



BUCKS COUNTY ROAD RUNNERS

PRESIDENT'S MESSAGE

Looking Back, Looking Ahead

Winter Series

Congratulations to Jennifer Holiday and Jim Barger, who were declared the 2006/2007 Winter Series overall champions. More congratulations are in order not only the other award winners, but also to everyone who participated. This was the best Winter Series ever in terms of participation and weather. I look forward to everyone returning next year.

Don't forget the Sesame Place Classic 5K on May 20. We will again be sending applications in as a group to take advantage of the \$10 per person group rate. Please include your family, significant other, friends, neighbors, etc. There is free admission to park for all participants. No better bargain for \$10. An application is attached to this newsletter. We have to send in together so please send your application and check (payable to BCRR) for \$10/per person to:

BCRR

Post Office Box 188

Newtown, PA 18940

Also please fill out application completely including race you want to run, shirt size, check off group registration and include name BCRR or Bucks County Roadrunners.

Please send in by May 4th so we get in to early registration.

It's also not too early to think about River to Sea 12 on August 4. Last year the BCRR sent 12 teams of 7 runners each to this 92 mile relay race from Milford to Manasquan. We already have enough people for 14 teams this year. If you still want to run you can sign on as a replacement or try to get enough people to make a team. If you are interested, let Bill Schaffling (william.schaffling@bms.com) know. We normally have several injuries with this many runners so you will have a good chance of running. The race consists of 14 legs of varying length and difficulty, and each team member does two legs. There are legs for all abilities.

Time to split -

Greg

APRIL 2007

BCRR Officers:

- *President - Greg Grace*
215-321-3377
- *Vice President - Eric Stern*
- *Treasurer - Fred Gropper*
- *Social Director*
Melanie Schranz
609-730-1797
- *Club clothing - Ray Galenty*
215-946-1476
- *Webmaster - Emily Grace*
- *News Editor - Glenn Cohen*
Gcertified@comcast.net

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Run Hard...Play Hard

Run Hard, Play Hard

By: Melanie Schranz, BCRR Social Director

I meant to go running today to get a column idea, but I was so tuckered out from a busy weekend of running, riding, and working (volunteering, actually) that I never made it out for a run. Normally when that happens the only person that suffers is me; however when a column idea is at stake unfortunately you all suffer, too. Undeterred by lack of a column idea however, I sat down at my laptop waiting for inspiration. It never came; instead what I kept thinking about is a new running habit I have picked up. Every Tuesday and Thursday I take an early morning Spinning class at the gym. Joe joins me. We spin for 45 minutes then when the rest of the class heads for the shower or the steam room, we head to the locker room to change into our running gear and then head out for a 4 mile run. And here is the odd part -- I really look forward to these runs. Not because it's running, but because it's running with someone. It's odd that I would enjoy this so much because I've always been a solo runner. I like biking with others; I like playing team sports, but running, well that's a "me" thing – something I do by myself. My runs are when I work out problems like world hunger, or perhaps less easily solved: what to get my dad for his birthday. I always thought if you run with someone you can't do these things. How wrong I was. Since Joe and I have been running together I've come to really look forward to these runs. And it's not because it's a lot harder to ditch the run when you know you have someone waiting for you (it is), but because I enjoy our time together on a run. Sometimes we talk, or I should say, I talk, but a lot of time it's about sharing a sunrise, or noticing the subtleties of how it's getting lighter earlier. Sometimes we push the pace (oddly enough me more than him) and other times we take it easy. I realize that finding a running partner is probably a reason most of you joined BCRR. If you haven't found a running partner, or the right running partner, I encourage you to keep looking. When you find the right running partner, you'll know it – someone who makes you a better runner and dare I say, a better person, too. I see it in my friends Jim and Kenny. I see it in Chris and Bob. I see it in Jen and Lisa. Ed and John. Mary and Emily. When you find that person, you'll know. Keep looking. I swear it is worth it.

