



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
July/August 2014

**Welcome, New
LRRC Members**

*Kristen Curtis, Lancaster
Rebecca Broome, East Earl
Jennifer Bracelin
& Mitchell Mitman, Lititz
Joel Eshleman, Lancaster
Ron Flaud, Jr., Lancaster*



Smith's Challenge 2014
Photo Courtesy Aimee Harmon



**President's
Message**

*By Cindy Staples
Co-President*

It really doesn't matter, does it? Regardless of the time or situation in

your life, we can all recall many examples where we found ourselves or others trying to fit it and to be accepted by the crowd, wanting to be appreciated for ourselves. And yet, concerned or even afraid that we might not be welcomed into the "in crowd," we intentionally concealed our true selves in order to look and act like others. In my experience, the conditions of acceptance simply do not matter among the members of the Lancaster Road Runner Club. I believe this may come from the fact that we have this one passion, this one drive

so much in common that our differences simply do not matter. The result: We remain, year after year, a collection of people from all walks in life and various personalities who come together to create a human experience which is greater than ourselves.

You know, as runners, we spend so much of our time outdoors. More than most, perhaps, we also have more opportunities to enjoy the natural environment around us. Doesn't it seem so fitting that our own diversity is reflected in the change of scenery each time we meet, enjoying a variety of settings and vistas. The very settings themselves seem to echo back the strength of the individuality of each member of this club. It has become a common experience to hear those during or after a run comment on the beauty of a field or the landscape design of a residence we passed.

This brings me to the essence of my message. Our personalities, family histories and professions are every bit as varied as the wild flowers we see on a summer run. Powerfully beautiful? Absolutely! But separate one from the rest and you wind up with one speck of single color. We all find our best "colors" when we achieve running times and distances together. Most would agree that our results are far better than when we work out alone.

Keeping all this in mind, I asked a number of you what you liked most about this club. The answers were varied and reflective. At the same time, many agreed that the most valuable benefits of their association with each other are camaraderie, support and the way so many complete a run having had their spirits lifted regardless of the troubles they encounter on the run or in the rest of their lives. I found most unexpected, a comment from one

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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)
- Smith's Challenge Trail Run, 7 Miles for Men, 5 Miles for Women (Mid-June)
- Conestoga 10 Mile Trail Race (Late September)
- February, Sunday Breakfast Run
- Stouidt's Brewing Distance Classic 12K Road Race (Late October)
- Road Trips to Races (Anytime)

Contacts

Presidents

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Cindy Staples		cstaples64@aol.com
Bill Hager	278-7800	wmhh4@aol.com

Secretary

Shauna Beckendorf	823-8552	Sbcanrun26@aol.com
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Treasurer

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

Sil Simpson	892-6836	csilrun@hotmail.com
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Fun Run Coordinators

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Joni Shirk	606-6041	jonishirk@comcast.net

New Member Greeter

Steve Farrah	393-4144	farrahjs@comcast.net
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Webmaster

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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.

2014
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

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President's Message

particular member, how age defying they feel when in the presence of their fellow runners. We all seem to share the same energy, regardless of our years.

So, while we all bring a wide variety of running skills and experiences to this group, may we all celebrate the differences that make up the organization we have become. Let's raise our glasses (of beer) to one of the best melting pots in Central Pennsylvania!

Here's An Absolutely Blasphemous Report!

"When it comes to cancer, no amount of alcohol is safe." This is the conclusion of the 2014 World Cancer Report, issued by the World Health Organization's International Agency for Research on Cancer. Alcohol can cause cancers of the esophagus, breast, mouth, pharynx, larynx, esophagus, colon-rectum, liver and pancreas. It is also associated with increased risk for leukemia, multiple myeloma and cancers of the cervix, vulva, vagina, skin, bladder, lung, and stomach.

