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Established 1993

President's Message

The predictions from the last newsletter about all of our races selling out proved correct. The rest of the club's races, youth series aside, have sold out. In fact, every race the club has put on for the past year reached the stated number of runners far before the event itself.

Major thanks to Chris Garges and Carly Patterson, co-race directors for the Super Bowl 10K. For the second year in a row, weather stepped in to alter the course. The end product was one TOUGH 10K, but no complaints were heard on a bright winter's day. The volunteer effort was superb, with volunteers doing everything from course management to passing out pizzas. From the perspective of a club officer, it was just wonderful to see so many people give up their race to aid others. That volunteer spirit will be needed as the St. Luke's Half approaches. If you are running the race, there are always Saturday duties including the Expo, Youth Run and clean up.

We have only one more happy hour before our summer series. Speaking of the summer series, some MAJOR changes will occur this year. The races are FREE; runners will be given a time and a place for each event, still the first Wednesday of each month with the exception of May. No awards will be given, just time and place. The covered dish will remain in place with the usual caveat: a bag of potato chips does not constitute a covered dish, but a case of beer does.



Looking ahead to the fall, we are interested in anyone who has some race experience that would like to take command of the St. Mountain 10 Miler & 5K. You will be given as much support as the club can muster. It is an opportunity for someone to take an already established race and move it to a new level.

The recent gas explosion in Allentown prompted the Half Marathon Committee to make

an extremely generous civic decision. On a suggestion by Mike Drabenstott, an additional 100 spots were offered for the Half at a price of \$105 per entry, with all proceeds going to the Disaster Relief Fund in Allentown. It is a tribute to the quality of the race that those spots went in just four days. The committee and the board were very pleased to make a donation of \$10,500 to that fund.



Your club annually contributes tens of thousands of dollars to the local running community through grants, scholarships and donations. It is a thing that we should probably publicize more but that is not why it is done. We produce quality events and each event contributes towards us doing more for the local youth community.

As always, Good Running,
Neal

RACE CALENDAR

March / April / May 2011

Saturday, 3/19/11, 9:00 a.m.
Run To Live 8K
Whitehall, PA
Contact: Sharon Geroulo
610-704-5655
sgeroulo@yahoo.com

Sunday, 3/20/11, 12:15 p.m.
West End St. Patrick's Day 5K
Allentown, PA
Contact: Mike Drabenstott
484-821-0920 Ext 704
racedirector@westendstpats5k.com

Saturday, 4/2/11, 9:00 a.m.
Tennis Zone & Fitness Center 5K
Quakertown, PA
Contact: Jenny Gaj
215-536-7603
fitness@thetenniszone.us

Saturday, 4/2/11, 9:30 a.m.
Push The Rock/Livin' The Dream 5K
Allentown, PA
Contact: Doug Williams
610-730-7889
dougw@rcn.com

Sunday, 4/3/11, 10:00 a.m.
Purple Pinkie 5K
Center Valley, PA
Contact: Laura Monahan
443-752-1634
lm6273@desales.edu

Sunday, 4/10/11, 9:00 a.m.
Strides for Shelter 5K
Bethlehem, PA
Contact: Sharon Friedman
610-837-2939
strides4shelter@gmail.com

Sunday, 4/10/11, 9:30 a.m.
Emmaus 4-Mile Classic
Emmaus, PA
Contact: Jack McCambridge
jackmcc57@yahoo.com

Saturday, 4/16/11, 9:30 a.m.
NAMI Awareness 5K
Bethlehem, PA
Contact: Janet Bandics
610-882-2101
jbandics@namipalehighvalley.org

Saturday, 4/16/11, 10:00 a.m.
Centennial School 5K
Bethlehem, PA
Contact: Carly Graber
610-266-6500
clg205@lehigh.edu

Saturday, 4/23/11, 10:00 a.m.
17th Annual Mt. Penn Mudfest
15K Trail Run
Reading, PA
Contact: Ron Horn
610-779-2668
rhornpcs@aol.com

Sunday, 5/1/11, 8:00 a.m.
St. Luke's Half-Marathon & 5K
Allentown, PA
Contact: Fred Reichenbach
610-553-3441
racedirector@lehighvalleyhalfmarathon.com

Wednesday, 5/5/11, 6:30 p.m.
LVRR Summer Series 5K, #1
Lehigh Parkway, Allentown, PA
Contact: Neal Novak
610-434-9133
www.lvrr.org

