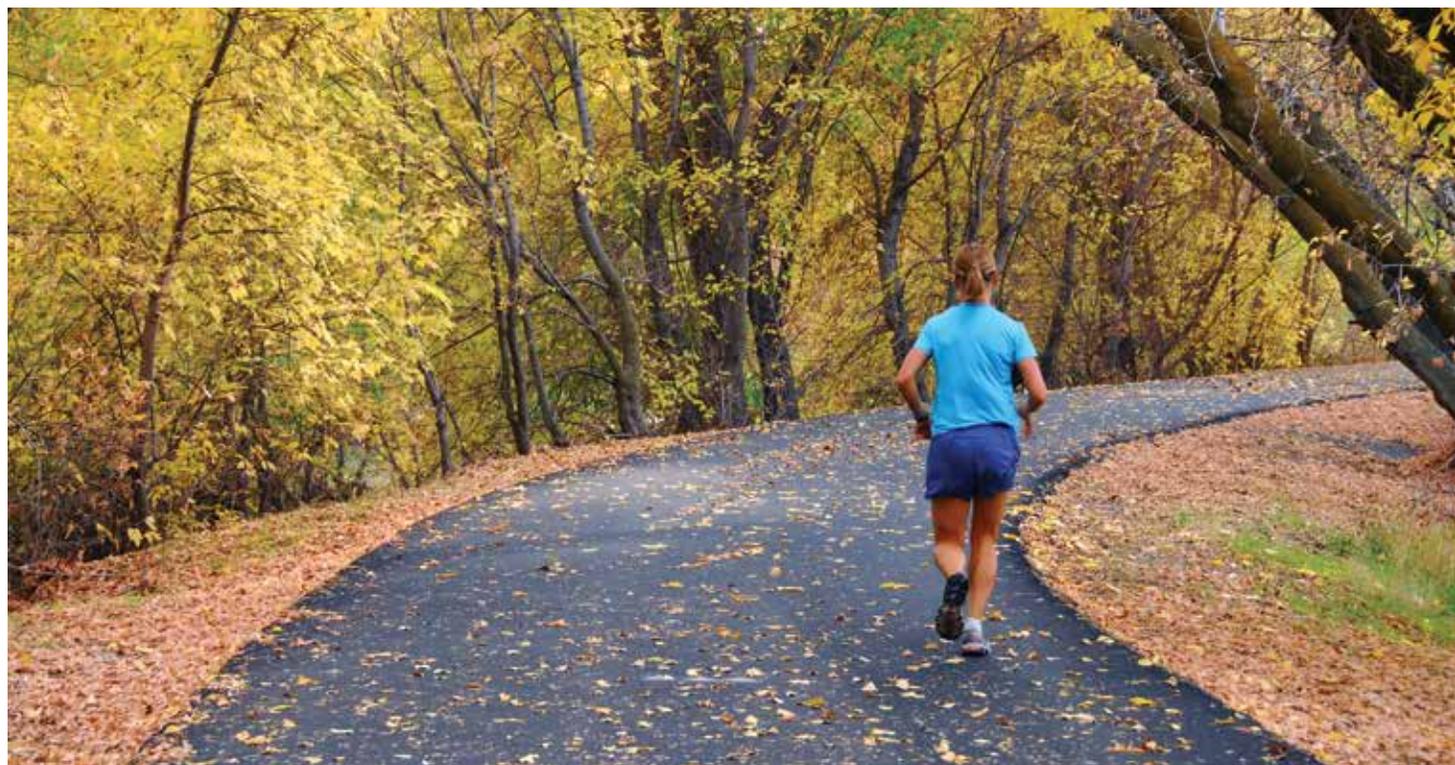




JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
November/December 2013



Editor's Message

Observations From Stoudt's

It's nice that Stoudt's Distance Classic has shed its reputation as the Drought

Buster. In the first 4 years of the race's existence, we had ridiculous rain each time, so the great weather the last few years has been wonderful.

