

February 2019



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

Reading, Pennsylvania

FROM THE PRESIDENT

Don't forget Wallyball Friday night 2/8 from 6-9 PM, because some of you may not care to read further.

Some of these recent cold nights have not been good days to lead by example. I'm sure there have been many Pacers out running solo working their training plans for spring races; however, in the bitter cold starting the week I'm usually not one of them. Yep, we all have those days. Often I'll wait for the Tuesday run from the Shillington quarry for motivation. From a planning standpoint, it is easy to lace up the shoes and head out from the comforts of home; however having that running buddy, running spouse, coach, or just having that consistent group meeting is often what gets us through the winter doldrums.

The Pacers' Discussion Group on Facebook is an excellent source for group runs that form weekly in addition to the Wednesday night runs. I can say from experience that a variety of places and paces are explored, and we encourage new ideas and suggestions. If you have ideas for a route feel free to add to the forum.

Recently a group of Pacers traveled to Alabama for the running of the Mountain Mist 50k hosted by the Huntsville Track Club. I was fortunate to cover a few miles with a gentleman named Dewayne Satterfield who spoke well of the 20 plus years the Pennsylvania runners have been making the trek to their race. He's a local to the race having won it 9 times in his 25 consecutive starts. Potentially a trail running legend, he's also an active communication member in their club of 1,300 members. I am sure I could have learned more by adjusting my pace to his injured gait but it was a race. Unfortunately, I didn't realize his lesson for me wasn't over and he would school me on hill training a few miles from the finish.

Many people in this club travel to various communities and destinations and we ask that you continue to share the positives of Pagoda Pacers. The details you capture and share help our club remain relevant and impactful. The Huntsville Club was founded in a County similar in size and population to Berks County and I believe they are ranked in the top 25 by membership. Membership and awareness of the Pagoda Pacer "brand" enhances the value and basis for both our local communities and businesses to support and sponsor our events. At this particular race, the Race Director recognized David Feinauer (aka Swamp) with a jacket for his long support of their club event.

Additionally the well-organized and executed events such as the Charlie Horse, Kris Kringle, Shiver, and Oley do require adjustment to traffic patterns creating small inconveniences to local travelers. So our size and brand image is important when Race Directors seek the approvals and permits in these various communities. Keep that Pacers gear on the top of the pile and wear it often. Look for more details on gear in the coming months as we have a few people looking at opportunities to refresh your collections.

Stay warm, keep up the training, support your running buddies, and continue to share your experiences. The club is doing well and we'll continue to discuss opportunities to support the Race Directors and attract new members.

Steve Maguire

**WELCOME NEW PACER
MEMBERS!**

Steve Yarrish
Dave Golembiewski

RACE RESULTS

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

Shiver by the River 10K

6	Steve Koch	41:55
7	Curt Minich	42:14
8	John Mark Stoltzfus	42:23
10	Scott Thomas	42:34
26	Raine Fussner	46:11
38	Matt Brophy	48:32
41	Dana Seitzinger	49:25
46	Lauren Massaro	50:22
63	Katie Thomas	54:46
70	April Zimmerman	55:58
71	Tony Agentowicz	56:09
79	Mike Zimmerman	56:53
80	Blair Hogg	57:15
92	Janine Beidler	59:52
96	Joanne Patti	60:13
98	Jeannie Gochner	61:27
102	Kristen Rothenberger	63:05
108	Barbara Raifsnider	65:25
109	Kathy Seitzinger	65:41
118	Jerry Atwell	83:18

Phunt 25K

312/407	Steve Holgate	4:10:15
322	Donna Hey	4:14:34
343	Barbara Raifsnider	4:22:46

Shiver by the River 5K

32	Ben Rosenberger	24:01
56	Laura Werner	25:20
63	Katie Frederick	25:53
76	Aaron Kreider	27:05
92	Shannon Govern	28:21
103	Tanara Govern	29:03
121	Aly Costello	30:17
149	Jeff Snook	32:07
168	Julia Hager	34:08
182	Ellie Alderfer	36:19
185	Lori Koch	36:31
188	Sandie Kincaid	36:45
191	Rose Hagy	37:08
220	Judy Anttonen	41:28
241	Helene Horn	56:15

