



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
March/April 2011



President's Letter



*By Christine
Geiselman,
Co-President*

Why Do You Run?

I'd like to take this opportunity to introduce myself as one of your new

Co-Presidents for the 2011 year. My name is Christine Geiselman, and I've been a Lancaster Road Runner for a little over a year. During my time with the club, I have been very active, participating in as many fun runs and Thursday

night trail runs as possible. I raced in Mrs. Smith's Challenge and the Conestoga Trail Race, and I volunteered at Mr. Smith's and Stoudt's Distance Classic. I was honored to be selected as a Co-President after my brief time with the club, and I look forward to working with you all this year.

One question that I like to challenge myself with is why I run. I used to hate running. I was a dancer from the age of three and continued through college. I played field hockey in high school, but never enjoyed running off the field. I thought it was pure torture to run an 8-minute mile on Fridays. My fastest mile time during my senior

year was a 7:30. I like to look back and see how far I've come. Ten years later, I'm in the best shape of my life.

I started running while studying abroad in Sydney, Australia during my junior year of college. On a whim I decided to do a 15K race called the "City to Surf" that started in center city and ended at the world-famous Bondi Beach. I didn't train, but I finished, and I ran the whole thing. I couldn't walk for a week, and I realized just how out of shape I was. I began running for exercise and fell in love with the quiet escape and sense of exploration it provided.

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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)
- Mrs. Smith's Challenge 5 Mile Trail Race (Mid-May)
- Smith's Challenge 10K Trail Race (Mid-June)
- Conestoga 10 Mile Trail Race (Late September)
- February, Sunday Breakfast Run
- Stoudt's Brewing Distance Classic 12K Road Race (Late October)
- Road Trips to Races (Anytime)

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About your mailing 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.

John Doe	2011
1234 Anywhere St.	
Lancaster, PA 17601	

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: 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

President's Letter

I didn't run another race for over six years when I decided to do a half marathon. This race lit a spark inside of me and began my obsession with racing and pushing myself to my limits. A few months later I decided to go to a dark, cold run with the Lancaster Road Runners at Long's Park. That was one of the best decisions I have ever made. I've met some amazing people, was encouraged to run some great races, and I've made wonderful friends.

When I look back over the last year and a half and all the running I've done, I sometimes have a hard time believing that I once despised running! The answer to my question of why I run changes constantly. I run to push myself physically, lift my spirits, relieve stress, enjoy "me" time, and to explore. One of the things I enjoy most about running though, is meeting other runners - whether it's at a local race, a Tuesday night Fun Run, a Thursday trail run, or during the last, brutal miles of a marathon. While I race to beat the clock and meet the goals I set for myself, running to me is more importantly about camaraderie and friendship, and I hope I never lose sight of that.

Soon we'll be starting our spring schedule of Tuesday Fun Runs, where we meet at various locations throughout Lancaster County. The schedule for the first few months is enclosed in this newsletter. I encourage you to come out to as many as possible, explore the different landscapes Lancaster has to offer, and enjoy the company of fellow runners. I know I'm looking forward to the warmer temperatures and longer days! See you on the road!

A New Training Club

If you live in the eastern part of the county, you may find some training partners through the new Triathlon/Running Club started by the New Holland Rec Center. You can find information on the center's website - www.newhollandrec.com.

A Day At The Races

By Sil Simpson

Running is fun. Racing is fabulous. Running is classroom work. Racing is the final exam, and I feel fortunate that I'm still taking finals almost every week. If I didn't run, I might become a completely inert mass of protoplasm, and if I couldn't race, I might not run. So I'm grateful for the abundance of races that are available to me.

In addition to running, I also work out in a gym, and I sometimes find myself wondering how others in the gym stay motivated by such a nebulous goal as getting into better shape. For me, gym workouts are a way to help myself run better and avoid injuries. They're OK, but they lack the concrete goal of the finish line, and gym workouts never require the all-out effort that racing does. Without the fun and the motivation that racing provides, I might not be a runner.

So as the weather finally shows a few small signs of warming, I'm eagerly looking forward to another year of racing. I did a few races in January and February, and I plan on toeing the line almost every week for the rest of the year.

For me, nothing is better than a day at the races, whatever the distance. I hope to look over at the starting line and see you frequently this year.

