

BUCKS COUNTY ROADRUNNERS

April 2011 Newsletter

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PRESIDENT'S MESSAGE

Right off the bat, I want to thank everyone that made our Winter Series Awards Banquet a huge success. A very special thanks to Melanie Schranz for putting everything together so seamlessly and Eric Stern for engaging our guest speaker, Bart Yasso. For those of you weren't there, you missed a great time.

We had a contingent of about 35 members in Wilmington for the Caesar Rodney Half Marathon. There were early predictions for snow but we had great weather. Of our five teams, we placed a 1st place masters coed team and a 2nd place male masters team. Afterwards, we had a nice gathering in local pub.

Looking forward, the Bucks 5k Series is in full swing with two of the seven races already completed. It is a very well run group of races with interesting and challenging courses www.bucks5kseries.com. Also, for those of us who registered swiftly, we should have a large group at the Broad Street Run and tail gate next month. And don't forget to register for the Sesame Place Classic.

Endorsed by Joe Boyce, the Tyler Turtles have been holding weekly group runs throughout Bucks County. If you are a beginner or intimidated by our faster members, this group is for you. Check it out in Bill Shaffling's weekly e-mail.

Best of luck to our members running Boston this month: Derek Gearhart, Fred Gropper, Ed Hawkey, Bruce Kuo, Gary Marx, Chris Mortensen, Jeff Alt, Mike Gross, Jim Larson, Pete Lederer, Steve Price, Paul Walsh, Mary Frances Barr, Denise Coll & Donna Furlong. You will be able to follow their progress on the internet on race day.

I hope spring will be upon us soon and we can put away the gloves and tights.

Gotta Run!

Fred

Weekly Run 1

What: Beginner/Slower Run
 Where: Location and Distance Varies
 When: Saturdays and/or Sundays
 Why: Meet Club Members
 Who: Contact Eric Tobias
etobias29@gmail.com

Weekly Run 2

What: Track Work
 Where: Neshaminy High School
 When: Thursdays at 6 PM
 Why: To Improve Speed and Form
 Who: Contact Chris Thompson
wilennium@hotmail.com

Weekly Run 3

What: Yardley Road / Canal Run
 Where: Cramer's Bakery / CVS in Yardley
 When: Saturdays at 6:30 AM / 7:30 AM
 Why: Flat (mostly) Out-And-Back Run
 Who: Contact Bill Schaffling
william.schaffling@bms.com

Weekly Run 4

What: Trail Run
 Where: Washington Crossing Park
 When: Saturdays at 7:30 AM
 Why: To Enjoy The Trails
 Who: Contact Christopher Mortensen
mortensen_christopher@yahoo.com

Weekly Run 5

What: Short Run, Long Run, Hills
 Where: The Boathouse at Tyler State Park
 When: Sundays at 8:00 AM
 Why: Meet Club Members
 Who: Contact the BCRR
bcr@yahoogroups.com

Member Profile

Shirley and Jack Blumenstock

First, we would like to thank Chris M. for thinking of us to be the Member Profile this month. We both feel very fortunate to have found the BCRR group and all the good times that have come from being part of this crowd of somewhat crazy runners...

This request opened the gates to memories of many fun running experiences - some that happened a long time ago and others as fresh as just several weeks before on the tow path. But the big question was; how do you bring all of these together for both of us and have it make some kind of sense?

So the other Sunday we started out on a tow path run from the 'Mill' and headed north towards Bull's Island looking for the 3-mile turn-around point that would give Jack a 6-miler for the round trip and then Shirley could keep going for four more once she 'dropped' Jack back at the start. Those four miles gave me some time to sit on a bench along the tp, take in some of the spirit of that most special of running places, and get the writing juices flowing. So here we go -

The two of us are 'Northeast Philly Kids'. We're currently part of the 55-59 age group and our twins, John and Jenn, are approaching 29 and on their way to creating their own family and athletic memories.

Since I guess I started this running thing - first some Jack...

