

# [ MILES and MINUTES ]

Publication of the Richmond Road Runners Club

July/August 2017 | Volume 40, Issue 4



## RVA Trail Day

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**50 miles of success** page 15 • **Mountain home** page 20



1978  
Celebrating  
**40**  
years  
running!  
2017

IT'S OUR BIRTHDAY  
AND YOU'RE  
**INVITED**  
TO THE PARTY!



**DOWNHILL FINISH AND  
40TH BIRTHDAY PARTY  
ON THE RIVERFRONT!**  
**NOVEMBER 11, 2017**  
**RICHMONDMARATHON.ORG**

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

#### Club Officers

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

#### Function Heads

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

#### Miles and Minutes

Crystal Koch	Editor
Melissa Savage	Graphic Design

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

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

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

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## [ EDITOR'S LETTER ]



### Trail running. Ultrarunning.

A secret society of runners who prefer to run by themselves or with a small patch of friends, quietly traipsing on dirt, only sometimes throwing out a thought or two.

Men have dominated trail and ultrarunning for a long time,

surpassing the gendered participation rates in marathon by half. It wasn't until 1974 that Western States became a thing and now it's the Boston Marathon of ultrarunning.

(Oh yes, you have to qualify in order to be entered into the... lottery. There is no guaranteed entry upon completion of the qualifying race.)

Elusive may be the best way to describe the trail and ultra community. We prefer to experience nature and not worry about car traffic or reflective gear. The trees and myriad wildlife don't need to see as much as hear you coming. Bear whistles are talked about. Singing happens. Humbling is the trail no matter where you begin.

Trail magic is, well, magical.

Nature's kisses are when you fall and maybe even get bloody. We give fist bumps and awards for best blood.

And you never really know what you're going to see when on trail. Surprises such as bicycles hanging from trees may await your turn.

Inside this issue are the handful of male trail runners able to be coaxed out of hiding. One didn't need much, you might recognize him as the face of the Monthly Trail Run, which you should do soon. We insist.

Ralph worked hard training for a 50 miler he got to actually finish well before the cutoff, a goal he tried to accomplish a few times before.

*continued on page 5*

**On the cover:** Michael Wardian, elite ultrarunner, visiting RVA, photo courtesy Jesse Peters.



Richmond Road  
Runners Club



@rvaroadrunners



# [ PRESIDENT'S MESSAGE ]



## What's next?

As we again welcome warm weather, lots of daylight, a farewell to pollen, and the arrival of the official Marathon Training Team (MTT) program in June and its sister program, the Half Marathon Training Team (HMTT) in August,

we find ourselves in the Nirvana season for runners.

But if we want to enjoy this, we need to be conscious of two challenges that runners face – staying safe when we run and avoiding injury so we can run. I would like to use this letter to share some of my thoughts on these two subjects. If you have additional suggestions, please feel free to post them on Facebook.

*Miles and Minutes* contributor Erin Williams wrote an article in the **Nov-Dec 2016** issue about the importance of having proper reflective clothing and lighting so we can see and be seen. Please go back and read that article if you haven't already done so ([click for link](#)).

Here are other practices runners should include in their daily runs to stay safe.

**Personal safety.** If you were one of the 300-plus women who attended the “self-defense for runners” classes sponsored by RRRC and taught by Master English, you learned to be more aware of your surroundings and how to protect yourself while running. There was an amazing response to this program.

The club initially agreed to sponsor 100 attendees, figuring we might have up to 20 participants for each of the five nights of the program. Word spread quickly, so we had to double the number to 200, and within 48 hours all spots were filled. We then arranged to sponsor three more nights the following week – an additional 120 spots – and all but four of those spots were filled. That's 316 participants, many of them mothers and daughters.

This program is an excellent example of how your club supports running in Richmond. We may sponsor another week of similar training in the fall based on demand. Please stay tuned for details.

One other key to safe running is respecting traffic and being aware of moving objects (cars, trucks, motorcycles, bicycles, etc.). Frankie Gerloff sums it up in one easy-to-remember acronym – RAMS (Respect All Moving Steel). He has

another acronym he preaches to his winter marathon and half marathon training teams – PRS (Proactive Running Safety). Be proactive when you run, be aware of your environment, and obey all traffic signs and rules. Wearing headphones is definitely not recommended because they reduce your awareness of sounds that might spare you from death or injury. Safety is a primary goal of all RRRC training programs and races. When we run the roads and trails, we share them, we don't own them.

**Injury.** Recently I have been dealing with a hamstring and piriformis issue that has kept me from running for about a month. I have seen a doctor, had Graston Technique (it's on the web, look it up), acupuncture treatments, and have done lots of aqua jogging (talk about mind numbing). Do I miss running? I can't tell you how much. It brings to mind the adage, “When you lose something, you realize how much you love it.”

Other than an accident, the only thing that will keep most runners on the couch and not running is an injury. During the 40-plus years I have been running, I consider myself lucky in that I have suffered only minor running-related injuries: plantar fasciitis, hamstring issues, runner's knee, etc.

In the past, like most runners, I tried to run through injuries. I have had my runner's knee treated with injections (chicken juice, a non-steroid), and the effects lasted about 2,000 miles before the next injection. It was kind of like an oil change to keep the parts moving smoothly and pain free. At the most I would be sidelined for one to two days after each injection. Plantar fasciitis or hamstring issues might have sidelined me for maybe a week, and in my younger and dumber days I would just run through the pain. Don't we all?

Well, I am now unquestionably older and possibly wiser – a subject for debate – and I have determined that running through injuries is not a good long-term solution. In the twilight of one's running career, the window is still open but not as wide as when we were in our 20's, 30's, 40's and even 50's. So if your goal is to achieve longevity in running, it's important to listen to your body and not your ego. Run for life, not just today.

When you do get injured, be sure to get professional medical advice from someone who understands runners and running injuries. Yes, you need to pay attention to both the physical and mental sides of your injury. There is a vast array of options out there, from physical therapists to sports medicine physicians to specialists for certain injuries.

*continued on page 5*



## RRRC Board Minutes

May 10, 2017

**Participants** President – Bill Kelly, VP Marketing – Ed Kelleher, VP Operations – Jim Oddono, Treasurer – absent, Secretary – Rosie Schutte

Sarah Akin, Alan Baugh, Dawn Eberhard, Jamie Ficor, Joe Flynn, Don Garber, Mara George, Marcy George, Michael George, Mark Guzzi, Kiersten Helgersen, Crystal Koch, Sarah Lasker, Mike Levins, Sam Lowe, Jeffery Luke, Michele Marr, Glenn Melton, Kirk Millikan, Jodi Miller, Skeeter Morris, Steve Nolan, Rebecca Randolph, David Trump, Jeff Van Horn, Bill Webb

The April 2017 meeting minutes were approved.

**Treasurer's Report** – Ralph Gibbs was not in attendance but submitted his reports.

**Operations** – VP Operations, Jim Oddono discussed the club race and contract calendar and the personnel needs. Staffing was assigned for upcoming races. The upcoming contract races, Holton Hustle, Blaize'n Trails, Ash Creek, and Autism 5k, all need volunteers. The following club races were discussed:

*Stratford Hills* – Mike Levins stated the registration is open for both the 10K and volunteers. More of both are needed. Mara will be timing so the race will be chipped. (Yea, Mara!) This is the 2017 RRRC 10K Championship event. Police have been contacted and Parade Permit received. Portable toilets have been ordered. Additional Insured Certificates have been requested.

*Thanks Dad 5K* – Sarah Akin presented the preparations for the race. Her goal is to make the race a family event which will include various activities for the children and parents.

*Cul-de-Sac* – Tammy Harrison was not present at the meeting, but sent the following report: Registration opening goal is May 15th. I'm meeting with RSU guru on 10th to learn how to set up series in RSU. Permit & school secured for July 10, 17 & 24. Letters to residents distributed. Fire Dept & EMT on call. PPU will be held at Lucky Road, date/time TBD. Pending timing details (Anne or Mettle?). Will be forgoing awards until final race. Suzen Collins will be Volunteer Coordinator. Skratch Labs will be Cul-de-Sac's official electrolyte/hydration beverage in addition to water. The purchase of a misting appliance to be used as a cooling station is being investigated.

*Toy Run Update* – Bill Kelly informed the board that Jason Walters has stepped down from the board and race directing, citing constraints on his time. He asked for anyone interested in becoming the race director for the Toy Run to please speak with him after the meeting.

**Volunteers** – Tammy Harrison was not in attendance, but sent the following report: Thank you very much to Dave

Trump & Jim Oddono for all their recent help. All events that are open are in need of volunteers. Please share with your friends personally and on your social media pages to keep the awareness above the line. As we continue to move forward with timing more of our own events, we'll need more individuals who are willing to learn how to assist our timers as well as our usual volunteer positions.

**Banquet** – Diane Glaze gave us the new date for the banquet which is March 3, 2018.

**Grand Prix** – Rosie Schutte updated us, saying spring volunteers and races are being added. The quarter ends June 30th.

**Scholarship Committee** – Sam Lowe let us know applications are starting to trickle in, the majority (10-15) of which will come in the last week of May. Committee will be meeting mid-June for candidate finalists.

**Social Media** – Chris Mason said the RRRC Facebook page stayed consistent throughout the early portion of April with an increase in activity toward the end of the month. We added 25 more likes to our FB page which is solid growth for us inside a 30-day window. The page is being used to promote our local events as well as to share pictures of our running community taken at various RRRC events, the Monument 10k, Ragnar and even the Colonial 200. Social media was also highly utilized to handle questions and concerns regarding the Carytown 10k event via public posts and private messages.

Our Instagram account had a BIG month. We had our first 100+ 'liked' post which was brought on by support for our local and national runners in Boston. The total number of followers who liked that specific post is equal to 1/10 of our followers so it's good to see what post types drive traffic to our page. We are averaging 60-70 likes for most of our other local posts, etc., so it seems our page is gaining more and more traction.

**RunSignUp** –

**Membership** – Mara George said all is going smoothly.

**Race posting** – Dave Trump

- Set up registration for the Women's Self Defense for Runners and the New Runners Team.
- Have the Summer Track Series ready to go once the donation payment account is established by Collegiate Running Association. It is a simple set up of one-time, on-line registration to obtain the waiver agreement and emergency contact information.
- Made sure all races and all training teams ask for an emergency contact's name and phone number during registration.

*continued on page 4*

## RRRC Board Minutes

*continued from page 3*

- Created first version of the how-to guide on “Setting Up a New RRRC Club Race in RunSignUp”. Will do a similar guide on setting up contract races.
- Working with Tammy and Mara on setting up the Cul-de-sac 5K series and Pony Pasture 5K, respectively. Cul-de-sac 5K registration should open soon.

**RSU Feature Update:** The Volunteers section of RSU makes it easy for a Race Director to define and recruit/assign coordinator roles (e.g., course marshal coordinator or water stop coordinator). The coordinator can be given limited access to the RSU system. He/She can see who is signed up to volunteer for the tasks under his/her purview and use RSU to send emails to those volunteers.

**RunSignUp Symposium** – Dave Trump mentioned the workshop will be held in Philadelphia July 17-19. Dave proposed that 2 people from the club attend, at a cost of \$500 each. The motion was seconded and passed to send 2 people from the club for a cost of \$1,000 total.

**Website** – Nikkia Young was not in attendance, but sent the following report: Ralph and I will be meeting with the good folks at RunSignUp in the near future to talk about the migration.

**New Runner Program** – Bill Kelly reported that it has 30 people registered.

**Trail Running Site** – Mark Guzzi and Jeff Van Horn are supporting a trail running site on National Trail Day/RVA Trail Day, Saturday, 06-03-17, 08:00 to 12:00. To be done with the authority of the JRPS, and as coordinated with Lucky Road. Mark is planning to have guided trail runs on that day and will be looking for volunteers to lead that. He will work with Dave Trump to get that set up on RunSignUp. Mark proposed the club spend \$250 to support Trail Running Day. The motion was seconded and passed.

**Flying Squirrels Game Night** – Mike Levins proposed the club, once again, sponsor a night at the baseball game for up to 100 club members. The motion was seconded and passed. Mike will poll the board via email as to the preferred date.

**City Stadium Group** – Kiersten Helgerson thanked the club for their support throughout her time coordinating the Saturday morning running group. She introduced Rebecca Randolph and Jodi Miller who will be among those taking over when Kiersten moves.

**Women's Self Defense** – Bill Kelly said the workshops sponsored by RRRC were extremely successful and the club may look into a follow-up program in the fall.



Skeeter, aka Richard Morris, reintroduced himself into the world of ultrarunning by winning the Eastern Divide 50k AND setting the course record of 3:40:23. The previous course record was 3:45:14.

**Investment committee** – not in attendance, but sent the following report: The treasurer, president, Craig Minyard, Michael Muldowney, and Don Garber will have a tentative meeting week of 6/5/17.

**Trial Administrative Coordinator** – Bill Kelly proposed we hire a person to compile race director documents, race day procedures, set up files, and develop a guide for emergency protocols, for a period of 6 months. He proposed the club pay \$1,500 for the administrative position. Bill Webb responded, saying the position is needed but wanted to see the job description. Rosie Schutte asked for a full job description before it was put to a board vote. Ed Kelleher suggested the vote be postponed. The proposal was tabled for a month.

A motion was made to adjourn the meeting. It was seconded and approved. ■

## President's Message

*continued from page 2*

But don't ignore your injury. In the words of RRRC elder statesman Michael George, people do some dumb things when they put on running shoes.

I hope this advice helps at least one runner – as long as you're not competing in my age group when I recover.

I usually end my letter with "Gotta Run". A better sign-off for this letter is, "Hope I Can Run Soon".

P.S. I am pleased to announce that past RRRC president Michael Muldowney has been selected as the new Virginia state representative for the Road Runners Club of America, the governing body for most road runners clubs in the U.S. Michael has some big shoes to fill: He's succeeding Goody Tyler from Norfolk, who is taking a seat on the RRCA Board. We were lucky to have Goody as our state rep, and I am sure Michael will do a great job for all the runners in Virginia.

For those who are new to Richmond Road Runners and do not know Michael, let me share a little background. He has been a runner since 2005 and a member of the Richmond Road Runners Club since 2006. He has served as the club's president and vice-president, and has worked as a timer, a race director, and leader of the new runners group. For his achievements as RRRC president in 2014-15, he was recognized last year as club president of the year out of all the roughly 2,500 clubs in the RRCA. When not running, Michael is a consultant to small businesses, assisting them with financial, banking, HR, leadership and management matters. He and his wife and running partner Fran are the proud parents of two daughters. ■

**Bill Kelly** | President



## Summer Social

The July 12th meeting will be held at the **Summer Track Series** at the University of Richmond track near the Robins Center.

**6:00 PM**

Board members are encouraged to bring food and drink to share. The club will provide water/soft drinks and snacks.

**crystalball30@gmail.com** for details.

## Editor's Letter

*continued from page 1*

And then the pictures. They don't do the serenity of the woods justice, but they're a start. Hopefully they urge your soul in the right direction. There is truth and connection to be found in nature, alone with only yourself for company.

Beware of stick snakes and bear stumps though. Or a woodpecker's throttle that sounds like a growl. They're tricky buggers.

Keep your eyes peeled for that little bit of trail magic or maybe those cairns stacked not so randomly.

Winks from the Universe; you're in the right place at exactly the right time.

Till then, enjoy. ■

**Crystal Koch** | Editor



Maria Elena Calle displays a Virginia General Assembly resolution in her honor. The framed resolution was presented to the former VCU track and cross-country All-American at a Memorial Day weekend cookout on May 28.



# Raineycheck Marathon

## *the day a running community stood out*

By Kit Forrest



Rainey Niklawski hoped it was just pre-race jitters that had her up sick at 1:30 AM on March 19, a few hours before her first marathon. The second or third time she threw up she knew she wasn't going to be running Shamrock like she hoped.

By 6AM her husband Kile was driving her to the ER.

Her friends Liz Gunn and Liz Shoenfeld were running the half marathon. Liz G. was planning to pace her for the last few miles after they finished, and Liz S. was pushing hard for a new PR. They were about to start running when Rainey sent them a message that she was headed to the hospital.

Rainey contacted J&A Racing to see if there was any way to defer. That wasn't possible, but they did offer to send her the medal and other swag so she could earn it through a virtual marathon on her own. She picked a date, Liz G. created a Facebook event (Rainey wanted it private for the sake of her nerves) and the Raineycheck Marathon was born.

