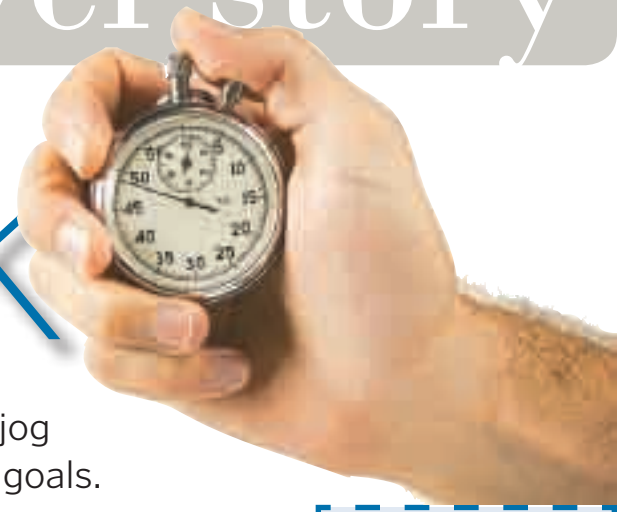


KEEP ON TRACK



Millions of people resolve each year to get in shape. Whether you just want to feel better on a jog or work your way up to a marathon, this calendar of regional events will help you stick to your goals.

By Jennie Tal | The Roanoke Times | jennie.tal@roanoke.com | 981-3269

JANUARY

Tread Lightly 5K Trail Race and Canine 5K Run/Walk

Part of the Great Eastern Trail Run Series.
When: 8:15 a.m. Jan. 24
Where: Observatory Hill, Charlottesville
Cost: \$15, advance; \$18, race day
Contact: (434) 293-7115, badtothebone.biz

FEBRUARY

Holiday Lake 50K++

A two-loop, shady course with rolling hills on trails, forest service roads and dirt roads. Part of the 2009 Lynchburg Ultra Series.
When: 6:30 a.m. Feb. 14
Where: Holiday Lake 4-H Educational Center, Appomattox-Buckingham State Forest
Cost: \$65 before Jan. 23; \$85 after
Contact: (434) 582-2386, extremeultrarunning.com

Leave No Trace Canine 5K Run/Walk and Trail Race

Part of the Great Eastern Trail Run Series. Canine run/walk begins 15 minutes after the trail race.
When: 8 a.m. Feb. 21
Where: Mint Spring Park, Crozet
Run/walk cost: \$15, advance; \$18, race day
Trail race cost: \$20, advance; \$23, race day
Contact: (434) 293-7115, badtothebone.biz

Blacksburg Classic 10 Mile and 5K

The 24th annual race is organized by the Blacksburg Striders along residential roads and the Huckleberry Trail, a greenway. A one-mile fun run is held before the start of the 5K and 10-mile races.
When: 1 p.m. Feb. 21
Where: Margaret Beeks Elementary School, Blacksburg
5K cost: \$15 before Feb. 1; \$18 before Feb. 20; \$20 on race day
10-mile cost: \$17 before Feb. 1; \$20 before Feb. 20; \$22 on race day
Fun run/walk cost: \$3; \$12 with T-shirt
Contact: civic.bev.net/striders/classic_2009.html

MARCH

What Goes Down Must Come Up 4-Miler

The 14th annual predict-your-time event followed by a pancake breakfast.
When: 8:50 a.m. March 7
Where: Jefferson Forest High School, Forest
Cost: \$7, advance; \$10, race day
Contact: riversiderunners.com

Explore Your Limits 5K and 10K Trail Run

The fifth annual race sponsored by Mountain Junkies.
When: 9 a.m. March 7
Where: Milepost 115 off the Blue Ridge Parkway, Roanoke
Contact: 375-3990, mountainjunkies.net

Gifts for Gulu

A 5K run and children's fun run in support of local nonprofit sports outreach.
When: 9 a.m. March 14
Where: Lynchburg College track
Cost: Donation of new or used sports equipment
Contact: riversiderunners.com, giftsforgulu.com

