

[MILES and MINUTES]

Publication of the Richmond Road Runners Club

November/December 2017 | Volume 40, Issue 6



What is your story? page 15 • **November Project** page 27



THE BEST WAY TO **EXPERIENCE TACKY LIGHTS!**

On December 9, we're turning RVA's favorite holiday tradition into a can't miss 6k experience for walkers, runners, Santa-lovers, and elves-at-heart! Spend the night immersed in holiday cheer and discover dozens of homes with over-the-top tacky lights in the Walton Park neighborhood, including the famous Dawnridge Ct. Rally your family and friends because this is a night you have to experience to believe!

DECEMBER 9 | 6:00PM | SPORTSBACKERS.ORG



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

Club Officers

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

Function Heads

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

Miles and Minutes

Crystal Koch	Editor
Melissa Savage	Graphic Design

Board of Directors: Anne Brown, Suzen Collins, Jennifer Culhane, Jamie Ficor, Don Garber, Mara George, Marcy George, Michael George, Frank Gerloff, Ralph Gibbs, Sandra Gray, Mark Guzzi, Tammy Harrison, Ed Kelleher, Bill Kelly, Crystal Koch, Mike Levins, Sam Lowe, 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.

Table of Contents

- 2 President's Message
- 3 Foot Notes: Sub-optimal Running Environment
- 4 Race Results: Moonlight 4 Miler
- 6 Race Results: Patrick Henry Half-Marathon
- 15 What's Your Story
- 16 Team Baltimore
- 18 Club & Race Calendar
- 19 Club News: December Meeting Social
- 20 Three Majors
- 23 The NipMuck Trail Marathon:
- 25 Something New
- 27 The November Project
- 29 Race Results: Pony Pasture 5k
- 33 Volunteers
- 34 Club News: September Meeting Minutes
- 36 Nutrition & Hydration: Rev-Up Your Engine
- 38 Merchant Discounts
- 39 Group Runs

[EDITOR'S LETTER]



We have those races, or experiences with other runners, that stick with us. We remember them years, maybe even decades later. We remember the faces we see, the strangers who helped us through our rough patch, or the time we made sure the runner who collapsed on the course got the help they needed.

Maybe we wake up early to spend time helping a friend with their speed workout. Fartleking is better when you have someone you trust egging you on. Someone faster than us makes us work harder for that last mile; there is comfort in the pain.

A lot happens while we are out running.

Stream of consciousness thinking flowing like the rivers run through it. Faces of determination or gritty fortitude. Tears springing from the eyes of amazement. High-fives for the firsts. Hugs. There are always plenty of hugs.

This year is the 40th anniversary of the Richmond Marathon, half marathon and 8k. One lucky finisher of the marathon is going to get a real ruby, which will make for a pretty darn memorable race experience.

Mark Lackey is on his way to completing the six majors. Spring of 2018 will see the completion of that goal.

In Connecticut, Annie Tobey found herself a rock garden at the trail marathon known as NipMuck.

Have you ever wondered what it's like to run across the United States?

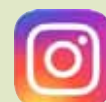
So many of you have such great stories and they needed to be shared. I hope you will forgive the intrusion and take in the joy that surrounds us in these moments. ■

Crystal Koch | Editor

On the cover: The year's finishers medals for the Richmond marathon, half marathon and 8k.



Richmond Road Runners Club



@rvaroadrunners

[PRESIDENT'S MESSAGE]



It has been my privilege to serve as president of the Richmond Road Runners Club for the past two years. During this time your club has made some significant changes and advances:

- Instituted a chip timing system with highly trained timers.

- Transitioned to the

RunSignUp registration platform, which among other things, offers runners the ability to register at packet pick-up via iPad. In addition, this platform provides tools for our sponsors to deliver their message and extend special offers to our running community.

- Developed a website integrated with RunSignUp. The new website is more mobile-friendly and dependable and represents a cost savings over our previous hosting provider.

- Converted to a new financial system to better track revenues and expenses and enable us to make better decisions on the allocation of club resources. We have established a new banking partnership with TowneBank, which has expertise with non-profits such as RRRC.

- Selected and moved into a clubhouse that provides a venue for club and committee meetings and storage of our chip timing system. While not the most ideal space, it has validated the need for having our own clubhouse.

- Enhanced the Grand Prix program to emphasize recognition of the club's top runners, including introduction of the Iron Runner and Titanium Runner categories.

- Initiated a formal sponsorship program to help keep the quality of our training programs and races high and the costs low.

The above and many other achievements would not have been possible without the efforts of several dedicated folks who collectively have volunteered their time and skills to bring to life our tag line, "**We Run Richmond**". I would like to especially thank my fellow board members, and especially the club officers, who have done a tremendous job: Ralph Gibbs, who has offered to stand for president and has recruited his replacement as treasurer; Jim Oddono, VP/

Operations, who is the outside face of the club and runs the club calendar and schedules key personnel for all the club races; Ed Kelleher, VP/Marketing, who has continued to build a sponsorship program; and Rosie Schutte, club secretary, who has helped bring organization and structure to the board (with someone like me, that is both essential and necessary, also not very easy and often a thankless task). In addition, other board and non-board members have stepped up and worked tirelessly to make our club one of the best in the country. Thank You!

If you missed the other opportunity – like the e-blast we sent out last month – to answer that burning question what would I do if I ran RRRC, this is your last chance to contact the nomination committee and throw your hat in the ring or on the ballot. The club will be holding elections at the December board meeting for five officer positions and a maximum of 20 at-large directors.

If you are not able to make the commitment required for an Officer or Director role, we still need volunteers. Use this link – <https://runsignup.com/Race/VA/Richmond/RRRCOfficerBoardNominations> – to sign up for various skills the club needs; it's your opportunity to give back and support running in Richmond. Just go to the above link and register for areas that fit your skills and willingness to volunteer and believe me, **we will find you a spot**.

OK, I hear you. Some of the reasons for signing up go like this: We need more trail runs. We need more social runs. We need new or different training programs. We need more running groups like Rogue/City Stadium/etc. We need more programs to encourage new and younger runners. We need new programs to encourage walkers. Yes I hear you. The answer is simple; volunteer and make it happen. It's your club, your running community, let's make a difference, I know you can and will.

As stated in my last message in *Miles and Minutes* (which I am sure you read; I heard you cheering), I plan to leave the board and transition to a new role as a willing volunteer. I am confident your club is in good hands and will continue to grow and change to meet the needs of the local running community.

Gotta Run ■

Bill Kelly | *President*

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

5. Sub-optimal Running Environment, Part 1

By George Lane, DPM, FACPSM, FACFAS



An often overlooked contributor to running injuries is the running environment, e.g. conditions surrounding you that put excessive stress on you physically or that you are not physically conditioned enough to handle. These include less than ideal weather conditions, running surfaces, course topography, surrounding obstacles and impediments, and clothing and accessories. Part one of this topic will focus on sub-optimal weather.

Excessively warm weather poses a serious injury risk to all runners, and it is imperative to limit your exposure to these conditions that can cause muscle cramps and strains, heat stroke, and even death. It is important to note that with the excessive fatigue that can easily occur when not adjusting properly for warmer weather, running form can break down, exposing one to a plethora of potential injuries. Important signs of heat exhaustion include dizziness, nausea, overwhelming fatigue and accelerated heart rate.

Some individuals handle heat and humidity better than others, however, all are affected. For distance running, once temperatures start rising above 60 degrees Fahrenheit, heat becomes more a factor the longer or more intense the workout. If you don't back off on the pace and/or distance you would normally run in more ideal temperatures, or take more frequent breaks, your core body temperature will rise excessively and your body will fatigue much more easily, opening yourself up to a possible dehydration, electrolyte imbalances, and running form breakdown. One technique to aid in determining proper pacing is to monitor your heart rate while running. The goal is to keep your heart rate at or below what it would normally be when running comfortably in ideal temperatures.

Strategies that should be considered on hot and humid days are to run at dusk, dawn, at night when the sun is down, or indoors on a track or treadmill. If this is not feasible, seek

shady courses to run on, protect your skin from the sun with a lightweight light-colored hat and shirt made of well-ventilated moisture wicking fabric, and wear sunblock on exposed skin subject to potential sunburn.

Proper hydration and electrolyte (primarily sodium and potassium) intake before, during, and after your run is critical. Although rehydration practices are somewhat individualized for each runner based on a wide variety of issues (see link below), the general goal is to make fluid intake equal to fluid loss from exercise. Excessive water intake, especially without electrolyte intake as well, can lead to a potentially life-threatening metabolic state called hyponatremia, where your body's sodium concentrations drop excessively due to over-hydration with loss of salts in your sweat that were not replaced.

To ensure proper pre-exercise hydration, you should consume approximately 500 to 600 ml (17 to 20 fl oz) of water or sports drink 2 to 3 hours before exercise and 300 to 360 ml (10 to 12 fl oz) of water or a sports drink 0 to 10 minutes before exercise. Also, having a salty snack an hour or two before a run can help keep sodium levels from dropping excessively. Several ounces of water or electrolyte containing sports drink consumption every 15-20 minutes during the run is generally recommended, but is somewhat individualized depending upon your specific needs such as your sweat rate and the electrolyte concentrations in your sweat.

continued on page 17



MOONLIGHT 4 MILER

GOOCHLAND, VA • 8/10/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
Male Overall	1	1	ANDREW BENFER	24 21:22
	2	2	RICARDO CABRERA	22 22:15
	3	3	WYATT CAMPBELL	23 23:47
	4	4	DANIEL WOODWARD	39 24:09
	5	6	DOUGLAS FERNANDEZ	57 25:02
Female Overall	1	5	ERIN HORIL	23 24:55
	2	8	GABI WECHSLER	26 25:34
	3	11	SARAH BOHN	29 25:59
	4	12	BRITTANY HARLAN	26 26:39
	5	16	ASHLEY SIMARD	27 27:27
Male 10 - 14	1	67	MYLES SWAIN	10 34:11
Male 15 - 19	1	83	SAM BROWNING	15 36:19
Female 15 - 19	1	91	DILLYN CARPENTER	19 37:00
Male 20 - 24	1	1	ANDREW BENFER	24 21:22
	2	2	RICARDO CABRERA	22 22:15
	3	3	WYATT CAMPBELL	23 23:47
Female 20 - 24	1	5	ERIN HORIL	23 24:55
	2	120	FAITH HARRIS	22 41:51
	3	138	KATIE ELLIOTT	20 43:31
Male 25 - 29	1	10	AARON HARLAN	27 25:55
	2	149	RYAN SCHULTZ	26 45:03
Female 25 - 29	1	8	GABI WECHSLER	26 25:34
	2	11	SARAH BOHN	29 25:59
	3	12	BRITTANY HARLAN	26 26:39
	4	16	ASHLEY SIMARD	27 27:27



Glenn Melton (in truck), Jim Marr, and Race Director Mike Davi at the start.

Category	Place	Name	Age	Time
	5	33	JENNIFER CRANE	29 29:40
	6	37	MICHELLE TRICE	25 29:59
	7	64	KATLYN DROKE	28 33:55
	8	99	KIM FENNESSEY	29 38:00
	9	173	NIKKIA YOUNG	26 1:02:50
Male 30 - 34	1	7	JAMES HAZELWOOD	30 25:26
	2	21	VINAYAK HULAWALE	32 27:57
	3	23	STUART GROSECLOSE	33 28:05
	4	53	CHRISTIAN E TORO	31 32:37
	5	87	JEFF RICHARDSON	34 36:43
	6	102	HOWARD CROSS	33 38:23
	7	143	COLIN SCHOENHAUT	31 43:57
Female 30 - 34	1	26	MELISSA GONZALEZ	31 28:35
	2	38	KRISTI EMMONS	32 30:01
	3	41	LUCY CARRIG	33 30:59
	4	43	ERIKA JURKOWSKI	30 31:13
	5	54	MEREDITH NEWCOMB	31 32:42
	6	89	REGINA BRESSON	30 36:44
	7	110	JAMIE GJERULFF	31 40:21
	8	128	ASHBY SMITH	32 42:14
Male 35 - 39	1	4	DANIEL WOODWARD	39 24:09
	2	20	AARON MARTIN	38 27:56
	3	24	R RYAN KELL	37 28:11
	4	49	MATTHEW MYERS	36 32:13
	5	59	CHRIS MASON	39 33:27
	6	104	CHUCK MURPHY	39 38:40
	7	159	ERIC LUCAS	37 48:39
	8	164	SHIVA THATIPPELLI	38 51:52
Female 35 - 39	1	45	KERRY DIXON	39 31:54
	2	76	SANDRA BYRD	36 35:19
	3	85	LINDSAY TUHEY	38 36:26
	4	92	MONICA WOODWARD	38 37:05
	5	95	MARIA GALLEGOS	35 37:25
	6	96	NIKKI CARTER	35 37:36
	7	97	ANDREA BEYER	35 37:36
	8	100	MELISSA LANCE	37 38:02
	9	122	KASEY JAMES	36 42:03
	10	141	NIKI WHITE	38 43:56
	11	142	TRICIA LUCAS	39 43:56
	12	148	RACHEL HEINIG	37 44:49
	13	152	SARAH AKIN	38 45:48
	14	163	STACEY FLEMING	39 51:49
	15	168	KIMBERLY KELL	36 56:43
Male 40 - 44	1	9	JOHN TURNER	43 25:49
	2	18	WARNER WINTHROP	42 27:37
	3	25	JOHN AMOROSO	40 28:15
	4	34	LAWRENCE BERNDT	40 29:53
	5	44	TIMOTHY STEWART	42 31:50
	6	55	GRAHAM WILLIAMS	41 32:56
	7	63	AARON STEELMAN	42 33:47
	8	77	JEFFREY BUTLER	41 35:30
	9	108	WILLIAM CARDUCK	43 39:53
	10	112	PARTHA GOPALAKRISHNA	41 40:58
	11	161	KEVIN KRAMER	44 50:37
Female 40 - 44	1	27	CATHY COSNER	43 28:54
	2	51	REBECCA MURPHY	41 32:33
	3	60	CARRIE ROTH	44 33:28
	4	61	KELLY BROWNING	41 33:42
	5	69	CRYSTAL KOCH	41 34:28
	6	82	KRISTI TURNER	42 36:15
	7	84	SAMANTHA MILLER	40 36:22

MOONLIGHT 4 MILER

GOOCHLAND, VA • 8/10/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	8	111 KELLY HARRIS	44	40:34
	9	117 DANA WALTERS	43	41:32
	10	125 JESSICA REILLY	40	42:10
	11	144 FARRAH WILSON	40	44:02
	12	154 SARAH BAIN	41	46:20
	13	157 JENNIFER DANIELS	42	47:47
	14	165 CHRISTINA KERLIN	44	51:55
Male 45 - 49				
	1	13 JIM ODDONO	49	26:47
	2	28 BEN WALTERS	47	28:56
	3	31 RODRIGO VALLEJO	45	29:26
	4	40 BEN WACHTER	46	30:28
	5	147 SEAN KINNEAR	48	44:49
Female 45 - 49				
	1	19 DEBBIE GOODPASTURE	48	27:48
	2	56 JENNIFER WILLIAMS	48	33:19
	3	65 PAULA INSERRA	48	34:03
	4	71 MELANIE SWAIN	45	34:35
	5	88 JENNIFER HANDSCHUH	45	36:43
	6	93 LORI PEREZ	47	37:09
	7	98 DAWN WALKER	46	37:45
	8	101 SHELLI STEPP	45	38:07
	9	103 DANA TAYLOR	46	38:30
	10	118 EICHELE HAMAKER	46	41:41
	11	124 SELINA CELEBRE	46	42:09
	12	127 JENNIFER STERN	45	42:13
	13	136 JENNIFER LOVINGS	47	43:00
	14	150 AMANDA HUFF	49	45:42
	15	151 ANDREA TALLEY	46	45:43
	16	162 DAWN CARTER	45	51:08
	17	167 MICHELLE GIBBS	49	56:19
	18	172 LUCY BUEHLER	49	1:00:51
Male 50 - 54				
	1	14 CHRISTOPHER MAESTRELLO	54	26:56
	2	22 FORD SCOTT	52	28:01
	3	30 THOMAS PRITT	54	29:23
	4	42 JEFF SEARS	52	31:03
	5	57 MIKE LIPTON	52	33:20
	6	74 RALPH GIBBS	51	35:01
	7	80 DARRYL COTMAN	53	35:59
	8	134 CHARLES VIA	54	42:52
	9	137 JAMES LAFRATTA	50	43:20
	10	153 KEITH CARTWRIGHT	53	45:52
Female 50 - 54				
	1	75 MAGGIE RICE	54	35:15
	2	78 KAREN HAWKINS	53	35:31
	3	86 CHERYL CAMPBELL	53	36:40
	4	90 PAMELA WELTON	50	36:58
	5	113 REBECCA RANDOLPH	50	41:04
	6	114 MAGHBOOBAH MOSAVEL	54	41:05
	7	116 KIMBERLY KIDD	50	41:21
	8	119 DONNA SCHULTZ	53	41:44
	9	123 KAREN BAYNE	51	42:03
	10	139 BARB JEWELL	54	43:33
	11	140 DONNA MARTIN	52	43:36
	12	166 JILL BRANDON	50	55:35
	13	170 CAT JOHNSON	53	1:00:38
Male 55 - 59				
	1	6 DOUGLAS FERNANDEZ	57	25:02
	2	17 KARL COVER	57	27:29
	3	29 BRIAN DUEWEKE	57	29:19
	4	35 MIKE TRAVELINE	55	29:54
	5	46 FRANK GERLOFF	55	31:58
	6	50 DAVID BRIGHAM	57	32:21
	7	58 DOUG ROTH	56	33:26
	8	62 DAVID WILLIAMS	56	33:44
	9	68 DAVID KNICELY	56	34:12

Category	Place	Name	Age	Time
	10	72 GARY FISHER	57	34:39
	11	94 MICHAEL NELSON	55	37:17
	12	106 KEVIN VAN NATTA	59	39:15
	13	115 KEVIN CONNELLY	55	41:11
	14	131 CLAY BEAUCHAMP	58	42:34
	15	133 TONY HOGUE	59	42:50
Female 55 - 59				
	1	39 AMBER RADER	58	30:04
	2	47 TERRI GERLOFF	58	32:01
	3	52 LAUREEN TRICE	55	32:34
	4	107 KATHI TAYLOR	59	39:52
	5	126 JODI MILLER	58	42:11
	6	132 COLLEEN MOORE	55	42:46
	7	146 BETSY SOMERVILLE	58	44:25
	8	156 JANET ARESON	58	47:32
	9	171 LIZ MCCANN	58	1:00:49
Male 60 - 64				
	1	36 JEFF JEWELL	60	29:55
	2	66 BARRY KREISA	63	34:10
	3	70 BILL MIMS	60	34:33
	4	158 DOUG SCHUTTE	64	48:06
	5	169 HARRY DONATI	63	58:17
Female 60 - 64				
	1	105 CRISTI WILSON	62	39:13
	2	129 SUE ANNE KLINEFELTER	62	42:15
	3	135 JUDY WOOD	60	42:54
Male 65 - 69				
	1	15 BOB BECKER	65	26:57
	2	32 DAVID TRUMP	65	29:33
	3	48 MIKE LEVINS	65	32:06
	4	73 GEORGE SOMERVILLE	65	34:55
	5	121 CHARLIE CONRAD	66	42:01
	6	130 CLIFF Dunaway	65	42:16
Female 65 - 69				
	1	81 LINDA GULICK	65	36:13
	2	160 DARCEL PERTUSATI	66	49:35
Male 70 - 74				
	1	79 EDWARD PATEREK	70	35:45
	2	145 GEORGE LONGLEY	74	44:04
Female 70 - 74				
	1	109 LOU NORTON	70	40:03
	2	155 CHRISTINA DODSON	71	47:00



Race Director Mike Davi chatting with the lead bike.

