



BUCKS COUNTY ROADRUNNERS

March 2011 Newsletter

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Greg Grace greggrace@aol.com	Membership Director

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: 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

WS DIRECTOR'S MESSAGE

Another Great Winter Series is In the Books

I am sitting in my family room on the Saturday after the Staggered Start Race, and I know the feeling that I will have tomorrow morning when I wake up: What! No Winter Series? Yes, another successful Winter Series is in the books, one that again resulted in lots of fun and significant growth.

I knew it was going to be a special season right from the start when, at the Covered Bridge run, despite pouring rain, a group of non-BCRR kids completed the race. They were part of a kids' fitness program, and had run the Covered Bridge as the culmination of this program. I told them after the race not to worry, that this was definitely the hardest 5K they would ever run!

Weather was a factor this year, but Mother Nature was kinder to the Winter Series than she has been recently, ordering up her storms during the week rather than the weekend. This provided time for the outstanding crew at Tyler Park to clear the important paths in time for Sunday's races. We did have to make a few course changes, but were able to hold all 12 races as scheduled.

One of the most notable course changes was made at the last minute by popular demand for the Terrible Tyler race, as several club members clamored for the opportunity to run all the way up the "terrible" Dairy Hill trail. Our maps did not give us the distance to the turnaround point, but various GPS readings placed the total distance at 9.9 miles. In hindsight, we know that GPS measurements read low by several percent on hilly courses, so most likely the distance ended up being closer to 10.2 miles.

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Weekly Run 3

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 4

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
bcrr@yahoogroups.com

Member Profile

Robert Motz

Like most people, I didn't start as a runner. At age 12, I was a typical middle school athlete who played soccer for multiple school, traveling, and local teams around the state of New Jersey. Because soccer in middle school was primarily a Fall sport at the time, I needed something to fill the Winter and Spring months and decided to give Track & Field a try.

Rahway Junior High's track coach was a 'whistle-and-stopwatch' type of administrator who basically took the job because no one else wanted it. We went to track meets and ran the 100m dash and/or the mile, but there was no real structure.

But Rahway High School's track coach was a real track athlete who had already coached multiple 400m runners and sprinters to New Jersey State championships. I decided to go straight to him and see what he thought of my running with his team. He was very interested in working with me, and I even had the opportunity to compete at a few Invitational Track Meets that had events for Middle School students, running 1 mile at age 13 in 4:54.

As a high school track athlete, I considered myself a middle distance specialist (I still have an aversion to distance running). In most meets, I would race the 400m, 800m, 1600m, and mile relay, with the occasional 3200m

thrown in for good measure. But I excelled at the 800m and enjoyed this event more than any other.

Although my high school had no indoor or outdoor track that we could call our own, I did have great coaching, both in my team's head coach and my mentor-turned-best friend, George Jakovic, who was a recent college grad at the time that decided to make me a personal running project. George and I ran nearly daily starting the summer after my freshman year in high school, training constantly, which resulted in my first New Jersey State All Group Championship in the Indoor 800m in a time of 1:56.56 (a sophomore record in New Jersey that still stands).

Over the next few years of high school, I focused solely on running, giving up soccer and most other sports. I finished that part of my running career with three additional NJ State championships, 2 more in the indoor 800m and 1 in the outdoor 800m, with a best time of 1:52.98.

Then, it was off to college, where I competed for four years on the Princeton University Track & Field team. Looking back on that time, I'd have to say I was an early bloomer in running because during those college years, I only improved my personal best in the 800m to 1:49.86.

In my opinion, one of the biggest



Robert, a former track standout, has successfully made the jump to distance running.

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(Member Profile continued from page 2)

challenges for a college Track & Field athlete, as opposed to a college distance runner, is that unless you are an elite Track & Field athlete, there are not nearly as many opportunities for competition once the college running days are over. There are distance races from 5K to the marathon everywhere you turn, and it is much easier to step out your front door to go for a long run than it is to do the type of training necessary to stay competitive on the track.

With few alternatives, I took to the 5K road racing series all around the state of New Jersey. My training was sporadic at best and as the years passed, it was much easier to socialize with friends than it was to get out and run to stay in shape.

