

BUCKS COUNTY ROADRUNNERS

August 2011 Newsletter

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PRESIDENT'S MESSAGE

Greetings from rainy Atlantic City! I'm not ready to give up on summer because this club has had a great one so far...

On Saturday, July 30th, we had 11 teams compete in the 90 mile River to Sea relay. Despite the sweltering heat and humidity all of our teams made it to the beach. Kudos to the Mighty Mighty Bucktones for winning the over 35 men's division, coming in at just over ten hours (10:08:30), and Fools For Barstools for fastest club team, finishing in 9:53:56.

However, on Saturday, August 13th, everyone was a winner at the first ever BCRR track meet, organized by Chris and Allyson Thompson. The weekly track work-out program has been a huge success, as evident by some surprisingly fast times and exciting close races. Thank you to Chris & Allyson for putting together a fine event that highlighted everyone's hard work. It was also great to see so many volunteers participate in the day's events.

Next up: Mike Gross's XC race is Wednesday, August 17th. It's a nice change up from your normal 5K.

I know that many of us have been starting to train for fall marathons

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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: Council Rock South High School
When: Tuesdays 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
bcrr@yahoo.com

Member Profile

Jackie Amato

Why Run?

Every weekend of this past winter season, I would go to bed early on Saturday night and wake up at Sunday morning seven o'clock to run outside in the below freezing weather for the Bucks County Winter Series. At many Saturday night outings, my friends would ask, "Why?" My parents asked the same question, "Why?" Honestly, I would ask myself, "Why?" every time I was driving into Tyler State Park. Why do I run? Over the past few years, through my running path, I have learned the answer.

Running shows I care.

Running shows I love him.

Seven years ago, after first meeting my fiancé, Brendan, I went to watch him run in the PIAA Cross Country State Championships at Hershey Park. Honestly, I could not understand why he would put himself through such pain. Didn't he get bored running for mile after mile after mile? What was so rewarding about this sport? But I wanted to be there to support him and show him that I cared. As the years went by, our relationship strengthened and I grew to love things that I never imagined through our experiences together. I started listen-

ing to Indie music and cheering for the Red Sox (yes the Red Sox). I wanted to share his passions in life and, therefore, much to my surprise, I attempted to run. My very first run with Brendan



Jackie has found many reasons why she runs. Running has motivated her, challenged her and brought balance to her life.

was in the parking lot of our high school at Council Rock South. It was only a few weeks into our relationship and I was still trying to make a good impression. However, as we began to run, I felt that everything was going against me. It began to rain and I could barely keep up with him. Like a wet dog, I heard myself breathing heavier with each step. This was not the way I thought that I would win over this teenage boy. However, I pushed through it and put on a smile to hide the pain I was feeling. I did not quit and Brendan, to this day, still admires my strong endurance.

Running clears my mind.

Running makes me healthier.

Once I graduated high school, I moved away for the first time to live at college. Wanting to be on the Dean's list, participating in clubs, making new friends, and steering clear of the Freshman 15 made my first year difficult. Therefore, when I got too stressed about Biology 101 or attending every

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meeting that my sorority pledge class sisters pushed me to go, I decided to go for a run around campus. Days that I ran, I felt that I was able to get away from all of life's difficulties. I felt my body say, "Thank you" and suddenly my worries melted away. Running allowed me to find balance in this new chapter of my life.

Running helps me make a difference. Running helps motivate others to reach a goal. After college, I became a teacher at Central Bucks School District. Before this, I had never run any formal races or workouts. I ran either on a treadmill or on the streets. In April 2010, while teaching at Cold Spring Elementary, I received an email from our assistant principal for a 5k Race for Autism at another elementary school in the district. As a special education teacher, I thought this was a great cause and I wanted to help out. While I was very nervous because I heard that this race was a difficult one with many steep hills, I leaped at the chance and set it as a goal. Then, much to my surprise, I placed third in my age group. This motivated me to continue contributing money toward various races and reaching new goals. One year later, I recruited some of my colleagues who were hesitant to do the 5k just like me, to also challenge themselves and meet their own goals.

Overall, running challenges me. Running pushes me beyond what I think I can do. My entire life, I always strived for the best, but I was never competitive. After trying soccer, softball, and even volleyball, I never shined in the spotlight for my teams. Running has, however, allowed me to feel proud of myself in ways that other sports never did. I am able to set personal goals and face my fears without running anyone else. This past winter, I achieved one of my dreams. I ran a half marathon. I thought my body would not tolerate

such a battle but I committed myself to complete all 12 races in a winter series so I stayed focused and achieved this goal. When they announced the half-marathon would be shortened due to snow, I decided to finish what I started. As I crossed the finish line marking 12.7 miles, I continued running up the hill to finish the complete 13.1 miles. Part of me wanted so much to stop running and join the other runners sipping their warm hot chocolate. Yet I kept running and Brendan ran up behind me to encourage me on. Seeing the pain in my face and wanting to support me, we counted the distance down aloud and when we stopped I knew that our journey together in life would have no finish line.