This year, I worked on the course, guiding runners down the right path both in the race and in life. As I was waving my flag, I had a couple of observations about runners and

running. Observation #1 is that runners are very nice and very polite people. I probably received a sincere "Thank you" from at least 40 of the 200 runners as they were both starting and finishing the race. And this sort of gratitude for volunteers is the norm among runners. Of all the volunteer opportunities available in the world, working at a race is probably the one in which we receive the most expressions of appreciation for what we do.

And, as I was watching runners as they neared the final turn, my second observation was that running provides us with the most basic sort of human challenge - simply getting ourselves from here to there. Stoudt's had quite a gap between the first and the final finishers, but they all achieved

something on that October Saturday morning. For the winner, who set a course record, the challenge was to beat the clock. For some other runners, the challenge was simply to reach the finish line, and as many of them reached that final turn, I could see that they were nearing exhaustion.

Being fast and simply finishing are both noble achievements, and both provide us with fuller lives than we'd have if we didn't run. So whether it's a 5K, a fun run, or a marathon, running provides a sense of achievement that we can't get from watching the world go by. And, when we run, we surround ourselves with some really good people. That's a pretty tremendous advertisement for running and for the LRRC, I think.



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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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Club Haberdasher

This position is now vacant. We are looking for a member to volunteer and fill this position. See any club officer if you are interested.

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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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 1234 Anywhere St. Lancaster, PA 17601	2013
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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

The LRRC - More than Just Running

By Jay and Nanette

Nanette and I have been in the running club a very brief time. But what a goldmine we found in wonderful new friends, an opportunity to run in unfamiliar parts of the county, and the chance to take part in running events like this one in Maine. . . her fourth race ever, and my first race since the age of sixteen.

We traveled up to Bar Harbor before the race, and were amazed that this popular destination is still so quaint and non-commercial. We spent one day biking on the hilly carriage paths of Acadia National Park, and another kayaking around the nearby Porcupine Islands. How wonderful to next arrive in Rockland among so many friends from Lancaster, then not only run a scenic course which included a lighthouse, but to celebrate with them afterwards. Our evening at cafe Rustica, which we enjoyed with Bill and Laurie Hess, was exceptionally wonderful. But I must share the most unusual experience we encountered in stumbling upon a non-publicized restaurant named Contes (supposedly Anthony Bordain's favorite restaurant in all of Maine).

We ventured to a far corner of town and arrived before they opened, since they don't take reservations (and never guarantee if or how long they'll cook on any given evening). The address had led us to a dilapidated building covered with old lobster traps and netting. In the rear of the tiny parking lot was the very small word 'Contes', which was almost hidden from view. Upon entering we were met by a militant hostess who immediately pointed to a large chalkboard, glaring at us as we attempted to read something totally illegible. She eventually had to read the whole menu for us and we made a selection of 'one' entree (we had been specifically cautioned to only choose one). "You'll want

white wine with that. . . sit over there," she insisted. . . never asking if or what we wanted to drink. So we entered another small room with eight or nine tables, which made up the entirety of the restaurant.

The decor was quite eclectic, with memorabilia from early Hollywood scattered everywhere. Also strewn among everything else were boxes of zip-lock plastic bags?? Our salads (which we hadn't ordered) were already waiting for us at our table. We poured our only choice of dressing from a former beer bottle and it was absolutely delicious. The homemade bread, the ingredients unknown to any staff member, was incredible and a delightful meal in itself.

The next moment two glasses, or maybe better described as "fish bowls", were delivered to our table. Each one was filled to the brim, which made them the equivalent of three normal glasses of wine. If I had been given a wine list and all the time in the world to choose, I couldn't have made a better choice. Finally our entree of shrimp and scallops over pasta was delivered in a giant casserole dish and would have been enough to satiate four to six palates. I came to learn that this establishment owns no freezer, and Conte (the owner, daily food purchaser, sous chef, head cook, janitor, and the only person allowed anywhere near the kitchen) serves "all" the fresh food he purchases each day until it runs out, whenever that may be. Approaching the age of 70, with long gray hair in a ponytail and still dressed for Woodstock as he buzzed around his kitchen, Conte gave us an evening to remember.

