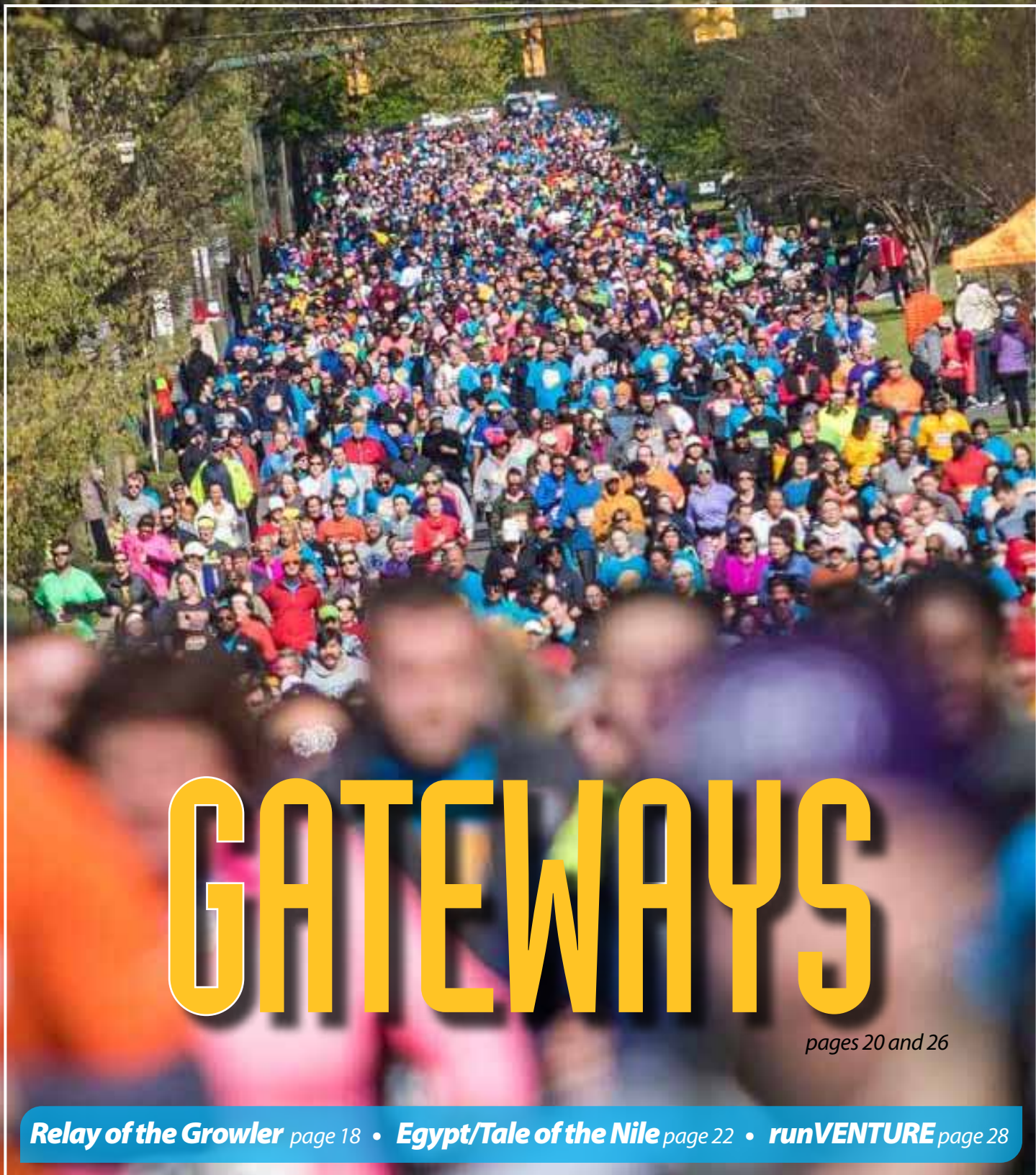


[MILES and MINUTES]

Publication of the Richmond Road Runners Club

March/April 2017 | Volume 40, Issue 2



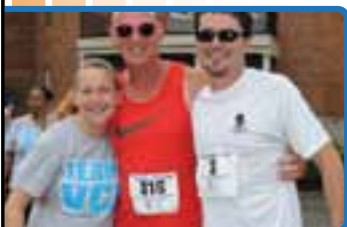
GATEWAYS

pages 20 and 26

Relay of the Growler page 18 • **Egypt/Tale of the Nile** page 22 • **runVENTURE** page 28

Boxer Brief 5k Run

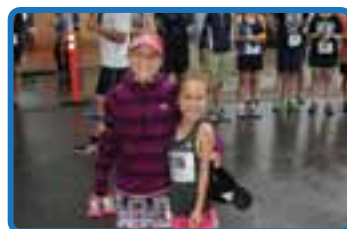
RICHMOND, VA



Saturday, June 3rd

Stony Point Fashion Park
Start Time 8:30am

Register Online at HCB2.org



Sponsored by





Miles and Minutes is the official newsletter for and by members of the Richmond Road Runners Club (RRRC). The RRRC is a nonprofit organization whose goal is to foster fitness and a healthy lifestyle through running in the metro Richmond, Virginia area. The club is affiliated with the Road Runners Club of America and sponsors nearly 20 races throughout the year with distances ranging from 1 mile to 50K. As a service to the community, the club contracts to provide race services. These services range from renting equipment to full-computerized race timing. The club provides services for over 30 events during the year.

Club Officers

Bill Kelly	President
Jim Oddono	Vice President/Operations
Ed Kelleher	Vice President/Communications
Rosie Schutte	Secretary
Ralph Gibbs	Treasurer

Function Heads

Mara George	Membership Director
Bill Webb	Equipment Manager
Jim Oddono	Race Coordinator
Don Garber	Club Historian
	Group Runs
	Technology, Web
Rosie Schutte, Ralph Gibbs	Grand Prix Coordinators
Tammy Harrison	Volunteer Coordinator
Anne Brown	Photography
Tammy Harrison, Mara George	Social Media

Miles and Minutes

Crystal Koch Pintac	Editor
Melissa Savage	Graphic Design

Board of Directors: Anne Brown, Suzen Collins, Jennifer Culhane, Jamie Fidor, Don Garber, Mara George, Marcy George, Michael George, Frank Gerloff, Ralph Gibbs, Sandra Gray, Mark Guzzi, Tammy Harrison, Ed Kelleher, Bill Kelly, Crystal Koch Pintac, Mike Levins, Sam Lowe, Skeeter Morris, Stephen D. Nolan, Jim Oddono, Chris Piper, Rosie Schutte, Jeff Van Horn, Jason Walters.

Deadline: The deadline for submitting letters, articles, pictures and volunteer credits is posted on the club website. Send articles directly to the editorial staff at milesandminutes@rrrc.org. Please keep article submissions to under 1,000 words. *Miles and Minutes* is distributed six times a year.

Membership: RRRC dues are \$5 for students, \$15 for individuals and \$20 for families. The club mailing address is Richmond Road Runners Club P.O. Box 8724, Richmond, VA 23226. Members can renew or sign up on-line at www.rrrc.org. Unless otherwise noted, opinions expressed in *Miles and Minutes* are those of the author, and not necessarily those of the Richmond Road Runners Club.

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[EDITOR'S LETTER]



Everybody has that one race, the one to begin them all. Our first 5k, 8k, 10k and sometimes half marathon or even a full marathon. When we get bitten by the bug, it's infectious and we want more of the drug-like feeling that is endorphins and rush of adrenaline.

On the first of April, known to us as April Fool's Day, the city will welcome 35,000– 39,000 runners as we take on the world's fourth-largest 10k race, the Ukrop's Monument Avenue 10k presented by Kroger. For many, this will be your first 10k. It might even be your first race, whether you are a walker, runner, juggler, jump roper, skipper, hand cyclist or part of a team like Sportable or Inclusive Racing.

Standing on the sidelines you will have a chance to see tears, happiness, pride and, of course, creativity in the costumes as people of all abilities make their way toward the finish line.

Friends give one another high-fives. Hugs are given without impunity. If you have never stuck around to watch the entire procession, much like a populist parade, you should.

The phrase "Gateway Race" to describe this particular 10k is apt. Many of us have propelled ourselves to further distances and greater challenges because we finished this fan favorite. We proved to ourselves anything is possible by being afraid, yet we toed the start line anyway.

Within this issue, Chris Piper will introduce you to the idea of a gateway race and how it became a thing, at least here in this context. That we are aware of, he is the first person to use this expression in relation to Monument Ave.

Kit Forrest will expound on the phrase, taking you through his experiences and how he began.

Each of us has to start somewhere. And taking that first step toward whatever goal you set is the most important thing you can do for yourself.

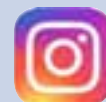
Then you'll notice two area runners giving reports on their most recent experiences as they tackled their latest marathons

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On the cover: Runner's Parade by Jesse Peters



Richmond Road Runners Club



@rvaroadrunners

[PRESIDENT'S MESSAGE]



What do running and the Ukrop's Monument Avenue 10K mean to me? They are two separate questions, but their answers are somewhat related.

Let me take the easier question first: What does running mean to me today?

As I prepare to enter a new age group (70-74) just before the Patrick Henry Half Marathon, I can assure everyone that my PRs are way behind me. My goal is to keep running as long as I can, stay healthy and be competitive – or at least finish somewhere in my age group.

Some of my best memories of running go back to Louisville, KY, where I started running in 1972. A little background might help. In 1970, when I went into the Army for basic training, I weighed around 210 pounds. I was one man away from being selected as a road guard, and believe me, that is no fun. Yes, I was still only 5'7", and you guessed it, I was not a runner.

It's hard to go through basic training without losing weight and gaining muscle. By the time I departed basic training to assume my duties as a private first class in the National Guard, I was a lean, mean 145 pound fighting machine. But after returning to Baltimore, with no drill instructor pushing me, I regained about 25 of those pounds in the next nine months. I then moved to Louisville where I met some folks who were runners. I started running, and a few years later I considered running the Kentucky Derby Mini Marathon (13.1 miles, or a half marathon).

Back then my concept of training was to just go out and run. To prepare for the Mini Marathon, I ran 15 to 20 miles a week and figured I was ready. Right?

I did the race and almost died. I cannot remember how long it took but it was no fun. I was not exactly at the top of the 25-29 age group. In fact, I had no idea about age groups. I was more like Forrest Gump. I just ran.

In 1982 we moved to Richmond and I started running at the Downtown Y where I ran on the track (41 laps to the mile). After a few months I met some guys who took pity on me and invited me to join them on their morning run through the city. Some of my early memories of these runs were watching the multi-story presses printing the afternoon paper at the News Leader/Times-Dispatch on Franklin Street, and early morning runs in Byrd Park, on the rolling hills of Riverside

Drive and across the Nickle Bridge. As they say, the rest is history, and I have been running the streets of Richmond ever since.

In early 2000, I met Ed Carmines while running and he introduced me to RRRC. In addition to Ed, over the years I have met some great folks in and through the Richmond Road Runners Club – way too many to mention here, but you see them at our races, some out front and others behind the scenes. RRRC is truly a remarkable organization and a significant part of what running means to me.

The key part of running for me today is not racing, but having the opportunity to help others experience the joy and passion of running. I have been fortunate to be a club race director for several RRRC races and have been a coach for the Sports Backers 10K training program at the Downtown Y. I have been a coach for the Sports Backers Marathon and Half Marathon training teams, the RRRC Adv10k MOST Program, a YMCA cross-country program for middle schoolers and more recently the Sports Backers Kids Run RVA program.

To date one of the high points of my running experiences was on New Year's Day 2017 at the First Day 5K. I ran the Kids Race with my 3-year-old grandson, Connor Landing, and his mother, my daughter Amy, who has been my running buddy for over 20 years. Connor ran the whole way and had a blast. I told him during the race that when he saw the finish line he needed to "put the hammer down". As we made the final turn, I asked Connor what do we do at the finish line, and he said, "GB (that's me), put the hammer down."

Yes, running has many different meanings, and they change over the years, but to me it's the opportunity at this stage of my life to share and give back to others so they can enjoy running and keep that spirit alive.

The second question – what does the Monument Avenue 10K mean to me? – is a little more complicated. Yes, it's a race I have done every year. I believe this is No. 18 and I hope I can keep the streak going for at least 12 more years, making it an even 30. Maybe I can finally win my age group.

This year's race has a special meaning to me, not that it's my 18th consecutive year, or that 171 runners in this year's Adv10K MOST Program will be aiming for PRs and achieving personal goals after 10 weeks of real training. This year is special because I was given the opportunity by Faith Hecht at Sports Backers to volunteer with the Kids Run RVA

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RRRC Board Minutes

January 11, 2017

Participants: President – Bill Kelly, VP – Ed Kelleher, Treasurer – Ralph Gibbs, Secretary – Rosie Schutte

Sara Akin, Bill Anderson, Jennifer Culhane, Jamie Ficor, Don Garber, Mara George, Marcy George, Michael George, Diane Glaze, Sandra Gray, Mark Guzzi, Tammy Harrison, Faith Hecht, Kiersten Helgersen, Crystal Koch Pintac, Chris Mason, Glenn Melton, Dean Miller, Michael Muldowney, Mike Levins, Steve Nolan, Jacki Quinlan, David Trump, Jason Walters

December 2016 meeting minutes were approved.

Treasurer's Report – *Ralph Gibbs*

The transition from Quicken to Quick Books is ongoing. The import of data has not always gone smoothly. Chris Mason volunteered to help with the transition. It was suggested to have a Finance Committee meeting in the future with Chris attending to review transition plan and give Ralph some additional help and support. This was recommended by Bill Kelly.

Marketing – *VP of Marketing, Ed Kelleher*

Ed is investigating ordering RRRC logo magnets and other logo products for sale. A stumbling block seems to be that we need a person to be responsible for the items and sales as well as the correct platform for marketing and coordinating internet sales. An inventory of existing decals should be taken prior to placing orders. Ed also asked for the information of vendors we have used in the past to be sent to him to build a database for future inquiries.

As we move from Raceit to RunSignUp, the transition to a new/different technology platform is coming with its share of glitches. The biggest glitch came as members renewed their membership in Raceit and then went to sign up for a race in RunSignUp, only to find their renewed membership was not recognized. These had to be fixed on a case-by-case basis, but as far as I know they all got resolved. Club officers and Mara have chipped in to respond to a handful of other issues from members perplexed by one thing or another. Mara George commented that not all members have "claimed" their memberships.

Matt Sinclair and Bryan Jenkins at RunSignUp have been very responsive to our needs. One thing we discovered at First Day 5K registration was that the RunSignUp platform does not include a system for taking in cash, so that has to be done manually. A post-First Day 5K meeting is scheduled to follow the Jan. 11th RRRC membership meeting.

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Tour de France runner Zoë Romano to highlight RRRC Banquet

Zoë Romano, the only person known to have run the entire 2,000-plus-mile course of the famed Tour de France bicycle race, will be the featured speaker at the Richmond Road Runners Club Annual Banquet on March 11.

As part of her record-setting effort in 2013, Romano raised nearly \$200,000 for the Richmond-based World Pediatric Project. On her final leg in Corsica, she ran 90 miles in 23 hours, surviving self-doubt, exhaustion, scrapes, bruises and a real-world encounter with a wild boar. She finished her odyssey in Paris one day ahead of the peloton in the 100th Tour de France.

Romano's fund-raising run was the subject of a feature on NBC's "Today" show a few days after she returned to the U.S.

A native of Maine, Romano graduated from the University of Richmond in 2009. A year later, she became the first woman to run across the United States unsupported, raising \$15,000 for Boys & Girls Clubs of America in the process. Fluent in Spanish, she is currently in Argentina on a research grant.

The banquet will be held at Meadowbrook Country Club, 3700 Cogbill Road in Chesterfield County. Cocktail hour begins at 6 p.m. with dinner served at 6:45 p.m. Romano's presentation and awards will follow. ■



RRRC Board Minutes

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Newsletter – *Crystal Koch Pintac*

January/February issue is up on the website front and center. It's been posted in RVA Runners and sent out in an E-blast to all active members. Share the link on your Facebook page, Instagram, and in a massive email to your friends!

The March/April issue will focus on the 10k as a "Gateway Race", or life changer for many. I asked a few people to submit articles, namely Chris Piper who I first heard use this phrase to describe what happens at this 10k for so many people. There will be a small piece on the GRTC and Wounded Warrior. The deadline for article submissions is February 10th.

Webmaster/IT Report – *Ralph Gibbs*

www.RRRC.org was spammed in late August/early September. We wound up with 30K or so bogus accounts. These had to be manually deleted, because our web host Ning took a long time to answer multiple requests for support and when they did, their help was inconsequential. These accounts generated 4 million blog entries, fortunately deleting the accounts deleted the blogs as well. We received several Cease and Desist emails for having proprietary information in the blog entries and those have been taken care of. The site has been locked down and security measures activated.

Membership – *Mara George*

Everyone needs to claim their membership. If you don't, you won't get the member price when you sign up for races. We will send out another set of claim emails. The wording needs to be tweaked to clarify the need to transition memberships to RSU if member pricing is expected for RRRC races.

Social Media – *Chris Mason*

The social media platform continues to grow and we seem to have more involvement recently. The use of Richmond runners' pictures and stories on our page has helped drive activity up. All social media accounts are becoming more active with the objective of making more people in the running community feel involved with the club.

Equipment – *Bill Webb*

Sent a report

Grand Prix – *Rosie Schutte and Ralph Gibbs*

1st Day 5K was the first race of the 2017 Grand Prix season. We are over the Dead Zone and Amazon Gift cards were passed out to randomly selected volunteers at 3 races.

As of January 10, we have 266 GP registrants as compared with 216 last year. Registration stays open until right after Sweetheart 8K, so we are hopeful we will hit 300. Several

runners have spoken with us about participation in the Iron Runner category.

Operations – *Jim Oddono sent report, Bill Kelly discussed*

Drivers and Timers were found for the following races:

- 1/22 – Frostbite 15k
- 1/28 – Shiver in the River (still needs a driver)
- 2/12 – Sweetheart 8k
- 3/05 – Huguenot 3 Miler

Race review & preview:

- 1st Day 5k – Kiersten Helgeson and Bill Anderson report all went well. The only glitches were with race day sign up and RunSignUp. There was one incident of unfortunate communication between a driver and a runner on the course. The same race directors have agreed to do it again next year.
- Sweetheart 8k – Marcy George has all permits and Urban Farmhouse and Lucky Road are sponsors. Volunteers and runners are still needed.
- Huguenot 3 Miler – Michael Muldowney has submitted a budget and it has been approved. This is a no-frills race and registration should be opened by 1/13/17. The course last year was short by .3 miles, efforts this year will be made to correct that.
- Carytown 10k – Anne Brown has submitted her budget and planning is underway.

