



# BUCKS COUNTY ROAD RUNNERS

## PRESIDENT'S MESSAGE

June was a very busy month for the Bucks County Road Runners. First, on June 11th we held a club meeting at MVP Sports Training in Hulmeville. This is the first of what I hope will be quarterly meetings. The next will be sometime in September. After a tour and discussion with the owner of MVP we got down to club business. I have previously posted a recap of the meeting on the Yahoo Group board and have also included at the end of this article.

On June 12th I had the privilege of handing out medals to a group of 4th through 6th graders at Valley Elementary school in Bensalem. These students all participated in an after school jogging club. The program was run by teacher Anthony O'Malley and helped promote fitness and nutrition. The medals were donated by the BCRR and engraved with each participant's name. The kids truly appreciated getting the medals and judging by their expressions you would have thought that they just won gold at the Olympics. Hopefully, the BCRR will continue to help sponsor these programs at area schools.

On the 17th of June we hosted a run and book signing with Bart Yasso. Although I was hoping for better attendance I understand the difficulties of having an event like this in the middle of the week. Anyway, we enjoyed a nice leisurely run with Bart using the 5.3 mile loop in Tyler and then we gathered at the Athletic Shoe Shop in Newtown for a book signing. Bart has written a book titled "My Life On The Run" and has been going around to various events to promote. Thanks to Bob Marone for hosting this at his store and getting the BCRR involved.

I would like to congratulate Chris and Diane Mortensen and Bob Curci for putting together a fun day of running and picnicking at the Summer Equinox in Tyler Park. This was a great event with folks coming out and running as teams or just running. The courses were well marked and we had three runners (Euihwa, Rob Hoy and Aaron Mulder) complete 50 miles. There were also a few other runners that completed 50K. Without question this will be an annual event for the BCRR.

Since I am late in writing this I would also like to say thank you to Emily and Greg Grace for hosting a Barbecue and Pool party after the Revolutionary run on the 4th of July. There was a big showing of BCRR runners at the race and lot of our BCRR runners went home with some new hardware. Congratulations to everyone who ran.

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## July 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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## PRESIDENT'S MESSAGE –CONTINUED

### Meeting Recap:

The first topic of discussion was an expansion of club officers from three officers to five officers. Currently there are three officer positions (President, Vice President and Treasurer) we discussed adding two new positions (Secretary and Winter Series Director). Before we propose this change for vote by club members the officers are working on producing a description of responsibilities for each of the current and future club officer positions and will have this ready for the next quarterly club meeting. We will also be taking a look at the current by-laws and making recommendations for changes.

Second topic for discussion was the use of the clubs clock and timing equipment. We as a club get numerous requests for use of this equipment. First, use of the equipment is for club members only and should not be used by anyone looking to profit from the use of the equipment. Second, we discussed that any club member requesting use of the clock should be a member in good standing and we discussed having a requirement of 3 years of club membership. This is an area for further discussion. Third we discussed having a deposit fee and or a rental fee for use of the equipment. Our major concern is the constant use and wear of the equipment. Another thought we briefly discussed was purchasing a new clock as a backup timer. We have sufficient cash in the club's bank account and at some point we will need to discuss how to use for the clubs benefit. We as officers will discuss this further and put together a policy for members to review and comment on.

Third, we are looking for someone to step up and act as the club's liason for USATF. Chris Mortensen will coordinate for the officers and we would like someone who has been involved with USATF to keep the club informed of USTAF events and updates via the monthly newsletter and Yahoo group postings.

Fourth, we are now being contacted by various folks who would like to become club sponsors. In return for monies that the club receives for sponsorship we will post logo on website links and do other forms of promotion for sponsor.

Fifth, PAt McCloskey is putting together a committee for the Thanksgiving Day race and will be posting information on the Yahoo group.

Eric



## MEMBER PROFILE-RAHIM FANDI

I have been a runner for ... ever.

I was just running for fun and to control my weight as I enjoy food.

However, in August of 1996, after an early morning run I had a malaise. All the doctors I saw could not explain what happened to me. Therefore, too scared, I stopped running until the summer of 2002.

