



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
November/December 2011

Escarpment 2011

Read more on page 4



Janet, Doris, Betsy
and Lois

President's Letter



Adam Smith,
Co-President

Go RV-ing!

(Running while
Vacationing)

I don't know
about the
rest of you,
but travelling
stresses me out.

There's the research put into where
you want to go and what you want
to do. You look up the local sites and
make a checklist of things to see,

places to go and things to do. Then
book a place to stay, book a flight and
set in stone when you are travelling
and even if you stay with others you
know there is still coordination needed
to make that happen. Now what if
you travel with other people, a group
of people, your family!... multiply the
stress. Sometimes you need a trip
away from your trip... Take a run while
on vacation.

When I travel, I always take running
shorts and shoes. Running gives
me freedom. If there is a little time
between activities, why not go for a
run? Family getting on your nerves?
Go for a run. Feel guilty about eating

out every night and having that
cheesecake at dinner? Go for a run.
For the 30 or so minutes you're away,
you're free from the vacation script,
mentally at ease, doing something
you enjoy and is familiar. If you use
this little bit of alone time to get away,
you'll find yourself at ease and are
enjoying yourself more (not to mention
more enjoyable to be around!).

I travelled to Finland last month
(my first time travelling abroad) and
found myself overwhelmed by the
trip there, the jet lag, travelling with
my girlfriend's parents for the first
time, culture shock, being there for a

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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 LRRCC 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

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President's Letter

wedding the night before the wedding and meeting the Bride and Groom for the first time... I needed a break already! So the morning before the afternoon wedding I went for a run through town. I needed to get away. I saw interesting restaurants, many unique shops, people whose fashion differed greatly from my own, unique architecture many, many decades (if not centuries) old, and stumbled upon an observation tower atop a hill in the town's park which gave me a panoramic view of the entire, beautiful area in its autumn colors, glistening in the morning sun. Running got me away from the stress and into where I was. And this was only my most recent adventure. When I moved to school in Columbus I ran to get to know the campus and my part in it. For my Denver internship, running showed me the town I knew nothing about. For Libby, Montana running brought me in touch with the natural ruggedness of the Kootenai river valley. When I moved to Lancaster running got me in touch with people who have become my friends and surrogate family. Even when I go back to my childhood home in Canal Fulton, Ohio I go for a run to stay hello the place I grew up with. Running takes me to new and old places, has helped me know people better, has been my escape and is my vacation within a vacation.

I encourage everyone to go for a run. Don't worry about the time, the effort or the distance. It's all about being in the place where you are. The more exotic, least familiar, farthest away from normal the place the better. You may find that your fun run will tie it all together and make you understand where you are; make it real. Running will fill the voids in time where you would normally chill at the pool, get you away from family you can stand only for so long, and introduce you to where you are, right now, and nowhere else. I said "take a run while on vacation," but maybe the better statement would be "take a vacation on your run!"

~Adam

Escarpment 2011

By Lois Summers

In July 2011 several LRRCers went to the Escarpment trail race in the Catskills of New York State. Escarpment is legendary for its difficulty. It's so tough that the winner of this 30K usually comes in between 2:45 and 3:00.

The first picture is a hiking group that hiked several hours on the trail consisting of - Janet, Doris, Betsy and Lois

The second picture is of Peter Belanger and Greg Foster shaking hands after crossing the finish line together.

The third picture is of finishers Barb and Ed. This year Ed Stauffer received his 100-mile shirt. Congratulations, Ed.



The LRRC's Own Race - Stoudt's 12K in Adamstown



Stoudt's is a race that has undergone a wonderful transformation in its brief life. In its first years, it attracted so much rain that it earned the nickname of The Drought Buster. Recently, the weather has improved, and for the last two years, we've had wonderful weather and a wonderful race. Here we see the LRRC's own Doris Olney powering through the finish line this year.

Stoudt's is a great event put on by the LRRC and staffed by LRRC volunteers, so put it on your

October calendar for next year, either to run or to help.

Changes

This has certainly been a year of changes. When I first got involved with LRRC, I was a youngish single mom. Years went by, and I grew, as did my son. I married a club member, and began a new chapter of my life.

Suddenly, it seemed, my son has graduated and moved on to college.

As painful as this is, for me to be a mom without a kid in the house, it has given me the opportunity to thank each and every one of you

in the LRRC who has made a difference in my son's life and in mine.

