



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
July/August 2016



Welcome Our Newest LRRC Members:
Elaine Brenner - Lancaster
Paula Knudsen Burke - Elizabethtown
Daniel and Lauen Finn - Lancaster
Chris Janouschek - Millersville
Vee & Scott Kingsley - East Petersburg
Charlotte Knudsen - Dillsburg
Mark Seigford - Lancaster

LRRC member Steve Farrah setting the pace for his age group at the 28th Annual Smith's Challenge Trail Run. See the race results on page 3.



President's Message

By Paul Davey

Being asked to write a letter to the LRRC about my running experiences, I am reminded of two fantastic races that took place in England in which I

was lucky enough to participate. My father, Ray, was born in London England and twice in the past two years he has decided to let me tag along on his abroad adventures.

My father's friend Robin is a resident in

Newcastle, home of the Bupa Great North Run, held every September. This is a massive race. In 2014, when I competed, they had their millionth runner finish. Sadly, it was not me, but I treasure the experience all the same. The topic of running this race was not my idea. My father and Robin used to run this race back in the '60's and they asked if I would run it for them. I agreed of course, jumping at the chance to go to England. Robin procured a bib from another runner, Adam Gray, and I just had to remember that I was running under a false identity. It actually would have been pretty bad if I had been the millionth runner to cross. I would have had to shun the fifteen minutes of fame!

Running this race is one of the most

incredible experiences. Thousands of people run from Newcastle to South Shields, right on the ocean shore, for 13.1 miles. I started in the middle, but I was determined to see the front. It was a bright, warm day and I was jetlag free. I may have run straight for 13.1 miles, but with all the zigging and zagging between runners I must have put on an extra 3 miles. No kidding! And even though I tried so hard, the clear front was never visible. I finished at 1 hour 43 minutes, which is pretty good considering all the traffic. I walked over to the ocean and relaxed my feet in the surf.

The next year it was up to me what race to run. So I signed up for the Lake Coniston 15k in the Lake District. Without a doubt

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Stephanie Miller	951-9453	lbnmiller52@gmail.com
Cindy Staples	669-2753	cstaples64@aol.com

New Member Greeter

Steve Farrah	393-4144	farrahjs@comcast.net
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Club Haberdasher

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Webmaster

Greg Walton	371-0691	gswalton@comcast.net
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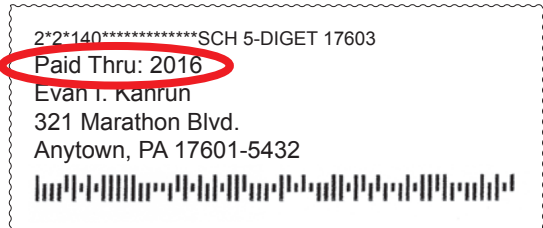
Club Historian

Bill Smith	468-3613	billsmithruns2@gmail.com
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About your address 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.



Club Activities, Events & Races

- Newsletter
- Club Meetings
- Corn Roast (late August)
- Fun Runs (Tuesdays)
- Trail Runs (Thursdays & Sundays)
- Awards Dinner (Late January)
- Smith's Challenge Trail Run, 7 Miles for Men, 5 Miles for Women (Mid-June)
- Conestoga 10 Mile Trail Race (Late September)
- February, Sunday Breakfast Run
- Stouidt's Brewing Distance Classic 12K Road Race (Late October)
- Road Trips to Races (Anytime)

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: 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@yahoogroups.com

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President's Message

this is the most beautiful part of England. The lakes are serene, the people are friendly, the scenery is fantastic, and the sheep are prolific. I found wild sheep atop the Old Man of Coniston just relaxing and eating grass. This is a trail race, and once again Robin helped us out by driving us there from Newcastle. We stayed at a local inn where the entire community gathered to watch a decisive rugby match and drink as much beer as possible.

The morning of the race, I was dreading the fact that I would not get to explore the mountains except for during the race. I made the hike up the mountain while the fog was still thick surrounding the trees and farms. Even though this made me tired for the race I do not regret it in the slightest. I only wish I could have explored the next peak.

