Racing Toward the 10th Running of the Ukrop’s Monument Avenue 10k

Interviews  Race Calendars  Group Runs
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March 28, 2009
Richmond, Virginia • Limit 35,000

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Welcome!

If you are reading this newsletter for the first time, either because you picked up a copy at a local running store or at the Richmond Road Runner Club booth at the 10k Expo, WELCOME! We hope that you stay for a while.

If the Ukrop's Monument Avenue 10k is your first organized run or race, you're in for a treat. In it's 10th year, the Monument Avenue 10k has grown from a modest 1,000 runners and walkers in its first year to, hopefully, one of the 25 largest road races in the world – not the U.S., but the world!

Under the expert direction and organization of the Richmond Sports Backers, this 10k has something for everyone:

- A beautiful course along one of the nation's most historic scenic boulevards;
- A flat fast track for the gazelle's out front, and the pedigree of hosting the USATF Men's 10k National Championship in 2008;
- Entertainment galore, with bands, zany costumes and large crowds that make every athlete feel like a celebrity; and
- Structured waves, so that every runner and walker starts with like-minded athletes.

You get the idea. It's a race hat has been put together to truly be all things for all people. The celebration is infectious, and it shows the best that Richmond has to offer.

We hope that you catch the running bug and want to stay with it! The Richmond Road Runners assist and manage over 40 area races every year, and we have training groups every day of the week for all speeds and sizes. We live in an area with some of the best urban trails in the east, and the running community, either through the RRRC or the Sports Backers, offers additional training programs if you have the desire to step up to the half-marathon or marathon distance.

Again, if this is your first organized run or race, congratulations for taking the big first step. You’ll have a blast! We hope you enjoy our publication and consider joining our organization. Training runs, tips, club news, and a race calendar are enclosed, and additional information can be found on our website at www.rrrc.org.

Be curious, run happy, and remember, hills are your friend!

Joe Zielinski | Editor
Putting on Races

Of many things, the primary thing the club does is put on races. There are two types of races that the club helps facilitate: club races and contract races.

First, the club owns and puts on 17 races throughout the year. Each race has a race director who is in charge of the race, and certain other functions are done by the club itself (getting insurance, timing the race, having water for the race, providing the equipment that is needed for the race such as mile markers, the finish line, etc).

However, the bulk of the work is done by the race director. Getting city/county approvals, arranging permission for a place to stage the race, coordinating registrations, organizing the volunteers for the race and getting post race food are but a few of the things a race director must do.

I wanted to use this month’s column to thank those individuals who are race directors and to let you know who they are so you can thank them also.

Three of our races have been around for many years and have been directed by the same people for most of those years. The Frostbite 15K is directed by Bob Davis (with help from Terri Miffleton and Ron Magee in recent years). The Huguenot 3 miler is directed by Thom Suddeth, and the Stratford Hills 10K is directed by Mike Levins.

Our all-star race director is Kevin O’Conner. He race directs the Swinging Bridge races, the No Frills 5K and the Bear Creek 10 miler. He also does several community races.

Michael George race directs the Patrick Henry Half Marathon (with Sports Backers). Although this race is only two years old, Michael directed its predecessor race, the Battlefield Half marathon, for many years.

Two of our larger races are the Carytown 10K and the Turkey Trot 10K. Both of these races have been club races for many years (thought the Carytown race has gone thru many incarnations). They have been led for the last several years by Anne Zielinski and Roy Saettel. The size of these races requires extra works from Anne and Roy.

The same is true for the Toy Run 5K. Under John Christmas and the Byrd Park Group, this long term race has grown substantially over the last few years.

Some of the club races were started when a club member had an idea for a race and promoted that idea to the club. The Cul-de-Sac 5K series, the Moonlight 4 miler and the New Years Day 10K would not be club races were it not for the vision of Steve Lerner, Karl Cover and John Clark.

One of our unique races that is well done but fairly lightly attended is the Scholarship 10K/20K/30K. This is a great trail run in October directed by Chris Calfee.

Lastly, I want to commend our newest race director. The Sweetheart 8K has had many race directors thru the years. Two years ago, this race almost folded until Jen Brumfield stepped up and said she would take it over – and she has done a great job. The 2009 race had over 300 runners, the most it has had in years.

The second type of races we do are Contract Races. These are races where the club agrees to help another organization in the Richmond area with the timing and results of their race. Our agreement is to provide the equipment and people to time the race and to work the finish area. Sean Cusack spends many hours coordinating all of the contract races.

For contract races, we have a dedicated crew of people who are trained to operate the timing equipment. Sean Cusack, Mike Levins, Anne Zielinski, Marcy George, Barry Kreisa and Mike Muldowney do most of the contract races, and Bill Webb and/or Michael George bring the equipment truck most weeks.

We also have a regular cadre of people (but never enough) who provide the additional volunteers needed to make these races happen.

Racing in Richmond would not be the same without these individuals. Please thank them when you see them!

See you on the roads.

Don Garber | President

If you have questions or comments, please feel free to contact Don Garber at donruns@comcast.net.
Warm-Up

A proper warm up is important for all level of runners, whether it’s a race or your daily training run. A good warm up insures blood flow to the muscles, gets your heart rate and body temperature up, and also aids in the prevention of injury. As we get older, it is more important to incorporate a warm-up into your pre-run or race routine. Jack Daniels, in his book Daniels Running Formula, breaks the warm-up into the following general characteristics.

