

*July 2019*



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

Reading, Pennsylvania

## FROM THE PRESIDENT

I'm asking you, the reader to picture a young man on some grand pulpit, his voice a classic Irish New England accent uttering the phrase "A rising tide floats all boats." I'm going to borrow this quote attributed to John Kennedy. (I hope that fact he also borrowed it circumvents my need to source a true author.)

The quote about the tide has been stuck in my conscious for a few days; not specifically in words but in actions, I have seen this in so many ways in our club. At the last Pacer meeting Mark Andrus, Ted's son, spoke to thank the club for the Scholarship support. He and all the scholarship recipients this year have thanked the club and I'm fortunate not to be on the committee that has to make the choices and recommendations among the impressive applicants. What Mark conveyed at the meeting was how the club was part of his life experiences and memories. Off to the Naval Academy he's gone and to all the coaches, friends, and family that are part of this club, and surround the recipients, a proud moment and we're all better for it.

Speaking of the Navy, for anyone in Berks, we've seen some water over the last few weeks. The Wednesday night run at Nolde we saw ankle deep streams running in the trails. In classic fashion the group showed camaraderie and perseverance while everyone did their distances unthwarted by the conditions. The rain tapered off when we were finished and the group gathered at Ted and Lori Andrus's house. You see Ted and Donna Hey, the Race Directors for the Run for the Ages, knew tempted with a little food, drink, and socializing would ensure many helpful hands for stuffing race bags.

This was the 10<sup>th</sup> annual "Run for the Ages" and as the race app claims "anybody might win." With the age-graded start the faster runners by age start later and chase those of us with grey hair. Nolde Forest is a great location for running and the Pacer members use it often so we respect this is an important event to give back. What is noticeable about the race from within is the attitude of support among the runners. Short of a few technical areas where the focus is your footing, the race positions changed with countless exchanges of encouragement. Something I believe Herb Kelleher, the founder of Southwest, would be proud of. I mention this because Ted and Lori bring the Southwest spirit and heart to this event.

Speaking of Race Directors, we recently had a Board of Directors meeting and have a few positions on which we will be reaching out to the membership. Our newsletter editor Beth Auman will be stepping down. You see she's been promoted to Partner in her firm which we're extremely proud of that fact, while being respectful she's done so much for the club and may want some time with her future husband Tom Kohl. Matt Brophy, who has been freelancing for this Newsletter is very talented and has offered to take on the role. We look forward to supporting Matt and I'm expecting he may be asking for members' support.

Ted, will be stepping down as RD for Run for the Ages and Donna Hey who has been assisting a few years is ready to take the helm. Kyle Gery, Shaun Luther, and Libby Crockett, the directors of Charlie Horse, will likely be doing some shifting and searching as Kyle has asked to step down with the pressure of multiple kids currently in school athletics. I believe I mentioned last month what a great team this was for this year's Charlie Horse.

Grings Mill is the next race on our calendar and the team of Caroline Hill, Laura Yoder, and Jane Setley are aligning all the details with the improved location at the Heritage Center further up the trail. Similar to every year, Grings has taken on some water with the recent rains, and the venue change last year looks to be a positive for all.

For this year, Dan Govern has moved up to RD for Blues Cruise 50K and as he's shown to date we anticipate a great event with Mike Yoder's continued assistance. If you're not running come out and volunteer! The aid stations are known regionally for adding humor to this memorable event.

Beyond the direct financial aspects such as the recent club events benefitting Special Olympics, and Nolde Forest, the Pacers I hope the above are a few examples that raise the tide of the community.

Steve Maguire

### SAVE THE DATE

8/4/19 - Grings Mill Run 5K & 10K  
10/6/19 - Blues Cruise 50K

**WELCOME NEW PACER  
MEMBERS!**

Joanne LePage

# GENERAL MEETING MINUTES

Date: June 13, 2019

Time: 7 p.m.

Location: Blind Hartman's Tavern

**Treasury Report** – Shaun Luther - The account balance is 131% of target with the typical incoming and outgoing expenses.

## Races:

**Charlie Horse:** Kyle Gery - Financials from the race, the donation to Special Olympics will be 51% of profits plus rounding, and this is the largest donation to date. This year was a record year for gross income received, with some better cost control strategy in place. Shaun and Libby helped out as race directors. However, Kyle expressed disappointment that only about 20 volunteers came out, considering the total number of members we have. Kyle will make this his last year as the race director. Charlie thanked Kyle, Shaun, and Libby for their efforts to support the Special Olympics. Motion made to donate the designated funds to the Berks County Special Olympics, voted on, and approved by the membership.

