



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

Reading, Pennsylvania

## January 2018

### UPCOMING EVENTS

1/11/18 **Monthly Membership Meeting**  
 Thursday 7:00pm (dinner served prior)  
 Blind Hartman's Tavern  
 2910 Pricetown Rd., Temple

1/14/18 **Shiver by the River #2**  
 Sunday 11:00am—5K and 10K  
 Jim Dietrich Park, 4899 Stoudts  
 Ferry Bridge Rd, Muhlenberg Twp.

### GROUP RUNS

Start Time: 6:15pm Wednesday

#### January 3, 2018

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

#### January 10, 2018

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

#### January 17, 2018

*\*Bring a New Runner Night\**  
Run: Alvernia University  
 Adams St & Greenway Terrace, Reading  
Eat: California Bar & Grill  
 699 Mountain View Rd, Shillington

#### January 24, 2018

Run: Reading-Muhlenberg Career/Tech  
 School  
 2615 Warren Rd, Reading  
Eat: Shirley's Cafe & Tequila Bar  
 1615 Duke St., Laureldale

#### January 31, 2018

Run & Eat: To Be Determined  
 Check website and facebook for updates

## FROM THE PRESIDENT

Good Afternoon Pacers,

I have some good news for the membership; I have been informed that our bank accounts are now back up to over 3 years of expenses. As with any large organization, our income and expenses do not match every month but in the end we are staying fairly consistent over the year end totals. With the member inquires lately of how we handle our finances, I have been looking at what and how we do things. Our club is a decentralized organization, meaning a lot of what happens is automatic or in the hands of our race directors. With any volunteer organization, it is always hard to get good people involved in the right spots. We are lucky to have very good race directors and Shaun who keeps our finances in order. Don't forget to thank them for all their unseen work.

Moving on to some of our races and volunteers. I have helped out at races in addition to running a few of our races. At a couple of the races I have heard people complain about the volunteers. They are not stopping cars from coming down the road, or they should be stopping all traffic on a course, or they should be doing something differently. To all our members, when you hear runners saying these type of things it's always good to remind them that everyone is a volunteer and should be getting thanks for standing on a street corner all day in the cold for the good of the race and club. This is also true at some of our meetings, that are getting larger ever month. With more people in attendance, it does tend to get a bit loud. That said, we need to understand that no one is working against the good of the club. In any company you always have the old timers that know how everything has and should be done with no changes. On the other hand you also have the newcomers that think everything should be changed. This tension is what keeps things moving along but not too fast where large mistakes are made. Listening and discussion tend to change minds more than yelling.

Since I have been involved with the club I have seen a few race director changes and changes in the volunteers at the races. This is good; we keep getting new people involved. Without these changes the club would not have stayed in existence as long as it has. I have been talking to some of our past presidents since Phil has been contacting them all. They relate to me the same problems they dealt with in their time that we are going through now. So in these times of division in our country, we should all strive to understand that we are all part of the Pacer family. Hope to see you at the next meeting or run.

Larry Drogo

**SAVE THE DATE**  
 2/11/18 - Shiver by the River #3  
 3/11/18 - Shiver by the River #4

## RUNNER PROFILE: EMILY JENSEN "The Young and the Fast"

by Matt Brophy

Based on the name alone, "Blandon" doesn't sound like the most exciting place on Earth. Emily Jensen, a native and resident of the town, confirmed that aside from her family, with whom she's very close, there's not a whole lot going on there. Perhaps that's one reason she's developed such an appetite for new taking on new adventures and conquering new challenges.

Jensen has loved running since she was a kid, but when she was in middle school in Fleetwood, there was no track team. She got into field hockey as a substitute, which she continued to play throughout high school and her years at Providence College in Rhode Island. During high school, she joined the track team and excelled, competing in 400 and 800 meter distances, as well as hurdles (setting a few school records along the way!).