PATRICK HENRY HALF-MARATHON

ASHLAND, VA • 8/26/2017

Not USATF Certified *RRRC Web Member

Category		Place	Name	Age	Time
Male Overall	1	1	RICHARD MORRIS	29	1:17:28
	2	2	COLBY MILLER	27	1:18:06
	3	3	JOHN LEDER	23	1:18:37
	4	4	BURKE LEWIS	43	1:22:25
	5	5	LEON ULRICH	25	1:22:46
Female Overall	1	14	SARA LASKER	27	1:25:36
	2	15	JESSICA MCNULTY	35	1:27:23
	3	16	TRESSA BREINDEL	39	1:27:42
	4	21	JESSICA HALL	38	1:28:54
	5	24	AMY HUERTA	42	1:29:24
Female 10 - 14	1	63	ERIN KERR	13	1:37:51
Male 15 - 19	1	201	BRYCE YANCEY	19	1:51:04
	2	335	MICHAEL BRIGGS	16	1:58:52
	3	666	HENRY ANDERSON	18	2:22:07
Female 15 - 19	1	73	KATIE POKORNY	19	1:39:16
	2	105	CAROLINE COGGINS	19	1:42:59
	3	515	HOLLY BOWMAN	18	2:10:22
	4	618	ABBY MCCARTNEY	17	2:17:35
	5	645	MADDIE WARD	19	2:20:02
	6	714	ABIGAIL BENDER	18	2:27:15
Male 20 - 24	1	3	JOHN LEDER	23	1:18:37
	2	19	WILLIAM KIRCHHOFF	24	1:28:15
	3	107	ALEX JANOUSEK	21	1:43:05
	4	151	BRIAN RYU	24	1:47:03
	5	197	DUY-BAO PHAN	24	1:50:49
	6	269	GABRIEL E TORO	22	1:55:28
	7	394	ZACH BENTLEY	24	2:04:11
	8	423	DEVIN REID	24	2:05:08
	9	669	NARANSUKH SUKHEE	21	2:22:30
Female 20 - 24	1	152	BRITTANY LEABHART	24	1:47:11
	2	167	LAURA HAZLETT	24	1:48:11
	3	181	ALEXANDRA BLUMER	21	1:49:17
			ROMAGNI		
	4	215	ALLIE ELLMAUER	21	1:51:52
	5	231	MORGAN Neal	23	1:52:58
	6	262	DELANEY CORKER	21	1:55:00
	7	274	HANNAH ZUCKOFF	23	1:55:48
	8	318	EVA CHILDREY	22	1:58:01
	9	320	JAMIE LATTA	24	1:58:10
	10	360	COURTNEY EGAN	24	2:01:26
	11	361	MIKKI EGAN	22	2:01:26
	12	373	RACHEL LUCAS	20	2:02:36
	13	382	ASHLEY DARLING	21	2:03:31
	14	389	KEELEY MILLER	24	2:03:50
	15	403	ALEJANDRA ORTIZ OROZCO	23	2:04:41
	16	440	WELSEY FITZHUGH	24	2:05:56
	17	458	COLLEEN HALL	23	2:06:56
	18	459	DARA MCGRAW	24	2:06:56
	19	513	MARYRUTH DAVIS	23	2:10:11
	20	563	MARINA BATALIAS	22	2:13:55
	21	606	ABIGAIL MYERS	21	2:16:51
	22	620	SPENCER BLANTON	24	2:17:45
	23	703	ISABELA KEENER	20	2:26:46
	24	723	KYLIE LAUBACH	24	2:29:01
	25	725	SARAH LONG	22	2:29:14
	26	789	SRSUPHAN NIELSEN	20	2:40:08
	27	811	MARY ANGEL	24	2:46:49
28	815	MELANIE GAINSFORTH	24	2:47:48	
Male 25 - 29	1	1	RICHARD MORRIS	29	1:17:28
	2	2	COLBY MILLER	27	1:18:06

Category	Place		Name	Age	Time	
	3	5	LEON ULRICH	25	1:22:46	
	4	28	KYLE WAGNER	27	1:30:14	
	5	35	JOSEPH LIGHTHISER	29	1:32:10	
	6	47	SUDHAKAR AKKENA	26	1:34:50	
	7	55	NATHAN RUANE	25	1:36:44	
	8	69	CHRIS STRAUS	26	1:38:42	
	9	76	JAKE WILSON	27	1:39:34	
	10	82	BRIAN STROHMAIER	25	1:40:19	
	11	95	ALEX WILSON	26	1:41:56	
	12	98	RAUL MARTIN VALENCIA	25	1:42:11	
	13	109	MICHAEL Mayhew	25	1:43:15	
	14	118	DANIEL ROBERTS	26	1:43:58	
	15	131	ROSS BELVIN	27	1:45:15	
	16	141	Mathew DAVIS	29	1:46:21	
	17	171	JOSHUA LAWSON	27	1:48:29	
	18	175	PATRICK REED	25	1:48:51	
	19	182	ROBERT KATULKA	25	1:49:22	
	20	207	WILLIAM SANDERSON	25	1:51:29	
	21	228	MICHAEL ANDERSON	29	1:52:52	
	22	250	THOMAS MILLER	25	1:54:05	
	23	253	BUCK ROBBINS	28	1:54:09	
	24	257	DAN KACZKA	29	1:54:33	
	25	266	IAN MILLS	29	1:55:12	
	26	267	MATTHEW WORLAND	27	1:55:13	
	27	283	SAMUEL ROSS	28	1:56:25	
	28	287	TANNER CLEMENTS	27	1:56:29	
	29	298	DUSTIN DEDRICK	28	1:56:51	
	30	309	DREW PANGRAZE	25	1:57:40	
	31	333	MATTHEW JENKINS	28	1:58:49	
	32	348	NAZANA WEEKS	27	2:00:40	
	33	432	ALEX ANLIKER	26	2:05:19	
	34	461	SETH JACOBS	29	2:07:05	
	35	477	CLARK AMBROSE	27	2:07:46	
	36	498	SHANE SNYDER	29	2:09:19	
	37	504	SCOTT ZICKEFOOSE	29	2:09:35	
	38	782	MATTHEW CLARK	28	2:39:18	
	Female 25 - 29	1	14	SARA LASKER	27	1:25:36
		2	26	GABI WECHSLER	26	1:29:55
3		43	EMILY SHARP	26	1:33:35	
4		70	JESSICA PLETCHER	29	1:38:45	
5		90	ASHLEY OWEN	26	1:41:26	
6		99	JENNY DENT	26	1:42:26	
7		100	LAURA WARD	28	1:42:29	
8		143	JANINE HAMILTON	28	1:46:30	
9		146	LEIGH SERROKA	25	1:46:47	
10		196	RACHEL LAWING	25	1:50:43	
11		232	KATLYN SMITH	28	1:52:58	
12		233	MEGAN MOLNAR	27	1:53:01	
13		235	KATHERINE DODD	26	1:53:21	
14		242	JULIA CAMPUS	28	1:53:39	
15		301	MEGHAN SHATTO	26	1:56:58	
16		303	ERIN BLOCK	25	1:57:00	
17		313	KATLYN DROKE	28	1:57:43	
18		325	JANIS KRAUSSE	26	1:58:13	
19		328	CATHERINE Neal	29	1:58:31	
20		336	AMY VU	28	1:58:58	
21		345	JENNIFER SATCHELL	28	2:00:07	
22		391	SARAH HUNT	27	2:03:58	
23		397	AHRIEL ADKINS	26	2:04:18	
24		400	ALEXANDRA ROSS	28	2:04:30	
25		407	SARA HENSHAW	29	2:04:55	
26		410	Caitlin ARGALAS	29	2:04:57	
27		441	WHITNEY STAN	29	2:06:00	
28		444	ERIN HORAN	29	2:06:11	
29		466	CLAIRE JAMES	29	2:07:11	
30		506	KARIE PETERS	25	2:09:41	

PATRICK HENRY HALF-MARATHON

ASHLAND, VA • 8/26/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	31	511 BAILY LEONARD	25	2:09:59
	32	512 JACLYN HILLIS	27	2:10:00
	33	525 KATHRYN WEBER	29	2:10:50
	34	527 ALISON MOLITOR	26	2:11:03
	35	542 BRITTANI COLLINS	26	2:11:39
	36	550 MEGAN HARRIS	27	2:12:23
	37	555 KAYLA SPEH	25	2:12:51
	38	567 VICTORIA ROBINSON	28	2:14:05
	39	593 MEGAN WALTON	28	2:16:19
	40	607 VICTORIA BORKEY	29	2:16:52
	41	612 KATHY PASCHALL	28	2:17:21
	42	621 AMY REICHERT	28	2:17:48
	43	626 DEBORAH WALKER	27	2:18:10
	44	631 LINGHAN SONG	26	2:18:25
	45	637 MALLORY CAIN	26	2:19:16
	46	700 EVAN WASH	26	2:26:20
	47	707 MALERIE ANDERSON	28	2:26:59
	48	709 ELLIE SHEA	27	2:27:01
	49	710 SARA WEAVER	25	2:27:02
	50	724 SAMANTHA ALTY	28	2:29:01
	51	736 JAMIE ZUNIC	27	2:30:37
	52	737 JESSICA SEESE	27	2:30:38
	53	743 CHRISTINE WENGLOSKI	25	2:32:05
	54	744 SARA LAVERDY	25	2:32:06
	55	751 MOLLY BEGGS	29	2:32:59
	56	762 KIM SQUYARS	29	2:35:31
	57	770 KHAND TENNEY	27	2:36:38
	58	788 ELIZABETH SOLORZANO	25	2:40:00
	59	803 ALEXANDRA CHARNEY	25	2:45:04
	60	804 HELENE LEIGH	25	2:45:04
	61	807 KAATRIN ABBOTT	26	2:45:41
	62	810 BROOKE LONG	29	2:46:46
	63	814 SARAH PORTER	25	2:47:44
	64	826 EMILY HELSTOWSKI	29	2:50:50
	65	836 JESSICA HUENNEKENS	27	2:55:19
	66	839 NAZIA SARANG	29	2:56:47
Male 30 - 34				
	1	6 JAMES ATCHISON	34	1:23:11
	2	7 ANTOINE FITZGERALD	34	1:23:43
	3	18 JAMES HAZELWOOD	30	1:27:54



Phani Gade and Sudhakar Akkena before the race began

Category	Place	Name	Age	Time
	4	20 TY GRUSZEWSKI	32	1:28:42
	5	23 MARCIN DABROWSKI	32	1:29:10
	6	27 JASON LIPPY	31	1:30:09
	7	30 ERIC SUVAK	34	1:31:07
	8	37 CHRIS DUNCOMBE	32	1:32:47
	9	42 JAMES COLE	32	1:33:18
	10	51 STEVE ESCOBAR	34	1:35:40
	11	53 STUART GROSECLOSE	33	1:35:52
	12	58 BRIAN WALTER	32	1:37:15
	13	65 BRANDON MICKENS	31	1:38:29
	14	77 THOMAS KIDWELL	30	1:39:35
	15	83 JASON WELLS	31	1:40:23
	16	89 MARK HORST	34	1:41:02
	17	103 VINAYAK HULAWALE	32	1:42:38
	18	120 KEN MALLORY	33	1:44:11
	19	123 JEFF LINKA	32	1:44:35
	20	128 JONATHAN OLIVER	30	1:45:05
	21	135 PATRICK MURRAY	33	1:45:32
	22	140 JASON ALEXANDER	31	1:46:16
	23	149 SHANE MELANKO	31	1:46:52
	24	170 COLEMAN TREXLER	34	1:48:27
	25	186 TYLER SINSABAUGH	32	1:49:52
	26	202 KEITH AUSTIN	31	1:51:09
	27	217 ROBERT HORTON	33	1:52:07
	28	224 CHARLES DAVIS	34	1:52:27
	29	273 DREW BRITTLE	30	1:55:46
	30	310 PJ ROBINSON	31	1:57:41
	31	311 BRYON FINK	32	1:57:43
	32	317 ROBERT PORTER	31	1:57:58
	33	331 CHRISTIAN MALOTT	30	1:58:42
	34	385 RONDY LAZARO	30	2:03:40
	35	455 SPENSER HASKETT	30	2:06:45
	36	464 CHRISTIAN E TORO	31	2:07:09
	37	474 RAJA MAMIDALA	30	2:07:33
	38	492 JOHN HUGHES III	30	2:09:06
	39	519 HOWARD CROSS	33	2:10:35
	40	541 CARTER HARRISON	31	2:11:35
	41	551 BRANDON JOHNSON	31	2:12:33
	42	578 VIKAS VIJAY	34	2:14:46
	43	584 TONY MOORE	32	2:15:20
	44	627 JEFF RICHARDSON	34	2:18:11
	45	644 JAMES HUGHES	33	2:20:02
	46	690 JASON CALL	33	2:25:22
	47	715 ANTON KOSSACK	33	2:27:35
	48	760 DANIEL SELLERGREN	33	2:35:10
	49	766 CARLOS RODRIGUEZ	34	2:35:55
	50	827 EVAN STERLING	34	2:51:06
	51	848 SIVAMURUGAN SEKAR	33	3:04:32
Female 30 - 34				
	1	46 KATHARINE TIBBETTS	34	1:34:44
	2	56 LAURA TAYLOR	31	1:37:10
	3	68 ROBIN WHELPLEY	32	1:38:41
	4	87 KATIE LEDESMA	34	1:40:56
	5	115 HEATHER KERNS	32	1:43:45
	6	154 MEGAN CAPITO	33	1:47:18
	7	173 BRANDIE O'NEILL	32	1:48:36
	8	178 RACHEL ESKITE	30	1:49:02
	9	191 LINDSAY JONES	32	1:50:12
	10	192 ARIANA ESTES	30	1:50:12
	11	194 MELISSA GONZALEZ	31	1:50:21
	12	198 ELISABETH LINKA	30	1:50:50
	13	199 EMILY LEHMANN	34	1:50:55
	14	214 SYLVIA GONSAHN-BOLLIE	33	1:51:52
	15	221 TERRA GATTI	33	1:52:20
	16	222 NIKKI SCHURMAN	34	1:52:26
	17	234 DANIELLE BRAMMER	31	1:53:16
	18	268 KATE MILLER	33	1:55:25

PATRICK HENRY HALF-MARATHON

ASHLAND, VA • 8/26/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	19 270	LINDSAY WILLIAMS	32	1:55:33
	20 288	SAVANNAH FRASHURE	30	1:56:31
	21 308	JOHANNA MAUTTE	33	1:57:38
	22 342	MEGAN GROMELSKI	32	1:59:52
	23 347	DEVON BURNS	30	2:00:32
	24 362	JESSICA REBER	33	2:01:33
	25 376	MEGAN CLARK	31	2:02:58
	26 395	CANDACE BROADDUS	30	2:04:12
	27 422	KATY HURD	30	2:05:07
	28 428	MICHELE PLOUFFE-MORENA	30	2:05:12
	29 433	LINDSEY GENTER	32	2:05:20
	30 456	LIZ BERAN	30	2:06:45
	31 481	NANCY RACHLIS	33	2:08:17
	32 488	MAITREYEE CHAUKULKAR	32	2:08:51
	33 490	ANNE HOWREN	32	2:09:00
	34 502	ASHLEY ANDERSON	32	2:09:28
	35 507	AMANDA SEBRING	31	2:09:42
	36 518	CHRISTA SCHULENBURG	34	2:10:25
	37 554	KRISTEN BURKE	31	2:12:51
	38 581	HILLIARY TURNER	33	2:15:06
	39 588	CHRISTINA TANG	32	2:15:34
	40 592	DANIELLE PORTER	31	2:15:55
	41 596	SARAH RAYNOR	33	2:16:22
	42 597	TAYLOR KOPOCIS	34	2:16:22
	43 602	TOSHAL THANAWALA	34	2:16:42
	44 609	SINEAD LYNCH-HALL	34	2:17:00
	45 616	JESSICA MCNEER	32	2:17:32
	46 619	CLAIRE WITMEYER	32	2:17:40
	47 624	ANNA CZAPLICKI RYAN	31	2:18:00
	48 628	ADDIE FROMHOLZ	33	2:18:11
	49 639	JOYCE KENNEDY	30	2:19:16
	50 642	HAZEL GARCIA	31	2:19:41
	51 661	DANIELLE SHUTT	33	2:21:22
	52 696	JULIA BLAKEBURN	30	2:25:53
	53 697	ABY ABOUD	32	2:26:10
	54 699	PAIGE KENNEDY	34	2:26:20
	55 711	JESSICA POE	31	2:27:05
	56 733	MEGHAN CLAYTON	31	2:30:12
	57 757	DEANNA FIERRO	34	2:34:27
	58 768	JENNIFER PATNODE	32	2:36:03

