A Record Breaker!
The 2010 Ukrop’s Monument Avenue 10k
Dominion riverrock
richmond’s riverlife celebration

MAY 14–15 ON BROWN’S ISLAND

MUSIC ALL WEEKEND LONG • ULTIMATE AIR DOG COMPETITION
FREESTYLE BIKE COMPETITION • FILTHY 5K MUD RUN
JAMES RIVER SCRAMBLE 10K • TRAIL RUN • INTERACTIVE VILLAGE
URBAN ASSAULT MOUNTAIN BIKE RACE • KAYAK BIG AIR

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FOR COMPLETE DETAILS ON ALL SPORTS, MUSIC, AND ENTERTAINMENT

LIVE PERFORMANCES
by Grace Potter and the Nocturnals, Robert Randolph and the Family Band & more!
Random Spring Thoughts

How great can the 10k get? It amazes me that the Ukrop’s Monument Avenue 10k can grow every year, yet the team at Sports Backers can maintain the quality of the event and not dilute the experience of the elite runner, the recreational runner and the walking public. Thank you to the small team at Sports Backers and the thousands of volunteers that step up to make the race possible. 45,000 by 2013? With the national attention the race now garners, it is entirely possible.

Cap2Cap is on Saturday, May 8. Yes, it’s a bike ride, but isn’t it all about getting outdoors, promoting a healthy lifestyle and supporting the Virginia Capital Trail Foundation? We are donating timing equipment, and look to have a presence at the ride. Ride distances are from, well, short to long (15 miles to 100 miles). More information is available at www.cap2cap.virginiacapitaltrail.org. When completed, the Virginia Capital Trail will be a huge asset to the running and cycling community here in Richmond, and a great venue for numerous events. Let’s get out en masse and support the event!

Did you prepare to run the 10k by training with one of the 10k training teams, either the YMCA 10k groups or our advanced training team? The Sports Backers Marathon Training Team kicks of its 9th year on June 5. In 2002, 156 people jammed into the downtown YMCA the first weekend of the training team. Most of the coaches back then were RRRC members, and most are today. Over the last three years, more than 1,000 runners have participated in the program annually, and it is one of the main reasons that our membership continues to swell. If you are looking for a program or group to run the SunTrust Richmond Marathon, look no further. More information is available at www.sportsbackers.org.

The weather is warmer now and the days are longer. Run a race, volunteer, and get out and play!

Run happy, be curious, and remember, hills are your friend!

Joe Zielinski | Editor
**Advocacy**

On March 13 we finally held the annual RRRC Volunteer Banquet at Meadowbridge Country Club. I guess the Club has held the banquet at Meadowbridge for a long time. Like many things, this year’s banquet was a bit different than those of years past. First, it was in March rather than February, second, we had three speakers rather than one and third, I was there. I had never attended a Club banquet before.

The Banquet was held in March due to one of the region’s heavy snowfalls in February. We had to make the decision on Thursday morning, February 4 due to required lead times. Based on weather forecasts available at that time, we had no choice but to postpone our annual banquet. To those of you that could not attend on the new date, I apologize. Given the potential ice/snow/rain mix, we could not ask people to drive to a social function and risk their safety.

Having three speakers at our Banquet was truly different. It was also very special. Our keynote speaker for the evening was Bart Yasso of Runner’s World Magazine. Bart has literally run all over the world. He shared excerpts from his book, pictures from his journeys and insight into why he became a runner. He is truly an Ambassador of the sport, we were very lucky to enjoy his company.

This Club has 2,500 members. We live in all parts of the region; we work for governments, not-for-profits, grocery stores, law firms, medical practices, manufacturers, wholesalers, retailers, etc. You name the type of employer and I will bet we have at least one member in that field. Why do I raise that point? Think about it, our numbers and our variety give us great strength. We disagree on many things (i.e. should Ukrop’s be open on Sunday, should Ukrop’s sell beer and wine, do we really need more retail in Short Pump, should we have more races or fewer races, are that guy’s shorts too short, etc.), but I would guess that there are two things we all agree on. The first, the Virginia Capital Trail is a much-needed and precious resource to the Commonwealth and secondly, the James River Park System and its trails are one of the great things about Richmond.

