



BUCKS COUNTY ROADRUNNERS

July 2010 Newsletter

BCRR Officers

Fred Gropper	President
Chris Mortensen	Vice President
	News Editor
Gregg Holst	Treasurer
Melanie Schranz	Social Director
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Emily Grace	Webmaster

Inside This Issue

President's Message	1
Member Profile	2
The 2010 Equinox Recap	5
The 2010 Equinox Results	7
Race Schedule	10

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: 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

Fellow BCRR members, it is an honor and a privilege to address you as your new club president. I want to thank our immediate past-president, Eric Stern, for the great job he has done during the previous two years. Under Eric's leadership, the club has seen a dramatic increase in membership and overall running community involvement. As many of you know, I served as club Treasurer during the past several years. Gregg Holst, one of our ultra marathon men, will step in as Treasurer. He has a very extensive financial background and I am excited to see what he will do in the position.

I also must thank Chris Mortensen, Vice President; Melanie Schranz, Secretary (formerly Social Chairperson) and Mark Zacharias, Winter Series Director for their overwhelming energy and dedication to the club during the past two years. Chris, Melanie and Mark are not only outstanding at what they do for the club, but they are also really great people too! I am grateful for their continued commitment to serve and encourage you to get to know and share your ideas with them.

Many, many thanks also to all of the volunteers who consistently give their time. The club is so appreciative of you. To the rest of our members, you have a great team but they can't do it alone. I encourage you to please volunteer when needed. You will get back more than you give.

This July is really about River to Sea 15, one of the most fun events of the year. If this is your first time participating, you are about to embark on a wild ride. I hope everyone is preparing for heat and more heat this year.

In other news, we will be revising our By-Laws. Among the issues to be resolved are officer terms and reconstruction of the Executive Board. Executive voting rights will be granted to the new position of Secretary and the Winter Series Director. There will be more details

(Continued on page 6)

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@yahoo.com

Member Profile

The Conard Family

In our town, most people think of us as a swimming family. All four of our kids swam for the Hatboro YMCA Team and three were four year High School swimmers. The other side of the story is we have four runners in our family as well.

with most of the teams she has been on. She has also competed in a few Triathlons and runs to stay in shape. She often runs with her sister and a few other friends. We jokingly argue on occasion as to whether she is a runner or not. The moment that I



The Conards, a family of athletes, enjoy running, swimming, cycling, hockey, supporting and volunteering.

The Runner Disguised As A Swimmer:

My 18 year old daughter Sam (Samantha) may not call herself a runner, but I would. Sam will be swimming for Indiana University of Pennsylvania this fall. As a swimmer, Sam has run to cross train

use to win my argument that she is a runner, happened this past December. It was the first big snow storm of the year and I came home early from work to find Sam and my son Stew standing in the kitchen in tights, gloves and hats. The greeting I

(Continued on page 3)

(Member Profile continued from page 2)

got was “come on Dad get your stuff we’re going for a run” Can’t say no to that one. Sam fell on the first turn on the way out of our neighborhood, got up laughing and kept going. A few more slips and falls happened along the way we laughed a little every time. If you are willing to run when it’s below freezing, snowing and 6 inches are already on the ground and come back laughing; well you are a runner in my book. I’m also convinced that my son Stew and daughter Jen are sure she is a runner too because they talked her into joining their R2C team this year.

The Speed Demon:

My 19 year old son Stew has been running since junior high. He started running with the junior high school track team and continued in high school running varsity cross country and track all four years. Some of the highlights of his high school running were being named captain of the cross country team and MVP his senior year. Stew is almost as good at running as he is at swimming so when he had to decide on a sport for college he had a difficult time. He really liked going from one sport to another. He swims for Shippensburg University during the school year but now that he is home for the summer, he runs almost every day after work with his high school running buddies.

Stew has been to a few Winter Series races over the years and is a regular at the Revolutionary Run. I remember running his first Rev run with him. He was not ready for a 10k and we walked together part of the way. I think that was the last time we did a race together that he was not waiting for me at the end. He has always taken special delight in beating my old PR’s. Two years ago he wanted to put his own R2C team together, but it did not happen. Last year he and my daughter Jen ran R2C with a BCRR team. He had so much fun that this year he has put together his own team and is really looking forward to the trek across New Jersey with his team.

The Slow But Steady Runner:

My 22 year old daughter Jen is the third swimmer/runner in the group. She hasn’t always liked to run and like Stew and Sam, swimming was her sport in High School. She began running with me on my cool down runs in high school as cross training for swimming and has been running ever since.

