

June 2019



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

Reading, Pennsylvania

FROM THE PRESIDENT

As I'm waiting for the home PC to catch up with updates and the crunching sound of the hard drive, I'd like to take the moment to remind our members to backup your work. Hasn't happened in a long time and history is a bad teacher, but my work PC provided me with the blue screen of death. Not a big deal at that moment as I kept my work on a network. However... one forgets the little personal things off to the side in a folder on their desktop. So I'm reminding you here. Whether your phone, tablet, watch, or PC, take the moment and make sure ALL of your information is backed up.

Work habits and attention to detail mold the outcome in many of the things we do. In the training aspect as we prepare for a new race, a distance, or rehab, many of our members record journals, spreadsheets etc. Strava this, Strava that, if it's not on Facebook it didn't happen; these are all little tidbits that share what we're doing and how we're doing.

Recently these two areas collided as Shaun Luther, our Treasurer, reached out to me and asked if I'd changed my email address. Over the course of 2-3 days last month we had an individual very creatively attempt to pull funds from the club. It didn't work and it wasn't the Nigerian Prince we had hoped would return millions of dollars, but a creative attempt no less. Shaun executed some impressive detective work tracing the electronic trail left by the perpetrator and was able to provide our bank the name, address, IP source, FB accounts, etc. The bank, although appreciative, provided the sad reality to the prevalence and frequency that these attempts are often successful. Enough can't be said about procedures and attention to detail. Thank you Shaun for the work you do.

Speaking of Shaun, he assisted with Kyle's second year as Race Director of the Charlie Horse half marathon. They also were joined by Libby, who helped spread the workload of the Race Directors. This year also added the Dirty Pony, a new 5k designed to include many of the mud and trail portions for which Charlie is famous. For all who witnessed both the start of the half and the 5k, the recent rains did their part to add muck and memories. The RD's will need to confirm, but I believe the Dirty Pony is here to stay. As a point to point race, the volunteers are many and we thank Charlie, his family, and everyone that came out and pitched in. Another race in which the Club can be proud of what we give back not only financially to the Special Olympics, but regionally to the running community. Well done Kyle, Shaun, and Libby.

The club again this year will leave its mark in early June in Forksville, PA, providing an aid station at Worlds End 50K ultra. For the runners I'm sure this talented group lifts spirits, aids, and adds comfort in only a manner hanging a Finish Line banner mid race could do. Trail runners in the community remember these encounters and it's a win-win. Thanks to all the Pacers.

Concluding on a few details, both of the last mentioned races probably could have benefited from the Club's decision to purchase a trailer. This has been a discussion point for some time and we followed procedures and details important to the financials and collective of the organization. Currently we're shopping for a new unit.

If you've read this far it's time to make a plea. You see our Editor in Chief Beth Auman who's been managing the Newsletter for years as just a portion of the many things she does for this club has asked to step down from this role. The Club provides the necessary software and support so if you or you're aware of an individual interested in this role, please reach out directly to me or join us at our next Club meeting June 13th.

The sun is out and it has stopped raining, so I'm off to Run, Bike, and enjoy the day. Hope you do the same.

Steve

SAVE THE DATE

8/4/19 - Grings Mill Run 5K & 10K
10/6/19 - Blues Cruise 50K

WELCOME NEW PACER MEMBERS!

Bridget Arrow
Mark & Deb Gillette
Martha Kase
Christine Le

GENERAL MEETING MINUTES

Date: May 9, 2019
Time: 7:00 p.m.
Location: Blind Hartman's Tavern

Treasury Report – Shaun Luther—123% of target. He has requested an extension for filing the club's income taxes, but they will probably be filed within the next few weeks.

Races:

Charlie Horse: Kyle Gery - preregistration had about 120 for the half, and about 30 for the 5K. The donated burgers were picked up. The portable grill will be purchased for about \$250. One issue in the past was the grill being returned dirty after being used at an event, so some were reluctant to try this again. It's a point well taken, but Mike Whalen has done a lot to keep things at the shed organized and maintained, so, it's getting a second chance. The race event needs volunteers and help with marking the course on 5/24 (Friday) about 4 p.m.

