



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
May/June 2016



**Please welcome our newest
LRRC member:
Linda Good - Leola**

**From left to right: Heide Moebius,
Kathi Markley, Jeanette Fitzgerald,
Debbie Kirchner, Paula Knudsen
and Char Knudsen at the 2016 Fat
Ass Run.**



President's Message

By Laura Garver

Dear Running
Club,

When I first met
you, I had just
begun attempting
to run regularly.

Some days were awesome and I felt like a champion. More often running made me question my sanity. At my mother's advice, I came out to the running club. Little did I know how it would change my life. With that said,

here are my top 3 favorite things about the Lancaster Road Runners Club.

THE PEOPLE:

The first night of my regular attendance at the running club, I met a lot of great new people- one of them being a goofy kid named Bobby. I had been warned of the infamous SMITH! jokes and the crazy trail runners and wasn't quite sure where I fit in. I started running roads and met a lot of great people there. I took my chances and started out on trails. I met more great people there. I won't say those people aren't crazy because they are, but in a good way- in a bonding you'd

only understand if you were there, bushwhacking through the burn hazel and briars on a deer path on the way to Reservoir to River kind of way.

Either way, roads or trails, it is a great feeling to know that no matter which turf I show up on, I have a group of people there happy to see me. This club has such a wonderful group of people who I am thrilled to call my friends!

THE ENCOURAGEMENT:

As a new runner, I was not feeling entirely comfortable coming out to the running club. It did not take me long



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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)
- 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)

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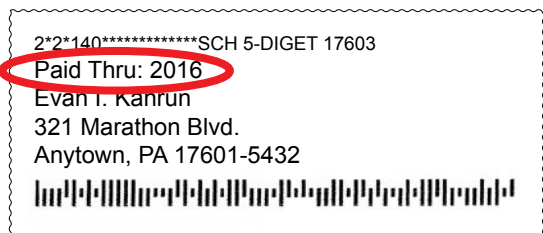
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About your address label:

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 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@yahoo.com

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President's Message

to realize that there was no reason to be uncomfortable. No one was going to judge me. No one cared that I was running 11 minute miles or that the color of my face rivaled only the ripest tomatoes. No one cared that I stopped to take a walk break. NO ONE was judging me. They were just glad I was out there. Although it took me a while to realize this, once I did, it became clear very quickly just how awesome this group of people was. I had not only become a runner, but I now had a whole group of supportive running buddies.

I still remember the first time I did Mrs. Smith's. Bobby had been dragging me up and down hills at Wolf's Hollow for the last two months to make sure I was ready. It was a perfect May morning and it was probably one of my best runs to date. The air was crisp, the burn hazel was in full bloom, the mud was fresh and the creek almost washed me away. There was not one moment in that entire race that I couldn't hear people cheering. I came out soaking wet and tired but it was an amazing feeling.

FUN RUNS

It is always fun to get to run new places I wouldn't otherwise have thought to go. It amazes me how many new places we end up just miles from where I grew up that I never knew were there. Thank you sincerely to everyone who has opened up their home to host the club!

With that said, thank you to everyone who has helped make this club what it is. You truly are a wonderfully unique group of people!! I look forward to many years to come...on on!

Sincerely, *Laura*

Forty-Nine Years of Running

By *Karl Moyer*

It all started with the heart attack that wasn't. It was December 1965, in my second year of teaching music history at (then) Millersville State College, plus conducting the college choir. In addition, I'd committed to being the organist and choir director in a Lancaster church, along with pursuing

a career as a concert organist and being a relatively new first-time father.

Life that December was uncommonly pressured. I'd carried on a research project that led to the customary three campus performances of the annual Christmas concert - you no longer dare call the event that - consisting that year of choral music by composers of Pennsylvania. Along with that: the annual WGAL Christmas show, for which I also had to write the narration and prepare the bi-columned "script," audio and video.

During the Sunday evening campus performance I experienced some notable pain in my chest but survived the evening, went home, got ready for classes the next day, went to bed, and during the night utterly emptied my stomach out on the floor next to our bed. Instead of going to my 8 a.m. class the next morning and at the urging of my better half, I went instead to the doctor, who immediately admitted me to Lancaster General Hospital as a possible heart-attack patient.

