

MILES & MINUTES

Publication of the Richmond Road Runners Club

November/December 2018 | Volume 41, Issue 3

She Ran 100 Miles

page 14





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

On December 8, 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 8 | 6:00PM | [SPORTSBACKERS.ORG](https://sportsbackers.org)



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

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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 & 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 & Minutes* are those of the author, and not necessarily those of the Richmond Road Runners Club.

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[EDITOR'S LETTER]



We find ourselves in fall once again, dancing with the changing leaves as they are whisked by the wind. As yet another year comes to a close, I bid adios to this role as editor. It's been a great time and I've gotten to know so many of you and your life stories. But with life changes, priorities shift as well and now I need to

focus on becoming a race director. And Dogspeed is really taking off, literally. It's hard to edit documents and have digital conversations with humans while you're running with canines.

So inside this, my final issue, there are all kinds of stories that showcase how awesome a little big running community we have here in Richmond, VA.

Kidney donation to a stranger.

Mindfulness while running will help you be in the present.

Kate running 100 miles on a high school track to raise money for her community.

Throughout the last two years we have each (hopefully) experienced growth in both our personal and professional lives. Hopefully your running is going well and you get to run the way you want to instead of the way you have to.

Hopefully you have found your passion and are living it every day.

You're about to embark on what might be your first 8k, half marathon or full marathon and that is so damn exciting! Maybe you found your love of running via that training for your race. Running will be there for you throughout all of life's ups and downs, even when the downs feel like you have hit the muck. It will help you fight addiction. It will help you put your anxiety in a pocket.

Running.

Go get yours.

And I'll see you at the finish line. ■

Crystal Koch | Editor

On the cover: Inspiration for Kate as she runs 100 miles on the Louisa High School track.



Richmond Road
Runners Club



@rvaroadrunners

[PRESIDENT'S MESSAGE]

Ahh, fall...



When the temperature comes down, the leaves explode into color and the humidity finally relents. It's my favorite time of year for running. After many sweltering days spent slogging it out in the summer, fall runs can be a thing of beauty. Suddenly there is a spring in

your step and your sports watch isn't playing tricks on you. You actually are faster.

For those of you who have spent the better part of the summer training for a fall race, all that hard work is about to pay off. Going to bed early for Saturday or Sunday morning long runs. Early morning runs to beat the heat (but not the humidity). The time away from your significant other/family and their sacrifice and "understanding" of why you need to do this. It all comes to fruition in the fall.

Here in Richmond, fall means the VCU Health 8K, the Markel Richmond Half Marathon and the Anthem Richmond Marathon. It also means the Wegmans Turkey Trot 10K, produced by RRRC. While you are out there pounding the pavement in any of these races, here are some amazing facts about running to think about and help pass the miles:

The world record for fastest marathon time was just set this September at the Berlin Marathon by Eliud Kipchoge at 2:01:39, but did you know that Shizo Kanakuri of Japan has the world record for slowest marathon? He started the Olympic Marathon in Stockholm, Sweden, in 1912 and didn't cross the finish line until 1967! That's right, it was 54 years, eight months, six days, eight hours, 32 minutes and 20.3 seconds in elapsed time after he set out on the marathon course at the 1912 Olympics that Kanakuri clocked in at the finish line of Stockholm's Olympic Stadium. (I'll let you the reader Google it to find out the whole story.)

I'd bet most everyone has seen the movie Forrest Gump. I'd also wager that, as a runner, you have also heard someone yell at you "Run Forrest, Run!" (insert eyeroll) We all remember the scene in the movie where he decided to "go for a little run," but did you know someone has actually done that run from the movie? British Runner Rob Pope did it this year. After watching and rewatching the running scene for

The world record for fastest marathon time was just set this September at the Berlin Marathon by Eliud Kipchoge at 2:01:39, but did you know that Shizo Kanakuri of Japan has the world record for slowest marathon? He started the Olympic Marathon in Stockholm, Sweden, in 1912 and didn't cross the finish line until 1967!

the movie at least 50 times, he set out on his own journey of 15,300 miles and running across the USA four times in four different stages across 420 days. He could have done it quicker, but not being a U.S. citizen he could only get a Visa for six months at a time and had to go back to Britain for a month in between each visa.

Do you have any idea what the longest race in the world is? Its 3,100 miles. In Queens, New York. ALL of it is in Queens, New York! Why, yes, it is a loop course. The Self Transcendence 3100 Mile Race is run on a .5478 mile flat loop around a sports field, playground, and high school in Jamaica, Queens, New York City. Starting at 6 a.m. on the third Sunday in June, runners have 52 days to complete it by averaging just under 60 miles a day. This year's winner, Vasu Duzhiy of St. Petersburg, Russia, finished in 44 days, 16 hours, 3 minutes and 53 seconds. By the way, it only takes 5,659 laps to complete the race.

Finally, the longest running streak in the world belongs to England's Ron Hill. The former Olympian ran at least a mile a day for 19,032 days, or 52 years and 39 days! Along the way he managed to win the 1970 Boston Marathon with a time of 2:10:30 and compete in the '64, '68 and '72 Olympics in the 10K and marathon. The streak started on December 21, 1964 and ended on January 28, 2017.

Makes the hitting the wall around mile 20 seem pretty manageable, doesn't it?

Best of luck on all your races and wherever running takes you! ■

Ralph Gibbs | *President*

The 8 Causes of All Running Injuries:

#6 – Unsound Running Form, Part 1

By George Lane, DPM, FACPSM, FACFAS



Running form is the movement pattern of how one runs. Unsound running form can put excessive stress on the musculoskeletal system, leading to injury.

Most of today's structured running programs incorporate strength and conditioning exercises in order to improve running mechanics

and reduce risk of running injury. It is important to realize that poor running form may be influenced to some degree by any of the other six possible general contributing factors to running injuries: sub-optimal running environment, underlying medical conditions, nutritional errors or deficiencies, improper footwear, musculoskeletal imbalances, and lifestyle habits. It is critical to consider these factors when running form is being evaluated, as one or more of these elements may need to be addressed in order to make the desired improvements in running form.

There is a school of thought that one's natural running form is biomechanically ideal for that individual, and that improvement in form will come automatically the more they run. Whether or not this is true may be irrelevant if one is running injury-free; however, if injuries are occurring that cannot be adequately managed by identifying and treating other potential causes, evaluating running form for ways to improve it should be considered.

A more proactive approach is to include running form analysis as part of the comprehensive evaluation of the injured



Fig. 1. Video analysis on a treadmill.

runner. Ideally, running form should be analyzed after the runner has recovered from the injury and has regained the ability to run with their customary form without a limp.

Simply observing a person run in real time can give important visual feedback regarding running form. However, much of the movement is occurring



Fig. 2. Video gait analysis on a runway.

too quickly to observe in this manner and there is no way to quantify what is being observed. The most common approach to evaluating running technique is with slow-motion video analysis, looking at the runner from the side, the back, the front, and from above, if possible.

