



SINCE 1980



# PAGODA

# PACERS

## ATHLETIC CLUB

We are a club devoted to physical fitness,  
athletic competition, health and fellowship.

Reading, Pennsylvania

## GENERAL MEETING MINUTES

By Benjamin Shultz  
Blind Hartman's Tavern, November 10, 2016

### Summary:

#### Motions

- None

#### Items tabled until next meeting

- None

#### Old Business items closed

- None

### SAVE THE DATE

1/8/17 - Shiver by the River #2  
2/12/17 - Shiver by the River #3

### President's Report:

Brett Lynch thanked everyone for their support while serving as president for the last two years.

### Treasurer's Report:

Shaun Luther reported that the club is in good financial standing. There is outstanding income from race application mailings and from race entries.

### Race Director's Report:

**Shiver by the River** - Sue Jackson reported that the races will be the second Sunday of each month, December through March. Volunteers are needed. She is considering giving the top three finishers of each race a medal.

**Mt Penn Mudfest** - Erik Leeds reported that the race will be held on April 22<sup>nd</sup> at Egelmans Park. It will be a festive event with a food truck and beer from a local brewer. The race may lose money as they try to grow the race back to its former size.

**Charlie Horse Half Marathon** - Brett Lynch reported that next year will be the 20<sup>th</sup> year for the race. Sean Williams is stepping down as co-race director and they are looking for someone to take his place.

**Run for the Ages 10k** - Ted Andrus was not present.

**Grings Mill** - Jeff Hills had nothing to report.

**Blues Cruise 50k** - Stephan Weiss reported that the race had a record number of runners and a record profit. Extra shirts and visors are available to the volunteers. Next year's race will be on October 1<sup>st</sup>.

**Junior High Cross Country Fall Invitational** - Tom Chobot reported that there were 237 kids from 7<sup>th</sup> and 8<sup>th</sup> grade. Participation in junior high cross country is growing, in part due to this race, now in its 9<sup>th</sup> year. The coaches and teams take the race very seriously. Many teams came to preview the course the day before.

**Oley Valley Country Classic** - Lenny Burton and Barry Goodhart gave their thanks to all the volunteers. There were 363 registered runners, 135 in the 5k and 228 in the 10 miler, which is a little better than last year, but down from other years. This race competes with another race in Allentown on the same day that draws about 1000 runners. The race received positive press in an article in the Reading Eagle. For next year they are looking to get more veterans involved.

(continued on Page 2)

## December • 2016

### UPCOMING EVENTS

12/2/16 **Pacers Holiday Party**  
Friday 6:00pm–11:00pm, Grill Fire Co.  
739 Mountain View Rd, Kenhorst

12/10/16 **Royals Hockey Game**  
Saturday 7:00pm, Santander Arena  
See details page 6

12/11/16 **Shiver by the River - #1**  
Sunday 11:00am - 5K and 10K  
Jim Dietrich Park, Stoudts Ferry  
Bridge Road, Muhlenberg Twp.

12/16/16 **Christmas Caroling**  
Friday 6:30pm - Home Depot, Exeter  
See Page 3 for details

12/31/16 **Kris Kringle 5 Mile Run**  
Saturday 11:00am, Berks Co 4-H Building  
See Page 6 for details

### GROUP RUNS

Start Time: 6:15pm Wednesday

#### December 7, 2016

Run: Brentwood Parking Lot (Thun Trail)  
Route 10, Reading  
Eat: Mimmo's Restaurant  
290 Morgantown Road

#### December 14, 2016

**\*\*Holiday Lights Run at Gring's Mill -  
bring \$\$ for donation to park\*\***

Run: Home Depot  
1731 Crossing Drive, Wyomissing  
Eat: Santino's Restaurant  
1 Wellington Blvd, Wyomissing

#### December 21, 2016

Run: Hampden Park / Reading High School  
801 N. 13th St, Reading (north side of HS)  
Eat: Blind Hartman's Tavern  
2910 Pricetown Road, Temple

#### December 28, 2016

Run: Oley Valley High School  
17 Jefferson Street, Oley  
Eat: Bella Italia  
1604 Memorial Highway/Rt. 73, Oley

## GENERAL MTG MINUTES, CONT'D.

**Kris Kringle 5 Miler** - Polly Corvaia reported that the race is on December 31<sup>st</sup>. She has received 76 apps so far. Hoodies will be available to the first 500 to register. Southwest Airline tickets will be among the raffle prizes again this year. Volunteers can report at 9am.

