



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

Reading, Pennsylvania

## FROM THE PRESIDENT

Good morning Pacers.

Hope everyone had a good summer and looking forward to a great fall. With summer ending and darkness coming a lot earlier in the evening, everyone should be wearing reflective clothes and headlights at night. We have had a very successful year of Wednesday night runs led by Phil and all the hosting Pacers getting things ready for the onslaught of running in their back yards. We should finish up with hosting in October. For those who like running outside in the winter, the Wednesday night runs are great. They get you out of the house at a time when we tend to want to roll up in a ball, stay warm and just sit and watch TV. So keep on coming out; Phil is always looking for new running companions.

Last month was the Blues Cruise run by Stephan and Mike. This year's event was the best ever. We had more runners and volunteers than ever before; I think it also lasted longer than ever before. None of our races can succeed without good leadership and the many volunteers that show up to help out and encourage everyone on. In the next couple of months we have the Shiver by the River series coming up and the Kris Kringle 5 Mile Run. Run by Sue J. and Polly C., these races are always winter favorites. With the Shiver series being in the middle of winter and every month, this series brings in runners from multiple states - a testament to a well-run race. The Kris Kringle, taking place on New Year's Eve this year, is always a well-attended race at the Berks County Ag Center.

I have also been working with a small committee on a new event to take place at the Courthouse downtown. This race is geared toward our first responders and people who may not normally come out running. When complete, it should raise the club's profile and make us a lot of contacts in the city and county. With more and more races taking place, we need to set ourselves apart as the premier place for Berks County races. We have been moving in this direction with good contacts at the Mudfest and the Blues Cruise. These races are getting more cooperation from local officials. This can only help make all our races successful.

In addition in the next couple of months we have the Christmas party coming up which is always a great event. The Royals game night out should not be missed and the great bonfire. These are in addition to the numerous events that our members have at their homes during the winter. One thing about being a members of the Pagoda Pacers there is always something to be involved in to keep you busy.

Hope to see you at the next run,  
Larry Drogo

### SAVE THE DATE

12/1/17 - Christmas Party  
12/10/17 - Shiver by the River #1  
12/16/17 - Reading Royals Night  
12/31/17 - Kris Kringle 5 Mile

## November 2017 UPCOMING EVENTS

11/4/17 **Fall Bonfire**, 6:00pm  
Saturday Mike Yoder/Laura Mooney's home  
449 Orchard Road, Fleetwood  
\*Please bring a dish to share\*

11/9/17 **General Membership Meeting**  
Thursday **\*\*Gianotti's Country Manor\*\***  
6:30pm - Food; 7:00pm - Meeting  
3118 Pricetown Road, Temple

11/12/17 **Oley Valley Country Classic**  
Sunday 9:00am—5K and 10 mile  
Oley Valley Youth League, Oley

### GROUP RUNS

Start Time: 6:15pm Wednesday

#### November 1, 2017

Run: LA Fitness Parking Lot  
Berkshire Blvd & State Hill Rd., Wyomissing  
Eat: Alebrije  
2224 State Hill Rd., Wyomissing

#### November 8, 2017

Run: Wyomissing Quarry Soccer Fields  
Lancaster Ave/Route 724 (behind WaWa)  
Eat: Paolo's Restaurant  
2840 Lancaster Pike, Reading

#### November 15, 2017

**\*\*Charity run benefitting local animal shelters\*\***  
Run: Exeter High School (rear lot)  
201 E. 37th Street, Reading  
Eat: Exeter Family Restaurant  
4800 Perkiomen Ave., Reading

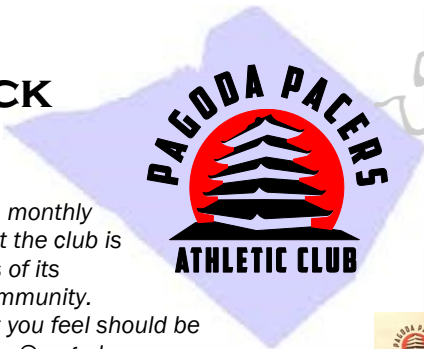
#### November 22, 2017

Run: Cumru Elementary School  
601 Philadelphia Ave., Shillington  
Eat: Flanagan's Pub  
41 W. Lancaster Ave., Shillington

#### November 29, 2017

Run: Muhlenberg High School  
Sharp Ave. & Frances St., Temple  
Eat: Margherita's Pizzeria  
2118 Kutztown Road, Reading

# 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).

♥ The Pacers partnered with the Women2Women/Berks County Chamber of Commerce to bring running legend Katherine Switzer to Reading. Her story is legendary and her insights are an inspiration. She opened doors and changed the world for all athletes.

