



BUCKS COUNTY ROADRUNNERS

January 2010 Newsletter

BCRR Officers

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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

PRESIDENT'S MESSAGE

A few months ago I formed an Information Technology Consulting Company with a former colleague of mine. I needed to get away from the company I was working with because the weekly travel was taking a severe toll on my family life and my business partner was coming from a company that just shut down. So from this we formed incorporated a business (Savelloni and Stern, LLC.) which sounds more like a law firm than a consulting company but we can discuss that later. Anyway, about mid November my business partner tells me he is taking a full time job as the CFO of a building and supply company. Great, I am now in the middle of a start up and now I have no partner to help share in the responsibilities of sharing costs, generating business, etc... so a couple of weeks ago I decided that I need to hire a marketing consultant to help me define my business so that I have a clear concise message to relay to my current and potential customers. When I met with the consultant we started to talk about my background and the types of business that I was targeting as well as the service I can provide when she asked me an interesting question, how would I define myself?

The reason I found this interesting is not because I haven't thought about this but I realized that when I meet with someone professionally I am an Information Technology professional but when I am in the gym or with my friends I am an athlete and a runner. What I realized when she asked me this is that although I always tend to think that these areas of my persona are mutually exclusive they are not. I am a runner who also happens to be an information technology guy. Being an athlete and a runner defines the way I handle a lot of situations both professionally and personally. Professionally I see this when I was working as a CTO and now with clients in that we define goals and then devise a plan to achieve this. As a runner I will decide on which marathon I want to run and then devise an appropriate training plan so these areas are not mutually exclusive and it is how I am designing and developing my business. As we have all learned to achieve our goals whether they professional or personal requires developing a solid plan and then adhering to it and my personally feeling is that a lot of us have learned this through are participation in sports such as running. If anyone wants to find out more about Savelloni and Stern and how we can help you achieve your business goals please feel free to contact me.

The Winter Series has gotten off to an interesting start. We are enjoying record numbers despite having to make a change from a race to informal run for the Covered Bridge 5K (I don't think anyone was disappointed at not having to race up the hill) and a change in course for the Tyler Challenge 10K. Addi-

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Member Profile

Renee Harnishfeger

I have never been athletic. I wasn't good at team sports; actually pretty klutzy. So it's still hard for me to believe that in the past five years I've been able to do marathons, duathlons, triathlons, and trail races.

As a kid I attempted softball and failed miserably. I couldn't catch, hit or throw--but I could run. Never tried track, but since I was always late for things I frequently ran to school or to catch a bus. I was pretty good at catching buses.

I got interested in running when I was in my 20's. I started running partly to stay fit, but mostly due to curiosity. I wanted to know what the "runner's high" was like. I only ran occasionally, 3 miles at most. (That was my "long" run.) I never did speed-work or even knew about training. I did one race per year--the Frankford Hospital Run for Wellness 5K. I was 28 when I first ran it (1994) and actually got 3rd in my age group (It was a small race). Then life and family intervened and running became very sporadic. I only ran when I was on vacation.

In 2005, 3 months after my third child was born, I ran the Race for the Cure 5K. In the finish line chute I was handed a flyer about a marathon/half-marathon training group called USA Fit. They trained primarily in the Valley Forge area. My first impulse was to throw it away--thinking I could never do that. Instead, I kept it. Eventually I took the chance and joined with the goal of completing the half marathon. I didn't think a marathon would ever be possible for me.

Running with a group made the mileage so much easier and enjoyable. I finished PDR that year in 2:13. I stayed with the training group and completed my first marathon (Philly) in 2006. My goal was to have fun and finish in under 5 hrs. I ran with the 5 hour pace group and had so much fun. The pace girl helped to distract us by telling stories and keeping us entertained for almost 5 hrs. It was like a running party. I finished in 4:58. This year was my 4th year running the Philly Marathon. I've slowly whittled my marathon time down to 4:19, and my half-marathon time down to 1:47. One goal I have is to BQ within the next couple years. I am still involved with USA Fit, but now as one of the coaches. I enjoy helping other run-



Renee ready to conquer yet another multi-sport event.

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(Member Profile continued from page 2)

ners reach their goals and have recently become a certified running coach through the RRCA.

Since then, I've gotten interested in multisport and have done numerous duathlons (thanks to Johnny King-Marino). In 2008 I decided to sign up for the Philly Insurance Triathlon (in July '09). The only problem was I didn't know how to swim. At all. Not even a little. I grew up in a "row home" in Philly. We had a driveway for a backyard and not much opportunity to learn to swim. Although I am not naturally athletic, I do enjoy a challenge. Three swim coaches and many lessons later, I finally learned to swim (at the age of 41!). I did two triathlons this summer and survived them both. So far, as long as I can wear a wet suit, I can swim in the open water. Hoping to improve on that this year.

