



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
March/April 2016



*Please welcome our newest LRRRC members:
William Nolan - Lancaster
Myron Zwally - Ephrata, PA*

Members participating in the Annual LRRRC Park Run & Breakfast



President's Message

By Tim Good

Well, it started out as if it was going to be a great running winter. 62+ degree on

Christmas Eve morning for the group run at the Dispensing Company, the stream crossings were pleasant at the Eye Opener, 40 degree temps for the polar bear, then we hit February. For me, 30" of snow killed my weekend

and my back. Luckily, Deb helped me dig out, and then I could play.

I tried out my snowshoes and XC skied in our backyard along the river. This is about the time cabin fever sets in and we feel trapped and wishing we could fulfill our goals we set for 2016. Getting out there on our limited time, between daylight, safely running in streets and cleaning up snow seems to be a struggle for most. Take this time and plan for a strong spring. We have plenty of great events ahead. Look at it this way, if we had a warm winter, by May we would all be burned out....at least that is my story.

Our attendance is very strong Sunday

AM and we mustered thru some really tough days. I have been talking to the group as we run and it seems that there are some really great goals set for 2016, for some. Whether it is a first time 8K, or a full marathon, that specific goal is what is driving us to get up and get out there. I hit some of my goals and during my recent involvement with the LRRRC, I had made many friends, probably a few enemies, but who hasn't.....anyway? For me there is a "sport side" and a "coach side". The sport side drives me to not eat cupcakes and take vitamins, run with Dan on Saturday mornings and hit the track club workouts. This

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About your address 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.



Club t-shirts, jackets, singlets and patches are available for purchase. Call the club haberdasher for prices and size availability

MEMBERSHIP INFORMATION

The Lancaster Road Runners Club has been in existence since 1977 when a few motivated local runners organized a club catering to the needs of runners in the area. Our club would like to continue to attract new members of any ability, and we invite YOU to join us. You'll find a club membership application on page 8. The LRRC is a local organization, located in Lancaster and is affiliated with the Road Runners Club of America. Our club has never been, nor will be, elitist. We are NOT an organization strictly for running "fanatics" or "super jocks". We support running men, women, and children of all ages and levels. Our club is a group of people who appreciate the running experience and whose collective abilities range from the around-the-block joggers to serious long distance competitors. Our main objective is to promote good health and physical fitness derived from running. We support fund raising events and races that benefit local and national charities.

Lancaster Road Runners Club
PO Box 7172
Lancaster, PA 17604

Email: lrrclub@yahoo.com
Website: <http://lrrclub.org/>
Groups Web Site:

You can join this group and get frequent emails and updates.
<http://groups.yahoo.com/group/LRRClub>
Email: LRRClub@yahoo.com

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

would be the hard-core athlete side, all business.

The "coach side", is the side who organizes runs, helps out at races and listens to others. This is actually my favorite side because you guys are strong. Everyone I talk to on roads, track & trails has a great story. Listening and being able to help is a huge gift. I am not sure how much I actually help, but I'll keep trying.

Finally, I want to thank the council for the award of Road Runner of the Year!

Thanks Andy for the accurate description of my athletic career. And backwards it is. A word that was used to describe me during the banquet. Out of the original context it is somewhat inaccurate. Describing my progression to where I am at now is very accurate. I started riding in 2003, raced and tapered into running. I feel very proud to be part of the brotherhood of runners to receive this award.

I love to bike, but I love to run with you guys more. I look forward to a great spring and a long hot summer!

So, we are heading into March. Let's hit it hard March & April, so we can fly thru summer injury free.

Weight Training

By Sil Simpson

At our Awards Banquet, Justin Geissinger*, our presenter and a physical therapist, asked how many of those in the room do weight training regularly. I was one of the few to raise a hand, and so I'll give a little plug for weight training, which is definitely not the same as being a weight lifter.

Being stronger is better than being weaker, and while weight training may not make a runner faster, it does help to prevent injuries.

I've been doing strength training for many years, and I've come to enjoy it. I do my "lifting" at the Y in the city, and I frequently combine my run with my weight work. So, if you want to decrease your chances of injury, weight training is definitely a good addition to your training program.