Volunteers – *Tammy Harrison*

Volunteers continue to be a need for the winter races. Race directors need to improve their communication with the volunteer coordinator to get volunteers in a timely manner.

Training Teams –

- WMT – Frank Gerloff sent a report but was unable to attend. Participation in the training has increased over previous years.
- MOST (Adv 10k) – The training team has moved its location to Westminster Presbyterian Church. All pertinent information can be found on our website.

Club Championships – *Mark Guzzi*

The race slate has been decided for 2017 with Frostbite 15k being the first of the championships.

- 05/28/17 – Stratford Hills 10K
- 07/29/17 – Pony Pasture 5K
- 08/26/17 – Patrick Henry Half Marathon
- 12/03/17 – Bear Creek 10 Mile Race

Banquet – *Diane Glaze Kelley*

Diane is working on the design for the Grand Prix gift and all plans are underway.

Project Updates:**RunSignUp – Ralph Gibbs**

We had our first test using the kiosks at 1st Day 5k. After some initial difficulties, problems were resolved and things went smoothly. Proprietary race day sign up went flawlessly. After the membership meeting, those involved with the first trial will meet to discuss use and improvements.

Chip Timing – Ralph Gibbs

At this time, it appears that we have everything we need for the new system, except chips for testing. Testing will occur at Frostbite 15k as we will simultaneously time along with Mettle. Sweetheart may be our first trial of the system. There was discussion of the Checkered Flag 5k also being chip timed. A review of contract races needs to happen to clarify the type of timing that will be used and if Mettle or RRRC will be doing it.

New Business:

- Anyone interested in applying for the Leadership Development Scholarship should talk to an officer. Applications are due by 1/15.
- Contribution to Roxshire HOA was discussed. A vote was taken and approved unanimously to contribute \$300, payment to be made when contract is secure or when the actual work begins for pathway improvements along the course in light of our past and continued use of the location.
- Youth Programs – Faith Hecht made a presentation but had difficulties with the projector. She commended the dedication of the coaches involved in looking for volunteers for this year. She expressed reluctance to ask RRRC for manpower as we have a high need for volunteers as well, but if anyone feels they have the time to contribute to the program, they should contact Faith. Information will be posted on the Community Calendar of RRRC.
- Summer Track series will once again be at U of R, which is an ideal location. Bill Kelly will meet with Steve Taylor to confirm dates in June and July and advise at the next meeting.
- Car magnets – Ed Kelleher has been investigating the purchase and sale of RRRC car magnets. An information central is needed to compile a list of reliable vendors for our products. Please send Ed the names of vendors that you use.
- Contribution to RRRC – Mark Guzzi's workplace rewards community service of its employees. Mark has applied and hopes to receive the maximum contribution by his company to be given to RRRC. He recommended the board consider using the contribution for improvements to the trails of James River Park System, or the best use to support running in Richmond that area.

The meeting was adjourned at 7:02 pm ■

President's Message

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program at Boushall Middle School. A little background: Kids Run RVA has 2,000 kids at 65 locations, including 25 Title 1 schools; some are preparing for the Virginia 529 Kids Run and others the Monument Avenue 10K.

I have to admit, my first question to Faith after receiving my assignment was: Where is Boushall Middle School. It's a Title 1 school on Hopkins Road in South Richmond. My mentor and head of the program there is Alan Delbridge, who does a great job of getting the children interested in running. We have 18-20 students who meet from 3:30 to 4:30 on Tuesday and Thursday afternoons. Not everyone is a runner or loves to run, but if we can develop just one runner or get the kids leading a healthy active life, then it's a success.

As Alan told me, the kids don't care what you know until they know you care. While I have only been at Boushall a few weeks, I have learned a lot. And I am not the only member of the Richmond Road Runners Club who has volunteered to help Kids Run RVA. Mike Levins has run a program for kids at the Greenleigh Mobile Home community off Jeff Davis Highway since 2015 and David Trump is at Lucille Brown Middle School on Jahnke Road. I am sure there are others.

The exposure to running I hope will be a positive influence on these kids, many of whom face lots of challenges. I had always wondered why RRRC donated our revenue from the Patrick Henry Half Marathon to Kids Run RVA (thanks to RRRC board members Michael George and Don Garber for making this happen). I now wonder why the club does not do more, from providing volunteers to supplying even more funding.

I know RRRC is a volunteer organization and we have taken on lots of new challenges. But I would encourage anyone who has the time to please consider being part of Kids Run RVA, helping at a Title 1 school or at your church, or organizing a run club to encourage kids to try running. The rewards are well worth the time. When you see these kids at the Monument Avenue 10K, please cheer for them. For many of them, the road to the starting line was not an easy one.

This is what running and the Monument 10K mean to me. What do they mean to you? Let us know at Richmond Road Runners Club on Facebook or @rvaroadrunners on Instagram.

Gotta Run. ■

Bill Kelly | *President*

RRRC Board Minutes

February 8, 2017

Participants: President – Bill Kelly, VP Marketing – Ed Kelleher, VP Operations – Jim Oddono, Treasurer – Ralph Gibbs, Secretary – Rosie Schutte

Sarah Akin, Suzen Collins, Dawn Eberhard, Doug Fernandez, Jamie Ficor, Mara George, Marcy George, Michael George, Frank Gerloff, Tammy Harrison, Jeff Van Horn, Crystal Koch Pintac, Blake Lassiter, Sam Lowe, Mike Levins, Jeff Luke, Glenn Melton, Kirk Millikan, Jodi Miller, Craig Minyard, Skeeter Morris, Michael Muldowney, Steve Nolan, Chris Piper, David Trump, Bill Webb, Jeff Wells, Nikkia Young

The January 2017 meeting minutes were approved.

Treasurer's Report – *Ralph Gibbs*

Newsletter – *Crystal Koch Pintac*

Newsletter deadline is Friday, February 10 and it's a hard line so everything can get edited and returned within a timely manner. The goal is to have it ready to go to print the last week of February. We'll be ordering extra copies to be passed out at the 10k expo.

Membership – *Mara George*

The problems with memberships and moving from RaceIt to RunSignUp have decreased this past month. Ralph and Mara have finally figured out how to disable memberships in RaceIt so this should no longer be a problem.

Equipment – *Bill Webb*

There were no problems with equipment this month. Sam Lowe and Bill Webb are planning to design and build a locked cabinet for the chip timing and technology equipment in a room of the clubhouse. Bill Webb will move the items currently in the storage unit to the clubhouse as well.

A new speaker system that also has lights was purchased and was used at Shiver in the River.

Grand Prix – *Rosie Schutte*

Banquet invitations have been sent out, plaques have been sent to the engraver and some of the awards ordered. Nominations were solicited this past week via email for the Spirit Award, Volunteer of the Year Award and Business Partner of the Year. A ballot will be sent to the board before the end of the day Thursday. Please vote. Nominations were only sent by 8 of 25 board members. Registrations close for the 2017 year right after Sweetheart 8k.

Club Champions – *Mark Guzzi*

Could not attend but report sent.

Championship races are posted. Trophies are being ordered for the 2015-2016 Champions, which are to be presented at

the banquet. (During the meeting, the board had a discussion determining that in order to be a Champion, you must be an RRRC member in good standing.)

Volunteers – *Tammy Harrison*

The club is in need of volunteers for Sweetheart 8K and for Huguenot 3 Miler.

In order to begin the volunteer process for any given event, that parent event must first be created. Though it doesn't have to be 'live', it can be in draft mode.

Moving forward, all course marshals are to wear an RRRC supplied reflective vest while participating in their volunteer duties. If the volunteer has their own vest and would like to wear it instead, this is fine so long as one is worn at all times during the duty assignment. Tammy asked Bill Webb that the box containing the vests be removed from the truck and opened at each race.

In her report, Tammy requested that all race directors obtain an RRRC email address prior to the opening of their event. This has been discussed in previous meetings as we work diligently to create a consistency with our club-wide re-branding. It's helpful to have prior to opening the event (including volunteers) so that there is no question as to how one would contact the race director of each event.

Operations – *Jim Oddono*

The race calendar was reviewed and is accurate as posted at this point. An additional staff position was added to the race schedules for the position of the person that will be responsible for the "football" – the computer equipment associated with race registrations. The contract races in the near future are as follows: SPCA Dog Jog, Checkered Flag 5k, Eagle Challenge 5k, Holton Hustle and Ashcreek.

Sweetheart 8K – Marcy George, as Race Director, reported that the number of racers had recently increased to approximately 400 with many more expected on race day as the weather is expected to be wonderful. Volunteers are still needed.

Huguenot 3 Miler – Michael Muldowney, as Race Director, reported the course will be extended to be "at least" 3 miles. The race will not be chip timed due to the uneven surface at the finish line. A coffee truck will be at the end of the race. Almost 100 registered as of 2/4/17. Insurance has been obtained. MAC is ready to go and McDonald's food is lined up. Mike Levins will be timing and Bill Webb has the truck.

Carytown 10K – race is open in RunSignUp. Anne Brown was not able to attend.

Frostbite 15K – *Bill Kelly*

Many difficulties were encountered prior to and during the race. There was a lack of adequate communication, the VCU

volunteer coordinator did not know what to do, the VCU volunteers left early, conflicting information was given to the volunteers, the RRRC logo did not appear on the shirts or race material, and the race fee was too high, to name a few of the difficulties. Bill Kelly led a discussion as to continuing our relationship with VCU for this race in the future. Jamie Ficor added that difficulties had arisen in the past when Bob Davis was the Race Director, but were ameliorated when Lee Franco took over. The board questioned the benefit of hosting the race with VCU since we no longer get use of their gym to stage it and the current staging school is not affiliated with VCU. There was a question as to exactly where the \$4,000 donation that is made to VCU goes. Does it directly benefit runners? Steve Nolan asked whether we would continue to have the race if we disassociated ourselves from VCU. Yes, we would continue to have the race, but it would be put on solely by the club. A motion was made to sever ties with VCU for Frostbite in the future. The vote to sever ties was unanimous.

Training Teams

WMT – Frank Gerloff

WMT is entering the third month of Winter Marathon Training and the athletes are doing awesome. The Bon Secours clinical team held an open forum panel discussion on January 26. Lucky Road has been so gracious to WMT and all the athletes value Jeff's generosity. Coach Janice conducted our first Yoga for Runners session at Lucky Road on the 29th and it was a huge success. Both Shamrock (7 weeks) and Boston (11 weeks) marathons are just around the corner. Hydration volunteers are always needed.

MOST 10K – Bill Kelly

We have an all-time record at 173 and possibly end at 175 participants. The program is well received and creates a positive image for the club.

New Runners Group – Mike Muldowney

Volunteers have been discussing the option of making this a weekly group run instead of an 8 week program 2x a year. If we keep the program, it'll start the week after the Monument Ave 10K at a yet undetermined location.

Project Updates

RunSignUp – Tammy Harrison

Bill Kelly discussed a possible addition to the bylaws requiring Race Directors to open races in our registration platform at least 90 days in advance. Marcy George spoke about the difficulty for Race Directors learning to use RunSignUp and said she relied heavily on Mara for many of those tasks. Tammy Harrison suggested that we have quarterly tutorials by Matt and Bryan on the use of RunSignUp. Bill Kelly will look into setting that up. The race set-up team for RSU currently

includes: Chris Mason, Tammy Harrison, Mara George, and Anne Brown. Anne has recently not shown an interest in doing this.

It is anticipated there will be a glut of new registrants for Sweetheart 8k, which will possibly be a strain on our new system.

Chip Timing – Mara George

Sweetheart 8k will be our first solo chip timed race. The timing will be done by Mara George.

Website/Webmaster – Ralph Gibbs

Earlier in January, www.rrrc.org was down. The issue turned out to be a matter of contested payment from a year and a half ago. Once that was resolved Ning didn't restore our site correctly and we went another two days without. Sean was heavily involved in resolving the issue. However, the payment issue and the restoration issue both speak to how far the customer service on Ning has fallen. No emails were received about the disputed payment; our site was just taken down without notice. Once that was resolved, they weren't capable of bringing the site back up until Sean pointed out the errors they had made in restoring it.

Ralph is investigating moving our site to RunSignUp. If we moved to RSU, we would most likely lose the personal accounts that come with our present site, but that was not deemed a problem considering the advancement of other social media platforms. The possibility of paying a webmaster was brought up and the need for people with technical skills was announced.

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RRRC Monthly Meetings

Wednesday, March 8 • 6:00 pm

Wednesday, April 12 • 6:00 pm

Wednesday, May 10 • 6:00 pm

RRRC Clubhouse
4901 Fitzhugh Avenue

www.rrrc.org

[VOLUNTEERS]

Volunteers – we love you! *Volunteers are the lifeblood of any organization. A special “thank you” goes out to all of the individuals and families who have generously volunteered their time and energy to support the following races. All club members who volunteer at club and contract races and register for the club’s Grand Prix competition receive credit in the Grand Prix and a complimentary invitation to the annual RRRC Grand Prix and Volunteer Recognition Banquet.*



A girl and her dog.

First Day 5k at ACAC Midlothian

Sunday, January 1, 2017 at 11:00AM

Race Directors: Kiersten Helgerson, Bill Anderson

Sarah Akin, Greg Barch, Lawrence Berndt, Charles Berndt, Melanie Berney, Ainsley Berney, Gray Boom, Anne Brown, Stephen Brown, Shanelle Burnett, John Byrne, Andy Carpenter, Dillyn Carpenter, Anne Carter, Fyiad Constantine, Brendan Conway, Sam Cox, Deirdre Cox, Jennifer Daniels, Mike Davi, Pamela Faulkner, Marcy George, Michael George, Mara George, Ralph Gibbs, Christina Greulich, Christopher Gunn, Cooper Gunn, Kelly Hall, Alan Harrison, Tammy Harrison, Craig Herndon, Mark Holt, Karen Holt, Anne Hudak, Mitzi Humphrey, Pam Hunter, Crystal Koch Pintac, Mike Larson, Robyn Larson, Mike Levins, Michele Marr, Jim Marr, Chloe Martin, Gary Martin, Mike Mather, Karen McClintick, Glenn Melton, Colleen Moore, Ed Murray, Meredyth Nelson, John Nelson, Matt Osenga, Vicky Osenga, Caroline Peters, Jerry Pisecki, Jessica Poe, Rebecca Randolph, Won Rinthalukay, Colin Schoenhaut, Rosie Schutte, Max Siemers, Tracy Sikes, Lisa Steinberg, Sarah Thompson, Bill Webb, Stephen Weiss, Henry Witz, Brad Woodle, Monica Woodward, Danny Woodward, Nikkia Young

Frostbite 15k at Amelia School

Sunday, January 29, 2017 at 9:00AM

Race Director: Lee Franco

Saturday, Packet Pickup: Sarah Akin, Janet Aresan, Rena Garcia, Marcy George, Debbie Goodpasture, Mitzi Humphrey, Alexander Jordan, Meredith Jordan, Sarah Lewis, Srisophen Nielsen, Cindy Parcell, Katie Pokomy, Nikkia Young

Sunday, Race Day: Nina Ashley, Josh Bennett, Kerry Bennett, Charlie Berndt, Cooper Berndt, Tammy Bouzek, Sara Buczkowski, Joel Cabot, Weldon Chafe, Lisa Childress, Brendan Conway, Jennifer Crane, Chris Cruz, Michael Davi, Misti Davidson, Christian Diaz, Nick Doukas, Joseph Flynn, Travis Gatesman, Mara George, Marcy George, Michael George, Christina Grulich, Mark Guzzi, Patrice Haonshell, Becky Hapeman, Gabriel Harrison, Alan Harrison, Tammy Harrison, Victoria Hauser, Amanda Huff, Pam Hunter, John Hurley, Kanak Hyanki, Nancy Jakubec, Sonny Johnson-Borgen, Ed Kelleher, Mike Kremer, Crystal Koch Pintac, David Lee, Iman Lee, Steven Lerner, Sherry Long, Caitlin McNicholl, Glenn Melton, Dean Miller, Jen Morse, Mike Muldowney, Brittany Nixon, John Oldham, Cindy Parcell, Stan Parcell, Edward Paterek, Daniel Quimbayo-Cilpric, Meghann Quinn, Dexter Ramey, Nicholas Reed, Colin Schoenhaut, Neha Selal, Daniesha Shelton, Hervey Sherd, Janet Sherd, Tracy Sikes, Sara Thompson, Jenni Treadwell, David Trump, Wade Wallace, Andrew Wenk, Jean Wood, Nikkia Young, Emily Zaky



Green means go!

MEET CHRIS MASON, aka Yin Twin

One in a series of runner profiles of RRRC members

Born in Shirley, NY, Chris has lived in Henrico County for the better part of 15 years, never moving more than a few miles in any one direction. He works for Wells Fargo – you may hear him refer to it as The Stage Coach – as a customer satisfaction manager, and he snorts when he laughs. We sat down at Galaxy Diner for a chat over a basket of tater tots and here is what happened.

Q: What got you to start running?

A: I began running three and a half years ago after I stopped smoking. I figured what would be better for my lungs after 16 years of smoke than running, and so that's how it all began. I started in May of 2015 and ran a half marathon later that year, so kind of just went big if you will. Since then I've done multiple half marathons and many more miscellaneous races and just completed my second marathon in Jacksonville, FL.

Q: Did you set out wanting to run a marathon or did that goal evolve?

A: I had run six halves and decided I wanted to run a marathon before I turned 40. Not getting any younger, I decided to just go for it and signed up to run with MTT. I wanted to run a marathon to prove to myself that I could do it and now I realize the greater the distance I run, the greater the confidence I gain in myself. And then this confidence leaks into other areas of my life as well. When I am faced with challenges in my real life, I pull from this achievement and say to myself, "If you can run a marathon, you can do this." It's an awesome confidence booster for real.

Q: How many races do you think you've run at this point in your journey?

A: Hmmm, maybe 30? **We looked it up on Athlinks, he's run 44 races total in his 3.5 years of running.

Q: So, now that you've run not one, but two marathons, what's next on your list of challenges?

A: Definitely the science behind running. Maybe a 50k now that marathons seem to be my thing. We'll see.

