



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
September/October 2013



August 6 Fun Run
hosted by Andy and
Julie G. with Carli
and Andy C.



President Bob's Message

My Hero. Sil Simpson. Every time I sit down and try to type up another

president's message, I think of Sil. My first president's article was written in 1995 and Sil was the editor of our newsletter for years before that. I know, he is a writer, but still, I only have to step up every third newsletter because of the 3 co-presidents. I even skipped a couple of turns over the years and Sil was always there writing article after article for every single LRRRC newsletter for the last 30 years Lancaster Road Runners Club

or so. My Hero.

For this message I thought I might mention my favorite events over the past 30 years:

- Mile race = Manheim Mile. All downhill. Need I say more?
- 5K = Any of the 5K Seashore Strider Beach races. They have a series and there is a race just about every weekend over the summer, and into the fall. What a great excuse for a weekend getaway, complete the experience with Grotto pizza, Thrasher french fries, salt water taffy and maybe even a couple of margaritas afterwards.
- 10K = Spring Fever - My very first race ever, run in 56:40. What an awesome course, run around the

Middle Creek Wildlife Preserve lake. I was even a race director there for a couple of years before management changed and decided to end the race after about 30 years running.

- 10 miler = The Millersville Turkey Trot. Ten tough miles let me tell you! Scott Weaver paced me one year to a sub-62. That was fun.
- Half Marathon = The Amish Half. So many good memories on that course, directed by the best, our own Bill Smith.
- Marathon = I have run over 50 marathons, but Marine Corps stands out above all. What a great course meandering all through and around Washington D.C. What incredible sights and sounds!

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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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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	2013
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: lrclub@yahoo.com
Website: <http://lrclub.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

Charity Runs

It's nice to share our abundance, and the LRRC's Charity Fun Runs make it easy to do so. You can help these worthy organizations by bringing any or many of these items on the listed nights. We'll have collection boxes on site. Thanks>

Tuesday, Sept. 17 Boys and Girls Club of Lancaster

- Washable Kids Paint * Markers * Crayons
- Construction paper * Elmer's Glue * Paint brushes
- Kid scissors * Clay * Sidewalk chalk
- Beads * Coloring books * Coloring projects

Tuesday, Oct. 15 Water Street Rescue Mission

- Cereal * Sugar (5lb bag) * Sugar substitute
- Canned fruit * Juices (at least 64oz) - vitamin C fortified
- Coffee creamer (dry bulk) * Coffee * Catsup
- Dry pasta * Barbecue sauce * Salad dressings
- Toothbrush * Toothpaste * Soap (bar or shower gel)
- Razors * Shaving Cream * Shampoo and conditioner
- Deodorant * Lip Balm * Socks

And, Beth May sends her thanks to the club for the donations for the refugees.

Continued from Page 1

President Bob's Message

- 50 K = Hinte Anderson - The old course. Close to home and an awesome training run for the Bull Run Run 50 miler.
- 50 Mile = Bull Run Run. I was there 8 years so I must like it. Great support, great memories.
- 100 mile = The Western States 100 Mile Endurance Run. The Super Bowl of 100 milers. I highly recommend checking out the Western States training runs over Memorial Day weekend. One of the highlights of my years of fun runs.
- LRRC = 2013 is the very best group ever! Thanks for all the wonderful memories!

Corn Roast and Campout of 2013

By Cindy Staples

The annual corn roast and campout of 2013 was a huge success.

A BIG thank you to Bill and Dolores Smith for hosting it at their beautiful house and acres of ground. Thanks to all the volunteers who made it such a wonderful event for all to enjoy.

Number of attendees - 72 adults, 5 children, 10 campers.

The afternoon was filled with lots of activities, Trail run, whiffle ball, ladder ball, football and Frisbee just to name a few, or just good old visiting with lots of friends and indulging in a few adult beverages.

The food was fantastic and there was plenty to be had. Sometime shortly after the food was consumed the campfire was started, marshmallows were toasted and smores were made. Jokes were told, songs were sung, and I know fun was had by all.