Saturday, 5/7/11, 10:00 a.m.
5K Run/Walk for A Cure
Childhood Alzheimer's
Allentown, PA
Contact: Matthew Tobias
610-390-5602
info@raceforadam.org

Saturday, 5/14/11, 8:30 a.m.
Southern Lehigh Kiwanis 5K

Center Valley, PA
Contact: Erin Ofner
484-515-5415
eofner15@hotmail.com

Saturday, 5/14/11, 9:00 a.m.
J's 5K Run (formerly Joan's Run)
Bethlehem, PA
Contact: Jennifer LoConte
610-837-3870
pjlo5@verizon.net

Saturday, 5/21/11, 9:00 a.m.
15th Annual St Joseph The Worker 4M
Orefield, PA
Contact: Nate Menendez
610-675-5316
nmenende@alumni.nd.edu

Saturday, 5/21/11, 9:30 a.m.
Running With Friends 5K & 10K
Quakertown, PA
Contact: Shelly Bittman
215-538-1733
sbittman@unitedschoolsschool.org

Saturday, 5/21/11, 10:00 a.m.
LVRR Kid's Running Series #1 (of 7)
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, 5/28/11, 8:00 a.m.
Together for Derek 5K
Bethlehem, PA
Contact: Christina Wise
610-365-8093
cwise@nazarethasd.org

Saturday, 5/28/11, 9:00 a.m.
Mayfair Festival 5K
Allentown, PA
Contact: David Bracetty
610-437-6900
david@mayfairfestival.org

First Strides Workshop by Michelle Sames

Calling all women...Do you sometimes imagine yourself fit and strong, striding comfortably down the road during an easy workout or a 5-K 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! Join us for **First Strides**, a beginner Walking and Running Workshop for Women. Women from 12 to 112! Bring your daughters, mothers, neighbors, co-workers and friends. First Strides is a 12-week workshop which includes a group

walk/run and presentations of various topics: buying proper walk/run shoes, training principles, injury prevention, motivation, nutrition and much more. Come dressed for activity.

The cost for the First Strides 12-week workshop is \$50 (early-bird specials \$45). Fee includes literature and graduation shirt (if earned!). Fees are non-refundable and non-transferable between people or programs. Go to www.firststrides.com for more information or email the program co-leaders: Michelle Sames and Judy Morrison at info@firststrides.com for more information.

First Strides Spring Program

starting dates and times:

Stroudsburg- Mondays, March 21, 6:15PM

Hanover Twp community center- Tuesdays, March 22, 6PM

Beth. Twp. Community Center - Tuesdays, March 22, 5:30PM

Beth. Twp. Community Center - Wednesdays, March 23, 9:15 AM

Sand Island, Beth. - Thursdays, March 24, 6PM

*Fall programs (including Parkway Tues. & Wed. night) start the last week of July and continue until October, in preparation for The Women's 5K!! Hope to see you there!

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Allentown, PA 18109

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Walnutport, PA 18088

101 S. Main St.
Coopersburg, PA 18036

Running with the Kenyans by Marc Vengrove

This past January I had the opportunity to spend 3 weeks in Eldoret, Kenya on a medical mission through Lehigh Valley Health Network. While there, I worked in one of only two teaching hospitals in Kenya and also visited outlying district clinics. Contrary to what one may think, diabetes has become a major health issue in sub-Saharan Africa. Since I practice Endocrinology, I was able to teach resident doctors about diabetes and work in diabetic clinics. The hospital was also filled with patients who had diseases I usually don't see such as TB, HIV and malaria.



Of course the other bonus of going to Eldoret is that it is the major training area for most of the elite Kenyan runners. Kip Kenyo is one of the most famous runners from Eldoret and the past woman's winner of the NYC Marathon Edna Kiplagat is also from Eldoret. The weather is pretty steady with am lows about 50 and afternoons in the high 70s and no humidity. I was there during the dry season and it was a pleasure to run. The elevation is about 7500 feet. I felt great the first five days or so, but the altitude change really hit the second week. This

supports the recommendation of Noakes in "The Lore of Running" that the worse time to run a race is 3-6 days after arriving at high altitude. By the third week I was back to normal.

There are about 3000 runners training in Eldoret at any one time. I did some running with John, a 20-year-old marathoner. Unemployment is very high in the area and these runners live on LESS THAN A DOLLAR A DAY. He trains about 100-120 miles per week and has won a marathon in Kenya at 2:30. He trains with a group of about 10 other runners. On Saturdays they go out for a 20-miler without using water or nutrition for the whole run.

