Hopefully by the time this is published the snow has melted and we can begin to prepare for our race series. The month of April will host two race weekends. Our first weekend April 4 will host the Point of Honor 5k and newly added Youth Mini Mile. April 17th is the third annual Godparent 5k and Youth Run. Hope to see you at these events. Not quite in shape to run these events or injured? We still welcome your presence. As a matter of fact we could use your help. Why not give

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**Presidents Podium**

Greeting and salutations. It is truly and honor and a privilege to serve as President of the LRRC. Thank you. Meetings are held the second Tuesday of the month at Monte Carlo’s Restraint. Plan to arrive at 6:30 if having dinner, meeting starts promptly on my watch at 7:00 pm. Bring your suggestion and ideas, this is your club.

The official passing of the Baton was conducted at our January meeting. We recognized our past President, Bret Bowman, for his outstanding service of excellence to our club. Bret will continue to be an active member of our club serving on the executive committee and continuing with Uncle Bret’s Track Series this summer.

The club has decided to host four organized fun runs, one per quarter. Our first run, The Queen Of Hearts fun run was hosted by member Heather Vozel and Riverside Runners on 2/13/10. A bit chilly with 36 teams participating, a great turn out! Who said running can’t be fun. Thanks Heather and Riverside Runners.

The way we receive communication and information as a club will be changing. Over the course of the year the Newsletter format will continue to evolve. Vic Galan, our editor in chief is currently working on a new format to bring us information on a more timely basis. He is exploring different platforms and assistance, please offer us your feedback.

Lynchburg Road Runners now on Facebook! Instant up to date information on special events, clinics, fun runs, group runs, training runs, meetings, social events and more. Check it out! Thanks to Kevin Shroyer for taking the initiative for setting this up.

We have had the following special events so far: Running clinic 2/4/10 at The Orthopedic Center with Rachel and Mike. We had an overwhelming response to this sign up and closed the event at 60 people. Unfortunately the poor weather conditions kept many at home that evening, we still had about 30 show up. Great clinic. Thanks OCCVA, Rachel and Mike.

The LRRC was invited to the YMCA/Central Health Fair 2/11/10, thanks to all attended and spread the work about our club, Bill and Brenda Gray, Kevin Shroyer, Craig Miller, Jeff Fedorko.

Beginning running clinic on 2/11/10 at Orthopedic Center with Rachel and Mike. Wow, we had 40 new runners. A great clinic! I left a stack of LRRC applications and only came home with one. Thanks again OCCVA, Rachel and Mike.

Upcoming Special events (Please check Facebook for more specifics)

February 27th 9:00 am - noon Avoid Sports and Exercise Injuries, Sure to be a good one.
March 2nd Training/conditioning running group, Sue Jones
March TBA Pilates and running

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**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, 9 March 2009
At Monte Carlo’s Restaurant
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 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 13 April at Monte Carlo’s at 6:30 pm.

Hopefully by the time this is published the snow has melted and we can begin to prepare for our race series. The month of April will host two race weekends. Our first weekend April 4 will host the Point of Honor 5k and newly added Youth Mini Mile. April 17th is the third annual Godparent 5k and Youth Run. Hope to see you at these events. Not quite in shape to run these events or injured? We still welcome your presence. As a matter of fact we could use your help. Why not give
something back to your sport by helping out on race day. It takes a lot of work to host a race and volunteers are always needed, water stations, directing runner traffic, food stations, registration, set up and break down, clean up, timing etc. If you are willing to work for water and a banana we will find a job for you!

Pounding the Pavement,
Jonathan Perrotto

**ACTIVITIES**

**Facebook**

Stay up to date with the latest club activities by visiting our Facebook site. Just get to a Google access site and type in, without quotations, Facebook Lynchburg Roadrunners, and hit return. On the list that then appears, click on Lynchburg Roadrunners Club / Facebook. Read the latest on INFO or click onto WALL. Better yet, join the Facebook crowd and post your own comments.

**Tuesday, March 16**

7:00 pm to approximately 8:30 pm

The Lynchburg Road Runners Club is hosting a Pilates demonstration conducted by Kim Buhler, a Stott Pilates certified instructor. Pilates can be an effective cross-training exercise for runners by aiding development of longer, leaner muscles and increasing core strength and stability. You should look forward to learning the basics of Pilates, interacting in demonstrations, and understanding the benefits for runners.

