

## ENDORPHIN NOTES

NOVEMBER 2009

SWVRRRC

Late autumn greetings fellow runners! Now that our summer series wrapped up at Pipestem, Tom Davis will need your completed form sent to him by 11/17/09 so he can have the T-shirts available at our club meeting on December 6. The meeting will be held at the Princeton Pizza Hut starting at 4PM. All club members are encouraged to attend as we will be electing new officers for 2010, giving out the summer series awards and enjoying food and fellowship!

Congratulations to Rhonda Williams on running her first NYC marathon on 11/1/09! She loved the experience and registration for the 2010 NYC is now open with a link on our club website. For runners over 40 you can qualify based on half and full marathon times. If you are not chosen in the lottery three straight years then you will receive automatic entry. Last year over 100,000 runners applied for this event with a field of 44,000 accepted. I hope to return next year for the 14<sup>th</sup> time as this event is truly magical!

Speaking of marathons, congratulations to the eight club members that ran the Marshall Marathon and Half Marathon on 11/1/09 as we were blessed with great running conditions! The temp was around 40 at the start with sunny skies and no wind! Throw in a flat course and it adds up to a runners dream! The last 100 yards all runners are offered a football to carry down the field to the finish line, so we all tried not to fumble! (See photos on club web site)

Marathon Man, Danny Keatley has been at it again and will run his sixth marathon in eight weeks in Richmond VA on 11/14/09! I don't know how he does it?

Check out all the interesting photos on the club web site for the Pumpkin run! Where else could you see Santa Claus, an Angel and a prisoner in one photo? Thanks to all runners who dressed up (or down) for this contest and hopefully it will continue!

As we approach the Thanksgiving season, take a moment to be thankful for our health and ability to run all these events! Many do not have the health, desire, freedom or ability to participate in this rewarding sport!

Next local race will be the Star City Half Marathon in Roanoke on 11/21/09 and the Beckley YMCA Thanksgiving Day 5 Mile Run/Walk on 11/26/09. (Applications are attached). Take advantage of the opportunity to run another race or two before we say goodbye to 2009!

LEE




*Ability is what you are capable of doing.*

*Motivation determines what you do.*

*Attitude determines how well you do it.*

*—Lou Holtz*

## RACE RESULTS

Date	Race	Club Member	Time	Additional Information
11-01-09	<u>Marshall Marathon Results</u>	Paul Pennington Randy Jewell Danny Keatley Lee Scruggs Donna Akers David Lawson Christine Cardinal	3:33 3:50 3:56 4:04 4:34 4:37 4:57	
11-01-09	<u>Marshall Half Marathon Results</u>	Mike Collins	1:55:17	
10-31-09	<u>Pumpkin Run 5K</u>	Erik Stephan Vonda Wilson Hank Burnley  Martin Brekeller Drema Wall Karen Dillon Helen Chaffins Phillip Ball Colleen Nunnery Doug Dillon Darlene Winger Eddie Boyd	21:33 23:58 28:28  29:23 29:33 29:45 33:49 33:51 36:07 39:28 40:54 41:59	1st Overall Race 1st Overall Female 2nd Place, Male 55-59 1st Place, Costume 1st Place, Male 70+ 1st Place, Female 50-54 2nd Place, Female 40-44  2nd Place, Male 45-49 3rd Place, Female 50-54 3rd Place, Male 40-44
10-31-	<u>Pumpkin Run 10K</u>	Todd Donovan Todd Matson	40:17 42:47	2nd Overall - Male 1st Place, Male 50-54

	Doc Craddock	49:53	54
	Bruce Blankenship	52:47	1st Place, Male 60-64
	Jennifer Alvarez	54:54	2nd Place, Male
	Tom Gordon	56:05	55-59
	Jimmy Miller	56:21	2nd Place,
	Sally Campbell	57:28	Costume
			2nd Place, Overall Female
			3rd Place, Male 55-59
			1st Place, Male 65-69
			3rd Place, Overall Female

10-18-09	Columbus Marathon	Danny Keathley	4:16:41
		Russell Lamastus	4:18:41
10-11-09	Steamtown Marathon (Scanton PA)	Lee Scruggs	3:50
10-09	Johnstown PA Marathon	Danny Keathley	4:19:19

