

# [ MILES and MINUTES ]

Publication of the Richmond Road Runners Club

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## The Capitol 10-Miler

The Anatomy of a First-Time Race



**Features**

**Race Reports**

**Group Runs**

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*Miles and Minutes* is the official newsletter for and by members of the Richmond Road Runners (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 17 races throughout the year with distances ranging from 2 miles to 50K. As a service to the community, the club contracts to provide race services. These services range from renting equipment to full-computerized race timing. The club provides services for over 30 events during the year.

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**Deadline:** The deadline for submitting letters, articles, pictures and volunteer credits is posted on the club website. Send articles directly to the editorial staff at [milesandminutes@gmail.com](mailto:milesandminutes@gmail.com). Please keep article submissions to under 1,000 words. *Miles and Minutes* is distributed 10 times a year.

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

## Table of Contents

- 2 President's Message
- 3 Race Report: Albuquerque, New Mexico
- 5 Volunteers
- 6 The Capitol 10 Miler
- 9 Health & Wellness: Plantar Fasciitis
- 10 Run, Patrick, Run
- 12 The Annapolis 10 Miler
- 14 Club & Race Calendar
- 15 Merchant Discounts
- 16 Group Runs

## Join the Team!

A recent article in the *Wall Street Journal* opined that running a marathon, for most, was the equivalent of a crash diet. Their idea was that if a person 'signed on' to run a marathon, they were more than likely doing so to embark on a healthier lifestyle and to possibly shed a few pounds. However, for the sedentary athlete, the amount of training involved could lead to injuries that would make the runner less active after the five or six month training regime than they were before, and that the large amount of calories needed to fuel training develops eating habits that continue after the race is over, leading to weight gain beyond what may have been lost during training.

Right or wrong? I'm not sure. . .

I spent years running shorter races in the Washington, DC metropolitan area before I committed to the idea of running a marathon. At the time, it was more of a bucket list thing – I wanted to run a marathon before I reached the age of 40, but I had enough background and running experience that it became the core of my running, and a big part of me, the person. Had I jumped into the marathon without that background, I don't know if I would have stayed in the game.

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In Richmond, it seems that the path to the marathon has become a two-step process. Run Monument Avenue, and then step up to the marathon. Training teams have the biggest impact on this, and the intent and design of these programs are noble. However, for most, I do think this is too much, too soon, and can lead to the breakdowns highlighted by the WSJ article.

*continued on page 4*

## [ PRESIDENT'S MESSAGE ]

### A Chill is in the Air

There is just something about running in the fall. We spend the summer going out at daybreak and it is still 80 degrees and the humidity is smothering. Then magic happens. Just after Labor Day some years and late September in other years, the temperatures drop and the humidity fades. You get up to run and the thermometer says 50-something, and the air is not so thick you cannot breathe. Like magic, you feel better when you run. Your watch tells you that there is hope that your pace is once again what you thought you should have been running all summer.

The streets seem to be packed with runners. It amazes me just how many runners are out training in Richmond. I was out running with my group one recent Saturday on and around Grove Avenue. I think, in the space of less than a half of a mile, I saw at least four or five different groups of runners out training.

I would have to guess that many of them are training for the SunTrust Richmond Marathon, the companion McDonald's Half Marathon or the HCA 8K. These are great races that

**You get up to run and the thermometer says 50-something, and the air is not so thick you cannot breathe. Like magic, you feel better when you run. Your watch tells you that there is hope that your pace is once again what you thought you should have been running all summer.**

highlight the fall racing season in Central Virginia. (OK... full disclosure...both the Club and me personally are heavily involved in helping Sports Backers put on these races.)

However, there is one downside to everyone running these great races. People are so focused on the big races that a lot of our shorter established races in the fall are suffering. The Reveille race and the Midlothian Blaze race have both folded in the last couple of years. These were good shorter races that at one time got 400 or more runners. Also, for the first time in years, the club has a couple of weekends in October where we are not doing timing of a race in the area. The flip side of this is that our longer fall races are doing well. The 2009 edition of the Patrick Henry Half Marathon set a record for its size, and the new Capitol 10-miler similarly attracted a big crowd.

So, by all means, train for and run the big race(s) on November 14. But don't forget that we need to support the other races that are in the fall. Running races can be a big part of your training. If you are doing one of the shorter races on marathon day, the speed workout you get from a 5K or 10K will help you in November. And working a shorter race into the long miles of marathon training can help you get revved up.

See you on the roads. ■

**Don Garber** | *President*

## Join us for the next RRRC Run and Social!

Wednesday, October 21th at

# savor

*(inside the Corrugated Box Building,  
207 West 7th Street, 804-52-SAVOR)*

Optional run at 5:30  
Food and drinks at 6:00

## THE FINAL TEN – Albuquerque, New Mexico

*Sunday, September 6, 2009*

As I write this, I have just returned from my travel to Albuquerque, New Mexico, where I ran the marathon on Sunday. It never ceases to amaze me how beautiful our country is, how big it is, and how diverse it is. I found Albuquerque to be all these things.

My travel started on Saturday morning, and thankfully, all was well in the airline business that day. I arrived about Noon, and as soon as I came out of the airport to the hotel shuttle stop, I was greeted by two of my 50 State friends. That's the way to start my trip! The 50 State Marathon Club has quarterly reunion meetings, and for the third quarter, they chose Albuquerque. The field for the marathon was quite small compared to my last two races, and I am happy to report that of the approximately 400 marathoners, 100 of them were from the 50 State Club. It was great to see so many of them again. We are a happy, but sometimes crazy, group. Of note is Larry Macon from San Antonio, who is in his mid-sixties. He has the record of running the most marathons in one year (105), and has completed the 50 states eight times. He is a happy, fun-loving and friendly guy who has a passion for marathons.

Albuquerque is a hot, dry, desert city at 4,800 feet. These conditions worried me as I am not very good at running in the heat, nor am I practiced at altitude. After I picked up my race packet at the expo, I had time to walk to the Old Town section where I had the opportunity to visit the Museum of Natural History (they have the biggest dinosaurs I have ever seen, and some of the oldest bones in the world), and stimulate the local economy a bit. In the afternoon, I went to the 50 State meeting, where I saw some of my other friends, then went to dinner with them. We had a rather short visit as we all had to get to bed early. The bus to the race start left at 4:00 a.m. on Sunday. The race started at 5:30 at 5,800 feet. When we arrived, there was a guitar player who was very good and kept us entertained until start time. Yes, it was dark, but it was only 60 degrees and overcast. These are all good things when you consider what the weather would be like later in the day.

Because of the altitude, I was extremely conservative during the beginning miles. The darkness and cloud cover were to my advantage, but we did not start to descend until about mile 8. Just before we got there, I ran into the infamous Larry Macon and had my picture taken with him and some



other 50-staters. Just afterwards, we ran around a bend in the road and started our downward trek. It was just dawn, and we were treated with a fantastic panoramic view of the mountains, the desert, and hot air balloons (14 that we could see). It was breathtaking to say the least. It reminded me of my midnight marathon except that I could actually SEE the desert in daylight! And instead of stars, we saw the balloons.

I must say that my conservative start was rewarded later in the race as my energy level, and my pacing were good throughout the race. I drank lots of water and Gatorade at every 2-mile station and I never cramped, or had trouble with blisters. The difficulty with altitude and heat is hydration. It is really critical to drink BEFORE you are thirsty. I commend the race planners for providing lots of supplies for us.

The miles seemed to wiz by, and before I could think about singing my favorite marathons songs in my head, the last mile marker was in sight. I saw the founders of the 50 State Club, Steve and Paula Boone, near the finish area. They started the Club about 10 years ago and hoped to get 200 members. Today, the membership is close to 2,000, and growing. And many of them were headed out to do another marathon the following day. In Club language, it's called doing a double. I have no desire (yet) to do one of these, but never say never.

