



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA  
January/February 2013



## President Bob's Message

*Bob Bergman*

I was recently approached by a friend interested in how they could start to run like I do. Funny timing because I have not been running as much recently. It started to make me think that others in the club might be approached by people interested in how they should start to run. It was a many years ago, but, this is what worked for me.

In the beginning, I couldn't run non-stop for 15 minutes. I later found out that most people have trouble running for even a few minutes. In other words I was normal! I tried a run/walk training plan. I read that when I was running I should be able to comfortably carry on a conversation, and I should not be out of breath. This is, for some people, a hard guideline to follow, because they feel as though they are running too slow. Or like me, they thought it was weird to talk to themselves.

During the first week, 15 minutes at a time was plenty. After that, my goal was to increase the time gradually. I used a plan of increasing my time each time out by only 10% every two weeks. If I ran for 15 minutes, 3 times a week, the most I would run after two weeks

would be 16 minutes and 30 seconds each time. I later switched this to 20 miles, but, the same concept. If I ran 20 miles a week for 2 weeks straight I could then increase to 22 miles a week for the next 2 weeks.

I started running three to four days a week, run one day, and then take off one. This seemed to give my body time to recover and adapt to the extra stress I was giving it. Of course it didn't take me long to get dumb and start to run every day. Please learn from my mistake and give your body days off to heal and get stronger. Another mistake to avoid in the beginning is placing an emphasis on speed. Trying to run too fast, or too

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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)

## Contacts

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### Club Historian

Bill Smith	468-3613	billsmithruns2@gmail.com
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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	2012
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 LRRRC 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)

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## **From Your President**

much, too soon, will lead to injury.

A few tips on how I stayed motivated.

1. I signed up for a race. Having a race goal on the line was a powerful source of motivation.

2. I eventually ran with a partner. We always managed to get each other through the rough patches. Neither of us wanted to let the other down. I remember thinking one especially cold and icy morning that I would never see my buddy out today, but just in case, I went out. The crazy guy actually came out and ran with me that morning.

3. I focused on getting through the first three weeks. It takes roughly three weeks to establish a habit. If you can get past the first three weeks, your mind and body will find it much easier after that.

4. Don't overdo it. Running too fast, too far or too often in the beginning can burn you out, make you sore, or get you injured, and none of those things are very motivating.

5. If you are taking up running to lose pounds, try not to focus solely on weight loss. This is because especially in the beginning of your running career you will likely gain some weight due to muscle growth - a very good thing because muscles burn fat.

6. The most important thing to remember is have fun.

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## **Appreciate Your Running...And Everything Else**

By Mimi Newcomer

I am not an author by any means. Month after month I read the articles and find them interesting and wonder if I would ever have anything to say that anyone would want to read. Well, I'm taking a shot at this.

I have been running since 1987. I've had a few setbacks: injuries, surgeries, family crises, etc. over the years. My past year has been trying, to say the least. In order to ever wear shoes without both heels hurting, I elected to have surgery on them on 12/1/11. The growths were about 5 years in the making. I did some running between then and now.

On 10/12/12 I had to have the right heel done again. The bone grew larger and faster than the first time. I've been home now 5+ weeks on crutches, no driving and unable to carry a drink from room to room unless it is in a travel mug in a pocket in a purse hung around my neck. Quite a visual, huh?? I'm improving. My goal is to wear shoes again - yes, on both feet. What God has in store for me cardio-wise I have no idea. I may have to re-invent myself as a former runner turned ???

The whole point to this article is this. Most have heard the saying "You don't know what you have until you lose it." Well, believe it. Remember to reflect on what you are grateful for each and every night. That could be getting up in the morning without a stiff back (from the long or hard run the day before), carrying a hot mug of coffee or tea to the sofa (being able to use both limbs), walking through the grocery store to pick up a few items (not having to use the motorized wheelchair at BJ's to pick up a few items at the ripe age of 54), walking up the steps at night to go to sleep (not having to go up on your backside backwards). The list can go on for a long, long time. Be ever so grateful for your many blessings. You may think you need to look long and hard for them, but believe me each and every one of us has many.

**Don't it always seem to go  
That you don't know what you've got  
til it's gone**

-Joni Mitchell - Big Yellow Taxi

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## **I'd Rather Not Kill You**

By Sil Simpson

I've always thought that runners are a group of intelligent people who value life and health, but some incidents this winter have made me wonder. On several occasions, I've come quite close to annihilating runners who lack the common sense that anyone who's running in the dark should have in order to survive the run, and both incidents could have resulted in serious damage to my car.