Q: Sometimes you run with music, so does this mean you are pro-music? With headphones?

A: Eh, sometimes. Safety first, you know? When I'm running by myself I do use music and keep it low so I can hear what's going on around me.



Q: What's your jam?

A: Electric dance music, think Chainsmokers, David Guetta, etc.

Q: Best running experience EVAH!

A: I would have to say this past marathon in Jacksonville. I went into it with a goal of running a sub 4:00 hour race and got extremely close which makes me very happy. The conditions were tough; it was a hot day with full sun.

Q: Worst, do you have one?

A: This is an easy one: my marathon in 2015 which was also my first one. I had a great season with MTT and then that day came around and I woke up with bronchitis. It really hit me hard about halfway through the race. It proves you can train for six months but when race day comes around and your body doesn't cooperate, what can you do except push through?

Q: You have a favorite race, right?

A: Absolutely! Hands down the Colonial 200 relay. All that time with good friends and challenging runs in the mix made for a fun time!

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Pain on Bottom of Heel: Too Much Big Toe Motion

By Damien Howell, PT, DPT, OCS



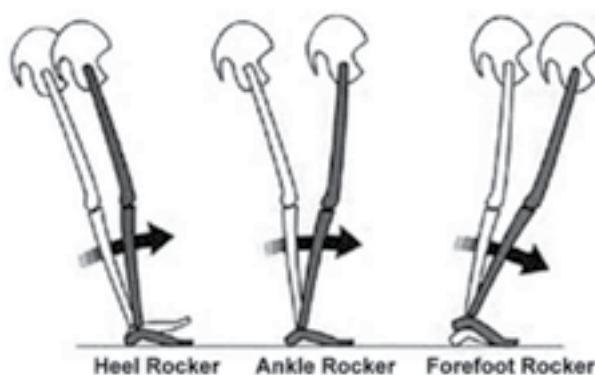
Pain on the bottom of the heel (Plantar Heel Pain) is a complex problem with variable diagnoses and explanations. And with variable diagnoses there should be variations in treatment. Unfortunately, the common treatment recommendations do not recognize such variability. For example, the universal suggested treatment for plantar heel pain is calf stretching

and stretching of the plantar fascia, but not all plantar heel pain deserves stretching exercises.

Not all pain on the bottom of the heel is the same, and not all pain on the bottom of the heel is plantar fasciitis. There are other tissues that can be injured besides the plantar fascia. It could be a tendinopathy of the intrinsic muscles of the foot or it could be calcaneal fat pad injury.

More important than identifying the tissue diagnosis is identifying how a tissue has been subjected to abnormal and excessive forces. What movements or activities are contributing to the injury?

The phase of walking or running when the foot is on the ground is called Stance Phase and is divided into three phases.



The first phase has been given different names: heel rocker, foot strike, or initial contact. The primary activity during the heel rocker is absorbing force. If plantar heel pain occurs during heel rocker, it is likely there is a calcaneal fat pad weakness and intervention needs to determine why the painful side is being subjected to greater shock; interventions which improve shock absorption such as new shoes or heel cushions are indicated.

The second phase is called ankle rocker, mid stance, or loading response. If plantar heel pain occurs during ankle rocker, it's likely there is a strain of the plantar fascia and/or intrinsic foot muscles. The primary function during ankle rocker is to provide stability and postural support. Often plantar heel pain is associated with prolonged standing. Intervention needs to determine why the painful side is being subjected to greater loading. An intervention which decreases load - like using shock mats to stand on - and improving stability such as fresh shoes, shoe inserts, and strengthening exercises for the intrinsic muscles of the foot are indicated.

The third phase is forefoot rocker, terminal stance, or heel off to toe off. The primary function during forefoot rocker is propulsion forward and energy conservation. Plantar heel pain that occurs during the forefoot rocker is likely present in runners and athletes. The intrinsic foot muscles are actively shortening to raise the arch and at the same time are actively lengthening across the big toe joint absorbing force. Studies have shown individuals with plantar heel pain have excessive motion occurring at the big toe joint. An intervention which improves stability, increases stiffness, and strengthening of the intrinsic foot muscles by using a shoe with a stiffer sole shoe or shoes with rocker soles are indicated.

The following is a brief discussion of plantar heel pain that occurs when there is too much motion in the big toe joint during forefoot rocker.

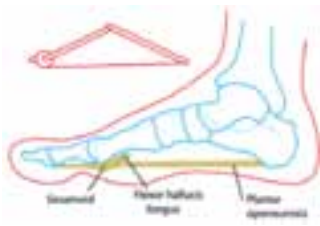


Standing Active Big toe lift above.

A self-assessment can be done to determine if there is too much movement in the big toe joint. Evaluation by a healthcare professional can confirm your

self-assessment. Standing actively, lift/flex the big toe off the ground. More than 45° of motion is considered too much. If there is a difference of more than 5° of motion on the painful foot compared to the non-painful foot this also suggests too much movement is occurring.

Standing or sitting, use your thumb to lift the big toe off the ground. The longitudinal arch should rise and the foot move in direction of supination.



Self-assessment of Windlass Effect illustrated above.
Arch should rise and foot supinate.

This movement is called the Windlass Effect and it is a normal response. If you fail to see the longitudinal arch rise and the foot supinates, there is too much movement and this is a bad thing. Both of these tests may elicit the plantar heel pain.

If you see evidence of there being too much movement of the big toe joint,

- Do not do stretching exercises for the plantar fascia
- Do not use a Strasburg Sock or night splints which stretch the big toe
- Do not sit with the ankle in relative plantar flexion and big toe in maximal dorsiflexion
- Do not do kneel with big toe in position of maximum dorsiflexion
- Do not do barefoot calisthenics that stress the big toe in position of maximum dorsiflexion (prone planks, pushups, burpees)
- Do not use shoes with flimsy flexible soles or wear, open back sandals
- Do not go barefoot (or, at least, minimize going barefoot)

If you see evidence that there is too much movement of big toe joint,

- Do select shoes with stiffer soles or rocker bottom type soles
- Do sit with foot flat on ground or foot stool
- Do consciously engage the toe downward into ground/shoe when walking, actively lift heel off ground using foot muscles
- Do progressive isometric strengthening exercises for the intrinsic muscles of the foot (Short Foot Exercise, Piano movement exercise with toes)



On left foot, relaxed on right, isometric short foot.



Piano toe exercise.



Do not do exercise barefoot as illustrated above.

If there is NO evidence of excessive movement of the big toe and failure of Windlass than the above suggestions are not appropriate. An evaluation by a healthcare professional is needed to determine what other variations of plantar heel pain is occurring. ■

Damien Howell is a board certified orthopedic physical therapist. If you have questions, comments, or suggestions you can reach him at Damien@damienhowellpt.com



Do NOT sit like illustrated above

Break Your PR with Coffee

By Paula Inserra and Amanda R. Brooks

Waking up to the smell of coffee brewing may be how you typically start your day, but did you know your cup of Joe could enhance your running performance? The caffeine in coffee is the key ingredient to improving speed and endurance.

Caffeine is rapidly absorbed by the gastrointestinal tract so it quickly enters the bloodstream and gives a boost to multiple organ systems such as your muscles, heart, and brain. Numerous studies have demonstrated caffeine can improve performance in runners and other endurance athletes.

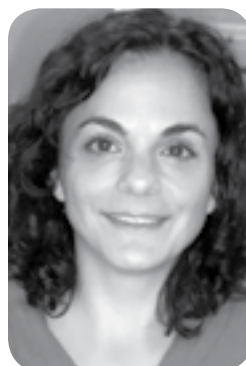
In a recent review, caffeine was shown to boost training intensity, thereby improving speed and cognitive abilities. Simply put, caffeine appears to have multiple benefits; it provides an extra boost to your muscles and allows the mind to focus, in turn helping to improve your mental game.

Now, before you start adding iced espresso shots to your sports drink, make sure you determine the optimal amount.

For the average sized person, 200-550 mg of caffeine (1.36 to 3.68 mg/lb) is both safe and effective. Additionally, consuming this amount at least 45 minutes before beginning exercise had the most positive effects.

We can already tell you are two steps ahead of us, imagining yourself frantically searching for a porta john. While some individuals may have experienced the unpleasant effects of coffee on the intestinal tract, it's most likely not the caffeine to blame for your need to run behind a bush before, after, or even during your run!

While it is unclear which compound in coffee causes waste to speed through the intestinal tract, the acidity of coffee may be to blame. Chlorogenic acid, a compound found in coffee, has an effect on stomach acid levels by raising them, increasing production, and potentially leading to food leaving the stomach too rapidly. So, with proper timing, coffee can be used to your advantage, allowing you to use the bathroom pre-run and boost your performance mid-run.



Paula Inserra



Amanda R. Brooks

Tolerance of caffeine does vary among athletes, so it's wise to start with small amounts and increase gradually.

While caffeine is generally recognized as safe for healthy adults, adverse effects on cardiovascular health have been observed. With that in mind, there are some athletes who

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Caffeine Source	Serving Size	Amount of Caffeine (in mg)
Coffee (Starbucks, Tall)	1.5 cups (12 oz.)	260 mg
Espresso	1 shot (1 oz.)	75 mg
Chocolate (Hershey's Milk Chocolate)	1.6 oz. serving	9 mg
(Hershey's Special Dark Chocolate)	1.5 oz. serving	20 mg
Green Tea	1 cup (8 oz.)	35-60 mg
Black Tea	1 cup (8 oz.)	30-80 mg
Energy Gel (GU Espresso Love)	1 gel (1.1 oz.)	40 mg
Caffeine-enhanced Candy (Jelly Belly Extreme Sport Beans)	1 package (1 oz.)	50 mg
Caffeine-enhanced flavored water drops (Mio)	1 squeeze (1/2 tsp.)	60 mg
Energy Drink (Red Bull)	1 can (8.4 oz.)	80 mg
Caffeine-enhanced Water (Glacéau Vitaminwater Energy)	1 bottle (20 oz.)	50 mg
Soda (Coca-Cola)	1 can (12 oz.)	35 mg

The 8 Causes of ALL Runners' Injuries and How to Avoid Them

By George Lane, DPM, FACPSM, FACFAS



Running is a fundamental movement pattern of the human species. Once we can no longer run, we've lost a basic ability that defines our youthfulness, and as such, more and more of us now strive to incorporate running into our regular routines as we advance into our 60's, 70's and beyond. We are built to run, yet every year, it is estimated up to 80% of runners suffer an injury that forces them to stop their training for a period of time.

Every injury a runner sustains can be traced to one or a combination of just 8 possible causes:

- Training errors
- Nutritional mistakes
- Improper running footwear
- Improper care of the feet and body when not running
- Underlying medical conditions
- Sub-optimal running conditions
- Body imbalances
- Flawed running technique

Over the coming year, this series of articles will explore each of these possible causes, how to recognize them, and how to avoid them. By following these guidelines, your recovery from injury should hasten, your chances of future injury should diminish, and this in turn should increase your enjoyment and longevity in the activity of running.

Training Errors

Training Error is considered the most prevalent factor leading to running injuries. The following can be contributors:

- Inadequate warm-up or cool-down
- Too much running mileage or too large an increase in mileage
- Running at too hard an intensity for your level of running fitness
- Inadequate rest and recovery between workouts

By warming up with a brisk walk or very light jog for 5 minutes before your run, the neuromuscular and circulatory systems get primed so the transition into the actual run or workout is gradual and the chances of a structural injury are reduced. When you incorporate dynamic stretching exercises – such as leg swings and scissor kicks – the muscles, tendons, and joints are put well beyond their fully required ranges of motion in a relaxed way so they are ready to handle these motions easily when the workout commences (*Figure 1*). Running drills, such as A-skips, or light strides, can get the mind and body focused on good running technique (*Figure 2*).



Figure 1. Dynamic stretches: leg swings and scissor kicks



Figure 2. A-skips

For cool down, continuing with a few minutes of easy jogging or walking allows some of the waste products created by a hard workout to be flushed out of the muscles, reducing the possibility of tightening up or cramping. Gentle dynamic or static stretches can target areas of tightness to help muscles to relax (*Figure 3*). Targeted deep massage with objects such as a foam-roller or lacrosse ball can be helpful to work out tightness and relax knotted up areas of muscle (*Figure 4*).

Consistently running too much mileage, going too fast on your runs, or not giving yourself enough rest and recovery



Figure 3.



Figure 4.

can lead not only to injury, but also to an “overtraining syndrome”. Signs and symptoms of this are the following:

- Early onset of fatigue at your appropriate training pace
- Performance decline
- Generalized muscle soreness and weakness
- Moodiness and irritability
- Altered sleep patterns
- Depression
- Loss of competitive desire/motivation
- Increased sickness
- Elevated resting heart rate

Running mileage should be increased gradually, over the course of weeks and months. There should be periods where you reduce your mileage or even take a series of days off to allow adequate recovery. Also, running should be performed at a pace that is not overly stressful for the distance you are running, and harder workouts should be followed by light workouts the following day or days to allow adequate recovery. Remember, the actual improvement you make in your running ability is not while you are running, which is when you actually tear down tissues, but while you are recovering from your runs, when the body can rebuild itself stronger. Too much tissue breakdown and not enough time to repair that breakdown will lead to injury.

For more detailed guidance on proper training, I’d strongly encourage you seek out guidance from an experienced running coach, such as those affiliated with the Richmond Road Runners Club, or a reputable reference book on training, such as Daniels’ Running Formula: <https://www.amazon.com/Daniels-Running-Formula-3rd-Jack/dp/1450431836> ■

Dr. George Lane, a Podiatrist at Adult & Child Foot & Ankle Center in Midlothian, VA, is a Fellow of the American Academy of Podiatric Sports Medicine, as well as Board Certified by the American Board of Foot and Ankle Surgery. If you have any comments, questions, or suggestions, you can reach him at footmender@aol.com.

Editor’s Letter

continued from page 1

in Egypt and Hawaii. Mark Lackey has combined his love of travel with the goal of conquering the seven continents. Dean Miller just learned he can indeed qualify for Marathon Maniacs and come away mostly unharmed. (He has since completed his fourth marathon in 120 days!)

Also included is a spotlight on two groups that will be represented in the race: the GRTC and Wounded Warriors. Both purchase a large amount of registrations each year then offer them for free to their group. No strings attached.

Somewhere in the mix is a tale about a girl, a boy and their dogs as they set about various runVENTURES together in the mountains of Virginia and sometimes North Carolina.

Those of us who have started here can promise you this is only the beginning.

See you out there. ■

Crystal Koch Pintac | *Editor*

Nutrition

continued from page 12

should limit their intake; pregnant women, those with preexisting heart conditions, and those who take certain prescription medications.

Another consideration is overconsumption of caffeine, along with inadequate amounts of water, may cause dehydration due to caffeine’s diuretic effect on the body. Dehydration can lead to sluggishness and decreased performance. Other risks of dehydration include electrolyte imbalances which causes cramping, dizziness, nausea and vomiting, and even death in extreme cases. Make sure to hydrate with fluids and electrolytes and be especially vigilant if you choose to consume large amounts of caffeine pre- or mid-run.

Coffee is probably the most popular and identifiable source of caffeine, but caffeine is also available from other sources: tea, flavored water, pre-packaged caffeine-enhanced water, energy drinks, soda, chocolate, and specially formulated energy candy and gels for athletes. Check out the comparison of how various caffeine sources stack up. ■

Paula Inerra, PhD, RD, CSSD is a professor of anatomy and physiology at John Tyler Community College. She is a registered dietitian with board certification in sports nutrition.

Amanda R. Brooks recently completed a post-baccalaureate certificate program in nutrition and dietetics at Virginia State University. She is currently a dietetic intern at Virginia Tech.

Inspiring Teamwork

Featuring GRTC and Wounded Warrior Project

Every January since 2010 the Human Resources Department of the **Greater Richmond Transit Company** (GRTC) has purchased 30 to 50 registrations for the Monument Avenue 10k and offers them at no cost to employees. You may have seen their T-shirts sprinkled throughout the race.

Carrie Rose Pace, director of communications, said GRTC puts up posters and sends out emails to employees letting them know this opportunity exists. Those who take advantage of the offer represent with pride their employer and one another.

She said numerous co-workers had stopped her in the hallways earlier this year to ask if the company would be participating again.

Below are pictures of them from previous years.



INSPIRING TEAMWORK

Steve Edson is an ambassador for the **Wounded Warrior Project**. He spoke of “retirement” and what it was like to become a civilian after being in ready mode for an extended period of time.

As a former member of the Navy, Steve recalled how each person on a ship is important and is counted on without question to perform his or her given duty. However, he said, when re-entering civilian life, veterans often lose their sense of purpose and can quickly succumb to depression, alcoholism or drug addiction.

Statistics suggest an average of 21 U.S. military veterans commit suicide every day.

Upon his retirement, Steve took to the Wounded Warrior Project. He and his wife began running about a year ago and now he has joined with Team Red White Blue to help other Wounded Warriors have access to training programs such as the one for the Monument Avenue 10k. He said it is his small attempt to help soldiers feel like part of a team again.

He bought 20 bibs for the race and has already received 20 requests for those bibs. ■



RRRC Board Minutes

continued from page 7

New Business

- Jim Oddono will be organizing the volunteer time slots and setting up for the Expo in the spring.
- Bill Kelly brought up that the banquet this year conflicts with the RRCA National Convention but said he would still like to see two members attend the convention. He suggested a motion that we approve \$1,500 - \$1,800 to send an individual to go, or twice that amount for two individuals. Club member Craig Minyard will be attending as the national treasurer, but it was requested by Michael George that we still send someone. The motion was made to spend that amount for two people to attend the convention. Crystal Koch Pintac said she would like to go.

Anyone else interested should contact one of the officers.

- Bill Kelly suggested that we have an Open House at the clubhouse, perhaps in conjunction with the spring Expo.
- Goody Tyler, our state representative to RRCA, has been nominated for a board position. It was discussed with Craig Minyard that if his (Goody's) current position becomes vacant, we still have time to nominate a person to take his seat as a state representative.
- A package, to be sent to the Silent Auction at the National Convention, with entries into the Patrick Henry Half and lodging at the Henry Clay Inn, was well received last year. Rosie Schutte will put together the same package for the convention this year.
- Introductions of new meeting attendees were made.

