

# MILES & MINUTES

Publication of the Richmond Road Runners Club

Fourth Quarter 2019 | Volume 42, Issue 3

## Richmond Runner's World Record

*page 11*





A lot can change in a year.

What's important to you may change as you travel through life - even within a year. That's why we believe that meeting regularly is the best way to review your goals and progress to help you stay on track. We'll discuss life changes, as well as how the market may have impacted your strategies.

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**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](mailto:milesandminutes@rrrc.org). Please keep article submissions to under 1,000 words. *Miles & Minutes* is distributed quarterly.

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



Richmond Road Runners Club



@rvaroadrunners

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**On the cover:** RRRC's Kirk Millikan poses with his official Guinness World Records certificate for running the fastest marathon while wearing a full and original lederhosen outfit. On Sept. 29, 2019, Millikan completed the Berlin Marathon in 3:15:10 while wearing lederhosen throughout the whole race.. *Photo courtesy of Kirk Millikan*

## [ EDITOR'S LETTER ]



As we prepare to close out 2019, take a moment to reflect on your year. It's no secret running is tough physically, mentally, and emotionally. Sometimes you exceed all goals and expectations, but other times you come up a little (or a lot) short. For me, this year has become a rebuilding year as I work my way back from a plantar

fasciitis injury. Recovery is a humbling experience, especially when your new maximum is about 20 percent shorter and slower than your former "normal." During the last few months in particular, I've found that reviewing my past performances can help identify my running strengths and weaknesses that could lead to ideas on how to improve. So, before you head into a new year, ask yourself: How often did you run this year? How far? How fast? Did you feel good on your runs? If you did specific run workouts, what were they? What was their purpose? How did they go? Did you do any strength or cross-training to supplement your run training? Not every workout, run, or race is going to be great (or even enjoyable), and that's okay. The hope, though, is that the trend is in the right direction. Congratulations on all you've accomplished this year, and best wishes for happy running in 2020! ■

Mark O'Brien | Editor

## [ VOLUNTEERS ]

**Volunteers – we love you!** *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 Invitational

**September 28, 2019 • (Club Contract Race)**

David Appelt, Charles Bowles, Pam Cooper, Angela Dreyfuss, Ralph Gibbs, Jon Gonzales, Bill Kelly, Mike Levins, Jennifer McAdoo, Stephen Nolan, Dave Richardson, Dave Trump

### St. Edward-Epiphany Catholic School 5K & Fun Run

**October 5, 2019 • (Club Contract Race)**

Kevin Bruny, Elaine Casper, Pat Dorch, Michael George, Mike Gholson, Nancy Jakubec, Steven Lerner, Mike Levins, Jennifer Perrin

# [ PRESIDENT'S MESSAGE ]

## So who wants to help set a Guinness World Record?



Last year RRRC held the first-ever #TREXRVA at Dorey Park in Henrico County. Our free event was the brainchild of Rebecca Randolph and yours truly as a way to blow off steam and have fun after the long hours of training for and running in the events of the Richmond Marathon weekend. We had approximately 70 T-Rexes show up for a 1/3 mile

(downhill) dashes on a spur of the Capital Trail, line dancing, and taking over a playground – all while wearing inflatable T-Rex suits.

What a blast! So much joy, laughter, fun, and sense of community!

Well, we are doing it again this year at 3:00 p.m. on November 17th at Dorey Park. This year we are trying to go one better and set a Guinness World Record in the category of “Largest gathering of people dressed as dinosaurs.” The current record of 252 was set in January of this year in Los Angeles and **requires** all participants that will be counted for the record to be in an **inflatable, full-body dinosaur costume that covers your entire body.**

Pretty sure the Beast Coast can show the West Coast how it is done and bring a huge terror of T-Rex and once again roam the Earth (or at least Dorey Park)!

### So, what do we need you to do to achieve this?

- Sign up at <https://runsignup.com/richmondtrexrun>
- Go **Amazon.com** and order an **inflatable full-body dinosaur costume**. The price is about \$50, but since this is a free event, that helps to pay for it. Plus, take my word for it, this will NOT be the only time you ever wear it. It is that fun!
- **Tell all your friends!**
- Show up
- Have fun
- **Set a Guinness World Record**

That's it! We'll do the rest. Soon we will receive instructions from Guinness on how to document this amazing event to procure the record.

Whether you participate in this event or not, make sure you have fun when you run. If you are not, then you are doing it wrong! ■

**Ralph Gibbs** | *President*





## The 8 Causes of ALL Runners' Injuries and How to Avoid Them: 7 – Musculoskeletal Imbalances

By George Lane, DPM, FACPSM, FACFAS



Flaws in running technique, as discussed in the past three installments of Miles and Minutes, are a major possible cause of running injuries. This ties in with the current discussion, as one of the major possible contributors to flaws in running technique is musculoskeletal imbalances.

There are two general types of musculoskeletal imbalances, both with the potential to cause or contribute to running injuries: functional imbalances and structural imbalances. Functional imbalances have the potential to be corrected with physical therapy or other non-surgical modalities, whereas structural imbalances require either the use of supportive devices such as bracing, orthotics, or lifts in the shoes, or surgical correction.

According to Jay DiCharry, MPT, SCE, an expert on identifying and treating functional imbalances in runners, in order to run as a mobile, strong, and stable “spring,” the body must have: enough mobility to get the leg behind you in stance phase of gait; stability of the core, hips, and foot to maintain posture and optimize the transfer of energy; and, adequate strength and power from the gluteus muscle to drive the body up and forward.



**Fig. 1. Hip drop**

Functional imbalances include muscular weaknesses and joint restrictions, which result in bodily instabilities and, ultimately, injury. Muscular weaknesses, such as weak gluteus medius musculature, often cause a “hip drop” during running gait (Fig. 1). Weak core musculature often causes a forward pelvic tilt (Fig. 2). Functional joint restrictions are caused by



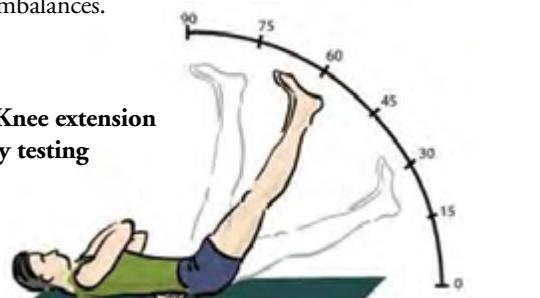
tight ligaments, tendons, and musculature restricting one or more key joint movements, including big toe dorsiflexion (upwards, often due to instability of the foot), ankle dorsiflexion (upwards, often due to tight calves), hip extension (backwards, often due to tight hip flexors), and



**Fig. 2. Anterior pelvic tilt**

knee extension (straightening, often due to tight hamstrings) during key phases of the running gait (Fig. 3). In some cases, these structures are too stiff, short, or tight to be corrected with physical therapy such that surgical intervention may be required to resolve the issues, thus re-categorizing these as structural imbalances.