I joined BCRR in 2007. I considered joining prior to that, but was always intimidated. I used to think that there would be no slower runners like myself. That year I only did about 4 of the Winter Series races. I had broken my big toe right before the series and couldn't run. I was able to get more involved in 2008/2009. I got to try the track workouts (thanks Chris T.!) and the trail runs (thanks Chris M.!). My husband joined also and we ran the series together (thanks to the babysitters!). I've really enjoyed the winter series races and meeting so many amazing people. And there's nothing like hot chocolate after a cold, hilly race!

This past season was my best so far. Although I may have aged a little, I have gotten faster and have had more fun! I did many races in 2009 and PR'd for most of them, occasionally placing in my age group. I even got to try some trail races and have really enjoyed them. Another goal I have is to complete a 50K. I signed up for the HAT run, but am not sure if I will be ready for it this year.

Outside of my running life, I am a Physical Therapist. I work for a few places per diem and have a flexible schedule. My primary job is doing home care. I learn a lot from my patients, especially how important it is to stay active. My patients who have been active all their lives

recover much quicker from injury and illness, regardless of their age. That, plus motivation, makes all the difference when it comes to living a healthy happy life. This motivates me to keep running and exercising--hopefully for a long, long time!

The nice thing about getting into running at a later age is that it just keeps getting better. At 43 I think I still have quite a few PR's left in me! Becoming a runner and getting involved in this wonderful community of runners has made such a difference in my life. It's something I've enjoyed immensely. I look forward to the many more adventures it will bring me!

(President's Message continued from page 1)

tionally, it looks like we are now over 400 members in the club and it great to see a lot of new runners this year.

Finally, as you all know I will be stepping down from role as an officer in the club when my term expires. After six years I want to make sure that I do not overstay my welcome. What has been great for me is being able to be part of the growth of the club over the past six years. We have nearly doubled in membership and participation in the winter series has grown like wild weeds. When I started as Winter Series Director I was told that at most we might see a race with 120 runners during the season. We averaged over 125 runners per race that year and now we are averaging over 160 runners and our first race this year drew over 200 runners. I don't know where all of you runners come from but it has been a lot of fun as we have grown participation in the club and all of our sponsored events. However, since I am stepping down it provides an opportunity for anyone who is interested to take on a leadership role with the club. So don't be shy and let us know what type of role you would like to have.

And now I am going out for my daily run and workout.

Hope everyone has a fantastic 2010.

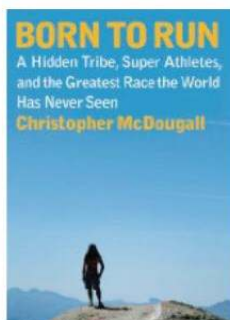
See you on the trails.

Eric

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
NORTHHAMPTON 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**

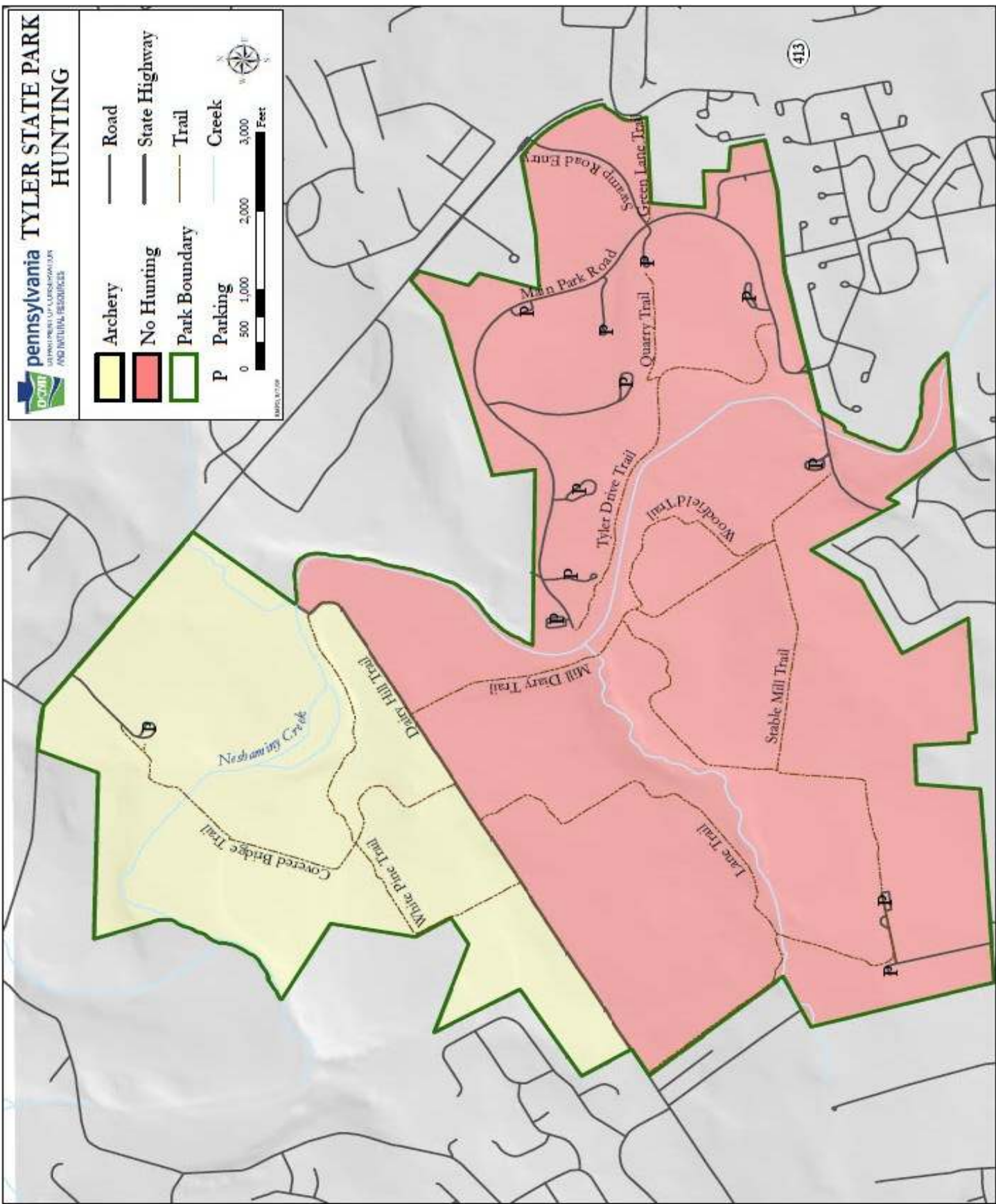
**DEADLINE FOR SUBMISSION
IS SUNDAY, FEBRUARY 7,
2010.**

