
Trails and Tales

Blacksburg Striders PO BOX 764, Blacksburg, VA 24063

June 10, 2004 <http://civic.bev.net/striders/>

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Well, summer is here and that means that there are lots of races to get in shape for. To help you out, the Striders are getting the annual Summer Decathlon Series of track workouts started on June 15. These events are free and will be held at the outdoor track on the VT campus (at Spring and Southgate) each Tuesday starting at 6:30 pm.

Historically, we get about 15 runners each week, but the more people the better it is.

In addition, James DeMarco has organized a summer training program that starts on June 14. Workouts location will vary between the cross-country course on the VT campus, the New River Trail, Mt Tabor, and trails at Pandapas Ponds. Runs are Mon-Sat at 9 am and for more information, visit Runabout Sports or call 540-552-9339.

The Striders recently sponsored Rest Stop #5 of the Mountains of Misery bicycle race and supplied food and drink for more than 400 riders in the 100 mile and 200 km categories. This race started in Newport, finished at Mountain Lake, and in between went up and down a few mountains. Nearly every racer made it to our rest stop, though a couple didn't want to leave! Rest stop volunteers included Michelle and Matt Kreke, Ryan Porter, former Strider President Maarten van Gelder, and myself.

Last thing to look forward to this summer is our annual Draper Mile Run. This is scheduled for 6:30 pm, Friday Aug 6. We look forward to you either coming out either to participate in the race or to help out. If you'd like more information about it, please contact Beth Howell <bethrun@vt.edu>.

---Aaron

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Tales from Two Runners: Their First Triathlon!!

--ed. Note: Thanks to Kaye Kriz and Kathleen Poole for their race report!

I wonder what it will be next? What will one of my running buddies get me into next? Most recently it was a triathlon. It all started one snowy February Saturday at the Weight Club. Basically, Kathleen Poole talked me into signing up for the White Lake 1/2 Ironman on May 8th. I didn't think much of it until a couple of weeks later when I went to finally register: I had to put my name on a waiting list. Then I **really** wanted to get in.

Well, I got in. Then I panicked. So I called Anne Thompson, who has already gotten me into way more stuff than I would ever have thought up by myself, including a 12-hour adventure race which included swimming across the Ocoee River in mid-October. Anne is a certified trainer in lots of things, not the least of which is tennis, a totally different sport all together. She is affiliated with Joe Friel's Ultrafit organization, so she knows her stuff. Plus Anne is just crazy enough to encourage me to go for it. Which, of course, she did. While we were listening to Joe Friel talk about training nutrition at a weekend workshop in Manassas early this year, she sketched (scribbled) out my training plan for the White Lake 1/2 Ironman.

Nowhere in my running did I ever do any training

like this. For my marathons, I use Jeff Galloway's stuff, which is excellent, and benign by comparison to what I had to do to get ready for this 1/2 Ironman in effectively 10 weeks. This is not the way to go about preparing for a triathlon. I tried to think in terms of Joe Friel's suggestions on base, preparation, etc. phases, but there wasn't enough time to train by the book. But Anne's workout was close, just very truncated.

My running the last 2 years has been minimal and so-so. My own durned fault. After knee surgery, I had returned to running, but not like before when I'd run 4-5 times a week. During the marathon and long era, I'd run LONG almost every weekend. But I hadn't done that in about 2 years.

But I had been swimming a lot, which I have always liked and do fairly well. And had been doing lots of yoga, my new 'thing'. But wait...what about the BIKE? Well, big surprise there....all I have done the last 14 years for biking has been spin class at the Weight Club. Including the Bike Club (organized by Ava Howard) 1.5 hour winter series, thankfully. Definitely helped, as JP will attest, since she spent many an hour on those Reebok bikes getting in her winter cycling hours. For JP, an excellent cyclist, those hours on the spin bikes were reinforcing all her road hours and skills. For me it was just the beginning.

Anne warned me that the bike would be my limiter. It turned out to be exactly that. Anne and Lynne, her sister,

finally got me out onto the roads for the Bradshaw Loop. Trial by fire I call it. I had to check my bike's brake pads after the ride to see if there was anything left after descending Gravel Hill. I did that same ride a couple more times, same way: white knuckle gripping the brakes all the way down, while everyone else flew (Anne, Lynne, Jane, Alicia, Lisa....who else? Everyone but me.) Anne's workouts prepared me for the agony of triathlon running by having the long weekly run on Sunday, after the long weekly bike ride on Saturday. The last 2 runs of my training were absolutely the worst runs I have ever had in my life. **Ever**. I was very discouraged, worried that with training runs like that there was no way I could finish a 1/2 triathlon with that 13.1 mile run. Unless I walked it all. Perish the thought.

