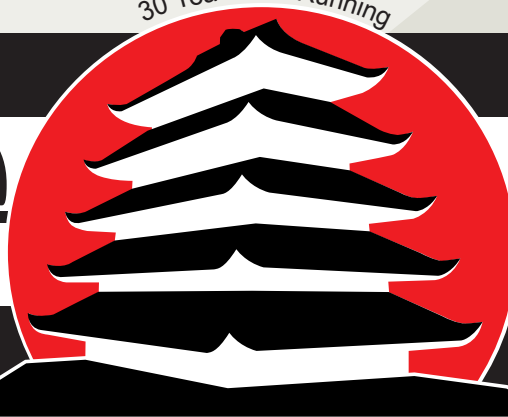


PAGODA**Athletic Club****PACERS****Reading, PA**

WE ARE A CLUB DEVOTED TO PHYSICAL FITNESS, ATHLETIC COMPETITION, HEALTH, AND FELLOWSHIP.

FROM THE PRESIDENT

- Polly Corvaia, President

Our Gring's Mill Race was an overwhelming success! Thanks to the 627 runners, countless volunteers and awesome race directors. Our next club races are Blues Cruise 50k at Blue Marsh Lake on October 7th, JrHi XC Invitational and KidsRunBerksFest on October 20th at the Reading Fairgrounds, The Oley Valley Country Classic 10m & 5k will be November 4th. Shiver by the River Series dates will be the second Sunday beginning December. Mark your calendars and run! As always we do need many volunteers for these events too.

The KidsRunBerksFest is a new event that will be added to the very successful Jr. High XC race. There will be runs for kids ages 6 thru 13 ranging from to 2 miles and a "Marathon Challenge". The challenge is for kids to complete 25 miles between August 5th and October 20th, keep a written log, then run the remaining 1.2 miles at the kidsrunberksfest. The log can be printed from our website. For more info contact Tom Chobot: youthprogramdirector@pagodapacers.com.

Be sure to come out and have blast at the Family Picnic on September 15th at Cacoosing Meadows in Sinking Spring. Picnic starts at 2:00 and goes till 8:00. Cost \$10/\$15 member/non-member.

If you love running in Nolde and French Creek then spend a few

hours helping to maintain these parks. You can even combine a group run before or after. Dates listed in Upcoming Events. Please show up and let them know you are part of the club.

The 2013 membership renewal form is in this newsletter. Fill it out TODAY and send it in TODAY. Stay current and help us out by not having to chase you down.

We need a new club president and vice president in 2013. Are you interested? The job is not hard, it just takes organization and a willingness to help where needed. Talk to me for details if you think you want to do this. I am willing to help anyone transition to into it.

Nominations for the 2013 officers will be held at the October Meeting, and the election will be in November.

UPCOMING EVENTS

9/15/12

Pagoda Pacer Annual Summer Picnic
Cacoosing Meadows

Every Tuesday - 6:00 pm
French Creek Trail Maintenance
Meet near Park Office
Contact Charlie Crowell: 610.856.7372

Nolde Forest Fall Volunteer Days
Saturday 9/29/12: 2-4 pm
Saturday 11/3/12: 9 am - Noon
Saturday 12/1/12: 9 am - Noon

TRAINING RUNS

Start time 6:15 pm
www.pagodapacers.com/training-runs

September 5, 2012

Host: Jeff & Lori Hills (Run & Eat)
Address: 39 Saddle Ct., Sinking Spring

September 12, 2012

Run: Nolde Forest Sawmill Parking Lot
Host/Eat: Butch & Michelle Ulrich
Address: 377 Church Road, Mohnton

September 19, 2012

Host/Run/Eat: Caroline Hill
Address: Corner of Mohn's Hill & Kocher Rd.
**Charity Run benefiting Humane Society*

September 26, 2012

Run: Justa Road (Blue Marsh)
Host/Eat: Patti Page
Address: 120 States Ave., Sinking Spring

