



charlottesvillewomensfourmiler

2018

...36 years and running!

hosted and organized by the



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with all proceeds to benefit the
UVA Breast Care Program
at the University of Virginia Cancer Center

Over \$3.75 million has been raised thanks to the Women's Four Miler!

Welcome!

After racing in all-women's events in cities all over the country in the early eighties, I thought we should have one of our own, right here in Charlottesville. So, in 1983, after several months of designing the course and working with VDOT and The Board of Supervisors to secure permission to close Garth Road, we kicked off the area's first all-women's race.

That first Four Miler was a big success, but none of us in The Charlottesville Track Club ever imagined that the race would grow to where it is today! Not only has the popularity skyrocketed, but the emotional connection women feel for this event has grown intensely throughout the past 36 years. I've had the pleasure of serving as volunteer Race Director for this special event for 25 of those years and I continue to be overwhelmed with the support we receive from all of you. Last year we were able to pass along \$270,000 to our local friends at the Breast Care Center at UVA and, thanks to your generosity, we hope to top that mark this year!

I am also warmed by the outpouring of support I continue to receive from my hardworking race committee. They have given countless volunteer hours so as to assure you have a special race experience. I simply can't imagine life without their wonderful help and the help I receive from our 400 volunteers. I'm so happy to have my daughter, Audrey, as my co-race director for the past 9 years. Thank you all and have a great time! I'll see you at the finish!



Cynthia Lorenzoni and Audrey Lorenzoni
Women's Four Miler Co-Race Directors

A Letter from the Charlottesville Track Club

On behalf of the Board of Directors of the Charlottesville Track Club (CTC), I am happy to welcome you to the 36th running of the Charlottesville Women's Four Miler. All the months of training and hard work have brought you here. I hope that you have the most wonderful experience running the race. I know it will be that for all those who have helped make this run happen.

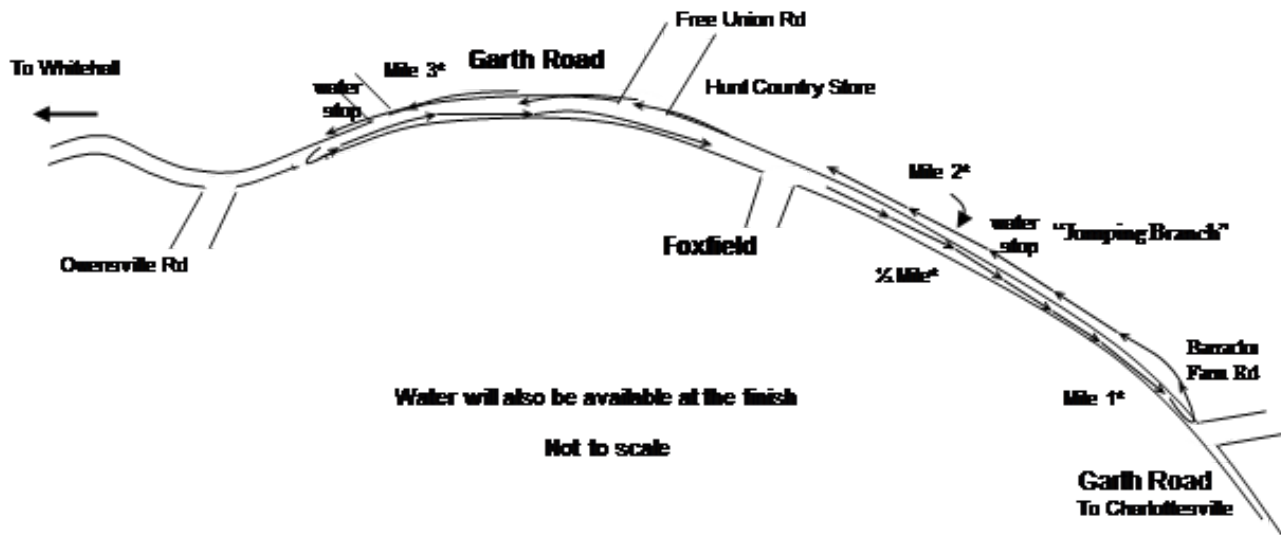
The Board sincerely thanks all who support this wonderful event: the race sponsors, the UVA Breast Care Center, the Four Miler Race Committee led by Cynthia and Audrey Lorenzoni, the race day volunteers, and Pam Whorley aka "Pink Pammie" and all the Pink Ladies of the CTC's Women's Four Miler Training Program.

