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July/August 2011 Newsletter

Vol. 27 Issue 4

President's Message

Our summer activities have been going beyond expectations. This year we waived the fee for our Wednesday Summer Series and have had tremendous turnouts, over 180 for the July event. We have averaged over 400 youngsters for our Youth Runs, should that continue it would mean that over 3,500 races would have been run by young people between the ages of 3 and 14. That is QUITE an accomplishment and the Youth Run Committee should feel a great sense of pride for the opportunity they present to kids to experience a sport that they can carry with them for the rest of their lives.

The topic of youth running brings us to one of, if not the best thing the club does, our scholarships. This year was the 27th year that your club has presented scholarships to deserving area runners. Please see the accompanying articles.

The wildly successful First Strides will begin its Allentown

version starting in July. Again, check the brief article and flyer in this newsletter. If you know someone who would like to begin running but isn't sure how to go about it, this is for them.

Members, be on the look out for messages concerning our September 7th Prediction Run. This is open only to club members and the great thing about this is anyone can win it. You simply predict the time it will take you to run our 5K course. The clock will count down from the slowest time to the fastest. When it reaches your predicted time you start, if everyone runs to their predicted time everyone should finish at the same time. As you can imagine, that rarely happens. Pizza and salad is on the club, we only require that you RSVP. You'll receive more information on this in the future.



We want to give a great THANK YOU to the gracious people who have volunteered to keep the club house grounds looking good by cutting the grass, no easy task: May-Lloyd Trego, June- Gayle Rosi, July- Astrid Redermacher, August-Mary Finley, September-Michele Belisle, October, Tim Wilkinson.

If you did not fill out the e-file survey, please complete the survey included in this newsletter and return it to us. It's important to the board to find out what our members want.



ATTENTION MEMBERS, This time we mean it, check your mailing label to find out your renewal date.

RACE CALENDAR

August / September / October 2011

Wednesday, 8/3/11, 6:30 p.m.
LVRR Summer Series 5K, #4
Lehigh Parkway, Allentown, PA
Contact: Neal Novak
610-434-9133
www.lvrr.org

Saturday, 8/6/11, 9:00 a.m.
Blue Eagle 5K
Nazareth, PA
Contact: Scott Kately
610-349-3574
skately@verizon.net

Saturday, 8/6/11, 10:00 a.m.
LVRR Kid's Running Series # 6 (of 6)
Groups for Ages 3 to 14
Registration 8:45 a.m. to 9:30 a.m.
Lehigh Parkway, Allentown, PA
Contact: Loretta Dodson
610-395-2438
ldodson@ptd.net

Saturday, 8/15/11, 8:30 a.m.
**If You Build It They Will Run 5K
and Kids Only 1 Mile Run (8:35 a.m.)**
Gilbertsville, PA
Contact: Mel Weiss
610-454-0569
Mel_Weiss@verizon.net

Sunday, 8/28/11, 8:00 a.m.
Run Wild at the Zoo 1M, 5K & 10K
Schnecksville, PA
Contact: John Hofmann
215-852-4207
director@runwildatthezoo.com

Sunday, 9/11/11, 7:00 a.m.
**Lehigh Valley Health Network
Marathon for Via**
(Marathon, Relay, 1/2M and 5K)
Allentown, PA
610-317-8000
Vai@ViaNet.org

Saturday, 9/17/11, 8:00 a.m.
Isa's 5K Run for A Cure
Bethlehem, PA
Contact: Alisa Gonzalez
610-849-2447

Saturday, 9/17/11, 9:00 a.m.
Camelot for Children 5K
Whitehall, PA
Contact: Cassie Kemmerer
610-791-5683
cassiek@camelotforchildren.org

Saturday, 9/24/11, 9:00 a.m.
"The Bruiser" Memorial 5K
Lehigh Parkway, Allentown, PA
Contact: Maryjo Smith
908-303-8399
mjc11268@hotmail.com

Sunday, 9/25/11, 8:00 a.m.
**Lacing Up for Childhood Cancer
5K/10K**
Northampton, PA
Contact: Doug Sheriff
610-533-1923
dsheriff@angel34.org

Sunday, 9/25/11, 10:30 a.m.
Cadet Anthony Severo 5K
Allentown, PA
610-882-3248
severoe@aol.com

Saturday, 10/8/11, 9:00 A.M.
In Memory of Tanya Rosado 5K
Bethlehem, PA
Contact: Judy Negrete
Jmjazz99@yahoo.com

