



Reading, Pennsylvania

FROM THE PRESIDENT

Hi Pacers -

This month I would like to explain some of the volunteer opportunities we always have going on. First and foremost we always need people before the races to help set up, parking and registration. During the race we can always use people to direct runners along the route and help directing people into the chutes at the finish line. After the race, volunteers help with serving food, awards and cleanup. If you are interested in volunteering about an hour of your time you can contact the race director or me with any questions. It is always a good time and you get to meet a lot of Pacers.

SAVE THE DATE

4/22/17 - Mt. Penn Mudfest 15K
 5/28/17 - Charlie Horse Half Marathon
 6/25/17 - Run for the Ages 10K

Beside the races we are always looking for people to help out on the Social Committee. If you have an interest in an event that you think other people might enjoy come to one of our monthly meeting and pitch you idea. Another way is to just contact someone on the social committee and ask them how to go about running an event.

If you would like to help out with a community project you can contact Mike Y. who works on the trails at Blue Marsh to keep them open. Polly runs a cleanup and painting session at the Pagoda which was much appreciated. Phil L. is always collecting for the women's shelter and the Animal Rescue League and can direct you in how to volunteer.

Some of our upcoming events are the Shiver by the River, and Wally Ball that is always a good time. Walt has been running the Wally ball for a few years by himself and always does a good job; this is the kind of involvement that keeps our club as the number one in the area.

We as a club have no paid employees and depend on each other to keep our club running. Where else can you have so much fun, meet people and run the pounds off while helping your community. In ending I would like to reinforce our need for volunteerism of any kind or

MARCH MEETING LOCATION:

BLIND HARTMANS TAVERN

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

amount, we can only continue if we all share the load. See you at the next Race.

Larry

March 2017 UPCOMING EVENTS

3/3/17 **Wallyball Night**, Colonial Fitness
 Friday 7:00pm–10:00pm
 See Page 2 for Details

3/9/17 **General Membership Meeting**
 Thursday 7:00pm, Blind Hartmans Tavern
 2910 Pricetown Rd., Temple
 *Note: Food served at 6:30pm

3/12/17 **Shiver by the River #4 & Banquet**
 Sunday 11:00am - 5K and 10K
 Jim Dietrich Park, 4899 Stoudts
 Ferry Bridge Road, Muhlenberg Twp.

GROUP RUNS

Start Time: 6:15pm Wednesday

March 1, 2017

Run: LA Fitness Parking Lot
 Berkshire Blvd. & State Hill Rd., Wyomissing
Eat: Santino's Restaurant
 1 Wellington Blvd., Wyomissing

March 8, 2017

Run: Wyomissing Quarry Soccer Fields
 Lancaster Ave/Route 724 (behind WaWa)
Eat: Paolo's
 2840 Lancaster Pike, Reading

March 15, 2017

Run: Hampden Park / Reading High School
 801 N. 13th St., Reading (north side of HS)
Eat: Blind Hartman's Tavern
 2910 Pricetown Road, Temple

March 22, 2017

Charity Run benefitting local animal shelters
Run: Alvernia University
 Adams Street & Greenway Terrace, Reading
Eat: Mimmo's Restaurant
 209 Morgantown Road, Reading

March 29, 2017

Run: Blue Marsh Lake Stilling Basin (Lower Lot)
 Palisades Road (across from County Welfare Rd)
Eat: Blue Marsh Italian Restaurant
 5035 Bernville Road, Bernville

RACE RESULTS

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

Shiver by the River #3 (Feb) 5K

4/190	Kyle Gery	18:49
15	Laura Mooney	20:53
29	Brett Lynch	21:58
30	Jeff Fussner	22:42
32	Jim McKeon	23:03
53	Noah Govern	25:34
64	Ann Gery	26:17
82	Jeff Snook	27:13
91	Joanne Patti	28:23
94	Ellie Vanderbeck	28:34
98	Mark Mazurkiewicz	28:51
105	Tanara Govern	29:32
108	Steven Holgate	29:49
121	Larry Drogo	30:47
141	Karin Long	32:13
145	Tiffany Pantoja	32:47
154	Charlie Crowell	33:34
177	Judy Anttonen	39:00
186	Whitley Cooke	44:00

