



www.LVRR.org
Established 1993

May/June 2010 Newsletter

Vol. 26 Issue 3

President's Message

It's nice to be on a roll and it seems the club has been on a continuous roll for the past 15 years. This year's St. Luke's Half and Physical Therapy 5K was a resounding success despite a rather damp day. The whole weekend could not have taken place without the extraordinary efforts of a whole host of club members. It started with 1,100 young people running on Hamilton St. in the Lehigh Valley Road Runners Youth Run, followed by a wonderful Expo. The pasta dinner at the Brew Pub with our featured speaker Chris McDougal was extremely well received, we even employed a high tech aspect and had Chris's talk simulcast to the basement from the third floor.

Our initial Youth Run, first one of seven, saw 399 young people participated place. This is the best thing the club does and it is so gratifying to see so many young people having fun doing something we all enjoy. It is amazing watching these young people being apprehensive in their initial runs and then follow them though the series, after a race or two when they near the finish line the elbows come out and they find

the courage to sprint the final few yards. It is certainly not the idea to breed competitive runners but the idea is to give these youngsters confidence in themselves and a joy of physical activity.

The first of our Summer Series possessed the highest number of runners ever. This is a great family activity and if you haven't taken part, please do. A great feed follows the run and please remember a bag of chips or a box of cookies does not constitute a covered dish, but a case of beer does. Should any remaining Summer Series exist after this news letter, please attend.

The July Summer Series will be the presentation of the club's scholarships. The club is proud to offer both the Emmuas and the LVRR scholarships

September 1st. will be the Prediction Run and Club Picnic. This event will be free to club members. Last year was a blast, as you know you predict the time you can run a 5K in and you start at that predicted time. The winner should cross the



line at zero on the clock, gift certifies to the first male and females crossing at zero. This is a race anyone can win.

A big thank you to the following people who volunteered to cut the grass at the clubhouse for the summer: Jack McCambridge, Brian Hendricks, Budd Coats, Pam Reinhart, Michelle Belisle.

Good Running,
Neal

LVRR Board of Directors

- Neal Novak, President
- Mike Richardson, Vice President
- Brian Schaffer, Treasurer
- Nancy Hofmann, Secretary
- Loretta Dodson
- Brita Kilgore
- Brian Patterson
- Fred Reichenbach
- Laurie Reinhart
- Bob Shively
- Mike Sosnowski
- Lloyd Trego
- Gary Ward



RACE CALENDAR

June / July / August / September

Saturday, 6/5/10, 10:00 a.m.

LVRR Kid's Running Series # 3 (of 7)

Groups for ages 3 to 14

Registration 8:45 to 9:30 a.m.

Lehigh Parkway, Allentown, PA

Contact: Loretta Dodson

610-395-2438

ldodson@ptd.net

Wednesday, 6/9/10, 6:30 p.m.

LVRR Summer Series 5K #2

Lehigh Parkway, Allentown, PA

Contact: Neal Novak

610-4340-9133

www.lvrr.org

Saturday, 6/12/10, 9:00 a.m.

Run for the Swimmers, 4M & 15K

Nazareth, PA

Contact: Julian Natisin

908-735-0202

jnatisinjr@juno.com

Saturday, 6/12/10, 9:00 a.m.

Hanover Township Women's 5K

Bethlehem, PA

Contact: Robert Cepin

610-317-8701

rcepin@hanovertpw-cc.org

Saturday, 6/12/10, 10:00 a.m.

The MorningCall/United Way 5K

Allentown, PA

Contact: Mary Diehl

610-820-6731

mary.diehl@mcall.com

Saturday, 6/12/10, 10:00 a.m.

Pound The Pavement to Fight ALS 5K

Lehigh Parkway, Allentown, PA

Contact: Deanna Foley

610-419-4824

contact@leespavementpounders.org

Saturday, 6/19/10, 9:00 a.m.

Wilson Area Partners in Education 5K

Easton, PA

Contact: Doug Wagner

484-373-6000

dwagner@wilsonareasd.org

Saturday, 6/19/10, 10:00 a.m.

LVRR Kid's Running Series # 4 (of 7)

Groups for ages 3 to 14

Registration 8:45 to 9:30 a.m.

Lehigh Parkway, Allentown, PA

Contact: Loretta Dodson

610-395-2438

ldodson@ptd.net

Sunday, 7/4/10, 8:30 a.m.

