



Reading, Pennsylvania

## April 2018

### UPCOMING EVENTS

4/12/18 **Monthly Membership Meeting**  
 Thursday 7:00pm (dinner served at 6:30)  
 Blind Hartman's Tavern  
 2910 Pricetown Rd., Temple  
 Board of Director Elections

4/19/18 **Board of Directors Meeting**  
 Thursday 7:00pm Blind Hartman's Tavern

### GROUP RUNS

Start Time: 6:15pm Wednesday

#### April 4, 2018

Run: Wilson Southern Middle School  
 3100 Iroquois Ave., Sinking Spring  
Eat: B-B-Que Pit  
 4741 Penn Ave., Sinking Spring

#### April 11, 2018

Run: Justa Road Parking Lot (Blue Marsh)  
 Justa Road (at end of road), Sinking Spring  
Eat: Ganly's Pub  
 500 Brownsville Road, Sinking Spring

#### April 18, 2018

*\*\*Charity run - local animal shelters\*\**  
Run: Blue Marsh Lake Stilling Basin  
 Palisades Dr (at County Welfare Rd)  
Eat: Ganly's Pub  
 500 Brownsville Road, Sinking Spring

#### April 25, 2018

Run: Berks Co. Heritage Center (Grings Mill)  
 1102 Red Bridge Road, Reading  
Eat: Klinger's at the Airport  
 2385 Berville Road, Reading

#### May 2, 2018

Run: Scott's Run Lake, French Creek S.P.  
 Scotts Run Road, Douglassville  
Eat: Italian Delite  
 113 E. Main St., Birdsboro

## FROM THE PRESIDENT

Hi Pacers,

Big things are coming at our monthly meeting, we will be voting on a new **Board of Directors**. The bylaw change went through last month that allowed for a new board of directors. These members will help me move the club in a positive direction in the next couple months. If you did not get your name in for one of the positions, don't worry we will have yearly openings on this board. So new elections are not far away. We have around 20 members running for the 9 open slots on the board; it will be exciting. It will be up to all members' advantage to come to the April meeting to vote for the person you believe will help lead the club into the future.

Moving on, some of the other changes are the phasing out of the hard copy of the newsletter. I am one of the people that will be sad to see this go; I keep my copy on the coffee table in front of me all month and scan it at least once a week. I know I love the paper copy, but changing times and the cost of the printing just required changes. The electronic copy is sent out in an email and is always on the website. For those like me that cannot live without the paper copy, you can print it out for reference. We also talked about having a bunch of hard copies available at the meeting for interested members.

The third change voted in was a **Conflict of Interest** form, that we will be asking any member that is involved in spending or controlling the club's money to sign. This is mostly for the club officers and race directors and maybe some committee members.

These three items are what was passed. We also talked about our new Code of Conduct requirement that will apply to all members. One more move was to up the membership from \$15 to \$20 - a more reasonable dues and competitive with other clubs in the area. We are making some of these changes to comply with our insurer the RRCA who is requiring some of these changes. Some of the other changes are to bring the club forward and make it more relevant to the new generation. I do not believe the Bylaws have changed much since the club was formed some 40 years ago. That was before computers a long time ago. We will continue to update the bylaws and the club itself for everyone's benefit. This is one of the reasons you need to get involved so everyone is represented.

During the last couple of years we have seen some Race Director changes and it looks like we will be seeing more in the coming year. With these changes we need to assist them in any way we can, to help them make our races the best they can be. Remember as our members take on these big responsibilities, everyone is on a learning curve. So try to be as positive as possible and encourage all your running group to run our races; they all benefit the club and the members. With that I'll end, but remember to make sure you are at the April meeting; big changes are happening.

Thanks, Larry Drogo

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## BEAT BEETHOVEN 2018

**NEW COURSE!!**

**MORE DOWNHILLS AND FLATS THEN EVER BEFORE!**

**CALLING ALL RUNNERS and WALKERS!!!** Mark your calendars!!!! **APRIL 29, 2018!!!** Catch the Beat...we have a great day in store for you...**the 7th Annual "BEAT BEETHOVEN!"** 10K/5K Run will take place on the beautiful campus of Alvernia University in Reading PA. Finally, construction at Alvernia and Angelica Park has allowed us to run down those hills!