Saturday, 10/8/11, 9:30 a.m.
Towpath Trot 6K Trail Run
Walnutport, PA
Contact: Janet Shankweiler
610-737-3900
janets63@gmail.com

Saturday, 10/15/11, 9:45 a.m.
Women's 5K Classic
Lehigh Parkway, Allentown, PA
Contact: Loretta Dodson
610-395-2438
ldodson@ptd.net

Sunday, 10/16/11, 10:00 a.m.
Bear Creek 5K/16K Trail Run
Macungie, PA
Contact: Gary Kline
610-682-7100 Ext 495
garyk@bcmr.com

Sunday, 10/23/11, 9:00 a.m.
**Delaware & Lehigh 1/2 M &
Marathon**
Northampton, PA
Contact: Loretta Susen
610-923-3548 Ext 221
Loretta@delawareandlehigh.org

Saturday, 10/29/11, 9:30 a.m.
Tim Lambert BSA 5K
Easton, PA
Contact: Thomas Vincent
610-515-9933
teoma@rcn.com

Saturday, 10/29/11, 6:00 p.m.
Run Lehigh Valley, Run Like Hell 6K
Allentown, PA
570-855-8155
info@runlehighvalley.com

Sunday, 10/30/11, 9:00 a.m.
South Mountain 10M and 5K Run
Saucon Park, Hellertown, PA
Contact: Brian Patterson
610-264-9255
nanhof@juno.com

First Strides

First Strides now has six locations in the Lehigh Valley. They reached over 600 women this spring and are hoping to top that number this fall. If you are interested in taking the 12-week beginner running and walking workshops for women, or know someone who is, please direct them to www.firststrides.com. Also, if you are a female running or walking enthusiast who might be interested in mentoring in the future, please contact us at info@firststrides.com. Our fall programs start the last week of July and the graduation event is the Women's 5K Classic in October.

LVRR Scholarships

The club's 2011 college scholarship awards were given out at the July 6th Summer Series race. Four scholarships of \$4000 each were awarded to two female and two male graduating high school runners from Lehigh and Northampton counties. This was a total of \$16,000 in awards.

Applications are sent to all high schools in the two counties and the club receives a large number of applicants. All were

worthy of receiving the awards and it was a difficult decision by the judges to pick the four winners.

The scholarship fund, financed by LVRR races, was established to assist local high school graduates with college expenses. The fund is a way for the club to give back to the community, foster interest in the sport and demonstrate the club's commitment to youth running. By supporting young people who have demonstrated academic and athletic excellence, community involvement, and a strong interest in running, we are

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encouraging healthy, productive and disciplined lifestyles in these young adults who will be leaders of the future.

The applicant must have a minimum 2.5 grade point average, their running and volunteer achievements must be listed, they must write a 250 word essay on how running has influenced their life and what the sport has meant to them personally, and two letters of recommendation must be submitted, one from their high school cross country and/or track coach and the other from someone not related to them, such as a teacher, counselor, etc. Of course they must be members of their high school cross country and/or track team and compete as an individual in running events.

This year's winners are: **KATHLEEN ANTHONY** from Parkland who will be attending the University of Notre Dame, majoring in Biochemistry/Pre



Top row, from left: Kathleen & Jessica
Bottom row: Dan & Matt

Med. **JESSICA CYGAN** from Liberty who will be attending the College of William and Mary with at major in Kinesiology. **DAN FITZPATRICK** of Allentown Central Catholic who will be attending Harvard University and has not decided on a major at this time. **MATT KACYON** of Whitehall who will attend Temple University, majoring in film and interactive media.

Emmaus Scholarships

On July 5th, at the 3rd LVRR Summer Series 5K, two Scholarships were awarded to recently graduated Emmaus High School students. Each of the scholarships was a \$2000 award and was raised through proceeds from the annual Emmaus 4 Mile Road Race. This year's sellout race was held on April 10th and had 305 finishers.

The Ed Thompson Memorial Scholarship was given to Patrick McTish. Patrick will be attending Villanova University this fall and is planning to study Civil Engineering.



