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PACERS

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

ATHLETIC CLUB

Reading, Pennsylvania

FROM THE PRESIDENT

Good Morning Pacers,

Some good news and a little bad to let you guys know about. First, Jon Durand has been elected Vice President of the club for the New Year 2018. Second, Ellie Alderfer has agreed to take on the position of Secretary for the club for the coming year. Now the bad news - we will be losing Libby Klopfenstein and Ben Gallen from their respected positions. I would like to thank them both for all they have done for the club and the time involved. When you see them, don't forget to say thanks. While they will not be serving in official positions with the club, I am sure that they will stay involved as always. Now about the president position, I was reelected to the president position, so it looks like you will have to put up with me for another year.

Moving on, the club recently changed the bylaws to reflect keeping 3 years of the club's operating expenses in the bank at all times. In order to accomplish this, we will need to change some things in the coming year. I will be working with Shaun and Jon to come up with a budget for the coming year. We will then meet with the executive committee to see what they think and maybe get some more ideas on raising or saving money. So you may see some changes in the coming year to adjust how the club spends its money. If any of you guys have any ideas, let me know what you are thinking.

Overall the club is still doing very well. The Oley race had record attendance. I would like to congratulate Lenny and Barry on a race we can all be proud of. They had a good partnership with the Oley Valley community. They provided most of the food and a lot of volunteers that helped make the race the success it was. While we do not see Barry or Lenny out a lot at the Wednesday runs, they are still very involved with the club. This is what we are seeing more and more - some members may not run with us but are very involved socially or as volunteers. We also see a lot of couples where one spouse runs and the other is support. This works out great for the club and allows the spouse to keep busy while the other half is running.

Upcoming are a couple of my favorite races, the Shiver by the River series run by Sue, Kelsey and now Georgine, and the Kris Kringle run by Polly. Both are races you don't want to miss so tell all your friends. The Shiver is always in need of volunteers for parking and monitoring the intersections. So let Sue know ahead of time that you can help; it makes her life a lot easier. The Kris Kringle always has a big turnout and is in a beautiful location along the creek with an unusual 5 mile distance. Polly will be giving away the favorite hoodies again this year and I believe Ted is again donating airline tickets. Don't miss this race; it is well worth the entry fee.

In ending, stay involved, congratulate Jon and Ellie, and bring your friends to the next run.

Larry Drogo

<p>SAVE THE DATE</p> <p>1/14/18 - Shiver by the River #2 2/11/18 - Shiver by the River #3 3/11/18 - Shiver by the River #4</p>

December 2017

UPCOMING EVENTS

- | | |
|----------------------|--|
| 12/1/17
Friday | Pacers Christmas Party
6:00pm-11:00pm, Grill Fire Co.
739 Mountain View Rd., Kenhorst |
| 12/10/17
Sunday | Shiver by the River #1
11:00am-5K and 10K
Jim Dietrich Park, 4899 Stoudts
Ferry Bridge Rd, Muhlenberg Twp. |
| 12/16/17
Saturday | Reading Royals Hockey Game
6:30pm, Santander Arena
See details on Page 4 |
| 12/31/17
Sunday | Kris Kringle 5 Mile Run
11:00am, Berks Co 4-H Building
See details on Page 4 |

GROUP RUNS

Start Time: 6:15pm Wednesday

December 6, 2017

Run: Antietam High School
100 Antietam Road, Reading
Eat: Liberty Tap Room
237 Butter Lane, Exeter

December 13, 2017

Holiday Lights Run at Grings Mill
Run: Home Depot - Wyomissing
1731 Crossing Drive, Wyomissing
Eat: Alebrije Mexican Restaurant
2224 State Hill Rd., Wyomissing

December 20, 2017

Holiday Lights Run at Hillside Playground
Run: Hampden Park / Reading High School
801 N. 13th St., Reading (north side of HS)
Eat: Blind Hartman's Tavern
2910 Pricetown Road, Temple

