



BUCKS COUNTY ROADRUNNERS

January 2012 Newsletter

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[@bcrr_roadrunner](https://twitter.com/bcrr_roadrunner)

BCRR Officers

Fred Gropper fredgropper@yahoo.com	President 215-337-9609
Chris Mortensen mortensen_christopher@yahoo.com	Vice President, News Editor
Gregg Holst gholst@comcast.net	Treasurer
Melanie Schranz bcrrsocial@gmail.com	Secretary 609-969-0588
Mark Zacharias markzacharias@verizon.net	Winter Series Director 215-275-3812
Lori Merrill lmerrillbcrr@gmail.com	Social Director
Greg Grace greggrace@aol.com	Membership Director
Anthony Accardo, Mark Eiler bcrrapparel@gmail.com	Club Clothing
Harris Brenner harris.brenner@gmail.com	Webmaster

PRESIDENT'S MESSAGE

I hope everyone had a great holiday. The Music Industry shuts down for the week between Christmas and New Year's so I was able to spend quality time with family, get organized at home and do a lot of daylight outdoor runs. My New Year's resolution is the same as last year's: learn a musical instrument.

It appears that a popular resolution this year is participation in the Winter Series. It seems almost each week we are setting a new record for finishers. As Jerry Seinfeld says, "Who are these people?" Fortunately, we have the Predict the Time Race featuring the "Meet & Greet". It is a fun race and an opportunity to put a face to name or vice versa.

We are having a few issues with the Winter Series:

1. Please turn in your popsicle stick to registration. Each week, we have a number of UNKNOWN RUNNERS. When you finish, please report to the registration desk before you partake refreshments.
2. Although we have season long volunteers, the success of the series is based on each member volunteering for ONE race. You must volunteer for one race to be eligible for an award and to receive a coveted mug.
3. Please remember, we are guests in the park. We are so lucky to

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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: Hill Work
 Where: Council Rock South
 When: Thursdays at 6:00 PM
 Why: Get faster, learn to run hills
 Who: Contact Chris Thompson
wilennium@hotmail.com

Weekly Run 4

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 5

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

Rich and Maggie Kanak

Thanks to Chris M. for asking us to be part of the BCRR newsletter. We are both extremely grateful for what the club has done for us and help us to achieve ... both as individuals and a married couple! Okay, here we go...

Rich's running history

Running for Rich goes back to pre- high school days, where he had a brief and (apparently) unsuccessful membership on a grade school track team. He went to St. Matthews in northeast Philadelphia and recalls running a leg in the 400m relay at the Penn relays. Rich ran what he thought to be a really good leg of the race but was approached by the coach afterward and all he said was "What happened out there Rich?"

After that he really had no desire to run as a form of competition or even exercise. Rich did continue to play soccer throughout high school at Father Judge HS in the northeast.

Maggie's running history.....

As far as she can remember, Maggie's debut into running began while in college (Temple University). She had surpassed the "freshman 15" by at least 5 pounds

(Yikes) and decided that if she were to continue with her chosen college lifestyle of drinking beer and eating lots of junk food that she would have to do something to counter-balance it. (Of course the idea of not drinking

and/or eating junk never occurred to her at the time). Thus she decided to take up "running". She would run on the track whenever she had the opportunity. Maggie then began to branch out and run through the city. She continued to run recreationally through college. (BTW, she was able to drop that "extra" weight through running" okay, and a few other lifestyle changes.)

Post college (as she had earned a Bachelor of Science degree in Exercise Physiology), fitness became a part of her life. It was part of her job as a fitness trainer/exercise physiologist

to design programs for clients and local athletes to help them achieve their fitness and/or team goals. Many clients wanted to be on a running program, and she would often run alongside them to keep them motivated. It was common for her to put in quite a few miles a day. She also participated in an occasional local race (more

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Relatively new to the club the Kanaks already fit right in. Recently, both Rich and Maggie qualified for Boston... on their first attempt!