The last seven marathons have been mapped out. I am waiting for some of the registrations to open, and if all goes as planned, I hope to finish next July. Sunday was state #43, finish #57, and still the adventure continues! ■

*by Fran Gilday*



# Thanks!

We would like to thank the following people and organizations that made the Capitol 10 Miler possible: Ed Carmines, Karen Carmines, Bob Davis, Jay Fournier, Gerry Huddleston, Michael George, Mara George, Marcy George, Bill Kelly, Nancy Jakubec, Mike Levins, Mike Muldowney, Pete Neal, Kathleen Neal, Kyra Oliver, Teresa Stadler, Thom Suddeth, Bill Webb, 360 Graphics, Diamond Springs, Kale Running, PD Brooks, and the Richmond Police Department. We would also like to thank the 75 volunteers that came out and made this a successful race. Without all of you this could not be done.



## Editor's Letter

*continued from page 1*

As a club, we focus so much on the longer distances. I think this is natural, as most board members are longer distance runners, and that putting on the longer distance races requires more resources and manpower than the shorter races (though no less commitment from those in charge). However, the love of running and the life long bonds to the sport are really fostered in the smaller 5k and 10k community races that dot our commonwealth.

So, here's my take: If you are new to the sport, if you are picking up this magazine for the first time at an expo, health fair or running shop, or if you are a novice runner entertaining the idea of running a marathon, follow the 10/5/2 approach. Run ten 5k's, five 10k's and then two longer distance races/runs (either 10 milers or half-marathons) to see if the marathon is for you. The commitment to training for these runs and running in these shorter races will give you the experience to let you know if the marathon is for you. Further, you will meet a surprisingly large number of fellow runners who will help nurture and support you along the way.

For marathoning to stick with you and be a life long pleasure, it works best if you view it as a team sport. Join the team!

Run happy, be curious and remember, hills are your friend. ■

**Joe Zielinski** | *Editor*



*Volunteers are the life blood of any organization. A special 'thank you' goes out to all of the individuals and families who have graciously volunteered their time and energy to support all of the following races. All club members who volunteer at club and contract races receive credit in the Grand Prix and a complimentary invitation to the annual RRRRC Grand Prix/ Volunteer Appreciation banquet in January.*

## Summer Track Series

### RRRC Club Event Volunteers

August 26, 2009 ■ Richmond, VA

John Amoroso, John Crute, Bob Davis, Gary Leader, Jim Tremplar

## Patrick Henry Half Marathon

### RRRC Club Race with Sportsbackers

August 29, 2009 ■ Richmond, VA

*Race Director* | **Michael George**

#### Registration and Packet Pick up: Friday, August 28

Sarah Bryant, Ben Catanese, Virginia Fowler, Mara George, Marcy George, Fran Gilday, Howard Love, Carol Mancuso, Susan Morgan, Susan Reid

#### Registration and Packet Pick up: Saturday, August 29

Angela Batman, Sandra Cullen, Virginia Fowler, Ashby Gay, Lee Gay, Mara George, Marcy George, Fran Gilday, Melba Halley, Chester Herbert, Anita Jeter, Donnie Lane, George Longley, Sean McLaren, Kate Reedy, Davy Taylor

#### Course Marshals

Eileen Abbott, Sandra Cullen, Pam Drew, Mike Gallogly, Karen Gammon, Amy Gilkey, Mark Guzzi, Ted Heller, John Hurley, Kathy Ivins, Vera Jones, Nancy Love, Frances Newton, Jennie Olson, Chelle Quinn, Van Robertson, Erin Rose, Mary Rowe, John Snuggs, Carla Swartley, Mitchell White, Jake Wiseman

#### Water Stops

Barbara Alsterberg, Bobby Bartulewicz, Kim Bartulewicz, Carver Campbell, Blair Diamond, Scott Dietrick, Ruby Earley, Scott Gordon, Elizabeth Gunn, Mike Hunnicutt, Sally Hunnicutt, Anna Miller, Dawn Penland, Lauren Peters, Janet Sherd, Peter Van Vliet, Kelly Wood

#### Finish Line

John Amoroso, Ben Catanese, Jason Dowdy, Dawn Eberhard, Virginia Fowler, Fran Gilday, Belba Halley, Jeff Luke, Leah Machado, Ayana Mayers, Stephanie Medlin, Dean Miller, Dee Dee Schurman, Bill Webb

#### Post Race Area

Betsy Garber, Nancy Jakubec, Kristyn Keesler, Elizabeth Conway, Kerry Bennett

#### Other volunteers

Jerry Huddleston – Sound Engineer, Robin Larsen - Bag Check, Dennis Johnson, Carl Miller

## Labor Day 5k

### RRRC Contract Race Volunteers

September 7, 2009 ■ Midlothian, VA

Ned Daly, Dawn DiBenedetto, Noelle DiBenedetto, Dawn Eberhard, Doug Fernandez, Mike Gallogly, Mara George, Marcy George, Michael George, Mark Guzzi, Ron Henry, Marianna Inslee, Jeff Luke, Myron Kemp, Barry Kreisa, Jim McCracken, Ryan McCracken, Sean McCracken, Pat Naughton, Curtis Newton, Jane Perkins, Gaela Stromberg, Ty Stromberg, Sheralyne Tierseron, Bill Webb

## Virginia Naturally 5k

### RRRC Contract Race Volunteers

September 19, 2009 ■ Richmond, VA

Christina Chern, Michael George, Mark Guzzi, Ron Henry, Gary Leader, Mike Levins, Mike McDouney, Glenn Melton, Bill Webb, Robert Woo

# Miles and Minutes is looking for articles from you!

Club news, race reports, running travel related stories, training tips, or any experience that would be interesting to our members can put you in print. Submit any questions, requests, articles and photos by the 20th of each month to:

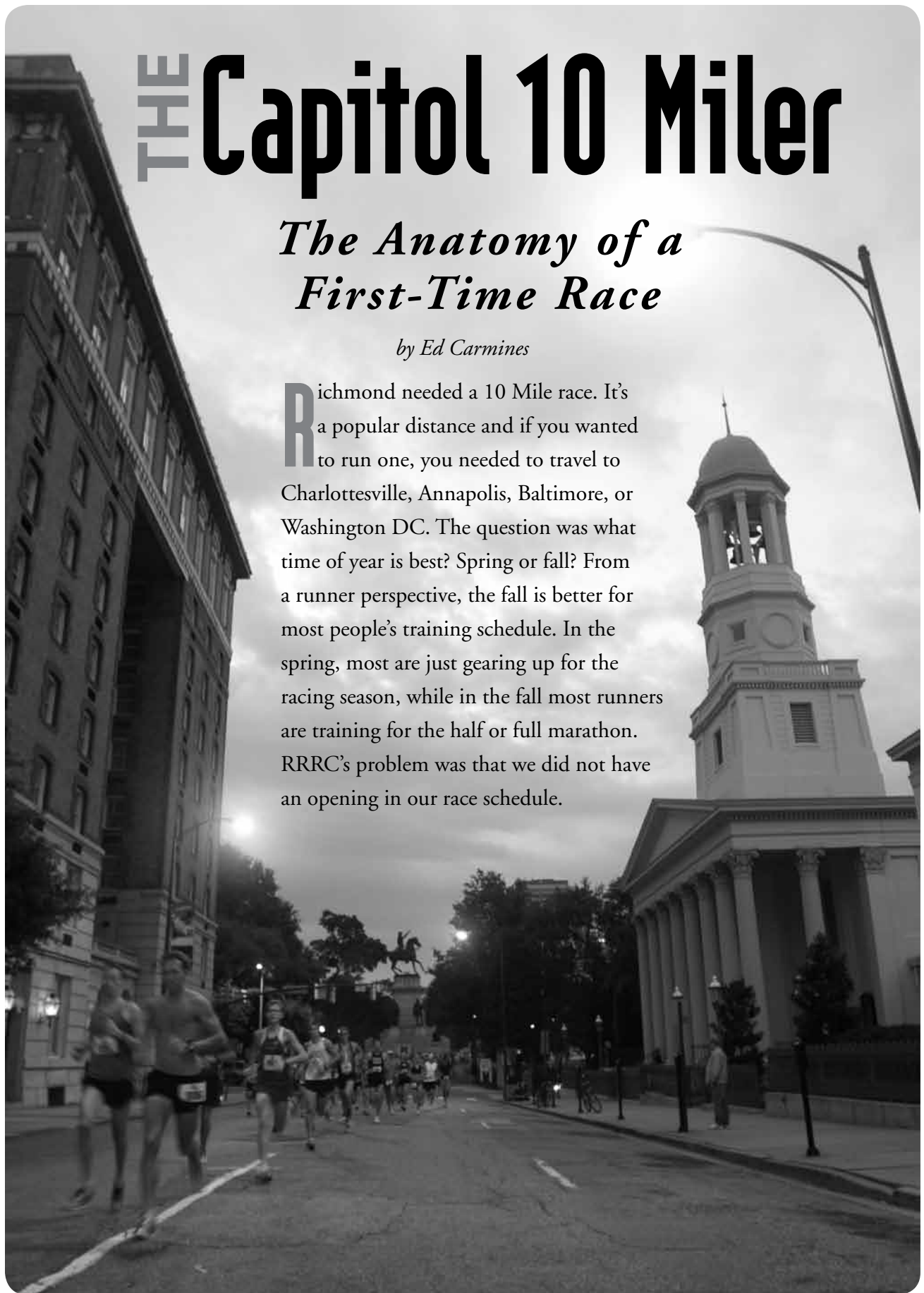
**[milesandminutes@gmail.com](mailto:milesandminutes@gmail.com)**

# THE Capitol 10 Miler

## *The Anatomy of a First-Time Race*

*by Ed Carmines*

**R**ichmond needed a 10 Mile race. It's a popular distance and if you wanted to run one, you needed to travel to Charlottesville, Annapolis, Baltimore, or Washington DC. The question was what time of year is best? Spring or fall? From a runner perspective, the fall is better for most people's training schedule. In the spring, most are just gearing up for the racing season, while in the fall most runners are training for the half or full marathon. RRRC's problem was that we did not have an opening in our race schedule.



In June, Christopher Calfee informed the club that he did not want to direct the Scholarship 10, 20, and 30K held at Pocahontas State Park. This race was normally held in October. This gave us an opening in our race schedule. Could we organize a major race in a few months?

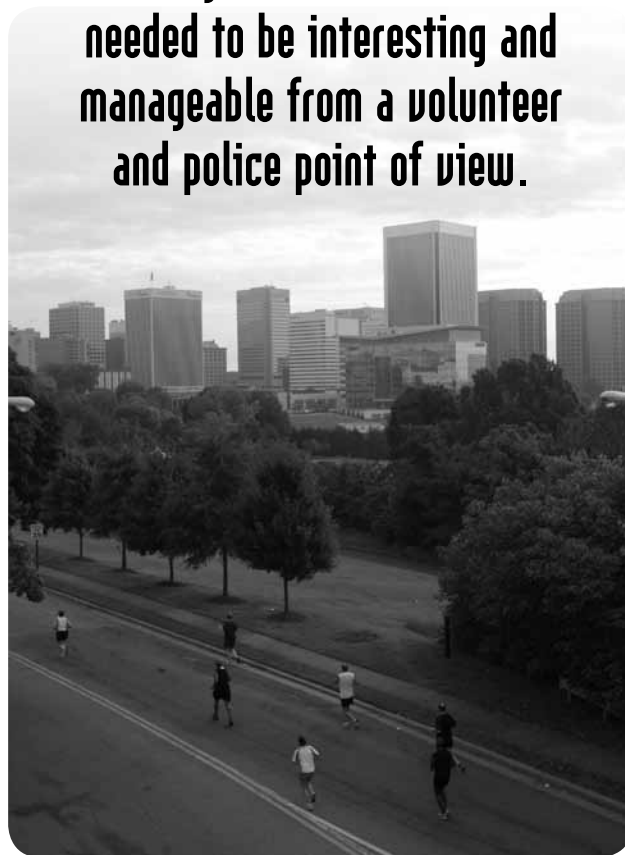
The first thing needed to be done was design a course. The course needed to be interesting and manageable from a volunteer and police point of view. We didn't think that running 10 miles in a neighborhood somewhere would be very attractive. We needed a nice place to start and finish. We settled on the Capitol as a starting and finishing venue. The next idea was to create a course that showed the best of Richmond: the parks, Browns Island, the Bridges and the main streets of the city. To get approval for the race, we needed to negotiate with the Richmond Police Department, the Capitol Police, and Richmond Parks and Recreation. It turned out that we could not use any of the city parks during the month of October because they were already reserved for other events. Grace Street could not be used the weekend of September 26 because of the grand opening of the Richmond Center Stage and, on the weekend of October 10, the police and Browns Island were not available because of the Folk Festival. We did not want to have the race October 17 because it was too close to the Marathon (only one month away). Thus, we had a date by elimination (October 3) and now needed to design a course. We traded email with the police department for a month before they agreed to the course. It would go out Grace Street, make a left on Boulevard, cross the Nickel Bridge and make a left on Forest Hill Avenue following the marathon course across the Lee Bridge and then off on 2nd Street to Byrd Street. The course went past Byrd Park and Forest Hill Park and had nice views of the River. It would be challenging, but manageable, at the Nickel Bridge hill. We then went to the Capitol Police to see if they would agree to us using the Capitol Park. We got the ok and things were flying.

We started looking for sponsors and Bill Kelly put us in contact with Chick-fil-A. They were interested in a children's race, but honestly, we could not handle it the first year. We agreed that we would do a kid's race next year if they would help us with the food this year. Bon Secours is starting a sports medicine group and they signed on to buy our new mile markers. The mile marker flags are eight feet tall and have a space for us to place race specific advertising. Kyra Oliver approached us and asked if we needed a charity for the race. Kyra is the executive director of the Hayes Foundation and her passion is SIDS (she is also an excellent runner). October is national SIDS awareness month, so

we decided to add this to the program. Brochures were designed, registration was opened and the race was a go.

We needed to buy shirts for the race and turned to Leslie Jordan, Inc. They had supplied the shirts for the Patrick Henry Half. Without the time to design a custom shirt, we had to pick a stock shirt. We wanted a black and white shirt, but settled on charcoal and white. Because of the large number we anticipated needing, we had to order 1,000 before we had opened registration. Our fall back plan was to use the shirts for other races if we didn't get the numbers for this race. We wanted the race to be a quality event and were looking for things that runners would want! Massages after races are always a nice addition and we went to Suzi Miles-Lily to see if she could help us. She has her own massage business and also teaches at the Med Spa Center. (She provides free massages at the socials at Savor and also did massages at the Patrick Henry Half.) She agreed to do it and bring her students. We went to Thom Suddeth of the Roadrunner Running Store and he graciously provided the winners awards: Garmin watches, shoes, and gift certificates. Instead of ribbons, we decided to give merchandise to the

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winners in the five-year age groups. We wanted to give the runners something that they could use. We settled on Brooks Podium jackets for first, Leslie Jordan running vests for second and The Stick for third. We had some coolers leftover from the cul-de-sac series so these were used for forth place.