We were then on vacation on the French Riviera when my wife took a picture of me and my first 2 kids. When I looked at it a few days later I could hardly believe how much weight I had put on. The next day I decided to do something about it. At first I could not run 2 minutes in a row, few months later I was seeing some tangible results. I was back in shape but still an amateur runner.

We moved from France to the US in early 2004 and one year later I joined the BCRR and started to think differently about running.

Before, I never knew my 5K, 10K, etc.... I remember I was running with the group and Greg Grace asked me my 5K time. At first I did not understand what he was talking about, that was the first time somebody asked me about my 5K time. I told Greg I can give you my marathon time! He laughed. The running jargon was new to me. Now I am literate, I know my 5K, 10m, and half-marathon times.

I have been enjoying running with the group. It gave me the opportunity to meet great people.

My best and worst races were in 2007, my best was the Cesar Rodney half marathon, and my worst one was the Covered Bridge 5K run in Tyler. Recently I caught the triathlon bug, my first one was on June 14<sup>th</sup>. I really enjoyed it and I am planning few triathlons in the upcoming months. Running with Bob, Chris and the other ultra runners I started to think about my first ultra run. I might try one (50K) in early 2009. This is a super club and I am blessed to be part of it.

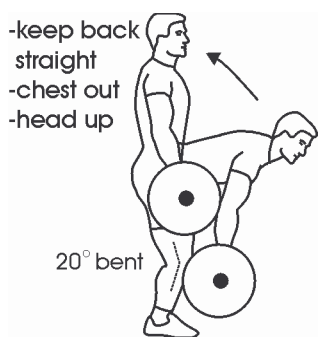


## Resistance Training for Healthy Hamstrings

Arguably, the most commonly used mechanism among runners for recovery after a hard workout is stretching. While most of us admittedly don't do enough, it is most often used to help stretch tired muscles after the beating they take during grueling workouts. But what about the next day or two after the soreness kicks in? Do you rely on stretching those sore muscles to get them going again? Often, even the most seasoned runners turn to stretching cold, stiff muscles for limbering up. OUCH!

While stretching (after a proper warm) can be beneficial, "recovery workouts" using resistance training can produce better results. One exercise that has been popular in the sports performance field is the Romanian Dead Lift or "RDL". Unfortunately, runners are not often exposed to complex Olympic style lifts like RDLs for training. But soon after learning and utilizing them, they quickly reap the benefits and rave about injury free seasons and the ability to train harder, run faster, and maintain their pace longer.

In simple terms, the RDL helps to lengthen and strengthen your hamstrings. It is one of several more complex Olympic style exercises that use the hamstring muscle group (the muscles of the posterior upper leg). Often mistaken for the "straight leg" variety, the RDL is based on movement from the hips with knees slightly flexed to promote hamstring activation and flexibility. In this way, the hamstrings are activated to lengthen (stretch and recover) and strengthen at the same time. Because the hamstring muscle group crosses both the hip and knee joints, lengthening the hamstring reduces muscular tension of the lower back, another great benefit. By utilizing the RDL, runners can speed recovery by giving their tired, beat up legs an active stretch to lengthen muscle fibers and simultaneously defend against injury.



When learning the RDL, start with light loads, focus on posture and progress from there. Typically, the off season training prescription should be approximately 3-4 sets of 8-12 reps with workload (weight) moderate to heavy for the rep count selected. This helps to build muscle mass (tone) and muscular endurance to prepare for your higher mileage season ahead. As your competitive season nears, reduce your workload to 3 sets of 8 with moderate to heavy workloads. During your competitive season, I recommend using the RDL to focus mainly on flexibility with approximately 4-5 sets of 6 reps using lighter loads.

Below is a brief description of the RDL and how it should be executed. Mastering this exercise helps to build powerful strides, good running posture and hamstring flexibility. Focus on form and keeping back flat and ridged throughout the exercise. Good luck and good training.-

Feet under shoulders (toes facing straight ahead)      -Knees slightly flexed with feet flat on the floor.

- Hold bar with pronated grip and hands just outside the knees and elbows fully extended
- Stand with the bar now slightly above the knees in the athletic position pay attention not to let your knees touch the bar
- Keep wrist flexed tightly, back flat, chest out & up, shoulders over the bar and, eyes focused straight ahead.

