

MILES & MINUTES

Publication of the Richmond Road Runners Club

2025 | Volume 48, Issue 2

RUNNING GOALS



INSIDE

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- Meet Will Dixon of Sports Backers
- Covering All 2,200 Miles of Richmond Streets
- Mental Side of Running, Strength Training, Form

PRESIDENT'S MESSAGE

**Dear Richmond Road Runners Club Members,**

As I look back on the past two years, I am filled with gratitude and pride for everything we have accomplished together as a club. The Richmond Road Runners Club has continued to thrive, grow, and make a meaningful impact on the running community

and beyond. Our journey has been marked by memorable races, inspiring stories, and the unwavering support of our dedicated members and volunteers.

We have seen increased participation in our events, held more educational clinics than ever before, welcomed new participants of every age and background, and strengthened bonds within our community. Whether it was cheering each other on at the finish line, volunteering at races, or sharing advice and encouragement with the training teams, your enthusiasm and commitment continue to be the heartbeat of our organization.

Looking ahead, there is so much to be excited about. We are planning more trainings and clinics, expanding our race calendar, and finding innovative ways to support runners of all levels. The future of the Richmond Road Runners Club is bright, and I am confident that, together, we will continue to build on our success and create even more opportunities for camaraderie, fitness, and fun.

As we embark on this next chapter, I want to remind everyone that the strength of our club comes from the active involvement of our members. Your support, whether through volunteering, participating in races, or spreading the word about our events, is essential to our continued success. I encourage you to stay engaged, share your ideas, and help us make the Richmond Road Runners Club the best it can be.

Thank you for your passion, your energy, and your commitment. Here's to the miles we've run together and the many more ahead!

Forever Forward. ■

Nikkia Young | *President*

**Letter from the Executive Director
Embracing the Chill**

RRRC supports the accessibility of running throughout the year



When the temperatures drop, it's easy to hit snooze, skip a run, or put off movement until spring. But winter is actually one of the best times to commit to your running goals. Cooler air can improve endurance, fewer distractions allow for more consistency, and there's something deeply

rewarding about finishing a run when most people are bundled up indoors. Movement in the colder months not only keeps your body strong, it also boosts mood, supports immune health, and builds mental resilience.

Setting goals and sticking with them through winter sets the tone for the rest of the year. Whether you're training for your first 5K or maintaining your fitness, Richmond Road Runners Club (RRRC) is here to help you stay motivated and connected. Our membership program offers more than just race discounts – it opens the door to a thriving community and a wealth of resources. This season, we're proud to offer robust programming including our Winter Marathon Training Team, CPR/first aid classes, masters clinics, Yoga for Runners sessions, and more.

As a local nonprofit, our mission is to make running and a healthy lifestyle accessible to everyone. We do this by keeping race entry fees affordable, providing scholarships and grants, offering race service assistance, and delivering educational opportunities for runners of all levels.

Volunteering is also a cornerstone of our mission. Whether you want to lend a hand at a single race or take on a leadership role as a board member or race director, there's a place for you in our community.

We're always looking for people passionate about advancing our mission of eliminating barriers to health and fitness. Together, we can make Richmond stronger – one step, one mile, and one runner at a time. ■

Jenna Conley | *Executive Director*

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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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Contributors: Jenna Conley, Ben Klingelhofer, George Lane, Jon Pigg, Rachel Turk, Nikkia Young

Contributions to Miles & Minutes: Letters, articles, race reports, and pictures are enthusiastically accepted. Send submissions to the editorial staff at milesandminutes@rrrc.org.

Membership: RRRC dues are \$10 for students, \$25 for individuals, and \$35 for families and businesses. 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.

On the cover:

Keira D'Amato hiking with her son, Thomas, in Washington State.



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Richmond Road Runners Club



@rvroadrunners

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Richmond Road Runners Club College Scholarship Program

Each year, Richmond Road Runners Club (RRRC) offers a scholarship program for Richmond-area high school seniors engaged in running or running-related activities. As a non-profit organization dedicated to promoting running for its positive physical and mental health benefits, RRRC is committed to supporting the next generation of runners. In 2025, RRRC awarded three scholarships to students who have demonstrated a commitment to the running community and who embody the values of running as a healthy lifestyle.

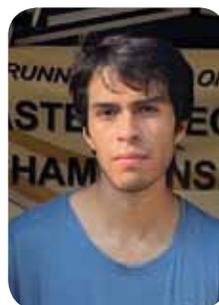
2025 Scholarship Recipients



Emily Acuto graduated from James River High School and will attend the University of Virginia in the fall. Emily ran cross country and indoor track all four years of high school and was a co-captain of her cross country team for two years. She was known for her dependable and responsible leadership, and as a co-captain, she supported and encouraged her

teammates in a welcoming community. Emily has volunteered at races from 5ks to ultramarathons, and she was a coach and student director at the Richmond Road Runners Club youth running camp where she helped organize the daily operations of the camp.

Juan Murias Roman graduated from James River High School and will attend Virginia Commonwealth University



in the fall. Juan participated in cross country, indoor track, and outdoor track throughout high school and was regarded for his humility, resilience, and unwavering support for others. For four summers he was a coach at the Richmond Road Runners Club youth running camp, sharing lessons on having fun and working together as a team. In college, Juan hopes

to use running as a way to mentor and inspire, spreading awareness that running is a lifetime sport with both physical and mental benefits.



Javi Schlegelmilch graduated from Mills Godwin High School and will attend the University of Tampa in the fall, where he will compete on the cross country and track teams. Javi ran cross country and track each year of high school and built community among teammates by organizing group dinners. He was a consistent and thoughtful leader on his team and

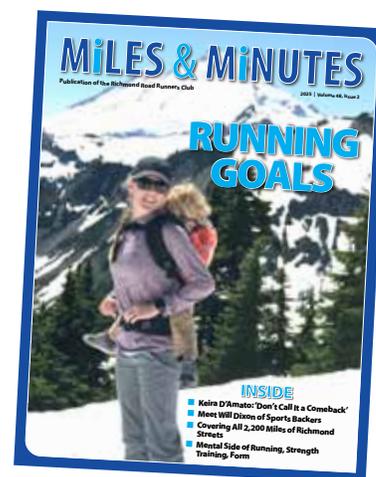
encouraged other students to join and stay committed to running. Javi has combined his passions of fitness and helping others through volunteering at the River City Inclusive Gym, the Big Feet Meet, and the SPCA where he has exercised and socialized shelter dogs. ■

You can find your next issue of

MILES & MINUTES

at these Richmond-area locations.

- | | |
|------------------------------------|--|
| Lucky Road Run Shop, Midlothian | Final Gravity Brewing, Northside |
| PR = Run & Walk | New Balance, Short Pump |
| Chesterfield County Parks & Rec | REI, Short Pump |
| Dick's Sporting Good, Midlothian | Dick's Sporting Goods, Short Pump |
| Dick's Sporting Goods, Willow Lawn | Town Center |
| Lucky Road Run Shop, Willow Lawn | Athleta, Short Pump Town Center |
| Fleet Feet, Patterson Avenue | Fleet Feet, Short Pump |
| Lucky Road Run Shop, Carytown | RRRC special events,
including race expos |



**Support those who support
Richmond runners!**

RRRC Winter Events

From long-time favorites to creative new events, you're sure to find something to love.

