



WE ARE A CLUB DEVOTED TO PHYSICAL FITNESS, ATHLETIC COMPETITION, HEALTH, AND FELLOWSHIP.

FROM THE PRESIDENT

- Katie Exas, President

Hi everyone. Please excuse the brevity of this article from me. I just got out of the hospital today from back surgery. I am feeling well and hopefully will have a full recovery.

Kim Rivera spoke at this month's past meeting. She explained the Girl's on the Run program and is looking for volunteers to help out with the program next fall. The goals of the program are to encourage young girls to live a fit and healthy lifestyle.

Also, continued efforts have been put into place to have positive dialogue with both Berks Conservancy and Berks County Parks and Recreation Department.

Our next pacer race will be here in two weeks, the numbers are down some, so there is still time to register. Again, we will need help both Friday night and Saturday to make this event successful. Now with daylight's savings time here there will be more opportunity to see everyone out on the trails. Happy running to all.

A RUNNER'S STORY

by: Tom Chobot

For every runner in every race there is a story to be told. It's the story of the inner conflict that goes on between mind, body, and spirit. When the spirit prevails, the runner has succeeded regardless of the runner's ability or difficulty of the race. Beyond that, the runner is infinitely free to define his or her success anyway he or she wishes. Such is the beauty of our sport. As a community, we've come to support and encourage each other and yet respect each other's own rules for success. We enjoy sharing our stories with each other as much as the race itself. Most of the time, our stories don't go beyond the parking lot after a given race. Once in a great while, we are fortunate

enough to be in the right place at the right time to witness a tale of the human heart that deserves to be repeated. This is one such story.

It was the "20 in 24", a 24 hour endurance race held on an 8 1/2 mile loop through Fairmont Park in Philadelphia, July 2012. Runners are scored by how much distance they cover in a fixed amount of time. My wife, Gwyn, and I were there to help Ron with the timing and scoring. In the waning hours of the race, I wasn't needed so I offered to pace Anna on her final lap.

Continued on page 5

UPCOMING EVENTS

- 3/30/13: Mt. Penn Mudfest - 10:00 am
- 4/6/13: Nolde Forest Volunteer Day
9 am - 12 Noon Pacer Lunch Following
- 4/11/13: General Membership Meeting
JR's Pizzeria - 7:00 pm

TRAINING RUNS

Start time 6:15 pm
www.pagodapacers.com/training-runs

April 3, 2013

Run: Trout Run
Exeter Township
Eat: Alberije
3805 Perkiomen Ave, Reading, PA

April 10, 2013

Run: Stilling Basin
Blue Marsh Lake
Eat: Blue Marsh Canteen
5035 Bernville Road, Reading, PA

April 17, 2013 *Charity Run Animal Rescue League

Run: Mt. Penn Fire Tower
Skyline Drive, Reading, PA
Eat: Klinger's on Carsonia
721 Carsonia Ave., Reading, PA

April 24, 2013

Run: Galen Hall
Wernersville, PA
Eat: Bar-b-que Pit
4741 Penn Ave., Sinking Spring, PA

MONTHLY MEETING

Thursday, April 11, 2013 | 7:00 pm

JR's PIZZERIA
24 Village Center Drive
(Flying Hills)
Reading, PA 19607

❄️❄️❄️❄️
SHIVER BY THE RIVER
2012-2013 WINTER RACE SERIES ❄️❄️❄️❄️

The 23rd Shiver by the River was one of our most successful series. Here are the numbers:

- *January had the highest single month total of 595.
- *March's 5K had 338 finishers and the 10K had 189 finishers for a total of 527; the highest March total
- *374 runners ran the series; more than any other year
- *A total of 2044 crossed the finish line this year, the most ever.

Our fastest runners were:

- 5K Male – Tim Getz 15:43 in Jan
- 5K Female – Kathryn O'Regan 17:50 in Dec
- **course record
- 10K Male – James Stoltzfus 32:47 in Jan
- 10K Female – Kathryn O'Regan 36:39 in Feb

As always, THANK YOU to all the Pacers who participated either by running, volunteering or both! We sincerely appreciate all of our volunteers, whether you helped us at one race or every race; especially those of you who were willing to do whatever was needed to make this series another success!

The awards ceremony was again held at the Temple Fire Company, on Madison Ave in Muhlenberg. Thanks to Deb Schlegel for sitting at the door and enforcing our policy of charging a nominal fee for the party; to VP Beth Auman and Walt Fessler for helping with the set-up of the trophies and overseeing the activities of the award's ceremony; and to Ron Horn for starting each race and announcing the awards. THANK YOU for donating door prizes:

- *Pretzel City Sports
- *Godiva Chocolates
- *Alecia Bradley for various gift baskets
- *Jesus Rodriguez for various items
- *Road-ID

Thank you to Chester Running Store & owner Don Morrison for donating gift cards that were given to each of our award winners.