There I met Dr. Harvey Seiple, yes, Chip Seiple's dad, heart specialist, who oversaw my care for the next several months. At my exit check-up with him in March 1966, he asked, "What kind of exercise do you get?" Except for going swimming maybe once a month in the old pool at Brooks Gym, long before Pucillo Gym was built, I got little. Could I go swimming every day? No, the pool was only available during weekday dinner hours. He suggested I do some daily running, something I'd not done since basic training in Ft. Knox KY five years prior. So I owe my running career to Chip's dad.

I bought a pair of ordinary "sneakers" and some "sweats" and started out just as the snow was done melting - exactly 50 years ago as I write this!! Soon it was a pair of cotton gym shorts, well before the days of nylon tricot materials for recreational runners. The real "advance" came, though, at the behest of several guys in the college choir who sensed what I was doing and who, one day after rehearsal near the end of the year, presented me with a pair of Pumas!!! I decided the kids were O.K. with their young professor as a runner. Ⓓ

Road races were not yet a fact of life for most runners, but upon returning home in August 1974 from two years in residence in Rochester NY for my

doctor's degree, I discovered the newly-operating Turkey Trot Ten Mile Race, starting and finishing at the Mennonite Church in Millersville. That became my first race, and I was hooked.

Then in June 1976 came the Red Rose Five Mile Run, the second running of which in 1977 featured the ill-fated start via a cannon on North Queen Street whose blast shattered various store windows, including glass all over Miese's Candy display. An unforgettable side-show in Lancaster running history.

Lots of races and some prizes later - I STILL have all the "hardware" I ever won!! - came a successful qualifying marathon at Johnstown (Oct. 1981) for Boston Marathon, 18 April 1982, where Chip Seiple and I crossed the finish line hand-in-hand in 3:18. One of the most thrilling days of my life!! I STILL have my Boston Marathon file folder, replete with the next day's Boston Globe that "tells all about it."

In 1980 I served as president of our club, of which I'd been a charter member, had helped to decide the choice of the club T shirt and the nylon tricot race shirt, worked the Spring Fever race at Middle Creek Game Preserve more often than running it, etc.

Memories of that presidency year came back recently with particular pleasure when I read the article and list of the club's Road Award holders in the March newsletter. It was while chairing a meeting of the club officers in Bob Ulmer's store, then at Manor Shopping Center, that one of the officers proposed that X X be given a "Road Runner of the Year" award. The officers saw fit first to determine the parameters for such an award, and, having done so, then formally created the Road Award. Its first presentation took place in 1981 and has continued. I congratulate each award holder.

There's the line, "all good things come to an end." Last 19 June while out on a run during vacation with my wife in Vermont, I got a sharp pain in my right knee. After returning home and consulting my personal physician, I went to see an olden-days' Lancaster running friend Tim Tymon, orthopedic surgeon. He diagnosed it as arthritis, sent me off to Chris Martin, physical therapist who'd helped me with other problems in earlier years. Chris et al

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Forty-Nine Years of Running

succeeded wonderfully in helping me to achieve total relief from the pain in my knee and taught me a series of exercises I expect to keep doing faithfully "for the duration."

However, Tim opined at my exit consultation that my running life was now over. I've now become friends with an elliptical machine and plan also to take up endurance cycling this summer. So there IS fitness life after running, though I'm not sure if I'll find it as much fun.

I plan to maintain my club membership and one of these days will likely deposit my complete "run" - a librarian's word for it - of the club newsletter, from its beginning up to the date of my gift, to Lancaster County Historical Society, of which I'm a member and to which I have already donated the early club T-shirt and singlet I owned and wore only for races. Some future year, someone should donate later versions of the club apparel as well. After all, we are a valuable part of Lancaster County history and culture.

I wish each club member lots of good running as life proceeds. Relish it while you can. I thank God for my 49 years as a runner, even to age 78, and have no complaints. It's been great.

Was Kathrine Switzer actually the first woman to run Boston?

