

SINCE 1980



PAGODA PACERS

ATHLETIC CLUB

Reading, Pennsylvania

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

FROM THE PRESIDENT

Morning Pacers,

With all the ongoing projects to update the Pacers, I started to think how I could relate a real life situation to our club. The following is something I thought about while at our local Italian club. When I was young our family went to two clubs on the south side of town, a couple blocks from each other. Both clubs were about the same physical size and membership. I still go to both, the difference being, one I go to once every 5 or 10 years and the other I go to 5 or 10 times a year. The following is how I see that happened to these clubs over the years.

One club has stayed in its same location and pretty much not changed its décor from when I was a kid - that's 60 years ago. The menu also changed very little, while the neighborhood has changed completely. On a busy Friday night they pack in about 50 or 60 customers with 3 or 4 people at the bar. The club probably employees 2 full time and 10 or 12 part timers. A very friendly place.

Now the second club moved to the suburbs in the 70's to a large new building. Since then they have added on 2 additions to their building and an outside pavilion. The interior changes every couple years to keep updated and give a little different feel. They have added two extra parking lots and completed an outside picnic area for events. They employ about 100 full time and 150 part time employees. They have updated their menu and gone from pizza and spaghetti to a full restaurant menu. On a Friday night they have a "waiting room" that holds close to 50 people and is full turning away people. The club looks like it holds about 400 patrons. The bright and inviting bar is always 3 to 4 deep waiting to get served. The club has obviously had good management over the years. Still you can see the new younger generation taking over in all the key positions.

While both clubs are still in business, which do you believe will survive another 50 years? Which does more to make our community a better place? Which one can afford scholarships, sponsoring teams, in addition to giving well-paying jobs to a lot of the community? Which one has events for the community and supports outreach for members. Maybe both clubs have a place but if we stay unchanging maybe I will only want to run every 5 years; I hope not.

On a change of pace, I would like to talk about the Wednesday night runs. While our runs are still well attended, there seems to be a drop off in people staying around at the host house for some talk and food. I know everyone is busy and the whole country is a little depressed, but stopping in after the run just to say hi and thank you to the sponsors goes a long way. The people who sponsor do a lot to set up to make your Wednesday night run enjoyable, so if you could just stop in and say hello it will be very welcomed. I promise not to talk to you to much.

See You Wednesday,
Larry Drogo

**AUGUST MEETING LOCATION:
BLIND HARTMANS TAVERN**

August 2018 UPCOMING EVENTS

<i>8/5/18 Sunday</i>	Grings Mill Run 5K/10K 9:00am (Registration 7:30am) 2083 Tulpehocken Rd., Reading
<i>8/9/18 Thursday</i>	Monthly Membership Meeting 7:00pm, Blind Hartmans Tavern 2910 Pricetown Road, Reading
<i>8/26/18 Sunday</i>	***RESCHEDULED!*** Grings Mill Run 5K/10K (& kids run) 9:00am (Registration 7:30am) NEW VENUE - Berks Heritage Center 1102 Red Bridge Rd., Reading

GROUP RUNS

Start Time: 6:15pm Wednesday

August 1, 2018

Run & Eat: Caroline Hill's home
63 Preston Road, Wernersville (Trail)

August 8, 2018

Run & Eat: Donna Hey's home
718 Old Wyomissing Rd, Reading
(Road/Trail)

August 15, 2018

Run: Monocacy Hill Rec Area (Trail)
Geiger Rd & Monocacy Hill Rd
Eat: Pete Groth/Joanne VanHorn home
7 Agata Drive, Douglassville

August 22, 2018

Charity Run - local animal shelters
Run: Antietam H.S. (Road/Trail)
100 Antietam Road, Reading
Eat: Klinger's on Carsonia
721 Carsonia Ave., Reading

August 29, 2018

Run: Trout Run (Trail)
E. Neversink Road, Reading
Eat: Duane Renninger's home
238 Sunrise Rd., Exeter

SAVE THE DATE

10/7/18 - Blues Cruise 50K
11/3/18 - Bonfire
11/11/18 - Oley Valley Country Classic
12/30/18 - Kris Kringle Run 5 Mile

RACE RESULTS

Email Results to Race Results Coordinator Karen Rule at raceresults@pagodapacers.com

