**

1	7 Nate Hurley	21	29:36
2	28 Paul Overstreet	20	34:20
3	30 Rowan Chantal	23	34:31
4	45 Nick Lawrence	24	36:06
5	68 Jake Carlson	22	38:56
6	85 Chris Earle	24	40:10
7	98 Mike Eames	24	41:12

8	168 Richard Suddith	23	49:30
---	---------------------	----	-------

**FEMALE AGE GROUP: 20 - 24**

1	122 Brandy Gibbs	23	42:30
---	------------------	----	-------

**MALE AGE GROUP: 25 - 29**

1	16 Daniel Shean	26	32:16
2	22 Dennis Coan	25	33:10
3	33 Paul Carmany	26	34:50
4	36 Blake Edmondson	26	35:10
5	84 Ryan Earle	28	40:03
6	90 Aaron Meng	25	40:31
7	109 Craig Kelley	29	41:27
8	142 Gideon Hale	28	45:09
9	159 Russell Darnell	29	47:31
10	180 Matthew Coplin	25	53:28

**FEMALE AGE GROUP: 25 - 29**

1	89 Jessica Lane	26	40:28
2	101 Jennifer Washburn	27	41:15
3	112 Kathryn Midkiff	26	41:37
4	120 Heather Vozel	27	42:24
5	163 Morgan Conner	27	47:53
6	173 Stefanie Williams	29	51:00
7	177 Susan Sperduto	28	52:12
8	181 Laura Eagle	26	53:57
9	182 Stephanie Ragland	28	53:58
10	198 Jane Thomas	25	56:37
11	201 Gemma Bourgeau	26	57:44
12	203 Wendy Terrell	29	1:00:24
13	209 Katie Martin	26	1:06:29
14	214 Brandi Sermons	27	1:27:40

**MALE AGE GROUP: 30 - 34**

1	4 Daniel Boyers	31	28:38
2	5 Nathan Hottle	33	28:48
3	14 Dwayne Fitts	31	32:05
4	24 John Turner	33	33:32
5	37 Chris Miller	30	35:12
6	39 Jeremy White	33	35:40
7	42 Chad Mooney	30	35:53
8	54 Patrick West	32	37:09
9	66 Paul Spiggle	34	38:44
10	69 Kemp Houck	33	39:02
11	79 Ryan Ayres	30	39:29
12	87 Justin Cruise	31	40:25
13	123 Keith Thompson	32	42:33
14	152 David Beazley	33	46:04
15	191 Benjamin Parrish	31	55:14

**FEMALE AGE GROUP: 30 - 34**

1	50 Jennifer Pritchett	33	36:34
2	77 Jennifer Captain	30	39:22
3	102 Angela Olmstead	34	41:16
4	105 Kim Lane	31	41:21
5	115 Mary Dalton	33	41:45

6	119 Brandon Landes	32	42:21
7	139 Sunday Towles	34	44:49
8	150 Jamie Moss	32	45:54
9	153 Whitney Etzel	31	46:05
10	154 Jean Hazelwood	33	46:16
11	164 D'Lynn Shaw	32	48:00
12	166 Courtney Edmunds	33	49:14
13	167 Andrea Gillispie	31	49:18
14	170 Tina McAlexander	30	49:59
15	179 Sara Sargeant	31	53:09
16	184 Kelly Bivens	33	54:04
17	188 Stacy Ritchie	33	55:05
18	192 Liane McCready	34	55:25
19	194 Kelley Thacker	32	55:34

**MALE AGE GROUP: 35 - 39**

1	17 Chad Waterworth	36	32:21
2	27 Bernd Kneer	39	33:59
3	41 Todd Foster	38	35:44
4	47 Wayne Patton	39	36:11
5	53 Cavan Carlton	35	37:00
6	60 Chad Duff	37	38:12
7	70 Kevin Hansen	38	39:08
8	94 Michael Cheatwood	39	40:42
9	96 Jeff Coleman	38	40:45
10	107 Tony Martin	39	41:24
11	113 Brian LaFratta	38	41:38
12	116 Kevin Struble	37	42:05
13	124 Christopher Hansen	35	42:34
14	137 Paul Burgess	37	44:34
15	140 Chris Ritchie	37	44:53
16	147 Kenneth Turner	38	45:37
17	190 Aaron Hall	36	55:13

**FEMALE AGE GROUP: 35 - 39**

1	65 Johnna Ingersoll	37	38:39
2	88 Eunice Rojas	35	40:28
3	91 Charmin Thomas	39	40:32
4	100 Jennifer Prince	36	41:14
5	129 Karen Dillon	37	42:59
6	131 Ruth Gillespie	36	43:12
7	136 Chantal Redmond	39	44:33
8	138 Jennifer Holis	36	44:48
9	144 Erika Wray	36	45:17
10	161 Tara Smith	39	47:43
11	162 Holly Knight	35	47:48
12	165 Karen Singleton	37	48:37
13	171 Nancy Turner	38	50:03
14	174 Wendy Brooks	35	51:25
15	186 Kathy Maggi	36	54:20
16	197 Shawn Hecker	36	56:28
17	200 Sandy Duff	35	57:31
18	202 Miriam Gruenewald	36	1:00:06
19	204 Heather Childress	37	1:00:29
20	207 Maggie Mace	38	1:04:50

