



JOURNAL OF RUNNING IN THE LANCASTER COUNTY, PA AREA
January/February 2015



Welcome, New LRRC Members

- Kelly Carney - Blue Ball
- Michael Downs - Lancaster
- Keith Hearn & Family - Elizabethtown
- Vee Kingsley & Family - East Petersburg
- Fred Stevens - Ephrat



President's Message

By Bill Hager

As I close the year serving as your co-president, I thought I would

interview a number of you so that this letter might serve as a platform to express your thoughts about running and the difference it has made in your lives. However, I realized that my fellow officer, Cindy Staples, had recently taken this approach. It, also, occurred to me that we're in a time of the year

when we reflect on the good things we have and to how we may look forward as 2015 approaches. So, please allow me to express my thoughts as I step down as a co-president of the Lancaster Road Runners Club.

To begin, I consider myself a fortunate man to have discovered this club over a dozen years ago. Well, "discovered" might not be accurate. I was invited to join by long-time member Sally Higgins who, like so many others has become a legend among us. Together with her encouragement as a foundation, you have helped me build a better self with your support, coaching and friendship. From my

position on your board I have observed how so many of you have stepped up to the plate, realizing accomplishments for this club year after year such as the annual Award Banquets, festive Corn Roasts and rewarding fun run and race events. I am, particularly, grateful to Peter Belanger for so many years of directing the Stoudts event. Peter, we will be forever grateful!

While I may do more walking and jogging than running these days, it was the influence by members of this club that introduced me to my real workout love, bicycling. Now 62 years of age, my doctor just informed me that I'm in

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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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About your mailing 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.

2015
John Doe 1234 Anywhere St. Lancaster, PA 17601

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

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President's Message

great shape for a 40 year old. We were never meant to be couch potatoes (another lesson I learned from Sally). None of you had to tell me that as of late. All I had to do was to follow your example. That means, of course, I'm in pretty good shape considering the shape I'm in. That also means that the Lancaster Road Runners may be stuck with me for some time. Although I won't be serving in an official position, I am looking forward to seeing you on Tuesday night Fun Runs, volunteering at race events and participating in our traditional annual events.

For anyone of you who may be thinking of slowing down or may feel 'burnt out,' staying in motion is a sure way to live a longer and healthier life - I'm convinced of it. I think back to the report I received from my doctor and realize how many people I know who have passed away at a much younger age than 62. You may recall me talking about Lyman Store who died when he was nearly 81 years old. I asked him how he lived to be so old (this was back in the 1980s when fewer lived to that age). He said to me, "Bill, when you retire from your career, don't retire from your life." And for those of you who have friends up there in years (yep, you'll get there too) who don't seem to have the energy or stamina they once had, remember the old Irish proverb, "Do not resent growing old. Many are denied the privilege."

The exciting view from here is that I see this club heading into the 2015 calendar with a much younger generation stepping up to lead the way; enthusiastic runners with a dedication to this organization and a passion for running; real athletes with realistic goals for the coming year.

Wish you all the best in the years ahead and thank you, again, for your support and friendship.

Book It, Dono

Donovan Graybill is interested in starting a Lending Library among LRRC members. The concept is extremely simple. If you have a book that other LRRC members may enjoy reading, simply send in the information about your book to your friendly newsletter editor for publication in the next newsletter. Or, you can also take

the book with you to a Fun Run.

Either way, this is a great way to share your books. Running books are obviously the most important category, but other types are allowable, as well.

This One's For You

The 10th running of the Stoudt's Distance Classic 12 K was a huge success, but not because of anything I did. The weather was clear, dry, and seasonable despite my best efforts to arrange for pouring down rain. And of course, I didn't do any of the data entry, timing, registrations, water stops, runner directions, or time machine entries. My only job was saying, "ready, set, go", at the beginning, and handing out awards to the age group finishers at the end.

It's the truth, and here is why. I want to share with you an email I received after the race. It is not the only one I ever received but it is an example of many other emails and verbal comments from the runners.