The roads were quite dusty even during the early morning hours. They were mostly rutted and dirt with rolling hills. I was out in shorts, while many of the Kenyans were in warm-up pants and hats! A few times I got lost and ended up on some hilly roads by some farms. Little children would stare and point at me since a white runner in shorts was a rare site! They would laugh and call me "muzungu!!" This is a somewhat derogatory word for white person which means in Swahili "he who runs in circles." It was appropriate in my case.

The elite runners would head up to another town called Iten about 30 minutes north of Eldoret and at 10,000 ft. It

was very hilly and cool and the perfect training area. Many runners would go there 2 months



before a big race to acclimate. I saw many international teams training there.

I felt great for a few weeks after I returned back to Allentown. Of course, good things can't last forever and now I am huffing around the parkway as usual. On many levels, the trip was very meaningful.

ATTN RACE DIRECTORS: The marathoner John I wrote about is trying to get to run in the states. He lives on very little. All he needs is an invitation to run a half or full marathon from a race director to get a visa to come to the states. There is no financial commitment involved.

Could anyone help? If you could see the level of poverty these people endure, you would understand how much this small gesture would help. If you can help, e-mail me and I will get you in touch with John.

Thanks,
Mark Vengrove
mvengrove@gmail.com

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**BEST WISHES TO THE
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**Lehigh Valley Zoo Run
by John Hofmann Sr.**



Aug. 29th 2010 at the Lehigh Valley Zoo--- It was a perfect day for a 5K or 1 Mile Family Walk. It was cool, crisp and sunny. The course was new, a relatively level route along the beautiful, well-groomed trails paralleling both sides of the tree-canopied Jordan Creek. There were two creek crossings, one over the 150 year old Geiger Covered Bridge. The 500+ turnout was very respectable for a two-year-old event.

Who knows what this year holds on Aug 28th with the addition of a 10K for those who prefer

a greater distance, challenge and additional excitement. The 10K course is almost all hard surfaces and includes passing by the buffalo and elk exhibits in the Game Preserve. Oh and it will be a tad more hilly than the 5K. For those familiar with the Game Preserve and Zoo you know there is precious little protracted flat plain area. All adding to the mystique of this one-of-a-kind run here in the Valley.

New to the zoo this year are three Mexican Gray Wolves. Declared an endangered species in 1976, El Lobo or *Canis lupus baileyi* was hunted almost to extinction. Now, zoos like your Lehigh Valley Zoo through the SSP (Species Survival Program) are attempting to reverse the trend of extinction of many species of animals. Currently the LVZoo is involved with four animals on the endangered list: African Penguins, Mexican Gray Wolves, Mongoose Lemurs, and Scimitar-horned Oryx.

Proceeds from this race go toward SSP and other activities supporting the zoo. I encourage you to become a member and bring your family for many visits throughout the year. The changing seasons provide a wonderful backdrop to an already exciting visit. The Zoo receives approximately 16% of its funding from Lehigh County. While that may sound impressive it is only half of the typical 30% public contribution of better zoos throughout the country. For additional information the zoo's website is www.lvzoo.org



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Kids Running Info by John Hofmann Sr.

April 30th is the kickoff of 2011 St Luke's Kids Running. At 2:40 PM over 1,200 children ages 3 to 14 and their parents will descend upon 9th and Hamilton streets in Allentown for an incredible afternoon of fun, good health and opportunity. Fun because that is what kids and their parents like to enjoy together, good health from the peer competition and positive thoughts generated by outdoor running and opportunity to meet new friends and experience a competitive event.

The event is broken down into four categories and distances:

AGE	DISTANCE
3-4	1/8 mile
5-6	1/4 mile
7-8	1/2 mile
9-14	1 mile

Registration for the event is online or by mail-in application. To register online or download



an application, go to our www.lvrr.org website. Any child pre-registered by

April 15th will receive an event T-shirt. If you are running the 5K or The Half, it is an excellent opportunity to make this a family weekend by registering your child and recommending this event to your friends and neighbors with kids.

