



# BUCKS COUNTY ROAD RUNNERS

## PRESIDENT'S MESSAGE

Well I found another reason to run today. As I was sitting in traffic that did not seem to move on the Washington DC beltway it occurred to me that as slow as I can be I can still run faster and get to my destination sooner if I was running. Last time I was in traffic this bad was on the Cross Bronx Expressway. Anyway, now that I have finally arrived at my destination I can write my article for the newsletter. Congratulations to Pat McCloskey for organizing another successful Thanksgiving Day race. We had a record number of runners in the 5 miler and fun run/walk events and raised more money for Bethanna than we have in the past. The volunteers from the club that came out to help were a big part of why this is a successful event and also it was nice to see Karen and Rich Dunning receive a plaque in honor of their contributions to having developed and organized this race in year past. Great job to all and it will only get better next year.

Next up for the club is our annual Winter Series which starts on Sunday December 7th with the Informal 5.3 mile run. This is the only run that you cannot accumulate points unless you are a volunteer. However, this is an opportunity to come out and register for the series, renew your club membership and enjoy the company of our club members. The races start with the Covered Bridge 5K on the 14th and continue every Sunday for 11 weeks. Mark Zacharias (markzacharias@verizon.net) is our new Winter Series Director and has everything well organized. We are hoping to increase our club membership and see a record number of participants this year. Check out the BCRR website for the Winter Series race schedule. Also, you can contact Mark or me if you have any questions.

Finally, we had a brief club meeting at the offices of Gorman Optimal Health in Fairless Hills. Dr. Michael Gorman gave a little talk and took us on a tour of the facility. Dr. Gorman has been a sponsor of the Massaroni 5K and the Thanksgiving Day race and hopefully we will see him out and running at some of our Winter Series races. A good portion of this meeting was centered around the Thanksgiving Day race and Winter Series however, the major topic that I wanted to discuss was a change in the bylaws to increase the number of BCRR officers from three to five. With membership in the club on the rise and an increase in the number of activities that the club is involved in I would like to add the Winter Series Director and add a Club Secretary. Please feel free to forward you comments to me regarding this change and I plan on putting this to a vote to the Club's membership in January. If approved, the club can put together a slate of nominated candidates for each officer position that we can put out for a vote in this spring. The officer's terms would be for one year and would start on July 1. Again please forward to me any comments you may have regarding this.

Finally, don't forget to wear you BCRR clothing when you go out to an event and congratulations to everyone who ran in a fall marathon or ultra.

I look forward to seeing everyone at the Winter Series.

Eric

## DECEMBER 2008

### *BCRR Officers:*

- *President - Eric Stern*
- *Vice President - Chris Mortensen*
- *Treasurer - Fred Gropper*
- *Social Director  
Melanie Schranz  
609-730-1797*
- *Club clothing - Ray Galenty  
215-946-1476*
- *Webmaster - Emily Grace*
- *News Editor - Glenn Cohen  
Gcertified@comcast.net*

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**Bucks County Roadrunners Club 2008-09 Membership and/or 2008-09 Winter Series Application**

The \$15 single or \$25 family membership fee provides membership voting rights and an electronically transmitted monthly newsletter from BCRR. It also includes a membership to the Roadrunners Club of America. Membership year runs from December 1, 2008 through November 30, 2009. An additional \$10 will be charged to members opting to receive a paper copy of the newsletter via regular mail. Winter Series fee is: \$15 for members Dec. 7 and \$20 after that date; \$25 for non-members by Dec. 7 and \$30 after that date.

Name: \_\_\_\_\_ Age on 12/7/08: \_\_\_\_ Date of Birth \_\_\_\_\_ Sex: \_\_\_\_ Winter Series? \_\_\_\_

Address: \_\_\_\_\_ Date you joined club: \_\_\_\_ Membership: New \_\_\_ Renewal \_\_\_

Phone: \_\_\_\_\_

E-Mail address: \_\_\_\_\_

Newsletter option: E-mail to me \_\_\_\_ Don't send newsletter \_\_\_\_ Mail me paper copy (\$10 charge) \_\_\_\_

Individual: \_\_\_\_ Family: \_\_\_\_ (please list names and ages)

