



2021 ANNUAL
PUBLICATION OF
THE LANCASTER
ROAD RUNNERS
CLUB



Lrrclub.org

For 43 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 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. Club members, Andy Gingrich and Jason Logue, keep you informed where the upcoming events will be happening.

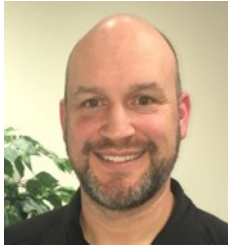
Email Groups

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 for individuals or family, you get access to all of our events and communications.

OUR CLUB LEADERSHIP



Co-President

Jason Logue

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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

Karen Good

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I grew up in Lancaster County and ran track at Shippensburg, but after college, I needed to find another outlet since my career as a triple jumper was done. I started running some 5Ks and eventually worked up to longer distance races. I like to continue to push myself to do longer runs, and occasional injuries have also sparked an interest in triathlons for me. I joined the running club in 2020 when I moved back to the area from Berks County and I attend a variety of trail and fun runs. I like the camaraderie of the running club. The club members are very supportive of each other.



Co-President

Adam Smith

Smith.5274@gmail.com
717-917-2440

I grew up in Ohio but have lived and worked in Lancaster, PA since 2009. I went to engineering school at the Ohio State University and Villanova University, and am a professional environmental engineer. I am an avid runner who has finished 10 marathons, Escarpment Trail Run, multiple Conestoga Trail Runs, multiple Pretzel City Sports events, and several local sprint/Olympic triathlons. LRRC Road Runner of the year in 2011 and LRRC President for 2011. I am married to my wife Katie, and we have two daughters: Lilli (seven) and Willow (four). If you have not seen me over the past few years then you should try one of our Thursday Trail Runs. Trail running with the club takes you to Lancaster County's many natural areas. I'm there.



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Our Club Activities

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 emailed 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, using 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

Held in late January each year at Meadia Heights Golf Club, our annual banquet includes a social hour, dinner, entertainment and awards presented to the outstanding club members of the previous year.

LRRC Member’s Winter Breakfast Run

For 2021 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. The date for this year is ??? Please bring something small for us all to share and enjoy.

LRRC Member’s Corn Roast

This event will be held on a Saturday in August, 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 seven acre backyard and stay for the breakfast option if they wish.

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.

The Fun Runs – All are Invited

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, 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 social time.

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 follows (usually coffee and snacks).

First Saturday Trail Runs

The club schedules First Saturday Trail Runs every month, mostly outside of 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 in the email newsletter. As always, PART 2 will be held somewhere 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
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LRRC Race Schedule – The Races Our Club Directs and Manages

Smith's and Mrs. Smith's Challenge Races

Thirty-one years old, these popular races are 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. It becomes very interesting.

Stoudt's 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 item and one Stoudt's beer. Race awards include Stoudt's variety 6 packs.

Conestoga Trail Run

This popular 10 Mile trail race is now 25 years old and is considered one of the most scenic and yet most challenging trail races in the United States.

A great LRRC event for both volunteers and participants and it will be held on Sunday, September 26, 2021.