Needless to say, we couldn't finish our entree (or our wine), so our waitress poured it into (you guessed it) a zip-lock bag for us to enjoy the next day.

Thanks, very much, not only to the runners who shared this wonderful trip with us, but to everyone in the club who has made us feel so welcome. We truly value your friendship.

Our Own Winter Wonderland

By Dolores Smith

Our Long's Park weekly runs/walks are once again underway. This year, members of the LRRC are seeking a new venue for Part 2. For the last several years, Part 2 has taken place at The Brickyard Restaurant and they can no longer accommodate a group of our size. So, several of the board members have visited various sites throughout the city and have chosen two restaurants to see if we would like to select one for the remainder of the winter season.

On November 5th we will visit The 551 Restaurant which is located at the corner of North Pine Street and West King Street in Lancaster. There is parking on the street as well as in the rear of the Groff Family Funeral Home.

On November 12th we will visit Mick's All-American Restaurant and Pub which is located at 1411 Columbia Avenue, Lancaster. Parking is available in the lot at the rear of the restaurant. At the end of the evening at Mick's we will vote for the one venue which you would prefer to visit each week until March. The restaurant that gets the most votes will be the restaurant we will go to each week.

All tow restaurants are anxious to have us visit them on a weekly basis. After each visit, please let Bob, Andy C., Cindy, Dolores, Bill S., Joni or Stephanie know what you liked or disliked.

Fun Run Tuesdays

WOW! I can't believe we are approaching the end of the 2013 Tuesday Fun Runs. Special thanks especially to everyone who opened their home and hosted a fun run this year. But as anyone who has ever hosted knows, many thanks also goes to those who co-host, bring food & drinks, mark courses and help clean up. Thanks to the

Continued on page 3

Fun Run Tuesdays

new hosts this year and those who stepped up at the last minute to fill those empty spots!

Now that I have said these wonderful things about everyone, it's not too soon to start thinking about 2014 when we start all over again. We will be working on the schedule over the winter and would appreciate any feedback on the location runs. Recently we added Pour Girls with a great run through Southern Lancaster County farmland. Let us know your favorites so we can include them again. Also hosts, it's not too early to get on the schedule. If you want a particular date, let us know.

PART 2 CHANGE!

By Joni & Stephanie

Once daylight savings ends and we are at Longs Park, we will NOT be going to the BrickYard for Part 2. The plan is to visit a few different restaurants in November before deciding on a permanent spot for the rest of the winter season. Scheduled for November 12th is Mick's on Columbia Ave. Check the website for confirmation and additional information. Come out and let us know your favorite!

March 11th is approaching!

By Shauna

Important Club Business

Membership Report: At the November meeting it was reported that our membership is at 208 with 125 individuals, 58 families and 25 organizations.

Fun Runs: Awesome year! Big Congrats go to Joni and Steph for all their hard work.

Charity Runs: These will start up again in April. Thank you Aimee H. for coordinating these.

LRRC Clothing And A Clothier -

Those excellent LRRC pants, shirts, and jackets are still available. You'll never know just how good you can look until you see yourself in them. And, several members have reported greatly improved running times simply because they feel so much better about themselves when they look so good. If you want to look better and run faster, talk to President Cindy Staples about your new LRRC wardrobe.

And, we can use a new haberdasher. If you'd like to help the club in a highly fashionable way, please step forward and accept the nomination for this prestigious position.

The Social Side of The LRRC

The LRRC's infamous "Fowl Run" will be held on Thanksgiving Day, November 28th. We will gather at Long's Park, Pavilion 3 at 9 A.M. This run has been held annually since 1979 and was one of the Club's first formal activities.

Runners have the opportunity to choose to run roads of various distances or join the very irregular trail jaunt through interesting terrain. Both runs are strictly "Fun Runs" and not a race.

