

SINCE 1980



PAGODA PACERS

ATHLETIC CLUB

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

Reading, Pennsylvania

FROM THE PRESIDENT

Hi Pacers -

If you know me, you know that I am "not" one of our group's great runners but what I am is a long time running enthusiast. I did my first run in 1976; it was 7.6 mile run thru the Daniel Boone Homestead. There were a lot of patriotic themed things going on that year. While over the years I have continued running, it is for me to be a life time hobby, rather than goal oriented for a certain race or distance. I have seen a lot of people over the years start running and become very good only to drop out after a couple of years from burn out or finding something new to try. I believe this is where the Pacers come in.

Besides being a running club, we do a lot of social functions as well we helping out in the community in different ways. Being part of the Pacers gives everyone a chance to participate in something. Doing social or community events keeps you in a circle of people who not only stay healthy physically, but also keeps you involved with people living very upbeat lifestyles, which everyone can use today.

One of my goals to accomplish as president of the club is to get more of our members involved in the events we sponsor. At present we sponsor races all year long and always need volunteer help, which can be anything from parking cars to serving food to registering runners at the beginning of the races. Any amount of time you can contribute will be appreciated. Most people either help out at the beginning or end of a long race. For the short races, most volunteers stay for the whole thing. There is always something to help with. If you would like to help out you can contact the race director, myself, or just show up early the day of a race and let someone know you are there to help, simple as that. In addition to getting out in the fresh air you get to meet a bunch of great people and get a t-shirt for your collection.

Another area where we can also use help is when we work in the community. We do things ranging from painting at the Pagoda, to hacking new trails, to helping at the picnic and other social events. We do a lot of work in different areas so there is always something new coming up that may be close to you. In addition to community volunteering you can get involved by helping out at one of our social events or coming up with one of your own. There is always a contact person or you can contact me and I can direct you to the person in charge. In ending, get out and run and if you're not running come out and help.

SAVE THE DATE

3/12/17 - Shiver by the River #4
4/22/17 - Mt. Penn Mudfest

FEBRUARY MEETING
LOCATION:
BLIND HARTMANS
TAVERN

Thanks, Larry Drogo

February 2017

UPCOMING EVENTS

-
- 2/4/17 **Rock Climbing**
Saturday 3:00pm - 6:00pm
Reading Rocks, 550 George St.
See details on Page 6
-
- 2/9/17 **General Membership Meeting**
Thursday 7:00pm, Blind Hartmans Tavern
2910 Pricetown Rd., Temple
-
- 2/12/17 **Shiver by the River # 3**
Sunday 11:00am - 5K and 10K
Jim Dietrich Park, 4899 Stoudts
Ferry Bridge Road, Muhlenberg Twp.

GROUP RUNS

Start Time: 6:15pm Wednesday

February 1, 2017

Run: Wilson Southern Middle School
3100 Iroquois Ave., Sinking Spring
Eat: Bar-B-Que Pit
4741 Penn Ave., Sinking Spring

February 8, 2017

Run: Exeter High School
201 E. 37th St., Reading
Eat: Alebrije Mexican Restaurant
3805 Perkiomen Ave., Reading

February 15, 2017

Bring a new runner night!
Run: Giant Supermarket Parking Lot
2104 Van Reed Road, Wyomissing
Eat: Ganly's Pub
500 Brownsville Road, Sinking Spring

February 22, 2017

Run: Jim Dietrich Park, Muhlenberg Twp.
4899 Stoudts Ferry Bridge Rd., Reading
Eat: Crossroads Restaurant
4643 Pottsville Pike, Reading

March 1, 2017

Run: LA Fitness
1183 Berkshire Blvd., Wyomissing
Eat: Santino's Restaurant
1 Wellington Blvd., Wyomissing

RACE RESULTS

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

Delaware Open XC 5K championship

Paul Makurath	32:26:68
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Kris Kringle 5 Miler

15	Kyle Gery	31:01	1st M40-44
28	Mark Yourkavitch	33:20	1st M50-54
31	Brian Stoltzfus	33:54	2nd M50-54
37	Mark Andrus	34:27	
40	Jess Gockley	34:46	1st F35-39
41	Laura Mooney	34:47	1st F45-49
42	Jon Durand	34:49	2nd M30-34
48	Dale Wiest	35:14	3rd M55-59
53	Don Mengel	35:35	1st M60-64
57	Steve Skrocki	35:51	
61	Michael Reinhart	36:40	
88	Elaine Cook	38:08	1st F50-54
145	Mike Ranck	41:33	3rd M65-69
220	Ann Gery	45:01	
241	Janine Beidler	45:47	
278	Sorita Averill	47:32	
289	Katie Barnes	47:51	
332	Joanne Patti	49:43	
354	Mary Boggs	50:29	
359	Kristen Barone	50:50	
381	Colleen Fitzpatrick	52:06	
390	Barbara Raifsnider	52:48	
392	Sue Jackson	52:53	
404	Tanara Govern	53:58	
407	Shannon Govern	54:10	
408	Dan Govern	54:12	
427	Jerrold Atwell	55:10	
467	Beth Styer	57:53	
574	Helene Horn	73:03	

