



BUCKS COUNTY ROADRUNNERS

May 2010 Newsletter

BCRR Officers

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Weekly Run 1

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

PRESIDENT'S MESSAGE

I am writing this as I am preparing for my annual trek down Broad Street on Sunday. I know this probably dates me but I can still remember the first time I ran this race. First, we parked near the Spectrum. Then we hopped on the Broad Street subway with all of the other runners getting off at Olney station as I did for many years when I attended Central H.S. Once the race started we were off on our trek down Broad Street. At that time there were maybe 5000 runners and they only closed off the southbound lanes so we had to contend with cars heading in the opposite direction. However, I still remember the guy standing on the corner of one of the intersections selling the Sunday newspapers as all of the runners passed by. The best part of the run was the finish which at that time meant entering old JFK stadium and circling the track around the infield. I felt like I just finished the Olympic marathon only to have to retrieve my gear bag in that was lying on one of the wooden stadium benches.

My first Broad Street was in 1986 and it was got me started running distance. Amazingly what got me to run this was a friend of mine. Steve was about 6'5" and well over 200 pounds and I figured that if he could run this race so could I, after all I was a cyclist and runner. To date he only ran this race and one PDR and I have gone on to run numerous marathons and half marathons. It is amazing that that 24 years later the race is able to sell out at 30,000 participants but as long as there is a soft pretzel waiting at the end it will always be a Philly race. And, for the second year in a row I will be running side by side with my brother David. Good luck to everyone who is running or should I say congratulations to everyone who ran.

As we speak about running events I am expecting a large contingency of BCRR runners at this year's Sesame Classic. Speaking of

(Continued on page 2)

Weekly Run 3

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 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@yahoo.com

(President's Message Continued from page 1)

nostalgia how many of you can remember when this was originally a 10K? The run is May 16th and entrance to the park is free to all with a runner's number. It is a great family event with plenty to do for the kids so come out and enjoy. Also, a shout out to Fred Gropper for organizing the club registration for this event.

June 6th is the annual "Run the Gates" five mile race in Levittown and is organized by club member Phil Miele. This race is growing and we would like that to continue. The club provides volunteers and will time the race. For more information the website is www.runthegates.org. The Summer Equinox is scheduled for Sunday, June 13th at Tyler Park and is being organized by Chris Mortensen and it is a fun day and I encourage all club members to come out and participate. Also, please check the club's calendar for other events as there are many to choose from.

Also, I know this is early but I am plugging the 4th Annual Massaroni 5K in Bensalem. The race is scheduled for Saturday, September 25th and right now I am looking for sponsors. Website is www.massaroni5k.com.

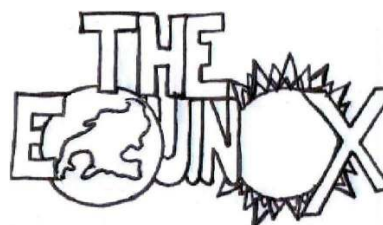
Finally, since I haven't heard from anyone offering additional nominations the slate of officer nominees for next year is:

President:	Fred Gropper
Vice President:	Chris Mortensen
Treasurer:	Gregg Holst
Club Secretary:	Melanie Schranz
Winter Series Director:	Mark Zacharias

We will hold formal voting on the nominee slate at the Equinox and if approved the nominees will take office on July 1st.

Hope to see everyone on the trails.

Eric



June 13th, 2010

7 AM—7 PM

It is with great pleasure I announce the third incarnation of everyone's favorite misplaced misnamed event, The Equinox. This year we've moved it up a week and we're holding it on a Sunday. So, mark your calendars!

For those of you with short term memory or for those of you that are new to the club The Equinox is a 12 hour informal run, relay and picnic. We mark 50 miles of trails in Tyler Park using the existing Winter Series race courses Jingle Bell, Honest Abe, Polar Bear, Eenie Meenie, Covered Bridge, Tyler Challenge, Cham-Pain and Terrible Tyler. You may run as much or as little as you like throughout the day. Everyone keeps their own time and reports in at the end. This is a great way to do a supported long run or practice for the upcoming R2C Relay. For a recap of last years race take a look at the July 2009 Newsletter available on the BCRR website at <http://bcrr.info/BCRR0709.pdf>

But, this is much more than just a run! There will be food! We'll have hot dogs, hamburgers and all types regular picnic fare. So, come hungry. Or, run and work up an appetite. And, bring the family!

