Publication of the Richmond Road Runners Club

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Best Friends

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We all love a work happy hour...so why not be a part of the biggest one in RVA? Talk some smack, and challenge your coworkers or that evil industry rival from across town to an after hours 5k, then take part in a huge office party complete with beer, wine, a live DJ and more! It’s the perfect way to celebrate Thirsty Thursday, and get ready for the weekend! Run, walk, unwind, network, and have fun at the Anthem Corporate Run!

Thursday, June 8th @ 7pm | Innsbrook Office Park

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LEARN MORE AND REGISTER AT SPORTSBACKERS.ORG
Shelter Dog
With Your Dog In Hot Weather

When you eat, they need to eat. When you drink, they need to drink. They become your running buddy, survive the hot days and keep them healthy so they can stay by your side for as long as possible. Nutrition and hydration are just as important for them as it is for you. When you think nobody’s watching. To laugh at when they run into stuff because they were too busy staring at the dog across the street. To talk to when you think nobody’s watching.

Dogs are the best running buddy you can have. They only know the way is forward. When you lace up your shoes, put on running clothes, or in some cases, the sound of your watch beeping, they are launched into action. They dance around in circles, excited for the adventure that awaits. Maybe they help you out by getting their leash or standing at the ready by the front door.

Our furry friends come in all shapes and sizes. Don’t discount your 15 pound fuzzball just because they have short legs. Nor should you underestimate the staying power of a Great Dane (hint: it isn’t far). Even poodles love to get in on the action. It is said that greyhounds are couch potatoes. Life is fuller when you have a dog to share it with.

To talk to when you think nobody’s watching.

To laugh at when they run into stuff because they were too busy staring at the dog across the street.

Or fall into the water they thought was shallow.

To snuggle with during thunderstorms.

This issue is about the furbabies and ways to help them become your running buddy, survive the hot days and keep them healthy so they can stay by your side for as long as possible. Nutrition and hydration are just as important for them as it is for you. When you drink, they need to drink. When you eat, they need to eat.

If you don’t have a dog and are unable to adopt one right now, we’ve included resources to help you resolve that issue by continued on page 7
What’s next?

If you’re reading this article, you’re probably a runner and possibly you have done one of RRRC’s fantastic training programs – either the Winter Marathon or Half Marathon program organized by Frank Gerloff, or the Advanced 10K program directed by Joy Montrief and Jeff Moore.

You are probably wondering what’s next? Let me help you in that selection process.

- One City Marathon ............... IT’S OVER
- Shamrock Marathon ........ IT’S OVER (Thank God, considering the weather!)
- Shamrock Half Marathon .... IT’S OVER (Again, thank God!)
- Monument Avenue 10K ................. IT’S OVER
- Boston Marathon .................. IT’S OVER

So get over it, and just sit back on the couch and eat donuts.

No, I didn’t think so.

So, what’s really next? You have lots of options. You might have been motivated by watching the Monument Avenue 10K and decided you want to run a 5K or extend your range and run a 10K. We can help you achieve that. The Richmond Road Runners Club has a New Runners Program that meets in Bryan Park. Please check www.rrrc.org for details. And there are plenty of races and other running events you can sign up for; just go to our website, sign up and show up.

Let me offer a few suggestions:

- Checkered Flag 5K/Kids1K, Thursday, April 27, at Richmond International Raceway. This is a new event, it’s a 6:30 p.m. start, the Kids Run is held on the track and the 5K finishes on the track.
- Carytown 10K, Sunday, April 30, is both an RRRC club championship race and an RRCA state championship race.
- Stratford Hills 10K, Sunday, May 28, is the RRRC club 10K championship race this year.
- Thanks Dad 5K/Kids Run, Sunday, June 18, is a great way to celebrate Father’s Day with a run, maybe topped off with brunch at the Urban Farmhouse in Midlothian.
- Summer Track Series, six Wednesday evenings – June 14, 21, 28 and July 12, 19, 26 – at the University of Richmond track, is for runners ages 5 to 95, with a different slate of events each night.
- Cul-de-Sac 5K Series, a Monday night summer classic, will be held at Shady Grove Elementary School July 10, 17 and 24. You can always count on two things – lots of fun, and sweaty running.
- Pony Pasture 5K, Saturday, July 29, is a great run along the James River, and is followed by the announcement of winners of the RRRC scholarships.
- Patrick Henry Half Marathon, Aug. 26, starts and finishes in historic Ashland but takes in lots of Hanover County farmland. We partner with Sports Backers to hold this race.

If that is not enough, Sports Backers offers a marathon and half marathon training program for those with their eyes on big November races. As you can see, there is no shortage of opportunities, and we have tried to eliminate any excuse for you not to train for that next race. You just need to set a goal. The goal of the Richmond Road Runners Club is to support and encourage running and a healthy lifestyle in the greater Richmond area, a place we call home. Our tagline says it all – “We Run Richmond”.

With the warmer weather and longer daylight hours, you have more opportunities to run Richmond. If you want company, see our group run listing at the back of our newsletter. There are 19 groups listed, such as the ROGUE running group, which meets on Tuesdays and Thursdays at 5:30 a.m. at Grove and Libbie. Or, if you’re looking for running partners or want to organize a running group, just post a note on the RRRC Facebook page or in the Facebook group RVA Runners.

I hope this helps you either start running or continue running with new goals, whether they are simply improving your physical or mental health, setting a PR, qualifying for Boston, training for your first ultra or trail race, or just sharing time with your BFFs.

Gotta Run.

PS. I wanted to express my appreciation and that of the entire club to Bill Webb, our equipment manager for God-knows-how-many years. Bill (the old guy wearing the University of Tennessee continued on page 7
RRRC Board Minutes
March 8, 2017

Sarah Akin, Bill Anderson, Mara George, Marcy George, Michael George, Frank Gerloff, Diane Glaze, Kiersten Helgerson, Jeff Van Horn, Steve Kelley, Mike Levins Jim Marr, Michele Marr, Chris Mason, Glenn Melton, Kirk Milikan, Dean Miller, Skeeter Morris, Sam Lowe, Steve Nolan, Crystal Pintac, Chris Piper, David Trump, Jason Walters, Jeff Wells, Nikki Young

The February meeting minutes were approved.

Treasurer’s Report – Ralph Gibbs
The board without questions, accepted the financial summary, which was attached as a separate sheet during the meeting.

Newsletter – Crystal Pintac
The online edition is live! It even has active links to things like our Facebook page and Instagram. Each time www.rrrc.org appears on the sides of a page, it is also an active link.

The printed edition is 48 pages and will be out within a week. This is a thick issue so half of it is in color for no extra cost. The next deadline is Monday April 10, and will feature running with dogs, how to help our pets do well in warmer weather, etc. If you have ideas for stories or want to submit one yourself, send them to me at milesandminutes@rrrc.org.

Operations – Jim Oddono
Update calendar and discuss changes and staff needs.
1. Sweetheart review – Marcy George - Great success, over 400 runners, new computer system and timing worked well, good time had by all. Thank you weather gods for the great weather day!
2. Huguenot 3 Miler – M. Muldowney. The race was a success.
3. Carytown – Anne Brown - Everything for Carytown is set to go.
4. Stratford Hills – Mike Levins. The race is open.
5. The SPCA Dog Jog will be 3/25, Anne Brown will time.
6. Sign ups for the 10k Expo booth will be online.
7. Thanks Dad 5k – Sarah Akin. There may be a “Couch to 5k” program in tandem with the race sponsored by the Manchester YMCA.
8. Checked Flag 5k – Bill Kelly. The finish is on the race track. Bill Webb will drive and RRRC will do the finish line.

Chip Timing – Mara George
Chip Timing: The test at Sweetheart went very well. At Huguenot we are testing about 20 people. I will update how the test goes at the meeting. The 20 people that received a chipped bib all registered times, except the dinosaur. That bib was destroyed due to heat and a profusion of sweat.

WMT Athletes running One City and Shamrock concluded their long runs this past weekend (Shamrock Full 20-Half 14- Boston 14) and tapering is on the radar. With One City taking place this weekend (3-12-17) RRRC will be represented well and same with Shamrock. Bon Secours, New Balance and Lucky Road have supported WMT phenomenally this year... WMT2017 will conclude on April 8th when our Boston athletes begin packing for the Boston Marathon on April 15th. There are 70 runners from the program that will be going to Boston.

- Advanced 10K (MOST) – New record 179 runners
- New Runners – Michael Muldowney

Banquet – Diane Glaze
Everything is being finalized. Awards have been picked up on Monday. Jackets are done. Rehearsal was Monday night. There are still open volunteer slots for about 3 people if anyone can come out and help with either registration or table set up.

Ralph is coordinating Sunday a.m. run with Zoe Romano, which will be held at 8:30 and meeting at Tredegar. Please come out and run! Thanks to everyone for all the help!

Social Media – Chris Mason, Tammy Harrison
Our Social media platforms are continuing to grow at healthy rates. In the month of February alone our Facebook page visits were up about 5% and we continued to add new members (likes) at a pretty constant rate. We are trying to get a good mix of Richmond runner photos from races, training teams, etc., on our platforms while still making sure we are promoting our upcoming races.

Instagram continues to be active and the posts and photos there draw a lot of attention. At this time, this seems to be the hot social media platform. We’re planning on ensuring that our races are being promoted there as well as on FB since it does draw a good deal of activity. IG is the current hot spot and we will work to maximize that.

As always we ask that if anyone has any feedback or suggestions for the team please let us know as we’re open to them.

Grand Prix – Rosie Schutte and Ralph Gibbs
The 2017 GP year is underway with 3 races already completed.

Training Teams:
- Winter Marathon Training Team – Frankie Gerloff.

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RRRC Board Minutes
continued from page 3

Bill Kelly spoke with Matt at RSU about the possibility of having quarterly seminars.

Volunteers – Tammy Harrison
If the event that you are creating requires volunteers, please let Tammy know when you've created it so that she knows that she can go in and begin the process of getting it open for volunteer registration. If this doesn't happen, the process will be unduly delayed and securing volunteers will be more difficult. In the near future, I will coordinate with David Trump, our new RSU Guru so that new races can be opened and volunteers can then be added.

