



www.LVRR.org
Established 1993

President's Message

Winter is just around the corner but another way of thinking about it is, "it's just one more day closer to spring." The next big club event is the legendary "Dip in the Creek." Hey, do it for bragging rights, it's a short stream. Should you decide not to do the Dip, please come out to the 35th running of our New Year's Day Run. You have your choice of 5K or 5 miles with a wonderful meal provided by the club at Fire Company #2 just down the road. Rodale opens their fitness center to shower and change should you wish. Depending on the weather the attendance is usually between 100 to 175 runners. Champagne awaits those who choose to run to the top of the 5-mile hill. Hope to see you there, the Dip goes off at 10:00 and the New Year's Run starts at noon from Community Park in Emmaus (see flyer).



South Mountain 10 Miler & 5k was originally scheduled for October 30, in part to give

the volunteers a little warmer weather. The irony occurred with the late October ice storm which pushed the event almost back to its original date. New race director Brian Patterson adapted quickly and with coordination from the city of Bethlehem and help from his daughter Carly regrouped volunteers and support people to stage the race.

Please check out the article about our new dues structure. We are arranging everyone's dues so that they become renewable the first of the year.

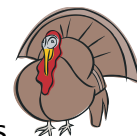
Our initial Meet and Greet in October went very well and the membership committee wants to hold one every quarter, so look for announcements for our January Meet and Greet. Our recent Open House was well attended and resulted in quite a few new members.

The ever popular Super Bowl Race will go off on February 5th. It has sold out every year and

this year will be no exception, so if you want in, get in!



The club was once again in a position to purchase holiday turkeys for all of the Park and Recreation employees. We hold the majority of our activities within the park system and like to recognize the efforts of those people who maintain and keep the parks pristine. It is obvious that they take great pride in their everyday jobs and we thank them for that. Please see the letter that went with each turkey certificate. You should have received a LVRR magnet in your newsletter; please keep it off your refrigerator and put it on your car, though if you are like me you have to search for a part of your vehicle that is actually metal.



As always,
Good Running,
Neal

RACE CALENDAR January / February / March 2012

Sunday, 12/11/11, 11:00 a.m.
Shiver By The River 5K & 10K
Winter Race Series # 1
Reading, PA
Contact: Sue Jackson
610-779-6556
www.pagodapacers.com

Sunday, 12/18/11, 11:00 a.m.
Kris Kringle 5M Run
Reading, PA
Contact: Jason Manbeck
610-413-7822
kriskringle5Miler@gmail.com

Sunday, 1/8/12, 11:00 a.m.
Shiver By The River 5K & 10K
Winter Race Series # 2
Reading, PA
Contact: Sue Jackson
610-779-6556
www.pagodapacers.com

Sunday, 1/15/12, 11:00 a.m.
Chilly Cheeks 7.2M Trail Run
Reading, PA
Contact: Ron Horn
610-779-2668
rhornpcs@aol.com

Sunday, 2/5/12, 10:30 a.m.
LVRR Super Bowl 10K
Lehigh Parkway, Allentown, PA
Contact: Carly Patterson
garges329@yahoo.com

Sunday, 2/12/12, 11:00 a.m.
Shiver By The River 5K & 10K
Winter Race Series # 3
Reading, PA
Contact: Sue Jackson
610-779-6556
www.pagodapacers.com

Sunday, 2/26/12, 11:00 a.m.
Ugly Mudder 7M Trail Run
Reading, PA
Contact: Ron Horn
610-779-2668
rhornpcs@aol.com

Sunday, 3/11/12, 11:00 a.m.
Shiver By The River 5K & 10K
Winter Race Series # 4
Reading, PA
Contact: Sue Jackson
610-779-6556
www.pagodapacers.com

Thursday, 3/15/12, 6:30 p.m.
Hooligan's Hustle St. Patty's Day 5K
Reading, PA
Contact: Ron Horn
610-779-2668
rhornpcs@aol.com



Meet & Greet

Since our October Open House, we have welcomed quite a few new members to the club. All members are invited to our next Meet & Greet taking place in January! This is a perfect opportunity to meet our new members, catch up with fellow runners and get out of the house on a sure-to-be-chilly January evening. Light snacks and drinks will be provided.