The starting gun (10 am) will be the downbeat of a one-hour, free concert by the 120-member Reading Symphony Youth Orchestra and your challenge is to finish the Race before the music stops. We also have a 1-mile Fun Run/Walk in place for kids and adults alike. The \$25 fee (pre-registration April 14<sup>th</sup>) is an appreciated contribution to the Reading Symphony Orchestra—one of the nation's oldest and most highly regarded music organizations. It is about to enter its 105th Season. The registration fee includes a high-tech, wicking **"BEAT BEETHOVEN!"** T-shirt, gift bag, and post-race gathering of friends with multiple awards and refreshments.

The wheel-measured course winds through through the Alvernia campus, the adjoining Angelica Park. All surfaces are either macadam or groomed gravel. Online registration available [Pretzelcitysports.com](http://Pretzelcitysports.com).

## Shiver by the River

The 28<sup>th</sup> Shiver by the River is complete. We had 642 individual runners, with 281 runners completing the series. Complete results of each race, plus the series winners can be found on [pagodapacers.com](http://pagodapacers.com). Awards which were not picked up at the banquet are at A Running Start, 705 Penn Ave, West Reading. Stop by any time during normal business hours.

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! A special thanks to Gwyn Chobot for helping with the results!

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** - G/C from Chatty Monks & items from Muddy Creek Soap Company & gift bags of beauty products

**Ron Horn** - Pretzel City Sports - Gift Certificates

**A Running Start** - Gift Certificates

**Eric Koehler** - 2 backpacks

**Dave Feinauer & Singer** - sets of drinking glasses

**Donna VanKirk** - Bath & Body Works items

**Chris Huesman** - wine

**Road-ID** - gift certificates

THANK YOU to our sponsors:

**A Running Start - 705 Penn Ave W. Rdg**

**Berks Plastic Surgery - 50 Commerce Dr Wyomissing**

Please patronize both our door prize contributors and our sponsors. Please contact Sue Jackson at [shiverdirector@pagodapacers.com](mailto: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*

## WELCOME NEW PACER MEMBERS!

Curtis Musser

Karin Tursack

Andre Marjanowski

Felicia Haines

# RACE RESULTS

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

## Naked Bavarian 40 Miler

13/71	Anna Piskorska	6:46:44	2nd Female
22	Rhoda Smoker	7:28:32	3rd Female
56	Tom Chobot	9:12:05	
58	Jenn Guigley	9:23:12	

## Naked Bavarian 20 Miler

20/256	Steve Skrocki	3:08:52	
39	Andrew Styer	3:25:56	
40	April Zimmerman	3:26:25	
53	James Cramer	3:31:11	
59	Michael Reinhart	3:32:15	
61	Duane Renninger	3:33:17	
66	Brooke Schell	3:34:55	
81	Donald Mengel	3:42:40	
84	Lamar Foley	3:45:12	
128	Jenn Seale	4:10:03	
152	Sandie Kincaid	4:24:46	
234	Gwyn Chobot	5:52:57	

## Chocolate Frosted Buns

Judy Anttonen	37:19	1st F70+
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## Frozen Night 5k

14/197	Beth Auman	21:55	2nd Female
24	Steve Vida	23:26	3rd M40-49
25	Matt Brophy	23:44	Rd M30-39
28	Elaine Cook	24:31	1st F50-59
45	Janine Beidler	26:48	1st F40-49
58	Joanne Patti	27:55	1st F60-68
59	Ellie Alderfer	28:07	
60	Mark Mazurkiewicz	28:09	
76	Barbara Raifsnider	29:53	
81	Jeanne Gochnauer	30:42	
132	Rose Hagy	37:42	1st F69+
135	Judy Anttonen	39:15	2nd F69+

## Ugly Mudder 13K Trail Run

24/218	Mike Reddy	1:19:15	2nd M50-59
70	Tom Chobot	1:29:53	
103	Jenn Guigley	1:38:01	
176	Janine Beidler	2:00:20	
177	Joanne Patti	2:00:28	

## Hooligan Hustle 5K

26	Aaron Kreider	26:13
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## Shiver by the River #4 10K

6/117	Curt Minich	39:50
18	Raine Fussner	44:44
20	Jeff Fussner	45:00
24	Laura Mooney	45:35
28	Melissa Oswald	46:15
48	Katie Thomas	51:29
51	Donna Ornosky	51:55
59	Patrick Boggs	53:02
62	Aaron Kreider	53:37
65	Mike Yoder	53:58
85	Tony Agentowicz	57:35
89	Mary Boggs	58:16
90	Ellie Alderfer	58:17
99	Heidi Moebius	60:31
104	Jeanne Gochnauer	63:09
106	Barbara Raifsnider	63:45
109	Mike Reese	65:29