Started running back in the 8th grade. Practice consisted of 50 yard dashes and laps of the concrete school yard. First race was the '64 Penn Relays as the third leg of a 440 yard relay - decked out in a baggy hand-me-down basketball uniform and a pair of Chuck Taylor Converse 'sneaks'. But from there I was 'hooked', and running became an almost daily event.

High School brought the addition of cross country at Father Judge and training runs through Pennypack Park. Placed 2nd in the Freshman Champs at Belmont Plateau and then went on to a year-round regime of running that added indoor and outdoor track seasons and summers filled with beach running and twice-a-day 100+ mile weeks getting ready for the next season. Favorite events were always 'middle distance' - the quarter, half and mile, with the challenge of getting to just a blink of :51 flat, dropping under 2:00 minutes and getting so close to 4:29...Indoor relays on the banked board tracks, April at the Penn Relays, gutting it up 'Parachute' hill at Belmont and sprinting across a field towards the chute into the woods at Van Courtland Park in NYC. All vivid memories that still bring goose bumps.

Next came Drexel and the life of a subway commuter while still running workouts at Franklin Field and doing 8.3 mile loops of the River Drive.

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Be it a 5k, marathon, duathlon or triathlon Shirley and Jack enjoy running in races of all distances.

Here they show their places in a Winter Series race.

(Member Profile continued from page 2)

After a couple of seasons, and the addition of an Army scholarship, I traded in the flats and spikes for boots and a different running uniform. Workouts and meets were replaced with training for the Airborne and Ranger courses that were scheduled for summer breaks during the last two years of school. And in between I somehow found and won my girl - the other half of this 35+ year team, during a Co-op assignment...

After graduation and commissioning as a new 'Butter-Bar' 2nd Lieutenant in May of '75, we squeezed in a wedding and then off went these two Philly Kids to Fort Knox, KY and eventually to a little town called Schwabach, in what was then West Germany. Here the running (PT) took place very early every morning and usually with a group of up to 100 others, and once again in those dreaded boots.

At this point Shirley gave in to persistent requests and started running on the dirt fitness trails that ran through the forest outside of our little German town. When weekends were open during those 3+ years we ran together or went off with groups to the many Volksmarches that were very popular in Bavaria.

Fast forward back to the U.S. (Philly) and a blend of normal and Army Reserve running continued for Jack, and Shirley had mixed her running with aerobics and strength cross training. Along came the kids and we started longer distance runs; many times taking turns pushing our two little ones in a tandem coach along the now paved paths in Pennypack for 5 -6 milers. When we moved north to Langhorne, our running became more solo events with Shirley taking the 5:30 a.m. slot and Jack going out after the kids were in bed and things had calmed down. Jack ran Corporate Series races with AlliedSignal and together we did annual Broad St, Zoo Runs and PDR events.

Which brings us to Doylestown –

We had learned about the tow path from Lance and Pat Mervine when we lived in Langhorne, and in the late 90s started running across the Bull's Island bridge and exploring down the NJ side towards Stockton and Lambertville. Since both of the kids had started running for school, they eventually began to join us for Sunday afternoon runs to Stockton. It soon became very clear that, with the tow path, we had found a very special place to continue running.

Also at this time, Jack retired from the military and a couple of years later both knees 'quit' while we were training for the Marine Corps Marathon. Shirley continued on with running while Jack began a self-inflicted funk (the 'pouts') about it not being fair that all that cartilage had disappeared and he had to stop doing what was - 'just about life itself'...

In late 2004 Shirley started going to the Y and found there was a group of other like-minded girls who enjoyed running. This group of 10 or so girls from the area, (or as Jack tagged them – 'The D'town Gang') ran twice during the week at night through town and then went out for longer distances on the weekend. For many of the 'Gang' their time with this group turned into the second step on the way to longer running events, as well as to both Duathlons and Triathlons.

At this point Jenn started joining Shirley for some of her runs and races - and soon came the idea of jumping up to a full marathon. New York. Luckily they both made it through the lottery and the training process started in earnest for November of 2005. They survived a horrendously hot summer of training and both mom and daughter finished together with big smiles. Their support crew of six learned about the intricacies and pitfalls of what has become known as the Subway Challenge as they made their way to cheering spots in each of the five boroughs – and the finish.