More information regarding the race as well as a waiver will follow in the June Newsletter. And, I will be sending an e-mail out to the club with further details as we get closer to the event date. If you have any questions regarding the race please feel free to contact me at mortensen_christopher@yahoo.com

I hope to see you there!

Member Profile

Harris Brenner

I was humbled when Chris asked me to submit my running profile for this month's newsletter. There's a scene in the Austin Powers movie where Dr. Evil and his son Scott are in therapy and the therapist asks him (Dr. Evil) about his life's story to which he replies, and I love this line, "the details of my life are quite inconsequential... alright where do I begin?" Now granted it's more the way he says it that supplies the effect but that's how I feel here. I don't have a running background that goes back to my high school days. I did play sports as a kid but I never ran track nor cross country. Never thought of myself as a fast nor competitive runner. Ah but if I could go back in time I definitely would give it a shot. I'd like to think it would make me a stronger runner now, but I digress.

I was born in Camden and grew up in the Northeast. Went to Bustleton (now Anne Frank) Baldi and Northeast. After high school I joined the Army. I knew going in that I would have to get into shape and so I took to running on my own. It's funny because I probably went about a half mile at a time but I would have sworn I'd run 2 or 3 miles!



From Texas to Pennsylvania and from 5K to 50K Harris has come a long way and covered a lot of ground!

many sit-ups as you could do in 2 minutes and a dreaded 2 mile run. To 'pass' this test an 18 year old male had to finish the run in less than 15:54. The first time I ran it at the beginning of my basic training I barely finished on my feet in just over 17 minutes. I had a lot of work to do because they will kick you out if you can't pass! I didn't like it but I worked at it and by the time I finished training I was able to pass.

When I go to my regular duty station in Savannah GA we had a commander who loved to run and run the entire company of 200+ people fast. We'd do 3 to 4 miles per day and we'd always lose a few people along the way. I found that I could keep up but I really had to work hard and I never found it fun at all. Fast forward a couple of years and I became the driver for the new commander (this is the most cush job a troop could have.) As the driver it was my responsibility to run with our company guidon which is an 8 foot flag pole with the unit colors on it. Turns out that a unit guidon is very tough to run with! There were several runs where I had to pass it on to someone else or I wouldn't have finished! Through all of this torture of running 3 or more miles 4 to 5

times per week I was actually becoming a stronger

The Army's physical fitness test consisted of as many push-ups as you could do in 2 minutes, as

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runner. In August of that same year I blew out my left knee playing softball. An MRI showed I had completely torn my ACL and partially tore my PCL, MCL and meniscus on both sides. I had a scope that year to clean out the mess and in Jan of 1996 I finally had ACL reconstruction.

After I got out of the Army I moved to the Dallas area of Texas (of all places, this is the last place a kid from Philly wants to go to.) I got married and started college and my first child was soon on the way. I started playing hockey again but I was in bad shape.

I earned my degree in Electrical Engineering and at my first job out of college, after a couple of years there, they began a program to motivate people to get into shape. I joined and never looked back. It started with a change in eating habits and lots of cross training at the gym but it wasn't long till I decided to try running again.

At first I just ran 2 or 3 miles around the neighborhood and found a few local 5k races. The more I ran the more I wanted to keep running and the further I wanted to try and go. It truly can be an addiction.

I reinjured my knee playing hockey early in 2006 but ran my first half marathon through the pain in 1:50. I had my 3rd and (hopefully) final scope that summer. My first marathon was very memorable as it was the Texas leg of Dean Karnazes' 50 marathons in 50 states in 50 days tour. I played hockey with a guy that worked for the company that produces North Face events so I had an inside track. As a follow up to that I got to lead a VIP run for Dean and some other runners. Dean is a great guy and getting to run with him and pick his brain was really fun and a memorable experience. I ran my next marathon in Dallas 2 months after that first one in December of 2006 in 3:25. That's when I decided I wanted to try and get faster and