We had a number of race committee meetings and things really started to fall into place. Mike Levins handled the timing chips and bibs. Marcy and Mara George took care of packet pick-up. Michael George measured the course. Jay Fournier organized the course marshals. Gerry Huddleston provided music. Dr. Teresa Stadler managed the first aid tent at the finish line and Bill Webb set up the water

## Almost 750 runners registered and 647 finished. The Capitol Park provided a beautiful venue for the race.

stops. Bob Platt, our Road Runners Club of America state representative, contacted us and asked if we would like the race to be the official State 10 Miler. We quickly filed the necessary forms and things were approved. About three weeks before the race, we contacted PD Brooks, Inc. to go over coning the course and road closures. Frank Payne (PD Brooks, Inc.) called the police to work things out with them. Unfortunately Sergeant Martha Robinson, our contact at the Richmond Police Department, had retired. Sergeant David Selander had taken over the job. David manages about 50 events per week for the city. It took a couple of weeks to get a meeting with him and Frank Payne to review the details of the race. On Wednesday, September 23, ten days before the race, we finally met. We were told by the police that we needed to cancel or postpone the race. There was no way they would be able to provide the required number of off duty officers. The 2nd Street Festival was that weekend and they did not have enough people to cover both events. In the discussions with Sergeant Martha Robinson, we had agreed that it would take about twenty officers. Sergeant Selander now thought it would take between 40 and 60. The problem was that the race was going to be so quick that officers would not have time to move from place to place on the course. There weren't enough people, nor enough time to move them around on the original course. At this point, the only option offered to us was

cancel. We talked about hiring a private security company or using volunteers. Neither would work from the police perspective. Our next idea was to change the course so that it would require fewer officers. We knew that the Frostbite 15K course only needed a few officers. All we needed to do was to get the runners to the course and we would be home free. Unfortunately, we still had the problem of not being able to use Byrd Park. We ultimately came up with the section going up Meadow and staying out of the Park. A major catastrophe averted! We now needed to get the course re-measured, change all of the water stops, course marshals, and notify the runners. Originally, the course was to start outside of the Capitol grounds at the corner of 9th and Grace Streets. When Michael did the first measurement, the start line ended up on the Capitol grounds. We needed to get approval to start the race right at the George Washington statue. When we changed the course again, we needed to move the start back towards the Governor's mansion and needed to get approval again. In the end, the course was probably a little easier but not as simple and elegant.

Race day was about 64° and partly cloudy. Almost 750 runners registered and 647 finished. The Capitol Park provided a beautiful venue for the race. Runners started right in front of the Capitol. The biggest question was what to do when you get to the George Washington statue (which was in the middle of the course). Michael George's answer was that it was the same distance either way! The race start was delayed a few minutes while we waited for the portajohn line to finish. It was a little eerie as the sun had not yet risen and runners were sprinting up and down in front of the Capitol in the dark. After a few announcements, the race was off. Stephen Mutisya won the race in 51:56 at a 5:12 pace. Guy Alton was second in 52:09 and Jonathan Wyss was third in 53:38. Maria-Elana Calle was the women's open winner in 57:53 at a 5:47 pace. Emily Ward was second in 1:01:53 and new comer Meredith Warren third at 1:06:45. Gerrit Labuschagne won the male masters in 1:00:28 and Kyra Oliver the female masters in 1:10:20. Jim Uzel won the grand masters in 1:06:48 and Betty Harrison the female grand masters in 1:14:29. Overall, the race was a success. Everyone seemed to enjoy themselves after the race. The Chick-fil-A hot chicken biscuits were great as well as the fresh fruit. Massages made up for the hills at the finish.

This race was made possible by the hard work of about 100 volunteers. We demonstrated we can do it. We learned so much and next year we can do even better. Look forward to some course modifications – we might even take out some turns and hills! ■

## Plantar Fasciitis – a pain in the heel!

Pain on the bottom of the heel, commonly called Plantar Fasciitis, is a common over use injury, particularly in runners. Common interventions for plantar heel pain include anti-inflammation treatments such as: anti-inflammatory medications taken by mouth, steroid injections, ice therapy, massage, ultrasound with anti-inflammatory medication (phonophoresis) or electro-therapy to drive anti-inflammatory medication (intophoresis) into the injured tissue. Critical review of the research demonstrates that the positive effects of these anti-inflammatory type interventions are short lived (3 months).

A recent prospective randomized controlled clinical trial examined whether a combination of manual physical therapy techniques and exercise was more effective than electro-physical modalities (phonophoresis and intophoresis) and exercise in patients with plantar heel pain (Cleland JA 2009). 101 consecutive patients presenting with heel pain were randomly assigned to control group (electro-physical modalities and exercise) or manual therapy and exercise group. Standardized self reported outcome measures were used to measure the effects of the intervention at baseline, four weeks and at six months.

The manual therapy techniques used in this study is a standard physical therapy intervention. One of the unique aspects of the manual therapy intervention in this study was that both hips, knees, ankles and feet were examined for impairment/restrictions, not just the injured foot. If impairment/restrictions were identified in the hips, knees, ankles, and feet they were treated with manual therapy to remove the restrictions even though the knee, hip, or uninjured foot was not symptomatic.

The results of this study provided evidence that manual therapy and exercise is a superior approach over an electro-physical agents and exercise approach in the management of individuals with plantar heel pain.

Given there is controversy as to whether plantar heel pain is an inflammatory process or a degeneration this may be the reason why the group that received interventions aimed specifically at reducing inflammation did not do as well as the group receiving manual therapy plus exercise.

The investigators suggested that the positive results occurred as the intervention of manual therapy resulted in improved

**Moderation of training load (running), gait training to alleviate faulty form have been proven effective in management of plantar heel pain.**

gait and weight bearing mechanics throughout the lower extremities. Further, resolving impairments and restrictions at adjacent joints (hip and knee) may help relieve abnormal stresses on the plantar fascia.

There are other interventions for plantar heel pain besides anti-inflammatory interventions (electro-physical modalities), manual therapy, and exercise that have been proven effective including the use of night splints and orthotics (shoe inserts). Moderation of training load (running), gait training to alleviate faulty form have been proven effective in management of plantar heel pain. Because the subjects in this study did not receive these other types of standard interventions no inferences can be made as to whether they would be more effective than manual therapy or whether adding night splints and moderating running form would enhance the positive results.

### Bottom line:

- For plantar heel pain in the long term the use of anti-inflammatory interventions (phonophoresis and intonophoresis) is not as effective as manual physical therapy to address restrictions/impairments in the lower extremity.
- Perhaps manual physical therapy and exercise would be even more effective in the treatment of plantar heel pain if combined with moderation of running, night splints, and shoe inserts. ■

*by Damien Howell MS, PT, OCS*

**Damien Howell is Board Certified in Orthopedic Physical Therapy and provides services two locations in Richmond at Physiotherapy Associates West End Clinic and Mechanicsville office [www.Physiocorp.com](http://www.Physiocorp.com)**

# Run, Patrick, Run

VCU student Patrick McGlade started running in a not so obvious way. Two summers ago he got a job as a parking valet at the MCV Hospital. Being motivated by money as most college students are, he discovered that the faster he got the cars the more tips he could accumulate. This required an overweight (by 30 pounds) nineteen year old to sprint back and forth for hours at a time. He found that he liked it and began running to work from his campus apartment. Soon, he began running on his own and was running half marathons, marathons, and numerous ultra-marathons (which he found he liked the best). He has become addicted to running and has now come up with a bigger goal. Beginning on January 2, 2010, Patrick is going to run across the country from Huntington Beach, California to Tybee Island, Georgia.

