



# BUCKS COUNTY ROADRUNNERS

## December 2011 Newsletter

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

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## PRESIDENT'S MESSAGE

Holy Covered Bridge 5K, Batman!!!

What a turnout for the first race of the Winter Series. 327 finishers!! I guess we're not a secret anymore. The registration volunteers really had their hands full. We have added more volunteers for the Jingle Bell Run to handle the crowds. Maybe we should have valet parking (for a modest fee).

I announced that Mark Eiler and Anthony Accardo will be handling our club clothing. We should have a technical shirt soon and a singlet by the end of the Winter Series. Mark and Anthony are succeeding Ray Galenty who has provided us with the warm gloves and hats for many years. Thank you, Ray for your efforts and always being available to help the club. Mark and Anthony have invited submissions for the club logo.

From Anthony's e-mail:

Here are some guidelines for the design:

-Must include the road runner bird; a make over for him however is preferred.

-Keep navy blue & orange colors

*(Continued on page 3)*

### 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](mailto: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](mailto: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](mailto: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](mailto:bcrr@yahoo.com)

## Member Profile

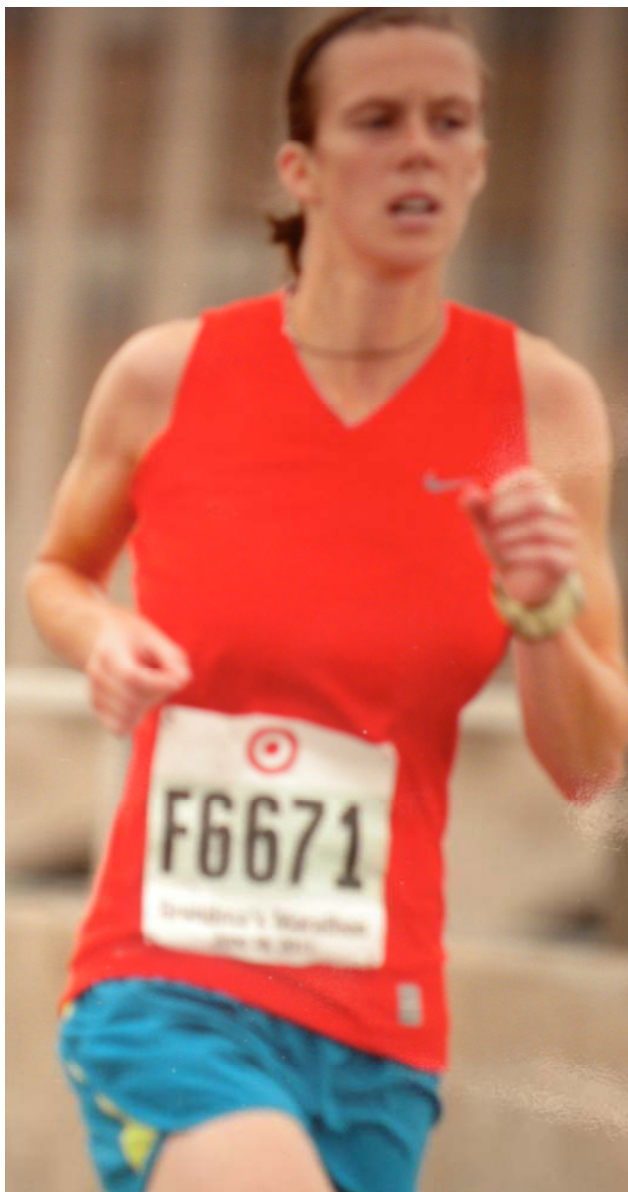
### Tia Nowacki

Growing up in rural Minnesota, being an athlete was more than just playing sports. For me, it was a mode of transportation. Traffic and crime were pretty much non-existent where I grew up, so the only risk in running or biking somewhere was exhaustion. I grew up with my dad who worked a lot, so it made getting around difficult. I lived 13 miles from town and most of my friends, so there was plenty opportunity to develop those skills prior to having a license.

I initially looked to running as a sport to try to improve at another sport. I was told as a 7th grader that joining cross-country would get me into phenomenal shape, and would help me excel at my first love, basketball.

As it turns out, I never did play on the varsity basketball team. I had much more immediate success as a runner, and secured a spot on the varsity team my first year. Our team made it to the State Championship Meet that year, and although we lost in a tie-break for third, I was hooked. My hard work paid off, and as an 8<sup>th</sup>

grader I was ranked top-10 in Minnesota high school girls. After our first unsuccessful year, our cross-country team won the state title three consecutive years.