Category	Place	Name	Age	Time
	59 775	EILEEN FAIRLIE	32	2:37:54
	60 817	JIAH BARNETT	34	2:47:58
	61 819	AMBER FREUNDSCHU	31	2:48:27
	62 831	ELIZABETH DOOLEY	33	2:53:33
	63 833	MEREDYTH JENKINS	33	2:54:27
	64 834	ALEXANDRA BEDIAKO	34	2:54:27

Male 35 - 39	1 9	TOMMY VERNA	37	1:24:25
	2 12	MATT HANNAY	36	1:25:01
	3 25	PETER HANES	35	1:29:39
	4 29	COLIN KREUTZER	39	1:30:33
	5 31	PATRICK ZYGLOCKE	39	1:31:32
	6 36	Skip HORTON	39	1:32:18
	7 50	SCOTT VADAS	38	1:35:24
	8 62	LANDON MATZ	35	1:37:45
	9 92	JOHN DANIEL	38	1:41:41
	10 96	PAUL DEAL	39	1:41:59
	11 114	RUSSELL SUMNER	37	1:43:42
	12 125	MILTON ALPHONSE	39	1:44:40
	13 127	AARON MARTIN	38	1:45:01
	14 130	JONATHAN TOWNES	37	1:45:08
	15 136	RICHARD LEE	37	1:45:59
	16 145	MATTHEW WIGGINS	38	1:46:41
	17 148	DANIEL RETTIG	38	1:46:51
	18 158	JOE WINEGARDEN	37	1:47:45
	19 163	KYRIAKOS KARAMOUTSOS	39	1:47:53
	20 177	SEAN ROEMMICH	36	1:49:00
	21 187	JASON JONES	35	1:49:55
	22 203	JONATHAN BILYEU	39	1:51:10
	23 212	ALEXANDER WEISZ	35	1:51:49
	24 213	CAMERON FRICKS	38	1:51:50
	25 236	NICHOLAS GROSECLOSE	36	1:53:29
	26 239	ROBERT LIGHT	37	1:53:32
	27 243	JAMES DAIL	38	1:53:53
	28 247	JONATHAN WEILER	35	1:53:57
	29 248	JAMES HUNTZINGER	36	1:54:01
	30 255	NICHOLAS HARDESTY	37	1:54:27
	31 264	BRIAN CROOKSHANK	36	1:55:08
	32 276	JEFFREY LIPPY	36	1:55:59
	33 285	JOHN BAUM	39	1:56:27
	34 321	JESSE PARKER	37	1:58:11
	35 323	BRIAN BURKHARDT	38	1:58:12
	36 324	DAN ROBISON	38	1:58:12
	37 327	PAUL MASHACK	37	1:58:24
	38 338	BARRY HERNDON	37	1:59:17
	39 340	SCOTT YAMIN	35	1:59:21
	40 341	PHILIP BUCHANAN	35	1:59:32
	41 352	ANDREW CANIGIANI	39	2:01:02
	42 356	JONATHAN ANDERSON	37	2:01:17
	43 369	JOSEPH CIARAMITARO	39	2:02:14
	44 372	MIKE CLAY	39	2:02:29
	45 383	MAX HEPP-BUCHANAN	35	2:03:35
	46 387	ALSTEN TAURO	38	2:03:46
	47 401	DAVE HUGGINS	37	2:04:31
	48 404	SRINIVAS ANUMULA	35	2:04:47
	49 411	ALVIN MALPAYA	36	2:04:58
	50 413	BILLY CABELL	39	2:04:59
	51 420	NICK PIERCE	37	2:05:07
	52 427	JAY BRENEMAN	39	2:05:11
	53 561	KARL LIPSCOMB	36	2:13:28
	54 589	CLIFF PARR	39	2:15:35
	55 629	SRIDHAR MARAMREDDY	38	2:18:23
	56 635	RAGHAVENDRA RAO YELLA	35	2:18:55
	57 654	CHRIS DARLING	38	2:20:37
	58 656	ABHISHEK SINGH	35	2:20:57
	59 705	ANAND MURTHY	38	2:26:59
	60 720	BRIAN WALKER	39	2:28:15



Runners picking up their bibs pre-dawn.

PATRICK HENRY HALF-MARATHON

ASHLAND, VA • 8/26/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	61	753 GOPALA GANESAN	38	2:33:26
	62	825 JD GIBSON	39	2:50:50
	63	835 SHIVA THATIPELLI	39	2:55:09
Female 35 - 39	1	15 JESSICA MCNULTY	35	1:27:23
	2	16 TRESSA BREINDEL	39	1:27:42
	3	21 JESSICA HALL	38	1:28:54
	4	84 MARILYN GOMEZ	36	1:40:29
	5	94 KARA NA	37	1:41:51
	6	121 EMMA FIELDS	37	1:44:11
	7	139 SARAH VOYACK	36	1:46:13
	8	153 AMBER KARLSSON	37	1:47:17
	9	172 KRISTIN TAM	35	1:48:29
	10	174 LAUREN MORANO	35	1:48:36
	11	180 ANGELA HALL	37	1:49:16
	12	208 PJ TURNER	36	1:51:30
	13	211 HILLARY HESS	39	1:51:37
	14	230 SANDRA BYRD	36	1:52:57
	15	245 JILL GODARD	38	1:53:55
	16	256 TWYGENA COTTON	36	1:54:29
	17	272 KELLY MCKEE	39	1:55:36
	18	277 LAURA DRINKWINE	39	1:56:01
	19	292 WHITNEY CARTER	36	1:56:37
	20	302 JACLYN KACHURAK	38	1:57:00
	21	306 SARAH DOWNING	37	1:57:24
	22	351 AMANDA SANDERS	39	2:00:50
	23	355 JUDITH SCHREMPF-STIRLING	35	2:01:16
	24	367 MICHELLE TANOUKHI	38	2:01:59
	25	377 LIZA IACOPPELLI	36	2:03:01
	26	381 EDEN GRAY	36	2:03:31
	27	398 NEELAM SINGH	37	2:04:22
	28	417 MEGAN PHELAN	36	2:05:06
	29	439 EMILY DAVIDSON	35	2:05:56
	30	443 VALERIE VAUGHN	37	2:06:09
	31	469 MELANIE BERNEY	38	2:07:23
	32	485 CHARLOTTE MCDANNALD	38	2:08:39
	33	497 LEIGH BLAKISTON	37	2:09:11
	34	508 MICHELLE FLESHMAN	37	2:09:44
	35	510 ANDREA BEYER	35	2:09:51
	36	549 REISA SMITH	39	2:12:04
	37	553 CARRIE EDWARDS	39	2:12:50
	38	557 KAREN HARDWICK	38	2:12:59
	39	560 SHANELLE BURNETT	39	2:13:12
	40	571 EVA BALSAM	35	2:14:18
	41	577 CINDY SABO	38	2:14:42
	42	582 NIKI WHITE	38	2:15:14
	43	583 TRICIA LUCAS	39	2:15:15
	44	594 JOANNE FRYE	37	2:16:19
	45	598 BARBARA HICKERSON	35	2:16:25
	46	622 LAURA HOWLE	35	2:17:50
	47	648 RUPAL SHAH	37	2:20:10
	48	663 OLGA RAYMOND	38	2:21:34
	49	664 KARIN BALLANTYNE	37	2:22:01
	50	678 JAROA FAVILLA	37	2:23:24
	51	683 EMILY DUNCAN	39	2:23:52
	52	701 CHRISTINA UPTON	38	2:26:20
	53	734 MELISSA PLATT	39	2:30:20
	54	767 ERICA HARRIS	38	2:35:55
	55	776 LISA GHIDOTTI	38	2:38:10
	56	784 MELINDA DRUMHELLER	36	2:39:21
	57	786 SARAH AKIN	38	2:39:36
	58	813 STELA TURELLI	38	2:47:39
	59	844 HEATHER SULLIVAN	38	2:57:59
Male 40 - 44	1	4 BURKE LEWIS	43	1:22:25
	2	17 JOHN TURNER	43	1:27:47
	3	32 JONATHAN EDDS	40	1:31:55
	4	34 MICHAEL MENEFFEE	40	1:32:08

Category	Place	Name	Age	Time
	5	39 MIKE COOK	41	1:32:51
	6	41 CHRISTOPHER THOENE	43	1:32:57
	7	111 VAMSI YADAVALLI	40	1:43:31
	8	117 KEVIN PENNOCK	42	1:43:51
	9	122 JASON AILEO	40	1:44:24
	10	129 FRANKLIN DERRICOTT	41	1:45:05
	11	144 WAYNE DAVIS	42	1:46:33
	12	157 KENNY LUCAS	43	1:47:36
	13	160 DAVID GALLAGHER	43	1:47:51
	14	189 JIM O'BRIEN	44	1:50:09
	15	195 KYLE KLINGMAN	44	1:50:41
	16	200 KEION SOK	40	1:51:00
	17	226 DENNIS WIXTED	43	1:52:46
	18	240 JOHN OLDHAM	44	1:53:32
	19	249 PHANI GADE	40	1:54:04
	20	252 RICH MOHA	43	1:54:07
	21	259 PAUL GLOWINSKI	40	1:54:45
	22	260 SCOTT HAWKS	42	1:54:51
	23	263 KEVIN TERMINELLA	40	1:55:02
	24	265 CHRIS KIRK	41	1:55:11
	25	280 SHAWN SMITH	43	1:56:18
	26	304 JOE GRAWE	42	1:57:10
	27	312 BRIAN MCCLESKEY	44	1:57:43
	28	314 PERIYAKARUPPAN SUBRAMANIAN	40	1:57:45
	29	326 JEFF DUTY	43	1:58:21
	30	337 BRENT EDWARDS	44	1:59:12
	31	339 DEEP TIWARI	44	1:59:18
	32	346 MARK SHORT	43	2:00:16
	33	357 BRIAN ASHLEY	44	2:01:18
	34	359 TIMOTHY STEWART	42	2:01:22
	35	406 CODY CORKER	41	2:04:55
	36	408 NIRAJ KUTE	42	2:04:56
	37	415 HARRY BOOTH	42	2:05:06
	38	426 TRENT TAYLOR	44	2:05:10
	39	472 GRAHAM WILLIAMS	41	2:07:29
	40	479 TONY KINGRY	41	2:08:04
	41	489 JEREMY BOONE	41	2:08:58
	42	493 JUSTIN GODARD	44	2:09:07
	43	517 CHRIS EATON	43	2:10:25
	44	532 DAVID CHAPMAN	44	2:11:14
	45	539 EDWIN RODRIGUEZ	44	2:11:31



Happiness is running a half in perfect weather.

PATRICK HENRY HALF-MARATHON

ASHLAND, VA • 8/26/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	46	543 PHILLIP HILLIS	44	2:11:41
	47	558 CHARLES MURPHY	40	2:13:10
	48	579 TODD PETERS	44	2:14:49
	49	625 JONATHAN GOSHEA	42	2:18:03
	50	650 BRYAN CLINE	44	2:20:21
	51	653 WILLIAM WOOD	44	2:20:34
	52	694 VISWANATHAN CHOCKALINGAM	40	2:25:50
	53	706 ANTONIO GONZALEZ	41	2:26:59
	54	731 JARED MINSK	42	2:29:49
	55	759 MICHAEL VAUGHN	42	2:35:09
	56	771 TIM WYATT	44	2:36:43
	57	783 ERIC DRUMHELLER	43	2:39:21
	58	799 OTIS EDWARDS	43	2:43:32
	59	801 SABARINATH BABU-RAMIYA SIVASANKARAN	41	2:44:19
	60	821 MATT PAXTON	42	2:49:19
	61	830 SARAVANAN DAYANITHI	40	2:53:11
	62	850 KEVIN KRAMER	44	3:06:03
	63	854 CHRIS HOLM	43	3:08:59

Female 40 - 44	1	24	AMY HUERTA	42	1:29:24
	2	45	MEGHAN PARSONS	40	1:34:15
	3	72	CATHY COSNER	44	1:39:14
	4	80	ASHTON HARRIS	41	1:39:37
	5	184	MARYBETH RYAN	44	1:49:41
	6	188	JENNIFER HEROLD	43	1:49:55
	7	190	MACON CLARKSON	40	1:50:11
	8	205	CARRIE ROTH	44	1:51:22
	9	251	ANGELA ALLEN	42	1:54:06
	10	258	CARA BENNETT	41	1:54:41
	11	286	KELLY CANDLER	40	1:56:28
	12	297	SUSANNA SHIPMON	40	1:56:49
	13	343	LISA ALONSO	41	1:59:57
	14	364	SHERRY LEWIS	42	2:01:44
	15	366	KIMBERLY GILLETTE	41	2:01:57
	16	371	TORY TINGEN	40	2:02:27
	17	384	KIMBERLEY BURCHAM	40	2:03:36
	18	409	MELISSA RICE	40	2:04:57
	19	412	JENNIFER CASSADA	41	2:04:58
	20	424	DONNA JAMISON	44	2:05:08
	21	437	MELISSA KIRK	40	2:05:44

	22	445	LAURA POWELL	44	2:06:12
	23	449	TRACY HOFFMAN	43	2:06:22
	24	450	MOLLY HUFFMAN	40	2:06:32
	25	463	SAMANTHA SHEARER	41	2:07:08
	26	468	AMY FOLDES	41	2:07:17
	27	476	LAURIE FRIEDL	41	2:07:37
	28	482	SAMARA MOORE	41	2:08:19
	29	483	MACKENZIE GARRETT	41	2:08:24
	30	484	CANDACE KIRBY	41	2:08:38
	31	501	GRACE GALLAGHER	43	2:09:24
	32	505	KENDRA LENGUA	42	2:09:37
	33	514	VIRGINIA FLORES	42	2:10:21
	34	529	BRIDGET DEBONO	42	2:11:04
	35	540	KRISTEN REID	42	2:11:33
	36	545	JULIE SHERRILL	41	2:11:53
	37	559	REBECCA MURPHY	41	2:13:10
	38	562	REBECCA PACK	40	2:13:42
	39	568	MICHELLE SHELHORSE	41	2:14:15
	40	585	LATHA SHAH	43	2:15:23
	41	586	AMANDA LAVIGNE	42	2:15:31
	42	595	KATHERINE DIX	44	2:16:19
	43	603	MELANIE BRITTON	41	2:16:47
	44	604	CARA MATTHEWS	44	2:16:48
	45	614	LORI PARKER	44	2:17:22
	46	630	MELISSA CUSTIS	44	2:18:23
	47	632	NANCY SMITH	40	2:18:26
	48	641	CAROLINE PETERS	44	2:19:38
	49	665	DOTTY Stratton	41	2:22:03
	50	667	ROBYN Larson	42	2:22:19
	51	679	DAWN KNIGHT	44	2:23:24
	52	681	MARCIE ALLEN	42	2:23:48
	53	704	JENNIFER SPENCER	44	2:26:49
	54	729	MISTI DAVIDSON	40	2:29:40
	55	735	JESSICA REILLY	40	2:30:20
	56	748	KIM GISKA	42	2:32:41
	57	749	RACHEL KURZ	40	2:32:42
	58	750	ANNE HUDAK	40	2:32:42
	59	761	NIKI DONATHAN	40	2:35:14
	60	795	HOLLY SANTASIERE	43	2:41:58
	61	805	BECKY ASHLEY	43	2:45:13
	62	818	FEYISHOLA FAPARUSI	43	2:48:09
	63	820	SARA EDWARDS	41	2:48:55
	64	849	SUSAN LUTZIC	44	3:05:42
	65	853	MA BELLA VILLANUEVA	40	3:07:59

Male 45 - 49	1	8	CHRIS SHUE	46	1:23:57
	2	11	GLEN TORTORELLA	48	1:24:43
	3	40	ERIK SANDVIG	45	1:32:56
	4	48	MARCOS TORRES	46	1:35:13
	5	52	KEN MELIA	48	1:35:43
	6	54	ERIC KAUDERS	47	1:36:18
	7	59	JAMES TOWEY	45	1:37:15
	8	60	DAVID HART	49	1:37:35
	9	64	ROBERT FOWLER	45	1:37:52
	10	71	JOHN LEIMANN	49	1:39:11
	11	79	RICHARD LETTER	45	1:39:35
	12	81	RAMESH RAVILLA	47	1:39:46
	13	88	MICHAEL BLANCHARD	45	1:40:58
	14	101	GREGORY HODGE	45	1:42:32
	15	108	JOHN SICAT	47	1:43:10
	16	113	JAMES COLLIER	45	1:43:38
	17	124	WOODY VICKERY	45	1:44:40
	18	132	JASON MOTT	45	1:45:18
	19	134	SANJAY KUMAR PATHAK	45	1:45:30
	20	156	ED MURRAY	47	1:47:25
	21	159	FIELDING DOUTHAT	48	1:47:48
	22	164	BEN WACHTER	46	1:47:54
	23	166	DEREK FREDENBURG	47	1:48:06



Runners and volunteers meet over water.