**Fig. 3. Knee extension mobility testing**



*continued on page 4*



**Fig. 4. One leg shorter than the other**



**Fig. 5. Genu Varum ("bow legs")**



**Normal knee**

**Osteoarthritic knee**

**Fig. 6.**

**Fig. 7. Heel lift (to balance a mild difference in leg lengths)**



**Fig. 8. Custom foot orthotics (to re-align structurally unstable foot)**

Examples of the causes of functional imbalances may include general inactivity, extensive time in a seated position, regular use of high-heeled shoes, and other activities in our daily lives that we take for granted. These situations can lead to weakening of musculature and tightening or shortening of muscles, tendons, and ligaments around joints.

Treatment for functional imbalances requires first identifying the specific deficit(s) and then using techniques targeting the problematic function. This may include a number of possible approaches depending upon the nature of the deficit(s), such as targeted stretching or strengthening exercises, manual techniques of muscle and joint manipulation, or other therapeutic modalities. Often, this will be best managed by a physical therapist, chiropractor, or physician specializing in sports medicine. Treatment for these conditions typically requires daily exercises, taking weeks to months to resolve with the possible requirement for continuation of these exercises on a long-term basis to maintain correction.

Examples of structural imbalances include shorter or abnormally angulated bones or joints on one or both sides, including the pelvis, hips, legs, knees, ankles, and feet (Figs. 4, 5), and permanently damaged bones, joints, tendons, ligaments, or muscles (Fig. 6). The majority of structural imbalances are mild to moderate and can be managed non-surgically with devices such as lifts, arch supports, or foot orthotics in shoes or joint bracing (Figs. 7, 8).

*continued on page 6*





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## [ FOOT NOTES ]



An ilizarov, circular fixator used to stabilize and lengthen the tibia



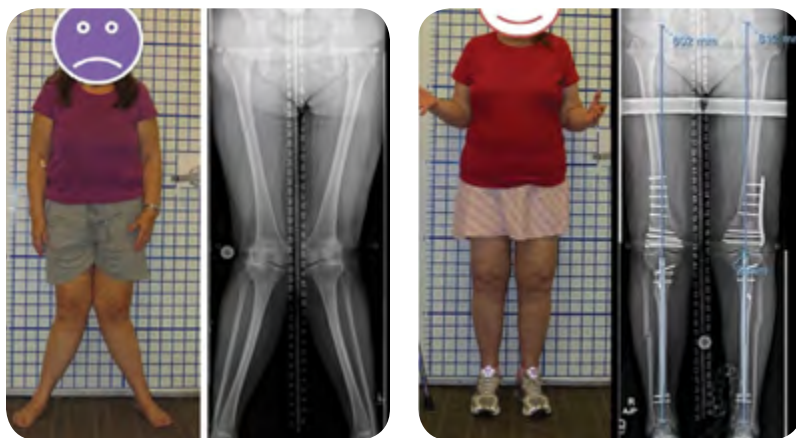
Small wires and pins fix the bone to the frame until healing occurs

**Fig. 9. External fixator using callus distraction technique to surgically lengthen the tibia and fibula bones of a significantly shorter left leg**

Moderate to severe structural imbalances may require surgery. I would recommend seeking consultation with a reputable surgeon experienced in working with runners and treating the specific structural imbalance(s) you are dealing with. Surgical procedures for structural imbalances could involve surgery to correct misaligned bones, repair damaged joints, lengthen tendons, loosen or tighten ligaments, and other procedures, depending on the specific structure(s) involved (Figs. 9, 10). In some cases, the structural damage may be too severe to allow a return to running. Recovery from surgical procedures with return to running often takes months, with months of physical therapy required post-operatively.

For excellent in-depth discussions on how to identify and correct specific functional musculoskeletal imbalances, I recommend the following publications:

1. *Anatomy for Runners: Unlocking Your Athletic Potential for Health, Speed, and Injury Prevention*. 2012. By Jay Dicharry  
<https://www.amazon.com/Anatomy-Runners-Unlocking-Potential-Prevention/dp/1620871599>
2. *Strength and Conditioning for Endurance Running*. 2015. By Richard Blagrove  
<https://www.amazon.com/Strength-Conditioning-Endurance-Running-Blagrove-ebook/dp/B010KNDZ44>



**Fig. 10. Surgical correction of severe genu valgum (“knock knees”)**

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# Meet The 2019 COLLEGE SCHOLARSHIP Recipients

*Congratulations to Mohini Johri, Virginia Kauders, and Dylan Moore, who each received a \$2,000 scholarship through the RRRC College Scholarship program. These Class of 2019 high school athletes were awarded for their contributions to the running community and to support them in their future efforts to promote running as a physically and mentally healthy lifestyle. Thank you to all those who participated in this year's Pony Pasture 5K, the profits from which support the scholarship program. Also, thank you to the 69 donors who contributed an additional \$1,592 to the scholarship fund. A special thanks goes to Kirk Millikan, who managed the scholarship program this year.*

## MOHINI JOHRI

**High School:** Collegiate School

**College:** Duke University

Involvement: captain of the varsity cross country, indoor track, and outdoor track teams; named All-LIS at the 2018 LIS Cross Country Championship; volunteer with Sportable since 2013.

From her reference: "Mohini is beyond a doubt one of the single greatest leaders that any team I have ever coached has had. She radiates a love for the sport of distance running,



which she shares with everyone around her. In addition to her own running she motivates others to run on the weekends, enter weekend invitationals, and has promoted the sport of distance running within our school community. No one has recruited more classmates to join the distance program than Mohini."

In her own words: "My running inspiration comes from the athletes that I volunteered with during my time training for the Monument Avenue 10K with Sportable. Every Saturday morning in the weeks leading up to the 10K, I would walk or run with different athletes and listen to their goals and

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## 2019 College Scholarships

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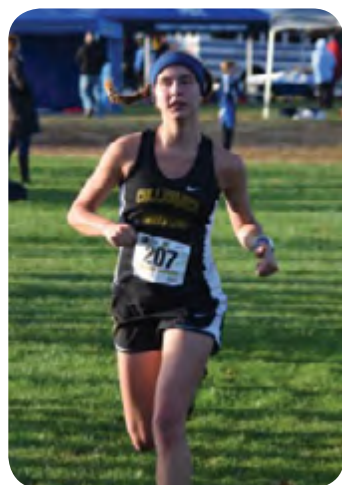


stories, and I left training feeling inspired and determined to make the most out of the running opportunities given to me. Everyone who's part of this organization truly inspired me to not only be diligent about my training but also to give back to this sport, whether through volunteering or performing my duties as a captain of my track and cross country teams in high school thoroughly and diligently. One of the biggest reasons I run is because I love the community built around this sport, and I know that will never change."

