

SINCE 1980



# PAGODA PACERS

## ATHLETIC CLUB

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

Reading, Pennsylvania

June 2018

### UPCOMING EVENTS

- 
- 6/14/18 **Monthly Membership Meeting**  
 Thursday 7:00pm, Daniel Boone Homestead  
 400 Daniel Boone Rd, Birdsboro
- 
- 6/24/18 **Run for the Ages 10K Trail Chase**  
 Sunday 8:30am, Nolde Forest, Mohnton  
 See Page 3 for more details  
 \*\*Volunteers Needed!\*\*

### SAVE THE DATE

8/5/18 - Grings Mill Run 5K & 10K  
 10/7/18 - Blues Cruise 50K

### GROUP RUNS

Start Time: 6:15pm Wednesday

**June 6, 2018**

Run & Eat: Larry & Missy Drogo's home  
 1450 Schoffers Road, Douglassville  
 (Road/Trail Options)

**June 13, 2018**

Run & Eat: Doug & Lee Zechman's home  
 270 Diplomat Drive, Robesonia  
 (Road/Trail Options)

**June 20, 2018**

Run: Nolde Forest - Mansion Parking Lot  
 Route 625, Mohnton  
 (Trails - preview Run for the Ages course)  
Eat: Ted & Lori Andrus's home  
 5 Glen Hollow Court, Mohnton

**June 27, 2018**

**\*\*Charity run - local women's shelters\*\***  
Run & Eat: Yuriiko Beaman & Matt Brophy's  
 home  
 1454 Oak Lane, Reading  
 (Road/Trail Options)

**July 4, 2018 - NO EVENING RUN**

Holiday Run 8:30am,  
 Nolde Forest Sawmill Lot

## FROM THE PRESIDENT

Morning Pacers,

I would like to give you all an update on the new Board of Directors meeting that we had last month. All but one member attended ,a good sign.

The board set some goals and we are looking at how we can improve the club in the coming years. Some of the things discussed are as follows.

- Looking at ways to improve attendance at all our races.
- Getting a grip on how we handle the money from races and all that entails.
- Any new fund raising ideas.
- Getting control of new races director appointments.
- Looking at ways to improve the member experience.
- Looking at partnering with different causes with our runs.
- Getting our name out into the community more.

These are some of the things that were discussed and we will build on them as time goes on.

I recently attended a planning meeting for Trout Run Ball Park in Exeter where I live. There were probably 20 people in attendance. Football coaches, baseball coaches, soccer coaches and some local officials, but I was the only runner. I spent a lot of my time pushing for trails for running and explaining how we use the trail to get up to the cemetery and then the mountain. Without this input the runners' needs would have been totally ignored. We as part of the running community need to get involved in these type of local meetings to let our local officials know what we would like to see. The local biking community has done this very successfully. We need to follow their lead and get involved.

This should be the first totally electronic newsletter, if you are having any problems accessing the newsletter let one of the communication committee know, I am sure they can help. Beth told me I talk too much in a president's letter so I am cutting it short this month. [Editor's note - Not true!] Hope to see you all at the next run.

### WELCOME NEW PACER MEMBERS!

Rebecca Lewandowski  
 Jeffrey Hogue  
 Brendan McGarry, Jr.

Larry Drogo

### JUNE MEETING LOCATION:

**DANIEL BOONE HOMESTEAD**

7:00pm

# GENERAL MEETING MINUTES

Date: May 10, 2018

Time: 7:00 p.m.

Location: Daniel Boone Homestead

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**Treasury Report** – Shaun Luther: on target for money on hand. He has filed an extension request for the club's income tax filing for 2017. The new dues rates have gone into effect.

## Races:

Charlie Horse: Charlie—The race is Saturday, May 26. The volunteer signup sheet for race day was passed around. There will be “good beer” available this year (IPAs). This is a unique point-to-point trail run. Kyle Gery may try a 5K for next year (they may pilot this on the Wednesday before the event this year.) Need door prizes. A few new things are being tried this year, so give feedback to Kyle. One new thing is the use of the RaceJoy app, which can track your progress during the race. Shaun ran the course to get an electronic update. More details on this app can be found on the web site, under the Charlie Horse race.

Run for the Ages: Donna Hey—Race is Saturday, June 24.

Grings Mill: Caroline Hill—entries on par with last year at this point. Looking for raffle prizes and sponsors.

Blues Cruise: Mike Yoder: up to 140 entries so far. On track planning wise.

Oley Valley Country Classic: Barry—check presented to Oley Valley Youth League.

