



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
November/December 2016

Sunday Will Never Be The Same

Join the Sunday morning trail crew and bring adventure and excitement to your life. We meet at 7:30 at the County Park and run whatever distance each individual chooses for that day.



Welcome Our Newest LRRRC Members:
Donald Dresser, Lancaster
Dana Cedeno, Conestoga
Charles W. Futch, III, Millersville
Kelsey Giandalia, Lancaster



President's Message

By Laura Garver

It was an early summer fun run at Charlee's house in Marietta. Carli was trying to decide if she

was going to run a marathon or a 50K since they were on the same day and she couldn't do both. My quick reply was, "If you're going to do 26, you might as well do 31".

I would later find this comment to be rather naïve. Carli offered me to run the 50K with her which I promptly scoffed at; however, a little while and

a few beers later, I was on board. Did I mention the race was only two months away? I had only been running a couple miles and up until this point, the farthest I had ever run was a half-marathon and I use the term "run" very loosely. I had completed the Conestoga more than once and came out smiling the last round so that gave me a boost of confidence.

When we started training, we went out for time and then later switched to distance. First, we went out for two hours followed by four hours. We switched over to miles and completed ten and twelve miles on the Mason Dixon, fifteen at Lake Redman, and finally eighteen miles from Lock 12 to Otter Creek and back.

The first sixteen miles of that eighteen were pretty good. The last two were not. Either way, I had accomplished something that I really never thought I'd be able to do. I experienced my first real battles of the trail - one minute feeling on top of the world and the next minute feeling like I just wanted to throw in the towel. It was a learning curve to quiet the voices in my head and push through, even when I didn't really have a choice because we were eight miles into the woods.

Struggles aside, it was a great time. Carli and I built on our friendship - these things happen when you're in the middle of nowhere together for hours on end. We found trails lined with tons of tigerlillies, culverts that

Continued on Page 3



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President's Message	1
First Ultra	3
How Many Miles?	3
Great Races Remembered	4
But How Long Was the Course, Really?	4
5 Reasons Why We Don't Run with Headphones	4
2-16-17 First Saturday Series Schedule ...	5
Fun Run Schedule	6
Social Season Heats Ups	6
The Danger of Combining Drugs and Running	7
5 of 10 Tips for Running in the Cold	6
Interest Questionnaire	7
Membership Application	8

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@yahoogroups.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)
- February, Sunday Breakfast Run
- Stoudt's Brewing Distance Classic 12K Road Race (Late October)
- Road Trips to Races (Anytime)

President's Message

seemed to lead to other worlds, and even the stinkiest of dead beavers. In the end, we decided that training for an ultra in less than two months was maybe a little bit unrealistic if I ever wanted to be able to move again. I didn't meet my goal this time (we'll try again) but I had experiences I wouldn't trade for the world. Most importantly, I learned that I can do anything if I just quiet those little voices inside my head.



First Ultra

By Olga Clark

At the beginning of October, I ran the Blues Cruise 50k around Blue Marsh Lake in Reading, PA. It was my first ultra and as it is always the case with any "firsts", it taught me couple things. Let me share three of them with you:

1. I wasn't nervous. Considering the fact that I had had nightmares about this throughout the whole summer, I thought the last week before the race would be completely unbearable. Instead, I got a cold and all I worried about was how to quickly stop feeling like jello and get rid of my runny nose. I kept postponing my decision whether to run or not and finally decided the night before at 9:30 pm. That was when I started panicking, mainly because I had not packed or prepared anything and was running around the house like crazy to get all my running gear ready.

Lesson to be learned: *Get a cold. It helps to calm the nerves.*

2. My parents and my husband decided to cheer me up at a couple of the aid stations. To make it as easy as possible for them, I wrote down a very long and very thorough description of where and when to wait for me and how to get there. Despite my efforts, they ended up at aid stations they were never supposed to be (and at a time when all the runners had gone through anyway) and missed me at those, where we had agreed to meet. I finally saw them at mile 24.5 - at this point I was getting really tired and certainly loved seeing their faces. Stacy Bradley, a friend from the LRRC, was there too supplying me with fresh watermelon and cheering me on. Thank you Stacy, you are the best cheerleader ever!