When: Thursday, Jan 19, 2012

Time: 6:00-8:00 pm

Where: LVRR Clubhouse,
Lehigh Parkway

Changes in Membership Renewal

ONLINE RENEWAL

We now offer membership renewal online. Not only that, but we will be notifying members via email when your membership is about to lapse and your annual fees are due. Simply visit <https://www.raceit.com/Register/?event=6817> and complete your membership renewal. You will have an option on the form to receive future notifications either by email or regular mail.

We realize that not everyone wants to renew their membership online, therefore paper renewal forms will still be available to those who wish to do things the old-fashioned way. You can download a renewal form on our website at <http://lvrr.org/membership> and send it in with your payment.

RENEWAL DATE

As of January 2012 we will be moving to a common renewal date for all of our members. Membership will run from January 1 - December 31, a full calendar year. Payments are due two weeks before the calendar year begins, December 15th of each year for the upcoming calendar year. During the 2012 transitional year we will work to get everyone onto the same schedule so that for 2013 we are all on the same payment schedule.

Q. What does this mean for me? I just renewed my membership two months ago for another year?

A. When your membership comes due next year, you will pay the fee for whatever quarter you are in.

Remember, you will still need to renew again in December for the following calendar year.

Q. How do these changes affect new members who join throughout the year?

A. Our year will be broken into quarters. Members who join throughout the year will pay the membership fee for whichever quarter they join in based on the following pro-rated scale:

- January 1 – March 31 \$20
- April 1 – June 30 \$15
- July 1 – September 30 \$10
- October 1 -December 31 \$25

Changes in How We Send Emails

You may have noticed that we have been sending out fewer emails lately. We have been consolidating emails to once a week. Our weekly email, called Lehigh Valley Road Runner Foot Notes, goes out every Thursday afternoon. There will be the occasional email sent on other days for information that needs to get out to our members right away. However, we will do our best to keep our email delivery to just once a week.

LVRR Board of Directors

- Neal Novak, President
- Mike Richardson, Vice President
- Brian Schaffer, Treasurer
- Nancy Hofmann, Secretary
- Loretta Dodson
- Jill Forsythe
- Chris Garges
- Carly Patterson
- Brian Patterson
- Fred Reichenbach
- Laurie Reinhart
- Bob Shively
- Mike Sosnowski



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Member Survey Results

From June through September we conducted a survey of the club's membership. The survey gathered information about the degree of membership participation in club activities, interaction with our online presence, and general attitude and perception of the club from our membership. We discovered a great many things in the process and feel that the information that you provided has presented a lot of great ideas and will help propel the club in a new direction.

While it is nearly impossible to make a slew of changes across the board, we have been working on some of the bigger items that were really screaming for attention. Perhaps the biggest change we've recently enacted, which is a direct result of the survey, is the formation of Group Runs.

67.7% of the membership responded that they are interested group runs. We had 30 people respond that they would be willing to lead a group run. When asked to come forward and work on implementing the runs, we unfortunately had only 12 people ultimately become group run leaders. What this means is that there are probably fewer group runs than we would like, but we prefer to look at it as a great start. Our hope is that going forward we will gain more

leadership for our runs, enabling us to offer more group runs with more people joining in the runs.

Another item we wished to address from the survey was a lack of general club cohesiveness. It had been tough in the past for new members coming into the club to get to know fellow club members. We currently have no regular membership meetings, group runs have only just begun, and our monthly happy hours have had low attendance. We offered our very first Meet & Greet in September with around 60 club members showing up to mix and mingle with each other. It was a fantastic evening and an event we will continue to host every four months as a way for new members to meet the current membership.

Speaking of new membership, we have developed a Welcome Packet for new members which is sent out immediately upon their joining the club. The packet includes a welcome message from our president, a map of Lehigh Parkway, clubhouse hours, website and Facebook links, upcoming club events, and a list of our group runs.

Many of our members questioned what the benefits of being a club member really are. This is not a query we have taken lightly. We have been looking into this and trying to come up with new club activities, incentives, etc. in order to add value to our club members.

This has become an underlying thought guiding many of our decisions.