October 3, 2012

Host/Run/Eat: Brian Stolzful (Road Run)
Address: 408 Arrowhead Trail, Sinking Spring

Bring your favorite food and drink

MONTHLY MEETING **Reading Sokol Club**

Thursday, September 9, 2012 | 7:00 pm 411 Crestmont Street, Millmont
7:00 pm - 7:15 pm Social/Snacks, 7:15 pm General Meeting, Race Director Meeting Follows

Pagoda Pacers Athletic Club

2013 Membership Renewal

_____ \$15 Single	Entitles one individual over 21 years old to all club benefits
_____ \$25 Family	Entitles two individuals over 21 years old residing in same household to all club benefits
_____ Associate	Entitles one individual under 21 years old to partial club benefits, no fee

PLEASE PRINT CLEARLY

Name _____

Name _____

Address _____

Email _____

Email _____

Phone _____

Birthday _____ Birthday _____

Club Membership Application Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Pagoda Pacers Athletic Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Signature _____ Date _____

Enclose a check (if applicable) and mail to:

Pagoda Pacers Athletic Club
PO Box 4115, Reading, PA 19606
Attn: Membership Coordinator

MEMBER BENEFITS:

- Monthly meetings with food, refreshments, and activities.
- Monthly Newsletter mailing and E-blast updates
- Annual Christmas party, Spring Wine & Cheese party in Reading's famous Pagoda, Summer picnic, Fall bonfire and many more social gatherings.
- Discounts to events that the club attends as a group.
- Discounts at regional athletic stores.
- Guaranteed entry to all Pacer races.
- Membership on Pacer teams for races with team categories.
- Free Club logo apparel for race volunteers.
- Free non-commercial use of club equipment.

MEETING MINUTES

 by: Vera Kochan

LOCATION: Sokol Club - August 9, 2012

Treasurer's Report:

The treasurer reported the club is in good financial standing.

Race Director's Reports:

Grings Mill Run - Jeff Hill reported there were 627 participants. Profits were up from last year. A few things to improve on next year will be to mark the 10K course better, and have more water stops on the 10K course. Jeff will send thank you letters.

Oley Valley Country Classic - Barry reported that the older age group awards will be increased. This year the shirts will be multi color wicking shirts. Bob Fisher Chevrolet is a new sponsor. Reading Hospital Medical Group Sports Medicine also is a sponsor. A check was given to Oley Valley Sports Group from the proceeds of last year's race. This years Oley Valley Country Classic will be held on November 4.

Blues Cruise - Mike Yoder reported there are 112 entries. Mike is in need of station captains. Please contact Mike if you are interested in being a station captian. The Blues Cruise will be held on October 7.

Junior High Cross Country Race - Tom Chobot reported this year's race will be held at the Reading Fair Grounds on Saturday October 20. In addition to the Junior High Cross Country Race, there will be a marathon challenge and a series of races for kids ranging in age from 6 through 13. The marathon challenge will have kids log 25 miles that they run from August 5 through October 20. The last 1.2 miles will be run as a group on October 20. Many volunteers will be needed for this event.

Shiver by The River - Katie Exes reported the series will be held on the 2nd Sunday of December, January, February and March at the same location.

Social Events:

Fourteen people went kayaking and about 20 people got together at the Lehigh Valley Velodrome. The annual picnic will be held on September 15. Hope discussed having a Reading Royals night where money could be earned that could go to a particular race or charity.

Old Business:

Pagoda Pacer members attended a meeting with the Berks County Parks department. The Parks Department wanted to show their findings report and discuss reasons why large groups are not welcome at Antietam Lake. The Parks Department expressed that their goal is to preserve the park. The Parks Department is interested in partnering with the Pagoda Pacers for service projects. After a discussion, it was decided that the Pacers would like to help with service projects within the county parks department.

The race directors meeting has been moved to after the September meeting.