**MALE AGE GROUP: 40 - 44**

1	6 Matt Richards	42	29:07
2	8 Peter O'brian	41	30:11
3	13 Darrell Wargo	41	31:59
4	15 brian Kelleher	42	32:13
5	58 Chris Snowman	44	37:41
6	61 Andy Maddox	41	38:15
7	64 Jim Gallagher	43	38:34
8	76 Rodney Beale	40	39:22
9	86 William Wells	41	40:21
10	92 Mark Sheehan	43	40:38
11	99 Mike Elliott	44	41:13
12	151 Bob Leffew	44	46:03
13	155 Tim Burnette	44	46:35
14	157 Matt Horsley	43	46:50

**FEMALE AGE GROUP: 40 - 44**

1	104 Kathleen Washburn	44	41:19
2	132 Janet Rorer	40	43:23
3	133 Jane Randall	40	43:23
4	135 Barbara Hopper	43	44:24
5	146 Linda Shields	42	45:19
6	156 Tracy Simmons	40	46:46
7	169 Susan Coalson	43	49:35
8	178 Wendy Sterne	42	52:44
9	195 Angie Wheat	42	55:41
10	199 Melody LaPrade	41	56:44
11	213 Tina Blondek	44	1:22:10

**MALE AGE GROUP: 45 - 49**

1	9 HT Page	49	30:23
2	18 Jonathan Perrotto	49	32:25
3	21 Norris Welfare	49	32:51
4	29 Kevin Schroyer	48	34:24
5	31 Ted Batt	49	34:33
6	43 Randy Nixon	45	35:55
7	59 Tim Laughlin	45	37:57
8	63 Clifford Glickman	48	38:29
9	81 dickie beale	47	39:53
10	83 Rick Benedict	48	39:58
11	95 Steve Washburn	46	40:42
12	111 Chad Smith	47	41:36
13	114 Steve Shields	46	41:44
14	127 Mark Sloman	46	42:46
15	134 Doug Lawrence	47	44:07
16	158 Scott Goodman	45	47:12
17	211 Jerry Price	47	1:14:45

**FEMALE AGE GROUP: 45 - 49**

1	82 Lesley McPhatter	45	39:56
2	128 Kristie Schroyer	48	42:51
3	141 Wendy Fariss	47	44:56
4	206 Lyn Mathews	46	1:04:17
5	208 Sherry Saunders	45	1:06:06

**MALE AGE GROUP: 50 - 54**

1	19 Preston Evans	53	32:26
---	------------------	----	-------

**LONE JOGGER & THE MMTR**

Old and slow but not a goner,  
I do my jogging as a loner.  
(To jog, I don't join others.  
Can't keep up, so why bother?)  
But I am, for sure, a honer.

And, running friends, beware.

I just might tortoise your hare  
If the run goes as far  
As does the MMTR.  
I hope to see you there.

Eleven and fifty-nine  
Will suit me just fine.  
Diligently I'll pursue it.  
Just maybe I can do it  
If no injuries undermine.

If I finish that one, baby,  
'Twill be a miracle maybe.  
But 'twill be no accident  
Considering the training spent  
And that I'm nowhere flabby.

Bernie the Bard

2	20 Bret Boman	50	32:44
3	32 Roger Koehler	54	34:37
4	44 Wilbert Hooper	51	36:01
5	48 Greg Kosowski	53	36:20
6	49 Mike Mitchell	53	36:27
7	72 Kelvin Flowers	53	39:10
8	73 Mark Bushing	53	39:18
9	74 Lance Knight	53	39:19
10	106 Eddie Everhart	51	41:23

11	108 Jim McFarland	51	41:26
12	160 Keith Coalson	52	47:36

**FEMALE AGE GROUP: 50 - 54**

1	121 Lisa Boman	51	42:27
2	175 Sara Lloyd Bryant	50	51:48
3	176 Dianne Wright	54	51:52
4	193 Rowana Okun	54	55:29

**MALE AGE GROUP: 55 - 59**

1	62 Keith Austin	55	38:25
2	71 Donnie Barton	57	39:10
3	75 Craig Miller	56	39:21
4	97 Walker Pennock	58	40:59
5	118 Steve Hamilton	56	42:11
6	143 John Wherry	58	45:12

**FEMALE AGE GROUP: 55 - 59**

1	172 Deborah Allen	59	50:09
2	189 Gail Copelan	59	55:09
3	196 Nancy Blackwell	57	56:27
4	212 Sondra Pinn	55	1:16:52

**MALE AGE GROUP: 60 - 64**

1	51 Walter Allen	60	36:39
2	93 Jim Weimer	62	40:39
3	145 Richard Stone	62	45:18

**FEMALE AGE GROUP: 60 - 64**

1	187 Priscilla Jones	60	54:54
---	---------------------	----	-------

**MALE AGE GROUP: 65 - 69**

1	67 Horace Ellis	67	38:46
2	80 Dave Stephenson	65	39:48

**FEMALE AGE GROUP: 65 - 69**

NO ENTRIES

**MALE AGE GROUP: 70 - 99**

1	103 Tommy Harris	70	41:18
2	205 John Kurisky	70	1:00:41

**FEMALE AGE GROUP: 70 - 99**

NO ENTRIES

**Aug. 15, Lynchburg - LRRC Summer Series 1/2 marathon & 5K,**

7:30 a.m. Start, Riverfront Park, Downtown Lynchburg

With "good for August" weather, the Lynchburg Half Marathon attracted 211 runners this year, a course record. Patterson Wilhelm won the event in 1 hour, 7 minutes, 30 seconds, a new course record. Patterson set a blistering pace for the field of runners at 5:10 per mile.

