



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

Reading, Pennsylvania

May 2018

FROM THE PRESIDENT

Morning Pacers,

We are beginning a new era of the Pagoda Pacers Club. In the past couple months a lot of changes have been put into motion. I have tried to build on what the Pacers have been successful with in the past, and bring some changes to meet the challenges of the future. With these changes we still have a ways to go and I am hoping the new Board of Directors can keep our club moving forward while meeting all our members' needs. I would like to say congratulations to all the new Directors. With the new directors, you now have 9 different sounding boards to give ideas to make the club a better organization. Like any elected official, let them know what you are thinking.

In the past the club has had a hard time finding a president and vice president; how do you think I ended up with it. In the past year, the interest in participating with the club has picked up. Our meetings have gotten to numbers where I have to continue finding larger rooms to accommodate those numbers attending. While getting so many members involved is always a good thing, one of the side effects is the meetings keep costing us more money. While I believe we should try and return as much as possible to the members, you will probably see some changes in the next couple meetings. I have reserved a place at the Daniel Boone Homestead for our May meeting. We will probably stay outside as much as possible for the summer. A few members would like to run before the meeting. So we may start the food and meeting at 7:00 in order to let everyone get settled. I am hoping these types of small changes will make for a more inclusive club for all.

One side note - for the past couple of years we have seen a number of our involved members either stop participating or reduce their involvement. This has a lot of causes - just getting older, change in job, marriage, or new baby. Any and all of these things have affected our Pacer volunteers in the past couple years. With that, we are losing Stephan from the Blues Cruise, Ted from the Run for the Ages, Brett from the Charlie Horse, and Jeff from the Grings Mill Run. New Pacers have stepped up to fill their shoes and we are very grateful for all the new enthusiasm. Our latest Pacer to ease out of some of her responsibilities is Polly. Polly has been involved with the Pacers for a long time and everyone knows that face on the Wednesday night runs. While she will still be running the Kris Kringle Run, she is reducing some of her many other involvements. We have been blessed to have such a person involved for so long and hope she will stay involved as her schedule permits.

Again, congratulations to the new board. Now that you have won, the challenge is to figure out how to keep the club moving forward. I recently had a meeting with the local SCORE chapter in order to see what kind of help they could give us. They were very informative and had a lot of recommendations and ideas on where we can im-

prove the club. With the new board, you will probably see a lot of these ideas come up at the meetings. So keep coming to the meetings and keep involved.

Thank You,
Larry Drogo

UPCOMING EVENTS

- 5/6/18 **Bike Ride - Oaks to Manayunk**
Sunday 9:30am - Meet at Pawlings Rd parking lot; ride to Manayunk and back; 36 miles total; road/trail bike
-
- 5/10/18 **Monthly Membership Meeting**
Thursday 7:00pm, Daniel Boone Homestead
400 Daniel Boone Rd, Birdsboro
-
- 5/26/18 **Charlie Horse Half Marathon**
Saturday 9:00am; Sleepy Hollow Athletic Club
482 Westley Rd., Mohnton
Registration 7:15-8:15am

GROUP RUNS

Start Time: 6:15pm Wednesday

May 2, 2018

Run: Scott's Run Lake, French Creek S.P.
Scotts Run Road, Douglassville
Eat: Italian Delite
113 E. Main St., Birdsboro

May 9, 2018

Run: Church Rd Parking Lot, Blue Marsh Lake
Old Church Rd, just south of Rt 183 on left
Eat: Blue Marsh Italian Restaurant
5035 Bernville Road, Bernville

May 16, 2018

Bring a new runner night

Run: Egelman's Park
Hill Rd (b/w Glen Rd & Angora Rd), Rdg
Eat: Captain's Cove
2619 Hill Road, Reading

May 23, 2018

Run & Eat: Charlie & Kate Crowell's home
151 Alleghenyville Road, Mohnton

May 30, 2018

Run: Trout Run
E Neversink Rd & W Neversink Rd, Exeter
Eat: Lenny & Julie Burton's home
221 Gibraltar Rd., Reading

MAY MEETING LOCATION:

DANIEL BOONE HOMESTEAD

7:00pm

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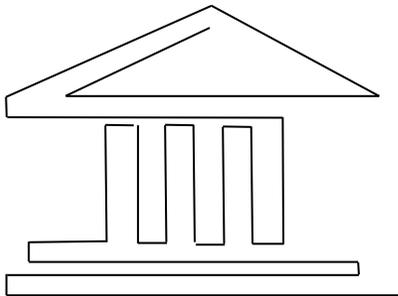
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GENERAL MEETING MINUTES

Date: 4/12/18

Time: 7:00 p.m.