New Business:

The 2013 membership renewal will start in September. The current President and Vice President will be ending their terms at the end of 2012. The club is looking for a new president and vice president to take over starting in 2013. Please let a club officer know if you or anyone you know is interested in taking over the role of club President or Vice President.

26.2 Things you always wanted to know about *Niki Salaneck* but were afraid to ask!

Age and family: 33 and Dad, Mom, 2 sisters and a brother and my boyfriend Anthony

Born and raised: Douglassville. Go Blazers!

Years running: almost 20

Were you a jock in high school: if you consider a 98 pound distance runner a jock...then, yes

My inspiration is: to still be running in my 80s.

Ah-Ha moment: Being side-lined by stress fractures for over a year made me realize rest days and recovery are very important

Fav running related book and/or movie: To Be A Runner by Martin Duggard

Do you keep a journal: sometimes
When the run gets tough, I tell myself: I'd love to use this space to enlighten everyone with a motivational phrase that will push them through the hardest run, but...I actually just count in my head during tough moments

When the run is going well I think about: what I'm going to eat when I get home

I feel this, about hills: LOVE

Do you prefer long, slow runs or do you prefer fast, hard ones Long

Do you stretch before or after: BOTH! And to the



dismay of some, I warm up and cool down for workouts and races

Lite or Lager: Lite

Vanilla or chocolate: Definitely chocolate

Recovery tips: Eat whatever you want, you earned it

Toughest race and why: Susquehanna Super Hike. Ummmm, because it's the Susquehanna Super Hike.

Best race ever and why: If I'm indulging my inner Al Bundy, I'd have to say districts senior year. A more present-day answer would be Snow Fest a few years ago. It doesn't get any better than 4 miles in 18 inches of snow!

Proudest moment: Not giving up at Hyner when it rained ALL day

Happiest moment: Finishing my first half. Whenever I get to run with my

little sister. Also, the end of any run that Tania has planned out for us J

I love this quote: "If you have built castles in the air, your work need not be lost; that is where they should be. Now build the foundations under them." ~Henry David Thoreau

Advice to others: Running is a gift. Enjoy every second of it.



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KIDS Run BERKS Festival

For more info: youthprogramdirector@pagodapacers.com
Tom Chobot 610-582-4693 www.PAGODAPACERS.com

The Pagoda Pacers Athletic Club is proud to bring a new youth running event to Berks County. It is called the KidsRunBerks-Fest and it involves a series of cross country style distance races ranging from 1/2 mile to 2 miles for ages 6 to 13. Please see the application included in this newsletter.

The first event will be the Fall Run-off Invitational which is two invitation-only races comprised of junior high cross country teams from school districts that belong to the BCIAA (Berks County Interscholastic Athletic Association).

Then there will be four "open" races with two year age groups. The three younger age groups will receive finisher awards as we wish to promote fun and camaraderie rather than competitiveness. The 12 and 13 age group (or generally 7th and 8th graders) will have individual and team place awards. A team of 5 runners need only be the same gender and can represent their school, classroom neighborhood, or church, whatever they wish. They will also run on the same course as the invitational runners so even though there is more than one race, this entire age group will be competing on the same playing field.

In addition to the described races, runners have an opportunity to run a marathon distance by participating in the KidsRunBerks Marathon Challenge. This program is designed to encourage young people to get outdoors and run on a regular basis. It involves running and logging 25 miles over a 6 to 8 week period (roughly 1 mile a day, three days a week), then run the remaining 1.2 miles as a group on race day.

This program can fit nicely into any type of fitness program, be it a school phys-ed program or perhaps a preseason conditioning program for virtually any sport. We encourage runners to form groups (schools, classrooms, teams, neighborhoods, church youth groups, etc) as this will make it more fun and they are more likely to complete the challenge.