Hi Peter,

I ran my 3rd SBDC today. What a gorgeous day and what a well-organized event with awesome swag! It is a tough course with great rewards including the huge sense of accomplishment after cresting the final hill. Looking forward to next year. Kudos to you, your team, and the volunteers!!!

*Kind Regards,
Mindy Ingham
Ephrata, PA*

So thank you to all the team members and volunteers that have made this race a wonderful event throughout the years. Without you and your hard work it would have been just another ho hum race.

This One's For You.

Peter

A Tale of Two Runs

By Anonymous

Let's protect the identity of my old friend Runner "S," by referring to him by the apt nom de guerre, Doctor Zaius. Even though he is not a real doctor, he has occasionally stayed at

a popular domestic hotel chain. For a little autumn fun, I had persuaded him to join me in Bethlehem Pennsylvania for a tavern run sponsored by a local running club. While the fine ladies of Bethlehem celebrated Oktoberfest in lovely dirndl dresses and push up bras, my companion wore his trusty kilt and a hair style best described as "planet of the apes."

Eight bars in three miles may not compare to the granddaddy of running/drinking events, the legendary beer mile, but it was a fine time none the less. There is nothing quite like running the last mile across the Lehigh River and back to the after party with an generous sampling of malt beverage sloshing around in your gut.

And so it was bound to happen that a couple short weeks later he was to call with an invite to join him and some Hash House Harrier friends from Virginia, to commemorate All Hallows Eve with a night time trail run through an abandoned insane asylum. Considering all the years of our acquaintance, it was tempting to dismiss his kind offer without second thought. Dr. Zaius may be a lot of things, but you have to concede that he is a real gamer. He once showed up where he knew I was racing a 5k.

We chatted as he breakfasted on Reese's Peanut Butter Cups and Old Milwaukee Beer in 16 ounce aluminum cans. Seeing that he was wearing work boots, I mistakenly challenged him to join me. So he quickly registered and paced me for a mile or so before asking if I minded very much if he took off to see how many runners he could pass. He has heard me tell this same story, but not without offering the correction that he had indeed taken time to tie the laces on his work boots.

But this is also the same guy, who, many years before, had set me up on a blind date with a willowy blonde beauty with smoky bedroom eyes and a bad girl vibe. I thought our date to the Bavarian biergarten had gone well enough, even though I might have shown more restraint around the beer tap. Except that when I took her home after our date, and offered a friendly "how about I call you sometime," she slammed my car door with a loud "Ha!" Guess we were going to miss our love connection. It was like shifting my Chevrolet into park sent electric shocks through the passenger seat. How was I to know she hated polka!

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A Tale of Two Runs

The Hash group from Northern Virginia refers to themselves as "Hillbilly." I am informed that the concept of hashing has existed since the 1930's and now boasts HHH Chapters all over the planet. Zaius shares that there are no rules, and then he proceeds to tell me all of the rules. No pointing, no wearing new shoes, no attempting to use a witty alias to avoid being assigned a vulgar handle by the group.

Huh?

I meet the group whose fake names I have all forgotten, but most are in costume. Dr. Zaius is dressed as a wizard in a long flowing robe, complete with ceremonial scepter and pointy hat decorated with moons and planets. There is Robin Hood, Batman, and a gas station attendant with a hose that looked suspiciously like a beer bong. There is a convict (a costume, I assumed), a lion and a feisty red head who claimed she was retired law enforcement. There were two guys dressed as Ninja, or perhaps they were

Samurai, I am not sure. They all stood around drinking beer and discussing strategies for getting past the guardhouse onto private property. Forrest Haven Asylum is possessed of a horrendous legacy of neglect, abuse, and failed theories of rehabilitation. By the time it was finally shuttered in 1991, it was a 250-acre hellhole of abandoned buildings and unmarked graves. It sits just off the Baltimore Washington Parkway, just a cloverleaf removed from the headquarters of the National Security Agency. This is where my friend had brought me for a little nighttime trespassing on government property. Nice one, old pal.

I was informed that since I had never attended any H3 events I was considered a "Virgin" and labeled as such. I readily admit that ever since I first heard the term, it is one thing that I never wanted to be. No cute costume for me. I wore a black hoodie and gloves with matching sweat pants and well-scuffed Saucony trail shoes. My attire might make little practical difference to infrared cameras and guard dogs, but I had little interest in lounging around central booking dressed like a wizard.