We were very lucky to have Beth Weisbrod, Executive Director of the Virginia Capital Trail Foundation and Greg Rollins, President of the Richmond Chapter of MORE join us for our Banquet this year. These two organizations are important in our region. Beth and the Foundation are responsible for planning, building and maintaining the Virginia Capital Trail. Greg and Richmond MORE take a substantial leadership role in planning, building and maintaining the numerous trails in the James River Park System. Beth and Greg shared with us the plans of their respective organizations and how they would make these plans become reality. Both organizations have lofty goals for 2010 and beyond. They cannot meet or exceed these goals without the help of many, many, many people.

WE are many, many, many people! As a large club of great individuals acting as one, we can make great things happen. The Club needs to more actively throw our weight around. The Club must work as an advocate for causes that mesh with our stated mission. The Virginia Capital Trail and the James River Trail System support our mission and provide us even greater ways to increase the active lifestyles in the Richmond area through running. All organizations need “arms and legs” to make things happen. We have over 10,000 arms and legs to offer. Let’s show that RRRC backs up our talk. Help the Club meet our mission and work on behalf of these great causes.

For those of you that attended the banquet, I hope you enjoyed yourself and left with a desire to help the Virginia Capital Trail Foundation and Richmond MORE meet their goals. If you didn’t attend the banquet in 2010, I encourage you to peek at the websites for these great organizations and get involved.

Get involved and make a difference!

Sean Cusack | President
Volunteers are the lifeblood 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 complementary invitation to the annual RRRC Grand Prix/Volunteer Appreciation banquet in January.

**Holton 5k**  
**RRRC Contract Race**  
March 6, 2010 ▶ Richmond, VA  
**Finish Line Volunteers**  
Anne Zielinski Brown, Stephen Brown, Chris Christmas, John Christmas, Karl Cover, Dawn Eberhard, Jamie Ficor, Mike Gallogly, Michael George, Mark Guzzi, Martha Hodges, Marianna Inslee, Mike Laverty, Susan Laverty, Gary Leader, Sam Lowe, Jeff Luke, Angel Moyer, Johnette Overton, Christopher Santoro, Lee White, Bill Webb, Robert Woo, Beth Zielazny

**SPCA Dog Job 5k**  
**RRRC Contract Race**  
March 20, 2010 ▶ Richmond, VA  
**Finish Line Volunteers**  
Kate Andrews, Mitzi Humphrey, Marianna Inslee, Mike Gallogly, Theresa Gavigan, Mike Laverty, Susie Laverty, Gary Leader, Steven Lerner, Mike Levins, Donald Lewis, Tara Livengood, Julie Link, Karen McCarthy, Angel Moyer, Pete Neal, Johnette Overton, Kathleen Poll, Bill Webb, Robert Woo

**Henrico 5k**  
**RRRC Contract Race**  
April 3, 2010 ▶ Glenn Allen, VA  
**Finish Line Volunteers**  
Sarah Allen, Karl Cover, Mike Gallogly, Mara George, Marcy George, Michael George, Nicole Gilliam, Mark Iscool Guzzi, Nicole Harris, Gary Hearn, Sara Hearn, Corine Hilicki, Marianna Inslee, Mike Levins, Christy Manolo, Dallal Martin, Glenn Melton, Mike Muldowney, Bebe Rebozo, Zachary Rosenthal, Jennifer Wartella, Karin Wartella, Bill Webb

**RRRC Booth at the Monument Avenue 10k Expo**  

**Richmond Road Runners Club Grand Prix and Volunteer Appreciation Banquet**  
March 13, 2010 ▶ Richmond, VA  
Ed Carmines, Sean Cusack, Don Garber, Mara George, Marcy George, John Jakubec, Nancy Jakubec, Colin Schoenhaut, Maxfield Shea, Lee White

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

**Wednesday, April 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
Saturday, May 1st

To benefit
The Ronald McDonald House of Richmond

INNSBROOK
5K RUN/WALK

7:00 am  Walk-up registration & packet pickup  $20 - register by April 15th
8:00 am  5K Run/Walk  $25 - after April 15th
9:00 am  Kids’ Fun Run (ages 5 & under)  $5 registration fee
9:15 am  Kids’ 1 Mile Run (ages 10 & under)  $10 registration fee

for more information visit  www.innsbrook.com

Have You Registered?