try to qualify for Boston. I trained hard and set my sights on Philly '07. I was on pace for the needed 3:10 through about 21 but I started bonking and seeing stars at mile 23. I slowed considerably and ended up with a 3:19. I was very disappointed but I learned a lot of lessons and became stronger mentally. I ran Houston that January and used it for conditioning, figuring on trying to qualify again in the fall. In April '08 I set out to run The Big D Texas marathon sort of on a last minute whim. Leading up to this race I was in the best running shape I'd ever been in having run two sub 1:30 half marathons in consecutive weeks and PRing at every race distance I ran. I ended up 3:14 in that marathon and, thanks to turning 35 later that year, qualified for Boston! I ran my first 50k that summer, the El Scorcho 50k, which starts at midnight in July in Texas. It was about 85 degrees and super humid at the start. I ran a 4:30 and had a blast. Other cool races I've run include the Disney Goofy's race and a half challenge in January of 2009 and, of course, Boston in April 2009. Boston kicked my butt but it was still the best race I've every run.

After 12 years in the Texas heat, I finally moved back home to the Philly area in the fall of 2008. I work at On Semiconductor as an ASIC Test Engineer and my wife works at Lockheed Martin in Moorestown, NJ. Newtown was the perfect in between town for us and we love it here. Being back in the Philly area I looked forward to being close to family again and going to Phillies and Flyers games like I did when I was a kid. The schools are great which is great for my two kids, Chelsea 13 and Elliot 6.

I joined the BCRR just last year and this is the greatest running club there is. The Winter Series was amazing. It's the best for learning your way around the park, meeting great people and running some great races on days that I would normally wimp out on was special.

R2C 15

July 31, 2010

The 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 R2C15. 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 is 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 11 teams last year and are looking for more.

In addition to the competitive division they have added two additional categories. One is the non competitive early start division which starts at 5:30 and runs 92 miles and the head start division who will run 72 instead of 92 and start at 6:30 and *they can run any way* they want (the individual stages). The number of teams are 20 max so let me know if you're interested in these options or the original competitive 92 mile staggered start teams.

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

It 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 (early registration is due by May 1 at \$475 per team - \$68 each) and \$550 per team after May 1st.

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 to me as soon as possible.

Hope you can join the fun!!

Bill



Fourth Annual Run the Gates 5-Miler

Benefits four Bucks County agencies providing services to people with disabilities
To learn more, please visit www.44thefuture.org
Sunday, June 6, 2010
Forsythia Crossing Park
Between Forsythia and Snowball Gates, Levittown
5-Miler start at 9 a.m. – 1-mile fun run/walk 9:05 a.m.
Rain or Shine

PACKET PICK-UP AND RACE DAY REGISTRATION

Opens at 7:30 a.m. on race day until 8:45 a.m.
Register in advance and pick up your packet, or you can register the day of the race.

REGISTRATION

5-Mile: \$20 if registration is received by May 21,
\$25 if registration received by June 3.
Day of Race: fee is \$30.

1-Mile run run/walk: \$10 if registration is received by May 21, \$15 if registration is received by June 3.
Day of Race: Fee is is \$20

Register by mail at:

BCCID, c/o Hale-Smith, Inc.
188 Old Lincoln Highway, Suite 105
Fairless Hills, PA 19030
215.752.7101

Or online at:

www.RunTheGates.org

AWARDS: Note! Expanded age group award categories!

Overall men, overall women and top three men and women in age groups: under 14, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & older.

WAIVER: I know that running road races is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by the decision of any race official relative to my ability to safely complete the walk/run. I assume all risks associated with competing or participating in this walk/run event. These hazards include, but are not limited to: falls, contact with other runners or walkers, effects of weather, traffic, hazards and conditions of the courses, all such risks being known and appreciated by me. Having read this waiver, knowing these facts, and in consideration for acceptance of my entry, Four for the Future and any of its member agencies, Middlestown Township, Bucks County Roadrunners and all other parties, including sponsors and event personnel associated with this event shall be held harmless from any and all claims of any kind arising out of my participation in this event. I also grant full permission for organizers to use my name and photograph.

Signature _____

Signature of Parent or Guardian (under 18 applicant)

REGISTRATION: 5-mile, \$20 if received by May 21, \$25 if received by June 3, \$25 day of run. 1-mile, \$10 if received by May 21. \$15 if received by June 3;; \$20 day of run..