### Community Service:

No report.

### Charity Committee:

No report.

### Communications Committee:

No report.

### Race Director's Committee:

Lenny Burton suggested that the verbiage for the membership benefit of guaranteed entry into a club race be expanded to include the deadline to notify the race director if exercising this benefit. This may require a change to the bylaws.

### Membership:

Dave Gallen gave a reminder to pay 2017 dues. Dues can be paid at the Christmas party.

### Scholarship Committee:

No report.

### Social Committee:

Larry Drogo reported that he had tickets available for the Reading Royals game.

Mike Yoder gave a reminder that the bonfire is November 12<sup>th</sup> at 6pm. The prize for the brewing competition is a tap handle and the prize for the soup competition is a cutting board. Both prizes have the club logo on them. Dave Gallen gave a reminder that the Christmas party is on December 2<sup>nd</sup> at the Grill Fire Company. There will be a DJ. They are looking for people to donate raffle prizes.

### Old Business:

A CPR class will be scheduled for some time in December.

### New Business:

The 2017 elections for club president and vice president were held. Larry Drogo was elected president and Ben Gallen was elected vice president.



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## RACE RESULTS

Email Results to Race Results Coordinator Karen Rule at [raceresults@pagodapacers.com](mailto:raceresults@pagodapacers.com)

### Oley Valley Country Classic 10 Miler

13/228	Greg Kellenberger	1:10:02	1st M40-44
29	Duane Renninger	1:15:12	
40	Raine Fussner	1:17:17	1st F50-54
54	Ruth Machamer	1:20:43	2nd F40-49
73	Katie Thomas	1:25:17	1st F25-29
88	Jason Glass	1:28:02	
107	Janine Beidler	1:31:38	
113	Lori Ketterer	1:32:24	
123	Ellie Alderfer	1:33:28	
167	Kelsey Jackson	1:41:54	
181	Lisa Gallen	1:45:02	
182	Paul Makurath	1:45:06	2nd M70+
203	Julianne Kern	1:50:14	
225	Helene Horn	2:12:06	
226	Joanne Patti	2:12:06	

### Oley Valley Country Classic 5K

9	Mark Andrus	18:57	3rd M0-15
15	Mark Yourkavitch	20:30	1st M50-59
44	Ted Andrus	25:12	
66	Bill Buchanan	27:49	Welcome Back!!
70	Colleen Fitzpatrick	28:45	
90	Mary Boggs	31:24	

### Evansburg Challenge 3.8 mile Trail run

36	Colleen Fitzpatrick	41:16	
47	Diane Hardies	42:23	1st F60+
52	Aly Costello	47:46	
53	Helene Horn	48:04	
57	Gwyn Chobot	51:20	

### Evansburg Challenge 9 mile Trail Run

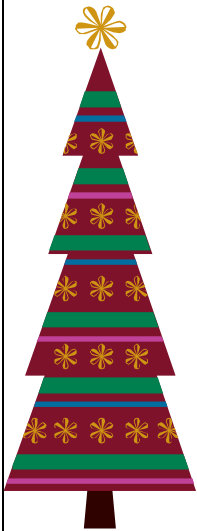
40	Tom Chobot	1:18:47	3rd M60+
132	Ted Hardies	1:41:43	
140	Paul Makurath	1:43:25	

### New York City Marathon

11494	Karen Rule	3:55:58
34701	Mike Ranck	4:56:12

### Delaware Water Gap River Ramble 5k

Aly Costello	30:55
Helene Horn	34:34



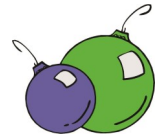
**Annual Christmas Party  
Friday, December 2, 2016**

**Grill Fire Company, Kenhorst**

**6:00pm - Cocktails  
7:00pm - 9:00pm - Dinner  
7:00pm - 11:00pm - Music (DJ)**

**\$10/member; \$20/guest  
Bring extra cash for door prize  
drawings!**

**Christmas Caroling  
Friday, December 16, 2016**



**6:30pm - Meet at Home Depot, Exeter**

**Carpooling to local nursing homes**

**Looking also for singers and also people  
who can play instruments to accompany  
the carolers**

**Social outing to follow**

**Contact Larry Drogo for more information  
at [lawrencedrogo@gmail.com](mailto:lawrencedrogo@gmail.com)**



*Pacers gather at the Brentwood Trailhead parking lot for the Schuylkill River (Thun) Trail prior to the Wednesday Night Run on November 2.*

