

April 2019



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

Reading, Pennsylvania

GENERAL MEETING MINUTES

Date: March 14, 2019

Time: 7:00 p.m.

Location: Blind Hartman's Tavern

Treasury Report – Shaun Luther: Account balance is 121% of target. Sent renewal information to the Horse-Shoe Trail Organization.

Races:

- Charlie Horse: Shaun Luther - awards almost ready. Pre-run of the course on April 28. Won't run the whole course but will go until Buck Hollow Rd and then take the road back. Runners will have to sign a release to participate in this. FYI—there are no longer any cables for overwater crossing, so you will get wet at the streams.
- Run for the Ages: Donna Hey - working on T-shirt and socks, with something different for the 10-year anniversary. Applications are available. The race is June 23rd. Ted will have the Wednesday evening Pacer run on June 19 to support the preparations

SAVE THE DATE

- 5/5/19 - Group Bike Ride to Manayunk
- 5/25/19 - Charlie Horse Half & Dirty Pony 5K
- 6/22/19 - Wine & Cheese Party
- 6/23/19 - Run for the Ages 10K Trail Chase

for this race.

- Grings Mill: update from Jane Setley, 3 entrants so far.
- Blues Cruise: Dan Govern - special use permit submitted for renting pavilion, parking plan (the rangers are strict on this topic, and Dan will probably put extra emphasis on letting the runners know the rules), EMS, and port-a-potties. Registration has been open. Still working on something different for finisher awards. Suggested 'branding' for a finisher award—as in using a hot iron, but not the finishers themselves, rather on wood or leather, to create an award.
- Oley Valley Country Classic: Lenny - check presented to the OV Youth League, who were very appre-

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MEETING MINUTES, CONT'D.

ciative. The 25th anniversary is coming up, so the directors would like to do something special for this.

- Kris Kringle: No report.
- Shiver by the River: Sue Jackson - thanks again to everyone who came out to help. The repeat volunteers make it happen. Approximately 300 runners ran the series. The numbers were roughly the same compared to past years. Thanks also for the people who stepped up to assist with door prizes donations, they really come through. Mostly positive comments received from runners taking the survey. Some preference for the old course, but the safety of the runners was much improved this year and most people liked the new course. And a lot of people also liked the banquet caterer this year, Kim's Catering. Suggestions received to have a cut off time for the 5K runners to start the 10K loop. The Pacers only have the farmhouse until 12:00, so letting people finish later could delay leaving the farmhouse and volunteers staying out longer. Suggestion to launch early for really slow people. Cotton shirts, possibly?? Will send out email to respond to comments made on the survey.

Committee Reports

Social Committee:

- Ken Seale: Any thoughts to doing more than one Wallyball. Had a solid turnout for the one we just held.
- March 21st is fundraiser at Canal Street Pub for Swamp and Michelle. RUSeeN event was well attended.
- Lancaster Road Runners Club was approached by Zoetropolis Cinema to attend viewings of indie-type movies as a social activity for their club. Could something similar be done for the Pacers at Oakbrook Brewery?
- Wine and Cheese party is scheduled for June 22.

Communications Committee

- Constant Contact: We have about 3300 runner emails in our database.

Old business

None

New Business

- "Fat Ass" by Liz Glass on March 24, will be on the FB Pacer page.
- Cautionary tales presented about safety and security with personal property and vehicles at races and runs. "People are watching," and if keys or wallets are placed on wheels, in gas caps, and other unsecure spots, members have had property and credit cards stolen and used fraudulently.

- Mid-May Shady Maple Run or Adamstown-to-Shady Maple Run. Jon Durand will update.
- "Wawa adventure run" in June planned.
- Ken Seale, 1st weekend in June is the annual gathering to support Worlds End Ultramarathon, which is on June 1st. Pacers are running an aid station.
- Ken Seale, trail maintenance is needed on our Blue Marsh trail portion. It is very deteriorated and possibly needs to have some re-routing done. Ken will discuss with Mike Yoder and, possibly the Rangers. Earth Day is on April 21st, and was suggested as a date to do this (however Easter is April 22).
- Ken Seale: Proposed that 'Mt Penn Mud Fest' be removed from the Web site, as it is not being revived at this time.
- Tom Chobot: Girls on the Run would like to make a presentation. Tom will invite them.
- The executive board meets on March 28.

