

[MILES and MINUTES]

Publication of the Richmond Road Runners Club

September/October 2017 | Volume 40, Issue 5



Trail Sisters

page 6 and 9

History of ladies in running page 8 • **Tough runners last** page 17 • **Sisters of Trail** back cover



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

FEATURING:



JOIN THE PARTY AND #RUNRICHMOND!

A lot has changed over the past 40 years, but our dedication to offering you the best race experience possible remains the same. Enjoy a scenic course that winds through the city's most historic neighborhoods and runs over and along the beautiful James River. We've earned our rep as "America's Friendliest Marathon" because of features like our junk food stops and unbeatable course support!



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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.

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

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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, Chris Mason, 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. Please keep article submissions to under 1,000 words. *Miles and Minutes* is distributed six times a year.

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

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[EDITOR'S LETTER]



Donna Aycoth. Pam Smythe.
Ann Trason.

Unassuming. Small. Humble.
Powerhouse. These ladies have
dominated ultrarunning, setting
records and kicking ass in a sport
that only recently started to see
women prove their ability. It's hard
to nail down the exact moment
women started joining men in ultras

but in the Trail Sisters section to follow, we gathered a few ideas.

Oh sure, the ladies who paved the ultrarunning world still
got a lot of comments about their uteri making them unable
to compete with men. In 1923 Frances Howard was the first
woman to run the Comrades Marathon (a misnomer since
it's 40 miles run in the mountains of South Africa); she wasn't
allowed to celebrate her win with the men because no women
were allowed. And then many of those women, like Ann
Trason, set course records of which many still stand today.
Or they win outright. As in winning the whole race, not just
the women's division.

Women still only make up approximately one-third of all ultra-
runners, perhaps because of the time needed to train for such
an excursion coupled with the lack of support society provides
in general.

Kaci Lickteig. Cat Bradley. Camille Herron.

There are ladies around town who have been running ultras for
years, decades even. Martha Wright, aka Trail Mom, has run
the Mountain Masochist 50 miler 12 times. She was running
ultras before it was the thing for women to do. Whitney
Richman has been killing it on the long races, even winning
some outright. Anna Purcell took her love of trail with her to
an internship experience in Colorado. We form relationships
on the trail.

Trail Sisters.

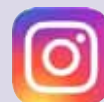
See y'all out there. ■

Crystal Koch | Editor

On the cover: Martha Wright (right) and friends atop Hawksbill



Richmond Road
Runners Club



@rvaroadrunners

[PRESIDENT'S MESSAGE]



For those who have been reading my President's Letters for the past 20-plus months, I have some good news for both of us – my sentence (and yours) will soon end.

What great earth-shaking event will make this possible? It's the biennial election of officers and board members of your club,

coming up at the December meeting.

I will be stepping down as president after the elections and will be assuming non-board member status to help the new board and officers, if requested. This is similar to the role Michael Muldowney has followed.

In one of my last official duties I have secured volunteers for a nominating committee (Michael Muldowney/Ed Kelleher/Mark Guzzi/Sarah Akin) who will put together a list of nominees for the five officer positions and maximum of 20 board positions in accordance with the club constitution.

Below are excerpts from Article 4 of the constitution that outline the duties and minimum requirements of those positions. Anyone who meets the requirements and is interested in serving may click on the RunSignUp link (<https://runsignup.com/Club/Races/894>) and fill in the pertinent information. The committee will review and compile this information for the ballot. Please e-mail president@rrrc.org hyperlink with any questions.

Keep in mind that in running for any of these positions you should be prepared to offer your time, talents and effort to benefit the club. As for current board members and officers, I encourage you to submit your applications if you want to stand for re-election. If not, you may be able to serve in other capacities.

ARTICLE 4

...

"Section 2. Duties of officers shall be as follows, and as specified in the By-Laws.

"A. President - to preside over meetings, ... call special meetings and appoint committee chairpersons thereof.

"B. Vice President - Operations - to assume the duties and powers of the president in the president's absence, perform special assignments as requested by the president, manage the club's race calendar and serve as contract race coordinator.

"C. Vice President - Communications - to develop and coordinate the club's communication, marketing, promotion and merchandising efforts.

"D. Secretary - to record the minutes of meetings, handle correspondences as requested by the president and keep records of such minutes and correspondence.

"E. Treasurer - to administer all financial duties, sign checks and make disbursements for expenditures approved by the Board of Directors, present a budget pursuant to the By-Laws, prepare financial reports requested by the president and prepare or assist in the preparation of all necessary tax filings.

"Section 3. Board of Directors

"A. The Board of Directors shall manage the affairs of the Club and establish its policies and procedures.

"B. The Board of Directors shall consist of the five officers and at least five but not more than twenty additional elected Club members who hold no other Club office.

...

"Section 5. ... All candidates for office must have demonstrated interest in the Club by having volunteered at a Club event and attended at least one regular Club meeting in the election year....

As you see, Section 5 stipulates the bare minimum for eligibility to run for RRRC office. But our club was not built on minimums. For your club to succeed, we need maximum effort. We need officers and directors who want to be fully engaged in leading one of the best running clubs in the country – one that lives up to our tag line "WE RUN RICHMOND."

Here are some examples. When the club took on chip timing recently, board members Mara George and Anne Brown stepped up to learn the process. Their next step will be teaching others. Crystal has stepped up to edit Miles and Minutes and Glenn Melton, a non-board member, has taken over equipment duties. David Trump has helped the club integrate the RunSignUp platform, and Sarah Akin and board member Marcy George have been key in integrating the iPads for use at race registration. Others have shown similar commitment. A phrase I use often may best describe the difference between involvement and commitment: It's like ham and eggs; the chicken was involved, but the pig was committed.

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Richmond Road Runners Club Annual Scholarship Recipients

The Richmond Road Runners Club (RRRC) continues to provide college scholarship funding for Richmond-area high school seniors involved in running or related activities. This one-time \$2000 scholarship is awarded to applicants who are able to show their involvement in running during high school, contribution to the running community, and a vision for continuing to support running by modeling a healthy lifestyle during their college years. This year there were 17 outstanding applicants for two scholarship awards. The recipients of the RRRC scholarships were recognized by Bill Kelly, RRRC President, at the Pony Pasture 5K on July 29, 2017. Winners of the RRRC Scholarship funds are (listed alphabetically):

Jake Scott Dehetre

Jake was a member of the cross country team and ran indoor and outdoor track at Atlee High School over the past four years where he earned sixth at VHSL State Finals and achieved recognition as All-State. Jake's track and cross country coach commented that Jake has been a leader among his running teammates and has the greatest degree of determination, clarity of focus, and persistence. Jake is also active in his high school's organizations such as Key Club, Beta Club and Knights of Columbus. Additionally, he worked with the Health Kids Running Series in an effort to give back to kids something of the sport he has come to love. Jake has



committed to continuing a healthy lifestyle in college and will be running with the track team while attending the University of Mary Washington in Fredericksburg.

Laurel Goodpasture

Laurel was a competitive runner in cross country and indoor and outdoor track for Trinity Episcopal School where she served as team captain during her senior year and was recognized as Most Valuable Runner this past year. Laurel completed her first half marathon in eighth grade and since then has completed nine more. Over the past two years she branched into community service and, by partnering with her mother, raised over \$16,000 for the Leukemia and Lymphoma Society and the Massey Cancer Center at VCU Health. According to Laurel's cross country coach, Laurel pushes herself to be the best she can be and grew into a leader over the years in both words and action. Laurel plans to continue with her running career by joining the competitive running club while she attends William and Mary in the fall. She also looks forward to continued participation in Richmond area races. ■

Sam Lowe

Organizer, RRRC Scholarship Committee

[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.”*

Patriots 5k

Tuesday, July 4, 2017

Dawn Eberhard, Frank Jacocks, Nancy Jakubec, Bill Kelly, Barry Kreisa, Mike Levins, Jeffery Luke, Jim Marr, Karen McClintock, Ed Murray, Curtis Newton, Linda Newton, Hervey Sherd, Janet Sherd

Cul-de-sac 5k #1

Race Director: Taminator™ Harrison

Packet pick-up • Sunday, July 9, 2017

Sarah Akin, Marcus Brown, Marcy George, Alan Harrison, Jim Oddono, Rebecca Randolph, Dawn Walker

Race Day • Monday, July 10, 2017

Nigel Bavin, Camryn Belcher, Amy Black, Lauren Blankenship, Anne Brown, Cheryl Christensen, Suzen Collins, Jennifer Daniels, Sydney Dumstra, Mike Gallogly, Mara George, Marcy George, Michael George, Michelle Gibbs, John Harris, Kelly Harris, Alan Harrison, Rheanin Hilicki, Pam Hunter, Blair Just, Diane Kelley, Stephen Kelley, Crystal Koch, Mike Kremer, Corinne Landrum, Julianne Landrum, Donnie Lane, Mike Levins, Michelle Little, Mitchell Marcus, Glenn Melton, Joseph Monolo, Anne-Claire Murray, Stephen Nolan, Edward Patrick, Tracey Patterson, Allyson Schindel, Jake Schindel, Riley Schindel, Colin Schoenhaut, Marcos Torres, Ollie Watkins, Becky White

Cul-de-sac 5k #2

Monday, July 17, 2017

Race Director: Taminator™ Harrison

Sarah Akin, Sarah Bain, Amy Black, Anne Brown, Kathy



Friendly faces at the local water stop.



Sarah Bain stopped to take a selfie with her daughter and The Mayor

Bruckner, Elaine Casper, Suzen Collins, Carter Daniels, Jennifer Daniels, Candy Dulick, Karen Fallin, Doug Fernandez, Robert Fowler, Mike Gallogly, Mara George, Marcy George, Michael George, Kelly Harris, Craig Heinicke, Anderson Huband, Quattro Hubbard, Pam Hunter, John Hurley, Diane Kelley, Stephen Kelley, Crystal Koch, Donnie Lane, Glenn Melton, Stephen Nolan, Edward Paterek, Carter Saettel, Colin Schoenhaut, Rosie Schutte, Farrah Wilson,

Cul-de-sac 5k #3

Monday, July 24, 2017

Race Director: Taminator™ Harrison

Sarah Akin, Lynn Anderson, Sarah Bain, Amy Black, Anne Brown, Suzen Collins, Jennifer Daniels, Karen Fallin, Scott Foreman, Mike Gallogly, Marcy George, Mara George, Michael George, Sandra Gray, Add Hagan, Kelly Harris, Gabriel Harrison, Alan Harrison, Craig Heinicke, Larry Holstrom, Karen Holt, Quatro Hubbard, Pam Hunter, Diane Kelley, Stephen Kelley, Crystal Koch, Donnie Lane, Jamie Ledwith, Glenn Melton, Jodi Miller, Colleen Moore, Tom Nealy, Stephen Nolan, Ed Paterek, Colin Schoenhaut, Rosie Schutte, Joseph Shaia, Samuel Shaia, David Trump, Emily Turner, John Turner, Sadie Turner, James Wright, Martha Wright

Summer Track Series

Wednesdays, June 14, 21; July 5, 12, 19, 26

Coordinator: Glenn Melton

Suzen Collins, Crystal Koch



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

2017 RRRC Featured Races and Events (All events subject to change—updated 8-28-17)

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

- 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>

TRAIL SISTERS

Cross-Generational

Where it all began

We met in 2012.

Debbie Trainer was at a time in her life where she was an ambassador of trail running, “I was a new marathoner testing the ultra marathon waters and seeking like-minded folks who had time/talents to share adventures.”

Shelley McLaughlin had just moved to Richmond, “My husband was happy, the kids were happy, but I was miserable. I was 30lbs overweight, out of touch with my love of running, struggling to finish a dissertation and lost in Short Pump (meaning I didn’t know about the James River trail system or the Blue Ridge). Meeting Debbie and her neighbor Karla and joining Seal Team PT gave me a new lease on life. It was an invitation to become who I wanted to be, and who I believed I was on the inside. At the beginning I couldn’t do more than 10 push ups and 28 sit ups but I bonded with Debbie and Karla in hooyah carpool. I sat in the back and listened to them go back and forth ‘bragging’ about the intensity and satisfaction of pushing their limits. Two people who had really been there for each other, a model sisterhood. We shared tough workouts, rainy, muddy, cold workouts, and stories

about raising kids. I became one of them. The Shelley people know today was ‘born’ in Richmond.”

Trail Sisterhood

We came to a point where, despite the differences in age and circumstances, we were drawn to the mountains and pushing physical limits together beyond a one hour workout. It works because our compatibility is eerily similar: synced priorities, we have a mutual need for therapeutic and restorative trail time, we’re complementary crazy, and our pooled knowledge of training strategies and gear that works.

