

May 2019



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

Reading, Pennsylvania

GENERAL MEETING MINUTES

Date: April 11, 2019

Time: 7:00 p.m.

Location: Blind Hartman's Tavern

Treasury Report – Shaun Luther: discussed finances, at 117% of target; will file taxes by 5/15 deadline (which is appropriate for our non-profit designation).

Races:

- Charlie Horse—Kyle Gery—Scott Troutman will be the DJ this year. Libby Crockett has shirts designed and ordered. Finisher awards still TBD. Both cable bridges will be out this year, also the reservoir is being redone. The pre-run will be done on Saturday, 4/27, to see about re-routing some portions. They are doing some targeted advertising on UltraRun for the early-bird registration. For the post-race burger cooking, they are looking for a propane griddle (about 36-inch flat griddle) to decrease time to cook the burgers. Suggestion made to purchase under the president's prerogative spending. Charlie

SAVE THE DATE

6/22/19 - Wine & Cheese Party

6/23/19 - Run for the Ages 10K Trail Chase

needs some sand bags (40 to 50) to dam up water. He would like the Wednesday night run prior to the race to be done at his place (checking with Phil). According to Mike Yoder, Larry Sunderberg has been doing trail maintenance already.

- Run for the Ages: Donna Hey—on track for T-shirts and socks. 275 registered, cap at 300 entrants. Donna wants to know about some additional prizes they have had donated: Outer Banks trip and NJ shore fishing. They are trying to decide the most effective way to market this, or treat them as a raffle or prize. Some suggestions: Join "Friends of Nolde" as a raffle entry, or join the Pacers to get a raffle entry.
- Grings Mill: Jane Setley—15 registered runners, 2 confirmed sponsors, would like additional sponsors

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MEETING MINUTES, CONT'D.

and door prizes.

- Blues Cruise: Dan Govern—about 80 entrants so far. Looking at some different ideas for finisher awards. Age group awards will stay the same.
- Oley Valley Country Classic: Barry Goodheart—getting sponsors in line. Presented Pacer check at the Oley Valley Youth League March meeting.
- Shiver by the River: Sue Jackson—reported the profit to club.

Committee Reports

Social Committee:

- Ken Seale: Last bike ride had about 20 riders, very casual. Next ride is on May 5th, the annual Oaks to Manayunk ride.
- Karin Long: Wine and Cheese party at the Pagoda is Saturday, June 22, at 6 p.m. (same day as Duryea hill climb, so the Pagoda is not available too much prior to 6:00).
- Shady Maple Run—Jon Durand—May 11, long run from Adamstown exit on Rt 222, park-n-ride, and run to Shady Maple, about 12 miles. Shorter run available that will begin and end at Shady Maple.
- Jon Durand: Barclay's style urban ultra, planned for Saturday, 6/15: "Convenience Challenge," goes among the local WaWa's. He's planning several options to go out and back. Creative awards to be determined. Possible 24-mile run, if all the WaWa's are visited.
- Easter Saturday meet at the Fire Tower for a Mud Fest memorial run.
- FYI, West Reading installed a disc golf park in their parklands area.

Community Service

- Weekly runs—one or two Wednesdays that aren't booked yet for the summer. Ken Seale is considering a bike ride option, which have been done at a few weekly runs. "Athletic" club, could be about biking as well. Shaun has a few concerns about insurance coverage, due to our coverage only of 'running events.' Further discussion needed.

Scholarship committee: Beth Auman—gave report of recipients: awards to Pacer children were for Mark Andrus and Meghan Cook.; awards to cross country runners were for Kaitlyn Leister and Noelle Narvaez. Motion made to award the scholarships to the 4 selected students; seconded and approved.

Membership committee: Shaun Luther commented that he checked RunSignUp for those people who had 'unsubscribed' themselves from the receipt of these emails. He wants to make sure this is what people want to do, as it will prevent them from getting the newsletter.

Old business

- Information about Mud Fest was removed from the Pacer web site.
- Trailer for Pacer equipment, a summary of the options was passed out. Price included the "bells and whistles." It would probably pay for itself in about 4 years. Proposed purchase price proposed is \$4000. The trailer would not have to be brought to the race. It could be accessed at the storage facility and left in place. Board of directors and race directors are in favor. Club approval needed for individuals to tow the vehicle. 'Decal' or 'not to decal'?—TBD, concerning attention would be brought to the trailer and contents. Motion made to spend \$4000 on the trailer. Seconded. Will vote on this by the general membership at the next meeting in May.
- Membership survey results: Jon Durand briefed on the results. His Power Point presentation will be posted for review. A few highlights:
 - About 116 people responded.
 - 40 to 64 age group; male/female fairly evenly split.
 - Fitness, friends was most noted reason to join.
 - Pacer activities are well attended, mostly thru the weekly runs.
 - Half marathon is the favored distance.

New business:

- Polly Corvaia wants to know if someone has a XL hoodie from the Kris Kringle in light blue. Someone was in an accident, and his was ruined. He would really like a replacement.