By Sil Simpson

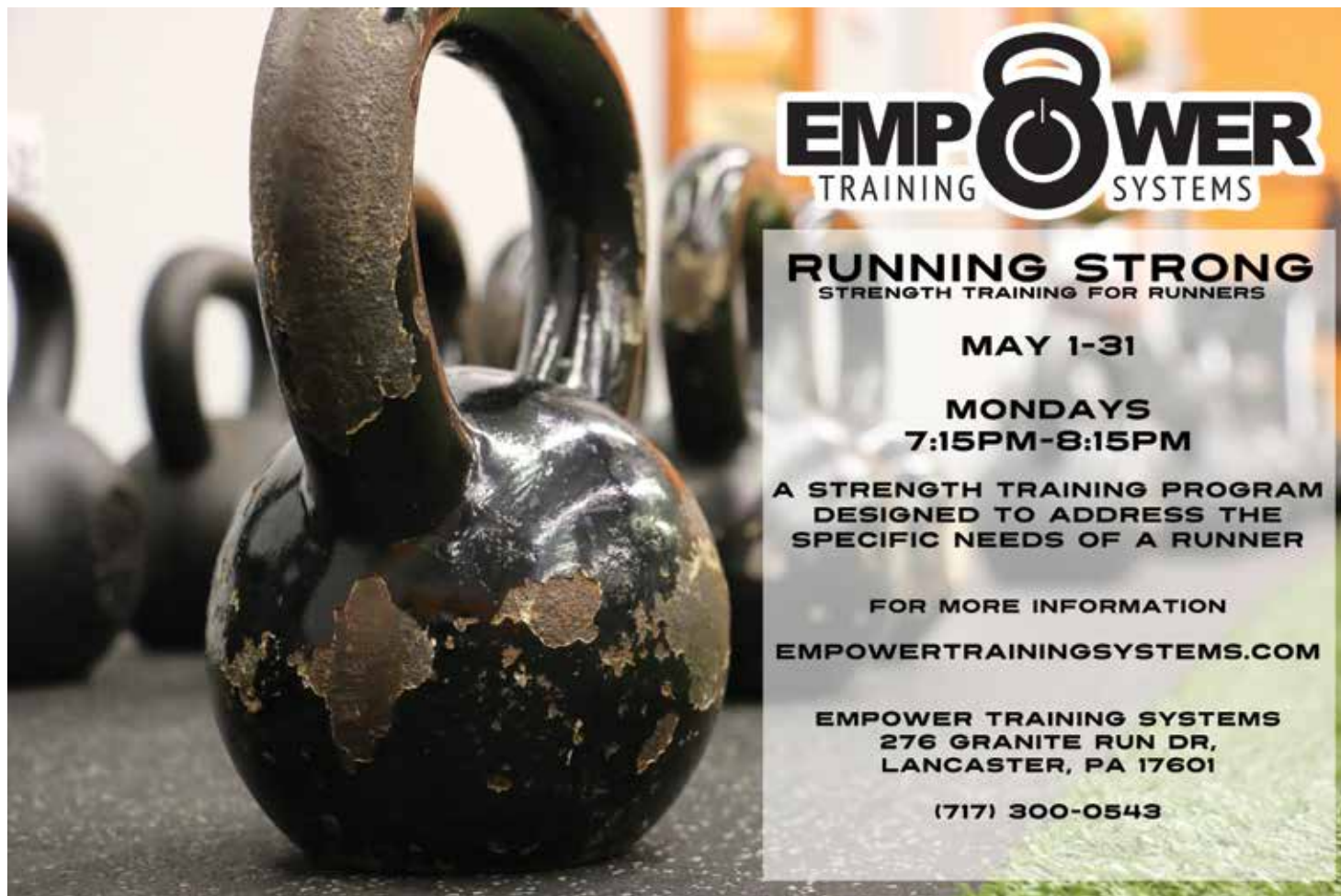
If you'd ask 100 Americans who the first woman to run Boston was, you'd probably get 98 blank stares and 2 replies of "Kathrine Switzer". Until this year, I would have been 1 of those 2. Turns out, however, that I would have been wrong. Kathrine did her initial Boston run in 1967, and she's been a beautiful advocate for running ever since, but a young lady named Bobbi Gibb beat her by a year. The story:

Bobbi Gibb was the first woman to run the Boston Marathon, and to do so, she had to stealthily crash it. On

April 19, 1966, Gibb crouched in a bush near the start, clad in her brother's Bermuda shorts and a hoodie. As the starting pistol fired, she jumped into the mob of running men and took off.