**Tia finished two marathons and a couple of relays after graduate school. She is currently looking forward to this years Winter Series.**

gled to find the motivation to get back into run-

Re-occurring stress fractures sidelined me as a sophomore and additional injuries plagued the rest of my high school career. By the time I graduated, I had lost my love for competition. My early success had me believing that I would continue to improve and run at the college level. But I was frustrated that my continued hard work didn't pay off with fast times and devastated that I had become a failure. I joined a run club for a while at Oregon State, but it didn't feel the same without the pressure of competition. Ultimately, I turned my back on running.

My sister ran her first marathon in 2010 and encouraged me to get back into training. Now out of graduate school, I had no excuse, but continued to resist. I strug-

*(Continued on page 3)*

*(Member Profile continued from page 2)*

ning, but agreed to run a half marathon with her when I went back to Minnesota that summer. I didn't immediately find satisfaction with returning to running, but I did enjoy having a goal to work towards.

I moved to Warminster in August of 2011 and was lucky to find the Winter Series. I was still new to the area, and as a fairly shy person, didn't know a lot of people. I knew I wanted to get back into running, but I needed support. Running in the Winter Series gave me the motivation to get back into running and allowed me to meet some great new friends. I am happy to report that I have completed two marathons (Grandma's in Duluth, MN and Marine Corps in Washington DC), a handful of half marathons, R2C16, and a very fun Ragnar Relay race with members from the club, since joining last December. I don't know if I ever would have got back into running as I have without being surrounded by such a wonderful group. Thanks for keeping me motivated!

I now look at running in an entirely new light that enables me to have fun and enjoy the experience. It is great to have come full-circle with the sport and to fall in love with it all over again. I find myself more social, motivated, accomplished, and happier overall now that I have returned. I no longer feel as nervous at the starts nor am I as frustrated if I don't do well. I'm just glad to be running and enjoying every moment. I look forward to having more fun racing experiences and to continue to build relationships with the wonderful people I meet at the Winter Series. Looking forward to Sundays!

*(President's Message continued from page 1)*

-Submit via e-mail to Fred at [fredgrop-per@yahoo.com](mailto:fredgrop-per@yahoo.com) please copy Mark Eiler [mveiler@gmail.com](mailto:mveiler@gmail.com) & myself [aac-cardo@utoware.com](mailto:aac-cardo@utoware.com) please use a jpeg or eps file format.

-All submissions are due by 12/17.

In other news, Lori Merrill is our new social director. Lori has been a member of the club since 2008. She married fellow club member, Carmine Sesa, this past June. So, I think we got a social director and an assistant all in one move. Say hello to Lori this Sunday. She is the runner who is always smiling (well, maybe not on the hills). Melanie Schranz will continue to be a Board member and coordinate our exceptional Winter Series Awards Banquet.

Harris Brenner continues to nudge us into the 21<sup>st</sup> Century. Thank you for setting up the on-line registration and keeping the website going.

Don't miss the Jingle Bell Run this Sunday. We got hills and more hills and pancakes and a raffle. The Truman High School Trio of Chris Thompson, Pete Lederer and Chris Mortensen encourage everyone to wear their high school or college colors.

BTW, we had a record crowd at our Thanksgiving Run. We still had some glitches but the race committee is determined to achieve near perfection next year. Congrats to Race Director, Pat McCloskey, for growing this race each year. And the Bucks County Marathon was not too shabby either

Gotta Run!

Fred

## **2011-2012 Winter Series**

It's hard to believe that the 2011-2012 Winter Series is just around the corner. Indeed, due to the fact that Christmas falls on a Sunday this year, the Winter Series will start a week earlier than normal. The traditional Informal Run will be held on the Sunday after Thanksgiving, November 27<sup>th</sup>, 2011. The first true race of the series, the Covered Bridge 5K, will be held on the following Sunday, December 4<sup>th</sup>, 2011.

