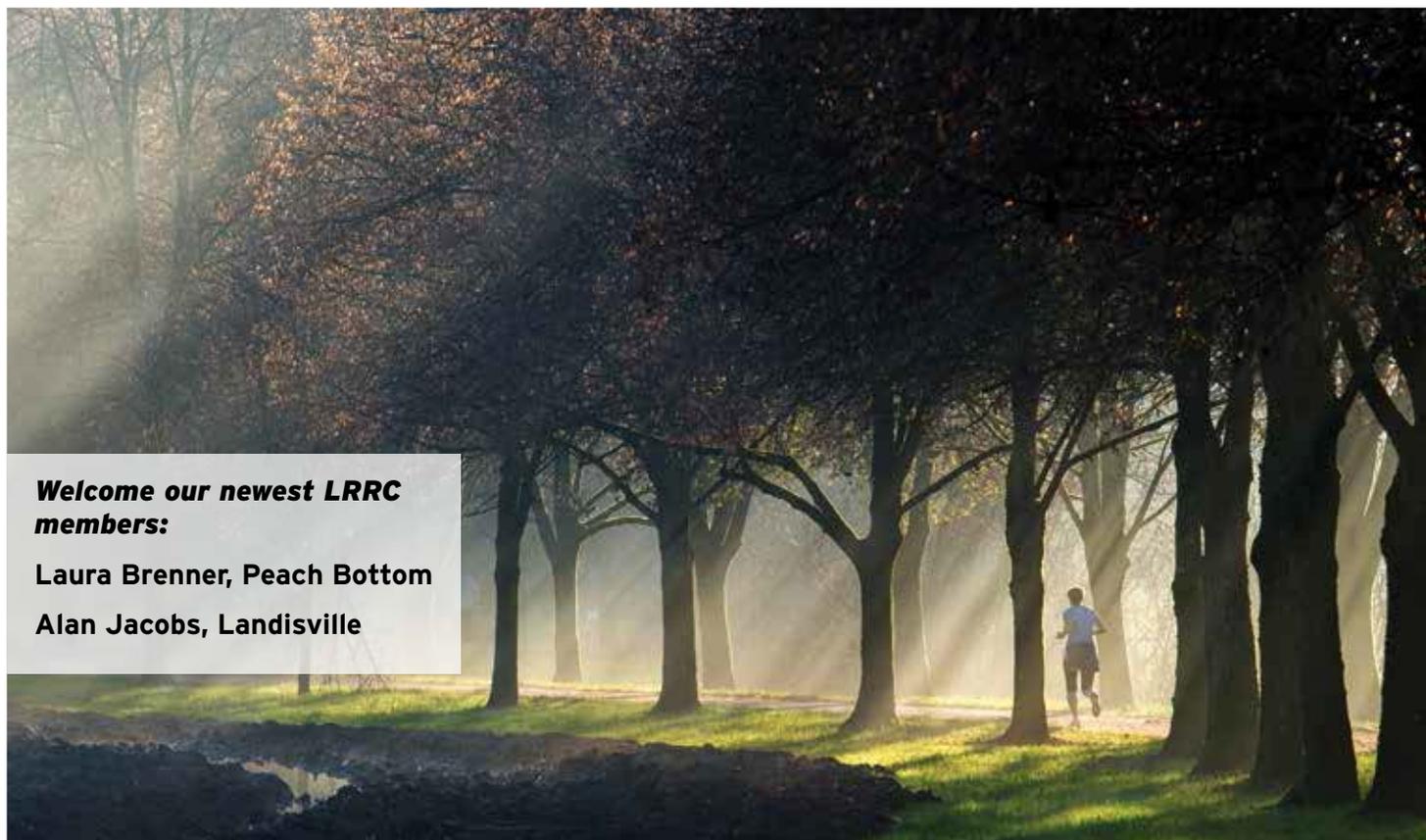


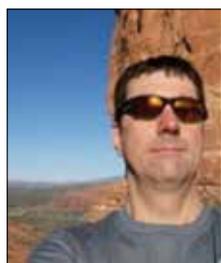


JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA  
September/October 2015



**Welcome our newest LRRC members:**

**Laura Brenner, Peach Bottom**  
**Alan Jacobs, Landisville**



**President's Message**

*By Tim Good*

It was a crisp Saturday morning, somewhere around Long Lane down in slower-lower

Lancaster County as I was running with Dan. My snake road kill count was at five. A lot of things go through your mind at 6 a.m. on a 13-mile jog. I told Dan I was having a tough time coming up with a letter for the newsletter. He responded: "Yes, sometimes writing is not as easy as it appears."

Very true.

The fact that he is a professional writer and has to face these issues daily added to my frustrations. Of course, this was one of many conversations we have along a two-hour casual jaunt.

Which brings me to my actual point. I thought I was getting to know a fair number of the Sunday 7:30 a.m. Lancaster County Central Park group. This dedicated group fluctuates from half a dozen runners in the dead-cold winter to a couple dozen in June.

I know quite a few very closely due to being a long-term member of the Lancaster Bike Club.

Several years ago, a couple started

showing up on Sundays and they became a staple to the group. Last summer, during my beta-test for the Wednesday night park runs, many strong runners showed up to run the women's course.

One strong individual comes to mind that suffered heat, the pushing pace and finally finishing the inaugural Mr. & Mrs. Smith's combo race and placing in her age group. Months and months went by and they ran with our core group. I call the core group, my "Peeps."

The runners were Jody and John. As you may now know, Jody lost her battle with an illness, but left a lasting impression on the group. She was very competitive and strong willed.

*Continued on page 3*



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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
- Stoudt's Brewing Distance Classic 12K Road Race (Late October)
- Road Trips to Races (Anytime)

## Contacts

### Presidents

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### Treasurer

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

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