We had a strong showing at our March Social; including the Red Robin (unfortunately I was late and missed the photo opportunity). We met at Red Robin Restaurant in Langhorne and enjoyed some adult beverages, yummy burgers and NCAA basketball (a Duke loss). Coming out for the fun was Gregg Holst, Michael Crowley, Eric Stern, Fred Gropper, Greg Grace, Allyson Jann, Jim Barger, Chris Thompson, Joe Boyce, Jen Holiday, Bob Curci, Ray Galenty and Scott Craig.

Per tradition, we're meeting in Upper Bucks County in April. The Third Thursday is April 19th and we're going back to Chambers – this time the bar side (see below), that seemed to work well for us in February. We meet at 7:30PM, but come any time. On tap for May (probably) is a wine tasting at a local winery. I am looking into it, so hopefully that will materialize. Look for details in the May newsletter.

Chambers 19 Bistro and Bar at 19 North Main Street; Doylestown, PA 18901 (p. 215.348.1940). Chambers is on Main Street in Doylestown, across the street from the Starbucks. We do separate checks.

Remember ... run hard and play hard, but most importantly, have fun out there.

WINTER SERIES BANQUET 2007

2007 Winter Series Banquet – A Round of Applause! By: Melanie Schranz, BCRR Social Director

Sunday, March 25th was BCRR's Winter Series Banquet. Over 115 of you came out and enjoyed the evening. It was a great night and so much fun. There were so many great moments, but two stick out in my head that to me is what the BCRR Winter Series Banquet is all about, and I want to share them with you. First, the banquet is all about recognizing the winners of the Winter Series. It's not easy to take home an age group award. It takes effort, commitment and a healthy dose of athleticism. Nothing makes me smile more than when I see the look of surprise on someone's face when their name is announced as an age group winner. This year it was Heather Haque. Heather won in the Female 30 to 34 Age Group. BCRR has a lot of fast women, in all age groups, and Heather worked hard for her award. Her look of surprise is what the Winter Series is all about. Congratulations Heather, and to all of you who worked hard for those awards – you deserve them! A big round of applause to all the winners! Second, the banquet is also about meeting new members, seeing old faces and being reminded that underneath those short running shorts, those shoes with too many miles on them and that salt crusted sweat line on our faces that we're not only a club of great runners, but also a club of great people. About 9:30PM, after the awards were given out and when the music was turned up for dancing, I noticed one of our long time members, Don Dougherty, and his wife Joan, were getting ready to leave. I was especially grateful to Don and Joan for coming. It was good to see Don doing so well after a tough year. I went over to say goodbye and thank them for coming. After that I headed back to the dance floor. No sooner had I made it back to the dance floor when Pat, our DJ, put on the music for The Electric Slide. Knowing that it would take a little coaxing for some folks to join in the dance I swung around to start the dance when out of nowhere came Don Dougherty flying (and I mean flying) back to the dance floor to do one of the liveliest and most energetic showings of The Electric Slide that I've ever seen. This guy can dance! He was poetry in motion and I got such a kick out of watching him dance with such enthusiasm. These two moments reminded me we're definitely a club of great runners, as Heather Haque proved in taking home 1st place in the Female 30 to 34 age group, and as Don showed us, we're also a club of great people.

But of course, the real reason we celebrate is to reveal the Overall Male and Female Champions. A special congratulations with perhaps a standing ovation with that round of applause to Jen Holiday, Overall Female Series Winner, and Jim Barger, Overall Male Series Winner. These two impressive athletes consistently pushed the pace and earned impressive awards for their accomplishments. Congratulations Jen and Jim, you can now be called a BCRR Winter Series Champion!

Continued on next page

By the way, we've got you guys booked for the upcoming Olympic Trials so um, get back out there on those Tyler hills!

