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

December |

2013

FROM THE PRESIDENT

Katie Exas. President

Congratulations to Ellie Vanderbeck for winning the vice president position. However, I would also like to thank Anne Simmons who also expressed an interest in the vice president position. Thank you to Beth Auman who took the position of vice president for this past year. It was a pleasure working with her. She is now our newsletter editor, and is also serving on a couple other committees.

The past month has been full of races and social events. The Junior High Cross Country event was held with most of the school districts being represented. We had 84 7th and 8th grade girl finishers, and 130 7th and 8th grade boy finishers. It was a great day for the kids as well as for the parents. Congratulations to all finishers. Thank you to Tom Chobot who organizes this event.

We also had the Oley 10 miler and 5K event. The races were well attended with 324 10 mile finishers and 192 5K finishers. 51% of what we net from the races goes to the Oley Valley Youth League. Again, a thank you to Barry Goodhart and Lenny Burton who codirect the race.

The annual Pacer Bonfire was also very well attended. The first annual Brew Off was a huge success with Ken Seale being crowned as best brew meister of the night, Congratulations!! And again, thank you to Mike Yoder for all his efforts to make this such a fun event.

Looking ahead into December we will be having the first Shiver Race on December 8th, and the Kris Kringle 5 miler on December 29th. As always we need lots of volunteers to make these races successful. The Kris Kringle race benefits the Berks County Cross Country Coaches Association. Just recently the Cross Country Banquet was held at the Inn of Reading. It is wonderful to see these young people receive county awards for their achievements in running. Hopefully these kids will enjoy a lifetime of running.

Our last meeting of the year was very will attended. It would be great to see all our meetings so well attended. It is hard to believe that 2013 is almost over. It has been a busy year, with the new website being one of our biggest projects. It has been a pleasure serving as president and I look forward to another year as your club's president. The new year will be equally busy with races, social events and community activities.

In closing, I want to remind everyone to please pay your 2014 membership dues promptly, as the deadline of January 31, 2014 will be here before you know it. You do not want to lose out on any of the club benefits. Also, please be looking for more information on the Michael Chobot Memorial Blood Drive, to be held January 11, 2014, at the Exeter Fire Company Hall. Details about times and such will be placed on Facebook, in e-blasts, and in January's newsletter. Lastly, in place of a December meeting, we have our annual Pacer Christmas Party. We are going to have a great band with a buffet dinner. Hope to see you all at the Grill Fire Company, starting at 6pm. See you there!



UPCOMING EVENTS

12/6/13 Pacer Christmas Party
6:00pm - 11:00pm
Grill Fire Co., Kenhorst
Dinner, Drinks, & Live Music

12/8/13 Shiver By The River #1,

Sunday 11:00am - 5K and 10K
Jim Dietrich Park, Stoudts Ferry
Bridge Rd, Muhlenberg Twp.

12/29/13 Kris Kringle 5 Mile Run

11:00am
Berks Co 4-H Building, Leesport
See Page 4 for Details

SAVE THE DATE

1/5/14 - Shiver By The River #2

1/10/14 - Wallyball Night

1/11/14 - Michael Chobot Memorial Blood Drive

GROUP RUNS

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

December 4, 2013

Run: Hampden Park / Reading High 801 N. 13th St., Reading (north side of HS) Eat: Blind Hartman's Tavern 2910 Pricetown Road, Temple

December 11, 2013

Run: Muhlenberg High School 400 Sharp Avenue, Laureldale Eat: Margherita's

2118 Kutztown Road, Reading

December 18, 2013

Charity Run benefitting Humane Society of Berks County

<u>Run</u>: Wilson Southern Middle School 3100 Iroquois Avenue, Sinking Spring

Eat: Bar B Que Pit

4741 Penn Avenue, Sinking Spring

HOLIDAY RUNS

December 25, 2013 & January 1, 2014 8:30am

Nolde Forest Sawmill Parking Lot

MEETING MINUTES

By Vera Kochan

Location: JR's Pizzeria, November 14, 2013



Treasurer's Report:

Shaun presented the treasurer's report and reported the club is in good financial standing. Shaun will be sending out the membership renewal to Road Runners Club of America.