Phunt 50K

8/94	Anna Piskorska	5:03:12	1st Female
13	Andy Styer	5:42:30	
17	Diane Grim	5:58:07	2nd Female
18	Mike Reddy	6:00:43	

Mountain Mist 50K

48	Steve Maguire	5:34:35	3rd M50-54
79	Brandon Beane	5:57:45	
105	Karen Rule	6:27:37	1st F Master
109	Beth Auman	6:19:05	3rd F 35-39
112	Brett Lynch	6:19:21	
268	Katie Frederick	7:31:03	
316	Julie Hoch	7:53:40	

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Shiver by the River #2

Shiver #2 was held on Sunday, January 13th, and we were shivering and slipping and sliding!!! We only had 2" of snow, but it fell overnight on Saturday, giving Muhlenberg no time to clean the parking lot and driveway. In the past, Muhlenberg has always been very responsive to keeping the area free of snow and ice for us; this timing was just bad. Fortunately, the roads were in good shape, but that hill in the park was just packed snow from cars and runners. THANK YOU to the 245 runners who finished the 5K, and we had 118 runners who decided to do a 2nd loop for a 10K. As always, thank you to the volunteers who dressed in layers to help park cars, work the finish line, handle the water stop and man the intersections.

So far, we have heard very positive comments concerning the new course and new time but we welcome any feedback. Special thanks to former race director Katie Exas who has helped mark the course, dumping lots of flour to be sure everyone can follow the new course. One more change – we now accept credit cards and that will be implemented at more and more Pacer races. Thanks to Shaun! And thank you Tiffany Pantoja for also learning and helping with this process.

Here is some of the same old stuff you read every month. **Remember: only complete the registration form ONCE during the series.** As we have done in the past, we will have 3 separate areas for registration.

- Pre-Registration: For those runners who have paid for the entire series, registration is in the first room.
- Post Registration Single Race Entry: For those runners who are paying for each race, individually, and ran at least one of the Shivers this season, registration is in the 2nd room. **We have a number with a label with your name. Do not complete another registration form;** if you do, there is the potential of being recognized as a different runner when it comes time to calculate the series results. If any information needs to be changed, i.e., the age is incorrect, or you wish to run in the Clydesdale division, whatever, just let them know when you get your number; no need to complete a registration form with the changed information.
- Post Registration: For those runners who have not run any Shiver races for the 2018-2019 series, registration is also in the 2nd room.

Again, THANK YOU... THANK YOU... THANK YOU to our volunteers!!! We had many who braved the elements, but we also could not hold this race without the volunteers inside who handle registration and then serve soup and keep the bagel and snack table full.

The next Shiver is Sunday, February 10th. **We really hope to see even more Pacers running!!** For those of you who ran the Shiver in the past, come and check out the new course! But, if you aren't running, PLEASE consider volunteering an hour or two of your time. Volunteers for registration should plan to arrive around 8:00-8:15; volunteers for the road should plan to arrive by 9:00-9:15 and look for one of the race directors.

Looking ahead, our 4th race in the series, will be held, on March 10th. The awards banquet will be at the Temple Fire Co, immediately following the race. It is free to all runners who completed 3 or more races and free for volunteers; there is a \$10 charge for everyone else. We are always looking for **door-prizes** to be given at the awards ceremony. If you own a business, or know someone who owns a business, we would be very grateful for merchandise and/or gift certificates. We also accept donations of any type – gift baskets, gift certificates, or any small item that a runner would appreciate. Door prizes can be brought to either of the next 2 races. We also **need more volunteers during the March race**, so we can compile results for the awards. We very much appreciate the Pacers who come out month after month, year after year; however, we have over 500 members in the club, so if you haven't volunteered for a race lately, consider helping at Shiver #3 and/or Shiver #4.

Please help us by patronizing our sponsors: Shillington Family Chiropractic Center and Fleet Feet West Reading.



Sue, Kelsey & Georgine

GENERAL MEETING MINUTES

Date: January 10, 2019

Time: 7:00 p.m.