Whether you won an award, or a Giveaway Basket, or a Centerpiece, or you just ran up a decent bar tab, it was a fun night! All of us dressed up and enjoying each other's company, meeting spouses and families, welcoming the new BCRR members, seeing old friends. Congratulating the winners and officially ending BCRR's signature event, the 2006 – 2007 Winter Series. I couldn't have done it without help from a lot of people, namely all the BCRR officers, Greg, Eric, Fred, Ray, Glen and Carmine. These guys pitch in and help make it all come together. To Bob and Emily Curci, the Mug Design Winners. Bob and Emily came up with a very creative design, popsicle sticks, and the mugs are wonderful! Special thanks to Hank DeMusz for doing the artwork on Emily's design so it could go on a mug. Hank is an amazing and talented artist. To Pat McCloskey, our DJ. He spins the tunes, wears a funky and funny orange and blue tux and enjoys every minute of entertaining us. Thanks Pat for working while the rest of us partied. To Joe Boyce, Emcee Extraordinaire. He could give Billy Crystal, Dave Letterman and Ellen DeGeneres a run for their money as Oscar host/hostess. Joe has a bag of tricks and jokes at the ready and delivers them up to roars of laughter. He kept the evening moving and the flawless execution of the night goes all to his credit. Thanks for emceeing Joe! To my amazing set up and tear down crew of George Holiday, Lisa Smedley, Donna Fay, Bill Schaffling and Ray Galenty – all take orders with ease and work to my par excellence standards with little direction and impressive results. You guys are the best, thank you! To Jen Holiday, hands down I could not have done it without her. She made the impressive centerpieces, picked out the yummy menu, helped make three giveaway baskets and patiently responded to my many last minute panics with such calm I found myself instantly relaxed after talking with Jen. She's amazing in ways I can't even begin to mention. Finally, to YOU, none of what I do would make any difference if you didn't come out to enjoy the evening. It was beautiful. I couldn't have been more pleased or happier than seeing so many of you at the banquet. Thank you for coming! We're in the process of reviewing the banquet and looking to improve next year. Many of you came up to me and said how much fun you had, and how much you enjoyed it. We're glad. It's for you, and about you. In the words of Len Herman, thanks for making BCRR what it is: a club of great runners, and even greater people. See you all next year!

2006 – 2007 Winter Series Mug Pickup

The 2006 – 2007 Winter Series Mug is available for all WS Volunteers. If you have not picked up your mug, they will be available at the following times/locations.

- Weekend Runs
- Sesame Place 5k and the Broad Street Run

In addition, Greg Grace, Bill Schaffling, Bob Curci and Melanie Schranz will have mugs available at social events and runs. It's our aim to distribute these to all WS Volunteers before the beginning of next year's Winter Series so help us get them to you. If you are unable to pick these up at the above times, please email Melanie Schranz at mschranz@comcast.net, or 609-730-1797. Thank you!

Title Sponsors
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 Jefferson Health System®

