



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

Reading, Pennsylvania

## FROM THE PRESIDENT

Good Morning Pacers,

The warm weather is here and with it more runners and bikers are on the road. For everyone's safety, the Pacer website lists a bunch of safety recommendations that everyone should read just to update themselves on what we should be doing. The big thing for runners is to run toward traffic; this gives us a little extra time to see when a driver does not notice us and we need to jump for our lives. Another good tip is to always wear bright colored clothes. I know the rage right now is for black or dark colors, but to let the drivers notice you, stay with colors. Another item we should be aware of is a light, beginning at dusk and staying on into the night. I know a lot of us like to also take that early morning run before work. Make sure that you have your reflective wear on and your lights. RUseeN, which we partner with, has a lot of good-looking wear that is also reflective.

Enough about safety and now for some fun stuff. With the summer comes the Wednesday night hosting at different Pacers' homes. This is a tradition that goes back to the beginning of the club. It is a great way of meeting other Pacers that you may see at the runs but never get a chance to talk to. It is a lot more casual than at the restaurants in the winter. People that host put a lot of effort into making your Wednesday a enjoyable time. So here are a few things to remember. Although not mandatory, bringing a little something is always appreciated as we know everyone is hungry after running. For those who do not cook, a sandwich from the local deli cut into sections is a welcome addition and always disappears quickly. When parking on a street around the house, remember the hosting family has to hear from the neighbors the next day so be considerate of driveways. Lastly, always try to thank your host for setting things up, this is much appreciated.

We have a bunch of events coming up that that we can always use help with. The summer picnic is coming and I know Caroline could use some help with arrangements and set up, so if you have some time please contact Caroline. Caroline also runs the Grings Mill race with Laura and Pat; this is a large race that can always use volunteers, so again contact one of the ladies if you have some time to donate. We are also looking at some cleanups on some of the trails we use. Mike Y. coordinates the Blue Marsh trails and Larry S. does a lot of work on the Horseshoe Trail. If you want to get out into the woods and do some work you can contact one of these guys; they also post on the website.

**JULY MEETING LOCATION:**

**BLIND HARTMANS TAVERN**

**6:30pm - Food Served  
7pm - Meeting**

In ending, keep safe this summer and hope to see you at one of our events soon.

Thanks,  
Larry Drogo

July 2017

## UPCOMING EVENTS

7/29/17 **Barnyard Challenge, 6:00pm**  
Saturday Mike Yoder & Laura Mooney home  
449 Orchard Rd, Fleetwood  
Registration starts at 5:00pm  
Bring food & drink to share!

### SAVE THE DATE

8/6/17 - Grings Mill Run 5K/10K  
9/10/17 - Summer Picnic

## GROUP RUNS

Start Time: 6:15pm Wednesday

**July 5, 2017**

Run: Antietam Lake  
Angora Road, Reading  
Eat: Jon & Cathy Durand's home  
2539 Grant Street, Reading

**July 12, 2017**

\*\*Charity Run - benefitting local animal shelters\*\*  
Run & Eat: Donna Hey's home  
718 Old Wyomissing Rd., Reading

**July 19, 2017**

Run & Eat: Ron & Helene Horn's home  
112 W. 36th Street, Exeter

**July 26, 2017**

Run & Eat: Dave & Lisa Gallen's home  
2 Steever's Court, Shillington

# RACE RESULTS

Email Results to Race Results Coordinator Karen Rule at [raceresults@pagodapacers.com](mailto:raceresults@pagodapacers.com)

## Run for the Red Marathon

52	Brad Bansner	3:07:50	3rd in AG
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## Greenwood Furnace Trail Half

70	Michael Ranck	2:30:56	1st 60+
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## Chief Wetona 14 Miler

41	Michael Ranck	2:32:37	1st 60+
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## Triple Crown Trail 10K

Paul Makurath	1:19:11
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## Triple Crown Trail 5K

Paul Makurath	46:17	1st M70+
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## Dirty German Endurance Fest 25K Trail

Paul Makurath	3:52:11
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## Coventry Woods 10K trail

Paul Makurath	1:11:53
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## 5K for Jay

4/97	Andrew Styer	22:55	1st M40-49
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## World's End 50K

54/115	Brooke Schell	8:20:28
55	April Zimmerman	8:20:28

## World's End 100K

27/88	Rhoda Smoker	15:28:27	3rd F30-39
34	Jess Gockley	16:14:44	4th F30-39
47	Lori Johnson	17:12:54	1st F50-59

## Dumb Dutchman 10 Miler

7	Donny Mengel	1:10:05	1st M60-67
9	Jess Gockley	1:11:11	1st Female
14	Jason Glass	1:16:39	Overall M Clyde
33	Tamra Pokrywa	1:28:41	3rd F20-29
37	Brooke Schell	1:29:45	3rd F40-49
44	Steven Holgate	1:34:18	
46	Janine Beidler	1:36:06	Overall F Clyde
63	Joanne Patti	1:44:00	3rd F50-59
80	Barabara Raifsnider	1:52:06	