December 27, 2017

Run: Oley Valley High School
17 Jefferson Street, Oley
Eat: Bella Italia
1604 Memorial Highway / Rt. 73, Oley

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* www.rainn.org/statistics

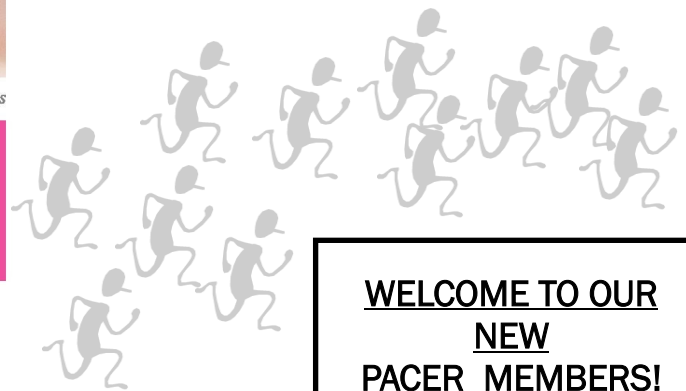
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RACE RESULTS

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

October Third Thirsty Thursday

3/160	Mark Yourkavitch	19:32	1st M50-59
4	Jon Durand	19:52	2nd M30-39
11	Michele Gallen	21:32	1st Female
13	Jeff Fussner	21:55	3rd M50-59
15	Raine Fussner	22:07	1st F50-59
61	David Lengel	25:59	
66	Mike Ranck	26:23	3rd M60-67
74	Blair Hogg	27:11	
98	Karin Long	29:32	2nd F Master CL
116	Barbara Raifsnider	30:55	4th F50-59
119	Larry Drogo	31:09	
137	Helene Horn	33:42	
158	Chris Weidenhammer	42:03	



WELCOME TO OUR NEW PACER MEMBERS!

- Liza Kline
- Kira Ruch
- James Conley
- Jennifer Long
- William Miles
- Sharon Monos
- Cynthia & Jeffrey Borelli
- Nick & Kimberly Davies
- Christine Daniels
- Kimberly Kohl
- Kylie Noll
- Joseph Miller
- Kristi Wieland
- Janine Gusztaw
- Kristen & Steven Jacoby

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Harrisburg Marathon

2	Michael Heimes	2:37:47	
12	Tim O'Donnell	2:57:33	3rd Master
139	Rhoda Smoker	3:29:59	
219	Andy Styer	3:43:28	
220	Brian Stones	3:43:32	
544	Mike Ranck	4:45:28	(45th straight Harrisburg Marathon!)

Oley Classic 10 Miler

11	Dee Koutsourais	1:04:25	1st Female
15	Jon Durand	1:06:54	1st M30-34
19	Don Mengel	1:08:19	1st M60-64
25	Steve Maguire	1:09:44	3rd M50-54
26	Greg Kellenberger	1:09:55	2nd M40-44
34	Laura Mooney	1:12:44	1st F Master
36	Raine Fussner	1:13:18	1st F50-54
37	Jeff Fussner	1:13:25	
39	Duane Renninger	1:14:05	
53	Patrick Boggs	1:16:45	
55	Brett Lynch	1:16:56	
74	Beth Auman	1:20:04	3rd F35-39
75	Ken Seale	1:20:05	
145	Janine Beidler	1:30:18	
152	Caroline Hill	1:30:59	
153	Katie Thomas	1:31:07	
190	Joanne Patti	1:36:36	
237	Barbara Raifsnider	1:46:18	
258	Beth Styer	1:55:20	
266	Rose Hagy	2:06:25	

Oley Valley 5K

3/144	Mark Andrus	18:36	1st M16-19
67	Mary Boggs	28:56	
69	Dave Gallen	29:18	
80	Karin Long	30:10	
82	Larry Drogo	30:28	
97	Yuriko Beaman	32:25	
98	Matt Brophy	32:26	

Hickory Valley 5 Miler

Beth Styer	50:20
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Green Monster 50K