Alcohol and its breakdown product called acetaldehyde can damage any living tissue they touch. The risk for cancer increases with the amount of alcohol that comes in contact with the tissue. Alcoholic beverages first touch the mouth and then the esophagus; therefore, these areas are at high risk for alcohol-induced cancers. Alcohol reaches the colon, rectum, and liver later so the link between these cancers and alcohol is not as strong.

My Barefoot Compromise

By Sil Simpson

When I read Born To Run about 5 years ago, the book rekindled in me an appreciation for running without shoes. When I was young, I'd take off my shoes on the last day of school and put them on only occasionally all summer. My feet were tough back then, but when I tried running barefoot on roads, I immediately realized that my feet had gone soft.

I was disappointed, but I didn't give up. First, I did a little barefootin' on the grass, and that was fine. Then, I had an idea. "How about the artificial turf over at Hempfield?" So, I tried that and quickly came to enjoy it. Over the years, I've realized that artificial turf has a couple of advantages over grass, and at least one huge disadvantage. The advantages are that the artificial turf is even and that bees don't lurk in it. The big disadvantage is that artificial turf becomes much hotter than grass does. On a sunny day, the turf

becomes so hot that running barefoot on it is impossible, so I do my running early in the morning on those days.

Another disadvantage is that the field is very small. The entire perimeter of a football field is only 346 yards, which means I would have to run around the field many times to get in 5 miles. So, my compromise is to run barefoot sprints. I have no evidence that my sprint workouts have helped my speed even a little bit, but I really enjoy the feeling of sprinting.

Typically, I'll do a little ladder that consists of 20 - 40 - 60 - 80 - 100 - 100 - 80 - 60 - 40, or something like that. And, I'll include some backpedaling, one-footed hops, skipping, and anything else that I may come to mind.

I try to do these workouts about twice a week, and I've really come to like them. Running without shoes simply feels good, and sprinting for a few minutes is much more exhausting than running comfortably for 40 minutes.

I wish that I could go the rest of my life without shoes, but that's not going to happen. So, my barefoot workouts on the artificial turf are my compromise.

Congratulations To Former LRRC President Christine Geiselman

Christine is now Christine Krebs following her June 21 marriage to equally talented runner Justin Krebs. They're certainly one of the fastest couples around, and give them credit for having some fun with their wedding day by staging their "Race to The Altar Marathon", which they both ran in the sizzling time of 6:21:14. Duh?

Smith's Challenge 2014

Fun was the word for everyone involved in Smith's Challenge this year. Director Tim Good's new format worked smoothly, and both runners and volunteers had a great time on a pristine June morning. For the first time, both Smith's Challenge and Mrs. Smith's Challenge took place at the same time, and local runners won both the men's and women's races. The LRRC's own Annie Poland crushed the women's field, while Lancaster's Tim Getz pulled away from a gang of 4 near the halfway mark to win a hotly contested men's competition.



the 2014 Smith's Challenge start.

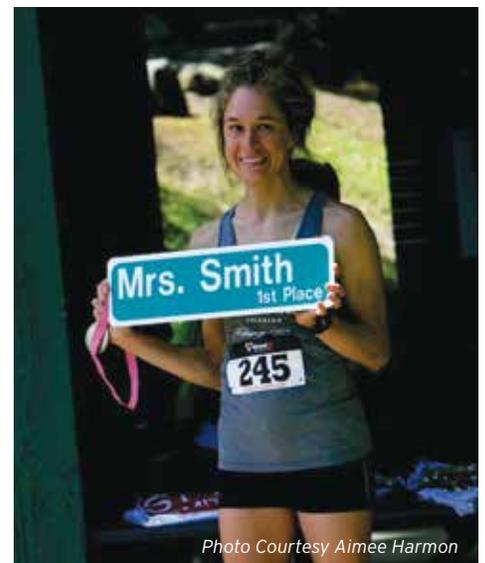
Photo Courtesy Aimee Harmon



Tina Good leads the way for some fun loving ladies.



