

The Batesville 10K

Established 1979
(the area's second oldest footrace)

Location: Batesville is a tiny village located in the southwestern part of Albemarle County

Time of Year: usually the second or third Saturday in May...held in conjunction with the annual "Batesville Day" festivities.

Course Profile: widely considered to be one of the most challenging road races in the region...referred to as "the legend" because of its steep switch backing climb over a good percentage of the **first half** of the race. Beautiful scenery and a constant descent over the last half of the race help to temper its reputation. Loop course.

Tidbits: Many locals claim that you can't call yourself a "real runner" until you've raced the Batesville 10K. In 1980 a clever and humorous Batesville resident, who was cheering at the half mile mark, held up a hand painted sign that read: "Rosie Ruiz rides" to the top...\$5.00. Ruiz was the woman who had been caught cheating at the Boston Marathon earlier that spring!

Volunteer Race Director: Hamp Carruth, a Batesville resident himself, has directed the race since 1985.

Average Attendance: 75-100

Beneficiary: All of the race proceeds benefit The Batesville area Food Pantry and scholarships and projects for area schools like Brownsville, Henley and Western Albemarle.

Course Records

Open: Mike Fox- 31:45 Anna Pichrtova-35:48

Masters I (40-49): Bill Guerrant-34:48 Beth Cottone 41:46

Masters II: (50-59): Chester Naylor-38:00 Mary Napoleon-49:31

Masters II (60-69): Harry Freestone-50:11 Mary Napoleon-53:48

Masters IV (70+): Harry Freestone-57:22

The New Years Day 5K

Established 1991

Location: Just on the outskirts of the beautiful village of Free Union in Northwestern Albemarle on Wesley Chapel Road.

Time of Year: Always held on the first of January and usually at 11:00 in the morning.

Course Profile: Widely considered to be one of the flatter courses on the local circuit, this out and back course runs along a gently rolling paved section of Wesley Chapel Road. The second half (after the turnaround) of the course is faster than the first. The scenery on the way back is simply gorgeous, especially if there has been a recent snowfall in the mountains!

Tidbits: In addition to great prizes and food, there is an annual “T-Shirt Contest”, with gift certificates awarded (based on the spectators clapping and cheering) to the **oldest, ugliest, loudest/brightest and farthest away**.

Volunteer Race Director: CTC member Michael Goldman has directed this popular holiday Charlottesville Track Club race since 2002.

Average Attendance: 300

Beneficiary: The CTC donates over a \$1,000 annually to a variety of charities including The Santa Fund.

Course Records

Open: Hari Mix 14:45 Anna Pichrtova-17:18

Masters I (40-49): Bill Guerrant-16:57 Andrea Wright-20:15

Masters II (50-59): Bill Guerrant-18:22 Lis Villadsen-22:56

Masters III (60-69): Chester Naylor-19:38 Lis Villadsen-25:46

Masters IV (70+): Armand Zambardi-25:31

Boars Head Turkey Trot 5K

Established 1983

Location: In beautiful Ednam Forest (at the The Boars Head Inn complex), which is just west of Charlottesville (on 250 across from The Farmington Country Club).

Time of Year: Always held on Thanksgiving Day at 9:00am.

Course Profile: Widely considered to be one of the most challenging 5K road courses on the local circuit, it features some long up hills through the tree lined paved neighborhood streets of Ednam. Run the first mile easy and relaxed (slower than the rest) and the down hills of the last two miles will reward you with negative splits. Loop course.

Tidbits: Lots of families participate in this very popular holiday event and close to 30% of the total participants walk the entire course. Many folks dress in festive costumes. This is the third largest single race event in the area (behind the Ten Miler and The Women's Four Miler).

Volunteer Race Director: Mark Lorenzoni has directed the finish line and course logistics for the CTC since 1994.

Average Attendance: 1,300

Beneficiary: All of the proceeds are passed along to the fine folks at The UVa Children's Hospital (over \$30,000 annually).

