

SINCE 1980



# PAGODA PACERS

## ATHLETIC CLUB

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

Reading, Pennsylvania

## FROM THE PRESIDENT

Good Morning Pacers:

With the warm weather a lot more of us are doing our running and enjoying the outdoors. A lot of new runners tend to run the local streets; one thing to remember is that there are more distracted drivers on the road than ever. Always wear something bright; black and grey tend to blend in with the road, so stay safe. Another safety tip is to always be sure to run toward traffic where possible. This gives you the extra second to jump out of the way when necessary. So enjoy the outdoors and stay safe.

For you folks that would like to volunteer, we have the Charlie Horse race coming up. Brett can always use volunteers for aid stations on the course and help at registration. If you are interested in an aid station contact Brett before the race day so teams can be assigned where needed.

Another upcoming event will be the start of the Wednesday night hosting. I think Phil may still have a couple of days left open. If interested, contact Phil L. as soon as possible. For those who have never been to a hosting, this is the tradition. The hosting person usually sets up a course from 4 to 7 miles for the runners. Everyone starts from the hosting house. Phil always posts the location the same way as the winter runs. After the run most runners come back to the house with a covered dish and socialize for about an hour. This is the best way to talk to your fellow runners without having to take a breath between sentences while running. Hope to see you at these events this summer.

While we have been trying different events the past couple years, one thing stands out. Most people are busy in the summer. So except for a couple of our popular outdoor events we will be scaling back the summer events. We are also always looking for volunteers for the Social Committee to help and plan upcoming events. Hope to see you at one of the runs or the May Meeting.

### SAVE THE DATE

6/24/17 - Wine & Cheese Party  
6/25/17 - Run for the Ages 10K  
8/6/17 - Grings Mill Run 5K/10K

## May 2017 UPCOMING EVENTS

- |                            |   |
|----------------------------|---|
| 5/11/17<br><i>Thursday</i> | <b>General Membership Meeting</b><br>7:00pm, Blind Hartmans Tavern<br>2910 Pricetown Rd., Temple<br><i>*Note: Food served at 6:30pm</i>     |
| 5/14/17<br><i>Sunday</i>   | <b>Bike Ride - Oaks to Manayunk</b><br>9:30am - Meet at Pawlings Rd parking lot; ride to Manayunk and back; 36 miles total; road/trail bike |
| 5/28/17<br><i>Sunday</i>   | <b>Charlie Horse Trail 1/2 Marathon</b><br>9:00am; Sleepy Hollow Athletic Club<br><i>See details on Page 3</i>                              |

### GROUP RUNS

Start Time: 6:15pm Wednesday

#### May 3, 2017

Run: Galen Hall Golf Course  
N. Galen Hall Rd. & Club Rd., Wernersville  
Eat: Basil Restaurant and Pizzeria  
776 Fritztown Road, Sinking Spring

#### May 10, 2017

*\*\*Charity Run for local women's shelters\*\**  
Run: Shillington Park (by pool)  
E. Broad Street & Lancaster Ave, Shillington  
Eat: Flanagan's Pub  
41 W. Lancaster Ave., Shillington

#### May 17, 2017

Run: Monocacy Park  
Geiger Rd (near Monocacy Hill Rd), Birdsboro  
Eat: Island Pizza  
3060 Limekiln Rd., Birdsboro

#### May 24, 2017

Run: Bartram Trail - Kernsville Dam Trailhead  
25 Kernsville Dam Rd, Hamburg  
Eat: The Westy Bar & Grill  
279 W. State St., Hamburg

#### May 31, 2017

Run & Eat: Larry & Missy Drogo's residence  
1450 Schoffers Rd, Birdsboro (road/trail)

MAY MEETING LOCATION:

BLIND HARTMANS TAVERN

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

Thank You,  
Larry Drogo

# RACE RESULTS

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

## Garden Spot Village Half Marathon

86/755	Andy Styer	1:49:25	
235	Donna Ornosky	2:02:45	2nd F55-59
526	Mike Reese	2:31:22	
537	Beth Styer	2:34:10	
629	Rose Hagy	2:49:16	1st F70-74