"I had no idea when I started training that women weren't allowed to run." Gibb was not in the world of sports. She didn't run competitively; she ran because she loved to. "All the stresses of the day disappeared. I felt like myself, like a bird flying, free and happy." She spent two years training without a coach or even the proper shoes. She wore nurse's shoes since athletic shoes weren't readily available for women.

When Gibb applied to run the Boston Marathon, she received a letter from the director saying that she could not race because as a woman, she was physically incapable and it would be a medical liability. This was a men's race after all. She was upset, and rightly so. "In 1966, women were not allowed to run more than one-and-a-half miles competitively... How can you prove you can do something if you're not allowed to do it?... How can you even know if you can do something if you're not



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allowed to try?... This is the tragedy of prejudice."

During the race, Gibb started to feel overheated, but would not remove her hoodie. "I knew if they saw me, they were going to try to stop me," she said. "I even thought I might be arrested." The men around her soon realized that Gibb was a woman. She knew if they were hostile, they could shoulder her out. But to her relief and gratitude, they were friendly and encouraging. They wouldn't let her be thrown out.

When Gibb took off her sweatshirt and spectators realized there was a woman running, people cheered. Word spread and female students at Wellesley College waited at the 15-mile mark to cheer for her. The governor of Massachusetts, John Volpe, met her at the finish line.

She placed in the top third of runners with a time of 3:21:40, which was slower than usual to conserve energy. "I knew that the worst thing that could happen would be if I didn't finish... Here I was, making this very public statement. If I had collapsed or hadn't finished, I would have set women back another 50 years, or maybe longer."

It wasn't until 1972 that the Boston Marathon officially opened to women, but Gibb returned in 1967 and 1968 and found herself amongst other female competitors.

Unfortunately for Gibb, equality still wasn't always within reach. She was rejected from medical school, and during interviews, was told she was "too pretty. [She'd] upset the boys in the lab." Instead, she went to law school, had a son, co-produced a documentary, wrote an autobiography, and worked as a lawyer and in neuroscience at MIT, among many other accomplishments.

And even now, she still runs one hour every day.

DC Running

Kathi Markley

My husband John and I spent a wonderful week in DC recently. John was there for a conference, and I was along for the ride. We stayed in the Marriott Woodley Park, which is in a rather nice section of DC, close to the National Zoo and to Rock Creek Park as well.

Lancaster Road Runners Club

I have always wanted to run the trails there, so when John had a break from the conference that's just what we did.

Our first clue that we were not in the city was coming across the Police Line Do Not Cross crime tape at the top of the trail. As the scene was no longer secured, we ran right by it.

The trails were beautiful, nothing too technical with gently rolling hills. As luck would have it, we wandered off trail a bit and came across signs telling us to get off trail, that the premises were patrolled by armed guards. We had apparently run onto an embassy compound. We later found out that sections of Woodley Park are Embassy Row.

The rest of the trip was not nearly as eventful as it mainly consisted of Panda and bird watching.

Best Month for PRs?

By Sil Simpson

As I thought of my ancient PRs, I realized that I set them all in a brief stretch of my life from September, 1981 to April, 1983. I also realized that I set them in the months of March, April, June, and September, which are relatively warm months. Of my PRs at popularly contested distances, I set only one on a warm day, my 5-mile best at the Red Rose. So, how does this bit of meaningless information jive with my idea that warm weather is tougher to run in? I guess it doesn't. What I think it really means is that I was faster and better able to handle heat when I was younger. Anyway, here are my PRs by month:

5K - September

5 Miles - Red Rose

10K - March

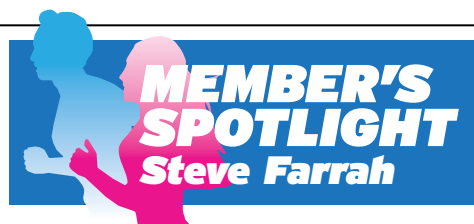
Half-Marathon - Late September

Marathon - April 10

My Hottest Race - 99° at race time. A 5K at Penn National Race Course on a Friday evening in July, 1983.

