

BUCKS COUNTY ROADRUNNERS

June 2011 Newsletter

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PRESIDENT'S MESSAGE

After a crazy week of e-mails, we have resolved a myriad of issues with communication and cooperation. 'Nuff said.

Summer has finally arrived. We have the Equinox at the end of the month. Call it a running fiesta: you can run all the Winter Series courses in one day. Founded by Bob Curci and Chris Mortensen, the Equinox is a club event that you don't want to miss. Refreshments are provided by the club. We have an "oasis" out on the course for additional support. Best of all, it's FREE to all members. Run a few miles or run a lot of miles, just show up. It's not a race: it's just a lot of fun. Chris will be looking for volunteers so please make yourself available for a few hours while you are in the Park.

In July, the club will have several teams entered in the River to Sea relay. We have been competing in this event for several years and we have a great time. Be prepared for a lot of trash talking in the e-mails. It is all in good fun. If you are not on a team, there is a possibility some teams may need a replacement. Please let Bill Schaffling know of your availability.

We had our first Social last month and I was a little disappointed in the turnout. Janet Lewis, Marty McMahon, my wife, Jenn and I had a nice time at the Red Robin in Langhorne. This is an opportunity to get to know each other in a different environment (and with adult beverages). We'd love to see more of you at this month's event and hope you can attend. Melanie will provide info on this.

(Continued on page 3)

Weekly Run 1

What: Beginner/Slower Run
 Where: Location and Distance Varies
 When: Saturdays and/or Sundays
 Why: Meet Club Members
 Who: Contact Eric Tobias
etobias29@gmail.com

Weekly Run 2

What: Track Work
 Where: Council Rock South High School
 When: Tuesdays at 6 PM
 Why: To Improve Speed and Form
 Who: Contact Chris Thompson
wilennium@hotmail.com

Weekly Run 3

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

Weekly Run 4

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

Weekly Run 5

What: Short Run, Long Run, Hills
 Where: The Boathouse at Tyler State Park
 When: Sundays at 8:00 AM
 Why: Meet Club Members
 Who: Contact the BCRR
bcr@yahogroups.com

Member Profile

Christopher Robold

As I passed mile marker 25 of the 2010 Philadelphia Marathon, I knew I was going to achieve my goal of running my first marathon in less than four hours. Flashback to January 30, 2008. As I completed my first run, or should I say jog, which lasted all of five minutes, I sat on the curb and thought I was going to die of a heart attack. Needless to say, much had transpired in that 33 month time span!

I had attempted to run a few times in my late teens, but I always started out running too many miles at a pace that was much too fast for a beginner; therefore, I always ended up quitting within two weeks. In January of 2008, at the age of 40, I woke up one morning weighing 250 pounds. A recent trip to the doctor showed elevated blood pressure, cholesterol and sugar. I felt awful and knew I was not in good health.

I graduated from Abington High School, and then went to Temple University as a Chemistry Education major. After graduating, I obtained a teaching position at Rancocas Valley Regional High School, where I still teach today. A few months later I married my wife, Jan. We had children shortly thereafter; our daughters, Ashley and Kristina, are 18 and 16, respectively. Without the mundane de-



Relatively new to running, Chris went from zero to a sub four hour marathon in just 33 months.

tails, life led me to that out-of-shape person in January 2008.

By January 2008, I had befriended Matt Ciociola (etacoach.com), a new chemistry teacher at Rancocas Valley, who happened to be an outstanding runner. Over the past three years, he has taught me just about everything I know about running. In fact, he knows as much about running as Bubba knows about the shrimping business.

By May 2008, I was ready for my first 5K, and ran the Ser-toma in Doylestown in a blistering 27:48. After that first race, which I found to be very enjoyable experience, I ran a few 5 K races here and there. Eventually, I decided to participate in the 2009 Bucks County 5K series. It was an well organized series, and in an attempt to find something similar, I came across the BCRR WS during an on-line search. I joined the BCRR, and ran the 2009-2010 WS. I met some great people, and knew I had found a great running group.