10-09	Beckley 1/2 Marathon	Todd Donovan	1:25:00	4th overall
		Marc Lewis	1:27:08	7th overall
		Todd Matson	1:33:32	First Place - Male
		Doc Weiss	1:34:26	20-24
		Paul Pennington	1:38:50	
		Billy Fox	1:40:28	
		Bruce Blankenship	1:45:30	
		Rhonda Williams	1:58:48	
		Jennifer Alvarez	2:00:55	
		Donna Akers	2:03:05	
		Christine Cardinal	2:14:38	
	Beckley 5K	Vonda Wilson	25:22	
		Karen Dillon	29:43	

10-09	Freedom Run Marathon (Shepardstown WV)	Danny keathley	4:37:13	
9-09	Brian Delp 5K	Paul Pennington	20:19	First Place - Male 35-39

	Lee Scruggs	20:44	1st Place - BSC
	Bruce Blankenship	22:50	Alumni
	Doc Craddock	23:24	1st Place - Male
	David Lawson	24:19	50-54
	John Cardwell	24:34	1st Place - Male
	Jimmy Miller	24:40	55-59
	Tom Gordon	25:16	1st Place - Male
			60-64
	Jennifer Alvarez	25:28	3rd Place - Male
	Tom Davis	28:32	35-39
	Martin Brekeller	28:46	2nd Place - Male
	Christine Cardinal	29:14	50-54
	Hank Burnley	30:52	1st Place - Male 65
	Helen Chaffins	30:54	and over
	Colleen Nunnery	35:46	3rd Place - Male
	Eddie Boyd	38:29	55-59
			2nd Place - BSC
			Alumni
			1st Place - Female
			35-39
			2nd Place - Male
			60-64
			2nd Place - Male
			65 and over
			1st Place - Female
			55-59
			4th Place - Male
			55-59
			1st Place - Female
			40-44
			2nd Place - Female
			50-54
			3rd Place - Male
			65 and over
9-27- 09	Pittsburgh Great Race 5K	Tom Davis 27:17	791 out of 3,344
9-26- 09	Princeton AutumnFest 5K	Vonda Wilson 23:33	1st Place - Female Overall
		Jennifer Alvares 26:00	34d Place - Female
		Jimmy Miller 26:06	
	<u>Overall Results</u>	Drema Wall 28:34	
		Hank Burnley 29:53	1st Place - Male
	<u>Age Group Results</u>	Helen Chaffins 33:36	69-69

Eddie Boyd	42:20	1st Place - Female 45-49 3rd Place - Male 55-49 2nd Place - Female 40-44 1st Place - Male 70 and over
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9-20- ING Philadelphia 09 Distance Run	Lenora Hagerman	3:15	PR
9-19- Odyssey Trail 09 Marathon (Milboro VA)	Danny Keatley	6:13:13	
9-12- Chuck Smith Memorial 09 10K	Billy Fox	41:20	
	Lee Scruggs	42:05	
	Martin Brekeller	25:30	
Chuck Smith Memorial 5K			

- FOR A LIST OF UPCOMING RACES PLEASE VISIT THE CLUB WEB SITE.
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- <http://www.bluefieldstate.edu/swvrrc/races.html>

*My feeling is that any day I am too busy to run is a day that I am too busy.*

*--John Bryant*

*The five S's of sports training are: Stamina, Speed, Strength, Skill and Spirit;  
but the greatest of these is Spirit.*

*--Ken Doherty*

# STAR CITY HALF MARATHON

## Star City Half Marathon

Saturday, November 21<sup>st</sup> at 9am



Register online at:  
[www.CommonwealthGames.org](http://www.CommonwealthGames.org)

**Register me for the following:**

**Half Marathon**

\$ 25 for Strider member before November 16<sup>th</sup>

\$ 30 for Non-Strider before November 16<sup>th</sup>

\$40 Late Registration, November 16<sup>th</sup> and after

Must be postmarked by November 16<sup>th</sup> - do not mail after November 16<sup>th</sup>

Sign up online till midnight November 18<sup>th</sup>, in person at Fleet Feet on Friday Nov. 20<sup>th</sup> from noon to 7pm  
or at race packet pickup at the Ramada inn on Franklin the morning of the race from 7am - 8:30am.

