



BUCKS COUNTY ROAD RUNNERS

July 2009 Newsletter

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Weekly Run 1

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

Weekly Run 2

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

PRESIDENT'S MESSAGE

As I was trying to prepare for my workday this morning I started to surf the web and came across the following thoughts about group running and why I belong to a running club.

Running is often thought of as a solo sport, but you're missing out if you always hit the roads by yourself. Ask someone to join you for a run or sign up for a local running team so you can enjoy the following benefits:

Safety First

It's obviously much safer to run in pairs or with a group. If someone in the group gets injured or sick, there's always someone there to help. And potential attackers are more likely to strike a lone runner than they are a group.

Creative Stimulation

Some people prefer to run alone so they can sort their thoughts and do some brainstorming. But running in a group may actually get your creative juices flowing even more than running solo because you're able to bounce ideas off other people.

Motivation Boost

With group running, you get your own personal cheering squad. Members of running clubs and teams root each other on during races and support one another through long runs.

Improved Performance

Let's face it: Everyone thrives on a little healthy competition. When you're running with others who are encouraging you to run faster and harder, it's easier to take it to the next level.

Career Benefits

While some deals are sealed on the golf course, plenty of important business conversations have also taken place between runners on the road. Running with co-workers, clients -- even your boss -- is a great way to network and build your professional relationships in an unassuming way.

Expanded Social Circle

Anyone who has run with a group knows that it's a great opportunity to get to know people with similar interests. Many people (myself included) have met their spouse, significant other, or close friends through a running group or club. Following this theme about group running I wish everyone who is running River to Sea a safe journey. For me it is the highlight of my running calendar. Not because of the running but because it is such a fun day full of teamwork and camaraderie.

Congratulations to Chris and Diane Mortensen for putting together a great

event with the Summer Equinox. Despite the weather we had a good number of running club members show up throughout the day and we are all looking forward to doing this again next year. Also, thanks to everyone who came out for the Run the Gates race in Levittown. They had record participation this year.

Don't forget to mark your calendars for Sunday, August 9th. This is the Missy Flynn challenge and you have your choice to Swim, Bike, Run or you can do all three. Wayne Fish helps with the organization of these events and if you haven't read his last column in the Courier about this race please do so. These events have made a difference in Missy's recovery.

Finally (since I am the race director I have to plug this), mark your calendars the 3rd Annual Rob Massaroni Memorial 5K will be held on Saturday, September 26th in Bensalem. For more information and to register or sponsor please go to www.massaroni5k.com. I am also reaching out to the BCRR members for help. Because of work logistics I need help in organizing this event as well as gathering sponsors for the event. If you would like to help me with this please email me at eric.stern@verizon.net.

Eric



Third Thursday Social!

The Third Thursday Social in July will actually be on the fourth Thursday (because of the July 4th holiday). Join us in Doylestown at **Chambers 19 Bistro and Bar** at 19 North Main Street; Doylestown, PA 18901 (215.348.1940) on the "Bar" side on Thursday, July 23rd at 7:30PM. Chambers is on Main Street in Doylestown, across the street from the Starbucks.
We do separate checks so come any time!

Member Profile

Jen Poll

Each month I enjoy reading the member profiles from various people in this club. I consider myself a people person and I like finding out information about people, particularly in this group because I consider myself an outsider. (An outsider by choice because it seems as if I always have something else planned when events or even weekly runs are scheduled, not because you, as a club, have not made me feel welcome!). So I look forward to these profiles because it provides me with an opportunity to learn about people in this club and feel a part of it. When I was asked



Jen and her Dad on their way to a great finish at the 2008 Marine Corps Marathon in Washington D.C.

to create a member profile, I was surprised but also honored to share my story. So I began to type up how I got into running and then the trials and tribulations that I have had over the last 8 years. It came to 5 pages! Good thing I proofread it because there is no way that anyone needs that much detail about my running career! Here is a revised version of my story.

In high school, I would roll my eyes at the thought of running. Like every other kid in an organized team sport, running was always the punishment, not the reward. However, I began to run casually in college because I needed something to do in place of the team sport practices and games. I found other people to run with and usually 4-5 of us would go on a jog around campus to get a break from studying or use as a counseling session.