Video analysis is typically performed either with the runner on a treadmill or running on a track or similar runway surface (figs 1&2). The advantages of treadmill evaluation are that multiple parameters can be precisely controlled, such as viewing angles, speed of movement, surface incline, and environmental conditions.

Longer periods of observation may also be done more easily on the treadmill. But there may be some disadvantages to treadmill video analysis: the treadmill may affect the gait of some runners due to the less natural running environment created by running on a machine, or if the runner feels awkward running on a treadmill due to unfamiliarity, or the runner cannot relax while focusing on staying centered on the treadmill.



Fig. 3. Initial foot-strike.

Video analysis allows running technique to be evaluated with still images at key points in the running gait cycle, such as initial foot strike, midstance, and toe-off (fig 3). Built-in measuring tools allow one to evaluate

key body and joint angles, alignment, range of motion, and symmetry between the left and right side. Time can be incorporated into the measurements to evaluate cadence of stride and timing asymmetries between left and right side, such as the amount of time each foot remains in contact with

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How far would you go?

My organ donation journey.

By Susan Dubuque

In November 2006, after I finished the 8K, I dashed home so I could watch the Richmond Marathon as the runners headed down Forest Hill Avenue. It was late in the race. The elite runners had long since crossed the finish line and I was mesmerized by the individuals out there on the course.

They were not 24 year olds, whip thin and 6'2" tall. In fact, they were older, shorter and heavier than I ever would have envisioned, and in some cases, physically challenged. (I would never refer to these fine athletes as physically disabled.)

I was surprised and delighted to realize that mortal humans – people just like me – could actually run a marathon.

I made the decision then and there that in 2007 I would run the full marathon – all 26.2 miles of it. (I also decided my husband would run it with me, but that is another story for another day.)

It didn't matter that I had never run further than 10 miles. That I'm only 5'2" with my shoes on. Or that I was 54 years old at the time. Somehow I figured my determination would overcome age, inexperience and even my short legs.



My (I'm in the middle) first day back, running with the Penguins Half-Marathon Training Team.

And I did it. In fact, I did it 10 times, the past eight years on Nutty Lynn's team!

My marathon experience is a perfect metaphor for my organ donation journey.

Last year I interviewed and wrote stories about organ transplant patients and donors at VCU Health Hume-Lee Transplant Center. Through that experience I discovered something very special. Everyday people are doing amazing things. They are saving lives.

Once again I felt inspired to act. But how far would I go to save a life? What would it take? What would I have to give up?

I did my homework and here is what I learned. My hospital stay would be two days. I would plan on taking two weeks off work and perhaps working at home a little longer. I was told the only limitations I would have are no running or lifting for six weeks.

Fast forward a few months. On July 10 I had surgery to donate my spare kidney. Here is a snapshot of what happened:

- The screening process was not easy. I had many, many health screenings. But I chose to look at it as the world's best physical evaluation. I now know I am in good shape.
- The surgery was a piece of cake. Operation on Tuesday. Home on Thursday. Off pain meds by Friday. And by Saturday I was walking all over the neighborhood and pulling weeds in the backyard.
- Of course there was one little hiccup. My GI system didn't get the memo that it was time to wake up after anesthesia, and I landed back in the hospital for a day and a half. My problem was quickly resolved and I was back on my way to feeling great in a matter of days.
- Exactly two weeks and two days following surgery, my doctor told me I was making a great recovery and he cleared me to start running again—with the caveat that I take it slowly. Since slow is the only way I can run, I was more than happy to comply.



2017 Richmond Marathon – getting ready for a great race with Lynn's team.

This weekend, less than three weeks from my surgery date, I joined the Penguins Half Marathon Training Team! I decided to do the half this November and then a full in February. Nothing ever felt as great as running those three miles!

My story isn't quite over yet. There is one more chapter to write; I have yet to meet my kidney recipient. All I know is that my spare organ now resides in a 59-year-old female. Once she has fully recovered, I hope to meet her.

Even if I never have the opportunity, I am still grateful to have good health and to be able to pay it forward. ■

Being a living organ donor is not for everyone. But if you are in good health and you're willing to go the distance to save a life, please contact me at sdubuque@ndp.agency. I will be with you every step of the way!

PATRICK HENRY HALF MARATHON

ASHLAND, VA • AUGUST 25, 2018



Chris Mason looks like he's being chased by Sandra Toro Byrd, right?



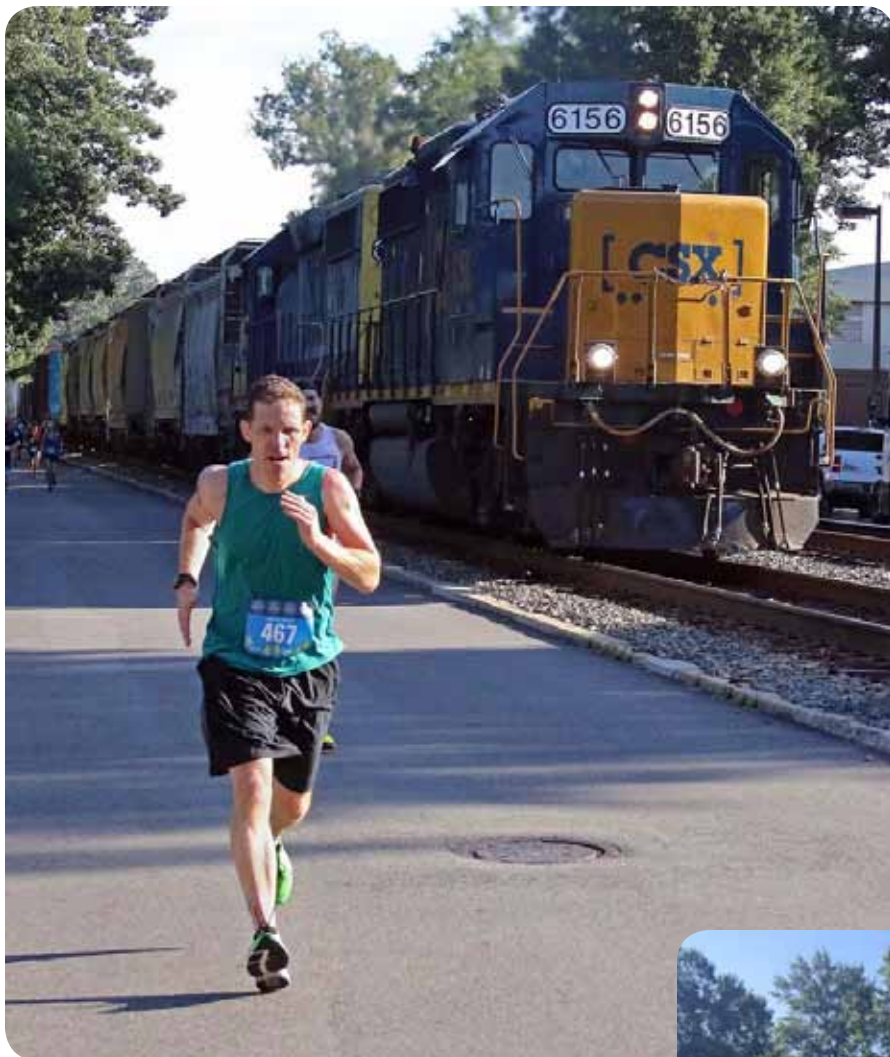
Pink! representing.