**Wind Shirt size:**                  Adult S                  Adult M                  Adult L                  Adult XL

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Day Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Gender:** \_\_\_\_\_ **Birth date:** \_\_\_\_\_ **Age on Race Day:** \_\_\_\_\_

**Method of payment will be the following:**

**Check enclosed.** Make check payable to: VAS

**Please charge my credit card.** (Please circle one)    MasterCard    Visa

Card# \_\_\_\_\_ Expiration date: \_\_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

**Please do not send cash. Entry fee is non-refundable and non-transferable.**

**One application per entry.**

**Mail to:**  
Virginia Amateur Sports  
711-C 5th Street NE  
Roanoke, VA 24016

**Questions? Call VAS at 540.343.0987**

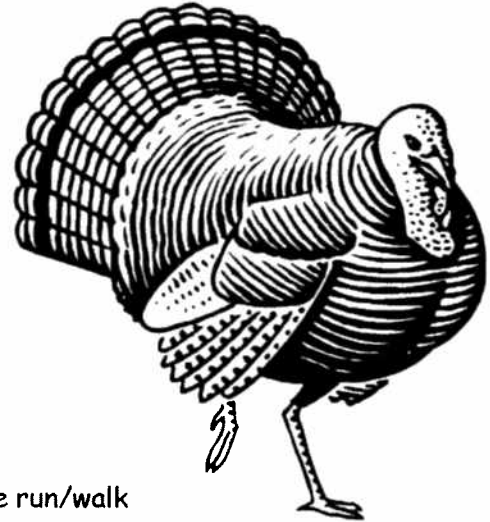
Waiver: In consideration of being permitted to participate in the Star City Half Marathon, for myself, my heirs, executors, administrators and assignees, I do hereby release and forever discharge Virginia Amateur Sports, Star City Striders and their respective officers, employees, agents, subsidiaries and affiliates, and all those persons involved in organizing and staffing this event from all claims, demands, losses, damages, actions, causes of actions or suits of whatsoever kind or nature, arising out of my participation in the race on November 21, 2009. There will be no refunds.

**Signature:** \_\_\_\_\_  
(If runner is under 18, parent or guardian must also sign)

**Signature:** \_\_\_\_\_  
(Parent or Guardian if applicable)

# 33<sup>rd</sup> ANNUAL YMCA THANKSGIVING DAY 5-MILE RUN/WALK

**Date:** November 26, 2009  
Thanksgiving Day  
At the YMCA Sports Complex



**Registration/:** 7:00-8:00 am  
**Sign In** At the Holcomb Board Room in between  
the Stadium Bleachers

**Times:** 1 mile Fun Run begins at 8:10 am  
5 - Mile Walk begins at 8:30 am  
5 - Mile Run begins at 8:20 am

**Entry Fee:** \$15.00 before November 21, 2009 for 5 mile run/walk  
\$20.00 after November 21, 2009 for 5 mile run/walk  
\$5.00 for 1 mile Fun Run

**Awards:** **Runners** - Trophies will be given to the top 3 male and female finishers in each age group for the 5 mile run. Also, 5 mile runners will receive a race T-shirt.  
**Walkers** - Awards will be given to the first 5 men and first 5 women. All walkers will receive a T-Shirt.

The top 3 overall Male and Female 5 mile Run winners will not be eligible for awards in their age groups.

<b>Age Groups:</b> 14 & Under	15 - 19	20 - 24	25 - 29	30 - 34
35 - 39	40 - 44	45 - 49	50 - 59	60 +

**Note:** Dressing/Shower facilities available at the Sports Complex. There will be an Aid station at the 2.5 mile mark. Awards will be presented under the pavilion at the YMCA Sports Complex following the run.

For more information contact Jason Reger (304) 252-0715 or [jason@beckleymca.com](mailto:jason@beckleymca.com)

## THANKSGIVING DAY RUN ENTRY FORM

5-mile: Run \_\_\_ Walk \_\_\_ Fun Run \_\_\_ Age: \_\_\_\_\_ Gender: M \_\_\_ F \_\_\_ T-Shirt: AS AM AL AXL

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

In consideration of permitting to participate in the event, I hereby, for myself, my heirs, administrators and assigns, waive and release any and all rights and claims of any nature I may have against any organizations, their representatives, or successors for any and all injuries or damages I may incur.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent (if minor)