THANK YOU to our long time Shiver sponsors:

- Shillington Family Chiropractic Center
- David J Dolan D.C & Lee J Pittsburg D.C
- A Running Start 705 Penn Ave W. Rdg

Please patronize both our door prize contributors and our sponsors.

If anyone has any comments, concerns, or questions concerning the series, please feel to contact one of the race directors. We do value your input and we do read the surveys; making modifications when possible. For instance, we added the cones and the one lane on the

MEETING MINUTES

by: Vera Kochan
LOCATION: JR's Pizzeria, March 14, 2013

Kim Rivera and Beth Simcik from Girls on the Run attended the March meeting and spoke about the Girls on the Run program. Kim was happy to announce that Girls on the Run Berks is now an official independent council. If you are interested in being a volunteer, coach, running buddy, or help with organizing a 5K, please contact Kim Rivera. Kim also is looking for people to provide full or partial sponsorship of a girl. If you are interested in helping in any way, please contact Kim Rivera at www.gotrberks.org.

Treasurer's Report:

Shaun Luther presented the treasurer's report and reported the club is in good financial standing. The information to have the taxes done has been given to the accountant.

Race Director's Reports:

Sue Jackson reported on the Shiver by the River series. This year's series saw the highest number of runners ever. The January race had 595 runners. A combined total of over 2000 runners ran in this year's series. Thanks to all the runners and volunteers. A donation will be made to Muhlenberg Township. If you heard any complaints or comments about the race, please let Sue Jackson know.

Mudfest will be held on Saturday March 30th. There currently are 425 people registered for the Mudfest. Volunteers will be needed on Friday night and Saturday. Look for e-blasts for more information if you are interested in volunteering.

Brett Lynch reported on the Charlie Horse. Race date is May 26th. The course will be the same as last year. A few volunteers are needed to cook hot dogs and hamburgers.

Jeff Hills reported on the Grings Mill Run. Jeff was happy to announce that Melanie Marinaccio will be a new race director for the Grings Mill Run. This year will be the 36th anniversary of this run. There already are two entries for this year's run.

Community Service: Phil Lechner will start the charity runs again. On April 18 there will be a charity run for the Animal Rescue League. With the Animal Rescue League in extreme need of donations, every other month the charity run will benefit The Animal Rescue League. Please be generous with your donations.

Social Events: If you are interested in hosting a get together after a Wednesday night run, there are spots available in June, September and October. Contact Phil Lechner to sign up.

Old business

On Saturday April 6, the Pagoda Pacers will be helping with trail maintenance at Nolde Forest. Volunteers are invited to go for lunch after the April 6 trail maintenance. If you cannot make this date, trail maintenance will also take place on March 23.

Kate Murray will be stepping down from the webmaster position.

Getting a new webmaster is being researched.

The attendees at the meeting all agreed they really like the e-blasts. Polly offered to take over the newsletter in a few months, but if anyone else is interested in taking over the newsletter, please e-mail the president.

Sue Jackson agreed to be new chair person of the Scholarship Committee. Lenny Burton also offered to be on committee.

New Business:

Representative David Maloney invited the Pagoda Pacers to set up a stand at the Daniel Boone Middle School Health and Wellness Expo on April 6th. Tom Chobot offered to do this.

Beth Auman has been in touch with Blue Marsh for the Get Outdoors Day on June 15.

A few Pagoda Pacer members were invited to two events in April. First, the Berks County Parks Department is hosting a dinner to recognize and reach out to people that volunteer on the Berks County trails. Second, the Berks County Conservancy is hosting a Trail Ambassador networking event for people that work on the Berks County trails.