## Philadelphia Love Run, Half Marathon

Gary Spatz	1:51:14
Kara Gallen	2:11
Lisa Gallen	2:19

## Bull Run Run 50 Miler

2/285	Michael Heimes	6:46:18
9	Tim O'Donnell	7:38:41
27	Anna Piskorska	8:36:15
30	Laura Mooney	8:41:20
36	Donny Mengel	8:48:40
37	Jon Durand	8:48:43
41	Julie Lambi	9:03:04
55	Beth Auman	9:21:50
57	Brandon Beane	9:30:38
58	Brett Lynch	9:30:38
77	Jill Roper	9:52:26
97	Phil Lechner	10:18:01
113	Mike Yoder	10:39:31
115	Steve Vida	10:39:33
221	Jim Demsko	11:52:13
224	Kelly Miller	11:53:38

## Naked Prussian Marathon

59	April Zimmerman	5:44:07
90	Barbara Raifsnider	7:13:55
94	Kristen Barone	7:43:32
95	Julianne Kern	7:43:34
99	Gwyn Chobot	8:05:20

## Naked Prussian 50 Miler

21	Tom Chobot	11:09:11
25	Michael Reinhart	11:25:29
41	BK McDonough	13:25:15
42	Jenn Guigley	13:25:21

## Sly Fox Summer Series 5k- April

David Dietrich	31:47
Helene Horn	36:02

## HAT 50K

6/334	Tim O'Donnell	4:27:42
17	Steve Maguire	5:00:43
30	Laura Mooney	5:17:19
47	Kim Drake	5:35:12
48	Julie Lambi	5:36:58
71	Ruth Machamer	5:54:51
99	Duane Renninger	6:09:13
101	Jill Roper	6:11:34
104	Steve Vida	6:11:54
106	Beth Auman	6:13:33
107	Karen Rule	6:13:33
108	Joanne VanHorn	6:13:33
114	Matt Brophy	6:19:40
130	Mike Yoder	6:29:27
209	Jim Demsko	7:06:30
242	Kelly Miller	7:23:30
246	Brooke Schell	7:26:57

## Hops Trot 5K (with 6 beer stops!)

4/562	Tim O'Donnell	19:07
-------	---------------	-------

## Beau Biden Foundation 10K Trail Run

Paul Makurath	1:38:39
---------------	---------

## Caeser Rodney Half Marathon

Paul Makurath	2:32:52
---------------	---------

## Hooligan Hustle 5K

20	Mike Ranck	24:44
25	Janine Beidler	26:06
28	Mark Mazurkiewicz	27:04
36	Joanne Patti	28:14
40	Steven Holgate	29:32
41	Colleen Fitzpatrick	30:05
44	Barbara Raifsnider	30:18
57	Helene Horn	35:14
59	Rose Hagy	35:57

## VA Beach Shamrock 8K

Garry Rarer	35:51	
Marsha Latimer	40:39	7th in AG

### Kutztown Fools Run 5k

214	Albert Booth	58:55
215	Helene Horn	58:57

### Horse Shoe Trail Hike - End to End Through Hike

Charlie Crowell completed all 141 miles over the course of 13 days between March 3 and March 31

Omitted from last letter:

### Naked Bavarian 20 miler

109	Andy Styer	3:37:07
-----	------------	---------

## Want Pacers Gear?

Don't forget - We've partnered with RUseeN Reflective Apparel to bring you shirts, vests, jackets, and more, in both men's and women's cuts.

These are all hi-visibility reflective garments that keep you seen while you run, plus show your love and support for your local running club.



Check out the options online at:  
<http://www.ruseen.com/custom-graphics/reading-pagoda-pacers.aspx>



## Chester County Running Store

Your Local Running and Walking Headquarters!!

### Don Morrison

Suburbia Shopping Center  
38 Glocker Way  
Pottstown, PA 19465

610.327.4843 Phone  
610.327.4864 Fax  
www.runccrs.com  
donccrs@verizon.net

# 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.

## Shiver by the River

The 27th Shiver by the River is complete. As always, THANK YOU to all the Pacers who participated either by running, volunteering or both! We sincerely appreciate all of our volunteers, whether you helped us at one race or every race; especially those of you who were willing to do whatever was needed to make this series another success!