Course Records

Open: Hari Mix-15:34, Josiah Cadle-15:34 Cynthia Lorenzoni-17:43
Masters I (40-49): Burkhard Spiekermann-17:18 Beth Cottone 20:18
Masters II (50-59): Frank Webb-18:51 Connie Friend-22:58
Masters III (60-69): Cal Fowler-20:47 Lis Villadsen-26:44
Masters IV (70+): Wendell Golden-28:20 Nancy Welker-33:01

MJ8K

Established 1985

Location: In and around downtown Charlottesville, starting and finishing at Martha Jefferson Hospital.

Time of the Year: The race, which used to be held in the fall, is now always run in mid-March.

Course Profile: This tour de force of some of the oldest and scenic neighborhoods in and around the downtown, features some very challenging up hills, especially in Belmont at the latter part of the race. The first half mile of the race course is very fast! The race also features a jaunt on the brick of the downtown mall, the only time the runners are off the pavement. Loop course.

Tidbits: The race has earned the reputation as the “perfect tune-up’ for The Ten Miler, which is always held three weeks after the MJ8K. Many years, the MJ8K winner also goes on to take the blue ribbon at the Ten Miler. There is also a walk held in conjunction with the footrace.

Volunteer Race Director: Melissa McDowell and Julia Bellis serve as co-directors (they assist MJH employees Ray Mishler and Lauri Wilson). Micahel Goldamn is credited with growing the event during his tenure as director.

Average Attendance: 600-750

Beneficiary: All of the race proceeds benefit Breast Cancer programs at Martha Jefferson Hospital (several thousand are raised annually).

Course Records

Open: Tom Jeffreys-25:21 Jill Krebs-29:38
Masters I (40-49): Burkhard Spiekermann-28:00 Andrea Wright-30:52
Masters II (50-59): Bill Guerrant-30:14 Victoria Croft-39:17
Masters III (60-69): Cal Fowler-33:48 Lis Villadsen-39:52
Masters IV (70+): Harry Freetone-43:13 Jane Berkeley-59:20

Pepsi 10K

Established 1984

Location: The race starts and finishes at historic Meriwether Lewis Elementary School on Owensville Road in Ivy (about 20 minutes west of town off route 250).

Time of the Year: Always held in early September, the week after The Women's Four Miler.

Course Description: This gently rolling road course goes out a mile and turnarounds on itself and heads back by the start. It then proceeds for a two mile run in the other direction before turning around and heading back to the school and the finish. Many veterans claim this is one of the faster courses in the area, as it features no major up hills. Beware: the first mile is by far the fastest of the course and many first timers run it way too fast and pay for it later in the race.

Tidbits: The UVa Men's Lacrosse team volunteers along the course each year and traditionally several UVa athletic teams (Men's and Women's swimming, Women's lacrosse) actually run in the race.

Volunteer Race Director: Veteran CTC volunteer Carol Finch has been at the helm since 1993.

Average Attendance: 250-300

Beneficiary: The area's Special Olympians receive the proceeds from the event each year (several thousand annually).

Course Records

Open: Gordon Christie-30:59	Trish Phillips-35:58
Masters I (40-49): Bill Guerrant-34:20	Andrea Wright-39:53
Masters II (50-59): Bill Guerrant-37:58	Lis Villadsen-46:04
Masters III (60-69): Cal Fowler-41:54	Lis Villadsen-51:27
Masters IV (70+): Armand Zambardi-49:12	

Valentines Partners 5K

Established 1986

Location: This popular mid-winter race starts and finishes on Charlottesville's Downtown mall.

Time of Year: The race is usually held on the closest Saturday to Valentines Day (usually the second Saturday in February) at 8:00am.

Course Description: This tour of historic court Square and the beautiful neighborhoods of North Downtown, features some very challenging hills. Some of the steeper or longer hills of note include 5th Street (~.8 miles), Northwood (~1.5 miles), Lexington (~2.3 miles) and Maple (~2.7 miles). Because of the challenging nature of the course it's wise to take it very easy for the first half mile or so. The last half mile is almost all downhill, so start your kick as you crest Maple and head down 7th Street to the mall! Loop course.

Tidbits: This popular holiday run is the only local race that requires you to enter with a partner. There are a variety of "partner categories" including, male/female, male /male, female/female and husband/wife. You need not run alongside your "partner" but your places will be combined at the finish. The race has been held in all kinds of weather including 25 degree weather and snow!