Debbie Goodpasture and Kerry Dixon show off their medals.



Maybe Melinda is afraid of all the corn.



Michael Forder kicking it home.



To see your individual times, go to
<https://www.rrrc.org/race-results>.



Kim Engleman says this was her best half marathon ever.

INAUGURAL GOVERNOR'S 5K

RICHMOND, VA • SEPTEMBER 23, 2018

Division	AG	Place	Name	Age	Time
M Open	1	1	Andrew Benfer	25	16:45.3
	2	2	Caleb Ocasio	30	18:18.4
	3	3	Andrew Mitchell	44	18:33.0
M Masters	1	5	Joshua Hochstein	41	19:01.7
M 1-9	1	85	Palmer Frazier	8	28:07.8
	2	94	Noah Vest	9	28:33.6
	3	245	Zade Pogue	8	40:13.2
	4	262	Landon Carter	7	44:26.3
	5	283	Charles Lane	9	50:08.9
M 10-14	1	4	Zachary Stevens	14	18:48.1
	2	8	Bowman Novey	13	19:29.1
	3	32	Alden Schindler	14	23:57.5
	4	53	Henry OHagan	12	26:02.7
	5	57	Matthew Valentine	11	26:16.8
	6	78	Andrew Eaton	13	27:52.1
	7	79	Rowan Mueller	12	27:52.9
	8	80	Charlie Riccardino	12	27:56.8
	9	89	Jackson Banning	12	28:16.0
	10	110	Brom Schindler	12	29:36.9
	11	141	Matthias Corbin	10	31:19.1
	12	264	Titus Corbin	12	44:57.9
	13	272	Ron Revell Jr.	12	46:36.8
	14	285	Colin Borders	10	50:19.3
	15	293	Adam Amir	12	51:13.3
M 15-19	1	47	John Fitzgerald	17	25:19.4

Division	AG	Place	Name	Age	Time
M 20-24	1	20	Edwin Leinbach	24	22:42.7
	2	29	Matthew Stasiunas	23	23:46.2
	3	139	Baxter Carter	23	31:15.9
	4	147	Taylor Welles	23	31:42.4
	5	240	Prabdeep Mathone	22	39:33.2
	6	251	Robert Halloran	24	41:34.6
M 25-29	1	6	John Scott	28	19:09.9
	2	10	Chris Morthland	27	19:57.4
	3	11	David McDevitt	29	19:59.8
	4	21	Benjamin Hermerding	26	22:45.6
	5	44	Ryan Lynch	27	24:49.6
	6	58	Timothy Amberman	28	26:18.1
	7	70	Wesley McLaughlin	26	27:21.4
	8	129	David Cary	28	30:42.2
	9	168	Jake Rubenstein	28	33:23.3
	10	180	Chase Sawyer	26	34:01.6
M 30-34	1	9	Aaron Bouche	31	19:52.2
	2	15	Chris Neighbors	34	20:58.2
	3	17	Jonathan Ward	30	21:59.3
	4	19	Jose Millan	30	22:33.9
	5	23	Robin Pyle	32	23:04.5
	6	72	Aaron Page	33	27:23.2
	7	216	James Walsh	33	36:56.8
	8	228	Antoine Craig	33	38:19.6
	9	258	Al Valiente	33	43:28.7
	10	324	Richard Tu	34	07:14.2



Virginia's Governor, Ralph Northam.

Division	AG	Place	Name	Age	Time
M 35-39	1	7	Lawrence Pearson	35	19:26.0
	2	31	Jonathan Lucier	37	23:55.5
	3	33	Chris Bast	36	24:00.8
	4	46	Crafton Wilkes	37	25:03.3
	5	51	Nathan Habel	35	25:50.3
	6	64	Kevin Willing	39	27:02.5
	7	81	Tony Wilkerson	37	27:58.5
	8	91	Joshua Valentine	39	28:19.7
	9	106	Andrew Kinch	36	29:20.8
	10	108	Chip Hogge	37	29:28.3
	11	148	William Mansell	37	31:52.5
	12	149	Matthew Griffin	37	31:53.2
	13	158	Zach Robbins	36	32:43.8
	14	164	Rodney Thomas	39	33:00.4
	15	191	Clark Mercer	38	34:55.5
	16	201	Eliot Soares de Souza	39	35:46.9
	17	246	Thomas Pogue	37	40:16.5
	18	266	Mark Binford	37	45:05.6

M 40-44	1	14	Benjamin Evans	40	20:45.8
	2	16	John Amoroso	41	21:52.4
	3	36	John M. Wilson	42	24:06.8
	4	48	Brett Andrews	41	25:39.7
	5	56	Stuart Curtin	40	26:11.0
	6	93	Umit Ozgur	44	28:32.5
	7	125	Aaron Steelman	44	30:32.3
	8	128	Robert Bohannon	40	30:35.8
	9	137	Brian Walker	40	31:09.4
	10	157	Gregory Milner	43	32:42.3
	11	234	Shane Stoddard	42	39:05.3
	12	260	Jamie Cosby	41	44:19.1
	13	265	C.D. Corbin	44	45:00.5
	14	274	Rick Schwartz	41	47:13.4
	15	278	Kenneth Chitty	44	49:27.5
	16	289	James Lane	40	50:37.8
	17	292	Abdul Amir	44	51:13.1
	18	311	Joel Fravel	40	59:49.7

M 45-49	1	12	James Towey	46	20:30.2
	2	24	Chris Hull	49	23:19.8
	3	68	Frederick Gerson	49	27:15.2
	4	75	Randy Sherrod	46	27:29.4
	5	76	Grant Neely	46	27:29.5
	6	84	Scott Waldo	47	28:07.6
	7	97	Morris Taylor	47	28:34.0
	8	119	Carlos Hopkins	47	30:12.0
	9	145	Marc Wiley	48	31:30.7
	10	194	Michael Gibson	49	35:01.1
	11	206	Michael Sloss	49	36:01.6
	12	248	Kevin Kramer	46	40:41.2
	13	282	David Prince	48	49:56.7
	14	305	Ron Revelle	47	58:46.5
	15	322	clark Brummett	47	05:02.0

M 50-54	1	13	Jim Oddono	51	20:41.2
	2	27	Andrew Davies	51	23:22.0
	3	34	John Schindler	50	24:02.2
	4	39	Jeff Jerabek	50	24:27.7
	5	49	James LaFratta	52	25:40.8
	6	52	Robert Vance	53	25:52.4
	7	54	Kevin O'Hagan	51	26:03.6
	8	77	James Banning	53	27:50.0
	9	104	Patrick Brown	53	29:13.1
	10	167	Mike Mucha	54	33:23.3
	11	223	Steve Marzolf	51	37:45.2
	12	242	Chris Arabia	54	39:43.4
	13	268	David Pearson	54	45:56.3
	14	276	Michael Fojtik	52	48:56.5
	15	312	Trenton Hizer	54	00:06.0

M 55-59	1	28	mike traveline	56	23:33.3
	2	37	Mark Cerny	58	24:08.9



Epic beard finishing the uphill climb to the finish.