The meeting was adjourned at 7:10 pm. ■

03.12.17

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VA Momentum's Growler Relays

Runs for fun, beer and charity

By Annie Tobey

Fortunately for the rest of us, Alan Maynard and Kevin Gibson appreciate both fun runs and beer. Add to this their desire to benefit worthy nonprofits and you get a tasty, heart-warming and massively enjoyable blend of running events. Based in Harrisonburg, Maynard and Gibson founded VA Momentum to organize runs that meet these criteria, including two 2017 relays for Richmond.

"Kevin and I met several years ago," Alan told me. "We bonded over our shared past of not eating healthy and not being in the active scene." Given that start, you might guess that their running events are of a different ilk from ultramarathons and regulation-heavy races. In fact, for these organizers, the focus is to get folks together for recreation, leisure and socializing, in events that are accessible to all yet still active.

From the beginning in 2012, VA Momentum events have also supported nonprofits. Over the years, in events that include three-milers, 5K runs, team challenges and other creative events, the organizers so far have earned \$61,746 for charity.

And many events highlight breweries, from the Brothers Brewing Three Miler to the popular Growler Relays.

Three running friends—Amber Rader, Elizabeth Martin and Jacki Quinlan—and I teamed up for the first Richmond-area VA Momentum Growler Team Relay along the Capital Trail. All of us have experienced more serious relays, including the Blue Ridge Relay and multiple road and trail Ragnar relays, so the Growler focus on fun was quickly apparent.

The Oct. 15, 2016 run began at Triple Crossing Brewing on Foushee Street in Richmond and finished at Virginia Beer Co.



Running for beer.



Got our growlers!

in Williamsburg. Rather than a grueling 24-hour, 200-mile relay, this relay covered 63.2 miles – an easy day run – with legs from 4.3 to 8.8 miles. Teams could cover the 10 legs with 10 runners, two runners or any number between. Most growler relay teams, Maynard explained, use the full eight to ten runners.

The Capital Trail relay's distinction from other relays was especially notable at the transitions: rather than simply waiting aimlessly for their runner, team members were encouraged to take part in challenges – i.e., crazy games – that organizers provided: making origami figures, solving puzzles, making giant airplanes and other wild and wacky optional activities. “These are things that anyone can do,” notes Alan. “They don’t take preparation or athletic ability. There is some luck involved, but mostly they’re just fun and doable for everybody.”

Oh, and the games provide the chance to earn extra beer tickets at the end. Talk about incentive!

As a point-to-point relay, the Capital Trail relay was an exception. Other Growler Relays begin at one brewery, run to another (explaining why most runners prefer to run during the first half of the run) and end back at the initial brewery.

Growler Richmond on Sept. 9 will begin and end at Hardywood Park Craft Brewery with Stone Company Store – Richmond as the midpoint.

“This one is a little different, since the breweries are actually very close together,” Maynard explains. “We’re going to start at Hardywood and send people out the Virginia Capital Trail for a few legs, then run back into Richmond and use Stone as the halfway point. We’ll then send people back out on the trail and they’ll take the same route back to the finish line at Hardywood.”

A 2017 Capital Trail relay to Virginia Beer Co. in Williamsburg is pending, since the route from the end of the trail to the brewery along the Colonial Parkway turned out to be a little tricky.

From a friendly little charity run to nearly a dozen relays – Maynard calls VA Momentum “a hobby that has spiraled out of control in the best way possible ... From the second you arrive till you leave, we want every second to be fun.” Turns out, it’s not just the charities that are benefiting from this hobby.

2017 Growler Team Relays

VA Momentum continues to grow, increasing from four Growler Relays in 2016 to eight to 10 in 2017, all in Virginia. In 2018, Maynard and Gibson hope to add even more up and down the East Coast.

- April 15: Growler Norfolk. O’Connor to Green Flash and back.
- April 22: Growler Lorton. Fair Winds to Lake Anne Brew House and back.
- June 3: Growler Ashburn, part one. Old Ox to Adroit Theory and back.
- June 10: Growler Harrisonburg. Pale Fire to Basic City and back.
- August 12: Growler Winchester. Winchester Brew Works to Woodstock Brewhouse and back.
- September 9: Growler Richmond. Hardywood to Stone and back.
- September 30: Growler Roanoke. Soaring Ridge to Big Lick Brewing and back.
- November 4: Growler Ashburn, part two. Old Ox to New District and back. ■



Did someone promise beer?

Monument Ave 10k: *The Runner's Gateway Drug*

By Chris Piper

The Monument Ave 10k is the best runner gateway drug there is; I know this to be true because it was my gateway drug and I've seen it be the gateway drug for numerous others.

MY STORY:

When I was a heavy beer drinker and cigarette smoker I remember seeing ads on TV for the Monument Ave 10k. I would take a puff of my cigarette and a sip of my beer and think to myself, 'One day I'm going to run that race.' I saw my friends take on the challenge and succeed and thought, 'One day...'

And then one day came. After years of not taking care of myself, I decided I'd had enough. But running out of breath walking up a flight of stairs, straining to tie my shoelaces, and seeing my ever-expanding gut wasn't enough.

No, I wasn't convinced until a relative who was not much older than me at the time, a heavy drinker and smoker, passed away from a heart attack. I realized after he died that my 'one day' had to be that day. I was broke, so I chose to strap on some old tennis shoes and try to run. One month later I could run a whole mile without stopping.

I'll never forget when I finished that mile.

After years of not taking care of myself, I decided I'd had enough. But running out of breath walking up a flight of stairs, straining to tie my shoelaces, and seeing my ever-expanding gut wasn't enough.

Standing in the middle of my suburban street, I jumped up and down with my arms in the air like Rocky Balboa after he climbs the steps of the Philadelphia Museum of Art. I was higher than any drug ever made me feel.



Having had my first taste, I needed more of that drug so I signed up for my first Monument Ave 10k. VCU was playing in the Final Four on the day of the race and the Richmond community was excited for our hometown team, the weather was perfect, and the atmosphere was electric. It was truly a community experience and I was powered on by the amazing crowd support, the music, and the enormity of the event.

Running saved my life by giving me health. It gave me a community of support. It showed me that life could be better and more "lived" with an active lifestyle.

THEIR STORIES:

Three years ago I took a shot and accepted an invitation to be the head coach of the Tuckahoe YMCA Training Team with Sports Backers and it ended up being one of the best decisions I've ever made. Here are just a few of the reasons why:

The Return from Injury Runner: She was training for her umpteenth half-marathon but was working really hard to finally break two hours when she felt a pain in her hip that stopped her in her tracks. She later discovered she had torn her sartorius muscle (that's the big one connecting your hip to your inner knee). She had surgery and followed the doctor's orders to make a full recovery, but she was told she probably wouldn't run again. And there she was, training for the 10k just four months later. She finished that year. She came back the next year and got a PR.

The Happy Couple: They got engaged and were as happy as they had ever been. You could practically see the hearts dancing in their eyes as they looked at each other. All they wanted to do was lose a little weight before their wedding so they signed up for the 10k training team. Neither had been runners, but they needed something to motivate them. Combined, they lost over 100 pounds, looked amazing at their wedding, and went on several runs together during their honeymoon. They went from the Happy Couple to the Super-Ultra-Fit Running Couple who are now happy in many ways, together.

The Single Mom: A tough divorce. A shake-up in her whole way of doing things. And being far away from her friends and family, she was alone in a new town with two young kids. She was tired of being stuck in the house. Seeing that the YMCA offered free daycare she figured it was a way to get out of the house and maybe help her process the separation. Via her leap of faith, she made friends, found new confidence, and joined a community of runners who support her through thick and thin.

The Death Defier: She was in Stage 4 of cancer that was going to take her life. The cancer was slowly robbing her of the ability to breathe and she was told she couldn't do it, but she persisted. She came every week, even when it was 18 degrees. And that year she crossed the finish line.

The Coach: And then there's the guy who strapped on a pair of shoes and went for a run because he wanted to feel better and maybe live long enough to see his kids grow up and have kids of their own. So he took control of what he could and went for a run. And then he went for longer runs. And then he ran a marathon. And then he coached a 10k training team. And then his mom joined the team. And then his son. And then his daughter. And now his fiancé.

Those are just a sampling of the hundreds of stories I've heard over the years. The best part about the Monument Ave 10k race is that it inspires people to take better care of

themselves; to set a goal and take steps to achieve that goal. The better part is their actions go on to inspire their friends and families to take similar steps.

Many, like me, keep on going, aspiring toward that next big achievement and why I consider this particular 10k a Gateway Race. This race is just the beginning.

Richmond is such an awesome and active community because we support our active lifestyles with roads built to be safe for pedestrians and cyclists, parks to enjoy the outdoors, a fantastic trail system and awesome events like the Monument Ave 10k.

But it is our people who do it.

We go outside, we set goals, we run races and those actions spread like a virus infecting us with healthy lives and in turn a happy and vibrant city.

Run on RVA! ■

Chris Piper started running in March 2010 and never looked back. He's run eight full marathons and countless other races. When you don't see him running in the early morning on the roads or trails of RVA you can find him on Instagram @singledadrunning.



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RUN LIKE AN Egyptian

By Mark Lackey

I like to run, and I like to travel, so I combine these two passions into many of the trips I take. So it was only natural for me to look into running a marathon on each continent.

My first international marathon was during a trip to Beijing where I ran the Great Wall of China marathon. The following year I found a trip where I could run in Punta Arenas, Chile, visit Patagonia, then fly to Antarctica to run the marathon there a week later.

I followed that in 2015 with a trip to Athens for touring and to run the original marathon course starting in Marathon, home of the Olympic torch. The Athens course finishes near downtown in the original Olympic stadium.

So far I've completed a marathon on six continents and only have Australia remaining. This November I plan to run New York if I get in via the lottery or go to Queenstown to finish my seven continents. Below I discuss my latest trip to Luxor, Egypt.

Last August I signed up to run the Egyptian marathon. The sign up process took almost a month since I was required to wire Euros for the race package which included the race, hotel, breakfast, and sightseeing in Luxor.

The value seemed too good to be true, so I was pretty nervous until I arrived at the Luxor airport. I was greeted at midnight by a driver holding a sign with my name on it, waiting to take me to the hotel where my room was ready though I was checking in at 2 AM. The hotel was located on a small island on the Nile River. It was a 5 star tourist resort with restaurants, a medical center, beauty salon, several pools, docks and a guard station to get on the island that was manned 24 hours a day, seven days a week.

Marathon morning the hotel had a breakfast buffet at 3:30 AM for the runners. The bus left the hotel at 5:30 AM for the drive to the start. I have friends in the Marathon Globetrotters group which brought 25





Colossi of Memnon.

runners to the marathon, so I knew some people running and on the bus.

En total, there was an international field of about 50 runners for the marathon. I ran with folks from Egypt, Jordan, England, and Brazil to name a few.

The Egyptian marathon is a loop course consisting of four loops around the west bank of the Nile River. The marathon starts and finishes at Hatshepsut Temple. Built by Queen Hatshepsut during the Coptic era as her burial site, it is one of the most beautiful temples of Ancient Egypt. The roads were open to traffic with the turns painted on the road. No volunteers, police, or traffic control; only runners and two aid stations with water. The race started just before dawn on Friday, 13 January. I've done several international marathons that were on a Friday so this wasn't an unusual concept for me.

As we started running, the moon was hovering above the mountains and the helium inside the hot air balloons were being ignited for tour rides over the Valley of the Kings, ruins, and statues. The locals are used to runners so when we passed through a village or by a mosque, they came out, especially the young children, to cheer us on. If you were still on the course around noon the crowds became much larger around the mosques for Friday prayer. Pretty early in each loop you passed ruins like those in the picture below.

As someone said, during the first two loops you are very excited because you are running in Luxor. By the third loop you want to die from boredom. And by the fourth loop you

are excited again because you're almost done. That was a pretty fair assessment, but running with several other runners helped pass the time.

During the race, we passed several large statues, an archeological site, and the Colossi of Memnon. Since I paired up with some other runners I took my time, stopping on each loop for lots of pictures. The course was pretty flat, and the weather near perfect; 40s before dawn and 70s as the day wore on.

After the run, some of us rented a couple of sail boats and went out on the Nile to have wine, crackers and enjoy the sunset. Later in the evening was the awards banquet with dancers and lots of really good food that you can't get in the States.

This was by far one of my favorite marathon trips and one I would certainly recommend. I had a driver and tour guide for the entire trip and only once left the hotel without them. (I needed a short post marathon shake out run.) In four days between Luxor and Cairo, I visited the pyramids, Sphinx, rode a camel into the Sahara desert, visited the Egyptian museum, Citadel, Fort Blossom and the Hanging Church (where Jesus lived for three months), old Cairo, Valley of the Kings and Valley of the Queens. Sightseeing places and artifacts from 1400BC was simply amazing. I felt very safe touring and walking the streets with my guide, who spoke fluent English and was very knowledgeable on Egyptian history. However, navigating the traffic is something I would not recommend for the faint of heart. ■



Colossi of Memnon & Amenhotep (The Colossi of Amenhotep), which we passed four times are two massive stone statues of the Pharaoh Amenhotep III, who reigned in Egypt during Dynasty XVIII. For the past 3,400 years (since 1350 BC), they have stood in the Theban Necropolis, located west of the River Nile from the modern city of Luxor.

2 0 1 6 D E C E M B E R

Honolulu Marathon

Finishes off a Banner Year for Dean Miller

Who would be crazy enough to run three full marathons within 70 days? Well, I guess one would have to be a Marathon Maniac.

The Marathon Maniacs are an elite international group that has a minimal membership qualification of finishing three marathons within 90 days or to finish two marathons within 16 days. After substituting the Wineglass Marathon for a 20-mile practice run, I was primed to set a personal record at the Richmond Marathon six weeks later. Luckily, a 12 minute PR was the result.

Four weeks after the Richmond Marathon, I had a new goal of qualifying for Marathon Maniacs in Honolulu, Hawaii.

Honolulu ranks as the 4th largest marathon in the United States. Walkers from all over the world come to this race because there is no time limit. Some of the runners are known to take a 1- to 2-hour lunch break and then resume the race.

Due to the extreme heat in Hawaii, the Honolulu Marathon has a start time of 5 a.m. The temperature is pretty constant year-round; the early morning temp is around 70 degrees and highs are normally 80-84. The humidity is rather low, around 30-50%; however, the ozone is thin since the island is positioned close to the equator. This can make an 80 degree day feel like close to 100 degrees.

A few days before I left Richmond for Hawaii, I learned a close running friend had suddenly left us. Jill Shugart was an active Richmond Road Runners Club member, longtime SEAL Team member, avid Rogue Running group member and a popular Sports Backers Marathon Training Team (MTT) teammate of mine. It was an easy decision for me to sign the large white banner at the expo, dedicating my race to the memory of Jill Shugart.

On marathon morning, I caught a shuttle bus right outside my hotel which was located one block from the finish line, and it only took the bus 10 minutes to travel 1.5 miles to the start line. The driver let us out and I observed the most people I had ever seen in my life.



Dean takes on the selfie.



Mahalo.

Since there were no corrals, we lined up in order of our predicted finish which seemed foreign to many of the runners. Previous participants warned me to line up with a pacer that was at least one hour faster than my predicted finish to avoid the walkers who were clueless. I thought lining up with the three-hour pacer would be good enough. I was wrong.

For the first five miles of the race I couldn't run any faster than an 11 minute mile due to the heavy crowd and unfortunately, quite a few walkers. I am known for hitting the tangents hard but in the first five miles, I counted a 32 person width of runners/walkers as I approached. The weather conditions were nice during the early stages of the race between 5 and 7 a.m. as the sunlight was not an issue.

By mile six, the sheep were separating from the goats. This was the favorite part of the course for me. We had approached the famous Diamond Head Volcano where there was a 1.5 mile uphill similar to Iris Lane in Richmond. I got behind a big military guy who looked real fit and followed him for the next several miles. I felt like I was a running back following my lead blocker.

Miles 8-12 were flat and easy, but I started noticing runners dropping like flies around mile 12 as the heat had arrived with the sunrise.

At mile 12 I took my first break, taking 10-15 minutes for pictures.

At mile 14, I took another 15 minute break for a photo session.

At mile 16 I did the same. During this third photo break, I looked at my Garmin and realized that I was in danger of obtaining a Personal Worst (PW). This simply could not happen, so my goal became to avoid the dreaded PW.

After 16 miles, the camera was put away in my fuel belt for good. Now I realized the first five miles of the race were a blessing in disguise since I had been forced to run slow. My MTT coaches back home would be laughing, since I was unable to bank any early miles (I might be guilty of that sometimes).

I decided to run hard between miles 16-22. And it was getting hot as hell at this point. Somewhere around miles 22-23 I decided to take a walk break.

At mile 25, runners faced only the second major uphill of the entire race. This hill was once again the famous Diamond Head. Luckily, on this side of Diamond Head the hill is only one mile instead of 1.5 miles. The bad news is that the hill is much steeper. I would say that 80% of the runners walked this hill, including me.

My eyes were focused at the top of mile 25 as I prepared mentally to put the hammer down at the crest. Somehow I had a sub 8:30 mile left in me to finish the last mile. And fortunately, I avoided that dreaded PW by 3 minutes.

As I crossed the finish line, I was elated. With the grace of God and guidance by an angel named Jill Shugart, I had finished three marathons within 70 days and qualified to become a member of Marathon Maniacs. There were at least a dozen Maniac members who greeted me just beyond the finish line. I met the president of the organization and we posed for group photos.

My assessment of the Honolulu Marathon is that the course is an easier terrain than the Richmond Marathon if the heat factors were equal. But they are not, so Honolulu will always be tougher since their heat is constant year-round. It could be a course used to qualify for Boston if one can tolerate heat and start toward the front of the pack. The 2016 winner had a time of 2:09:37. Last place finisher had a time of 16:11:44.

Would I return to run this race again? Absolutely! Aloha! ■

If you would like information on future discounts for the HI marathon, you can contact Dean at: deano2312@hotmail.com



Midway running break, it was hot!

Metanoia *on the* Gateway

By Kit Forrest

I lost a lot of weight when I stopped drinking at age 22. My bike was my only transportation and I started riding a lot to take up the time I'd spent either drinking or hung over.

When I was 25 I got a temporary office job – working overnight in a call center, getting yelled at by drunk people whose credit cards would not cover their bar tabs – and started packing on the pounds. I got hired full-time by the company I was working for and after a few years I switched to a daytime position that paid better. I put my expanded resources to work. I joined the Y and worked off some of the late night junk food I'd been living on. I bought a house and got back into cycling. I met a nice lady and we discovered our mutual love of eating.

