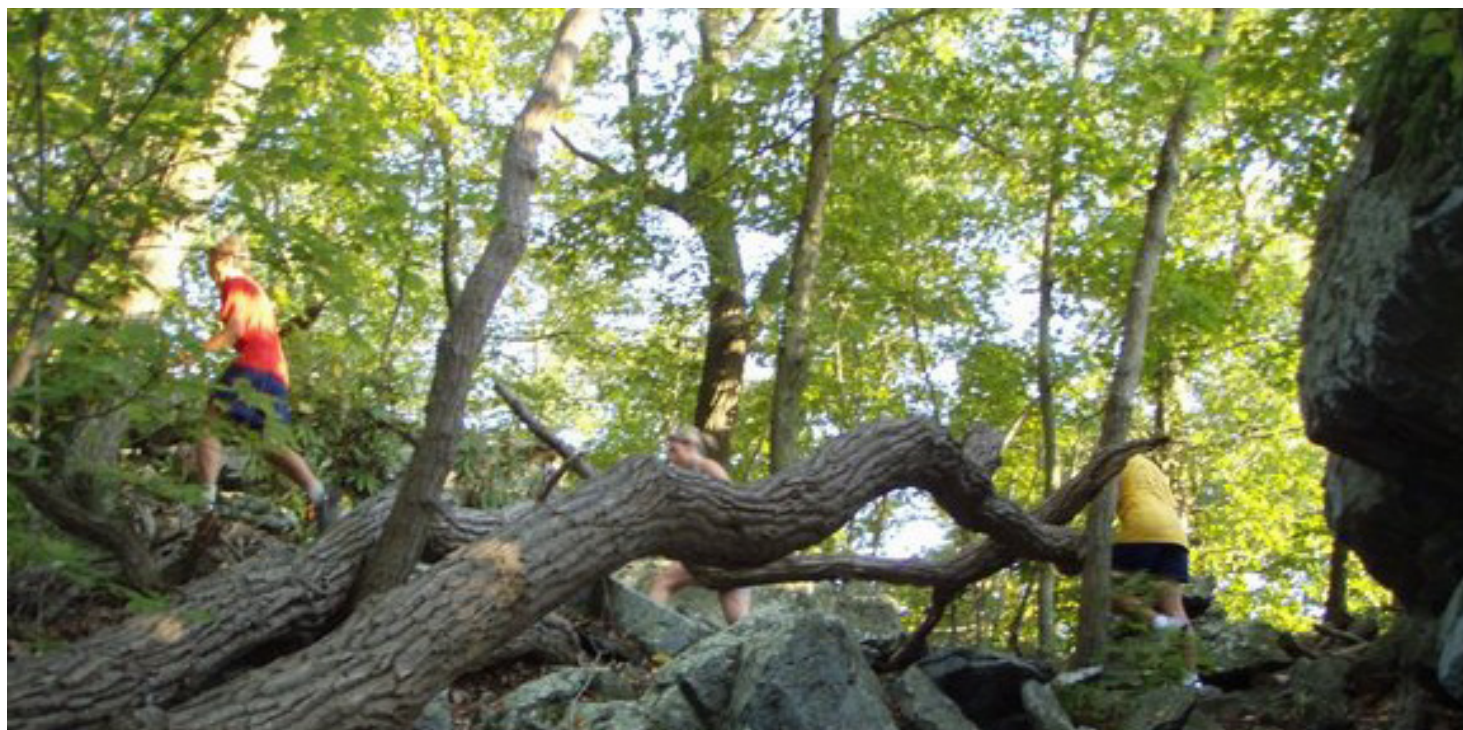




JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
September/October 2010



President's Letter



By Steve Farrah,
Co-President

Here we go again... off on another adventure.

Your other presidents went to the desert in

the middle of nowhere and to the glitz and glamor of the Super Bowl. Me, I went for another bike ride. This time RAGBRAI's 38th annual (Registers Annual Bike Ride Across Iowa) 510-mile ride across Iowa, of all places. There were 5 of us, from Lancaster, that traveled to this adventure in a

motor home. I was expecting a large number of bicyclists, but 15000 of them. "Holy saddle sore!!" that was a party on wheels. I am going to have to do that again. Was it really that big of a party? Was there really that much food and drink consumed? Well, what goes on at RAGBRAI stays at RAGBRAI I did more biking than experiencing the revelry going on for the week it took to traverse the state. It was not an aggressive ride. How could it be, with as many as 1/2 dozen bikers wide across a two-lane road? The mass of colorful riders all with the same purpose - "enjoy the day" went on for miles and hours. The road was closed to cars for safety reasons.

