

30 YEARS AND RUNNING

PAGODA PACERS



ATHLETIC CLUB





Reading, Pennsylvania

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

FROM THE VICE PRESIDENT

By Lenny Burton

Another exciting running year awaits us and with your help our events will continue to be a success. This year I will look to focus on working with the Race Directors and support their efforts in operating the best races they can. We will meet quarterly to discuss future race needs and what we can do to continue to improve and attract more participants to our events.

Running is more popular than it has ever been which has spawned numerous new events all over the race calendar. This has caused runners to more carefully select the events they choose to participate in. What attracts a runner to a particular event; Course? Price? Shirt or item that comes with registering? Award categories? Understanding what today's runner is looking for in a race will allow us to continue to market or attract these people to our events.

If you have any suggestions as to what makes a great race, or what we can do to continue to improve our events please contact me. We are always looking for new ideas so please share your thoughts. I can be reached at 410-340-0589 or leonardeburton@gmail.com.

SAVE THE DATE

3/13/16 - Shiver by the River #4
and Awards Banquet
4/23/16 - Mt. Penn Mudfest
8/20/16 - Summer Picnic

NEW MEETING LOCATION

For February:
BLIND HARTMAN'S TAVERN

February • 2016

UPCOMING EVENTS

- | | |
|---------------------|---|
| 2/11/16
Thursday | General Membership Meeting
7:00pm, Blind Hartman's Tavern
2910 Pricetown Rd., Temple |
| 2/14/16
Sunday | Shiver by the River - #3
11:00am - 5K and 10K
Jim Dietrich Park, Stoudts Ferry
Bridge Road, Muhlenberg Twp. |
| 2/29/16
Monday | Scholarship Application Deadline
See Page 2 for more details |

GROUP RUNS

Start Time: 6:15pm Wednesday

February 3, 2016

Run: Giant Supermarket Parking Lot
2104 Van Reed Road, Wyomissing

Eat: Ganly's Pub
500 Brownsville Road, Sinking Spring

February 10, 2016

Run: VF Outlet, McDonalds Parking Lot
8th Ave. & Penn Ave., West Reading

Eat: Chef Alan's
6th Ave. & Penn Ave., West Reading

February 17, 2016

****Bring a New Runner Night****

Run: Cumru Elementary School
601 Philadelphia Ave, Shillington

Eat: Flanagan's Pub
41 W. Lancaster Ave., Shillington



February 24, 2016

Run: Exeter High School
201 E. 37th Street, Reading

Eat: Liberty Taproom
Butter Lane & Prospect Street, Reading

March 2, 2016

Run: Wyomissing High School
Girard & Evans Ave., Wyomissing

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



Some of the Pacers who attended Wallyball night on January 22

RACE RESULTS

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

December Shiver by the River 5K

13	Ben Shultz	19:23
24	Jackie Merritt	20:19
25	Jeff Merritt	20:20
29	Dana Seitzinger	20:31
42	Karla Reppert	21:31
43	Curt Minich	21:32
44	Melanie Marinaccio	21:43
68	Amanda Gross	23:47
79	Ted Andrus	24:07
151	Aly Costello	26:29
152	Sandie Reynolds	26:34
160	Jeff Snook	26:59
165	Janine Beidler	27:06
228	Larry Drogo	29:40
328	Helene Horn	34:40

December Shiver by the River 10K

28	Laura Mooney	43:50
33	Elaine Cook	45:22
38	Raine Fussner	45:58
39	Troy Seitzinger	45:59
63	Mike Yoder	50:16
69	Michael Ranck	51:14
93	Joanne Patti	55:30
98	Jim Suydam	56:33
99	Angie Piskorski	56:41
110	Donna Hey	58:59
114	Tonya Salaneck	60:13
119	Colleen Fitzpatrick	60:52
120	Kristen Barone	61:07
136	Barbara Raifsnider	63:32
143	Paul Makurath	65:40

Elves of Elverson 5K

Helene Horn	34:45
Ron Horn	38:58

PCO Humbug Hustle 5k

Aly Costello	25:47
Barbara Raifsnider	29:14
Helene Horn	33:50



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Run in and ask for Caroline or Patti



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Pacers Scholarship Deadline - February 29

The Pagoda Pacers awards four outstanding High School Seniors, each with a \$500 scholarship for their continuing education. Students are recognized for their participation and achievements in running, academics and community service.

