



# BUCKS COUNTY ROADRUNNERS

November 2009 Newsletter

## BCRR Officers

Eric Stern	President
Chris Mortensen	Vice President
	News Editor
Fred Gropper	Treasurer
Melanie Schranz	Social Director
	609-730-1797
Ray Galenty	Club Clothing
	215-946-1476
Emily Grace	Webmaster

## Inside This Issue

President's Message	1
Member Profile	2
Volunteer Day Thanks	4
Fall Social	5
Thanksgiving Day Race App	6
Thanksgiving Day Design Contest	7
PDR Tailgate Photos	8
Race Calendar	10

## Weekly Run 1

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](mailto:mortensen_christopher@yahoo.com)

## Weekly Run 2

What: Yardley Road / Canal Run  
Where: Cramer's Bakery / CVS in Yardley  
When: Saturdays at 6:30AM / 7:30 AM  
Why: Flat (mostly) Out-And-Back Run  
Who: Contact Bill Schaffling  
[william.schaffling@bms.com](mailto:william.schaffling@bms.com)

## PRESIDENT'S MESSAGE

I can't believe that we are in November already. This is one of the busiest times of the year for the running club. First, we have the annual Thanksgiving Day race in Langhorne benefitting Bethanna. This event is a big event for the club and we are expecting another record turnout. Hopefully, I will see many of you either running or volunteering at this event. What this also means is that the Winter Series is just a few weeks from starting. The informal run is December 6<sup>th</sup> and Mark Zacharias has been busy preparing for the Winter Series all year. These are the signature events for the club and it is what everyone looks forward to all year. I am looking forward to seeing everyone and catching up with everyone's stories about their fall running season.

It was great to see an American (Meb Keflizghi) win the New York City Marathon on Sunday. This hasn't happened since 1982 when Alberto Salazar won his third NYC Marathon. With runners like Meb Keflizghi and Ryan Hall running is alive and well in America and that is great to see. It is also great to see the number of runners who are coming out to the many races in our area. When this happens it has a positive effect on running clubs like ours in terms of the number of new members we get.

While searching the web I came across this little gem from another runner:

"There's nothing quite like the gems one produces when the mental gears aren't quite clicking toward the end of a run. Well, during my Whitman days, a few of us attacked a rather hilly, rocky loop which was basically uphill the first half, then back down. I was warned by one of the guys to pace myself, as I hadn't been out there before. Let's just say I felt pretty good at the start and not so good after that. On the way back, he reminded me what he had said about pacing. Without giving it much thought, I replied, "I paced myself, my pace just changed!""

Looking forward to seeing everyone on Thanksgiving Day.

Eric

## Member Profile

### Sharon Sein

#### “QUIT SMOKING or YOU WILL DIE!”

These are the words that started my running career. That was fourteen years ago at my doctor's office. I was 33, married to my best friend, Marty, with three children, Bryan, Amber & Elizabeth. I did NOT want to die. In fact, I was ready to get healthy. I had battled asthma and seasonal allergies for years. Yes, I smoked *AND* had asthma. Talk about young and stupid. Well, my doctor's words resonated. I quit smoking cold turkey. You could say, I started running cold turkey too. I had no idea what I was getting in to, but I never looked back.

My first forays into running were more like comic relief. A good friend of mine said she would run with me. We started in early spring of 1996. Our “gear” consisted of about 5,000 layers and old sneakers. After the first 100 yards, we were stripping faster than pole dancers. When we got down to a comfortable mix of clothes vs. elements, we were pretty much done running. I think we managed just under a mile of walk-run. We thought we had completed the longest distance ever. And we felt it. Everywhere. For days. But, we went out again and again. A little wiser and a little more determined. We steadily improved and we were able to keep running a little longer each time until we made it two miles in 30 minutes. WE ROCKED!

