

30 YEARS AND RUNNING

PAGODA PACERS



ATHLETIC CLUB

Reading, Pennsylvania

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





October • 2014

FROM THE PRESIDENT

Katie Exas, President

As I sit down to write this newsletter it is a true fall like day, cool, rainy, the best kind of day to get out and run. I am sure everyone is looking forward to more cooler days to enjoy running.

With the turn of the weather, and fall being here, it becomes one of the busiest times for the Pacers. We have 4 fall races: Blues Cruise, Jr Hi Cross Country Meet, Oley, and the first Shiver. We need lots of help to make these races successful. The Blues Cruise, our only ultra, requires help at all our aid stations, we need help at the finish line, registration and for handing out finisher awards. We also need help the night before to mark the course; if you know the course well, and feel you can mark one of the sections, then please come out and help. It is important that those marking trail on Saturday, October 5th, know the course well enough to make sure it is marked correctly.

It is that time of year to renew your membership for 2015. The application is available on line with our website, or you can send it in, as the application is also in this newsletter. Be sure to fill it out completely, so that we can make address and email changes if needed. The membership drive goes from October 1, 2014 to January 31, 2015. Please pay your dues in a timely fashion; if you miss the January deadline, you will no longer be a member in good standing and will forfeit all your benefits that you get as a member.

And with the fall comes our annual nominations and elections for the positions of president and vice president. Both Ellie and myself are stepping down from our current positions, so we are now looking for both a new president and vice president. If anyone is interested in either position, please let me know, so that we make sure you are nominated and placed on the ballot for this year's election.

The bonfire at Mike Yoder's will be held November 8, and we will be holding the second annual brew off. This year we are having 8 people who will be bringing their own home brew. Again we will have a panel of judges who will determine whose beer is the best, and then these variety of beers will be our beverages for the evening. It should be a very fun event.

So, there is lots going on over the next couple of months, with races and social events for everyone to attend. If nothing else, please come out and volunteer. These races are important to our club, and we need good membership support. Enjoy the cooler days and happy trails to all.



MONTHLY MEETING

Thursday, October 9, 2014

7:00pm

JR's PIZZERIA

24 Village Center Drive
(Flying Hills)
Reading, PA 19607

UPCOMING EVENTS

10/5/14 **Blues Cruise 50K**
Sunday 8:30am - Volunteers Needed!
See Page 7 for details

10/18/14 **Jr. High Cross Country Race**
Saturday 9:00am - Volunteers Needed!

11/2/14 **Oley Valley Country Classic**
Sunday 9:00am; 5K & 10 Mile
See Page 6 for details

SAVE THE DATE

11/8/14 - Fall Bonfire
12/14/14 - Shiver by the River #1
12/28/14 - Kris Kringle 5 Mile Run

GROUP RUNS

Start Time: 6:15pm Wednesday

www.pagodapacers.com/group-runs/group-runs.aspx

October 1, 2014

Run & Eat: Stephan & Linda Weiss's home
2137 Old Lancaster Rd, Reinholds

October 8, 2014

Run & Eat: Garrett Place's home
130 Lester Ave., Shillington

October 15, 2014

Run & Eat: Phil Presby's home
308 S. Tulpehocken Rd, Rdg (Greenfields)

October 22, 2014

****Charity Run: Berks Women in Crisis****

Run: Brentwood Parking Lot
Route 10 / Morgantown Rd, Reading

Eat: Mimmo's
290 Morgantown Rd, Reading

October 29, 2014 - Halloween Run

****Prizes for Best Costumes!****

Run & Eat: Dan Smith's home
21 Spring Meadow Lane, Reading (Exeter)



November 5, 2014

Eat: Home Depot
1713 Crossing Drive, Wyomissing

Eat: Santino's Restaurant
Wellington Blvd & State Hill Rd., Reading

MEETING MINUTES

By Vera Kochan

Location: JR's Pizzeria, September 11, 2014

Treasurer's Report:

Shaun Luther presented the treasurer's report. The club continues to be in good financial standing.