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RACE RESULTS

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

Naked Prussian Marathon

19/169	Dale Wiest	4:16:53	
29	Diane Grim	4:24:31	3rd Female
116	Tom Chobot	5:59:32	
142	Jenn Guigley	6:35:32	
158	Barbara Raifsnider	7:47:37	

Naked Prussian 50 Miler

18/73	Laura Yoder	10:12:30
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Publix Savannah Women's Half Marathon

Kristin Schimp	2:21:07
Katelyn Miller	2:22:18

Newport RI Half Marathon

Andy Styer	1:42:25
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Bull Run Run 50 Miler

1/159	Jim Blandford	7:57:16
15	Diane Grim	9:43:33
35	Dale Wiest	10:26:38
37	Don Mengel	10:37:22
43	Jess Gockley	10:43:06
83	Joanne VanHorn	11:58:08
84	Liz Glass	11:58:08
107	Erik Leeds	12:20:32

Boston Marathon

Steve Maguire	3:42:10
Michele Gallen	3:42:51
Ruth Machamer	3:46:44

RUN FOR THE AGES

Run For The Ages 10K Trail Race is only a month away!

The 10th Anniversary edition will be run on **June 23, 2019** and is currently the only race in local runner's favorite Nolde Forest. Registration will open at 7 AM with first runners starting at 8:30 AM.

For those new to the race, this race is one of very few on the east coast that uses an Age-Graded start. Runners' start time is based on age and gender. The eldest (75+ yrs) females start first and then start times work back to those in their 20s via 5 year age groups. Very young runners also get a head start. Starts times are based on the World Masters Handicap table (and previous years' finishers) and are listed on the race page of the PagodaPacers.com website. It's a great way to find out who really is the fastest runner in your family, office, club, etc. Any age-group competitive runner can win the race outright. Recent years have had 8+ different age groups in the top ten.

We love families! Bring out however many of your clan you can round up. We even have family mini divisions: A race within the race. Any group of three or more can register as a "family" for friendly bragging rights competition and a separate award.

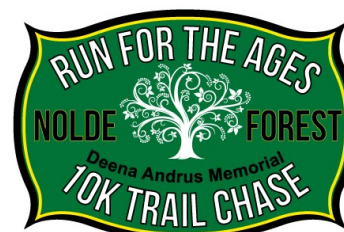
Walkers are officially allowed this year. Walkers will start approximately 8 AM and will be eligible for all items runners are, except awards. Please contact Race Director before the race.

Great Swag! This year even more than usual which is even better than similarly priced races.

As well as many other fun prizes the post race raffle will again include a pair of Southwest Airlines tickets! And this just in: to help celebrate the 10th anniversary, a special, one time donation has been added to the race festivities: A week's stay in a gorgeous beach house in Corolla, NC during the summer of 2020! Details being worked out but all runners, volunteers and spectators will have an opportunity to either enter or bid on this spectacular opportunity.

Majority of the proceeds go to the Friends Of Nolde Forest to help support the environmental education programs, facilities and trails in Nolde Forest.

Great event supporting a great cause with terrific extras. Applications are arriving so get yours in too!



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2019 Scholarship Winners

Scholarship Committee: Sue Jackson, Beth Auman, Cathy Unruh, Tom Chobot, Alicia Bradley, Lamar Foley, Karen Rule

Congratulations to the students below who were each chosen to receive a \$750 Scholarship. We wish all applicants the best in their future endeavors.

Meghan Cook received the Pacer Member Scholarship. Meghan is the daughter of Elaine and Alan Cook. At Schuylkill Valley High School, Meghan was very active as the Editor in Chief of the literary magazine, female lead in the fall play, a member of National Honor Society, and a SV Ambassador. She also ran cross country and track and field for four years, as well as volunteering with the arts and running events. Meghan plans to attend Susquehanna University.

Mark Andrus received the Pacer Member Scholarship. Mark is the son of Ted Andrus. Mark attends Governor Mifflin High School, where he is class president, a student representative to the school board, a Gmbassador, and involved with volunteer and peer mediation groups. In addition to participating in cross country and winter and spring track, Mark has helped direct the Pacers' Run for the Ages 10K Trail Chase. Mark is an Eagle Scout, and plans to attend the U.S. Naval Academy.

Noelle Narvaez received the Pacer Cross Country Scholarship. Noelle attends Exeter Township High School, where she

is ranked first in her class. She has participated in track, swimming, and cross country her entire high school career, qualifying for XC districts 3 of those years. She has also excelled as a musician in the marching band, honors band, and orchestra, as well as volunteering with multiple youth running programs in the community. Noelle plans to attend the University of Pittsburgh.

Kaitlyn Leister received the Pacer Cross Country Scholarship. Kaitlyn attends Conrad Weiser High School. She qualified for states in cross country her senior year, excelled in track and field, and logged over 500 miles yearly with the winter track club. Kaitlyn is a National Honor Society member and active with community service efforts at school, and youth running programs in the community. Kaitlyn plans to attend Millersville University.



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May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:15pm - Group Run at Blue Marsh Stilling Basin Eat: Ganly's Pub	2	3	4
5 Group Bike Ride to Manayunk (Oaks)	6	7	8 6:15pm - Group Run at Wilson West Middle Sch. Eat: B-B-Q Pit	9	10	11
12	13	14	15 6:15pm - Group Run at Rustic Park (Birdsboro) Eat: Angry Anvil	16	17	18
19	20	21	22 6:15pm - Group Run/Eat at Charlie Crowell's home, 151 Alleghenyville Rd	23	24	25 9am - Charlie Horse Trail Half Marathon & Dirty Pony 5K
26	27	28	29 6:15pm - Group Run at Antietam High School Eat: Liberty Tap Room	30	31	

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.