We continued on a fairly consistent basis throughout the spring and summer. Then vacations, picnics, work, family and this thing called “life”, seemed to get in the way more and more. My running partner injured her knee and was sidelined. That might have been the end for me too, but my husband started running with me. This kept me motivated and I actually ran through the following winter. I wasn't doing anything to improve except to just keep going out. I was able to get my distance up to three miles. That distance is mighty impressive to non-runners. I was pretty impressed with myself too. So much so, that I entered the Sesame Place 5k that spring. My first race! And I missed it. Got up too late. OUCH!

I didn't enter another race until a few years later. But I kept running.

*(Continued on page 3)*



Sharon showcasing her running skills  
(and Eagles gear!) at Tyler Park.

(Member Profile Continued from page 2)

I started a new job in the spring of 1998 at a sporting equipment and apparel company. This was a great boost to my running. Most of the employees were very health conscious and it was encouraged by the company. All kinds of exercise and physical involvement were available: a full gym, softball games, tennis, squash, roller blading, volleyball, skiing and RUNNING. I started running with a group at lunch 4-5 times a week. This is a great way to get a workout in and create camaraderie at work. (I highly recommend it.) I managed to get my distance up to a very steady 5 miles and sometimes able to go long...6-7 miles. Woo-Hoo!

It was during these years that I entered a few more local 5k races. I ran with a group of co-workers at the Susan B. Komen Race For The Cure in Princeton a couple of times. I was so excited the first time I ran that race under 30 minutes. I also ran in a race my township sponsored that ventured into Tyler. Little did I know at the time that I would become such a big fan of the park. My first attempt in this run I actually placed first in my age group. Talk about a boost to my running confidence. I proudly took home my trophy. I still don't know if there were only three runners in my age group, but what the heck, I did beat at least two other 35-39 year-olds. That race gave me the confidence to try the Thanksgiving Day race put on by a local running club known as the Bucks County Road Runners. Still fresh from my first place finish in September, I thought "piece-of-cake 5 miles". *I should have skipped the cake.* "Gentle rolling terrain", WHAT THE? I was used to running 5 miles on *very flat* Jersey back roads. Core Creek was not flat! Well, I did make it to the finish in under 1 hour so I definitely deserved pie. I returned to run this race again every year and improved my times.

In 2002, I pushed the envelope and stepped up my distance. That was the first year I ran Broad Street! "10 Miles? No way!", I thought. But a neighbor challenged me and it was a few days before my fortieth birthday, so I signed up. I was so nervous, scared, excited and psyched at the starting line. There were approximately 9000 runners gathered on BS in front of Central High School. It was a chaotic scene, runners stretching, runners talking, runners high-fiving, runners answering the "call of nature". True to the City of Philly, the lack of port-a-potties made answering that "call" quite interesting. Then the race began. I was ready. I moved with the crowd. It was a sea of runners. Really cool! I think adrenalin got me through the first half. Just seeing City Hall up ahead and getting closer was very inspiring. I was running along the edge of the crowd, calling out to folks cheering, watching the clueless people, thanking Philly's Finest for coming out. Also, trying to avoid the *very clueless* who thought they could cross the street while hundreds of runners were going by. The best part were kids holding signs and cheering. If I would cheer, they would cheer. This really helped on the second half of BSR. Around mile eight, I started to feel like I was running out of gas. I thought "Just get to the next water station, big building, state flag, <insert landmark here>." Then I heard it: **The Rocky Theme!** I think it was around mile nine. Yes, I can do it. And I have run BSR every year since except for this year.

Since I survived 10 miles, why not push a bit further? The HALF MARATHON! 13.1 miles! In 2003, in a place known as Hamilton, NJ, an inaugural half marathon race was being held in October of 2003. A few of my co-workers were running and I decided to join them. How hard could it be? Heck, I could run Broad Street (now a 2-year veteran). What's 3.1 miles more? *A lot!* Especially on a course that throws in a nice hilly segment starting at mile 10. I finished, had a beer and some pizza and promptly tossed it. Note to self: go easy on post-run fare. Well, at least I got a medal, a finishers medal. For some crazy reason I signed up again next year.

