

SINCE 1980



# PAGODA PACERS

## ATHLETIC CLUB

Reading, Pennsylvania

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

## FROM THE PRESIDENT

Hi Pacers -

This month I would like to talk about some new things that the club is looking at for the future. First, we have begun looking for a permanent location for the club to be centered out of. This would mean a commitment from the club for a permanent building site, probably upkeep and a possible cash donation of some kind. This has been in the works for years, but with our good financial position and the consistent growth of our membership, now may be the time to make the commitment. Some of our members are taking a trip to the Lehigh Club who has a permanent location to see what are the pros and cons of this commitment. If interested in helping please contact myself or attend our monthly meetings.

**SAVE THE DATE**

5/28/17 - Charlie Horse Half Marathon  
6/25/17 - Run for the Ages 10K

Our second new item that was discussed concerns starting, in a small way, some monthly bike rides. This past year Caroline has been leading a Pacer ride in the spring and fall from Oaks to Manayunk. These have been very successful with a lot of interest. To encourage some local bike riding, Swamp will be leading rides on a monthly basis. Look for more details on the website as the weather gets better. Some members also brought up a possible RUN, BIKE, RUN, race in the future; this would be something new and different, which could be of interest to the community. I think the club will always be running-centered but we are an athletic club and should address new opportunities for all our members to keep them involved.

With any organization that must keep up with the times - we are trying to do what we can to keep the club exciting and relevant to our members. In the past, I have encouraged volunteering and continue to do so, as we constantly are losing members to people moving out of the area and new people coming in. The club has a very active core group of about 60 members that can always be counted on. A good time to see how we operate and meet some members that may not be runners for one reason or another is at the monthly meeting. They only last

about an hour and a half, are very informal, and always free food for everyone.

*(continued on Page 2)*

**APRIL MEETING LOCATION:**  
**BLIND HARTMANS TAVERN**  
**6:30pm - Food Served; 7pm - Meeting**

## April 2017

### UPCOMING EVENTS

- 
- 4/13/17 **General Membership Meeting**  
Thursday 7:00pm, Blind Hartmans Tavern  
2910 Pricetown Rd., Temple  
\*Note: Food served at 6:30pm
- 
- 4/15/17 **Egelman's Park Cleanup**  
Saturday 11:00am- Egelman's Park, Reading  
All supplies will be provided  
Post-cleanup snacks, too!
- 
- 4/22/17 **Mt. Penn Mudfest - Trail 15K**  
Saturday 10:00 am - Details on Page 4  
Egelman's Park, Hill Rd, Reading  
\*\*Volunteers Needed\*\*

### GROUP RUNS

Start Time: 6:15pm Wednesday

**April 5, 2017**  
Run: Justa Road Parking Lot, Blue Marsh  
Justa Road, off of Brownsville Road  
Eat: Ganly's Pub  
500 Brownsville Road, Sinking Spring

**April 12, 2017**  
Run: Muhlenberg High School (road/trail)  
400 Sharp Ave., Temple  
Eat: Margherita's  
3600 Kutztown Rd, Reading (Muhlenberg)

**April 19, 2017**  
*\*\*Mudfest Preview Run\*\**  
Run: Egelman's Park (pond side)  
Hill Road (between Glen Rd and Angora Rd)  
Eat: Liberty Tap Room  
Butter Lane & Prospect St., Reading

**April 26, 2017**  
Run: Mt. Penn Fire Tower  
Skyline Drive, Reading  
Eat: Captain's Cove  
2619 Hill Road, Reading

## FROM THE PRESIDENT

(continued from Page 1)

In the summer months we have the Pacer picnic. In addition, we have weekly outings at members' homes; this is the most active time of the year for the club. For those of you who have never been to or sponsored a Wednesday night run, I will explain. All our runs are set up by Phil Lechner for the whole year. In the summer we will run from a Pacer's home (or nearby location) on a route that the sponsor has laid out - usually something they like to run. At the end of the run most people will assemble at the Pacer's backyard for about an hour to cool down and have something to eat. Most pacers bring a covered dish or baked goods to contribute. The sponsor will usually supply a main dish such as hotdogs, hamburgers, or a dish of Ziti or whatever their specialty is. As I have said the whole thing is usually over in about an hour or so. This allows people to get home and rested for work the next day. So don't be afraid to come out or sponsor a run; it's a great time for all. Phil will be taking dates for the runs soon, so get your name in early.