For some weight training help for beginners, Runner's World has an Lancaster Road Runners Club

online site with some good advice: - <http://www.runnersworld.com/tag/strength-training>



Justin Geissinger, DPT

Below is an additional list of running resources Justin suggested we check out:

- **Strength Runner** - Blog that lists out training plans and advice on a wide array of topics related to running. <http://strengthrunning.com/>
- **Prana Functional Manual Therapy Blog** - <https://pranaptblog.wordpress.com/>
- **7 minute Workout** - NY Times article referencing its effectiveness - http://well.blogs.nytimes.com/2014/10/24/the-advanced-7-minute-workout/?_r=0
- **Mattock dynamic warm-up** - Link lists instructions and benefits w/ performing routine as well as providing video: http://running.competitor.com/2015/06/training/the-mattock-dynamic-warm-up-for-runners_129674

**Justin Geissinger is a Lancaster native, physical therapist and avid runner. He works at Prana Functional Manual Therapy on North Prince Street, and he loves to help runners come back from injury.*

Be Irish For A Day

By Kathi Markley

The St. Patrick's Day Fatass Trail Run will take place on March 12 at 9:00 AM at the Conewago Trail off Route 230 in Elizabethtown.

Come run the gorgeous out and back trail with your LRRC pals as far

as you want to, then follow up with a great lunch at Funk's Brewing in Elizabethtown.

There is no cost, no aid, no whining of course, but if you can, please bring some non-perishable food for the Lancaster Food bank. The person bringing the most food will win a prize. Finisher awards will be provided for all!

Questions? Call me 717-330-9357. Hope to see you there, Kathi

Annual LRRC County Park Run & Breakfast



Close to 50 members of the LRRC gathered for the 7th Annual County Park Run and Breakfast at the Exhibit Farm Lancaster County Park on Sunday, February 14.

This hardy bunch ran the park trails before returning to farmhouse for a well earned hot breakfast.



Congratulations to Our Honorees

The social event of the year, the LRRC's Awards Banquet, took place on January 30 at Media Heights Country Club. The only disappointment was that the Kardashian clan failed to show up, but we fought through our disappointment and had a wonderful evening. At the banquet, many club members received awards for their achievements during 2015. This year's recipients are featured on this page.

The facing page shows some random photos from this year's banquet. The food, company and presentations were excellent.

If you would like to see a list of all our award winning members since 1981, see Sil's story on page 7 of this issue.

Thanks to the banquet committee for making this a fun and memorable event.



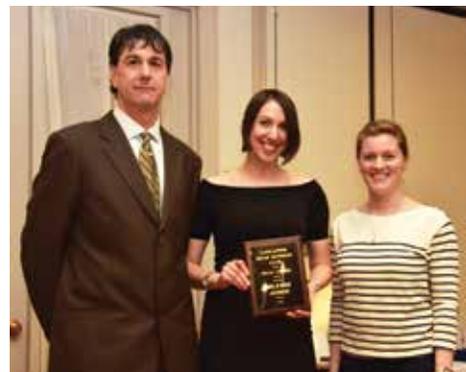
Steve Farrah - Lifetime Achievement Award



Tim Good - Runner Of The Year



Cindy Book & Paul Davey - Most Improved



Olga Clark - Tenderfoot & Mileage Junkie (650 miles)



Mary Lehman - Service Award



Kristy Curtis - Stumblefoot



Chris Pierce - Most Supportive Spouse



Bob Bergman, Paul Davey and Mary Lehman ham it up during Mary's pitch promoting LRRC-branded merchandise.



Dan Nephin - Mileage Junkie (3112 miles), Dan was unable to attend the banquet



Stephanie Miller - Volunteer of the Year, Stephanie was unable to attend the banquet



MEMBER'S SPOTLIGHT

Stephanie Miller



Member Spotlight - Stephanie Miller

I can't run without company (friends or my dog)

Trail or roads - Generally prefer roads but I also enjoy trails

If I didn't run I would be much more stressed and a little fatter.

Best part of running is being in a social group of like-minded people.

Run alone or in a group - group

Favorite post run food - forget food, give me a drink.

Morning or evening runner - evening, mornings are for sleeping.

The only running shoes for me are Asics. At least that is what I end up buying.

PR's - 2012 for Marathon & half - Marathons. Just like my weight, I prefer not to tell my times.

Favorite race - Philadelphia Rock and Roll Half-Marathon; for trails Mrs. Smith/Smiths Challenge

Member of LRRC since 2001 or 2002?

