



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
September/October 2014



Welcome, New LRRC Members
Owen & Andrea Fox, Lancaster
Carolina Russo-Holding, Elizabethtown
Melissa Sue Beros, Lancaster
Doug & Catherine Bender, Lancaster
Ryan & Brittany Hoover, Lancaster
Jay Epstein & Mordiny Ung, Elizabethtown
Deborah Jessup & Jennifer Jessup
Michael Carr, Parkesburg

2014 LRRC Corn Roast



Editor's Message

By Sil Simpson

As I was racing recently, I happened to observe the runners ahead of me, and what I

observed made me think. I saw that I was running behind people who were male and female, young and even older than I am, black and white, short and tall, large and small. Some were faster than others, but we were all taking on the same challenge, and that endeavor united us in a way that no slogan or song sung around a campfire possibly can.

As I looked at that cross-section of the human race, I had the thought that we'd have a much better world if everyone

would run regularly. Many parts of the human experience divide us, but running truly brings us all together.

And it brings us all together because running creates a worldwide mutual admiration society. It doesn't matter where you've come from or who your parents are when you're trying to get to the top of a hill. It's just you versus that hill, and when you get to the top, you'll have a new friend in the person who's climbed the hill beside you.

We've all had that running/instant friendship experience. We run a few miles beside someone we've never met before. We finish close to each other, then strike up a conversation afterwards. When it's time to head home, we've asked where that new friend will be racing next, and we say that we hope to see that new friend somewhere along the running trail.

So imagine how much better the world

would be if we could inspire every person on the planet to go and run a few miles. I'm not holding my breath, but I can dream.

Stoudt's Race Update

By Peter Belager

First, uncountable Thank You's, big hugs, and wet kisses to all the volunteers and helpers that made the 2013 event a great success. The race participants love the event because of the great work that you all do and have done in the past. You are the best!

Before I get into this year's race I want to remind everyone that this will be my 9th and final year as race director for the Stoudt's Brewing Distance Classic 12K. It's been really great fun but I love the fall weather and I want to renew my friendship

Continued on page 3



Contacts

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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 LRRCC 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

Table of Contents

Editor's Message.....	1
Stoudt's Race Update.....	1
Finding a Silver Lining.....	3
My Kind of Town Chicago Is.....	3
Duh?	3
I hate Tech Shirts.....	3
My Strangest Injury.....	4
Corn Roast.....	4
Fun Run Schedule.....	5 and 6
Spring/Summer Racing Schedules.....	7
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)
- 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
- Stoudt's Brewing Distance Classic 12K Road Race (Late October)
- Road Trips to Races (Anytime)

Continued from Page 1

Stoudt's Race Update

with that time of year by doing things OTHER than organizing the race. If anyone is interested in picking up the reins, contact me or one of the club's officers.

So, 2014 is the 10th anniversary of this race and we plan on doing it up BIG, REALY BIG. For example, this race has never given out T-shirts since most runners have drawers full of them. So to commemorate the 10th anniversary race this year, and only this year, we will be giving out special race anniversary T-shirts to all registrants. Other plans are in the works that need to be finalized before they can be made public, but rest assured they will be special.

In the meantime, its not to early to set aside Sat.y, Oct. 25 (race day) to help the club and to uphold our LRRRC reputation for putting on a class event every year. We always enjoy and relish your support (but understand if you can't make it).

Finding a Silver Lining

Diana Griffiths

A few months ago, I signed up for the Bird-in-Hand Half Marathon. This was going to be a race that I really trained for. I had just finished a sabbatical from teaching and was feeling rested, healthy, and strong. I had the summer to train and was looking forward to the challenge. For the past couple of years, to prepare for races, I've been somewhat following the training plan described in the book Run Less, Run Faster. Basically, the plan entails three runs a week, plus cross-training.

The runs consist of a speedwork session, a tempo run and a long run at close to race pace. I noted each run on my calendar, and the training began. To my dismay, a few weeks into training, injury struck. My right Achilles became sore to the point where it was just too uncomfortable to run. I took two weeks off of running which fortunately coincided with a wonderful trip to New England. In my mind, this was a great recovery plan. Two weeks off, ease back into things, and then right back at 'em. Well, you know how that goes (as I sit here typing with an ice pack wrapped around my ankle).