Then, just for the fun of it, and since we had to get home somehow, Joe and

I continued riding. Next came Illinois, Indiana, Ohio, then into PA. The second week added another 755 miles, at about 120 miles /day. We finished our two-week trip for 1265 mile total.

I did want to get back, cleanup, then take a 10-day drive through the Canadian Rockies. What a country.

I did miss all of you, and thought about you every Tuesday night. I did miss the Fun Runs.

What am I saying? "Life is to be enjoyed"

Travel and see something new. You don't need to travel the world. You know we have beautiful Lancaster County. Thanks to our Fun Run host's

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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

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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 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
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

Eagle Hadventurish Races

By Kathi Franco

Hi guys!

Henry and I tried this one, and we were not disappointed! It's a trail race, your choice of 5k, 5 or 9 miles. I tried the 5 miler, Henry the 5k.

Fellow LRRC'ers Bob Long, Kaye and Alan Mede, Donavon Graybill, Bob Bergman, and Aimee Harmon were there also. Bob, Kaye, Donavon and I did the 5 miler. Alan and Henry did the 5k. Bob and Aimee ran the 9 miler.

What set this race apart were the extra challenges. We ran trails, and did a series of challenges such as a half-mile stream walk, carrying a cup of water up a hill without dropping, in addition to going under a tarp with said water, a soda chug, a spider web crossing, an obstacle course, finding your bib number among many, and the worst, a bean bag toss. That took me 10 minutes!

Henry, Alan, Kaye, Donavon and Bob Bergman won their age groups and Aimee took second place overall women.

It's a great event!

Billy Mills Is Coming to Lancaster!

By Joni Shirk

The very first time running my favorite half-marathon - Lehigh Valley Half Marathon in Allentown, Pennsylvania in April, 2004 - our LRRC group at the pasta dinner the evening before the race was privileged to hear a wonderful speaker: Billy Mills. He's the Native American Indian who in 1964 at the Tokyo Olympics won the 10,000 meter race, which no American had ever won before (and I believe is still the only American ever to win the 10,000 meter in the Olympics), and broke a world record as well!

Talk about an inspirational speaker! Billy Mills' achievements not only as a runner but as a great mentor and an inspiration to others are examples of how you can change your destiny by working hard and believing in yourself.

Billy Mills is speaking at Lancaster Mennonite's Fine Arts Center on Saturday, November 20 at 11:30 a.m. He will also be at the start of the 5k race that same morning (the Iron Bridge 5k run) on the school's campus. Go to Lancastermennonite.org for information on getting tickets. Don't miss this running legend!

My Running Vacation

By Sil Simpson

As soon as I decide where I'll be vacationing or traveling, I start to look for races. Last autumn, I was in Florida and couldn't find a race within 100 miles of where we were staying. That was a big disappointment. This summer, we went to New Hampshire for two weeks, and I was able to run 4 races - Saturday, Sunday, Thursday, and Saturday. That was better.

All of the races were within 50 miles of where we were staying, and all of them had one common feature. When I arrived, I knew no one. So, I had a choice. I could either sign up, stand by myself, run the race and leave without getting to know anyone. Or, I could walk up to people and start conversations. That's the better choice, and it's easy because runners are almost universally friendly.

So, by striking up conversations, I got to talk to some interesting people. One guy from Massachusetts was running his 100th race of the year. Actually, I met him at #98 on Sunday, and when I arrived at the Thursday race, he was there, doing #100.

I met the CEO of Delta Dental in New England. He's an enthusiastic runner, and he's instrumental in having his

company sponsor a lot of races up there.

I also got to see some small towns that I would never have visited if I weren't a runner who looks for races. I raced in Epsom, New Hampshire and North Berwick, Maine, and I wouldn't otherwise have set foot in those places.

The race in Maine was my first in that state, and I picked up a very interesting prize there. It's a 12-gallon Shop-Vac, which is a nice variation on medals and trophies.

So, if you're going somewhere, check the race calendar before you leave, and talk to people when you get to a race in Parts Unknown. As runners, we're all part of a worldwide community, and it's always nice to meet other runners.

