



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

Reading, Pennsylvania

February 2018

UPCOMING EVENTS

- | | |
|--------------------|---|
| 2/2/18
Friday | Bowling Night , 6:00 - 8:00pm
Berks Lanes, 3190 Shillington Rd
Cost: \$5/member
Includes 2 hours bowling, shoes, ball |
| 2/8/18
Thursday | Monthly Membership Meeting
7:00pm (dinner served at 6:30)
Blind Hartman's Tavern
2910 Pricetown Rd., Temple |
| 2/11/18
Sunday | Shiver by the River #3
11:00am—5K and 10K
Jim Dietrich Park, 4899 Stoudts Ferry Bridge Rd, Muhlenberg Twp. |

GROUP RUNS

Start Time: 6:15pm Wednesday

February 7, 2018

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

February 14, 2018 (*bring someone you love!*)

Run: Exeter High School (rear lot)
201 E. 37th Street, Reading
Eat: Alebrije Restaurant
3805 Perkiomen Ave., Reading

February 21, 2018

Charity Run benefitting women's shelters
Run: Cumru Elementary School
601 Philadelphia Ave., Shillington
Eat: Flanagan's Pub & Restaurant
41 W. Lancaster Ave., Shillington

February 28, 2018

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

March 7, 2018

Run: Mohnton Playground
E. Wyomissing Ave. & Walnut St., Mohnton
Eat: Mangia!
322 E. Wyomissing Ave., Mohnton

FROM THE PRESIDENT

Happy New Year Pacers:

At the start of this New Year I have a lot of good news. Polly just completed her cost and expense report on the Kris Kringle Run and it looks like she did very good despite the temperature on run day being in the single digits. I ran with a couple of Pacers throughout the race and I can tell you everyone had a good time. If you have never tried running in the deep cold, you warm up very quickly and do not even feel how cold it really is. If you would like to try it, the Shiver Series is always a great time put on by Sue and her team with hot soup waiting at the finish line.

We will be going back to Blind Hartman's for meetings and probably using Berks Nature's new building if we can. Phil's Wednesday night runs are still being well attended. There was a big turnout at the run to the Hillside Playground with all their lights. Phil makes sure these runs are always something different and one of the key activities of the club. Don't forget to thank him for all his work making these as enjoyable as they are.

I am looking at trying some different events during the winter in addition to our normal Walleyball night. It has been so cold this past couple of weeks it is hard to get out to do things other than just trying to stay warm. Maybe as a group it will give us the incentive to get out on the road and do something if the car will start.

If anyone has attended our meetings lately they know they are getting bigger every month. I hope this continues. One of my goals has been to increase participation in all our events. The turnout of volunteers at most of the races seems to exceed our need; now the challenge is giving everyone something to do to keep them involved. The one area that is always a challenge is directing traffic at the Shiver runs, but Sue always makes it happen. If you like to help this is one area you can definitely contribute that would be much appreciated.

I know the Wednesday night runs have attracted a lot of new faces; the challenge is to keep them coming back every week. A few people have asked me why we don't have special groups just for beginner runners. I always tell them that we have all different levels of people at all the runs. We do tend to have more walkers, and beginner runners, in the warmer months. I think a lot of what happens with our newer runners is that they very quickly move up to a higher level. So our beginning runner ranks are constantly becoming middle and upper level runners as they catch the running lifestyle.

I will try and keep it short this month. Keep coming out to the meetings; hope to see you at the next meeting. Please welcome our new Vice President Jon and Secretary Ellie.

Thanks, Larry Drogo

SAVE THE DATE

3/11/18 - Shiver by the River #4

RUNNER PROFILE: CODY HARRIS “Running for the Stories”

by Matt Brophy

Originally from southern New Jersey, Cody Harris now lives in Blandon with his wife Brittini. He works in Fogelsville for Continental Automotive, and in addition to running, he also loves to ski—a pastime he’s enjoyed since he was three years old. Every February, he joins his parents and brother Troy for a week-long getaway on the slopes.