2004 was my breakout year as a runner. I had my best time in the 5k (24:19), my best time in the half (2:00:00) and I took the challenge: **The MARATHON.** After finishing the Hamilton Half again, a friend and I decided we should do Philly. (Back then you could decide to sign up almost up until race day.) We were six weeks out from race day.

(Continued on page 4)

*(Member Profile Continued from page 3)*

What could go wrong with that plan? Did I tell you that I really don't know what I'm doing when it comes to running? Well, we searched online, read up in Runner's World and came up with our "training plan". My co-conspirator, Donna, and I decided that what was most important for us to accomplish in such a short time, was the "long run". We scheduled three: 15, 18 and 20 miles. The last one was two weeks before the race. Not really what you are supposed to do, but did I mention I don't *know* what to do? I thought that 20-miler was going to kill me. I hated it! I had to get that out of my head. I know, *go dancing*. I went to a Beef-n-Beer that night, had way too much beer, danced on my tired legs, and felt exhausted on Sunday. But it worked. I got that crappy run out of my head.

Race day we got into the starting corrals and decided what our goals were. No, I'm not kidding, we decided right then and there.

Goal number one: FINISH.

Goal number two: Finish in under 5 hours.

Goal number three: Feel Good.

Guess what? We met our goals. I finished in 4:53:30. I was so happy! And emotional. I cried as I was running toward the finish line. That was the biggest rush. (I wish I had a picture!) The next day I couldn't walk. Or the next. But the Thanksgiving Day race was in two days. *I had to do it*. I did and took off for the next week and half. Then a little thing called the BCRR Winter Series started...

I have been a member of BCRR since 2004 and I hope to continue for many years to come. This club is great. It has so many benefits, but the greatest of all is the members. Or as I like to call them, friends. Crazy friends. Another benefit that I recently took advantage of, is the track workouts. I think I might have mentioned my lack of running knowledge, so these workouts have really helped me improve. I want to thank Chris & Allyson for coordinating and planning the workouts. Your guidance is much appreciated. I recommend taking advantage of this benefit to all BCRR members.

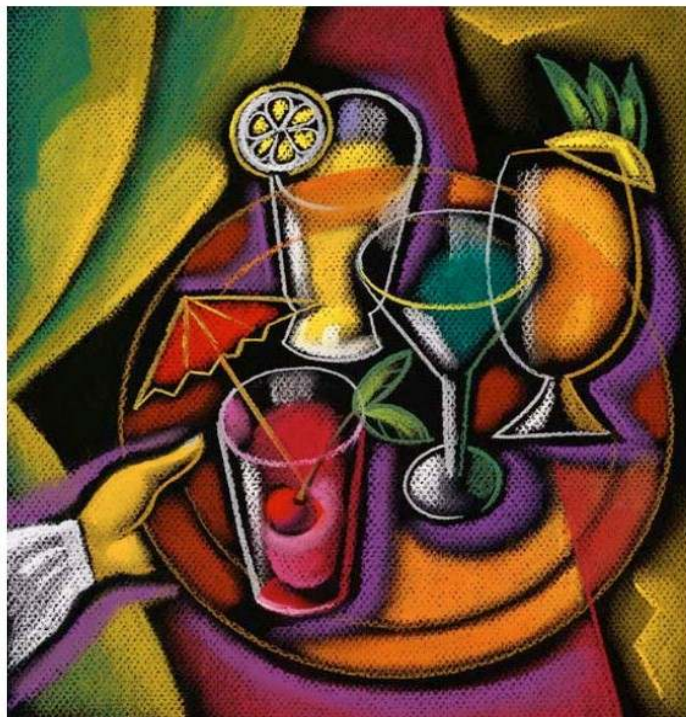
Earlier this year, after the winter series was over, a group of my fellow BCRR's came together to form an informal running group. Sometimes we have a large group and sometimes it's only two, but I LOVE these runs. Thanks Rod, Debbie, Mike, Kevin, Carolyn, John and anyone else who may have joined us for a run. We have covered a lot of miles and explored new territory, but the best part is the camaraderie. (Any one else who would like to join us, we usually meet 9:00am Sundays at the boathouse during the off ws-season.)

