



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

Reading, Pennsylvania

## FROM THE PRESIDENT

Hi Pacers,

Now that the summer is coming to an end, a lot more races are being added to everyone's calendars. For the Pacers, we have two great races, the Oley Valley 10 Mile/5K and the Blues Cruise 5K. Both these races are great for participation and volunteering. The Oley race, run by Lenny and Barry G., is an unusual distance through a great area in our own Oley Valley. The community is very involved in this race which always makes for a good time to be had by all.

The Blues Cruise, run by Stephan and Mike Y., is our longest race. This race has some features which add to the appeal of the race. Since it is such a long race we have multiple water stops manned by a group captain and their crew. There is always a competition to see who can come up with the best theme for their stop. If you go on the Pacer website you can see some of the costumes the teams came up with in past years. The racers say this makes this one of the most interesting races they run all year. The other draw is the great German food served up by Stephan, his wife and family. If you are up for the distance, this is a great race.

To try and keep things short, a big thanks to all our volunteers. While we always have a great turnout of help at the races, which is always appreciated, I would like to send out a special thanks to the folks that do the drudge work. We have Libby K. who does the minutes of the monthly meetings for the Newsletter, in addition to a lot of other things behind the scenes. Shaun the Treasurer - he is a very low profile guy, but has kept our books and controls all the finance. He has kept us in the black for many years. Phil L. - for years he has run the Wednesday night runs and the charity pickups with only a few complaints. Then there is Mike Y., who lets the club use his home for some of our most popular events, the Barnyard Challenge and the bonfire. Don't forget Beth who does the newsletter and our legal work in addition to helping with races. Caroline has run so many social events I don't know how she has time to run her business. To all the others I have no space to add, a big thanks. Next month I'll add another group. When you are at any of our races or events please say a thank you to the person running the event and don't forget the people behind the scenes that make it all happen. This is very much appreciated. See you at our next event.

Larry Drogo

## September 2017 UPCOMING EVENTS

9/10/17 **Summer Picnic**  
Sunday 12:00 - 8:00pm  
Cacoosing Meadows Park  
See page 6 for details

9/14/17 **General Membership Meeting**  
Thursday Blind Hartman's Tavern  
6:30pm - Food; 7:00pm - Meeting  
2910 Pricetown Road, Temple  
Speaker: Scott Sunderland, Blue Marsh Lake - Hunting Season safety

### GROUP RUNS

Start Time: 6:15pm Wednesday

#### September 6, 2017

Run: Monocacy Hill Recreation Area (Trails)

Geiger Rd, Amity Twp

Eat: Pete Groth & Joanne VanHorn's home

7 Agata Drive, Douglassville (Pool!)

#### September 13, 2017

Run & Eat: Phil, Andrea & Henry Lechner's home (Roads, some trail)  
4220 Stoudt's Ferry Bridge Rd, Reading

*\*\*Andrea's birthday - please bring presents for local animal shelters (food, treats, blankets, toys, cleaners)\*\**

#### September 20, 2017

Run: Galen Hall Country Club (Trails)  
N Galen Hall Rd & Club Rd, Wernersville

Eat: Mary & Patrick Boggs' home  
921 Cacoosing Drive, Sinking Spring

#### September 27, 2017

Run & Eat: Stephan & Linda Weiss' home (Road/Trails)

2137 Old Lancaster Pike, Reinholds  
*\*\* Also doing some Blues Cruise prep work\*\**

### SAVE THE DATE

10/1/17 - Blues Cruise 50K  
10/21/17 - Jr Hi XC Race  
11/4/17 - Fall Bonfire  
11/12/17 - Oley Valley 10mi/5K  
12/1/17 - Christmas Party  
12/10/17 - Shiver by the River #1  
12/31/17 - Kris Kringle 5 Mile

