



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

Reading, Pennsylvania

FROM THE PRESIDENT

Good Morning Pacers

The summer months are here, and with them a lot of running and biking opportunities arise. A few of our members have asked about rafting or kayaking. If anyone has an interest and would like to set something up, just see Caroline or myself; we can give you all the assistance you will need. With that, if any members are interested in a hobby that they would like the club to be involved in, it is as simple as asking either one of the club officers or the social committee. Everyone will be glad to assist in getting something new started. Last month we had the gun training - this event got a lot of interest, which shows that our members are interested in more than just running and biking. The monthly bike rides are continuing; if you are interested please contact Swamp for dates and time.

From my time volunteering at our events, I find that our members are always willing to help out when needed. In the next few months we will have a few great events coming up. They include the Grings Mill Run, the Blues Cruise 50K, the Pagoda run, and helping out at the Reading Hospital Road Run. If you would like to help with any of these races please contact the race directors so they can find you a spot. It looks like we may be involved with some new events coming up that will be very exciting.

I have been trying to make the general meetings more inviting and interesting. Last month we had a Chiropractor talk; this month I am hoping to get a sports medicine doctor in to help keep us healthy. If you have an expertise in anything interesting you might want to share, just contact me. I have also started having the food come out at 6:30 in order to allow members to socialize and eat in peace. For those who have never been to a meeting, the food and drink are free. The meetings are very informal and only last about an hour to an hour and a half.

One of the new members has asked why we don't have runs just for slower members. If you come to any of our summer runs we always have multiple groups that run at different paces. If you are concerned before the runs start you can ask Phil to set you up with the group that also runs your pace. The only thing you need to be aware of is, to try and stay with your group. If you are with a group that runs your pace, no one is left behind, but do not start with the A group, if you run a 10 to 12 minute mile. The A group runners will usually take a longer and different route than the other groups. All the Wednesday runs go for about 45 minutes to an hour. We do not run a specific distance. We have runners in every class from the speedsters to the walkers. So come out and have fun and meet some new friends.

Hope to see you this Wednesday, at the next race, or maybe the next monthly meeting.

Larry Drogo

ATHLETIC CLUB

August 2017

UPCOMING EVENTS

8/6/17 Sunday	Grings Mill Run , 9:00am 5K or 10K; 1/2 mile kids run 2083 Tulpehocken Rd, Reading Volunteers needed by 7:00am See page 5 for details
8/10/17 Thursday	General Membership Meeting Blind Hartman's Tavern 6:30pm - Food; 7:00pm - Meeting 2910 Pricetown Road, Temple

GROUP RUNS

Start Time: 6:15pm Wednesday

August 2, 2017

Run & Eat: Tom Kohl & Beth Auman's home
313 Green Lane, Reading
(Roads & Grings Mill Trails)

August 9, 2017

Run & Eat: Steve Maguire's home
515 Brownsville Rd, Sinking Spring
(Blue Marsh trails)

August 16, 2017

Run & Eat: Liz Glass & Jeff George's home
50 Smoketown Rd, Mertztown
(Road or trail options)

August 23, 2017

Bring a pair of shoes to donate!
Run & Eat: Mike Yoder & Laura Mooney's home
449 Orchard Rd, Fleetwood
(Roads and trails)

August 30, 2017

Run & Eat: Mike Whalen's home
701 Pony Rd, Mohrsville
(Trails in state gamelands)

SAVE THE DATE

9/10/17 - Summer Picnic
10/1/17 - Blues Cruise 50K

RACE RESULTS

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

Fork and Ale Tuesday Night race series

6/54	Duane Renninger	22:04	2nd M40-49
11	Mel Marinaccio	23:33	1st F50-59
39	Barbara Raifsnider	32:56	3rd F50-59
49	Helene Horn	37:48	

Laurel Highlands 50K

5/78	Matthew Hottenstein	5:48:15	
15	Matthew Brophy	6:41:17	
17	Steve Vida	6:47:03	

