

BUCKS COUNTY ROADRUNNERS

October 2011 Newsletter

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PRESIDENT'S MESSAGE

It's Marathon Mania. It seems like everyone has a marathon to run over the next two months. I hope we all have perfect weather and run successful marathons. I know Allyson Thompson must feel pretty good about her 3:05 Chicago Marathon.

The Thanksgiving Race is right around the corner. We need volunteers, sponsors and of course runners. It is our most visible race so please support it. Race Director Pat McCloskey can be contacted by e-mail or his very visible presence on Facebook.

And circling back to marathons, the first annual Bucks County Marathon still has spots open for runners and volunteers. It will be quite an event. Don't miss it.

I have been on the Run Disney website the last couple of weeks and I have been quite fascinated by the Disney Wine and Dine Half Marathon. The second annual race was held the last weekend in September. The half marathon is held in the evening starting at 10:00 and the post race party goes until 3:00 AM. It would be great to get a group together for next year. It's something to think about. Check out the clips on YouTube and let me know if you are interested.

Gotta Run!

Fred

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Weekly Run 1

What: Beginner/Slower Run
 Where: Location and Distance Varies
 When: Saturdays and/or Sundays
 Why: Meet Club Members
 Who: Contact Eric Tobias
etobias29@gmail.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

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

Denise Coll

I Get By With a Little Help From My Friends.....

“Oh, your Dad was quite an athlete back in those days,” claimed one of my dad’s former classmates a few years ago. I was surprised to hear it, but then I remembered stories of his pole-vaulting days, his time on crew, and most especially, my first 5k. I was eight at the time we ran that race and I proudly watched him accept an age group award. It was at that moment that I decided I wanted to run like him.

In the following years, my Dad and I bonded over

track in grade school & cross-country in high school. In college, I stepped away from running and didn’t get back into it until my late twenties.

The day I did, my Dad was there. In fact, the whole family was there. Not just immediate family, I’m talking aunts, uncles, and cousins. No one has a bigger support team than me. I’m so lucky. It started with the Broad Street Run and the family

had an annual tradition of coming to watch me, then going to the party my mom would throw for me. My mom has always said she has to train just to be a spectator to see me run from as many points as possible during my races.

The next challenge was my first half marathon, and at the family brunch afterwards, my Dad said to me,

“You look so good after running that, I think you’re ready for a full marathon.” He brought me a training book and there I was 2 1/2 months later, running the Philadelphia Marathon. At mile 16 of that race I began think-



Denise has found that running with Debbie’s Demons and doing regular track workouts has added knowledge and speed to her running resume.

ing “wow, this is painful”, and “why would you put yourself through this?” I kept running (at least I thought I was running) while I searched for a medic to help me find a ride. I found myself at the top of a hill (ok, not really a hill, but at the time it felt like a mountain) and I saw my Dad jumping up and down like a crazy man yelling, “We’re so proud of you! Great job!” When I got a little further, there

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(Member Profile continued from page 2)

was my Mom and the rest of the family and friends with posters and I thought, "How can I stop now? I can't let everyone down." So that's how I didn't get a DNF on my 1st marathon. I finished in a painful 6 hours and 11 minutes, but I never felt prouder than at that moment, with all of my wonderful supporters cheering me on.

A few marathons later, I started training with an old friend, Michelle, who had just moved back to the area. We had grown up together and it was the first time I had trained with someone else. I loved it. We looked forward to our morning "therapy sessions." It was great fun and increased my speed, but it was short-lived as she moved back to Florida after only a few months. I missed those runs. Shortly after she moved, I got married to my long time boyfriend of 10 years. Looking back, I shouldn't have been bragging about how I married the right guy, because after 7 months he asked for a divorce. I felt like I was Britney Spears with her weekend marriage. It was January, I had packed on twenty pounds and I was depressed. My Dad would call every Saturday and Sunday and ask, "Did you run yet?" Most days, the answer was no and he'd keep calling back until I got up off the couch and went.

By June, my divorce was final and I decided I wanted to "get back out there." I wanted to date again. I had no checklist. It didn't matter his age, height, or religion, but he had to be a runner. I thought what better way to meet a runner but to join a runner group? I found out about BCRR, and my life and running changed forever.

I joined the Speedsters in June of 2009. I had never even heard of speedwork, let alone how to

do it. I'd never stepped out of my comfort zone, and I had certainly never joined a group alone. Chris Thompson politely introduced himself and explained the workout to me. It took several weeks for me to learn "go in the inside lane when doing the fast laps." It's still a tough one for me and I often don't feel worthy of it. A sweet girl, Sharon, came right up and introduced herself and I instantly felt comfortable. She was so nice and I looked forward to seeing her week after week. One day, she invited me to do the Pancake 5K and that's where I met Debbie and the Demons for the first time. I was intimidated by the name, but when Debbie handed me a cold washcloth to freshen up after the race I thought to myself, "They don't seem like demons at all."