Division	AG	Place	Name	Age	Time
M 55-59	3	42	Henry Witz	56	24:44.6
	4	50	Bruce Anderson	59	25:45.3
	5	73	Ronald Mitchell	59	27:24.4
	6	82	Patrick McLaughlin	58	28:01.0
	7	87	Dan Munson	57	28:14.2
	8	96	Greg Geoghegan	55	28:33.9
	9	122	David Timberline	55	30:25.9
	10	131	Marc Rondeau	57	30:49.3
	11	144	Ralph Northam	59	31:28.6
	12	162	Craig Lott	55	32:53.0
	13	173	John D. Lynch	59	33:37.6
	14	174	Joe Damico	55	33:40.8
	15	176	Frank Badillo	56	33:42.7
	16	177	Rohn Brown	57	33:47.4
	17	197	JK Stringer	55	35:30.3
	18	203	Leonardo Diaz	56	35:53.4
	19	214	Bill Miles	59	36:38.7
	20	224	Peter Calvert	58	37:45.3

M 60-64	1	43	Jim Riordan	64	24:46.4
	2	102	Don Morrison	61	28:50.4
	3	103	Gordon Jones	61	28:53.0
	4	105	Randall Miller	60	29:13.2
	5	121	Ron Yohai	63	30:18.8
	6	156	David Nigrelli	63	32:35.7
	7	179	Stephen Butler	60	33:48.7
	8	232	Jeffrey Luke	61	38:43.3
	9	244	Joseph Newman	63	40:09.8
	10	257	Michael Duke	63	43:17.2

M 65-69	1	151	John Landry	67	32:03.2
	2	152	Jerry Swiatoviak	68	32:03.3
	3	184	Charlie Conrad	67	34:23.2
	4	233	Roger Davidson	65	38:50.9
	5	237	Alexander Conrad	67	39:16.4

M 70-74	1	59	Dennis LaMountain	73	26:42.4
	2	124	Edward Paterek	71	30:29.7
	3	297	Robert Pruett	71	52:24.1

F Open	1	18	Em Stephens	28	22:14.7
	2	22	Pascale Anderson	51	23:03.8
	3	25	Laura Vozzella	52	23:20.7

F Masters	1	41	Arlene Rodriguez	49	24:31.7
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F 1-9	1	163	Reese Pearson	8	32:56.1
	2	267	Lila Binford	6	45:05.7
	3	310	Lillie Fravel	7	59:49.1

F 10-14	1	60	Clara Valentine	12	26:43.3
	2	115	Kaitlyn Revelle	10	30:01.5

INAUGURAL GOVERNOR'S 5K

RICHMOND, VA • SEPTEMBER 23, 2018

Division	AG	Place	Name	Age	Time
F 10-14	3	160	Jamie Rodriguez	11	32:49.1
	4	185	Clair Dickinson	14	34:26.6
	5	195	Lila Mitchell	10	35:07.8
	6	294	Vanya Shrivastava	11	52:06.9
F 15-19	1	146	Kamilah Revelle	18	31:37.7
	2	159	Sarah McLaughlin	16	32:45.3
	3	161	Jacqueline Rodriguez	19	32:50.3
	4	178	Abby Reasor	18	33:48.4
	5	275	Sophia Arabia	16	47:15.6
F 20-24	1	55	Kaitlin Jones	24	26:09.5
	2	67	Katharine Benfer	22	27:12.5
	3	92	Kaitlyn Jones	22	28:23.6
	4	100	Caroline Buscaglia	23	28:41.3
	5	109	Michelle Stanley	23	29:29.0
	6	150	Caroline Corl	24	31:56.6
	7	169	Lillie Mucha	21	33:25.3
	8	196	Rebecca Dooley	22	35:11.4
	9	207	Sadie Gary	23	36:07.4
	10	239	Priyanka Gunduboina	23	39:31.6
F 25-29	1	26	Sarah Blanchard	27	23:21.4
	2	30	Jackie Merrick	29	23:49.3
	3	61	Clarissa Pacheco	29	26:45.4
	4	117	Alexandria Brown	29	30:03.1
	5	132	Maribel Castaneda	28	30:56.9
	6	133	jamie maniscalco	28	30:59.0
	7	138	Mollie Brooks	28	31:13.2
	8	153	Caitlin Miller	26	32:06.8
	9	165	Danielle Crowley	25	33:05.7
	10	166	Laura Oganowski	26	33:14.6
	11	181	Lauren Sawyer	26	34:02.6
	12	186	Courtney Goodnight	27	34:30.6
	13	187	Trisha Kolesar	27	34:30.9
	14	192	Hayley Anderson	29	34:58.4
	15	212	Rebecca Van Huss	29	36:28.8
	16	229	Kiara Mann	27	38:19.8
	17	250	Angel Aymond	27	41:21.4

