



BUCKS COUNTY ROAD RUNNERS

PRESIDENT'S MESSAGE

When did you start running? Did you start out playing soccer or basketball and then just keep on going? Did you wake up on crisp April Saturday morning and decide to run with your dog? Did you find yourself 25 pounds overweight and thought it would be a good way to try to regain the body you used to have? Did a friend ask you to come along for company? Did your doctor tell you it was run or die?

When did you become a runner? Did you suddenly find yourself setting your alarm for 5:30am so you could get up and get a few miles in before work? Did you decide to enter a local 5K? Did you find yourself at Tyler State Park on Sunday mornings in the winter with 150 or more other people running up and down hills in the wet and cold? Did you find yourself running in 85 degree temperatures because you just had to get your daily run in? Did you find yourself training for a marathon even though you never thought it was something you ever wanted to do?

When did you become a true BCRR member? Did you sign up for Caesar Rodney Half-Marathon just because so many other members were going? Did you find yourself on a River to Sea Relay team even though you couldn't imagine how it could be fun to spend an entire day in August with 6 other runners trying to travel 92 miles across New Jersey in 90 degree temperatures? Did you find yourself trying to recruit friends and other runners into the club?

The BCRR is more than just a bunch of people who get together and run. It is a bunch of friends with a similar interest. It is a source of advice and information and inspiration. There are numerous instances of members who have become best friends with people they met in the club.

So maybe I shouldn't be surprised, but I have been impressed by a common sight at this year's Winter Series races. Most weeks you can look around and see maybe a half dozen injured runners who have come out in the rain or snow or cold just to volunteer and help out even though they can't run and don't need to do it to fulfill the volunteer requirement. They come out to be with friends and support the club and its members. Surely that says volumes about how they feel about the club and those fortunate enough to be running that day. If you don't do much with the club, you are cheating yourself. Take advantage of it. Take the next step.

Time to Split-
Greg

JANUARY 2008

BCRR Officers:

- *President - Greg Grace*
215-321-3377
- *Vice President - Eric Stern*
- *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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MEMBER PROFILE-GEORGE MUNRO

Born 11/12/58

Graduated Neshaminy Langhorne HS 1976, West Chester University 1994 (I was taking my time)

Currently working at Penncrest HS as a Health and Physical educator. Have coached football and field hockey at the high school level, as well as XC, indoor and outdoor track at 4 different schools. This spring will be my 24th outdoor season, 20 as a head coach.

Have been a Bucks County Roadrunner since Feb '78 (then called the bucks county YMCA RRC)

Life stops: things that have changed my perception of living.

- 1) 1980 Ironman – finished 18th, taught me that there are no limits
- 2) 1985- 1989 – Worked with Matt Miller (78 Bensalem grad) at Lehigh River Rafting, taught me what fun really is.
- 3) 1990 worked for Maier's bakery delivering bread from 2AM to 3PM – taught me the importance of a college education (I better get on or I'll die soon)
- 4) 7/26/97 Wedding day – I married Maria Zita Aquino Resurreccion. We now have 2 kids, Daniel 4 yrs, and Aurora 10 weeks – taught me what really is important

My life has been blessed with an incredible amount of joy and positive experiences, and as a high school teacher try to use them as to motivate kids

Favorite run – I used to have a ten mile loop in northeast Philly when I lived in Bensalem, I never got tired of it. I would always run hard up the hill past Frankford hospital on Knights rd.

Favorite race – Kaaterskill Spring Rush. I teamed up with Bob Burke back in the mid 80's to run a relay style multi event which included downhill skiing on Hunter Mt, 15 miles running, 50 miles biking, 4 miles canoeing. Bobby skied and biked, I ran, we paddled together.

Longest run – Delaware canal, Easton to Bristol 58.9 miles, 8:58:02

Longest rides – '89, 1300 miles solo in New Mexico 3 weeks, beautiful experience. Philly to Atlanta, 700 miles, 5 days. I would love to do it again if anyone is interested. Boston to Poughkeepsie 180 miles, 12 hours.

PR's 1M - 4:25.0,

5K 15:35

5M 25:59 (dressed as a Christmas Tree)

1/2Mar 1:12:00

Mar 2:42.53

The story I like to tell most – While training for the 1980 Ironman, Matt Miller and I set up a training ride to the Maryland marathon. The race however started at 9:00 AM on Dec 9th. Since it was Ironman training, we of course had to include a swim. We called in all our favors and had great support for the effort. Rich Riggi (former club pres.) kept the Levittown YMCA open late Saturday night so we could complete the necessary 170 laps in the pool (2.4 miles, the Iron man distance, then mounted our bikes for the trip to Baltimore. Earl Jeffries (club co-founder) was our support crew and drove the entire way in an unheated car at 15 miles per hour. Just after dawn with our water bottles frozen and the snow coming down, we arrived in Baltimore for the start of the race. At the starting line, I ran into another club member, Mike Pasquarella (the incredible bulk as he was known). We got to talking and decided to run together on about a 3:40 pace (near his PR). Well we both felt pretty good and the pace got progressively faster. We eventually challenged each other to a running dual. The bulk then proceeded to run me into submission pulling away at 22 miles and PRing in 3:21. I was very pleased with 3:22. I don't recall the cold and overcrowded ride home because I slept the whole way.