Name: \_\_\_\_\_ Age on 12/7/08: \_\_\_\_ Date of Birth \_\_\_\_\_ Sex: \_\_\_\_ Winter Series? \_\_\_\_

Name: \_\_\_\_\_ Age on 12/7/08: \_\_\_\_ Date of Birth \_\_\_\_\_ Sex: \_\_\_\_ Winter Series? \_\_\_\_

Name: \_\_\_\_\_ Age on 12/7/08: \_\_\_\_ Date of Birth \_\_\_\_\_ Sex: \_\_\_\_ Winter Series? \_\_\_\_

Waiver: I know that running road races is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by the decision of any race official relative to my ability to safely complete the race(s). For the safety of all participants, I understand that headphones, skates, baby strollers, baby joggers, and animals are not permitted at any racing event. I assume all risks associated with competing, volunteering, or participating in any activities sponsored by the Bucks County Roadrunners including but not limited to falls, contact with other runners, effects of weather, traffic, and condition of the courses, all such risks being known and appreciated by me. Having read this waiver, knowing these facts, and in consideration for acceptance of my entry in the Bucks County Roadrunners and/or Bucks County Roadrunners sponsored events, I, for myself, those family members listed above, and anyone entitled to act on my or a listed family member's behalf, waive and release the Bucks County Roadrunners, Tyler State Park, Pennsylvania Department of Environmental Resources, and all other parties associated with the BCRR events, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in the Bucks County Roadrunners and/or BCRR sponsored events.

Signature (parent or guardian if applicant is under 18)

Date

I am paying for (indicate all that apply by filling in amount):

BCRR membership:	Individual (no mailed paper newsletter)	\$15	\$ _____
	Family (no mailed paper newsletter)	\$25	\$ _____
	Mailed paper newsletter	add'l \$10	\$ _____
Winter Series:	Member(s) on or before December 7 ____ @	\$15 =	\$ _____
	Member(s) after December 7 ____ @	\$20 =	\$ _____
	Non-member on or before December 7	\$25	\$ _____
	Non-member after December 7	\$30	\$ _____
	Total		\$ _____

Please mail this complete form and your check payable to BCRR to:  
Bucks County Roadrunners, PO Box 188 Newtown, PA 18940-0188

Total Amount Paid \$ \_\_\_\_\_  
Cash or Check (circle one)

In order to be eligible for a WS mug and accumulate points you must be a BCRR member and also volunteer at a race.

\_\_\_\_\_ I am a club member and intend to volunteer and meet these requirements.

\_\_\_\_\_ I am not interested in accumulating points or being eligible for awards and a WS mug.

I am willing to help with club: Administration \_\_\_\_ Newsletter \_\_\_\_ Social Activities \_\_\_\_ Winter Series \_\_\_\_ Other \_\_\_\_

## MEMBER PROFILE-DEBBIE BURNS

When I was first asked to talk about my running experience, I thought what running experience? I had only been running a year. Then I thought about how much I enjoyed reading other BCRR member profiles and the inspiration I received in their stories so here goes.

I'm 45 and live in Langhorne with my husband, Mike, my 17 year old son, Michael and our three collies. My husband and I own Island Sun Tanning Salon with four stores in Bensalem, Fairless Hills and Huntingdon Valley, Pa. In my 20's and 30's I was always a very active person and took health and fitness seriously, but not too serious. I love to eat so I knew that I had to keep moving so as not to put on the pounds. I took aerobic classes, spinning classes, weight trained and walked. Even through my pregnancy, I would go to the gym during my lunch break or after work get off the train from center city and drive straight to the gym.

When I walked I would try run for a minute then stop because it was too hard and it was not fun. But I did not understand why it was so hard for me because when I would see someone else running on the treadmill or on the road they always made it look effortless and they always looked like "they" enjoyed it so why couldn't I? So through the years I just always thought "I'm just not a runner" and accepted it and continued with what always worked for me in staying fit and keeping the weight down. Through my late 30's, my fitness starting taking a back seat because of the extra hours I worked. For a year I got to a point where I did not even exercise (or walk) and I ended up with about an extra 20 pounds of weight. Just when I thought it could not—and would not—get worse I gained another 10 pounds.

