

SINCE 1980

PAGODA PACERS



ATHLETIC CLUB

Reading, Pennsylvania

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

FROM THE PRESIDENT

Afternoon Pacers,

Where did the summer go? With the end of summer, the best time of year to run is coming. With the leaves falling and the brisk air, what more can you ask for than a long run along the river or in the mountains? We are truly blessed with all the great places to run in Berks County.

One thing I would encourage our members to do is to get involved with your local government to keep these trails open. This could be as simple as talking to neighbors, organizing or going to meetings at the local level or volunteering at your local park or trail association. Encouraging our local representatives to maintain and add trails to your area does work more than you may know. Without our input our representatives don't realize how important these things are to the local community. So anything you can add to the conversation about open spaces and trails does help the greater cause.

Now by the time you get this the Blues Cruise should be just finishing. As usual I am sure it will be a great success. The great thing about this race is how many people are involved in making this race happen. Besides all the planning up to race day that Stephan and Mike do, there is a mass of volunteers on race day that make it happen. Last year the setup started before the sun came up with masses of volunteers unloading Stephan's trailer and setting up for the racers to come. Next registration and the cooking from Stephan's family, great German food. During the day the numerous aid stations, each one trying to outdo the others in cooking and theme dress. Looking on the website you can see the imagination the captains have. At the end this year Stephan and Mike added a bell to be rung by the finishers, a little extra reward after a long endurance race. This is the kind of thing that keeps this race special, making it a great experience for the runners and volunteers.

Last month I mentioned some people who stand out in helping with the club but do not always get the recognition they deserve. This month, I would like to call out Stephan and Family, for making the Blues Cruise one great run. We also have Laura our new race director. Barry G. and Lenny, who run the Oley race. Bill B., who provided us with our tapping system, in use at our Pacer events. Benny and Whitley who volunteer at just about every event. Erik and Libby who run the Mudfest and volunteer all the time. Ken and Jen who are always behind the scenes making things happen. Enough

(continued on next page)



SAVE THE DATE

11/4/17 - Fall Bonfire
 11/12/17 - Oley Valley 10mi/5K
 12/1/17 - Christmas Party
 12/10/17 - Shiver by the River #1
 12/31/17 - Kris Kringle 5 Mile

October 2017 UPCOMING EVENTS

- | | |
|----------------------|---|
| 10/1/17
Sunday | Blues Cruise 50K , 8:30am
Blue Marsh Lake, Lakeview Pavilion |
| 10/10/17
Tuesday | Women2Women Launch Event
Featuring Kathrine Switzer
(Sponsored by Pagoda Pacers)
5:00 - 8:00pm
Doubletree by Hilton Hotel, Reading |
| 10/12/17
Thursday | General Membership Meeting
Gianotti's Country Manor
6:30pm - Food; 7:00pm - Meeting
3118 Pricetown Road, Temple |
| 10/15/17
Sunday | Reading Hospital Road Run
Volunteers Wanted
Contact Caroline Hill for Info |
| 10/21/17
Saturday | Junior High Cross Country Race
9:00am - Reading Fairgrounds
Volunteers Needed! (see Page 6) |

GROUP RUNS

Start Time: 6:15pm Wednesday

October 4, 2017

Run & Eat: Karla Reppert's home
218 Stitzer Ave., Wernersville

October 11, 2017

Run: Boyertown Community Park
417 Madison Street, Boyertown
Eat: Spunktown Tavern
699 Englesville Rd., Boyertown

October 18, 2017

Run: Thun Trail/Brentwood Parking Lot
Route 10 / Morgantown Rd, Reading
Eat: Mimmo's Restaurant
290 Morgantown Rd (Rt 10), Reading

October 25, 2017

Run & Eat: Dan Smith's home
21 Spring Meadow Lane, Reading

FROM THE PRESIDENT, CONT'D

for this month if you didn't make this month's list keep volunteering I'll get you in soon.

Some of you may know that I lost my father last month. In my time of grief, I was totally overwhelmed by the outpouring of support from my fellow Pacers. In any group you may make great new friends, new acquaintances, and some that you may not always get along with. The difference I found with the Pacers is the feeling of belonging to a family where we all support each other in time of need. I want to send out my own and my family's appreciation for all the condolences and offers of help that we received. This is what the Pacers are all about. Maybe it is the running alongside each other for hours at a time that brings us closer, or all the get together before and after a run, but whatever makes our club different, I am glad to be a part of it.

Hope to see you at the next run.

Larry Drogo

PACERS GIVING BACK IN BERKS

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.



