



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA  
March/April 2010



*Living life to the fullest!*

### **President's Message**

*Bob Bergman, Club Co-President*

"... the most deadly and dangerous spot in the United States. It is a pit of horrors-- the haunt of all that is grim and ghoulish. Such animal and revile life as infests this pest-hole is of ghastly shape, rancorous nature and diabolically ugly. It breeds only noxious and venomous things. Its dead do not decompose, but are baked, blistered and embalmed

by the scorching heat through countless ages. It is surely the nearest to a little hell upon earth that the whole wicked world can produce."

Sounds like a great place to visit, right? Some people would read this and maybe shy away from taking a trip to this area of the United States. Then there are those of us who would read this on a race application combined with marathon race and jump at the chance to compete in a

location so described. And it was a wonderful experience! I highly recommend living life to the fullest, which includes trying new and different runs and races in areas you have not yet traveled. I also firmly believe life's experiences are much better shared, so grab a LRRC friend or two and go! Explore and enjoy this amazing planet and maybe next year you too will have new T-shirt emblazed with something cool like "Death Valley Marathon."



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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	2008
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 LRRR 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: [lrrclub@yahoo.com](mailto:lrrclub@yahoo.com)  
Website: <http://lrrclub.org/>  
Groups Web Site:

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

# FunRun & FunRace

**LRRC Tuesday evening 6:30**

**Location S/F @ Lancaster County Vo-Tech - Brownstown Campus.**

Hey, let's race, just for the fun of it. All summer on the 2nd Tuesday of every month the FunRun will be held in Brownstown at the Vo-Tech on Metzler Rd. I will set up 2 timed courses, 10k & 5k. Start and finish will be the same for both courses. Results will be published both in your newsletter and on-line. Your first FunRace will be April 13th.

This course is the same one that the Lancaster Bicycle Club uses as their time trial. It is a great looking course with very little traffic.

From 222 N. - Brownstown exit - R to under 222 - R onto 272 N - 1/4 mile - R onto Church St. - L onto Metzler Rd. - 1 mile S onto Snyder Rd. - L into Vo-Tech parking lot. FunRace will start and finish on Metzler Rd.

GPS -- 231 Snyder Rd. Ephrata, PA

We will need 2 Club volunteers each month to do the timing.

Please let me know if you can help.

Of course, if you'd rather walk or jog around some of the most beautiful farmland in Lancaster County, I will offer numerous length courses.

Part II TBD

Tuesday2Race.....Steve

201-3173 - farrahjs@comcast.net - on a FunRun



# Fun Run Season Is Approaching

**Hosts, Hostesses, Co-Hosts & Co-Hostesses Needed**

## Sign Up To Do Your Part

We have a great club, and the one thing that holds us together more than anything else is Tuesday Night, which means our Fun Runs. These have been an integral part of the club almost since its beginning more than 30 years ago. Fun Runs are wonderful opportunities to combine running and socializing, and as the 2010 Fun Run Season approaches, it's important for all of us to prepare to make a contribution to this magnificent tradition.



What that means is that each of us has an opportunity to contribute in some way to a Fun Run. Many will host. Many more can co-host.

Some members who are new to the club have said that they'd like to host, but they feel intimidated by all that goes into putting on a Fun Run. For you, we say, "Worry not." Plenty of guidance is available. Just ask one of our club officers.

Others have said that they're concerned about matching the food and drink that some hosts put out. Again, that's not a reason to worry. We're all friends here. We're all appreciative of everything that every host or hostess does. The food and drink are really tertiary to the running and the socializing. Whatever you'd like to put out for your fellow club members is just fine.

Others would like to host a Fun Run, but their locations simply aren't good places to run. That's fine too. Co-hosting is the simple solution to that little dilemma. A co-host does many of the things that a host does, such as laying out and marking the courses, preparing the food, helping with cleanup, and contributing financially. Putting together a Fun Run does take some time, and having co-hosts makes the whole process much easier.



So take a look at your summer calendar and pick a Tuesday, but not the second Tuesday of a month. That's when we're having our NEW Fun Run & Fun Race.