She ran cross country her senior year in college almost by accident. She had mentioned to a friend on the soccer team her interest in triathlons and running and her friend suggested she join the cross country team. The University of Pittsburgh at Johnstown cross country team was short on runners and she was convinced that she was not too slow to run with them. So she went out for the team and had a blast running cross country, only regretting that she hadn’t started running cross country sooner. Jen has completed several Triathlons and Broad Street runs. She is also a regular at the Winter Series races. This past Winter Series Jen and I decided to take on the challenge of co-directing the Terrible Tyler Race and we had a lot of fun in the process. She really stepped up and took charge. We have talked about doing a Marathon together since her Freshman year at UPJ, but we have not been able to get the training in to make it happen. Jen ran R2C for the first time last year and is looking forward to running with her brother and sister on their own team this year.

The Experienced (AKA Old) Runner:

If the Conard family running tree has a root I guess it’s me. My running life almost started in junior high school. I ran the second best time for the school in the 600 yard dash for the president’s physical fitness test. I was told to report to the high school to run with the High School students in a special long run. What was not explained to me was that the top 15 runners were going to an invitational. I finished 16th running in jeans and a t

(Continued on page 4)

(Member Profile continued from page 3)

shirt. It seemed to give me the reputation as a future track prospect. What I did not know at the time was my parents were getting divorced and my new school had no track or cross country. I did not run again until I was 21. At that time my roommate and I were the first of our group of friends to have their own apartment. Having our apartment become party central was cool, but not a healthy lifestyle. My roommate decided that if we did not do something life might be short. He had been a good runner in high school, so good in fact he went to college on a track scholarship. Remembering my 600 yard dash I thought why not go running with him. Our first run was three miles with him telling me to pump my legs on the hills. Soon his old track buddies were stopping over to run with him and I would tag along trying to keep up. The first running boom was in full swing and even though the track guys saw no reason to run a race with grandparents and children I started seeking out road races.

After a couple years of this my running took a back seat to getting married, buying rental properties and having kids. I would run for a while get side tracked and seemed to have knee pain any time I ran more than 6 miles.

I changed jobs and a co-worker told me to try different shoes to help with the knee pain. When that worked he talked me into running the distance run. We had a training class together the next day and compared notes on the race. I was happy just to have finished but he suggested I should try a full marathon next. I kept thinking he was crazy but the idea would not leave my mind. My wife surprised me that Christmas with a running log that said "I will take the kids and do whatever it takes for you to have the time to train for a marathon". An incredible gift considering we had four kids under 7 at the time. I had been getting the BCRR newsletter as a member but did not do any club runs. The Winter Series intrigued me and I decided that if I qualified for Boston at Philly I

would spend the winter training for Boston if not I would run the Winter Series. My first marathon did not get me to Boston and the results couldn't have been better. That first Winter Series led me to many friendships and running experiences that I would not have dreamed of on my own. Most of my 23 Marathons were completed in part to having running buddies from the club to train with. I don't know if I would have found the trail running scene on my own. I know I would never have done R2C or many other races. Running with my children and participating in the same events they do are my running highlights now.

The Hockey Player:

My 20 year old son Matt has never run. He left swimming behind at 12 and Ice Hockey has been his sport since then. I took up hockey at 45 and we play together on the same men's league team.

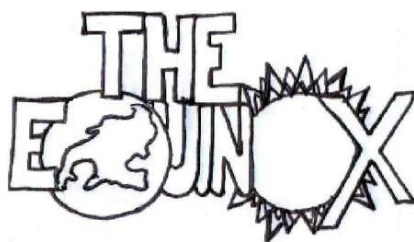
The Loyal Fan:

The other non-runner in the family is my wife Nancy. We met after I took up running and she has endured smelly running clothes, smelly cars, muddy shoes and many hours waiting for me to return from a run as part of the better or worst part of the vows. I took her gift of one marathon and kept on running them. Almost every running event that we are involved in Nancy has done something behind the scenes to help. I don't think that Stew or Jen ran any races in school that she was not there cheering. Her support for our sport is unwavering.

I never tried to get my kids to run. They seem to have found it on their own. I'm not sure how much my running rubbed off on them, but I'm sure it didn't hurt.

At the start of the informal run of my second Winter Series Bob Curci was race directing. He said at the start "get to know the people around you today they may not only be your competition but could be

(Continued on page 6)



2010 Recap



Sunday, June 13th marked the 3rd Annual Running of The Equinox. Similar to the Running of the Bulls in Spain once the appropriate time came and the word was given to start people began running every which way in mass chaos. OK, not exactly. But, I'm sure at some point in the day we had at least one runner on every course, with some going in opposite directions. And, like the Toros of Espana, these runners were on a mission. But, I'm getting ahead of myself.