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### 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

**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](mailto: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](mailto:LRRClub@yahoo.com)

Continued from Page 1

## President's Message

John attends Sunday morning and Wednesday evening runs and always meets us with a pleasant smile and a fresh alias: Harold, Harry, Frank – whatever you want to call him, it's fine.

It wasn't until Jody's passing that I realized I seemed to know her. There was a familiarity that I knew, not recently, but a while ago.

When I read her obituary, I saw that she was a graduate of Pequea Valley.

That was the connection. We went to school together, mostly, at some point. I knew I knew her from years ago.

Knowing what I know, now, I wish I had talked to her a little more. I immediately called each of my twin sisters who would have been one year ahead of Jody and they had recognized her as well.

Very small world.

We are all very busy. Hopefully, we take time to run, swim, paddle or ride bike. Let's make an effort to talk to one another during our activities.

You may be surprised to realize who you are working out with.

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## Dog Day

By Laurie Hess

I have been running for almost 30 years, and I have never had a problem with dogs. Until this past Saturday. Sure, I have been approached by untethered farm dogs when I have run out in the country. Sometimes a German Shepherd or Golden Retriever will come running up to me, barking. I usually just slow down to a walk, make myself as big as possible and, in my most authoritative teacher voice say "No!!! Go home!!!" The dogs have always either stopped in their tracks and watched me as I walked past, or slunk away with their ears back and their tails down.

My luck ran out this weekend, though. I was bitten – hard – by a boxer. I was doing an 18-miler. I ran with my husband for the first 10+ miles. We returned to our house – me to refill water bottles, grab another bag of fruit chews and head back out; him to take a shower and make coffee. I was in my 13th mile, and running on the sidewalk in Lititz, when I saw a family up ahead unloading from an SUV parked in the street and going towards a house. I did some mental calculations to determine whether I would need to go out into the street to miss the family.

