



BUCKS COUNTY ROAD RUNNERS

August 2009 Newsletter

BCRR Officers

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Inside This Issue

President's Message	1,5
Member Profile	2-5
Born To Run Ad	5
Run Hard, Play Hard	6
Race Calendar	7-8

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

I found this little article on the web and thought it would be appropriate for the group.

Runners definitely share special bonds and sometimes have traits, habits, or idiosyncrasies that only other runners can understand. If you're a runner, you may be able to relate to or appreciate some of these descriptions. You know you're a runner when...

- your first thought when you look at the weekly weather forecast is, "When can I fit in my runs?"
- you have more running clothes than regular clothes in your laundry pile.
- you've lost a toenail. And you tell people, "It's not that bad."
- you smirk when non-runners ask you, "So how long is *this* marathon?"
- you have a drawer full of medals and other race souvenirs that you're not sure what to do with.
- you go into Starbucks more often to use the bathroom than to actually buy coffee.
- you no longer make fun of fanny packs because your running belt looks very similar (although cooler) to one.
- you've used an old race T-shirt to wash your car, dust furniture, or clean something else.
- your treadmill has more miles on it than your car.
- you get an invitation to a wedding and you automatically think about what race the date will conflict with.
- you have dreams about showing up to a race late or not wearing any clothes.
- you're not embarrassed to wear spandex.
- the salespeople at your local running shop know you by name.
- you're always hungry.
- you know how to take a cup of water from a water stop without choking on it or spilling it all over yourself.
- at least one of your web site usernames or email addresses has the word "run" or "runner" in it.
- you know where your illiotibial band is located.
- you no longer hate port-a-johns. In fact, there have been times when you've been very happy to see one.
- you wear your running watch even when you're not running. ("It matches, right?")
- you've had your running shoes for three months and you know it's already time to replace them.
- you spend more time researching running routes than local restaurants when traveling to a new city.
- your physical therapist's receptionist knows you by the sound of your voice on the phone.
- you know where exactly one mile from your front door is (in any direction).
- you know how to correctly spell and pronounce plantar fasciitis.
- you own more pairs of running socks than dress socks.
- when you hear PR, you automatically think "personal record", not "public relations".
- you pack more running clothes than bathing suits when going on a beach vacation.
- you have running clothes and an extra pair of running shoes in your car, "just in case."
- your holiday wish list can be fulfilled at any running or sporting goods store.
- one of the first things people ask you when they haven't seen you in a while is,

(Continued on page 5)