Incident #1 occurred on Sylvan Road around 5:30 PM. I was heading south when I just happened to see that two runners were practically in the middle of the road. I was no more than 30 feet from them, but I did manage to avoid them. Their reason for being that far out was that big piles of leaves were still on the street, but that's no excuse

for running where they were, and they were running without any lights.

Incident #2 could have been even worse because it would have involved an innocent child. A guy was pushing a stroller, again with no lights. I happened to see him only because he happened to be under a streetlight when I approached, but I could easily have taken him and the innocent one out.

And nonsense like this happens every day. I see runners and people on bikes totally disregarding all the basic rules of safety. I'd rather not kill one, but I might be doing the human race a favor by removing such idiots from the gene pool. So whether you're running in darkness or in light, run safely. Assume that every car is out to get you. Wear lights at night. Run against traffic, and run defensively.

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## **The Honesty Of Runners**

By Sil Simpson

In August, I ran the Amos Herr 5K, but I didn't stick around for the awards, figuring that even if I did happen to win my age group, I really didn't need another medal.

In November, a fellow runner told me that he had something for me. It was an envelope from the race, and when I opened it, I was thrilled to find \$25.

I won't name the runner, but I will say that I'd expect everyone in our club to do the same thing for another runner, just because that's the kind of people that runners are.

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## **The Conestoga Greenway**

By Sil Simpson

On a Sunday morning run, I was wandering through Lancaster when I happened upon the entrance to the Conestoga Greenway. I had previously run on a little bit of it near Duke Street, and this time I was at the other end, just off Chesapeake Street. So, I decided to cover the entire length of the trail. Actually, it's just 1.3 miles, but it's a very pretty, very pleasant little run, and it's nice to have it right in the city.

The southern end of the Greenway is close to the bridge outside the County Park on Duke Street, so if you're running down there and looking for



## Winter Race Calendar

The icy winds from the frozen tundra are sending chills through The Girl From The North Country, but the racing never stops. Take a look at this calendar, and you'll see that we can race every weekend of the winter either in Lancaster County or in a neighboring county.

We're fortunate to have so many races nearby. Let's race all winter.

### January

#### 5 Accomac 8K

9:00 AM, York Winter Series, [www.yorkroadrunners.com](http://www.yorkroadrunners.com)

#### 13 Shiver By The River 10K/5K

11:00 AM, Reading, [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

#### 13 Icicle Run 10 Miler

Wilmington, <http://www.races2run.com>

#### 19 Polar Bear 5K

10:00 AM, Kiwanis Lodge, County Park <http://pennsylvania.sierraclub.org/lancaster>

#### 19 Saginaw 5k

9:00 AM, York Winter Series [www.yorkroadrunners.com](http://www.yorkroadrunners.com)

#### 19 Road to the Super Bowl 5K

Wilmington, [www.races2run.com](http://www.races2run.com)

#### 20 Ugly Mudder 7 Mile Trail Race

11:00 AM - Reading, [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

#### 20 Frozen Foot 5K

2:00 PM, Elizabethtown College [www.appliedracemgmt.com](http://www.appliedracemgmt.com)

#### 26 Chocolate Frosted Buns 5k

9:15 AM -, Robesonia [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

## February

#### 2 Jacobus 5 miler

9:00 AM, York Winter Series [www.yorkroadrunners.com](http://www.yorkroadrunners.com)

#### 10 Shiver By The River 10K/5K

11:00 AM -, Reading [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

#### 17 Frozen Foot 5K

2:00 PM, Elizabethtown College [www.appliedracemgmt.com](http://www.appliedracemgmt.com)

#### 23 Springettsbury 15K

York Winter Series [www.yorkroadrunners.com](http://www.yorkroadrunners.com)

#### 24 Chilly Cheeks 7.2 Mile Trail Run

11:00 AM, Reading [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

## March

#### 3 Snowball 5-Miler

Wilmington, [www.races2run.com](http://www.races2run.com)

#### 9 Indian Rock 10K

York Winter Series, [www.yorkroadrunners.com](http://www.yorkroadrunners.com)

#### 10 Shiver By The River 10K/5K

11:00 AM, Reading [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

#### 16 Run4Luck 4-Miler

9:30 AM, Baker Field, F&M

#### 17 Frozen Foot 5K

2:00 PM, Elizabethtown College [www.appliedracemgmt.com](http://www.appliedracemgmt.com)

## First Saturday Hike Schedule

January-French Creek Victory Brewing

February-Wisner State Park Appalachian Brewing

March-Rocky Ridge Mudd Hook

April-Nolde Forest Stoudt's Brewery

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

a pleasant diversion, check out the Conestoga Greenway.