Location: Blind Hartman's Tavern

Treasury Report – Shaun Luther–

- Gave a summary of 2018 finances. The club had a net profit noted for last year. Per bylaws, we are at 134% of target. The biggest savings were the newsletter elimination and no annual picnic.
- Credit card transactions were taken at the Shiver and Kris Kringle events. A few members are authorized to do this for the club. Shaun is waiting for word of mouth to take effect that credit cards are accepted, so that runners will know that we are no longer cash/check only.
- At the time of the RCA membership renewal, Shaun learned that the company is starting to charge a copyright fee for music played as part of the races that have music. DJs, bands, and radios played at the race event incurs a cost per race, around \$200 per race.

Races:

Charlie Horse: Shaun Luther–Kyle has reserved Sleepy Hollow, and has 10 entries so far—one for the 5K Dirty Pony. The race tracking software used did not work that well, due to cell phone coverage. Shaun is looking at some other options, so runners can track their progress. The date is May 25.

Run for the Ages: Donna Hey—by text, states that they are getting some final details completed, and looking for sponsors.

Grings Mill: Caroline Hill—date is Sun, Aug 4. Caroline will keep the venue at the Berks Heritage Center, where the event was moved to last year. The directors are considering chip timing.

Blues Cruise: No update at this time. Registration is open with 'quite a few' received.

Oley Valley Country Classic: Barry—Reported 143 runners in the 5K, and 257 runners in the 10-mile. Similar turnout and financial profit from last year. The course record was broken at 52:08 for the 10-mile race. Dave Galen made his award for this, as fulfillment of his longstanding offer. 2019 will be the 25th year. Donation amount to give Oley Youth League (rounded up to 52%) was voted on and approved by the club. Next race is the second Sunday in November, 11/10/19.

Kris Kringle: Polly Corvaia—successful race this year with a great turnout. Volunteers were also a great turn out. Total 629 finishers, well over last year's results. Glitch—EMS did not show up, they had the day confused, as did some runners. Suggestions for next year—goal to get to 1000: Use chip timing, rent Reading fair grounds area for a larger venue. Hoodies are ordered for 2019, they will be charcoal gray. Date for next year is the Sunday after Christmas, 12/29/19.

Shiver by the River: Sue Jackson—Course and time changes have been nearly all positive. Streets in limited spots are a bit of an issue with road construction causing some exposed areas. They are considering a time limit for the walkers to do the second loop, if the first loop takes longer than approx. 40 minutes.

Race director comments: Jon—will try to schedule a meeting, especially with the proposed trailer in the offing.

2018 KRIS KRINGLE REPORT

Overall winners:

Justin OBrian 28:49

Joshua Davis 28:50

Dee Koutsourais 31:57 (1st F 2 years in a row!)

Andrea Miller 32:08 (BC High School XC champ)

TOTAL RUNNERS:

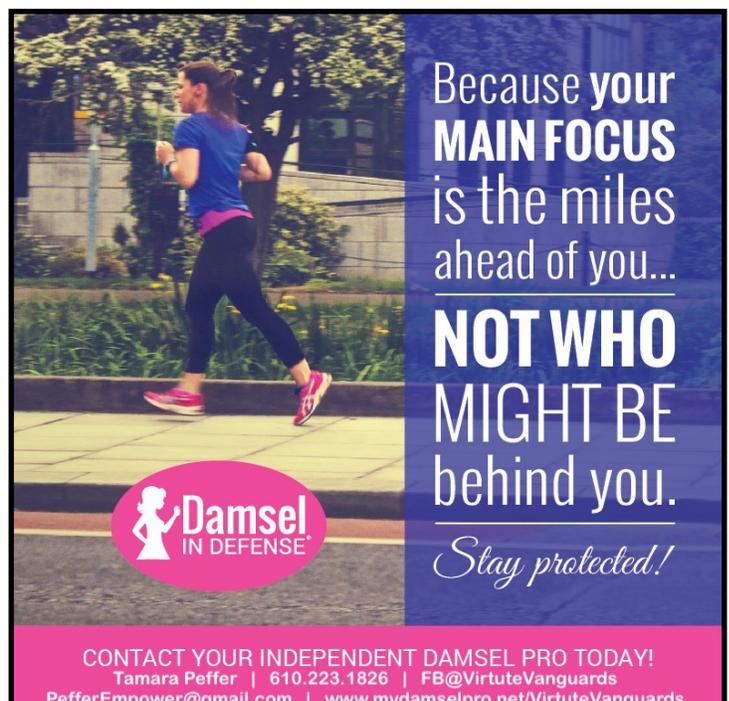
<u>Year</u>	<u>Finishers</u>	<u>Teams</u>
2016	602	2
2017	461	6
2018	629	5

