



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA  
September/October 2016



**Welcome Our Newest LRRC Members:**  
**Sarah & Chris Lesser - Lancaster**  
**Austin Smoker - Pequea**  
**Mary Mahoney - Etters**  
**Julie & Galen Halteman - Lancaster**  
**Michelle Akritas - Lanaster**  
**Karen Weisel - Gordonville**  
**Don Doster - Manheim**



## Editor's Message

By Sil Simpson

### Go Forth and Multiply

Two small happenings at recent races left me thinking about

just how wonderful runners really are, and how much better the whole world would be if everyone would run.

The first events occurred while I was working at the Half-Wit Half in Reading. I was at a water stop at 8.8 miles, which was 2/3 of the way through the race. The day was tremendously hot and humid, and

when runners reached our spot, they were tiring. Still, they were amazingly, almost annoyingly, polite. Most thanked us for being there, and many actually stopped to put their water cups in a trash bag. Several times I told them to keep moving, because picking up the cups is part of the workers' job. The runners' politeness was certainly admirable, and it was totally unnecessary because no one expects runners to give up time during a race just to make sure that they don't litter.

The next event occurred at a high school cross-country meet. Every race has runners of various speeds, so it was interesting to see runners who had already finished giving encouragement to slower runners,

even runners from other schools. That sort of behavior is evidence of the purely positive nature of running, and it's the same behavior that we see whenever we run. Everyone cheers on everyone else. We race to the finish line, and we wish the best for everyone else in the race. Being at a running event is always a pleasant respite from the negativity that we sometimes see in other parts of the world.

As I see the positive behavior and gracious attitudes of runners, I wish that everyone could be a runner. I believe that many, or most, of the world's problems come from people who do not enjoy the benefits that running provides. Running burns off our negative emotions. It releases

*Continued on Page 3*



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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](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)

## 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)
- February, Sunday Breakfast Run
- Stoudt's Brewing Distance Classic 12K Road Race (Late October)
- Road Trips to Races (Anytime)

Continued from Page 1

## Editor's Message

our happy hormones - adrenaline and endorphins, and it gives us a sense of achievement, a reason to feel good about ourselves, and people who feel good about themselves generally don't do bad things. In contrast, bullies have low self-images, and that's why they're bullies. It's possible that a running bully exists, but I can't say that I've ever met such a person.

So wouldn't it be nice if everyone would partake of running and enjoy the benefits that this simple activity offers? A better life is just a mile or 2 away for everyone who will run over and claim it.

I know that we'll never see a world in which everyone runs, but if I can lead just one person to the joy of running, then I'll be doing a little something to make the world a little better. So let's all go forth and try to multiply the number of runners on the planet. We all know lots of people who can benefit from running, and with a little encouragement, perhaps we can bring a person or two to the better life that running provides.

Continued from Page 7

## Race Schedule

### November

#### 5 Craig Heisey 5K

Mount Joy  
www.reys.org

#### 5 MAG 5K

8:30 AM, Wrightsville  
parivertowns.com

#### 5 Marathon on The Mountain, also Half & 5K

8:00 AM, Seven Springs  
www.marathononthemountain.com

#### 6 Oley Valley 10-Miler

9:00 AM  
www.pagodapacers.com

#### 12 Lions Den Half-Marathon

10:00 AM, McAllasterville  
www.fayettelionsden.org/races.html

#### 13 Harrisburg Marathon

8:00 AM  
ymcarun.com

Lancaster Road Runners Club



**I run, therefore:** *I am. Cliche, but true. Also: ... am healthier, stronger, happier and more confident than I'd otherwise be.*

**I can't run without:** *Not applicable.*

**Trail or roads:** *While I love trails, I am probably a more proficient road runner. Love my LRRC Sundays though!*

**If I didn't run I:** *Would rather not contemplate such a world.*

**Best part of running:** *Camaraderie and the friendships I have made and continue to make.*

**Run alone or in a group:** *I used to mainly run alone, but over the past year or so I've been running with a group. I still get my solitude though.*

**Favorite post run food:** *Beer.*

**Morning or evening runner:** *I used to be a whenever runner, largely because of my job, but, I started getting out mornings with friends in January 2015 and it is been very good.*

**The only running shoes for me:** *I am not a brand loyalist, but in my current rotation are Saucony Fastwitch & Type A6 and Hoka Clifton 2 & Odyssey.*

**PR's: Raw:** 26.2: 2:57:21, Boston, 2010,

age 42. Age graded: 2:47:55 age 46 (2:58:24 actual.) Beer mile: 6:52, age 46. (Big fan of age grading.)