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

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

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

Run Santa Run 5K

5	Steve Koch	19:42	1st M Master
6	Jon Durand	19:59	1st M30-34
9	Dee Koutsourais	20:12	1st Female
19	Duane Renninger	21:22	3rd M45-49
22	Jeff Merritt	21:35	3rd M30-34
25	Ruth Machamer	22:22	1st F Master
27	Elaine Cook	22:32	1st F45-49
93	Ellie Alderfer	26:48	1st F50-54
116	Sorita Averill	27:43	3rd F 50-54
124	Mark Mazurkiewicz	27:54	
125	Zeb Ganster	27:58	
128	Aly Costello	28:06	
150	Janine Beidler	29:02	
155	Joanne Patti	29:12	
207	Barb Raifsnider	32:06	
311	Helene Horn	36:17	
312	Colleen Fitzpatrick	36:19	

January Shiver by the River 5K

11	Kyle Gery	18:53
20	Ben Shultz	19:35
22	Brad Bansner	19:51
26	Mark Andrus	20:28
27	Steve Maguire	20:33
51	Melanie Marinaccio	22:16
84	Amanda Gross	24:50
120	Jim Suydam	26:56
131	Jeff Dorko	27:17
159	Ellie Vanderbeck	28:24
206	Larry Drogo	30:59
239	Gracie Arner	33:05
240	Matt Arner	33:07
249	Charlie Crowell	33:29
270	Helene Horn	35:31

Kris Kringle 5 Miler

13	Kyle Gery	30:34	2nd M35-39
33	Dee Koutsourais	32:41	2nd Female
34	Brad Bansner	32:44	3rd M40-44
40	Ben Shultz	33:18	
51	Steve Maguire	34:12	2nd M50-54
54	Duane Renninger	34:27	
59	Dale Wiest	35:08	2nd M55-59
72	Elaine Cook	35:58	1st F45-49
96	Jay Manwiller	37:12	1st M60-64
103	Ruth Machermer	37:38	3rd F40-44
329	Aly Costello	47:02	
338	Caitlin Costello	47:20	
366	Kristen Barone	48:37	
416	Barbara Raifsnider	50:43	
429	Matt Arner	51:26	
438	Lisa Gallen	51:45	
457	Larry Drogo	53:18	
475	Kelsey Jackson	54:36	
545	Helene Horn	60:10	

January Shiver by the River 10K

35	Troy Seitzinger	45:18
37	Laura Mooney	45:49
38	Curt Minich	45:54
39	Raine Fussner	45:56
40	Elaine Cook	45:58
70	Brett Lynch	49:56
71	Mike Yoder	49:57
120	Kristen Barone	60:29
131	Karin Long	63:27
132	Joe Long	63:30
135	Kelsey Jackson	64:55
145	Barbara Raifsnider	



Blue Marsh Lake

Volunteer Work Days

Saturday, February 6

Saturday, March 5

Saturday, April 16



All work days start at 9:00am.

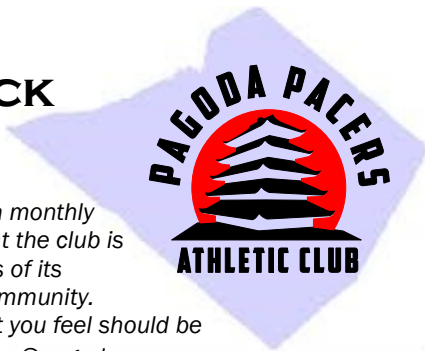
Projects will be determined based upon number of volunteers.

