

**PAGODA****Athletic Club****PACERS****Reading, PA**

WE ARE A CLUB DEVOTED TO PHYSICAL FITNESS, ATHLETIC COMPETITION, HEALTH, AND FELLOWSHIP.

## FROM THE PRESIDENT

- Polly Corvaia, President

Many thanks to massage therapist Joel Kring from Centre Park Chiropractic Inc for his hands on presentation at the March meeting. The topic was Performance Enhancing Therapies and adding massage to your training program to increase results, speed up recovery time, and increase range of motion. Great demonstration and happy volunteers. CP Chiropractic currently treats several Pacer members who suggested them as guest speakers for our meeting. Check them out at [www.CENTREPARKCHIROPRACTIC.com](http://www.CENTREPARKCHIROPRACTIC.com).

Are you ready for the 18th annual Mt. Penn Mudfest on April 7th? Start time is 10am at Rotary Park on List Road. Great new course this year and hopefully, muddier than ever. Thank you Ron Horn for your amazing efforts as the race director. Have fun everyone and enjoy yourself.

The 2011-12 Shiver by the River race series is in the books. Overall results are on our website. The awesome runners and volunteers who do this series make it a friendly and fun time. Special thanks to Sue Jackson, Katie Exas and Beth Witkowski for your time and hard work. Support our sponsors: Shillington Family Chiropractic Center and A Running Start. Please set time aside on April 21st to attend trail maintenance day at Blue Marsh Lake or Nolde Forest. We love and use these trails and we're lucky to have them so close to home. These parks have asked for our help and I hope the pacers will show up in force. Donate one Saturday morning this month and enjoy a year of great trails knowing that you helped. Blue Marsh vols meet at the Visitor Center at 9:00am for litter pick up, no registration needed and they provide

lunch. Nolde vols meet at 9:00am at the EE Center and if possible, register in advance by calling 610-796-3699, they provide snacks. New 2012 charcoal gray hoodies or red tech shirts will be given to our vols. It would be great to let me know in advance so you can get a logo shirt to wear that day.

Another important event for the Pacers is June 6th at Blue Marsh Lake's "Get Outdoors Day". We will have a group run, a children's run, and an information table promoting the club. Your support is needed to make this a success. More details to follow. Please put this on your calendar now.

Recently, one of our members caught a thief smashing a window at a very popular trail head. He followed the getaway car while calling police, unfortunately they still got away. The problem is widespread and increasing as it is obvious to thieves that your wallet is in the car while you're on trail. Keep valuables locked in the truck or better yet, not in your car at all. Better safe than sorry.

## UPCOMING EVENTS

3/31/2012

Karate/Self Defense at Moyer's Karate  
31 Catherine Street, Shillington

4/7/2012

Mt. Penn Mudfest

4/21/2012

Blue Marsh Trail Maintenance

5/27/2012

Charlie Horse Half Marathon

## TRAINING RUNS

Start time 6:15 pm  
[www.pagodapacers.com/training-runs](http://www.pagodapacers.com/training-runs)

### April 4, 2012

Run: Nolde Forest

Sawmill Parking Lot, Rt. 625, Reading, PA 19607

Eat: California Bar & Grill

Route 724 and Mt. View Road., Reading, PA 19607

### April 11, 2012

Run: Trout Run (Exeter)

Corner of E and W Neversink Rd. and Painted Sky Rd.

Eat: Exeter Family Restaurant

4800 Perkiomen Ave., Reading, PA 19606

### April 18, 2012

Run: Church Road (Blue Marsh)

Eat: Blue Marsh Canteen

5035 Bernville Road, Bernville, PA 19506

\*Charity Run benefiting Greater Berks Food Bank

\*Bring a new runner night

### April 25, 2012

Run: Thun Trail (Brentwood)

Morgantown Rd., Reading, PA 19607

Eat: Mimmo's Restaurant

290 Morgantown Road, Reading, PA 19607

## MONTHLY MEETING

Thursday, April 12, 2012 | 7:00 pm

7:00 pm - 7:15 pm Social/Snacks, 7:15 pm General Meeting  
Guest speaker, Kim Rivera, Girls on the Run Berks County Organizer

**Reading Sokol Club**

411 Crestmont Street, Millmont

# MEETING MINUTES by: Vera Kochan

LOCATION: Sokol Club - March 8, 2012

Joel Kring and Steve Hearing from Centre Park Chiropractic attended the March meeting. Steve talked about how they use massage and chiropractic care together, while Joel gave a few short massages. If you would like to get in contact with Centre Park Chiropractic, they can be reached at 610-375-9319.

