



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
May/June 2010

RUNNING the NFL

By Bill Hager

Hello Sports Fans!

Continuing the Travel Log started by Co-President Bob Bergman, follow me now to sunny Florida as I share with you some little known facts about what life is like behind the scenes of the Super Bowl. I knew that "running" the NFL would take more man-power and money than I expected. However, I was not prepared for the size, scope and preparation requirements of this event.

I arrived in Fort Lauderdale two weeks before the game - just a fraction of the time required by organizers who arrived in Florida near 45 days ahead of me. The company I represented is GAME DAY Management Group, Orlando. Our responsibilities included handling all transportation for the Teams and Sports Media between hotels, practice fields, media center, headquarters, and the stadium. Nearly 400 coach buses were required to move our VIPs. When the COLTS were transported to their practice field, we used seven coach busses to make it happen. Just moving one team player required three unmarked vehicles - one for the player, one local police, and one SWATT TEAM. Security was impressive and even over stated. For example, when the head of the Department of Home Land Security, Janet Napolitano, arrived at the Media Center,



security forces included, local police, SWATT Team, Homeland Security, FBI, Secret Service and a Bomb Squad. And when the Saints quarterback, Drew Brees, held a press conference after the win, seven security vehicles were dispatched along with two limos from Disney to take the VIP and his family to Walt Disneyworld

immediately after the meeting. All the time, a police helicopter hovered above the Media Center until the press conference was completed.

While I spent the majority of my time behind the scenes and those security lines, my duties required me to venture out to a number of locations including the nine hotels where our VIPs were staying. While I had little time for recreation, I occasionally found myself heading down the boardwalk in Fort Lauderdale - where Mardi Gras and Southern California meet. Entering the ocean front drive it was immediately obvious why everyone was there as I stared up at 25 foot tall Roman numerals announcing that this was the party place for Super Bowl 44. In addition to the "party people," the shoppers and the fans, another group was well represented - the runner. Without hills or extreme temperatures to overcome, Florida's runners and joggers flashed by me in a never-tiring perpetual motion. While most runners I know wear a countenance of austere focus, those I encountered on the flat boards of Fort Lauderdale carried a look of serene delight. I imagined how boring such a run would be for those who run the hills and valleys of Pennsylvania.

At the conclusion of the two weeks, 170 members of the GAMEDAY team lifted off the ground from

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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)

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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 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
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

Wild Rover Race Series

By Peter Belanger

My daughter, Leah, has recently started running (as well as playing in an organized co-ed street hockey league). She felt that the time had come for the two of us to run in a race together. It just so happened that she had already

these parts of New England take the idea of running and free beer very seriously.

The race began at the very civilized time of 11:00 AM and covered a mostly flat route, with one short and steep incline. I keep saying "race" but it was not supposed to be a race. Leah, along with her friend Josh, insisted that we just run together and enjoy the bright, sunny, and unseasonably

Continued from Page 1--Running the NFL

Miami and Fort Lauderdale, back to worlds much more familiar and routine. All but one. While the rest rocketed homeward, my flight was cancelled due to mechanical failure. Another race began. This one involving the repair of a jet against 30 inches of snow which was already starting to fall in central PA. Well, the snow storm was the winner of the day and my flight was cancelled.

Oh, the pain of exposure to the Florida sun for - yes - another three days. Well, obviously I survived!

I'll conclude by saying that being behind the scenes of a national sports event coupled with the inspiring people with whom I worked made 12 to 14 hour days a pleasure and an experience I shall long remember.



signed up for the Wild Rover Race series (www.runthewildrover.com) that takes place just south of her home in Manchester, NH. The series consists of three races, in three locations, at three different distances (3, 4, and 5 miles), on three consecutive Sundays. Each race starts and finishes at an Irish pub where each entrant is entitled to a free beer after the event. Free beer?? That's all I needed to know. Unfortunately, due to my work schedule I could only make one of the races, the "Claddagh Pub 4-Miler" on March 7th in Lawrence MA. This was the 17th anniversary of the race and its popularity was evident by the 900+ runners that showed up. It seems that folks in

warm day. And so we did. That is, until the young lady caught a glimpse of the clock about 200 yards from the finish and saw she could beat her goal time. The idea of running together for the entire race suddenly went down the hopper and vanished. She bolted like a shot for the finish line, finishing well ahead of her old man.

One interesting side note on the race was the use of "disposable" timing chips. The chip is embedded in a strip of thin plastic that is attached to your shoelaces similar to other timing chips. However, at the finish line, there is no need to cut the chip off and no \$30.00 fee if you don't return it. Pretty slick.



Donavon picks his way down the trail at the Res to River trail run.