My participation in the 2010 Bucks County 5K Series was hampered by scheduling conflicts and a few injuries that were not running related. So after a lackluster spring which included my first Broad Street Run, I needed something to revitalize me. That's

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(Member Profile continued from page 2)

when I came across a training plan about how to run a marathon in 4 hours or less in Runners World Magazine. It had testimonials from several runners who had been running less time than me. I thought, If they could do it, so could I. So I decided to follow the program.

My last run the day before the marathon was a three mile easy run. All I could do was think about my journey to this point: 18 mile long runs along the canal as my wife bicycled beside me, Yasso 800's in the pouring rain, and 10 mile tempo runs at 4 AM wearing my headlamp, just to name a few. I realized that I had transformed from a person who started running to lose weight into a person who flat out loves running. No longer did teenagers in cars yell out fatso to me as I ran the streets of Bensalem, where I live; now they just yell obscenities or run Forrest run.

Typically I run five or six times a week, for a total of 25 to 30 miles. I am basically a solo runner, for running is my time to be alone with my thoughts. I've tackled many a problem during my runs. I'm not a headphone or treadmill guy, for no matter where I am running, I enjoy the sights and sounds along my route, especially during a race. Perhaps I would like a running partner from time to time, for all I know it could be great.

At the current time I am in the middle of a successful 2011 Bucks County 5 K Series, in which I set a new 5 K PR of 21:08. I am looking forward to the Revolutionary Run on July 4th and my first River to Sea experience on July 30th. However, my current goal is to qualify for the Boston Marathon, so I have already begun my training for this year's Steamtown Marathon.

Aside from running, I am a Philadelphia sports fan through and through; a true homer. I love meteorology and astronomy and constantly look to the skies and go online to check the forecast and significant celestial events. I love hiking through the woods, so I don't know why I haven't started doing any trail running; perhaps that's something I might try this year. I am a black belt in Tae Kwon Do, and enjoy

teaching it to others. I wish I had more hours in a day, but who doesn't.

So it has now been a little over three years since I started running. I am a new person with a new outlook on life. Running has exposed me to a whole new group of people and experiences, and I can't imagine life without running. Unfortunately, the very day after I was asked to write this profile, I started to have discomfort in my right thigh. The athletic trainer at my school, whom I have relied upon for advice from time to time, told me to give my IT band a break for a week or two. Therefore, the next two weeks will be difficult. It's not the first obstacle in my way, and I'm sure it won't be the last.

Anyway, back to the last 1.2 miles of the 2010 Philadelphia Marathon. It was a perfect race day with excellent running conditions. I knew I was going to break 4:00 hours. In fact, I completed it in 3:48:49. My wife, who supported me all along, was waiting at the finish line. It was exhilarating to accomplish that goal. If an out-of-shape guy like me could accomplish that in under three years, anyone can do it.

(President's Message continued from page 1)

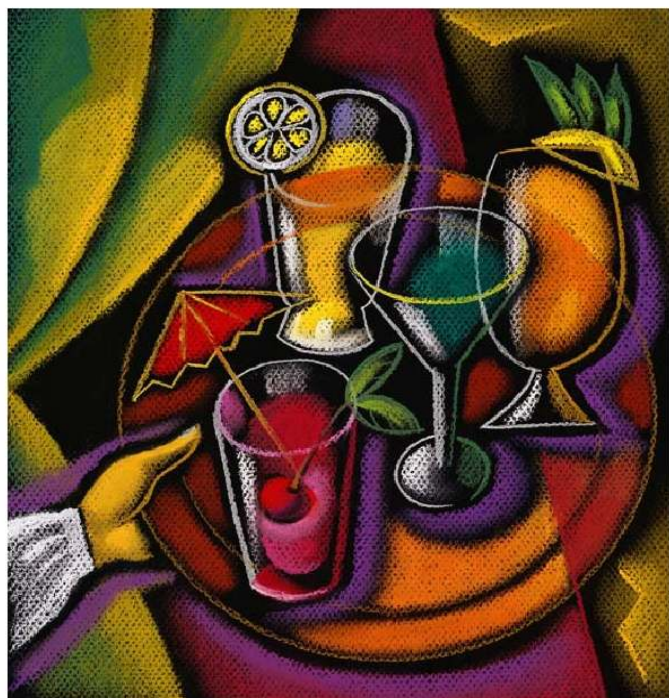
We are looking for someone to take over the club apparel management and coordination. Ray Galenty has served in this position for several years and is ready to let someone else take over. We wish to thank Ray for the outstanding job he has done. If interested in volunteering, please contact me at fred-dyjay55@yahoo.com.