Race Directors Reports: Sue Jackson and Katie Exas reported on the Shiver races: The last race will be held Sunday March 10 with the lunch and awards after the race at the Temple Fire Company. Brett Lynch reported on the Charlie Horse race. Race date is Sunday, May 27. Starting to receive applications. April 28, 2012 is a Horse Shoe Trail clean-up day. Please plan on attending. Ted Andrus reported on the Run for the Ages which will be held on Sunday, June 24. Applications will be mailed out soon. A few entries have already been received. Grings Mill Run will be held on Sunday August 5. Race applications will be mailed out. Stephen Weiss reported on the Blues Cruise which will be held on Sunday October 7. Registration will be set up so if people are interested, they can make a donation to Blue Marsh Lake. This money could go to a particular project as designated by the Pagoda Pacers. Jason Manbeck reported on the Kris Kringle run. This year's race will be held on Sunday December 30. Jason is seeking alternative locations for this year's run. A group went to the Shady Hollow Horse Farm to explore. The group decided this may be a good place to have a race. Dave Feinhauer offered to be race director for a race which may take place in March or April of 2013. Treasurer's Report: The 2011 tax forms have been completed and need to be signed and mailed out.

Vice Presidents Report: This month's charity run will benefit Opportunity House. Please bring food, or cleaning supplies, but no clothing. The dates for Wednesday evening runs from member's houses are filling up. Some October dates are still available, if person hosting the run lives by roads which are good to run on, with less daylight. Four Cross Country Scholarship applications have been received. We will know next month who will receive the scholarships.

Public Relations Committee: The need to give the Pagoda Pacer race applications a more unified look was discussed. Also discussed was having a publicity person for the Pagoda Pacers. It was asked if the race director should answer questions pertaining to a race, or another person. Should one person be designated as a person that tries to get groups together for trail work? Communities should be notified when a race will be going on that will impact their community. Suggestions were to put papers in mailboxes along the route with a name and number of a contact person. Blue Marsh Lake's Get Outdoor Day will be held on Saturday, June 9 from 11 to 4. Maybe a Pacer run could be held before this, and also possibly a kids run.

Social Events: Helene Horn will start planning the wine and cheese event at the Pagoda and also the summer picnic. March 31 is the date for the kickboxing event. Beginning of May will be Shaun and Dave's Excellent Adventure.

Old Business: Blue Marsh clean up day is April 21.

New Business: Girls on the Run is a new running club coming to Berks County. This is a running club aimed at third through eighth grade girls. A representative of Girls on the Run would like to come to a Pacer meeting.

Someone was spotted trying to break into a car at Nolde Forest. Please take care to keep things in your care out of sight.

Nolde Forest clean up day will be held on Saturday March 17 from 9 to 12. The Ridge Trail has been designated for the Pagoda Pacers to clean up. The next Nolde Forest clean up day is April 21. Please remember to sign in when you register. Please put Pagoda Pacer in back of your name. Nolde Forest insures volunteers in case of injury.



**DON'T FORGET TO**  
*Beat*  
*Beethoven!*

**10K Race, 5K Race/Walk**  
**1-Mile Fun Run/Walk**  
(following the 10K/5K event)

Presented by the Reading Symphony Orchestra

**Sunday, April 29, 2012 • 9:30 AM**  
**Alvernia Campus, Reading, PA**

**\* FREE CONCERT \***

Register at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) or follow the link  
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To register by mail, call the Reading Symphony Orchestra office  
at (610)-373-7557 and request an entry form.

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# RUN LIKE A CHAMP

## “THE LEVEL ‘RENNER’ WAY!”

by: Ray Charbonneau

*At races, people ask me “How can you be so fast? I mean, look at you!”, and I just smile. It really isn’t that hard to become an awesome runner. Until now, I’ve kept my training tips to myself, but the competitive advantage my plan gives me just isn’t fair. So here, in a Level Renner exclusive, I’m sharing my running secrets with you:*

1. In order to be the best, you have to make running your number one priority. Friends, family, a job - those are all nice to have, but you always have to be ready to push them aside to make time for number one, or you’ll never finish number one. If you want, it’s OK to make friends with your fellow runners and train with them, but only if they always run with you at your pace and when it fits your schedule.
2. When you’re training, run the same loop over and over, and try to run it faster every day. It’s as simple as ABC – Always Be Competing! Never get that guilty feeling that you’re not trying hard enough. Even when you’re just training, every day should be a new PR. If you’re not improving, you’re not doing it right! If you have a bad day, it’s not because you need a break, it’s because you’re a failure. Train even harder the next day to make up for it!
3. Race often, at least once a week if not more, and always race as hard as you can when you race. You want to stay mentally tough. Taking it easy in a race situation will blunt your edge in the next race. Remember, practice makes perfect.
4. Don’t bother with stretching, massage, foam rollers, The Stick, yoga, or anything else designed to improve your range of motion or increase the flow of blood to your muscles. There isn’t any conclusive scientific proof that any of that stuff helps, and they all take time that can be better spent running. Running is all you need to get your blood pumping, flush out lactic acid, and carry nutrients to your muscles. Anyhow, any extra range of motion beyond what you need for running is useless. If you get a little stiff, that actually helps keep you from over-striding.
5. Learn the difference between pain and injury. If something hurts but you can still run, that’s not an injury. That’s just pain and you can, and should, push through pain. If you don’t run when something hurts, you’ll never run.
6. Never do any cross-training. Only running trains the specific muscles you need to run better. Runners don’t go biking, swimming, cross-country skiing, lift weights or do plyometrics. None of that will help you. Runners run.
7. You need the best tools to get the best results. You need all the latest gear to be a winner, especially the newest and best shoes. Keep track of the latest shoe trends and buy your shoes from whoever has the most advanced technology. If you can’t decide, always buy the most expensive shoes. If they cost more, they must be better. Shoe companies have your best interests at heart, and they’re always working to get you whatever edge they can, however small. You may not be able to tell your current shoe from the newer model, but what do you know?  
(Continued on page 4)