Location: Blind Hartman's Tavern

Guest Speaker: Tom Frebel of AkzoNobel spoke about the Baseballtown Dream League, which is an organization that provides an opportunity for children with disabilities, who aren't otherwise able to join a league, to play baseball on a specially created field that suits their needs and capabilities. The Savage 61 Dream Field is located in Temple, and has an adapted baseball diamond and playground that includes access for wheelchairs and walkers. The Spring League runs from April 21 thru June 30. Games are played three days a week (Tuesday, Wednesday, and Thursday at 6 p.m., and Saturday at 10 and 11:30 a.m.), and they last about an hour. They are in need of volunteers to assist the players ("Angels") throughout the game, as one goal is to allow the players' parents to watch and enjoy. This can be for an individual who wants to volunteer, but it is especially good for large groups looking to get involved. Volunteers, in addition to the Angels, are needed as well. Check out www.baseballtowndreamleague.com for more information.

Treasury Report - Shaun Luther—handed out the sheet with the transactions for the past month, and all good as far as the financial status.

Races:

Charlie Horse - on Saturday, 5/26—Kyle Gery—volunteer sheet passed around. Mike Gallen is assisting with this event. From Charlie: the Wed night before, 5/23, will be from Charlie's home in Plowville. First, they want to (A) run the final mile, through the swamps and "everything;" (B) create the trail (by running over it), especially for the race's front-runners; and (C) consider having multiple distances, ½ marathon, 5K, or fun run. 5/23 at Charlie's (which he describes as somewhat 'no frills' is a bring-your-own meat-to-grill and food. Saturday night after the race is similar. Marking the trail is on Friday. From Shaun—app called 'Race Joy' uses an individual's cell phone to track during the race. He is trying to get sponsor to pay for the cost of accessing the app for the race, which is about \$350. Friends and families would be able to track a runner.

Run for the Ages - -Donna Hey—on track for event.

Grings Mill - Caroline Hill—Sunday, Aug 5. Two sponsors this year, so far. Either donate money for sponsorship (\$250) or donate a door prize. She is changing from the traditional t-shirt to something else, based on feedback received. 5k and 10k will have the same age groups, to include the 70+ age group (three 70-plus'ers registered so far).

Blues Cruise - Stephan Weiss—will still be on board this year, but with a reduced role. Dan Govern will manage the aid stations this year, and transition to him as race director. Every aid station should have a key to the shed. This is the last year of cooking for Linda Weiss. Mike Yoder still marking the course, and checking aid stations. Idea for improving: 'more female friendly' by getting more porta-pottys on the course.

(108 runners registered so far, well above last year, looking to crack 500 this year).

Oley Valley Country Classic - Barry--second Sunday in November, 11/11. 5-year age groups will continue.

Shiver by the River - Sue Jackson--probably will change the ending of the race due to the mix of traffic, finishers, and people leaving causing some issues, especially for the frontrunners. She is looking for ideas on this.

Committee Reports

Social Committee:

- Bike ride to Manayunk, May 6, meet at Pawlings Road parking lot, ride to Manayunk brewery about 17 miles one way. Slower group leaving ½ hour early from Valley Forge. See the Web site or Facebook for further details.

- Wine and cheese party at the Pagoda--Karen Long will take over from Polly for this event. Details to follow about this year's event.

Communications Committee - Polly is phasing out. Jon Durand will step up. Worker bees needed copying, pasting, to moderate discussion group, and need to get content done ahead of time. This is our most visible way of getting the word out about the group.

Community Service -

- Hosting Wednesday evenings--Phil Lechner--still have a few weeks left open. Phil is looking for a host in Boyertown.