Lesson to be learned: *Do not worry about writing instructions for your family. They will not read them anyway.*

3. Part of my "how-not-to-get-intimidated-by-the-50k-distance" strategy was to run from aid station to aid station and not worry about the total distance. I had thought that I would struggle mentally with the distance and so I decided to make the aid stations my focus. In fact, they were what I was most excited about going into the race. Blues Cruise is famous for its aid stations - they are only 4-5 miles apart and each has a theme (Octoberfest, Margaritaville, Blues Brothers, etc.). Needless to say, they did not disappoint and the strategy worked perfectly. I made it a point to stop at every single one of them and eat and drink a bit even though I sometimes felt like I did not need it. As a result, I felt good throughout the race and never had a major crisis.

Lesson to be learned: *Ultra races are about eating, not about running.*

Blues Cruise 50k was a great experience, and I would definitely recommend it to anyone looking for their first ultra. Yes, my legs did hurt like crazy afterwards, but I genuinely enjoyed the run. It was not nearly as difficult mentally as I had thought it would be, mostly thanks to the beautiful course, fun aid stations, and great camaraderie of fellow runners.

How Many Miles?

By Sil Simpson

I've never kept any records of my running, so I have no idea of an answer to the question of "How many miles have you run in your life?" It doesn't really matter, of course, but it could be a handy excuse when I try to explain how I've become so slow. If I knew my mileage, I could just say, "My legs must be worn out because I've put X miles on them."

So, how many miles have I run? Well, there were times when I ran many more than I do now. If I run 25 a week now, that's 1300 in a year. And if I multiply 1300 by the 40 years that I've been running, I get 52,000, and I know that for many years I probably ran 2000 in a year. So, let's say that I've run 55,000 miles in my life. That doesn't sound like much, but it's more than twice around the Earth, which sounds much more impressive.

And I've biked more miles than I've run, so I can say that I've put at least 110,000 miles on my legs.

Which brings me to an interesting question. How many pounds would I weigh if I hadn't done my running all these years?

According to a chart that I saw, running burns 590 calories in an hour, and gaining a pound requires failing to burn 3500 calories. So here's my calculation for the number of calories that running has burned for me:

$590 \times 3.5 \text{ hours a week} \times 52 \text{ weeks} \times 40 \text{ years} = 4,377,800 \text{ calories}$ divided by 3500 = 1250.8 pounds, which means that running has cost me a world record.

The heaviest man ever weighed tipped in at 1235 pounds, and if I could add those 1250 that I've burned off to my other 170 or so, I'd be well over 1400 and a world record holder. But that's OK. World records are nice, but not that one.

So how many miles have I run? A. Not enough, and I look forward to raising my total tomorrow.

Great Races Remembered

By Sil Simpson

In my running years, I've competed in many different races at many different distances and on many different surfaces. My first race, in 1976, was the Turkey Trot in Millersville, which was 10 miles back then. Today, the Turkey Trot is a 5K, and while the distance has changed, the race remains. For other races, the years haven't been so kind. Many races that I've greatly enjoyed have gone away, never to be run again. Way back in the 1980s, the Appalachian Running Club out of Lebanon put on a winter series that included the 10K where I ran my lifetime best. Today, the club is just a good memory and so are the races. The 5K in York where I set my PR is also gone. So is the marathon in Baltimore where I PR'd.

So, as I was thinking about extinct races, I wondered which of them I liked most, and one came immediately to mind. It was the Covered Bridge 10-Miler in Atglen. That was a race that had everything going for it. It was in mid-October, so the weather was almost always ideal. The course was spectacular and challenging, with a couple of tough hills and a long stretch beside the Octorara Creek, and the people who put on the race did a great job. So, if I could bring back any race that I've previously run, the Covered Bridge 10-Miler would be my choice.