THANKS TO ALL VOLUNTEERS AND RUNNERS

- *Jason Manbeck* - long time RD and assistant.
- *Tiffany Pantoja* - prerace set up and took responsibility of registration.
- *Ted, Lori and Mark Andrus* - donated Southwest airline tickets. [Southwest Airline Tix winner was Justin Holbrook from Reading.]
- *Steve Corvaia and Jennifer Kamienski* -race photographers.

Proceeds Benefit The BERKS COUNTY CROSS COUNTRY COACHES ASSOCIATION.

Please share any feedback (positive or negative) with Polly at SPCORVAIA@MSN.com.



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Join Us for Our Teddy Bear Run!

Saturday, February 16th at 9:00 am!

Everyone will be able to wear-test **KARHU** shoes, an exclusive **FLEET FEET** product (Karhu is the Finnish word for Bear!) *We are asking that everyone bring a new Teddy Bear along* - we will then run to the Opportunity House in Reading and donate them to children that utilize the shelter. We will then continue our 5 mile run, returning to the store, where you can indulge at our complimentary hot chocolate bar! Donations for Opportunity House will be collected!



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MEETING MINUTES, CONT'D.

Committee Reports

Social Committee - Caroline—working on a few events.

Communications Committee - Jane Setley—weekly runs posted the Monday before the run on the web site

Newsletter - Beth Auman—discussed the new format—month-at-a-glance with the newsletter attached. Beth says the email gets about a 50% open rate; send her any ideas or suggestions.

Instagram - Jon is keeping account this up to date.

Scholarships—deadline 2/28. Have a few applications so far.

Membership - Dave Gallen—not present to report number. A clarification was made that corporate memberships get our newsletters.

Old business

- Survey: An update of the results will be given at the next monthly meeting. (One thing released: Majority of runners are looking for half marathon distance.)

- Trailer: Mike wants to do a one-on-one with the race directors. Hope to discuss next month.

New business

- Position update: Marketing position is open to coordinate race advertising; scholarship committee has a vacancy, if anyone is interested.

- Tom Chobot—discussed renting a facility for indoor running—Tom suggested a facility in Exeter, an indoor track could be rented at \$160/hour. He thinks a 1/10-mile loop could be carved out, with a large area in the middle remaining for other activity.

Pagoda Pacers Scholarships!

Application Deadline:

February 28, 2019

The Pagoda Pacers award four outstanding High School Seniors each with a \$750 scholarship for their continuing education. Students are recognized for their participation and achievements in athletics, academics and community service.

Two scholarships are open to all high school seniors whose **parents are current members** in good standing for at least one year of the Pagoda Pacers.

Two scholarships are open to all high school seniors who participated on a **Berks County high school cross country team**.



Scholarship Application and additional details are online at: www.pagodapacers.com/Scholarships/About.aspx.

**THE PAGODA PACERS A.C.'S 29th ANNUAL
SHIVER BY THE RIVER
LEGENDARY 5K & 10K "NO FRILLS" WINTER RACE SERIES
Sunday(s) Dec. 9, 2018 and Jan. 13th, Feb. 10th & March 10th, 2019
*** New Time*** 10:00 A.M. start for all races. Registration opens at 8:30 A.M.**

Jim Dietrich Park, Muhlenberg Twp., Reading Pa.

Conducted in cooperation with the Muhlenberg Twp Parks and Recreation Department

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Shillington Family Chiropractic Center, Shillington, Pa

Fleet Feet, West Reading, Pa

Please note the NEW START TIME: 10:00am. Many of you have asked us to start earlier, and we are listening!!!!

