



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA  
July/August 2010



## ***Happy summer to all!***

*By Bob Bergman, Co-President*

What plans do you have? What goals are you striving to obtain? Setting a goal, and devising a plan to achieve that goal, is the best way to stay motivated. Finding a friend to help with that goal is even better!

It doesn't matter if you are looking for a one mile personal record (PR), or want to stretch out into those crazy ultra-run distances. We have many club members with experience, and a willingness to help. Check out the new LRRRC web site at <http://lrrclub.org>. Make sure you look at the Schedule

*Lancaster Road Runners Club*

section to find events to participate in that work best for you.

The Yahoo Groups section is also a great way to stay informed. You can post questions or mention training runs that you are planning so members can join you. Cross training is great for all types of runners. We have many bikers and swimmers in the club, so don't forget these activities when working out this summer.

Other great cross training sports available are soccer, basketball, tennis and we even have members playing in kickball games! My last bit of advice is to have Fun! No matter what goals you set and what recipe you come up with to reach those goals, make sure Fun is a key ingredient.

## ***Welcome to Our New Members***

Dolores Evans, Lancaster  
Mindy Nolt, Lancaster  
Douglas Thomas, Lancaster  
Adam & Jill Burk, Lancaster  
Christopher McDougall, Peach Bottom  
Wanda Rogers, Lititz  
Hans & Stephanie Gehman, Mt. Joy  
Jackie Birkness, New Holland  
Abigail Swartz, Columbia

If you are one of our new members, come out and participate. Experience the thrill of our Fun Runs and make some new friends.



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### Club Activities, Events & Races

- Newsletter
- Club Meetings
- Corn Roast (late August)
- Fun Runs (Tuesdays)
- Trail Runs (Thursdays & Sundays)
- Awards Dinner (Late January)
- Mrs. Smith's Challenge 5 Mile Trail Race (Mid-May)
- Smith's Challenge 10K Trail Race (Mid-June)
- Conestoga 10 Mile Trail Race (Late September)
- February, Sunday Breakfast Run
- Stoudt's Brewing Distance Classic 12K Road Race (Late October)
- Road Trips to Races (Anytime)

### Contacts

<b>Presidents</b>		
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Bill Hager	278-7800	wmhh4@aol.com
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Marcia Peters	367-1142	ultrabuzzards@comcast.net
<b>Webmaster</b>		
Adam Smith	(330)268-6382	smith.5274@gmail.com
<b>Club Historian</b>		
Bill Smith	394-7812	billsmithruns@comcast.net

#### About your mailing label:

The year your membership expires is shown on the top line (see sample at right). Membership ends December 31 of the year listed.

Please send address changes or corrections to the Club Secretary.

John Doe	2010
1234 Anywhere St.	
Lancaster, PA 17601	

**Club t-shirts, jackets, singlets and patches are available for purchase. Call the club haberdasher for prices and size availability**

#### MEMBERSHIP INFORMATION

The Lancaster Road Runners Club has been in existence since 1977 when a few motivated local runners organized a club catering to the needs of runners in the area. Our club would like to continue to attract new members of any ability, and we invite YOU to join us. You'll find a club membership application on page 8. The LRRRC is a local organization, located in Lancaster and is affiliated with the Road Runners Club of America. Our club has never been, nor will be, elitist. We are NOT an organization strictly for running "fanatics" or "super jocks". We support running men, women, and children of all ages and levels. Our club is a group of people who appreciate the running experience and whose collective abilities range from the around-the-block joggers to serious long distance competitors. Our main objective is to promote good health and physical fitness derived from running. We support fund raising events and races that benefit local and national charities.

Lancaster Road Runners Club  
PO Box 7172  
Lancaster, PA 17604

Email: [Irrclub@yahoo.com](mailto:Irrclub@yahoo.com)  
Website: <http://Irrclub.org/>  
Groups Web Site:

You can join this group and get frequent emails and updates.  
<http://groups.yahoo.com/group/LRRClub>  
Email: [LRRClub@yahoogroups.com](mailto:LRRClub@yahoogroups.com)

# Our Race

By Peter Belanger

The flagship race of LRRC. Last year 300+ runners showed up, ran, and were disappointed.....that it didn't rain!! We are confident that the skies will open up and thoroughly soak everyone at this year's Stoudt's Distance Classic (Aka. Draught Buster). We'll miss Dave and Joli who, I suspect, were somewhat responsible for generating the rain in years past.