We travel well together. Debbie drives because she gets car sick, Shelley is the copilot. For us, adventuring is about roles and responsibilities – who is good at technology, who makes the popcorn (always Debbie), who likes maps, and who does post-adventure photo editing/Facebook posts. We know and gently nudge one another out of our respective comfort zones. Shelley took the lead in a hike into Tallulah Falls Gorge in Georgia where the amount of bushwhacking involved and number of raging rivers to cross would have had Debbie turning back; and Debbie likewise took the lead and



Snow plank!

paced Shelley in a 50K trail race in Portland, Oregon, where Shelley's GI distress was less than favorable for a finishers medal.

We set a high priority on making every outing an adventure. Tight schedules may sometimes preclude trips to the mountains but we've often put our heads together and created local adventures that have become some of our favorites. For one, we decided to research and run the legendary seven hills of Richmond in a single long run. With a dashboard hula dancer as a prop (long story), we logged our miles while stopping to read historical markers and even to eat lunch at a fellow SEAL Team member's coffee shop. And snow on the ground ramps up the action rather than cancels it with a hilarious but strenuous snowshoe or sledding outing. We choose to spend our time together on the move in the outdoors rather than in a coffee shop or bar - although that occurs, too, but usually as a planning session or reward for an exhausting adventure/achievement - because it is in movement (forward, backward, and even falling down) that we connect with our truest selves.

As Shelley says, "Spur of the moment often works best. There is very little planning. Debbie has a file of options and I say yes. It's that simple."

Time on the trail (aka forest bathing) together has helped us navigate major milestones in our lives such as raising children, loving and losing pets and parents, and family weddings. From running in the rain and muddy trails along the James River to last minute "get in my car and help me drop off my kid at soccer camp it is really close to the AT in Georgia" phone calls, what we found was the trail always heals. Time on the trail also lends itself to the more simple, straightforward discussions. Acting as pseudo-psychologist/therapists we have often delved into the TMI zone about injuries/bodily functions/PT approaches, etc., or whenever the other needs to vent about the topic of the day (politics, parenting, aging parents, etc.) just to give voice and get it off our mind as a means to then put it behind us.

Although not scientific, complementary crazy is critical to trail sisterhood. Debbie agonizes over weather, route and safety planning while Shelley upholds her love for spontaneity and a spark that brings our hike events to life (and often gets us lost). Debbie doesn't like to get wet, Shelley dives right in. Debbie blows her nose often and loudly and Shelley cackles when she laughs and gently "purrs" when she sleeps. Debbie's worst doomsday fear is getting lost after dark (and has been known to panic before she realized it wasn't getting dark early, she still had her sunglasses on). Shelley has a love/hate relationship with bears and snakes and turkeys (she once



survived electric shock when trying to snap photos of the latter behind an electric fence).

We've learned from each other how much water to carry in what conditions, to keep a whistle handy for when the other wanders off and shouting doesn't carry far enough, and packing extra fresh fruit to share on the AT with thru-hiker who love a kind trail angel; to which lightweight jacket and hiking poles are best for our adventures; and which stairs in Richmond provide the best workout (Libby Hill just in case you were wondering). A trail sister ALWAYS shares good gear and passes along stuff that works.

So, what began as a friendly o'dark thirty carpool from the West End to workouts downtown with Seal Team Physical Training evolved into much more.

We've been lucky to discover this about each other and look forward to many more adventures in the future. ■



A Running Women's History

1923

Frances Howard becomes the first woman to run and finish the Comrades Marathon

1966

Bobbi Gibb becomes the first woman to (unofficially) run and finish the Boston Marathon

1967

Kathrine Switzer becomes the first woman to (officially) run and finish the Boston Marathon

1969

Donna Aycoth becomes the first woman to run and finish the JFK 50 miler

1972

The AAU finally allows women to run marathons but they have to start at a different time and/or have a different starting line

1977

The Jogbra was invented by three women: Lisa Lindahl, Polly Smith, Hinda Schreiber

1977

Moving Comfort was founded, releases the first ever woman-specific running short

1978

Pat Smythe becomes the first woman to run and finish the Western States 100 miler

1984

Joan Benoit becomes the first female gold medalist in the Olympic Marathon



TRAIL SISTERS

Young Blood

When/Where/How did you start running?

Chelsea - I started running in college, purely as a “need to get into shape” routine. After graduation I stuck to my 1.5 mile loop and decided to sign up for a local 5k. It was tough! I was unaware that people actually trained for races. I attempted to run 3 miles a couple days before the race, just to see if I would die or not. And I thought there was no way anyone would ever run further than a 5k! There’s just something about that feel of accomplishment; that medal; and that social media post that made me want to do it again. Then, I got a grown up job teaching and coaching cheerleading. Good bye running...until I met Kristen.

Kristen - I signed up for track in high school and made it for about 2 weeks. I thought running was not my thing. Fast forward to college and I started running about a mile a few times a week and I thought I was kicking butt. I was an off and on runner until I did the Monument Avenue 10k in 2011. After that I was hooked. 10ks, half marathons, full marathons, trail races, bring it on! This December I’ll attempt my first 50k...eeekkk!

How did you two meet?

Chelsea - a mutual friend introduced us. All 3 of us having a little boy the same age and expecting a little girl. Kristen, being the seasoned runner she was/is, asked if I run...sure I do! Who doesn’t run? So she asked me to join her. Now, at this point in life I had not run consistently in a few years and have had 2 children. And we set out to do that dreaded 3 miles! I thought I was going to die, we walked a lot! Kristen slowly became my running coach, teaching me proper form, needing well-fitted shoes, keeping pace and how to build mileage. As we slowly built up mileage she sucked me into the race rabbit hole. It seems we are always training for a race, Ragnar, half marathons, marathons, and our first 50k in December!

What made you venture out to the trails?

Chelsea - Kristen talks me into everything. I grew up in Indiana so I didn’t know much about Richmond. Kristen



Chelsea Smith and Kristen Eichert, there is always time for a sister selfie.

invited me out on a trail for a run one weekend and, to this day, is my most favorite run! A trail IN Richmond? We started at Pumphouse and went down to Belle Isle, Northbank trail. It was hard, I couldn’t keep my eyes off the trail in fear I would trip and fall. But when I did look up, I was amazed at how I felt like I was in the middle of a magical forest far away from any city. Then, you pop out of the woods by Hollywood Cemetery and the views of the James River were breathtaking! And that was that, I NEEDED to be a trail runner. I joined running groups in order to get to know the trails and new routes. I’ve done ESTRA-gen, RVA Monthly Trail Run, random crazies wanting to run at night with headlamps, and the TREMR this past January. I then report back to friends and convince them to run “this way” and “I think we turned here”.

Kristen - My first time running trails was the monthly trail run years ago. I remember being in the back of the pack but I didn’t care because the views were amazing! I didn’t start running trails on a regular basis until 2016 when we were training for our first Ragnar at Pocahontas. Fast forward a little over a year and we have done three Ragnar trail relays and we are currently training for our fourth in South Carolina. The trails are awesome because it’s about the experience, not pace or time.

What is your favorite trail to run?

Chelsea - I think it depends on the day. I love Forest Hill because it's a great workout and there is usually less pedestrian traffic. But I also love the Northbank to Buttermilk loop because of the views.

Kristen - Buttermilk and Northbank for sure! We are so spoiled in Richmond with the trails and the views of the river.

Favorite trail accessories?

Kristen - I don't leave home without my Garmin or my water. I am starting to get into other fun running accessories and realizing this "free" sport of running isn't cheap. Some of my new favorites are Goodr shades and Zanzah compression socks. I can't wait to try my Nathan Intensity Race Vest for longer runs.

Chelsea - Free sport my ass! It would have been cheaper to just join a gym, which I did end up doing anyway because you have to cross train with running! I always have my Garmin because, did the run really happen if the Garmin didn't clock it? In the summer, I rely on my Nathan Fuel Belt to carry my water. Remember me saying how I was scared to look up from the trail when I first started running them? Well, I completely wiped out once. It was the end of our run, my feet were heavy and lazy, and I started looking around instead of down. I hit a root and slide on my stomach. At the time, I carried a handheld Camelbak. My hand rolled on my bottle and for a second I thought for sure my wrist was going to snap. The handheld now stays with me on the road only. I'm also really partial to a good trail shoe (love my Asics Kahana) and I'm looking for the perfect vest. And, since Kristen has really cool shades now, I probably need to get a pair too. At night, I never ever run without my headlamp!



That was hard, and it's done.



First marathon together

Short term and long term goals?

Kristen - short term is to finish the Philadelphia marathon and survive the Seashore 50k in December. I'm not sure what racing looks like after December but I'll definitely be running somewhere.

Chelsea - Same for me. Short term is staying healthy and strong to do Seashore 50k. Long term...ha...funny story. My sister is an endurance horseback rider. She wants to do a 100 mile race called Tevis in 2020. She mentioned that it would be cool for me to go with her to California and do the footrace two weeks before. Eh, maybe. Gives me a couple years to train. So I look it up...the footrace isn't called Tevis, it is the Western States 100! Hahaha! I say no, probably not going to happen. But...it would be cool. Dream big, right?

We're on Instagram, so feel free to follow our running adventures @chelsea1.0 and @eichertkm ■

RRRC Monthly Meetings

Wednesday, September 13 • 6:00 pm

Wednesday, October 11 • 6:00 pm

Wednesday, November 8 • 6:00 pm

Wednesday, December 13 • 6:00 pm



RRRC Clubhouse
4901 Fitzhugh Avenue

www.rrrc.org

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

4. Underlying Medical Conditions

By George Lane, DPM, FACPSM, FACFAS



Underlying medical conditions can be at play when considering what may be contributing to a running injury. The following could be red flags for such situations:

- The symptoms being experienced do not appear consistent with the way you would normally expect your body to perform or respond when running.
- The symptoms are inconsistent with common running injuries in the way they present.
- The injury you are experiencing, if treated properly, is not healing in an appropriate amount of time.
- You continue to develop similar symptoms or injuries in spite of making adjustments for other possible contributing causes such as musculoskeletal imbalances, footwear errors, training errors, nutritional errors, lifestyle factors, problems with running form, or adjustments to the running environment.

Medical conditions may result in many potential injuries or symptoms, such as:

- Premature fatigue and loss of normal endurance
- Stress fractures
- Muscle fatigue, cramping, weakness or pain
- Loss of strength or control of normal running movement patterns
- Abnormal sensations or numbness in the feet or lower extremities
- Difficulty breathing
- Joint swelling, stiffness and pain
- Chest pain or palpitations
- Light-headedness or dizziness
- Life-threatening disorders such as seizures or cardiac arrest.

Examples of underlying medical conditions that could contribute to running injuries include:

- Depression and other mood disorders

- Food intolerances, anorexia, bulimia, and other eating disorders
- Female Athlete Triad: disordered eating, amenorrhea, osteoporosis

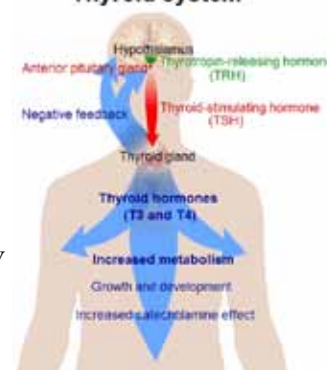
Disordered Eating



Athlete Profile: high school to college-aged, perfectionism, high self-expectations, competitiveness, compulsiveness, tendency toward depression, body image distortion, pre-occupation with dieting and weight, outside pressures (parents, coaches, friends)

- Anemia/iron deficiency, thyroid disorders, diabetes, osteoporosis and other endocrine or metabolic disorders
- Multiple sclerosis, ALS and other neurologic conditions
- Asthma and other pulmonary disorders
- Heart conditions and other vascular disorders
- Rheumatoid arthritis and other inflammatory conditions
- Lyme disease and other infectious conditions
- Neoplastic/cancerous conditions.

Thyroid system



Many, but not all medical conditions have obvious characteristic signs and symptoms that can be recognized on medical checkups or through routine bloodwork. On the other hand, some conditions can be very difficult to diagnose and require expert specialist evaluation and treatment. If you have concerns of such a situation, a good place to start would be with a primary care sports medicine physician. This is typically a family practitioner or internist who has done additional formal training in the non-surgical management of sports-related injuries and conditions. For more information, see: <http://www.aoasm.org/about/sports-medicine-faq> ■

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.



Beauty preserved.