Then, after you've picked your Tuesday, either sign up to host on that date, or sign up to co-host. Either way, you'll have a lot of fun, you'll hear a lot of "Thank you's", and you'll help to continue a ritual that makes the Lancaster Road Runners Club such a special group.

Summer is coming, so contact Todd Poole at 587-1136 or pennacoltfan@yahoo.com to lock in your date as a host or co-host.



# A "newbie" view of LRRC and the Tuesday Fun Runs...

By Peg Saunders

*(Editor's Note: This story was written by Peg in June, 2007 and published in our Summer, 2007 Club Newsletter. Peg thought it was worthwhile reprinting for the benefit of all our new and prospective members.)*

I know that for the LRRC regulars the description below will be old hat, but I hope that some newcomers will read it and decide to give the LRRC a try!

In a quest to lose weight and get more healthy I started increasing my walking and elliptical trainer mileage late last year, and eventually started to run a little, working my way up gradually. After a few months of jogging/running I thought it might be fun to join in with other people but I didn't think I was good enough at running to come to the Fun Runs. Despite reading what it says on the LRRC website about "all abilities" I couldn't quite believe that I would be able to keep up well enough to fit in. I was encouraged (by my old volleyball/work buddy Steve Farrah) to come and try it, so eventually I worked up my confidence to come out, not sure what to expect.

The first run I went to was in Akron. It was easy to find, with plenty of parking, as were all of the runs I have been to so far. I didn't exactly know what to look for, but when I pulled into the parking lot, I saw a group of people who looked like runners stretching and chatting, so I wandered over and asked if I was at the right spot. I was greeted warmly and welcomed, and LRRC runners who recognized me as a new person came up, introduced themselves, and made me feel generally at home, even though I was pretty nervous about my abilities, or lack thereof. When I expressed my reservations, numerous people encouraged me to participate and assured me I would do fine (and I did!).

There was a "variety pack" of people there, a good mix of men and women

and a range of ages. I'm 50, have recently lost weight but still have a fair amount to go, and was a little sensitive that I don't look like a runner, but there were people of varying sizes and shapes, and I didn't feel out of place at all.

What is the run like? People run at their own level - if it works to run with someone you can, if not, keep to your own pace. There are typically multiple routes laid out, ranging from ~3 miles to ~8 miles. For some runs there are maps and directions so that you can find your way, for others there are road markings. I am not familiar with some of the areas that the runs are held, so I like to look at the map and get the lay of the land ahead of time. The routes of the runs I have been to so far are mostly rural and scenic, with light traffic and the best of Lancaster County to see while you are running.

There is no pressure to run at a certain pace - people stop and walk if they want to. Some people don't run at all, they walk the shorter course or part of it. Even for "brand new" runners like me, it is fairly easy to run/walk the shortest course and finish in the same time frame as the fast runners doing the long course. After the run, lots of people hang around and talk in the parking lot, so if you are slow like me, no worries, people will still be there when you get back! And no matter how slow I am, I have been encouraged by the other runners. The important thing is not how fast, but that you try, and stick to it!

Some folks leave soon after the run is done, some stay for the social part of the evening. For the runs I have gone to, "Part II" has been at restaurants some nights, and people's houses other nights. The social part is relaxed and fun, and the LRRC people were just as friendly at Part II as for Part I!

I would encourage anyone who is interested, but not sure, to at least give it a shot. I have only come to 4 of the Fun Runs so far, but running with other people has inspired me to try things I wouldn't have thought I could do on my own, and I am already running farther. The LRRC is a really nice group of people, and I look forward to many Fun Runs to come!

## Recognizing Our Best

Our annual Awards Banquet was a lot of fun, as always, and the highlight was the presentation of awards to some of the many outstanding members of our club, Congratulations to all.