Division	AG	Place	Name	Age	Time
F 25-29	18	290	Christina Sincere	27	51:03.3
	19	315	Chelsea Neal	28	00:21.5
F 30-34	1	35	Jamiris Merritt	30	24:04.6
	2	38	Emily Russell	32	24:26.4
	3	40	Jamie Holubar	30	24:29.3
	4	66	Megan Valentine	34	27:04.7
	5	83	Brooke Jackson	31	28:05.3
	6	101	Elizabeth Hooper	34	28:42.2
	7	120	Christina Bird	30	30:14.3
	8	136	Meghan Townes	33	31:08.4
	9	140	Sarah Towell	34	31:16.3
	10	154	Carter Warren	32	32:19.8
	11	193	Ashley Wendt	31	34:59.7
	12	209	Kaitlyn Tu	32	36:17.7
	13	213	Jessica Killeen	33	36:35.7
	14	219	Lindsay LeGrand	31	37:01.1
	15	253	Melvon McCutcheon	31	42:18.8
	16	261	Amanda Carter	30	44:19.2
	17	317	Rachel Cloutier	33	00:52.3
F 35-39	1	63	Erin Bohannon	38	26:56.3
	2	86	Katie Frazier	36	28:08.3
	3	95	Anna Vest	38	28:33.7
	4	116	Kate Aliberti	36	30:02.1
	5	127	Sinead Lynch-Hall	35	30:34.3
	6	134	Andrea Vickery	35	31:04.0
	7	135	Jeanine Giles Larson	39	31:04.1
	8	143	Bethany Robinson	37	31:25.2
	9	202	Jessica Soares de Souza	38	35:49.0
	10	208	Lindsey Watson	35	36:08.4
	11	215	Tracy Williamson	36	36:47.2
	12	230	Debbie Roberts	39	38:24.2
	13	241	Bridget Prince	35	39:35.4
	14	270	Jennifer Howe	38	46:09.6
	15	277	Holly Raidabaugh	39	48:56.9
	16	325	Kristin Lough	36	07:18.8
F 40-44	1	71	Becky Baucom	42	27:22.2
	2	90	Charlotte Lee	42	28:18.3
	3	98	Margo Reyes	41	28:36.7
	4	114	Nancy Hsu	43	30:01.1
	5	170	Andrea Pearson	40	33:26.9
	6	188	Serra De Arment	40	34:31.8
	7	189	Janina Bognar	43	34:32.4
	8	200	Melissa Bingham Wolford	41	35:46.1
	9	204	Mary Zapata	44	35:53.8
	10	210	Jessica Mooney	42	36:26.6
	11	211	Gillian Baker	41	36:28.2
	12	220	Melodie Martin	42	37:04.1
	13	238	Chelsea Harnish	40	39:26.8
	14	279	Laura Chitty	41	49:28.2
	15	280	Clarissa Orange	43	49:55.1
	16	284	Suja Amir	43	50:13.2
	17	295	Sarika Shrivastava	41	52:15.5
F 45-49	1	45	Marybeth Ryan	45	24:55.0
	2	99	Cheri Taylor	47	28:36.8
	3	112	Elizabeth Westley	45	29:39.3
	4	130	Shelagh Young	49	30:44.6
	5	182	Erin Reasor	47	34:06.8
	6	183	Angela Mucha	49	34:10.4
	7	221	Stephanie Riccardino	45	37:20.3
	8	226	Kristi Phaup	46	37:51.7
	9	227	Monique Finneran	48	37:54.6
	10	235	Celeste Matney	49	39:05.8



Andrew Benfer, winner of the Governor's 5k.



Spiderman made an appearance for the kid's run.

Division	AG	Place	Name	Age	Time
F 45-49	11	247	Nicole Hunt	48	40:18.8
	12	269	Kimberly Jezek	49	45:58.4
	13	281	Lynn Clayton-Prince	49	49:55.9
	14	288	Ashley Borders	47	50:27.8
	15	299	Cheryl Zando	49	52:31.4
	16	304	Mari Julienne	47	58:25.4
	17	308	Kandra Brummett	49	58:55.3
	18	313	Kimberly Johnson	49	00:20.5
	19	323	Kimberly Brummett	48	05:02.2
F 50-54	1	65	Amy Garber	50	27:02.6
	2	107	Julie Jones	52	29:23.5
	3	111	Koren Schindler	50	29:37.5
	4	118	Kim Piner	53	30:09.3
	5	126	Maggie Geoghegan	53	30:34.1
	6	155	Holly Timberline	53	32:22.0
	7	171	Helen Dickinson	52	33:27.1
	8	175	Maria Damico	52	33:42.2
	9	205	Lisa Durish	50	36:01.3
	10	217	Kathy Martin	54	36:58.1
	11	222	Denise Payne	53	37:44.8
	12	225	Rebecca Vauter	50	37:47.5
	13	249	Patricia Stohr-Hunt	53	40:48.8
	14	252	Sherry Talley-Scott	53	42:13.9
	15	254	Lisa Scott	51	42:31.8
	16	255	Deborah Howe	52	43:11.2
	17	259	Annette Kelley	52	44:14.5
	18	273	Cynthia Cors	54	46:58.1
	19	286	Tracey Leverty	52	50:21.7
	20	291	Priscilla Bradie	54	51:03.5
	21	296	Tanya Pruett	50	52:23.8
	22	301	Liza Carpenter	51	53:44.2
	23	314	Michelle Hawkins	50	00:20.9
	24	316	Christine Maggard	54	00:49.2
	25	318	Brooke Rogers	54	00:54.9

Division	AG	Place	Name	Age	Time
F 50-54	26	319	Cynthia Jackson	52	01:21.8
	27	320	Cecelia Lewis	52	01:39.0
F 55-59	1	62	Linda Newman	56	26:46.8
	2	88	Susan Larsen	59	28:14.3
	3	123	Zehra Altug	55	30:29.2
	4	172	Virginia Sowers	55	33:35.7
	5	190	Wendy Fewster	55	34:39.9
	6	198	Gail Holstrom	55	35:31.9
	7	199	Patricia Charles	56	35:40.0
	8	287	Jennifer Bean	59	50:26.3
	9	300	Theresa Keefe	56	53:15.7
	10	321	Linda Jacobsen	55	01:40.4
F 60-64	1	113	Catherine Hooe	60	29:54.8
	2	142	Dawn Eberhard	64	31:23.4
	3	218	Tina Darling	63	37:00.1
	4	231	Barbara Mayer	60	38:28.4
	5	243	Alice Bare	63	39:58.2
	6	256	Debra Duke	60	43:16.5
	7	303	Kathy Graham	64	58:04.5
	8	306	Lillie Chandler	63	58:50.4
F 65-69	1	69	Linda Gulick	67	27:17.6
	2	74	Paula Davidson	65	27:29.0
	3	236	Yvonne Conrad	65	39:15.6
	4	263	Darcel Pertusati	67	44:57.1
	5	271	Emily Kelleher	67	46:12.2
	6	298	Annie Kasper	65	52:29.6
	7	302	Valerie Draeger	65	58:01.3
F 70-74	1	309	Judy Brummett	74	58:55.6
F 75-79	1	307	Kathleen Paterek	76	58:51.5



**Thursday, November 22, 2018
9:00 AM**

University of Richmond

*Registration stays open until
15 minutes before the race starts!*



**Toys for Tots 5k
Sunday, December 9, 2018**

**City Stadium
3201 Maplewood Ave
Richmond, Virginia**

1:00 pm

Events: Toy Run 5K, GOTR Toy Run 5K
and Family Fun Mile Run.

BRING A TOY AND RUN FOR FREE.

Bring a new unwrapped \$20 toy or
pay a \$20 race registration fee.

Bear Creek 10 Miler

**Sunday, December 2, 2018
9:00 AM**

Bear Creek Lake State Park

*Carpooling is necessary and strongly
encouraged. Registration closes for t-shirts,
same day registration is available.*



Good Run Research and Recreation,

a national consumer research firm based in
Richmond, is looking for people like you
to participate in their paid market research
studies. For more information check out
www.goodrunresearch.com or sign up today
at <https://goodrunresearch.com/superstars/>

Good Run Research and Recreation is excited
to be a bronze sponsor of the TRexRVA race. As
part of our mission to do as much good in the
community as possible, we are looking to collect
new and gently used adult-sized running shoes
to share with low-income populations in the
Richmond area. Bring your shoes and your smiles
to the TRexRVA race on Nov. 11.