To stay up to date on upcoming races, go to RRRC.org and click on RRRC Event Calendar on the navigation bar, or follow us on social media at **Facebook @ richmondroadrunnersclub** and **Instagram @ rvaroadrunners**.

Most run/walk events also offer a virtual option.

Richmond T Rex Run

NOV. 16 AT DOREY PARK, HENRICO

Join the Jurassic Jog!

The Richmond T. Rex Run is a free, 0.4-mile fun run. Suit up in your best dino costume (inflatable T. Rex encouraged!) and waddle, sprint, or stomp your way around the lake. No timing, no winners – just big laughs, tiny arms, and a prehistoric good time.

Turkey Trot 10k and 5k

NOV. 27 AT BRYAN PARK, RICHMOND

Strut Your Stuff(ing)!

Before you activate your feast mode, lace up your running shoes and join us on Thanksgiving morning at the gourd-geous Bryan Park. There's a Kids Run, too!

Yoga for Runners

DEC. 1 AT THE RRRC CLUBHOUSE

Power, Balance, Recovery

Enhance your running performance with a yoga practice designed to build strength, flexibility, and mental focus. Whether you're training for a race or simply enjoy running, this class will help you move more efficiently, recover faster, and feel more balanced, on and off the road. All levels welcome.

Stony Point Snowman Shuffle

DEC. 7 AT STONY POINT FASHION PARK

Dash Through the Holidays

Join us for the inaugural RRRC Stony Point Snowman Shuffle 5K. The course is entirely on the property of Stony Point Fashion Park. Dress for the season and enjoy the mall's holiday sights and decorations. Run, walk, or strut!

The Snowkid Shuffle is perfect for little runners ages 2 to 10. After your run, celebrate in the Finisher's Village, then enjoy some holiday shopping.

RRRC Winter Training Teams

SATURDAYS, DEC. 7 TO MARCH 7

Marathon and Half Marathon Training Teams

Any and all paces are welcome. If you are able to complete your goal race within the cut-off time, then we are the group for you. Bonus, the Half Marathon Team has a walking only sub-team.

RRRC Winter Half Marathon Training Team is the official training team of the Sports Backer's Virginia Credit Union River City Half on March 7, 2026.

First Day 5K

JAN. 1 AT ACAC, MIDLOTHIAN

Start 2026 off on the right foot!

Kick off the New Year with the RRRC First Day 5K & 1 Miler. Whether you're chasing a PR, shaking off the confetti, or just want to log the first miles of the year with your running community, this fun, flat 5K is the perfect way to start 2026.

Kids Run Fun!

Little runners take the spotlight – a perfect way to get the whole family moving

RRRC Bear Creek 10 Mile & Mini Trail Runs

FEB. 22 AT BEAR CREEK LAKE STATE PARK, CUMBERLAND

"Hit the trails, feel the thrill!"

The RRRC Bear Creek 10 Mile Trail Run features a challenging loop course through the piedmont hills of Cumberland State Forest and Bear Creek Lake State Park.

New for 2026: The Mini 4.2-Mile Trail Run offers a shorter but still challenging option along a mix of park trails.

The RRRC.org website also hosts the RVA Race Calendar of races and running-related events within 50 miles of Richmond.

RRRC VOLUNTEER SPOTLIGHT

Jon Pigg

Jon Pigg wears many hats at Richmond Road Runners Club. He directs social media and communications, supporting the VP of marketing by helping to plan and create content across RRRC channels, spark the hype for the events calendar, and post accurate and timely information. “I also jump in on copy, visuals, and community engagement to spotlight members, volunteers, and partners,” he adds.

But that’s just the beginning. He’s a co-lead coach for the RRRC Winter Training Team, helping to set season goals, design training plans (easy, tempo, and long runs), and support pace-group coaches. “A big focus is on welcoming newer runners while keeping it fun for veterans,” he says.

Pigg was also the co-race director for this spring’s RRRC Fools Run Fest, helping to manage course planning, volunteer coordination, sponsor communication, runner experience, and race-week logistics.

Miles & Minutes reached out to Jon to find out about his journey as a runner and RRRC member and his life aside from running.



When and why did you start running?

I started running in 2010 after deciding I wanted to run a 10K and signing up for the Monument Avenue 10K. Up to that point, the longest I’d ever run was a mile in middle school, and that was only because I had to. But something about the idea of that 10K stuck, and once I crossed the finish line, I was hooked. I haven’t stopped since.

What are some of your favorite places to run?

I do most of my running around Midlothian, but my favorite spot in Richmond is definitely River Road. I’m mostly a road runner, and River Road gives you the best of both worlds, smooth pavement, beautiful views, and that sense of being just a little bit away from it all.

What’s your favorite race outside of the Richmond region?

Can I pick one I haven’t run yet? The New York City Marathon is my dream race. Now I just need that lottery magic to happen!

What are some of your current running goals?

Personally, I'm focused on staying consistent with my mileage week to week. I've been dealing with some hamstring issues, so I'm learning to balance strength training and heavier lifting with keeping at least 20 miles a week on the road. It's been an interesting challenge.

On the community side, I'm co-leading RRRC's Winter Training Team this year, and my goal is to grow the team and help more people fall in love with running, RRRC, and the Richmond running community.

How did you learn about RRRC?

Once you start running races in Richmond, you can't miss RRRC. After a few Monument Avenue 10Ks, I wanted to branch out and found the Turkey Trot – and the rest is history.

Why did you become active in the club?

I wanted to give back to the Richmond running community that's given me so much. Running is one of the most inclusive sports out there, and I really believe anyone can become a runner and find their place in this community. Volunteering with RRRC helps make that happen.

What are the benefits of volunteering for RRRC?

You get to be a bigger part of something special. Volunteering gives you a voice in shaping races, training teams, and the club as a whole. It's a chance to give back, to connect with



other runners, and to help keep Richmond's running scene thriving.

What are some meaningful experiences you've had while volunteering for the club?

Race directing the Fools Run Fest was incredible! Being part of a two-day running "festival" and seeing all the behind-the-scenes work that goes into making a race happen was eye-opening. But honestly, the best part has been the people. Volunteering has introduced me to so many new connections and friendships across the club.

How does the RRRC Winter Training Team manage to appeal to both veteran and new runners?

Our number one goal is to be pace-inclusive and welcoming. If you can make the race cutoff time, there's a spot for you on the team. We've even added a walking-only sub-team.

If you're new to running and don't know where to start, or you're worried about being in the back or running in the cold,



Volunteer Spotlight

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we've got you covered. And if you've been running for years but crave that accountability and team energy, we've got you too.

What do you do to pay the bills?

My day job is in marketing. I work for a company that helps colleges connect with prospective students. I've been there about 11 years, and most of my background is in email marketing, so getting to flex those skills for RRRC's social media and training teams felt like a natural fit.

Do your job skills help with your volunteer work?

Definitely! I was way too eager to take on the emails for Winter Training Team, much to the relief of my fellow coaches. I'm organized by nature (and by necessity), so I love finding ways to make what we do at RRRC more efficient and structured. Taking something complex – like directing a race – and channeling my Type A energy into it is genuinely fun for me.

What do you do in your free time besides running and volunteering for RRRC?