Volunteer Race Director: The race has only had three directors over its storied history: Jeff Brown, Tom Scala and its current leader, Carol Finch.

Average Attendance: 300

Beneficiary: Since its inception the race has donated all of the proceeds to the local chapter of Amnesty International, the wonderful world wide organization (several thousand is raised annually).

Course Records

Open: Geoff Mearns-15:45 Lianne McVey-17:39
Masters I (40-49): Peter Kirk-16:24 Andrea Wright-19:24
Masters II (50-59): Tony Gee-18:12 Lis Villadsen-19:55
Masters III (60-69): Cal Fowler-20:40 Lis Villadesn-25:45
Masters IV (70+): Armand Zambardi-27:47

The Bruce Barnes Mile

Established 1992

Location: The race starts in the central crossroads of the village of Greenwood in the far western part of Albemarle County, about 25 minutes due west of Charlottesville. Parking, registration awards and refreshments are held at the Greenwood Community Center (come to the center of Greenwood and turn right).

Time of Year: The race is held either on Bruce Barnes' Birthday (June 9th) or as close to that date as possible. Sometimes the race is held in the evening (5:00) and other times it will be run in the morning.

Course Description: This unique one mile road race (the only one in our area) is all downhill, with its steepest descent over the last quarter mile. Splits are read every quarter mile and the race finishes within view of Lady Astor's famous mansion, "Mirador". The runners are treated to gorgeous panoramic mountain views on their cool down back to the community center after the race.

Tidbits: The race was run on a downhill portion of Pen Park from 1992-2003 but we had to move the course because of traffic issues within the park. The race is run in memory of and as a celebration of Bruce Barnes' life. He was a very popular member of the CTC for over ten years and one of the fastest racers in the area (he ran 51 minutes at the Ten Miler one year) until his untimely and tragic death in 1991 at age 35.

Volunteer Race Director: Lindy Bain and Mark Lorenzoni, both close friends of Barnes, have directed the event since 1992.

Average Attendance: 45-55

Beneficiary: All of the proceeds are always passed along to the CTC (over \$2,000 since 1992).

Course Records

Pen Park (1992-2003)

Mike Fox/Todd MaCallister-4:08 Stephanie Ingersoll-5:01

Masters I (40-49): Fred Binggeli-4:14 Lis Villadsen-5:33

Masters II (50-59): Skip Mullaney/Chester Naylor-5:06 Lis Villadsen-5:27

Masters III:

Greenwood (2004-present)

Alec Lorenzoni-4:13 Andrea Wright-5:19

Masters I (40-49): Dan Wiggins-4:36 Andrea Wright-5:19

Masters II (50-59): Dan Murray-4:56 Peggy Mowbray-6:00

Masters III (60-69): Cal Fowler-5:40

Masters IV (70+): Armand Zambardi-6:27

The Charlottesville Ten Miler

Established 1976

Location: The race starts in front of the John Paul Jones Arena (Massie Road) within view of some of the University of Virginia's most famous athletic facilities, including University Hall, Lannigan Field (track), Klockner Stadium (soccer) and Davenport Field (baseball).

Time of Year: This popular event is the kickoff event for the area's famous Dogwood Festival and is held usually on the first Saturday of April at 7:45am.

Course Description: Widely considered to be the "most scenic urban course" in the state, this rolling tour of Charlottesville brings the runners through Jefferson's beautiful UVa "grounds", up Rugby Road, down Preston, up the historic downtown mall, around Court Square and the gorgeous Park Street neighborhoods, up main street and by the famous University "Corner". The worst hills greet the racers at miles 1.5, 5.5, 6.2, 6.7, 7.2 and 8.2. The certified loop course is closed to ALL auto traffic.

Tidbits: This is the area's oldest and most prestigious footrace. It was originally run out to Camp Holiday Trails and back again and was a far more challenging course than today's run, with switchback climbs up steep gravel hills. The course was changed to its current urban run in 1984. Richard Ferguson (first under 50 minutes) and Cynthia Lorenzoni (first under 60 minutes) are the only two people to win the race on **both** courses. Cynthia and Alec Lorenzoni are the only parent/child winners in the event's illustrious history.

