



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

Reading, Pennsylvania

July 2018

UPCOMING EVENTS

7/12/18 **Monthly Membership Meeting**
Thursday 7:00pm, Location TBD

7/21/18 **Barnyard Challenge**
Saturday 5:00pm, arrive 4pm to participate
449 Orchard Road, Fleetwood
Bring covered dish to share

GROUP RUNS

Start Time: 6:15pm Wednesday

July 4, 2018 - NO EVENING RUN
Holiday Run 8:30am,
Nolde Forest Sawmill lot, Route 625
(Trails)

July 11, 2018
Run & Eat: Phil, Andrea & Henry Lechner's home
4220 Stoudt's Ferry Bridge Rd, Reading (*Park at church across street*)
(Road/Trail)

July 18, 2018
****Bring a new runner night****
Run & Eat: Tania Salaneck's home
1211 Earl Road, Leesport (Road)

July 25, 2018
Run & Eat: Dave & Lisa Gallen's home
2 Steevers Court, Shillington
(Road/Trail)

August 1, 2018
Run & Eat: Caroline Hill's home
63 Preston Road, Wernersville (Trails)

FROM THE PRESIDENT

Good Morning Pacers,

I'd like to start with congratulations to Kyle and Charlie for a successful Charlie Horse Race. With each new race director, I never know how things will go. This was especially true with the Charlie Horse which is one of the most complicated and expensive races we do. We are in a very competitive area this past couple of years with so many races to choose from. With that, Kyle increased our income from this race with less runners, not an easy thing to do. So the next time you see Kyle and Charlie give them a well-deserved "Good Job".

Now moving on to our future races coming up. We as a club need to support our own in house races as much as possible. Everyone knows there are a million races to choose from each week. We need to attend and push our own club races. We should also work toward building a brand around our club races, so everyone knows which races are club sponsored and what they support. In this way we can build off each other's strength. We are much stronger as club, running 12 Pagoda Pacer races, rather than 12 individual races. We need to push our brand and what it stands for.

One more thing to touch on. With the new Board of Directors, some of the directors are pushing for more changes to cut club costs. This is something that always should be our goal. I guess we have to balance what we spend on and what benefit the club gains from the expenses. Some of the suggestions are as follows, most have to do with the meeting expenses. First eliminate paying for beer, next no food, have the members pay to attend meetings, have meetings at a central location, find a place that does not cost anything, reduce the number of meetings per year. These are some of the suggestions, I probably missed some. While all the suggestions have merit, they have to be weighed against the benefit we get from the meetings. With 500 members and having no actual physical location to call our own, I see the monthly meeting as the main time a lot of members come together. I know we have a weekly run and hosting but this is usually the same runners and only half may stay for the hosting. You will be hearing more about these changes as we move forward. We will be trying some and see how they work.

Thanks Everyone,
Larry Drogo

JULY MEETING LOCATION:

TO BE DETERMINED -
CHECK EMAIL AND
FACEBOOK FOR UPDATES

SAVE THE DATE

8/5/18 - Grings Mill Run 5K & 10K
10/7/18 - Blues Cruise 50K
11/3/18 - Bonfire
11/11/18 - Oley Valley Country Classic
12/30/18 - Kris Kringle Run 5 Mile

GENERAL MEETING MINUTES

Date: June 14, 2018

Time: 7 p.m.

Location: Daniel Boone Homestead

Speaker - Jesus Rodriguez, assisted by Mike Yoder, gave an excellent presentation on self-defense for runners. He gave some valuable information on avoiding issues while running, and also what to do in case of confrontation or attack.

Treasury Report - Shaun Luther: 105% of target

Races:

Charlie Horse: Kyle Gery reported that the Charlie Horse had the highest profit reported of the last 5 years, even though there were 206 runners, which was down from last year. Expenses kept down through fewer give-aways and fewer t-shirts. Only 82 pre-registered, and Stephan assisted with e-blasts and enrollment increased. Burgers were donated by Henry Abreau. Kyle expressed an interest in having someone taking over race director responsibility. Stephan gave encouragement that first year is always the hardest, and stressed the need to delegate. Regarding the contribution to Special Olympics, there was a motion for: 51% of profits to go to Special Olympics. Seconded and passed.

Run for the Ages: Sign-up sheet for volunteers sent around.

Grings Mill Run: Laura Mooney—Caroline has been getting raffle donations. Going well for planning.