Race Director's Reports:

Mt. Penn Mudfest: Ken Seale reported on the Mt. Penn Mudfest. Next year there will be a new start and finish line for the Mudfest. Ken will be working with Captain's Cove restaurant for parking, and before and after race activities. Ken currently is working on the race application. The date for next year's Mudfest is Saturday April 19.

<u>Charlie Horse Half Marathon</u>: Brett Lynch reported on the Charlie Horse. Brett is looking for a co-director to help with this race. Please contact Brett if you are interested in being a co-director for this race.

<u>Blues Cruise 50K</u>: Stephan Weiss reported that an article about the Blues Cruise will be published in Ultrarunning magazine.

Oley Valley Country Classic: Barry Goodhart reported on the Oley Valley Country Classic. Barry thanks everyone that volunteered at this race. Of the 525 runners that completed the race, 200 completed the 5k, and 325 completed the 10 mile race. The Oley Valley Youth League will receive 51% of the profit. This was the 19th year that this race has been held.

Jr High XC Race: Tom Chobot reported on the Junior High Cross Country Invitational. This race is not a revenue generating race, but more a community service race. A lot of positive feedback was received on this race. This year 219 kids ran this race. Fourteen boys broke last year's course record.

Shiver by the River: Sue Jackson reported on the Shiver by the River. The December race will be held on the second Sunday of the month, but the January, February and March races will be held on the first Sunday of those months. Volunteers are needed.

Kris Kringle 5 Mile Run: Polly Corvaia reported on the Kris Kringle. To date 60 registrations have been received. Door prizes will be given away at this race which so far includes Pagoda Pacer race gift certificates, and two Southwest airline tickets.

No reports were given on the Grings Mill Run or Run for the Ages.

Social Events:

The Christmas party will be held on Friday December 6th at the Grill Fire Company. There will be a live band at the

party. Cost will be \$10.00 for members and \$20.00 for nonmembers.

Public Relations Committee Report:

Ben Shultz reported that Christin Kelley is working with a designer on the layout of the brochure. The Public Relations Committee had been waiting for the website to be completed, so that the brochure can be designed to resemble the website.

Membership Report:

Katie Exas reported on membership. Any member that does not pay their 2014 dues paid by January 31, those members will be dropped from the club. If you are not a current member please do not go to the shoe giveaways.

Community Service Report:

Phil Lechner reported that the next charity run will be on December 18th and leave from Wilson Southern Middle School. This run will benefit the Humane Society of Berks County. After that the next charity run will be held in February and will benefit the Berks Women in Crisis. The third Wednesday of every month is "Bring a new pacer out" night.

Webmaster and Newsletter Report:

The executive board and past club presidents meet before the regular meeting to discuss payment to the newsletter editor. It was decided to pay a stipend of \$599.99, plus give race director benefits. This amount was decided so a 1099 would not have to be filed. When the current newsletter editor would like to give up this position, this topic will be revisited.

Scholarship Committee Report:

Sue Jackson reported on the Scholarship Committee. Applications will be sent to guidance counselors and possibly athletic directors also. Guidance counselors will be contacted to find out what information the schools will need.

Old Business:

Katie Exas reported on the blood drive in memory of Michael Chobot which will be held on January 11th at the Exeter Fire Company. Please watch Facebook and e-blast for details. We are hoping this will be open to the public. All the details have not yet been finalized.

A cleanup day will be held at Nolde Forest on November ${\bf 16}^{\rm th.}$

New Business:

Elections for the position of vice president were held and Ellie Vanderbeck was elected club vice president.

Katie Exas was the only person nominated as president, and Katie has agreed to remain in that position.

It was discussed replacing the race clock that no longer works. Replacing the batteries or repairing the clock will be (continued on next page) tried first, but also may look into getting a bigger clock. The club's measuring wheel also is not working and needs to be replaced.

If anyone runs the back section of Blue Marsh, where the Pagoda Pacer adopted section of trail is, please let Mike Yoder know the condition of the trail. He would like to know of what you see, good or bad. If Mike knows the condition of this section of trail, he can report to Blue Marsh if anything needs to be done.