May 22nd 2010

Benefits
Camp Hope and Hope for Families

8:00 am - 5 K
9:00 am - 1 mile Fun Run
(finisher medal for every child)
Rain or Shine

USATF Certified Course in a beautiful neighborhood setting with gentle sloping hills.

AshCreek 5K

Families Helping Families

The race known for its prizes!

AshCreek Subdivision
10854 Lindenwood Drive

For more information
email: ashcreek5k@me.com
Or to register for the race, visit:
www.ashcreek5k.com
**Dem Bones – Look at Adjacent Joints to Solve Stubborn Injuries**

Knowing the “where it hurts” is helpful, when it comes to alleviating injury, but not always.

The phenomena of referred pain may play a role in the diagnosis and management of repetitive use injury. Referred pain is discomfort perceived at a site distant from the source of the pain. The typical example is a heart attack. Individuals suffering a heart attack may describe crushing chest pain, but often the pain is perceived as left arm pain or left jaw pain. The source of the pain is the heart muscle, but the perception is that the arm or jaw hurts, this is “referred pain”.

The phenomenon of referred pain is true for orthopedic problems as well as visceral problems. A client came to me for help with knee pain. After gathering the history and performing a clinical exam, it became apparent that passive movement of the hip joint was restricted and was not allowing movement of the knee joint, which provoked the symptom of knee pain. After requesting assistance of the primary care physician to order a radiograph, it showed significant degenerative joint disease of the hip and a normal knee joint. This is an example of “referred pain”, the knee pain is perceived at a site distance from the source of the pain, the hip joint.

Referred pain tends to follow certain principals. The deeper the injured tissue the more likely the pain is perceived at a site distant from the source, as the heart is a very deep tissue and the hip joint is also a deep structure. If the injured tissue is close to the surface, like a tendon at the elbow (tennis elbow), it is less likely for the pain to be perceived at a site distant from the lesion. Pain is referred from the center of the body outward, not from the periphery towards the center of the body. Referred pain from musculoskeletal tissues does not cross the mid-line of the body.

A similar but less recognized phenomenon is that the mechanical impairment causing the pain may be distant from the joint or area where pain is perceived. For example, a common belief is that abnormal foot alignment and movement such as excessive pronation can lead to knee pain.

A recent published case report (Vaughin, DW 2009) described a 25 year old female runner, who just prior to competing in her first Boston Marathon, developed knee pain. The physical therapist performed all of the clinical examination procedures around the knee, but was unable to provoke the symptoms or identify any impairment at the knee joint. Palpating all around the knee failed to elicit tenderness or symptoms. Continuing the clinical exam to look at adjacent joints of hip and pelvis demonstrated significant asymmetrical limitations. The patient was treated with techniques to restore symmetry of alignment and movement of the pelvis and hip. After one treatment, this patient was able to return to running without symptoms and she achieved her goal of completing the Boston Marathon.

Two different clients sought my assistance regarding shin splints. Palpation of the shin elicited shin pain in both patients. It was a local problem, not a referred pain problem. However, examination of the foot and ankle failed to demonstrate abnormal foot alignment or any signs of excessive pronation in both patients. One patient did demonstrate impairment of the hip on the affected side; the gluteal muscles were relatively long and weak. When she ran, the affected leg would frequently cross the mid-line of the body.

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continued on page 6
the body when the foot struck the ground. After pointing out the form fault, she was instructed to consciously correct this fault and not allow the foot strike to cross the mid-line of the body. When she ran in this manner she was able to run without pain. This was followed up with remedial strengthening exercises to improve the muscular endurance of the gluteal muscles. The second patient participated in slow motion video analysis running and the symptomatic leg rotated inwardly to a much greater degree in comparison to the non-injured leg. She was instructed to consciously correct this fault and to externally rotate the affected leg when walking and running and she was able to alleviate the shin pain. Again, this was followed with remedial strengthening exercises for the muscles responsible for lateral rotation. Both of these cases are examples of pain being related to alignment and movement issues at joints distant from where the pain is perceived.