The Pacers had over 150 friends, members, & students attend, and several more that wanted to but could not because of other commitments.

A few of the many grateful comments we received:

“I think this is the best thing the Pacers have ever done”  
 “Thank you so much for this opportunity”  
 “It was a great night, I am thankful for the opportunity to hear her speak”  
 “My next goal is to run a marathon”  
 “Thank you for making me aware of such a vital part of history”



A few of the Pacers in attendance at the event: Front Row: Tom Chobot, Kathrine Switzer. 2nd Row: Gwyn Chobot, Laura Mooney, Jess Gockley, Libby Crockart. Back Row: Polly Corvaia, Sue Jackson, Mike Yoder, Karin Long, Jon Durand, Dylan Forrester, Elaine Cook, Patti Page.



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## WELCOME TO OUR NEW PACER MEMBERS!

Julia Nickey  
 Jackie Snyder  
 Margaret Knerr  
 Brooke Fisher  
 Phillip Rodig  
 Alicea Rodig  
 Tim McDonough  
 Michael McDonnell  
 Michelle Henry

# RACE RESULTS

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

## Tim Kerr 5K- Avalon, NJ

Jay Drasher	28:10
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## Philadelphia Rock and Roll 1/2 Marathon

Jeff Dorko	2:20:18
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## KTA Trail Challenge 25K

60/267	Paul Makurath	3:48:39
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## Great Race 10K- Pittsburgh, PA

Raine Fussner	44:30	3rd F50-54
Kiana Fussner	45:06	
Jeff Fussner	46:01	

## Pocono Plateau Hero Dash Trail Run 5k

Helene Horn	40:09
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## Third Thirsty Thursday- September 5k

3/165	Steve Koch	19:28	1st M50-59
14	Jason Glass	22:31	1st M Clyde
25	Tom Chobot	23:31	
39	Tony Agentowicz	24:25	
54	Mark Mazurkiewicz	26:08	
58	Jon Durand	26:32	
84	Blair Hogg	28:48	
92	Janine Beidler	29:05	
95	Karin Long	29:47	2nd Master F CL
103	Joanne Patti	30:21	3rd F50-59
106	Barbara Raifsnider	30:40	4th F50-59
107	Larry Drogo	30:48	
131	Catherine Durand	33:11	
147	Helene Horn	35:44	
157	Gwyn Chobot	38:32	
158	Rose Hagy	39:12	1st F68+
163	Chris Weidenhammer	44:08	

## Boulder Beast- Lockhaven 27mile

30/260	Diane Grim	6:34:02	3rd F overall
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## Blues Cruise 50K

2/373	Michael Heimes	3:50:32	2nd Male
28	Rhoda Smoker	4:15:45	2nd Female
31	Ben Hatt	4:54:42	
33	Dale Wiest	4:57:31	2nd M50-59
35	Donny Mengel	4:58:10	2nd M60-69
38	Laura Mooney	4:58:53	1st F40-49
52	Scott Thomas	5:10:16	5th M50-59
67	Swamp Feinauer	5:25:56	4th M 60-69
70	Beth Auman	5:28:16	4th F 30-39
72	Duane Renninger	5:29:11	
74	Karla Reppert	5:30:39	
75	Karen Rule	5:30:47	5th F30-39
84	Andrew Styer	5:34:18	
86	Matt Brophy	5:35:21	
90	Brett Lynch	5:36:47	
91	Ryan Watts	5:36:52	
123	Tamra Pokrywa	5:50:26	5th F20-29
131	Emily Jensen	5:53:34	
132	Phil Lechner	5:53:37	
155	Mike Reinhart	6:03:52	
161	Ken Seale	6:06:29	
224	Eric Delahaye	6:37:45	
239	Katie Thomas	6:47:27	
266	Jason Glass	7:04:46	
284	Jenn Guigley	7:13:31	
294	Julie Hoch	7:15:45	
310	Sue Weidman	7:29:47	
313	Jeff Dorko	7:30:39	
314	Jim Demsko	7:31:43	
327	Julianne Kern	7:38:31	
339	Polly Corvaia	7:49:48	
355	Ellie Alderfer	8:19:48	
366	Barbara Raifsnider	8:50:05	

