



BUCKS COUNTY ROADRUNNERS

February 2010 Newsletter

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Inside This Issue

WS Director's Message	1
Member Profile	2
Panera Bread Thanks	4
Caesar Rodney Announcement	5
Banquet Invitation	6
Mug Design Contest	7
Race Schedule	8

Weekly Run 1

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

Weekly Run 2

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

WS DIRECTOR'S MESSAGE

Winter Series 2009-2010 Update

As this article goes to press (or for most of you to email), we are three quarters of the way through the 2009-2010 Winter Series. As I recount the races in my mind, I realize that it has been an exciting, fun, and memorable series so far:

Covered Bridge – The racing season started off with a fizzle as a drizzle on frozen ground turned the starting area into an ice rink. In hindsight, a rain ½ hr earlier or later would not have affected the race, but at the last minute we had to turn it into an informal, giving all 231 registered participants 5 points.

Tyler Challenge – Residual snow from the previous weekend (which forced the Jingle Bell race to be cancelled) required a course change, but Race Director Phil Miele still managed to give you a full 10K.

Cham-Pain 5K – Ice threatened to require a course change, but fortunately everything melted in the last hour, allowing over 180 runners to complete what is becoming a local favorite.

Predict Your Time – We held this race just 2 days after the Cham-Pain due to the cancelled race on Dec 20th. Because of the short rest period, the Predict Your Time was run a week early to allow runners to take it easy. Rookie Race Directors Chris Thompson, Pete Lederer, and Greg Yerkes wowed us with a pancake breakfast and a great “high-school colors” theme.

Meet & Greet – Now well into January, Race Director Joe Boyce replaced the Jingle Bell theme with Meet & Greet. This was a great idea because now Jim Larson and Fred Gropper are not the only ones in the club who know everyone's name. With this race we also finally officially broke the 200 barrier, with 204 runners finishing. And best of all, due to snow on the 5.3 mile loop, runners were treated to another run down & up the covered bridge hill.

Polar Bear – This is usually the coldest race of the year, but the mildest race so far also proved to be a great one. Once again Race Directors Len Herman, Karl Prior, and Glenn Cohen fed us hot dogs and soft pretzels with a pre-game tailgate theme, which also featured many runners wearing the colors of their favorite local sports team.

(Continued on page 4)

Member Profile

Scott Craig

Running is my Prozac. At least that's what the bumper sticker says on the wall of my closet. It stares back at me every morning, reminding me to make time for my daily dose. And I usually follow its prescription.

When Chris asked me if I would write my profile for the newsletter, I started thinking about what I should write. Actually, I started thinking, "what could I *possibly* write that would be interesting?" Since I'm not an accomplished runner, a list of PR's and age-group victories was out. Since I haven't been running since high school, a detailed chronology of my running life was out. Instead, I decided to brainstorm a list of why I run and what I enjoy about it. Maybe that process would produce a few items worth sharing. Here's what I came up with:

I like to run for the challenge. It requires discipline to stay in shape and even more discipline to improve. As I've been at it for over 10 yrs now, I've learned that I'm not fast. I don't have any special genetic gifts. But I occasionally train hard to see if I can find any small consolation prizes.

I like to run because it's a cheap way to sightsee. I've been fortunate to have jobs that included some travel and I always pack my running shoes. I've run in Barcelona, Munich, Sedona, Paris, San Diego, Edinburgh and dozens of other big and small towns. I've even done 17 miles on a treadmill in Manila when I was training for a marathon, but not a lot of sightseeing with that one. And you know what? Every place has something interesting to see,

whether its great architecture or great natural beauty. This is a pretty cool planet we have to run on. Even better, you don't have to go far to enjoy the beauty. I love the scenic views in Tyler and those along the Blue Ridge Parkway in Virginia which is about a mile from my parents' house.

I like to run to de-stress and forget about work, etc. for a while. Running is my reset button that reinforces my sense of self. It's a steady friend who's been with me for a while.

