The Presidents Letter

Greetings fellow runners.

Wow! That was a great Virginia Ten Miler. The best field, Men’s and Women’s that we have had in years. Twenty-two runners under 60 minutes when just a couple of years ago it was three -- we had three under 50 minutes this year! The number of participants and VOLUNTEERS continue to increase. My congratulations to Jeff Fedorko and his team for continuing to bring this race back. My thanks to all the volunteers; the race could not function without each one giving up their time to make the event.

This year’s speaker, Dick Beardsley, was a real treat for Lynchburg. Just the speaker’s introduction by our own Peter O’Brien was great. Dick remarked that even he was getting excited and was ready to race when Pete was talking. Dick’s energy and enthusiasm was contagious and spilled over to the race the next day. And for those who don’t know, Dick also spent time meeting with folks who like he are battling drug addiction. From what I understand he touched some lives there, too.

The week after the Ten Miler when many of us were recovering, Heather Vozel made her race directing debut and put on an excellent (flawless, from what I saw) John A Stephenson Youth Run. Hundreds of our area’s youngsters came out to Riverside Park on a Chamber of Commerce Saturday morning and had a great time running races from 220 yards to a mile. Thanks and congrats to Heather and her volunteers,

The Ten Miler concluded the 2009 Race Series. The Series awards celebration will be held at our November Meeting at Monte Carlo. Please Note: WE WILL MEET ON THE THIRD TUESDAY (November 17th) not the usual seconds Tuesday. Once again there will be free pizza and Jeff will be handing out a brazilian trophies to the award winners.

There are plenty of races coming up this fall including the Turkey Trot which has had an exponential growth these last few years. Could it be that 1000 people show this year?

On a sad note, Louise Martin passed away this fall. I did not know her personally but had the pleasure to see her compete in the Ten Miler. What impressed me the most was how full her life was. Her running chapter was only one of many in a very large book of experiences.

In December, we will conclude our year with the election of new officers. Having served for two and a half years, I am now ready to help someone else at the helm. The club is in good shape thanks to Vic, Sue, Craig, and Heather and will thrive under new leadership. So if you have ideas (even if you’re not sure that you want an official position), come out and share your ideas at the December 10th meeting (Monte Carlo’s at 6:30 pm).

See you on the roads or trails 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, 17 November 2009, 6:30 pm
At Monte Carlo’s restaurant on Old Forest Road

The Race Series awards for 2009 will be presented by Jeff. Once again it’s free pizza night, so come out and enjoy the show.

The December meeting of the Lynchburg Roadrunners will take place on tuesday December 8 at Monte Carlo’s. Dinner at 6:30 p.m. and meeting at 7:00 p.m. This is our annual business meeting when plans for the coming year 2010 are discussed and voted on. Your presence is highly encouraged to vote on important club matters. For instance, last year a presentation was made and a vote of approval taken to add a race to the Race Series. Other matters essential to the good order of the club need to be brought up and voted on. See you at the December meeting!
Meeting Minutes

September meeting
On Sept. 8, the Central Virginia Orthopedic Center at 2405 Atherholt Road hosted our members on 8 September with a free screening of functional movements by the staff. We thank the staff for donating their off hours to provide us with instruction in just how unfunctional we really are. Lesson learned - Get into stretching and other means of increasing the range of joint motion and providing balance.

October meeting
The monthly meeting for the Lynchburg Road Runners Club convened at Monte Carlos restaurant on Oct. 13.

The meeting was handled by Jonathan Perotto in the absence of Bret and Sue. The main topic of discussion centered on review of the recently completed VA 10 miler. Several members had just come for such a meeting with Jeff F. the VA 10 miler race director.

Positive factors:
- A great many people enjoyed Dick Beardsley and his participation.
- Continue seek to grow the race, but not the expenses.
- Many were happy to see continued growth of the race.

Areas that need improvement:
- How to increase attendance at the speaking event. Possibly speak during the dinner or have a committee to promote the event.
- Better signs at the registration area directing runners, permanent signs would make sense.
- Better awards format in that a knowledgeable presenter of runners be presenter, presentation makes such a positive impression.

Future considerations:
- Possible different starting times for 4 and 10 milers.
- Lower the times for prize money, pay to perform, not to be present.
- Corrals for runners?
- Seek to develop other sponsors to help with expenses.
- Speaker suggestions for next year ranged from Alberto Salazar, to Rod Dixon, to Marla Runyan and Ryan Hall.
- It was believed that we should not expect any current elite to attend.

Final notes:
Heather was commended for a job well done at the annual John A. Stephenson Memorial kids races.

It was recommended that the obituary for Louise Martin be included in an upcoming LRR newsletter recognizing the contribution to the running community she made.

