



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

Reading, Pennsylvania

## FROM THE PRESIDENT

Good Morning Pacers,

With my time as president coming to an end, I would like to thank some of the people I have had the pleasure of working with. A big thanks to Ellie and Libby, our Club Secretaries, Jon and Ben our Vice Presidents, and Shaun our Treasurer. Without members like them willing to take on a thankless task our club could not function. So the next time you see these great members tell them thanks.

Now on to our club outlook. In the last couple years we have gone from a membership of about 400 members, to (at last count) 550 people who have joined our club. We have cut our fixed costs of running the club by about a third. We have shored up our finances by increasing membership in addition to raising our dues to reflect a 2018 reality. We are also working toward moving away from cash and more toward using credit cards at our races. This will eliminate cash floating around and provides a convenient way for everyone to pay for races. With all these changes, our base finances should be solid for the future. We have recently started looking at getting rid of the shed and going to a large trailer that may help at the races and cut our costs. The club has also gotten rid of the old executive committee and replaced it with an elected Board of Directors which will have elections every year keeping everyone involved. We have also brought our bylaws into the 21st century.

Some things you may not have noticed include: our new AED we have at each race given to us by Friends of Reading Hospital which we helped at their race; a new finish line used at the Oley race; the new task Phil has taken on of sending our sympathy cards for members' family deaths, get well cards for our members that are down and out and congratulations on births and weddings - small items that mean a lot to people when something happens. While I think we will always attract the best local runners, I also believe we have made the club more accessible to all levels of runners and walkers. We have moved from a Wednesday night run of 5 to 7 miles to a run of 45 minutes to an hour. This doesn't seem like a big change unless you cannot run 5 miles at a 10 minute mile.

Now some challenges the club faces. Most of our races are seeing a decline in attendance. This is happening at races everywhere. Just too many races. Our race directors are addressing this issue. We are starting to set a high quality brand as Pagoda Pacers. This should help so when you see it is one of our races you know it will be a great race. We are also tying our races to some kind of charity which a lot of people look for. Another challenge is some members over speaking other members at meetings, with some small progress made. Again, a lot of small changes make great strides.

Lastly I would like to wish Steve and team all a lot of success in the future.

Thanks for the 2 years,

Larry Drogo

## December 2018 UPCOMING EVENTS

12/7/18 Friday	<b>Pacers Christmas Party</b> 6:00pm - 11:00pm, Grill Fire Co. 739 Mountain View Rd., Kenhorst \$10 member / \$20 non-member
12/9/18 Sunday	<b>Shiver by the River #1</b> 10:00am (new time!) - 5K & 10K Jim Dietric4h Park, 4899 Stoudts Ferry Bridge Rd., Muhlenberg Twp.
12/30/18 Sunday	<b>Kris Kringle Run 5 Mile Run</b> 11:00am, Berks Co 4-H Building See details on Page 5

## GROUP RUNS

Start Time: 6:15pm Wednesday

**\*\*Runs during fall/winter are on roads; reflective gear/headlamps recommended\*\***

### December 5, 2018

Run: Giant Supermarket  
2104 Van Reed Rd., West Lawn  
Eat: Ganly's Pub  
500 Brownsville Road, Sinking Spring

### December 12, 2018

Run: Wyomissing High School  
630 Evans Ave., Wyomissing  
Eat: Alebrije Mexican Restaurant  
2224 State Hill Rd., Wyomissing

### December 19, 2018

**\*\*Holiday lights run at Grings Mill\*\***

Run: Home Depot - Wyomissing  
1731 Crossing Drive, Wyomissing  
Eat: Tino's Pizzeria & Bar  
1 Wellington Blvd., Wyomissing

### December 26, 2018

**\*\*Holiday lights run @ Hillside Playground\*\***

Run: Reading High (Hampden Park)  
801 N. 13th St., Reading (north side of HS)  
Eat: Blind Hartman's Tavern  
2910 Pricetown Road, Temple



## SAVE THE DATE

- 1/13/19 - Shiver by the River #2
- 2/10/19 - Shiver by the River #3
- 3/10/19 - Shiver by the River #4