As much as I would like to end this story with accounts of tremendous

athletic prowess and stealthy feats of clandestine tourism, it was simply not to be. It is tough to be slick when surrounded by fifty guys and girls drinking beer and wearing clown suits. When we noticed the inevitable swarm of police vehicles racing in our direction, Dr Zaius and I chugged the last of our beverages and vanished into the crisp Halloween night. I guess that still makes me a Hash House Harrier virgin.

Yes, I'll Do Anything For An Award

By Sil Simpson

Several years ago, I received the LRRC's highest honor - The StumbleFoot award. Since that magical night, I've sat and watched quietly, enviously, as other LRRC members have stumbled off with this awesome award. And, while I've tried to do something completely awkward to reclaim the title, I had been unsuccessful...until the morning of November 16, 2014.

On that day, I was running to a race that was starting about a mile from our hotel on Grand Cayman Island. I didn't know exactly where the starting line was, and as I was running across a parking lot, I spotted some people who also appeared to be looking for the start of the race.

So, as I was running, I wasn't looking down, and down was where one of those concrete markers for parking spaces was lurking. It reached out and grabbed my foot, and Bam! Down I went. I made a picturesque

3-point landing, hitting the road with my leg, right hand, and right eyebrow. Instantly, blood was pouring from my eyebrow, and I felt really stupid.

It was 15 minutes until race time, and I didn't want to miss the race, the Jerry Harper 10K, which takes runners to Hell and back. (Hell is a little village on the island.) I found some tissues and managed to stop the bleeding, but I looked like the title character from The Red Badge of Courage as I started the race. The course was completely flat, but the heat bothered me more than it did at any race all summer, and I STUMBLED home in 57:53, easily my lifetime PW for a 10K.

The race was on departure day, so I didn't have time to go to a hospital to get stitched up, but a worker at the hotel did have one of those butterfly bandages that held me together pretty well.

So, the messages of my story are:

- Vote for Sil for Stumblefoot.
- A bleeding would suffered 15 minutes before a race will not help your performance.

5 Ways to Protect Yourself When Running in the Winter

By Twin Cities Orthopedics

Staying indoors during extreme cold is a no-brainer. But dedicated runners may be reluctant to stay inside when temperatures temporarily rise during the winter. That's when runners should be particularly aware of hazards: when it's not too warm, but below freezing.

Dr. Paul Langer – a podiatrist with Twin Cities Orthopedics and president of the American Academy of Podiatric Sports Medicine – is also a marathoner who runs throughout the winter.

"Some people find they run better in cold weather conditions," Langer said. "I have set most of my personal records in spring races."

"The only thing that keeps me from running outdoors in winter is ice," he added. "I have seen too many walkers and runners with ankle fractures when it is icy out."

Here are Langer's five tips for staying safe on your winter run:

1. Don't be surprised by ice

Ice catches even experienced winter athletes by surprise during freeze-thaw cycles, especially in the morning when the previous night's freeze hasn't melted. Langer recommends using cleat-like foot gear that improves traction or just playing it safe and running indoors.

2. Protect knees and ankles with tights or knee-high socks

"The cold can exacerbate overuse injuries," Langer says. "I advise patients with knee or ankle issues to keep their lower extremities insulated

in winter." He says the Achilles tendon, for example, has very little soft tissue protection where it attaches to the heel and less blood supply to keep it warm. Extra layers on joints can help prevent pain.

3. Consider winter running shoes or duct tape your regular shoes

The wind- and water-resistant uppers and more aggressive outsoles on winter running shoes are great for cold climates and snow conditions, Langer says.

"Even in the extreme cold, I have never had to worry about cold feet when I wear winter running shoes," he said. "It seems the blood flow is strong enough to keep the chill away."

He suggests duct tape on the toe and upper of regular running shoes to minimize wind chill.

4. Wear shoes with extra cushioning

Midsoles are firmer and less compliant in the cold. Langer says heavily-cushioned shoes in winter and more stable shoes in summer are best for injury-prone runners.