Patrick was a member of the National Honor Society and the Spanish Honor Society, and is an Eagle Scout with the Boy Scouts of America. Patrick was the Co-Captain and Scholar-Athlete of the Emmaus HS Cross Country team during his senior year. He placed 75th at the 2010 District XI Cross Country Championships with a time of 18:56. Patrick was a four-year member of the Track Team, running the mile, 2-mile and being an alternate on the 4 x 800 Relay Team. Patrick graduated with a class rank of 97% out of 685 and a GPA of 4.1003.



The Nicole Reinhart Memorial Scholarship was given to Amanda Thoet. Amanda was a 4-year member of the EHS Girls Cross Country Team. She was selected the

team captain during her senior year and was also the team's Scholar-Athlete nominee. She was honored as the Girl's Cross Country Player-Player selection during the EHS Fall Sports Awards. In track, Amanda was a 4- year runner and was selected as the team's captain in her senior year. She was the team's nominee for the District XI Scholar-Athlete award and was a 2-time member of the PA State Qualifying 4 x 800 Relay Team. Academically, Amanda was a member of the National Honor Society as well as German and Latin National Honor Societies. She was president of the Interact Club (a community service club). Amanda graduated in the 90th% with a GPA of 3.6952. She will be attending the Ohio Wesleyan University Honors College with an interest in Pre-Med.

My 100-Mile Adventure by David Decker

About 10 years ago I started running seriously. I'm not built for speed but I've been teaching myself to run farther over the years. For the last five years I've been focused on making my first attempt at completing a hundred mile race.

I had one false start about four years ago. I had done my first 50- mile mountain race in Vermont and thrown in an Ironman and a few marathons in a very short period of time. I ended up spending the better part of a year nursing some knee



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injuries. Then I had to start over from square one...ok, maybe not quite square one but it sure felt like it at the time.

I was determined to go into this race with a healthy body. Yes, I still did some long runs but I also added in a lot of double runs during the day and night. I ran a lot on tired legs. Not so many 20-mile runs but a lot of 15-mile runs broken up into 5 at lunch and 10 after work with friends.

I've learned that my body tends to start breaking down if I get over 50 miles per week. I also get bored of that amount of running. So, I kept my mileage in the 45 miles per week area.

Was that kind of mileage enough to finish a hundred? I had no idea, but I overheard my daughter Amy on the phone one day explaining to my sister-in-law about the race. The half of the conversation that I heard went something like this, "well he's pretty determined to finish so I expect he probably will." She knows her father. I've never had a "DNF" (Did Not Finish) in a

race but clearly, if I was ever going to have one...this could be it.

I was healthy going into the race. No aches and pains. My mind and body were in a good place. The race that I picked was nearby, The New Jersey Ultra Series. As a result, I had a lot of family and a lot of friends there to cheer and keep my spirits up.



The majority of the course was on the very flat Columbia Trail (76 miles) but a significant portion was on the Patriots Path (24 miles). Not an insignificant amount of very rocky, hilly, washed-out trail kind of miles... especially significant after 20 or 25 hours.

We got really lucky with the weather in March. The few days just before the race warmed up into the 70's which dried out a lot of the very rainy spring rains we had already seen and the wind was supposed to calm down which would keep the first night

very comfortable (in the mid 40's) and the second night down near freezing (but I had the warm clothes ready for that temperature).

The one thing that I didn't count on at the beginning of the journey, the thing that I couldn't count on until we got closer to the race, was the amazing amount of running support that my family and my running friends genuinely wanted to give me during the race. I was rarely alone. My wife and two daughters volunteered at the far western turnaround location (so that always gave me something to look forward to on the way out) and almost my entire group of running friends (the Breakfast Club Runners...look for it on Facebook if you want to see the pictures of the race) scheduled their Saturday morning run on the Columbia trail so they could cheer me on for a few hours.

My sister and her family were in town escaping the earthquake problems of Tokyo and she asked if she could come out and run with me. Well, my mom and dad drove out with her for moral support and my sister came along for the run. My dad ended up running 12 miles with me and my sister ran 16.

But I'm getting ahead of myself. The hundred mile race started at 4am, followed by the 100-kilometer racers an hour after us, followed by the 50-mile racers an hour later, followed by the 50-kilometer racers, and finally the marathon racers starting at 8am. This was really



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nice because it gave the longer distance runners more space to find their own pace without a lot of jack rabbits around at aid stations at the same time we were moving through. It also gave you the feeling that there were a lot of people on the out and back course to look at.