**WELCOME  
TO OUR  
NEW  
PACER  
MEMBERS!**

Jeff Hackman  
Brenda Miller  
Jennifer Dinatally  
Tiffany & Rogelio Pantoja  
Julianne Kern  
Susan Steiger  
Gary & Elle Burkert  
Samantha Rodgers  
Jack Gallen

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## Pagoda Pacers Athletic Club 2017 Membership Renewal Q&A

**Q:** When is membership renewal due?

**A:** By December 31 every year.

**Q:** I'm forgetful... How do I know if I renewed my membership?

**A:** Check the address label on the mailed copy of your newsletter, it lists the expiration date:

Membership  
Expiration  
Date

MILES TOGO

**12/31/2016**

15 WIND SPRINT WAY

ENDURANCE, PA 19607

**Q:** How do I renew?

**A:** Go online to [pagodapacers.com](http://pagodapacers.com), click on 'Membership' -> 'Membership Application', and you can either fill out the registration on that page and pay using PayPal, or you can print a hard copy of the application and mail it.

**Q:** But I'm really forgetful... how can I check later on to see if I am still a member?

**A:** For starters, you won't get a mailed newsletter anymore. But you can always check online to see if you are still a member, by going to the bottom of the 'Membership' page, and clicking 'Membership Status'.

**Q:** What if I just joined in October 2016 because I loved the Oktoberfest aid station at Blues Cruise and want to be part of this awesome club?

**A:** Anyone who initially joins the club between October 1 and December 31 has their membership extended to December 31 of the following calendar year.

**Q:** Okay, so apparently I'm a member. What does that get me?

**A:** An awesome group of people with which to share miles, laughter, and your accomplishments! Plus the following....

- Monthly meetings with food, refreshments, activities.
- Monthly Newsletter mailing and E-blast updates
- Social activities: Christmas party, Spring Wine & Cheese party at Pagoda, Summer picnic, Fall bonfire and others.
- 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 team category races.
- Free Club logo apparel for race volunteers.
- Free non-commercial use of club equipment.

## RACE RESULTS, CONT'D.

### Ghouls and Fools 10K

17	Greg Kellenberger	50:24	1st M40-49
25	Michelle Gallen	54:14	2nd Female
37	Kelly Murdock	57:57	2nd F30-39
103	John Vrobel	1:15:14	
134	Jason Jacques	1:19:53	
137	Steven Holgate	1:20:09	

### Third Thirsty Thursday October 5K

6	Steve Koch	19:03	3rd M50-59
7	Jon Durand	19:22	1st M30-39
15	Brian Stoltzfus	20:43	4th M50-59
16	Mark Yourkavitch	21:03	
18	Dale Wiest	21:14	
23	Michelle Gallen	22:04	2nd F20-29
61	Brett Lynch	26:06	
63	Tony Agentowicz	26:13	
66	Jason Glass	26:28	
72	Mark Mazurkiewicz	27:31	
73	Kathy Seitzinger	27:34	3rd F50-59
74	Dana Seitzinger	27:35	
79	Steven Holgate	28:21	
83	Janine Beidler	28:44	
87	Mary Boggs	28:55	
90	Mike Ranck	29:16	
97	Joanne Patti	29:55	
98	Blair Hogg	29:56	
99	Larry Drogo	29:59	
102	Mark Reedy	30:05	
107	Colleen Fitzpatrick	30:39	
109	Karin Long	30:47	
118	Barbara Raifsnider	31:30	
143	Helene Horn	35:31	
157	Chris Weidenhammer	48:43	

### Philadelphia Rock and Roll Half Marathon

Steve Skrocki	1:36:42
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### Sly Fox Golf Course Series #1

Beth Styer	30:04
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### Wrightsville MAG 5K Fall Flash

Helene Horn	35:40
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*Omitted from previous newsletter:*

### Blues Cruise 50K

Andrew Styer	6:44
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### Fitzy's Run 5K

49	Ruthie Vanderbeck	23:14	1st F30-34
71	Cade Yourkavitch	24:46	
72	Mark Yourkavitch	24:47	
121	Scott Zuidema	27:25	
149	Sorita Averill	28:29	3rd F55-59
189	Ellie Vanderbeck	29:54	
190	Jerry Atwell	30:01	
263	Julianne Kern	33:01	
336	Helene Horn	37:29	
431	Lauren Zuidema	51:02	

### Blue Marsh Lake

Volunteer Work Day

Saturday, December 24



All work days start at 9:00am.