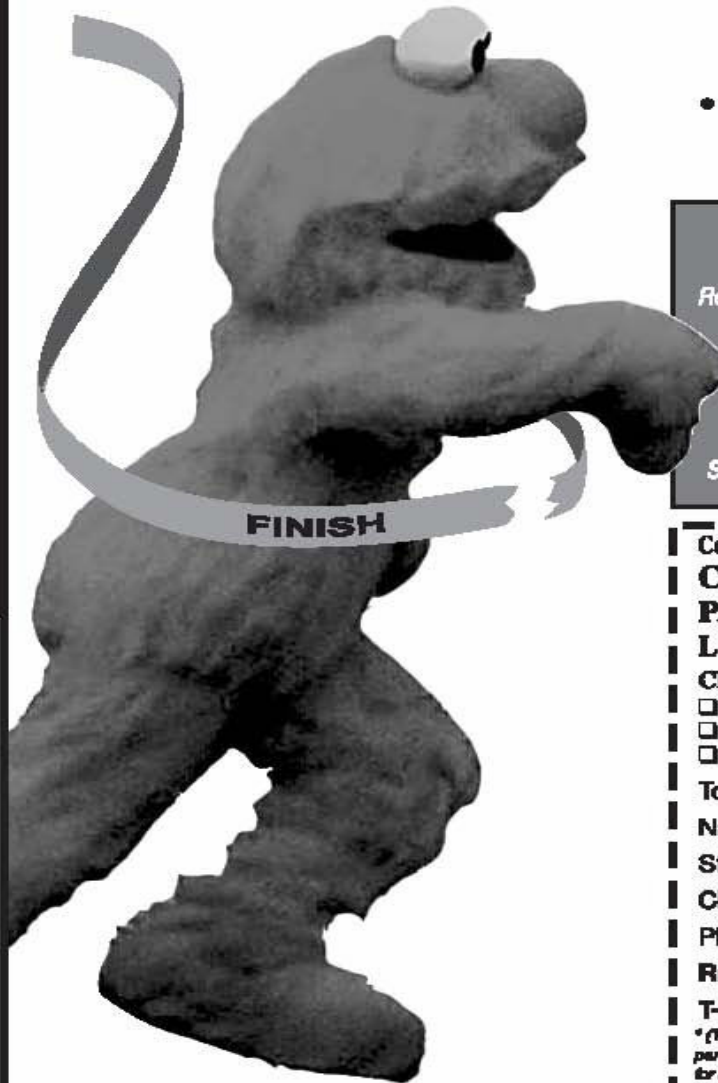
Courier-Kiwanis
SESAME PLACE
Classic

Rain or Shine
 Proceeds benefit
 Dick Dougherty
 Scholarship Fund.

Sunday, May 20, 2007

Race Features:

- USA Track & Field Certified Course
- Web site www.phillyburbs.com



SCHEDULE	5K PRIZE MONEY	CATEGORIES
7:00-8:00 AM Registration & Packet Pickup		MEN and WOMEN
8:05 AM 1 Mile Fun Run/Walk	\$100 First	12-U 13-14 15-18
8:30 AM 5K Run/Walk	\$75 Second	19-29 30-34 35-39
After 5K Sesame Sprint (ages 5-10)	\$50 Third	40-44 45-49 50-54
	\$25 Masters	55-59
	Prizes for top 3 overall men & women	WOMEN ONLY 60 & over
		MEN ONLY 60-69 70 & over

Complete this entry form and mail it to:

Courier-Kiwanis Sesame Place Classic

P.O. Box 841

Levittown, PA 19058

Checks payable to Levittown-Bristol Kiwanis

\$15 pre-registration (by May 11, 2007)

\$20 race day registration

Group Registration* Group Name _____

Total Enclosed _____

Name: _____ Age: _____

Street: _____

City: _____ State: _____ Zip: _____

Phone: _____ Male Female

Race: 5K Run/Walk 1 Mile Fun Run Sesame Sprint

T-shirt size: Adult Xtra Large Adult Large Child Large

* (Participants go to the first 1,000 pre-registered entrants) I hereby assume all risks related to participation in the Courier-Kiwanis Sesame Place Classic. I release myself, heirs, and executors for injury or illness which may result from my participation. I further state that I am in proper physical condition to compete in this event. *Group Registration Registration is \$15 per person for groups of 20 or more. Group pays \$10 per person and keeps \$5 per person. Groups must submit all registration forms together with one check to receive group discount.

*Pre-registration deadline:
 May 11, 2007

Signature: _____
 Children under 18 years must have a parent sign
 Only one entry per form. Copies are acceptable.

FREE ADMISSION
for all race participants

Directions From I-95 North and South: Exit at US 1 North (Exit 46A); get off at first exit (Oxford Valley); make right at light; follow one-half mile to Sesame Place on right. From US 1: Exit at Oxford Valley; make right at light (if heading north - left if heading south); follow one-half mile to Sesame Place on right.

