

March 2019



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

Reading, Pennsylvania

FROM THE PRESIDENT

Well the shortest month is coming to a close and the weather seems to have spared many of the Shiver by the River runners. What happened to the cold icy conditions of many years and what the race is known for? The new course, short of the entrance/exit to the park in January, has been relatively friendly to running this year and we're quickly approaching the final March race and awards. I anticipate everyone will have their 3 best times in before the festivities in Temple. The volunteer work has been excellent and Sue Jackson and team continue to bring out some of the best in competition.

This February's race for the men had 2 runners under 36 minutes in the 10K with the winner Daniel Shelly averaging about 5:40/mile. The women's 5K was similarly competitive with the younger Helene Shevick holding off Emily Veliz by about 5 seconds. Hopefully we will be reading more about these young women as they take on High School sports.

Our Valentine's meeting was short and sweet to respect our members' time and family obligations. The Race Directors are working through the various details and I believe all now have registration online and sign-up sheets in circulation. The Social Committee is working possibly for a March event, hopefully to be as successfully as the past Wallyball evening.

We did note in the meeting some various other races and events which we encourage the Pacers as a group both to share and support similar community events. At the Frozen Knight 5k which benefits the Reading High Running Athletics the awards announcer thanked Joanne Patti for a gift, not only recognizing her by name but also her as a Pacer member. Thanks Joanne.

Looking forward to seeing everyone out for the March 10th Shiver Race; bring your best, come out and race, volunteer, or ring some cowbells.

Steve Maguire

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Shiver by the River #3

Thank you to the 241 5K runners and 126 10K runners and the many volunteers who helped us have another successful Shiver by the River, on February 10th.

Shiver #4 will be held March 10th. As always, we need more volunteers for this race. Specifically, we need 3 or 4 people willing to take results off of the board, so that the race directors can calculate results as soon as possible. We also need the usual help parking, registration, on the road, at the finish line, clean up, water stop and within the house (serving soup, constantly filling the snack baskets, and keeping the bagel table full). Anyone helping with registration should arrive at Jim Dietrich Park between 8:00 & 8:30; anyone helping during the race should arrive by 9:30; either way, look for one of the race directors and we can find something for you to do. However, for as much as we need volunteers, we would really like to see more PACERS run the race.

The awards ceremony will be held immediately after the 4th race, at the Temple Fire Company, 4963 Kutztown Road, which is about 3 miles from Jim Dietrich Park. This is the same location as the last couple of years. **We are looking for more door prizes.** If anyone can donate personally, or secure a door prize, please bring it to the 4th race or to the March meeting. To be eligible to win a door prize, simply complete the survey at the awards banquet. A cold buffet, including a hot vegetarian item, will be served starting around 11:15, followed by door prizes and then the awards. Due to the costs associated with the party, we will follow the guidelines we established a few years ago.

The party is FREE to everyone who has either:

1. Finished 3 or more races in this year's series – **please bring your race number from the 4th race to the party, it will be your ticket for free entry.** We will place an additional label on the back of your number which will indicate your eligibility.
2. Assisted with any of the races.
3. Paid for the series.

We will be charging all others (including Pacers who do not fall into one of the above categories), a \$10.00 fee to help cover some of our costs.

Remember, to help us maintain accurate results, **DO NOT COMPLETE ANOTHER REGISTRATION FORM** if you already ran this year. If you paid for the series, registration is in the front room of the house. If you are paying race by race, we have a number for you at the 'single race registration' table in the 2nd room. If you have not previously registered for the 2018-2019 series, registration is at a different table, also in the 2nd room.

Thanks for all the support we have received and hope to see many of you at the Shiver, either running or volunteering!!!!

