



2020 ANNUAL

PUBLICATION OF
THE LANCASTER
ROAD RUNNERS



Lrrclub.org

For 42 years, the LRRRC has attracted runners from all walks of life! We are young, and older, we are fast and slow. Some of us are brand new to the club and others have been around for over 30 years! WE ARE NOT ELITIST. Our focus is on enjoying each other's company and having an awesome time.

Getting in good shape is an added bonus! Running is what brings us together. We love our club. We love our members!

We run, walk, jog and we train — on our city streets, picturesque back roads and back wood trails. We enjoy good company, good food and drink and the beautiful Lancaster County countryside.

We offer fun runs, and races, including the Smith's Challenge Races, the Stoudt's Brewery Distance Classic, the Conestoga 10 Mile Trail Run, and others.



Website

Our club website, lrrclub.org, contains the schedule for all of our activities, photos of past events, stories of past, present, and future running events for both road and trails, a member spotlight, listing of social events and local racing schedule.

Social Media via Facebook

Our social media presence is on Facebook at Lancaster Road Runners Club. Look for the Facebook page with the yellow banner. Our club member, Andy Gingrich keeps you informed where the upcoming events are happening.

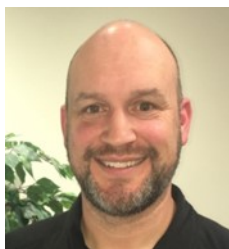
Email Groups

The club maintains several group emails. Join any of the groups that interest you. Our groups include the Thursday Evening Trail Runners Group where decisions are made for the location for the next run, Part 2 and providing feedback on the previous run.

Club Activities

Some of our activities are for our club members only. If you are not a member, join! For the low price of only \$20 per year, you get access to all of our events and communications.

OUR CLUB LEADERSHIP



Co-President

Jason Logue

jasonlogue@comcast.net
717-598-2725

I grew up most of my life in the Lancaster area. I enjoy running and hadn't had much opportunity to do so until the last few years. .

I am usually present at every weekly run the club puts on and then some. I really enjoy trail running. I enjoy the camaraderie and the true friendships I have made and that yes - someone will always show up to a run no matter what.

The club means something to each of us in our own unique way and running unites us.

I love our club and the fine people that make up the LRRC and look forward to serving the club as a Co- President on the



Co-President

Stacy Snyder

snyder.stacy3@gmail.com
717-951-8802

AKA Funny Lady

I've been a member of LRRC since January 2015. I signed up for a trail race and needed a group to run with on trails. I still get lost in the woods, fall down, collect some bruises and share a lot of good times with all of you. My life has had some changes over the past year and it's been very interesting.

I now live in Shillington and live with my brother, Brad. Starting the new year with a new job, Travel Consultant with AAA Reading Berks. I've traveled to quite a few places and have many more to see and experience.



Co-President

Betsy Delisle

jetsydelisle2015@gmail.com
717 278-1686

My first trail race was the Mrs. Smith's Challenge when it was a 10 mile race. I had no clue, didn't know anyone in the club, and just went home when I was finished. Bill Smith called to tell me I had Placed and he would deliver my prize, a frying pan!! I knew this was some special club! As the years pass, I appreciate the club and the friendships I have made more and more. One of The things I would love to accomplish as president is to encourage more families and young people to join, have the opportunity to run, socialize and destress from this crazy world and to join this special community of runners and walkers who care for our environment.



Secretary

Brian Mitchell

btmitch@yahoo.com
717-572-6349



Treasurer

Dolores Smith

devans7474@hotmail.com
717-471-9055



Fun Run Coordinator

Stephanie Miller

lbnmiller52@gmail.com
717-951-9453



Greeter

Steve Farrah

farahjs@comcast.net
717-201-3173



Sergeant at Arms

Bill Hager

wmhh4@aol.com
717-278-7800



Publicity

Kathi Markley

kmfishere@gmail.com
717-330-9357



Haberdasher

John Markley

johnmarkley@markleyactuarial.com
717-917-6488



Editor

Sil Simson

csilrun@hotmail.com
717-892-6836



Newsletter Publisher

Becky Clawson

becky.clawson@gmail.com
570-419-7601



Web Master

Greg Walton

gswalon@comcast.net
717-371-0691



Club Historian

Bill Smith

billsmithruns@comcast.net
717-468-3613

Our Club Activities

The Fun Runs – All are Invited

General Information

Some of our activities are for our club members only. The events and activities listed with the words “LRRC Member’s,” mean this is open to only dues paid LRRC members and their families. If you are not a member, join! For the low price of only \$20 a year, you get access to all of our events and communications. Exact dates and times for all our activities and events will be listed on our website and communicated to members via our email newsletter.

Eye Opener

January 1, 12:00 PM start at Lancaster County Park. We meet at the swimming pool parking lot. 50 to 100 runners show up for the annual run on roads or trails, hills, and creek crossings (optional). After the run, join us for the food feast. We ask that you bring a beverage, food item or snack to share.