PATRICK HENRY HALF-MARATHON

ASHLAND, VA • 8/26/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	24	209 CHRIS WHITE	48	1:51:33
	25	210 PANKAJ SHARMA	48	1:51:35
	26	216 HEMANT DESAI	46	1:51:59
	27	227 JIM WILLIAMSON	46	1:52:50
	28	241 NARAYANA MARA	47	1:53:38
	29	244 PHILLIP SHEARER	47	1:53:54
	30	278 PANKAJ ARORA	45	1:56:05
	31	279 ROB SAUR	49	1:56:17
	32	293 CAMERON HERNDON	46	1:56:38
	33	294 SUNIL NARANG	48	1:56:38
	34	307 ROBERT FIX	49	1:57:26
	35	315 DANA WILLIAMSON	48	1:57:53
	36	329 MICHAEL BARNETT	49	1:58:37
	37	330 GREG FUDALA	47	1:58:37
	38	358 HAROLD BAKER	47	2:01:20
	39	368 DAN RAPP	45	2:02:08
	40	375 GYEONG PARK	46	2:02:58
	41	378 SEAN RAMAGE	48	2:03:03
	42	380 JACK ULLSTRUP	45	2:03:17
	43	388 PETER WELCH	47	2:03:48
	44	390 GRAY GURKIN	49	2:03:52
	45	418 BRIAN BELFIELD	45	2:05:07
	46	419 JAMES LEVINE	49	2:05:07
	47	421 WILLIAM BRISHKE	45	2:05:07
	48	438 BRIAN TILLER	47	2:05:45
	49	446 DAVID NAOROZ	47	2:06:16
	50	447 CHRIS WHYTE	45	2:06:16
	51	451 DEXTER WISE	47	2:06:37
	52	460 MICHAEL MORSE	48	2:07:03
	53	470 JIMMY MANNING	46	2:07:25
	54	480 JOHN COHEN	48	2:08:07
	55	486 JAMES ROBERTS	49	2:08:42
	56	487 BRENDAN MCCORMICK	45	2:08:49
	57	491 ETHAN JOHNSON	45	2:09:05
	58	495 EDWARD BLAKISTON	45	2:09:10
	59	503 KEVIN CARRAWAY	46	2:09:34
	60	521 ALBERT TYLER	46	2:10:37
	61	528 PATRICK DEBONO	46	2:11:04
	62	556 ED BALDACCI	47	2:12:59
	63	569 MIKE ALMOND	46	2:14:16
	64	587 JEFFERY CARSON	48	2:15:34
	65	590 ELLIOT KUMPE	46	2:15:36
	66	599 WILLIAM MUNSON	49	2:16:33
	67	613 KEVIN PARKER	48	2:17:22
	68	617 CHRIS MCCARTNEY	47	2:17:35
	69	623 KEITH GUDGEL	48	2:17:58
	70	633 LAURENCE DAVIDSON	46	2:18:30
	71	651 BOB BROWN	47	2:20:24
	72	652 DAVID KISZ	48	2:20:25
	73	659 DON DECRISTOFARO	45	2:21:06
	74	675 NOEL HODGES	49	2:23:05
	75	698 GREG SMITH	46	2:26:12
	76	718 WALTER WITT	47	2:28:08
	77	741 MIKE DUNN	47	2:31:13
	78	774 RATHA RAMASAMY	48	2:37:46
	79	780 BART MCKAY	47	2:38:48
	80	791 STEVEN OLIVER	47	2:40:26
	81	822 HOWARD ROSE	46	2:49:58
Female 45 - 49				
	1	38 KAREN PARRY	49	1:32:50
	2	116 VICTORIA HARNES	49	1:43:50
	3	126 CINDY DICELLO	47	1:44:54
	4	219 MARGARET WATKINS	46	1:52:14
	5	261 CRYSTAL GAZONI	45	1:54:51
	6	296 PAULA INSERRA	48	1:56:49
	7	322 PETRA PLATZER	46	1:58:11
	8	363 DEBORAH WEATHERFORD	46	2:01:42

Category	Place	Name	Age	Time
	9	379 SUSAN SPENCE	49	2:03:03
	10	393 AMY KARAM	46	2:04:01
	11	402 SANDRA LANGENBUCHER	45	2:04:36
	12	414 WENDY ETZ	46	2:05:03
	13	425 UPASANA KHANAL	45	2:05:08
	14	430 CINDY HYATT	49	2:05:15
	15	475 ANGELA WILLIAMS	47	2:07:34
	16	496 MARIT BANK	46	2:09:10
	17	536 LESLIE MILLMAN	49	2:11:28
	18	537 CLAIRE NORMAN	49	2:11:29
	19	547 DAWN WALKER	46	2:12:00
	20	575 TANA GARCIA	49	2:14:34
	21	611 DANA TAYLOR	47	2:17:21
	22	638 LISA WONG	45	2:19:16
	23	643 AMANDA JONES	46	2:19:41
	24	655 BRIANA CONDREY	48	2:20:44
	25	671 JANET BOHLMANN	46	2:22:34
	26	673 SUSAN PERKINS	45	2:22:59
	27	677 ELIZABETH STEELE	49	2:23:24
	28	685 PAULA BERRY	49	2:24:08
	29	687 HEATHER WALSH	46	2:24:28
	30	708 MARIA CARMINA PARONG	46	2:26:59
	31	719 LILIANA CASTILLO	47	2:28:11
	32	722 ELAINE SUMMERFIELD	48	2:28:47
	33	726 KARIN NELSON	46	2:29:36
	34	740 ALICIA WILLIS	46	2:31:10
	35	754 LOURDES GORDILLO	47	2:33:59
	36	758 ANDREA TALLEY	46	2:35:02
	37	773 ELIZABETH KYSER	49	2:37:41
	38	781 DONNA FITZGERALD	48	2:38:55
	39	787 MAUREEN DINGUS	49	2:39:47
	40	790 LISA ZIROPOULOS	47	2:40:15
	41	792 AMANDA HUFF	49	2:40:27
	42	794 TAMARIN YTHIER	49	2:40:53
	43	800 APRIL DAVIS	46	2:43:34
	44	808 ANH NGO	48	2:46:10
	45	823 PATRICIA SCHMITZ	47	2:50:14
	46	824 LORETTA LARSEN	49	2:50:25
	47	829 CASSANDRA JONES	49	2:51:24
	48	843 LYNNE ROBINSON	49	2:57:53



Coming down the home stretch, Cassandra Jones is excited to see the mat.

PATRICK HENRY HALF-MARATHON

ASHLAND, VA • 8/26/2017

Not USATF Certified *RRRC Web Member

Category	Place		Name	Age	Time
	49	845	Annette HUSICK	47	2:58:00
Male 50 - 54	1	13	JOHN CASSILLY	50	1:25:17
	2	33	JIM ODDONO	50	1:31:56
	3	44	MICHAEL HANEY	50	1:34:12
	4	49	CHRISTOPHER MAESTRELLO	54	1:35:17
	5	66	KEITH ROSE	50	1:38:29
	6	67	MIKE MEULLER	50	1:38:30
	7	74	STEVE FRANTZ	53	1:39:26
	8	78	ANDREW HOFFMAN	50	1:39:35
	9	86	BRAD LOWER	51	1:40:46
	10	104	BRAD LLEWELLYN	50	1:42:47
	11	106	TOM SHEPLEY	51	1:43:01
	12	110	JOE CHAVEZ	54	1:43:25
	13	112	GENE ELDER	54	1:43:31
	14	119	BOB COOPER	51	1:44:09
	15	137	JEAN MARIE WOOLEY	50	1:46:12
	16	155	STEVEN MAESTRELLO	53	1:47:23
	17	165	JONATHAN COTTEN	53	1:48:02
	18	176	GRANT WATSON	51	1:48:54
	19	193	DEAN ANDREWS	50	1:50:21
	20	204	MARK HOLT	52	1:51:15
	21	206	ERIC MARTIN	52	1:51:27
	22	218	TOM TYLER	51	1:52:09
	23	220	JEFF COURINGTON	50	1:52:16
	24	229	TED SCHUBERT	51	1:52:54
	25	237	GREG CONTE	52	1:53:29
	26	271	IAN STEWART	52	1:55:35
	27	284	ROBERT PARTLOW	51	1:56:26
	28	289	GRAHAM NUNNALLY	51	1:56:33
	29	290	MARC ELIM	52	1:56:34
	30	295	LANOIR PHENG	52	1:56:42
	31	300	JONATHAN MARTIN	53	1:56:58
	32	305	STEVE MANLEY	50	1:57:14
	33	349	MARK WILSON	54	2:00:42
	34	354	JEFF PETAGNA	50	2:01:10
	35	365	RALPH GIBBS	51	2:01:56
	36	374	ANDREW GOLDKUHLE	50	2:02:44
	37	392	CRAIG FOERY	50	2:04:00
	38	399	JEFF SEARS	52	2:04:30

Category	Place	Name	Age	Time	
	39	431	JOHN DUFFY	54	2:05:18
	40	435	MIKE ANLIKER	51	2:05:23
	41	448	FREDDY KOGEL	52	2:06:17
	42	452	EDWIN DUKES	54	2:06:38
	43	457	JAMES HERON	53	2:06:56
	44	462	JAIME FLORES-VASQUEZ	50	2:07:08
	45	471	JOHANNES CLOETE	50	2:07:29
	46	478	JERRY CARLSON	54	2:07:51
	47	500	TODD JEWELL	50	2:09:21
	48	526	ROBERT HAGAN	50	2:11:00
	49	530	BRUCE ELLIOTT	53	2:11:05
	50	534	MIKE MOSER	50	2:11:17
	51	535	PAUL WARNER	50	2:11:25
	52	574	VERN INGE	51	2:14:33
	53	580	ROY MCINTYRE	54	2:14:56
	54	601	STEPHAN MELTON	53	2:16:39
	55	634	THANH AU	50	2:18:37
	56	649	TOM GRANT	54	2:20:21
	57	657	GALEN VILLANUEVA	51	2:21:05
	58	660	CHRISTOPHER JONES	50	2:21:06
	59	680	YULANDO WALLACE	53	2:23:36
	60	684	KEITH COOK	54	2:24:08
	61	738	AL WINKLER	51	2:30:42
	62	746	MIKE HALL	52	2:32:39
	63	778	DAVID BENNETT	50	2:38:25
	64	802	KEITH CARTWRIGHT	53	2:45:04
	65	837	SEAN MCGRATH	54	2:55:48
	66	842	ERIC ROBINSON	53	2:57:53

Female 50 - 54	1	138	KAREN MCCLINTICK	51	1:46:13
	2	275	BABZ BARNETT	50	1:55:53
	3	416	JANIE PEYTON	54	2:05:06
	4	454	TERESA HERDEGEN	54	2:06:44
	5	465	OONAGH LOUGHRAN	52	2:07:11
	6	473	KAREN ROBINSON-CLOETE	54	2:07:29
	7	523	ROBIN DIDLAKE	51	2:10:41
	8	548	ROSELYNE TURNER	51	2:12:03
	9	552	DEBORAH WOODLE	51	2:12:46
	10	566	NATALIE RANSON	54	2:13:58
	11	608	MAGHBOOBAB MOSAVEL	54	2:16:57
	12	615	MOLLY WASH	50	2:17:24
	13	646	JESSIE HEARNS	53	2:20:09
	14	647	RENEA BAILEY	52	2:20:09
	15	672	ANNE MCPHERSON	51	2:22:34
	16	686	CHRISTINA WILSON	53	2:24:27
	17	691	LINDA JORDAN	50	2:25:28
	18	721	MARIA QUINTAS-HERRON	52	2:28:22
	19	728	TRACY RUSSILLO	51	2:29:37
	20	739	DONNA SERLETO	54	2:31:03
	21	742	BETHANY DENLINGER	54	2:32:05
	22	745	BARB JEWELL	54	2:32:20
	23	747	DONNA MARTIN	52	2:32:40
	24	752	JILL TINSLEY	50	2:33:25
	25	756	DIANA LANE	51	2:34:09
	26	777	MARY ANN COOK	53	2:38:24
	27	798	ANNE TODD	50	2:43:08
	28	809	MICHELLE GIBSON	51	2:46:38
	29	838	DEBORAH GARDNER	52	2:56:16
	30	855	LAURA RODGERS	53	3:09:00

Male 55 - 59	1	10	DOUG FERNANDEZ	57	1:24:38
	2	22	JAMES HARRISON III	57	1:29:05
	3	57	KERRY SEAL	58	1:37:15
	4	61	ERIC COSS	58	1:37:43
	5	85	FRANK MUNYAN	59	1:40:42
	6	93	BILL PRICE	58	1:41:51
	7	97	SCOTT STOWE	57	1:42:04



Showing off just a bit, Frank Munyan circles back around.

PATRICK HENRY HALF-MARATHON

ASHLAND, VA • 8/26/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	8	102 JACK KING	59	1:42:38
	9	147 RICHARD KIRCHHOFF	56	1:46:50
	10	161 JOHN MCPHERSON	58	1:47:51
	11	162 BILL KITCHENS	58	1:47:53
	12	183 THOMAS DAVIS	58	1:49:23
	13	185 STEVE YOB	59	1:49:47
	14	225 PETER WATLING	55	1:52:44
	15	238 DOUG ROTH	56	1:53:29
	16	254 DAVID BRIGHAM	57	1:54:10
	17	282 BUCKY FLANAGAN	59	1:56:24
	18	291 GEORGE GAINES	56	1:56:37
	19	316 GAILLARD OWEN	55	1:57:57
	20	334 RONALD MITCHELL	57	1:58:50
	21	396 PAUL KASTELBERG	56	2:04:14
	22	429 STEVEN YANCEY	57	2:05:14
	23	442 DENNIS HANSEN	58	2:06:02
	24	453 JAY SCHMID	57	2:06:43
	25	499 PAUL HAGER	58	2:09:20
	26	516 ELBERT SMITH	58	2:10:24
	27	531 RICK EDWARDS	58	2:11:11
	28	565 LUKE KARTEN	57	2:13:58
	29	572 ANDREW SITTER	56	2:14:26
	30	573 MANUEL MONTOYA	57	2:14:29
	31	600 RICHARD WARE	58	2:16:37
	32	605 SAM SARNICKE	55	2:16:50
	33	636 JB ATKINSON	56	2:19:11
	34	658 SAM GACHUPIN	58	2:21:05
	35	670 MARK WALKER	55	2:22:33
	36	676 WADE MORASCO	57	2:23:15
	37	816 ROD GAINSFORTH	55	2:47:49
Female 55 - 59				
	1	75 LAURA SALMAN	55	1:39:26
	2	133 AMBER RADER	58	1:45:24
	3	246 CINDY BEALE	55	1:53:55
	4	332 SANDRA GRAY	58	1:58:44
	5	353 ANNIE TOBEY	57	2:01:07
	6	386 MARION SANVILLE	57	2:03:41
	7	436 LYNNE MILLHOLLAND	57	2:05:37
	8	509 KIM MACMILLAN	56	2:09:47
	9	546 STEPHANIE HAMLETT	57	2:11:56
	10	610 PATRICE PILLOW	59	2:17:21
	11	668 JODI MILLER	58	2:22:19
	12	702 JACQUELIN IMAJO	57	2:26:41
	13	712 GAIL KENDRICK	57	2:27:07
	14	716 DUANE ROBERTSON	57	2:27:43
	15	717 CATHRYNE DOSS	56	2:27:55
	16	727 DEBBIE EDWARDS	57	2:29:37
	17	755 KATIE SCHMID	57	2:34:01
	18	765 NANCY WALKER	55	2:35:39
	19	769 MARTI STEPHENS-HARTKA	57	2:36:27
	20	779 JENNI TREADWELL	56	2:38:43
	21	796 JANET COLE STEGEMAN	59	2:42:26
	22	812 TRACEY NEWENHOUSE	56	2:47:22
	23	832 DEBBIE HOLMES	56	2:53:47
	24	856 COLLEEN BROOKS	59	3:09:49
	25	857 MERRIBETH Neal	59	3:13:39
Male 60 - 64				
	1	91 JEFF JEWELL	60	1:41:40
	2	142 JOHN BACON	60	1:46:25
	3	150 JONATHAN LYLE	62	1:47:01
	4	168 ELLIOTT ROSE	60	1:48:20
	5	179 RICK ENGLISH	61	1:49:16
	6	299 MICHAEL KERNER	61	1:56:54
	7	319 RODNEY GREEN	64	1:58:05
	8	405 TONY TURLEY	62	2:04:53
	9	467 DAVID EDWARDS	62	2:07:15
	10	520 TERRENCE KERWIN	62	2:10:37
	11	524 RANDY MOORE	60	2:10:47

Category	Place	Name	Age	Time
	12	544 RON YOHAI	62	2:11:51
	13	564 MARK TINSLEY	61	2:13:57
	14	570 WALTER BULLOCK	60	2:14:18
	15	576 BOB REIBACH	62	2:14:39
	16	662 MARTIN RODGERS	63	2:21:26
	17	682 BILL GREGORY	60	2:23:49
	18	688 DANIEL DEACONSON	62	2:25:19
	19	695 THOMAS UNDERHILL	64	2:25:51
	20	713 STAN PRUCHNIC	60	2:27:13
	21	730 DAVE LESLIE	64	2:29:45
	22	847 LEE GODSEY	63	3:03:36
	23	852 GEORGE TAYLOR	61	3:06:51
Female 60 - 64				
	1	344 JANE PERKINS	61	2:00:04
	2	434 PAMELA FAULKNER	60	2:05:22
	3	640 KATHI TAYLOR	60	2:19:29
	4	689 CRISTI WILSON	62	2:25:19
	5	693 MARY VENNING	61	2:25:45
	6	785 CHRIS SZABO	60	2:39:23
	7	793 SHARON DAJON	61	2:40:39
	8	841 NANCY STELLING	61	2:57:29
	9	846 PATRICIA JOHNSTON	63	2:58:14
Male 65 - 69				
	1	169 LARRY JONES	67	1:48:26
	2	223 MIKE LEVINS	65	1:52:27
	3	281 DONGHWAN SHIN	68	1:56:24
	4	350 RICHARD PYLE	67	2:00:44
	5	494 CHARLES BEVERAGE	66	2:09:08
	6	522 JON DUDLEY	65	2:10:41
	7	533 KEVIN SHEA	68	2:11:15
	8	591 ROBERT CZAPLICKI	67	2:15:46
	9	674 ALLEN WORLEY	65	2:23:02
	10	732 CLIFF Dunaway	65	2:30:06
	11	797 DENNIS HUGHES	66	2:42:40
	12	806 PHILIP HALAPIN	66	2:45:41
	13	851 EDWARD CURRIER	69	3:06:12
Female 65 - 69				
	1	692 SUSAN PRUITT	65	2:25:34
Male 70 - 74				
	1	370 LARRY LOVELL	74	2:02:25
	2	763 JIM HESOUN	72	2:35:32
	3	772 GEORGE LONGLEY	74	2:37:31
	4	840 CHRIS MEYER	70	2:57:28
Female 70 - 74				
	1	764 VICKI TOLBERT	71	2:35:37
Male 75 - 79				
	1	538 JAMES MORSE	75	2:11:31
	2	828 DEWEY REYNOLDS	78	2:51:12



Skeeter later won the race, being the first to cross the finish line.