If you plan to attend, please contact Hallie Groff at 610-376-6337 ext. 6551 or at

hallie.e.groff@usace.army.mil.

PACERS GIVING BACK IN BERKS

We want 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.

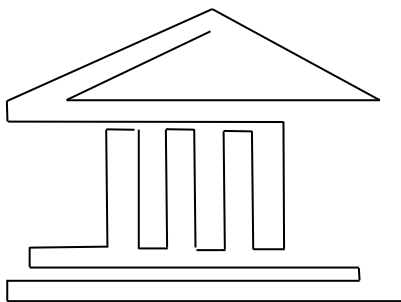


- ♥ Oley Valley Country Classic race directors Lenny Burton (left) and Barry Goodhart (center) presented the annual donation to the Oley Valley Youth League to league President Pat Solley (right) on January 5, 2016.



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Shiver by the River

Shiver #2 was held on Sunday January 10th. 320 runners finished the 5K and 152 runners finished the 10K. I was asked to remind everyone that starting with this series, **results from the Shiver are no longer automatically sent to the newsletter.** Please send your results for the Shiver, as you would for every other race.

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 2015-2016 series, registration is also in the 2nd room.

Another reminder, this is a Pacer event, not a Pretzel City Event. Please do not use PCS gift certificates to pay for your entry into the Shiver.

Again, THANK YOU...THANK YOU...THANK YOU to our volunteers!

The next Shiver is Sunday, February 14th. We hope to see even more Pacers running, but if you aren't running, PLEASE consider volunteering an hour or two of your time. Volunteers for registration should plan to arrive around 9:00-9:15; volunteers for the road should plan to arrive by 10:00-10:15. Look for Sue, Steve or Kelsey.

Looking ahead, our 4th race in the series, will be held, on March 13th. The awards banquet will be at the Temple Fire Company, 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. 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 400 members in the club, if you haven't volunteered for a race lately, consider coming on March 13th.

Please help us by patronizing our sponsors: **A Running Start** and **Shillington Family Chiropractic Center**.

Sue, Steve & Kelsey

CLASSIC READING HARLEY-DAVIDSON
CUSHION PEAK
ADVENTURE RACE
 FINISHING IS UP TO YOU...

Sunday, April 10th, 2016

9:00am

South Mt YMCA Wernersville, PA

Two Person race with mountain biking, running, archery, shooting range, 200 meter boulder climb and more over a 17 mile course.

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Volunteers Recognized!

We want to acknowledge the great volunteers that came out to help at the Kris Kringle and first two Shiver by the River races. The social committee has something up its sleeve to further recognize our volunteers, but for now, we at least say thank you!

(If we missed you, make sure you sign in next time!)

- | | |
|-----------------------|--------------------|
| Diane Barton | Sue Jackson |
| Kristen Barone | Larry Drogo |
| Cheryl Colella-Gehrke | Jesus Rodriguez |
| Missy Drogo | Karen Rule |
| Deb Keegan | Brett Lynch |
| Jen Davies | Doug Zechman |
| Tim Hetrich | Karen Sinnen |
| Lauren Ressler | Alecia Bradley |
| Todd Witkowski | Tom Chobot |
| Jess Gockley | Paulette Lykens |
| Wayne Jensen | Phil Lechner |
| Beth Witkowski | Joan Bivan |
| Bill Buchanan | Katie Exas |
| Liz Glass | Jeanne Gochnauer |
| Joanne VanHorn | Polly Corvaia |
| Laura Werner | Jay Manwiller |
| Phil Presby | Ben Delp |
| Steve Young | Lisa Luther |
| Ellie Alderfer | Shaun Luther |
| Barry Goodhart | Melanie Marinaccio |
| Libby Crockett | Mark Andrus |



Lots of Pacers sporting their orange volunteer shirts at the January Shiver!