Run for the Ages: Ted Andrus - To be held on June 23. Sponsorship of the race is up. Registration is going well. The Wednesday run prior, June 19, will be at Ted's house, so the bag stuffing will be done as a group. Volunteer sign-up sheets will be at next month's Pacer meeting. Southwest tickets will be given away, as well as a stay at a house in the NC Outer Banks for next summer. Fishing trip will be raffled for a donation to or joining the Friends of Nolde.

Grings Mill: Laura Yoder - registrations are up and sponsors are stepping up. Looking for donations for the raffle. The race is starting at the Heritage Center again. Caroline - offering a discount, \$5, for high school cross country team members. She will make a flier to send to the coaches.

Blues Cruise: - Mike Yoder - going well, no other update

Oley Valley Country Classic: - Lenny Burton - trying to set the cost for the event. Should it remain \$25?

Kris Kringle: no report

Shiver by the River: no report

Committee Reports:

Social Committee:

- Caroline Hill—Original bike ride to Manayunk was canceled due to inclement weather. Rescheduled for Sunday, 5/18.
- Wine and cheese party at the Pagoda, June 22, Karin Long is in charge.
- Jon's Shady Maple run—7:00 a.m. on Saturday, 5/11.
- Convenience Challenge—Jon Durand will get details posted, but he is keeping the details slightly mysterious. He wants to keep it free of charge, but will have some prize for person who completes the challenge to run to five area WaWa's, about 26 miles. Saturday, 6/15.
- Wallyball will be again in early Fall, and then again in winter, due to the event's popularity.
- Mike Yoder--First weekend in June (June 1st), a Pacer group sponsors an aid station at World's End (100K). (There has been some recent tornado damage in the area, but nothing to Mike's cabin.)
- Possibility exists for a summer picnic—think about it.
- Reading Hospital half marathon - Oct 13, Beth Auman is the race director for this Friends of Reading Hospital event. Registration is open now. Pacers will have a \$5 discount code.

Communications Committee: Jon Durand - all is]

Protect What's Most Important in Your Life.

Your Family

Your Business

Your Home

Your Health



 **Gallen Insurance**

Call us at (610)-777-4123

or email us at

bgallen@galleninsurance.com or dgallen@galleninsurance.com

GENERAL MEETING MINUTES, CONT'D

good.

Community Service: no update

Scholarship Committee: Beth Auman--All winners have been notified. Will do a press release for the Reading newspaper.

Charity Committee:

- Blue Marsh Earth Day—no one has really heard about it this year, but May 18 and June 22 are published work days, 9:00 to 2:00 p.m.

Membership committee: No update

Old business

- Still need to take Mud Fest off the web site.
- Jon Durand—he's been talking to Jim Demsko and Jersey Ink for t-shirts. They are working on two designs and will have a sale created to buy shirts. (Round logo on back, two different front designs). Considering a 'retro' design. Swampy has a shirt with the old design he can provide as a reference. Jon is checking on availability of a women's cut t-shirt.
- Voting on trailer: Annual storage outside for the

trailer is about \$500 per year at Storage World, Wyomissing, in the same area of current shed. Considering the cost of the trailer, the return will probably pay back over 4 years. Members voted and approved the purchase of the trailer.

New business-

- Looking for the large streamer Pacer banners—both in black carrying cases, and they have gone missing.
- Karen Rule was voted 'Berks County Optometrist of the Year.'
- Jesus Rodriguez and Swamp just retired from their careers, after many years with their companies. Congratulations to them.
- Swamp and Michelle won the 'Most Popular' award at Dancing with the Reading Stars, due in large part to outstanding Pacer support and representation. (Who will be next year's Pacer couple at the DWTRS?)



Join Us For Our 2nd National 5K Run!

BE PART OF SOMETHING BIG!

Last year, 16,000 runners across the country participated in the 2nd Fleet Feet nationwide 5K, **The BIG RUN**, on Global Running Day!

Fleet Feet locations nationwide, in partnership with Brooks Running, will sponsor 5K runs across the country. **Fleet Feet West Reading** is excited to sponsor this fun certified and timed race again this year!

