



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
January/February 2016



Welcome our newest LRRC members:
Isabel Bentz - Lancaster
Kristine Eves - Lancaster
Nancy Schuyler - Lancaster
Andrew Hilla - Willow Street
Don Korenkiewicz - Kirkwood

LRRC Members Participate in the Annual Christmas Eve Fun Run



President's Message

By Mary Lehman

It was the perfect morning, brisk and clear. I was ready to race. I hadn't run a race since April and I was eager to run hard. I pranced around the night before, shadow boxing my daughter and listening to music that went, boom, boom, boom, boom! My body was wound tight and ready to spring. I awoke that morning feeling the same

energy. I felt electric.

The crowd that gathered for the inaugural Corn Pickin 5k at Oregon Dairy on October 17th 2015 was about 150 in number, so I knew my odds were good to place in my age group. At the start, I saw John Keener (LRRC member and husband to the late LRRC member, Jody Keener). He greeted me with his signature smile and the report that the humidity was low and great for racing. I made some comment about being comfortable on uneven surfaces (a reference to running Sunday mornings at County Park with the LRRC), since this was

mostly a cross-country course. John smiled again, I thought of Jody, he wished me luck, and it was time to race.

I worked my way to the starting line, and we were off! I pushed hard up the slight incline and thought I heard someone call my name. Before long I passed the 1-mile marker and then the thought hit me, there were no females ahead of me. I surged on and tried to push that nagging thought out of my mind for surely, any minute, I would be passed by a female runner.

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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.

2016
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 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@yahoogroups.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)

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President's Message

Mile 2 passed by and still I was leading the females to the finish line. Now my brain really started to swim, and I had the realization that I was running towards something I never dreamed possible. Still, there was too much race left and I pushed those thoughts aside and focused on breathing and good posture and one foot in front of the other.

As I rounded the turn towards mile 3 and the home stretch, John Keener came into view and he yelled to me, "Mary you are the first female!. Get going! There's a female on your tail!" And I thought of Jody again and I knew what she would have done and what I must do. RUN!!!

I entered the corn maze and started to zig and zag through the narrow maze and I knew that the chances of a female catching me now were low. My brain started to scream, "You are about to do this!!! You are about to win!"

Crossing the finish line that day was one of my proudest moments. Hearing someone say, "That's the first female," and knowing it was me, was completely surreal. I never thought in all my life that I would ever have that moment, ever have the honor of being the first female to complete a race.

As I pondered that day, I realized what made that victory truly meaningful were all the people that I was able to share it with: LRRR fellow member John Keener, Derv, my supportive husband, my children, my friends Betsy, Joy and Verna (Verna, who wore her first race bib that day at age 79), my Mom and Dad and my (uninterested) younger brothers, my running friends (who just get it), Sil Simpson who emailed to congratulate me after seeing my name in the results, Bill and Dolores Smith, Tim Good and too many others to admit to.

We run for so many reasons: the joy and love of running, health, lean figures, good causes, the glory, peace, sanity, goodie bags, and t-shirts, but what would running be without people to share those things with; it would still be good, but with people

it becomes great. Running is the thing that brings us together for the moments when you reach the finish line first or set a PR or complete your first mile. People are the reason you feel better after a surgery that keeps you from running, who help you go on after losing your spouse, and who inspire you to believe that someday when you're seventy, you may still be running too. Thank you, Lancaster Road Runners Club, it's been a great year. As I bid you adieu as your co-president, I wish you many, many more happy miles, surrounded and supported by those you love.

In Loving Memory of Jody Keener

LRRR Around The World

As runners, we always enjoy being able to race when we're away from home. Sometimes we travel specifically for a race, and sometimes we're lucky enough to find a race when we travel. Either way, it's fun to run far from home, and on November 1, LRRR members Tim Good and Deb Kirchner competed in the Frenchman Bay Conservancy Autumn 4.2 Mile Trail Race in Sullivan, Maine.

As you'd expect for a race in Maine, it was rather hilly and rocky, and both Tim and Deb ran well. In Fact, Deb (photo below) picked up a second place award in her new age group. Well done, world travelers.