The old gospel song “Dem Bones” comes to mind with the leg bone connected to the knee bone, the knee bone connected to the thigh bone, and the thigh bone connected to the hip bone.

With repetitive use injuries, the questions need to be asked: “Is the pain local and/or referred?” And “Is the abnormal mechanics local and/or referred?”

Bottom line:

- If you have an injury which is not responding to the obvious standard treatment, ask if this problem a local and/or referred problem;
- Look back up the body towards the trunk as a possible source of the pain; and
- Look back up the body or down to the feet as a possible mechanical impairment being the cause of the problem.

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
### Ukrop’s Monument Avenue 10k

#### Breakdown by Numbers

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td>The number of runners that dressed up as a squirrel chasing an acorn, the grand prize winner in our costume contests. This year, hundreds of runners showed enthusiasm, spirit, and wackyness by dressing up to celebrate the 10k.</td>
</tr>
<tr>
<td><strong>29</strong></td>
<td>The number of bands that performed along the 6.2-mile route.</td>
</tr>
<tr>
<td><strong>31</strong></td>
<td>Degrees at the starting line this year at 8:00 a.m.</td>
</tr>
<tr>
<td><strong>90</strong></td>
<td>The number of groups and individuals that participated in the Richmond Times-Dispatch Dress Up &amp; Run contest. We saw everything from Oompa Loompas and Dorothy and the Tornado from The Wizard of Oz to pirate ships and a bathtub.</td>
</tr>
<tr>
<td><strong>2,000</strong></td>
<td>The number of volunteers it takes to pull off an event of this magnitude. Thank you to all of the Richmond Road Runners and members of the community that helped out in all areas of the race. Without you, it couldn’t happen!</td>
</tr>
<tr>
<td><strong>2,016</strong></td>
<td>The number of kids ages 5 to 12 that signed up to run the First Market Mile presented by MARTIN’S.</td>
</tr>
<tr>
<td><strong>3,974</strong></td>
<td>The record-breaking total of YMCA 10k Training Team participants. Thanks to all of the coaches!</td>
</tr>
<tr>
<td><strong>37,365</strong></td>
<td>The number of participants registered for the 2010 Ukrop’s Monument Avenue 10k, a record number in the event’s ten year history.</td>
</tr>
<tr>
<td><strong>11</strong></td>
<td>This year was the 11th running of the Ukrop’s Monument Avenue 10k. Conceived as a way to bring the community together in 2000, the inaugural running of the 10k had 2,462 runners.</td>
</tr>
<tr>
<td><strong>19</strong></td>
<td>The number of spirit groups in the Hirschler Fleischer Spirit Contest.</td>
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<tr>
<td><strong>26</strong></td>
<td>The Ukrop’s Monument Avenue 10k was the 26th largest road race of any distance in the world in 2009. The event was also the 10th largest in the United States.</td>
</tr>
<tr>
<td><strong>28:26</strong></td>
<td>The winning time for this year’s race. Alene Reta of Ethiopia crossed the finish line 52 seconds ahead of second place finisher Kumsa Adunga. The record for the Ukrop’s Monument Avenue 10k is 28:07, accomplished by Reuben Chebii in 2004.</td>
</tr>
<tr>
<td><strong>4</strong></td>
<td>This is the fourth year that the AT&amp;T Dash for the Cash contestant beat the field to take the $2,500 prize. AT&amp;T Dash for the Cash has been a part of the Ukrop’s Monument Avenue 10k for six years. This year, Jessica Smith, a University of Richmond law student was provided a 2.6-mile head start and beat the field by almost two-and-a-half minutes.</td>
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If you were in attendance at Ukrop’s Monument Ave 10k on Saturday, March 27, 2010, a must-see was the large squirrel chasing his acorn down Monument Ave. Leonard Tengco, the first place winner for the Individual/Duo portion of the Richmond Times-Dispatch Dress Up & Run Contest, created this 15-pound masterpiece within 24 hours of the event with just chicken wire, PVC piping, quilt material, yarn, and a backpack. After completing the 8K and the Half Marathon at the Yuengling Shamrock Marathon on March 20 and 21, Tengco was relaxing on his back porch “serenading the active community of squirrels” when it dawned on him that dressing up as a squirrel chasing a nut would be the perfect costume for the Ukrop’s Monument Ave 10k. Tengco explained that his motivation behind participating in the Dress Up & Run contest was to simply make people smile and laugh. He said that all he wanted to do was provide people with a moment of happiness because many people are having hard times in their personal lives. According to Tengco, the most rewarding part of the 10k and participating in the Dress Up and Run Contest was his interactions with the other race participants, seeing the smiles of the bystanders, and knowing that he helped make at least one person’s day a little brighter.
Man, It's Cold Out Today, Where's My Shorts?