# RACE RESULTS

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

## Black Rock 25K

11/76	Brandon Beane	2:43:05	
14	Steve Maguire	2:50:42	
25	Beth Auman	3:21:18	1st Female
38	Chris Fisher	3:33:08	
48	Karen Rule	3:53:20	
49	Joanne Van Horn	3:53:21	
50	Ruth Machamer	3:53:23	
59	Katie Frederick	4:05:51	
61	Jim Demsko	4:05:54	
62	Tamara Pokrywa	4:14:40	
70	Jane Setley	4:30:17	

## Oley Valley Classic 10 miler

15/257	Dee Koutsourais	1:05:57	1st F30-34
16	Jon Durand	1:06:30	3rd F30-34
46	Duane Renninger	1:15:11	3rd M50-54
47	Laura Yoder	1:15:18	1st F50-54
49	Raine Fussner	1:15:35	1st F55-59
72	Patrick Boggs	1:20:18	
158	Ann Gery	1:32:53	
159	Kyle Gery	1:32:55	
175	Joanne Patti	1:35:26	
212	Janine Beidler	1:41:37	
215	Barbara Raifsnider	1:42:07	
228	Sue Jackson	1:46:03	

## Harrisburg Marathon

Rhoda Smoker	3:24:15
Andy Styer	3:33:00
Lamar Foley	3:55:29
Matt Brophy	3:55:34
Brooke Schell	4:02:09
Don Mengel	4:02:11
Joan Bunn	4:06:04
Michael Ranck	4:59:11
Jonathan Foley	5:43:24

## Wilson Tough Turkey 5K

1	Curt Minich	20:37	1st overall
3	Steve Maguire	21:20	2nd M50-59
7	Kate Martin	23:27	1st F Overall
9	April Zimmerman	24:07	2nd F30-39
14	Ruth Machamer	26:34	1st F40-49
15	Jim Demsko	26:43	2nd M40-49
17	Jane Setley	27:00	1st F50-59

## Fitzy's 5K

5/467	Dee Koutsourais	19:42	1st Female
135	Janine Beidler	28:35	
139	Joanne Patti	28:49	
141	Lia Perella	28:54	
176	Ellie Vanderbeck	30:19	3rd F55-59
189	Sorita Averill	31:05	
322	Helene Horn	37:28	

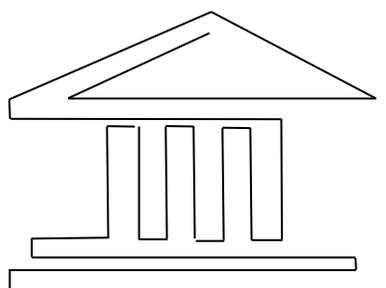
## Oley Valley Classic 5K

5/143	Mark Andrus	18:08	
7	Curt Minich	19:21	1st M50-54
44	Jane Setley	26:18	2nd F50-54
46	Shannon Govern	26:43	3rd F15 under
51	Zeb Ganster	26:54	
71	Larry Drogo	29:27	
74	Tanara Govern	29:48	
111	Rose Hagy	37:19	1st F70-74

**DON'T FORGET TO RENEW YOUR PACER MEMBERSHIP BEFORE DECEMBER 31! WATCH EMAILS OR VISIT WEBSITE FOR RENEWAL INFO!**

## LAW OFFICE OF BRIAN SEIDEL

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**BRIAN SEIDEL, ESQUIRE**

Attorney at Law

359 Blimline Road  
Mohnton, PA 19540

Phone: (484) 335-1218

Email: [seidellaw@gmail.com](mailto:seidellaw@gmail.com)

**Pagoda Pacers Scholarships!**  
**Application Deadline:**  
**February 28, 2019**

The Pagoda Pacers award four outstanding High School Seniors each with a \$750 scholarship for their continuing education. Students are recognized for their participation and achievements in athletics, academics and community service.

Two scholarships are open to all high school seniors whose **parents are current members** in good standing for at least one year of the Pagoda Pacers.