(Member Profile continued from page 2)

so for the T-shirt).

Flash forward a few years. Maggie went back to school (Temple University) and earned a Masters Degree in Education. She achieved a degree in Elementary Education. She continued to work in the fitness field, training clients and managing an aquatic facility, until she landed a teaching opportunity.

When she first started teaching, her running days came to a screeching halt. She would go to the gym on occasion, but was so overwhelmed she didn't make much time for any type of fitness program. She has horses so mornings were not a good time to work-out as she was already getting up extremely early for horse duty. She had also gone through a difficult divorce. Basically, her life had gotten (way) out of balance.

She began to start running again, as she has always found it to be a good stress relief. Maggie made the time to get out at least 4 or 5 times a week. One summer she made it her goal to run every day from Memorial Day to Labor Day. She was elated when she achieved her goal.

Our Running journey continues together.....

He said....

It wasn't until I met Maggie that I was even associated with someone who was a running enthusiast (crazy person). She would run all the time, most often at Helen Randall Park which is a ½ mile macadam trail. I couldn't understand how she could run in circles never going anywhere.

In the winter Maggie would get cabin fever (big time) if there were icy conditions, and she couldn't get out for her run. So one February, I purchased a tread mill

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(President's Message continued from page 1)

have a beautiful park to run in. Be considerate of others in the park. When we are on the park roads, single file please.

4. Please arrive at least half an hour before the race. We are attracting big crowds and filling up all the available spaces.

Thank you in advance for your cooperation.

Please keep Sunday, March 18th open for the Winter Series Banquet. You will find more information in this newsletter. Lori Merrill will be planning the banquet. Please feel free to contact her if you would like to help out.

I would like to apologize for some misinformation. In my prior messages and announcements at the races, I stated that Melanie Schranz was still planning the Winter Series Banquet. That is not true. What I should have said was Melanie would be transferring the banquet responsibility and providing assistance to Lori Merrill. I look forward to seeing you at the Winter Series Banquet, always a good time.

Happier subject...The new Winter Series technical shirts should be available for order shortly.

Each year, the club brings a sizeable contingent to the Caesar Rodney Half Marathon in Wilmington, Delaware. This is a challenging race but if you have run the Winter Series, you are in great shape to do well. The race has a team competition and each year we bring home a number of medals. Please let me know at (freddyjay55@yahoo.com) if you are interested in running on a team. You also save money if you register as a team. The race is Sunday, March 25th. I would like to have registration in by the end of January.

I will send an e-mail out next week.

Stay warm!

Gotta Run!

Fred

BCRR WINTER SERIES BANQUET 2011-2012

DATE: SUNDAY, MARCH 18, 2012

LOCATION: NORTHAMPTON VALLEY
COUNTRY CLUB CRYSTAL BALLROOM
NEWTOWN-RICHBORO ROAD RT.332
RICHBORO, PA 18954
HTTP://WWW.NVGC.COM

TIME: 5PM-9:30

COST: \$35/PER ADULT//\$15 PER CHILD

RSVP: BY SUNDAY MARCH 4, 2012

QUESTIONS: LORI MERRILL
LMERRILLBCRR@GMAIL.COM
215-584-0289

NAME _____

NAME _____

EMAIL _____

AMOUNT ENCLOSED: _____

**PLEASE INCLUDE A CHECK MADE OUT TO
BCRR, AND MAIL THIS PORTION BY:**

MARCH 4, 2012 TO:

LORI MERRILL

PO BOX 403

NEWTOWN, PA 18940

**EVENING FESTIVITIES:
RECEPTION,
CASH BAR,
DINNER, MUSIC,
AWARDS, PRIZES,
AND SPECIAL GUEST...**

PHIL REILLY

**LOCAL HIGH SCHOOL
RUNNING COACH,
RUNNING CLUB
SPEAKER, AND
AUTHOR OF**

“CHASING GHOSTS”



IT'S HERE.....