Elevating muscle temperature. Defined as muscular activity involving the muscles that will do the running, a warm-up improves performance through slight elevation of muscle temperature.

Quality running. Quick strides help you get a feeling of race pace, bring your fuel sources on-line, prepares the body for the task at hand, and readies the physiological systems for high intensity operation.

Mental preparation. Focus on positive thoughts, visualize performance, and go over your run strategy. Whatever mental preparation you do, it is with the purpose of making your training or race enjoyable.

Pre-run warm up. Ben Ackerly, coach of RPM Project, suggests the following:

Pre-run or pre-race, the emphasis should be on dynamic movements, i.e. walking, very easy jogging or the exercises below. Most runners do not take the time to do anything before they start their run or race, so a few simple range of motion exercises are better than nothing at all.

These very simple and brief dynamic movements can prepare your body for the run to come and thus reduce the risk of injury. The following exercises should be performed gently (especially at first) through your natural range of motion:

- Knee bends: from a standing position, just flex your knee back and forth (like a hamstring curl). Do 10-15 for each leg.
- Leg swings, lateral: using a wall or something for balance, swing your (straight) leg from side to side across the front of your body. Do 10-15 leg swings (back and forth is one) for each leg.
- Leg swings, front to back: with leg slightly bent, swing your leg front to back through its entire range of motion. Do 10-15 for each leg.

- Swing your arms around and back and forth to loosen up your shoulders. Do this for 30 seconds.

Be sure the first couple of miles of your run is at an easy or recovery pace. Training are not races. Starting a training run too fast can cause injury—ease into it.

Pre-Race warm-up. First, the faster an athlete is planning on running, the more emphasis needs to be placed on the proper warm-up in order to facilitate the body being ready to run. Second, a warm-up is very individualized and dependent upon the length of a race. A marathon requires a shorter warm-up period than a local 5k. The same principals apply; the faster you intend to run, the more thorough the warm-up.

The warm-up should be planned relative to the start of the race. Also, keep in mind that a primary purpose of the warm-up is to elevate body temperature. It is important to have adequate clothing available to maintain warmth between the end of your warm-up and the start of your race or training session.

For the recreational runner, do the pre-run exercises above with some easy running of 5 to 10 minutes or 1 to 2 miles. Make sure that you finish your warm-up 5 to 10 minutes before the start of the race.

For the competitive, highly trained runner, do an early morning shake out run of no more than two miles. Take this run slowly and do it three hours before the race start. It takes several hours to get body temperature up and the increased flexibility and function of the muscles, so a shake out run

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Cheers to RRRC Members in the Ukrop’s Monument Avenue 100k Club

Sports Backers have counted 62 athletes who have finished all previous nine Ukrop’s Monument Avenue 10k’s and are heading for inclusion in the 100k Club by finishing the 10th anniversary version this year.

RRRC Members who made the list are: Amanda Abate, Rob Bryden, Philip Coggins, Darryl Cotman, Bill Cullen, Ray Flournoy, Linda Gulick, Gary Hearn, Martha Hodges, Jerry Johnson, William Kelly, John Landry, Steven Lerner, Steven Martin, Ingrid Mercer, Chuck Miffleton, David Morgan, Steve Nuckolls, Cheri Nutty, Peter Opper, Kevin Pennock, John Rickman and Greg Tuck.

Sports Backers emailed them questions about best moments and funniest memories and are sharing the responses:

Ray Flournoy said:
I have truly enjoyed running each of the Ukrop’s Monument Avenue 10k’s. I am the assistant store manager at the Brook Run Ukrop’s, with the company for 22 years, so I have always been a big promoter of the Ukrop’s Monument Avenue 10k. Even at the age of 50 now, I know there will be a lot of Ukrop’s associates training hard to beat my time, whatever it may be. But this year, I am going to do something that I haven’t done before, I am taking the day off from work. This way I can enjoy the great post race events and not rush off to work. Plus, I am getting a little too old for that!

I have never worn a costume but I do like to get the crowd fired up as I run by. Slinging my hands in the air gets the crowds to cheer a bit louder!!

John Rickman said:
A highlight of the races was the two times that I got my wife, two daughters and two future son-in-laws to join me for a “family race day”. Not to be confused with “family rake day” when I have not been able to get anyone to join me.

Steve Nuckolls said:
I’m honored to be among the 100k club! I live near the Lee Monument (1815 Monument), so it’s really special to have the race go by my front door. Last year’s race was probably the most memorable, when (Massey Cancer Center
Fundraisers) “Team Connie” hung out at my house, along with some Team Bank of America folks (Connie kicked off last year’s race). Probably the funniest is simply watching the folks in costume, who are hilarious! I’m the one holding the beagle (Stuart).

**John Landry** said:
I remember people carting off grocery carts full of soy milk and other goodies at the first race and I certainly got my own share of energy bars. The year of the fire I remember walking up to the convention center at lunch and seeing the smoke and wondering whether they would have a race. One year, my name got entered somehow as Landry, Landry and I caught some grief about that. Look forward to it every year as an impetus to get through the winter months, doing more running then I would otherwise do. It’s a wonderful event.