My Coldest Race - 4° at race time. Accomac 8K, January.

My Windiest Race - Garden Spot Marathon, 2009, 40 MPH the whole day.



Steve Farrah

I run, therefore I: have at least one good habit.

I can't run without: Having a feeling of accomplishment, no matter how good or bad the weather or how I feel.

If I didn't run I: Would have found something adventurous and social. When I can no longer run, I will go to my other favorite...my bikes. I love to bike tour. I've toured many places and the opportunities keep expanding.

Trail or roads: It all started on the roads and got longer with new challenges. Many years later the trail craze started. I held off because I really liked the roads. Trail running started around 15 years ago and is now more fun and challenging. Trail running is the best thing on two legs.

Best part of running: SOCIAL. Group runs or just two of us. I like running with people, it keeps me motivated and shares the fun of the outdoors. I love this club and everyone in it.

Run alone or in a group: Like I said, "Love the Social"

Favorite post run food: Junk food. I feel I earned it. Coke, sugar, fat, beer. It's all about Part 2.

Morning or evening runner: Either/both. Sunday morning at the park. I love to watch the sun come up, cool fresh morning air, get a jump on the day.

Tuesday & Thursday evenings with the group. Great social and promote great sleep.

The only running shoes for me: ASICS have always been a failsafe brand...but I'm keeping with an open mind. Many good shoe brands and styles out there for trail running, minimalist, racing.

PR's: The only PR interest I had was for the marathon. For me the PR's were made because of the "Boston

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2016 RACING SCHEDULE

Spring/Summer Race Calendar

The temperatures and race season is heating up (literally and figuratively). Plenty of race options within a short drive.

May

- 14 Kennett Run 10K & 5K**
Kennett Square
<http://www.kennettrun.net>
- 14 Pirate 10K, 5K**
Harrisburg
usaroadrunning.com
570-916-3882
- 15 Chester County Half-marathon**
Coatesville
www.chescohalf.com
- 15 Laney's Fashionista 5k**
West Reading
laneylegacyofhope.org
- 15 Philadelphia Bar Association 5K**
www.phillybarcharityrun.com
- 15 York Marathon**
www.yorkcoymca.org
- 26 Happy & Healthy in Hershey 5K**
6:30 PM, Hershey
www.happyandhealthy5k.com
- 28 River Run 5K**
8:30 AM, Wrightsville
parivertowns.com
- 29 Charlie Horse Half-Marathon**
Plowville
www.pagodapacers.com
- 30 RR Donnelly 5K**
Lancaster
- 30 York Memorial Day 5K**
yorkgoldstarrun.com

- 30 Ghost Town Half-Marathon**
Black Lick, PA
www.runningintheusa.com

June

- 4 Red Rose 5-miler**
Downtown Lancaster
- 4 Dreams For Life 5K**
9:00 AM, Paradise Park
pretzelcitysports.com
- 5 Ephrata Rec Center 5K**
5:00 PM
pretzelcitysports.com
- 11 Mission Connect 5K**
10:00 AM, Lancaster
www.missionconnect.me
- 11 CASA Superhero 5K**
8:30, Landisville
www.superhero5klancaster.org
- 16 Third Thirsty Thursday 5K**
7:00 PM, Reading
pretzelcitysports.com
- 18 Bob Bard 5K/10K**
8:30 AM, Quarryville
pretzelcitysports.com
- 18 Spooky Nook 5K**
9:00 AM, Manheim
pretzelcitysports.com
- 19 Smith's Challenge 10K Trail Race**
9:00 AM, Lancaster County
Central Park
Irrclub.org
- 26 Age-Graded 10K Trail Race**
8:30 AM, Reading
pretzelcitysports.com

July

- 4 Ephrata Firecracker 5-Miler**
8:00 AM, Ephrata
ephratarec.com
- 9 Fresh Burst 5-Miler**
8:00 AM, Lititz
pretzelcitysports.com
- 10 Double Trouble 15K & 30K**
9:00 AM, Morgantown
pretzelcitysports.com
- 16 Shoo-Fly 5-Miler**
8:00 AM, Terre Hill
www.active.com

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
June 1, 15, 29, July 13, 27 and
August 10
901 Edan Road, Lancaster
Run on road, dirt, grass, gravel, etc.
Irrclub.org

Strength Training For Runners

Our friends Prana & Empower that gave us a great Yoga intro and a Strength training class, is now offering (5) classes specifically designed for us runners in the month of May. Space is limited, so sign up early!