**THE 2011-2012
BCRR WINTER
SERIES MUG
DESIGN CONTEST!**



RULES:

DESIGN IS ON A WHITE BACKGROUND
(I.E., THE MUG IS WHITE)

THE DESIGN MUST BE SUBMITTED IN
ELECTRONIC FORMAT (JPG, GIF, ETC.)

SUBMIT ALL DESIGNS TO
LORI MERRILL VIA EMAIL:
LMERRILLBCRR@GMAIL.COM

DEADLINE:

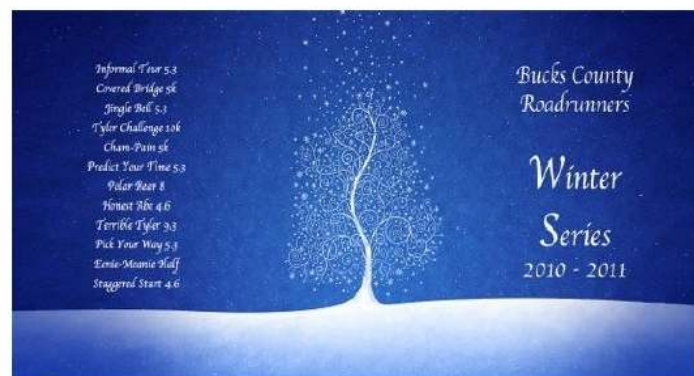
****DESIGNS ARE DUE NO LATER THAN
SUNDAY, FEBRUARY 12, 2012.**

QUESTIONS:

LMERRILLBCRR@GMAIL.COM

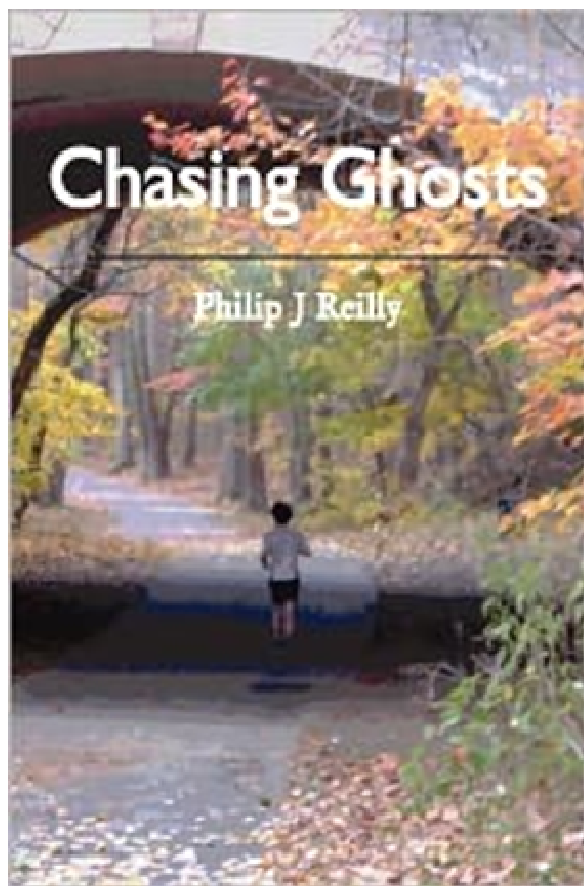
215-584-0289

**Feeling artsy? Let
your creativity
“run” wild! Submit
a design for the
2011-2012 Winter
Series mug. You
could win a ticket
to the Winter
Series Banquet, to
be held on Sunday,
March 18, 2012!**



**2010-2011 MUG DESIGN WINNER
MICHELLE O'BRIEN.**

BCRR reserves the right to work with the winner to modify the artwork (i.e., size, color, etc.) to accommodate a coffee mug and/or printing limitations. No cash equivalent for award. One winner will be selected. Decisions of the judges are final. No submissions will be accepted after deadline.



