



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
March/April 2015



Welcome, New LRRC Members

- Joe Morgan - Lancaster
- Chris Harris - Lancaster
- Stacy Bradley - Lancaster
- Christopher Laudo - Strasburg
- Joel Yudt - Lititz
- Mark Stoltzfus - Ephrata
- Daniel Yoder - Lancaster
- Lisbeth Kelley - Lancaster
- Theresa Baker - Mountville
- Christian Taylor - New Holland



**President's
Message**

By Tim Good

Ready for 2015?
Tough, it's here.
If most of you are
like me, you set

some high goals for 2015. Quick show of hands....who set a goal that you feel is slightly out of your reach? I know my hand is up. For me out of reach means that doubling my miles from last year is crazy, so I added a part 2, of 2,300 miles of biking. I need to get to 50,000

bike miles logged....in 10 years. I could have easily hit that one 3 years ago, but I wanted to work very hard in establishing a base for running, if my body allowed me to do so. So far I'm ok, a few minor bumps here & there, but no full joint replacements yet. Snow and 20 degree temps are keeping me off of the road bike, but that allows me to train hard for some upcoming races.

One of my primary goals is to run a successful first marathon. So, I signed up for Garden Spot, which I know is crazy-hilly, and that will be my baseline. I have hit the 26+ mile mark

a few times in the past years, thanks to my distance coach, Dan Nephin and my speed coach, Jeff Kirchner, who keep me in check. And of course, my life coach Debbie who is there for support and to listen to me thru the good and the bad. I am on track with training and I will start bumping up mileage from now to the event.

As I train for the Garden Spot Marathon, which will be my first timed marathon distance race, I started the season with what I considered a decent placing at the Polar Bear Run. Since it was at County Park,

Continued on page 3



Contacts

Presidents

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Mary Lehman	475-9653	dmmj2@comcast.net
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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

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Fun Run Coordinators

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Cindy Staples	669-2753	cstaples64@aol.com

New Member Greeter

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

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Doris Olney	738-0925	DO042060@aol.com
Kathi Markley	330-9357	kmfishere@yahoo.com

Club Haberdasher

Position is open - let any of the club officers know if your are interested.

Webmaster

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

Bill Smith	468-3613	billsmithruns2@gmail.com
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About your mailing label:

The year your membership expires is shown on the top line (see sample at right). Membership ends December 31 of the year listed.

Please send address changes or corrections to the Club Secretary.

2015	John Doe 1234 Anywhere St. Lancaster, PA 17601
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Club t-shirts, jackets, singlets and patches are available for purchase. Call the club haberdasher for prices and size availability

MEMBERSHIP INFORMATION

The Lancaster Road Runners Club has been in existence since 1977 when a few motivated local runners organized a club catering to the needs of runners in the area. Our club would like to continue to attract new members of any ability, and we invite YOU to join us. You'll find a club membership application on page 8. The LRRRC 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@yahoo.com

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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)

President's Message

I considered that a "home field advantage", having run the trails around Pavilion #22 for years. It was great to see the showing of LRRC members there, many of whom run with our Sunday AM group. It was a fast start and I had to dodge dogs and a few runners to get to my "spot". The ice-covered trails certainly slowed me, and my time was not what I wanted, but everyone else was running the same course, so the field was evened out. Coming back up Butterfly Trail at the last 4 mile mark, I was met by Bonnie Stoeckl and Doug Arndt. The last hill took its toll, and Doug was able to edge me for a 3rd second advantage. I ended up with a surprising time of 23:53 to lock me into a 14th place position. Not earth shattering, but from where I was 3 years ago, I am satisfied with the result given the situations.

There is an intimidation factor with achieving your goals. From what I have learned and have actually done, what's necessary is to start, that's all. If you are having trouble setting a specific goal or not sure what the next step is, please ask. The group has years of experience, way more than I can offer, but as a starting point, feel free to contact me or anyone else in the group to start a confidential discussion. We are all coaches, and even we coaches need coaches. Goals are what makes us get up and get going. They force us to get out while its 15 degrees, raining, or turning another crappy block to round to the next mile at the end of our run. One of my missions during the next few years is to increase your goals and help make them a reality. This group has a lot to offer and a lot of us are willing to share experiences and get you to where you want to go. So if you have a 2015 goal and are not sure how to get there, please reach out. If you are not sure of whom to call on, talk to Brian Mitchell, Mary Lehman or me. We are here to assist you and can point you in the right direction.