Shannon Saunders set a new course record for females, covering the course at 6:32 permile to finish in 1 hour, 25 minutes, 33 seconds.

### AWARDS LIST

#### FEMALE OVERALL RESULTS

1 Shannon Saunders	25	1:25:33	6:32
* New Course Record			
(Old Record 1:27:46, Thorstenson - 2008)			
2 Sallie Ford	21	1:28:49	6:47
3 Laura Rapp	19	1:32:12	7:03
4 Hayley Mullins	23	1:37:52	7:29
5 Yvonne McMahon	50	1:38:16	7:31

#### MALE OVERALL RESULTS

1 Patterson Wilhelm	21	1:07:30	5:10
* New Course Record			
(Old Record 1:09:11, Wilhelm - 2008)			
2 Kalib Wilkinson	25	1:14:45	5:43
3 Jordan Whitlock	21	1:17:07	5:54
4 John Piggott	44	1:17:27	5:55
* Masters Course Record			
(Old Record 1:20:25, Richards - 2008)			
5 Jeff Harrington	39	1:20:31	6:09

#### FEMALE MASTERS OVERALL CHAMPION

1 Ryn Morrison	44	1:45:27	8:03
----------------	----	---------	------

#### MALE MASTERS OVERALL CHAMPION

1 Daniel McDowell	42	1:22:00	6:16
-------------------	----	---------	------

#### MALE AGE GROUP: 14 - 19

1 7 Jake Wimberly	19	1:22:12	6:17
2 20 Jacob Arthur	19	1:32:01	7:02
3 33 Thomas Grabaskas	16	1:34:29	7:13
4 34 Zachary Quigg	17	1:34:30	7:13
5 44 Travis Marshall	18	1:39:40	7:37
6 60 Kevin Truitte	18	1:42:54	7:52
7 62 Blane Maddox	14	1:43:57	7:57
8 74 Jonathan Howard	17	1:46:05	8:06
9 83 Patrick Spencer	17	1:47:28	8:13
10 117 Stefan Moscalu	16	1:55:01	8:47

#### FEMALE AGE GROUP: 14 - 19

1 72 Austin Ferguson	19	1:45:40	8:04
2 118 Sarah Quigg	16	1:55:07	8:48
3 139 Abby Quigg	14	2:00:38	9:13
4 153 Julie Kittel	18	2:04:35	9:31
5 155 Sara Sloman	18	2:05:03	9:33
6 181 Cristen Coleman	16	2:16:46	10:27
7 186 Julie Heidorn	19	2:19:45	10:41

#### MALE AGE GROUP: 20 - 24

1 18 Marshall Martin	23	1:30:56	6:57
2 54 Adam W	24	1:41:20	7:45

3 67 Jason Wells	24	1:45:14	8:02
4 103 Jake Carlson	22	1:52:21	8:35
5 145 Jonathan Bedell	23	2:02:18	9:21
6 174 Mike Eames	24	2:12:35	10:08
7 180 Richard Suddith	23	2:14:50	10:18

#### FEMALE AGE GROUP: 20 - 24

1 46 Rebekah Morris	24	1:39:55	7:38
2 84 Whitney Beeson	23	1:47:28	8:13
3 151 Robyn Burgess	23	2:03:50	9:28
4 169 LeighAnna Renstrom	21	2:09:13	9:52
5 196 Carrie Knapp	24	2:29:24	11:25
6 197 Cathrine Lewis	22	2:29:50	11:27
7 198 Catherine Sansbury	22	2:30:28	11:30

#### MALE AGE GROUP: 25 - 29

1 29 Jeffrey Hesson	25	1:33:14	7:08
2 47 Dennis Coan	25	1:40:08	7:39
3 48 Austin Hinkson	26	1:40:32	7:41
4 49 Paul Carmany	26	1:40:54	7:43
5 82 John Neathawk	25	1:47:14	8:12
6 122 Sathees Kesavan	28	1:55:54	8:51
7 156 Aaron Meng	25	2:05:05	9:33
8 185 Jeremy Hamilton	27	2:18:33	10:35
9 190 Clell Smyth	28	2:20:57	10:46

#### FEMALE AGE GROUP: 25 - 29

1 61 Andrea Smythe	28	1:43:16	7:53
2 81 Stephanie Beem	28	1:47:00	8:11
3 136 Jennifer Washburn	27	1:59:16	9:07
4 154 Stephanie RiCharde	26	2:04:51	9:32
5 162 Leah Smith	26	2:06:29	9:40
6 188 Danielle McLynn	29	2:19:56	10:00
7 192 Lauren de Treville	28	2:22:23	10:53
8 205 Stefanie Williams	29	2:38:47	12:08
9 207 Laura Schultze	27	2:39:33	12:11
10 209 LAURA VOGEL	26	2:56:07	13:27