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[seidellaw@gmail.com](mailto:seidellaw@gmail.com)



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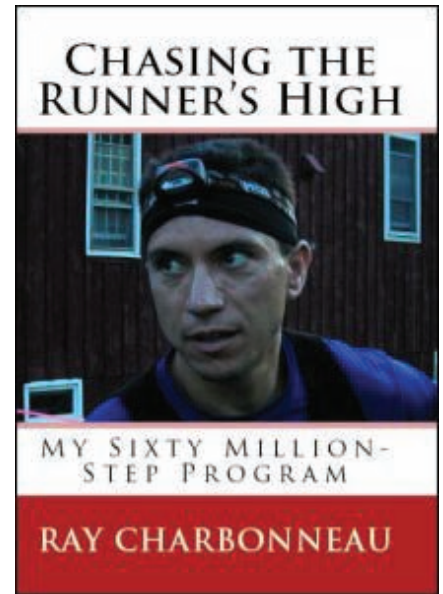
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610.327.4864 Fax  
[www.runccrs.com](http://www.runccrs.com)  
[donccrs@verizon.net](mailto:donccrs@verizon.net)

8. Eat as much as you want of whatever you want. If the furnace is hot enough, it'll burn anything. High-calorie foods, with lots of sugar and fat, are the quickest and most efficient fuel for a runner. Beer, especially post-race free beer, helps keep you hydrated and has B-vitamins and carbs for energy. Avoid too many fruits and vegetables. All that fiber just leads to unscheduled pit-stops while you're out on the run.

9. The only way to run your best is to take it to the limit and train as hard as you can as often as you can. And the only way to find where your limits are is push beyond them. Sure, you'll break down – that's what makes them limits - but how else can you learn where they are? After you heal, your muscles will be stronger, full of tough knots to help protect against future injury. A few weeks or months off, and you're back, better and smarter than ever, and ready to go out and test your limits again.

If this were Runner's World there'd be 10 rules you'd have to follow, but my exclusive Level Renner plan is so simple, all you need is nine! Pound out those miles! The hammer is the best tool you've got to turn yourself into a running machine! Follow these rules, and you too can bring home the hardware!

Disclaimer: This article is meant for educational purposes only. Any resemblance to real persons, living or dead is purely coincidental. Use only as directed. No other warranty expressed or implied. May be too intense for some viewers. For recreational use only. Penalty for private use. Sanitized for your protection. Beware of dog. Not responsible for direct, indirect, incidental or consequential damages resulting from any defect, error or failure to perform. Terms are subject to change without notice.



Ray Charbonneau lives in Arlington, MA with his wife and their two cats. You can often find Ray and Ruth out on the streets running, but Felix and Phoebe stay inside. Ray is the author of the books "Chasing the Runner's High" and "R is for Running".

Find out more at [www.y42k.com](http://www.y42k.com). This article originally appeared in "Level Renner" magazine - subscribe for free at [levelrenner.com](http://levelrenner.com).

Submit your race story and a photo to: [admin@pagodapacers.com](mailto:admin@pagodapacers.com)

## Great Ideas From Across the Ages



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Join us for our FREE Newton Running Clinic on Thursday, April 19th, 6:00 p.m.!

The Pagoda Pacers A.C, Reading, PA's Annual Salute to "Sweating, Swatting & Swearing";  
The Always Challenging but Rarely Sane

# CHARLIE HORSE

## HALF MARATHON TRAIL RACE

Sunday May 27, 2012 9 A.M. Plowville, Pa.  
(Address: 482 Westley Rd, Mohnton PA)  
Portion of Proceeds & All Donations Benefit Special Olympics

***“Wicking T-Shirts ONLY FOR PRE-REGISTERED”***

***Regular t-shirts for those entering after May 13, including "day of", until gone***

There are many reasons for why you should make this race, the one race that you do not miss: 1) This race benefits The Berks Co. Special Olympics; 2) This is a point to point race which will require you to get to the finish, rather than making it an option to NOT finish. 3) To quote from RUNNER'S WORLD, "Consider running at least one charity race a year. Running for those in need may be just the motivation you need to get out the door, to train and get you to the finish on race day. This year, make THIS race; YOUR race. This course is isolated and has 13.1 miles (give or take) of running through shallow water, across rocks, roots, downed trees, bugs, snakes, hills and maybe even mud, thru a gun club (DUCK!) and connecting to 7 miles of the Horseshoe trail; ending at the Sleepy Hollow A.C. This may start in a park setting and seem peaceful, but this "trip over trouble" is not a "walk in the park" course (which may be why we do not allow "walkers"). This will be challenging and a fun day. You will also have included in your fun filled day, a back country road section with a few more hills. You are racing and running at YOUR OWN RISK. You are solely responsible for your well being at all times. If you would get lost, injured, or possibly romanced along this course, it will be your responsibility to find your way to the finish area, hopefully, before the pool and bar closes. Since this will be a gut wrenching race, and gut wrenching responsibility, we cannot allow for runners under the age of 18 years old. If you are unable to follow trail markings easy enough for a second grader, then please consider coming and cheering your family on throughout the race. All others please come and have a great fun filled challenging day at the park. Hot & Cold picnic for all entries, pool & showers at finish (Sleepy Hollow may charge to use the pool; not sure)