Reindeer Romp 2015

By Kathi Markley

So I was all set for the First ever Reindeer Romp Fatass, when I got a message from Ace Reporter Dan Nephin. Seems the Decatur St. Trailhead in Marietta had a corpse found on it! I confirmed this and quickly notified the 10 other participants, (Kaye and Alan Mede, Kristey Curtis, Stacey Bradley, Mandy Pierce, Roz Burke, Stephanie Miller, Peg Saunders, and Sarah and Mike Lutz). We all assembled at Riverfront Park, a few miles north, and the first part of the Fatass was held.

All participants were asked to bring items for those in shelter. I announced that the prize would be awarded after the run.

We ran the trail from Riverfront park for an hour or so, and once we reassembled, I judged to see who donated the most items. After a careful overview, I announced a tie between Stacey and Kristey! Stacey got a gorgeous antler headband and Kristey got a beautiful tinsel reindeer!

We all headed to McCleary's for a festive part 2, and got even further into the Christmas spirit.

I am planning another Fatass close to St Patrick's day, again all are welcome!

Presenting Your LRRR Officers For 2016

The LRRR held officer elections on Thanksgiving morning after the club's annual and infamous Fowl Run at Long's Park.

Our Club's 2016 officers were elected and please welcome... Drum roll, please:

Presidents: Paul Davey, Laura Garver and Tim Good

Secretary: Brian Mitchel

Treasurer: Dolores Smith remains

Haberdasher: Mary Lehman

Thanks to these officers for their service!

Time To Become A Morning Runner

By Jim Castanzo

I think I'm a morning person. I'm up at 6:00 AM, as early as 5:30 in the summer when the sun rises earlier. I like getting an early start. But when it comes to running or getting to the "Y", I don't have the same motivation for an early morning workout. For years I've used the excuse that since high school, all my sport activities were held after classes - high school football, college lacrosse and football and post college rugby. When I did get to the gym and when I was running on a much regular basis, I ran after work. So I figured that years of expecting my physical activity to be post 3:00 PM, my body's biorhythms were reset to the late afternoon. And that has become a problem. It seems all my volunteer meetings are in the evenings. And by 6:00 PM, I've already been going for 12 straight hours so by then I feel fatigue setting in and my motivation waning. The obvious fix - run or get to the "Y" in the morning!

This morning aversion is all mental. I remember having this conversation with Sil several times over the years. Sil is a morning runner. I've seen him running in my neighborhood at the crack of dawn. He always felt morning runs were better for him especially since most races start - in the morning! Sil keeps telling me it is all in my head. He's tried to convince me that once you get into it, I will adjust.

So like everything I do, I've started research in order to get my head into this morning thing. I have never made a New Year's resolution in my entire life, but this year I AM. I am going to start my days with a run and/or visit to the "Y."

This past October, RUNNER'S WORLD magazine ran a timely article: *The Benefits of Running in the Morning*. I'll share the highlights of the article for those like myself who are physically challenge morning people.

Dr. James Mojica, a sleep physician, says you CAN turn yourself into a morning person. He runs first thing four times a week. But before I make the change, I need to address several points:

Weigh the pros and cons

If you're on the fence about converting

to early workouts, draft a checklist of pluses and minuses. On the plus side, jot down all the benefits of running first thing: getting the workout out of the way, great start to the morning, extra time during the day, and so on. The minus side might include having to go to bed earlier, being unsure about running in the dark. 'Hopefully the runner will see that the benefits outweigh the drawbacks, and that some of the drawbacks, like going to bed earlier, may in fact be beneficial or at least good habits,' he says.

Find the right route

Getting out of bed isn't the only obstacle early morning runners face. Sometimes paths that are idyllic at noon or 6 PM are downright dangerous at dawn. Before your first early run, give your usual paths a second look, paying special attention to the lighting, shoulder width, road conditions, and traffic patterns. Think about scouting around for some new scenery, and make sure family members or a friend have a list of your planned running routes.

Wear the right gear

What you wear is also a safety issue, and dark-colored clothing is better left at home. Instead, 'dress like a Christmas tree,' says race director Felicia Hubber. That means bright colors from head to toe with plenty of reflective accents. Clip-on lights that flash red and reflective vests will also make you more visible to motorists. To be super-smart, wear a headlamp or carry a flashlight if you're out before dawn. In 2010, Runner's World conducted a field-test study that found drivers can spot headlamps from 2500 feet away; reflective details on clothes and shoes can be seen at only 300 feet; and a plain white shirt is visible from just 50 feet away.