Do not mail registration after May 29, 2010

Make checks payable to: BCCID.

Mail fee and complete forms to address in block above.

5-mile run: _____ 1-mile run/walk: _____

Name: _____

Street: _____

City, State, Zip: _____

Gender: M ___ F ___ Date of Birth: _____

Age on Race Day: _____

Day Phone: _____

Evening Phone: _____

Emergency (not our own): _____

E-Mail: _____

School, Team, Club, Company: _____

T-shirt size (circle) M L XL Bib# _____

BCRR Local Race Schedule

E-mail: mortensen_christopher@yahoo.com

Please contact race officials beforehand to validate information below!

“Never limit where running can take you.” - Bart Yasso

May 8	Souderton Charter School 5K Run and 1K Fun Run	Souderton, PA	http://www.scsc4kids.org/	267-421-1927
May 8	Lab Fitness & Spa 5K	Warrington, PA	http://www.bucks5kseries.com/	215-918-5911
May 8	HomeFront Run For Hope 5K	Princeton, NJ	609-989-9417 http://www.homefrontnj.org/5KWalkRun-2009.cfm	
May 8	2nd Annual Southern Lehigh Kiwanis 5K Run/Walk	Promenade Shops, Center Valley, PA	484-515-5415 http://www.active.com/running/center-valley-pa/2nd-annual-southern-lehigh-kiwanis-5k-runwalk-2010	
May 15	Broad Street Rerun 5 Mile Run, Walk and 1/2 Mile Kids Run	Lansdale, PA	http://www.hemophiliasupport.org	
May 15	34th Annual Pennington 5K	Pennington, NJ	http://www.hvymca.org/33rdPennington5K.cfm	609-737-3048
May 15	Mayfair Fallen Heroes Run	Lincoln High School, Philadelphia, PA	http://www.mayfairbiz.com/run	
May 16	Sesame Place Classic 5K	Langhorne, PA	http://www.phillyburbs.com	
May 16	Delaware Marathon, Half Marathon and Relay	Wilmington, DE	302-654-6400 http://www.delawaremarathon.org	
May 16	5th MCEP 10K Fun Run/Walk	Peace Valley Park, New Britain, PA	http://www.quenchthethirst.org	
May 18	RunAmuck 5K Mud and Music Festival	Washington Crossing Park, Titusville, NJ	http://www.runamuck5k.com/	coordinator@runamuckfestival.com
May 19	(Wednesday!) Sertoma 5K	Doylestown, PA	http://www.bucks5kseries.com/	215-345-8141
May 19	(Wednesday!) Princeton A.C. Cross Country 5K	Rosedale Park, NJ	http://www.princetonac.org/	princetonac@gmail.com
May 22	Best “Dam” Run For Autism 10K, 5K, 1 Mile Run	Peace Valley Park, Chalfont, PA	http://ajfoundation.org	
May 22	E3 Power Center 5K Run/Walk For Change	Philadelphia, PA	215-359-6222 http://www.e3philly.org	
May 26	(Wednesday!) Princeton A.C. Cross Country 5K	Rosedale Park, NJ	http://www.princetonac.org/	princetonac@gmail.com
May 29	Doylestown “Red, White & Blue” 5K	Doylestown, PA	http://www.bucks5kseries.com/	215-340-9988
May 29	Odyssey Half Marathon	Philadelphia, PA	http://www.odysseyhalfmarathon.com/	765-729-0691
June 2	(Wednesday!) Princeton A.C. Cross Country 5K	Rosedale Park, NJ	http://www.princetonac.org/	princetonac@gmail.com
June 4	Truman Classic 5K	Levittown, PA	http://www.btsd.us/page.php?pid=364	
June 4	(Friday!) Running of the Monk 5K	Springfield, PA	http://www.runthemonk.com	Sheryl@alexslemonade.org 610-649-3034
June 5	Chalfont Challenge 5K	Chalfont, PA	http://www.bucks5kseries.com/	215-822-8250
June 5	Jersey Genesis Triathlon and Bambino Biathlon	Port Republic, NJ	JerseyGenesisTri@aol.com www.jerseygenestriathlon.com	609-652-6154
June 6	Run the Gates 5 Mile and 1 Mile Fun Run	Levittown, PA	http://www.runthegates.org	pmiele2@verizon.net
June 6	2nd Annual We’ve Got Your Back 4 Mile Race and 2 Mile Fun Walk	Tyler State Park, Newtown, PA	http://www.spinerf.org/race	phillyrace@spinerf.org