After college, I would still go for casual runs in Tyler Park to release the stress of teaching a new curriculum, handling students, parents, other teachers, administration, etc. It gave me alone time and think time. In early 2001, my dad decided that he wanted to run Broad St (I think he was having a mid life crisis), so we began training for it. My brother ran with my father and they told me to see what I could do. All three of us finished in fabulous times and I had a blast! I never knew that running could be so much fun! The crowd, the people, the navy yard, the pretzels...what wasn't to love? I couldn't wait to do it again the following year! And so we

ran again the following year, and again, and again...each one being as fun as the 1st one!

In 2003, dad wanted to run a half marathon, but I was busy with “life” so I promised him that we would run the PDR (which dad calls the long distance run) the next year. Dad and I began training in early June, 2004 and it was around this time that my brother’s best friend said he was going to run the Philly Marathon in November. I thought “Well, if Wes can do it, so can I” so not only did I sign up to run a half marathon, I also signed up to a full marathon! Thank goodness for ignorance as I had no idea what I was getting myself into. My dad, brother and I finished the PDR with great times again (apparently we have been blessed with the running gene) and my training for the marathon was going great. I had met a friend that was also running so we trained together and I would coerce my brother into running part of the long runs with me.


I was a wreck the weekend of my 1st marathon in 2004 because I was nervous, nauseous and worried that I wouldn’t finish. Who runs for 26 miles? Thankfully, my family, friends and random acquaintances were there to support me. Philly is great for being able to see someone multiple times and my brother even ran with me twice! Needless to say, my fears were not justified as my will to succeed helped me to qualify for Boston. However, due to my inexperience and ignorance in this new running world, I did not run Boston in 2005. (I know, I know!)

What I did do after this race was meet a ton of runners who were really nice, supportive and encouraging. Since my 1st marathon, I have run 5 more marathons (Philly one more time, Boston 3x, and Marine Corps), a few half marathons, R2C 2x, and numerous Broad Streets. Training for each one has brought me into contact with some pretty amazing people. I have been privileged to find a few women who run around my pace and are not only great conversationalists but also great friends. They have helped me not only with running but the real life crap that tries to keep you from running! Every time I would go for a run with these women, I would come back clear minded and decisive as to what actions need to be taken. Even when I would run by myself, with my brother, or other friends that I have picked up throughout these last couple of years, I would come back ready to conquer the world!

I have also met people who like to run at 5am, sprints no less, and who like to run right after school (so convenient). All of these people have had an impact on me as a person and as a runner. I don’t think that I would be who I am today without them (though I also attribute that to my family and friends).

Since I haven’t really run that many races, each one holds a special spot in my heart (my 1st one, my PR in Philly, 1st Boston with Tracey, 2nd Boston with Ann, 3rd Boston with Peggy) and I learn from each race more about myself. It is truly amazing how you can analyze running over and over....Who knew?

However, my absolute favorite marathon has to be Marine Corps Marathon 2008. I trained my dad for this race and ran the race with him. The entire experience was just awesome. The night before, the Phils and PSU



won, and the day of, the weather was gorgeous! My best friend became my mom's tour guide and my brother decided to split time running with us and one of his best friends. Dad and I Hoorah'ed and Siemper Fi'ed the Marines, We are...Penn State'd those in PSU attire, Go Phils and Eagles as well and my dad joked around with runners around us. It made the 26.2 miles go by so quickly! We got to see my mom 4 times and other random people I knew... We finished in 4:13 and my dad was so happy that he finished. We are all so proud of him. Training my dad made me realize that times aren't everything and sometimes it is the act of helping others succeed that is more important. I was more concerned with being there for him than what time we finished.