Every once in a while I like to read books about running. Not the Galloway books detailing the exact plan that you need in order to run a marathon but books that tell stories about running. Over the past few years I have read several books like that. First, was Bart Yasso's, "My Life On The Run" in which he told stories about some of his running adventures. And then there was Chris McDougall's, "Born To Run", which has inspired us to go out and start running in those crazy shoes with five toes. I also read Haruki Murakami's, "What I Talk About When I Talk About Running". The book is part training diary, part reruns of escapades undertaken at the behest of magazines (including an excellent account of a solo assault on the original route from Athens to Marathon in the full scorch of summer) and part memoir. The first two authors have already spoken at our past two banquets and Murakami lives in Tokyo so it would be a stretch to have him as our guest speaker so this year I turned to another book that I read this past year and although it is fictional it really captures the essence of why we run.

Chasing Ghosts is written by Philip Reilly and tells the story of Joey McNeal, a runner from Philadelphia, who decides to take out his running shoes one more time to see how far he can really go with his talent after having retired

from running post-collegiality. Joey, still having regrets about his racing career, decides to vanquish any ghosts of his past, so he doesn't have to ask, "What if?" As he says to his girlfriend midway through the book as she question his devotion to running:

"You want to know why I am running so hard. Because I still can. It's what I do, heck it's what I am. If I am not training hard for something, then I feel like something's missing. Ever since I was twelve years old, I've run....I just need to know. I need to know how good I can be before it's too late... Every time I wake up in the morning with aches in muscles I didn't know I even had, I realize I am not 20 years old anymore. But I sure ain't dead either...I want to run to the best of my abilities and try to be great."

That quote tells it like it is for many a runner. It is a story that runners from aging weekend warriors to highly competitive athletes can thoroughly enjoy, because it is the story that we all live each time we go out on a training run in anticipation of getting the best out of our bodies.

Philip Reilly is a Philadelphia native and a life-long runner and writer. This is evident when you read the novel and its descriptions of various running locales in and around Philadelphia as he faithfully depicts a runner's life in Philadelphia--from Kelly Drive to Pennypack Park to the icy winter streets of the Northeast in and around Philadelphia (there is even a mention of Tyler Park). Reilly competed for La Salle University and continues to compete and run today. A high school coach since 2000, Reilly has coached numerous all-state and All-American athletes.

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for her birthday (we're not saying which birthday) so she could run no matter what. One day I thought I would try it out (of course I didn't let on that I was remotely interested in the treadmill or running). I found the little disk with some pre-programmed workouts on it put it in the treadmill and was off and running, literally. One mile led to the next and I soon found myself doing an 8 mile loop from our farm house through the community college and Tyler park.....

She said.....

Fast forward again to when I met the man of my dreams..... (None other than Rich) I carefully explained to him that if we were to ever get married that the horses, dog, and running were all part of the deal. I probably scared him at the time but he embraced it all. (BTW we now have 4 horses, 2 dogs, and 2 cats, and take care of 12 cows) We led a very busy life helping to raise (3) awesome girls from Rich's previous marriage, riding and training the horses, working, and keeping sane. I continued to run 4 or 5 days a week usually 2 – 4 miles. Rich was never into running, soccer was his first love. He was always supportive of my running habit, at times he would even (gently) suggest that I "Go for a run" (I'm not quite sure what he meant by this....)

He then thought we should begin to run together.... I was unsure of this because I had always run by myself. We began to go for runs (and yes, in the beginning he had to really try to keep up with me.... sigh...the good old days)

We're into this running "thing" together..... As long as it doesn't become competitive (yeah, right)

The first year of running together we ran the Broad Street and the Philly ½ marathon. I injured my foot (plantar fasciitis) during the ½ marathon most likely due

to the fact that I really hadn't trained properly.