Next up is the 2011 12th Annual Kids Running Series. The series of 6 Saturday events kicks off May 21st. The series has a few more age groups and distances than St. Luke's Kids Run. They are:

AGE	DISTANCE
3-4	1/8 mile
5-6	1/4 mile
7-8	1/2 mile
9-10	1 mile
11-12	1-1/2 miles
13-14	2 miles

Check-in time is 8:45 to 9:30 with the first event commencing at 10:00 AM. Here are all the dates for the series: May 21st, June 4th, June 18th, July 9th, July 23rd and finally August 6th. The second event, June 4th is also the health and safety expo offering helpful dietary, health and safety tips including the presence of Allentown Police for child finger printing and the Fire Department with their ladder truck.

Entries for the T-shirt and slogan contest need to be submitted by June 18th with the winners announced at the July 23rd event. All kids participating in 4 of 6 events will receive an award-winning event T-shirt. We hope to see you and your kids at the Parkway by the clubhouse enjoying this terrific series of events.

Both kids' events are free and underwritten by the sponsors and your club. This would not be possible otherwise. Think

about it: 2,000 shirts, award ribbons to all participants completing each run, food, clowns and balloons, security, and entertainment. The costs can run into the tens of thousands of dollars.

Lest we fail to mention, it requires an army of volunteers to make all this happen. Here is where we can use your help. By donating a few hours of your time to this worthy cause you become part of what "makes the magic happen". It is not necessary to volunteer for every event. As a club member you have an obligation to assist in some way for one or more of our events. For further information regarding the events and to volunteer please contact Loretta Dodson by email at ldodson@ptd.net or by phone at 610-395-2438.

Interested in seeing pictures of past events? Please visit www.photosbyjohn.net and click on LORRY RUNNING tab. There you will find interesting pictures from many of our events from previous years.

Another great place to keep up with what's happening here in the Valley with respect to running is Jill Forsyth's blog at www.lvrunningscene.com. It's now in its second year bringing up-to-the-minute valley running information. Happy 1st anniversary to Jill and Lehigh Valley Running Scene!

My Story by Dennis Shenk

And my story goes....

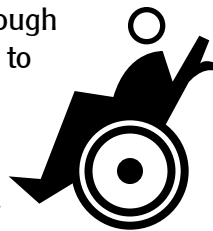
As a young child I was active and healthy and remained so throughout school. For some reason, once I was out of school things unknowingly got out of control. Around the age of 18 I had thought I could take on the world and thought I knew it all. This led me to having to live in a single-room housing situation and my work ethic was weak. That led to standing in lines for a few bags of groceries at churches or eating a meal at a shelter etc. I learned how to make it through with very little and had a low-paying job. Around the age of 19 I got into a bad relationship which ended around the age of 23. We had a daughter, though, which was well worth the troubles. These times all lead to my not concentrating on myself and letting my health slip away unnoticed.



Around the age of 24 I got back in touch with my high school sweetheart, Kristen, and we started a relationship back up. Kristen had two children through a previous relationship so in all we had three children. The two girls had a father in their life that was not involved whatsoever and was making extremely bad decisions for himself. After a few weeks of talks

and lengthy years-long court battles he agreed to sign away parental rights which allowed me to adopt my two daughters. Kristen and I then had a child together in 2003 and we were then proud parents of four beautiful little girls. Once again the years were flying by without my noticing my health issues.

In the year of 2003 I suffered an ankle break through my job and had to be rehabilitated via therapy and was wheelchair bound for a few months. This is when i experienced my major weight issues. When i started walking again, i saw pictures of myself and realized it was time to change. Unfortunately, that never happened!



More years went by until my wife started to feel bad about herself and her weight. This was in early 2010. I saw a friend of mine from high school on facebook talking about running the NYC marathon. This was a woman who in high school was around 300+ pounds. I was so proud of her and I could see my wife wanted this for herself. I offered to pay for one night's stay in NYC for our friend to show our support and pride we had for her. I then got to thinking and asked if our friend would mind if my wife came along for some inspiration. To make a long story short, my wife came back from NYC and started run-

ning like Forrest Gump. She has so far lost 55 pounds.

I sat around and watched her until she hit a small plateau in her journey. I saw my kids as they were getting older noticing more things about weight and weight issues with people. I then decided to stand behind my wife's journey and to be around for my four girls, I made the decision to change. This was around June 2010 and I've been going non-stop since.

When I started my journey I weighed in at 347 pounds. I changed my food choices and I made an effort to stay active. I turned my treadmill walking into small struts and jogs. I now run on my treadmill and I'm down to around 275-280 pounds.