RunSignUp Guru – David Trump
After viewing several RSU how-to videos, spending time with Bill Kelly as he set up Thanks Dad 5K in RSU, and working out access issues with Ralph, I was able to work with Mike Levins to set up Stratford Hills 10K and have it go live on February 28th. Working with Tammy to set up the Cul De Sac 5K Series will be the next RSU learning challenge.

RSU does offer optional features which RRRC may wish to consider, such as age-based pricing, collecting donations, allowing participants to make changes to their registration, providing refunds (with a fee), etc. Once we have more experience with RSU, the board may wish to establish policy on the use of specific features and whether the feature should be standard or optional for RRRC events.

RunSignUp Membership Diva – Mara George
People finally have the hang of RunSignUp; I only get about 1-2 emails a week. Expirations emails seem to be going out as scheduled.

RunSignUp Webmaster – Ralph Gibbs
All tasks of Webmaster are currently performed by Sean, Matt and Ralph have not been able to agree on a time to meet. Matt has provided tutorials and examples of what can be done with our website on the RunSignUp platform. Ralph has been reviewing them. All need to meet soon or Ralph will meet with Matt alone. Sean does not seem to want to be involved. Nikkia Young will jump on board to help with the website. We own the RRRC domain.

Marketing – Ed Kelleher
The RRRC’s nascent Marketing Committee is faced with two high-priority challenges:

1. to develop a set of guidelines governing race sponsorships, and
2. to set up a price structure for advertising in the club's print and digital media.

Sponsorships
Efforts are currently under way to construct guidelines governing how much an event director should expect for a potential sponsor and what the sponsor should expect in return.

For instance, if an organization approaches a race director with an offer to sponsor that race, the RD needs to know if that offer is in the ballpark of however much financial or in-kind support the club expects for that level of event. And the potential sponsor, in turn, needs to know what specifically the club is offering in return – tent space at the race site, logo on race T-shirt, logo on all race advertising, etc.

Sponsorships would apply to races and training teams as well. The concepts being explored are 1. A single presenting sponsor for each event, along with a tier of gold, silver, bronze sponsorships in support of RRRC on an annual level, and 2. The option for a potential sponsor to choose from among a tier of presenting, gold, silver and bronze sponsorship levels for a particular event.

Advertising Price Structure
The need for an updated price structure for advertising is evidenced by a number of factors. Our newsletter, Miles and Minutes, has not changed its advertising rates in at least five years. The shift from the RRRC message board to social media (Facebook, Instagram, Twitter, etc.) as the primary source for interaction between the club's leadership and membership opens up social media advertising opportunities. But if we go that route – advertising on social media – it needs to be managed efficiently and according to published ad rates.

Whether to do this – and if so, how much to charge – needs to be studied thoroughly. We are on the outlook for members with digital marketing expertise.

We are currently looking for a sponsor for Turkey Trot. It will be the 40th running of the race and it is a possibility to have medals at the end of the race this year.

New Business

- Karl Cover – Sportable will be providing guides for eight visually impaired athletes for the upcoming Monument Avenue 10K on April 1st. They would appreciate it if the board would consider providing the entry fees for the necessary eight guide runners that will be accompanying the athletes. The cost beginning March 1st is $45 per person so they would like to request a total of $360 to be disbursed among the guides. The motion was moved, seconded, and approved.

- Crystal Pintac – Run to the River is a 10K put on by the Neighborhood Resource Center and will begin and end at Stone Brewing or Triple Crossing (still in discussion with Stone, Triple Crossing is the backup) in the East End.
RRRC used to time the race back in 2009-2011 then it went away and we’d like to bring it back as a club race for several reasons, the most important being the community. We are shooting for a date of October 21/22 or 28/29, whichever will coordinate with the MTT schedule best in order to increase the possibility of participation and reduce competition. The Richmond running community will participate as well as families who currently have children enrolled at the Neighborhood Resource Center. This has been a big fundraiser for the NRC in the past and we’d like to continue to help in that endeavor. We are currently working on getting sponsors, to include a naming sponsor(s) if able. It used to be Rocketts’ Landing but they do not wish to participate.

There was discussion about making this a club race. It was discussed that RRRC avoids raising money for any specific group as we do not want to show preference for the groups we support in the community. Chris Piper brought up that money from Moonlight 4 Miler was given to the Meg Menzies organization. Bill Kelly answered that the money given at that race was collected separately and not collected as part of the race fee. Chris P. suggested that this race is all set up with a plan and a budget and could easily be made into a club race. It was suggested by Bill Kelly, that the most efficient way to proceed would be for the race to be a contract race, therefore all the money would stay with Resource Center. Discussion on this race was tabled at this time.

Crystal Pintac – Global Running Day would be celebrated on 6/7. Last year’s event was a huge success and we’d like to continue to build on that. We are currently working on sponsors with Lucky Road, 3Sports and Roadrunners Store agreeing to continue supporting the event. We will be reaching out to others like New Balance, Boho, Endurance, McDonald’s. Chris Mason knows of a BBQ restaurant wanting to get involved as well as others. We seek to make this a yearly RRRC event to help bring more exposure to the club, maybe a membership drive can evolve and perhaps this can morph into our summer social.

Our plan is to get enough sponsors to cover the cost of the park rental. We are adding a Family Field Day event in conjunction with the 1/3 mile trail/road runs to help encourage families to attend. We will keep the same schedule of events as last year: 6:05pm picture, 6:15ishpm get into run groups, 6:20ish set off on the runs. Food trucks will hopefully be in attendance, we want to make this a Food Truck Court Event if it works with their schedule. All we’re asking of the club is to help make it successful, if you have ideas for sponsors send them our way, and that’s it. The goal is for this not to cost the club any money at all. During the discussion, Bill Kelly reminded the organizers that there needs to be a signed waiver for any runners in a race affiliated with the event. Jim Oddono made a motion to give funds, supporting the event, in the amount, not to exceed $1,000. Ed Kelleher seconded the motion and it was passed by the board.

A reminder was brought up that the “Boston” movie would be at Cinebistro on 4/19.

The meeting was adjourned at 7:06 p.m.

RRRC Board Minutes
April 12, 2017


Alan Baugh, Anne Brown, Jennifer Culhane, Dawn Eberhard, Mara George, Marcy George, Michael George, Frank Gerloff, Diane Glaze, Kiersten Helgerson, Crystal Koch Pintac, Sara Lasker, Mike Levins, Jeff Luke, Jim Marr, Michele Marr, Chris Mason, Glenn Melton, Craig Minyard, Skeeter Morris, Steve Nolan, Rebecca Randolph, David Trump, Andrew Van Deren, Jake Wiseman, Nikki Young

The March meeting minutes were approved.

Treasurer’s Report – Ralph Gibbs

Quick Book conversion – Ralph met with Michael Muldowney and Chris Mason to plan out a conversion from Quicken to QuickBooks Online. They discussed making a clean cutover from one to the other and not import the old data, but balances only. Mike will work with Bill Webb to create the chart of General Ledger accounts once provided with a current trial balance from Quicken.

When that is established (and approved by the Finance Committee), they will set up QuickBooks Online with the new GL accounts and use project accounting for races, etc.

A potential cutover date of October 1 was identified and will allow for 3 months to close out any residual entries in Quicken by years end. The Quicken data will be archived for future reference and QuickBooks will be used from 1 October 1.

Marketing report – VP Marketing, Ed Kelleher

Ed presented a blueprint for race sponsorships and community partnerships. This information will follow the April meeting minutes.

Operations – VP Operations, Jim Oddono

Club race and contract calendar review. Designate staffing for

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[ CLUB NEWS ]

RRRC Board Minutes
April 12, 2017

upcoming races. There will be an equipment manager position vacancy by Bill Webb. He has designated Stratford Hills 10k as his last race. Glenn Melton has agreed to take on the position as a replacement.

There are currently 4 contract races on the calendar for 22 April and volunteers are needed. Additionally, there is the Checkered Flag 5k on 27 April.

Volunteers – Tammy Harrison
A report was submitted in Tammy’s absence. She is extremely appreciative of her collaboration with David Trump, who is our in-house RunSignUp expert.

Training Teams

- WMT – Frankie Gerloff – WMT 2017 season concluded on Saturday, 8 April with our Boston athletes running their last 8 miles. 30(+) team members will be running Boston on 17 April. 340 athletes participated with WMT for 20 weeks competing in half and full marathon races in March & April. Bon Secours and Lucky Road provided unparalleled support throughout our training module and I know all our athletes appreciated their professionalism and commitment of time. This program takes 7-8 months to organize and set up, and RRRC is appreciative of the time and commitment taken to undertake this training program.

- ADV 10K – Bill Kelly – The Advanced 10K set a record of 178 runners, several with PR. We have a reunion run on Saturday 4/8/17 from the church, and will be sending out a survey to identify the strengths and weaknesses of the program to improve for next year and achieve our new goal of 200+. Joy Montreif and Jeff Moore did a fantastic job with the program, their interjection of energy and socials after each track workout made the program special. It’s always difficult to give up control, but when you get results like this, it makes the next time easier.

- New Runners – Diane Glaze – Beginners running group should be starting up in a month or so. With Mike M. away, Herv Sherd is taking over leading the group. Steve and Diane Kelley will be there coaching. Anyone who wants to come out and help is welcome, we need all paces. Haven’t talked to Herv yet about details. More to come.

Banquet – Diane Glaze
The banquet is completed and we welcome any feedback about the event. Diane plans to set up a debrief with Nancy to review what went well and what we can improve on.

Grand Prix – Rosie Schutte, Ralph Gibbs, P.B.I.T. Colleen Moore
The first quarter has been distributed to the GP participants and corrections have been made. Race directors please remember to circulate a volunteer sign-in sheet and forward it on after the race.

Scholarship Committee – Sam Lowe was unable to attend, but reported that applications were distributed to area high schools and he looks forward to this year’s applicants.

Social Media – Chris Mason
Social media is continuing its upswing as our Facebook page has reached 21,000 people over the past 30 days and we have added an additional 56 followers to the page as well. We have continued to highlight local runners taking part in local events, such as the run with Bart Yasso, while not losing sight of posting about any upcoming RRRC races and events. The team is always thinking of new and creative ways to drive traffic to Facebook as it is one of the main ways our members get information about us.