First and foremost I would like to thank Mike Crowley and the Tyler State Park staff. Without your time and patience in working with us we wouldn't be able to hold this event. We are grateful for all that you do and thank you for making this a state park we can all be proud of.

Some of you may have noticed that the Earth is tilted quite a bit in the logo this year. This is courtesy of Neil Rosen whose genius supplied me with this logo last year. I didn't have time to rework the handouts last year so I went with the original. But, I vowed to use it this year as it is more appropriate for this race. Thanks Neil!

Normally, I reserve the night before the race for marking the course. This year I had a wedding to attend the night of June 12. Luckily for me Jeff Vinosky, Gregg Holst and Rob Hoy offered to mark the course in my place. What would I have done without them? Thanks for stepping up and helping out when needed most. Marking one course is tough enough. Marking eight can get very confusing. I didn't hear one complaint about the pie plates the day of the race. Certainly this is a testament to the job these three did.

Volunteers are essential to every running event. No more so than at a 12 hour affair where people are constantly arriving at aid stations. Without those that selflessly gave up their Sunday this run would not have gone as smoothly as it did. Ice cold Gatorade? You got it. Peanut Butter and Jelly? I'll make you one. Where are the Oreos? Right here. I could use a burger. Coming right up! I can attest to the work done by those around me at The Boathouse aid station. The help was simply stunning. The tireless work of those ban-

(Continued from The Equinox Recap page 5)

ished to the College Park aid station was not forgotten either as I heard from many that they were tended to superbly by our cross park counterparts. No matter what station you worked, the runners (and I) appreciated it, thank you!

Finally, Jim Larson and Chris Thompson supplied a rousing documentary on the 2009 River To Sea Relay. Full of interesting commentary, hints, tips and stunning performances those waiting out the rain in The Boathouse aid station were reminded of the Fools For Barstools impressive win last year. This film had Oscar written all over it.

Now, the race. We had 68 people! A new record!

Competing this year meant fending off the heat. Dealing with the humidity. Dodging lightning bolts and wringing out your socks and shoes. We had a little bit of everything including an hour of downpour and a nice post rain hour long sun spell toward the end of the day. The weather, however, was no match for the BCRR.

This year, winning the hypothetical Team Division, were the Warriors to Thallata. Back for a second year The Warriors, led by Steve Cickay, dropped two team members from the previous year and picked up Janet Lewis. While I'm sure the other runners were missed The Warriors were able to improve their overall time by two minutes! Not bad at all. No doubt this will help them in their R2C endeavors at the end of this month.

A handful of members decided to make a day out of this event. Going for several hours and many many miles nine runners completed at least a 50K. Leading the way was Rob Hoy who, not content with 50 miles, enthusiastically started a 3.5 mile loop late in the day just for the fun of it. Steven Davis was the only other runner to complete every course finishing his first 50 miler in twenty years. Tom Lawton, Glenn Cohen and Jeff Vinosky increased their mileage from last year as well.

These courses were also open to those looking for both short and long training runs. We had plenty

of BCRR members use the aid stations to support them as they logged the miles in preparation for upcoming 5K's, 10K's, Half Marathons, Marathons and Triathlons. Many simply came out for the food at the picnic and camaraderie. What better way to spend your day!

The race results can be found on the ensuing pages. They are complete—for the most part. As in any event where times are left to the individual there are undoubtedly mistakes, exclusions, and embellishments. Which, I think, is part of the appeal of this race. Because, in the end, all that really matters is that you had a fun day with your friends. That being said, for better or worse, here they are, your results, a compilation of mud, sweat and cheers.

(Member Profile continued from page 4)

your future training partners, some of my best friends are people that I met through this club." I thought "boy is this guy laying it on thick!" Turns out he was understating the facts and some of my best friends are people I have met through the club. Running has been part of a great life for me and my family. BCRR has been a big part of that life.

(President's Message Continued from page 1)

in the near future.

In closing, I want to thank you all for the opportunity to be your President. It has been an honor to be your Treasurer and I hope to be the best President I can. I wouldn't be here if not for Bill Schaffling who reluctantly gave up the Treasurer position and Greg Grace who recruited and pushed me to get involved with the club. To me, Greg is the unofficial club good will ambassador. And, thanks to Emily and Greg for hosting the July 4th party. It is much appreciated.

Gotta Run!