**Run for the Ages:** Ted Andrus and Donna Hey - about 140 pre-registrations received. There has been a change in the administrator of Nolde Forest, so some of the set up that the group was used to has changed. Due to a conflict on Saturday evening, the setup at the Education Center can't be done until the morning of the race, early. They can do some pre-race setup in the mansion on Saturday evening. Swag will be socks and shirts, but will probably not have enough shirts for post-reg people. Donna mentioned that she put the event in for Berks County Living magazine. This is a free service, so other race directors should consider

this advertising as well. For this event, walkers are allowed and will get a swag bag and raffle, but won't be included in the awards. Volunteers needed at 6 a.m. on Sunday, registration at 7 a.m., race at 8:30.

**Grings Mill Run:** Caroline Hill and Jane Setley - Sunday, August 4; this year there is no other race at Grings Mill the day before, so setup can begin earlier. The new location is at the Heritage Center, with access on Saturday morning, so maybe a run on Saturday and then set up. T-shirt will be a tank shirt this year. The post-race food is pulled pork, pizza, and Sweet Ride ice cream.

**Blues Cruise:** Dan Govern - this race has been advertised on the Worlds End site and our own site, so a little uptick in registration. Aid station captains will meet, and finisher awards will be decided by the end of the month. Food will change this year with the departure of the Weiss family team. Stephan has the race web site on his own server, so the web site has to be moved. Jon will work with Dan and Stephan on the domain ownership.

**Oley Valley Country Classic:** No update.

**Kris Kringle:** No update.

**Shiver by the River:** Sue Jackson - no update, but likely to stay the same this year.

## Committee Reports

### Social Committee:

- Wine and cheese social at the Pagoda—June 22, will need a few hands to assist unloading. Details are posted on the discussion group web site.
- Saturday, the Wawa Convenience Challenge, meet at 8:30 at the Wyomissing McDonalds, running to up to 5 Wawas, make a purchase, get receipt, etc. The whole challenge is about 26 miles. Prizes to the top male and female who do the whole thing, and a prize the person who has the highest receipt total. Some bikers may join.

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## GENERAL MEETING MINUTES, CONT'D

- Get outdoors day at Blue Marsh, June 22, Steve Maguire will be there and will have kids run a short course, 10 to 3:30, at the day-use area.

Communications Committee: Remember to share posts for events on the discussion group. Contact Jane Setley for assistance, if needed. Add the Pacer page as a host, and send pictures to the Instagram account.

FYI--East Stroudsburg University has a program to test ticks for Lyme disease. Information link posted on the discussion page.

Newsletter: Beth Auman would like to step down as editor. Matt Brophy has some interest in taking over.

Community Service: No report.

Scholarship committee: Mark Andrus was present to thank the membership for his scholarship. He will be attending the U.S. Naval Academy, and his scholarship money will go towards his required uniform and other item purchases. Also, he was nominated for an award with the Reading Eagle for a community service award. He expressed gratitude to the club members for all the support and positive examples shown to him over the years. He will be leaving soon for the Academy's summer program. All the best is wished to this fine young man, and we are proud to see him off on his journey in support of the defense of the country.

Membership committee: No report.

### Old business:

- The trailer—still looking for an appropriate unit among our area's local vendors.
- Aid station support: There was an email in regards to the Pacer station at Worlds End. The sender expressed gratitude for the support given on that difficult race.

### New business:

- June 27, Board of Directors meeting, is scheduled.
- The club needs new signs (the ones that get stuck in the ground and have arrows on them for directions), Charlie says the ones we've used are getting beat up.
- The club membership meetings in July and August may be at another location besides Blind Hartman's. Likely Laurel Run Park or Jim Dietrich Park, so look at the discussion page to find out the location.

## **RACE RESULTS**

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

<b>Run for the Ages 10K Trail</b>		net time	
2/187	Brian Stoltzfus	48:18	2nd overall
7	Steve Maguire	49:42	7th Overall
8	Laura Yoder	54:07	8th Overall
13	Jess Gockley	50:46	1st F35-39
19	Michael Whalen	53:39	2nd M55-59
26	Kylie Kimball	53:32	2nd F35-39
27	Mike Yoder	54:42	
30	Ben Hatt	46:20	2nd M30-34
32	Jackie Snyder	62:56	1st F55-59
44	Mark Andrus	49:30	1st M16-19
64	Katie Frederick	60:37	
77	Diane Hardies	84:12	1st F70-74
103	Ann Gery	70:55	
117	Sue Jackson	82:43	2nd F60-64
119	Julia Hager	74:01	
121	Barbara Raifsnider	79:03	
137	Charlie Crowell	87:46	
156	Lisa Domeshek	80:53	