In 2009, we were a tad short of human assistance and unforeseen technical glitches made it a very challenging time for the RD. This year's race is on Saturday, October 23rd. If you're able to sacrifice that morning to help (I guarantee you'll be done by noon) please do so. The course has several turns that cannot be eliminated and need to have a flagger to direct the runners. Two aid stations, registration, and the finish line round out the duties. The race needs about 20 people to adequately staff it. With the 18 we had last year the aid station people got swamped and the finish line got a little exciting at one point.

The great folks who have helped in previous years have received many compliments from the runners who participated in the race. It is due to the terrific effort by you, my friends, who have put yourself out there on the fourth Saturday of October to make it a successful event, and helped portray LRRC as a class organization. Proceeds from the race go to the club and help cover the costs of the newsletter, banquet, corn roast, and liability insurance.

If you can help at this year's Stoudt's Brewing Distance Classic 12K, we'd love to have you. Free beverage and breakfast if you get there early enough. RSVP appreciated but not required.

Thanks and hope to see you there.

---

## MMT ROX!

By Kathi Markley

Hi, everybody!

I am still getting used to the whole marriage/in-laws thing. Luckily I have such a cool new family, remarkably less crazy than my McNiff/O'Connor relatives.

John has a cousin who has become an avid trail runner. Some of you know him. His name is Bill Breidenstine.

Well, Bill let me know that he had signed up for Massanutten Mountain Trails 100 in VA. John and I decided to help him out.

We contacted our pal Hunt Bartine, (hi Hunt!), and let him know that we would help at his aid station. I liked the idea of

**Lancaster Road Runners Club**

working with him, as I know him, and his station had 2 stops on it.

We arrived at the station Sat Afternoon, May 15. We set up our camp, which consisted of laying the back seats of the Forester down and piling sleeping bags on it - voila, instant camper!

We got a 7-mile run in, (very tough!), and then settled in to getting to know our fellow station mates.

I knew Hunt, of course, and was so surprised to see my old buddy Gerard and his wife Lil! The other Trail Dawgs could not have been nicer. We chatted a bit, then got to work.

I think that I made 200 PBJ's. John mixed up a vat of Gatorade, we laid out almost every junk food imaginable, and waited.

The 1st runners arrived shortly thereafter. The first ones barely stopped. As the night progressed, the runners stayed longer.

We filled water bottles and bellies. We made pot after pot of ramen chicken soup, (yuck!), and more sandwiches.

We got drop bags organized, and pretty much did whatever the runners wanted us to do. Finally, we saw Bill and Marcia Peters, who was his pacer. Both looked great!

We took a short nap, then got up to do breakfasts. We made more quesadillas than I could count, also cooked eggs. Both were big hits. We saw Bill come through again, knowing full well that he was going to finish. (He did so in about 31 hrs!)

Then it was a long drive home, and off to a rugby tournament with Henry.

What a great experience. Don't think I'll run it, but will surely help out again.

Cheers, Kathi

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## Going For A New Record

By Sil Simpson

I'll turn 60 on Halloween, and I'd like to set a new running record this year. I've already conceded that I won't be running the fastest time of my life at any distance, so I have to find some sort of trick or gimmick to come up with a new PR, and I've thought of a good one.

I plan to run more races this year than I've ever run in one year before. It doesn't appear to be too much of a challenge because my record is rather soft - 27 races. Through June 19, I had finished 17, so my PR should come well before my birthday.

Still, it's looming as another soft record because all that I've run so far are short races. My longest is a 10K, and I'm going to have to go longer than that to feel good

about my effort. But that can wait for cooler weather. June and July offer mostly shorter, hotter races, and I'm enjoying them.

And, my birthday weekend presents an unusual opportunity. Halloween is a Sunday, so I'll be able to run once in the 50+ and once in the 60+ age group that weekend. That's obviously a once-in-a-lifetime honor.

Getting old is inevitable, but running certainly helps us grow old with better health, more fun, and greater dignity than we'd have if we'd just hang out in pool halls and smoke cigarettes all our lives. That's why I enjoy racing.