Shiver by the River: Sue - Trying to confirm dates with Muhlenberg. The start time may possibly change to 10:00 (versus 11:00 currently).

Race director comments: Jon Durand—no updates

## Committee Reports

### Social Committee:

- Bike ride—Caroline Hill—one on May 6th was canceled due to weather. May reschedule.
- Larry—Anyone interested in starting a Friday night volley ball league, starting with Pacers having their own league (6 on 6)? Contact Larry with interest. If no interest in a league, he may try a Friday night event.
- Wine & Cheese—Karen Long is working on this. Saturday, June 23.
- Worlds End aid station, 1st weekend in June. Contact Mike Yoder for info.
- Mike Yoder—Saturday, July 21 is the Barnyard Challenge—this year is the 10-year anniversary. There will be a party afterwards to celebrate the impending marriage of Mike and Laura (no date announced for that).
- Mike says the Bonfire is Saturday, Nov 3.
- Summer Picnic—Larry will work with Bill Buchanan to put something together.

### Communications Committee:

- Jon Durand—He has found four helpers for social media:

Jim Demsko, Jane Setley, John Thompson, and Cody Harris.

- Newsletter—Beth Auman—changes to stop the mailings are not made yet. Starting June 1, all the newsletter mailings will stop. Will remain in the PDF format for now. But the newsletter may get away from that format, more of an e-newsletter with links.

## Community Service

- Get Outdoors Day—Steve Maguire—June 9, get outdoors at Blue Marsh. National initiatives to do things outside, held locally at Blue Marsh. The Pacers have a table, and run a short course for kids, and give away t-shirts (left over from races) as prizes for the kids (or whomever).
- Reading Hospital Road Run—Beth Auman—the event will be held again this year on Sunday, October 14, 2018.
- Trail Maintenance—From Mike Yoder—Larry Sunderberg cleaned trail for Charlie Horse, did a fantastic job. On Blue Marsh, the club will have to take care of a fairly large tree that fell. Contact Mike for any maintenance issues. Jon said there is a map on the website to give a visual of the trail that the club maintains.

## Charity Committee

Beth Auman—Scholarships were awarded, sent info to the Reading Eagle. Tom Chobot commented on the competitive nature this year, with more people than ever applying. (18 applications from 11 schools)

**Membership:** 503 as of today. 2 new people were at the weekly run on Wednesday.

## Old Business:

- Code of conduct: Suggestion from Shaun—add something to application that says that the code of conduct was read. Or send out as PDF once a year as an e-blast.
- Summary of Executive board—meet 4 times a year
  - ⇒ Races applications are down in numbers overall. They are discussing how to make more money, such as add raffles to meetings, example: a 50/50 (some legalities noted). The board would like to ensure that we maximize effort to get the most out of events for the club. The possibility was noted of adding a specific cause or charity to a race to enhance participation.
  - ⇒ New races to add—“low budget” ones or “high-class” races? May put together an ad hoc team to discuss. Charlie suggested adding a duathlon or triathlon (kayaking at the Mud Fest or running two events like 5K or 10K). Contact Larry with ideas or to be on the committee
  - ⇒ Race directors—the club is trying to get new race directors. But when an old race director steps down, the board would like to approve any new race directors, rather than by having new race directors appointed without going through the executive board.

## GENERAL MEETING MINUTES, CONT'D

- ⇒ Bike event in Reading/West Reading on the weekend of Grings Mill 10 K. Those race directors have requested some assistance with a kids run 0.8 mile loop on Saturday. They want to have some advice on adding a running event to the bike event. The club will consider, but is interested mostly in maintaining the integrity of the Grings Mill 10K.
- ⇒ There may be opportunities to set up Pacer tables at local events; this would depend on members being willing to participate at manning the tables.
- ⇒ Stewardship of the money was discussed, and the importance of making sure the club is spending its money appropriately.

### New Business:

- Butch Ulrich is discontinuing his race director activities. Caroline Hill & Larry will talk to him about the July 4th Firecracker Race, and the possibility of the club taking that over. Also, the club is purchasing some of Butch's race equipment.
- Tuesday, May 15, the shoe give-away is at Mike Gallen's RUSeen facility. Same process as usual.



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## RUN FOR THE AGES

This year's Run For The Ages is Sunday, June 24, 2018. Registration opens at 7:00AM with first runners starting promptly at 8:30AM. We say first runners to remind you to this race uses an Age-Graded start where a runner's start time is based on age and gender. This gives any age-group competitive runner a chance to win the race outright. It also lets you determine who among your family, friends, co-workers, running club, etc. really is the fastest. Race is run on the trails in beautiful Nolde Forest. Start and finish both in front of the mansion. Course remains the same as last year and we over-mark the course to make it easy to follow for those new to trail running.

