



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

Reading, Pennsylvania

## READING IS FOR RUNNERS

*The following essay was submitted to the Road Runners Club of America (RRCA) as part of the Pacers' application to renew their "Runner-Friendly Community" status.*

The Pagoda Pacers Athletic Club is the local running club for the Reading PA area. We support healthy lifestyles through fitness and competitive running, cycling, social events, and more. All fitness enthusiasts are welcome, beginner through advanced. Through cooperation, encouragement, and friendship, we help each other meet and usually exceed our goals. The club has been involved with Reading for over 35 years and is currently one of the largest running clubs in Pennsylvania with over 450 members.

Reading is an outstanding community because of the multitude of courses available which vary in terrain, skill level, and goals. In addition to the typical roads and sidewalks that one finds everywhere, Reading has trails and paths to fit every runner's needs. For the beginning runners we have beautiful towpaths that run along the local waterways, such as the Union Canal trail (Grings Mill) and the Schuylkill River Trail. These flat trails allow you to start slowly and choose a comfortable distance, while having scenic surroundings and not having to think much about where you are going.

In addition, Reading has many trail systems in the immediate area offering miles and miles of running. Right in the city, we have two mountains (Mt. Penn and Neversink Mt) which have trails starting right outside your door. Each one has a multitude of trails carved into it which are well maintained and marked. They also contain local landmarks such as the Reading Pagoda and the Fire Tower. Not only is each nice and convenient, they are also interconnected, doubling the pleasure. Reading also has many additional parks within 20 minutes, such as French Creek State Park, Blue Marsh Lake (a public project maintained by the Army Corps of Engineers), and Nolde Forest. Together the local parks system gives endless miles of enjoyable and challenging running.

Reading Pennsylvania and the surrounding area continues to attract runners of all kinds to participate in running events hosted locally on both our extensive mountain trail system and on the roads of our local communities. Local running events of all distances and terrain thrive

*(continued on page 2)*

## September • 2016

### UPCOMING EVENTS

9/8/16 Thursday	<b>General Membership Meeting</b> 7:00pm, Blind Hartman's Tavern 2910 Pricetown Road, Temple
9/18-20/16 Sun/Mon/Tues	<b>Paint the Pagoda</b> 4:30pm until dusk See details on Page 3

### SAVE THE DATE

10/2/16 - Blues Cruise 50K  
10/22/16 - Jr Hi XC Race  
11/6/16 - Oley Valley Country Classic

### GROUP RUNS

Start Time: 6:15pm Wednesday

**September 7, 2016** - (road/trail)  
Run & Eat: Mike Yoder and Laura Mooney's home  
449 Orchard Road, Fleetwood (road/trail)

**September 14, 2016** - (trail, bike option)  
Run & Eat: Liz Glass & Jeff George's home  
50 Smoketown Road, Mertztown

**September 21, 2016** - (road/trail)  
*\*\*Charity run - Berks Women in Crisis\*\**  
Run & Eat: Beth Auman's home  
314 Lutz Drive, Reading (Exeter)

**September 28, 2016** - (road/trail)  
Run & Eat: Stephan & Linda Weiss's home  
2137 Old Lancaster Ave., Reinholds

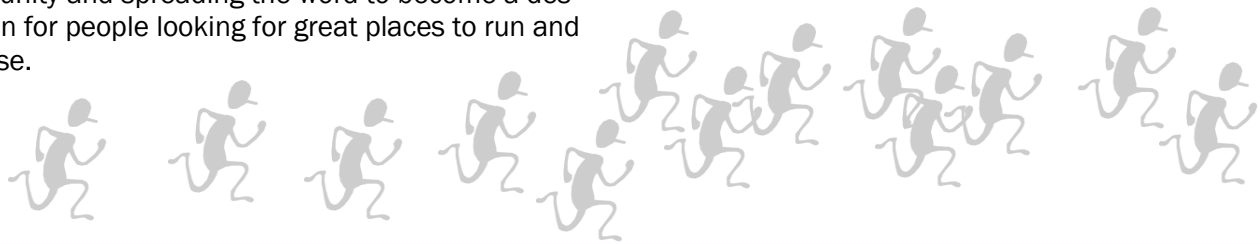
**October 5, 2016** - (trail)  
Run & Eat: Polly & Steve Corvaia's home  
391 Angora Road, Reading

(continued from cover)

year after year, and new ones continue to develop. The area has seen an increase in 5K events, which continue to attract first time runners due to unique themes or benefitting a cause or just for the exercise. Longer distance events continue to grow in Reading. There are numerous 10K and 10 Mile events run year after year in the area that continue to attract runners to our community, and 2016 will be the first year of a new city wide half marathon that looks to be something to grow on year after year.