A Colorado Summer

By Anna Purcell

Hands on knees, I gasp for air as I look up and see a field of endless scree. At nearly thirteen thousand feet, my breath is labored, resulting in a sort of shuffle that is miles away from my sea level stride. Any plans I had of running up this behemoth are now gone, and I settle into a slow walk, focused instead on the beauty of this place. Alpine lakes twinkle below me, and the snow-capped peaks of Snowmass and Aspen loom in the distance. Colorado's Roaring Fork Valley is a perfect combination of picturesque mountain towns and vast swaths of some of our most beautiful public lands.

In this moment, as I often have this summer, I feel incredibly blessed to be here: blessed to witness the marmots peek

around every corner, blessed to experience wildflowers paint the valleys, blessed to hear the roar of the Colorado River, blessed to witness a sunrise as I wind slowly around endless single-track.

This winter, when I accepted a summer internship at the Colorado State Public Defenders' Office in Glenwood Springs, Colorado, I immediately began to plan my summer races and training. Maybe I would run another ultra, or maybe I would try my hand at the marathon distance, and work on my speed a bit. The possibilities seemed endless, and there was no shortage of incredibly beautiful and challenging races to pick from. I had my eye on a few, but decided that once I got out there, I would make the final decision.



Bader on a mountain.

One of my favorite parts of long distance running has always been the planning—to me, there are few things more satisfying than setting a lofty goal, dialing in my plan to attain it, and grinding out the necessary work. It is there that I think running becomes training for life, and where I have learned how to sink down into the darkest corners of self-doubt and persevere, stronger and more self-assured than ever before. This year especially, I reaped the rewards of a few truly solid training blocs: I PRed in the marathon, won a few races, and ran a very respectable first ultra. I had planned, I had executed, and the high that came with my success was dizzying. However, with all of my training and successes, I began to lose sight of why I started to run in the first place.

I didn't run for the endless training spreadsheets, each melting into the next, or for the rush I felt crossing the finish line with the front of the pack.

Instead, I ran for the quiet moments on the trail, for the escape from the anxieties of law school, for a sense of peace that I can only find ten miles into a mountain run, my brain humming in concert with the rhythms of the plants, the trees, and the bees.

Fortunately, with its high altitude and challenging trails, Colorado has forced me to slow down. It has forced me to abandon training and race plans that I had set earlier this year, and instead to feel each moment on the trail, lungs and legs burning. Colorado has taught me to look

up from my Garmin again, to find joy not in the pace, but in the place.

It has taught me to be grateful for a body that carries me to mountain vistas few get to experience, through aspen groves so picturesque it stops you in your tracks, to summits higher and higher than I ever thought possible. ■



Awesome loyalty.



Lake side.

Strength Training is important for runners

By Brandon Johnson CSCS, FMS, USAW

Strength training and running are two terms that usually do not go together, but they should. In a world of ultracompetitive people, events and qualifying times, athletes are looking for every advantage they can find. Elite level runners like Jared Ward and Galen Rupp take advantage of lifting in their weekly routines while training. For those elite level runners, lifting is becoming a mainstay, not just a passing random lift here or there.

Runners can benefit greatly from a well-planned lifting regimen that complements their training schedule and addresses any limitations they may have. For example: prior to the Rio Games, I had Jared squatting a personal best two weeks out from the marathon, where he also hit a personal best and took sixth place.

Working with some elite level runners, I gained a strong appreciation for the amount of training runners do and the toll running takes on the body. Taking good care of your body's moving parts is one of the best ways to ensure an improvement in time and the outcome of your races. Weight training can help with the overall health of the body and help prevent or lessen the amount of time runners spend recuperating from an injury. Running itself is a high intensity event with large impacts on the joints and muscles; ground contact forces have been measured as high as five to six times the body weight in sprinting activities and closer to three times the body weight in longer sustained running events. Due to these extensive numbers and the repetitive nature of running, weight training is a natural complement to a runners training schedule.

Working with weights has a number of benefits: improved muscular strength, bone density, connective tissue strength, balance, coordination and neural efficiency. Most runners would benefit from working on one if not more than one of these areas. For example, stress fractures are a common injury for runners and with improved bone density you can lower the risk of that particular

injury. And if do get injured, your recovery times will be shorter. Two of the lesser known benefits of weight training - the improved coordination and the neural efficiency - are topics that need a little more explanation. When performing progressive overload (explained below) full body movements in your weight training sessions, the central nervous system becomes more efficient at firing those nerve endings that are responsible for movement and muscle activation. Because the nervous system becomes more efficient, your coordination and balance are improved as well. When beginning a strength training program, this is done very easily and rapidly. For example: often significant "gains in strength" are noticed in the first couple of weeks to a month of a program. What is really happening is the nervous system has just become more adept at providing the appropriate response to a stimulus and you become better at performing the lifts.

Progressive overload, mentioned in the previous paragraph, is a significant part of weight training. At some point the ground forces achieved during running cease to be enough of a stimulus to cause adaptive change in the muscular, bone and other soft tissue structures. Just as you continually increase the loads of your training, in regards to running, the body needs the same kind of stimulus for weight training. So, if you do workout and you always grab that same pair of 20 pound dumbbells at the gym to do your exercises with, chances are you have already stopped seeing the benefits of weight training from that load. That would be the equivalent of you running the same 2 miles at a 10 minute pace, but expecting to run the 5k at a 7 minute pace. Your training was probably not sufficient enough to provide an adaptation to the system. Weight training is the same; you have to provide an external force (load) to cause the response you want.

A lot of the ways you manipulate your running plans and schedules are the same ways in which you would

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Basic Guidelines for Weight Training

	Frequency per Week	Sets	Reps	Intensities	Body Parts
Beginning: 4-6 weeks	2	2-3	10-12	Moderate	Full Body
Strength Phase: 4-6 weeks	2	3-5	5-10	Medium Heavy	Full Body
Peak Phase: 4-6 weeks	2	4-6	3-6	Heavy	Full Body

manipulate your weight lifting plan. Volume, intensities and frequencies are all the things you need to learn to manipulate when designing your weight lifting plan. In the beginning of the program, you would start out with higher volume, more sets and reps with moderate weight. I would recommend 2 or 3 sets of 10-12 reps, on all exercises. From there progress into more sets and fewer reps. Now we are looking at 3 to 5 sets of 5-10 reps, on all major lifts (ones that incorporate more muscular, e.g. squats, deadlifts, chest press), weights should increase as well. And closest to competition you should be at your most intense lifts of 4 to 6 sets and 3-6 reps with the heaviest weight.

Last, I recommend a full body exercise plan two times per week. I feel that one time per week is not a significant enough stimulus to promote the benefits from weight training, but by doing the two times with full body, you should see the benefits.

Hopefully I have made enough of a compelling argument for you to add weight training to your plan and given you some confidence to start a cycle with weight training. Make the effort and I am sure you will see positive returns on your time. Good luck! ■

Brandon Johnson CSCS, FMS, USAW, Sports Performance Coordinator for the Bon Secours Washington Redskins Training Center.

Strength Training for Runners

Lift weights. Avoid injury. Run faster. Run longer. Run stronger.

LEGS

Lunges
Squats
Leg press
Hamstring curls
Calf raises
Wall sits

HIPS & GLUTES

Side leg raises
Single leg toe touches
Glute bridges



CORE

Planks
Russian twists
Bicycle crunches
Scissor legs

ARMS & BACK

Shoulder press
Bicep curl
Tricep dips
Pushups
Chest press



Outdoor playtime with my favorite tiny person.

Tough Races Don't Last, but Tough Runners Do

By Whitney Richman

It's June 10th, 2017, in Michigan's lower peninsula. I'm roughly 50 miles into the Lighthouse 100 mile race, which runs from Petosky to the Mission Peninsula Lighthouse on rolling country roads. It's sunny with no shade, hot outside, and the headwind is blowing me backwards. The forecast called for unusually hot temperatures in the mid 80s (normally low 70s) with a slight wind, but I think it has to be hotter than that, and that wind is certainly not slight. I see my husband, who's crewing for me, up ahead. When I reach him, he takes my hydration pack from me to fill it up with ice and cold water, asks what I need, and sprays me with more sunscreen. In between sips of Coke, I ask him what the temperature is. "91 degrees," he says, "and there's a wind

advisory. You're running straight into 35-40 mile per hour headwinds. You'll be running into the wind for about 30 more miles." "Oh joy," I think. I look up ahead at the road and see more rolling hills. Then I look behind me to where I came from, and I don't see any other runners. In fact, I haven't seen another runner or their crew for 10 miles. For the first 30 miles of the race, I was running within ¼ of a mile of 8 – 10 runners. After passing the lead male around mile 40, I've been by myself. I continued to stay by myself for the rest of the race, and eventually finished over 2 ½ hours ahead of second place. In fact, I finished less than one minute slower than my fastest 100 mile race, and this was in much worse conditions and on a harder course. Am I superwoman? No.

Can I really run that much faster than all the other runners? No. I'm willing to bet some of those guys could smoke me in a marathon or 50k. How did I finish so far ahead of the pack? I think a big part of my success was due to my mental toughness throughout the race.

In ultra running, mental toughness is the key to success. You need to be physically well trained for a race, but you need to train your brain to get through a challenging event as well. I describe mental toughness as the ability to push past your negative thoughts, the adverse elements, and the physical, emotional, and mental lows in a training run or race to keep going and succeed. It's the self-discipline of being able to tell your brain to shut up when it's screaming at you to



Holston River Endurance Races 6_12_24_36 hour; I completed the 12 hour event.

stop. Mental toughness doesn't just show up on race day. It's something you need to practice in training, just like speed, running hills, or running form. Here are a few ways you can train yourself to be mentally tough:

- 1. Embrace the suck and stay positive.** Recognize the negative thoughts and then shut them up right away with something positive. Feeling sorry for yourself only wastes time and leads to a domino effect of negativity. Move on as quickly as possible. For example, during the Lighthouse 100, my brain said, "It's so freaking windy! The wind is pushing me backwards and it's never going to let up!" I told it, "Every one is dealing with the wind. When it's blowing so hard that you're not moving forward, powerwalk instead to save your energy. When you get to Traverse City, you'll be running North and the wind will finally be at your back. It'll be so awesome!" I imagine that those negative thoughts are coming from a brain persona who I can talk back to.
- 2. Prepare yourself for adverse conditions.** You never know what the weather will be like on race day, so purposely go out and train in all kinds of weather – hot, humid, rainy, muddy, windy, and cold. Then if the weather is not ideal on race day, you can draw on your experiences of getting through runs in similar conditions. Tell yourself, "I've done this before and I got through, so I can do this again."
- 3. Get comfortable with being uncomfortable – because you WILL be uncomfortable during an ultra marathon!** Practice pushing yourself to go longer, faster, or run on a tough route in your training. Before a 100 mile race, I usually do a back to back training weekend of 40 miles on Saturday and 20 miles on Sunday. The 20 miles on Sunday are very slow, and sometimes torturous; however, the run is great mental training because I usually feel physically and mentally like those 20 miles when I'm 70 or 80 miles into a 100. I've pushed through that feeling before, so I know I can push through it again.
- 4. Focus on what doesn't hurt and ignore what does (unless it's a serious injury that is affecting your gait or safety, of course).** When I start to feel blisters forming on my toes, my foot is cramping, or my quads are feeling fatigued, I think about my fingers, nose, eyebrows, and ears. Sometimes I will talk to myself out loud and say with a smile, "My fingers feel good, my eyebrows feel good, my ears feel good."



I'm done, yay!

- 5. Set small goals during the race.** This could be getting from aid station to aid station or eating a gel every 30 minutes. During Lighthouse 100, I was focusing on getting to my husband who stopped on the side of the road every couple miles. I did not think about the remainder of the race. I cannot stand on the starting line thinking, "Oh my goodness, I have to run 100 miles today." It's incredibly daunting to think about running 100 miles at once (or 30, 50, etc.), but thinking about running a few miles at a time is doable. That leads me to the next tip.
- 6. Live in the now and appreciate what you are able to do.** You signed up (and even paid) for this! Remind yourself that you chose to run this race and why you're doing it. Look around and appreciate what you are fortunate enough to be doing. Take in the trees, the water views, the sky and clouds, or the fresh air. Sometimes

when I hit a mental rough patch, I think about my friend Alfredo, who passed away from ALS a few years ago. He was in love with life and running, and he would have given anything to run more races before his disease took over. Cherish the experience and the pain that comes with running an ultra.

- 7. Positive self-talk. On repeat.** Tell yourself you're strong, awesome, tough, a fighter, you can do this, one foot in front of the other, you got this. Say it out loud if you need to. I usually will say, "You can do this" aloud over and over when my brain is starting to stray or go to dark places. Tell yourself whatever you need to so you can get through the rough patches.

