



BUCKS COUNTY ROAD RUNNERS

PRESIDENT'S MESSAGE

Distance running is usually a solitary sport. It is just you against the clock. Runner against runner. Mind against body. The closest running gets to being a team sport is usually during training runs, where running with a group helps to pass the time, keep you going, and push your pace. Occasionally there are races where there is a team competition, such as Caesar Rodney or the Revolutionary Run, but these are really just an accumulation of individual efforts and not a real team event other than perhaps the motivation to go faster so as to not let your team down. So maybe that is why relay events are becoming more and more popular. It is the rare opportunity to participate in a running race that truly is a team event.

We are just weeks away from the relay race that the BCRR has practically adopted as its own. Of course I am talking about the 92 mile, 7 person, 14 leg River to Sea (R2C) Relay. This year there are 14 BCRR teams out of the 110 team field. That equals 98 runners and 13% of the race. What makes this race so popular?

The strategy. Who runs which legs? Who does the hills? Who can handle the heat? How much rest do you need? Who works support? Who rests? How hard do you run the first leg? What do you eat between legs?

The competition. Catching the other BCRR teams. Trying to keep the other BCRR teams from catching you. And what about those other 96 teams?

The running. How many runners can you pass? How many pass you? Isn't it strange to be running a race and not being able to see another runner on the course? How far have you run so far? Didn't you pass that team before?

The camaraderie. An entire day in a smelly car with your teammates. Who's turn is it to get out? Who's reading the map? Where are my shoes? What leg is this? Where is my support vehicle? Where are the toilets?

The stories. Who got lost? Who collected donations on the course? Did you see that car stuck on its side in the road shoulder? Who broke the car? Did you see the Cheetah Girls?

River to Sea 12 on August 4th. Truly a team event.

Time to split –

Greg

JULY 2007

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MEMBER PROFILE-AARON MULDER

For me, it didn't start with running. I mean, I ran track in high school in Kentucky, but that was only because it was such a small school. The same group of us did soccer, basketball, and track. I ran the mile, but it was really soccer I enjoyed of the three. I felt reasonably fit in college, which is to say, I walked around campus a lot. And then I landed in a desk job.

Fast forward 7 or 8 years and about 60 pounds. There were four of us, at a break in the conference, standing outside the movie theater in the Metreon, San Francisco. Watching an impossibly energetic teenager's crazy moves on a Japanese-language arcade machine. The only text that wasn't Japanese in the entire experience was "Dance Dance Revolution". So he wraps up with a flourish, leaving four dumbfounded technophiles? first just slack-jawed... and then daring each other to try. Dave was first up (sucker). I adjusted my backpack and settled in with a smirk to watch the festivities. Dave lasted about 20 seconds (losing 80% of his game "life" in the process), before freaking out, jumping off the dance pad, and throwing me on in his place. I was NOT ready for this. Step 1: lose the backpack. Step 2: try like the dickens to recover enough life to finish out the song. Step 3: lose the long sleeves. Step 4: get all the crap out of my pockets. 4 songs later, the game ended, I was hooked! (And thirsty.) Turns out they sell a Playstation version of DDR at the Sony store downstairs, and get this -- it's in English. That was the beginning of the end of my sedentaryhood.

By last fall, I was actually getting reasonably fit again, and a hands-down favorite for the oldest guy you're likely to see on a DDR machine. Shortly thereafter, my wife Erin came home with a couple books on running. Key among them was "The Non-Runner's Marathon Trainer". What kind of book is this?

"Because it has worked so well for so many people, we are certain that if you follow the program and do everything it tells you to do, you can and will complete a full 26.2 mile marthon... Most of them had little or no running experience before beginning to train on our program... All of them completed the marathon, and so will you."

I must be a sucker too. I don't run, I would never consider running? I was shocked by the guy at work who once ran a marathon (it was like he told me he was in a Reality TV show on the side)? but really, reading that, it didn't sound so hard! The starting requirements: Must be able to jog continuously for 30 minutes (check). Must be willing to buy a pair of running shoes (check). Must pick a marathon to run. Actually, that was the hardest part. It was the end of August and a 16 week program, which meant December. The book had a list, but none of the December races jumped out at me. I finally settled on the Carlsbad Marathon (January), because it's near SanDiego, which is not too far from my grandmother. Seemed like it'd be nice to visit her as long as we were going to be traveling.

I started the training in the beginning of September, 2006. 3 miles, not so bad. The first "long run" of 5 miles? that was bad. Next week, 6 miles. I can't say it was fun, but I made it. About then I had the bright idea that I should try some local races, as long as they fit into (which is to say, I could cram them into) the schedule.