Shiver by the River #3 (Feb) 10K

5/94	Steve Koch	39:24
6	Jon Durand	39:57
8	Scott Thomas	40:39
9	Steve Maguire	41:12
12	Jess Gockley	43:19
18	Missy Oswald	44:27
20	Raine Fussner	45:22
22	Elaine Cook	46:01
37	Joe Long	48:29
40	Katie Thomas	49:14
41	Andrew Styer	49:15
42	Mike Yoder	49:19
44	Laura Werner	49:48
56	Janine Beidler	52:34
59	Donna Ornosky	53:05
63	Mike Ranck	54:18
83	Barbara Raifsnider	1:00:40
84	Kristen Barone	1:00:48
86	Mike Reese	1:01:19

Frozen Snot Half Marathon

47	Mike Ranck	4:56:40
----	------------	---------

Krispy Kreme 8K Challenge (NC)

540	Mike Ranck	55:59
-----	------------	-------

Arizona Rock 'n' Roll Half Marathon

David Simpson	1:29:20	11th M 45-49
---------------	---------	--------------

Phunt 25K

50/442	Duane Renninger	2:29:5
54	Ruth Machamer	2:30:40
295	Steve Holgate	3:31:13

Phunt 50K

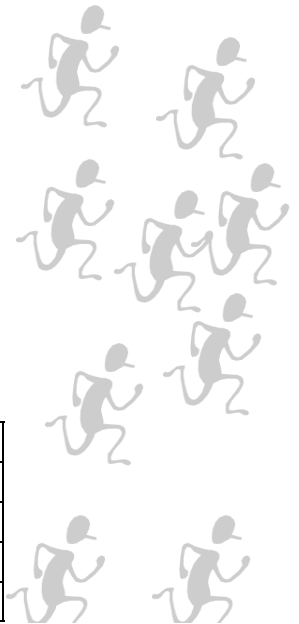
40	Mike Reinhart	6:14
90	Angie Piskorski	7:36
97	Jim Demsko	7:37

Reading Fire and Ice 5K

11/149	Elaine Cook	22:14	1st Female
12	Mike Whalen	22:17	1st M55-59
14	Karen Rule	22:34	2nd Female
31	Janine Beidler	25:51	1st F35-39
46	Joanne Patti	28:20	3rd F55-59

WELCOME TO OUR NEW PACER MEMBERS!

Lauren Shirey
 Doug Clipsham
 Shellen McClellan
 Jeffrey Huesman
 Christine Huesman



www.LehighPI.com
NICHOLAS GROUP
 INVESTIGATIVE AND
 SECURITY SPECIALISTS

- INVESTIGATIVE
- SURVEILLANCE
- PROCESS SERVER
- LITIGATION SUPPORT
- SECURITY CONTRACTOR
- FIREARMS INSTRUCTION
- INTERNATIONAL CONTACTS

(484) 809 – 9101



Specialized Support Since 2010

Adam Nicholas Nowicki, P.I., LPQ, PA LWT Act 235 Cert., U.S. DHS Certificates,
 NRA Firearms Instructor, NRA Range Safety Officer, Glock Inc. Certified Armorer

PA CP-06-MD-0000322-2010 LICENSED, BONDED, INSURED. PA ACT 235 AGENTS

GENERAL MEETING MINUTES

By Libby Klopfenstein

Date: 2/9/2017

Time: 7:00 PM

Location: Blind Hartman's Tavern, Temple, PA

Larry Drogo, president, called the meeting to order.

Treasury Report: Shaun Luther

- 2016 taxes are in process
- \$2,000 paid toward next mailing
- Invoices for approximately \$2,200 went out in January; approximately \$1,000 have been paid so far.
- There was some discussion as to why club membership was required in order to place an ad in the Pacer's monthly newsletter. Cost to place an ad is relatively inexpensive, therefore the newsletter gets overrun with ads and costs exceed the benefit. Therefore the membership requirement to place an ad will remain in place.
- Registration is now open for Blues Cruise, Charlie Horse and Mudfest and income is starting to come in.

Committee Updates

Communication Committee – Beth Auman

- Facebook page now has 800 likes
- Membership growth is good – approximately 10-15 new members/month.
- New shoes from the Runner's World events seem to persuade new members. Some discussion about membership requirements to get the shoes, however it was determined that this was a Runner's World event and they are looking for turn out.