What's this? TWO pairs (yes, four tickets total), TWO pairs of Southwest Airline tickets will be raffled off post race at this year's Run For The Ages! One pair will be raffled off to entered runners as has been done in year's past. The second pair will be raffled off in a totally separate raffle to those buying tickets. Anyone can enter the second raffle: runners, spectators, volunteers, etc.

Great swag as usual! One item is very useful and we haven't seen it done as swag for a race before (Tease....). The other is the very popular Therm-O-Snack bag which will be stocked with other goodies. We found two different size bags this year, one slightly larger (think wine/picnic?) than the other (lunch?). So get there early to ensure you get your choice of sizes.

We will again have the family category where we'll have a separate award for any "family" of three or more. You determine who your family is (no blood relation required) so co-office workers, running club members, school XC teammates, etc. all work!

Discounted Pre-registration will end June 9th so grab some family, coworkers, teammates and friends and enter today!

# RACE RESULTS

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

## St Luke's Half Marathon

Scott Thomas	1:33:17	3rd M50-54
Lamar Foley	1:42:02	
Shelby Brett	1:43:09	4th F45-49
Jane Setley	2:09:13	
Melanie Marinaccio	2:09:14	
Jonathan Foley	2:21:47	

## Hyner 25K

148	Brock Kline	3:44:25
211	Mike Zimmerman	3:56:32
312	Tania Salaneck	4:25:04

## Hyner 50K

50	Rhoda Smoker	6:03:30	2nd F30-29
52	Pete Groth	6:05:34	
78	Gary Long	6:27:47	
79	James Cramer	6:29:10	
88	Lori Johnson	6:31:52	
115	Brooke Schell	6:46:10	
116	Donny Mengel	6:46:26	1st M60+
131	April Zimmerman	6:52:02	
151	Joanne VanHorn	7:13:27	3rd F50-59
180	Michael Ranck	7:34:11	
216	Jen Seale	8:03:35	
232	Michael Reinhart	8:38:07	
248	Mike Yoder	9:07:34	
249	Laura Mooney	9:07:35	

## Cooper's Rock 50K- West Virginia

Andy Styer	5:56:20
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## Jim Thorpe Half Marathon

647	Michelle Henry	2:46:13
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## John Schultz Memorial Triple Crown Trail 5K

Helene Horn	38:28
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## John Schultz Memorial Triple Crown Trail 10K

Paul Makurath	1:09:49	1st M70+
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## Beat Beethoven 5k

Helene Horn	44:30
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## Tyler Arboretum 10K Trail

Paul Makurath	1:13:09	3rd M70+
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## Broad Street 10 Miler

Beth Auman	1:12:14
Duane Renninger	1:13:22
Tom Kohl	1:36:09
Michelle Henry	1:58:49

## Lacey's Legacy of Hope 5K

21/292	Aaron Kreider	25:22
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## Creamery Hustle 5K- PSU Berks

18/110	Aaron Kreider	24:58	3rd M40-49
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## Dirty German 50K

1/190	Michael Heimes	3:39:03
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## Third Thirsty Thursday 5K race #2- May

8/196	Jon Durand	19:16	3rd M30-39
10	Brock Kline	19:42	4th M30-39
12	John Mark Stoltzfus	20:04	2nd M40-49
16	Michele Gallen	20:48	1st F20-29
30	Troy Seitzinger	23:01	2nd M50-59
47	Mike Ranck	24:36	3rd M60-67
61	Donna Ornosky	25:28	1st F50-59
74	Aaron Kreider	26:05	
83	Blair Hogg	27:00	
90	Janine Beidler	27:37	
96	Jane Setley	28:10	3rd F50-59
106	Larry Drogo	29:05	
108	Joanne Patti	29:16	3rd F60-67
113	Julia Hager	29:24	
126	Barbara Raifsnider	30:45	
144	Michelle Henry	33:12	
152	Helene Horn	34:03	
163	Catherine Durand	37:09	
170	Charlie Crowell	38:30	
183	Gwyn Chobot	41:58	

## MMT 100 Mile Trail

27/128	Rhoda Smoker	27:23:17
71	Brett Lynch	32:02:25
79	Lori Johnson	33:04:25

# RUNNER PROFILE: MIKE YODER

## “The Jedi Master”

by Matt Brophy

In my native state of Massachusetts, the pronunciation of “Yoder” (Yo-dah) comes quite close to the way most Americans say the name of the legendary sage from Star Wars. Coincidence this is not. In the vast majority of Pagoda Pacer interviews I have done thus far, some mention of Mike Yoder’s influence as a mentor, inspiration, friend, and/or guru has been made. I finally had the chance to sit down with Yoder at The Pike, in Reading, to try and glean the wisdom that has enabled him to thrive for so long as an ultra runner, club leader, and spiritual guide. I’ve attempted to distill the most essential principles of Yoder’s Force in what follows.