"It will be the ultimate running accomplishment for me," states Patrick while also mentioning that *Forest Gump* may have had some influence on his decision. The twenty-one year old Marketing major will be graduating a semester early in December and is using every opportunity to prepare for his journey. He has completed several ultra marathons in the past year including a 24 hour race where he set the course record. He regularly sets out on 20+ mile runs, with peanut butter and jelly on tortillas being a large source of his nutrition. He has regular support on these runs from his family and friends. His father has been known to follow him in his car, passing him sandwiches as needed. Desi McGlade, a former military officer and avid accordion player, also goes out to Patrick's races and plays his favorite tunes along the course and at the finish line. Patrick's roommates have gone out on these runs in the early hours of the morning to check on their unusually motivated friend.

"It's not necessarily our thing," says his roommate Adam Tremper, "but we respect him so much for his discipline." Adam himself rode his bike across the country this past summer but humbly admits that biking, although an amazing accomplishment, is a bit easier than running. Adam also says that most of Patrick's friends are typical college students and even though Patrick has different goals than they do, he fits in like anyone else. This former high school heavy metal band lead singer can be the life of the party despite the fact that he does not drink alcohol. More often



than not though, he spends many of his late nights on long runs or catching up on school work that he had to put aside to run a 100 mile weekend race. "Patrick is different from all of my friends," say his former roommate Justin Anderson. Justin and Adam agree that Patrick is the first person that they would ask for a favor or help with a difficult situation. I personally have found Patrick to have such amazing work ethic and dedication, that we have hired five of his friends and roommates based on his recommendation.

Patrick has taken great care in planning out his run. He chose the southern route of the U.S. during the winter for its moderate climate. He is looking forward to seeing the mountains of New Mexico but is concerned about the colder air in that area. He will be carrying a GPS Spot Remote so that we can track him on his journey. Patrick is hoping to finish his run within 97 days and, if all goes as planned, he will run an average of 26 miles a day. He says though that if it takes longer that's fine, it's the finish that counts for this run. He will be pushing a jogging stroller with his supplies including peanut butter, bread, and a small tent. His parents will be sending new running shoes to designated post offices along the route so that Patrick can change shoes after every 500 miles. He does plan to stop if he sees something cool like the largest ball of twine (see Vacation starring Chevy Chase) and will rest when he feels it is necessary. He has his route planned from city to city and will need to count on the kindness of strangers, friends, and friends of friends to make up the rest of his housing along the way.

Aside from this journey being a great accomplishment, Patrick wanted to help others with his run. He recently

found out that a friend's granddaughter and his own cousin have been afflicted with Arthritis. He approached the Arthritis Foundation and is now making his journey an opportunity to bring awareness to the disease and raise money for research. Although Patrick is raising money for the Arthritis Foundation, they are not able to provide financial support to him on his journey. He has calculated that it will take about \$8,000 to complete his run. The money will be spent on food, shoes and the occasional motel room (he would like to shower at least once a week). Patrick and his friends have set up a website so that supporters of his journey can contribute directly to his running goal. This website is: <http://way.to/patricksrn4arthritis>. He also asks that if you know someone in one of the cities along his route that might be able to accommodate him with an overnight stay, he would appreciate their contact information.

Patrick is truly an extraordinary student and when I look out my office window and see him running (yes, running) up the Stepmill at top speed, I know that he will achieve this and every goal he sets for himself. He appreciates any support he can get and can be reached at [pdmcglade@gmail.com](mailto:pdmcglade@gmail.com). ■

*by Anne Zielinski Brown*

### The following cities and towns outline Patrick's path across the USA.

<b>California</b>	Roswell	<b>Mississippi</b>
Huntington Beach	Tatum	Eudora
Riverside	<b>Texas</b>	Arcola
Banning	Plains	Belzoni
White Water	Brownfield	Tchula
Joshua Tree	Tahoka	Durante
Rice	Post	Kosciusko
Big River	Clairmont	Louisville
<b>Arizona</b>	Jayton	Macon
Parker	Aspermont	<b>Alabama</b>
Bouse	Haskell	Aliceville
Salome	Throckmorton	Eutaw
Tonopah	New castle	Greensboro
Avondale (Phoenix area)	Bryson	Hamburg
Mesa (Phoenix area)	Runaway bay	Burnsville
Norence Junction	Derant	Prattville
Miami	Aubury	Arrowhead
Carrizo	McKinney	Tuskegee
Show Low	Leonard	Marvyn
Vernon	Windom	<b>Georgia</b>
Springerville	Paris	Columbus
<b>New Mexico</b>	Clarksville	Buena vista
Red Hill	Avery	Ellaville
Pie Town	New Boston	Unadilla
Datil	<b>Arkansas</b>	Hawkinsville
Magdelina	Texarkana	Eastman
San Antonio	Lewisville	Alamo
Bingham	Magnolia	Vidalia
Carrizozo	El Dorado	Claxton
Capitan	Strong	Lanier
Piccaho	Crossett	Garden city
	Parkdale	Tybee island

# 3RD ANNUAL BUILDING WISHES

Palani Drive  
5K Run/Walk for  
the Make-A-Wish  
Foundation®



**Saturday NOVEMBER 7, 2009**

Kids "Fun Run" 8:00 a.m. \_ 5K Run/Walk 8:30 a.m.  
Deep Run Park, Henrico

Register online at <http://www.rrrc.org/events/building-wishes-5k>

**Long Sleeve Technical running shirts guaranteed if registered by Oct. 21**  
REGISTRATION FEE: \$18

**Top three male & female finishers will receive CASH Prizes!!**  
**1<sup>st</sup> place = \$150, 2<sup>nd</sup> place = \$75, 3<sup>rd</sup> place = \$50 (also awarding age group ribbons)**

# The Annapolis 10 Miler

By Greg Roth

**T**hirty-four years ago, a group of friends engaged in a cocktail party wager involving husbands, wives, and a 10-mile race – a humble beginning for a race which has now become the Annapolis Ten Mile Run. The race is ranked as one of the top must do ten mile races in the US by Runners World and is held the last Sunday in August.

The A-10 starts and ends at Navy-Marine Corps Memorial Stadium. The course is grueling and hilly with the August date providing the A-10 with a description fondly called the 4-H's – hot, humid, hazy, and hilly. Despite the challenging conditions, the race reaches its 5,500 runner limit in two weeks or less after its June 1st entry opening.

The A-10 has been on my race calendar since I first ran it in 2005. Annapolis is a great place to visit. My wife and I enjoy Annapolis, spending hours wandering through the various shops and the US Naval Academy.

I could write pages on how difficult this course is, but I won't for two reasons. First, I encourage you to sign-up and run the A-10, 35th Anniversary, in 2010 to experience it for yourself. The second is that I had just been released to run after an injury, so running the hills of Annapolis was out of the question.

My wife and I had met Craig Harrison and his wife Lisa Fontaine during the RRCA Distance Running Coaching Certification Course held in Annapolis this past spring.

Craig and Lisa serve as A-10 Race Directors and Craig is also the President of the Annapolis Striders. I shot Craig an email, giving up my bib and offering to work the Start/Finish Line to earn my Strider Volunteer points.

Greg Kiersarsky and I got to Annapolis early Saturday afternoon, hit the expo to pick-up the start packet and volunteer instructions, checked into the hotel, and wandered around the Naval Academy and downtown Annapolis before grabbing a bite to eat at Annapolis's favorite diner, Chick & Ruth's. Not recommended for a pre-race meal, but I wasn't racing and Greg K was just running it to make sure all systems worked. Chick & Ruth's has been opened since 1963, catering to the mid-shipmen of the Naval Academy, the Maryland State Legislature, and whoever else walks through the door. It is a must visit, and do try the milk shake for six, only \$22.95.