- ♥ Race director Ted Andrus presented check for \$2,000 to The Friends of Nolde.

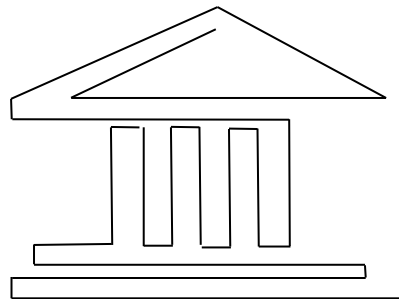


Lisa Miller, Nolde Park Manager, Larry Drogo, Ted Andrus, Jen Stinson—President of Friends of Nolde, Rachel Baur—Environmental Education Program Director at Nolde.



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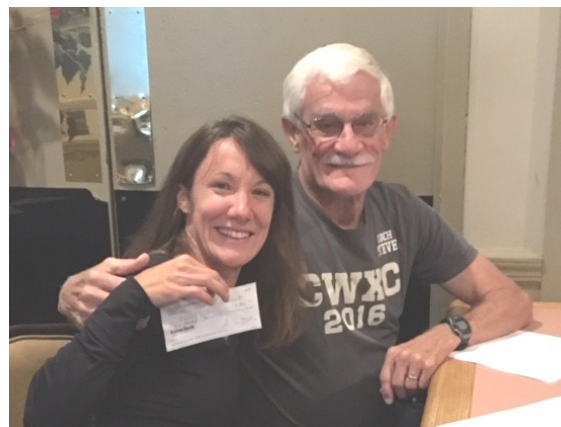
BRIAN SEIDEL, ESQUIRE

Attorney at Law

359 Blimline Road
Mohnton, PA 19540

Phone: (484) 335-1218

Email: seidellaw@gmail.com



Receiving check for Berks County Cross Country Coaches Association are Conrad Weiser coaches Lauren Ressler and Steve Young.

- ♥ Pacers made their annual donation to Berks County Cross Country Association from proceeds from the Kris Kringle Run



Kyle Gery, BCSO Manager Heather Foltz, Charlie Crowell

RACE RESULTS

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

LVRV 5K July

Raine Fussner	22:37	1st F50-54
Jeff Fussner	22:44	3rd M50-54

Pocono Rev 3 triathlon Olympic

Jeff Fussner	2:53:53	5th M50-54
Raine Fussner	2:55:16	1st F 50-54

Bouncing Buns 7K

Helene Horn	62:19
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Ben and Tim's 5K

Judy Anttonen	38:31	1st F 70+
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Quarterback Club 5K

Judy Anttonen	37:51	1st F70+
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Hyner Half Trail Race

49	April Zimmerman	2:52:31	3rd F 30-39
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Hazy Open Water 5K Swim

Tom Kohl	1:26:14	2nd Male
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Jarrett Yoder Memorial 5K

Jeff Dorko	29:05	2nd M50+
Barbara Raifsnider	35:54	2nd F 50+

Sly Fox Track Club Wed Night race 5k- September

Jeff Dorko	28:20	3rd M60+
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Via Lehigh Valley Half Marathon

Jeff Dorko	2:35:32
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Bird in Hand 5K

Colleen Fitzpatrick	33:13
Helene Horn	33:14
Ron Horn	40:09

Labor Pains 12 hour trail run Distance (miles)

2/344	Anna Piskorska	62	11:16:19	1st Female
3	Donny Mengel	62	11:25:51	2nd Male
10	Brooke Schell	62	11:59:31	1st F40-49
15	Mike Whalen	55	10:51:29	2nd M50-59
16	Laura Mooney	55	10:52:25	2nd F40-49
17	Rhoda Smoker	55	10:52:26	1st F30-39
18	Steve Vida	55	11:08:03	
20	April Zimmerman	55	11:35:26	2nd F30-39
25	Jim Blandford	50	9:26:31	
28	Jill Roper	50	10:02:53	
36	Brandon Beane	50	10:35:14	
46	Jen Seale	50	11:11:49	
50	Michael Reinhart	50	11:17:14	
73	Tom Chobot	45	11:15:26	1st M60-69
84	Gary Long	40	8:29:53	
95	Brock Kline	40	9:23:41	
97	Jim Demsko	40	9:34:08	
133	Tania Salaneck	35	10:19:47	
149	Andrew Styer	31	6:25:17	
172	Donna Hey	31	7:43:15	
175	Katie Frederick	31	7:57:00	
190	Jane Setley	31	8:39:38	
198	Kristen Rothenberger	31	8:53:53	
200	Julianne Kern	31	8:56:11	
208	Beth Auman	31	9:19:25	
211	Jason Glass	31	9:29:03	
219	Joanne Patti	31	9:40:34	
220	Janine Beidler	31	9:40:34	
238	Tiffany Pantoja	31	10:15:33	
239	Helene Horn	31	10:15:34	
295	Colleen Fitzpatrick	26.2	8:31:32	
300	Tom Kohl	26.2	9:19:24	
312	Kelly Miller	20	3:57:58	
316	Eric Delahaye	20	4:35:44	
333	Kim Kohl	15	4:42:38	