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## A Man Ahead of His Time

Sil Simpson understands the human anatomy. That's why he's worn those high white socks for decades. Now, scientists are discovering what our own Sil has known along. Knee-high socks aren't just fashionable. They're also functional. Here's confirmation of the knowledge that Sil has always possessed:

If you are concerned about the health of your legs and feet, you have good reason to be. The veins in your lower extremities have the tough job of returning blood back to your heart and lungs for re-oxygenation. And years of constantly working against gravity have made this task even harder.

As we age, the valves in these veins begin to show signs of strain. Blood may begin to pool, stretching and injuring the vein wall. This is when we start to see those unsightly spider veins.

One of the best ways I've found to improve your circulation, and offset the effects of aging, is with "gradient compression." This is pressure applied to your legs, starting at your ankles and slightly decreasing up your calves, ending under your knees. Gradient compression stimulates circulation by counteracting the gravitational pressure exerted to the veins, so you're less likely to experience swelling or spider veins.

These special socks help reduce swelling and improve circulation.

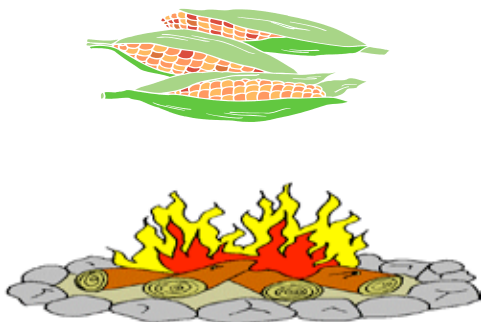
**Julian Whitaker, MD**

# LANCASTER ROAD RUNNERS CLUB ANNUAL CORN ROAST & CAMP-OUT

August 21, 2010

(Rain Date: August 22, 2010)

449B 28<sup>th</sup> Division Highway, Brickerville, 627-1572



Magnificent Location - Camping is Highly Recommended!

\$15.00 /person (\$10 for non-drinkers) (kids free)

Those camping Saturday Night and/or Staying For Breakfast - add \$2.00

This is a beautiful private location for lots of fun. Dick has 65 acres and a pond with a beach for swimming or boating. There are miles of trails on his land and near-by. Bring your towel, swimsuit, kayak, fishing rod, mountain bike. Noon arrival.

1 PM: Planned Trail Fun Run - maps provided. Hike or Bike - miles & miles of trails. Swim, fish, kayak in pond, quoits, horseshoes.

6 PM: Eat, eat, eat, drink, campfire. Sleep Over option.

AM: Breakfast - Omelets by Host Dick

**Corn, Hamburgers, Hot Dogs, Potato Salad, Tossed Salad, Macaroni Salad, Fresh Fruit Cookies and Refreshing Beverages**

(Food provided by LRRRC - no covered-dish required)

Directions: 501 North thru Lititz to Brickerville, turn left onto 322 West, go 1.3 miles. After crossing PA Turnpike overpass, make a sharp right turn at the end of the guardrail and follow the asphalt lane to the end. Directional signs will be posted.

**Please bring Lawn Chairs !!!**

By Aug. 13<sup>th</sup>: **RSVP** to Lois Summers at a Tuesday Fun Run or phone 871-3215. Please pay in advance.

Name \_\_\_\_\_ Number of people attending \_\_\_\_\_

Are you camping overnight? Yes \_\_\_ No \_\_\_ Number of Campers \_\_\_\_\_

# LRRRC FunRace 2010 Standings

		April	May	June
<b>5k</b>	Bib	13	11	9
Adam Smith	2	19:24		
Diana Esposito	12	20:59		
Tim Brookins	15			22:15
Rick Shoup	16			26:49
Edwin Stauffer	20		23:46	
Andy Gingrich	37	30:18	29:31	30:12
<b>10k</b>				
Evan Sandt	23			37:14
Adam Smith	2			40:39
Myron Zwally	9	42:04	42:15	
Doyle Morthland	5	44:07		
Unknown Male	309		44:08	
Christine Geiselman	6	44:08		
Kyle Hummerston	10		44:20	44:46
Dave Strangarity	3	46:23		45:13
Brian Mitchell	14			46:20
Steffie Bruckhart	19	46:22		
Edwin Stauffer	20	49:08		47:15
Annie Poland	24	47:52		47:21
Andy Charles	22			47:21
Jamie Wolgemuth	11		47:26	
Travis Hess	13	48:11		
Donavon Graybill	17	53:09		51:30
Patti Weaver	25			54:59
Erica Coulter	18			58:53
Totals	24	12	6	14



## Thanks, Adam, for Our New Website!

Adam Smith has done an awesome job of designing our new website and overseeing its construction. Thanks also to Evan Sandt for all his website work over the years.