It was agreed to pay the postage for mailing out the Berks Fitness magazine to the Pagoda Pacer members. A current membership list will be supplied to Berks Fitness magazine quarterly to ensure that active members receive the magazine.

Katie Exas attended the Berks County Cross County banquet recently, and mentioned that the Pagoda Pacers were mentioned numerous times at this event.

There was a discussion on how scholarship applicants are selected. The scholarship committee will talk about some of the suggestions that were made during this discussion.



922 Penn Avenue, Wyomissing, PA 19610 610.374.4494

> www.shearstyle-salon.com Walk-ins Welcome

Shiver by the River

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This year the Shiver will be held **Dec 8**th, **Jan 5**th, **Feb 2**nd & **Mar 2**nd, which is the 2nd Sunday in December; but on the 1st Sunday in January, February & March. This is a slightly different schedule than in the past. It is the same location as the past couple of years - **Jim Dietrich Park**. See the application on our website for the address of the park and for directions.

Please patronize our sponsors: 'A Running Start', and 'Shillington Family Chiropractor'. Please say 'thank you' by patronizing these businesses.

Both the 10K and 5K start at 11:00. Registration opens at 9:30 and will be held in the farmhouse. We always encourage our members to run; but we also need LOTS of volunteers !!!!! We welcome those volunteers who have been helping us each year, but we would also like to see some new faces. We need volunteers before the race, for parking and registration; during the race - on the road, at the finish line and in the farmhouse; and after the race - for cleanup. If you can help prior to the race, please plan to arrive between 9:00 - 9:15. If you can help with the race itself, please arrive no later than 10:30. Look for either Sue Jackson, Katie Exas or Beth Witkowski somewhere around the farmhouse.

Hope to see you there!!!

Sue, Katie, Beth



HO HO HO... Kris Kringle is Coming to Town.

The Sunday after Christmas, December 29th is the Kris Kringle 5 Mile Run. Proceeds benefit the Berks County Cross Country Coaches Association. Come out and run the race, cheer the runners or volunteer to help. The more the merrier.

Registration opens at 9:30am in the 4-H building of the Berks County Agricultural Center, 1238 County Welfare Road, Leesport 19533. The race begins at 11:00 and it is the same course as 2012. More information and a map is posted on the website at www.pagodapacers.com.

We will have a delicious hot buffet after the race and all runners are automatically entered in a raffle for some very nice door prizes including TWO ROUND TRIP TICKETS VALUED AT \$800 THANKS TO SOUTHWEST AIRLINES.

Volunteers are much appreciated. Please be there between 8:00 and 8:30 and if possible, email a race director so we know that we have enough help. Last year's snowy race had over 650 runners and we hope for more runners and more snow this year.

Contact race directors Polly Corvaia or Jason Manbeck at spcorvaia@msn.com or jason10k@gmail.com.





BRIAN SEIDEL, ESQUIRE

Attorney at Law

seidellaw@gmail.com

359 Blimline Road Mohnton, PA 19540

LAW OFFICE OF BRIAN SEIDEL

Your Serious Injury Attorney

(484) 335-1218



Registration opens at 9:30 come pick up your packet, the race starts at 11, with a bang and a racket.

for many good reasons.

5 miles goes fast a finish time you'll conceive, keep your legs moving forward, and your goal you'll achieve.

As runners we know the best time of the week, is after our run, with friends we do meet

Come inside to the warmth eat - drink and be jolly, you ran your best race, you've earned it, by golly

KRIS KRINGLE 5 MILER we hope you have fun, good running to all, and to all a good run!

-Polly Corvaia

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Above: First mile of the 10 Mile race; Right: Heather Nowicki pushes Brooke in her first 5K; Below: Age group award mugs



OLEY VALLEY COUNTRY CLASSIC 2013

THANKS TO ALL OUR RUNNERS AND VOLUNTEERS!

PHOTOS BY JIM BLANDFORD

Pagoda Pacers Athletic Club 2014 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	
Email	
-	

I 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, waiver 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	

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:

Signature

- 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.