**1. Be relentless.** In addition to his accomplishments as a runner, Yoder had a fifteen-year career as a kickboxer, and he continued to teach and coach after he stopped fighting. Beyond the simple pleasure of “hitting someone without getting in trouble,” he found the sport to be a great workout—especially for the core—and great cross-training for running.

Perhaps fighting also helped Yoder develop his signature tenacity as an endurance athlete. That journey began in the 1980s, when he fell in love with running the trails at Blue Marsh Lake, but it didn’t take off until 1997, when he ran his first ultra: the HAT 50k. After that, he quickly moved onto 50 milers, and then in 1999, he ran his first 100-mile race: MMT. Over the next couple decades, he would finish MMT 9 more times. He also completed the nation’s most iconic 100-mile race—Western States—in 2012. In the 20+ years since he’s



*Giving back - Yoder can often be found assisting others reach their goals at local races.*

been running such races, never has he failed to finish a race that he’s started. This is true despite an ongoing battle with Lyme disease and ankle injuries that have periodically frustrated him over the last seven to eight years. Some races have inevitably become slower and more painful due to these struggles, but Yoder keeps fighting through to the finish.

**2. Learn from others.** Yoder credits John and Dale Weitzel for taking him under their wings and encouraging him to run ultras. Introducing him to the trail-running community, which struck him as appealingly “grassroots” and bare bones, was key to getting him hooked. Then it was Charlie Trayer, a local elite runner, who became a mentor for Yoder. In the years that followed, Yoder increased his speed and his endurance. In 1999, he finished 10th at HAT (4:08), and the following year he finished 6th at Mountain Mist 50k (4:53). He placed 2nd at the inaugural Elk Valley 50 Miler, and won it the following two years. He also won the grueling Conestoga Trail Race twice. During the hot summers, he was developing his toughness at slower, rockier races in the mountains of upstate New York, including the infamous Escarpment Trail Run in the Catskills (5 finishes), and the unsupported Damn Wakely Dam Ultra in the Adirondacks (4 finishes).

**3. Give back.** A native and lifelong resident of the Oley / Fleetwood area, Yoder took great pleasure in giving



*Yoder at the Mt Penn Mudfest - he completed every running of the event during its existence.*

## RUNNER PROFILE, CONT'D

back to the community as a cross country coach at Oley High School for seventeen years (and track coach for four years). Several Pacers had Yoder as a coach when they were at Oley, including Dan Schaeffer, who ended up taking over Yoder's coaching position after a career change made it logistically impractical for Yoder to continue to coach.



*Yoder on trail at a recent HAT Run 50K.*

Yoder also contributes extensively as a race volunteer. He has co-directed the Blues Cruise 50k with Stephan Weiss for 10 years (although he says Stephan does all the work), helps out at other Pacer races as well as at Stephan's UberEndurance races, and coordinates an aid station at the World's End Ultras. Yoder takes pride in keeping the "party attitude" of this aid station alive and well, as he does in opening up his cabin—which is adjacent to World's End Park and has been in his family since the 1930s—to Pagoda Pacers who are running in or volunteering at the race. This cabin, which was built out of recycled lumber from an old railroad boxcar, is filled with countless memories for Yoder, and he's been running at World's End virtually all his life. He's delighted that other runners are now able to appreciate the beautiful trails up there, and that he can help them muscle through a challenging course each year.

**4. Surround yourself with good people.** Yoder repeatedly emphasized how blessed he is to have an amazing family and fiancée. This summer, he and Laura Mooney will marry. She has been his devoted partner for the last five years, and he could not say enough how proud he is of her. "Her passion and drive is unmatched. She hasn't come close to her potential. With a little patience, all good things will happen."

Yoder is also close with his three step-sons (Chuck, Devin, and Kyle), his brother, his mother, and Laura's family.

**5. Work hard.** While Yoder used to be self-employed as a property manager, he now works in sales for SFS Intec. Previously, he worked timing races for Ron Horn at Pretzel City Sports and for Mike Gallen at RUseeN Apparel—both "super friends" who helped him out with employment opportunities when he needed

them. They helped him realize that "running is not just running, but the long-lasting friendships that do and have developed."