I've been married for almost 17 years and have two amazing kids, a 13-year-old son and a 10-year-old daughter. Most of



my free time revolves around getting them to sports, friends' houses, and school events. We love a good family movie night or working through a TV series together – our favorite so far has been “Young Sheldon.”

As much as I'd love a family of runners, I'm the only one with the bug. My son's into basketball, my daughter's into gymnastics – but I sneak in some light miles walking with the family and our two dogs whenever I can. ■

The image shows a book cover for "100 Things to Do in Richmond Before You Die" by Annie Tobey. At the top, the Richmond Road Runners Club logo features two runners and the text "Richmond ROAD RUNNERS CLUB WE RUN RVA". Below the logo, the phrase "We made the list!" is written in a blue, cursive font. The main title "100 THINGS TO DO IN RICHMOND BEFORE YOU DIE" is prominently displayed in white and blue text on a dark blue background. A small image of a bucket is at the bottom of the title. The author's name "ANNIE TOBEY" is at the bottom. A banner at the very bottom of the cover reads "Available wherever books are sold."

Volunteers Always Needed!

The Richmond Road Runners Club relies on volunteers to fulfill its mission of providing fun and fitness opportunities to the local community.

Whether you're filling in behind the scenes (as in helping put together *Miles & Minutes*, ahem!), supporting an event as a course marshal or photographer, at a hydration stop or the finish line, providing post-race refreshments, or filling any of the many other club needs, your efforts will be much appreciated!

Go to RRRC.org and click on “Volunteer” (under “More” on the top navigation bar) for more information. To contribute editorial or other support for *Miles & Minutes*, email MilesAndMinutes@RRRC.org.

The Mental Side of Running Performance

By Dr. Rachel Turk

People physically train endless hours in a sport to be competitive, sacrificing time, money, and energy. While people often push their bodies to the limit, the mental aspect of sport is forgotten along the way. Think about how much time is spent training physically compared to how much time may be spent training mentally. At the end of the day, it is our brains that make our body go, that let us know when we are feeling pain, and that are responsible for our level of confidence and self-worth. So, the phrase “be kind to your mind” isn’t just catchy, it’s critical.

Whether someone is training with a group, a partner, or alone, running provides ample time to think. If those thoughts become negative and self-defeating, not only does it take the joy out of running, but it also can significantly impact performance.

Think about a day when training is not going well. What thoughts are filling your mind? Are you thinking, “I am not good enough,” “I am so slow,” “My legs hurt so bad,” etc.? Once these thoughts start happening and we give them attention, our performance decreases.

How do you correct this? By utilizing mental performance skills and truly learning to be kind to your mind. Here are some skills to start with:

Self-talk

Identify the thoughts you regularly have and recognize which are helpful and which are not. Not every thought needs to be positive, it just needs to be productive.

- **Do vs. don’t thinking:** Shift any “don’t” thoughts into a “do,” so instead of focusing on what you don’t want to happen, focus on what you/your body needs to do to be successful (e.g., “don’t slow down” becomes “keep the pace”).
- **Challenging negative/unhelpful thoughts:** After identifying the thought, check the facts that do and do not support that thought, and then replace the thought with a more helpful style of thinking. For example, replace “I can’t do this” or “I’m not running my best today.” Remind yourself of the facts: “I do this distance all the time and I always feel better when I am done.” Instead, a

Think about a day when training is not going well. What thoughts are filling your mind? Are you thinking, “I am not good enough,” “I am so slow,” “My legs hurt so bad,” etc.? Once these thoughts start happening and we give them attention, our performance decreases.

productive thought is: “Today is hard, but I am trained for this.”

Building confidence

We all tend to be our own worst critics, and often being hard on yourself may have helped you to be as successful as you are. But sometimes we go too far. Balance the things you need to work on and improve with the things that you are doing well.

- At the end of each training session (or day) identify three things that went well.
- Use your successes as examples to build you up and remind you that you are capable.

If someone has learned mental performance skills and trained their brain to respond in productive ways, the positive impacts are countless. These skills can be applied not only to running but also to life. Train your brain with the same intentionality that you train your body, recognizing that, just like changing a bad habit in running, retraining your brain will take time. ■



Dr. Rachel Turk is a licensed clinical psychologist who works with mental health and sports performance concerns. She specializes in treating student-athletes, eating concerns and disorders, and trauma. She is passionate about raising awareness and decreasing stigma related to mental health and providing education and training for athletes.

For more information, email drrachelturk@gmail.com or visit www.DrRachelTurkLLC.com

A Conversation with **WILL DIXON**

The new Sports Backers ED chats with *Miles & Minutes*

By Annie Tobey

The new executive director of Richmond Sports Backers isn't new to the city or the fitness-focused nonprofit. Will Dixon had his first experience working for Sports Backers in 2007 at an event. The George Mason University graduate in recreation management was sold on the group's mission and began working full-time soon after.

Dixon has held multiple roles since then and was promoted to executive director in April 2025, after Jon Lugbill's retirement. The Richmond native brings a new public face to

the organization while supporting its long-standing mission. I caught up with him to learn about the man and his role in leading this influential local organization.

What sports have you been active in?

Growing up, I was all over the place. I played a little basketball, a little tennis, but soccer and swimming were my two passions. I did year-round swimming for a few years, ultimately really honing in on soccer. I played travel soccer with the Strikers, now Richmond United. I played



Will at Virginia Credit Union River City Half & 5k.

high school soccer at Godwin and then continued to play intramurals in college and adult league for quite a while after college. Knee injuries and changing priorities led to me hang up the cleats.

Now I'm just into anything that keeps me on my feet. I love cycling. I go through phases: sometimes I want to be back in the pool, or I want to be on my bike, or I want to be out running, or I want to be in the gym. I go through these seasons of what I physically and mentally feel like I need.

If I had to break it down, physical activity is probably 90% mental, 10% physical. It's a must-have for my overall health, but it's not about looking a certain way or fitting into certain size clothes. It's much more about how I stay grounded, organize my thoughts, how I push myself to do things that at one point I thought were not possible for me. I need that adrenaline coursing through my veins. It is a mental health exercise as much as anything else.

What are your personal goals in sports?

I'm doing the half marathon training team for the first time. I've run half marathons before, and I did the marathon when we did it on the Virginia Capital Trail during Covid. But it's my first training team experience. I've never gone through a training plan like this as an adult, so my goal is to see how the training team works from an accountability standpoint and from a socializing standpoint.

I've often looked at running as a very solo endeavor, for me personally, because it's the time that I organize my thoughts. It's the time that I get out there and just do my thing. The experience of the training team has been a bit of an eye opener – there's power in a shared goal with other people, even if it's just going out for an eight-mile run.

Are you doing this because of your new position at Sports Backers or just out of curiosity?

A little of both – I think it's important as the new ED to be more ingrained in some of the operations of the organization. Our training teams are something that we're really proud of, and our army of volunteer coaches. The spirit of the training team is something that we're really proud to be associated with, and we're really grateful to have the support of the volunteers but also the trust of the participants. I can tell that story, but I haven't had my own experience, so I think it's important to experience it myself.



Will and his son, Davis, at the finish of the Ukrop's Monument Avenue 10k.

What initially drew you to Sports Backers?