#### MALE AGE GROUP: 30 - 34

1 9 Aaron Carr	30	1:25:13	6:31
2 16 Kevin Bumgarner	34	1:29:29	6:50
3 23 Troy Campbell	30	1:32:09	7:03
4 25 Darren Hadden	34	1:32:13	7:03
5 30 Aaron Meadows	33	1:33:14	7:08
6 31 Michael McKenna	33	1:33:51	7:10
7 38 John Turner	33	1:37:35	7:27
8 41 Dwayne Fitts	31	1:38:06	7:30
9 45 Randall Birnschein	30	1:39:47	7:38
10 50 Michael Dunn	34	1:41:10	7:44
11 68 Mauricio Becerra	32	1:45:15	8:03
12 85 Chris Farmer	30	1:47:35	8:13
13 91 Scott Carson	34	1:49:10	8:20
14 92 David Williams	31	1:50:00	8:24
15 98 James Harrington	32	1:51:27	8:31
16 109 Andrew Linn	32	1:53:12	8:39
17 114 Paul Spiggle	34	1:54:16	8:44
18 130 Jeremiah Sanom	33	1:58:15	9:02

19	172 Virgil Moore	34	2:11:40	10:04
20	176 Bryan Carter	32	2:13:21	10:11

**FEMALE AGE GROUP: 30 - 34**

1	56 Ember Verma	30	1:42:43	7:51
2	94 Niki Kline	30	1:50:14	8:25
3	119 Stacey Reighard	31	1:55:11	8:48
4	124 Jennifer Captain	30	1:56:51	8:56
5	144 Kim Lane	31	2:01:25	9:17
6	147 Keeling Pennington	33	2:03:30	9:26
7	158 Sunday Towles	34	2:05:14	9:34
8	166 Laura Arbogast	32	2:07:39	9:45
9	167 Erin Potts	33	2:07:57	9:47
10	187 Whitney Etzel	31	2:19:45	10:41
11	199 Tabitha Rowland	31	2:32:51	11:41
12	208 Kelley Thacker	32	2:54:04	13:18
13	210 Jenny Lipford	30	3:05:13	14:09

**MALE AGE GROUP: 35 - 39**

1	15 william vickery	39	1:29:28	6:50
2	26 Nick Pontius	35	1:32:33	7:04
3	28 Chad Waterworth	37	1:33:12	7:07
4	66 Jack Flippin	39	1:45:12	8:02
5	80 Mike Donahue	36	1:46:52	8:10
6	88 Cavan Carlton	35	1:48:57	8:20
7	89 Ross Strader	39	1:49:04	8:20
8	99 Steve Hengels	37	1:51:52	8:33
9	101 ronald briggs	35	1:51:58	8:33
10	104 Chad Duff	37	1:52:29	8:36
11	116 Samuel Carlson	39	1:54:56	8:47
12	127 Brad Pennington	36	1:57:48	9:00
13	141 Mark Flores	39	2:00:44	9:13
14	160 Kevin Struble	37	2:06:10	9:38
15	165 tony riggs	36	2:07:28	9:44
16	201 Brandon Zuidema	37	2:35:19	11:52

**FEMALE AGE GROUP: 35 - 39**

1	107 Johnna Ingersoll	37	1:52:53	8:38
2	115 Nina Dillon	35	1:54:49	8:46
3	129 Eunice Rojas	35	1:58:15	9:02
4	131 Kristen Morgan	35	1:58:17	9:02
5	133 Christy Howard	36	1:58:49	9:05
6	134 Kellie Hudson	36	1:59:05	9:06
7	137 Charmin Thomas	39	2:00:06	9:11
8	150 Erika Wray	36	2:03:49	9:28
9	161 Cynthia Hunter	36	2:06:18	9:39
10	178 Kim Yeatts	39	2:13:33	10:12
11	195 betty Harrington	38	2:24:46	11:04
12	200 Spring Zuidema	39	2:32:54	11:41
13	202 Larissa Norman	35	2:35:20	11:52
14	204 stephanie mear	36	2:37:31	12:02
15	211 Janis Frazer	37	3:05:14	14:09
16	213 Heather Childress	37	3:12:52	14:44