Blues Cruise: Stephan Weiss—147 runners so far signed up, otherwise good. 10-year anniversary, so trying to do something special for swag.

Race director comments: Jon Durand—5 tables in the shed currently. Jon is getting more, and is taking inventory of the shed contents. A lot of people have access to the shed, and some things have been unaccounted for. However, the expensive items are housed separately, in more secure and temperate conditions.

Committee Reports

Social Committee:

- Wine and Cheese Party: Karin Long—June 23, Need for people to assist with break down. Start time is 6 or 7 p.m., Karen will confirm the correct start time.
- Barnyard challenge: Mike Yoder—July 21st, starts at 5, show up at 4 to participate and form teams. Party afterwards for Mike and Laura. Bring covered dish. Will have a tent and music. Yard games requested, contact Laura (not lawn darts, though).
- Bonfire—Mike Yoder—wood is being donated, November 3. Bill Buchanan is working on the beer challenge.

Communications Committee

- Newsletter—Jon Durand—full email this time. Eventual transition possible to blog format, instead of a pdf-friendly format. Still want to make sure it is accessible
- Facebook—getting some posts up

Community Service

- Get outdoors day at Blue Marsh—Steve MacGuire—well attended, gave away several old shirts as kids/parent completed the mini course. Charlie ran about 100 kids through the mini-course.
- Trail Maintenance—Mike Yoder—we're in good shape. Nolde Forest may have a lot of trees down, so will be checking this for the upcoming race there.

Old business

- By law change—Motion to update meeting time as stated in the by-laws from starting at 7:30 to starting at 7:00 p.m. Seconded and passed

New business

- Cliff LePage, a Pagoda Pacer, and someone who was active in the scholarship committee, passed away. Phil is working on appropriate Sunshine Club recognition
- Stephan Weiss, organizing a bike trip, 15 pacers will cover about 600 miles in Germany, the Alps, and ending in Venice. Will share pictures at the end.

Next meeting: July 12, 2018, at 7 p.m., and location, TBD



RACE REPORT: RUN FOR THE AGES

Great turn out for this year's Run For The Ages, with 195 runners registering and only 2 no shows on race day. Top Finishers included runners from 9 different start categories in the top 10 (4 females and 6 males). Even deeper, there were 11 different start categories in the top 12 (5 females and 7 males). Top talent from all over the board, both young and old and both sexes.

Daryl Weaver was able to pass most of the field (starting 25 minutes back) and won the race catching Kris Jacoby with about a quarter mile to go. Kris held on to second place just ahead of hard charging Brenda Hodge who took third. Ben Reisenweaver had the fastest course time of 40:49 (just 4 seconds faster than Daryl's time) amazingly fast in the slippery conditions.

Huge shout out to all the sponsors and volunteers who help make this race possible. Thank You!

RACE RESULTS

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

Dumb Dutchman Half Marathon

8/148	Brad Bansner	1:32:55	2nd M40-49
39	Karen Rule	1:51:12	1st F30-39
43	Mel Marinaccio	1:53:03	1st F60-67
46	Kelly Murdock	1:53:21	3rd F30-39
85	Jane Setley	2:08:18	3rd F50-59
101	Janine Beidler	2:14:35	
110	Barbara Raifsnider	2:17:38	
117	Heide Moebius	2:20:38	1st F68+
122	Joanne Patti	2:21:44	2nd F60-67

Dumb Dutchman 5K

34	Helene Horn	34:14	1st F Clyde
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Swatara Gap Triyakathon

44	Charlie Crowell	2:39:29	
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NEXT PACER RACE: GRINGS MILL RUN

Looking for a fun 5k or 10k to run this summer? The Grings Mill Run on August 5th offers a beautiful, fast course, delicious post-race food, door prizes, and a live band! Starting in scenic Grings Mill Park (near the Penn State Berks campus), the course runs alongside the babbling Tulpehocken Creek on a flat, crushed-stone bike path, which always feels a few degrees cooler, even on a hot summer day, due to the ample shade and proximity to the cool, running water.

Register by July 16th and you'll pay only \$24 for a great race, a long-sleeved tech shirt, and so much more. Post-race food will include pizza, pulled pork, and homemade ice cream! Post-race entertainment will be provided by the Rockman Blues Band. There will be tons of age-group awards for both the 5k and 10k, plus fun door prizes. For children 12 years or younger, there is also a 1/2 mile Fun Run.

