

SINCE 1980



PAGODA PACERS

ATHLETIC CLUB

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

Reading, Pennsylvania

FROM THE PRESIDENT

Good Morning Pacers. From last month's newsletter you should know that I have been elected your new club President, with Ben Gallen as Vice President. First, we would like to express our gratitude to the outgoing President Brett Lynch and Vice President Lenny Burton for all they have done in moving the club forward during their 2 years in office. They have passed on to us a club with a very healthy treasury and a club that is gaining members every year; what more can you ask for? So again, thanks Brett and Lenny for putting up with everything during your time in office, hope everyone will express their gratitude when you see them at the Wednesday night runs and the races.

Now to introduce myself. I have been a Pacer for about three years. I have been retired from Manufacturing Engineering for about 2 years and find helping out with club events keeps me active in addition to trying to keep up with all the runs that our members post every week. We have been Exeter township residents for about 30 years and have always lived in Berks County. My hobbies, besides running which I have been doing since high school, include antique cars, motorcycling, hunting and cutting grass at home - very relaxing.

My first Wednesday night run with the club was on a cold night in Wyomissing. Not being from that side of town I remember thinking "where am I?..." as we ran along the streets and trails in the area. At about the fourth mile of the run, as we were on our way back, was when I realized I was slowly falling behind the main pack and thinking I am going to be lost for a while. My concerns were quickly averted when a Pacer saw I was slowing down and fell back to run with me. This is the kind of thinking of each other, this attitude, that has made me a loyal member of the club ever since. For all you runners that think they cannot keep up with some of the best running in our area, there is always someone that will run or walk with you and you will gain a friend.

My goals for the club are increasing our core of volunteers that help at each event and race and show up at the Wednesday night runs. While we have approximately 500 dues paying members, we have a very dedicated core of about 50 to 60 members that are consistently at each race, work the lines, giving out shirts or parking cars. Without these members the club would not be what it is today. In addition, as you may know, I am always trying different events; some work, some not. If you have an idea for a new event or run, let me know as we are always willing to try something new.

In ending, I hope to see all of you in the next year and hope I can do as good a job as my predecessors have done for the club.

Larry Drogo

**JANUARY MEETING
LOCATION:
BLACKJAX AMERICAN
PUB AND GRILL**

January 2017

UPCOMING EVENTS

1/8/17 Sunday	Shiver by the River - #2 11:00am - 5K and 10K Jim Dietrich Park, Stoudts Ferry Bridge Road, Muhlenberg Twp.
1/12/17 Thursday	General Membership Meeting 7:00pm, BlackJax American Pub 668 Ben Franklin Hwy E, Birdsboro

SAVE THE DATE

2/12/17 - Shiver by the River #3
3/12/17 - Shiver by the River #4

GROUP RUNS

Start Time: 6:15pm Wednesday

January 4, 2017

Run: Cumru Elementary School
601 Philadelphia Ave., Shillington
Eat: Flanagan's Pub
41 W. Lancaster Ave., Shillington

January 11, 2017

Run: Antietam High School
100 Antietam Road, Reading
Eat: Klinger's On Carsonia
721 Carsonia Ave., Reading

January 18, 2017

Charity Run benefitting local women's shelters
Run: Reading-Muhlenberg Career/Tech Center
2615 Warren Road, Reading
Eat: Shirley's Cafe & Tequila Bar
1615 Duke St., Laureldale

January 25, 2017

Run: VF Outlet, McDonalds Parking Lot
8th Ave. & Penn Ave., West Reading
Eat: Chef Alan's
6th Ave. & Penn Ave., West Reading

February 1, 2017

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

RACE RESULTS

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

Stone Mill 50 Miler

3	Michael Heimes	7:32:37
11	Tim O'Donnell	8:32:37
61	Brad Bansner	10:24:03

KTA Trail Challenge 25 K

42/216	Paul Makurath	3:58:32
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Hex Hollow Half 6.66 Trail Run

Paul Makurath	1:25:37
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New York City Marathon

Karen Rule	3:55:58
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Dirty Bird 15K

32/367	Greg Kellenberger	1:21:09	
35	Dale Wiest	1:21:48	2nd M50-59
37	Mike Reddy	1:22:00	3rd M50-59
52	Matt Brophy	1:26:04	
57	Ryan Watts	1:26:57	
76	Jill Roper	1:30:17	4th F40-49
78	Steve Skrocki	1:30:34	
121	Mike Ranck	1:36:49	2nd M60-67
182	Ruthie Vanderbeck	1:44:31	
183	Sarah Schaeffer	1:44:32	
201	Jason Glass	1:47:14	
274	Paul Makurath	1:59:12	1st M68+
313	Joanne Patti	2:06:53	
314	Janine Beidler	2:06:54	
322	Barbara Raifsnider	2:09:51	
328	Ellie Vanderbeck	2:14:21	
329	Colleen Fitzpatrick	2:15:12	
339	Blair Hogg	2:18:59	
364	Helene Horn	2:39:06	

