

MILES & MINUTES

Publication of the Richmond Road Runners Club

First Quarter 2020 | Volume 43, Issue 1

The Running Realtor

**Meet the local mom
who competed for a spot
on the U.S. Olympic
marathon team.**

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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

2020 RRRC Featured Races and Events (All events subject to change—updated 3-2-2020)

1/1	Beginning of Grand Prix	5/17	Girls on the Run	8/29	Patrick Henry Half
1/1	RRRC First Day 5k	5/23	RRRC Stratford Hills 10k	9/9	RRRC Club Meeting
1/8	RRRC Club Meeting	6/3	Global Running Day	9/12	St Edwards SEES
1/19	RRRC Frostbite 15k	6/6	RVA Trail Day	9/26	Poop Loop 4ish Miler
2/16	RRRC Sweetheart 8k	6/10?	Summer Track Series	9/27	13th Ann Patriots 5k
2/12	RRRC Club Meeting	6/10	RRRC Club Meeting	9/?	Children's Hosp 4 Miler
2/29	Shiver in the River	6/21	Thanks Dad 5k	10/14	RRRC Club Meeting
3/1	RRRC Huguenot 3 Miler	6/17?	Summer Track Series	10/24	Capital Trail 10 M/5k
3/7	Run with Michael Wardian	6/25?	Summer Track Series	11/11	RRRC Club Meeting
3/7	RRRC Banquet	7/6	Cul-de-Sac 5k #1	11/14	Richmond Marathon
3/11	RRRC Club Meeting	7/8	RRRC Club Meeting	11/15	#TRexRVA
3/21	SPCA Dog Jog 5k	7/13	Cul-de-Sac 5k #2	11/26	RRRC Turkey Trot 10k
3/28	RRRC Spirit Stop Mnmt 10k	7/15	Summer Track Series	12/?	Arthritis Jingle Bell 5k
4/8	RRRC Club Meeting	7/20	Cul-de-Sac 5k #3	12/6	Bear Creek 10 Miler
4/26	RRRC Carytown 10k	7/22	Summer Track Series	12/9	RRRC Club Social
5/11	Holton Hustle 5k	7/25	Pony Pasture 5k	12/13	Toy Run 5k
5/12	Senior Games 5k	7/29?	Summer Track Series	12/29	End of GP Year
5/13	RRRC Club Meeting	8/12	RRRC Club Meeting		

- 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. Review date at top.
- Some events allow walkers and/or have kid runs. Please check race details.
- Grand Prix "Racing" Points can be earned for the races in bold. For Race and Volunteer points distribution and Grand Prix rules, please read details at <https://www.rrrc.org/club-competitions>
- [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. Not running? Consider volunteering. Click [HERE](#)



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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Crystal Koch	Vice President/Operations
Jennifer Perrin	Vice President/Communications
Victoria Hauser	Secretary
Ralph Gibbs	Treasurer

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Glenn Melton	Equipment
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Crystal Koch	Race Coordination
David Trump	RunSignUp and RRRC Website
Chris Mason, Mara George	Social Media

Miles and Minutes

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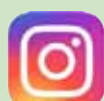
Board of Directors: Megan Alper (Novak), Mike Bender, Amy Black, Farleigh Fitzgerald, Joe Flynn, Mara George, Marcy George, Michael George, Mike Gholson, Mary Beth Hall, Shawn Lafland, Mike Levins, Chris Mason, Allison May, Kirk Millikan, Eric Nachman, Jim Oddono, Rosie Schutte, Suzi Silverstein, and Katherine Zampolin.

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 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. 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: Keira D'Amato of Midlothian charges toward the finish line of the 2020 U.S. Olympic Marathon Trials in Atlanta, where she finished 15th and set a new personal record. *Picture courtesy of Linda D'Amato*

[EDITOR'S LETTER]



There is no shortage of amazing runners in our community! From the remarkable speed and grit it takes to vie for a spot on the national marathon team to the lengths a teacher will take to inspire her students and pay it forward, from the simple act of kindness that has blossomed into an iconic meeting spot to the time

and dedication of selfless volunteers who make our road races possible, RVA's cup overfloweth. What better way to start off a new year than by sharing stories like these in this first issue? I hope you're just as motivated by them as I am. Speaking of stories, that's the purpose of *Miles & Minutes* – to showcase through word and picture the incredible impact runners have across our RVA community. If you have a story you'd like to share, submit it to milesandminutes@rrrc.org, and it may be featured in an upcoming issue. In the meantime, keep doing what you're doing, Richmond Road Runners. And make 2020 your best one yet! ■

Mark O'Brien | Editor

[PRESIDENT'S MESSAGE]



For those of you that may not know me: I am Nikkia Young, and I am the new President of RRRC. I have been involved with the Club for the past five years as a volunteer, race director, coach, treasurer, and, most importantly, a runner. I am delighted to guide and lead this organization as we continue to expand and develop.