And how about you? Which race do you remember and would like to see come back. Send in your memories, and share them with your fellow runners.

But How Long Was The Course, Really?

By Sil Simpson

We runners like to compare our times from one race to the next. Unfortunately, the distance of a race advertised as 5K isn't universally the same. In October, I ran a 5K in

Reading, and around the 2-mile mark, the director had put flour on the road to mark a turnaround spot. For some reason, everybody ran right past the flour and went out an extra block and then came back that same block. I saw the flour, but just to make sure that I didn't create any sort of controversy, I ran the same distance as everyone else, which was probably about 5.2K, making it unusable for comparing my time from other events.

The winner finished the race in 18:29, which is a modest winning time, and still much better than the 25:40 that was the winning time at another "5K" the same day. I don't know any details of that one, but I do know that if the winning runner covers a 5K in 25:40, the course isn't 5K, or anything resembling it.

I've finished many races that were either long or short, and whenever that has happened, my feeling has been disappointment, because I like to be able to compare my times and tell if I've gotten better or worse. That's why I've often said to race directors that the most important thing for them to do if they want to have the race to grow is to make sure that the distance is accurate. And it's one reason why I'm often wary of first-year races.

So, whenever I enter a race, it's with a Buyer Beware attitude. I hope that the distance is accurate, and I know that it might not be. Still, I love to race, and I'll be out there as often as I can, even if the 5K turns out to be 5.2K.

5 Reasons Why We Don't Run with Headphones

(Courtesy of www.appliedracemgmt.com)

Today, we thought we'd open up a can of worms and explain why we don't run with headphones. You can also read that as why we don't listen to music while we run.

Of course, we know all the arguments about the benefits of running with music and that it can help you improve. And we are also sympathetic to those who fight the tedium of long runs by listening to podcasts.

But for us, earbuds can be a mixed bag, and we opt to leave them at home when we head out on our runs. Here's why?

Safety

By far, this is the foremost issue on our mind when running. We have to be aware of our surroundings, which involves listening for approaching vehicles or perhaps a dog that's chasing you. In our mind, it's already difficult enough to pay attention to traffic, and we don't need the distraction of music to add to it. In addition, we recently listened to the Runner's Connect podcast that was all about personal safety and keeping yourself from becoming a victim of violence while running. In short: If you're listening to music, your less apt to hear traffic or someone who intends to mug or assault you. This is reason enough for us to go without the earbuds.

Does any pair of earbuds really stay in your ear?

Maybe it's the shape of our ears, but we can't find a pair of earbuds that will actually stay in for an extended period of time, even when we're sitting in a coffee shop writing a blog post. The only time we've tried running with music has been on the treadmill, and one of those earbuds inevitably slips out. And despite repeated attempts to jam it in place, it keeps coming out. Sure, we could pipe the music through the speakers on the treadmill, which is great until you run at 9:30 p.m. and you have to crank up the volume to hear over the noise of the treadmill and your kids are trying to get to sleep.

Maybe there's a pair on the market that won't slip out, but we're too cheap to shell out \$150 – or more – on the chance that they will work. Besides, when we're running outside, it's a safety issue as we said above.

Time to reflect and let our mind wander

For us, running is cathartic because we have time to ourselves just to think and daydream and let our minds wander. Sometimes we're thinking about how this is a great run and we feel so good and it will never get any

better. And then some days, we think about how this hill just sucks, and it's too hot and humid and why do I do this? Running also clears our minds, and we think about projects at work and comes up with ideas to present to our clients. Other times, we plan out our dinner menu for the week. And then we're back to how great this workout is and we're going to rock it at the next race and get a PR. Listening to music or podcasts would be a distraction from these thoughts that ultimately help to clear our mind.