4th of July Firecracker 4 Mile Race

Easton, PA

Contact: Michael Kennedy

610-258-6158 Ext 12

youthsoccer@familyymca.org

Wednesday, 7/7/10, 6:30 p.m.

LVRR Summer Series 5K #3

Lehigh Parkway, Allentown, PA

Contact: Neal Novak

610-4340-9133

www.lvrr.org

Saturday, 7/10/10, 10:00 a.m.

LVRR Kid's Running Series # 5 (of 7)

Groups for ages 3 to 14

Registration 8:45 to 9:30 a.m.

Lehigh Parkway, Allentown, PA

Contact: Loretta Dodson

610-395-2438

ldodson@ptd.net

Saturday, 7/17/10, 8:30 a.m.

Hey! I Know You 5K

Macungie, PA

Contact: Andy and Kent Yorgey

610-966-5254

luv2run307@aol.com

Saturday, 7/24/10, 10:00 a.m.

LVRR Kid's Running Series # 6 (of 7)

Groups for ages 3 to 14

Registration 8:45 to 9:30 a.m.

Lehigh Parkway, Allentown, PA

Contact: Loretta Dodson

610-395-2438

ldodson@ptd.net

Saturday, 7/31/10, 8:30 a.m.

Hard Body 5K

Bethlehem, PA

Contact: Rick Weaver

610-787-0717

rw262@yahoo.com

Wednesday, 8/4/10, 6:30 p.m.

LVRR Summer Series 5K #4

Lehigh Parkway, Allentown, PA

Contact: Neal Novak

610-4340-9133

www.lvrr.org

Saturday, 8/7/10, 10:00 a.m.

LVRR Kid's Running Series # 7 (of 7)

Groups for ages 3 to 14

Registration 8:45 to 9:30 a.m.

Lehigh Parkway, Allentown, PA

Contact: Loretta Dodson

610-395-2438

ldodson@ptd.net

Saturday, 8/14/10, 8:00 a.m.

Alburtis 5K Road Race and

Owinna Schleicher 1M Memorial Run

Alburtis, PA

Contact: Carolyn Lamparella

610-965-5398

clamparella@hotmail.com

Sunday, 8/29/10, 8:00 a.m.

Run Wild at the Zoo 5K

LV Zoo and Trexler Game Preserve

Schnecksville, PA

Contact: John Hofmann

215-258-4207

director@runwildatlvzoo5K.com

Wednesday, 9/1/10

LVRR Prediction 5K Run

Lehigh Parkway, Allentown, PA

Contact: Neal Novak

610-4340-9133

www.lvrr.org

Saturday, 9/14/10, 9:00 a.m.

5K Race for Freedom/Ashly's Race

Allentown, PA

Contact: Deborah Moyer

610-657-6475

contact@5raceforfreedom.org

Saturday, 9/11/10, 8:30 a.m.

Run With the Heroes 5K

Nazareth, PA

Contact: Ann Marie Szoke

610-841-6974

szokeha@slhn.org

Sunday, 9/12/10, 7:00 a.m.

LV Health Network Marathon for Via

(Marathon, Relay and ½ Marathon)

Contact: Gina Stano

484-893-5389

g.stano@vianet.org

Team Sweet Feet by Bonnie Stickel

Meet **Team Sweet Feet**, a group of 12 local runners and friends who traveled to upstate New York last May 14th to compete in the [Ragnar Relay](#), a 24 or more hour race in which teams of 12 people take turns running 36 legs of a 193-mile journey from Woodstock to Dobbs Ferry, NY. The mileage of each leg in the journey varies and each leg is rated according to difficulty. For instance, the shortest leg for the relay was Leg #4 – 2.7 miles with a moderate difficulty rating. Leg #7 was the longest of the race at 8.3 miles and a rating of very hard. It all evens out, each person on the team runs a total of 11.6 miles to 19.7 miles total in

24 hours, or an average of 15.35 miles. That's the beauty of working together as a team; each person runs what they are capable of and can handle. Teamwork, mutual support and all that time spent together in the van – what more could you ask for?

Team Sweet Feet was comprised of a group of dedicated runners from the Lehigh Valley donned in pink Women's 5k Classic shirts since they were members and volunteers of the [Women's 5k Classic](#) committee. They ran through the Catskills, over the mid-Hudson Bridge and through charming towns along the Hudson River to the finish line which was located in Dobb's Ferry in New York City. The team finished in 25 hours and captured **first place in**

their division (Submasters Mixed) and **23th place overall** out of 201 teams. **Congratulations Team Sweet Feet!**

Relay races have been gaining popularity in the last several years. This year's New York Ragnar Relay named as its official charity the [Marathon Project](#), an after-school training program that pairs adult mentors with at-risk youth to reduce risk factors such as childhood obesity, school drop-out and substance abuse.