Smith's Challenge Race Director Tim Good with Debbie (Pink) Amanda (Dark)



LRRC member, Annie Poland take woman's first place

LANCASTER ROAD RUNNERS CLUB ANNUAL CORN ROAST & CAMP-OUT

Saturday, August 16, 2014

(Rain Date: Sunday, August 17)

The Home of Bill and Dolores Smith, 184 Meadow Ln, Conestoga, PA 17516



Same place as last year!

Camping is Highly Recommended!

\$18.00 /person IN ADVANCE (\$12 for non-drinkers) (kids free)

\$25 Day Of Those camping Saturday Night and/or Staying for Breakfast - add \$2.00

We're excited to hold this year's Corn Roast at the home of Bill and Dolores Smith. Acres of space for games, food and fun. Running, Hiking and Biking in the area for those who wish to hit the trails or roads.

1:30 PM: Planned Trail Fun Run - with maps, hike or bike PLUS Volleyball, horseshoes, ladderball and many other games.

5:30 PM: Eat, eat, eat, drink, campfire.
Sleep Over option.

AM: Breakfast

Corn, Hamburgers, Hot Dogs, Potato Salad, Tossed Salad, Macaroni Salad, Fresh Fruit, Cookies and Refreshing Beverages

(Food and drinks provided by LRRRC - no covered-dish required)

Directions: New Danville Pike to Conestoga. Turn LEFT at Conestoga Wagon Restaurant, on to Sand Hill Rd. First RIGHT onto Sickman Mill Rd. First RIGHT onto Meadow Lane. House is one half mile on the left.

Please bring Lawn Chairs !!!

By August 12th:

RSVP to Dolores or Bill at a Fun Run or 717 471-9055. Please pay in advance so we know how much food to prepare.

Name _____ Number of people attending _____

Are you camping overnight? Yes ___ No ___ Number of Campers _____ AMOUNT INCLUDED \$ _____

LANCASTER ROAD RUNNERS CLUB

SUMMER FUN RUNS 2014

THIS SCHEDULE IS ACCURATE AT TIME OF PRINTING BUT CHECK CLUB WEBSITE FOR UPDATES AND CHANGES.

DATE	RUN LOCATION	PART 2	CONTACT
7/1 6:30 pm	SARAH AND MIKE LUTZ 220 East Orange Street, Lancaster PA 17602 LANCASTER		Sarah Cell 917-3660
7/8 6:30 pm	JANET & GREG and HEIDE & RICHARD 641 Donnerville Road - from Millersville take 999 West 2 miles, turn left on Donnerville Rd. House is at corner of Donnerville & Keystone MILLERSVILLE	POOL bring swimsuit & towel	Janet & Greg 468-4309
7/15 6:30 pm	DORIS and DALE with ED 812 Timothy Lane 222 North to 322 West which becomes Main St. in Ephrata, turn right onto North State St go 1 mile, turn right onto Irene Ave., go through one stop sign, go left onto Timothy Lane EPHRATA There is a back way option: 222 north to the Ephrata exit, go straight - crossing 322, road becomes Hahnstown Road, turn left onto E. Mohler Church Road (bridge will cross over 222) at the bottom of the hill keep left (road becomes North Maple), make first right on Tuckson, at the stop sign turn right. (You can park on North Maple and walk down.) 4 mins from the Ephrata exit avoids downtown.		Doris 738-0925
7/22 6:30 pm	DIANA & BILL & LAURIE & DAVE 219 East New Street 501 North into Lititz, turn right onto Front Street just after crossing the RR tracks at Wilbur. Go two blocks, park in the Lititz Mennonite Church parking lot on left. (Save parking spaces on perimeter for neighbors.) Walk ½ block to Diana's house on New Street. LITITZ		Diana 627-5233
7/29 6:30 pm	ROZ & BILL and BILL & DOLORES with CINDY 1595 Wilson Ave from Columbia Ave turn north between the old Boas Fruit Market & the new Turkey Hill, then left onto Wilson Ave, corner of Wilson & Cornell St. LANCASTER	POOL bring swimsuit & towel	Roz & Bill 397-9352
8/5 6:30 pm	SARAH QUIGG and Family with HARRY 5872 Timothy Drive Travel east on 322 from Blue Ball, turn right on Narvon Road (go about a mile or so up and over the mountain), take a left onto Red Hill Road and another left onto Timothy Drive. House is on the right. NARVON (Money Rocks trail option)		Sarah 587-4962 Marie 345-3246