[MEMBERSHIP APPLICATION]

First Name

Last Name

Address 1

Address 2

City

State

Zip Code

Email Address

Phone Number

Birthdate (mm/dd/yyyy)

Gender(M/F)

Please check one of the following in each column:

☐

New Membership:

☐

Individual (\$15)

☐

Renewal:

☐

Family (\$20)

☐

Student (\$5)

☐

Business (\$20)

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

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

Yes:

☐

No, please keep private:

☐

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, and animals are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Richmond Road Runners Club, the Road Runners Club of America, the Commonwealth of Virginia, local government agencies, and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

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



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

Please mail check to:

RRRC

P.O. Box 8724

Richmond, VA 23226

We prefer that you join online!

It saves volunteer time and typos! Please register or

*renew online at: **https://***

richmondroadrunnersclub.

rsupartners.com

What's Your Story

My first favorite race experience was running my first half marathon in Virginia Beach with Chris Pearce. The second was this past April. My husband and I were going to Florida for the Star Wars: Dark Side Half Marathon at Disney World. Well 2 weeks before the race, I fell down some stairs and severely twisted my ankle. I was more upset that I couldn't race (needed to keep a 16min/mile) than from the pain itself. I didn't want to defer because this was to finish my coast to coast/ Kessel run race since I ran in Disneyland in January. I researched since no crutches or scooter were permitted. I got a hold of the race director. He said I could be in a duo and be pushed in a wheelchair. And that is what I decided to do. I finished the race/challenge, being pushed all 13.1 miles by my husband. He volunteered to push me because he knew how important this race was. What makes this so memorable for me is that this race was his first half marathon EVER!! – **Tammy Tacey**

Tammy being pushed over the finish line (right).



The first time I did the James River Scramble I came up to 10-12 people stopped on the gravel road because a snake was crossing. I picked it up, put it where it belonged and kept on running.
– **Randy Brown**

While training for the Richmond Marathon in 2016, I was on track to post my best finish time yet. About a month into training, sadness – no, depression – took hold of my spirit and my body. As I began to crawl out of that darkness, I decided to make that marathon a parade: wave at the crowd, drink the beer, dance in the streets, and take the pictures. I listened to music (I'd never used headphones during a race) and cried through the last two miles. This picture perfectly captures the pure joy I experienced that day. If you've never soaked in a race event this way, I absolutely recommend it.

– **Jean Wood**



The day Jean had a 26.2 mile party.

Team Baltimore

By Kit Forrest

Kganya was a bubbly young lady, active and curious about the world. After she was diagnosed with and started treatment for leukemia in middle school, her best friend Isabelle didn't get to spend much time with her anymore.

Isabelle stayed close through Kganya's treatment and developed a close bond with her family. Since Kganya's passing the day before Isabelle's birthday in her sophomore year, Isabelle has honored her friend each year with a charitable event. Twice in high school she organized and participated in a Play 4 the Cure field hockey game raising money for the National Foundation for Cancer Research. And in the last three years of college, Isabelle has participated in the Relay for Life.

Isabelle will be graduating in the spring from Virginia Tech with a degree in civil engineering. Earlier this year she was talking with an old family friend about her future after graduation and pondering her last few months before career, mortgage, family and the other realities of adult life set in. Richard had been suffering from kidney cancer for two years. He was familiar with an organization in his hometown of Baltimore that supports young people affected by cancer – not through research but by caring for them and their families as they go through their treatment journey.

The Ulman Cancer Fund for Young Adults does a number of large-scale fundraising activities each year. Richard suggested one of those might be a wonderful way to see the country while making a real difference in the lives of young people going through the same challenges as Isabelle's friend Kganya had faced.

The Ulman Cancer Fund for Young Adults does a number of large-scale fundraising activities each year. Richard suggested one of those might be a wonderful way to see the country while making a real difference in the lives of young people going through the same challenges as Isabelle's friend Kganya



had faced. Richard was an avid traveler and was intrigued to learn the details of a cross-country running relay supporting the Ulman Cancer Fund across the country each summer.

Richard passed away at age 53 shortly after their talk. Isabelle honored Richard and Kganya in the Relay for Life by running sixty nine laps – one for each year of Richard's and Kganya's lives.

Isabelle has been a runner and athlete since middle school. She ran cross country on the track team and participated in field hockey and other sports through high school. At Tech, she has stayed active, running several road and trail half marathons including the Hokie Half and Dominion River Rock here in Richmond where she grew up. UCF's 4k For Cancer was a perfect way to do something meaningful her last summer before starting her life in a new city.

The 4k For Cancer started in 2001 as a cross-country bike ride by a group of Johns Hopkins students. Through 2010 it continued as an annual fundraising ride. In 2011 two additional routes were added, and riders could choose between Portland, Seattle and San Francisco as their destination.

That year the 4k For Cancer also merged with the Ulman Cancer Fund.

Five years ago the 4k For Cancer added a running relay. In 2018, a total of six teams – three cycling and three running – will be raising money for the UCF. The cycling teams will go west from Baltimore while the running teams will go east from San Francisco to Boston, New York and Baltimore.



The running teams are completely self-supported. The teammates are responsible for arranging accommodations and meals in the towns they pass through as well as organizing outreach and visits to local cancer centers and hospitals to visit patients and raise awareness of their goals. Each participant runs about sixteen miles per day, broken into 3-4 mile legs. Isabelle is joining twenty to thirty other runners on Team Baltimore, which will go south to Arizona before heading east through Colorado, Missouri and through the Midwest into northern Pennsylvania before finishing in Maryland.

If you would like to support Isabelle's efforts, you can visit her personal fundraising page at <https://ulman.z2systems.com/isabelle-stern> or navigate to her page by selecting "Baltimore Run" from "2018 Trips" on the 4kForCancer website. ■

Foot Notes

continued from page 3

During a run, thirst is an important indicator of dehydration, and fluids should be consumed when thirsty. Post-exercise hydration should aim to correct any fluid loss accumulated during the practice or event to restore your pre-exercise body weight. Ideally completed within two hours, rehydration should contain water to restore hydration status, carbohydrates to replenish glycogen stores, and electrolytes to speed rehydration. For more detailed information, the following is an excellent review, along with the USAFT guidelines on fluid management for runners: <http://www.dartmouthsports.com/pdf9/2319785.pdf>.

Cold and windy weather presents its own set of serious injury risks that can easily be avoided with proper measures. Wearing layered clothing, covering exposed skin surfaces with protective gear, especially hands, ears, feet and face in extreme conditions, and if possible, running into the wind outbound and against the wind coming back, are all ways to

reduce potential injury to the skin, as well as muscle strains from sudden drops in temperature and wind-chill factored temperature combined with moisture (perspiration) exposure. Be prepared to remove layers if the temperature rises during the run or if you've over-dressed to prevent discomfort and dehydration from your body over-heating and perspiring excessively. Ideally, wear thin layers of clothing that wick perspiration away and don't restrict motion. Outer nylon or similar "windbreaker" jacket and pants are ideal in cold, windy conditions. ■

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.



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 10-3-17)

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 22	Fall Into Fitness 5k
Mar 11	RRRC Runners Banquet	Jun 14	RRRC Club Meeting	Oct 28	Trick or Trot 5k
Mar 18	Hanover Airpark 5k	Jun 14	Summer Track Series	Oct 29	Run to the River 8k & 1 Mile Fun Run
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 18	King William Turkey Trot
Apr 22	Short Pump MS 5k	Jul 10	Cul-de-Sac 5k #1	Nov 23	RRRC Turkey Trot 10k
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 Social & Election
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](#) 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>

The December club meeting will be a lively social.

Come join us and get to know and vote for your Board of Directors and its Officers!

Väsen Brewery

6:00 pm • Light fare and sodas provided.



First Female at the Blues Cruise 50k.



Jodi Miller, Jennifer Patnode, Robyn Lawson and Lisa Steinberg, finishers of the Chicago marathon.



NipMuck finisher Jake Wiseman.



Proud dad moment: Joe Flynn's daughter Gabrielle places in the Stratford Hills 10k.

THREE MAJORS

By Mark Lackey

Berlin, Chicago, New York, Tokyo, London, New York – these are all large metropolitan cities on three different continents. What might these cities have in common? They are home to the Abbott World Major Marathons. These are some of the largest in terms of participants as well as the most difficult to get into. Last year I set my sights on running all six and decided to start with Chicago.

I ran Chicago in October while training with the Sports Backers Marathon Training Team; it was the second in a three-marathon fall. Normally I like marathons with less than 1,000 runners, so running with 40,000 runners was quite a bit different.

For a large race it's extremely well organized and surprisingly, once you started running, it doesn't seem any more crowded than the Richmond marathon. It was a wave start, and I started many waves behind the lead runners, but the releases went pretty quick and I was able to get into my running rhythm almost immediately. When you think of flat, think of Chicago. It's a great course and really fast, taking you through many neighborhoods of the city. On the upside I had absolutely perfect weather and on the downside I had just finished a marathon two weeks prior.

But I lined up with 40,000 people I did not know and tried to follow the blue line painted on the course (shortest possible route). I was running a qualifying pace until I got hungry



The Brandenburg Gate.

around mile 17. I took in a GU at the beginning of the water stop, then another at the end of the water stop. This many GU's together –the second I picked up on the course was one I had never tried – was a rookie mistake resulting in an upset stomach and two miles of walking before I felt better. Around mile 20 I picked up the pace again and cruised the final 10K.

The course support and spectators were awesome. Almost the entire course was lined with spectators four and five deep. The city really rolls out the red carpet for this race. From the race expo to the finish line, the entire event was great. If running Chicago is on your wish list, remember there is a lottery process to get in, so start planning about a year in advance and check out the lottery application and notification dates. If you don't get in the first time, try, try again. It's a great race in a wonderful city and one I would certainly go back to run again.

The course support and spectators were awesome. Almost the entire course was lined with spectators four and five deep. The city really rolls out the red carpet for this race. From the race expo to the finish line, the entire event was great.

Second in my quest was Boston in the spring of 2017. Boston is a time qualifying event. I ran two qualifiers last fall and was able to apply on the second application day. For 2017, a runner needed to run a qualifying marathon within one year of the application date in September, or run for a charity, which is around \$5,000 minimum needing to be raised by each individual. Again it's a marathon with a large field of about 40,000. It's also a well-organized race and hosts a large international field since entry is based on time and not nationality.

I flew into Boston Saturday morning, missing the breakfast run which is supposed to be a lot of fun, but another night in Boston is pricey if you're staying downtown. I headed to Boylston Street to look at the finish line and sightsee. While I was able to walk right in to Chicago's expo, the line to get into the Boston expo was several blocks long.

Be careful what you run leading up to the marathon. I decided to run the Instant Classic trail marathon in Pocahontas in March and twisted my knee therefore ended up not training for the month before marathon day. And Boston is a logistical event: catch a bus from Boston Commons early in the morning, an hour bus ride to Hopkinton, and sit on



A piece of the Berlin Wall.

the infield of a school football field for several hours. I ran the first 10 miles and walked the last 16 with a sore knee. So Heartbreak Hill wasn't much of a heart break and I returned to Richmond disappointed and vowing to return. The qualifiers I used for 2017 are also good for 2018. So I'm headed back in April 2018, and will be more mindful of what I'm running leading up to Boston next year.

The third major of the year was Berlin on September 24, a busy day as the country was re-electing Angela Merkel as Chancellor of Germany at the same time 40,000 international runners were participating in the 42nd Berlin Marathon.

The third major of the year was Berlin on September 24, a busy day as the country was re-electing Angela Merkel as Chancellor of Germany at the same time 40,000 international runners were participating in the 42nd Berlin Marathon. The goal of the elites had been to set a new world marathon record under 2 hours, but with 55 degrees, 99% humidity and a wet course, the record would not fall.



Required wrist band.

I travelled all night Wednesday and arrived at my hotel on Thursday evening after making connecting flights in Philadelphia and London. Friday morning was a city tour, where we visited the Brandenburg Gate, Check Point Charlie, the French Quarter, several sections of the Berlin Wall and the museum of the murdered Jews. After our tour, we were dropped off at the race expo.

It was the biggest expo I've been to and the most efficient package pickup ever.

I walked up to any bib booth and handed them a card they had mailed to my home and my picture ID. They scanned the barcode on the card and printed my bib on the spot. Then I walked to a stand where I inserted my wrist into a cloth loop that was sewed onto my wrist in about 10 seconds. To get into the corral on race morning, you had to be wearing your bib and wrist band or you were locked out of the event; a simple and efficient way to prevent race bandits and the photo shopping of bibs.

Saturday morning I went on the 6K breakfast run with about 10,000 runners. We started in front of a castle and most runners had flags or costumes representing their counties. BMW was the sponsor of the marathon and provided balloons which most people carried on the run so you had balloons

hitting you in the face, but it was pretty cool to see. We finished in the 1936 Olympic stadium where Jesse Owens won his Olympic medal and Adolf Hitler shook his hand.

Race morning was cool, humid, and damp. It had rained all night and would mist and drizzle for the first half of the marathon, so the course was wet and full of puddles. Race logistics was a pretty easy walk from the hotel and the starting corals were easy to navigate. Each corals had a big screen TV so we could watch the elites start and follow them until it was our time. Right as I was leaving the corral, they played Highway to Hell.

We started on a 10 lane road and immediately started running marathon pace, but once we entered the East Berlin side of the city, the road narrowed to four lanes and our pace slowed. The crowd pace increased and decreased based on the number of lanes. I got stepped on at least a dozen times and tripped another three or four times. I personally didn't notice any mile/km markers until 20K although they were there. Water stops were every 5K for the first half and they handed out water in plastic cups so for the first 100 yards past the SAG. All you could hear were runners crushing the cups.

We finished by running through the Brandenburg Gate which had separated East and West Berlin. This was a pretty cool moment and probably ranks second of my all-time favorite race finishes, just behind Athens in the original Olympic stadium.

Overall I found the European runners to be fairly aggressive with pushing and shoving. This isn't good or bad, just not what I prefer running with. I prefer marathons with 500 or less runners. I personally don't find these large races conducive to Boston qualifying or PR times, so I sightsee, stop for pictures, and run easy. There were just over 40,000 finishers and I was about mid-pack.

Most of the majors have fast runner times, lotteries, charity and Marathon Tour Company bibs. Put into perspective, there were 319,500 applications for Tokyo 2018 for less than 40,000 slots. London was about the same. I'm planning to finish my majors quest with New York in November 2017, Tokyo in February 2018 and London in April 2018. I got into Chicago and Berlin with lottery entries, Boston with qualifying times and the other three with Marathon Tours.

If you want a bib, you can get in via a lottery, charity, or tour company. Last year there were several hundred thousand applicants for 40,000 spots, so the lottery option might take a few years depending on your luck. The experience will be unforgettable. ■

The NipMuck Trail Marathon: *A Rocky Challenge*

By Annie Tobey

“How hard can it be? I run the trails along the James, so I’ll be fine.”

By somewhere around mile 4, I knew I’d underestimated the NipMuck Trail Marathon through the woodlands of eastern Connecticut. By mile 12, my legs were far more fatigued than after a 20-mile training run, and the thought of throwing in the towel flitted briefly through my mind. It would have been easy to do, because the 12.2-mile point was also the start and finish line.

On October 1, three Richmond runners, Jake Wiseman, Billy Cabell and I, drove the eight hours north for the 34th annual

NipMuck race, organized by the Shenipsit Striders running club. The course weaves along the single-track NipMuck trail, managed by the Connecticut Forest and Park Association, with proceeds benefiting the forest. Entries are capped at 180 at a reasonable fee of \$45. Don’t expect pep bands, chip timing or fancy swag, but you will get a sticker, T-shirt, branded finisher’s birch log, appropriate aid stations and a well-managed race with an old-fashioned stop watch and clipboard for recording results.

The organizers make no secret of the difficulty of the trail, admonishing those who haven’t run trail races before not



Annie Tobey at the NipMuck finish line.

to make this a first. The race bibs of all first-time NipMuck participants are marked with a neon-orange “High Fall Risk” sticker. (Despite the apparent insult, the sticker’s provenance is from the first race director’s medical background. And perhaps a dry sense of humor and affinity for hazing.)

Arguably, the most significant factor contributing to the difficulty of the race is the prevalence of rocks. And rocks. And plenty of roots. And rocks. Spattered frequently along the path, these rocky stretches preclude easy foot placement, necessitate continuous mental attention and increase the risk of sprained and twisted ankles and of stumbles and falls. Though all three of us from Richmond have trail-running experience, Jake and I each tumbled once and Billy—who recalls only two falls since he started running trails in 2009—reported falling three times.

Because of the rocks, very few stretches of the course allow for smooth, easy running. For me, the frequent rocky spots necessitated walking, making it difficult to maintain a cadence and to push my heart and lung capacity up long enough to achieve my stride. The narrowness of the path posed problems when slower runners were ahead, setting the pace for long stretches.

The course also offered significant elevation changes—not Masochist magnitude, but challenging nonetheless, especially in conjunction with the rocks.

I’m sure it’s a beautiful course, too, but as Jake joked with another runner he was with for much of the race, “My friends are going to ask what I saw on the trails. ‘I don’t know, all I saw were teal shoes for 12 miles.’”

The NipMuck course consists of four legs: the first out-and-back, 6.2 miles each way, was more technical; the second out-and-back, 7 miles, contained the bulk of the elevation change. (Yes, that adds up to 26.4 miles, making this technically an ultramarathon.) The aid stations in the middle of each out-and-back leg were unmanned water jugs, but the others were staffed with friendly volunteers offering hydration-, calorie- and carb-reloading opportunities such as boiled potatoes, pretzels, PBJs, bananas, candy corn, Twizzlers, pound cake, Gatorade, sodas and water.