9/79	Laura Mooney	6:47:43	3rd Female
11	Dan Munn	6:50:53	
13	Rhoda Smoker	6:51:06	
18	James Cramer	7:01:11	
23	Donny Mengel	7:16:45	
29	Elaine Cook	7:29:47	
30	Mike Yoder	7:29:59	
31	Joanne VanHorn	7:34:27	
48	April Zimmerman	8:26:42	
49	Brooke Schell	8:26:42	

Green Monster 25K

71/110	Mike Zimmerman	4:21:00
73	Lori Ketterer	4:27:56

Maple Mistress 5K

2	Laura Mooney	23:36	1st Female
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Mountain Masochist Trail 50 Miler

71	Cody Harris	10:11:09
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Lititz Pretzel Twist 5K

Judy Anttonen	41:03	1st F70+
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Huey Hustle 5K

Judy Anttonen	36:57	2nd F70+
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Wrightsville MAG 5K

Judy Anttonen	40:38	1st F70+
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D and L Heritage Half Marathon

Gary Spatz	1:51:48
Elizabeth Cole	2:15:12

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CALLING ALL RUNNERS, VOLUNTEERS AND SPECTATORS.

The Pagoda Pacers' annual
KRIS KRINGLE 5 MILE RUN
Is Sunday December 31th and we
hope to see you there!
Save \$\$ and if you register by
December 10th

HOODIES are back and so is the raffle for a pair of SOUTHWEST AIRLINE TICKETS. Hoodies guaranteed to the first 500 runners and ALL RUNNERS are entered in the airline ticket raffle, must be present to win.

Entry Fee is \$30 Adults, \$15 ages 18 and under if postmarked by December 10th. Afterwards and on race day: \$35 adult, \$20 student. Proceeds benefit high school runners through the Berks County Cross Country Coaches Association and also provide for college scholarships, free running shoes to students in need and the sponsorship for the Junior High Cross Country Invitational Race.

Race starts at 11:00 AM and registration opens at 9:30 in the 4-H building at the Berks County Agricultural Center, 1238 County Welfare Road, Leesport, PA 19533.

The course is scenic country roads, a short portion on the Union Canal Path next to a trout stream and on the prettiest trail section of Blue Marsh Lake. We are running in the clockwise direction up Hilltop Road at the race start.

Volunteers please arrive by 9:00 and thank you for helping out. On-line and hard copy registrations available on PAGODAPACERS.com and PRETZELCITYSPORTS.com.



Shiver by the River

The 28th annual SHIVER by the RIVER 5K & 10K is upon us. Join us on the 2nd Sunday of the each month: December 10th, January 14th, February 11th and March 11th, at Jim Dietrich Park, in Muhlenberg Township. Registration opens at 9:30am, both races start at 11:00am. If you can't run all 4 of them, run 3, run 2, or run 1.

If you choose not to run the race, please consider volunteering. We need volunteers before the race, for **parking** and **registration**; during the race - **on the road, at the finish line and in the farmhouse**; and after the race - for **cleanup**. If you can help prior to the race, please plan to arrive between 9:00 - 9:15. If you can help with the race itself, please arrive no later than 10:30. Look for one of the race directors somewhere around the farmhouse. Thank you in advance for your support!

Hope to see you there!!!

Sue Jackson, Kelsey Jackson, Georgine McCool

Come join the Pacers for a night of food, fun, friends, and hockey!

What: Reading Royals
Hockey Game

When: 6:30pm, Saturday,
December 16, 2016

Price: \$20 per person

What you get:

- Game Ticket (game time 7:00pm)
- Seats in private viewing area
- Food and sodas

Note: This is Teddy Bear Toss night, benefitting Toys for Tots

Contact Larry Drogo for tickets at

lawrencedrogo@gmail.com



RACE RESULTS, CONT'D.