## Dumb Dutchman 5K

39/43	Helene Horn	43:27	3rd F50-59
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## Mark McKently 5K

8/337	Steve Koch	19:24	1st M50-59
20	Duane Renninger	20:52	2nd M40-49
46	Andy Styer	23:04	
51	Ken Seale	23:30	
55	Tom Chobot	23:44	1st M60+
64	Mike Ranck	24:04	2nd M60+
95	Linda Suydam	25:54	1st F50-59
134	Jaine Beidler	27:43	
152	Luke Styer	28:45	Congrats on your first 5k!!
200	Colleen Fitzpatrick	30:39	
208	Joanne Patti	31:26	
225	Lori Koch	33:28	
246	Helene Horn	35:13	
277	Gwyn Chobot	39:03	

## Fit Family 5K

Beth Styer	31:52
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## Fit Family 10K

Andy Styer	52:32
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## Wiggle Jiggle and Giggle 5K

Helene Horn	39:36
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## Got the Nerve Triathlon - Relay

1/23	IPA Lovers (Tom Kohl, Jim Borden, Beth Auman)	1:25:01	1st Relay
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Pacers Brooke Schell (L) and April Zimmerman (R) share miles on trail at the World's End 50K

### May Third Thirsty Thursday 5K

9/215	Steve Koch	19:53	1st M50-59
14	Jon Durand	20:13	
15	Steve Maguire	20:15	3rd M50-59
16	Mark Yourkavitch	20:38	4th M50-59
18	Michele Gallen	21:07	1st Female
19	Brock Kline	21:16	
23	Jason Glass	22:04	1st M Clyde
49	Karla Reppert	24:15	1st F 40-49
50	Mike Ranck	24:20	
55	Tom Chobot	24:44	
84	Tony Agentowicz	27:01	
101	Mark Mazurkiewicz	27:52	
107	Kelly Miller	28:24	
110	Janine Beidler	28:35	1st F Master Clyde
124	Blair Hogg	29:47	
135	Joe Long	30:43	
138	Karin Long	30:48	2nd F Master Clyde
146	Joanne Patti	31:24	2nd f50-59
160	Larry Drogo	32:37	
165	Julia Hager	33:02	
167	Lori Koch	33:21	
168	Barbara Raifsnider	33:31	
213	Chris Weidenhamer	52:09	3rd F Master Clyde
215	Helene Horn	57:34	

### Rothrock Challenge 17.2

81/312	Diane Grim	3:44:12	3rd F50-59
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Joanne Patti and Janine Beidler with their awards at the Dumb Dutchman 10 Miler.



Tom and Gwyn Chobot at the Mark McKentley Memorial 5K in Oley.

## From the Director of the Charlie Horse

Thank you everyone for your help at the 2017 Charlie Horse Trail Half-Marathon, which was run on May 28, the Sunday before Memorial Day. It ended up being a huge success. Together we made \$2,400 in profit and raised another \$600 in donations, for a grand total of \$3,000 to donate to the Berks County Special Olympics. This is greater than the \$2,500 check that we cut to Berks County Special Olympics last year.

This year's winning time was 1:29:12 by Matthew Lipsey. Previous winning times were 1:37:46 in 2016 and 1:33:39 in 2015; however, because of course changes, they are not directly comparable. The 1<sup>st</sup> female this year was Maggie Guterl with a time 2:05:44. This compares to 2:04:37 in 2016 and 1:52:54 in 2015.

The total number of finishing runners was 216, with 24 no-shows or drop-outs. This is up from the last year and consistent with the 2015 and 2014.

Year	Registered Runners	Day-of Registration	Finishing Runners
2014	242	51	221
2015	252	63	221
2016	212	60	195
2017	240	50	216

There was a price increase implemented in 2016, which resulted in this year being the largest donation to the Berks County Special Olympics since I have been the Race Director, since 2011.

I would like to thank all the volunteers that came out on race day, and those that helped mark the course. We had ~35 people come out to help on race day, so I won't list everyone. This is the right amount of support needed for this race given the logistical challenges associated with the A-B course. Special thanks to Larry Sundberg, who does trail maintenance on portions of the Horseshoe Trail that the Charlie Horse covers, and to Charlie Crowell, who opens his property to the race and puts in a lot of work to ensure the runners will have a unique experience.

Finally, as you may have heard, I will be stepping down as race director of the Charlie Horse Trail Half-Marathon because I am in the process of moving to Pittsburgh for a new job. Kyle Gery has offered to step up for next year. He would like a co-race director as well. If you are interested in helping, please contact Kyle at [charliehorsesdirector@pagodapacers.com](mailto:charliehorsesdirector@pagodapacers.com).