Not looking to race, but want to get in on the fun? Contact race directors Caroline Hill and Laura Mooney about volunteering! These ladies do so much work to make this mid-summer race a success, and they sure could use our help. Races start at 9am, so volunteers should arrive by 7 to help with parking and registration.

Marc McKently 5k

12	Duane Renninger	20:57	2nd M40-49
21	Andy Styer	23:09	
67	Barbara Raifsnider	28:26	
68	Laura Mooney	28:27	3rd F40-49

Charlie Horse Half Marathon

6/174	Katie O'Regan	1:56:17	1st Female
16	Jon Durand	2:05:14	3rd M30-34
25	Laura Mooney	2:11:19	1st F45-49
27	Cody Harris	2:11:27	
29	Dale Wiest	2:13:07	2nd M60-64
35	Rhoda Smoker	2:16:30	2nd F30-34
38	Mike Yoder	2:16:54	1st M55-59
47	Jess Gockley	2:20:51	2nd F35-39
53	Donny Mengel	2:25:13	3rd M60-64
75	Mike Ranck	2:36:23	1st M65-69
132	Jenn Guigley	3:00:29	
139	Donna Ornosky	3:06:57	2nd F55-59
148	Katie Frederick	3:14:14	
157	Barbara Raifsnider	3:24:48	3rd F55-59

Beat Beethoven 5k

14	Dale Wiest	21:33	1st M60-64
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Run The Hook 10k

9	Dale Wiest	42:38	1st M60-69
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Tropicool 5K, Naples Florida

Helene Horn	33:09
Ron Horn	38:07

Highlands Sky 40 Miler

2/164	Michael Heimes	6:20:54
	Jim Demsko	12:03:04

WELCOME NEW PACER MEMBERS!

David Walker
Lia & Jeremy Perella
Jamie Gilbert

RUNNER PROFILE: ANNA PISKORSKA “Run Around the Clock”

by Matt Brophy

There are several fierce competitors in our humble little running club, but none fiercer than Anna Piskorska. Born in the Baltic port city of Gdansk, Poland, Piskorska studied music in her younger years. She was much more invested in the cello and the piano than athletics during that time, though she did run for her school. “It was pretty easy for me,” she said, “but I didn’t take it seriously.”

After emigrating to the United States in August 1992, she began to take on some new challenges. The first was learning English. While she had studied the language a bit in school, she quickly realized how different American English was from the British English she had been taught. “It’s like a completely different language!”

In 2003, Piskorska took on the challenge of motherhood, giving birth to her daughter, Thea, who, just last month, finished her freshman year at Berks Catholic.

And then finally, in 2005, Piskorska started to get serious about running. While she had enjoyed hiking, biking, and rollerblading for some time, it was at this moment in her life that she discovered that running could provide not only great exercise and fun, but also opportunities to compete and challenge herself in unprecedented ways.

She heard about the Pagoda Pacers from a friend with whom she used to run at Valley Forge (living in Collegetown at the time), and she signed up for the 2005 Mt Penn Mudfest. She immediately fell in love with running trails, and she was amazed to win an age-group award as a “newbie” to the sport.

A year later, Piskorska decided to give ultras a shot, and so she signed up for the HAT 50k. After finishing with an impressive 4:55 (2nd in her age group, 6th woman overall), she received a ton of praise and encouragement from the Pacers,

who were blown away at how fast she breezed through the course as a first-timer. This encouragement made her “hungry for more.”

“More” meant *more miles*. At first, she was a little nervous about making the jump from 50k to 50 miles, but once again, support from fellow Pacers made the difference. She signed up to run the iconic JFK 50 with a team of Pacer women. The faith and confidence that her teammates had in her—as well as her own drive and talent—propelled her to a strong individual finish (8:31), as well as a team championship.



Piskorska at Phunt 50K in January 2018

After each achievement, Piskorska would ask herself, “How can I push myself further?” To answer that question, she tackled a new and daunting format: the 24-hour race. This means running a relatively short, flat loop over and over and over again—as many times as possible—in 24 hours. Her first crack at this was in 2009, at the North Coast 24-Hour Endurance Run (NC24), which was also the National Championship event for this format. The result? Bling-bling: 132 miles, good enough for a *silver medal* and entry to the World Championship event in Brive-la-Gaillarde, France the following year.