I tried to keep that mindset when training for Boston this year but it only kind of worked. Again, I was training with a nagging hamstring injury, so my training was horrendous. I know what you are thinking... Why do it then? I had talked my friend into running this fabulous race. I love Boston... the spectators are wonderful as they give you oranges, sponges, jelly beans, bananas, salt packets, sticks with Vaseline on it and yes, the college kids will give you a beer! The encouragement from the spectators (particularly in Wellsley, Heartbreak Hill, and Boston College areas) is incredible. From the organization of this race to the energy of the runners, it is a great race. So I really wanted to run with my friend since this was probably her last marathon. We were both hurt but she was more dedicated to the pool running than I was. Therefore, I ran my personal worst race ever and was totally deflated after running it. The only thing that kept me going was seeing my parents and my friends throughout the race and again, the fear of failure.

People always ask me how I can run as much as I do. I tell them it is my outlet. It is my time without the phone, email, and hearing "Ms. Poll...". I am outside with nature and able to take deep breathes. It is really my time to think about life stuff, friend stuff, family stuff, teaching stuff, etc... However, running has also caused me stress, mostly self inflicted as I want to be better than before. Although people are being nice when they ask me how I did or what race I am doing next, I feel as if I need to be good and to constantly run. Call it having a Type A personality, internal demons, or maybe just being slightly crazy (as the non-runners in my life like to think). It is also the stress of trying to balance running with a work life, family life, and social life. There have been times when I ran because I had to instead of because I wanted to and of course, those runs are the ones that I didn't enjoy. I have taken a break from running to focus on healing the hamstring. I think I have taken for granted the ability to run and run well but now I am on the slow road to recovery and a re-appreciation of what the body can and can't do.

As I write this, I realize that there are many things that I have learned from running. I have learned where hard work and determination can get you, knowledge sometimes can be good and bad, nothing can really be done individually, appreciate what you do have instead of focusing about you don't have or what people think you should have and the harshest judge is yourself so look at yourself through someone else's eyes! As I stated earlier, running has given me an outlet for energy, think time, and the ability to meet some truly amazing people. I am thankful my dad had his midlife crisis that led me to this running world and to my family and friends for being so supportive with my running endeavors. Even though there have been highs and lows, I hope that I will be able to be a part of this running world forever!



The Equinox 2009 Recap

Designed to be an all day running event and picnic Bob Curci and I conceived The Equinox to be a celebration of running shared with friends and family. For those that are unfamiliar with the concept of the race here is a quick synopsis. The Bucks County Roadrunners signature races take place from the beginning of December through mid-February. Dubbed the Winter Series every Sunday morning the club meets and races in Tyler Park on courses that range in distance from 3.1 miles to 13.1 miles. Unless snow or ice prohibit us from running when the series is completed we will have run on every trail in the park. For The Equinox we use the same courses from the Winter Series and mark 50 miles worth of trails in mid-June (on the solstice – don't ask). With all of the courses marked we leave it up to you what course, how far and with whom you want to run. You time yourself on each course and report in when you're done. It's a relaxed atmosphere with plenty of food, friends and fun.

Last year we had hot and humid weather with temperatures reaching the low nineties. Thirty-five runners, including three relay teams, fought the mid-day sun and persevered to make the first Equinox an event to remember. This year we saw the event grow despite unfortunate weather.

Rain seemed to be the word of the day this year. Luckily, nothing stops the BCRR. Two relay teams and fifty runners in total completed courses at The Equinox this year. Fifteen of those fifty began running the Jingle Bell 5.3 Miler at 7 am. Temperatures were in the seventies at the start of the race and the humidity lingered near the century mark. Rain was inevitable. Not too soon after the race started a light drizzle began. This continued throughout much of the day giving way, at times, to a heavy downpour.

Yet, no one complained. Many people actually preferred running in the precipitation or at least welcomed the cooling raindrops half-way through their legs. Sure there was the occasional "I can't believe I have to run in that!" or "Hey, my truck is stuck in mud at the second aid station!" but, for the most part, everyone kept their spirits high and smiles on their faces.

Two groups that seemed ecstatic throughout the day were Beauty and The Bucktones and an as yet unnamed team captained by Steve Cickay and Karen Veltri. Both were training for this year's R2C.

Fred Gropper and Mark Zacharias took turns directing The Bucktones and clocking great times on their respective legs. The dazzling duo Juliette Rihl (a sprinter) and Lauren Zacharias (a seasoned Equinox veteran) turned in stunning performances as well. Carmine Sesa and Lori Merrill kept the string of great times alive and even leant a hand manning the second aid station for a few hours. George Lazarides, Tom Beerbower and Pete

Lederer ran strong proving that their R2C team should start last this year.