For a complete schedule see the BCRR Web Site ([http://www.bcurr.info/winter\\_series\\_files/Schedule2012WinterSeries.html](http://www.bcurr.info/winter_series_files/Schedule2012WinterSeries.html)). Once again we will hold 11 races plus the Informal Run. The races will range in distance from 5K to a Half Marathon, and will run every Sunday from November 27<sup>th</sup>, 2011 through February 19<sup>th</sup>, 2012, with the exception of Christmas Day, December 25<sup>th</sup>, 2011. As usual registration will be held at the boathouse at Tyler State Park, and all races will begin at 9:30 AM sharp, with the exception of the Cham-Pain 5K on New Years Day, which will begin at 12:00 noon. Please plan to arrive at least one hour before the race to give you plenty of time to park and register. We are expecting record-breaking participation again this year, so the closest parking lots will fill up quickly.

Races are open to the public. Participants can pay for them a la carte or can sign up in advance for the entire series. Please remember that in order to be eligible for overall and age-group awards you must:

Be a BCRR member

Volunteer for at least one race

For the complete Winter Series rules, again please see the Web site: <http://www.bcurr.info/WinterSeriesRules2011-2012.html>.

We have set up online registration via Active.com this year for both the BCRR membership and the Winter Series. You can still sign up using the paper form, but you get a \$5 discount online, which helps offset the online registration fee. A link to sign up online and the paper form may be found at: [http://www.bcurr.info/ws2011\\_2012.html](http://www.bcurr.info/ws2011_2012.html).

To sign up as a volunteer, please send an email to Janet Lewis at [janet.lewis@alumni.duke.edu](mailto:janet.lewis@alumni.duke.edu), who will be coordinating volunteers. Please be sure to include your top three choices of races in priority order, in case your first choices are already filled up. We encourage those of you who prefer not to run the longer distances to sign up for the Terrible Tyler or the Half Marathon, which will have two volunteers shifts again this year.

We hope to be able to provide babysitters again this year for participants with young children. Whether or not this service is offered will depend on whether there is enough interest in the service, and if enough babysitters (who are paid) can be found. If you believe that you might make use of this service, or you have a daughter or

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*(Winter Series continued from page 4)*

son who would be interested in babysitting this year, please let me know by sending me an email at [markzacharias@verizon.net](mailto:markzacharias@verizon.net).

I want to take this opportunity to thank in advance all the season-long volunteers and Race Directors without whom the Winter Series would not be possible. I would like to welcome two new season-long volunteers, Phil Davies as Food & Refreshments Manager, and Janet Lewis, who will be Volunteer Coordinator. Also, welcome to new Race Directors for no less than four races: Sharon Sein for the Covered Bridge 5K, Anthony Accardo for the Honest Abe, Lori Merrill and Carmine Sesa for the Pick Your Way, and Mike Gross for the Staggered Start.

We hope to see everyone at the Informal on the 27<sup>th</sup>. Be sure to sign up by December 4<sup>th</sup> to take advantage of the pre-season discount! Hopefully Mother Nature will smile on us again this year and not plan any Saturday evening storms. Weather or not, I expect another very successful and fun Winter Series.

I'm off to the races.

Mark Zacharias

## Bucks County Roadrunners Winter Series 2011-2012 Schedule

Please note that the series will start a week early this year since there will be no race on Sunday, Dec. 25 - Christmas Day. So, the Informal will be the Sunday after the Thanksgiving race, November 27<sup>th</sup>, and the first race (the Covered Bridge) will be on Dec. 4<sup>th</sup>.

Date	Day	Time	Race	Distance
November 27, 2011	Sunday	9:30 AM	Tour Tyler Informal	5.3 Miles
December 4, 2011	Sunday	9:30 AM	Covered Bridge	5K
December 11, 2011	Sunday	9:30 AM	Jingle Bell	5.3 Miles
December 18, 2011	Sunday	9:30 AM	Tyler Challenge	10K
January 1, 2012	Sunday	12:00 Noon	Cham-Pain	5K
January 8, 2012	Sunday	9:30 AM	Predict Your Time	5.3 Miles
January 15, 2012	Sunday	9:30 AM	Polar Bear	8 Miles
January 22, 2012	Sunday	9:30 AM	Honest Abe	4.6 Miles
January 29, 2012	Sunday	9:30 AM	Terrible Tyler	9.3 Miles
February 5, 2012	Sunday	9:30 AM	Pick Your Way	5.3 Miles
February 12, 2012	Sunday	9:30 AM	Eenie-Meanie-Minie-Moe	13.1 Miles
February 19, 2012	Sunday	9:30 AM	Staggered Start	4.6 Miles

# Get Fit. Feel Great.

## Runners Special!



**Ready When You Are**

**Optimal Health Center in Yardley  
offers wellness services including**

**Chiropractic | Massage Therapy | Personal Training  
Laser Therapy | Spinal Decompression  
Athletic Taping | 8 Weeks to Wellness**