**Favorite race:** *Boston Marathon.*

**Member of LRRC since:** 2012. *That's shortly after I moved (back) to Lancaster.*

**LRRC memory:** *Many, but sharing most improved runner with Tim Good in 2013 is up there.*

**Running goal:** *Keep on keepin' on.*

**Flat or hilly:** *I think I'm a better climber; I get a little apprehensive on downhills: especially trails: because I snapped my right ACL skiing @ 2003/4, but I'm working on managing the apprehension.*

**Hot or cold weather runner:** *I've come to appreciate each for what they are, but you can always put on more than you can legally take off. ;)*

**Facts about you:** *Married to Kathleen Riordan. Down to two cats, Lulu & Grayson. Reporter at LNP. Coulda been a contender. I have been streaking: a.k.a. running at least 1 mile a day: since 12/27 2008.*

**Favorite or recent book:** *Shout out to my Lancaster Library "books on tap" book club: Last book finished (July) Neil Gaiman's "The Ocean at the End of the Lane."*

**Farthest run:** 100 miles.

**Running hero:** *I don't have heroes.*

**One thing about me most people would be surprised to know is:** *I was on my high school track weight team: Punishment after one workout for sliding in the cinders and I liked it (but wasn't really good. Lettered because of javelin, though: technique over strength.) Also socially awkward/shy.*

**Hometown:** *Early years in suburban and proper Philly, but predominantly Lancaster.*

**High school attended:** *Lampeter-Strasburg.*

**Favorite color:** *Camouflage.*

**Favorite song/band:** *Black Sabbath. Lucinda Williams. The Pogues. Johnny Cash.*

**Favorite board member:** *Anyone but Bill Smith ;) (I kid: I appreciate everyone's work. My job precludes involvement.)*

**I am not a runner, but I walk, therefore I:** *Am still moving forward.*

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## **Join Us For A Special Run To Help Students**

*Kathi Franco*

9/24/16, meet at Riverfront Park in Marietta, (turn left onto Vinegar Ferry Road, off Route 441 North),

At 10:00 am, run for an hour, then watch the goats race at Governor Stable Park in Bainbridge. Cost is free, please bring a school supply item for School District of Lancaster homeless student project.

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## **No Conestoga This Year**

Due to the transition in ownership of Holtwood Park, the Conestoga Trail Run will not take place on September 25 this year. Nor will it take place on any other day. The hope is to revive the race next year.

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## **Stoudt's Distance Classic Needs More Volunteers**

Our club's signature event, the Stoudt's Brewery Distance Classic, will take place on October 22 in Adamstown. The club NEEDS your volunteer assistance at this great event. We have a wonderful core group of volunteers, and we can certainly use many more, so mark your calendar and come out for a day of fun and camaraderie. If you have questions, call Mary Lehman, Race Director, at 475-9653.

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## **Testing**

We are trying to update our database email addresses and would appreciate it if each member would email a "TEST" message with their correct email address to Dolores Smith, our clubs treasurer/database manager. Dolores' email address is: devans7474@hotmail.com

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## **Appreciating Lancaster's Roads**

*By Sil Simpson*

I vacationed beside the Chesapeake Bay this summer, near Perryville at the northern end of the bay, and while almost everything about the place was very nice, one factor made me long for Lancaster. We are fortunate to live in the best place in the world for bicycling. Around here, we can ride for hours on roads that have little traffic and are relatively flat.

That's what I expected down by the bay, but the region is not nearly as good for riding as Lancaster County is. First, it's surprisingly hilly down there, which isn't what I'd expect for a place beside water. Now, none of the hills are so long that they require an hour in Granny Gear. Still, the hills are steep. On one that didn't look like much of anything, I found myself coasting downhill at 28 MPH. Then, there simply aren't many miles of road, and all of the rural roads have no shoulder, going from white line to grass in most places. Finally, because of the water, they have many roads that go nowhere and carry No Outlet signs.