After the run(s), we will conduct the Club officer election. Door prize drawings are held at about 10:15. Anyone wishing to contribute baked "goodies" for prizes is encouraged to do so. The event is FREE for everyone and everyone will receive a prize.

If you would like to run for an office, please see any of the current officers.

Hope to see you at the "Fowl Run".

Christmas Party at Lynn Morrow's home at 23 North Prince Street in Millersville Thursday, December 12th starting at 6:30 pm. Coordinate with Lynn regarding what to bring at 717-872-4895.

Eye Opener - New Year's Day at County Park. Noon.

Awards Banquet: Savannah Ray will provide the food for the banquet. The date is January 25. The menu will include chicken, beef and a pasta dish, veggies, cheese and desserts.

More information will be coming about the banquet in the January/February newsletter.

Should Running Be a Mandatory Component of Obamacare?

By Sil Simpson

Let's assume that the online system for signing up for medical insurance eventually works perfectly and that the cost plummets. That scenario will still leave one major concern about Obamacare: Will it actually make The United States of America a healthier nation?

That's ultimately the most important question, and I've seen nothing to indicate a positive answer to it. The reasons for my pessimism are that:

A. The stuff that politicians like to call health care is actually disease treatment or, very often, disease maintenance. The medical system works brilliantly in emergency situations, but its basic purpose is to treat injuries and illness, not to promote health. Popping pills for every ill is generally a much less effective way to build health than running or some other form of aerobic exercise.

B. Health care is an individual choice, and nothing is better for a person's health than regular running.

And what do you suppose the reaction of the masses would be if Obamacare would truly focus on health and require all of us to have computer chips implanted in our

bodies to make sure that we get at least 2 hours of running or some other form of aerobic exercise every week?

My guess is that the masses would complain about excessive government intrusion into their lives. And runners wouldn't notice any change in their lives.

So regardless of what the politicians do, my health is my responsibility, and I think I'll go out for a few miles right now.

What Will Winter Bring?

Courtesy of AccuWeather

Winter weather lovers will have to be patient this year, as the start of the season in the East certainly won't pack a punch in terms of cold or snowfall. Winter will begin mildly, with a long duration of above-normal temperatures. One snow system and some chilly air could come at times during November, however.

Temperatures will fall in the latter part of the season, likely the beginning of January, allowing snow to fall along the I-95 corridor.

Philadelphia, which received only 8 inches of snow last year, will likely get higher amounts, but other areas from New York City to Boston should not expect to beat last year's totals. Overall, however, winter sports enthusiasts have a shot at an average season.

"It's not going to be a complete [snow] drought season coming up, but I think they'll have to wait until probably late in the season to get their best chances of the higher snow amounts," AccuWeather.com Expert Long-Range Forecaster Paul Pastelok said.

Best Winters Ever

These numbers are for Philadelphia, but they're probably pretty close for us:

1972-73 - Trace of snow

1997-98 - 0.8 inch

1940-1950 - 2.0 inches

Worst Ever

2009-2010 - 78.7 inches

A Trip to Maine

By Diana Griffiths

Every so often when I'm out on a fun run and I look out over the beautiful countryside and see friends running near me, the thought goes through my head, "THIS is why I run." I heard that thought loud and clear as I ran the Blueberry Cove Half Marathon this past August. What a treat it was to run in a no-frills, little half-marathon along the coast of Maine with friends from Lancaster and with my sister and one-year old niece there to cheer us on at the finish.

I have a photo from the finish that provides a bit of the flavor of the race. The photo shows five old painted buoys strung up along a rope overhead with an oar resting between two of them. I'm running with no chip or bib (none needed, we just told the man with the clipboard our name as we finished), and a broad smile on my face. On the left is an older man wearing a wonderful pair of bright tie-dyed pants with a camera in hand. On the right is a little girl, probably three years old, holding out a handmade blue ceramic finishing medal. In the background is a clear blue sky, tall pine trees around the edge of a 4-H camp, and scattered people clapping and waving their arms.