I was disappointed when the track workouts ended, so I started doing them on my own on a treadmill. At the 2009 Philly marathon, I ran a 3:52:32. It was 28 minutes faster than my previous marathon PR, and a minute and 33 seconds away from a Boston qualifier, and I wasn't even trying. That speed work had paid off.

I continued to run and have fun with the Demons, and go on and on (probably until their ears bled) about all my first dates. I never made it to a second one with any of them (which made the stories that much funnier.) Then the winter series started. It was so much fun, I couldn't believe you get hot chocolate after each race, AMAZING! It really helped me train for the 2010 Disney Marathon. A girl in my aerobics class told me her brother was training for a marathon too, and told me I should run with him. It turns out he was single too and we spent our first date running in a blizzard in the cemetery. This time there was a

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(Member Profile continued from page 3)

second date (running, of course) and we've been together ever since.

The Disney Marathon arrived and my role was to help pace my friend Michelle to a Boston qualifier. She did it and I missed my own Boston qualifying time by only 32 seconds. I decided it was time to actually try for Boston. Michelle flew up from Florida for the big event and I was right on pace until I cramped up in the last mile and missed it by 2 ½ min. Then last October, at the Wineglass Marathon in New York, my faithful friend, Michelle, came back again to pace me and I qualified for Boston! Yes, a 6 hr 11 min marathoner became a Boston qualifier (with the help of everyone!) I ran the Boston Marathon on April 18, 2011 and I could never have done it without Chris & Allyson's Speedsters, & the Demons. I learned so much from all of you!

Sharon taught me (ok she tried to teach me) to smile at all times during the winter series; you never know when Jack will snap your picture. Ed. Oh, Ed... with the utmost patience, continues to teach me hills, I still don't understand what he likes about them. Char taught me that just because you are sweating doesn't mean you can't still look good. Debbie taught me to pamper myself after a long run with ice baths (if you called that pampering), I still have not been patted my knees, but it does help. Mike taught me that margaritas are an important part of any marathon-training program; I believe he has a book coming out. While on that topic, Kevin taught me to always have a case of beer in your trunk; it comes in handy if you are stranded in an ice storm. Donka, giggle twin, taught me it's ok to laugh during the races. Renee

taught me about confidence and that I could run an ultra, (I sure hope she's right!) Rod educated me on the lesson not to make a snowman because you could end up with poison ivy. Mark taught me that it's fun to be extremely competitive with your significant other and that Char did see a monkey in a dress. John taught me that it is possible to plan to run a 10 miler and be peer-pressured into 16. Ann Marie, Emily, Wendy, Carolyn, and Vee continue to teach me it is all about the FUN! Greg taught me that riding all day in a car, smelly, stopping to run once in awhile is fun (R2C). Paul taught me it's ok to drive at night with shades on and headlights off. Of course, CT taught me how to get faster. Pat, working on form, taught me how to swing my arms (well is still trying), and now I'm learning an entirely new form of running (the trails) from Chris Mortensen & his gang. I hope they continue to have patience with me, since I signed up for the HAT run in March, I have a lot to learn. I could go on and on, there aren't enough pages to list all of the wonderful people in the club and all the things I have learned, I just hope you all know how much I appreciate all of it.

My 6-year-old nephew, Denny, is the next generation of runners in my family. When he was a baby he came with me on my long runs in the jog stroller. Now he runs a mile with me (while I'm struggling to keep up). He says he tries hard to "train" me. My little coach gave me good advice one day, saying, "If you do everything I tell you and work really hard, then maybe you'll win one day." What he doesn't realize yet is that I'm already a winner. I am blessed with a great family, fabulous friends, an amazing boyfriend, a wonderful running club, and always those Demons. Vee was right when she said, "they're not Demons, they're angels." Well...with crooked halos.

BUCKS COUNTY ROADRUNNERS



RACES START & END AT:
ONE SUMMIT SQUARE
Rts 413 & 332 BY-PASS
LANGHORNE, PA
(OFFICE BUILDING NEXT TO SUMMIT SQUARE SHOPPING CENTER)

**5 MILE
9:00AM START**

AWARDS TO TOP 3 MEN & WOMEN OVERALL
AND TOP 3 MEN & WOMEN IN THESE GROUPS:
UNDER 14, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-69, 70 & OLDER