I run for that feeling you get 5 minutes after you stop when you feel absolutely no pain. I also run for the pizza and beer later. Once a month or so, I'll go out and have a great run for reasons completely unknown to me (not for lack of investigation). The legs feel like coiled springs; the gas tank is full; I'm in the groove and the running is effortless. There are 25 other runs in between, most of them painful, tired and uninspired. But that one effortless run always keeps me coming back for more.

Running always reminds me that we're a lot tougher breed of monkey than we give ourselves credit for being. After 10 miles in the ____ (cold, wind, sleet, rain, heat, humidity, etc.) you realize that you can handle most things that might come your way. Running also shows me a glimpse of our primal skills as early cave men and women. We must have been fierce competitors back in the day among all the other species in the woods. (Ok, so I have to laugh at myself now. I am *very* far removed from that pri-



Scott looking strong as he finishes the 2009 PDR.

(Continued on page 3)

(Member Profile continued from page 2)

mal ancestor, as I head out the door with my \$100 pair of Brooks, \$100 pair of Oakley's, \$300 Garmin and \$100 iPod, shrink-wrapped in \$100 of spandex. Maybe I need more insurance!)

I like to run in the rain, in the snow and in the dark. The sound is dampened and I always feel faster than I really am. Sometimes it feels a little like flying (especially in the dark when the car headlights blind you and you can't see the ground).

I like to run because I can. I had a health problem in late 2002 through early 2005 and I had to give up running because it made the problem worse. That was hard to swallow. Now, every run is a gift, even the bad ones.

I like to run to think about big problems. How do we make America competitive again so that our kids and grandkids have a brighter future? How do we reverse this widening gap between the haves and the have-not's in our society and in the world? Is our political structure out-dated in the US? Can our elected officials ever rise to the challenge of making good long-term decisions for our country and leave behind all of the ideological polarization and political fighting? How do we fix healthcare costs (because we're all just one job loss away from needing a national system, a private fortune, or lots of luck)? Can we ever extinguish terrorism? How about energy policy, banking regulation and executive compensation? Clearly, these are topics which I schedule for the long, slow runs when I can breathe. :)

I like to run with music; not all the time, but during certain workouts and long races. There's something about getting in the groove with an up-tempo song and cruising. (If I'm going faster than usual, it's probably AC/DC.)

I run to get through the various rough patches which we all encounter in life. I ran to get through a union organization drive in 1996. I ran to get through my MBA program in 2000. I ran a lot when my brother was in Afghanistan in 2008. I ran to get through an acquisition and corporate restructuring in 2009. I ran when my Mom was diagnosed with colon cancer in 2001 and I've been running more than ever since it came back last summer. Run Scott, Run.

I joined BCRR in 2006 when a colleague told me about a group that held races in Tyler over the winter. It sounded like a good challenge. Without a doubt, that decision was the best thing I have ever done to improve my running and expand the list of people who I consider friends. I am constantly impressed with the running talent of people in the club. Everyone has such great passion for the sport and always seems very willing to offer suggestions and coaching tips. The club does a great job of attracting runners of all capability ranges and interests. The leadership, organization and camaraderie in the club are outstanding. I have rarely seen a more dedicated group of folks. Thank you for making the club what it is today!!

Ok, now for the basic biography... I'm 45. I grew up in Lynchburg, Virginia and went to school at Virginia Tech, where I studied chemical engineering. I've been lucky to live in a lot of different places since I left Blacksburg, all for various job moves: Rochester, Atlanta, Charlotte (twice), Chicago (twice), Houston, and since 1998, our fine city of Philadelphia. I've enjoyed all of them. Charlotte was probably my favorite. Chicago is great, but very cold in the winter. Texas has (far and away) the best state pride I have ever encountered. Houston is so hot and humid, that I had to run at 5am in the summer. For most of my career, I've worked for Rohm and Haas Company, now part of Dow Chemical. I'm happily married for 21 years to my beautiful bride, a non-runner, who somehow tolerates all my early bedtimes and my expanding collection of running gear. I have two great teenage kids: a son

(Continued on page 4)



The Bucks County Roadrunners would like to extend their thanks to Panera Bread for going above and beyond to help support our runners at the recent Honest Abe 4.6 Mile Race. We appreciate their extra effort and encourage our members to frequent Panera Bread!