Shamrock Hill Distance Run

Proceeds benefit the scholarship program at Roanoke Catholic School. One-mile fun run is 45 minutes before the 5K race.
When: 9:15 a.m. March 14
Where: Roanoke Catholic School, Roanoke
Cost: \$15 before March 6; \$25 after
Contact: roanokecatholic.com

Shamrock 5K Trail Run

Proceeds benefit the Shenandoah Valley High Rollers Wheelchair Basketball Team.
When: 9:30 a.m. March 21
Where: Hillandale Park, Harrisonburg
Contact: 433-2474, erikd@ci.harrisonburg.va.us

James River Day School 5K

When: March 21
Contact: riversiderunners.com

Bel Monte Endurance Run

With a 25K, 50K and 50-mile run. Part of the Great Eastern Trail Run Series.
When: 6:30 a.m. March 28
Where: Sherando Lake, Waynesboro

50-mile cost: \$95 until March 1; \$110 after
50K cost: \$85 until March 1; \$100 after
25K cost: \$70 until March 1; \$85 after
Contact: (434) 293-7115, badtothebone.biz

Terrapin Mountain 50K and Half Marathon

Part of the 2009 Lynchburg Ultra Series and the Beast Series.
When: 7 a.m. March 28
Where: Sedalia Center, Big Island
Half-marathon cost: \$50 before Feb. 28; \$70 after
50K cost: \$65 before Feb. 28; \$85 after
Contact: eco-xsports.com/terrapin.php

Montvale Park 5 and 10 Mile Races

On the new, scenic trail in Bedford County.
When: 9 a.m. March 28
Where: Just behind Montvale Elementary School, Bedford
Contact: mountainjunkies.net

Kappa Delta "5KD"

When: March 28; 9 a.m., registration; 11 a.m., race
Where: Duck Pond, Virginia Tech
Contact: runaboutsports.com

APRIL

Charlottesville Ten Miler

Charlottesville's oldest footrace features musical performers along the route. Proceeds benefit People and Congregations Engaged in Ministry (PACEM).
When: 7:45 a.m. April 4
Where: Beginning on the University of Virginia campus, through downtown Charlottesville
Cost: \$30, individual; \$20, team; registration closes April 2
Contact: cvilletenmiler.com

Point of Honor 5K

Part of the Lynchburg Road Runners Race Series. Proceeds benefit LifeNet.
When: April 4
Contact: riversiderunners.com

Charlottesville Marathon and Half Marathon

Along roads with historic sites including Thomas Jefferson's Rotunda, at the University of Virginia, and continuing through Albemarle wine and horse country.
When: 6:30 a.m. April 18
Where: Near downtown Charlottesville
Contact: (434) 293-7115, charlottevillemarathon.com

Mill Mountain Mayhem 10K

Corkscrew around the mountain twice as you climb to the top and finish with a long downhill run.
When: 9 a.m. April 18
Where: Start at the trailhead for the Star Trail
Contact: mountainjunkies.net

Godparents Home 5K

Part of the Lynchburg Road Runners Race Series.
When: April 18
Where: Kemper Street Station entrance to the Blackwater Creek Bikeway
Contact: riversiderunners.com

Angels Race Expo

When: Noon to 6 p.m. April 25
Where: Holiday Inn Select, Main Street, Lynchburg
Cost: Free
Contact: riversiderunners.com

Promise Land 50K

Part of the 2009 Lynchburg Ultra Series.
When: April 25
Contact: (434) 582-2386, extremeultrarunning.com

Vinton Baptist Dogwood Challenge

A 5K as part of the Vinton Dogwood Festival.
When: April 25
Where: Downtown Vinton
Contact: 983-0613, vintondogwoodfestival.com

Angels Race Triathlon

300-meter pool swim, 25K bike ride and 5K run.
When: 8 a.m. April 26
Where: Lynchburg Downtown YMCA
Contact: riversiderunners.com, angelsrace.com