In ending, we hope to see you at the next Wednesday run or our monthly meeting.

Thanks,  
Larry Drogo

## RACE RESULTS

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

### Sly Fox Super Bowl 5K

|            |       |
|------------|-------|
| Beth Styer | 32:10 |
|------------|-------|

### Sly Fox Golf Course Series Race #5 5 Miler

|            |       |
|------------|-------|
| Beth Styer | 52:30 |
|------------|-------|

### Holloway Park 10.5K Trail run, Lakeland, FL

|             |      |             |
|-------------|------|-------------|
| Ron Horn    | 1:26 | 1st M65-69  |
| Helene Horn | 1:26 | 3rd F 50-54 |

### Naked Bavarian 20 Miler

|        |                    |         |
|--------|--------------------|---------|
| 10/332 | Kyle Gery          | 2:44:55 |
| 16     | Steve Maguire      | 2:50:45 |
| 26     | Dale Wiest         | 2:57:14 |
| 39     | Steve Skrocki      | 3:05:25 |
| 69     | Ruth Machamer      | 3:21:17 |
| 72     | Duane Renninger    | 3:21:53 |
| 78     | Mike Reinhart      | 3:23:31 |
| 86     | Jeff Hills         | 3:26:33 |
| 150    | April Zimmerman    | 3:53:25 |
| 287    | Barbara Raifsnider | 5:06:10 |

### Naked Bavarian 40 Miler

|       |              |          |
|-------|--------------|----------|
| 45/84 | Steve Vida   | 8:09:33  |
| 64    | Tom Chobot   | 8:55:52  |
| 79    | Jenn Guigley | 10:17:10 |

### Ugly Mudder 7.3 Mile Trail run

|       |                    |         |            |
|-------|--------------------|---------|------------|
| 5/319 | James Stoltzfus    | 52:37   | 2nd M30-39 |
| 37    | Greg Kellenberger  | 1:02:30 |            |
| 88    | Jason Jacques      | 1:13:11 |            |
| 96    | Tom Chobot         | 1:14:11 | 2nd M60-67 |
| 159   | Heather Nowicki    | 1:23:57 |            |
| 246   | Paul Makurath      | 1:36:38 | 2nd M68+   |
| 257   | Jenn Guigley       | 1:38:40 |            |
| 262   | Janine Beidler     | 1:40:19 |            |
| 264   | Joanne Patti       | 1:40:28 |            |
| 271   | Barbara Raifsnider | 1:43:55 |            |





2017  
BEAT

Beat  
Beethoven!

10K & 5K Run and 1-Mile Fun Run/Walk

Boscov's  
PRESENTS

The Reading Symphony Orchestra's

Mark your calendars!!!! **APRIL 30, 2017!!!**

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

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

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

### Frozen Knight 5K

|    |                   |       |            |
|----|-------------------|-------|------------|
| 15 | Matt Brophy       | 22:30 | 2nd M30-39 |
| 17 | Elaine Cook       | 24:02 | 2nd Female |
| 33 | Janine Beidler    | 26:56 | 3rd F30-39 |
| 49 | Niki Lawrence     | 28:45 |            |
| 51 | Joanne Patti      | 28:47 | 2nd F50-59 |
| 61 | Mark Mazurkiewicz | 30:08 |            |

### Shiver by the River #4 (March) 5K

|     |                   |       |
|-----|-------------------|-------|
| 18  | Jess Gockley      | 20:31 |
| 20  | Laura Mooney      | 20:45 |
| 29  | Beth Auman        | 21:28 |
| 42  | Andrew Styer      | 22:48 |
| 55  | Joe Long          | 24:18 |
| 83  | Amanda Gross      | 26:03 |
| 84  | Tom Kohl          | 26:04 |
| 92  | Janine Beidler    | 26:33 |
| 113 | Jeff Snook        | 27:36 |
| 118 | Joanne Patti      | 28:10 |
| 140 | Hailey Levensgood | 29:50 |
| 167 | Tiffany Pantoja   | 32:01 |
| 175 | Charlie Crowell   | 32:45 |
| 182 | Karin Long        | 33:42 |
| 185 | Blair Hogg        | 34:18 |
| 235 | Albert Booth      | 56:23 |
| 236 | Helene Horn       | 56:23 |