Tim Kerr 7 miler- Avalon, NJ

Karen Rule	55:07	
Dave Rule	1:08	3rd M70+



GENERAL MEETING MINUTES

By Libby Klopfenstein

Date: 9/14/2017

Time: 7:00 PM

Location: Blind Hartman's Tavern, Temple, PA

The Club presented a \$3,000 check to the Berks County Manager which will benefit the Berks County Special Olympics. This donation was made possible as a result of funds raised through the Charlie Horse Half Marathon Trail Run held by the Pagoda Pacers on May 28, 2017.

Guest Speaker – Scott Sunderland, Ranger/Park Manager, Blue Marsh Lake

- Scott thanked the club members for their participation in Get-Outdoors-Day which was held at the park in June, as well as the Billboards that were donated by the Pagoda Pacers.
- Park history dates back to 1974. The lake was built from 1974-1978 and the club opened to the public in 1979. Today approximately 9,000 people visit the park every year.
- The lake was originally built to control flood waters, provide a source of water, and maintain water quality for marine life as well as for recreational purposes.
- The first trail opened in 1983. This trail has since been expanded, and the completed loop now spans a total length of 29.7 miles. The loop was completed in the year 2000.
- Scott cautioned those who use the trails during hunting season which started September 1st and reminded everyone that Sunday is the best day to use the trails since hunting is not permitted.
- Scott also reminded club members of the leash law for dogs. A 6 ft. leash is required for dogs. Hunters are not required to leash their dogs, but must maintain control over their dog. If anyone encounters an incident with a dog, they are encouraged to call 911 which will dispatch to a Park Ranger who can assist you.

Treasury Report – Shaun Luther

- The club continues to be in good standing.
- Bank balance is currently at 89% of the targeted balance of three-years of operating expenses, so discretionary spending will be limited.
- All major expenses have been paid.

Races:

Mt. Penn Mud Fest – no update

Charlie Horse - Brett Lynch transferred all files to Kyle for next year's race.

Run for the Ages – no update

Grings Mill – no update

Blues Cruise – Mike Yoder

- 10/1/2017

•On pace for over 400 participants which would be a record number of racers

- Looking for volunteers, especially for aid stations

- Karin Long volunteered to do photography at the event

Oley Valley Country Classic – Barry Goodhart

- 11/12/2017

•Need volunteers; a volunteer sheet was passed around. Also need shirt sizes for volunteers.

- 50 people registered so far

Kris Kringle – Polly Corvaia

- Scheduled for 12/31/2017

- In process of getting checks for permits/insurance

Shiver by the River – Sue Jackson

- 20 registered so far, but still early.

Jr. High Cross Country – Tom Chobot

- Scheduled for 10/21

•This is a closed event to be held at the Reading Fairgrounds

- Need approximately 12 volunteers

Committee Reports

Social Committee –

- Swamp reported that there are no more bike rides scheduled for the year. Caroline Hill may organize a ride
- Picnic was held on 9/10/2017 at Cacoosing Park
- Bon Fire – Mike Yoder has scheduled for 11/4/2017
- Christmas Party – Dave Gallen has scheduled for the 1st Friday in December, 12/1/2017, from 6pm-11pm at the Grill Fire Co. Music will be from 8pm – 11pm

Communications Committee –

- Monthly email blasts are being used to send out important updates/events to club members
- The Club Facebook page is also being used to advertise events

Community Service – Phil Lechner

- Charity runs have received a very positive response
- Phil said enough goods were collected from the runs to deliver



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- goods to two animal shelters and two women's shelters.
- 60 pairs of shows were also collected
- Wednesday night runs have been successful.

Charity Committee – no update

Scholarship Committee

- Applications are open; deadline is February

Reading Hospital 1/2 Marathon

- 10/15/2017
- Beth Auman and Caroline Hill are co-chairs
- Need volunteers
- Karen Rule has established a team called the Pacerettes, please feel free to join this team of Pacers to participate in the event.