Race Directors: James and Karen Beaver (1976-1983); Mark Lorenzoni and David Murphy (1984-1995); Adam Slate (1996-1998); Maria Bell (1999-2001); C.J.Woodburn (2002-2005); Alice and Dan Wiggins (2006-).

Average Attendance: 2,000-2,500...the race closes early (about a week to 10 days prior).

Beneficiary: The event annually donates \$15-30,000 to a variety of area charities (over \$450,000 since 1976)!

Course Records

Ken Frenette-49:04 Margaret Groos-54:39
30-39: Mike Cotton-49:22 Joan Benoit Samuelson-57:19
40-49: Tony Simmons-50:46 Dianna Miller-63:29
50-59: Burr Grim-58:29 Lis Villadsen-66:08
60-69: Burr Grim-61:31 Lis Villadsen- 70:03
70+: John Bays 84:03 Nancy Fraser-99:33

4th of July 5K

Established 1985

Location: This popular holiday race starts and finishes behind the Food Lion at Forest Lakes (just off Proffit Road).

Time of Year: The race is always held at 7:30am on the 4th of July (except when the 4th falls on a Sunday).

Course Description: The race runs through the paved neighborhoods streets of Forest Lakes and features several challenging up hills but also rewards the runners with a few long down hills. Despite the heat and humidity some of the fastest local 5K times of the year are annually recorded on this loop course.

Tidbits: The event was held at Pen Park from 1985-1993. In 2006 a frightened deer darted out onto the course and clipped one of the racers, causing the runner to stumble and fall to the ground! The CTC considers this to be one of their “Holiday” crown jewel events, along with the New Years 5K, the Valentines 5K, the Women’s Race (Labor Day weekend) and the Turkey Trot.

Vounteer Race Director: CTC Lifetime Award recipient Jay Wildermann has directed the event since 1995. Dick Fowler is the director for the Kiwanis.

Average Attendance: 300+

Beneficiary: The Kiwanis, who annually co-host this popular event, donate all of the proceeds to a variety of area cause like Camp Holiday Trails (over \$5,000/year).

Course Records

Paul Spangler-15:20 Beni Thompson-17:54

Masters I (40-49): DanWiggins-17:03 Andrea Wright-19:31

Masters II (50-59): Dan Murray-18:15 Mary Napoleon-23:16

Masters III (60-69): Dan Murray-18:46 Lis Villadsen-25:17

Masters IV (70+): Armand Zambardi-24:46

The Chicken Run Five Miler

Established 1983

Location: North Garden...29 South at the road to Red Hill School (take a left off 29).

Time of Year: This popular summer event is always held on the second or third Saturday in August (8:00am).

Course Description: This challenging out and back country course features a long and tough climb at the start and a steep up hill at mile four. Over half of the course is run on a gravel road.

Tidbits: The course was designed by former North Garden residents Bill and Ellen Keslo, whose old mill still stands at the turnaround bridge (2.5 miles). Bill is the head archeologist at Jamestown and is credited for making the historic discovery of the famous settlement! The event always has great post race refreshments and prizes!

Volunteer Race Director: North Garden resident John Lloyd has done a beautiful job of directing this event since 1996.

Annual Attendance: 80-125

Beneficiary: All of the proceeds are annually donated to The North Garden Fire Department.

Course Records

Tom Jeffreys-25:41 Pam Fauber-30:28

Masters I (40-49): Charlie Goetz- 27:58 Lis Villadsen-32:24

Masters II (50-59): Chester Naylor- 30:18 Lis Villadsen-38:15

Masters III (60-69): Cal Fowler-34:35 Connie Friend-46:13

Masters IV (70+): Armand Zambardi-39:48

The Charlottesville Women's Four Miler

Established 1983

Location: Garth Road at Foxfield...go west on Barracks Road for about 4.5 miles to the beautiful Foxfield steeplechase horse race course facility.

Time of Year: The event is always held on the Saturday of Labor Day weekend.