Harris first got into running during his sophomore year of high school. A friend convinced him to join the cross country team, and he ended up running track as well. While track was great for fitness, he found cross country to be much more enjoyable, running through scenic courses out in the open. At one meet, in particular, he remembers running through a flooded course in Wildwood, stomping through the puddles, loving every minute of it. In retrospect, he sees this as a foreshadowing of his later enthusiasm for trail running.

While in college at Montana State University in Bozeman, Harris took a hiatus from running, which he now regrets. While he skied and hiked a lot during his time there, he wishes he had also taken advantage of the opportunity to do some serious trail running in the breathtaking mountains that surrounded his campus.

After college, a job opportunity brought Harris to New Holland, PA. On the road a lot for work, he struggled to eat well and exercise, and found himself gaining weight. He decided to get back into running in order to stay in shape.

After starting out with 5ks, Harris then took a leap into longer distance, training for and running his first half marathon in 2014: the “Hands-on House Half” in Lancaster. After finishing on a brutally hot day with a very respectable 1:52, he swore to himself, “Never again!”

But we all know how that goes. Two months later, he ran the same distance in Las Vegas, at a “Rock ‘N Roll” race, and shaved 9 minutes off his time (1:43). This was a night race, so the temperature was cooler, with an exciting finish on the Las Vegas strip. He felt better prepared, had a lot of fun, and was pleased with his faster time.

Instead of progressing on to a full marathon, Harris decided to jump into trail running and ultras. In 2015, a friend told him about Blues Cruise, and he spent the summer training for it. While his friend ended up bailing on him due to an injury, he ran the race by himself, finishing with an impressive 5:35. Even though that is a very solid time for a first 50k, Harris knew he could do better, and was excited to run the race again the next year.

Not only did Harris finish Blues Cruise again in 2016, but he improved his time by over half an hour, finishing in 5:04. This past fall he was back for more; he easily met his goal for the race (sub-5), whizzing around the big lake in 4:49.

Just five weeks after his mammoth PR at Blues Cruise, Harris tackled his first 50-miler: the Mountain Masochist 50 in Virginia. While he feels like he could’ve posted a better time had these races not been so close together, he still finished in just over 10 hours—not bad for one’s first crack at 50 miles, especially on a fairly rugged course with 10,000+ feet of elevation!

In addition to his own hard work and the support of his wife, Harris credits club members Jim Blandford and Phil Lechner for offering some tips when he asked for advice about preparing for his first 50-miler. A great benefit of being a Pacer, he told me, is being around other people who share your passion for running, especially more experienced runners who are willing to pass on their knowledge about how to improve and meet one’s goals.

Harris says his favorite thing about being a Pacer, though, is volunteering. He finds this especially rewarding when interacting with runners who are new to the sport and running their first race. It’s a great way, he said, to help people see that healthy choices can be fun.



Harris on trail at the Mountain Masochist 50 Miler in Virginia (November 2017)

Moving forward, Harris wants to run another 50-miler – and faster! He admits he has a pretty competitive side to his personality, and he’s thinking about hiring a coach to help him get where he wants to be. Once he feels a bit stronger at the 50-mile distance, look for Harris to set his sights on a 100-miler. During his college days in Montana, he coveted the belt buckles won by rodeo stars. He hopes that one day, if he can get into Western States, he can earn his own buckle, without having to get thrown from a bull.

But beyond the thrill of competing, Harris is driven to keep running for all the great stories he accumulates along the way. He subscribes to the “Rocking Chair Theory” as a kind of life philosophy: think about the stories you want to be able to tell in your old age, to your kids and grandkids, (from the comfort of a rocking chair), and live your life now such that you collect as many of those stories as you can. He remembers many stories his parents, grandparents, and other family members shared with him as he grew up, and, in the future, as his family grows and the miles and miles pass by, he looks forward to sharing his own adventures on the trails one day.

