President’s Message

The “Winged feet of October” are upon us to quote Stillitoe. It does seem to feel we’re traveling in a time warp. The club had a super summer with the Youth Series having another fabulous series of races. Our Summer Series had the highest number of participants ever.

Fall brings the South Mountain 10 Miler and 5K. The races go back to their original date of November 11th. It is the most macho race in the valley and keep in mind there is only one hill. Brian Patterson continues to do a great job as director. If you can’t run, please volunteer.

We have started our fall happy hours. Come out and mingle with your fellow club members. Themes for some of the upcoming happy hours include: chile contest, the best hors d’oeuve, our ever popular wine tasting and some very interesting presentations.

We want to remind you to set aside time for the club’s New Year’s Day Run, not to mention the Dip in the Crick. The run matches our Emmaus Race as one on the longest continual runs in the valley. Remember the lunch and drinks are on the club afterwards.

IMPORTANT! Beginning with the new year, we will be implementing a new dues structure, all memberships will be due the 1st of the year and will be renewed each January. This makes both bookkeeping and membership rolls easier to handle. Anyone joining mid-year will pay dues based on the quarter they join.

As always, Good Running,
Neal

LVRR Board of Directors
Neal Novak, President
Mike Richardson, Vice President
Brian Schaffer, Treasurer
Nancy Hofmann, Secretary
Leslie Billowitch
Loretta Dodson
Jill Forsythe
Chris Garges
Carly Patterson
Brian Patterson
Laurie Reinhart
Bob Shively
Mike Sosnowski
RACE CALENDAR
October / November / December 2012

Saturday, 10/20/12, 9:30 a.m.
Towpath Trot 6K Run
Walnutport, PA
Contact: Janet Shankweiler
710-737-3900
janets63@gmail.com

Saturday, 10/20/12, 8:00 a.m.
Runner’s World 5K & 10K
And Running Festival
10K starts at 9:30 a.m.
(will also include kid’s only races of variable distances)
Bethlehem, PA
212-741-2483
half@runnersworld.com

Saturday, 10/27/12, 6:00 p.m.
Run Like Hell 5K
Cedar Beach Park, Allentown, PA
484-727-8155
info@runlehighvalley.com

Saturday, 11/3/12, 9:00 a.m.
Run For The Children 5K
Bethlehem, PA
Contact: John Huie
610-868-0919
funkyjohnhuie@gmail.com

Saturday, 11/10/12, 9:00 a.m.
Run For The Children 5K
Bethlehem, PA
Contact: John Huie
610-868-0919
funkyjohnhuie@gmail.com

Saturday, 11/10/12, 9:00 a.m.
HTCC 5K or Pump-N-Run
Bethlehem, PA
Contact: Robert Cepin
610-317-8701
rcepin@hanovertwp-cc.org

Sunday, 11/11/12, 9:00 a.m.
36th South Mountain 10 Miler & 5K
Saucon Park, Bethlehem, PA
Contact: Brian Patterson
610-264-9255
nanhof@juno.com or Racelt.com

Thursday, 11/22/12, 7:00 p.m.
Lights In The Parkway 5K
Lehigh Parkway, Allentown, PA
484-727-8155
info@runlehighvalley.com

Saturday, 11/24/12, 9:00 a.m.
Turkey Trot 5K
Bethlehem, PA
Contact: Susan Wise
610-882-0450 Ext 25
swise@historicbethlehem.org

Saturday, 11/24/12, 10:00 a.m.
Habitat For Humanity 5K & Kid’s Run
Quakertown, PA
Contact: Bill Tuszynski
267-374-1631
wtuszynski@verizon.net

Saturday, 11/17/12, 9:00 a.m.
Running For The Nuts 5K
Slatington, PA
Contact: Robert Stettner
610-554-4099
Wspa@ptd.net

Sunday, 11/18/12, 9:30 a.m.
Emmaus Fall Classic 3.5 Mile Run
Emmaus, PA
484-727-8155
info@runlehighvalley.com

Thursday, 11/22/12, 9:00 a.m.
Pumpkin Pie 5K
Nazareth, PA
Contact: Karen Janis
610-759-3440
kajanis@ptd.net

Saturday, 12/8/12, 9:00 a.m.
Christmas City Classic 5 Miler And Candy Cane 5K
Bethlehem, PA
Contact: Rick Weaver
610-787-0717
Rw262@yahoo.com

Saturday, 12/1/12, 7:30 a.m.
Jingle Bell 5K Run
Bethlehem, PA
Contact: Cheryl Pompeo
215-574-3060 Ext 116
cpompeo@arthritis.org