And last, but not least, I like to thank the club leadership. Being a volunteer organization, it takes a lot of personal time to make sure things run (pardon the pun) smoothly. A lot of folks have stepped up over the years to make sure our club is the outstanding organization that it is. Thank you Eric, Chris, Melanie, Fred, Emily, Greg, Bill, Mark, Ray, Bob and all who have served this great club. I'm looking forward to another awesome winter series and, of course, HOT CHOCOLATE!

## Tyler State Park Volunteer Day A Success!

On October 10<sup>th</sup>, with the help of Tyler State Park Manager Michael Crowley, close to 30 BCRR members and their families gave up their morning rituals—not to sleep in—but to help out the park that they love so much. Originally, we had planned on picking up litter, clearing trails and spreading wood chips. However, the several mounds of wood chip mulch brought in to cover The Boardwalk play area proved a formidable challenge. We realized quickly that rather than spread our resources over several areas we would instead all be needed to spread the wood chips. After several hours we were able to insulate the playground thoroughly and ensure that it was significantly cushioned for kids to play on.

I would like to thank everyone that came out to help and generously gave their time to support the park that has for so long supported us. Hopefully, we can make this (at the least!) an annual event and continue to show our gratitude to Tyler State Park and it's employees.



# BCRR Third Thursday Social

Thursday, Nov. 19, 2009

Red Robin at Oxford Valley Mall; Langhorne, PA

7:30PM; Bar Area; Separate Checks

Come one! Come all!!

Questions: 609-969-0588; or  
[melanielschranz@gmail.com](mailto:melanielschranz@gmail.com)

• 20TH ANNUAL •  
**BUCKS COUNTY ROAD RUNNERS CLUB**  
**THANKSGIVING DAY**



**THURSDAY MORNING, NOVEMBER 26, 2009** & One Mile Fun Run/Walk

TO BENEFIT



**Northeast Building Products**  
 Quality from the outside in.



**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

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

**T-SHIRTS**  
 LONG SLEEVE T-SHIRT TO ALL PRE-REGISTRANTS  
 and to RACE-DAY REGISTRANTS WHILE SUPPLIES LAST.  
**IN 2007 and 2008 WE RAN OUT - ENTER EARLY**  
**DESIGN CONTEST INFORMATION AT: www.bcrr.info**

**REGISTRATION**

ENTER ONLINE AT:  
**active.com** SEARCH: BUCKS THANKSGIVING  
 or EVENT ID: 1799996

OR BY MAIL:  
 5 MILE: \$20 if RECEIVED BY November 11, 2009  
 \$25 IF RECEIVED November 14-24, 2009  
**LATE FEE: \$30.00**  
 1 MILE: \$10 if received by November 24, 2009

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

**TIMING & RESULTS**  
 MILES MARKED, COMPLETE RESULTS POSTED ON LINE

**COURSE MAP & DOWNLOADABLE INFORMATION:**  
 AVAILABLE AT **WWW.BCRR.INFO** or call **215:530.6047**

**2009 BCRRC THANKSGIVING 5 MILER & ONE MILE FUN RUN 26NOV09**

NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

GENDER  M  F    AGE  /     D.O.B  /  /   
Month Day Year

SHIRT SIZE  S  M  L  XL    RACE MILE:  5MILE:

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, Bethana, 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