Create a mantra

Having an early morning power phrase that will get your butt out of bed is crucial for those first few transition weeks, says Raglin. Try: If I run now, I can feel good about it all day. If I skip it now, I'll feel guilty all day; or A few moments of discomfort now, a day's worth of elation later.

Very few people are able to just wake up and run. Instead, our bodies rely on morning rituals just as much as evening ones to tell it what to do.

Consider starting your day with the following routines:

THE NIGHT BEFORE

Research suggests that seven to eight hours of sleep is optimal for most people. So if you want to run at 5:30 AM, you'll need to be tucked in by at least 10 PM, or even earlier if you want to give yourself a few minutes to really wake up. These tips will help make the transition easier.

Have a hearty dinner

Food is directly related to running performance, says dietician Nancy Clark, author of *The Sports Nutrition Guidebook: A Food Guide for Marathoners and New Runners*. A meal the night before should be an easily digestible one with carbohydrates and protein, like stir-fried rice with vegetables and tofu.

Get your gear ready

'Being ready beforehand means I have no excuses not to go, and it also eliminates the need to remember everything when I'm still in a morning fog,' says Kim Burie, 42, who two years ago decided to run at the crack of dawn so she could get in longer workouts. Once she's showered after each morning run, she lays out her gear for the next day. Before bed, she preps her water bottle and recharges her phone.

Dim the lights

Darkness helps to stimulate the release of melatonin, which is the hormone that signals night and makes you sleepy, says Dr. Mojica. Thirty minutes before going to bed, dim room lights and turn off all electronics: The screen glare will trick your brain into thinking it should still be alert.

Create a sleep ritual 'Having a nightly routine that serves to wind you down is important,' says Dr. Shelley Tworoger, who conducted a major sleep study in 2003. Being active late at night will override your sleep signals, she says. Instead, take a bath, have a cup of tea, read, or do some stretches.

Set the right alarm (or two)

Before he goes to bed, lawyer Nick Bigney, who switched to early morning workouts to avoid work interference, sets four 'obnoxious'-sounding alarms on his phone. 'The first goes off when I want to get up, the second when I should get up, the third when I need to get up, and the final one

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Lancaster Road Runners Club



Member Spotlight - New President
Paul Davey

I run, therefore I ... stay in shape.

I can't run without ... comfortable and light shoes.

Trail or roads ... trails 1000%!

If I didn't run I ... would never have met the hundreds of people I've met running and racing.

Best part of running ... is the feeling of accomplishment during and after a good strong run where you know you didn't leave anything in the tank.

Run alone or in a group ... I like to run alone and in a group. Usually I run alone because my pace is a bit too high, but I welcome running with anyone.

Favorite post run food ... easy answer is candy, but the real answer is pretzels.

Morning or evening runner ... any time of day or night runner.

The only running shoes for me ... are the ones I bought; the brand can be anything as long as I like them.

PR's ... Marathon 3:13, 5k 17:30, Super-Hike 50k 5:46

Favorite race ... Escarpment 30k

Member of LRRC since ... uhhh I don't really remember.

LRRC memory ... accidental hot sauce in my eye at Jack's during one of my first Part II's.

Running goal ... run forever.

Flat or hilly ... hilly for sure. I want a challenge and a change of scenery instead of bland flat land.

Hot or cold weather runner ... I prefer hot and sticky. Cold weather always kills my toes.

Facts about you ... Studying to become an accountant, single, living with my father, 5'11", works at CVS, never had a broken bone.

Favorite or recent book ... haven't been much of book reader recently.

Lancaster Road Runners Club



I would have to say the Lord of the Rings trilogy is the best reading I've done.

Farthest run ... 50k. People always tell me to go for 50 miles but I need more training.

Running hero ... Scott Jurek ever since he completed the FTK on the AT this year.

One thing about me most people would be surprised to know is ... I'm not much of a beer drinker ... or vegetable eater.