Flipping Fun 5K Turkey Run

Dale Wiest	20:52	1st M55-59
Steve Skrocki	21:20	2nd in AG
Helene Horn	35:36	

Share the Joy 5k Oaks

Helene Horn	34:01
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Chicago Marathon

Steve Skrocki	3:23:00
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Run Santa Run 5K

9/356	Steve Skrocki	19:13	1st M50-54
23	Jason Glass	21:34	3rd M30-34
28	Elaine Cook	23:40	1st F50-54
31	Ruthie Vanderbeck	24:04	1st F30-34
33	Sarah Schaeffer	24:11	2nd F30-34
34	Tom Chobot	24:13	2nd M60-64
64	Tony Agentowitz	26:03	
70	Heather Nowicki	26:32	2nd F35-39
81	Mark Mazurkiewicz	27:37	
106	Janine Beidler	28:42	3rd F35-39
107	Ellie Vanderbeck	28:44	
130	Joanne Patti	29:57	
136	Lisa Gallen	30:13	
140	Brad Bansner	30:43	
183	Colleen Fitzpatrick	32:41	
241	Helene Horn	35:41	
247	Julianne Kern	36:12	
248	Beth Styer	36:12	
274	Gwyn Chobot	37:50	

Omitted from last month

Fitzy 5K

Jill Roper	22:11	1st F40-44
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Oley Valley 5K

Beth Styer	29:30
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Oley Valley 10 miler

Andy Styer	1:26:50
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Registration is now open for the 2017 Charlie Horse Trail Half-Marathon to benefit Berks Co. Special Olympics. The race is on the Sunday of Memorial Day Weekend, May 28, 2017. This year marks the 20th anniversary of the Charlie Horse and we are planning for a special event. We had wonderful weather the past couple of years and I guarantee another one this year, or at least the bar will be open. Please visit our facebook page to see what you have been missing.



Facebook Page: <https://www.facebook.com/CharlieHorseHalf/>

Register On-line registration at: <https://runsignup.com/Race/PA/Mohnton/CharlieHorseTrailHalfMarathon>.

The Charlie Horse is not your typical race. It is a point to point race which will require you to get to the finish, so NOT finishing is NOT an option. It is part trail, part road, and part adventure; everything a masochistic runner needs. We start at scenic Rustic Park in Birdsboro, PA with a sprint through two creeks and meander through the park for about 2 miles. From there we climb up to the Horseshoe trail to start a beautiful 7 mile stretch through woods and farms. But like everything else with this race, it has its own character. At mile 9 you get a break, as the trail runs downhill, wee, and pops out onto the road section. But everything that goes down must come up. I think that's the way it goes, at least for runners. To translate, we start the uphill section of the road. When you get to the top at mile 11, you're at Charlie's house (home of the race founder) where the adventure begins. It's a mystery to us too: lagoons, waterfall, campers, hikers, teenagers, maybe some chores. The only certainty is rocks, mud, and fun. Finally finishes at Sleepy Hollow A.C. where the pool, food, music, drinks, and friends will be waiting. Hope to see you there.

**WELCOME TO OUR
NEW PACER
MEMBERS!**

Jamie Kleinginna
Kristen Smith
David Golembieski
Debbie Christ
Zach Christ
Jeff Killian
Bruce Cronrath
Nancy Cronrath
Sheri Golembiewski
David Koehler
Tamra Pokrywa
Christopher Fisher
Missy Reichert
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Shiver by the River

Shiver#1 was held on Dec 11th, with 258 runners completing the 5K and 132 runners finishing the 10K.

By the time you receive this newsletter, results will be listed on our website www.pagodapacers.com and also on Pretzel City Sports www.pretzelcitysports.com. Remember, if you want your finish published in the newsletter, you will need to submit it yourself.

1st place male and female in the 5K were Matthew Bomberger with a time of 16:22 and Daria Neaves with a time of 20:25. Our top male and female in the 10K were Chris Brennan in 33:54 and Jess Gockley in 42:08. Congrats to all runners and thank you for running the Shiver.

THANK YOU... THANK YOU to our volunteers!!! Once again, it was a very successful day, thanks to many Pacers.

Please remember to **only complete the registration form ONCE during the series**. As we have done in the past, we will have 3 separate areas for registration. I know you have all heard this before, but trust me, we will still have runners who will complete a form each time.