Laurel Highlands 70 miler

1/107	Michael Heimes	12:27:22	
48	Kyle Gery	17:49:15	

Run to the Rock 10K

	Brooke Schell	54:40	2nd F40-49
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Run for the Ages 10K- age graded results

12	Dale Weist	1:11:45	1st M55-59
14	Raine Fussner	1:12:13	1st F50-54
15	Laura Mooney	1:12:20	1st F45-49
16	Mark Andrus	1:12:46	1st M13-15
18	Donny Mengel	1:12:57	1st M60-64
21	Brooke Schell	1:15:09	2nd F45-49
24	Heidi Moebius	1:16:00	1st F70+
25	Elaine Cook	1:16:29	2nd F50-54
27	Diane Hardies	1:16:56	2nd F70+
31	Greg Kellenberger	1:17:13	2nd M40-44
37	Jeff Fussner	1:18:23	
38	Karen Rule	1:18:49	1st F35-39
40	Jon Durand	1:18:58	2nd M30-34
44	Donna Ornosky	1:19:48	1st F55-59
63	Ted Hardies	1:21:50	1st M70+
69	Brett Lynch	1:22:33	
70	April Zimmerman	1:22:40	
73	Joanne Patti	1:23:01	
92	Joe Long	1:26:40	
94	Barbara Raifsnider	1:27:08	
124	Janine Beidler	1:31:23	
160	Karin Long	1:42:23	
167	Lynne Reddington	1:47:03	
168	Helene Horn	1:47:36	

Niagra Ultra Half Marathon

Helene Horn	3:07
Ron Horn	3:13

Sandy Sellers Copley Memorial 5K

Helene Horn	36:15
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June TTT 5K

10	Steve Koch	19:24	2nd M50-59
11	Mark Yourkavitch	19:36	3rd M30-39
13	Don Mengel	20:45	2nd M60-67
14	Brock Kline	20:59	3rd M30-39
17	Duane Renninger	21:18	2nd M40-49
24	Roy Bieber	22:13	4th M50-59
47	Joe Long	23:35	
52	Tom Chobot	23:49	
53	Mike Ranck	23:56	
82	Sue Weidman	25:40	3rd F40-49
87	Tamra Pokrywa	25:59	
90	Mark Mazurkiewicz	26:10	
113	Janine Beidler	28:24	
137	Kristen Barone	29:38	
150	Barbara Raifsnider	30:15	4th F50-59
151	Joanne Patti	30:17	
154	Heather Nowicki	30:25	
156	Larry Drogo	30:47	
182	Karin Long	33:11	
212	Helene Horn	36:49	
219	Rose Hagy	37:53	1st F70+
224	Gwyn Chobot	39:23	
239	Chris Weidenhammer	47:52	

Finger Lakes 50 Miler

Andy Styer	12:05:43	1st 50 miler!!
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Wissahickon Trail Classic 10K

Paul Makurath	1:12:38	1st M70+
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Coventry Woods Trail 10K

Paul Makurath	1:16:42	2nd M60-99
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Bootleg Beatdown 5 mile Trail Race

Paul Makurath	1:56:39
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Chasin' for Chalfin 10K Trail Race

34/101	Diane Grim	1:03:00	1st F50-59
	Paul Makurath	1:21:39	

Lehigh Valley Road Race 5K

Raine Fussner	22:37	F master
Jeff Fussner	22:44	3rd M50-54

Chobot Challenge 9 mile trail race

12/190	Ben Hatt	1:02:23	4th M30-39
13	Katie O'Regan	1:02:30	2nd Female
36	Dale Weist	1:11:43	
44	Don Mengel	1:13:48	1st M60-67
46	Mike Reddy	1:14:06	
47	Laura Mooney	1:14:12	3rd F40-49
55	Rhoda Smoker	1:21:25	3rd F30-39
56	Mike Yoder	1:21:25	
61	Brooke Schell	1:23:32	
68	Andy Keegan	1:26:45	3rd M60-67
84	Tom Chobot	1:29:05	
			1st Master F Clydesdale
142	Janine Beidler	1:48:54	
145	Paul Makurath	1:49:19	2nd M68+
148	Jeff Dorko	1:51:10	
156	Polly Corvaia	1:56:19	
167	Joanne Patti	2:00:53	
173	Barbara Raifsnider	2:04:40	
185	Sarah Chobot	2:25:31	
			2nd Master F Clydesdale
187	Helene Horn	2:26:38	
189	Gwyn Chobot	2:30:31	