My hopes are that we continue to build our membership, put on great running events, and find creative ways to continue to engage our members. RRRC has been supporting an active greater Richmond area for more than 40 years, and I want to ensure people know what sets our Club apart. From cost-efficient races to our race services, training teams to club socials to coaching certification classes and more, we offer so much to the community, and I know that in the coming months we will be doing even more. If you have questions or suggestions, please email me at president@rrrc.org. I want to ensure our members continue to have a voice in guiding our organization. Thank you for entrusting me to lead it. ■

Nikkia Young | President



2020 RRRC Banquet

The 2020 Annual Banquet was held on Saturday, March 7, at the Meadowbrook Country Club in Chesterfield County. The evening featured a nice dinner and a terrific keynote presentation by accomplished marathoner and ultra-marathoner Michael Wardian, who has won numerous races, including the National Marathon three consecutive years on two occasions (2006-08 and 2010-12). A recording of Wardian's presentation will be made available to RRRC members at a later date. The Annual Banquet festivities also recognized the achievements of 173 grand prix finalists, championship award winners, and board members and guests.



Photos courtesy of Jesse Peters of Backlight Photography.



Picture courtesy of Linda D'Amato

Keira D'Amato looks at ease early in the U.S. Olympic Marathon Trials on February 29.

Midlothian Marathoner Competes at Olympic Trials

By Ed Kelleher

The television cameras panned across the starting line as the gun sounded to kick off the women's division of the U.S. Olympic Marathon Trials. A lone yellow sign stood out above the crowd, stating in large block letters, "GO KEIRA GO."

And Keira D'Amato went.

She went faster than she had ever run in a marathon, conquering a grueling, hilly course on a blustery day in Atlanta to set a personal record with a time of 2:34:24. She was 31 seconds faster than her previous best, set on a mostly flat course in last year's Berlin Marathon.

She finished 15th in a field of 390 finishers, among the more than 500 women who had qualified for the trials. That's elite company.

Keira's first thought after crossing the finish line?

"I never want to run another marathon ever again," she said. "I think if you run a marathon right, this is exactly how you should be feeling."

Her second thought?

"I can't believe 14 women beat me! Dangit!"

Keira Carlstrom grew up in Oakton in Northern Virginia, the oldest of five kids in an athletic family. Her dad, Ray Carlstrom, worked in information technology and coached Keira's soccer teams when she was growing up. She described him as extremely athletic and a "phenomenal cyclist."

"He could outrun anyone on the soccer field and jumped into a marathon once and did extremely well," Keira said.

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Midlothian Marathoner

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Picture courtesy of Liane MacDowell

Keira participates in a relay race at the VHSL Outdoor Track State Championships during her senior year in high school.

Her mom, Liane MacDowell, was (and is) a realtor, owner of Stone Properties in Fairfax County. In college, “she was on the men’s heavy weight crew team as the coxswain,” Keira said. “This is a big source of humor in our family.”

The kids followed suit. Keira played soccer but became predominantly a runner. Reed was “a stud” in lacrosse, having “[s]cored a crucial goal during the state championship game” that allowed Oakton to win. Daren was on the dive team, but “[h]is real sport of choice is poker. He played in the World Series of Poker this year. The dude has a 50-pound brain.” Dana, who played varsity basketball in Oakton on “one of the best teams in the state,” effortlessly “can sink threes like nobody’s business.” Callie’s sport of choice also was soccer, but “she also was big into the school’s plays.”

As the eldest child, Keira set the tone. By middle school, it became apparent to her family and coaches that she was a gifted runner.

Keira said her middle school soccer coach pulled her mother aside at practice one day and said, “‘You want my advice on how Keira can get a full scholarship to college?’ And my mom was expecting him to say, ‘Go to this soccer camp, do this training, have her practice more, etc.’”

“But he surprised her when he said, ‘Have her join the cross country and track team. That girl can run.’”

Keira’s sister Dana, five years younger, recalls watching Keira’s first freshman/JV cross-country race at Oakton High School. It was the Monroe Parker Invite at Burke Lake.

“It was a 5K, but you didn’t see the runners until after the first mile,” Dana said. “Running with one other person, they were probably a minute in front of everyone else. I was blown away thinking to myself, ‘Is this real?!’”

Their mother was equally astounded.

“I was so shocked when, out of the woods, the first girl who finished in the county was Keira,” Liane said. “But then I was even more surprised when her time was actually faster than all of the girls on the Varsity Team. The next week the coach started her as varsity!”

The boys’ winner of the varsity race that day, incidentally, was high school phenom Alan Webb, who later became a lifelong friend of Keira’s. (Keira introduced him to his future wife.)

Keira made her mark at Oakton High, where she was inducted last year into the school’s Athletics Hall of Fame. Between 2000 and 2002, she won five state championships – two in cross country, two in the outdoor 1600 meters, and one in the indoor 1600 meters. A scholarship to American

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Picture courtesy of Linda D'Amato

Keira and her loved ones celebrate her marathon PR, 2:34:24.



A mid-race look at Keira D'Amato (center right) mixing it up with the lead pack.

Picture courtesy of Linda D'Amato

And the winners are...

Here are the top finishers at the women's and men's U.S. Olympic Marathon Trials. They will represent the U.S. in the 2020 Olympic Marathon, scheduled for August 8-9 in Sapporo, Hokkaido, Japan.

Women's Top 3

1. Aliphine Tuliamuk, 2:27.23
2. Molly Seidel, 2:27.31
3. Sally Kipyego, 2:28.52

Men's Top 3

1. Galen Rupp, 2:09.20
2. Jacob Riley, 2:10.02
3. Abdi Abdirahman, 2:10.13



Keira poses for a post-race photo with her husband, Anthony, and children, Tommy and Quin.