**Steve Martin** said:
The most memorable is about two years ago. I am a slow runner/jogger and therefore wind up near the last three-quarters of the race. It does give me a chance to see most of the participants that are at the end. This includes the other slow and slower runners and the walkers. The person I saw a couple of years ago was a young girl who was physically challenged. I think she had to use support just to walk, however here she is doing the Ukrop’s Monument Avenue 10k. I think just having the sheer determination to try says a lot for itself.

The funniest memory is somewhere around 2002/2003 when my daughter ran with me. She lived in the Fan and so I met her at her place. As we started to leave for the race, I noticed she was wearing the 10k t-shirt. I mentioned that I never wear mine until after the race. She said wait a minute and stepped back inside. When she came back out, she looked a little different, and I asked her what she did. She said she turned the shirt inside out, so maybe I could not tell she had this year’s 10-k shirt on. We both laughed and had a good time.

**Gary Hearn** said:
At the time of the inaugural Monument Avenue 10k, I was running approximately 40 races a year and it was just another race to try as well as a way to support the Sports Backers. While I will never match John Loughran’s marathon streak, he is the inspiration for mine. In addition, dressing in costume for the last 5 years has allowed me to enjoy the atmosphere of the race.

A couple of memorable moments come to mind, neither of them especially good. The first is scattering tools on the race course within 50 yards of the starting line while dressed as “Bob the Builder”. The second is sprinting to the start in costume for the 9:00 start only to find the race began at 8:30 and my heat was on the way back to the finish line.
There have already been a lot of records set in 2009. We had record attendance at our Presidential Inauguration. The Steelers became the first franchise in NFL history to win six Super Bowl titles, while their coach, Mike Tomlin, became the youngest coach to win a Super Bowl. In running news, Bernard Lagat tied the record for seven Wanamaker mile victories, while Shalene Flanagan and Galen Rupp both set American indoor 5000-meter records. The financial markets and economy have also been setting some records. Unfortunately however, they haven’t been good ones.

One trend that caught me by surprise is the fact that, despite economic gloom, the Ukrop’s Monument Avenue 10k and many other large road races are filling up at record paces this year. On a local level, this “PR registration pace” has been helped by an ever-growing YMCA Training Team. The training teams are very popular here in Richmond, but I don’t think they are solely responsible for the increased interest in these events. I think that the constant barrage of negative news and a less-than-perfect economic environment have encouraged people to seek out more positive and rewarding activities...such as running.

I have witness multiple co-workers who didn’t run in the past suddenly become motivated to participate in the Monument Avenue 10k this year. Not only did they decide to join the YMCA Training Team, they also asked me what sort of gear they needed. On my recommendation, one colleague went to one of our wonderful local running stores (we have many here in Richmond) and spent a healthy sum to make sure both she and her son had properly fitted shoes and everything else needed to get through training. She also put this new gear to use the following week by running in conditions that keep everyone but the most dedicated inside. I was so excited for her as she was clearly committed to the goals she had set.

Feed Your Runners’ Soul

Run the Monument Avenue 10k!

by Brian Shelton
Commitment, in my opinion, is the most important factor in reaching goals. Sure, there are other things involved, but in the words of Lance Armstrong, “Potential never won a damn race.” Neither talent nor desire will take you anywhere if you don’t commit to doing the activities that bring about improvements in your current abilities and move you closer to your full potential as an athlete. Now I don’t know exactly what your goals are this spring, but this I am sure of: the Monument Avenue 10k is one of the activities you should commit to doing in pursuit of those goals.

If the 10k itself is your goal...wonderful! Richmond Sports Backers has done you a favor this year by actually requiring seeded runners to provide proof of a past result. This will help keep people out of your way while you burn up the roads in pursuit of a fast time, bragging rights, and post-run personal satisfaction.

Maybe the 10k is not your target. So what! You should still run it. I did a quick search for other races that weekend and found nothing else within 50 miles of Richmond. Expand the search to 200 miles, and there are certainly other events, but only small club races. Nothing with the national appeal, historical relevance, and atmosphere of Monument Avenue.

Doing the Shamrock or National Marathon (or half) the weekend before? Come celebrate and recover by jogging Monument Avenue the following weekend.

Doing Boston three weeks later? I wouldn’t recommend racing the 10k. I have tried that before and the results at Boston weren’t pretty. It’s simply too close to your target, and your training would probably benefit most from one final long run. So make Monument Avenue part of that long run. The best part of this plan is you don’t have to deal with parking. Run from your house to the start, run the event, and then run home. Live too far away? Park several miles from the event, then run to the start and back. This change in your routine will be very refreshing after having put in all those serious miles this winter.

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**Seeded Waves at the Ukrop’s Monument Avenue 10k**

As part of its 10th anniversary, the Ukrop’s Monument Avenue 10k is rolling out an expanded seeded wave program. Participants were asked to verify their ability to maintain the correct pace if they were signing up for wave start faster than a 56-minute finish time. Verification will be complimented by a race day wave enforcement patrol that will be reviewing bib numbers and insisting that runners and walkers start in the wave that corresponds with their assigned bib. These steps have been put in place to create a refined and orderly race day experience for all participants.
Runner’s Soul
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As you can see, regardless of the situation, there really is no excuse for not participating in what is an amazing event. . . especially for those faster runners who are pursuing their own records this spring. For that one single day, the entire community lets you own Monument Avenue. Whether you race it, jog it at an easier pace, or trot along somewhere in between, you owe it to yourself to take advantage of the opportunity and support that the community is providing. You also owe it to the Richmond running community to make sure this event maintains its reputation as a competitive running event. Richmond Sports Backers have done their part…now do yours.