Saturday, 12/8/12, 9:00 a.m.
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Rw262@yahoo.com

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Bethlehem, PA
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215-574-3060 Ext 116
cpompeo@arthritis.org

Saturday, 11/3/12, 12 Noon
KidPeace 5K & 1 Mile Family Fun Mud Run
Orefield, PA
Contact: Gina Stano
610-799-8071
gina.stano@kidspeace.org

Tuesday, 11/27/12, 9:00 a.m.
Thanksgiving Turkey Trot 5K Run
Bethlehem, PA
Contact: Karen Janis
610-759-3440
kajanis@ptd.net

Sunday, 11/25/12, 9:00 a.m.
Emmaus Fall Classic 3.5 Mile Run
Emmaus, PA
484-727-8155
info@runlehighvalley.com

Wednesday, 11/28/12, 7:00 p.m.
Lights In The Parkway 5K
Lehigh Parkway, Allentown, PA
484-727-8155
info@runlehighvalley.com

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We all get caught up in the trap, the mental trap that keeps you pursuing the same thing over and over. Maybe it’s because it falls in your comfort zone, maybe it’s tradition or maybe you have no idea why you do it. For us runners, “it” sometimes defines the mold you create, the every day, every month, every year patterns.

You’ve run a 10k and you want to get faster, so you train and then race the same one each year to define yourself. You contemplate jumping up to the next distance or you keep striving to beat that one goal but you never seem to get anywhere.

It took me quite a while to step back and realize that I had created a mold when it came to marathoning. As a matter of fact, I completed 21 marathons before it hit me. I had two goals for marathons—either hit a goal time as a pace group leader (which is very rewarding, but a story for another day) or to lay down a personal record. That’s it, each and every one of my first 21 marathons fit into one of those two categories. Well, you may ask what other categories there are or it may be quite logical to you that there are many more reasons to run a marathon. I had to break my mold, and it happened in July and it wasn’t premeditated.

Each year in July we vacation in Vermont. We do a great job of touring the state to see all of the beauty it has to offer. It just so happened that I
spotted a race that was close to where we were staying called the Mad Marathon & Half Marathon. “I’ll run the half,” I thought to myself. “It’s a tough course, but I can run a good time.” Then it hit me. Who cares about what time I run, I’m on vacation in the middle of the most beautiful state in the Northeast. So I did it, I signed up for the marathon, about a month before the race, with no goals other than to enjoy the day and take in the scenery.

I’ve hopped into 5k’s at the last minute before, but never a marathon. So my wife and kids and I drove up to the race site on Saturday, grabbed my race shirt and number and ended up meeting a volunteer who offered to pick me up in the morning so my wife didn’t have to wake the kids up. So typical of Vermont.

Race morning I woke up to find a dead watch. I took it as a sign, a reminder that watches aren’t needed to have fun and take in the scenery. So I lined up, sans watch, on a beautiful July morning with temperatures in the 50’s. I had never run ANY race without a watch, let alone a marathon. This was all new territory for me. Running without a watch forced me to run by feel, to talk to the runners around me, to take in all of the beautiful scenery (dirt roads, farms, covered bridges, ski resorts, etc) and to smile and be grateful that I was able to be there to run a marathon. I saw my family at mile 16 and mile 19 which was an incredible boost. The course was challenging with over 2100’ of elevation gain, but that is what gave it character. The race was meticulously organized from the 20 or so water stops staffed with exuberant volunteers to the Vermont feel of the finish area where the race director shakes your hand as you finish. I even ran through the chute with my children!

I learned a lesson from this race which holds true for running as well as life in general. First and foremost, don’t get caught in that rut, step out of your comfort zone, step back and take in the things we take for granted. Success isn’t measured by times on a clock, it’s measured by your own perception. It’s easy to lose motivation when you do the same thing over and over, but when you break that mold you find a whole new world of motivation out there and you can rediscover why you started running in the first place. Step back and take a look, maybe you can break the mold, too.

LVRR Singlets & Arm Warmers

The club is currently working with Sugoi custom apparel to produce custom club singlets and arm warmers. The singlets will be offered in Men’s and Women’s cut and the arm warmers will be offered in three sizes (small, medium and large). We anticipate a late summer delivery, so keep your eye out for more updates. They will be sold at various club events. If you’re interested in a singlet or arm warmers, you can email Chris Garges in advance at garges329@yahoo.com.

Singlets will cost $20 and the arm warmers will cost $17. Look sharp this fall race season, spot other members out on the course and show your LVRR pride!
More than just the numbers. It’s about you and your dreams. Understanding what you want for yourself, your family and your business is crucial in creating the pathway to achieve your goals. We provide the financial guidance, experience, knowledge and passion to make this reality.