"No," I thought to myself "they will all have crossed the sidewalk by the time I get there." The family included a mom, a dad, a 7 or 8 year old girl, a slightly older

boy, a teenage girl..... and a dog. It looked like they were going to visit their grandma, who was standing out on the porch of the house nearby. They had all cleared the sidewalk by the time I passed by, and were either on the porch or walking up the walk to their grandma's house. The little girl was holding the dog's leash. Shortly after I ran by the family, I felt a searing pain on the back of my left thigh. There was absolutely no warning. No growls, no barking, no movement on the dog's part that I could see. Maybe he thought I was a threat to his family. Maybe he just thought of me as prey, since I was running away, but the little girl could not control the dog. He pulled her along, ran after me, and bit me. My running shorts were torn. My leg was bleeding. I was stunned and in pain.

The family came running to my aid. The dog was still not barking or growling. He did not look agitated. The father asked what happened, and the little girl said, "He bit her!" The father was immediately apologetic. He asked me to come inside and sit down. When I examined my wound, he said, "Come inside so we can put Neosporin on it", but I just wanted to go home.

I wasn't thinking clearly, but I did have the presence of mind to ask if the dog had his shots and which vet the family used. The family was mortified by their dog's behavior, and I think they just did not know what to do. The father berated the little girl for not being able to hold onto the leash, but I think someone else in the family should have been responsible for the dog. The dog probably weighed almost as much as the little girl did, and he was obviously too strong for the little girl to control. I initially thought about continuing my run, but quickly discarded that idea. I was too shaken up, and I needed to attend to the bite. I walked back home holding my shorts together where they had been torn, and told my husband what had happened.

I called my family doctor to see if the bite warranted a visit. My doctor told me that I did not have to come in if I would call the vet to make sure that the dog was up to date on his shots, wash the wound with soap and water, and apply antibiotic cream, which I did. Luckily, the bite did not result in a deep puncture wound. The dog raked his teeth across my skin, rather than really chomping down. As I write this, I have a very large, ugly bruise on my thigh with a few puncture marks scattered across it. It hurts to put my pants on and take them off, and I can't carry a gym bag or sleep on that side.

I tried to look online to see if I could find any tips about how to avoid being bitten by dogs while running to pass along with this article, but most of the tips would not have applied to my situation. Most of the suggestions are for dogs that are acting aggressively towards you:

- Slow down to a walk
- Don't cower
- Don't stare at the dog, but use your peripheral vision to keep the dog in your sight
- Stay calm and assertive
- Cover your head and curl into a ball if you are actually attacked

The one piece of advice that I found was to carry pepper spray, which I might do, but I still don't think that it would have helped in this instance, since I was completely blindsided and the dog attacked me from behind, after I had already passed.

I debated a lot about contacting the dog warden (Travis Hess, a member of this club!), but I finally did. I think that a dog is put down after 2 reports of biting, and I did not want to be the cause of a dog having to be destroyed. I am a dog lover, and have a beloved mutt living with me right now. The reason that I finally did contact Travis is that I wanted the family to be warned to train their dog not to go after passing strangers, especially if the stranger is running. The mom in the dog's family wanted to punish the dog after the attack, but the teenage daughter told her that this was after the fact, and the dog would have no idea why he was being punished. I believe the daughter was correct; there was no point in punishing the dog, since he would not know which behavior had caused him to be punished. I also wanted to prevent anyone else from being bitten by this dog. He needs to unlearn this behavior.

So, if you're running with me during a fun run sometime, I might cross the street and start walking if I see a dog that looks like a threat. Right now, a lot of dogs look threatening to me, but I'm sure that the bruise and the memory of the bite will fade. I definitely would not let it deter me from my favorite outdoor pastime – running!

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## Volunteers Needed for Stoudts Brewing Distance Classic

By Peter Belanger

About 8 weeks to go before the 11th annual Stoudts Brewing Distance Classic 12K. Mary Lehman, the new race director, has been working hard on the promotion and organization for this year's event. This is her first stab as an RD and she has never even seen the SBDC run before. What she is going to really need is all you wonderful

Continued on page 4

## Another Successful LRRC Corn Roast

By Bill Smith

We had Incredible weather, over 70 folks in attendance not to mention a bunch of kids, plenty of roasted corn, all kinds of other food offerings and a wide variety of beverages, many people camping overnight and various fun and unique 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.