- Charity
 - June 2, 5K in Muhlenberg for \$12, 100% of proceeds goes to leukemia & lymphoma
 - Barn cats--need homes too; they are available for adoption with spayed, neutered, and shots
 - Next Wed at Stilling Basin, is animal charity, need canned cat food

Scholarship committee - Scholarship awards: 18 people applied: Selected from the Pacer group: Zachary Ruth (Exeter) and Lauren Goldberg (Exeter), and from non-Pacer group: Theodore Cebulski (Berks Catholic) and Ronak Khamar (Wilson).

Old Business

1. Raising annual dues to \$20 (individual) and \$30 (family)--voted on and passed.
2. A code of conduct for the general membership--voted on and passed
3. Amend the bylaws to correct the membership meeting time--amend time on bylaws to reflect 7 p.m. instead of 7:30 p.m.

New Business

Election of board of directors: Voting held with the following results:

- 18-month term: Beth Auman, Ken Seale, Phil Lechner, and Mike Yoder
- 6-month term: Sue Jackson, Tom Chobot, Steve Maguire, Matt Brophy, and Jon Durand

Next meeting: Thursday, May 10, 7 p.m., Daniel Boone Homestead



RUN FOR THE AGES

Sunday, June 24 will be this year's Run For The Ages! This unique race uses an Age Graded Start where each runner's start time is based on age and gender. This is a great way to find out who really is the fastest in your family, running club, or group of friends. Same great course, start, and finish as last few years so you can track your progress. Very runner-friendly course and currently the only chance to race in Nolde Forest! Great swag again this year: We are finalizing a new item (maybe two!) for each runner which we have never done before. We will also have the popular insulated lunch tote (some use it for wine... just sayin'). Great post race food and raffle with lots of prizes, and will include a pair of Southwest Airlines tickets for one lucky winner. Talk it up, bring in the distant cousin from out of town, and challenge them to race! See you on June 24!

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RACE RESULTS

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

Blarney Stone 15K Trail Run

14/134	Greg Kellenberger	1:27:16	3rd M40-49
17	Dale Wiest	1:28:10	2nd M50-59
36	Mike Ranck	1:37:00	2nd M60-67
51	Tom Chobot	1:42:43	3rd M60-67
59	Aaron Kreider	1:48:12	
86	Joanne Patti	2:08:23	1st F60-67
98	Paul Makurath	2:20:03	2nd M68+
102	Barbara Raifsnider	2:24:35	4th F50-59

2 Rivers Half Marathon

Andy Styer	1:43:40
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HAT 50K

2/339	Michael Heimes	4:00:41	2nd Overall
5	Tim O'Donnell	4:27:46	1st M40-49
26	Anna Piskorska	5:10:43	3rd Female
50	Jon Durand	5:32:41	
52	Dale Wiest	5:34:02	
53	Mike Reddy	5:34:28	
58	Rhoda Smoker	5:39:31	
63	Steve Vida	5:41:46	
85	Laura Mooney	5:52:05	
91	James Cramer	5:53:12	
102	Don Mengel	5:57:48	2nd M60-69
125	Phil Lechner	6:09:03	
139	Matt Brophy	6:18:05	
144	Mike Yoder	6:19:55	
145	Duane Renninger	6:20:01	
172	Karen Rule	6:34:46	
173	Joanne Van Horn	6:34:46	
174	April Zimmerman	6:34:46	
212	Jill Roper	6:54:33	
249	Christine Daniels	7:17:15	3rd F20-29
250	Brooke Schell	7:17:15	
286	Jim Demsko	7:30:15	

Brandywine Red Clay Alliance 10K Trail

Paul Makurath	1:16:48
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Yuengling Shamrock Half Marathon

Brandie Loose	2:04:26
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RU Ok 5k

10	Aaron Kreider	24:16	1st M40-49
	Helene Horn	39:55	

Sly Fox Summer Series (4/4/18)

Helene Horn	38:46
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Hooligan Hustle 5K

Aaron Kreider	26:13
Helene Horn	37:57

Chasin Chili 5k

Helene Horn	37:16	1st FMC
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Get the Leavened Out 5k