It seems that the philosophy of the club and its members has changed little, there are always runners willing to lend a hand to a fellow club member, and I appreciate it to this day. Thank you for all that you do.



CAESAR RODNEY-3/9/08

March 9 - Back by Popular Demand – Caesar Rodney Half Marathon, Wilmington, Delaware.

And this year a 5K too!

This race has grown in popularity with BCRR members over the last few years. In part, it is because there is a team competition included in this race. In part, it is because it is a refreshing alternative to the overcrowded, expensive, big production Philadelphia Distance Run. The 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 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 9 BCRR teams, and 6 of them came back with medals (all team members get awards, not just the top 5). It was the first year that not all of the teams medaled, but there were never 9 teams before!

I am beginning the process of coordinating and assigning teams, but if you have a group of 7 and would like to enter as a team that is fine with me also. But it is best if all team entries go through me. If you have a number of runners who want to be together but need additional runners to fill in a team, I 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. This race draws about 1000 runners, so the 63 we sent last year were noticeable. I care much more about how many runners we have than how fast they are.

If you are going to participate or think you might, write me at GregGrace@aol.com, call me at (215)321-3377, or look for me at the Winter Series races. I will begin bringing registration forms to the races. Entry fee is \$30 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.

The race starts later this year (9:30) and there were some course changes made due to construction, but I believe all of your favorite hills are still there. Check out www.alade.org for full race details.

They have also added a 5K this year which starts an hour before the featured half-marathon. I don't think there's 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.

You can also expect some partying after the race. Details to follow.



RACE SCHEDULE

January 13, 2008	32nd PSCI Icicle Ten Miler	Central Branch YMCA, Wilmington, DE	302- 654-6400
January 13, 2008	BCRR WS- Polar Bear 8 Miler	9:30 AM	Tyler State Park, Newtown, PA
January 20, 2008	BCRR WS- Honest Abe 4.6 Miler	9:30 AM	Tyler State Park, Newtown, PA
January 20, 2008	2nd Chiily Cheeks 7.25 M Trail Run	Mt. Penn, Reading, PA	610-779-2668
January 27, 2008	BCRR WS- Terrible Tyler 9.3 Miler	9:30 AM	Tyler State Park, Newtown, PA
February 3, 2008	BCRR WS- Pick Your Way 5.3 Miler	9:30 AM	Tyler State Park, Newtown, PA
February 10, 2008	BCRR WS- Eeney-Meenie 1/2 Marathon	9:30 AM	Tyler State Park, Newtown, PA
February 16, 2008	Frostbite 5-Miler- Ambler Area Running Club	Ambler, PA	frostbite@aarclub.com
February 17, 2008	BCRR WS- Staggered Start 4.6 Miles	9:30 AM	Tyler State Park, Newtown, PA
February 17, 2008	5th Ugly Mudder 7.25 Trail Run	Mt. Penn, Reading, PA	610-779-2668
March 1, 2008	Rotary Run for Youth 10 M and 4 M	Quakertown, PA	267-374-1631
March 2, 2008	E. Murray Todd Half Marathon	Lincroft, NJ	732-542-1642
March 9, 2008	45th Citizens Bank -Caesar Rodney Half Marathon	Wilmington, DE	302-655-7528
March 15, 2008	2nd Run4Luck 4 Mile Run	Franklin & Marshall College, Lancaster	
March 29, 2008	17th Annual D & R Canal Watch 5k Fun Run and 1 Mile Walk	Titusville, NJ	609-777-9379
March 30, 2008	The Ocean Drive Marathon, 10 M and 5K	Cape May, NJ	609-523-0880
March 30, 2008	St. Paddy's 10 Mile Race & Leprechaun 5K	Freehold, NJ	732-431-2627
April 5, 2008	Tyler Arboretum 10K Trail Race	Delco RRC Event/Tyler Arboretum, Media, PA	610-459-2764
April 5, 2008	Run with Eagles 5K and 1 M	Allentown, NJ	610-533-7524
April 6, 2008	36th Cherry Blossom Ten Mile Run	Washington, DC	
April 20, 2008	Valley Forge Revolutionary 5 Mile Run, 3 M Walk & Kids	Valley Forge National Park	610-783-1077
April 26, 2007	4th Teal Ribbon 5K for Ovarian Cancer	Phila., PA	610-446-2272
May 4, 2008	New Jersey Marathon 26.2 M	Long Branch, NJ	
May 4, 2008	29th Blue Cross Broad Street 10 Mile Run	Central HS to Phila. Navy Yard	
May 4, 2008	Carefirst Running Festival- Marathon, 1/2 Marathon, 5k\K & Kids	Frederick, MD	410-605-9381

" I believe that the Good Lord gave us a finite number of heartbeats and I'm damned if I'm going to use up mine running up and down a street"-

Neil One Small Step for Man" Armstrong, Astronaut.