Sue, Kelsey & Georgine

RACE RESULTS

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

Frozen Snot 13.5 mile Trail run

22	Mike Reddy	4:04:32	2nd M50-59
55	Michael Ranck	4:43:55	2nd M60-69
82	Libby Crockart	5:07:55	2nd F50-59

Frozen Snot 8.3 mile

5	Kylie Noll	2:45:31	1st Female
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Shiver By the River 5K- Feb

13	John Mark Stoltzfus	20:27
49	Katie Frederick	23:57
65	Lauren Massaro	25:11
66	John Thompson	25:14
89	Tony Agentowicz	26:57
120	Ellie Vanderbeck	29:35
125	Kristen Rothenberger	29:43
126	Blair Hogg	29:45
169	Lisa Domeshek	33:28
171	Aaron Kreider	33:39
195	Rose Hagy	37:27
217	Andy Styer	40:22
218	Nathan Styer	40:23
219	Charlie Crowell	40:36
220	Judy Anttonen	41:19

Shiver by the River 10K- Feb

8	Curt Minich	39:38
9	Steve Koch	40:35
10	Jon Durand	41:08
22	Raine Fussner	44:18
27	Jeff Fussner	45:09
28	Kate Martin	45:33
31	Greg Kellenberger	45:54
32	Melissa Oswald	46:05
39	Matt Brophy	47:04
77	Jenn Guigley	54:31
86	Mike Ranck	55:47
99	Sandie Kincaid	59:02
101	Ellie Alderfer	59:11
103	Barbara Raifsnider	59:56
114	Jeannie Gochnauer	1:03:36

GENERAL MEETING MINUTES

Date: February 14, 2019

Time: 7:00 p.m.

Location: Blind Hartman's Tavern

Treasury Report – Shaun Luther—124% of target balances. Kris Kringle hoodies have already been purchased for next year. The credit card transactions have been working well. Shaun was asked about Venmo, a mobile payment way to transfer money to a 'friend.' However, this service is not to be used for commercial exchanges, so it would not work for Pacer purposes.

Races:

- **Charlie Horse:** Shaun Luther—things are going along, dropped off supplies for the awards.
- **Run for the Ages:** Donna Hey—Dieffenbach's potato chips donated bags [not sure if bags of chips or tote bags]. The race is looking for other sponsors, and they are doing socks this year. They are trying to find something to engage the cross country kids. Suggestion to give discounted entry fee.
- **Grings Mill:** Jane Setley—race applications posted and available online at Pretzel City Sports. Trying to get it added to race and running website calendars.
- **Blues Cruise:** No report.
- **Oley Valley Country Classic:** Barry Goodhart—will present the check to the organization at their quarterly meeting in March. The directors are trying to add something special for the 25th anniversary.
- **Kris Kringle:** Polly Corvaia—Ordering gnomes as prizes again for the race, as they were very well received this year. Regarding using the larger 4-H property, it's available, but the lavatories are not usable, as they will be winterized, so this idea is off the table. Looking into timed bibs.
- **Shiver by the River:** Sue Jackson—just had third run. The fourth is on 3/10, and she needs more volunteers, especially with the award ceremony afterwards. Sue would like assistance with the door prizes. Doesn't have to be anything big, \$10 gift certificates or small baskets are great. Sue would like more Pacers to run the race, so is looking for more input back from Pacers.

Committee Reports

Social Committee:

- Wallyball was successful, 57 people attended. Very fun.
- Wine and cheese, Karin Long—4th Saturday in June tentatively, which would coincide again with the Run for the Ages on Sunday morning. It did not seem to be a problem last year.
- Suggestion of climbing at Reading Rocks, will select a date; possible bowling evening.
- Swamp suggested roller skating.
- Other: For the *Dancing with the Reading Stars*, Swamp is having a burger and beer night at Canal Street Pub



The 10th annual Run For The Ages is on the calendar for **Sunday, June 23**. For those new to this race, it uses an Age-Graded start where runners' start time is based on age and gender. This gives any age-group competitive runner a chance to win the race outright! First runners starting at 8:30am, and this year we are adding a 75+ category. Same great course in beautiful Nolde Forest on very runnable trails. Awesome post race food and raffle including a pair of Southwest Airlines tickets to one lucky winner. Grab your friends and family and come out to see who is the fastest in your group!

on March 21; he has tickets available. Tentatively on March 12, he will host a run from RUSeen and a make-a-T-shirt night.