Each time you are mentally tough and push back against the negativity, you will make yourself stronger for the next time you need to overcome a mental and physical hurdle. Remember, tough races don't last, but tough runners do. ■

RRRC Board Minutes

June 14, 2017 Meeting Minutes

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

Sarah Akin, Alan Baugh, Andrew Benfer, Jennifer Culhane, Dawn Eberhard, Jamie Ficor, Joe Flynn, Mara George, Marcy George, Michael George, Frank Gerloff, Michelle Gibbs, Mark Guzzi, Crystal Koch, Shannon LaRock, Sarah Lasker, Mike Levins, Jeffery Luke, Michele Marr, Glenn Melton, Dean Miller, Kirk Millikan, Skeeter Morris, Chris Piper, Rebecca Randolph, Betsy Somerville, George Somerville, David Trump, Becky White

The May 2017 meeting minutes were approved.

Treasurer's Report – Ralph Gibbs

Submitted a financial summary. Ralph & Bill Kelly recently met with both Union and Towne Bank to discuss a new banking partnership, both offered enhanced packages, which Ralph will review and make a decision shortly on the best option for the club. The transition to Quik Books will happen soon.

Marketing report – VP Marketing, Ed Kelleher

■ *Wegmans Turkey Trot 10K*: The big news is that RRRC is on the cusp of finalizing a three-year agreement to have Wegmans as the title sponsor of the Turkey Trot 10K. In exchange for a title sponsorship fee, the race for the 2017, 2018 and 2019 seasons will be called the Wegmans Turkey Trot 10K. The Wegmans brand/logo will be included on race premiums (T-shirt, medal, etc.) and in all Turkey Trot-related advertising and promotions. Wegmans would also have an option to continue sponsoring the race for the next 3 years.

■ *RRRC Cul-de-Sac 5K Series, presented by Tri-Ad Chiropractic*. Innsbrook area chiropractor Scott VanWagner approached us with an interest in sponsoring one of our events. He ultimately chose the Cul-de-Sac series and signed on as its presenting sponsor. If you haven't seen the wild, colorful design for the series, check out the race bib (see Taminator, she'll be glad to pass it around).

■ *Summer Track Series*. Local sponsors have signed on for all six of the evenings of the Summer Track Series. Those sponsors include Lucky Road, Fleet Feet and New Balance running stores. The sponsor of that week's track meet at the University of Richmond track will contribute \$100 to the Collegiate Running Association.

■ *Toy Run 5K, presented by Primrose Schools*. Primrose will continue to sponsor the Toy Run 5K as in recent years. In addition to the schools' financial support, dozens of Primrose students participate in the race.

Other: We have made contact with the marketing departments

of the Lidl and Publix supermarket chains regarding sponsorship opportunities but have not received replies.

Operations – VP Operations, Jim Oddono

Club race and contract calendar review. Designate staffing for upcoming races.

■ *Stratford Hills* – Mike Levins (recap)

The race went off without any issues. Registration was down from last year, but we still managed to clear a couple of hundred bucks. The volunteers were amazing. There was a problem with getting registration started. Despite this being a new system, it was handled quickly and effectively. The start and finish areas were set up and broken down. The course was spotless after the race. We have people who know what they're doing and they do it. I want to let everyone know how easy you made my job as Race Director.

■ *Thanks Dad 5K* - Sarah Akin and Dean Miller

We have had a great surge in registrations since Stratford. Still have some volunteer needs, water stop and post-race food in particular. We are mindful of the heat and will supply the water stop and finish with cooling towels. Looking forward to a great race.

■ *Cul-de-Sac* – Tammy Harrison.

The event is progressing on target. We had a pricing snafu which was fixed. All those that registered at the incorrect price have been issued a refund. Thanks to David Trump for all of his help with RSU and the refunds. The event is still very much in need of finisher awards, registrations and volunteers. If you know of a local vendor that might need a bit of a boost, please get them in touch with Taminator at Culdesac5k@rrrc.org. Additions to the event have been added to the website, which includes a new age group system. Other additions are weekly cold towel distribution after mile 2, Skratch Labs hydration along the course and as well as at the finish. Our title sponsor, Tri-Ad Chiropractic, and secondary sponsor, Lucky Road, are great additions to the event. This year's medal will be one of a set of 3 that will fit together after the 3rd year, but each medal is also great on its own if participants are unable to earn a medal for a subsequent year. For the first time, a virtual race option is available for our verified overseas and active military members, public servants and medical personnel. This will be a bonus for CDS fans that are working hard to support our communities and country, but are unable to participate in person. The registration rates are no different, but each virtual participant must be pre-approved and verified by the Race Director.

■ *Pony Pasture* – Mara George, no report sent

■ *Track Series and Toy Run* – Bill Kelly

■ *Moonlight 4 Miler* – Mike Davi

We are planning to hold the race on Thursday, August 10, from 6-9pm (race begins at 7pm). I'm expecting that we'll have the race begin at the VA Farm Bureau parking

lot again, which is located at 12580 West Creek Pkwy. Mike Davi, race director, is in the process of requesting approvals/permits from the following: VDOT, Goochland Sheriff's Office, West Creek Business Owners' Association, Star Financial (insurance), and VA Farm Bureau. We're looking for race sponsors. Mike is planning to reach out to New Balance and/or 3Sports in the coming weeks. In addition, he is looking to provide pint glasses to early registrants and empty growlers to overall (and perhaps AG winners ages 20 and above).

Contact has been made with Meg's mom, Pam Cross. A bank account needs to be secured for the charity so donations can be handled via RunSignUp.

Once the approvals/permits are in place, we can begin securing the porta potties and tower light. We will have a kid's race this year. Details TBD. There is a budget for post-race popsicles since that was a nice surprise after last year's race.

- **Toy Run** - We may still use Innsbrook for our course this year.

Equipment – Glenn Melton

The other weekend we moved all the equipment from storage to the clubhouse. We are looking at options for parking the club truck at the clubhouse to make equipment logistics easier.

Chip timing – Mara George, no report sent

RunSignUp – David Trump

Dave has worked with Tammy and Mara to open the Cul-de-sac 5K Series and Pony Pasture 5K for registration. Via Pony Pasture 5K site, the club is accepting donations for the scholarship fund. The Summer Track Series has also been opened for registration. An event webpage for the club's National Trails Day event was also set up.

Refunds have been issued to 33 runners after the decision was made to reduce the registration fee for Cul-de-sac. We have been preparing a series competition scoring plan for the Cul-de-sac which would encourage competitive running and racing for place awards among runners in different age groups.

Mike Davi and Dave Trump are coordinating information to set up the Moonlight 4-Miler as well as working with Mike Levins to set up ticket requests for Flying Squirrels Night.

The how-to guide on "Setting Up a New RRRC Club Race in RunSignUp." Created first version of "Setting Up a New Contract Race for Volunteers in RunSignUp" has now been updated.

Volunteers – Tammy Harrison

Volunteers are needed for all upcoming events, especially Thanks Dad, Cul-de-sac and Pony Pasture. I am catching up on opening events since tax season had me sequestered and I was unable to devote the time to RRRC.

There is an updated volunteer waiver in place in keeping with

RRCA compliance. There will no longer be discretionary decisions made by the race director for any event regarding volunteers, but by a smaller governing pool beginning with the Volunteer Coordinator and if escalation is needed, the RRRC club Officers. Thanks to Ed Kelleher and Bill Kelly for their assistance.

The minimum age for volunteering has been set to 15. If there are questions, see the Volunteer Coordinator. Also, no pets are allowed to accompany volunteers.

Social Media – Chris Mason

Instagram and Facebook have not had a lot of change over the past month as new followers and page likes have been consistent with prior months. We have received multiple FB messages from people who are looking for local groups to run with, as well as other random race questions, which have been handled as expeditiously as possible. We continue to use both platforms to promote not just local races but local runners as well.

Thanks to Tam and Ralph, we do have a direct email address now which is awesome. Please feel free to send anything you think would be good to share to socialmedia@rrrc.org. We'll do our best to check that inbox a few times a week and share as much as we can of what we receive.

The 'big' Social Media news is the creation of our RRRC Snapchat account. This snapping is new to us so we'll get to fully the app mastered we plan on using it to highlight snippets of local races, events, etc. People can locate us in Snap by using the name Rvaroadrunners. This news has been posted on our IG and FB wall; however, we'll continue to blast it.

Grand Prix – Rosie Schutte

We are in negotiations with our speaker for next year and am excited that everything will work out.

The 2nd quarter is rapidly coming to an end with the last club race of the quarter being Thanks Dad. Please, please, please, send the volunteer sheets from club and contract races.

Scholarship Committee – Sam Lowe (report sent)

We have received 17 completed applications for scholarships this year. Messaging will go out this week to the selection committee to finalize a meeting time later this month to select awardees.

Website – Nikkia Young (report sent)

Plans are to chase down Ralph and set up regular meetings to set benchmarks for migrating the site over.

Newsletter – Crystal Koch (report sent)

The next issue is starting to come together, the theme is trail runners of all shapes sizes and ages. Guzzi is going to write something up about the Trail Days he coordinated. Also we will put a small blurb in about the Global Running Week kickoff celebration with Maria getting her letter from the Governor for being an outstanding Olympic athlete.

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CUL-DE-SAC 5K SERIES 1

RICHMOND, VA • 7/10/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
Male Overall	1	1	ANDREW BENFER	24 16:35
	2	2	RYAN MIDDLETON	29 16:57
	3	3	RICH SAUNDERS	29 18:03
	4	4	SPENCER BISSETT	35 18:15
	5	6	AUSTIN HODGE	18 18:41
Female Overall	1	5	SARA LASKER	27 18:31
	2	15	SARAH BOHN	28 19:48
	3	19	GABI WECHSLER	26 19:58
	4	26	BRITTANY HARLAN	26 20:39
	5	33	ANNA COCHRAN	26 21:14
Male 5 - 9	1	142	HADWIN KINIRY	8 27:52
Female 5 - 9	1	267	MAGGIE HUMPHREY	9 39:53
Male 10 - 14	1	32	ALDEN SCHINDLER	12 21:11
	2	34	JONATHAN RYAN	12 21:15
	3	66	JACOB DILLON	14 23:52
	4	165	BROM SCHINDLER	11 28:50
	5	190	WILL BROWNING	11 31:30
	6	192	RYAN TURNER	14 31:37
	7	233	MYLES SWAIN	10 34:33
	8	240	JADYN CONSTANTINE	13 35:29
	9	242	LOGAN KELLEY	11 35:57
	10	280	JACKSON HUMPHREY	11 43:36
Female 10 - 14	1	75	KATHRYN SUTHERLAND	12 24:15
Male 15 - 19	1	6	AUSTIN HODGE	18 18:41
	2	17	CHASE BROOKSBANK	16 19:51
	3	60	MARC BEAUCHAMP	18 23:27
	4	87	JACOB CHARLES	16 24:47



Fleet Feet Racing.