I'm a native Richmonder, born and raised in the West End of Henrico, and I love sports. I love physical activity. I love all of the intangibles that I think we actually don't talk about enough in sports: the confidence building, the goal setting, the leadership elements – everything that comes with being affiliated with a sports team is something that I really cherish. I studied sport and recreation management at JMU. I knew I wanted to come back to Richmond, and I was looking for ways to get my foot in the door with sports in Richmond. I reached out to John Luginbill and the organization was adding events and growing and needed more hands, particularly at the events themselves. The first event I worked was the cross country festival at Maymont, as manual labor. I was helping with set up and break down, learning the ropes. Immediately I could tell that it was a special team, and I saw myself wanting to be a part.

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Will Dixon

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What keeps you there?

The people that I get to work with every day. But more globally, the organization has evolved to be very intentional to reduce barriers for physical activity and offer diverse opportunities for people to get active. The growth into the biking-pedestrian safety and advocacy and infrastructure for active living has really resonated with me. The opportunities that we can provide for people to set their own goals and really harness the power of physical activity is core to my purpose. So that keeps every day exciting and keeps me driven.

[Through Sports Backers, Jon] gave me opportunities to grow and learn and develop as a professional in a relatively small organization – learning and growing and thriving as a person. That’s what kept me here.

What’s one accomplishment at Sports Backers that you’re most proud of?

Nothing that we do is done in isolation. I think that our response to COVID-19 was pretty awesome. It was scary and it was hard [but we developed] new products and stayed



Will Dixon with Team Cheetahs, his half marathon training team.

engaged with the community. We need physical activity now more than ever just from a mental health and physical outlet standpoint.

What are some highlights of your experience at Sports Backers?

Is it bad that my mind goes to the worst weather events? It’s the sense of shared experience, like the Tacky Light Run – I think it was in 2012, maybe 2013, it was 40 degrees and pouring down rain for the entire day, during set-up and during the event. It was the most miserable weather day that I’ve experienced in 18 years of Sports Backers. But there’s something special to it – it is so community oriented and community driven. And the way that our team just stuck it out. You’re so focused on why we’re doing this, that the conditions that are outside of your control, you just let it go and do the best that you can, given the cards that you’re dealt.

We’ve had Riverrocks like that and Monument Avenue 10ks like that. We’ve had marathons that presented real adversity. So I just come back to that feeling of shared experience with the staff, the volunteers, the sponsors, and the participants. We’re always refocusing on why we’re out there and what it’s going to take to be successful.

What are some of your goals for Sports Backers going forward? Any changes we can expect?

I want to continue to rally the entire Richmond Region around active living and really figuring out how to best leverage that – like engaging with our largest employers around town for their workforces to be more active and to understand the benefits of it; improving the built environment and how we get people out and about recreating and moving about their daily lives with active transportation; and building a culture of active living in the Richmond region.

It’s not just about community health and vibrancy, it’s tourism. It’s a brand for Richmond on a national level that really puts us on the map as a destination for the active person, the outdoor enthusiast. When people think of Richmond, I want them to think about active living.

Do you see yourself interacting with volunteers?

The volunteers are the lifeblood of the organization. We rely on over 6,000 volunteers throughout the year to execute

a lot of our programs and events. Part of the reason I'm doing the half training team is to get to know some of that army of volunteers that are huge advocates not just for the organization but the mission as a whole.

I think that there are other opportunities with other parts of the organization beyond the training teams, including our Fitness Warriors and our Bike Walk Academy graduates and our Kids On The Move, fitness club coaches, the list goes on. I think that it's important for me to show my appreciation but also to hear their stories and get to know what's drawn them to being a part of this movement.

How do you see Sports Backers working with other sports and running organizations in the region?

I can spit out catch phrases like "a rising tide lifts all ships," but that's really what I believe. I see Sports Backers' role as how we grow the pie, not how we get our slice of it. It's something that we navigate internally, of how do we support blossoming run clubs and other events around town. We all have limited resources both from a manpower standpoint but also from a financial standpoint, so I think being creative and collaborating and thinking about how we can grow the active living pie is a role that that we definitely want to play.

What is the organization's biggest challenge?

The biggest challenge is rising costs. It's expensive to do a lot of the things that we do, and we are having to navigate that with how we keep our events accessible and how we continue to deliver high-quality experiences within the framework of growing expenses and other economic pressures.

Does anyone in your family enjoy sports with you?

All of them! My two sons both play soccer. My older son who just turned 13 is playing on the travel team for Richmond United, and I'm coaching my younger son who's 10 on his soccer team this fall. My wife is a big walker, and we're going out to Monterey and hiking in Big Sur and out on the West Coast.

What are some of your favorite Richmond places?

I spend a lot of time at Striker Park and at Deep Run Park in Henrico. In a relatively recent development, Taylor Farm Park



Will at Virginia Credit Union River City Half & 5k.

out in the eastern part of Henrico is just awesome. My boys will bring their BMX bikes and their skateboards, and we'll go just spend a half a day out there just rolling around. I'm usually a spectator on those days, but they absolutely love it.

Then anywhere along the river. I love the James River Park System. I love Buttermilk Trail and the T. Tyler Potterfield Bridge. It still is so phenomenal to me that I can park in downtown Richmond and within five minutes feel like I'm in the middle of nowhere.

From an eating and drinking standpoint, I love Hardywood West Creek because it's out there by the soccer fields, it's family friendly, a great place to meet friends or just hang out with the family. I got engaged at Lost Letter in Scott's Addition, so that's got a special place in my heart, and I'm having my rehearsal dinner at Common House and our wedding at the John Marshall. So it's really all things Richmond.

Any other message you'd like to share with Richmond Road Runners Club?

Just a message of gratitude. I shared it at a ribbon cutting for the Fall Line Trail, but I think that Richmond's community is really something special. I heard it recently from folks that have moved here from Charlotte and from Atlanta. Sometimes I think that as native Richmonders we don't give ourselves enough credit for the things that we've accomplished. In the nonprofit community in particular I think that we work really well together, and that requires a village of people that care and take action. That taking action could look like putting the metal around a finisher's neck or speaking to city council about a protected bike lane, but we're a town of doers and we're really proud and grateful to be a part of it. ■

The 8 Causes of ALL Running injuries and How to Beat Them

Pillar 6. Running Technique Flaws, Part 3



By George Lane, DPM, AAPSM

Part 1 of this series went over the methods most commonly used to evaluate running form.

Part 2 discussed some of the more common patterns of unsound running form, their possible causes, and injuries they can lead to.

Part 3 will discuss three common approaches that attempt to improve unsound running form: “copycat” methods, “system” methods, and “targeted strength and conditioning” methods.

‘Copycat’ methods

Copycat methods are the most simplistic to understand, yet perhaps the most difficult to successfully apply. The idea is to copy the key components of “ideal” running form. Ideal running form was determined by observation of elite runners. A classic example of this is the “Good Form Running” pointers and diagrams from Grant Robinson (**Fig. 1**). The key components to focus on include 180 steps per minute, forward-leaning body with straight waist, foot landing softly under the body with a bent knee, avoiding heel strike, and keeping the arms compact.