- * Pre-Registration is in the front room, for those runners who have paid for the entire series.
- * For those runners who are paying for each race, individually, and who ran in December, registration is in the 2nd room, at the table marked 'Post Registration Single Race Entry'. **We have a number with a label with your name. No need to complete a new 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, just let them know when you get your number; no need to complete a registration form with the changed information.
- * For those runners who have not registered for the 2016-2017 series, registration is in the 2nd room at the table marked 'Post Registration'. When completing the registration form, if you have paid for the series, please circle YES; otherwise, we will expect you to pay again at the remaining races.

Please patronize our sponsor: **A Running Start**. Also, thank you to **Road-ID** for supplying our race bibs. Look for Road-ID flyers and coupons at the remaining Shivers. Also, this is not a Pretzel City event; therefore, Pretzel City gift certificates are not to be used to pay for your registration.

The next Shiver is Sunday, January 8th. Come out and run off some of that holiday cheer! We hope to see even more Pacers running, but if you aren't running, PLEASE consider volunteering an hour or two of your time. If you can help with registration, plan to be at the farmhouse by 9:15 and if you can help on the road, plan to be at the farmhouse by 10:15-10:30. And even if you run, we can always use help with clean-up. Look for Sue, Steve or Kelsey and we will find a spot for you!!!! Happy Holidays to all!!!

Sue, Steve & Kelsey

Shiver by the River Race #1 5K

17	Laura Mooney	21:10
23	Beth Auman	21:36
40	Mike Yoder	23:26
43	Andy Styer	23:33
48	Jason Glass	23:50
49	Amanda Gross	23:54
66	Ann Gery	25:18
77	Katie Frederick	25:43
87	Janine Beidler	26:03
93	Tom Kohl	26:23
101	Mark Mazurkiewicz	26:42
119	Ellie Vanderbeck	27:40
124	Joanne Patti	28:04
141	Kristen Barone	29:18
154	Blair Hogg	30:36
187	Tiffany Pantoja	32:24
191	Karin Long	33:01
201	Beth Styer	34:01
204	Helene Horn	34:15
235	Judy Anttonen	39:27
257	Albert Booth	54:33

Shiver by the River Race #1 10K

6/132	Kyle Gery	38:23
9	Jon Durand	39:15
10	Steve Koch	39:24
13	Mark Yourkavitch	40:25
14	John Mark Stoltfus	40:28
16	Scott Thomas	40:58
17	Don Mengel	41:13
18	Steve Maguire	41:19
21	Jess Gockley	42:08
32	Raine Fussner	45:30
33	Jeff Fussner	45:41
36	Melissa Oswald	46:28
37	Elaine Cook	46:30
53	Joe Long	49:11
59	Tom Chobot	49:54
68	Mike Ranck	51:42
88	Ellie Alderferer	55:55
95	Gary Gehret	56:22
96	Steve Holgate	56:24
108	Tony Agentowicz	58:33
109	Tania Salaneck	58:37
112	Mike Reese	59:19
115	Colleen Fitzpatrick	1:01:21
116	Barbara Raifsnider	1:01:23
128	Paul Makurath	1:07:35

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>



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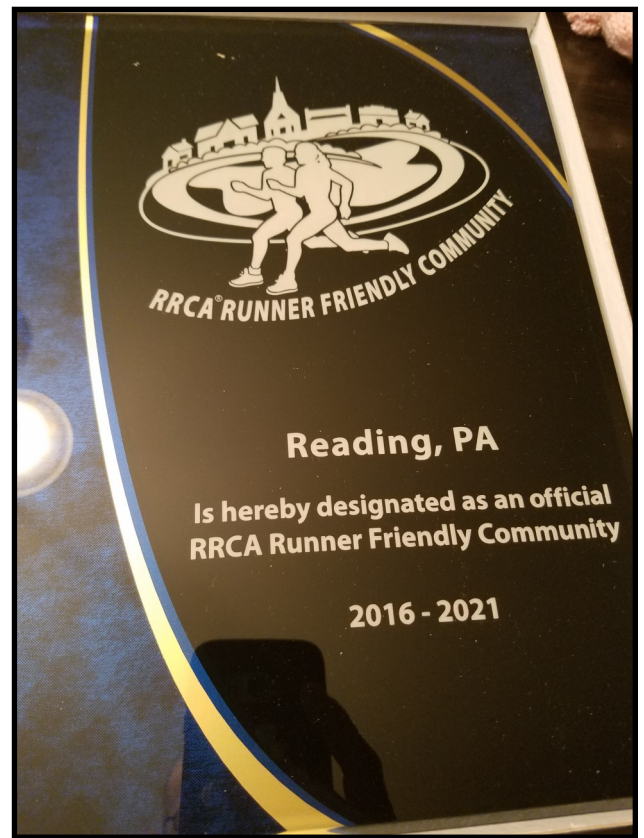
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The City of Reading, PA has once again been designated as a Road Runners Club of America "Runner Friendly Community!" Along with 14 other cities and towns across the country, all were designated for their community working together to promote running as healthy exercise for residents while ensuring runner safety.