Finally, Jenn and I want to wish Lori Merrill and Carmine Sesa much happiness and love for their upcoming nuptials this weekend. Trans-Am and Wrong Way are two of the nicest people I know and it is wonderful that they found each other.

Enjoy the great weather and be good to each other.

Gotta Run!

Fred



BCRR Third Thursday Social

Thursday, June 16, 2011

Red Robin at Oxford Valley Mall; Langhorne, PA

7:30PM; Bar Area; Separate Checks

An informal social opportunity for BCRR.

Come one! Come all!!

Questions: 609-969-0588; or
melanielschranz@gmail.com



BCRR 4th of July Picnic and Pool Party

Run! Swim! Eat! Party! Repeat.

It's a tradition... Run the Revolutionary 10k Run on July 4th at Washington Crossing Park, then come to the home of BCRR members, Greg & Emily Grace, who host BCRR members and their families for a pool party and picnic. Their house is on the race course, so come over post-race on the 4th of July for some summer fun!

What: Pool Party & Picnic

When: Monday, July 4th, 2011

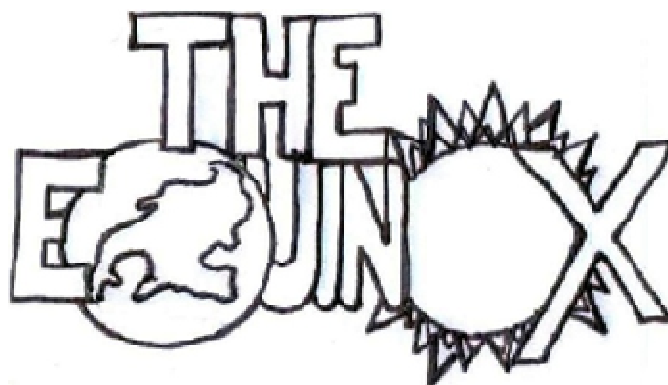
Where: Greg & Emily Grace
1225 River Road
Washington Crossing, PA 18977
Ph: 215-321-0123

Time: 11AM (post-race) to mid-afternoon

Other: There is no parking on River Road (the street the Grace's live on, but you can park in their driveway, front yard, etc.)

RSVP: www.tinyurl.com/bcrr4thofjuly2011

Questions: bcrrsocial@gmail.com or
609-969-0588



On Sunday, June 26th, 2011 Tyler Park and The Bucks County Road Runners will host the 4th Annual Equinox 50 Mile and 50K Run, Relay and Picnic. All members of the club and their families are invited to come out for a day filled with fun, food and (of course) running! The Equinox is 12 hours long. It begins at 7 am and finishes at 7 pm. The grill will get fired up at 1 pm.

Last year we had 68 club members run in the event. Some ran as a team, others did a supported long run, many came for a loop or two and a few ran an ultra. So, how far do you have to run? That's up to you! You can run as much or as little as you like! Show up and run one course, two courses, pick your favorite, or run with a friend and put together a relay (min of two people and a max of eight people). For example since there are 8 courses you could have a team of four and each person runs two courses. A team of two could have each person run four courses. Or, you could always run the whole thing by yourself! It's entirely up to you. Each person keeps track of their own time and reports back to the Boathouse with their time(s) when they're finished. I will post the results soon after the event.