Jake Billy Annie.

At the end of the day, the top finisher came in at 3:41:17. The field of 113 runners contained trail runners of all ages. In the Richmond contingent, Jake’s NipMuck time (5:13:01) was more than 25 percent longer than his standard marathon time. Mine was, well, much longer than my typical marathon time; and Billy Cabell’s was somewhere between the two.

As hardcore trail runners understand, such challenges don’t present a reason to avoid the NipMuck Trail Marathon. On the contrary, the difficulties offer a reason to tackle it.

<http://shenipsitstriders.org/club-races/nipmuck-trail-marathon.htm>

How to join Richmond Road Runners?

It’s easy, and cheap. Just go to <https://richmondroadrunnersclub.rsupartners.com> and click on Join RRRC from the top menu.

Something New

By Susanne Nolan

"I mean, how much can you cycle and run?" This was the rhetorical question an acquaintance of my father's asked while explaining why he had decided to go back to work part-time. Both my father and the gentleman were retired and while my Dad was excited about his newly acquired freedom to run and ride his bike and volunteer as much as he pleased, this one question had him worrying whether he eventually would become slightly bored or disenchanted with an activity that gives him that zest for life.

In order to remedy such an unwanted occurrence, my father, who is an active member of the Richmond Road Runners Club as well as an avid cyclist, set out on a mission to try something new. After much pondering and some internet research, Chippokes Plantation State park in Surry, VA, offered an event my dad had not taken on in his 67 years.

For those unaware of what a duathlon consists of, me included, let me enlighten you. As my father explained with an easy breezy tone, "You know, just a 5k run, then a 23 mile bike ride, followed by another 5k." No problem. It will be great.



Steve on the bike section.



There he is running again.

A duathlon on a hot July day seemed to be the ticket on the fast train away from stagnation.

In the weeks leading up to the Chippokes duathlon, training increased and all thoughts were consumed with duathlon strategies: when to eat a gel, how to dismount the bike before the transition area, or how long should each transition take. These were questions heavy on the mind of my retired carpenter dad as he transitioned into this new phase of life. While my mom stressed about the heat and length of the race, my dad was driven to give it his best shot.

On race day, driving separate was best because my dad's race day jitters are better dealt with alone. Me, my mom and my 10 year old son drove to the park to cheer him on. Chippokes plantation is a hidden historical gem that provided plenty of inspiring landscape to run and cycle through. It was the perfect setting filled with all ages, sizes and abilities of athletes along with the posse they brought with them to watch and wait as they completed their races.

As the race got under way and each wave took off we cheered and yelled. My dad smiled and waved and disappeared into



In transition from bike to run.



Steve Nolan showing off his very cool finisher's award.

his first 5k. Being a spectator for a race is always filled with bursts of excitement followed by long lulls until the pack comes back around again. While we waited, my son and I stumbled upon a garden we were sure must be what a secret garden would be like and played a few rounds of hide and seek. My mom was scoping out each runner as they come through and had already picked the winner (she has an uncanny knack for these things).

My dad looked strong as he came in from his first 5k and we tried chatting him up outside the transition fence. It was a fury of sweat, sneaker changing, and chugging of fluids. I offered to help him but was quickly schooled in duathlon etiquette. Never touch a participant as they can be disqualified. What a newbie I was.

He was off again on his bike. This was a longer waiting period which gave plenty of opportunities for people watching. Observations led to many revelations. As mentioned before there was a wide variety of participants and they tackled the duathlon in different ways. There were those, like my dad, who ran and cycled the entire race, while other groups ran it as a relay. Two women didn't finish the race but when they rolled in on their bikes and dismounted they high fived and were happy they completed the first two segments. There were many different approaches to a unique event.

My mom and I waited alongside a fence for my dad and his blue bike to make its appearance. Finally a blue dot started speeding toward us from down the road. The final dismount and change over to the last 5k was not quite as graceful as the first but my dad was off and the heat was really kicking in.

After much anticipation, the finish line was crossed and my dad had accomplished his goals; the first being to seek out a new experience and the second to finish. Pride was evident among the four of us. After his barbecue lunch provided by the event, dad posed with his trophy which turned out to be a carved wooden bird; a unique trophy for a unique race.

That day my dad proved to himself that becoming stagnant wasn't an inevitable fate. There are many options available for the avid weekend warrior if one chooses to seek them.

So seek on, all you runners and cyclists and when you find an event that speaks to you, run swift, ride like the wind and see where it takes you. ■

Susanne Nolan is the daughter of Steve Nolan, a dedicated member of the RRRRC and runner of the duathlon. Susanne is a registered nurse in the operating room at VCU Health System and resident of Hanover County.

The November Project

By Crystal Koch

Brogan Graham and Bojan Mandaric, two guys living in Boston who needed motivation to continue working out during the cold winter months, accidentally started an exercise revolution. Now in 43 cities nationwide, including right here in Richmond, the November Project has proved people don't need to pay a monthly fee to just show up.

I sat down with the masterminds of the November Project – Richmond crew to find out how a little big city like Richmond got the attention of a massive movement. Let's start at the beginning.

Ja Jones and Chris Kerns met when they joined the same golf club and eventually were paired together for an event. Chris had seen Ja around the city, usually running, but the two did not have an excuse to meet till that day on the golf course.

Allie Morris and Chris Kerns met each other while training for the marathon with the Sports Backers marathon training team. There are plenty of hours to get to know one another when running for several hours each week.

Ja and Chris became ambassadors for lululemon who in turn encouraged the guys to start the November Project here in the river city. The guys decided to make their crew a trio and added Allie in hopes of balancing the appeal and creating a safer space for women.

At first their application was denied, Chris said it was something about the guys sounding too “fratastic” in their email. But the ladies of Lululemon encouraged Brogan and Bojan to conduct a phone interview, to hear Ja and Chris talk about their plans for the November Project, and hopefully be taken a bit more seriously. They were approved based on that



August 26_ Let's play a little game.



Ja, Chris and Allie award the spirit stick to Caroline and Kenley.

interview and on Wednesday, March 15, they had their very first “banger” workout with about 30 of their friends.

Within two short months 200-300 people were showing up and have been every week since.

Chris said he was reluctant at first because he wasn’t sure he would have time, Ja is about to be the father of two kids (he brings his oldest to the workouts sometimes), and Allie has other life commitments, too. But Ja kept pushing them. He said it would be great and they make an awesome team and finally convinced them that starting a November Project chapter would be the best thing they ever did.

The three did have their worries about a buy-in, something that would get people to come back every week without the obligation of paying a monthly fee like with a gym or box. They still aren’t sure how it happens, though the November Project does have a term called “verbals”. Many of us recognize this as that moment we tell our friend(s) we will show up for a run and then, because we have someone to hold us accountable, we know we will show up and get it done. Verbals are when you tell the November Project leaders/coaches you will show up next week. And then do it. If you don’t, they post a “Missed You” on the November Project website.

Each week the trio get together to come up with a quality workout that is challenging yet easily modified for all skill levels. Ja brings strength to the ideas, Allie provides the comedic relief, and Chris is the overseer, the one concerned about flow. These workouts are designed for all fitness levels so that no one is first or last.

Wednesday’s at 6:00 AM, as you approach the VMFA, you notice a swarm of people converging on the patio from all sides. We begin by getting in a tight circle with Ja, Chris or Allie in the middle. They ask for new people to show

themselves, and then they tighten the circle for a bouncy greeting and a jumpstart on the energy. Depending on the plan, we either warm up as one or break into smaller groups. Next, you and several friends you didn’t know you had run laps around the museum while intermittently performing mountain climbers, death by burpee, “squat it like it’s hot” or the burnouts (the final 5min). Each week the workout is different. There’s such a thing as a PR Day. And yes, they’ll get you sprinting.

A few weeks ago they collected over 300lbs of food to be donated to FeedMore. Every week they ask for runners to help Inclusive Racing push people with varying abilities in strollers for the half marathon in November. And you’ll hear words like “banger”, “all the way up”, “just show up” and many more, some not suitable for print. Recently they teamed up with local t-shirt company Brandito which donated 300 tanks and tees.

As we wrapped up the chat, fans were beginning to show for their happy hour event at Hardywood. Chris asked me to somehow slide into the article that these three people, who just six months ago weren’t sure they could pull off this idea of a free quality community workout, would love for the November Project – Richmond to become the “fabric of Richmond.” ■

Let’s help them reach that goal.

Wednesdays

6:00 AM

Virginia Museum of Fine Arts
even if it rains!

Follow the crew on Instagram here:

<https://www.instagram.com/novemberprojectrva>



Chris, Allie and Ja with the 300lbs of food.

PONY PASTURE 5K

RICHMOND, VA • 7/29/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
Male Overall	1	1	* RICHARD MORRIS	29 16:00
	2	2	* ANDREW BENFER	24 16:24
	3	3	* RYAN SPERAY	26 16:50
	4	4	KYLE PAWLACZYK	33 16:56
	5	5	JOHN LEDER	23 17:06
Female Overall	1	9	TIEL WESTBROOK	23 17:46
	2	11	JULIE PATTERSON	28 18:10
	3	15	* KATHRYN HARRISON	28 18:44
	4	19	TAYLOR CLEVINGER	24 19:06
	5	20	LAUREN MORING	25 19:10
Male 5 - 9	1	154	* JOSIAH MURCHIE	8 30:19
	2	177	SAM ST. PETER	8 31:41
Female 5 - 9	1	243	* CHARLOTTE CHAFIN	8 37:03
Male 10 - 14	1	28	CARTER BURCHAM	14 19:37
	2	54	JEB BROWN	13 21:23
	3	55	DOEY FRICK	12 21:24
	4	62	* JOHN WILLIAMS	14 21:45
	5	68	JED COSBY	14 22:22
	6	85	* DEVIN NAOROZ	12 24:28
	7	97	BENJAMIN BEAUSERGENT	14 25:20
	8	128	FRANCISCO ACOSTA	14 28:20
	9	142	* CHRISTOPHER NAOROZ	10 29:34
	10	161	SAMUEL ESCORCIA	13 30:42
	11	319	DARYL DAIX	14 57:17
Female 10 - 14	1	263	GABY ROMERO	13 40:17
	2	311	ELLERY TEAM	11 56:16
Male 15 - 19	1	249	IAN MCGREGOR	15 37:45
	2	290	FRANCISCO DELGADO	15 46:52
Female 15 - 19	1	70	Laurel GOODPASTURE	18 22:26
	2	75	* CHARLIE WALMSLEY	15 23:19
	3	83	* VIRGINIA KAUDERS	16 24:08
	4	86	LUCY PERRY	18 24:31
	5	92	ELLIS MUMFORD	19 25:01
	6	187	SIMONE EDWARDS	19 32:09
	7	206	* GEORGINA WALMSLEY	18 33:34
	8	215	* SAMANTHA WALMSLEY	19 34:50
	9	239	MELISSA GUTIERREZ	15 36:31
Male 20 - 24	1	2	* ANDREW BENFER	24 16:24
	2	5	JOHN LEDER	23 17:06
	3	6	NOAH RUSS	20 17:30
	4	12	BEN RENTZ	21 18:12
	5	14	BRYAN CURTIN	21 18:30
	6	40	LAWRENCE COOPER	23 20:14
	7	60	JOEL COX	23 21:38
	8	61	ALEX ALLENDER	23 21:39
	9	88	MAX COURTNEY	20 24:44
	10	96	MATTHEW CARTER	23 25:15
	11	104	JAMAL ROBINSON	22 26:18
	12	111	RANDALL CALHOUN	24 26:47
Female 20 - 24	1	9	TIEL WESTBROOK	23 17:46
	2	19	TAYLOR CLEVINGER	24 19:06
	3	42	* MAKENZIE McDONALD	23 20:19
	4	78	AIMEE PELLETIER	24 23:48
	5	143	Kelsey EDWARDS	23 29:36
	6	148	* MORGAN SILVERSTEIN	23 30:01
	7	201	SKYLAR ASHLEY	23 33:19
	8	202	AMBER ASHLEY	23 33:20
	9	222	* GIANNA LEONARD	20 35:25
	10	223	* SIENNA BRONSON	22 35:26

Category	Place	Name	Age	Time
	11	268	AVA GARDNER	20 41:05
	12	283	* BROOKE SILVERSTEIN	21 44:50
	13	309	MARY JEAN GARDNER	21 55:54
Male 25 - 29	1	1	* RICHARD MORRIS	29 16:00
	2	3	* RYAN SPERAY	26 16:50
	3	8	JOSEPH HENGOED	28 17:43
	4	13	* JASON DRISCOLL	29 18:23
	5	18	* ALEC VILLIVA	27 19:03
	6	24	* KIRK MILLIKAN	28 19:20
	7	27	* AARON HARLAN	27 19:35
	8	29	RONNIE Black	26 19:39
	9	39	* CHRIS STRAUS	26 20:04
	10	80	ANDREW BERLIN	26 23:57
	11	94	JAKE BOROSS	25 25:03
	12	100	TIM OSTERBIND	28 25:36
	13	118	ERIC JOHNSON	29 27:25
	14	152	CHANDLER HAWN	26 30:10
	15	228	BRENNAN DOLSON	25 35:56
	16	272	DANIEL TOMLINSON	27 41:49
Female 25 - 29	1	11	JULIE PATTERSON	28 18:10
	2	15	* KATHRYN HARRISON	28 18:44
	3	20	LAUREN MORING	25 19:10
	4	30	* GABI WECHSLER	26 19:40
	5	34	* BRITTANY HARLAN	26 19:50
	6	46	SARAH KATZ	25 20:43
	7	51	* ELIZABETH FREUND	28 21:02
	8	93	* ANNA COCHRAN	26 25:02
	9	101	LAUREN CRONAN	27 25:38
	10	119	* KIM FENNESSEY	29 27:43
	11	137	* RACHEL SOUTHARD	27 29:13
	12	169	BARBARA LUCKETT	29 31:16
	13	189	EMILY WHITESELL	28 32:15
	14	197	SARAH BERLIN	26 32:37
	15	220	* CHRISTINA KAPINOS	25 35:21
	16	227	BERNADETTE AYLWARD	25 35:55
	17	236	JESSICA BRUSH	29 36:26
	18	237	ASHLEY SPENCER	25 36:28



Bill Webb and Dean Miller at Pony Pasture 5K.

2017 SUMMER RACES



Dad and daughter at the Thanks Dad 5k.



That time you get passed by a mom pushing a stroller at a 5k.



Running across the T Pott Bridge-front: Sean; center: Courtney, Mara, Rachel; back: Colin, Sarah, Sarah



Brian Dueweke, Erika Tabor and Marcus Brown after the first cul-de-sac 5k.

Category	Place	Name	Age	Time
	19 262	DANI BROWN	26	40:15
	20 264	* HAYLEY ANDERSON	28	40:39
	21 276	TRISHA KOLESAR	26	42:22
	22 277	COURTNEY GOODNIGHT	26	42:23
	23 289	* NIKKIA YOUNG	26	46:39
	24 301	CAITLYN MORITZ	29	50:38
	25 304	CLAIRE STILL	29	51:01
	26 310	TESS HERCEG	26	55:55
Male 30 - 34	1 4	KYLE PAWLACZYK	33	16:56
	2 7	* SEAN HOPKINS	34	17:41
	3 10	ANTOINE FITZGERALD	34	17:56
	4 16	* LAWRENCE PEARSON	34	18:54
	5 22	* JAMES HAZELWOOD	30	19:17
	6 43	* DEREK ROWE	34	20:22

Category	Place	Name	Age	Time
	7 44	WILLIAM BERRY	34	20:26
	8 53	JOHN MILLEN	33	21:17
	9 64	JASON GOYDICH	33	21:59
	10 65	TIMOTHY PATTERSON	30	22:14
	11 159	* CHRISTOPHER BARRAR	33	30:40
	12 174	ERIC KOLENICH	30	31:35
	13 210	COLIN SCHOENHAUT	31	33:49
	14 212	* CHRISTIAN E. TORO	31	34:16
	15 318	* MATT NORDIN	31	57:07
Female 30 - 34	1 49	* NICI RHODES	30	20:55
	2 56	* LAURA TAYLOR	31	21:25
	3 63	KATIE LEDESMA	34	21:48
	4 67	KATE SPANGLER	31	22:21
	5 72	* MELISSA GONZALEZ	31	22:56

PONY PASTURE 5K

RICHMOND, VA • 7/29/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	6 77	* LUCY CARRIG	33	23:41
	7 133	* ERIN BARRAR	30	29:03
	8 157	* CHARLOTTE RIVERA	31	30:25
	9 190	REBECCA RICHARDS	31	32:16
	10 199	MEGAN SAMPSON	33	32:57
	11 214	ELIZABETH BERRY	31	34:47
	12 230	* LAURA S.TORO	31	36:06
	13 241	* AMY WEISS	32	36:41
	14 295	SALLIE ST.PETER	34	48:48
	15 317	ANNIE PARAKA	34	56:55

Male 35 - 39	1 23	* SPENCER BISSETT	35	19:19
	2 31	* BRIAN LOWRY	36	19:43
	3 32	RYAN MCCARTHY	36	19:46
	4 47	SCOTT VADAS	38	20:44
	5 112	STEVEN ROWE	38	26:57
	6 127	CHRIS OBENSHAIN	38	28:19
	7 135	TRAVIS WILSON	36	29:04
	8 158	STUART PAYNE	37	30:34
	9 171	BRETT SHANKLES	37	31:25
	10 176	CHELSEA HARNISH	39	31:37
	11 178	JASON ST.PETER	35	31:42
	12 208	* ANDREW WENK	39	33:41