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

2019 RRRC Featured Races and Events (All events subject to change—updated 10-15-18)

Dec 30	Start of GP Year	May 17	Senior Games 5k	Jul 15	Cul-de-Sac 5k #3
Jan 1	RRRC First Day 5k	May 18	Senior Games 10k	Jul ?	Summer Track Series
Jan 9	RRRC Club Meeting	May 18	Girls On The Run	Jul 27	Pony Pasture 5k
Jan 12	Meg's Mile 5k	May 19	Girls On the Run	Aug?	Summer Track Series
Jan 20	RRRC Frostbite 15k	May 26	Autism Society 5k	Aug 14	RRRC Club Meeting
Feb 17	RRRC Sweetheart 8k	May 26	RRRC Stratford Hills 10k	Aug 24	Patrick Henry Half
Feb 13	RRRC Club Meeting	Jun ?	RRRC FANTastic 1 Miler	Sep 11	RRRC Club Meeting
Feb ?	Shiver in the River	Jun ?	RVA Trail Day	Sep 22	RRRC Governor's Race
Mar 2	RRRC Runners Banquet	Jun 6	Global Running Day	Oct 9	RRRC Club Meeting
Mar 10	RRRC Huguenot 3 Miler	Jun ?	Summer Track Series	Oct 27	Poop Loop 4ish Miler
Mar 13	RRRC Club Meeting	Jun 12	RRRC Club Meeting	Nov 13	RRRC Club Meeting
Mar 23	SPCA Dog Jog 5k	Jun 17	Thanks Dad 5k	Nov 16	Richmond Marathon
Apr 10	RRRC Club Meeting	Jun ?	Summer Track Series	Nov ?	King William Turkey Trot
Apr 13	Monument Ave 10k	Jul 1	Cul-de-Sac 5k #1	Nov 28	RRRC Turkey Trot 10k
Apr 28	RRRC Carytown 10k	Jul ?	Summer Track Series	Dec 8	Bear Creek 10 Miler
May 4	ASK 5k	Jul 8	Cul-de-Sac 5k #2	Dec 11	RRRC Club Social
May 8	RRRC Club Meeting	Jul ?	Summer Track Series	Dec 15	Toy Run 5k
May 11	Holton Hustle 5k	Jul 10	RRRC Club Meeting	Dec 29	End of GP Year

- Race details and registration can be found [HERE](#).
- 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 [HERE](#). 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? Click [HERE](#).

Not running? Consider volunteering. Click [HERE](#).

Kate Fletcher

Louisa teacher runs 100 miles
on a high school track
to raise money for the community.

By Kit Forrest



When I joined up with her on a chilly April evening, Kate had already been circling the Louisa County High School track for about seven hours, or 34 miles. Her former student Roger Jackson was with her along with a couple of other athletically inclined well-wishers.

As we ran - every half hour or so walking a lap for a sports drink and half a 'Fletcher bar' made by the school's Culinary Arts students - the crowd on the track waxed and waned. Shortly after I joined in, the girl's volleyball team joined for a few laps. They drifted away and the cross country team came in along with their coach, fresh off the day's speed workout for another half hour or so. Coach Cutright stayed with Kate for a few laps, reviewing her fueling and pacing strategy, making sure she was stretching. Kate's daughter Sophie came with a couple of wonderful and enthusiastic dogs and a bunch of friends from the Richmond running community. Doug Fernandez was leaving as I arrived. Later Steve Yob joined us and then Frankie and Terri Gerloff came with fuel and encouragement before I left.

The mood was mellow. Kate's support staff was set up at one end of the track - volunteers making sure her Fletcher bars, Gatorade or whatever else she needed were available - keeping her phone charged and running the webcam. Kate's excitement and energy lit up the laid-back atmosphere every

time she came around, greeting and hugging new arrivals (human and canine) chatting with everyone who joined her on the track, looking sounding and acting completely unstoppable. I had to make myself stop running, my own training program at the time didn't have room for an impromptu Monday night ultra.

I was there for about an hour and a half. When I left, Kate was up to about 44 miles. Roger Jackson was there too, right at her side, offering support and company, well on his way through his first, second and most of a third marathon. Kate and Roger ran on through the night, occasionally joined by former students who benefited from scholarships through her efforts. She completed her 400th lap at 10:55 AM on April 10th, after just over 25 hours of running.

Louisa Leadership and Newspaper Program students used her epic effort to raise more than \$10,000 from local businesses for the Lion Pride Scholarship Fund and Louisa County Resource Council to make sure that the kids in the reduced- or free-lunch program - more than 40 percent of the student body - get enough to eat when school is not in session. Since then the GoFundMe page and documentary have raised an additional \$23,600 to date for scholarships. This year scholarships were awarded to ten Louisa County students to make sure the kids in the reduced or free-lunch program -

continued on page 16



GoFundMe film crew interviewing Lloyd Runnett, a Louisa community member.



Nieces Eliza and Julia Bonilla, Roger Jackson, and lots of cross country students.



Roger Jackson

more than 40 percent of the student body – get enough to eat when school is not in session.

The day was busy, too, with interviews for local news and a reporter down from the New York Times. The documentary camera crew was ever-present, capturing footage as the light changed, interviewing school officials, former students and teachers as Kate and her entourage continued running forever in the background.

This was not Kate's first time running ultra distances to support her students. In 2016 she ran 40 miles during the school day. In 2017 she upped her mileage to 50. This year's triple digit goal brought lots more attention and raised much more money. GoFundMe sent a crew to shoot a short documentary. She got a sponsorship for the event from Hoka. The national press sent reporters. She even made it into Runner's World.

Training consisted mostly of running - lots and lots of running - but not as much as you might think. She kicked off her training after a Boston-qualifying run of the Richmond Marathon. Her weekly mileage peaked at 97. There were a couple more 70+ weeks, but most were in the 50-60 mile range with some fallback weeks. Her secret to avoiding injury was lots and lots of strength and cross training which equates

to 3-5 hours a week of intense full-body gym workouts. There was no special diet, although she's been a vegetarian trending vegan for almost her whole life.

Kate is an accomplished runner - multiple marathons including several Boston qualifiers in the nine years since she took it up - but above and beyond that she is a passionate teacher and advocate for her students. Her passion shows when she goes out and runs around a track for 24+ hours and it shows even more when she talks about her students. ■



Kate with sister Emma Fletcher and nieces Eliza and Julia Bonilla.



Tenna Mason and Kate chat during the run.



Lap counting kept volunteers busy all night.



Kate runs with Coach Jerry Cutright, Roger Jackson and students.