I moved to Florida in January 2002 to be closer to my girlfriend-now-wife, Kaleigh, and I continued with this running rut. There were months of motivation where running came easy, months of gym membership (which usually turned into me paying a company money not to work out), and months of a changing life where other things (mostly family) took precedence... and throughout this time, I sat around gaining weight reminiscing about the good old days of track.

At the beginning of 2007, my work situation encouraged my wife and me to move our family back to the northeast, and we settled in Fairless Hills, Pennsylvania. Through a mutual friend, I was introduced to BCRR member Tim Lenihan in Fall 2007, and we talked of my struggles with running. He suggested I try the Winter Series as a way to motivate myself back into running. I admit that I wasn't thrilled with getting up on Sunday mornings to run distances to which my body was not accustomed, but I soldiered through that entire first series, as well as the following two years.

Finally, in January 2010, something clicked. I was not happy with my fitness level, and I wanted to do something different. I'd been researching a video fitness program called P90X that sounded

like it had some merit, so I decided to give it a try. Not only did I try it, but I changed my entire running and workout schedule, as well as my entire diet. Over the next 90 days, I followed the plan religiously, and at the end, I had lost 30 pounds and was in the best shape I'd been since my college days.

Throughout last year, I had a few goals to challenge myself, including the 2011 Disney Half Marathon (which I completed in 1:24:08) and a consistent performance in the BCRR Winter Series (which I feel I achieved).

Also last year, my wife was bitten by the running/fitness bug, so we've been able to enjoy working out together. I'm proud to say that she went from struggling through a half mile trot last January to completing the 2010 Broad Street 10 Miler to completing the 2011 Disney Half Marathon. Maybe one day, I'll talk her into joining the club and running in the Winter Series (she doesn't like distance running or cold weather so that might be my greatest challenge). We even hope that the running bug will bite our two kids in the future.

Even though I still have a bit of a competitive streak in me from my days racing in the track, I run now because I enjoy it...and although I've only been a member of the BCRR for the last four of my twenty years in running, the members of the club and the Winter Series have made them some of the most enjoyable. I've enjoyed the motivation that the members have provided, whether it is from speaking with them directly or keeping up with the entertaining banter that frequents the email group. BCRR members are some of the most supportive and encouraging people that I've met, many of whom have been encouraging me to take the next step and run a marathon.

Since track-running blood still flows in my veins though, I'm not entirely sold on the idea of running a marathon, but so long as training for the Winter Series exists, I'll not rule it out either.

R2C 16

July 30, 2011

Winter series is over, we are ready for Caesar and Spring isn't far away so if you haven't set the time aside yet (unlike many of us the day after the last race!!) we need to get things going for R2C16. If you haven't heard about this you must be new or have been in hibernation. It is one of the best races of the year and a lot of fun (despite all the 'friendly' discussions). The best way I can describe it it's like the staggered start and is based on the team's average 5k times where you are seeded to finish at the same time. Slower teams start first and the fastest seeded team is last. There are 7 people on a team running 14 stages (different lengths and difficulty) over 92 miles from the Bridge in Milford, NJ to the beach in Manasquan, NJ. The best part is the temperature is usually in the 90's by mid-day. We had 10 teams last year and are looking to get back to our record of 14 teams.

If you need more race details the web site is <http://www.oymp.net/>

If you were on a team last year please confirm with your captains if you are running again. If you want to run on another team (or be a captain of another team) please E mail me at William.Schaffling @ bms.com. Otherwise if you are new please let me know that you are interested in running. I will assign you to a new team or if there are openings on existing teams the captains and I will assign you to one of their teams. Please let me know as soon as possible since there is a limit on the number of teams

Doesn't matter if you are fast or slow you just need to be a little crazy which if you are a runner you already fit the bill. Each of the Captains this year are submitting their applications so you need to forward the money to them.

We again will be ordering shirts for all the teams

which I and Ray Galenty will coordinate with each of the captains. If you wish to order any official clothing from the race please do so through your Captains.

Again if you are interested please send an E mail as soon as possible.

Hope you can join the fun!!

Bill

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The record number of runners at a Winter Series race was 208 prior to this season. That number was blown away at the Covered Bridge 5K in which 244 runners crossed the finish line. That number was again blown away at the Cham-Pain 5K, in which the perfect combination of weather, date, time, and distance lead to an astonishing 280 finishers. We averaged 208 runners per race, up 16% from last season's 180, and meaning that our average for this season matched our previous all-time high!