Meanwhile, the Cickay/Veltri team was working their magic. Tom O'Leary led off with a strong Jingle Bell and later made the Covered Bridge loop look easy. Justyna Wilson turned in an impressive Honest Abe. Joe Silva and Karen Veltri braved the heat of the day running 11.1 and 13.1 miles respectively. Steve Cickay completed yet another circle in his life by finishing the Tyler Challenge. And, Steve Price closed with an exciting Terrible Tyler.

Each time a team member completed a loop they diligently checked their times in and compared them to that of the other team. These two teams looked great and put in exceptional efforts on each and every course. Some even went back out and ran other courses later just for fun.

Eight people attempted and finished an ultra this year. Leading the charge were Aaron Mulder (who dropped over an hour from his time last year), Rob Hoy (training for his first 24 hour race), new club member Chris Palladino (who ran a smoking 40 miles before leaving for a wedding), the unassuming and yet omnipresent Rod Messenger ("A 50k starts with a single step!") and the ever strong and consistent Gregg Holst (who WILL break 24 at Vermont this year!). Paul Alexander and Tom Lawton employed a buddy system by the looks of things – they were spotted running together much of the day – and helped each other to their first (I believe) 50k finishes. Rich McCormick enjoyed the day too and ran smart racking up just over 30 miles as well.

Many club members came out for training runs or just to enjoy the day and the picnic itself – in fact we had close to 30 more runners than I've already mentioned. The list is obviously too long to name each person individually but you can scan for their names in the results on the next two pages.

The volunteers and Tyler State Park are to thank for the success of this year's event. Tyler Park and it's staff were very accommodating and enthusiastically allowed us to hold this event for the second year in a row – thank you! My wife Diane (besides calming me down in the days prior to the race) also captained The Boat-house aid station and quickly attended to any runner in need. Bob Curci, who dreamed up this race with me two years ago, saw me through much of the planning and manned the far aid station throughout the day. Jeff Vinosky who not only ran 20 miles but volunteered to mark the course also recruited his mom Judy to snap many of the race photos you saw. Aaron and Erin Mulder were gracious enough to host the pictures yet again this year on their site. Ray Galenty, who arrived before the race started put in a solid days effort helping out wherever he was needed. Mark Zacharias, in between captaining Beauty and the Bucktones, helped time much of the race. Gregg Holst, upon completing a 50k, then volunteered the rest of his day by supporting other runners at the far aid station at the base of College Park Trail. Barry Midkiff exercised his carpentry skills by cutting the posts we used for marking the course. There were many other volunteers that stopped in and helped from time to time and to them I give a universal "Thank you". In fact I'd like to thank each and every one of you for your commitment to the club.

The following is a detailed list of the results I received at the conclusion of the event. They are a compilation of distances and times that may or may not be correct. Rainwater smeared pen marks and sweat stained papers. The hard work and fun times had during the day were evident from the blue smudged crumpled papers left behind on the watermelon soaked picnic tables. I deciphered them to the best of my ability. Each person put in plenty of effort – congratulations to you all.