by Fran DeRoos

It's the dead of winter in 2009. The cold wind penetrates my bones as if they were made of cloth material. My eyes are watery and my nose is running faster than I am. My MP3 player is barely working due to the arctic blast against the LED screen. The conditions are awful for being outdoors and yet there I am. Why you ask? Allow me to take a step back and explain. Actually, a big step back to 2008.

Kim and I moved from Nashville, TN to Midlothian to help care for my in-laws. It was a big change in culture. We both had grown up in Nashville from our early twenties. We both had good jobs and had made plans for our future. We were both excited about being close to her family again and a change. There was a change alright. When we arrived here in March of 2008, I was able to get a job as a carpenter's helper. As I worked, I was able to land a job with an architectural firm in June. At this point, things are going well and as planned. In December of 2008, I was laid off due to the economic recession. That was the beginning of my running career. Although I had been running already for the health of it, I really dove into the enjoyment and experience that I had heard other runners feel. I needed to keep a healthy perspective on what had happened. A friend from church had encouraged me to run the Richmond Marathon. At first, it seemed such a long and laborious task for me to train for 26.2 miles. After some debate, I decided to train and run the Patrick Henry Half Marathon. It was perfect for me. It gave me confidence in myself as a runner and as a person.

When you lose a job, you lose more that that. You lose self confidence and perspective. You gain doubt, disappointment, lack of worth, value and little to no self esteem. Running has kept my perspective healthy. Don't get me wrong, I still feel confused but in a psychological healthy manner. In other words, it's normal to feel certain feelings and be filled with many questions, but it's not normal to let yourself go to the point of hurting yourself in a manner that could lead to a breakdown of some sort.

As runners, we set goals, and right now goal setting is important to me. Whether I set a goal for a three mile run or a nine mile run, the difference is the distance, but the goal is the same. To finish, just simply finish. I will finish, whether I run the distance or walk it, which I have done on a few occasions due to an old knee injury. You know exactly what I'm talking about. I set a goal to run the Ukrops 10k on March 27, 2010 in a PR of 53 minutes or less. Well, not only did I run, but my new PR is 0:51:53. I was and still am extremely pleased and happy with the results. It simply has given me confidence. Confidence to get up the next day and do it again. Just simply run.

As a runner, nobody can reject me. Not one person. Now, I'm not saying I use running nor do I encourage runners to run as an escape. The problem with that train of thought is wherever you run, no matter how fast, hard or how long of a distance, there you are. I'm my own battle and what a battle it can be. A battle against depression, anger, frustration, and yes even physical battles such as eating to much pasta and feeling the sloshing of last nights dinner moving about your body like the water in your water bottle as you run. Now that's good times!

Running and getting involved in the local community of running has been a great tool to keep a healthy view of life and it has allowed me to vent out my struggles in a clean and healthy manner.

Running in the cold is not so bad after all. Even wearing shorts might be good; I can feel the cold air against my legs cooling me down. Is there a struggle to endure? Yes, but it's also an opportunity for me conquer another metaphorical hill. Happy running to all.
## Club & Race Calendar