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SUCCESSFUL YEAR FOR KRIS KRINGLE 5 MILE

By Polly Corvaia, Race Director

Congratulations to all 621 runners who finished the 2015 Kris Kringle 5 mile Run. Our top 2 Men and Ladies finishers were Zach Barker 27:17, Nick Sturm 28:29, Kristin Karwacki 31:53 and Dee Koutsourais 32:41. Our top High School Cross Country teams consisted of runners from Daniel Boone competing in the Mens and Coed Divisions. Results for everyone are posted on the Pacer website.

We had a lot of Godiva Chocolate door prizes to give away and our grand prize drawing for the two Southwest Airline tickets went to Lynne Knothe from Wilmington, Delaware. She pre-registered for the race but was unable to run due to sickness but she came to the race just in case she would win the tickets. Special thanks to Ted Andrus for donating those tickets.

The race is always held on the first Sunday after Christmas. Because this is a leap year, Christmas 2016 will be on a Sunday. The 1st Sunday after Christmas will be New Year's Day 2017. Therefore, Kris Kringle will be on Saturday December 31st 2016 which is New Years Eve.

It was a nice surprise to have 221 more runners than last year and I hope 2016 is even better. Participation from cross country teams increased from 1 team last year to 5 teams this year. Volunteers showed up in force too. Many coaches from Berks County high school cross country teams and their families were there to lend a hand. I ordered additional hoodies for any volunteer who did not get one on race day. Let me know if you want one and I will get it to you.

Thank you everyone who took part in this year's race. Have a happy and healthy 2016.

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GENERAL MEETING MINUTES

By Benjamin Shultz

Location: Trooper Thorns, January 14, 2016

Summary:

Motions:

- Approve the proposed budget - Passed

Items tabled until next meeting:

- Support Reading Hospital Road Run

Old Business items closed:

- None

Treasurer's Report:

Shaun Luther reported that there is income pending Shiver and Kris Kringle races and the mailings.

Race Directors' Report:

Shiver by the River - Sue Jackson reported that there was a great volunteer turnout. There are 720 registered runners so far. The weather has been warm which is a contributing factor. She is not submitting Pacers' results to the newsletter as she has done in the past. If you would like your results in the newsletter, please email them to raceresults@pagodapacers.com.

Mt Penn Mudfest - Erik Leeds reported that they are looking to move the race to Egelman's Park. The race will be on April 23rd. They are working on creating a new race application. There will be cash awards for the top 3 male and female finishers. \$50 for 1st, \$40 for 2nd, and \$30 for 3rd.

Charlie Horse Half Marathon - Brett Lynch reported that the race will be held on May 29th this year.

Run for the Ages 10k - Ted Andrus was not present.

Grings Mill - Caroline Hill had nothing to report.

Blues Cruise 50k - Stephan Weiss reported that registration is open. It will be all online thru Ultra Signup, no paper apps accepted. Only 15% of applicants had been using the paper app. 10 runners are registered so far.

Junior High Cross Country Fall Invitational - Tom Chobot was not present.

Oley Valley Country Classic - Lenny Burton was not present.

Kris Kringle 5 Miler - Polly Corvaia reported that the race had 240 more applicants than last year and a total of five cross country teams. She appreciated the great volunteer turnout. The only major issue was with the soup. From the proceeds of the race, she expects to donate to the Berks County Cross Country Coaches Association as usual.

Community Service:

Phil Lechner announced that the charity run on January 20th will benefit Mary's Shelter. The March charity run will benefit the Animal Rescue League.

Phil also asked that anyone with suggestions for new restaurants to try after the Wednesday night run should let him know.

Mike Yoder gave a reminder to let him know if you run on the Pacer maintained section of Blue Marsh either by contacting him directly, or posting it on the Pacers' Facebook group. The more recorded time we spend there, the better it looks for both the club and Blue Marsh Lake.