To my wonderful husband John, whom I have met through running the trails of County Park, and all of the friends whom I have met in the years of fun with the club, I have to give so many thanks for all of the help you have given me along the way in raising my son.

He is a sum of all of you, and I could not have done it without you.

Love, kathi

Lessons Learned.

By Christine Geiselman

I ran the Marine Corps Marathon this past Sunday with 30,000 other crazy runners on what turned out to be a perfect day! I've done this race for the last two years and I love it! I enjoy the big races with thousands of other runners and even more spectators - I get energy from a crowd! This one is especially motivating - running with Marines, seeing runners who are remembering a fallen soldier, and having Marines hand you water and drape the (awesome) medal over your neck. It is a marathon I would highly recommend!

To help reach my goal of finishing well, I joined a pace group. I've run with pace groups in the past, and I've finished much better when running with a group than when I've had to run alone. This time, though I had an incredible experience. I didn't PR (although I was close), but I feel as though I ran my best marathon. I never hit the dreaded "wall" and actually felt good enough to pick up my pace towards the end, passing the pacer - which is a great thing! When I checked my fancy Garmin watch at the end of the race, my splits were extremely consistent - something I've never done in the past. Typically the last six miles my pace gets consistently slower...and slower. Yesterday I felt like I was "sprinting" to the end. I learned a few lessons from my pacer and coach for the day that I hope I can remember for my race.

1) Don't go out too fast - I know I've heard it a million times and yet I do this EVERY race! The reason I had enough in the tank at mile 20 to push me easily through the last 6 miles was because we didn't go out hard.

2) "Low gear" when going up hills - during every uphill, he instructed us to put it in low gear - drop our arms to keep our heart rate down, shuffle our feet and most importantly SLOW DOWN.

3) Quick turnovers for the downhill - to make up time we lost on the uphill, we ran faster downhill. The most important part of this is quick, small steps to save your quads - a lesson I could have used in running Steamtown and Boston!

As I take my break from marathons and marathon training, I'm so glad I

was able to finish with such a high. I still can't believe mile 20-26 came without me doing the "dead man shuffle" after hitting the "wall." It truly was an amazing experience! If you ever want some great motivation during a marathon I highly suggest joining a pace group! I've done it for 3 out of my 5 marathons so far and each time I've finished better than when I went on my own. Plus, as I like to say, misery loves company, so why not share your experience with other runners and make some friends along the way? OORAH!

A New And Special Race

By Debbie Kirchner

On November 12 at 9am at Reidenbaugh Elementary School in Lititz, Tina and Gary Bellanca have organized a 5k road run to benefit Alzheimer's Association. Pre-registration is \$15. Gary, who is an amazing runner, was diagnosed with dementia at the young age of 55. On a personal note, Gary is Tim's brother-in-law and I'm so happy I got to meet him before this before this disease took him. Such a kind person (and a kick-a-- runner!) If you cannot make it, please pass this info along to friend, thanks!

Make A Few Bucks

The LRRC has an excellent timing system, and it's available for use in timing races. The drawback is a lack of trained operators. If you'd like to learn how to operate the equipment (it's not hard) contact Bill Smith for the necessary training. Then you'll be able to make some extra money by timing races.

Your Pictures Needed

The CD that we run at the Awards Banquet is very nice, and it's also very dated. We need fresh pictures of your running adventures, so send your best to Adam Smith. He'll then work his electronic magic, and we'll have a great new CD for the 2012 banquet.

Recommended Races

By Sil Simpson

Last Mile - Duncannon. This is a 5-Miler held at the Duncannon Fire Company, and it fits my criteria for an enjoyable race. It has a fairly small field, and it's in a small town. The course is tough, although it doesn't seem that way at the beginning. The first mile is flat. Then, in the second mile, the course takes an uphill turn, reaching its peak at 3. From there, it's a downhill mile and a flat mile to finish. This year, the race date is December 31, so it will be a nice way to end the year's racing.

Iron Bridge 5K Cross-Country Race - This one happens at Lancaster Mennonite High School, and it's an opportunity to run a cross-country (not trail) course. The race is November 19, and an application is in this newsletter.

Lancaster County Cross-Country 5K - December 3, Manheim Township HS. This is another opportunity to run a cross-country course, and the weather can always add a little extra fun. Two years ago, the snow was beginning as the race was ending.