The Winter Series is a very significant undertaking that is only possible with the help of many volunteers. Thanks to all club members who volunteered for a race, and especially to all the Race Directors. Special thanks also to the several club members who provided invaluable special services, e.g. managing equipment, compiling results, etc. , throughout the season. The Winter Series would be impossible without your help.

Hopefully we'll see you at the Winter Series Banquet on March 13th. With presentation of awards to Winter Series overall and age group winners, guest speaker Bart Yasso, and great food, drink, and camaraderie, it should be an exciting and memorable event.

BCRR Local Race Schedule

E-mail: mortensen_christopher@yahoo.com

Please contact race officials beforehand to validate information below!

“The moment of victory is much too short to live for that and nothing else.” - Martina Navratilova

- March 12 Run 4 Luck 4 Mile Run or Walk Franklin & Marshall College, Lancaster, PA <http://www.run4luck.com>
- March 19 HAT 50K Susquehanna State Park, Havre de Grace, MD <http://www.hatrunk.com/>
- March 19 Philadelphia Stair Climb Philadelphia, PA <http://www.lunginfo.org/phillyclimb>
rpettigrove@lunginfo.org 610-941-9595 x 109
- March 19 7th Annual Coventry Challenge 5K and 1 Mile Fun Run/Walk Pottstown, PA <http://www.pretzelcitysports.com>
- March 19 8th Annual Fighting Irish 5K Fairmount Park, Philadelphia, PA <http://www.fightingirish5k.com>
- March 20 Central Bucks YMCA 5K Run/Walk Doylestown, PA <http://www.bucks5kseries.com/>
- March 21 Colon Cancer Coalition Get Your Rear in Gear 5K/10K Philadelphia, PA 484-477-6208
<http://www.getyourrearingear.com/events/list/2011/philadelphia-pa/>
- March 26 Rat Race 10K / 20K Wells Mills Park, Waretown, NJ <http://www.jsrc.org> rathash@yahoo.com
- March 27 Caesar Rodney Half Marathon and 5K Wilmington, DE <http://www.races2run.com> 302-655-7258 x 17
- March 27 Ocean Drive Marathon Cape May, NJ <http://www.odmarathon.org> odmracedirector@comcast.net
- March 31 P.A.C.E. 5K Run and 1 Mile Walk Hibernia County Park, Coatesville, PA wbf4pc@comcast.net
<http://www.runtheday.com/app/find/register/258>
- April 2 Tyler Arboretum 10K Trail Run Media, PA <http://www.tylertrailrun.com> 610-891-0806
- April 2 Run, Walk and Roll for Brain Injury Tyler State Park, Newtown, PA chesley@email.chop.edu www.active.com
<http://www.active.com/running/newtown-pa/run-walk-roll-for-brain-injury-2011>
- April 3 Great Guys Group Stomps Cancer 5K, Fun Run and Mascot Trot King of Prussia, PA
<http://www.greatguys.org> greatguys@greatguys.org
- April 3 New Hope-Solebury Spirit Run 5K and Fun Run New Hope, PA <http://www.bucks5kseries.com/>
- April 9 Garden Spot Village Marathon New Holland, PA <http://www.gardenspotvillagemarathon.org>
- April 9 Institute Woods 3.5 Mile Trail Run Princeton, NJ <http://princetonac.org>
- April 9 Will's 5K Classic, 2.5 K Walk, and 400 Yard Fun Run PPL Park, Chester, PA <http://www.wtydf.com>
- April 10 Uninvest Capital 5K Run and 1 Mile Fun Run/Walk Neshaminy Mall, Bensalem, PA 866-604-8160 x 101
hugh@uninvestcapitalinc.com <http://www.uc5k.com>
- April 10 6th Annual David's Run Wilson Farm Park, Wayne, PA <http://www.davidgallagherfoundation.org>
- April 10 Cherry Blossom 5K Fairmount Park Horticulture Center, Philadelphia, PA <http://www.jasgp.org/5k>
- April 16 Bridge Valley Trailblazer Race for Autism 5K and Fun Run Furlong, PA <http://www.bucks5kseries.com/>
- April 16 Red Cross 5K Run and Walk Fairmount Park, Philadelphia, PA <http://www.redcrossrunandwalk.org>
- April 16 Gener8tion 8K Run/Walk and Festival Philadelphia, PA www.generationrun.com gener8tionrun@ncc.us
- April 17 Penn Relays Distance Classic 5K and 20K Philadelphia, PA <http://thepennrelays.com/>