My children make healthy choices and eating decisions and my wife is still going strong. I have gone from 48-50 jeans to 38's, 4xl-5xl shirts to 2xl's. I shower differently, dress differently, move differently, perform my job differently and just plain live differently because of running. I train hard and went from mostly biking to running more than biking. The last few years I have been teaching my kids to pay things forward through dropping presents off for the homeless in Lancaster at Christmas time and helping the women's shelter here in Lebanon. I myself am trying to pay it forward through helping friends with their health concerns.



In a nut shell.... I'm now 33 years old and my children are ages 12, 12, 11, 7. I have a new lease on life and there is no turning back. I need to be here for my children and family. I currently am a commercial driver and make a decent living. Being out two nights a week can make it very hard to make good decisions but it's easy for me now. I stay away from truck stop food. We go on vacations a lot and my kids have the best of everything. We're a long way from eating and getting groceries at shelters just a few years back.

I ran my first 5k at the Jingle Bell run in December and did it non-stop at 36:20. 650 out of 998. I would not allow myself to be the "fat" guy walking so I tortured myself and stayed running. I know I inspired someone that day!

The LEIGH 5k race is the first race I signed up for. Well, my wife signed me up for it and then forced me into it. Even though I did one 5k this will be my first 5k mentally. All eyes in my family may well be on me and what I came from. I am still a heavy 275-280 pounds but I move, I run, I never quit. The turtle beats the hare!

I am dedicating this race to two family members. One being my grandmother who wants nothing more in life than to have new knees but is too heavy to get the surgery needed. We are working to get her to her new knees someday soon. Second is my grandfather who

was one of the most active men I have ever known until one day at deer camp when he fell and bumped his head and now is wheelchair-bound with no use of his hands or legs. I am running this race in honor of them because for one day I'll give them legs again,"I WILL be their legs".

Attached are photos of me, before and current. I got a 'Sore Loser' tattoo to help me stay on track. The numbers inside are 347 for 347 pounds, my peak in weight. I hope my story inspires someone else and shows you can come from nothing to everything!!



My First Half Marathon

by Kristin Munoz

I want to start with my poor husband. He did everything for me. He watched the kids and took over all the housework for the past few months to let me devote my weekends to some hardcore training. The weekend of the event, he drove to Philly on Friday to pick up the race pack, Saturday for the pasta party, and Sunday to take me and cheer me on at the actual event.



It was mighty cold at only 40 degrees on Sunday morning when we left our comfy bed at 4:00 am!

I woke up and was heavily burdened with terrible abdominal pain from my wonderful monthly "gift", which came just in time for the race. I was extremely light-headed and achy, so I wasn't even sure I would be able to run. I got a shower and dressed in my cool running gear, about 4 layers too much! Took lots of Motrin, while my poor husband made sure I was all packed and had my bib and everything. Kissed my sleeping babies (who would spend the day with Nana and Pop-Pop) on their heads, had a bowl of Kashi cereal, and hopped in Lew's car.

We had very little traffic until right before the city. That's when

we noticed all the 13.1 and 26.2 stickers on the cars. This is when the nerves started to sink in! What on earth was I doing???

Not only was I tired, I was in pain, and I was nauseous from nerves!!! My hands started to sweat like crazy (my first symptom of stress)! My heart was pounding out of my chest and I couldn't breathe! And I hadn't even started running yet! My "rock" next to me just grabbed my sweaty hand (without flinching) and said "You'll be fine! You can do this! I am so proud of you!" Thankfully, this is not on paper, I tear up just thinking about it



We get to the parking lot that Lewis had a coupon for- gotta love that man! Of course, there is no attendant, so a large group of runners start parking with no one to leave their keys with. (After the race, we had to wait 30 minutes for some other runners to return to move their cars, so we could leave.) We all hop out of our cars, and like cattle, make our way to Eakins Circle. I have to admit, being a country girl, Philly normally scares the living day lights out of me, but it was so quiet and peaceful at 5:30 am. Until, we saw the lines to the Porta-Potties.

I am a total germ-a-phobic! I don't like to use public restrooms, let alone this kind! The line was 20 deep, by like 40 wide! Each line had access to the two potties directly

in front of them. This was an unwritten rule, which the poor young girl in the next line didn't know and was firmly reprimanded when she tried to use a potty three potties over. I was behind a very conservative-looking 40-something couple, so I felt pretty safe going in the one the female had just used. I tried to mentally block out where I was, so I was just going to hold on the wall with both hands and feet out (picture spidey scaling up between two close buildings), but something in my head said, turn around and check it out first. You would not believe what I saw!! Won't even tell you what I had to do, I would feel bad if you tossed your cookies at this point! Killer of this part of the story, no hand sanitizer in these porta-potties!! I wanted to cry!