Membership Committee – Dave Gallen

- Members = 500+ members; averaging approximately 1 new member/week.
- Receiving good feedback from members about the club newsletter

Old Business

The Pagoda Pacers have partnered with Women-2-Women to sponsor guest speaker Kathrine Switzer at their kick-off event that will be held at the Double Tree Hotel on October 10, 2017 starting at 5pm.

- In connection with this partnership, the club has received 120 tickets to the event which will be raffled off to interested club members.
- Pagoda Pacers will receive advertising exposure through e-mail blasts sent by Women-2-Women reaching approximately 5,500 people. In addition, there will be an article about the Pagoda Pacer's Athletic Club along with club photos in the Women-2-Women's fall newsletter.
- Additional advertising for the club resulting from this partnership can be found in the Reading Eagle, Berks County Living, Greater Reading Young Professionals publications, as well as inclusion in various Social Media hashtags.

- Pagoda Pacer's will be given a special thank you on the screen before the presentation and a club banner will also be on display. Names were drawn for tickets. An email communication will be sent out to the ticket winners.

Meeting adjourned at approximately 8:30pm.

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23 RD ANNUAL

OLEY VALLEY COUNTRY CLASSIC

10 MILE

&

5K RUN



SUNDAY NOVEMBER 12TH 9:00 AM

OLEY, PA

THE WHAT: The Pagoda Pacers are hosting **The 23rd running of The Oley Valley Country Classic 10 Mile and 5 K runs**, its one of the areas prettiest road races through Oley Valley Farm Country. Both courses have rolling country roads and provide breathtaking country scenery as the leaves change color for the Fall season. An all abilities race for runners, walkers (5k only) , wheelchairs etc... This year's 10 Mile event also is the RRCA Eastern Regional championship.

THE WHERE and WHEN: First time on Second Sunday in Nov.

Sunday November 12, 9:00 AM

Oley Valley Youth League Fields

446 Bertolet Mill Rd. Oley PA 19547

Check-in and Day of Registration: 7:30 AM—8:50 AM

10 Mile begins at 9 :00 AM, 5K begins at 9:15 AM

Pre-Register to guarantee your shirt and finisher item. ONLY pre registered runners are eligible for the FREE Sneaker raffle drawing of the free pair of sneakers.



Race updates: Follow us on Facebook: Oley Valley Country Classic 10 Mile and 5K Run OR www.pagodapacers.com

WHAT YOU PAY AND WHAT YOU GET: Pre-Registering by October 30 guarantees a LONG SLEEVE COTTON T with this years unique Amish Hex Design AND a surprise finisher award!

FEE: \$25 if postmarked by **Oct 30**, After Oct 30 AND day of race, \$30 while shirts last, \$25 without shirt. No refunds, no mailed shirts or mailed awards. Held rain or shine. **Proceeds help benefit the Oley Valley Youth League programs and Pagoda Pacer Scholarship Fund for high school cross country athletes and associated health and fitness activities supported by the Pagoda Pacers.**

DOOR PRIZES GALORE!! Tons of door prizes for all participants ...randomly selected during the race. **Finish the run and see what else you have won!**

CASH PRIZE: Break the Course record in either the 10 M or 5K race and **Gallen Insurance** will give you \$150 CASH!!

All PRE Registered runners will be eligible for a **DRAWING** for one free pair of sneakers from Sneaker Villa!!

COURSE RECORDS: 10M: M- Floyd Mayne 52:36 (2008) F-Lisa Galvin 59:42 (2000)

5K: M-Wesley Bonilla 15:34 (2008) F-Maria Winters 19:11 (2011)

COURSE: Flat, and fast with some rolling country roads through beautiful Oley farm land. Split times provided at every mile, Aid stations on both courses. Starts and finishes at the Oley Youth League fields. See www.pagodapacer.com for course map

AWARDS: Handmade awards by local glass works artist Maggie Gallen! They are beautiful and you want to win one!

NEW FOR 2017: Five year age groups now in the 5K! Better chances to win one of 160 handmade awards.

Online Registration available on www.pretzelcitysports.com

(Closes at midnight, Wed, of race week . Small processing fee applies)

MAIL CHECK PAYABLE TO "Pagoda Pacers A.C." & FORM BELOW TO: OLEY RUN, 112 W. 36th St, Reading, PA 19606.