Fitzy's Run 5K

7	Steve Koch	19:52	1st M55-59
11	Mark Yourkavitch	20:29	1st M50-54
13	Curt Minich	20:41	2nd M50-54
45	Tom Chobot	24:37	1st M60-69
91	Mark Mazurkiewicz	27:37	
99	Jeff Dorko	28:21	
104	Sorita Averill	28:42	3red F55-59
137	Ellie Vanderbeck	30:58	
198	Julianne Kern	34:39	
220	Helene Horn	36:22	
257	Gwyn Chobot	39:33	

Trick or Trot 5K

Helene Horn	34:29
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Blues Cruise 50K (omitted from last newsletter)

25	Cody Harris	4:49:24
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Hershey Half Marathon

Elizabeth Cole	2:20:19
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Ocean City 5k

Beth Styer	31:18
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Yuengling Oktoberfest 5k

Beth Styer	30:00
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Pacers Scholarship Application Now Open 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 who participated on a **Berks County high school cross country team.**

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.



The Scholarship Application and additional details are online at

<http://www.pagodapacers.com/Scholarships/About.aspx>.

Antietam Rec 5K

Andy Styer	21:13
Beth Styer	28:39

Stone Mill 50 Miler

37	Elaine Cook	9:51:08	Grandmaster Champ!
177	Kelly Miller	12:38:06	

Reading Hospital Road Run Half Marathon

4/154	Katie O'Regan	1:25:24	1st Female
11	Steve Vida	1:39:12	2nd in AG
13	Matt Brophy	1:40:00	3rd in AG
14	Donny Mengel	1:40:08	1st in AG
27	Andy Styer	1:50:48	3rd in AG
53	Rebekah Underwood	2:02:21	3rd in AG
56	Karen Rule	2:03:56	2nd in AG
66	Mike Ranck	2:06:10	2nd in AG
89	Heather Nowicki	2:11:43	
135	Lisa Gallen	2:31:42	

Team Winners:

1st F: Pacerettes - Karen Rule, Heather Nowicki, Lisa Gallen
1st M: Pacer Men: Steve Vida, Matt Brophy, Donny Mengel

Reading Hospital Road Run 5K

20/265	Gary Spatz	21:31	1st in AG
34	Donna Ornosky	22:47	1st in AG
87	Julia Hager	25:59	2nd in AG
93	Kristen Mengel	26:30	
94	Jeff Dorko	26:35	
110	Larry Drogo	27:24	3rd in AG
139	Yuriko Beaman	28:49	
163	Rose Hagy	31:28	1st in AG

World's End Fall Classic Half Marathon

104	April Zimmerman	3:29:42
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Call of the Wilds 25K

55	April Zimmerman	3:51:39	3rd F30-39
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Pocono Plateau Hero Dash 5k

Helene Horn	40:09
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Help for Houston 5k

Helene Horn	34:22
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GENERAL MEETING MINUTES

By Libby Klopfenstein

Date: 11/9/2017

Time: 7:00 PM

Location: Gianotti's Country Manor, Temple, PA

Treasury Report – Shaun Luther

- The club continues to be in good standing
- Bank balance is at approximately 80% of the targeted balance of three-years of operating expenses.
- This time of year is typically the low point in our account balance due to a lot of race expenses being recognized ahead of race income.
- Some members expressed the need for an annual budget to limit spending on social events, etc. since it is very difficult to budget for races since you don't know ahead of time how many racers you will have. The Executive Committee will begin working on a budget in January.

Races:

Mt. Penn Mud Fest – Still looking for a date for 2018 – will be in April sometime

Charlie Horse

- Kyle is starting on awards and applications; Caroline will order horse shoes
- Date is set for Saturday May 26th instead of Sunday this time. Hoping this will help to get a better turn out since it is on a holiday weekend.