**Even through all the eating and weight gain
I never got rid of my YMCA membership.
I didn't use it but it was an aspirational
reminder – showing up on my credit card
statement every month, hinting at me there
were still things I needed to do.**

At the beginning of 2002 I had been overweight to some degree for much of my adult life. I was in reasonable shape – overweight at about 220 lbs but working out at the gym a couple times a week and cycling most weekends. I mentioned to my coworkers that there was this race downtown – 6.2 miles, so not a tremendous distance – coming up in a few months.

The Monument Ave 10k had started a couple years earlier and seemed pretty popular. I talked one of my teammates into joining me, and eventually most of the team signed up to run. I had a goal that year of running the 10k in 62 minutes – ten-minute miles seemed attainable. I ended up finishing in 1:11:42 that year.

Despite my energy gel at four miles, my pace slowed enough that I was being passed by fast walkers toward the end. I ran



a 5k after that and Monument Ave again a couple years later. My pace didn't change much from the 11:32 minute miles I achieved that first year.

So I got married, gave up on cycling, running and going to the gym, and spent the next few years with my new bride focused on eating.

In December 2007 my 39.7 BMI put me just barely under the edge of morbidly obese. I was buying clothes and outgrowing them within months. I was on cholesterol medicine and I couldn't walk up a flight of steps without gasping. I thought back to the time not so long before when I could run for over an hour straight, when a 40-50 mile bike ride wasn't a huge deal. I weighed 270 pounds and I didn't want to any more.

Even through all the eating and weight gain I never got rid of my YMCA membership. I didn't use it but it was an aspirational reminder – showing up on my credit card statement every month, hinting at me there were still things I needed to do. I cut my diet way back and started going to the gym again.

Running was on my mind. I'd never gotten fit enough during my earlier dalliance to experience a runner's high, but I remembered the good feeling after a training run – loops around the Vita course or Echo Lake or the lakes in Innsbrook – and especially the feeling of joy and accomplishment, mixed with glorious exhaustion, at the end of my first race. I knew I wanted to run, but I also knew if I started running at my extreme weight I would at best get discouraged and quit, or at worst hurt myself and quit. I focused on lower impact machines, lots of walking and strength.

One night a few months into my slow, steady progress I had a dream. I dreamed I was running again like I did during the best and most exhilarating training runs before that first 10k. I was running in my dream and it felt good. The next day I went to the gym, walked on the treadmill a bit, and then pushed the speed up until I was running. It was nothing like my dream. I still weighed about 230 pounds. I could feel the rolls of loose fat flopping around. After a minute or two my legs were burning and my lungs were on fire, but I kept going and ran a full mile before slowing the treadmill down and stumbling to a walk.

It took me a couple days to recover and about three weeks before I was able to run a mile without walking again, but I did.

My next goal was to run two miles without stopping on the treadmill. I told myself once I could do that I would be ready to run outside. That took me a few more weeks and then I started running in the late spring warmth. I ran on the streets in my Lakeside neighborhood, measuring out courses on MapMyRun, noting landmarks to check mileage, tracking my distance and pace in a spreadsheet.

One late summer evening I went out for my five mile run and to my surprise the further I got the better I felt. When I finished I felt better and stronger than when I started. That was my first experience with a runner's high and I was hooked.

I kept running outdoors. I expanded my routes across Hilliard and down to Bryan Park. I went for runs with no set time or distance, just to see how far I could go. I finally ran another 10k that fall and cut 22 minutes off that first Gateway Race



back in 2002. I ran the Richmond Half Marathon that fall, pretty much on the spur of the moment and parked illegally in a state employee's assigned parking spot.

The next spring, seven years after my first race, I ran Monument again. I had no trouble finishing this time and I wasn't passed by any walkers. I still felt that same exhausted exhilaration I felt at the end of my first one – the same feeling I get at the end of every race that I really run.

I've run a lot of races since then. My pace and distance goals have gotten higher.

Last fall I hurt myself in the service of those goals, and I'm currently working on rebuilding my strength and endurance after a few months off. I'm building up slowly and carefully, just like I did that spring in 2008. Monument 2017 will be my first road race after my injury.

Monument was my gateway fifteen years ago in 2002, but it has also been a milestone for me – my first race ever, my first race run seriously, and now my first road race back. I'm looking forward to exhausted exhilaration, and to many more milestones in the future. ■

Kit Forrest came to Richmond in the late 80s for school and never quite left. His hobbies are photography, hiking, cooking and missing turns on long runs, and he has the most wonderful friends a person could hope for.

runVENTURES

By Chloe Marsh & Colson Williams

“The word adventure has gotten overused. For me, when everything goes wrong – that’s when adventure starts.”

- Yvon Chouinard; 180° South

Running is a vehicle for adventure.

Adventure and risk are interchangeable. A great adventure carries with it a form of risk; however, the size of that risk may vary.

We are Chloe Marsh and Colson Williams, two Richmond runners who cherish miles, adventures, and dogs. As a full-time physical therapy technician, Chloe spends her weekdays helping others stay mobile, active, and healthy. Colson is a full-time law student at UR. Our two border collies, Finley and Nuptse, are our full-time adventure companions.

Last summer we created the RiVAhRunners crew here in Richmond as a way to promote the sport on the realest level possible. Even with our full-time commitments, we embrace the sport and lifestyle that we love by supplementing “runVENTURES” into our weekly training. We take

advantage of every flicker of sunlight and with our dogs chase epic memories.

And we want to share with the Richmond running community some of our running adventures around Virginia that are a hop and a skip outside our backdoor.

The “planning phase” of our weekend adventures usually begins Monday afternoon when the reality of another school/work week sets in. The conversation tends to start with one of us sending the other a link of some kind followed by, “Hey... this is rad.”

Distance travelled for our runVENTURES varies. Sometimes we only go as far as Charlottesville for a day trip, other times we pack up the camping essentials - two border collies, a two person mountaineering tent, sleeping bags, ENO hammocks, dog food, and all the laughs that accompany travelling with two boneheaded herding dogs -and head wherever we can find an open campsite.

Frequently we runVENTURE on segments of the Appalachian Trail (AT), White Oak Canyon Trail,



Massanutten Trail, and local greenways throughout the Virginia and North Carolina region. Recently, we embarked on a camping trip and trail runVENTURE in western Virginia.

After our Friday work and class commitments, we loaded up and started toward Lexington. Chloe had only visited that area of the state once or twice, and Colson, originally from Oklahoma, had never been before.

Worth noting, if you end up having a late afternoon/evening start toward a destination in the mountains, don't fret. You are in for a beautiful watercolor and cotton candy sunset drive.

By the time we arrived at Douthat State Park outside Clifton Forge it was completely dark and, to make for an eerie horror film feel, there were some patches of light fog.

Colson the Eagle Scout began to make camp while Chloe watched and hoped to learn something. After everything was ready, we decided on a peaceful night run.

Coming in after dark put us at a slight disadvantage considering we had no idea where the trailheads were even though we were armed with the map of the state park.

So what did we do? We hooked our dogs up to their running leashes, looped them around our waists and headed off in search of a trail... any trail. After some careful searching we found an out and back section for a hearty helping of miles, then called it quits to grab some dinner. We fed the pups and ate our own gourmet meal of bagels dipped in almond butter, which we had purchased at the local Kroger, and washed it down with some local hard cider.

The next morning we broke camp. After a night of the four of us in one tent, we were extremely excited to go stretch our legs. We wanted to explore the park before heading out to find coffee and another destination to run. The goal was to find and run Goshen Pass; however, we soon realized it was more beautiful to drive through than to run. Sometimes that happens.

After "oohing" and "aaahing" at the rapids, kayaks and Pacific Northwest environment, we decided to find another place to runVENTURE but not before snagging some wicked Instagram content. Back to the drawing board, but hey what is an adventure without some flexibility?

Our next idea was to go to Lynchburg and check out a trail there neither of us had run before. Or possibly jump on one of the multiple greenways and trail systems in town. However, on the way down via the back roads, we stumbled upon our favorite trail. We had caught a glimpse of white blazes out of the corner of our eye: it was the AT.



It was not "just the AT", it was an awesome portion with a large footbridge crossing the James River that divides the Maine bound portion of the AT from the Georgia bound portion. This section was a first for both of us.

Being back in our comfort zone of trees and white blazes, we hopped on the trail and followed the river for a couple miles until the dogs were good and tired and ready to hit the road again. If you are ever in Amherst, the James River Footbridge and the accompanying portion of the AT are well worth the exploration.

Even though it might seem like we fly by the seat of our pants, we do possess a list of go-to comfort trails. This list contains the "usual" runVENTURES. These usual areas are trails or greenways, throughout Virginia and North Carolina that allow us to experience the beauty of the great outdoors.

As mentioned earlier, our favorite place to play is the AT. The Three Ridges Loop offers stunning views of the George Washington National Forest. It is a loop of approximately fourteen miles and you spend significant time on the AT. The trailhead is easily accessible from the Blue Ridge Parkway at Reeds Gap, just southwest of Crozet and Waynesboro. The trail is highly trafficked; however, well-behaved and leashed dogs are always welcome. Our dogs love this run because it allows them to channel their inner mountain goat as they ascend to the top of the ridges.

On each trip we have a running bet. The winner buys post-run refuel at Mudhouse Coffeehouse & Bakery in Crozet.

continued on page 40

runVENTURES

continued from page 39



The strange thing is Colson always seem to be the one buying...

Another comfort runVENTURE is on the White Oak Canyon Trail. This gem of a run is less traveled than the nearby touristy Old Rag Mountain Trail. White Oak offers runners fabulous views of streams, waterfalls, and canyons. The dogs love this trek, as they have multiple opportunities to cool off in the pools and streams of water. No matter where we go they seem to find the water.

Segments of the Massanutten Trail are primo. If you hit it at the right time of year, you will be rewarded with stunning views. This area is less frequented by people, and offers a peaceful runVENTURE without the congestion of other trails.

We hope this has encouraged and inspired you to pack up the car, grab a friend or dog, and go on your own runVENTURE. Seek risk in your adventures. It does not matter how big or how little, just take risks. Sometimes it is running in a storm, not having a destination, or simply seeing how far you can make it with the little gas left in the tank.

Just be willing to GO. ■

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I know that running a road race is a potential hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a road race official relative to my ability to safely complete the run, but I understand that I am primarily responsible for my own safety. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and the conditions of the road, - all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Richmond Road Runners Club, the Road Runners Club of America, the City of Richmond, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. This is a road race conducted under the rules of the USATF and RRCA. In consideration of the safety of all participants, I agree not to use any of the following while participating in this event: baby joggers, baby strollers, headphones, ipods, animals on leash, skateboards, inline or roller skates, or bicycles.

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Category	Place	Name	Age	Time
Male Overall	1	1	COLE SHUGART	19 16:10
	2	2	RYAN MIDDLETON	29 16:50
	3	3	KEVIN PEGGS	30 17:14
	4	4	MIKE COLAIACOVO	50 17:20
	5	5	JOSHUA HOCHSTEIN	39 17:40
Female Overall	1	9	JOSEY RUPERT	23 18:22
	2	14	KEIRA D'AMATO	32 19:37
	3	15	LEIA LAUTZENHEISER	24 19:38
	4	20	BRITTANY HARLAN	25 20:00
	5	27	KYLIE BONSER	12 20:40
Male 5 - 9	1	68	LOUIS SEMTNER	9 23:27
	2	251	ERIC ANLIKER	8 32:39
	3	275	BRYCE COURVILLE	6 34:28
	4	288	GAGE DUERBECK	8 35:36
	5	325	GEORGE BUDRASKI(UA)	9 38:38
Female 5 - 9	1	180	KEELY SEMTNER	7 28:20
	2	204	MADELEINE ROSE	9 29:25
	3	301	AINSLEY GUNN	6 36:00
	4	320	AVA ASHLEY	8 37:53
Male 10 - 14	1	31	BRADY SEMTER	13 21:00
	2	66	ADDISON HAGAN	14 23:23
	3	69	GABRIEL ROSE	13 23:32
	4	75	WILEY MULHOLLAND	10 23:56
	5	101	JACKSON WRIGHT	10 24:54
	6	241	MATTHEW PALERMO	13 31:44



And they're off.

Category	Place	Name	Age	Time
Male 10 - 14	7	287	ALEXANDER JORDAN	13 35:33
	8	295	MATT SOLOMON	14 35:45
	9	296	EVAN SOLOMON	11 35:48
Female 10 - 14	1	27	KYLIE BONSER	12 20:40
	2	88	GABRIELLE FLYNN	12 24:24
	3	114	CAROLINE OSENGA	11 25:34
	4	121	ABIGAIL ROSE	11 25:50
	5	151	ELLA SEMTNER	11 26:57
	6	156	AVA BONSER	10 27:12
	7	187	LILLY HOY	13 28:34
	8	196	BETSY GULLIKSEN	13 29:01
	9	247	LYDIA SHELTON	10 32:28
	10	282	ELSIE DEANER	11 35:14
	11	293	VICTORIA DRAKE	13 35:42
	12	297	ACADIA COURVILLE	10 35:48
	13	322	CATIE ANDERSON	13 38:07
Male 15 - 19	1	1	COLE SHUGART	19 16:10
	2	24	ROBERT BAKER	15 20:33
	3	112	JACK JEVNE	17 25:31
	4	113	BEN POOLE	17 25:31
	5	129	JORDAN TRAYER	16 26:07
	6	210	GREGORY GIBBONS	18 29:49
	7	260	OMAR FAISON	15 33:04
	8	271	BRAD COMBS	17 33:42
	9	272	JAKOB TRENTHAM	17 33:42
	10	342	BRANDON MELTON	15 40:49
Female 15 - 19	1	34	KATIE POKORNY	19 21:16
	2	38	Laurel GOODPASTURE	18 21:33
	3	159	ELLA MEYER	16 27:18
	4	324	SHANNON DUGAN	18 38:37
	5	327	SRI SUPHAN NIELSEN	19 38:40
	6	328	ABIGAIL FORD	15 38:40
	7	339	MADDISON OFFENBACK	19 40:46
Male 20 - 24	1	29	CHASE SHUGART	21 20:45
	2	41	IAN BURKE	21 21:36
	3	111	BEN PEARMAN(UA)	21 25:30
Female 20 - 24	1	9	JOSEY RUPERT	23 18:22
	2	15	LEIA LAUTZENHEISER	24 19:38
	3	52	EMILY MACKEY	23 22:23
	4	81	LAURA HAZLETT	24 24:08
	5	127	CAITIE GEOGHEGAN	23 26:01
	6	140	MORGAN Neal	23 26:37
	7	190	PAIGE DEREMER-YOUNG	23 28:37
	8	232	BRITTANY KEUP	23 31:14
	9	238	SIENNA BRONSON	22 31:42
	10	255	BRONWYN BAUMGARDNER	22 32:47
	11	264	CHRISTINE ARESON	22 33:26
	12	307	CATLIN PORTER	22 36:52
	13	345	GIANNA LEONARD	20 41:12
Male 25 - 29	1	2	RYAN MIDDLETON	29 16:50
	2	18	AARON HARLAN	26 19:56
	3	26	JOHN CHEGE	29 20:39
	4	61	ALEX ANLIKER	26 23:03
	5	82	MIGUEL ESCOBAR	26 24:09
	6	139	CORY Neal	29 26:31
	7	206	AARON SWIERENGA	26 29:35
	8	214	JASON BALTZ	27 30:18

FIRST DAY 5K CONTINUED

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Category	Place	Name	Age	Time	
Female 25 - 29	1	20	BRITTANY HARLAN	25	20:00
	2	71	JENNIFER CRANE	28	23:40
	3	219	MEGAN MIDDLETON	27	30:38
	4	258	JESSICA GEORGE	26	32:55
	5	292	HEATHER MORRIS(UA)	29	35:41
	6	323	COURTNEY KING	25	38:28
	7	326	ALLISON KING	25	38:39
	8	336	CELESTE JACKSON	29	40:16
Male 30 - 34	1	3	KEVIN PEGGS	30	17:14
	2	7	JAMES ATCHISON	33	18:08
	3	10	ANTHONY D'AMATO	32	18:27
	4	22	CORBIN KELL	34	20:13
	5	25	KHEM SINGH	34	20:37
	6	39	STUART GROSECLOSE	32	21:34
	7	43	TOM TUTTLE	32	21:38
	8	53	JASON GOYDICH	32	22:23
	9	131	MIKE DAMATO	32	26:10
	10	183	CHRISTIAN E TORO	30	28:30
	11	239	MATT NORDIN	30	31:43
	12	240	SCOTT PENNINGTON	34	31:43
	13	248	COLIN SCHOENHAUT	31	32:30
	14	259	THOMAS SAGE	31	32:56
	15	314	MIKE STUART	32	37:30
	16	334	DEREK SOMERVILLE	33	39:57
Female 30 - 34	1	14	KEIRA D'AMATO	32	19:37
	2	56	AMY LANDING	34	22:45
	3	64	LUCY CARRIG	32	23:19
	4	78	KATE MILLER	32	24:03
	5	138	SINEAD LYNCH-HALL	33	26:27
	6	144	HEATHER OLIN	34	26:45
	7	171	LISA BLUM	32	27:54
	8	174	EMALEE GOYDICH	31	28:08
	9	208	MEREDITH JORDAN	34	29:43
	10	237	NATALIE GIBSON	31	31:38
	11	266	RENEE HAMMEL	34	33:29
	12	305	LAURIE BARNES	34	36:40
	13	306	CHRISTA LOUDIN	32	36:44
	14	310	CARLA CAVE	32	37:00
	15	312	TIFFANEY FRYSON	34	37:08
	16	313	TARA STUART	33	37:28
	17	329	SHAKINAH DACOSTA-BOBB	33	38:41
	18	333	MARA GEORGE	32	39:48
	19	355	ANDREA PENNINGTON	32	44:57
	20	359	NAOMI CHOBANIAN	33	47:37
	21	367	LAURA KING	31	53:19
	22	368	KYLE MCLAUGHLIN	34	53:19
	23	370	ERIKA TABOR	33	53:32
Male 35 - 39	1	5	JOSHUA HOCHSTEIN	39	17:40
	2	6	TRAVIS GATESMAN	38	18:03
	3	17	DANIEL GARIEPY	36	19:50
	4	30	R. RYAN KELL	37	20:50
	5	37	ERIC COLLINS	35	21:21
	6	46	IAN CONNER	38	21:55
	7	70	BARRY HERNDON	36	23:36
	8	90	MATTHEW BROWN	39	24:29
	9	94	BRIAN EGGERT	38	24:37
	10	98	JOSH BENNETT	38	24:49
	11	193	MICHAEL SHRIVER	36	28:44
Female 35 - 39	1	42	NANCY BRODA	35	21:37
	2	49	TARA CALKINS	38	22:11
	3	63	MICHELLE FANG	37	23:09
	4	110	CHRISTINE CLAY	35	25:20
	5	119	KELLY BRITT	39	25:47



Amy Williams and Margaret Webb stepping out in style.