## Enough T-Shirts?

By Sil Simpson

Periodically, I fill bags with t-shirts from races and give them to a charity. Whenever I do, I find myself thinking that it's nice to get something else once in a while. Stoudt's is good about that, giving those nifty carry bags and a loaf of bread to finishers, and beer to age-group winners. Kris Kringle in Reading gives a hooded sweatshirt, and the entry fee is no higher than the fee for any other race, and it's lower than at many.

A few other races give items other than t-shirts, and I wish more would start to do so. I, for instance, would like running shorts or a visor. If you're a race director, or if you know one, suggest giving away something other than t-shirts.

## Summer Fun Funs Remembered

### A Big Thanks to All Our Hosts and Hostesses

*They say that all good things must end some day*

*Autumn leaves must fall*

-A Summer Song, Chad & Jeremy

Another summer has gone. Autumn leaves have fallen. The bleak December has passed. It's a new year, and time to think of another sensational season of Fun Runs.

First, we offer a deep thanks to everyone who hosted or co-hosted one of our runs last summer. This isn't an easy undertaking. Basically, it means putting on a party for 50 or more people, and that's obviously a lot of work.

And it's because of all the people who are willing to put on these parties that our club is unique and special. The Tuesday Fun Runs are truly our club's signature events, and now it's time to start scheduling them for 2013.

If you've hosted before, then you'll want to reserve your date early. If you haven't hosted previously, this is definitely your year. And, if you'd like to help but your home just isn't a good place to start a run, we always welcome co-hosts who will help with everything from finances to food to laying out the courses.

So act quickly to secure your date. Contact Joni or Steph or one of our officers and be a Fun Run Hero in the Summer of 2013.

## Be Part of Our Winter Social Season

Our club is much more than just running. We're also friends and social events. We've already enjoyed the Christmas Party thanks to Lynne, and we've welcomed the New Year with the Eye Opener. Now it's time for our Awards Banquet and our Breakfast In The Park.

The Awards Banquet will take place on Saturday, January 26, and we have a new location this year. Valleybrook was always excellent, and the event has become so popular that we need more space.

So we'll be at the New Danville Fire Company. If you haven't already sent in your registration, do so today and be part of the fun.

Then, 15 days later, come to the Exhibit Farm area of the County Park for our Winter Breakfast. Hosted by Janet and Greg Foster, this is one of those quirky and fun events that make runners different from golfers. We'll run past Media Heights, and we probably won't see even one golfer on the course.

## LRRC Breakfast Sunday, February 10, 2013 at 8:00 AM

Exhibit Farm Lancaster County Park

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: 393-4144 or farrahjs@comcast.net

## The Latest in Club Attire is Now Available

The Club has new merchandise for sale just in time for the winter weather.

The new items in our inventory include:

**NEW** High-tech, long sleeve club shirts ..... \$52.00

**NEW** Winter Pants ..... \$53.00

**NEW** High-Tech Tights ..... \$45.00

All of these new items are available immediately from Sally Higgins or Cindy Staples. You can contact Sally at 314-0487 or by email at higginspt@comcast.net

## "Save the Date" for the Lancaster Road Runners Club Annual Awards Banquet

When: Saturday, January 26, 2013, Social Hour: 6:00 PM, Dinner: 7:00 PM

Where: New Danville Fire Hall, 43 Marticville Road, Lancaster, PA 17603 (not far off the New Danville Pike, near Cherry Hill Orchards)

What: Our usual social hour, then dinner (by Hess' Barbeque), and entertainment includes search-and-rescue demonstration by Red Rose K9 blood hounds, pictures and stories from our running travelers far and wide...as well as our yearly awards!!

## You own this space!

That's right. This is YOUR publication. As a LRRC member, you can submit stories, articles, opinions and photos to this newsletter.

We are always looking for material to grace our newsletter's pages. Story

ideas include: Running Tips, Personal Running and Race-Related Experiences, Favorite Trail and Road Courses. • ANYTHING RUNNING RELATED IS WELCOME!

If you have stories or photos, please send them to Sil Simpson, our Newsletter Editor, at csilrun@hotmail.com

## 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



Address Service  
Requested

### 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