June 10	(Thursday!) Midsummer Night 5K	South Ardmore Park, Wynnewood, PA	brynmawrracing@gmail.com
			http://www.active.com/running/wynnewood-pa/midsummer-night-5k-race-series-2010
June 12	Newtown Lions Club 5K Run for Sight	Brian S. Gregg Park, Newtown, PA	215-968-2248
		wrightrb@aol.com	http://www.pretzelcitysports.com
June 12	Cure Duchenne 5K	Walton Farm Elementary School, Lansdale, PA	http://www.soaring.cureduchenne.org/
June 13	The Equinox 50 Mile and 50K Run Relay and Picnic	Tyler State Park, Newtown, PA	
June 13	Yardley 5K Run	Yardley, PA	http://www.active.com
June 13	Oy Vey 5K and 1 Mile Walk	Maple Glen, PA	http://www.bethor.org 215-646-5806 x207
June 13	1st Annual Ryan Run 5K	Philadelphia, PA	http://www.archbishopryan.com 215-637-1800
June 19	Run Daddy Run 5K and 2 Mile Walk	Frenchtown, NJ	http://www.hcmfoundation.org/rundaddynewjersey.html
June 20	Gary Papa Run 4 Your Life 5K Run and 1 Mile Walk		http://www.garypapurun4yourlife.com
June 26-27	Bensalem Relay for Life	Bensalem HS, Bensalem, PA	215-712-3291 http://www.relayforlife.org/pabensal
July 4	Revolutionary Run 10K	Washington Crossing, PA	http://www.umbarevr.com/
July 4	Maplewood 5K	Maplewood, NJ	maplewood5k4july@aol.com http://www.cciot.com/4th_of_july_5k_race
July 8	(Thursday!) 6th Annual Lawyers For Kids 5K Run and 2 Mile Walk	Morris Township, NJ	910-686-0026
			http://www.oymp.net
July 8	(Thursday!) Midsummer Night 5K	South Ardmore Park, Wynnewood, PA	brynmawrracing@gmail.com
			http://www.active.com/running/wynnewood-pa/midsummer-night-5k-race-series-2010
July 17	13th Annual PSE&G Teterboro Airport 5K	Moonachie, NJ	910-686-0026 http://www.oymp.net
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
July 21	(Wednesday!) 9th Annual Downtown Westfield 5K	Westfield, NJ	910-686-0026 http://www.oymp.net
July 21	(Wednesday!) Race Judicata 5K and Kid's Fun Run	Doylestown, PA	http://www.bucksracejudicata.com
July 31	15th Annual River To Sea Relay	Milford, NJ	908-902-8587 http://www.oymp.net
August 12	(Thursday!) Midsummer Night 5K	South Ardmore Park, Wynnewood, PA	brynmawrracing@gmail.com
			http://www.active.com/running/wynnewood-pa/midsummer-night-5k-race-series-2010
August 18	(Wednesday!) Dash & Splash 5K	Hatfield, PA	http://www.active.com
September 4	Run For The Ages—Age Graded Trail Chase		http://www.pagodapacers.com/RFTAApp2010.pdf 610-603-9393
September 12	Livengrin Run For Recovery 5K	Carpenter Park, Horsham, PA	http://www.livengrin.org 215-880-4047
September 12	Rochester Marathon, Half Marathon and Relay	Rochester, NY	http://www.rochestermarathon.com
September 25	Joe McGinnis Scholarship 5K Run/Walk	Tyler State Park, Newtown, PA	http://www.active.com
October 2	Hands On House Children's Museum Half Marathon, 5K and Kids Fun Run	Lancaster, PA	
		sah320howard@gmail.com	http://www.handsonhouserace.org
October 2	I Can Run 5K	Oaks, PA	http://www.hemophiliasupport.org
October 9	Knights of Columbus Day Charity 5K	Tyler State Park, Newtown, PA	http://www.kofchennessy.com/id9.html
October 24	Octorun 13K	Hatfield, PA	http://www.active.com