### Continued from Page 3 **Volunteers for Stoudt's**

people who have contributed in the past to make this a world-class race.

Please plan on bringing your experience and friendly smiles as you have for me to make this another memorable event for every runner there. You all have made this race what is today and your presence will be most appreciated. This race, because of the course and location, literally eats volunteers and any and all persons who wish to help are encouraged to show up at the clock tower (8-8:30AM) the morning of the race, Saturday October 24th. Jobs include registration, water stops, course marshals, and finish line. The race goes on rain or shine so bring rain gear.

Thank you all who are able to help this year. Your great assistance has always been a comfort to me.

## Conestoga Trail Run Volunteers Needed

If you're not racing, come out and support your fellow runners on September 27. You'll have lots of fun, and many people will thank you for being out there.

The race is held on the Conestoga Trail from the Pequea Campground to Holtwood Park. Volunteers can park at the Holtwood Park parking lot and catch a shuttle bus to the registration area to get instructions.

If you have questions, you can contact the race director, Bill Smith at 717-468-3613 or via email at: [billsmithruns2@gmail.com](mailto:billsmithruns2@gmail.com)

## My Weirdest Injury Yet

By Sil Simpson

You know you're really falling apart when...

I got into my car feeling fine. I drove 50 miles, and when I got out, I was limping on a painful foot. What the...?

It felt as though it needed a chiropractic adjustment, and I did my best to correct the misalignment, but with no success. For the rest of the day, I gimped around. Fortunately, by the following day, my foot had healed itself, and I was able to run again. Still, it's getting ridiculous if I can suffer an injury while I'm driving and not ever wrecking my car.

## The \$25 Half-Marathon

By Sil Simpson

A lot of races are becoming very expensive. The Hershey Half, for example, goes for \$85, so it's nice to see a reasonably priced half. The Lions' Den Half on October 10 carries a tag of only \$25. It's in McAllasterville, Juniata County, and that puts it about 78 miles from downtown Lancaster. The course is completely rural and fairly hilly, so it will be a good challenge. I probably won't run the half, but I did run a 5K up there, and I found it to be a friendly, small-town atmosphere. So if you're looking for a reasonably priced half, this is your opportunity.

# The Obese Runner

By Sil Simpson

By contemporary American standards, I'm not terribly overweight, but sometimes I feel absolutely obese. One of the many wonderful parts of running is that it makes me very sensitive about my weight, although, in truth, my obesity is probably the dream of many non-runners who spend big bucks trying to lose weight with pills and potions.

So, while running is a great way to lose weight, it's also a great way to maintain a proper weight because a runner who gains a pound feels very uncomfortable about it.

# The LRRC's Colorado 14 Or Among runners, friendship never ends, even when the miles come between friends.

By Sil Simpson

At a recent fun run, I was talking to one of the lovely ladies in our club, and she told me that she and 13 other ladies are heading out to Colorado in late September\* to visit Joni Shirk and to run a race.

Hearing that little story made me think of how running is so much more than just a form of exercise for all of us. It also showed me that men and women definitely do have some differences. Honestly, I can't imagine 14 guys traveling that far to visit a club member who has moved, even though it's a great thing.

So enjoy your trip, ladies, and enjoy the friendships that you've made through running.

\* Identify the song that contains this line: "It's late September and I really should be back at school." Hint: It's a great song from 1971.

# Congratulations to The LRRC's State Champions

On August 2, LRRC member and former president Mimi Newcomer blistered the Gring's mill 10K in Reading to win the R. R. C. A. Pennsylvania State 10k Championship. And we're not talking about Lancaster Road Runners Club

any mere age group championship. She's the overall women's winner and a credit to her running club. Congratulations, Mimi.