For Shirley and Jenn, next stop was the Chicago Marathon in '06 and then Marine Corp in '08 – each time they finished together and the support crew learned a little more about how to move through public transportation. Shirley's latest marathon was Wine Glass last October – a very different venue and one where she finished well despite a tough battle with exercise induced asthma.

In '06/'07 the D'town Gang started branching off into the world of Multisport. Shirley has completed a couple on her own at the Philly Woman's Du and we have combined for several other relays since then. And although she still likes her flat pedals – 'Caution', this girl will leave you in her dust on the climbs...

'07 also brought the opportunity for Shirley to run in the Paris Semi (half) Marathon. It was truly a week of magic and learning. There isn't much that can compare to running the semi or marathon in Paris, let alone taking in the culture from every part of that great city and the history and sacredness of places like the Normandy Beaches. If you get a chance to participate in an event like this – take it!

(Continued on page 4)

(Member Profile continued from page 3)

Shirley has been part of the last five Winter Series seasons, is in her fourth Bucks County 5k Series, continues to do annual Broad St. and PDR events; has been part of two of those zany River to Sea events as well as Lehigh Valley 'halves' and Ocean Drive 10 milers. And to top all of that off, there are the countless hours of Pilates, yoga and kettle bells at the Y.

Jack finally got over the 'pouts' and found cycling in '06. Between the mountain and road bikes, the miles kept piling up and there are four century rides in the books. Cycling also provided the conditioning to finally get those two worn out knees replaced with brand new 30 year titanium and polyethylene super flex editions in November of '09. Since then, the knees have allowed a duathlon, several races and just over 100 miles of track, treadmill and of course tow path running – Life is Good!

What's Next?

For *Shirley* - more of the above, with duathlons in clear view and the dream of qualifying for Boston continuing to burn hot. And I'm guessing the words 'Goofy', Berlin and Maui will probably play into several of the years coming our way – maybe starting in '13/'14?

For *Jack* - enjoying life with pain free knees; continuing to improve from being a 'Rockfish' with swimming; completing a first ever triathlon on June 5th, with four additional, to include an Olympic, this season: the Army 10 miler in the fall; continuing to reap the benefits from Pilates; more W.S. photo taking; and being able to do those occasional tow path runs & track workouts. And in his wilder dreams – an IM Aqua Bike to celebrate a new age group...

The worlds of running and multisport have brought us a great deal of fun and self-satisfaction. But more importantly, it has been about the new/improved relationships that have accompanied all of this activity - whether it be with our family or those who have become our friends and extended family. This was never more evident than when Jack had his knees replaced. Yes, there was a lot of doctor and Jack involved, but it was everyone else who went above and beyond to make things good that made the biggest difference. Thank you all –

Shirley and Jack

R2C 16

July 30, 2011

Winter series is over, we are ready for Caesar and Spring isn't far away so if you haven't set the time aside yet (unlike many of us the day after the last race!!) we need to get things going for R2C16. If you haven't heard about this you must be new or have been in hibernation. It is one of the best races of the year and a lot of fun (despite all the 'friendly' discussions). The best way I can describe it it's like the staggered start and is based on the team's average 5k times where you are seeded to finish at the same time. Slower teams start first and the fastest seeded team is last. There are 7 people on a team running 14 stages (different lengths and difficulty) over 92 miles from the Bridge in Milford, NJ to the beach in Manasquan, NJ. The best part is the temperature is usually in the 90's by mid-day. We had 10 teams last year and are looking to get back to our record of 14 teams.

If you need more race details the web site is <http://www.oymp.net/>

If you were on a team last year please confirm with your captains if you are running again. If you want to run on another team (or be a captain of another team) please E mail me at William.Schaffling@bms.com. Otherwise if you are new please let me know that you are interested in running. I will assign you to a new team or if there are openings on existing teams the captains and I will assign you to one of their teams. Please let me know as soon as possible since there is a limit on the number of teams

Doesn't matter if you are fast or slow you just need to be a little crazy which if you are a runner you already fit the bill. Each of the Captains this year are submitting their applications so you need to forward the money to them.