## Shiver by the River #4 5K

11/276	Dee Koutsourais	18:56
12	Kyle Gery	18:57
25	John Mark Stoltzfus	21:35
27	Jon Durand	21:41
105	Meredith Rotz	27:19
106	Mark Mazurkiewicz	27:20
115	Steve Holgate	28:35
123	David Lengel	29:03
125	Kelly Miller	29:06
127	Blair Hogg	29:20
135	Larry Drogo	29:52
155	Sandie Kincaid	31:00
168	Karin Long	32:02
208	Rose Hagy	35:58
209	Charlie Crowell	35:59
211	Judy Anttonen	36:24
253	Whitley Cooke	43:11

# GENERAL MEETING MINUTES

Date: 3/8/18

Time: 7:00 p.m.

Location: Blind Hartman's Tavern

**Speaker introduction:** Registered nutritionist, Jen, from Reading Hospital, discussed nutrition for running performance. She gave advice on the nutrients needed for average and typical runners, as well as the needs of long-distance and ultra runners.

**Treasury Report** – Shaun Luther—club doing well financially. Forms to be sent to tax preparer.

## Races:

Mt Penn Mud Fest - Ken Seale - too late at this time to coordinate any Spring race, so none this year. What to do beyond this year? Will need strong leadership to resurrect. The outdated race information on the Web site will be replaced with "stay tuned for 2019."

Charlie Horse - Kyle Gery - working on awards. 8 enrolled so far.

Run for the Ages - Ted Andrus has sponsorship lined up, as well as a transition plan for a new race director.

Grings Mill - Caroline Hill - race applications are out and online. She is looking for donations for the runners for raffle prizes, and looking for sponsors. She is considering changes to the t-shirt, and asking for input from previous runners. An age group category for people over 70 will be added.

Blues Cruise - Mike Yoder - everything ok; applications coming in. This race will also transition to new race director.

Oley Valley Country Classic - none

Kris Kringle - -none

Shiver by the River - Sue Jackson - last one this Sunday. She needs door prizes and volunteers for the banquet.

Jr. High Cross Country - none

**Race director comments** - Jon Durand - He desires more of an electronic and media presence, such as Facebook, Reading Eagle community pages, etc.

RRCA offers a webinar for race directors, which he will look into accessing.

General member question: is it possible to offer 70-plus age group for all races? The consensus is to let race directors decide about adding this category. Anecdotal response from a member: usually 70-plus folks won't run a race if 70-plus category isn't offered. Jon will add this topic to the race director meeting agenda.

## Committee Reports

### Social Committee:

- Volleyball - Bill Buchanan - the recent event went well

- Manayunk bike ride - Caroline Hill - event will be held on Sunday, May 6

Communications Committee - Polly Corvaia - trying to get a meeting together. She invites others to join this committee. On the Web site, bylaws are under "about us" tab for anyone to review. She reminded the membership that hyperlinks for business sponsors of races are provided as part of the sponsor cost.

Community Service - Phil Lechner - Sunshine Fund, outreach is provided to those who have lost a close relative, had a baby, or some other significant event that should be acknowledged by the club.

Wednesday night event—next is 3/21, bring someone new to Nolde (mansion), also the first trail run. Wednesday night hosting opportunities will be announced soon (up to 70 people can show up on an evening), and the dates usually get taken in about 2 weeks

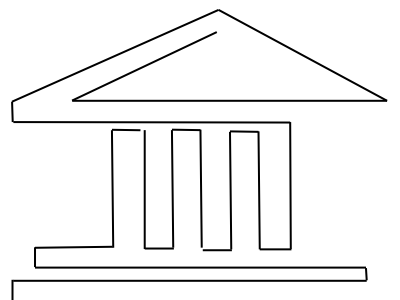
Get Outdoors Day at Blue Marsh - Steve Maguire - second weekend in June

Charity - February's charity - Dress for Success - Phil or Jon will still take items. Or even at any run you can make, if you have something, bring it.

Trail Maintenance at Blue Marsh - Mike Yoder - the maintenance group cut a large tree out of our portion. There is a Trail Maintenance link on the Web site under 'group run.'