Social Committee – Caroline Hill

- Bear Creek is closed because of no snow; therefore there will be no tubing event.
- Walleyball is scheduled for the first Friday in March – 3/3/17
- Rock Climbing was a success; approximately 35 people attended, mostly families this year.

Blue Marsh Day – Beth Auman

- The event will be held on June 10th
- Beth stated that she will not be able to attend this year
- Looking for volunteers to set up a table and banner for the club and talk to people about the club. There will be meetings leading up to the event. Mike Yoder volunteered to go to the first meeting on 2/16/2017.
- Beth indicated that Blue Marsh is also looking for someone to start Friends of Blue Marsh.

Scholarship Committee – Beth Auman

- Deadline for applications is 2/28/2017; to date there are only 3 apps. received and 4 scholarships to give away.
- Beth asked that if any club members have a Senior, or know of someone with a Senior who is active with cross country, to please apply.

Race Updates

Blues Cruise – Mike Yoder

- Registration is open; so far the number of applications received is ahead of last year

- This race is the biggest money maker for the club.

Charlie Horse – Brett Lynch

- Brett is looking for a co-race director/assistant to help with the race this year. Scheduling conflict with work; if no volunteers, the race may need to be cancelled.
- Race is held on May 28th this year which is the Sunday before Memorial Day.
- This has been a profitable race for the club and usually brings in approximately \$2,000 - \$2,500; all race profits go to the special Olympics.

Grings Mill – Caroline Hill

- Race is August 6th
- Online registration is open through Pretzel City Sports
- Shirts have been ordered

Mt. Penn Mudfest – Beth Auman/ Ken Seale

- Egleman's Park – April 22nd; Saturday after Easter
- Online registration is open through Ultra signup
- Food truck, beverages and pavilion have already been lined up; looking for shirts

Oley Valley – Barry Goodhart

- Number of runners is down; making changes on the application to encourage registration
 - 10k; 5 year age groups
 - 5k; used to be 10 year age groups, but going to make it a 5 year age groups to hopefully increase the number of runners.
- Hit a milestone with Oley Valley Youth League. From 1995 to 2016 the club has raised \$103,382 profit; 51% contributed to Oley Valley Youth League and 49% to club.
- Race date will be changed to the 2nd Sunday of November (11/12/2017) so that it won't conflict with other races in the area. Possibly explore the idea of encouraging vets to participate since it is close to Veteran's Day.

Cross Country – Tom Chobot – Youth Program Director

- Wants to get young people involved in club, however doesn't know what level of interest there would be.
- Club members decided that an online survey would be best to determine interest. Also looking for suggestions. The survey will be posted on FaceBook as well as sent out via email.
- Kids shoe program, purchased shoes for 7 kids last month.

Kris Kringle – Polly Corvaia

- Numbers were down from last year; no additional update.

Shiver by the River – Sue Jackson

- Race #3 of the series is being held on 2/12/2017; need volunteers to set up, do survey and keep everyone happy until the race directors get there.
- There will be a party next month with a cold buffet. The buffet will be free to the volunteers or if runners ran all three races, otherwise it is \$10.00
- Looking for door prizes

Race Director Committee

- Larry asked for meeting to determine why the number of runners and volunteers are down. Some members stated that the market is saturated and stressed the need to

(continued on Page 4)

GENERAL MEETING MINUTES, CONT'D

market a memorable event. Course is everything; outsiders seem to like 5k's or short runs since they are easy and quick. Total races now = 12, therefore one would need to be dropped if a new one is added.

- Volunteers – Steven Holgate suggested that to get volunteers, we need to be more specific about what we are asking them to do. May get new people to volunteer if they knew what they were getting in to. Larry asked the race directors to put together a job description for volunteers, also looking for suggestions of giveaways for volunteers (shirts, reflective hats, etc.). Please let Larry know.
- Mike Yoder stated that the RRCA plaque will be hung at East Ridge.
- AED training is scheduled for 2/11/2017 at the Reading Hospital. This will be the only class – not certification, just training.
- Larry suggested a club calendar for next year, either for purchase or giveaway. Looking for pictures from club members from races. Each month will feature the race for that month.