Two scholarships are open to all high school seniors who participated on a **Berks County high school cross country team**.



Scholarship Application and additional details are online at: [www.pagodapacers.com/Scholarships/About.aspx](http://www.pagodapacers.com/Scholarships/About.aspx).

## SHIVER BY THE RIVER

The **29<sup>th</sup> annual SHIVER** by the RIVER 5K & 10K is upon us. Join us on the 2<sup>nd</sup> Sunday of the each month: **December 9<sup>th</sup>, January 13<sup>th</sup>, February 10<sup>th</sup> and March 10<sup>th</sup>**, at Jim Dietrich Park, in Muhlenberg Township.

This year we have a **NEW START TIME**: registration opens at 8:30, **both races start at 10:00**. If you can't run all 4 of them, run 3, run 2, or run 1. We also have a new course, including a new finish. We hope both alleviate some of the congestion between runners and cars, both on the course and in the parking lot.

If you choose not to run the race, please consider volunteering. We need volunteers before the race, for **parking and registration**; during the race - **on the road, at the finish line and in the farmhouse**; and after the race - for **cleanup**. If you can help prior to the race, please plan to arrive between 8:00 - 8:15. If you can help with the race itself, please arrive no later than 9:30. Look for one of the race directors somewhere around the farmhouse. Thank you in advance for your support!

Hope to see you there!!!

*Sue Jackson, Kelsey Jackson, Georgine McCool*

## RACE REPORT: OLEY VALLEY COUNTRY CLASSIC

The sun was shining and the weather was brisk; a perfect day to go for a beautiful fall run...on country roads. The 24<sup>th</sup> running of the Oley Valley Country Classic welcomed 400 hundred runners on November 11, 2018. What a great event this turns out to be year after year with 143 runners in the 5k and 257 in the RRCA Eastern Regional Championship 10 Mile. It will be easier than ever to spot this year's Oley long sleeve walking around town! Great job runners on your accomplishment and thank you for participating in this event. The volunteer participation that makes this event go on is amazing; thank you to everyone involved from both the Pacer membership and the Oley Youth League. Our local sponsors are the financial back bone of this race, please support them. Thank you so much to Level Financial Partners, Bob Fisher Chevrolet, Fleetwood Footcare and Tower Health Sports Medicine. This year's handmade glass awards came out wonderful, thank you to Maggie Gallen local artist. She does wonderful work, find her at the Goggle Works. A major thanks goes out to the man, the myth and local legend Barry Goodhart for his devotion to making sure we are planned and ready...from ropes to rubber bands. He is the heart and soul of the Oley Classic, thank you for keeping this thing going and making it a success.

So let's talk record breakers? Did it happen? For the past several years Gallen Insurance has put a \$150 bounty on anyone that can break the course record. The records are a little old; the female 10 mile record has stood since 2000! [10M (M)2008, 5K (F) 2011, 5K (M) 2008]. Little did we know that Zach Barker, 26 of Wyomissing, PA was going to smoke Oley for breakfast that day. He ran a 52:08 taking out the 2008 record of 52:36. Zach had a summertime goal to break the course record, along with get in top marathon shape for the California International Marathon on December 2. He has hopes of running fast enough to qualify for the Olympic team. Go Zach! Come beat your record in Oley next year!

If you have any ideas how to make this race even better next year, please reach out to Len Burton (leonardeburton@gmail.com) or Barry Goodhart (barrygoodhart@gmail.com). We want to continue to offer you a great race experience so provide your input. The 2019 event lands on Veterans Day next year....Military Veterans come out and run. We will likely do something special for our heroes. Any suggestions let us know! See you in 2019!



*Barry Goodhart, 10-Mile record holder Zach Barker, Dave Gallen, and Lenny Burton*

# GENERAL MEETING MINUTES

Date: November 8, 2018

Time: 7:00 p.m.