### **Dumb Dutchman Half Marathon**

11	Donny Mengel	1:38:08	1st M60-67
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### **Marc McKently Memorial 5K**

5	Steve Koch	18:59	1st M50-59
9	Andy Styer	21:56	1st M40-49
13	Duane Renninger	22:51	2nd M50-59
62	Janine Beidler	30:33	1st F40-49
63	Joanne Patti	30:35	1st F60+
64	Barb Raifsnider	31:14	
88	Lori Koch	36:10	

### **World's End 50K**

9	Diane Grim	6:54:51	1st Female
34	Elaine Cook	7:50:45	
38	Joanne Van Horn	7:53:14	
58	Christine Daniels	8:35:46	

### **World's End 100K**

21	Anna Piskorska	15:15:03	2nd Female
39	Jess Gockley	16:47:24	
74	April Zimmerman	18:34:36	
88	Michael Reinhart	18:47:22	





# RACE RESULTS, CONT'D.

## Wissahickon Classic 10K Trail

Paul Makurath	1:21:04	1st M70+
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## Enoch Lee Memorial 10K Trail

Paul Makurath	1:13:47
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## St. Luke's Half Marathon

Raine Fussner	1:34:02	1st F55-59
Jeff Fussner	1:36:14	

## Got the Nerve Sprint Triathlon

Tom Kohl, Jim Borden, Beth Auman	1:28:15	1st Coed relay
Raine Fussner and Beth Kase	1:33:23	1st Adaptive team relay
Jeff Fussner	1:30:20	1st M55-59
Tania Salaneck	2:34:03	

## Independence Olympic Triathlon

Jeff Fussner	2:41:14	3rd M55-59
Raine Fussner	2:43:18	1st F Master

## Chesapeake Bay Swim (2.2 mile)

Tom Kohl	57:38
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## Charlie Horse Race Report

By Race Director Kyle Gery

We had a great turnout for the 2019 Charlie Horse Half Marathon and Inaugural Dirty Pony 5k. For the half marathon we had 209 registered and 192 finishers. The Dirty Pony 5K was a big hit and we anticipate an even greater turn out in the future - this year we had 42 finishers for this race.

We made a record amount of money on these two races and will be making a \$3,400.00 donation to the Berks County Special Olympics. We could not have done this without the great help from all of the volunteers. Thank you to everyone who made this race a huge success.

### REGISTRATION DISCOUNT CODES FOR UPCOMING RACES

We have received discount codes from the following two races that are intended for use by Pagoda Pacers members only:

- **St. Luke's Via Marathon, Allentown**  
September 8, 2019  
Discount code **PAGODA** gives 20% off registration
- **Reading Hospital Road Run Half Marathon & 5K**  
October 13, 2019  
Discount code **PACERS19** gives \$5 off registration

The graphic features a green background with a white silhouette of a building at the top. Below it, the text reads 'READING HOSPITAL ROAD RUN' in white and green, followed by 'Half Marathon • 5k • 1 Mile Run'. A large blue banner says 'RETURNS TO WEST READING!' and 'SUNDAY, OCTOBER 13'. The center shows a photograph of a male runner in a green and red athletic outfit with a yellow bib number '486' running. At the bottom, it says 'TOWER SPONSOR: Diamond Credit Union' with the Diamond logo, and 'The Friends of Reading Hospital' with their logo and tagline 'Advancing Health. Transforming Lives.'. The website 'www.RHroadrun.com' is at the very bottom.

# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 6:15pm - Group Run/Eat: Phil & Andrea Lechner's home, 4220 Stoudts Ferry Bridge Road	4	5	6
7	8	9	10 6:15pm - Group Run/Eat: Lisa Domeshek's home, 1825 Lorraine Rd, Reading	11 7:00pm - Monthly Meeting, Blind Hart- man's Tavern	12	13
14	15	16	17 6:15pm - Group Run/Eat: Mike & Donna Gallen's home, 833 Wyomissing Rd, Mohnton	18	19	20
21	22	23	24 6:15pm - Group Run/Eat: Tania Salaneck's home, 1211 Earl Rd, Leesport	25	26	27
28	29	30	31 6:15pm - Group Run/Eat: Kristin ort Schimp's home, 3302 Pequot Dr, Sinking Sp.			



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