Picture courtesy of Keira D'Amato

Midlothian Marathoner

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University in Washington followed, as did her string of successes.

She ranks as the most decorated runner in American University history. Running under the tutelage of coach Matt Centrowitz, she earned All-American honors four times and was a Patriot League individual champion 11 times. According to the university website, Keira's NCAA All-America distinctions included cross country (2003, 2004, and 2005) and outdoor track (2006).

"She was as accomplished in the classroom, being honored as a CoSIDA Academic All-American in 2005 and earned six Patriot League Scholar-Athlete of the Year awards," the website states.

After college, she ran professionally for a while with DC Elite, being coached by her current coach Scott Racsko, before injuries sidelined her.

And then came family.

Fittingly, Keira met her future husband at a running camp—Blue Ridge Running Camp in 2001—while in high school.

"Whenever I give talks at running camps, I always bring that up and say, 'You never know, your future husband/wife may be in this room,'" she said. "It makes things really awkward."

"Anthony and I were close friends for about a decade before he finally asked me out," she said. "Took us a while to figure out our special connection was more than just friends. Turns out our connection was exactly what you want to build a marriage on."

They got married in 2012 – twice, actually.

"Once on January 1, 2012, in Vegas with Elvis," Keira said, "and that was so much fun we did it again on July 4, 2012, in Northern Virginia with all our family and friends!"

"And yes, 100 of our running guests did a 5K with us that



Pictures courtesy of Robert Richards

Family and friends cheer Keira at the U.S. Olympic Marathon Trials in Atlanta on February 29.



Picture courtesy of Linda D'Amato

Keira digs deep in the late stages of the race.



Pictures courtesy of Linda D'Amato

One of Keira's favorite family sayings is, "In Unity There Is Strength!" Here she is with her children Tommy, 5, and Quin, 3.

morning," she recalled. The entire bridal party took part, including Keira's brother-in-law, who ran barefoot because he "only owns flip-flops." Keira's grandmother also participated, marking "her first and only 5K!" She added, it was a "very, very special morning to share what we love with everyone we love!"

Anthony works in information technology in Richmond and serves as a major in the Virginia Air National Guard, where he is subject to overseas deployments. They live in Midlothian with their two children, Tommy, 5, and Quin, 3.

Anthony is impressed with his wife's athletic achievements, but the kids less so.

"My 5-year-old son thinks he is faster than Keira and is more impressed with how fast she can build Legos," Anthony said.

Keira started running in earnest again after Quin's birth. Her first marathon was 3:49:49. She said she'd never do another one.

Now she bills herself as the "Running Realtor," and is one of the top producers in her mother's real estate company. How does she manage work and family (especially while Anthony's on deployment) and training at a national level?

Keira says she relies a lot on the support of family and friends. Her mother puts it another way.

"Keira has a very high level of energy," Liane opined. "I think that she actually likes juggling lots of balls, that sort of invigorates her. And she is super organized, which helps tremendously.

"And finally, since we are such a close family, Keira knows



Pictures courtesy of Robert Richards

Keira says she relies a lot on the support of friends and family.

how to ask for support. One of our favorite family sayings (started by Keira's great-grandfather) is: 'In Unity There Is Strength!' Keira is stronger with the great support and unity of our family."

The Richmond running community stands behind her as well, as testified by the turnout at the RRRC's marathon trials watch party on Feb. 29.

Two other Virginians also did well that day. Bethany Sachtleben of Lorton finished 18th and Teal Burrell of Richmond finished 130th out of 444 women who started the race.

What's next for this rising star?

"I've been selected to the US Half Marathon Team competing at [the World Half Marathon Championships] on March 29, 2020, in Poland," she wrote in an email after the marathon trials. "Oh baby! I need to recover quickly and get back on the training bus!

"After that, I will chase the Olympic Standard for the 10K (31:25)," she said.

"I do feel like I'm in sub-2:28 shape right now," she added, reflecting on her performance at the marathon trials. "It just wasn't in the cards for me on the course and conditions of Saturday's race.

"I'm extremely proud of how far I've come," Keira said, "but I still see a lot of room for growth, so my journey's not done yet. Not even close." ■



Running with Pride

For the past four years, Louisa County High School teacher Katharine Fletcher has garnered international attention for the school's Lion Pride Run. Through the annual tradition, Fletcher completes a unique feat of endurance to raise money for scholarships at LCHS.

In February, Fletcher took her run from the campus of LCHS in the Town of Mineral to the State Capitol in downtown Richmond, a 50-mile journey aimed at spreading an inspirational message of support for students and educators across Virginia.

"What we want to do is send a message that #TeamLCPS supports educators and students across Virginia," Fletcher said. "We value the efforts educators put in every day to positively impact our students, as well as the diligence of our students."

The feat is just the latest in a series of memorable Lion

Pride Runs. Most notably, Fletcher ran 100 miles in 24 hours during the 2018 Lion Pride Run. For that event, GoFundMe Studios sent a full production crew to LCHS to create the feature documentary film, "Kate's Run."

Fletcher, who describes herself "as a previously sedentary, asthmatic 35-year-old mom," said she was inspired to take on the long-distance running challenge by her students.