There have been a lot of records set already this year. I encourage you to use the energy that comes from the Ukrop’s Monument Avenue 10k to set your own personal records. You can use the energy that day, or you can bottle it up and take it with you. Either way, participating in this event will feed both your competitive spirit and your runner’s soul.

I look forward to seeing you all of you on 10k day. Best of luck in the pursuit of your goals!!!

31st Running of the Ashland Railroad Run
Saturday, April 4, 2009
Certified 10K Run; 5K Fun Walk/Run; & Kids 1-Mile Fun Run.

We’re going GREEN this year. After the race, we encourage you to stay and pet the animals, meet local farmers, taste samples of local organic produce, learn about environmental issues and solutions, and experience solar technology. We are proud to offer eco-friendly door prizes and awards, along with race t-shirts made of 100% organic cotton and soy ink.

For more race information, visit www.hanoverarts.org
or call 804.798.2728.
Be green – register online at www.raceit.com.
As my running career winds down, I am no longer able to match my prior achievements nor train in the fashion that would allow me to do so. As a result, I am running fewer races and spending more time on the social aspects of running. A direct outgrowth of this has been my participation in the Dress Up and Run contest at the Ukrop’s Monument Avenue 10k for the past five years.

Given how large this event has become and how the media portrays the race as a festive event, club president Don Garber challenged me to write an article confirming that the Monument Avenue 10k is indeed a “fast race.” I gladly accepted the challenge and as any good writer would do, began to research the past results to confirm the hypothesis. After much analysis, I would have to agree that the course itself is fast, but the vast majority of the participants are not. This is not meant as a slight on anyone’s ability, but a mere reflection of what the results show. No local runner has ever won the men’s competition and in fact all nine past winners are foreign born. There is a parallel on the women’s side, as the past eight female winners are foreign born (though 2001 winner Anna Pichrrtova ran locally for many years). Alisa Harvey’s win in the inaugural race in 2000 remains the only victory for a Virginia born athlete.

My review of the race results began with the initial running in 2000 and utilized the results that are available on the Richmond Sports Backers website. That first year there were 1,012 finishers in the race, with 86 participants (or 8.5%) finishing in 40:00 or less, and 262 runners (or 25.9%) crossing the tape in under 45:00. The slowest time recorded for the race was 1:56:52.

By contrast, the 2008 race featured 24,063 finishers, with 195 (0.8%) finishing in 40:00 or less and 816 (3.4%) completing the distance in under 45:00. The slowest time recorded was 4:09:00. While the number of competitors has exploded over the past nine years, many athletes may be casual runners or walkers given the times that are being recorded. While participation in any type of exercise is good, the race does not seem to be attracting a large contingent of “fast runners”.

That being said, the course is conducive for a fast run, especially for those that are able to start in the first wave and quickly find running room. With the exception of the dog leg on North Lombardy Street that takes you from the start on Broad Street to Monument Avenue and the turnaround at Chantilly Avenue, the race course is void of turns (though you have to arc around the Robert E. Lee statue). As anyone knows, straight line running is inherently faster and wind is typically not a factor in this race.

The absence of turns, a flat race course and normally cool spring weather combine to make this a potential PR course.

The absence of turns, a flat race course and normally cool spring weather combine to make this a potential PR course. The key to making this possible is finding running room, and this can be facilitated by starting at the front of your wave (provided you are fast enough to not inhibit other runners) and running to the outside of the roadway. While the Monument Avenue cobblestones are not the same as running on a paved street, they are not a significant impediment to racing either.

As with any race, preparation is ultimately the key to success. A proper training regimen is needed that includes building base miles at the onset and combines speed work, cross training, rest and a proper diet. For those runners that continued on page 15
The Runner Visits Richmond

An Interview with Dr. David Horton

by Jen Fox

Ultra marathon runner Dr. David Horton has a list of accomplishments as long as the races he runs. He recently made room in his schedule to come to Richmond and lead us on a 12-mile trail run.

His license plate reads “ILV2RUN.” When I ask if that translates to “I Live to Run” or “I Love to Run,” David Horton doesn’t miss a beat—he grins and replies, “Isn’t it both?”

It’s a chilly January afternoon and I’m gathered with a group of Richmond runners and Dr. David Horton – legendary ultra marathon runner and Professor of Health Sciences & Kinesiology at Liberty University. Many of you may know David from the award-winning documentary, The Runner – which chronicles his 2,650-mile journey on the Pacific Crest Trail in 2005. Horton ran more than 40 miles per day for 66 consecutive days to complete the PCT in record time. He ran his first ultra in 1979 and he’s one of only seven finishers to ever complete the Barkley 100 Miler under the official 60-hr cutoff. He’s logged over 106,000 miles in his lifetime, and at 58 years old, shows no signs of slowing down.