Harbor Hustle 5K- Stone Harbor, NJ

Helene Horn	36:10
Ron Horn	40:35

Firecracker 5K Shillington

9/142	Brock Kline	19:39
12	Brandon Beane	20:12
13	Brian Stoltzfus	20:23
39	Tony Agentowicz	24:18
55	Mark Mazurkiewicz	25:33
64	Steven Holgate	26:27
71	Blair Hogg	26:59
75.5	Ellis Hills	27:37
76	Kyle Hills	27:37
77	Melissa Hills	27:37
78	Jeff Hills	27:38
85	Lisa Gallen	28:49
99	Tania Salaneck	30:38



Runners navigate across a cable bridge at the Chobot Challenge

Downingtown July 4th 15K

Paul Makurath	1:38:35	1st M70-74
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Independence Day Tri Nockamixon

Jeff Fussner	59:05	
Raine Fussner	1:03:13	1st F50-54

Tex Mex 5k

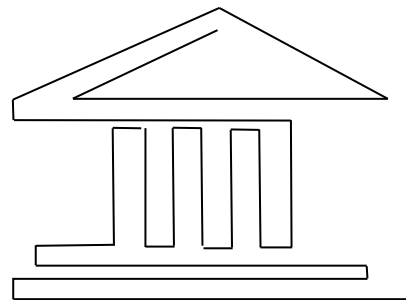
Jeff Fussner	21:57	
Raine Fussner	22:01	Female Masters
Kiana Fussner	22:30	2nd F20-24

Mohican 100 Mile Run

Laura Mooney	29:30	5th F Overall
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GENERAL MEETING MINUTES

By Libby Klopfenstein

Date: 7/12/2017

Time: 7:00 PM

Location: Blind Hartman's Tavern, Temple, PA

Guest Speaker – Dr. Tristan Smith

- Valhalla Chiropractic – Valhallachiropractic.com
- Specializes in sports massage therapy/chiropractic techniques to alleviate sciatica, knee pain, foot pain, etc.
- Visit website for additional information and to make an appointment
- \$40 per adjustment or \$99 unlimited adjustments for 1 month – use promo code EVAL2017

Treasury Report – Shaun Luther

- The club continues to be in good standing
- 2016 taxes are complete
- Waiting on income from Grings Mill

Upcoming Races:

Mt. Penn Mud Fest – no update

Charlie Horse – no update

Grings Mill

- 8/6/2017
- 105 runners signed up as of last week
- Fees and permits are paid
- Looking for prize donations
- Need volunteers

Blues Cruise – Stephan Weiss

- 181 runners signed up so far which is 45 more than last year at this time; still have 3 months to go until race time. Hoping to get 400+ runners.
- Shirts have been ordered – black hoodie this year
- Inspirational quotes will be posted in toilets
- Need equipment (tables, coolers, etc.)

Oley Valley Country Classic – Barry Goodhart

- 11/12/2017

- 122 days until race day
- Applications can be found on website and Facebook
- Promoting at different races
- There will be 160 awards to be handed out

Shiver by the River – no update

Kris Kringle – Polly Corvaia

- Scheduled for 12/31/2017
- Will have hoodies again this year
- Will start permit process Sept/Oct