Be sure to visit the site frequently at [www.lrrclub.org](http://www.lrrclub.org) to stay on top of everything that's happening in our very active club.

## Capon Valley 50K

Peter Belanger

On the 10th of May ten LRRCers ( Beth May, Doris Olney, Ed Stauffer, Harry Smith, Janet Foster, Greg Foster, Lois Summers, J.R. Ankney, Peggy Ankney, and Peter Belanger) rolled on down to Yellow Springs West Virginia to run in this scenic trail race. We even said "hey" to a few Pagoda Pacers who were there as well.

West Virginia you say? Yup. The state where Senator Robert Byrd at 96 years old has brought home more pork than Hormel has bacon. The race takes place about 30 miles west of Winchester VA in a lovely rural area dotted with horse farms and wooded hillsides. This is a very well run and well supported even

put on by equestrian-type folks.

The course had some pretty good climbs and descents with a few small stream crossings to boot. One of the most surprising sights (scary if you have allergies) was when the wind picked up and shook all the pollen out of the trees. A yellowish green fog filled the air, irritating the eyes and throat.

There were some other interesting sights along the trail, including a cabin right out of the movie "Deliverance" (I swear I heard banjo music) and wooden corn feeders set out but the local hunting clubs to fatten up the wild turkeys.

All ten of us finished and had a great time. Thanks to Dale Olney for providing support, encouragement, and for chasing away the buzzards that were circling overhead.



# 2010 RACING SCHEDULE

For races marked with an \*, contact information is available on our website.

## July

- 3 Good Neighbor Day 5K/10K/15K Runs**  
8:00 AM, Kerr Park, Downingtown  
www.goodneighboraday.com
- 15 Third Thirsty Thursday 5K**  
7:00 PM, Ron Horn/Pretzel City Sports, 610-779-2668  
rhornpcs@aol.com  
www.pretzelcitysports.com
- 17 George Yasso Memorial 5K**  
8:30 AM, Fountain Hill (Bethlehem Community Pool, 610-868-5482
- 17 Wyoming Buffalo Stampede 5K/10K**  
8:00 AM Wyoming, DE  
(302) 697-8188  
stampede2010@ddsr.org  
www.ddsr.org
- 17 Perkins Memorial 5K**  
8:30AM, Honesdale  
(570) 253-3486  
terriv73@verizon.net
- 17 Shoo-Fly 5 Miler**  
8:00 AM. Terre Hill Fire Hall\*
- 23 Leola Lions 5K**  
7:30 PM\*
- 24 Lebanon Fair 5K**  
9:00 AM Lebanon Fairgrounds\*
- 24 Alyssa's 5K**  
8:30 AM, Hibernia Park  
Coatesville  
www.hopeforalyssa.com
- 25 WVS Summer 10K**  
9:00 AM, Kirby Park, Wilkes-Barre  
(570) 474-5363 wyovalstr@aol.com
- 28 Art Morris Mile**  
6:00 PM, Lancaster County Park  
Pat Lafferty  
Patrick.lafferty@comcast.net\*

- 31 Shippensburg Community Fair 5K**  
8:30 AM, Community Fairgrounds  
(717)264-3775, blkess@innernet.net
- 31 Fred Kaley Memorial**  
8:30AM, Greencastle-Antrim High School, (717) 360-7557  
richsecrest@hotmail.com