Keep your feet healthy.



610-434-7000

www.affc.com

ALLENTOWN

FAMILY FOOT CARE

PROFESSIONAL CORPORATION



26th St. & Walbert Ave.
Allentown, PA 18104

Rte. 145 & Spruce St.
Walnutport, PA 18088

2100 Hanover Ave.
Allentown, PA 18109

Guatemala by Steve DeTurk

*To the Mountain and Back
Guatemalan Style, and a fiery end
to a faithful pair of running shoes.*

In February 2008, I joined a group of volunteers traveling to Zacapa, Guatemala. The group's purpose was to provide medical assistance to the poor as well as help with construction projects. I was part of the anesthesia team and had never met any of the other volunteers before.

I took my running shoes and clothes as well as insect repellent rated for use by the highway department since one member of the group emailed me some photos of volunteer's legs looking like they'd been through the Amazon. Russ was the seasoned volunteer in the anesthesia department and he quickly helped runners in the group get organized and get a run in before going to work in the OR.

Zacapa is a region in Eastern Guatemala. We chose to run to the mountain and back because it was simple and the group could easily retrace our route should we be missing. The hotel was gated and at 6AM four of us left, heading to the mountain. The area was eerily quiet as we left. It was close to 30 minutes before sunrise, we



www.vark.com

were unable to see the mountain in the distance but we were eager to see how beautiful it would be. Seeing the poverty surrounding us during our trip from the airport, there was no question this was third world. We were anxious about the challenges the operating room would present so the run was not just for fun...**we really needed it.**

As we settled into a comfortable pace, we could make out the distinct vision of the Sierra de las Minas mountain a few miles



straight ahead. The temperature was already in the high 60s just after 6AM and we realized that a mid-day run would be out of the question even if we had the time. The average high temperature in February was in the 90s.

The road was bordered by the most primitive fences I have ever seen. We debated what crops the local farmers were growing as we couldn't identify the plants and we had no plans of stopping to inspect them. A few locals became visible on our second mile, we received some pretty long stares and we lowered our voices so as not to attract more attention. We quietly joked that we might see the same locals on our return back from the mountain and wouldn't it be great if they joined us....maybe.

Our running schedule continued every morning at 6AM, we even received some warm greetings by locals who recognized us. Perhaps word got around that we were part

of the medical volunteer group.

On a day off, we traveled to the base of Mount Pacaya, one of Guatemala's many active volcanoes. Rising to 8300 feet, I had to use my running shoes as this terrain needed all the traction I could manage. I thought my 25 miles/week would make my hike up the mountain like a slow trail run and even felt a sense of pride being at the front of a group of about 20. The ruggedness was most apparent after about 45 minutes and the incline became so steep we had to use tree and brush limbs to help pull ourselves up some tough areas. From the top, we could see other active volcanoes.

We ventured onto the lava field using sticks to press on rocks to see how stable they were. The heat on my face and feet was quite intense. Once when poking molten lava near my feet with the tip of my walking stick, the tip instantly ignited. One member's shoes were really deteriorating in this as the soles turned to a gooey mess.

I've made some great friends because of running. Any group of significant numbers is likely to have some runners. I'll always bring my running gear on any trip. These shoes served me well and I saved them because I can't wait to walk into my favorite running store on April Fool's Day and say..."Yo, the soles on these shoes just didn't hold up."



www.finishlinerrunningstore.com

Achieve more than you thought possible & have FUN...

Really.
We'll show you how.



Certified Public Accountants &
Business Development Specialists
610-967-4711 • P.O. Box 247, Emmaus PA 18049
610-861-4400 • 4510 Bath Pike Ste. 200, Bethlehem PA 18017

- Individual and corporate income tax preparation
- Business development
- Accounting and bookkeeping services
- Retirement and financial planning
- Estate planning
- Mortgages for new home purchases and refinancing
- Insurance services
- Achieving what you never thought possible
- Having FUN

Visit us on the web at www.dstortz.com

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



ANDREW F. AIGNER, J.D., L.I.A.