(WS Director's Message Continued from page 1)

Honest Abe – Race Directors Art & Barb Burger, for perhaps the first time ever, had no weather issue as 194 runners finished this 4.6 miler.

Terrible Tyler –Race Directors Matt & Jen Conard overcame their rookie status, a long race, and a new experiment with two volunteer shifts to host a flawless race that featured hot oatmeal as a post-race treat. Congratulations on a job well done.

We have just three races left: The Pick Your Way race this weekend, the Half Marathon on Valentine's Day, and the Staggered Start on Feb 21st. I hope to see everyone at all three races. And don't forget to sign up for the Winter Series Banquet on March 14, which will feature celebrity guest speaker Chris McDougall.

-Mark

(Member Profile Continued from page 3)

and a daughter.

I started running in my early 30's. My brother (a Marine) suggested that we train to run the Marine Corps Marathon. It sounded like a good challenge, so naturally I signed on. I wasn't a complete novice. I'd run occasionally. I was reasonably fit. I was a competitive swimmer growing up. I wrestled in HS and running was usually part of getting in shape for wrestling season. I cycled a lot at Virginia Tech and in the first few years after college. I was ok with regular training, but a marathon? I had never run a race. My longest run was only four miles. Eventually, I worked up to a 10k in Houston.

My first attempt at MCM was in 1998. Result: DNF. At mile 13.2, my right ITB started to spasm (I would later recognize the significance of this omen). I adjusted my stride, stopped to stretch and did everything I could think of, but I couldn't make the pain go away. I hobbled on through mile 15 before I threw in the towel. I was successful in 1999 (4:11), my one and only full marathon. I've run MCM two more times, both as self-directed halves.

Favorite race: PDR. Naturally, I'm disappointed that big business has moved in, renamed the race and started charging a fortune. But it's still a great race, through our beautiful city at the perfect time of year!

Goals: Yep, I have 'em. I hope to improve my PR's in both the half and in the 5k. I also want to do more triathlons, since I have decent skills in all three events. But my real goal is to just keep running, for as long as I can, hopefully for a lifetime. I'll end with a quote that I read somewhere, but can't give proper credit. For me, it's very true. "Running's not what I do, but it makes everything else that I do OK".

Caesar Rodney Half-Marathon Team Competition

Sunday, March 21st, 9:30am, Wilmington, Delaware

This race is very popular with BCRR members looking to show off the conditioning they got at the winter series. It is also a good tune-up for those running spring marathons.

There is a team competition included in this race. This team competition is not a relay; rather each member of the team runs the entire 13.1 miles and the team time is computed as the sum of the times of the individuals on the team. There are up to 7 on each team, and the times for the top 5 are used in the team scoring. Last year we had 8 teams and 7 of them medaled. The men's open team got gold and the women's open team, missing a couple of runners, still managed bronze. We swept the male masters and took silver and bronze in the coed masters division. The only team that didn't medal was the coed open team, which was put together by Steve Spohn and I take no blame for. Last year's team results are still online at the bottom of the page https://www.lin-mark.us/results_files/crhalfawards09.txt. I will again, with the help of Fred Gropper, coordinate and assign teams, but if you have a group of 7 and would like to enter as a team that is fine also. However it is best if all team entries go through us. If you have a number of runners who want to be together but need additional runners to fill in a team, we can do that also.

Please don't be hesitant to sign-up for a team due to speed concerns. There is a place for everyone. The race organizers have come to recognize the BCRR due to the large number of participants from our club.

If you are going to participate or think you might, write me at GregGrace@aol.com, call me at (215)321-3377, look for me or Fred at the Winter Series races, or mail it to me at 1225 River Road, Washington Crossing, PA 18977. I will begin bringing registration forms to the races and also have attached one to this message. Entry fee is \$35 per person if you register as part of a team. I greatly prefer receiving checks made out to me. It's easier to track than cash.