Our Instagram following also continues to grow and we are being ‘tagged’ in an increasing amount of other Instagram member posts. When we are tagged in other posts it is beneficial as it helps to keep us in various other news feeds as well as helps to continue spreading our “brand”. We are also noticing that we are averaging 50-75 likes on most of our posts which shows us Instagram is another important part of our social media presence.

There was discussion about partnering with the Martin Agency or VCU to make a video of our club and its activities. It is felt this would be a wonderful tool to be used by Social Media to promote our club to a broader audience.

Newsletter – Crystal Koch Pintac
Newsletters have been passed out to stores and every last copy was given away at the expo. There are about 30 or so left that will be used for RRRC marketing by Sarah Akin and Sarah Bain at the REI event in May.

The issue coming up won’t be as full and will feature dogs, dog safety, etc. It’s warming up and lots of us love running with our dogs on the road and dirt. This past Monday was the deadline. The next deadline is 10 June.

RunSignUp

- Membership – Mara George – Everything is going well. Mara has received a couple of emails lately from people who think their memberships have expired because they haven’t received an eNews in a while. Perhaps we need to start sending out the emails again.

- Race posting – Dave Trump – Set up the club’s April contract races in RSU, and assisted Tammy in posting
them for volunteer sign up. Set up May’s contract races in draft mode in preparation for posting.

The Summer Track Series has been set up in RSU (currently in draft mode) to minimize on-site registration, obtain agreement to the waiver, speed up check-in at the track, give directors insight into the number of runners interested in specific events, and reduce the use of paper. It is set up as one “race” with the ability for runners to sign up for various events on multiple days. Volunteers similarly can sign up to volunteer on different days. Since this is a no-fee series, we will test the feature that allows the user to change their events after initial registration.

Used a “test race” to explore how to use RSU to set up a race series (e.g., Cul-de-sac 5K), set up donations (e.g., Pony Pasture 5K), and set up referral refunds and coupons.

Added a sponsor logo and hyperlink for Urban Farmhouse to Thanks Dad 5K. Made offer to race directors to do the same for other races as sponsors are confirmed.

Added a menu button to all races that briefly describes the Richmond Road Runners Club. Asked RSU to add a feature to tag all club members as part of registration whether or not they received a club discount.

For current active races, uploaded 2016 participant lists (name and email) from RaceIt into RSU so that the race director can use the RSU platform to reach out to the prior year’s participants.

RSU Feature Update: RSU makes it easy (and with no processing fee for the user or the club) to offer a small refund if a participant gets friends to register. With the referral offer, you can provide the new registrant with a small discount. These tools in conjunction with social media may be useful when the club’s desire is to build interest and participation in a new race. RSU reports races that use referral rewards get 7-13% of registrations from referrals, so race directors would need to take that into account when pricing the race and setting the value of a referral refund or coupon.

Website – Nikkia Young
Currently, Nikkia is working to learn about the site, its structure and how to shape the site to meet the needs of the club. Once we learn a little more about it, Ralph and Nikkia will chat with Matt at RSU about moving forward.

New Business
1. RRCA Annual Convention – Craig Minyard, National Treasurer
Observations from the RRCA convention in Detroit. Promoting (getting on the radar) of next year’s 60th anniversary convention in DC. The convention dates are April 4-8, 2018, and will be in conjunction with the Cherry Blossom 10 Miler. Craig will get us the name to contact for volunteer opportunities.

2. Women’s Self Defense for Runners – Ellie Basch sent a presentation for a self-defense seminar for female runners to be given locally. Bill Kelly proposed that the club should give $500 to fund these seminars. The motion was seconded, and passed.

3. Team Ian’s Running Chair support request. Team Ian sent a request for a donation to help fund a new running chair for Ian, a United Athlete member, who has outgrown his current running chair. A $500 donation was proposed, seconded, and passed.

4. Contribution to James River Park System – Mark Guzzi made the following proposal for a contribution to the James River Park System: The RRRC will make a $600 cash contribution to the James River Park System, which will be utilized in funding the materials needed to replace a 4’x16’ wooden footbridge on the Buttermilk Trail. The proposal was seconded, and passed.

The meeting was adjourned at 7:15 pm.

Editor’s Letter
continued from page 1
“borrowing” a mutt for a few hours. We hope you will take advantage of these very awesome programs. The dogs need you as much as you need them.

And most importantly, love your pups. They support us unconditionally, through good and bad, let’s do the same for them.

Chevy says he looks forward to seeing y’all out there.

Happy running!

Crystal Koch Pintac | Editor

President’s Message
continued from page 2
Cap you see at most club races) has decided to hand in the keys to the RRRC equipment truck after Stratford Hills 10K on May 28. He will be sorely missed. But we are fortunate that Bill’s assistant, Glenn Melton, has agreed to take over. Glenn has big shoes to fill, but I am sure he is up to the task. Please say thanks the next time you see Bill or Glenn. And with the addition of our new chip timing equipment, Glenn will need some extra help, so don’t hesitate to lend a hand. We’re all in this together.

Bill Kelly | President
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 “RRCA Runners Banquet.”

Huguenot 3 miler
March 5, 2017
**Race Director:** Mike Muldowney

**Packet pick-up**
Christopher Cruz, Marcy George, Megan Molnar, Colleen Moore, Joseph Morales, Dawn Walker

**Race Day**
Sarah Akin, Kristin Bauer, Megan Bishop, Kevin Bruny, Eric Collins, Maureen Dingus, Charles Edwards, Michael George, Mary Beth Hall, Julie Jones, Kaitlyn Jones, Ed Kelleher, Mike Levins, Terry Miffleton, Kirk Milikan, Marky Nydane, Rebecca Randolph, Elizabeth Thomas, David Trump

We did it! We chip timed our very first race and it was a success! Thanks to these awesome volunteers that made it all possible!

SPCA Dog Jog 5k
March 25, 2017

**Monument Avenue 10k Expo**
March 30-31, 2017

**Thursday**
Mara George, Mary Beth Hall, Bill Kelly, Jim Oddono, Rebecca Randolph, Nikkiia Young

**Friday**
Sara Akin, Andy Beyer, Mara George, Marcy George, Ralph Gibbs, Martha Hodges, Julie Jones, Ed Kelleher, Bill Kelly, Chris Mason, Colleen Moore, Kristen Osenga, Won Rinthalukay
Pain on Bottom of Heel: Faulty Shock Absorption

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.

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.

While it is important to identify the tissue diagnosis, it is even more important to identify the how and when a tissue is subjected to abnormal and excessive forces. Identifying specific movements and directions of those movements that contribute to the injury and which forces contribute is critical to identifying the appropriate treatment for the injury.

When walking or running, when the foot is on the ground, it is called the stance phase. Swing phase is when the foot is in the air. Stance phase is assumed to have more importance than swing phase as this is when forces created by gravity and body weight are the greatest. The forces during swing phase are relatively small, as compared to the forces that occur during stance phase. Stance phase is divided into three periods. The initial period of time during stance phase has been given different names: heel rocker, foot strike, or initial contact. The primary function during the heel rocker is absorbing force or impact of striking the ground.

The second part of stance phase is called ankle rocker, mid stance, or loading response. The primary function during ankle rocker is to provide stability and postural support. It is likely that standing is equivalent to prolonged ankle rocker mechanics. Intervention addressing plantar pain that is related to faulty mechanics during ankle rocker should use tactics that improve stability and postural support such as rubber mats to stand on, fresh supportive shoes, appropriate shoe inserts and strengthening exercises for the intrinsic muscles of the foot. Of course spending less time standing makes sense.

The third time period of stance phase is called forefoot rocker, terminal stance, or heel-off to toe-off. The primary function during forefoot rocker is propulsion forward and energy conservation. More in-depth discussion of heel pain occurring during the forefoot rocker can be found in the article “Pain at the bottom of the heel: too much big toe motion”.

The following discussion is how to identify whether plantar heel pain may be occurring because of faulty movement during the heel rocker, and will identify actions to avoid (don’t do) and interventions (do).

If you are feeling this:

- The soft fatty tissue on the bottom of the painful heel looks and feels different than the non-painful heel (it may appear puffy, red, or relatively compressed and thin)
- The sole of the shoe at the back and bottom of the heel on the painful side is compressed and worn out (notice right shoe sole is more compressed in figure below)
- You take long steps or strides
- You make a loud sound at foot strike, friends accuse you of walking loud
- You have an accentuated heel strike when walking, or prolonged period of time when only the heel is contact with the ground, best described as “goose step walking”
The painful foot frequently crosses the midline of the body when striking the ground (leg crossover in figure below).

The knee hyperextends at foot strike.

When standing for prolonged periods that you frequently stand with a majority of weight on the leg with the painful heel, often with pelvic drop and/or knee hyperextension can be described as “standing with an attitude” posture.

Stand and carry or hold a child on the hip of the painful side.

You have weakness when performing unilateral heel raises.

You have gained body weight and your Body Mass Index is “overweight” or “obese.”

**Then don’t do this:**

- Spend time barefoot, wear flip flops, low thin sandals, or shoes with low heels.
- Walk/run with a loud foot strike.
- Walk/run with the foot striking the ground crossing the midline of the body.
- Walk/run/stand with knee hyper-extended.
- Stand with a majority of weight on painful side, carry child on painful side, stand with an attitude posture, stand with feet crossed with majority of weight borne on painful heel.
- Sit with knees crossed.
- Iliotibial band (IT band) stretching exercises.
- Walk/run with accentuated heel strike and stand with hyperextension of knee and avoid stretching exercises for the calf muscle.
- Eat too many calories.

**Do the following:**

- Replace worn shoes by selecting shoes with a relatively higher heel, good cushioning, and the heel of the shoe should be beveled (in figure below the shoe on left has beveled heel, shoe on right has out flare heel).
- Use soft heel cups.
- Consciously modify gait: walk quietly; take shorter steps; take more steps per minute.
- Keep foot strike on the same side of the midline of the body, when walking/running keep daylight between knees.
- Walk with more knee flexion, and more of a foot flat foot strike.
- Heel raise strengthening exercises with knee in slight flexion to strengthen the gastrocnemius muscle.
- Stand with weight equally distributed on both feet.
- Decrease caloric intake and increase caloric expenditure.