**Kim’s Pilates Studio** is located at 722 Commerce Street on the 2nd Floor of the Dance Theater of Lynchburg

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**Meeting Minutes**

**January 12, 2010**

The first meeting this year of the Lynchburg Roadrunners Club was held at Monte Carlo’s restaurant with 25 members in attendance despite the snow and icy conditions. President Jon Perrotto started the meeting with a special award to Bret Boman for his leadership and service to the club over the past three years.

Jon expressed his desire to have the club be a resource to local and other area runners. To this end, quarterly Fun Runs for all are provided where new runners are introduced to our sport and way of life. Members are encouraged to bring a new runner to these events. At a sports fair at the Jamerson YMCA on 11 February we have the opportunity to advertise our presence in the community. Volunteers are needed to man a booth from 9:00 a.m. till 1:00 p.m. The event will be advertised on our Facebook site.

Four fun runs are planned in the coming year. In the first quarter, Heather Vozel volunteered to organize a Valentine’s couples run. Sue Jones will organize the second quarter’s fun run. The third quarter’s fun run is open and a volunteer is asked to take the challenge. The fourth quarter fun run is the traditional Jingle Bells run with Jeff Fedorko.

Kevin Shrorey brought us up to date on the Point Of Honor 5K and Childers’ Mile on 3 April. A web site has been set up at www.pointofhonor.org to provide race information. This is the Race #1 of the LRRC Series. Darrell Wargo reports that the Liberty Godparent Foundation 5K Race for Life (Race #2 of the Series) is on track for its 4th Annual Run on the Blackwater Creek Trail on 17 April. a YMCA Healthy Kids Mile is a new addition for 2010. Jeff Fedorko brought us up to date on the Race Series. He also announced that the Virginia Ten-Miler will no longer be part of this Series due to the complexity of managing the point system.

The meeting was closed and everyone cautioned to proceed home carefully.
The business portion of the meeting was called to order at 7:00 p.m. by club President Jon Perrotto. He handed out an Agenda to guide the course of the meeting. A brief Treasurers Report was given by Vic Galan. The bank accounts are in order and balance with the current bank statement. Our membership remains steady at 135 members at this time. A question was brought up about reporting finances on a quarterly rather than an annual basis. Vic stated he could do that if the membership thought it was needed, but annual reports were adequate up till now. There was no motion or further discussion on the Treasurers Report.

Jon reported that feedback from the recent running clinic was generally positive. The information presented was excellent but did cover a great deal of information in a short time to give a broad picture. Some members expressed interest in more focus in certain areas. A question was brought up about accessing information regarding the running clinic. The information was available on the Lynchburg Road Runners Facebook webpages. If a person joins the LRR Facebook group then they will be sent an e-mail notification of events that are posted and can access the information electronically. One can go to the main Facebook sign in page and type in the search box “Lynchburg Road Runners” to access the site.

Club runs were next on the Agenda. There will be a quarterly focus for club runs with Riverside Runners hosting and Heather Vozel planning the “Queen of Hearts” fun run held on Feb. 13. Sue Jones will be organizing the 2nd quarter run. The 3rd quarter is TBA with possibly multiple training runs focusing on the Virginia Ten Miler. The 4th quarter will be the “Jingle Bell Jog”.

The next topic centered on challenging some of the other running clubs in Central Virginia, mainly Charlottesville and Roanoke to some friendly inter-club team competition that would involve at least our Ten Miler and maybe a comparable race in those respective cities.

Next up was the Health Fair sponsored by the Jamerson Y.M.C.A. and Centra Health held Feb. 11. The club was invited to the event and helpers were needed to man the booth.

An update on the Summer Race Series was next with Kevin Shroyer giving a report of how the planning of the “Point of Honor 5K” race is going. Registration is available online using a link on Riverside Runners website. The Youth Mini Mile is being well received and things are generally going well. Darrell Wargo gave us an update on the planning for the “Liberty Godparent Home 5K” directed by Malcolm Miller. Fundraising is progressing and it was noted that there is a website for the event. Also mentioned was the possibility of the race being relocated next year due to parking limitations and space limitations at the starting area.