Stay in tune with our body

No one's going to argue that running is a physical sport, but there's something metaphysical about it, too. Perhaps it's hokey and too hard to explain or understand, but we like listening to the sound of our Asics hitting the pavement or gravel. And we tune into our breathing, paying attention to how it gets harder or easier depending on the conditions and how hard our workout is. As with letting our minds wander, music or podcasts become a distraction to staying in tune with our body.

Music gets to be too much

We've never tried listening to music while running outside, but there was a time as we noted above where we plugged in on the treadmill. That particular time, everything was working – the earbuds stayed in, and we were running at a nice pace. And then about 20 minutes into the run, the music suddenly became too much and annoying. Perhaps it was related to the last topic about staying in tune with our body, but it was visceral reaction to the music. We ripped out the earbuds and turned the music off. That was about 2 years ago, and we haven't tried music again since then.



2016-17 FIRST SATURDAY SERIES SCHEDULE

November 5, 2015

DESTINATION: Hopewell Furnace/French Creek State Park
 MEETING PLACE: Sheetz, 1699 Oregon Pike, 17601, phone 717-581-0830
 CARAVAN LEAVES: 7:30**
 **Since we are heading to turnpike, we will meet the "northern group" at the Ephrata Walmart @ 7:45
 PART II: Victory Brewery Company
 Phone 610-873-0881, 420 Acorn Lane, Downingtown PA

December 3, 2015

DESTINATION: Rocky Ridge Park
 MEETING PLACE: Sheetz, 1699 Oregon Pike, 17601, Phone 717-581-0830
 CARAVAN LEAVES: 7:30
 PART II: Mudhook Brewery
 34 North Cherry Street, York, Phone: 717-747-3605

January 7, 2017

DESTINATION: Wissahickon Valley Park
 MEETING PLACE: Sheetz, 1699 Oregon Pike, 17601, Phone 717-581-0830
 CARAVAN LEAVES: 7:30**
 **Since we are heading to turnpike, we will meet the "northern group" at the Ephrata Walmart @ 7:45
 PART II: Barren Hill Tavern & Brewery
 646 Germantown Pike, Lafayette Hill, Phone: 484-344-5438

February 4, 2017

DESTINATION: Wiser State Park
 MEETING PLACE: Sheetz, 1699 Oregon Pike, 17601, phone 717-581-0830
 CARAVAN LEAVES: 7:30
 PART II: Appalachian Brewery, Harrisburg
 50 North Cameron Street, Harrisburg, Phone: 717-221-1080

March 4, 2017

DESTINATION: Blue Marsh Lake Park
 MEETING PLACE: Sheetz, 1699 Oregon Pike, 17601, phone 717-581-0830
 CARAVAN LEAVES: 7:30**
 **Since we are heading up 222 to Reading, we will meet the "northern group" at the Ephrata Walmart @ 7:45
 PART II: Jimmy Kramer's Peanut Bar
 332 Penn Street, Reading, 19602, Phone: 610-376-8500

April 1, 2017

DESTINATION: Pinnacle/Pulpit Rock - Hamburg
 MEETING PLACE: Sheetz, 1699 Oregon Pike, 17601, Phone 717-581-0830
 CARAVAN LEAVES: 7:30**
 **Since we are heading up 222 to Reading, we will meet the "northern group" at the Ephrata Walmart @ 7:45
 PART II: McArdle's Pub
 1634 Moselem Springs Road, Hamburg, Phone: 610-944-9686

- Open to runners, hikers, bikers, and walkers.
- We will meet at "MEETING PLACE" and carpool to "DESTINATION."
- You will need to be self-supporting and provide your own liquids and trail food.
- Dress appropriately, we head out in all temperatures & weather conditions.
- Plans are to be out on well-marked trails for 2+ hours depending upon how long YOU want to stay out.
- Nobody gets dropped.
- Maps are available for most trail systems.
- Because this does include a lunch stop, we usually return to the Meeting Place around 3:00, possibly later.