## Steamtown Marathon

Matt Hottenstein	3:11:04	2nd M40-44
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**CALLING ALL RUNNERS, VOLUNTEERS AND SPECTATORS.  
The Pagoda Pacers' annual KRIS KRINGLE 5 MILE RUN IS Sunday  
December 31<sup>th</sup> and we hope to see you there!**

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.

HOODIES are back by popular demand and so is the raffle for a pair of SOUTHWEST AIRLINE TICKETS. Hoodies are 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.

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

## Shiver by the River

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

As a reminder, Shiver results are no longer automatically sent to the newsletter, so please send your result to [raceresults@pagodapacers.com](mailto:raceresults@pagodapacers.com), if you would like it published in our newsletter.

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 either Sue Jackson, Kelsey Jackson or our new race director Georgine McCool, somewhere around the farmhouse. Thank you in advance for your support!

Hope to see you there!!!

*Sue Jackson, Kelsey Jackson, Georgine McCool*

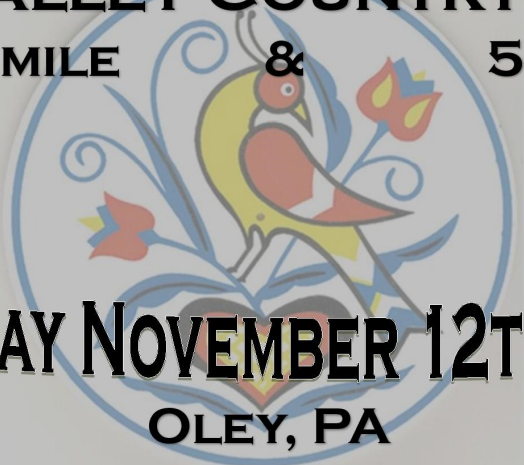




23 RD ANNUAL

# OLEY VALLEY COUNTRY CLASSIC

## 10 MILE & 5K RUN



# SUNDAY NOVEMBER 12TH 9:00 AM

## OLEY, PA

**THE WHAT:** The Pagoda Pacers are hosting **The 23rd running of The Oley Valley Country Classic 10 Mile and 5 K runs**, its one of the areas prettiest road races through Oley Valley Farm Country. Both courses have rolling country roads and provide breathtaking country scenery as the leaves change color for the Fall season. An all abilities race for runners, walkers (5k only) , wheelchairs etc... This year's 10 Mile event also is the RRCA Eastern Regional championship.

**THE WHERE and WHEN:** **First time on Second Sunday in Nov.**  
Sunday November 12, 9:00 AM  
Oley Valley Youth League Fields  
**446 Bertolet Mill Rd. Oley PA 19547**  
**Check-in and Day of Registration:** 7:30 AM—8:50 AM  
10 Mile begins at 9 :00 AM, 5K begins at 9:15 AM  
Pre-Register to guarantee your shirt and finisher item. **ONLY** pre registered runners are eligible for the **FREE Sneaker** raffle drawing of the free pair of sneakers.