### VIRGINIA KAUDERS

**High School: Collegiate School**

**College: Washington & Lee University**



**Involvement:** captain of the varsity cross country, indoor track, and outdoor track teams; Team Award and Unsung Senior Award for indoor track; volunteer for Winter Marathon Training Team and the Richmond Marathon.

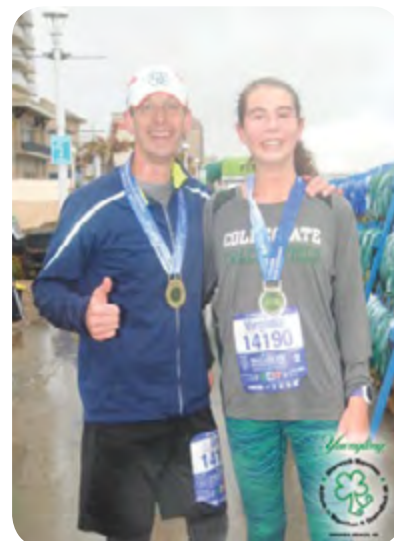
**From her reference:** "Virginia has always been one of the go-to



girls on the team, when another runner, young or old, needs someone to talk to. Her caring nature and enthusiasm for the sport have helped many a downtrodden or discouraged runner keep going when the path looked difficult. Her attention to her teammates and her positivity have probably helped more runners overcome obstacles and finish the workout or race than anyone on our team. She truly loves running and love sharing that passion with others."

In her own words: "When I found out I was selected for the scholarship,

I was really excited. I know there are a lot of other talented and involved runners in Richmond, so it was a huge honor to be chosen, and it means a lot to me, that my hard work and commitment were recognized. Also, my parents, my dad especially,





have helped fuel my love for running so much, so it feels good to be able to take some of the pressure off of my parents with college costs. I want RRRC members to know that I am trying to run a half marathon in every state (I have run 8 in 4 states so far) and that I will be running my first marathon (Richmond!) in the fall.”

## DYLAN MOORE

**High School: Cosby High School**

**College: The University of Virginia**



Involvement: captain of the varsity indoor track, outdoor track, and cross country teams, leading team to a high VHSL 6A Regional and State finish; organized Captain's Runs to motivate the cross country team and train the junior varsity team on running form and racing strategies; frequent volunteer at community races.

From his recommendation: “I have coached Dylan in track and field for the past four years. During this time, I have



witnessed tremendous growth and development in him. Dylan is a dedicated and hard-working young man, both in the classroom and on the track. He has a strong work ethic and is a team leader. Dylan has consistently demonstrated commitment and dedication to our team by helping out whenever and wherever he is needed. All of these qualities will help him become very successful in life.”

In his own words: “I’m very honored that RRRC chose to recognize my running in such a special way. My running inspiration comes from my Cosby cross country and track coaches. I always took their advice to heart and understood the expectations they had for my training. I never wanted to let them down, which pushed me to give my all each and every race, no matter the conditions or how I felt on any given day. I truly appreciate the tight-knit nature of the running community and my former Cosby Titan team. Running has been a great outlet for me that provided a balance to the heavy workload of school. I certainly plan to continue running during my time at UVA.” ■





Photo courtesy of Kirk Millikan

Taco 'bout a good time! Kirk Millikan shows off his taco marathon costume at the 2018 Austin Marathon.



# An Octoberfest to Remember:

## The Story of How a Richmonder Set a World Marathon Record Wearing Lederhosen

By Kirk Millikan

**A**s my GPS watch ticked closer and closer to twenty-six miles, I knew that I was close. I looked up and there it was, the street sign I had been waiting for: Unter den Linden. Literally “Under the Lime Trees,” the street beautifully carves through one of the most popular parts of Berlin. Turning left, the famed Brandenburg Gate was in sight, and just beyond that, the finish line of the Berlin Marathon. Several minutes under the previous record time, I could breathe a sigh of relief, smile, and enjoy these last few blocks in the soaking late-September rain. A Guinness World Record would be mine.

It all started back in 2015 with a trip to Madison, Wisconsin. I was visiting a friend during a long weekend, and I planned my trip to line up with the Madison Marathon. The marathon was a few days after Halloween, and I figured why not run a marathon in Wisconsin in a cheese costume? Before leaving Richmond, I headed to the closest Halloween costume store to see if I could find the perfect cheese costume. It turns out that a block of cheese is not a popular costume, but what I did find was a taco costume. From a quick once-over it seemed like I would be able to run in it without too much impediment, and I was soon out the door with my new, unconventional running attire.

When I made it to Wisconsin, my friend thought the idea of running a marathon dressed as a taco was rather ridiculous. A funny idea, but still ridiculous. I went for it, and I loved every minute. It turned out that many people cheered for a guy dressed as a taco, and seeing a taco run by brought smiles to many faces.

Back in Richmond, I told a few running buddies about my taco marathon exploits, and one jokingly asked if I knew what the world record was for running a marathon dressed as a taco. I was shocked that such a record could even exist, but lo and behold, a record did indeed exist for the



**Kirk Millikan finished the Berlin Marathon in 3:15:10, setting a new world record for the fastest marathon run on genuine lederhosen.**

fastest marathon dressed as a fast food item (which would include tacos). That record time seemed out of reach, so I continued taco running and put a record attempt in the back of my mind. That is, until I got a lottery entry into the 2019 Berlin Marathon.

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## An Oktoberfest to Remember

*continued from page 11*

Guinness World Records is an official sponsor of the Berlin Marathon, and when I realized this soon after getting an entry into the race, I knew what I had to do: Achieve a new record in all of my taco costume's glory, of course! Well, the time for the fastest marathon dressed as a fast food item had lowered even more since 2015, so that record was unfortunately out of reach.

I browsed existing records for various costumes, and I soon settled on running in lederhosen. It checked all of the boxes – a new record was achievable based on my personal best time and the costume could fit in my carry-on luggage. I guess I only had two boxes that required checking, but nonetheless, they were checked. As an added bonus with lederhosen, I could make timely use out of it after the marathon by wearing it in Munich at the official Oktoberfest celebration. I coordinated the record attempt with Guinness World Records, and I was all set for the Berlin Marathon.

I did a few short practice runs around Richmond in the lederhosen to get a feel for the full attire, which for an official record attempt included knee socks, traditional leather lederhosen, a white long-sleeved button-down shirt, and a traditional hat. Needless to say, I got more than a few confused stares as I made my way up and down Monument Avenue on my practice runs. Before I knew it, I was off to Germany with my lederhosen in tow.

Race morning was brisk and dry, and I hoped the conditions would stay reasonable for running over twenty six miles in lederhosen. With over 40,000 participants, it can be easy to remain anonymous throughout the Berlin Marathon. That is, if you look like everyone else in typical running clothes. The guy in lederhosen, however, stuck out. I squeezed my way into my starting corral and soon I was off on a lederhosen adventure through the streets of Berlin.