(Please sign waiver on back)

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Sex: M F Race Day Age _____

Date of Birth ___/___/___ Tel: (_____) _____ A.M. / P.M Circle Distance: 10M 5K

SHIRT SIZE: S M L XL E-mail _____@_____

Questions/Comments about race? Call one of the RACE DIRECTORS: LEN BURTON: 410-340-0589 leonardeburton@gmail.com



BARRY GOODHART: 484-824-5588 barrygoodhart@gmail.com

Like us on facebook <https://www.facebook.com/OleyValleyCountryClassic10MileAnd5kRun/>
Website: <http://www.pagodapacers.com/Races-Results/Races/Oley-Valley-Country-Classic.aspx>

FIVE YEAR AGE GROUPS FOR BOTH RUNS

10 Mile Awards: 1st M/F and Masters (40 yrs and over) M/F 19 & under: 2M, 2F 20-24: 3M, 3F 25-29: 3M, 3F 30-34: 4M, 4F 35-39: 4M, 4F 40-44: 4M, 4F 45-49: 4M, 4F 50- 54: 3M, 3F 55-59: 3M, 3F 60-64: 3M, 3F, 65-69: 2M, 2F, 70 & over 2M, 2F

****RRCA Championship Age Group Awards** for Top Overall Male/Female, 40 –49 yrs M/F, 50-59 M/F, 60+ M/F**

****\$150 CASH PRIZE from Gallen Insurance for breaking course record for 1ST Male & 1ST Female in the 10 Mile event!**

5K Awards: 1st M/F and Masters (40 years and over) M/F 15 & under: 3M, 3F 16-19: 3M, 3F 20-24: 3M 3F 25-29: 3M, 3F 30-34: 3M, 3F 35-40: 3M 3F 40-44: 3M, 3F 45-49: 3M, 3F 50-54: 3M 3F 55-59: 3M, 3F 60-64: 2M 2F, 65-69: 2M, 2F, 70 & over: 2M, 2F
(5K awards presented immediately after award winners are determined)

We thank all the runners who have participated in past races and encourage you to bring your friends this year! Great place to set a “best time” or in place of your Sunday “long run.” The course is all on paved roads with little traffic; volunteers, hydration aid stations, and most intersections manned. Always looking for good feedback or ideas on how to make this the best event for you ...Email us or Like us on facebook <https://www.facebook.com/OleyValleyCountryClassic10MileAnd5kRun/> Race day sign up available and shirts while supplies last. Instant results during race and posted on www.pagodapacers.com within 2 days.
5K course great for all abilities...Timing provided by Pretzel City Sports

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*** Proceeds benefit the Oley Valley Youth League programs and Pagoda Pacer Scholarship Fund for high school cross country athletes and associated health and fitness activities supported by the Pagoda Pacers. ***

A PAGODA PACERS ATHLETIC CLUB EVENT

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic and on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Pagoda Pacers A.C., the Oley Valley Youth League, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s).By entering the race, I am granting permission to the Pagoda Pacers to use any pictures or likenesses of me secured at the event in any way they seem fit without my review, restriction or compensation. This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER:

Signature _____ Date _____/2017

Been around a while?

Phil Lechner is working to assemble a list of all past Presidents and Vice Presidents of the Pacers. See below, and if you can fill in any of the blanks, please contact Phil! Thanks!

	<u>President</u>	<u>Vice President</u>
2017	Larry Drogo	Ben Gallen
2016	Brett Lynch	Len Burton
2015	Brett Lynch	Len Burton
2014	Katie Exas	Ellie Vanderbeck
2013	Katie Exas	Beth Auman
2012	Polly Corvaia	Phil Lechner
2011	Polly Corvaia	Phil Lechner
2010	Pete Giangiulio (9 mos)	Phil Lechner (3 mos Pres).
2009	Tom Chobot	Erik Leeds/Katie Exas
2008	Tom Chobot	Erik Leeds/Katie Exas
2007	Ken Seale	Greg Deland
2006	Rick Moyer	Ken Seale
2005	Rick Moyer	Erik Leeds/Katie Exas
2004	Rick Moyer	Erik Leeds/Katie Exas
2003	Dan Quinn	Bill Bradley
2002	Cathy Unruh	Bill Bradley
2001	Mark Saunders	Ed Ehret
2000	Mark Saunders	Ed Ehret
1999	Dan Quinn	Mike Yoder
1998	Swamp	Dan Quinn
1997	Swamp	Ed Recker
1996	Roy Bieber	?????
1995	Ron Horn	?????
1994	Ron Horn	?????
1993	Steve Peck	Ron Horn
1992	Sue Jackson	Glen Johnson
1991	John Weitzel	?????
1990	?????	?????
1989	Brian Grill	?????
1988	Ron Horn	?????
1987	Ron Horn	?????
1986	?????	?????
1985	?????	?????
1984	?????	?????