**f Race updates:** Follow us on Facebook: Oley Valley Country Classic 10 Mile and 5K Run OR [www.pagodapacers.com](http://www.pagodapacers.com)

**WHAT YOU PAY AND WHAT YOU GET:** Pre-Registering by October 30 guarantees a **LONG SLEEVE COTTON T** with this years unique Amish Hex Design AND a surprise finisher award!  
**FEE:** \$25 if postmarked by **Oct 30**, After Oct 30 AND day of race, \$30 while shirts last, \$25 without shirt. No refunds, no mailed shirts or mailed awards. Held rain or shine. **Proceeds help benefit the Oley Valley Youth League programs and Pagoda Pacer Scholarship Fund for high school cross country athletes and associated health and fitness activities supported by the Pagoda Pacers.**

**DOOR PRIZES GALORE!!** Tons of door prizes for all participants ...randomly selected during the race. **Finish the run and see what else you have won!**  
**CASH PRIZE:** Break the Course record in either the 10 M or 5K race and **Gallen Insurance** will give you \$150 CASH!!  
**All PRE Registered runners will be eligible for a DRAWING for one free pair of sneakers from Sneaker Villa!!**  
**COURSE RECORDS:** **10M:** M- Floyd Mayne 52:36 (2008) F-Lisa Galvin 59:42 (2000)  
**5K:** M-Wesley Bonilla 15:34 (2008) F-Maria Winters19:11 (2011)

**COURSE:** Flat, and fast with some rolling country roads through beautiful Oley farm land. Split times provided at every mile, Aid stations on both courses. Starts and finishes at the Oley Youth League fields. See [www.pagodapacer.com](http://www.pagodapacer.com) for course map

**AWARDS:** Handmade awards by local glass works artist Maggie Gallen! They are beautiful and you want to win one!  
**NEW FOR 2017:** Five year age groups now in the 5K! Better chances to win one of 160 handmade awards.

**Online Registration available on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**  
(Closes at midnight, Wed, of race week . Small processing fee applies)  
**MAIL CHECK PAYABLE TO "Pagoda Pacers A.C." & FORM BELOW TO: OLEY RUN, 112 W. 36th St, Reading, PA 19606.**  
(Please sign waiver on back)

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

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Sex: M F Race Day Age \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Tel: (\_\_\_\_) \_\_\_\_\_ A.M. / P.M Circle Distance: 10M 5K

SHIRT SIZE: S M L XL E-mail \_\_\_\_\_ @ \_\_\_\_\_

# GENERAL MEETING MINUTES

By Libby Klopfenstein

Date: 10/12/2017

Time: 7:00 PM

Location: Gianotti's Country Manor, Temple, PA

## Treasury Report: Shaun Luther

- The club remains in good standing
- Bank balance is at 87% of target balance
- Income is in from Blues Cruise; approximately \$7,000 in expenses needs to go out for hoodies
- Expecting \$4,200 in billing reimbursements
- Expenses for hoodies for Kris Kringle have been paid; no revenue has been recognized yet for this event.

## Race Updates

Mount Penn Mudfest - no update

Charlie Horse - no update

Run for the Ages - no update

Grings Mill - will be held in August 2018

Oley Valley - Lenny

- Need volunteers
- Approximately 100 registered so far which is slightly lower than last year at this time
- There will be a drawing for a free pair of sneakers and \$150 for breaking course race time

## Blues Cruise - Stephan Weiss

- Event was held on 10/1/2017; race was smooth with no issues
- 468 runners total; this race is listed 16<sup>th</sup> of a total of 17 largest ultra runs in the country
- Total profit was \$15,181 which is approximately \$2,000 more than last year; also received \$1,090 in donations
- Receiving good feedback regarding the aid stations
- Will enforce cut off time next year

## Shiver by the River - Sue Jackson

- Approximately 60 registered so far
- Will be looking for volunteers as the day gets closer

## Kris Kringle - Polly Corvaia

- Permits and awards are ready
- 18 registered so far
- Race date is 12/31/2017

## Junior High Cross Country - Tom Chalbot

- Event date is 10/21/2017 from 6:30 - 11:30
- Need 12 volunteers

## New Business

- Larry/Mike/Tiffany are looking to try something new and are working on a race to be held at the Court House.
- Tom Chobot & Polly Corvaia spoke about the Women2Women event with Kathrine Switzer that the club helped sponsor. Both thought this was good marketing exposure for the club and the club sponsored 120 people. Several students from various schools attended.
- Nominations for Club President and Vice President will be voted on in November. Nominations are as follows:  
President: Larry Drogo  
Vice President: Jon Durand
- Club Secretary position is also open for 2018 and Communications position is open if Jon Durand is voted in as Vice President. This will involve managing Facebook page, etc.
- Polly wants to make sure everyone is receiving blast emails from the Pagoda Pacers. If you are not receiving these emails, please contact Polly to make sure we have your correct email address.
- Polly also wanted to make everyone aware that there are two club Facebook pages. One is a public page which is open to the public for posts and comments. The other is the official Pagoda Pacer Athletic Club page.