2016 RACING SCHEDULE

*The summer sun is fading as the year grows old,
And darker days are drawing near*

These darker days mean fewer racing opportunities. They don't, however, mean no racing opportunities, and within 50 miles of Lancaster, it's possible to race almost every weekend of the winter. We're fortunate to have an excellent winter series in Lancaster County and several others in bordering counties, so don't use a little cold weather as an excuse for not racing. Here are the nearby series:

E-Town Frozen Foot 5K
www.appliedracemgmt.com
January 17 - 2:00 PM
February 21 - 2:00 PM
March 20 - 2: PM

York Winter Series
www.yorkroadrunners.com

November 6
1:00 PM, Dover 10 Miler

November 27
1 PM, Spring Valley 4-Miler

December 17
9:00 AM, Dallastown Wildkat 10K

December 31 -
9:00 AM, John Rudy Rail Trail
5 Miler

January 14 -
9:00 AM, Indian Rock 10K

January 28 -
9:00 AM, Jacobus 5-Miler

February 18 -
9:00 AM, Springettsbury 10K

March 4 -
9:00 AM, Northeastern 5K

Shiver By The River 5K & 10K
Reading
www.pagodapacers.com
December 11 - 11:00 AM
January 8 - 11:00 AM
February 12 - 11:00 AM
March 12 - 11:00 AM

And here are some regular races:

November

- 5 Mag 5K**
8:30 AM, Wrightsville
www.pretzelcitysports.com
- 5 Swashbuckler 5K**
2:00 PM, Manheim
www.pretzelcitysports.com
- 6 Oley Valley 10-Miler & 5K**
9:00 AM
www.pretzelcitysports.com
- 12 Girls On The Run 5K**
9:00 AM, Millersville
www.gotrlancaster.org
- 13 Sprains and Strains 5k**
9:30 AM - Reading
www.pretzelcitysports.com
- 19 Pie Gobbler 5K**
Lancaster
www.usroadrunning.com
- 19 Give thanks for Lebanon 5K & 10K**
8:00 AM, Lebanon
www.gshleb.org
- 24 Turkey Trot 5K**
9:00 AM, Millersville
www.motiontiming.com
- 24 LRRC's Fabulous Fowl Run**
9:00 AM, Lancaster, Long's Park
- 26 Cocoa Bean 5K**
9:00 AM, Hershey
active.com
- 27 Dirty Bird 15K trail run**
10:00 AM, Morgantown
www.pretzelcitysports.com

December

- 3 Elves of Elverson 5K & 10K**
10:00 AM
www.pretzelcitysports.com
- 3 Lancaster County 5K Cross-Country**
10:00 AM, Manheim Township HS
www.LancasterCountyXC5K.com

- 4 Winter Warrior 5K**
10:00 AM, Reading
www.pretzelcitysports.com
- 11 Jingle Bell 5K**
11:00 AM, CV High School
www.kintera.org
- 18 Humbug Hustle 5K**
11:00 AM, Reading
www.pretzelcitysports.com
- 25 Happy Holidays 5k**
7:00 AM (PT) Santa Monica, CA,
- 25 10k, 15k, Half Marathon**
www.abetterworldrunning.com
- 31 Kris Kringle 5-Miler**
11:00 AM, Leesport
www.pretzelcitysports.com

January

- 1 LRRC's Amazing Eye Opener**
Noon, Lancaster County
Central Park

Social Season Heats Up

As the weather cools, the level of socializing heats up here at the LRRC. Come out and join your fellow runners at these great events:

Annual Fowl Run

On Thanksgiving, at 9:00 AM, our Annual Fowl Run will take place at Long's Park. This is the best way to start your holiday, which, if you do come out to run with the gang, will consist of an hour of activity followed by a day of motionless gluttony. And if you don't come out, you'll just have that day of motionless gluttony, which is sure to leave you feeling awful on Friday.

The festivities of the day begin with any sort of run that you like, ranging from the roads through the park to the briars and brambles on the trails behind the Post Office.

