

A centuries-old adage of uncertain origin states: If you want something done, ask a busy man.

The implication being that folks who prefer activity and productivity are more inclined to accept a task than those who don't.

Guess which category Pete Lampman falls into.

For those who might be new to Virginia Amateur Sports, Lampman was the president for 26 years. He retired five years ago, although the term "retired" hardly seems accurate. He changed titles. He works fewer hours. Pete no longer concerns himself with day-to-day operations.

What Pete did not do was fade into the background, turn off his phone and sit on a beach.

Come out to the Star City Half Marathon and 10k on Nov. 20. There you'll see Pete, serving as race coordinator. Virginia Amateur Sports took over the event in 2020, so Pete agreed to be in charge.

"Jim Humphrey and the Star City Striders were doing it. I've been helping them for years," Lampman said. "The plan was for VAS to take it. I told him we would keep it going. It's a great merger. We helped them and they helped us with some races we put on."

Under the auspices of VAS, making Pete the race coordinator made sense. Plus, Pete is a guy who says "Yes."

Ask someone who's busy.

"I've been blessed to be asked to be part of it," said Lampman, now 75.

He's still part of many things VAS does, serving as volunteer coordinator for the Commonwealth Games. He also serves as a consultant to VAS. Who better to offer consultation than the man who had the biggest hand in making the games what they are today?

"I started in 1992, the third year of the Games. I think there were 4,000-plus athletes then. It's great to see them now. It's a tribute to the volunteers and the staff," he said.

Certainly the staff and volunteers are vital, but so is vision and leadership. Lampman had both. As President of VAS, he was a member of the National Congress of State Games, an association of leaders of those separate events. Lampman and others within that group thought there should also be one over-arching competition – the State Games of America. They voted and it narrowly passed.

"The first State Games of America was in 1999 in St. Louis. My wife reminds me that was our honeymoon," Pete said with a laugh.

It was also something else to add to his plate – something he enjoyed taking on.

In addition to the plentitude of duties he had with VAS, Pete found time to officiate high school basketball. Actually, the officiating came first.

"I was trying to think if it's been 46 or 48 years," he said. Either way, that's a lot of time on the

hardwood. Once retirement rolled around, did he cut back his time in the gym? Hardly. Realizing that most sports are in dire need of more officials, Lampman added volleyball and softball to his vita.

“I’ve got more time since I retired, and those sports really need officials,” Pete said.

He’s right about the second part, but the first is uncertain because he seems to fill the extra time since retirement. Pete has more time but he’s still busy, so naturally he stepped up to help.

What’s been the key to all of it? Loving the work and loving to work with the people who are part of it. The common theme to everything Pete Lampman does is sports, but on a more basic level, it’s people.

“I’ve enjoyed being part of it. I really enjoy going back to Lynchburg (now that the Games are at Liberty University) where I grew up. I especially enjoy the relationship I have with the volunteers,” Lampman said. “There are so many good people involved with sports.”

He’s been retired for five years but this is not a farewell. Pete will still be around.

“One of the joys I had working with Virginia Amateur Sports and the Commonwealth Games is working with people who are positive about life. There was never any reason why we couldn’t get something done. It was ‘Let’s make it happen. What do we need to do to make it happen? What do we need to do to be successful?’ There was never any comments or thoughts of ‘That’s not going to work.’ It was always a positive attitude and relationship with everybody. I think that has a lot to do with sports.”

“My services diminish by the year, which is fine. But I’ll stay part of it ‘til they run me away,” he said.

Don’t look for that to happen.