The dedication and commitment of participating runners and walkers make this race possible each year. Without you, we would not have been able to donate more than \$3.75 million to the UVA Breast Care Center over the past 26 years.

The CTC Board wishes you all a great race experience!

Jay Wildermann
President, Charlottesville Track Club

Race Course



Race Committee

Cynthia Lorenzoni and Audrey Lorenzoni ~ Co-Race Directors
Danica Rose and Elena Michaels ~ Cancer Center Development
Jim Bell ~ Treasurer
Lisa Drake and Ellen Houle ~ Packet Pick-up
Tom Hintz ~ Parking
Kathy Thomas ~ Refreshments
Nancy Fraser ~ Prizes/Volunteer Recruitment
Dr. Robert Wilder ~ Medical Director
Mark Lorenzoni ~ Guru of Everything Else

With a very special "Thank You" to...

- * **Karen Dick** for opening the gates (36th year) of beautiful **Foxfield**!
- * **Pete Lorenzoni** for designing our wonderful logo!
- * **The Charlottesville Track Club** for all of their professional support (36th year)!
- * **Les Sinclair** for all the media support at **Z95** (21st year)!
- * All of the staff at **The UVA Cancer Center Breast Care Program** for their support, inspiration and dedication to the cause!
- * The **Albemarle County Supervisors & Police** and **VDOT** for allowing us to close Garth Road (36th year).
- * **The Rescue Squads** for their continued medical support (36th year).
- * **Dr. Robert Wilder's "Runner's Clinic"** staff from Health South at UVA for their medical expertise (17th year).
- * **Pam Whorley, the Pink Ladies**, and everyone that assisted with this summer's CTC Women's Four Miler Training Program. Congratulations on preparing so many newcomers for their first race!
- * **Dave Murphy** for all the help with race day equipment.
- * To the fine owners of **Albemarle Square Shopping Center** for hosting packet pick-up!
- * Thanks to the sports department at the **Daily Progress** for printing the race results.

Bev McCoid Four Miler Volunteer Award Recipients

*For outstanding volunteerism and strong dedication to the
Charlottesville Women's Four Miler.*

2017- Les Sinclair and Z95

2016 – Lisa Drake and Ellen Houle

2015 – Nancy Fraser

2014 – Michael Goldman

2013 – Dr. Robert Wilder

2012 – Kathy Thomas

2011 – Tom Hintz

2010 – Jim Bell

2009 – Carol Finch

Volunteers

Without the help of our 400 race day volunteers there simply would not be a Women's Four Miler! These hardworking folks have given their time (many are on hand by 5:00 am) so that you, our participants, are treated to a first rate event. Several are CTC members, others are student athletes from Albemarle, Western Albemarle, Charlottesville, Covenant and Monticello High School, while others come to us from throughout our community. We thank them for all their efforts in helping make this the special event it is!

Awards

Immediately following the conclusion of the race (**sometime around 9:30**) we will begin the awards ceremony. We will **start** by announcing the Top Three Overall (the top three overall are automatically removed from the age group awards) and the Age Group placers.

After handing out these race awards, we will then pull names at random for 35 wonderful **GRAB BAG** merchandise prizes (please see back page for a complete list of these great prizes). ALL finishers will be eligible but **you must be present to win**, so please stick around!

How deep we go with awards for each Age Group is based on the total number of entrants in each of these age groups. (~5% of the total entrants in each individual age group receive awards.)

This year's **AGE GROUP AWARDS** are as follows:

10 & younger: top five	11-14: top five	15-19: top seven	20-24: top ten
25-29: top nine	30-34: top ten	35-39: top twelve	40-44: top eleven
45-49: top eleven	50-54: top nine	55-59: top eighteen	60-64: top six
65-69: top four	70-74: top three	75-79: top three	80+: top three

NUMBER of ENTRANTS by individual AGE GROUPS

10 & younger: 112, 11-14: 109, 15-19: 138, 20-24: 215, 25-29: 188,
30-34: 217, 35-39: 258, 40-44: 239, 45-49: 224, 50-54: 188,
55-59: 164, 60-64: 127, 65-69: 74, 70-74: 39, 75+: 17

Over 2,300 are entered in this year's race!