Female 35 - 39	6	128	ERIN HERNDON	37	26:06
	7	133	KERRY DIXON	39	26:15
	8	158	KERRY BENNETT	37	27:16
	9	163	MELISSA KIRK	39	27:25
	10	199	ELIZABETH SHOENFELD	38	29:06
	11	202	BETH SHRIVER	35	29:22
	12	203	VICTORIA HAUSER	36	29:23
	13	207	BECKY HAPEMAN	37	29:36
	14	224	STACI REDFERN	39	30:52
	15	234	SARAH AKIN	38	31:15
	16	267	KIRSTEN RASMUSSEN	39	33:29
	17	289	MEREDITH DUERBECK	38	35:36
Male 40 - 44	18	302	ELIZABETH GUNN	35	36:01
	19	315	ANN LAMBERT	39	37:40
	20	319	EMILY ASHLEY	35	37:52
	21	335	MARIBETH EWING	36	39:58
	22	337	KIMBERLY KELL	35	40:43
	23	340	LORI VALDEPENAS	35	40:46
	24	341	LISA SPROSTY	38	40:48
	25	350	KELLY ALLEN	35	42:39
	26	352	JENNIFER LEVIN	35	44:27
	1	12	JOHN TURNER	43	19:11
	2	23	GAVIN MCCARTY	43	20:19
	3	28	CURT SOLOMON	44	20:42
	4	32	CLINT KELLY	41	21:01
	5	33	NATHAN CASTLE	40	21:09
	6	36	ROB SEMTNER	43	21:20
	7	47	TODD BAGWELL	41	22:00
	8	58	CHRIS KIRK	40	22:49

FIRST DAY 5K CONTINUED

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Category	Place	Name	Age	Time
Male 40 - 44	9	84 JOSEPH FLYNN	41	24:19
	10	85 JOHN CHAPLIN	43	24:20
	11	105 AARON STEELMAN	42	25:10
	12	107 GAETANO CALLA	42	25:16
	13	118 TIMOTHY STEWART	41	25:45
	14	122 ANDREW ROSE	42	25:50
	15	123 WARREN REDFERN	42	25:50
	16	134 DAN BAYLISS	42	26:16
	17	157 CHRIS SWANSON	44	27:14
	18	170 RYAN HOGGAN	42	27:50
	19	176 ERIC LEE	44	28:14
	20	235 JONATHAN GOSHEA	41	31:19
	21	249 ALEX SHELTON	43	32:31
Female 40 - 44	22	298 JASON HALL	41	35:49
	23	344 KEVIN KRAMER	44	40:52
	1	48 KATE FISHER	41	22:01
	2	103 CRYSTAL KOCH PINTAC	41	24:59
	3	108 ANDREA WRIGHT	41	25:18
	4	124 MELISSA KISH	43	25:54
	5	136 REBECCA CASSILLY	44	26:20
	6	145 RACHEL VYHOVSKY	42	26:47
	7	148 JANICE HAGAN	44	26:51
	8	161 SHANNON GRYMES	43	27:20
	9	164 LEANNE BONSER	40	27:26
	10	177 JENNIFER CULHANE	42	28:17
	11	189 CLAIRE REAZIN	44	28:36
	12	197 MONA SEMTNER	42	29:01
	13	205 BRITTANY ROSE	40	29:31
	14	213 JULIE SOLOMON	44	30:15
	15	220 KESHIA CASE	40	30:46
	16	225 JANINE GIBBONS	41	30:55
	17	228 DANA WALTERS	43	31:00
	18	233 LARA BUDRASKI	43	31:14
	19	242 SARAH LOOK	44	31:45
	20	257 STACY PEARMAN	43	32:54
	21	270 KRISTEN OSENGA	44	33:40

Category	Place	Name	Age	Time
Female 40 - 44	22	277 ROBIN COURVILLE	42	34:29
	23	279 CARA DIXON	40	35:05
	24	284 TOMAKO DEANER	44	35:24
	25	303 NIKOLE COX	44	36:21
	26	308 KRISTIN ANLIKER	42	36:53
	27	311 JENNIFER DANIELS	41	37:00
	28	362 JENNIFER PERRIN	40	49:01
	29	369 JENNIFER LAW	40	53:30
Male 45 - 49	1	13 MARCOS TORRES	45	19:26
	2	16 JIM ODDONO	49	19:47
	3	19 EDWARD SMETANA	49	19:59
	4	74 PETE PALERMO	48	23:54
	5	76 JONATHAN AUSTIN	46	23:57
	6	86 SEAN RAMAGE	47	24:21
	7	93 MICHAEL BLANCHARD	45	24:35
	8	96 CHRISTOPHER CALFEE	49	24:39
	9	109 STEPHEN KELLEY	47	25:19
	10	115 ROBERT FIX	49	25:37
	11	194 KEVIN GREMER	49	28:44
	12	222 NICK DOUKAS	48	30:50
	13	223 SEAN KINNEAR	48	30:50
	14	268 ROD MORGAN	45	33:30
	15	281 SCOTT PORTER	48	35:08
	16	285 HENRIK STYLES	48	35:25
Female 45 - 49	1	45 DEBBIE GOODPASTURE	47	21:45
	2	97 ANGELA WILLIAMS	46	24:40
	3	126 MELISSA HOY	49	25:57
	4	130 KERI WERTZ	49	26:09
	5	137 KRISTY TRAYER	45	26:22
	6	150 DEBORAH WEATHERFORD	45	26:54
	7	160 JENNY SEBASTIAN	47	27:19
	8	162 KIMBER DOWLING	45	27:22
	9	167 SUSAN SPENCE	49	27:28
	10	172 AMY GARBER	49	27:54
	11	184 DAWN WALKER	45	28:31
	12	185 TERESA DRAKE	47	28:32
	13	188 JUDY SEIBEL	46	28:34
	14	191 VICTORIA HARNESS	48	28:39
	15	200 LISA ZIROPOULOS	47	29:14
	16	215 SUZANNA THOMAS	47	30:23
	17	217 LAURA TODD	49	30:25
	18	250 AMY Black	47	32:37
	19	261 MELISSA ROSEN	47	33:10
	20	262 LYNNE ROBINSON	48	33:17
	21	276 ELIZABETH KYSER	49	34:28
	22	280 DIANE KELLEY	47	35:07
	23	299 STEPHANIE PALERMO	45	35:51
	24	331 EMMA MEYER	48	39:22
	25	358 CARISA WHELAN	47	46:23
Male 50 - 54	1	4 MIKE COLAIACOVO	50	17:20
	2	8 DANIEL LIST	51	18:17
	3	11 JOHN CASSILLY	50	18:45
	4	35 FORD SCOTT	51	21:17
	5	40 MARK JOZWICKI	54	21:35
	6	59 DEAN MILLER	54	22:57
	7	62 JIM CARTER	54	23:07
	8	65 TRACEY LOWERY	51	23:20
	9	79 STAN PARCELL	53	24:04
	10	87 ERIC FAISON	51	24:23
	11	91 MARK GILBERT	51	24:34
	12	99 RALPH GIBBS	51	24:51
	13	104 MIKE ANLIKER	51	25:01
	14	106 BOBBY ORNDORFF	50	25:13
	15	155 JAMES ROBERTS	51	27:08



Like mom like daughter.

FIRST DAY 5K CONTINUED

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Category	Place	Name	Age	Time
Male 50 - 54	16 198	JK STRINGER	54	29:01
	17 211	KEVIN BRUNY	54	29:53
	18 216	JACK HERBERT	52	30:24
	19 218	JAMES MARR	50	30:37
	20 227	JOHN D LEONARD	54	30:58
	21 236	JONATHAN SILVERMAN	51	31:22
	22 243	RICK DAVIS	53	31:47
	23 244	DARWIN RICHARDSON	54	32:05
	24 252	MIKE HALL	51	32:40
	25 263	ERIC ROBINSON	52	33:18
Female 50 - 54	26 309	ERIC NACHMAN	52	36:57
	27 356	DEXTER RAMEY	54	45:45
	1 57	LISE WILLINGHAM	53	22:48
	2 83	LESLIE SHAKESPEARE	51	24:16
	3 141	AMY MULHOLLAND	50	26:38
	4 175	MAYUMI CANO	50	28:08
	5 178	SUZI SILVERSTEIN	53	28:17
	6 179	SUSAN ALEXANDER	53	28:19
	7 192	DEBORAH WOODLE	50	28:42
	8 195	MAGGIE GEOGHEGAN	51	28:55
Male 55 - 59	9 245	BETH BRADBERRY	50	32:10
	10 256	BARB JEWELL	54	32:47
	11 274	SARAH WILLIS	52	34:22
	12 278	BARBARA LEONARD	54	34:51
	13 283	PATTY HENSON-DACEY	53	35:23
	14 316	LYNNE GILBERT	54	37:40
	15 317	LAURA BALTZ	52	37:45
	16 321	VICKI WILLIAMS	51	38:02
	17 343	JANET SHERD	53	40:51
	18 347	KATHY LUKHARD	50	42:02
Female 55 - 59	19 348	BETH TREBOUR	52	42:05
	20 353	LISA CHILDRESS	50	44:28
	21 357	HEIDI CRAMER	50	46:02
	22 361	CINDY PARCELL	54	48:57
	23 372	MICHELE MARR	54	54:50
	24 373	JUDY MORRIS	52	56:23
	25 375	EMILY TEWKSBURY	53	57:25
	26 379	MARGARET WEBB	54	57:45
	27 380	AMY WILLIAMS	54	57:46
	1 21	KARL COVER	57	20:06
Male 60 - 64	2 50	JEFF JEWELL	59	22:12
	3 55	BRUCE GARBER	59	22:38
	4 67	MARK CERNY	56	23:26
	5 72	MIKE KREMER	55	23:48
	6 73	BUCKY FLANAGAN	58	23:49
	7 77	THOMAS SHANNON	59	23:59
	8 80	MARK BARE	59	24:06
	9 89	GREGG WHISLER	55	24:27
	10 95	MICHAEL NELSON	55	24:37
	11 102	JACK KING	58	24:55
Female 60 - 64	12 120	CHANT CONNOCK	58	25:48
	13 125	JEROME BILL	55	25:55
	14 142	RICHARD FOREMAN	55	26:38
	1 116	TINA SHIVER	57	25:41
	2 146	ELAINE CASPER	56	26:47
	3 149	SUSAN LARSEN	58	26:53
	4 152	LINDA NEWMAN	55	26:57
	5 166	KATHY GRAHAM	56	27:27
	6 173	ALISON JONES-NASSAR	57	28:01
	7 181	BETSY SOMERVILLE	58	28:26
Male 65 - 69	8 209	PATTY MIDDLETON	56	29:45
	9 212	JODI MILLER	57	30:04
	10 253	COLLEEN MOORE	55	32:44
	1 135	LINDA GULICK	65	26:17
	2 182	SUE DEJESUS	65	28:29
	3 231	DEEDEE DRAPER	65	31:06
	4 269	NANCY FAUX	69	33:33
	5 273	PATRICIA CULLEN	65	34:04
	6 294	LYNN CARTER	66	35:43
	7 365	GLORIA HOWARD	65	51:42
Female 65 - 69	8 382	MARCY GEORGE	66	59:35
	1 186	DAVID BRODA	72	28:32
	2 201	SCOTT TILLEY	72	29:19
	3 332	HERB NORTON	73	39:35
	4 377	DAN KENNEDY	74	57:40
	1 226	LOU NORTON	70	30:57
	2 351	NANCY L JAKUBEC	73	42:44
	3 378	PATRICIA WORLEY	73	57:43
	1 349	HARRY CONN JR	79	42:06
	2 384	JOHN LEONARD	75	1:00:15
Male 70 - 74	1 374	LINDA PHILLIPS	79	57:24
	2 383	BARBARA LEONARD	79	1:00:13
	1 366	MITZI HUMPHREY	80	51:49

Category	Place	Name	Age	Time
Female 55 - 59	11 265	JANET ARESON	58	33:28
	12 286	JUDY BOHON	56	35:29
	13 290	JENNI TREADWELL	55	35:36
	14 291	HEIDI VILLANUEVA	55	35:38
	15 300	BARBARA MAYER	58	35:57
	16 304	NANCY BARNES	58	36:37
	17 338	CATHERINE DEBOER	58	40:45
	18 354	SHARON MCDERMOTT	58	44:50
	19 360	LINDA DAMATO	59	47:43
	20 363	CINDY CONNOCK	58	51:09
Male 60 - 64	21 364	TAMMY BRAZIER	56	51:42
	22 371	DALE KNIGHT	56	53:32
	23 376	KATHLEEN BLANTON	58	57:35
	1 44	TOM DAMATO	60	21:41
	2 51	DAVID TRUMP	64	22:19
	3 60	ROB ASTROP	64	22:59
	4 92	MIKE GAFFNEY	62	24:34
	5 100	BARRY KREISA	62	24:53
	6 117	GEOFFREY CHEGE	61	25:41
	7 132	THOMAS KNOWER	63	26:13
Female 60 - 64	8 153	PETE FOLLANSBEE	62	27:01
	9 154	MARK GUZZI	60	27:02
	10 169	ROY GRIER	60	27:49
	11 246	LARRY BARNETT	62	32:11
	12 318	MICHAEL GEORGE	64	37:47
	13 330	DOUG SCHUTTE	63	39:04
	14 346	HERVEY SHERD	61	41:56
	1 221	ANNIE EIDE	62	30:49
	2 229	JANE RIDDLE	64	31:04
	3 254	ROSIE SCHUTTE	63	32:46
Male 65 - 69	1 54	DANIEL ENNIS	66	22:36
	2 143	GEORGE SOMERVILLE	65	26:42
	3 147	EDWARD PATEREK	69	26:49
	4 165	STEPHEN D NOLAN	66	27:26
	5 168	FRANK JACOCS	68	27:45
	6 230	BILL DRAPER	65	31:06
	7 381	WILLIAM WEBB	67	59:31
	1 135	LINDA GULICK	65	26:17
	2 182	SUE DEJESUS	65	28:29
	3 231	DEEDEE DRAPER	65	31:06
Female 65 - 69	4 269	NANCY FAUX	69	33:33
	5 273	PATRICIA CULLEN	65	34:04
	6 294	LYNN CARTER	66	35:43
	7 365	GLORIA HOWARD	65	51:42
	8 382	MARCY GEORGE	66	59:35
	1 186	DAVID BRODA	72	28:32
	2 201	SCOTT TILLEY	72	29:19
	3 332	HERB NORTON	73	39:35
	4 377	DAN KENNEDY	74	57:40
	1 226	LOU NORTON	70	30:57
Male 70 - 74	2 351	NANCY L JAKUBEC	73	42:44
	3 378	PATRICIA WORLEY	73	57:43
	1 349	HARRY CONN JR	79	42:06
	2 384	JOHN LEONARD	75	1:00:15
	1 374	LINDA PHILLIPS	79	57:24
	2 383	BARBARA LEONARD	79	1:00:13
	1 366	MITZI HUMPHREY	80	51:49

FROSTBITE 15K

RICHMOND, VA • 1/22/2017

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Category	Place	Name	Age	Time	
Male Overall	1	1	SKEETER MORRIS	29	49:44
	2	2	ANDY GOODSTEIN	25	50:27
	3	3	RYAN MURPHY	31	51:20
	4	4	BRIAN SHELTON	38	51:36
	5	5	COLLIN HAHN	20	51:48
Female Overall	1	31	SARA LASKER	26	1:02:50
	2	34	MELANIE KULESZ	25	1:03:01
	3	36	KATHARINE TIBBETTS	33	1:03:20
	4	38	SARAH BOHN	28	1:03:32
	5	42	GABI WECHSLER	26	1:03:57
Female 10 - 14	1	216	CARA BRICKHOUSE	11	1:24:50
	2	382	MAY BRICKHOUSE	10	1:40:15
Male 15 - 19	1	123	NICK KURER-AHRENS	17	1:16:16
	2	128	MANAV PAREKH	18	1:16:34
Female 15 - 19	1	95	KATIE POKORNY	19	1:13:58
	2	140	VIRGINIA KAUDERS	15	1:17:49
	3	177	CHRISTINE SCHULTZ	16	1:21:08
	4	433	MIA BENDER	16	1:51:32
Male 20 - 24	1	5	COLLIN HAHN	20	51:48
	2	13	TYLER TIMBLIN	23	55:18
	3	15	JESSE PARRISH	24	55:41
	4	37	PATRICK HUNT	24	1:03:32
	5	320	GABRIEL E TORO	21	1:32:51
	6	327	RYAN RAY	23	1:33:33



Oh you know, just runnin'.

