



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
January/February 2014



President's Message

By Cindy Staples
Co-President
Well, as 2013
comes to an end,
let's reflect on the

past year.

There were 52 Sundays, 53 Tuesdays, and 52 Thursdays in 2013. That means there were 157 days when you could have spent time with friends, doing LRRRC activities. In addition, there are about another 25-30 club events, such as the New Year's Day Eye Opener, 5 First Saturday Winter Outings, Awards Banquet, Annual LRRRC Breakfast, 4 club-sponsored Races, Annual

Corn Roast, Annual Fowl Run, LRRRC Christmas Party, and one Board Meeting each month, and then it starts all over again.

I hope I didn't forget anything - sorry if I did. That's a lot of hours club members put into those events, so a BIG Thank You goes out to everyone who participated. There's also a lot of miles that can be run on Sundays, Tuesdays, Thursdays, and along with those miles, there is a lot of food and beverages consumed.

So now, we should ask ourselves, "What was my biggest accomplishment this year, and how can I make it even better next year?" Did I run far enough, fast enough, often enough? How many miles did I run?

In my opinion, it really doesn't matter, as long as you put forth some effort. What's great about club events is there is always someone to offer encouragement and motivation just to get out there and do it. So now it's time for all of us to set some goals for 2014.

Now let's all ask ourselves...Can I volunteer for at least 2 or more club events compared to 2013. Can I race one more race than last year? Can I set a new PR with that new Race? Can I?? The questions are endless I could go on and on, but we just need to set some goals and make them happen. Good luck to everyone in 2014. I hope you set some challenging goals and reach them.



Table of Contents

Co-President's Message.....	1
My Favorite Races	3
Enjoy This New Running Event	4
The Sport of A Lifetime	4
Here's A Funny Little Health Brief	5
Welcome, New Presidents.....	5
Welcome To Our New Haberdasher.....	5
Social Calendar	5
Rocky Revisited	5
Winter Racing Schedules	6
First Saturday Winter Outings Schedule..	6
LRRC Breakfast Sunday	6
Interest Questionnaire	7
Membership Application.....	8

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

Presidents

Tim Good	823-3343	tgood@brkreider.com
Cindy Staples		cstaples64@aol.com
Bill Hager	278-7800	wmhh4@aol.com

Secretary

Shauna Beckendorf	823-8552	Sbcanrun26@aol.com
-------------------	----------	--------------------

Treasurer

Dolores Smith	471-9055	devans7474@hotmail.com
---------------	----------	------------------------

Newsletter Editor

Sil Simpson	892-6836	csilrun@hotmail.com
-------------	----------	---------------------

Fun Run Coordinators

Stephanie Miller	951-9453	lbnmiller52@gmail.com
Joni Shirk	606-6041	jonishirk@comcast.net

New Member Greeter

Steve Farrah	393-4144	farrahjs@comcast.net
--------------	----------	----------------------

Publicity Directors

Lois Summers	871-3215	lsummersrunnergirl@gmail.com
Doris Olney	738-0925	DO042060@aol.com
Kathi Markley	866-5348	kmfishere@yahoo.com

Club Haberdasher

Jason Brown	917-6089	jasn.brown@yahoo.com
-------------	----------	----------------------

Webmaster

Greg Walton	371-0691	gswalton@comcast.net
-------------	----------	----------------------

Club Historian

Bill Smith	468-3613	billsmithruns2@gmail.com
------------	----------	--------------------------

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.

2013
John Doe 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: 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@yahoogroups.com

My Favorite Races

By Laurie Hess

I really enjoyed reading Bob Bergman's column a few months ago about his favorite races at each distance. I thought maybe more people would like to write columns for the newsletter, and tell us about your favorite runs, so here is a list of my own. I enjoyed thinking about each distance and recalling the various races that I have done over the years. My running resume is not as broad as Bob's, but here are some of the races I have really enjoyed. By the way, I have been running races now for exactly 10 years. I started when my youngest son went off to college, and I needed something to do! I have been running for much longer than that, but never ran a race until 10 years ago.