Category	Place	Name	Age	Time
Male 15 - 19	5	116	IAN CAMPBELL	19 26:06
	6	158	JONATHAN HALE	19 28:28
	7	159	SAM BROWNING	15 28:33
	8	226	JACK COBETTO	15 33:57
Female 15 - 19	1	42	KATIE POKORNY	19 21:53
	2	170	DILLYN CARPENTER	19 29:21
	3	181	CLARE CARTER	18 30:26
	4	183	EMILY KONTOS	19 30:29
	5	286	SARRAH LAWRENCE	17 46:29
Male 20 - 24	1	1	ANDREW BENFER	24 16:35
	2	249	TAYLOR KELMAR	21 36:21
Female 20 - 24	1	47	MAKENZIE MCDONALD	23 22:13
	2	51	SCARLETT BAVIN	21 22:39
	3	58	ARIEL HYDERKHAN	23 23:15
	4	131	SARAH SMITH	24 27:01
	5	215	MELANIE GAINSFORTH	24 32:47
	6	222	NATALIE WEBER	20 33:49
	7	244	AVA MCCLAIN	21 36:02
	8	256	GIANNA LEONARD	20 37:24
Male 25 - 29	1	2	RYAN MIDDLETON	29 16:57
	2	3	RICH SAUNDERS	29 18:03
	3	10	BRIAN WELCH	27 19:25
	4	13	WILLIAM KIRK	27 19:43
	5	16	KIRK MILLIKAN	28 19:49
	6	22	BENJAMIN PERRY	25 20:25
	7	24	KEVIN KINDLER	26 20:36
	8	27	ADAM LERNER	27 20:42
	9	46	ALEX ANLIKER	26 22:13
	10	100	TRAVIS BOHN	28 25:25
	11	108	BRET RAMKEY	25 25:51
	12	118	MYLES BAKER	28 26:21
	13	124	JEFF HOLLOWAY	27 26:44
	14	149	MICHAEL LEONARD	29 28:08
	15	272	MICHAEL STYLES	27 41:13
Female 25 - 29	1	5	SARA LASKER	27 18:31
	2	15	SARAH BOHN	28 19:48
	3	19	GABI WECHSLER	26 19:58
	4	26	BRITTANY HARLAN	26 20:39
	5	33	ANNA COCHRAN	26 21:14
	6	37	ELIZABETH FREUND	28 21:31
	7	88	JACKIE MERRICK	28 24:52
	8	92	RACHEL SOUTHARD	27 25:01
	9	103	MEGAN MOLNAR	27 25:34
	10	150	KATHRYN WEBER	29 28:09
	11	221	NICOLE LINK-TROEN	29 33:48
	12	260	NATALIE POWERS	25 38:17
	13	289	NEHA SELAL	29 49:21
Male 30 - 34	1	8	LAWRENCE PEARSON	34 18:53
	2	12	DEREK ROWE	34 19:34
	3	14	JAMES HAZELWOOD	30 19:44
	4	53	VINAYAK HULAWALE	32 23:00
	5	55	RYAN NEBEL	33 23:07
	6	68	ANDREW LEISURE	31 23:56
	7	77	JOSIAH PEWTERBAUGH	31 24:21
	8	102	CHRISTIAN E TORO	31 25:31
	9	163	PAUL MCCARTNEY	30 28:42
	10	178	HOWARD CROSS	32 30:10
	11	185	BRYAN SCHOLLENBERGER	30 30:33
	12	208	CHRISTOPHER CRUZ	31 32:28
	13	278	MATT NORDIN	31 43:05

CUL-DE-SAC 5K SERIES 1

RICHMOND, VA • 7/10/2017

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Category	Place	Name	Age	Time
Female 30 - 34	1 43	NICI RHODES	30	22:01
	2 54	MELISSA GONZALEZ	31	23:04
	3 65	LUCY CARRIG	33	23:48
	4 69	CARISSA MCGUAN	34	23:57
	5 96	LINDSAY WILLIAMS	32	25:16
	6 111	MEREDITH NEWCOMB	31	26:00
	7 113	JESSICA REBER	33	26:04
	8 123	VALERIE BOSTWICK	33	26:38
	9 179	CLAIRE WITMEYER	31	30:15
	10 182	CHARLOTTE RIVERA	31	30:28
	11 199	SHANNON LAROCK	34	31:47
	12 225	JULIE OLIVER	31	33:51
	13 237	TARA BROWN	30	35:14
	14 245	KRISTEN KELLEY	33	36:03
Male 35 - 39	1 4	SPENCER BISSETT	35	18:15
	2 21	DAN GARIEPY	36	20:22
	3 41	R RYAN KELL	37	21:47
	4 80	NICHOLAS GROSECLOSE	36	24:27
	5 99	FYIAD CONSTANTINE	38	25:22
	6 177	ROBERT LAROCK	38	30:05
	7 290	KANAK HYANKI	35	49:22
Female 35 - 39	1 73	HILLARY HESS	39	24:11
	2 82	EMILY ASHLEY	35	24:29
	3 136	SANDRA BYRD	36	27:28
	4 144	CARRIE EDWARDS	39	27:53
	5 157	ANDREA BEYER	35	28:27
	6 168	NIKI WHITE	38	29:04
	7 203	FARLEIGH FITZGERALD	39	31:58
	8 236	BREANN GETRIDGE	39	35:08
	9 238	SARAH AKIN	38	35:16
	10 257	JOCELYN RICHARDSON	37	37:58
	11 265	ANDREA NORRIS	38	39:18
	12 273	ANNE SMITH	38	41:51
	13 282	ALLISON MAY	36	44:19
	14 283	KIMBERLY KELL	36	44:46
	15 284	ELIZABETH KELLEY	38	44:47
Male 40 - 44	1 28	NATHAN CASTLE	41	20:42
	2 30	MICHAEL PECK	44	21:02
	3 35	JONATHAN RHUDY	43	21:18
	4 39	JAMES DILLON	43	21:38
	5 45	ANDREW LENGUA	41	22:04
	6 48	JOEL SMITH	41	22:30
	7 71	JAKE WISEMAN	41	24:00
	8 78	LAWRENCE BERNDT	40	24:22
	9 79	TIMOTHY STEWART	42	24:25
	10 97	AARON STEELMAN	42	25:17
	11 115	SCOTT VANWAGNER	43	26:06
	12 122	ANDRES BLANCO	43	26:36
	13 125	GRAHAM WILLIAMS	41	26:47
	14 139	WILLIAM MOOREFIELD	40	27:35
	15 164	JEFFREY BUTLER	41	28:45
	16 188	ANDREW LOMBARDO	43	30:49
	17 214	CHRIS PEARCE	44	32:47
	18 227	PARTHA GOPALAKRISHNA	41	33:58
	19 241	ERIN MCFEELY	43	35:48
	20 266	JONATHAN HUMPHREY	41	39:53
	21 269	KEVIN KRAMER	44	40:47
Female 40 - 44	1 74	TAMARA SUTHERLAND	43	24:15
	2 84	MARYBETH RYAN	43	24:34
	3 86	CATHY COSNER	43	24:38
	4 91	JULIE MURPHY	40	25:00
	5 95	CARRIE ROTH	43	25:15
	6 104	KELLY BROWNING	41	25:41

Category	Place	Name	Age	Time
Female 40 - 44	7 109	JULIE SCHRALL	40	25:56
	8 129	MELANIE JONES	41	26:55
	9 143	LIZ KINIRY	41	27:52
	10 152	KENDRA LENGUA	42	28:15
	11 153	SHERRY LEWIS	42	28:17
	12 169	SAMANTHA MILLER	40	29:19
	13 171	ANDREA CARPENTER	44	29:22
	14 175	MELANIE FRANK	43	29:50
	15 196	DAWN KNIGHT	44	31:44
	16 207	MELISSA CUSTIS	44	32:26
	17 217	MISTI DAVIDSON	40	32:53
	18 219	HOLLY MCFEELY	43	33:29
	19 255	TRICIA NORRIS	42	37:19
	20 271	NICOLE MORGAN	41	40:53
Male 45 - 49	21 274	CHRISTINA KERLIN	44	42:09
	22 281	TIFFANY HUMPHREY	41	43:45
Female 45 - 49	1 7	KEVIN BURCHAM	45	18:52
	2 18	MATT ROBERTS	45	19:57
	3 20	JIM ODDONO	49	20:15
	4 23	BRIAN KELLEHER	49	20:30
	5 25	SAM KOHLER	47	20:38
	6 49	ED MURRAY	47	22:30
	7 59	RODRIGO VALLEJO	45	23:20
	8 61	JOHN SCHINDLER	49	23:28
	9 67	DON NELSON	46	23:56
	10 101	JOHN KING	46	25:29
	11 106	PETE PALERMO	49	25:43
	12 117	HARALAMBOS KIPREOS	49	26:11
	13 128	CHRIS WHITE	48	26:53
	14 154	MIKE ALMOND	46	28:18
	15 162	JASON HALE	48	28:36
	16 197	MARK RICHARDSON	49	31:45
	17 209	NICK DOUKAS	48	32:30
	18 223	DAVID WEBER	49	33:50
	19 229	JAMES VARDY	46	34:20
	20 231	SEAN KINNEAR	48	34:26
	21 253	HENRIK STYLES	49	36:46
Female 45 - 49	1 89	LISA ROY	47	24:53
	2 90	JENNIFER WILLIAMS	48	24:59
	3 114	PAULA INSERRA	48	26:05
	4 133	JANICE HAGAN	45	27:16
	5 134	MARIT BANK	46	27:26
	6 137	DINAH FOREMAN	45	27:32
	7 173	MICHELLE ONOFRIO	48	29:35
	8 174	DAWN WALKER	45	29:49
	9 189	KOREN SCHINDLER	48	31:10
	10 198	MARIA CARMINA PARONG	46	31:45
	11 202	MEGAN CARTER	46	31:55
	12 204	KIM HALE	48	32:06
	13 206	SUZANNE THOMPSON	46	32:18
	14 210	AMANDA HUFF	49	32:40
	15 228	REBECCA RANDOLPH	49	34:17
	16 246	NORMA MCCLAIN	48	36:17
	17 258	LORETTA CATALDI	48	38:00
	18 259	DAWN CALABRESE	47	38:00
Male 50 - 54	1 9	JOHN CASSILY	50	19:00
	2 40	JIM CARTER	54	21:39
	3 44	ANDREW HOFFMAN	50	22:03
	4 56	JEFF HOPKINS	50	23:13
	5 57	MARK HOLT	52	23:14
	6 64	JEFF SEARS	52	23:48
	7 72	ERIC FAISON	51	24:04
	8 107	TOM PARIETTI	52	25:44
	9 110	JAIME FLORES-VASQUEZ	50	25:57

CUL-DE-SAC 5K SERIES 1

RICHMOND, VA • 7/10/2017

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Category	Place	Name	Age	Time
Male 50 - 54	10 119	MARK DUPUIS	54	26:24
	11 135	RALPH GIBBS	51	27:28
	12 140	MICHAEL LOVE	54	27:36
	13 141	BOBBY ORNDORFF	51	27:43
	14 145	REGINALD S DANIELS	53	27:54
	15 148	MIKE ANLIKER	51	28:06
	16 151	DARRYL COTMAN	53	28:11
	17 156	JOHN SNUGGS	51	28:19
	18 205	CHRIS SCHUESSLER	51	32:17
	19 213	MATTHEW BRYSON	54	32:46
	20 224	JAMES MARR	51	33:51
Female 50 - 54	1 36	DEBBIE HETHERINGTON	52	21:30
	2 38	CHERI PRIOR	50	21:37
	3 52	KAREN MCCLINTICK	50	22:50
	4 76	KATHERINE ZAMPOLIN	52	24:15
	5 98	DOTTIE CHILTON	50	25:20
	6 176	MARIA QUINTAS-HERRON	52	29:51
	7 184	THERESA MANNING	52	30:32
	8 195	BARB JEWELL	54	31:43
	9 235	TAMMY BENNETT	52	34:34
	10 247	PATTY HENSON-DACEY	53	36:19
	11 248	BETH Humphries	50	36:20
	12 268	LAURA PHILLIPS	52	40:31
	13 270	GAIL HOLSTROM	53	40:47
	14 287	CAT JOHNSON	53	47:21
Male 55 - 59	1 11	STEFAN CALOS	55	19:30
	2 29	PAUL STREHLER	57	21:01
	3 31	KARL COVER	57	21:11
	4 50	BILL STAHR	56	22:37
	5 70	BRIAN DUEWEKE	57	23:58
	6 81	MARK ANDERSEN	55	24:27

Category	Place	Name	Age	Time
Male 55 - 59	7 83	GREGG WHISLER	56	24:32
	8 93	WAYNE RUOTOLO	57	25:03
	9 94	THOMAS SHANNON	59	25:11
	10 105	TOM CANTONE	55	25:42
	11 112	BUCKY FLANAGAN	59	26:02
	12 120	CHANT CONNOCK	58	26:31
	13 121	MATT PERRY	56	26:34
	14 127	DOUG ROTH	56	26:48
	15 138	DAVID KNICELY	56	27:33
	16 166	RICK EDWARDS	58	28:56
	17 187	KEVIN VAN NATTA	59	30:44
	18 191	DAVID SPIERS	59	31:35
	19 200	JOEL GIACOBBE	59	31:51
Female 55 - 59	20 212	ROD GAINSFORTH	55	32:46
	21 216	JOHN D LEONARD	55	32:52
	22 264	ROBERT Humphries	56	39:04
	23 279	ROY SAETTEL	58	43:11
	1 63	AMBER RADER	57	23:43
	2 146	ELAINE CASPER	56	27:58
	3 194	BETH ROSENTHAL	55	31:41
	4 220	BETSY SOMERVILLE	58	33:46
	5 232	THERESA C WAGNER	55	34:28
	6 239	BARBARA LEONARD	55	35:28
Male 60 - 64	7 243	JENNI TREADWELL	55	36:02
	8 252	ANNE KRAFT	57	36:24
	9 261	DEBBIE HOLMES	56	38:20
	10 262	LYNNE MCMICHAEL	55	38:45
	11 293	MICHELE MARR	55	56:11
	1 62	DAVID TRUMP	64	23:30
	2 132	BARRY KREISA	63	27:07
	3 161	Stanley GROCHOWSKI JR	64	28:36
	4 167	RON YOHAI	62	29:01
	5 172	STEVEN LERNER	61	29:35
	6 186	RICK MCWHORTER	61	30:44
Female 60 - 64	7 234	BILL MIMS	60	34:34
	8 251	BRIAN KELMAR	61	36:22
	1 147	PAMELA FAULKNER	60	28:02
	2 160	FRANCES NEWTON	63	28:34
	3 180	CRISTI WILSON	62	30:19
	4 250	SHARON DAJON	61	36:21
	5 254	SUSAN ROBINSON	60	37:13
	6 276	PAMELA CROSS	61	42:46
	7 288	MARY BETH HALL	61	47:22
	8 291	ETHEL GUERRERO	62	51:30
Male 65 - 69	1 85	TOM VISOTSKY	65	24:38
	2 126	CHARLES BEVERAGE	66	26:48
	3 130	GEORGE SOMERVILLE	65	27:00
	4 193	DENIS GRAVES	69	31:41
	5 218	CHARLIE CONRAD	66	33:06
Female 65 - 69	1 155	LINDA GULICK	65	28:18
	2 277	SUZANNE DELPOZZO	66	43:04
Male 70 - 74	1 201	DAVID BRODA	72	31:51
	2 230	GEORGE LONGLEY	73	34:23
	3 263	ALVAH WYATT	71	38:51
Female 70 - 74	1 211	LOU NORTON	70	32:44
	2 275	NANCY L JAKUBEC	74	42:09
Male 75 - 79	1 285	HARRY CONN JR	79	45:15
Female 80 - 84	1 292	MITZI HUMPHREY	81	55:52



Popping from pooping.