Yoder also worked as an EMT for a fire company, and on his own time, he works on renovating his house and tending to his garden.

**6. Play hard.** Some runners tend to prioritize competitiveness over fun, and while Yoder is undoubtedly competitive, for him, it seems like competition is just one of many things that can make running (and life) fun—but it's the fun that matters most. As a club, Yoder believes that the Pacers can compete with any running club in the country. "We kick ass everywhere we go," he said. But we also know how to have a good time.

Yoder plays an important role in elevating the club's "Fun Quotient" by hosting the annual bonfire (in the fall) and the Barnyard Challenge (in the summer), which is about to have its 10th anniversary. He and Rachel Shenk, the event's co-director, originally thought to do a "tough mudder" that was "tougher" and "muddier" than other events out there. As the competition evolved, they found that the key was assembling diverse teams of people who wouldn't normally find themselves working together. Every year, 50 to 60 people compete (for no charge), while other spectate, and the camaraderie that emerges is priceless.

Because this special 10th Barnyard Challenge will also coincide with Yoder and Mooney's marriage, they are hopeful for a record turnout so everyone can celebrate with them.

As for best strategies to kick rocks at your opponents' ankles or put a chicken to sleep, I didn't get to all that. So much to learn from the master, so little time! If you see Yoder on the trails, don't hesitate to ask for more wisdom. If you don't see him, be careful—he's lurking out there somewhere.



*Yoder's fiancée Laura Mooney watches Yoder in his glory as Master of Ceremonies at the Barnyard Challenge.*

# 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](mailto:editor@pagodapacers.com).

- ♥ On May 9 the Oley Valley Youth League was presented with a check from the Pagoda Pacers as part of the earnings of the Oley Valley Country Classic 10 mile and 5k event.

In this photo race director Barry Goodhart presents OVYL Representatives with the Big check. We are thankful for the partnership with the Oley Valley Youth League and look forward to the continued relationship. See you in Oley in November!



- ♥ We received the following thank-you note, as well as thank you emails from two other scholarship recipients.

Dear Miss Auman,

5/14/18

Thank you and the Pagoda Pacers so much for the scholarship! It will be put to good use in my major of forestry at Penn State Mont Alto. I am also looking forward to my cross country season in college. If my class schedule allows, I plan on returning to Reading to participate in the Shiver By The River series! Thank you very much again.

Sincerely,

Lauren Gidley

- ♥ The club received this thank you note addressed to Tom Chobot:

Tom-

I just wanted to take a moment to thank you for your encouragement and positive messages during and after my marathon training. Additionally, bringing Kathrine Switzer to speak was so powerful that I read her book ... which also encouraged me to attempt the marathon. Again, THANK YOU, for all your support! Best,  
Alicia Hartman

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# The BIG RUN...Our 1<sup>st</sup> Ever National 5K!

## Join Us on Wednesday June 6th

At Trooper Thorns, 451 Morgantown Rd. Reading

Last year, 12,000 runners across the country participated in the first-ever Fleet Feet nationwide 5K, The BIG RUN, on Global Running Day!

**A Running Start** is excited to offer this incredible race opportunity to the Reading running community for the first time this year! On June 6th, Fleet Feet locations nationwide, in partnership with Brooks and Nuun, will sponsor 5K runs and (super) fun runs across the country. **A Running Start by Fleet Feet** will participate by hosting a certified, timed, 5K race at Trooper Thorns on National Running Day!

All results from certified, timed 5K races will funnel up into a national leaderboard to determine and reward the overall fastest runners and age groupers in the country with some pretty cool cash prizes. And since this is **A Running Start by Fleet Feet**, we celebrate and welcome runners of ALL abilities and levels!



705 Penn Avenue, West Reading, PA [www.arunningstart.biz](http://www.arunningstart.biz) 610-320-9097

Sign Up: <https://runsignup.com/Race/PA/Reading/thebigrunwestreading>

### PAGODA PACERS ATHLETIC CLUB

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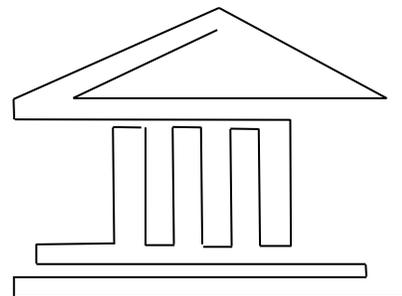
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