



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
November/December 2010



Will Run Again



By *Bill Hager*
(AKA, "Magic Ian")
Co-President

For the past three years I have had the privilege of serving the Lancaster Road Runners Club as a Co-President.

During that time, together with Jim Castanzo, Bob Bergman and long-time President Steve Farrah, I have shared the experience of watching this club grow in numbers and in spirit. At the conclusion of this year, I will be

stepping down in order to take some time off for other activities which are demanding my time. However, it is my hope that you will welcome me back to serve in this capacity again when the time presents itself.

This may surprise you but I have selfish reasons for wanting to serve on your board of directors again. Beyond participating as El Presidente' I have also enjoyed volunteering at a number of club events including the annual Corn Roast and I will continue to do so moving forward. Yes, it looks like you're still stuck with me one way or the other. That brings me to a much more important point - the reward. As a volunteer, my experiences these last few years have been hugely

satisfying and enormously fun. The greatest payoff, however, has come in the form of so many new and deeper friendships with you. Reflecting on some of the highlights of recent times such as my two weeks with the NFL or reaching my goal of completing my first 100 mile bicycle ride, it was the members of this club who cheered me on the loudest. Your support and enthusiasm was, and is, appreciated more than you could possibly know.

Now here's the really good news: I have no' exclusive' on the rewards I've received. They are yours as well. It takes a family of volunteers to realize the successes we have enjoyed and I, for one, am genuinely excited about seeing who will be stepping up

Continued on page 3



Table of Contents

Co-President's Message	1
Stoudt's	3
LRRC Christmas Party	4
Volunteering	4
First Saturday Winter Outing	4
Girls on the Run	5
This fall so far	5
2010 Race Schedule	6
Enjoy the Winter Race Season	6
Charity Run	5
General Meeting	7
Interest Questionnaire	7
Membership Application	8

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

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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 LRRC 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
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

Continued from Page 1

to the plate in 2011 beginning with the planning and execution of our annual Awards Banquet, scheduled for January 29th. Heaven knows a function of this caliber requires a number of individuals to make it the success it has become. Regardless of the tasks at hand, it is easy to recognize those who participate in high profile fashion. But let us also give credit to those individuals whose contribution is made in tandem with others. These are our unsung heroes who bring side dishes to "pot luck" Fun Runs, set up and tear down for our Annual Banquet or hang out for a couple of hours the morning after the Corn Roast to help Dick Minnich put his property back in order. How would our view of these events been altered if those who stepped up to the plate failed to show?

Regardless of the project, each and every one of us brings our own unique ideas, talents and efforts for the good of the cause. The result: We grow in quality as we have in quantity and that's exciting! And as no two people will ever have the same influence on races, fun runs and special events, **you** make that important difference to the Lancaster Road Runners Club that is singularly yours.

In conclusion, may I say that it has been a privilege to have served this club in the capacity of Co-President and I look forward to my association with the Lancaster Road Runners Club for many years to come.

Stoudt's - Where Was the Rain?

We almost had to call off the race because of the strange weather. It was sunny and perfect as almost 250 runners started the Stoudt's Distance Classic on October 23. Everyone adjusted nicely, however, and it was a great race. Club members turned out to handle registration, the finish line, etc., and the runners had a wonderful day.

So thanks to all who helped and all who ran.

Lancaster Road Runners Club

2010 Stoudts Brewing Distance Classic October 23, 2010

Presented by YOUR Lancaster Road Runners Club



LRRC Christmas Party

This is one of our great traditions, so plan to be in Millersville for an evening of friendship, food, and maybe even a little fun.

Date: December 16

Time: 6:30 PM

Place: 23 N. Prince Street, Millersville, home of Lynn Morrow

Bring: A covered dish, or an uncovered one if you prefer.

Volunteering Feels Good

By Sil Simpson

I heard somebody talking about volunteering in Louisiana after Katrina, and one of her observations was that she didn't sense any real gratitude from the people whose homes she was helping to rebuild. Her observations stuck in my mind, and I think of them whenever I'm volunteering or running a race.

At Stoudt's, I was out on the course, directing runners, and plenty of them said "Thank you", to me. I even heard some of them thanking the policeman who was controlling traffic near the beginning of the race.