When: Wednesday, June 5th at 5:30 pm

Where: Fork & Ale, 1281 E Main Street, Birdsboro

All results will be entered into a national leaderboard to determine the overall fastest runners and age groupers in the country with cash prizes and awards. And since this is a **Fleet Feet** event, we celebrate and welcome runners of ALL abilities and levels!



705 Penn Avenue, West Reading, PA
www.fleetfeet.com/s/westreading
610-820-9097



Art on the Avenue SALE, Sat. 6/15 - BIG DISCOUNTS on shoes & apparel!

RACE RESULTS

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

Beau Biden Memorial 10K Trail

Paul Makurath	1:31:46
---------------	---------

Dirty German Endurance Fest 25K Trail

Paul Makurath	3:49:30
---------------	---------

Pittsburgh Half Marathon

Katelyn Miller	2:15:24
Kristin Schimp	2:25:03

RACC 5K

9/75	Michael Whalen	22:10	1st M50-59
26	Jackie Snyder	26:00	1st F50-59

Coopers Rock 50K

5/27	Andy Styer	5:35:02
------	------------	---------

Tyler Arboretum 10K Trail

Paul Makurath	1:20:24
---------------	---------

Hyner 50K

48/260	Anna Piskorska	6:02:13	4th Female
75	Mike Reddy	6:29:20	
76	Donny Mengel	6:31:04	
82	Rhoda Smoker	6:32:57	
88	Pete Groth	6:38:30	
97	Brandon Beane	6:43:03	
105	Gary Long	6:50:26	
130	Diane Grim	7:07:17	2nd F50-59
138	Steve Vida	7:12:08	
153	Michael Reinhart	7:22:59	
184	Laura Yoder	7:49:11	
187	April Zimmerman	7:50:20	
219	Tamra Fisher	8:30:27	
220	Chris Fisher	8:30:27	

Hyner 25 K

110/811	Mike Zimmerman	3:46:37
113	Matt Brophy	3:48:16
114	Mike Yoder	3:48:37
229	John Thompson	4:22:06
233	Michele Bare	4:22:23



NEW AND IMPROVED COURSES!

SPECTATOR FRIENDLY!

SUNDAY, OCTOBER 13, 2019

EARLY REGISTRATION PRICING THROUGH JULY 14
 Pagoda Pacers get **\$5 discount** with code **PACERS19**
Registration, Event Info, and Course Maps at:
<https://readinghospitalroadrun.itsyourrace.com/EventCourses.aspx?id=3072>



Because **your MAIN FOCUS** is the miles ahead of you...

NOT WHO MIGHT BE behind you.

Stay protected!



CONTACT YOUR INDEPENDENT DAMSEL PRO TODAY!
 Tamara Peffer | 610.223.1826 | FB@VirtuteVanguards
 PefferEmpower@gmail.com | www.mvdamselpro.net/VirtuteVanguards

LAW OFFICE OF BRIAN SEIDEL



BRIAN SEIDEL, ESQ.
 INJURY ATTORNEY

PO Box 245
 Langhorne, PA 19047-0245

seidellaw@gmail.com (484) 529-1828

RUN FOR THE AGES

The 10th Running of the Run For The Ages is **Sunday, June 23, 2019**. For the 10th Anniversary we are going a little overboard: More swag, a Huge new addition to the raffle and an extra bonus raffle for those who renew or become new members of the Friends Of Nolde. This all on top of what is already one of the best races around. Race is run on the trails in beautiful Nolde Forest near Reading, PA, both starting and finishing in front of the mansion. Course remains the same as last year and we over-mark the course to make it easy to follow for those new to trail running.

Registration will open at 7:00AM with first runners starting at 8:30AM. We say first runners to remind you that this race uses an Age-Graded Start where a runner's start time is based on age and gender. This gives any age-group competitive runner a chance to win the race outright. It also lets you determine who among your family, friends, co-workers, running club, etc. really is the fastest. We even have awards for mini "family" divisions for your own race-within-a-race for any three or more runners from the same family, office, running club, school XC team etc.

We do allow walkers. Walkers pay the same entry fee and get the same swag and raffle entries as runners, but are just not eligible for awards. Please contact the race director prior to the race as we'll give you some extra instructions and let you start walking early to be back in time for the raffles.