Projects will be determined based upon number of volunteers.

If you plan to attend, please contact Hallie Groff at 610-376-6337 ext. 6551 or at [hallie.e.groff@usace.army.mil](mailto:hallie.e.groff@usace.army.mil).

# Shiver by the River

The 27<sup>th</sup> annual SHIVER by the RIVER 5K & 10K is upon us. Join us on the 2<sup>nd</sup> Sunday of the each month: **December 11<sup>th</sup>, January 8<sup>th</sup>, February 12<sup>th</sup> and March 12<sup>th</sup>**, at Jim Dietrich Park, in Muhlenberg Township. Registration opens at 9:30, both races start at 11:00. If you can't run all 4 of them, run 3, run 2, or run 1. As a reminder, Shiver results are no longer automatically sent to the newsletter, so please send your results to [raceresults@pagodapacers.com](mailto:raceresults@pagodapacers.com), if you would like it published in our newsletter.

If you choose not to run the race, please consider volunteering. We need volunteers before the race, for **parking** and **registration**; during the race - **on the road**, **at the finish line** and **in the farmhouse**; and after the race - for **cleanup**. If you can help prior to the race, please plan to arrive between 9:00 - 9:15. If you can help with the race itself, please arrive no later than 10:30. Look for either Sue Jackson, Steve Skrocki or Kelsey Jackson somewhere around the farmhouse. Thank you in advance for your support!

Hope to see you there!!!

*Sue Jackson, Steve Skrocki, Kelsey Jackson*

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*Come join the Pacers for a night of food, fun, friends, and hockey!*

**What:** Reading Royals

Hockey Game

**When:** 7:00pm, Saturday,  
December 10, 2016

**Price:** \$20 per person

**What you get:**

- Game Ticket (game time 7:00pm)
- Seats in Ice Box area right on ice
- Food and sodas

**\*\*Note:** This is Teddy Bear Toss night, benefitting Toys for Tots\*\*

Contact Larry Drogo for tickets at

[lawrencedrogo@gmail.com](mailto:lawrencedrogo@gmail.com)



## Reading selected to host 2017 PA Greenways and Trails Summit

In September 2017, Reading and Berks County will welcome hundreds of trail professionals, volunteers and advocates as the host of the 2017 PA Greenways and Trails Summit.

The biannual summit is organized every other year by the Pennsylvania Recreation and Park Society (PRPS) and the PA Department of Conservation and Natural Resources (DCNR). Reading was selected from a joint proposal submitted by Schuylkill River National Heritage Area and Berks Nature, who will now join PRPS and the DCNR in planning the 2017 Summit.

Stay tuned for updates for the Pacers to get involved with outdoor workshops, trail seminars, and more!

## CALLING ALL RUNNERS, VOLUNTEERS AND SPECTATORS:

The Pagoda Pacers' annual  
**KRIS KRINGLE 5 MILE RUN**  
is **Saturday December 31st**  
and we hope to see you there!

The course is on scenic rolling countryside roads, a short portion on the Union Canal Path next to a trout stream and gorgeous trail section in Blue Marsh Recreation Area. Race starts at Berks County Agricultural Center, 1238 County Welfare Road, Leesport, PA 19533.



HOODIES are back by popular demand and so is the raffle for a pair of SOUTHWEST AIRLINE TICKETS. Hoodies are guaranteed to the first 500 runners and ALL RUNNERS are entered in the airline ticket raffle.

Entry Fee is \$30 Adults, \$15 ages 18 and under if postmarked by December 10th. Afterwards and on race day: \$35 adult, \$20 student. Race benefits The Berks County Cross Country Coaches Association.

Race starts at 11:00 AM and registration opens at 9:30 in the 4-H building. Volunteers please arrive by 9:00 and thank you for helping out. Online and hard copy registrations are available on [PagodaPacers.com](http://PagodaPacers.com) and [Pretzelcitysports.com](http://Pretzelcitysports.com).

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## RUNNER PROFILE: JON DURAND

### "Durand Durand"

by Matt Brophy

When Jon Durand finds something that excites him, he tends to double down. In the past, this "obsessive" part of his personality has led him astray, but now it has enabled him to reconstruct his life into its current form: sober, happily married, and running strong.