None of these disappointments stopped me from riding a few miles, but they did remind me of how fortunate we are to live here in Lancaster County, where one country road runs into another, and it's possible to ride for hours with minimal interference from cars. Riders in Many parts of the world simply don't have what we have.

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## **Looking For An Inexpensive Half-Marathon?**

Some marathon entry fees are getting a little steep, such as \$111 for the Philly Rock 'N' Roll Half. If you'd like to spend a little less, you might investigate the Lion's Den Half in Juniata County on November 12 for \$25 or the Nittany Valley Half at Penn State on December 4 for \$30 pre-registered and \$40 on race day.

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## **41 Years of Racing**

*By Sil Simpson*

I ran my first adult race in November, 1976. It was the Turkey Trot in Millersville, and I knew little about running. The week before, I had sprained an ankle badly on the basketball court, and I was essentially a one-legged runner. Despite those issues, I finished the 10 miles in about 1:09. Today, I might not be able to get 8 miles on a good day in 1:09.

My racing career started slowly, with only a couple of races a year. Then, in 1980 I ran my first marathon and became much more of a regular racer. Since then, I've raced just about as often as I can, and I still love it. If I have one regret, it's that I haven't kept a record of all my races, and it's too late to remember all of them now.

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## **Carl Lewis Or Usain Bolt**

*By Sil Simpson*

Who was the greater athlete? If we go simply by times, Bolt was better. However, I'll vote for Lewis for one big reason - the long Jump. Lewis won the Olympic Long jump four straight times, and he lost his first chance to win the event when the US boycotted the 1980 Olympics. (He had made the team as a 19-year old.) Both athletes were parts of winning relay teams, and neither could have won relays if he had been running for a country that couldn't supply 3 extremely fast teammates.

So, it's a topic for eternal discussion, and I'll go with Carl Lewis as the overall best sprinter/jumper

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## **Interesting Fact**

You actually lose the same amount of heat per square inch through your head as you do through the rest of your body. (source: How Stuff Works)

# LANCASTER ROAD RUNNERS CLUB

## FUN RUNS FALL 2016

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

DATE	RUN LOCATION	PART 2	CONTACT
9/27 6:15 PM	<p><b>THE DECK</b>  <b>EPHRATA</b>  <b>From Lancaster:</b> Take 222 N to the Ephrata exit, turn left and take 322W to 272N, go through 2 lights and the restaurant is on the left across from the hospital ER entrance  <b>We will be outside under cover &amp; umbrellas so bring something warm for after the run – no inside seating.</b> 3, 5 and 7 mile option will be available.</p>	<p><b>The Deck</b>            222 N Reading Rd,            Ephrata PA 17522            721-3325</p>	<p><b>Patti</b>            606-2016</p>
10/4 6:00 PM	<p><b>CASSIE LIZZA &amp; STEVE GOSS</b>            518 Park Ave - Off of N. Plum St Street Parking available</p>		<p><b>Cassie</b>            973-670-3342</p>
10/11 6:00 PM	<p><b>WATERING TROUGH</b>            905 West Main Street Meet in the back of the parking lot near Plum St.            Take 283 West to PA 772 (Manheim / Mount Joy exit), go left on PA 772, turn right onto Main Street / PA 230 West (toward E-town).</p>	<p><b>The Watering Trough</b>            W Main St</p>	<p><b>Brian Mitchell</b>            572-6349</p>
10/18 6:00 PM	<p><b>TRIO BAR &amp; GRILL</b>  <b>SILVER SPRINGS</b>            From Lancaster take 30 W to the Centerville exit. Turn right and go to Marietta Ave (Rt 23). Turn Left and Trio is about 2 miles on the right - <b>Lights and reflective clothing suggested</b></p>	<p><b>Trio Bar &amp; Grill</b>            3707 Marietta Ave            Columbia            285-0888</p>	<p><b>Fred Stevens</b>            808-0151</p>
10/25 6:00 PM	<p><b>RIVERFRONT PARK</b>            From Rt 30 take 441 S/Front St to Walnut St. Turn Rt. Into the parking area.            New Trailhead for Northwest Lancaster County River Trail</p>	<p><b>Union Station Grill</b>            South 4<sup>th</sup> St Columbia            684-1111</p>	<p><b>Kathi Markley</b>            330-9357</p>
11/1 6:00 PM	<p><b>LANCASTER JUNCTION RAIL TRAIL</b>  <b>SALUNGA - MANHEIM</b>            PA 283 to Salunga Exit, turn right at stop sign, then an immediate right on to Champ Blvd., go ½ mile to parking area. <b>PART 2</b> Going out on Champs Blvd. turn right on Spooky Nook Rd &amp; restaurant will be on the right.</p>	<p><b>Forklift and Palate</b>            2913 Spooky Nook Rd            537-6205</p>	<p><b>Doris</b>            343-3611</p>
	<p><b>Questions – Call/Text - Stephanie Miller (951-9453) or Cindy Staples (669-2753)</b>  <b>For the specific Run call the contact person.</b></p>		
<b>Upcoming!!!</b>	<p>On November 8<sup>th</sup> we will be back at Longs Park. We plan to have a rotating schedule for some part 2s. Planning on Micks on Columbia Ave and the Spring House on Hazel St off of South Prince in Lancaster. Looking for other suggestions and different hosts for contacting the locations.</p>		