As you can see from the above lists, pain on the bottom of the heel can be a complex problem. The list also demonstrates there are many active interventions available for the individuals with plantar heel pain. Contrast this to common passive interventions such as medications, injections, acupuncture, various types of massage, and ultrasound therapy which do not address potential contributing factors, and have short term effects.

The above discussion addresses faulty mechanics only during heel rocker. There are two other time periods during stance phase ankle rocker and forefoot rocker. Plantar heel pain could result from a combination of faulty mechanics of more than one of the time periods of stance phase requiring a combination of and variations in treatment strategies. Some interventions such as decreasing Body Mass Index are applicable across all three time periods of stance phase. Some interventions vary across the three time periods of stance phase such as calf stretching which is not indicated during heel rocker and may be indicated in ankle rocker. Evaluation by a healthcare professional can help demystify this complex problem.

Damien Howell is a board certified orthopedic physical therapist. If you have questions, comments, or suggestions you can reach him at Damien@damienhowellpt.com.
The 8 Causes of ALL Runners’ Injuries and How to Avoid Them

By George Lane, DPM, FACPSM, FACFAS

In the previous edition of Miles and Minutes, the concept of 8 general causes of all running injuries was introduced as well as one of the most common contributors: errors in training. This time we will consider nutritional issues as key to our running fitness. Our diet creates the building blocks of body structure. Just as quality construction products allow a well-built house to hold up better over time, a healthy diet does so for the body of the endurance athlete. Depending on the nutritional deficiency, injuries such as stress fractures and muscular breakdown can occur, as well as a delay in recovery from such injuries. Nutritional errors can lead to injury through a number of mechanisms. Four of the most common of these errors are as follows:

1. Not hydrating properly. Dehydration or over-hydration and resultant imbalances of key salts, called electrolytes, affected by sweat production can not only hamper running performance but can also lead to injury by altering the optimal resources required for muscles to function properly, increasing the potential for muscle damage.

Hydration and electrolyte balance is a very individualized matter as the amount one sweats- and the salt concentrations vary from person to person. However, it is generally accepted that one should absolutely take in water or a drink containing electrolytes when they are feeling thirsty during a workout. We should also consider consuming 16-24 ounces of water and a salty snack 1-2 hours before, and then drinking an additional 8-12 ounces of water 10-20 minutes before our run. Consuming a few ounces of water or electrolyte drink every 20-30 minutes, or slightly more frequently on a hot/humid day, during a run longer than one hour is also a sound practice. After running, drinking enough water or sports drink to make up for the amount of weight you lost during the run is also recommended. Starting your day with a glass of water is never a bad good idea; it’ll help prevent an early deficit in your hydration level.

2. Not maintaining appropriate vitamin D intake, which a study reported to affect 75% of runners, can significantly increase the risk of developing a stress fracture in a bone of the lower extremity or pelvis. An important natural source of vitamin D is direct sunlight exposure to our skin; however, increased sun exposure increases the risk of various forms of skin cancer, especially to those with a fair skin complexion.

Consider getting your vitamin D level tested with bloodwork at your annual checkup to make sure you are in normal range. Taking a daily vitamin D supplement may be necessary to maintain normal levels.

3. Not fueling properly during or after a workout can deprive the body of key molecular resources required to rebuild the tissues that were broken down during the workout, leaving them in a weakened state when they are next required to perform.

For this, it is recommended to consume a beverage with a moderate amount of protein and carbohydrate, such as a tall glass of chocolate milk, within 30 minutes after a workout. For runs longer than 90 minutes, one should also add carbohydrate and protein supplementation every 45 minutes or so, starting 45 to 60 minutes into the run. Many products specifically designed for this purpose, can be found at most running specialty stores. For more information on this subject, see: http://running.competitor.com/2013/09/nutrition/race-fueling-made-simple_8633


https://runnersconnect.net/what-is-good-to-eat-after-a-run
4. Not eating a full well-balanced diet can also deprive the body of key nutrients required to maintain and repair tissues that have become damaged through exercise. This involves not only eating a reasonable balance of healthy carbohydrates, proteins, and fat (see examples below), but also not under or over-eating. Breakfast is an important meal not to skip, as your body has already gone without nutritional intake during your sleeping hours and further delay can be detrimental.

Heavy training burns a larger amount of calories and it is important to increase your caloric intake accordingly which is best done with quality foods. It is important to eat foods rich in a variety of vitamins and minerals. Vitamin and mineral supplements may be helpful to individuals with deficiencies; however, one must be careful not to take inappropriate or excessive supplements that may be detrimental to health and performance.

Some individuals may be deprived of important nutrients or affected adversely due to food intolerances, of which they may not be aware, such as gluten sensitivity or celiac disease. Gluten intolerance, which is thought to affect 15% of the U.S. population, has certain telltale symptoms as discussed in the following link: http://www.mindbodygreen.com/0-7482/10-signs-youre-gluten-intolerant.html.

Guidance from a qualified expert in sports nutrition should be considered if there is any concern that your running injuries, especially those involving muscle or bone damage, may be related to dietary issues.

The following lists provide examples of foods from the key macronutrients - proteins, carbohydrates, and fats. There are countless ways the healthy foods and ingredients on these lists can be combined to provide a delicious, healthy, and well balanced diet for runners. Examples can be found here: http://www.runnersworld.com/recipes-for-runners

Fats good for your heart, your cholesterol, and your overall health:

**Monounsaturated fat**
- Olive oil
- Sunflower oil
- Sesame oil
- Olives
- Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)

**Polyunsaturated fat**
- Soybean oil
- Safflower oil
- Flaxseed

**Saturated fat**
- Almond milk
- Tofu
- Sunflower, sesame, and pumpkin seeds
- Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)

**Trans fat**
- Commercially-baked pastries, cookies
- doughnuts, muffins, cakes, pizza dough
- Packaged snack foods (crackers, microwave popcorn, chips)
- Stick margarine
- Vegetable shortening
- Fried foods (French fries, fried chicken, chicken nuggets, breaded fish)
- Candy bars

**Great Carbohydrate Sources for Runners**
- Bananas
- Berries
- Whole grain bread
- Tomato sauce
- Oatmeal

**Great Protein Sources for Runners**
- Albacore tuna
- Low fat chocolate milk
- Skinless chicken breast
- Eggs
- Low-fat or Greek yogurt
- Whey protein isolate

Pea protein
See: http://running.competitor.com/2014/02/photos/the-11-best-proteins-for-runners_19291

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.
My girls, Kona and Sable, are runner dogs, and have different running personalities.

Kona, a 5-year old American pit bull, is a chill, relaxed runner. She frequently lags behind me and likes taking sniff breaks. When a smell piques her interest, she throws her muscled self like a dead weight and forces me to stop and wait for her.

Sable, a 3-year old black lab mutt, on the other hand, is a competitive runner. She has to be at the very front of our pack, speeds up when someone passes us, and other than when she needs to pee or poop, there’s no stopping break in her DNA.

As different as their running personalities are, one thing is the same: they are fantastic running companions and they get me out the door to be active.

My husband and I adopted the girls two and a half years ago. We got Kona from the Richmond SPCA, and then a week later we got Sable from an acquaintance. Kona immediately protected Sable, who was 9 weeks old. She taught Sable the ways of the dogs, and sparing us from sharp puppy teeth, house-breaking mishaps, and furniture chewing. Sable, missing her mom, — immediately bonded with Kona. They’ve been inseparable ever since.

Sable, a natural swimmer, later taught Kona how to swim in the James. Her muscular pit bull body is not exactly built for floating, but Kona has come to love swimming. Or, more accurately, wading into the water behind Sable, then tackling her to steal the stick Sable has retrieved.

These two pups take turns keeping me company on my weekday morning runs through the near West End and Fan neighborhoods. Decked out in our reflective vest and headlight (for me), and lighted leash and collar (for them), we run 5 or so miles twice a week before the sun rises over the horizon. On either Saturday or Sunday, we pile in the car and go to Pony Pasture or Belle Isle for a family trail run and a swim (for them).

Running with them is full of joy.

I constantly pay attention to them like a helicopter parent: making sure Sable doesn’t pull on the leash too much, or cajoling Kona to speed up when she would rather stop and sniff some tree trunk. But seeing their relaxed gaze, wide smile, lolling tongue, perked ears, and bouncy steps, I’m glad I have dogs who love running as much as I do.

continued on page 19
As runners, we’re certainly motivated by the company we keep. I’m forever grateful to the various running companions over the years that helped me remain committed to the routine of running – but also helped me appreciate the value of the comradeship.

My running buddy these days is the best companion of all. She runs whenever I want to, for as long (or short) as I want to, she never whines (or tells me not to) and she’s always happy just to accompany me.

How do I know this? Well, it starts with the jumping around at just the mention of the word “run”. Then it’s the nose crammed against the gate in anticipation of it opening. And as we get underway, it’s the sassy trot, pricked up ears, tail up and wagging like a flag, tongue hanging out the side of her mouth and that frequent smiling glance over the shoulder that tells me she’s the happiest creature in this world.

If you too want to feel this tremendous display of joy, I recommend adopting a dog. If you’re not able to, then please consider one of these alternatives: SPCA Running Buddies, Richmond Animal Care and Control or Hike a Houlagan.

Not only will it bring joy to your life, but it will make a dog smile. And who knows, it may motivate you to become not just a better runner, but a better person.

Richmond SPCA Running Buddies
https://richmondspca.org/runningbuddies

Run or walk SPCA shelter dogs along a 3.1-mile course in the neighborhood of the Northside Robins-Starr shelter during any of the three scheduled times: Saturdays at 8:30 a.m., Sundays at 9:30 a.m. and Wednesdays at 5:30 p.m. Volunteers must be at least 18 years old. Before participating in the program, you must complete SPCA volunteer orientation training and dog handling training and commit to at least six service hours per month for a period of six months.

Robins-Starr Humane Center, 2519 Hermitage Road, Richmond
Volunteers & Programs Coordinators: Michelle Russell (mrussell@richmondspca.org) or Wilson Nelms (wnelms@richmondspca.org)
804-521-1329
https://www.richmondspca.org

Richmond Animal Care and Control
www.richmond.gov/AnimalControl/Volunteer.aspx

RACC welcomes volunteer dog walkers and runners at convenient times throughout the week. Open volunteer orientation, a prerequisite for walking the dogs, is held every Saturday at 11 a.m. By working with the animals and providing additional human interaction, volunteers can increase an animal’s chances of adoption.
People who aren’t interested in walking a dog but would like to help can pay for a walk with Canine Adventures. The dog-walking service takes the sponsored shelter dog on a two-hour hike, complete with a swim in the James River.