Run for the Ages – no update

Grings Mill – no update

Blues Cruise – Stephan Weiss

- Registration will open in January

Oley Valley Country Classic – Barry Goodhart

- Race will be held on 11/12/2017
- Need volunteers
- 350 people pre-registered vs. 244 last year
- Awards for 5 year age groups
- \$150 awards for breaking course record
- Also awards made by a local artist will be given out

Kris Kringle – Polly Corvaia

- Scheduled for 12/31/2017
- 40+ more applicants than last year
- Ragnar ambassador will have a table along with Sneaker Villa and other vendors
- Looking for volunteers

Shiver by the River – Sue Jackson

- 2nd Sunday of each month – 1st race of the series is Dec 10th
- 100 registered so far
- There will not be any fire police this year. Need experienced volunteers for intersections (bridge area).
- May look in to changing the course for next year's race.

Jr. High Cross Country – Tom Chobot

- Community service event – spent approximately \$1,134 to make the event happen
- 262 kids this year which is a new record
- Sr. Cross Country event is not a club event, but had 316 kids.

Committee Reports

Social Committee –

- Bike ride had good attendance
- Hockey game is coming up – will cost the club approximately \$500
- Bon Fire was a success; weather held off and beer challenge was a success
- Christmas Party is scheduled for 12/1/2017 from 6pm-9pm at the Grill Fire Co.

Communications Committee –

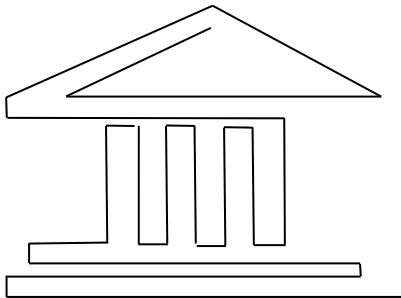
- Newsletter – Beth Auman is looking for stories or race articles if you have any please email her.
- Polly Corvaia asked everyone to let her know of any club information that needs to be passed along so she can post on the Club's Facebook page and send email blasts. Members agreed that there should be one contact for all communications and then the information will be disbursed accordingly.

Community Service – Phil Lechner

- Nov 15th Wednesday night run will be held at Exeter High School. This will be a charity run to benefit Animal Rescue League and the Humane Society.
- Please bring goods to donate to those organizations.
- Phil also reminded everyone that you can bring him donations at any time, not just on designated runs.

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Charity Committee – no update

Scholarship Committee

- Applications are open; deadline is February 28th

Membership Committee – Dave Gallen

- Memberships are up by about 4%
- Members are currently at 541 vs. 539 last year
- A lot of membership renewals are being done online

Old Business

- Motion for Larry Drogo to continue as President passed
- Motion for Jon Durand for Vice President passed

New Business

- Reading Ambassador for Ragnar (Donna Hey) – the City of Reading wants to be more involved
 - * Looking for teams, ideas, business involvement
 - * Ragnar is scheduled for June 15th – 16th; discount for club members

Meeting adjourned at approximately 8:15pm



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Don't forget!

**Membership renewals
are due by December 31
to keep your
membership active!**



Go to www.pagodapacers.com and click on Membership tab to renew!

RUNNER PROFILE: JIM BLANDFORD "Jimmy's Got Ups"

by Matt Brophy

On a particularly hot and humid day in the summer of 2016, I found myself in the mountains of northern Berks County with a group of trail runners who were training for the Eastern States 100-mile Ultramarathon. I was *not* training for Eastern States--just along for the fun--and I soon found myself in over my head. We had started at the Hamburg reservoir about four hours earlier and were barely halfway through our adventure. I was beat and about ready to quit.

Who did we see at that crucial moment, parked along a dirt road north of Port Clinton, but local legend Jim Blandford. After getting wind of our agenda, he had filled up the trunk of his car with coolers of lemonade, italian ice, and other life-sustaining snacks and fluids. As we dug in and cooled off, he snapped some shots of birds with his camera.