The Pagoda Pacers Athletic Club itself hosts 10 races annually. Also, due to the wonderful mountain trail system our area offers, there are many events that go on year round. Google trail races in Reading PA and you'll see the broad array of year round events that are both fun and challenging in the great hidden jewel of Reading PA.

The future of Reading Pennsylvania as a runner friendly community is strong. Area groups representing our extensive trail system like the Pagoda Foundation and Berks Nature Conservancies, Antietam Lake Conservancy, Mount Penn Friends, Pagoda Pacers Athletic Club, and Berks Area Mountain Biking Association have begun meeting together to continue to coordinate to preserve the natural beauty of our running community and spreading the word to become a destination for people looking for great places to run and exercise.



## HELP PAINT THE PAGODA!

WE ADDED A DATE!

Save the dates: **September 18th, 19th and 20th.**

The Pagoda Pacers have volunteered to paint the benches, guard rails and the Torii (Japanese style entrance gate). We will meet in the evening starting at 4:30 and paint till dark. What isn't completed the first night, we will come back and complete the following evening.



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## RUNNER PROFILE: JESS GOCKLEY

### Long Live the Queen

by Matt Brophy

Jess Gockley is a runner with an axe to grind—make that two axes – and a crown to go with them. After defending her title at the Worlds End Ultramarathon in May of this year, she went on to win the Pennsylvania Triple Crown of Mountain Running, an award given to the “most bad ass” finisher of three of PA’s most punishing trail races: the Hyner 50k, the Worlds End 100k, and the Eastern States 100-miler.

Gockley credits Lori Johnson for talking her into competing for the Triple Crown. After finishing the Oil Creek 100-miler in October 2015, Gockley had no plans to run another 100-mile race, especially not Eastern States. However, she admits to having “a bad habit of being easily talked into crazy adventures.” When she learned that she had free entry to World Ends, following her 2015 victory there, she decided to go for it. To prepare, she experimented with a new training program—one that incorporated more yoga and cross-training relative to high-mileage weeks—and the results proved its effectiveness. After a 3<sup>rd</sup> place finish at Hyner and a win at Worlds End, Gockley was in the lead for the Crown heading into Eastern States.

Her competitive drive reignited, Gockley “prepared for Eastern States like I never have for any other race,” training hard and studying the course meticulously. Race conditions put these preparations to the test: extreme heat and humidity during the day, followed by intense thunderstorms in the evening. After battling through the weather on blistered feet, Gockley finished the race in just over 32 hours (3<sup>rd</sup> female overall) good enough to secure the crown. “It’s a pretty sweet feeling,” she says. “It shows how much one person can handle and endure on some of the most grueling and challenging trails in PA.”

Other highlights from Gockley’s racing career include Jay Peak 50k (her first ultra and a gorgeous course); the 2012 Beat Beethoven 10k (a race she ran just a month and a half following major surgery, in which she had part of a lung removed due to a carcinoid tumor); and the 2013 Massanutten Mountain Trails (MMT) 100 Mile Run (her first 100-miler). She also has fond memories of traveling with fellow Pagoda Pacers to events such as the Mountain Mist 50k (in Alabama) and the Ragnar Adirondacks (in upstate New York).

Gockley has been a member of the Pagoda Pacers since 2005, but she’s been running since her senior year at Cocalico High School, where she graduated in 1999. She considers the Pacers as her “extended family,” and loves the camaraderie and mutual support among members. Annual events such as the Wine and Cheese Party, Jim Thorpe trip, and Christmas Party are great fun, but so too, says Gockley, is just watching runners grow and help one another.