Miles soon began to fade behind me one by one. Water stops came and went without much fanfare, even with the massive flock of marathoners continuously around me. A few weird glances greeted me from the throngs of cheerers on the sidelines, but those were outnumbered by shouts of "lederhosen!" that I couldn't help but return with a smile and a wave.

After about an hour on the course, a soft drizzle began to fall and it only got heavier as the race continued. The leather in the lederhosen soaked up the rain like a sponge, and gusts of wind encouraged my hat to spread its wings and fly.



Kirk Millikan's inspiration for running in lederhosen goes back to running this taco costume in the 2015 Madison Marathon.

Photo courtesy of Kirk Millikan

Despite these challenges, I tried to stay focused on the task at hand – keeping pace and making it to the next mental checkpoint every five kilometers (the course was marked in kilometers and not miles since I was in Germany after all).

Twenty kilometers. Next, the halfway mark. Then signs for twenty-five, thirty, and thirty-five kilometers. I kept moving forward and kept reminding myself to smile and enjoy this incredible opportunity. Although the course was now engulfed in unavoidable puddles, I was almost done. After that one final turn onto Unter den Linden, I passed through the Brandenburg Gate and crossed the finish line of the Berlin Marathon. Checking my watch, I had beaten the previous Guinness World Record for the fastest marathon wearing lederhosen by over five minutes.

Records are made to be broken, and I know I won't hold this obscure world record forever. Nonetheless, I am ecstatic how the race turned out, and I am proud to hold a Guinness World Record. Lederhosen practice runs down Monument Avenue may be a thing of the past, but perhaps I'll bring out the lederhosen at a Richmond race for a victory lap. ■

*Editor's Note: visit the official Guinness World Record page for Kirk's record at [guinnessworldrecords.com/world-records/112585-fastest-marathon-wearing-lederhosen/](https://guinnessworldrecords.com/world-records/112585-fastest-marathon-wearing-lederhosen/)*



# From the Archives

By Victoria Hauser

This summer, while attending the first RRRC meeting in the new digs (and my first meeting ever!), it was mentioned that a trove of old issues of *Miles & Minutes* had been discovered during the move (or maybe someone just noticed there were extra boxes to load onto the truck). As someone who loves ephemera and appreciates the club's history, I decided to peruse the newsletters. Many thanks to Glenn Melton for meeting me to hand off the boxes!

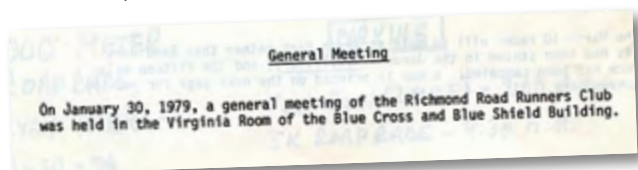
With bankers boxes, old photocopies and random notes covering my dining room table, I learned a lot about the Richmond running scene in the late 1970s and early 1980s. What an exciting time, long before I was born for sure! (Just take my word for it and move along, no need to look up which Grand Prix category I'm competing in).

Once I had read through the newsletters, which conveniently coincided with binge watching new episodes of *Stranger Things*, I was struck by how much hasn't changed about RRRC. We still rely on our members to volunteer (and we're always looking for more volunteers!), we still seek out races and group runs to join, and we still laud the amazing running accomplishments of our members! But technology has certainly shaped *Miles & Minutes*. The early issues lacked pictures of our smiling, sweaty faces, and there is no longer a need to clip out the club membership form and snail mail it off to the post office box!

Here are a few gems from RRRC's early days. I hope you enjoy them as much as I did!

## Summary of First Club Meeting

(February 1979)



(2)

The meeting was called to order at 7:40 p.m. by the Club's President, Charlie Payne, who outlined the Club's goals and presented a constitution and bylaws to the assembled members for their approval.

The constitution and bylaws were approved with one significant change. The definition of a quorum (in both the constitution and the bylaws) was changed to read as follows: "A quorum shall consist of twenty-five (25) paid-up members." It was previously stated that nine members would constitute a quorum.

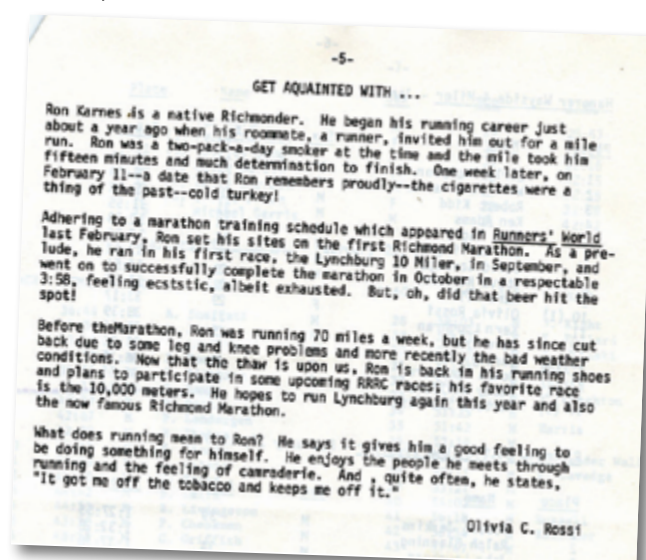
Bill Morris, the Treasurer, reported on the Club's finances, which, because of an excellent membership response, are strong. Additionally, the heads of various committees reported on their activities and solicited support. Chuck Gayton, the Vice President, announced that t-shirts would be available in two weeks and sold at races and meetings. He also reported that membership cards would be mailed out with the next Newsletter.

Early Thompson, a Club member and Masters Degree candidate in sociology at VCU, briefed those present on a study that he is conducting on the relationship between running and mental health. He is conducting a survey and asked that members assist him by providing information about their running programs; a copy of the survey is attached, with a stamped addressed envelope. We would appreciate your thoughtful completion of the survey.

There was a question and answer period and the film "Run For Life" was shown. The meeting was adjourned at 9:00 p.m. We would like to officially thank Blue Cross and Blue Shield for donating our meeting place and John Bates for his assistance.

## Get Acquainted With... Ron Karnes

(February 1979)



Adhering to a marathon training schedule which appeared in *Runners' World* last February, Ron set his sites on the first Richmond Marathon. As a prelude, he ran in his first race, the Lynchburg 10 Miller, in September, and went on to successfully complete the marathon in October in a respectable 3:58, feeling ecstatic, albeit exhausted. But, oh, did that beer hit the spot!

Before the marathon, Ron was running 70 miles a week, but he has since cut back due to some leg and knee problems and more recently the bad weather conditions. Now that the thaw is upon us, Ron is back in his running shoes and plans to participate in some upcoming RRRC races; his favorite race is the 10,000 meters. He hopes to run Lynchburg again this year and also the now famous Richmond Marathon.