We feel that for \$20 a year each and every club member gains much more than the value of a \$20 bill. You get a club newsletter sent to you six times a year keeping you up-to-date with club news and happenings. You get access to the clubhouse on weekends and several week nights. You have the opportunity to join any of our group runs. You can meet new members at several mixers throughout the year. You have the opportunity to run in two club-only events: our annual New Year's Day Run and our September Prediction Run. Both runs provide meals to every member in attendance. You can have pride in the fact that our club helps our community by offering free races for disadvantaged children each April in center-city Allentown; we have contributed money to the construction of mile markers along the D&L Canal Towpath; we provide the employees and groundskeepers of Lehigh Parkway with turkeys each Thanksgiving as a thank you for taking care of our trails.

We now have a member-only section on our website which is accessible with a password. (Password='lvrr'.) It is on this web page where we provide current information about what is happening for club members. We send out emails to club members informing them about upcoming events. We



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BEST WISHES TO THE LEHIGH VALLEY ROAD RUNNERS!

sponsor scholarships to high school student runners who are headed to college. This is just a small sampling of the kinds of benefits you can enjoy as a club member.

It seems to us that there are many positive benefits to being an LVRR member. There are also numerous ways for club members to get involved and get to know one another. All it takes is YOU. We understand that there is so much more our club could do but you have to understand that that means we need more people willing to invest their time to make things happen. This could mean coming out for a group run, joining a committee or coming out for our spring and fall cleanups. It could mean stopping by the clubhouse on a weekend day and saying hello.

In the coming year we will be revisiting the results of the survey to address more of the feedback which you provided over the course of last summer.

You can view the results online in our Members Only section of the website.

- Board of Directors

Clubhouse Cats Turn 11

Our LVRR Clubhouse cats, affectionately known as KC (Casey) and Scaredy, celebrated their 11th birthday this past summer.

At the June 2000 Summer Series race, a very pregnant, grey tiger cat showed up at our Summer Kitchen and was initially fed hot dog scraps and other leftovers. She then proceeded to show up on a regular basis for whatever morsels she could beg from the runners. At the July race, she slowly brought out her two male kittens for the members to see. Our Board voted to neuter the 3 cats and allow them to stay if we could catch them. The two kittens were caught and taken to Peaceable Kingdom's Mobile Veterinary Van. The mother cat

was more difficult to catch, and was eventually given to an LVRR family who expressed an interest in her adoption.

Both male cats have more than earned their stay over the past 11 years. Since their arrival, we have had very few squirrel and mice problems in or around the LVRR Clubhouse. In fact, in a number of instances, portions of their kills are sometimes left for members to admire. They generally roam the area around the clubhouse, often going into the fields and treelines near the City Barn. They have access to shelter inside the Summer Kitchen by either squeezing through the locked doorway or by entering the side ventilation hole of the foundation and coming up through an opening cut through the kitchen floor. They have fresh water and dry food given to them daily inside the summer kitchen, and will sometimes get a plate of moist food or other leftovers. In addition, they have a "nest" area on the 2nd floor of the Summer Kitchen which they primarily use during the colder months.

Even though they are technically feral cats, they are quite friendly to some members (especially to those who feed them). Casey is the friendlier of the two and can be distinguished by his darker coloration and smaller size.



An advertisement for Spine and Sport Chiropractic. The top part features the business name and website URL: "Spine and Sport Chiropractic" and "www.spineandsportchiro.com". Below this is a row of four small images: a hand holding a spine, a person's head and neck, a person's hands, and a person's hands. The bottom part of the ad contains the name "Laurie L Reinhart, DC", the address "6002 Chestnut Hill Road, Coopersburg, PA 18036", the phone number "484-347-4129", and the email "laurie@spineandsportchiro.com". The background of the ad is light-colored with a pattern of small, colorful squares.

Your God gives you a mind, a body
and a soul. We should exercise
and develop all three.



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Scaredy is a lighter grey color with an orange tinged belly. He also has a dark, black stripe down the middle of his back. He will usually run away if you get too close to him. They are both not very happy when younger children are in their vicinity and will also quickly “head for cover” if any dogs are nearby and unleashed.