David exudes energy and enthusiasm from the moment he steps out of the car, and his upbeat personality makes it easy for me to see how he inspires so many runners. He’s in his 30th year of teaching at Liberty University in Lynchburg, Virginia and loves being able to teach others about the sport that he loves. In his advanced running class his students are required to complete an ultra marathon as part of the course (talk about a challenging final exam!). When I ask David what his favorite thing is about teaching and coaching runners, he replies, “I love seeing people finishing – I love seeing people achieve their goals.” His guidance has led many runners to do just that, and many of his students go on to become rising stars in the ultra marathon world – including Bethany Hunter-Patterson (2003 Female Trail Runner of the year and winner of the 2004 JFK 50 Mile race), who joins us for the trail run.
With so many years of experience under his belt, I’m anxious to hear what advice David would give to someone who is thinking of stepping up to the ultra distance. “Do it!!” he exclaims. “Pick out a good event – one that’s been held for a while – and then ask around. Find out the time limit, what kind of a race it is, what you can expect.”

When I ask for favorite races for beginners, he recommends the Holiday Lake 50K++ (Appomattox, VA) on February 14th, the Terrapin Mountain 50K (Sedalia, VA) on March 28th, and the Promise Land 50K (Lynchburg, VA) on April 25th, which was attended last year by 15-20 Richmond runners. David and his colleague Dr. Clarke Zealand direct those events.

Running any long distance requires some degree of “mental toughness” – the mind-over-body ability to convince yourself that yes, you can keep going even though your legs feel like Jell-O and you’ve got blisters the size of golf balls on your feet. Running ultra distances requires an even greater degree of this ability, and I ask David for some details on how he prepares. “When I pick a race – I train for it and develop a plan. I try to do every single training run. That gives you mental toughness – if you can do the training, you can do the race. The will to win means nothing without the will to prepare. You have to be willing to prepare.”

So once he’s prepared, completed the race, and accomplished his goal, how does this ultra-runner recover? Does he have any magic post-run advice for us mere mortals? He thinks hard about this question and answers simply – “Time,” he says. He elaborates by saying, “I firmly believe in doing something – in active recovery. [Too] Many people, the day after they do a tough race, are sore and so they do nothing. And the sometimes they do nothing the next day! And the next day! That’s foolish – that’s wrong. The next day you should be out walking some – the recovery should be the taper in reverse. You taper down, then taper back up. And if you REALLY want to recover, 5-6 days later, get yourself a good massage.”

Since we are already on the subject of recovery, I take a moment to ask David for his favorite post-run food. “If it’s summertime – the best thing right away after a race is a
good old-fashioned chocolate milkshake. There hasn’t been a time where I haven’t been able to drink one of those!” Other times, he enjoys “greasy foods – pizza, French fries, cheeseburgers,” though he laughs and admits that they aren’t exactly healthy.

We talk a little bit about his schedule for the next few months, and I’m eager to hear about what’s on his radar screen. His next big challenge begins July 4th, 2009 when he’ll be attempting to break the speed record on the Colorado Trail – a 487 mile trail that runs from Denver to Durango, across eight mountain ranges. I ask him if he’ll ever attempt the Pacific Coast Trail again and I get a quick “No.” But he corrects himself – “Yes and no” he says. He returns to the PCT every summer to show other friends the trail – he’s already bought his plane ticket for this year’s trip. His face lights up as he talks about revisiting the PCT – “I like to show people special places. How often is a picture as pretty as reality? If something is pretty in a picture, it’s prettier in real life.” The experience of seeing the beauty and majesty of nature in person is one of the things that attract David to trail running. But it’s not all about the scenery.

“Overall, trails are so much easier on the body. Easier on the body, easier on the mind. I encourage people to get off the roads.”

I realize my time with David is drawing to a close as the group of Richmond runners that are gathered for the trail run begin to edge closer – anxious to talk with the accomplished ultra runner in their midst. I thank David for speaking with me and ask him if I have time for one more question. When he nods, I ask “How long do you think you will do this for?” He meets my eyes and smiles “ ‘Til the day I die. I hope that on the day I die, I had a good run that morning.” I shake his hand and watch as he mingles with the other runners – laughing, offering advice, and sharing the stories of his adventures.

As the group gets ready to head out on the 12-mile loop of the Northbank, Belle Isle, Forest Hill, and Buttermilk trails I think about his zest for life, his dedication, and his passion for running. I am excited to see what the future holds for David Horton and know that his drive and love for the sport will have him setting records in the years to come.

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Join us for the next RRRC Run & Social!

Wednesday, March 18th 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
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.

**Swinging Bridge 35/50k Trail Run**
**RRRC Club Race Volunteers**
**January 17, 2009**
**Bear Creek State Park**

**Race Director** | **Kevin O’Connor**

John Cassilly, Mark Cerny, Dawn DiBenedetto, Noelle DiBenedetto, Barry Kreisa, Chris McReynolds, Glenn Melton, Bill Webb

**Sweetheart 8k Race**
**RRRC Club Race Volunteers**
**February 14, 2009**
**Midlothian, VA**

**Race Director** | **Jen Brumfield**

Sabrina Adams, Sean Cusack, Mara George, Marcy George, Rob Hancock, Mitzi Humphrey, Gary Leader, Mare Leske, Mike Levin, Ray Reed, Willie Riefner, Richard Saunders, Bill Webb, Lee White, Sarah White, Anne Zielinski