"Over ten years [of teaching], I had asked hundreds of students to work on their writing and reading skills, even when they didn't always want to, or when it was hard," she explained. "I wanted to do for them what they had been doing for me all along. I wanted to work hard at becoming a better version of myself, even when it required me to get uncomfortable."



The events, including this year's run, are truly collaborative efforts involving the entire school division. Students and staff members gathered at LCHS at 10:30 p.m. on Monday, February 17, as Fletcher departed the school's campus to finish the 50-mile run at the Capitol approximately 12 hours later the following morning. Students from all six of the division's schools, as well as the high school band and cheerleading teams, were at the finish line to congratulate Fletcher on her achievement.

"The amount of support I receive each year is incredible," Fletcher said. "It comes from every corner of the Louisa community and takes many forms. I have so much gratitude for all of them."

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Fletcher waves to the crowd of supporters after finishing this year's 50-mile run from Louisa County High School to the Capitol.



Running with Pride

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“Above and beyond all of their amazing support, they’ve believed in me every step of the way,” she added. “I hope to honor their belief in me by passing it on to the kids we help with this run. I carry the love and support of our community with me on each year’s run, but I’m just borrowing it. Its rightful place is with the kids of this Commonwealth.”

Several local lawmakers, as well as members of the Virginia Department of Education, were invited to run with Fletcher for the final stretch of her journey. At the conclusion of her run, First Lady Pamela Northam presented Fletcher with a certificate of recognition from the Governor.

Fletcher brought the concept of a fundraising run to life in 2016. Since the inaugural Lion Pride Run, more than \$60,000 has been raised in scholarship money. That money has helped 22 LCHS seniors attend college.

“There are so many passionate, driven, hardworking seniors at LCHS who need some financial help to continue their education after graduation, whether that’s college or a trade school,” Fletcher reflected. “I want my run to represent hope.”

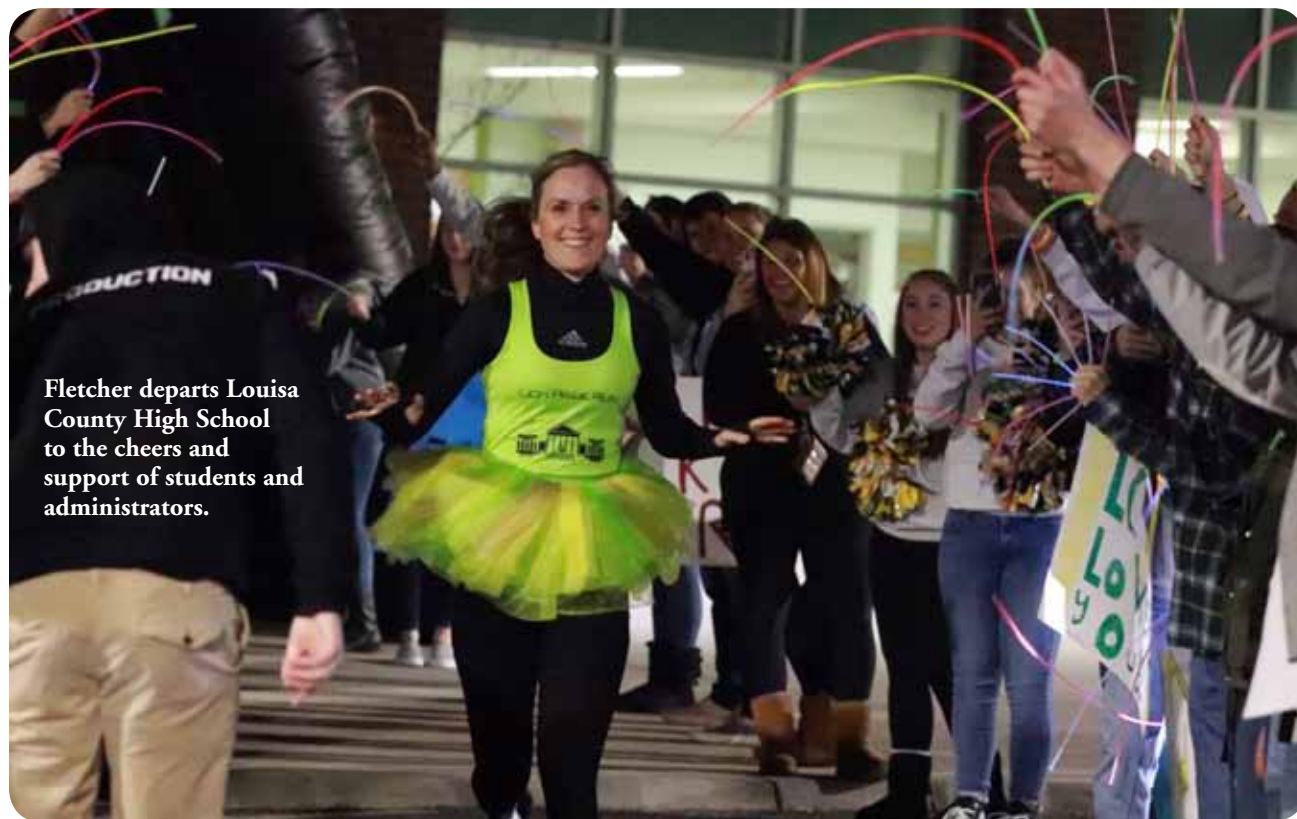
Fletcher received a certificate of recognition signed by the Governor.