The Friends of
READING HOSPITAL
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Half Marathon • 5k • 1 Mile Run

SUNDAY, OCTOBER 15, 2017
\$5 Pacers-Only Discount, Use
Discount Code "PACERS17"

We will be supporting the Friends of Reading Hospital again this year with a Pacer aid station. We will also have a table advertising the club at the finish line. If you are interested in being part of this great race email Larry Drogo.

Thanks, Larry Drogo

WELCOME TO OUR NEW
PACER MEMBERS!

Donald & Becky Nissley
 Jacqueline Schultz-Shirey
 Sarah Brzostek
 John Thompson & Lauren Massaro
 Eric & Jade Wilkins
 Kalrav Khamar
 Paul Sottosanti



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RUNNER PROFILE

“Coolest Running Name Ever: Rhoda Smoker”

by Matt Brophy

Originally from Honey Brook, PA, Rhoda Smoker now lives, along with her dog Raylee, in Birdsboro, where she is a business partner with her brother, Caleb, and his brother-in-law. It was Caleb’s wife, Melissa, who talked Smoker into training for her first marathon, back in 2010. The result was a 3:57 finish at the Bob Potts Marathon in York the following May.

Soon Smoker found herself addicted to marathons. In 2013, she ran four of them (Bob Potts again—3:32 this time—plus PA Grand Canyon, Garden Spot, and Harrisburg). The following year, she ran the Boston Marathon for the first time (3:29), and has run it every year since. The race allows her to show off her downhill skills, and as a result, she had a PR each of the first 3 times she ran it, including a 3:19 in 2016. Her family typically makes the trip up to New England with her, and they all enjoy exploring the area. “The atmosphere is great up there,” she says.



Smoker on trail at the Eastern States 100 earlier this summer.

The marathon, however, is not her favorite distance anymore. It’s just not long enough. In 2013, Smoker ran the Labor Pain 12 Hour Endurance Race here in Reading, and the experience ignited a passion for ultras. Since then, she has gravitated away from roads and toward trails as she has sought out these longer distances.

One of her most memorable races was the Pine Creek Challenge, a 100-mile race on a rail trail in Wellsboro, PA. Smoker finished second overall, with a remarkable time of 17:18. The race was not only fast, but fun. It was after this, she told me, that she discovered “100 miles is my favorite distance.”

Her other 100-milers include two finishes at MMT and her recent 2nd place finish at Eastern States. This year’s MMT was her slowest, but it was also the “most fun,” because she wasn’t worried about her time, and could just enjoy the trail and the company, running most of the race with fellow Pagoda Pacer, Laura Mooney.

Her Eastern States adventure this year was actually the

culmination of her bid for the PA Triple Crown. This began with a disappointing performance at the Hyner 50k in April, which followed too closely on the heels of Boston for sufficient recovery. But Smoker bounced back with a strong race at the World’s End 100k, a course she really loves, in June. Unfortunately, she was still too far behind to win the Triple Crown, despite a top-notch effort at Eastern States. Even though the course is notoriously brutal and relentless, Smoker claims to be fond of it, noting that it has a lot of runnable downhills, which play to her strengths.

Moving forward, Smoker has her eyes on even less fathomable distances. Next year, she plans to compete in the Vol-State 500k.

(That’s not a typo—it’s really 500k. On foot. Somehow people do that.) This insanity is organized by the same sadist that brought the world the Barkley Marathons: Gary “Lazarus Lake” Cantrell. Participants have 10 days to run the 310+ mile road course



Smoker (right) with friend and pacer Laura Mooney after finishing Eastern States 100.

across the state of Tennessee, sleeping wherever they can, without the help of aid stations. (While some runners do this unsupported, Smoker plans to have a crew.)

Assuming she survives, Smoker will undoubtedly have stories to tell about that epic quest. And the opportunity to tell (and listen to) running-related stories is one of the things she says she enjoys most about being a Pacer. “I don’t have many friends who run,” she explained. “So it’s great to make it to a group run and be able to talk non-stop about running with other people who love it.” I can just imagine how people not in our “tribe” must hear about Smoker’s accomplishments, as well as her goals, and think she must be super-human, delusional, or a liar. Well I’m here to reassure them: she’s human, she’s inspirational, and she’s for real.

