



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
January/February 2017



LRRC members after our Annual Christmas Eve Run in downtown Lancaster.

Welcome Our Newest LRRC Member:
Jaimie Ames - Strasburg, PA



President's Message

By Bill Hager

I'm sure most of you reading this are surprised if not puzzled by why you're reading a

president's message from me. Truth is, I haven't served as a co-president for a couple of years. I'm stepping in to complete officer's duties as, regrettably, Paul Davey has been forced to step down. As Paul stated, "I was furloughed from my job at the state. I just moved to Enola on the weekend. Seeing how things are for

me I don't feel it is probable that I will be able to attend any more meetings. I live in another county now and I am hardly ever around Lancaster." Paul also expressed a genuine sadness in not being able to run with our club or enjoy our friendship in the time ahead.

If our friend Paul would have treated us with his final president's letter, he would have included a reminder that the LRRC Annual Awards Banquet will be held on Saturday, January 28, 2017 at Meadia Heights Golf Club. Tim Good, Dolores Smith and their team have prepared another great evening for us. More information will be coming to you but be sure to mark your calendars now. A second NOT-TO-MISS event is the Annual Breakfast

Run coming up on February 12, 2017 at the County Park.

Before I continue, it is only proper and right that we take a moment to remember a dedicated runner and good friend of Bill Smith's, John Schultz who recently has passed away at the age of 84. John, as many of you will recall, was described as the "real old guy" who always wore red shorts and no shirt at the races. Tragically, he died while out on a training run for what would have been his 68th marathon, according to Smith. It is a runner like John who has been an inspiration for not only those who are just being introduced to the sport but also to the seasoned runner. Training at 84, one thing to which we can easily

Continued on Page 3



Contacts

Presidents

Tim Good	823-3343	tgood@brkreider.com
Olga Clark	244-9663	olga.g.clark@gmail.com
Bill Hager	278-7800	WMHH4@aol.com

Secretary

Brian Mitchell	572 -6349	btmitche@yahoo.com
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Treasurer

Dolores Smith	471-9055	devans7474@hotmail.com
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Newsletter Editor

Sil Simpson	892-6836	csilrun@hotmail.com
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Fun Run Coordinators

Stephanie Miller	951-9453	lbnmiller52@gmail.com
Kathi Markley	330-9357	kmfishere@gmail.com

New Member Greeter

Steve Farrah	393-4144	farrahjs@comcast.net
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Publicity Directors

Kathi Markley	330-9357	kmfishere@gmail.com
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Club Haberdasher

John Markley

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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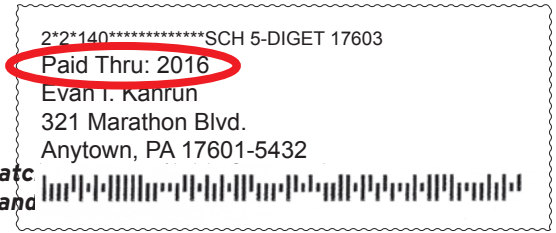
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About your address label:

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
Call the club haberdasher for prices and**



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: Irrclub@yahoo.com
Website: <http://Irrclub.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

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)

President's Message

relate is his determination, tenacity and a genuine love of running. Like so many members of our club, John never gave up. The following poem is one I'm sure you have heard before and one I wish to dedicate to Bill Smith's friend.

To John:

When things go wrong as they sometimes will,
When the road you're trudging seems uphill,
When funds are low and the debts are high,
And you want to smile but you have to sigh,
When care is pressing you down a bit,
Rest if you must but don't you quit;

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out,
Don't give up, though the pace seems slow,
You may succeed with another blow.

Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late, when the night's
slipped down,
How close he was to the golden crown.

Success is failure turned inside out -
The silver tint of the clouds of doubt.
It may be near when it seems afar;
So stick to the fight when you're hardest hit -
It's when things seem worst that you mustn't
quit.

Happy running....
Bill

And Our New Officers Are:

Co-Presidents:	An Inauguration
Tim Good	Parade will wind
Olga Clark	its way through
Bill Hager	Lancaster on
	January 20.
Treasurer:	Please come out
Dolores Smith	for the parade
	the Inaugural Ball
	that night.
Secretary:	
Brian Mitchell	
Haberdasher:	
John Markley	

Good-bye, Papyrus

You are now holding the Final Paper Edition of the LRRC Newsletter. Henceforth, our publication will be electronic only, although you can certainly print out copies if you like.