This year, LCHS Newspaper and Leadership students (who coordinate the entire run each year) have raised \$18,000 through sponsorships and donations, and they’re hoping to reach \$20,000 before the scholarships are distributed in May.

“There are many more kids, both inside and outside of Louisa County, who don’t yet know their own potential,” she added. “I want this run to surprise them every year and get them thinking about their own power.” ■

Fletcher departs Louisa County High School to the cheers and support of students and administrators.



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."*

Frostbite 15K, presented by Good Run Research & Recreation

January 19, 2020

Winnie Brown, Lisa Burton, John Burton, Weldon Chafe, Brendan Conway, Jaime Flores-Vasquez, Corinna Hearn, Larry Holstrom, John Hurley, Ed Kelleher, James LaFratta, Susie Leahy, Romain Lheritier, Dean Miller, Edward Paterek, Eddie Parsley, Jr., Susan Robinson, Gail Schechter, Hervey Sherd, Jeff Shugart, Khem Singh, Judy Tetlow, Peter Tetlow, Jenni Treadwell, Dave Trump, Matthew Worland



Sweetheart 8K, presented by TowneBank

February 16, 2020

Amy Black, Suzen Collins, Brendan Conway, Pat Dorch, Jaime Flores-Vasquez, Joseph Flynn, Sandra Gray, Addision Hagan, Janice Hagan, Aidan Hamilton, Mia-Lynn Hamilton, Tani-Marie Hamilton, Faith Harris, Patty Henson-Dacey, Larry Holstrom, Patrick Hughes, Pam Hunter, John Hurley, Kevin Kramer, Sinead Lynch-Hall, Blanca Marquez, Chris Mason, Amy McLeod, Camden McLeod, Jill Meads, Joseph Newman, Linda Newman, Rich Nolan, Stephen Nolan, Megan Novak, Eddie Parsley, Jr., Edward Paterek, Ford Scott, Margaret Shelton, Rachel Sloan, Peter Tetlow, Elizabeth Troyer, Randal Watkins, Wen Weisberger, Libby Wickwire, Judy Wood, Carolyn Wren



Huguenot 3 Miler @ Robious Landing Park

March 1, 2020

Anne Brown, Abhinav Gitta, Bill Kelly, Crystal Koch, Charlie Mackay, Andrew Mann, Michelle Marr, Emily Martin, Allison May, Glenn Melton, Noah Mercer, Colleen Moore, Eric Nachman, Caroline Osenga, Eddie Parsley, Jr., Dave Trump, Sai Valipireddy, Blair Wilcox, Julie Wilcox



Shiver in the River 5K (Club Contract Race)

February 29, 2020

Sandra Gray, Alexandra Gudgel, Hailey Gudgel, Keith Gudgel, Selina Guider, Mary Beth Hall, Martha Hodges, Shawn Lafland, Susan Larsen, Dean Miller, Cathy Nolan, Rich Nolan, Stephen Nolan



Annual Banquet Through the Years

By Victoria Hauser

Early issues of *Miles & Minutes* captured the Richmond Road Runners Club's banquets and membership awards. The tradition of honoring champions and appreciating volunteers continues to this day the Annual Banquet, held this year on March 7, 2020. Here's a look back at Club celebrations from yesteryear!

CLUB CHAMPIONSHIP DINNER

The first annual club championship dinner will be held on Saturday, March 29 at 7:30 pm at the Abbey Restaurant, renowned in Richmond for its fine Italian cuisine. The menu will include an appetizer, tossed salad, a manicotti-lasagna combination, spumoni ice cream and coffee. The price for all this, including tax and gratuity, is \$6 per person. Arrangements are also being made for a guest speaker, who will be either O. Duane Davis or Dr. Peter Brown; the topic will be the 1979 Marathon.

The highlight of the evening will be the presentation of the club championship awards for the race held earlier that day. We hope as many members and their spouses as possible will attend.

Please have your reservations in no later than March 20, 1980. Make checks payable to the Richmond Road Runners Club and mail directly to:

Olivia C. Rossi
1146 West Avenue
Richmond, VA 23220

For further information, call Olivia at 355-1295.

The first RRRC championship dinner was held on March 29, 1980. The manicotti-lasagna combination sounds like a crowd-pleaser for runners!



Vice President James Coleman, overwhelmed with emotion, accepts Runner of the Year.





 Robert Woo gratefully accepts the
 Newsletter Editor Survival Kit on
 behalf of Robert Bork, Anthony Kennedy,
 Gary Hart, and Wendela Kidwell. (And
 you were wondering why your newsletter
 was late!)

The Annual Banquet disappeared from *Miles & Minutes* in the mid-1980s. But, not to worry, coverage came roaring back to life in the February 1988 issue, complete with pictures and...clip art!