Race Schedule

April 14, 2007	15th Bull Run Run 50 Miler	Clifton, VA	
April 14, 2007	Roxborough 5K	Roxborough-Phila., PA	215-806-1000
April 14, 2007	Trimax Media Mudfest 5K & 10K Trail Runs	Media, PA	
April 15, 2007	Legs Against Arms 5K Run and 1 M Run/Walk	Mann Music Center, Phila., PA	
April 15, 2007	Our Lady of Mt. Carmel 5K	Central Park, Doylestown, PA	215-489-5551
April 15, 2007	Eden Family 5K & 1 Mile	Princeton, NJ	609-631-9211
April 16, 2007	111th Boston Marathon	Boston, MA	
April 21, 2007	26th Clean Air Council 5K	MLK Drive, Phila., PA	215-567-4004 (X 102)
April 21, 2007	Fitness Center 5K Run (Bucks 5K Series)	Warrington, PA	215-918-5921
April 21, 2007	Great Causeway Challenge 30 M Bike, 10K Run	Manahawkin, NJ	609-978-3076
April 21, 2007	Whitemarsh 5K	Lafayette Hill, PA	610-828-7276
April 22, 2007	Dash for Donor Awareness 3K, 5K and 10K	Philadelphia, PA	215-557-8090
April 22, 2007	Penn Relays Distance Classic 20K & 5K UPenn	Franklin Field, Phila., PA	215-343-7908
April 22, 2007	Mad Dash Trail Run 5 and 1.6 Miles	Hamburg, PA	610-562-7909
April 22, 2007	Commodore Barry Bridge 5K and 10K	Bridgeport, NJ	610-328-3979
April 22, 2007	Valley Forge Revolutionary Run 5 Miler	Valley Forge State Park, PA	610-834-7970
April 27, 2007	Out-and-Back 4 Mile Party Run Kelly Drive-Art Museum-Phila., PA		610-527-5510
April 28, 2007	Elwyn Maximum 5K (DELCO RRC Event)Elwyn Institute, Media-Elwyn, PA		610-891-2656
April 28, 2007	Trail Triple Crown 10K Trail Run White Clay Creek SP, Newark, DE		302-453-0859
April 28, 2007	Great Grizzly 5K Run	Doylestown, PA	215-766-7986
April 28, 2007	2nd Country Roads 5K	Allentown, NJ	609-689-0136 (X143)
April 28, 2007	3rd Teal Ribbon 5K to Overcome Ovarian Cancer Phila., PA		610-446-2272
April 29, 2007	Bucks Fit 5K and 1K Northampton Twp Municipal Park		215-357-6800 (X 249)
April 29, 2007	Run with Rotary 5K and 1 Mile	Montgomery Twp., NJ	609-588-4205
April 29, 2007	11th New Jersey Marathon & 1/2 Marathon	Long Branch, NJ	732-578-1771
April 29, 2007	Miles for Mercy 5K Run/Walk/ Kids Gwynedd Mercy Academy, Gwynedd, PA		215-542-7574
April 29, 2007	Gold's Gym 2 Person Marathon Relay	Long Branch, NJ	732-578-1771
April 29, 2007	25th Inglis House 5 Miler	Fairmount Park, Phila., PA	215-581-0741
April 29, 2007	Lower Moreland Community Links 5K	Lower Moreland HS, Huntingdon Valley, PA	
April 29, 2007	Long Branch Half Marathon	Long Branch, NJ	732-578-1771
April 29, 2007	Lehigh Valley Half Marathon & 5K	Allentown, PA	610-434-9133
May 5, 2007	University City 5K	Drexel U, Phila., PA	215-896-1971
May 6, 2007	28th Blue Cross Broad Street Run- 10 Miler Central HS to Navy Yard, Phila., PA		215-683-3594
May 20, 2007	Kiwanis-Courier Sesame Place Classic 5K	Langhorne, PA	

Please contact *Phil Miele* (215) 752-8066 (pmiele@verizonmail.com) with any additions, corrections or cancellations.