**Dr Kathleen Petrucci and staff  
are your fitness resource  
everything you need to keep going strong**

**Contact us before December 31st 2011— ask about our “Runners Special” and receive a  
free wellness-exam with fitness evaluation plus a free 30-minute massage or personal training session.\*  
Call 215.493.4463 or e-mail: [runners@myohcenter.com](mailto:runners@myohcenter.com) to schedule your appointment!**

\*Complimentary massage or personal training can only be scheduled after wellness-exam with fitness evaluation has been completed.  
Offer valid for 2011 BCRR Turkey Trot participants only.

**Visit us at [myohcenter.com](http://myohcenter.com)**

**Optimal Health Center  
301 Oxford Valley Road, Suite 1405, Yardley, PA 19067 | 215.493.4463**



**PHILADELPHIA 2012 NYE  
MIDNIGHT RUN 5K  
& PARTY**

**SATURDAY EVENING, DECEMBER 31, 2011  
DAVE AND BUSTERS FRANKLIN MILLS MALL  
MIDNIGHT 5K - IT STARTS AT MIDNIGHT NEW YEARS**

**FULFILL YOUR HEALTHY RESOLUTION FOR AT LEAST  
THE FIRST FEW MINUTES OF THE NEW YEAR**

**REGISTRATION**  
*active.com*  
SEARCH: PHILLY NEW YEARS ID: 1986739  
PRE-REGISTRATION received by DECEMBER 15, 2011 \$50.00  
received DECEMBER 16 - DECEMBER 29, 2011 \$60.00  
**RACE DAY FEE: \$75**

**BY MAIL: DO NOT MAIL APPLICATIONS AFTER DECEMBER 24, 2011**  
Make checks payable to: **RACING RESOURCES**  
Mail Fee & Completed Form(s) to: P.O. Box 262  
Warrington, PA 18976

**ADDITIONAL PARTY-GOERS SAME PRICE AS REGISTRATION**  
**PACKET PICK UP AND RACE NIGHT REGISTRATION**  
10:00PM - 11:30PM at DAVE and BUSTER'S, FRANKLIN MILLS MALL  
**REGISTRATION AND PICK-UP CLOSSES AT 11:30PM**

**DAVE AND BUSTERS**  
**LIMITED OPEN BAR & LIGHT FOOD INCLUDED WITH ENTRY FEE**  
ADDITIONAL GUESTS SAME PRICE AS ENTRY FEE

**CASH PRIZES TO THE FASTEST MAN & WOMAN RUNNING THE ENTIRE RACE IN EVENINGWEAR**

**SWEATSHIRT & \$5 POWER CARD TO ALL PRE-REGISTRANTS, (AVAILABLE TO DAY-OF-RACE ENTRANTS WHILE SUPPLIES LAST)**

**COURSE MAP & DOWNLOADABLE INFORMATION: AVAILABLE AT: [racoonsports.com](http://racoonsports.com)**

2012 PHILADELPHIA MIDNIGHT RUN 5K 01JAN12

NAME \_\_\_\_\_

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

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

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

DAY PHONE ( ) \_\_\_\_\_ EVENING PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

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 The City of Philadelphia, Racing Resources, Raccoon Sports, Dave and Buster's Inc., 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](mailto:mortensen_christopher@yahoo.com)

Please contact race officials beforehand to validate information below!