The plan was to have a few people keep Rainey company, and maybe a couple of water stops along the route. Says Rainey, "I did know they were planning to do a marathon redo for me and I knew they were going to be there, and I knew they were going to make an event and that I had suggested people I wanted there, but I never imagined it would be more than, like, them and a couple of my closest friends."

Liz G. got a surprisingly enthusiastic response to her new event. "We had no idea. Liz and I knew we'd split the course, and we'd wear hydration vests to make it the whole way. We thought some folks would come out and help with SAGs, but we didn't have any clue the degree to which it would blossom. We invited runners we knew, we invited runners to invite runners they knew, and Rainey gave us a few names to make sure we didn't miss."

Shortly before 6AM on May 27 the weather was warm and clear, a stark contrast to the cold rain the Liz's pushed through at Shamrock. 15-20 people were gathered around the PA system in the back of Chris Pearce's truck – half in running gear ready to set off with Rainey, the other half waiting to go out and support.

The National Anthem played and she was off.

Liz S. ran the first half with her. “She knew there would be water stops somewhere along the course, and she knew generally we had invited people to come out to run and SAG. But that’s about it. I remember during the first couple miles, one of the runners with us let it slip that Pam Hunter had a SAG about a mile up the road. Her face lit up and she said, ‘Pam?! Pam’s here?!’ She was so excited.”

Rainey’s reaction after finishing, “I could not have possibly been more surprised and touched to even see who showed up to see me off at the beginning...but I didn’t relax until at least mile 7. By the time I saw the crowds at the halfway point I had been near tears several times. I can’t believe so many people came out for ME! I still don’t. Runners are so wonderful.”

The bottom of the hill on 5th Street at Brown’s Island was like a party. Everyone was getting ready for the guest of

honor – making signs, prepping post-race food, mixing recovery drinks, taking pictures – and getting more and more excited as status reports trickled in.

“They just left the SAG on Brook.” “They’re on Lombardy.” “They just turned onto 2nd.”

Suddenly, in the distance up 5th, in a bunch of runners, a sparkly green skirt led the crowd. She was too far away to hear, but the cheering started. She came around the final curve and two intrepid volunteers stopped traffic and spread a finish line, and just like that she was across, all tears and giant smile, accepting finisher’s medals from her kids and hugs from the rest of us.

Richmond has a special running community. Two wonderful friends set this in motion for Rainey, but all of us made it into something special – not just for Rainey but for everyone.

Thank you. ■





# [ VOLUNTEERS ]

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

## Short Pump Middle School 5k

**Saturday, April 22, 2017**

Christina Greulich, Julie Jones, Ed Kelleher, Bill Kelly, Eric Nachman, Jim Oddono, Morgan Silverstein, Suzi Silverstein, Bill Webb

## Carytown 10k

**Sunday, April 30, 2017**

**Race Director:** Anne Brown

Sarah Akin, Julie Arendt, Erin Austin, Eva Beck, Amy Black, Mary Beth Blend, Sienna Bronson, Laura Clark, Suzen Collins, Eric Collins, Tanya Cruz, Bill Cullen, Clayton Dixon, Dawn Eberhard, Philip Fennell, Kristin Fessick, Kelcie Fisher, Kendall Fletcher, Joseph Flynn, Jason Ford, Jennifer Fox, Angie Gan, Mara George, Marcy George, Michael George, Mark Guzzi, Lydia Gyurina, Mary Beth Hall, Allison Harris, Kelly Harris, Patty Henson-Dacey, Jenn Hoakiko, Gregory Hodge, Pam Hunter, John Hurley, Nancy Jakubec, Meredith Jordan, Lee Keyt, Sean Kinnear, Crystal Koch, Jon Kovarcik, Kim Kovarcik, Annika Larsen, Kathryn LaRosa, Atle Larsen, Jakob Larsen, Dwight Layne, Jason Lee, Grace Locke, Jennifer Lovings, Jeffrey Luke, Reese Maccabe, Brooke McCleskey, Toni McCleskey, Catherine McGuigan, Kirk Millikan, Eric Nachman, John Nelson, Meredyth Nelson, Curtis Newton, Linda Newton, Johanna Piper, Jerry Pisecki, Sam Portillo, Rebecca Randolph, Maizah Rashid, Won Rinthalukay, Amanda Roberson, Emma Roberson, Jennifer Roberson, Jessica Roberson, Jessica Roll, Rebekah Rubin, Erica Sabol, Colin Schoenhaut, Doug Schutte, Paige Spencer, Emma Tiller, Rachel Tiller, Mildred Tompkins, Ines Tomsig, Jenni Treadwell, Dawn Walker, Bill Webb, Christina Webb, Margaret Webb, Allen Wilson, Vamsi Yadavali, Nikkie Young, Amber Zarger



Saturday packet pick-up volunteers for the Carytown 10k



On-site registration at 2017 Carytown 10K.

## Holton Hustle 5k

**Saturday, May 13, 2017**

Andrea Beyer, Amy Black, Anne Brown, Pam Faulkner, Kim Giska, Mark Guzzi, Victoria Hauser, Crystal Koch, Barbara Leonard, John Leonard, Michele Marr, Jim Marr, Glenn Melton, Taylor Rolfe, Betsy Somerville, George Somerville, Jenni Treadwell

## Blaize'n Trails 5k

**Saturday, May 13, 2017**

Joel Cabot, Addison Hagan, Janice Hagan, Ed Kelleher, Crystal Koch, Mike Levins, Glenn Melton, Darwin Richardson

## Ashcreek 5k

**Saturday, May 20, 2017**

Anne Brown, Stephen Brown, Mark Guzzi, Bill Kelly, Jim Marr, Colleen Moore, Steve Nolan

## Senior Games

**Thursday, May 11 and Friday, May 12, 2017**

**Thursday:** Mike Levins, Bill Kelly, Michael George

**Friday:** Mike Levins, Michael George

## Autism 5k

**Saturday, May 27, 2017**

Jennifer Collins, Mara George, Marcy George, Michael George, Mark Guzzi, Kelly Harris, Colin Schoenhaut, Betsy Somerville, Tim Stewart, Nikkia Young



**Stratford Hills 10k****Sunday, May 28, 2017****Race Director:** Mike Levins

Sarah Akin, Jim Cieslak, Corryn Constantine, Fyad Constantine, Jady Constantine, Tim Craft, Nick Doukas, Dawn Eberhard, Mara George, Marcy George, Michael George, Addison Hagan, Janice Hagan, Kelly Hall, Mike Hall, Taminator Harrison, Patty Henson-Dacey, Gail Holstrom, Pam Hunter, John Hurley, Nancy Jakubec, Addison Jones, Diane Glaze Kelley, Crystal Koch, Gary Leader, Jennifer Levin, Sarah Look, Brad Lowery, Jeffrey Luke, Michele Marr, Glenn Melton, Dean Miller, Ed Murray, Katie Murray, Herb Norton, Lou Norton, Jim Riordan, Rosie Schutte, Alex Shelton, Lydia Shelton, Sam Shelton, Tracey Sikes, Betsy Somerville, George Somerville, David Trump, Jeff Van Horn, Courtney Vaughn, Bill Webb, Robert Woo

**Thanks Dad 5k****Sunday, June 18, 2017****Race Director:** Sarah Akin and Dean Miller

**Saturday Packet Pickup:** Brendan Conway, Chris Cruz, Marcy George, Michael George, Megan Molnar, Colleen Moore, Jenni Treadwell, Evan Shaw, Nikki Young

**Race Day:** Anne Brown, Stephen Brown, Brendan Conway, Nikki Cox, Mara George, Marcy George, Michael George, Terri Gerloff, Mark Guzzi, Martha Hodges, Frank Jacocks, Ed Kelleher, Bill Kelly, Crystal Koch, Michele Marr, Glenn Melton, Kirk Millikan, Angela Monleya, Karen Reams, Rosie Schutte, Evan Shaw, Christine Thompson, Gabi Wechsler

# IN REMEMBRANCE

*Courtesy Jamie Demetri, husband of Will Humphries:*

Will was new to races after being inspired by his friend Donna and my little sister Alyssa, both who had gotten into the race lifestyle a couple years ago. He was so excited to be completing his first race with the both of them and was definitely on a new path of fun and excitement. While he was brand new to the running community, you stepped in right away to offer a loving embrace of friendship and camaraderie.

Will was an amazing spirit. He had an infectious laugh and smile and enjoyed spending time in our community of friends and family. He was fiercely loyal and always stood up for what was right and took care of others.

Many of our community have felt an overwhelming sadness or guilt that has tainted the joy you have had in participating in or managing events like this. We want



to tell you this could have and would have happened anywhere and at anytime.

I am grateful that my husband received the best care and opportunity by those individuals at the race and that he died finishing something he was proud to accomplish surrounded by a community of amazing love and spirit to send him forward to his afterlife and not alone somewhere. Please remember the joy Will had to accomplish this and let that joy wash over you and calm your troubles and help to heal your wounds.

Thank you and we leave you with this blessing: May the road rise up to meet you, May the wind be always at your back, May the sun shine warm upon your face, and until we meet again, May God hold you in the palm of His hand. ■

## Heel Whip When Running

By Damien Howell, PT, DPT, OCS



There is a growing body of evidence and consensus among healthcare professionals that the manner of running contributes to the risk of repetitive use injury, and that gait retraining is an effective intervention for managing repetitive use injury. There is less consensus and much debate on which movement faults are more important. Common movements

that can be easily observed with slow motion video analysis are: foot strike pattern; knee flexion during stance; hip extension during stance; trunk lean; stride length; vertical displacement of center of mass (up and down motion); rate of impact loading (sound); and pronation. All of these parameters have been linked to the development of repetitive use injuries.

Recent work by Richard Souza of University of California San Francisco identified an interesting movement fault not commonly recognized which may be of importance he describes as “heel whip”. Heel whip is a medial (inward) or lateral (outward) rotation of the foot (heel) relative to the mid-line of the body occurring when the foot comes off the ground. It is best observed from behind the runner. If you are self-assessing whether you have an excessive heel whip it requires a video recording or photo taken from behind.

The picture below is taken from an article by Richard Souza et.al. (2015) shows the right foot coming off the ground, the heel rotates medially (towards the mid-line of the body), and the toe is rotating laterally (away from the mid-line of the body). This movement is named according to the direction the heel moves relative to the mid-line of the body. This picture shows medial heel whip. Other investigators use the

term “adductory twist” (Keven Kirby DPM 2009). Dr. Kirby has an excellent video demonstrating adductory twist on his YouTube channel.

In some individuals the heel whip occurs in the opposite direction. The heel moves away from the mid-line of the body and the toe moves towards the mid-line of the body. This is called lateral heel whip or abductory twist.

In my experience when I ask patients “how do you feel about your running form?” often they say, “I have been told I have a kick out” on one side. I believe this is an asymmetrical excessive heel whip.

A heel whip is a normal movement that occurs in all runners. Dr. Souza did an interesting study of 256 recreational runners (both non-injured and injured runners) and determined more than half had heel whip greater than 5°. There were twice as many medial heel whips as lateral heel whips. The magnitude and/or speed of heel whip between the right side and left side can be different.

Gait analysis traditionally focuses on the stance phase, when the foot is on the ground. Stance phase is when forces are much larger than the forces occurring during swing phase, when foot is off the ground. Heel whip occurs at the transition from stance phase to swing phase. It is likely that the root cause of the heel whip is related to forces developed during stance phase and the excessive movement is occurring because of the recoil or elastic stored energy that happens because of the friction between the bottom of the foot and the ground.

The mechanics of heel whip is complex and multi-faceted. A ground foot interface which has greater friction has greater likelihood of mismatch of clockwise and counterclockwise movements and forces that are occurring in the lower extremity, pelvis, trunk, and arms. One factor affecting the magnitude and/or velocity of the heel whip is the amount of friction between the bottom of the foot and the ground. Greater friction will lead to larger and/or faster heel whip. Shoes with good traction, cleats or waffle soles increase the amount of friction. Barefoot or skin has more friction than some shoes. Surfaces which have less friction, such as carpet, pea gravel, clay tennis courts, and wet grass, are going to have less friction than the treadmill belt, cement, or asphalt surfaces.

### Heel Whip and Injury

It has not been determined if large and/or fast heel whip is

*continued on page 12*



## The 8 Causes of ALL Runners' Injuries and How to Avoid Them: 3. Lifestyle Habits

By George Lane, DPM, FACPSM, FACFAS



An important aspect of avoiding running injuries often taken for granted is how you take care of your feet and body when not running. Although there are many aspects of non-running activity to consider, several important things that are often overlooked and can be managed relatively easy are the following:

■ **Poor footwear** – running will fatigue the feet and lower extremities, and walking around on unnaturally hard surfaces in

poorly supportive footwear can increase the risk of injuries such as plantar fasciitis, stress fractures, and a host of others. Lace-up running shoes with good cushioning and support are a good choice. Examples of poor footwear include flip flops, tight fitting dress shoes, or high heels. If you must wear less than ideal footwear, try to find the most comfortable and supportive version possible of that footwear, and keep your time walking around in that footwear limited. For example, choose flip-flops that have some arch support built into them, have good cushioning, and are not overly flimsy (Fig.1). Although some time barefoot on grass or softer surfaces is an excellent way to stimulate your feet and foot muscle activation, excessive time barefoot, especially on hard surfaces, may cause excessive strain and lead to injury.

■ **Ergonomic factors** – take a look at how much time you are seated, how you are postured when sitting, and what you are doing with your hands, arms, and legs while sitting. “Texting neck syndrome” is a real thing (Fig.2). If you spend enough time in a poor postural position, your walking and running posture may be affected as well, which can result in injury. Likewise, if your body is fatigued from running, poor postural positions while not running can result in aggravating fatigued structures. The traditional seated position places the hip joints in a flexed position which, over time, may lead to loss of proper range of motion of the hip joints when trying to extend backwards, which is key to maintaining proper running form. Running with poor hip extension can



Fig.1. Flip-flops: Poorly supportive (left), supportive (right).

cause excessive strain on the back and the hamstrings, and cause compensations in the way you run that could lead to a multitude of possible injuries. It is therefore important to monitor your posture and try to maintain good posture when seated and when using computer keyboards, texting, or reading. It is also a good idea to get up frequently and do some dynamic stretching or walking. The book, *Anatomy for Runners*, by Jay Dicharry, has some good self-assessment tests to evaluate if you have postural imbalances or joint immobility, as well as exercises to correct those issues. [http://www.barnesandnoble.com/p/anatomy-for-runners-jay-dicharry/1110788810/2686672832118?st=PLA&sid=BNB\\_DRS\\_Marketplace+Shopping+greatbookprices\\_00000000&2sid=Google\\_&sourceId=PLGoP24104](http://www.barnesandnoble.com/p/anatomy-for-runners-jay-dicharry/1110788810/2686672832118?st=PLA&sid=BNB_DRS_Marketplace+Shopping+greatbookprices_00000000&2sid=Google_&sourceId=PLGoP24104)

- **Lack of adequate sleep (at least 7 to 8 hrs./night)** – Sleep is the time our bodies do most of their “recovery” work from the breakdown that running, as well as the other stresses of waking hours, creates. Studies have shown that for the vast majority of people, consistently getting less than about 7 to 8 hours of sleep per night can significantly increase levels of fatigue during waking

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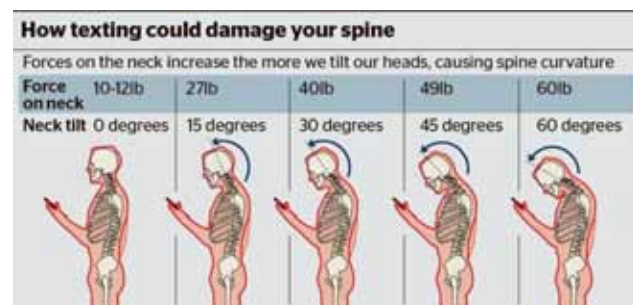


Fig.2.



## Health & Wellness

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predictive or associated with running injuries. Dr. Clare Milner of Drexel University has measured the twisting force (free moment on transverse plane) associated with heel whip during stance phase when running, and was able to predict 66% of the cases of tibia stress fracture in runners.

It has been my experience that injured runners with a larger amount and/or rapid heel whip on the injured side of the body report injuries such as plantar heel pain; medial tibia stress syndrome, tibia stress fractures, patella femoral arthralgia, iliotibial band syndrome, and hip tendinopathy.