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Scholarship committee - Dave Gallen - 20 applications received this year.

Membership - Dave Gallen: YTD up 18% (approx. 530).

### Old Business

#### Voted on:

- Should we change the bylaws to allow the club to stop sending hardcopy newsletters to people who said they don't want to receive it, as indicated in their online renewal or marked on their paper application—seconded.  
-Passed: Amend the bylaws to reflect above
- Should we change the bylaws to completely eliminate the hardcopy newsletter mailings to all members—seconded  
-Discussion—thoughtful comments and deep feelings expressed on both sides  
-Passed, we will amend the bylaws to stop the mailing of the newsletter to all members
- Should the bylaws be amended to eliminate the executive committee, and replace it with an elected board of directors of nine members, meeting 4 times a year—Seconded.  
-Passed, we will amend the bylaws as above
- Should we enact that a conflict of interest statement be signed by race directors, board of directors, and other officer members of the club—seconded.  
-Passed

### New Business

#### Proposals

- Raising annual fee to \$20 for single membership and \$30 for family. Passed.
- Code of conduct statement to have members sign. To be continued next month.
- Stephan Weiss—Would the club round up the monetary contributions of the Blues Cruise runners (donated at time of application) to \$2000 total—we are not obligated to do this, but have done so in the past. Voted on and passed.

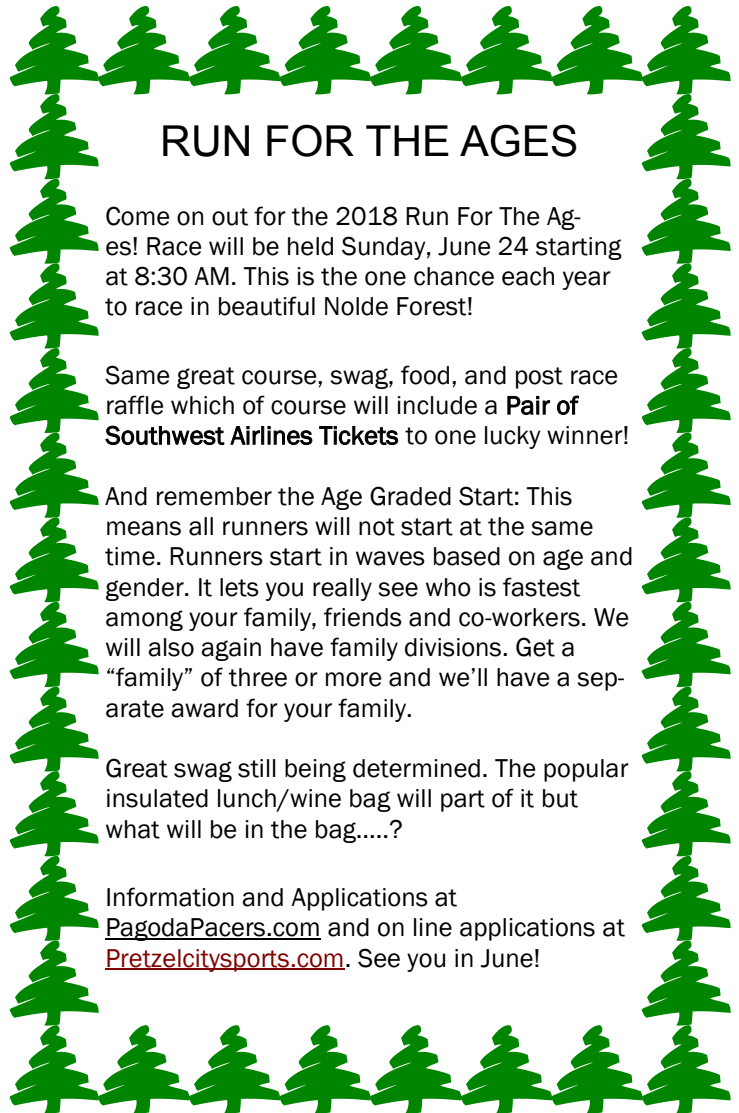
Those running for the board of directors should send Larry a short paragraph about themselves; names will be distributed in newsletter and in an e-blast.

Next meeting: April 12, 2018, 7:00 p.m., at Blind Hartman's Tavern.