Fred

The Equinox Results

	Total Miles	Total Time	JB	HA	PB	EM	CB	TC	CP	TT
Team— Warriors to Thallata	50	6:22:07								
*Janet Lewis	20.6	??:??	40:31	37:03	1 mile in ?:??	1 mile in ?:??	27:11	28:07	23:31	
*Joe Silva	12.6	1:34:45		33:45	1:01:00					
*Steve Price	16.2	2:11:34				1:44:04	27:30			
*Steve Cickay	3.5	27:38						27:38		
*Justyna Wilson	9.3	1:04:08								1:04:08
Rob Hoy	53.5	11:09:43	47:01	42:12	1:21:56	2:55:41	58:26	1—57:55 2—49:13	41:41	1:07:32
Steven Davis	50	8:07:32	48:00	40:27	1:24:00	2:08:00	32:00	37:15	35:00	1:22:50
Rod Messenger	41.7	11:51:00	1:10:00	54:00	2:00:00	4:01:00	1:01:00	1:06:00	1:02:00	1 mile in 37:00
Jeff Vinosky	36.3	6:59:46	43:30	56:30	1:23:45	2:52:25				5.3 miles in 1:03:36
Glenn Cohen	34.9	6:23:39	53:18	48:18	1:22:22	7.3 miles in 1:37:31	33:51	37:13	31:06	
Tom Lawton	34.1	9:02:58	1:28:00	1:15:00	2:19:00	3:06:58			54:00	
Harris Brenner	31	5:31:50	43:25	46:00	1:10:00	2:52:25				
Euihwa Lee	31	5:36	46:00	40:00	1:20:00	2:35:00				
Mike Gross	31	?:??	42:05	?:??	?:??	?:??				
Elizabeth Spiers	21.1	4:15:58			1:49:10	2:26:48				
Margie Alexander	21.1	5:14:00			2:13:00	3:01:00				
Paul Alexander	21.1	5:14:00			2:13:00	3:01:00				
Aaron Mulder	20	3:16:31								
Martin McMahon	20	3:10:00			1:10:00	12 mi in 2:00:00				
Phil Davies	17.9	2:40:40	43:08	40:41	1:16:51					



	Total Miles	Total Time	JB	HA	PB	EM	CB	TC	CP	TT
Mike Unruh	17.9	3:01:02	1—57:00 2—47:02	50:00					2.7 miles in 27:00	
John Morel	17.9	3:03:47	1:04:00	47:47	5.3 mi in 1:12:00					
Ed Kastenbuger	17.9	3:34:42	58:36	49:35	1:46:31					
Jim Clark	15.7	2:50:04		40:27	1:40:00		29:37			
Howard Cohen	15.2	2:54:46	54:25	48:21	5.3 mi in 1:12:00					
Rahim Fandi	13.3	1:58:00	46:00		1:12:00					
George Lazarides	13.3	2:16:00	46:00		1:30:00					
Melissa Lipari	13.3	2:17:32	47:32		1:30:00					
Joe Gorberg	13.1	1:48:00				1:48:00				
Dan Schaal	13.1	1:48:00				1:48:00				
Cece Iguchi	13.1	2:30:00				2:30:00				
Jim Larson	12.4	1:51:29					29:29			1:22:00
Sharon Sein	11.9	2:18:28	57:56				34:32	3.8 mi in 46:00		
Fred Gropper	11.5	1:42:40	49:52				26:48		26:00	
Robert Test	11.5	??:??	52:02					??:??	2.7 mi in 25:20	
Eric Stern	10.6	??:??	2 loops in ??:??							
Ruth Tinklepaugh	9.9	2:04:00	1:10:00	54:00						
Pat McCloskey	9.9	1:51:40	1:02:00	49:40						
Mary Kirsch	9.3	??:??								
Emily Grace	9.1	1:53:00	1:07:00					3.8 mi in 46:00		
Josh Scull	8.4	1:07:41	40:00				27:41			
Allyson Thompson	8.4	1:08:59	44:22						24:37	
Deb Miele	8	1:40:00				1:40:00				
Phil Miele	8	1:40:00				1:40:00				
Bob Huey	8	1:40:00			1:40:00					

BCRR Local Race Schedule

E-mail: mortensen_christopher@yahoo.com

Please contact race officials beforehand to validate information below!