I needed a reality check. My new goal became keeping this injury at bay enough that I could finish the half-marathon. The revised training plan became the following: run with the club on Tuesdays, run a few miles on Thursdays, and run for time on Saturdays - each Saturday adding on 10 minutes.

Here, much to my surprise, came the silver lining. During those Saturday runs, I was

free to run anywhere, at any pace, as long as I put in the time. I knew this half would take me more than two hours, rather than my usual hour and fifty something minutes, so I wanted to work up to two hours and fifteen minutes of running. As a result, on Friday nights, I no longer worry about planning out a course, writing down directions to stuff into the tiny pocket of my running shorts, or making sure the course has water or hills. I just get up and run until it is literally time to stop.

If I want to do some hills, I run until I find some hills. If I need water, I run to the Lititz Rec or one of the parks where I know I'll find a water fountain. I run on streets that end in "Court" and "Drive"; those streets that rarely get put in anyone's "Map My Run" because they dead end in a quarter of a mile. I've seen beautiful gardens, scoped out garage sales, nodded to new (to me) people walking their dogs, and a gained sense of freedom that is really refreshing.

Admittedly, I'd rather not have this sore ankle and am disappointed that I can't train harder for the half. However, I have been reminded of how blessed I am to be able to run. I truly enjoy the simplicity of those Saturday runs. No music, no Garmin, no course and no pace - just running. It's awesome.

My Kind Of Town, Chicago Is

By Kathi Markley

We spent a week in Chicago for our vacation, and I was thoroughly impressed with how friendly to runners and bikers The Windy City is.

The city has a lively bike-share program, and bike commuters are everywhere. Many of the major roads even have bike lanes.

I got a run in each day along Lake Shore Trail, which is an 18-mile trail along Lake Michigan. I never felt unsafe on my longer runs (we were mixing in client meeting and a conference for John). Each day that I ran, I had plenty of company. A local running club (Chicago3run2 had water stops set up along the trail for all to enjoy.

The scenery along the lake was beautiful, and several migratory birds were establishing their habitats. Chicago is a great running town.

Duh?

By Sil Simpson

Here's a report that probably won't come as a huge shock to anyone who's even vaguely familiar with the concept of training:

Runners With More Training Miles Finish

Marathons Faster

I'm not making this up. Runner's World actually conducted a study to reach this conclusion. Here's an excerpt from the report:

Runners who ran the most, 38 to 44 miles per week, clocked an impressive 3:50:46 - well below the nation's average marathon time of 4:27:27.

Conversely, runners who ran the least, six or fewer miles per week, ran the slowest times - 5:12:12 (11:54/mile pace).

So now you know. You'll race better if you train.

But Here's A Legitimate Study

A study from Iowa State University has confirmed something that we already know: Running is good for you. The main finding of the study, entitled Leisure-Time Running Reduces All-Cause and Cardiovascular Mortality Risk, found that leisure runners can expect to live 3 years longer than non-runners.

And what is a Leisure Runner? To quote Dr. D.C. Lee, the professor who conducted the study, "We found that even 10 minutes per day is good enough. You don't need to do a lot to get the benefits."

Therefore, what the study really means is that no one has a legitimate excuse for not running. Everybody can devote 10 minutes a day to better health. Maybe a 10-minute daily run should be a requirement of Obamacare.

I Hate Tech Shirts

By Sil Simpson

I think that most tech shirts are nothing but marketing fraud. They're an old product repackaged with new hype.

"100% Polyester" is the description on a bunch of race shirts that I just threw away, and that's a statement that race directors should consider. The primary purpose of this year's shirt is to advertise next year's race, and I'm not doing any advertising when my shirt is heading down the road in a trash truck.

Polyester is a synthetic material that's been around since the 1940s, and in my opinion, it's 100% uncomfortable. The claim made for tech shirts is that they carry moisture away from the body, but I've never had that experience. It's possible that some of the more expensive brands, such as Cool-Max, actually work, but the shirts that I've received just make me feel slimy when I wear them.

A little research has taught me that polyester results from the combining of ethylene glycol and terephthalic acid,

and while I'm not an expert in chemistry, I do know that something formed from ethylene glycol and terephthalic acid doesn't sound like something that I want to wear next to my skin.