**Frostbite 15k Run**
**RRRC Club Race Volunteers**
**January 25, 2009**
**Richmond, VA**

**Race Directors** | **Bob Davis, Terry Miffleton and Ron Magee**

Ed Blanks, Mark Buckland, Ed Carmine, Melinda Claudio, Glenn Clemmons, Sarah Collins, Walter Crenshaw, Sean Cusack, Ned Daly, Deborah Davis, Rick Davis, Mike Gallogly, Betsy Garber, Mara George, Marcy George, Michael George, Gary Hearne, Mike Holmes, Bruce Jagadar, Blair Just, Mary Ellen Kinser, Donnie Lane, Mike Laverty, Susan Laverty, Mike Levins, Jennifer Linsicum, Brad Lowery, Patrick McGlade, Chuck Miffleton, Zach Mitchell, Ron Netherland, George Nixon, Cheri Nutty, Renee Palmataier, Nathan Phelan, Sarah Phelan, Carinda Pursley, John Snider, Richard Ware, Bill Webb, Amy Williams

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**Saint Francis Home 5K**
**Saturday, April 18, 2009**

Saint Francis Home is a charitable organization established in South Richmond in 1973 which offers quality assisted-living care to low-income elderly and disabled adults, regardless of creed, race, color, gender or the ability to pay. The Home has the capacity to care for 106 residents. All proceeds to benefit Saint Francis Home.

**Place:** Race headquarters at Savor, 201 W. 7th St, Richmond, VA 23224, located south of the James River.

**Time:** 9 a.m. start for 5K road run; 9:15 a.m. start for 5K walk

**Course:** Start will begin at the Flood Wall Trail, along the James River. Course will follow along the river and is an out and back route with rolling terrain.

**Parking:** Available on the street or Savor’s parking lot at the corner of W. 7th & Bainbridge Sts.

**Fees:** $15 before or on Saturday, April 4; $20 postmarked on and after Monday, April 6. Race day registration begins at 7:30 a.m., refreshments provided post race at Savor. **Please make checks payable to Saint Francis Home.** Registration form found on RRRC.org; online registration also available on www.active.com. search for “Saint Francis Home 5K”.

**Awards:** Top Male & Female in 5K; ribbons to top 3 (M&F) in each age group; other prizes to be given away in a random drawing!

**Race Director:** Kim Moore 804-358-0935 or luv2cycle@yahoo.com
**THE CROSSOVER CHALLENGE**

15K & 5K RACES  
1MILE WALK & 1MILE KIDS RUN  
SATURDAY, APRIL 18, 2009

*Registration discount for Richmond Road Runner Club members.  
*Be one of the first 200 to register for the 15K and receive a FREE Technical Tee!  
*Cash prize to the Top 3 Men & Women finishers of the 15K and 5K races!

For additional race details, and to register online, please visit [www.crossoverministry.org](http://www.crossoverministry.org).

**THE CAUSE**

Proceeds generated from this year’s event will go towards CrossOver Ministry’s comprehensive Dental Program. Dental care is one of the most pressing needs of our patients. Every day, CrossOver Health Centers face the overwhelming need for dental care among Richmond’s indigent population. In response, CrossOver provides a full range of oral health care services, including routine cleanings, exams, x-rays, fillings, extractions, and oral health education. But with waiting lists at all three of CrossOver’s clinic locations, the dental program must be expanded to serve more people!

---

**County of Henrico Division of Recreation and Parks**

**HENRICO 5K**

Innsbrook Corporate Center, Saturday, April 11, 2009

Register now for the 2009 Henrico 5K Run!  
$10 for pre-registration (now through April 8) and $15 for on-site registration.  
Entry fee must be submitted with an official 5K registration form.

Registration and check-in for runners will be held from 7:30-8:45 a.m. Race begins at 9 a.m.  
For more information, call 501-5121 or go online to [www.co.henrico.va.us/rec](http://www.co.henrico.va.us/rec).

This race is sponsored by the Henrico Division of Recreation and Parks in cooperation with the Innsbrook Owners Association and the Richmond Road Runners.
Training
continued from page 3

helps prepare the system for the task at hand and also helps with digestion of your pre-race fuel. Do not go back to bed or nap; this defeats the purpose of the shake out run.

About 45 minutes prior to the start of the race, enjoy a two to three mile warm-up run. This run should be at a Very Easy, then Easy pace. Once the warm-up is complete, some easy drills, like skips and butt kicks, should be completed, and then six to eight 100 meter strides.

Upon completing the warm-up, you should be 10 minutes from the start of your event which allows you some final mental preparation before the gun.

A note of caution: if it is a warm day, don’t do your warm-up with extra layers of clothing on. It is not beneficial to you and could hinder your performance. If it is warm enough for you to sit around without a warm-up suit on, then you don’t need the extra layer of clothing.

Finally, recent research suggests that static stretching prior to a run or a race temporarily inhibits muscular performance, so save the static stretching until after your run/race.

by Greg Roth

Flat and Fast
continued from page 9

desire to run in the 40 minute range or lower, the YMCA Advanced Training Team provides an excellent means to achieve that goal. More importantly, the course is runner friendly with wide sidewalks and a grass median (watch for side street traffic) and this provides ample opportunities to train on it prior to race day.

While many 10K races are run in remote areas with little or no fan support, this is not the case with the Monument Avenue 10k. In fact, once the race reaches Monument Avenue there is constant fan support, whether it be on the sidewalks, on the porches and balconies of the homes lining the street, the median strip or any of the numerous bands and aid stations on the course. This constant cheering and support can help spur on runners who may need an additional boost to reach their goal.