Who knew that this would all come about from one of those random running conversations that I had with a guy that I ran a couple of miles with in the Nittany Half Marathon back in December? I couldn't tell you now who this man was or even what he looked like, but at the time when I asked him what half marathons he had run, he spoke so enthusiastically about the Blueberry Cove Half, that I had to take note! At the finish of the Nittany Half, I told my Lancaster friends about the race, and once back home, before I knew it, people were signing up. I feel so fortunate to have such a terrific running club to share these adventures with! Where to next, LRRC??

On the Road Again

By Laurie and Bill Hess

Once again members of the LRRC hit the road to travel to a destination race. This time we went to mid-coast Maine to run in the Blueberry Cove Half Marathon. We found out about the race when one of our members (Diana) was chatting with a fellow runner at the Nittany Valley Half-marathon last December. She asked him about his favorite half, and he told her about the Blueberry Cove race.

Within 1 week, I got emails from some of my fellow runners saying they had signed up, so my husband Bill and I decided to go too! Out-of-town trips with LRRC-ers are the best! I think there were 17 of us on this trip.

We stayed in Rockland, Maine at the Berry Manor Inn with 6 other club members. I would definitely recommend the B & B to anyone traveling in the area. The accommodations were fantastic, the hosts were very personable and helpful, and the breakfasts were good.

Members of our group had several 10:00 p.m. "pie meetings", since the Inn supplied a never-ending supply of pie and ice cream for the guests. Plenty to do in the area. We did several nice hikes, wandered around some charming Maine seaside villages, toured some lighthouses, and did some wine tasting at the area's wineries. Yes - wineries in Maine. The local wine ranged from very good (imported their grapes from California) to terrible.

We ate at several very good restaurants, but my favorite by far was Rustica, an Italian place in Rockland. We ate there with Jay and Nanette, whom we knew from the club, but had never really talked to before, and we were all very happy with our dinner choices. I got the Best Calamari. Ever.

That is the wonderful thing about traveling with club members - casual acquaintances become friends. I got to know several club members and spouses much better on this trip. So, if you ever get a chance to travel to a race with club members, I would

Continued on page 7



Winter Racing Calendar

The cold winds will blow, and we may even see some snow, but the racing won't stop. We're fortunate to live in an area where it's possible to find plenty of races to help us get through the short, dark days of winter. Some of the races are regular, one-time events, and others are parts of series. So keep on racing through the winter. Here are plenty of opportunities.

November

- 16 Iron Bridge 5K**
9:30 AM, Lancaster Mennonite HS
<http://www.ironbridgerun.org>
- 16 Hemophilia 5k Run**
8:30 AM, Calvary Church
Lancaster, www.active.com
- 16 Mt Penn Rotary 5k**
9:00 AM, Reading
www.pretzelcitysports.com
- 17 Topton Terror 5k**
9:00 AM, Mertztown, PA
www.pretzelcitysports.com
- 23 Give Thanks For Lebanon 5K & 10K**
8:00 AM
www.pretzelcitysports.com
- 28 Fowl Run**
9:00 AM start on Thanksgiving Day at Long's Park. Awards and Elections at 10:00 AM
- 28 Millersville Turkey Trot 5K**
9:00 AM
www.millersvilleturkeytrot.com
- 28 Flippin' Fun 5k Turkey Run**
9:00 AM, Reading
www.pretzelcitysports.com

- 28 Run for the Diamonds - 9 Miles**
10:30 AM, Berwick
www.runfordiamonds.com
- 30 Northern Central Trail Marathon**
8:30 AM, Sparks, MD
www.ncrtrailmarathon.com

December

- 1 Dirty Bird 15k Trail Run**
10:00 AM, Birdsboro
www.pretzelcitysports.com
- 7 10K Christma\$ Ca\$h Da\$h**
8:30 AM, Chambersburg
www.imathlete.com/events
- 7 Upper Dublin Jingle Bell Jog 5K**
9:00 AM
udjinglebellrun@gmail.com
- 8 Nittany Valley Half Marathon**
State College
- 14 Run Santa Run 5K**
10:00 AM, West Reading
www.pretzelcitysports.com
- 15 Jingle Bell 5K**
11:30 AM, Clipper Stadium
www.kintera.org
- 15 Elves of Elverson 5K/10K**
10:00 AM
www.pretzelcitysports.com
- 22 HumBug Hustle 5K**
11:00 AM, Reading
www.pretzelcitysports.com
- 29 Kris Kringle 5-Miler**
11:00 AM, Reading
www.pretzelcitysports.com