So off we went into the night with the full moon overhead and we started to churn out miles. Nothing fast. Just steady. Running at night is a sensation all its own. You can only see the next five feet or so in front of you so you don't look down the trail and see 10 or 15 unending miles in front of you. You just see those 5 feet. It's very calming and I really love it. That first 16 miles were just flying by and before I knew it, the sun was starting to come up and I turned off my head lamp. I watched what I knew would be my first sunrise of the race. I also knew that the second time I saw a sunrise during the race, I wouldn't be feeling that good.

Just before I got back to the start/finish race headquarters area to start my second loop, my first of many visitors were hanging out the window cheering for me. There was Frank, Jennie, fGayle and Alison all ready to run...well, Alison wasn't running but only because she is about to have her third child, otherwise she would have run too. fGayle jumped out of the car and started running with me, followed by both Frank

and Jennie farther down the trail. Jennie was worried ahead of time that she wouldn't be running fast enough to keep up during a race but I quickly explained to her how slow I would be going. I'm not sure she believed me until she got out on the trail and saw the pace I was keeping. fGayle and I ended up running something like 16 miles together that morning.

I was just shy of my first marathon of the day when cars pulled up alongside the trail and out jumped an entire pack of Breakfast Club Runners: Roger, Carol, mGayle, Christina and her friend Stacy. Adding in Frank, Jennie and fGayle...I suddenly had 8 friends surrounding me for their 5-mile jaunt through the forest. They took lots of pictures, which was a good thing since at that time I was still having fun and smiling. It was great fun having everyone around for that hour or so but after a bit, they went off to get breakfast (as they should...we are the breakfast club after all) and it was just me and fGayle heading back to town.

As we were getting closer to town, suddenly at the road crossing ahead was my wife and two daughters cheering and yelling their heads off at the two of us approaching. They had gone out that morning to the dollar store and bought pom poms and clappers and all kinds of things to help the runners' spirits stay high. I stopped just long enough for hugs and kisses and headed off to complete my 2nd Western loop and my 32nd mile.

Heading down the Patriots Path was my friend Mark on his mountain bike. Mark



was the reason I had even heard of this race because he happens to live about one minute from the trail. He came along with me for a few miles and showed me some of his favorite trout fishing locations when suddenly there was another big group to see me. On the right side of the path were my friends Kimberly, Jean and Susan and on the left side of the path was my mom, dad and sister. I said a quick hello to my friends, went to the left side of the trail and dad and my sister joined in with me. Mark peeled off on his bike and headed home for a few hours of rest. He was part of the night shift and I knew I would be seeing him around 2am, ready to run some very difficult miles. My dad and sister took me out to the west end and back logging the 12 and 16 miles with me which took me to the halfway point. I looked at my watch. Just over 12 hours for 50 miles.

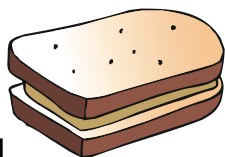
The rule of thumb is that if you want to figure out your estimated time for 100 miles, you take your 50-mile time, multiply those hours by 1.5, and add them together. Both my runs in the 50-mile area were around 12 hours and this run so far was 12 hours so we multiply 12 times 1.5 and we get 18 hours for the second 50 miles.

18 hours? That can't be right, can it? That's 30 hours total. Boy, I

hope that isn't right. Ahead of time I looked at my estimated numbers and said to myself, if I can hold 4.5 miles per hour early, then 4 miles per hour in the second 25 miles, then I could spend the second half of the race at 3 miles per hour and still be just a little over 28 hours. Three miles per hour is incredibly slow by any standards and that translates to a little more than 19 minutes per mile. On a normal day, it's hard to WALK that slow let alone run at that pace. Except this wasn't a normal day and these wouldn't be normal conditions and I would quickly learn how hard it would be to maintain such an optimistic expectation as 19 minutes per mile. But once again, forgive me for getting ahead of myself.

I've heard that during any typical 100-mile experience you and your body will experience several high points and several low points. Expect the low points and have a plan to get past them. The plan is pretty simple actually. Get more food and water into your body. A low point usually means you are running low on fuel.