Durand, a 2003 graduate of Wilson High, was more into soccer and mosh pits than running during his adolescent years. After a few semesters at Reading Area Community College, he transferred to Kutztown University, where he graduated with a Bachelor's in Electronic Media in 2009. His education prepared him for his current position as an IT Technician for the Exeter Township School District. He currently lives in Mount Penn with his wife, Cathy. The newlyweds were married just last month and are looking forward to a honeymoon cruise from Italy to Greece in the spring.

During his time at and after Kutztown, Durand also was involved in parties, and unfortunately, his relationship with drugs and alcohol gradually became unmanageable. Luckily, in 2012, after a failed relationship, he was able to reclaim his sobriety and turn his life around. He credits his best friend Shawn and his sister Karin as invaluable sources of support and inspiration during those critical times.

Karin was also responsible for turning Durand onto running. She had recently picked up the hobby from their father, Robert, who, as it turns out, had been having his own renaissance with running during the previous few years, and had become a member of the Lancaster Road Runners. He got to know several Pacer members through races such as the Ugly Mudder, Reading Hospital Road Run, and Charlie Horse Trail Half Marathon.



*Jon Durand, looking excited at Ben & Michelle Shultz's wedding this summer, joined by fellow Pacers Andrea and Phil Lechner, Mel Marinaccio, and Jon's now-wife Cathy Durand.*

When Durand first started running with his sister, his primary motivation was to lose weight. He quickly succeeded, dropping 80 pounds over the next six months. Soon, he started running races; his first 5k was a Thirsty Thursday night at Trooper Thorn's. In 2013, he ran alongside his father, sister, and nephew (Dylan) at the Reading Hospital Road Run. This race is particularly memorable for Durand, as it featured three generations of runners from his family.

Over the next couple years, not only did he begin to pick up the pace at 5ks and 10ks (winning two 5ks along the way, including the Winning the Safe from the Sun 5k in 2014), but he also started running longer distances, including the Oley Valley Country Classic and the Broad Street Run (both 10 milers), as well as the Garden Spot Half-Marathon and the Alaska Half-Marathon (formerly Mayor's Midnight Sun) while on vacation in Anchorage, Alaska.

This past season, Durand has taken the leap into ultra running, battling through the North Face Endurance Challenge 50k in DC, and posting—to his own surprise—50 miles at Pretzel City's Labor Pain 12 Hour Trail Run. He also racked up a 3rd place finish at this year's Dark and Dirty Trail Run.

Next spring, Durand will take his first crack at a marathon (Lower Potomac River Marathon) in March, and if all goes well, he'll follow that up with the Bull Run Run 50 in April.

While there are a ton of other races that Durand dreams of competing in someday (Boston, Hardrock, Western States, Massanutten, Hennepin 100, Mount Marathon), his primary goal is just to stay healthy so that running can continue to be a core part of his daily life. Since 2012, his relationship with running had been marked by a fierce intensity—first to lose weight, then to win awards—but recently, he's become more comfortable with enjoying running for its own sake, as well as the camaraderie that goes along with it.

This shift in attitude may be, in part, thanks to the Pagoda Pacers. Durand first got involved with the club after Len Burton, who was his neighbor at the time, suggested it. Once he started attending Wednesday Night Runs and club social events, Durand noticed that "the vibe of the club never seemed competitive." Even the strongest runners never seemed to take themselves too seriously. As he got to know more Pacers, not only did he acquire new friends to run with, such as Ben and Michelle Shultz, Dale Wiest, Jess Gockley, Steve Vida, and myself, but he also felt more deeply connected within the community.

Besides running, Durand has many other passions, including robotics. Since high school, he's been a member of the Northeast Robotics Club, and in February, he will be competing in the Motorama Robot Conflict, where he hopes his creations will destroy many lesser robots. One of Durand's more recent obsessions is deal hunting. If you want some tips on how to scour Amazon Warehouse or various apparel websites for insane deals on running gear, just ask the long-legged, bespectacled speedster at the next Wednesday Night Run—that is, if you can catch him.