AWARDS: Overall Male 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup>; Overall Female 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup>; Overall Master (40+) 1<sup>st</sup> M + 1<sup>st</sup> F plus:  
18-29 (3M 3F) 30-39 (3M 3F) 40-49 (3M 3F) 50-59 (3M 3F) 60-69 (2M 2F) 70+ (1M 1F)

CUT-OFF: There will be a cut-off at Aid Station #3 (9 miles) of 3 hours.

Send Your Waiver & Check Payable to: Pagoda Pacers A.C. C/o Brett Lynch, 1520 Huron Dr. Sinking Spring, PA.19608  
QUESTIONS??? CALL RACE DIRECTOR—Brett Lynch at 269-357-3325, or Email- [lynchd77@hotmail.com](mailto:lynchd77@hotmail.com), or visit  
[WWW.PAGODAPACERS.COM](http://WWW.PAGODAPACERS.COM). INSURANCE PROVIDED BY R.R.C.A.

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Gender: M F

Telephone \_\_\_\_\_ a.m. \_\_\_\_\_ or p.m. \_\_\_\_\_ Single entry (\$35) \$ \_\_\_\_\_

Race Day Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ After May 13, 2012 (\$40) \$ \_\_\_\_\_

(Must be at least 18)

Wicking shirt size (circle one): S M L XL XXL

Pagoda Pacer? Yes No

Email Address: \_\_\_\_\_

Already Receiving Run Update Emails on a Weekly Basis? \_\_\_\_\_ Yes \_\_\_\_\_ No **PLEASE SIGN BACK OF FORM**

Optional Donation to  
Special Olympics Berks Co \$ \_\_\_\_\_  
Total Enclosed \$ \_\_\_\_\_

**Info:** Race starts at 9:00 a.m.; registration at Sleepy Hollow A.C. 482 Westley Road, Mohnton, Pa. 19540, from **7:15 a.m. to 8:15 a.m.**; buses will transport runners for the start only immediately after registration closes (8:15). Busing to the start is highly suggested; you may choose to drive there on your own, but **THERE WILL BE NO RIDES PROVIDED BACK TO THE START AFTER THE RACE!!!!** The only way you will get back, is running it backwards or if you have your own ride back.

**ENTRY:** The entry fee is \$35 if postmarked before May 13, 2012. Included in this entry fee will be a technical wicking t-shirt, and a hot/warm meal. Extra beverages provided for purchase at the finish line.

Cost is \$40 after the cutoff date to include day of race while shirts last. \$30 after shirts are gone (**limited** supply of extra shirts-regular T's only). There will be no refunds, or mailing of shirts or awards. Race will have an approx starting time of 9:00 A.M.

"Race day" reg will be available. You are encouraged to arrive **EARLY** or make sure that you have pre-registered.

**PLEASE, SO THAT WE HAVE ADEQUATE BUSING, FOOD & SHIRTS, PREREGISTER!!!!!!**

**On-line registration on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) not required but always encouraged**  
(Nominal processing fee applies. On-line registration ends at Midnight on May 23, 2012)

**OTHER REASONS TO COME: HOT/COLD PICNIC LUNCH FOR ALL ENTRIES!!!** burgers, hot dogs, munchies and some drinks. Maybe even something healthy to eat Plus, **FINISHER AWARDS FOR ALL** in addition to age group awards, a great **WICKING T-SHIRT** to all pre-registered; regular T for post and day of entries while they last. Showers available (no hot water), picnic area, refreshment stand for non runners who may be hungry from watching, a pool that runners may swim in, a playground for all rug rats that come to route on mom & dads, as well as sisters and brothers, plus for some there are spirited beverages available from Sleepy Hollow A.C. (21+). **No alcohol** can be brought onto the premises. Trained medical staff will be on site and a crew will sweep the course after the last runner. There will be 3-4 water stops on the course. No dogs or walkers allowed on course or at facility. **NEW START LOCATION than one used in initial years; LESS CONGESTED!** DJ & bargain clothes seller (bring cash) also tentatively expected.

**DIRECTIONS:**

**FROM NORTH (READING, ALLENTOWN):** Take Route 422 towards Reading. About 2 miles east of Reading, take I-176 South and travel 2.9 miles to exit 7 (Green Hills). At the light, turn left onto Rt.10 south. Travel 3.1 miles to Westley Road on the right. Look for the Sleepy Hollow sign along route 10, or the Charlie Horse race sign at the intersection to turn. Go 1.2 miles on Westley Rd. and look for Sleepy Hollow on the left.