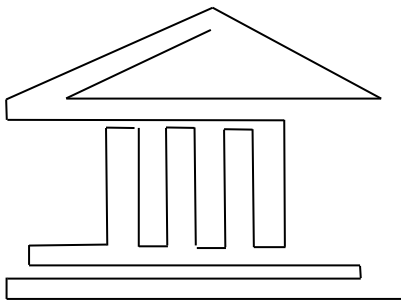
## Committee Updates

### Social Committee

- Annual bike ride is set for 10/22/2017. Group will begin at 9:30, however there is a leisure group that will begin at 8:30. See the event posted on the club's Facebook page for additional details.
- Annual bonfire will be held on 11/4/2017 at Mike Yoder's house. There will be a beer challenge and hay ride. Looking for wood contributions. See the event posted on the club's Facebook page for additional details.
- December events include the annual Christmas Party

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(12/1/2017) and a Hockey Game. Details to come.

- Phil Lechner announce a waterfall run at Jim Thorpe will take place on 11/11/2017.

#### Sunshine Fund – Phil Lechner

- Several cards and flowers have been sent on behalf of the club for members who have had a death in the family
- Please contact Phil to make him aware of any event

#### Charity Committee – Phil Lechner

- Charity run will be held in November

#### Scholarship Committee – no update

#### Membership Committee

- Up to 520 members. The club is averaging about 1 new member a day; spike since Blues Cruise and Kathrine Switzer event.

#### **Old Business**

- Phil Lechner is still working on an archive of all past Club Presidents and Vice Presidents. Missing some information, especially from the 80's. If you think you might be able to help, please contact Phil.

The meeting was adjourned at 8:20 pm.



## REMINDER!

ELECTIONS FOR 2018 OFFICERS TO BE HELD AT NOVEMBER MEETING!

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## OLEY VALLEY 10 MILER AND 5K



SUNDAY NOVEMBER 12

Come one Come all to the 23<sup>rd</sup> running of the Oley Valley Country Classic 10 Mile and 5k race on Sunday November 12, 2017. This Pagoda Pacers race runs through picturesque Oley Valley Farm country and if the leaf gods comply we will have some beautiful fall foliage to observe as you navigate the course.

All pre registered runners are eligible to win a FREE PAIR OF SNEAKERS, selected on race day! Reading Magazine will be taking on course photographs and Gallen Insurance will be on hand for the Break the Record Cash Prize ! \$150 to any male or female that break the 5k or 10 mile course record (COURSE RECORDS: 10 Mile event M: 52:36 & F 59:42), (5K M: 15:34 & F: 19:11) Handmade Glass awards by local artist Maggie Gallen, and the long sleeve cotton shirt design is one of our best ever! RRCA has designated the 10 mile race the Eastern Regional Championship! While supplies last all participants will receive an LED Safety blinker. All abilities welcome.

We thank our sponsors Bob Fisher Chevrolet, Reading Health Physician Network, Level One Financial, and Fleetwood Footcare for all your support. Great door prizes, great post race hot and cold food and the greatest running club in the land hosting a Country Classic road run.

Volunteers needed on race day, contact Len Burton [leonardeburton@gmail.com](mailto:leonardeburton@gmail.com) or Barry Goodhart [barry-goodhart@gmail.com](mailto:barry-goodhart@gmail.com) for volunteer assignment or any other questions you may have. See the Pagoda Pacer website <http://www.pagodapacers.com/Races-Results/Races/Oley-Valley-Country-Classic.aspx> for race application and directions or register on-line with Pretzel City Sports <https://www.pretzelcitysports.com/onlineform1.php?id=1244> This race benefits the Oley Valley Youth League, so come out and show your support! See you November 12<sup>th</sup>!