Location: Blind Hartman's Tavern

**Treasury Report** – Shaun Luther—86% of target, normal for this time of year. Taxes were filed by the appropriate deadline. Shaun had previously discussed investing some of the club's money in laddered CDs, versus the 0.08% interest currently on the money market fund. \$40,000 will be put into laddered CDs; \$10,000 each for 2-year, 3-year, 4-year, and 5-year CD cycles.

- PayPal has been a challenge to get started and approved for use. So, Shaun set up an account with Square. He is waiting for the test withdrawal to appear in the Pacer account, so may have this up for beta test at Oley Valley.

## Races:

**Charlie Horse**—Shaun Luther, 4 registrations so far on Run SignUp. The 5k course has been set up, one water crossing, at least. All the mess, just a shorter distance.

**Run for the Ages**—Donna attended a Nolde meeting, and she and Ted are working together.

**Oley Valley Country Classic**—Barry Goodhart: ready to go, looking for volunteers. Race starts at 9, and expecting about 400 runners. Awards from Maggie Gallen. The new finish line purchased from Butch will be used. The offer to break the course record and receive a prize of \$150.00, donated by Gallen Insurance, is still in effect.

**Kris Kringle**: Polly, 169 entries so far. Awards are felt gnomes and black hoodies. Anyone who sends in a check for payment gets an email confirmation. Added for online registration is race-day-only emergency contact information. One complaint at a township meeting received from a person stopped in a car who felt he was stopped for too long. This year's turn from the parking lot will be left (counter clockwise direction). Vendors will be at the race. Mike Whalen and Jackie have stepped up to assist with the food. Students get a



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

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PefferEmpower@gmail.com | www.mvdamselpro.net/VirtuteVanguards

discount—\$15 entrance fee, which has increased the student participation.

**Shiver by the River**: Sue Jackson—New hoodie-type shirt this year. Sue, Georgine, and Ron reviewed the location—out of park, go left, and through the development with no bridge, no 4-way stop signs, and changed the finish, so there isn't the mix between the parking lot and the finishers. Muhlenberg has to approve and will inform the residents. Volunteers are always needed. The first race is December 9 (second Sunday of the month), new start time is 10:00, and registration starts at 8:30.

**Jr. High Cross Country**: Tom Chobot—came in under budget for expenses. Both the senior and junior high races went very well.

## Social Committee:

Christmas Party, Dec 7, Grill Fire Company

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## MEETING MINUTES, CONT'D

### Communications Committee

Member survey—Jane and Jon, have received about 35 responses back. It has been emailed via the newsletter, and it can be hyperlinked in the newsletter on the website. A separate email will go out with the survey. May have a laptop available at the Christmas party.

### Community Service

Wednesday night runs—holiday lights runs will be coming up for Wyomissing (before Christmas) and after Christmas in Reading sponsored by the Jr ROTC. Please bring cash to donate to these worthwhile causes.  
Hosts from this year—thank you

### Charity Committee

Scholarships—Beth, due by Feb

**Membership** – 550 as of this morning; reminder emails are being sent for membership dues (Nov 15)

### Old business

Pacer trailer: Mike Whalen is heading up a committee to discuss the logistics. Suggestion made to get race director input before the start of planning. Board agreed to proceed with a proposal. Mike is describing as a “shed on wheels.”

Mike wants to invite newer members to help out with this committee.

### New business

Winners from the election voting:

Steve Maguire is the president

*Board members:*

Sue Jackson

Tom Chobot

Matt Brophy

Larry Drogo

Jon Durand

A hearty thanks went out to Larry Drogo for all his efforts as the club president.

**No December meeting - next meeting to be held in January.**

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**WELCOME NEW PACER  
MEMBERS!**

Joe Chandler

Kelly Elbin

Steve Budlong

## CALLING ALL RUNNERS, VOLUNTEERS AND SPECTATORS.

**The Pagoda Pacers' annual KRIS KRINGLE 5 MILE RUN is  
Sunday December 30<sup>th</sup> and we hope to see you there!**

HOODIES are back and so is the chance to win a pair of SOUTHWEST AIRLINE TICKETS. Hoodies guaranteed to the first 500 runners and ALL RUNNERS are entered in the airline ticket raffle; must be present to win.