Let's jump to race day....once we got there. I had bought a bunch of new stuff I didn't have, but was sure I needed, including bike tools I didn't know how to use. I borrowed Nancy Love's well-worn wetsuit. Oh yes. I failed my practice swim earlier in the week in the wetsuit as I couldn't get it on. I just figured that the water temperature wouldn't be unbearably cold on race day if I had to skip the wet suit.

OK...found my little 'stall', sort of like a horse? Set up my gear for the transitions. Guy next to me was really nice and cute. I did manage to get into that very tight wet

suit. I was glad there were no mirrors, though Ellen Rabun went with us and took lots of great pictures so I saw later how funny I looked in the wetsuit. The crew helped my mood a lot: Jane & Jeffrey Weiseman, Kathleen Poole (my Boston Marathon running buddy), Aaron & Laura Prussin, JP Palmer (Ironman maniac), Kim Vest...and last but definitely not least, Ellen Rabun. Always nice to have not one, but TWO doctors in your group. For me I thought that was an exceptionally good plan, especially considering the bike ride that was to come.

We made it to the swim start at about 7:00am. That's in the morning, having already gotten up at 4:30am, not exactly my forte (early morning exercise). I was actually looking forward to the swim. I love to swim. The wet suit was really cool. Other than looking dorky, it was very comfy in the water. Finally we started and I spent the next 3-5 minutes in a goggle crisis. My stupid swimming pool goggles fogged up and I could not see a thing. Plus there was no black line on the bottom of the pool to follow, which you can still see even if your goggles are fogged up.

After repeated attempts to clean goggles while readjusting my direction but continuing in a forward direction, I just put the goggles on the top of my head and swam w/out them. Good solution, but wasted valuable minutes. Rest of the swim was great. Just watched that woman in front

of me all the way to the finish, after passing a lot of the slower swimmers from the groups ahead of us.

Transition was interesting, since getting out of the wetsuit created a cramp in my right foot from being a bit chilly and over-flexing my foot. But ok. Downed a bunch of Sustained Energy, one Endurolyte capsule, some water, first of many Advil, put on huge amounts of sunscreen. The forecast was for sunny and hot.hot.hot.

To make a long story short, the bike ride was torture. I had no clue how hard to push. Anne had warned me about over-doing it on the bike and trashing my legs for the run. With so little cycling experience, I just did not know, so played it safe. The bike ride was indeed my 'limiter'. People passed me the entire ride, people who looked like they really shouldn't be able to pass me, but pass me they did, some going downright fast, compared to me.

OK....next the bike to run transition. All I could think about was where I was going to pee once I started running. That and food. I did the transition like before, but without the leg cramps. Visited with Ellen briefly. She kept asking if I was ok. I hope I looked ok. Maybe she was worried. I sure was worried, considering I had 13.1 miles to run and had probably not run that far in about 2 years. I also continued the water, Endurolytes, and sustained energy, plus 2 more Advil. I don't usually wear a hat when I run, but that day it was

hot.hot.hot, so in addition to a hat, I also wore Anne's Rudy Project sunglasses. I really must get a pair of Rudy Projects.

Now for the fun part: running. Well, big surprise there: it felt totally awful, like I truly had lead for legs. Different from my training runs, but awful, just the same. Ran about 20 yards, and just before the chip pad there they were: the porta johns. The wonderful porta johns. So my bike to run transition got extended a bit longer, fortunately, since I had not stopped for anything on the bike. Except to get that durned bungie cord out of my rear spokes.

Well, I decided to take it a mile at a time. After about 2 miles, I knew that I would finish. Running I've done enough, unlike biking, to know where I am, what I can do. I would survive. I would finish, even if I had to walk (ick), which was a last resort. I ended up walking at every single water stop: got ice, water, gel, and Endurolytes. Poured water on my head throughout the race, drank lots of water, took more Advil. By the end of the run, I was drenched from sweat and water pouring, including my shoes. I had some doozie blisters, but the Advil and adrenalin kept me from noticing. Had some nice chats with fellow runners, usually at the water stops.

Ellen met me about 100 yards from the finish, took my water bottle, helped me apply my makeup, showered. Ok, just kidding. She said I needed to raise my hands

w/out the water bottle when I crossed the finish line. Then headed straight for the lake. I just removed everything else, and got into that nice 78°F water and floated around for about 20 minutes enjoying my major accomplishment and soothing my exhausted muscles.