Small World

by Richard Moebius

Recently, Heide and I traveled to Washington, DC for the "National 10-Mile Championship Race", called the "Cherry Blossom 10-Mile-Run". It is very generously staged by the Credit Union Organization, draws in excess of 12000 runners, and sells out in a little over one hour.

Heide, as former age group winner, again got a free entry and her usual invitation to the VIP party the night before the race (this time in the Grand Hyatt).

All this was arranged for her over the last 3 or 4 years, on line, by a person named Chan Robbins, Seeded Runner Chair, who I automatically assumed was a lady.

This VIP party affair is usually rather elaborate, with an excellent buffet and (unlimited) Heineken for the coach, and Heide really had enjoyed the experience. (One year she shared the dinner table with Catherine Ndereba, and the other we had cocktails with Bill Rodgers for half an hour!). So, I found it appropriate to find this nice lady Chan Robbins to thank her for her kind efforts over the years.

At the Race Expo, I went into the "Solutions" tent and asked where I could find Ms. Chan Robbins. My voice, while accented, is usually very discernable, so everybody in there heard me loud and clear, and they all roared with laughter: "We didn't know he had a sex change!, He'll be at the party tonight."

Now I didn't only have to thank him, I also had to apologize that I had thought of him, and frequently addressed him, as being a lady. And now comes the "rest of the story":

When Heide and I finally caught up with him after dinner, and I had one look at his face, I asked him, "Are you a GNAT?" (Heide froze, probably thinking I lost my mind) --- but he shouted, "Yes, yes, how did you know?" (Gnats is the name of his running club).

So I told him that I just remembered an old newspaper picture in one of our albums, showing him in his "Gnats"-shirt, together with Heide, in color, as "Golden Master" winners of the June 12, 1999 I.O.Silver Classic in Harrisburg.

He was flabbergasted: "And after all this time, you remembered my face???" Remarkable!"

(It really is, usually I remember LEGS, and not men's, either!)

Thank God For Minor Injuries

By Sil Simpson

I'm still plodding along, and after the events of April 3, that's a small miracle, and one for which I'm very thankful.

April 3 began like any other Saturday. I got up and headed to a race. On this day, it was the Sauder's 5-Miler in Lititz. The weather was ideal, and I had hopes for a decent race.

Those hopes took a hit 5 yards into the race when a woman took a dive in front of me. Next thing I knew, I was colliding with the street. Fortunately, no one fell over me, and I picked myself up and got right back in the race.

I had road rash on my right hand and arm and a painful thumb, but it certainly wasn't enough to wimp me out of the race. I don't know how long I was on the ground, but it certainly didn't help my time.

Once I got going, though, I ran well enough, and I achieved my goal of getting under 37. After the race, I had to depart quickly to get to my garden because a friend was bringing a rototiller for me to use.

When I got my hands on that tiller, the day got much worse, and I quickly forgot about my minor injuries from the race. As I was walking the rototiller down the ramps from a pickup truck, I did something wrong. The tiller caught

on the ramp. I lost control, and I tumbled into the tiller.

It wasn't pretty, and it was very painful. Fortunately, I was wearing long pants, and they held down the level of damage, but when I looked at my legs, I knew I had done some damage. I was missing some very important skin from both legs, and I was off to the hospital for an examination and stitches.

The pain really wasn't bad, and the bleeding was minor, but the stitches kept me from running for 9 days. During that time, I was an unwilling participant in a study of the negative effects of not running. In just a few days, I became depressed, irritable, and obese. I also had extreme trouble sleeping. It wasn't a pleasant time, but eventually I got the stitches out and immediately went out for a few miles.

It was bad, but it could have been much worse. It might have ended my running life or even my mortal life, and because it didn't, I'm thankful. Minor injuries are still injuries, but as I reflected on what might have been, I said a prayer of thanks.

But the story didn't end there. My day of ignominy continued when the results came out. I crossed the finish line in 36:54, which would have placed me second in my age group, but my official time was 37:44, which landed me 4th. What a day!

But even the worst day can have one positive aspect. I'm certain that I've already wrapped up next year's Stumblefoot Award, and that's the name that I want on my trophy. Nothing less can describe my day.

FunRace -- First ever, with more coming --Tuesday2Race

Welcome to Brownstown... The Tuesday night of April 13th started cold and continued getting colder as the night went on. We had a small group take off at 6:30 for the first running of the Brownstown Tuesday night fun run. The two courses of 5k & 10k are measured as correct, so if you'd be interested in knowing what find of times you

would normally get, here is a way to test you legs against a known distance.

Seven unregistered runners/ walkers, 16 registered runners, 12 finishers, seven volunteers.

Results are attached. Now, next month, can you improve? Everyone set a PR for the course.

It is only a fun race, don't take it serious. There are several other courses and distances to see farm country around Brownstown. Of course, it is a regular Tuesday night fun run, racing is only an option. Next FunRace May 10th.