If the magnitude of the heel whip is asymmetrical showing larger and/or rapid heel whip on the injured side compared to the non-injured side, this relationship deserves deeper investigation. Until more research and evidence becomes available showing a relationship between large/fast heel whip and injury, my recommendation is:

### If you see this:

- Asymmetrical large and/or fast heel whip and there is a repetitive use injury on one side
- Asymmetrical shoe wear on the sole of the shoes underneath the ball of the feet
- Asymmetrical shoe wear in the area of the forefoot suggesting the forefoot is sliding off the bed of the shoe
- Consistent asymmetrical arm swing, trunk/pelvic rotation

### Don't do this:

- Run barefoot
- Use shoes that have good traction or cleats
- Choose to run on surfaces with good traction or high levels of friction between the bottom of the foot and the ground: treadmill belts, and cement.
- Habitually sit with asymmetrical posture crossing knees or side saddle sitting

### Do do this:

- Ask a Physical Therapist to perform examination to look for asymmetrical osseous boney alignment or movement such as: residual asymmetrical clubfoot, asymmetrical range of motion tibia rotation (medial and lateral), hip rotation (medial and lateral), and spinal pelvic rotation related to scoliosis

- Ask Physical Therapists to assess the stiffness of the anterior portion of the Iliotibial band (TFL) versus posterior portion (superficial gluteus maximus) of the iliotibial band. If there is asymmetrical stiffness of iliotibial band this needs to be addressed with appropriate intervention
- Select shoes in which the soles have less traction or friction
- Choose to run on surfaces which have less traction or friction (gravel trails, wet grass, artificial turf)
- Ask if there is conscious modification or cueing to decrease the magnitude and/or speed of the heel whip. Unfortunately, at this time I am not aware of gait retraining cues that might alter large and/or fast heel whip, yet. ■

*Damien Howell is a board certified orthopedic physical therapist. If you have questions, comments, or suggestions you can reach him at [Damien@damienhowellpt.com](mailto:Damien@damienhowellpt.com)*

## Foot Notes

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hours. Intensive exercise such as regular distance running can demand even more need for adequate sleep time, with recommendations of 8 to 10 hours/night. It is therefore important to maintain awareness of your sleeping hours to assure you are not robbing yourself of this precious aid to body recovery and rebuilding. For some good reading and tips on this, see:

<http://www.active.com/running/articles/how-much-sleep-do-runners-need>

[http://running.competitor.com/2014/05/recovery/better-sleeping-for-better-running\\_77427](http://running.competitor.com/2014/05/recovery/better-sleeping-for-better-running_77427)

By taking the time to evaluate your lifestyle habits you may find that certain things you are doing may be contributory to developing a running injury, and by taking the proper measures to change your habits or patterns, your risk of injury may be significantly reduced. ■

*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](mailto:footmender@aol.com).*

# Further down the road less travelled

By Brian Hapeman

I remember distinctly the moment during my first 10k when I thought “just imagine finishing these six miles then going back to the start line and doing it all over again! It’s crazy!” That was in 2013. This April I finished my first 100k.

So, what happened? How did a self-avowed hater of running become one who runs long distance?

A short answer is because I can.

The real reason for the transformation is more complex and personal, but I’ll share one component of it – the sense of accomplishment after completing a race is addictive. Despite swearing during my first marathon that I’d NEVER run another (it occurred on Brook Road between miles 22 and 23 and I used an adjective that rhymes with “brother-ducker”), within a few weeks I found myself craving the “finishing feeling”. I wanted more of the rush of self-satisfaction that comes from knowing you’ve accomplished something difficult, something that only a tiny percentage of the population attempts. And I found myself wanting to test my boundaries and explore the distances beyond the horizon. If I can finish a marathon, then how about a 50k? Fifty miles? One hundred?

Ultras are appealing on many different levels:

- They typically are low key, smaller events; the small-town version of city races. There is a closeness and companionship with the other runners that paradoxically can get lost in a race with thousands.
- Ultras offer better aid stations. Each is a mini-buffet, a little food oasis in the forest. Often during a run, thoughts of reaching the next AS are all that keep me moving forward during tough moments. Knowing there is a short stop with food that breaks up the mileage and allows for a brief pause to collect myself helps tremendously.

- There is something primal about running through woods and across fields, connecting physically and emotionally with the environment.
- Pace and finishing times are completely relative. I’ve finished two 50 mile races. My first was at the Belmead Trail Fest in 2015. The second – West Virginia Trail Trilogy in 2016 – was a race for which I had trained longer and had much more experience on which to draw. It was also my best race with regards to my mental attitude and physical fitness, yet there is a difference of over two-hours between the two finishes. Take a guess as to which one of them was faster? If you said the second race, you’re wrong. The first race occurred on easy, non-technical single-track with very little elevation gain. The second had thousands of feet of elevation gain on difficult trails in the pouring rain. My 50k finishing times tell the same story. The beauty of an ultra is the course has a very big influence on pace. Every race seems incredibly different from the others, even if they are all the same distance.
- Marathons can be a hard slog. You are constantly running at a steady pace mile after mile. Ultras offer a varied pace determined by terrain. Steep hills and very technical trails are often best tackled by a fast walk or power hike. Also, due to the need to maintain energy for the long haul, walk breaks are common and acceptable. Even elite ultra-athletes take moments to walk. I find ultras much easier than marathons on both my legs and mental attitude.

I frequently encourage others to join the ultra-family and usually hear the same excuses. Refreshingly, many people are honest and say they simply aren’t interested in running one. Fair enough, especially considering the time and energy required to train for and run long distance races. If you aren’t fully committed or excited by the challenge, then it’s a wise

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**I wanted more of the rush of self-satisfaction that comes from knowing you've accomplished something difficult, something that only a tiny percentage of the population attempts. And I found myself wanting to test my boundaries and explore the distances beyond the horizon.**

decision. Other reasons; however, just aren't convincing enough to deter you from registering. Let's examine them individually:

***I don't have time to train for an ultra.***

Ok, I'll admit this can be a valid excuse if you're training for a race of 50 miles or more. The demands on someone's time may be too much to allow dozens of hours running each week. But even if that's true, if you really want to finish an ultra, you'll find or make the time necessary to train.

If you want to run a 50k, then I have great news! It's completely possible to finish a 50k using a standard marathon training plan. My very first ultra was a surprise. A year after my first marathon, I was informed by my wife she had registered me for the Belmead Trail Fest's 50k, which was exactly six days away. After a moment of quiet panic and a resigned acceptance of my fate, I decided I'd actually attempt to run it. At the time, I was training to run the Richmond Marathon again. My longest run year-to-date had only been 14 miles yet I still finished the race. Of course, it would have been ideal to have had more time to



Belmead Trail Fest, first 50 miler.



Zion 100k; 10min after this I puked.

prepare, but my point is still valid – you can finish a 50k using marathon training mileage.

***I would get bored running for that long.***

Time is relative during ultras. Every non-runner who hears about my races ALWAYS makes an off-hand comment about being unable to imagine a run that lasts for hours or days. Honestly, when I think about the amount of time it'll take me to finish an upcoming race, I often have the same thought. In reality, every race I've ever finished has gone by much faster than expected. Your mind is so busy enjoying the scenery, thinking about your fueling and hydration, watching your footing, anticipating the next aid station, etc., that time passes rather quickly. During one of my first ultras, I asked an experienced runner how he passes the time. "I daydream" was his response. At the time, as a new runner, I couldn't comprehend taking my mind off the task at hand. Years later, I realize that daydreaming is one of the best aspects of long distance running. The hours spent on the trails are a fantastic opportunity to think through just about anything.

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# Lynchburg Ultra Series

By Ralph Gibbs

**I** like to push myself so in 2016 I decided to run the Lynchburg Ultra Series (LUS). For those that don't know, this is a series of four ultra races that are fairly difficult even by ultra standards in the Lynchburg, VA, area put on by the (in)famous Dr. David Horton and Dr. Clark Zealand. The courses and the cutoffs get tougher and more rigorous as you progress through the series.

The first, in February, is the Holiday Lake 50k++ directed by Dr. Horton. Depending on who you ask, it is anywhere from 32 to 34 miles. Lots of hills, wind and cold are the norm for this race. I finished with 25 minutes to spare before the 8 hour cutoff.

The Terrapin Mountain 50k in March is directed by Dr. Zealand. With 7000 feet of elevation gain, features like Fat Man's Misery, and a downhill scree field that goes on forever, I was hard pressed on this one. I finished under the 9 hour cut-off with just over 5 minutes to spare, running the final mile in under nine minutes terrified I wouldn't make the cutoff.

April brought Dr. Horton's Promise Land 50k. Starting with a 4.25 mile uphill slog, this race is no joke. In fact, there are about

16 miles of climb for about 8000 feet total. The last major climb starts around 26.2 miles and rises 2000 feet over 4 miles up Crabtree Falls before heading back down to the finish at 34 miles. I actually finished with over an hour to spare before the 10 hour cutoff thanks to the efforts of RRRC's own John Hurley. His infectious good spirit and signature "yeah baby" kept me motivated and pushing for the finish.

Despite the strong showing at Promise Land, I realized I was in trouble. The next and last race in the series was the Mountain Masochist Trail Run 50 Miler. Or 53 Miler, or possibly 54 Miler, perhaps 52 Miler. Your mileage may vary and it depends on who you are talking to. With 9200 feet of up and 7200 feet of down, there's a 12 hour cut off for those attempting the LUS.

I've always been a numbers person so I started doing the math. At best, if it was only 50 miles, I needed a 14:24 per mile pace, at worse for 54, a 13:20. At Holiday I managed a 13:40, for Terrapin a 17:12 and at Promise Land a 15:50 average per mile pace. None of them good enough for a 50 mile race that was tougher than any of them. I wasn't going to get this done with just hopes and wishes.

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Finish clock with my crew: Jason Walters, Coach Casey Smith, me, Ashley Dougherty, Henry Gibbs (nephew)

A few days later, I was running the roads of Richmond with my running buddy Rosie Schutte. Over the miles I was explaining my dilemma and how I need to get faster, much faster. She told me I need a coach. In fact, she said Casey Smith was a newly minted coach and was looking to coach someone for the marathon. Rosie told me to contact her.

I knew of Casey, but I didn't know her personally. I did know she had won the 2007 SunTrust Richmond Marathon. I emailed her and we arranged to meet over coffee and discuss her being my coach. Casey told me she was unsure how to coach me for an ultramarathon in the mountains, but she was game to try.

She started asking questions about the workouts I do, my nutrition and cross-training.

Uh...I run. Sometimes long. Sometimes short. Oh and I eat when I run. By the way, what is cross-training? Clearly we both had our work cut out for us!

She dove into researching ultras and decided we should concentrate on speed at first and then work pretty much exclusively on trails and mountains in later stages of training. I was to work on losing weight as that would also help me get faster. So 23 weeks out from race day I found myself looking at my first workout on the spreadsheet:

Warmup: 10-15 min easy running

Workout: 4 x 1 mile threshold intervals, with 4 min easy running btw each 9-9:15 min interval Cooldown: 10 min easy running.

What. The. Hell. Is. A. Threshold. Interval? Well, basically, that's when you run comfortably hard. What? That sounds like an oxymoron. Something akin to "jumbo shrimp" or "definitely maybe". But I was game, so I ran my threshold intervals at a comfortably hard pace (which just felt hard). After the workout, I remember being very satisfied with myself and I told Casey about it.

**All summer long I got faster. Speed work during the week with long runs in the mountains on the weekends. Finally, in July, we had a test of my speed under real conditions. The Cul-de-Sacs! Of course, let's test my speed on (arguably) the hottest races on RRRC's race calendar.**



FINISHED UNDER CUTOFF!

This interaction would go on every other day or so. With each workout, I would provide feedback. Sometimes the workouts would dial back a notch, more often than not they ramped up. Casey pushed me even when I didn't think I was quite ready. But I was always game and worked hard.

Typically Casey would provide me with a week of workouts. I have a Garmin Fenix 3 that provides feedback on virtually every important metric there is. Casey had access to my runs and thereby was able to pore over the details after each. She would then tailor each week's workouts based on that performance.

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For Cul-de-Sac #1 the plan was to warm up for two miles, run the race and then cool down with a mile run afterward. By now I had complete trust in Casey, but I sure was hoping my warm up and cool down for Mountain Masochist wasn't going to equal the race distance. So, two days after running 20 miles in the mountains, including the previously mentioned Crabtree Falls, I toed the line. When the race was over I had run a 26:14. Only 1:30 off my 5k PR on an 89° evening. The next two races were 26:25 and 26:33. Not too shabby considering I was running 45+ mile training weeks with 20 miles in the mountains two days before each race.

We were entering the specificity portion of my training. My long runs were spent exclusively on the MMTR course. Early on in my training I had contacted Martha Wright for intel on the course. Who better to get this information from than a 12 time finisher of the LUS? Each week I would use Martha's notes, U.S. Forestry Service and National Park Service maps to plot my next run on the course. We analyzed my runs from aid station to aid station, recording times, elevations, heart rate, calories burned and calories consumed.

I was running with a friend and fellow competitor, Ike Lacey, who is from Lynchburg. Each weekend I would hand him a highlighted laminated map annotated with turn-by-turn directions as well as time targets between each aid station (AS). Eventually we would run close to 150 miles on the course covering the entire thing except for about a mile on private land in the very beginning and one part of the course between the start and AS1 we never could find despite multiple tries.

Summer turned to fall and race day was approaching. I assembled a team to crew me during the race. Casey Smith, Henry Gibbs, Ashley Dougherty and Jason Walters and I headed to the MMTR course for a final 31 mile training run and shakeout of logistics for the race. Ike and I took off and ran strong all day. It went off without a hitch, except for the tragic loss of my pickle juice into a cooler of icy water. I needed a better plan to keep it safe on race day!

On the morning of November 5th I stood in the inky darkness shivering and waiting to start my final journey after six months of training. I had logged 972 miles over 110 training runs. I was faster. I'd lost 25 pounds. I gained a lot of confidence in the mountains. I had a handle on my race nutrition. I was ready. Nervous, but ready.

The National Anthem played and we were off! I was running well. My headlamp was illuminating every rock and root on the course. My glasses fogged up, so I took them off and shoved them in my pocket with the plan of putting them in my hydration pack at the first AS. Instead, within minutes, I fell, mangling but not breaking them. Guess I would run the rest without being able to see more than 10 feet in front of me. Good thing in trail running you don't really need to be looking more than 10 feet in front of you anyway.

At AS1 I was running under the pace we had calculated for that segment. So far so good. As each AS came and went, I was under pace. I was feeling strong and Ike and I both doing very well. Up and down the mountains we went. Soon we were at the Mount Pleasant Loop. Arguably the toughest part of the course, we had run this loop six times in training. It was said the

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loop had hidden miles and many people went in with time to spare on the cutoff only to come out over cutoff and be pulled from the course. However, it was also said if you made it out of this loop ahead of the cutoff you should be able to make it to the end of the race.

Ike and I breezed through way under cutoff. I won't say it was easy, but the planning and training on that part of the course paid off. Ike picked up a pacer after the loop and I stayed with them for a while, but they were pushing the pace. I learned long ago to run my own race, so I let them go and stayed with my plan and training.

Soon I was on the last section and knew I would come to the last mile or so which was run on a gravel and then paved road. After a few turns, I was on the paved part. About a mile to go and well under time.

Someone was yelling at me. I couldn't see them because my glasses were a crumpled mess in my pocket. I also couldn't make out what they were saying. Crap! Had I made a wrong turn? They were ahead of me and on the other side of the road. I headed toward them. Then I heard them call me "Ralphie". It was Rosie! She had come to see me finish! I hugged her and she yelled at me to RUN!

Another turn and Colleen Moore is standing there cheering me on. I was flabbergasted. I was also on the verge of tears. This means so much. All of it. I was about to finish the race. I had great friends supporting me all day. More great friends came to see me finish. It was all pretty overwhelming.

Soon, through my blurred vision (I swear it was the lack of glasses and not tears), I saw the finishing clock. As it came into focus and I crossed the finish line it read 11:33:52.

Thanks to my coach, Casey Smith, and support from my wonderful friends, I'd done it. I finished MMTR with an average pace of 13:21 for 52 miles. ■





# RRRC Co-Hosts RVA Trail Day

By Mark Guzzi

Saturday, June 3, was National Trail Day, and the Richmond Road Runners Club and the James River Hikers hosted a community-friendly running and hiking event on the North Bank, Buttermilk and Forest Hill Park trails, as well as on Belle Isle and the T. Tyler Potterfield Bridge. The events were a success based on the scores of pleased participants.

As you likely know, RVA has a widely acclaimed urban trail system and has been noticed by such publications as Outside Magazine. This year, the RRRC played a big part in featuring the James River Park System's trails on National Trail Day.