Member Profile

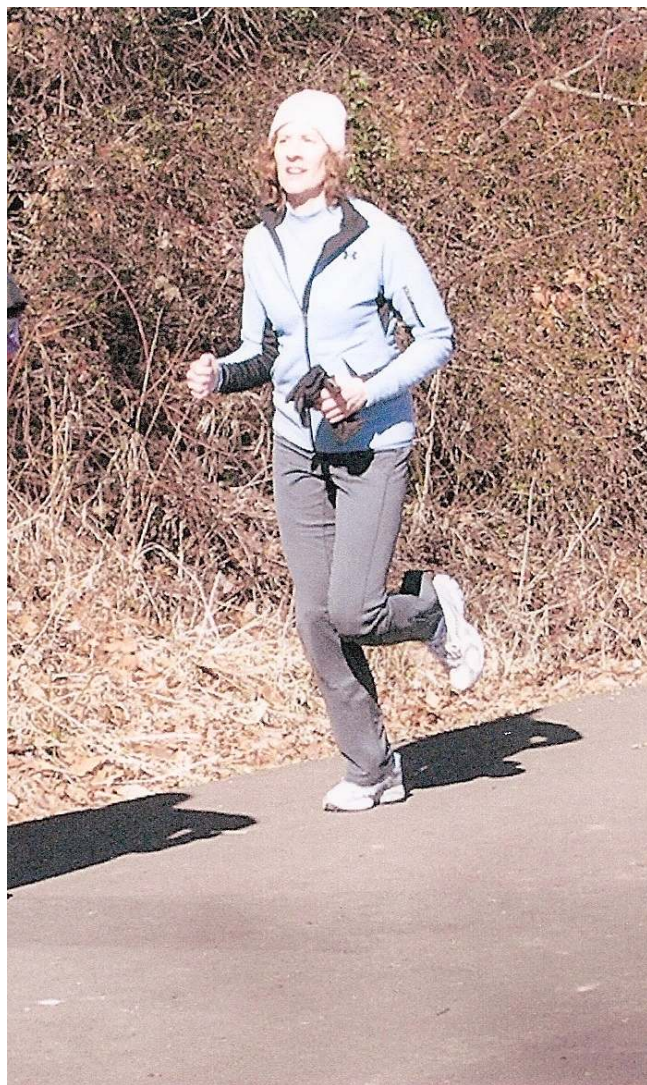
Lori Merrill

I never imagined I would be asked, at least for a long time, as I have only started running again 1 1/2 years ago. Many thoughts come to mind as I write about my running career, if you can call it that, past and present, and I am flattered to share them, and it's been fun to jog my memory for them.

When I said I started running again, I am referring to not running much, for 29 years. My glory days of running, stem back to my high school years, up in Waverly, NY, starting from my sophomore year, through senior year, when I ran girls track. The 220, the 440, and the 880 relay were the races I routinely ran each meet. The 440 was my favorite event. It was something about the grueling aspect of that race that drew me to it. No one else on the team liked this race. Obviously, twice as long as the 220, but at nearly the same pace, I loved this race. My teammates decided to nickname each other after cars of those days, those days being the late 70's. I was dubbed "Trans Am Merrill", for being one of the fastest girls on our team, the Waverly Wolverines. I was quite pleased with that name. Writing this profile got me to break out the old scrap book of track memories, including local newspaper articles of our meets, and the "W" Waverly letters I won for all three seasons. What a nice trip down memory lane, to read all of my teammates names again. My Sister Patti bought me my first pair of track spikes, designed with Waverly colors of red and white, and a stopwatch. I used them well, and treasured them for years, and I have her to thank for originally inspiring me to excel in the sport of track. She joined Waverly's first ever girls track team in 1974, and my brother Donny and I followed in her footsteps, he in boys track and field with pole vaulting, and myself in my track events. My parents were always

there to support my high school running career. One of my fondest memories back then is when they sent me to a girls track camp for a week, in the summer of 1978. Among other former track stars mentoring us, was famous former track star Wilma Rudolph. I was asked by Wilma if I was the then middle distance runner, Jan Merrill's younger sister. I told her, reluctantly, no relation. It was a great week of learning, and I finished my senior year of track season with my fastest times. Being the youngest of five kids, and terribly shy, I came into my own, during these three years of high school, because of running, and the recognition I received from it.

When I first started running again in January of 2008, I would ask myself why I couldn't run quite as fast as I used to. Of course I knew the answer. I used to run like a brisk wind. Now I run like a slight breeze. Time can




**Lori on her way to a great finish in
the Staggered Start.**

be a cruel thing, but also an inviting challenge. It's the challenge that keeps me out there, improving, little by little. What spurred me to start running again was a progression of events. Always knowing I might get back into it again, I was content to stick to bicycling, walking, and hiking for exercise for many years. For the past 10 years, I was into kick boxing as well, which being a great cardiovascular workout, brought my exercise routine to a new level. Yet, throughout all those years, I knew there was something else I wanted to return to, eventually. That wonderful feeling of freedom, that childlike spirit that comes from running. During my track years, I would sometimes reach a euphoria when I ran, that great feeling of elation some runners can experience. Now, I realize that might not happen with my slower speed, now that I'm middle aged, but I'll take any improvement I can muster, to reach any goal.