Running the race on semi-tired legs was still a joy. I had fun ascending the peak of Coniston again, and the descents were amazing as well. I passed so many helpful local people directing me and wishing me well. I tried my best English accent to let them know I was not English. The best moment was when the race passed through the town again and I was able to

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I run therefore: I am happy

I can't run without: Putting clothes on

Trails or roads: Both, but I prefer trails

If I didn't run I would: Do more yoga, swim, or bike.

Best part of running is: The scenery and company

Run alone or with a group: Both, but usually with my husband

Favorite post run food: Pretzels

Morning or evening runner: Morning

The only running shoes for me: New Balance 860

PR: Who remembers...?

Favorite race: I loved the Blue marsh trail marathon which sadly no longer exists

Member of LRRC since: 2002

LRRC Memory: Meeting my husband John Markley

Running goal: To keep at it for another 40 years.

Flat or hilly: A mixture of both

Hot or cold weather runner: Cold

Facts about you: Met my husband running the trails at county park, we got to know each other training for the HAT 50 K. Two years later he proposed halfway through it! We married later that year at the Barnstormers stadium!

Favorite or recent book: There are so many. I recently read "What She Knew", a great read!

Farthest Run: 50 miles

Running Hero: My husband

One thing about me that most people would be surprised to know is: That I can read upside down