**April**

<table>
<thead>
<tr>
<th>Date</th>
<th>Race/Event</th>
<th>Location</th>
<th>Contact/Web Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 Sat 6:30AM</td>
<td>Charlottesville Marathon/Half Marathon/8K</td>
<td>Charlottesville, VA</td>
<td><a href="http://www.charlottesvillemarathon.com">www.charlottesvillemarathon.com</a></td>
</tr>
<tr>
<td>17 Sat 8:00AM</td>
<td>Dismal Swamp Stomp Half Marathon</td>
<td>Chesapeake, VA</td>
<td><a href="http://www.dismalswampstomp.com">www.dismalswampstomp.com</a></td>
</tr>
<tr>
<td>17 Sat 8:00AM</td>
<td>Crossover 15K &amp; 5K</td>
<td>Northside, Richmond, VA</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>21 Wed 6:00PM</td>
<td>RRRC Run &amp; Social</td>
<td>Savor, Richmond, VA</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>24 Sat 8:00AM</td>
<td>Saints Sprint 5K</td>
<td>Richmond, VA</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>24 Sat 7:00AM</td>
<td>Blue Ridge Marathon (Inaugural)</td>
<td>Roanoke, VA</td>
<td><a href="http://www.blueridgedmarathon.com">www.blueridgedmarathon.com</a></td>
</tr>
<tr>
<td>24 Sat 6:00PM</td>
<td>Wounded Warrior Project 10K &amp; 5K</td>
<td>Ft. Monroe, VA</td>
<td><a href="http://www.fmscc.org">www.fmscc.org</a></td>
</tr>
<tr>
<td>24 Sat 12:00PM</td>
<td>National Duathlon Festival (Youth &amp; Off-Road)</td>
<td>Richmond, VA</td>
<td><a href="http://www.duathlonnationals.com">www.duathlonnationals.com</a></td>
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<tr>
<td>1 Sat 8:00AM</td>
<td>Mass Mutual/Innsbrook 5K</td>
<td>Innsbrook Office Park</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>5 Wed 6:30PM</td>
<td>Skirt Run (Fun Run)</td>
<td>Legends Brewery</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>12 Wed 6:00PM</td>
<td>RRRC Monthly Meeting</td>
<td>Sports Backers Stadium</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>14 Fri 6:00PM</td>
<td>Mud Run 5K (Dominion Riverrock)</td>
<td>Brown’s Island</td>
<td><a href="http://www.sportsbackers.org">www.sportsbackers.org</a></td>
</tr>
<tr>
<td>15 Sat 5:00PM</td>
<td>James River Scramble 10K (Dominion Riverrock)</td>
<td>Brown’s Island</td>
<td><a href="http://www.sportsbackers.org">www.sportsbackers.org</a></td>
</tr>
<tr>
<td>16 Sun 8:00AM</td>
<td>Carytown 10K</td>
<td>Carytown</td>
<td>richmondrunners.ning.com/events</td>
</tr>
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<tr>
<td>22 Sat 8:00AM</td>
<td>Conte’s Power Kids Triathlon</td>
<td>Shady Grove YMCA</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>22 Sat 8:00AM</td>
<td>Ashcreek 5K</td>
<td>Ashcreek Clubhouse</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>23 Sun 7:00AM</td>
<td>Ground Force Power Sprint Triathlon</td>
<td>Shady Grove YMCA</td>
<td><a href="http://www.sportsbackers.org">www.sportsbackers.org</a></td>
</tr>
<tr>
<td>23 Sun 8:00AM</td>
<td>Run Like A Girl 8K</td>
<td>Pocahontas State Park</td>
<td><a href="http://www.runlikeagirl8k.com">www.runlikeagirl8k.com</a></td>
</tr>
<tr>
<td>29 Sat 8:00AM</td>
<td>Autism 5K</td>
<td>Innsbrook Office Park</td>
<td><a href="http://www.ascv5k.com">www.ascv5k.com</a></td>
</tr>
</tbody>
</table>