Fortunately, my superhero brought along antibacterial hand wipes, again, did I tell you how much I love this man!

Next, we walk over to my orange coral. I was like the first one there. This made me extremely nervous due to the fact that I had not prepared at all for this day. I was afraid I was in the wrong place, but my trusty companion brought along the course map and assured me I was fine. I noticed the blue coral was very full behind me, made a half-hearted attempt to find the other girls from high school, but my nerves

about missing the start time got the better of me, and I just went back to my coral.

In about five minutes, my coral filled to the gills! All these stick-thin uber-moms ready to race!! Started listening to the conversations around me and realized they were all doing the full marathon! Started to feel like a total failure! This is when my super, uber spouse decided to leave me! Ok, I was not ready to be by myself in between 23,000 people! He prayed for me, kissed my cheek, told me how much he loved me, and slipped out the fence. All I could think is... what have I done???

After another 15-20 minutes my coral was called to the starting line. This is it! Here we go! No turning back now!! "Dear God,



don't let me fall!!" was all I can think about. A couple of weeks prior to the race, I had several "bad" race dreams consisting of running without sneakers and bleeding feet, running naked, and falling. Knowing I need to offer all up to God, I had expressed this fear with fellow believers at church. When I asked for prayer the week prior, during the service, my wonderful friend Troy made a joke about me tripping 40,000 people. Great! That was all I could think about for the next week!! FALLING!!

Then, the day before the race I decided to do a little 5-6 mile run. Lewis was behind me on his bike. I got about a hundred feet away from the house and fell! I wasn't hurt, but covered in dirt and leaves. Lewis raced to my side and brushed me off like the little clumsy girl he knows me to be. I have no idea what he sees in me?

Starting line. I put my ear buds in and crank up the volume!! Here we go!! Honestly for the first five-six miles, I am flying! I did my 10k (6.2 or so miles) in less than an hour! I feel great!! We are mixed in with the full marathoners, so I am thinking, I feel so good!! That I am going to just run the full thing! Lewis gets a text message from mile markers on where I am at, so he'll know just to wait for me! Yeah! That is so what I am doing!! And then, at mile marker seven, my ankle said OUCH!! I looked up, for probably the first time, and saw a shirt that said "2 months ago, this seemed like a good idea"-LOL! That was the exact thing I was thinking at this time.

I have to point out the Philadelphia Police Department. I know it was their job. I know they had to be there, but they didn't have to be nice! I just ran the Bethlehem 5K on Halloween. Those cops made it very clear it was their job, not their pleasure to be there for the racers. The Philadelphia Cops not only smiled, they cheered



you on, gave high fives, and a group at one corner had noise makers! I tried very hard every time I saw a cop to thank them, and they smiled right back at me! These were some real hometown heroes!

Now, I had read the course elevation chart prior to the race.



I HATE HILLS!! I was mentally prepared, according to the chart, for some hills at the 8 and 10 mile range. I came across a little hill at the 7 mile marker and was pleasantly surprised, it wasn't too hard. I thought this is going to be an easy course! I will be fine! UNTIL MILE NINE!!! This was the killer of all hills!! Now, I just ran the Oley 10-miler a few weeks ago. I know people and advertisements lie about hills. Oley is not "flat and fast," people!! Do not believe the people who tell you that!! This mile nine hill laughed in the faces of the Oley 7, 8, and 9 mile hills!!! As in Oley, I thought, I will just go all out! The faster I get up that hill, the faster it is over, right??? So wrong!!!

Disclosure: If you have a weak stomach, stop reading at this point!! Half way up the Mt. St. Helen of Philly Fairmont Park, I knew this strategy had not worked. I hate Gatorade! It is like drinking sweat, if you ask me. At every water stop, this is all they had!! At mile 9, I have had way too much of a bad thing!! Not to

mention, my sneakers were shot! I hadn't had time to break in a new pair, and I didn't want to wear new shoes. At the bottom of Mt. St. Helen Fairmont, there was a Gatorade water stop. All the people threw their cups at the bottom of the hill. Aside from gum, I have never "stuck" to asphalt before. In old, worn out sneakers, this is not a good thing. Plus, it smelled bad!!