In the near future, Gockley plans on taking a break from rac-



*Jess still smiling as she enters an aid station at Eastern States 100.*



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ing. This should allow her to find time for her other passions, including “traveling, gardening, and spending time with Jon [her husband] doing nature photography and birding.” If you don’t see her out running the trails, you might see her walking her dog, Deililah, around her home in Stevens, PA, or at Lancaster General Hospital, where she works as an x-ray technician in the cardiology department.

Perhaps due to her personal history or her profession (or both), Gockley’s philosophy of running (which also makes for a solid life philosophy) is rooted in *appreciation*, both for what our bodies can do and for the natural beauty that surrounds us. In her own words, “take the time to sit back and really appreciate your ability as a runner whether you’re fast or slow, and just realize how lucky you are to be able to put one foot in front of the other and continue to have that desire to do so. Appreciate your surroundings as you run. Encourage others to get moving...and celebrate every step along the way. Remember running isn’t always about where you finish in the race...it’s more about the journey getting there!”



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# RACE RESULTS

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

## Eastern States 100 Miler

Jess Gockley	32:05:43	3rd Female
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## Moosalamoo Ultra 36 Miler Vermont

13	Laura Mooney	7:35:41
35	Mike Yoder	9:05:01

## Wissahickon Trail Classic 10K

Paul Makurath	1:08:08	1st M70+
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## Coventry Woods 10K

Paul Makurath	1:06:35	1st M60-99
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## Downingtown July 4th 15K

Paul Makurath	1:30:23	2nd M70-74
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## Moyers 5K Souderton, PA

Helene Horn	33:58
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## Run for Taylor 5K

10/153	Don Mengel	20:37	1st M55-59
12	Steve Maguire	20:53	1st M50-54
13	Duane Renninger	21:21	1st M45-49
17	Dana Seitzinger	21:31	2nd M45-49
19	Troy Seitzinger	21:46	3rd M50-54
22	Raine Fussner	22:38	2st F50-54
24	Ruth Machamer	23:10	1s F40-44
31	Tom Chobot	24:19	1st M60-64
60	Kathy Seitzinger	27:59	2nd F50-54
82	Jim Demsko	30:26	
89	Michele Amadoro	30:46	3rd F40-44
104	Barbara Raifsnider	32:56	4th F50-54
108	Brooke Schell	33:19	
135	Helene Horn	39:31	
136	Gwyn Chobot	39:38	4th F55-59

## Quadzilla 15K

3/364	Michael Heimes	1:10:38	3rd Male
31	Jess Gockley	1:21:02	3rd Female
44	Dale Wiest	1:24:47	1st M55-59
55	Laura Mooney	1:27:28	1st F45-49
114	Melanie Marinaccio	1:36:55	1st F55-59

## Tex Mex 5K

Jeff Fussner	21:50	4th M50-54
Raine Fussner	22:29	1st F50-54

## Chobot Challenge 8.4 Miles Trail

8/116	Ben Hatt	1:05:32	4th M30-39
11	Jess Gockley	1:06:43	1st Female
21	Laura Mooney	1:11:03	1st F40-49
23	Don Mengel	1:11:12	1st M50-59
27	Tom Chobot	1:13:53	1st M60-67
38	Mike Yoder	1:19:20	2nd M50-59
40	Mel Marinaccio	1:20:01	1st F50-59
49	Brett Lynch	1:24:29	
51	Ruthie Vanderbeck	1:26:28	3rd F30-39
73	Ted Hardies	1:38:41	2nd M68+
82	Ellie Vanderbeck	1:42:37	3rd F50-59
83	Donna Ornosky	1:43:07	4th F50-59
84	Jeff Dorko	1:43:53	
88	Janine Beidler	1:47:30	
92	Barbara Raifsnider	1:51:13	
99	Diane Hardies	1:52:02	1st F68+
100	Sarah Chobot	1:52:30	
111	Joanne Patti	2:10:41	
113	Helene Horn	2:16:30	
114	Gwyn Chobot	2:16:33	