The RRRC saw RVA Trail Day as a great way to get people out of their neighborhoods and onto the single-track wooded trails along both sides of the James River. With clearance from JRPS Superintendent Nathan Burrell, and Trail Manager

Michael Burton, the Club set up for the day's events at the Pump House Drive trailhead.

The Club hosted 6-7 mile trail runs, leaving on-the-hour from 8AM through noon. The runs had a great feel to them. They were come-one come-all events that catered to the capabilities of whoever showed up for a given block. A great amount of attention was given to ensuring the participants had an enjoyable outing on the trails, and hopefully would take them somewhere they hadn't been, or maybe something they've never done – trail running.

In all, the five hourly runs took about 70 runners and their dogs on routes that were custom designed on the spot. Special thanks go out to the group leaders: Tom Calla, Mike Mather, Derek Rowe (two runs), Doug Ash, Spencer Bissett, Crystal Koch, Bob Hamrick and Brian Kelleher (also two runs).

They kept the pace dialed-in to the capabilities of the group participants and provided re-group points along the course so the group remained together. The RRRC provided bottled water and sports drink to those that wanted to drink on the fly and handed out snacks after the runs.

Those running in the 8AM group got an opportunity to share the trail with Michael Wardian, an elite ultramarathoner. To some, that was a very memorable opportunity to run with one of the most accomplished ultra-marathoners. To others, his name was something to Google when they got home and then put it in their book. You may want to Google him now if you've got a few minutes. Go ahead, I'll wait.

Special thanks for supporting the event also go out to Michael George, Stephen Nolan, and Mike Levins.

**The runs had a great feel to them. A great amount of attention was given to ensuring the participants had an enjoyable outing on the trails, and hopefully would take them somewhere they hadn't been, or maybe something they've never done - trail running.**

Last, but not least, the RRRC and the Richmond community of outdoor enthusiasts also owe thanks to Lucky Road Running Store and Road Runner Running Store. They were set up at the Pump House Drive trailhead throughout the day and provided cold beverages, snacks, store coupons and the like. We are certainly fortunate to have those businesses supporting our outdoor addiction in this vibrant community.

Go to <http://jamesriverpark.org> to find out more about one of the more notable natural park systems in the country – right here in RVA!

Interested in getting out on the trails? Please take a look at the running groups posted to the Club's website, or feel free to email me at [markiscool1@hotmail.com](mailto:markiscool1@hotmail.com).

Happy Trails... ■



Derek Rowe geeking out with Michael Wardian.



The 0800 crew about to set off for the Monthly Trail Run.



# Drive-In Sunset

By Doug Ash

**P**hotography and the great outdoors has been a big part of my life over 10 years. Before I bought my first “nice” camera (an entry level DSLR) in late 2009, I would snap a few shots during family events with my dad’s 35mm camera or I would be the one with the disposable camera on hiking trips shooting the amazing views.

My love for trail running; however, goes even further back to the early 2000’s when I joined my middle school’s cross country team. Even though I did track through middle school and on through high school, most of our training was off-road. When I went to college at ODU, road running took over a bit as trails were hard to come by. To get my fix, I often ventured out to Williamsburg. Those trips gave me a perfect spot to test my camera when I first got it. I knew where the sun reflected perfectly on the park’s lake or where that picture perfect broken down rustic shed hid behind some brush. Around the same time – still in college – I found myself completing sections of the Appalachian Trail in Virginia and seeking out

other hikes that I could complete during my free weekends. After dialing down my gear and creating space in my pack, I started carrying my DSLR camera. I took only minimal gear with me on these trips and kept my camera setup light, which allowed me to stay mobile and move fast.

After college, around 2010, I moved back to the Richmond area and a friend introduced me to Richmond’s trail system. I was instantly hooked on the challenging trails right in my backyard. Once I got familiar with the area, I knew where to park before/after my run to get the specific shots I wanted; my camera is too big to carry while running.

I am able to use my mountain landscape photography background and local trail knowledge to give me a unique perspective when capturing the beauty of the James River and surrounding areas. I feel lucky to be able to combine my love for both trail running and photography as well as share it with the community and whoever else is willing to look. ■









# Northbank Trail

**In every walk with nature one receives far more than he seeks.**

~John Muir





Photography by Doug Ash





# CARYTOWN 10K

RICHMOND, VA • 4/30/2017

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Category	Place	Name	Age	Time
<b>Male Overall</b>	1	1	NED FISCHER	25 35:14
	2	2	RYAN SPERAY	26 35:28
	3	3	MARCUS JONES	35 35:45
	4	4	MIKE COLAIACOVO	47 36:05
	5	5	KEVIN PEGGS	31 36:43
<b>Female Overall</b>	1	11	KEIRA D'AMATO	32 38:17
	2	27	TRESSA BREINDEL	38 40:51
	3	28	MELANIE KULESZ	25 40:52
	4	29	JACQUELINE MORGAN	37 41:03
	5	45	BRITTANY HARLAN	26 43:39
<b>Male 5 - 9</b>	1	284	MYLES SWAIN	9 56:15
	2	313	REX FOLKENROTH	5 57:31
	3	379	PARKER MCKAY	8 1:00:38
<b>Female 5 - 9</b>	1	513	ABIGAIL MCKAY	8 1:07:52
<b>Male 10 - 14</b>	1	60	DOEY FRICK	12 44:55
	2	183	BEN BEAUSERGENT	14 52:06
	3	251	COLBY FEWSTER	13 55:06
	4	283	RYAN QUIRAM	14 56:14
	5	389	CHASE HARTLEY	13 1:00:59
	6	504	WILL BROWNING	11 1:07:36
	7	664	AIDAN CAULK	11 1:18:29
	8	669	RYAN MCATEE	12 1:18:50
	9	763	JULIEN GAUDET	13 1:39:15
	10	765	WILLIAM SIKES	10 1:41:01
<b>Female 10 - 14</b>	1	134	NICOLE QUIRAM	12 49:41
	2	192	MADLINE DUBOIS	12 52:28
	3	618	DOROTHY MCATEE	10 1:14:40
	4	638	ANYA BENDER	14 1:16:32
	5	710	VIRGINIA GERCZAK	12 1:23:42
	6	761	ASHLEY STEIN	14 1:36:28
<b>Male 15 - 19</b>	1	7	CONNOR MOSES	18 37:54
	2	31	ALEXANDER TAN	16 41:27
	3	118	TIM MAYES	16 49:12
	4	181	NICK KURER-AHRENS	18 51:58
	5	261	JORDAN TRAYER	16 55:25
<b>Female 15 - 19</b>	1	56	KATIE POKORNY	19 44:42
	2	176	REA SANGER	19 51:49
	3	442	RACHEL JOHNSON	19 1:03:25
	4	508	CHARLOTTE CANDLER	16 1:07:44
	5	546	MIA BENDER	17 1:09:39
	6	687	CHARLOTTE SPENCE	17 1:21:28
	7	745	PHOEBE NASSAR	18 1:30:06
	8	760	JOCELYN WILSON	15 1:36:27
	9	776	JOSEPHINE ADES	17 1:48:07
<b>Male 20 - 24</b>	1	39	PETER PRICE	22 43:07
	2	40	TAYLOR WILEY	24 43:11
	3	41	PAT SHELTON	23 43:11
	4	202	ELLIOTT WARREN	24 52:46
<b>Female 20 - 24</b>	1	68	MAKENZIE MCDONALD	23 45:09
	2	92	ROSA WATERS	24 46:55
	3	97	ARIEL HYDERKHAN	23 47:29
	4	121	KATIE WOOD	22 49:12
	5	194	LAURA HAZLETT	24 52:32
	6	222	KRYSTAL ZENTGRAF	23 53:24
	7	230	JESSICA BECKETT	23 53:47
	8	231	SARAH BENNETT	24 53:48
	9	233	FALLON COSTANZO	24 53:59
	10	245	SARAH ACREE	24 54:49

Category	Place	Name	Age	Time
<b>Female 20 - 24</b>	11	294	RACHEL SCHMUCKLER	21 56:43
	12	356	EMILY GAGE	22 59:30
	13	458	RACHEL DILLIPLANE	24 1:04:14
	14	542	JULIE REIBSOME	22 1:09:23
	15	578	VESNA MITROVIC	24 1:11:28
	16	609	MADISON SWEEZY	20 1:13:55
	17	610	AUDREY TREBELHORN	20 1:13:56
	18	615	SARAH HIGGS	23 1:14:17
	19	629	KIMBERLY BOND	23 1:15:50
	20	684	ELIZABETH ESTRADA	20 1:21:21
	21	694	ANNA PEYTON	22 1:21:58
	22	699	CATLIN PORTER	22 1:22:18
	23	717	HOLLY SOBCZAK	22 1:25:04
<b>Male 25 - 29</b>	1	1	NED FISCHER	25 35:14
	2	2	RYAN SPERAY	26 35:28
	3	9	JASON DRISCOLL	29 38:14
	4	12	WILLIAM KIRK	27 38:29
	5	18	BRIAN WELCH	26 39:22
	6	32	MARC MACDONALD	26 41:40
	7	37	KEVIN KINDLER	26 42:46
	8	38	AARON HARLAN	27 42:52
	9	50	MICHAEL JONES	27 44:07
	10	65	KIRK MILLIKAN	27 45:07
	11	67	ALEC VILLIVA	26 45:09
	12	102	BRIAN WATERS	27 48:04
	13	114	DREW SPICER	27 48:54
	14	128	CHRIS MAZELLA	28 49:31
	15	171	JACK CARMICHAEL	27 51:37
	16	175	CONNOR COMSTOCK	26 51:48
	17	212	ARTHUR BERBERICH	26 53:00
	18	232	FRENCY GIBERTI	26 53:53
	19	244	WILLIAM TRIGG	25 54:45
	20	267	JOSH ALLGOOD	29 55:32
	21	270	COLE WHEELER	25 55:37
	22	275	MAXWELL FAUBION	28 55:42
	23	306	MATTHEW CHMIELEWSKI	26 57:24
	24	316	ROBERT SCOGIN	28 57:36
	25	321	CONNOR MOYNAHAN	27 57:52
	26	372	MIHIR VORA	29 1:00:23
	27	388	TRAVIS NEBEL	29 1:00:56
	28	409	THOMAS PERRY	25 1:01:57
	29	438	COLIN HEALY	26 1:03:08
	30	455	GABRIEL BOISVERT	28 1:04:12
	31	456	MICHAEL BIENZ	27 1:04:13
	32	509	NATHAN ACEVEDO	29 1:07:45
	33	526	DANIEL ALPER	28 1:08:36



Water stop is locked and loaded.

# CARYTOWN 10K

RICHMOND, VA • 4/30/2017

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Category	Place	Name	Age	Time
Male 25 - 29	34	550 CHRISTOPHER NORTON	29	1:09:46
	35	552 SETH SCHEMAHORN	29	1:09:53
	36	554 ANDREW ALEXANDER	25	1:09:58
	37	560 LONG NGUYEN	25	1:10:22
	38	576 CHASE ISRINGHAUSEN	28	1:11:17
	39	579 JOSHUA GRICE	25	1:11:31
	40	597 JESSE CLARK	28	1:12:44
	41	598 WARREN HOLLY	25	1:12:57
	42	613 JEREMY CHESHER	26	1:14:16
	43	673 BILL BRINKMAN	29	1:19:28
	44	708 BENJAMIN Lehman	26	1:23:37
	45	729 MATT LOSEGO	26	1:27:16
	46	736 RYAN TERO	29	1:28:25

Female 25 - 29	1	28 MELANIE KULESZ	25	40:52
	2	45 BRITTANY HARLAN	26	43:39
	3	54 JULIET WIEBE-KING	26	44:27
	4	55 SARAH BOHN	28	44:28
	5	70 KEZIAH HUNT-EARLE	27	45:15
	6	71 GABI WECHSLER	26	45:20
	7	80 ELIZABETH FREUND	27	45:52
	8	138 SHANNON SANSONE	26	50:09
	9	188 KAILEY KRAUSE	26	52:10
	10	190 IRENE ZACCONE	27	52:23
	11	205 ANNA SALA	25	52:53
	12	215 MEREDITH BOWERS	26	53:05
	13	228 JENNIE LYNNE LEONARD	28	53:36
	14	257 CARLY HICKEY	27	55:18
	15	258 BROOKE JACKSON	29	55:19
	16	278 JULIA CAMPUS	27	55:55
	17	287 LAUREN DEBSKI	27	56:28
	18	293 SARA HENSHAW	28	56:39
	19	300 MEGAN MOLNAR	27	57:08
	20	311 BRIDGET DRAPER	28	57:30
	21	323 MALLARY MCEVOY	29	58:00
	22	331 EMILY MARTIN	28	58:19
	23	339 SAMANTHA MARTIN	27	58:40
	24	359 MAGGIE PITTS	29	59:43
	25	365 DUDLEY STROSNIDER	26	59:52
	26	374 EMILY BURLEW	28	1:00:28
	27	377 KATY ALLGOOD	26	1:00:34
	28	383 KYEONG TERO	26	1:00:38
	29	385 CHRISTINA BIRD	29	1:00:47
	30	401 ALISON MOLITOR	26	1:01:40
	31	430 LINDSAY KING	26	1:02:46
	32	435 RACHEL SOUTHARD	27	1:03:02
	33	441 LAUREN MARTIN	29	1:03:19
	34	449 Caitlin ARGALAS	29	1:04:04
	35	459 EMILY SMITH	27	1:04:25
	36	465 ALLY LEININGER	25	1:05:02
	37	468 JOHANNA HUDDLE	27	1:05:15
	38	471 CHRISTINA CHOI	28	1:05:23
	39	473 AMY SIMMONS	26	1:05:48
	40	474 SARA LAVERDY	25	1:05:49
	41	475 ELIZABETH CARLINE	28	1:05:50
	42	483 STEPHANIE PAGE	29	1:06:24
	43	485 KRISTA TOWNSEND	25	1:06:33
	44	486 ALYSSA DEMITRI	25	1:06:37
	45	492 EMILY MANN	29	1:06:50
	46	496 JESSICA LARKIN	28	1:07:14
	47	502 EMILY SCHWEITZER	27	1:07:30
	48	507 REBECCA JONES	28	1:07:44
	49	511 MEGAN WALTON	28	1:07:47
	50	518 MARGOT MELLETTE	25	1:08:12
	51	527 MEGAN NOVAK	26	1:08:36
	52	537 KATIE RYAN	28	1:09:04
	53	543 KATHLEEN MAXEY	28	1:09:31

Category	Place	Name	Age	Time
Female 25 - 29	54	561 ANA GORDON	25	1:10:24
	55	596 LAUREN NANCE	28	1:12:43
	56	600 AMANDA GENTRY	27	1:12:59
	57	602 JESSICA SEESE	27	1:13:24
	58	634 SAVANNAH BUTLER	25	1:16:19
	59	641 LEAH SCHUBEL	26	1:16:36
	60	646 KELLY MITCHELL	27	1:16:55
	61	674 SALLY BRINKMAN	28	1:19:28
	62	730 ELIZABETH BRYANT	25	1:27:18
	63	731 SAMANTHA BATES	27	1:27:23
	64	734 NEHA SELAL	29	1:28:09
	65	769 NIKKIA YOUNG	25	1:43:26
	66	780 MOLLY KAPERICK	26	1:49:35