We again will be ordering shirts for all the teams which I and Ray Galenty will coordinate with each of the captains. If you wish to order any official clothing from the race please do so through your Captains.

Again if you are interested please send an E mail as soon as possible.

Hope you can join the fun!!

Bill

2011 BCRR Winter Series Banquet Recap

Melanie Schranz

Our club president, Fred Gropper, called the Winter Series Banquet, “the social event of the year”. I call it “fun”. And that’s what we had on Sunday, March 13th at the Northampton Valley Country Club. We had fun. Of course that’s what you get when you take a group of runners, their spouses and significant others, a very engaging speaker and a celebration of the Winter Series with the age group awards and overall female and male champion awards.

The evening began with a Cocktail Reception, where many had the pleasure to meet our featured speaker, Mr. Bart Yasso, Chief Running Officer of Runner’s World. We were then treated to a wonderful buffet dinner, and settled back to hear the club president, Fred Gropper, provide a “State of the Club” address. We all know this Club does amazing things, but when you hear the list of things we pull off in a year, you wonder how we ever get the chance to run. Fred then presented the President’s Award. Each year the BCRR President’s Award is selected by the BCRR President and given in recognition of outstanding contributions to the cause of running, especially within the BCRR. This year the award was presented to **Chris Thompson**. Fred decided to recognize Chris for his initiative in setting up, running and coaching those who attend the Speed Workouts. Chris proudly accepted his award, and most of the “speedsters” in attendance said this award was well deserved. We couldn’t agree more! Congratulations Chris!!

We then heard from our featured speaker, Bart Yasso. Bart treated us to an evening of stories from his long experience as a runner. Having run on all seven continents, he had as many stories as he did miles run. It was truly a treat to have Bart join us. He was truly grateful for the experience to join us, and likewise, we were thrilled to have him.

We then moved on to the Awards Presentation where Winter Series Director, Mark Zacharias summed up this year’s Winter Series -- a record smashing year! Mark, and his Winter Series Staff, were presented with gift certificates in appreciation for their hard work, dedication and commitment to the Winter Series. The Winter Series Race Directors presented the Age Group Awards, and with so many winners in attendance it was a real honor to see folks who had worked so hard during the Series receive their trophy’s. Congratulations to the Age Group Winners!

The banquet concluded by awarding the Overall Male and Female Winter Series Champions. This year the honors went to Overall Male Champion, Jay Miers, and Overall Female Champion, Justyna Wilson. If not from sheer numbers alone, but also talent, these awards clearly recognize “the best of the best” in local running. To capture the Overall Male and Overall Female Champion Awards you have to be on top of your running game, week after week, and when you see the effort and determination that both Jay and Justyna put out each week, you understand why received the applause that they did. Congratulations Justyna and Jay!

Congratulations to all the winners, and to all the Winter Series Participants!



the C O N G R A T U L A T I O N S !
MUG CONTEST WINNER!

Congratulations to our 2010 - 2011 Winter Series Mug Contest Winner ...

Michelle O'Brien

Informal Tour 5.3
Covered Bridge 5k
Jingle Bell 5.3
Tyler Challenge 10k
Cham-Pain 5k
Predict Your Time 5.3
Polar Bear 8
Honest Abe 4.6
Terrible Tyler 9.3
Pick Your Way 5.3
Eenie-Meenie Half
Staggered Start 4.6

Bucks County Roadrunners

Winter Series
2010 - 2011

If you volunteered at a Winter Series Race, you earned a mug!
Mugs were distributed at the Winter Series Banquet. If you need to pick up your mug, watch for announcements in the upcoming weekly emails of where mugs will be available for pick up.

BCRR Speed Workouts!



Starting Thursday, April 7th

6PM

Neshaminy HS Track



Become a "Speedster" this Spring!