The advantage of this method is that it is conceptually simple, and it is a quick fix if it can work for you. The drawbacks of this method are that for many individuals, applying such

changes can be much more difficult than they appear, for a multitude of reasons. It can be very difficult to maintain one element of the form if you are trying to focus on another. Furthermore, it may be difficult if not impossible to replicate these methods if your body does not have the required strength, flexibility, conditioning, or physical endurance to do so, as do the elite athletes this form emulates. To add further concern, many elite athletes themselves deviate from this idealized form in one or multiple ways, as unique body structure and mechanics of individual athletes makes their “ideal” form deviate from this model.

Examples of problems with this method include the “180-step-per-minute” concept. Most recreational runners, and even elite runners when running slower than race-pace, naturally have a slower cadence. The temptation when increasing stride rate is to pull the trail leg forward sooner, thus short-circuiting full hip extension and increasing chances of a backseat gait or a shuffling, apulsive gait. Additionally, the notion that a 180-step-per-minute stride rate is universally ideal for all runners has been refuted. Landing softly under your body with a forward lean and straight hips, although generally accepted as good form, may be very difficult to just “make yourself” do, especially if there are functional or structural prohibitors such as overly tight hip flexors.

‘System’ methods

The strategy of “system” methods is to completely reconstruct how to run with step-by-step directions, essentially “teaching” you how to run from scratch. The basic tenet of this method is to teach new body alignment and movement patterns rather than correct current ones, applying the same step-by-step approach to all individuals. The classic examples are the Pose Method introduced by Nicholas Romanov, and Chi Running, developed by Danny Dreyer. Both programs are based on the authors’ own observations and experiences to develop what they believe is the best way to run. In both programs, the technique they are building is developed by employing cues, drills, mindset adjustments, some mobility exercises (Chi Running), and some strength and extensive conditioning exercises (Pose Method). Both of these methods are detailed in books written by the authors. They are also taught at seminars run by method-certified instructors, taught

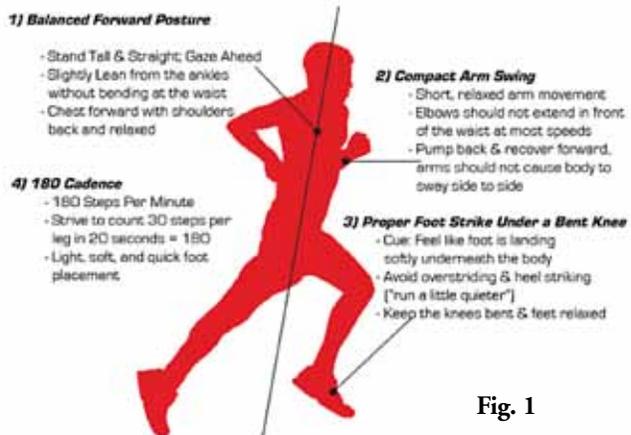


Fig. 1



Fig. 2



Fig. 3

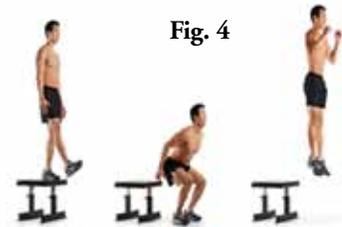


Fig. 4

in group settings. Although these methods require significant time and commitment to learn and master, there have been many testimonials of success with these methods resulting in reduction in injury and improvement in running ability.

'Targeted strength and conditioning' methods

The strength and conditioning method to optimize running form is an indirect approach, with the theory that correcting deficits in running-specific muscular strength, elasticity of tissues, posture, joint mobility, and neuromuscular coordination will lead to better running form by optimizing the body for technically sound running. The byproduct of this approach is not only reducing risk of injury by improving running form but also by improving the body's physical properties. Good examples of texts on this method include "Anatomy for Runners" by Jay Dicharry, DPT, and "Strength and Conditioning for Endurance Runners" by Richard Blagrove, BSc.

The general steps in this method include first identifying specific individual deficits through a comprehensive strength and mobility assessment, then creating a strength and conditioning program targeting those deficits. Running technique drills are woven into all phases of the strength and conditioning program.

Strength training can be broken down into resistance training for basic strength, maximum strength, and explosive strength (Figs. 2,3), and plyometric training, such as jumps, hops, and skips (Figs. 4,5).



Fig. 5

Conditioning exercises can be broken down into targeted conditioning (trunk, gluteal, hamstring, foot, and ankle) (Figs. 6,7,8), technical running drills (A-skips, B-skips, hurdle walkover, high knees, etc.) (Fig. 9), and mobilizations and stretches (active stretches, dynamic mobilizations, soft tissue release work, and static stretches) (Figs. 10,11,12).

Although all of the above methods to improve running form can be done independently, having knowledgeable in-person guidance is more likely to produce positive results. Even if done properly, there is the possibility of developing new injuries when attempting these methods; however, these risks should be minimized with proper oversight.

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Owner, Superior Foot Supports, SuperiorFootSupports.com*



Fig. 6



Fig. 7



Fig. 8



Fig. 9

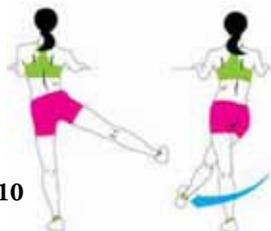


Fig. 10



Fig. 11



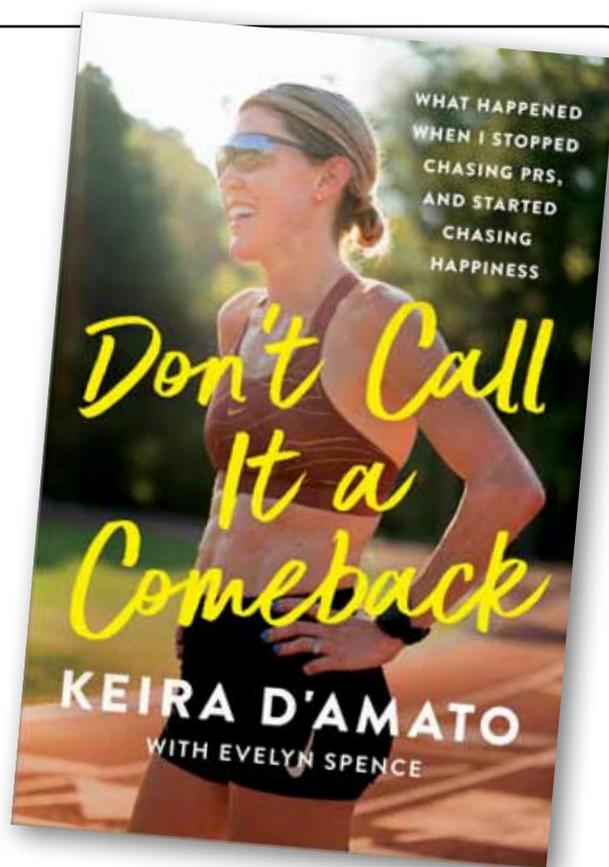
Fig. 12

Advice from Keira D'Amato

'Don't Call It a Comeback:

What Happened When I Stopped Chasing PRs and Started Chasing Happiness'

By Annie Tobey



Many Richmonders know Keira D'Amato personally, while others just know of the Virginia runner's accomplishments. I'm at a second-degree of acquaintanceship. In the early days of her, um, comeback, I heard stories from a proud friend of Keira's family. During Marathon Training Team runs, Tom Visotsky would brag about her rise from a "has been" (my words, not his!) to champion. He would tell of her uncertainty in reentering the world of competitive running as he touted her most recent achievements.