The aid stations were excellent. Lots of variety. Tons of fresh fruit. Peanut butter and jelly sandwiches. All kinds of energy drinks, Coca Cola, Mountain Dew, Ginger Ale. Trail mixes, candies. More sugar and carbohydrates (read: fuel) than any runner could possibly consume. But here's the problem (and it's always the same problem at just about every race), after 12



or 15 or 20 hours everyone gets sick of eating sweet things. I remember grabbing a handful of strawberries at one point during the night (so that must have been north of 64 miles) and just couldn't swallow a mouthful of delicious strawberries. So, somewhere around mile 45, I was having one of those low points. I just couldn't get enough calories into my body. I'm just realizing it now looking back on the day that my energy levels picked up again shortly after I drank one of my bottles of vanilla Ensure at about mile 58 or so.

The other things I picked up at mile 58 were my friend Brian and his friend Jim. Brian is an excellent athlete. Loves to do all kinds of long bike and running races. So, as the story was told to me while we were running, Brian called up Jim and said, "hey, do you want to do something really stupid tonight?" Well, Jim had already done an 89-mile bike ride in the morning so he clearly had no reason NOT to join in the fun. Jim is my kind of people!

They packed up their Camelbacks, loaded up with food and sandwiches and introduced themselves to my wife and daughters and waited for me to arrive. Well kind of. They were actually anxious to get started so they started trotting down the path in military tempo to meet me a mile earlier even though they knew I had to be coming their way any minute. They retraced their steps with me in tow this time and I went to get my 4th of four check marks on my race

number to prove I had made it to the far western side of the course again.

More kisses and hugs from my girls. Drank that bottle of Ensure that I mentioned earlier (why didn't I think of that later in the race?) and off we went.

The eastern part of the course was ahead, but we had to run 8 miles before we would get there. We actually picked up the pace quite nicely in this section. We were guessing we were covering miles at about a 14 minute clip at that point. We would walk for a bit then switch to a trot for a mile or so again. The best part of finishing that loop was I wouldn't have to head over to the western side of the course anymore. And here's why...originally, the plan for the race was to run the 16 mile loop to the west, then head out on the eastern loop for 9 miles—25 miles total—and do the entire thing four times. That would have made perfect sense but apparently one of the townships wouldn't give permission for the racers to be on the course after dark. So, they decided to do all four Western loops first (during the daytime) and then switch to the eastern loops at night.

It worked out fine. In fact, from the race director's perspective it might even have worked out better this way. They wouldn't have to stock three full aid stations with food and volunteers constantly for 30 hours and they wouldn't need to staff both turnarounds for the entire time as

well. But with all that said, after spending all that time (roughly 16 hours) and all those miles (a total of 64) on the west side...I was happy to get to the east side of the course. I pulled into the start/finish aid station and started to prepare for the night run and right there was my brother Jon and his girlfriend Brittany. They were going to join us for the first of four nighttime loops.

I needed warmer clothes. The temperature was expected to drop below 32 degrees overnight and I was prepared. We grabbed my bag of clothes and headed into the church for a quick change. So far all my aid station stops were less than a minute. I didn't want to lose time when I could be eating and walking toward the finish line. But this was going to be different. I needed to change every bit of clothing. (I only didn't change my shoes. At that point I didn't have any blisters so I didn't want to "fix" something that wasn't broken.)

The other very, very important item for my attention was that I needed to re-apply the Body Glide to prevent chafing. At the start of this race I really felt that my legs were strong enough and my mind was strong enough to get to the finish line. The one thing that could have sunk this ship in a flash would have been the chafing. Back in Philadelphia when I did my double marathon I was in serious, serious pain because the waist band of my shorts and tights had cut a gash into my skin all the way around my body. And that was only 52

miles. I couldn't afford to make that kind of an error in this event. I ended up re-applying Body Glide three times though out the day and night to my waist, shoulders, chest and those unmentionable areas that would have been a big, big problem with chafing!

So, there we are in the church, looking for a private area for me to get changed. Both bathrooms were taken so we went to a hallway and started stripping down, Jon keeping a lookout and my pit-crew getting me dry clothes and packing away the wet clothes. Of course, this happened to be the very moment when a girl opened the front door right behind me and walked into the hall. I apologized for my nakedness and went on with the task at hand. We probably lost 15 minutes.

On the way out the door I found a tray of these little mini enchilada type things that were just heavenly. My body was craving spicy food. I grabbed about 12 of them and we marched out the door and headed to the trail.

On that first eastern loop I was still feeling pretty good. Those were miles 64 to 73 and, if I'm remembering correctly, we started that loop around 8:30 pm on Saturday night. I wasn't running a lot at that point but every now and then I would start trotting down the path and that would help our speed. This section was tighter than the western loop. It was only 9 miles long as opposed to 16 miles long and it was always three miles between aid

station stops.