1600 Chamberlayne Ave., Richmond
Adoptions: 804-646-5575
Main phone line: 804-646-5573
http://www.richmond.gov/AnimalControl

Hike a Houlagan
www.houlagansrest.com/HAH.html

Houlagan’s Rest, a non-profit dog rescue group, hosts Hike a Houlagan every Saturday at 11 a.m. at Powhatan State Park (weather and holiday schedules permitting). The goal of HaH is to build the dog’s confidence through controlled leash walking with gentle correction and encouragement. Interested participants must first fill out a volunteer application and a waiver. Runners are encouraged to join this group outing and will need to be ready to stop running if the dog decides they’ve had enough or the heat gets to them. HaH has had energetic hikers and dogs who have run most of the course in the past. Let HaH know beforehand you’ll be coming to run so they can make sure to bring the correct dog.

10138-D Hull Street Road, Midlothian
804-858-3651
http://www.houlagansrest.com

Running Events for Fido:
- Forest Hill Run for the Hills 5k: March
- SPCA Dog Jog (5K run for humans & 1 mile run/walk for dogs): March

Friends of Richmond K-9 5K for K-9s: 22 April 2017 at 9:00 a.m. at Byrd Park

Dominion Riverrock Filthy 5K (run on Belle Isle trails includes brief river swim followed by run through mud pit at finish): 19 May 2017

Requirements for participating in running events: friendly, well-behaved dogs must be under owner’s control at all times, up-to-date on all shots, dogs must be on 6’ non-retractable leash, owner must provide bags for potential poop pick up.

Dog-friendly events in Richmond
(from RTD article by Kevin Morley, 14 Aug 2016)
- Most farmer’s markets
- Richmond Squirrels “Bark in the Park”: Monday home games
- Fidos After Five at Lewis Ginter Botanical Garden: 2nd/4th Thursdays
- Friday Art & Wine at Virginia Museum of Fine Arts (on lawn outside of building)
- Yappy Hour at Strangeways Brewing: 3rd Wed, April – October
- Pups & Pints at Ellwood Thompson’s: 2nd Thursdays
- History Hounds at Valentine Museum (check schedule)
- Stoney Point Fashion Mall
- RTD Fido Fest
- Woofstock to benefit Richmond Animal League

Jerry McCurdy
Erin Williams
Dogs make great running partners. They’re enthusiastic and motivated, and they act as a good reminder that your workout is waiting.

The problem is that not all dogs are ready to run. No matter how energetic they seem at the house, if your dog isn’t in running shape, you might end up walking him back home.

Try these four tips to get Fido ready to hit the ground running.

**Basic Training Tips**

Before you start running with your dog, make sure he is healthy and ready for the exercise. Dogs that are too old or too young might not be able to handle a running program. In fact, dogs that are younger than 18 months should stick to walking. Puppies’ bones are still developing up to 18 months old and running can impact the development of bones for optimal long-term physical integrity. Walking with a younger dog will help build a strong base for a future running program.

For dogs that are 18 months or older, start the same way you would. If your dog is new to running, don’t set out for a 5-mile run. Start slow and build your mileage together. Consistency over time is the best approach.

**How Far To Run**

Start with a 10-minute run and then add 10 minutes each week until you reach your desired time or distance. Gradual build up allows for the muscles and connective tissue to adapt and grow to the activity without injury.

With time, your dog will adapt to your pace. This can be frustrating in the beginning. Many dogs want to go much faster than you are capable of and you find yourself trying to hang on to the leash. Others dogs may lag behind and appear distracted, which leads many dog owners to think their dog doesn’t like to run.

In both cases, the dog simply doesn’t know what he’s supposed to do. You have to teach him how to be a runner. With a little patience and time, the two of you will be running side-by-side at a good pace.

**Leash Training Tips**

Dogs that already walk nicely on a leash will transition to running with ease. A dog that pulls can be challenging.

The first thing to do is shorten the leash. If you have a 6-foot leash, and you let your dog get in the habit of walking ahead of you, he’ll continue to pull. Instead, keep the leash short enough that your dog is by your side, 2 to 3 feet at the most.
5K or 10K Training Plan

There are many 5K and 10K running plans to help you build distance and pace. You can try one of those or start out with something even easier.

To start, figure out your average mile time. Use a local track or mark the distance in your car and then time your mile run at a comfortable pace.

Once you have a comfortable pace, take that time and multiply it by the miles to get your run time for a 5K (3.1 miles) or 10K, (6.2 miles). Example: 11-minute mile x 3.1 miles = 34.1 minutes

Begin running with your dog 10 minutes every other day for a week. Then, the next week add another 10 minutes to your running time. Continue training every other day. The third week add another 10 minutes. The fourth week add another. Continue this process until you reach your projected time. Once you reach your projected time, keep running with your dog.

4 Things To Know About Running With Your Dog In Hot Weather

By Fara Rosenzweig

This article was originally posted at http://womensrunning.competitor.com/2016/05/run-2/4-things-to-know-about-running-with-your-dog-in-hot-weather_59052#VPykSdgRg2oflwax.97

Longer days and warmer weather bring scenic views and ideal conditions to workout outside. It’s also an opportune time to bring your favorite four-legged friend out and about again – plus everything is always better with your furry friend by your side.

Bryan Bailey, known as ‘The Wolf Whisperer,’ says “In the wild, wolves living in the Northwest, Canada and Alaska, are subjected to extreme cold for nearly nine months out of the year. Escaping the cold is impossible for the wolves because of the lack of natural shelter. However, avoiding the high heat and humidity of the summer months is easily accomplished by moving to higher altitudes, burrowing into the ground, wading into a shallow creek, or lying in the shade,” explains Bailey.
Therefore, wolves with very thick fur coats have the ability to go long periods without food to conserve energy. Because domestic dogs are still genetically linked to their wolf ancestors, they share the same ability to withstand cold more than heat.

While you’re ready to hit the ground running with your pup, there are a few precautions you should take into account before you lace up, leash up and go. From breathing patterns and water intake to surface and breed types, use his tips and guidance to run safely during the warmer months.

What to Consider When Selecting a Running Dog

Because many dogs have been bred with various breed types, the physical capabilities have changed. Bailey points out breeds with shorter muzzles, such as Pugs, Bulldogs, Lhasa Apso, Shih Tzus and Boston Terriers, have a much harder time with breathing compared to breeds with typical, elongated muzzles. Since dogs pant to cool down, breeds with shorter muzzles have a harder time breathing and won’t be able to cool down in warmer weather.

Another change that has severely degraded the running capabilities of certain breeds is the shortening of the length of the legs while extending the torso. Breeds such as Welsh Corgis, Bassett Hounds and Dachshunds will have a harder time working and will spend much of their energy just trying to keep up. A half mile will most likely gas them out.

Lastly, obesity has become a major issue with dog breeds in the United States. According to the Association for Pet Obesity Prevention, over 53 percent of American dogs are classified as obese. Bailey says attempting to run an overweight dog can lead to the same problems that could occur to an overweight human runner. These problems can range in severity from muscle strains to heat exhaustion to death. Before you engage your dog in any running program, speak with your vet first to make sure Fido is healthy enough to join you.

Hydration Intake

Water breaks are essential for cooling both human and dogs during long runs in warmer weather. When you sip on water, you should stop and have your dog hydrate too. If your dog has long hair, hydrate twice as often as you do. “Because dogs lap water, they take on a great amount of air at the same time. This fast intake of air can lead to a life-threatening condition known as bloat. Especially in deep, barrel-chested dogs, such as German Shepherds, Siberian Huskies and Vizslas,” explains Bailey. Give your dog about 10 seconds of lapping time per water break to prevent too much air being swallowed with the water.

Breathing Patterns

You might want to consider leaving your headphones at home. When running with your dog on warm days, it’s important to monitor your dog’s breathing to help prevent heat exhaustion. If you’re listening to music, it will be hard to hear fido breathing. If your dog’s breathing suddenly increases during your run, stop running and find shade.

Immediately check your dog’s gums. “If they are chalky white, and your dog appears to be distressed, heat exhaustion may be setting in. Move your dog to a cool area (air-conditioned if possible) and give him sips of water while trying to contact a veterinarian,” says Bailey.
Having dogs definitely makes me more active. Their enthusiasm is contagious – imagine yourself emerging from the bedroom at 5:20 AM, a small part of you wanting to go back to bed and sleep in. But the pups spring forth at the sound of the turning knob (probably even before that, when the alarm went off at 5). They immediately come up to greet you with their tail wagging, an audible lazy yawn/stretch/body shake of a “good morning” greeting. When you let them out the back door, they bound for a quick pee, then return eagerly to the back door, wet noses pressed against the glass, waiting anxiously to be let inside. Once inside, they lead you to their leashes by the front door; their tails wagging so hard their hips won’t allow them to sit long enough to get their flashing collar fitted around their neck. How can you resist so much excitement for an early morning run?

I can’t.

When I turn off the alarm each morning, I smile in anticipation of seeing my dogs’ excitement to go running and enjoy the outdoors.

The same scene repeats itself when I come home from work. No matter what time I get home - the wet noses, the wagging tails, the excited whimpers – it’s so good to be greeted home like that. I hook up their leashes and we go for a walk, even if it’s only around the block because I’m tired and just want to sit down. The girls get me outside.

What I love the most about running with the dogs is the effect on us afterward. The girls are happy, content, relaxed, and they hardly get mischievous. Our bond is strengthened by these runs, too. I trust them to never run away from me, and I would like to think they trust me to let them be the social animals dogs are meant to be.