The campers awoke to a big breakfast and light rain. Thanks Dolores for getting breakfast ready, and thanks Bill for keeping the coffee pot filled.

If this event is one you as a club member have never been to, put it on your TO DO LIST for next year...





Autumn Race Calendar September

- 14 Walk of Love 5k**
8:30 AM Elizabethtown
www.walkoflove.org
- 14 Jarett Yoder Memorial 6k**
6:00 PM, Reading
www.pretzelcitysports.com
- 15 Hit The Hay 13K Trail Run**
9:00 AM, Birdsboro
www.pretzelcitysports.com
- 15 Run For the Heroes 5K**
10:00 AM, Reading
www.pretzelcitysports.com
- 19 Third Thirsty Thursday 5K**
6:45 PM, Reading
www.pretzelcitysports.com
- 21 Nun Run 5K**
10:00 AM, Reading
www.mscreading.org
- 21 Trails 4 Tails 40 Mile Ultra & Relay**
7:00 AM, Hanover
<http://www.trails4tails.com/>
- 21 Harvest 5k Run/Walk**
8:30 AM, Mt Joy, PA
<http://harvest5k4gain.wordpress.com/or> www.pretzelcitysports.com
- 21 Superman 5k,**
9:00 AM, Akron, PA
www.izzyssuperman5k.com
- 21 Disco Dash 5k**
9:15 AM, East Pete
www.eastpetersburgday.com
- 22 Conestoga Trail Run**
10:00 AM, Pequea
LRRClub.org

- 28 Hands-On House Half-Marathon**
9:00 AM, Lancaster
Landis Valley Museum
Handsonhouserace.org
- 28 Screamin' Eagle 5k**
9:00 AM, Denver
www.pretzelcitysports.com
- 28 White Rose 5-Miler**
8:30 AM, York
www.yorkwhiteroserun.com
- 29 Michael Wise Memorial 5K**
10:00 AM, Reading
www.pretzelcitysports.com

October

- 5 Fummer 5K**
9:00 AM, F&M College
kristen.kudrick@fandm.edu
- 5 Hartz Fall Blast 5K**
9:00 AM, Lititz
www.hartzpt.com
- 6 Kyle Pagerly Memorial 5k**
9:00 AM, Reading
www.kylepagerly5k.com
- 6 Blues Cruise 50K**
8:30 AM, Reading
www.bluescruiseultra.com
- 6 Delaware Distance Classic 15K and 5K**
8:30 AM, Wilmington
www.PCVRC.com/ddc.php
- 12 Dr. Segro Memorial 5K**
9:0 AM, Red Lion, (717) 578-4045
- 12 Fidelis 5K**
9:00 AM, Brownstown
<http://www.fidelis5k.com/>
- 12 Correr for CARE 5K**
9:00 AM, Lancaster
www.correrforcare.org
- 17 Third Thirsty Thursday 5K (in the dark)**
6:45 PM, Reading
www.pretzelcitysports.com
- 19 Sinnemahone 50K**
7:30 AM, Cameron County
phdispatch.com/sinnemahone-ultra-marathon
- 20 Runner's World Half Marathon**
8:00 AM, Bethlehem
runnersworld.com
- 20 Switchback Scamper 10K**
2:00 PM, Jim Thorpe
www.stjohnsinjimthorpe.org

- 20 Hershey Half-Marathon**
www.HersheyHalfMarathon.com
- 20 Evansburg Challenge 10-Miler**
10:00 AM, www.pretzelcitysports.com
- 20 Kids Chance 5K & 10K**
2:00 PM, Harrisburg
www.kidschance5k.org
- 26 Stouedt's Brewing Distance Classic 12K (LRRC event)**
10:00 AM, Adamstown
Irrclub.org
- 26 Ghouls & Fools 6.5 Mile Trail Run**
7:00 PM, Reading
www.pretzelcitysports.com
- 27 Fitzzy's 5K**
10:00 AM, Wyomissing
www.pretzelcitysports.com