Third Thirsty Thursday- June

10	Curt Minick	19:55	1st M50-59
13	Steve Maguire	20:58	4th M50-59
22	Michele Gallen	22:20	1st F20-29
57	Jill Spengler	25:05	4th F30-39
74	Aaron Kreider	26:05	
105	Jonathan Foley	29:15	
106	Larry Drogo	29:19	
109	Julia Hager	29:28	
111	Joanne Patti	29:29	
118	Janine Beidler	30:10	
133	Barbara Raifsnider	31:07	
137	Lisa Domeshek	31:15	
158	Charlie Crowell	33:24	
159	Lori Koch	33:32	
163	Helene Horn	35:27	1st Fmaster Clyde
165	Kristen Rothenberger	36:06	3rd F Open Clyde
176	Rose Hagy	39:16	1st F 68+

Fingerlakes 50K

1/122	Michael Heimes	4:19:20	Course Record
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World's End 100K

43/100	Brooke Schell	16:15:37	2nd in age group
79	April Zimmerman	18:25:50	3rd in AG
96	Donny Mengel	18:44:40	1st in AG

Quadzilla 15K

39	Dale Wiest	1:24:16	1st M60+
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World's End 50K

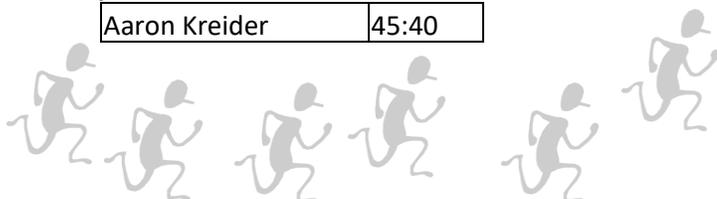
34/126	Matt Brophy	7:46:34	
39	Steve Vida	7:54:39	
45	Christine Le	8:04:06	

Firecracker 5k- Reading

31/72	Aaron Kreider	32:17	
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Shoe Fly 5 miler

Aaron Kreider	45:40		
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Third Thirsty Thursday- July

11	Michele Gallen	20:07	1st Female
17	Duane Renninger	21:09	3rd M40-49
97	Blair Hogg	26:43	
109	Steven Holgate	27:23	
110	Jonathan Foley	27:24	2nd Open Clyde
116	Mark Mazurkiewicz	28:05	
123	Julia Hager	28:31	
129	Jeff Dorko	29:03	
133	Larry Drogo	29:10	
142	Aly Costello	29:27	
148	Barbara Raifsnider	29:45	4th F50-59
150	Janine Beidler	29:47	
158	Joanne Patti	30:01	
182	Kristen Rothenberger	31:45	2nd Open Clyde
185	Lisa Domeshek	32:05	
210	Charlie Crowell	35:22	
214	Karin Long	35:45	3rd Master Clyde
230	Rose Hagy	40:04	1st F68+
247	Helene Horn	58:30	

Double Trouble 30K

22/76	Dale Weist	3:07:53	1st M60-67
44	Andy Styer	3:41:59	
68	Kate Martin	1:46:17	3rd F30-39
148	Barbara Raifsnider	2:15:43	
154	Joanne Patti	2:18:25	
172	Michelle Foley	2:24:26	
173	Sandie Kincaid	2:24:27	



Michael Heimes and his cow trophy after winning Fingerlakes 50K

GENERAL MEETING MINUTES

Date: 7/12/18

Time: 7 p.m.

Location: Daniel Boone Homestead

A check presentation was made to the Heather Foltz of Berks County Special Olympics

Treasury Report – Shaun Luther—looking good, there are a few large expenses to be paid out, but the balance is ok.

Races:

Charlie Horse: Kyle Gery says that a 5K will be added to the event net year. He may use Ultra signup next year for cost savings.

Blues Cruise: Registrations are up so far from last year
Oley Valley Country Classic: Len Burton—the OV Youth League is interested is doing more races with us in partnership.

Grings Mill Run: Coming up next, and is in need of volunteers.

Race director comments: An aluminum truss for start/finish lines was purchased from Butch Ulrich. Charlie will keep it at his house, and then possibly at Jim Dietrich Park in the winter.

Larry suggests putting logos on all race shirts.

Committee Reports:

Social Committee:

- Wine and Cheese party: Karin Long—the event was successful: a lot of people helped out, and very positive feedback received. The attendance was 76 members and 10 nonmembers. A suggestion was made to have membership papers at events.
- Barnyard challenge at Mike Yoder's: Pacers will sponsor shirts for this popular event.

Communications Committee:

- Jon says he needs assistance with getting posts on the page.