MILES & MINUTES MARCH 1989

P.O. Box 8724
 Richmond, VA 23226

Race Hotline: (804) 270-5671

VOLUNTEER PARTY, TUESDAY MARCH 21, 7:00 P.M.
 CIMARRON ROSE RESTAURANT

It's time to say thanks to some special people, the volunteers of 1988. Without you we would not be able to offer the quality races that we do. The Richmond Road Runners Club would like to thank those of you who keep the club going. There will be a party at Cimarron Rose on March 21 for all those who volunteered in 1988. There will be free beer, refreshments, and food. We will have a fashion show and a Tee Shirt Contest. Awards will be given for the ugliest, most unique, and the Tee Shirt from the farthest away. The volunteer awards will also be given out. Tee Shirts will be given to first 100 people.

If you were to busy training last year to volunteer and don't see your name on the list, then keep on running. We'll miss you. You have ten more months to volunteer and come to next year's party. The following are cordially invited:

By 1989, RRRC hosted two events: one for Club championships and one for volunteers. In 2020, the dual events are set to return. The Grand Prix Coordinators and the Board of Directors are working to create a special event to celebrate volunteers. No date has been set yet, but the goal is to hold the event sometime in the late spring or early summer. Details will be released once the plans are finalized! ■

Grove Avenue Water Stop Turns 10

This year marks the tenth anniversary of the Grove Avenue Water Stop. What started in the spring of 2010 as an act of kindness has turned into a gathering place for RVA runners whose routes take them down the 4900 block of Grove Avenue. To mark the occasion, the community landmark is hosting a celebration and 10K fun run. Miles & Minutes recently caught up with Sheri Crowell, founder of the water stop, to reflect on the last decade of giving runners a place to gather 'round the water cooler any time.

M&M: What inspired you to start the Grove Avenue Water Stop?

Sheri Crowell: I came back from an especially hot, humid run in April 2010, muttering to myself that I would be a better runner if people would just leave some water out for me! It occurred to me that "I was People" so I should do that. The first day, I just had a little beverage dispenser out on a table, like you would have at a baby shower or something and a "GOT WATER?" sign. I had a lot of takers that day, so I did the next and the next and then got more serious about it with a cooler, cups, trash, etc.

M&M: Did you ever think GAWS would reach 10 years?

SC: It seems like a piece of Grove Avenue now, I am not sure I could ever shut it down. So many people look forward to it and expect it will be part of their run or walk. Every time my husband ever muses about moving, we both quickly realize we need to stay put and take care of GAWS!



Sheri Crowell (center).



Runners gather before the annual Super Bowl Shuffle in 2017.

M&M: The water cooler and cups are available year round for free. What kind of responses do you get from runners?

SC: So many people thank me and let me know how GAWS has impacted their training. I think the most common phrase is "You saved me during my _____ training." It is very gratifying, and I have met so many super cool people stopping by for a sip.

M&M: The annual Super Bowl Shuffle is a very popular, five-mile community run/walk that's free. How did that come about?

SC: The Super Bowl Shuffle has been ongoing for the past eight years (except this year, as I was in Florida—sorry!). I saw a break in the Richmond race schedule (I have no interest in trying to compete with established races), and I thought it would be a good day to get some exercise in before you head to the couch and the seven-layer dip. I try to feature a local group exercise leader to do the stretch to let them get some face time with the runners in case there is a fit. Afterward, I open the garage and have some snacks and music and love to see people meet each other and make connections.

M&M: GAWS has given life to other events and projects over the years. Tell us about them.

SC: Other things GAWS has done in the past include a 5K on New Year's Day, a local scavenger hunt run, and collecting shoes for those less fortunate. Also, I always put

Picture courtesy of Sheri Crowell

Picture courtesy of Sheri Crowell



Picture courtesy of Sheri Crowell

Sheri Crowell, who started the Grove Avenue Water Stop in April 2010, says she feels she has received more from the RVA running community than what she's given it.

out a basket on the day of the Marathon (we are right at the fifth mile) to collect any layers runners want to discard so that they can pick the clothes up later in the afternoon.

M&M: What does GAWS mean to you and, more broadly, to our running community?

SC: I think people know they can plan their routes to include the water stop and make their run more enjoyable/bearable with a little hydration. Sometimes that is all you need to push farther, faster, and finish your run. I feel like I have gotten more than I have given with GAWS. RVA is a really friendly town, and I feel lucky to have a way to meet so many people that I otherwise would not have the chance to but for a little orange cooler in front of my house.



Picture courtesy of Sheri Crowell

Runners stretch before a free community run starting and finishing at the Grove Avenue Water Stop.

M&M: Do you ever accept donations of any kind to assist you in your efforts? If so, how should folks reach out to you?

SC: People will sometimes leave a package of cups or a coffee gift card on my front porch, which is really nice but certainly not necessary. If the water cooler or cup container ever becomes empty, I would love if someone simply just let me know. I am mortified when I realize something was empty!

M&M: Is there anything else you'd like people to know?

SC: People can crush their cups to make room for more trash. Also, please don't leave behind any dog poo bags, and always put the cover back on the cup container so they don't get wet. ■

The Grove Avenue Water Stop has inspired a number of free community runs over the years.



Picture courtesy of Sheri Crowell

Meet the New RRRC Leadership

At the December 2019 meeting, RRRC held biennial elections for the Club's five officers and its twenty-member Board of Directors.