**Descending Phase (1<sup>st</sup> Movement):** Slowly bend at the hips only with chest out (squeeze shoulder blades together) and knees in a fixed slightly flexed position. Maintain a flat-back with arms straight and shoulders over the bar. Keep bar close to your shins as you descend to the bottom "table top" position (back parallel to the ground). (fig 1.)

**Upward Movement Phase (2<sup>nd</sup> Movement):** Keep torso ridged, back flat with your toes curled to the tops of your shoes. Rise up by squeezing hamstring and gluteal muscles. Maintain ridged flat back position at all times. Return to standing athletic position by driving hips forward at top position. Finish position should be same as start with hips extended and upright athletic stance

## ***BCRR LOCAL RACE SCHEDULE***

"Every morning in Africa, a gazelle wakes up. It knows that it must outrun the fastest lion or it will be killed.

Every morning in Africa, a lion wakes up. It knows it must run faster than the slowest gazelle, or it will starve.

It doesn't matter if you are lion or gazelle,- when the sun comes up, you'd better be running!" - Inspirational sign on a runner's office wall

|                   |  |  |  |
|-------------------|--|--|--|
| July 12, 2008     | Belmar Five Miler  | Belmar, NJ   | 732-571-2162   |
| July 13, 2008     | 31st Utica Boilermaker 15K   | Saranac Brewery, Utica, NY                               |  |
| July 13, 2008     | Eden Family 5k   | Princeton NJ   | 609-631-9211   |
| July 13, 2008     | Herbert's Off Road Run 7.7 Miles                                   | Allentown, PA  |  |
| July 16, 2008     | 9th Phil's Tavern 5K   | (Ambler Area RC event)                                   | Blue Bell, PA <a href="mailto:phils@aarclub.com">phils@aarclub.com</a> |
| July 19, 2008     | Shoe Fly 5 Miler   | Terre Hill, PA   | 717-351-0403   |
| July 19, 2008     | Back on My Feet "20 in 24 hrs" Ultra or Relay                      | 8.4 Mile Loop Kelly/West River Drives                    |  |
| July 20, 2008     | Mt. Penn Youth Soccer Winning Kick 5K                              | Mt. Penn, PA   | 610-779-2668   |
| July 20, 2008     | Mid-Atlantic Xterra 21K (13.1 M) and 10K Trail Runs                | Nottingham, PA   | <a href="mailto:morrisd1@aol.com">morrisd1@aol.com</a>                 |
| July 26, 2008     | 21st Run for the Hill of It 5 Mile and 1 Mile                      | Chestnut Hill, PA  | 610-279-1219   |
| July 26, 2008     | Council Rock Alumni 5K Cross Country Race                          | CR South, Holland, PA                                    | Mike Gross 267-994-0258  |
| July 27, 2008     | Christmas in July 5K & Mile Fun Run- Big Bros/Big Sisters of Bucks | Warminster, PA   | 215-530-6047   |
| July 27, 2008     | Marsh Creek Raptor Runs- 5 and 10 Mile Trail Runs                  | Downingtown, PA  | 610-779-2668   |
| August 2, 2008    | 13th River to Sea Team Relay- 92 Miles-7 Person Teams              | Milford to Manasquan, NJ                                 | 203-262-3376   |
| August 2, 2008    | Sea Isle City Island Run 10 Miles                                  | Sea isle City, NJ  | 609-263-3655   |
| August 9, 2008    | Ox Trot 5 Miler  | Bowmansville, PA   | 717-351-0403   |
| August 8-9th      | Missy Flynn Challenge - Swim and Bike Competition                  | Newtown Athletic Club                                    |  |
| August 10, 2008   | Missy Flynn Challenge 5K   | Newtown Athletic Club                                    |  |
| August 13, 2008   | Hatfield Township 5K   | Hatfield, PA   | 215-822-6177 (X 107)   |
| August 13, 2008   | Flying Pig 5K - XC Race  | Pennington, NJ   | 609-737-1838 (X 339)   |
| August 13, 2008   | Legs for Lindsay 5K and 1 Mile Fun Run                             | Evansburg State Park, Collegeville, PA                   | 215-542-0600 (X 228)   |
| August 16, 2008   | Spring Mill AC- Ivyland 5K and 1 Mile Fun Run                      | Ivyland, PA  | 215-584-1839   |
| August 16, 2008   | Crazy Legs 50 Mile Relay Race                                      | Philadelphia, PA   | 203-262-3376   |
| August 17, 2008   | Half-Wit Half Marathon Trail Run                                   | Reading, PA  | 610-779-2668   |
| August 20, 2008   | Dead Harriers Summer Night 5Ks & Kids Mile Fun Run                 | Doylestown, PA   | 215-530-6047   |
| August 23, 2008   | Boyertown Tomato Blast "Ketchup If You Can" 5K                     | Gilbertsville, PA  | 610-369-5953   |
| August 24, 2008   | Run with the Dolphins 5K   | Drexel Swim Club, Broomall, PA                           | 610-986-9029   |
| August 30, 2008   | Run for Jobs 5K  | MLK Drive, Phila., PA                                    | 216-620-1869   |
| August 31, 2008   | Hit the Hay 8 Mile Trail Run                                       | Birdsboro, PA  | 610-404-4292   |
| September 3, 2007 | Morrisville Labor Day 10K  | Williamson Park, Morrisville, PA                         | 215-428-0459   |
| September 6, 2008 | Wascally Wabbit Trail Run 5 Miles                                  | Media, PA  | 866-338-5167   |
| September 7, 2008 | Lehigh Valley Hospital Marathon for VIA                            | 26.3 M Individual or Relay- Towpath Allentown/Easton, PA | 484-893-5389   |