Category	Place	Name	Age	Time	
Female 20 - 24	1	112	CARISA INGERSOLL	24	1:15:33
	2	164	LAURA HAZLETT	24	1:19:57
	3	328	RONIKA RAY	21	1:33:35
	4	336	RACHEL LAWING	24	1:34:19
	5	344	HEATHER THOMPSON	21	1:34:50
	6	390	LAURYN HOCH	24	1:41:28
	7	396	SAMANTHA VANINWEGEN	24	1:43:23
	8	413	CHRISTINE WENGLOSKI	24	1:46:07
	9	423	MELANIE GAINSFORTH	23	1:48:13
	10	434	MARY ANGEL	24	1:52:09
	11	458	BRONWYN BAUMGARDNER	22	2:01:31
Male 25 - 29	1	1	SKEETER MORRIS	29	49:44
	2	2	ANDY GOODSTEIN	25	50:27
	3	8	NED FISCHER	25	52:49
	4	9	GEORGE TOLTON	25	53:02
	5	10	RYAN MIDDLETON	29	53:18
	6	12	RYAN SPERAY	26	54:24
	7	14	DAVID BROWN	25	55:31
	8	32	JASON DRISCOLL	28	1:02:52
	9	46	KEVIN KINDLER	26	1:04:22
	10	54	SETH HUFFMAN	29	1:05:30
	11	62	KIRK MILLIKAN	27	1:07:39
	12	69	NATHAN (HAPPY) RUANE	25	1:08:39
	13	209	STEPHEN FESSENDEN	26	1:24:34
	14	211	ALEX ANLIKER	26	1:24:38
	15	305	MAHESH VARMA PUSAPATI	29	1:31:43
	16	475	RYAN CORCORAN	25	2:17:10
Female 25 - 29	1	31	SARA LASKER	26	1:02:50
	2	34	MELANIE KULESZ	25	1:03:01
	3	38	SARAH BOHN	28	1:03:32
	4	42	GABI WECHSLER	26	1:03:57
	5	48	BRITTANY HARLAN	25	1:04:43
	6	63	ELIZABETH FREUND	27	1:07:48
	7	66	MICHELLE TRICE	25	1:08:04
	8	118	ASHLEY OWEN	26	1:16:04
Female 25 - 29	9	158	RACHEL SOUTHARD	27	1:19:32
	10	198	JAMIE ALLGOOD	29	1:23:10
	11	210	ALICIA FESSENDEN	26	1:24:35
	12	212	NAYELI MONTES-CARRILLO	27	1:24:40
	13	226	JENNIFER SATCHELL	27	1:25:57
	14	238	EMILY MARTIN	28	1:26:46
	15	248	MEGAN MOLNAR	26	1:27:48
	16	270	SHANNAN FITZGERALD	26	1:28:59
	17	289	KAITLYN SLATTERY	25	1:30:04
	18	301	ETHNIE GILLESPIE	29	1:31:15
	19	310	AMANDA ROSBICKI	27	1:32:20
	20	317	KATY ALLGOOD	25	1:32:33
	21	318	MALISSA BRADSHAW	29	1:32:39
	22	338	ALYSSA PACHECO	28	1:34:24
	23	349	KIM PARKS	28	1:35:24
	24	366	MEGAN WALTON	28	1:38:36
	25	387	SHANNON Armstrong	27	1:41:05
	26	410	Caitlin ARGALAS	29	1:45:50
	27	412	SARA LAVERDY	25	1:46:06
Male 30 - 34	1	3	RYAN MURPHY	31	51:20
	2	6	KYLE PAWLACZYK	33	52:21
	3	17	JOE KANE	30	57:02
	4	26	MATTHEW WINHEIM	34	1:01:03
	5	27	JASON LIPPY	30	1:01:27
	6	40	RYAN NEBEL	33	1:03:48
	7	47	DEREK ROWE	33	1:04:29
	8	61	JASON WELLS	30	1:07:23
	9	71	STUART GROSECLOSE	32	1:08:46

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Category	Place	Name	Age	Time
Male 30 - 34	10 107	DANIEL MINNICH	33	1:15:02
	11 188	MARIO MAZZONE	30	1:22:12
	12 247	CHRISTIAN PEMBERTON	30	1:27:47
	13 273	MARK WOOD	30	1:29:12
	14 362	CHRISTIAN E TORO	31	1:38:24
	15 452	DANIEL COPELAND	32	2:00:24
Female 30 - 34	1 36	KATHARINE TIBBETTS	33	1:03:20
	2 52	HEATHER WILLIAMS	32	1:05:13
	3 97	JACQUELINE BETHEL	31	1:14:07
	4 104	TERRA GATTI	32	1:14:50
	5 138	MEREDITH NEWCOMB	31	1:17:34
	6 163	CHRISTIN KIM	34	1:19:53
	7 179	LISA Looney	31	1:21:21
	8 181	ASHLEY WILLIAMS	33	1:21:27
	9 185	AMY COATES	32	1:21:50
	10 186	MELISSA MAXIM	33	1:22:01
	11 202	KIM DAMICO	34	1:23:45
	12 221	KELLY JACOBS	30	1:25:34
	13 249	STACI ROGGE	34	1:27:49
	14 275	ALICE-COLE REYNOLDS	34	1:29:21
	15 278	BRIGID OTTENBACHER	32	1:29:32
	16 296	ANDREA BEYER	34	1:30:44
	17 319	NANCY RACHLIS	33	1:32:45
	18 335	SARAH SHANNON	33	1:34:15
	19 337	JULIE SUEDEMEYER-BULLER	34	1:34:24
	20 343	SUSIE ANHOLD	34	1:34:48
	21 351	ADDIE KIES	32	1:36:26
	22 352	HAZEL GARCIA	31	1:36:37
	23 363	MAITREYEE CHAUKULKAR	31	1:38:24
	24 375	BETTY CUSICK-DAVIS	32	1:39:46
	25 395	MEGAN REILLEY	32	1:43:18
	26 416	TIFFANY COPELAND	31	1:46:36
	27 422	OTTO ESSEN	33	1:47:26
	28 478	ASHLEIGH BRONNER	32	2:19:29
Male 35 - 39	1 4	BRIAN SHELTON	38	51:36
	2 18	JOSHUA HOCHSTEIN	39	57:24
	3 21	SPENCER BISSETT	35	59:30
	4 23	DANIEL WOODWARD	38	1:00:25



Ha! I see you!

Category	Place	Name	Age	Time
Male 35 - 39	5 25	DUSTIN WINTON	35	1:00:29
	6 43	CHRISTOPHER PIPER	39	1:04:02
	7 49	PATRICK WEDDEL	36	1:04:53
	8 51	DAN WEIDENSAUL	39	1:05:06
	9 56	RILEY IRVING	36	1:05:52
	10 57	CHRIS NOVAKOSKI	35	1:05:59
	11 82	JESSE HAGBERG	38	1:11:47
	12 84	ALLAN NG	38	1:11:59
	13 88	MATTHEW CARLETON	35	1:12:29
	14 93	AARON MARTIN	38	1:13:43
	15 100	MATTHEW BROWN	39	1:14:35
	16 108	STEVE BROWN	39	1:15:02
	17 114	NATHAN HATFIELD	39	1:15:52
	18 115	ERIC MORGAN	39	1:15:52
	19 139	JEREMY FROMHOLZ	36	1:17:49
	20 146	SEAN ROEMMICH	36	1:18:11
	21 165	MARK O'BRIEN	36	1:19:59
	22 169	ABILIO REIS	38	1:20:11
	23 189	KEVIN WILLING	37	1:22:23
	24 299	RYAN LEE	38	1:30:56
	25 322	JAMES PATTERSON	36	1:33:09
	26 341	EDDIE LIU	39	1:34:45
	27 373	CHENG YU HSU	38	1:39:13
	28 482	JOSHUA MOORE	35	2:35:10
Female 35 - 39	1 65	HEATHER PEDERSEN	35	1:08:00
	2 73	TARA RYSAK	36	1:09:17
	3 78	LEAH WAYNER	37	1:10:22
	4 124	ALISON ANDERSON	39	1:16:16
	5 125	MICHELLE FANG	37	1:16:24
	6 130	LISSA GUPTON	38	1:16:39
	7 151	LIZA IACOPELLI	35	1:19:01
	8 154	TARA KARNES	38	1:19:12
	9 156	JOSEFA ANTUNEZ	35	1:19:21
	10 159	NOELLE ELLERSON NG	35	1:19:46
	11 171	ADRIANA ALDAPE	36	1:20:14
	12 176	JAMEE PREWITT	39	1:21:08
	13 193	PATRICIA MOJZAK	36	1:22:38
	14 195	TWYGENA COTTON	36	1:22:42
	15 205	LIANE ZIVITSKI	38	1:24:23
	16 237	JANE LISSENDEN	36	1:26:46
	17 239	LOIS ROETHEL	39	1:26:58
	18 259	LINDSAY TUHEY	37	1:28:18
	19 261	BLAIRE LOMAN	38	1:28:19
	20 263	SUSAN HARRISON	37	1:28:22
	21 266	JOY THOMPSON	38	1:28:35
	22 276	JILL LEMON	36	1:29:23
	23 282	MONICA WOODWARD	37	1:29:50
	24 285	CARRIE EDWARDS	39	1:29:58
	25 287	KERRY DIXON	39	1:30:00
	26 292	JULIE WORTHINGTON	36	1:30:28
	27 297	JEAN MOSHER	36	1:30:45
	28 312	SHANELLE BURNETT	38	1:32:24
	29 330	DANA FRANSON	38	1:33:46
	30 332	TINA NEWKIRK	37	1:33:53
	31 342	CHRISTINA LEMBURG	36	1:34:46
	32 346	MARY WALTON	38	1:34:51
	33 355	EMILY DENNISON	39	1:36:58
	34 364	JOANNE FRYE	37	1:38:34
	35 372	C WINSTON	38	1:39:10
	36 397	ERIN RETTIG	36	1:43:30
	37 401	CATHERINE VAN PELT	36	1:44:22
	38 402	STACI REDFERN	39	1:44:35
	39 405	RENA GARCIA	37	1:44:53
	40 406	SHANNON CRIBBS	39	1:44:53
	41 407	NADIA JONES	39	1:45:11
	42 420	SARAH AKIN	38	1:47:09
	43 421	RACHEL HEINIG	37	1:47:10
	44 437	MA BELLA VILLANUEVA	39	1:53:44
	45 439	SUSAN WAIT	39	1:54:02

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Category	Place	Name	Age	Time
Male 35 - 39	46 445	JESSICA DICKSON	35	1:57:51
	47 446	REBECCA ROPER	38	1:58:21
	48 448	SUEANN ELLIS	37	1:59:08
	49 453	ABIGAIL MONTGOMERY	36	2:00:25
	50 462	COURTNEY LEGUM-WENK	35	2:05:38
	51 463	CORINNA HEARN	38	2:06:13
	52 464	JEREE GRIMES	39	2:07:32
	53 465	DANA TORRES	38	2:07:33
	54 467	STACEY FLEMING	39	2:08:07
	55 469	ADRIENNE COLE	38	2:08:33
	56 470	LAUREN KIRK	35	2:11:09
	57 480	ELIZABETH KELLEY	37	2:20:46
Male 40 - 44	1 7	BRUCE BERGER	44	52:32
	2 11	JASON DOWDY	40	54:05
	3 16	ALAN PIETRUSZKIEWICZ	44	56:14
	4 22	JOHN TURNER	43	1:00:14
	5 33	CRAIG HERNDON	40	1:02:54
	6 50	STEVE OWENS	43	1:04:57
	7 60	KEVIN PENNOCK	41	1:07:01
	8 67	SHANE ROBERSON	43	1:08:13
	9 70	MICHAEL MENEFFEE	40	1:08:43
	10 72	CLINT KELLY	41	1:09:14
	11 75	ALEX FUNKE	43	1:09:38
	12 77	RICK HOLLOWELL	44	1:10:07
	13 86	JOHN MCCARTHY	40	1:12:14
	14 87	CHRIS FOCA	44	1:12:21
	15 89	KRIS MORELLI	44	1:12:37
	16 96	ALEX LIENERT	43	1:14:07
	17 98	ANDREW CRISLIP	43	1:14:12
	18 103	CHRIS KIRK	40	1:14:46
	19 117	MATT OSENGA	42	1:15:58
	20 120	ROBERT EAVES	42	1:16:07
	21 129	DAN DILLON	42	1:16:37
	22 135	RUSSELL ELLISON	44	1:17:05
	23 144	BRIAN MCCLESKEY	44	1:17:53
	24 148	DAVID WELLS	44	1:18:46
	25 155	GRAHAM WILLIAMS	40	1:19:15
	26 168	JAKE WISEMAN	41	1:20:10
	27 190	TIMOTHY STEWART	41	1:22:24
	28 194	GAETANO CALLA	42	1:22:40
	29 199	JOHNNY SIMPKINS	42	1:23:14
	30 222	JOHN SCHLEGELMILCH	44	1:25:43
	31 224	AARON GOLDBERG	42	1:25:49
	32 250	WARREN REDFERN	42	1:27:51
	33 253	CHAD HOUSER	41	1:28:06
	34 254	AARON STEELMAN	42	1:28:07
	35 258	PETER ROETHEL	40	1:28:15
	36 269	RYAN LEWIS	41	1:28:42
	37 279	CLAY JACKSON	42	1:29:35
	38 284	JERMAINE FOX	44	1:29:58
	39 291	LORNE JOHNSON	40	1:30:27
	40 316	DAN BAYLISS	42	1:32:33
	41 323	CHRISTOPHER FEATHERS	41	1:33:14
	42 345	JIM HALL	43	1:34:51
	43 391	ALEX SHELTON	43	1:42:20
	44 409	JONATHAN GOSHEA	41	1:45:44
	45 419	JIM TETTERTON	43	1:47:09
Female 40 - 44	1 74	LAUREN JEFFERSON	42	1:09:23
	2 85	KATE FISHER	41	1:12:05
	3 132	BROOKE AUSTIN	40	1:16:56
	4 134	TINA CHO	42	1:17:02
	5 152	KARRIE SOUTHAL	40	1:19:01
	6 157	CRYSTAL KOCH PINTAC	41	1:19:21
	7 172	CARRIE ROTH	43	1:20:15
	8 174	CRYSTAL GAZONI	44	1:20:52
	9 180	MARYBETH RYAN	43	1:21:25
	10 201	ANDREA WRIGHT	41	1:23:35
	11 206	JANET PENN	40	1:24:27

Category	Place	Name	Age	Time
Female 40 - 44	12 231	BLAIR MCCracken	40	1:26:12
	13 232	JEANNIE FRIEDRICH	40	1:26:13
	14 236	MELANIE JONES	41	1:26:46
	15 244	JAMIE SEXTON	40	1:27:27
	16 256	KAREN BERNDT	40	1:28:13
	17 257	KERRI WRIGHT	44	1:28:14
	18 262	BETH HERNQUIST	40	1:28:21
	19 265	SHERRY LEWIS	41	1:28:26
	20 286	CHELSEA LEWIS	41	1:29:58
	21 311	AMANDA DELANEY	41	1:32:24
	22 357	MELISSA CUSTIS	43	1:37:13
	23 365	KATHERINE DIX	44	1:38:35
	24 367	JANE LENNON	43	1:38:42
	25 368	CARA MATTHEWS	44	1:38:44
	26 370	TAMMY GEORGE	41	1:38:56
	27 374	TONYA BRYANT	42	1:39:45
	28 378	JUDY READ	42	1:39:53
	29 389	NANCY KIM	41	1:41:09
	30 392	MELANIE BRITTON	40	1:42:22
Male 45 - 49	31 400	SARAH BAIN	40	1:44:02
	32 417	MIKKI MARTIN	40	1:46:49
	33 427	TRACIE LOVING	43	1:48:41
	34 430	KATHERINE FAINA	44	1:50:07
	35 436	KRISTEN OSENGA	44	1:53:06
	36 466	SUJA AMIR	42	2:07:44
	1 19	DUNCAN SHEILS	46	58:03
	2 30	MICHAEL HANEY	49	1:02:27
	3 39	CHRIS FOX	49	1:03:37
	4 41	JIM ODDONO	49	1:03:57
	5 44	MICHAEL HARANZO	48	1:04:03
	6 53	TOM SHIELDS	49	1:05:18
	7 55	PATRICK ANDRIANO	47	1:05:47
	8 64	BRAD ONOFRIO	49	1:07:59
	9 80	GARY MARTIN	47	1:10:38
	10 81	ANDREW HOFFMAN	49	1:11:14
	11 83	JAMES VARDY	46	1:11:51
	12 90	SCOTT HALVORSON	46	1:12:57
	13 99	JAMES COLLIER	45	1:14:33
	14 101	HARRY CONN	49	1:14:40



"You know we're only halfway, right?"

FROSTBITE 15K CONTINUED

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Category	Place	Name	Age	Time
Male 45 - 49	15 102	MARCOS TORRES	45	1:14:42
	16 105	JOHN BRYANT	49	1:14:53
	17 111	ELLIOT GIBBS	45	1:15:15
	18 116	MIKE JACKSON	49	1:15:56
	19 119	PETE GALLINI	49	1:16:07
	20 122	BEN WALTERS	46	1:16:15
	21 136	BILL ANDERSON	45	1:17:15
	22 141	ERIC KAUDERS	47	1:17:51
	23 145	MICHAEL SPINOS	45	1:17:57
	24 149	JAMESON HENDERSON	49	1:18:46
	25 153	PETE PALERMO	48	1:19:05
	26 170	JONATHAN AUSTIN	46	1:20:13
	27 182	SCOTT BROOKS	45	1:21:38
	28 217	GRAY GURKIN	48	1:24:51
	29 223	DREW FORLANO	48	1:25:48
	30 233	ROBERT FIX	49	1:26:26
	31 234	MICHAEL BLANCHARD	45	1:26:27
	32 242	DAVID WRIGHT	47	1:27:18
	33 243	KERRY WORTZEL	47	1:27:26
	34 267	BRENDAN MCCORMICK	45	1:28:37
	35 268	JASON HALE	47	1:28:37
	36 272	STEPHEN KELLEY	47	1:29:08
	37 304	BERNARD GREENE	46	1:31:38
	38 308	JOHN COHEN	48	1:32:13
	39 313	MICHAEL GIBSON	48	1:32:27
	40 329	CHRISTOPHER JOHNSON	48	1:33:36
	41 358	FRED Groves	46	1:37:26
	42 379	WALTER WITT	47	1:39:57
	43 385	TODD BRICKHOUSE	45	1:40:52
	44 388	CHIP PETTY	45	1:41:06
	45 411	SEAN KINNEAR	48	1:46:06
	46 426	JOHN LYERLY	47	1:48:36
	47 432	MICHAEL BENDER	45	1:51:32
Female 45 - 49	1 58	JEANNIE ARNOLD	47	1:06:04
	2 76	DEBBIE GOODPASTURE	47	1:09:41
	3 92	DIANE JOHNSON	46	1:13:37
	4 106	LISA ROY	47	1:15:00
	5 109	JEAN FEE	45	1:15:11
	6 191	CHRISTY FEILER	46	1:22:27
	7 196	BRENDA BECK	46	1:22:50
	8 200	DEBORAH WEATHERFORD	45	1:23:19
	9 215	TEGWYN BRICKHOUSE	46	1:24:47
	10 228	L JILL BLANKENBURG	49	1:26:09
	11 230	MISSY OGDEN	45	1:26:11
	12 240	BOBBIE JO CARROLL	45	1:27:08
	13 246	ANGELA NIXON	45	1:27:36
	14 251	SHAWNA BLOWE	45	1:27:55
	15 264	RUTHIE KINKER	48	1:28:26
	16 271	DAWN WALKER	45	1:29:06
	17 294	LESLIE MILLMAN	48	1:30:35
	18 324	AMY LANG	46	1:33:15
	19 325	TRACY EVANS	47	1:33:21
	20 348	STEWART ALLEN	46	1:35:15
	21 371	MARIA GRECO	49	1:38:57
	22 381	TRACEY VAN DE-PUTTE	48	1:40:14
	23 414	STACEY NANNERY	49	1:46:20
	24 415	MAUREEN DINGUS	48	1:46:23
	25 418	MARIA CARMINA PARONG	45	1:46:54
	26 442	LORI CARRASCO	47	1:56:56
	27 444	DIANE KELLEY	47	1:57:16
	28 449	ANDREA TALLEY	45	1:59:09
	29 459	LYNNE ROBINSON	48	2:01:45
	30 460	DONNA FITZGERALD	48	2:02:15
	31 476	LISA TOWNSEND	47	2:17:10
	32 477	KIMBERLEY COLE	46	2:17:58
Male 50 - 54	1 20	JOHN PIGGOTT	51	58:54
	2 28	TERRY PRICE	50	1:01:33
	3 59	JAMIE LEDWITH	53	1:06:26