RACE RESULTS

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

Gettysburg Half

	, ,			_
20	Ben Shultz	1:30:59.39	3rd M25-29	
43	Michelle Swiatek	1:35:3.54	1st F25-29	

Hershey Half Marathon

Patrick Boggs	1:57:56
Mary Boggs	1:58:14

Pikes Peak Ascent Half Marathon

Paul Makurath 6:21:14

Sloppy Cuckoo 12 hour Trail Challenge

33	Katie Exas	32.75
42	Paul Makurath	26.2

Evansburg Challenge 10 mile trail

15	Tim O'Donnell	1:10:27	
106	Ted Hardies	1:36:34	
108	Paul Makurath	1:38:46	
142	Diane Hardies	1:51:36	1st F60+

Ghouls and Fools Night trail run (6.5M)

Erik Leeds	50:00	2nd M40-49
Mike Reddy	53:46	1st M50-59
Dan Schaeffer	57:43	
Jen Seale	1:04:50	1st F40-49
Libby Crockart	1:07:06	2nd F40-49
Keith Fry	1:11:19	
Ruthie Vanderbeck	1:12:32	
Sarah Schaeffer	1:12:42	
Caroline Hill	1:13:51	2nd F50-59
Ken Seale	1:16:53	
Jayden Manbeck	1:37:44	
Jason Manbeck	1:37:44	
	Mike Reddy Dan Schaeffer Jen Seale Libby Crockart Keith Fry Ruthie Vanderbeck Sarah Schaeffer Caroline Hill Ken Seale Jayden Manbeck	Mike Reddy 53:46 Dan Schaeffer 57:43 Jen Seale 1:04:50 Libby Crockart 1:07:06 Keith Fry 1:11:19 Ruthie Vanderbeck 1:12:32 Sarah Schaeffer 1:12:42 Caroline Hill 1:13:51 Ken Seale 1:16:53 Jayden Manbeck 1:37:44

Third Thirsty Thursday (10/17/13)

Katie O'Regan	40.40	_
Natic O Negati	18:18	1st Female
Kyle Gery	19:14	2nd M30-39
Jeff Fussner	20:20	2nd M40-49
Brett Lynch	21:48	
Raine Fussner	21:59	1st F50-59
Eric Koehler	23:09	
Judy Antonnen	39:54	2nd F60+
	Jeff Fussner Brett Lynch Raine Fussner Eric Koehler	Jeff Fussner 20:20 Brett Lynch 21:48 Raine Fussner 21:59 Eric Koehler 23:09



Don Morrison

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

Fitzy's run 5K

FILZY 3	Tuli JK		
8	Dee Koutsourais	18:37	1st Female
30	Beth Auman	21:19	1st F30-34
37	Ryan Watts	22:05	2nd M35-39
75	Janine Beidler	24:16	3rd F35-39
84	Zeb Ganster	24:46	
97	Dave Deeds	25:13	
134	Matthew Drake	26:40	
149	Sorita Averill	27:04	1st F50-54
163	Ellie Vanderbeck	27:26	3rd F50-54
171	Joanne Patti	27:33	3rd F55-59

Terror on the Thun 5K

8/65	Tom Chobot	22:11	1st M50-59
10	Eric Koehler	22:58	3rd M40-49
19	Janine Beidler	24:34	1st F30-39
25	Joanne Patti	27:05	1st F50-59

Sprains and Strains 5K

6/203	Ben Shultz	18:54	3rd M20-29
15	Duane Renninger	20:26	1st M40-49
22	Tom Chobot	21:48	1st M50-59
35	Eric Koehler	22:53	3rd M40-49
43	Janine Beidler	23:36	3rd F30-39
69	Joanne Patti	25:36	2nd F50-59

Tussey Mountainback 50 miles

Anna Piskorska	7.55	1st F40-44
Allia i iskuiska	7.55	13(1 40-44

Pink Ribbon Run

Judy Antonnen	40:14	2nd F70+	

Screaming Eagles

Fidelis 5k

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	Judy Antonnen	38:05	1st F70+		

RACE RESULTS, CONT'D.

Runner's World 5K

310/1868	Eric Koehler	24:01
	Matt Arner	26:55

Runner's World 10K

318/1900	Eric Koehler	49:55
	Matt Arner	1:01:05

Marine Corps Marathon 10K

Runner's World Half Marathon

446/2618	Mike Ranck	1:45:26	5th M60-64
826	Eric Koehler	1:53:08	Hat trick!