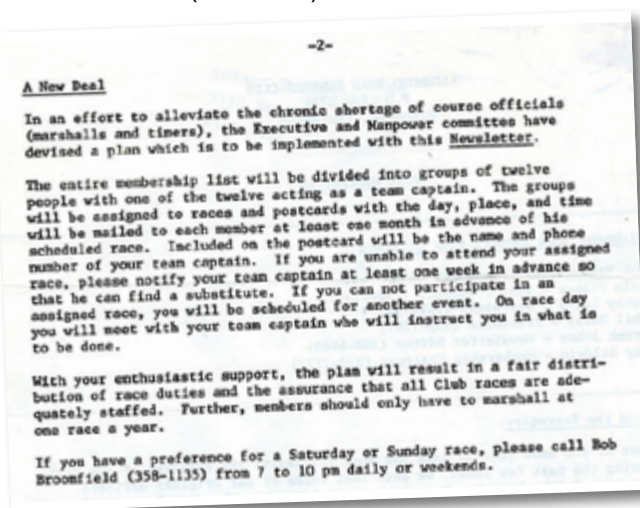
What does running mean to Ron? He says it gives him a good feeling to be doing something for himself. He enjoys the people he meets through running and the feeling of camaraderie. And, quite often, he states, "It got me off the tobacco and keeps me off it."

Olivia C. Rossi

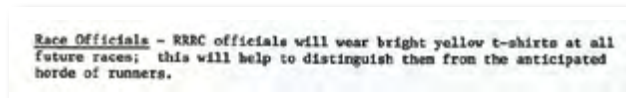
Newsletters showcased several versions of getting to know RRRC members. Ron Karnes ran the first Richmond marathon – as his second race ever! – and enjoyed a well-deserved beer afterwards. Runners in 1979 – they were just like us!

*continued on page 14*

## A New Deal (June 1979)

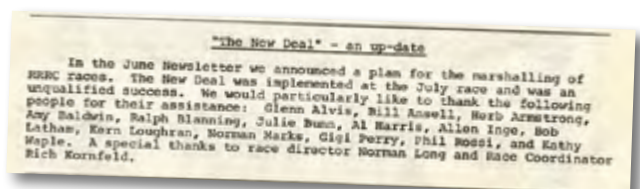


Always a need for volunteers!



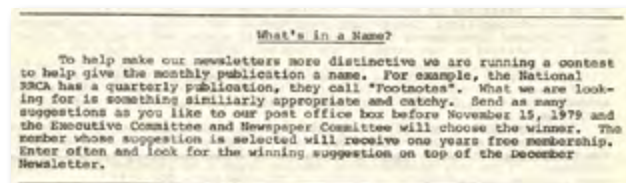
Bright yellow shirts might blend with hordes of runners in 2019!

## "The New Deal" – an update (September, 1979)



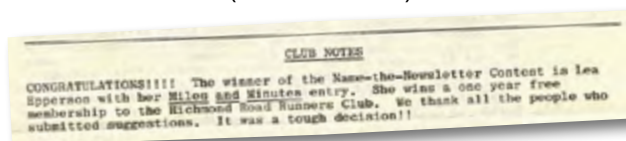
That crazy postcard system – an unqualified success!

## What's in a Name? (October 1979)



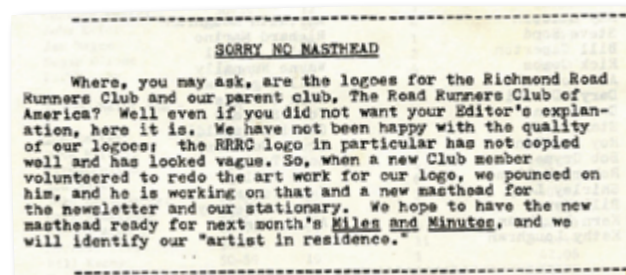
The monthly newsletter would not go without an "appropriate and catchy" name for long!

## Miles and Minutes (December 1979)



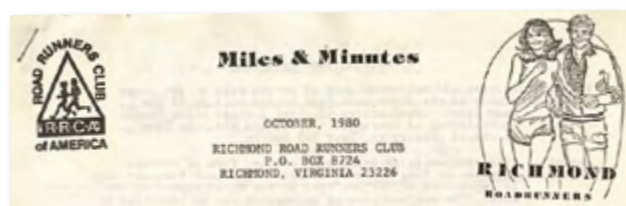
Thanks Lea!

## Sorry No Masthead (September 1980)



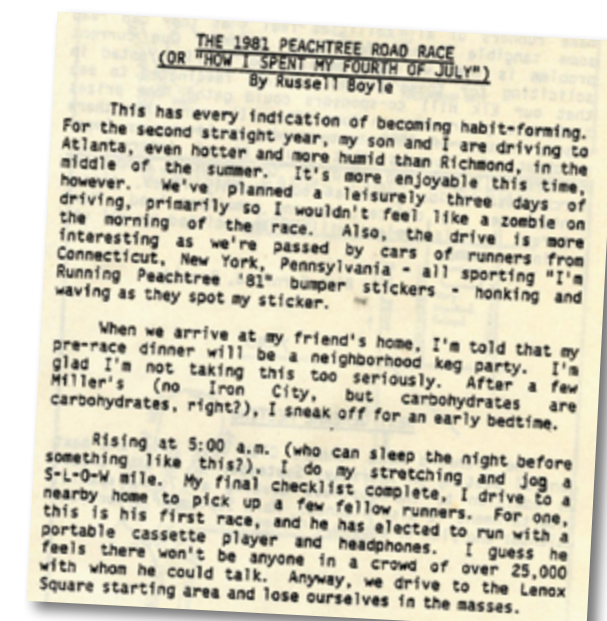
Early editor problems!

## New Logo (October 1980)



RRRC was for Members Only! Unfortunately they did not reveal the name of the esteemed artist! Sadly, the logo was replaced again in June, 1981.

## The 1981 Peachtree Road Race (Or "How I Spent My Fourth of July") by Russell Boyle (August 1981)



Results from out of town races were often included in early newsletters, and occasionally a longer write-up was included.

The debate on running with headphones – pre-iPhone edition!

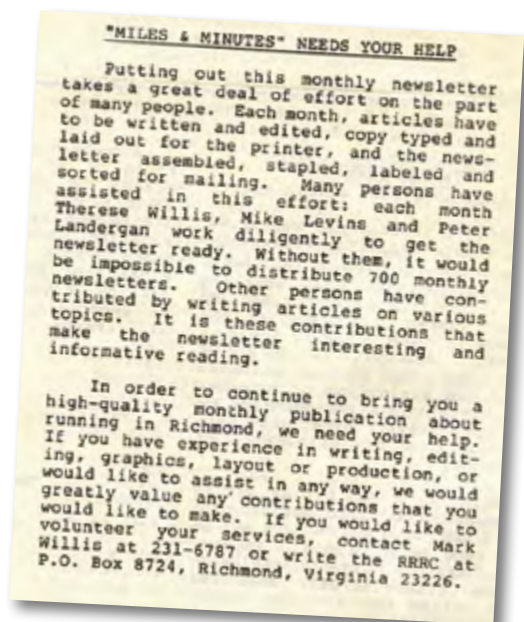


## Jolly Old Elf Greets Runners (January 1982)



The first photograph in *Miles and Minutes*!