Jr. High Cross Country – Phil Lechner

- Scheduled for 3rd Saturday in October

Committee Reports

Social Committee –

- Picnic will be held on 9/10/2017 at Cacoosing Park
- Kim's Catering will cater again this year
- Organizing a Brew challenge and Pulled Pork cookoff; prizes will be awarded.
- Wine & Cheese party was a success
- Approximately 100 people turned out for the event; a lot of new faces
- Looking for suggestions for next year
- Barnyard Challenge
- 7/29/2017; will open at 5pm, race will start at 6pm
- Participants will be assigned to teams
- Bring covered dish for picnic afterward
- Participants will sign waiver
- Looking for event judges
- Gun safety event was held on 7/8/2017; approximately 13 participants attended

Communications Committee – Jon Durand

- Just under 900 likes on Facebook and continues to move upward
- Working on linking Facebook page to website

Community Service – Phil Lechner

- Charity run was held on 7/11/2017
- Will drop off donations to Humane Society on 7/13/2017
- Reminder that donations can be made at any time; bring donations to Wednesday night runs
- Considering doing shoe runs during the months of Sept/Oct

Scholarship Committee – no update

Old Business

- The club will partner with Women to Women/Chamber to sponsor guest speaker, Kathrine Switzer at October event.
- Event will be held on 10/10/2017 at the Double Tree hotel and includes dinner
- Club will get advertisement benefits and 50 tickets
- Club will determine how the tickets will be distributed
- Several members expressed concern over the quick decision to share cost for speaker; President, Larry Drogo stated that this has been approved by club members as usual.



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New Business

- Shaun Luther, club Treasurer, stated that the club continues to be in good standing, however funds are trending downward.
- Executive Committee met in June to determine what minimum bank balance the club is comfortable with. The Committee determined that bank balances should be maintained at minimum balance equal to three years of club operating expenses.
- Changes to the Club By-Laws are being proposed to incorporate the minimum bank balances as well as the process for requesting funds for charitable donations, etc.
- Voting on process changes and changes to By-Laws was discussed. Proposed changes will be publicized in the Newsletter so that all members are made aware and have the opportunity to attend the meeting

PROPOSED AMENDMENTS TO BY-LAWS TO BE VOTED ON AT 8/10/2017 MEETING

NOTE: If you will not be able to attend the meeting, you may contact the Club President directly via email to cast your vote.

Amendment 1 Setting Budgetary Target Account Balances

The club will endeavor to maintain total account balances of at least 3 years operating expenses on hand at all time. Operating expenses are defined as all non-race related expenses that the club incurs during the normal running of club activities and functions. Operating Expenses includes items such as Bank Charges, Membership expenses, Insurance, RRCA fees, Newsletter expenses, Meeting expenses, Storage expenses, Postage, Website expenses, Sales taxes, and Scholarships. The treasurer shall use the previous year's financial reports to determine the account balance target for the new year. Current account net balances compared to the target balances shall be used by the Executive Board to determine whether the club is in the position to provide additional charitable donations, community service donations, or approve any other material non-operating expense.

Amendment 2 Requests for Club funds

Any request for funds that is equal to or exceeding \$3,000.00 must be made to the club President prior to presenting to members in the monthly meeting. This request for funds includes funds for external

purposes, or community service activities. It does not include the following:

- Race-related expenses
- Club Christmas party
- Club Picnics
- Any other expenditures that may directly benefit the Club

The requestor must then complete the following steps:

Present the proposal to club members during the regularly scheduled monthly meeting. A motion will not be made after this initial presentation.

The presenter must then submit a written presentation to the club prior to the 15th of the month following to be included in the monthly Newsletter. This will make all club members aware of the request and give them the opportunity to vote.

The proposal can then be withdrawn by the requestor or be presented for club members to vote during the next monthly club meeting.

Amendment to Section X of the By-Laws By-Law Changes

Changes to the by-laws may be proposed at a regularly scheduled monthly meeting or an emergency meeting called for by an elected officer. Upon voice vote approval, the proposed amendments must be submitted in writing for publication in the next monthly newsletter. At the next regularly scheduled monthly meeting after newsletter publication, the amendments will be put to a formal vote for approval. Any change to by-laws requires at least 20 members to be in attendance and a majority vote for approval.