Male 30 - 34	1	5 KEVIN PEGGS	31	36:43
	2	15 DOUGLAS SAMPSON	32	38:40
	3	16 TODD HAGADONE	31	38:54
	4	17 ANTHONY D'AMATO	33	39:02
	5	24 JAMIE FICOR	34	40:37
	6	25 JASON LIPPY	31	40:43
	7	35 TOMMY OTTERBINE	32	42:17
	8	44 STEVE ESCOBAR	34	43:28
	9	57 BRANDON MICKENS	31	44:47
	10	61 BOBBY HAZELWOOD	30	44:56
	11	64 CORBIN KELL	34	45:03
	12	66 TY TORRANCE	31	45:07
	13	98 VINAYAK HULAWALE	32	47:33
	14	101 SHANE MELANKO	30	47:56
	15	112 EMIR MUHIC	31	48:50
	16	113 BENJAMIN TYLER	32	48:52
	17	115 ANDREW BARNES	34	49:03
	18	117 JASON ALEXANDER	31	49:05
	19	133 STUART GROSCLOSE	33	49:41
	20	136 PAUL DIAZ	31	50:00
	21	141 THOMAS PERRY	31	50:16
	22	156 FORREST RICE	30	50:53
	23	209 CHANDLER MOORE	32	52:58
	24	243 CHRIS DOWNIE	32	54:39
	25	250 MATT SLATER	31	55:05
	26	259 MICHAEL WIGGS	33	55:23
	27	273 CARTER HARRISON	31	55:40
	28	276 PAUL PATTERSON JR	32	55:51
	29	309 BHUSHAN THAKKAR	30	57:30
	30	324 MATT MORRISON	30	58:04
	31	326 BEN KATZ	31	58:07
	32	329 AMARI HARRIS	31	58:11
	33	333 CHRISTIAN E. TORO	31	58:28
	34	334 ERIK DULY	34	58:29
	35	342 RYAN CARMODY	33	58:45
	36	362 CHRISTOPHER BOSWELL	31	59:51
	37	380 RYAN NEBEL	33	1:00:38
	38	420 BENJAMIN MARKS	30	1:02:26
	39	428 DREW KOHAN	32	1:02:44
	40	437 MIKE D'AMATO	33	1:03:07
	41	472 JEFF RICHARDSON	33	1:05:33
	42	521 TIMOTHY SINCLAIR	31	1:08:20
	43	535 STEVEN HARRIS	32	1:09:03
	44	536 LUKE GUTIERREZ	33	1:09:04
	45	538 JOEL STIFF	31	1:09:09
	46	592 CHAKRADHAR ANUMOLA	33	1:12:28
	47	653 CHRISTOPHER CRUZ	31	1:17:26
	48	678 SEAN MICHAUX	31	1:20:09
	49	682 ARTHUR STRIKER	33	1:21:04
	50	691 SIVAMURUGAN SEKAR	33	1:21:53
	51	733 KANAK HYANKI	34	1:28:08
	52	766 VAMSHIKRISHNA NIMMALAPALLI	34	1:41:22

# CARYTOWN 10K

RICHMOND, VA • 4/30/2017

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Category	Place	Name	Age	Time
Female 30 - 34	53	779 CHRISTOPHER JONES	30	1:49:18
	1	11 KEIRA D'AMATO	32	38:17
	2	47 TRICIA DENARDIS	33	43:53
	3	51 ANN CARLSON	31	44:09
	4	53 KIM ACHESINSKI	31	44:22
	5	79 NICI RHODES	30	45:49
	6	106 JACKIE WIGGS	32	48:35
	7	122 SARA WOLFGANG	31	49:12
	8	152 SARAH LEWIS	30	50:47
	9	173 SHIRA LANYI	30	51:45
	10	185 YANA NICOL	33	52:07
	11	198 LINDSAY WILLIAMS	31	52:42
	12	200 MOLLY BRANNAN	33	52:43
	13	206 Brandi AIKEN	31	52:53
	14	237 SARAH CASTLE	34	54:22
	15	249 LISA Looney	31	55:02
	16	256 MIRANDA REYNOLDS	34	55:18
	17	260 AMANDA COTREAU	30	55:23
	18	269 CARISSA MCGUAN	34	55:35
	19	292 KRISTINA WADE	31	56:39
	20	295 NANCY RACHLIS	33	56:43
	21	296 EMILY SHERALD	32	56:53
	22	302 ELIZABETH HOPPER	34	57:14
	23	325 JILL JONES	34	58:06
	24	328 NICOLE CARTER	34	58:10
	25	348 JILL FOSTER	34	59:18
	26	357 NICOLE FICOR	33	59:35
	27	358 KENDALL LITCHFIELD	31	59:42
	28	386 DEVON LIPPY	30	1:00:50
	29	387 CHELSEA GARFIELD	32	1:00:51
	30	402 RACHEL BERRY	30	1:01:44
	31	413 ADDIE KIES	32	1:02:03
	32	448 ANDREA BEYER	34	1:03:55
	33	457 MICHELE PLOUFFE-MORENA	30	1:04:13
	34	460 JENN NIXON	34	1:04:25
	35	478 KELLY JACOBS	30	1:06:02
	36	479 JESSICA ENGLE	33	1:06:02
	37	516 CHARLOTTE I. RIVERA	31	1:08:03
	38	520 TARA STUART	33	1:08:17
	39	529 JESSICA BENNETT	31	1:08:46
	40	540 BRITTANEY DIXON	30	1:09:16
	41	548 AMANDA MATHEWS	34	1:09:45
	42	549 HEATHER VENTURO	30	1:09:45
	43	551 STACI ROGGE	34	1:09:52
	44	553 TARA BROWN	30	1:09:57
	45	555 TIFFANY COPELAND	31	1:10:02
	46	562 MARGARET HODGES	33	1:10:26
	47	583 LAURA PRICE	33	1:11:46
	48	589 MEREDITH HARRINGTON	33	1:12:13
	49	642 KASHAUNA DINES	32	1:16:37
	50	643 LAUREN OCONNOR	33	1:16:44
	51	649 KATHLYN JONES	32	1:17:01
	52	658 CLAIRE BERRY	31	1:17:59
	53	659 MICHELLE FROEDE	30	1:17:59
	54	663 ASHLIE TSENG	31	1:18:26
	55	677 HEATHER LOURENCO	30	1:20:00
	56	681 ELIZABETH GIFFIN	33	1:20:40
	57	683 KATIE STRIKER	32	1:21:04
	58	698 MAGGIE SMITH	31	1:22:09
	59	703 JANET WELCH	34	1:23:12
	60	714 AMY WEISS	31	1:24:45
	61	715 MICHELLE ROMERO	32	1:24:45
	62	737 AMANDA DARK	32	1:28:42
	63	748 ELISABETH STALLWORTH	32	1:30:38
	64	764 AMANDA O'LEARY	32	1:39:59
	65	768 JYOTHSNA AMBATI	33	1:42:57
	66	772 MOLLY DICKINSON	32	1:46:13

Category	Place	Name	Age	Time
Female 30 - 34	67	777 NIKITA WOLF	30	1:48:35
Male 35 - 39	1	3 MARCUS JONES	35	35:45
	2	8 SPENCER BISSETT	35	38:04
	3	13 DUSTIN WINTON	36	38:32
	4	19 LAKE STOCKDREHER	37	39:31
	5	21 RILEY IRVING	36	40:11
	6	30 PATRICK ZYGLOCKE	39	41:19
	7	49 KEVIN ESSLINGER	36	43:58
	8	59 R. RYAN KELL	37	44:51
	9	76 MICHAEL FORDER	35	45:34
	10	81 DAN GARIEPY	36	46:00
	11	85 MCKINLEY WOOD	39	46:13
	12	139 BRADLEY RUCKART	36	50:15
	13	150 NATHAN BAER	38	50:43
	14	151 RYAN WITHERS	35	50:43
	15	153 JESSE MERRILL	39	50:48
	16	157 TIMOTHY MICHAEL LUCERO	38	50:55
	17	158 MARK O'BRIEN	36	50:56
	18	163 JOHN MARTIN	38	51:18
	19	182 JEREMY FROMHOLZ	37	52:06
	20	187 KYLE DAVIDSON	36	52:10
	21	189 BRIAN FLEMING	39	52:11
	22	204 BARRY HERNDON	36	52:50
	23	208 KEVIN WILLING	37	52:55
	24	220 SETH JOHNSON	37	53:20
	25	226 STEPHEN CARTER	38	53:34
	26	227 NATHAN HATFIELD	39	53:36
	27	229 JAMES O'MALLEY	38	53:39
	28	234 CHRISTOPH LINDNER	38	54:10
	29	307 NICHOLAS BOHL	39	57:27
	30	314 DANIEL THOMPSON	39	57:34
	31	322 BRIAN PAQUETTE	35	57:53
	32	344 NICHOLAS GROSECLOSE	36	59:00
	33	363 SCOTT YAMIN	35	59:51
	34	396 SETH CARROLL	35	1:01:19
	35	403 EDDIE O'LEARY	36	1:01:46
	36	425 CHENG YU HSU	39	1:02:31
	37	444 MANUEL FLORES	36	1:03:30
	38	467 JOEL FRAVEL	39	1:05:11
	39	477 JASON ENGLE	35	1:06:02
	40	512 MATT MCKAY	35	1:07:52
	41	522 MARCUS BROWN	39	1:08:24
	42	624 JASON REID	36	1:15:13
	43	645 JASON VAUGHAN	39	1:16:52
	44	654 BENJAMIN ROBERTS	39	1:17:29
	45	706 SHAHZHEEB KHAN	38	1:23:31
	46	707 WILL HAM	37	1:23:37
	47	709 GARY GERCZAK	39	1:23:42
	48	722 BRANDON SIEG	35	1:25:36
	49	742 WILL Humphries	37	1:29:49
	50	755 TIAGO LOURENCO	35	1:32:48
Female 35 - 39	1	27 TRESSA BREINDEL	38	40:51
	2	29 JACQUELINE MORGAN	37	41:03
	3	46 NORA NICKEL	36	43:53
	4	72 MEGAN BAKEL	37	45:22
	5	73 SHANNON CONWAY	36	45:23
	6	87 LIESL NARROW	36	46:18
	7	91 TARA CALKINS	38	46:45
	8	116 LESLEY BROCATO	39	49:04
	9	125 JANET FOLDENAUER	39	49:22
	10	129 DANIELLE MC LYNN	37	49:34
	11	148 WHITNEY MYLUM	36	50:38
	12	179 MICHELLE FANG	37	51:56
	13	216 CHRISTINA PHILLIPS	39	53:05
	14	246 ASHLEY GEORGE	38	54:58



# CARYTOWN 10K

RICHMOND, VA • 4/30/2017

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Category	Place	Name	Age	Time
<b>Female 35 - 39</b>	15 264	LINDSAY TUHEY	38	55:28
	16 271	JADEE PREACHER	36	55:39
	17 279	DENISE CARROLL	37	56:01
	18 280	WHITNEY TOMPSON	36	56:01
	19 291	JILL LEMON	36	56:39
	20 303	ERIN FOLKENROTH	39	57:15
	21 312	NINA MARINO	39	57:30
	22 317	SHANNON TIGNOR	37	57:37
	23 332	JANE LISSENDEN	36	58:19
	24 341	EMILY R DAVIDSON	35	58:43
	25 349	BRITT NELSON	38	59:19
	26 350	MELISSA LANCE	37	59:21
	27 353	CHRISTINE SIDDON	36	59:27
	28 354	JENNIFER PAGE	39	59:30
	29 364	SAMANTHA MACKEY	37	59:51
	30 381	GIGI MCKAY	35	1:00:38
	31 397	LAUREN CARROLL	37	1:01:20
	32 417	ANDREA BLANCHARD	35	1:02:18
	33 423	KERRY DIXON	39	1:02:28
	34 450	LORI YOUNGSMAN	35	1:04:04
	35 452	KATE ALIBERTI	35	1:04:06
	36 454	GRACE BRUNAIS	39	1:04:10
	37 488	AUBURN STOVALL	37	1:06:41
	38 514	SARAH AKIN	38	1:07:53
	39 534	ELIZABETH WIMMER	37	1:08:59
	40 564	TIFFANY WRIGHT	37	1:10:36
	41 568	NATALIE ROUSH	35	1:10:46
	42 580	IRA MCCLURE MORRIS	39	1:11:33
	43 587	TESS ANDRES	36	1:12:09
	44 595	REBECCA CAVALLI	39	1:12:32
	45 599	HEATHERANN MCCREARY	39	1:12:58
	46 601	AMANDA KROH	38	1:13:14
	47 606	ERICA BANKS	37	1:13:39
	48 614	MEGAN BRANDT	35	1:14:16
	49 620	MEGAN DICKERSON	37	1:14:46
	50 633	ERICA ANGERT	36	1:16:03
	51 635	PATRICIA GIOIA	39	1:16:21
	52 636	SARAH FERRANTI	39	1:16:23
	53 637	TRACY CROSTIC	39	1:16:28
	54 647	JANIEL YOUNGBLOOD	37	1:16:57
	55 650	VICTORIA POTTSCHMIDT	37	1:17:18
	56 656	TRINA BERRY	39	1:17:30
	57 672	DESIREE JACKSON	39	1:19:11
	58 685	JALEEL MACASAET	35	1:21:22
	59 688	VICTORIA HAUSER	36	1:21:32
	60 689	BECKY BERGBOM	35	1:21:38
	61 692	TASHA WILKINS	37	1:21:54
	62 700	MEGAN SMITH	39	1:22:31
	63 711	DEBBIE ROBERTS	37	1:24:36
	64 728	BETH SIEG	36	1:26:52
	65 732	MARIAH RICE	36	1:27:28
	66 738	TONYA DANDRIDGE	39	1:28:54
	67 740	KIMBERLY KELL	35	1:29:41
	68 743	KATHLEEN HUNTER	39	1:29:55
	69 751	SINDUJA ETHIRAJ	38	1:31:28
	70 757	JENNIFER LEVIN	35	1:34:13
	71 770	MELINDA YEATER	38	1:45:12
	72 771	CHARLOTTE DAUPHIN	35	1:46:12
<b>Male 40 - 44</b>	1 6	JOHN SHARP	42	37:38
	2 10	MATT WARNER	41	38:16
	3 14	JOSHUA HOCHSTEIN	40	38:32
	4 52	NATHAN CASTLE	40	44:21
	5 58	SHANE ROBERSON	43	44:50
	6 69	ALEX FUNKE	43	45:13
	7 77	JOHN AMOROSO	40	45:35
	8 82	JAMES DILLON	43	46:01

Category	Place	Name	Age	Time
<b>Male 40 - 44</b>	9 86	LAWRENCE BERNDT	40	46:16
	10 88	DAN TASSONE	40	46:25
	11 96	JASON COPE	44	47:22
	12 119	BRIAN MCCLESKEY	44	49:12
	13 120	ROSS FOLKENROTH	44	49:12
	14 135	TREVOR DOWNES	43	49:44
	15 159	VINCE DOHERTY	43	50:58
	16 174	GRAHAM WILLIAMS	41	51:47
	17 180	RIZALDY LOPEZ	40	51:57
	18 184	TIMOTHY STEWART	41	52:07
	19 186	ANDREW GOULD	40	52:08
	20 191	MATT OSENGA	42	52:24
	21 193	RYAN BLANCHARD	41	52:29
	22 195	CARL CORTEZ	44	52:33
	23 199	DAVE JONES	42	52:43
	24 219	JOE BURTON	43	53:14
	25 252	DANIEL RAPP	44	55:09
	26 253	AARON STEELMAN	42	55:09
	27 255	ANDRES BLANCO	42	55:15
	28 268	CLAY JACKSON	42	55:33
	29 315	JIM HALL	43	57:36
	30 330	JEFFREY BUTLER	41	58:16
	31 352	STUART CROSTIC	43	59:24
	32 378	DAVID WYCHE	42	1:00:36
	33 400	TODD BRISTOW	42	1:01:35
	34 406	JOHNNY SIMPKINS	43	1:01:53
	35 411	JOE SCHETTING	42	1:01:59
	36 412	ERNESTO SAMPSON	40	1:02:00
	37 422	TRENT HARGENS	43	1:02:28
	38 424	DAN BAYLISS	43	1:02:29
	39 464	LEONARDO GONZALEZ	40	1:04:52
	40 481	MARK SMITH	41	1:06:13
	41 484	DANIEL TANG	43	1:06:31
	42 497	PARTHA GOPALAKRISHNA	41	1:07:17
	43 584	JASON THIES	41	1:11:47
	44 588	WILLIAM WOOD	44	1:12:12
	45 648	MICAH MORRIS	41	1:17:01
	46 695	JASON CAULK	41	1:22:00
	47 697	LARRY HODGES	44	1:22:04
	48 702	KEVIN KRAMER	44	1:23:06
<b>Female 40 - 44</b>	1 75	MEGAN REYNOLDS	42	45:26



Superheroes preparing to run 2017 Carytown 10K.