LRRC memory - doing the Dublin Marathon with 3 other club runners and seeing a LRRC banner on the course that my kids had made to cheer us on.

Running goal - always to keep moving

Flat or hilly - flat

Hot or cold weather runner - hot (bring it on)

Favorite or recent book. I am pretty much a mystery junkie (usually British) but I am currently going through Craig Johnson's Longmire series. Great sense of place, well developed characters and insightful story line. However, my all-time favorite book has to be "Pride and Prejudice".

Farthest run - 26.2

Running hero - Joni Shirk - She has been awesome at organizing runs and motivating me. I would NEVER have run the Nittany half-marathon in Penn State in December - hilly, cold but ah yes, there was beer on the course.

One thing about me most people would be surprised to know is that my husband and I lived in Iran for 2 1/2 years and that I have a strong desire to return for a visit.

Hometown is King of Prussia

Favorite color - Purple, now that I am old.

Favorite song/band - indie group "Caravan of Thieves"

Favorite board member - Bill Smith - he is older than me.





2016 RACING SCHEDULE

Winter/Spring Race Calendar

Ah, Spring. Time to get back to the races. We're fortunate to have a full calendar in and around Lancaster County, and here are just a few of the nearby races because to list them all would take up the entire newsletter. For many more listings, here are two excellent sources:

Pretzel City Sports

www.pretzelcitysports.com

Running in The USA

<http://www.runningintheusa.com/>

March

12 Run4Luck 4-Miler

9:30 AM, Lancaster
<https://www.jllancaster.org/run4luck>

13 Shiver By the River 5K & 10K

11:00 AM, Reading
<http://pretzelcitysports.com/>

16 Hooligan Hustle 5K

6:30 PM, Reading
<http://pretzelcitysports.com/>

19 Pain In The Butt 5K

9:00 AM, Ephrata
<http://pretzelcitysports.com/>

20 Frozen Foot 5K

2:00 PM, E-Town
www.appliedracemgmt.com

26 Bunny Run 5K

9:00 AM, Annville
<http://bunnyrun5kannville.wix.com/>

26 Sauder's Eggs 5-Miler

9:00 AM, Lititz
<http://www.saudereggs.com/>

April

2 Salvation Army 5K

9:00 AM, Lebanon
<http://pretzelcitysports.com/>

2 Fools' Run 10-Miler & 5K

9:00 AM, Kutztown
<http://pretzelcitysports.com/>

2 Donegal Bunny 5K

9:00 AM, Marietta
<http://pretzelcitysports.com/>

2 Brave The Race 10K & 5K

9:00 AM, Atglen
<http://www.runningintheusa.com/>

2 Capital 10-Miler

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

3 Caesar Rodney Half-Marathon & 5K

9:30 AM, Wilmington
<http://action.lung.org/>

3 Ephrata Rec 5K

Ephrata

8 Run in The Dark 5K

8:00 PM, Lebanon
<http://pretzelcitysports.com/>

9 Garden Spot Marathon & Half-Marathon

8:00 AM, New Holland
<http://pretzelcitysports.com/>

10 RACC 5K

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

10 Tails & Trails 5K

9:00 AM, Chester Springs
<http://www.mlar.org/events>

16 Rumspringa Half-Marathon

8:00 AM, Adamstown
<http://pretzelcitysports.com/>

16 Farmers 5K

8:30 AM, New Holland
www.Active.com

17 Beat The Beast 5K

Cross-Country Run
9:00 AM, Bernville
<http://pretzelcitysports.com/>

21 Third Thirsty Thursday 5K

7:00 PM, Reading
<http://pretzelcitysports.com/>

23 Mount Penn Mudfest 15K

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

24 Ironmasters Challenge 50K & 15K

7:30 AM, Gardners
<http://www.ironmasterschallenge.com/>

24 Beat Beethoven 10K & 5K

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

24 Fight For Air Climb

11:30 AM, Hershey
<http://action.lung.org/>

30 Antietam Valley 5K

9:00 AM, Reading
<http://pretzelcitysports.com/>

May

1 Ephrata Rec 5K

7 Turkey Hill Country Classic, 5K, 10K & Half-Marathon

7:00 AM & 8:15 AM
Manor Township
<http://www.turkeyhill.com/community/country-classic.aspx>

7 5K & 10K From Hell

8:00AM, Reinholds,
<http://www.5kand10kfromhell.com/>

June

4 Red Rose 5-Miler

Lancaster, 8 AM
www.visitlancastercity.com

2015-2016 LRRC Winter Trail Running Schedule

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

A Sport For All Seasons

By Sil Simpson

As I was looking at the names of the LRRC's Runner of the Year award, I found it highly impressive that more than half of those recipients are still running regularly and still active in club events.