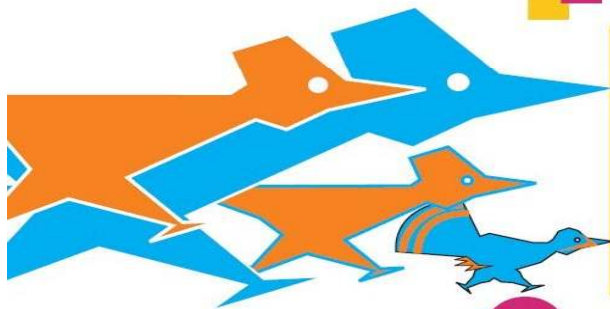
PARTICIPANT'S SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

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

The 20th ANNUAL  
**BUCKS COUNTY ROADRUNNERS CLUB**  
**Thanksgiving Day 5 Mile Run**  
 & One Mile Fun Run/Walk  
**THURSDAY MORNING, NOVEMBER 26, 2009**

TO BENEFIT:  
  
**Bethanna**  
 BETHANNA.ORG  
 PROVIDING SERVICES TO CHILDREN



**T-SHIRT  
 DESIGN  
 CONTEST**

COME RUN or WALK  
 5 MILES or ONE MILE on  
 THANKSGIVING  
 MORNING

WINNING DESIGN WILL BE USED FOR THE 2009 DESIGN and OTHER RACE MARKETING

**WIN A PAIR OF RUNNING SHOES**

COURTESY OF BUCKS COUNTY RUNNING COMPANY  
 MULTIPLE SUBMISSIONS ALLOWED, PLEASE INCLUDE CONTACT INFORMATION ON BACK  
 DESIGNS WILL BE ON DISPLAY IN THE STORE WHEN RECEIVED

MAIL or DROP-OFF YOUR SUBMISSIONS  
 BY NOVEMBER 1, 2009, TO:



**BUCKS COUNTY  
 RUNNING COMPANY**

25 W. STATE STREET  
 DOYLESTOWN, PA 18901  
 215.230.9606

[www.buckscountyrunningcompany.com](http://www.buckscountyrunningcompany.com)

FOR MORE CLUB AND RACE INFORMATION:  
[WWW.BCRR.INFO](http://WWW.BCRR.INFO)

JUDGING 6:45PM, NOVEMBER 4, 2009, at BUCKS COUNTY RUNNING COMPANY

## Philadelphia Distance Run Tailgate Photos!





## BCRR Local Race Schedule

E-mail: [mortensen\\_christopher@yahoo.com](mailto:mortensen_christopher@yahoo.com)

Please contact race officials beforehand to validate information below!

"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves... The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable." - Sir Roger Bannister