With humans, with Nature, and/or with other dogs, we run the streets and trails together.
2017 RRRC Runners Banquet

The Richmond Road Runners Club’s annual winter banquet this year offered a blend of the old and the new. It was held at its traditional venue, Willow Oaks Country Club in Chesterfield County. But the date was moved from January to March, in the hope of avoiding some of the wintry weather that has occasionally caused last-minute migraines. Also new, the name was changed from the RRRC Grand Prix and Volunteer Recognition Banquet to the RRRC Runners Banquet. The later date enabled the club to change the Grand Prix competition to a calendar year format (it was previously October through September) and still allow time to tabulate the results and order awards. This year’s speaker was ultra-runner Zoe Romano, a University of Richmond grad who in 2013 became the only person ever to run the entire 2,000-plus-mile course of the mountainous Tour de France bicycle race. In 2011 she had run coast-to-coast, unsupported, across the United States, the first woman ever to accomplish that feat.
Ed Kelleher introducing Zoe Romano

Packed house

Man in the Purple Shirt

Listening

Cheers

Father and daughter Bender
Zoe, first and only person to run the Tour de France course

Fast boys run this town
2017 RRRC Runners Banquet

Winner’s Circle

Schmoozing

Winner’s Circle

Captive audience

Winner’s Circle

Eric Nachman, Mayor of Selfievile
Garth Riley, My Everything-But-Running Buddy

By Rebecca Randolph
(also known as Garth’s mom)

Garth doesn’t like to run.
Unless there’s a squirrel or bird to chase, a ball or stick to retrieve, or a group of badass women trail runners to follow, he has no interest. We do almost everything together, and I’ve tried to get him to join in my running obsession, but he seems to need a reason to run.

While he may not be a fan of running, I probably wouldn’t be a runner if it weren’t for Garth.

An introvert by nature, I would prefer to stay home on the couch. But I wanted Garth to have the most interesting and enriched life possible for a city dog with working parents. I also knew to keep him healthy, I had to keep him active. By necessity, he had to spend a lot of time home alone, so I wanted to make up for that.

Garth Riley,
My Everything-But-Running Buddy

By Rebecca Randolph
(also known as Garth’s mom)

So for Garth’s sake, I got out and did stuff.
First we took doggie manners classes, then we passed the therapy dog test and began volunteering as a therapy dog team. We took agility and tricks classes, did tricks demonstrations at local dog events, and we started hiking with a local dog hiking group. Hiking was the beginning of everything.

At first, hiking was a big deal. Garth was timid about swimming in the swift-flowing current and leaping from rock to rock along the James River. And I was worried about injuries – to Garth and me - since I hadn’t been active or healthy in years. Over a decade of chronic pain and inactivity had led me to think of myself as old and decrepit, because that’s how I felt. But hiking was awesome for us.
Garth clearly loved and needed the opportunity to be a dog in the woods, and as we went on longer and more challenging hikes, we both developed more confidence. I learned that I could hike 3, then 5, then 8 miles without causing a flare-up of pain. Garth learned to swim and rock-hop like a champ.

We made some wonderful human and dog friends and learned the James River trails like the back of my hand (or Garth’s paw). The 8-mile North Bank-Buttermilk loop went from being a totally epic hike to a regular thing. Eventually Garth and I even started leading group hikes. I learned that I was neither old nor decrepit, and occasionally (like after a winter mountain hike with 8 stream crossings), I even felt badass.

I took Garth with me everywhere I could. He frequently traveled with me and my husband and I started writing a blog about our travels and adventures. I wrote about dog-friendly places and activities and hoped to inspire other people to get out and do more fun things with their dogs.

On one of our trips to the Florida Keys, we saw a woman paddleboarding with her dog. I decided we simply had to try it (emphasis on “try” – I didn’t think I could actually do it). So I rented a paddleboard and totally amazed myself by remaining upright, on the board, for the entire hour-long rental – and enjoying it immensely.

By my third day paddleboarding I was ready to try it with Garth. He was a little nervous at first, but he eventually relaxed. After a lovely paddle around Hurricane Hole and the mangroves of Stock Island, we were hooked.

Back home, we took paddleboard lessons, got our own board, and paddled as often as we possibly could. As I got better and

I learned that I was neither old nor decrepit, and occasionally (like after a winter mountain hike with 8 stream crossings), I even felt badass.
better at paddleboarding, I started thinking, “What else can I do that I didn’t think I could?”

When Fleet Feet opened up a mile from my house and I learned about their beginner 5K training program, I thought it would be cool to be able to run a 5K. I knew I could walk for miles, but run? Probably not. I had been a runner when I was younger, decades before. My body probably wouldn’t hold up now. Yet I had to try.

Initially the runs were miserable. Still, after each run, I felt like I’d done something heroic. With the support of my 5K training team coach, mentors, and awesome new running friends to help me get through the first difficult months, I survived. Eventually it got easier, and then it actually became enjoyable!

I wanted to share it with him, so I tried running with Garth a couple times, but he would give me a look like “what on earth are you doing?” He was a frequent and enthusiastic cheerleader, and he benefited from my increased energy and vastly improved feeling of well-being. I lost weight, had less pain, and everyday movements became easier.

Best of all, I developed more stamina to do fun things with Garth and my husband.

I ran my first 5K, then another, and another, then an 8K, then the Monument 10K, then the Richmond Half Marathon. Garth has cheered for me in the rain, the freezing cold, and the miserable heat and humidity of Richmond summers. I’ve now run 10 half marathons and a ridiculous number of 5Ks, 10Ks, fun runs, mud runs, etc. And I’ve learned that I can do so much more than I ever could have imagined five years ago.

Garth comes with me to running groups whenever I plan to walk, and we volunteer together to help with races and SAGs for local running groups, but Garth still doesn’t like to run. (Although one time he actually ran the entire Poop Loop because he wanted to keep up with all the awesome women during our monthly women’s trail run!)

Even so, Garth, and running, have changed my life so much for the better.
I frequently run, walk and hike with my dog, but no other humans. I love being in nature and I particularly enjoy the James River Park trail system early in the morning or when the weather is nasty, when there are few others out on the trail or hanging out on the rocks. I’m very much aware of the risks and, since a scary incident a couple years ago while out on a solo early morning hike, I either carry pepper spray or run or hike with others.

Some of my friends have also had scary incidents. And there are so many stories about people I don’t know having experiences that go beyond scary. A lone female runner was assaulted on Belle Isle recently. In California, another lone female runner was attacked by a guy hiding in a bathroom. She had recently taken a self-defense class and was able to fight him off because of that training while shouting, “Not today, [very nasty expletive]!” over and over until she managed to get away.

She’s my hero.

So when a fellow runner organized a group to attend a women’s self-defense class, I was all in. It was taught at a martial arts academy so I had some reservations. Martial arts has always seemed a bit intimidating to me with their funny outfits and devotion to their practice that seems to border on fanaticism. (Sounds a little like runners, doesn’t it?) But I found I really liked the instructors, who seemed pretty normal and not at all intimidating, and before the end of the night, I had signed up for eight more classes.

Fourteen runners attended the class taught by Senior Master Instructor Keith English at Tactical Martial Arts Academy off of Midlothian Turnpike. Master English, who has 42 years of martial arts training and a bunch of bars on his black belt to show for it (as well as a hot pink ankle cast), teaches a form of martial arts called Combat Hapkido.

Unlike other forms of martial arts that require size and strength, Combat Hapkido teaches moves based on anatomy and biomechanics as well as psychology and strategy that allow a smaller person to get away from – and even take down – a much larger, stronger person. Because there are no rules when a person is attacked, Combat Hapkido teaches “street fighting,” such as jabbing fingers in eyes or pressure points to disable an attacker in order to get away.

Master English is passionate about making a difference by helping people learn to defend themselves. He founded Defend Yourself Virginia, which provides classes in women’s self-defense, realtor self-defense, concealed carry, and range safety. He is also the founder of a non-profit organization called Women’s Self Defense Network.

In our class, Master English shared a lot of very useful information and made me think in ways I hadn’t thought before. He emphasized awareness of our surroundings and that attacks can happen anywhere.

I’m hyperaware when I’m out on the trail alone, but my guard is usually down in my own neighborhood. He mentioned the abduction of a woman in the Short Pump Town Center parking lot several years ago as an example to show that even in areas of town most of us consider safe, there are predators. Women who think they’re in a safe place make easy targets.

No matter the neighborhood, parking lots and parking decks are popular places for predators because it’s easy to pull someone into a car or down between cars without being seen.

He also showed us and let us practice how to get away when someone grabs your arm and when someone grabs you from behind in a chokehold. Once I knew what to do, I was surprised at how easy it was to get away from someone gripping my arm very tightly. I’m pretty strong, but when I played the attacker, I was amazed at how I simply couldn’t continue to hold on.

Master English showed us how to protect your airway when in a chokehold and how to break free and take an attacker down by going for their eyes and/or pressure points with your fingers. To demonstrate, one of the regular students (who was a very big guy) approached a female instructor (who was half his size) from behind and put her in a chokehold. She quickly broke his hold, put a finger in a pressure point under his chin, and suddenly he was down on the floor with a huge thump. It was amazing.

Even though it was only an hour or so, I left the class feeling much more confident in my ability to avoid, and if necessary, get away from, an attack situation. I’m eager to learn more, and I encourage every women to take at least the introductory self-defense class that we took.

If it’s ever necessary, I want us all to be able to yell, “Not today, [expletive]!”

For more information:
http://gotma.net/index.html
www.defendyourselfvirginia.com
https://www.meetup.com/Defense/
Forest Hill Park

A newer addition to the James River Park System, Forest Hill Park has 3.1 miles of single track popular with runners, mountain bikers and runners alike. Over 105 acres make up this best kept secret with Reedy Creek falling through the middle. With the bridge gone, sometimes stepping over the creek is a bit wet.

Little known fact: in the 1920s the park was once an amusement park.

Courtesy of Doug Ash, trail and ultrarunner and photographer.
# Membership Application

<table>
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<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Address 1</th>
<th>Address 2</th>
<th>City</th>
<th>State</th>
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<th>Email Address</th>
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Please check one of the following in each column:

- [ ] New Membership: Individual ($15)
- [ ] Renewal: Family ($20)
- [ ] Student ($5)
- [ ] Business ($20)

Family Membership: Please list each additional member, gender, birthdate and email (if different than above)

- 
- 
- 
- 

Do you want your name, address, phone number and e-mail address listed in our membership directory?

Yes: [ ] No, please keep private: [ ]

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.

