



# BUCKS COUNTY ROAD RUNNERS

## PRESIDENT'S MESSAGE

Here we are now in September and the Phillies are chasing the Met's for the East Division title and a fair number of club members are getting in their workouts in preparation for the fall marathon season. Good luck to all that are running a marathon this fall and I hope all of your summer training paid off. September also means the Philadelphia Distance Run. I know that there has been a lot of dissatisfaction from local runners in how Elite Management has been handling the event. Regardless, this run draws a lot of runners and is still a major event. To everyone who is running I wish you the best and hope to see everyone (including those that aren't running the PDR) at the tailgate party afterwards. To be honest the highlight of my running these days is the cold beer waiting for me at the end of a race.

Also, don't forget that the Robert Masseroni Memorial 5K is Saturday, September 27th at Bensalem High School. This is a second year event and Jim Barger and I are the race directors and we would like to see a large number of BCRR members running this race. The race benefits the Just for the Kids Educational Foundation in Bensalem so please come out and join us for this event.

Finally, we have just secured a new Time Machine for the club and are currently looking to purchase Run Score software. The clock will serve as a backup clock for our races and given the age of our current equipment is something that we needed to invest in. The software is intended to help us better manage the results of the races we manage (i.e. Thanksgiving Day race, Winter Series) as well as track our membership. As the club grows we are looking for ways to be more efficient in how we manage the clubs activities. Additionally, I am looking for a venue to hold a club membership meeting so that the officers and the members of the club can discuss club business. If anyone has any suggestions on where we can hold a meeting please let me know.

Eric

## September 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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## Run Hard, Play Hard      By: Melanie Schranz, BCRR Social Director

Yellow school busses now greet me on my morning run. I now poke my head out the door to see if it's still sleeveless or no sleeve weather or should I dig in the drawer for the short sleeve or maybe even long sleeve shirt to wear on my morning run. I can no longer wait until 7:30PM to get a quick ride in on my bike and expect sunlight to be there when I dismount an hour later. And, the social column has returned. Yes, these are the signs of fall ushering out summer. All of that is ok by me as BCRR kicks into gear in fall. We're back with some fall classics, and of course, the Winter Series, our Club signature event. Hopefully your summer was as rewarding, relaxing and engaging as mine was. It's good to be back.



We've got two things on tap for September -- our monthly social night is back and a Tailgate Party after PDR. Both offer opportunities to meet other Club members, share your stories, join in the camaraderie of fellow runners and even pick up a tip or two on running and other multi-sport activities.

Here are details on both:

### Third Thursday Social

Date: Thursday, September 18, 2008

Location: Red Robin in Langhorne

Time: 7:30PM until ... (we do separate checks so you can come and go as you please)

Note: We usually gather in the bar area, but ask at the hostess desk when you arrive if you don't see us.

### PDR Tailgate

Date: Sunday, September 21, 2008

Location: Downtown Philadelphia – Exact Location TBD

Time: After PDR Finishes Until .... (usually it ends when the beer runs out)

Note: There will be a grill. We ask that each of you contribute a snack or beverage item to share.

I am looking forward to seeing many of you at either or both of these events!

Remember ... run hard and play hard, but most importantly, have fun out there.



## MEMBER PROFILE-GREG YERKES

Age 27 Wife Christina and 1 child (Alex 4) Years running: 12

Track Events: 1,500, 3k, 3k steeplechase, 5k, 10k (once and never again!)

I have always been a runner for as long as I can remember. Even before being an “official” runner, I was always the kid who’d lap everyone at soccer practice warm-ups. I remember my coaches telling me, “Follow the ball”, so I’d just run wherever the ball went and only took a break during halftime.

It was around this time that track and field became an option. After being cut from Armstrong’s (Levittown) baseball team, I decided I wanted to run track. However, I was not allowed to run that year due to a grade discrepancy with my mother. I had to wait one more year.

The following year was my 9th grade. I remember my first day of practice, the coach was making me do sprints and jumping hurdles that were as tall as me (I was about 4’9”)! At that time I saw fellow Roadrunner Butch Oberlander with a group of skinny kids just like me running longer intervals. The next day at practice, I went to him and asked not do that “sprint stuff” anymore! That was the beginning of the excitement to come.

I did okay my first season of track, but I still felt like I needed to go longer. Butch still tells me that the day I broke a 6 minute mile, I jumped around like I just broke a world record! I think I was near last place! The next fall, I decided to not play soccer (our team had a total of 7 goals the previous season, 2 of those being into our own net!) and took up cross country. What a lovely sport it is! I got to run through mud, woods, get elbowed, knocked down, and I loved it! My sophomore year I was in the middle of our varsity squad.