**June**

<table>
<thead>
<tr>
<th>Date</th>
<th>Race/Event</th>
<th>Location</th>
<th>Contact/Web Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Wed 6:30PM</td>
<td>Monthly Skirt Run (Fun Run)</td>
<td>Legends Brewery</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>5 Sat 7:00AM</td>
<td>Anthem Stride Thru Time</td>
<td>Browns Island</td>
<td><a href="http://www.sportsbackers.org">www.sportsbackers.org</a></td>
</tr>
<tr>
<td>5 Sat 8:00AM</td>
<td>Sports Backers Marathon Training Team Kick-off</td>
<td>Sports Backers Stadium</td>
<td><a href="http://www.sportsbackers.org">www.sportsbackers.org</a></td>
</tr>
<tr>
<td>5 Sat 9:00AM</td>
<td>3rd Trail Nut 10k &amp; Half Marathon</td>
<td>Bedford, VA</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>6 Sun 8:00AM</td>
<td>Stratford Hills 10k</td>
<td>Stratford Hills</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>9 Wed 6:00PM</td>
<td>RRRC Monthly Meeting</td>
<td>Sports Backers Stadium</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>12 Sat 7:30AM</td>
<td>Abby’s Race for Hope 5k Run/Walk</td>
<td>Bryan Park</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>12 Sat 8:00AM</td>
<td>Smoketree Summer Splash 5k Run/Walk</td>
<td>Monacan High School</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>16 Wed 6:00PM</td>
<td>RRRC Run &amp; Social</td>
<td>Savor, Richmond, VA</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>19 Sat 8:30AM</td>
<td>Richmond Firefighters Beat the Heat 5k</td>
<td>Shockoe Bottom</td>
<td><a href="http://www.richmondfirefightersbeattheheat.org/cms">www.richmondfirefightersbeattheheat.org/cms</a></td>
</tr>
<tr>
<td>19 Sat 7:00PM</td>
<td>Icelandic Seafood Fest 8k Run</td>
<td>Newport News, VA</td>
<td><a href="http://www.icelandic8krun.com">www.icelandic8krun.com</a></td>
</tr>
<tr>
<td>26 Sat 8:00AM</td>
<td>Chesty Puller Memorial Twin Bridge 10k Run</td>
<td>West Point, VA</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>26 Sat 9:00AM</td>
<td>Jack &amp; Abby 5k Run/Walk</td>
<td>Innsbrook</td>
<td>richmondrunners.ning.com/events</td>
</tr>
<tr>
<td>27 Sun 7:00AM</td>
<td>I Love the Tavern Triathlon</td>
<td>Robious Landing Park</td>
<td><a href="http://www.richmondmultisports.com">www.richmondmultisports.com</a></td>
</tr>
</tbody>
</table>

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.

Note: Bolded races are club or contract races. Italic events are Sports Backers events.
Check out these merchant discounts for club members.

**MERCHANT DISCOUNTS**

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

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

**FREE ½ HOUR FULL BODY MASSAGE FREE CONSULTATION** (includes 2 x-rays)
Southside, West End, and Hanover
www.virginiawellness.com

**Acupuncture Center of Richmond**
Free Consultation
15% discount on treatments.
4908 Monument Ave., Suite 100
Richmond
754-5108

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15% discount on treatments.
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Richmond
754-5108

**LaMountain & Associates**
15% Discount on personal coaching rate.
Dennis LaMountain
www.lamountaincoaching.com
355-3874

**3SPORTS ENDURE**
10% Discount on merchandise.
445 Ridge Rd., Richmond
288-4000
www.threesports.com

**3SPORTS ENDURE**
10% Discount on merchandise.
4021 Lauderdale Rd., Short Pump
288-4000, Ext. 4
www.threesports.com

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

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

**Lilly Infusion**
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

**Endorphin Fitness**
10% Discount on services.
8910 Patterson Ave.
Richmond
741-1599

**3SPORTS ENDURE**
10% Discount on merchandise.
3002 West Cary St., Richmond
353-tenK

**Free Consultation**
$20 off the first hour massage & 10% discount on all visits after that.
1215 Foxcroft Rd., Richmond
www.revitalizemassage.com
285-9259

**3SPORTS ENDURE**
10% Discount on merchandise.
13569 Midlothian Tpk., Midlothian
378-8080

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15% discount on treatments.
4908 Monument Ave., Suite 100
Richmond
754-5108
**[GROUP RUNS]**

**Mondays**
- Sunday Park, Brandermill, 6:00 a.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, 6:00 a.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/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.
- 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 a.m. 7-9 min pace. Contact Greg at 754-3268 or via e-mail KN293@aol.com. http://shadynrunners.homedns.org/Sunday.

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

**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
[ 2010 UKROP’S MONUMENT AVENUE 10K ]

March 27, 2010
Check the expiration date on your label. Is it time to renew?