As people who know me have observed, race shirts make up a pathetically large portion of my wardrobe. If a shirt is comfortable, I'll wear it everywhere. I'll wear it for years, and the sponsors of the race will get a lot of exposure. But I won't wear a shirt that makes me feel slimy.

So, my request to race directors is to stick with the old-fashioned cotton shirt because I'll wear it for many months, or even years, to advertise your next race.

My Strangest Injury

By Sil Simpson

We all expect that we'll suffer some sorts of injuries to our legs, feet, knees, and ankles. Such injuries are parts of the running life, and we've learned to live with them. What we don't expect are upper body injuries, but as I've learned, they too can inhibit running efforts.

Because of global warming, we aren't supposed to get snow any more, but as I was working to remove about 14 inches of global warming from my driveway last January, I managed to fall and do some damage to my shoulder. 7 months later, it's still far from full recovery, and it's still affecting my running.

As I've learned, it's tough to run without full lung capacity. Now, I haven't actually suffered any lung damage, but I can't get full breathing depth, and that makes me even slower than I normally am.

And the moral of this story is that you'll run better if you avoid all injuries. The legs don't work independently of the rest of the body.

Conestoga Trail Run Volunteers needed

Race date is Sunday, September 28th. We could use some help with water stops, registration, food, finish line and photos. Race volunteering is easy "work" and gives something back to the running community.

A race is only as good as the volunteers who help it to be successful. If you can assist us, please contact Bill Smith at 717 468-3613 or billsmithruns2@gmail.com

Another Successful LRRC Corn Roast

By Bill Smith

We had great weather, the largest crowd ever, plenty of roasted corn, all kinds of other food offerings and a wide variety of beverages, many people camping overnight, lots of kids, and various games for all ages. Hope that you were there and enjoyed the fun.

Special thanks to all of the volunteers who made the event successful. See you next August.



LANCASTER ROAD RUNNERS CLUB

FALL 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
9/2	6:30 pm	JIM CASTANZO 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.	LANCASTER	BRING CHAIRS		Jim 940-7913
9/9	6:15 pm	STEVE FARRAH 1411 West View Dr. Rt. 462 West of Lancaster (Columbia Ave.), South on Abbeyville Rd., at top of hill turn right on West View Dr.	LANCASTER	BRING CHAIRS		Steve 393-4144
9/16	6:15 pm	Available!!! Hosts Needed - Interested? Please call Stephanie 951-9453 We are looking for a home location. Several members have offered to help.				
9/23	6:15 pm	“RUN THE BLACK HORSE” option) Take 222 N from Rt 30 in Lancaster. Get off at the Denver 272 /Turnpike exit. Turn left (away from the turnpike). Turn Right onto 272/N. Reading Road, restaurant is on the left.	DENVER	(Horseshoe Trail		Peter Belanger 371-0746
9/30	6:15 pm	WATERING TROUGH 905 West Main Street Meet at corner of Plum Street AND Main Street PA 283 West to PA 772 (Manheim / Mount Joy exit), go left on PA 772, and turn right onto Main Street / PA 230 West (toward E-town).	MOUNT JOY	The Watering Trough W Main St		Stephanie 951-9453

Tuesday FUN Runs are held each week at **6:30PM** (unless otherwise noted) 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**

LANCASTER ROAD RUNNERS CLUB SUMMER FUN RUNS 2014

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

10/7 6:00	PROVIDENCE TWP RAIL TRAIL Details to follow – check the website	QUARRYVILLE	TBA	Stephanie 951-9453
10/14 6:00	MARIETTA GREENWAY RUN Choice of new paved trail (north) or hiking trail (south) along the Susquehanna River. Rt. 441 North (past Rt. 23) to Rt. 743. Turn LEFT on to Decatur St. Go under railroad tracks to large parking lot.	MARIETTA	McCleary's Public House 130 W Front St	Bill Smith 468-3613
10/21 6:00	FORMER FUN RACE Lancaster County VoTech - Brownstown Campus. From 222 N., Brownstown exit, R to under 222, R onto 272 N, 1/4 mile, R onto Church St., L onto Meizler Rd., 1 mile S onto Snyder Rd., L into VoTech. Parking lot.	BROWNSTOWN	Piero's Pizza 363 S 7 th St (Rt 272) Serve beer only BYO Wine	Stephanie 951-9453
10/28 6:00	LANCASTER JUNCTION RAIL TRAIL PA 283 to Salunga Exit, turn right at stop sign, then an immediate right onto Champ Blvd., go ½ mile to parking area.	SALUNGA	Hot Z Pizza Landisville 3001 Harrisburg Pike 898-3889	Steve Farrah 201-3173
11/4/14 Until 3/3/15	Back in the Park – Longs Park near Park City			