Community Service:

- Reading Hospital Race: planning meetings have begun for this half marathon, 5K, and 1-mile runs held in October. Same course as before, but the start venue will be the Santander Arena on Penn St (which is across from the DoubleTree). DT was unable to accommodate the race event this year due to a convention in Reading at the same time.
- Trail Maintenance: Charlie starting to build a bridge at French Creek. We will send out an email.
- President's comments: Larry said he has been told by the board of directors to cut costs for meetings. He did send out a notice that the meeting would not provide food and drinks—but, on the other hand, Larry gets feed-

back from some of the membership that the meeting has to have beer and food as a condition for attendance. It was noted that the meeting on this particular evening was poorly attended, with about 11 members present. The meetings at Blind Hartmans were well attended, but cost a significant amount for food, beer, and soda. There was a suggestion to cut the number of meetings per year and provide food and beer, but Larry noted that the meetings numbers are set in the bylaws. He is having trouble finding a suitable venue that is cost conscious, but still provides the options for food and alcohol.

- Regarding the weekly runs, Larry was commenting that not as many people stay afterwards, and was wondering why this is.

Old business: None

New business:

- Ellie suggested that the board of directors gets a Pacer email address, such as the one for some of the officers that links to their personal email accounts. Jon will look into it.
- Larry suggested track practice during the summer. Fleet Feet has practice at Wyomissing High School track.

Next meeting: Thursday, August 9, 2018, 7pm, location TBD

RACE RESULTS, CONT'D

Run for the Ages 10K	finish time	run time	
6	Dale Wiest	1:08:46	51:46 6th overall
9	Raine Fussner	1:09:23	56:23 9th overall
16	Laura Mooney	1:11:49	53:49 1st F45-49
17	Andy Keegan	1:12:26	55:26 2nd M60-64
19	Michele Gallen	1:13:01	51:01 1st F35-39
23	Ben Hatt	1:14:05	45:05 1stM30-34
28	Mike Yoder	1:15:24	55:24 2nd M55-59
31	Jess Gockley	1:16:08	55:08 2nd F35-39
35	Mark Andrus	1:17:00	49:00 2nd M16-19
39	Tom Chobot	1:18:18	1:01:18
40	Jeff Fussner	1:18:28	55:28 2nd M50-54
62	Joanne Patti	1:21:12	1:12:12 2nd F60-64
69	Diane Hardies	1:23:10	1:23:10 1st F70+
75	Heidi Moebius	1:24:28	1:24:28 2nd F70+
78	Donna Ornosky	1:24:56	1:11:56 2nd F55-59
91	Ted Hardies	1:27:23	1:19:23
104	Sandie Kincaid	1:28:44	1:08:44
112	Sue Jackson	1:30:18	1:21:18
114	Barbara Raifsnider	1:30:27	1:17:27
171	Janine Beidler	1:45:40	1:25:40

**NEXT PACER RACE:
GRINGS MILL RUN**

****RESCHEDULED TO 8/26****

The Pacers were dealt a blow by heavy rains and resulting floodwaters in early August that required us to reschedule the Grings Mill Run at the last minute from its originally scheduled August 5 date. However, our race directors jumped to the challenge and have rescheduled the race 3 weeks later on **Sunday, August 26**. The race will still be run on the scenic Grings Mill canal path, but a **new start/finish location for this year will be at the Berks County Heritage Center**, located at 1102 Red Bridge Road, which is accessed off of Route 183 near the interchange with Route 222 (near Penn State/St Joseph's Hospital). The rescheduled event will start at 9:00am and will still include both a 5K and 10K. There is also a kids run for those bringing the whole family to the event.

Details are still being finalized, but race directors anticipate that registration will reopen, so watch for announcements by email and facebook in the coming days and weeks. Also, volunteers will be needed!

And to those who were registered for the original event, we appreciate your understanding and cooperation!



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RUNNER PROFILE: STEVE VIDA “Vida, Run”

by Matt Brophy

Is there a more quintessential Reading runner than my dear friend and lifelong Reading-resident Steve Vida? I think not.

Born and raised in East Reading, Vida left his hometown only briefly to pursue his engineering degree and his lovely wife Tracy, while studying at the University of Notre Dame. He returned directly to the heart of Berks County, wife and degree in hand, to begin constructing a successful career and a beautiful family.

Two-and-a-half decades later, Vida still lives with his wife within the city limits, though their three children—Joe, Clare, and Olivia—have ventured off to pursue their own dreams in other cities. (His sister Michelle Henry is one of our club’s most enthusiastic new members.) Most days, he walks to work, just beyond the city’s northern boundary, to Microchip Technology (formerly part of Lucent), where he is an analog integrated circuit designer.