Last month 14 runners attended the pilot class and had a great time & workout!

The cost is a LOW introductory offer of \$60 for the 5 sessions!

If interested, call them.....if you have any specific questions, I can answer them as well, just email me. tgood@BRKREIDER.com

Come And Enjoy The Fun Runs

Tuesday evening is this club's best time of the week. Tuesday evening is Fun Run time, and Fun Runs are the ideal combination of running and socializing. If you're new to the club, please come out and meet everybody. As you'll immediately discover, we're all friendly, and by the time you head off, you'll feel as though you've been a club regular for decades.

And if you have been a club member for decades, and you haven't been to a Fun Run lately, come back to Tuesday night. As the name says, it's a lot of Fun.

Men, The Ladies Are Outnumbering US, And Good For Them

Women dominate running now. They account for 52 percent of the nation's runners and 57 percent of its race finishers. The Broad Street Run is no exception. Last year, 19,384 women finished the race, compared to 15,785 men.

Summertime, And the Running Is Easy

By Sil Simpson

Well, in some ways it's easy. We don't have to put on as many layers as we do in cold weather, and we have much more daylight in the morning and in the evening. In one way, though, summer can be tough. That way is those high temperatures that summer always brings. So be aware that's there's a sort of counterbalance between temperature and our ability to push ourselves. The ideal running temperature is 50°, so if it's 90° at race time, you won't be able to run quite as hard as you can in the cooler weather.

Summer also brings a different racing scene. Races longer than 5K become pretty rare. We even have opportunities to run races as short as 1 mile, and the calendar includes some nice evening races, such as Reading's Third Thirsty Thursday series.

So enjoy summer running. It's the best running of all, except for spring running, fall running, and winter running.

Is Your Hair Slowing You?

By Sil Simpson

I was at a high school track meet, and when a young man with long hair easily won the 1600, a friend asked, "How much faster could he go without that hair?"

I did a little research on the drag that hair creates for runners, and I found almost no information on the subject. However, I did find a fair body of research for cyclists, and for them, the effect of hair is significant. One study found that it can mean a difference of a minute in a 40K race, and that's why cyclists shave everything, especially their legs.

So, would a bald head help you run faster? And would you shave your head if it would? Most of us wouldn't go that far, but it's certainly a good idea to be as aerodynamic as possible, which means no floppy clothing, and probably no hat.

Continued from Page 5

Member's Spotlight

Qualifying standard". I worked hard to past my BQ time with a 3:17. Of course I've had PR's at every distance but that was then. Never going to do that again.

Favorite races: *I liked the challenges of the marathon. So in order: Steamtown, Boston, LA, Pittsburgh. With the Marathon races it's long enough to see lots of the city, talk to other runners of their race favorites, talk to myself about myself.*

Member of LRRC since: *Somewhere around 1978....WOW 38 years seems like a long time.*

LRRC memory: *Road Runner of*

the Year & Presidents' Lifetime Achievement Award.

Running goal: *Goals have been achieved. New goal, how long can I keep going.*

Flat or hilly: *Don't matter, it's all good.*

Hot or cold weather runner: *See 15 above.*

Facts about you: *Chapter 1. Married 48 years, 4 children, 4 grandchildren, retired, bicycle touring. Chapter 2?*

Favorite or recent book: *Born to Run - Complex, inspiring, enlightening.*

Farthest run: *A couple of 50-mile races.*

Running hero: *Heide Moebius is impressing us all by keeping going, if she can do it, maybe I can.*

Hometown: *Washington State, then Pittsburgh.*

High school attended: *New Kensington HS near Pittsburgh.*

With sadness, we bid farewell to LRRC member Henry Franco, son of Kathi and John Markley



Henry Franco
November 28, 1992- April 29, 2016

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