If you would like to learn more about how we can help you, call us at 610-967-4711 or visit us at www.dstortz.com.

The path for a better business and a better life

www.dstortz.com

BEST WISHES TO THE LEHIGH VALLEY ROAD RUNNERS!
New Race on the Block

The HCM Foundation is organizing a new event on the Saucon Rail Trail. It will be a 10K starting and finishing at Upper Saucon Park on Preston Lane on Labor Day, September 3, 2012. This will be the first event held on the Saucon Rail Trail which is currently approximately five miles in length with a compacted smooth gravel surface.

The event offers unique age group prizes, rail road spikes which were collected when the rail was removed a few years ago. The event also offers cash prizes and Brooks Running shoes to top overall finishers, custom event socks to the first 50 males and females as well as a great post race spread and awards ceremony featuring some great door prizes.

More information can be found at http://www.hcmfoundation.org/sauconrailtrail10k.html or visit their Facebook page for up to day information and sneak peaks! http://www.facebook.com/SauconRailTrail10k

Your GPS and You: A New Friend on the Road

By: Mark Kotarski, MEd, CES founder of Kotarski Endurance Training, LLC. Mark has completed 4 ironman distance triathlons and several marathons. He is involved in coaching runners locally and remotely and is located in West Chester, Pa. Contact him at mark@ketfitness.com or visit his website at www.KETfitness.com.

You may be like me, a runner who believes that using a treadmill can be a very productive training session. And it can be. But what if there was a gadget out there that could enhance your treadmill training and your outdoor training? And even become a friend out on the road? A GPS device can do that and more.

If this sounds like a good idea, first decide on what features you want. Do you need real time speed, pace and distance? Do you want to download your data onto an online training calendar? The more you want to do, the greater the expense. However, that expense could be worth it if you end up running personal bests or finishing a distance you never thought could be accomplished. Certain manufacturers such as Timex produce GPS devices that sell for around $100. Garmin de-
vices, that have many capabilities, can sell for $300 or more. After you make your decision just run with it!

Now, “running with it” requires that you take 30 minutes to set up the GPS. This should be a focused 30 minutes. Take your time to set up your device. Believe me, this will go a long way. You will set the device up the way you want it (demographics and data to view) and will become familiar enough with how the device works that you will be able to use it and download the data after the first run without delay or problem. Most devices require that weight, age, and gender are set to allow for the calculation of calories expended. Then comes setting of the data fields, or the information you want to monitor during the run. After you complete those two steps, you are ready to use it during an outdoor run.

During the run it will record real-time data such as speed (mph or kmh), distance (miles or km), time, cadence (it may come with a foot pod), pace (min/mile or min/km), calories, % grade, etc. It allows you to see, in real time, your speed, just like a treadmill! As a matter of fact you may need to increase the speed of the treadmill after the realization that you are running faster outside and taking it too easy while inside on the mill!

Following each run, the more expensive devices allow for the downloading of the data into an online file for review. The review will include all of the data you saved and, by using the formula rise over run, you can calculate the % grade of various sections of hills that were climbed. As an example, you may begin to see that many hills during a particular route are a % grade and it may take 60-90 seconds to climb. With this information a treadmill training protocol can be developed with hills identical to the %grade, or greater, than those hills found on the route just completed.

An example of using rise over run is: 20ft. of elevation divided by 200ft. of distance (this is found following the download of data) equals a 10% grade. If this hill was 30 seconds in duration the treadmill can be set at a 10% grade for 30 seconds then adjusted back to 0% grade following your simulated climb.

In addition, caloric expenditures are calculated and the amounts of macronutrients (proteins, carbohydrates, and fats) in grams can be found by dividing the total number of calories by 4, 4, and 9 respectively for each gram. An example would be the following using carbohydrates:

Total calories expended during a 60 min run = 850 calories
Carbs: 850 divided by 4 = 212.5 grams

This means that during this 60 minute run you would need approximately 212 grams of carbs in the form of gels and/or fluids. This can become valuable information when training for a longer (>60 minutes) distance event such as a 13.1 or 26.2 mile race.

The most expensive devices also come with a “virtual training partner.” You set the speed of this partner to a certain pace you would like to accomplish during a particular run (easy, tempo or race pace) and the partner will “run” at that pace. It will be seen on the watch face. You can choose to run the set pace or faster. The first time I used this feature I slowly discovered that a race was on and was tracking my “competitor’s” distance from me every half mile or so. Following the run I was completely exhausted and realized I had just completed a race.

