



# charlottesvillewomensfourmiler

**2019**

**...37 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 \$4 million has been raised thanks to the Women's Four Miler!

# Welcome!

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, the Charlottesville Track Club with the help of Mark and Cynthia Lorenzoni, 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 37 years. I've had the pleasure of serving as volunteer Race Director for this special event for 10 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 \$210,000 to our local friends at the Breast Cancer Center at UVA, pushing us over \$4 million donated to UVA for our race.

This year, I will have a new co-race director, Nicole Brimer. She has directed the Charlottesville Ten Miler for the past three years. I am also warmed by the outpouring of support I continue to receive from my hard working 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'll see you at the finish!



Audrey Lorenzoni and Nicole Brimer  
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 37th 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.

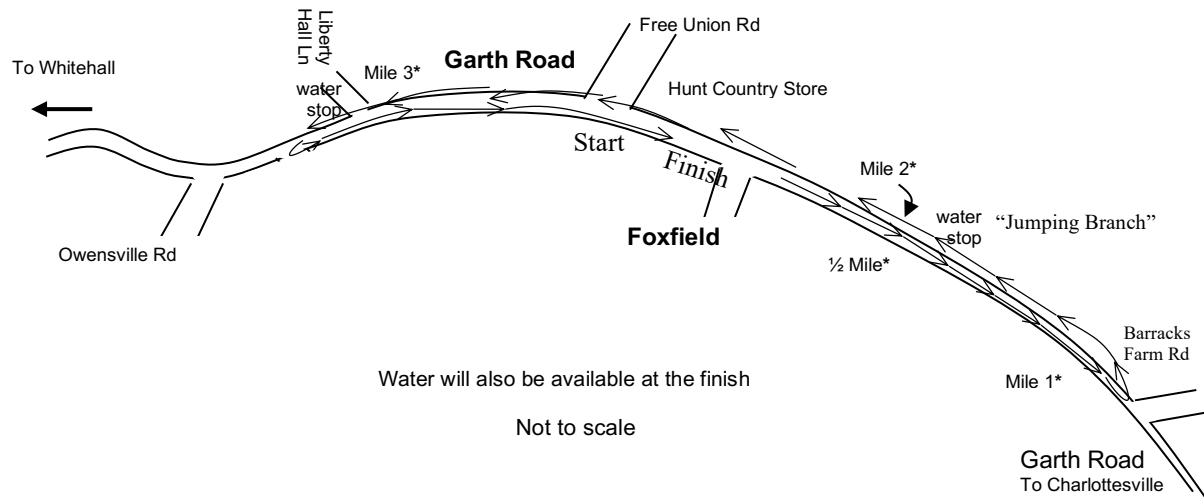
The Board sincerely thanks all who support this wonderful event: the race sponsors, the UVA Breast Care Center, the Four Miler Race Committee led by Audrey Lorenzoni and Nicole Brimer, the race day volunteers, and Pam Whorley aka "Pink Pammie" and all the Pink Ladies of the CTC's Women's Four Miler Training 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 \$4 million to the UVA Breast Care Center over the past 37 years.

The CTC Board wishes you all a great race experience!

Jay Wildermann  
President, Charlottesville Track Club

## Race Course



## Race Committee

Audrey Lorenzoni and Nicole Brimer ~ Co-Race Directors

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

Cynthia Lorenzoni ~ for all the behind the scene help!

## With a very special “Thank You” to...

- \* **Gerald Shifflett** and **Pat Butterfield** for opening the gates (37<sup>th</sup> year) of beautiful **Foxfield!**
- \* **The Charlottesville Track Club** for all of their professional support (37<sup>th</sup> year)!
- \* **Les Sinclair** for all the media support at **Z95** (22<sup>nd</sup> 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 (37<sup>th</sup> year).
- \* **The Rescue Squads** for their continued medical support (37<sup>th</sup> year).
- \* **Dr. Robert Wilder’s “Runner’s Clinic”** staff from Health South at UVA for their medical expertise (18<sup>th</sup> 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!
- \* Thanks to the sports department at the **Daily Progress** for printing the race results.

**Dave Murphy** (1946-2019) we will never be able to fill the void left by your passing.

## Bev McCoid Four Miler Volunteer Award Recipients

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

2018 – Pam Whorley  
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 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 9:15**) 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 some 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:

<b>10 &amp; younger:</b> top four	<b>11-14:</b> top four	<b>15-19:</b> top five	<b>20-24:</b> top seven
<b>25-29:</b> top nine	<b>30-34:</b> top nine	<b>35-39:</b> top eleven	<b>40-44:</b> top ten
<b>45-49:</b> top ten	<b>50-54:</b> top eight	<b>55-59:</b> top eight	<b>60-64:</b> top five
<b>65-69:</b> top three	<b>70-74:</b> top three	<b>75-79:</b> top two	<b>80+:</b> top two