I arrived at Navy-Marine Stadium at 04:30 hours. Having spent the first eighteen years of life as the son of a career Marine officer the O-dark-thirty time is nothing new. My first assignment was to setup the finish chute. This chute is a combination of cones, drums, plastic fencing, banners, and yellow crime scene tape. It stretches 200 yards downhill along the west side of Navy-Marine Stadium. Yes, it means the runners finish uphill. After the finish line we began to setup the starting chute. This stretches another 200 yards and is one of the few flat spots on the course.



The Striders had recently purchased a large blowup start/finish structure, which had only been used once before at the club picnic. The structure has guide ropes and tie offs, so many in fact we decided we were qualified to apply for balloon handler positions at the Macy's Thanksgiving Parade.

It all went up very easily, and all was going well. I turned and helped the timing company setup their timing mats, rig out the cables, and set the clocks. Wow, I thought to myself, these folks have it down. We're ready to go. Then there was no music coming from the sound system. I looked up at the start structure and noticed it was starting to sag over. Another quick glance showed that none of the clocks that were counting down to race start were working – the power was gone. A mad scramble ensued to make sure the starting structure didn't fall into the sound system scaffold or onto

**The A-10 starts and ends at Navy-Marine Corps Memorial Stadium. The course is grueling and hilly with the August date providing the A-10 with a description fondly called the 4-H's – hot, humid, hazy, and hilly.**

the timing clocks. I stood holding lines trying to keep a swiftly deflating start/finish line from puncture. Suddenly the power came back on and another mad scramble ensued to straighten the start/finish structure to keep it from getting caught in everything as it firmed back up.

Just before the 7:45 start, the only remaining cocktail party member to dream up the A-10 welcomed the crowd and introduced the singer of the National Anthem. He also ran and completed the race for the 34th consecutive year. At 7:45, the race began. After what we thought were the last group of runners, we scrambled to lower the start/finish structure and change the banners from Start Annapolis Ten Mile Run, to Finish Annapolis Ten Mile Run. At the same time another group was re-arranging the timing mats from a start setup to a finish setup. In the middle of this change, we lost power again. As we scrambled around, late arriving runners were trying to cross the start mats, which of course had no power to them. Lisa was furiously writing bib numbers and start times from the clock, which was on battery back-up. Thirty-nine minutes after the official start of the race our last runner crossed the starting line. Ten minutes later Matt Llano, a local Annapolis runner who now runs for the University of Richmond, won convincingly

by more than four minutes in 49:39, obliterating the course record.

Remember the race is the 4-H's: hazy, hot, humid, and hilly. Those four qualities make for an interesting finish. Some have nothing left as they make their way uphill to the finish. They give their last ounce of energy as they cross the line with a look of grim determination. Some have saved everything for the finish and sprint across the line and smile broadly for the race photographers. Some wobble, their gait resembling that of a baby first learning to walk. All are drenched in sweat, most with big smiles of accomplishment. They hang onto the runner next to them in joyous hugs of 'we did this thing.' They shuffle on to the waiting volunteers who give them an ice cold towel and a bottle of water and steer them to the area where they get their finishers premium. The A-10 is known for its great finisher's premium.

Then there are those who cross the finish line with their legs wobbling and eyes glazed over in the ten thousand yard stare. It is those you know will need medical help and you rush to their side before they collapse. After helping seven or eight runners to medical, I arrived back at the finish to see a young lady coming right at me with that far, far away look. I put my arm around her to support her and asked if she was going to be okay. I wasn't expecting what happened next. She looked at me and said in a very steady voice, "I'm a vomiter. I vomit after every race. Would you help me over to those bushes please?" I did as requested and she gave back to mother earth all the fluids she had taken in along the course. She straightened up, her eyes now clear and focused. "Thank-you. I feel much better now. I appreciate your concern and help." Off she went to get her premium.

By 10AM most of the runners were across. I had promised Craig I would work until 10 and then had to get back to Richmond. I said my good-bye's and headed back toward the car. As I was walking away, Chris, who was Craig's right-hand man, ran up and asked if I was coming back next year to volunteer or run.

Run I said. Most definitely to run.

2010 is the A-10's 35th Anniversary. The Annapolis Striders website will announce race registration opening date.

*Greg Roth is an RRCA Certified Distance Running Coach, USATF VA Long Distance Running & Road Racing Chair, a member of the Richmond Road Runners, Annapolis Striders, & Tidewater Striders.*