Then, we have Social Hour (longer or shorter depending on weather) and drawings for wonderful prizes. It's the best possible way to start the day, so be sure to come out for the fun.

Club Elections

After the run(s), we will conduct the Club officer election. Door prize drawings are held at about 10:15 AM. Anyone wishing to contribute baked "goodies" for prizes is encouraged to do so. The event is FREE for everyone and everyone will receive a prize. If you would like to run for an office, please see any of the current officers. Hope to see you at the "Fowl Run".

Christmas Party

December 15 - 6:30 PM

This is a major club event takes place, and this one doesn't include any scheduled running. It's our annual Christmas Party, held at the home of Lynn Morrow, 23 N. Prince Street in Millersville. Gates open at 6:30 PM, and it's nice if everyone in attendance brings along some sort of food or drink. You can coordinate your food items with Lynn by calling her at 872-4895

Christmas Eve Central Market Red Rose Run

9:00 AM - Meet outside Central Market near Dispensing Company.

New Year's Day

HIGH Noon

Eye Opener

Lancaster County Central Park

January 28

6 PM - Annual Awards Banquet
Media Heights Country Club

This is another annual event. The menu will include chicken, beef and a pasta dish, veggies, cheese and desserts.

More information will be coming about the banquet in the January/February newsletter.



I can't run without - Feeling a real sense of well-being when I'm done

Trail or roads - Roads. I wiped out on some ice and injured my wrist on my first ever trail run, so I'm still a little wary on the trails.

If I didn't run - I would be on the tennis court. I've been playing competitive tennis for over 40 years, but this running thing is a totally new experience for me

Best part of running - How physically and mentally therapeutic it is

Run alone or in a group - I've been pretty much running on my own, but would really love to find some running buddies. I haven't been able to get out to many of the Club's events, so if there is anyone out there ever available for any unscheduled, impromptu runs, I would definitely be interested!

Favorite post run food - Bagel with peanut butter

Morning or evening runner - Definitely morning.

The only running shoes for me - I love my Brooks Ghost 8's, and am just transitioning to the 9

PR's - A running coach once told me you should never be embarrassed by your times. Even so, I wish these were better: 5K 28:05; 10 miles 1:39; and Half marathon: 2:12:40

Favorite race - I love Broad Street. I love the crowds and excitement of the big city races

Member of LRRC since - About 8 months ago

Running goal - To stay healthy and have fun! I also want to improve my times, and run with my grandsons, when they get older. I just started experimenting with the run/walk/run method, and am thinking about trying it at my next half marathon.

Flat or hilly - Flat. The hills take all the energy out of me.

Hot or cold weather runner - Somewhere in between; Running in this beautiful fall weather is just the best

Facts about you - I am a graduate of UVA, a CPA, and have worked in the accounting profession for over 35 years. I'm clearly looking forward to retiring in about 5 years, so I can have more time to play!

Favorite or recent book - My favorite books are The Kite Runner and The Help. I recently enjoyed The Girl on the Train

Farthest run - Half marathon. I briefly considered trying a marathon, but quickly ruled it out.

Running hero - Allyson Felix. She is just such a class act.

One thing about me most people would be surprised to know is - I never, ever envisioned myself running, especially picking it up so late in life. I just celebrated my 2 year running anniversary, and only took running up to surprise my daughter and run Broad Street with her. I kept it a secret until I ran my first 5K, because I didn't want to embarrass myself if I couldn't cut it!

Hometown - I've lived with my husband, Doug, in Leola since 1984, but I grew up in Mt Laurel, NJ

Favorite color - All the beautiful colors of fall

Favorite song/band - Best song ever... Thunder Road (Bruce Springsteen).

Favorite LRRC board member - So many people have been welcoming, but I am most grateful to Mary Lehman and Judy Richwine, for both encouraging me to come out for events, and inviting me to run with them!

I am not a runner, but I walk - I still don't consider myself a runner - a jogger at best, but it's all good!

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



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