RACE RESULTS

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

SHIVER 5K RESULTS

LastName	FirstName	FinishTime
SHULTZ	BENJAMIN	18:51
RENNINGER	DUANE	20:24
WELCH	JENNY	21:57
STUBER	MIKE	22:01
GROTH	RYAN	22:28
Gehret	Gary	24:36
DEEDS	DAVID	24:58
VANDERBECK	ELLIE	25:45
FITZPATRICK	COLLEEN	26:44
Schlitzer	John	27:50
FEEHERY	AMANDA	27:58
GARRITY	KELLY	28:55
KELLENBERGER	GREG	29:18
Mowery	Steph	29:33
KUHNS	ROD	30:34
HOGG	BLAIR	30:37
WITT	LAURA	31:43
STERN	GARY	31:51
Andrus	Mark	31:53
Showers	Rick	32:04
Showers	Dianne	33:55
STUBER	CAROL	35:20
Anttonen	Judy	36:24
Horn	Helene	39:14
Thomas	Ed	39:27
HANDLER	MARTIN	41:34

SHIVER 10K RESULTS

LastName	FirstName	FinishTime
MacNeil	Andrew	34:56
Sturm	Nicholas	36:04
O'Regan	Kathryn	37:16
LYKENS	MATT	37:23
Koch	Steve	37:34
THOMAS	SCOTT	39:40
Krupa	James	39:59
Seitzinger	Troy	40:02
Hartman	Chris	40:30
Mowery	Dave	40:31
OSWALD	MELISSA	43:02
MERRITT	JEFF	43:43
Hutchinson	Jamey	43:57
Reppert	Karla	44:12
LOWRY	SCOTT	44:30
Ranck	Mike	44:42
FUSSNER	RAINE	44:51
FUSSNER	JEFF	44:52
Andrus	Ted	44:54
Dodd	Derek	45:49
Marinaccio	Melanie	46:31
LYNCH	BRETT	47:17
BARRELL	TANIA	48:28
MARES	NATHAN	48:55
RUTH	MATT	49:29
BENNINGHOFF	LYNN	50:08
DRUMM	JIM	50:54
Koehler	Eric	51:01
VANDERBECK	RUTHIE	51:04
VANDERBECK	SARAH	51:05
Ornosky	Donna	54:09
ROSENBERGER	LARA	54:57
MAKURATH	PAUL	56:55
Ross	Susan	58:07
ZIEMER	IRENE	58:19
Guth	John	58:20
KUHNS	JUDY	60:10
Atwell	Jerold	62:04
PARKIN	HOPE	65:39



Chester County Running Store

Your Local Running and Walking Headquarters!!

Don Morrison 610.327.4843 Phone
 Suburbia Shopping Center 610.327.4864 Fax
 38 Glocker Way www.runccrs.com
 Pottstown, PA 19465 donccrs@verizon.net

Shiver (Con't.)

bridge after several of our volunteers told us how congested and dangerous the one intersection had become. In a future newsletter, we will address some of the specific comments we received this year.

Awards which were not picked up at the banquet are at A Running Start, 705 Penn Ave, West Reading.

Once again, thanks for all of the Pacer support, both runners and volunteers! We hope to see all of you next year.

~Sue, Beth, & Katie

RACE RESULTS (Con't.)

Humbug Bustle 5K (12/23/12)

Jeff Merritt	19:37	
Duane Renninger	19:55	2nd M40-49
Andy Keegan	22:33	
Jeff Snook	23:52	
Ruthie Vanderbeck	25:11	
Sarah Schaeffer	25:12	
Blair Hogg	32:31	

Kris Kringle 5 Miler (12/30/12)

Steve Koch	32:05	2nd M50-54
Dee Koutsourais	33:03	1st Female
Ben Shultz	34:13	3rd M25-29
Lamar Foley	38:14	3rrd M55-59
Ted Andrus	38:41	
Colin Luther	38:51	
Karla Reppert	39:18	4th F35-39
Curt Minich	39:19	
Karen Rule	39:46	4th F30-34
Heather Nowicki	41:06	
Mary Boggs	41:09	
Bill Buchanan	43:30	
Jeff Snook	43:42	
Lee Zechman	44:03	4th F50-54
Kristina Schurr	45:42	
Lenny Burton	45:58	
Lisa Gallen	51:25	
Janet Oberholtzer	59:40	

Febapple Frozen 50- 50 miles		
8th	Tim O'Donnell	9:39:37

Squirrelly Tail Trail Run Half Marathon		
	Paul Makurath	2:46:56

Colonial Half Marathon		
	Katie O'Regan	1:24:13

Quakertown 10 miler		
	Troy Seitzinger	1:09:54

Chilly Cheeks		
Mike Reddy	1:05:40	4th M50-59
Grant Gallen	1:09:07	
Michael Ranck	1:10:08	2nd M60-64
Duane Renninger	1:16:00	
Jeff Snook	1:17:34	
Heather Nowicki	1:18:35	
Diane Grim	1:19:48	3rd F50-59
David Deeds	1:23:22	
Sarah Schaeffer	1:29:50	
Ruthie Vanderbeck	1:29:51	
Paul Makurath	1:30:10	3rd M65+
Ellie Vanderbeck	1:38:56	
Lisa Gallen	1:53:18	
Janet Oberholtzer	2:28:43	

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A Runner's Story, continued from page 1

Other friends had paced her earlier including Brett and Mike, but keeping up with one of the best in the world in this type of racing is no easy task. I picked her up at the end of her 14th lap (118.384 miles) and 22 hours and 10 minutes on the clock. At this point, she was in 5th place overall and 2nd in the female division, a little more than a full lap behind Sabrina, the leader. She stopped only to replenish and then we were off.