After much thought, I would have to conclude that Don’s assessment is correct. Now we just need a few hundred RRRC members to prove us right!
<table>
<thead>
<tr>
<th>Date</th>
<th>Race/Event</th>
<th>Location</th>
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<tr>
<td>1 Sat</td>
<td>9:00 am</td>
<td>Huguenot Park 3 Miler</td>
<td>Midlothian, VA</td>
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<td>7 Sat</td>
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<td>Holton Elementary 5K &amp; Holton Hustle</td>
<td>Richmond, VA</td>
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<td>7 Sat</td>
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<td>Fort Eustis 10K</td>
<td>Newport News, VA</td>
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<td>11 Wed</td>
<td>6:00 pm</td>
<td>RRRC Board Meeting</td>
<td>Sports Backers Stadium</td>
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<td>14 Sat</td>
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<td>Whistlestart Elementary 5K</td>
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<td>Five Forks 5K</td>
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<td>14 Sat</td>
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<td>White Bank Classic 5 Miler</td>
<td>Colonial Heights, VA</td>
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<td>14 Sat</td>
<td>8:00 am</td>
<td>Martha Jefferson 8k &amp; 4K Walk</td>
<td>Charlottesville, VA</td>
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<tr>
<td>18 Wed</td>
<td>6:00 pm</td>
<td>RRRC Run &amp; Social</td>
<td>Savor, Richmond, VA</td>
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<td>21 Sat</td>
<td>7:00 am</td>
<td>National Marathon &amp; Half Marathon</td>
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<td>21 Sat</td>
<td>9:30 am</td>
<td>SPCA Dog Jog &amp; 5K</td>
<td>Richmond, VA</td>
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<td>21 Sat</td>
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<td>Shamrock Sportsfest 8K</td>
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<td>Shamrock Sportsfest Half Marathon &amp; Marathon</td>
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<td>28 Sat</td>
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<td>Ukrop's Monument Avenue 10K</td>
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<td>Virginia Duathlon</td>
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<td>Ashland Railroad 10K</td>
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<td>Charlottesville 10 Miler</td>
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<td>Carrboro Classic Duathlon</td>
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<td>Crossover 15K and 5K</td>
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<td>18 Sat</td>
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<td>24 Hour Relay for Life</td>
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<td>Charlottesville Marathon &amp; Half Marathon</td>
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<td>North Carolina Marathon &amp; Half Marathon</td>
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<td>Potomac River Run Marathon &amp; Half Marathon</td>
<td>Alexandria, VA</td>
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<td>Komen Race for the Cure 5K</td>
<td>Richmond, VA</td>
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<td>13 Wed</td>
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<td>Sports Backers Stadium</td>
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<td>16 Sat</td>
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<td>James River Scramble</td>
<td>Richmond, VA</td>
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<td>17 Sun</td>
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<td>Carytown 10K</td>
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<td>Autism 5K</td>
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<td>Ashcreek 5K</td>
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If you would like to add your event to the RRRC calendar, please submit event information to milesandminutes@gmail.com. Cut-offs and publishing dates are available at www.rrrc.org.
Our mission is to support running in the metro Richmond area. We do this by sponsoring races, helping other groups put on races, coaching training teams, supporting group runs, and providing academic scholarships. The RRRC is a non-profit 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 three to 32 miles. Also, the club contracts to provide race services. These services range from renting equipment to full-computerized race timing. The RRRC provides services for over 30 events during the year ranging from 5K’s to Marathons and 50K’s. These races are made possible by the help of club volunteers. Volunteering is not a requirement for membership, but is strongly encouraged. All volunteers are invited to the annual volunteer party and are eligible for the Grand Prix awards.

The benefits of club membership include:

- Receive our award winning newsletter, Miles and Minutes, which is published ten times/year and keeps you up-to-date on “All Things Running in Richmond”;
- At least a $5 discount on club races;
- At least a 10% discount at local running stores and other supporting merchants;
- Social Activities: The club has an annual banquet in January and periodic socials at local establishments;
- Group Runs: At last count, there were 24 group runs covering every day of the week;
- Membership in our national organization: The Road Runners Club of America; and
- Our Grand Prix Program. The club runs a series of races and members collect points by placing or volunteering in the events. Annually, male and female winners receive awards and club champions are honored at every race distance.

Yearly membership dues are $5 for students (email distribution of newsletter only) $15 for individuals and $20 for families. Membership is for 12 months from the end of the month we receive your application. Make your checks payable to RRRC and mail it and the application to:

RRRC
P.O. Box 8724
Richmond, VA 23226
MEMBERSHIP APPLICATION

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Please check one of the following in each column:

- [ ] New Membership: Individual ($15)
- [ ] Renewal: Family ($20)
- [ ] Student ($5)
- [ ] Business ($20)

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

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How would you like to receive the RRRC Newsletter, Miles and Minutes?  

- [ ] via USPS:  
- [ ] via email:  

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

- [ ] Yes:         
- [ ] No, please keep private:  

I know that running a road race is a potential hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a road race official relative to my ability to safely complete the run, but I understand that I am primarily responsible for my own safety. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and the conditions of the road, - all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Richmond Road Runners Club, the Road Runners Club of America, the City of Richmond, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. This is a road race conducted under the rules of the USATF and RRCA. In consideration of the safety of all participants, I agree not to use any of the following while participating in this event: baby joggers, baby strollers, headphones, ipods, animals on leash, skateboards, inline or roller skates, or bicycles.