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### SAVE THE DATE

5/6/18 - Manayunk bike ride (social event)  
5/26/18 - Charlie Horse Trail 1/2 Marathon  
6/24/18 - Run for the Ages 10K  
8/5/18 - Grings Mill Run 5K & 10K



## RUN FOR THE AGES

Come on out for the 2018 Run For The Ages! Race will be held Sunday, June 24 starting at 8:30 AM. This is the one chance each year to race in beautiful Nolde Forest!

Same great course, swag, food, and post race raffle which of course will include a **Pair of Southwest Airlines Tickets** to one lucky winner!

And remember the Age Graded Start: This means all runners will not start at the same time. Runners start in waves based on age and gender. It lets you really see who is fastest among your family, friends and co-workers. We will also again have family divisions. Get a "family" of three or more and we'll have a separate award for your family.

Great swag still being determined. The popular insulated lunch/wine bag will part of it but what will be in the bag.....?

Information and Applications at [PagodaPacers.com](http://PagodaPacers.com) and on line applications at [Pretzelcitysports.com](http://Pretzelcitysports.com). See you in June!

Because your **MAIN FOCUS** is the miles ahead of you... **NOT WHO MIGHT BE** behind you.

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## Pacer Board of Directors Candidates

|                      |                        |
|----------------------|------------------------|
| <b>Dan Quinn</b>     | <b>Jon Durand</b>      |
| <b>Whitley Cooke</b> | <b>Ellie Alderfer</b>  |
| <b>Phil Lechner</b>  | <b>Mike Gallen</b>     |
| <b>Beth Auman</b>    | <b>Dave Gallen</b>     |
| <b>Jeff Hills</b>    | <b>Bill Buchanan</b>   |
| <b>Donna Hey</b>     | <b>Mike Yoder</b>      |
| <b>Tom Chobot</b>    | <b>Steve Maguire</b>   |
| <b>Matt Brophy</b>   | <b>Charlie Crowell</b> |
| <b>Rose Hagy</b>     | <b>Sue Jackson</b>     |
| <b>Dave Feinauer</b> | <b>Michael Whalen</b>  |
| <b>Ken Seale</b>     |                        |

Elections to be held at April 12 meeting (9 positions)

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President Larry Drogo offered for all Board of Directors candidates to submit a brief summary of themselves and their interest in becoming Board members. Not all candidates provided a summary. Refer to list above for full ballot of candidates running for Board.

### Rose Hagy

My name is Rose Hagy, and I love to run! The Pagoda Pacer Athletic Club offers this opportunity by promoting physical fitness along with organized activities, and fellowship. The member volunteers are amazingly dedicated to the club and work hard to make it successful. It's inspiring, and I want to do my part as well by volunteering to become a member of the Board if elected.

I feel that this position is in line with my skillset, and I would promote the mission of the club as indicated in the mission statement and bi-laws. My education is a Bachelor degree in Accounting, an MBA, and a Doctorate in Finance. Although I started as a clerk with Rockwell International, my final position before I retired from Magnatech International, was Vice President of Operations, and ownership of the company as a member of the Magnatech Executive Management Group.

Please provide me the opportunity to apply my experience in helping to promote the continued success of the club by voting me onto the Board at the next meeting. Thank You.

### Charlie Crowell

I would like to place my name on the ballot for a position on the new Board of Directors of the Pagoda Pacers Athletic Club because becoming a Board Member would allow for more opportunities to support the Pagoda Pacers Athletic Club, President, Officers, and Members.

I have been trail running since 1979 and have run or volun-

teered in many Pagoda Pacer races since 1980. I have been a member of the Pagoda Pacers for at least 25 years. I am the founder and former race director of the Charlie-Horse 1/2 Marathon Trail Run.

In addition to volunteering for the Pagoda Pacers, I do volunteer trail maintenance with the Horse Shoe Trail Conservatory, Nolde Forest E.E. and French Creek State Park.

### Whitley Cooke

Hi, my name is Whitley Cooke and you probably would recognize me because I am one of the last persons to finish a race or, if not running, working registration, water stops or the finish line. My husband, Benny Delp, and I have been members of the Pagoda Pacers since 2011. I am an Associate Professor of English at Temple University and have taught there for 15 years. Before teaching, I owned and managed my own construction sub-contracting business. I believe that I have the experience to be an active member of the board and can represent all members, fast and slow (like I am).