New Business

Membership – Shaun Luther

- Running into problems with new member applications not having the date of birth. Approximately 50% of the applications don't include date of birth. Need this to make sure applicant is at least 18 years of age. This is time consuming since it requires and email or phone call and in some cases the application is rejected if no response.
- Looking for ideas if the application can be set up so that the applicant cannot proceed unless this field is completed; however, it was determined that this something that paypal controls.

Charity Committee

- Looking for volunteers; volunteers will help decide where donations will go.

Reading Hospital Run - Beth Auman/Polly Corvaia/Caroline Hill

- Looking for Pacer support
- There will not be an expo this year but may have vendors at the race.

Mineral Spring Park

- Possible facility for club – is this something that the club is interested in taking over?
- Club members suggested that this might be something to share with other clubs in the area (BCTC/Bamba/Pacers).
- What would they allow us to do with the club? Possibly meetings, storage, runs? The club currently spends \$100/month on storage.

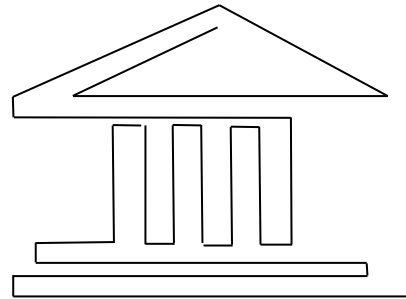
Garden Spot Marathon

- Looking for volunteers for water and aid stations.

The meeting was adjourned at approximately 8:30 pm.

LAW OFFICE OF BRIAN SEIDEL

Your Serious Injury Attorney



BRIAN SEIDEL, ESQUIRE
Attorney at Law

359 Blimline Road
Mohnton, PA 19540

Phone: (484) 335-1218
Email: seidellaw@gmail.com

For ALL your jewelry needs



VAN SCOY Jewelers

A Sampling of the many services we provide:

- Watch Batteries
- Watch Repairs
- Custom Engraving
- Gemologists on Staff
- Gem Identification
- Gold Buying
- Appraisals
- Full Service Repair Department
- Custom Designs
- Remount Events
- Pearl & Bead Stringing

Run in and ask for Caroline or Patti



Mention this ad for 10% off

Because YOU matter!

www.vanscoyjewelers.com

Like us on Facebook at facebook.com/vanscoyjewelers

Shiver by the River #3

Thank you to the 284 runners and the many volunteers who braved the cold rain for Shiver #3. Ah, but the soup never tasted better!!!

Shiver#4 will be held March 12th. As always we need more volunteers for this race. Specifically, we need 3 or 4 people willing to take results off of the board, so that the race directors can calculate results as soon as possible. We also need the usual help parking, registration, on the road, at the finish line, clean up, water stop and within the house (serving soup, constantly filling the snack baskets, and keeping the bagel table full). Anyone helping with registration, should arrive at Jim Dietrich Park between 9:00 & 9:30; anyone helping during the race, should arrive by 10:30; either way, look for one of the race directors and we can find something for you to do. At the last meeting a couple of new members expressed their concern about volunteering; they said they would like to volunteer but hesitate because they don't know what is involved. At the end of this article, I have outlined the volunteer positions for the Shiver. We had a couple of new volunteers at the February Shiver and they said they had fun! So hopefully the explanations will bring more volunteers to the races and more members can have fun!!!

The awards ceremony will be held immediately after the 4th race, at the Temple Fire Company, 4963 Kutztown Rd, which is about 3 miles from Jim Dietrich Park. This is the same location as the last couple of years. **We are looking for more door prizes.** If anyone can donate personally, or secure a door prize, please bring it to the 4th race or to the March meeting. To be eligible to win a door prize, simply complete the survey at the awards banquet. A cold buffet will be served shortly after noon, followed by door prizes and then the awards. Due to the costs associated with the party, we will follow the guidelines we established a couple of years ago.

The party is FREE to everyone who has either:

- Finished 3 or more races in this year's series – **please bring your race number from the 4th race to the party, it will be your ticket for free entry.** We will place an additional label on the back of your number which will indicate your eligibility.
- Assisted with any of the races.
- Paid for the series.

We will be charging all others (including Pacers who do not fall into one of the above categories), a \$10.00 fee to help cover some of our costs.