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Everyone is welcome and encouraged to attend. Any questions contact **STEPHANIE MILLER**



September

- 5 Bird-In-Hand 5K**
6:30 PM, www.bihhalf.com
- 6 Yes I Can 5k**
10:00 AM, Reading
pretzelcitysports.com
- 6 Bird-In-Hand Half Marathon**
7:30 AM, www.bihhalf.com
- 6 Reamstown 5K**
9:00 AM, pretzelcitysports.com
- 7 Harrisburg Half-Marathon**
8:00 AM
www.harrisburgymcaraces.com
- 13 Jarett Yoder Memorial 6K Run**
6:00 PM, pretzelcitysports.com
- 14 Millersville FT5k for the Kids**
8:00 AM
<http://www.studentservicesinc.com>
- 14 Double Trouble 25K & 50K Trail Runs**
9:00 AM, Morgantown
pretzelcitysports.com
- 18 Third Thirsty Thursday 5K**
7:00 PM, Reading
pretzelcitysports.com
- 19 Lewisburg Lights 5K**
8:00 PM, www.lewisburgtriathlon.com
- 20 Superman 5**
9:00 AM, Akron
www.izyssuperman5k.com
- 20 GAIN 5k**
8:00 AM, Mount Joy
pretzelcitysports.com

- 20 Donegal Foundation 5K**
8:00 AM - Marietta
www.donegalfoundation.org
- 20 Pretzel Twist 5-Miler**
8:30 AM, Lititz, www.lititzrec.com
- 21 Nirav's 5-Miler**
pretzelcitysports.com
- 24 Back To School 5K**
7:00 PM, Reading
pretzelcitysports.com
- 27 Screamin' Eagles 5K**
9:00 AM, Denver
pretzelcitysports.com
- 27 Hands-On House Half, 10K & 5K**
9:00 AM, Lancaster
www.handsonhouserace.org
- 27 White Rose 5-Miler**
8:30 AM, York
www.yorkwhiteroserun.com
- 28 Conestoga Trail Run 10 Miler**
10:00 AM, Pequea to Holtwood
Official LRRC Event
lrrclub.org
- 28 Michael Wise Memorial 5K**
10:00 AM, Reading
pretzelcitysports.com

October

- 4 Pequea Pals 5K**
8:30 AM, Conestoga
www.pequeachurch.org
- 5 Kyle Pagerly 5K**
9:00 AM, Reading
pretzelcitysports.com
- 5 Colonial Park 5K**
9:30 AM, Harrisburg
www.colonialparkfire.org
- 11 Correr For Care 5K**
9:00 AM, Lancaster County Park
www.correrforcare.org
- 11 Wolf Hollow 5-Mile Trail Run**
9:00 AM, Atglen
ctaylor@octorara.org
(application enclosed)
- 16 Third Thirsty Thursday 5K**
7:00 PM, Reading
pretzelcitysports.com

- 18 Harvest Fest 5K**
9:00 AM, Reading
pretzelcitysports.com
- 19 Evansburg Challenge 10-Mile Trail Run**
10:00 AM, Collegeville
pretzelcitysports.com
- 25 Stoult's Brewing Distance Classic 12K**
10:00 AM, Adamstown,
Official LRRC Event
www.lrrclub.org
- 25 Walk of Love Cross-Country 5K**
8:30 AM, Elizabethtown
www.walkoflove.org
- 25 Trick or Trot 5K**
9:15 AM, Woodward Hill Cemetery,
Lancaster, pretzelcitysports.com
- 26 Fitzzy's Run 5K**
10:15 AM, Wyomissing
pretzelcitysports.com

November

- 1 MAG 5K**
8:30 AM, Wrightsville
pretzelcitysports.com
- 2 Oley Valley 10-Miler**
9:00 AM, Oley
pretzelcitysports.com
- 9 Harrisburg Marathon**
8:00 AM
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