# 1st Annual Tyler Equinox 50 Mile Relay, Run, and 50k Recap

It was still cool at 6:15 am on June 21st when runners and volunteers started appearing at the pavilion in Tyler State Park. They trickled in one by one not sure what to expect. The race directors had already given the race the wrong name. Who knew what else lay in store for them?

At 6:40 am I received a call from Bob. He was at the far aid station at the base of College Park Trail. There was a problem with the pie plates. This wasn't good. Bob, Barry Midkiff, Jeff Vinosky and I had spent from 5 to 9 pm the night before marking the course with 120 pie plates. With twenty minutes to go before the start we had our first and only problem. The race was to begin with the Jingle Bell 5.3 Miler. Most runners knew this loop so I instructed everyone to try and stick together and help each other through the first loop. Meanwhile, Bob and I drove the rest of the course and threw up makeshift turns and pie plates as quickly as possible.

From that point on the event went (almost) flawlessly.

Three relay teams attacked the courses with impressive results. The team consisting of Tracey Magee, Mary Kirsch, Sharon Sein and Dawn Shannon looked great throughout the day. They posted excellent splits in each of their respective legs. Mary took on the infamous College Park Trail (going uphill during Jingle Bell) to start the race. Sharon, in the heat of the day conquered the Eenie Meenie Half. Dawn put on a first-rate performance on the Covered Bridge course and Tracey closed with a solid Terrible Tyler.

Eric Stern, the Larson Family, and the Zacharias Family put in a top notch showing as well. The men ran well with Eric speeding through Jingle Bell and Polar Bear, Jim running well on Eenie Meenie, and Mark looking quick on Honest Abe. Kelly, Susan, and Lauren ran very well on the Covered Bridge, Tyler Challenge, and Cham-Pain courses during the hot afternoon.

Katie Ka and Frank Gafford, as a team of two, completed all 50 miles. Katie took on Jingle Bell, Honest Abe, and Polar Bear while Frank finished off the rest of the courses. Both looked strong and consistent during the event and even managed to help other runners and volunteer on their off time. Their son Aiden also competed in his stroller but I'm not sure how many miles he official completed.

There were plenty of ultra runners as well. Antonio DeVido looked great from the start. He kept a solid pace and finished his first (was it really or am I making this up?) 50k in 4:14. Popping in throughout the day Glenn Cohen and Len Herman both ran farther than a marathon on the hills of Tyler. Using the Galloway method they finished 28.5 and 31 miles respectively. It was the first time either had finished an ultra. Gregg Holst, training for his first 100 miler in Vermont, finished 34.9 miles and Mary Vish added yet another ultra finish to her resume by finishing the 50k. She event met her goal of finishing faster than 6:30!

And, then there were three.