Race Director's Reports:

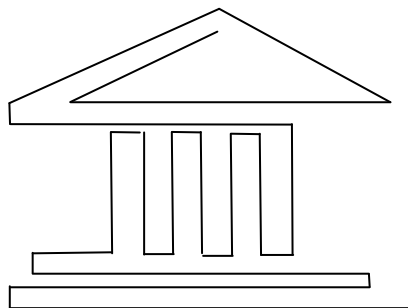
Oley Valley Country Classic: Barry Goodhart and Lenny Burton reported. Race day is Sunday November 2. A volunteer sign-up sheet was passed around. Hoping to have 500 runners at this race.

Shiver By The River: Sue Jackson reported on the Shiver by the River series. First race is December 14. The first registration form has been received. New this year, ordering shirts with registration.

Kris Kringle 5 Mile Run: Polly Corvaia reported on the Kris Kringle. Online registration is available through Pretzel City Sports. New this year is a lower entry price for ages 18 and under. Registration for 18 and under is \$15.00, registration for over 18 is \$25.00. This year

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snow globes and scarves will be given to runners.

Blues Cruise 50K: Stephan Weiss reported on the Blues Cruise Ultra Marathon. Race date is October 5 with set up starting at 6:15 am. Hoping to have the same number of runners as last year. Participant awards will be a chair. Discussed increasing next year's entrance fee. Stephan will order banners for the finish line. Contact Stephan if you can be a DJ/announcer for the race.

Jr. Hi XC Invitational: Katie Exas reported that the Junior High Cross Country race will be held on October 18.

No reports were given on the Run for the Ages, Charlie Horse Half Marathon, Grings Mill Run, or Mt. Penn Mud/Rockfest.

Membership:

The 2015 Membership drive starts in October. There will be a box on the membership form to select how you would like to receive the newsletter. This will give people the option of getting the newsletter in the mail, or viewing the newsletter on-line.

Social Events:

The bon-fire will be held at Mike Yoder's house on

Saturday November 8. There also will be a beer making challenge this evening.

Community Service:

Phil Lechner reported the September Wednesday night run will benefit the Humane Society, and the October Wednesday night run will benefit Mary's Shelter. Phil also mentioned that following the Junior High Cross Country meet, there will be a run for Trish Dotson on the Bartram Trail in Hamburg.

Old Business:

There are a few clean-up dates coming up. On Saturday September 27, there will be a cleanup at Blue Marsh from 9:00 to noon. Volunteers will meet at the main building at Blue Marsh. On Saturday September 20 there will be a clean-up at Nolde Forest. Volunteers will meet at the mansion. If you are available, please participate in one of these clean-up events.

New Business:

The club received a certificate of appreciation from the Army Corps of Engineers for clean-up efforts at Blue Marsh.

Katie Exas and Ellie Vanderbeck announced they will be resigning from their positions of president and vice president at the end of the year. Nominations for club president and vice president will be accepted at the October meeting, with voting to be held in November. Please contact a club officer if you are interested in ei-

ther of these positions. The club is always looking for younger people to get involved with leadership positions.

Discussed having the Pagoda Pacer logo copyrighted. This will be discussed more at next month's meeting.

Shawn Luther proposed having a section in the newsletter to show monthly where the club donated either money, volunteer services, or who received a collection from a Wednesday night run.

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## GRINGS MILL RUN NEWS

Grings Mill Run is proud to announce Caroline Hill has joined the team as a Co-Race Director for next year's event. Be sure to welcome and thank Caroline for her unending commitment to the Pacers and overall physical fitness. We're excited to have her on the team and look forward her energy and expertise!