Shiver by the River Race #2 5K

4	Kyle Gery	18:54
11	Steve Maguire	20:14
12	Scott Thomas	20:15
22	Jess Gockley	21:32
27	Beth Auman	22:05
41	Andy Styer	23:20
95	Janine Beidler	27:25
111	Ellie Vanderbeck	28:30
117	Jeff Snook	28:54
124	Joanne Patti	29:12
133	Karin Long	30:07
150	Beth Styer	31:17
159	Larry Drogo	31:49
169	Blair Hogg	32:26
172	Lori Koch	32:57
174	Paul Makurath	33:02
187	Tiffany Pantoja	34:49
207	Judy Anttonen	40:18
231	Albert Booth	57:04
232	Helene Horn	57:08

Shiver by the River Race #2 10K

14	Steve Koch	42:40
17	Mark Yourkavitch	43:22
23	Don Mengel	45:00
26	Raine Fussner	45:53
27	Jeff Fussner	45:55
28	Jon Durand	46:04
31	Elaine Cook	47:08
43	Katie Thomas	49:01
52	Brett Lynch	51:46
53	Katie Frederick	51:56
64	Mike Ranck	53:42
72	Jim Demsko	55:51
79	Tony Agentowicz	57:23
89	Ellie Alderferer	61:13
94	Kristen Barone	62:44
96	Colleen Fitzpatrick	63:40
99	Barbara Raifsnider	65:39



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GENERAL MEETING MINUTES

By Libby Klopfenstein & Lenny Burton

Location: BlackJax American Pub & Grill, Birdsboro PA

Date: January 12, 2017

Larry Drogo, president, called the meeting to order.

Race Director Reports:

Blues Cruise – Stephan not present, Mike Yoder gave report. Registration opened, race is October 1, 2017.

Charlie Horse – Brett Lynch reported that race has 8 people signed up so far. Not much competition for 1/2 marathon trail race. Change in trail this year due to Horseshoe Trail re-route

Grings Mill – Caroline Hill reported that the race received designation as a RRCA Championship race. Application is getting finalized and should be available soon. Race is August 2017.

Mt. Penn Mudfest – Erik Leeds reported that the race will be April 22, the weekend after Easter. The RDs want to bring back the family fun atmosphere that Mudfest has had in the past. Planning in process now, they want to have better quality give-aways with race registration, and provide super fun post-race festivities. Looking to tap into local beverage companies to provide post-race drinks, possibly a food truck, some items included for runner, families will be able to purchase post-race snacks. Considering printing a mail-able application in addition to traditionally accepting on-line entries only. Will consider giving cash award for 1st,

2nd, and 3rd place runners. Looking at a nicer shirt for race and entry fee will remain low for a great trail run. Registration will open in the next few weeks and the event will also be on ultrasignup.com. New course and event has been cleared with the city and parks group.

Oley Valley Country Classic – Lenny Burton and Barry Goodhart reported that the race raised \$6,405. Motion to give 55%, or \$3,500, to Oley Valley Youth League was approved. Attendance was down in 2015 (344 participants) and in 2016 (363 participants); used to be 400-500 runners. Race was held 11/4/2016; looking to possibly move to following weekend for 2017 due to conflicting races held in the area - possibly contributing to the decreased attendance. Race will be the RRCA Regional 10 mile championship for 2017.

Junior High XC Fall Invitational – Phil Lechner reported that Phil is going to be co-race director (along with Tom Chobot). The event is held on the third Saturday in October. This year they are going to give out more awards (20) per each grade than in the past. RDs are looking to make it a nicer event for the Jr high students and providing more awards will get more children excited about the event.

Kris Kringle - Polly Corvaia presented race results. Hoodies will be available soon. 603 runners; down by approximately 50 from prior year. Course change received mixed reviews; course will continue to change directions each year. Thank you cards will go out to all who made donations. Race brought in \$17,900; after expenses, net profit was less than last year at \$4,500. 50%, or \$2,250 of race profits to go to Berks County Cross Country Assoc.; motion to increase this to \$3,000 was approved.