So now I'm checking the triathlon calendars and planning my next 12-18 months of events. Anne already has a bunch of very scary ideas...I had always wanted to do a triathlon.

An impulse got me in. And I survived. And all I remember is that it was hugely fun.

---Kaye Kriz



Kaye Kriz & Kathleen Poole: first timers AND both won first place in their divisions!

and now Kathleen's version of the race.....

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I am a runner, not a triathlete. I was planning to run my fourth Boston Marathon this year to celebrate the beginning of my fourth decade – yes the big 40. However, my right knee had other plans. Just before Thanksgiving, I had surgery

on my knee to remove a popliteal or Bakers cyst and to help repair some cartilage damage by drilling three tiny holes in my lateral femoral condyle. Three days after my surgery, I started physical therapy - anxious to get back on the road. Despite my determination with PT and cross training on the bike and in the pool, my knee took longer to heal than I had anticipated. By the beginning of January, I came to the realization that although I was making progress, there was no way that I would be able to increase my mileage to train for the marathon.

I wanted a challenge to commemorate the coming of my fourth decade so in a moment of extreme weakness combined with encouragement (that's one way of describing it!) from my two triathlete friends (Jane and Laura), I agreed to sign up for the White Lake Half Ironman on May 8. My goal was to finish the event – a 1.2 mile swim, 56 mile bike, and 13.1 mile run - in an upright position. I figured I had nothing to lose.

I started training the end of January. The longest swim I had ever done was a ½ mile. So, I continued cross training in the pool and gradually worked up to swimming one mile twice a week. I biked twice a week, either on my trainer at home or by taking bike class at the Weight Club. I ran in the pool or did the elliptical trainer at the gym. Finally, on February 8 (about 11 weeks after my surgery) I was able to run 3 miles

relatively pain free on the treadmill. It was an awesome feeling. I gradually increased my miles in preparation for the Charlottesville 10-miler on April 3. This was going to be a big test run for me. The planets were aligned and the wind was at my back – I felt great and had a terrific (pain free) run! I was psyched because now I felt confident that I could finish the 13 mile run portion of the triathlon.

My training continued and included some “bricks” consisting of a bike ride followed by a run. Needless to say, they don't call it a brick for nothing – your legs feel like they weigh a ton and each step is a whole lot of effort. For me, this feeling lasted at least 1.5 to 2 miles but did seem to ease the transition from biking to running...at least a little.

And now I like to share a few thoughts regarding the triathlon. The event was very well organized and well supported. At packet pick up the morning of the race, I received my chip and my pink swim cap which designated my novice swimming heat. I was in the last heat which was a good place to be so that I could observe the rest of the heat before me. Outfitted in a borrowed wet suit (thanks Ann) and my pink cap, I watched in awe as all of the swimmers took off at the sound of the horn. My friends warned me to start in the back of the pack and let the others swimmers go by. I took their advice but still was not sure what to expect for the 1.2 mile open water

swim. At the sound of the horn I started swimming and within the first few seconds, I was accidentally kicked in the face (which knocked off my goggles) while another swimmer (who couldn't see me because goggles really don't work that well in a lake) crawled over me from behind. I came up sputtering, hyperventilating, and questioning my sanity as I reminded myself – "This is supposed to be fun!" To get my bearings, I began treading water and then started to breast stroke. Once I realized that I wasn't going to drown, I began to swim and had a relaxing, peaceful, slow swim.

I emerged from the water on the dock and ran to the transition area to start the bike portion of the event. The bike ride was nice and flat and I thoroughly enjoyed taking advantage of riding with my new aerobars – something I am unaccustomed to in the New River Valley due to all of the hills. By the way, did I mention that 56 miles is a long way to ride on a bike?

Changing into my running shoes, I realized how hot it was outside - it was almost noon and over 90 °F. I kept reminding myself that all I had left to do was run 13 miles. With over 4 hours of exercise already under my belt, this half marathon was one of the toughest runs, both physically and mentally, that I have ever done. The course consisted of running two 6.5 mile laps through a neighborhood and on open roads in the blazing sun. Finally, after 6 hours and 15

minutes of swimming, biking, and running, I crossed the finish line standing up! I was greeted enthusiastically by my fellow Blacksburg triathletes to whom I uttered "Never again...I thought you guys were my friends."

But...now that a month has passed since the triathlon, I am itching to do another one!