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## RACE RESULTS

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

### Phunt 50K

|       |                |         |            |
|-------|----------------|---------|------------|
| 12/80 | Anna Piskorska | 5:08:42 | 1st Female |
| 21    | Andy Styer     | 5:28:22 |            |

### Phunt 25K

|        |                  |         |  |
|--------|------------------|---------|--|
| 28/355 | Steve Skrocki    | 2:23:32 |  |
| 45     | Mike Reddy       | 2:28:21 |  |
| 111    | Donna Ornosky    | 2:54:38 |  |
| 167    | Michael Reinhart | 3:13:25 |  |
| 200    | Steve Holgate    | 3:23:23 |  |
| 201    | Donna Hey        | 3:23:24 |  |

### Bella Vista 5 Miler Sly Fox Golf Course Series

|    |                |       |            |
|----|----------------|-------|------------|
| 22 | Michelle Henry | 56:04 | 2nd F30-39 |
|----|----------------|-------|------------|

### Kris Kringle 5 Miler

|       |                     |         |            |
|-------|---------------------|---------|------------|
| 4/460 | Kyle Gery           | 31:45   | 1st M40-44 |
| 8     | Mark Andrus         | 32:31   | 2nd M15-19 |
| 9     | Dee Koutsourais     | 32:38   | 1st Female |
| 11    | Jon Durand          | 32:51   | 1st M30-34 |
| 32    | Steve Skrocki       | 36:08   | 2nd M50-54 |
| 40    | Laura Mooney        | 36:49   | 1st F45-49 |
| 61    | Donny Mengel        | 38:51   | 1st M60-64 |
| 69    | Elaine Cook         | 39:13   | 1st F50-54 |
| 112   | Donna Ornosky       | 43:05   | 1st F55-59 |
| 153   | Tony Agentowicz     | 45:35   |            |
| 175   | Ann Gery            | 46:56   |            |
| 189   | Amanda Gross        | 47:58   |            |
| 198   | Tania Salaneck      | 48:26   |            |
| 236   | Steven Holgate      | 50:06   |            |
| 238   | Janine Beidler      | 50:08   |            |
| 240   | Joanne Patti        | 50:13   |            |
| 243   | Jeanne Gochnauer    | 50:26   |            |
| 248   | Heidi Mobius        | 50:45   | 1st F70+   |
| 299   | Barbara Raifsnider  | 54:08   |            |
| 301   | Julia Hager         | 54:12   |            |
| 302   | Larry Drogo         | 54:14   |            |
| 306   | Sue Jackson         | 54:42   |            |
| 314   | Colleen Fitzpatrick | 55:20   |            |
| 324   | Matt Arner          | 56:19   |            |
| 363   | Catherine Durand    | 58:59   |            |
| 412   | Rose Hagy           | 1:07:02 | 3rd F70+   |

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### Chilly Cheeks 11K Trail Run

|        |                    |         |            |
|--------|--------------------|---------|------------|
| 66/227 | Mike Ranck         | 1:17:11 | 3rd M60-67 |
| 101    | Tom Chobot         | 1:21:45 |            |
| 127    | Sarah Schaeffer    | 1:28:02 |            |
| 128    | Dan Schaeffer      | 1:28:04 |            |
| 155    | Jenn Guigley       | 1:33:40 |            |
| 181    | Meghan Cook        | 1:42:02 |            |
| 182    | Elaine Cook        | 1:42:04 | 5th F50-59 |
| 199    | Ellie Vanderbeck   | 1:51:30 |            |
| 202    | Barbara Raifsnider | 1:53:52 |            |
| 208    | Joanne Patti       | 1:57:14 |            |
| 209    | Janine Beidler     | 2:00:16 |            |



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# GENERAL MEETING MINUTES

Date: January 11, 2018

Time: 7 p.m.