During my healing period, Rich would often run solo in the park. One Sunday Rich came home from a run and said he had met a group of runners who were part of a running club. The club hosted races every Sunday throughout the winter. There were a lot of runners in the club, and they ran at all paces. Rich thought it would be fun to get involved. My initial reaction was "I like to run by myself and I'm not a competitive person, so I'm probably not going to enjoy running with a group of people who are younger and faster." However.... Rich really seemed into it so I told him I'd give it a try. This was our first Winter Series. Rich ran most of the races & I ran a few as I was still recovering from my foot injury as well as an Achilles issue that had developed. On a side note, Rich's first race was the informal and that year it was very icy and as he turned down Twining Ford road (he was running with a few other men from the club), all of the sudden two of them were on the ground due to the icy conditions. No one was hurt but he went home and told me that the people in this group were all a bit insane. To this day, his opinion has not changed but now he realizes he is just as crazy.

The next year we ran the entire Winter series. After the series, we ran the Ocean Drive 10 Miler and the Broad Street Run. We began to notice a marked improvement in our race times.

Once again, Rich came home after a run (how does he continue to meet all of these runners?) and said there was a group that met Tuesday nights at the track for speed workouts and he thought it might be fun. Of course I went with my usual reaction... "Well I'm not sure if I will be able to keep up with the others..... I'm probably going to be the oldest one there...I'm not com-

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petitive...Blah, Blah, Blah...

Anyway, we joined in with the Tuesday Speedster workouts (thank you Chris and Allyson!). This led to Thursday night hill repeats. We discovered that we didn't have to worry about keeping up with anyone as the workouts were designed for the individual (to kill yourself) at your own pace (ha-ha). We ended up meeting a great group of people and (almost at times) enjoyed the workouts. Of course the hill workouts are another story...We still dread the thought of repeatedly running up and down a hill (really, why would any SANE person do that??) but all of the hard work really started to show in our faster race times.

At this point Rich decided he wanted to run his first marathon. I strongly supported his goal, but I told him I had no desire to run a marathon. I told him I would run the half marathon with him and then meet him at the finish line.

Rich began his marathon training which involved long runs (usually on Sundays). He met up with some of the Road Runners who were also training for marathons.

While Rich was on one of his Sunday long runs I decided to actually register for the Philly ½ marathon. Yikes.... It was full...What was I to do? I know, I'll just sign up for the full marathon. Why not? So, that's what I did.

I began to train for the marathon immediately as once I paid the (late) registration fee I was going to run it no matter what..... and Rich assured me it would be "okay" for me to also run with "the guys" and Allyson (whoops did I give away the only female's name?). Kudos to the Sunday group who gave us great advice (whatever you do DON'T go out too fast, The race doesn't start until mile 20, learn to use the GU gels

(Yuck), told funny stories (what's said on the long runs, stays on the long runs), & didn't make us (okay me, Maggie) feel as if we (I) couldn't keep up. As it turned out the groups' long, "slow" runs were at my marathon pace so I actually ran all of my long training runs at marathon pace. I didn't mention this to anyone at first because I really wanted to continue running with that group..... in retrospect it really pushed me to "keep up" and therefore helped to increase my time.

So, with all of the help, advice, and support of fellow road runners Rich and I ran our first marathon in November 2011 (The Philadelphia Marathon). We were both blessed to surpass our own expectations/goals and run well enough to qualify for Boston (2013) on our first marathon adventure.

Our future plans might include one or two more marathons prior to Boston and perhaps a Duathlon or two. (Look out, Maggie hasn't quite got the clip- on bike shoes down to a science yet, so if you see someone tip over on a bike at a standstill don't be alarmed....)

Once again thank you to all of the Bucks County Road Runners for helping us find and develop a part of our lives that we can't imagine not having. The encouragement and camaraderie we've found in the club is truly amazing, not to mention the friendships that have developed. It's awesome to have the love of running as something we share, not only with members of the club but with each other.

BTW yes, "Sigh" we both have become a "tad bit" competitive.

In conclusion "You all Rock"

Happy Trails! M n R

BCRR Local Race Schedule

E-mail: mortensen_christopher@yahoo.com

Please contact race officials beforehand to validate information below!