Kris Kringle 5-Miler, Reading, December 18. This is a very nice race, run mostly on a trail, except for the uphill at the end. The best part for me, however, is the hooded sweatshirt in a race whose entry fee is only \$23.

Tuesdays In The Park

For the winter, our Tuesday night Fun Runs move to Long's Park. The festivities begin around 6 PM, so join us for some miles and some smiles. The loop through the park is 1.7 miles, and you may run or walk as many loops as you like before heading to Part II at a fine local establishment to be named later.

2012 Awards Banquet

Keep your eyes open for all the information on the Social Event Of The Year in late January.

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, November 15- 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

Tuesday, December 20- 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, January 17- 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

CHARITY RUNS ARE EVERY 3RD TUESDAY OF THE MONTH

2011

RACING SCHEDULE

Winter Race Calendar

Winter means fewer racing opportunities, but it certainly doesn't mean no racing opportunities. Rare is the weekend when we can't find a race somewhere within 50 miles, so stay active and keep on racing during the cold months.

November

- 6 Oley Valley 10-Miler**
Berks County
www.pretzelcitysports.com
- 12 Hit the Hay 8.1 Mile Trail Run**
9:00 AM Birdsboro, PA
484-288-0536
www.pretzelcitysports.com
- 13 Harrisburg Marathon & Relay**
8:00 AM, Harrisburg, PA
www.harrisburgMarathon.com
- 19 Iron Bridge 5K**
Lancaster Mennonite HS
www.ironbridgerun.org
(Application Enclosed)
- 19 Give Thanks for Lebanon 5K-10K Race**
8:00 AM
givethanksforlebanon.org
- 19 Ephrata - Winning Wealth Service 10k**
8:00 AM
www.active.com
- 19 7th Hollywood Two Miler**
9:00 AM, Mechanicsburg
(717) 620-8596
- 19 Geisinger Turkey Trot 5K**
Danville, www.RiverTownRace.com
- 19 Turkey Trot 5k**
10:00 AM. Lake Wynonah, PA
www.pretzelcitysports.com

20 Philadelphia Marathon and Half-Marathon
7:00 AM
www.philadelphiamarathon.com

20 Emmaus 3.5 Mile Run
9:30 AM, info@runleighvalley.com

24 LRRC's Annual Fowl Run
9:00 AM, Long's Park

24 Millersville Turkey Trot 5K
9:00 AM, Millersville U
www.millersvilleathletics.com

24 Run for the Diamonds- 9 Miles
10:30am, Berwick, PA
(570) 759-1300
www.runfordiamonds.com

25 Turkey Burner 5K
9:00 AM, West Chester
www.runccrs.com

December

3 Lancaster County Cross Country 5K
Manheim Township High School
<http://lancastercountycxc5k.com>

10 Christmas City Classic Five Miler and Candy Cane 5K
9:00 AM, Bethlehem
(610) 787-0717
Rw262@yahoo.com

10 Jingle Bell Run 5K
10:00 AM, Harrisburg

11 Jingle Bell Run 5K
1:00 PM, Location to be determined
<http://lancasterjbr.kintera.org>

18 Reading, Kris Kringle 5 Miler
11:00 AM
Runkriskringle5miler@gmail.com
www.pretzelcitysports.com

31 Last Mile - 5 Miles
Duncannon, PA
Duncannon Fire House, High St.
(717) 582-8197

January

15 Chilly Cheeks 7.2 Mile Trail Run
11:00 AM, Reading
www.pretzelcitysports.com
rhornpcs@aol.com

Reading's Legendary Shiver By The River Series 5K & 10K
Jim Dietrich Park, Reading
11:00 AM
December 11, January 8,
February 12 and March 11
www.pretzelcitysports.com

York Winter Series

- Sunday, November 20, 1:00 PM
Dover 10 Miler
Doug Barnett (717-891-5016)
- Sunday, December 4, 1:00 PM
Spring Valley 5k
Tim Ihrig (717-495-4520)
- Saturday, December 17, 12:00 PM
Dallastown Wildcat 10k
Bob Breigner (717-244-6865)
and Brandon Parks (717-654-0052)
- Saturday, January 7, 2012, 9:00 AM
Accomac 8k
Joe McMaster (717-487-7639)
- Saturday, January 28, 2012, 9:00 AM
Saginaw 5k
Kate Thompson (717-873-5562)
- Saturday, February 11, 2012, 9:00 AM
Jacobus 5 miler
Deanna Miller (717-817-7888)
- Saturday, February 25, 2012, 9:00 AM
Springettsbury 15k
Gretchen Walter (717-542-5994)
- Saturday, March 10, 2012 9:00 AM
Indian Rock 10k
Jeff Georg (717-757-0605)