Kate hugs daughter Sophie Pimpinella

If you would like to see the documentary made about her training and run, it is available:

<https://www.gofundme.com/lion-pride-scholarship>

There is also a wonderful podcast interview with Kate:

<https://rkeithcartwright.podbean.com/e/high-school-teacher-kate-fletcher-runs-100-miles-for-student-scholarships-episode-55>

Here's the Runner's World article from April 2017:

<https://www.runnersworld.com/news/a20852407/teacher-runs-50-miles-around-track-to-raise-money-for-her-students>



Kate never seemed lose her smile throughout the run

Mindful Running

By Anna Ryan

Mindfulness is a buzzword you may be somewhat familiar with. Maybe you have heard Oprah talking about it. Or maybe you have dismissed it as the latest New Age trend. Or maybe somebody you know has said it is something they practice.

Mindfulness comes from an ancient Buddhist practice where you learn to pay attention, purposely, in the present moment and not apply judgment to what you are experiencing. It encourages people to be more aware and seek greater clarity to what is actively happening to them.

We have a tendency to live outside of the present moment, worrying about things yet to come or things in the past we cannot change. Our brain ruminates in these areas meanwhile, you are missing the things actually happening to you. How many times have you driven home from work, lost in the thoughts and worries of the day? All of a sudden you find yourself at home with no recollection or memory of your journey.

This is the opposite of mindfulness.

A mindful journey home would notice the surroundings, take note of those things, and not judge them (e.g. not just yelling at the driver who cut you off). You would have experienced the ride home. Out of those two options, which seems less stressful?

Mindfulness was brought to the American mainstream by Jon Kabat-Zinn, who created the Center for Mindfulness at the University of Massachusetts Medical School. He had previously studied under Buddhist masters, but when creating the center he shifted the perspective away from Buddhist principles and created a more secular program focusing on awareness. In the 1970s he developed a Mindfulness-Based Stress Reduction program, which was an eight-week program designed (surprise!) to reduce stress. Zinn has continued to contribute studies to the scientific community, all which show mindfulness is great for reducing symptoms of anxiety, depression, and headaches.



So what the heck does this have to do with running?

One of the hardest parts of running can be the mental game you play. The pressure you put on yourself. One glance at your watch may launch you into an internal dialog where you start telling yourself, “I should be running faster,” “This feels hard, I can’t do it,” or “I can’t make it five more miles.” All of a sudden you’re spiraling out of control and you end up feeling frustrated or discouraged. Running mindfully trains you to stay in the moment and not let you start judging your run before it is over. It helps you conquer “the wall” so many runners talk about.

A common visualization in mindfulness is imagining your thoughts are like little leaves dropping onto a stream, and your goal is to let them drift away without placing an opinion or feeling on them. One of the greatest misconceptions surrounding mindfulness is that you should “not be having any thoughts.” But that’s impossible. The human brain is made to have thoughts, lots of them. But the pain is when we begin placing judgment or opinions on them.

Mindfulness is a buzzword you may be somewhat familiar with. Maybe you have heard Oprah talking about it. Or maybe you have dismissed it as the latest New Age trend. Or maybe somebody you know has said it is something they practice.

Let’s go back to the example of looking at your GPS watch. The frustration and anxiety did not stem from seeing what your pace/distance was. It was the second you started judging it as not good enough. Mindful running also trains you to be aware of your body, listening to your biological output and deciding where to go from here.

How can you learn to run mindfully?

Well, first thing is you have to ditch some of your technology! Goodbye music, GPS watch, and smartphone! This doesn’t mean forever, but as you’re training yourself, it helps to minimize things that will disrupt you from being present in the moment.

Your second goal is to stay present by focusing on your surroundings, gently gazing and just noticing things. If a thought pops into your head like “Oh! I need to go to the grocery store after this!”, then do not engage in the thought

(by making a grocery list) but let that thought go as if you are running by it. Honor your run by not interrupting it with thoughts of the future.

Third, you want to listen to your body, notice how you are breathing. Try to stay aware of your surroundings and aware of your breathing. If you are breathing too hard, you can ease back on the effort of your run. If your breathing is too easy then increase your effort. Run more from the feel of the run. Staying in this neutral mindful zone may also allow you to become more aware of things going on with your running, i.e. your posture, your technique, where you might be sore, etc.

Jon Kabat-Zinn famously said, “While it may be simple to practice mindfulness, it may not be easy.”

It takes training to get your brain into this stress-free zone. I personally practice it because I found myself getting fixated on negative thoughts while running. I would have the thought “this feels hard” or “I’m really tired” and quickly I would find myself escalating, getting upset, and wanting to stop running. It’s a bad space to get in, especially on race day. Now, if I find myself having those thoughts, it triggers me to do a mental inventory. I check in with my body parts: my feet, my knees, my legs, my hips, my breathing, my arms. It helps me to refocus and realize I do not feel as bad as my negative thoughts had indicated. I also will start to notice what’s around me and choose to notice and take in beautiful or interesting things.

Don Kardong is attributed as saying, “No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes.” I disagree with Mr. Kardong. We should choose to finish our races with our brain, rather than without it. ■

If you have more interest in the subject I recommend:

***Wherever You Go There You Are* by Jon Kabat-Zinn:**

<https://www.amazon.com/Wherever-You-There-Are-Mindfulness/dp/1401307787>

***Let Your Mind Run* by Deena Kastor:**

https://www.amazon.com/Let-Your-Mind-Run-Thinking/dp/1524760757/ref=sr_1_1?s=books&ie=UTF8&qid=1539535808&sr=1-1&keywords=let+you+r+mind+run&dpID=51lnhk-KY4L&preST=_SY291_BO1,204,203,200_QL40_&dpSrc=srch

[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.”*

Patrick Henry Half Marathon

Race Director: Michael George

Saturday, August 25, 2018

Michelle Avitable, Marit Bank, Jake Barger, Kevin Barger, Spencer Bissett, Amy Black, Janina Bognar, Jennie Burcham, Joel Cabot, Selina Celebre, Nancy Chen, Lisa Childress, Simone Clark, Sarah Curtis, Tyler Curtis, Jerome Daniel, Amanda Dickey, Pat Dorch, Dawn Eberhardt, Carrie Edwards, Rick English, Ken Faulkner, Dan Garipey, Mary Beth Hall, Faith Harris, Victoria Hauser, Anne Hudak, Sarah Hunt, Pam Hunter, Cindy Huratiak, John Hurley, Joy Jackson, Andrew Kauders, Virginia Kauders, Ed Kelleher, Stephen Kelley, Mary Ellen Kinser, Michael Kish, Crystal Koch, Harish Krishnakumar, Joyce Lacy, Gary Leader, Susie Leahy, Yeon Lee, Jennifer Levin, Lisa Lindsay, Karen Marsh, Glenn Melton, Courtney Meyer, Erin Michael, Kim Michaux, Kirk Millikan, Rob Monolo, Nadia Moore, Traci Munyan, Eric Nachman, Kaushik Narasimhan, Vyas Narasimhan, John Nelson, Meredyth Nelson, Curtis Newton, Frances Newton, Linda Newton, Steve Nolan, Megan Novak, Lance Olayvar, Terri Payne, Jennifer Perrin, Patti Pope, Kevin Purcell, Maria Quintas-Herron, Dexter Ramey, Catherine Reedy, Won Rinthalukay, Jim Riordan, Marisa Roe, Elaine Rondina, Elliott Rose, Joey Seidell, Kirtine Sigloh, Betsy Somerville, George Somerville, Rachel Southard, Susan Spence, Lisa Steinberg, Atharva Sumant, Russell Sumner, Dina Thibodeau, Sara Thompson, Alan Tobin, Guy Townsend, Dawn Walker, Anita Waters, Bert Waters, Bill Webb, Angela Williams, Rachel Williams, Jake Wiseman, Nikkia Young, Pam Hunter, Stephanie Troy



Susan Robinson, Nikkia Young and Ralph Gibbs chat before the Governor's Race.