Signature/Parents Signature (if under age of 18): ____________________________ Date: ____________________________
In March we celebrate our 14th anniversary of being in business and are sponsoring the Whistlestart 5k and the White Bank 5-Miler. In 2008 we sponsored over 40 local events and gave away over $20,000 worth of cash and merchandise. We will do our best to sponsor similarly in 2009.

Check out these merchant discounts for club members.

**10% Discount on merchandise.**
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13569 Midlothian Tpk., Midlothian 378-8080

**10% Discount on services.**
Damien Howell Physical Therapy accepts most major health insurance plans. We have affordable self pay rates and a 10% discount for RRRC members. Consider purchasing a gift certificates or a slow motion video analysis of walking/running form to help run faster, faster, and injury free. Informative articles regarding injury, injury prevention, and improving running form are available at www.damienhowellpt.com.
1811 Huguenot Rd., Suite 103, Midlothian 594-0403

**15% Discount on personal coaching rate.**
Dennis LaMountain offers his services at 377-3874.

**10% Discount on services.**
James River Physical Therapy 9019 Forest Hill Ave., Richmond 330-0936

**Free ½ Hour Full Body Massage and Consultation (includes 2 x-rays)**
Southside, West End, and Hanover 741-1599

**Free Consultation**
Acupuncture Center of Richmond
4908 Monument Ave., Suite 100 Richmond 754-5108

**15% Discount on services.**
Neat Feet Massage Studio 2313A W. Cary St. Richmond 380-6103

**10% Discount on services.**
Endorphin Fitness 8910 Patterson Ave., Richmond 741-1599
Starting March 9th, Endorphin Fitness will begin our next segment of group coaching. During the coached sessions, experienced coaches will guide you through purposeful intensity workouts that are chosen based on your individual needs. Strength classes for runners, swimmers, and cyclists will also be offered throughout the week. The schedule is as follows:
- Monday - 6 PM Strength Training (EF)
- Tuesday - 6 PM Cycling (West Creek)
- Wednesday - 6 AM Strength Training (EF) & 6 PM Swim (St Catherine’s)
- Thursday - 6 PM Run (Bandy Field)

**10% Discount on merchandise.**
3 Sports Endure 3224 West Cary St., Richmond 353-tenK
Add additional 10% discount on merchandise.

**15% Discount on merchandise.**
Pitaiyo (Fusion of Pilates, Tai Chi and Yoga) RRRC member rate $12/class and 10% product discount.
More information available at www.pitaiyo.com

**$20 off the first hour massage & 10% discount on all visits after that.**
Sheltering Arms Spine & Sport Center 1501 Maple Ave., Suite 100 Richmond 545-FAST(3278)

**$90 Discount off of training package.**
Sheltering Arms Spine & Sport Center 1501 Maple Ave., Suite 100 Richmond 545-FAST(3278)

**10% Discount on merchandise.**
ACCELERATION RICHMOND 110 Old Preston Ave., Charlottesville (434) 293-7115

**10% Discount on services.**
Dennis LaMountain offers his services at 377-3874.

**Free Consultation**
Revitalize Massage Center of Richmond
1215 Foxcroft Rd., Richmond 285-9259

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Southside, West End, and Hanover www.virginiawellness.com

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4908 Monument Ave., Suite 100 Richmond 754-5108

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Sheltering Arms Spine & Sport Center 1501 Maple Ave., Suite 100 Richmond 545-FAST(3278)
Mondays
- Sunday Park, Brandermill, 6:00a.m., 6-8 miles. Meet at Brandermill Church Parking lot. Contact Toshia at toshia.curfiss@gmail.com.
- Wyndham/ Twin Hickory, 6:00 a.m., 3-6 miles. Meet at Nuckols Road and Old Nuckols Road. Contact Steve Long at 262-9650.

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.
- Wyndham/Twin Hickory. 6:00 a.m., 3-6 miles. Meet at Nuckols Road and Old Nuckols Road. Contact Steve Long at 262-9650.

Wednesdays
- 4605 Monument Avenue, 5:30 a.m., 3-6 miles at 8-9:00 pace. Contact Tony Basch at 513-6650.
- The Road Runners Running Store, Carytown, 5:45 p.m., 5-8 miles at 8-10 minute pace. Contact Thom Suddeth at 353-8365.
- Skirt Run, first Wednesday of each month, 6:30 p.m. Legend Brewing. All paces welcome. 30 minute run along floodwall. Contact Cheri Fernandez at 897-3593.
- 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.
- Wyndham/Twin Hickory. 6:00 a.m., 3-6 miles. Meet at Nuckols Road and Old Nuckols Road. Contact Steve Long at 262-9650.

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.
- Wyndham/Twin Hickory. 6:00 a.m., 3-6 miles. Meet at Nuckols Road and Old Nuckols Road. Contact Steve Long at 262-9650.

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/recreational (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.

Sundays
- Mary Mumford School, 6:30 a.m. Betwen Cary and Grove on Commonwealth. Long runs 10-13 miles at 8:00 pace. Contact Bob Ericson 782-3239.
- Byrd Park 7:30 a.m. at the Vita Course water fountain. 9-14 miles. Contact Mike Laverty at smyly@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!
RRRC member Gary Hearn, who has completed all nine Monument Avenue 10k’s, competes with flair and style!