5K - My favorite 5K took place in Columbia in 2012. It was a Veteran's Day race to benefit a church in Columbia. The race started at Columbia High School, which meant that we could stay warm inside, and use the inside bathrooms before the race. Inside bathrooms are a big plus for me. I hate to use Porta-potties! It was raining before the race, but just as the race started, the sun came out, right on cue! We ran down to the river, then back up to the church. Down is the operative word, though. About 2 1/4 miles were either flat or downhill; only the last 1/3 of a mile was uphill! Afterwards, there was great food and a warm church to socialize in. This was definitely a race planned by runners. Unfortunately, the race was once and done.

5 miles - This is not my favorite distance to race. It's still a short enough race that I think I should be running fast, but it's much more difficult for me to maintain a fast (for me) pace over 5 miles than 3.1. My favorite 5 miler was a run in Reading that started at the Pagoda and finished at home plate in the Reading Phillies stadium. They provided a coach bus to transport us up to the starting line, which was deluxe. We could go into the Pagoda to stay warm before the race (I think it was in April), and use the facilities in there. (Do you see a trend here?) Again, most of the

race was either downhill or flat, and again the race was once and done.

10K - Don't have to ponder this one - my favorite 10K by far, is Ukrop's in Richmond, VA. This race is held every year either at the end of March or the beginning of April. It is a huge race - over 30,000 runners, I think. One year I checked and there were over 1500 women in my age group! I have done the race several times. There are lots of wave starts, based on your predicted finish time, so you never feel as though you are running in a crowd. This race has all the hoopla of a marathon without running those first 20 miles! Some races boast of entertainment every mile - Ukrop's has entertainment every block! It's like a moving party. There is always something to look at, and a big party in a park with a band after the race. I love the city of Richmond, and this is the perfect time of year to go. One year we left Lancaster in an ice storm, and when we got down to Richmond, we sat outside on the deck to eat dinner in the warm VA sunshine!

10 miles - The Broad St. run is my favorite 10 miler. Again, lots to look at while you're running. You park at the stadiums in South Philly, then take a subway from there to North Philly where the race starts. This is one race where you can feel like you're running in a crowd, but I always try to start at the front of a wave that is a little bit slower than I usually run. That way, I am kind of running in between waves for most of the race. (My race strategy, ha!) There are drummers and cheerleaders cheering you on at the beginning of the race, along with church-goers who stand on the steps of their churches and cheer for the runners. Lots of crowd support downtown, where there is usually a guy playing Beach Boys tunes near City Hall. Next you run through South Philly, and past the stadiums, where they blast the Rocky theme (for motivation), and finally hit the finish line in the Navy Yard. It's unbelievable that they close down Broad St. to traffic to run this race! The course is flat-to-slightly downhill too, so it's a good PR course.

Half Marathon - This was the hardest one for me to pick. There are so

many that I have done that I really like. One of my favorites was the Napa to Sonoma half. That was run on very picturesque rolling country roads in California wine country. It was beautiful. Started at a winery and finished in the square in Sonoma (which is like a park) for a wine and food festival. Another favorite (believe it or not) is the Nittany Valley Half. Those of you who have run it know why I say "believe it or not". It is a tough course. The last mile is uphill to finish across the street from Beaver Stadium, and that hill is a doozy! The weekend is so much fun, though (a bunch of LRRC-ers always go up together), and the run is so pretty, that I have to include it in my favorites. I guess my favorite half (if I have to pick one) is the Allentown one. This is also a race that I associate with a weekend away with my LRRC friends, which makes it a special race. I like the course (it's my PR), I like the pre-race socializing in the Allentown High School gym, I like visiting the local brew pub, and I like the food (hot soup and sandwiches) after the race.