RACE RESULTS

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

Naked Bavarian 40 miler

10/54	Diane Grim	7:32:22	3rd Female
16	Andrew Styer	7:49:41	

Naked Bavarian 20 Miler

8	Ben Hatt	3:02:41	
28	Dale Wiest	3:20:06	
35	Steve Vida	3:28:33	
195	Tom Chobot	5:24:47	
221	Barbara Raifsnider	6:14:23	

Ugly Mudder Trail 11K

30/184	Don Mengel	1:19:04	1st M60-67
39	Beth Auman	1:21:43	4th F30-39
77	Katie Frederick	1:29:09	
129	Joanne Patti	1:47:54	3rd F60-67
154	Barbara Raifsnider	1:55:12	3rd F50-59
180	Ellie Vanderbeck	2:35:31	

HAT 50K

25	Anna Piskorska	5:07:28	3rd Female
52	Mike Reddy	5:31:37	
59	Laura Yoder	5:34:10	
77	Steve Vida	5:46:34	
86	Don Mengel	5:50:31	
126	Rhoda Smoker	6:10:18	
141	Joanne Van Horn	6:17:24	
231	Mike Yoder	6:54:18	

RACE RESULTS, CONT'D.

Shiver by the River 5K #4

8	Curt Minich	19:24
40	Katie Frederick	23:55
46	Amanda Gross	24:11
84	Shannon Govern	27:22
85	Dan Govern	27:23
94	Joanne Patti	28:09
99	Aaron Kreider	28:27
101	Janine Beidler	28:46
110	Ellie Vanderbeck	29:34
130	Tanara Govern	30:46
140	Karen Sinnen	31:23
161	Julia Hager	32:55
178	Tania Salaneck	34:01
179	Niki Lawrence	34:02
208	Rose Hagy	36:47
229	Charlie Crowell	40:30
230	Judy Anttonen	40:56

Kutztown Fools run 10 miler

9/232	Curt Minich	1:09:09	1M50-54
11	Steve Maguire	1:09:46	2nd M50-54
24	Raine Fussner	1:14:36	1st F Masters
26	Jeff Fussner	1:14:53	2nd M55-59
34	Duane Renninger	1:16:07	
44	Beth Auman	1:19:34	3rd F35-39
59	Elaine Cook	1:23:26	2nd F50-54
71	Karla Reppert	1:25:25	
82	Lamar Foley	1:28:27	
111	Heather Nowicki	1:35:27	
119	Brett Kline	1:36:16	
127	Ann Gery	1:36:45	
182	Blair Hogg	1:46:16	
184	Kristen Rothenberger	1:46:51	
211	Ellie Vanderbeck	1:55:10	3rd F60-64

Shiver by the River 10K #4

6	Steve Koch	39:13
12	Scott Thomas	42:24
19	Jeff Fussner	44:12
21	Raine Fussner	44:25
69	Lauren Massaro	54:50
76	Katie Thomas	55:16
87	Katie Willis	57:14
102	Ellie Alderfer	60:11
111	Barbara Raifsnider	67:31
112	Lisa Domeshek	70:36
113	Michele Henry	70:39

Blarney Stone 15K Trail

18	Dale Wiest	1:29:50	2nd M60-67
32	Jess Gockley	1:36:51	
58	Mike Ranck	1:45:21	
106	Kate Willis	2:06:09	
154	Paul Makurath	2:35:08	
161	Barbara Raifsnider	2:44:17	

Kutztown Fools Run

6	Brock Kline	19:10	1st M35-39
26	Dan Schaffer	22:52	
157	Rose Hagy	35:55	
162	Tania Salaneck	36:32	

OLEY VALLEY COUNTRY CLASSIC

The Pagoda Pacers continue to support the Oley Valley Youth League through the proceeds generated from the running of the Oley Valley Country Classic 10 mile and 5k run. This year was the 24th running of the event and the Pacers have donated proceeds from the race every year since its inception. We are proud of the partnership and look to continue it in to the future.