## *Miles and Minutes* Needs Your Help (January 1982)



A plea for newsletter contributions from Mark O'Brien – I mean Mark Willis!

The early club comprised hardworking, dedicated volunteers – some things never change. Especially volunteers named Mike Levins!

## Runners of the Year (March 1982)



Something about this competition is familiar...

## Application Form (June 1982)

RICHMOND ROAD RUNNERS CLUB  
APPLICATION FORM

NAME

STREET ADDRESS

CITY/STATE  ZIP

DATE OF BIRTH (YEAR, MONTH, DAY)  HOME PHONE (AREA - EXCHANGE)

OCCUPATION

LEAVE BLANK

☐ NEW ☐ RENEWAL

MEMBERSHIP DUES ENCLOSED

☐ REGULAR \$5 ☐ COUPLE (HUB. & WIFE) \$9  
☐ STUDENT \$3 ☐ FAMILY \$12

IF REGISTERING MORE THAN ONE PERSON, PLEASE INCLUDE INFORMATION FOR EACH MEMBER.

MAKE CHECKS PAYABLE TO: RICHMOND ROAD RUNNERS CLUB

MAIL TO: P. O. Box 8724  
RICHMOND, VIRGINIA 23226

RRRC Membership – always a great value!

## Current Standings – Runners of the Year (September 1982)

If only they had a Google spreadsheet to keep track! ■

CURRENT STANDINGS  
Runners of the Year  
OPEN DIVISIONS

NAME	WIN	RACES	PTS
Mike Kerner	5	65	
Charles Alexander	4	56	
Allen Weeks (tie)	5	43	
Jack Wilhite (tie)	5	43	
Roger Hewitt	7	42	
John Loughran	4	36	
WOMEN			
Cecil Sneed	8	91	
Lynn Hewitt	9	66	
Mary Parke MacFar.	8	56	
Kathy Heckman	2	30	
Therese Willis (tie)	2	26	
Inge Schaumann	2	26	

Age Groups will be listed in detail next month. The paperwork is staggering!!



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

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

### Upcoming RVA Races and Events

#### — 2019 —

- Nov. 16** Richmond Marathon, Half Marathon, and 8K
- Nov. 17** RRRC #TRexRVA
- Nov. 20** Capitol Run (Club Contract Run)
- Nov. 28** RRRC Wegmans Turkey Trot 10K
- Dec. 7** RRRC Winter Marathon Training Team begins
- Dec. 7** Arthritis Jingle Bell Run (Club Contract Race)
- Dec. 8** RRRC Bear Creek 10 Mile Trail Run
- Dec. 11** RRRC Meeting and Club Social
- Dec. 15** RRRC Toy Run 5K, presented by Primrose Schools of Richmond
- Dec. 29** End of Grand Prix Year

#### — 2020 —

- Jan. 1** RRRC First Day 5K, presented by Davenport & Co. LLC
- Jan. 18** RRRC Advanced 10K Training Team begins
- Jan. 19** RRRC Frostbite 15K, presented by Good Run Research & Recreation
- Feb. 16** RRRC Sweetheart 8K, presented by TowneBank
- Mar. 1** RRRC Huguenot 3 Miler @ Robious Landing Park
- Mar. 28** Monument Avenue 10K

- Race details and registration can be found at <https://www.rrrc.org>
- All races and dates are subject to change. Please check back for updated versions.
- Some events allow walkers and/or have kid runs. Please check race details.
- For rules, points, and other information about the Grand Prix Competition, please read details at <https://www.rrrc.org/club-competitions>

Richmond Road Runners Club Administers or provides Race Services for all Featured Races.  
Not running? Consider volunteering. <https://www.rrrc.org/rrrc-volunteer>



## RRRC's New Clubhouse

This summer, RRRC moved into its new clubhouse at 2219 Tomlynn Street in Richmond. The nearly 2,000-square-foot space, which hosted its first club meeting in June, has a large conference room that can hold approximately 70 people, plus two bathrooms, a shower, kitchen, and two separate storage rooms. Unlike the previous clubhouse location, RRRC now has total control of entry and exit to the office, as well as heating and cooling. The lease for the new clubhouse location runs five years. A special thank you goes to Bill Kelly, Glen Melton, Dave Trump, Ralph Gibbs, and all those who made the move possible, from conducting the search to a new clubhouse to designing the space and transporting all the equipment and other possessions. Be sure to check out the new digs at RRRC's monthly meetings held on the second Wednesday of each month.



Photo courtesy of Mark O'Brien

In June, RRRC moved into its new clubhouse at 2219 Tomlynn Street in Richmond. The space has ample seating for the monthly club meetings and other events.



Photo courtesy of Mark O'Brien

With nearly 2,000 square feet, including two large rooms to house race equipment, the new RRRC clubhouse has plenty of space for all of RRRC's meeting and storage needs.



Photo courtesy of Mark O'Brien

RRRC members gather outside the new clubhouse location



The new location at 2219 Tomlynn Street in Richmond.



## B Fitness

The power and promise of yoga

*Yoga: To yoke or unite, focused on uniting the mind, body, and spirit through connecting the breath with movement through physical postures (asanas) to align the body.*

## B Fitness yoga -

- Blends mobility movement with Hatha Vinyasa style of yoga
- Offers small classes, providing for more one-on-one instruction
- Helps improve flexibility, strength, endurance and balance
- Reduces stress and aids relaxation
- Builds mind-body awareness
- Emphasizes proper body alignment to build a strong core and a healthy spine

Located at Bushin Martial Arts Academy of Richmond  
6024 Brook Road,  
Richmond, VA 23227  
804-822-1451  
[www.bushinmartialarts.com](http://www.bushinmartialarts.com)

Contact: [brandy.bfitness@gmail.com](mailto:brandy.bfitness@gmail.com)

## [ MERCHANT DISCOUNTS ]

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



### 10% Discount on Services

James River Physical Therapy  
9019 Forest Hill Ave.  
Richmond  
**330-0936**



### THE JUICE LAUNDRY RVA

WE ARE 100%  
ORGANIC | VEGAN | GLUTEN FREE | DAIRY FREE | SOY FREE | PEANUT FREE | NON-GMO  
100% OF THE TIME

RRRC Members 10% Off Every Day!