Heide Moebius is also the State Champ in

the 60+ age group, and she is 16 years into that age group. Heide has amazed the U.S., Canada, and international with many of her national and international first place awards.



Beginning with this issue of our club's newsletter, we will be featuring a profile of our club's members. We are a diverse group, young and old(er), slow to fast, brand new to the club and many who have been around for more than 20 years. Running is what brings us together. We hope you enjoy finding out more about our members.

If you would like to be featured, or if you know of a member who you would like to see profiled, contact Sil Simpson at csilrun@hotmail.com

## Member's Spotlight: Fred Stevens

1. I run, therefore... *I am seldom late.*
2. I can't run without... *thinking about what I'll eat when I'm finished.*
3. Trail or roads? *Roads. I love trails but I always want to stop and do other stuff when I'm out there.*
4. If I didn't run I... *I'll run for as long as my body cooperates. I love bicycling and I love to swim - just not in chlorinated pools.*
5. Best part of running? *It keeps me fit enough to enjoy other things. I like to hike, to explore... I don't believe in doing things vicariously- I want to be in the game; and for that I need to be fit.*
6. Run alone or in a group? *Alone, mostly. Running is very personal.*
7. Favorite post run food? *A VERY rare burger!*
8. Morning or evening runner? *I prefer mornings but these days I leave for work too early.*
9. The only running shoes for me: *I've worn Brooks almost exclusively for ten years. No bells or whistles - they just fit me well. I'm still upset that they discontinued the Burn.*
10. PR's? *I don't keep track. Some courses are just faster than others. The race I'm most proud of is the '06 Dover 10 mile. I ran it in 60 minutes and a couple of seconds.*
11. Favorite race: *I like the eastern Lancaster 5 milers: Terre Hill, Bowmansville, Blue Ball.*
12. Member of LRRC since *2004.*
13. LRRC memory: *My first time at*



*Escarpment. I was new to the club and everything fell into sync that weekend... great weather, great race, great group of people.*

14. Running goal: *nothing specific.*
15. Flat or hilly? *HILLS!*
16. Hot or cold weather runner? *I run in all weather but I prefer the heat - I don't like to feel encumbered by a lot of clothing accessories: gloves, hat, etc.*
17. Facts about you: *No facts. I'm largely a figure of conjecture.*
18. Favorite or recent book: *Guilty pleasure: I like the Pendergast novels by Douglas Preston and Lincoln Child.*
19. Farthest run: *I've done half a dozen marathons, but no ultras (yet). I'd like to do the "Rocky Run" in Philly this year.*
20. Running hero: *n/a*
21. One thing about me most people would be surprised to know is... *I'm pretty much an open book. I don't think there's too much surprising stuff here.*
22. Hometown: *I grew up in Brownstown... before Schaum's Corner had a traffic light!*
23. High school attended: *Conestoga Valley '85*
24. Favorite color: *Green*
25. Favorite song/band: *Huge fan of Frank Zappa and The Mothers.*
26. Favorite board member: *Surf? Eddie Aikau, naturally.*



## Fall Race Calendar

### September

- 11 Bird-In-Hand 5K**  
6:30 PM, [www.bihhalf.com](http://www.bihhalf.com)
- 12 Pagoda Classic Road Run 6k and 12k**  
7:30 AM, Reading  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 12 Reamstown Days 5K**  
9:00 AM, Reamstown  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 13 IMABLE Run/Bike/Run Duathlon & 5K**  
[www.iamablefoundation.org](http://www.iamablefoundation.org)
- 13 Hear Our Voices 5k**  
10:00 AM, Reading  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 16 Happy hour 5K**  
5:30 PM, Harrisburg  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 17 Third Thirsty Thursday 5K**  
7:00 PM, Reading  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 19 East Pete 5K**  
9:00 AM, East Petersburg  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 19 Pretzel Twist 5-Miler**  
8:30 AM, Lititz  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 19 Donegal Foundation 5K**  
8:00 AM, Marietta  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 19 Hard To The Core 5K Mud Run**  
8:30 AM, Morgantown  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 19 Run For Peace 5K**  
10:00 AM, Elizabethtown  
[www.etowncob.org](http://www.etowncob.org)