Thank You,  
Brett Lynch



# GENERAL MEETING MINUTES

By Libby Klopfenstein

Date: 6/8/2017

Time: 7:00 PM

Location: Blind Hartman's Tavern, Temple, PA

Larry Drogo, president, called the meeting to order.

**Guest Speaker** – Scott Armstrong from Chester County Running Store, Pottstown

- Scott spoke about the importance of getting fitted for running shoes
  - Feet change over time
  - Get to test shoes side by side

## Treasury Report: Shaun Luther

- The club remains in good standing
- \$1,500 pre-paid invoices

## Race Updates

- Charlie Horse – Brett Lynch
  - 20<sup>th</sup> year for the race
  - 216 finishers; 240 entries
  - Raised \$2,920; includes \$2,300 profit from the race plus \$620 donations received during registration.
  - Motion approved to donate \$3,000 to Berks County Special Olympics
- Blues Cruise – No update
- Grings Mill –
  - 36 registered so far
  - Looking for volunteers
- Mt. Penn Mudfest – No update
- Oley Valley – Lenny
  - No update, race is still 11/12/2017, so still a ways away.

- Run for the Ages – Ted Andrus
  - Race is Sunday 6/25/2017
  - Need volunteers to be there at 6:30 am, registration begins at 7:00 and race starts at 8:30 am.
  - Pre-run is 6/21/2017 at Nolde parking lot
  - Received \$1,500 in sponsorship
- Jr High Cross Country – Tom & Gwen Chobot
  - Phill Lechner will be helping this year
- Kris Kringle – No update
- Shiver by the River – Sue Jackson
  - Should know the dates for 2017-2018 race series by next meeting
- Reading Hospital Road Run – Beth Auman
  - Race is 10/15/2017
  - Half marathon and 5k
  - Looking for Pacer endorsement and volunteers
  - Pacer members will receive a discount on registration; registration is open

## Committee Updates

- Social Committee – Caroline Hill
  - Saturday 6/24/2017 is Wine & Cheese at the Pagoda
  - Club picnic is 9/10/2017
  - Team building/gun safety & instruction to be held on 7/8/2017; contact Caroline if interested
- Community Service – Phil Lechner
  - Last month was a charity run for Women's shelter.
  - Great turnouts for Wed. night runs
  - Tom Chobot was contacted by the Reading Chamber of Commerce to share sponsorship for a guest speaker for Women to Women Network in October.
    - This is Women to Women's big event to start their fiscal year
    - Club would help sponsor the key speaker



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(either a Boston Marathon victim/survivor, or Katherine Switzer)

- Total cost for speaker is \$17k; Club's share would be \$8,500 and would include 20 tickets to the event as well as advertising/exposure for the club
- Some members expressed concern over large dollar amount
- Motion passed for the club to spend \$8,500 for this event (19 members voted in favor) with the condition that the speaker is one of the two noted above.
- Blue Marsh GO day
  - Will be held Saturday 6/10/2017 from 10-3
  - The club will have a table; volunteers welcome
- Charity Committee – Shaun Luther
  - Committee is looking at a project to restore the Scarlets Mill Bridge

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- Still in the information-gathering stages, not ready to vote
- The bridge was built in 1881 and has historical significance, but is in dire need of repair
- The bridge is situated on private property with no easements on record
- Communication Committee – John Durand
  - No update
- Scholarship Committee – Beth Auman
  - All scholarships have been awarded but checks have not been sent yet.



#### New Business

- Bike Ride – Swamp
  - Next ride is scheduled for 7/22/2017 at 9:00 am
  - Stay tuned for more information as the date gets closer
- PA Greenways and Trails Summit to be held 9/24 – 9/26
  - Beth Auman is on the committee
  - Currently planning programming for the event; looking for sponsors
  - Motion for \$500 for sponsorship passed; good exposure to community

#### Old Business

- None

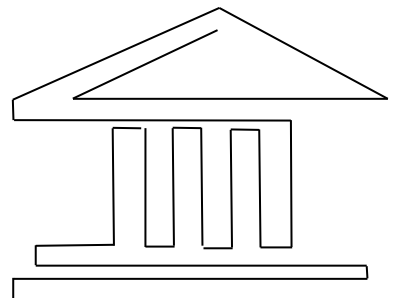
The meeting was adjourned at 8:30 pm.

### WELCOME TO OUR NEW PACER MEMBERS!

Jane Setley  
Kristen & Brad Mengel  
Rebekah Underwood  
Mark Poserina  
Adam Troxel  
Barry Hannahoe

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**PACERS  
GIVING BACK  
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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](mailto:editor@pagodapacers.com).