University Bookstore Hokie Hope 5K Run/Walk

Proceeds benefit the American Cancer Society. One-mile fun run begins one hour before 5K run/walk. Course is on- and off-road.
When: April 26
Where: Duck Pond, Virginia Tech
Contact: www.recsports.vt.edu

Chug for the Jug

A four-mile road race. Historically held in April.
Where: Rocky Mount
Contact: 489-3825, rockymountva.org

Star City Women's 5K Race

The 26th annual race has a training group that will start about six weeks before the 5K for beginner runners. Historically held in April.
Where: Grandin area, Roanoke
Contact: starcitystriders.com

MAY

Smith Mountain Lake Triathlon

750-meter swim, 20K bike ride and 5K run.
When: 9 a.m. May 2
Where: Smith Mountain Lake State Park, Huddleston
Individual cost: \$55 before April 1; \$60 before April 30; \$70 before May 2
Relay team cost: \$90 before April 1; \$100 before April 30; \$110 before May 2
Contact: setupevents.com

Heart of Virginia 10K

When: May 2
Where: Farmville
Contact: riversiderunners.com

Gallop 4 The Greenways

Proceeds benefit Pathfinders for Greenways and support the network of pedestrian- and bike-friendly trails in Roanoke.
When: May 9
Where: Roanoke
Contact: gallop4thegreenways.com/welcome

New Balance Wondergirl 5K

A noncompetitive, family-oriented event featuring Girls on the Run of Greater Lynchburg.
When: 8:30 a.m. May 16
Where: Kemper Street Station, Lynchburg
Contact: riversiderunners.com

Appalachian Power Festival Run

5K and 10K runs as part of Roanoke's Festival in the Park. Post-race celebration in Elmwood Park.
When: 8 a.m. May 23
Where: Downtown Roanoke and the city greenways
Cost: \$18 before May 4; \$28 after

Central Virginia Kidney Association Memorial 10K

Part of the Lynchburg Road Runners Race Series.
When: 8 a.m. May 25
Where: Holiday Inn Select parking lot, Lynchburg
Contact: riversiderunners.com

JUNE

Low Impact Canine 5K Run/Walk and Trail Race

Part of the Great Eastern Trail Run Series. Canine run/walk begins 15 minutes after the trail race.
When: 8 a.m. June 6
Where: Mint Spring Park, Crozet
Cost: \$15, advance; \$18, race day
Contact: (434) 293-7115, badtothebone.biz

Trail Nut 10K and Half Marathon

The 10K will lap the park's rolling single-track trails. The half-marathon will continue on a seven-and-a-half-mile loop and an additional four-mile loop. The race is 90 percent trail and 10 percent grassy fields.
When: 9 a.m. June 6
Where: Falling Creek Park, Bedford
Contact: mountainjunkies.net

Presbyterian Homes 5K

Part of the Lynchburg Road Runners Race Series.
When: 8 a.m. June 20
Contact: riversiderunners.com

Run With Grace

The race held in memory of Grace Lovegrove, a Patrick Henry High School alumna who died of sudden cardiac arrest at age 18 in 2005, is historically held in June. Keep checking the Web site for more information.
Contact: runwithgrace.com

JULY

Downtown Academy Mile

Relatively flat and fast. Part of the Lynchburg Road Runners Race Series.
When: July 4
Where: Commerce Street, down-

town Lynchburg
Contact: riversiderunners.com

Fourth of July Shawsville 5K

Historically held in celebration of the Shawsville Independence Day Celebrations.
When: July 4
Where: Eastern Montgomery High School, Elliston

New River Valley Triathlon

A 400-meter swim, a 13-mile bike ride and a 5K run. For first-timers to pros ages 10 and up. Proceeds benefit the Mental Health Association of the New River Valley.
When: 7 a.m. July 12
Where: Christiansburg Aquatic Center
Individual cost: \$65
Relay team cost: \$110
Contact: newrivervalleytriathlon.com