Recently race directors Barry Goodhart and Len Burton attended an Oley Valley Youth League meeting to present the check and discuss next year's 25th running of the Oley Valley Country Classic. On behalf of the Youth League and the Pagoda Pacers, Thank you all for supporting our race and if you have something special you want to see at next year's event, let us know!!



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WELCOME NEW PACER MEMBERS!

Betsy Kartsotis
Adam Brown
Patrick Brown
Don Hauze



The Friends of Reading Hospital
HALF MARATHON • 5K • 1 MILE

NEW AND
IMPROVED
COURSES!

REGISTRATION
OPENING
APRIL 2019

SUNDAY, OCTOBER 13, 2019

RUN FOR THE AGES

Pacers - **Sunday, June 23, 2019** is the date for this year's Run For The Ages! For those new or need reminding: it's a 10K trail race in beautiful Nolde Forest that starts and ends near the Nolde Mansion. We use an Age-Graded start where runners' start time is based on age and gender. It gives you a chance to find out who really is the fastest in your family, office, running club, etc. Any age group competitive runner has a legitimate chance at winning the race outright...Ladies???

This is the 10th anniversary so we are working hard getting sponsors to provide some extra special swag. It starts with a nice pair of running socks and maybe some sort of shirt as well.....

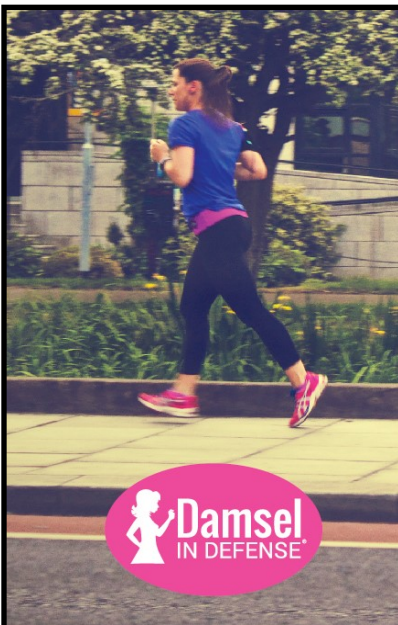
This year's post race raffle will, of course, include a pair of Southwest Airlines tickets good to wherever Southwest flies in the US. And this just in: We have been offered another raffle prize that has a dollar value Higher (yes, Higher) than the pair of Southwest tickets. We are working on how to maximize and present this new, one time addition so details to follow soon.

Same great course but a couple nice additions: New age group for you "oldsters": 75+ men and women will get an extra 5 minute head start. New handicap table (and course map) are on the Pacers' website at www.pagodapacers.com under races.

We will also accept walkers this year. They will start early so they can be back in time for the post race festivities with explicit instructions to give the right of way to all runners. They will be eligible for raffle prizes but not race or age group awards. Same entry fee structure, just contact Race Director prior to event.

Challenge your family, friends, coworkers, etc. to come on out and support a great cause (Friends of Nolde Forest) to help maintain the trails, facilities and environmental education programs in Nolde Forest.

Spread the word and see you June 23!



Because your
MAIN FOCUS
is the miles
ahead of you...

**NOT WHO
MIGHT BE
behind you.**

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Shiver by the River - Final Report

The 29th Shiver by the River is complete. We had 670 individual runners, with 307 runners completing the series. Complete results of each race, plus the series results can be found on pagodapacers.com. Awards which were not picked up at the banquet are at Fleet Feet (formerly A Running Start), 705 Penn Ave, West Reading. Stop by any time during normal business hours.

This year we made several changes that were mostly well received; we know not everyone is happy with everything, but we try to do the best for the majority. (1) We changed the time to 10:00 because more and more runners were telling us they wanted to start earlier. (2) We created a new course, which had much less traffic. (3) We made a change to the finish area so runners aren't running thru the parking lot as cars are leaving. Even though the new course had a few rough roads, due to construction, both runners and volunteers reported that it was much safer, with much less traffic; and hopefully the construction is completed in the near future. We hope everyone can adjust to these changes, but we welcome any questions or comments.