WELCOME TO OUR NEW PACER MEMBERS!

Robert Hummel

Ronald Noll

Dennis Drogo

Toni Oxenreider

Tristan Smith



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RACE REPORT: RUN FOR THE AGES

From Race Director Ted Andrus

One of the best years ever for the 8th running of the Run For The Ages on June 25! Perfect Summer running weather made for a great day. A late rush in entries brought 191 runners out for the race, up 20 total from last year. Due to the extra runners and generous sponsors, the race profited a record near \$3,000, most of which will go to the Friends Of Nolde to help maintain the trails, facilities, and environmental education programs in Nolde Forest. Huge Thank You to the Sponsors: Steve Moyer Subaru as our Golden Eagle Sponsor who provided the excellent insulated tote bags as well as a top donation. Also Randy Weeber, ReMax realtor, and Plaza Azteca Mexican Restaurant for their Downey Woodpecker level sponsorship, and C Malcomb Smith, CPA, John's 625 Automotive, Gurski D'Agostino Dentistry, and Kate Murray for their Chickadee level sponsorship. A huge shout out to all the volunteers and runners who helped make this event happen. Thank you! Next year's race is tentatively scheduled for Sunday, June 24, 2018. Y'all come back now, ya hear!!



THE KATHRINE SWITZER PROJECT: REFLECTING ON OUR PAST, INVESTING INTO OUR FUTURE

By Tom Chobot

At the June business meeting, the membership voted to partner with Women2Women to co-sponsor a keynote speaker for one of their events. Women2Women, a subgroup of, and managed by the Greater Reading Chamber of Commerce and Industry, is an organization which is designed to bring local business and professional women together to network, share ideas, make connections, and mentor each other, much like our club does for area runners.

As a means of a convenient opportunity to mix, each October, W2W arranges a fiscal year "launch event" by hosting a gathering of their members downtown with high-top tables and heavy hors d'oeuvres followed by a keynote speaker. The thought process of a partnership came about as an efficient way of bringing in a speaker who would serve the purposes of both groups, and have broad appeal to each group's target audiences. Both groups' marketing and advertising will be working together on a WOMEN AND RUNNING joint theme. In addition, one of the club's requirements was that every effort would be made to invite the various youth running institutions (high school cross country, Reading Rec, Girls on the Run, etc.) so Katherine could deliver her message to them directly, which the Chamber has agreed to.

So, who is Kathrine Switzer?

Kathrine first gained notoriety (and probably to this day is best known for) from an incident which occurred during the 1967 Boston Marathon, when in mid race, co-director Jock Semple jumped off a press truck, chased her down, and attempted to rip off her bib number, all while yelling, "Get the hell out of my race." The moment was captured on film by the media, and the photo went on to be labeled as one of the most significant photos of the 20th century.

To add some clarity, Kathrine was not the first woman to complete the Boston Marathon. That credit went to Bobbi Gibb the year before, howev-

er she did so as a bandit. Kathrine actually registered but used only her first and middle initial. The folks at the BAA naturally assumed she was a male and issued her a number. Since women were not allowed to run marathons under AAU rules at the time, Semple was concerned about losing their accreditation, became infuriated, and the rest is history.

This also prompted Kathrine to realize the enormity of the moment especially in regards to gender inequality in sports, and embarked on a career to bring about social and cultural changes over the next 50 years. Her first goal was to get women officially accepted into the Boston Marathon, which eventually occurred in 1972. She was one of 8 women who started and finished the race that day. It is also worthwhile to note that 2 months after that historic race, Congress passed a piece of legislation which we now refer to TITLE 9, which essentially said that in order for institutions to receive federal funding, they must demonstrate equal gender opportunity.