So, if you haven't made a habit of volunteering, here are 2 good reasons to develop the habit:

Our sport is dependent on volunteers. We all have an obligation to help in some way.

You'll enjoy helping other runners, and you'll feel better about the state of mankind when your fellow runners thank you for being out there.

First Saturday Winter Outing Series Reminder

This year WE are planning on offering a variety of activities (in addition to trail running) at each location, along with more creature comforts and low to moderate travel times. To that end, we have reluctantly eliminated the Bald Eagle State Forest venue and the much beloved Selinsgrove Brewing Part 2. It is a 2-hour drive to get home from there and it seems to make sense to look for something closer to home. The good news is we've chosen a venue that is less than an hour away and provides something for just about everyone (including history and heated bathrooms). The 2010/2011 First Saturday schedule and destination sites along with refueling stations are listed below. Check out the web sites for more information and refer to the detailed description of each park and recreation area that appears in this and subsequent newsletters.

For all dates, there will be a group that will car pool from the Lancaster Sheetz on Oregon Pike at Rt.30, 7:30AM sharp (8:00AM in November only). Call or email me for directions to the start point if you wish to go directly there.

Contact info - peterbbelanger@comcast.net or phone Peter at 717-371-0746

The series is open to runners, hikers, bikers, and walkers. You will need to be self-supporting and provide your own liquids and trail food. Dress appropriately. The trip will proceed regardless of the weather. Plans are to be out on well-marked trails for 1-3 hours depending upon how long YOU want to stay out. Nobody gets lost and no one gets left behind.

This may also be the last year I organize these outings. Anyone interested in picking it up??

2010/2011 Schedule

Saturday December 4, 2010

Wissahickon Park, Phila., PA
Website: <http://www.fow.org>

Refuel - General Lafayette Inn
Website: www.generallafayetteinn.com

CORRECTION: The first Saturday outing will NOT be on the first Saturday in January, which is New Years Day. It will be the next Saturday, January 8th. See you all at the Eye Opener at county park on January 1st.

Saturday January 8, 2011

Fair Hill Natural Resources Management Area, Fair Hill, MD
Website: <http://www.dnr.state.md.us/publiclands/central/fairhill.html>

Part 2 -Duclaw Brewing, Bel Air, MD
Website: <http://www.duclaw.com>

Saturday February 5, 2011

Weiser State Forest, Elizabethville, PA

Website: <http://www.dcnr.state.pa.us/info/hikeforhealth/19weiser.htm>

Part 2 -Appalachian Brewing Company, Harrisburg

Website: <http://www.abcbrew.com>

Saturday March 5, 2011

Hopewell Furnace/French Creek State Park

Website: www.nps.gov/hofu

Website: <http://www.dcnr.state.pa.us/stateparks/parks/frenchcreek.aspx>

Part 2 -Union Barrel Works, Reamstown, PA

Website: www.unionbarrelworks.com

Girls On The Run



A new initiative is underway in Lancaster County - one that is designed to have powerful and positive impacts on girls in grades 3

through 8 for the rest of their lives. Girls-on-the-Run is an after-school program that uses the power of running to help prepare girls for a lifetime of self respect and healthy living. Through interactive activities such as running, playing games, and discussing important issues, participants learn how to celebrate being girls.

The program focuses on building self-esteem and improving emotional and physical health. During the 10-week program, girls are empowered with a greater self-awareness, sense of achievement, and a foundation in team-building to help them become strong, content, and self-confident young women.

Girls-on-the Run International is a non-profit organization and was founded by Molly Barker, MSW, a four-time Hawaii Ironman Triathlete, in Charlotte, NC in 1996. As well, Molly has a background in counseling, teaching, social work and coaching. Molly started running at the age of fifteen - an age when she found herself stuck in 'The Girl Box'. 'The Girl Box' is a term she coined to describe the rather dark place that some girls - previously happy, confident girls - find themselves retreating to around the time of fifth grade, where girls believe they are valued more for their outward appearance than their character within. This often can result in low self-esteem and distorted body image (which can subsequently lead to eating disorders, teen pregnancy, and substance abuse). Girls-on-the-Run focuses on its participants develop a healthy self-image and discover a life that is free of 'the Girl Box' where they can say, "I belong just the way I am".