Signature/Parents Signature (if under age of 18): ____________________________ Date: ______________
### HUGUENOT PARK X-COUNTRY 3 MILER

**RICHMOND, VA • 3/5/2017**

*Not USATF Certified  *RRRC Web Member

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The old and the new: Eric Collins (left) holds RRRC’s traditional timing machine, while Mara George and Anne Brown set up the chip timer.

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Ralph Gibbs, in drag(on), brings up the tail of the starting line runners.
### HUGUENOT PARK X-COUNTRY 3 MILER

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<td>9</td>
<td>CURT SOLOMON</td>
<td>44</td>
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<td>10</td>
<td>ALEX SHELTON</td>
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<tr>
<td><strong>Female 40 - 44</strong></td>
<td>1</td>
<td>* CRYSTAL KOCH PINTAC</td>
<td>41</td>
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<tr>
<td></td>
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<td>SARA GOODE</td>
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<td>SANDRA ESCORCIA</td>
<td>42</td>
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<td></td>
<td>4</td>
<td>* SHERRY LEWIS</td>
<td>41</td>
<td>27:55</td>
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<td></td>
<td>5</td>
<td>JULIE SOLOMON</td>
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<td>DANA WALTERS</td>
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<td>31:23</td>
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<td></td>
<td>7</td>
<td>* KELLY HARRIS</td>
<td>43</td>
<td>34:17</td>
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<tr>
<td></td>
<td>8</td>
<td>* SARAH BAIN</td>
<td>40</td>
<td>36:14</td>
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<td></td>
<td>9</td>
<td>MEGHAN DORGAN</td>
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<td><strong>Male 45 - 49</strong></td>
<td>1</td>
<td>KEVIN BURCHAM</td>
<td>45</td>
<td>19:23</td>
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<tr>
<td></td>
<td>2</td>
<td>JASON FORD</td>
<td>45</td>
<td>19:41</td>
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<tr>
<td></td>
<td>3</td>
<td>* JIM ODDONO</td>
<td>49</td>
<td>20:42</td>
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<tr>
<td></td>
<td>4</td>
<td>JEFF FITCH</td>
<td>48</td>
<td>20:55</td>
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<tr>
<td></td>
<td>5</td>
<td>* CHRISTOPHER CALFEE</td>
<td>49</td>
<td>21:50</td>
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<tr>
<td></td>
<td>6</td>
<td>* BEN WALTERS</td>
<td>46</td>
<td>23:03</td>
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<tr>
<td></td>
<td>7</td>
<td>* DAVID WEBER</td>
<td>49</td>
<td>24:28</td>
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<td>8</td>
<td>BILL ANDERSON</td>
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<td>PETE PALERMO</td>
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<td>TERRY THORNTON</td>
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<td>STEPHEN KELLEY</td>
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<td>12</td>
<td>* MICHAEL BENDER</td>
<td>45</td>
<td>31:05</td>
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<td>13</td>
<td>MICHAEL SEPAR</td>
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<td><strong>Female 45 - 49</strong></td>
<td>1</td>
<td>PAULA INSERRA</td>
<td>48</td>
<td>26:09</td>
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<td>AMY CARBER</td>
<td>49</td>
<td>28:26</td>
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<td>3</td>
<td>BLAIR WHITLEY</td>
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<td>4</td>
<td>* JENNIFER LOVINGS</td>
<td>47</td>
<td>34:18</td>
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<tr>
<td></td>
<td>5</td>
<td>* AMY BLACK</td>
<td>47</td>
<td>34:21</td>
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<td></td>
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<td>DIANE KELLEY</td>
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<td>KATHY RILEY</td>
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<td>39:59</td>
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<td></td>
<td>8</td>
<td>* MICHELLE GIBBS</td>
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<td>* KIMBERLY BENDER</td>
<td>45</td>
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<td>10</td>
<td>MALISSA CARPENTER</td>
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<tr>
<td><strong>Male 50 - 54</strong></td>
<td>1</td>
<td>SEAN KILEEN</td>
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<td>20:23</td>
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<tr>
<td></td>
<td>2</td>
<td>JAMIE LEDWITH</td>
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<td>21:20</td>
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<td>3</td>
<td>ERIC FAYSON</td>
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<td>22:25</td>
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<td>JAMES MAIR</td>
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<td>31:18</td>
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<td>LEE WHITE</td>
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<td>34:35</td>
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<td>DARWIN RICHARDSON</td>
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<td>ERIC NACHMAN</td>
<td>53</td>
<td>36:19</td>
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<td>RALPH GIBBS</td>
<td>51</td>
<td>41:30</td>
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<td><strong>Female 50 - 54</strong></td>
<td>1</td>
<td>MONICA LEDWITH</td>
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<td>29:17</td>
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<td>2</td>
<td>LISA LINDSAY</td>
<td>53</td>
<td>47:12</td>
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</tbody>
</table>

How to join Richmond Road Runners?

It’s easy, and cheap. Just go to www.rrrc.org and click on “Membership” on the home page.
<table>
<thead>
<tr>
<th>Name</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Location</th>
<th>Pace</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roadrunner Running Store</td>
<td>Monday</td>
<td>7:00 PM</td>
<td>3002 W Cary Street</td>
<td>various</td>
<td><a href="http://www.facebook.com/groups/1218664264617026">www.facebook.com/groups/1218664264617026</a></td>
</tr>
<tr>
<td>Fleet Feet</td>
<td>Tuesday</td>
<td>6:00 PM</td>
<td>5600 Patterson</td>
<td>various</td>
<td><a href="http://www.facebook.com/fleetfeetsports">www.facebook.com/fleetfeetsports</a> richmond/?fref=ts</td>
</tr>
<tr>
<td>Team Wednesday Night</td>
<td>Wednesday</td>
<td>6:15 PM</td>
<td>First Baptist Church on Monument at Blvd</td>
<td>various</td>
<td><a href="http://www.facebook.com/twnfanrun?fref=ts">www.facebook.com/twnfanrun?fref=ts</a></td>
</tr>
<tr>
<td>Lucky Road</td>
<td>Thursday</td>
<td>6:00 PM</td>
<td>Willow Lawn Shopping Center, #838</td>
<td>various</td>
<td></td>
</tr>
<tr>
<td>Monthly Trail Run</td>
<td>1st Saturday/Sunday of every month</td>
<td>8:00 AM</td>
<td>Pumphouse Lot</td>
<td>various</td>
<td>*well publicized beforehand</td>
</tr>
<tr>
<td>Team ESTRA-Gen</td>
<td>3rd Saturday/ Sunday of every month</td>
<td>8:00 AM</td>
<td>rotate between Reedy Creek, Pumphouse and Ancarrow’s Landing</td>
<td>various</td>
<td>*well publicized beforehand</td>
</tr>
<tr>
<td>Richmond Running and Social Group via meetup.com</td>
<td>Monday</td>
<td>6:30 PM</td>
<td>Libby Park</td>
<td>various</td>
<td><a href="http://www.meetup.com">www.meetup.com</a></td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>6:30 PM</td>
<td>Carytown Panera</td>
<td>various</td>
<td><a href="http://www.meetup.com">www.meetup.com</a></td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>6:00 PM</td>
<td>Retreat Hospital ER side VITA Course</td>
<td>various</td>
<td><a href="http://www.meetup.com">www.meetup.com</a></td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>8:30 AM</td>
<td></td>
<td>various</td>
<td><a href="http://www.meetup.com">www.meetup.com</a></td>
</tr>
<tr>
<td>Black Girls Run</td>
<td>Monday</td>
<td>5:45 PM</td>
<td>Wells Fargo parking lot in White Oak Village Shopping Center Great Shiplock Park</td>
<td>various</td>
<td>m.facebook.com/groups/bgrrichmond</td>
</tr>
<tr>
<td></td>
<td>Tuesday</td>
<td>6:00 PM</td>
<td></td>
<td>various</td>
<td><a href="mailto:blackgirlsrunrva@gmail.com">blackgirlsrunrva@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>8:00 AM</td>
<td>parking lot next to Rockwood Park</td>
<td>various</td>
<td><a href="http://www.blackgirlsrun.com">www.blackgirlsrun.com</a></td>
</tr>
<tr>
<td></td>
<td>Sunday</td>
<td>2:30 PM</td>
<td></td>
<td>various</td>
<td></td>
</tr>
<tr>
<td>Morning workout group</td>
<td>daily</td>
<td>6:00 AM</td>
<td>varies</td>
<td>various</td>
<td><a href="http://www.facebook.com/MorningWorkoutGroup?fref=ts">www.facebook.com/MorningWorkoutGroup?fref=ts</a></td>
</tr>
<tr>
<td>Midlo Mafia</td>
<td>daily</td>
<td>5:30 AM/ 6:00 AM</td>
<td>Midlothian YMCA</td>
<td>various</td>
<td><a href="http://www.facebook.com/groups">www.facebook.com/groups</a></td>
</tr>
<tr>
<td>Shadygrove Runners</td>
<td>Monday, Tuesday, Thursday</td>
<td>5:45 AM</td>
<td>Shady Grove YMCA</td>
<td>8:45-11</td>
<td><a href="http://www.facebook.com/shadygroverunners/?fref=ts">www.facebook.com/shadygroverunners/?fref=ts</a></td>
</tr>
<tr>
<td>Trail Run</td>
<td>Tuesday</td>
<td>5:45 PM</td>
<td>Dogwood Dell lot</td>
<td>9:00-12:00</td>
<td>Mark Guzzi: <a href="mailto:markiscool1@hotmail.com">markiscool1@hotmail.com</a></td>
</tr>
<tr>
<td>RunShortPump</td>
<td>Tuesday, Thursday</td>
<td>5:30 AM</td>
<td>Einstein’s on Pump Road</td>
<td>7:30-9:30</td>
<td><a href="mailto:finn.frank@gmail.com">finn.frank@gmail.com</a></td>
</tr>
<tr>
<td>Fan Foxes</td>
<td>Tuesday, Wednesday, Thursday</td>
<td>6:00 AM</td>
<td>Fox Elementary School</td>
<td>8:30-10:00</td>
<td><a href="http://www.facebook.com/groups/fanfoxes">www.facebook.com/groups/fanfoxes</a></td>
</tr>
<tr>
<td>Rogue Runners</td>
<td>Tuesday, Thursday</td>
<td>5:30 AM</td>
<td>Libbie and Grove</td>
<td>7-8:30</td>
<td><a href="http://www.rogue-revolution.com/index.php/component/k2/itemlist/category/8-weekly-events-cal">www.rogue-revolution.com/index.php/component/k2/itemlist/category/8-weekly-events-cal</a></td>
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</table>
## GROUP RUNS