E-Town's Frozen Foot 5K Series
January 15, February 19, March 18
E-Town College
www.frozenfoot.com

Athlete's Closet Winter Series West Chester
December 10, January 7
and February 4 - 5K
March 3 - 5 Miles
www.athletescloset.com/winterSeries.html

2011 -2012 FIRST SATURDAY WINTER OUTING SCHEDULE

The series is open to runners, hikers, bikers, and walkers. You will need to be self-supporting and provide your own liquids and trail food. Dress appropriately. The trip will proceed regardless of the weather. Plans are to be out on well-marked trails for 1-3 hours depending upon how long YOU want to stay out. Nobody gets lost and no one gets left behind.

The group will car pool from Lancaster Sheetz on Oregon Pike at Rt 30 at 7:30 AM.

Contact info: Betsy Delisle 278-1686
or Doris Olney 343-3611

NOVEMBER 5TH

BALD EAGLE STATE FOREST
http://stateparks.com/bald_eagle.html
Part II: SELIN'S GROVE BREWING CO. -
SELINSGROVE
<http://selinsgrovebrewing.com/>
(This is a 2-hour drive so plan to make
a day of it)

DECEMBER 3RD

WEISER STATE FOREST,
ELIZABETHVILLE
[http://www.dcnr.state.pa.us/forestry/
stateforests/weiser](http://www.dcnr.state.pa.us/forestry/stateforests/weiser)
Part II: Appalachian Brewing Company
- Harrisburg
[http://www.abcbrew.com/harrisburg/
brewpub.htm](http://www.abcbrew.com/harrisburg/brewpub.htm)

JANUARY 7th

WISSAHICKON CREEK GORGE -
Fairmount Park
<http://fow.org/>
Part II: Lucky Dog Saloon and Grill
417 Germantown Pike, Lafayette Hill
<http://theluckydogsaloon.com/>

FEBRUARY 4th

HOPEWELL FURNACE/FRENCH CREEK
STATE PARK
<http://www.nps.gov/hofu/index.htm>
Part II: Stoudt's Brewing Company,
Adamstown
<http://www.stoudtsbeer.com/>

MARCH - TO BE ANNOUNCED!

Christmas Party: December 15 at Lynn Morrow's in Millersville.

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

Are Races Too Expensive?

A Response From Judy Anttonen

In response to Sil Simpson's recent article "Are Races Too Expensive?" (Sept/Oct 2011) I agree that races are becoming expensive. I can think of two new additions to road races that have helped to increase the fees for applicants. They are: Tech shirts and chip timing. Some timing companies still use "tear offs" for results, but so many are using chips on shoelaces or on the bib number.

Very often, computers crash or results are not printed out fully or some other glitch occurs, making chips unreliable (Frozen Foot). Some races use chip timing only for the finish line. For a big race it's nice to know your "chip time" and your "gun time", but without a timing mat at the beginning of the race, we must use our gun time for our finishing time

Farewell, Speedwell?

By Sil Simpson

Thanks to all who had planned to volunteer at the Y Tri this year. It's a huge disappointment to do all that planning or all that training and then have the race cancelled.

And, we may never see another triathlon at Speedwell Forge. The floods damaged the dam, and the present plan is to drain the lake

and create the world's largest mud flats. I hope that someone will come up with a better solution, but right now things don't look promising for a triathlon at Speedwell in 2012.

Life On The DL

By Sil Simpson

Life without running is much less enjoyable than life with running. I've always known that, and a succession of injuries has painfully reinforced that important piece of knowledge.

My problems began in late August when I slipped and hit my back against a wall. Then, as I was just getting back, my left calf went out during a run. A few weeks later, I was using a leg extension machine when my lower back popped out of place.

The cumulative result has been two months of reduced running, and I can't foresee an immediate return to comfortable running. I have slogged my way through two 5K's, but I never felt as though I was really racing in either of them. A long run now is 30 minutes.

And the moral of my story is...Stay healthy and appreciate the simple joys of running. You'll really miss them if you find yourself unable to go out for a few miles.

And it's a good idea to have a backup plan. Riding a stationary bike is truly an exercise in boredom, but it's better than nothing.

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
- 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 Dependand 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