I also thought that the continued participation of award winners from the 80s and 90s is powerful evidence that running is the sport for all seasons in both a literal and a figurative sense. In the literal sense, running is wonderful in spring, summer, fall, and even winter. In the figurative sense, running is a sport for all the seasons of our lives, from the time we can first walk until much later in life.

At a Christmas party last year, I watched as 3 youngsters, about 4 or 5, just kept on running all night, from the living room to the dining room to the kitchen, over and over. They seemed tireless, and their faces showed the pure joy that running brings.

At the other end of the age scale is Al Booth from Lebanon. I saw him at a race in Lebanon in November, a few weeks after his 96th birthday. At a race in Lebanon last July, both the 70+ and the 80+ categories had enough runners to claim awards that went 3 deep in those age groups. And in any race, you're likely to see a 7-year old running beside a 70-year old.

On a personal "Sport For All Seasons" note, I ran my first adult race in 1976, which means that I've now raced in 41 consecutive years. I'm slower than I used to be, and I don't run nearly as far as I once did, but the joy of running is as strong as it ever was.

The one experience that I do miss is reaching the finish line in a marathon, and that feeling of missing something lets me tell myself that maybe I'll do at least one more marathon. Even if I don't, though, my life is infinitely better as a 5K and 10K runner than it would be if running were not an integral part of my life.

So as we move into spring, enjoy your running, and realize how smart you are for choosing a sport that you're able to enjoy every day of the year and every year of your life.

Remembering Our Award Winners

Thanks to Bob Bergman for this list. At least a few club members will recognize all of the names of the runners who have helped to build our club into the wonderful organization that it is today.

Lancaster Road Runners Club Road Award Results = Runner of the Year.

Award is based equally on three parts: Participation, Service and Achievement

- 1981 Bill McManus
- 1982 Cindy Shuman
- 1983 Bill Smith
- 1984 Chip Seiple
- 1985 Tina Wike Myers
- 1986 Rick Shoup
- 1987 Jim Buchanan
- 1988 Jay Stigelman
- 1989 Kirk Suydam
- 1990 Dave Salmon
- 1991 Bruce Williams
- 1992 Mae High
- 1992 Sil Simpson
- 1993 Mimi Newcomer
- 1994 Bill Kendall
- 1995 Harry Smith
- 1996 Genie Dolan
- 1997 Glenn Yanos
- 1998 Gordon Lantz
- 1999 Tom Rineer
- 2000 Marcia Peters
- 2001 Karen Shiley
- 2002 Evan Sandt

- 2003 Steve Farrah
- 2004 Frank McCardell
- 2005 Bob Bergman
- 2006 Doris Olney
- 2007 Lois Summers
- 2008 Heide Moebius
- 2009 Peter Belanger
- 2010 Joni Shirk
- 2010 Ed Stauffer
- 2011 Adam Smith
- 2011 Christine Geiselman
- 2012 Stephanie Miller
- 2013 Andrew Charles
- 2014 Greg Foster
- 2014 Janet Foster
- 2015 Tim Good

Remembering Long-Time LRRC Member Don Coble

Our thoughts and prayers go out to the family of long-time LRRC member, Don



Coble. Don is the father of member Tamera Garrett.

Don was a member of the LRRC for over 35 years! We will all remember his "gourmet" fun runs.

An avid runner, he participated in countless local races and marathons, including the Marine Corps Marathon.

His team, "Donnie's Angels" was a regular participant at the annual Relay of Life runs.

Don, you will be missed. We'll see you on the other side of the "Finish Line."

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

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**IS THIS YOUR LAST
ISSUE OF THE LRRC
NEWSLETTER?**

If you haven't paid your 2016 dues, it will be your last. If your address label does not read: **Paid Thru: 2016,** you need to pay your dues.

See the inside front cover for details.

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