Hometown: Hackensack, NJ

High School: Manheim Township

Favorite Color: Pewter Blue

Favorite Song: Tom Trauberts' Blues by Tom Waits - Just beautiful

Favorite Board member: All of them are just lovely people

28th ANNUAL SMITH'S CHALLENGE 7 MILE TRAIL RUN RESULTS

Male Overall Winner

1 Cooper Linde 28 Lancaster 44:38

Male Age Group: 10 - 19

1 Bradley Bair 17 Leola 52:14
2 Max Lessons 16 Lancaster 52:16
3 Ian Willig 16 Lancaster 58:47

Male Age Group: 20 - 29

1 John Fisher 28 Washington, DC 48:44
2 Nolan Bair 21 Leola 49:29
3 Matt Deibler 21 Mount Joy 1:02:46

Male Age Group: 30 - 39

1 Jonathan Lantz 31 New Holland 46:11
2 Andy Dobish 37 Lancaster 48:53
3 Paul Davey 35 Lancaster 52:14

Male Age Group: 40 - 49

1 Evan Sandt 46 Conestoga 46:48
2 Dan Nephin 48 Lancaster 55:16
3 Dave Gordon 40 Lancaster 56:11

Male Age Group: 50 - 59

1 Mark Seigford 51 Lancaster 56:49
2 Michael Clapper 50 Lancaster 58:56
3 Dale Wiest 58 Sinking Spring 59:52

Male Age Group: 60 - 69

1 Gary Hill 60 Lancaster 1:09:25
2 Mark Gillette 62 Wernersville 1:09:50
3 Ed Bare 63 Bird In Hand 1:12:10

Male Age Group: 70 - 99

1 Steve Farrah 70 Lancaster 1:12:00
2 Frank Mc Cardell 72 Strasburg 1:31:27

Female Overall Winner

1 Katie O'regan 31 Lititz 36:15

Female Age Group: 10 - 19

1 Katelyn Diebler 18 Mt Joy 41:51
2 Adeline Leason 11 Selinsgrove 52:40
3 Jeannie Showers 19 Lebanon 58:08

Female Age Group: 20 - 29

1 Traci Tempone 23 Lancaster 39:18
2 Julie Halteman 24 Lancaster 39:50
3 Abigail Arndt 24 Strasburg 42:11

Female Age Group: 30 - 39

1 Heather Tryon 35 Lancaster 39:47
2 Brooke Magni 34 Lancaster 39:51
3 Nichole Seuffert 35 Lancaster 41:10

Female Age Group: 40 - 49

1 Karen Sandt 40 Conestoga 46:37
2 Erika Robinson 47 Quarryville 47:40
3 Karyn Starr 44 Lancaster 57:45

Female Age Group: 50 - 59

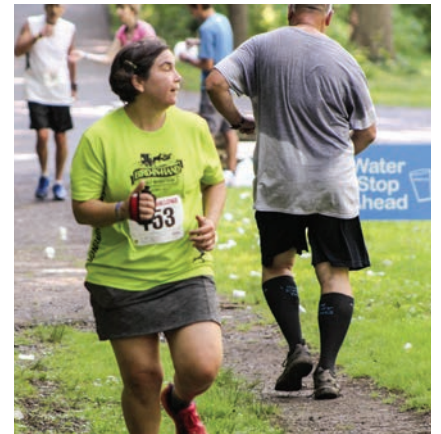
1 Elaine Cook 50 Mohrsville 44:59
2 Irene Blantz 50 Lancaster 49:01
3 Doris Olney 56 Manheim 52:47

Female Age Group: 60 - 69

1 Bonnie Stoeckl 60 Pequea 45:20
2 Deb Kreider 61 Quarryville 56:08
3 Kathy Gumph 61 Naples, FL 59:18

Female Age Group: 70 - 99

1 Heide Moebius 77 Lancaster 56:09



LANCASTER ROAD RUNNERS CLUB ANNUAL CORN ROAST & CAMP-OUT

Saturday, August 20, 2016

(Rain Date: Sunday, August 21, 2016)

At the home of Bill and Dolores Smith, 184 Meadow Lane, Conestoga, PA



Same place as last year!

Camping is Highly Recommended!

**\$20/person IN ADVANCE (\$13 for non-drinkers) (kids under 12 free)
\$30 after 8/16. Camping Saturday Night and Staying For Breakfast? - add \$3.00**

We're excited to hold this year's Corn Roast at the home of Bill and Dolores Smith. Acres of space for games, food and fun. Running, Hiking and Biking for those wishing to hit the trails or roads.

3:30 PM: Vollyball, horseshoes, ladderball, cornhole, many other games, or just relaxing.

5:30 PM: Eat, drink, eat, relax, talk, campfire.

Sleep Over Option (camping). Bring your tent!

AM: Breakfast - Hot breakfast provided.

Roasted Corn, Hamburgers, Hot Dogs, Potato Salad, Tossed Salad, Macaroni Salad, Fresh Fruit, Cookies, other desserts and Refreshing Beverages

(ALL food and beverages provided by LRRC - no covered-dish required)

Directions: New Danville Pike to Conestoga. Turn LEFT at Conestoga Wagon Restaurant, on to Sand Hill Rd. First RIGHT on to Sickman's Mill Rd. First RIGHT on to Meadow Lane. House is one third mile on the left. Watch for LRRC directional signs. Bring lawn chairs if you want to.

By August 16th:

RSVP by mail or to Dolores/Bill at a Fun Run or 717 471-9055. Please reserve and pay in advance so we know how much food to purchase and prepare.

Name _____ Number of People Attending _____

Camping Overnight? Yes ___ No ___ Number of Campers _____ Total \$ _____

LANCASTER ROAD RUNNERS CLUB

FUN RUNS

SUMMER 2016

THIS SCHEDULE IS ACCURATE AT TIME OF PRINTING BUT CHECK CLUB WEBSITE FOR UPDATES AND CHANGES.