Over the next 6 years, Kathrine would use her journalism skills along with her training to promote women and running by creating and directing women-only races, and often entered established races as the lone female. In 1978, Kathrine realized that she could no longer continue to train and race at the level she was used to, and work passionately on multiple projects. At the time, she was running sub 3 marathons and was nationally ranked. She chose to let go of her own dreams in order to pursue something much larger than herself; that being the inclusion of the women's marathon into the Olympic Games. With that as the end goal, Kathrine spent the next 6 years creating, orchestrating, and managing the Avon International Women's Running Circuit, which at its peak, encompassed 27 nations over 5 continents, and involved over a million women. In large part, the success of that program ultimately led to the debut of the Women's Marathon at the 1984 Los Angeles Games.

The Olympics are just one example of a boatload of accomplishments and campaigns with which Kathrine has been involved and has continued to be active right up to the present.

WANTED!!

We are looking for a volunteer to help with the marketing of the Pacer events and races. If you have a background in marketing or sales we could use you.

If interested, please contact Larry Drogo.



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So why are we investing so much into this project? Because this is about history – our history, and of equal importance, our future. Female runners are part of the landscape now, thanks to Kathrine and other pioneers like her, but it wasn't always that way. The club does many things for its members, one of which is to educate. We cannot allow ourselves to forget how we got here. The overwhelming majority of our club as well as the local running community are simply too young to have experienced those early days. The "boomers", of which I am one, have a moral responsibility to engrain into the next generations, the x-gens and millennials, that nothing comes without a price, and everything takes hard work. We hope you agree.



RUNNER PROFILE: LAURA MOONEY "100 Reasons to Admire Laura Mooney"

by Matt Brophy

Laura Mooney's commute to the Upper Merion Middle School where she teaches mathematics is about 80 miles round trip. That's a lot of ground to cover each working day, but it's still 20 miles shy of what Mooney now knows she can cover by foot on the trails.

Just a few weeks after finishing 5th at the Mohican Trail 100 Mile Run in Loudonville, Ohio, Mooney graciously sat down with me to share some of her most memorable experiences as a runner, and to reflect on her growing involvement with the Pagoda Pacers.

Originally from Bradford, PA, in the northwestern region of the state, Mooney now lives with her partner, Mike Yoder, in Fleetwood (at the site



Mooney just after crossing the finish line at Mohican 100 Mile Run (Ohio) in June 2017

of the infamous Barnyard Challenge). The two have been together for about three and a half years.

Mooney has three children—all young adults now—whom she tries to see as often as possible. Harmony and John are not too far away (Delaware and Philadelphia, respectively), while Kyle is studying at Northeastern University in Boston. She also has a close relationship with her two step-daughters, Erin and Sarah.



Laura (right) with her children (L to R) Kyle, Harmony, and John.

During the school year, Mooney doesn't have a ton of spare time due to the hours she commits to working, commuting, and running, but during the summer she enjoys travelling. Recently she took a fun trip to Gatlinburg, Tennessee to celebrate her mother's 70th birthday. While hiking in the nearby Smoky Mountains, she had her first bear encounter! Her sister, who had been at her side, bolted upon seeing the black bear. "She left me for dead!" Mooney joked.

When I asked about how she first got into running, she spoke passionately about an important mentor in high school—Mr. Stillman—who first got her hooked on the sport. On a recent trip home, Mooney made a point to visit him and show off her buckle from the Mohican 100. As a teacher herself, I'm sure Mooney can imagine how proud and moved he must have felt at that moment.

Not only did running give Mooney a positive and healthy focus during high school, but it also gave her an opportunity to excel. After winning a district championship, she would go on to run competitively at college, first at the University of Pittsburgh at Bradford, and then at West Chester University, making it to nationals twice.

In 1997, Mooney ran her first marathon (Cape Cod), and while it was a success, she had no immediate desire to continue long-distance running. "I was ready to go back to 5ks and 10ks," she said. It wasn't until 2012, when she started running with the Pagoda Pacers, that she started to think that marathons (and ultramarathons) might be her cup of tea after all.