Helene Horn	36:06	1st F50-59
Ron Horn	38:29	2nd M60+

Bull Run Run 50 Miler

3/233	Jim Blandford	7:26:19	
19	Anna Piskorska	8:47:11	1st Female
32	Cody Harris	9:16:11	
54	Beth Auman	9:59:22	
56	Rhoda Smoker	10:00:52	
59	Mike Reddy	10:06:04	
62	Steve Vida	10:13:53	
69	Donny Mengel	10:20:34	
76	Matt Brophy	10:26:56	
78	John Thompson	10:28:18	
107	Laura Mooney	10:55:10	
148	Chris Fisher	11:29:25	
175	Brett Lynch	11:56:22	
191	Tamra Pokrywa	12:14:04	
196	Mike Yoder	12:18:52	

Fool's Run 10 Miler

5/152	Dee Koutsourais	1:06:11	1st Female
8	Steve Maguire	1:10:08	2nd M50-54
12	Beth Auman	1:15:08	1st F35-39
64	Heather Nowicki	1:32:01	
102	Jeanne Gochnauer	1:44:39	2nd F50-54
104	Tania Salaneck	1:45:44	
115	Barbara Raifsnider	1:49:04	
151	Rose Hagy	2:12:34	

Fool's Run 5K

1	Brock Kline	19:39	1st Male
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Garden Spot Village Half Marathon

279/639	Aaron Kreider	2:16:28	
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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.

- ♥ We received a thank-you note from SafeBerks for the club's recent donations from a Wednesday night charity run.

2018 Scholarship Winners

Scholarship Committee: Sue Jackson, Beth Auman, Cathy Unruh, Tom Chobot, Alecia Bradley, Cliff LePage

Congratulations to the students below who were each chosen to receive a \$750 Scholarship. We wish all applicants the best in their future endeavors.

Zachary Ruth received the Pacer Member Scholarship. Kyle is the son of Matthew and Kelly Ruth. At Exeter Township Senior High School, Zachary is a member of the National Honor Society, and has volunteered with Exeter's Parks and Recreation summer camps and Exeter's youth track and cross country development program. He has been a captain on both the varsity track and cross country teams, and was a county medalist in the 3200m last year. Zachary plans to attend Villanova University.

Lauren Goldberg received the Pacer Member Scholarship. Lauren is the daughter of Jesse and Marcella Goldberg. At Exeter Township Senior High School, Lauren ran cross country for 4 years, and also participated in swimming and track. She has practiced karate for 12 years.

She is a violinist in the school's orchestra, qualifying for county orchestra 3 of her 4 years of high school. Lauren plans to attend Penn State - Mont Alto.

Theodore Cebulski received the Pacer Cross-Country Scholarship. Theodore attends Berks Catholic High School, where he is in the top 10 of his class. At school he is a student ambassador, part of the peer listening club, and has over 400 service hours with various volunteer organizations. He is also involved with the St. Ignatius youth group, and went on mission trips during two summers. Theodore plans to attend Drexel University.

Ronak Khamar received the Pacer Cross-Country Scholarship. Ronak attends Wilson High School, is in the top 10 of his class and part of National Honor Society, and is active with the Future Business Leaders of America. He has participated in both varsity tennis and cross country. He also has volunteered extensively outside of school, including at St. Joseph Medical Center, and as a tennis camp coach. Ronak's college choice is undetermined at this time.

SAVE THE DATE

5/6/18 - Manayunk bike ride (social event)
5/26/18 - Charlie Horse Trail 1/2 Marathon
6/24/18 - Run for the Ages 10K
8/5/18 - Grings Mill Run 5K & 10K

WELCOME NEW PACER MEMBERS!

Darren & Sandy Renninger
William & Paula Glasmyre
Christina Graber & Kurt Luecke
Sydney Glasmyre
Jennifer McCready
Michael Finkbiner

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Two Special Spring Running Events!

THE SCIENCE OF RUNNING SYMPOSIUM

WHEN: SATURDAY, MAY 5th, 8:30 - 10:30

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ALTRA TRAIL DEMO RUN

WHEN: SATURDAY, MAY 26th, 8:30

WHERE: STILLING BASIN at Blue Marsh Lake

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- Membership Coordinator Dave & Mike Gallen
- Youth Coordinator Tom Chobot
- Newsletter Editor Beth Auman
- editor@pagodapacers.com
- Webmaster Ed Recker
- webmaster@pagodapacers.com

2018 PPAC Officers

Meetings: 2nd Thursday of each month
Annual Dues: \$20 Individual; \$30 Household

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