The club views this as a community service event and is providing all of the basic logistics including grounds rental, course design, scoring and timing, and needed volunteers. To make this event more attractive and to reach out to as many young people as possible, we are asking for support from the local business community through sponsorship, either monetary or a wide range of in-kind services. Again, all necessary expenses for the event are being provided by the club so 100 percent of all contributions will go directly to the runners in some fashion, or towards advertising the event.

The club membership also has an opportunity to participate by sponsoring runners. The entry fee is three dollars so for \$12, a member can "sponsor" 4 runners. First priority will go to the Olivet Boys and Girls Club in Reading, followed by the youngest age group. This is great PR and many clubs have had a great deal of success with this. If interested, please make a check out to PPAC and deliver to Tom.

Please feel free to contact me or forward this to anyone you think may be interested. I would be happy to answer any questions and deliver flyers and posters.

The KidsRunBerks Marathon Challenge

Can YOU go the distance?

Complete 25 miles between August 5th and October 20, then run the remaining 1.2 miles at the KidsRunBerksFest and receive a specially designed T-shirt and medal.

KidsRunBerks Marathon Challenge mileage log sheet

Step 1: Fill out the entry form and send it in. Check if you are running a race or doing the Marathon Challenge. You can do both if you wish.

Step 2: If you are doing the marathon challenge, use the attached log sheet to check off your miles as you complete them. Add the date and have an adult initial it.

Step 3: Check in (with your log sheet if doing the CHALLENGE) on race day and run a race or the final distance during the special "Challenge Run". You can register on the race day if you are only running a race.

MILE	DATE	ADULT INITIALS
1	_____	14 _____
2	_____	15 _____
3	_____	16 _____
4	_____	17 _____
5	_____	18 _____
6	_____	19 _____
7	_____	20 _____
8	_____	21 _____
9	_____	22 _____
10	_____	23 _____
11	_____	24 _____
12	_____	25 _____
13	_____	26.2 _____

2012 KidsRunBerksFest

A cross country running event for kids ages 6 thru 13

Run with your friends, have fun and get fit too.

Saturday October 20th

Reading Fairgrounds in Bern Township

JUNIOR HIGH SCHOOL INVITATIONAL RACE

OPEN RACES:

ages 6 and 7 run 1/2 mile

ages 8 and 9 run 1 mile

ages 10 and 11 run 1-1/2 miles

ages 12 and 13 run 2 miles

MARATHON CHALLENGE

Events and times:

All day: Running and fitness expo with exhibits and activities

9:00 AM: Boys Junior high team invitational race

9:30 AM: Girls Junior high team invitational race

10:00 AM: open races and marathon challenge

(Runners can run in any age group race equal to or older than their own age)

Awards: Open two mile race: Top 10 boys, top 10 girls and top 2 teams each gender. Finisher awards for all other races.

All courses are a little different based on age group but with the same finish line. Timing and scoring by Pretzel City Sports

Entry fee: \$3.00 per runner. You can do as many races as you want for one price. T-shirts available for \$10.

2012 KidsRunBerksFest entry form

NAME _____

BIRTHDATE ____/____/____

AGE _____ SEX _____

ADDRESS _____

PHONE _____ EMAIL _____

CHECK WHICH RACE YOU ARE DOING (OR YOU CAN DO BOTH!)

____ RACE ____ MARATHON CHALLENGE

Entry fee: \$3.00 per runner. You can do as many races as you want for one price. Checks payable to Pagoda Pacers AC.

Mail to: Tom Chobot
211 Lincoln Drive
Reading Pa 19606

SIGNATURE OF PARENT OR LEGAL GUARDIAN. I HAVE READ THE WAIVER AND AGREE TO ITS' TERMS AND CONDITIONS.