Metric Marathon - This is an unusual distance. 16.3 miles. This was also probably my favorite race of any distance. I have only run one metric marathon, and it was in Baltimore. We started in a park in a not-so-great section of town. Once we started the race, you would not have known you were in a city. The first few blocks were on the sidewalk, then we ran on a paved path through a very pretty park. The paved path gave way to a smooth dirt road, which turned into 2 rutted tire tracks filled with puddles from the rain the night before. We were running through the spring woods, which were wet and green and alive with bird sounds. There were 2 sets of switchbacks to climb 2 hills, then we turned around and ran back the way we came. Fewer than 100 people ran the race. This is a race that I hope to repeat.

Marathon - Also tough to pick just one. I ran an all-women's marathon in Spearfish, SD, which was amazing. I went with 4 other women from LRRC, and we had a ball! The race is almost all downhill - a gentle downhill, where you run down a tree-lined canyon, past

Continued on page 4

Continued from Page 3

My Favorite Races

waterfalls, cliffs, and wildflowers. The year we ran it, there were fewer than 100 finishers, so you could enjoy the beautiful solitude while you ran. Even having our hotel room (almost) broken into at 2:00 in the morning didn't put a damper on our trip! The Boston Marathon, of course is special. There is no other marathon that I have run where you feel like a rock star for the entire 26.2 miles. I think my favorite marathon, however, would have to be the one in Danville, PA. It is also a tiny race. I believe the year I ran it, there were right around 100 finishers. The thing I liked about the race was the various surfaces that you ran on. It was never boring. Most of the race is right along the Susquehanna, so you have pretty river scenery to distract you. You are running on roads, on dirt, on gravel and on some pretty big stones when you go across a railroad bridge. It keeps the race interesting!

The thought that strikes me after looking back over all of my races in order to select favorites is how unbelievably blessed I have been to have been able to do all of these runs! I have made some great friends, had exciting adventures, and kept active through the years. I have run many of the races with my best friend and running buddy, my husband, and I hope we have lots of races left to do. Now, I would like to hear about your favorite races!

Enjoy This New Running Event

By Kathi Markley

Mark your calendars right now for February 22, 2014. That's the date for a new Fatass run on the new Enola Low Grade Trail in Manor Township. The race director will be our own Kathi Markley, and the purpose of the race is to gather some highly needed goods for the domestic violence shelter where she works.

The entry fee for the run/race will be items such as body wash, shampoo, wash cloths, personal hygiene items, diapers, baby wipes, socks,

and underwear, (for women and children). These items will go to the emergency shelters at Water Street Mission and the YWCA, so you can feel good about having fun.

The trail is 5.25 miles long, and you can run out and back as far as you'd like. Please carpool, as parking is limited!

The easiest way to get to the trail is 999 west to its end at the river. Then go south (left) on Route 441. the trailhead is 2 miles ahead on the right.

Please let me know if you are going to run, and how long you plan to run. My email address is kmfishere@yahoo.com, phone is 717-330-9357.

The Sport of A Lifetime

By Sil Simpson

What's the best thing about running?

We all have our favorite benefits and joys that we take from running, and as I'm getting older, I'm realizing that, for me, the best part of running is that it truly is The Sport Of A Lifetime. It's something that we start almost as soon as we can walk, and it's something that we can continue to do throughout our entire lives. And when we run, we can run with people of all ages.

Other sports aren't like that. If we watch a game that involves a ball, we see that the sport has different competitions for athletes of different ages - Little League, high school, college, and pros, for example. In addition, those levels operate independently of each other, and it's unusual to see anyone older than 40 participating in those sports. Of course, we're not likely to see a 44-year old win the Olympic 100 meters, but we do see 44-year olds running very well.

I spent much of my younger life playing baseball and basketball. I loved both of them, and I was just as mediocre at them as I've always been in running. Now, however, I'd be absolutely terrified to stand at the plate against a 65-MPH changeup. And

while stepping on a basketball court wouldn't be as scary, it would certainly be frustrating because either my legs have lost all of their leaping ability, or the basket is about a foot and a half higher than it was when I played.

Conversely, running brings me no fear, and it unites people of all ages and all sexes in the same race. Sometimes, a runner over 50 can even be the overall winner, and in every race, age groups make it possible for runners of all ages to go home with a medal or even a little money.