### Shiver by the River #4 (March) 10K

|    |                     |         |
|----|---------------------|---------|
| 3  | Kyle Gery           | 38:13   |
| 5  | Steve Koch          | 40:03   |
| 7  | John Mark Stoltzfus | 40:23   |
| 9  | Scott Thomas        | 40:43   |
| 15 | Raine Fussner       | 44:45   |
| 17 | Mike Yoder          | 45:15   |
| 19 | Jeff Fussner        | 45:58   |
| 22 | Elaine Cook         | 46:20   |
| 25 | Don Mengel          | 47:07   |
| 31 | Katie Thomas        | 48:09   |
| 41 | Mike Ranck          | 51:24   |
| 69 | Ellie Alderferer    | 57:55   |
| 72 | Steven Holgate      | 58:32   |
| 73 | Tony Agentowicz     | 58:39   |
| 75 | Jason Jacques       | 58:44   |
| 85 | Beth Styer          | 1:02:40 |
| 88 | Barbara Raifsnider  | 1:03:47 |

# Charlie Horse

## Half Marathon Trail Run • 2017



## SUNDAY, MAY 28, 2017

Registration is now open for the 2017 Charlie Horse Trail Half-Marathon to benefit Berks Co. Special Olympics. The race is on the Sunday of Memorial Day Weekend, May 28, 2017. This year marks the 20<sup>th</sup> anniversary of the Charlie Horse and we are planning for a special event. We had wonderful weather the past couple of years and I guarantee another one this year, or at least the bar will be open. Please visit our facebook page to see what you have been missing.

Facebook: [www.facebook.com/CharlieHorseHalf/](http://www.facebook.com/CharlieHorseHalf/)

Register Online at: [runsignup.com/Race/PA/Mohnton/CharlieHorseTrailHalfMarathon](http://runsignup.com/Race/PA/Mohnton/CharlieHorseTrailHalfMarathon).

The Charlie Horse is not your typical race. It is a point to point race which will require you to get to the finish, so NOT finishing is NOT an option. It is part trail, part road, and part adventure; everything a masochistic runner needs. We start at scenic Rustic Park in Birdsboro, PA with a sprint through two creeks and meander through the park for about 2 miles. From there we climb up to the Horseshoe trail to start a beautiful 7 mile stretch through woods and farms. But like everything else with this race, it has its own character. At mile 9 you get a break, as the trail runs downhill, wee, and pops out onto the road section. But everything that goes down must come up. I think that's the way it goes, at least for runners. To translate, we start the uphill section of the road. When you get to the top at mile 11, you're at Charlie's house (home of the race founder) where the adventure begins. It's a mystery to us too: lagoons, waterfall, campers, hikers, teenagers, maybe some chores. The only certainty is rocks, mud, and fun. Finally finishes at Sleepy Hollow A.C. where the pool, food, music, drinks, and friends will be waiting. Hope to see you there.



# Mt Penn Mudfest 15K Trail Run

Saturday April 22  
10:00 AM

ONLY \$25!

Registration limited to first 400 entries

After 22 years of slippin' and trippin; on some of the best rocks in Reading, we're here again to ensure your entertainment. Egelman's Park is one of Reading's hidden starting points for access to trails recently

awarded international status from the cycling world and we'll be starting and finishing here again. Keeping things local is first and foremost for us and we look to provide you with all the best Berks can offer.



Awards for top 3 males and females in 10-year age groups (top 2 for 70+), and cash prizes for top 3 over-all males and females (\$50, \$40, \$30)

The awesome low entry fee of \$25 gets you a pig-adorned shirt (men's and women's cut), a chance to compete for piggy themed awards, and some other surprises you'll have to show up to discover.