# RACE RESULTS

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

## Escarpment Trail Run 30K

28	Katie O'Regan	3:41:29	
115	Mike Ranck	4:33:56	
124	Matt Brophy	4:36:27	

## Eastern States 100 Miler

Rhoda Smoker	29:10:43	2nd Female
Brian Stones	33:36:38	

## Elk County Boulder Dash 20 Mile

39	April Zimmerman	3:57:28	3rd F30-39
42	Elaine Cook	4:00:58	

## Run to the Rock 10K

15	April Zimmerman	55:27	2nd F30-39
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## Quadzilla 15K

3/359	Michael Heimes	1:08:05	3rd Male
24	Jon Durand	1:19:44	
33	Dale Wiest	1:22:44	2nd M55-59
47	Rhoda Smoker	1:27:26	2nd F30-34
51	Laura Mooney	1:27:54	1st F45-49
62	Michael Reinhart	1:29:46	
75	Mike Yoder	1:32:10	
172	April Zimmerman	1:45:53	

## Run for Taylor 5K

10/123	Brock Kline	20:11	1st M35-39
15	Steve Maguire	21:00	2nd M50-54
18	Duane Renninger	21:44	1st M45-49
19	Jeff Fussner	22:05	3rd M50-54
21	Raine Fussner	22:38	1st F50-54
26	Troy Seitzinger	23:19	
36	Jim Demsko	24:21	
38	Brooke Schell	24:32	1st F45-49
39	Mike Ranck	24:34	1st M65-69
53	Tania Salaneck	27:44	1st F35-39
74	Ellie Vanderbeck	30:05	1st F55-59
107	Helene Horn	35:03	

## Moyer and Son 5K

Helene Horn	36:09
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## Firecracker 5K July 4th at Reading Country Club

Judy Anttonen	43:29	1st 70+
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## Double Trouble 30K

11/69	Dale Wiest	3:01:38	1st M50-59
21	Scott Thomas	3:14:47	3rd M50-59
27	Steve Vida	3:23:02	
29	Kate Martin	3:28:10	1st F30-39

## Double Trouble 15K

168	Jeff Dorko	2:14:18	
185	Paul Makurath	2:25:01	2nd M68+

## On The Rocks 16.7K

Paul Makurath	2:28:53
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## Cheesy Chase Mac and Cheese 5K

6/273	Brock Kline	20:19	3rd M30-39
8	Donny Mengel	20:38	1st M60-67
15	Matt Brophy	21:22	
55	Sue Weidman	24:59	2nd F40-49
66	Tony Agentowicz	25:24	
83	Mark Mazurkiewicz	26:38	
90	Blair Hogg	27:01	
92	Rick Moyer	27:22	
136	Joanne Patti	29:54	
138	Janine Beidler	30:00	
143	Colleen Fitzpatrick	30:14	1st F Master Clydes
177	Donna Hey	33:31	
218	Helene Horn	37:09	3rd F Master Clydes
234	Rose Hagy	38:59	1st F68+
256	Barbara Raifsnider	41:56	

## Montour 24 hour race

James Cramer	61.8 Miles	3rd place
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## Jingle in July

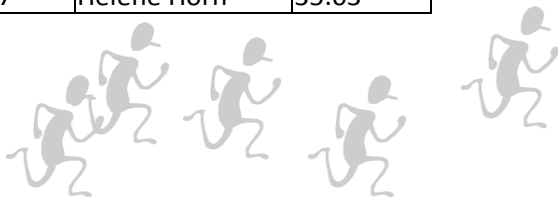
Gary Spatz	23:29	2nd M50-59
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## Hershey Chocolate Tour 5K

Judy Anttonen	39:52	1st F70+
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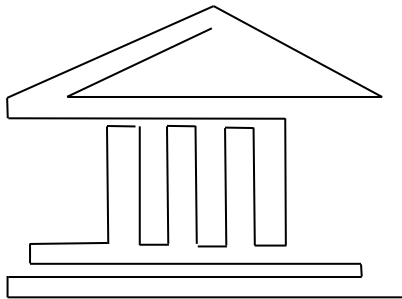
## Sproul 10K

70	April Zimmerman	1:16:01	3rd F30-39
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## Bradley Mayer 5K

60/217	Gary Spatz	23:51	3rd M50-59
73	Sue Weidman	24:53	2nd F40-49
143	Barbara Raifsnider	32:01	
166	Helene Horn	34:52	
184	Rose Hagy	40:34	1st F68+

## Fork and Ale 5K

Helene Horn	34:36
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## Half Wit Half Marathon