The first edition of this wonderful publication went out in December of 1977. It was 5 pages long, printed on yellow paper, and, it appears, created with a typewriter. The first story was a recap of the 1977 Millersville Turkey Trot, which was 10 miles back then. The winner was Jeff Bradley in 48:30.

The first edition included the names of all club members, who totaled about 75. A few of those names are still familiar faces at club events and in this publication, including the Smith non-brothers, Bill and Harry, and Karl Moyer.

The world has changed significantly in the last 40 years, but the joys and benefits of running are exactly the same as they've always been. And, while the method of sharing the news of the LRRC is changing, the thrill of opening your mailbox and finding this scintillating newsletter will remain unchanged. The only difference is that it will now be showing up in your electronic mailbox.

The next newsletters will be published on our website: www.lrrclub.org on the members only page.

We are introducing an upgraded website. The new website has been built and will go online very soon. It has many advantages. First, it will be a responsive site. That is you'll see a better site on all platforms: your computer, tablet, and smart phone. It will continue to list all club activities and events on the SCHEDULE page and will continue to include articles relevant to running, travel, diet, race info, Member Spotlight, clothing and more.

Stay up to date with LRRC:

Like us on FACEBOOK. That way you will get announcements of our activities, future events and past photos.

So, to be sure that you continue to receive your newsletter, will you please send your information, meaning name and email address, to Dolores Smith at devans7474@hotmail.com. If you don't have a computer, get in touch with Dolores, and she'll make arrangements to get a printed copy to you.

Races Remembered

By Karl Moyer

1. The Pagoda Race, more or less a half-marathon distance that started somewhere on Penn Avenue in Reading, went up a few sort, steep hills past Reading Catholic High and then past Reading High, finally up the long, steep hill past the stone tower, around the Pagoda, and back down to the starting area. For two years in a row I split the sides of two pairs of Brooks shoes "flying" down those hills en route back to Penn Avenue and began running on Nikes instead.

2. The 1970's Covered Bridge Run in Lancaster County Park. The course was a bit hilly but very lovely. I don't recall if it ever took place more than one time.

3. The original Turkey Trot Ten-Mile Run, which always took place on the Sunday afternoon before Thanksgiving Day. The course was not terribly hard, but at ten miles you did have a worthy challenge if you were an ordinary attempt-to-be runner like me. The replacement course which I helped to design, after the Turkey Hill company withdrew support from the race, was more difficult, a fact which may have led to the decision for a 5k race instead.

4. The Spring Fever Run, a wonderful 10k race in the Middle Creek Game Preserve area and sponsored by our club. Much of it was incredibly beautiful, and if the dirt road heading toward the end of the course was muddy instead of just dirty, you took that in stride.

Kenny Was Right

By Peter Belanger



Sometimes you need to know when it's time to walk away (or run). There have been a number of races I completed and swore that I would never do them again. After some time had passed and after a few Golden Monkeys, the cursed race didn't seem so bad after all. Maybe we could try it one more time. On this particular occasion it didn't quite happen that way.

The day was July 26, 2015. Can't quite remember the weather but the campfire was going and we had just completed a post race feast. My performance during the race was less than stellar but I needed one more finish after this one to be eligible for the 200-mile shirt. For better or for worse I vowed that the July 2016 Escarpment Trail Race would be my last one. I had run in 10 previous, in my 50's and early 60's, missing one race due to injury and another for a relative's wedding. Now at 64, the legs had lost a lot of their spring and I was in danger of being a DNF. Daughter Leah heard me make the pronouncement on that July day in 2015 and offered to train and qualify to run the 2016 event with me, her first and my last.

On the morning of July 31, 2016 (race day) it was raining, and it rained all day and into the night. I'm not going bore you with a mile-by-mile description of the race, but we did finish. More importantly, we were not DFL as feared, there were 7 finishers who were slower than us.

It was definitely time to walk away from this one. There are many other races I can run, but none I ever enjoyed more than the Escarpment Trail Race. It was not just the mountains, rocks, roots, and overlooks; it was the friendships, camaraderie, and numerous memories that made this event something very special to me.

Off-Season? What Off-Season?

By Sil Simpson

In late November, I was looking at the December race calendar and thinking that I could get in 6 or 7 races during the last month of the year. Then my body told me to back off. I wasn't really injured, but I felt sluggish, so I listened and declared December my Inert Mass Of Protoplasm Month.

