

SINCE 1980



PAGODA PACERS

ATHLETIC CLUB

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

Reading, Pennsylvania

FROM THE PRESIDENT

Hi Pacers,

The great summer running times are here. Last week I was up at the fire tower with a couple hundred other pacers (or at least it seemed like a couple hundred) running around the Pagoda. This was the first time I had been in this area since last year and a lot seems to have changed. There are a lot more good trails and a lot more bikers everywhere. The increase in use of this area can only help with the feeling of security of the area. I would encourage anyone to try out the area I think you will be pleasantly surprised as how nice it is. The run at the tower was probably the largest we have had this year; it was a great day and great location. Hope to see the increase in attendance the whole summer.

The month of June has a great race coming up with the Deena Andrus Memorial Run for the Ages. Ted runs this and always makes sure there is plenty of good swag for the runners and a lot of door prizes for everyone to enjoy. This is an age graded race which gives everyone, no matter what age, a chance to win. I believe this is the only race of this type in the area so there is always a good turnout. The location in Nolde Forest is a great venue, and the park receives most of the benefit of the race. Ted started the race and is passing on the tradition to his son Mark, who we see helping out at a lot of the other races during the year. It's good to see a family enjoying the outdoors and staying close. So come on out and tell your friends about another great race.

By the time you will be getting this letter the Charlie Horse should be complete. This race benefits the Special Olympics which is a great cause that deserves everyone's support. I am sure it will be another great success with Brett leading the way with Charlie and all the volunteers that are needed to pull this race off. Being a half marathon through the woods with multiple water stops this race takes a lot of coordination to make successful. So when you see all the people involved in the races never forget to give them a well done. They will appreciate it.

In ending, we have a lot of new things coming, don't forget about the new bike rides with Swamp once a month - this should be another great event every month.

JUNE MEETING LOCATION:

BLIND HARTMANS TAVERN

6:30pm - Food Served; 7pm - Meeting

See you at the next run.
Larry Drogo

SAVE THE DATE

8/6/17 - Grings Mill Run 5K/10K
9/10/17 - Summer Picnic

June 2017

UPCOMING EVENTS

6/8/17 **General Membership Meeting**
Thursday 7:00pm, Blind Hartmans Tavern
2910 Pricetown Rd., Temple
*Note: Food served at 6:30pm

6/24/17 **Wine & Cheese Party**
Saturday 7:00 - 10:00pm, at the Pagoda
See facebook/emails for more info

6/25/17 **Run for the Ages 10K Trail Chase**
Sunday 8:30am, Nolde Forest
See details on Page 4

GROUP RUNS

Start Time: 6:15pm Wednesday

June 7, 2017

Run & Eat: Doug and Lee Zechman's home
270 Diplomat Drive, Robesonia (road/trail)

June 14, 2017

Run: Laurel Run Park
River Road & Leiscz's Bridge Rd, Muhlenberg
Eat: Phil & Andrea Lechner's home
4220 Stoudt's Ferry Bridge Rd, Muhlenberg

June 21, 2017

Run: Nolde Forest (mansion parking lot)
2910 New Holland Rd, Reading
Eat: Ted Andrus's home
5 Glen Hollow Court, Reading

June 28, 2017

Run: Trout Run Park
E. Neversink Rd & W. Neversink Rd, Exeter
Eat: Lenny & Julie Burton's home
221 Gibraltar Road, Exeter

July 5, 2017

Run: Antietam Lake Park
Angora Road (main parking lot)
Eat: Jon & Cathy Durand's home
2539 Grant St, Reading

RACE RESULTS

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

April Third Thirsty Thursday

3/272	Ben Hatt	18:03	1st M30-39
11	John Mark Stoltzfus	19:32	2nd M40-49
12	Steve Koch	19:42	1st M50-59
14	Mark Yourkavitch	19:50	2nd M50-59
16	Michelle Gallen	19:53	1st Female
17	Steve Maguire	19:54	3rd M50-59
20	Erik Leeds	20:30	3rd M40-49
21	Donnie Mengel	20:32	2nd M60-67
25	Carl Kerchner	21:17	4th M40-49
58	Joe Long	24:00	
63	Jill Spengler	24:09	
113	Angie Piskorski	26:43	
131	Janine Beidler	27:47	1st F Master Clyde
142	Niki Lawrence	28:32	
145	Steven Holgate	28:40	
155	Joanne Patti	29:15	3rd F50-59
169	Kristen Barone	30:26	2nd F open Clyde
181	Blair Hogg	30:58	
188	Karin Long	31:42	2nd F Master Clyde
191	Barbara Raifsnider	31:59	
239	Helene Horn	36:40	
244	Lynne Reddington	37:51	
264	Chris Weidenhammer	46:31	