Strava once informed me that I had broken one of Keira's records. Sure, it was for the number of times I had tackled a certain Strava segment at Pocahontas State Park, but I was still amused and mildly proud. The fact that she responded to my social media share of my "accomplishment" with her trademark humor made the experience even sweeter.

For me and other Virginia readers, knowing Keira's local roots make her new memoir, "Don't Call It a Comeback," especially meaningful.

An overview

From the first page to the final mile, this book grabs you because it's deeply honest, refreshingly fun, and firmly rooted in the heart of who Keira D'Amato is: a woman, runner, mom, and living proof that "second act" doesn't mean "lesser act."

"This isn't a book about running," she writes. "It's about a girl who happens to be a runner." She encourages anyone who runs (even if chasing their toddler) and anyone who wants to run to claim the title of "runner," too. Yet her book can appeal to anyone, athlete or not, who wants to claim or reclaim a passion. The book's initial working title was "Chasing Happiness," which can apply to us all. Her ideas of redefining success, embracing process over perfection, and balancing work, family, and passion are relatable and inspiring.

For example, she writes, "If you start every task believing that it has to be done flawlessly, you're heading straight for disappointment ... Perfectionism can backfire, paralyzing us and hurting our performance." These words can even speak to those sporting a "0.0" bumper sticker.

In her written story, Keira takes the reader through postpartum depression, her long hiatus from competitive running, career and family demands, and the incredible arc to setting the American women's marathon record.

Local readers will appreciate the references to Richmond, where she juggles job, kids, everyday chaos, and training. Those who know her – and readers who don't – will appreciate her warm, engaging, sincere, and humorous tone. While she and her family have moved to Park City, Utah

(a great spot for altitude training), Richmond is still an important part of her story.

One thing that makes this book stand out is that it refuses the “perfect athlete” myth. Keira didn’t glide from high school star to Olympian. Her path was messy, real, filled with stops and starts. That makes her victories more human and far more motivating for people for whom running is just one facet of their lives.

“Don’t Call It a Comeback” is a compelling, joy-filled memoir that will resonate not just with runners, but with anyone seeking purpose, balance, and the courage to redefine what success means. Keira D’Amato’s Richmond backdrop gives it grounding and local flavor, and the message that you can chase big dreams even from everyday places is empowering and timely. It inspires, uplifts, and gives permission to embrace growth rather than return to old versions of yourself.

Keira speaks to *Miles & Minutes* readers

I reached out to Keira to get her advice, using this issue’s “running goals” theme as a springboard.

What are your current running goals?

My biggest running goal right now is to keep raising the bar and showing what’s possible as we age. I hope I’m leading by example and inspiring others to keep pushing their own limits. It’s so rewarding to challenge myself in new ways and see how much I can continue to grow as a runner.



(Above and top right) Keira D’Amato celebrating with her family after breaking the American women’s marathon record at the 2022 Houston Marathon.



I’ll be racing the Boston Half Marathon in November and the Valencia Marathon in December. Training has been going really well, and I’m excited to see how all this altitude work translates on race day!

Do you have any advice for casual runners on setting running goals?

Goals are everything! They’re your WHY, the reason you lace up your shoes and put in the work. I like to think about goals in three layers:

- 1. The Big Dream:** This is your long-term, heart-pounding goal. The one that excites you and scares you a little. Maybe it’s running your first marathon, setting a PR in the 5K, or tackling a distance you’ve never tried before. Your Big Dream should mean something personal to you. It’s your North Star: the goal that will keep you motivated when training gets tough.
- 2. The Stepping Stones:** These are the short-term goals that move you closer to your Big Dream. They’re achievable within a month or two and keep you motivated along the way. If your Big Dream is a marathon, maybe start with a 10K, then a half marathon. Each milestone builds confidence and gives you something to celebrate.
- 3. The Daily Wins:** These are the small actions you can take every day that add up over time. Getting your run in before work, doing strength training during nap time, or meeting a friend for a lunch run. Daily wins make you feel like you’re succeeding now, not just someday. And who doesn’t love to feel like they’re winning? ■

**“Don’t Call It a Comeback:
When Happened When I Stopped Chasing PRs
and Started Chasing Happiness”**

By Keira D’Amato • St. Martin’s Press: Sept. 9, 2025

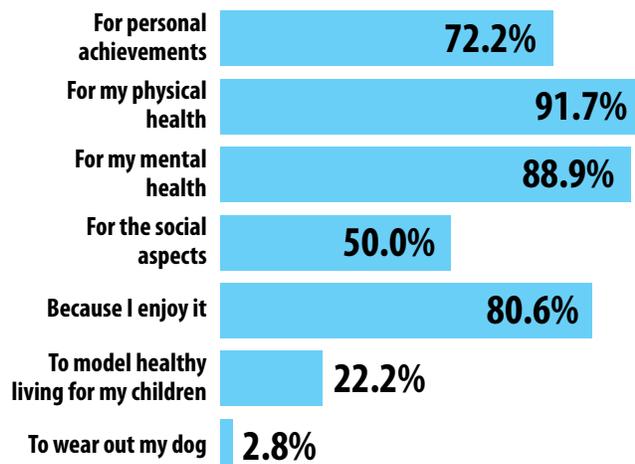
What Are Your Running Goals?

Runners share common objectives and have unique individual goals, too: achieving a PR, staying healthy, qualifying for Boston, racing in all 50 states, achieving a run streak, running the mileage equivalent for a birthday, running a different route every day for a month, and more.

Why do Richmonders run? What are their running goals?

Local runners weighed in.

Why do you run? (Choose all that apply.)



What are your current running goals?

- Trying to PR the cul-de-sac races!
- Continuous improvement, beating past PRs, helping others meet their goals through coaching
- Finish a marathon and run 2,000 cumulative miles each year
- My goals are to meet more people, to push myself physically and mentally, and to run an ultramarathon
- Finish the Monument 10K and Richmond 8K every year!
- To run for another 30 years
- To keep running for as long as I can!
- Slowly work my way up to running a marathon, do a Spartan race, do all the major races in RVA
- PR in the marathon
- Doing a marathon before 40
- Long term, run a 100 miler
- Keep my streak going (4+ years now), be a more disciplined person
- Complete a half marathon and maybe a full marathon one day

- Right now I'm training for my first half marathon. After losing 100 pounds, I wanted to see if I could do it!
- I have been running for 12+ years. My goal when I started was to lose weight, but that has changed. I now do it because I simply love doing it! I love telling others the joy it brings, I love the community I have found, I love getting sweaty, I love showing my daughter the joy it brings, I love coaching it through Girls on the Run. Also, I've become a lot faster, which has been a great motivation.
- My goal is to stay healthy and continue doing this running thing for years to come!
- 50 states doing a half or full!
- Run a marathon, ultra marathon trail marathon, do an Ironman, run more international races
- 2025 – one race per month (will end up completing 18+ by end of year).
- Qualifying for Boston for the 3rd time and actually getting to race for the second time
- Running in all 50 states! 20/50 completed so far, 22/50 after next week!! Also as a running PT, my goal is to keep runners healthy and mitigate injuries.
- Sub 4-hour 50k. Complete Western States 100 in under 24 hours. Run UTMB Mont Blanc
- Sub 2:40 marathon, 50 states, all world majors
- Race in all 50 states
- To enjoy it, to run, for my lifetime, to care for my physical and mental well-being, to have regular time to connect with nature outside
- Qualify for Boston one day
- 20-22 miles each week
- Running another marathon; continuing to have a healthy relationship with movement and running; would love to do an ultramarathon at one point too!
- Build back up on mileage, better my form and cadence, and aim for pr's in the future
- Former runner and now a walker. Goals are more modest: Walk at least 5 days each week, participate in 2 to 4 events every year with at least one 1/2 marathon and one trail event
- I've run a marathon in each decade since the '70s. I still need one in the '20s. Good news is I still have 5+ years. Bad news is I'm not getting any younger.
- Currently, running 20 miles/week consistently while strengthening my legs ■