The ultimate goal is happy, confident girls who celebrate their inner beauty! To empower all girls to:

- Have a strong sense of identity

- Give and receive support from a group
- Stand up for themselves in a healthy manner
- Understand their importance in the community
- Complete a 5K Run/Walk event.

The LRRC recognizes the value of this organization, and we encourage our members to support it, which we can do in many ways. We can contribute financially, and we can contribute our time and running knowledge.

For more information about the program, becoming involved and/ or sponsorship opportunities for Girls on the Run of Lancaster, contact Carrie Johnson, Executive Director, at 717.330.7893 or log on to www.gotrlancaster.org

SoleMates - Girls On The Run's Sponsorship Opportunity

Girls on the Run SoleMates® is the charity running component of Girls on the Run. SoleMates participants are men and women who pursue individual goals, such as running a marathon or triathlon, to raise money for Girls on the Run councils. These individuals use the power of running to make a difference for thousands of girls.

The Girls on the Run SoleMates program raises funds for councils and also increases visibility and awareness of the mission of Girls on the Run. 80% of the total amount raised by each participant is distributed to councils to be used at the council's discretion.

Girls on the Run International retains the remaining 20% to manage the administrative oversight of the program. Solemates agree to raise a minimum of \$262 to support the Girls on the Run scholarship program (61% of our girls in Lancaster County received scholarship funding for this Fall season). Registration for Girls on the Run Solemates is \$26.00 and can be done by visiting <http://www.gotrlancaster.org/solemates>.

This fall so far...

By Kathi Markley

Having spent most of the summer training for the Brierman 50 Triathlon, it was a relief to finally have it over with.

The event was brutal, swimming in a bitterly cold lake, cycling 2 laps up and over the Catoctin Mountains, and running an out and back over the same mountains made it an experience not worth repeating. Many who started DNF'ed. I was tempted to DNF, yet finished.

The following weekend brought a much more pleasant affair. A trail run through Mt Gretna, put on by the Crispy Balance Running Group. The cost was far less than the close-to-\$150.00 fee for the tri - you simply made a donation to the Susan Koman Breast Cancer fund, you were also asked to bring a snack and drink to share. Easy enough!

The courses were 8 miles or 30 Km. A fair amount of LRRC'ers came for the fun, and off we went. It was the polar opposite of the Tri, and more importantly, the ladies who put it together will repeat it next year.

Hope that more of you can make it next year!

To cap it off, Henry and I decided to do a 5km for the Open Door Youth Center in Leola on the last Saturday. We read about it in a yahoo groups post. I had a change of plans that day, so off we went. It was cold and windy, the course was hilly, yet Henry won his age group, and I was second in mine.

Happy running!

Annual Banquet

Just a reminder, the LRRC Annual Banquet is scheduled for Saturday, January 29 at Valley Brook Estates Club House. More information coming.

2010

RACING SCHEDULE

Autumn is a great time to run and to race. The race calendar is full, with competitions of every distance. The weather in the second half of September and all of October is ideal, so get out there and enjoy the competition and the challenge of racing.

November

- 14 Running for Answers 5 Miler**
8:00 AM, West River Drive
Philadelphia
<http://www.runningforanswers.com>
- 14 Harrisburg Marathon and Relay**
8:30am, City Island
www.harrisburgmarathon.com
- 14 Trimax Media Mud Stain Trail Run**
10:00 AM, Media, PA, 5 miles & 10 Miles 610-780-8034
www.trimaxendurancesports.com
- 14 South Mountain 10 Miler and 5K**
9:00 AM, Saucon Park
Hellertown, PA, (610) 264-9255
nanhof@juno.com
- 14 Just For Kicks 5K & 10K**
2:00 PM, E-Town High School
- 20 Iron Bridge 5K**
9:30 AM.
Lancaster Mennonite High School
Followed by Billy Mills' appearance
www.ironbridgerun.org
- 20 Give Thanks to Lebanon 5k & 10k**
Downtown Lebanon
- 21 Millersville Turkey Trot 5K**
1:30pm Pucillo Gymnasium
Millersville University
(717) 872-4627
tomecker@comcast.net
- 21 Dover 10 Mile,**
1:00 PM, yorkroadrunners.com