Female 35 - 39	1 33	JACKIE MORGAN	37	19:47
	2 36	* TRESSA BREINDEL	38	19:58
	3 41	MEGAN EDWARDS	36	20:16
	4 45	JEN ANDERSON	36	20:42
	5 81	* KRISTEL FRENCH	35	24:06
	6 82	* MICHELLE FANG	38	24:07
	7 123	NICOLE CARTER	35	28:01
	8 139	RITA HICKS	37	29:23
	9 141	* CHRISTINA ARRINGTON	37	29:29
	10 146	* FARLEIGH FITZGERALD	39	29:52
	11 147	LIZ COSTON	36	29:53
	12 170	* SHANNON LAROCK	35	31:18
	13 173	* ALAINA CHAFFEE	36	31:34
	14 180	* VICTORIA HAUSER	37	31:44
	15 211	* SARAH AKIN	38	33:54
	16 216	ASHLEY STIEBELING	36	35:01
	17 233	* ANDREA NORRIS	38	36:22
	18 238	CARA SIMPRINI	37	36:29
	19 259	* COURTNEY LEGUM-WENK	36	39:37
	20 271	CATHERINE SHANKLES	36	41:48
	21 273	MOLLY ROLLINS	37	41:53
	22 278	TERRI PAYNE	37	43:24



2017 Pony Pasture 5K at the finish line.

Category	Place	Name	Age	Time
	23 286	KATARINA PACE	38	45:43
Male 40 - 44	1 26	KENNY MILLER	40	19:31
	2 58	* JASON COPE	44	21:34
	3 69	* JOHN AMOROSO	40	22:23
	4 79	* TIMOTHY STEWART	42	23:55
	5 95	* AARON STEELMAN	42	25:04
	6 120	* JEFFREY BUTLER	41	27:48
	7 155	* MICHAEL MURCHIE	40	30:21
	8 258	* KEVIN KRAMER	44	39:10

Female 40 - 44	1 98	* MELISSA MURCHIE	40	25:26
	2 122	* JANET PENN	41	28:00
	3 140	* SHANNON GRYMES	43	29:27
	4 149	TRACI MCKINLEY	43	30:03
	5 166	DANA WALTERS	43	30:55
	6 175	* TRICIA NORRIS	42	31:36
	7 184	* JULIE ARENDT	44	31:57
	8 188	* FARRAH WILSON	40	32:10
	9 192	LUCIA O'CONNELL	41	32:25
	10 204	* TOWNSEND DUANE	42	33:22
	11 218	* SARAH BAIN	41	35:12
	12 229	JOAN JIMINEZ	43	36:01
	13 234	* SARA CAUDILL	40	36:23
	14 288	* KELLY CLOUGH	41	46:21
	15 312	AMANDA TEAM	44	56:17

Male 45 - 49	1 25	* MATT ROBERTS	45	19:26
	2 35	* JIM ODDONO	49	19:54
	3 66	BEN WALTERS	47	22:18
	4 73	* HARRY Conn	49	23:11
	5 84	* ERIC KAUDERS	47	24:09
	6 124	* STEPHEN KELLEY	47	28:06
	7 125	* DAVID NAOROZ	47	28:07
	8 144	* SCOTT GOLIGHTLY	48	29:45
	9 160	TONY LEONE	47	30:41
	10 182	* JOHN BRUCKNER	48	31:48
	11 198	* SEAN KINNEAR	48	32:47
	12 213	* HENRIK STYLES	49	34:32
	13 244	* BYRON CHAFIN	49	37:08
	14 247	JACK GOODPASTURE	48	37:32
	15 270	DREW DAVIS	46	41:42
	16 287	MOSES HARRIS	46	46:05

Female 45 - 49	1 59	* DEBBIE GOODPASTURE	48	21:37
	2 89	KAREN KILLEAN	49	24:45
	3 102	HEATHER MUMFORD	46	25:50
	4 129	* TAMMY BOUZEK	47	28:22
	5 130	* KAREN FALLIN	45	28:26
	6 136	* DAWN WALKER	45	29:07
	7 156	* BLAIR WHITLEY	46	30:24
	8 165	* JENNIFER NEWSOM CARPENTER	47	30:53
	9 185	* JENNIFER LOVINGS	47	32:06
	10 193	* PATRICIA FULCO	48	32:27
	11 196	* AMY Black	47	32:33
	12 224	CARRIE LEONE	45	35:28
	13 225	ANGIE YOUNG	47	35:51
	14 232	STEPHANIE PERRY	45	36:18
	15 235	* SELINA CELEBRE	46	36:25
	16 240	ELAINE MITCHELL	47	36:40
	17 246	* SARAH GOLIGHTLY	49	37:28
	18 255	CATHERINE ROBACK	45	38:44
	19 260	* MICHELLE GIBBS	49	39:43

Male 50 - 54	1 17	* TERRY PRICE	50	18:59
	2 38	SEAN KILLEEN	52	20:02
	3 76	* JOHN CASSILLY	50	23:33
	4 90	* DEAN MILLER	54	24:48

PONY PASTURE 5K

RICHMOND, VA • 7/29/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	5	105 * BOBBY ORNDORFF	51	26:25
	6	106 ANDREW COURTNEY	54	26:27
	7	115 * RALPH GIBBS	51	27:09
	8	153 * NATHAN BROWN	50	30:11
	9	162 GUSTAVO ESCORCIA	51	30:43
	10	191 * JAMES MARR	51	32:19
	11	207 * DARWIN RICHARDSON	54	33:39
	12	221 * JEFF KAPINOS	53	35:22
	13	248 JOHN MITCHELL	51	37:34
Female 50 - 54				
	1	107 * PATTI RITTLING	53	26:29
	2	126 * PAMELA WELTON	50	28:09
	3	132 * SUZI SILVERSTEIN	54	28:58
	4	145 * LORI SPEAGLE	50	29:49
	5	186 SUSAN EDWARDS	51	32:08
	6	195 * REBECCA RANDOLPH	50	32:31
	7	252 STACYE MEELEY	52	38:11
	8	261 * GAIL HOLSTROM	54	40:10
	9	274 DANIELLE MCLAUGHLIN	53	41:59
	10	293 * THERESA SIMONSON	54	47:50
	11	294 * SANDY WITTIG	52	47:51
	12	303 MAUREEN AYLWARD	53	51:00
Male 55 - 59				
	1	21 * STEFAN CALOS	55	19:11
	2	37 * DOUG FERNANDEZ	57	20:00
	3	48 * JIM CARTER	55	20:54
	4	52 * TOM NEALLEY	57	21:13
	5	57 * CAMERON HOPPER	57	21:29
	6	91 * DAVID BRIGHAM	57	24:56
	7	116 * GARY FISHER	57	27:12
	8	150 CLAY BEAUCHAMP	58	30:05
	9	163 * DIEGO VIZCAINO	59	30:46
	10	164 * KEVIN CONNELLY	55	30:49
	11	181 * JOHN D. LEONARD	55	31:46
	12	194 ROHN BROWN	55	32:28
	13	245 * SAM JENKINS	59	37:09
	14	281 ROGER GARDNER	57	44:38
Female 55 - 59				
	1	103 * SANDRA GRAY	58	26:08
	2	113 * ELAINE CASPER	56	27:00
	3	134 * MARILYN WAYLAND	58	29:03
	4	172 * JODI MILLER	58	31:33
	5	183 * COLLEEN MOORE	55	31:51
	6	203 KYM OSTERBIND	56	33:21
	7	205 LISA AYERS	58	33:24

Category	Place	Name	Age	Time
	8	217 * JENNI TREADWELL	55	35:07
	9	242 * SUSAN VERGHIS	57	36:52
	10	253 * JANET ARESON	58	38:18
	11	266 * BARBARA LEONARD	55	40:54
	12	282 LINDA GARDNER	56	44:39
	13	300 MARTY MORITZ	55	50:36
	14	315 * MICHELE MARR	55	56:47
Male 60 - 64				
	1	74 * CORKY GARDNER	62	23:17
	2	108 ALEX SCOTT	60	26:33
	3	114 * MICHAEL MCLEOD	62	27:01
	4	117 AL MONTALVO	62	27:23
	5	251 * DOUG SCHUTTE	64	38:09
	6	254 * JEFFREY LUKE	60	38:26
	7	265 MICHAEL GEORGE	64	40:40
	8	285 * HARRY DONATI	63	45:12
	9	299 * HERVEY SHERD	61	50:07
Female 60 - 64				
	1	138 * PAMELA FAULKNER	60	29:15
	2	151 * DAWN EBERHARD	63	30:09
	3	219 VICTORIA JOHNSON-INGE	64	35:19
	4	226 PATTI FOGG	61	35:54
	5	250 SARAH DUNSTAN	63	37:49
	6	257 * SUSAN BRAGG	64	39:08
	7	267 * JEANNE Dunaway	62	41:03
	8	275 * MARY BETH HALL	61	42:01
	9	296 JAN THOMAS	62	49:29
	10	297 DIANE HERMENAUE	64	49:30
	11	305 AMY GONZALEZ	61	51:39
	12	308 REBECCA JACIUK	62	54:15
	13	314 PAMELA APPLETON	62	56:35
Male 65 - 69				
	1	50 * BOB BECKER	65	20:59
	2	71 * DAVID TRUMP	65	22:27
	3	87 * FRANK FINN	67	24:42
	4	110 JOHN MCGURN	69	26:40
	5	131 * BILL DRAPER	65	28:44
	6	167 * FRANK JACOBS	69	31:01
	7	179 * CLIFF Dunaway	65	31:43
	8	313 WILLIAM HOLMAN	68	56:29
Female 65 - 69				
	1	109 DEBBIE TRAINER	66	26:35
	2	209 * DEEDEE DRAPER	65	33:48
	3	256 * DARCEL PERTUSATI	66	38:48
	4	279 LAURA WURZER	66	43:29
	5	302 * MARCY GEORGE	66	50:41
	6	306 CHRIS CLARKE	66	54:09
	7	316 SARA LONG	66	56:52
Male 70 - 74				
	1	99 * DENNIS LAMOUNTAIN	71	25:32
	2	121 * EDWARD PATEREK	70	27:51
	3	200 * EDWARD KELLEHER	73	33:01
	4	231 * ALVAH WYATT	71	36:16
	5	269 HERB NORTON	74	41:27
	6	291 DALE WURZER	74	47:08
	7	320 * MARSHALL HENRY	73	58:22
Female 70 - 74				
	1	168 * LOU NORTON	70	31:14
	2	292 * LINDA NEWTON	70	47:31
	3	298 JOYCE SMITH	71	49:44
	4	307 * SUSAN ROSS	70	54:11
	5	322 SHERRAN ANDREWS	70	58:29
Male 75 - 79				
	1	284 * HARRY CONN JR.	79	45:02
Female 75 - 79				
	1	321 SHELBY PORTER	78	58:25
Male 90 - 94				
	1	280 UNKNOWN BIB-280	90	44:17



2017 Pony Pasture 5K registration 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.”*

Pony Pasture 5k

Race Director: Mara George

Friday, July 28, 2017, Packet Pickup

Sarah Akin, Sarah Bain, Marcy George, Mary Beth Hall, Kelly Harris, Dawn Walker, Nikkia Young

Saturday, July 29, 2017, Race Day

Anne Brown, Stephen Brown, Elizabeth Cohen, Mike Gallogly, Marcy George, Michael George, Mike Gholson, Elizabeth Golightly, Kelly Harris, Mary Beth Hall, Mike Harris, Alan Harrison, Tammy Harrison, Frances Heller, James LaFratta, Michelle LaRock, Robert LaRock, Shannon LaRock, Samantha Miller, Eric Nachman, Meredyth Nelson, Paige Newcomb, Matt Nordin, Colin Schoenhaut, Janet Sherd, Tracy Sikes, Jennie Treadwell, Alayna Underwood, Alecia Underwood

Moonlight 4-miler

Race Director: Mike Davi

Thursday, August 11, 2017

Sarah Akin, Bill Anderson, Nigel Bavin, Amy Black, Marcus Brown, John Cassily, Rachel Church, Chant Connock, Cynthia Connock, Pam Cross, Carter Daniels, Cathy Dueweke, Dawn Eberhard, Karen Fallin, Pam Faulkner, Travis Gatesman, Rodney Gill, Mara George, Marcy George, Michael George, Matt Ghiold, Yuntian Guan, Mary Beth Hall, Erin Hamaker, Craig Herndon, Martha Hodges, Gail Holstrom, Bryan Johansen, Brooke Jones, Ed Kelleher, Jeffrey Luke, Jim Marr, John Nelson, Meredyth Nelson, Katie Pokorny, Won Rinthalukay, Rosie Schuette, Tracy Sikes, Brooke Silverstein, Suzi Silverstein, Gary Simmon, Rachel Southard, Jason Walters, Dustin Winton

Patrick Henry Half Marathon

Friday, August 25, 2017

Sarah Akin, Marcus Brown, Mara George, Marcy George, Joyce Lacy, Dawn Walker, Bill Webb, Nikkia Young

Saturday, August 26, 2017

Bill Anderson, Lynn Anderson, Joel Cabot, Kevin Barger, Donna Bausch, Amy Black, Anne Brown, Matt Brown, Lisa Childress, Christopher Cruz, Tyler Curtis, Carrie Dedrick, Pat Dorch, Dawn Eberhard, Kelcie Fisher, Abigail Ford, Aswin Gadipati, Sai Gadipati, Mike Gallogly, Betsy Garber, Don Garber, Marcy



Bill Webb, Steve Nolan, Mike Muldowney and Mike Levins helping out at the Patrick Henry High School XC Invitational.

George, Mark Guzzi, Aaron Harlan, Brittany Harlan, Gail Holstrom, John Hurley, Addison Jones, Steve Jones, Meredith Jordan, Ed Kelleher, Bill Kelly, Shavanda Kelsey, Crystal Koch, Donnie Lane, Nicole Link-Troen, Jeffrey Luke, Colin Mason, Allison May, Eddie McCall, Glenn Melton, Mike Muldowney, Traci Munyan, Jeff Newenhouse, Frances Newton, Linda Newton, Kimberly Nielsen, Stephen Nolan, Kevin Purcell, Catherine Reedy, Rebecca Randolph, Garth Riley, Monica Southall, Tempestt Southall, Rachel Southard, Suzanne Thompson, Dave Trump, Andrew Van Deren, Anita Waters, Carolyn Waters, Leland Waters, Bill Webb, Jake Wiseman, Nicole Zelnik

Pole Green Park 5k

Saturday, September 2, 2017

Michael George, Jeff Green, Mark Guzzi, Karen Houschen, Mike Houschen, Mike Levins, Steven Nolan

Comfort Zone 5k

Saturday, September 30, 2017

Spencer Bissett, Anne Brown, Stephen Brown, Michelle Gibbs, Ralph Gibbs, Glenn Melton

RRRC Board Minutes

September 13, 2017 Meeting Minutes

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

William Anderson, Greg Barch, Dawn Eberhard, Eric Collins, Jamie Ficor, Joe Flynn, Don Garber, Mara George, Marcy George, Michael George, Frank Gerloff, Mark Guzzi, Crystal Koch, Mike Levins, Jeffery Luke, Glenn Melton, Kirk Millikan, Skeeter Morris, Eric Nachman, Steve Nolan, Rebecca Randolph, David Trump

The August 2017 meeting minutes were approved.

Treasurer's Report – Ralph Gibbs

Financial summary and account balances were accepted without question

Operations – Jim Oddono

A list of people approved to drive the truck is being compiled. September/October Schedule:

- 9/16 - Children's Hospital 4 Miler has been cancelled. Permits for race were not approved due to potential protest march.
- 9/17- Innsbrook Foundation-clock/finish line rental only.
- 9/23 - St. Mary's-clock/finish line rental only.
- 9/30 - Comfort Zone Camp 5k-needs timer, Glenn will drive
- 9/30 - Patrick Henry HS XC-finish line set up only, timer/driver-Mike Levins/Bill Webb
- 10/14 - Step Up Down Syndrome 5K-Michael George may be able to drive
- 10/22 - Fall Into Wellness 5K (recently added)-a timer and driver will be needed
- 10/28 - Virginia Hemophilia 5K-will need a timer and a driver

Turkey Trot 10K – Bill Kelly

U of R has confirmed that everything is clear for us to have that race venue. The artwork that appears on the shirt will be echoed in the medal artwork. Registration pricing will increase in phases. Be sure to send a notice to social media that registration is open.

Bear Creek – Barry Kreisa

Registration is open. There is a need for more volunteers as the Park Rangers have requested road crossing volunteers as a safety precaution.

Toy Run 5k – Nikkia Young & Joe Flynn

Joe, Nikkia and Bill have met and are working out the details. Next step is getting the permits, budget and sponsorships nailed down.

1st Quarter race preview – 1st Day 5k; Frostbite 15K, Mara George will be the race director and the date may possibly be 1/21; Sweetheart 8k will be 2/11; Huguenot 3 Miler and 1 Miler will be 2/25.

Patrick Henry Half Marathon review – Michael George
There may be a 3.5 hour cut off in the future.

Volunteers – Volunteers are always needed.

Training Teams:

WMT – Frankie Gerloff

Pam Cross asked if we could help with a sponsored run at Atlee High School in the future. The 2018 Winter Marathon Training will begin on Dec 2nd for Shamrock weekend, March 18th. Boston will join us starting December 30th for their 16-week intermediate training module. We'll again have a half Shamrock team and all Saturday runs will begin and end at Lucky Road. Planned enhancements for 2018 WMT include:

- Written directions will have notations to fire stations and hospitals.
- Active and dynamic group stretching beginning at 7:00 AM every Saturday
- Considering offering Bon Secours new METHOD training resources for those marathoners that desire to improve their lactic threshold.
- Two social events centered on new running products.

New Runners – Herv Sherd

Due to a lack of registrations, the team is cancelled for the fall.

Adv 10K – Bill Kelly

The price has been lowered for members. It is an 11 week program and will be housed at Westminster Presbyterian. 190-200 runners are expected to participate.

Marketing and Sponsorships – Ed Kelleher

At Bill Kelly's suggestion, we're ordering 96 hoodies from Eventec, which handles Zorrel apparel among other things. This particular line of hoodie has been discontinued, so Eventec is offering it to us at less than half the original price. We're ordering five sizes – small, medium, large, x-large and 2x-large – in four colors (black, navy, royal blue and titanium). Their stock of titanium-colored hoodies is nearly bare, so we're getting what they have. We will make the hoodies available for sale at the Anthem Marathon Expo and perhaps use some as random prizes at races.