## August

- 1 Gring's Mill 5K & 10K**  
9:00 AM, Reading  
gringsmillrun@gmail.com
- 7 Dr. Thomas Zukoski Memorial 5K**  
Lake Winola, PA; (917) 576-2258  
rodmanazar@mac.com
- 8 Marsh Creek Raptor Run-5 Mile and 10 Mile Trail Races**  
9:00 AM, Marsh Creek State Park.  
Pretzel City Sports, 112 West 36th St.  
Reading, PA 19696; (610) 779-2668;  
rhornpcs@aol.com
- 14 Ox Trot 5 Miler**  
8:00 AM, Bowmansville\*
- 15 Twilight Trot 10K**  
Masonic Village, E-Town, 367-0355
- 15 Half-Wit Half-Marathon**  
9:00 AM, Reading, Pretzel City Sports, 112 West 36th St, Reading, PA 19696;  
(610) 779-2668; rhornpcs@aol.com
- 19 Third Thirsty Thursday 5K**  
7:00 PM Ron Horn/Pretzel City Sports 610-779-2668  
rhornpcs@aol.com
- 21 On The Rocks Trail Run**  
7:30 AM, 8.3 miles, York  
<http://ontherockstrailrun.webs.com>
- 22 Run4Sam 4 Mile Race**  
9:30 AM. Gring's Mill, Reading  
www.run4sam.net
- 22 Amos Herr 5K, Landisville**  
6:00 PM
- 22 Run for the Cannoli 5K**  
3:00 PM, Hazleton, (570) 401-8168
- 22 Radnor Red Run 5K Steeplechase**  
9:00 AM, Malvern, PA
- 28 York Rail Trail 10 Miler**
- 28 Ben and Tim 5K**  
Hershey
- 28 Nescopeck State Park Trail Runs-5K and 10K**  
9:00 AM, Nescopeck State Park  
(570) 788-4219; barb123@ptd.net

## September

- 4 Run for the Ages Age-Graded 10K Trail Chase**  
9:00 AM, Nolde Forest, Reading,  
(610) 603-9393, teds737@aol.com
- 5 Labor Pain, 12 Hour Trail Run**  
8:00 AM, Reading, Ron Horn  
Pretzel City Sports 610-779-2668  
rhornpcs@aol.com  
www.pretzelcitysports.com
- 6 The Quarterback Club of York 5K**  
8:30AM, 764-0334  
www.qbclubofyork.wikispaces.com
- 11 Lancaster YMCA Triathlon**  
Speedwell Forge
- 11 Memorial Outreach 5K Fun Run and Walk**  
10:00 at 9:30, Black Moshannon State Park, PA; Contact Lisa Smith  
lisataylor2@msn.com
- 26 Conestoga Trail Run-10 miles**  
10:00 AM Holtwood\*

## A New Idea- Charity Fun Runs

By Aimee Harmon

Once each month, during our Tuesday Night Fun Runs, the LRRC will be collecting goods for local charities that need our help.

Here's how it works—at the July 20 and August 16 fun runs, anyone interested (and it's not mandatory) can bring items needed by our selected organizations. For a list of items appropriate for each charity, contact Aimee Harmon via email at [aimeeharmon@yahoo.com](mailto:aimeeharmon@yahoo.com).

### The Tuesday, July 20 Boys & Girls Club of Lancaster

Beads, coloring books, frisbees, balloons, ribbon, table covering, washable kid's paint, markers, crayons, construction paper, Elmer's Glue, paint brushes, kids scissors, checkers, playing cards, ping pong paddles and balls, sidewalk chalk, dominos and Legos.

### Tuesday, August 16 Humane League of Lancaster

Dry or canned dog, puppy, cat or kitten food, litter and litter boxes, food bowls, treats and chews, toys and shampoo

*More Charity Fun Runs will be scheduled. We'll be sure to let you know the details. Thanks for your help.*

Lancaster Road Runners Club

# My Need To Run

By Sil Simpson

Since running is our natural form of movement, our bodies expect us to run on a regular basis. As a reward, we get infusions of happy hormones - endorphins and adrenaline. We become accustomed to those happy hormones, and when we don't get our fixes, we can find ourselves feeling like the rest of the world, which is often miserable for no apparent reason.

I had an unusual insight into my personal need for those happy

hormones a few weeks ago. It was a Sunday. I had my DAR (Day After Race) legs, so I decided to take a day off. Instead of running, I rode about 45 miles, and later in the day I found myself feeling agitated and almost angry for absolutely no reason.

When I analyzed what was going on, I realized that I hadn't run that day. I had ridden for 3+ hours, but I hadn't run a step, and I felt lousy because of my lack of miles.

The lesson that I relearned that day is "Don't run at your own risk."