## Osage Hills Relatively Flat Trail Marathon (that's the real name!)

Elaine Cook	4:33:55	1st Female
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## Third Thirsty Thursday 5K (7/21)

21/281	Steve Maguire	19:51	2nd M50-59
27	Michele Gallen	20:53	3rd F20-29
29	Melissa Oswald	21:03	2nd F30-39
32	Troy Seitzinger	21:16	2th M50-59
34	Dana Seitzinger	21:35	3rd M40-49
60	Amanda Gross	23:48	
79	Tony Agentowicz	24:39	
124	Mark Reedy	26:56	
140	Mark Mazurkiewicz	27:38	
145	Kathy Seitzinger	27:51	4th F50-59
154	Janine Beidler	28:40	
160	Joanne Patti	29:07	
163	Mary Boggs	29:14	
166	Karin Long	29:39	
184	Barbara Raifsnider	30:45	
212	Blair Hogg	32:40	
221	Larry Drogo	33:33	
274	Judy Anttonen	42:09	
279	Chris Weidenhammer	47:46	

### Grings Mill 5K

17/251	Dale Wiest	21:03	1st M55-59
28	Jayden Manbeck	23:22	
46	Heather Nowicki	25:03	3rd F35-39
72	Ellie Alderfer	27:34	3rd F50-54
113	Alyson Rentschler	31:48	
129	Chris Rentschler	32:43	
137	Larry Drogo	34:27	

### Grings Mill 10K

13/219	Don Mengel	41:29	1st M55-59
15	Jess Gockley	42:12	2nd Female
17	Steve Maguire	42:37	2nd M50-54
28	Duane Renninger	44:09	1st M45-49
54	Elaine Cook	48:50	2nd F50-54
82	Brett Lynch	53:12	
92	Joe Long	55:24	
110	Tony Agentowicz	57:23	
111	Donna Ornosky	57:28	3rd F50-54
116	Janine Beidler	58:03	
155	Joanne Patti	1:03:43	
181	Kelsey Jackson	1:07:39	
182	Barbara Raifsnider	1:07:48	
183	Blair Hogg	1:08:14	
186	BK McDonough	1:09:03	
208	Helene Horn	1:17:40	

### Half-Wit Half Marathon

16/227	Dale Wiest	2:10:24	1st M50-59
17	Scott Thomas	2:10:57	2nd M50-59
23	Jon Durand	2:13:59	
35	Brock Kline	2:21:21	
123	Katie Thomas	3:02:32	
139	Tania Salaneck	3:07:23	
148	Jeff Dorko	3:14:34	
192	Barabara Raifsnider	3:35:32	
193	Janine Beidler	3:35:42	
199	Gary Gehret	3:38:03	
218	Ellie Vanderbeck	4:03:50	
219	Ruthie Vanderbeck	4:03:53	

### Pottstown Half Marathon

Jill Roper	1:45:58	3rd F40-44
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Omitted from last results:

### Firecracker 5K

Jeff Dorko	27:39
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### IMable Beer Mile

Solo Division:

1/11	Erik Leeds	8:25	1st Male
3	Brett Lynch	9:11	
7	Steve Maguire	11:11	
8	Beth Auman	11:14	1st Female
9	Eric Delahaye	12:44	

Relay Teams:

1/12	Jay Drasher/ Keith Fry	7:46
3	Michele Amadoro/ Troy Seitzinger	8:27
4	Becky Andersen/ Greg Deland	8:28
5	Jen Seale/ Ken Seale	9:23
6	Elaine Cook/ Mel Marinaccio	9:46
7	Lynn Reddington/ Jason Jacques	10:05
8	Jim Borden/ Brad Shollenberger	10:22
11	Larry Drogo/ Missy Drogo	13:16
12	Caroline Hill/ Eric Delahaye	13:20

### Hazy Open Water Swim Races - 2 Mile Swim

2/28	Tom Kohl	51:45	2nd Overall
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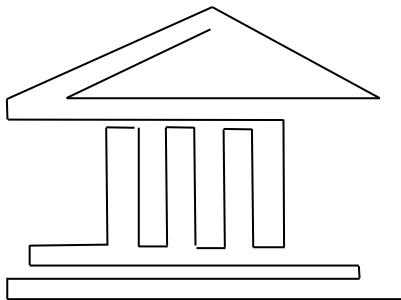
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## GENERAL MEETING MINUTES