The Equinox is a compilation of the famous Winter Series races that most of you are familiar with. The 50 Mile Run and Relay consists of the following courses: Jingle Bell 5.3, Honest Abe 4.6, Polar Bear 8, Eenie Meanie 13.1, Covered Bridge 3.1, Tyler Challenge 3.5 (2nd loop of the 10k race), Cham-Pain 3.1 and the Terrible Tyler 9.3 Anyone wishing to complete the 50k option does the first four courses and stops upon finishing Eenie Meanie.

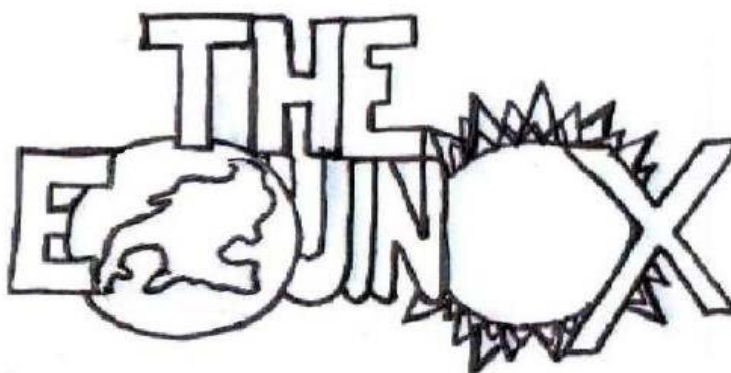
Don't know the courses? Don't worry. We'll be marking each course with different colored pie plates that will ensure no one gets lost. Just pick a course/color and run! A map of each course will also be available at The Boathouse aid station. If you'd like to see the maps ahead of time you can check them out at the [BCRR website](#).

There will be two aid stations: one at the start near the boathouse and the second at the base of College Park Trail. This ensures that no runner on any part of the course will go farther than 3 miles without aid. Food will be available at The Boathouse aid station only and will include pretzels, chips, cookies, fruit, candy, sandwiches, hot dogs and hamburgers. Water and Gatorade will be available at both aid stations. If you feel you require any other food or fluids beyond what we provide – please feel free to bring them. It will probably be hot and humid so it is strongly suggested that each runner carry a water bottle with them at all times.

This event is designed to be a fun day at the park. If you're not running, cheer for those that are. If you're not cheering, have something to eat. If you're not eating, break out the Frisbee and toss it around. But, whatever you do, don't stay home on the 26th... it's sure to be an exciting day.

On the following page is a copy of the waiver. PLEASE PRINT THIS OUT, SIGN IT AND BRING IT WITH YOU RACE MORNING. Lastly, I will need volunteers! Please email me if you are able to volunteer for any length of time during the day.

If you have any questions or comments feel free to e-mail me at: Mortensen_Christopher@yahoo.com



Bucks County Roadrunners Waiver Form June 26th, 2011

**Please fill out this waiver form and bring it with you race morning.
You cannot participate without it!**

Name: _____
DOB: _____
Sex: _____
Address: _____

Phone: _____
E-Mail: _____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running participants, the effects of the weather, including high heat, and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Bucks County Roadrunners, Tyler State Park, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Optional Clause: I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or other record of this event for any legitimate purpose.

Signature: _____ Date: _____
Parent's signature (if under 18 Years Old): _____ Date: _____

BCRR Local Race Schedule

E-mail: mortensen_christopher@yahoo.com

Please contact race officials beforehand to validate information below!