My Big Break Or Hitting The Trifecta

By Sil Simpson

On New Year's Day, I was finishing up my run at the Eye Opener when I decided to leave the safety of the roads for a brief stretch of trail running. I was near the Garden of the Five Senses when the stub of a tree reached out and tackled me. My right foot stopped moving immediately, and the rest of my body continued to move forward and down.

I landed with a thud, and I knew in an instant that I had done big damage. I've fallen many times before, and I've experienced some pain, but the agony in my right arm was immediately excruciating. Some people walking nearby heard my screams and came to offer help, but I dragged myself back to the car and drove home.

Shortly thereafter, I was in the x-ray room at Urgent Care. The diagnosis was a broken right humerus, and I can tell you that there's nothing humorous about a broken humerus.

In that collision with the ground, I went from being a mediocre runner to being nothing more than an inert mass of protoplasm in just a nanosecond. My arm moved into a sling, and I could do almost nothing. Any movement sent waves of pain racing through me, and I couldn't find a comfortable position for either sitting or lying.

As my days of forced inactivity added up, I realized that I had hit the trifecta, and this was not a bet that paid big dividends. Instead, my trifecta consisted of obesity, depression, and insomnia, and that's a losing combination anywhere. In fact, my weight gain has been so staggering that I'm now in the process of applying to be a contestant on the next season of *The Biggest Loser*.

My mental state hasn't been so good, either, and I'm eager to get back to running and to living, which for me are pretty much the same thing.

One effect of my inactivity is that it has made me wonder why anyone

would choose this non-running lifestyle. When something as simple and easy as putting one foot in front of the other for a few minutes a day makes every part of life better, why do millions of people choose not to run? I guess that's one of those mysteries of the universe that we'll never fully understand.

And that brings us to the moral(s) of this story. The first and most obvious is to watch where you're running because hazards are always lurking around our feet. The second is to cherish the ability to run. As I've been learning, life without running is vastly inferior to life with running. Obesity, depression, and insomnia are three conditions that do nothing to improve the quality of my life.

All that I want to do now is to be able to run without having to hold my broken arm against my body. What I would like to do soon is to run a 5K and to enjoy the feeling of running myself to exhaustion. That day will come, but until then, I'm missing my miles, and I'm waiting for that magical call from *The Biggest Loser*.

So stay upright and count your blessings every time you go out for a mile or 50. Believe me, this non-running life is not something that you'd enjoy.

If Matilda Can't Come To The Mountain...

Many runners use altitude training to build their levels of red blood cells, in the hope that they'll be able to perform better when they run at lower altitudes. But if you don't have the opportunity to train in Colorado, what can you do?

Well, there's a new device called a training mask that attempts to simulate altitude training by reducing the amount of oxygen that you can breathe. Does it work? Maybe. Then again, maybe not. But if you're interested in checking out these masks, you can do so at www.trainingmask.com.

A Running Movie

By Sil Simpson

It's pretty unusual that running is the subject of a major movie, so it will be interesting to see McFarland, USA. The movie is the story of a high school cross-country team from an agricultural community in California that wins a bunch of state titles. The movie has been getting pretty good reviews, and any running movie figures to be better than most of the drivel in theatres these days.

Books On The Run

Here's our first offering of books that club members will be happy to share. These are available from Donovan Graybill:

BORN TO RUN: A Hidden Tribe, Superathletes and the Greatest Race the World Has Ever Seen by Christopher McDougall

RUNNING WITH THE BUFFALOES : A season inside with Mark Wetmore, Adam Goucher, and the University of Colorado Men's Cross Country Team by Chris Lear

THE LONGEST RACE: A Lifelong Runner, an Iconic Ultramarathon, and the Case for Human Endurance by Ed Ayres (founder, Running Times)

And from Sil Simpson:

Rome 1960 - David Maraniss, The Story of the 1960 Olympics

1954 - Bill Madden - A look at the first year when black players made a major impact in major league baseball. Jackie Robinson broke in back in 1947, and 7 years later, the first influx of highly talented black players arrived.