Remember, to help us maintain accurate results, **DO NOT COMPLETE ANOTHER REGISTRATION FORM** if you already ran this year. If you paid for the series, registration is in the front room of the house. If you are paying race by race, we have a number for you at the 'single race registration' table in the 2nd room. If you have not previously registered for the 2016-2017 series, registration is also in the 2nd room.

Thank you to the following volunteers from recent Shivers:

Shiver #2

Barry Goodhart
Jay Manwiller
Karen Sinnen
Alicia Bradley
Katie Exas
Susan Ross
Donna Hey
Michael Whalen
Phil Lechner
Mel Marinaccio
Joanne VanHorn
Ralph Anttonen

Brittany Ross

Missy Drogo
Polly Corvaia
Beth Witkowski
Larry Drogo
Jesus Rodriguez
Ted Andrus
Mark Andrus
Brad Sinnen
Ben Delp
Jim Harper
Tom Chobot

Shiver #3

Barry Goodhart
Jay Manwiller
Jeanne Gochbauer
Alicia Bradley
Katie Exas
Jen Dinatally
Michael Whalen
Phil Lechner
Libby Klopfenstein
Joanne VanHorn
Doug Zechman
Shaun Luther

Missy Drogo

Polly Corvaia
Ken Seale
Larry Drogo
Jesus Rodriguez
Ted Andrus
Lisa Luther
Brett Lynch
Brad Sinnen
Ben Delp
Mike Yoder
Laura Mooney

Volunteers: Different races may require different types of volunteers. For instance, trail races may need volunteers to help mark the course the day before the race. Our longer trail runs (i.e. Blues Cruise) have more elaborate aid stations. I can't speak in detail about some of these, so I will focus on what the Shiver uses, but registration, parking and cleanup are pretty standard. At the Shiver, in most cases, new volunteers are working with experienced volunteers. We never want to leave someone out there on their own, trying to figure out what to do.

Parking – This can be daunting if a volunteer doesn't know where cars can or cannot park, but at the Shiver (and a lot of races) we have seasoned volunteers who are more than happy to offer help to new volunteers. Our parking volunteers work together, just passing the cars along until each area is filled. If someone new wants to help with parking, the race directors will introduce the volunteer to someone specific who will explain the volunteer's duties. And after a few times, new volunteers will be coming to you!

Registration – For pre-registration, the volunteers simply give the bib and shirt to the runner – no registration form, no money is collected. Post-registration: At our December race we have 1 table for those runners who are registering that day. We have volunteers collecting the money and completing the information on the bib; with more volunteers handing out shirts. Because we are a series, at our January, February and March races, we have a 2nd post-registration table for those runners who are paying race by race. Once a runner registers for a single Shiver race, we print a label for the runner. At this table, the volunteers collect the fee and hand the bib to the runner – no need to process a registration form.

Food – we offer bagels, soup, cookies, pretzels, etc. to the runners after they finish the Shiver. Therefore, we use volunteers to cleanup up the registration area and set up food. Some volunteers fill soup bowls; other volunteers keep the bagel table and/or the snack table full of food. We always have at least 1 or 2 volunteers who have done this month after month, year after year, who can coordinate this effort, so no one is left wondering what to do.

Intersections – our course is very well marked (as are all Pacer races); so this involves standing at a marked intersection and directing the runners which way to continue. It may also involve stopping traffic. Because of the number of intersections and the number of volunteers, usually the volunteer is at the intersection by themselves, but there is usually another volunteer within a block. The one question we are trying to resolve is "how do I know when the last runner has passed me". We are looking into a possible sweeper.

Water Stop - this involves keeping the water cups filled, handing out water and cleaning up the cups that are tossed by the runners.

Finish Area – the Shiver hires Pretzel City Sports to do our timing and finish area; however, we do provide a few volunteers to help. Volunteers are sent to Ron, or whichever PCS employee is in charge of the finish area. That person will instruct the volunteer. This might involve keeping people in order; directing runners to go thru the finish chute or to continue for the 10K; or taking tags off of the runners.

Cleanup – Ah, we all want to go home at the end of the day. This involves packing all left over supplies; emptying water containers, cleaning Gatorade containers and loading the supplies in the race directors' cars.

Results - for our 4th race, only, we need to process results immediately, so we can calculate awards. Therefore, we need volunteers who will copy the results off the board. We also need a runner to bring those results to race directors in the farm house.