- 25 Fowl Run,**
9:00 AM, Long's Park
- 25 Run for the Diamonds-9 Miles**
10:30AM, Berwick, PA
(570) 759-1300
www.runfordiamonds.com
- 25 YMCA Turkey Trot 5K**
9:00 AM, York
(717) 843-7884, ext 263
kruppert@yorkcoymca.org
- 27 North Central Trail Marathon**
9:30 AM, Sparks Elementary
School, Sparks, MD
(410) 377-0392
nctrailmarathon@gmail.com
- 28 Dirty Bird 15k Trail Run**
11:00 AM, Birdsboro, PA,
Ron Horn/Pretzel City Sports
610-779-2668
www.pretzelcitysports.com

- 28 Alvernia 5k**
11:00 AM, Reading, 610-779-3277

December

- 4 Hollywood Two Miler**
9:00 AM, Rossmoyne Business
Center, Mechanicsburg
829-5250
- 5 Spring Valley 5K**
yorkroadrunners.com
- 5 Shiver By The River 5K & 10K**
11:00 AM, Reading
610-779-6556
- 12 Jingle Bell 5K**
Granite Run
- 18 Dallastown Wildcat 10K**
yorkroadrunners.com
- 26 Kris Kringle 5 Miler**
11:00 AM, Reading
610-413-7822
www.pagodapacers.com

January

- 2 Shiver By The River 5K & 10K**
11:00 AM, Reading
610-779-6556
www.pagodapacers.com
www.pretzelcitysports.com
- 8 Accomac 8K**
yorkroadrunners.com

- 15 Saginaw 5K**
yorkroadrunners.com
- 16 Chilly Cheeks 7.2 Mile Trail Run**
11:00 AM, Reading
Ron Horn/Pretzel City Sports
610-779-2668
www.pretzelcitysports.com
- 16 Frozen Foot 5K**
E-Town College

Enjoy The Winter Racing Season

By Sil Simpson

I know, it's not winter yet, but the cold, dark months are approaching, and with them comes a reduction in the number of races available to us. It's a reduction, however, and not a complete elimination.

We're quite fortunate to have a bunch of great winter series nearby. The York Winter Series, Reading's Shiver By The River, and E-Town's Frozen Foot all provide superb opportunities to fight cabin fever and to keep the racing adrenaline flowing throughout the winter.

And our Tuesday night Fun Runs continue all year. From now until Daylight Saving Time returns in the Spring, we'll be at Long's Park every Tuesday at 6:30.

So, if you're looking for an excuse to stop racing or running during the cold weather, you'll have to look somewhere other than southeastern Pennsylvania. Around here, we have every reason to run and race all year.



CHARITY RUN

Another way to give back to the community

Every month the LRRC helps our community by collecting goods in conjunction with our Tuesday night Fun Runs. We donate collected items to designated not-for-profit organizations that need our help. Below is the charity we will be donating to at our next Fun Run. If you would like to contribute, (it is voluntary) please bring something appropriate for the charity selected for that month and join us not only for the exercise, but to give back to our community.

Tuesday, Nov. 16

Humane League of Lancaster Charity Fun Run

Longs Park, Lancaster, PA

Needed items include:

- Canned Cat & Kitten Food
- Cat Litter
- Cat and/or Dog Toys
- Cat Treats
- Canned & Dry Dog Food
- Dog Treats, Bones and Rawhides
- Dog Shampoo
- Peanut Butter
- Food and Water Bowls
- Collars & Leashes

General Meeting and Seminar

It's Not About the Shoes!

With Sally Higgins and Chris McDougal

It's about awareness. It's about how your body interacts with gravity and what your foot feels when it interacts with the ground to produce your experience of running.

"Legs, not shoes, are the best shock absorbers"

- Christopher McDougall, author of **BORN TO RUN**

Join Sally and Chris for an evening of exploration and discovery. The seminar will feature:

- Demonstrations of good and bad running form
- Experiments for you to try
- Friendly discussion and answers to your questions

Do you run on autopilot? Are your running habits wasting energy? How does inefficient running cause injuries?

What can you do today, to increase your enjoyment and longevity as a runner?

Thursday, November 11, 2010, 7:00 PM

Please RSVP by November 1st.

Email: higginspt@comcast.net or

Telephone: Higgins Physical Therapy at 717-509-6677

Higgins Physical Therapy is located at
820 Rohrerstown Road, #1 in Lancaster
(Near the intersection of Rohrerstown Road and Dutch Gold Drive)

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