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**THE PAGODA PACERS A.C.'S 28th ANNUAL
SHIVER BY THE RIVER
LEGENDARY 5K & 10K "NO FRILLS" WINTER RACE SERIES
Sunday(s) Dec. 10, 2017 and Jan. 14th, Feb. 11th & March 11th, 2018
11:00 A.M. start for all races. Registration opens at 9:30 A.M.
Jim Dietrich Park, Muhlenberg Twp., Reading Pa.**

Conducted in cooperation with the Muhlenberg Twp Parks and Recreation Department / Sponsored by: A Running Start, West Reading, Pa

Please note: Per RRCA insurance guidelines, the Pagoda Pacers strongly discourage the use of headphones during any Pagoda Pacer event, including training runs, and races.

Both races start at same time and place; 10k runners do the loop twice. **ROAD OPEN TO TRAFFIC DURING RACE;**
Proceeds benefit Pagoda Pacer Scholarship Fund and health & fitness activities supported by the Pagoda Pacers.

Questions can be directed to shiverdirector@pagodapacers.com Or Kelsey Jackson (484) 336-7683 or Sue Jackson (610)779-6556

AWARDS: Only to the male and female top 3 runners in each of the 5k and 10k. However, awards are given for the overall series, based on a cross-country type of scoring (the person finishing 15th will be earn 15 points). Lowest scores in each age group will receive the awards. Both distances will be counted toward one set of awards. To be eligible, a runner must complete a minimum of 3 races (best 3 finishes count).

Series Awards to: 3 Overall Males/Females; Male/Female Master; Male/Female Clydesdale; Male/Female Master Clydesdale; plus age groups: 15 & under; 16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+; and Clydesdale

Clydesdale: 2.2 lbs/vertical inch for women and 2.65 lbs/vertical inch for men.

ENTRY: Series registration includes long sleeve tech shirt. \$45 for series if postmarked by Nov. 18, 2017; afterwards, \$60 for series; \$25 per race on race day, while shirts last; \$20 on race day, no shirt. No pre-registration for individual races. No refunds. No mailing of awards.

This is not a Pretzel City Event; therefore, Pretzel City gift certificates will not be honored as payment.

Race Cancellation: If, and only if, the weather is mega-foul and predicted to get worse, the status of the race may be checked at www.pagodapacers.com. Cancellation should also be listed on the scrolling bar on www.pretzelcitysports.com

Directions: Address: 4899 Stoudt's Ferry Bridge Rd. Reading PA 19605

>>> Runners from the north and northeast, follow RT 222S to Rt 61S to Tuckerton Rd(about ½ m). Turn Right onto Tuckerton Rd.

>>>Runners from the south, follow RT 222N to RT 12E to RT 61N, continue approximately 2.5m to Tuckerton Rd. Turn Left onto Tuckerton Rd.

>>>Runners from the west, using the turnpike, exit at either 222N Reading, follow RT 222N to Rt 12E to Rt 61N, continue approximately 2.5M to Tuckerton RD, turning Left onto Tuckerton. Or exit at 176 Morgantown, follow RT 176N to 422W to 12E to RT 61N to Tuckerton Rd, turn Left.

>>>Runners from Phila, follow RT 422W to Rt12E to RT 61N, continue approximately 2.5M to Tuckerton Rd, turn Left.

Once on Tuckerton Rd, continue about 1.1M to Stoudt's Ferry Bridge Rd. Turn Right. Park is a short distance on the Left.

Directed By the PAGODA PACERS A.C., www.pagodapacers.com Insured by Road Runners Club of America

Register online at www.pretzelcitysports.com or mail checks, payable to: PAGODA PACERS A.C., to Sue Jackson 89 Kinsey Hill Rd. Birdsboro, Pa. 19508

Last Name _____	First Name _____	Paid for Series? Yes / No
Street Address _____	Email _____	
City _____	State _____	Zip _____

Age as of March 11,2018 race: _____ **Date of Birth** ___/___/___ **Sex:** M F **Clydesdale? Yes / No**
(this will be your age group for the entire series)

Shirt Size: XS ___ S ___ M ___ L ___ XL ___ XXL ___

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic and winter hazards on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Pagoda Pacers A.C., Muhlenberg Twp., the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to all parties affiliated with the race to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. Per RRCA insurance guidelines, the Pagoda Pacers strongly discourage the use of headphones during any Pagoda Pacer event, including training runs, and races. I HAVE READ AND UNDERSTAND THIS WAIVER:(if under 18, legal guardian must sign) .