18/235	Dale Wiest	2:04:14	1st M50-59
19	James Cramer	2:04:32	2nd M50-59
22	Steve Maguire	2:07:07	3rd M50-59
75	Karla Reppert	2:27:59	1st F40-49
124	Jason Glass	2:47:12	
155	Rick Moyer	3:00:00	
160	Paul Makurath	3:04:14	2nd M68+
164	Beth Auman	3:05:12	
165	Karen Rule	3:05:13	
191	Dan Schaeffer	3:14:59	
205	Mike Stuber	3:25:26	
230	Colleen Fitzpatrick	3:37:48	2nd F master CL
232	Ellie Vanderbeck	3:41:55	

## Gring's Mill 10K

19/153	Don Mengel	43:54	2nd M60-64
59	Patrick Boggs	53:56	
67	Tony Agentowicz	54:54	
71	Donna Ornosky	55:20	1st F55-59
80	Janine Beidler	56:59	1st F40-44
83	Blair Hogg	57:48	
85	Mary Boggs	58:04	3rd F30-34
113	Joanne Patti	1:02:58	2nd F55-59
139	Helene Horn	1:12:29	
141	Karin Long	1:14:14	
142	Joe Long	1:14:16	
149	Rose Hagy	1:21:54	

## Gring's Mill 5K

59/206	Gary Spatz	25:01	2nd M55-59
108	Larry Drogo	29:52	
127	Barbara Raifsnider	31:47	2nd F55-59
205	Albert Booth	58:01	1st M90+

## On Your Marc 5k

9/226	Tim O'Donnell	18:46	1st M40-49
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## Captain Bill Gallagher 10 Miler

40/735	Tim O'Donnell	1:05:02	2nd M40-44
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## July Third Thirsty Thursday 5K

12/206	Mark Yourkavitch	20:09	2nd M50-59
17	Brock Kline	21:01	
19	Jon Durand	21:28	
24	Don Mengel	22:03	1st M60-67
47	Tom Chobot	23:47	
58	Joe Long	24:36	
70	Jason Glass	25:20	2nd M open CL
75	Tony Agentowicz	25:33	
94	Tammy Pokrywa	27:28	
117	Mike Ranck	29:25	
123	Blair Hogg	29:40	
127	Steven Holgate	30:20	
133	David Lengel	30:51	
134	Julia Hager	30:53	
138	Kristen Rothenberger	31:27	1st Open F CL
139	Larry Drogo	31:32	
140	Joanne Patti	31:33	3rd F50-59
157	Karin Long	33:46	2nd F Master CL
172	Catherine Durand	35:20	
193	Janine Beidler	42:28	
196	Judy Anttonen	43:35	1st F68+
202	Chris Weidenhammer	49:04	
206	Helene Horn	69:48	

# GENERAL MEETING MINUTES

By Libby Klopfenstein

Date: 8/10/2017

Time: 7:00 PM

Location: Blind Hartman's Tavern, Temple, PA

## Guest Speaker – Dr. Craig O'Neill, M.D.

- Orthopaedic Associates of Reading, Ltd. – [www.oarmd.com](http://www.oarmd.com)
- Specializes in shoulders, knees, elbows and hips
- Typically sees patients due to over-use and improper techniques
- Recommends changing shoes often and to get good shoes

## Treasury Report – Shaun Luther

- The club continues to be in good standing
- 2016 taxes were filed in July
- Approximately \$3,000 in bills are outstanding

## Races:

### Mt. Penn Mud Fest – no update

#### Charlie Horse

- Will issue check to Berks County Special Olympics next month

### Run for the Ages – Ted Andrus

- Received \$3,500 in race proceeds
- Proposed cutting a check in the amount of \$2,000 to Nolde Forest; motion passed.

### Grings Mill – Caroline Hill

- Race was held on 8/6/2017
- 369 total racers; includes 163 racers in 10k; 206 racers in 5k
- Everything ran smooth
- Netted approximately \$1,000 from the event, looking for more advertisers for next year to help with expenses

### Blues Cruise – Mike Yoder

- 10/1/2017
- On pace for record number of racers
- Looking for volunteers, especially aid station captains
- Will have bell to ring at the finish line

## Oley Valley Country Classic – Barry Goodhart

- 11/12/2017
- There will be a separate drawing for those who pre-register
- Awards for 5 year age groups instead of 10 year

## Kris Kringle – Polly Corvaia

- Scheduled for 12/31/2017
- Hoodies have been ordered
- Will reverse course again this year
- Door prize will include airline tickets again this year.