My first progression back into running was in the spring of 2007. I was invited to go for a run by Carmine Sesa. I had told him of my running history, and how I longed to start running again. He told me he was a member of a great running club, the Bucks County Roadrunners. He also told me that he ran in races with this club, every Sunday morning, throughout the winter. I thought he was crazy for running in such cold weather. He then showed me the park where he ran every Sunday. I thought he was also crazy for running such grueling hills, and in the dead of winter! Well, after our first outing in the spring, we ran the canal path on the NJ side of Washington's Crossing. I was impressing him with my running style, as I do have the natural ability and desire to run. I made it about 1/2 mile before I had to walk. This is where the real story, or challenge, begins. Since my days back at Waverly high school, I have had the major problem of side stitches when running. It wasn't too much of an issue back then, as the races I ran were relatively short, so they were over with in no time. We didn't have the internet back then, to research such issues as side stitches. My high school coach, although we all adored her, and she was tough, but a friend to us, didn't have the knowledge on how to rectify the problem, so I simply had to endure. Having an admittedly low threshold for pain, I gave up the running after high school. Figuring things out by myself, bullheadedly, is how I am, when it comes to something I want. It just took me a very long time to getting around to it. Sometimes I wondered why I didn't ask Wilma Rudolph's advice on side aches back then. I guess I was just too shy to ask. Carmine suggested researching the problem, but I wasn't quite ready yet to really get back into running, after experiencing that awful pain of stitches, and kept up with my kick boxing and biking. Soon after that, I got him into biking, which I have always enjoyed. He owned the most awful, thousand pound 10 speed bike, the dinosaur, as I called it, with the most uncomfortable seat every designed. Just two times out on our bikes, and he was off to Guys bicycles for a new ride. He now owns a feather light hybrid, as well as myself, and we are out biking parks and canal paths as much as possible.

In December of 2007, Carmine and I were invited to a holiday party, held by Fred and Jennifer Gropper. We were having a nice time chatting with folks, all of which I did not know, but I enjoy meeting new people. I eventually got chatting with one of our BCRR members, John Gorgal. He asked if I was a runner. I explained that I was not, but would like to get back into it. I then explained my side stitch problem to him, my reason for procrastination. He was surprised that that was the only thing holding me back. I explained that these were not just mild stitches, but the most horribly painful feeling I get, explaining it felt like my side was being gnawed at by a shark, and my low threshold for pain. He kind of laughed at my exaggeration, and said there are ways to help relieve the side stitch issue, and if that didn't work, to just tough it out and run through it. He was making fun of me, but at the same time, giving me good advice. Basically, John was saying, quicHERBELLY-ACHIN! (pun intended). He is yet another person who has inspired me. Since the night of that party, I stored that information away, but not for long. By January of 2008, I was compelled to hunker down, start running again, and deal with the stitch issue. I started researching the problem, learned why the side ache happens, and found some very helpful techniques to help relieve the problem.



My next progression was to join a running club. Figuring I would just throw myself into it, why not the BCRR's! I had run several times during January of 2008, doing the run/walk thing new runners need to do, to work up stamina, and never imagined how hard that would be, to run without walking. It was nearing the end of the 2007-2008 winter series, and I wanted to join the club, and complete the very last race of the series, the popular Staggered Start. Obviously I did not have a stagger start time, as I had no average time from any previous races. Well, curiosity was present by some members as I approached the group, surprising some for just joining a race that I had no stagger time for. I got a kick out of confusing some folks, when asked what my stagger was, and my reply was "I don't have one, ha, ha"! The consensus was, how could I run without a stagger time? This race requires a stagger time! I found this quite entertaining, and figured this was just another day in my new challenge, running. Well, it was decided my stagger time would be the same as Carmine's. I arrived at the race with him, so why not let him take the heat! So we were off, at our designated time, and Carmine was nice enough to ruin his race time, and do the run/walk 4.6 race with me, so I wouldn't have to run/walk alone in my first ever BCRR race. Of course, I came in next to last, right in front of my running partner. How do these people run these hills every week, I thought. I figured it out soon after.

The next few months brought it's share of little plateaus, like using the techniques I learned to relieve the stitches, to keep from walking. By May of 2008, I finally reached my goal of running without walking, and I achieved this running those Tyler hills. We all know these hills, like an old friend, or in my case, a new friend. Always pushing, challenging, and accomplishing, together. It was difficult to get the hang of "thinking" about my running, like breathing and running techniques, and an appropriate amount of time after eating before running, I must allow. Yes, it's not been easy to be me as a runner, but these techniques come second nature to me now. Throughout the summer and fall I focused on preparing for the Winter Series, trying to build my miles. My goal for the series was to run as many of the shorter races as I could. Near as I remember, I ran six races, one of which (Eenie Meenie), I was just out there to run the distance that I could, just to be out with the group. My favorite races are Staggered Start, Pick Your Way, and Covered Bridge. These, besides the Champaign and Honest Abe, are the races I was able to complete. The Staggered Start was an absolute blast to run, and I was in my best running shape by the end of the Winter Series. Running my best 4.6 time, I was quite pleased, and I had an actual stagger start time this year! One little anecdote, as I won't pass up an opportunity to make fun of myself (or anyone else I know), is what happened as I was waiting to start my run. One last bathroom break while listening to the time, and then as I was approaching the start line. I looked at the clock, realizing I was 26 seconds past my start time. I started running the Staggered Start on the causeway, instead of the start line. Just another day in my life! Another of my favorite moments during the Winter Series, was during the Pick Your Way, in which the course was changed, to avoid the ice on certain paths that day. I appreciated the change, as it kept us all safer, but we had to run that grueling covered bridge trail because of the change. Running up that hill is the only time since last spring that I had to stop and walk. Only for a few moments, and Mark Zacharias passed me half way up that hill, with some encouraging words. That's all it took, and no more walking for me, and I since then have never had to stop to walk.