WAIVER/RELEASE: The undersigned is the parent or legal guardian of a minor age 6 to 13 whose name appears on the entry form. I know that running is a potentially hazardous activity. I know that the minor should not enter and run unless medically able and properly trained. I agree to abide by any decision of a race official relative to the minor's ability to safely complete the run. On behalf of the minor for whose benefit I am executing this waiver, I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or track, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, the minor and anyone entitled to act on my behalf, or on the minor's behalf, waive and release the Pagoda Pacers Athletic Club, its officers and agents, The Agricultural and Horticultural Association of Berks County, The County of Berks, all sponsors, their representatives and successors including the Road Runners Club of America, its officers, directors, agents and employees from all claims or liabilities of any kind arising out of the minor's participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I further authorize and empower the event director to consent to and authorize any medical care or treatment for the minor which may appear reasonably necessary as a result of emergency, accident or illness of the minor whether occurring before, during, or after the event. I also grant permission to all the foregoing to use any photographs, motion pictures, or any record of this for any legitimate purpose.

Parent, guardian, or designated responsible adult must be present at all times to supervise participants.

RACE RESULTS

Email your results to Karen Rule: raceresults@pagodapacers.com

Catoctin 50 K

24/134	Jeff Hills	6:46:37	
25	Lori Johnson	6:52:18	4th Female
28	Jeff Merritt	6:58:24	
31	Beth Auman	7:05:02	
31	Mike Yoder	7:05:02	
61	Rick Moyer	7:38:33	

Grings Mill 10K (8/5/12)

8	Curt Minich	41:07	1st M40-44
13	Duane Renninger	42:35	2nd M40-44
18	Don Mengel	44:10	1st M55-59
29	Jess Gockley	46:21	1st Female
31	Mike Reddy	46:38	
43	Karla Reppert	47:51	2nd F35-39
54	Bill Buchanon	50:09	
65	Ted Hardies	52:17	2nd M65+
78	Brett Lynch	55:33	
116	Diane Hardies	1:01:03	2nd F65+
200	Janet Oberholtzer	1:13:40	

Third Thirsty Thursday #4 (7/19/12)

6/315	Steve Koch	17:42	1st M50-59
24	Ben Shultz	19:44	
28	Duane Renninger	20:10	
30	Colin Luther	20:21	
31	Don Mengel	20:23	
37	Ted Andrus	21:02	
44	Dan Schaeffer	21:27	
54	Tom Chobot	22:13	
59	Brett Lynch	22:25	
64	Mike Ranck	22:39	2nd M60-64
106	Keith Fry	24:41	
107	Mary Boggs	24:45	
175	Phil Presby	28:24	
227	Jesus Rodriguez	30:51	
273	Alyssa Blandford	34:53	
292	Karyna Blandford	37:19	
294	Troy Seitzinger	37:34	

Grings Mill 5K (8/5/12)

6	Jim Blandford	18:28	1st M40-44
17	Ben Shultz	20:33	
20	Ted Andrus	21:39	1st M45-49
34	Mel Marianaccio	22:46	1st F50-54
41	Mike Stuber	23:51	2nd M55-59
46	Linda Suydam	24:23	2nd F50-54
49	Karen Rule	24:35	1st F30-34
124	Polly Corvaia	30:12	
147	Jesus Rodriguez	31:29	
179	Lori Hills	32:51	

Lehigh Valley 7 miler and 7pm

Troy Seitzinger	49:44	2nd M40-49
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Glad Tidings Summer Sizzle 5K (7/21/12)

8/55	Karen Rule	22:56	1st Female
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Leadville Trail "Heavy" Half Marathon

Paul Makurath	4:37:52
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Running of the Bears 5K (7/21/12)

7/79	Ben Shultz	20:06	2nd M20-29
9	Troy Seitzinger	20:15	2nd M40-49

Marsh Creek Raptor Run 9.5 M

Paul Makurath	1:40:20	2nd M60+
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Run for Taylor 5K (7/22/12)