I didn't completely do nothing, but I didn't run much, either. I worked out a little at the gym, and I ran a mile or 2 most days, simply to justify my existence, but I think that my "long" run for the month was all of 6 miles. And that's OK because running doesn't have an off-season unless we declare one. In sports played with balls, there's a clearly defined schedule with a pre-season, a season, and an end to the season. In running, we have races available almost every weekend of the year, and many of us push ourselves all year, so if we want an off-season, we just have to take one.

It will be wonderful if I come back refreshed and renewed and cut 5 minutes off my 5K time, but I'm not counting on that. My Degenerate December has been long enough. I better get moving again, or I'll find myself struggling through a Falstaffian February.

My Coldest Races

By Sil Simpson

Over the years, we've all run on some mighty cold days. As I think back on the coldest races that I've run, 2 come to mind, and they were both in York County. The absolute coldest was an 8K at Accomac. The course was an out-and-back right beside the river, and the first half went into the wind. My face was so cold that I thought it would crack and fall off. Fortunately, once we turned around, the cold was only brutal, and I finished in a time that I can't touch on a warm day now. Afterwards, I read that it was 4 degrees at race time.

The other painfully cold race that I remember clearly was a 10-miler in York. Long ago, there was an excellent runner in York named Ben Hyser who never wore a shirt. True to his

standards, he ran 10 miles shirtless on this 8 degree morning. I wore clothing and finished far behind him and spent much of the race in pain from the cold and wind.

One other really cold one was the first Polar Bear run in County Park. That year, it was about 10 degrees, and the course was covered with snow, which made for a rather chilly, but fun, experience.

As Nat King Cole sang, "You'll wish that summer would always be here." But until global warming drives winter away, we'll have to run through the cold, so let's make the best of it. Even on a cold day, running is good.

Something Old... Something New

By Sil Simpson

Before my Degenerate December, I did run a few races. Every year, I make an effort to run some races that I've never run before, and 2016 was a pretty good year for that effort, even though I never traveled more than 50 miles from Lancaster for a race. About half of my races were new ones, so that was pretty good. In 2017, I'll keep on looking for new races, and maybe I'll even become adventurous and travel 60 miles for a race.

Holiday Fatass

By Kathi Markley

A fatass run is an unofficial run. No fees, no frills, no whining. They are a fun way to get out and run with friends, usually on a trail. I hosted several, usually on the Northwest River Trail. I like to do them around holidays, and sometimes I ask those who participate to bring along an item for a non-profit group. We have provided for food banks, school districts and homeless shelters in the past.

As 2016 has been a rather sad year, I decided to do the run and to follow it with a gift exchange. 16 LRRC'ers showed up to run for an hour or so on this cold windy morning, and 14 of us had a lovely lunch and gift exchange. All who participated were given a finisher gift as well.

I hope to make this an annual club event.

Seeing The Fear In The Volunteers' Eyes

By Sil Simpson

It happened at a race that I ran in November, and it's another indication of how slow I've become. A race in Lebanon offered both a 5K and a 10K, and when a volunteer saw that I had a race number for the 10K, I saw the look in her eyes that said, "Wouldn't you really rather run the 5?"

I could understand her dismay because, when she agreed to help, she certainly didn't commit to being there all day. She had probably heard me talking about my world-famous Glacier Gear and telling a friend that my goal was to finish before sundown. The lady was polite enough to refrain from saying anything to me, and I did feel bad for her and the other volunteers, but I wasn't going to get back in my car and go home without running the race.

I was my usual super-slow self that day, but I did manage to finish before sundown.

Annual LRRC County Park Run & Breakfast Sunday, February 12 Starting 8:00 AM

Join the members of the LRRC for the 8th Annual County Park Run and Breakfast at the Exhibit Farm Lancaster County Park.

The Exhibit Farm is two miles south of the center of Lancaster City on Rt. 272, turn left on Golf Road through Media Heights Golf Course, go 0.6 mile and turn right on Exhibit Farm Road. Farm is at the end overlooking Mill Creek.

Meet us at 8:00 to run the trails of the County Park. Return for hot breakfast inside the farmhouse. We will be serving up everyone's favorite. Please bring something to share.