Tyler Arboretum 10K Trail

Paul Makurath	1:13:41	2nd M70+
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Boston Marathon

Kyle Gery	3:24:37
Dale Wiest	3:27:42
Brad Bansner	3:28:36
Laura Mooney	3:37:11
Steve Maguire	3:39:29

Hynes Trail 50K

57	Dan Munn	6:13:43	
62	Pete Groth	6:16:57	
145	Joanne VanHorn	7:11:25	2nd F50-59
146	Elaine Cook	7:11:25	3rd F50-59

Mt. Penn Mudfest 15K

7/95	Brian Stoltzfus	1:12:42	2nd M50-59
11	Brett Lynch	1:16:57	1st M40-49
17	Laura Mooney	1:19:20	2nd Female
22	Mike Yoder	1:21:17	
23	Donny Mengel	1:23:16	1st M60-69
25	Beth Auman	1:24:30	3rd Female
32	Liz Glass	1:29:47	1st F50-59
45	Katie Frederick	1:32:52	2nd F30-39
46	Heather Nowicki	1:35:39	3rd F30-39
69	Kara Gallen	1:46:18	3rd F20-29
71	Gary Gehret	1:54:20	
74	Paul Makurath	1:55:55	1st M70+
76	Mark Reedy	1:56:44	
77	Tom Kohl	1:56:49	
80	Janine Beidler	1:59:08	3rd F40-49
83	Karen Sinnen	2:00:57	
84	Lisa Gallen	2:01:22	
87	Barbara Raifsnider	2:05:46	

Lititz Sauder's Egg Run 5 mile

Rose Hagy	58:52	2nd F70+
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Brighter than the sun 5K

Rose Hagy	36:58	1st F68+
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Beat Beethoven 5K

2/235	Steve Koch	19:23	2nd Male
43	Mark Mazurkiewicz	27:25	3rd M45-49
69	Kristen Barone	29:10	3rd F30-34
91	Larry Drogo	30:54	
113	Blair Hogg	32:01	
147	Helene Horn	36:04	
153	Rose Hagy	36:53	1st F70+

Beat Beethoven 10K

10/83	Michelle Gallen	44:44	1st Female
39	Donna Ornosky	57:05	1st F55-59
49	Janine Beidler	1:00:01	2nd F40-44
70	Joanne Patti	1:03:50	
73	Barbara Raifsnider	1:05:22	

Massanutten 100 miler

6	Tim O'Donnell	21:05:33	1st M Master
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Fork and Ale Summer Series 5K (race #2)

29	Barbara Raifsnider	31:17
38	Helene Horn	34:42

No Excuse for Abuse 5K

Helene Horn	35:48
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Sly Fox Summer Series 5k #2

Helene Horn	34:22
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St Luke's Half Marathon

Scott Thomas	1:29:57	3rd M50-54
Katie Thomas	1:53:46	

Dirty German 50K

42	Andy Styer	5:55:34
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Broad Street 10 miler

Steve Koch	1:04:16
Julie Lambi Martelli	1:11:36
Duane Renninger	1:12:53
Beth Auman	1:13:24
Ruth Machamer	1:18:38
Tom Kohl	1:31:12

Swatara Gap n Back Triyak-A-Thon

2	Erik Leeds	1:39:16	2nd overall
5	Kent Shirk	1:49:34	
8	Amy Culp	1:53:13	1st Female
9	Liz Glass	1:53:17	2nd Female
10	Claude Mervine	1:53:38	
22	Libby Crockart	2:03:57	4th Female
39	Charlie Crowell	2:30:11	

Hyner Trail 25K

74/848	Michelle Gallen	3:19:11	3rd F20-29
104	Michael Ranck	3:31:11	2nd M60-69
131	Diane Grim	3:37:52	3rd F50-59
707	Julianne Kern	6:12:57	

Kutztown Military Club 5K

Helene Horn	36:23	2nd F50-59
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John Schultz Running in Red Shorts 5K

Helene Horn	34:14
Ron Horn	38:56

*It's Summer!
Stay Safe!
Hydrate!*



**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.

Excerpts from thank you emails received from each of our 2017 scholarship recipients:

Hi Beth,

I am so excited and grateful to be a recipient of one of the cross country scholarships from the Pagoda Pacers this year!! In the fall, I will be attending Loyola University Maryland as an Actuarial Science major.