CUL-DE-SAC 5K SERIES 2

RICHMOND, VA • 7/17/2017

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Category	Place	Name	Age	Time
Male Overall	1	1	JOHN SHARP	42 18:04
	2	2	RICH SAUNDERS	29 18:09
	3	3	AARON JOHNSON	17 18:11
	4	4	SPENCER BISSETT	35 18:23
	5	6	JASON DRISCOLL	29 18:56
Female Overall	1	5	SARA LASKER	27 18:24
	2	11	SARAH BOHN	28 19:27
	3	13	GABI WECHSLER	26 19:50
	4	17	Rachael WESOLOWSKI	18 20:01
	5	25	BRITTANY HARLAN	26 20:35
Male 5 - 9	1	146	HADWIN KINIRY	8 27:57
Female 5 - 9	1	233	HOLLI HOPKINS	9 35:42
	2	234	MAGGIE HUMPHREY	9 35:43
Male 10 - 14	1	32	ALDEN SCHINDLER	12 21:24
	2	78	BROM SCHINDLER	11 24:24
	3	105	JADYN CONSTANTINE	13 25:48
	4	113	MYLES SWAIN	10 26:11
	5	168	WILL BROWNING	11 29:36
	6	252	JOSH PRIOR	12 38:13
	7	260	JACKSON HUMPHREY	11 39:47
Female 10 - 14	1	64	MCKENZIE DILLMAN	13 23:33
	2	73	KATHRYN SUTHERLAND	12 24:02
Male 15 - 19	1	3	AARON JOHNSON	17 18:11
	2	9	CHASE BROOKSBANK	16 19:22
	3	43	IAN CAMPBELL	19 22:12
	4	62	JACOB CHARLES	16 23:20
	5	157	JONATHAN HALE	19 28:39
Female 15 - 19	1	17	Rachael WESOLOWSKI	18 20:01
	2	42	KATIE POKORNY	19 22:10
	3	156	EMILY KONTOS	19 28:31
	4	162	DILLYN CARPENTER	19 28:54
Male 20 - 24	1	176	JAKE RODGERS	22 30:08
	2	232	TAYLOR KELMAR	21 35:40
Female 20 - 24	1	44	ISABELLE STERN	21 22:33
	2	96	LAUREN WESOLOWSKI	21 25:22
	3	98	Jenna TREBOUR	22 25:23
	4	130	SARAH SMITH	24 27:14
	5	184	CARA COFFIN	22 30:28
	6	187	NATALIE WEBER	20 30:44
	7	206	MELANIE GAINSFORTH	24 32:35
	8	235	AVA MCCLAIN	21 35:43
	9	245	GIANNA LEONARD	20 36:53
Male 25 - 29	1	2	RICH SAUNDERS	29 18:09
	2	6	JASON DRISCOLL	29 18:56
	3	8	WILLIAM KIRK	27 19:18
	4	18	BENJAMIN PERRY	25 20:11
	5	19	AARON HARLAN	27 20:15
	6	20	KEVIN KINDLER	26 20:23
	7	23	ADAM LERNER	27 20:35
	8	30	ZACH WEBBER	29 21:19
	9	41	ALEX ANLIKER	26 21:59
	10	91	TRAVIS BOHN	28 25:09
	11	92	MYLES BAKER	28 25:12
	12	119	BRET RAMKEY	25 26:39
	13	154	ZACHARY JERNIGAN	25 28:16
	14	172	MICHAEL LEONARD	29 29:52
	15	281	STEVE BELVIN	27 57:16

Category	Place	Name	Age	Time
Female 25 - 29	1	5	SARA LASKER	27 18:24
	2	11	SARAH BOHN	28 19:27
	3	13	GABI WECHSLER	26 19:50
	4	25	BRITTANY HARLAN	26 20:35
	5	28	ELIZABETH FREUND	28 21:12
	6	34	ANNA COCHRAN	26 21:30
	7	68	RACHEL NELSON	25 23:46
	8	79	JACKIE MERRICK	28 24:27
	9	80	RACHEL SOUTHARD	27 24:28
	10	87	MEGAN MOLNAR	27 24:58
	11	173	KATHRYN WEBER	29 29:52
	12	238	KATIE DIBENEDETTO	28 35:48
	13	249	NATALIE POWERS	25 37:30
	14	272	NEHA SELAL	29 45:01
Male 30 - 34	1	12	JAMES HAZELWOOD	30 19:46
	2	14	DEREK ROWE	34 19:54
	3	24	MATTHEW WINHEIM	34 20:35
	4	45	RYAN NEBEL	33 22:34
	5	46	VINAYAK HULAWALE	32 22:39
	6	69	ANDREW LEISURE	31 23:52
	7	82	JOSIAH PEWTERBAUGH	31 24:34
	8	123	CHRISTIAN E TORO	31 26:53
	9	149	BRYAN SCHOLLENBERGER	30 28:07
	10	150	PAUL MCCARTNEY	30 28:12
	11	163	HOWARD CROSS	32 28:56
	12	198	CHRISTOPHER CRUZ	31 31:54
	13	211	ZAC BLANCO	30 33:11
	14	256	JOHN NOWELL	31 39:15
	15	257	JORDAN BROWN	33 39:15
	16	277	MATT NORDIN	31 48:25
Female 30 - 34	1	36	KRISTEN KELLEY	33 21:37
	2	58	CARISSA MCGUAN	34 23:10
	3	60	LUCY CARRIG	33 23:15
	4	71	MEREDITH NEWCOMB	31 24:00
	5	86	LINDSAY WILLIAMS	32 24:42
	6	89	KATE MILLER	33 25:01
	7	103	VALERIE BOSTWICK	33 25:38
	8	112	JESSICA REBER	33 26:07
	9	182	CHARLOTTE RIVERA	31 30:22
	10	189	CLAIRE WITMEYER	31 31:04
	11	207	SHANNON LAROCK	34 32:51
	12	210	LINDSAY SARVER	34 33:07
	13	214	JULIE OLIVER	31 33:25
	14	222	TARA BROWN	30 34:06
	15	278	KACIE LOWE	30 48:29
Male 35 - 39	1	4	SPENCER BISSETT	35 18:23
	2	33	DAN GARIEPY	36 21:24
	3	109	FYIAD CONSTANTINE	38 26:04
	4	132	CHRIS MASON	39 27:20
	5	152	MATT SARVER	35 28:14
	6	175	ROBERT LAROCK	38 30:05
	7	208	MARCUS BROWN	39 32:52
	8	264	GEORGE SMITH	39 41:20
	9	273	KANAK HYANKI	35 45:02
Female 35 - 39	1	65	HILLARY HESS	39 23:36
	2	97	EMILY ASHLEY	35 25:23
	3	110	SANDRA BYRD	36 26:04
	4	138	NIKI WHITE	38 27:34
	5	141	CARRIE EDWARDS	39 27:42
	6	153	ANDREA BEYER	35 28:15
	7	193	FARLEIGH FITZGERALD	39 31:20
	8	220	LIZ JARVIS	35 33:56
	9	223	SARAH AKIN	38 34:28

CUL-DE-SAC 5K SERIES 2

RICHMOND, VA • 7/17/2017

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Category	Place	Name	Age	Time
Female 35 - 39	10 250	ANNE SMITH	38	37:45
	11 253	BREANN GETRIDGE	39	38:45
	12 268	COURTNEY LEGUM-WENK	36	42:25
	13 275	ALLISON MAY	36	45:06
Male 40 - 44	1 1	JOHN SHARP	42	18:04
	2 21	NATHAN CASTLE	41	20:29
	3 26	JONATHAN RHUDY	43	21:08
	4 31	JASON COPE	44	21:22
	5 35	ANDREW LENGUA	41	21:31
	6 39	JAMES DILLON	43	21:51
	7 40	JOEL SMITH	41	21:53
	8 47	LAWRENCE BERNDT	40	22:42
	9 56	JAKE WISEMAN	41	23:03
	10 76	GREG DILLMAN	42	24:18
	11 77	AARON STEELMAN	42	24:22
	12 81	TIMOTHY STEWART	42	24:31
	13 101	GRAHAM WILLIAMS	41	25:32
	14 104	SCOTT VANWAGNER	43	25:40
	15 121	ANDRES BLANCO	43	26:45
	16 143	RYAN LEWIS	42	27:44
	17 145	WILLIAM MOOREFIELD	40	27:45
	18 148	JEFFREY BUTLER	41	28:05
	19 171	ANDREW LOMBARDOZZI	43	29:51
	20 201	PARTHA GOPALAKRISHNA	41	32:12
	21 217	CHRIS PEARCE	44	33:37
	22 229	ERIN MCFEELY	43	35:14
	23 237	JONATHAN HUMPHREY	41	35:47
	24 259	KEVIN KRAMER	44	39:29
Female 40 - 44	1 61	CATHY COSNER	43	23:15
	2 66	MARYBETH RYAN	43	23:41
	3 74	TAMARA SUTHERLAND	43	24:02
	4 75	JULIE MURPHY	40	24:10
	5 85	CARRIE ROTH	43	24:42
	6 120	MELANIE JONES	41	26:44
	7 142	SHERRY LEWIS	42	27:43
	8 144	KENDRA LENGUA	42	27:44
	9 147	LIZ KINIRY	41	27:57
	10 160	SAMANTHA MILLER	40	28:49
	11 164	ANDREA CARPENTER	44	28:56
	12 169	KELLY BROWNING	41	29:37
	13 178	MELANIE FRANK	43	30:14
	14 191	DAWN KNIGHT	44	31:16
	15 195	MELISSA CUSTIS	44	31:38