She was upset with herself and kept saying, "I really wanted this". I suppose she was blaming herself for a tactical error by not pacing herself right early on, or perhaps spending too much time in the tent between laps. Though she had been steadily closing on Sabrina over the last few hours, Anna had simply let her get too far away to catch and she knew it.

She started off running for several minutes at a time, and then walked for a minute or two, yet she was still maintaining close to a ten minute pace. She asked if she could finish this lap at this pace before time ran out so I thought that was the goal she set for herself and what we would shoot for. If she could hold it, she would have about 15 minutes to spare. Weighing my words carefully, I kept encouraging her to focus on the moment and to finish the lap.

Then came the moment for which this story is being told. With about half a lap to go, we caught up with Sabrina, the leader among the women and walking with a limp. She was toast. Anna's metal was about to be tested. With little time left on the clock, there was no chance of her bettering her position or the 3rd place girl catching up to her. Anna could have stopped right there and still be guaranteed second place, or she could just finish the lap and let the time run out. I thought for sure this would break her but I could not have been more wrong. Instead, and to my sheer disbelief, she found new life and determination. It was as if her thin frame was actually drawing strength from the unforgiving sun. With nothing left to prove, but to herself, and against any conventional wisdom, Anna put the hammer down. For the remaining 4 miles, she became very focused and quiet. She did not walk the rest of the way, even running through the aid stations. Her pace steadily increased. Struggling to think of anything I could do to support her, I ran ahead to the aid stations, refilling her water bottle, and making sure everything she may want was ready. Without a word being said, we established a routine where she would hold out her hand and I would give her water or a damp washcloth. The temperature was quickly rising so I kept dripping

cool water on the back of her neck. Every runner we passed was walking with no wind left in their sails and awestruck by Anna's strength, none more than I. I kept telling her, "You're doing awesome Anna, just stay with it."

I was thinking to myself how privileged I was to be at this place at this moment witnessing something few ever see except on the silver screen, the human heart at its finest. This was the ultimate battle between a rational mind, a tired and aching body, and an unconquerable spirit. The mere fact that there was no outside motivation, nothing on the line, is what made it so pure, so beautiful. With a half mile to go, she said to me, "Thank you Tom for running with me." What she didn't know, perhaps until now, is that my eyes welled up. I said, "Anna, you are an inspiration to everyone who knows you. I should be thanking you."

She completed the final 500 yards as if she was finishing a 10k, recording her 15th and 6th fastest lap (and fastest since her 6th lap 16 hours earlier) with 26 minutes left on the clock – and 126.84 miles. The next morning there was a picture posted of Sabrina sitting on a curb after the race. Standing beside her was someone extending a hand to help her up. It was Anna.

As I pen these words, I am reminded of the late Steve Prefontaine, not so much for what he did but for how he did it. He too, went against conventional wisdom as well as his coaches' advice and virtually anyone who tried to tell him how to run. He too, always ran with undeniable passion whether or not it would affect the outcome. He too, had class. "To give anything less than your best is to sacrifice the gift". I suspect he meant from starting line to finish line regardless of the scoreboard. Bill Bowerman said in his eulogy for Steve, "He taught me that the real purpose for running is not to win a race. It is to test to the limits of the human heart." Anna would probably tell you that she didn't run her smartest race because she did not win. Steve didn't always win either, but he could always fill a stadium and had (and still has) a following unlike any other runner of our time.

Anna's spirit not only prevailed, it brilliantly triumphed when it was tested to its limits. Had she done this in a stadium, she would have brought the crowd to its feet. As it was, there was but one witness to this performance standing alone in the bleachers and that is terribly unfair. But I can tell her story. I consider it an honor.

*the center for
Pediatric Therapy*



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-and staff-

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Saturday April 13, 2013 - The "Bartram Breeze" 10K/2K "Road" Races
 Saturday May 18, 2013 - The "Mad Dash" 5-mile/2.5K Trail Races
 Sunday July 28, 2013- The "Dutch Country" 15/5 Mile Bicycle Races
 Sunday September 29, 2013 - The "U Can DU It" Duathlon Races

www.BlueMountainWildlife.com and click on **QUAD GAMES**



DON'T FORGET TO
Beat Beethoven!