Awards Party – we have an awards party after the 4th race. Runners who have run the series are free, but others must pay a fee. We need 1 or 2 volunteers to sit at the door at Temple Fire company and collect money or allow series runners to enter.

Hopefully this information is helpful and perhaps we will see some new faces at the Shiver and at many of the races we sponsor.

Sue, Steve & Kelsey

Come out and play
~Wallyball~
with the Pacers



WHEN: **Friday, March 3**
7:00 - 10:00pm

WHO: Pacers & their families

WHERE: Colonial Hills Fitness
172 Shillington Rd, Sinking Spring, PA

COST: \$5 per person

Wallyball is a game similar to volleyball (played on a racquetball court), with the added fun of using the walls as a playing surface. This "off-the-wall" game is easy to learn and a lot of fun to play.

We'll form teams of 4 or 5 people and just play for fun. When not playing, we'll have available some food as well as an assortment of beverages.

If you have any questions, don't hesitate to call or email Walt Fessler at walt@lambertspawn.com or 610-223-6814.

BEAT BEETHOVEN!

CALLING ALL RUNNERS and WALKERS!!!
Mark your calendars!!!! **APRIL 30, 2017!!!**

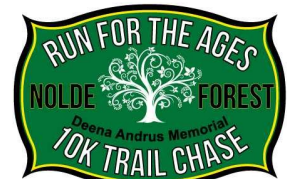
Catch the Beat...we have a great day in store for you...the SIXTH Annual "BEAT BEETHOVEN!" 10K/5K Run will take place on the beautiful campus of Alvernia University in Reading PA.

The starting gun (10 am) will be the downbeat of a one-hour, free concert by the 120-member Reading Symphony Youth Orchestra and your challenge is to finish the Race before the music stops. We also have a 1-mile Fun Run/Walk in place for kids and adults alike. The \$25 fee (pre-registration April 15th) is an appreciated contribution to the Reading Symphony Orchestra—one of the nation's oldest and most highly regarded music organizations. It is about to enter its 104th Season. The registration fee includes a high-tech, wicking "BEAT BEETHOVEN!" T-shirt, gift bag, and post-race gathering of friends with multiple awards and refreshments.

The wheel-measured course winds through the Alvernia campus, the adjoining Angelica Park. All surfaces are either macadam or groomed gravel. Online registration available Pretzelcitysports.com.

RUN FOR THE AGES - Sunday, June 25

Planning for this year's Run For The Ages is in the works. The Application is at the printer and sponsors are being lined up. This years race will be Sunday, June 25, 2017 in Nolde Forest with the first runner starting at 8:30AM. As in previous years, runners will start at staggered times depending on age and gender. Hence, you get to challenge friends, co-workers and family members to see who really is the fastest on a "level" playing field. It also means runners who are age group competitive can win the whole race outright! One thing already confirmed: there will be a pair of Southwest Airlines tickets raffled off post race! Put the date on your calendar and round up some family and friends to race with you.



Protect What's Most Important in Your Life.

Your family.

Your business.

Your home.

Your health.



 The Motorists Insurance Group, You know us.®

Call us at (610) 777-4123
or visit us online at www.galleninsurance.com

RUNNER PROFILE: JOANNE VAN HORN

“Running with the Girls”

by Matt Brophy

It takes a special kind of badass to strap on a headlamp at 5am and head out for a run, no matter the weather, no matter the time of year. Joanne Van Horn is such a badass.

“I love running with my girls,” she told me. (Lauren Zuidema and Kim Drake are her partners-in-badassery for these early morning jaunts.)



The East Norriton native has been running since high school (Archbishop Kennedy), when she ran track (sprints to 1600 meters). She also ran recreationally in college (West Chester University), including her first 10k. But it wasn't until she was 39 that she started to go longer. That year she ate up all of Philly's big road races: Broad Street, Philly Half Marathon, and the full Philly Marathon.

Over the next few years, she continued hitting the roads (a couple more appearances at Broad Street plus a Steamtown Marathon) before discovering trail running in 2007. Sorita Averill-Fitzgerald, owner of A Running Start, invited her to Thursday Night Runs, where she met Phil Lechner, who lured her into the Pagoda Pacers. That fall, she found herself running her first trail run (Dirty Bird 15k at French Creek State Park).