Delicious Post-Ride  
Recovery Drinks

COLD-PRESSED JUICES | SUPERFOOD SMOOTHIES | VEGAN CHILI

[WWW.THEJUICELAUNDRY.COM/MENU](http://WWW.THEJUICELAUNDRY.COM/MENU)

BYRON ROAD SHOPPING CENTER

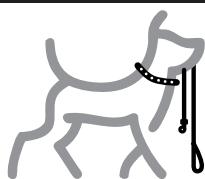


### 10% Off Merchandise

11341 W. Broad St.  
Short Pump Station  
**804-955-4801**

Richmond

(cannot be combined with other promotions)



### Dog Speed

**Crystal Koch**  
(804) 503-0530

We run your dogs so you don't have to.

[www.facebook.com/dogspeedllc](http://www.facebook.com/dogspeedllc)



### Free shipping for RRRC members

Based in Chesterfield County  
**www.7samson.com**



Nutrition & Fitness Services

\$10 coupon RRRC Members

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

Janice Shaheen, PT, CNC, CISSN

Facebook Message contact JAS Nutrition & Fitness Services

[janice@jasnutfit.com](mailto:janice@jasnutfit.com)

804.840.8547



**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](http://www.MyMuscleMechanix.com)



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SPORTS MEDICINE  
& PHYSICAL THERAPY

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Professional analysis with consultation to  
understand and improve your running.

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Karen M. Myers, MS, PT

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**804-527-1460 • Fax 804-527-1463**



### 10% Discount on Shoes and Apparel

3002 West Cary Street • Richmond  
**353-tenK**



**Holstrom Law, PLC**

### Special offer to all RRRC Members!

\$400 Couple's Will  
Package (regularly \$450)

Includes Last Will & Testament, General Power of Attorney  
and Medical Power of Attorney

Call attorney Gail Holstrom at **(804) 592-0848**



ENDORPHIN FITNESS

Center Community Membership  
8910 Patterson Avenue  
Richmond  
**741-1599**

**\$15.00 OFF**  
Performance Testing

**\$10.00 OFF**  
Video Run Analysis

**10% OFF**  
Merchandise in Shop (excludes bikes)

**\$10.00 per Month Training**



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Custom Foot Orthotics

Custom foot orthotics from an  
experienced podiatrist, done at  
your home, office, or local  
footwear store!

804-464-3299

[www.superiorfootsupport.com](http://www.superiorfootsupport.com)



# [ GROUP RUNS ]

Name	Day of the Week	Time	Location	Pace	Contact
<b>Basch's Group</b>	Tuesdays, Thursdays	5:30 a.m.	4605 Monument Avenue	8:00 to 9:00	Ellie Basch, ellieruns@gmail.com, 804-873-5156
<b>Back of the Pack Trail Group</b>	Sundays	9:00 a.m.	Vary	12:00 to 16:00	<a href="https://www.facebook.com/groups/201907430234622/">https://www.facebook.com/groups/201907430234622/</a>
<b>Black Girls Run</b>	Mondays	5:45 p.m.	Wells Fargo parking lot, White Oak Village Shopping Center	Various	<a href="https://www.facebook.com/groups/bgrichmond/">https://www.facebook.com/groups/bgrichmond/</a> blackgirlsrunva@gmail.co
	Tuesdays	6:45 p.m.	Great Shiplock Park	Various	
	Saturdays	8:00 a.m.	Parking lot next to Rockwood Park	Various	
	Sundays	2:30 p.m.	Parking lot next to Rockwood Park	Various	
<b>Black Men Run</b>	Sundays	8:00 a.m.	Fountain at Byrd Lake Park	Various	<a href="https://www.facebook.com/groups/BMRRichmond">https://www.facebook.com/groups/BMRRichmond</a>
<b>Bryan Park Group</b>	Saturdays	7:00 a.m.	Stir Crazy Café	8:00 to 12:00	Susan Deusebio skdeusebio@gmail.com
<b>City Stadium Runners</b>	Saturdays	7:45 a.m.	City Stadium	8:00 to 14:00	<a href="https://www.facebook.com/groups/577195912350952">https://www.facebook.com/groups/577195912350952</a> citystadiumrunners@gmail.com
<b>Crossroads</b>	Wednesdays	6:00 p.m.	Crossroads Coffee	9:00 or faster	ysman75@yahoo.com
<b>Dog Pack</b>	Sundays	7:30 a.m.	Carytown Panera	8:30 to 14:30	<a href="https://www.facebook.com/groups/1671581323100585">https://www.facebook.com/groups/1671581323100585</a>
<b>Fan Foxes</b>	Tuesdays, Wednesdays, and Thursdays	6:00 a.m.	Fox Elementary School	Various	<a href="https://www.facebook.com/groups/fanfoxes">https://www.facebook.com/groups/fanfoxes</a>
<b>Fleet Feet Sports</b>	Tuesdays	6:00 p.m.	5600 Patterson Avenue	Various	<a href="http://www.fleetfeetrichmond.com">www.fleetfeetrichmond.com</a> <a href="https://www.facebook.com/fleetfeetsportsrichmond">https://www.facebook.com/fleetfeetsportsrichmond</a>
<b>Mary Munford Sunday Runners</b>	Sundays	7:30 a.m.	Mary Munford Elementary School	8:00 to 8:30	
<b>Midlothian ACAC</b>	Thursdays	5:30 a.m.	11621 Robious Road	Various	<a href="https://www.facebook.com/groups/MidloACACRun">https://www.facebook.com/groups/MidloACACRun</a>
<b>Midlo Mafia</b>	Daily	5:30 a.m. / 6:00 a.m.	Midlothian YMCA	Various	<a href="https://www.facebook.com/groups/429449713804077">https://www.facebook.com/groups/429449713804077</a>
<b>Morning Workout Group</b>	Daily	6:00 a.m.	Various	Various	<a href="https://www.facebook.com/MorningWorkoutGroup">https://www.facebook.com/MorningWorkoutGroup</a>
<b>Mountain Hearts Running Club</b>	Thursdays	6:00 a.m.	Tredegar parking lot	Various	<a href="http://www.strava.com/clubs/mountainhearts">www.strava.com/clubs/mountainhearts</a> <a href="https://www.facebook.com/mtnhearts">https://www.facebook.com/mtnhearts</a>
<b>Museum Run</b>	Thursdays	5:30 p.m.	Behind VMFA (on Sheppard St. between VMFA and Benedictine)	7:00 to 9:45	Mark "Iscool" Guzzi, (804) 651-5415, markiscool1@hotmail.com