Any questions contact Chris Thompson

w1ennlum@hotmail.com

Archbishop Patrick J. Ryan Memorial Ultramarathon



Sunday, April 10, 2011

(100% of all donations go directly to the Archbishop Ryan High School Tuition Assistance Fund)

One hundred years ago, Archbishop Patrick J. Ryan passed away. He was born in Tipperary, Ireland in 1831. During his teenage years, he survived the Great Hunger of the 1840's which took the lives of over one million Irish. He studied for the priesthood at St. Patrick's College in Ireland and upon graduation, came to the United States at age 21 to serve the growing Catholic immigrant population.

Father Ryan was a priest in the Diocese of St. Louis for 20 years before being appointed Bishop of St. Louis in 1872. In a foreshadowing of today's Catholic League sports scene, Archbishop Ryan took over in Philadelphia when Archbishop Wood died in 1884. During his nearly three decades in Philadelphia, Archbishop Ryan came to be respected and loved by citizens of all faiths. Due to his wit and humor, he was frequently called upon to preside at many public events, banquets, political dinners and funerals. He presided at the Mass at which St. Katharine Drexel took her vows. His fearless vision and tireless efforts resulted in the dramatic growth of the Philadelphia Catholic School System, from 59 schools with 22,000 students when he arrived in 1884 to a tripling to 141 schools with 66,000 students when he died in 1911.

In honor of this great man and his total of 40 years as a bishop, and to benefit the high school we all love which is named for him, I will run a 40 mile ultramarathon on Sunday, April 10, 2011. The route will connect 25 of the sending Catholic grade schools which account for about 90% of our Archbishop Ryan High School students.

A marathon is 26 miles, but at Ryan, we'll go a few extra miles for our students. I hope you will too by contributing!

My sincere thanks for your generosity,

Tom O'Leary, 12th grade teacher

The 25 Catholic grade schools along the route, in order from start to finish: St. Ephrem, Our Lady of Fatima, St. Anselm, St. Christopher, Maternity BVM, St. Albert the Great, St. Cecilia, Resurrection, St. William, Presentation BVM, St. Martin of Tours, St. Timothy, Our Lady of Ransom, St. Matthew, St. Josephat, Our Lady of Consolation, St. Bernard, St. Jerome, St. Dominic, St. Katherine of Siena, Nazareth Academy, St. Charles Borromeo, Our Lady of Calvary, Christ the King and St. Martha.

Please sponsor this effort and support our students in any amount listed below by check payable to "Archbishop Ryan High School" which you can send along with this detached bottom portion of the page to Archbishop Ryan High School, President's Office, 11201 Academy Road, Philadelphia, PA 19154. You may also donate online at www.archbishopryan.com/ultra. **Every cent donated will go to the Archbishop Ryan Tuition Assistance Fund.** Thank you very much for your kindness.

- _____ \$25 A dollar for each sending Catholic grade school along the route.
- _____ \$40 A dollar for each mile and for each year Patrick J. Ryan served as a bishop.
- _____ \$100 In honor of Archbishop Patrick J. Ryan's 100th Anniversary.
- _____ Other

BCRR Local Race Schedule

E-mail: mortensen_christopher@yahoo.com

Please contact race officials beforehand to validate information below!