Tuesday FUN Runs are held each week at **6:30PM** at a different location around the county. They are not races; they are just a FUN way for people to run with other people in a variety of places. Courses are usually five to seven miles long (with shorter options) and anyone can easily find another runner of similar speed and ability. After the run we have refreshments and socialize (what we call "Part 2"). During the summer months, runs are usually at a member's house. The member (with helpers) lays out various courses and hosts part 2. **Everyone is welcome and encouraged to attend.** Any questions contact STEPHANIE MILLER (951-9453) OR JONI SHIRK (606-6041)

LANCASTER ROAD RUNNERS CLUB SUMMER FUN RUNS 2014

THIS SCHEDULE IS ACCURATE AT TIME OF PRINTING BUT CHECK CLUB WEBSITE FOR UPDATES AND CHANGES.

8/12 6:30 pm	<p>ANDY & JULIE GINGRICH with JASON BROWN LANCASTER BRING CHAIRS</p> <p>206 Elmshire Drive – From Lancaster take Route 324 S, turn R on Second Lock Rd. Turn R on Dante Blvd. Turn L at the T, then R on Pennshire Dr. Turn R on Elmshire Dr. House is on the left. From Millersville (West) - take Rt. 741 East. Turn L on Wabank Rd. Turn R on Bean Hill Rd. Turn L on Sterling Place. Turn R on Kentshire Dr. Turn L on Elmshire Dr. House is on the left.</p> <p style="text-align: center;">*****Corn Roast at the home of Bill and Dolores in Conestoga*****</p>	<p style="text-align: right;">Andy 471-7043</p>
8/16 Saturday	<p style="text-align: center;">*****Corn Roast at the home of Bill and Dolores in Conestoga*****</p> <p style="text-align: center;">BRING CHAIRS 1:30 Hike, Bike or Games 5:30 Dinner with Tamara's delicious corn Sign up now!</p>	<p style="text-align: right;">Bill Smith 468-3613</p>
8/19 6:30 pm	<p>HEATHER & JOSHUA & Family with ANDY C & AMANDA MAYTOWN BRING CHAIRS</p> <p>134 S. River St. From Marietta (441) take 734 toward Elizabethtown Park across the street at the church (will get details later – See website) ***** If anyone else can contribute in any way, we'd appreciate it*****</p>	<p style="text-align: center;">POOL bring swimsuit & towel</p> <p style="text-align: right;">Heather 870-5076</p>
8/26 6:30 pm	<p>PATTI WEAVER with PATTY and JEAN EPHRATA BRING CHAIRS</p> <p>From Lancaster- Rt. 30 to North 222. Exit at Brownstown/Akron exit. Bear to the right and turn to the right onto North 272. Travel about 3 miles through Akron for a total of 4 lights. At the fourth light- Meadow Valley Road- turn left. About a quarter mile, take the second Hammon Avenue on the left. #1244 which is the 4th lane to the right. Parking is available on the street</p>	<p style="text-align: right;">Patti 224-0884</p>
9/2 6:30 pm	<p>JIM CASTANZO LANCASTER BRING CHAIRS</p> <p>519 State St. From Rt 30 (Park City Exit) take Harrisburg Pike toward Lancaster. Turn Right on to State St. – one block past President Ave. Go 4 ½ blocks – House is on the left.</p>	<p style="text-align: right;">Jim 940-7913</p>
9/9 6:15 pm	<p>Available!!! Hosts Needed - Interested? Please call Stephanie 951-9453</p>	
9/16 6:15 pm	<p>Available!!! Hosts Needed - Interested? Please call Stephanie 951-9453</p>	

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Any questions contact STEPHANIE MILLER (951-9453) OR JONI SHIRK (606-6041)



Race Calendar and Notes

First - a note: It's nice to see that the Fresh Burst in Lititz and the Shoo-Fly in Terre Hill are on different Saturdays this year, so be sure to enjoy both of these fine local races.