# CARYTOWN 10K

RICHMOND, VA • 4/30/2017

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Category	Place	Name	Age	Time
<b>Female 40 - 44</b>	2	108 LAURA DOHERTY	42	48:41
	3	140 AMY FOLDES	40	50:15
	4	143 KATY KYRIAKAKIS	40	50:22
	5	196 NICOLE BLANTON	44	52:33
	6	210 ELLIE BASCH	43	52:58
	7	235 LISA ALONSO	41	54:12
	8	318 SEREY SIEN	42	57:49
	9	335 BLAIR MCCracken	40	58:36
	10	340 CHRISTINE CHRISTMAS	42	58:43
	11	347 LEESA GREGORY	42	59:18
	12	369 SHANNON GRYMES	43	1:00:15
	13	394 LATHA SHAH	42	1:01:12
	14	408 AMY Rawls	40	1:01:56
	15	419 JANET PENN	41	1:02:24
	16	426 STEPHANIE WERNER	42	1:02:35
	17	427 SHERRY LYCETT	41	1:02:43
	18	463 JENNIFER TAYLOR	42	1:04:49
	19	499 SHANNON SMITH	40	1:07:24
	20	505 KELLY BROWNING	41	1:07:37
	21	510 KATHERINE DIX	44	1:07:45
	22	523 SHERRY LONG	44	1:08:25
	23	532 MISTI DAVIDSON	40	1:08:53
	24	533 SHERYL BELLEW	40	1:08:57
	25	544 KEEGAN MILLER	40	1:09:34
	26	545 STACEY BLAHA	44	1:09:34
	27	569 LAUREN LARSEN	41	1:10:53
	28	574 FARRAH WILSON	40	1:11:09
	29	577 JENNIFER PERRIN	41	1:11:20
	30	591 JAMIE DEVALT	41	1:12:26
	31	603 STEPHANIE CLARK	40	1:13:29
	32	617 DESIREE VAN HORN	42	1:14:32
	33	619 HEIDI LACOSSE	44	1:14:42
	34	621 MIRIAM MCATEE	42	1:14:59
	35	628 KRISTEN OSENGA	44	1:15:47
	36	630 NIKI DONATHAN	40	1:15:51
	37	631 AMANDA LAVIGNE	41	1:15:51
	38	652 JILLIAN KOUNS	40	1:17:22
	39	675 JENNIFER BACON	41	1:19:30
	40	676 NICOLE MORGAN	41	1:19:44
	41	746 ELIZABETH CARTER	43	1:30:10
	42	747 GLENNA MATTHEWS	40	1:30:18
	43	752 DANA HAGEN	42	1:32:18
	44	754 CHRISTINA GREULICH	44	1:32:40
	45	781 TAMIKA BREWER	41	1:49:40
<b>Male 45 - 49</b>	1	4 MIKE COLAIACOVO	47	36:05

Category	Place	Name	Age	Time
<b>Male 45 - 49</b>	2	22 CHRISTOPHER FOX	49	40:15
	3	33 MATT ROBERTS	45	42:02
	4	34 DAVID MORGAN	48	42:14
	5	36 KEVIN O'HAGAN	49	42:23
	6	62 EDWARD SMETANA	49	44:57
	7	63 ROBERT ROY	48	44:58
	8	84 WILFRANK PAYPA	45	46:10
	9	90 BRENT METTS	47	46:34
	10	93 JESSE PETERS	45	47:16
	11	104 HARRY CONN	49	48:27
	12	105 ED MURRAY	47	48:28
	13	109 JAMES COLLIER	45	48:44
	14	110 BOGONG LI	49	48:44
	15	111 SATHIYA THIRUVENGADATHAN	47	48:46
	16	123 BOBBY CASLER	45	49:20
	17	126 TOBY GEE	47	49:24
	18	127 STEVE JONES	47	49:26
	19	142 CHRIS KYRIAKAKIS	45	50:21
	20	145 DANNY HYLTON	48	50:33
	21	149 JONATHAN AUSTIN	46	50:42
	22	160 THOMAS CAROTHERS	46	51:10
	23	162 GRAY GURKIN	48	51:17
	24	166 JEAN MARIE WOOLEY	49	51:23
	25	169 HEMANT DESAI	46	51:36
	26	170 BRENT KING	48	51:36
	27	177 BILL ANDERSON	45	51:51
	28	203 MARKUS KOERNER	48	52:48
	29	221 LEWIS FRAUGHNAUGH	48	53:20
	30	224 MELVIN STRANE	46	53:31
	31	277 PANKAJ SHARMA	48	55:55
	32	281 CHRIS EVANS	45	56:02
	33	282 BRENDAN MCCORMICK	45	56:06
	34	290 DAVID WEBER	49	56:39
	35	299 JAY OAKEY	49	57:06
	36	337 KAMRAN RAIKA	47	58:39
	37	392 DANIEL MATTHEWS	46	1:01:06
	38	395 JAIME FLORES-VASQUEZ	49	1:01:14
	39	407 DOUGLAS BATES	49	1:01:56
	40	432 MICHAEL BENDER	45	1:02:51
	41	445 RICK MAYES	47	1:03:32
	42	446 DAN JOYCE	45	1:03:37
	43	451 MIKE DUNN	47	1:04:05
	44	495 JOHN LYERLY	47	1:07:08
	45	501 MICHAEL SEPAR	45	1:07:28
	46	519 MARC VERDI	48	1:08:14
	47	590 JOHN BRUCKNER	48	1:12:16
	48	594 DAVID CRAWFORD	45	1:12:32
	49	607 JP RAFFENOT	46	1:13:49
	50	616 KENDALL LONG	46	1:14:22
	51	651 WALTER WITT	47	1:17:20
	52	662 OSCAR CORDOVA	45	1:18:24
	53	670 ROB MCATEE	49	1:18:50

<b>Female 45 - 49</b>	1	74 DEBBIE GOODPASTURE	47	45:23
	2	83 AMY MCCANN	47	46:05
	3	124 KAREN KILLEEN	48	49:20
	4	137 LISA ROY	47	50:01
	5	144 MELISSA MILLER	46	50:24
	6	248 AMANDA VIOL	47	55:00
	7	274 KRISTY TRAYER	45	55:40
	8	301 CONSTANCE EISELE	45	57:14
	9	319 STACEY GRAINGER	48	57:49
	10	366 MISSY OGDEN	45	59:57
	11	368 LESLIE MILLMAN	49	1:00:14
	12	373 SHELLI STEPP	45	1:00:25
	13	375 PAULA INSERRA	48	1:00:29
	14	376 ELOISE ESTRADA	48	1:00:33



RRRC Operations VP Jim Oddono watches as club President Bill Kelly sets up finish line beverage table.

# CARYTOWN 10K

RICHMOND, VA • 4/30/2017

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Category	Place	Name	Age	Time
<b>Female 45 - 49</b>	15 382	KAREN FALLIN	45	1:00:38
	16 390	AMY HARTLEY	48	1:01:05
	17 399	LISA BRANCH	47	1:01:24
	18 405	TERE HERNANDEZ-BONET	47	1:01:52
	19 414	DAWN WALKER	45	1:02:06
	20 429	ERIN REASOR	46	1:02:45
	21 447	CELIA GOODELL	45	1:03:43
	22 466	CHRISMARIE VREELAND	49	1:05:03
	23 489	HEIDI TSHUDY	45	1:06:44
	24 515	AMANDA HUFF	49	1:07:58
	25 530	VALERIE WALLER	48	1:08:48
	26 556	DONNA FITZGERALD	48	1:10:05
	27 557	EICHELE HAMAKER	45	1:10:10
	28 565	SUZANNE ROSENHAMMER	47	1:10:37
	29 566	SUSAN PERKINS	45	1:10:37
	30 570	CANDACE BOYCE	47	1:10:53
	31 571	SELINA CELEBRE	45	1:10:55
	32 575	TANYA MCKEITHEN	45	1:11:11
	33 581	APRIL DAVIS	45	1:11:37
	34 608	DIANE LYNCH	47	1:13:54
	35 632	ANGELA Lehman	45	1:15:59
	36 639	MARIE PARIETTI	45	1:16:35
	37 660	JUDY HAMBLETON	46	1:18:08
	38 661	JENNIFER METTS	49	1:18:17
	39 679	DIANE KELLEY	47	1:20:13
	40 720	MICHELLE GIBBS	49	1:25:23
	41 735	ELIZABETH WATSON	47	1:28:20
	42 744	DONNA SMITH	48	1:29:58
	43 759	DENEEN JOSIAH	49	1:35:56
	44 767	TRACY SIKES	49	1:41:46
	45 775	DIANA ADES	48	1:48:07
	46 778	MICHELLE HAWKINS	49	1:49:05
	47 782	LISA THOMAS	46	1:49:42
<b>Male 50 - 54</b>	1 23	TERRY PRICE	50	40:23
	2 42	JEFFREY W. MURRAY	51	43:28
	3 43	CHRISTOPHER MAESTRELLO	54	43:28
	4 78	SEAN KILLEEN	51	45:49
	5 89	MIKE TRAVELINE	54	46:30
	6 94	JIM CARTER	54	47:19
	7 99	ERIC VAN QUILL	52	47:35
	8 100	CHUCK O'BOYLE	53	47:39
	9 107	MARTIN GRIBNAU	52	48:41
	10 130	SCOTT ROSE	51	49:39
	11 147	ERIC PUTNEY	51	50:37
	12 154	RODNEY TAYLOR	53	50:49
	13 178	PAUL DUNN	53	51:51
	14 197	RANDOLPH ROBINSON	53	52:34
	15 211	WILLIAM DEVAULT	52	52:59
	16 225	JAMES LAFRATTA	50	53:34
	17 239	GORDON ESTRADA	53	54:29
	18 242	GARY COMFORT	53	54:39
	19 247	TRACEY LOWERY	51	55:00
	20 262	TODD HANNEMAN	52	55:26
	21 263	JOHN IPPOLITO	54	55:27
	22 265	TOM TYLER	51	55:31
	23 266	TOM RICHARDSON	54	55:32
	24 272	BRIAN CHAFIN	51	55:40
	25 285	DENNY KING	53	56:18
	26 288	MIKE SWAIN	54	56:29
	27 304	TOM PARIETTI	52	57:17
	28 320	RALPH GIBBS	51	57:51
	29 343	RICHARD KANNAN	51	58:50
	30 415	BRIAN GOODELL	51	1:02:07
	31 436	VIQUAR SHAIKH	51	1:03:07
	32 461	DARRYL STARNES	53	1:04:37
	33 462	BRAD NOVAK	52	1:04:49

Category	Place	Name	Age	Time
<b>Male 50 - 54</b>	34 476	FRANK TRANI	52	1:05:56
	35 487	BILL ATKINSON	52	1:06:38
	36 490	REGINALD S. DANIELS	53	1:06:46
	37 493	KEVIN BRUNY	54	1:06:59
	38 503	BARRY DANIEL	51	1:07:34
	39 517	JK STRINGER	54	1:08:07
	40 541	MARCEL GAUDET	50	1:09:23
	41 558	NATHAN BROWN	50	1:10:11
	42 563	JOHN D. LEONARD	54	1:10:31
	43 582	JAMES MARR	51	1:11:46
	44 586	RICK DAVIS	53	1:11:53
	45 593	DEAN MILLER	54	1:12:28
	46 622	DAVID BENNETT	50	1:15:03
	47 667	DARWIN RICHARDSON	54	1:18:43
	48 716	TIVO ROMERO SR.	52	1:24:47
<b>Female 50 - 54</b>	1 103	KAREN MCCLINTICK	50	48:25
	2 165	CINDY GEISINGER	54	51:22
	3 286	HEIDI SCHMIDT	52	56:20
	4 298	CAROLINE HARRIS	51	56:59
	5 360	ROSELYNE TURNER	50	59:43
	6 391	LAURAN JOHNSON	53	1:01:05
	7 398	PATTY DANILUK	53	1:01:22
	8 431	GINGER HOLLAND	51	1:02:48
	9 443	LIA MARTIN	51	1:03:28
	10 491	KRISTIN BEAUREGARD	54	1:06:50
	11 500	APRIL RISTAU	52	1:07:27
	12 559	GILLIAN LARRABEE	54	1:10:19
	13 567	DEBORAH WOODLE	50	1:10:39
	14 604	BETH BRADBERRY	50	1:13:29
	15 611	BETHANY DENLINGER	54	1:14:01
	16 627	BARBARA LEONARD	54	1:15:43
	17 655	YOLANDA BLEDSE	51	1:17:29
	18 665	NINA ASHLEY	53	1:18:40
	19 686	SUZANNE SPENCE	51	1:21:28
	20 705	KEMBER FORCKE	52	1:23:25
	21 718	BEVERLY VINCENT	51	1:25:09
	22 719	THERESA SIMONSON	54	1:25:15
	23 721	KATHY NOVAK	51	1:25:27
	24 725	MARY COMFORT	52	1:26:34
	25 726	MELISSA EDEN	50	1:26:37
	26 739	BETH TREBOUR	53	1:28:55
	27 750	SHARON JENNINGS	52	1:31:03
	28 753	LAURA BROWN	53	1:32:38
	29 773	KATHRYN BRUCKNER	50	1:46:23
<b>Male 55 - 59</b>	1 20	STEFAN CALOS	55	39:35
	2 48	TOM NEALLEY	57	43:56
	3 131	STEVEN WIEBE-KING	57	49:39
	4 146	HENRY WITZ	55	50:34
	5 155	KENT WIETHARN	56	50:52
	6 161	THOMAS SHANNON	59	51:12
	7 167	PETER WATLING	55	51:27
	8 201	RONALD MITCHELL	57	52:44
	9 254	RAM PAI	58	55:11
	10 305	ALEX CHERLIN	56	57:21
	11 308	JOE SCHMUCKLER	56	57:28
	12 310	CRAIG STANDLICK	57	57:30
	13 351	TOM HOOVER	56	59:24
	14 371	CHANT CONNOCK	58	1:00:19
	15 393	ANDREW YALE	55	1:01:11
	16 416	JOHN MARTIN	55	1:02:12
	17 418	WARREN MCEL FRESH	55	1:02:21
	18 434	MALCOLM TAYLOR	57	1:02:55
	19 439	FERNANDO TENJO	55	1:03:10
	20 482	JOEL GIACOBBE	59	1:06:23
	21 498	RICK EDWARDS	58	1:07:19



# CARYTOWN 10K

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Category	Place	Name	Age	Time
<b>Male 55 - 59</b>	22 506	STEPHEN CANDLER	57	1:07:44
	23 547	STEVE CSOKE	58	1:09:42
	24 612	J DE LOS-SANTOS	58	1:14:05
	25 693	PHILIP PEYTON	56	1:21:57
<b>Female 55 - 59</b>	1 240	SANDRA GRAY	57	54:29
	2 338	ELAINE CASPER	56	58:39
	3 346	PATRICIA SYKES	56	59:15
	4 355	ELISA WEGERBAUER	57	59:30
	5 367	ANITA VAN BURKEN	57	59:59
	6 370	SUE TAIT	58	1:00:17
	7 453	PAMELA FAULKNER	59	1:04:06
	8 524	JANET PERLOWSKI	58	1:08:27
	9 605	ALISON JONES-NASSAR	57	1:13:30
	10 625	BETSY SOMERVILLE	58	1:15:37
	11 657	THERESA C WAGNER	55	1:17:54
	12 724	KATHY JOHNSTON	58	1:26:33
	13 756	BRENDA CARTER	56	1:33:25
	14 774	KAREN DOMINICK	57	1:47:10
<b>Male 60 - 64</b>	1 26	PETE GIBSON	61	40:46
	2 95	DAVID TRUMP	64	47:21
	3 168	JAMES FOX	60	51:29
	4 213	JOHN BYRNE	63	53:02
	5 214	CORKY GARDNER	61	53:03
	6 238	PAUL WILSON	60	54:26
	7 241	ED MILLER	62	54:30
	8 289	JOHN WALK	62	56:30
	9 336	MICHAEL MCLEOD	62	58:38
	10 345	DOYLE GAGE	62	59:02
	11 361	KEVIN HEALY	63	59:46
	12 404	CRAIG WATERS	61	1:01:49
	13 410	MICHAEL SHOOP	61	1:01:58
	14 421	GREGORY ROTH	63	1:02:27
	15 528	BRIAN KELMAR	61	1:08:39
	16 626	MICHAEL GEORGE	64	1:15:42
	17 640	EDWIN WORTHAM	62	1:16:36
	18 666	DOUG SCHUTTE	64	1:18:42
	19 671	DOUGLAS ACREE	62	1:18:59
	20 680	JEFFREY LUKE	60	1:20:27
	21 690	BRENDAN CONWAY	61	1:21:52
	22 704	JEFF WRAY	63	1:23:16

Category	Place	Name	Age	Time
<b>Male 60 - 64</b>	23 758	HARRY DONATI	62	1:35:18
<b>Female 60 - 64</b>	1 469	CRISTI WILSON	61	1:05:22
	2 480	DAWN EBERHARD	62	1:06:07
	3 525	FRANCENE KATZEN	61	1:08:32
	4 668	ELLEN WALK	62	1:18:48
	5 712	DEBBIE BADER	62	1:24:40
	6 713	SUSAN BRAGG	64	1:24:41
	7 723	MARTHA HODGES	60	1:25:49
	8 749	KAREN MARSH	64	1:30:51
<b>Male 65 - 69</b>	1 132	ROB ASTROP	65	49:41
	2 164	MIKE LEVINS	65	51:18
	3 172	NORBERT DAVID	68	51:43
	4 207	RICHARD PYLE	67	52:54
	5 217	FRANK FINN	66	53:12
	6 223	STEPHEN D NOLAN	66	53:25
	7 236	CHARLES BEVERAGE	66	54:13
	8 297	GEORGE SOMERVILLE	65	56:57
	9 327	STEPHEN RETHERFORD	65	58:10
	10 433	EDWARD PATEREK	69	1:02:53
	11 494	CHARLIE CONRAD	66	1:07:07
	12 531	CHARLES (CHARLI EDWARDS	65	1:08:53
	13 539	JOEL CABOT	66	1:09:13
	14 696	ROBERT HARRIS	66	1:22:02
<b>Female 65 - 69</b>	1 384	SUE DEJESUS	65	1:00:43
	2 572	ELAINE FISHMAN	65	1:10:56
	3 585	SALLY SCOTT	66	1:11:52
	4 701	DARCEL PERTUSATI	66	1:22:38
	5 762	MARION DAVID	69	1:38:38
<b>Male 70 - 74</b>	1 218	DENNIS LAMOUNTAIN	71	53:14
	2 470	WARREN WOOLLEY	72	1:05:23
	3 573	GEORGE FERRANTI	71	1:11:04
	4 623	JAMES BRININSTOOL	70	1:15:04
	5 644	ALVAH WYATT	71	1:16:47
	6 727	HERB NORTON	73	1:26:42
	7 741	TIMOTHY SCOTT	70	1:29:48
<b>Female 70 - 74</b>	1 440	LOU NORTON	70	1:03:13



The joy of running and the thrill of competing are obvious in the face of this Carytown 10K Kids Run competitor.