Board Meeting Minutes, 5/18

In attendance: Jill Forsythe, Nancy Hofmann, Neal Novak, Brian Patterson, Carly Patterson, Fred Reichenbach, Laurie Reinhart, Mike Richardson, Brian Schaffer, Bob Shively, Lloyd Trego

Secretary’s report was given and approved. Treasurer’s report was presented and accepted. The Scholarship Fund is doing very well, but scholarships will again be funded through the general fund as long as there are sufficient monies available to do so.

OLD BUSINESS

1. Mike Soznowsky has resigned from the board, and Lloyd Trego has been asked to return in Mike’s place.
2. Electricians have been contacted to move the electrical box in the cellar to a safer spot where it will be protected from water.
3. Summer Series #1 was successful. There were 151 finishers. The current bibs do not tear properly and will be replaced.
4. Grass cutters are assigned throughout the summer.

NEW BUSINESS

1. A new host for race registration is being previewed to use instead of Active. The new site would be raceit.com and offers more services, and is more reasonably priced. Fred will set up a conference call for board members to learn more.
2. Frank Ford has said that St. Luke’s will again sponsor the Half Marathon next year. LVRR wishes to continue to have a presence. We would like to have a table at the Expo and mention of the history of the club on the race website.
3. 2700 hits on our website this past month, primarily to investigate the Summer Series, Kids Runs, race results, and South Mountain.

4. Ladies night at the clubhouse was successful. Participants would like to have another.
5. Rain gutters and roof flashing on the clubhouse need to be repaired. The attic chimneys need to be waterproofed. Bob Shively will contact roofer.
6. Laurie Reinhart will again organize kids’ hikes during the summer. LVRR will supply tee shirts to regular participants.
7. Emmaus scholarship applications are in and will be presented.
8. Schools with the most participants at the April 30th Kids Run before the Half Marathon were Moore Elementary and Kernsville, at first and second place.
9. June 15th meeting will be held at the Brew Works.

Board Meeting Minutes, 6/15

In Attendance: Loretta Dodson, Jill Forsythe, Chris Garges, Nancy Hofmann, Neal Novak, Brian Patterson, Carly Patterson, Fred Reichenbach, Laurie Reinhart, Mike Richardson, Bob Shively

OLD BUSINESS

1. Electrical box has been moved to the kitchen at a cost of \$2400.

2. No estimate has been received for roof work on the gutters and flashing.
3. Club will now use raceit.com for club events in place of Active. Raceit will also be used for our free events. South Mountain 10 Miler and 5K are being put on for registrations.
4. Kids Runs are doing exceptionally well. Checks have been presented to Moore Elementary and Kernsville Elementary for their winning attendance at the April 30th event.

NEW BUSINESS

1. South Mountain races will be held October 30, 2011.
2. Web site is getting hits for the Kids Series and the Summer Series.
3. New bib numbers have been purchased.
4. Club will have a Fourth of July picnic at 2:00 that day. Members and families can bring something to grill and to share.
5. New Membership committee has met and will meet again next week. The committee will take charge of membership renewals. They are suggesting a "new member welcomer." They also suggest renewal dates might be changed back to January through December, with quarterly rates available for those who join during the year.

6. LVRR Facebook page is now a group page. Members have been notified.

Board Meeting Minutes, 7/20

In Attendance: Loretta Dodson, Jill Forsythe, Chris Garges, Nancy Hofmann, Neal Novak, Carly Patterson, Fred Reichenbach, Laurie Reinhart, Mike Richardson, Bob Shively, Lloyd Trego

OLD BUSINESS

1. Estimates have been received to replace the back gutter with galvanized steel (\$1100) and the back roof (\$1000). A motion was made and passed to commission the repairs for approximately \$2500.
2. Raceit.com has put South Mountain Races online at no charge. The Half Marathon will be added.
3. Kids Hikes are going well. Each one has 20-70 participants. Hats will be given to those children who attend 5 events.
4. July Summer Series had 180 participants. Overall series is going well.
5. There have been record numbers at Summer Kids Runs. Water and sprinkler system will be added for runners. Ice and cooler of water at finish line will be provided for the older participants. Trojan

Cross Country had 51 participants at the July race.