Future calendar:
- October 24 will be the I Am Women run at Peaks View Park
- November LRR Meeting will the annual awards for the summer race series at Monte Carlos.

Respectfully submitted,
Craig M. Miller, Secretary for LRR

10:00 a.m. - Youth Mile Start

“I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs.”

Jesse Owens

Louise Lewis Martin, 93, of Willow Oak Road, Appomattox, died Monday, Oct. 5, 2009, at her home. She was the wife of the late Edward Carter Martin.

Born in Appomattox County on Sept. 18, 1916, she was a daughter of the late John Lloyd and Myrtle Jennings Lewis. She was a graduate of Longwood College and a retired teacher and coach. She was a member of the Lynchburg Road Runners, the Lynchburg Sports Hall of Fame, the Virginia High School League Hall of Fame and was nominated for the National Coach of the Year. She was also a member of the Retired Teachers Association, the Patrick Henry Auxiliary and the American Legion Auxiliary.

She is survived by her daughters and sons-in-law, Mary and Ronnie Torrence of Concord and Lucy and Ernest Harris of Appomattox; five grandsons and six great-grandchildren.

Louise Martin’s passing has stirred our running community. Candice Michalik will gather memories of Louise and we will post them in the Jan/Feb newsletter. The idea is to compile a memory of Louise as reflected by our run community to be passed on to the family. If you have some special memories or wish to comment on Louise’s impact on our community, please E-mail Candice Michalik at cjoy0821@yahoo.com with your comments by the first week in December.

Also, Race Director Jeff Fedorko finds it appropriate to present the Louise Martin Award yearly to the oldest female runner to complete the Virginia Ten-Miler. This is in recognition of the growing female participation in local roadracing which Louise, by her example, encouraged.

Further comments on Louise and her accomplishments are found at the end of this newsletter.
NOTICE!

After twenty some years as newsletter editor, Vic Galan needs a break. It’s time to pass the torch on to someone more representative of our members demographic, which is the 25 to 60 age group and increasingly female.

This is an excellent opportunity for someone to build their desktop publishing skills and inject enthusiasm and their vision of the Lynchburg Roadrunners and the local running community into our newsletter. It would be particularly appropriate for one of our women athletes to take over, given the rise in women’s participation in the Race Series and our run community.

The purpose of The Lynchburg Roadrunners Club is to promote the development and enjoyment of the sport of running in the Lynchburg area. The Newsletter Editor fulfills that goal by publishing a newsletter that:

**Informs** - Race results, schedules, news, volunteers, meeting schedules and minutes, etc.

**Educates** - Nutrition, technique, injury prevention and care, training advice.

**Inspires** - narrative testimonial.

**Entertains** - cartoons, poems, articles, etc.

The newsletter editor is afforded the editorial privilege of determining its content and emphasis, but is sensitive to the suggestions of the membership and accountable to the Executive Committee to stay within budget. It’s a challenging task, but a great opportunity to build skills, fatten your resume and contribute to the community.

Please call Vic Galan at 385-8022 or e-mail elcid@jetbroadband.com. You may also talk it over with or contact Bret Boman at blboman@verizon.net, or Jeff Fedorko at the Riverside Runners store on Rivermont Ave. Phone: 846-7449.

UPCOMING RACES

Nov. 14, Richmond, Va - Richmond Marathon, 1/2 Marathon and 8K
E-mail: marathon@sportsbackers.org
Web: www.richmondmarathon.com

Nov. 21, Lynchburg - Girls on the Run 5K
Location: Peaks View Park, Admore Entrance.
Start: 9:00 a.m.
Info.: Mary Hanson, (434) 607-2024 or www.gotrgreaterlynchburg@comcast.net

Nov. 26, Lynchburg - 21st Annual Turkey Trot 5k and Youth Mile, at Timberlake Christian School
202 Horizon Drive - Forest, Virginia
9:00 a.m. - 5K Race Start

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 †
Race Results

Sept. 26, Lynchburg - Virginia 10-Miler
It was a fabulous day to run. With over 600 volunteers to guide and assist runners, the good planning of race director Jeff Fedorko paid off with a record turnout.

Jukius Kogo won the 10-miler with a time of 48:40. The female winner of the event was Hellen Jamuti with a time of 56:41. The first three runners were under 50 minutes and the first 22 runners under 60 minutes at the finish.

Then there was Jim Montgomery of Daytona Beach, Florida who completed his 36th 10-miler in 2:31:04 with the help of “Girls on the Run”. They surround Jim like a flock of angels in orange t-shirts to escort him to victory. What a sight.