The next 3 years had much excitement. I went from being this scrawny kid, getting cut from 8th grade baseball to an up and coming runner. My senior season of cross country I qualified for the PIAA state meet, the first to do so from our school in about 6 years and unfortunately the last one since. Got knocked down and around a little bit and only finished around 100. Disappointed, I used that energy and put it towards track.

My senior track season began with the death of my grandfather. He was always a huge influence to me as he was the only one in my family that was a runner. He was the 440yd City of Philadelphia winner in high school and went on to run for the University of Penn where he still holds records for the 440yd relay which will never be broken unless they change back to yards! This loss was tough on me and I took about two weeks of running off.

After my time off, I began again, stronger than before and much more determined. My track season finished with a trip to districts where I was seeded 16th in the 2 mile. Top 8 were all district, so I decided to sit for the first mile and move around during the second. This strategy worked great and I finished 8th and got an All-District One award. Next was Kutztown.

At Kutztown, I was lightly recruited and not much was expected of me. I was around the 4th in a class of 8 recruits. But the 5 mile cross country race would prove to be my race.

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## MEMBER PROFILE-CONTINUED

I always thought that if I only had another mile or two, I could catch the guys in front of me. In college, I realized this to be true. I was defeating runners that would smoke me in high school. During my freshmen year, I was the first Kutztown runner at 3 meets including the PSAC championships. This surprised a lot of people and I remember my coach coming to me after the season was done and told me, "All the coaches are asking who this kid is from Eastern PA...good job." During the next three years of XC, I shared the 1-2 spots on the team with my good friend and teammate Phil (some of you may know him, he did R2C last year). Our team was the most successful team that Kutztown had fielded in about 10 years. Each year we finished 4<sup>th</sup> or 5<sup>th</sup> in the PSAC, unfortunately, one place away from nationals. In cross country I was an All-PSAC performer twice finishing 13<sup>th</sup> and 15<sup>th</sup> and an All-NCAA East Region performer finishing 11<sup>th</sup> on the mountainous muddy course in West Virginia. Now to track.

I was always bored with running laps around the track. So much so, my coach decided to let me try to steeplechase. I remember my teammates laughing at me as I did a ballerina act over the first hurdle I jumped. But I was determined. I had our hurdle coach work with me in the off season to fix my form and it worked. I became an All-PSAC runner for all 4 years I ran the steeple.

My final race at Kutztown was three weeks after my son, Alex was born. After many sleepless nights, in and out of the hospital for about a month I, understandably, had a less than expected senior season; that is, until my son was born. The first meet after this was my PSAC championships at Slippery Rock.

I went there and slept for about a day and a half straight. Now I got to race. I walked out on a brand new track to see my parents, my fiancée (wife now), and my brand new son drove out to watch me! I did not disappoint. I ran my best race ever, running all out from beginning to end, finishing 3<sup>rd</sup> with a time that provisionally qualified me for nationals and made it 4 years of All-PSAC honors in the steeplechase! The best part about it was that I got to go kiss Alex and hold him for pictures after the race! He was my motivation for that race!

After Kutztown, it has been a struggle running. I have trouble getting into a rhythm since I never ran alone before. Finally, this year, I have my motivation to run again. I am excited to go out for my long runs on Sunday, and have started doing workouts (sorry I can't make yours, I work 6pm-6am). My goal for this year is to run the Philly Marathon in 2:45 or better. I want to thank Glenn for asking me to do this. It was nice to remember the good times running. This definitely has motivated me to keep with it. Also, I want to thank fellow roadrunners, Butch Oberlander, for being my coach/motivator/teacher since the beginning, and Chris Mortensen and Thompson for being great teammates and friends. You all are a big part of who I am now. See you soon!

Greg Yerkes





# BCRR LOCAL RACE SCHEDULE

Please contact race officials beforehand to validate information below!

*"I just blew my mind and the world's mind." Usain Bolt 100 and 200 Meter Gold Medalist at Beijing Games.*

- September 13, 2008 Trenton Track Club 5K Run and 2 Mile Fun Walk Trenton, NJ 609-638-7215
- September 13, 2008 Strides for Mission 5K Perkasia, PA [stridesformission@deepruneast.org](mailto:stridesformission@deepruneast.org)
- September 13, 2008 Run for Mito 5K Art Museum, MLK Drive, Phila., PA
- September 13, 2008 River City Run 5K Penn Treaty Park, Phila., PA
- September 13, 2008 Hatfield 5K Fun Run Community Pool, Hatfield, PA
- September 14, 2008 5th Carol's Run of Love 5K & Family Festival Warminster Community Park, Warminster, PA
- September 14, 2008 Garden of Reflection 5K Lower Makefield, PA 215-630-6655
- September 14, 2008 Make Your Mark 5K Tyler State Park, Newtown, PA 215-441-4421
- September 14, 2008 Frankford Hospital 5K and Kids Run Comly & Decatur, NE Phila., PA 215-612-4808