# STRATFORD HILLS 10K

RICHMOND, VA • 5/28/2017

Not USATF Certified \*RRRC Web Member

Category	Place	Name	Age	Time
<b>Male Overall</b>	1	1	RICHARD MORRIS	29 34:07
	2	2	SAM FROELICH	29 38:06
	3	4	JOSHUA HOCHSTEIN	40 39:05
	4	5	SPENCER BISSETT	35 39:07
	5	6	JAMIE FICOR	34 39:52
<b>Female Overall</b>	1	3	MARIA ELENA CALLE	41 38:40
	2	7	SARA LASKER	26 40:10
	3	15	BRITTANY HARLAN	26 41:59
	4	22	MAKENZIE MCDONALD	23 43:19
	5	23	GABI WECHSLER	26 43:24
<b>Male 10 - 14</b>	1	86	JACKSON WRIGHT	11 57:12
	2	138	ALEXANDER JORDAN	13 1:07:56
<b>Female 10 - 14</b>	1	47	CHLOE MARTIN	13 49:44
	2	78	GABRIELLE FLYNN	12 55:53
<b>Female 15 - 19</b>	1	43	KATIE POKORNY	19 47:39
	2	167	ABIGAIL FORD	15 1:19:12
<b>Male 20 - 24</b>	1	115	LLOYD LITTLE JR	23 1:02:20
<b>Female 20 - 24</b>	1	22	MAKENZIE MCDONALD	23 43:19
	2	99	MEGAN SLAY	22 58:25
	3	113	ROSE KOHINKE	24 1:01:17
	4	131	NATALIE WEBER	20 1:06:43
	5	150	FAITH HARRIS	22 1:11:55
	6	165	SRSUPHAN NIELSEN	20 1:19:00
	7	169	CATLIN PORTER	22 1:19:45
<b>Male 25 - 29</b>	1	1	RICHARD MORRIS	29 34:07
	2	2	SAM FROELICH	29 38:06
	3	10	ALEC VILLIVA	26 40:56
	4	12	KEVIN KINDLER	26 41:45
	5	16	NATHAN RUANE	25 42:14
	6	26	AARON HARLAN	27 44:02
	7	27	ADAM LERNER	27 44:08
<b>Female 25 - 29</b>	1	7	SARA LASKER	26 40:10
	2	15	BRITTANY HARLAN	26 41:59
	3	23	GABI WECHSLER	26 43:24
	4	25	MICHELLE TRICE	25 43:40
	5	51	REBECCA ZUCKERMAN	26 50:07
	6	105	KIMBERLY FENNESSEY	29 59:20
	7	118	JORDAN ESTES	28 1:02:33
	8	137	ALYSSA DEMITRI	25 1:07:51
	9	148	BRITTANY HUGHES	27 1:11:18
	10	177	NIKKIA YOUNG	25 1:40:34
<b>Male 30 - 34</b>	1	6	JAMIE FICOR	34 39:52
	2	11	JASON LIPPY	31 41:19
	3	13	JAMES HAZELWOOD	30 41:48
	4	18	STEVE ESCOBAR	34 42:41
	5	30	TY TORRANCE	31 44:30
	6	32	RICHARD SHANNON	34 45:11
	7	35	STUART GROSECLOSE	33 45:59
	8	41	ANONYMOUS PARTICIPANT	30 47:06
	9	82	TIAN ZHOU	31 56:10
	10	92	CHRISTIAN E TORO	31 57:53
	11	140	KANAK HYANKI	34 1:07:57
	12	153	COLIN SCHOENHAUT	31 1:12:59
<b>Female 30 - 34</b>	1	125	ANNA CZAPLICKI RYAN	30 1:03:28
	2	128	JOHANNA KISTNER	32 1:05:10
	3	160	ASHLIE TSENG	31 1:14:01

Category	Place	Name	Age	Time
<b>Male 35 - 39</b>	1	5	SPENCER BISSETT	35 39:07
	2	9	JOSEPH KISTNER	35 40:53
	3	28	DAN GARIEPY	36 44:14
	4	29	PAUL DEAL	39 44:18
	5	34	MICHAEL FORDER	35 45:50
	6	56	MARK O'BRIEN	36 50:36
	7	57	DANIEL THOMPSON	39 50:48
	8	74	CLIFF PARR	39 55:11
	9	77	BARRY HERNDON	37 55:32
	10	130	TONY WILKERSON	35 1:06:25
	11	155	ANDREW WENK	39 1:13:07
<b>Female 35 - 39</b>	1	58	MICHELLE FANG	37 50:59
	2	80	KIM POPE	39 55:56
	3	87	ANDREA BEYER	35 57:22
	4	90	MEGHAN NGUYEN	35 57:33
	5	134	FARLEIGH FITZGERALD	39 1:07:31
	6	135	MELINDA DRUMHELLER	36 1:07:50
	7	141	MEGHAN DEAL	38 1:08:03
	8	142	CHARLOTTE MCDANNALD	38 1:08:03
	9	145	SARAH AKIN	38 1:09:08
	10	152	RACHEL HEINIG	37 1:12:18
	11	166	MEREDITH JORDAN	35 1:19:11
	12	171	COURTNEY LEGUM-WENK	36 1:22:12
<b>Male 40 - 44</b>	1	4	JOSHUA HOCHSTEIN	40 39:05
	2	8	JOHN TURNER	43 40:13
	3	14	MICHAEL MENEFFEE	40 41:57
	4	24	NATHAN CASTLE	41 43:34
	5	40	LAWRENCE BERNDT	40 47:05
	6	59	TIMOTHY STEWART	42 51:01
	7	71	AARON STEELMAN	42 54:36
	8	72	DREW WISE	42 54:52
	9	79	JOSEPH FLYNN	42 55:54
	10	100	OLIVER STONE	43 58:45
	11	102	MICKIE FLEMING	41 59:08
	12	108	BRYAN KELLEY	42 1:00:24
	13	127	ISAAC WRIGHT	40 1:04:11
	14	139	ERIC DRUMHELLER	43 1:07:56
<b>Female 40 - 44</b>	1	3	MARIA ELENA CALLE	41 38:40
	2	36	HEIDI DIX	42 46:26
	3	60	TINA BONGIORNI	44 51:05
	4	61	TINA CHO	42 51:08
	5	85	ANDREA WRIGHT	42 57:11
	6	89	KRISTI TURNER	42 57:31
	7	103	KIM ENGLEMAN	44 59:08
	8	109	ELIZABETH KELLEY	42 1:00:24



Nikkia Young is DFL and proud of it!

# STRATFORD HILLS 10K

RICHMOND, VA • 5/28/2017

Not USATF Certified \*RRRC Web Member

Category	Place	Name	Age	Time	
Female 40 - 44	9	110	CRYSTAL KOCH	41	1:00:50
	10	114	MEREDITH MULLINS	43	1:01:58
	11	116	SHANNON GRYMES	43	1:02:21
	12	147	LISA TOWNSEND	42	1:11:17
	13	151	KELLY HARRIS	44	1:11:55
	14	154	SARAH BAIN	40	1:13:00
	15	157	JULIE ARENDT	44	1:13:20
	16	159	JENNIFER DANIELS	42	1:13:57
	17	162	DESIREE VAN HORN	42	1:16:06
	18	172	JENNIFER PERRIN	41	1:22:13
	19	176	CHRISTINA GREULICH	44	1:38:35

Male 45 - 49	1	17	JIM ODDONO	49	42:31
	2	33	BEN WALTERS	47	45:32
	3	39	SCOTT TURNER	48	47:05
	4	44	STEVE JONES	47	47:42
	5	46	MIKE MATHER	49	48:29
	6	48	BILL ANDERSON	45	49:46
	7	49	GARY MARTIN	47	49:49
	8	54	JEAN MARIE WOOLEY	49	50:25
	9	70	JAIME FLORES-VASQUEZ	49	54:22
	10	101	MATTHEW CAMPBELL	46	58:58
	11	132	DAVID WEBER	49	1:06:47

Female 45 - 49	1	31	DEBBIE GOODPASTURE	48	44:35
	2	65	NICOLE BLANTON	45	52:59
	3	69	BRENDA BECK	46	54:20
	4	96	WENDY ETZ	46	58:11
	5	97	KIMBERLY MACLEOD	46	58:21
	6	120	DAWN WALKER	45	1:02:53
	7	122	KAREN WERNER	47	1:03:03
	8	129	AMY GARBER	49	1:05:40
	9	136	SELINA CELEBRE	45	1:07:50
	10	143	VALERIE WALLER	48	1:08:30
	11	149	AMY Black	47	1:11:25
	12	158	REBECCA RANDOLPH	49	1:13:46
	13	161	KATHRYN OLIVER	49	1:14:39

Male 50 - 54	1	20	CHRISTOPHER MAESTRELLO	54	43:01
	2	38	JIM CARTER	54	46:36
	3	42	MIKE TRAVELINE	54	47:22
	4	45	MARTIJN GRIBNAU	52	47:48
	5	52	TRACEY LOWERY	52	50:12
	6	68	JAMES LAFRATTA	50	53:58
	7	75	MALCOLM HARRIS	54	55:12
	8	76	RALPH GIBBS	51	55:23
	9	84	TONY ABAD	50	56:48
	10	88	KEVIN CHIDWICK	53	57:27



Skeeter forgot to finish his coffee; Maria Elena is Oiselle proud.



Allen, Alan...and Colin.

Male 50 - 54	11	123	JAMES MARR	51	1:03:14
	12	168	ERIC NACHMAN	53	1:19:35

Female 50 - 54	1	37	KAREN MCCLINTICK	50	46:30
	2	63	JANICE SHAHEEN	50	52:08
	3	91	PAMELA WELTON	50	57:35
	4	98	ANGIE DINARDI	50	58:23
	5	107	SUZI SILVERSTEIN	53	59:50

Male 55 - 59	1	19	KARL COVER	57	42:45
	2	50	RONALD MITCHELL	57	49:57

Male 55 - 59	3	55	KENT WIETHARN	56	50:26
	4	62	BILL MIMS	59	51:17
	5	73	GARY FISHER	57	54:54
	6	156	PETER MIDFORD	55	1:13:20

Female 55 - 59	1	53	TERRI GERLOFF	58	50:15
	2	66	SANDRA GRAY	57	53:20
	3	93	ELAINE CASPER	56	58:02
	4	111	ANITA VAN BURKEN	57	1:01:13
	5	117	KATHRYN SCOURBY	59	1:02:30
	6	133	COLLEEN MOORE	55	1:06:53
	7	144	JODI MILLER	58	1:08:56
	8	146	JENNI TREADWELL	55	1:09:08

Male 60 - 64	1	21	DAVID BENJAMIN	61	43:12
	2	67	JOHN BYRNE	63	53:25
	3	95	MICHAEL MCLEOD	62	58:04
	4	104	ROBERT JOHNSON	64	59:12
	5	119	GAYLORD HUSK	63	1:02:50
	6	124	DAVE Black	64	1:03:16
	7	163	MIKE GHOLSON	61	1:17:01
	8	164	MICHAEL GEORGE	64	1:17:01
	9	170	DOUG SCHUTTE	64	1:20:29

Female 60 - 64	1	106	FRANCES NEWTON	63	59:23
	2	112	PAMELA FAULKNER	60	1:01:14
	3	126	ROSIE SCHUTTE	63	1:04:02
	4	173	MARTHA HODGES	60	1:24:59
	5	175	KAREN MARSH	64	1:37:14

Male 65 - 69	1	64	STEPHEN D NOLAN	66	52:21
	2	81	STEPHEN RETHERFORD	65	56:01
	3	83	CHARLES BEVERAGE	66	56:47
	4	94	DENNIS HOLMAN	67	58:03

Male 70 - 74	1	121	SCOTT TILLEY	72	1:02:56
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Female 70 - 74	1	174	NANCY L JAKUBEC	74	1:25:32
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# THANKS DAD 5K

MIDLOTHIAN, VA • 6/18/2017

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Category	Place	Name	Age	Time
<b>Male Overall</b>	1	1	* AUSTIN IOVOLI	24 18:00
	2	2	MATT HANNAY	36 18:30
	3	3	BRIAN WILLIAM WATERS	34 19:02
	4	4	* NICK DAVIS	31 19:37
	5	6	NICK REAMS	20 20:15
<b>Female Overall</b>	1	5	LAUREN HOPPER	25 19:52
	2	8	* BRITTANY HARLAN	26 20:19
	3	16	NICI RHODES	30 21:19
	4	23	NANCY BRODA	35 22:42
	5	24	NATACHA RANGEL-RIBEIRO	19 22:52
<b>Male 5 - 9</b>	1	84	NATHAN ROOT	6 31:47
	2	89	SAM SHELTON	8 32:42
<b>Female 5 - 9</b>	1	91	AINSLEY GUNN	7 32:48
	2	110	LAUREN RIDGEWAY	9 35:55
	3	134	JULIA WILLING	8 38:03
	4	164	KERRIGAN MAY	9 52:44
<b>Male 10 - 14</b>	1	34	JED COSBY	14 24:34
<b>Female 10 - 14</b>	1	25	* GABRIELLE FLYNN	12 22:59
	2	28	CHLOE MARTIN	14 23:04
	3	64	IZZY LIST	11 29:09
	4	73	EMMA OLGERS	14 30:10
	5	111	LYDIA SHELTON	10 35:57
	6	136	* JULIANNA CARDUCK	13 38:05
	7	158	SOPHIA CRAWFORD	10 50:22
<b>Male 15 - 19</b>	1	18	THOMAS ROSE	15 21:38
	2	70	BENNY NACHMAN	17 29:45
<b>Female 15 - 19</b>	1	24	NATACHA RANGEL-RIBEIRO	19 22:52
	2	52	KATIE MURRAY	17 26:30
	3	75	MIA BENDER	17 30:46
	4	127	ANYA BENDER	15 37:33
	5	141	BAILEY GLIDEWELL	18 39:13
	6	145	PAXTON O'BRYEN	16 41:00
<b>Male 20 - 24</b>	1	1	* AUSTIN IOVOLI	24 18:00
	2	6	NICK REAMS	20 20:15
	3	14	LAWRENCE COOPER	23 21:01
	4	36	* MICHAEL GLUR	24 24:45
	5	44	JAMAL ROBINSON	21 25:54
	6	62	FRANK GERLOFF III	23 28:52
	7	72	* GABRIEL E TORO	22 30:05
	8	97	ALEX MARR	20 33:11



Rosie Schutte, Secretary, talking with Dean Miller, co-director of the race.



A dad hanging out with his son at the awards ceremony.