So my first 10K (ever, I think) took the place of my long run for week 3? the Friends of the Dove 10K at Peace Valley. The start was great! I had lots of energy, and passed a bunch of people. About a mile and a half in we hit the big hill on that course. I felt pretty strong, and even passed this huge tall guy on the way up the hill. Then I was panting and gasping for breath at the top. Water! Where's the water?!?

Greg passed me again on the way back down, though I wouldn't learn his name for a couple races yet. I took a walk break at the water station at the bottom of the hill, and that helped. It at least got me through until about mile 4.5, when I was dying all over again (this time for real!). So I jogged for a bit with an old guy, as all the fit people flashed by. We lamented that we had to be pulled along by the view of their backsides (as opposed to actually using grappling hooks). One more water stop and I finally got a little energy back for the long straightaway across the dam to the finish line. Erin was at the finish to cheer my on as I crossed the line in 52:30. I didn't really know whether this time was good or bad, but it was a start. And at least Erin was a good sport about supporting this habit she stuck me with. (And congrats to Antonio! Though I didn't know him until quite recently either.)

- The rest of the marathon training was one new thing after another. The Hopewell Challenge ? what a finish! The Wandering Pain ? after every race or long run, something new and different hurt. Calf, shin, knee, quads, it was all over the place ? but only one at a time. My first half marathon ? in week 6, perhaps a little sooner than strictly would have been recommended. The first 6.2 miles were great! It seemed like my 10K times just kept getting better and better! I hung on to the good pace tooth and nail until about mile 8. It turned out, that was all the run I had in me that day. Gels ? and the pleasure of sticky hands for the next 5k. Running with Dean on the NJ leg of the Endurance 50 ? he seemed crazy, but in a far-off sort of way. (Recently, Chris has brought that feeling much closer to home.) The Philly Half Marathon ? the first race where I felt like I really ran it well. And the following Tuesday, when I gave my "oh me achin' quads" spiel at the running store, and the response was "you're still hurting after 2 days!?" Grrr Thanksgiving day, when the stars aligned, and speed shone down from the heavens on my poor legs. I ran a 6 mile Turkey Trot, and to give you an idea of how fast I went, the next time I ran more than a 5K at this speed was Broad Street, in May! (I don't know what happened that day, but I'd pay good money for a bottle of it.) My first Winter Series runs (redefining cold weather). And finally, knee pain so severe that I had to get a ride home from the middle of my second to last long run (and cross-train instead of half of the last one).



MEMBER PROFILE-AARON MULDER continued

The big day finally arrives (and there's no better place to escape the Winter Series than San Diego!). It seems like there's a fair amount of downhill at the beginning, and everything is going well. I join up with a pace group, trying to put together a consistent race like I managed at the Philly Half. The first bit goes pretty well ? I stick with the pace group through the big hill and the turnaround at the top at about nine and a half. Then the unthinkable happens. Our pacer, Mister Consistency, turns on the jets for the downhill. And then he turns on the afterburners. What can I do? I try to keep up. I think I had a harder time on the downhill than the uphill! Things flatten out by the halfway point, and he's talking about all the time we have in the bank. I think I ran a pretty good half, but dang if I'm not running out of gas! I fall back a bit just after the half, and that was about the last I saw of the pace group. By mile 18, every little rise and fall in the perfectly flat highway was starting to

seem like a mountain. My run had turned into a jog. From there on back was pretty much awful. Erin went to collect my grandmother to go to the finish, and I jogged, walked, and staggered those last 8 miles. My legs hurt ? a lot. I got cramps in my feet. My feet?!? I hadn't had the slightest issues with my feet, and never a cramp! I was drinking! Gatorade even! I had gels! What the...?!? I guess that was the marathon experience, right there. I finished in 4:24:24 ? and believe me, I was just thrilled to finish. My grandmother, always one to put things in perspective: ?You couldn't have done that badly ? after all, you didn't throw up on anyone after crossing the line.?

I wasn't quite ready to swear off marathons for life after that, but I certainly didn't pick a date for the next one. Since then, the hits just keep on coming. The Ugly Mudder (Ignoble Icer?) ? what a race to pick for your first trail run! My first real good run after the marathon was Caesar Rodney (and I think I've even met two of my teammates by now). The Cherry Blossom was a great time to visit DC. I stunned myself with my finish at Broad Street. Thursday night trail runs, and the Bald Pate. My first night run. I keep improving my 10K times. And it's only July! I still haven't run the same race twice.