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SHIVER BY THE RIVER 2014-2015

Save the following dates for the upcoming 5K/10K winter series at Jim Dietrich Park in Muhlenberg Township:

December 14	February 8
January 11	March 8

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RACE RESULTS

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

Third Thirsty Thursday 5k August

4	Kyle Gery	18:13	1st M30-39
16	Mark Yourkavitch	20:37	3rd M50-59
17	Duane Renninger	20:39	3rd M40-49
22	Troy Seitzinger	21:03	4th M50-59
29	Raine Fussner	21:31	1st Female
30	Dana Seitzinger	21:37	
33	Tom Chobot	21:43	
51	Missy Oswald	24:06	2nd F30-39
95	Tania Salaneck	26:26	
101	Janine Beidler	26:50	
108	Mary Boggs	27:12	
114	Joanne Patti	27:56	3rd F50-59
132	Barbara Raifsnider	29:18	
136	Mike Ranck	29:46	
151	Blair Hogg	31:13	

Laney's Fashionista 5K

2	Dee Koutsourais	19:35	1st Female
36	Kathy Seitzinger	24:53	1st F50-59

Lancaster to York Susquehanna 29.6 mile Ultra Trail

91	Bill Buchanan	10:47:30	
92	Lea Buchanan	10:47:32	

Pet Supplies Plus Doggie Dash 2miles

Chris Harris/ Mazie	14:58	2nd M41-60
Mark Grebe/ Mica	16:37	3rd M41-60lbs
Jay Drasher/ Toby Joe	16:49	1st <20 lbs
Matthew Drake/ Rascal	17:02	
Kim Drake/ Merlin	20:50	

Via Half Marathon

Jill Spengler	1:43:21	3rd F25-29
Gwyn Chobot	2:49	

Via Marathon

Michele Gallen	3:21:12	4th F25-29
Tom Chobot	3:33:04	BQ'd

Great Canadian Death Race 125K

35/366	Tom Chobot	20:11:19	3rd M50-59
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Escarpment 30K Trail Run

86/216	Mike Ranck	4:37:21	2nd M60-99
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Call of the Wilds Mountain Marathon

14/134	Dan Munn	6:29:16	
21	Pete Groth	6:54:13	
22	Lori Johnson	6:57:09	
31	Brett Lynch	7:30:36	
50	Marsha Latimer	8:01:33	
51	Joanne Van Horn	8:01:34	
99	Dean Johnson	9:44:44	

If you Build It They will Run 5K

52	Steven Holgate	25:36	3rd M40-44
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RRCA State Championship Aspire HARRC after Dark 7K

10	Jeff Hills	28:33	2nd in AG
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Tex Mex 5K

Jeff Fussner	21:10	2nd M50-55
Raine Fussner	21:47	1st F Master

Dam Scramble 16 Miler

14/56	Mike Ranck	3:08:04	1st M60-99
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RRCA Women's Distance Festival 5K

1	Katie O'Regan	17:56	Course Record
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Chris Thater Memorial 5K

6	Katie O'Regan	17:36	
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Stratton Faxon New Haven Road Race 20K

16	Katie O'Regan	1:17:50	US Championship
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Yes I Can 5K

1	Chris Brennan	19:12	1st Male
3	Dee Koutsourais	20:25	1st Female
5	Troy Seitzinger	21:46	1st M50-54
6	Dale Wiest	21:49	1st M55-59
11	Ryan Watts	22:26	2nd M35-39
14	Beth Auman	22:55	2nd Female
19	Mike Ranck	23:51	1st M60-69
34	Kristina Schurr	25:50	1st F40-44
41	Zeb Ganster	26:21	3rd M25-29
56	Caroline Hill	27:40	2nd F50-54
84	Barbara Raifsnider	31:24	