Category	Place	Name	Age	Time
Male 50 - 54	4 110	ERIC FAISON	51	1:15:14
	5 127	CHRISTOPHER MAESTRELLO	54	1:16:34
	6 131	TOM RICHARDSON	54	1:16:53
	7 133	TIM O'DELL	51	1:17:00
	8 147	PETER WATLING	54	1:18:45
	9 173	TONY FOOTE	52	1:20:37
	10 178	THOMAS GILLESPIE	52	1:21:21
	11 192	MARK DUPUIS	54	1:22:33
	12 213	MIKE ANLIKER	51	1:24:44
	13 218	RALPH GIBBS	51	1:25:07
	14 235	W R GAY	54	1:26:43
	15 245	DON TRULL	52	1:27:35
	16 283	DAVID TIMBERLINE	53	1:29:51
	17 288	PATRICK HERBEZ	54	1:30:03
	18 290	MICHAEL LOVE	53	1:30:15
	19 293	KEVIN CHIDWICK	53	1:30:34
	20 314	BILL TAVENNER	53	1:32:29
	21 315	THOMAS PALMER	52	1:32:31
	22 331	JAMES MARR	51	1:33:47
	23 339	FREDDY KOGEL	51	1:34:29
	24 353	CHARLES VIA	54	1:36:39
	25 360	JK STRINGER	54	1:38:01
	26 435	DARWIN RICHARDSON	54	1:52:25
	27 451	ERIC NACHMAN	52	2:00:08
	28 457	ERIC ROBINSON	52	2:01:31
	29 479	CHRIS DAVIS	50	2:19:31
Female 50 - 54	1 137	LAURA DIETRICK	50	1:17:20
	2 260	JOY DAVI	51	1:28:18
	3 280	HOLLY BARTH	52	1:29:39
	4 298	REBECCA HOSKINS	53	1:30:49
	5 303	LAURIE CANNING	52	1:31:33
	6 309	TREVOR FOOTE	52	1:32:20
	7 321	KAREN BAYNE	50	1:33:02
	8 359	JANICE DELANEY	53	1:38:00
	9 369	NANCY LOVE	52	1:38:56
	10 377	BETH BRADBERRY	50	1:39:52
	11 383	DENISE SPOENLEIN	50	1:40:15
	12 386	ELIZABETH BRADY	52	1:40:55
	13 393	BETHANY DENLINGER	54	1:42:25
	14 394	CYNTHIA JOYCE	53	1:42:49
	15 398	BEV BEAVER	53	1:43:39
	16 399	HOLLY TIMBERLINE	51	1:43:57
	17 403	KAREN POLLI	54	1:44:36
	18 404	PATRICIA SMITH	53	1:44:39
	19 454	MICHELLE GIBSON	50	2:00:41
	20 455	VICKI WILLIAMS	51	2:00:54
Male 55 - 59	1 24	HERNAN GARBINI	55	1:00:26
	2 29	MARTY STIEGMANN	56	1:02:04
	3 68	TOM NEALLEY	57	1:08:37
	4 79	JON LUGBILL	55	1:10:27
	5 94	BRIAN DUEWEKE	56	1:13:53
	6 113	BRUCE GARBER	59	1:15:48
	7 121	BUCKY FLANAGAN	58	1:16:08
	8 126	MARK CERNY	56	1:16:32
	9 143	THOMAS SHANNON	59	1:17:53
	10 160	GREGG WHISLER	55	1:19:51
	11 162	CHARLES DICKINSON	59	1:19:52
	12 166	ANDREW HERSEY	57	1:20:04
	13 184	RONALD MITCHELL	57	1:21:45
	14 207	ROBERT ARNOLD	55	1:24:31
	15 214	DAVID KNICELY	56	1:24:45
	16 219	JAMES WOOD	56	1:25:11
	17 220	DOUG ROTH	55	1:25:24
	18 227	Bert WATERS	56	1:26:00
	19 241	RICK EDWARDS	58	1:27:12
	20 274	TAYLOR PHILLIPS	56	1:29:18
	21 281	RICHARD WARE	58	1:29:46
	22 347	ALAN SCHRADER	55	1:34:53

FROSTBITE 15K CONTINUED

Not USATF Certified * RRTC Web Member

Category	Place	Name	Age	Time
Male 55 - 59	23	356 BILL GREGORY	59	1:37:06
	24	424 ROD GAINSFORTH	55	1:48:14
	25	456 JEFFREY LUKE	59	2:01:20
	26	471 GEORGE SOULERET	57	2:12:17
Female 55 - 59	1	91 AMBER RADER	57	1:13:34
	2	142 KIYOKO ASAO-RAGOSTA	58	1:17:51
	3	161 DEB ROMIG	59	1:19:51
	4	167 ELLEN GUINER	57	1:20:06
	5	197 LINDA NEWMAN	55	1:23:07
	6	229 CONNIE ARCHIBALD	59	1:26:09
	7	277 PAMELA FAULKNER	59	1:29:24
	8	295 ALISON JONES-NASSAR	57	1:30:44
	9	300 STEPHANIE HAMLETT	57	1:31:03
	10	306 SARAH SCHIMMELS	57	1:31:46
	11	376 TRACEY RAGSDALE	56	1:39:47
	12	408 DONNA GUZA	59	1:45:37
	13	431 SUSAN ROBINSON	59	1:50:31
	14	438 JILL HANSEN	56	1:53:44
	15	450 NANCY QUESENBERY	59	1:59:19
	16	472 KYM OSTERBIND	56	2:14:40
Male 60 - 64	1	35 PETE GIBSON	60	1:03:12
	2	183 DENNIS RAINEAR	64	1:21:39
	3	187 BARRY KREISA	62	1:22:10
	4	203 MARK BEARDEN	62	1:23:56
	5	252 BOB FAIRBAIRN	64	1:28:01
	6	255 TOM DADDIO	60	1:28:09
	7	350 DAVE JESSEN	62	1:36:10
	8	354 RICHARD TANGARD	61	1:36:58
	9	428 MAURICE FINNEGAN	62	1:49:04
	10	461 DOUG SCHUTTE	63	2:02:43
Female 60 - 64	1	333 DAWN EBERHARD	62	1:34:07
	2	340 CRISTI WILSON	61	1:34:37
	3	440 STEPHANIE CAMMARATA	64	1:55:02
	4	447 MARTHA HODGES	60	1:58:21
	5	473 SUSAN BRAGG	64	2:14:47
	6	481 MARY BETH HALL	60	2:30:15
Male 65 - 69	1	45 BOB BECKER	65	1:04:13
	2	150 BILL KELLY	69	1:18:49
	3	175 MORRIS MORGAN	66	1:20:53
	4	208 STEPHEN D NOLAN	66	1:24:32
	5	307 CHARLES BEVERAGE	66	1:31:49
	6	380 CHARLIE CONRAD	65	1:40:07
	7	468 STEPHEN SCUDDER	68	2:08:14

Category	Place	Name	Age	Time
Female 65 - 69	1	225 KATHLEEN DOSWELL	67	1:25:51
	2	384 DEBORAH KAY	66	1:40:35
	3	443 DORIS MCCLURE	68	1:57:07
	4	474 BARBARA MCMURRY	66	2:16:41
Male 70 - 74	1	204 WILLIAM MOORE	70	1:24:18
	2	334 MIKE DALY	70	1:34:09
	3	361 SCOTT TILLEY	72	1:38:10
	4	425 GEORGE FERRANTI	71	1:48:19
	5	441 BYRON ADAMS	74	1:55:16
Female 70 - 74	1	326 LOU NORTON	70	1:33:22
	2	429 VICKI TOLBERT	70	1:49:25
Male 75 - 79	1	302 JAMES MORSE	75	1:31:33



Places to go, people to see.

Up & Running With . . .

continued from page 9

Q: Has anyone ever asked you why you run so much?

A: *laughing* Yes.

Q: What do you say to them?

A: It has put me in the best condition of my life and it gives me some down time for myself. It lets me get out there and not think for a little while. I've got a bit of ADHD as many of my friends know, so running lets my brain slow down, and I love that. And because I like to eat donuts, lots of them.

Q: What is something most people don't know about you?

A: In high school I took a cooking class for half a year and made peanut butter cookies. I entered them into the state fair and they won a blue ribbon.

Q: You've recently become a coach. What do you think of it so far?

A: I love coaching because it allows me to give back a little of what I've learned in my time as a runner. While I think it's great to have tenured coaches, I also think it's nice to have newer ones as they come in with a different level of empathy. Also, I've met so many awesome friends through coaching so it's made me a lucky guy. You get to hear a lot of outstanding stories when hanging out as a coach, just sayin'. ■

[GROUP RUNS]

Name	Day of the Week	Time	Location	Pace	Contact
Roadrunner Running Store	Monday	7:00 PM	3002 W Cary Street	various	www.facebook.com/groups/121866424617026
Fleet Feet	Tuesday	6:00 PM	5600 Patterson	various	www.facebook.com/fleetfeetsportsrichmond/?fref=ts
Team Wednesday Night	Wednesday	6:15 PM	First Baptist Church on Monument at Blvd	various	www.facebook.com/twnfanrun?fref=ts
Lucky Foot	Thursday	6:00 PM	Willow Lawn Shopping Center, #838	various	www.facebook.com/groups/nightrun
Monthly Trail Run	1st Saturday/Sunday of every month	8:00 AM	Pumphouse Lot	various	*well publicized beforehand
Team ESTRA-Gen	3rd Saturday/Sunday of every month	8:00 AM	rotate between Reedy Creek, Pumphouse and Ancarrow's Landing	various	*well publicized beforehand
Richmond Running and Social Group via meetup.com	Monday Wednesday Thursday Saturday	6:30 PM 6:30 PM 6:00 PM 8:30 AM	Libby Park Carytown Panera Retreat Hospital ER side VITA Course	various various various various	www.meetup.com www.meetup.com www.meetup.com www.meetup.com
Black Girls Run	Monday Tuesday Saturday Sunday	5:45 PM 6:00 PM 8:00 AM 2:30 PM	Wells Fargo parking lot in White Oak Village Shopping Center Great Shiplock Park parking lot next to Rockwood Park	various various various various	m.facebook.com/groups/bgrrichmond blackgirlsrunrva@gmail.com www.blackgirlsrun.com
Morning workout group	daily	6:00 AM	varies	various	www.facebook.com/MorningWorkoutGroup?fref=ts
Midlo Mafia	daily	5:30 AM/ 6:00 AM	Midlothian YMCA	various	www.facebook.com/groups
Shadygrove Runners	Monday, Tuesday, Thursday	5:45 AM	Shadygrove YMCA	8:45-11	www.facebook.com/shadygroverunners/?fref=ts
Trail Run	Tuesday	5:45 PM	Dogwood Dell lot	9:00-12:00	Mark Guzzi: markiscool1@hotmail.com
RunShortPump	Tuesday, Thursday	5:30 AM	Einstein's on Pump Road	7:30-9:30	finn.frank@gmail.com
Fan Foxes	Tuesday, Wednesday, Thursday	6:00 AM	Fox Elementary School	8:30-10:00	www.facebook.com/groups/fanfoxes
Rogue Runners	Tuesday, Thursday	5:30 AM	Libbie and Grove	7-8:30	www.rogue-revolution.com/index.php/component/k2/itemlist/category/8-weekly-events-cal

[GROUP RUNS]

Name	Day of the Week	Time	Location	Pace	Contact
Ridgefield Runners	Tuesday, Wednesday, Thursday	6:00 AM	John Rolph YMCA	11ish	www.facebook.com/groups/368386789999522
RVA Stroller Runners	Tuesday, Thursday	9:45 AM	Tot Lot on New Kent at Westover Hills	various	www.facebook.com/groups/1597418347194024
One For the Road	Wednesday	6:00 PM	various breweries	various	www.facebook.com/groups/100890573593214
Crossroads Coffee and Tea	Wednesday	6:00 PM	Crossroads on Forest Hill at Semmes	7:30-9:00	ysman75@yahoo.com
Skirt Run	Wednesday	6:30 PM	Legend's Brewing Company	various	www.facebook.com/groups/240874790898
Museum Run	Thursday	5:30 PM	Shepperd Street, behind VMFA	various	Mark Guzzi: markiscool1@hotmail.com
Rivah Runners	Thursday	6:00 PM	meet in Dogwood Dell lot, start from the Carillon	6:30-8:30	www.facebook.com/TheRiVAHRunners
Mountain Hearts Running Club	Thursday	6:00 AM	Tredegar lot	7:00-10:00	www.facebook.com/mtnhearts
Midlothian ACAC	Thursday	5:30 AM	Midlothian ACAC	8:00-8:30	www.facebook.com/groups/MidloACACRun
Mighty Moms	Saturday/Sunday	8:00-8:30 AM	various tracks in Midlothian	various	www.facebook.com/groups/838104726269862/
Ashland Running	Saturday	7:00 AM	Ashland Train Station	various	ashlanddave.podbeam.com
Sandston Striders	Saturday	7:30 AM/ 8:00 AM	Chickahominay YMCA	8-14:00	George Talley: gc_talley@verizon.net
Winter Trail Group	Saturday	9:00 AM	Pumphouse lot	various	www.facebook.com/groups/shamrocktraining
Bryan Park Group	Saturday	7:00 AM	parking lot across from soccer fields	9:00-12:30	www.rrrc.org/group/BryanParkGroup
City Stadium Runners	Saturday	7:45 AM	City Stadium	8:30-14:00	www.facebook.com/groups/577195912350952
Shamrock Half Marathon TT	Saturday	7:45 AM	City Stadium	various	www.facebook.com/groups/193139244094097
Dog Pack	Sunday	7:30 AM	Carytown Panera	8:30-14:00	www.facebook.com/groups/1671581323100585
Black Men Run	Sunday	8:00 AM	Fountain Lake at Byrd Park	various	www.facebook.com/groups/BMRRichmond
Back of the Pack Trail Group	Sunday	9:00 AM	locations vary	12:00-16:00	www.facebook.com/groups/201907430234622



Richmond Road Runners Club

<http://www.rrrc.org>

RRRC supports running in the metro Richmond area by sponsoring races, helping other groups put on races, coaching training teams, supporting group runs, and providing academic scholarships. Other Member Benefits include: Discounts on all club races and at local retailers; Community Volunteer opportunities; Miles & Minutes, the club newsletter. Membership information can be found on the [RRRC web site](http://www.rrrc.org) or via email to membership@rrrc.org

2017 RRRC Featured Races and Events (All events subject to change—updated 2-9-17)

Jan 1	RRRC First Day 5k	Apr 22	Young Life 5k	Jul 24	Cul-de-Sac 5k #3
Jan 1	Start of GP Year	Apr 27	Checkered Flag 5k	Jul 29	Pony Pasture 5k
Jan 11	RRRC Club Meeting	Apr 29	GCA Trailblazer 5k	Aug 9	RRRC Club Meeting
Jan 15	Willis River 35k, 50k	Apr 30	RRRC Carytown 10k	Aug 10	Moonlight 4 Miller
Jan 22	RRRC Frostbite 15k	May 6	SEES Eagle Challenge 5k	Aug 26	Patrick Henry Half
Jan 28	Shiver in the River	May 10	RRRC Club Meeting	Sep 13	RRRC Club Meeting
Feb 8	RRRC Club Meeting	May 13	Holton Hustle 5k	Sep 16	Children's Hosp 4 Miller
Feb 12	RRRC Sweetheart 8k	May 13	Blaze'n Tralls 5k	Oct 11	RRRC Club Meeting
Mar 5	RRRC Huguenot 3 Miller	May 20	Ashcreek 5k	Nov 8	RRRC Club Meeting
Mar 8	RRRC Club Meeting	May 27	Austism Society 5k	Nov 11	Richmond Marathon
Mar 11	RRRC Runners Banquet	May 28	RRRC Stratford Hills 10k	Nov 23	RRRC Turkey Trot 10k
Mar 18	Hanover Airpark 5k	Jun 7	National Running Day	Nov ?	King William Turkey Trot
Mar 25	SPCA Dog Jog 5k	Jun 14	RRRC Club Meeting	Dec 3	Bear Creek 10 Miller
Apr 1	Monument Ave 10k	Jun 18	Thanks Dad 5k	Dec 10	Toy Run 5k
Apr 12	RRRC Club Meeting	Jul 10	Cul-de-Sac 5k #1	Dec 13	RRRC Club Meeting
Apr 22	Short Pump MS 5k	Jul 17	Cul-de-Sac 5k #2	Dec 31	End of GP Year

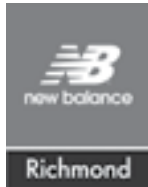
- Race details and registration can be found at <http://www.rrrc.org/events>
- All races and dates are subject to change. Please check back for updated versions. Review date at top.
- Some events allow walkers and/or have kid runs. Please check race details.
- Grand Prix "Racing" Points can be earned for the races in bold. For Race and Volunteer points distribution and Grand Prix rules, please read details at <http://www.rrrc.org/page/grand-prix>. Registration for Grand Prix participation is required.
- Use of RRRC web site by other than RRRC events should not be considered a solicitation by RRRC for their respective charities.

Richmond Road Runners Club Administers or provides [Race Services](http://www.rrrc.org/page/race-services) for all Featured Races.

Interested in our Race Services? See <http://www.rrrc.org/page/race-services>

Not running? Consider volunteering. <http://www.rrrc.org/volunteers>

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