Local Events: Cycling Double Header Draws Record Participation

*--James DeMarco,
Director*

This year's Cycling Double Header had a record turnout and included a double metric, a distance of 125 miles with over 13,000 feet of climbing. The Cycling Double Header is on Memorial Day Weekend and includes the Wilderness Road Ride (WRR) and Mountains of Misery (MoM) rides. With a beautiful, clear day on Saturday, the Wilderness Road Ride had 524 people registered. The start area at the Dedmon Center at Radford University was new for the event and was an immediate improvement for the ride. The WRR offers a family friendly 12 mile ride, and a 33, 55, and 75 mile options for those looking for an added challenge. The WRR took advantage of the new bike trail that Radford built.

The following day was the Mountains of Misery rides. Like the name says, it was miserable conditions

consisting of heavy downpours and fog, plus the demanding climbs the event is known for. Mountains drew people from all over the East Coast for the scenic beauty of Southwest Virginia and the opportunity to conquer the Mountain Lake climb that Lance Armstrong once dominated to win the Tour du Pont. As one organizer said of the century ride, you ride almost 95 miles and then do 45 minutes of deep squats (referring to the Mountain Lake climb). This year's event added a double metric which meant riders fit enough could go an extra 25 miles and climb an additional 3000 feet (13,000 total). That sounded like a good idea until the ride date approach or during the actual ride – where 20 riders dropped down to the century. There were 435 riders that registered, 417 started the ride and because of the demanding ride and the weather that day, 359 finished. 102 people rode in both WRR and MOM!

According to the emails and surveys filled out this event was the most successful of previous years despite the heavy rains. The event success unquestionably depended on over 200 cheerful people volunteering their time in pouring rain, including the Blacksburg Striders at rest stop #5. The New River Bike Association and CDH committee thanks them for their time and efforts. Dozens of riders wrote in the surveys that the volunteer efforts were absolutely amazing!

For the participant list with timed results, go to <http://www.cyclingdoubleheader.com/2004MoMCT.html>

Varmint Half Marathon-6/5

-- *Maarten van Gelder*

This was the 11th year that I drove out to Burke's Garden, in Tazewell county, VA, for the 11th annual Varmint Half Marathon. After completing my 10th Varmint last year, I considered calling it quits. I had collected 10 sheep, which though cute, started to take up a lot of space. The sheep however were bored of each other and wanted more company. I wondered whether I could grant their wish. My running had been a bit sparse this year. I had run a 50K in early January. Any remaining endurance was gladly accepted, because that run and a 15 miler towards the end of March were the only runs in excess of the half marathon distance. Mileage wise it could have been better too, with few weeks this year with more than 25 miles. Then again, high mileage has never been my thing, so I shouldn't worry about that.

The drive is somewhat long. It took me 1 hour and 40 minutes. The race is worth it. Burke's Garden is a circular valley at about 3000 ft. The surrounding mountains are near 1000 ft higher. The valley is mostly farms, and is on the National Register as an historic rural area. It is a very scenic place

to run. The course, which is certified, is a loop course with an out and back. My topo map shows few contour lines crossing the course. That doesn't mean that the course is flat. It is not. The course has many ups and downs, but generally, they are not very long or steep. The worst climb comes in the 2nd mile, when one is still fresh. I ran with an altimeter this year and measured an accumulated ascent of 730 ft. The race is put on by the State of Franklin Track Club. They do a fine job. There is adequate support along the course, and sufficient food after the finish. The T-shirts feature a different design each year, centered around a sheep and a coyote (the Varmint). There is a legend about the coyote, and it killing spree of sheep in Burke's Garden. Those interested in the legend can find out more by running the race next year. The legend is included in the race packet.

The start was at 8 am, under an overcast sky. It was 58 degrees, pleasant for running. In light of my modest preparations for the event I decided be conservative and aim for a 6:40 pace. That pace should put me at the finish line in just under 1:27:30. That looked attainable, as in 2003 a slightly better preparation had resulted in a 1:24:40 finish. Somewhat for fun, I set the timer function of my watch at 6:40. Beeps would tell me if I adhered to the target pace. It was also intended as a confidence booster. If, when running at a pace that felt right for the

distance, I could get beyond the mile marks before the timer went off, that would instill confidence. The first mile was below target pace, helped by the rush of the start. The second mile on the other hand was quite a bit slower, due to the significant uphill encountered in that mile; the beeps came before reaching mile 2. The next 2 miles were also a bit hilly, but by mile 4, I had managed to pass the marker prior to the beeps. Most of the serious hills had been covered. Not long after mile five the course make a 90 degree left turn.