Our fastest runners were:

5K Male - Michael Urban 16:13 in March  
5K Female - Corrine Manela 19:05 in January  
10K Male - Chris Brennan 33:54 in December  
10K Female - Siobhan O'Conner in January

Complete results of each race, plus the series winners can be found on pagodapacers.com. The awards ceremony was again held at the Temple Fire Company, on Madison Ave in Muhlenberg.

THANK YOU to the following for donation of door prizes:

**Alecia Bradley**  
**Ron Horn - Pretzel City Sports**  
**Ganley's Pub**  
**Sue Hinkel**  
**Blind Hartman's Tavern**  
**Stephan Weiss - Uberendurance Sports**  
**Ken Seale**  
**Ellie Vanderbeck**  
**Road-ID**

THANK YOU to our long time Shiver sponsors:

**A Running Start - 705 Penn Ave, West Reading**  
**Road-ID**

Please patronize both our door prize contributors and our sponsors. Please contact Sue Jackson at shivdirector@pagodapacers.com if I missed any door prize donors.

If anyone has any comments, concerns, or questions concerning the series, please feel to contact one of the race directors. We do value your input and we do read the surveys; making modifications when possible.

Awards which were not picked up at the banquet are at A Running Start, 705 Penn Ave, West Reading.

Once again, thanks for all of the Pacer support, both runners and volunteers!!!!!! We hope to see all of you next year.

*Sue, Steve & Kelsey*

## *Bike Ride* *Oaks to Manayunk*



**What:** Social Ride

**When:** 9:30am,  
Sunday, May 14

**Where:** Pawlings Rd Trailhead, Oaks

Distance to Manayunk is 18 miles one-way; some may continue on to Art Museum for 24 miles. Likely group stop at Manayunk Brewing before returning to Oaks.

Trail is macadam, and flat. Road, hybrid, or trail bike will work. Group will stay together and no one left behind.

**More details on Facebook, No RSVP needed.**

## For ALL your jewelry needs



**VAN SCOY**  
Jewelers

A Sampling of the many services we provide:

- Watch Batteries
- Watch Repairs
- Custom Engraving
- Gemologists on Staff
- Gem Identification
- Gold Buying
- Appraisals
- Full Service Repair Department
- Custom Designs
- Remount Events
- Pearl & Bead Stringing

Run in and ask for Caroline or Patti



**Mention this ad for 10% off**

**Because YOU matter!**

[www.vanscoyjewelers.com](http://www.vanscoyjewelers.com)

Like us on Facebook at [facebook.com/vanscoyjewelers](https://facebook.com/vanscoyjewelers)



Protect What's Most Important in Your Life.

Your Family

Your Business

Your Home

Your Health



Call us at (610)-777-4123

or email us at

[bgallen@galleninsurance.com](mailto:bgallen@galleninsurance.com) or [dgallen@galleninsurance.com](mailto:dgallen@galleninsurance.com)

## Classic Harley-Davidson Rustic Rage Off-Road Duathlon & Relay

Sunday, May 21<sup>st</sup> - 9:00am

Rustic Park, Birdsboro, PA

## Doggie Dash & Walk

Sunday, June 11<sup>th</sup>, 9:00am

Birdsboro VFW, Birdsboro, PA

## VanScoy Jewelers Firecracker 5K

Saturday, July 8<sup>th</sup> - 9:15am

Governor Mifflin Middle School, Shillington

## BREAKAWAY SPORTS

RUNNING - TRIATHLON - ADVENTURE

## RACES

[www.makebreak.com](http://www.makebreak.com)

610-775-4614

## Horse-Shoe Trail Conservancy

Upcoming Work Days:

Sat 6/24, Sun 7/23, Sat 8/26, Sat 9/23,

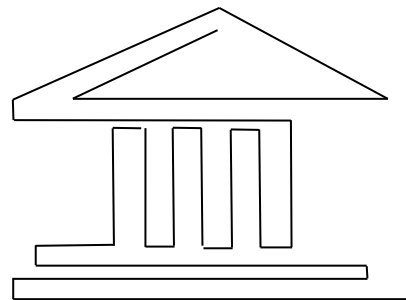
Sun 10/22, Sun 11/9.

For more info or to sign up, contact

[trails@hstrail.org](mailto:trails@hstrail.org) or [info@hstrail.org](mailto:info@hstrail.org).