Percival's Island 5-Miler

Flat and fast. Part of the Lynchburg Road Runners Race Series.
When: July 18
Where: Blackwater Creek Natural Area, downtown Lynchburg
Contact: riversiderunners.com

Coventry Commonwealth

The games include cycling (July 5 in Blacksburg, July 6 in Roanoke); mountain biking (July 19-20 in Roanoke); a 5K (July 19 in Roanoke); swimming (July 19-22 in Roanoke) and much more.
Contact: commonwealthgames.org

AUGUST

Lynchburg Half Marathon and 5K

Part of the Lynchburg Road Runners Race Series.
When: 7:30 a.m. Aug. 15
Contact: riversiderunners.com

Fab 5K Run

Historically held in mid-August.
Where: Green Hill Park, Roanoke County
Contact: 772-7529, roanokecountyva.gov

Salem Distance Run

Has historically included a three-mile poker walk, 5K and 10K runs.
Where: Longwood Park, Salem
Contact: healthfocussvva.org

SEPTEMBER

Danville Half Marathon and River City 5K

When: 8:30 a.m. Sept. 12
Contact: riversiderunners.com, danvillehalfmarathon.com

Virginia 10-Miler, 4-Miler and Kids Amazing Mile

Double points in the Lynchburg Road Runners Race Series.
When: 8 a.m. Sept. 26
Where: E.C. Glass High School, Lynchburg
Contact: virginia10miler.com

Big Lick Triathlon

A 1,500-meter swim, 40K bike course and 10K. Benefits YMCA of Roanoke Valley's youth programs.
When: Sept. 26
Where: Smith Mountain Lake State Park, Huddleston
Contact: ymcaroanoke.org

Great Eastern Endurance Run 100K

With a 50K. Half-marathon begins one hour after 50K and 100K races. Registration opens Feb. 2.
When: Sept. 26
Where: Sherando Lake Recreation Area, George Washington National Forest
100K cost: \$125 until Aug. 15; \$140 after
50K cost: \$85 until Aug. 15; \$100 after
Half-marathon cost: \$60 until Aug. 15; \$75 after
Contact: rungillrun@comcast.net, badtothebone.biz

5K Run

Historically held in September.
Where: Rocky Mount
Contact: 489-3825, rockymountva.org

Johnny CASA 5-Miler Run/5K Walk

Historically held in early September to benefit the Southern Virginia Child Advocacy Center at LakeWatch Plantation.
Contact: johnnycasa5miler-5kwalk.com

Marine Mud Run 5K

Historically held in mid- to late September in Green Hill Park in Roanoke County. Proceeds benefit Toys for Tots and Camp Roanoke.
Contact: mudrun.com

OCTOBER

John A. Stephenson Memorial Youth Run

Race distance varies with age.
When: 9 a.m. Oct. 3
Contact: riversiderunners.com

New River Trail 50K

The second annual race.
When: Oct. 10
Contact: ncnr.org/nrt50k.html

Charlottesville Fall Classic 10K Road Championship

A scenic road course historically held in late October.
Contact: badtothebone.biz

Into the Darkness 4 Mile Trail Run

A night run on a twisty, rolling single track. Trails will be marked with reflective arrows and glow sticks. Headlamps or flashlights recommended.
When: Oct. 24 (tentative date)
Where: Milepost 115 off the Blue Ridge Parkway, Roanoke
Contact: mountainjunkies.net

NOVEMBER

Apple Valley 5K

A rolling cross-country course through scenic Gross' Orchard on grass, gravel and dirt roads.
When: 10 a.m. Nov. 7
Where: Bedford
Contact: 297-2709, e173boyes@aol.com

MMTR 50 Miler

Part of the 2009 Lynchburg Ultra Series.
When: Nov. 7
Contact: (434) 582-2386, extremeultrarunning.com

Pack It Out Canine 5K Run/Walk and Trail Race

Part of the Great Eastern Trail Run Series. Canine run/walk begins 15 minutes after the trail race.
When: 8 a.m. Nov. 14
Where: Walnut Creek Park, Charlottesville
Run/walk cost: \$15, advance; \$18, race day
Trail race cost: \$28, advance; \$32, race day
Contact: (434) 293-7115, badtothebone.biz