Entry Fee is \$30 Adults, \$15 ages 18 and under if received by November 30th. Afterwards and on race day: \$35 adult, \$20 student. Proceeds benefit high school runners through the Berks County Cross Country Coaches Association, and also provide for college scholarships, free running shoes to students in need, and the sponsorship of the Junior High Cross Country Invitational Race.



Race starts at 11:00 AM and registration opens at 9:30 in the 4-H building at the Berks County Agricultural Center, 1238 County Welfare Road, Leesport, PA 19533. The course is scenic country roads, a short portion on the Union Canal Path next to a trout stream and on the prettiest trail section of Blue Marsh Lake. We are running in the clockwise direction up Hilltop Road at the race start.

Volunteers please arrive by 9:00 and thank you for helping out. On-line and hard copy registrations available on [PAGODAPACERS.com](http://PAGODAPACERS.com) and [PRETZELCITYSPORTS.com](http://PRETZELCITYSPORTS.com).

## FROM THE MAILBOX:



November 5, 2018

Ms. Katie Exas  
Pagoda Pacers  
PO Box 4115  
Reading, PA 19606

Dear Ms. Exas:

Thank you for your gift of \$2000 to Friends of Nolde Forest. You'll be amazed at how much good your contribution can do in the public lands you value most.

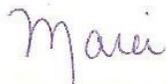
The Pennsylvania Parks & Forests Foundation (PPFF) works in partnership with state parks and forests establishing friends groups and engaging people in outdoor recreation, education and volunteerism. We work hard every day to make sure there's a place and an experience for everyone in Pennsylvania's state parks and forests, and we applaud the efforts of our nearly 40 chapters in their dedication to the mission we share and the public lands you love.

In 2017, PPFF friends groups logged over 66,000 volunteer hours helping to enhance state parks and forests while raising thousands of dollars for state park and forest activities! These volunteer hours translate into nearly \$1.6 million of labor to make your parks and forests better places to visit.

You can be certain that 100% of your contribution stays right here in Pennsylvania, helping us to build a culture of stewardship for our public lands. If you'd like to learn more about the work of our Friends or the Foundation, please visit our website and subscribe to one of our publications!

Thank you for your generous gift.

Yours in the outdoors,



Marci J. Mowery  
President

The Pennsylvania Parks & Forests Foundation (PPFF) is a 501(c)(3) non-profit organization--contributions to which are tax deductible to the fullest extent of the law. No goods or services were received in exchange for this contribution. PPFF's official registration may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania 1-800-732-0999. Registration does not imply endorsement.

# **"Why I Run the Blues Cruise Ultra Every Year"**

*By Matthew Brophy*

Admittedly, some of the reasons are sentimental.

In 2013, I was training for my first long-distance race (or at least it seemed like a long distance at the time): the Brooklyn Half Marathon, which I planned to run with a friend from college. I was also relatively new to Berks County, Pennsylvania, and didn't know a lot of nice, local spots to run. A neighbor recommended the trail system at Blue Marsh Lake, which featured a 30+ mile trail that looped around the perimeter of the entire lake.

I started exploring this trail three or four miles at a time, doing six or eight mile out-and-backs from various access points. While I loved the peacefulness of the woods and farms that surround the lake, it took me awhile to adjust to the rolling hills and the terrain. Before that, I had really only run flat courses on pavement or crushed-stone bike trails.

As my long runs got longer, and I moved from half-marathons to my first marathon, that same neighbor (competitive ultramarathoner Michael Heimes) said to me, "You know there's this race every fall--the first Sunday in October--that goes around the entire perimeter trail at Blue Marsh. You should do it next year."

That people ran races longer than marathons and that they often did it on rugged, hilly (or even mountainous) hiking trails was news to me at the time. But the idea of running that entire 30+ mile loop--circumnavigating that massive lake--all in one day got lodged in my imagination. "It's not that much longer than a marathon," I told myself. "Maybe I could do it."

In 2014, I did do it. Then again in 2016, 2017, and 2018. And I plan on running it again every year I can for as long as I can. Even more than my first marathon, my first ultramarathon helped me discover something in myself I never dreamed was there.