“The will to win means nothing if you haven’t the will to prepare.” - Juma Ikangaa

- June 5 Run The Gates 5 Miler and 1 Mile Fun Run/Walk <http://runthegates.org/> chuckthompson@comcast.net
Levittown, PA <http://www.active.com/running/levittown-pa/6th-annual-run-the-gates-5miler-and-1-mile-run-2011>
- June 5 Princeton Healthcare 10K Princeton Stadium, Princeton, NJ <http://www.active.com>
- June 7 (Tuesday!) Spring Classic Cross Country Series 5K <http://princetonac.org>
- June 9 (Thursday!) Midsummer Night 5K Wynnewood, PA <http://brynmawrrunningco.com/nhp/midsummer.html>
- June 11 Chalfont Challenge 5K Chalfont, PA <http://www.bucks5kseries.com/>
- June 11 and 12 MS Mud Run 10K Philadelphia, PA 215-271-1500 x170 <http://www.mudrunMSphilly.com>
- June 12 Archbishop Ryan 5K Run Academy & Red Lion Rd, Northeast Philadelphia, PA toleary@archbishopryan.com
- June 12 Delaware County Sheriff’s Reserve Unit 5K Run/Walk Linwood, PA 610-952-2858
runwalkgirl53@yahoo.com <http://www.delcosheriffsreserve.com>
- June 14 Princeton 1 Mile Run Princeton HS Track, Princeton, NJ <http://www.princetonac.org>
- June 15 Ambler Area YMCA Spring into Summer 5K Run and Walk Wissahickon High School, Ambler, PA
<http://www.philaymca.org> ccrew@philaymca.org 215-628-9950
- June 15 (Wednesday!) Full Moon 5K Warminster, PA 215-530-6047 <http://www.patmccloskey.com>
<http://www.active.com/running/warminster-pa-pa/warminster-full-moon-summer-5k-series-2011>
- June 18 5K for Aidan J Struble Trail, Downingtown, PA <http://www.5kforaidanj.com>
- June 22 (Wednesday!) Tex Mex 5K Race & 1 Mile Fun Run & Walk North Wales, PA 215-646-8866
carol@wvwa.org <http://www.texmexconnection.com>
- June 25 Race for Rylie 5K Run and 1 Mile Fun Run The Marina in Nockamixon State Park, Quakertown, PA
<http://www.raceforrylie.myevent.com> hlserf77@msn.com
- June 26 The Equinox 50 Mile and 50K Run Relay and Picnic Tyler State Park, Newtown, PA
- July 2 3rd Annual Run Over Cancer 5K Newtown Middle School, Newtown, PA <http://www.fundacure.com/ROC.html>
- July 4 31st Annual Revolutionary Run Washington Crossing, PA <http://www.umbarevr.com/>
- July 4 Firecracker 5K Run Broomall, PA 484-620-9828 firecracker5krun@gmail.com
<http://www.firecracker5krun.com>
- July 4 Maplewood 5K Run Maplewood Memorial Park, Maplewood, NJ maplewood5k4july@aol.com
<https://www.compuserereg.com/register/?event=4645>
- July 10 Double Trouble 15K and 30K Trail Run French Creek State Park, Reading, PA rhornpcs@aol.com
610-779-2668 <http://www.pretzelcitysports.com>
- July 13 (Wednesday!) Christmas in July 5K Warminster, PA 215-530-6047 <http://www.patmccloskey.com>
<http://www.active.com/running/warminster-pa-pa/warminster-full-moon-summer-5k-series-2011>
- July 14 (Thursday!) Midsummer Night 5K Wynnewood, PA <http://brynmawrrunningco.com/nhp/midsummer.html>
- July 30 Philly Folk 5K & Spokes for Folk 5K Run/Walk, 17 Mile Trail Cycle Ride, 50K Road Cycle Ride
Green Lane Park, Green Lane, PA bill@doltonroad.com 610-633-3895
<http://www.pfs.org/event/spokes-folk-and-philly-5k-fundraisers-07-30-2011-0000>
- August 11 (Thursday!) Midsummer Night 5K Wynnewood, PA <http://brynmawrrunningco.com/nhp/midsummer.html>