Shiver by the River - Sue Jackson reported that the second race was held on 1/8/2017; next race scheduled
(continued on Page 6)...

WELCOME TO OUR NEW PACER MEMBERS!

David Shimp
Laura & Jeff Werner
Tamara Peffer
Amy Ortner
Lori Ketterer
Jason Tolley
Denyne Potts
Maria Kantner
Matt Lucas
Jonathan Hile
David Dietrich
Mark McFadden
Robert Boyce
Connie Bauder
Kelly Miller
Julie Herring
Michael Frey
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Shiver by the River #2

Shiver#2 was held on Sunday January 8th, and it was cold, cold, cold and windy!!!! Despite the temperatures, 232 runners finished the 5K and 109 finished the 10K. THANK YOU to all of the volunteers and runners who braved the cold and wind. Thank you to Pretzel City Sports and the volunteers at the finish line who chased down and then found the correct spots for the tags that blew around the parking lot.

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 2016-2017 series, registration is also in the 2nd room.

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

The next Shiver is Sunday, Feb 12th. 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.

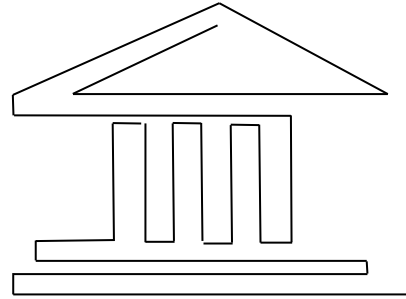
Looking ahead, our 4th race in the series, will be held, on March 12th. The awards banquet will be at the Temple Fire Co, immediately following the race. It is free to all runners who completed 3 or more races and free for volunteers; there is a \$10 charge for everyone else. We are always looking for **door-prizes** to be given at the awards ceremony. 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 12th.

Please help us by patronizing our sponsor: A Running Start.

Sue, Steve & Kelsey

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Pacers Scholarship Application Now Open Deadline - February 28, 2017

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

Two scholarships are open to all high school seniors 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>



Pacers accept the donated AED: From left, Larry Drogo (PPAC President), Caroline Hill (Road Run Chairperson), Vanessa Wanshop (Director of Volunteer Services, Reading Hospital), Polly Corvaia (Pacer volunteer), Ben Gallen (PPAC Vice President).

Pacers Receive AED through HeartSAFE Program

The Pagoda Pacers received an AED defibrillator in recognition of their support of this past October's Reading Hospital Road Run Half Marathon and 5K. Club members helped out by volunteering on course, at water stations, and at the expo; quite a few of them raced, too!

The AED was provided through the Friends of Reading Hospital's HeartSAFE Berks County program.

We are humbled and thank the Friends of Reading Hospital for their generous gift. We will have the AED present with us at all future club races!



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GENERAL MEETING MINUTES, CONT'D.

for 2/12/2017. Still in need for door prize donations, runners and volunteers. Course volunteers need to stay until last runner. For banquet in March, buffet is open to anyone doing 3 races and to volunteers.

Treasury Report - Shaun Luther presented 2016 year-end results and YTD January 2017 results; the club remains in good standing. 2016 had increased donations to the Berks County Conservancy and increased scholarship. Mike Gallen requested a budget be set for monthly meetings.

Committee Reports

Community Service Committee - Phil Lechner reported that next Wednesday night run is a charity run for Mary's Shelter and other- women and children shelters in area. They are collecting clothes/cleaning supplies/snacks. Phil reminded group all that donations are accepted at any time. Beth Auman reported that Blue Marsh spring volunteer days are unknown at this time. Our two primary contacts from Blue Marsh have left; we are going to check on spring dates. Will be posted on web and facebook when available.

New Memberships - Dave Gallen reported that membership is up 5%. Looking for ideas on how to get more people at monthly meetings.

Scholarship Committee - Beth Auman reminded all that application deadline is 2/28/2017. Only 1 application received so far; application requires bio and essay on how running has improved life. Scholarships this year are \$750. Committee may honor other runners in addition to the four scholarships given...committee will bring to board. Beth will reach out to schools/coaches. Jon Durand asked that people share the facebook post about scholarships.

Social Committee - Committee Members are Caroline Hill, Larry Drogo, Jess Gockley, Bill Buchanan, Karen Rule. Looking for ideas from members for events. Ideas in progress: Tubing at Bear Creek (\$15 - \$30 per person; need a minimum of 15 people); Firearm instruction course (Adam Nowicki - Spring 2017). Members also suggested the following: Trampoline/Bounce House at The Works, Trap Shooting, Rock Climbing.