Hometown ... Lancaster.

High school attended ... Lancaster Catholic

Favorite color ... Orange.

Favorite song/band ... I have some weird music tastes, mostly bands that don't use vocals. Explosions on the Sky is the band, It's Natural To Be Afraid is the song. Take 13 minutes out of your day and listen.

Favorite board member ... LRRC board member? Dolores Smith!

I am not a runner, but I walk, therefore I ... speed walk.

No Run, No Sleep

By Sil Simpson

When I had a little boo-boo that kept me from running for a few days, I had an interesting realization. If I don't run, I don't sleep well, and other parts of my life don't go as well as they should, either.

It seems that I have to earn my sleep with exercise or, (gasp) some significant manual labor. A few hours of gardening will help, but I can get a better sleeping benefit from a run than from any other form of activity.

And while I don't know exactly what my minimum running requirement for a good night's sleep (MRRfGNS) is, I do know that I can get it in one of two ways. I can run for a while (aerobic exercise), or I can run intensely for a much shorter time (anaerobic exercise). Both work well, and it's my personal experience that a short sprint workout has as much sleeping benefit as a run of 5 miles.

So, in 15 minutes I can get enough anaerobic work to push myself to the level of exhaustion that will give me good sleep. If I'm just out moving along in my legendary Glacier Gear, I need at least half an hour to get to a good feeling of exhaustion.

At night, I can always tell if I've done enough to earn a good night's sleep, and I often have my best sleep on Tuesday nights, after our Fun Runs. I like to mix in a little speed work on Tuesday night, and that always helps me sleep well.

I guess that it's inconvenient to be dependent on my run to sleep well, but in a way, it's a good thing. It's my daily reminder to get off my lazy backside and go out and do something.



2016 RACING SCHEDULE

Winter Race Calendar

Our race choices diminish during the cold months, but with a little travel, it's possible to find a race within 50 miles just about every weekend of the winter. Many of those races are parts of series, and we're fortunate to have a group of wonderful series in Lancaster, Berks, York, and Chester counties.

January 10
January 31
February 21

Downingtown 5K

9:00 AM
Chester County Running Store,

February 6

Myerstown Four Chaplains 4-Miler

10:00 AM
<http://pretzelcitysports.com/>

February 13

Cupid's Chase 5K

9:00 AM, Harrisburg
<http://www.appliedracemgmt.com>

Nearby Winter Series

E-Town Frozen Foot

Sundays, 2:00 PM, E-Town College
January 17
February 21
March 20
www.appliedracemgmt.com/frozen-foot-5k-race-series/

York Winter Series

January 16, 9:00 AM
Northeastern 5K

January 30, 9:00 AM
Jacobus 5 Miler

February 20, 9:00 AM
Springettsbury 10K

March 5, 9:00 AM
To be announced.

www.yorkroadrunners.com/events-winter-series.aspx

Reading Shiver By The River 5K & 10K

Sundays, 11:00 AM, Jim Dietrich Park, in Muhlenberg Twp, near the intersection of Stoudt's Ferry Bridge Rd and Tuckerton Rd.

January 10
February 14
March 13
www.pretzelcitysports.com



Annual LRRC County Park Run & Breakfast Sunday, February 14 Starting 9:00 AM

Join the members of the LRRC for the 7th Annual County Park Run and Breakfast at the Exhibit Farm Lancaster County Park.

The Exhibit Farm is two miles south of the center of Lancaster City on Rt. 272, turn left on Golf Road through Media Heights Golf Course, go 0.6 mile and turn right on Exhibit Farm Road. Farm is at the end overlooking Mill Creek.

Meet us at 9:00 to run the trails of the County Park. Return for hot breakfast inside the farmhouse.

We will be serving up everyone's favorite. Please bring something to share.