<b>Male 20 - 24</b>	9	105	TAYLOR KELMAR	21 35:28
	10	129	MATT MCLAUGHLIN	21 37:42
	11	143	MAX NACHMAN	21 40:34
<b>Female 20 - 24</b>	1	32	Jenna HOPKINS	21 24:07
	2	81	MORGAN SILVERSTEIN	23 31:32
	3	125	GIANNA LEONARD	20 37:27
	4	171	BROOKE SILVERSTEIN	21 59:35
<b>Male 25 - 29</b>	1	9	* AARON HARLAN	27 20:26
	2	15	ADAM LERNER	27 21:18
	3	22	STEPHEN WALTHALL	29 22:33
	4	29	JUSTIN HLA-GYAW	29 23:06
	5	48	SHAUN SMITH	29 26:20
	6	49	IVAN TORO	29 26:22
	7	59	JOSHUA FRACKER	25 28:16
	8	116	* RYAN SCHULTZ	26 36:02
	9	117	MIKE HAAS	28 36:16
<b>Female 25 - 29</b>	1	5	LAUREN HOPPER	25 19:52
	2	8	* BRITTANY HARLAN	26 20:19
	3	46	BRIDGET DRAPER	28 26:00
	4	87	* MALERIE ANDERSON	28 32:09
	5	94	EMILY SMITH	27 33:07
	6	118	AMBER HAAS	26 36:17
	7	128	RANDI TORO	29 37:39
	8	161	* NIKKIA YOUNG	26 51:44
<b>Male 30 - 34</b>	1	3	BRIAN WILLIAM WATERS	34 19:02
	2	4	* NICK DAVIS	31 19:37
	3	11	ANDREW CALLIHAN	33 20:35
	4	17	* STEVE ESCOBAR	34 21:25
	5	112	* CHRISTIAN E TORO	31 35:58
	6	174	COLIN SCHOENHAUT	31 1:02:41
	7	175	JACOB Neal	32 1:05:09
<b>Female 30 - 34</b>	1	16	NICI RHODES	30 21:19
	2	47	KELLY LIROT	31 26:07
	3	69	RACHEL WHISLER	30 29:39
	4	96	JENN NIXON	34 33:10
	5	108	* AMY WEISS	31 35:51
	6	113	* LAURA S TORO	31 35:58
	7	149	* MARA GEORGE	32 41:56
<b>Male 35 - 39</b>	1	2	MATT HANNAY	36 18:30

# THANKS DAD 5K

MIDLOTHIAN, VA • 6/18/2017

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Category	Place	Name	Age	Time
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A family of ribbons!

<b>Male 35 - 39</b>	2	7	* DAN GARIEPY	36	20:18
	3	10	BRIAN LOWRY	36	20:27
	4	20	* MICHAEL FORDER	35	21:54
	5	27	LONG NGUYEN	37	23:00
	6	31	WILLIAM ESCHENFELDER	35	23:47
	7	45	JONATHAN REID	37	25:59
	8	63	RYAN WHISLER	35	29:01
	9	80	BENJAMIN ROBERTS	39	31:11
	10	135	KEVIN WILLING	37	38:03
	11	142	JOSHUA ROOT	35	39:14
	12	172	PAUL SCHOENHAUT	36	1:02:23

<b>Female 35 - 39</b>	1	23	NANCY BRODA	35	22:42
	2	33	* MICHELLE FANG	37	24:08
	3	123	* VICTORIA HAUSER	37	36:32
	4	131	ALLISON BROOK	36	37:52
	5	156	* JENNIFER LEVIN	35	48:51
	6	160	MOLLY CRAWFORD	36	50:35
	7	163	* ALLISON MAY	36	52:43

<b>Male 40 - 44</b>	1	21	* JOHN AMOROSO	40	22:05
	2	26	* JOSEPH FLYNN	42	22:59
	3	38	* AARON STEELMAN	42	25:07
	4	40	* LAWRENCE BERNDT	40	25:12
	5	41	* TIMOTHY STEWART	42	25:15
	6	42	VINCENT MYERS	40	25:18
	7	58	DARREN SCHLEDT	41	28:15
	8	92	CHRISTOPHER GUNN	40	32:49
	9	119	ALEX SHELTON	44	36:18
	10	137	* WILLIAM CARDUCK	42	38:06
	11	150	* KEVIN KRAMER	44	42:05

<b>Female 40 - 44</b>	1	54	BRANDEE PERRY	41	26:40
	2	74	SHANNON GRYMES	43	30:14
	3	122	REBECCA SMARTSCHAN	41	36:31
	4	124	* DESIREE VAN HORN	42	37:14
	5	130	* HILARY CASSIL	41	37:49
	6	133	ERIN REID	42	37:58
	7	153	MICHELLE O'BRYEN	42	47:30
	8	162	* KELLY HARRIS	44	51:45

<b>Male 45 - 49</b>	1	12	* JIM ODDONO	49	20:46
	2	13	GARY MARTIN	47	20:59
	3	53	ED MURRAY	47	26:31
	4	76	MICHAEL BENDER	46	30:47
	5	107	VON MCMEEKIN	49	35:43
	6	126	* STEPHEN KELLEY	47	37:28

Category	Place	Name	Age	Time
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<b>Male 45 - 49</b>	7	144	DON O'BRYEN	46	40:59
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<b>Female 45 - 49</b>	1	68	BETH LOWE	45	29:25
	2	99	* LISA ZIROPOULOS	47	33:34
	3	106	* REBECCA RANDOLPH	49	35:29
	4	121	* AMY Black	47	36:21
	5	147	* DIANE KELLEY	47	41:19
	6	154	* MICHELLE GIBBS	49	48:24
	7	157	* TRACY SIKES	49	49:15
	8	167	KIMBERLY BENDER	46	57:42
	9	169	ANDREA NACHMAN	49	59:33

<b>Male 50 - 54</b>	1	30	SCOTT ROSE	52	23:22
	2	35	* CHRISTOPHER CALFEE	50	24:42
	3	50	* RALPH GIBBS	51	26:24
	4	65	DAN LIST	51	29:09
	5	71	JAMES ROBERTS	51	29:48
	6	82	* WAYNE VANDERPOOL	53	31:36
	7	85	CHARLES VIA	54	31:59
	8	95	PERCY ALEXANDER	53	33:09
	9	98	JAMES MARR	51	33:23
	10	114	BARRY RIDGEWAY	51	35:59
	11	148	ERIC NACHMAN	53	41:55

<b>Female 50 - 54</b>	1	43	* DEB IOVOLI	53	25:31
	2	100	MICHELLE OLGERS	50	33:49
	3	115	* KAREN HAWKINS	53	36:01



Co-Director Sarah Akin with her husband Jason and son William.

# THANKS DAD 5K

MIDLOTHIAN, VA • 6/18/2017

Not USATF Certified \*RRRC Web Member

Category	Place	Name	Age	Time
<b>Female 50 - 54</b>	4	120 * PATTY HENSON-DACEY	53	36:20
	5	146 * GAIL HOLSTROM	53	41:18
	6	155 * LISA CHILDRESS	51	48:36
	7	165 * JANET SHERD	54	53:12
	8	168 SUZI SILVERSTEIN	53	59:32
<b>Male 55 - 59</b>	1	19 CAMERON HOPPER	56	21:42
	2	37 GREGG WHISLER	56	24:52
	3	39 * BUCKY FLANAGAN	58	25:10
	4	57 ROBERT HOPKINS	58	27:46
	5	61 FRANKIE GERLOFF	55	28:51
	6	86 J DE LOS-SANTOS	58	32:06
	7	101 ERIC RANGEL-RIBEIRO	57	34:05
	8	103 JOHN D LEONARD	55	34:22
	9	140 LARRY GLIDEWELL	58	39:12
	10	170 MICHAEL SILVERSTEIN	57	59:34
<b>Female 55 - 59</b>	1	51 * SANDRA GRAY	57	26:28
	2	102 * JENNI TREADWELL	55	34:14
	3	109 BARBARA LEONARD	55	35:54
<b>Male 60 - 64</b>	1	55 * BARRY KREISA	63	26:47
	2	56 RANDY THOMAS	63	27:20
	3	60 GREGORY ROTH	63	28:48

Category	Place	Name	Age	Time
<b>Male 60 - 64</b>	4	79 STEVEN LERNER	61	31:07
	5	88 GARY REAMS	62	32:19
	6	104 BRIAN KELMAR	61	35:01
	7	132 DAVID TRUMP	64	37:53
	8	138 * DOUG SCHUTTE	64	38:21
	9	139 * MICHAEL GEORGE	64	38:35
	10	159 STEVE SUNDAY	61	50:30
	11	166 * HERVEY SHERD	61	53:13
<b>Female 60 - 64</b>	1	66 * PAMELA FAULKNER	60	29:10
	2	152 * MARY BETH HALL	61	45:21
	3	176 KATHLEEN POLL	64	1:05:09
<b>Male 65 - 69</b>	1	78 BILL DRAPER	65	30:52
	2	93 * CHARLES EDWARDS	65	33:04
	3	173 MICHAEL SCHOENHAUT	69	1:02:40
<b>Female 65 - 69</b>	1	67 * SUE DEJESUS	65	29:23
	2	90 * DEEDEE DRAPER	65	32:45
<b>Male 70 - 74</b>	1	77 * WILLIAM CHADIM	70	30:48
	2	83 DAVID BRODA	72	31:42
<b>Male 75 - 79</b>	1	151 * HARRY CONN JR	79	44:47

## Road Less Travelled

*continued from page 14*

*I'm too big/small/young/old to run an ultra.*

Don't even try using this excuse. Look around during your next race; runners come in all sizes and ages. Statistics state the average age range for most ultra-runners is 40-45. However, there are many runners much older and others much younger. As for body size, I've been on trails with people who have 0% body fat and others with beer bellies. All that's required to finish an ultra is fitness and mental fortitude. All other defining characteristics and demographics are meaningless.

*I'm not fit enough to run an ultra.*

Maybe you aren't, but that's why training plans exist. Odds are you weren't yet fit enough to run your first marathon when you registered either. Completing any race, including ultras, is nothing more than placing one foot in front of another. Your training will build your strength, confidence and endurance and you'll be amazed at (and proud of) your fitness.

*I ran a half or full marathon and it was hard. I can't imagine running any further than that.*

Yes, marathons are difficult. They're long, hard runs. They push you to your limits. They make your legs hurt. They make you dig deep inside yourself to keep pushing forward.

And yes, ultras are tough too. But let me share a little secret with you – a 50k is EASIER than a road marathon. You probably are rolling your eyes and scoffing at that comment, but hear me out. Road marathons tend to have a little more pressure to have a quicker pace and faster finishing time. The running surface is harder and less forgiving. You're more exposed to the elements. The aid stations are typically just water and sports drink with the occasional gel. Ultras, on the other hand, have much less pressure with regards to pace. You want to start and stay slow, conserving energy for the whole race. Trails and single track are typically softer and more forgiving on the legs. Running on wooded trails provides more protection from the rain and wind than exposed roads. Aid stations are exciting buffets of tasty treats.

If you've run a marathon, then you know you're a part of that tiny 0.1% of the population to do so. Remember the extraordinary sense of accomplishment you felt. Recall the immense sense of pride and self-worth you experienced, knowing that you successfully completed a very physically and mentally challenging task. Now use that memory to take the next step forward, to broaden your running horizon and expand your mind's perception of that which both you and it are capable.

Run a little further down the road less travelled. I promise you won't regret it. ■



# [ MEMBERSHIP APPLICATION ]

First Name

Last Name

Address 1

Address 2

City

State

Zip Code

Email Address

Phone Number

Birthdate (mm/dd/yyyy)

Gender(M/F)

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 potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, and animals are not allowed in the race and I will abide by all race rules. 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 Commonwealth of Virginia, local government agencies, and all event 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 the foregoing to use my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature/Parents Signature (if under age of 18): \_\_\_\_\_ Date: \_\_\_\_\_



You can join or renew by filling out the form to the left and mailing it in with a check. Yearly membership is \$15 for an individual, \$20 for a family or business, and \$5 for students.

**Please mail check to:**

RRRC

P.O. Box 8724

Richmond, VA 23226

We prefer that you join online! It saves volunteer time and typos! Please register or renew online at: **[www.rrrc.org](http://www.rrrc.org)**

# [ GROUP RUNS ]

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

# [ GROUP RUNS ]

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





## Richmond Road Runners Club <http://www.rrrc.org>

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

### 2017 RRRC Featured Races and Events (All events subject to change—updated 5-5-17)

Jan 1	RRRC First Day 5k	Apr 30	RRRC Carytown 10k	Jul 19	Summer Track Series
Jan 1	Start of GP Year	May 6	SEES Eagle Challenge 5k	Jul 24	Cul-de-Sac 5k #3
Jan 11	RRRC Club Meeting	May 10	RRRC Club Meeting	Jul 26	Summer Track Series
Jan 15	Willis River 35k, 50k	May 11	Senior Games 5k	Jul 29	Pony Pasture 5k
Jan 22	RRRC Frostbite 15k	May 12	Senior Games 10k	Aug 9	RRRC Club Meeting
Jan 28	Shiver in the River	May 13	Holton Hustle 5k	Aug 10	Moonlight 4 Miler
Feb 8	RRRC Club Meeting	May 13	Blaze'n Trails 5k	Aug 26	Patrick Henry Half
Feb 12	RRRC Sweetheart 8k	May 20	Ashcreek 5k	Sep 13	RRRC Club Meeting
Mar 5	RRRC Huguenot 3 Miler	May 27	Austism Society 5k	Sep 16	Children's Hosp 4 Miler
Mar 8	RRRC Club Meeting	May 28	RRRC Stratford Hills 10k	Oct 11	RRRC Club Meeting
Mar 11	RRRC Runners Banquet	Jun 9	Global Running Day	Oct 14	Step Up 4 Down Syndrome 5k
Mar 18	Hanover Airpark 5k	Jun 14	RRRC Club Meeting	Oct 28	Trick or Trot 5k
Mar 25	SPCA Dog Jog 5k	Jun 14	Summer Track Series	Nov 8	RRRC Club Meeting
Apr 1	Monument Ave 10k	Jun 18	Thanks Dad 5k	Nov 11	Richmond Marathon
Apr 12	RRRC Club Meeting	Jun 21	Summer Track Series	Nov 23	RRRC Turkey Trot 10k
Apr 22	Short Pump MS 5k	Jun 28	Summer Track Series	Nov ?	King William Turkey Trot
Apr 22	ASK 5k	Jul 4	Patriots Day 5k	Dec 3	Bear Creek 10 Miler
Apr 22	Young Life 5k	Jul 10	Cul-de-Sac 5k #1	Dec 10	Toy Run 5k
Apr 27	Checkered Flag 5k	Jul 12	Summer Track Series	Dec 13	RRRC Club Meeting
Apr 29	GCA Trailblazer 5k	Jul 17	Cul-de-Sac 5k #2	Dec 31	End of GP Year

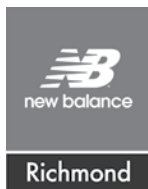
- Race details and registration can be found at <http://www.rrrc.org/events>
- All races and dates are subject to change. Please check back for updated versions. Review date at top.
- Some events allow walkers and/or have kid runs. Please check race details.
- Grand Prix "Racing" Points can be earned for the races in bold. For Race and Volunteer points distribution and Grand Prix rules, please read details at <http://www.rrrc.org/page/grand-prix>. Registration for Grand Prix participation is required.
- Use of RRRC 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](http://www.rrrc.org/page/race-services) for all Featured Races.

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

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

# [ MERCHANT DISCOUNTS ]



**10%**

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*(cannot be combined with other promotions)*

**If you would like to offer a discount to club members (and get free advertisement here), contact the club at [milesandminutes@rrrc.org](mailto:milesandminutes@rrrc.org)**



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**10% Discount RRRC Members**

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[janice@jasnutritionfit.com](mailto:janice@jasnutritionfit.com)  
804.840.8547

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BUY FROM WHO YOU KNOW  
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*As always, buying is always free!*



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August 13, 2017

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# 5K Run/Walk ❧ 1K Kids Run ❧ Family FunFest

*Calling all Dashers & Dancers, Prancers & Vixens, Comets & Cupids, Donners & Blitzens!  
Grab your Santa hats, and HO-HO-Help us raise money for the  
Chesterfield-Colonial Heights Christmas Mother!*



## Date & Time:

**Saturday, July 29**

1K Kids Run .....8:30 am

5K Run/Walk.....9:00 am

## Place:

**Pocahontas State Park**

Chesterfield, VA

## Registration:

1K Kids Run .....\$15

5K Run/Walk.....\$35

*Register using  
discount code  
"RRRC" for \$7 off  
your 5K registration!*

**Prizes for Best Individual  
and Team Costumes**

---

**Kids Activities**

---

**Food and Music**

*Donations of new and unwrapped board books  
and board games greatly appreciated!*

❧ **Register at [JulyJingleRun.com](http://JulyJingleRun.com) today** ❧



## Northbank Trail

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