THE PAGODA PACERS ATHLETIC CLUB PRESENTS THE 30<sup>TH</sup> ANNUAL

# KRIS KRINGLE 5 MILE RUN

BENEFITS THE BERKS COUNTY CROSS COUNTRY COACHES ASSOCIATION

SATURDAY DECEMBER 31 – 11AM AT THE BERKS COUNTY AGRICULTURAL CENTER

1238 COUNTY WELFARE ROAD, LEESPORT, PA 19533

**AWESOME HOODIES** GUARANTEED TO THE FIRST 500 RUNNERS,  
AFTER THAT WHILE SUPPLIES LAST!

**WIN ROUNDTRIP AIRLINE TICKETS FROM SOUTHWEST AIRLINES**

ALL REGISTERED RUNNERS WILL RECEIVE ONE RAFFLE TICKET AND ADDITIONAL RAFFLE TICKETS MAY BE  
PURCHASED. MUST BE PRESENT TO WIN

**COURSE:** SCENIC ROLLING COUNTRYSIDE ROADS, A SHORT PORTION ON THE UNION CANAL PATH NEXT TO  
A TROUT STREAM AND TRAIL SECTION IN BLUE MARSH RECREATION AREA.

**ENTRY FEE:** \$30 ADULTS, \$15 AGES 18 AND UNDER IF POSTMARKED BY DECEMBER 10TH.

AFTERWARDS AND ON RACE DAY: \$35 ADULT, \$20 STUDENT.

DAY OF REGISTRATION: OPENS AT 9:30 AM IN THE 4-H BUILDING.

UPDATES AND INFORMATION CAN BE FOUND AT PAGODAPACERS.COM AND OUR FACE BOOK PAGE.

**AWARDS:** TOP 3 MALE AND FEMALE FINISHERS IN EACH AGE GROUP: U14, 15-19, 20-24, 25-29, 30-34,  
35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 AND OVER. TOP TWO OVERALL MALE AND FEMALE:  
OVERALL WINNERS NOT ELIGIBLE FOR AGE GROUP AWARDS. TOP HIGH SCHOOL TEAMS IN EACH DIVISION;  
OPEN DIVISION (ALL MALE OR MIXED) OR FEMALE DIVISION (GIRLS ONLY). EACH TEAM MEMBER MUST  
CURRENTLY BE ENROLLED IN THAT HIGH SCHOOL. AWARDS BASED ON XC SCORING (15TH PLACE EARNS 15  
POINTS, ETC.) LOWEST 3 PERSON POINT TOTAL WINS. TEAM MEMBERS ARE ALSO  
ELIGIBLE FOR INDIVIDUAL AWARDS, NO ADDITIONAL COST.

Register online at PAGODAPACERS.com or PRETZELCITYSPORTS.com. Online registration closes  
midnight Dec 23<sup>rd</sup> small service fee applies. **OR** Mail check and lower part of this form to: Polly Corvaia  
391 Angora Road Reading PA 19606. No refunds or mailing of awards. Questions: call 484-797-3440.  
Checks payable to: **Pagoda Pacers Athletic Club**



Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Sex: ☐ M ☐ F Hoodie Size ☐ S ☐ M ☐ L ☐ XL

Race Day Age: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Team Name and Division (if applicable): \_\_\_\_\_ OPEN or FEMALE

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Pagoda Pacers A.C., the Berks County Cross Country Coaches Association, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pagoda Pacers to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/2016

Insured By Road Runners Club of America



## JUNIOR HIGH CROSS COUNTRY CHAMPIONSHIP RACE



Top 15 female 7th grade runners at Jr Hi XC Race



Top 15 male 8th grade runners at Jr Hi XC Race

## Pacers Scholarship Application Now Open Deadline - February 28, 2017

The Pagoda Pacers award four outstanding High School Seniors, each with a \$750 scholarship for their continuing education. Students are recognized for their participation and achievements in athletics, academics and community service.

Two scholarships are open to all high school seniors who participated on a **Berks County high school cross country team**.

Two scholarships are open to all high school seniors whose **parents are current members** in standing for at least one year of the Pagoda Pacers.



The Scholarship Application and additional details are online at <http://www.pagodapacers.com/Scholarships/About.aspx>.

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## BONFIRE CONTEST WINNERS

Congratulations to Jenn Seale (below), winner of the soup contest with her sweet potato and black bean soup.

Congratulations to Jackie Shultz-Shirey, winner of the brewing contest with her chocolate raspberry porter.



# Have You Been Naughty or Nice?

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**Join us for our Run Santa Run 5K, Saturday, December 10<sup>th</sup> in West Reading!**

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The newsletter is published monthly. To submit an article for publication, or inquire about advertising, email [editor@pagodapacers.com](mailto:editor@pagodapacers.com). The deadline for submission is the 15th of each month.

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## 2016 PPAC Officers

**Meetings:** 2nd Thursday of each month  
**Annual Dues:** \$15 Individual; \$25 Household

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