Learn more at: <http://www.rrca.org/our-program.../runner-friendly-community>.

We are very proud to be part of a community that embraces physical activity and having running being a part of their active lifestyles and goals! Thank you to our past officers for their efforts applying to keep this notable status active!

RUNNER PROFILE: LIZ GLASS

“Shatterproof Glass”

by Matt Brophy

On her 30th birthday, Liz Glass shattered her tibia and calcaneus (shin and heel bones) in a horseback riding accident. (“When you get thrown from a horse,” she learned, “don't try to land on your feet!”) After surgery, her doctor told her she would never be able to run again. This turned out to be just the spark of motivation that would eventually transform Glass into an ultra-runner. “Turns out the best way to get me to do something,” she reflects, “is to tell me I can't or shouldn't do it.”

This tenacity was alive and well at the beginning of Glass's running career. Interested in picking up running at a high school (Cocalico) that lacked a girls track team, she found a way to create one. After nudging a handful of friends to join her, suddenly she was a sprinter and hurdler for the inaugural Cocalico High School girls track team. (She remembers thinking, at the time, that “the cross country runners were crazy for running a whole three miles.”)

It wasn't until her 30s, after recovering from the aforementioned injuries, that Glass began to run longer. After a mostly pain-free run with her brother, while on vacation in North Carolina, she realized her doctor's advice might just be ignorable. Soon she was running 5Ks “almost every weekend.”

A few years later, Glass suffered a devastating loss - the death of her college roommate and best friend, from Hodgkin's disease. As a tribute to her friend, Glass wanted to do a Team in Training event, but wasn't sure if she would be able to run a full marathon, never having gone longer than 10k. She decided to give 13.1 a try first, and registered for the 2001 Philly Half Marathon. The race was scheduled for September 16th - five days after the 9/11 terrorist attacks.

Glass remembers being uncertain if the race would even still happen, but it did - and it turned out to be “one of the most memorable races” she's ever run. “I can still vividly remember standing at the start line, with thousands of runners dressed in red, white and blue, as the Race Director read off the names of those runners who had perished. He then asked that we all join hands and sing 'God Bless America.'” It was an intensely emotional experience, one that underscored her intuition that a race can really be about much more than running.

After that experience, Glass was committed to participating in a Team in Training event, to honor her friend; she registered for the Mardi Gras Marathon, and began training in earnest. Unfortunately, due to an “overzealous” training schedule, Glass suffered a stress fracture in her hip during her final 20+ mile training run, just three weeks before the race.

While the injury was a major setback (bothering her on-and-off for two years), it happened shortly after she joined the Pagoda Pacers. The support of the group helped her to eventually make a transition to trail running, which she found to be “much easier on my joints.” As she got healthy, she progressed from short trail runs to 50Ks, and then to 50-milers.

One of Glass's favorite trail races is the Bull Run Run 50-miler in Clifton, Virginia, which she has run four times. “I love the fact that we get a huge group of Pacers to head down, have dinner together on Friday night, and then hang out eating pizza and telling race stories over a few beers on Saturday. The camaraderie is amazing at this race as every Pacer waits at the finish line to cheer on the final runners.”

Besides running and horseback riding, Glass loves “anything that involves the great outdoors, particularly skiing, biking, kayaking, backpacking, and adventure travel.” She's also developed an interest in yoga recently, despite being “as flexible as a board.” She works in dialysis, as a renal dietitian, in Lancaster County, and lives in Mertztown with her partner (and fellow Pacer), Jeff George, and her three horses. The couple host a Wednesday Night Run once a year, marking a fun, multi-loop trail course through the woods on their property. Being able to “hang out in the woods with my friends” is what Glass loves most about trail running these days. “These friends are by far the best part of being a Pacer.”



When not running, Liz can often be found horseback riding.

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Runner's Resolutions for 2017:

- * Have running style analyzed for proper shoe type & fit!
- * Retire old shoes - get custom fitted for new ones!
- * Keep better track of all runs with a log and GPS system!
- * Run comfortably with warm winter gear!
- * Stop in and say "hello" to the ARS staff!
- * Get back to running (if you've been away - we miss you!)



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2016 PAC Officers

Meetings: 2nd Thursday of each month
 Annual Dues: \$15 Individual; \$25 Household

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