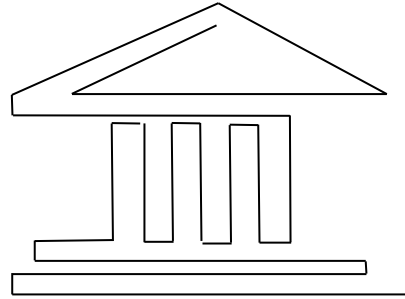
Race starts at 10:00 am; packet pickup begins at 8:30am. Registration is on [Ultrasignup.com](http://Ultrasignup.com), or you can go to the Pagoda Pacers' website and download and mail in an application. Pre-registration closes when we reach 400 runners or midnight on April 4, whichever comes first. Race day signups will be accepted.

**VOLUNTEERS** are needed as always! Please contact Erik Leeds at [erik.leeds@gmail.com](mailto:erik.leeds@gmail.com) if you are able to help out! See you on April 22!



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## Scenes from the March Shiver by the River



Lisa Luther and Jesus Rodriguez



Donny Mengel, Jess Gockley, and Laura Mooney



Charlie Crowell running strong



Karin Long finishes with son Liam



Rose Hagy at the 5K finish line

## SUMMER PICNIC

WE ARE SEEKING AN INDIVIDUAL TO ORGANIZE THE CLUB'S SUMMER PICNIC!  
IF INTERESTED, PLEASE CONTACT LARRY DROGO.



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# 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).



From left: Barry Goodhart (race director), Pat Solley (Oley Valley Youth League), and Lenny Burton (race director).

♥ The 2016 final wrap-up of the 2016 OVCC was completed on March 1 2017 at the first meeting of the Oley Valley Youth League board of directors at the Oley Valley High School. A check for \$3500.00 was presented to their group by Pagoda Pacers co-directors, Barry Goodhart and Lenny Burton. OVYL president Pat Solley received the check for the organization and THANKED the Pagoda Pacer Athletic Club for the 22 years of great support to their organization. The youth league is looking forward to 2017 for another great year for this running event.

♥ We received the following thank you note:



Safe Berks  
255 Chestnut Street  
Reading, PA 19602

Phone: 610.373.1206  
Fax: 610.372.4188

[SafeBerks.org](http://SafeBerks.org)

We work to end  
domestic violence and  
sexual assault

Pagoda Pacers Athletic Club  
Attn: Philip Lechner  
PO Box 4115  
Reading, PA 19606

Dear Mr. Lechner and Friends,

SAFE Berks is staffed 24 hours per day, 7 days per week, and 365 days per year to provide immediate shelter and basic necessities to victims of domestic violence and sexual assault and their children. Your donation of clothing, snacks and toiletries is greatly appreciated and important to our fundraising success.

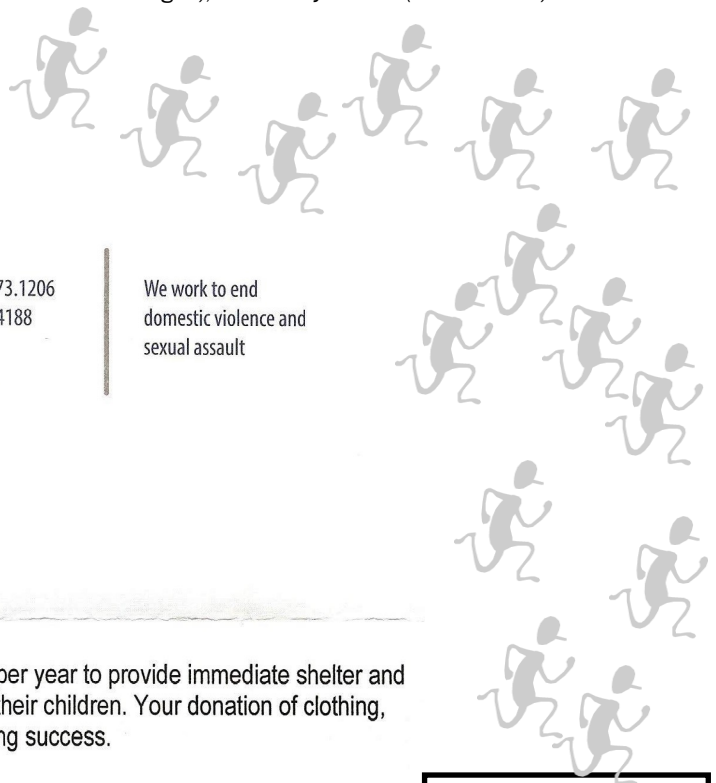
In addition to providing the essentials of food and safe shelter to provide for the physical needs of individuals and families who have experienced domestic violence and sexual assault, SAFE Berks provides the following:

- 24 Hour Crisis hotline in English and Spanish
- Trauma-Informed counselling
- Facilitated Connections to Critical resources
- Legal Advocacy and Representation
- Youth and Family Education and Advocacy
- Cultural Competency and Education
- Housing Advocacy
- Community Education and Awareness
- Nature Explore Garden™
- Safe Healing program for Child Victims of Sexual Assault
- Lethality Assessment Project

SAFE Berks could not do what it does without the generous support of a caring community. Thank you again for your thoughtful gift to SAFE Berks.

**WELCOME TO  
OUR NEW  
PACER  
MEMBERS!**

Donna VanKirk  
Sheila Scola  
William Gerhart  
Mike Hartman  
Alicia Hartman



## RUNNER PROFILE: KEN SEALE

### “Born-Again Ken”

by Matt Brophy

After a cold morning’s run around Green Lane Reservoir, I was fortunate enough to be able to sit down with Ken Seale and interrogate him. He was so forthcoming with stories and reflections, that I don’t think he ever got around to eating his bunless hamburger.

Turns out Seale, like myself, is a native of New England. He made the move from Connecticut to Berks County with his wife (Jen) and kids (Madison, Jack, and Ian) in 2001. Currently, he lives in Bernville, not far from Blue Marsh’s infamous ski loop, and after twenty-five years working for Godiva, he recently took on a new position with their sister company, Starbrands North America, as the director of customer service.

Shortly after the move to Berks, Seale started to get into running. A coworker (Dan Marchetti) showed him around the trails on Mount Neversink, and then Don Gould encouraged him to start running with the Pacers. On one of his first Wednesday Night Runs, Seale remembers Mike Yoder waiting for him as he struggled to keep up with the pack, making sure he didn’t get left behind. He even remembers Yoder pointing out a turkey vulture’s nest along the way.

The Pacers helped Seale get over some doubts about whether, as a bigger guy, running was really the sport for him. He credits Dave and Mike Gallen, as well as Shaun Luther, as important friends and role models during his formative days as a runner. With their encouragement, he started to lose some weight, and moved into longer distances. As he tackled 5k, 10k, 15k and half marathon distances, others like Ron Horn and Dan Govern inspired him to continue to push his limits, and then in 2002, he ran his first marathon (Philadelphia) in 3:42. Six months later, he ran the Pittsburgh Marathon in 3:29!

After a couple disappointing attempts to run a Boston-qualifying time at subsequent road marathons, Seale began to feel rather discouraged, but again, Pacers came to the rescue, helping him get his mojo back. If going faster wasn’t working out, why not go longer? Seale began going out for long, slow runs in the mountains near Hamburg with Govern, Garry Rarer, and Al Kershner (whom Seale describes as an “ultra god.”) The switch to an ultra/trail-runner mindset helped Seale reconnect with the joy of the sport, and by getting his long runs in at the crack of dawn on weekends, he was able to get back home in time to enjoy quality time with his family in the afternoons and evenings.



Ken at the Bull Run Run finish line.

In 2004, Seale ran the Groundhog Fall 50k in Punxutawney (his first ultra), and the next year, he followed it up with a solid performance at HAT (another 50k) and Bull Run Run (his first 50-miler). 2006, however, was his real breakout year. How’s this for a demanding race calendar? Buzzard Trail Marathon in February; HAT 50k in March; Bull Run 50-miler in April; MMT 100-



Seale (center) during his first 100 mile race at Massanutten Mountain Trails 100, with Dan Schaeffer, Mike Yoder, and Dan Govern .

aid stations. Running 100 miles doesn’t seem quite so impossible when you know your running family has your back.