We Want Your Pics!

Please share pictures of Lancaster Road Runners Club members or events that can be used on the LRRC website, in the newsletter, on facebook or for club events. Pictures will be received by Greg Walton(Webmaster) in any form or file. Questions regarding picture submission can be directed to Greg at gswalton@comcast.net

Important Reminders From President Mary Lehman

Run 7.3* at 7:30 every Sunday morning with the Lancaster Road Runners Club at Lancaster County Park. We gather in the parking lot in front of the pool for introductions/ announcements and then run the trails of this very scenic 600+ acre park. All paces. Nobody gets left behind. Bring coffee or something to share if you like, for after the run (Part 2). It's the best way to wake up on a Sunday morning!!! Furry friends welcome too!
*Main course is 7.3, but we often split into a 7 mile+ and 5 mile+ group.

2015 LRRC Awards Banquet

The 2014 Awards Banquet was a huge success. This has been the largest and most attended banquet in the history of the LRRC. Media Heights rolled out the red carpet and served us cruise line quality hospitality along with an abundance of flavorful cuisine. As a starter, we had an international cheese tray and fruit platter as we mingled and sampled some of the beverages the LRRC supplied. Additional mixed drinks were available at a reasonable, "cash bar" cost. As we chatted with acquaintances, the MC (Bill Hager) directed us to our seats and we paused for the invocation, given by Delores Smith.

We were served a house salad, then released by table to the buffet line. The line started with roasted potatoes, proceeded with carrots, green beans, baked ziti, chicken cordon blue and finished with roasted steamship round. The desert table was completely filled with deliciously created pastries, pies and cakes provided by our own "dessert committee". A big thank you goes out to Stephanie for organizing this and to all of you who supplied desert items.

The program continued with an in-depth look at a trip Lois, Doris, Betsy and Jeanette made to Nepal. This interactive slide show was very interesting and enlightened us on their adventures, abroad.

The awards portion of the program followed in which the following received awards for 2014:

Road Runner(s) of the Year:

Greg & Janet Foster

Tenderfoot: *Mary Lehman*

Most Improved: *Sarah Quigg*

Most Supportive Spouse:

Laura & Bobby Garver

Service Award: *Cindy Staples*

Anne Daniel Volunteer Award:

Tim Good

Stumblefoot: *Sil Simpson*

This year the current Presidents unveiled the inaugural "Presidents Award for Lifetime Achievement". This award will be determined by the three presidents of the current year. Each potential candidate must meet a stringent list of requirements:

- Five year minimum of service to the organization
- Membership is in good standing
- Actively participates in all club activates, Tuesday, Thursday and Sunday runs
- Actively participates in LRRC races

This year's award was presented to Bill Smith.

This man has given strength to the organization and provides an upbeat tempo. Sunday mornings are not complete without a post run coffee break. When you see him, thank him and congratulate him for all that he has done!

The program continued with the captivating antics of Magician Jay Stoltzfus. His pleasant conversation and audience involvement was memorable. The evening "officially" ended at 10:15, but the crowd thinned out around 11:00.

Thanks to everyone involved in making this event special!

Meet the 2015 LRRC Award Recipients

Please plan on attending next year's event. If interested in being on the steering committee, please contact Tim Good at tgood@brkreider.com