Get Two For The Price Of One

We all love a "2 For the Price of 1" deal, so take advantage of a rare "2 For 1" in racing by heading out to the wilds of Chester county for Brave the Race on April 2. (See the race director's story in this newsletter.) Brave The Race gives us the opportunity to run a 10K and a 5K for one price, and we can also run either race separately.

Brave The Race will take place at Octorara High School, which is on Route 41, just into Chester County. The courses wind their ways through scenic farmlands, and it's a great way to get in 2 races at once.

So come on out and double your fun.



It's Tuesday Time

Running at Long's Park on winter Tuesday nights is a great way to fight cabin fever, and the turnouts were strong all winter. Now it's time to take our fun around the county. Our Tuesday Fun Runs are now outside the park, exploring a new running adventure every week.

Join us. Have fun, and get a little motivation from running with friends.

Observations From The Race Director's Lounge Chair

By Christian Taylor

New races invite us to run them every year, and that's a good thing. It also means that new race directors are constantly coming into existence, and that's never an easy job. Our own Christian Taylor started Brave The Run last year. The race offers both a 5K and a 10K, and it will take place this year on April 2 at Octorara High School, which is just over the Lancaster/Chester County line in Chester County. Here are some of Christian's experiences in starting a race:

1. How did you choose your date?

This is the first question that any director of a new race should consider. For example, this year Lancaster County will have 5 races on May 7, and Lebanon County will host a popular duathlon that day. With a finite number of participants from which to draw, this heavy scheduling isn't good for any of the races.

"When choosing a date, I have a two-to-three week window in mind. I then go to Active.com and look for other races in the area scheduled during that window. Two races in particular that I look for are the Garden Spot Marathon and the Farmer's 5K, with the thinking that all three races are competing for the same group of runners. Last year, we had to go with the end of March because Easter was the first weekend of April and the following weekend was the Garden Spot Marathon and the weekend after that the Farmer's 5K. This year I scheduled our race on Active.com back in October 2010 to be sure we grabbed the date before anyone else."

2. What was your biggest challenge as a new race director?

"My biggest challenge was with delegating responsibilities on race day. I felt like I wanted to do it all to make sure it was done the way I wanted it done, but I quickly learned that I couldn't be everywhere at all times, and that I had to rely on my volunteers."

3. Did you receive community support - fire police, etc.?

In the weeks leading up to the race, we were told that we would have police at each of the major intersections helping with traffic since we were unable to shut down the roads, but on race day we found out that something had come up and they would not be able to help. This was a major blow and I had to round up whatever adults I could find to man the different intersections.

4. Do you think that you adequately publicized your race?

Easy answer to this one: no. And to be honest, I am struggling with that again this year. If anyone has any suggestions for how to better advertise our race, please let me know!

5. Your overall observations. Did you consider your first race a success?

Based on the feedback I received from the runners immediately after the race, I would say that yes it was a success. In particular, many of the runners commented on how much they enjoyed having our track & field athletes positioned throughout the course cheering them on as they ran by. In fact, I was amazed by just how popular this feature of our race was because it seems like such a simple thing. In addition, I also received positive feedback on the speed with which we had the final results posted after the race. Our very own Evan Sandt seemed especially pleased with that. And lastly, our last minute decision, based on a suggestion from an LRRRC member, to allow runners to run both races was a huge hit. I couldn't believe

how many people ran both races, and ran them both hard. I am excited to see how many we get this year since we have advertised that option right from the start.

Make A Better World Through Running

By Sil Simpson

Remember that time when you hurt your leg and you couldn't run for a whole week? Remember how lousy you felt the entire time?

We've all had injuries that have turned us into non-runners for a while, and we've all been mighty anxious to get out for a few miles just as soon as we were able.

Now, take a moment to remember how you felt when you couldn't run, and imagine feeling like that all the time. It's not a pleasant thought, but many people choose not to run and, therefore, to feel like that all the time.

So let's help them.

Saving The World is a big assignment, but improving the life of one other person is something that we all can do, and the best way to improve a person's life is to introduce her or him to running. Whether a person is looking to lose weight, make friends, or expand his running horizons, joining the LRRRC will help him (and her) achieve a goal.

So let's all make an effort to bring someone new out to run with the club. We're done with Long's Park, and we're beginning our tour of Lancaster County. Invite someone to come out with us. Do your small part to make a better world.