“Walking is the best possible exercise. Habituate yourself to walk very far.” - Thomas Jefferson

- 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 George Yasso Memorial 5K Fountain Hill, PA georgeyasso5k@gmail.com
<http://www.bartyasso.com/blog/wp-content/uploads/2010/06/10-Yasso-5k-brochure.pdf>
- 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 25 2nd Annual Memorial Run For Taylor 5K Run/Walk Hamburg, PA <http://www.pretzelcitysports.com>
- July 31 15th Annual River To Sea Relay Milford, NJ 908-902-8587 <http://www.oymp.net>
- August 7 Road Apple 10K and 5K Run Kirkwood, PA <http://www.runreg.com/events/?pid=677> 717-468-8080
- August 11 Dead Harriers Summer Night 5K and 1 Mile Fun Run Warminster Community Park, Warminster, PA
http://www.active.com/event_detail.cfm?event_id=1870804 215-530-6047
- 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 15 Half Wit Half Marathon Reading, PA rhornpcs@aol.com <http://www.pretzelcitysports.com/halfwithhalf.html>
- August 18 (Wednesday!) Dash & Splash 5K Hatfield, PA <http://www.active.com>
- August 25 Spring Mill Athletic Club Ivyland 5K Ivyland, PA 215-345-5134 msevern@severnet.com
<http://www.ivylandborough.org/5krun.html>
- September 4 Run For The Ages—Age Graded Trail Chase <http://www.pagodapacers.com/RFTApp2010.pdf> 610-603-9393
- September 5 Labor Pain 12 Hour Endurance Run Reading, PA rhornpcs@aol.com
<http://www.pretzelcitysports.com/laborpain.html>
- 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 12 7th Annual Garden of Reflection 5K Run Lower Makefield, PA 215-630-6655 race@netstride.com
<http://www.gor5k.com>
- September 19 ING Rock & Roll Philadelphia Half Marathon Philadelphia, PA <http://philadelphia.competitor.com/>
- September 25 Joe McGinnis Scholarship 5K Run/Walk Tyler State Park, Newtown, PA <http://www.active.com>
- September 25 Buckingham Friends School 5K Run/Walk For Peace Lahaska, PA 215-794-7491



	http://www.bfsrunforpeace.org/		
September 25	North Penn United Way 15th Annual Run For Your Neighbor	Harleysville, PA	np5k@harleysvillegroup.com
	http://www.npuw.org/5K/	215-256-5288	
September 26	Run 5K Walk 3K to End Domestic Violence	Montgomery County Community College, Blue Bell, PA	
	215-956-9540	mbaker@hatborochamber.org	http://www.wcmontco.org/
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 3	Wineglass Marathon	Corning, NY	http://www.wineglassmarathon.com/
October 3	Blues Cruise 50K Trail Run	Reading, PA	stephanweiss@comcast.net http://www.bluescruiseultra.com/
October 3	Run Wild At The Zoo	Elmwood Park Zoo, Norristown, PA	www.rsvpmc.org
October 9	Knights of Columbus Day Charity 5K	Tyler State Park, Newtown, PA	http://www.kofchennessy.com/id9.html
October 10	Steamtown Marathon	Scranton, PA	http://www.steamtownmarathon.com/
October 10	Justice For All 5K	Philadelphia, PA	http://www.clsphila.org/Content.aspx?id=1228 484-433-4367
	http://www.active.com/running/philadelphia-pa/justice-for-all-5k-2010		
October 16	TCNJ Feed Our Friends 5K and Fun Walk	The College of New Jersey, Ewing, NJ	732-570-7883
	http://www.bestrace.com/TCNJ/TCNJ-5K-2010.pdf		https://register.bestrace.com/register/?event=1653
October 24	Octorun 13K	Hatfield, PA	http://www.active.com
November 6	Second Annual 5K Fun Run/Walk for Alzheimers	Menno Haven Campus, Chambersburg, PA	
	lehman@mennohaven.org	717-262-2373	http://www.mennohaven.org
November 13	WHYY Y12K Road Race	Philadelphia, PA	http://www.whyy.org/y12k/
November 20	Rothman Institute 8K	Philadelphia, PA	http://www.philadelphiamarathon.com/
November 20	Philadelphia Marathon and Half Marathon	Philadelphia, PA	http://www.philadelphiamarathon.com/
November 25	(Thursday!) 21st Annual BCRR Thanksgiving Day 5 Mile Run and 1 Mile Run/Walk	215-530-6047	
	Summit Square Shopping Center, Langhorne, PA		http://www.active.com/event_detail.cfm?event_id=1874581
December 5	Tour Tyler Informal 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
December 12	Covered Bridge 5K	Tyler State Park, Newtown, PA	http://www.bcurr.info
December 19	Jingle Bell 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
December 26	Tyler Challenge 10K	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 1	Cham-Pain 5K	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 9	Predict Your Time 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 16	Polar Bear 8 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 23	Honest Abe 4.6 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 30	Terrible Tyler 9.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 6	Pick Your Way 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 13	Eenie-Meanie Half Marathon	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 20	Staggered Start 4.6 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