Jeff Fedorko provided us with an update on the planning for the Virginia Ten Miler. The Bank of the James has come forward as a sponsor. The search for other sponsors and a guest speaker continues. Jeff also answered a question about taking the Ten Miler out of February. He noted that there is a website for the event and helpers were needed to man the booth.

An announcement was made about the L.A.M.A. Community Health Forum Saturday Feb. 27 from 9:00 a.m. till 12:00 noon at Lynchburg General Hospital First Colony Conference Center.

There was a short discussion of possible training programs for new runners.

Possible speakers and meeting program ideas were the next topic. Darrell Wargo agreed to contact some of the L.U. cross country and track team members to speak at future LRR club meetings.

The next item on our Agenda was discussion of LRR shirts and using it as a fundraiser by pre-pay ordering. Jon will research this further and present some designs at a future date.

At the conclusion of the meeting several people made announcements regarding upcoming events of interest such as the 5k trail race at Camp Hydaway on Feb. 20, the Goode 4 miler on Mar. 6, and the Gifts for Gulu 5k race on Mar. 13. Members can check with www.riversiderunners.com and click on events for more information on these and other events as well as the Lynchburg Road Runners Summer Race Series schedule.

Respectfully submitted by Mike Mitchell, LRR secretary 2010.

<table>
<thead>
<tr>
<th>2010 LRR OFFICERS</th>
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<tbody>
<tr>
<td><strong>President</strong></td>
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<td><strong>Vice President</strong></td>
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<td><strong>Newsletter</strong></td>
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Stay Upright

Do balance exercises. According to the National Institutes of Health, practicing the following exercises can help prevent falls. On a regular basis, repeat these movements:

1. While touching the back of a straight-backed chair for balance, stand on one foot for 10 seconds. Repeat at least 10 times with each leg.

2. Walk heel-to-toe in a straight line for 20 steps.

3. Holding your arms straight out to your sides at shoulder height, start walking in a straight line. After each step forward, lift your back leg off the ground and hold it up a moment, then step forward with that foot.

Take vitamin D. In a 2009 study, researchers combined the results of eight previous studies and found that taking 700 to 1,000 IU of supplemental vitamin D reduced the risk of falls in older people by 19 percent. Being deficient in vitamin D is associated with muscle weakness, which can lead to falls, the authors wrote.

Keep your hands out of your pockets. Hopefully you're wearing shoes with deep treads and staying off icy and snowy walkways in order to reduce your risk of falling. But just to be on the safe side, when you're walking in the winter, keep your hands out of your pockets. If you hit an icy patch, you'll have more trouble keeping your balance or protecting yourself in a fall if your hands are stuck in your pockets.
**RACE RESULTS**

15th Annual Holiday Lake 50K

Director: David Horton

The first of four events in the Lynchburg Ultra Series and first of the six races in the Beast Series run by Clark Zealnd, this year was the most challenging year ever for the Holiday Lake 50K. With five or more inches of snow, it was difficult enough. However, things were made even more challenging as there was an inch or more of snow that fell Saturday night. This resulted in many late starters and some accidents for runners trying to get to the start.

I was amazed that 244 of 268 runners (91%) finished. The winner, Matt Woods, ran the first loop in 2:28 and the second loop in 2:02.

**Editor's Note:** Read all about the dynamics of the race from Dr. Horton's perspective and then again from the perspective of 10th place finisher Frank Gonzales in this newsletter. Note that Frank never mentions the weather. The mark of a true ultra addict - weather happens.

### 2010 Holiday Lake Finishers

#### Top Ten Males

<table>
<thead>
<tr>
<th>#</th>
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<th>Time</th>
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<tr>
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<td>3</td>
<td>Cameron Hanlin</td>
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<td>Hagerstown, MD</td>
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<td>4</td>
<td>Bobby Gill</td>
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<td>5</td>
<td>Jack Kurisky</td>
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<td>Burke, VA</td>
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<td>Jonathan Bryant</td>
<td>5:17:02</td>
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<td>7</td>
<td>Brian Hayes</td>
<td>5:19:46</td>
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<td>Matthew Babcock</td>
<td>5:14:25</td>
<td>33</td>
<td>Roanoke, VA</td>
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<tr>
<td>9</td>
<td>Tyler VanRenselaer</td>
<td>5:14:28</td>
<td>33</td>
<td>Henrico, VA</td>
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<tr>
<td>10</td>
<td>Frank Gonzalez</td>
<td>5:15:23</td>
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#### Top Three Females