Road Runner(s) of the Year: Greg & Janet Foster



President's Award for Lifetime Achievement: Bill Smith



Tenderfoot: Mary Lehman



Service Award: Cindy Staples



Most Supportive Spouse: Laura & Bobby Garver



Most Improved: Sarah Quigg



Anne Daniel Volunteer Award: Tim Good



Stumblefoot: Sil Simpson

2015 RACING SCHEDULE

Spring Race Calendar

March

- 7 Reading Daylight Savings Dash 5K**
9:00 AM, www.pretzelcitysports.com
- 7 Indian Rock 10K, York Winter Series**
- 8 Shiver By The River 5K & 10K**
11:00 AM, Reading
www.pretzelcitysports.com
- 14 Run4Luck**
9:30 AM, Lancaster Country Day School, jllancaster.org
- 16 Hooligan's Hustle 5K**
6:30 PM, Reading
www.pretzelcitysports.com
- 21 Buckskin Breakout 5K**
9:00 AM, Conestoga Valley High School
www.pretzelcitysports.com
- 28 Pain In The Butt 5K**
9:00 AM, Ephrata
www.pretzelcitysports.com
- 28 Mission Connect 5K**
10:00 AM, Lancaster
www.missionconnect.me
- 28 Fools Run 10-Miler & 5K**
9:00 AM, Kutztown
www.pretzelcitysports.com
- 28 Dark & Dirty 10K Trail Run**
7:30 PM, www.pretzelcitysports.com
- 28 Mile Run Half-Marathon (Trail)**
10:00 AM, Allenwood
www.parunners.com
- 29 Capital 10-Miler**
Harrisburg, www.capital10-miler.com

April

- 5 Rumspringa Half-Marathon**
8:00 AM, Adamstown
www.pretzelcitysports.com
- 5 Salvation Army 5K**
9:00 AM - Lebanon
www.pretzelcitysports.com

- 11 Garden Spot Marathon & Half-Marathon**
8:00 AM, New Holland,
- 11 Tyler Arboretum 10K Trail Race**
9:00 AM, Media
www.pretzelcitysports.com
- 11 Steps To Survival 5K**
9:00 AM, Lebanon
www.pretzelcitysports.com
- 12 Donegal Baseball Association 5K**
2:00 PM, Mount Joy
www.pretzelcitysports.com
- 12 Run With Courage 5K**
2:15 PM, Millersville University
www.pretzelcitysports.com
- 12 Scranton Half-Marathon**
9:00 AM, www.scrantonhalf.com
- 16 Third Thirsty Thursday 5K**
7:00PM, Reading
www.pretzelcitysports.com
- 17 Night Shift 5K**
8:00 PM, Camp Shand
www.pretzelcitysports.com
- 18 Chase Your Tail 5K**
8:30 AM, Brickerville
www.pretzelcitysports.com
- 18 Mount Penn Mudfest 15K**
10 AM, Reading
www.pretzelcitysports.com
- 19 Beat Beethoven 5K & 10K**
10:00 AM, Reading
www.pretzelcitysports.com
- 19 Valley Forge 5-Miler**
www.revolutionaryrun.org
- 25 Farmers' 5K**
8:30 AM, New Holland, Active.com
- 25 Race Against Racism**
8:30 AM, Musser Park, Lancaster
www.ywcalancaster.org
- 25 Support Our soldiers 5K**
8:30 AM, Hellam
www.pretzelcitysports.com
- 25 CocaliGLO 5K**
8:00 PM, Adamstown
www.pretzelcitysports.com
- 25 Sandy Sprint 5K & 10K**
8:30 AM, Philadelphia
www.sandyovarian.org
- 26 RACC 5K**
10:00 AM, Reading
www.pretzelcitysports.com
- 26 Ironmaster's Challenge 50K**
7:30 AM, Gardners
www.pretzelcitysports.com

May

- 2 Manor Township Country Classic 5K & 10K**
8:20 AM, www.turkeyhill.com

- 9 Never Forget 5K**
8:46 AM, Lancaster
neverforget5k.org
- 10 Delaware Marathon**
Wilmington
www.delawaremarathon.org
- 6 God's Country Marathon & Half-Marathon**
7:00 AM, Galeton
www.visitpottercounty.com





2015 Fun Run Schedule

We are putting the final touches on the Fun Run schedule for the Spring. We have some new location runs as well as the old favorites. It's not too late to host a Fun Run and we always need co-hosts and helpers. For the latest information, check out the Schedule on the club website (www.lrrclub.org). Also, scroll down to get the printable PDF copy. Happy Running.

If you have questions, or you would like to host a Fun Run, contact me, Stephanie Miller, at 951-9453 or email me at lbnmiller52@gmail.com

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