



**2018 ANNUAL  
PUBLICATION OF  
THE LANCASTER  
ROAD RUNNERS  
CLUB**



LRRRC.org

For 40 years, the LRRRC has attracted runners from all walks of life! We are young, and older, we are fast and slow. Some of us are brand new to the club and others have been around for 30+ years! WE ARE NOT ELITIST. Our focus is on enjoying each other's company and having an awesome time.

Getting in good shape is an added bonus! Running is what

brings us together. We love our club. We love our members!

We run, walk, jog and we train - on our city streets, picturesque backroads and back wood trails. We enjoy good company, good food and drink and the beautiful Lancaster County countryside.

We offer fun runs, fun races and races including the Smith's Challenge and the Stoudts Brewery Distance Classic and others.



## Let's keep in touch.

### Newsletter via Mailchimp

We have moved into the digital age. Our club newsletter is delivered via Mailchimp. Your newsletter is delivered from address "LancasterRoad Runners Club" and is titled "LRRRC (months) Newsletter."

You should be getting the newsletter, every other month, via email. If you are not receiving the newsletter, send an email to our Treasurer, Dolores Smith at [devans7474@hotmail.com](mailto:devans7474@hotmail.com). Include "My email Address" in the subject line. Include your name in the body of that email.

### Website

Our club website, [lrrclub.org](http://lrrclub.org), contains the schedule for all our

activities, photos of past events, stories of past, present, and future running events for both road and trails, a member spotlight, listing of social events and local racing schedule.

### Social Media via Facebook

Our social media presence is on Facebook at Lancaster Road Runners Club. Look for the Facebook page with the yellow banner. Our club member, Andy Gingrich keeps you informed where the upcoming events are happening.

### Email Groups

The club maintains several group emails. Join any of the groups that interest you. Our groups include the Thursday Evening Trail Runners Group where decisions are made for the location for the next run, Part 2 and where you can provide feedback on the previous run.

## Our Club Leadership



Co-President

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Co-President

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Co-President

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I've served on the Board of Directors as Co-President for nearly as many years as I've been a member of this club.

In that time I have enjoyed working with our leadership who have been instrumental in directing races and organizing annual events such as the Awards Banquet, Corn Roast and our February breakfast.

Most especially, it has been my pleasure to work with a club that supports the commitment, hard work and passion of our runners.

I first started attending LRRC functions back at the turn of the century. As I was not an avid runner at the time, I enjoyed the company and festivities of the group. After meeting Debbie, I increased my running regime and set some high goals. I adapted my training experiences in cycling and running to step into a leadership role with an overall focus on coaching and to better the running community. I have been a board member since 2013 and enjoy directing the Smith's Challenge and being the MC at the extravagant Presidential Awards Banquet. I look forward to bringing in new members and retaining our seasoned athletes.

When I moved to Lancaster in fall 2011, one of the first things I did was seek out the local running club to meet like-minded people and rejuvenate my running.

The club has given me so much: True friendships - beyond casual relationships built around a mutual interest - inspiration and encouragement.

I'm usually at Sunday park trail runs, but generally not other regular events for one reason or another. Example: I train with the F&M Track Club on Tuesdays, which are LRRC's fun run days. (If you're interested in speed work, contact me about that club. There are a number of LRRCers in it.)

I've helped with LRRC events when I've been able and I look forward to giving more input and guidance as co-president. Be well and run well.



Secretary

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## ***Our Club Activities***

Some of our activities are for our club members only. The events and activities listed with the words "LRRRC Members," mean this is open to only dues paid LRRRC members and their family. If you are not a member, join! For the low price of only \$20 per year, you get access to all our events and communications. Exact dates and times for all our activities and events will be listed on our website and communicated to members via our email newsletter.

### ***Eye Opener***

January 1, 12:00 PM start at Lancaster County Park. We meet at the swimming pool parking lot. 50 to 100 will show up for the 41st annual run through trails, hills, and creek (option). After the run, join us for the food feast. We ask that you bring a beverage, food item or snack to share.

### ***LRRC Member's Awards Banquet***

January 27th 2018. 5:30 to 10:00. Meadia Heights Golf Club. Our annual banquet includes a social hour, dinner, entertainment and awards presented to the outstanding members of 2017.