## LAW OFFICE OF BRIAN SEIDEL

Your Serious Injury Attorney



BRIAN SEIDEL, ESQUIRE

Attorney at Law

359 Blimline Road  
Mohnton, PA 19540

Phone: (484) 335-1218

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

# GENERAL MEETING MINUTES

By Libby Klopfenstein

Date: 4/13/2017

Time: 7:00 PM

Location: Blind Hartman's Tavern, Temple, PA

## Treasury Report – Shaun Luther

- The club continues to be in good standing
- All money has been received from last mailing
- Approximately \$2,000 in invoices to go out

## Upcoming Races:

### Mt. Penn Mud Fest – Erik Leeds

- Cleanup at Egleman's Park will take place Saturday 4/15/2017 - looking for volunteers
- 73 entrants so far – expect more to sign up the week of the race

### Charlie Horse – Brett Lynch

- 5/28/2017
- Approximately 50 people signed up so far which is about normal for this time of year
- In the process of selecting finisher awards
- A number of people have reached out to help coordinate the race.

### Grings Mill –

- 8/6/2017
- 13 entrants so far – 5 more than last year at this time

### Oley Valley Country Classic – Barry Goodhart

- 11/12/2017
- Looking into changing awards this year

### Blues Cruise – no update

### Kris Kringle – no update

### Run for the Ages – no update

### Shiver by the River – Sue Johnson

- Small turnout this year
- Working through some problems with the food at the banquet – not all of it arrived

## Committee Reports

### Communications Committee – Beth Auman

- Will continue to put out Facebook notifications and email blasts before races

### Social Committee – Caroline Hill

- Bike ride scheduled for 5/14/2017 (Mothers Day)
- start time is 9:30 am at Oaks parking lot. Look for Facebook post for additional details.
- Looking for other ideas – please contact Caroline with any suggestions

### Blue Marsh Get Outdoor Days

- 6/10/2017 10am -3pm
- Club will have a table and there will be a fun run

### Community Service Committee - Phil Lechner

- Next charity run will be held in may (Mary's Shelter/Safe Berks)
- Phil will accept donations at any time

### Summer Picnic

- Looking for volunteers to organize; Caroline Hill offered to take the lead.

- Will be held in August some time.

## Memberships

- Membership is down by 2%
- Club has approximately 450 members

## Scholarship Committee

- 7 applications received
- 4 applicants selected to receive \$750 scholarship
- an article will be placed in the Reading Eagle listing winners.
- Members discussed the possibility of offering a voucher for free entry into a Pacer race to winners. May implement this for next year.

## Charity Committee – no update

## New Business

- 12<sup>th</sup> Annual Dave & Shaun's Excellent Adventure will take place at 5:55pm on May 5<sup>th</sup> (Cinco de Mayo). See FaceBook for additional details.

## Old Business

- Reading Hospital Run
  - Sunday 10/15/2017
  - Half Marathon and 5k
  - Same course as last year
  - Pacers will help at aid stations
- Swamp is working on scheduling a Bike ride
  - 1<sup>st</sup> ride will be Saturday 6/3/2017 at 9:00am
  - Brentwood parking lot
  - Rail trail ride
- Shoe drop –
  - Libby C. is checking with Runners World to see if it is okay with tiering members

Meeting adjourned at 7:45pm

## RUN FOR THE AGES Sunday, June 25

This year's Run For The Ages will be held Sunday, June 25. First runners will start at 8:30. Most of the important items will be the same for this year's race: Age Graded Start (based on World Masters Association handicap). Start and finish near the mansion in beautiful Nolde Forest. Same great course on the trails of Nolde Forest with an off trail scramble at the end. Awards from Nolde Forest Pottery and gift certificates from Chester County Running Store. Great swag! Post race raffle including a pair of Southwest Airlines tickets! New this year: Really nice tech t-shirt in either men's or women's cuts!