Enjoying the sights and sounds around me as I run are important to me. Being a birder, running through our great parks and my neighborhood, I'm always listening for all my favorites, as well as listening and looking for some new birds. You won't find me with earphones on. Music can be listened to at other times. There are too many wonderful sounds of nature that I don't want to miss, as long as I don't look up too long at something, and trip and fall on my face. Wearing a pair of binoculars to spot that elusive avian species is not an option either! What I have gained through running has been nothing short of completely rewarding. I have gained a sense of childlike freedom, time to think about whatever's foremost on my mind, a chance to become even

healthier, and a chance to feel like an athlete again. The encouragement I hear from other BCRR members to each other during races is enjoyable to hear, as it reiterates the camaraderie I have heard about within the club. I also enjoy the friendly competition, and I have found myself competing as well, but more so, just pushing myself to improve.

Well, I am proud to say I am now one of those crazy people who runs those Tyler hills during the winter months. I miss it, and can't wait to get up every Sunday again to run in the cold with the club, whether I can finish a race or not. There are many people in the BCRR club I have to thank for inspiring me along the way, since I started running again, and they continue to do so. Some of them don't realize they are inspiring me, and some do. Just keep doing what you're doing, and I will try to catch up. Someday, I will run those longer races with all of you...someday.

(President's Message Continued from page 1)

"What race are you training for now?"

- you have several drawers dedicated to running shirts.
- you get excited when the new *Runner's World* comes in the mail.
- your Facebook or Twitter updates frequently involve running.
- your only recent photos of you alone are race photos.
- you always have your next race on the calendar.
- your runs are sometimes longer than your commute to work or school.
- your running partners know more about your bodily functions than your significant other.

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.

The 3rd Annual Warwick CRS XC Alumni and Friends will be held at Council Rock South high school on Wednesday, August 12th. Registration is from 5:00 to 6:15. This is a 5K Cross Country race and 1 mile run benefiting the Council Rock South Cross Country team. One mile race starts at 6:15, High School / CRS Alumni 5k: 6:30pm and the Open 5K race starts at 7:00 pm. The race is directed by Michael Gross and BCRR members will be volunteering their time to help make this event a success.

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



Cross Country Spike Night—20% Off All Shoes and Spikes

Monday, August 17, 2009 at 6:30 PM

Springhouse Plaza, 901 N. Bethlehem Pike, Springhouse, PA 19477

www.borntoruninc.com

215-641-0410

Run Hard, Play Hard

By: Melanie Schranz, BCRR Social Director

Our first Summer Social in a few years, and it didn't take long for me to remember why ... where was everyone? Out having some summer fun? Well, good for you. And isn't that what it is all about? Fun? Sure! The diehards came out for the July Social, Greg Grace, Jen Holiday, Ed Klenk, and me. Despite the low turnout, I have to say it was great to hang out with my running buddies. I miss getting together with everyone. I guess I'll have to wait for winter sigh.



Jen Holiday, Ed Klenk, Greg Grace (sending text messages to me after the band started) at the July Social in Doylestown. Behind the camera? Melanie Schranz