If you are unsure, it is best if you get the application and money to me anyway. I will not be cashing the checks or sending in the applications until the deadline at the end of February, so if you change your mind you can let me know and I will destroy your check and app.

More information is available at <http://www.mrsnv.com/evt/home.jsp?id=2308>

For those who have run this race before, I believe that the course is the same as last year.

They also have a 5K which starts an hour before the featured half-marathon. There is not a team competition for this, but if you want to be part of the group and aren't up for the half, you may want to sign up for this.

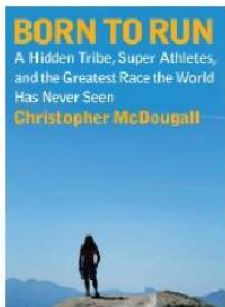
There is carpooling and you can also expect some partying after the race. Details to follow.

Greg Grace

RECEPTION, CASH BAR, DINNER, AWARDS, AND SPECIAL GUEST

CHRISTOPHER MCDOUGALL

AUTHOR OF "BORN TO RUN A HIDDEN TRIBE, SUPER ATHLETES, AND THE GREATEST RACE THE WORLD HAS NEVER SEEN"



DATE
SUNDAY, MARCH 14, 2010
TIME
5PM TO 9PM
LOCATION
CRYSTAL BALLROOM
NORTHAMPTON VALLEY
COUNTRY CLUB
NEWTOWN-RICHBORO ROAD
RT. 332
RICHBORO, PA 18954
[HTTP://WWW.NVGC.COM](http://www.nvgc.com)
COST
\$25/PER PERSON
\$10/PER CHILD
RSVP
SUNDAY, FEBRUARY 28, 2010
QUESTIONS
MELANIE SCHRANZ
609-969-0588
BCRRSOCIAL@GMAIL.COM

BUCKS COUNTY ROADRUNNERS...

WINTER SERIES BANQUET

2009 - 2010

YES, WE WILL BE COMING TO THE 2009 - 2010 WINTER SERIES BANQUET!

NAME _____

NAME _____

EMAIL _____

PLEASE INCLUDE A CHECK MADE OUT TO BCRR, AND MAIL THIS PORTION TO:

MELANIE SCHRANZ
1326 RIVER ROAD #7
TITUSVILLE, NJ 08560

AMOUNT ENCLOSED: _____

CALLING ALL CREATIVE IDEAS FOR THE BCRR WINTER SERIES MUG CONTEST!

**SUBMIT A DESIGN FOR THE 2009 - 2010 WINTER
SERIES MUG AND WIN A TICKET TO THE WINTER
SERIES BANQUET!!**

BCRR WINTER SERIES....

MUG CONTEST

2009 - 2010

QUESTIONS?

CONTACT MELANIE SCHRANZ
BCRRSOCIAL@GMAIL.COM OR 609-969-0588



**THE 2008 - 2009 WINTER
SERIES MUG DESIGN BY
BCRR MEMBER, ROD
MESSENGER**

BUCKS COUNTRY ROADRUNNERS
2008 - 2009 WINTER SERIES



RULES

**DESIGN WILL BE ON A WHITE
BACKGROUND (I.E., MUG
WILL BE WHITE)**

**DESIGN MUST BE
SUBMITTED IN ELECTRONIC
FORMAT (GIF, JPG, TIFF)**

**SUBMIT ALL DESIGNS TO
MELANIE SCHRANZ**

**DEADLINE FOR SUBMISSION
IS SUNDAY, FEBRUARY 7,
2010.**

**BCRR RESERVES THE RIGHT TO WORK
WITH THE WINNER TO MODIFY THE
ARTWORK (I.E., SIZE, COLORS, ETC.) TO
ACCOMMODATE A COFFEE MUG AND/OR
PRINTING LIMITATIONS. NO CASH
EQUIVALENT FOR AWARD. ONE WINNER
WILL BE SELECTED. NO SUBMISSIONS
WILL BE ACCEPTED AFTER THE
DEADLINE.**

BCRR Local Race Schedule

E-mail: mortensen_christopher@yahoo.com

Please contact race officials beforehand to validate information below!