## Shiver by the River – Sue Jackson

- Applications have been printed
- Races will be held on the 2<sup>nd</sup> Sunday of each month of Dec, Jan, Feb, March

## Jr. High Cross Country – Tom Chobot

- Scheduled for 10/21
- More to come during next meeting

## Committee Reports

### Social Committee –

- A 25 mile bike ride was held last month; minimal participation. Will look to advertise more within the club.
- Picnic will be held on 9/10/2017 at Cacoosing Park
  - More information will be sent out via FaceBook, Newsletter and an email blast. Need head count.
- Barnyard Challenge was a success
  - 55 participants and about 55 observers
- Bon Fire – Mike Yoder
  - Scheduled for 11/4/2017 at 6pm
- Christmas Party – Dave Gallen
  - Scheduled for the 1<sup>st</sup> Friday in December; 12/1/2017.

### Communications Committee – Jon Durand

- FaceBook likes continue to increase
- Let Jon know a few days ahead of time for any FaceBook post requests.

### Community Service – Phil Lechner

- 8/23/2017 – Yoder's charity run; looking for gently used shoes of any kind
- 9/13/2017 – Charity run for animal shelters

### Reading Hospital 1/2 Marathon

- 10/15/2017
- Beth Auman and Caroline Hill are co-chairs
- Need volunteers
- Discount is being offered for Pagoda Pacer members
- Look for more info on the club FaceBook page

### Scholarship Committee

- Scholarship checks have been issued

### Membership Committee – Dave Gallen

- Members = 499 vs. 517 from this time last year
  - Memberships = 364 vs. 365 from this time last year
  - New members will continue to be recognized in the monthly newsletter
- ### Group Runs – Phil Lechner
- Hosts for Wednesday night runs are



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scheduled through 10/25

Sunshine Fund – Phil Lechner

- Phil volunteered to head this
- This will send acknowledgements to club members for major life events such as death of a loved one, births, etc.

#### Old Business

- The three proposed amendments that were included in the July 2017 Newsletter for club members to vote on during the August 2017 meeting were all passed by majority vote. Please see the July 2017 Newsletter for details.

#### New Business

- Shoe Drop
  - Club members expressed concern over the three tier's for obtaining a ticket that were proposed earlier in the year, stating that it was too difficult to manage.
  - This is not a club event, therefore the consensus was to eliminate the tiered ticketing process and remain as first come first serve as in prior years.
- Race Director Training
  - Some members expressed the need for training for members who are interested in becoming a race director. Training would help to get new directors acquainted with assigning volunteers, ordering shirts, permits and upfront expenses to be expected.

Meeting adjourned at 8:50pm

## WELCOME TO OUR NEW PACER MEMBERS!

Shelby Brett  
David & Alexandra Dunkelburger  
Christopher Meharg  
Beth Cole  
Richard Koenig

## 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 club received a thank-you note from SafeBerks for recent donations that were provided.
- ♥ \$3,000 in scholarship checks were mailed in August for our four 2017 scholarship winners
- ♥ Gently used running shoes were collected at the August 23 evening run to be donated to those in need
- ♥ Club approved donation of \$2,000 to Friends of Nolde Forest
- ♥ *Next Opportunity:* Donations for animal shelters will be collected at the September 13 Wednesday night run



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## SCENES FROM GRINGS MILL RUN...



## SUMMER PICNIC

WHEN: Sunday, September 10th, 2017  
12:00pm - 8:00pm

WHO: Pacers & families

WHERE: Cacoosing Meadows  
Recreation Area  
1049 Reedy Road, Sinking Spring

COST: \$10 per person; kids free



Join your Pacer friends for food, games, and fun!  
This year will feature a brewing contest and a pulled  
pork sandwich contest. If interested in participating,  
contact Caroline Hill or Bill Buchanan.

Bring comfy shoes to play volleyball. Feel free to bring  
frisbies, bocce balls, ladder ball or any other yard  
games.