Signature _____ **date** ___/___/20___

From the youth programs director

By Tom Chobot

From the standpoint of the club's involvement with youth activities, October is our busy month. We have three events coming up which pertain to young people, either directly or indirectly, within the scope of community outreach.

The first is the Women2Women launch event which takes place on October 10th. The club is co-sponsoring the keynote speaker, Kathrine Switzer, with the understanding that local young people, particularly runners, be emphasized as much as our target audience as our own club members. More details are available on the website.

The second event is the Berks County high school cross-country conference run, which takes place on Tuesday, October 17 at 4PM on the campus of Kutztown University. This is not an official club event, however, my wife Gwyn and I are the race directors and we always approach the club first with regard to recruiting volunteers. In the past two years since we took over, more than enough members have come out to cover all the bases. The result has been greater than expected, as the members seem to enjoy being part of this and are very enthusiastic, the officials are always impressed with our efficiency, and the event as a whole makes for a valuable integration of the lifelong runners of our club and the cross country community.

The third is the FALL RUN OFF JUNIOR HIGH CROSS COUNTRY INVITATIONAL which takes place on October 21 at 9AM, at the Reading Fairgrounds. This is an official club event and it involves about 250 kids in 7th and 8th grades. Gwyn and I direct this one as well, along with Phil Lechner, and it takes about a dozen club volunteers to pull it off successfully. This event also tends to bring a very positive response from our members as they watch these kids run their hearts out.

For more information on any of these, give me a shout!

SPECIAL THANKS

to Tamra Pokrywa who has volunteered to assist with marketing efforts related to the club's activities and races!

Thanks Tamra!

OLEY VALLEY 10 MILER AND 5K



Sunday November 12, 2017, the Pagoda Pacers are hosting the 23rd running of the Oley Valley Country Classic 10 Mile and 5k race! Now on the second Sunday in November for the first time ever, this event will again prove to be one to run, volunteer or spectate.

The changing leaves for the season will make a picture perfect course through the beautiful rolling hills of the Oley Valley. We welcome runners of all abilities and look forward to providing a great running experience for everyone. Shirt, finisher item guaranteed for every pre registered runner....extras while supplies last. All participants receive one Entry for FREE SNEAKER RAFFLE from Sneaker Villa and one entry for a plethora of door prizes. The race finishes on the Oley Valley Youth League fields to great post-race hot and cold food.

This year's race will represent the Road Runners Club of America (RRCA) as the host to the 10 Mile Eastern Regional Championship. Thank you to the RRCA for their continued support.

Our generous sponsors are to be commended for their continued support of this event. Bob Fisher Chevrolet, Fleetwood Footcare Center, Gallen Insurance, Level Financial Partners, and Reading Health Physicians Network Sports Medicine, and shirts by Villa Grafix - you provide the support to make this race happen.

Thank you to all the runners who have participated in this race over the years we look forward to seeing you again this year and bring a friend!

This year's awards are handmade by local artist Maggie Gallen. They are one of a kind and something worth striving for. While you are running your butt off for an award, if you break the course record in the ten Mile OR the 5K any male or female can win \$150 from Gallen Insurance! Thank you for your generous support of the Break the Record prize money. (10 Mile event M: 52:36 & F 59:42), (5K M: 15:34 & F: 19:11). Good Luck to the speedsters!

Contact Len Burton (leonardeburton@gmail.com) or Barry Goodhart (barrygoodhart@gmail.com) for volunteer assignment or any other questions you may have. See the Pagoda Pacer website <http://www.pagodapacers.com/Races-Results/Races/Oley-Valley-Country-Classic.aspx> for race application and directions.

This year's event looks to be another great one, the Hex logo is unique and I have ordered great weather for the day! This race benefits the Oley Valley Youth League, so come out and show your support! See you November 12th!

FITZY'S HALLOWEEN 5K

Sunday, Oct. 29th, 10:00 a.m. Stone House Park, Wyomissing

- 5K Run/Walk and .3 Mile Kid's Fun Run
- Supervised kid's area - run worry free!
- Silent auction, entertainment, health fair
- Costume contest (kid's & adult)
- Our fabulous buffet lunch!
- Proceeds benefit local students and families!



A Running Start
Shoes Clothing Accessories Anything In Between
 705 Penn Avenue, West Reading, PA
 610-320-9097 www.arunningstart.biz

Register at www.laurensfoundation.org or at **A Running Start!**

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

2017 PPAC Officers

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 Vice President Ben Gallen
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