As I look back, *running has changed me.* It has taught me how to love stronger, live longer, and work harder. I will continue to get up at 7:00 o'clock in the morning on the weekend so that I can strive for my best. Some paths will be harder than others, some will take more time than I thought, but I know that when I get to the end, I will never forget that feeling of accomplishment, a goal impossible became possible.

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and now is a great time to check out the Yahoo group for the weekend long-run schedules. These longer group runs make great training runs and can be a lot easier – and more fun -- than running on your own.

Finally, the next big event, the Philadelphia Rock 'N' Roll Half Marathon -- and BCRR post-race tailgate -- is coming up in September. Let's all plan to give Bret Michaels (the race headliner) a big BCRR welcome to Philly. Rock on!

Gotta run,
Fred

BCRR Local Race Schedule

E-mail: mortensen_christopher@yahoo.com

Please contact race officials beforehand to validate information below!

“Relish the bad training runs. Without them it’s difficult to recognize, much less appreciate, the good ones.”- Pat Teske

August 20	Bill’s Hills 5K and 1 Mile Fun Walk	Levittown, PA	http://www.billshills5k.org	billshills5k@gmail.com
August 20	Ivyland 5K and 1 Mile Fun Run	Ivyland, PA	http://www.ivylandborough.org/5krun.html	msevern@severnet.com 215-429-9543
August 21	8th Annual Radnor Red 5K Steeplechase Run	Malvern, PA	http://www.radnorredsteeplechase.org	
August 27	Beat Cancer 5K	Philadelphia, PA	http://beatcancer5k.com/	732-423-2070 beatcancer.org5k@gmail.com
September 3	Run For the Ages (Age Graded) 10K Trail Chase	Nolde Forest, Reading, PA	http://www.pagodapacers.com/races	610-603-9393 teds737@aol.com
September 3	Methacton Warrior 5K and 1.6K Fun Run/Walk	Collegeville, PA	http://www.pretzelcitysports.com	484-941-1274 markrsteinke@msn.com
September 4	Bucks County Duathlon	Washington Crossing, PA	http://www.buckscountyduathlon.org/	215-968-3200 harry@newtownbike.com
September 10	Harambee Foundation’s H5K	Blue Bell, PA	http://harambeefoundation.org/h5k/	
September 10	Susquehanna Super Hike and Ultra Trail 28.4 Mile Run	Pequea, PA	http://www.kta-hike.org	570-672-2389
September 10	22nd Annual Paper Mill Run 5K	Philadelphia, PA	http://rittenhousetown.org/special_events/events.html	215-438-5711 information@rittenhousetown.org
September 10	Quad X Open 5K	Belmont Plateau, Philadelphia, PA	http://brynmawrrunningco.com/nhp/quadxc.html	
September 17	8th Annual Garden of Reflection 5K	Lower Makefield, PA	http://www.gor5k.com	215-630-6655 race@netstride.com
September 17	Bill Bottino Mud Run for Cancer	Millville, NJ	http://www.njmudrun.com	800-483-1659 info@barbaracookcancerfoundation.org
September 17	1st Annual Black Tie 5K	Philadelphia, PA	http://www.iammorrison.com/greatresponsibility.aspx?PageID=59	gerryfuselli@iammorrison.com
September 17	2nd Annual Alex Boyes Memorial 5K Run/Walk	Warminster Community Park, Warminster, PA	http://www.firstgiving.com/gildasclubdelval/alex-boyes-memorial-5k-runwalk	215-441-3290 beth@gildasclubdelval.org
September 24	North Penn United Way 16th Annual “Run for Your Neighbor” 5K and 5/8 Mile Fun Run	Harleysville, PA	http://www.npuw.org/5k	215-256-5288 np5k@harleysvillegroup.com
September 24	St. Jude Jaguar 5K Race and 1 Mile Fun Run	Peace Valley Park, Chalfont, PA	http://www.active.com	rpfern@upewireless.com
September 25	Heart to Heart 5K, 1.5 Mile Walk and 1 Mile Kids Fun Run	Lake Lenape Park, Sellersville, PA	http://www.healthyheartsfoundation.com	http://www.active.com
October 1	Hands On House Half Marathon & 5K	Lancaster, PA	http://www.handsonhouserace.org	717-569-5437
October 2	American Cancer Society’s Making Strides 5K Walk and Run		http://makingstrides.acevents.org/paphillystrides	215-985-5401 strides.philly@cancer.org
October 2	Cade Foundation MD Race For The Family	Gaithersburg, MD	http://raceforthefamily.com	
October 2	Junior League of Philadelphia Harvest Hustle 5K and 1 Mile	Ardmore, PA	http://www.jlphiladelphia.org/	267-385-5665 jlpharvesthustle@gmail.com
October 2	Wissahickon Walk and Trail Runs	Upper Gwynedd Township Park, Ambler, PA	http://www.wvwa.org	
October 2	Power 5K Run for Alex’s Lemonade Stand	Media, PA	http://www.powerhrg.com	610-874-5000 kfarthing@powerhrg.com