You may begin to find your new training partner is a useful companion that at times is a reliable alternative to the crazy and nutty running friends you tend to hang with during those weekly track sessions.
My friend Melissa and I were at the Lehigh Parkway for a run, and we got caught in a storm. We saw a few lightning flashes and we got nervous because we were still a pretty long way from the covered bridge where our cars were parked. We happened to be on a section of the trail where the only way for us to get back to our cars would have been to jog through a heavily-wooded area. We didn't think that was a good idea in the middle of an electrical storm. We felt especially cautious because we remembered that a man was killed not too long ago by a lightning strike at the Pocono Raceway.

We were getting close to the Police Academy, so I had an idea. I suggested to Melissa that we go up to the Police Academy building and throw ourselves on the mercy of the policemen to beg one of them to drive us around the park to our cars. I saw an SUV idling in the parking lot near the Academy, so we decided to take a chance and ask the driver to help us. You never know what's going to happen when you go up to a stranger, but we felt the risk was worth it.

When we approached the SUV, we saw that the driver was wearing a t-shirt that indicated he was a member of law enforcement. As a matter of fact, he happened to be the Sheriff!!

We explained our predicament and he kindly agreed to help us. We all introduced ourselves to one another and we learned his name was Mark. During our few minutes of small talk while he rescued us “damsels in distress,” he told us that the reason he had been sitting in the parking lot was because the Sheriff's Department annual shooting qualification exams were supposed to be held that day but had been rained out. Lucky for us, Mark happened to be there. Thank goodness for the kindness of strangers!

Happy Halloween!
When it comes to real estate, there’s no one more committed to clients’ needs than Mick Seislove and his real estate team. Whether buying or selling a home, you can depend on the Mick Seislove Team to outperform your expectations and get the results you need. A lifelong Lehigh Valley resident with over 20 years real estate experience, Mick is able to offer his unmatched knowledge of the local market, top-notch negotiating skills, and utmost dedication to providing the level of customer service you deserve.

BUY OR SELL
a home with the Mick Seislove Team in 2012*
and
RECEIVE A $100 FINISH LINE RUNNING STORE GIFT CARD
PLUS
WE’LL PAY YOUR LVRR RACE REGISTRATION FEES FOR ONE ENTIRE YEAR**!!!!

*Settlement to take place in 2012. **Value up to $150.
In attendance: Loretta Dodson, Nancy Hofmann, Brita Kilgore, Neal Novak, Brian Patterson, Mike Richardson, Brian Schaffer, Bob Shively, Lloyd Trego

Secretary’s Report was given and approved with correction on amount granted to Dale Winterhouse toward expenses for his youth running program. Treasurer’s Report was presented and accepted. Super Bowl race was successful. Income is arriving from the Half Marathon.

OLD BUSINESS

1. LVRR does not cover insurance for the Hanover Township First Strides program. Possibly Hanover Township could do that for the program.

2. Brenda Frezeman will publish a newsletter for LVRR. It will be mailed to members.

3. The membership meeting will be held Thursday March 19th at the Brass Rail with David Willey speaking. The Board will meet prior to the 6:30 general meeting. (NOTE: Subsequent investigation determined that paying for members to eat at the Brass Rail or the BrewWorks would be an extravagance for the club. A motion was made and passed via Board email to hold the general meeting at the clubhouse in September with the club providing pizza and beverages.)

4. The By-laws still need to be updated. Board will contact Mike Prokup for advice on wording.

5. LVRR brochure is also in need of updating. Brian Patterson is working on that.

6. Oil has been purchased to fill the tanks.

7. New keys will be distributed at the next meeting.

NEW BUSINESS

1. Membership currently stands at 296 households representing

LVRR Membership Application (Please print)

Name ___________________________________ Occupation ___________________________ Birthday __________
Name ___________________________________ Occupation ___________________________ Birthday __________
Street ________________________________________________________________
City ___________________________ State ___________________________ Zip Code __________
Email:_______________________________________________________________
Phone: (Day)____________________ (Evening) ___________________________ Mobile: _________
MEMBERSHIP LEVEL (Please circle) $20.00 INDIVIDUAL $25.00 FAMILY

Your active participation as a club member is important. All members are asked to volunteer their help each year for at least two club activities as described on the website. Please list the two activities for which you would like to volunteer. You will be contacted in advance of each event. Thank you.

1. ___________________________ 2 ___________________________

Club Membership Application Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Lehigh Valley Road Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature ___________________________________ Date: __________

Signature ___________________________________ Date: __________

Parent’s Signature if under 18 years ___________________________________

To join the Lehigh Valley Road Runners, fill out this form, enclosure a check and mail to:
Lehigh Valley Road Runners, PO Box 592, Allentown, PA 18105-8692