# [ GROUP RUNS ]

Name	Day of the Week	Time	Location	Pace	Contact
<b>New Kent in Motion</b>	Saturdays	8:30 a.m.	New Kent Active Life Fitness Center	Various	<a href="https://www.facebook.com/ActiveLifeFitnessCenterRunning">https://www.facebook.com/ActiveLifeFitnessCenterRunning</a>
<b>One for the Road</b>	Wednesdays	6:00 p.m.	Various breweries	Various	<a href="https://www.facebook.com/groups/100890573593214">https://www.facebook.com/groups/100890573593214</a>
<b>Richmond Running and Social Meetup</b>	Mondays Wednesdays Thursdays Saturdays	6:30p.m. 6:30p.m. 6:30p.m. 8:30 a.m.	Libby Park Carytown Panera Retreat Hospital (ER side) Byrd Park VITA Course	Various	<a href="https://www.meetup.com/RVA-Running-Social-Meetup">https://www.meetup.com/RVA-Running-Social-Meetup</a>
<b>Ridgefield Runners</b>	Tuesdays, Wednesdays, and Thursdays	6:00 a.m.	John Rolfe Commons Publix / YMCA	Various	<a href="https://www.facebook.com/groups/36838678999522">https://www.facebook.com/groups/36838678999522</a>
<b>RiVAh Runners</b>	Thursdays	6:00 p.m.	Dogwood Dell Carillon	6:30 to 8:30	<a href="https://www.facebook.com/TheRiVAhRunners">https://www.facebook.com/TheRiVAhRunners</a>
<b>Road Runner Running Store</b>	Mondays	7:00 p.m.	3002 W. Cary Street	Various	<a href="https://www.facebook.com/RoadRunnerRunningStore">https://www.facebook.com/RoadRunnerRunningStore</a>
<b>Rogue Runners</b>	Tuesdays, Thursdays	5:30 a.m.	Starbucks at Libbie and Grove	7:30 to 10:00	<a href="https://www.facebook.com/groups/254849741268828">https://www.facebook.com/groups/254849741268828</a>
<b>Run Short Pump</b>	Tuesdays, Thursdays	5:30 a.m.	Einstein Bros. Bagels on Pump Road	7:00 to 10:00	Frank Finn, <a href="mailto:finn.frank@gmail.com">finn.frank@gmail.com</a>
<b>RVA Monthly Trail Run</b>	1st or 2nd Saturday or Sunday of each month	8:00 a.m.	Pump House Parking Lot Trailhead	Various	RVA Monthly Trail Run Facebook page Mark "Iscool" Guzzi, 804-651- 5415, <a href="mailto:markiscool1@hotmail.com">markiscool1@hotmail.com</a>
<b>RVA Stroller Runners</b>	Tuesdays, Thursdays	9:45 a.m.	Various	Various	<a href="https://www.facebook.com/groups/1597418347194024">https://www.facebook.com/groups/1597418347194024</a>
<b>Sandston Striders</b>	Saturdays	8:00 a.m.	Chicahominy Family YMCA	Various	George Talley, <a href="mailto:gc_talley@verizon.net">email gc_talley@verizon.net</a>
<b>Shady Grove Runners</b>	Mondays, Tuesdays, and Thursdays	5:45 a.m.	Shady Grove YMCA	Various	<a href="https://www.facebook.com/shadygroverunners">https://www.facebook.com/shadygroverunners</a>
<b>Sugar &amp; Twine Training Team</b>	Tuesdays, Thursdays	6:00 a.m.	2928 W. Cary Street	8:00 to 9:00	<a href="https://www.facebook.com/groups/361699573878105">https://www.facebook.com/groups/361699573878105</a>
<b>Team Wednesday Night (TWN) Fan Run</b>	Wednesdays	6:15 p.m.	Monument and Boulevard from steps of First Baptist Church <i>(don't park in church lot)</i>	8:00 to 12:00	<a href="https://www.facebook.com/twnfanrun">https://www.facebook.com/twnfanrun</a> <a href="mailto:twn.fan.run@gmail.com">twn.fan.run@gmail.com</a>
<b>Tuesday Nite Trail Run</b>	Tuesdays	5:45 p.m.	Dogwood Dell parking lot, grassy field near dog park	9:30 or faster	Mark "Iscool" Guzzi, <a href="mailto:markiscool1@hotmail.com">markiscool1@hotmail.com</a>
<b>Tuesday Night Speed Group</b>	Tuesdays	6:00 p.m.	Midlothian Athletic Club	Various (speed workouts)	Jay, (803) 379-2686
<b>Winter Trail Group</b>	Saturdays	9:00 a.m.	North Bank Pump House Trail Head	Various	<a href="https://www.facebook.com/groups/shamrocktraining">https://www.facebook.com/groups/shamrocktraining</a>





For years, Richmond Road Runners Club (RRRC) was synonymous with Road Runner Running Store. In 1981 Thom Suddeth moved to Richmond, and his passion and enthusiasm for running were so great that he opened one of the first running exclusive stores in RVA in 1983. Throughout his years,

Thom became highly involved with growing the sport and eventually started the Huguenot 3 Miler, which at that point was a challenge between the RRRC and Charlottesville. Thom is also responsible for the development of the Carytown 10k. He brought it to Carytown in 1991, transplanted from Chippenham, and was Race Director for 15 years. After 30 years of servicing Richmond's running needs, Thom sold his business to then Running Specialty Group (RSG). RSG is a network of Run Specialty stores throughout the US, from Colorado to Texas, from Florida to Maine. This family of 60 stores now operates as JackRabbit.

Since then, we've been able to continue to support many organizations and sponsor many races throughout the city of Richmond. With an emphasis on attention to the local community, and a bigger financial backing, Road Runner Running Store has been able to dedicate a large portion of our marketing budget to RRRC, sponsoring almost a dozen races and events: Frostbite 15k, Stratford Hills 10k, RVA Trail Day, Carytown 10k, Pony Pasture 5k, T Rex Run, Capital Trail 10 Miler, Poop Loop, and now being able to sponsor the RRRC RVA Race Team.

With a kinesiology approach, we educate our customers on the mechanics of running. We use this approach in all our fittings to make sure the body is properly aligned and supported during all athletic movements, e.g. walking, running, and even strength training. We inform our customers of the tools needed to enjoy these activities. We study and learn these tools: the shoes – different mm drops and the different materials that different companies use, the insoles – their ability to properly align the hips, knees, and feet, and nutrition – to help fuel your body for longer endurance type training.

We understand running. We understand the physical and mental benefits. Whether it's the Weekend Warrior getting out of the house for a few minutes, or the Marathoner who desires to complete a race in all 50 states. Your goals are your goals and you have your reasons why you are getting out there. We have the ability, and the tools, necessary to help you achieve them!

Road Runner Running Club is a network of amazing people doing amazing things in an amazing city for an amazing sport! Without their support, RVA (and the running community) wouldn't be where it is today. We appreciate all they do and we look forward to supporting and sponsoring even more events in the future!

Thank you,

Your friends at Road Runner Running Store



The Richmond Road Runners Club  
PO Box 8724 • Richmond, VA 23226



# COME RUN WITH US!



[GoodRunResearch.com](http://GoodRunResearch.com)

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We're a consumer research company and we pay people like you for your thoughts & opinions. Our topics range from ice cream to sporting goods to your pet! Go to the link below to sign up and we'll match you with one of our upcoming projects.

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