It wasn't until after college that Jensen would develop her talent for longer distances. Realizing there were no "pick-up field hockey games," and wanting to remain active, she gradually started to increase her distance: 5k, 10k, half-marathon, marathon. She found that the half-marathon was

a sweet spot for her, a distance at which she could really shine without much pain. In 2015, she ran the Pacers' trail half-marathon--the Charlie Horse--posting an impressive finishing time of 2:11 (10th female overall).

Jensen's love for trail running blossomed during an internship in California in early 2016. During her three months there, she ran a trail marathon or half-marathon nearly every weekend, all in gorgeous state parks and public lands. This all culminated in a 3rd place finish at the Napa Valley Trail Marathon (3:49)!

This past year, Jensen finally succumbed to Pacer Peer Pressure (capitalized to denote its overwhelming influence and authority) and registered for her first ultra--the Blues Cruise 50k--which she successfully completed in

5:53. She loved seeing all the friendly faces at the aid stations, as well as the variety of food there. Knowing the trail and feeling "at home" also helped. "It was a great first ultra," she said, and she looks forward to running it again (and faster) next time.

As for 50 or 100 mile races, Jensen says she's not interested, but then again, who knows. Running with the Pacers can reshape one's sense of what's possible.



Jensen approaching the finish line at the 2017 Blues Cruise 50K

Getting to know so many supportive and encouraging runners has been Jensen's favorite part of being a Pacer. She prefers running with others to running alone, and she loves how club members have given her the opportunity to explore so many new trails and places to run.

Her latest adventure--an exciting new job as an occupational therapist for inpatient rehab at the Lehigh Valley Hospital--may take her out of Berks County, as she looks into buying a home closer to her new career. But we all hope that she will make the schlep home along 222 to run with us whenever she can!

### WELCOME NEW PACER MEMBERS!

Jason Bailey	Jill Faber
Gretchen Smith	Lisa Domeshak
Michael Smith	Kevin Hopp
Jeremy Ketterer	Lindsay Angstadt
Kelly Sands	Tim Simmons
Tim & Stacey Nash	Jonathan Foley
Stephen Hobbs	Jesse Otto
Jennifer Thuss	Kelly Trivic

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# RACE RESULTS

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

## Oley Valley Country Classic 5K (omitted last month)

John Thompson	20:59	1st M30-34
Gary Spatz	23:26	1st M55-59
Lauren Massaro	25:32	1st F35-39
Meredith Rotz	27:50	3rd F35-59

## Oley Valley Country Classic 10 mile (omitted last month)

Elizabeth Cole	1:44:39
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## Reading Help for Houston 5K

Paul Makurath	29:58	2nd M68+
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## Evansburg Challenge 10 Mile Trail Race

Paul Makurath	1:59:19
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## PJ Whelihan's 10 Miler

Paul Makurath	1:41:53	1st M70+
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## New Jersey Trail Series One Day 12 hours

Jeff Dorko	40 miles
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## JFK 50 Mile

101	Brad Bansner	8:33:27
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## Dirty Bird 15K

15	Greg Kellenberger	1:16:16	
20	Michael Whalen	1:20:10	4th M50-59
72	Eric Delahaye	1:34:01	
132	Lee Zechman	1:46:23	4th F50-59
133	Dough Zechman	1:46:24	
149	Ruthie Vanderbeck	1:49:01	
150	Sarah Schaeffer	1:49:02	
155	Dan Schaeffer	1:49:39	
201	Janine Beidler	1:59:41	
202	Joanne Patti	2:00:10	3rd F60-67
215	Barbara Raifsnider	2:04:18	
220	Jeanne Gochnauer	2:05:39	
239	Colleen Fitzpatrick	2:11:06	
247	Ellie Vanderbeck	2:13:56	
278	Helene Horn	2:53:45	

## Dirty Bird 30K

9	Scott Thomas	2:49:02	1st M50-59
11	Dale Wiest	2:54:06	2nd M50-59
16	Steve Vida	3:01:43	3rd M30-39
30	Mike Ranck	3:20:57	2nd M60+
48	Katie Thomas	3:37:18	2nd F0-29