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<td>Justine Morrison</td>
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<td>29</td>
<td>Washington, D.C.</td>
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<td>37</td>
<td>Krista Meisch</td>
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<tr>
<td>48</td>
<td>Erika Thompson</td>
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#### Males 19 and under

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<td>Chris Bernard</td>
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<td>Chanhassen, MN</td>
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<td>Jeff Thompson</td>
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<td>Blake Williams</td>
<td>6:42:59</td>
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<td>199</td>
<td>Zachary Knight</td>
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#### Males 20 - 29

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<td>2</td>
<td>Jordan Whitlock</td>
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<td>Cameron Hanlin</td>
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<td>Hagerstown, MD</td>
</tr>
<tr>
<td>4</td>
<td>Bobby Gill</td>
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<td>Beltsville, MD</td>
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#### Males 30 - 39

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<td>Roanoke, VA</td>
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<tr>
<td>9</td>
<td>Tyler VanRenselaer</td>
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#### Males 40 - 49

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<td>Rick Meyers</td>
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#### Males 50 - 59

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<td>Dana Beyeler</td>
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<td>Calvin Milam</td>
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<td>John Cooper</td>
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<td>Mike Mitchell</td>
<td>7:30:10</td>
<td>53</td>
<td>Lynchburg, VA</td>
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NUTRITION

The 11 Best Foods You Aren’t Eating
by Tara Parker-Pope

Nutritionist and author Jonny Bowden has created several lists of healthful foods people should be eating but aren’t. But some of his favorites, like purslane, guava and goji berries, aren’t always available at regular grocery stores. I asked Dr. Bowden, author of “The 150 Healthiest Foods on Earth,” to update his list with some favorite foods that are easy to find but don’t always find their way into our shopping carts. Here’s his advice.

1. **Beets:** Think of beets as red spinach, Dr. Bowden said, because they are a rich source of folate as well as natural red pigments that may be cancer fighters.

   How to eat: Fresh, raw and grated to make a salad. Heating decreases the antioxidant power.

2. **Cabbage:** Loaded with nutrients like sulforaphane, a chemical said to boost cancer-fighting enzymes.

   How to eat: Asian-style slaw or as a crunchy topping on burgers and sandwiches.

3. **Swiss chard:** A leafy green vegetable packed with carotenoids that protect aging eyes.

   How to eat it: Chop and saute in olive oil.

4. **Cinnamon:** May help control blood sugar and cholesterol.

   How to eat it: Sprinkle on coffee or oatmeal.

5. **Pomegranate juice:** Appears to lower blood pressure and loaded with antioxidants.

   How to eat it: Just drink it.

6. **Dried plums:** Okay, so they are really prunes, but they are packed with antioxidants.

   How to eat: Wrapped in prosciutto and baked.

7. **Pumpkin seeds:** The most nutritious part of the pumpkin and packed with magnesium; high levels of the mineral are associated with lower risk for early death.

   How to eat: Roasted as a snack, or sprinkled on salad.

8. **Sardines:** Dr. Bowden calls them “health food in a can.” They are high in omega-3’s, contain virtually no mercury and are loaded with calcium. They also contain iron, magnesium, phosphorus, potassium, zinc, copper and manganese as well as a full complement of B vitamins.

   How to eat: Choose sardines packed in olive or sardine oil.

9. **Turmeric:** The “superstar of spices,” it may have anti-inflammatory and anti-cancer properties.

   How to eat: Mix with scrambled eggs or in any vegetable dish.

10. **Frozen blueberries:** Even though freezing can degrade some of the nutrients in fruits and vegetables, frozen blueberries are available year-round and don’t spoil; associated with better memory in animal studies.

    How to eat: Blended with yogurt or chocolate soy milk and sprinkled with crushed almonds.

11. **Canned pumpkin:** A low-calorie vegetable that is high in fiber and immune-stimulating vitamin A; fills you up on very few calories.