That magical combination of camaraderie and nature continued to ignite Van Horn as she tackled a variety of trail races over the next few years: Chilly Cheeks, Mt Penn Mudfest, Double Trouble. (She also threw in a couple sprint triathlons, but the swimming and pavement were turn-offs.)



Joanne, 3rd from left, at 2009 Blues Cruise

In 2009, she broke into ultra territory, running her first 50k at Blues Cruise. This would become her new favorite distance. The following year, she ran another 50k in Punxsutawney (shout out to Marsha Latimer, who helped her through it).

In 2011, shit got crazy: a month after her third 50k (HAT in March), she pounded out her first 50 miler (Bull Run). Then, under the blazing summer sun, she ran another 50k in Maryland—Catoctin—where they passed out laminated cards as finisher awards.

Since then, not much has been able to slow Van Horn down. She's piled up 3 more finishes at Bull Run, plus a Stone Mill 50 miler. Last year, she completed her first 100k at World's End. One of her most memorable races, she told me, due to an amazingly scenic course, was the Gorge Waterfalls 50k, in Cascade Locks, Oregon, which she ran in March of 2015.

What has been the secret to her success?

“I tend to stay with my pack,” she told me. Rather than worry too much about pushing her pace and getting a PR, Van Horn prefers



Joanne with some of her girls: On Horse-Shoe Trail, after Patapsco Valley 50K, and approaching the finish line at Bull Run Run 50 Mile.

to run her races with friends. More social than competitive, she considers a race most successful when she is able to keep stride and company with the likes of Liz Glass, Karen Rule, Heather Nowicki, and Libby Crockart. “I have trouble motivating myself to do a race without at least one of them,” she said.

In addition to running, Van Horn enjoys road biking (when the weather is nice), skiing, and yoga. When it's time to relax, you might find her sampling some craft beer and the new Jodi Picoult novel in her Douglassville home, where she's lived since 2000 with her husband Pete. She is also devoted to her son (Randy, 24), her step-daughter (Emily, 22), and her students (she works as a speech-language pathologist for the Montgomery County Intermediate Unit).

As a Pagoda Pacer, Van Horn has loved both the running and the non-running social events. “If we hadn't run the baby buzzard last weekend,” she told me, “I probably would've gone rock climbing.” There's always something going on, and there are always club members willing to help you meet your goals. You can show up to a group run, nursing an injury, and Pacers will accommodate you, making sure you don't get left behind.

“This is why we can never leave Berks County,” she told me. Other locales might have equal or greater trails, “but could we ever find a similar crew?”



**Chester County
Running Store**

Your Local Running and Walking
Headquarters!!

Don Morrison

Suburbia Shopping Center
38 Glocker Way
Pottstown, PA 19465

610.327.4843 Phone
610.327.4864 Fax
www.runccrs.com
donccrs@verizon.net

Our 4th Annual St. Paddy's Pub Run!

Kiss the blarney stone and join us on March 17th at 6:00 pm for our 4th Annual St. Paddy's Pub Run, co-sponsored by A Running Start, Saucony, Barley Mow, PJ's Athletic Club and Saucony Creek Brewing Co!

This is NOT a race! It's a 3-4 mile fun run around beautiful Wyomissing, mainly on borough trails.

\$5.00 participation fee (no registration) includes:

- Craft beer pilsner voucher for run participants at Barley Mow!
- Snacks and refreshments from local restaurants
- Saucony demo shoes and swag - plus stellar Saucony discounts!
- Follow us on Facebook for updates and details!



705 Penn Avenue, West Reading, PA
610-320-9097 www.arunningstart.biz

10% OFF shoes for Pagoda Pacer members & local track team members!

The newsletter is published monthly. To submit an article for publication, or inquire about advertising, email editor@pagodapacers.com. The deadline for submission is the 15th of each month.

- 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
- Youth Coordinator Tom Chobot
- Newsletter Editor Beth Auman
- editor@pagodapacers.com
- Webmaster Ed Recker
- webmaster@pagodapacers.com

2016 PPAC Officers

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

Pagoda Pacers Athletic Club
P.O. Box 4115
Reading, PA 19606
www.PAGODAPACERS.com

PRESORTED
STANDARD
US POSTAGE PAID
READING, PA
PERMIT #160