So, with so little to report from the Social, you'll have to listen to me ramble a bit. This year I participated in the Anchor House Ride for Runaways -- 500 miles riding my bike from Oswego, NY to Trenton, NJ. Along for the Ride again this year was Joe Boyce, and via my Twitter and Facebook updates, many of you followed as well. I even heard some comments from some of you who might want to do this next year. I say, "go for it!". It's a fun challenge, and not unlike BCRR, the Anchor House family is full of great people. Me, for one! And then, I got to spend time with another great "family" a little later in July -- the Triathlon family. Again, not unlike the BCRR

family and the Anchor House family, comes a supportive group of athletes who put their athletic skills to the test with swimming, biking and running. I love tri's for the camaraderie. It's not unique, that same camaraderie is also present in the Ultra family, the Trail Running family, the Relay family ... you name it, it's there. For someone like me, so far from home from my "real" family, I savor what these experiences do for me. In the absence of my real family, the folks at these events help me feel connected to something that usually only comes from family. If you've never noticed, the next time you come to one of these events, take notice of the support around you. Those who savor your successes, and those who offer a smile and words of encouragement when you don't get what you came for. And if you just happen to be one of those who finds yourself at these events, realize that your presence is more than just to run, bike, swim, walk, etc., it is to be part of something larger, a family of athletes all committed to being more than we ever thought we were capable of being. And that's a pretty cool thought.

So, enjoy the rest of your summer, you all are quite busy, and that's good. Hopefully you'll find some time to relax. And, we'll see you for the PDR Tailgate in September!

BCRR Local Race Schedule

Compiled By **Christopher Mortensen**

Please contact race officials beforehand to validate information below!

“If you can fill the unforgiving minute
With sixty seconds worth of distance run
Yours is the Earth and everything that’s in it...”
- Rudyard Kipling

August 1	14th River to Sea Relay- 92 Mile- 7 Person Relay	Milford, NJ to Manasquan, NJ	910-686-0026
	www.OYMP.net		
August 1	George Yasso Memorial 5k Run and Walk	1445 Speigel Street, Fountain Hill, PA	georgeyasso5k@gmail.com
	http://www.bartyasso.com/blog/2009/06/347/		
August 8	39th Annual Captain Bill Gallagher 10 Mile Island Run	Sea Isle City, NJ	
	http://www.sicbp.com/islandrun.html		
August 9	Fourth Annual Missy Flynn Challenge 5k	Newtown Athletic Center, Newtown, PA	www.newtownathletic.com
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 12	(Wednesday!) Warwick CRS XC Alumni and Friends 5k and 1 Mile	Council Rock South High School Holland, PA	http://www.active.com/event_detail.cfm?event_id=1765021
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	42nd Annual Mill Street 2.9 Mile Run	Bristol, PA	215-788-3055 john.mundy.sjw@comcast.net
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.org		
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 26	5K Run/Walk For Peace and 1 Mile Fun Run	Kathryn C. Wilder	www.wenzelcoaching.com 215-262-4113



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 3	Multiple Myeloma Research Foundation 5K Run/Walk	Memorial Hall-Fairmont Park, Philadelphia, PA	
	www.mmrfrace.org/philly	lewisa@themmrf.org	203-652-0215
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		
October 17	Hatfield Athletic Club 5K and Fall Classic Benefitting National MS Society	Hatfield, PA	
	215-822-6177 x 116	fborusiewicz@hatfieldathleticclub.com	
October 18	The Ghana Project 5K Run/Walk	Tyler State Park, Newtown, PA	
	http://www.active.com/event_detail.cfm?event_id=1777161		
October 25	1st Annual Lemon 5K Run, 2 Mile Walk and Kids Race	Ridley Creek State Park, Media, PA	
	www.thelemonrun.com	jenniferkelly@alexislemonade.org	
October 25	The American Lung Associations 32nd Annual "PENN Medicine at Radnor Run"	www.lunginfo.org/radnorrun	
	Penn Medicine at Radnor, 250 King of Prussia Road, Radnor, PA	mmelcher@lunginfo.org	610-941-9595
October 25	Marine Corps Marathon	Washington, D.C.	215-348-9080 teamtravis@travismanion.com
	www.travismanion.com	http://www.marinemarathon.com/	
November 1	Cooper-Amerihealth 10K Bridge Run	Ben Franklin Bridge, Philadelphia-Camden	609-933-3725
November 7	Autism Cares Foundation 5K	Tyler State Park, Newtown, PA	race@autismcaresfoundation.org
	http://www.active.com		
November 8	8th Annual Greyhound Freedom 5K Run and 2 Mile Walk	Tyler State Park, Newtown, PA	215-340-7658
	cagr@nogreyhoundracing.com		
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	
May 2	Broad Street 10 Mile Run	Broad Street, Philadelphia, PA	http://www.broadstreetrun.com
	bsrhelp@aim.com	215-683-3594	