It's time once again for the

BCRR Winter Series Mug Contest

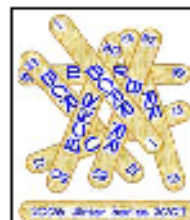
Sipping a hot steaming cup of coffee while watching the snow fall. Drinking a cup of hot chocolate while sitting by the fireplace. What could make either of these better? Drinking them in your BCRR Winter Series Mug!

It's a Winter Series tradition ... each person who runs the Winter Series earns a BCRR Winter Series Mug. Want to know how long someone has been running the Winter Series? Ask them how many mugs they have. Also a tradition is that a BCRR member designs the mug ... and this is your chance to submit a design for the 2007—2008 BCRR Winter Series Mug.

Design the 2007 — 2008 BCRR Winter Series Mug and win a free ticket to the Winter Series Banquet!

It's easy ... you submit a design (see rules below) and if we pick your design, you win a complimentary ticket to the Winter Series Banquet!

The 2006—2007 Winter Series Mug design, designed by BCRR members, Bob Curoi and Emily Curoi



Rules for Submitting Artwork

- Artwork should be limited to a two-color design (2 colors in addition to black and white) on a white background.
- Artwork must be submitted in electronic format (GIF, JPG, etc.)
- Send all submissions to Melanie Schranz (see contact details) or bring to a Winter Series race and give to a BCRR officer.
- Deadline for submissions is Sunday, February 17, 2008.

**Questions?
Contact Melanie Schranz**

**Email:
mschranz@comcast.net
Phone: 609.730.1797**

Fine Print ... Boring, but Important Stuff

BCRR officers will choose the winner from all artwork submitted. BCRR reserves the right to work with the chosen designer 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.

Run Hard, Play Hard By: Melanie Schranz, BCRR Social Director

Almost seven days into the new year, and I am off to a bad start, or maybe I should say, a slow start. A very slow start. I was fortunate to take almost 2 ½ weeks off at the end of 2007 and the beginning of 2008 and now that I am back I am having a heck of a time getting motivated. I shouldn't be so hard on myself though, as my vacation took me to a warm climate and while in the warm climate I was doing really well, up early every day, eating healthy, running every day. Now that I am back to where layers is a means of survival, all I want to do is hibernate and stare longingly at the almost empty bottle of sunscreen, and pile of summer clothes teasing me from across the bedroom corner. While I didn't realize it at the time, I am now certain that wearing a swimsuit in January is a cruel hoax indeed, especially when one holds in her hand a plane ticket with a return date in January to a northern climate. At this writing the weather is supposed to warm up this week to the mid-60's and people are giddy with excitement, but 60 degrees ... warm? That wasn't even the low where I was. Give me 80 and then I'll get excited. But, winter isn't all bad, especially for this undocumented cold blooded human. It does bring us the Winter Series, and with that our Winter Banquet. It's around the corner (March 30th) and planning has already begun. Up first is our annual Winter Series Mug Contest. Details are in the newsletter on how you can design the mug. In the past we've had some very creative designs, and I am hoping for just the same this year. Pull out your crayons, paint, sketch pencils and a cocktail napkin and get busy. Deadline for entries is February 17th. See the information in the newsletter.



Also on tap for January is our Third Thursday Monthly Social. We're back in Doylestown in January. Join us at Chamber's (bar side) on Thursday, January 17th. It's always a strong turnout in Doylestown, and while the fun gets started at 7:30PM, it lasts well past my bedtime, so come any time. Chamber's does separate checks for us.

Hopefully everyone is enjoying what ever weather comes your way this winter. And if you are like me and wishing for warmer weather, I can promise you ... it will be here soon enough. However, if you can't wait ... I can recommend a great beach in Florida that has a vacant spot.

Third Thursday Social

The Third Thursday Social in November will be in Doylestown at **Chambers 19 Bistro and Bar** at 19 North Main Street; Doylestown, PA 18901 (p. 215.348.1940). Join us on the "Bar" side on Thursday, January 24th at 7:30PM. Chambers is on Main Street in Doylestown, across the street from the Starbucks. We do separate checks so come any time.