“You can do anything, but not everything.”- David Allen

December 10	Jingle Bell Run/Walk for Arthritis	Newtown, PA	bmclure@arthritis.org	<a href="http://www.jbrbucks.kintera.org">http://www.jbrbucks.kintera.org</a>
December 11	BCRR Jingle Bell 5.3 Miler	Tyler State Park, Newtown, PA		<a href="http://www.bcrr.info">http://www.bcrr.info</a>
December 18	BCRR Tyler Challenge 10K	Tyler State Park, Newtown, PA		<a href="http://www.bcrr.info">http://www.bcrr.info</a>
December 31	NYE Midnight 5K	Franklin Mills Mall, Philadelphia, PA	racedirector@runbucks.com	<a href="http://www.patmccloskey.com">http://www.patmccloskey.com</a>
January 1	BCRR Cham-Pain 5K	Tyler State Park, Newtown, PA		<a href="http://www.bcrr.info">http://www.bcrr.info</a>
January 7	Freezing Cold 3 and 5 Mile Hash Run	Edison, NJ	732-572-0500	vercammenlaw@njlaws.com
				<a href="http://www.njlaws.com/FREEZING_COLD_HASH_RUN.htm">http://www.njlaws.com/FREEZING_COLD_HASH_RUN.htm</a>
January 8	BCRR Predict Your Time 5.3 Miler	Tyler State Park, Newtown, PA		<a href="http://www.bcrr.info">http://www.bcrr.info</a>
January 15	BCRR Polar Bear 8 Miler	Tyler State Park, Newtown, PA		<a href="http://www.bcrr.info">http://www.bcrr.info</a>
January 22	BCRR Honest Abe 4.6 Miler	Tyler State Park, Newtown, PA		<a href="http://www.bcrr.info">http://www.bcrr.info</a>
January 29	BCRR Terrible Tyler 9.3 Miler	Tyler State Park, Newtown, PA		<a href="http://www.bcrr.info">http://www.bcrr.info</a>
February 5	BCRR Pick Your Way 5.3 Miler	Tyler State Park, Newtown, PA		<a href="http://www.bcrr.info">http://www.bcrr.info</a>
February 11	Cupid's Chase 5K	Princeton, NJ	973-390-0357	<a href="http://www.comop.org/cupidschase/">http://www.comop.org/cupidschase/</a>
February 12	BCRR Eenie-Meanie-Minie-Moe Half	Tyler State Park, Newtown, PA		<a href="http://www.bcrr.info">http://www.bcrr.info</a>
February 18	Frostbite 5 Miler	Ambler, PA	frostbite@aarclub.com	<a href="http://www.aarclub.com/frostbite">http://www.aarclub.com/frostbite</a>
February 19	BCRR Staggered Start 4.6 Miler	Tyler State Park, Newtown, PA		<a href="http://www.bcrr.info">http://www.bcrr.info</a>
March 11	Jamison Pour House St. Patricks 5K	Warminster Community Park, Warminster, PA		info@patmccloskey.com
				<a href="http://www.patmccloskey.com">http://www.patmccloskey.com</a>
March 19	Get Your Rear in Gear 5K/10K	Philadelphia, PA		<a href="http://www.getyourrearingear.com/events/list/2012/philadelphia-pa-2012/">http://www.getyourrearingear.com/events/list/2012/philadelphia-pa-2012/</a>
March 25	Caesar Rodney Half Marathon	Wilmington, DE	302-737-6414 x 17	sdenardo@lunginfo.org
				<a href="http://action.lungusa.org/site/TR?fr_id=5030&amp;pg=entry">http://action.lungusa.org/site/TR?fr_id=5030&amp;pg=entry</a>
March 31	Tyler Arboretum 10K Trail Run	Tyler Arboretum, Media, PA	tylertrailrun@yahoo.com	610-891-0806
				<a href="http://www.tylertrailrun.com">http://www.tylertrailrun.com</a>
April 7	notBoston 2.62 Mile Fun Run	Tyler State Park, Newtown, PA		info@patmccloskey.com
				<a href="http://www.patmccloskey.com">http://www.patmccloskey.com</a>
April 15	Bucks County Half Marathon	Tyler State Park Arts Center, Newtown, PA	267-574-1325	
				<a href="http://www.buckscountymarathon.com">http://www.buckscountymarathon.com</a>
				davidjfeinman@aol.com
April 28	2nd Annual Seneca7 Around-the-lake Relay	Geneva, NY	info@seneca7.com	<a href="http://www.seneca7.com">http://www.seneca7.com</a>
April 29	Univest Capital 5K	Neshaminy Mall, Bensalem, PA		info@patmccloskey.com
				<a href="http://www.patmccloskey.com">http://www.patmccloskey.com</a>
June 3	7th Annual Run The Gates 5 Miler	Forsythia Crossing Park, Levittown, PA	215-752-8066	
				pmiele2@verison.net
				<a href="http://www.runthegates.org">http://www.runthegates.org</a>
July 11	Jamison Pour House Christmas In July 5K	Warminster Community Park, Warminster, PA		info@patmccloskey.com
				<a href="http://www.patmccloskey.com">http://www.patmccloskey.com</a>
August 1	Jamison Pour House Dead harriers 5K	Warminster Community Park, Warminster, PA		info@patmccloskey.com
				<a href="http://www.patmccloskey.com">http://www.patmccloskey.com</a>