- 20 Nirav's Run 5-Miler**  
9:00 AM, Reading  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 20 Clarabeth 5K**  
10:00 AM, York  
[nocc.kintera.org](http://nocc.kintera.org)
- 26 Huey Hustle 5K on the Runway**  
8:00 AM, Lititz  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 26 Screamin' Eagle 5K**  
9:00 AM, Denver  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 27 Michael Wise 5K**  
10:00 AM, Reading  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 27 Conestoga Trail Run, 10-Miler**  
10:00 AM, Pequea  
[Irrclub.org](http://Irrclub.org)

### October

- 3 Fummer 5K**  
9:00 AM, Franklin & Marshal College, Lancaster  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 3 Hartz Physical Therapy 5K**  
9:00 AM, Lititz  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 3 Iron Bridge Run 5K**  
9:00 AM, Lancaster  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 4 Hanover YMCA Half-Marathon**  
8:00 AM, Hanover  
[www.hanoverymca.org](http://www.hanoverymca.org)
- 4 Colonial Park 5K**  
9:30 AM, Harrisburg  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 4 Kids' Chance 5K/10K**  
2:00 PM, Harrisburg  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 10 Run For the World 5K**  
9:00 AM, Millersville  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 10 Lion's Den Half-Marathon,**  
10:00 AM, McAllasterville, PA  
[www.fayettelionsden.org](http://www.fayettelionsden.org)
- 11 Kyle Pagerly Memorial 5K**  
9:00 AM, Shillington  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 11 Sloppy Cuckoo Trail Half and Marathon**  
8:00 AM, Philadelphia  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

- 11 Oberod 5K Trail Run**  
9:00 AM, Centerville, DE  
[www.cffde.org](http://www.cffde.org)
- 15 Third Thirsty Thursday 5K**  
7:00 PM, Reading  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 17 Oregon Dairy's Inaugural Corn Pickin' 5k**  
8:00 AM, Lititz  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 17 Race to Empower 5K**  
9:00 AM, Doylestown  
[www.awomansplace.org](http://www.awomansplace.org)
- 18 Evansburg Challenge 10 Mile Trail Run**  
10:00 AM, Collegeville  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 24 Correr for CARE 5K Cross Country**  
9:00 AM, Lancaster County Park  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 24 Stoudt's Distance Classic 12K**  
10:00 AM, Adamstown  
[Irrclub.org](http://Irrclub.org)
- 25 Relay For Life Fall Fun Run 5k**  
9:30 AM, Lancaster  
Stephanie Delp, 717-397-3745  
[Stephanie.Delp@cancer.org](mailto:Stephanie.Delp@cancer.org)
- 25 Fitzy's 5K**  
10:00 AM, Reading  
[www.laurensfoundation.org](http://www.laurensfoundation.org)
- 25 Tussey Mountain 50-Mile Ultramarathon & Relay**  
(5-person teams)  
Boalsburg, PA  
[www.tusseymountainback.com](http://www.tusseymountainback.com)
- 31 Trick or Trot 5K**  
9:00 AM, Lancaster  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

### November

- 1 Oley Valley 10-Miler and 5K**  
9:00 AM  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 7 Wrightsville MAG 5K**  
9:00 AM, Wrightsville  
[svcc@parivertowns.com](mailto:svcc@parivertowns.com)

# Race Etiquette

As you can see from the *Racing Schedule* on the facing page, the number of races picks up beginning in September. The coming cooler temps are certainly more conducive to running races.

So for any of our LRRRC members thinking about running their first race, or for our seasoned racers, the following information from the Road Runners Club of America should make your racing experience much more enjoyable and fun.