### Dave Gallen

Long time member, owner of Gallen Insurance and enjoy working with the Pacers and our great organization. All the Best, Dave

### Donna Hey

Good afternoon, I'm interested in putting my name in for the executive board, but don't really have too much to say about myself.

I've been an active member of the Pacers since I came back to PA about 6 years ago, and am pretty active in the running community through RAGNAR and Pretzel City.

Always looking for fun ways to get more people to enjoy running no matter what level they're at.

### Phil Lechner

I am very proud and honored to be part of the pacers for the last 20+ years. The club is my second family and I have always tried to be actively involved. I have served as president (briefly), vice president (for 3 years), Weds nite run coordinator (since 2010), as well as involved in organizing charity runs, community service, serving on various committees, and the junior high cross country championships (working with Tom as well as coaching). I hope to continue to give back as a member of the club's new board of directors as we steer the club towards more community involvement, while encouraging more youth participation through physical fitness. Thank you for your consideration!!!

### Jeff Hills

I'm a late in life runner, beginning when I was 48 yrs. old. Now 9 yrs. later the stories and experiences that I've been blessed to enjoy through running is immeasurable.

During this time I've been an Pagoda Pacer Member, Race

Director (Grings Mill Run) and Co-Chair of the Christmas Party. I've qualified for Boston Marathon twice and New York once, have run (3) 100 Mile Races with a personal best of 23:45:00 and every distance you can think of. My son (Kyle) and I enjoy Destination Trail Races (when I'm not injured) since he moved to AZ and now CO some 5 yrs. ago. Our last race was the Pikes Peak Ascent 2 yrs. ago.

I'm also very active and involved with the Road Runners Club of America - I'm a RRCA Certified Running Coach and now serving my 5th year as the PA State Rep. I'm happy to share my knowledge and experiences that I have gathered working with other RRCA Clubs statewide and in some cases nationally.

#### Steve Maguire

Five sentences to sell your value as a board member is like a 5k, for me, a sprint distance peppered with cursing, a few pleas in the middle, and hopefully some validation to some level of preparedness. As a Salesman, Manager, and Director in my working career I can say some meetings honestly are as painful as an Ultra leaving me with much respect for all participants and volunteers. As a Pacer, we practice Compassion, Empathy, and Generosity, which I believe is a cloaked veil to help others reach levels within themselves they never knew possible. Case in point my first running in a marathon was with a cowbell encouraging a friend and the dozens behind me wanting to strangle me. The Board to this organization, its history, experience, reputation, and future is important and something I believe with dependability, integrity, I could add to continuation of the Pacer mission.

#### Beth Auman

I have been a Pacer for my entire adult life, and the Pacers truly are a second family to me. I have served in various roles over the past 14 years, currently serving as the Scholarship Committee chair, newsletter editor, and member of the Communications Committee. By day, I am an attorney specializing in local government law and real estate. As a runner, I have explored everything from beer

miles to 100 milers, and mostly enjoy long meditative trail runs to appreciate nature and movement, but occasionally like to test myself by racing 5Ks. Even though we are an athletic club, to me it really is just a people club, and we are blessed to have a wonderful mix of people with whom we share miles, stories, service to others, and chapters of our lives. I would like to serve on the Board in order to give back to an organization that has given so much to me, and to help guide the club in a sensible matter as it evolves in the years to come.

#### Tom Chobot

My name is Tom Chobot, and I'm throwing my hat in the ring for a position on the Board of Directors.

My wife Gwyn and I have been active members of the club for about 20 years. We enjoy engaging in all facets of club activities from joining in on group runs to helping out at the various functions and races whenever we can. In addition, we started the Fall Runoff junior high cross-country invitational and, along with Phil Lechner, have co-directed it for the past 10 years. I have been running, on and off, for 45 years, long enough to know that runners are the kind of folks I want to hang around with. I dare say that the running community is my second family and for what it's worth I feel emotionally invested in the club, the sport, and the running community as a whole.

The way I see it, the club provides two basic benefits. One is that it gives us a place to congregate as a group – a group which spans the spectrum of backgrounds, age, and abilities, yet we share one common interest. The other is that it gives us an opportunity to pool our resources (our time, talents, skillsets, etc.) with the idea that whatever we wish to contribute, we can come out with more than we invested. The good thing is that the club is healthy and rapidly growing, and that in itself, will require more structure as to how we make the best use of our resources as we move forward. Picking good leadership is paramount for all of us. I'm willing to give it a shot, if chosen.