A Unique Richmond Running Goal

RRRC member Kirk Millikan's tackles Richmond city streets



Miles & Minutes readers may recall Kirk Millikan's earlier out-of-the-box running achievements: setting a Guinness World Record for running a marathon dressed as a lumberjack and another dressed in lederhosen (in London and Berlin, respectively) and running in a taco costume in the Madison Marathon, Vermont

City Marathon, and the San Antonio Marathon.

His latest creative running feat is closer to home: Kirk ran every pedestrian-accessible street within the Richmond city limits – all 2,200 miles.

Kirk Millikan is a long-time RRRC member, active on the RRRC board of directors, scholarship committee director, and an RRRC race director and participant. He's also served on Richmond's Safe and Healthy Streets Commission and is a Richmond Sports Backers Bike Walk Champion, a community advocate for safe biking and walking infrastructure. In addition to putting miles on his Garmin, this latest unique goal has contributed to his service.

The idea About six years ago, Kirk learned about CityStride.com, which helps runners map their runs to see which streets they have covered. "I've always been interested in statistics and plotting out my runs, so I uploaded my GPS data to this website. It was interesting seeing where I had run and where I hadn't," he recalled in a conversation with Richmond Sports Backers. He was surprised to see that he'd run only about 15% of the city.

Deciding to run the remaining 85% gave him added motivation for his long runs, since he would see new streets and different neighborhoods.

The execution "The hardest part was the logistics," Kirk admitted. "I spent more time planning my long runs than actually running them."

As his final run, Kirk chose Coles Street in the far southeastern corner of the city. Two of his grandmother's cousins, both born and raised in Richmond and killed in World War II, were named Cole. He visited their graves in Luxembourg when he ran the Berlin Marathon. "Having that family connection to the last street has been really powerful," he said.

Kirk's takeaways In his runs, Kirk discovered the uniqueness of individual Richmond neighborhoods. He also

noted how many of the street are not pedestrian friendly. Neighborhoods south of the James lacked pedestrian infrastructure compared to those north of the river, he said.

His observations have motivated his activism as a Sports Backers Bike Walk Champion and on Richmond's Safe and Healthy Streets Commission. "The Commission is set up to hold city engineers and leaders accountable for having Richmond streets be as safe as possible. I've been able to directly use what I've seen firsthand."

He also acknowledged that he was able to pull this off because of who he is. "As a white male runner, there's a level of privilege and safety that I definitely have running through Richmond. I've had to be mindful of safety to an extent, too, [but] I've felt safer than other folks."

Next up Kirk's next challenge is running a marathon in every state. "Talking to other runners, it seems that's become more of a goal for a lot of people. It's a good excuse to travel, and I really enjoy traveling."

Kirk admitted that even his view of Richmond during his 2,200-mile goal was a bit like travel, experiencing different neighborhoods.

As for his latest goal, he said, "I've run a marathon in 20 states so far, so while I'm on my way, the goal is still pretty far off."

Considering Kirk Millikan had only covered 15% of Richmond streets when he began pursuing his previous goal, 40% is a solid start. ■



Kirk's grandmother Irene King (standing on the far left) with her family in their back garden in Woolwich.

More photographs of Kirk's unique running goals can be found on the back cover.

Why Strength Training Matters for Runners

A key to stronger, healthier running

By Dr. Ben Klingelhofer, DPT, Bend Movement Performance Physical Therapy

When most runners think about improving performance, their minds immediately go to logging more miles, dialing in nutrition, or adding in speed workouts. What often gets overlooked – but may be the key to stronger, healthier running – is strength training.

Strength work isn't just for bodybuilders or gym rats. For runners of all levels, from 5K first-timers to marathon veterans, building strength can mean the difference between enjoying years of injury-free running or being sidelined season after season. Let's break down why.

Injury Prevention: Strong muscles protect joints

Running is a repetitive, high-impact activity. Every stride sends force – up to 2–3 times your body weight – through your ankles, knees, hips, and spine. Over time, if those joints don't have muscular support, you're at higher risk for injuries like runner's knee, IT band syndrome, shin splints, or plantar fasciitis.

Strength training reinforces the “shock absorbers” of your body: your muscles and tendons. A strong hip helps stabilize the pelvis with each stride. A resilient calf and Achilles can handle more impact forces without breaking down. Even upper body strength plays a role – your arms and core help drive efficient mechanics and keep your posture upright late in a race for optimal breathing.

Think of strength as your insurance policy. You might not notice the difference after one workout, but over weeks and months it adds a protective layer that keeps you consistent. And consistency is where progress happens.

Running Economy: Getting more out of every stride

“Running economy” is the measure of how much oxygen your body uses to maintain a certain pace. Simply put, it's about efficiency. Studies have shown that well-designed strength training can improve running economy by 2-8% – which could shave minutes off a half marathon or full marathon.



How does this work? Strength training improves neuromuscular coordination: the ability of your brain and muscles to work together more efficiently. When muscles fire in sync, you waste less energy with each step. Stronger leg muscles also mean you can generate more force against the ground, propelling yourself forward with less effort.

In practical terms, you'll feel smoother, less fatigued, and more powerful late in a run when others are falling apart.

Longevity: Running for years, not just seasons

Many runners dream of not just running fast today, but of still running decades from now. Strength training is one of the best ways to ensure that happens.

As we age, we naturally lose muscle mass and bone density. Left unchecked, this leads to slower recovery, higher injury risk, and eventually an inability to handle the demands of running. Strength training directly combats these changes. By loading bones and muscles with resistance, you signal your body to adapt and stay strong.

For masters runners – or anyone who wants to keep running well into their 40s, 50s, and beyond – this is crucial. A few hours a week in the gym could be the key to another decade on the roads or trails.

Where to Start: Practical strength for runners

The good news is you don't need fancy equipment or endless hours in the gym to benefit. Just two strength sessions per week can yield significant results. Focus on compound, runner-specific movements that mimic the demands of running.

Here are some cornerstone exercises:

Single-leg strength: Split squats, step-ups, and single-leg Romanian deadlifts mimic running's one-leg-at-a-time mechanics while building stability.

Glute & hip power: Hip thrusts, bridges, and lateral band walks target the muscles that keep hips steady and knees tracking correctly.

Core stability: Planks/side planks, dead bugs, and Pallof presses help transfer force efficiently from your arms to your legs.

Calf & foot strength: Calf raises, seated soleus raises, and single-leg hops fortify the lower leg – often the first weak link for runners.