Girls on the Run of Greater Lynchburg 5K

When: 9 a.m. Nov. 21
Where: Blackwater Creek Bikeway, Kemper Street Station
Contact: riversiderunners.com

Altavista Gilet Jog 5K

When: 8:30 a.m. Nov. 26
Where: Altavista High School cross-country course
Contact: altavistaontrack.com

Genesis House Turkey Trot 5K and Youth Mile

When: 9 a.m. Nov. 26
Where: Lynchburg
Contact: riversiderunners.com

Drumstick Dash

5K run and family walk historically held on Thanksgiving Day to benefit the Rescue Mission.
When: Nov. 26
Where: Downtown Roanoke
Contact: rescuemission.net

50th annual Domino's 10K

Road race historically held in November.
Where: Lexington to Buena Vista
Contact: rarorec.org

Star City Half Marathon

Historically held in mid-November through downtown Roanoke and the greenway system.
Where: Wiley Drive, Roanoke
Contact: starcitystriders.com

DECEMBER

Holiday Classic 5K Run

Sponsored by the Southside Virginia YMCA
When: 9 a.m. Dec. 12
Where: Farmville
Contact: riversiderunners.com

Jingle Bell Fun Run

Prizes for holiday spirit. Followed by cookies and hot cider.
When: 8:30 a.m. Dec. 19
Where: Riverside Runners, Lynchburg
Contact: 846-7449, riversiderunners.com

Jingle Bell Run/Walk for Arthritis

Three-mile timed race and one-mile walk historically held in early December. Proceeds go toward helping people living with arthritis.
Contact: jinglebellrunroanoke.kintera.org

Just getting started?

So, a marathon's not for you — yet. Don't worry, there's plenty you can do as a beginner.

Star City Striders

In addition to monthly meetings, this Roanoke running and walking group hosts fun runs eight or nine times a year. Plus, they have a number of ongoing group runs to help you get into shape. Check them out and find more information about the weekly group runs at starcitystriders.com.

Fleet Feet

The Roanoke sports apparel store has twice-a-year 5K beginner training programs. The 12-week spring program will begin in February and costs \$75. For more information, call 777-1166 or visit fleetfeetsports.com.

RunAbout Sports

The Blacksburg sports apparel store offers a weekly run/walk. The group meets Wednesdays at 6 p.m. at the store and goes three to seven miles. For more information, call 552-9339 or visit runaboutsports.com.

Give It A Tri First-Timer Triathlon Training

Working toward a triathlon? Start training with the TriAdventure Multisport Coaching and Fitness spring session. Informational meeting at 7 p.m. April 27 at the Weight Club in Blacksburg's University Mall. Training begins at 6 p.m. May 3 at the Blacksburg Aquatic Center. The fee is \$50. For more information, contact Anne at racer15@triadventure.com or 230-3019; Kelly at kelly@triadventure.com or 818-1463; or visit triadventure.com.

Indoor Try-Athlon

An event for first-time triathletes. This Farmville event is open to anyone 14 and older. Registration required by Jan. 10. Mandatory pre-race meeting at 8:30 a.m. race day, Jan. 17. For more information, visit riversiderunners.com.

Team in Training

The Leukemia and Lymphoma Society's sports training program helps people train for marathons, half-marathons, triathlons, 100-mile century bike rides and hiking adventures while funding research for blood cancers. For more information, contact Elliot Smith at (804) 627-0400 or elliot.smith@lls.org. Regional informational meetings are as follows: 6:30 p.m. Jan. 15 and 6 p.m. Jan. 27 at the downtown Roanoke Main Library; and 6:30 p.m. Jan. 22 at the Blacksburg Public Library.

Did we miss an event? Send it to events@roanoke.com or post on the roanoke.com calendar for future listings.

NOTE: Make sure to check the event details