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# ***PPAC CODE OF CONDUCT***

The Pagoda Pacers Athletics Club (PPAC) is dedicated to providing events, services, and programs that are aimed to keep runners doing what they love to do -- RUN. PPAC caters to a wide variety of fitness levels, from the walker to the avid runner in Berks County.

The Code of Conduct is created for the safety and benefit of PPAC, its members and guests. The purpose of this policy is to set forth the basic principles of decency we expect members to follow so that members can achieve their running goals in a safe and fun environment. This Code of Conduct is created for the safety and benefit of PPAC, its members and visitors. It is not meant to dictate all interpersonal relationships and interactions between members or between members and the community. Instead, the purpose of this policy is to set forth the basic principles of decency we expect members to follow so that members can achieve their running goals in a safe and fun environment.

As a PPAC member, you agree to:

- Always show respect to your fellow club members at all times
- Always show respect and appreciation for the volunteers who give their time to help the club and/or event(s)
- Never yell, taunt, or threaten physical violence upon another member of the club, a volunteer or event spectator. Members with a criminal history of violence or with a legal restraining order against them by another member may be barred from membership and participation in all club activities.
- Never use abusive or vulgar language, or make racial, ethnic, religious or gender-related slurs or derogatory comments at club events
- Never make unwanted sexual or physical contact with other members. Members found to be listed on a sex offender registry, convicted of a sex crime, or convicted of having, creating, or distributing child pornography will be immediately barred from membership and all participation in club activities.
- Follow all rules of the road. Never walk/run two or more abreast, abide by intersection cross walk signs, use sidewalks when available.
- Respect pedestrians, cyclists, and other path/road users. Give way to others when necessary.
- Look after the other runners within your training group; if someone is struggling, inform your run

leader and make sure that they are not left on their own

- Use of headphones during group runs is discouraged for the safety of you and those around you; if you feel compelled to wear headphones during a group run, either use them at a low volume or only use in one ear to be able to hear what is going on around you. Please be courteous to your fellow runners and group leader by being alert and involved
- Each member is a representative of PPAC; be mindful of your actions in public places, at events, and during training runs, as they may reflect on, and have negative consequences for ,PPAC as an organization.
- Show your appreciation to event organizers. Thank the race management, timers, volunteers, fans, etc. If you had a bad experience, keep your comments to your personal online accounts as to not impose your opinions as the “club’s” opinion.
- Any Illegal or illicit activities carried on at any pacer sponsored event is grounds for removal from the club.
- Report violations of the Member Code of Conduct policy to the PPAC administrator in writing via email
- Members agree to abide by the PPAC Facebook Code of Conduct
- Failure to follow the Code of Conduct may lead to a member’s expulsion from PPAC
- Violations of the Code of Conduct are to be presented to the PPAC President, who shall investigate the circumstances of the allegations and report the findings to the Board of Directors.
- The Board of Directors shall review the findings of the President at its next scheduled meeting to determine whether further action is necessary. The Board, in its discretion, may fashion a remedy depending on the severity of the Code of Conduct violation. Sanctions may include, but are not limited to, a verbal warning, a written warning, referral of the matter to proper law enforcement, or the cancellation of PPAC membership. The Board shall allow the accused member an opportunity to be heard, the accused may petition/address the Board either in writing or in person, prior to any cancellation of any PPAC membership.



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**Meetings:** 2nd Thursday of each month  
**Annual Dues:** \$20 Individual; \$30 Household

**2018 PPAC Officers**

- President ..... Larry Drogo
- Vice President ..... president@pagodapacers.com
- Jon Durand
- Treasurer ..... Shaun Luther
- Secretary ..... Ellie Alderfer
- Race Results Coordinator ..... Karen Rule
- raceresults@pagodapacers.com
- Run/Charity Coordinator ..... Phil Lechner
- Membership Coordinator ..... Dave & Mike Gallen
- Youth Coordinator ..... Tom Chobot
- Newsletter Editor ..... Beth Auman
- editor@pagodapacers.com
- Webmaster ..... Ed Recker
- webmaster@pagodapacers.com

The newsletter is published monthly. To submit an article for publication, or inquire about advertising, email [editor@pagodapacers.com](mailto:editor@pagodapacers.com). The deadline for submission is the 15th of each month.

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