## September 21, 2008 Philadelphia Distance Run 1/2 Marathon Philadelphia, PA

- September 21, 2008 Friends of the Dove 10K Run and 2 Mile Nature Walk Peace Valley Nature Center, Doylestown, PA 215-345-7860
- September 21, 2008 Endless Summer Triathlon & Duathlon- 1/4 S or 2M R, 10M B and 3M R Beach Haven, NJ 856-468-0010
- September 24, 2008 Race Judicata 5K Run and Walk Doylestown, PA 215-348-7700
- September 27, 2008 Rob Masseroni Memorial 5K (BCRR Event) Bensalem HS, PA 267-614-4950
- September 27, 2008 Katie Stauffer Memorial 10K Nockamixon SP, Quakertown, PA 267-373-1631
- September 27, 2008 29th Hopewell Challenge 10K and 2 Mile Runs Hopewell, NJ 609-773-0459
- September 27, 2008 Carnegie Center 5K and 1 Mile Fun Run for Parkinson's Alliance Princeton NJ 609-720-8746
- September 27, 2008 Run for the Health of It 5K and 1 Mile Fun Walk Blue Bell, PA 610-834-1040
- September 28, 2008 Conestoga 10 Mile Trail Run Pequea, PA [717-394-7812](tel:717-394-7812)
- September 28, 2008 The Race for Renewables Trail Runs- 3.5 and 6.5 Miles Stroud Reserve, West Chester, Pa 610-696-0115
- September 28, 2008 B'nai B'rith 5K Temple U. Campus, Ambler, PA 215-813-5940
- September 28, 2008 15th Newport Liberty 1/2 Marathon Jersey City, NJ 732-381-0318

- October 4, 2008 Oktoberfest 5K Central Park in Doylestown, PA
- October 4, 2008 UMH Race Down Borad Street 5K Run and 1 M Walk Woodbury, NJ
- October 4, 2008 6th Ebenezer Run for Children 5 Miler & 1 Mile Fun Run Bethlehem, PA 610-868-5501
- October 4, 2008 6th Fighting Irish 5K Run and 1 Mile Walk Forbidden Drive, Phila, PA 215-872-3719
- October 4, 2008 Hands on House 1/2 Marathon and 5K Lancaster, PA 717-368-0939

## October 5, 2008 27th Wineglass Marathon Corning, NY 607-974-4668

- October 5, 2008 Crusader Classic 5K Father Judge HS, NE Phila., PA 215-333-7648
- October 5, 2008 Greater Phila. Fit Fest 5K & 1 Mile Fun Run/Walk Bucks Community College, Newtown, PA 215-355-6611
- October 5, 2008 Delaware Distance Classic 15K Wilmington, DE 302-798-4179
- October 5, 2008 Central NJ BSA- Strides for Scouting 5K and 1 Mile Fun Run Jamesburg, NJ 609-419-1600 (X 25)
- October 5, 2008 Jersey Shore 1/2 Marathon Sandy Hook, NJ 732-409-7644 (X 3)
- October 5, 2008 Sandy Hook Lighthouse 5K Sandy Hook, NJ 732-409-7644 (X 3)

## RACE SCHEDULE-CONTINUED

October 5, 2008 Allaire 5K Cross Country Run Allaire State Park, NJ 732-618-6545  
 October 11, 2008 Women's Distance Festival 5K- X Country Course Rose Tree Park, Media, PA 610-891-0806  
 October 11, 2008 Newtown Library 5K Run/ Walk and 1 Mile Kids Run Newtown Boro, PA 215-504-1536  
 October 11, 2008 Dark and Dirty 6.5 Mile Nighttime Trail Run 143 Spook Lane, Reading, PA 610-779-2668  
 October 11, 2008 ING Hartford Marathon , 1/2 Marathon , 5K and Kids Hartford, CT 860-652-8866  
 October 11, 2008 Baltimore Marathon, 1/2 Marathon and 5K Baltimore, MD 410-605-9381  
 October 11, 2008 NeighborHeart 5K Run and 1 Mile Walk for Autism Awareness Tyler State Park, Newtown, PA 267-352-4765  
 October 11, 2008 Alopecia Areata Awareness 5K Run/ Walk Windlestrae Park, North Wales, PA 215-896-2331  
 October 11, 2008 Hometown Harvest 5K Hightstown, NJ 609-448-1357  
 October 11, 2008 Limbs in Motion 5K Race Hamilton, NJ 609-298-9160  
 October 11, 2008 9th Tussey Mountainback 50 Mile Run and Relay Boalsburg, PA 814-238-5918  
 October 11, 2008 13th North Penn United Way Run for Your Neighbor 5K and 5/8 M Walk/Run Harleysville, PA 215-256-5288  
 October 11, 2008 SWCC Rock and Run 5K SW Phila, PA