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# EQUINOX

Euihwa Lee, Rob Hoy, and Aaron Mulder decided to give the 50 mile option their best shot. Euihwa ran solidly throughout the day and finished the fifty mile looking as fresh as when he started. Offering words of encouragement to the other ultra runners every time he came into the aid station you almost got the feeling he had done this before. Rob and Aaron hadn't run this long; it was new territory for them both.

Thank God for pickle juice and babies.

Huh? Apparently, when you're 38 miles into a race it helps to take a swig of pickle juice. Rob practically floated the last 12 miles of the Equinox after downing "the juice". Meanwhile, Aaron relied on his son Caelen and wife Erin to propel him forward to an impressive first ultra finish. Both crossed the finish line with smiles on their faces.

The aid stations were the other talk of the day. My wife Diane captained the pavilion aid station and attended to all of the runners needs. Watermelon, cookies, boiled potatoes, chips, pretzels, gummy bears, and twizzlers were just some of the food available at the pavilion. Bob Curci manned the second aid station throughout much of the day. Afterwards, he set up the grill and served burgers and hot dogs for all to enjoy. Many members stopped in to run a few loops or just to socialize. Neil Rosen, Carmine Sesa, Christine Smith and Bob Huey hung out, helped out, and then headed out to do their own runs on the course. Chris Thompson and Allyson Jann, in addition to volunteering, ran a few miles late in the day and helped support runners still out on the course. Phil and Debbie Miele, the Hollerbachs, Ray Galenty, Fred Gropper and many many more ran and lent their services as well.

This race would not have been possible without the help of Michael Crowley and the Tyler State Park staff, our sponsor Robert Blaisdell, the countless volunteers (I apologize if I didn't mention you specifically – there was a ton of help), the incredible runners, and my tireless co-race director Bob Curci. We would both like to extend our thanks to each and every one of you that made this race possible.

Times and distance for the run were kept by the runners themselves. Some people included their time in the aid stations and others only timed their actual run. Still others didn't report times at all and just ran for the fun of it. The following results are a compilation of times and distances that may or may not be correct. Take it for what it is... a great effort by all of those that competed.

This race was for all runners. It will be for all runners for as long as we hold it. So, it doesn't matter if you're a beginner or an experienced runner. It doesn't matter if you're interested in 5k's, 50k's, or you just like eating. Put it on your calendar for next year. And, bring your family!

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# 1<sup>st</sup> Annual Tyler Equinox

June 21<sup>st</sup>, 2008

| Runner/Team Name   | Miles Covered | Total Time |
|--|---------------|------------|
| Tracey Magee / Mary Kirsch / Sharon Sein / Dawn Shannon                                    | 50            | 7:17:37    |
| Eric Stern / Jim Larson / Kelley Larson / Susan Larson / Mark Zacharias / Lauren Zacharias | 40.7          | 5:55:35    |
| Katie Ka / Frank Gafford   | 50            | ??:??:??   |
| Euihwa Lee   | 50            | 8:36:27    |
| Rob Hoy  | 50            | 9:51:15    |
| Aaron Mulder   | 50            | 10:06:00   |
| Gregg Holst  | 34.9          | 6:30:00    |
| Antonio DeVido   | 31            | 4:14:00    |
| Mary Vish  | 31            | 6:20:00    |
| Len Herman   | 31            | 4:32:34    |
| Glenn Cohen  | 28.5          | 4:08:28    |
| Christine Smith  | 15.9          | 2:35:48    |
| Jack Shouldis  | 9.9           | 1:25:14    |
| Charles Gromer   | 18.4          | 2:46:00    |
| Howard Cohen   | 17.9          | 3:33:48    |
| Joe Gorberg  | 8.4           | 1:08:24    |
| Phil Miele   | 8             | 1:40:00    |
| Deb Miele  | 8             | 1:45:00    |
| Lance Mervine  | 8             | 1:34:00    |
| Carmine Sesa   | 5.3           | 0:51:00    |
| Robert Lukasik   | 11.5          | 1:40:27    |
| Neil Rosen   | 8             | ??:??:??   |
| Robert Huey  | ?             | ??:??:??   |
| Christopher Thompson   | ?             | ??:??:??   |
| Allyson Jann   | ?             | ??:??:??   |
| Jeff Vinosky   | ?             | ??:??:??   |