    How to eat: Mix with a little butter, cinnamon and nutmeg. You can find more details and recipes on the Men’s Health Web site, which published the original version of the list last year.
Most folks would suggest that having a trail race in the middle of February is inviting bad weather and problems. In previous years, we had some cold weather and one year it snowed during the entire race. But NEVER have we had so much snow on the race course before the event. There were 5 to 6 inches of crusting snow that you sunk in with each footstep. The net effect was like running in the softest sand you have ever run in, very slow, difficult, and energy sucking. After marking the course, I realized that it was going to take everyone much longer than usual, probably an hour for most runners.

This was the 60th ultra that I had directed. In all of those events, I had NEVER increased the time limit. This year I felt that I needed to do that, so I increased it from 8 to 9 hours for the cut-off. We have more first-time runners compete in this event than any other race. I wanted them to have a successful experience and FINISH their first LONG race. Hellgate runners . . . don’t expect the time limit to increase in that event, it will NOT.

The double-loop course is both good and bad. It is easier for us because we only have to mark 16 miles, oh, I mean 15.05. Whereas in Hellgate 100K, we have to mark 66 miles, oh, I mean 62.2 miles??? The good thing is that you see everyone in front and back of you as you finish the first loop, then turn around and go back in the opposite direction seeing all the runners. The bad thing in seeing all the runners, there can be difficulty passing runners on a single-track trail.

Matt Woods (Falls Church, VA) was seeded first based on his 2009 JFK 50 time of 5:54. Jordan Whitlock, a 5th place finisher at the 2009 Holiday Lake, and a Liberty University student, was seeded next. Justine Morrison (D.C.) was the prohibitive favorite in the ladies field. Morrison has won every local ultra except Terrapin Mountain which she has not run.

From the start, it was a three-man race. With the very soft snow and no tracks ahead of them, the first three runners made slow progress on loop one. Woods and Whitlock were joined by Cameron Hanlin (a Virginia Tech student) and stayed together through the first lap finishing in 2:28, a very slow time for the front runners.

I had told everyone at the pre-race briefing on Friday night that I thought the second lap would be easier after nearly 300 runners would have gone through on the first lap. Woods checked into the first aid station on the second loop at 19 miles, two minutes ahead of Whitlock and 8 minutes ahead of Hanlin. At 24 miles, Woods and Whitlock were basically together with Hanlin fading 13 minutes back. From there in, Woods blitzed the course taking the victory in a time of 4:30:24. He ran the second loop in a very fast time of 2:02. On a dry day, I think he may have set a new course record. Whitlock took second in 4:43:45, and Hanlin took third in 5:01:33.

Morrison took the lead from the start and was never challenged. The question I had for her all day was if she would be in the top 10 overall? Her winning time of 5:15:41 placed her in 11th place overall. Her two loops were almost exactly the same time. Local runner Krista Meisch took second in 5:57:26. Erika Thompson (Morgantown, WV) took third in 6:04:35. Meisch and Thompson also ran almost the same time for both laps.

Nine of the top 10 runners were 33 or younger. Eight of the top 10 ladies were 29 or younger. Holiday Lake is becoming a young runner’s race. I think this is a good thing to introduce runners at a young age to joy of running ultras, that is, after you finish them.

The master’s winners were Jack Kurisky (Burke, VA) and Martha Wright (Richmond, VA). Their respective times were 5:11:12 and 6:21:36. Kurisky was 5th male overall and Wright was 5th female. Great job you old folks.

The grand masters winners were Henry Peck (Lutherville, MD) and Janice Heltibridle (Mauertown, VA). Their times respectively were 5:24:14 and 6:55:10. The super master’s winner was Doug Blackford (Todd, NC) in a time of 6:26:07. There were 29 men 50 or older who finished, but only 3 women over 50 that finished. I would love to see more of you mature ladies out there doing ultras. I guess men are just tougher!

This was the 15th year of Holiday Lake. This was also the 15th time that John Price of Virginia Beach has started and finished the race. Way to go John! That is a remarkable achievement. I hope you continue to finish the race as long as I am directing it.