October 3th, Lynchburg - Annual John A. Stephenson Memorial Youth Run.
The weather was a repeat of last year, perfect. Youth again showed up dragging their parents to the 19th running of this event. Heather Vozel made her debut as race director and did an outstanding job of organizing this popular event. It was once again up to Drew Wilds to restrain the bubbly energy of eager youth momentarily behind the starting line and leap out of the way as they raced for the finish line.

FEMALE FASTEST MILE
1 Hannah Murphy 11 Appomattox VA 6:18 6:18
2 Claire McClenny 11 Pamplin VA 6:20 6:20
3 Hannah Foster 11 Appomattox VA 6:43 6:43

MALE FASTEST MILE
1 Chris Jenkins 11 Madison Heights VA 6:17 6:17
2 William Lupton 11 Lynchburg VA 6:29 6:29
3 Austin Tatom 13 Lynchburg VA 6:35 6:35

Complete results are found at www.riversiderunners.com

Oct. 24, Lynchburg - I AM Woman 5K.
One hundred sixty two women completed this year’s running of the I AM Woman 5K this year.

FEMALE 5K RUN OVERALL AWARDS
Place Name Age City St Time Pace
1 Abby May 12 Forest VA 21:10 6:49
2 Kaitlyn Brown 16 Lynchburg VA 22:27 7:14
3 Janet Rorer 40 Lynchburg VA 22:34 7:16

FEMALE MASTERS RUN OVERALL AWARDS
1 Lisa Richardson 43 Red House VA 23:43 7:39
2 Lesley McPatter 45 Madison Hghts VA 24:27 7:53
3 Candice Michalik 62 Lynchburg VA 25:54 8:21

FEMALE AGE GROUP: 1 - 12
Place Name Age City St Time
1 8 Hannah Foster 11 Appomattox VA 24:24
2 15 Logan Hartsell 9 Lynchburg VA 26:05

1 18 Hannah Murphy 11 Appomattox VA 26:26
2 29 Jill Walton 11 Forest VA 28:31
3 36 Jessica Pascalo 11 Forest VA 29:19
5 50 Natalie Hendrickson 11 Lynchburg VA 30:19
6 79 Carolin Branhon 7 Madison Hghts VA 33:39
8 85 Evie Budzyn 8 Lynchburg VA 34:23
9 99 Lauren Mosia 10 Forest VA 38:18
10 102 Alexis Hamlet 12 Appomattox VA 38:44
11 117 Kendall Branhon 11 Madison Hghts VA 44:52
12 146 Molly Greenough 9 Forest VA 49:17
13 156 Kallena Branhon 5 Madison Hghts VA 50:50

FEMALE AGE GROUP: 13 - 19
1 7 Carter Neiswander 13 Appomattox VA 24:23
2 12 Annie Dailey 15 Forest VA 25:02
3 24 Sarah Fendt 18 Swedesboro NJ 27:43
4 49 Ellee Evans 13 Forest VA 30:19
5 57 Britney Pingilley 15 Hurt VA 30:50
6 60 Anna Hutcherson 15 Lynchburg VA 31:12
7 88 TAYLOR REEDY 19 LYNCHBURG VA 35:10
8 115 Terri Motley 16 Lynchburg VA 44:47
9 116 Clair Lloyd 15 Lynchburg VA 44:48

FEMALE AGE GROUP: 20 - 29
1 5 Amy Toulson 25 Lynchburg VA 23:39
2 10 Brandy Tate 24 Lynchburg VA 25:02
3 11 Heather Vozel 27 Lynchburg VA 25:05
4 13 Rachel McGinley 25 Lynchburg VA 25:35
5 16 Christie Jones 25 Lynchburg VA 26:05
6 23 Chelsie Viar 29 Lynchburg VA 27:42
7 31 Brittany Shelton 29 Hurt VA 28:38
8 32 LaVonne Sparrow 23 Madison Hghts VA 28:44
9 39 Emily Nazimek 20 Lynchburg VA 29:26
10 46 Stephanie McGinn 20 Morgantown PA 30:03
11 47 Brittany Sydnon 28 Lynchburg VA 30:07
12 52 Samantha Bryant 20 Lynchburg VA 30:24
13 55 STACEY EVANS 27 PINEY RIVER VA 30:32
14 58 Amanda Irvin 27 Madison Hghts VA 31:01
15 62 Sarah Gibboney 24 Lynchburg VA 31:27
16 67 Samantha Moschera 20 Lynchburg VA 31:46
17 74 Sara Williams 23 Forest VA 32:34
18 75 Amanda Rehnborg 26 Lynchburg VA 32:35
19 81 Meagan Bell 22 Forest VA 34:00
20 97 Alicia Hatfield 20 Lynchburg VA 38:04
21 105 Lauren Bifulco 28 Lynchburg VA 40:50
22 123 andraya barger 29 Forest VA 45:58
23 125 Ashley Scruggs 21 Spout Spring VA 46:12
24 127 Brooke Wright 28 Evington VA 46:15
25 135 Jennifer Edwards 29 Lynchburg VA 47:12