Labor Pains 12 Hour trail run

1	Jimmy Blandford	70 miles	11:23:57	1st male
2	Jackie Palmer	70	11:52:00	1st female
5	Kyle Gery	65	11:51:36	1st M0-39
7	Jess Gockley	62	11:19:57	2nd Female
13	Laura Mooney	55	11:23:56	1st F40-49
15	Don Mengel	55	11:39:36	6th M40-59
16	Jeff Merritt	50	9:56:27	4th 30-39
24	Tom Chobot	50	10:54:09	
40	Tim O'Donnell	40	7:17:58	
44	Jeff Hills	40	7:36:58	
49	Brett Lynch	40	9:06:18	
91	Liz Glass	31	5:50:35	
101	Jen Seale	31	7:35:41	
106	Tania Salaneck	31	7:53:57	
127	Beth Witkowski	31	9:19:53	
149	Dan Govern	26.2	5:51:46	
164	Sarah Schaeffer	26.2	8:04:48	
182	Andy Keegan	20	3:57:06	
184	Cathy Woynarowski	20	4:22:56	
197	Lauren Zuidema	15	2:42:48	
207	Melissa Creason	15	5:27:11	

Running with the Devil 6 Hour race

5	Tom Chobot	24 miles
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Running with the Devil 12 hour race

1	Jimmy Blandford	54	course record
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Eastern States 100

2	Jimmy Blandford	21:53:38	2nd overall
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Kris Kringle 5 Mile Run



Kris Kringle comes once a year...

Sunday December 28th

5 Mile Run starts at the Berks Co. Agricultural Center, 1238 County Welfare Rd, Leesport, PA 19533.

Registration opens at 9:30 AM in the 4-H building. Held rain, sun, cold or snow.

Register today at www.pagodapacers.com or online at www.pretzelcitysports.com.

Pagoda Pacers Athletic Club 2015 Membership Renewal

- _____ \$15 Single Entitles one individual over 21 years old to all club benefits
- _____ \$25 Family Entitles two individuals over 21 years old residing in same household to all club benefits
- _____ Associate Entitles one individual under 21 years old to partial club benefits, no fee

PLEASE PRINT CLEARLY

Name _____

Name _____

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Phone _____

Birthday _____ Birthday _____

Newsletter Delivery Preference (choose one):

Electronic Only _____ Mailed Hard Copy _____

Club Membership Application Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Pagoda Pacers Athletic Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Signature _____ Date _____

Enclose a check (see amount above) and mail to:

Pagoda Pacers Athletic Club
P.O. Box 4115, Reading, PA 19606
Attn: Membership Coordinator

MEMBER BENEFITS:

- Monthly meetings with food, refreshments, and activities.
- Monthly Newsletter mailing and E-blast updates
- Annual Christmas party, Spring Wine & Cheese party in Reading's famous Pagoda, Summer picnic, Fall bonfire and many more social gatherings.
- 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 races with team categories.
- Free Club logo apparel for race volunteers.
- Free non-commercial use of club equipment.



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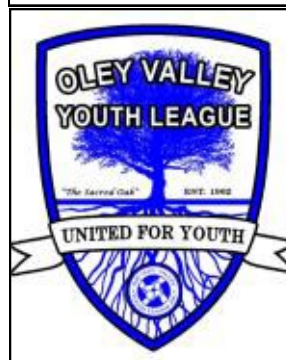
Oley Valley Country Classic

Sunday, November 2, 2014

From race directors Len Burton & Barry Goodhart

In 1994 one of the most beautiful 10 mile country road running courses in the area was created...twenty years later the Pagoda Pacers are proud of the heritage and the following for the Oley Valley Country Classic. We thank the thousands of runners who have participated in this race and look forward to many more to come. Both the 10 mile and 5K courses provide breathtaking views of country scenery through Oley Valley farms. This is a great course to set a best time or take the place of your Sunday long run. The course is all on paved roads with very little traffic. Volunteers provide split times at every mile and most intersections are manned. An original Hex sign identifies every OVCC on a long sleeve cotton shirt. Over 120 unique awards and shirts are guaranteed to all pre registered runners. Shirts are available, while supplies last, for race day sign up. Over 60 door prizes are given away and there is a hot food bar free to all runners. Race results are available instantly during the race and are posted on www.pagodapacers.com within 3 days. 5K course is great for all abilities! Come join the fun race atmosphere.