Lancaster Road Runners Club 2009 Award Winners are:

### **Runner of the Year**

Peter Belanger

### **Tenderfoot**

Carli Moua

### **Tenderfoot**

Adam Smith

### **Hard Knocks**

Andy Gingrich

### **Hard Knocks**

Bob Spotts

### **Most Supportive Spouse**

John Markley

### **Volunteer**

Todd Poole

### **Volunteer**

Kathi Franco Markley

### **National Champion Coach**

Richard Moebius

### **National Champion Runner**

Heide Moebius

### **Most Improved**

Brian Mitchell

### **Most Improved**

Barb Mongiovi

### **Distinguished Service**

Steve Farrah



# Club Communication- What's the word? Word up?

By Adam, Club Webdude

Ever tried showing up to a run only to realize that nobody else is there? Was the location changed? Did the start time change?

Ever go to a Tuesday Fun Run and hear about last weekend's impromptu get together and not know anything about it? Would you have really wanted to go if only you had known it was happening?

Communication is a big deal for any organization and getting the word out between members can be the difference between a successful or an unsuccessful outing. So, how does the running club communicate? There are five (5) main ways the club informs its members:

**THE NEWSLETTER:** The mailing you are reading right now which comes out bi-monthly.

**THE WEBSITE:** A powerful and multifaceted source of information including schedules, contacts, news, and driving directions. Updated periodically but not the best place for breaking news of the day or impromptu events.

**E-MAIL BLASTS:** Mass e-mail sent out to any and all members on the list by executive members (or webdude) to reach the club on special occasions. Not sent out unless deemed necessary to

advertise for a bigger event that can often heard about in these other forms of communication.

**WORD OF MOUTH:** Everybody has ears, so use them at any running event and listen to what the members have to say! Only works if you are there when something important is being said.

**Yahoo! LRRClub GROUP:** Sign up properly here and you can receive e-mail notifications when ANY member posts to the group message board. If there is a big change coming to the schedule or an event to be advertised, this is another way to hear about it. **Sign up and take communication into your own hands!**

The Yahoo! group is something you should REALLY REALLY REALLY REALLY consider signing up for. It's the best way to hear about what the members of the club are up to, info about impromptu events and any last minute changes. Sign up here and **YOU** will be able to inform the club, ask for directions or recruit other members to join you on a training run.

Need help signing up? Visit the Yahoo! LRRClub Group Signup Directions page on the club website, <http://lrrclub.org/yahogroupsinstructions>, or contact Adam the Webdude.

Check out the LRRClub Facebook group and LRRClub Facebook person. May not be moderated by the webdude but can still be helpful.

Until we meet again, I TOLD YOU SO!!!!... Stay informed.

# The Winter of Our Disconnect

By Sil Simpson

I know that winter means snow, but this year has been ridiculous. The York Winter Series lost 3 of its 8 races to the weather. Running in general is less enjoyable when ice is everywhere.

But spring is near, and spring is the ideal time to become re-energized as a runner. If, like me, you ran fewer miles than you'd have liked when the snow was feet deep and the wind was howling, then you should have a lot of stored-up energy. Come out to the Fun Runs and burn it in an enjoyable way. Pick a race and enjoy the competition and camaraderie that only a race can provide.

Winter is waning, so spring into a great year of running.

# New Races... Old Races

By Sil Simpson

I ran 26 races last year, and I think that 11 of them were races that I ran for the first time. Some of them were first-year races, and some were simply first-year races for me.

I doubt that I'll match that percentage of newness this year, but I find it enjoyable to mix the traditional favorites with some new races. For example, I know that I'll be in Terre Hill for the Shoo-Fly in July, but I hope to run some new races before then.

As I look at various race calendars, I often think that I'd like to run in this place or that, and going to new races is always fun because I never have any idea of how big a race will be or how tough the competition in my age group will be. Mostly, though, it's just fun to run in new places.

The whole world is a running course, and I'm fortunate to live in a place where races are plentiful and I can mix races I've run with races I haven't run before.



# 2010

## RACING SCHEDULE

### Winter

Winter's pickings are obviously slimmer than summer's bounty, but it's still possible to race every weekend of the winter without traveling far.