**MALE AGE GROUP: 40 - 44**

1	8 Matt Richards	42	1:24:35	6:28
2	12 Brian Kelleher	42	1:28:24	6:45

3	17 Anthony Ivey	41	1:29:33	6:51
4	27 Darrell Wargo	41	1:32:35	7:05
5	52 Lee Coppock II	41	1:41:18	7:44
6	53 Malcolm Miller	43	1:41:19	7:45
7	63 Scott Englund	43	1:44:01	7:57
8	65 Michael Diminick	42	1:45:00	8:01
9	73 Van Phillips	40	1:45:51	8:05
10	76 Andrew Maddox	41	1:46:17	8:07
11	108 Chris Williams	44	1:52:57	8:38
12	111 calvin curry	44	1:53:54	8:42
13	112 Sam Yeatts	42	1:53:56	8:42
14	123 Todd Hine	42	1:56:13	8:53
15	125 Anthony Smith	42	1:57:07	8:57
16	143 Carl Williams	43	2:01:20	9:16
17	146 Mike Elliott	44	2:02:46	9:23
18	148 Tony Martin	40	2:03:37	9:27
19	149 Tom Spangenberg	43	2:03:41	9:27
20	164 Jay Parker	40	2:07:21	9:44
21	177 Michael Poole	41	2:13:28	10:12
22	179 Mark Sheehan	43	2:14:38	10:17
23	183 Barry Witt	40	2:17:34	10:31
24	212 Eric Burr	40	3:08:30	14:24

**FEMALE AGE GROUP: 40 - 44**

1	97 Kara Bauer	44	1:51:26	8:31
2	113 Marianna Inslee	44	1:53:58	8:42
3	168 Melissa Upchurch	40	2:08:00	9:47
4	175 Wendy Golden	41	2:12:59	10:10
5	189 ava rupert	44	2:20:37	10:45
6	203 Melody Laprade	41	2:35:59	11:55
7	206 Susan Coalson	43	2:38:50	12:08

**MALE AGE GROUP: 45 - 49**

1	11 Len Barker	49	1:27:04	6:39
2	19 Calvin Milam	49	1:31:05	6:58
3	21 Scott Kadak	46	1:32:04	7:02
4	22 John Tate	46	1:32:08	7:02
5	32 Norris Welfare	49	1:34:19	7:12
6	37 Kevin Shroyer	48	1:35:44	7:19
7	51 Charlie Souter	49	1:41:18	7:44
8	58 mohamed soltani	45	1:42:48	7:51
9	59 Randy Warner	47	1:42:50	7:51
10	64 Scott Adams	48	1:44:18	7:58
11	79 Randy Nixon	45	1:46:39	8:09
12	87 Clifford Glickman	49	1:48:45	8:19
13	121 Steve Letterman	49	1:55:36	8:50
14	159 Jimmy Roux	46	2:05:51	9:37
15	170 Dwayne Marshall	46	2:11:14	10:02
16	171 Mark Sloman	46	2:11:39	10:03
17	194 Jerry Price	47	2:23:07	10:56

**FEMALE AGE GROUP: 45 - 49**

1	100 Lesley McPhatter	45	1:51:53	8:33
2	120 Lorraine Moore	46	1:55:14	8:48

**MALE AGE GROUP: 50 - 54**

1	13 Bob Blevins	52	1:28:39	6:47
---	----------------	----	---------	------

2	35 Donnie Lane	53	1:34:43	7:14
3	36 Preston Evans	53	1:35:30	7:18
4	40 James Malene	53	1:37:56	7:29
5	55 Mike Mitchell	53	1:41:51	7:47
6	57 Wilbert Hooper	51	1:42:46	7:51
7	71 Michael Goetz	51	1:45:31	8:04
8	90 Mike Myers	50	1:49:04	8:20
9	93 Mark Bushing	53	1:50:14	8:25
10	96 Mark Eschenfelder	53	1:51:00	8:29
11	110 Wim Imron	53	1:53:19	8:40
12	126 Eddie Everheart	52	1:57:43	9:00
13	142 Dennis Riggins	50	2:01:01	9:15
14	152 Jim McFarland	51	2:04:34	9:31
15	184 Keith Coalson	52	2:17:35	10:31

**FEMALE AGE GROUP: 50 - 59**

1	86 Nancy Ferris	53	1:48:11	8:16
2	138 Susan Crabtree	50	2:00:33	9:13

**MALE AGE GROUP: 55 - 59**

1	43 Roger Koehler	55	1:39:12	7:35
2	95 Craig Miller	56	1:50:53	8:28
3	102 Gregg Newschwander	55	1:52:00	8:33
4	105 Peyton Morgan	57	1:52:34	8:36
5	106 Walker Pennock	58	1:52:35	8:36
6	128 Bill Hite	56	1:57:51	9:00
7	132 Bob Ladd	55	1:58:20	9:02
8	135 Tom Carr	59	1:59:05	9:06
9	191 Jim Allmendinger	55	2:21:09	10:47

**MALE AGE GROUP: 60 - 64**

1	69 Walter Allen	61	1:45:16	8:03
2	77 micky miear	62	1:46:22	8:08
3	182 Bob Foster	63	2:17:31	10:30
4	193 richard stone	62	2:22:26	10:53

**FEMALE AGE GROUP: 60 - 99**

1	140 Judy Campbell	60	2:00:43	9:13
2	157 Marie Tedesco	60	2:05:06	9:33
3	163 Janice Hicks	67	2:07:17	9:43