This year's **TEAM AWARDS** are as follows:

**Mother/Daughter Team:** top two  
**Sister/Sister Team:** top one  
**Timed/Competitive Team:** top two

#### **NUMBER of ENTRANTS by individual AGE GROUPS**

10 & younger: 88, 11-14: 84, 15-19: 105, 20-24: 159, 25-29: 153,  
30-34: 183, 35-39: 222, 40-44: 205, 45-49: 200, 50-54: 157,  
55-59: 155, 60-64: 105, 65-69: 63, 70-74: 36, 75-79: 9, 80+: 4  
Almost 2,000 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 (Rose) Ward – 21:00

30-34: Ann Dunn– 22:38

35-39: Jennifer Owens – 22:27

40-44: Debi Bernrades – 24:05

45-49: Andrea Wright – 24:20

50-54: Kendall Tata – 25:00

55-59: Kendall Tata – 26:03

60-64: Peggy Mowbray – 29:30

65-69: Linda Scandore – 33:46

70-74: Elaine Boyd – 36:39

75-79: Nancy Fraser – 41:22

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
2018	Rachel (Rose) Ward	22:09	2,404	Cynthia & Audrey Lorenzoni

## Some tidbits from last year's race...

**2018 Time Spread** 22:09 to 1:40:07 (first place to final finisher)

### 2018 Top Three:

1. Rachel Ward	22:09	(age 28)
2. Brittany Tretbar	23:10	(age 23)
3. Rachel Booth	23:21	(age 37)

### 2018 Age Group Winners:

10 & younger: Mia Crayton – 35:16	11-14: Madeline Creasy – 29:01
15-19: Allie Edmonds – 27:14	20-24: Nicole Douma – 26:43
25-29: Julianne Quinn – 24:00	30-34: Ann Mazur Robb – 23:37
35-39: Kate Galie – 23:48	40-44: Meg Crook – 26:40
45-49: Katie Jaffe – 28:57	50-54: Nicola Ratcliffe – 28:00
55-59: Kendall Tata – 26:04	60-64: Hosni Haghghian – 30:21
65-69: Linda Scandore – 35:26	70-74: Elaine Boyd – 38:27
75-79: Nancy Davis-Imhof – 57:17	80+ : Nancy Fraser – 50:37

**2018 Donation:** Thanks to your support, **\$210,000** 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.**

Welcome to the **600+** first time participants! Welcome back to those that have participated more than 10 times!

\*\*\*\*Over **100** of our entrants are **CANCER SURVIVORS.** We wish them all a special race!\*\*\*\*

## 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!**

acac Fitness and Wellness Centers  
Brian Keena (Massage Therapist)  
Chopt  
Crutchfield

Gearharts  
Meriweather Mowing  
New Dominion Bookstore  
Oliva

Plow & Hearth  
Ragged Mountain Running Shop  
Success Studio  
Yves de Lorme

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

**Please keep fundraising! The deadline for donations is September 30, 2019!**

**The top 10 individual fundraisers will win a prize!**

These prizes will be available for pick up at Ragged Mountain Running Shop after October 10, 2019. Please note that prizes will be awarded based on the information that we have in our records. The last day to turn in donations for a prize this year is September 30, 2019.

# 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 17thth 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 **100 names** were submitted, helping to raise **\$5,000** for this most worthy cause. Extra big thanks to all of you who submitted names.

The below two poems are by Charlotte Matthews and are reprinted with her permission.

## Driving Home After Diagnosis

There is a woman throwing ashes  
out her back stoop onto the late  
February snow. There is a boy  
at the top of a see-saw, held there,  
as if unshatterable. Then a truck  
with aluminum racks passes carrying  
enormous sheets of glass, tenuous  
as a filly's fetlocks.  
Not five miles away  
a spring storm mounts,  
and all the leaves I'd collected  
for the fox den disintegrate  
just like that.

## Driving Home After Diagnosis

There is a woman throwing ashes out her back  
stoop onto the late February snow. There is a  
boy

## Whistle What Can't Be Said

During radiation nothing gives—  
all that steel and glass and plaster,  
the machine closer and closer  
until it's an inch from the absent breast.  
Why can't I say what happened?  
I'm trying to—but I've been  
instructed not to move, not even a millimeter,  
or the radiation will reach my heart.  
All I want is to hear my neighbor  
call his cows home at dusk, to see  
him touch their bellies, feel the fur  
that swirls between their eyes.

Visit [whistlewords.org](http://whistlewords.org) to find out more about  
free writing workshops for survivors.

## Food Donors



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## Results

Thanks to the Charlottesville Track Club, complete 2019 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.com](http://www.womens4miler.com) or at [www.charlottesvilletrackclub.org](http://www.charlottesvilletrackclub.org).



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