FEMALE AGE GROUP: 30 - 39
1 4 Nina Dillon 35 Lynchburg VA 23:25
2 17 Angela Bryant 36 Amherst VA 26:12
3 19 Andrea Adams 30 Lynchburg VA 26:40
4 25 Leigh Ann Markham 38 Big Island VA 27:44
5 26 Dana Glover 32 Appomattox VA 28:05
6 34 Michele Rakowski 38 Lynchburg VA 28:55
7 41 Wendy Brooks 36 Lynchburg VA 29:35
8 43 Bethany Harrison 30 Lynchburg VA 29:48
9 45 Misty Nolen 36 Concord VA 29:59
10 48 Jennifer Bryant 39 Lynchburg VA 30:17
11 54 Kylie Storm 30 Forest VA 30:30
12 63 Gina Hartsell 38 Lynchburg VA 31:28
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**FEMALE AGE GROUP: 40 - 49**

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**FEMALE AGE GROUP: 50 - 99**

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**Every morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and it knows it must move faster than the slowest gazelle or it will starve. It doesn’t matter if you are the lion or the gazelle, when the sun comes up, you better be moving.**

*Maurice Greene*  
(attributed to Roger Bannister shortly after running the first sub-4 mile)
MY MOTHER, LOUISE MARTIN

By Mary Torrence

I wanted to let the running community know that my mother, Louise Martin, finished the race well.

My mother’s running career started when she was 55 years old. Many of you will remember my father was her coach and biggest fan encouraging her to enter many races. She continued running until a broken ankle didn’t heal very well. She could "only" walk 4 to 5 miles a day at 91. She last ran the 10-miler when she was 87 years old. It’s interesting in that over the last years she also broke her wrist, elbow, shoulder, and ribs but none of the breaks happened while she was running. On Dec. 26, 2007 she suffered a massive heart attack and to this day I smile as I remember the ER doctors’ astonishment that she was on no medication. In Feb. of 2008 she fell and broke her hip which began a long rehab. She improved but in the spring of that year she began to decline and we took her home under hospice’s care. She began to perk up and although unable to walk except with a walker, she continued to enjoy her friends and family. All through this she never complained that she could no longer do so many of the things she loved to do. She lived 16 months longer and enjoyed her 93rd birthday with 6 great grandchildren. She passed from this life Monday, Oct. 5 in the same home in which she was born.

Lucy and I and our families miss her but are celebrating her well-deserved homecoming. As her pastor said, "Louise once told me she asked God what He wanted her to do each day and to give her the strength to do it. That’s why she lived with a smile on her face and died with a smile on her face.”

She ran her race well. My sister and I thought it fitting that she be buried in a beautiful gown she wore to her grandchild’s wedding....with her running shoes on.

I would like to remind all those runners out there that maybe running for 40 years makes a real difference in your life....not only physically but in determination. Remember also, my mother didn’t start running until she was 55.

1999 Commonwealth Games of Virginia

Virginia Amateur Sports (VAS) announced that Louise Martin of Appomattox and Dakota Huffman of Bridgewater have been named the 1999 Commonwealth Games of Virginia Athletes of the Year. Both traveled to Albuquerque, New Mexico to be recognized at the Annual Meeting of the National Congress of State Games.

At 83, most people would have hung up their running shoes, but not Louise Martin. Martin, a retired school teacher and coach from Appomattox County Schools. She is an inspiration to all athletes. She started running at the age of 55 because she didn’t want to "grow old gracefully." She now runs 5 to 6 miles a day, and competes in various races ranging from 200 meters to half marathons. In her 27 years of running competitively, Louise has acquired more Gold and Silver medals than most people do in a lifetime. Out of the 10 year existence of the Commonwealth Games of Virginia, she has received 8 Gold medals in her age division for the 5 mile run, and she held the fastest age group time for the Charlottesville 10 miler from 1984 - 1993. In a recent article, she stated "Runners never need to quit as they grow older and slower. They can always feel young again within a few years by graduating into a new age group."

Virginia 10-Miler
In 1986, seventy-year old Louise Martin, runs 1:42:36.
In 1990, seventy-Four year old Louise Martin sets a Virginia State Women’s Age Group (70-75) record of 1:43:49.
In 1991, seventy-Five year old Louise Martin sets another Virginia State Age Group (70-75) record of 1:37:
Runners of the barefoot kind
Really blow my mind.
But when you're striding
down the road,
Shoes increase your load
No matter how designed.

Bernie the Bard