Me crew at that point was Brian, Jim, Jon and Brittany. Every time we came to an aid station, Brian would try to get me to eat. We all knew I needed to get a lot more calories into my body than was going in. I ate some salt tablets and a couple Advil. (During the entire event I ate probably 6 to 8 salt tablets and 7 Advil.) Pretzel sticks worked a little. I kept eating some grapes, forced in some strawberries and M&M's. But it really wasn't working.

We headed down to the turn-around and suddenly mGayle was trotting towards us and joined our group. I knew he was interested in putting in some serious miles, too, and was probably going to be around until Mark showed up at about 2am. The rest of that loop was pretty uneventful. We hit the turnaround and headed back to the start/finish area. As we got back to the end of the Patriots Path, Brian and Jim decided to call it a night (they had put in about 6 hours of running at that point). They knew that I had a bunch of people coming shortly and that I wouldn't be on the trail alone. Jon and Brittany also had a long drive home so they headed out as well.

But then Jen and Jim suddenly charged up behind mGayle and me while we were heading through the rocky section of the Patriots Path.

Something funny happened when we were in the aid station. I knew that they were going to have soup at the aid station after dark so when we came in at

about 1am, I asked the Boy Scout who was helping out if they had any soup.

The answer was no, the start/finish aid station had soup. The eastern aid station didn't have any. That was a perfectly fine answer to my question. Except for the fact that I was staring at a Cup-O-Noodles container sitting on the table in front of me.

I asked further... what about the Cup-O-Noodles soup right there? Oh, that's for the volunteers. Again, a perfectly valid answer to my question. They need food too. So, I looked at the half eaten Cup-O-Noodles container with about two inches of salty goodness in the bottom of the cup. I inquired, "do you think they're done with this one?" The kid looked at me like I was out of my mind! Again, a perfectly valid response to my question. Yeah, you can have it if you want it. Excellent! I grabbed the cup and headed down the path inhaling the nectar of the gods that would be a cup of Cup-O-Noodles soup.

Somewhere in here, my hips and my lower back were starting to get really tired. I'd still trot down the path every once in awhile, walk a lot and now every couple miles I would stop and do a semi-squat to stretch out my lower back and take the pressure off my hips.

Back at the start finish area (these 9-mile loops were taking me just about three hours to complete) we picked up Mark. Jen and Jim decided to go out for the third loop with me and mGayle was in charge of getting me to

eat. Mark had pacing duties. The pace kept getting slower. My stretching stops became more frequent (but those were probably only 30 seconds or so at a time) and now I took advantage of the aid station chairs and the occasional rock on the trail while they were filling my water bottle.

Jim grabbed some jelly beans and some M&M's for me and I ate those. mGayle handed me some pretzel sticks and I nibbled those, getting some calories and salt. But for the most part now I was drinking Coke from my water bottle and drinking down as much soup as we could get at the aid stations. They brought some potato leek soup out to the eastern aid station on the 3rd loop and that was just heavenly.

At the end of the 3rd loop, mGayle, Jen and Jim were all thinking about staying out for the final loop with me and Mark but I encouraged them to head home. They all had long drives ahead of them and at that point had been out for about 9 hours with me. The big surprise for me was Kaki, Emily and Amy were waiting at the start/finish aid station to wish me good luck for my last loop. (I don't think I looked too good at that point and I think I remember muttering something about being really tired over and over.) Lots of people were coming in to finish at this point but I knew I still had more than 3 hours of work ahead of me.

Mark and I headed out and mGayle came along for just a little more. According to his

Garmin watch, he was about one mile shy of running a marathon while he was out there with me so he decided to make it exactly 26.2 miles. Add that to the five miles he ran with me 20 hours earlier and he ended up running a 50k. That's a big day.

Soon it was just me and Mark and we had 9 miles to go. Now, this is the part that gets a little "indelicate" so if you want to skip past this no one will mind. Especially me.

How much trouble could I possibly get into with only 9 miles to go. It was about 6am Sunday morning and I had been on the move for 26 hours. My body decided it was time to get rid of some of that junk I had been putting into my body. So I pulled off the trail into the woods to use the bathroom. I got my baby wipes out of my pocket and cleaned up very nicely. (Don't worry nature lovers, those baby wipes went into my coat pocket to be disposed of later.) All good so far.