# [ CLUB & RACE CALENDAR ]

	Date	Race/Event	Location	Contact/Web Address
[ OCTOBER ]	<b>3 Sat 7:00 AM</b>	<b>Capitol 10-miler</b>	<b>Richmond, VA</b>	<b>richmondrunners.ning.com/events</b>
	3 Sat 8:00AM	Highlands-Massey Classic 5k	Chesterfield, VA	www.highlandsmasseyclassic.org
	3 Sat 8:30 AM	West Point Crab Carnival 8k	West Point, VA	richmondrunners.ning.com/events
	3 Sat 9:00 AM	Pumpkin Run 5k	Hanover, VA	richmondrunners.ning.com/events
	4 Sun 8:30 AM	Race for Literacy 10-Miler & 5k	Suffolk, VA	www.kalerunning.com
	10 Sat 7:15 AM	Stonewall Jackson 20-Miler	Fredericksburg, VA	www.runfarc.com
	10 Sat 8:00AM	Blue Devil Dash 5k Run/Walk	Varina, VA	http://home.comcast.net/~bluedevildash/bluedevildash.html
	11 Sun 8:00 AM	Napiers Realty Richmond Sprint Triathlon	Richmond, VA	www.richmondmultisports.com
	11 Sun 8:30 AM	American Family Fitness 5k/10k Walk/Run	Richmond, VA	www.kalerunning.com
	11 Sun 9:00AM	Run Like a Girl 8k ROAD Event	West Creek	www.runlikeagirl8k.com
	14 Tue 6:00 PM	RRRC Monthly Meeting	Sports Backers Stadium	richmondrunners.ning.com/events
	<b>17 Sat 8:00 AM</b>	<b>St. Edward-Ephiphany Eagle 5k Challenge</b>	<b>Midlothian, VA</b>	<b>richmondrunners.ning.com/events</b>
	17 Sat 8:00 AM	Emerald Isle Triathlon	Emerald Isle, NC	www.kalerunning.com
	17 Sat 8:00AM	Deep Hollow Half Marathon & 5k	Lynchburg, VA	www.ultimatelu.com
	17 Sat 8:15AM	Medoc Trail Races (10-Mile & Marathon)	Rocky Mount, NC	www.medoctrailmarathon.com
	17 Sat 9:30AM	Rocketts Landing Run to the River	Richmond, VA	www.runtotheriver.com
	21 Wed 6:00 PM	RRRC Run & Social	Savor, Richmond, VA	richmondrunners.ning.com/events
	24 Sat 9:00 AM	Ashland Harvest Run (5k & 10k)	Ashland, VA	richmondrunners.ning.com/events
	24 Sat 8:00 AM	Mechanicsville 3-Miler	Mechanicsville, VA	richmondrunners.ning.com/events
	24 Sat 9:00 AM	Race to Beat Breast Cancer 5k & 10k	Harrisonburg, VA	richmondrunners.ning.com/events
	24 Sat 9:00 AM	Run for Their Lives 10k/5k	Lynchburg, VA	www.runfortheirives.net
	24 Sat 7:00 PM	Into the Darkness 4 Mile Trail Run	Roanoke, VA	richmondrunners.ning.com/events
	24 Sat 8:00 AM	Freedom Middle School Fall Harvest 5k	Fredericksburg, VA	www.runfarc.com
	[ NOVEMBER ]	<b>7 Sat 8:30AM</b>	<b>Building Wishes 5K</b>	<b>Deep Run Park</b>
7 Sat 8:00AM		Town Center Races (5k & 1 mile)	Virginia Beach, VA	www.towncenterraces.com
11 Wed 6:00PM		RRRC Monthly Meeting	Sports Backers Stadium	richmondrunners.ning.com/events
14 Sat 7:00AM		<i>HCA VA 8k</i>	<i>Richmond, VA</i>	<i>www.sportsbackers.org</i>
14 Sat 7:30AM		<i>McDonalds Half Marathon</i>	<i>Richmond, VA</i>	<i>www.sportsbackers.org</i>
14 Sat 8:00AM		<i>SunTrust Richmond Marathon</i>	<i>Richmond, VA</i>	<i>www.richmondmarathon.com</i>
14 Sat 9:00AM		Carter Gunn Memorial 8k	Virginia Beach	www.kalerunning.com
18 Wed 6:00PM		RRRC Run & Social	Savor, Richmond, VA	richmondrunners.ning.com/events
<b>21 Sat 8:00AM</b>		<b>Jingle Bell 5k</b>	<b>Stony Point</b>	<b>richmondrunners.ning.com/events</b>
21 Sat 8:30AM		Cape Henry Running Festival & Duathlon	Virginia Beach, VA	www.capehenry.kalerunning.com
21 Sat 9:00AM		Girls on the Run of Greater Lynchburg 5k	Lynchburg, VA	www.riversiderunners.com
26 Thu 8:30AM		Blue Talon Bistro Turkey Trot 5k	Williamsburg, VA	www.kalerunning.com
<b>26 Thu 9:00AM</b>	<b>Turkey Trot 10k</b>	<b>University of Richmond</b>	<b>richmondrunners.ning.com/events</b>	
26 Thu 9:05AM	Friends of Micah/YMCA Turkey Trot 5k Run/Walk	Fredericksburg, VA	www.runfarc.org	
[ DECEMBER ]	5 Sat 8:30AM	Peaks of Otter Christmas Classic 5k	Bedford, VA	www.riversiderunners.com
	5 Sat 12:00PM	Jingle Bell 5k	Old Dominion University	www.tidewaterstriders.com
	<b>6 Sun 9:00AM</b>	<b>Bear Creek 10 Mile Trail Run</b>	<b>Cumberland, VA</b>	<b>richmondrunners.ning.com/events</b>
	9 Wed 6:00PM	RRRC Monthly Meeting	Sports Backers Stadium	richmondrunners.ning.com/events
	12 Sat 8:00AM	2009 Holiday Classic 5k	Farmville, VA	richmondrunners.ning.com/events
	12 Sat 9:00AM	Santa Claus Shuffle 5k	Portsmouth, VA	www.tidewaterstriders.com
	<b>13 Sun 12:00PM</b>	<b>Toys for Tots 5k</b>	<b>Innsbrook</b>	<b>richmondrunners.ning.com/events</b>
	13 Sun 10:00AM	Virginia Beach Endurance Challenge 5K XC	Virginia Beach, VA	www.kalerunning.com
	13 Sun 7:30AM	Blue & Gray Half Marathon and 5K	Fredericksburg, VA	www.runfarc.com
	16 Wed 6:00PM	RRRC Run & Social	Savor, Richmond, VA	richmondrunners.ning.com/events
19 Sat 8:30AM	Jingle Bell Fun Run 5K	Lynchburg, VA	www.riversiderunners.com	
19 Sat 7:30AM	Seashore Nature Trail 50K	Virginia Beach, VA	www.tidewaterstriders.com	

If you would like to add your event to the RRRC calendar, please submit event information to [milesandminutes@gmail.com](mailto:milesandminutes@gmail.com). Cut-offs and publishing dates are available at [www.rrrc.org](http://www.rrrc.org).

Note: Bolded races are club or contract races. Italic events are Sports Backers events.

# [ MERCHANT DISCOUNTS ]

**Check out these merchant discounts for club members.**



**10% discount to RRRC members on all treatments!**

11201 W. Huguenot Rd., Suite B  
Richmond, VA 23235 • 804-560-9355  
drwilkey@richmondmedicalacupuncture.com  
www.richmondmedicalacupuncture.com



**15% Discount on services. Sample our services at the RRRC Social at Savor 3rd Wednesday of the month.**

1805 Monument Ave., Ste. 616, Richmond  
540-872-6665 • www.LillyInfusion.com



**10% Discount on services.**

8910 Patterson Ave.  
Richmond  
741-1599



**15% Discount on personal coaching rate.**

Dennis LaMountain  
www.lamountaincoaching.com  
355-3874



**10% Discount on merchandise.**

13569 Midlothian Tpk., Midlothian  
378-8080



**10% Discount on services.**

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



**Free ½ Hour Full Body Massage Free Consultation** (includes 2 x-rays)

Southside, West End, and Hanover  
www.virginia wellness.com



**Acupuncture Center of Richmond**

**Free Consultation 15% discount on treatments.**

4908 Monument Ave., Suite 100  
Richmond  
754-5108



**10% Discount on merchandise.**

3002 West Cary St., Richmond  
353-tenK



**\$20 off the first hour massage & 10% discount on all visits after that.**

1215 Foxcroft Rd., Richmond  
www.revitalizemassage.com  
285-9259



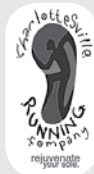
**10% Discount on merchandise.**

445 Ridge Rd., Richmond 288-4000  
www.threesports.com



**10% Discount on merchandise.**

4021 Lauderdale Rd., Short Pump 288-4000, Ext. 4  
www.threesports.com



**15% Discount on merchandise.**

Charlottesville Running Company  
110 Old Preston Ave., Charlottesville  
(434) 293-7115



**10% Discount on merchandise.**

9 Elliewood Ave., Charlottesville  
(434) 293-3367

**PITAIYO** (Fusion of Pilates, Tai Chi and Yoga) **RRRC member rate \$12/class and 10% product discount.**

More information available at  
www.pitaiyo.com



# [ GROUP RUNS ]

## **Mondays**

- Sunday Park, Brandermill, 6:00a.m., 6-8 miles. Meet at Brandermill Church Parking lot. Contact Toshia at toshia.curfiss@gmail.com.

## **Tuesdays**

- Robious Sports & Fitness Center, 6:00 p.m. Speed work. Contact Thom Suddeth at 353-8365.
- RunnerBill's Sports–Midlothian, 7:00 p.m., contact Bill Lis at 378-8080.
- 4605 Monument Avenue, 5:30 a.m., 3-6 miles at 8-9:00 pace. Contact Tony Basch at 513-6650 or via e-mail at awbasch@kaufcan.com.

## **Wednesdays**

- 4605 Monument Avenue, 5:30 a.m., 3-6 miles at 8-9:00 pace. Contact Tony Basch at 513-6650.
- Ashland Grub Kitty Group, Food Lion parking lot, 5:30 or 6:00 a.m. depending on mileage (6-10 miles). Pace is 8:30-10:00. Contact Michelle Quinn & Kirk Jeter at chellequinn@comcast.net and jeters5@comcast.net.
- Sunday Park, Brandermill, 6:00a.m., 6-8 miles. Meet at Brandermill Church Parking lot. Contact Toshia at toshia.curfiss@gmail.com.