Thanks again,
Emily Cebulski

++++
Hello,

This is Lauren Reightneour and I am sending this email in regards to the Pagoda Pacers Cross Country Scholarship. I would like to thank you for selecting me as a winner. My student ID number is XXXXX. Also, please include my first and last name, so the funds will be applied to my account. The address the check needs to be mailed is listed below: Thank you again for your generous scholarship.

Lauren Reightneour

++++
Hi Beth,

Thank you so much for awarding me the Pagoda Pacers Scholarship! I have been waiting to hear back from a few colleges, which is why I've taken so long to email back, but I have decided where I will be attending in the fall: Penn State University Park.

Again, thank you so much! Let me know if you need any more information.

Sincerely,
Diego Santos

++++
Ms. Beth Auman,

I am thrilled to hear that I was selected for the Pagoda Pacers' cross country scholarship! Thank you so much for the consideration that went into my application. I am honored to be receiving this scholarship, and I am pleased to inform you that I have committed to attend the University of Pennsylvania next year. If there is any other information you need from me, please feel free to contact me. Thank you again for this amazing opportunity and gift!

Sincerely,
Veronica M. Bristol

RUN FOR THE AGES

Sunday, June 25

- ◆ First Runners Start at 8:30 AM (registration opens at 7AM)
- ◆ Beautiful Nolde Forest (Mansion parking lot)
- ◆ Age Graded Start (starting times staggered by age & gender)
- ◆ Any age group competitive runner can win the race out right or be in top few runners to finish
- ◆ Chester County Running Store Gift Certificate to top three overall
- ◆ Specially designed Nolde Forest pottery plates to top ten and special award to runner with fastest time
- ◆ Family Award: Have a group of 3 or more family, friends, coworkers etc. and we'll give a separate award to the winner in your "Family" for a year of bragging rights!
- ◆ Age group awards to top two in 28 age groups
- ◆ Insulated Grocery bags and for the first time: Tech Shirts!
- ◆ Great food! Great post race raffle including a pair of SOUTHWEST AIRLINES tickets!
- ◆ We need both runners and volunteers.
- ◆ Volunteers report at 6:30am please, runners come ready to run and have fun!



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2017 Mud Fest Report

First of all I'd like to thank all the volunteers that helped make this race an excellent day, despite a wee bit of rain. Most of you know that volunteers make or break a race and I'll never be able to thank you enough. The race itself is coming around despite what the finishing numbers might say. Sure it didn't make a lot of cash, well none actually but we know how to refine our process and make things happen for less. Heck, everybody in attendance came away with a positive experience and nice swag. These are key to a good race, taking care of the participants and making them want to come back. Thanks again to all the racers, volunteers and fellow race directors.

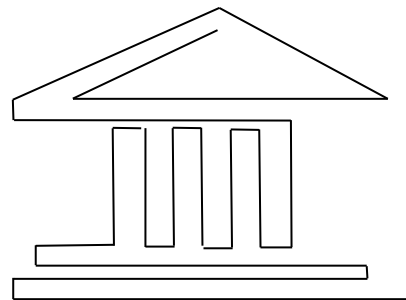


Cheers,
Mud Fest Posse'



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GENERAL MEETING MINUTES

By Libby Klopfenstein

Date: 5/11/2017

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
- \$2,000 pre-paid invoices
- Taxes are in process and an extension has been filed

Race Updates

Charlie Horse – Brett Lynch

- 135 registered so far; expect about 100 more to register
- Looking for volunteers to sign up to help; need 8 for Saturday before race to mark the trail and about 30 for race day

Blues Cruise – No update

Grings Mill – Caroline Hill

- 31 entries so far vs. 19 this time last year

Mt. Penn Mudfest – Erik Leeds

- 125-130 racers
- 95 finishers
- Need to get word out earlier next year

Oley Valley – Lenny

- Race is Nov 12th
- Awards have been designed

Run for the Ages

- No update

Kris Kringle

- No update

Jr. High Cross Country

- No update

Shiver by the River – Sue Johnson

- No update. 2016-2017 race series just ended

Committee Updates

Communication Committee – John Durand

- John to show Larry Drogo how to do email blast to get messages out to members.

Blue Marsh Day

- Will be held June 10th; Pacers will have table

Social Committee

- Reminder that Sunday 5/14 is bike ride starting at 9:30 AM at Oaks. Ride will be 26 miles round trip and last until approximately 1pm.
- Summer Picnic – Caroline Hill – Will be at Cacoosing, same as last year. 1st date available is September 10th. Thinking of doing a pork cook-off and a brew-off.
- Wine and Cheese event will be held on June 24th; see Facebook for event posting.