I started really breathing hard! My heart was pounding like crazy! The stench was rancid! My feet were sticking!! Everything I had eaten and drank had made its way to the base of my throat. Ok, again, this is the point I decide to look up. Not smart. I got to witness at least two people toss their cookies here. That's when I looked all the way up, and started praying!!

Thankfully, I made it up the hill with my stomach contents intact. Then, I saw some runners in costume, and some crazy guys in costume cheering us on. I saw the "light at the end" and headed that way. I knew I lost a lot of time on that hill, I wouldn't classify the feet shuffling thing I did on that hill as running exactly. I had run the Oley 10 miler in one hour and thirty-four minutes. I felt if I could do this in two hours and fifteen minutes, I would feel like a rock-star. Chris Tomlin's "Sing, Sing, Sing" came on my IPOD.

At mile 11, I knew I only had 2.1 to go. So I ran my little heart

out. I started praying for Jesus to give me his lungs and his legs and his feet. If need be, have an angel swoop down from heaven, pick me up and carry me over that finish line. Mentally, I was done, and physically, I was fading fast! I don't know what I prayed from this point on, I assure you, it was not eloquent. God must have heard, because he sure did answer. Next thing I know, I am crossing the finish line. I will let you know my time at the end, because I wasn't sure at this point. I just knew I finished, and I wanted to be in the arms of the man that loves me. I just had to find him.

Do you know what the Moroccan flag looks like? Neither did I. I studied art history, and can pick out Rodin's "Thinker" from a mile away. Moroccan flag, not so much! That is where Lewis was, and I needed to find him! After a few stressful minutes of describing the flag to me over the cell phone, I saw him. It was like the slow motion, everyone else just disappeared, and we ran in to each other's arms. We cried. (He is a manly man, so he might not be thrilled with my account of this story, but I wanted to tell the whole truth, and nothing but the truth, so help me God!).

It was over! Guess you can tell at this point, when I saw the split that said "14 miles left, Finish line right", there was no question! I went right! I didn't know my time. I didn't get to go crazy and do a 26.2 without

training. I didn't win. I didn't get interviewed. No one yelled my name. But, Lewis cried and held me while I cried. He told me how proud he was of me. He didn't care that he had to sacrifice his weekends sitting in the heat, then the rain, then the cold for my races. He didn't care the money he put out. He didn't fuss about my running and training schedule. He didn't care what my time was. He was so proud of me. If there is someone else's husband reading this out there, this is how you should show God's love to your wife. I know how much God loves me, because he gave me this wonderful man as physical proof.

I would be remiss not to point out my children have endured through my training and races in inclement weather as well. My poor mother, father, sister, and nephew have equally been subjected to waiting for me to finish another race. My best friend has endured being drug on the treadmill and through a 5k that she never intended to do herself. My church family has prayed and loved me. My friends have been wonderful through Facebook. My other friends through running have been a huge inspiration!! Most of all my God has been good.

Later on that night, I found out my time. 2 hours and 59 seconds. I feel like a ROCK STAR!!! 26.2, here I come!

The 53 Runner's Commandments

1. Don't be a whiner. Nobody likes a whiner, not even other whiners.
2. Walking out the door is often the toughest part of a run.
3. Don't make running your life. Make it part of your life.
4. During group training runs, don't let anyone run alone.
5. Keep promises, especially ones made to yourself.
6. When doing group runs, start on time no matter who's missing.
7. The faster you are, the less you should talk about your times.
8. Keep a quarter in your pocket. One day you'll need to call for a ride.
9. Don't compare yourself to other runners.
10. All runners are equal, some are just faster than others.
11. Keep in mind that the later in the day it gets, the more likely it is that you won't run.
12. For a change of pace, get driven out and then run back.
13. If it was easy, everybody would be a runner.

14. When standing in starting lines, remind yourself how fortunate you are to be there.

15. Getting out of shape is much easier than getting into shape.

16. A bad day of running still beats a good day at work.

17. Talk like a runner. 'Singlets' are worn on warm days. 'Tank tops' are worn to the beach.

18. Don't talk about your running injuries. People don't want to hear about your sore knee or black toe.

19. Don't always run alone.

20. Don't always run with people.

21. Approach running as if the quality of your life depended on it.

22. No matter how slow you run, it is still faster than someone sitting on a couch.



23. Keep in mind that the harder you run during training, the luckier you'll get during racing.

24. Races aren't just for those who can run fast.

25. There are no shortcuts to running excellence.

26. The best runs sometimes come on days when you didn't feel like running.

27. Be modest after a race,

especially if you have reason to brag.