Category	Place	Name	Age	Time
Female 40 - 44	16 202	MISTI DAVIDSON	40	32:15
	17 221	TRICIA NORRIS	42	34:04
	18 231	HOLLY MCFEELY	43	35:14
	19 258	MICHELLE GIAMARTINO-SMITH	42	39:20
	20 262	TIFFANY HUMPHREY	41	39:55
	21 267	CHRISTINA KERLIN	44	42:18
Male 45 - 49	1 7	KEVIN BURCHAM	45	19:02
	2 15	JIM ODDONO	49	19:56
	3 16	MATT ROBERTS	45	20:00
	4 22	BRIAN KELLEHER	49	20:35
	5 48	ED MURRAY	47	22:47
	6 53	RODRIGO VALLEJO	45	22:56
	7 54	ROBERT MONOLO	47	22:58
	8 57	HARRY CONN	49	23:10
	9 59	JOHN SCHINDLER	49	23:14
	10 72	DON NELSON	46	24:01
	11 90	HARALAMBOS KIPREOS	49	25:07
	12 99	JOHN KING	46	25:24
	13 107	PETE PALERMO	49	26:00
	14 111	CHRIS WHITE	48	26:07
	15 128	MIKE ALMOND	46	27:12
	16 139	JASON HALE	48	27:35
	17 155	CHRIS STEFANAC	45	28:21
	18 180	NICK DOUKAS	48	30:17
	19 188	DAVID WEBER	49	30:45
	20 218	SEAN KINNEAR	48	33:51
	21 226	HENRIK STYLES	49	34:46
Female 45 - 49	1 83	LISA ROY	47	24:37
	2 88	JENNIFER WILLIAMS	48	25:01
	3 129	JANICE HAGAN	45	27:12
	4 131	DINAH FOREMAN	45	27:14
	5 159	TANA GARCIA	49	28:44
	6 161	ANGELA VANWAGNER	45	28:51
	7 166	MICHELLE ONOFRIO	48	29:11
	8 177	AIMEE CONNOLLY	48	30:12
	9 179	MARIA CARMINA PARONG	46	30:15
	10 181	KOREN SCHINDLER	48	30:22
	11 190	DAWN WALKER	45	31:09
	12 200	KIM HALE	48	32:07
	13 213	REBECCA RANDOLPH	49	33:23
	14 215	AMANDA HUFF	49	33:26
	15 216	SUZANNE THOMPSON	46	33:32
	16 236	KRISTIN HOPKINS	47	35:46
	17 239	NORMA MCCLAIN	48	35:56
Male 50 - 54	1 29	JIM CARTER	54	21:17
	2 37	ANDREW HOFFMAN	50	21:38
	3 49	MARK HOLT	52	22:49
	4 51	FORD SCOTT	52	22:54
	5 55	JEFF HOPKINS	50	23:02
	6 67	JEFF SEARS	52	23:45
	7 102	TOM PARIETTI	52	25:36
	8 106	MARK DUPUIS	54	25:55
	9 124	NIGEL BAVIN	54	26:54
	10 126	RALPH GIBBS	51	27:03
	11 127	BOBBY ORNDORFF	51	27:06
	12 134	MIKE ANLIKER	51	27:26
	13 136	JOHN SNUGGS	51	27:31
	14 140	MICHAEL LOVE	54	27:38
	15 151	WALTER KOETTER	53	28:12
	16 167	DARRYL COTMAN	53	29:13
	17 194	JAMES MARR	51	31:29
	18 197	REGINALD S DANIELS	53	31:50
	19 212	MATTHEW BRYSON	54	33:13
	20 247	CHRIS SCHUESSLER	51	37:10



A word from our sponsors.

CUL-DE-SAC 5K SERIES 2

RICHMOND, VA • 7/17/2017

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Category	Place	Name	Age	Time
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Sarah Akin showing off her cool finisher's medal.

Female 50 - 54	1	27	DEBBIE HETHERINGTON	52	21:08
	2	38	CHERI PRIOR	50	21:50
	3	50	KAREN MCCLINTICK	50	22:52
	4	174	THERESA MANNING	52	30:04
	5	219	TAMMY BENNETT	52	33:52
	6	240	PATTY HENSON-DACEY	53	36:01
	7	242	BETH Humphries	50	36:14
	8	254	BARB JEWELL	54	38:45
	9	265	GAIL HOLSTROM	53	41:31
	10	276	CAT JOHNSON	53	46:26

Male 55 - 59	1	10	STEFAN CALOS	55	19:25
	2	52	BRIAN DUEWEKE	57	22:56
	3	70	MARK ANDERSEN	55	23:53
	4	84	GREGG WHISLER	56	24:40
	5	94	WAYNE RUOTOLO	57	25:14
	6	95	PAUL STREHLER	57	25:22
	7	100	BUCKY FLANAGAN	59	25:30
	8	115	DOUG ROTH	56	26:19
	9	116	DAVID KNICELY	56	26:33
	10	117	TOM CANTONE	55	26:35
	11	118	CHANT CONNOCK	58	26:37
	12	170	KEVIN VAN NATTA	59	29:50
	13	185	JOEL GIACOBBE	59	30:31
	14	186	DAVID SPIERS	59	30:40
	15	204	JOHN D LEONARD	55	32:32
	16	205	ROD GAINSFORTH	55	32:35
	17	261	ROBERT Humphries	56	39:52
	18	266	ROY SAETTEL	58	41:34

Female 55 - 59	1	63	AMBER RADER	57	23:22
	2	203	BETH ROSENTHAL	55	32:27
	3	209	BETSY SOMERVILLE	58	33:00
	4	225	ANNE KRAFT	57	34:38
	5	227	JENNI TREADWELL	55	34:52
	6	230	THERESA C WAGNER	55	35:14
	7	241	BARBARA LEONARD	55	36:04
	8	246	LYNNE MCMICHAEL	55	37:05
	9	255	DEBBIE HOLMES	56	38:53
	10	269	THERESA KEEFE	55	44:13
	11	280	MICHELE MARR	55	53:55

Male 60 - 64	1	114	BILL MIMS	60	26:17
	2	122	BARRY KREISA	63	26:48
	3	158	Stanley GROCHOWSKI JR	64	28:41
	4	165	STEVEN LERNER	61	29:10
	5	224	BRIAN KELMAR	61	34:36
	6	248	JEFFREY LUKE	60	37:16

Category	Place	Name	Age	Time
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Female 60 - 64	1	133	FRANCES NEWTON	63	27:25
	2	135	PAMELA FAULKNER	60	27:26
	3	183	CRISTI WILSON	62	30:25
	4	192	DAWN EBERHARD	63	31:20
	5	243	SHARON DAJON	61	36:15
	6	244	SUSAN ROBINSON	60	36:30
	7	271	MARY BETH HALL	61	45:00
	8	274	ETHEL GUERRERO	62	45:03

Male 65 - 69	1	93	TOM VISOTSKY	65	25:13
	2	108	CHARLES BEVERAGE	66	26:03
	3	125	GEORGE SOMERVILLE	65	26:58
	4	199	CHARLIE CONRAD	66	32:06

Female 65 - 69	1	137	LINDA GULICK	65	27:31
	2	263	SUZANNE DELPOZZO	66	40:40

Male 70 - 74	1	228	GEORGE LONGLEY	73	35:00
	2	251	ALVAH WYATT	71	37:51

Female 70 - 74	1	196	LOU NORTON	70	31:44
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Male 75 - 79	1	270	HARRY CONN JR	79	44:24
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Female 80 - 84	1	279	MITZI HUMPHREY	81	53:48
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Go Sherry, go!

President's Message

continued from page 2

What we need from officers and board members is commitment.

I realize not every RRRC member can spare the time needed to serve on the board. But there are other ways to be involved as well, click here for options: <https://runsignup.com/Club/Races/894>

I hope this letter will encourage existing and potential board members to accept the challenges and step up in leadership roles. And others to review how they can best serve the club and support running in the greater Richmond community. Gotta Run ■

Bill Kelly | *President*

CUL-DE-SAC 5K SERIES 3

RICHMOND, VA • 7/24/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
Male Overall	1	AARON JOHNSON	17	17:31
	2	BRANDON VON KANNEWURFF	20	17:56
	3	JOHN SHARP	42	18:18
	4	RICH SAUNDERS	29	18:24
	5	JASON DRISCOLL	29	18:27
Female Overall	1	SARA LASKER	27	18:27
	2	SARAH BOHN	28	19:25
	3	Rachael WESOLOWSKI	18	19:52
	4	GABI WECHSLER	26	20:02
	5	BRITTANY HARLAN	26	20:31
Female 5 - 9	1	HOLLI HOPKINS	9	35:43
Male 10 - 14	1	JONATHAN RYAN	12	21:11
	2	JADYN CONSTANTINE	13	25:57
	3	MYLES SWAIN	10	30:11
Female 10 - 14	1	KATHRYN SUTHERLAND	12	23:25
	2	ARLINGTON BOUZEK	10	43:38
Male 15 - 19	1	AARON JOHNSON	17	17:31
	2	MASON WHITE	16	20:17
	3	JACOB CHARLES	16	22:29
	4	IAN CAMPBELL	19	24:23
	5	JONATHAN HALE	19	27:54
	6	ADDISON HAGAN	15	28:48
Female 15 - 19	1	Rachael WESOLOWSKI	18	19:52
	2	KATIE POKORNY	19	22:11
	3	MICHELLE SWANSON	19	26:31
	4	DILLYN CARPENTER	19	28:44
	5	EMILY KONTOS	19	29:45
Male 20 - 24	1	BRANDON VON KANNEWURFF	20	17:56
	2	NATHAN HEINICKE-PEART	22	20:57
	3	VAN PEARCE	20	29:44
	4	TAYLOR KELMAR	21	36:05

Category	Place	Name	Age	Time
Female 20 - 24	1	SCARLETT BAVIN	21	22:58
	2	ISABELLE STERN	21	23:22
	3	ALEX VAUGHAN	20	26:30
	4	SARAH SMITH	24	28:27
	5	NATALIE WEBER	20	31:28
	6	MELANIE GAINSFORTH	24	35:20
	7	GIANNA LEONARD	20	38:27
Male 25 - 29	1	RICH SAUNDERS	29	18:24
	2	JASON DRISCOLL	29	18:27
	3	WILLIAM KIRK	27	19:01
	4	KIRK MILLIKAN	28	19:28
	5	KEVIN KINDLER	26	20:07
	6	AARON HARLAN	27	20:14
	7	BENJAMIN PERRY	25	20:36
	8	ADAM LERNER	27	20:38
	9	ALEX ANLIKER	26	22:30
	10	TRAVIS BOHN	28	28:04
	11	BRET RAMKEY	25	28:28
Female 25 - 29	1	SARA LASKER	27	18:27
	2	SARAH BOHN	28	19:25
	3	GABI WECHSLER	26	20:02
	4	BRITTANY HARLAN	26	20:31
	5	ASHLEY SIMARD	27	20:48
	6	ELIZABETH FREUND	28	21:26
	7	JACKIE MERRICK	28	23:51
	8	MEGAN MOLNAR	27	25:18
	9	KATHRYN WEBER	29	28:03
	10	RACHEL SOUTHARD	27	29:02
	11	NATALIE POWERS	25	36:55
	12	NEHA SELAL	29	46:54
Male 30 - 34	1	LAWRENCE PEARSON	34	18:56
	2	MATTHEW WINHEIM	34	19:06
	3	JAMES HAZELWOOD	30	19:39
	4	DEREK ROWE	34	20:30
	5	VINAYAK HULAWALE	32	22:35
	6	STUART GROSECLOSE	33	22:38
	7	DANIEL WEINBERGER	30	22:42
	8	RYAN NEBEL	33	22:46
	9	ANDREW LEISURE	31	23:40
	10	BRIAN HAYES	31	23:57
	11	JOSIAH PEWTERBAUGH	31	24:14
	12	CHRISTIAN E TORO	31	25:39
	13	PAUL MCCARTNEY	30	27:52
	14	HOWARD CROSS	32	29:04
	15	CHRISTOPHER CRUZ	31	32:21
	16	MATT NORDIN	31	34:33
Female 30 - 34	1	KRISTEN KELLEY	33	22:48
	2	CARISSA MCGUAN	34	23:47
	3	MEREDITH NEWCOMB	31	24:30
	4	JESSICA REBER	33	25:30
	5	VALERIE BOSTWICK	33	25:48
	6	CLAIRE WITMEYER	31	30:50
	7	CHARLOTTE RIVERA	31	31:15
	8	LINDSAY SARVER	34	32:50
	9	SHANNON LAROCK	34	33:30
	10	TARA BROWN	30	34:35
	11	JULIE OLIVER	31	34:50
	12	ERIKA TABOR	34	43:56
Male 35 - 39	1	SPENCER BISSETT	35	18:40
	2	DAN GARIEPY	36	20:37
	3	SCOTT BOOKER	36	21:47
	4	BLAKE HODGES	37	24:43



Oiselle represents.