RACE SCHEDULE CONTINUED

May 6, 2007	Safe from the Sun 5K Run and Walk	Villanova University, Villanova, PA	610-343-0183
May 6, 2007	3rd Lymphomathon 5K	West Windsor, NJ	732-381-0318
May 6, 2007	The Big Red Race IV 5K & Kids	Lawrenceville, NJ	609-912-1911
May 7, 2007	Alligator Trail Run 10K	Reading, PA	610-921-7532
May 12, 2007	May Day 5K	Peace Valley Park, New Britain, PA	215-361-6153
May 12, 2007	4th Newport 10,000	Jersey City, NJ USATF & Prize \$\$\$\$	732-381-0318
May 12, 2007	Vanguard School 10K Challenge	Paoli, PA	610-296-6700 (X180)
May 12, 2007	Sertoma 5K (Bucks 5K Series)	Central Park, Doylestown, PA	215-348-2940
May 13, 2007	Run for the Cure 5K	Phila Art Museum	215-238-8900
May 13, 2007	Spring Trail 5.3 Mile Run	Frances Slocum SP, Kingston Twp., PA	570-474-5363
May 19, 2007	Haycock 10K	Quakertown, PA	215-538-1668
May 19, 2007	Breakneck Five Miler	Sewell, NJ	
May 20, 2007	Kiwanis-Courier Sesame Place Classic 5K	Langhorne, PA	
May 20, 2007	21st Vietnam Veterans 5K and 10K Run/Walk	Phila., PA	856-461-6637
May 20, 2007	Phila. Bar Association Charities 5K MLK Drive, Phila., PA		215-567-2020 (X 130)
May 20, 2007	4th Delaware Marathon & 4 Person Relay	Wilmington Riverfront, DE	302-654-6400
May 26, 2007	Doylestown 5K (Bucks 5K Series)	Doylestown, PA	215-340-5039
May 27, 2007	24th Liberty to Liberty Triathlon & Duathlon	NYC/ NJ/ Phila	732-381-0318
May 27, 2007	Pagoda Pacers Charlie Horse 1/2 Marathon Trail Run	Reading, PA	
June 2, 2007	Wissahickon Trail Classic 10K and 5K Walk	Forbidden Drive @ NW Ave., Chestnut Hill	215-951-0330 (X 2131)
June 3, 2007	2nd Run the Gates 5 Mile Run & 2 Mile Walk	Snowball/Forsythia Gates, Levittown, PA	215-752-8066
June 3, 2007	Strides for Strokes 5K	MLK Drive, Phila., PA	215-772-9040
June 8, 2007	7th Running of the Monk 5K (DELCO RRC Event) Springfield Delco , PA		610-328-3979
June 9, 2007	Princeton June Fete 10K	Princeton, NJ	607-716-4546
June 9, 2007	Chalfont Challenge 5K (Bucks 5K Series)	Chalfont, PA	Marilyn Jacobson
June 10, 2007	20th George Washington Bridge Challenge 5K & 10K Fort Lee, NJ and NYC		201-457-3418 (X 2221)
June 10, 2007	Congregation Beth Or's "Oy Vey" 5K	Maple Glen, PA	215-628-2426
June 13, 2007	Summer Solstice 5K	Ambler YMCA, PA	215-628-9950
June 17, 2007	Special Equestrians 5K	Warrington, PA	215-918-1001 (X313)
June 17, 2007	5th ACS Run for Dad 5K	Mercer County Park, West Windsor, NJ	732-381-0318
June 21, 2007	Northeast RRC 10K	Pennypack Park, Phila., PA	215-343-7908
June 24, 2007	Double Trouble Trail Runs 15K and 30K	French Creek SP, Reading, PA	610-779-2668
July 4, 2007	Pitman Freedom 4 Miler	Pitman, NJ	856-589-4665
July 28, 2007	20th Run for the Hill of It 5 MileRun and 1 Mile Walk	Chestnut Hill, PA	
August 4, 2007	12th River to Sea Relay (R2C12) 92 Mile Handicapped	Milford, NJ to Manasquan, NJ	732-381-0318
August 12, 2007	Half Wit Half Marathon Trail Run	Reading, PA	610-779-2668
August 12, 2007	Batsto Pig Iron 5K, 2M Walk & Kids Races	Historic Batsto Village, Hammonton, NJ	866-841-9139 (X3807)
September 9, 2007	Garden of Reflection 5K	Yardley, PA	215-630-6655
September 16, 2007	Philadelphia Distance Run 13.1 M	Phila Museum of Art, Phila, PA	

WS CHAMPIONS 2006-2007 JIM BARGER AND JEN HOLIDAY