7/197	Jim Blandford	18:08	1st M40-44
15	Dee Koutsourais	19:16	2nd Female
19	Jeff Hills	19:46	1st M50-54
25	Troy Seitzinger	19:59	3rd M45-49
27	Duane Renninger	20:11	3rd M40-44
28	Don Mengel	20:23	2nd M55-59
42	Jeff Fussner	22:10	
44	Raine Fussner	22:28	1st F45-49
53	Dave Gallen	23:19	
94	Tricia Cramer	26:35	1st F40-44
118	Mike Ranck	28:10	
125	Lisa Gallen	29:16	
142	Lori Hills	32:25	
	Alyssa Blandford	1:41	400 m kids rur

Jingle in July 5K

6	Ben Shultz	20:17	1st M20-29
7	Curt Minich	20:23	1st M40-49

Half Wit Half Marathon (8/12/12)

34	Curt Minch	2:07:34	
56	Tom Chobot	2:15:54	6th M50-59
74	Mike Ranck	2:18:15	1st M60-69
94	Brett Lynch	2:23:55	
154	Heather Nowicki	2:36:17	She's baack!
199	Doug Zechman	2:46:16	(+ one
239	Niki Salaneck	2:56:01	busted up toe)
240	Tania Barrell	2:56:10	

Bowmansville Ox Trot 5 miler

Niki Salaneck	42:09	3rd Female
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Grings Mill 1/2 Mile Kids Run (8/5/12)

4	Thea Piskorski	4:33	1st F9+
7	Jayden Manbeck	4:40	3rd M0-8
16	Alyssa Blandford	5:18	
53	Valentina Borelli	9:46	(3 years old!!)

Results Continued on page 7

RACE RESULTS (Continued)

THANK YOU

Weekend Warrior Relay

5	RATS	54:20	
	Swamp, Courtney Vitez, Donny Mengal, Kara Gallen		
6	Girls with Grit	55:37	
	Samantha Blessing, Erin Jagelski, Lauren Zudima, Kylie Noll		
9	50 Shades of Smurf	59:23	
	Ben Shultz, Mary Boggs, Patrick Boggs, Kate Weinstein		

Weekend Warrior Singles

2	Erik Leeds	57:33:00	
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Skippack Lions 5K (6/23/12)

Skyler Fussner	20:16	
Raine Fussner	22:05	1st F40-49
Jeff Fussner	22:22	3rd M40-49
Kiana Fussner	30:34	

Philly Triathlon

Jeff Fussner	2:57:29
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Lehigh Valley 5K Series #3

Raine Fussner	22:47
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Lehigh Valley 5K Series #4

Jeff Fussner	22:07
Raine Fussner	22:10

Brindley Beach Sunrise 5K (Outerbanks, NC)

Raine Fussner	21:47	1st Female
Kiana Fussner	27:35	

Dear Pagoda Pacers,
 Thank you for selecting me to receive this generous scholarship. When I go up to Penn State in the fall to study computer engineering, it will certainly help me pay for tuition and other expenses. Though I won't be running cross country at Penn State, I plan on continuing running on my own. Thank you again for this award.
 - Sam Foley



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Meetings: 2nd Thursday of each month
Current Membership: 400 Members
Annual Dues: \$15 Individual \$25 Household

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president@pagodapacers.com
Vice President.....Phil Lechner
Treasurer.....Shaun Luther
Secretary.....Vera Kochan
Race Results Coordinator.....Karen Rule
raceresults@pagodapacers.com
Race Management.....Ron Horn
Membership Coordinator.....Dave & Mike Gallen
Youth Coordinator.....Tom Chobot
Web & Newsletter Editor.....Kate Murray
admin@pagodapacers.com

The newsletter is published monthly; to submit an article for publication, or inquire about advertising, email admin@pagodapacers.com. The deadline for submission is the 15th of each month.

Everything You Need for Fall Running & Races!

West Reading Fall Festival, Sat., Sept. 15th!

Stop in and see our newly remodeled
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Registration now open! Fitzy's Halloween 5K, Oct. 28th www.laurensfoundation.org