The Equinox Results

	Total Miles	Total Time	JB	HA	PB	EM	CB	TC	CP	TT
Team 1 - Beauty and The Bucktones	50	7:02:43								
*Fred Gropper	17.9	2:25:26	0:41:40	0:34:06	1:09:40					
*George Lazarides	13	???	???	0:33:40					0:30:00	
*Tom Beerbower	15.7	2:16:52		0:33:40	1:10:00				0:33:12	
*Mark Zacharias	10.4	1:30:00				10.4 in 1:30:00				
*Juliette Rihl	2.7	0:27:00				2.7 in 0:27:00				
*Lauren Zacharias	3.1	0:30:55					0:30:55			
*Carmine Sesa	3.5	0:29:00						0:29:00		
*Lori Merrill	3.1	0:29:14							0:29:14	
*Pete Lederer	12.4	1:33:54							0:22:40	1:11:14
Team 2	50	6:24:34								
*Tom O'Leary	8.4	1:03:48	0:38:24				0:25:24			
*Justyna Wilson	4.6	0:28:08		0:28:08						
*Joe Silva	11.1	1:24:12			1:00:09				0:24:03	
*Karen Veltri	13.1	1:45:09				1:45:09				
*Steve Price	9.3	1:16:00								1:16:00
*Steve Cickay	3.5	0:27:17						0:27:17		
Aaron Mulder	50	8:42:46	0:44:45	0:41:15	1:17:38	2:30:37	0:37:15	0:39:26	0:34:48	1:37:02
Robert Hoy	50	9:45:45	0:46:50	0:44:20	8:14:35					
Rod Messenger	42.2	10:49:00	1:06:00	0:59:30	2:00:30	3:25:00	0:57:00	1:04:00	0:54:00	1.5 in 0:23:00
Chris Palladino	40.7	6:18:00	0:43:30	0:42:30	1:14:00	2:02:00	1:07:00		0:29:00	
Gregg Holst	31	5:46:00	0:45:10	0:43:50	1:30:00	2:47:00				
Paul Alexander	31	7:34:52			2:31:31	2:27:21			.6 in 0:07:00	2:29:00

BCRR Local Race Schedule

Compiled By [Christopher Mortensen](#)

Please contact race officials beforehand to validate information below!

"In running, it doesn't matter whether you come in first, in the middle of the pack, or last.
You can say, 'I have finished.' There is a lot of satisfaction in that." - Fred Lebow

July 3	Swarthmore Lions Independence Eve 8k	Swarthmore, PA	jdr17@aol.com
July 4	26th Revolutionary Run 10K, 5K and 1 Mile Fun Run	Washington Crossing Park, PA	215-493-5080
July 4	Run Through Maplewood 5K	Maplewood, NJ	973-763-6265 www.cciot.com/4th_of_july_5k_race
July 4	Fund a Cure for Pancreatic Cancer 5k	Newtown Middle School, Newtown, PA	www.fundacure.com/ROC.html
July 8	Marlton Lakes Splash and Dash Swim/Run Duathlon	Marlton Lakes, NJ	cisellers@verizon.net http://raceforum.com/registration/EventDetail.aspx?e=296
July 11	Belmar 5 Mile Run, 2 Mile Walk and Kids Run	Belmar, NJ	http://www.belmar5.com/
July 11	Diamond in the Rough Triathlon	Perryville, MD	nsemmel@piranha-sports.com http://www.piranha-sports.com/
July 15	(Wednesday!) Phil's Tavern 5k	Shady Grove Elementary School, Blue Bell, PA	phils@aarclub.com http://www.aarclub.com/phils/default.htm
July 16	(Thursday!) Third Thirst Thursday 5k	Reading, PA	610-779-2668 rhornpcs@aol.com http://www.pretzelcitysports.com./09%20ttt%20app.pdf
July 18-19	20 in 24 Individual and Relay 24 Hour Ultra	Philadelphia, PA	267-519-3795 www.20in24.com
July 18	20 in 24 Midnight Madness Run 8.4 Mile Loop	Philadelphia, PA	267-519-3795 www.20in24.com
July 19	20 in 24 Pajama Loop Run 8.4 Miles	Philadelphia, PA	267-519-3795 www.20in24.com
July 19	XTERRA Bear Creek 21k and 10k Trail Runs	Macungie, PA	http://www.mid-atlanticevents.com/
July 19	Eden Family 5k	Princeton, NJ	609-987-0099 http://www.raceforum.com/07/eden.pdf
July 25	2nd Annual Barbara Cook Run Ride and Walk for Cancer	Millville, NJ	http://www.njnp.com/RunRideWalk/
July 25	Run for the Hill of It! 5 Mile Run and 1 Mile Walk	Philadelphia, PA	http://www.runforthehillfit.org/
July 26	Marsh Creek Raptor Run 5M and 10M Trail Runs	Downingtown, PA	610-779-2668 www.pretzelcitysports.com
July 26	Al Mackler Cancer Foundation 5k, 1 Mile Fun Run and Walk	Atlantic City, NJ	609-823-5699 gcarlino@jmsonline.com http://www.almacklercancerfoundation.com/amcf_app.pdf
July 28	Tuesday In The Park 5k	Pottstown, PA	http://www.mid-atlanticevents.com/PTownTrailSeries.html
August 1	14th River to Sea Relay- 92 Mile- 7 Person Relay	Milford, NJ to Manasquan, NJ	910-686-0026 www.OYMP.net
August 8	39th Annual Captain Bill Gallagher 10 Mile Island Run	Sea Isle City, NJ	http://www.sicbp.com/islandrun.html