### **October 12, 2008 Steamtown Marathon Scranton, PA 570-963-6363**

October 12, 2008 Radnor Red 5K Steeplechase Run Radnor, PA [tchaves@aol.com](mailto:tchaves@aol.com)

### **October 12, 2008 36th LBI Commemorative 18 Mile Run Holgate to Barnegat Light, NJ 609-494-8861**

October 18, 2008 Covered Bridge Classic 10 Mile and 5K Runs Atglen, PA 610-593-6854  
 October 18, 2008 5K Fall Classic (Hatfield AC Event) Hatfield, PA 610-822-6177 (X 107)  
 October 18, 2008 Frosty Kerny 10K Run Hamburg, PA 610-562-7909  
 October 19, 2008 Trails for Tommy 5K Hopewell, NJ 609-731-6111

### **October 19, 2008 50th Atlantic City Marathon & Half (also 10K, 5K and 2 M) Atlantic City, NJ 609-822-6911**

October 19, 2008 Hill of Horror 1/2 Marathon Hanover, PA 717-632-1433  
 October 19, 2008 AIDS Run Philly 10K Philadelphia, PA 215-731-9255  
 October 19, 2008 31st Seaside Half Marathon and 5K Seaside Park, NJ 732-245-7255  
 October 25, 2008 Stoudt's Brewing Distance Classic 12K Adamstown, PA 717-371-0746  
 October 25, 2008 I Matter 5K Tyler State Park, Newtown, PA 215-956-0853  
 October 25, 2008 Spooky Tails & Trails 5 Mile run and 2 mile family or pet walk Hamilton, NJ 609-581-9622  
 October 26, 2008 Dunkin Donuts Cape Cod Marathon Falmouth, MA 508-540-6959  
 October 26, 2008 Marine Corps. Marathon Washington, DC 1-800-RUN-USMC  
 October 26, 2008 Penn Medicine at Radnor Run 5 Miler Radnor, PA 610-941-9595 (X 104)  
 October 26, 2008 11th Evansburg Challenge 10 Mile Trail Run & 4.5 Mile Fun Hike Evansburg State Park, Collegeville, PA 610-779-2668  
 October 26, 2008 Northeast RRC Marathon Tuneup 25K Lloyd Hall on Kelly Drive, Phila., PA 215-343-7908  
 October 26, 2008 It's Worth the Fight! 5K Run/ Walk Garden of Reflection, Lower Makefield, PA 215-439-7533

**November 2, 2008 ING NYC Marathon Verrazano Narrows Bridge to Central Park 212-423-2249**

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## ROBERT MASSARONI MEMORIAL 5K

For the second year the Bucks County Road Runners are teaming up with the Just For The Kids Educational Foundation to present the Robert Massaroni Memorial 5K Run and 1 Mile Fun Run/Walk starting and finishing at Bensalem High School. Rob was a Black Belt Karate instructor and 7th grade Social Studies teacher at Shafer Middle School in Bensalem who tragically passed away last year. Rob was leading a brigade of more than 30 orange T-shirt-clad young runners from the Shafer Middle School into the 10-mile Broad Street run last May when he collapsed and passed away at the finish line. To honor Rob's memory and dedication to personal fitness and the education of young people this race was formed and we hope to continue and grow this race in Rob's memory.

The Bucks County Road Runners Present:

### The 2nd Annual ROBERT MASSARONI Memorial 5K Run and 1 Mile Fun Run/Walk Benefiting the Just for the Kids Educational Foundation

Saturday, September 27, 2008 (Rain or Shine) Registration: 7:30 a.m. – 8:45 a.m. Race begins at 9:00 a.m. (Fun Run/Walk begins right after race starts) Flat to rolling 5K course

Race begins and ends at Bensalem High School 4319 Hulmeville Road Bensalem, PA 19020

RACE NUMBER AND T-SHIRT PICK UP RACE INFORMATION: Race Numbers will be assigned on race day from 7:30 a.m. to 8:45 a.m. Short sleeve T-Shirts for all pre-registered runners will be distributed at registration. T-Shirts to race day registrants will be distributed while supplies last. Refreshments before and after

the race. Further information can be found at the Bucks County Road Runners Website [www.bcurr.info](http://www.bcurr.info)

Contacts: Jim Barger ([jbarger@wgint.com](mailto:jbarger@wgint.com); 610.656.0732) or Eric Stern ([eric.stern@verizon.net](mailto:eric.stern@verizon.net); 267.614.4950)

Online registration at [www.active.com](http://www.active.com)

Or

Make checks payable to Just for the Kids Foundation (JTfK)

Mail entry form with check or money order to:

Just for the Kids Foundation (JTfK) P.O. Box 573 Bensalem, PA 19020

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