August 11	(Thursday!) Dead Harriers 5K	Warminster, PA	215-530-6047	http://www.patmcloskey.com http://www.active.com/running/warminster-pa-pa/warminster-full-moon-summer-5k-series-2011
September 3	Run For the Ages (Age Graded) 10K Trail Chase	Nolde Forest, Reading, PA	610-603-9393	teds737@aol.com http://www.pagodapacers.com/races
September 10	Susquehanna Super Hike and Ultra Trail 28.4 Mile Run	Pequea, PA		http://www.kta-hike.org 570-672-2389
September 17	Bill Bottino Mud Run for Cancer	Millville, NJ	800-483-1659	info@barbaracookcancerfoundation.org http://www.njmudrun.com
September 24	North Penn United Way 16th Annual "Run for Your Neighbor" 5K and 5/8 Mile Fun Run	Harleysville, PA	215-256-5288	np5k@harleysvillegroup.com http://www.npuw.org/5k
September 25	Heart to Heart 5K, 1.5 Mile Walk and 1 Mile Kids Fun Run	Lake Lenape Park, Sellersville, PA		http://www.healthyheartsfoundation.com http://www.active.com
October 1	Hands On House Half Marathon & 5K	Lancaster, PA	717-569-5437	http://www.handsonhouserace.org
October 2	American Cancer Society's Making Strides 5K Walk and Run			http://makingstrides.acevents.org/paphillystrides 215-985-5401 strides.philly@cancer.org
October 23	Desmoid Tumor Research Foundation 5K Run/Walk and Kids Fun Run	Fairmount Park, Philadelphia, PA		http://www.runningforanswers.com/
October 23	Delaware & Lehigh Heritage Marathon & Half Marathon	Canal Park, Northampton, PA	610-923-3548 x 224	http://www.delawareandlehigh.org/marathon/ rayne@delawareandlehigh.org
November 12	Autism Cares Foundation Race for Resources 10K and 5K	Tyler State Park, Newtown, PA	215-968-3737	http://raceforresources.kintera.org
November 13	The Lemon Run	Philadelphia, PA	Sheryl@alexslemonade.org 610-649-3034	http://www.thelemonrun.com
November 20	Bucks County Marathon	Yardley, PA	racedirector@runbucks.com	http://www.runbucks.com
November 24	BCRR Thanksgiving Day 5 Miler and 1 Mile Fun Run/Walk	Summit Square, Langhorne, PA		http://www.active.com/running/langhorne-pa/22nd-annual-bucks-county-roadrunners-thanksgiving-day-5-miler-and-one-mile-fun-runwalk-2011
November 24	5th Annual Pumpkin Pie 5K Run and Scenic Walk	Nazareth, PA	610-759-3440	karenjanis@nazarethymca.org http://www.nazarethymca.org/5k
November 27	BCRR Tour Tyler Informal 5.3 Miler	Tyler State Park, Newtown, PA		http://www.bcurr.info
December 4	BCRR Covered Bridge 5K	Tyler State Park, Newtown, PA		http://www.bcurr.info
December 11	BCRR Jingle Bell 5.3 Miler	Tyler State Park, Newtown, PA		http://www.bcurr.info
December 18	BCRR Tyler Challenge 10K	Tyler State Park, Newtown, PA		http://www.bcurr.info
January 1	BCRR Cham-Pain 5K	Tyler State Park, Newtown, PA		http://www.bcurr.info
January 8	BCRR Predict Your Time 5.3 Miler	Tyler State Park, Newtown, PA		http://www.bcurr.info
January 15	BCRR Polar Bear 8 Miler	Tyler State Park, Newtown, PA		http://www.bcurr.info
January 22	BCRR Honest Abe 4.6 Miler	Tyler State Park, Newtown, PA		http://www.bcurr.info
January 29	BCRR Terrible Tyler 9.3 Miler	Tyler State Park, Newtown, PA		http://www.bcurr.info
February 5	BCRR Pick Your Way 5.3 Miler	Tyler State Park, Newtown, PA		http://www.bcurr.info
February 12	BCRR Eenie-Meanie-Minie-Moe Half	Tyler State Park, Newtown, PA		http://www.bcurr.info
February 19	BCRR Staggered Start 4.6 Miler	Tyler State Park, Newtown, PA		http://www.bcurr.info