5. Enjoy it!

"On those days when the snow is falling and my feet are cutting fresh tracks, I value the opportunity that running gives me to be outside instead of letting winter trap me inside," Langer says.

A Report From The JFK 50 Miler

By Dan Nephin

On Nov. 22, I ran the JFK 50 miler, my first 50-mile specific ultra.

In 2010, I was registered for it, but moving scotched that plan and I had to bail. (For two months that fall, I was driving between Lancaster and Pittsburgh on most every weekend, moving stuff and getting my Pittsburgh house on the market. NOT conducive to training.)

Race history from race Website: "In 1963, the initial inspiration behind the event came from then President John F. Kennedy challenging his military officers to meet the requirements that Teddy Roosevelt had set for his own military officers at the dawn of the 20th Century. That Roosevelt requirement was for all military

officers to be able to cover 50 miles on foot in 20 hours to maintain their commissions."

Cool.

There used to be many such runs, but they ended shortly after Kennedy's assassination. This was the 52nd running and the only remaining such run.

Training went pretty well. I could have used some more trail miles/longer runs, especially in October. Ironically, on my week of vacation, during which I planned to run a lot, I barely ran at all (but I did fish a lot.) Still: Better to be undertrained than over-trained.

Long runs consisted of, essentially, 40 miles in a Labor Day 12-hour trail race (I decided to stop at 40, short of 12 hours) a 50K trail race several weeks later (got 4th in AG - and they were 10 years!) and a tough-as-hell 10 mile race, the Conestoga (How tough? Well, in the 50K, I ran 16+ miles to the two hours it took me to do the 10 miler) running 47 miles on my birthday in October (broken up during the day, but 30some miles were pretty much at once) Oh, and in between the 40 miler and 50K, I did an event with my running buds called the 24-24-24 Challenge. That's 24 miles and beers in 24 hours. (I did 31 miles and 18ish beers.)

The cold that seemed to be assembling in my body the week before JFK held off. I made it a point to fuel myself at the plentiful aid stations (I've tended to underfuel in ultras) by taking GUs (salted watermelon and teaberry were offered) and something that was like baby food in a pouch and three soups.

The course is about 2.5 miles out of Boonsboro, Md., up a hill, onto a trail for spell, then on to a paved path of about, oh, a couple miles, that parallels the Appalachian Trail, then onto the AT proper. I'm not that good a trail runner, especially downhill (hesitant in part because of a torn ACL in my right knee in part because, well, I don't like to fall and get hurt.) But, I managed the trail. I climbed well, but folks passed me on the downs while I looked for safe footing. You're on the AT about 13 miles, coming off it about mile 17something down series of steep switchbacks (You climb 1,200 feet in the first 5.3 miles and drop about 900 feet in two miles coming off the trail.)

Then, it's 26.3? miles on the C&O Canal Path. Flat. Flat. Flat. I was told

this would be boring, but I liked it. It was very scenic, winding along the Potomac. There was enough bend that you weren't looking ahead at an unending dirt/stone path. PLENTY of aid stations and volunteers/runner supporters. My wife got to several aid stations. I was mainly by myself, but did pass a lot of 5 a.m. early starters (who tended to be hikers/older) so there was plenty of "good jobs."

I regret not saying it back as much as I should have, but I did thank aid station volunteers.

After the canal, you climb, oh, a 120 something feet in under a mile on a road and the final 9ish are on rolling country roads. I picked up speed here and passed several people. It felt largely downhill and I only walked a tad, on the steepest part of the climb at the beginning, but only for a couple hundred feet, probably.

I had figured 8 hours for a reasonable goal, but super-secret goal was 7:30. 7:45 was my "I'll be THRILLED" goal. (I got 7:42:33, 57th overall and 12/218 M 40-49.) 7:30 could easily happen should I run it again in the same conditions (@ 20 to start, rising to 30s, I think. Mostly sunny and barely a breeze on the trail: I wore shorts, a singlet and a long sleeve shirt, gloves and a hat. Not over or underdressed.)