Holiday Lake is the first race in the Lynchburg Ultra Series and the Beast Series. Two hundred and forty-two runners who finished under the 9-hour time limit are still eligible for the two series.
Of the 15 years of Holiday Lake, I think this was the most memorable and special. With all the snow and cold temperatures that we had this year, most folks were not in great shape and the course was by far the most difficult of any year. There were many first-time ultra runners as well. If you don’t believe that it was special, look on our website (extremeultrarunning.com) and see over 20 stories by runners competing in the race this year. Completing the race meant much to lots of runners, much more so than the typical 50K.

Holiday Lake: The Beginning of the End!
By Frank Gonzalez

My name is Frank Gonzalez. I am thirty-three years old, I live in Forest, Virginia, and yes I think I am addicted to Ultras!!!

It all started last February when my 235 pound Mexican body read an article about someone in runner’s world attempting to run a 100 mile race. He describes the mental anguish and suffering he went through just to get to mile 80 something and not be able to finish. The thought crossed my mind, what it would take to get to that level. So I started running.

The last Time I ran any distance was when I was 19 years old and did the Adirondack marathon. I finished in 3:56 and basically crushed every bone in my left foot. Whatever, I was young. I began to tell some people about what I wanted to do and they pointed me to some people that ran these things. Tommy field and Richard Michael were the first ultra runners I went out with. We ran 18 mile in February of 09. It was tough, cold, and yet something about me liked it. (along the way I sucked my best friends to run with me and now My best buddy Todd foster is doing the whole Beast series with me..SUCKER!!!!!)

Fast forward to Promise land 09 and I had lost close to 20 pounds and ran it in 6:36. Not bad for fat boy. Next was the MMTR and lost another 15 pounds and ran it in 9:21. Then bench 135 pounds 37 times to win a sweet gladiator sword. Best prize yet!! Finally I begged Horty to let me run Hellgate. Yes I begged him. He let me in the Wednesday before the race and yes I finished it in 14:50. So what’s the next step? THE BEAST! I have really been putting in a lot of running and just trying to drop weight.

Now to the Holiday Lake: I weighed in at a whopping 183 pounds before the race and felt as good as ever. (Yes I have lost over 50 pounds) In all 3 ultras prior to this I went out way to fast and hurt the second half so My game plan was to go out 30th and stay there till half way point and then run as fast as I could back. My Crew was in place (consisted of my wife and surprisingly Jeremy Ramsey drove around with my wife all day) which I was glad for because I saw them a lot more times than I thought. The first half really wasn’t very exciting. I ran at a medium pace, fought off the temptation to pass people and just stayed right where I wanted to be. I got to the turnaround at 2:50 and in about 25-30th place. Felt great. So I picked it up on the second half. Was amazed at how good I felt and that I was actually passing people. My wife and Jeremy kept yelling what place I was in every time I saw them. Went from 25 and then next were 19, then next was 17, and next was 13. Horty seeded me at 13 and would have been happy getting 13 except for I kept feeling good. Last aid station came quickly and I was still 13 overall. Up to this point I had eaten 15 Gu’s (raspberry pomegranate: the best gu’s I have eaten EVER! Thanks Bikes Unlimited for those!!) Feeling good. I managed to pass 1 more guys and then I saw the top girl. She looked as strong as ever and finally caught her. Coming out from the lake with 2 miles left Jeremy says “you have 1 more guy to beat to be in top 10, he’s one minute in front, anything you have left give it now!!” So I did! I passed Justine who stayed on my heels the whole time and we caught number 10 quickly and passed him. I started to cramp just a little now, but I knew I was close. I came out and hit the pavement with Justine on my heels. Sprinted in and ended up getting 10th overall and finished in 5:15. My second lap split was 2:25.

I had set one goal for this year and that was to get a top 10 in 1 race. It came early so now the pressures off. But top five sounds good to. Thanks Christy for being the best crew ever, Thanks Jeremy for helping her, thanks Horty for putting on the race, running with me, and being an inspiration. All of you who were there…. WAY TO GO! See all of you at Terrapin!!
LYNCHBURG ROAD RUNNERS MEMBERSHIP APPLICATION

Type of Membership and Annual Dues (Circle all appropriate choices)

- New Member (Individual $15)  
- Renewal (Family $20)  
- Address Change (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: __________________
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