Pole Green 5k

Saturday, September 1, 2018

Carl Cover, Michael Forder, John Leonard, Barbara Leonard, Allison May, Stephen Nolan, Daniel Qunnane, Jessica Reber, Amy Weiss, Julie Wilcox, Blair Wilcox

Governor's Race 5k

Race Director: Bill Kelly, Ralph Gibbs, Jr.

Sunday, September 23, 2018

Saman Aghalbrohim, Bill Anderson, Charles Beverage, Rhonda Bishter, Suzen Collins, D.B. Cooper, Greta Cusack, Robyn deSocio, Karen Dolecki, Emily Elliott, Pam Faulkner, Paige Fitzgerald, Mara George, Marcy George, Michael George, Christopher Giab, Michelle Gibbs, Sandra Gill, Mark Guzzi, Janice Hagan, Megan Healy, Gail Henderson, Patty Henson-Dacy, Robin Hill, Ed Kelleher, Killeen King, Sumi Lannuea, John Leonard, Mike Levins, Nina Marino, Karen Marsh, Glenn Melton, Kirk Millikan, Colleen Moore, Steven Nolan, Carol Norris, Megan Novak, Elizabeth Oakley, Amanda Pearson, Jennifer Perrin, Jessica Reber, Rosie Schutte, Margaret Shelton, Herv Sherd, Tracy Sikes, Chad Smith, David Trump, Alesya Vergara, Laura Verser, Martha Wright, Nikkia Young



Dave Trump and Herv Sherd at the Governor's Race.



Selina Celebre talked some of her students into coming out to help at the Patrick Henry Half Marathon and they had a blast!



Getting the water ready to throw at runners during the Patrick Henry Half Marathon.

Foot Notes

continued from page 3

the ground. Distances such as left and right stride lengths can be measured and compared.

Additional methods for gait analysis in advanced gait labs may include the use of force plates and accelerometers (fig 4). Force plates measure the ground reaction forces created when



Fig. 4. Angle measurement.

one steps over them. A force plate is typically incorporated directly under the floor surface in a small area one is directed to run over, although there are also treadmills that have force plates embedded under the tread. The force plate can very precisely measure and record the magnitude, direction, location, and timing of the pressure and force created by the foot as it moves over the device. Accelerometers are small devices attached to the body parts being evaluated and can precisely determine and quantify motion patterns.

The use of video analysis, force plates, and accelerometers can provide meaningful data that can help determine potential flaws in running form that are contributing to an injury. These studies can be repeated after a period of time and

compared to the initial findings to determine if measurable improvements have occurred.

It is important for the study information to be evaluated by someone with expertise in the application of these technologies, and who has a strong understanding of the biomechanics of running, the ability to perform a comprehensive biomechanical examination of the runner, and the ability to combine this information to determine the appropriate treatment protocols to improve the individual's running form. This typically requires the expertise of a university sports performance gait lab or a highly specialized physical therapist or other sports medicine professional. ■

Dr. George Lane has gone from 18 years of an office-based podiatry practice to start a mobile custom orthotic business, providing high-performance custom foot orthotics to the greater Richmond area. For a free phone consultation, call 804-464-3299, or visit www.superiorfootsupports.com.



Fig. 5. Runner approaching a force plate.

[MERCHANT DISCOUNTS]

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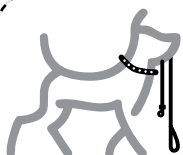
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[GROUP RUNS]

Name	Day of the Week	Time	Location	Pace	Contact
Road Runner Running Store	Monday	7:00 PM	3002 W Cary Street	various	www.facebook.com/groups/121866424617026
Fleet Feet	Tuesday	6:00 PM	5600 Patterson	various	www.facebook.com/fleetfeetsportsrichmond/?fref=ts
Team Wednesday Night	Wednesday	6:15 PM	First Baptist Church on Monument at Blvd	various	www.facebook.com/twnfanrun?fref=ts
Lucky Road	Thursday	6:00 PM	Willow Lawn Shopping Center, #838	various	
Monthly Trail Run	1st Saturday/Sunday of every month	8:00 AM	Pumphouse Lot	various	*well publicized beforehand
Team ESTRA-Gen	3rd Saturday/Sunday of every month	8:00 AM	rotate between Reedy Creek, Pumphouse and Ancarrow's Landing	various	*well publicized beforehand
Richmond Running and Social Group via meetup.com	Monday Wednesday Thursday Saturday	6:30 PM 6:30 PM 6:00 PM 8:30 AM	Libby Park Carytown Panera Retreat Hospital ER side VITA Course	various various various various	www.meetup.com www.meetup.com www.meetup.com www.meetup.com
Black Girls Run	Monday Tuesday Saturday Sunday	5:45 PM 6:00 PM 8:00 AM 2:30 PM	Wells Fargo parking lot in White Oak Village Shopping Center Great Shiplock Park parking lot next to Rockwood Park	various various various various	m.facebook.com/groups/bgrrichmond blackgirlsrunrva@gmail.com www.blackgirlsrun.com
Morning workout group	daily	6:00 AM	varies	various	www.facebook.com/MorningWorkoutGroup?fref=ts
Midlo Mafia	daily	5:30 AM/ 6:00 AM	Midlothian YMCA	various	www.facebook.com/groups
Shadygrove Runners	Monday, Tuesday, Thursday	5:45 AM	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



Now is the time to schedule your financial review.

When you stop to think about what's happened in the past year, it's easy to realize how quickly things can change.

That's why we believe that meeting at least annually is the best way we can help you stay on track to meet your goals. We'll discuss any changes in your life as well as how the market may have impacted your strategies. Then we can help you decide if you should revise your investments. We'll walk you through a process designed to help you:

Review your savings and spending to determine if any adjustments are needed

Take advantage of tax savings by considering rebalancing or converting to a Roth IRA

Evaluate your overall investment strategy to review asset allocation and diversification

Consider your estate to confirm beneficiary designations and evaluate your current life insurance needs

Even if you find you don't need to make changes, it's still important to evaluate your financial strategies on a regular basis to help ensure they're still on track with your goals.

Call today to schedule your personal financial review.

Call or visit any of our financial advisors in the metro Richmond area. To find an Edward Jones office near you, call 1-800-EDJONES or visit edwardjones.com.

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