AWARDS TO TOP THREE HOLIDAY THEMED COSTUMES

**One Mile Fun Run / Walk
9:05AM START**

T-SHIRTS
LONG SLEEVED TECH SHIRTS TO ALL
FIVE MILE REGISTRANTS BY NOVEMBER 11, 2011
COTTON LONG SLEEVED T-SHIRTS
TO PREREGISTRANTS (NY NOV11, 2011)

REGISTRATION
ENTER ONLINE AT:

active.com SEARCH: BUCKS THANKSGIVING
or EVENT ID: 1948522

OR BY MAIL:

5 MILE: \$25 if RECEIVED BY November 11, 2011
\$30 IF RECEIVED BY November 21, 2011
RACE DAY: \$40.00

1 MILE: \$10 if received by November 21, 2011
\$20 RACE DAY

Make checks payable to: **BCRRC/ BETHANNA**
Mail Fee & Completed Form(s) to: **RACING RESOURCES**
P.O. Box 262
Warrington, PA 18976

22nd ANNUAL THANKSGIVING DAY

TO BENEFIT:

Bethanna
BETHANNA.ORG
PROVIDING SERVICES TO CHILDREN

5 MILER

& One Mile Fun Run/Walk

MORE INFORMATION INCLUDING COURSE MAP AVAILABLE AT:
WWW.BCRR.INFO or call **215:530.6047**

THURSDAY MORNING, NOVEMBER 24, 2011



2011 BCRRC THANKSGIVING DAY 5 MILER & ONE MILE FUN RUN 24NOV11

NAME _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

GENDER M F AGE / / D.O.B SHIRT SIZE S M L XL RACE 1 5

DAY PHONE () _____ EVENING PHONE () _____

EMAIL ADDRESS _____ EMERGENCY PHONE (NOT YOUR OWN) () _____

SCHOOL, CLUB OR COMPANY TEAM _____

WAIVER: I know that running in a foot race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any and all decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running participants, the effects of weather, including high heat and humidity or extreme cold, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver, I, for myself and anyone entitled to act on my behalf, waive and release Bucks County Road Runners Club, Racing Resources, Bethanna, BPG Ltd., Gigliotti Group, Middletown Township and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing groups to use any photographs, motion pictures, recordings or other record of this event for any legitimate purpose, without compensation

PARTICIPANT'S SIGNATURE _____

DATE _____

PARENT'S CO-SIGNATURE (if participant is UNDER 18 YEARS of age) DATE _____

BCRR Local Race Schedule

E-mail: mortensen_christopher@yahoo.com

Please contact race officials beforehand to validate information below!

“If the hill has its own name, then it’s probably a pretty tough hill.”- Marty Stern

- October 16 Optimal Health Center 5K Run/Walk For Wellness Yardley, PA glenn@myohcenter.com 215-321-2488
<http://www.active.com/5k-race/yardley-pa/5k-runwalk-for-wellness-presented-by-optimal-health-center-2011>
- October 16 Going The Distance For Gabby Valley Forge, PA gabbys5krun@yahoo.com
http://brynmawrrunningco.com/nhp/pdf/2011_Going_the_Distance_for_Gabby_Race_Application.pdf
- October 22 Archbishop Wood 5K Run/Walk Archbishop Wood High School, Warminster, PA 215-672-5050
 mmcDonald@archwood.org <http://www.archwood.org>
- October 22 Newtown Library Company 5K/Kids Fun Run Brian Gregg Memorial Park, Newtown Borough
<http://www.newtownlibrary.com>
- October 22 York White Rose 5 Mile Run Sovereign Bank Stadium, York, PA info@yorkwhiteroserun.com
<http://www.yorkwhiteroserun.com>
- October 22 Las Dos Chicas 5K Walk/Run Eastern University, Radnor, PA <http://www.lasdoschicas.org>
- October 22 Bobtoberfest 4 Mile Run Lloyd Hall, Philadelphia, PA brynmawrracing@gmail.com 610-527-5510
<http://brynmawrrunningco.com/nhp/bobtoberfest.html>
- October 23 DASH Against Domestic Violence 5K Run & 1 Mile Walk North Wales, PA 610-277-1860 x 119
<http://www.laurel-house.org>
- October 23 Desmoid Tumor Research Foundation 5K Run/Walk and Kids Fun Run Fairmount Park, Philadelphia, PA
<http://www.runningforanswers.com/>
- October 23 Delaware & Lehigh Heritage Marathon & Half Marathon Canal Park, Northampton, PA 610-923-3548 x 224
<http://www.delawareandlehigh.org/marathon/> rayne@delawareandlehigh.org
- October 23 Martin’s Run 5K to Defeat Dementia Media, PA 610-353-7660 x 253 rpezick@martins-run.org
<http://www.runtheday.com/>
- October 29 Skeleton Skurry 5K and 1 Mile Trail Walk Hatboro, PA 215-674-4545 <http://www.philaymca.org/run>
- October 29 HallowYunk 5K Bryn Mawr Running Company, Philadelphia, PA 215-842-1266
 mclark@thedepaulcatholicschool.org <http://hallowyunk5k.com/>
- October 30 Trick Or Treat 5 Miler Tyler State Park Arts Center, Newtown, PA 267-574-1325
<http://www.trickortreat5miler.com> davidjfeinman@aol.com
- October 30 Penn Medicine Radnor 5 Mile Run or 1 Mile Fun Run Wayne, PA <http://www.lunginfo.org/RadnorRun>
 cdernlan@lunginfo.org 610-941-9595 x 114
- November 5 Purple Stride 5K Fairmount Park, Philadelphia, PA <http://www.active.com>
- November 6 Oley Valley Country Classic 10 Mile and 5K Reading, PA oleyracedirector@pagodapacers.com
<http://www.pagodapacers.com/races/oley>