By Polly Corvaia

Blind Hartman's Tavern, August 11th, 2016

### Race Director's Report:

**Grings Mill** - Caroline Hill: Thanked all volunteers and there were 435 preregistered and 197 race day entries. She announced that Jeff Hills is retiring as RD after 5 years. Laura Mooney stepped up to assist Caroline for 2017. Suggested a portion of proceeds be donated to the County Park System in Trish Cramer's name. Discussion was tabled for further research.

**Run for the Ages 10k** - Ted Andrus emailed report to Brett Lynch: 160 runners and profit of \$2800. He asked the club to donate \$2000 to Friends of Nolde Forest. Voted on and approved by members.

**Blues Cruise 50k** - Stephan Weiss: Number of registrants is same as last year at this time. Hats will be printed. Mike Yoder is in charge of the course and Bill Buchanan may not lay trail.

**Oley Valley Country Classic** - Lenny Burton: Apps are out. Two new sponsors; Fleetwood Foot care and Level Financial Partners. Caroline volunteered to create a form letter for sponsors.

**Junior High Cross Country Fall Invitational** - Tom Chobot: Race is October 22 and he will also be RD for the 2016 High School Championships.

**Kris Kringle 5 Miler** - Polly Corvaia: Hoodies and awards are ordered and needed checks.

There were no race reports for Mt Penn Mudfest or the Charlie Horse Half Marathon.

### Communications Committee:

There will be a monthly e-blast with club's schedule sent to all members.

### Community Service:

A third date was added to the Pagoda paint nights; 9/18, 9/19, 9/20.

### Social Committee:

Need a head count for the picnic. Looking for a date for another bike ride.

### Old Business:

Brett priced CPR training through Red Cross: \$1700. He is waiting for more info and is looking for another price to compare. Caroline will ask the Reading Hospital.

A bike injury occurred on our Wednesday night run. Discussion on EPI pens, defibrillators and first aid for club events followed. No conclusions were reached.

Karen Rule informed the club of defibrillator maintenance and costs.

### New Business:

Grings Mill donation in Trish Cramer's name questions:  
1. Any other charities that Trish would have liked to be

a part of. 2. What was the amount of last year's charity donation. 3. Specific use of the money if we give it to Berks Co. Parks and Rec.

Shoe Donations - Tom Chobot reported 9 applicants for the HSXC shoe program. Confirmed the \$1000/year budget.

Mike Yoder discussed Pacer trail maintenance areas at Blue Marsh and Horse Shoe Trails. If anyone uses these trails please let Mike know the condition; trees down, overgrown foliage, or clean and clear so a record is kept.

And hunting season is upon us. VERY IMPORTANT for all trail users to be aware of the rules and regulations regarding hunting seasons and locations which vary in all areas. The PA Game Commission posts this information on their web site and we urge you to check the website and FOLLOW THE RULES. It is an important safety issue for hunters and RUNNERS.



The **READING 120 CLASSIC OF THE AMERICAS** bike race is on **September 10th** and we want you to cheer the cyclists on as they climb Duryea Drive from City Park to the Pagoda **THREE TIMES**. The 120 mile race gets to City Park for the climbs at approximately 1:00-2:20pm.



City Park is a good place to leave the car, enjoy the festivities and run, hike or trail ride on the mountain between the switchbacks of the race course.

Let's show the world **PAGODA PACER PRIDE!** Wear your club gear or better yet wear a costume. Cyclists need the motivation and event organizers LOVE the silliness. Got cowbells, noise-makers and bright signs? Bring those too; louder and brighter is better.



Make a day out of this international bike race in our city and let them know we want this race in Reading every year. All race day events and times can be found on their website: [Reading120.com](http://Reading120.com).

## Blue Marsh Lake

Volunteer Work Day

**Saturday, September 24**

All work days start at 9:00am at  
Visitors Center.



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).

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## 2016 PAC Officers

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

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