The section that follows makes for some good running. It has some long straight stretches, gentle hills, and overall is slightly downhill. I used this section to build out my "lead" over the timer. Catching some of the runners ahead of me was on my mind as well. There were 4 runners ahead of me by the 90 degree turn. Larry Taylor was in the lead and way up ahead. The other three were close together. I'd clocked the leader of the three at just over 2 minutes ahead. I was hoping that at least one would falter. The long straight stretches would bring them into sight, but they never seemed any closer. The nice section draws to a close near mile 9. A series of little ups and downs can break the rhythm. They have done so in the past when after a fast start, they beat me up, ruined my pace. This year, they barely affected me. The out and back part is reached before mile 11 and is a bit over 1¼

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mile total. I've encountered the lead runner on the out and back in the past, but not this year.

I was a bit slower than in the past and Larry Taylor was en route to a new course record of 1:15:23. I encountered the three runners that I had been chasing further from the turn-around than I liked. They were still close together and the gap on the leader was still 2 minutes. I wasn't going to catch anyone today. Still, my conservative start paid off in the final miles, in the sense that my pace never slowed. I finished 5th overall in 1:25:30. It was good enough for the masters award. My ten sheep now have company of another big sheep. It isn't as big though as that of a fellow Blacksburg runner, Kelly Gierard, who won the women's division. In all 92 runners finished the half marathon. A 5K that starts together with the half marathon had 61 finishers. It is too bad that so few people come to the Varmint.

-- Maarten van Gelder



Claytor Lake 5K, 2003

**Summer Decathlon Series
(SDS) Schedule 2004**

All events take place at the Johnson-Miller Track at Virginia Tech. [Web site.](#)

June 15, Tuesday

6:30 p.m. - 1 mile warm-up
6:45 p.m. - 1500 meter run - SDS Event | [Results](#)
7:10 p.m. - 2 person, 3200 meter (2 mile) relay (400/800/400) Each person runs two 400s and an 800

June 22, Tuesday

6:30 p.m. - 1 mile warm-up
6:45 p.m. - 600 meter run - SDS Event
7:10 p.m. - 3 person 9600 meter (6 mile) relay. Each person runs four 800s.

June 29, Tuesday

6:30 p.m. - 1 mile warm-up
6:45 p.m. - 3000 meter run SDS Event
7:10 p.m. - 2 person, 2400 meter relay (400/400/800/800). Each member runs two distances.

July 6, Tuesday

6:30 p.m. - 1 mile warm-up
6:45 p.m. - 400 meter run - SDS Event
7:10 p.m. - 3 person, 7200 meter relay (800/800/1200)

July 13, Tuesday

6:30 p.m. - 1 mile warm-up
6:45 p.m. - 1 mile run - SDS Event

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7:10 p.m. - 2 person, 4800 meter (3 mile) relay (4 X 1200)

July 20, Tuesday

6:30 p.m. - 1 mile warm-up
6:45 p.m. - 500 meter run - SDS Event
7:00 p.m. - 3000 meter track run

July 27, Tuesday

6:30 p.m. - 1 mile warm-up
6:45 p.m. - 1000 meter run - SDS Event.
7:00 p.m. - 2 person, 9600 meter (6 mile) relay (6 x 1600)

August 3, Tuesday

6:30 p.m. - 1 mile warm-up
6:45 p.m. - 200 meter - SDS Event
7:10 p.m. - 2 person, 2400 meter relay (6 X 400)

August 10, Tuesday

6:30 p.m. - 1 mile warm-up
6:45 p.m. - 2 mile run - SDS Event
7:00 p.m. - 2 person, 4800 meter (3 mile) relay (12 x 400)

August 17, Tuesday

6:30 p.m. - 1 mile warm-up
6:45 p.m. - 800 meter run - SDS Event
7:10 p.m. - 5000 meter track run

The Blacksburg Striders summer decathlon series (SDS) kicks off this summer on June 15th at 6:30 p.m. at the Virginia Tech track. For 10 consecutive Tuesdays, runners can test themselves against the clock and other runners. Each week features a different speed event, varying from 200 meter to 2 mile. Times will be age- graded to normalize all participants. There will be men's, women's, boys' and girls' divisions. Points will be awarded based on age-graded place and awards given out at the end of summer. Overall and participant awards will be given out at the end of the series. Participation in at least seven events is required for an award. The series is open to all. [E-mail contact](#).