Location: Blind Hartman's Tavern

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**Speaker introduction:** Sarah and Colin from Etch Fit in West Reading, offers a variety of testing for fitness, including VO2 Sub Max testing, and other fitness options

## Treasury Report – Shaun Luther:

- Current financial status of club was discussed.
- Club currently uses Constant Contact for membership emails, which charges a monthly fee. Shaun did a test with Run Signup, no fee email contacts, on former (expired) members by sending them an email with Run Signup. 25 members out of 260 in the email blast renewed their membership. (Run Signup makes money with a service fee to sign up for membership and races.)

## Races:

- **Mt Penn Mud Fest** – Ken Seale -- we are not running that this year. Access to the mountain has changed; want to move to a different location. Plan to turn into a “Fat Ass” type event.
- **Charlie Horse** – Kyle Gery -- Registration open thru PCS, moving to Saturday, instead of Sunday, on Labor Day weekend. Jill Hopper has stepped up as assistant race director.
- **Run for the Ages** – Ted Andrus – race scheduled for June 24, 8:30 a.m. Lunch bags, possibly clear ones, for swag. Ted is looking for some succession planning for future years.
- **Grings Mill**—Laura Mooney – location and band reserved; will be the first Sunday in August.
- **Blues Cruise** – Mike Yoder -- on track with numbers. Also, Stephan looking for some succession planning for this race in the next 2 to 3 years.
- **Oley Valley Country Classic** - Barry Goodhart
  - Volunteers from our club and the community, many thanks to this group
  - Wrap up:
    - 420 runners combined (up 57 from last year)
    - 5k age groups expanded to 5-year age groups. Did not have a significant effect on total, but will continue with this age grouping
    - Award, expenses, and shirts stayed within budget
    - Motion to donate 51% of proceeds to Oley Valley Youth Club by Ken Seale, seconded, and approved by those present
    - Recommendation made about Mile 7 aid station and more safety upgrades, as cars are very fast at that location.
    - Volunteers on at any race are strongly encouraged

to bring safety concerns to the attention of the race director

- **Kris Kringle:** Polly Corvaia— excellent race, volunteers from Pacers and the schools. Jason Manbeck, marked the course and organized the outdoor volunteers; Mike Whalen—picked up hoodies and the food; Steve Maguire—donated chocolate from Palmer; Connie Bauer—did the race photography; Andrus's—donated the Southwest ticket.
  - Total numbers down this year - 461 finishers, but more day-of registration. Proceeds donated to cross country teams for banquet and awards and trophies at the end of the year.
- **Shiver by the River** -- Sue Jackson -- next race this Sunday. Last month race was a bit down in numbers, but the day was cold. The fire/police weren't there for traffic, but went well with the group that was there
- **Jr. High Cross Country** -- nothing
- **Race director comments** – Jon-- covered basic supplies and need; will add emergency contact information on applications

## Social Committee:

- Bowling coming up, first Friday in Feb at Berks Lanes
- Is there a limit on the amount we want to spend for each event?
  - Budgets for each event are hard to stick to it. Receipts are handed in, but better control of cost overruns was requested
  - President responsible for the finances, and can approve up to \$3,000 in general expenses.
  - Topic to be brought to the executive committee for resolution

**Communications Committee:** Jon – instagram account, may move ahead with this

**Community Service**—Phil Lechner -- Jan 31 from Stoudt's Ferry bridge area, eating a Crossroads. Nothing from Sunshine Committee for a while, contact him if there is a need from this committee.

**Membership**— Dave Gallen – up 8%

**Old business:** None

## New business:

- Phil suggestion: Volunteers, recognize one or two of the year (as done in the past). Suggestion for volunteer of the year, male and female of the year, with honors to all those who are volunteered. “A nice thing to do.” Dave Feinauer also mentioned a “President's Award.” Discussion to be continued.

**Executive committee:** Thursday, January 18, 6 p.m., tentative

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Shiver by the River

Shiver #2 was held on Sunday January 14th, and it was cold, cold, cold!!! Despite the temps, 252 runners finished the 5K and 122 finished the 10K. THANK YOU to all of the volunteers and runners who braved the cold!