**FROM SOUTHEAST (PHILLY):** Take the Morgantown exit (exit 298). After toll, exit immediately (exit 1A) and head towards Beckersville (Rt. 10 N). Follow Rt.10 about 6 miles. After passing Plowville Church on your right, you'll go down a long hill. Westley Rd. will be on the left at the bottom of the hill. Look for the Sleepy Hollow sign along Rt. 10, or the Charlie Horse race sign at the intersection to turn. Take a hard left, go 1.2 miles and look for Sleepy Hollow on your left.

**FROM LANCASTER RT. 222:** Take US-222 North and exit at the Adamstown and Knauers interchange (Rt. 568). Turn right at the stop sign and travel east on Rt. 568 (Alleghenyville Rd) towards Knauers and Green Hills for about 7.5 miles to Rt. 10. (NOTE; at 3.0 miles, Rt. 568 bears left at the Y onto Kurtz Mill Rd.) At the Rt. 10 stop sign, turn right, go south on Rt. 10 for about 1.3 miles, turn right on Westley Road. Once on Westley Road, follow about 1.2 miles to Sleepy Hollow on the left.

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**TO INSURE ALL AWARDS ARE TABULATED AS ACCURATELY AS POSSIBLE, PLEASE REVIEW YOUR INFORMATION TO BE SURE THAT EVERYTHING IS CORRECT, ESPECIALLY YOUR AGE AND GENDER!!!!!!**

FOR ALL YOU LEGAL PEOPLE: I know that running a trail and on roads may be hazardous activity. I should not enter this race or run unless I am medically able and properly trained. I also know that there will be traffic, hazards, debris and poor footing on the course. I assume the risk for running on it. I also assume all other risks associated with running or attending the race to include but not limited to falls, contact with other participants, the effects of the weather, the conditions of roads and trails, and of course getting lost. 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, Sleepy Hollow A.C., Eshelman Transportation, The PA Dept. of Conservation & Natural Resources, Rustic Park, the Pagoda Pacers A.C and all other organizations directly or indirectly associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every type or nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to the Pagoda Pacers and all other parties involved 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. I HAVE READ AND UNDERSTAND THIS WAIVER.

SIGNATURE \_\_\_\_\_

Date \_\_\_\_\_

# RACE RESULTS

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

## Chilly Cheeks 7 mile trail run (1/15/12)

26/580	Scott Thomas	1:00:46	4th M 40-49
31	Jeff Merritt	1:01:31	
74	Michele Gallen	1:08:14	3rd F0-29
78	Karla Reppert	1:08:41	1st F30-39
93	Don Mengel	1:09:43	
98	Kelly Murdock	1:10:40	
113	Ted Andrus	1:11:35	
170	Jory Wamsley	1:16:31	
258	Ted Hardies	1:24:34	2nd M65+
269	Jeff Snook	1:25:13	
323	Paul Makurath	1:30:53	
379	Katie Exas	1:35:44	
407	Michele Amadoro	1:37:59	
474	Diane Hardies	1:45:13	1st F65+

## Ugly Mudder 7 Mile trail (2/26/12)

31/784	Erik Leeds	1:01:37	
40	Jeff Merritt	1:03:43	
113	Kelly Murdock	1:10:42	4th F0-29
114	Dan Schaeffer	1:10:48	
118	Ted Andrus	1:11:42	
123	Andy Heckman	1:12:14	
183	Diane Grim	1:18:07	2nd F50-59
187	Jason Jacques	1:18:18	
197	Kyle Shenk	1:18:56	
238	Tom Grim	1:22:37	
263	Ted Hardies	1:24:00	1st M65+
292	Libby Crockart	1:24:48	
319	Jamie Heckman	1:26:08	
364	Karen Rule	1:28:51	
370	Ruthie Vanderbeck	1:29:01	
390	Jeff Snook	1:30:28	
407	Katie Exas	1:31:19	1st F60-64 (birthday!)
460	Paul Makurath	1:35:27	
547	Cory Sadlowski	1:41:18	
557	Diane Hardies	1:42:55	1st F65+
577	Ellie Vanderbeck	1:44:08	
603	Lisa Gallen	1:46:21	
604	Dave Gallen	1:46:23	
644	Melissa Creason	1:52:38	
665	Heather Nowicki	1:56:30	New Mommy!!

## Super Bowl 10K (2/5/12)

66/489	Garry Rarer	43:43	
68	Jory Wamsley	43:47	
79	Dan Govern	44:45	
92	Jeff Fussner	45:23	
93	Raine Fussner	45:30	
170	Marsha Latimer	48:57	
399	Suzette Richardson	1:01:35	