Unsurprisingly, it was Yoder who talked her into running her first ultra: the Bull Run Run 50-miler in 2014. She remembers her training for the event included a tedious 23-mile treadmill effort, necessitated by wintry weather. It wasn't until mid-race, when Yoder, laboring to keep up, told her to go ahead, that she realized she was really ready for this. After passing the marathon mark, and thus venturing into uncharted waters, she found another runner who seemed to be moving at a comparable pace. The two stayed together for the next 20 miles, encouraging one another during the inevitable highs and lows. "That's one of the things I love

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about ultra runners,” she explained. “Even though you’re competing against each other, there’s camaraderie.”

She finished in 9:38, nearly an hour ahead of Yoder. “I crushed him,” she winked.

This year, Mooney committed herself to a daunting race schedule: HAT 50k in late March, Bull Run 50-miler in early April, Boston Marathon just 9 days later, and then the MMT 100-miler in early May.



Laura getting a mid-marathon hug from son Kyle in Boston

She started out strong with great finishes at HAT (2nd in her age group, 4th female overall) and Bull Run (1st in age group, 5th female overall). At Boston, she deliberately tried not to overdo it, since she knew MMT was around the corner, but the mostly downhill course seemed to keep propelling her. Despite taking a mini-break to hug her son, Kyle, mid-race, she finished with an impressive 3:37.

MMT, however, did not go as planned. After a 78-mile DNF at the 2016 MMT, Mooney was hungry for redemption (and her first 100-mile finish), but it wasn’t meant to be. Cold weather, stomach issues, and a severely tightened IT band made it impossible for her to continue past 70 miles.

This was particularly disappointing because Mooney had used her MMT effort as a fundraising platform. To honor her aunt, Sister Carol Wilcox, Mooney raised over \$3,000 for the Multiple System Atrophy Coalition. (Her goal is to raise \$5,000, and donations can still be made at <https://www.crowdrise.com/mmt100-for-msa-in-honor-of-my-aunt-sister-carol-wilcox>.)

After the DNF, Mooney was down, but not out. Fellow Pacer Kelly Miller talked her into signing up for the Mohican 100-miler, the following month. “I tried to think of MMT as a 70 mile training run.” When she received her bib for Mohican, and saw that she was number “100,” she began to think the stars were finally aligning in her favor.

While the heat and humidity of June in Ohio wore down much of the field at Mohican, Mooney continued to push forward, supported by her crew: Mike Yoder and Rhoda Smoker. The key, she found, was not to worry so much about her pace, especially late in the race, but just to keep maintaining her forward momentum.

She ended up finishing the race side-by-side with Ryan Espulgar (last year’s winner of the Labor Pain Endurance Fest) in 29:30, which was good enough for 5th female

overall, a spot on the podium, and \$100 in prize money! Most importantly, she had her buckle and a big boost in self-confidence, knowing that the 100-mile threshold was no longer out of reach.

Mooney credits the supportive culture of the Pacers for her relatively rapid evolution as an ultrarunner. “They’re more like family than friends. If you need something, they have your back. You never have to run alone unless you want to.”

The camaraderie of the club she described as a kind of positive “peer pressure,” the feeling that others “believe in you even more than you believe in yourself.” She hopes that newer club members, who haven’t yet reached that level of self-confidence, open themselves up to the same process. It doesn’t matter where you start—here you will find encouragement, and if you keep at it, your ability will grow far beyond what you thought was possible.



Mooney exploring new trails at Conestoga with Mike Yoder earlier this year

Because the club has helped her grow her confidence and achieve her goals, she is proud to be able to contribute actively to the club as a co-director of the Gring’s Mill 5k/10k race, along with Caroline Hill and Patti Page.

Beyond races and social events, Mooney admires how the club has increasingly committed itself to giving back to the community in many ways (charitable donations, scholarships, volunteering). She hopes that this trend continues, and that more and more Pacers get involved in such service.

Moving forward, Mooney plans on taking another crack at MMT in 2018, hoping that her success at Mohican will propel her to the finish. Beyond that, she would just like to run more beautiful trails wherever she can find them. “Running can be a great way to explore new places,” she said, “and find adventure.”

Onward and upward! Let the next adventure begin!

~ ~ ~ ~ ~

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