But it's not the medals or the money that make running worthwhile. It's the fact that it's an awesome and addicting activity at any age. At a race in November, I competed with gentlemen who are 83 and 88. A week later, I saw Al Booth of Lebanon at a race, although he wasn't running that day. Al's 94, and a year ago, he was still running races, including a 5K in less than 39 minutes. Unfortunately, he recently had to undergo a hip replacement, but he's not letting that setback end his running career, and he's hopeful of returning to training soon. Now that's the running spirit.

Running is also the fitness activity that's truly timeless. Every year, we've seen fitness fads come and go. Remember the Ab Lounger, Tae Bo, Bowflex, Thighmaster, and Nordic Track? These things all have some exercise value, but are you really going to do them for 20 or 50 years? Probably not, but if you were a runner of ultramarathons 28 years ago, you might still be running them now.

I recently came upon a copy of Ultrarunning from 1986. One of the races described in the magazine was the Appalachian Athletic Club 12-Hour Run, held on the track at Manheim Central High School. It was one of just a few ultras that I ever ran, and out of curiosity, I entered the names of the finishers in Athlinks, and I found that, unlike me, at least a few of them are still running ultras. The top finisher that day in 1986 was Ray Krolewicz of South Carolina, and 28 years later, he's still running 100-milers and 12-hour races. And while running an ultra, or even a regular marathon, is just a distant memory for me, I'm still

running regularly.

So what's the best thing about running? We'll all answer that question differently, and on different days, I'll have different answers. As I take an overview, however, I think that the best part about running is that I'll be able to continue to enjoy all of the benefits and the joys that running provides for the rest of my life.

Here's A Funny Little Health Brief

If you're a runner, especially a trail runner or maybe even just a gardener who works in the dirt all summer, you have to laugh at those neurotic types who insist on washing their hands and wiping off a shopping cart whenever they go into a supermarket. They grab their antibacterial wipes and scrub down everything in sight, especially their kids. Heck, they're probably the same people who question the wisdom of the 5-Second Rule.

Now, a study has shown that they're wasting their time. Wow, what an absolute shock that is. Here's the information: "There currently is no evidence that over-the-counter (OTC) antibacterial soap products are any more effective at preventing illness than washing with plain soap and water," says Colleen Rogers, Ph.D., a lead microbiologist at FDA.

And that doesn't even address the absurdity of washing after every third breath. We do have immune systems, after all.

Moreover, antibacterial soap products contain chemical ingredients, such as triclosan and triclocarban, which may carry unnecessary risks given that their benefits are unproven. "New data suggest that the risks associated with long-term, daily use of antibacterial soaps may outweigh the benefits," Rogers says. There are indications that certain ingredients in these soaps may contribute to bacterial resistance to antibiotics, and may have unanticipated hormonal effects that are of concern to FDA.

So go run some trails and have some fun.

Lancaster Road Runners Club

Welcome, New Presidents

We're pleased to announce that our presidents for 2014 will be Tim Good, Bill Hager, and Cindy Staples. They're all high-energy leaders who are intent on propelling the LRRC to even greater achievements.

And Welcome To Our New Haberdasher

Jason Brown. Jason's a man with an eye for fashion, and he's now in charge of the entire LRRC line. So call on Jason for everything from fittings to color coordinating and you'll look great in your LRRC apparel.

Social Calendar

The big event on our January calendar is our Annual Awards Banquet. It will be a little early this year, January 18, at the excellent New Danville Fire Hall. If you haven't already signed up, do so yesterday, if not sooner.

The LRRC Breakfast will be Sunday morning February 9, 2014 at Exhibit Farm in the County Park from 8:00 - Noon. Mark your calendar and prepare for some winter fun and food with your LRRC friends. See page 6 for details.

Rocky Revisited

By Dan Nephin

If you've been to the Philadelphia Museum of Art, no doubt you've seen people running up the stairs and pumping their arms in the air, ala Rocky Balboa. You may have done it yourself. Imagine doing it after running 31 miles. It's just as campy - and exhilarating. Even more so if you add gray sweats.