January

- 1 Eye Opener**
12:00 PM (Noon), County Park - distance and terrain of your choice, followed by food and drink.
- 18 Polar Bear 5K**
10:00 AM, County Park
pennsylvania.sierraclub.org/Lancaster
- 18 Chilly Cheeks 7.2 Miler**
11:00 AM, Reading
www.pretzelcitysports.com

York Winter Series

www.yorkroadrunners.com

- Dover 10 Miler**
November 10, 1:00 PM

- Spring Valley 4 Miler**
December 1, 1:00 PM

- Dallastown Wildcat 10K**
December 21, 9:00 AM

- Long Level 8K (pending)**
January 4, 1:00 PM

- Saginaw 5K**
January 18, 9:00 AM

- Jacobus 5 Miler**
February 1, 9:00 AM

- Springettsbury 15K**
February 22, 9:00 AM

- Indian Rock 10K**
March 8, 9:00 AM

Reading - Shiver By The River 5K & 10K

www.pretzelcitysports.com

All races begin at 11:00 AM

December 8

January 5

February 2

March 2

E-Town Frozen Foot 5K

www.appliedracemgmt.com

January 19

February 16

March 16

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. (except for Nov. See below.)

NOVEMBER 9

BLUE MARSH LAKE

(ACTUALLY THE SECOND SATURDAY OF NOVEMBER!!)

WE WILL MEET AT 8:00 AM AT SHEETZ, THOSE LIVING NORTH WILL MEET AT 8:15 AM AT EPHRATA WALMART.

Part II: O'Grady's Restaurant, Phoenixville

DECEMBER 7, 2013

WISSAHICKON CREEK GORGE

Fairmount Park

Part II: Lucky Dog Saloon and Grill 417 Germantown Pike, Lafayette Hill

JANUARY 4, 2014

HOPEWELL FURNACE/FRENCH CREEK STATE PARK

Part II: Stoudt's Brewing Company, Adamstown

FEBRUARY 1, 2014

WEISER STATE PARK

Part II will be at the Appalachian Brewing Company

March - to be announced.

Continued from Page 5

On the Road Again

definitely recommend it. So many positive outcomes of the trip. Oh, yes....I almost forgot. We ran a race in Maine. A half-marathon. It was fun. Money raised from the race went to benefit a children's camp.

A Friend Forever

By Heide M.

On the bus to the 2002 Boston Marathon, I sat with a young woman from Maine. We ran together and have stayed in touch ever since. So, when the 2013 Blueberry Half came along, we made arrangements to run together again. (She only lives about an hour from the start).

Unfortunately, I had to cancel my plans due to Richard's hospital stay, but I still got my first Finishers Medal without having run a race. She sent me hers!!

The Pleasure of Racing in Maine

By Jean Becker

I was lucky enough to join a great group of LRRC runners to run a half-marathon in one of my favorite states, Maine. Tenants Harbor, Maine, to be exact! What a great place to have a race!! Taking in the views, battling the hills, enjoying the run...what an experience, and I would do it again. I stayed in Tenants Harbor, just 2 miles from the start of the race, in a charming B&B, situated at mile 11 of the half. We visited a few famous lighthouses, did wine tastings, and even tried a vinegar and oil tasting, which was a pleasant surprise. Traveling with the LRRC folks is always a good time, and I look forward to the next racing adventure!!



The LRRC contingent post Blueberry Cove Half-Marathon in Tenants Harbor, Maine. Heide's Maine friend (mentioned in the story on the left) is in the front row, center of the group photo above.

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 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