***"You also need to look back, not just at the people who are running behind you but especially at those who don't run and never will...those who run but don't race...those who started training for a race but didn't carry through...those who got to the starting line but didn't in the finish line...those who once raced better than you but no longer run at all. You're still here. Take pride in wherever you finish. Look at all the people you've outlasted."***

- Joe Henderson

# Featured Race

By Sil Simpson

The Shoo-Fly 5-Miler in Terre Hill is one that draws me back every year. It's certainly a challenging course, and the mid-July date always attracts the heat, but that's part of summer racing.

The Shoo-Fly is part of Terre Hill Days, the biggest celebration of the year in that part of the county. Excellent watermelon is always available after the race, and the winners get the mandatory shoo-fly pies.

This is small town racing at its best, so come out and have a good time. And if you're among the 97% of Lancaster County residents who have never been to Terre Hill, you'll expand your knowledge of the world.

(If you'd like to describe one or more of your favorite races, send your write-ups to the newsletter editor at csilrun@hotmail.com

## Freedom of movement, freedom from pain

If you've been suffering from a chronic condition that causes pain in your running, there is new hope through the ASTYM® system.

**We would like to invite you to a FREE information session on Tuesday August 3rd at 7:00 pm...**

The session will include discussion of tendinitis in the runner/athlete and new ideas in the treatment of these conditions. A demonstration of the ASTYM® technique will be provided. All are welcome.

Please call 517.9612 or email michael@lancasterpt.com for more details. Space is limited.

*First 15 to register will receive a free long-sleeve t-shirt.*

### Conditions that respond well to ASTYM™ treatment...

- Knee pain
- Ankle pain
- Plantar fasciitis
- Hip pain
- Achilles tendinitis
- ITB syndrome



117 Millersville Road  
Lancaster, PA 17603  
Phone: (717) 517.9612  
www.lancasterpt.com

## Interest Questionnaire

For any club to be strong, its members must be active participants. We are always looking for volunteers for the events we sponsor and support. We always need help with various club duties and responsibilities.

Let us know what events or activities you might be interested in helping with. No experience is necessary.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

Lancaster Road Runners Club

## Volunteers are needed at these and other Club events:

- Race Director
- Club Officer
- Event Coordinator
- Publicity/Advertising
- Water Stop and Race Times - Splits
- Race Registration
- Clock-Timer Operator
- Computer and Data Entry
- Set-up/Clean-up
- Newsletter Staff
- Finish Chute and Traffic Control

Lancaster Road  
Runners Club  
P.O. Box 7172  
Lancaster, PA 17604



Address Service  
Requested

### LANCASTER ROAD RUNNERS CLUB MEMBERSHIP APPLICATION

The following is a brief list of the benefits that the club offers:

- 10% discount on running shoes and apparel at The Inside Track in Lancaster
- 10% discount on membership, 1/2 off initiation fee at Figure Firm Spa in Lancaster (for women only)
- Enrolled as member of the Road Runners of America; this membership includes a quarterly newsletter and insurance
- 8% membership discount at the Lancaster YMCA
- No initiation fee at Gold's Gym in Lancaster
- Discounts on food supplements and vitamins at Weaver's Natural Foods in Manheim
- Bimonthly newsletter that links the membership together by providing running tips and information, race reports, upcoming event calendar, meeting topics, president's column, and more.
- Invitation to monthly meetings; although typically attended by the club officers, all members are invited to participate, voice their opinions and offer assistance.
- Invitation to club meetings featuring a variety of topics including films (some local) on running and racing, plus other topics of interest to runners. Even if you are not a member, you are invite to all of these gatherings.
- Fun Runs are held weekly at a variety of locations in the area on Tuesday and Thursday evenings. Club members can also be found on most Sunday mornings at Lancaster County Central Park. These are not races, but an opportunity for anyone, regardless of ability, to share in the comradeship of fellow runners.
- Social events including the club's annual awards dinner and picnics allow members, their friends and families, to get together and share experiences of mutual interest.



Name \_\_\_\_\_  New Member  Renewal  
Address \_\_\_\_\_  Individual Membership .....\$15.00  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  Family Membership .....\$20.00  
(Husband, Wide and Dependand Children)  
Age \_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_ Home Phone \_\_\_\_\_ E-mail \_\_\_\_\_

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter or run in club activities unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and/or humidity, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act in my behalf, waive and release the Road Runners Club though that liability may arise out of the negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please mail check to: Lancaster Road Runner Club, PO Box 7172, Lancaster, PA 17604