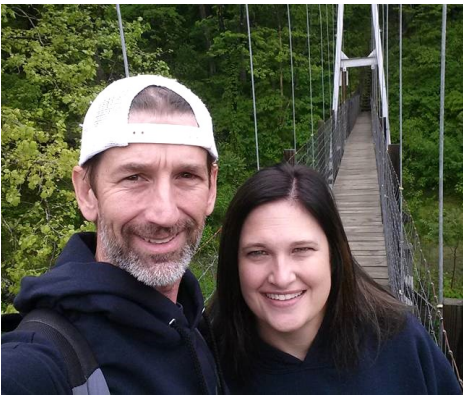
Blandford must've caught the pained look on my face as the rest of the pack, now refreshed, started to trot back up the mountain.

"You ok, Matt?" he asked.

Yes, Jim--I would love a ride back to my car. Thank you.

For a runner with such a stunning record as a fierce competitor, Blandford comes across as singularly generous, kind, and humble when you meet him in the flesh: always looking out for other runners, as well as the trails and surrounding woods themselves. It's not uncommon to see him organizing group efforts to pick up trash along the Schuylkill River or clear the leaves on the popular "Leg Destroyer" trail.

Blandford grew up in Hamburg, PA, and he lives there still, along with Karen (his wife of 20 years and "crew chief")



Jim and Karen Blandford

and their two daughters, Karyna and Alyssa. He first got into running when he was around 12 years old. His father also developed an interest for the sport at the time, and the two of them picked it up together. He still remembers running his first race in those days: The Saint Joseph Hospital

10k, in November, 1983--entry fee \$6, with t-shirt!!

After high school, he was unable to make time for running, as other stuff got in the way. During the mid- to late-90s, Blandford pursued downhill skiing, and then around 2005, he started to get back into running. Nowadays he's still at it, but he also enjoys slowing it down on the trails from time to time, for a leisurely hike, which opens up opportunities for nature photography, another of his passions.

One of his earliest Pagoda Pacer memories was of a rainy day circa 2006, when he came running by the Hamburg reservoir covered in a garbage bag, which was serving as a makeshift poncho. Who would've guessed that not long after that goofy first impression, Blandford would become one of the club's most elite runners?

The Pacers quickly became his "running family," and

he was impressed and moved by how quickly he became close with many members. "When you put in so many miles with other runners, you get to know them better than people you've worked with for 20 years."

Inspired by the endurance capacity of so many of the other Pacers, Blandford began to ramp up his mileage, and then started eyeing up some of the popular ultras. In 2007, he ran the HAT 50k (5:20), Bull Run 50-miler (8:44), and the Massanutten 100-miler (28:26), all in just over a month! This successful "baptism" led to more intense training. Having a particular race to train for, Blandford said, would help him structure his time on the trails, but he still didn't want to take it all too seriously.

In the years that followed, the more intensive training started paying dividends, with top -10 finishes at MMT in 2010 and Bull Run in 2011. The next year, he broke 7 hours at Bull Run, finishing 5th, and then came in 3rd at MMT, with a stunning time of 20:31.

Blandford says his most memorable race was probably winning MMT in 2013. Although he felt the intensity he ran with was comparable to the previous year, he ended up cutting 2 hours off his time, finishing in 18:30. He was nearly 2 hours faster than the 2nd place finisher. "Everything came together that day," he told me.

2014 resulted in several 2nd place finishes (HAT, Bull Run, Eastern States), and then 2015 brought Blandford another big win, this time at Bull Run (6:55). Later that year, he also won the Labor Pain 12-Hour Endurance Trail Run, here in Reading, for the third straight year.

Blandford credits his success first and foremost to all the support he gets from home. His wife, Karen, exhibits a nearly unfathomable degree of understanding about all the time he spends away from home, logging the necessary miles to train for such events at such a high level. He is also grateful to all the club members and other runners who have supported him, paced him, and crewed for him at these events.

Feeling a little burned out from races, Blandford turned his focus to a different kind of challenge this past year. In August, he took on a "hill challenge," in which he climbed up Reservoir Road to Pulpit Rock 238 times throughout the month. He had attempted the challenge twice previously, completing 155 "ups" in 2010, and then 214 "ups" in 2011. While repeating that same climb so many times might seem like drudgery to many, for Blandford, he loved what a great workout it was, how it helped him let go of each day's stress, and how close to home it



Blandford (right) with Donny Mengel and Brooke Schell at a snowy 2015 HAT Run 50K.