## Dirty Bird 50K

13/53	Mike Reddy	5:26:13	1st M50-59
26	Kate Martin	6:03:15	1st F30-39
41	April Zimmerman	6:49:58	3rd F30-39
50	Jenn Guigley	7:19:24	

## Share the Joy 5K

1	Tim O'Donnell	17:31
	Helene Horn	35:38

## Tussy Mountainback 50mile Nat'l Road Championship

23	Mike Reddy	9:09:29	1st in age group
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## Run for the Stripes Virtual 5K

Helene Horn	45ish
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## Flippin Fun 5K Turkey Run

Helene Horn	37:46
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## Mag Fall Flash 5K

Helene Horn	34:25
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## River Ramble Fall Classic

Helene Horn	36:31
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## Devil Dog 100 miler

Brooke Schell	28:04:37	2nd Female!!
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## Devil Dog 100K

16/81	Andy Styer	14:22:26
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## Chester County Running Store

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## RACE RESULTS, CONT'D.

### Illinois River Trail Classic 4 miler

Brooke Schell	31:42	4th F in AG
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### 8K Ridgewood Turkey Trot

401/2723	Michael Ranck	41:40	2nd M65-59
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### Funky Santa 5K

Helene Horn	35:53
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### Christmas in Birdsboro 5k

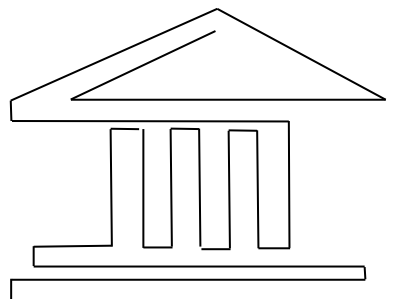
1	Katie O'Regan	18:27	1st overall
5	Michael Whalen	21:40	2nd M50-59
18	Gary Spatz	23:45	
39	Janine Beidler	27:09	1st F40-49
58	Joanne Patti	29:55	1st F60-69
117	Chris Weidenhammer	42:03	
126	Helene Horn	54:48	

### Run Santa Run 5K

25	Elaine Cook	23:16	3rd Female
44	Sarah Schaeffer	24:40	1st F30-34
75	Sorita Averill	27:04	1st F55-59
89	Janine Beidler	27:54	
100	Mark Mazurkiewicz	28:43	
123	Joanne Patti	29:29	2nd F60-64
139	Elizabeth Cole	30:26	
218	Ally Costello	36:00	3rd F20-24
224	Helene Horn	36:21	

## LAW OFFICE OF BRIAN SEIDEL

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# Shiver by the River

Shiver #1 was held on Dec 10th, with 259 runners completing the 5K, and 115 runners finishing the 10K. It was one of our lowest number of finishers in December which we are hoping was due to the 4" of snow that fell the day before and the cold, cold winds. Runners actually reported it was easier to run up the hill, out of the park, then down the hill, due to the winds! So, we say Thank You to all the runners.

By the time you receive this newsletter, results will be listed on our website [www.pagodapacers.com](http://www.pagodapacers.com) and also on Pretzel City Sports [www.pretzelcitysports.com](http://www.pretzelcitysports.com). 1<sup>st</sup> male and female in the 5K were Mickey Molchany with a time of 16:46 and Erica Pearson with a time of 19:12. Our top male and female in the 10K were Daniel Shelly in 35:48 and Raine Fussner in 44:39. Congrats to all runners and thank you for running the Shiver.

THANK YOU...THANK YOU...THANK YOU to our volunteers!! Once again, it was a successful day, thanks to many Pacers.

Please remember to **only complete the registration form ONCE during the series**. As we have done in the past, we will have 3 separate areas for registration. I know you have all heard this before, but trust me, we will still have runners (including Pacers) who will complete a form for each race. This year we are calculating results by bib# so each runner will have the same bib# each month. Obviously if a runner completes more than one application, he/she will have more than one bib#.