November 12	Autism Cares Foundation Race for Resources 10K and 5K	Tyler State Park, Newtown, PA	215-968-3737
	http://raceforresources.kintera.org		
November 12	Princeton AC XC 5K	Rosedale Park, Lawrenceville-Hopewell, NJ	http://www.princetonac.org
November 13	MAD Dash 5K Run/Walk	Johnson Park, Piscataway, NJ 732-821-0201	http://www.hearingmaders.org/jersey
November 13	The Lemon Run	Philadelphia, PA Sheryl@alexislemonade.org 610-649-3034	http://www.thelemonrun.com
November 19	For The Fallen 5K	Tyler State Park, Newtown, PA mikesbike7@aim.com	http://www.pretzelcitysports.com
November 20	Bucks County Marathon	Yardley, PA racedirector@runbucks.com	http://www.runbucks.com
November 24	BCRR Thanksgiving Day 5 Miler and 1 Mile Fun Run/Walk	Summit Square, Langhorne, PA	
	http://www.active.com/running/langhorne-pa/22nd-annual-bucks-county-roadrunners-thanksgiving-day-5-miler-and-one-mile-fun-runwalk-2011		
November 24	5th Annual Pumpkin Pie 5K Run and Scenic Walk	Nazareth, PA 610-759-3440 karenjanis@nazarethymca.org	
	http://www.nazarethymca.org/5k		
November 26	Turkey Trot 5K & Fitness Walk	Bethlehem, PA 610-691-6055	http://www.historicbethlehem.org
November 27	BCRR Tour Tyler Informal 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcrr.info
December 3	Jingle Bell Run/Walk for Arthritis	Bethlehem, PA bmclure@arthritis.org	http://www.jbrlv.kintera.org
December 4	BCRR Covered Bridge 5K	Tyler State Park, Newtown, PA	http://www.bcrr.info
December 4	Sports & Fitness 5K	Lloyd Hall, Philadelphia, PA	http://philadelphiasportandfitness5k.wordpress.com/
December 10	Jingle Bell Run/Walk for Arthritis	Newtown, PA bmclure@arthritis.org	http://www.jbrbucks.kintera.org
December 11	BCRR Jingle Bell 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcrr.info
December 18	BCRR Tyler Challenge 10K	Tyler State Park, Newtown, PA	http://www.bcrr.info
January 1	BCRR Cham-Pain 5K	Tyler State Park, Newtown, PA	http://www.bcrr.info
January 7	Freezing Cold 3 and 5 Mile Hash Run	Edison, NJ 732-572-0500	vercammenlaw@njlaws.com
	http://www.njlaws.com/FREEZING_COLD_HASH_RUN.htm		
January 8	BCRR Predict Your Time 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcrr.info
January 15	BCRR Polar Bear 8 Miler	Tyler State Park, Newtown, PA	http://www.bcrr.info
January 22	BCRR Honest Abe 4.6 Miler	Tyler State Park, Newtown, PA	http://www.bcrr.info
January 29	BCRR Terrible Tyler 9.3 Miler	Tyler State Park, Newtown, PA	http://www.bcrr.info
February 5	BCRR Pick Your Way 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcrr.info
February 12	BCRR Eenie-Meanie-Minie-Moe Half	Tyler State Park, Newtown, PA	http://www.bcrr.info
February 19	BCRR Staggered Start 4.6 Miler	Tyler State Park, Newtown, PA	http://www.bcrr.info
March 31	Tyler Arboretum 10K Trail Run	Tyler Arboretum, Media, PA taylortrailrun@yahoo.com	610-891-0806
	http://www.tylertrailrun.com		
April 15	Bucks County Half Marathon	Tyler State Park Arts Center, Newtown, PA 267-574-1325	
	http://www.buckscountymarathon.com	davidjfeinman@aol.com	