“Endurance is patience concentrated.” - Thomas Carlyle

April 9	Garden Spot Village Marathon	New Holland, PA	http://www.gardenspotvillagemarathon.org
April 9	Institute Woods 3.5 Mile Trail Run	Princeton, NJ	http://princetonac.org
April 9	Will's 5K Classic, 2.5 K Walk, and 400 Yard Fun Run	PPL Park, Chester, PA	http://www.wtydf.com
April 9	Council Rock 5K	Holland, PA	http://www.active.com/5k-race/holland-pa/council-rock-runs-for-babies-2011
April 10	Univest Capital 5K Run and 1 Mile Fun Run/Walk	Neshaminy Mall, Bensalem, PA	866-604-8160 x 101 hugh@univestcapitalinc.com http://www.uc5k.com
April 10	6th Annual David's Run	Wilson Farm Park, Wayne, PA	http://www.davidgallagherfoundation.org
April 10	Cherry Blossom 5K	Fairmount Park Horticulture Center, Philadelphia, PA	http://www.jasgp.org/5k
April 10	Black Sheep Run 5K, 1 Mile Fun Run/Walk	Warminster Community Park, Warminster, PA	http://www.active.com
April 16	Bridge Valley Trailblazer Race for Autism 5K and Fun Run	Furlong, PA	http://www.bucks5kseries.com/
April 16	Univest Capital 5K Run and 1 Mile Fun Run/Walk	Neshaminy Mall, Bensalem, PA	http://www.uc5k.com
April 16	Red Cross 5K Run and Walk	Fairmount Park, Philadelphia, PA	http://www.redcrossrunandwalk.org
April 16	Gener8tion 8K Run/Walk and Festival	Philadelphia, PA	www.generationrun.com gener8tionrun@nncs.us
April 16	Clayton Thomas Langhorne Borough 5K Run	Langhorne, PA	http://www.lbba.info 215-702-9890 kmichaelshire@hotmail.com
April 16	Danny Mac 5K Run/Walk	Bensalem, PA	http://dannymac.org/run.html
April 17	Penn Relays Distance Classic 5K and 20K	Philadelphia, PA	http://thepennrelays.com/
April 17	Unite Half Marathon	Rutgers University, New Brunswick, NJ	http://unite.cgiracing.com info@cgiracing.com
April 17	Run@Walk MS 5K	Ridley Creek State Park, Media, PA	http://www.walk4MS.org 215-271-1500
April 23	Mt. Penn Mudfest 15K Trail Run	Reading, PA	http://www.pretzelcitysports.com rhornpcs@aol.com
May 1	New Jersey Marathon	Long Branch, NJ	http://www.njmarathon.org info@njmarathon.org
May 1	Broad Street 10 Mile Run	Philadelphia, PA	bsrhelp@aim.com http://www.broadstreetrun.com/info.htm
May 1	Run@Walk MS 5K	Philadelphia Museum of Art, Philadelphia, PA	http://www.walk4MS.org 215-271-1500
May 1	Run@Walk MS 5K	East Goshen Township Park, West Chester, PA	http://www.walk4MS.org 215-271-1500
May 2	Making Strides 5K Run/Walk	Philadelphia, PA	http://www.tracs.net/makingstridesatc
May 7	Annual Stateline Loop 9K/5K Trail Run	Kennett Square, PA	610-347-0347 director@tlcforscc.org http://www.tlcforscc.org
May 7	Cornerstone 5K and Fun Run	Warrington, PA	http://www.bucks5kseries.com/
May 7	Leukemia 5K Run/Walk	Russell Elliott Memorial Park, Feasterville, PA	http://www.mectimetogiveback.com
May 7	Homefront Run For Hope 5K	Princeton, NJ	ETS Campus, Princeton, NJ http://www.homefrontnj.org/5KWalkRun-2011.cfm
May 7	HomeFront Run for Hope 5K Run/Walk	Princeton, NJ	aliciap@homefrontnj.org 609-989-9417 x 133 http://www.homefrontnj.org
May 7	Come Unity 6K	Norristown Farm Park, East Norriton, PA	http://www.comeunitypa6k.zapevent.com
May 7	5K Run to Benefit CHOP	Russell Elliot Park, Feasterville, PA	crks118@aol.com
May 7	May Day 5K Race to Combat Riverblindness	Princeton, NJ	http://www.riverblindness.org