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! I don't want to mention specific names for fear of forgetting someone, but volunteers, you know who you are and runners, you know who they are – you see so many of the same volunteers parking cars, at the water stop, at the same registration table, at the same intersection, refilling snacks & bagels. THANK YOU!!!!!!

The awards ceremony was again held at the Temple Fire Company, in Muhlenberg Township.

THANK YOU to the following for the donation of door prizes:

- Alicia Bradley - Gift Certificate from Ackers Beer & various gift bags
- Joann Patti - Handmade Afghan
- Ellie Vanderbeck – Refurbished Chair
- Ron Horn - Pretzel City Sports - PCS Gift Certificates, t-shirt & visor
- Gallen Insurance - Gift Basket
- Kohl Pharmaceutical Research – 3 Gift Baskets
- Shillington Eye Associates - Gift Basket
- Uber Endurance Sports - Gift Basket
- Ellie Alderfer - Water Bottles
- Blind Hartman's - Gift Certificates
- Who's Walking Who? Dog Bakery & Walking Service - Gift Basket
- Vitamin Shop in Wyomissing - Gift Certificate
- Oak Brook Brewing Co - Gift Certificate



- Good Life Organics - Gift Certificate
- Bella Jules - Necklace
- Van Scoy - Gift Certificate
- Junk to Jazz - Gift Certificate
- Trinity Salon in W. Reading - Gift Certificate
- Brandon Beane - Beer & Seltzer
- Brad Sinnen - Sweatshirts
- Donna Hey - Flower Pot, Candle, Easter Candy, Rocket Blender
- Fleet Feet – Gift Certificates
- Road-ID – Gift Certificates
- Pagoda Pacers – Various Gift Baskets & Pepper Spray

Polly Corvaia - thank you for putting together various gift baskets and then contacting some of our local businesses to sponsor one or more baskets. Ellie Vanderbeck, thank you for securing Gift Certificates and other prizes from various businesses.

THANK YOU to our sponsors:

- Shillington Family Chiropractic Center - Shillington
- Fleet Feet – West Reading

Please patronize both our door prize contributors and our sponsors. Please contact Sue Jackson at shiverdirector@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.

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

Sue, Kelsey & Georgine



Photos from
Shiver
Awards
Ceremony

**MARCH
MEMORIES**

Wednesday
night run at
Nolde Forest



DEMOS, WINE, DOUGHNUTS & PAIN!

CHECK OUT OUR APRIL LINE-UP OF FUN EVENTS - REGISTRATION REQUIRED!

SATURDAY, APRIL 6th, 9:00 am - ON & OFF ROAD DEMO RUN

2 Shoes, 1 Run! Demo the ON Cloudswift and ON Cloudventure on the Exeter Trail/Neversink Mtn! Find out why ON is our fastest growing brand!

TUESDAY, APRIL 9th, 6:00 pm - WINE & WARDROBE

You'll learn about wine in a fun and interactive wine tasting experience. Discover your own Personal Wine Style as we explore 5 distinct wines!

FRIDAY, APRIL 12th, 6:30 am - APRIL DOUGHNUT DASH

Start at Fleet Feet and run a 3-5 mile loop through the Wyomissing Park system. Enjoy complimentary doughnuts and coffee afterwards!

TUESDAY, APRIL 16th, 6:00 pm - PLANTAR FASCIA/FOOT PAIN

Join us for a night of education as Christopher Gordos, co-owner of IMG Physical Therapy, discusses the causes of plantar fasciitis and proper treatment methods for this common injury.



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WEST READING

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Registration required - stop in or call for details! More info on our FB page!

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 6:15pm - Group Run at Mt. Penn Fire Tower Eat: Blind Hartman's	4	5	6
7	8	9	10 6:15pm - Group Run at Laurel Run Park Eat: Jimbo's	11	12	13
14	15	16	17 6:15pm - Group Run at Justa Rd (Blue Marsh) Eat: Ganly's Pub	18	19	20
21	22	23	24 6:15pm - Group Run at Exeter High School Eat: Alebrije Restaurant	25	26	27
28	29	30				

PAGODA PACERS ATHLETIC CLUB

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The newsletter is published monthly. To submit an article for publication, or to inquire about advertising, email editor@pagodapacers.com. The deadline for submission is the 24th of each month.