Do you remember me talking about the Body Glide stuff that I put all over my body to avoid any chafing? Well, when I wiped myself with those baby wipes, all that body glide got wiped away as well.

Suddenly I had skin on very tender skin rubbing and bleeding. And the kicker...when you run, salt gets excreted from your pores. Guess where that salt was located! You got it! Ow. No, really...OW!

Well, the blood and the chafing were making me waddle down the path with a VERY unusual stride. So unusual that after about half an hour I suddenly felt this wetness on one of my toes on my right foot. Uh oh. I know what that means. A blister has just popped on my foot and I have open skin now pressing against the front of my shoe.

We got to the aid station and told the guy my problem. They got out a tool box and started helping right away. They gave me some packets of "lubri-something-or-other" and I applied it right away! Much better. Time to look at my feet. It wasn't a pretty site! Took off my shoes and socks and Mark slapped some tape around the toe with the blister.

We had just wasted some very precious time tending to some very important needs. Suddenly though, we were pressed for time. We had 6 miles to go and about 3 hours before the 30-hour cutoff. It should be mountains of time, but if other bad things happened, we would run out of time and I wouldn't be an official finisher. We couldn't have that. Mark explained the situation and we headed out at a power walk type pace. Yes, that's probably an exaggeration but it just means we were walking more quickly.

The new pace along with slightly different stride was making my right shin hurt a lot. I explained what was going on to Mark but there wasn't anything to do about it. We got down to the turnaround and I received my final check mark on my race number. I just

needed to get back to the Finish (4-1/2 miles).

I looked at the road on my left and saw our car driving by. The girls had driven out to cheer for me and they brought me more soup! Yeah for me! We kept moving and blew through the final aid station without bothering to stop. We got to the Patriots Path area now with lots of time to spare and headed toward home for the last mile and a half section.

I love finding money when I run and I always stop to pick it up. We were about a mile from the finish and I looked down and saw a shiny dime at my feet. It took me a second or two to find the dexterity to pick it up but it was an appropriate finish to the day.

At this point I knew I would finish, knew I would finish within the 30-hour time limit and now it looked like I would finish in less than 29 hours as well. I was the last official finisher to cross the finish line. They held up the finisher's tape for me just like they did for the first place finisher and I crossed the line. 100 miles in 28 hours, 51 minutes and 46 seconds.

I sat down on a bench and instantly my body knew it was off the clock. I barely stood up and with the help of the others I walked the 20 or 30 steps down to the car. We dropped Mark off at his truck and thanked him again for everything.

I waited in the car while the girls

checked out of the hotel. They kept the room just in case I wanted to get a shower or take a quick nap. I wanted nothing but to crawl into the sleeping bag in the back of the car and pass out. And that's just what I did.

An hour or so later we pulled into our driveway and Kaki and Emily helped carry me into the house where I collapsed onto the bed for about an 18-hour sleep only interrupted briefly to put some real food into my body.

A couple days later I'm almost back to square one. My right ankle is a little swollen and the blisters are all better on both feet. I really don't like to use words like "never" as in "never again" but it will be a big surprise to everyone (including me) if I ever run this distance again. It was so much harder both physically and mentally than I ever thought possible.

LVRR Board of Directors

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LVRR MEMBER SURVEY

What is your gender?
 Male Female

What is your age?
 Under 20
 20-29
 30-39
 40-49
 50-59
 60-69
 70+

How did you find out about LVRR?
 Word of mouth
 Search engine/ Website
 Friend
 Running Store

If website was selected, please specify:

Why did you join LVRR?
 Club Races
 Training Opportunities
 To meet people
 To support the club
 All of the above
 Other

How long have you been a member of LVRR?
 Less than 1 year
 1-2 years
 3-4 years
 5-6 year
 7-8 years
 9-10 years
 More than 10 years

Do you use the club website to keep informed about club events?
 Yes No

If no, why not?

Do you use the club Facebook page?
 Frequently
 Sometimes
 Never
 I didn't know we had a Facebook page
 I do not have a Facebook account

Are you familiar with the area organizations to which our club contributes money?
 Yes No

Do you belong to any other organized running clubs/
 Yes No

If so, which ones?

Do you use the clubhouse when it is open?
 Yes, I love using a clean bathroom.
 Occassionally.
 Never. I didn't know we could use it.
 I didn't know we had a clubhouse.