So what's so awesome about the Blues Cruise? Let me count the ways.

First and foremost, there is the course itself: one giant loop around the lake--a 31-mile journey that takes you out, around, and back without retracing your steps. On even years, they run it clockwise; on odd years, counterclockwise--each direction having its own character and strategic nuance. The trail is mostly single-track, with some old farm roads mixed in. You move through wooded game lands, along corn and soybean fields, through open pastures, up and down a handful of steep hills, and every once in awhile there's a stunning view of the lake framed by some early foliage. The pastoral beauty, especially on a sunny, autumnal day, is rich and varied.

Next, there are the amazing aid stations, staffed by volunteers from the Pagoda Pacers Athletic Club, the local non-profit running organization that makes the race happen. (Full disclosure: after discovering this club of passionate, enthusiasts in 2014, I joined the following year and have been an active member ever since.) The seven aid stations are spread out fairly evenly over the 31-mile course, so you're never too far from food, drink, and friendly faces. Each station has a theme (Jake or Elwood--or if you're really lucky, the Penguin--will refill your bottle at the Blues Brothers station; a Bavarian frau will offer you salty

potatoes at the Oktoberfest station; you can scarf a bean burrito and wash it down with Gatorade at the Margartaville station; and then there's my favorite, "Fugawi," which you have to experience for yourself).

Goofy costumes aside, the volunteers at these aid stations are beautiful people who know what they're doing and know what runners need. Many of them have decades of ultra-running experience under their belts; whatever you're feeling when you find them, they'll be able to give you something to help you make it to the next station.

This most recent Blues Cruise was on an unseasonably hot and humid Sunday (rare, but not unprecedented, for early October in PA), and when I approached the northernmost aid station after power-hiking and flying down the course's biggest hill, I immediately heard, "Matt--what do you need?" Before I knew it, one friend was filling my water bottle, while another was wiping the salt off my face with an icy-cold towel. If 31 miles seems like an impossible distance, remember this: it's really just a series of 4 and 5 mile runs, from one aid station to the next. You recharge and you get back out there.

The race also has pretty sweet swag, especially considering the modest registration fee. It seems like every road marathon I've run has cost \$100 to \$200, and I end up with a shirt that doesn't quite fit and a "finisher medal" that ends up in the back of a desk drawer. The registration fee for Blues Cruise is half that of a typical big-city marathon (even if you wait until the morning of, the cost is only \$85), and in addition to the typical race shirt, you also get a hat, a specialty item, and a finisher "award" which is always something more useful than a medal. The first year I finished, I got a lawn chair (which I still use), and the second time I got a nice jacket. If you're fast enough to get an age group award, those are pretty cool, too: big wooden paddles you can use to kayak around the lake as you celebrate your achievement.

The final thing I love about Blues Cruise is that the race is an opportunity to give back to Blue Marsh, which is a recreational mecca for Berks County. Not only is it great for running and hiking, but it's also a popular spot for mountain biking, boating, swimming (with or without your dog), fishing, hunting, and horseback riding. Part of the proceeds of the race go to the U.S. Army Corps of Engineers, who maintain the facility, and individual runners have the opportunity to make their own donation when they register. Moreover, in preparation for the race, dozens of volunteers from the Pagoda Pacers typically clear out some of the more remote sections of the perimeter trail (which tend to become overgrown by late summer) in order to make the course race-ready.

So all of you road runners out there who are tired of hitting the pavement and want to feel the earth beneath your feet--think about taking on this new challenge. The Blues Cruise is ideal for your first ultramarathon. It's not as rocky or as mountainous as the terrain on some other more remote courses, but it's still a significant challenge.

This race is so much more than a marathon plus 5 more miles. It's a tour of the countryside--a rolling, hilly adventure; a journey through nature, where you'll find unexpected friends in the woods. You'll run a lot; you'll hike some; you'll stop and eat some. You'll keep moving. You'll get around that lake. You'll have to. No one's gonna let you quit.