10K Race, 5K Race/Walk
1-Mile Fun Run/Walk
 (following the 10K/5K event)

Hosted by the Reading Symphony Orchestra
Sunday, April 28, 2013 • 9:30 AM
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Register at www.pretzelcitysports.com or follow the link at www.readingsymphony.org.

To register by mail, call the Reading Symphony Orchestra office at (610)-373-7557 and request an entry form.

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TRAIL HALF MARATHON

Sunday May 26, 2013 9 A.M. Plowville, Pa.

Portion of Proceeds & All Donations Benefit Special Olympics

LOCATION: Registration is at Sleepy Hollow Athletic Club, 482 Westley Road, Mohnton, Pa. 19540, from 7:15 a.m. to 8:15 a.m. FYI, just in Mohnton postal area, not near Mohnton. Actually, off Rt 10, approx 5 miles N of Morgantown

BUS INFO: Buses will transport runners to the start at Rustic Park in Birdboro, PA. They will depart immediately after registration closes (8:15). Busing to the start is highly suggested. You may choose to drive there on your own, but **THERE WILL BE NO RIDES PROVIDED BACK TO THE START AFTER THE RACE!!!!**

COST: \$35 if postmarked by May 11, 2013. Cost is \$40 after the cutoff date. There will be no refunds, or mailing of shirts or awards. "Race day" registration will be available. **PLEASE PREREGISTER, SO THAT WE HAVE ADEQUATE BUSING, FOOD & SHIRTS!!!!!!**

Pagoda Pacers A.C. c/o Brett Lynch
1520 Huron Dr.
Sinking Spring, PA.19608

On-line registration available at www.pretzelcitysports.com
(Nominal processing fee applies. On-line registration ends at Midnight on May 22, 2013)

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Gender: M F

Telephone _____ a.m. _____ or p.m. _____

Email Address: _____

Race Day Age _____ Date of Birth ____/____/____ Entry Fee (\$35, \$40 after May 11, 2013) \$ _____

Shirt size: S ___ M ___ L ___ XL ___ XXL ___ Optional Donation to

Shirt Cut: Men's ___ Ladies' ___ Special Olympics Berks Co \$ _____

Pagoda Pacer? Yes ___ No ___ Total Enclosed \$ _____

QUESTIONS??? CALL RACE DIRECTOR, Brett Lynch at 269-357-3325, or Email at lynchd77@hotmail.com

Waiver

FOR ALL YOU LEGAL PEOPLE: I know that running a trail and on roads may be hazardous activity. I should not enter this race or run unless I am medically able and properly trained. I also know that there will be traffic, hazards, debris and poor footing on the course. I assume the risk for running on it. I also assume all other risks associated with running or attending the race to include but not limited to falls, contact with other participants, the effects of the weather, the conditions of roads and trails, and of course getting lost. 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, Sleepy Hollow A.C., Eshelman Transportation, The PA Dept. of Conservation & Natural Resources, Rustic Park, the Pagoda Pacers A.C and all other organizations directly or indirectly associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every type or nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to the Pagoda Pacers and all other parties involved with the race to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER.

SIGNATURE _____ Date _____

(if under 18, parent must sign instead), Insurance Provided by Road Runner Clubs of America

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Race Management.....Ron Horn
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Web & Newsletter Editor.....Kate Murray
admin@pagodapacers.com

The newsletter is published monthly; to submit an article for publication, or inquire about advertising, email admin@pagodapacers.com. The deadline for submission is the 15th of each month.

April Running Events by ARS!

Free Running Clinic at Body Zone

Date & Time TBD - Stay Tuned!

- Sponsored by Commonwealth Orthopaedics & ARS
- Full comprehensive testing, assessment, and analysis
- Flexibility, strength and injury prevention

Happy Hour

Thursday, April 4th, 6:00 - 8:00 pm

- Complimentary beer, wine, cheese and snacks!
- Meet our staff, mingle with friends!

Newton Natural Running Clinic

Saturday, April 6th, 9:00 am

- Learn about natural running and improve your form
- Newton representative Mark Rochan will be on hand
- Many sample shoes will be provided for a wear test!

ARS Track Nights Begin

Wednesday, April 10th, 6:15 - 8:00 pm

- Come out for a comprehensive track workout (\$5 fee)
- Professional coaching from ARS staff members
- Improve flexibility, speed, strength and power