DATE	RUN LOCATION	PART 2	CONTACT
7/5 6:30 pm	STEPHANIE & JOE with KAREN & FRANK 99 Krantz Mill Road (New Providence) From Lancaster 222 South towards Quarryville, at the village of Hessdale, turn right onto Krantz Mill Rd. (Bunker Hill Rd. is opposite Krantz Mill Rd), go ½ mile, driveway is on the right		Stephanie 951-9453 Cell 786-1062 Home
7/12 6:30 pm	JIM CASTANZO with STEVE FARRAH 519 State St From Rt 30 (Park City Exit) take Harrisburg Pike toward Lancaster. Turn Right on to State St. (State is one block past President Ave.). Go 4 ½ blocks up State – House is on the left.	LANCASTER BRING CHAIRS	Jim 940-7913
7/19 6:30 pm	JANET & GREG and HEIDE & RICHARD 641 Donnerville Road - from Millersville take 999 West 2 miles, turn left on Donnerville Rd. House is at corner of Donnerville & Keystone	MILLERSVILLE POOL bring swimsuit & towel	Janet & Greg 468-4309
7/26 6:30 pm	DIANA with BILL & LAURIE & DAVE 219 East New Street Take 501 North into Lititz, turn right onto Front Street just after crossing the RR tracks at Wilbur. Go two blocks, park in the Lititz Mennonite Church parking lot on left. (Save parking spaces on perimeter for neighbors.) Walk ½ block to Diana's house on New Street.	LITITZ	Diana 627-5233
8/4 6:30pm	BARRY ELDER with OLGA and ANDY G 425 Crosswinds Drive Take 501 North from Lancaster. Take a left on Crosswinds Drive. (where Gulf Station, Pizza Hut & Holiday Inn Express are located) The road winds a bit and the house is on the right.	LITITZ BRING CHAIRS	Barry 626-1142
8/9 6:30pm	This is Available!!!! Interested in hosting? Let Cindy or Stephanie know!!!		
<p>Tuesday FUN RUNS are held each week at 6:30PM (6:15 in March and September-6:00 in October) at a different location around the county. They are not races; they are just a FUN way for people to run with other people in a variety of places. Courses are usually four to seven miles long (with shorter options) and anyone can easily find another runner of similar speed and ability. After the run we have refreshments and socialize (what we call "Part 2"). During the summer months, runs are usually at a member's house. The member (with helpers) lays out various courses and hosts part 2. Everyone is welcome and encouraged to attend. Any questions call or text Stephanie Miller (951-9453) or Cindy Staples (669-2753). For the specific Run call the contact person.</p>			

DATE	RUN LOCATION	PART 2	CONTACT
8/16 6:30 pm	ED & SARAH with DORIS 360 Jeff Avenue Take 222 North to Ephrata exit. Turn left – At the 3 rd light turn left onto Bethany Avenue – at about ¼ mile turn right onto Jeff Ave. House is on the right		Ed 875-0133
8/20 Saturday	*****Corn Roast at the home of Bill and Dolores in Conestoga***** BRING CHAIRS 3:30 Hike, Bike or Games 5:30 Dinner with Tamara's delicious corn		Bill Smith 468-3613
8/23 6:30 pm	ROZ & BILL and BILL & DOLORES 1595 Wilson Ave from Columbia Ave turn north between the old Boas Fruit Market & the new Turkey Hill, then left onto Wilson Ave, corner of Wilson & Cornell St.	POOL bring swimsuit & towel	Roz & Bill 397-9352
8/30 6:30 pm	DAVE devITRY with ... (Looking for co-hosts) 160 West Market Street US 30 West to PA 441 Exit, turn right onto PA 441 North, go 2 miles to 1 st traffic light, turn Left onto East Market Street, go 1 mile, house is 2 blocks past the S-bend, red brick house on the right, on the square.		Dave 431-0705
9/6 6:15 pm	MICHAEL POLAND with ANDY CHARLES and GARY & JUDY RICHWINE 10 Bennington Circle From Lancaster, go north on Fruitville Pike, turn right on Koser Road (United Methodist Church is on the corner of Koser and Fruitville). From Koser Road, make a left onto Hammersmith Lane (believe it is the 3rd left?). From Hammersmith, make a left onto Bennington Circle (think it's the 2nd left), house is on the left. The name of the street is really a misnomer, as Bennington is not a circle at all, it is a cul-de-sac.		
9/13 6:15 pm	PEG & LARRY SAUNDERS with BRIAN MITCHELL Covered Bridges Run 1814 Northbrook Drive, From Lancaster go East on New Holland Pike (PA Route 23) past the Eden Fire Co. Turn left at the next light onto Butter Road. Go one block; turn left on Euclid, then first right onto Northbrook Drive. 5 th House on right.	LANCASTER	Peg 368-2525
9/20 6:15 pm	TAMARA & ERNIE with BILL HAGER & CINDY STAPLES 1534 Eshelman Mill Road From Lancaster 222 South towards Quarryville (Willow Street Pike), Turn left onto Locust Lane. The Garrett home is the last dwelling on the left.	WILLOW STREET	Home 464-2160