Beach to Battleship Full Iron Man

Cooper Norcross Run the Bridge 10K

Katie O'Regan 36	5:11	5th Female

Steamtown Marathon

Steve Vida	3:16:35
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New York City Marathon

Steve Vida	3:22:10		
Jerry Atwell	6:08:23		

Hartz Fall Blast 5K

40/557	e · //	22.45
42/557	Eric Koehler	22:15

Baltimore Half Marathon

Eric Koehler	1:56:30
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WANTED: CO-RACE DIRECTOR FOR CHARLIE HORSE

Brett Lynch is looking for a co-race director to assist with the Charlie Horse Half-Marathon. The Charlie Horse is an annual tradition for the Pacers that supports the Berks County Special Olympics. It needs your assistance to continue. Currently the co-race director position is only for general assistance, such as working with local officials and shirt vendors. However Brett is unable to commit to being available for the race in May, in which case the club would like someone else available to take over. Thank you and all help is appreciated.



Annual Christmas Party Friday, December 6, 2013 6:00pm - 11:00pm

Dinner, Drinks, & Live Music Featuring the Alex Meixner Band

Grill Fire Company 739 Mountain View Rd, Kenhorst \$10/member; \$20/guest

Oley Valley Country Classic 5K

4/192	Genevieve Smith	19:24	1st F30-39
12	Lisa Hettler	20:42	2nd F30-39
15	Karla Reppert	20:49	3rd F30-39
24	Todd Witkowski	22:15	3rd M40-49
51	Mark Andrus	24:55	
69	Joanne Patti	25:55	1st F50-59
88	Heather Nowicki	27:33	with a stroller!
135	Jesus Rodriguez	32:01	

Oley Valley Country Classic 10 miler

12/324	Dee Koutsourais	1:03:59	1st Female
17	Ben Shultz	1:06:27	3rd M25-29
19	Kyle Gery	1:07:06	
30	Jeff Fussner	1:09:40	
42	Don Mengel	1:11:14	2nd M55-59
43	Michelle Swiatek	1:11:16	2nd F25-29
57	Raine Fussner	1:13:03	1st F50-54
70	Lori Johnson	1:14:16	1st F45-49
89	Ryan Watts	1:16:38	
99	Melanie Marinaccio	1:18:01	2nd F55-59
100	Ted Andrus	1:18:02	
102	Beth Auman	1:18:13	4th F30-34
138	Eric Koehler	1:21:33	
142	Janine Beidler	1:22:29	
158	Linda Suydam	1:24:55	
178	Dean Johnson	1:27:25	
234	Paul Makurath	1:34:42	
255	Polly Corvaia	1:36:45	

Oktoberfest 13.1

139/439 Eric Koehler 1:53:37

Stockade-athon 15K

34	Katie O'Regan	54:29	3rd Female

Blues Cruise 50K

uise son				
	Lisa Hettler	5:24:18	3rd F30-39	

Have You Been Naughty or Nice?

At *A Running Start*, our nonjudgmental elves will help you find gifts for yourself or others that will be sure to please and delight! With our personalized service, we'll make sure you have the right shoe with the right fit and all the proper gear you - or someone special - needs to keep warm for winter running! Come see where more runners get *A Running Start!*





Join us for the Run Santa Run 5K, Saturday, December 14th in West Reading!

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

webmaster@pagodapacers.com webmaster **Ed Recker** editor@pagodapacers.com Newsletter Editor Beth Auman Youth Coordinator Tom Chobot Membership Coordinator Dave & Mike Gallen Race Management Ron Horn raceresults@pagodapacers.com Race Results Coordinator Karen Rule Secretary Vera Kochan Treasurer Shaun Luther Vice President Beth Auman president@pagodapacers.com President Katie Exas 2013 PPAC Officers

> Meetings: 2nd Thursday of each month Current Membership: 400 Members Annual Dues: \$15 Individual; \$25 Household

> > Pagoda Pacers Athletic Club P.O. Box 4115 Reading, PA 19606 www.PAGODAPACERS.com

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