Vida described first stumbling into running in his mid-30s, as he and Tracy were looking for a way to incorporate more exercise into their lives. While he didn’t take to it right away (Vida mentioned feeling “awkward” and “self-conscious” running around his Hampden Heights neighborhood), he did stick with it, eventually finding his stride. He partially attributes this to his younger brother, Joe, who is a strong marathoner with a long streak of qualifying for and running Boston every year. (2019 will be his 21st consecutive Boston Marathon.) In the back of his mind, he was hoping he could eventually run a marathon, too.

In 2008, he decided to take the plunge, signing up for Chicago. Not only was this massive, iconic event Vida’s first race, it was also his first experience running with other people. Other than his first few efforts with his wife and the occasional run with his brother, running had been exclusively a solo activity for him. He vividly remembers watching others in the corral, before the start of the race: “Some were chatting, others had their game face on.” And then as race-time neared, the Rolling Stones song “Start Me Up” came thumping over the speakers, and Vida experienced a “surge of adrenaline” unlike anything he had experienced before. He hadn’t even crossed the starting line yet, but he was hooked!

A couple years later, Vida tried his first trail race: Pretzel City’s Half-Wit Half Marathon. This wasn’t only his first trail race, but it was also his first trail *run*. Prior to the event, he had been strictly a road runner, and since this was “only a half marathon,” he didn’t think any special training on trails was really necessary to prepare. He remembers arriving at some of the steeper and rockier sections of trail on the course and thinking, “You can’t run on this!” After the race he felt “completely wiped out,” but he also “loved the dirt.”

“Years later, when I started running with the Pacers,” he told me, “I had a similar reaction. When they told me where they

ran and for how long, I kept thinking, ‘People don’t really run there. People don’t run that far.’” He was in disbelief until, of course, he became one of those people himself.

As a road runner, Vida was motivated to increase his speed. He wanted to run a sub-20 5k, and he wanted to qualify for and run Boston (which he did, in 2015, after a 3:16 qualifier at Steamtown). But as he moved into trail and ultra running, longer distances (rather than faster times) became

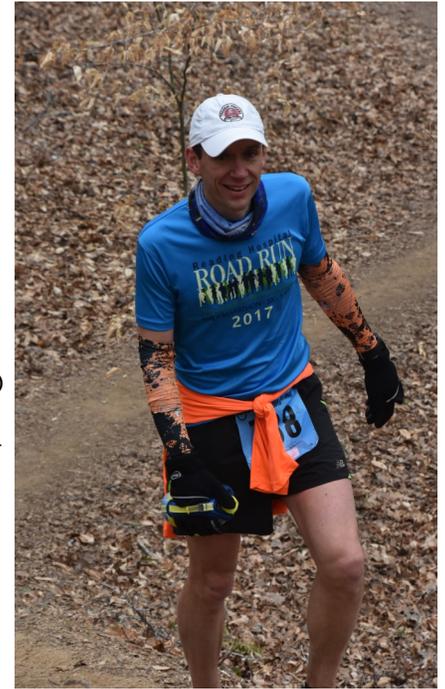
his new goal. “It’s a different kind of experience,” he explained, “going into an event not knowing if you can even finish.” When Vida first hit the 50-mile threshold, at the Labor Pain race here in Reading, he felt like he had achieved a major accomplishment.

While Vida still enjoys running a road marathon every year, often with his brother, his preference is for the longer, slower ultras, where he has to dig deep within himself just to continue. He also loves races where there is a strong Pacer presence at some of the aid stations. We talked about the peculiar sense of “emotional vulnerability” that one often experiences during an ultra—especially late in the race—and how moving and powerful it can be to receive genuine encouragement from friends who want to see you succeed at such moments.

“The main reason I run,” he explained, “is that I never feel as alive as I do when running.” His primary goal, moving forward, is simply to stay healthy enough to keep running for decades—no matter the distance or speed.

Vida also feels that he is a much more social runner than before, and this has everything to do with becoming a Pacer. While before, he may have been more disciplined about adhering to a specific training plan, he prefers the more flexible approach he has now, in which he’ll happily scrap a planned solo run to meet up and run with friends for whatever distance at whatever pace. He nostalgically recounted his first group run with the Pacers (a Wednesday night, of course), which started at nearby Hampden Park in the middle of winter. “I immediately said to myself, ‘This is fantastic,’ and decided I would show up every week.”