April 17	Unite Half Marathon	Rutgers University, New Brunswick, NJ	http://unite.cgiracing.com	info@cgiracing.com
April 23	Mt. Penn Mudfest 15K Trail Run	Reading, PA	http://www.pretzelcitysports.com	rhornpcs@aol.com
May 1	New Jersey Marathon	Long Branch, NJ	http://www.njmarathon.org	info@njmarathon.org
May 1	Broad Street 10 Mile Run	Philadelphia, PA	bsrhelp@aim.com	http://www.broadstreetrun.com/info.htm
May 7	Cornerstone 5K and Fun Run	Warrington, PA	http://www.bucks5kseries.com/	
May 7	HomeFront Run for Hope 5K Run/Walk	Princeton, NJ	aliciap@homefrontnj.org	609-989-9417 x 133 http://www.homefrontnj.org
May 7	Come Unity 6K	Norristown Farm Park, East Norriton, PA	http://www.comeunitypa6k.zapevent.com	
May 7	5K Run to Benefit CHOP	Russell Elliot Park, Feasterville, PA	crks118@aol.com	
May 14	Broad Street Rerun 5 Mile Run	Lansdale, PA	http://www.broadstreetrerun.com	
May 14	Dark & Dirty 6.66M Nighttime Trail Run	Reading, PA	rhornpcs@aol.com	http://www.pretzelcitysports.com
May 15	Pocono Mountain Run For The Red Marathon, 5K and Relay	Stroudsburg, PA	http://www.poconomarathon.org	
May 15	Shires of Vermont Marathon	Bennington, VT	http://www.shiresofvermontmarathon.com	
May 15	Delaware Marathon, Half Marathon and Relay	Wilmington, DE	http://www.delawaremarathon.org	
May 15	Sgt. Nutter 5K Run and 1.5 Mile Walk	Sea Girt, NJ	http://www.nutterrun.org	
May 15	32 Annual Philadelphia Bar Association 5K Charity Run/Walk	Philadelphia, PA	esmarzluf@crbcp.com	http://www.charityrun2011.com/
May 17	(Tuesday!) Spring Classic Cross Country Series 5K		http://princetonac.org	
May 18	(Wednesday!) Johnny King-Marino Sertoma 5K	Doylestown, PA	http://www.bucks5kseries.com/	
May 24	(Tuesday!) Spring Classic Cross Country Series 5K		http://princetonac.org	
May 28	Doylestown 5K	Doylestown, PA	http://www.bucks5kseries.com/	
May 29	Pagoda Pacers' "Charlie Horse" Trail Half Marathon	Reading, PA	610-796-2156	gregdeland714@cs.com http://www.pagodapacers.com
May 31	(Tuesday!) Spring Classic Cross Country Series 5K		http://princetonac.org	
June 4	AJ Foundation 10K/5K/1 Mile Fun Run	Peace Valley Park, Chalfont, PA	http://www.ajfoundation.org	
June 5	Run The Gates 5 Miler and 1 Mile Fun Run/Walk	Levittown, PA	http://runthegates.org/	chuckthompson@comcast.net http://www.active.com/running/levittown-pa/6th-annual-run-the-gates-5miler-and-1-mile-run-2011
June 7	(Tuesday!) Spring Classic Cross Country Series 5K		http://princetonac.org	
June 11	Chalfont Challenge 5K	Chalfont, PA	http://www.bucks5kseries.com/	
June 22	(Wednesday!) Tex Mex 5K Race & 1 Mile Fun Run & Walk	North Wales, PA	215-646-8866	carol@wwva.org http://www.texmexconnection.com
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
September 10	Susquehanna Super Hike and Ultra Trail 28.4 Mile Run	Pequea, PA	http://www.kta-hike.org	570-672-2389
October 1	Hands On House Half Marathon & 5K	Lancaster, PA	717-569-5437	http://www.handsonhouserace.org