November

- 2 MAG 5k Fall Flash**
8:30 AM, Wrightsville
svcc@parivertowns.com
- 3 Oley Valley Country Classic 10-Miler**
9:00 AM, Oley
www.pagodapacers.com
- 9 Deja Vu Marathon, Marathon Relay and Half Marathon**
8:00 AM, North Wales
www.pretzelcitysports.com
- 10 Fat Dog 10-Miler**
10:00 AM, Adamstown
www.uberendurancesports.com
- 10 Harrisburg Marathon**
8:00 AM
- 17 Philadelphia Marathon**
7:00 AM
- 30 Northern Central Trail Marathon**
8:30 AM, Sparks, Md.
<http://ncrtrailmarathon.com/>

Staying Close to Home

By Sil Simpson

I saw a story recently about a local runner who's joined the 50-state club, meaning that he's run a marathon in every state, and the story made me realize how little traveling I've done for my marathons. Well, let me put this into the past tense.

I ran at least 80 marathons, and I doubt that I'll ever do another, so I can give a final count on the number of states in which I ran one, and that number is significantly smaller than 50. In fact, by my precise count, the number of states in which I ran a marathon is 6 - PA, MD, VA, GA, MA, and CT. I've done a race of some distance in 15 states, but a marathon in just a half-dozen, so I guess I'm a real homebody when it comes to racing.

So I'm definitely not going to join the 50-State Club, but how about the 67-County Club? Pennsylvania has 67 counties, and I wonder if anybody has run a race in all 67. I think that I've raced in only 26 counties, so reaching all 67 would be a challenge, and it's possible that some counties don't even have a race.

Oh, well. I guess I'll never be a member of one of those geographic clubs, but it doesn't really matter. As long as I'm still running and racing, I'm happy to be out there, enjoying this great sport and lifestyle.

I Hate Running Shoe Companies

By Sil Simpson

And I don't hate them because of the prices that they charge for a pair of shoes that contain about a buck two-eighty's worth of raw material. No, I hate running shoe companies because every time I find a model that I like, the company stops making it.

I first had this experience in 1976. I had worn a couple of pairs of a blue and yellow Nike shoe, but when I went for a third pair, I found that the model was extinct. So, I never developed any brand loyalty. I'd just buy whatever would fit, and I successfully stuck to that practice for more than 35 years.

Then, I came upon another Nike model that I liked because of how minimal it was. I bought a few pairs, and then I couldn't find any more. In disappointment, I tried another very light Nike model, and I didn't like it at all. In desperation, I went online and was able to find my Streak LT model. I ordered 2 pairs, but I still want to know why a company stops making something that's very functional and very successful.

Running shoe companies certainly operate on their own business model, and it makes no sense to me. If I distill that model, it appears to say, "We stopped making that shoe because we sold so many that we just couldn't keep them in stock." Do they teach that at Wharton?

On The Road Again

By Rose and Mark Ward

Whenever we travel, we look for races to participate in, and well before our travel time, I sent for a catalog of things to do in New Orleans. What caught my eye was a jogging tour. Upon arrival, I called and scheduled our tour for a Tuesday morning. There were two other people in our tour and one was Haley, a writer for the New Orleans magazine. She was doing the tour so that she could write an article for the magazine.

It was the most fun ever. Our guide took us through and around New Orleans. The French district, Garden area, we ran between the street cars and stopped along the way to take pictures and learn about the history of New Orleans. Best of all, we got ourselves featured in the April issue of the New Orleans magazine. So, look for races and other running events before you head out on vacation. You may find some unexpected fun and friends.

Can You Believe It's Been 30 Years Since...

- The Orioles won a World Series
- She Blinded Me With Science by Thomas Dolby
- The release of Microsoft Word
- The death of the Grand Wizard of Wrestling
- The final episode of M*A*S*H aired.

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