Some of the time would simply be from course experience. And I lollygagged at a couple aid stations, walked a spell or so I didn't really need to (once, I walked, then started running a couple hundred yards only to come upon an aid station where my wife, Kathleen, was. I asked her to walk with me for a while just to chat and take stock.) I usually go out too fast in races, but I was able to get things in check when I could sense I was doing so, so I was happy about that. Little better/targeted training wouldn't have hurt, but I don't get too serious



(Photo Credit, Kathleen Riordan, Dan's Wife)



Winter Racing Calendar

Ah, winter. I'm sure that this season has at least one redeeming value, so if you know it, please send it in for publication in our next exciting issue.

Fortunately for us, we're able to fight Cabin Fever by running and racing during these cold, dark months. We're especially fortunate because we have excellent winter series here in Lancaster County and in three neighboring counties - Berks, York, and Chester. Plus, we have an invigorating race in the Polar Bear 5K down at the County Park.

And wait. I just thought of the one good thing about winter. It's the inspiration for 2 great songs - Hazy Shade Of Winter by Simon & Garfunkel, and my favorite, Sometimes In Winter by Blood Sweat & Tears.

January

- 3 Long Level 8K**
Noon, winterseries@verizon.net
- 3 Athlete's Closet 5K**
9:30 AM, West Chester
<http://athletescloset.net>
- 11 Shiver By The River 10K & 5K**
11:00 AM, Reading,
www.pretzelcitysports.com
- 11 Frozen Foot 5K, E-Town**
2:00 PM
<http://appliedracemgmt.com/blog/race/26th-annual-frozen-foot-race-series>
- 17 Polar Bear 5K Trail Run**
10:00 AM, Lancaster County
Central Park
<http://pennsylvania.sierraclub.org>
- 17 Northeastern 5K**
9:00 AM, winterseries@verizon.net
- 25 Chilly Cheeks 7-Miler (Trails)**
11:00 AM, Reading
www.pretzelcitysports.com
- 31 Chocolate Frosted Buns 5K**
9:15 AM, Robesonia
www.pretzelcitysports.com

31 Jacobus 5-Miler
9:00 AM, winterseries@verizon.net

February

- 7 Athlete's Closet 5K**
9:30 AM, West Chester
<http://athletescloset.net>
- 8 Shiver By The River 10K & 5K**
11:00 AM, Reading
www.pretzelcitysports.com
- 8 Frozen Foot 5K**
2:00 PM, E-Town
<http://appliedracemgmt.com/blog/race/26th-annual-frozen-foot-race-series>
- 15 Washington's Birthday Marathon**
10:00 AM, Greenbelt, Maryland
<http://www.gwmarathon.com>
- 22 Springettsbury 10K**
1:00 PM, winterseries@verizon.net
- 22 Ugly Mudder 7-Mile Trail Run**
Reading, www.pretzelcitysports.com

March

- 7 Athlete's Closet 5K**
9:30 AM, West Chester
<http://athletescloset.net>
- 8 Shiver By The River 10K & 5K**
11:00 AM, Reading
www.pretzelcitysports.com
- 8 Frozen Foot 5K, E-Town**
2:00 PM,
<http://appliedracemgmt.com/blog/race/26th-annual-frozen-foot-race-series>

2015 FIRST SATURDAY SERIES SCHEDULE

By Tim Good

In my ongoing effort in increasing member participation, I worked with Doris in developing a schedule for the 2014-15 First Saturday events...for your reference.

Please plan on joining us for at least (1) of these fantastic, low budget trips. Last year, we averaged 8 or so and ran in all weather, 14" snow, 10 degrees at Hopewell, you name it...We do have loads of fun and keep the pace within reason...the only way you will get dropped is if you decide to walk, all runners are grouped.

I will have copies of these at the Longs Park event and at the Sunday 7.30 & 7:30.

Any questions contact Doris, Betsy or myself.