	http://brynmawrrunningco.com/nhp/pdf/2011PowerRun5kRaceApp.pdf		
October 8	Knights of Columbus Charity 5K	Tyler State Park, Richboro, PA	267-847-6848 http://www.kofchennessy.com/
October 15	Kisses For Kyle 5K	Peddler's Village, Lahaska, PA	http://www.kissesforkyle.org/
October 16	Optimal Health Center 5K Run/Walk For Wellness	Yardley, PA	glenn@myohcenter.com 215-321-2488 http://www.active.com/5k-race/yardley-pa/5k-runwalk-for-wellness-presented-by-optimal-health-center-2011
October 22	York White Rose 5 Mile Run	Sovereign Bank Stadium, York, PA	info@yorkwhiteroserun.com http://www.yorkwhiteroserun.com
October 23	Desmoid Tumor Research Foundation 5K Run/Walk and Kids Fun Run	Fairmount Park, Philadelphia, PA	http://www.runningforanswers.com/
October 23	Delaware & Lehigh Heritage Marathon & Half Marathon	Canal Park, Northampton, PA	610-923-3548 x 224 http://www.delawareandlehigh.org/marathon/ rayne@delawareandlehigh.org
October 23	Martin's Run 5K to Defeat Dementia	Media, PA	610-353-7660 x 253 rpezick@martins-run.org http://www.runtheday.com/
October 30	Trick Or Treat 5 Miler	Tyler State Park Arts Center, Newtown, PA	267-574-1325 http://www.trickortreat5miler.com davidjfeinman@aol.com
October 30	Penn Medicine Radnor 5 Mile Run or 1 Mile Fun Run	Wayne, PA	http://www.lunginfo.org/RadnorRun cdernlan@lunginfo.org 610-941-9595 x 114
November 12	Autism Cares Foundation Race for Resources 10K and 5K	Tyler State Park, Newtown, PA	215-968-3737 http://raceforresources.kintera.org
November 13	The Lemon Run	Philadelphia, PA	Sheryl@alexslemonade.org 610-649-3034 http://www.thelemonrun.com
November 20	Bucks County Marathon	Yardley, PA	racedirector@runbucks.com http://www.runbucks.com
November 24	BCRR Thanksgiving Day 5 Miler and 1 Mile Fun Run/Walk	Summit Square, Langhorne, PA	http://www.active.com/running/langhorne-pa/22nd-annual-bucks-county-roadrunners-thanksgiving-day-5-miler-and-one-mile-fun-runwalk-2011
November 24	5th Annual Pumpkin Pie 5K Run and Scenic Walk	Nazareth, PA	610-759-3440 karenjanis@nazarethymca.org http://www.nazarethymca.org/5k
November 27	BCRR Tour Tyler Informal 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
December 3	Jingle Bell Run/Walk for Arthritis	Bethlehem, PA	bmclure@arthritis.org http://www.jbrlv.kintera.org
December 4	BCRR Covered Bridge 5K	Tyler State Park, Newtown, PA	http://www.bcurr.info
December 10	Jingle Bell Run/Walk for Arthritis	Newtown, PA	bmclure@arthritis.org http://www.jbrbucks.kintera.org
December 11	BCRR Jingle Bell 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
December 18	BCRR Tyler Challenge 10K	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 1	BCRR Cham-Pain 5K	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 8	BCRR Predict Your Time 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 15	BCRR Polar Bear 8 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 22	BCRR Honest Abe 4.6 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 29	BCRR Terrible Tyler 9.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 5	BCRR Pick Your Way 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 12	BCRR Eenie-Meanie-Minie-Moe Half	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 19	BCRR Staggered Start 4.6 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
April 15	Bucks County Half Marathon	Tyler State Park Arts Center, Newtown, PA	267-574-1325 http://www.buckscountymarathon.com davidjfeinman@aol.com