This scene played out for me at the inaugural Rocky 50 Fatass Race on December 7. Two friends and club members, Tim Good and Gary

Gagliardi, ran, too.

The run has its roots in the Rocky II training montage. He's all over the city: Italian Market, North Philly, Kelly Drive, Old City, The Benjamin Franklin Parkway, and finally, the museum. A blogger at Philadelphia Magazine wrote about it earlier this year (see: <http://www.phillymag.com/news/2013/09/18/rocky-training-run-rocky-ii/>) and a Philadelphia woman read it and decided to make a "fatass:" No formalities. No entry fee, not timing, no shirt. (see: <http://www.rocky50k.com/>)

A former coworker had alerted me to the original article. Or Tim told me about it. Or I told him. I can't recall. But the seed was planted: How silly and fun would this be?



L-R: Tim Good, Dan Nephin and Gary Gagliardi

And the idea goes back further for me: When I was living in Philly years ago, one of my friends, Pete - a runner - remarked the montage would have to be a helluva long way to run. But that was before online mapping would be readily available to make it easy to plot the route. Upon hearing that run was on, I got in touch with Pete, who is Wall Street Journal reporter. He covered it: <http://online.wsj.com/news/articles/SB10001424052702304744304579246311128224106>.

I tried to drum up more takers besides Tim, who is huge Rocky fan, and,

Continued on page 7

2014 RACING SCHEDULE

Winter Racing Calendar

Even though the temperature may plummet, the racing goes on. We're fortunate to have winter series in Lancaster, York, and Reading, as well as some excellent individual races, so keep on running and keep on racing.

January

- 1 **Fowl Run**
12:00 Noon
Lancaster County Central Park
- 4 **Long Level 8K**
1:00 PM, York Winter Series
www.yorkroadrunners.com
- 4 **Athlete's Closet 5K**
9:30 AM, West Chester
<http://athletescloset.net/>
- 5 **Shiver By The River 5K & 10K**
11:00 AM, Reading
www.pretzelcitysports.com
- 12 **Icicle 10-miler**
9:00 AM, Wilmington, DE
www.races2run.com
- 18 **Polar Bear 5K**
10:00 AM, Lancaster County Central Park
www.pennsylvania.sierraclub.org
- 18 **Saginaw 5K**
9:00 AM, York Winter Series
www.yorkroadrunners.com
- 18 **Road to The Superbowl 5K**
12:30 PM, Wilmington, DE
www.races2run.com
- 19 **Frozen Foot 5K**
2:00 PM, E-Town College

- 25 **Chocolate Frosted Buns 5K**
9:15 AM, Robesonia
www.pretzelcitysports.com
- 26 **Chilly Cheeks 7.2 Mile Trail Run**
11:00 AM, Reading
www.pretzelcitysports.com

February

- 1 **Saginaw 5-Miler**
9:00 AM, York Winter Series
www.yorkroadrunners.com
- 1 **Athlete's Closet 5K**
9:30 AM, West Chester
<http://athletescloset.net/>
- 2 **Shiver By The River 5K & 10K**
11:00 AM, Reading
www.pretzelcitysports.com
- 8 **4 Chaplains 4-mile Run**
10:00 AM, Myerstown,
www.evangelical.edu
- 8 **Mid-Maryland Ultra 50K & Relay**
Elkridge, MD
<http://bullseyerunning.com>
- 16 **Frozen Foot 5K**
2:00 PM, E-Town College
- 16 **Washington's Birthday Marathon**
10:00 AM, Greenbelt, MD
www.gwmarathon.com
- 22 **Springettsbury 15K**
9:00 AM, York Winter Series
www.yorkroadrunners.com

March

- 1 **Athlete's Closet 5-Miler**
3:00 PM, West Chester
<http://athletescloset.net/>
- 2 **Shiver By The River 5K & 10K**
11:00 AM, Reading
www.pretzelcitysports.com
- 8 **Indian Rock 10K**
9:00 AM, York Winter Series
www.yorkroadrunners.com
- 16 **Frozen Foot 5K**
2:00PM, E-Town College

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.)