NEW BUSINESS

1. South Mountain races will be altered because the bridge on the old Seidersville Road is closed to traffic.
2. Web site is getting hits for the Kids Series, the Summer Series, and South Mountain.
3. Scholarships were handed out at the July Summer Series. These included Emmaus scholarships as well as those from the Valley running community. Ed Thompson's sister sent an email thanking LVRR for continuing to honor her brother. Emmaus scholarships were presented to Patrick McTish and Amanda Thoet. Other LVRR scholarships were given to Kathleen Anthony (Parkland), Jessica Cygan (Liberty), Dan Fitzpatrick (Central Catholic), and Matt Kacyon (Whitehall).
4. Camp Olympic is considering a Cross Country Course. LVRR is not yet involved but would consider holding a race there.
5. New Membership committee has met again. They are still sending surveys. They would like to create a club packet containing a welcome letter, map of parkway, hours the house is open, various club events, and a magnet for a car, recent newsletter, club race flyers, new member survey, and links to club

website and Facebook page. They will hold three "Meet and Greet" events, the first to be September 22. They would like to organize phone calls to new members, with which board members can assist. The committee will take charge of membership renewals. They will maintain the data base and switch back to a January to December membership year, with quarterly prorated dues.

Board Meeting Minutes, 9/21

In Attendance: Loretta Dodson, Jill Forsythe, Chris Garges, Nancy Hofmann, Neal Novak, Brian Patterson, Carly Patterson, Laurie Reinhart, Mike Richardson, Brian Schaffer, Bob Shively, Lloyd Trego

OLD BUSINESS

1. Half Marathon has a three year contract with Active, so the Half will not be switching to raceit at this time. Other races will be posted on raceit.
2. Trojan Cross Country has sent a thank you for LVRR sponsorship.
3. South Mountain course will be changed due to bridge repairs. It will not go over the Seidersville Road bridge.
4. It has been suggested that LVRR and Pagoda Pacers

have a run together at Bear Creek for a 5K trail run.

5. Camp Olympic is not yet ready to prepare a Cross Country course. LVRR will participate when this happens if we are invited.
6. Discussion about how to disperse funds:
 - a. Grants for school Cross Country programs
 - b. Help provide cinders for parkway
 - c. Help coaches record times at league meets
 - d. Provide mile markers along parkway paths
 - e. Redo parkway entrance sign
 - f. Create a foundation
 - g. Provide scholarships to members' children who are running in college – based on criteria similar to current ones for high school scholarships

Email proposals before next meeting.

7. Prediction run was cancelled due to lack of interest. Consider returning to Two-some Race.
8. There will be a Meet and Greet 9/22/11 at 6:00 PM. Membership Committee is planning an Open House on Saturday October 22 from noon to 3:00 PM.

NEW BUSINESS

1. Furnace needs to be repaired after flooding from Hurricane Irene.
2. Web site has a new photo gallery for members to upload pictures. Hits are coming for South Mountain and group runs. Group leaders can be contacted through the site.
3. Sarah Martin of Iron Pigs is offering a grant for youth runs. LVRR might consider applying.
4. Stove is broken and needs to be replaced.
5. Motion was made and passed to purchase 60 turkey certificates for Parks Department employees.

LVRR New Year's Day Run/Social

JOIN US NEW YEAR'S DAY AT THE EMMAUS COMMUNITY PARK IN EMMAUS, PA. TO RING IN THE NEW YEAR WITH A 5 MILE FUN RUN AND SOCIAL. THE RACE WILL BEGIN AT NOON. COME DRESSED TO RUN!

SHOWERS ARE AVAILABLE AT THE RODALE ENERGY CENTER.

New Year's Social



The Social will begin after the run at the Emmaus Volunteer Fire Company across from the Energy Center. Everything is located within walking distance.

Food and beer will be provided, so bring your legs and your appetite on New Year's Day. Your special Cookies, Desserts, and snacks are Welcome!

**Questions, contact
Neal Novak
610-434-9133**

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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, enclose a check and mail to:
Lehigh Valley Road Runners, PO Box 592, Allentown, PA 18105-8692