January 3, 2015

DESTINATION: Wissahickon Valley Park

MEETING PLACE: Sheetz, 1699 Oregon Pike, 17601, phone 717-581-0830

CARAVAN LEAVES AT: 8:00**

**Since we are heading to turnpike, we will meet the "northern group" at the Ephrata Walmart @ 8:15

PART II: Lucky Dog Saloon

417 Germantown Pike, Lafayette Hill, 19444, phone: 610-941-4652

February 7, 2015

DESTINATION: Wiser State Park

MEETING PLACE: Sheetz, 1699 Oregon Pike, 17601, phone 717-581-0830

CARAVAN LEAVES AT: 7:30

PART II: Appalachian Brewery, Harrisburg

50 North Cameron Street, Harrisburg, phone: 717-221-1080

March 7, 2015

DESTINATION: Blue Marsh Lake Park

MEETING PLACE: Sheetz, 1699 Oregon Pike, 17601, phone 717-581-0830

CARAVAN LEAVES AT: 8:00**

**Since we are heading up 222 to Reading, we will meet the "northern group" at the Ephrata Walmart @ 8:15

PART II: Jimmy Kramer's Peanut Bar

332 Penn Street, Reading, 19602, phone: 610-376-8500

- Open to runners, hikers, bikers, and walkers.
- We will meet at "MEETING PLACE" and carpool to "DESTINATION", if desired
- You will need to be self-supporting and provide your own liquids and trail food.
- Dress appropriately, we head out in all temperatures & weather
- Plans are to be out on well-marked trails for 1-3 hours depending upon how long YOU want to stay out.
- Nobody gets lost and no one gets dropped.
- Maps are available for certain trail systems.
- Because this does include a lunch stop, we usually return to the cars around 2:00, possibly later...

Upcoming Social Events

- January 1, Noon, Eye Opener, Lancaster County Central Park
- January 31 - 6 PM, Annual Awards Banquet, Media Heights Country Club
- February 15 - 9 AM, County Park Breakfast, Exhibit Farm Area

Annual LRRC County Park Run & Breakfast Sunday, February 15 Starting 9:00 AM

Join the members of the LRRC for the 6th Annual County Park Run and Breakfast at the Exhibit Farm Lancaster County Park.

The Exhibit Farm is two miles south of the center of Lancaster City on Rt. 272, turn left on Golf Road through Media Heights Golf Course, go 0.6 mile and turn right on Exhibit Farm Road. Farm is at the end overlooking Mill Creek.

Meet us at 9:00 to run the trails of the County Park. Return for hot breakfast inside the farmhouse.

We will be serving up everyone's favorite. Please bring something to share.

Call or email for directions or information and to let me know what you can bring so we can have a variety. Steve Farrah: 393-4144 or farrahjs@comcast.net

Presenting Your LRRC Officers For 2015

The LRRC held officer elections on Thanksgiving morning after the club's annual and infamous Fowl Run at Long's Park.

Our Club's 2015 officers were elected and and please welcome... Drum roll, please:

Presidents: Mary Lehman, Brian Mitchell, Tim Good

Secretary: Shauna Beckendorf

Treasurer: Dolores Smith

Thanks to these officers for their service!

Celtic Solstice 2014

On Saturday, December 13, Peg Hensel Saunders along with Laura Garver, Jim Adams and Patty Hartzell participated in the 15th Celtic Solstice 2014 5 Mile race in Baltimore, Maryland.



LRRCers Run Philadelphia in Rocky's Footsteps

Lancaster runners recreate "Rocky II" training montage by tracing the boxer's course in the movie.

To read the entire story by Dan Nephin, go to: http://lancasteronline.com/sports/gonna-run-now-running-philadelphia-in-rocky-s-footsteps/article_9e1cad92-7e87-11e4-9bd2-5b4e82a550d3.html

Be sure to "Like" the story, it'll guarantee Dan's continued employment.



From left, Tim Good, Bobby Longenecker, Jason Lantz, Gary Gagliardi and Dan Nephin at the start of the Rocky 50K run in Philadelphia on Saturday, Dec. 6, 2014. (Photo by Dan Nephin)



From left, Gary Gagliardi, Dan Nephin and Tim Good run up the Philadelphia Museum of Art steps to complete the Rocky 50K run on Saturday, Dec. 6, 2014. (Photo courtesy Peter Loftus.)

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



**Address Service
Requested**

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