Old Business

Club received AED from Friends of Reading Hospital. Reading Hospital will replace pads as needed. Larry Drogo will keep AED and bring to events/races.

Race Directors - CPR/AED training. Training will be held at the Reading Hospital on 1/21/2017. Another training session to be held in February for those who cannot attend in January. Visit Race Director page on Facebook for details.

New Business

Received plaque - Reading is an RRCA designated running community. Looking for suggestions on where to hang it where runners would see/appreciate it. Motion to hang in East Ridge Outfitters was approved.

Phil Lechner is working on making a list of all Presidents

An Afternoon of Rock Climbing

What: Indoor Rock Climbing

When: 3:00-6:00pm, Saturday, February 4

Where: Reading Rocks George St., Reading

Price: \$5 per person

What you get:

- 3 hours of indoor rock climbing
- Harness rental
- Group instruction on belaying (rope management)
- Pizza provided by club

More details on Facebook, No RSVP needed.



and Vice Presidents since 1982. If you have any information on past officers, especially from early 1980s and mid-1990s, contact Phil.

Shaun Luther reported that as part of the RRCA renewal, he was asked about various insurance we need. A new offering is music licensing insurance. In order to broadcast music at an event we need to pay a license fee. Jon Durand said we could be liable for broadcasting music at an event. Insurance costs based on participants. Not all races have music. Worst \$600, low as \$250. Includes outdoor public events where you are charging money. Not weddings but outdoor business. It's a permit or license allowing us to play music. We are liable if not covered. Approved Motion to pay for extra insurance.

Ragnar Relay Series - Jen Seale is ambassador for Ragnar. 30 minute info-session will be held on 1/21/2017 at 11a.m.; 1-on-1 sessions to learn more about Ragnar. 3 teams already formed. Race date is June 2nd and 3rd; looking for volunteers to check-in runners in & out. Volunteer sign-up will begin 6 weeks prior to race

Shoe Testing night - Libby Crockart suggested having early tickets or hierarchy to get shoes: 1st tier - club officials and race directors, 2nd tier - those who host a Wednesday night run, or attend 3 or more meetings plus two volunteer events, 3rd tier - general membership. Goal to promote those who serve club. Discussion about whether trail runners should get priority. Discussion tabled until next month. Contact Libby with feedback or ideas.

RUNNER PROFILE: STEVE MAGUIRE

“Maguire’s Mechanism”

by Matt Brophy

You might think (as I did) that Steve Maguire--who ran the Steamtown Marathon in 3:14 this past fall, at age 52--probably has decades of competitive, long-distance running experience. However, in fact, the Lower Heidelberg speedster has really only been at it about five years.

Maguire ran track as a kid, but he was deterred when he found that the hurdles were suddenly higher once he made it to high school (Wilson). Soccer became his primary sport of interest at the time, and remained so through college (Kutztown). Afterwards he developed a love both for water-skiing (which he frequently did both at Blue Marsh and on the Schuylkill River) and downhill snow skiing.

When Maguire was in his late 30s, one of his ski buddies, while rehabbing an Achilles with IM ABLE’s Chris Kaag, decided to train for the “Got the Nerve?” triathlon. Before he knew it, many of his friends had caught the bug for endurance sports, and were competing in triathlons and marathons throughout the region. Maguire, himself, however, only went along as support, carrying totes and enjoying his role as a “bell ringer” at Boston, New York, Philly, Marine Corps, Virginia, and a few Ironmans, as his friends racked up the miles. He and other crew members originated a tradition of wearing orange so runners could easily locate and acknowledge their supporters.

Finally, though, in 2012, Maguire developed a little curiosity about what he could accomplish with a little training. He started out with a Thirsty Thursday 5k (20:38 -- not bad!), but didn’t really start to take distance running seriously until he received some crucial encouragement from runners such as Troy Seitzinger and Mark Stoltzfus, whom he met through speed workouts organized by A Running Start at the Wyomissing track. Seitzinger, and a friend Bill Barrick, became sort of informal coaches for Maguire, helping him build confidence and set ambitious goals for himself. In that same summer Beth Witkowski and Mel Marinaccio introduced him to the Pacer runs and various events.

Ambitious Goal #1: Run a Boston-qualifying time at the Philly Marathon. Armed with Hal Higdon’s famous “advanced” training plan and McMillan’s pace calculator, Maguire made a spreadsheet of his daily targets, and began checking them off with rigorous determination and discipline. After pumping out 7-minute miles at the Oley Country Classic 10-Miler as a tune-up, Maguire went on to meet his goal, posting a 3:17:32 time for his *first-ever marathon at age 48*. (In an endearing “humble brag,” Maguire told me the key was his ability to “clear the mechanism,” like Kevin Costner in *For Love of the Game*, zoning out while his machine-body just does its thing.)