President | Nikkia Young

I love the wildly supportive running community. I have been running and volunteering in RRRC events for the past five years. I am a coach to new walkers and runners in 5K, 8K, and 10K distances, and I also serve as an ambassador

for great companies such as Fitness Protection, Nuun, ProCompression, RoadID, and SPIBelt. To date, my races include four marathons and 23 half marathons since 2015. Currently, I am revving up for my first 24-hour ultra-marathon. If you asked me about my top accomplishments in running so far, my answer would be a tie between completing my first marathon with a severe sinus infection and setting a personal record in the 2018 Chicago Marathon. When I am not training for my next road race, I am a financial analyst, an active volunteer for my beloved sorority, Alpha Sigma Alpha, and a dog mom to a cute basset beagle mix named Ranger.



Vice President – Operations | Crystal Koch

I have been running for approximately twelve years and exclusively trail running for six of those years. I broke my foot about five years ago and couldn't run for six to eight weeks, and that's when

I started volunteering. It turns out volunteering is a lot of fun and a great antidepressant. That began my journey toward getting more involved with the Richmond Road Runners Club. This is now my third term as a member of the Board, six years serving and nurturing the strong running community that is Richmond. For the past five years I have been at the

finish line of the Richmond 8K, half marathon, and marathon, greeting runners as they cross the finish line. Also for the past five years I have been a head coach for the Sports Backers Monument Ave 10K training team (10Kers always will be my soft spot). Before that, before that I was an assistant coach for the Downtown location for six years. The Poop Loop 4ish Miler is currently my race directorial debut, and it happens every September on a Saturday evening; this year will be its third attempt and we'd love to see you there!



Vice President – Communications/Marketing | Jennifer Perrin

At age 5, I was told I would never run because I had half a lung removed. Throughout school I was in a restricted gym class and never learned to run.

Fast forward many years, I walked the Monument Avenue 10K for the first time without training and, after the pain and blisters, realized how important training is. I could not have done it alone and, since then, have been giving back to others by supporting their goals. These days, I coach both 10K and half marathon training teams. To see the runners grow their self confidence is an amazing experience, as they learn to believe in their own strength to cross the finish line for the first time or the fiftieth time. Also, this year I plan to complete my second marathon, running by the Sacramento office of the doctor who said I would never run.



Secretary | Victoria Hauser

I am excited to serve on the Richmond Road Runners Club to further my support of the club and the RVA running community. I have been a life-long runner (since 8th grade track!) and, in recent years, a frequent race volunteer and race participant with RRRC. I completed my first article for Miles and

Minutes last year, and have enjoyed pursuing the old issues and learning about the club's history. I am an ardent believer in giving back through volunteering, and the running community is one of the most rewarding places to volunteer. My previous leadership experience includes serving as a board member and past secretary for Girls on the Run of Greater Richmond (term concluding in June 2020) and for the Junior League of Richmond (term held 2018-19). I am excited to support RRRC and its Board at each meeting as we continue providing successful races, training teams, and community events.



Treasurer | Ralph Gibbs

I started running in June 2010 at the age of 44 and just shy of 290 pounds. In under a year, I lost 90 pounds and ran my first marathon, Shamrock, in March 2011. I was hooked. Nearly a decade later, I have run 22 ultra-marathons,

21 marathons, and many smaller races and many thousands of miles! I joined RRRC in 2010 and ran my first race, the Pony Pasture 5K, that August. I started training with the Byrd Park Running Group, and on one Saturday long run, Rosie Schutte asked if I knew anything about spreadsheets. She was having an issue with the Grand Prix spreadsheet and wanted to know if I would look at it. Little did I know that it would lead me to becoming involved with the Grand Prix, and I currently serve as its co-Pooh-Bah with Suzi Silverstein. From that first taste of behind the scenes of the running club eight years ago, I have served as webmaster, Board member, Treasurer, President, and now Treasurer again. I currently co-direct two races and one event: The Cap Trail 10 Miler & 5K in conjunction with the Virginia Capital Trail Foundation in October, the T-Rex event with Rebecca Randolph in November, and the Bear Creek 10 Miler with David Trump in December. Running and RRRC have helped me tremendously—not only to lose weight and keep it off, but also to grow as a person. I enjoy serving the Club and take great pride in our organization!



Board of Directors

Megan Alper (Novak)

Mike Bender

Amy Black

Farleigh Fitzgerald

Joe Flynn

Mara George

Marcy George

Michael George

Mike Gholson

Mary Beth Hall

Shawn Lafland

Mike Levins

Chris Mason

Allison May

Kirk Millikan

Eric Nachman

Jim Oddono

Rosie Schutte

Suzi Silverstein

Katherine Zampolin

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(and get free advertisement here), contact the club at
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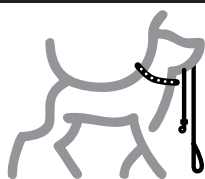


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[GROUP RUNS]