CHARITY RUN

 another way to give back to our community

Each month, the Lancaster Road Runner's Club would like to help our community by collecting goods in conjunction with our Tuesday night Fun Runs. We will donate these items to local not-for-profit organizations that need our help. Below is a schedule of our fun runs and the charities we will be donating to. If you would like to contribute (it is not mandatory) please bring something appropriate for the charity, and join us not just for exercise, but to give back to our community!

Tuesday, March 15- Humane League of Lancaster Charity Fun Run

- Canned Cat & Kitten Food
- Cat Litter
- Litter Boxes
- Cat Toys
- Dry & Canned Dog Food
- Food Bowls
- Dog Treats, Bones & Rawhides
- Dog Shampoo
- Dog Toys
- Peanut Butter
- Collars & Leashes

Tuesday, April 19- Central PA Food Bank Charity Fun Run

- Canned tuna
- Canned meats and stews
- Soup
- Peanut butter
- Canned fruits and vegetables
- Packaged meals
- Packaged pasta and rice
- Canned and dried beans
- Pure fruit and vegetable juices

Tuesday, May 17- Boys and Girls Club of Lancaster Charity Fun Run

Beads	Washable Kids Paint	Checkers
Coloring books	Markers	Connect 4
Coloring projects	Crayons	Playing cards
Frisbee	Construction paper	Ping pong paddles
Balloons	Elmer's Glue	Ping pong balls
Table covering	Paint brushes	Side walk chalk
Gift ribbon	Kid scissors	Domino's
Colored duct tape	Clay	Legos
Jump Rope	Sidewalk chalk	Hula hoops



Spring Racing Calendar

March

- 12 Run 4 Luck- four-mile run**
9:30 AM, Franklin and Marshall College
Run4Luck@jllancaster.org
- 20 St Patty's Scramble Trail Run 6k & 15k-TR**
10:15 AM, Sinking Spring, PA
Blue Marsh Lake
www.trimaxendurancesports.com
- 20 Frozen Foot #3, 5K**
E-Town College
- 26 Buckskin Breakout 10K**
9:00 AM, Conestoga Valley High School
www.cvsd.k12.pa.us
- 27 Caesar Rodney Half-Marathon**
9:30 AM, Wilmington
302-655-7258

April

- 2 Brave the Run 5K & 10K**
Octorara High School.
Run one or both for the same fee.
610-659-3379
ctaylor@octorara.org
<http://thebraverace.com/Welcome.html>
- 2 Night flight 5K/10K Night Trail Run**
R.B. Winter State Park, Mifflinburg
natasharieder@windstream.net
- 3 Hempfield Education Association 5K**
1:00 PM, Hempfield Stadium
Landisville, www.hearace.org

- 3 Capital 10-Miler**
9:00 AM, Harrisburg's City Island
877-1831
- 9 Garden Spot Village Marathon & Half-Marathon**
New Holland, 355-6000
- 9 Salvation Army Community 5k**
Lebanon 8:00 AM
- 10 RACC 5K**
10:00 AM, Reading
www.pretzelcitysports.com
- 10 Sprint Into Spring 5K**
2:00 PM, Mechanicsburg
kovachmj@comcast.net
- 16 Farmers' 5K**
8:30 AM, New Holland
Brent Watkins, 354-4747
- 16 Firefighter 5K Run/Walk**
State College, www.CCFCC1.com
- 16 Juniata County 5K**
Mifflintown, www.jvstriders.com
- 17 Gordie's 5K**
6:00 AM, Gap, Salisbury Township
Community Park
www.gordiesrun.synthasite.com
610-273-9151
- 17 Beaver Stadium Run 5K**
State College, www.nvrn.com
- 17 Valley Forge Revolutionary 5-Miler**
8:30 AM, (610) 834-7993
www.RevolutionaryRun.org
- 23 Sauder Easter Egg 5-Miler**
9:00 AM, Lititz
www.saudereggs.com
- 23 Mount Penn Mudfest 15K Trails**
Reading
www.pretzelcitysports.com
- 30 Race Against Racism 5K**
Musser Park, Lancaster, 393-1735

May

- 1 Blue Cross Broad Street Run Ten Miler**
Philadelphia
www.broadstreetrun.com
(215) 683-3594