Always being able to find someone to run with, along with the camaraderie, advice, and encouragement from fellow run-



*Vida on trail at the Bull Run Run
50 Mile in April 2018*

RUNNER PROFILE, CONT'D

ners, is Vida's favorite part of being a Pacer. He said that whenever he has entertained, hypothetically, the idea of leaving Reading for a new job, he hasn't been able to wrap his head around how he could leave this running community.



Vida (left) with friends at a trailhead of Mount Penn, just blocks from his home in the City of Reading

He also seems to have a strong sense of pride in his hometown. While he knows, of course, that Reading has its problems, he's also attuned to its charms and its history, and he seems hopeful about its future. His connection to the city has even surfaced in his running. After completing the Rocky 50k Fat Ass, along with Jim Demsko and other Pacers, Vida wanted to come up with some running routes that explored Reading the way the Rocky event explores Philadelphia. "The Rocky 50k made me realize how much fun urban running can be," he told me.

His first effort was to design a 22ish mile route that goes (more or less) around the city's boundary. I, and several other Pacers, had the pleasure of running this route with Vida earlier in the year. He took us from Hampden Heights up and over Mt Penn, by Egelman, Mineral Springs, and Pandora Parks, through East and South Reading, over the Bingaman Street bridge, along the Schuylkill to Alvernia, over to the Reading Museum, then by RACC, following the river up toward First Energy Stadium, past Al's Diamond Cabaret (great picture of Mike Reddy there), through Northmont, Albright, and back to where we started. What a loop!

But of course, there's so much of the city that you don't see if you're only running around its boundary. And, as Vida pointed out, "Anything that's worth doing is worth overdoing." So the next project was to run *every street in the City of Reading*, a project he has titled "Reading PacMan." After setting up some guidelines for himself (every run must begin and end at his home; alleys, unpaved roads, and private roads don't count), he's been working on the project diligently all year, and will likely be done by the time this newsletter is published. (At the time of our interview, he had dedicated 45 hours to it, and had covered 275 miles, estimating that he was 90% done.) He's enjoyed seeing parts of the city that he's driven past but never really looked at closely before, as well as seeing some blocks he's never seen at all, despite having lived nearly all his life here. Running the streets of East Reading was perhaps his favorite part of the project, as he was able to revisit all the blocks in the neighborhood where he grew up.

So next time you're running around Reading -- anywhere in Reading -- stop for a moment and recognize: Steve Vida was here. ***



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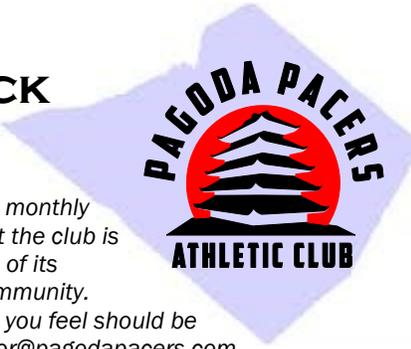
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PACERS GIVING BACK IN BERKS

We want to highlight on a monthly basis the good deeds that the club is doing, through the efforts of its members, in our local community.

Please share any content you feel should be included by emailing editor@pagodapacers.com.



- At the July general meeting, the Pagoda Pacers presented a check for \$2100 to the Special Olympics of Berks County. For many years, proceeds from the Charlie Horse Trail Half Marathon benefit the Special Olympics of Berks County.

- We received the below thank-you note from Berks County Special Olympics for this donation:

Thank-you so very much for your extremely generous donation to the Berks County Special Olympics. We enjoy the day at the Charlie Horse Run and look forward to many years to come. Your donation will help to assist with entry fees, uniforms, and transportation for our athletes. We look forward to assisting with awards next year.

Thank-you again!

Heather Foltz, County manager



Pictured L to R: Kyle Gery (Race Director), Heather Foltz (Special Olympics of Berks), Charlie Crowell (founder, Charlie Horse Trail Half Marathon), Jon Durand (Pacers VP), Larry Drogo (President)

SUNDAY, OCTOBER 14, 2018

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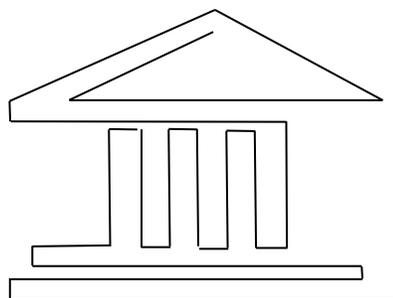
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359 Blimline Road
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Phone: (484) 335-1218

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