News Flash! TWO Grand Prizes being raffled off this year! Must be present to win:

- One: A Pair of Southwest Airlines tickets good for any domestic destination!
The Southwest Airline tickets will be raffled off post race as in previous years. This prize is only open to those who enter the Run For The Ages (either runner or walker) and fill out a post race survey.
- Two: A week stay at a North Carolina Outer Banks Beach House!
Specific week during summer of 2020 to be worked out with the owner. All runners and walkers will automatically get one entry into this



raffle. But more tickets (chances to win!) are available for purchase. This raffle is open to everyone: Runners, walkers, volunteers, spectators, etc. Tickets will be sold all morning during the race right up to drawing. Bring some extra cash as the tickets for the second raffle will likely be \$5 each or 5 for \$20. All money raised will go directly to the Friends of Nolde Forest to help maintain the environmental education programs and facilities in Nolde Forest.

Even better swag than usual! The first 200 runners signed up will get a pair of trail running socks (two sizes available). And, for only the second year, we are doing high quality tech shirts for the runners. We plan on both men's and women's cut too. The socks are already ordered and we will order very few extra shirts other than preregistration so enter early.

Entry forms and more race information are available [here](#), and direct link to online entry is [here](#).

Additional Raffle Fund Raiser for Nolde Forest:

This is a special raffle opening before race day. Need not be present to win as long as contact information is provided with membership / donation.

Anyone who becomes a friend of Nolde, or makes a \$10 donation to Nolde Forest from June 1 through race time will be entered to win:

- Private day of fishing/boat riding for four with 2-night stay with the captain at his Shore House on a lagoon in Tuckerton, NJ.
- Location is half hour from Long Beach Island or Atlantic City for non-fisherman.
- Choose to fish or just have fun on the water or a relaxing weekend away.
- Continental breakfast Sat & Sun included.
- Options for available dates through October.
- Several restaurants nearby, Tuckerton Beach Grille and Panini Bay are within walking distance. DJ and live music Friday/Saturday nights at the Grille.
- Boat has room for 4 to fish or crab all day.
- House can accommodate up to 8 in case non-fishing guests come along.
- House has two bedrooms, three pullout queen sofas, full kitchen, gas grill, two full bathrooms, swimming and crabbing off the dock.
- Long Beach Island and Atlantic City are 30-40 minutes away by car.
- All tackle and bait to be provided. Feel free to bring your own rod and reel.

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 6:15pm - Group Run/Eat - Doug Zechman's house, 270 Diplomat Dr, Robesonia	6	7	8
9	10	11	12 6:15pm - Group Run/Eat - Larry Drogo's house, 1450 Schoffers Rd, Birdsboro	13 7:00pm - Monthly Meeting, Blind Hart- man's Tavern	14	15
16	17	18	19 6:15pm - Group Run at Nolde Forest Mansion Lot Eat: Ted Andrus's house, 5 Glen Hollow Ct, Mohnton	20	21	22 6pm - Wine & Cheese Party at Pagoda
23 8:30am - Run for the Ages 10K, Nolde Forest	24	25	26 6:15pm - Group Run/Eat - Katie Frederick & Brandon Beane's house - 503 Wilson Place, Shillington	27	28	29
30						

PAGODA PACERS ATHLETIC CLUB

2019 Pagoda Pacers Officers

President	Steve Maguire president@pagodapacers.com
Vice President.....	Jon Durand
Treasurer	Shaun Luther
Secretary	Ellie Alderfer
Race Results Coordinator.....	Karen Rule raceresults@pagodapacers.com
Run/Charity Coordinator..	Phil Lechner
Membership Coordinator..	Dave & Mike Gallen
Youth Coordinator	Tom Chobot
Newsletter Editor	Beth Auman editor@pagodapacers.com
Webmaster	Ed Recker webmaster@pagodapacers.com

Pagoda Pacers Board of Directors

Michael Yoder	Ken Seale
Sue Jackson	Matt Brophy
Jon Durand	Beth Auman
Larry Drogo	Tom Chobot
Phil Lechner	

The newsletter is published monthly. To submit an article for publication, or to inquire about advertising, email editor@pagodapacers.com. The deadline for submission is the 24th of each month.