Per RRCA insurance guidelines, the Pagoda Pacers strongly discourage the use of headphones during any Pagoda Pacer event, including training runs, and races.

Popular winter race series that draws approx. 400 runners per month because of its friendliness, great price, devotion to running in almost any type of weather, indoor registration, a wheel measured course and a wonderful post-race buffet!!!

Both races start at same time and place; 10k runners do the loop twice. ROAD OPEN TO TRAFFIC DURING RACE;
Proceeds benefit Pagoda Pacer Scholarship Fund and health & fitness activities supported by the Pagoda Pacers.

Questions can be directed to shiverdirector@pagodapacers.com Or Kelsey Jackson (484) 336-7683 or Sue Jackson (610)779-6556 or Georgine McCool 610-927-1606

AWARDS: Only to the male and female top 4 runners in each of the 5k and 10k. However, awards are given for the overall series, based on a cross-country type of scoring (the person finishing 15th will be earn 15 points). Lowest scores in each age group will receive the awards. Both distances will be counted toward one set of awards. To be eligible, a runner must complete a minimum of 3 races (best 3 finishes count).

Series Awards to: 3 Overall Males/Females; Male/Female Master; Male/Female Clydesdale; Male/Female Master Clydesdale; plus age groups: 14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75+; and Clydesdale

Clydesdale: 2.2 lbs/vertical inch for women and 2.65 lbs/vertical inch for men.

ENTRY: Series registration includes great long sleeve tech shirt. \$45 for series if postmarked by Nov. 18, 2018; afterwards, \$60 for series; \$25 per race on race day, while shirts last; \$20 on race day, no shirt. No pre-registration for individual races. No refunds. No mailing of awards.

This is not a Pretzel City Event; therefore, Pretzel City gift certificates will not be honored as payment.

Race Cancellation: If, and only if, the weather is mega-foul and predicted to get worse, the status of the race may be checked at www.pagodapacers.com. Cancellation should also be listed on the scrolling bar on www.pretzelcitysports.com

Address: 4899 Stoudt's Ferry Bridge Rd. Reading PA 19605

Directed By the PAGODA PACERS A.C., www.pagodapacers.com Insured by Road Runners Club of America

Register online at www.pretzelcitysports.com

Or mail checks, payable to: PAGODA PACERS A.C., to Sue Jackson 89 Kinsey Hill Rd. Birdsboro, Pa. 19508

Last Name _____ First Name _____ Paid for Series? Yes / No

Street Address _____ Email _____

City _____ State _____ Zip _____

Age as of March 10,2019 race: _____ Date of Birth ___/___/___ Sex: M F Clydesdale? Yes / No
(this will be your age group for the entire series)

Shirt Size (unisex): XS ___ S ___ M ___ L ___ XL ___ XXL ___

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic and winter hazards on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Pagoda Pacers A.C., Muhlenberg Twp., the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. Per RRCA insurance guidelines, the Pagoda Pacers strongly discourage the use of headphones during any Pagoda Pacer event, including training runs, and races. I HAVE READ AND UNDERSTAND THIS WAIVER:(if under 18, legal guardian must sign).

Signature _____ date ___/___/20___

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 6:15pm - Group Run at Stoudt's Ferry Playground Eat: Crossroads Diner	7	8 6-9pm - Wallyball Colonial Hills Fitness	9
10 10:00am - Shiver by the River 5K/10K #3 at Jim Dietrich Park	11	12	13 <i>*Bring a new runner night*</i> 6:15pm - Group Run at Wyomissing Quarry Eat: Paolo's Restaurant	14 7pm - Meeting, Blind Hartman's Tavern	15	16
17	18	19	20 6:15pm - Group Run at Mohnton Playground Eat: Mangia!	21	22	23
24	25	26	27 6:15pm - Group Run at Brentwood/Thun Trail Eat: Mimmo's Restaurant	28 Scholarship Deadline	<p><u>SAVE THE DATE</u> 3/10/19 - Shiver by the River #4</p>	

PAGODA PACERS ATHLETIC CLUB

2019 Pagoda Pacers Officers

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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.