Here is some of the same old stuff, you read every month. Remember; only complete the registration form ONCE during the series. As we have done in the past, we will have 3 separate areas for registration.

- **Pre-Registration:** For those runners who have paid for the entire series, registration is in the first room.
- **Post Registration Single Race Entry:** For those runners who are paying for each race, individually, and ran at least one of the Shivers this season, registration is in the 2nd room. We have a number with a label with your name. Do not complete another registration form; if you do, there is the potential of being recognized as a different runner when it comes time to calculate the series results. If any information needs to be changed, i.e., the age is incorrect, or you wish to run in the Clydesdale division, whatever, just let them know when you get your number; no need to complete a registration form with the changed information.
- **Post Registration:** For those runners who have not run any Shiver races for the 2017-2018 series, registration is also in the 2nd room.

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

The next Shiver is Sunday, February 11th. We hope to see even more Pacers running, but if you aren't running, PLEASE consider volunteering an hour or two of your time. Volunteers for registration should plan to arrive around 9:00-9:15; volunteers for the road should plan to arrive by 10:00-10:15 and look for one of the race directors.

Looking ahead, our 4th race in the series will be held on March 11th. The awards banquet will be at the Temple Fire Company, immediately following the race. It is free to all runners who completed 3 or more races and free for volunteers; there is a \$10 charge for everyone else. We are always looking for door-prizes to be given at the awards ceremony. Door prizes can be brought to either of the next 2 races. We also need more volunteers, during the March race, so we can compile results for the awards. We very much appreciate the Pacers who come out month after month, year after year; however, we have over 400 members in the club, if you haven't volunteered for a race lately, consider helping at Shiver #3 and/or Shiver #4.

Please help us by patronizing our sponsors: A Running Start & Berks Plastic Surgery. Also, RUseeN has sponsored, in part, the awards for the top 4 male/female for both the 5K and 10K.

Sue, Kelsey & Georgine

Shiver by the River 5K

4	Kyle Gery	18:17
7	Jon Durand	18:50
11	Curt Minich	19:17
31	Laura Mooney	22:44
41	Jason Glass	23:33
63	Joe Long	25:36
69	Amanda Gross	25:49
73	Ann Gery	26:06
75	Katie Frederick	26:16
106	Meredith Rotz	27:51
113	Janine Beidler	28:25
118	Mark Mazurkiewicz	28:45
132	Ellie Vanderbeck	29:15
136	David Lengel	29:55
156	Karin Long	31:02
171	Gracie Arner	32:07
172	Matt Arner	32:07
194	Michelle Henry	33:48
214	Rose Hagy	37:07
215	Judy Anttonen	37:27
230	Charlie Crowell	40:34
241	Whitley Cooke	44:33

Shiver by the River 10K

11	John Mark Stoltzfus	41:34
18	Jeff Fussner	44:33
22	Raine Fussner	44:57
26	Melissa Oswald	46:35
27	Donny Mengel	46:48
29	Elaine Cook	47:12
47	Katie Thomas	50:56
57	Donna Ornosky	53:23
63	Tony Agentowicz	54:13
73	Mike Ranck	55:44
74	Mary Boggs	55:46
82	Joanne Patti	57:18
88	Ellie Alderfer	58:32
91	Blair Hogg	58:43
101	Julia Hager	1:00:48
111	Colleen Fitzpatrick	1:05:03
114	Mike Reese	1:06:37

Omitted last month

Shiver 5K #1

95	Meredith Rotz	28:04
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FROM THE VICE PRESIDENT A MESSAGE FROM JON DURAND

It is a privilege to be a part of the Pagoda Pacers in this capacity as Vice President! This is a new challenge for me; as someone who has generally been on the support side of groups/clubs, etc, I'm more used to doing the work behind the scenes, making sure everything is ready to go.