August 9	Turkey Swamp 10 Mile, 25k, 20 Mile and 50k	Freehold, NJ	http://www.raceforum.com/08/swamp.pdf
August 9	Drake Well Marathon	Titusville, PA	http://www.drakewellmarathon.com/
August 16	Half Wit Half Marathon Trail Run	Reading, PA	610-779-2668 www.pretzelcitysports.com
August 23	Livestrong Challenge 5k Run and Walk	Philadelphia, PA	http://www.livestrongchallenge.org
September 12	Rock N' Run 5K and Walk	Nomahegan Park, Cranford, NJ	910-686-0026 www.OYMP.net
September 12	Stumpy's Marathon	Newark, DE	http://www.udel.edu/johnmack/traildawgs/stumpys.html
September 13	Garden Of Reflection 5k	Lower Makefield, PA	215-630-6655 race@netstride.com http://www.netstride.com/5k
September 13	Livengrin Foundation 5k	Carpenter Park, Horsham, PA	215-343-6346 vscorbett@verizon.net http://www.livengrin.com
September 13	Frankford Hospital 5K and Kids Run	Comly & Decatur Rds. , Phila, PA	215-612-4808
September 13	Lehigh Valley Health Network Marathon	Allentown, PA	484-893-5389 g.stano@vianet.org http://www.vianet.org/events/marathon/
September 20	Philadelphia Distance Run 1/2 Marathon	Philadelphia, PA	800-311-1255 (X 138) http://www.ingphiladelphiadistancerun.com/home.html
September 26	Robert Massaroni 5k	Bensalem High School, Bensalem, PA	
September 26	Joe McGinnis Scholarship 5K Run /Walk	Tyler State Park-Mill Dam , Newtown, PA	215-450-4864 http://bucksaoahdiv2.com/scholarship.htm
September 26	McGuire Mud Run 10K	McGuire AFB, Wrightstown, NJ	www.active.com
September 27	16th Newport Liberty Half Marathon	Newport Town Center, Jersey City, NJ	910-686-0026 www.OYMP.net
October 3	Hands on House 1/2 Marathon and 5K	Lancaster, PA	race@handsonhouse.org www.handsonhouserace.org
October 4	Make Your Mark 5k Run/Walk and 1 Mile Fun Walk	Tyler State Park, Richboro, PA	makeyourmark5k@gmail.com http://www.maffoundation.org/events/
October 10	Women's Distance Festival XC 5K Run/Walk (A DELCO RRC Event)	Rose Tree Park, Media, PA	610-891-0806 www.runtheday.com
October 10	Western Maryland Half Marathon	Hancock, MD	301-791-9009 www.westernmdhalf.com
October 11	Steamtown Marathon	Scranton, PA	racecommittee@hotmail.com http://www.steamtownmarathon.com/
October 11	Delaware Distance Classic 15k	Frawley Stadium, Wilmington, DE	302-798-4179 ddc15k@comcast.net
November 1	Cooper-Amerihealth 10K Bridge Run	Ben Franklin Bridge, Philadelphia-Camden	609-933-3725
November 15	37th Schuylkill River 8.4 Mile Loop Run	Memorial Hall, Philadelphia, PA	215-487-0770
November 22	Philadelphia Marathon, Half-Marathon and 8K	Philadelphia, PA	215-683-2060 www.philadelphiamarathon.com
November 26	Bucks County Roadrunners Thanksgiving Day 5 Miler & 1 Mile Fun Run	Summit Square SC, Langhorne, PA	215-530-6047