## Shiver by the River 5k - March, 2012

Place	LastName	FirstName	Div	FinishTime
3	HATT	BEN	M2529	16:57
30	YODER	MIKE	M5054	19:43
31	CHRISMAN	WILLIAM	M5054	19:45
33	TURBETT	TODD	M4549	19:48
35	McClure	Lori	F3539	20:02
40	Andrus	Ted	M4549	20:18
42	Seitzinger	Dana	M4044	20:34
80	LYNCH	BRETT	M3034	22:41
82	WAMSLEY	JORY	F2529	22:50
83	Sanders	Doug	M5054	22:52
93	Snook	Jeff	M5559	23:50
122	Mowery	Taylor	M1619	25:14
131	BOGGS	MARY	FCL	25:27
137	VANDERBECK	ELLIE	F5054	25:49
155	Seitzinger	Kathy	F4549	26:43
170	SUYDAM	JIM	M5054	27:25
178	Schlitzer	John	M5559	27:46
186	Sanders	Michele	FCL	28:22
197	HOGG	BLAIR	M5054	28:55
238	Rodriquez	Jesus	MCL	31:13
241	Mowery	Stephanie	F4549	31:29
252	ISAAC	PAUL	M4549	32:17
261	Andrus	Mark	M0115	32:57
277	Antonnen	Judy	F7099	34:39
280	Showers	Dianne	F5559	35:17
293	WEBER	DAVE	M5054	38:34
295	Booth	Albert	M7099	38:38

## Shiver by the River - 10k - March, 2012

Place	LastName	FirstName	Div	FinishTime
8	Koch	Steve	M5054	36:23
11	Lykens	Matt	M2024	36:52
15	Hartman	Chris	M3034	37:55
18	THOMAS	SCOTT	M4549	38:29
25	Krupa	Jim	M4549	40:30
26	Seitzinger	Troy	M4549	40:31
28	Mowery	Dave	M4549	40:53
35	Minich	Curt	M4044	42:00
41	OSWALD	MELISSA	F3034	43:06
46	FUSSNER	RAINE	F4549	44:30
47	FUSSNER	JEFF	M4549	44:31
55	HUTCHINSON	JAMES	M5559	46:11
57	Guth	John	MCL	46:21
65	AUMAN	BETH	F2529	46:50
72	THOMAS	KATIE	F2024	47:17
80	Ranck	Michael	M6064	48:10
83	GUTH	MICHELLE	F3034	48:36
113	Simcik	Beth	F5559	53:51
116	HASKER	ROD	M6569	54:09
134	RUTH	MATT	M4044	56:58
152	Barrell	Tania	F3034	64:04
156	Dotson	Jillian	F2024	67:43
159	Atwell	Jerrold	MCL	71:07