“If you fail to prepare, prepare to fail.”- Benjamin Franklin

January 15	BCRR Polar Bear 8 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 22	BCRR Honest Abe 4.6 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
January 29	BCRR Terrible Tyler 9.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 5	BCRR Pick Your Way 5.3 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 11	Cupid's Chase 5K	Princeton, NJ 973-390-0357	http://www.comop.org/cupidschase/
February 12	BCRR Eenie-Meanie-Minie-Moe Half	Tyler State Park, Newtown, PA	http://www.bcurr.info
February 18	Frostbite 5 Miler	Ambler, PA frostbite@aarclub.com	http://www.aarclub.com/frostbite
February 19	BCRR Staggered Start 4.6 Miler	Tyler State Park, Newtown, PA	http://www.bcurr.info
March 11	Jamison Pour House St. Patricks 5K	Warminster Community Park, Warminster, PA	info@patmccloskey.com http://www.patmccloskey.com
March 19	Get Your Rear in Gear 5K/10K	Philadelphia, PA	http://www.getyourrearingear.com/events/list/2012/philadelphia-pa-2012/
March 25	Caesar Rodney Half Marathon	Wilmington, DE 302-737-6414 x 17	sdenardo@lunginfo.org http://action.lungusa.org/site/TR?fr_id=5030&pg=entry
March 25	CB Family YMCA 5K	Doylestown, PA tcnfield@cbfymca.org	http://www.bucks5kseries.com
March 31	Tyler Arboretum 10K Trail Run	Tyler Arboretum, Media, PA	tylertrailrun@yahoo.com 610-891-0806 http://www.tylertrailrun.com
April 7	notBoston 2.62 Mile Fun Run	Tyler State Park, Newtown, PA	info@patmccloskey.com http://www.patmccloskey.com
April 15	Bucks County Half Marathon	Tyler State Park Arts Center, Newtown, PA 267-574-1325	http://www.buckscountymarathon.com davidjfeinman@aol.com
April 22	New Hope-Solebury Spirit Run 5K	New Hope, PA 215-470-3485	http://www.bucks5kseries.com
April 28	2nd Annual Seneca7 Around-the-lake Relay	Geneva, NY info@seneca7.com	http://www.seneca7.com
April 28	Bridge Valley 5K for Autism	Furlong, PA jsummers@cbsd.org	http://www.bucks5kseries.com
April 29	Univest Capital 5K	Neshaminy Mall, Bensalem, PA	info@patmccloskey.com http://www.patmccloskey.com
May 5	Cornerstone Clubs 5K	Warrington, PA jcoller@cornerstoneclubs.com	http://www.bucks5kseries.com
May 5	Pocono Half Marathon	Pocono Raceway, PA	info@rapidrunning.com http://www.rapidrunning.com
May 6	Broad Street 10 Miler	Philadelphia, PA bsrhelp@aim.com	http://www.broadstreerun.com
May 16	Sertoma 5K	Doylestown, PA johnnykingmarino@yahoo.com	http://www.bucks5kseries.com
May 26	Doylestown 5K	Doylestown, PA info@doylestownalliance.org	http://www.bucks5kseries.com
June 3	7th Annual Run The Gates 5 Miler	Forsythia Crossing Park, Levittown, PA 215-752-8066	pmiele2@verison.net http://www.runthegates.org
June 9	Chalfont Challenge 5K	Chalfont, PA mhjacobson@verizon.net	http://www.bucks5kseries.com
July 11	Jamison Pour House Christmas In July 5K	Warminster Community Park, Warminster, PA	info@patmccloskey.com http://www.patmccloskey.com
August 1	Jamison Pour House Dead harriers 5K	Warminster Community Park, Warminster, PA	info@patmccloskey.com http://www.patmccloskey.com
August 29	Jamison Pour House Old School 5K	Warminster Community Park, Warminster, PA	info@patmccloskey.com http://www.patmccloskey.com