CUL-DE-SAC 5K SERIES 3

RICHMOND, VA • 7/24/2017

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Category	Place	Name	Age	Time
Male 35 - 39	5 90	MATT SARVER	35	24:56
	6 95	FYIAD CONSTANTINE	38	25:21
	7 109	NICHOLAS GROSECLOSE	36	26:12
	8 121	CHRIS MASON	39	27:04
	9 181	ROBERT LAROCK	38	31:53
	10 193	MARCUS BROWN	39	33:29
	11 236	GEORGE SMITH	39	40:33
	12 252	KANAK HYANKI	35	46:55
Female 35 - 39	1 75	HILLARY HESS	39	23:56
	2 257	SANDRA BYRD	36	26:05
	3 128	NIKI WHITE	38	27:24
	4 141	CARRIE EDWARDS	39	28:09
	5 183	FARLEIGH FITZGERALD	39	32:13
	6 198	LIZ JARVIS	35	34:20
	7 203	SARAH AKIN	38	34:53
	8 221	ANDREA NORRIS	38	36:45
	9 228	ANNE SMITH	38	38:06
	10 232	BREANN GETRIDGE	39	38:31
	11 234	BROOKE MCMAHAN	38	38:47
	12 244	ALLISON MAY	36	44:55
Male 40 - 44	1 3	JOHN SHARP	42	18:18
	2 15	CHUNG MA	43	19:37
	3 23	NATHAN CASTLE	41	20:19
	4 36	ANDREW LENGUA	41	21:22
	5 40	JAMES DILLON	43	21:44
	6 42	JOEL SMITH	41	21:50
	7 51	KEN MCENANEY	42	22:40
	8 58	LAWRENCE BERNDT	40	22:57
	9 60	JAKE WISEMAN	41	23:05
	10 82	TIMOTHY STEWART	42	24:26
	11 100	GRAHAM WILLIAMS	41	25:38
	12 102	ANDRES BLANCO	43	25:46
	13 104	SCOTT VANWAGNER	43	25:49
	14 132	RYAN LEWIS	42	27:42
	15 150	JEFFREY BUTLER	41	28:38
	16 172	AARON STEELMAN	42	30:40
	17 210	CHRIS PEARCE	44	35:22
	18 237	KEVIN KRAMER	44	40:36
Female 40 - 44	1 62	CATHY COSNER	43	23:09
	2 70	TAMARA SUTHERLAND	43	23:43
	3 74	MARYBETH RYAN	43	23:54
	4 79	JULIE MURPHY	40	24:08
	5 92	CARRIE ROTH	43	25:15
	6 107	KELLY BROWNING	41	26:00
	7 110	JULIE SCHRALL	40	26:13
	8 115	MELANIE JONES	41	26:34
	9 126	SHERRY LEWIS	42	27:16
	10 130	KENDRA LENGUA	42	27:34
	11 145	SAMANTHA MILLER	40	28:24
	12 169	ANDREA CARPENTER	44	30:33
	13 182	DAWN KNIGHT	44	31:55
	14 189	MISTI DAVIDSON	40	32:38
	15 196	TRICIA NORRIS	42	34:10
	16 224	NICOLE MORGAN	41	37:24
	17 235	MICHELLE GIAMARTINO-SMITH	42	39:27
	18 250	CHRISTINA KERLIN	44	46:52
Male 45 - 49	1 11	KEVIN BURCHAM	45	19:08
	2 19	MATT ROBERTS	45	20:04
	3 29	JIM ODDONO	49	20:39
	4 32	MARCOS TORRES	46	20:57
	5 39	BRIAN KELLEHER	49	21:41
	6 45	ROBERT MONOLO	47	22:17
	7 53	ED MURRAY	47	22:45

Category	Place	Name	Age	Time
Male 45 - 49	8 78	DON NELSON	46	24:04
	9 86	DAVID WEBER	49	24:43
	10 89	PETE PALERMO	49	24:54
	11 98	HARALAMBOS KIPREOS	49	25:28
	12 105	JOHN KING	46	25:50
	13 119	MIKE ALMOND	46	27:03
	14 129	CHRIS STEFANAC	45	27:31
	15 142	CHRIS WHITE	48	28:15
	16 176	NICK DOUKAS	48	31:12
	17 188	JASON HALE	48	32:29
	18 201	HENRIK STYLES	49	34:48
	19 231	SEAN KINNEAR	48	38:31
Female 45 - 49	1 71	LISA ROY	47	23:46
	2 94	JENNIFER WILLIAMS	48	25:20
	3 127	TANA GARCIA	49	27:19
	4 133	DINAH FOREMAN	45	27:50
	5 140	KIM HALE	48	28:05
	6 152	JANICE HAGAN	45	28:45
	7 158	MICHELLE ONOFRIO	48	29:04
	8 167	MELANIE SWAIN	45	30:14
	9 170	TERESA STADLER	47	30:33
	10 171	DAWN WALKER	45	30:36
	11 178	MARIA CARMINA PARONG	46	31:15
	12 191	REBECCA RANDOLPH	49	33:20
	13 211	AMANDA HUFF	49	35:23
	14 216	KRISTIN HOPKINS	47	35:46
	15 220	NORMA MCCLAIN	48	36:36
	16 241	TAMMY BOUZEK	47	43:39
Male 50 - 54	1 34	JIM CARTER	54	21:10
	2 43	ANDREW HOFFMAN	50	21:53
	3 46	FORD SCOTT	52	22:17
	4 65	MARK HOLT	52	23:26
	5 66	JEFF HOPKINS	50	23:34
	6 67	JEFF SEARS	52	23:39
	7 97	TOM PARIETTI	52	25:24
	8 108	MARK DUPUIS	54	26:08
	9 111	BOBBY ORNDORFF	51	26:23
	10 118	RALPH GIBBS	51	26:58
	11 137	DARRYL COTMAN	53	27:57
	12 149	JOHN SNUGGS	51	28:34
	13 153	REGINALD S DANIELS	53	28:46
	14 187	MATTHEW BRYSON	54	32:26
	15 195	CHRIS SCHUESSLER	51	34:10
	16 213	JAMES MARR	51	35:25
Female 50 - 54	1 57	KAREN MCCLINTICK	50	22:51
	2 88	KATHERINE ZAMPOLIN	52	24:45
	3 164	THERESA MANNING	52	29:47
	4 205	BARB JEWELL	54	35:01
	5 214	TAMMY BENNETT	52	35:30
	6 218	PATTY HENSON-DACEY	53	36:24
	7 248	GAIL HOLSTROM	53	46:05
	8 249	LISA CHILDRESS	51	46:05
	9 253	CAT JOHNSON	53	47:27
Male 55 - 59	1 14	MARTY STIEGMANN	56	19:29
	2 33	PAUL STREHLER	57	21:02
	3 38	KARL COVER	57	21:31
	4 56	BRIAN DUEWEKE	57	22:49
	5 69	MARK ANDERSEN	55	23:43
	6 77	GREGG WHISLER	56	24:02
	7 84	WAYNE RUOTOLO	57	24:35
	8 85	STEVE YOB	59	24:42
	9 91	THOMAS SHANNON	59	25:02
	10 96	BUCKY FLANAGAN	59	25:23

CUL-DE-SAC 5K SERIES 3

RICHMOND, VA • 7/24/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
Male 55 - 59	11 112	DOUG ROTH	56	26:26
	12 117	DAVID KNICELY	56	26:53
	13 120	MATTHEW PERRY	56	27:04
	14 124	CHANT CONNOCK	58	27:13
	15 146	TOM CANTONE	55	28:27
	16 160	KEVIN VAN NATTA	59	29:30
	17 161	RICK EDWARDS	58	29:44
	18 165	JOEL GIACOBBE	59	29:58
	19 168	DAVID SPIERS	59	30:15
	20 192	JOHN D LEONARD	55	33:29
	21 209	ROD GAINSFORTH	55	35:21
	22 233	DAVID TRACE	55	38:38
	23 239	ROY SAETTEL	58	41:28
Female 55 - 59	1 61	AMBER RADER	57	23:08
	2 131	SANDRA PEART	58	27:39
	3 144	ELAINE CASPER	56	28:24
	4 175	BETH ROSENTHAL	55	30:53
	5 204	THERESA C WAGNER	55	34:59
	6 207	JENNI TREADWELL	55	35:15
	7 212	ANNE KRAFT	57	35:24
	8 219	BARBARA LEONARD	55	36:25
	9 223	LYNNE MCMICHAEL	55	37:17
	10 255	DALE KNIGHT	57	56:36
	11 256	MICHELE MARR	55	57:13
Male 60 - 64	1 123	BARRY KREISA	63	27:12
	2 143	RON YOHAI	62	28:21

Category	Place	Name	Age	Time
	3 155	Stanley GROCHOWSKI JR	64	28:52
	4 159	STEVEN LERNER	61	29:11
	5 197	BRIAN KELMAR	61	34:15
	6 226	JEFFREY LUKE	60	37:59
	7 245	J R DAVIS	62	45:24
Female 60 - 64	1 122	FRANCES NEWTON	63	27:06
	2 125	PAMELA FAULKNER	60	27:15
	3 174	CRISTI WILSON	62	30:52
	4 180	DAWN EBERHARD	63	31:44
	5 225	SHARON DAJON	61	37:54
	6 227	SUSAN ROBINSON	60	38:01
	7 238	PAMELA CROSS	61	41:23
	8 243	MARY BETH HALL	61	44:40
Female 60 - 64	9 254	ETHEL GUERRERO	62	50:06
Male 65 - 69	1 116	CHARLES BEVERAGE	66	26:48
	2 184	CHARLIE CONRAD	66	32:14
Female 65 - 69	1 136	LINDA GULICK	65	27:55
	2 247	SUZANNE DELPOZZO	66	45:55
Male 70 - 74	1 206	GEORGE LONGLEY	73	35:09
	2 229	ALVAH WYATT	71	38:18
Female 70 - 74	1 186	LOU NORTON	70	32:21
Male 75 - 79	1 246	HARRY CONN JR	79	45:42

Board Meeting Minutes

continued from page 21

Also included will be the Rainey Check Marathon as well as scheduled pieces by various trail and ultrarunners in the area. By the time y'all read this, the deadline will be gone, the next deadline is August 10th for the September/October issue.

Looking ahead: for the marathon issue, the one to be printed and handed out at the expo, we want to showcase accomplishments in the marathon distance such as Lou Norton and her trips to Antarctica and the Great Wall of China and Mark Lackey getting the 7th continent. If anyone has any ideas or know of people to whom we can reach out to, let Crystal know. That deadline is 10 October and it's a tight one. Thanks!

Flying Squirrels – Mike Levins

Flying Squirrels Game - Thursday, July 27th

The date will be Thursday, July 27th. Game time is 6:35PM and the opponent is the Erie Sea Dogs, AA affiliate of the Detroit Tigers. Tickets need to be purchased by July 20th so the cutoff to respond will be end of day, Tuesday, July 18th. Tickets are for RRRC members only. Single members are allowed 1 ticket and family members can have 1 ticket for each family member. Dave Trump volunteered to set up registration through RSU. Tickets are limited to a total of 100.

In addition to the RSU action, this needs to be publicized to the members soon, using whatever platforms are available: FB,

RRRC website, newsletter, email news, etc.

On game night, Mike will be available outside the Diamond near the Squirrels offices by 5:30PM. Also, Mike should be available to distribute tickets at the final CDS 5K on Monday, July 24th.

New Business

- *Budget approval for Moonlight and Turkey Trot.* Approval was given.
- *Trial Administrative Coordinator.* The vote to have a trial administrator was passed.
- *New RRCA state representative.* Our new state representative is Michael Muldowney
- *Pacers for Richmond's November races.* Some members at the board meeting asked that their names be passed along to Karen McCarthy, the pacer coordinator.
- *RunSignUp seminar.* No One volunteered to go to the seminar in Philadelphia.
- *Nominating Committee.* There need to be 3-4 people on the nominating committee. If you are interested in filling this role, please send an email to officers@rrrc.org
- *July meeting.* A social meeting for July will take place at the last Wednesday night track meet at U of R. All business should be forwarded to the officers to be discussed at an executive meeting during July.

[GROUP RUNS]

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

[GROUP RUNS]

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

KidsRUN RVA

Do you have some time, attention, and love of running to share with youngsters in our community? Kids Run RVA is looking for you!

Run clubs are the engine that drives Sports Backers' Kids Run RVA and we are searching high and low for volunteer run club coaches for the upcoming fall season. No previous experience necessary, only the willingness to make a difference in a little ones day. Our online application is now open through September 3rd. Join us!

Did you know that, thanks to the invaluable partnership between Sports Backers and the RRRC, Kids Run RVA was able to provide grant funding in the amount of \$13,400 to 35 schools and community-based run clubs across the RVA metro region during the 2016-17 school year? These funds were made possible by YOUR entry into the 2016 Patrick Henry Half Marathon! So, if you need another reason to register for this race every year, think of youngsters lacing up their shoes at their school!

Please go to www.sportsbackers.org to find out more about both of these opportunities!



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(cannot be combined with other promotions)

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[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)



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

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: _____

LADIES OF THE TRAIL



Martha Wright aka Trail Mom.



Kim Cubed. Kim Pope, Kim Engleman,
Kimberly Rogers.



Grandison Burnside tearing up the trail for
TriQuest.



Erin trailin'.