In the years that followed, Seale would finish MMT again and Bull Run several times (it’s his favorite race), but he finally hit a bit of a snag in 2011. After suffering an ankle injury at the Cushion Peak Adventure Race, he had his first DNF at MMT, followed by two more DNFs the following year (Mountain Mist and Bull Run). He continued to run with the Pacers on Wednesday nights (and with the Reading Hash House Harriers), but he wasn’t putting in miles consistently or training for ultras anymore. He felt himself getting heavier again, as he headed into his late 40s.

Yet again, the Pacers were there for him—and so, too, was Seale’s wife. Jenn, a certified yoga instructor at Bldg 7, has also taken up the sport, and it’s become a shared passion for the couple. Seale spoke warmly and with admiration about the races they’ve run together, as well as Jenn’s 40 mile performance at last year’s Labor Pain race. She’s also inspired a healthier turn nutritionally, as the two have embraced a “Re-Start” diet, which emphasizes organic foods, vegetables, and proteins, while avoiding sugars, starches, grains, and processed foods.

As Seale started to shed the extra pounds and get back into running, he’s received a lot of love from club members welcoming him back. (Todd Turbett, in particular, reached out to him empathetically, letting him know he was “right there with you.”) That love and support, for Seale, is what being a Pacer is all about. “If you’re willing to give that to others in the club,” he told me, “then they’ll do anything for you.”

Seale says he feels “born again” as a runner. So what’s next for him? He’d like to have 10 Bull Run finishes. (He already has 7.) This April will come too soon for him to try for #8, but I expect he’ll be out there next Spring. Who knows—maybe I’ll be running alongside him, trying to get my first.

miler in May!

The secret to finishing his first 100-miler was staying with the pack. Dan Schaeffer, Rick Moyer, Govern, Yoder (their ultra guru, keeping everyone locked into the Force), and fellow Pacer Courtney Smith (guiding them through the night) all ran with Seale. Libby Crokart was their crew, and other club members kept showing up throughout the event, offering all kinds of support at designated



Jenn and Ken Seale.

# GENERAL MEETING MINUTES

By Libby Klopfenstein

Date: 3/9/2017

Time: 7:00 PM

Location: Blind Hartman's Tavern, Temple, PA

Larry Drogo, president, called the meeting to order.

## Treasury Report: Shaun Luther

- The club remains in good standing
- \$600 in invoices remain outstanding for newsletter ads
- \$2,000 paid for the next mailing

## Committee Updates

*Communication Committee – Beth Auman & Jon Durand*

- An email blast went out this week for the Shiver by the River. Email blasts will continue to be sent out at least one time per month.
- Jon is experimenting with Instagram
- Polly Corvaia is conducting some PR with newspapers to get the club name out there

*Social Committee*

- Bill is not able to help with summer picnic. Beth Auman will advertise in newsletter for volunteers to help with the picnic this year.

*Blue Marsh Get Outdoors Day*

- Mike Yoder and Steve will take over for Beth
- Next meeting is scheduled for 4/13/2017

*Scholarship Committee – Beth Auman*

- 7 applications received
- All applications have been sent out to committee members to review and select a candidate

## Race Updates

*Blues Cruise – Stephan Weiss*

- 66 people signed up so far; hoping to get 400+ signed up this year
- Next year will be the 10 year anniversary for Stephan directing the race. Stephan wants to spend less on shirts this year so that the club can spend a little more on the race shirt next year to celebrate the 10 year anniversary.

*Charlie Horse – Brett Lynch*

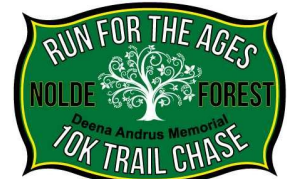
- Brett will be available for the race this year, so may not need co-director
- This will be the last year Brett will be race director. Members expressed concern for the need for a co-director so someone knows what to do next year in Brett's absence. Brett stated that Charlie is knowledgeable and has always been a big help with getting permits, etc. in the past.
- 35 people registered this year which is high for this time of year – on pace for 250 racers
- Finisher award this year is a bottle band

*Grings Mill*

- No update

## RUN FOR THE AGES - Sunday, June 25

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



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### *Mt. Penn Mudfest – Erik Leeds*

- 30 racers signed up so far
- Shirts, awards (all locally sourced), permits and food truck are all in place
- Clean-up day for Egelman’s was approved on 3/9/2017 and is scheduled for 4/15/2017 at 11:00AM