Call or email for directions or information and to let me know what you can bring so we can have a variety. Steve Farrah: 201-3173 or farrahjs@comcast.net

2015-2016 LRRC Winter Trail Running Schedule

Date	Location	Special Part 2
January 14	Pinnacle	
January 21	Pumping Station Road	
January 28	Landis Woods	Swarm?
February 4	Climbers Run	
February 11	Tucquan Glen	
February 18	Stoudt's	
February 25	Lock 12	
March 3	Fishing Creek	
March 10	Holtwood	
March 17	Rocky Ridge	
March 24	Martic Township	
March 31	Susquehannock	
April 7	Reservoir to River	
April 14	Money Rocks	
April 21	Shenk's Ferry	
April 28	Nolde Forest	

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Morning Runner

is when I should be out of the door,' he explains. If you can't risk waking others, Dr. Mojica, who is also an early morning runner, likes a vibrating alarm (available on many sports watches and phones).

IN THE MORNING...

Turn on lots of lights

'It's tempting to keep the lights low to ease your way into waking,' says Dr. Mojica. Don't. 'It's important to quickly expose yourself to bright light to signal to your brain that it's time to be awake.' Meghan Ridgley keeps her gear in the bathroom where the light won't bother her family.

Find your mojo

When Joanie Templeton's alarm goes off at 4:30, she grabs her coffee mug and logs onto Facebook, where she looks for quick motivation. Ten minutes later it's shoes on, earbuds in, and out the door. 'I really rely on that jolt of motivation,' she says. (Be careful not to spend more than a few minutes for fear of getting sidetracked.) Nick Bigney gets his energy surge seeing people who are just waking up and turning on their lights and thinking to himself, 'You've already been beating them for an hour.' And for Meghan Ridgley, the sunrise waiting for her at the end of each run is all she needs to get out there.

Have a small snack

Your stomach may be grumbling and your energy will be extra low in the wee morning hours. A small morning bite will go a long way to getting you ready to run first thing, says sports nutritionist Nancy Clark. A banana, crackers with peanut butter, an energy bar, or a hard-boiled egg with a piece

of toast will jump-start your blood sugar. And don't forget to hydrate: Drink water before you head out.

Make time for coffee

Runners love their coffee. And even if it takes time for the caffeine to work its magic, Clark says a cup of java is about so much more than the stimulant: 'It's the reaction your body has to the scent, the warmth, the taste.' Kim Burie, who's up at 5AM, adds, 'I check my emails while I have some coffee. It gives me time to really wake up before I'm out the door.'

Let your system wake up

Another good reason to wake a few minutes early is to give your digestive system time to work. Eating something and having a glass of water will usually speed things along, says Dr. Mojica.

Don't expect magic overnight

Changing your evening patterns will likely take a few weeks to stick, cautions Dr. James Mojica. If you're used to going to bed at 11 PM, for example, try turning in 10 minutes earlier and waking 10 minutes earlier for a week. 'After a few days of going to bed earlier, I was still having a hard time,' says runner Meghan Ridgley. 'But I stuck it out, and one day it was suddenly no big thing.'

Practice makes perfect

For your first week or two of early runs, you may find it beneficial to experiment with different types of morning snacks, or varying your wake-up time until you find what works best for you. 'My stomach is iffy in the morning,' says runner Kim Burie. 'But I really didn't know how much to eat - or not eat - until I had tried a few different things.' Adds Dr. Mojica: 'Converting is all about trial and error. Don't give up if on that first or second

time out you had to turn back to use the bathroom or found yourself starving at two miles. Just tweak things the next day - and the next, if you have to.'

READY, SET, RUN

Your body tends to be tighter in the morning, and you have a lower core temperature. Here's how to warm up wisely for better performance:

Go old school

As in classic calisthenics. Jumping jacks, squats, and walking lunges all serve to 'get the bones moving first thing,' says Dr. Jordan Metzl, a sports physician who has completed several marathons and Ironmans. 'An active warm-up will make that first mile feel a lot better.'

Start slow 'I run the first mile slower than I otherwise would to wake up my muscles,' says Nick Bigney, who averages 40 miles a week.

So, I'm now armed with expert advice. Time to give it a try. I'll let you know how it goes.

Annual LRRC Awards Banquet

Be sure to get this on your calendar - Saturday, January 30 at Meadia Heights Country Club. This is always an evening of great fun, fellowship, outstanding food and an opportunity for us to recognise the work and accomplishments of our fellow club members. The menu will include chicken, beef and a pasta dish, veggies, cheese and desserts.

You should have received your banquet registration and awards ballot in the mail at the end of December.

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