Course Description: Widely considered to be one of the flattest road courses in the area, the race begins at the entrance to Foxfield and heads a mile east (towards C-ville) then turns around and heads back to the start (2 mile mark). From there the course goes one mile west (3 mile mark) and then turns around again and heads home to the finish (same location as the start). The stretch to mile 3 is the toughest, as it features the course's only hill at the 2.6 mark.

Tidbits: The largest all-women's event in Virginia! The race has witnessed phenomenal growth over the past several years (it tripled in size from 1998-2006) and the race fills up by early July every year (race entries are not available until mid-June). One of the most memorable aspects of the race is the colorful "Motivational Mile" posters along the last section of the course.

Volunteer Race Director: Cynthia Lorenzoni has directed the event since 2000. Her all volunteer race committee has remained in tact over the years!

Annual Attendance: The race fills up at about 3,000 entrants, making it the largest race in the area!

Beneficiary: ALL of the proceeds are passed along to the wonderful programs at UVa's Breast Care Center (for breast cancer survivors). Over \$100,000 is donated annually!

Course Records

Suzanne Girard- 21:50
30-39: Anne-Marie Jutel-22:42
40-49: Debi Bernardes-24:05
50-59: Lis Villadsen- 25:10
60-69: Mary Napoleon-31:50
70+: Louise Martin-38:12

The Ragged Mountain Cup

Established 1986

Location: The event has been held at Panorama Farms (just off Earlysville road) since 2004. Up until that time The Cup was held at Towe Park, except for the first few years (1986-1989), when it was held at Pen Park.

Time of Year: The Cup is usually run on the first Tuesday after Labor Day at 5:00pm.

Course Description: The beautiful, lush paths of Panorama run over some challenging hills. This course is used for the Albemarle Invitational, several District and Regional meets and is UVa's home course. Many consider Panorama to be the most beautiful and the best spectator cross country venue in the state (thanks to the efforts of Steve Murray)!

Tidbits: The Cup format is a 2 x 4 mile relay and is the season kickoff race for the area's 17 high school programs. Winning the "cup" often equates to bragging rights as the area's best team and the Champion squads have their team photo enlarged to poster size and hung at Ragged Mountain for all to view!

Volunteer Race Directors: Mark and Cynthia Lorenzoni have hosted the race (at no charge to the invited schools) since 1986.

Annual Attendance: Around 400 high school harriers compete!

Course Records

Towe Park (used until 2003)

Individual: Jeremy Cadle (WAHS)-9:55 Jennifer Owens (AHS)- 11:41

Four Person Relay Teams:

Boys: Western Albemarle 43:11 (2001) Girls: Louisa 50:18 (1999)

Panorama Farms (2004-present)

Individual: Jeremy Haney (FUMA) 10:11 Rachel Rose (AHS) 11:31

Four Person Relay Teams:

Boys: FUMA 41:44 (2006) Girls: Albemarle 52:53 (2006)

Buck Mountain Half Marathon

Established 2003

Location: The event starts and finishes at the Macintosh's field on Wesley Chapel Road on the outskirts of the beautiful village of Free Union in northwestern Albemarle County.

Time of Year: Mid-October

Course Description: The first four miles are on pavement and are flat to downhill. The next mile is all uphill on a gravel road. The rest of the course undulates over paved roads with a bad uphill climb at mile ten and a relatively flat finish over the last 3 miles.

Tidbits: The race course never actually runs up Buck Mountain! Many consider this to be the most scenic half marathon in the state and one of the best organized races in the area.

Volunteer Race Directors: Heidi Johnson and Mark Lorenzoni

Annual Attendance: 125-150

Beneficiary: The event donates all of its proceeds to a different area non-profit cause each year (ie. MACAA).

Course Records

Paul Spangler-1:10:09 Meryl Rutkowski-1:28:58
30-39: Doug Bloor-1:24:10 Melissa Bray-1:30:17
40-49: Rick Kwiatkowski-1:24:29 Andrea Wright-1:29:21
50-59: Rollin Stanton-1:39:38 Bev Wispelwey-1:49:29
60-69: Cal Fowler-1:38:04 Andrea Hess-2:00:29