Maarten van Gelder

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Blacksburg Striders Summer Training Program

The Blacksburg Striders Summer Training Program is open to anyone entering 7th grade and any age there after. It is for adults and teens – it's for runners. The program is designed to bring together runners that want to get better through group training... after all it's easier and fun when your out there with like minded individuals.

Although the Summer Training Program has coaches, it is not an activity for individuals needing supervision. The program will focus on strength, through running and circuit

training, plus aerobic threshold training (fartlek and tempo runs), plus lots of hills. All ability levels are welcomed!

The program cost is only a Blacksburg Striders membership (\$10.00). If you are already a member the cost is free. So take advantage of it. Similar programs cost \$300.00.

For beginners we recommend that you start off in the beginner group for two weeks and then move up from there if everything seems easy. Each person will choose what they want to do that day. Feeling great, do the experienced group, feeling tired or sick do the beginner group.

Runs take place at VT XC course (park at Smithfield Plantation), Pandapas (park in upper lot- closest to 460), Mt. Tabor (direction given when run approaches calendar date), and the New River Trail.

All runs start at 9:00 AM. We will carpool to New River. Please call 552-9339 (Runabout Sports) or 230-2154 (cell).

James DeMarco

Regular Blacksburg Running Groups

<u>Day/Time</u>	<u>Location</u>
Tue/6:00p goldst@vt.edu	Front of Bollo's
Wed/6:00p (*note the new time)	
Meet at Runabout Sports james@runaboutsports.com	
Sat/7:00a jhosner@vt.edu or smyers@vt.edu	Front of Bollo's
<i>Call ahead. Times may change</i>	

Race Calendar

Select events from
<http://www.starcitystriders.com/calendar.htm>,
<http://active.com>, &
<http://civic.bev.net/striders/calendar.htm>

For other race calendars, follow links to the [Star City Striders race page](#), <http://starcitystriders.com/calendar.htm>, [Road Runners Club of America](#), <http://www.rrca.org/calendar/>, and [race calendars](#) http://www.runningnetwork.com/db_rng/CALENDAR.html maintained by The Running Journal and [RacePacket](#)

June 12, 2004 (8 a.m.):

Harbor Survivor 7

Harbor 7 a seven-mile running race along Baltimore s Inner Harbor Promenade and the first race with a SURVIVOR category.

<http://www.activesurvivor.org/>

June 12, 2004: **Claytor**

Lake 5k Claytor Lake State Park, Dublin, VA

Info: Cliff Myers 540-320-3304;

<mailto:clsp5k@roanokema.com>;

<http://starcitystriders.com/forms/5k.doc>

July 3, 2004: Shawsville 5.
Shawsville, VA. Marvin Ballard (540)268-3010 (Day Time Number).
<http://civic.bev.net/striders/2004shawsville5kentry.doc>

July 4, 2004: Peachtree Road Race. Atlanta, GA.
<http://www.atlantatrackclub.org/at02000.htm>.

July 17, 2004:
Commonwealth Games 5k & 1 Mile Fun Run
Roanoke, VA Contact: Virginia Amateur Sports 540-343-0987;
<http://www.commonwealthgames.org/>

July 24, 2004:
Presbyterian Home 5k
Lynchburg, VA Info: Jeff Fedorko (434) 846-7449 (Lynchburg Race Series)
<http://www.riversiderunner.com/> Presbyterian Homes is a non-profit organization which operates five homes for mentally challenged adults (Fredericksburg, Lynchburg, South Hill, Waynesboro, and Zuni) and two homes for high at-risk children (Danville and Lynchburg) in Virginia.

August 14, 2004: Lewis Gale Foundation Salem Distance Run 5 & 10k.
Salem VA.

September 4, 2004:
Charleston Distance Run 15 Miler. Charleston, West Virginia.
<http://www.charlestondista>

ncerun.com/; Bob Tate
304-345-5433

September 25, 2004:
Virginia 10 Miler & 4 Miler. Lynchburg, VA
Info: Craig Cassell,
(434)845-9568 Ext 30.

November 13, 2004:
Richmond Marathon & 8k Richmond, VA.
<http://www.richmondmarathon.com/>

November 20, 2004: Cox Communications Star City Half Marathon & 5k.

November 25, 2004:
Turkey Trot 5k
Lynchburg, VA.

December 4, 2004: Peaks Christmas Classic 5 & 10k. Bedford, VA. Info from Bedford Area YMCA (540) 586-3483.

December 11, 2004: Lewis Gale's Jingle Bell Run for Arthritis (5k). Roanoke, VA.

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