*\*\*RSVP not required, but highly appreciated so we  
can plan for proper amounts of food! Either confirm  
that you're "going" on the Facebook event, or email  
Caroline Hill at [chill.fitness@gmail.com](mailto:chill.fitness@gmail.com)\*\**

*If anyone is available to help with set up and tear  
down please let Caroline know.*



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**SUNDAY, OCTOBER 15, 2017**  
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# Women2Women 2017-2018 Launch

## An Evening with Kathrine Switzer: First female to run the Boston Marathon

Women2Women is pleased to partner with the Pagoda Pacers Athletic Club in presenting our Keynote Speaker, **Kathrine Switzer**, an iconic athlete, sports and social advocate, author, and Emmy award-winning television commentator. She was the first woman to officially enter and run the Boston Marathon - still a men's-only event in those days.

Sports history changed in 1967 when she officially registered and finished that famous race. Switzer's entry created a worldwide uproar when the race director attacked her mid-stride and tried to tear off her bib numbers and remove her from the event, because she was a woman.

Radicalized by the incident, Switzer campaigned for sports equality for women and created opportunities for them. Kathrine will challenge you to "become the hero in your own life." This enlightening address will empower men and women alike to re-examine their lives, especially the negatives, and make changes; to develop a sense of vision, and to be a part of social history by 'giving back'.

The evening will kick off the new Women2Women programming year with a preview of speakers and events, introduce new sponsors, and offer a chance to meet other Women2Women members over delicious food and drink.



Photo credit Boston Marathon: Boston Herald. Photo credit Kathrine portrait: Hagen Hopkins 2017.




Event partner:



Hosted by:



**Tuesday, October 10, 2017, 5:00 p.m. - 8:00 p.m.**  
**at the DoubleTree by Hilton Reading**

-  Networking from 5:00 - 6:00 p.m.
-  Program begins at 6:00 p.m.
-  Book signing following program

Tickets: \$50/person  
Register online at [BerksWomen2Women.com](http://BerksWomen2Women.com)  
or call **610.376.6766**.

## RUNNER PROFILE: SHAUN LUTHER "Luther's Love of the Woods"

by Matt Brophy

Shaun Luther lives in Mohnton with his wife of 28 years, Lisa. They have two sons (Colin, 24 and Cameron, 20). For the past fifteen years, Luther has been running his own business, Leathersmith, which sells high-quality, custom cases for 2-way radios.

While Luther has been a Berks County resident since 1999, he has lived in a variety of different locations and cultures, including northern Vermont (where he grew up), North Carolina, Western PA (Erie), and Scotland.

In addition to running, he enjoys downhill skiing and road cycling. Trips to visit family back in Vermont give him an opportunity to hit the slopes. The interest in cycling is more recent. Ten years ago, Luther suffered a chipped bone in his femur after a hard fall in the Damn Wakely Dam Ultra in the Adirondacks. Cycling offered a low-impact rehab activity that he could engage in while healing. After he was healthy enough to run again, cycling remained a fun cross-training activity.

Luther first got into running during his freshman year of high school. He was enrolled in a small-town school (K-12 all in one building) in Fairfax, Vermont (north of Burlington).



*Shaun Luther approaching the finish line at one of his favorite races, the Damn Wakely Dam Ultra in New York*

There weren't a ton of extra-curricular options for a school of such a modest size, but during his freshman year, the school decided to create a cross country team, which Luther signed up for. There was a "low barrier to entry" -- not much equipment needed compare to other sports -- so he gave it a shot. He's been running pretty much ever since.

Running cross country in rural Vermont meant running in the woods, and as a result, Luther has always felt most at home on the trails. Over the years, whenever travelling, he makes a point to find new places to run. "You see more of the landscape," he explained, than you possibly could from the road.

Some of Luther's most memorable racing experiences came when he was living in Scotland. His introduction to "fell running" (a sport comparable to trail running, but with fewer trails--more of a bushwhacking competition) came at the Clachnaben Hill Race (west of Aberdeen). It was quite an adventure--running through heather so high he couldn't see where he was stepping, disoriented by thick fog, and humbled by the steep climbs. As Luther felt himself cramping about a mile from the finish of the 10-mile course, he knew he had found something quite different from his cross country races back in Vermont.

Another experience came at the Sun Life Invitational, an 8k race in Aberdeen. When Luther approached the day-of registration line, he was asked, "What's your club?" Not having one, he was registered--along with one other runner--as "unaffiliated." After asking around about what he had just signed up for, he figured out that he was about to compete in a Scottish national cross country invitational event, in which each running club had sent its seven best runners. Realizing he was going to be severely out-matched, he just hoped he could avoid finishing dead last (which he was able to do).