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.

- ♥ The following two thank you notes were received in response to our shoe donation program to local runners

I owe you big time!
Thank you for my shoes. So far it's a great season and these shoes are perfect.

To the amazing Pagoda Pacers,
I wanted to thank you on behalf of the coaches and [redacted] for your generous donation to [redacted]. He very, very happily received a pair of New Balance running spikes this weekend prior to his first ever District race and we couldn't have wiped the smile off of his face if we tried. [redacted] loves running and is very talented at doing so. He has not always had the means to reach his full potential but after lacing up his new shoes on Saturday, we saw a confidence in [redacted] that we hadn't seen before. He ran very well with a time of [redacted] Sub 19... his goal. [redacted] has decided to volunteer at the Oley Valley Country Classic to show his gratitude to the Pacers. It is such an honor to be able to call myself a Pagoda Pacer for so many different reasons. The shoe program is a small, but very important aspect of this club that I am so fortunate to have seen in action. Your generosity has gone a long way and is so very much appreciated. Thank you again Pagoda Pacers for all that you do, for so many. I look forward to many more races, volunteer opportunities and fun times.

10-30-17
All my best,
Katie Frederick
Muhlenberg School District

- ♥ Pacers donated food and supplies for the Humane Society and Animal Rescue League at the November 15 Wednesday Night Run
- ♥ Pacers received the following thank you note for their donation to Special Olympics of Berks County

Pagoda Pacers Athletic Club,
Thank-you so very much for your extremely generous donation to Berks County Special olympics. Your kind donation will assist w/ athlete uniforms and competition fees. It is greatly appreciated. Thank-you,
Heather Folte
(County manager)

Oley Valley Country Classic Race Report

The 23rd Oley Valley Country Classic was welcomed by 420 runners on a beautiful cold fall morning...perfect day for a race!! Thank you runners for participating in this great event, thank you Pagoda Pacers for operating another great race, and thank you Barry Goodhart and Len Burton for all your efforts in putting this event together. The feedback from the runners has been so positive; people really love this race. The handmade awards were beautiful - Maggie Gallen, Excellent job! The shirts came out great and we hope every participant appreciated their safety running blinker. Our sponsors have been so generous; thank you Bob Fisher Chevrolet, Fleetwood Footcare, Level Financial and Reading Hospital Medical Group, you are well appreciated by all involved in putting this race together. The Oley Valley Youth League also does an excellent job supporting this event; thank you for the venue and this year your large variety of hot soups was so well received by the runners. Congratulations to all the runners who participated and high praise goes to all the award winners in this event. Again the course record(s) go unbroken so practice up for next year so we can have Gallen Insurance present the record holder with their \$\$\$ winnings! We look forward to this event next year and are open to any recommendations you may have to make this an even better event in the future.

was! He also enjoyed how it became a social event on many days, as other runners and hikers would often meet him for a climb (or several). The stats for the challenge were staggering: 116 hours, 530 miles, and 164,000 feet of elevation gain!

Blandford is unsure if and when he will return to racing ultras. When preparing to run a race, he feels so much pressure to achieve a particular result due to all the time he invests. He's not interested in running races just to run them, though--if he decides to get back into it, it will be to compete. He's been feeling good lately, and he thinks he could be close to getting back to race-readiness. When I asked him about particular races, he said he would like another crack at Eastern States (after DNFing there in 2015).

Mostly, though, Blandford is happy to be running just for the love of it again, as well as for the social side of it. Staying connected with his "running family" is so important to keeping the positive energy in his life fully charged. "It seems like there's too much negative energy out there," he told me, "but not with the Pacers. Runners tend to keep things positive." «»

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2017 PPAC Officers

Meetings: 2nd Thursday of each month
Annual Dues: \$15 Individual; \$25 Household

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