# We are Back In The Park Starting November 8

It's that time of year. Starting on November 8, we'll be back at Long's Park for our regular Tuesday runs. For those new to the club and the area, Long's Park is located on Harrisburg Pike in Lancaster.

Enter the park at the main entrance and drive to the first parking lot on the right. You'll see cars and runners mulling about.

We'll remain at the park on Tuesdays until we turn the clocks ahead in March.

# Support Our Young Runners

High school cross-country is a sport with minimal glory. As runners, we're accustomed to this, so it's nice when at least a few spectators show up at a high school meet. Here's this year's schedule for the Lancaster-Lebanon League. The meets are on Tuesdays, which happens to be the same night as our Fun Runs, but there's almost always enough time between the high school meets and our runs for us to get to both, so pick a meet and get out and cheer.

## September 27

MT, JPM @WAR	SOL, CV @CC
HEMP, ET @PM	LEB @ EPH
COL, LS @MC	DON, LM @NL
AC, GS @LC	COC@ELCO

## October 4

EPH, CC @MT	HEMP, WAR @SOL
CV, PM @LEB	ET @JPM
ELCO, NL @COL	AC, MC @DON
LC, LM @COC	GS @LS

## October 11

MT, LEB @HEMP	SOL, ET @EPH
PM, JPM @CC	CV @WAR
COL, COC @AC	DON, GS @ ELCO
LC, LS @NL	LM @MC

# I'll Pass On Philly

By Sil Simpson

Most of the time when we race, we figure that our fees are going to support a charity or a good cause such as The National Association of Nothingness or Cigarettes For The Homeless. Generally, we don't figure that our fees will support political activities, but in Philadelphia, anything is possible. So I can't say that I was really surprised when I heard that the Mayor's Fund had used money from the Philadelphia Marathon for some rather curious purposes. Here's the shortened version of the report:

City Controller Alan Butkovitz alleges nearly \$400,000 in questionable

spending from the Mayor's Fund, a nonprofit which says its aim is to improve the lives of all Philadelphians. Most of the budget is from surplus dollars from the Philadelphia Marathon.

Among the alleged questionable spending:

\$52,000 in spending at the Courtyard Marriott in Philadelphia

\$45,000 for a trip to Rome for Mayor Michael Nutter and staff

\$80 shoes at Macy's

I had some great marathon experiences in Philadelphia, but if I ever run 26.2 again, it won't be in the City of Brotherly Corruption.

# 2016 Corn Roast

Dozens of LRRC members attended the Club's Annual Corn Roast on Saturday, August 20. A big THANK YOU goes to our hosts, Bill and Dolores Smith, for opening their

Conestoga home and property. Everyone had a great time playing cornhole, horseshoes, vallyball, enjoying great food and fellowship with fellow club members. Thanks to everyone who made this year's event another success.



Lancaster Road Runners Club



We have choices of far too many races to list them all here. If these aren't enough, you can find many more at: [runningintheusa.com](http://runningintheusa.com) and [www.pretzelcitysports.com](http://www.pretzelcitysports.com).