In the summer, 2007 I found myself at 44 and back into walking. I thought to myself, "I've got to do something about this weight." Again I tried to run and after a few minutes gave up. When I was in the grocery store, I walked by the magazines and the Runner's World magazine caught my eye. I opened it up, read a few pages and thought "hmmmm" let me buy this. That is when it started. It was just my luck that the magazine had an article on how to start running if you never ran before. That week I would run 4 days that week...for 30 minutes each day I would walk 3 minutes, run 1 minute. The following week I would walk 2.5 minutes and run 1.5 minutes, etc. until I was running 30 minutes straight. But it was hard and I was slow and I still could not figure out why I was not enjoying it like other people. But I kept at it because it was helping me to lose weight a small amount of weight and I did like the way it made me feel afterwards.



## DEBBIE BURNS-continued

As I would read the articles in Runners World (I bought a subscription), I found them to be motivating and the articles about the races intrigued me. I would read about 5Ks, but I did not even know what that was...only that it was a race. In September, 2007 I signed up for a 5K and did not know until the week before it was 3.1 miles. Easy I thought. Boy was I wrong! It was so hot and humid. I remember thinking “what the heck was I thinking trying to run this race”. My worst fear was coming in last place OR just giving up during the race. I had to walk a little to catch my breath, but I kept going and when I saw the Finish Line I turned my head and saw that I was not last and I kept going. “Uggggh that was so hard” I thought and I wanted to cry, but I did not. It took me 42 minutes to run 3.1 miles. My son and girlfriend were doing a one mile walk, and as I waited for them to come in (they got lost), I was feeling better (now that I had my breath back) and feeling soooooo good about what I had just done. My body was done for the rest of the day and I was so sore the next day. But I had so much fun that I signed up for another 5K the following week.

In November, 2007 I decided to train for a half marathon (those articles in the magazine had me pumped). I got my training program from runnersworld.com, but a few weeks into the training I came across a workout that said “4 x 800m”. What was 800m? (I know you are laughing at me for actually admitting this right?) I remember thinking I wished I had friends that ran so I could ask them or I wish I knew a runner. I did not see anything in the magazine that would answer my question. So I skipped that workout and replaced it with something else. I finally went to buy a pair of running shoes and I asked the store employee if he knew anyone that coaches people to run. I considered hiring a coach to educate me and help me. Sure enough, I got a call a couple of weeks later from Matt Catinella, the head coach of Central Bucks East Track and Field. My training led me to my first long race, 2008 Broad Street Run, but not without experiencing my first injury that prevented me from running for three weeks in February, 2008. I was sooooo upset and did not realize how much I “actually enjoyed” running until I was not allowed. As the Broad Street Run got closer, I got more and more nervous and doubted that I could really do it. Of course, I did not say that out loud to anyone. Every time that thought crossed my mind, I “had to” tell myself that I could do it. My coach told me I could so I had to believe him—and I did. The morning of Broad Street Run I met some BCRR members for the first time when I caught a ride with them down to the city. That car ride and talking with the members actually made me feel less apprehensive about the race. There was so much excitement and buzz at the start of the race that I could not believe I was in the middle of it all. The race started, and like always, I started off too fast and I had to make myself slow down so that I did not run out of steam. The crowds along Broad Street were so full of energy, excitement and motivation that it just kept me going. I ended up running a 10:48 pace, which I was ABSOLUTELY thrilled with (I came in faster than my anticipated goal). The BCRR tailgate party was a blast even though I only knew a few members at the time.

As I write this, the Philly Marathon was only a few days ago and I still find myself thinking that I can’t believe I actually ran the whole race. Of course, that was the intention but I still cannot believe it. I remember a year ago thinking there was no way I could even consider or entertain the thought of running that far. The thought was too overwhelming to think about. But that was before I enjoyed running. My family tells me I take it too seriously (the training) and that it is all I ever think of. Maybe, maybe not. Actually though, they support my love for running and are at all my races. Even my son runs too. He actually said today that he finds some joy in it. (OMG...I can’t believe he said that!) I found a new love—running—and I can’t wait to run more half-marathons and marathons. I don’t run to lose weight or keep my weight down (but it is a nice perk). Now I run because I enjoy it. Last year I was not able to run the Winter Series, but I’ve already signed up for this year and am excited to run with other people.