Running at the 24-hour World Championship was undoubtedly the highlight of Piskorska’s ultra career. (At least so far!) Honored to be representing her adopted country in this global event, she finished first among her American teammates, with 133.2 miles, and 10th woman overall. (That’s 10th best *in the world*, folks.)

Piskorska would go on to compete in several other 24-hour races, including the “Back on My Feet” race in Philadelphia, which used to offer good prize money. While these races weren’t exactly fun for her (she much prefers running trails to

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RUNNER PROFILE, CONT'D

endless road loops), she has a deep appreciation for what the experience gave her: an unflinching toughness, resilience, and self-confidence—an ability to push through pain and struggle with tenacity. This kind of “psychological training,” she says, has paid dividends in all aspects of her life.

Unsurprisingly, she has also had success at 100-mile trail races, finishing 3rd at Umstead in 2010; *winning* the Virgil Crest 100 in 2013, under monsoon conditions (along with Jim Blandford, who won the men’s race); and completing the epic Western States the same year (with a shout out to Rick Moyer and Mike Reddy who paced her at that race).

When I asked Piskorska about her future goals, she said she’d like to run Western States again, and she’d also like to run the Comrades Marathon in South Africa (which is actually an ultramarathon, approximately 90k, and the oldest ultra in the world). She also said that she hopes she can keep up her momentum after a trio of wins this year (Croom Zoom 100k, Phunt 50k, Bull Run Run 50-miler) and bring home a few more “W”s in the near future. A win at the Tussey Mountain-back 50-miler in particular would feel good!



Anna with daughter Thea and Mike Reddy

In addition to conquering motherhood and ultra-running, Piskorska has also figured out how to get along with fellow-Pacer Mike Reddy these past six years. The two met on the trails at Blue Marsh one spring weekend, when Piskorska showed up an hour late to a group run due to the beginning of Daylight saving time.

Not wanting to log her miles solo, she introduced herself to Reddy when she caught up to him on the trail. He’s been trying to keep up ever since.

Piskorska says she is “extremely grateful” to have been able to train with and get to know Reddy over the years, and that he has been her “biggest supporter.” She also mentioned how proud she is of his development as an ultra runner. He had never run more than 14 miles when they met, and now he regularly turns in strong performances at 50k and 50-mile races. “We are a perfect team,” she said.

In her professional life, Piskorska works as a Health Information Management Supervisor at the HealthSouth Reading Rehabilitation Hospital. Between work and training, it’s hard to find free time, but when she can, she also likes to read.

When it comes to being a Pacer, Piskorska is grateful for the welcoming culture. She says she’s never felt judged; on the contrary, she’s been amazed at the level of encouragement and support she’s received over the years. Thanks to social events, such as the annual fall bonfire, she’s gotten to know



On trail at the 2018 Bull Run Run 50 Mile Run in Virginia

not just other runners, but their whole families. “Our kids grew up together!” she said.

One of the pleasures of being in the club, for Piskorska, is getting to know a really diverse set of people who share her passion, and being able to watch those runners grow and flourish over time. She also really enjoys volunteering at races—in particular at Blues Cruise. The experience of being on the “other side” in a race is one of profound empathy for her; she can read a runner’s face and feel what they are feeling because she’s been there herself so many times. To be able to offer a runner some advice or encouragement during a “low point” in a race that might help her push forward and meet her goal is deeply rewarding. “Especially when they thank you later,” she said. “Then you know your words really made a difference.”

One thing she hopes to see the club improve at is the frequency and turnout for weekend group runs. She is afraid that less experienced runners may be intimidated to run with some of the clubs more competitive members, and she would like to encourage folks to let those worries go. Running with stronger runners is an important part of what enabled her to develop into the athlete she is, and she feels that it’s a challenge that should be embraced, not shied away from. I agree. After all, many of the awe-inspiring runners in this club—like Piskorska herself—are also some of the friendliest. The more we run together, the more inspiration we can draw from one another. ***

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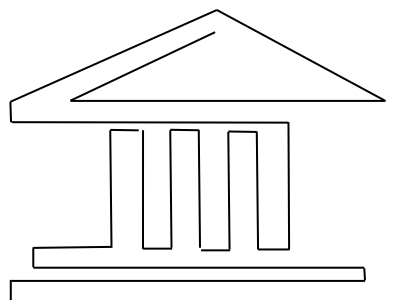
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