**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.**

NOTICE

A section of Tyler State Park will be open for a regulated archery deer hunt from **January 9, 2010 to January 23, 2010 (excluding Sundays)**. The particulars of the hunt are as follows:

1. Hunting will be permitted in designated areas within Park boundaries only. This area is North of Dairy Hill Trail. No hunting will be permitted in safety zones and closed areas within the Park. Safety zones include, but are not limited to, 50 yards from any occupied building. No hunting will be permitted within 25 yards of any roads or paved trails. Maps delineating the hunting and no hunting areas are available at the Park Office.
2. The archery hunt will follow all hunting rules and regulations established by the Pennsylvania Game Commission. This season allows the harvest of antlerless deer only
3. A maximum of 10 hunters will be permitted in the Park daily by permit only.
4. Only hunters with valid Tyler State Park special permit, issued by the Park, will be permitted to participate in the hunt. They also must possess a current Pennsylvania Hunting License, Pennsylvania Archery Stamp and Wildlife Management Unit 5D antlerless license.
5. Only archery equipment allowed by the Pennsylvania Game Commission in Wildlife Management Unit 5D will be permitted.
6. Each hunter must participate in a scheduled orientation session, which will be held at the Park Office.
7. Hunters will be limited to designed parking areas.
8. There is no hunting on Sundays.
9. Daily hunt hours are 30 minutes before sunrise and 30 minutes after sunset.
10. No hunter may enter a safety zone or a no hunting area unless accompanied by a State Park Officer or Game Commission Officer.
11. No hunter may enter private property without permission of the owner or accompanied by a Game Commission Officer.
12. After field dressing a harvested deer, the hunter will bury the remains.
13. To report hunting related incidents call 215-968-2021 during office hours 8:00 AM – 4:00 PM. At all other times, dial 911.



BCRR Local Race Schedule

E-mail: mortensen_christopher@yahoo.com

Please contact race officials beforehand to validate information below!

“Once more down the straight, around the far turn, past the pathetic half-pine, into the last turn, flailing now a little, and (all slow motion now), feeling each step of the last fifty yards until it was over.” - John L. Parker Jr, *Once A Runner*

January 1	Bucks County Roadrunners Cham-Pain 5K Run	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 1	Hamilton Hangover 5 Miler	Hamilton, NJ	http://www.active.com/page/Event_Details.htm?event_id=1803153
January 2	Phunt 50k	Fair Hill Natural Management Area, MD	http://www.traildawks.org
January 3	Bucks County Roadrunners Predict Your Time 5.3 Mile Run	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 3	21st Road to the Super Bowl 5K	Wilmington, DE	www.races2run.com wayne@races2run.com
January 9	Freezing Cold Hash Run	Edison, NJ	kenvnjlaw@verizon.net 732-572-0500 http://www.njlaws.com/FREEZING_COLD_HASH_RUN.htm
January 10	PSCI Icicle Run 10 Miler	Wilmington, DE	www.races2run.com wayne@races2run.com
January 10	Bucks County Roadrunners Meet & Greet 5.3 Mile Run	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 17	Bucks County Roadrunners Polar Bear 8 Mile Run	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 24	Bucks County Roadrunners Honest Abe 4.6 Mile Run	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 24	Chilly Cheeks 7.2 Mile Trail Run	Reading, PA	www.pretzelcitytiming.com rhornpcs@aol.com
January 31	Bucks County Roadrunners Terrible Tyler 9.3 Mile Run	Tyler State Park, Newtown, PA	http://www.bcurr.info
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 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 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 18	Revolutionary Run 5 Miler	Valley Forge, PA	http://www.revolutionaryrun.org
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
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