MONEY MANAGEMENT

and

Financial Strategies, Estate Planning and Insurance Services

2254 South Cedar Crest Blvd. ♦ Allentown ♦ PA ♦ 18103

610-770-9080 ♦ Fax: 610-776-0149 ♦ E-mail: fitinvestor@yahoo.com

**Kids Run, May 29th
by John Hofmann, Sr.**



Ladies and girls, gentlemen and boys, you saw it here first. A new LVRR WORLD RECORD EVER turnout for today's kids run, the 2nd of the 7 series for this year. Pure and perpetual pandemonium prevailed as over 450 passionate participants, ages 3 to 14 invaded

Little Lehigh Parkway, LVRR's home, to partake of the pleasant weather and companionship of fellow runners. All told with parents, guardians and supporters, there were over a thousand people present. Frankly none of us on the committee were prepared for the overwhelming turnout. Hell, we ran out of freeze pops as we only had 400 ready.

Thanks to the legion of volunteers and committee members the issues were all well under control. After all it is the volunteers who make things happen! THANK YOU VOLUNTEERS!

In the beginning, 11 years ago, we were thrilled to have 75 kids for the entire event. In just the 3 - 4 year old age group we had 139 finishers today! Times have changed, this time for the better.

As you may be aware, the proceeds from such events as the St Luke's Lehigh Valley Half Marathon and PC 5K are allocated for the youth

running program. Not for just the Kids Series but also for the myriad of running scholarships going to worthy college-bound students living here in the Lehigh Valley. Promoting running, fighting childhood obesity, and helping to feed the minds of future generations is a lofty goal but with your help all is and will continue to be supported and accomplished.



Dori Kichline

TNT Senior Campaign Manager

Greater Delaware Valley Division

Lehigh Valley Office

5100 Tilghman Street, Suite #40

Allentown, PA 18104

Tel: 610-398-3357x13

866-776-8240

Fax: 610-398-1840

kichlined@lls.org

www.teamintraining.org

"Specializing in the Care of the Foot and Ankle"

ALLENTOWN FAMILY FOOT CARE PROFESSIONAL CORPORATION

- ◆ Athletic Injuries
- ◆ Heel Pain / Spurs
- ◆ Foot Orthotics
- ◆ Ingrown Nails
- ◆ Corns / Calluses / Wart
- ◆ Pinched Nerves
- ◆ Diabetic Foot Care
- ◆ Weekend appointment available

(610) 434-7000
www.affc.com

3 Convenient Locations and Just 1 Phone Number

ALLENTOWN 20th St. & Wallport Ave.	WALNUTPORT Rte. 145 & Spruce St.	EAST ALLENTOWN/BETHLEHEM 2100 Hanover Ave.
--	--	--

Raymond Fritz, Jr.
DPM, FACFAS,
FACEFOM, FAFCMA,
C.Ped.

Lora Baker
DPM

Michelle McCarroll
DPM, FACFAS

Anna C. Anderson
DPM

RIEKERFIT LLC

SUANNE RIEKER PFT,EMT
personal training
exercise therapy
nutrition counseling
services for women only certified & insured
Riekerfit@aol.com 20 years+ experience
610-282-1441

What You Knead
Massage Therapy

Certified
massage
therapist

Jo Ann Sheesley
Allentown, PA
610-439-8289

*Swedish, hot stone
therapeutic massage*



Raising the bar on style and sophistication

Your first look tells you all you need to know. Professionally inspired, the Kenmore PRO™ suite of appliances enhances the pure beauty of any kitchen. The consistent design combined with the stylish stainless steel finish provides the perfect environment to gather with friends and family and compose a gourmet meal. From high performance ovens to spacious refrigerators, the Kenmore PRO suite of appliances opens the door to creating the kitchen of your dreams.

INTRODUCING THE KENMORE PRO APPLIANCE SUITE



**OFFERED EXCLUSIVELY AT
YOUR HOMETOWN SEARS
STORE**
240 S WESTEND BLVD
QUAKERTOWN PA 18951
215-538-8009
(NEXT TO PEP BOYS)

Inspiration meets aspiration

Your kitchen is the heart and soul of your home. It is a place to entertain friends, spend quality time with family, and share in creating a meal all will enjoy. The Kenmore PRO™ suite of appliances blends style and functionality to help turn ordinary cooking into the extraordinary. From high-performance cooking to easy clean-up, now you can have the kitchen that inspires your passion and creativity, along with the peace of mind that comes standard with the Kenmore name.