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**THE PAGODA PACERS A.C.'S 29th ANNUAL  
SHIVER BY THE RIVER  
LEGENDARY 5K & 10K "NO FRILLS" WINTER RACE SERIES  
Sunday(s) Dec. 9, 2018 and Jan. 13th, Feb. 10th & March 10th, 2019  
\*\*\* New Time\*\*\* 10:00 A.M. start for all races. Registration opens at 8:30 A.M.**

**Jim Dietrich Park, Muhlenberg Twp., Reading Pa.**

Conducted in cooperation with the Muhlenberg Twp Parks and Recreation Department

**SPONSORED BY**

**Shillington Family Chiropractic Center, Shillington, Pa**

**Fleet Feet, West Reading, Pa**

**Please note the NEW START TIME: 10:00am. Many of you have asked us to start earlier, and we are listening!!!!**

Per RRCA insurance guidelines, the Pagoda Pacers strongly discourage the use of headphones during any Pagoda Pacer event, including training runs, and races.

Popular winter race series that draws approx. 400 runners per month because of its friendliness, great price, devotion to running in almost any type of weather, indoor registration, a wheel measured course and a wonderful post-race buffet!!!

Both races start at same time and place; 10k runners do the loop twice. **ROAD OPEN TO TRAFFIC DURING RACE;**  
*Proceeds benefit Pagoda Pacer Scholarship Fund and health & fitness activities supported by the Pagoda Pacers.*

Questions can be directed to [shiverdirector@pagodapacers.com](mailto:shiverdirector@pagodapacers.com) Or Kelsey Jackson (484) 336-7683 or Sue Jackson (610)779-6556 or Georgine McCool 610-927-1606

**AWARDS:** Only to the male and female top 4 runners in each of the 5k and 10k. However, awards are given for the overall series, based on a cross-country type of scoring (the person finishing 15th will be earn 15 points). Lowest scores in each age group will receive the awards. Both distances will be counted toward one set of awards. To be eligible, a runner must complete a minimum of 3 races (best 3 finishes count).

Series Awards to: 3 Overall Males/Females; Male/Female Master; Male/Female Clydesdale; Male/Female Master Clydesdale; plus age groups: 14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75+; and Clydesdale

Clydesdale: 2.2 lbs/vertical inch for women and 2.65 lbs/vertical inch for men.

**ENTRY:** Series registration includes great long sleeve tech shirt. \$45 for series if postmarked by Nov. 18, 2018; afterwards, \$60 for series; \$25 per race on race day, while shirts last; \$20 on race day, no shirt. No pre-registration for individual races. No refunds. No mailing of awards.

This is not a Pretzel City Event; therefore, Pretzel City gift certificates will not be honored as payment.

**Race Cancellation:** If, and only if, the weather is mega-foul and predicted to get worse, the status of the race may be checked at [www.pagodapacers.com](http://www.pagodapacers.com). Cancellation should also be listed on the scrolling bar on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**Address:** 4899 Stoudt's Ferry Bridge Rd. Reading PA 19605

Directed By the PAGODA PACERS A.C., [www.pagodapacers.com](http://www.pagodapacers.com) Insured by Road Runners Club of America

Register online at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

Or mail checks, payable to: PAGODA PACERS A.C., to Sue Jackson 89 Kinsey Hill Rd. Birdsboro, Pa. 19508

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Paid for Series? Yes / No

Street Address \_\_\_\_\_ Email \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age as of March 10,2019 race: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M F Clydesdale? Yes / No  
(this will be your age group for the entire series)

Shirt Size (unisex): XS \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

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WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic and winter hazards on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Pagoda Pacers A.C., Muhlenberg Twp., the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. Per RRCA insurance guidelines, the Pagoda Pacers strongly discourage the use of headphones during any Pagoda Pacer event, including training runs, and races. I HAVE READ AND UNDERSTAND THIS WAIVER:(if under 18, legal guardian must sign).

Signature \_\_\_\_\_ date \_\_\_\_/\_\_\_\_/20 \_\_\_\_

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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.*