- ♥ The Charlie Horse Trail Half Marathon raised \$3,000 to be donated to Special Olympics of Berks County
- ♥ The May 10 Wednesday night run collected supplies for local women's shelters
- ♥ The Pacers participated in Blue Marsh Lake's Get Outdoors Day, an annual event to raise awareness about opportunities and safety for outdoor recreation in Berks County



Charlie Crowell, Bobber the Water Safety Dog, Steve Maguire, and Missy Drogo watch as children do the kids fun run at Blue Marsh Lake's Get Outdoors Day on June 10.



## RUNNER PROFILE: PHIL LECHNER "Phil the Family Man"

by Matt Brophy

Phil Lechner has been running since his days on the middle school track team in Oley. In high school, he ran track and cross country (with Mike Yoder as his coach). For college, Lechner left PA to go to Flagler (in Florida), where he continued to compete. While home during summer breaks, he started running with the Pagoda Pacers in order to get ready for the Fall season back at school.

After graduating a semester early, Lechner remained in Florida for a year and a half to coach, before returning to Berks County. Now he lives in Muhlenberg Township with his wife, Andrea, and the two are expecting a son toward the end of July. (Currently, they are far outnumbered by the non-human residents in their home, including 2 dogs and 6 cats.)



*Phil, sporting his Pacer attire, with wife Andrea*

Lechner teaches history for the Reading School District at the Reading Muhlenberg Career & Technology Center, and he also coaches junior high cross country and track at Wilson. He is as passionate about history—especially military history—as he is about running. He knew he wanted to teach history since he was in third grade. "I get to embrace my passion while getting paid for it."

Not long after college, Lechner started running ultras. While he had never been fast enough to stand out among 5k and 10k runners, he started to realize that his body was able to adapt quite well to longer endurance races. Running with the Pacers was also a significant factor when it came to jumping into ultras: "This group can talk you into doing anything crazy," he said.



*Phil receiving his 5-year finisher award at the MMT 100 Mile race.*

Over the past two decades, Lechner has accumulated an impressive number of finishes on epic, challenging courses, including seven 100-mile races. (He's also finished the Bull Run Run 50-miler 17 times.) His most memorable race was the 2012 Masanutten Mountain Trails 100-miler. He received an award that year for having completed the event five times, and it was also a PR for him, at 27 hours and 35 minutes.

In the future, he hopes to finish at least 3 more 100-milers (possibly Oil Creek, Eastern States, and Kettle Moraine), in order to have ten total.

He also would like to keep piling up as many Bull Run finishes as possible.

It's not racing, though, that's at the heart of Lechner's motivation for running—at least not the competitive side of racing. He still likes to "run races," he explained to me, but he no longer likes to "race races." When driven to compete, running felt more like a job to him. Now, Lechner says, the social side of running is what he loves most about it. "I don't like running by myself," he told me, "and I doubt I would keep running if this club didn't exist."

As coordinator of the club's weekly, year-round Wednesday Night Runs, Lechner is a vital cohesive force for the club's social activity. Before each run, he devotes a couple minutes to announcements for upcoming club events—encouraging everyone to get involved—and he welcomes new members. Once we get moving, he makes sure no one gets left behind.

In addition to facilitating the weekly group runs, Lechner also serves on the club's Community Service Committee and Charity Committee. Starting this year, he also plans on helping co-direct the Junior High XC Fall Invitational with Tom and Gwyn Chobot. He is proud of the many years he has already devoted to the club and optimistic about the positive direction in which the club seems to be moving. He believes that the more we do in terms of positive community involvement, the more the club will grow and thrive.



*After a recent Bull Run Run 50 Miler, which Phil has completed 17 times.*

At its core, Lechner feels that the club is more about family than it is about running. To demonstrate the point, he shared this story: Fifteen years ago, during a period when he did not have health insurance, Lechner suffered severe burns in an accident. After a Wednesday Night Run that he hosted, the Pacers "passed a hat," collecting over \$400 to help him cover his medical expenses. He was deeply moved and inspired by that spontaneous generosity. "We take care of each other," he said. "When people need help, we will help them."

Sounds like a pretty good definition of "family" to me.

## 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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Also check out the July updates for the Brooks Ghost and Hoka Clifton shoe models!

Pagoda Pacers Athletic Club  
 P.O. Box 4115  
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[www.PAGODAPACERS.com](http://www.PAGODAPACERS.com)  
 Meetings: 2nd Thursday of each month  
 Annual Dues: \$15 Individual; \$25 Household

### 2017 PPAC Officers

- President ..... Larry Drogo
- Vice President ..... Ben Gallen
- Treasurer ..... Shaun Luther
- Secretary ..... Libby Klopfenstein
- Race Results Coordinator ..... Karen Rule
- Run/Charity Coordinator ..... Phil Lechner
- Race Management ..... Ron Horn
- Membership Coordinator ..... Dave & Mike Gallen
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