## **Thursdays**

- 4605 Monument Avenue, 5:30 a.m., 3-6 miles at 8-9:00 pace. Contact Tony Basch at 513-6650.
- ACAC Fitness. 5:45 a.m., Robious and Huguenot Rds. 8 miles at 7:30 pace. Contact Ed Carmines at 502-9275.
- Museum of Fine Arts, 5:30 p.m. 8 miles at 8:00 pace. Contact Gary Hearn at 741-0411.
- 3Sports Tuckahoe Shopping, 6:00 p.m., 4-6 miles. All levels welcome. Contact Jennifer at 288-4000.
- RunnerBill's Sports–Midlothian, 7:00 p.m. Contact Bill Lis at 378-8080.

## **Saturdays**

- RunnerBills Sports – Midlothian, 8:00 a.m. Pace and distance depend on group. Contact Bill Lis at 378-8080.
- Byrd Park 7:30 a.m. at the Vita Course water fountain. Beginners/recreationals (3-5 miles) contact menace at teamwoo@gmail.com, intermediates (5-7 miles) contact fat kid at ironfocus@comcast.net, and advanced/race prep (7-10+ miles @ 7:00 a.m.) contact 2.0 at mjlaverty@verizon.net.
- University of Richmond, 7:00 a.m. Pace is 7:30 to 8:30. Meet at the track next to the gym. Group leaves promptly at 7:00 am. Contact Michael Kerner at 804-741-2266.
- ACAC Fitness Center, 11621 Robious Rd. (meeting across from tennis courts). 7:30 a.m. Beginners/recreational (3-5 miles) at 10:00-12:00 pace. Contact Bob Allen at bob-allen@mail.com or 804-921-7938.
- Bryan Park, 7:00 a.m., parking lot across from the soccer fields. 5-7 miles, all paces welcome! Contact Joe at joe.kalk@hotmail.com.

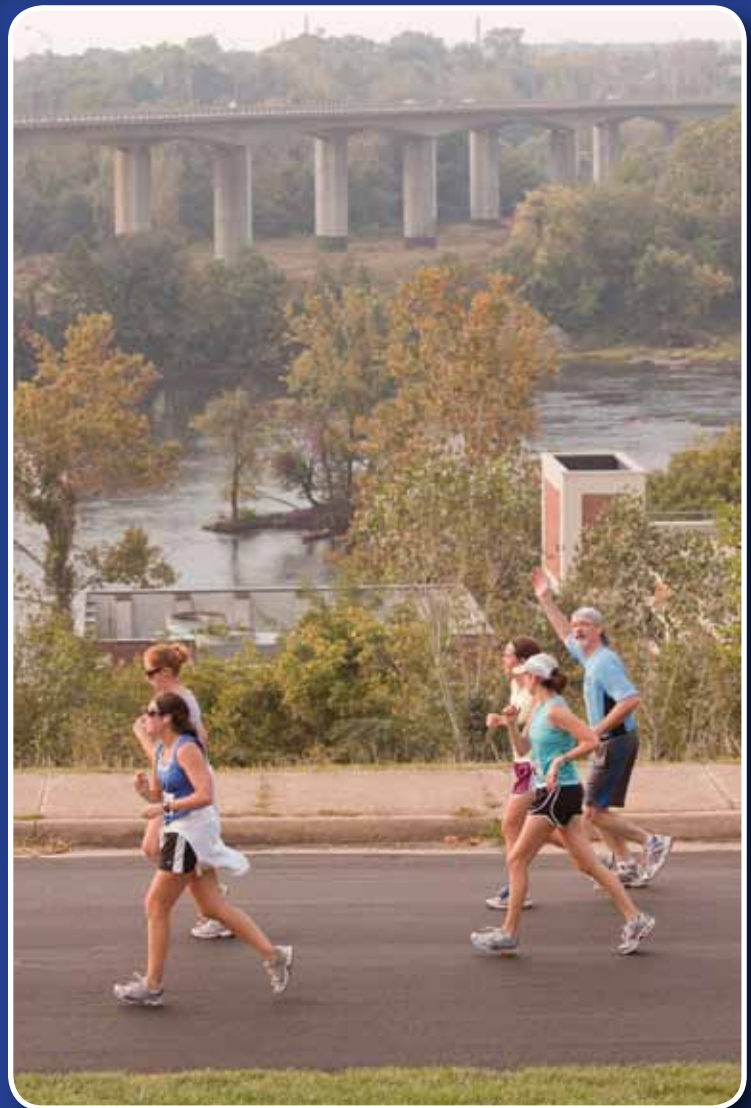
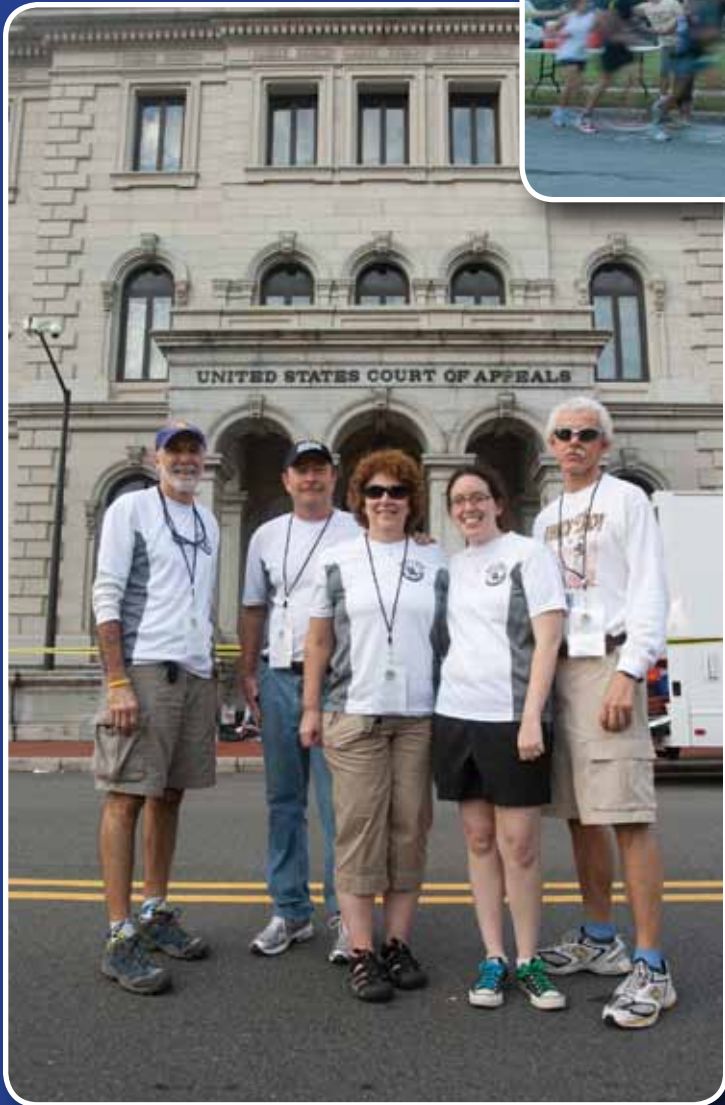
## **Sundays**

- Mary Mumford School, 6:30 a.m. Between Cary and Grove on Commonwealth. Long runs 10-13 miles at 8:00 pace. Contact Ed Carmines 804-502-9275.
- Byrd Park 7:30 a.m. at the Vita Course water fountain. 9-14 miles. Contact Mike Laverty at smylly@earthlink.net.
- Shady Grove YMCA, 7:15 am. 7-9 min pace. Contact Greg at 754-3268 or via e-mail KN293@aol.com. <http://shadyrunners.homedns.org/Sunday>.

**CHECK WITH GROUP LEADERS BEFORE YOU RUN!**

# [ THE CAPITOL 10-MILER ]

October 3, 2009





The Richmond Road Runner's Club  
PO Box 8724 • Richmond, VA 23226

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# [ THE CAPITOL 10-MILER ]

October 3, 2009