May 14	Broad Street Rerun 5 Mile Run	Lansdale, PA	http://www.broadstreetrerun.com
May 14	Dark & Dirty 6.66M Nighttime Trail Run	Reading, PA	rhornpcs@aol.com http://www.pretzelcitysports.com
May 14	Shepherd Lake 5K and Kid Dashes	Ringwood State Park, Ringwood, NJ	shepherdlake5k@yahoo.com http://www.ringwoodef.org/index.php?id=44
May 14	35th Annual Pennington 5K	Pennington, NJ	609-737-3048 http://www.hvymca.org info@hvymca.org
May 15	Pocono Mountain Run For The Red Marathon, 5K and Relay	Stroudsburg, PA	http://www.poconomarathon.org
May 15	Shires of Vermont Marathon	Bennington, VT	http://www.shiresofvermontmarathon.com
May 15	Delaware Marathon, Half Marathon and Relay	Wilmington, DE	http://www.delawaremarathon.org
May 15	Sgt. Nutter 5K Run and 1.5 Mile Walk	Sea Girt, NJ	http://www.nutterrun.org
May 15	32 Annual Philadelphia Bar Association 5K Charity Run/Walk	Philadelphia, PA	esmarzluf@crbcp.com http://www.charityrun2011.com/
May 17	(Tuesday!) Spring Classic Cross Country Series 5K		http://princetonac.org
May 18	(Wednesday!) Johnny King-Marino Sertoma 5K	Doylestown, PA	http://www.bucks5kseries.com/
May 21	POTA Springfest 5K	Lenape Park, Perkasio, PA	http://www.perkasiooldetowne.org 570-269-0969
May 21	Hear We Go 5K Run/Walk	Nemours Mansion and Gardens, Wilmington, DE	302-651-6839 smorris@nemours.org http://www.nemours.org/waystogive/event/2011/hearwego.html
May 22	Spring Into Fitness 5K Run/Walk	311 Elkdale Road, Lincoln University, PA	tntracingclub@yahoo.com
May 22	Odyssey Half Marathon	Fairmount Park, Philadelphia, PA	http://www.odysseyhalfmarathon.com
May 24	(Tuesday!) Spring Classic Cross Country Series 5K		http://princetonac.org
May 28	Doylestown 5K	Doylestown, PA	http://www.bucks5kseries.com/
May 29	Pagoda Pacers' "Charlie Horse" Trail Half Marathon	Reading, PA	610-796-2156 gregdeland714@cs.com http://www.pagodapacers.com
May 31	(Tuesday!) Spring Classic Cross Country Series 5K		http://princetonac.org
June 1	(Wednesday!) North Penn Cross Country 5K Run	Lansdale, PA	wernernj@npenn.org http://www.active.com/running/lansdale-pa/north-penn-crosscountry-5k-run-2011?int=29-6
June 4	AJ Foundation 10K/5K/1 Mile Fun Run	Peace Valley Park, Chalfont, PA	http://www.ajfoundation.org
June 5	Run The Gates 5 Miler and 1 Mile Fun Run/Walk		http://runthegates.org/ chuckthompson@comcast.net Levittown, PA http://www.active.com/running/levittown-pa/6th-annual-run-the-gates-5miler-and-1-mile-run-2011
June 5	Princeton Healthcare 10K	Princeton Stadium, Princeton, NJ	http://www.active.com
June 7	(Tuesday!) Spring Classic Cross Country Series 5K		http://princetonac.org
June 11	Chalfont Challenge 5K	Chalfont, PA	http://www.bucks5kseries.com/
June 22	(Wednesday!) Tex Mex 5K Race & 1 Mile Fun Run & Walk	North Wales, PA	215-646-8866 carol@wvwa.org http://www.texmexconnection.com
July 10	Double Trouble 15K and 30K Trail Run	French Creek State Park, Reading, PA	rhornpcs@aol.com 610-779-2668 http://www.pretzelcitysports.com
September 3	Run For the Ages (Age Graded) 10K Trail Chase	Nolde Forest, Reading, PA	610-603-9393 teds737@aol.com http://www.pagodapacers.com/races
September 10	Susquehanna Super Hike and Ultra Trail 28.4 Mile Run	Pequea, PA	http://www.kta-hike.org 570-672-2389
October 1	Hands On House Half Marathon & 5K	Lancaster, PA	717-569-5437 http://www.handsonhouseace.org
November 12	Autism Cares Foundation Race for Resources 10K and 5K	Tyler State Park, Newtown, PA	215-968-3737 http://raceforresources.kintera.org