5k

Place	Bib	Time	Runner
1	2	19:24	Adam Smith
2	12	20:59	Diana Esposito
3	37	30:18	Andy Gingrich

10k

Place	Bib	Time	Runner
1	9	42:04	Myron Zwally
2	5	44:07	Doyle Morthland
3	6	44:08	Christine Geiselman
4	19	46:22	Steffie Bruckhart
5	3	46:23	Dave Strangarity
6	24	47:52	Annie Poland
7	13	48:11	Travis Hess
8	20	49:08	Edwin Stauffer
9	17	53:09	Donavon Graybill

Brave the Race 10K



2010

RACING SCHEDULE

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, Pavilion #1
Robert Bergman
412 Hensley St, Lititz, PA 17543
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
- 15 Dark & Dirty 6.66 M Nighttime
Trail Run**
Ron Horn Pretzel City Sports
610-779-2668
rhornpcs@aol.com
www.pretzelcitysports.com
- 15 Kennett Square 5K & 10K**
610-388-1556
runmaster@kennettrun.net
- 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
- 20 Third Thirsty Thursday 5k**
7:00 PM - Ron Horn
Pretzel City Sports
610-779-2668
rhornpcs@aol.com
www.pretzelcitysports.com
- 22 Spring Sprint 5K**
9:00 AM, Masonic Village
Elizabethtown, 367-0355
- 22 Valley Day 5K Selinsgrove**
8:30 AM, (570) 374-2470
svpreschool@yahoo.com
- 23 Berks Conservancy Eco-Run**
9:00 AM, Reading, Ron Horn
Pretzel City Sports
610-779-2668
rhornpcs@aol.com
www.pretzelcitysports.com
- 23 Millersville Mile**
6:30 PM, 717-872-8810
rjantt@earthlink.net
http://millersvillemile.
homestead.com
- 29 River Towns 5K**
Wrightsville
www.parivertowns.com
- 29 Memorial 5K**
Lebanon VA Medical Hospital
(717) 228-6188
david.strasz@va.gov
www.va5k.com
- 29 5k River Run**
8:30 AM, Columbia, 684-5249
www.parivertowns.com
- 31 Donnelly 5k Run for Literacy**
9:00 AM
1375 Harrisburg Pike, Lancaster
- 31 Rusty Rudder 5K**
Dewey Beach, DE, 302-654-6400
- 5 Journey for Sight 5K**
9:00 AM, Naylor Wine Cellars
4069 Vineyard Road,
Stewartstown
- 6 Gary Redner Memorial 5k**
9:00AM, Gring's Mill, Reading
Ron Horn Pretzel City Sports
610-779-2668 rhornpcs@aol.com
www.pretzelcitysports.com
- 6 Saint Anthnoy's Italian
Festival 5K**
Wilmington, 302-654-6400
- 9 Pasta Run 5K**
6:30 PM, City Island, Harrisburg
http://lunginfo.org/pastarun
- 13 1/2 Sauer, 1/2 Kraut Marathon
and Half Marathon**
8:00 AM, Reading, 717-484-1127
stephanweiss@comcast.net
www.uberendurancesports.com
- 17 Third Thirsty Thursday 5K**
7:00 PM, Ron Horn
Pretzel City Sports
610-779-2668
rhornpcs@aol.com
www.pretzelcitysports.com
- 19 Dutchie Dash 5K**
9:00 AM, Schaefferstown
Jamie Wolgemuth
717-949-6907
dutchiedash@yahoo.com
- 19 Double Creek Half-Marathon
(7am) and 5k (9:30am);
and 30, 48, 63 Mile Bike Tours**
N. Salem Elementary School
Dover; www.doublecreek.org
- 19 Colon Cancer 5K**
8:30 AM, City Island, Harrisburg
www.pennstatecolonandrectal.com
- 26 Spirit of Gettysburg 5K**
8:00 AM, (717) 334-9171
ywcagettsburg.org
- 26 York Habitat For Humanity 5K**
8:30 AM, Dover, 880-1230
- 27 Double Trouble 15k & 30k Trail
Runs**
9:00 AM
French Creek State Park
Ron Horn Pretzel City Sports
610-779-2668
rhornpcs@aol.com
www.pretzelcitysports.com
- 5 Red Rose Run 5 Miler**
8:30 AM, Lancaster, PA
www.lancasterredroserun.com
- 5 York Memorial Hospital Auxiliary
Ladies 5K**
9:00 AM, kdarr@mtb.com

27 Running for Cover 5K

9:00 AM, Wachovia Complex
Philadelphia, 215-898-3930

July

**3 Good Neighbor Day
5K/10K/15K Runs**

8:00 AM , Kerr Park, Downingtown
www.goodneighboraday.com

Res to River Trails



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