

ENDORPHIN NOTES

Now that the summer that wasn't is coming to an end, we runners turn our thoughts to P.R.s during fall racing! Fall is my favorite racing season with the cool temps and the vibrant foliage colors that light up the hills of the two Virginias. It just feels great to be alive on those cloudless cobalt blue sky days!

I'm hoping these cool temperatures will dawn on Sunday October 11 as I will be running the Steamtown marathon in Scranton PA. Steamtown is a point to point course with a new drop of 955' in elevation! The race starts at Forest City High School and travels through several small towns with a finish in downtown Scranton.

Good luck to Rhonda Williams when she runs her first NYC Marathon on November 1st and also to Paul Pennington and Randy Jewell during the Huntington/Marshall marathon on the same day.

Next up on the local racing calendar is the Princeton Autumn Fest 5K on Saturday September 26. The race starts at the Princeton Fitness Center on 12th street. Three days latter is the Brian A. Delp 5K memorial run and walk on Tuesday evening with a race start of 6:30PM. I encourage all club members to participate in this event as we remember this extraordinary Bluefield State College student-athlete who tragically lost his life in 2005 while assisting a stranded motorist. I know Brian's family appreciates all the participates in the run and walk. The money raised goes to benefit the "Humanitarian Athletic Award," a scholarship in memory of Brian A. Delp.

After the Brian Delp run, only two races remain in the club summer series. One is the Beckley ½ marathon and 5K on October third with the finale at Pipestem State Park on Halloween! New this year is the costume contest with the winner receiving a free nights lodging at the park. Start thinking about your costume as Park officials would love to have large participation!

Speaking of Pipestem, Todd Donovan, Paul Pennington and I ran a 20 mile training run at the park this past Saturday. We mostly ran the original 10K course (three times) and I had forgotten how tough that event was! Somehow I managed to keep up with these young guys and I do believe I have running injures older than Todd! Deer along the course were our constant companion and while we were running I kept remembering about those late hot October Sundays when the original 10K was held and the runners were dodging all the traffic from the fall foliage. I'm glad it was moved to a morning race!

Congratulations to all the club members that competed in the Charleston Distance Run and we were fortunate that the conditions turned out to be cooler than normal. I believe most runners enjoyed the course revisions as it helped me to get warmed up prior to tackling "Capital Punishment Hill!" Next year may be the last for the 15 miler as organizers are considering changing the distance to a half marathon in hopes of attracting more participants. If you would like to see this distance remain then I recommend contacting the race director, Aaron Allred at Aaallred@aol.com.

LEE

CHARLESTON 15MILER

Mark Lewis	1:45
Randy Jewell	1:53
Todd Matson	1:54
Paul Pennington	1:56
Lee Scruggs	1:59
Doc Craddock	2:00
Bruce Blankenship	2:14
Rhonda Williams	2:20
Tom Gordon	2:25
Jennifer Alvarez	2:25
Donna Akers	2:29
Christine Cardinal	2:40

CHARLESTON 5K

Tom Davis	27:00
Hank Burnley	28:16
Martin Brekeler	28:56
Robert Cole	36:20

JASON ELSWICK 5K

Todd Donovan	17:42
Mark Wagner	19:30
Erik Stephan	19:30
Vonda Wilson	22:13
Jimmy Miller	24:41
Randy Conley	29:21
Helen Chaffins	30:45
Colleen Nunnery	32:38
Eddie Boyd	39:59

Parkersburg ½ Marathon

Todd Matson	1:38
Danny Keatley	1:42
Lee Scruggs	1:49
Bruce Blankenship	1:53
Rhonda Williams	1:57
Donna Akers	2:12
Christine Cardinal	2:26

Big Blaze 5K

Mark Lewis	19:41
Tabitha Robins	24:32
Vaughn Campbell	24:48
Jennifer Alvarez	25:23
Sally Campbell	25:27
Jimmy Miller	26:48
Tom Davis	28:37
Eddie Boyd	43:07

Narrows Co Fair 5K

Todd Donovan	19:35
Randy Jewell	19:50
Marc Lewis	20:20
Doc Weiss	20:31
Paul Pennington	21:08
Erik Stephan	21:09
Todd Matson	21:30
Lee Scruggs	21:47
Vaughn Campbell	23:34
Vonda Wilson	24:36
Tabatha Robins	25:20
Rhonda Williams	25:42
Sally Campbell	26:07
Tom Gordon	26:13
Jimmy Miller	27:01
Gary Akers	27:20
Bill Jewell	27:32
Donna Akers	28:05
Margaret Holtz	29:09
Tom Davis	29:33
Hank Burnley	30:17
Karen Dillon	30:42
Christine Cardinal	31:03
Russell Lamastus	31:25
Randy Conley	31:33
Helen Chaffins	34:21
Colleen Nunnery	35:22
Nancy Hodges	36:23
Paul Hodges	38:40
Darlene Winger	40:37

ADDITIONAL RACE RESULTS

CHECK OUT THE DELTAIL LISTING ON THE CLUB WEBSITE
LINK:

<http://www.bluefieldstate.edu/swvrrc/results.html>

WELCOME NEW CLUB MEMBERS


Cathy Smith Princeton , Martin Brekeller Meadow Bridge, Marc Lewis Athens,
Karen Dillon Bluefield, Margaret Holz Greenville and Erik Stephan.

I run because it's my passion, and not just a sport. Every time I walk out the door, I know why I'm going where I'm going and I'm already focused on that special place where I find my peace and solitude. Running, to me, is more than just a physical exercise...it's a consistent reward for victory!"
Sasha Azevedo, Runner Athlete



No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes."
Don Kardong

RUNNING CALENDAR

-26-09	Princeton AutumnFest 5K		Princeton, WV	5K	8 a.m.	<u>Entry Form</u> Contact Lynne Krulich at 304-48
9-29-09	Brian A. Delp 5K Memorial Run	Yes	Bluefield, WV	5K	6:30 p.m.	<u>Entry form</u> Note new time: 6:30 p.m. Vonda Wilson (304) 327-4208; vwilson@bluefieldstate.edu 
<< OCTOBER >>						
10-3-09	Richlands Outdoor Challenge 5K Road Race & Fun Walk		Richlands, VA	5K	9 a.m.	<u>Information</u> <u>Register On-Line</u>
10-3-09	Beckley Half Marathon		Beckley, WV	Half Marathon/5K	8 a.m.	<u>Registration Form</u>
10-11-09	New River Valley Triathlon		Christiansburg, VA	400-meter swim/13 m bike ride/5K	7 a.m.	www.newrivervalleytriathlon.com
10-18-09	Rural Retreat 5K Pepper Run		Rural Retreat, VA	5K	2 p.m.	<u>Entry Run</u> Marty Hadaway - (276) 686-4901
10-31-09	32nd Annual Pipestem Pumpkin Run		Pipestem Resort State Park	5K/10K	10 a.m.	www.pipestemresort.com/pumpkin Tom Davis Tdavis@concord.edu or 304-384-5134
<< NOVEMBER >>						
11-7-09*	6th Annual Shawsville Cross Country		Shawsville, VA	5K	9:00 a.m.	<u>More information</u>
11-21-09	VAS Star City Half Marathon		Roanoke, VA			
<< DECEMBER						
12-12-09	Lewis-Gale Jingle Bell Run 5K		Roanoke, VA	5K		<u>More Information</u>