- Bike trip to Manayunk, possibly in May.

Communications Committee

- Jane Setley—anything to put out on the website, send to her. Race directors will have a separate Facebook group. Invites sent soon.

Community Service:

- Benefit for Opportunity House, Fleet Feet is running into the city (2nd St) and dropping off teddy bears, on Saturday, 2/16, approximately 5 miles total.
- Annual scholarship: 2/28 deadline. Beth will put out reminder.

Membership:

- Shaun Luther—365 members, which seems low. But Shaun says that people typically don't renew quickly, and then it picks up again by the end of the year. Email reminders have been sent to people whose membership expired.
- Suggestion: Have a table at some large events to have

Our 6th Annual St. Paddy's Pub Run!

FRIDAY, MARCH 15th - 6:00 pm

**Enjoy a fun run around beautiful Wyomissing on park system trails!
Sign up now! \$10 CASH ONLY buy-in! Run start time 6:30!**

Your \$10 Cash-Only Buy-In Gets You the Following:

- **A complimentary free pint glass (first 100 to sign up)!**
- **A voucher for one free beer at Barley Mow!**
- **Saucony Demo shoes will be available for test runs!**
- **Prizes and fun Saucony swag!**

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MEETING MINUTES, CONT'D.

Pacer membership signups. And possibly add to race applications: "I want to add my Pacer membership." But it was noted that this would not work with payments that go thru Pretzel City Sports.

Race directors' meeting

- Creating common database in the Constant Contact platform of people who have done the races, and we could perhaps use that to recruit members.

Old business:

- Mike Whalen—trailer: Steve saw one similar at the Huntsville run. Race directors want to move to the next step. He will bring a presentation to board meeting at the end of March. RRCA will insure it as a piece of equipment. Stephan was reviewing the size and ability to tow. Mike feels that it would be a money maker by year 5, due to losing the annual cost of renting a shed. Target race for use is the Charlie Horse.
- Survey—still being reviewed.

New business:

- Beth Auman—Reading Hospital Half Marathon: changing course, scheduled for Oct 13, 2019.
- Karin Long—wellness committee at St. Joes: That hospital might be interested in getting a new type of race started. Would be open to having suggestions made or volunteers.

- Karin Long—mission trip to Honduras for 8 days, going to different villages. She is required to take along a suitcase of donations. Requesting personal care supplies to be donated. Leaves March 1. Message on FB; she will collect donations at the next run.
- Shaun Luther—when putting Charlie Horse on calendars, he discovered REI "trail run project" application, which is a crowd-sourced app of trail information. Shaun added the Charlie Horse course information on it. He found that Kris Kringle was already put in as a featured race—not put in by a Pacer. He points out that whoever puts the information in, controls it. So Shaun encourages the Pacers to load our own trail races, so that the Pacer group can control/change the information. (Trailrunproject.com)

**WELCOME NEW PACER
MEMBERS!**

Robert Hipszer
Ed Skorpinski

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 6:15pm - Group Run at VF/McD's in W. Reading Eat: Chef Alan's	7	8	9
10 10:00am - Shiver by the River 5K/10K #4	11	12	13 6:15pm - Group Run at Hamburg Bartram Trail Eat: The Westy	14	15	16
17	18	19	20 Charity Run—Local Womens' Shelters 6:15pm - Group Run at Nolde Forest (mansion) Eat: Mimmo's	21	22	23
24	25	26	27 6:15pm - Group Run at Monocacy Hill Eat: Island Pizza	28	29	30
31					SAVE THE DATE 5/25/19 - Charlie Horse Half & 5K	

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.