“Running all these years in all these ways has taught me lots of lessons. Many were painful at the time, but the worst mistakes can teach the best lessons.” - Joe Henderson, *Run Right Now*

February 7	Bucks County Roadrunners Pick Your Way 5.3 Mile Run	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 13	Cupid's Chase 5K Run/Walk	Princeton, NJ	http://www.comop.org/cupidschase/ 609-638-8601
February 14	Bucks County Roadrunners Eenie-Meanie Half Marathon	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 20	Frostbite 5 Miler	Ambler, PA	http://www.aarclub.com/frostbite/ frostbite@aarclub.com
February 21	Bucks County Roadrunners Staggered Start 4.6 Mile Run	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 28	Ugly Mudder 7.25 Mile Trail Run	Reading, PA	www.pretzelcitytiming.com rhornpcs@aol.com
March 13	St. Patty's Day 5K and Kids Mile	Morristown, NJ	http://www.therunningcompany.net/stpats5k/
March 14	Village Tavern St. Patrick's 5K	North Wales, PA	http://www.active.com
March 20	National Marathon and Half Marathon	Washington, D.C.	http://www.nationalmarathon.com/
March 21	Caesar Rodney Half Marathon and 5K	Wilmington, DE	www.races2run.com sdenardo@lunginfo.org
March 21	CB Family YMCA 5K	Doylestown, PA	http://www.bucks5kseries.com/ 215-348-8131
March 27	Tyler Arboretum 10K Trail Run	Media, PA	http://www.tylertrailrun.com tylertrailrun@yahoo.com
March 28	Ocean Drive Marathon	Cape May, NJ	www.odmarathon.org 609-523-0880
April 3	Mt. Penn Mudfest	Reading, PA	http://www.pretzelcitytiming.com rhornpcs@aol.com 610-779-2668
April 10	Metro Dash Urban Race	Philadelphia, PA	http://www.frawgstomp.com/ 1-888-315-1322
April 11	New Hope-Solebury "Spirit Run" 5K	New Hope, PA	http://www.bucks5kseries.com/ 215-862-5665
April 11	5 & Dime 5 and 10 Mile Races	Hatfield, PA	http://www.active.com
April 18	Revolutionary Run 5 Miler	Valley Forge, PA	http://www.revolutionaryrun.org
April 24	Bridge Valley Trailblazer Race for Autism 5K	Furlong, PA	http://www.bucks5kseries.com/ 267-718-9659
May 2	Broad Street Run	Broad Street, Philadelphia, PA	http://www.broadstreetrun.com bsrhelp@aim.com
May 2	New Jersey Marathon	Long Branch, NJ	http://www.njmarathon.org/Marathon_Info.html 732-578-1771
May 8	Lab Fitness & Spa 5K	Warrington, PA	http://www.bucks5kseries.com/ 215-918-5911
May 8	The Vanguard School 10K		http://www.runtheday.com/ 610-296-6700 x 180
May 15	Broad Street Rerun 5 Mile Run, Walk and 1/2 Mile Kids Run	Lansdale, PA	http://www.hemophiliasupport.org
May 19	(Wednesday!) Sertoma 5K	Doylestown, PA	http://www.bucks5kseries.com/ 215-345-8141
May 29	Doylestown "Red, White & Blue" 5K	Doylestown, PA	http://www.bucks5kseries.com/ 215-340-9988
May 29	Odyssey Half Marathon	Philadelphia, PA	http://www.odysseyhalfmarathon.com/ 765-729-0691
June 5	Chalfont Challenge 5K	Chalfont, PA	http://www.bucks5kseries.com/ 215-822-8250
June 6	Run the Gates 5 Mile and 1 Mile Fun Run	Levittown, PA	http://www.runthegates.org pmiele2@verizon.net
July 17-18	20 in 24 Individual and Relay 24 Hour Ultra	Philadelphia, PA	www.20in24.com
July 17	20 in 24 Midnight Madness Run 8.4 Mile Loop	Philadelphia, PA	www.20in24.com
July 18	20 in 24 Pajama Loop Run 8.4 Miles	Philadelphia, PA	www.20in24.com