- 1 Inaugural Gettysburg North-South Marathon**
Runners from former Union and Confederate states will run diverging courses and rejoin at the 24 mile mark. (866) 329-9382
www.gettysburgnorthsouthmarathon.com
- 1 New Jersey Marathon Long Branch Half-Marathon**
8:00 AM relays, Long Branch, NJ
www.njmarathon.org
- 7 Mrs. Smith's Challenge 5-Miles (women only)**
10:00 AM, Lancaster County Park
Bob Bergman
587-2912 (Application enclosed)
- 7 Girls On The Run 5K**
9:00 AM, Franklin and Marshall College
cjohnson@gotrlancaster.org
- 7 Town Square 5K**
Manheim, 664-6605
- 7 Turkey Hill Country Classic 5K & 10K**
Central Manor, Manor Township
872-5461
- 7 Miles For Moms 5K**
Lancaster Catholic High School
- 7 LCCM Duathlon 5K Run, 14 Mile Bike, 5K Run**
Lebanon, www.lccm.us
- 8 WVS Spring Trail Run 3.5 Miler**
1:00 PM, Frances Slocum State Park, Kingston Township, PA
wyoalstr@aol.com
- 14 Grain of Hope 5K**
8:30am Sunset Lane Park
West Manchester Township, York
- 15 Delaware Marathon Running Festival--Marathon and Half-Marathon**
Wilmington
www.races2run.com/marathon
(302) 654-6400
- 15 Bob Potts Marathon**
6:30 AM, York
www.bobpottsrn.com
- 22 Millersville Mile**
6:30 PM, Millersville University
rjantt@earthlink.net



With spring around the corner comes warmer temperatures. This might be a good time to share hydration tips for runners.

Sipping Points

The latest research on how to prevent dehydration—and boost your running performance. By Karen Asp

From the July 2010 issue of *Runner's World*



RUNNERS KNOW it's important to stay hydrated to run their best, especially in the summer. "Being more than two percent dehydrated in warm environments causes a decline in performance," says Robert W. Kenefick, Ph.D., a physiologist with the U.S. Army Research Institute of Environmental Medicine. To keep fluids handy, you probably stash a water bottle in a gym bag or leave sports drink in your car. But to really improve performance, you need to be more than a casual sipper. A number of recent studies offer runners smarter ways to stay hydrated while also giving their running a boost. Here's how you can apply some of these strategies to your own hydration plan and run your best all summer long.

There is a lot more to this article. You can find it on the Runner's World website by pasting the URL below into your browser.

<http://www.runnersworld.com/article/0,7120,s6-242-302--13525-0,00.html>

Dues Are Due

We'd love to run the club without having to worry about money, but we do encounter expenses such as printing this newsletter and paying insurance. If we don't have your check by the time the next newsletter is ready for the presses, we won't be able to mail you one.

If you haven't yet paid your dues for 2011, please do so promptly. Nothing delivers more value for your money than the \$15 or \$20 that you spend to keep this great club operating.

So get your money into the mail and come to our great Fun Runs and other club events with a clear conscience.

If you are unsure if you've paid your dues, check the mailing label on this newsletter. If the year on the upper, right hand corner says "2010", you have NOT yet paid your dues. If it says 2011, your dues are up to date. See the sample label below.

John Doe	2011
1234 Anywhere St.	
Lancaster, PA 17601	

About your mailing label:

The year your membership expires is shown on the top line. Membership ends December 31 of the year listed.

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



Address Service
Requested

LANCASTER ROAD RUNNERS CLUB MEMBERSHIP APPLICATION

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

- 10% discount on running shoes and apparel at The Inside Track in Lancaster
- 10% discount on membership, 1/2 off initiation fee at Figure Firm Spa in Lancaster (for women only)
- Enrolled as member of the Road Runners of America; this membership includes a quarterly newsletter and insurance
- 8% membership discount at the Lancaster YMCA
- No initiation fee at Gold's Gym in Lancaster
- Discounts on food supplements and vitamins at Weaver's Natural Foods in Manheim
- Bimonthly newsletter that links the membership together by providing running tips and information, race reports, upcoming event calendar, meeting topics, president's column, and more.
- Invitation to monthly meetings; although typically attended by the club officers, all members are invited to participate, voice their opinions and offer assistance.
- Invitation to club meetings featuring a variety of topics including films (some local) on running and racing, plus other topics of interest to runners. Even if you are not a member, you are invite to all of these gatherings.
- Fun Runs are held weekly at a variety of locations in the area on Tuesday and Thursday evenings. Club members can also be found on most Sunday mornings at Lancaster County Central Park. These are not races, but an opportunity for anyone, regardless of ability, to share in the comradeship of fellow runners.
- Social events including the club's annual awards dinner and picnics 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, Wide 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