Call or email for directions or information and to let me know what you can bring so we can have a variety. Steve Farrah: 201-3173 or farrahjs@comcast.net

2016-17 FIRST SATURDAY SERIES SCHEDULE

January 7, 2017

DESTINATION: Wissahickon Valley Park
MEETING PLACE: Sheetz, 1699 Oregon Pike, 17601, Phone 717-581-0830
CARAVAN LEAVES: 7:30**

***Since we are heading to turnpike, we will meet the "northern group" at the Ephrata Walmart @ 7:45*

PART II: Barren Hill Tavern & Brewery
646 Germantown Pike, Lafayette Hill, Phone: 484-344-5438

February 4, 2017

DESTINATION: Wiser State Park
MEETING PLACE: Sheetz, 1699 Oregon Pike, 17601, phone 717-581-0830
CARAVAN LEAVES: 7:30

PART II: Appalachian Brewery, Harrisburg
50 North Cameron Street, Harrisburg, Phone: 717-221-1080

March 4, 2017

DESTINATION: Blue Marsh Lake Park
MEETING PLACE: Sheetz, 1699 Oregon Pike, 17601, phone 717-581-0830
CARAVAN LEAVES: 7:30**

***Since we are heading up 222 to Reading, we will meet the "northern group" at the Ephrata Walmart @ 7:45*

PART II: Jimmy Kramer's Peanut Bar
332 Penn Street, Reading, 19602, Phone: 610-376-8500

April 1, 2017

DESTINATION: Pinnacle/Pulpit Rock - Hamburg
MEETING PLACE: Sheetz, 1699 Oregon Pike, 17601, Phone 717-581-0830
CARAVAN LEAVES: 7:30**

***Since we are heading up 222 to Reading, we will meet the "northern group" at the Ephrata Walmart @ 7:45*

PART II: McArdle's Pub
1634 Moselem Springs Road, Hamburg, Phone: 610-944-9686

- Open to runners, hikers, bikers, and walkers.
- We will meet at "MEETING PLACE" and carpool to "DESTINATION."
- You will need to be self-supporting and provide your own liquids and trail food.
- Dress appropriately, we head out in all temperatures & weather conditions.
- Plans are to be out on well-marked trails for 2+ hours depending upon how long YOU want to stay out.
- Nobody gets dropped.
- Maps are available for most trail systems.
- Because this does include a lunch stop, we usually return to the Meeting Place around 3:00, possibly later.

Note Our Dues Change

We are doing away with the
\$15 individual membership and
are making dues \$20
for a household.

2016 RACING SCHEDULE

Rare is the winter weekend when we can't find a race within 50 miles of Lancaster. Thanks to some awesome series and some excellent individual races, the calendar is never empty. So check out the calendar and continue to enjoy racing throughout the cold months.

E-Town Frozen Foot 5K
www.appliedracemgmt.com
 January 15 - 2:00 PM
 February 21 - 2:00 PM
 March 20 - 2: PM

York Winter Series
www.yorkroadrunners.com
 January 14 -
 9:00 AM, Indian Rock 10K
 January 28 -
 9:00 AM, Jacobus 5-Miler
 February 18 -
 9:00 AM, Springettsbury 10K
 March 4 -
 9:00 AM, Northeastern 5K

Shiver By The River 5K & 10K
 Reading
www.pagodapacers.com
 January 8 - 11:00 AM
 February 12 - 11:00 AM
 March 12 - 11:00 AM

Chester County 5K Series
 Downingtown West High School
runsignup.com/Race/PA/Downingtwn/ChesterCounty5kWinterSeries
 January 8 - 9:00 AM
 January 22 - 9:00 AM
 February 19 - 9:00 AM

Susquehanna Ridge Runners Series
 Selinsgrove
www.susquehannaridge-runners.com/
 January 29 - 5K
 February 5 - 5 Miles
 February 12 - 2.5 Miles
 February 19 - 6.5 Miles

And here are some non-series races:

January

14 Polar Bear 5K
 Lancaster County Park
lancastersierraclub.org

22 Chilly Cheeks 11K Trail Run
 Reading
www.pretzelcitysports.com

28 Chocolate Frosted Buns 5K
 Robesonia
www.pretzelcitysports.com

29 Trinidad & Tobago Marathon
www.marathonguide.com

February

4 Four Chaplains 4-Mile Run
 Myerstown
www.pretzelcitysports.com

4 WOW Northern Lights 5k
 Reykjavik, Iceland
runninginiceland.com

4 Cradle Mountain 82K Run
 Tasmania
www.runningcalendar.com.au

5 Cross-Island Relay
 Grand Cayman
www.caymanactive.com

5 Freeze Your Fanny 4-Miler
 Sundance, Wyoming
www.active.com

11 Cupid's Chase 5K
 Breinigsville, cupidschase.org

12 SnowFest 3.5 Mile Trail Run
 Mifflinburg, PA
www.midpenntailblazers.com

18 Manasota 50K & 25K
 Sarasota, FL
manasotatrackclub.org

19 Washington's Birthday Marathon
 Beltsville, MD
gwbm.dcroadrillers.org/

19 Rwanda Marathon
 Rwamagana

www.marathonguide.com

25 Frozen Knight 5K
 Reading
www.pretzelcitysports.com

26 Ugly Mudder 6.5 Mile Trail Race
 Reading
www.pretzelcitysports.com

March

10 & 11 Antarctica Marathon
www.marathontours.com

LRRC Banquet

January 28
 6:00 PM - Annual Awards Banquet
 Meadia Heights Country Club

This is another annual event. The menu will include chicken, beef and a pasta dish, veggies, cheese and desserts.