<table>
<thead>
<tr>
<th>Name</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Location</th>
<th>Pace</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ridgefield Runners</td>
<td>Tuesday, Wednesday, Thursday</td>
<td>6:00 AM</td>
<td>John Rolfe YMCA</td>
<td>11ish</td>
<td><a href="http://www.facebook.com/groups/368386789999522">www.facebook.com/groups/368386789999522</a></td>
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<tr>
<td>RVA Stroller Runners</td>
<td>Tuesday, Thursday</td>
<td>9:45 AM</td>
<td>Tot Lot on New Kent at Westover Hills</td>
<td>various</td>
<td><a href="http://www.facebook.com/groups/1597418347194024">www.facebook.com/groups/1597418347194024</a></td>
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<tr>
<td>One For the Road</td>
<td>Wednesday</td>
<td>6:00 PM</td>
<td>various breweries</td>
<td>various</td>
<td><a href="http://www.facebook.com/groups/100890573593214">www.facebook.com/groups/100890573593214</a></td>
</tr>
<tr>
<td>Crossroads Coffee and Tea</td>
<td>Wednesday</td>
<td>6:00 PM</td>
<td>Crossroads on Forest Hill at Semmes</td>
<td>7:30-9:00</td>
<td><a href="mailto:ysmans75@yahoo.com">ysmans75@yahoo.com</a></td>
</tr>
<tr>
<td>Skirt Run</td>
<td>Wednesday</td>
<td>6:30 PM</td>
<td>Legend's Brewing Company</td>
<td>various</td>
<td><a href="http://www.facebook.com/groups/240874790898">www.facebook.com/groups/240874790898</a></td>
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<tr>
<td>Museum Run</td>
<td>Thursday</td>
<td>5:30 PM</td>
<td>Sheppard Street, behind VMFA</td>
<td>various</td>
<td>Mark Guzzi: <a href="mailto:markiscool1@hotmail.com">markiscool1@hotmail.com</a></td>
</tr>
<tr>
<td>Rivah Runners</td>
<td>Thursday</td>
<td>6:00 PM</td>
<td>meet in Dogwood Dell lot, start from the Carillon</td>
<td>6:30-8:30</td>
<td><a href="http://www.facebook.com/TheRVAHRunners">www.facebook.com/TheRVAHRunners</a></td>
</tr>
<tr>
<td>Mountain Hearts Running Club</td>
<td>Thursday</td>
<td>6:00 AM</td>
<td>Tredegar lot</td>
<td>7:00-10:00</td>
<td><a href="http://www.facebook.com/mtnhearts">www.facebook.com/mtnhearts</a></td>
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<tr>
<td>Midlothian ACAC</td>
<td>Thursday</td>
<td>5:30 AM</td>
<td>Midlothian ACAC</td>
<td>8:00-8:30</td>
<td><a href="http://www.facebook.com/groups/MidloACACRun">www.facebook.com/groups/MidloACACRun</a></td>
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<tr>
<td>Mighty Moms</td>
<td>Saturday/Sunday</td>
<td>8:00-8:30 AM</td>
<td>various tracks in Midlothian</td>
<td>various</td>
<td><a href="http://www.facebook.com/groups/838104726269862/">www.facebook.com/groups/838104726269862/</a></td>
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<tr>
<td>Ashland Running</td>
<td>Saturday</td>
<td>7:00 AM</td>
<td>Ashland Train Station</td>
<td>various</td>
<td>ashlanddave.podbeam.com</td>
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<tr>
<td>Sandston Striders</td>
<td>Saturday</td>
<td>7:30 AM/ 8:00 AM</td>
<td>Chickahominy YMCA</td>
<td>8-14:00</td>
<td>George Talley: <a href="mailto:gc_talley@verizon.net">gc_talley@verizon.net</a></td>
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<tr>
<td>Winter Trail Group</td>
<td>Saturday</td>
<td>9:00 AM</td>
<td>Pumphouse lot</td>
<td>various</td>
<td><a href="http://www.facebook.com/groups/shamrocktraining">www.facebook.com/groups/shamrocktraining</a></td>
</tr>
<tr>
<td>Bryan Park Group</td>
<td>Saturday</td>
<td>7:00 AM</td>
<td>parking lot across from soccer fields</td>
<td>9:00-12:30</td>
<td><a href="http://www.rrrc.org/group/BryanParkGroup">www.rrrc.org/group/BryanParkGroup</a></td>
</tr>
<tr>
<td>City Stadium Runners</td>
<td>Saturday</td>
<td>7:45 AM</td>
<td>City Stadium</td>
<td>8:30-14:00</td>
<td><a href="http://www.facebook.com/groups/577195912350952">www.facebook.com/groups/577195912350952</a></td>
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<tr>
<td>Shamrock Half Marathon TT</td>
<td>Saturday</td>
<td>7:45 AM</td>
<td>City Stadium</td>
<td>various</td>
<td><a href="http://www.facebook.com/groups/19313924094097">www.facebook.com/groups/19313924094097</a></td>
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<tr>
<td>Dog Pack</td>
<td>Sunday</td>
<td>7:30 AM</td>
<td>Carytown Panera</td>
<td>8:30-14:00</td>
<td><a href="http://www.facebook.com/groups/1671581323100585">www.facebook.com/groups/1671581323100585</a></td>
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<tr>
<td>Black Men Run</td>
<td>Sunday</td>
<td>8:00 AM</td>
<td>Fountain Lake at Byrd Park</td>
<td>various</td>
<td><a href="http://www.facebook.com/groups/BMRRichmond">www.facebook.com/groups/BMRRichmond</a></td>
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<tr>
<td>Back of the Pack Trail Group</td>
<td>Sunday</td>
<td>9:00 AM</td>
<td>locations vary</td>
<td>12:00-16:00</td>
<td><a href="http://www.facebook.com/groups/201907430234622">www.facebook.com/groups/201907430234622</a></td>
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# 2017 RRRC Featured Races and Events

<table>
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<tr>
<th>Jan 1</th>
<th>RRRC First Day 5k</th>
<th>Apr 30</th>
<th>RRRC Carytown 10k</th>
<th>Jul 24</th>
<th>Cul-de-Sac 5k #3</th>
<th>RRRC Carytown 10k</th>
<th>Apr 30</th>
<th>RRRC Carytown 10k</th>
<th>Jul 24</th>
<th>Cul-de-Sac 5k #3</th>
<th>RRRC Carytown 10k</th>
<th>Apr 30</th>
<th>RRRC Carytown 10k</th>
<th>Jul 24</th>
<th>Cul-de-Sac 5k #3</th>
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</thead>
<tbody>
<tr>
<td>Jan 1</td>
<td>Start of GP Year</td>
<td>May 6</td>
<td>SEES Eagle Challenge 5k</td>
<td>Jun 10</td>
<td>Pony Pasture 5k</td>
<td>RRRC Club Meeting</td>
<td>May 10</td>
<td>RRRC Club Meeting</td>
<td>Jul 29</td>
<td>Pony Pasture 5k</td>
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<td>Jul 29</td>
<td>Pony Pasture 5k</td>
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<tr>
<td>Jan 11</td>
<td>RRRC Club Meeting</td>
<td>May 11</td>
<td>Senior Games 5k</td>
<td>Aug 9</td>
<td>RRRC Club Meeting</td>
<td>RRRC Club Meeting</td>
<td>May 11</td>
<td>Senior Games 5k</td>
<td>Aug 9</td>
<td>RRRC Club Meeting</td>
<td>RRRC Club Meeting</td>
<td>May 11</td>
<td>Senior Games 5k</td>
<td>Aug 9</td>
<td>RRRC Club Meeting</td>
</tr>
<tr>
<td>Jan 15</td>
<td>Willis River 35k, 50k</td>
<td>May 11</td>
<td>Senior Games 10k</td>
<td>Aug 10</td>
<td>Moonlight 4 Miler</td>
<td>RRRC Club Meeting</td>
<td>May 11</td>
<td>Senior Games 10k</td>
<td>Aug 10</td>
<td>Moonlight 4 Miler</td>
<td>RRRC Club Meeting</td>
<td>May 11</td>
<td>Senior Games 10k</td>
<td>Aug 10</td>
<td>Moonlight 4 Miler</td>
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<tr>
<td>Jan 22</td>
<td>RRRC Frostbite 15k</td>
<td>May 12</td>
<td>Holton Hustle 5k</td>
<td>Aug 26</td>
<td>Patrick Henry Half</td>
<td>RRRC Club Meeting</td>
<td>May 12</td>
<td>Holton Hustle 5k</td>
<td>Aug 26</td>
<td>Patrick Henry Half</td>
<td>RRRC Club Meeting</td>
<td>May 12</td>
<td>Holton Hustle 5k</td>
<td>Aug 26</td>
<td>Patrick Henry Half</td>
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<td>Jan 28</td>
<td>Shiver in the River</td>
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<td>Blaze’n Trails 5k</td>
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<td>Global Running Day</td>
<td>Oct 28</td>
<td>Trick or Trot 5k</td>
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<td>Jun 14</td>
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<td>Thanks Dad 5k</td>
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<td>GCA Trailblazer 5k</td>
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<td>End of GP Year</td>
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- Race details and registration can be found at [http://www.rrrc.org/events](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](http://www.rrrc.org/page/Grand-Prix). Registration for Grand Prix participation is required.
- Use of RRRC website by other than RRRC events should not be considered a solicitation by RRRC for their charities.

Richmond Road Runners Club Administers or provides Race Services for all Featured Races.

Interested in our Race Services? See [http://www.rrrc.org/page/race-services](http://www.rrrc.org/page/race-services)

If you would like to offer a discount to club members (and get free advertisement here), contact the club at RRRC@RRRC.org.

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10% Discount on Services
James River Physical Therapy
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Free shipping for RRRC members
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10% Off Video Running Gait Analysis
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Where Forest Hill Park collides with the Buttermilk Trail

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