Community Service – Phil Lechner

- 5/10 was a charity run for Women's shelter.
- Phil reminded everyone that they can bring goods at any time and he will make sure they get distributed. Clothing, cleaning supplies, pet supplies, etc.

Membership – Dave Gallen

- Membership is down approximately 10%; Members down approximately 7%

- Most people are paying online

Scholarship Committee

- No update

Charity Committee – Shaun Luther

- Committee has met and they are in the information gathering stage now
- Members suggested replacing the arch at the Pagoda

New Business

Shoe Drop

- 1st shoe drop is Tuesday May 16th at 6:15 pm at R U Seen in Shillington.
- Tiering of members will start after this shoe drop

Dave Gallen suggested adding a 1 mile run and/or a marathon.

- Pacers don't have a marathon
- Racers prefer a flat course
- Members suggested a rails to trails course
- Some members expressed concern that the market was becoming too saturated with races.
- Members suggested a stair climb to take place during the month of September to commemorate 9/11. Suggestions were given to have it take place at the court house or Santander Center.

Advertising

- Jon Durand requested \$250 to spend on Facebook advertising to target specific groups and track ad success.
- Members voted and \$106 was approved by group to spend specifically for Facebook advertising.

Trail Markings

- Libby C. suggested using slip knots to mark trails to make it quicker and easier to tear down.

Old Business

- None

The meeting was adjourned at approximately 8:00 pm.

WANTED!!

We are looking for a volunteer to help with the marketing of the Pacer events and races. If you have a background in marketing or sales we could use you.

If interested, please contact Larry Drogo.



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RUNNER PROFILE: BETH AUMAN

"In Awe of Auman"

by Matt Brophy

Beth Auman - a club member for over a decade; an attorney at Hartman, Valeriano, Magovern, & Lutz; and the editor of this newsletter - lives in Bern Township with her partner Tom, her dog Barley, and her cat Rocky. Originally from Muhlenberg, she first started running in high school as a member of the cross country team.

"I hated it," she told me.

Soccer was her primary sport, and cross country felt more like a fitness chore than a passion. Feeling like she had to run, Auman explained, spoiled any chance of it being fun.

During college (Penn State), things began to change. Running became a more casual form of exercise, but also

a chance for some "me time" -- a pleasant and meditative escape into solitude. Towards the end of college, Auman began running longer distances. She ran her first half-marathon shortly after graduating in 2004, and her first full marathon the next spring: in Rome!

It was also around this time that Auman connected with the Pagoda Pacers. Before long, her interest shifted away from road running and toward trail running. After running a few shorter trail races during her last year of college (Ugly Mudder and Mt. Penn Muddfest), she tackled her first ultra in 2006 (Blues Cruise 50k).



Auman after finishing Blues Cruise 50K

In the years that followed, Auman discovered one of her favorite events: The Mountain Mist 50k in Huntsville, Alabama, which she has run 8 times! Since many club members typically run this race, the trip down south provided a good amount of time for bonding with other runners, and Auman also praised the course's varied terrain and scenic beauty.



In the boulder field at the former Megatransect trail run

After finishing law school (Drexel, 2010), Auman must have craved more daunting challenges. In 2012, she conquered the Massanutten Mountain Trails 100-miler (MMT). "That was pretty epic," she said.

While Auman continues to rock the trails - she finished her 8th Bull Run 50-miler this April - she has her sights set on a couple road marathons for the future: Boston (of course) and a West Coast gem: The Big Sur International Marathon in California, one of the most beautiful road races in the U.S.

The most important people in Auman's life are her partner Tom, her mother, and her "Pacer family." The "relationships, camaraderie, support, and motivation" are among what she values most about being part of that family. "They're my kind of people," she said. "They get me, and I get them."

Getting to know so many talented runners, Auman explained, has helped her accomplish goals that she may never otherwise have even attempted. "It pushes you to push yourself."

How else does one even sign up for a 100-mile race, or even discover that such things exist? Thank God for the "family."

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Alycia Johnson
Sarah Bergman
Sean Leahey
Erik Schatzel
Julia Hager
Michele Bare
William Hawke
Chris Latsko

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The newsletter is published monthly. To submit an article for publication, or inquire about advertising, email editor@pagodapacers.com. The deadline for submission is the 15th of each month.

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- 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
- Webmaster Ed Recker
- webmaster@pagodapacers.com

2017 PPAC Officers

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

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