# BCRR LOCAL RACE SCHEDULE

"If a hill has its own name, then it's probably a pretty tough hill." "Uncle" Marty Stern- Villanova track & XC coach

December 6, 2008	Lansdowne YMCA Reindeer Romp 5K		Lansdowne, PA	620-638-1270 (X 3015)
December 6, 2008	Jack ST. Clair Memorial XC Run 5 M/ 1M		Belmont Plateau XC Course, Fairmont Park	215-487-0770
December 6, 2008	Jeff Galloway's Running School 12- 5 PM		Lloyd Hall, Kelly Drive, Phila., PA	800-200-2771
December 6, 2008	North Penn Chamber Commerce 5K Challenge		Lansdale, PA	215-362-9200
December 7, 2008	31st Brian's Run 5K and 10K		West Chester University, PA	610-491-9440
December 7, 2008	17th Alvernia College 5K & 1/2 Mile Kids		Reading, PA	610-779-3277
December 7, 2008	BCRR WS- Tyler 3.5M Tour - Informal Run	9:30 AM	Tyler State Park, Newtown, PA	
December 13, 2008	Christmas City Classic 5 Miler		YMCA, Bethlehem, PA	610-428-1621
December 13, 2008	Pineland Striders Holiday Run 5K		Medford, NJ	856-767-9204
December 14, 2008	Jingle Bell Run/Walk for Arthritis 5K		Pennsauken, NJ	856-616-8000
December 14, 2008	Reindeer Romp 5K Oakmont Elementary,		Havertown, PA	610-328-3979
December 14, 2008	Grand Finale 15K		Hamilton, NJ	973-334-8900
December 14, 2008	BCRR WS- Covered Bridge 5K	9:30 AM	Tyler State Park, Newtown, PA	
December 21, 2008	NERRC Christmas is for Giving 5K		Rhawn Street Entrance , Pennypack Park, Phila	
December 21, 2008	BCRR WS- Jingle Bell 5.3 Miler	9:30 AM	Tyler State Park, Newtown, PA	
December 28, 2008	BCRR WS- Tyler Challenge 10K	9:30 AM	Tyler State Park, Newtown, PA	
December 28, 2008	22nd Kris Kringle 5 Mile Run		St. Joseph's Hospital, Reading, PA	610-413-7822
December 31, 2008	First Night Bethlehem 5K		Bethlehem, PA	
January 1, 2009	BCRR WS- Cham-Pain 5K	Noon	Tyler State Park, Newtown, PA	
January 1, 2009	Hamilton Hangover 5 Mile Race		Hamilton Square, NJ	609-737-9069
January 3, 2009	Freezing Cold Has Run 3-6 Miles		Edison, NJ	732-572-0500
January 4, 2009	BCRR WS- Predict Your Time 5.3 M	9:30 AM	Tyler State Park, Newtown, PA	
January 11, 2009	BCRR WS- Polar Bear 8 Miler	9:30 AM	Tyler State Park, Newtown, PA	
January 17, 2009	Winter Pickle Run Race- Predict Your Time- Choose Course & Distance		Newtown Square, PA	610-328-3979
January 18, 2009	BCRR WS- Honest Abe 4.6 Miler	9:30 AM	Tyler State Park, Newtown, PA	
January 25, 2009	BCRR WS- Terrible Tyler 9.3 Miler	9:30 AM	Tyler State Park, Newtown, PA	
January 25, 2009	32nd Chilly Cheeks 7.2M Trail Run		Reading, PA	610-779-2668
February 1, 2009	BCRR WS- Pick Your Way 5.3 Miler	9:30 AM	Tyler State Park, Newtown, PA	
February 8, 2009	BCRR WS- Eeney-Meenie 1/2 Marathon	9:30 AM	Tyler State Park, Newtown, PA	
February 15, 2009	BCRR WS- Staggered Start 4.6 Miles	9:30 AM	Tyler State Park, Newtown, PA	
February 21, 2009	Winter Pickle Run Race- Predict Your Time- Choose Course & Distance		Newtown Square, PA	610-328-3979
February 22, 2009	6th Ugly Mudder 7.25 M Trail Run		Reading, PA	610-779-2668
March 7, 2009	Rotary Run 10 Mile and 4 Mile		Quakertown, PA	267-374-1631
March 15, 2009	45th Citizens Bank -Caesar Rodney 1/2 Marathon & 5K		Wilmington, DE	302-655-7528