You should have received more information and a reservation form in a 'special mailing' during the Holiday week. Look for it.

Winter Fun Runs

Even with the chilly temps, our club members get out for the Tuesday Fun Runs. The last few Tuesdays in December, the club moved the runs to The School Lane Hills neighborhood to take in the Holiday lights and even catch a quick glimpse of Santa as he made his annual visit to the neighborhood.



Lancaster Road Runners Club

More Grateful by Half

By Tom Anderson

About 12 years ago, my sons Charlie and Danny gave me a membership in the LRRC. For subsequent birthdays, Father's Days, and Christmases, they would present me with other running-related things (books, clothing) which were not subtle but were welcome prods to keep running, which, Thank God, I have done.

Their latest gift, for my 65th birthday in September, was an offer to come and run my first marathon with me in November. I was really touched, especially since Dan would have to fly in from San Francisco.

In the last 5 or 6 weeks of training, I started having more and more left-knee pain. It seemed to come and go, but then, 3 days before the race on my final short run, something crunched and the pain ramped up. I iced a lot, took OTC painkillers, and prayed. My wife, Bernadette, was understandably concerned.

On race day, the boys said they'd accept whatever I could do - a thousand yards, a mile, whatever. I told them, "Well, it hurts, but it works!" So we set off. The weather was perfect, the crowds uplifting. Not focusing on the knee helped immensely. Miles rolled by, and a nice sort of numbness set in. Then around Mile 12, I tripped on a small bump and tumbled. I lay there for a minute. We all sensed that 26.2 wouldn't be realistic (or maybe wise). I finished the half in 2:09, and the boys went on to complete the whole thing.

As I walked back to the start (just a couple of miles) in the warm sun, I felt a deep gratitude to God for my wife, my sons, their wives and their little ones - and for the gift of running. Charlie and Dan vowed they were not disappointed in me. (Whew!) We gave each other rainchecks for next year. Now, to have the darn knee scoped out by a doctor, and when the time's right, get back on the road.



I run, therefore - I feel better.

I can't run without - friends or my radio.

Trail or roads - goes back and forth, right now trails.

If I didn't run I - would be competing or something else or I'd be a couch potato.

Best part of running - are the friends I've made.

Run alone or in a group - definitely group or at least one friend.

Favorite post run food - burger and a beer.

Morning or evening runner - evenings, but will run early mornings if Erika or anyone wants to run with me.

The only running shoes for me - Nike Pegasus(road), Nike Zoom Wild Horse(trail)

PR's - don't keep track, too much pressure for me. I give it my all every race and do as well as I can, that's it.

Favorite race - Labor Pains 12 hour ultra

Member of LRRC since - I think 2008

LRRC memory - So many! But I would have to say, coaching Theresa in the Garden Spot Half, Kristey at Chilly Cheeks and Cindy in the York series. I helped them all reach their goals. 2016 memory- Suffering at Labor Pains with so many LRRC friends.

Running goal - Run 50 miles in a race. My bigger goal is to coach others to reach their goals. That is so much more rewarding for me.

Flat or hilly - hilly

Hot or cold weather runner - definitely the hotter the better.

Facts about you - I started wrestling in 5th grade and after I graduated I coached for 20 years.

Favorite or recent book - don't have time to read a whole lot.

Farthest run - 45 miles

Running hero - when I first joined the LRRC I looked up to Harry, Andy and Ed. The ladies I looked up to were Sally, Christine and Annie. They were all so motivating and helpful to me.

One thing about me most people would be surprised to know is - I have 4 wonderful and smart grandchildren.

Hometown - Quarryville

High school attended - Solanco

Favorite color - Blue

Favorite song/band - Hank Williams Jr and Reba Mcintyre and most country singers



above is a photo from our 2015 LRRC Eye Opener

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 & Family Membership ...\$20.00

City _____ State _____ Zip _____

(Dues are the same for an Individual and a Family with "Family" being defined as a 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