# RACE CALENDAR

DATE	EVENT	DISTANCE	TIME	CONTACT	ALTERNATE CONTACT
04/01/12	Reading, PA Brighter than the Sun 5k and 1 Mile fun Run/Walk	5k-R	9:00 AM	<a href="#">Nicole Fryer, 610-777-3636 x14</a>	<a href="mailto:nicolef@vapro.com">nicolef@vapro.com</a> <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>
04/01/12	Allentown, PA Spring Fling 5k	5k-R	9:00 AM	Rochelle Romeo	<a href="http://www.runlehighvalley.com">www.runlehighvalley.com</a> <a href="mailto:rromeo@worktolivellc.com">rromeo@worktolivellc.com</a>
04/01/12	Emmaus, PA Emmaus 4 Mile Classic	4M-R	9:30 AM	<a href="#">Jack McCambridge</a>	<a href="mailto:jackmcc57@yahoo.com">jackmcc57@yahoo.com</a>
04/07/12	Reading, PA Mt Penn Mudfest 15k Trail Run (800 person limit)	15k-TR	10:00 AM	Ron Horn/Pagoda Pacers A.C.	610-779-2668 <a href="mailto:rhornpcs@aol.com">rhornpcs@aol.com</a> <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>
04/07/12	Lititz, PA Sauder's Egg 5 Mile Run 5k Walk and Fun Bike Rides	5M-R	9:00 AM	<a href="http://www.saudereggs.com">www.saudereggs.com</a>	<a href="tel:1-800-233-0413">1-800-233-0413</a>
04/07/12	Mount Wolf, PA Movie Madness 1/2 Marathon	13.1M-R	12:00 AM	<a href="http://hm.usroadrunning.com">hm.usroadrunning.com</a>	
04/10/12	Birdsboro, PA Trottin' Tim's Tuesday Evening 5k Series Race #1	5k-R	7:00 PM	Irene Ziemer, 610-568-4911	<a href="mailto:ziemer@dejazzd.com">ziemer@dejazzd.com</a> <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>
04/14/12	Pottstown, PA Operation Backpack 5k	5k-R	9:00 AM	True to Life Ministries	<a href="tel:484-942-4441">484-942-4441</a> <a href="http://www.ttlm.org">www.ttlm.org</a>
04/14/12	Coplay, PA Trot for Trykes 10k/5k Run/Walk	10k/5k-R	8:00 AM	<a href="http://www.active.com">www.active.com</a>	<a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>
04/14/12	Glenside, PA Keep the Parade Running 5k Run & 1 Mile Walk	5k-R	8:00 AM	<a href="mailto:Moira McNulty, mcnulty.moira12@gmail.com">Moira McNulty, mcnulty.moira12@gmail.com</a>	<a href="mailto:Joy Gillespie, gillespie.joy12@gmail.com">Joy Gillespie, gillespie.joy12@gmail.com</a> <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>
04/14/12	Norristown, PA A Baby's Breath Run for Life 5k	5k-R	9:30 AM	Kelly Coral, 978-530-7673	<a href="http://www.ababysbreath.org">www.ababysbreath.org</a> <a href="mailto:kellyhcoral@gmail.com">kellyhcoral@gmail.com</a>
04/14/12	Lebanon, PA Salvation Army Community 5k Fun Run/Walk	5k-R	8:00 AM	<a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>	
04/14/12	Langhorne, PA Langhorne Borough 5k	5k-R	8:30 AM	Kari Thomas, 215-741-5150, <a href="http://www.lbba.info">www.lbba.info</a>	<a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>
04/14/12	Hamburg, PA The Extreme Bartram Breeze 10k Road Race	10k-R	9:00 AM	<a href="http://www.bluemountainwildlife.com">www.bluemountainwildlife.com</a>	
04/14/12	Millersville, PA FREE Yourself 5k	5k-R	9:00 AM	<a href="http://www.millersville.edu/wandw">www.millersville.edu/wandw</a>	<a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>
04/15/12	Hatfield, PA Five & Dime 5 & 10 Mile Races	5M-R, 10M-R	9:00 AM	ACT Sports Management	<a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a> <a href="http://www.active.com">www.active.com</a>
04/15/12	Reading, PA RACC 5k Run	5k-R	10:00 AM	Ron Horn 610-779-2668	<a href="mailto:rhornpcs@aol.com">rhornpcs@aol.com</a> <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>
04/15/12	Collingdale, PA Collingdale 5k Run and 1 Mile Walk	5k-R	10:00 AM	Paul Isaac 484-540-7192	<a href="mailto:pauljisaac@yahoo.com">pauljisaac@yahoo.com</a>
04/19/12	Reading, PA Third Thirsty Thursday Evening 5k Summer Race Series Race #1	5k-R	7:00 PM	Ron Horn 610-779-2668	<a href="mailto:rhornpcs@aol.com">rhornpcs@aol.com</a> <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>
04/21/12	Slatington, PA Concordia Lutheran Academy Pheasant 5k	5k-R	9:00 AM	Lisa 610-262-8600	<a href="mailto:lg13667@yahoo.com">lg13667@yahoo.com</a> <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>
04/21/12	Lebanon, PA Ebenezer Flying Falcons 5k and 1 Mile Fun Run	5k-R	9:00 AM	Melissa Rambler, 717-821-1158	<a href="mailto:Alex Paine, 717-813-5150">Alex Paine, 717-813-5150</a> <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>
04/21/12	Boyertown, PA Spring Fever 5k Run	5k-R	10:00 AM	Joanne Pritchard, 610-473-1482	<a href="mailto:heyoitsjo@windstream.net">heyoitsjo@windstream.net</a> <a href="http://www.springfever5k.webs.com">www.springfever5k.webs.com</a>
04/21/12	Adamstown, PA Rumspringa 1/2 Marathon	13.1M-R	9:00 AM	Stephan Weiss 717-484-1127	<a href="mailto:stephanweiss@comcast.net">stephanweiss@comcast.net</a> <a href="http://www.uberendurancesports.com">www.uberendurancesports.com</a>
04/21/12	Ambler, PA Spring Zing 5k Run and 1 Mile Walk	5k-R	9:30 AM	Suzanne Mack 215-816-5128	<a href="mailto:smack921@gmail.com">smack921@gmail.com</a> <a href="http://www.springzing5k.com">www.springzing5k.com</a>
04/21/12	Langhorne, PA Jog for Joints 5k Run/Walk & Orthopedic reunion 1 mile Walk	5k-R	8:30 AM	Donna McNeill 215-710-2636	<a href="mailto:dmcneill@stmaryhealthcare.org">dmcneill@stmaryhealthcare.org</a> <a href="http://www.stmaryhealthcare.org">www.stmaryhealthcare.org</a>
04/21/12	Skippack, PA 4Jim5k Jim Bemis Memorial Run	5k-R	8:00 AM	Michael Welsh 484-899-0202	<a href="mailto:info@4jim5k.com">info@4jim5k.com</a> <a href="http://www.4jim5k.com">www.4jim5k.com</a>