**ALL MAJOR BRANDS AVAILABLE RIGHT HERE IN QUAKERTOWN!!
KENMORE, GE, WHIRLPOOL, KITCHENAID, MAYTAG, JENNAIR, BOSCH,
KENMORE ELITE, AMANA
SONY, SHARP, SAMSUNG, SYLVANIA LCD AND PLASMA TV'S**

I am reminded of an old boss and mentor of mine, while working at Radio Shack, who told me something I'll never forget and am happy to pass on to all those desirous of success. He said "If you shoot for the moon you'll land on the barn roof. If you shoot for the barn roof, you'll land in the pig sty!" Only he didn't say sty! LVRR and its active members are shooting for the stars! We invite you to join the journey by either volunteering or contributing although, quite frankly, volunteering is where you can presently have the greatest impact! If you choose to contribute, your funds are going to a non-profit and as such are fully tax-deductible.

One of the prime issues addressed this year by the committee was turning observation into execution. The observation was that at our Kids Run, preceding the St Luke's Lehigh Valley Half Marathon and PC 5K bringing out over a 1,000 children, is a very diverse group with substantial numbers of the many races and cultures comprising overall Allentown. Our summer series were not nearly as reflective of this diversity. Our desire is and has been to come up with a way of bringing these inner city kids to the Summer Series.

Our committee came upon the idea of directly involving the Allentown School District by placing applications into the hands of the 12,500 school children ages 3 to 14. Mr. Jeff Glazier, President of the Allentown School Board, was contacted for assistance. He in turn introduced us to then Director of Allentown Schools Dr Karen Angelo who subsequently introduced us to Dr Robert Culp Assistant Superintendent of Curriculum and Instruction, who provided us with the means to

distribute Kids Summer Series Applications to all the students.

Well, folks, the proof is in the numbers and in the far more than ever before diversity of this year's runners. The costs associated with this venture exceed \$1,000 as printing and distribution was at the expense of LVRR.

Kudos to the Kids Running Committee and the army of volunteers that make it happen!

The Long Road to Boston by Elaine McCambridge

Christopher Reeves once said, "I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles." Eleven years ago as I stood at the start line of the Boston Marathon I had no idea that a chance encounter with a true hero was going to be the final inspiration I needed to enable me to earn my finisher's medal.

The medal isn't much to look at. It's about two inches in size and the color is dull gray. The place on the back where I could have had my finishing place and time engraved remains blank because what this medal represents to me has nothing at all to do with my place or time. I have other medals that are larger and much more colorful but it is this plain little medal that hangs in a place of honor in my home while most of the others sit in a shoebox in the attic. To help you fully appreciate what this medal means to me I will start at the beginning.

Most marathons are open to anyone who wants to run them. The Boston Marathon requires

a runner to qualify by running a previous marathon in a certain time. Because of this fact, doing Boston is considered by many to be the holy grail of running. In May of 1998 I ran the Jersey Shore Marathon with the goal of qualifying for Boston. I beat the qualifying time by only 12 scant seconds but it was good enough. I was going to Boston.

One year later as I awaited the start of the Boston Marathon I felt like a little kid at Disney World for the first 1st time. I was bursting with enthusiasm as I envisioned the experience I was about to have. I had trained hard, but felt no pressure to run fast today. I had done that when I qualified and today was my reward. I would take it easy, feel great, and enjoy every minute. The cannon sounded and I was on my way with a huge smile on my face.

10 miles into the race it was obvious that this day was not turning out as I had pictured. During my training I had a slight discomfort in my left heel but today, for some reason it was extremely painful. Also, a tight hamstring that I expected to be no more than a nuisance was hurting with every step. I focused on the cheering crowds and the party atmosphere to try to take my mind off my discomfort.

By 16 miles I knew I was in big trouble. Every time my left foot hit the ground it felt like I was stepping on a sharp rock. My hamstring was hurting more than ever. I also was feeling nauseous. To make matters worse it was an unseasonably hot day. The brilliant sun was blazing down from a cloudless blue sky. I was miserable. For the first time in my life I was questioning if I was going to be able to finish a race. Could I finish? Did I even want to? I thought about how hard I had worked to get here. This race meant

so much to me. Up ahead was a billboard. The message on it read, "Which will hurt more, to continue... or to stop? I knew the answer.

Around 20 miles into the race, I arrived at what is known as Heartbreak Hill. Half way up I had nothing left. I couldn't come up with one encouraging thought to keep myself going. Instead I heard myself say, "This is just too hard, I quit." I was about to step off the course when I heard wild cheering up ahead. My curiosity got the best of me and I continued towards the sound. All of a sudden the reason for the cheering came into sight. In the middle of the road an athlete had stopped. His left hamstring was so cramped that I could see the tight bulging muscle beneath his skin. Another runner was kneeling down behind him trying to work out the kinks. This man with the cramp was on crutches. He had no right leg. Nothing. No prosthetic. Not even a stump. Nothing. I was totally blown away. All the thoughts I had about not finishing this race were instantly erased. I continued putting one foot in front of the other.