This club opened my eyes to the whole spectrum that the Pagoda Pacers covers. We have road runners, trail runners, hashers, hikers, triathletes, cyclists, supporters, and people who just want to get out and move. This club is a collection of everyone, and we are not dictated by one specific activity or sport. Cardiovascular exercise takes on many forms and is a crucial foundation for many sports and activities. We have the whole gamut of runners and walkers on our group runs; you're never too fast or slow! Over the last year or so especially, I have seen this paradigm shift really take hold, and our numbers have grown on our Wednesday group runs.

When I first joined the Pacers, I had thought that it was an elite group of runners; I didn't think I would fit in. This fear is a common perception I hear among newer runners in our area, and people in the community who don't choose to be members. The rumors are not completely unfounded, especially when most people only hear the large-scale success some of our members have had at long distance races. These feats of athletic ability can seem off-putting, especially for those of us who never have any desire to do anything on that scale (and that's okay!). I was not an athlete of any sort six years ago, and had no idea that ultramarathons took place! What's not

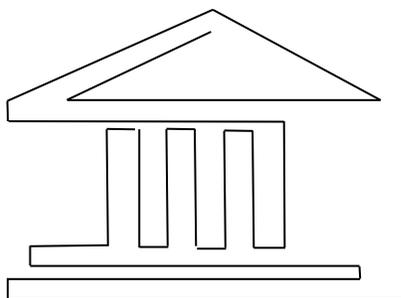
brought to attention more is the number of friendships made, the miles shared, stories told, and the ever-growing family that this club becomes to all of us.

As a new member, and being around such amazing individuals, it did not take long to learn that the human potential is limitless: the only thing holding us back is ourselves. Currently, we have a small core group of people (roughly 12-15% of membership) who do a lot of work to keep our club functioning. These folks are shouldering this load on top of their current work schedules, which takes a tremendous amount of sacrifice and time away from family, friends, and their own goals. While we all get a little stubborn and we want to try and tackle things on our own (we wouldn't be such tough runners if we weren't persistent!), we really need to spread the workload out, and enlist others to help, even if the assistance is just a small task on an annual basis. The little things do add up over time. Rome was not built in a day, and neither was this 30+ year club.

One question I do get asked by a lot of new members (and some current members) is, what exactly do I get with my membership? To give some contrast, I belong to two area amateur radio clubs. The benefits of my membership? Camaraderie predominantly... We join to support the interests we love to do! Pacers members do however get a little bit more than a basic membership. The club does subsidize some of the costs for our social events and group activities, and the dues help the club sustain our events and supports our expenditures for the year. The part that I feel is cloudy is our discounts. I hope to bring a lot of clarity to those questions this year, along with some pretty cool members-only swag. In addition, I hope that we can bring on board a few more vendors to encourage the use of our local stores that support our local community.

In closing, don't ever hesitate to be a stranger with us, you may find that you're missing out! My inbox is always open to comments, concerns, and getting to know those in this club that I have not had the pleasure of meeting yet.

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Pacers Scholarships!

Application Deadline - February 28, 2018

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 whose **parents are current members** in good standing for at least one year of the Pagoda Pacers.



Two scholarships are open to all high school seniors who participated on a **Berks County high school cross country team**.

Scholarship Application and additional details are online at www.pagodapacers.com/Scholarships/About.aspx.

Scenes from the Kris Kringle

Photo credit:
Connie Bauder



The Kris Kringle 5 Mile Run gets better every year.

Congratulations to 461 runners who ran in bitter cold weather, you are awesome. Complete finisher times are on our website. The top 2 men & ladies were:

Jake Underwood 28:40
Fernando Roldon 31:20
Dee Koutsourais 32:28
Rebecca Snyder 33:37

Thanks a million to the 38 Pacers and 15 XC coach volunteers, you make this race great. Special shout outs to:

JASON MANBECK for marking the course and taking care of our road crew on one heck of a cold day. MICHAEL WHALEN for delivering the hoodies and serving the food. STEVE MAGUIRE for donating the yummy chocolates. Race photographer CONNIE BAUDER did a great job despite a frozen camera. TED, LORI and MARK ANDRUS, your volunteer work through Southwest allows us to raffle FREE AIRLINE TICKETS. The lucky winner this year was JULIA HAGER of Reading.