**MALE AGE GROUP: 65 - 99**

1	78 Dave Stephenson	65	1:46:29	8:08
2	173 Wally Goode	69	2:12:06	10:06

**LYNCHBURG Open 5K**

August 15, 2009 8:00am

**AWARDS LIST****FEMALE OVERALL RESULTS**

1	Leigha Schimmoeller	16	21:36
2	Abby May	12	21:41
3	Jennifer Pritchett	33	22:13

**MALE OVERALL RESULTS**

1	Andrew Rigler	18	17:12
---	---------------	----	-------

2	Tommy Martin	31	17:58
3	Kyle Steiner	24	18:15

**FEMALE MASTERS OVERALL CHAMPION**

1	Lisa Richardson	43	24:29
---	-----------------	----	-------

**MALE MASTERS OVERALL CHAMPION**

1	RB Carter	50	18:51
---	-----------	----	-------

**MALE AGE GROUP: 1 - 12**

1	60 Seamus Donahue	12	25:42
2	75 Will Zwetolitz	7	26:48
3	80 Micah Hunter	10	27:07
4	144 Bryce Leffew	10	32:23
5	148 Ford Morrison	10	33:23

**FEMALE AGE GROUP: 1 - 12**

1	69 Hannah Murphy	11	26:29
2	70 Lucy Morrison	12	26:30
3	73 Claire McClenny	10	26:40
4	87 Natalie Warner	12	27:49
5	105 Julia Zwetolitz	12	29:09
6	111 Lucy Wooldridge	12	29:51
7	165 Allison Maddox	10	36:17
8	169 Sarah Gillespie	10	36:50
9	200 Amanda Shaver	11	49:56

**MALE AGE GROUP: 13 - 19**

1	4 Trey Fisher	14	18:18
2	5 Benjamin Jackson	15	18:19
3	6 Nathan Turner	19	18:45
4	9 Brandon McClenny	15	20:36
5	11 Gabe LaMartina	16	21:05
6	13 Austin Walker	17	21:09
7	20 Alex Balchik	15	21:46
8	23 Casey Martin	13	22:20
9	25 Trevor Wilder	15	22:36
10	28 William Wright	17	23:09
11	31 Evin Morrison	14	23:30
12	32 Bobby Leffew	18	23:32
13	52 Tyler Walters	13	25:04
14	53 Brady Leffew	13	25:08
15	54 Ryan Johnson	14	25:09
16	86 Thomas Shaver	13	27:47
17	88 Phil Drake	16	27:49
18	142 Josh Goodrich	18	32:22

**FEMALE AGE GROUP: 13 - 19**

1	22 Olivia Jackson	17	22:20
2	30 Jessica Totty	19	23:21
3	35 Tessa Englund	15	23:39
4	36 Alexis Bowen	15	23:44
5	37 Hannah Owen	14	23:51
6	38 Katie Zwetolitz	13	23:52
7	43 McKenna Coalson	14	24:26

8	62 Anna Carter	14	25:58
9	67 Lindsay Lewis	17	26:20
10	68 Carsen Wilkerson	13	26:27
11	83 Meaghan Parker	16	27:25
12	107 Zoey Dorman	15	29:22
13	120 Rachel Policke	14	30:50
14	131 Carissa Willmington	18	31:46

**MALE AGE GROUP: 20 - 29**

1	8 Tyler Skinner	20	20:05
2	12 Tobias Lutz	27	21:07
3	16 Glenn Kuhar	24	21:33
4	17 Jordan Miller	22	21:35
5	26 Ryan Earle	28	22:54
6	29 Jeremiah Fish	28	23:13
7	33 Brandon Witmyer	22	23:34
8	50 Bryan Wright	26	24:58
9	78 Michael Gibbs	24	26:56
10	84 Jerry Truax	26	27:32
11	91 Nick VanWingerden	26	27:59
12	95 Todd Libeau	27	28:13
13	103 Shinwoo Kang	27	29:03
14	135 Stewart Waddy	27	31:58
15	183 David Wheeler	28	40:19

**FEMALE AGE GROUP: 20 - 29**

1	39 Samantha Mitchell	27	24:08
2	41 Hannah Hinkson	24	24:21
3	66 Brandy Gibbs	23	26:19
4	76 Jan Baker	29	26:49
5	79 Mary Earle	28	27:06
6	108 Michelle Ayers	20	29:30
7	112 Kate Brown	28	29:57
8	113 Amanda Irvin	26	30:02
9	121 Melissa Shultz	20	31:13
10	125 Katelin Shugart	21	31:25
11	136 Kristin Campbell	28	32:04
12	137 Tricia Smith	26	32:
13	166 Megan Turnmire	20	36:22
14	167 Lauren Davis	20	36:42
15	177 Russanna Cook	27	39:09
16	178 Rebekah Meadows	28	39:10
17	179 Katie Martin	26	39:10
18	184 Alba Wheeler	26	40:25
19	192 Sarah Fowler	29	43:36
20	198 Brandi Sermons	27	46:19

**MALE AGE GROUP: 30 - 39**

1	10 Jeremy White	33	20:41
2	27 Kevin Hansen	38	23:07
3	46 Billy Drinkard	39	24:34
4	47 Chris Hansen	35	24:36
5	55 Arthur Buckley	35	25:12
6	61 Matthew Mitchell	30	25:56
7	64 David McBride	36	26:05
8	74 Ryan George	31	26:41