Age Group Course Records

We have used the same course for the race since 1983 (the first year of the race)

10 & younger: Reese Dalton – 26:43

11-14: Shannon Saunders – 25:07

15-19: Susan Knowles – 24:00

20-24: Rachel (Rose) Ward – 20:55*

25-29: Rachel Ward – 21:00

30-34: Ann Dunn – 22:38

35-39: Jennifer Owens – 22:41

40-44: Debi Bernrades – 24:05

45-49: Andrea Wright – 24:20

50-54: Kendall Tata – 25:00

55-59: Hosni Haghghian – 27:52

60-64: Peggy Mowbray – 29:30

65-69: Linda Scandore – 33:46

70-74: Elaine Boyd – 36:39

75-79: Nancy Fraser – 44:20

80+: Nancy Fraser – 46:24

* = course record

Anyone who breaks an age group record will receive a Ragged Mountain gift certificate

Four Miler History

YEAR	FIRST OVERALL	TIME	ENTRANTS	RACE DIRECTOR
1983	Suzanne Girard	21:50	349	M.& C. Lorenzoni/ J.Dittmar
1984	Suzanne Girard	21:50	385	M.& C. Lorenzoni/ J.Dittmar
1985	Patty Matava	23:03	294	Mark and Cynthia Lorenzoni
1986	Patty Matava	22:00	212	Mark and Cynthia Lorenzoni
1987	Patty Matava	22:14	218	Mark and Cynthia Lorenzoni
1988	Anne-Marie Jutel	23:15	205	Mark and Cynthia Lorenzoni
1989	Anne-Marie Jutel	23:25	226	L. Villadsen/C.Belt/ C.Finch
1990	Marianne Downey	22:03	184	L.Villadsen/C. Belt/ C.Finch
1991	Marianne Downey	22:31	119	Stuart Harper
1992	Anne-Marie Jutel	23:18	68	Stuart Harper
1993	Susie Molloy	23:33	115	Bev & Mike Hayden
1994	Susie Molloy	21:59	239	Connie Friend/Bev Hayden
1995	Trish Phillips	22:48	338	Connie Friend
1996	Anne Riddle	24:34	412	Connie Friend
1997	Trish Phillips	23:02	606	Connie Friend
1998	Beni Gras-Thompson	23:11	638	Connie Friend
1999	Jennifer Owens	23:12	979	Connie Friend
2000	Trish Phillips	24:14	1,118	Cynthia Lorenzoni
2001	Lory Gray	24:08	1,224	Cynthia Lorenzoni
2002	Nicola Ratcliffe	24:17	1,500	Cynthia Lorenzoni
2003	Emily Potter	25:04	1,610	Cynthia Lorenzoni
2004	Cynthia C.-Spangler	23:48	1,850	Cynthia Lorenzoni
2005	Cynthia C.-Spangler	24:09	2,120	Cynthia Lorenzoni
2006	Cynthia C.-Spangler	24:41	2,400	Cynthia Lorenzoni
2007	Cynthia C.-Spangler	23:43	2,700	Cynthia Lorenzoni
2008	Dana (Coons) Thiele	24:26	3,050	Cynthia Lorenzoni
2009	Rachel Rose	23:49	3,300	Cynthia Lorenzoni
2010	Nicole Kelleher	23:33	3,500	Cynthia Lorenzoni
2011	Rachel (Rose) Ward	22:49	3,550	Cynthia & Audrey Lorenzoni
2012	Rachel (Rose) Ward	22:15	3,550	Cynthia & Audrey Lorenzoni
2013	Rachel (Rose) Ward	21:39	3,550	Cynthia & Audrey Lorenzoni
2014	Rachel (Rose) Ward	20:55	3,550	Cynthia & Audrey Lorenzoni

2015	Rachel (Rose) Ward	21:00	3,407	Cynthia & Audrey Lorenzoni
2016	Rachel (Rose) Ward	22:01	3,108	Cynthia & Audrey Lorenzoni
2017	Ann Dunn	22:38	2,739	Cynthia & Audrey Lorenzoni

2017 Donation: Thanks to your support, **\$270,000** was raised for the **UVA Breast Care Program!**

Best of luck to all of you running in your first race, especially those of you who have trained so diligently throughout the summer with **THE CTC's WOMEN'S FOUR MILER TRAINING PROGRAM**. Way to go! Almost 200 of the entrants in the 2018 race are graduates of **this** summer's class!