Though I guess by now, I have picked a date. October 7 ? Steamtown. I would have been happy to leave it for another year, but then I ended up in Boston during the Boston Marathon, and what can I say? I got the bug again. This time I'm trying for an actual time, though I don't know that Boston is in the cards quite yet (that would be 3:10, which means I need to cut 1:13:25 off my PR). Chris has me running hills and Bob has me doing 800s... I don't think I'll fit it all in but we'll see what October holds.

That may be my last chance for a while, as our first little one is due around Halloween. Life seems to hold many changes, these days. I just can't decide whether I want it to go faster or slower. :)

RACE SCHEDULE

July 7, 2007	12th Newtown Lions Run for Sight 5K & Walk	Newtown Middle School, Newtown, PA	215-493-6897
July 8, 2007	30th Utica Boilermaker 15K	Utica, NY	
July 14, 2007	The Belmar Five	Belmar, NJ	732-571-2162
July 18, 2007	Phil's Tavern 5K	Ambler, PA	215-699-1700 (X 104)
July 22, 2007	Eden Family 5K (Rescheduled date)	Princeton NJ	609-631-9211
July 22, 2007	Run for Hope 5K	Core Creek Park, Langhorne, PA	Bill Ference
July 25, 2007	WED Gwynedd Mercy 5K Cross Country Run	Fort Washington State Park, PA	Lisa Smedley
July 27, 2007	7th Lions Country 5K Run and Walk	Leola, PA	717-656-0032
July 28, 2007	20th Run for the Hill of It 5 MileRun and 1 Mile Walk	Chestnut Hill, PA	
August 4, 2007	12th River to Sea Relay (R2C12) 92 Mile Handicapped	Milford, NJ to Manasquan, NJ	732-381-0318
August 4, 2007	Captain Bill Gallagher 10 Mile Island Run	Sea Isle City, NJ	609-263-3655
August 4, 2007	Neptune City Day 5K	Neptune City, NJ	732-776-7724
August 5, 2007	Grings Mill 5K and 10K	Reading, PA	610-217-5564
August 11, 2007	Guts and Glory 5K Run and Walk	Ocean City, NJ	215-396-9100 (X 27)
August 12, 2007	Half Wit Half Marathon Trail Run	Reading, PA	610-779-2668
August 12, 2007	Batsto Pig Iron 5K, 2M Walk & Kids Races	Historic Batsto Village, Hammonton, NJ	866-841-9139 (X3807)
August 18, 2007	Joe's Field Day- 5K & 1 M Run- for Stroke Awareness	Alderfer Park, Harleysville, PA	215-513-0692
August 18, 2007	If You Build It, They Will Run 5K	Gilbertsville, PA	610-636-1953
August 18, 2007	Spring Mill AC Ivyland 5K	Ivyland, PA	jonathan.severn@gmail.com
August 18, 2007	Tri for Missy- Swim 1/4 Mile	Newtown Athletic Club, Newtown, PA	215-497-9890
August 18, 19 and 22	Tri for Missy (see link for app on What's New page)	Newtown, PA	
August 19, 2007	Tri for Missy- Bike Tour - 25/50/62/75/100 Miles	Tyler State Park, Newtown, PA	215-497-9890
August 22, 2007	WED Tri for Missy- 5K Run and 1 Mile Run/Walk	Newtown Athletic Club, Newtown, PA	215-497-9890
August 25, 2007	Friendship 5K Run and Walk	Gum Tree, PA	610-466-0326
August 26, 2007	Stone Harbor Lions 5K and 10K	Stone Harbor, NJ	609-412-6957
August 26, 2007	Run with Dolphins 5K	Broomall, PA	610-986-9029
August 26, 2007	8th Amos Herr 5K and 10K Honey Run	Amos Herr Park, Landisville, PA	717-898-3102
September 2, 2007	Crossroads of NJ 5K and 10K	Woodbridge, NJ	732-549-9440
September 3, 2007	Norwood Fire Co #1 Annual Labor Day 5k run / 1k walk	Norwood Park, PA	610-583-1776
September 8, 2007	Brielle Day Hill & Dale 10K	Brielle, NJ	732-528-6600 (X 100)
September 8, 2007	Strides for Mission 5K	Perkasie, PA	215-766-8380
September 9, 2007	Garden of Reflection 5K	Yardley, PA	215-630-6655
September 9, 2007	Henry Hudson 8 Mile Trail Run	Middletown, NJ	732-530-6561
September 9, 2007	Springfield 5K	Erdenheim, PA	610-238-5088
September 9, 2007	5th Fallen Heroes 5K & Kids Races	Veterans Park, Elizabeth, NJ	732-381-0318

September 16, 2007 Philadelphia Distance Run 13.1 M Phila Museum of Art, Phila, PA

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