To Wear Shoes...Or Not To Wear Shoes

By Sil Simpson

That is the question that many runners are asking. Barefoot running is gaining a growing following, while many runners are choosing minimalist shoes such as the Vibram 5-Fingers and Nike Free.

In August, the Sunday News carried an article on barefoot running, and the tone of the article was that shoes are natural, and anyone who runs barefoot is a little loopy.

Is that true? Well, here's one way to gather some information and decide for yourself. Our own Sally Higgins, a physical therapist and a fan of very light running shoes, is holding a seminar on November 11th at 7:00 PM. She's hopeful of having some experienced barefoot runners there, so mark your calendar.

Higgins Physical Therapy is at 820 Rohrerstown Road, just north of Marietta Avenue and the railroad tracks. So come out, learn the facts, and decide for yourself if you really need those running shoes.

For more information, see the General Meeting & Seminar announcement on page 7 of this newsletter.

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 Peter 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 November 6, 2010

NEW CAR POOL TIME - 8:00 AM sharp (this date only)

R. M. Nixon & William H. Kain
County Parks, York, PA

Website: <http://ycwebserver.york-county.org/Parks/parkpages/Nixon.htm>

Website: <http://ycwebserver.york-county.org/Parks/parkpages/Nixon.htm>

Website: <http://ycwebserver.york-county.org/Parks/parkpages/Kain.htm>

Refuel - Lancaster Brewing
Company

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

Saturday December 4, 2010

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

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

Saturday January 1, 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

Continued from page 1

President's Letter

every Tuesday we run through a different part of the county. Our hosts will show the best parts around where they live. Please step forward, talk to one of the club officers, and offer the best there is to see around where you live.

Of course, Thursday evening is also a time to see the other parts of the county. Namely the trails. The runners are less in numbers but still are high in fun

I've traveled with 15000 bikers, 50-100 road runners, 6-20 trail runners. It's all good.

A great summer behind me, still some summer left and a lot of summer to do.

Biking is another way to cross train, let me know if you'd like to give it a try. I'll be happy to get you started, go for a ride, or set out for an adventure.

We club members are getting into numerous other outside activities. Just to name a few: adventure racing, road and mountain bike, climb, hike, backpack, swim, canoe and kayak, ski both CC and downhill, etc. Join us, or if you would like to start something new let us know. The more I am finding out about our members the more I appreciate knowing and playing with LRRC.

Tell me of your adventure and I'll tell you of mine.

CHARITY RUN

 another way to give back to our community

Each month, the Lancaster Road Runner's Club would like to help our community by collecting goods in conjunction with our Tuesday night Fun Runs. We will donate these items to local not-for-profit organizations that need our help. Below is a schedule of our fun runs and the charities we will be donating to. If you would like to contribute (it is not mandatory) please bring something appropriate for the charity, and join us not just for exercise, but to give back to our community!

Tuesday, September 21-Water Street Rescue Mission Charity Fun Run @ The COVE- 680 Millcross Road, Lancaster, PA

Toothbrush	Socks
Toothpaste	Brush and Comb
Soap (bar or shower gel)	Tissues
Shaving Cream	Shoe laces
Shampoo and conditioner	Hand or body lotion
Deodorant	Disposable razors
Lip Balm	

Tuesday, October 19- Boys & Girls Club of Lancaster Charity Fun Run @ Lancaster Junction Rail Trail, Lancaster, PA

Beads	Washable Kids Paint	Checkers
Coloring books	Markers	Connect 4
Coloring projects	Crayons	Playing cards
Frisbee	Construction paper	Ping pong paddles
Balloons	Elmer's Glue	Ping pong balls
Table covering	Paint brushes	Side walk chalk
Gift ribbon	Kid scissors	Domino's
Colored duct tape	Clay	Legos
Jump Rope	Sidewalk chalk	Hula hoops

Tuesday, November 16- Humane League of Lancaster Charity Fun Run @ Long's Park, Lancaster, PA

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

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.