At 23 miles there was another billboard. This one read, "Pain is temporary, Courage is forever." I repeated those words dozens of times over the next three miles, and I couldn't stop thinking about the man I had seen stopped on Heartbreak Hill.

Finally, I made it to the finish line. I had just completed my slowest marathon and the most well-earned medal of my running career was placed around my neck.

Earning the right to say "I Did Boston" is only a small part of what makes my finisher's medal so special. More important are the two life lessons I learned that day. The first was that often times

the inspiration we need to get us through difficult times is right around us. The second lesson I learned was that when working towards a goal sometimes the most important thing to do is to just keep moving forward, even if it is one small step at a time. Because of those lessons learned this little trinket that cost no more than a couple of bucks to produce is one of my most valuable possessions.

One final note, remember that guy on crutches? Well, my cousin was at the finish line and saw him cross. He made it. I never had a word of conversation with him. I don't even know his name but on April 19, 1999 he became my hero.

In Memoriam by Liz Toler

On Saturday, May 15, 2010 the First Strides and Making Strides community lost a wonderful friend, walker and First Strides mentor. At the age of 56, Eileen H. Sakamoto suddenly & unexpectedly passed away. She apparently was experiencing congestive heart failure and didn't realize it. She came home from work on Friday, May 14, 2010 not feeling well and thinking she was coming down with the flu. Her passing was especially shocking as Eileen mentored and walked Thursday evening, May 13th at the Sand Island First Strides program.

I have had the pleasure of knowing & being a friend of Eileen's since March 2001. Eileen and I participated in an evening walking program sponsored by the Family YMCA of Easton, Phillipsburg & Vicinity. It was Eileen as well as another fellow walker, First Strides mentor & Making Strides leader,

Dixie Stebbins, who told me about the First Strides program and encouraged me to participate with them. Starting in August of 2001 & every August until 2007, Dixie, Eileen and I met every Tuesday evening for 12 weeks to carpool out to Lehigh Parkway. Since 2002, Eileen, Dixie and I have been carpooling to Sand Island to mentor every Thursday evening from late March to mid-June. Eileen also was a mentor for both the Spring & the Fall First Strides programs at the Hanover Township Community Center. Eileen's dedication as a mentor to all the programs that she mentored was shown on a weekly basis as she had earned numerous "Perfect" pins for her perfect attendance. Eileen was usually the first mentor to arrive at Hanover Township's First Strides so she usually set up & took attendance.

In Eileen's memory, the staff behind the Hanover Township Women's 5K Walk/Run have decided to give an annual award to an outstanding mentor from all the area First Strides programs. This award will be presented annually at Hanover's Women's 5K Walk/Run. This year's award will be presented on Saturday, June 12th.

In addition to being a mentor and a walker, Eileen had been employed as the cafeteria manager at March Elementary School in Easton. She enjoyed reading, cross-stitching & working in her garden.

Dixie and I have continued to ride to and from Sand Island but the trip is not the same. Thursday, May 20th, was the first evening that we made the trip without Eileen and it was a very quiet trip. Ironically, Eileen's sister called me on the ride over to Sand Island. Each Thursday evening I know that Eileen will be with us in spirit.



“It’s Spring Running...I Mean Spring CLEANING Time!”



– Gary Ward

Trust your oriental rugs to Lehigh Valley Road Runner GARY WARD and his team at the region’s **ONLY** full service oriental rug workshop and antique rug gallery. Call Gary now and see why...**OUR WORK WILL TOUCH YOUR SOLE!**

- CLEANING
- FINE HAND REPAIRS & REWEAVING
- Restoration
- Appraisals
- Pads

Bind, Serge, Re-fringe,
Deodorize and More



*Pick-up and Delivery
throughout Greater
Lehigh Valley*

(610) 432-1995
33 Union Street
Allentown, PA 18102



Call (610) 432-1995 ■ WardsOrientalRugService.com



Purify Your Body ~ Free Your Mind

gentle, natural detoxification
for health, energy & weight control

Call for details
Laurie L Reinhart, DC
610.965.0004

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

PRESORTED
STANDARD
U.S. POSTAGE PAID
READING, PA
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