Race Proceeds Benefit



Small sports expo vendors on display before and after the race. Volunteers are needed for this event. Please contact Len Burton or Barry Goodhart to confirm at leonardeburton@gmail.com or barry-goodhart@gmail.com. See you in Oley!

Blues Cruise 50K Notes

Race: Sunday, October 5, 2014

Many volunteers needed in various roles!!

Pre-Race Volunteer Opportunities:

- Sat 9/27 - 9:00AM - Trail cleanup at Blue Marsh. Meet at the Visitor Center. You may bring gloves, good shoes, a snack, water, clippers, rakes, but rangers will also provide tools. We want to show up in numbers to continue the good relationship we have established with Blue Marsh.

- Sat 10/4 - Approx. 3:00PM - Marking the Trail. Call Mike Yoder at 610-406-3798. We need at least 8 people (course knowledge is a plus) to split the loop in 5 sections of about 6 miles. A proper marked course is crucial for the success of the race. Please let Mike know ASAP if you can help.



PACERS GIVING BACK IN BERKS



This is a new section of the newsletter, where we plan 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.

- ♥ A handful of Pacers gave a helping hand at **Nolde Forest** during a work day held there on September 7 from 9am to noon.
- ♥ The August Wednesday charity run benefiting the **Humane Society of Berks County** was a huge success. Over 6 large bags of food, 2 cases of canned food, litter, blankets, and a few boxes of treats were delivered. While there, Phil Lechner checked out all of the cute cats in the feline room, as well as the many critters they have. From Phil: "I didn't look at the dogs, but it was obvious there were many. If you can, stop in and visit. There are many nice volunteers who work hard and they would love for you to bring a great pet home with you!!! We brought our cat Morgan home from there and he is great!! Thanks for all you do Pagoda Pacers!!!"

Race Day (10/5) Volunteer Opportunities:

Aid station volunteers are needed. Please contact the aid station captains directly if you are available. See modified course map with aid station miles marked:

www.bluescruiseultra.com/images/coursemap.jpg.

Aid station # 1 & 7 --- Blues Brothers
Captains: Lenny Burton & Jeff Hills.

Aid station #2 --- Fugawis
Captain: Shaun Luther. Preferably folks who know that area of the trail really well. Given slight chance that we have to haul the water for ½ mile (no road access), may need volunteers who can carry a 10 gallon cooler.

Aid station #3 --- Oktoberfest
Captain: Caroline Hill. Needs 3 people. (2 bavarian dresses that you can borrow) Make sure you know the location. Good aid station if you can't stay the whole day; should be done by noon.

Aid station # 4 & 6 --- Margaritaville
Captain: Polly Corvaia. **This Aid station needs the most volunteers.** Aid station volunteers and 4 traffic/crossing guards needed.

Aid station #5 --- RATS Nest
Captain: Ken Seale. Needs at least 3 people, and one traffic guide to direct runners from the trail over the bridge back to the trail.

Also needed/important race day roles!!!

Contact Stephan Weiss for these positions:

[717-819-3760](tel:717-819-3760) or stephanweiss@comcast.net.

- **5-6 people for Start/Finish** - Setup, registration and Finish Line. You need to be able to be around from 6:00AM - 5PM (get a break in between to go home / check out the race). If you can't make it early, but are willing to work the finish line from 12PM - 4PM I would love to have you.
- **2 bikers** to check course in the morning
- **2 volunteers** for traffic/parking at the start
- **2-3 people**, photography (course and finish)
- **1 person** to help feeding the runners afterwards
- **2 folks with trucks** for gear drop and/or return supplies to pacer shed after the race
- **1 announcer** Must be comfortable with microphone in front of a larger crowd

THANK YOU!!!

FITZY'S HALLOWEEN 5K

Sunday, Oct. 26th, 10:00 a.m. Happy Hollow Playground, Wyomissing

- 5K Run/Walk & .3 Mile Kid's Fun Run
- Supervised kid's area - run worry free!
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2014 PPAC Officers

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

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