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
- 18 Pretzel Twist 5 Miler**
8:30 AM, Lititz Rec Center,
301 West Maple Street 626-5096
- 18 Reading, Nun Run 5k**
10:00 AM
www.pretzelcitysports.com
- 19 Dam Half- Marathon
and Half-Marathon Trail Race**
8:00 AM, Bald Eagle State Forest
Mifflinburg, PA
jasonfritz@dejazzd.com
- 19 Fort McHenry 5K Tunnel Run**
Baltimore, www.tunnelrun.org

- 24 3rd Annual Lewisburg Lights 5K**
8:00 PM
www.lewisburgtriathlon.com
- 25 Paxton Fest 2-Mile Run**
9:00 AM, Harrisburg, 236-5508
- 25 Oxford Main Street 5K**
610-998-9494
- 25 Philadelphia, Sloppy Cuckoo Trail
Half-Marathon**
10:00 AM
www.uberendurancesports.com
717-484-1127
- 26 Conestoga Trail Run 10-Miler**
10:00 AM, Pequea to Holtwood
billsmithruns@comcast.net.
- 26 Reading, Michael Wise 5K**
10:00 AM
www.pretzelcitysports.com
Ron Horn 610-779-2668
- 26 Smash The Butt 5K**
Millersville U, www.millersville.edu

October

- 2 MACC 5K**
10:00 AM. Beaver Fairgrounds
Beaver Springs, (570) 658-2276
www.maccrec.org
- 2 Hands-On House
Half-Marathon & 5K**
Landis Valley Farm Museum
391-9722
- 2 Apple 5-Miler**
York, www.appleautomotive.com
- 3 Hershey Half-Marathon**
www.HersheyHalfMarathon.com
- 3 Blues Cruise 50k Trail Run**
8:30 AM, Reading
717-484-1127
www.pretzelcitysports.com
- 9 HARTZ PT Fall Blast/5K**
Bonfield Elementary, Lititz
625-2228
- 9 TangerStyle Fit for Families 5k**
8:30 AM, Tanger Outlets
717-392-7260
www.pretzelcitysports.com
- 10 Delaware Distance Classic 15K**
8:30 AM, Wilmington
www.PCVR.com, (302) 798-4179
- 10 Anville, Adopt a Boxer 5K**
8:00 AM
www.adoptaboxerrescue.com

- 16 Fidelis 5K**
Brownstown, Steve Farrah
393-4144.
- 16 Baltimore Marathon**
www.TheBaltimoreMarathon.com
- 16 mOUntaiNBACK 50 Mile Relay
and Ultramarathon**
Rothrock State Forest
State College
www.tusseymountainback.com
- 17 Bow Tree Run 5k &10k Races**
8:00 AM, West Chester, PA
www.bowtreerun.org
- 17 PARTNERS in the Park 5k Relay**
2:00 PM
www.yorkcountyparks.org
- 17 Switchback Scamper 10K**
2:00 PM, Summit Hill
www.stjohnsinjimthorpe.org
- 17 Atlantic City Marathon,
Half-Marathon, 10K, 5K**
8:30 am, www.acmarathon.org
- 23 Stoudt's Distance Classic, 12K**
Adamstown, Peter Belanger
717-371-0746
- 23 - York White Rose 5-Miler**
www.YorkWhiteRoseRun.com
- 23 Reading, Ghouls & Fools 6.5 Mile
Nighttime Trail Run**
7:00 PM
www.pretzelcitysports.com
Ron Horn 610-779-2668
- 24 Army Ten-Miler**
Washington, DC
Contact www.armytenmiler.com
- 30 YMCA Great Pumpkin 5K**
10:30am Berwick, (570) 759-1300
www.runfordiamonds.com
- 31 Wyomissing, Fitzzy's 5k**
10:00 AM
www.laurensfoundation.org
www.pretzelcitysports.com
- 31 Collegeville, Evansburg Challenge
10 Mile Trail Race**
10:00 AM, Ron Horn 610-779-2668
www.pretzelcitysports.com
- 31 Marine Corps Marathon,**
Washington, DC
www.marathonmarathon.com

November

6 Wrightsville, MAG 5K

8:30 AM

www.pretzelcitysports.com

6 Amish Country Bird-in-Hand Half-Marathon, 5K, and Fun Run

Bird-in-Hand, PA

Contact www.AmishHalf.com

7 Oley Valley Country Classic 10 Miler & 5K

9:00 AM

www.pretzelcitysports.com

7 Kristin's Krusade 5k Run

9:30 AM, Philadelphia,

St. Joseph's University

www.kristinskrusade.org

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

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

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