### 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>.



Ken Seale rings the new finisher's bell after completing the Blues Cruise 50K on October 1.



## Been around a while?

Phil Lechner is working to assemble a list of all past Presidents and Vice Presidents of the Pacers. See below, and if you can fill in any of the blanks, please contact Phil! Thanks!

	<u>President</u>	<u>Vice President</u>
2017	Larry Drogo	Ben Gallen
2016	Brett Lynch	Len Burton
2015	Brett Lynch	Len Burton
2014	Katie Exas	Ellie Vanderbeck
2013	Katie Exas	Beth Auman
2012	Polly Corvaia	Phil Lechner
2011	Polly Corvaia	Phil Lechner
2010	Pete Giangiulio (9mo)	Phil Lechner (3mo Pres)
2009	Tom Chobot	Erik Leeds/Katie Exas
2008	Tom Chobot	Erik Leeds/Katie Exas
2007	Ken Seale	Greg Deland
2006	Rick Moyer	Ken Seale
2005	Rick Moyer	Erik Leeds/Katie Exas
2004	Rick Moyer	Erik Leeds/Katie Exas
2003	Dan Quinn	Bill Bradley
2002	Cathy Unruh	Bill Bradley
2001	Mark Saunders	Ed Ehret
2000	Mark Saunders	Ed Ehret
1999	Dan Quinn	Mike Yoder
1998	Swamp	Dan Quinn
1997	Swamp	Ed Recker
1996	Roy Bieber	?????
1995	Ron Horn	?????
1994	Ron Horn	?????
1993	Steve Peck	Ron Horn
1992	Sue Jackson	Glen Johnson
1991	John Weitzel	?????
1990	?????	?????
1989	Brian Grill	?????
1988	Ron Horn	?????
1987	Ron Horn	?????
1986	?????	?????
1985	?????	?????
1984	?????	?????
1983	Ron Horn	?????
1982	John Baranski	Lou Rizzuto
RYRC (1981?)	Sheila Kelly	Lou Rizzuto

## Pagoda Pacers Athletic Club 2018 Membership Renewal Q&A

**Q:** When is membership renewal due?

**A:** By December 31 every year.

**Q:** I'm forgetful... How do I know if I renewed my membership?

**A:** Check the address label on the mailed copy of your newsletter, it lists the expiration date:



**Q:** How do I renew?

**A:** Go online to [pagodapacers.com](http://pagodapacers.com), click on 'Membership' -> 'Membership Application', and you can either fill out the registration on that page and pay using PayPal, or you can print a hard copy of the application and mail it.

**Q:** But I'm really forgetful... how can I check later on to see if I am still a member?

**A:** For starters, you won't get a mailed newsletter anymore. But you can always check online to see if you are still a member, by going to the bottom of the 'Membership' page, and clicking 'Membership Status'.

**Q:** What if I just joined in October 2017 because I loved the Oktoberfest aid station at Blues Cruise and want to be part of this awesome club?

**A:** Anyone who initially joins the club between October 1 and December 31 has their membership extended to December 31 of the following calendar year.

**Q:** Okay, so apparently I'm a member. What does that get me?

**A:** An awesome group of people with which to share miles, laughter, and your accomplishments! Plus the following....

- Monthly meetings with food, refreshments, activities.
- Monthly Newsletter mailing and E-blast updates
- Social activities: Christmas party, Spring Wine & Cheese party at Pagoda, Summer picnic, Fall bonfire and others.
- Discounts to events that the club attends as a group.
- Discounts at regional athletic stores.
- Guaranteed entry to all Pacer races.
- Membership on Pacer teams for team category races.
- Free Club logo apparel for race volunteers.
- Free non-commercial use of club equipment.

# Time to Get Your Running Game ON!



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Simply put: **ON** is the first running shoe that provides cushioning only when you need it. So you can have the best of both worlds: a cushioned landing and a barefoot takeoff! Enjoy the benefits of natural running without compromise in comfort and speed!

**AS 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)

**Pagoda Pacers, Track and X-Country Team Members Receive a 10% Discount on Shoe Purchases!**

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

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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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