9	89 Matt Doss	32	27:51
10	90 Hank Mullins	38	27:54
11	96 David Beazley	33	28:26
12	104 Chris Hara	31	29:05
13	123 Benjamin Parrish	31	31:18
14	124 Tim Greenway	32	31:19

5	82 Jennifer Hollis	36	27:20
6	85 Andrea Adams	30	27:43
7	101 Holly Knight	36	28:59
8	102 Brandi Tyree	32	29:01
9	109 Courtney Edmunds	32	29:36
10	118 Rachel Mitchell	39	30:48
11	122 Soraya McKinney	34	31:14
12	127 Carrie Landrum	34	31:37
13	132 Sara Sargeant	31	31:51
14	134 Laurie Thomas	36	31:56
15	149 Allyson McSwain	36	33:28
16	152 Tonda Lee	36	33:43
17	156 Shawn Hecker	36	34:05
18	158 Liane McCreedy	34	34:13
19	159 Amy Rowland	30	34:27
20	160 Shelly Foldesi	36	34:50
21	162 Kathy Maggi	36	35:09
22	163 Jennifer Irwin	33	35:17
23	171 Carmen Foster	39	37:16
24	173 Barbie Hayes	33	38:31
25	176 Bethany Lyle	31	39:08

**MALE AGE GROUP: 40 - 49**

1	14 Chris Gassler	40	21:25
2	15 Joseph Malloy	45	21:27
3	34 Rick Fisher	49	23:38
4	40 Craig Tiller		24:09
5	45 Rodney Beale	40	24:31
6	48 Chad Smith	47	24:40
7	51 Leland Gibson	48	25:00
8	57 RJ Roark	48	25:15
9	63 Doug Lawrence	47	26:00
10	77 David Miles	49	26:54
11	97 Scott Goodman	45	28:36
12	98 Phil Danaher	47	28:42
13	100 Lew McKeague	43	28:47
14	106 Joe Zwetolitz	45	29:13
15	115 Keith Simpson	44	30:22
16	130 Matt Willmington	46	31:46
17	133 Robert Upchurch	47	31:51
18	164 Curt Irwin	40	36:08
19	174 Rob Smith	41	38:39

**FEMALE AGE GROUP: 40 - 49**

1	59 Jeannie Hosey	49	25:31
2	65 Sue Jones	48	26:16
3	92 Freda Spencer	49	28:05
4	93 Amy Owen	42	28:11
5	110 Michelle Skinner	40	29:41
6	114 Alicia Matherly	45	30:09

7	117 Tabitha Maddox	40	30:39
8	143 Kirsten Tiller	40	32:23
9	146 Lorraine Curry	46	32:44
10	155 Lisa Drinkard	40	34:01
11	157 Debbie Coffin	47	34:11
12	161 Carmen Kerr	40	35:08
13	168 Sherry Saunders	45	36:43
14	170 Lyn Mathews	46	36:51
15	175 Lisa Tomlin	41	38:50
16	180 Rita Napper	41	39:19
17	181 Debra Martin	46	40:12
18	185 Beverly Moore	47	40:25
19	188 Kate Leffew	43	42:40
20	191 Sandra Irvin	48	43:24
21	193 Lisa Knight	48	43:46
22	197 Sondra Pinn	48	44:45

**MALE AGE GROUP: 50 - 59**

1	49 Dave Civis	52	24:56
2	56 Mike Gilley	50	25:13
3	99 Ronnie Doss	56	28:44
4	126 Jim Gallagher	57	31:35

**FEMALE AGE GROUP: 50 - 59**

1	81 Kathleen Malloy	51	27:09
2	116 SARA BRYANT	50	30:25
3	119 Dianne Wright	54	30:49
4	138 Gail Copelan	59	32:10
5	154 Nancy Blackwell	57	34:00
6	186 Barbara DeWitt	51	40:31
7	187 Kathy Gerber	56	42:20
8	190 Barbara Matysek	59	43:24
9	194 Ellen White	51	43:46

**MALE AGE GROUP: 60 - 69**

1	42 Jim Weimer	62	24:26
2	94 Mark Coward	62	28:12
3	129 William Gray	63	31:43
4	141 Larry Scott	64	32:22
5	147 Daryl Yoder	62	33:05
6	189 David A. Snyder	63	43:04

**FEMALE AGE GROUP: 60 - 69**

1	140 Brenda Gray	62	32:12
2	145 Priscilla Jones	60	32:41

**FEMALE AGE GROUP: 70 - 99**

No Entries

**MALE AGE GROUP: 70 - 99**

1	150 Lee Masser	73	33:28
2	153 John Billingslea	72	33:50
3	172 John Kurisky	70	37:22
4	196 Victor Galan	72	44:44

**Ford IRONMAN Louisville Kentucky - August 30, 2009****Swim 2.4 miles - Bike 112 miles - Run 26.2 miles**

Twenty local athletes completed the Louisville Ironman this past weekend. Congratulations to all for an outstanding performance. Eric Nelson of Forest was our lead triathlete, completing the course in just 10 hours and 46 minutes. Van Phillips biked the 112 mile course in the same time as Eric but was out swam and outpaced in the run portions of the event. Ten Miler race director Jeff Fedorko placed in the middle of the local pack with a fine 4:10 marathon. Sixty-three year old Double Ironman champ Steve Bozeman finished in 13-1/2 hours and placed overall 1553 in a field of 2435 athletes. That's ALL competitors, not just Steve's age group. Fantastic finish! Peter Sheldon came out of the water seconds before Steve and ran the marathon 5 1/2 minutes faster, but lost out to Steve's bike performance by 34 minutes. Of course, hats off to Tommy Harris who, at age 70, topped it off with a 5:40 marathon. Is the oldest to finish the Mountain Masochist within the time limit in the cards for this athlete?