# RACE CALENDAR

DATE	EVENT	DISTANCE	TIME	CONTACT	ALTERNATE CONTACT
04/21/12	Bethlehem, PA Robert Yasso Memorial 5k	5k-R	8:30 AM	Michael Ogradnick, 484-538-8821	dzemo291@yahoo.com
04/21/12	Kennett Square, PA Unionville-Run for our Sons 5k	5k-R	9:00 AM	rforunionville@gmail.com	www.parentprojectmd.org
04/21/12	Princeton, NJ 6k Cross Country Run	6k-XC	10:00 AM	Meg Foreman	iaswoods@princetonac.org www.princetonac.org
04/21/12	Kutztown, PA Spring Chicken 5k Run	5k-R	9:30 AM	Joy Stutzman 610-683-5436	djstutz@verizon.net www.lifeschoceskutztown.org
04/21/12	Phoenixville, PA Spring into Fitness 5k	5k-R	9:00 AM	http://brynmawrrunningco.com	giannig@psad.com
04/22/12	Fort Washington, PA Burning for Learning 5k Run/Walk	5k-R	8:30 AM	Nicole Burns	www.burningforlearning.com www.active.com
04/22/12	Birdsboro, PA Blazer Mat Club 5k Run/Walk	5k-R	9:00 AM	<a href="mailto:Christy.Zielger@blazerclub.com">Christy Zielger, 610-404-4173</a>	blazerclub@gmail.com www.pretzelcitysports.com
04/22/12	Harrisburg, PA Running for Rachel 5k Run/Walk	5k-R	9:00 AM	<a href="mailto:Erin.Guss@runningforrachel.com">Erin Guss, running4rachel@gmail.com</a>	www.runningforrachel.myevent.com www.pretzelcitysports.com
04/22/12	Allentown, PA I am for the Child CASA 5k Run/Walk and Kids Fun Run	5k-R	9:20 AM	www.pacasa.org	www.pretzelcitysports.com
04/22/12	Center Valley, PA Purple Pinkie 5k	5k-R	10:00 AM	Lindsay Dender, ld6422@desales.edu	<a href="mailto:Jen.Hanson@desales.edu">Jen Hanson, jh8537@desales.edu</a> <a href="http://www.rotarydistrict7430.org">www.rotarydistrict7430.org</a>
04/22/12	New Hope, PA New Hope-Solebury Spirit Run 5k	5k-R	9:30 AM	www.bucks5kseries.com	
04/22/12	Phillipsburg, NJ Staliner Spring Classic 5k	5k-R	10:00 AM	<a href="tel:908-213-2402">James Bronic 908-213-2402</a>	springclassic@hotmail.com
04/22/12	King of Prussia, PA Valley Forge Revolutionary 5 Mile Run	5M-R	8:30 AM	www.valleyforge.org	web@valleyforge.org
04/22/12	Ardmore, PA Minding Your Mind 5k	5k-R		http://brynmawrrunningco.com	wp.virgo@comcast.net
04/22/12	Huntingdon Valley, PA Valley Community Outreach 5k Walk/Run	5k-R	8:00 AM	<a href="tel:215-938-1508">Marie Grimaldi 215-938-1508</a>	mgrimaldi123@comcast.net www.pretzelcitysports.com
04/28/12	Philadelphia, PA Sandy Sprint 5k Run and Sandy's Canine Sprint	5k-R	8:30 AM	http://sandysprint.kintera.org	
04/28/12	Reading, PA PUSH America 5k	5k-R	2:00 PM	Cody Lynch, 302-462-7761, cody.lynch001@alb.edu	<a href="mailto:darryl.hester13@alb.edu">darryl.hester13@alb.edu</a> <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>
04/28/12	Oreland, PA Oreland 5k	5k-R	9:00 AM	www.oreland5k.org	www.pretzelcitysports.com
04/28/12	Phoenixville, PA Stepping Stone Education Center Family Fun Run 5k	5k-R	9:00 AM	Lew Osterhoudt, lewoster@comcast.net	www.stepsstoneeducation.org www.pretzelcitysports.com
04/28/12	Bethlehem, PA the Steel Fitness National Prep Race	Mudrun/obstacle course	10:00 AM	201-891-4115	www.nationalpreprace.com
04/28/12	Pottstown, PA Pottsgrove Chartwells 12th Annual 5k Run	5k-R	9:00 AM	Gary DeRenzo 610-326-6376	gderenzo@pgsd.org www.pgsd.org
04/28/12	Furlong, PA Bridge Valley Trailblazer Race for Sutism 5k	5k-R	10:15 AM	www.bucks5kseries.com	
04/28/12	Allentown, PA St Luke's Half Kids' Runs(ages 3-14)		3:00 PM	Loretta Dodson, 610-395-2438	ldodson@ptd.net
04/28/12	Berywn, PA Trinity Berwyn 5k Run/Walk and Pancake Breakfast	5k-R	9:00 AM	<a href="tel:610-644-0932">Trinity Presbyterian Church 610-644-0932</a>	benwyntrinity5k@gmail.com www.berwyntrinity5k.org
04/28/12	Harrisburg, PA Paxtang Run with the Lions 5k	5k-R	9:00 AM	<a href="http://www.capitalchiro.com">Capital Chiropractic</a>	<a href="mailto:capchiro@hotmail.com">capchiro@hotmail.com</a> 717-558-9292
04/28/12	Norristown, PA Come Unity 6k Run	6k-R	9:30 AM	www.comeunitypa6k.zapevent.com	
04/28/12	Wayne, PA Radnor Elementary 5k	5k-R	9:00 AM	http://brynmawrrunningco.com	karendickson123@comcast.net
04/29/12	Reading, PA Beat Beethoven 10k and 5k	10k/5k-R	10:00 AM	www.readingsymphony.org	www.pretzelcitysports.com
04/29/12	Allentown, PA St Luke's Half Marathon & 5k	13.1M/5k-R	8:00 AM	<a href="mailto:Neal.Novak@active.com">Neal Novak</a>	www.active.com

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