### The Winter Series

#### York Winter Series

March 6 -Indian Rock 10K  
High Noon - 717-755-6806

#### Reading

##### Shiver By The River - 5K & 10K

610-779-6556

sjackson@firstenergycorp.com

www.pagodapacers.com

March 14 - 11:00 AM

#### Elizabethtown

##### Frozen Foot Series

##### Elizabethtown College

www.frozenfoot.com

March 22, 2:00 PM

#### West Chester

##### Athlete's Closet Winter Series

www.athletescloset.com

11 N. 5 Points Road, West Chester

March 7 - 9:30 AM - 5 Miles

### Races

#### March

##### 6 Athlete's Closet 5 Miler

9:30 AM, West Chester

610-692-4922

##### 13 Run4Luck 4 Miler

9:30 AM, Baker Field

598-6326, www.run4luck.com

##### 13 Chambersburg Half-Marathon

8:30 AM

www.chambersburghalf.org

info@chambersburgrrc.org

##### 13 McDaniel College 5K Track Runs

8:30 AM, Westminster, MD

(410) 848-8991

##### 14 Shiver By The River 5K & 10K

Reading, 610-779-6556

www.pretzelcitysports.com

##### 14 E-Town Frozen Foot 5K #3

2:00 PM, E-Town College

##### 15 Caesar Rodney Half Marathon

Wilmington, DE

(302) 654-6400

www.races2run.com

##### 20 Brave the Race 10K & 5K

8:00 AM & 9:15 AM, Atglen

Christian Taylor

ctaylor@octorara.org www

bravetherace.com

##### 21 Caesar Rodney Half-Marathon

Wilmington, DE

www.races2run.com

##### 21 Winter's End 4.5 Mile Run

10AM, Penn State

Wilkes-Barre Campus, Lehman, PA

wyovalstr@aol.com

##### 21 Run for Vinny's Kids 5K

10 AM, Harrisburg

717-234-5941

ckc@padental.org

www.vinnyskids.org

##### 27 Fool's Run Ten Miler and 5K

9:00 AM, Kutztown, PA

kutztownoptimist@hotmail.com

##### 27 Tyler Arboretum 10K Trail Run

9:00 AM, Media

610-891-0806

tylertrailrun@yahoo.com

##### 28 RACC RUN 5k

10:00 AM Ron Horn

Pretzel City Sports

610-779-2668, rhornpcs@aol.com

##### 28 Hempfield Education Association Scholarship Race for Education 5K

1:00 PM

scott\_podgurski@hempfieldsd.org

### April

##### 3 Susquehanna Warrior Trail 5K Walk

10:15 AM, Shickshinny, PA

SWTC, PO Box 54

Shickshinny, PA 18655

##### 3 Mount Penn Mudfest

Reading 15K Trail Run

Ron Horn/Pagoda Pacers

610-779-2668

rhornpcs@aol.com

www.pretzelcitysports.com

##### 10 Garden Spot Village Marathon, Half-Marathon, and 4-Person Relay

New Holland

(717) 355-6000

www.GardenSpotVillage.org

##### 11 Race for Autism Half-Marathon and 5K

8:00 AM, Irish Eyes Restaurant

Lewes, DE

www.races2run.com

##### 11 Sauder Egg Run 5 Miler

Lititz, 626-5096 ext. 226

##### 15 Third Thirsty Thursday 5K

7:00 PM, Ron Horn

Pretzel City Sports

610-779-2668

rhornpcs@aol.com

www.pretzelcitysports.com

##### 17 Farmers 5K

8:00 AM

New Holland Community Park

354-4747

##### 18 Revolutionary Run 5 Miler

Valley Forge

www.revolutionaryrun.org

##### 18 Mountain Maryland Festival- Marathon, Half-Marathon (Eastern Region RRCA Half-Marathon Championship), 2-Person Relay and 5K