- Pre-Registration is in the front room, for those runners who have paid for the entire series.
- For those runners who are paying for each race, individually, and who ran in December, registration is in the 2<sup>nd</sup> room, at the table marked 'Post Registration Single Race Entry'. **We have a number with a label with your name. No need to complete a new registration form.** If you do, there is the potential of being recognized as a different runner when it comes time to calculate the series results. If any information needs to be changed, just let them know when you get your number; no need to complete a registration form with the changed information.
- For those runners who have not registered for the 2017-2018 Shiver, registration is in the 2<sup>nd</sup> room at the table marked 'Post Registration'. When completing the registration form, if you have paid for the series, please circle YES; otherwise, we will expect you to pay again at the remaining races.

Please patronize our sponsor: **A Running Start**. Also, thank you to **RUseeN** for sponsoring, in part, the awards given to the 1<sup>st</sup> thru 4<sup>th</sup> male and female of the 5K and 10K. Please note, this is not a Pretzel City event; therefore, Pretzel City gift certificates may not be used to pay for your registration.

The next Shiver is Sunday, Jan 14th. Come out and run off some of that holiday cheer!!!! We hope to see even more

## Shiver by the River 5K - Dec

5	Jon Durand	18:52
14	Dee Koutsourais	19:17
32	Patrick Boggs	22:37
45	Jason Glass	23:33
84	Ann Gery	26:57
106	David Lengel	28:32
112	Joanne Patti	28:47
118	Mary Boggs	29:07
124	Steven Holgate	29:16
127	Ellie Vanderbeck	29:20
136	Larry Drogo	30:41
145	Robert Stichter	30:58
147	Jeff Snook	31:11
151	Karen Sinnen	31:38
156	Matt Arner	31:54
183.	Karin Long	34:04
184	Joe Long	34:04
196	Helene Horn	35:45
197	Janine Beidler	35:47
219	Judy Anttonen	37:56
252	Whitley Cooke	47:05

## Shiver by the River 10K - Dec

8	Kyle Gery	38:14
9	Curt Minich	39:48
10	Don Mengel	42:45
14	Raine Fussner	44:39
15	Laura Mooney	44:53
16	Jeff Fussner	45:00
23	Elaine Cook	47:38
31	Mike Yoder	49:54
48	Katie Frederick	52:47
51	Donna Ornoksy	53:32
52	Tony Agentowicz	53:42
62	Mike Ranck	55:14
78	Ellie Alderfer	58:56
87	Sandie Kincaid	60:27
92	Elizabeth Cole	61:49
95	Julia Hager	62:52
97	Jeanne Gochnauer	63:05
100	Mike Reese	63:52
103	Barbara Raifsnider	66:25

Pacers running, but if you aren't running, PLEASE consider volunteering an hour or two of your time. If you can help with registration, plan to be at the farmhouse by 9:15 and if you can help on the road, plan to be at the farmhouse by 10:15-10:30. And even if you run, we can always use help with clean-up. Look for Sue, Kelsey or Georgine and we will find a spot for you!!!!

Happy Holidays to all!!!!

*Sue, Kelsey & Georgine*

## Pacers Scholarship Application Now Open Deadline - February 28, 2018

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).

# 2018 Runner's Resolutions!

- \* Have running style analyzed for proper shoe type, style, performance, and fit!
- \* Treat yourself to new shoes - choose from Asics, Brooks, ON, Hoka, Saucony, New Balance, Mizuno, Altra, & Inov8!
- \* Keep better track of your runs with a GPS system!
- \* Winter apparel and accessories by Brooks, Janji, Buff, Kari Traa and many others! Dog accessories by Ruffwear, Stunt Puppy and Buff!
- \* Stop in to say "hello" to the ARS staff - Zach, Alex, Kelly, Susan, Maddie, Chris, Emma, Julia, Mary, Cameron, Allie, Melissa & Sorita!



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**Half Marathon Training Class starts Jan. 27<sup>th</sup>! Call or check website for details!**

*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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## 2018 PAC Officers

**Meetings:** 2nd Thursday of each month  
**Annual Dues:** \$15 Individual; \$25 Household

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