Communications Committee:

As a reminder, please send any announcements to Jon Durand so they can be posted.

Race Director's Committee:

Brett Lynch reported that they are planning to hold a meeting in February.

Membership:

Shaun Luther reported that there are several members late on their dues, but overall the number of members paying on time is better than last year. The reminder emails were a help. As a reminder, anyone who has not paid their dues cannot participate in a members only event.

Scholarship Committee:

The applications are due February 29th.

Social Committee:

Larry Drogo announced these upcoming events:

- Walleyball at Colonial Fitness is January 22nd at 7pm. Cost is \$5 per person.
- Rock climbing at Reading Rocks is January 30th at 3pm. Cost is \$5 per member. Each member my bring one guest for an additional \$5. Additional guests and non-members pay full price.
- They are planning an outing to Slick Willy's Go Karts in March. Date to be announced.
- The summer picnic will be in late August. Date and location to be determined. They are planning to have a beer brewing competition and chili cook off. Please let the social committee know if you are interested in entering in either.
- They are thinking of planning a softball game against the

local bicycle club. Kickball was suggested as another option.

Old Business:

None

New Business:

Brett Lynch presented a proposed budget for this year based on past expenses. There was a motion to accept the budget, which was seconded and passed.

Shaun Luther proposed creating a charity committee, whose purpose would be to identify benefactors of a large one time donation to further the club's mission. The committee was created. Shaun will be the committee chair and several other volunteered to be committee members.

Brett Lynch inquired as to the state of the reoccurring Saturday morning Blue Marsh run. There does not seem to be much attendance lately. Please post in the club's Facebook group any time you want to get a group together for a run. He is going to look into possibly partnering with the Saturday running group from A Running Start.

Ken Seale noted that he has seen marking from the Virginia Happy Trails Running Club and BAMBAs on dead trees along a trail, indicating that those groups maintain that section of trail. He inquired as to whether the club would like to do something similar. There did not seem to be much interest.

Caroline Hill is on the committee for the Reading Hospital Road Run. This year they are doing a 5k and half marathon in Reading on October 16th. Pacers are welcome to attend a committee meeting or join the committee. Their next meeting is March 14th. The Reading Hospital is looking for a show of support from the Pagoda Pacers. In return, they will donate an AED on the club's behalf. The club was unclear of what type of support they are looking for, so the club decided to compile a list of ideas, such as manning an aid station, and present it to them. Suggestions welcome.

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# Fall in Love With Katie K Active!

## Katie K Active Trunk Show Valentine's Day Weekend!

Saturday, February 13th, 10:00 - 2:00

Katie K Active has recently partnered with "The Biggest Loser," with this coming season's contestants wearing her apparel on the show! **Come out and meet Katie** and join us for champagne and chocolate while you shop for your favorite Katie K. outfit - and receive 20% off all Katie K purchases!

Need a gift idea for that special someone? Katie K fashions make great Valentine's Day presents! Shop Katie K on Sunday too (but no treats will be served!)



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Join us for this Valentine's Day weekend special event!

Pagoda Pacers Athletic Club  
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www.PAGODAPACERS.com  
Meetings: 2nd Thursday of each month  
Annual Dues: \$15 Individual; \$25 Household

### 2016 PPAC Officers

- President ..... Brett Lynch
- Vice President ..... president@pagodapacers.com
- Leonard Burton
- Treasurer ..... Shaun Luther
- Secretary ..... Ben Shultz
- Race Results Coordinator ..... Karen Rule
- raceresults@pagodapacers.com
- Run/Charity Coordinator ..... Phil Lechner
- Race Management ..... Ron Horn
- Membership Coordinator ..... Dave & Mike Gallen
- Youth Coordinator ..... Tom Chobot
- Newsletter Editor ..... Beth Auman
- editor@pagodapacers.com
- Webmaster ..... Ed Recker
- webmaster@pagodapacers.com

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