Cumberland, MD

www.mountainmdmarathon.org

##### 23-24 American Odyssey Relay 200-Mile Race,

Gettysburg to Washington, DC

bob@americanodysseyrelay.com

##### 24 Race Against Racism 5K

8:30 AM, Musser Park, Lancaster

392-1735

##### 25 Seashore Half-Marathon and 5K Run

Cape Henlopen HS, Lewes, DE

www.seashorestriders.com

## May

- 1 Turkey Hill Country Classic 5K & 10K**  
8:30 AM, Manor Township  
www.turkeyhill.com
- 2 Broad Street Run-10 Miler**  
8:30AM, Philadelphia  
www.broadstreetrun.com
- 2 Pittsburgh Marathon**  
www.pittsburghmarathon.com
- 2 Frederick Running Festival-Marathon, Half-Marathon, 4-Person Relay and Twilight 5K**  
Frederick, MD  
www.frederickmarathon.org
- 8 Mrs. Smith's Challenge 5 Mile Trail Run - Women Only**  
10:00 AM, County Park  
www.lrrclub.org/mrs\_smith
- 8 Miles For Moms 5K**  
8:3, Lancaster Catholic High School Stadium, 396-9130
- 9 Katelyn John Memorial 5K**  
6:15 PM, Elizabethtown College  
(717) 361-3756; milescl@etown.edu
- 16 Delaware Marathon Running Festival-Marathon, Half-Marathon, 4-Person Relay**  
Wilmington, (302) 654-6400  
wayne@races2run.com
- 16 Bob Potts Marathon**  
6:30 AM, York  
www.bobpottsmarathon.com
- 23 Millersville Mile**  
6:30 PM  
http://millersvillemile.homestead.com
- 29 River Towns 5K**  
Wrightsville  
www.parivertowns.com

- 29 Memorial 5K**  
Lebanon VA Hospital  
www.va5k.com
- 30 Red Rose Run 5 Miler**  
8:30 AM, Lancaster, PA  
www.lancasterredroserun.com

## Road Runner of the Issue: Joni Shirk



Peg Saunders and Joni at the Army 10-Miler

### **Q. How long have you been running? What got you started?**

**A.** I first tried running in \$3 sneakers from Kmart in 1984, then Jim Fixx died, I closed the Book of Running I was reading, the sneakers got tossed to the back of the closet until the fall of 2000, when I began running with my younger daughter. Also everytime I saw Frank McCardell, he handed me an LRRC newsletter to encourage me.

### **Q. What is your best running achievement?**

**A.** Other than the fact that I'm still running since 2000, my one and only marathon was in June of 2004.

### **Q. Can you say something about the encouragement that you've received from the LRRC?**

**A.** Since I am not very self-motivated, I look forward to a good run with one of my running buddies I've met through

the LRRClub. I can't say enough about how great it is that our club has so many running opportunities, as well as other activities such as skiing, skating, etc. Plus I like to encourage others (I've been known to hand out LRRC business cards to strangers on the street) to join our club and run on a regular basis.

### **Q. Same for the friends you've made and the vital place that the Fun Runs hold in your life?**

The relationships that have formed through membership in our Club are lifelong and I cherish every single one.

### **Q. What positions have you held and currently hold in the club?**

**A.** I am currently, and was formerly, secretary of our Club and in between that, I was a co-president for about 3 years.

### **Q. Where do you work? How long? Why did you choose that career over rock 'n' roll?**

**A.** I currently work for Kegel Kelin Almy & Grimm law firm, been there for almost two years. I've been a legal secretary since 1972. Rock 'n' roll life was a bit hectic and kept me away from home alot . . . .

### **Q. Your family members are...**

**A.** Husband of 32 years Kraig, Colorado daughter Alissa, California daughter Adrienne, 3 cats Farf (age 16), Little Man (age 15) and Chloe (4).

### **Q. Your hobbies besides running are Potter County, antiques, and what else?**

Skiing (downhill, x-country, water), reading, fishing, collecting postcards and 4-wheeling.

### **Q. What else about you might provide an insight into the real Joni Shirk...**

**A.** I am honest to a fault.

### **Q. Do you have a photo of you in those rock 'n' roll days?**

**A.** You asked for it. Here it is.



*Runner of the Issue is a new newsletter item where we will be featuring club member profiles in future issues. Watch for upcoming profiles!*

## 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 \_\_\_\_\_

## 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