Upper body and posture: Rows and pushups help counteract slouching and improve arm drive.

Aim for 2-3 sets of 8-12 reps per exercise. Start light, focus on good form, and progress gradually. If you're brand new, bodyweight alone is a perfect place to begin.

Common concerns (and why they're myths)

“Won't strength training make me bulky?”

Not with a runner-friendly program. The goal isn't bodybuilding – it's building strong, lean muscles that support performance. Most runners notice they feel lighter and more springy, not heavier.

“I don't have time for strength training.”

Even 20-30 minutes twice a week makes a difference. Think of it as cross-training that prevents missed runs from injury. Losing weeks to an overuse injury will set you back far more than a couple short gym sessions.

“I just need to run more to get better at running.”

Mileage matters, but quality matters more. Strength training allows you to handle more running volume safely. In other words, it expands your capacity to run more if you choose.

Bringing it all together

Running is simple – but that doesn't mean it's easy. If you want to run faster, farther, and for more years without interruption, strength training is one of the smartest investments you can make.

It doesn't require expensive equipment or a major time commitment. What it does require is intention: carving out time each week to train the muscles that support your stride. Over time, those small deposits pay big dividends in fewer injuries, better performance, and a longer running career.

So the next time you lace up for a run, remember: your strongest miles are built not just on the roads or trails, but also in the weight room. ■

Dr. Ben Klingelhofer, DPT is the owner of Bend Movement Performance Physical Therapy in Richmond, Virginia. He helps active adults and athletes move better, recover from injuries, and stay strong for the long haul. His cash-based practice emphasizes individualized care, strength-based rehab, and proactive wellness.

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804-626-5220

GROUP RUNS

Name	Day of the Week	Time	Location	Pace	Contact
Black Girls Run	Mondays	5:45 p.m.	Wells Fargo parking lot, White Oak Village Shopping Center	Various	https://www.facebook.com/groups/bgrrichmond/
	Tuesdays	6:45 p.m.	Great Shiplock Park	Various	blackgirlsrunrva@gmail.com
	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 Park Lake	Various	https://www.facebook.com/groups/BMRRichmond
Bryan Park Group	Saturdays	7:00 a.m.	Stir Crazy Café	9:00 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	8:00 to 10:30	mikesn5va@gmail.com
Dog Pack	Sundays – Beginning in December	7:30 a.m.	Carytown Panera	8:30 to 14:30	https://www.facebook.com/groups/1671581323100585
East End Trail Running Group	Most Sundays, occasional field trips	8:00 a.m.	Schoolhouse at Artisan Hill, 1000 Carlisle Ave.	Various	https://www.facebook.com/groups/1999486186904150
Effect Run Club	Tuesday Saturdays	6:30 a.m. 7:30 a.m.	3121 W. Broad St.	7:30 to 12:00	Instagram: @effectrunclub
Fan Foxes	Tuesdays, Wednesdays and Thursdays	6:00 a.m.	Fox Elementary School	Various	https://www.facebook.com/groups/fanfoxes
GRIT Slow Run Club	Two runs per month: 3-mile run & a themed run	Varies	Varies	10 to 13+	https://www.facebook.com/groups/897141565682617
Lucky Road Run Shop	Mondays	6:00 p.m.	3002 W. Cary Street	Various	https://luckyroadrunshop.com
Midlothian ACAC	Thursdays	5:45 a.m.	11621 Robious Road far end of ACAC parking lot	7:30 to 9:30	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
Mountain Hearts Running Club	Varies	Varies	Varies – ad hoc trail runs in the mountains	Various	www.strava.com/clubs/mountainhearts https://www.facebook.com/mtnhearts
November Project (LFG) Run Group	Saturday	7:10 a.m.	Meet @ VMFA (Rumors of War)	4 and 7 mile routes 8:00-12:00 min mile paces	fullerchrism@gmail.com Chris Fuller
Richmond Running and Social Meetup	Mondays Wednesdays Thursdays Saturdays	6:30 p.m. 6:30 p.m. 6:30 p.m. 8:30 a.m.	Libby Hill 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/368386789999522

To make any changes, including adding new groups or deleting inactive groups, email MilesAndMinutes@RRRC.org.

GROUP RUNS

Name	Day of the Week	Time	Location	Pace	Contact
River City Run Club <i>To support drug- and alcohol-free lives</i>	Mondays	5:30 p.m.	Lucky Road, Willow Lawn	Walkers/ runners of all levels	https://www.facebook.com/groups/rivercityrunclub
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
Sandston Striders	Saturdays	8:00 a.m.	Chichominy Family YMCA	Various	George Talley, 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
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
Track Tuesdays & Threshold Thursdays	Tuesdays, Thursdays	6:00 p.m.	Check with contact to confirm	Various	Jay Wyss, wysfj@gmail.com
We Off the Couch: Running with Rock & Tara	Monday (ladies only) Wednesday (5+ miles) Sunday (2-mile beginner's run) Sunday (5+ miles)	6:30 a.m. 5:30 p.m. 10 a.m. 10:45 a.m.	Varies	Various All paces welcome	Weoffthecouch on Instagram, Facebook, & Strava weoffthecouch@gmail.com
Winter Trail Group	Saturdays	9:00 a.m.	North Bank Pump House Trail Head	Various	https://www.facebook.com/groups/shamrocktraining
Brewery-focused group runs					
Final Gravity Running Club	Sundays, Thursdays	11:00 a.m. 6:00 p.m.	Final Gravity Brewing 6118 Lakeside Ave.	Various	https://www.facebook.com/finalgravityrunclub
Track Starr Run Club	Tuesdays	6:30 p.m.	Starr Hill Brewery 3406 W. Leigh St.	Various	https://www.facebook.com/starrhillrva https://www.facebook.com/events/4734180313276797
One for the Road RVA	Wednesdays	6:00 p.m.	Visits different breweries	Various	https://www.facebook.com/groups/100890573593214
Richbrau Ramblers	Wednesdays	6:00 p.m.	Richbrau Brewing 5 S. 20th St.	Various	https://www.facebook.com/groups/489877135105581
The Veil Trail Run Club	Wednesdays	5:30 p.m.	The Veil Brewing 4910 Forest Hill Ave.	Intermediate	https://www.strava.com/clubs/theveiltrail
Väsen Run Club	Wednesdays	6:00 p.m.	Väsen Brewing 3331 Moore St.	Various	https://www.facebook.com/vasenbrewing
Chester Brew Crew	Thursdays	6:00 p.m.	Three Leg Run Brewery 4418 W. Hundred Rd., Chester	Various	https://www.facebook.com/groups/396898327781581
Runnin' Roosters Run Club	Thursdays	6:00 p.m.	Crazy Rooster Brewing 1560 Oakbridge Dr., Powhatan	Various	https://www.facebook.com/crazyroosterbrewing

Kirk Millikan's Unique Running Goals

See story on page 17.



Pictured left to right:

Kirk outside of the Guinness World Records check-in tent before the London Marathon.

Kirk running by the British Houses of Parliament with one mile left in the London Marathon.

Kirk after finishing the London Marathon.



Kirk with his Guinness World Record certificate after running in lederhosen.



Kirk leads the pack though running in a taco costume.



Kirk after the Rock 'n' Roll San Antonio.