Prize Donors

The following generous **LOCAL** businesses have donated a bevy of wonderful prizes. A total of 50 gifts were donated by local merchants. **Please thank these merchants when frequenting their businesses in the future.** They are the lifeblood of this awards ceremony every year!

EVERYONE has an equal chance of having their name drawn from the bag, if you put the bottom tab of your race number in the box at the Race Committee Tent after you finish the race. **You MUST BE PRESENT to win!**

Brian Keena (Massage Therapist)
Crutchfield
Hamiltons' at First & Main
The Happy Cook
Hot Cakes
Karen Rockwell (Massage Therapist)

Meriweather Mowing
Michie Tavern
Oliva
Paramount Theater
Penelope's
Plow & Hearth

Putt Putt
Ragged Mountain Running Shop
The Second Yard
Timberwood Grill

A special thanks to **Nancy Fraser** for all her help with these special prizes.

Women's Four Miler Runners' Race Pace Chart

This chart is designed to safely and comfortably guide you to your personal Four Miler goal. The times below are suggested splits for the first half mile, the first mile, the second mile, the third mile and the fourth mile. As you can see, going out slightly slower than your targeted race pace is the proper way to accomplish your desired goal.

GOAL	Half Miler	Mile 1	Mile 2	Mile 3	Mile 4
76 minutes	9:20	18:50	19:15	19:00	18:40
72 minutes	8:50	17:50	18:15	18:00	17:40
68 minutes	8:20	16:50	17:15	17:00	16:40
64 minutes	7:50	15:50	16:15	16:00	15:40
60 minutes	7:20	14:50	15:15	15:00	14:40
56 minutes	6:50	13:50	14:15	14:00	13:40
52 minutes	6:20	12:50	13:15	13:00	12:40
48 minutes	5:50	11:50	12:15	12:00	11:40
44 minutes	5:20	10:50	11:15	11:00	10:40
40 minutes	4:50	9:50	10:15	10:00	9:40
36 minutes	4:20	8:50	9:15	9:00	8:40
32 minutes	3:50	7:50	8:15	8:00	7:40
28 minutes	3:20	6:50	7:15	7:00	6:40
24 minutes	2:50	5:50	6:15	6:00	5:40

The Four Miler Course . . . mile by mile!

In the fall of 1982 we set out to find the flattest (most scenic) four mile road course in the County and, after several months of testing (with our legs) several options, we finally settled on our current Garth Road course. Sometimes folks will tell us that they think the course is hilly but if you race it properly (see above chart) those two hills that greet you around three miles won't seem so bad!

Mile 1

This is the fastest mile terrain wise (and adrenaline wise) of the course. Because of the kind downhill terrain, try to run it faster than your targeted pace.

Mile 2

All of Mile 2 is gradually uphill and many veterans feel it is a deceptively tough section of the course. Hint: Stay focused on working this challenging mile, but don't overdo it and don't get discouraged if your pace slows down.

Mile 3

Widely considered to be one of the hardest miles because of the notorious hill at mile 2.8, this mile actually features a solid stretch of flat from mile 2.3 - 2.8 miles. Try not to get lulled into a slower pace during this stretch...instead, stay focused and really push through this flat section.

Mile 4

After making a 180 degree turn at the 5K (3.1 mile) marker you will immediately begin to climb. This short but steep hill is the last one on the course, so work up it and try to really push down the other side. At that point, you only have about 8/10 of a mile to go. The last portion of the race is relatively flat, so start your final push at 3.2 miles ... Don't wait until you can see the finish banner before starting to push...do it sooner! Hint: listen to your splits at every mile and try to follow the pace chart splits included in this booklet.

The Motivational Mile

For the 15th straight year, our friends at The UVA Cancer Center Breast Care Program will hang large posters along Garth Road (at about 3.5 miles), dedicated to those close to you who have battled cancer. This year **over 100** were submitted, helping to raise **over \$5,600** for this most worthy cause. Extra big thanks to all of you who submitted names.

Food Donors



Results

Thanks to the Charlottesville Track Club, complete 2018 Charlottesville Women's Four Miler race results will be printed in *The Daily Progress* in Sunday's paper and available on-line at www.womens4miler.org or at www.charlottesvilleclub.org.



Race Headquarters since 1983
www.raggedmountainrunning.com