Please support these vendors who donated door prizes:

Damsel in Defense - Tamara Peiffer
A Running Start - Zach Barker
RUseN - Mike Gallen
Anytime Fitness in Blandon - Lori Henninger
East Ridge Outfitters - Paige Williams
RUN PA - Mike Von Ragermeister
Ganly's Pub - Ben Hinkle.

The (unofficial) donation to the Berks County Cross Country Coaches Association will be \$2,140.

Please share any feedback (positive or negative) with Polly at SPCORVAIA@MSN.com.



VOLUNTARY WATERBOARDING

(a/k/a A Study in Hydration Science)

By Shaun Luther



Some of you may remember the post on the Pagoda Pacer Facebook page awhile back. A WCU grad student was looking for volunteers to be a part of her graduate thesis study of hydration strategies on running performance. I thought, "Why not?" So I exchanged emails with the grad student, Morgan Worley, to find out what the study entailed. She told me that there would be three sessions. One session, to get baseline data like height, weight, BMI, blood tests, and a VO2 Max test. The other two sessions would consist of 2 hours on a treadmill in a temperature and humidity controlled chamber. One session would allow me to drink to thirst, and during the second session I would be hydrating to a schedule provided by Morgan. The three sessions would ideally be done about a week apart.

The most interesting part of the first session for me was the VO2 Max test. VO2 Max is a measure of the maximum rate of oxygen consumption measured during incremental exercise (thanks Wikipedia) and it is an indicator of health and endurance performance. I had, at one time, calculated my estimated VO2 Max based on 10K times 20 years ago. I was curious to see what my actual was now. Morgan was going to use the Bruce Protocol which starts the treadmill at 10% grade and 1.7 mph. Easy right? Every 3 minutes the grade went up 2% and speed was increased. You keep running until you can't. And during all this you wear the equivalent of a scuba snorkel connected to a tube leading to a machine that measures the gas content of your exhalations. I guess I was glad to see that my measured VO2 Max from this test was still in the same ballpark as my estimated one from many years ago.

My first 2 hour treadmill session was going to be the one where I hydrate to thirst. The prep for this test was pretty straight forward. No alcohol or caffeine for 24 hours before the tests, eat normally but keep a food log. Six hours before the test, ingest an intestinal sensor (measures body core temp). When I arrived for the test, I had to give a urine sample, get weighed and after 20 minutes of sitting, blood samples were drawn. I was fitted with a heart rate monitor, and patches were applied to my back and forearm that would measure my sweat rate and the electrolyte composition of the sweat. Morgan had determined my target heart rate for this test based on the VO2 Max test. My job was to hold the target heart rate for the 2 hours on the treadmill and I could vary the speed of the treadmill at will to do this. Thankfully, I knew from my own heart rate training that the target rate was well within my aerobic zone.

Two hours on a treadmill, ugh. I hadn't stepped on a treadmill in 17 or 18 years for good reason. I don't like feeling like I'm running on a gerbil wheel. The treadmill was set up in a temperature and humidity controlled chamber/small room that I entered through a meat locker like door. Sharing the chamber with me was Morgan and 2 other grad students taking various measurements. The run was interrupted at 1 hour for an interim series of blood drawings after a 20 minute sit, then back to it for the final hour. When the time was up there was another rest period of 20 minutes with more blood drawn and a final weigh-in. I normally don't need to drink during a 2 hour run and felt no need to drink during this test.

Prep for the second trial was same as the first except that, this being the hydrate to a schedule trial, I had to drink 600 ml (about 20 oz) of water 2 hours before the test began. Upon arrival at WCU, I was handed another 300 ml of water and thus began the voluntary waterboarding. I was to drink 300 ml of water every 10

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