Applications are available to either print at [Pago-daPacers.com](http://Pago-daPacers.com) or online at [Pretzelcitysports.com](http://Pretzelcitysports.com). See you on June 25!

www.LehighPI.com  
**NICHOLAS GROUP**  
INVESTIGATIVE AND  
SECURITY SPECIALISTS

- INVESTIGATIVE
- SURVEILLANCE
- PROCESS SERVER
- LITIGATION SUPPORT
- SECURITY CONTRACTOR
- FIREARMS INSTRUCTION
- INTERNATIONAL CONTACTS

(484) 809 – 9101



*Specialized Support Since 2010*

Adam Nicholas Nowicki, P.I., LPQ, PA LWT Act 235 Cert., U.S. DHS Certificates,  
NRA Firearms Instructor, NRA Range Safety Officer, Glock Inc. Certified Armorer

PA CP-06-MD-0000322-2010 LICENSED, BONDED, INSURED. PA ACT 235 AGENTS

**WELCOME TO OUR  
NEW  
PACER MEMBERS!**

Brandie Loose  
Cody Harris  
Brittni Harris  
Kate Martin



## **2017 Scholarship Winners**

*Scholarship Committee: Sue Jackson, Beth Auman, Cathy Unruh, Tom Chobot, Alecia Bradley, Cliff LePage*

We received 7 scholarship applications this year. For the first time in a long time, we had NO Pacer member children apply for the scholarship; all applications were high school cross country runners. Therefore the club awarded four cross country scholarships, each in the amount of \$750, instead of two cross country and two Pacer awards as we usually do. We wish all applicants the best in their future endeavors.

**Emily Cebulski.** Emily is a senior at Berks Catholic High School. She has excellent academics, and a member of the National Honor Society. Emily has run cross country since 10th grade, and is very active in numerous student organizations including student ambassadors, HOPE peer listening, OliveT Boys and Girls Club volunteers, and the math club. She is also engaged in non-school based community service activities including church youth groups and multiple service/mission trips. At this time, Emily's choice of college is undecided.

**Joaquim Diego D. Santos.** Diego is a senior at Daniel Boone High Area High School. He is the senior class president, a leader of many student organizations, including the Key Club and the school's Relay for Life effort, and has received numerous awards for his volunteer activities and outstanding academic record. Diego was on the varsity track and field and cross country teams from grades 9-12, qualifying for districts in cross country each of those years. Diego is undecided where he plans to attend college.

**Lauren Reightneour.** Lauren is a senior at Daniel Boone Area High School, where she runs track, cross country, and participates in the indoor track club. She also plays soccer at the club level. Lauren has strong academics, and is a member of National Honor Society, the Key Club, drama club, ecology club, and the varsity club. She is also involved in the school's annual Dr. Seuss musical program and Special Olympics. She has volunteered in the community as a camp counselor and at soccer training camps for younger players. Lauren plans to attend East Stroudsburg University.

**Veronica Monique Bristol.** Veronica is a senior at Wyo-missing Area Jr/Sr High School, where she is the spirit leader on student council and the senior class secretary. She has run both cross country and track and field, and was a district medalist and state qualifier in cross country during her senior year. Veronica has engaged in the community as a volunteer with Opportunity House and Bridge of Hope, and gathering donations for other community organizations. She is also involved at school with the National Honor Society, the math team, drama club, science Olympiad, and as a tutor. Veronica is undecided on college, but hopes to attend the University of Pennsylvania.

**Congratulations to all our Scholarship winners!**



# Running, Coconuts & Beer...

**A Tavern Run in cooperation with West Reading Tavern!**

**The Dun Coco Pub Run, Friday, May 26<sup>th</sup> at 6:15!**

- \* Run starts and ends at A Running Start!
- \* Then, off to the Tavern for a 6 oz. beer taster!\*
- \* First 120 receive a 12 oz. ARS beer glass!\*
- \* \$5 donation to participate in this fun event!
- \* Tavern truffle fries and other goodies!
- \* Fresh-cut coconuts to sample!



**A Running Start**  
Shoes Clothing Accessories Anything In Between

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

**\*Must be 21 years or older to receive free beer glass or to receive free beer taster!**

PRESORTED  
 STANDARD  
 US POSTAGE PAID  
 READING, PA  
 PERMIT #160

Pagoda Pacers Athletic Club  
 P.O. Box 4115  
 Reading, PA 19606  
 www.PAGODAPACERS.com  
 Meetings: 2nd Thursday of each month  
 Annual Dues: \$15 Individual; \$25 Household

**2016 PPAC Officers**

- President ..... Larry Drogo
- Vice President ..... Ben Gallen
- Treasurer ..... Shaun Luther
- Secretary ..... Libby Klopfenstein
- Race Results Coordinator ..... Karen Rule
- Race/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

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.