### *Oley Valley – Barry Goodhart*

- Attended meeting at the high school and presented the check for \$3,500. 18 board members were in attendance and were very appreciative of the check.
- Board members were okay with the date change for the race this year being pushed back one week

### *Run for the Ages*

- No update

### *Kris Kringle*

- No update

### *Shiver by the River – Sue Jackson*

- Race #4 of the series is being held on 3/12/2017; need volunteers to help with the race and clean up.
- Volunteers should show up at 9:30 for the 11:00AM race

### *Charity Committee – Shaun Luther*

- 1<sup>st</sup> meeting held 3/9/2017 before monthly meeting
- Committee decided to keep the same criteria as last year

### *Race Director Committee*

- Larry will reach out to current race directors to see if they want to continue being race directors for next year.
- The group discussed the difference between race directors and co-directors. There is basically no difference between the two since all information is shared with everyone involved. However the race director is typically in charge of the website and race updates.

## **New Business**

### *Horse-Shoe Trail - Charlie Crowell*

- Charlie reported that this is a 140 mile trail that he has been hiking.
- As of 3/9/17, he has completed 80 miles in three days with 60 more to be completed in the next four days
- Friday 3/10 he will be hiking from Adamstown to Middle Creek if anyone is interested. He will post on Facebook

### *Shoe Drop*

- 1<sup>st</sup> shoe drop is in May and the 2<sup>nd</sup> is in November
- Members talked about reaching out to Runners World to set criteria for shoes
- This is a trail-shoes-only event. Those who receive shoes are to write a review of the shoes and submit to Runners World. If not a trail runner then you shouldn't be receiving shoes – need to run 25 miles/week.
- Members discussed qualifying shoe recipients in 3 tiers:
  - Tier #1: Race Directors & Co-Directors and Officers
  - Tier #2: Volunteers (must volunteer at least 2 x) and attend 4 monthly meetings or host a Wednesday night run event
  - Tier #3: All other members
- Tier requirements would take effect for the November

### shoe drop

- Libby C. volunteered to organize and keep track with sign-in sheets for volunteers and meeting attendance.
- Members who participate in the shoe drop will be checked-in to see which tier they fall in and will be given a color coded ticket based on their tier.

### *New Club Location*

- East Ends Club
- No update on condition of facility
- Members expressed concern over cost to maintain club
- Larry reports that the city has stated that the building would be in good shape before turning it over

### *NYC Marathon Fundraiser - Karen Rule*

- Saturday night fund raiser - Looking for Runners
- Runners would need to pay their own expenses

### *Monthly Bike Rides*

- 1 time per month beginning in May; rail trail rides
- Bike rides will be social, not a race
- Swampy suggested bike rides to be held on Saturdays; dates will be announced

### *Bylaws*

- Larry proposed a monthly meeting start time of 6:30 instead of 7:00 pm
- Members voted to keep the 7:00 start time

### *Thank You Letters - Libby Klopfenstein*

- The club used to send out thank you letters to municipalities, donors, etc.
- If any of the Race Directors would like thank you letters sent out, please forward all of the pertinent information Libby Klopfenstein

### *Membership Renewals—Shaun Luther*

- The Horseshoe Conservancy and Berks Conservancy memberships are up for renewal
- Each membership is \$100
- Members voted to renew both memberships

### *Neversink Mountain*

- Don't use unmarked trails – there are ongoing issues between the residents and the conservancy
- If a trail is not marked, please stay off. It is not registered.

### *Mount Penn Preserve*

- A survey will be posted on the Pacer's website please take the time to participate

The meeting was adjourned at approximately 8:20 pm.



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**2016 PPAC Officers**

- President ..... Larry Drogo
  - Vice President ..... Ben Gallen
  - Treasurer ..... Shaun Luther
  - Secretary ..... Libby Klopfenstein
  - Race Results Coordinator ..... Karen Rule
  - Run/Charity Coordinator ..... Phil Lechner
  - Race Management ..... Ron Horn
  - Membership Coordinator ..... Dave & Mike Gallen
  - Youth Coordinator ..... Tom Chobot
  - Newsletter Editor ..... Beth Auman
  - editor@pagodapacers.com
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