July

- 4 **Mifflinburg 5K**
9:00 AM , www.mifflinburg5k.com
- 4 **Ephrata Firecracker 5-Miler**
8:00 AM, Ephrata Playhouse
www.ephratarec.com
- 5 **Firecracker 5K**
9:15 AM, Shillington
pretzelcitysports.com
- 8 **Trottin' Tim's 5K**
7:00 PM, Birdsboro
pretzelcitysports.com
- 9 **Sly Fox 5K**
7:00 PM, Pottstown
pretzelcitysports.com
- 10 **Midsummer Night 5K**
7:30 PM, Wynnewood
pretzelcitysports.com
- 12 **Freshburst 5-Miler**
8:00 AM, Lititz
pretzelcitysports.com
- 12 **Shoe House 5-Miler**
7:00 AM, York
usroadrunning.com

- 13 **Chobot Challenge 8-Mile Trail Run**
9:00 AM, Birdsboro
pretzelcitysports.com
- 17 **Third Thirsty Thursday 5K**
7:00 PM, Reading
pretzelcitysports.com
- 19 **Shoo-Fly 5-Miler**
8:00 AM, Terre Hill
terrehilldays.com
- 20 **Run For Taylor 5K**
9:00 AM, Hamburg
pretzelcitysports.com
- 26 **Lebanon Fair 5K**
9:00 AM
pretzelcitysports.com
- 26 **We Help Children 5k Color Trail Run**
8:30 AM, East Earl
pretzelcitysports.com
- 27 **Coventry Woods 10k Trail Run**
9:00 AM, Pottstown
pretzelcitysports.com
- 27 **Ron Jaworski's QB Scramble 5K**
Stone Harbor
qbscramble.wordpress.com
- 30 **Freedom 5K, Reading**
7:00 PM, pretzelcitysports.com

August

- 2 **Mid-Summer Madness 5K**
9:00 AM, Harrisburg
www.thesilenceofmary.org
- 3 **Grings Mill 10K & 5K**
9:00 AM, Reading
pretzelcitysports.com
- 9 **Ox-Trot 5-Miler**
8:00AM, Bowmansville
www.gsrrunning.org
- 9 **Piece of Cake 5K**
8:30 AM, Lancaster Catholic Stadium
www.ccp.org
- 10 **Half-Wit Half-Marathon Reading**
9:00 AM, pretzelcitysports.com

- 17 **Radnor Red Steeplechase 5K**
9:00 AM
www.radnorredsteeplechase.org
- 17 **Run 4 Sam 4 Mile & 10K**
9:30 AM, Reading
pretzelcitysports.com
- 21 **Third Thirsty Thursday 5K**
7:00 PM, Reading
pretzelcitysports.com
- 23 **York Rail Trail 10-Miler**
8:00 AM, www.thearcofyorkcounty.org
- 28 **Nxtbook-it 1 Mile Race/Walk & Pub Crawl**
6:15 PM, County Park
pretzelcitysports.com

September

- 1 **Quarterback Club Of York 5K**
9:00 AM
- 5 **Bird-In-Hand 5K**
6:30 PM, www.bihhalf.com
- 6 **Bird-In-Hand Half-Marathon**
7:30 PM, www.bihhalf.com
- 7 **Harrisburg Half-Marathon**
8:00AM,
www.harrisburgymcaraces.com

**Looking for more races?
Here are some websites
full of them:**

- www.races2run.com - Delaware
- pretzelcitysports.com - All over
- usroadrunning.com - Worldwide
- www.brcc.com - Maryland
- jerseyrunner.com - New Jersey

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 _____

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