### ***LRRC Member's Winter Breakfast Run***

For 2018 we are moving to Lancaster County Park's Pavilion #22. We've out grown the Exhibit Farm House... we're move'n up to a larger, warmer, private and more socially acceptable building. Start time is 9:00 AM.

Greg and Janet Foster will again be supplying pancakes, eggs, sausage, juice, and coffee.

Please bring something small for us all to share and enjoy.

### ***LRRC Member's Corn Roast***

Held mid-August from 3:30 PM to 10:00 PM at Bill & Dolores Smith's home.

This annual event includes massive amounts of food, games and of course, roasted corn.

Participants can camp out in the Smith's backyard and stay for the breakfast option.

### ***Fowl Run & Elections***

Join the club at 9:00 AM on Thanksgiving morning at Longs Park Pavilion #3.

Running options include the park roads, trails near the park or even around Park City. Your choice.

Return to the pavilion for snacks, door prizes, and the ELECTION of next year's board members. We elect three Co-Presidents, a Treasurer and a Secretary.

### ***LRRC Member's Christmas Party***

6:30pm -9:30pm. in mid- December at the home of Lynn Morrow. Lynn's address is 23 N. Prince St. in Millersville. This annual event has been held for years. This is like an all evening PART 2. Bring a food or beverage item to share.

### ***Annual Christmas Eve Morning Run***

Join the club for another, annual Holiday event in Downtown Lancaster. We meet at 8:45 AM at the corner of N. Market St. and W Grant St. just behind Lancaster Central Market. We begin by taking a group photo and begin the run at 9:00 AM.

We dress up and run the Red Rose Run course and afterwards we enjoy coffee in the Market.

## ***The Fun Runs - All are Invited***

### ***Tuesday Nights***

#### ***Late Spring, Summer and into Early Fall***

After the clocks change in the spring, club members open their hearts and homes. Courses distances vary from 3, 5, and 7 miles, more or less. It's not unusual for close to 60 runners and walkers to join us for these warm-weather runs held throughout Lancaster county every week. There is no clock or competition unless you want to challenge yourself. Return to the host's home for food, drink and fellowship.

The club posts the schedule for our warm-weather runs on our website. That schedule includes the location, address, start time and other information for each week's run.

### ***Tuesday Nights***

#### ***Late Fall, Winter and into Early Spring***

When the clocks fall back to the dark season, we continue to meet for our weekly runs at Longs Park. After the run, the social part (PART 2) convenes at a local watering hole. Past part 2's have been at Spring House, Station House, Mick's, etc.

### ***Thursday Evening Trails***

All year long, the club organizes weekly trail runs on Thursday nights. Check the club website for locations or join our club Facebook page for Thursday run information. We rotate locations, mostly within Lancaster County. Of course runs are followed with a Part 2.

### ***Sunday in the Park***

Every Sunday, at 7:30 AM all year round, the club meets at Lancaster County Central Park at the swimming pool parking lot, Part 2 to follow.

### ***First Saturday Trail Runs***

The club schedules 6 Saturday dates from November through April, mostly outside Lancaster County. Locations for most runs are at State, County, or Municipal Parks. Dates, times and locations will be listed on the club e-newsletter.

As always, PART 2 will be held near the run location.

Lancaster Road  
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## ***LRRC Race Schedule - The Races Our Club Directs and Manages***

### ***Smiths Challenge***

This popular race is held in June starting at 8:00 AM to 12:00 PM at Lancaster County Park.

The men only race is a 7-mile trail run while the women only race is a 5 mile trail run.

YES, both men and women races start at the exact same time, from the same start line and finish at the same finish line ... What were we thinking?

### ***Stoudt's Brewing Distance Classic***

In October our club hosts another popular race at Stoudt's Brewing Company located at 2800 N. Reading Rd. in Adamstown, PA. The race begins at 8:45 AM until 12:00 PM. This is a picturesque, challenging, rewarding 7.45 mile run.

Participants receive post-race swag including a loaf of Wonderful Good Bread, a commemorative 16 oz. glass and one Stoudt's beer. Race awards include Stoudts variety 6 packs.