Sponsorships – Rosie Schutte and Ed Kelleher

We are still hunting for companies/organizations to sponsor a proposed 1-mile road race that will precede the Huguenot 3-Miler in March 2018. The race will take place on or around Koger Center Boulevard near MAC, where the Huguenot

3-Miler begins and ends. The concept is to fill the need for a 1-miler in metro Richmond now that VCU has discontinued the Broad Street Mile. We are approaching businesses in that corridor as potential sponsors; if you have any connections with nearby businesses that you think might be interested, please let us know.

Administrative Assistant - Dave Trump

Setting up the new website on the RunSignUp Partner platform comprised the bulk of my work this month. The new site "Richmond Road Runners Club – We Run RVA" is viewable publicly now at <https://richmondroadrunnersclub.rsupartner.com>. We will re-label to www.rrrc.org when the Club makes the formal transition from the old website to the new website. The new site offers a very mobile device-friendly platform. The integration within RSU makes linking to race registration and volunteer sign-up sites and posting to the race calendar seamless. The community race calendar is retained: it automatically is populated with any RSU-based races within a 50-mile radius, but other races can add their info to our calendar. The group run listing is retained, but without the ability to create "groups" or post messages within our site (in reality, most groups use Facebook or an external email group for group communication). RRRC's Facebook, Twitter and Instagram feeds, which are embedded in the new website, have replaced the need for a message board function. The one outstanding item is to set up a new front-end for the 17+ years of archived race results.

Grand Prix – Rosie Schutte

3rd Quarter results will come out in 3 weeks.

Social Media – Chris Mason

Social media is still doing well and gaining followers each week. We used social media this past month to kick off the Turkey Trot t-shirt contest as well as to communicate upcoming club events. Thank you to Mr. George for being our Patrick Henry spokesperson. I am not sure if you all noticed but his posts gained a lot of attention in RRRC land. #someoneisfamous

We are continuing to utilize both Facebook as well as Instagram to keep the club members up-dated on with the latest news.

Newsletter – Crystal Koch

The September /October issue is out, on the website and emailed to the board and posted on social media. The next deadline is 1 October at the absolute latest. The focus will be fun and exciting and invaluable race experiences. If you know anyone with a great story, send them to me at milesandminutes@rrrc.org.

Pacers – Karen McCarthy

Karen was able to secure access for the pacers to the pre-race hospitality area (indoors, with food, coffee, bathrooms, and

bag check) and will continue to work with Sports Backers on additional perks for pacers for future years. I have 63 pacers lined up for the two races. I am still looking for pacers for the 2:30 half marathon group (4 more are needed), 3:30 for the marathon (need one more) and 5:30 for the marathon (need one more). Anyone interested can email me at racepacers@rrrc.org.

Kids Running Grants – Karen McCarthy

This is a joint venture with Sports Backers. Faith Hecht from Sports Backers and Karen are reviewing the first batch of applications for the 2017-18 school year. Already 17 applications have been received and counting!

Bus Tours – Bus tours will be arranged for the upcoming November race weekend. We are looking for someone to coordinate the tour guides.

Nominating process for upcoming election – Bill Kelly Please indicate your interest by signing up on the RSU site. The nominating committee will look at all those interested and form a slate for the elections.

RRRC Proposal and Guidelines – in an effort to coincide with the national guidelines, we will be adopting the guidelines in October.

Constitution and Bylaws amendments – The suggested amendments were distributed to those attending the meeting to review for a vote in November. They will be again discussed at the October meeting. Bill Kelly discussed that there were 4 board members that had missed 4 consecutive meetings. In accordance with the bylaws, they could be removed. Don Garber asked for the names of those people. Those individuals are: Jeff Van Horn, Suzen Collins, Jennifer Culhane, and Sandra Gray. Jennifer wanted to remain on the board and asked for a vote to keep her seat. It was voted for Jennifer to continue her seat on the board.

RRCA National Convention – It was proposed, voted on, and passed to send 5 officers and 6 at large members of RRRC to the national convention in April, with each receiving a \$700 stipend to cover expenses. If you would like to be considered for one of these slots, please send a letter of intent to officers@rrrc.org.

Self Defense Class – There was discussion as to the possibility of hosting a week of self defense classes in the near future. It was decided that the first quarter of 2018 would be the best time to get this done.

Coaching Certification – It looks like Richmond will be allowed to host the certification class possibly in the spring or summer of 2018.

The meeting was adjourned at 6:55.

Rev-Up Your Engine: Fueling and hydration basics for your 5k, 10k, and marathon

By Abby Forman, MS RD, Bon Secours Sports Performance



Running is an amazing sport. It is the human body at its best and most basic, requiring no stick or glove or ball, only shoes and the drive to lace them up (unless you run barefoot). It takes mental drive and determination to put in mile after mile preparing for a race. Some find it to be relaxing; however running can be as much of a mental strain as a physical one.

Proper fueling and hydration are two ways to support the physical demands and alleviate some of the emotional stress that can come on race day.

The body uses three main energy systems to perform physical activity.

One: the phosphagen system (phosphor-creatine and ATP) delivers instant energy for muscles to contract, but only for about 10 seconds.

Two: anaerobic glycolysis supports high-intensity exercise, such as sprinting, for about 10-180 seconds.

Three: while no energy system ever works truly alone, the main energy system used for exercise lasting longer than 2 minutes is the aerobic (oxidative) system. This energy pathway uses muscle and liver glycogen, intramuscular lipids, triglycerides, and amino acids.

Multiple factors determine which energy systems and fuel sources the body will use. These factors include exercise intensity, duration, an individual's training level, typical diet, and time and type of food last eaten.

Running a 5k, 10k or marathon relies mainly on the aerobic energy system. The body is able to store about 60-90 minutes worth of carbohydrates for energy in the form of glycogen, located in the muscles and liver. Carbohydrates are abundantly found in fruits, starchy vegetables, grain products, beans, dairy, and simple sugars. "Topping off the tank" is a common phrase used in reference to consuming adequate carbohydrates in the days and hours before an event that uses glycogen. The goal is to promote high carbohydrate availability for performance during the race or key training

run. The amount of carbohydrates needed to fuel before, during, and to aid in recovery depends largely on the race intensity and duration.

5k and 10k Fueling

The 5k and 10k are heart pounding, short fast races typically completed in less than 60 minutes. Glucose already in the blood and carbohydrates stored as glycogen are the body's main fuel source for this distance.

If this is your first race or a new distance, it can be tricky to figure out your fueling needs. The average American diet contains about 50-60% of calories from carbohydrates. A standard mixed dinner the night before - containing carbohydrates, some lean protein and healthy fat - should be adequate to meet race day needs. One example could be grilled chicken with rice, a small side salad, and fruit for dessert.

In general, choosing lower fiber/residue foods in the days leading up to your event may help prevent gastrointestinal issues during the race. Examples of lower fiber/residue carbohydrates sources for the night before include potatoes without the skin, white rice over brown, and canned or cooked fruits without the skin.

It takes time for your body to get used to new foods so the night before and day of, choose familiar foods. Depending on your typical routine and running intensity, it may not be necessary to eat before you run for these distances. If you do plan to eat, give yourself at least 1-2 hours to digest and again, choose carbohydrate rich foods. An example would include a slice or two of toast with a small amount of peanut butter and/or a piece of fruit.

For those running 60 minutes or less, our body's ability to store glycogen may indicate additional fuel during the event may not be required. Research has shown that while fueling during is not necessary, competitive runners can benefit from a small amount of carbohydrate containing sports drink used as a mouth rinse. The rinse stimulates parts of the brain and central nervous system and makes it feel easier to run faster. If you are planning another hard race or workout within the next 8 hours, make sure to have a carbohydrate rich recovery snack or meal in between. Keep in mind running typically burns about 100 calories per mile. It is easy to overdo food

intake after a short run, and doing so consistently can lead to undesired weight gain over time.

Marathon Fueling

The 26.2 miles in the marathon can be a daunting. It requires you to push past the amount of fuel your body can store on its own. Many a runner has “hit the wall” and failed to finish or left knowing they could have run better. Marathons are typically run at a slower pace than the 5k and 10k, but today’s top marathoners push that limit. In 2014, Dennis Kimetto ran the Berlin Marathon at an astounding average pace of 4:41 minutes per mile.

While many marathon runners are going at a much slower pace, the need for additional fuel beyond the 90 minutes of potentially available glycogen is present at Kimetto’s pace. Endogenous carbohydrate, protein and fat can all supply fuel for long runs. Training and typical diet play a large role on how much of each can be mobilized at different intensities. As with any training diet, all three macronutrients (carbohydrate, protein, and fat) should be included at every meal. Carbohydrates get the main focus because of their proven quick usability for energy.

There are techniques to train your body to use stored fat as a fuel source at higher intensities, but any fuel source adaptation work should be done well before race day.

For those fueling their races using a traditional carbohydrate-based method, start your pre-race fueling early with the following recommendations: Choose low fiber/residue and high carbohydrate foods first. To maximize your glycogen stores for race day, start slowly increasing your carbohydrate intake over the days before your race. Aim to double your carbohydrate intake for the last few days before your race. If you plan to walk/run the marathon, you won’t need to load up on carbohydrates to the same extent.

The morning of your race, don’t try any unfamiliar foods. Stick with those pre-run foods that are tried and true. At least 2g of carbohydrates per pound of body weight should be included in your pre-race meal and should still include a small amount of protein and healthy fat to stabilize blood sugar. One example may be a plain bagel or banana with peanut butter and a glass of juice or sports drink. Allow for 1-4 hours for digesting before your race and again the foods should be something you have tried before race day.

During the race, 30-60g of carbohydrates per hour can provide additional fuel and avoid running out of glycogen aka “hitting the wall”. Again, practice ahead of time to determine personal preference and GI tolerance. There are plenty of sports products out there from drinks, to gels, to chews. Some

runners even choose to create their own options like raisins, honey, or pretzels. Give it a last good kick at the end and enjoy your success as you breeze through the finish without a “wall” in sight. If you have another event or workout within the next 24 hours, don’t forget to start refueling your glycogen stores with a snack within 30min aiming for a 3:1 carbohydrate to protein ratio. This could be as simple as a glass of chocolate milk, but avoid the finish line beer as it will delay your recovery. Continue the refuel process with a snack/meal every 2 hours for the rest of the day or until your next event.

Hydration

As with fueling, no matter the distance, start hydration early. Practice good hydration everyday by aiming for your morning void to be pale to light yellow, no darker than half lemonade and half water. All fluids and water containing foods like fruits and vegetables count toward hydration.

The morning of your race, start 2-3 hours before by drinking 16-20oz of water. As you get closer to race time, the amount you drink should decrease. About 10-20 minutes before your race, drink 8oz of water. During your race, stay on top of hydration by drinking about 6-12 oz every 20 minutes or when a water station is available. For runs lasting less than 60 minutes, water alone is enough. For longer runs or if you are a salty sweater, you may benefit from some additional electrolytes. This could be with your carbohydrate fuel such as a sports drink or salted pretzels, or on its own such as salt tablets. Practice makes perfect for both fueling and hydration.

The overall hydration goal is not to replace all sweat losses, but to avoid >2% body weight loss over the event. That is more than a 3-pound loss for someone who weighs 150 pounds. At 2% dehydration, negative effects can be seen such as fatigue, light headedness, difficulty focusing, and muscle cramps. After your race, drink 20-24oz of water per pound of body weight lost. Include electrolytes like salt in your rehydration to help promote water retention. Remember that while celebrating after a race with alcohol may be festive, it also has a diuretic effect and more water will be needed to compensate.

The human body can do amazing things when we give it the support it needs. At the end of the day, the goal is to make the most of all your hard work training, do your best, have fun, and enjoy the wonderful sport of running. ■

This article is meant to give you a starting place for your race day fueling and hydration plan. Individual plans should be tailored to each runner’s needs and goals. Contact a sports dietitian to help put your next race day plan together.

[MERCHANT DISCOUNTS]



10%

Off Merchandise

Richmond

11341 W. Broad St.

Short Pump Station

804-955-4801

(cannot be combined with other promotions)

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



Nutrition & Fitness Services

10% Discount RRRC Members

Body Fat Analysis, Sport Nutrition, Weight Management, Corporate Seminars

Janice Shaheen, PT, CNC, CISSN

Facebook contact

JAS Nutrition & Fitness

janice@jasnutritionfit.com

804.840.8547

SWICH!O

BUY FROM WHO YOU KNOW

WWW.SWICH.IO

The endurance athlete's marketplace where you use your social network to find better deals. Pay no seller's fees until 12/31/17.

Register with promo code "RRRC"

As always, buying is always free!



10% Discount on Services

James River Physical Therapy

9019 Forest Hill Ave.

Richmond

330-0936

3SPORTS
ENDURE

10% Discount on Merchandise

2231 Old Brick Rd.
Glen Allen, VA (Short Pump)

288-4000x4



\$15.00 OFF Performance Testing

\$10.00 OFF Video Run Analysis

10% OFF

Merchandise in Shop (excludes bikes)

\$10.00 per Month Training

Center Community Membership
8910 Patterson Avenue • Richmond

741-1599



7SAMSON
High-Quality Christian Graphic Tees

Free shipping for RRRC members

Based in Chesterfield County

www.7samson.com



10% Off Video Running Gait Analysis

Professional analysis with consultation to understand and improve your running.

Jane B. Cash, MSPT, DPT &
Karen M. Myers, MS, PT

3413 Cox Road

Richmond, VA 23233

804-527-1460 • Fax 804-527-1463



10% Discount on Shoes and Apparel

3224 West Cary Street
Richmond

353-tenK

Muscle Mechanix
THERAPEUTIC MASSAGE

My Muscle Mechanix – Massage Therapy Like No Other

\$20 off of the first visit and 10% off all future visits for Road Runners members.

3122 W Cary St
Suite 220
Richmond, Va 23221

11091 Air Park Rd
Ashland, VA 23005
804-358-2256

www.MyMuscleMechanix.com

[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	6:30 PM	Libby Park	various	www.meetup.com
	Wednesday	6:30 PM	Carytown Panera	various	www.meetup.com
	Thursday	6:00 PM	Retreat Hospital ER side	various	www.meetup.com
	Saturday	8:30 AM	VITA Course	various	www.meetup.com
Black Girls Run	Monday	5:45 PM	Wells Fargo parking lot in White Oak	various	m.facebook.com/groups/bgrrichmond
	Tuesday	6:00 PM	Village Shopping Center	various	blackgirlsrunrva@gmail.com
	Saturday/Sunday	8:00 AM/2:30 PM	Great Shiplock Park/parking lot next to Rockwood Park	various/various	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

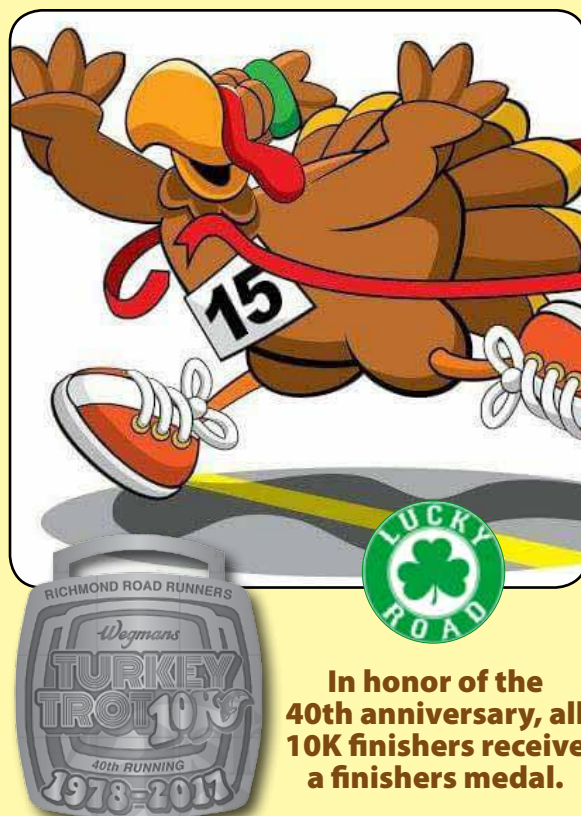
WEGMANS Turkey Trot 10k

Thursday, November 23rd
9:00 am – 12:00 pm
University of Richmond

It's here Richmond!! Registration is open for Wegmans Turkey Trot 10K at <https://runsignup.com/Race/VA/Richmond/WegmansTurkeyTrot10K>

Come out Thanksgiving morning to mark the **40th anniversary of Richmond's Turkey Trot 10K**. Join Richmond Road Runners Club and the race's new sponsor Wegmans for the 10K road race and a kids fun run in and around the University of Richmond.

This running in Richmond tradition regularly sells out its limit of 1,600 participants. Sign up early to guarantee your spot and get the best price (first 700 registrants @ \$25 for RRRC members or \$35 for non-members).



In honor of the 40th anniversary, all 10K finishers receive a finishers medal.



RRRC Toy Run 5K

presented by Primrose Schools of Richmond

Join the Richmond Road Runners Club for the **32nd Annual RRRC Toy Run 5K**, presented by Primrose Schools of Richmond and support the U.S. Marine Corps Reserve Toys for Tots Program for local children.

The Kids' Weeble Wooble Fun Run is free but you must register your child(ren). Toys or monetary donations from the Wobblers are welcome.

The Toy Run 5K is a RRRC Grand Prix race.

Sunday, December 10 • 1:00 – 4:00 pm
4901 Lake Brook Dr • Glen Allen

BRING A TOY AND RUN FOR FREE.

Celebrate this season of giving as we collect new unwrapped toys for USMC Reserve's Toys for Tots. RRRC members bring a new unwrapped \$15 toy or pay a \$15 race registration fee. Non-members bring a new unwrapped \$20 toy or pay a fee of \$20. You can also do both!

The November Project page 27



Foggy morning HELL YEAH.



Jack, Ja, Chris and Allie.



Squat it like it's hot.