## General Rules for Running in an Event

- Follow the rules of the race outlined on the race entry form! All runners have a collective responsibility to keep the event safe. Races generally discourage running with dogs, headphones, cell phones, and jogging strollers.
- Pre-register even if same day registration is offered. This will help ease the registration process for everyone involved.
- Arrive early for the event, especially if you are picking up your number on race day. Check your registration information carefully, especially if you are racing for an award or prize money.
- Use the facilities before the race start to lessen the need once on course, and help keep the facilities clean for person in line after you.
- Pin your race number on the front of your shirt/shorts. This is where it is most visible for photographers and race officials.
- Line up according to how fast you plan to run or walk the event. Slower runners and walkers should move to the back of the race pack. Just because you arrived early does not mean you should be at the front of the starting line.
- Pay attention to the pre-race instructions. This is not the time to be blaring your favorite song on your personal music device (which should be locked in your car or at home).

## Race Etiquette on Course

- If you drop something as the race starts, don't stop and pick it up! Wait until almost

everyone has crossed the starting line; then retrieve it.

- Don't drop clothing on the course after you warm-up. If you must shed layers of clothing, tie them around your waist or place them on the side of the road where no one will trip over them. If you drop it; don't expect to get it back.
- Run or walk no more than two abreast.
- Do not block runners coming up behind you by swerving needlessly back and forth across the course.
- If you are walking in a group, stay to the back of the pack and follow the two abreast rule.
- Bodily functions are a fact of life during a race. If you need to spit, blow your nose or throw-up, move to the side of the road and do it there. If nature calls, check for a port-a-potty, an open business, a kind neighbor along the course, or as a last resort, a discreet clump of bushes before relieving yourself.
- Move to the side if someone behind you says "excuse me" or "on you're your right/left". The person behind you is giving you a heads up before passing. It's proper race etiquette to let that person pass you without blocking their effort.
- If someone in front of you is wearing headphones, and they are blocking, gently touch their elbow or shoulder as you pass to alert them to your presence.
- If you need to tie your shoe or stop for any reason (phone call, nose blow, etc) move to the side of the road and step off the course.
- Pay attention to your surroundings. The course may or may not be closed to traffic. It is your responsibility to watch for oncoming traffic!
- Yield the right of way to all police and emergency vehicles. Yield the course to wheel chair athletes, you can change direction or stop more quickly than they can, especially on a downhill.
- Don't cheat! Don't cut the course or run with someone else's number.

Enjoy your race!

## Aid Station Etiquette

- When approaching an aid station to hydrate or re-fuel, move to the right and grab your

fluid/nutritional needs from the volunteers or the aid tables then continue forward away from the volunteers or aid table.

- If you need to stop at an aid station step to the right side of the road and proceed to the aid station, but do not block others from accessing the aid tables or volunteers handing out fluids.
- Throw your used cup to the right side away from the course as close to an aid station as possible. Drop your cup down by your waist as opposed to tossing it over your shoulder. The person behind you may not appreciate the shower if the cup is not empty.
- Say thank you to the volunteers manning the aid station.
- If you see someone in distress on the course, report their number to the aid station and try to recall the approximate mile marker where you saw them.

## Finish Line Etiquette

- If you neglected to leave your personal music device at home, now would be the most important time to remove your headphones.
- Follow the instructions of the race officials at the finish.
- If a friend or family member is running the last stretch with you and isn't in the race, he/she should move off the course before the finish chute starts.
- Once you have crossed the finish line, keep moving forward until the end of the finish chute. Stay in finishing order if the event is not electronically timed so the finish line volunteers can remove the pull tags for scoring.
- If the event is electronically timed, be sure to return the timing tag/chip before leaving the finishers' chute.
- Exit the chute and wait for friends or family in a central location.
- Enjoy the post-race refreshments, but remember it is not an all you can eat buffet for you and your family.
- Stay around for the awards ceremony to cheer on the overall winners along with the age group winners. Running is one of the few sports where the participants get to mingle closely with the event winners.

**Be proud of your accomplishment!**

## 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**