FEBRUARY 1, 2014 WEISER STATE PARK

Part II will be at the Appalachian Brewing Company

March - to be announced

LRRC Breakfast Sunday, February 9, 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



Dan Nephin's post-Rocky 50K Philly Cheesesteak from world famous Pat's

Lancaster Road Runners Club

Continued from Page 5

Rocky Revisited

at near the last minute, Gary, who was free for the day and up for the stupidity. But that was it. Too bad.

I was excited. It was silly fun. We weren't going to race. The day before, I hit Kmart for sweats. Tim got a pair, too. Gary had to work and didn't have time to shop. We all skipped Chucks in favor of modern running shoes. We also skipped a breakfast of raw eggs. Not sure if that's in Rocky II, but it's in one of the movies.

I drove. We met Pete by the art museum and he drove us to the start in South Philly, near where Rocky "lived." We had no idea what to expect. Sure, the race's Facebook page had hundreds of members, but how many would show?



L-R: Gary Gagliardi, Tim Good, Dan Nephin and Pete Loftus at the Italian Market

When we arrived at the start, about 6:30 a.m., there were a dozen or so people milling about. Like Tim and me, many were in gray sweats. One guy had "Lithuanian Stallion" written on the back of his shirt instead of Italian Stallion. Some had red sweatbands (I didn't - consider it a wardrobe malfunction.) The atmosphere was lighthearted. Pete went off for some

interviews. Just before 7 a.m., the organizer gave some instructions: pay attention to lights, etc., and we - and, I'd say, about 100 or so others - were off along Passyunk Avenue.

I'd printed turn-by-turns for the three of us and gave Tim and Gary each a key or clicker for my vehicle in case we got separated. Our plan was to stick together. We did: Up along Columbus Boulevard, onto Lehigh Avenue, down Broad Street. Pete met us near Temple University and ran with us down to the Italian Market, where he did some more reporting, but not before we got a picture together.

Around mile 14, at 9th and Market, Tim, who's been having Achilles tendonitis, peeled off toward the museum. Gary and I forged on; it would be a long way to go. We were basically running alone together, but we'd occasionally come across other runners. At one point, a miracle porta-potty appeared. Sure, we had to navigate chain link fence, but it worked. Throughout, we'd sometimes come across a support vehicle for a relay group and they'd be playing Rocky music. Nice mojo. I was hoping someone would be out on the course with some Schmidt's or Ortlieb's beer. It didn't happen.

We ran into Pete, who was filming, in North Philly on a bridge over some railroad tracks and hooked up for a while with a small group that included people from Virginia. We eventually parted ways, and further along Lehigh, a few kids asked Gary and me why we were running.

And, just like life imitating art, one of the kids ran with us - for about 15 steps. Well, almost just like the movie.

We came down Kelly Drive and were moving along pretty well. Gary had to stop to shed some layers and we took in the scenery. It had rained all day Friday, and Sunday it would snow, but during most of the run, it was sunny, if a bit breezy. The temperature seemed like it dropped during the day, and we were cold at the finish, but we lucked out.

But we had to get there first: the museum was near mile 26 of the run. We had to run past the finish, head back downtown, loop around, and come up the parkway. Until about mile 26, we probably had to stop for five traffic lights. From 26 something on, it seemed we caught every light. Oh well, this was fun; not a race.

Once we crossed Eakins Oval to the museum grounds, I started sprinting - well, "sprinting." Up top, I air-sparred and punched my fists into the air. I was hamming it up and I didn't care. Gary opted for a more straightforward finish.

We met Tim and headed for my car to change and grab a car beer (thanks, Gary!), then headed back to watch some more finishers. We then hit Pat's for a well-earned cheesesteak for Gary and me. Sadly, they had just run out of fish sandwiches, so Tim was out of luck. We hit a bar for rehydration and run-recapping and then it was back to Lancaster.

According to the organizer, there *will* be a next year.

So you have plenty of time to get grey sweats. Tip: Wash them first, inside out, alone. Mine pulled so much, it was like a mini snow squall when I took them off.

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