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In his 30s, Luther began to amp up his mileage as he trained for his first marathon—the 1996 Vermont City Marathon in Burlington—but he’s never really been driven by a need to get faster and set PRs. For him, it’s always been more about just “being in the woods” and exploring new and challenging trails.

One of his favorite races—despite the previously mentioned injury inflicted there—is the 32-mile, completely self-supported, point-to-point Damn Wakely race in the Adirondack Park Wilderness of upstate New York. This race is so rugged and remote that the organizers tell participants to be prepared to spend the night in the woods. If something happens and you cannot continue, the rescue team won’t be sent to look for you until the next morning. Luther has completed the challenging course five times.

Last year, Luther ran a similar race in the Shawangunk Mountains (aka “the Gunks”). Also in upstate New York, the Shawagunk Ridge Trail Run was 30 miles, point-to-point, and had no aid stations. (For those who are interested, this race also 70-mile, 50-mile, and half marathon options: <https://www.longpathraces.com/shawangunk-ridge-trail-run>.)



Luther at the Shawangunk Ridge Trail Run in 2016

After reflecting on his experience in the Gunks, Luther started to wonder, “If the race is totally unsupported, why not just do it on your own and save the race fees?” This year he did just that on the “Long Trail” in Vermont, where he ran 22.6 miles, solo and self-supported. (He left his car at the “finish,” and got dropped off at the “start.”) I asked him if he was nervous at all about covering all that ground solo, in a region where there’s little-to-no cell service. He replied

that his wife was more nervous than he was; even though it was a pretty remote location, he did see a number of thru- and day-hikers on the trail.

In the future, he hopes to arrange similar long, self-supported, exploratory runs on the trails of Mount Washington (New Hampshire) and Mount Rainier (Washington).

Luther first got connected to the Pagoda Pacers through the Charlie Horse Half-Marathon, a race he signed up for, shortly after moving to the area, once he realized that it ended near his house. At the time, the Pacer Summer Picnic followed directly after the race. Impressed by the race as well as the fun people he met at the picnic, Luther decided to join the club.

He still remembers running at his first Wednesday Night Run in Cumru, encouraged by how welcoming everyone was. Still new to the area, this was a great way for him to explore new trails without the fear of getting lost or left behind. (Once, when he did fall behind the pack on the trails of Mt Penn, he remembers that other Pacers came back for him.) After getting to know the other active members of the club, he found that he was always running into them when he and Lisa were out to dinner or doing other things in town. “It helped me feel like part of the community,” he said.

One of the things Luther most appreciates about the Pacers is that we are people from all walks of life. Compared to a company social gathering, where people all have similar and related jobs, Pacer gatherings feature a more interesting mix of personalities, interests, and backgrounds. Sure, we all have running in common, but we’ve all come to it in very different ways, and we all have very different stories. After having the privilege of writing these profiles for a year now, I wholeheartedly agree.

~~~~~

## Blues Cruise 50K

Sunday, October 1, 2017

**Volunteers Needed!**

### Course Marking:

Saturday, 9/30 at 3pm, Lakeview Pavilion

Contact Mike Yoder if you are available to help

### Aid Stations:

Sunday 10/1, various locations

Contact Aid Station Captain directly

(see Facebook for list of captains)

### Registration, Course Pre-ride, Sweeping, Finish Line, and Photographers:

Sunday 10/1, Many opportunities available

Contact Stephan Weiss for assignment



Runner registration still available, but filling quickly!

Visit [www.bluescruiseultra.com](http://www.bluescruiseultra.com) for race details and to sign up today!

# Everything You Need for Fall Running & Races!

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**Fitzy's Halloween 5K, Oct. 29<sup>th</sup>! Registration now open at [www.laurenfoundation.org](http://www.laurenfoundation.org)!**

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

**2017 PPAC Officers**

- President ..... Larry Drogo
- Vice President ..... president@pagodapacers.com
- Treasurer ..... Ben Gallen
- Secretary ..... Shaun Luther
- Race Results Coordinator ..... Libby Klopfenstein
- Run/Charity Coordinator ..... Karen Rule
- Race Management ..... raceresults@pagodapacers.com
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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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