Name	Day of the Week	Time	Location	Pace	Contact
Basch's Group	Tuesdays, Thursdays	5:30 a.m.	4605 Monument Avenue	8:00 to 9:00	Ellie Basch, ellieruns@gmail.com, 804-873-5156
Back of the Pack Trail Group	Sundays	9:00 a.m.	Vary	12:00 to 16:00	https://www.facebook.com/groups/201907430234622/
Black Girls Run	Mondays	5:45 p.m.	Wells Fargo parking lot, White Oak Village Shopping Center	Various	https://www.facebook.com/groups/bgrrichmond/ 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	
Black Men Run	Sundays	8:00 a.m.	Fountain at Byrd Lake Park	Various	https://www.facebook.com/groups/BMRRichmond
Bryan Park Group	Saturdays	7:00 a.m.	Stir Crazy Café	8:00 to 12:00	Susan Deusebio skdeusebio@gmail.com
City Stadium Runners	Saturdays	7:45 a.m.	City Stadium	8:00 to 14:00	https://www.facebook.com/groups/577195912350952 citystadiumrunners@gmail.com
Crossroads	Wednesdays	6:00 p.m.	Crossroads Coffee	9:00 or faster	ysman75@yahoo.com
Dog Pack	Sundays	7:30 a.m.	Carytown Panera	8:30 to 14:30	https://www.facebook.com/groups/1671581323100585
Fan Foxes	Tuesdays, Wednesdays, and Thursdays	6:00 a.m.	Fox Elementary School	Various	https://www.facebook.com/groups/fanfoxes
Fleet Feet Sports	Tuesdays	6:00 p.m.	5600 Patterson Avenue	Various	www.fleetfeetrichmond.com https://www.facebook.com/fleetfeetsportsrichmond
Mary Munford Sunday Runners	Sundays	7:30 a.m.	Mary Munford Elementary School	8:00 to 8:30	
Midlothian ACAC	Thursdays	5:30 a.m.	11621 Robious Road	Various	https://www.facebook.com/groups/MidloACACRun
Midlo Mafia	Daily	5:30 a.m. / 6:00 a.m.	Midlothian YMCA	Various	https://www.facebook.com/groups/429449713804077
Morning Workout Group	Daily	6:00 a.m.	Various	Various	https://www.facebook.com/MorningWorkoutGroup
Mountain Hearts Running Club	Thursdays	6:00 a.m.	Tredegar parking lot	Various	www.strava.com/clubs/mountainhearts https://www.facebook.com/mtnhearts
Museum Run	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
New Kent in Motion	Saturdays	8:30 a.m.	New Kent Active Life Fitness Center	Various	https://www.facebook.com/ActiveLifeFitnessCenterRunning
One for the Road	Wednesdays	6:00 p.m.	Various breweries	Various	https://www.facebook.com/groups/100890573593214
Richmond Running and Social Meetup	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	https://www.meetup.com/RVA-Running-Social-Meetup
Ridgefield Runners	Tuesdays, Wednesdays, and Thursdays	6:00 a.m.	John Rolfe Commons Publix / YMCA	Various	https://www.facebook.com/groups/36838678999522
RiVAh Runners	Thursdays	6:00 p.m.	Dogwood Dell Carillon	6:30 to 8:30	https://www.facebook.com/TheRiVAhRunners
Road Runner Running Store	Mondays	7:00 p.m.	3002 W. Cary Street	Various	https://www.facebook.com/RoadRunnerRunningStore
Rogue Runners	Tuesdays, Thursdays	5:30 a.m.	Starbucks at Libbie and Grove	7:30 to 10:00	https://www.facebook.com/groups/254849741268828
Run Short Pump	Tuesdays, Thursdays	5:30 a.m.	Einstein Bros. Bagels on Pump Road	7:00 to 10:00	Frank Finn, finn.frank@gmail.com
RVA Monthly Trail Run	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, markiscool1@hotmail.com
RVA Stroller Runners	Tuesdays, Thursdays	9:45 a.m.	Various	Various	https://www.facebook.com/groups/1597418347194024
Sandston Striders	Saturdays	8:00 a.m.	Chicahominy Family YMCA	Various	George Talley, email gc_talley@verizon.net
Shady Grove Runners	Mondays, Tuesdays, and Thursdays	5:45 a.m.	Shady Grove YMCA	Various	https://www.facebook.com/shadygroverunners
Sugar & Twine Training Team	Tuesdays, Thursdays	6:00 a.m.	2928 W. Cary Street	8:00 to 9:00	https://www.facebook.com/groups/361699573878105
Team Wednesday Night (TWN) Fan Run	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	https://www.facebook.com/twnfanrun twn.fan.run@gmail.com
Tuesday Nite Trail Run	Tuesdays	5:45 p.m.	Dogwood Dell parking lot, grassy field near dog park	9:30 or faster	Mark "Iscool" Guzzi, markiscool1@hotmail.com
Tuesday Night Speed Group	Tuesdays	6:00 p.m.	Midlothian Athletic Club	Various (speed workouts)	Jay, (803) 379-2686
Winter Trail Group	Saturdays	9:00 a.m.	North Bank Pump House Trail Head	Various	https://www.facebook.com/groups/shamrocktraining

[MEMBERSHIP APPLICATION]

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Last Name

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Address 2

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State

Zip Code

Email Address

Phone Number

Birthdate (mm/dd/yyyy)

Gender(M/F)

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☐ New Membership:

☐ Individual (\$15)

☐ Renewal:

☐ Family (\$20)

☐ Student (\$5)

☐ Business (\$20)



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Richmond, VA 23226

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

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

Yes: ☐

No, please keep private: ☐

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

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



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



2020 RRRC Banquet



Please enjoy these pictures from this year's banquet,
courtesy of Jesse Peters of Backlight Photography.