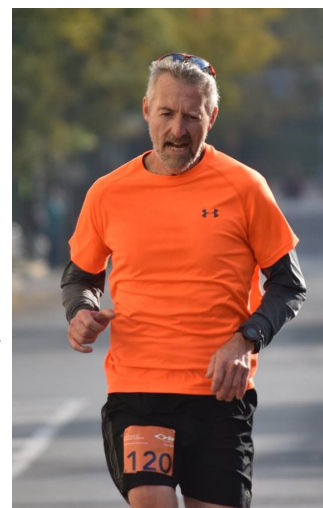
The following fall, Maguire had a tougher time at his next marathon--the VIA in Allentown. Worried that his qualifying time from the previous year at Philly might not be fast enough to get him into the 2014 Boston Marathon, due to the anticipated surge of applicants following the bombing in 2013, Maguire attempted to post an even better qualifying time to improve his odds. It didn’t happen. At mile 16,

Maguire says, “the wheels fell off,” and he began cramping. This was followed by “ten miles of misery,” and a disappointing finish. (For the record, his “disappointing finish” was still 10 minutes faster than my best marathon!)

Luckily, Maguire’s original qualifying time from Philly was still good enough to get him into Boston for 2014. Due to the warm racetime temperature, as well as an “intimidation factor” he hadn’t quite expected, from starting in a corral of such accomplished runners, he realized he had a choice--he could either stubbornly and masochistically struggle to achieve his goal time (probably falling short in the process), or he could just enjoy the experience. When he stopped for a kiss from a Wellesley girl, he knew he had made his decision.

After a bit of a post-Boston funk, Maguire got his mojo back in fall of 2015, posting another Boston-qualifying time at the Steamtown Marathon in Scranton. This was when he discovered the importance of salt tablets from fellow Pacer Jeff Hills, as well as how gosh-darn fun it is to run a race with a strong Pagoda Pacer presence. The infectious camaraderie led Maguire to register for his first ultras, early in 2016, both Pagoda Pacer favorites: the HAT 50k in Havre-de-Grace, MD and the Bull Run 50 Miler in Clifton, VA.

The biggest challenge that Maguire faced when making the jump to ultras was nutrition. With marathons, he had relied pretty much exclusively on gels, but he found that continually consuming gels on these longer, technical runs left him nauseous. During Bull Run, however, a fellow Pacer (Jess Gockley) suggested he experiment with pierogis and Mountain Dew, and this just happened to be his magic combination. He looks forward to running that race again soon. Not only do a ton of Pacers run it, but the Pacers, Maguire explained, are treated very well there--and at many other regional events--because race organizers and volunteers recognize and remember the positive experiences they have had at Pagoda Pacer events and Pacer-sponsored aid stations.



Maguire runs toward the finish line at Reading Hospital Road Run Half Marathon.

Maguire spoke passionately about what he loves about the club--the welcoming spirit of camaraderie for runners of all abilities, as well as the abundance of guidance and support available for new and developing runners, whatever their goals. He encourages people to be more involved, by exploring new terrain on Wednesday Night Runs; showing up for social events like volleyball, kickball, and climbing; and volunteering at races and trail-maintenance days. Simply advertising one’s membership by sporting some Pacers gear can help the club gain recognition and influence. The more we are able to raise public awareness of who the Pagoda Pacers are and what we do, the more we’ll be able to contribute to the maintenance and expansion of running venues and running culture in Berks County.

The New Balance Zante 3 Is Here!

SATURDAY, FEBRUARY 11TH

Stop by on Saturday, February 11th to experience the new Zante 3 from New Balance! This revamped model features a new engineered mesh upper, a carbon rubber outsole for added traction and increased durability! It's a lightweight and versatile trainer with just a hint of responsiveness!

A New Balance rep will be on hand to provide details and answer your questions - take a pair for a test run!



www.arunningstart.biz

Join us for our Saturday morning run at 9:00 for a demo & test run!

Pagoda Pacers Athletic Club
 P.O. Box 4115
 Reading, PA 19606
 www.PAGODAPACERS.com
 Meetings: 2nd Thursday of each month
 Annual Dues: \$15 Individual; \$25 Household

2016 PPAC Officers

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 Run/Charity Coordinator Phil Lechner
 Race Management Ron Horn
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