Do you know what hours and days the clubhouse is open for members to use it?
 Yes No

If held, would you attend general membership meetings?
 Yes No

How often should general membership meetings be held?
 1 time a year
 2 times a year
 3 times a year
 more than 3 times a year

RACES

These next few questions are about racing and volunteering at club races. Club races include the Superbowl 10k, Emmaus 4 Miler, Half Marathon, Summer Series 5k, and South Mountain 10 Miler.

Do you participate in club race?
 Yes No

Have you ever volunteered at a club race?
 Yes No

If so, which ones?
 Superbowl 10k
 Emmaus 4 Miler
 Half Marathon
 Summer Series 5ks
 South Mountain 10 Miler

If not, why not?

Would you be willing to pay more for your yearly membership dues if it included the cost of one or more races?
 Yes No

Do you think there should be more club races?

Yes No

Are you be willing to race direct?

Yes No

Would you like to see member-only registration discounts or early registration for LVRR events?

Yes No

TRAINING

The following questions pertain to your race training preferences.

What type of training runs do you typically participate in?

- Road runs
- Speed Sessions at the track
- Speed sessions on the road (tempo, fartlek)
- Trail runs
- Hill work

Are you interested in Group Runs?

Yes No

Would you be willing to lead a group run?

Yes No

SOCIALIZING

The following questions are to ascertain your level of interest in LVRR social events.

Please rate your level of interest in the following:

	Very Interested	Somewhat Interested	Not Very Interested
Picnics	_____	_____	_____
Social meetups	_____	_____	_____
Winter Happy Hours	_____	_____	_____
New Year's Dip in Da Crick	_____	_____	_____
New Year's Day Run & Social	_____	_____	_____
Summer Family Hikes	_____	_____	_____

Are you interested in more family-centered activities?

Yes No

Do your children and/or grandchildren participate in the Summer Kids Series?

Yes No

You're almost done! We'd like to collect a little more information about your general interest and how we can better meet your needs.

What activities are you interested in which are not currently offered by LVRR?

Would you be interested in joining a committee, should a spot become available?

Yes No

How satisfied are you with your membership in the Lehigh Valley Road Runners?

- Very satisfied
- Somewhat satisfied
- Neutral
- Somewhat dissatisfied
- Very dissatisfied

How likely are you to recommend LVRR to your running friends?

- Very likely
- Somewhat likely
- Neutral
- Very unlikely

Do you have any suggestions for improving our club?

<p>Please mail your completed survey to: LVRR Inc. P.O. Box 592 Allentown, PA 18105</p>
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ALLENTOWN – LEHIGH PARKWAY



First Strides® Beginner Walking & Running Workshop for Women

Do you sometimes imagine yourself fit and strong, striding effortlessly down the road during an easy workout or a 5K race?

This gradual 12-week program will help you comfortably progress from the couch to walking, jogging or running at a pace that's right for you.

When:

Tuesday evenings, beginning Tuesday, July 26th - October 11th, 6:15pm-7:45pm
Wednesday evenings, beginning Wednesday, July 27th - October 12th, 6:15pm-7:45pm

Location:

Little Lehigh Parkway in Allentown, PA
Enter via 12th Street, and go about 1 mile

Format:

Weekly workshops include a group walk/run and discussion of various topics: proper walk/run shoes, training principles, injury prevention, motivation, nutrition and much more. Come dressed for activity.

For Whom:

Women from 12 to 112 -- bring your daughters, mothers, neighbors, co-workers and friends. No strollers permitted. *Participants are expected to have the permission of their doctor.*

Goal:

All who complete this program will be able to compete in the Women's 5K Classic, a 3.1 mile goal event on October 15th, 2011. Race fee for this event is not included. www.womens5kclassic.org

Mentors:

Area women who are enthusiasts and/or First Strides graduates who volunteer their time.

Cost:

\$50 (early bird special \$45 – see dates below in parentheses)
Fee includes literature and graduation shirt (if earned!).

Register:

Online Registration only at www.active.com, \$45 by July 24,
\$50 after July 24
More info at www.firststrides.com



www.firststrides.com

LVRR Inc.
P.O. Box 592
Allentown, PA 18105

PRESORTED
STANDARD
U.S. POSTAGE PAID
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PERMIT #2026

LVRR Membership Application (Please print)

Name _____ Occupation _____ Birthdate _____

Name _____ Occupation _____ Birthdate _____

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