LRRC Member’s Awards Banquet

January 25th 2020. 5:30 to 10:00. Meadia Heights Golf Club. Our annual banquet includes a social hour, dinner, entertainment and awards presented to the outstanding members of 2019.

LRRC Member’s Winter Breakfast Run

For 2020 we will be using the Lancaster County Park’s Pavilion #22. It is a larger, warmer, private and more socially acceptable building than we’ve used in the past. Start time is 9:00 AM. Greg and Janet Foster will again be providing pancakes, eggs, sausage, juice, and coffee. Save the date – 3/29/2020. Please bring something small for us all to share and enjoy.

LRRC Member’s Corn Roast

This event will be held on Saturday, August 22, from 3:30 PM to 10:00 PM at the home of Bill & Dolores Smith in Conestoga.

This annual happening includes massive amounts of food, games and, of course, roasted corn. Participants can camp out in the Smith’s backyard and stay for the breakfast option.

Fowl Run & Elections

Join the club at 9:00 AM on Thanksgiving morning at Longs Park Pavilion #3. Running options include the park roads, trails near the park or even around Park City. It’s your choice. Return to the pavilion for snacks, door prizes, and the ELECTION of next year’s board members. We elect three Co-Presidents, a Treasurer and a Secretary.

LRRC Member’s Christmas Party

Held in mid-December at the home of Lynn Morrow. Lynn’s address is 23 N. Prince St. in Millersville. This annual event has been celebrated for many years. This is like an all evening PART 2. Everyone brings a food or beverage item to share.

Tuesday Nights

Spring, Summer, and into Early Fall

After the clocks change in the spring, club members open their hearts and homes. Courses distances vary from 3, 5, and 7 miles, more or less. It’s not unusual for close to 60 runners and walkers to join us for these warm-weather runs held throughout Lancaster County every week. There is no clock or competition unless you want to challenge yourself. Return to the host’s home for food, drink and fellowship.

The club posts the schedule for our warm-weather runs on our website. That schedule includes the location, address, start time and other information for each week’s run.

Tuesday Nights

Late Fall, Winter and into Early Spring

When the clocks fall back to the dark season, we continue to meet for our weekly runs at Longs Park. After the run, the social part (PART 2) convenes at a local watering hole. In the past, part 2’s have been at Spring House Brewing, Station House, Rosa Rosa Pizza, Miller’s Ale House, etc.

Thursday Evening Trails

All year long, the club organizes weekly trail runs on Thursday nights. Check the club website for locations or join our club Facebook page for Thursday run information. We rotate locations, mostly within Lancaster County. Of course, runs are followed with a Part 2.

Sunday in the Park

Every Sunday, at 7:30 AM all year round, the club meets at Lancaster County Central Park at the swimming pool parking lot, Part 2 to follow.

First Saturday Trail Runs

The club schedules 6 Saturday dates from November through April, mostly outside Lancaster County. Locations for most runs are at State, County, or Municipal Parks.

Dates, times and locations will be listed on the club website or the email newsletter.

As always, PART 2 will be held near the run location.

Annual Christmas Eve Morning Run

Join the club for another, annual Holiday event in Downtown Lancaster. We meet at 8:45 AM at the corner of N. Market St. and W. Grant St. just behind Lancaster Central Market. We begin by taking a group photo and at 9:00 AM, run the Red Rose Run course. Afterwards, we enjoy coffee in the Market.

Lancaster Road
Runners Club
P.O. Box 7172
Lancaster, PA 17604

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LRRC Race Schedule – The Races Our Club Directs and Manages

Smith's Challenge

Thirty-one years old, this popular race is held in mid-June, starting at 8:00 AM. at Lancaster County Central Park.

The “men only” race is a 7-mile trail run while the “women only” race is a 5-mile trail run.

Yes, both men and women races start at the exact same time, from the same start line, but facing different directions, and finish at the same finish line, while using partially different courses... What were we thinking?

Conestoga Trail Run

It's back! This popular 10 Mile trail race has been re-established after a three year forced absence because of land restrictions.

This race is considered one of the most scenic and yet most challenging races in the Eastern U. S.

A great LRRC event for both volunteers and participants.

Stoudt's Brewing Distance Classic 12k

In October our club hosts another popular race at Stoudt's Brewing Company located at 2800 N. Reading Rd. in Adamstown, PA. The race begins at 9:00 AM. This is a picturesque, challenging, rewarding 7.45 mile run. Participants receive post-race swag including a loaf of Wonderful Good Bread, a commemorative 16 oz. glass and one Stoudt's beer. Race awards include Stoudts variety 6 packs.

LRRC FunRace – \$10 for 7 Races

For LRRC Members Only. Join us. Dues are only \$20 year. This is one of the many benefits of being a club member. There will be seven races this year, held on the 1st Thursday of each month from April through October. Start/Finish at Brownstown Vo-Tech. 5k course. Post-race hydration and munchies provided. Challenge yourself to finish faster each month. Accurate measurement & timing, then results are published the next day on the LRRC Website.
Contact: Steve Farrah [717-201-3173](tel:717-201-3173)