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2016 RACING SCHEDULE

Lancaster County Races July

- 9 Ephrata Run for the Worthy One 5k**
9:00 AM, Ephrata
pretzelcitysports.com
- 9 FreshBurst 5-Miler**
8:00 AM, Lititz
pretzelcitysports.com
- 13 Lancaster Bible College 5K XC Race**
7:00 PM, Lancaster
lbcchargers.com
- 16 Shoo-Fly 5-Miler**
8:00 AM, Terre Hill
www.gsrrunning.org
- 23 Run With The Donegal Indians 5K & 10K**
9:00 AM, Marietta
pretzelcitysports.com
- 23 Viking 5K & 10K**
8:00 AM, Lancaster
www.usroadrunning.com
- 27 Lancaster Bible College 5K XC Race**
7:00 PM, Lancaster
lbcchargers.com.com
- 30 Run To Help Children 5K**
9:00 AM, East Earl
www.runtohelpchildren.com

August

- 10 Lancaster Bible College 5K XC Race**
7:00 PM, Lancaster
lbcchargers.com.com
- 13 Ox-Trot 5-Miler**
8:00 AM, Bowmansville
www.gsrrunning.org/
- 13 Columbia, Chiques Challenge Run/Kayak**
8:30 AM, pretzelcitysports.com
- 20 Running Ninja 5K/10K**
8:00 AM, Lancaster
www.usroadrunning.com
- 28 Amos Herr 5K**
6:00 PM, Landisville
hempfieldrec.com

September

- 10 KTA Trail Challenge 50K & 25K**
(formerly Susquehanna Super Hike)
7:00 AM, Lancaster to York
www.kta-hike.org

Summer Series

Summer brings racing opportunities that winter can't match, largely because we have much more daylight. Here are a couple of weeknight series that we can enjoy:

- Third Thirsty Thursday 5K**
7:00 PM, April through Oct, 2016
Trooper Thorn's Irish Beef House
Rt. 10, Reading, PA
pretzelcitysports.com

- Lancaster Bible College 5K**
7:00PM, Wednesday Evenings
July 13, 27 and August 10
901 Edan Road, Lancaster
Run on road, dirt, grass, gravel, etc.
lrrclub.org



Save the date for 9/24/16!

The Falmouth Goat Race Fatass run will be back by popular demand!

By Kathi Markley

We will once again meet at Riverfront Park in Marietta at 10:00 am to run out and back up the riverfront trail. Riverfront Park is on Vinegar Ferry Rd, off Route 441.

Run for an hour or so, then we will carpool up to Governor Stable Park in Bainbridge to cheer the goats on as they race.

Of course it's a free event, but I will be collecting school supplies, (notebooks, pencils, crayons, markers...), for School District of Lancaster homeless student project.

Hope you can make it!

Continued from Page 3

President's Message

see my father and Robin relaxing drinking a pint and watching the runners pass by. I waved and kept on going until we finished right next to the lake.

I recommend both races highly, not just for the fantastic running but also the incredible surroundings. I am also so very thankful for getting the opportunity to do some international racing and exploration. So this is all I have to say: Get out there and go on an adventure!

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



LANCASTER ROAD RUNNERS CLUB MEMBERSHIP APPLICATION

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

- Discount on running shoes and apparel at "The Inside Track", Lancaster (official shoe store of Lancaster Road Runners Club)
- Enrolled as member of the Road Runners of America. Quarterly newsletter and insurance
- Bi-Monthly newsletters link the membership together by providing running tips and information, race reports, upcoming event calendar, meeting topics, presidents column, etc.
- Fun Runs are held weekly at a variety of locations in the area on Tuesday evenings at 6:30. Trail night is Thursday night at 6:30 PM. Club members can also be found on most Sunday mornings at Lancaster County Central Park at 7:30 AM for trail fun runs. These are not races, but rather an opportunity for anyone, regardless of ability, to share in the comradeship of running. Fun Runs are intended to provide a change from your normal running routine.
- Social events, such as awards dinners and picnics are held annually. These events 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, Wife and Dependant 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