### September

- 10 Reamstown Days 5K**  
9:00 AM  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 11 Hear Our Voices 5k**  
10:00 AM, Reading  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 15 Third Thirsty Thursday 5K**  
7:00 PM, Reading  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 17 - East Pete 5K**  
9:00 AM  
[www.eastpetersburgday.com](http://www.eastpetersburgday.com)
- 17 Lititz Huey Hustle on The Runway 5K**  
8:00 AM  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 17 Corn Pickin' 5K**  
8:00 AM, Oregon Dairy, Oregon Pk
- 18 Lebanon Valley Life Dog Day 5K**  
3:00 PM  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 23 Lewisburg Lights 5K**  
8:00 PM, [www.afitevent.com](http://www.afitevent.com)

- 24 Lancaster - Firebird 5K Trail Run**  
8:15 AM  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 24 Lebanon Run For Relief 5K**  
8:00 AM  
[www.brethren Disaster Relief Auction.org](http://www.brethren Disaster Relief Auction.org)
- 25 Michael Wise 5K**  
10:00 AM, Reading  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

### October

- 1 Hartz Fall Blast 5K**  
9:00 AM - Lititz  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 1 Lampeter YMCA 5K**  
9:30 AM, Lampeter  
[lancasteryymca.org](http://lancasteryymca.org)
- 2 Blues Cruise 50K Trail Run**  
Reading  
[www.bluescruiseultra.com](http://www.bluescruiseultra.com)
- 2 Colonial Park Fire Company 5K**  
10:00 AM  
[www.colonialparkfire.org](http://www.colonialparkfire.org)
- 8 Lions Den 10K**  
10:00 AM, McAllasterville  
[www.fayettelionsden.org/races](http://www.fayettelionsden.org/races)
- 8 Zombie Outbreak 5K**  
10:00 AM Cheyenne, Wyoming  
[wsc5k.com](http://wsc5k.com)
- 8 Iron Bridge 5K**  
9:00 AM - Lancaster  
[www.ironbridgerun.org](http://www.ironbridgerun.org)
- 9 Maine Half-Marathon**  
9:00 AM, Old Orchard Beach  
[www.oldorchardbeachhm.com](http://www.oldorchardbeachhm.com)
- 9 Eagleton Mine Camp 50K & 25K Runs**  
7:30 AM, Lock Haven  
[www.runemctc.org](http://www.runemctc.org)

- 15 Credit Union 5K**  
6:30 AM, Grand Cayman Island  
[www.caymanactive.com](http://www.caymanactive.com)
- 15 Dire Wolf 10 Mile Trail run**  
9:00 AM Atglen  
[www.runemctc.org](http://www.runemctc.org)
- 16 Marathon International de Tana**  
7:00 AM, Antanarivo, Madagascar  
[marathons.ahotu.com/event/marathon-international-de-tana](http://marathons.ahotu.com/event/marathon-international-de-tana)
- 22 Stoudt's Distance Classic 12K**  
10:00 AM, Adamstown  
An Official LRRC Event  
[lrrclub.org/sbdc.asp](http://lrrclub.org/sbdc.asp)
- 22 Hempfield Rec 5K Glow Run**  
7:30 PM, Landisville  
[hempfieldrec.com/glowrun5k](http://hempfieldrec.com/glowrun5k)
- 22 Reykjavik Marathon**  
Iceland  
[runninginiceland.com/running-calendar/](http://runninginiceland.com/running-calendar/)
- 23 Gettysburg Half & 5K**  
9:00 AM  
[www.bluegrayhalf.com](http://www.bluegrayhalf.com)
- 29 Haunted House 5K/10K**  
8:00 AM, Manheim Township  
[usroadrunning.com](http://usroadrunning.com)
- 29 Trick or Trot 5K**  
9:30 AM Lancaster  
[pretzelcitysports.com](http://pretzelcitysports.com)
- 30 Fitzy's 5K**  
10:15 AM, Reading  
[laurensfoundation.org](http://laurensfoundation.org)

### November

- 5 Running The Rift Marathon**  
10:00 AM, Rift Valley, Uganda  
[marathons.ahotu.com](http://marathons.ahotu.com)

*Continued on Page 3*

### 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



### 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