November 1	Cooper-Amerihealth 10K Bridge Run	Ben Franklin Bridge, Philadelphia-Camden	609-933-3725
November 7	4th Annual Family Service 5K and 1 Mile Run	Lumberton, NJ	<a href="http://www.fam-serv.org/programs/5k-run.html">http://www.fam-serv.org/programs/5k-run.html</a>
November 7	Autism Cares Foundation 5K	Tyler State Park, Newtown, PA	<a href="mailto:race@autismcaresfoundation.org">race@autismcaresfoundation.org</a> <a href="http://www.active.com">http://www.active.com</a>
November 7	2nd Annual I Can Run 5K and Kids Race	Chalfont, PA	<a href="http://www.hemophiliasupport.org/">http://www.hemophiliasupport.org/</a> <a href="http://www.active.com">http://www.active.com</a> christiner@hemophiliasupport.org
November 8	8th Annual Greyhound Freedom 5K Run and 2 Mile Walk	Tyler State Park, Newtown, PA	215-340-7658 <a href="mailto:cagr@nogreyhoundracing.com">cagr@nogreyhoundracing.com</a>
November 15	37th Schuylkill River 8.4 Mile Loop Run	Memorial Hall, Philadelphia, PA	215-487-0770
November 15	Media Mud Stain 5 Mile Trail Run	Media, PA	<a href="http://www.trimaxendurancesports.com/MediaMudRun.html">http://www.trimaxendurancesports.com/MediaMudRun.html</a>
November 22	Philadelphia Marathon/Half-Marathon and 8K	Philadelphia, PA	215-683-2060 <a href="http://www.philadelphiamarathon.com">www.philadelphiamarathon.com</a>
November 26	Bucks County Roadrunners Thanksgiving Day 5 Miler & 1 Mile Fun Run	Summit Square SC, Langhorne, PA	215-530-6047
November 28	6th Annual 10K Rock and Run	Council Rock South High School, Newtown, PA	215-364-4782 <a href="mailto:rraps7@aol.com">rraps7@aol.com</a>
December 5	Reindeer Run 5K and Fun Run	Franklin Lakes, NJ	201-258-1001 <a href="mailto:mzrace@oymp.net">mzrace@oymp.net</a> <a href="http://www.oymp.net">http://www.oymp.net</a>
December 6	Bucks County Roadrunners Tyler Informal 5.3 Mile Run	Tyler State Park, Newtown, PA	<a href="http://www.bcurr.info">http://www.bcurr.info</a>
December 12	Jingle Bell Run/Walk For Arthritis 5K and 1 Mile	Bethlehem, PA	<a href="mailto:davee58@msn.com">davee58@msn.com</a> 610-737-3616
December 13	Bucks County Roadrunners Covered Bridge 5K Run	Tyler State Park, Newtown, PA	<a href="http://www.bcurr.info">http://www.bcurr.info</a>
December 20	Bucks County Roadrunners Jingle Bell 5.3 Mile Run	Tyler State Park, Newtown, PA	<a href="http://www.bcurr.info">http://www.bcurr.info</a>
December 27	Bucks County Roadrunners Tyler Challenge 10K Run	Tyler State Park, Newtown, PA	<a href="http://www.bcurr.info">http://www.bcurr.info</a>
January 1	Bucks County Roadrunners Cham-Pain 5K Run	Tyler State Park, Newtown, PA	<a href="http://www.bcurr.info">http://www.bcurr.info</a>
January 9	Freezing Cold Hash Run	Edison, NJ	<a href="mailto:kenvnjlaw@verizon.net">kenvnjlaw@verizon.net</a> 732-572-0500 <a href="http://www.njlaws.com/FREEZING_COLD_HASH_RUN.htm">http://www.njlaws.com/FREEZING_COLD_HASH_RUN.htm</a>
January 10	Bucks County Roadrunners Predict Your Time 5.3 Mile Run	Tyler State Park, Newtown, PA	<a href="http://www.bcurr.info">http://www.bcurr.info</a>
January 17	Bucks County Roadrunners Polar Bear 8 Mile Run	Tyler State Park, Newtown, PA	<a href="http://www.bcurr.info">http://www.bcurr.info</a>
January 24	Bucks County Roadrunners Honest Abe 4.6 Mile Run	Tyler State Park, Newtown, PA	<a href="http://www.bcurr.info">http://www.bcurr.info</a>
January 31	Bucks County Roadrunners Terrible Tyler 9.3 Mile Run	Tyler State Park, Newtown, PA	<a href="http://www.bcurr.info">http://www.bcurr.info</a>
February 7	Bucks County Roadrunners Pick Your Way 5.3 Mile Run	Tyler State Park, Newtown, PA	<a href="http://www.bcurr.info">http://www.bcurr.info</a>
February 14	Bucks County Roadrunners Eenie-Meanie Half Marathon	Tyler State Park, Newtown, PA	<a href="http://www.bcurr.info">http://www.bcurr.info</a>
February 21	Bucks County Roadrunners Staggered Start 4.6 Mile Run	Tyler State Park, Newtown, PA	<a href="http://www.bcurr.info">http://www.bcurr.info</a>
May 2	Broad Street Run	Broad Street, Philadelphia, PA	<a href="http://www.broadstreetrun.com">http://www.broadstreetrun.com</a> <a href="mailto:bsrhelp@aim.com">bsrhelp@aim.com</a>