Place No.	Div	Name	City	St	Country	Age	Sex	Swim	Bike	Mph	Run	Pace	Overall
-----------	-----	------	------	----	---------	-----	-----	------	------	-----	-----	------	---------

**Lead Men**

1	43	MPRO	Viktor Zyemtsev	DONETSK	UKR	36	M	52:59	4:43:59	23.7	2:43:48	6:16	8:25:27
2	13	MPRO	Luke McKenzie	QL	AUS	28	M	48:36	4:41:10	23.9	2:51:37	6:34	8:26:01
3	40	MPRO	Raynard Tissink		ZAF	36	M	53:00	4:43:42	23.7	2:57:36	6:47	8:39:09

**Lead Women**

15	1	WPRO	Nina Kraft	Braunschweig	GRD		W	52:56	5:14:29	21.4	3:07:28	7:10	9:20:21
19	2	WPRO	Lisbeth Kristensen		DEN		W	56:41	5:02:24	22.2	3:19:23	7:37	9:23:57
30	3	WPRO	Kim Colchester		VT		W	1:10:24	5:16:36	21.2	3:05:02	7:04	9:38:23

**Local Runners**

230	545	M25-29	Eric Nelson	Forest	VA	29	M	1:06:51	5:48:35	19.3	3:38:54	8:22	10:46:58
560		W30-35	Ashley Mccowen	LYH	VA	30	F	1:10:44	6:02:24	18.5	4:14:30	9:43	11:39:24
643	1809	M40-44	Peter Caprise	LYH	VA	41	M	1:11:05	6:13:14	18.0	4:02:48	9:16	11:48:54
643	2324	W45-49	Sarah Davidson	LYH	VA	45	F	1:13:36	6:15:33	17.9	4:02:35	9:18	11:48:58
901		M40-45	Skyler McCurley	LYH	VA	40	M	1:21:41	5:49:47	19.2	4:45:05	10:53	12:14:37
1010	2164	M40-44	Paul Calland	LYH	VA	44	M	1:32:17	5:53:45	19.0	4:46:14	10:58	12:26:30
1045	1737	M40-44	Van Phillips	LYH	VA	40	M	1:24:35	5:48:34	19.3	5:05:40	11:40	12:29:39
1077	1501	W35-39	Katie Diminick	LYH	VA	38	F	1:27:07	6:36:42	16.9	4:11:53	9:40	12:33:57
1137	1449	M35-39	Jeff Fedorko	LYH	VA	38	M	2:02:53	6:14:30	17.9	4:10:25	9:34	12:40:28
1305		W30-35	Rachel Sengenberger	LYH	VA	30	F	1:18:25	6:39:00	16.8	4:38:54	10:39	12:58:51
1400	2010	W40-44	Donna Hodgert	LYH	VA	42	F	1:08:37	6:51:55	16.3	4:56:17	11:21	13:11:48
1425	2553	W45-49	Beth Frackleton	LYH	VA	48	F	1:23:10	6:37:02	16.9	4:58:31	11:24	13:15:18
1553	2934	M60-64	Steve Bozeman	LYH	VA	63	M	1:50:10	6:29:39	17.2	4:45:30	10:54	13:29:24
1621	926	M30-34	Peter Sengenberger	LYH	VA	33	M	1:21:28	6:51:12	16.3	4:54:57	11:16	13:38:00
1624		W30-35	Sarah Glass	LYH	VA	35	F	1:58:38	6:49:09	16.4	4:29:09	10:17	13:38:56
1752		M40-45	Peter Sheldon	LYH	VA	42	M	1:50:03	7:03:42	15.9	4:40:04	10:42	13:55:16
1790	2391	W45-49	Ellen Sarantos	LYH	VA	46	F	1:26:59	7:14:23	15.5	5:04:47	11:38	14:01:48
2100	2116	M40-44	Robert Shenigo	Rustburg	VA	43	M	1:30:35	6:41:05	16.8	6:23:52	14:40	14:59:37
2095	1979	M40-44	Christopher Tharp	LYH	VA	42	M	1:34:02	6:52:28	16.3	6:08:11	14:06	15:03:13
2167	2957	M70-74	Tommy Harris	LYH	VA	70	M	2:10:37	7:08:37	15.7	5:40:53	13:01	15:24:29

**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)



*"Lynchburg's Specialty Running / Walking / Swim Store"*

2301 RIVERMONT AVENUE • LYNCHBURG, VIRGINIA  
(434) 846-7449 • [WWW.RIVERSIDERUNNERS.COM](http://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!