28. If you say, "Let's run this race together," then you must stay with that person no matter how slow.

29. Think twice before agreeing to run with someone during a race.

30. There is nothing boring about running. There are, however, boring people who run.

31. Look at hills as opportunities to pass people.

32. Distance running is like cod liver oil. At first it makes you feel awful, then it makes you feel better.

33. Never throw away the instructions to your running watch.

34. Don't try to outrun dogs.



35. Don't trust runners who show up at races claiming to be tired, out of shape, or not feeling well.

36. Don't wait for perfect weather. If you do, you won't run very often.

37. When tempted to stop being a runner, make a list of the reasons you started.

38. Never run alongside very old or very young racers. They get all of the applause.

39. Without goals, training has no purpose.

40. During training runs, let the slowest runner in the group set the pace.

41. The first year in a new age group offers the best opportunity for trophies.

42. Go for broke, but be prepared to be broken.

43. Spend more time running than sitting on the couch.

44. Make progress in your training, but progress at your own rate.

45. "Winning" means different things to different people.

46. Unless you make your living as a runner, don't take running too seriously.

47. Runners who never fail are runners who never try anything great.

48. Never tell a runner that he or she doesn't look good in tights.

49. Never confuse the Ben-Gay tube with the toothpaste tube.



50. Never apologize for doing the best you can.

51. Preventing running injuries is easier than curing them.

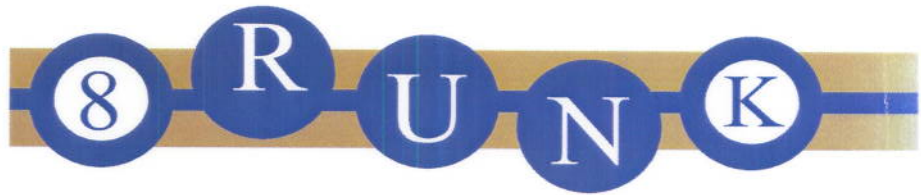
52. Running is simple. Don't make it complicated.

53. Running is always enjoyable. Sometimes, though, the joy doesn't come until the end of the run.



Pediatric Cancer
Foundation of the
Lehigh Valley, Inc.

"Enabling Children with Cancer to LIVE"



2nd Annual Pediatric Cancer Foundation

8k Run / 5k Walk RUN TO LIVE!

March 19, 2011



9:00 a.m. ~ Rain or Shine

Ironton Rail Trail Race begins at Coplay Park

Schedule of Events

7:00 am - 8:30 am	Registration/Package Pick-Up Fruit & Snacks Available
8:30 am - 8:40 am	Welcome
8:40 am - 8:50 am	Group Warm-Up
9:00 am	8K Begins
9:15 am	1/2 Mile Fun Run Begins
9:40 am	5K Walk Begins
11:00 am	Awards Ceremony/Raffles
11:30 am	Post Race Refreshments

Team Registration

For information on how to become a team captain, please contact the race director. All teams must be registered by March 4, 2011. If your Team Captain has registered your team, please write the team name at the top of the registration card.

Race Director - Sharon Geroulo
Email: sgeroulo@pcflv.org Phone: 610-704-5655
Fax: 610-433-1926

Awards for teams: Most Spirited, Top Fundraising Team & Largest Team.

About PCFLV

The Pediatric Cancer Foundation of the Lehigh Valley is a local non-profit organization dedicated to helping improve the lives of children diagnosed with cancer and their families through ongoing quality of life and long-term survivorship programs, support and events. We provide free programs, services and support to local Lehigh Valley families regardless of where their child receives treatment. On average, PCFLV serves more than 100 families annually and is committed to serving local families from date of diagnosis forward through a continuum of care model.

Online Registration

ONLINE REGISTRATION CLOSES 3/17/11

Online registration, as well as fundraising options, are available at: <http://www.firstgiving.com/pcflv>

**You can also register by mail or fax

Race Day Registration

Registration will be held at the Pavillion at Coplay Park, Front and Keefer St. Please plan to arrive by 7:30 am if you are not preregistered. Forms filled out in advance are appreciated, however, blank forms will be available.

(Only cash & checks will be accepted day of event)

The registration table will be located under the pavilion at the Coplay Park, Coplay, PA.; report to appropriate line. *Race day entrants are not guaranteed a shirt or goodie bag.*

Parking is limited. If at all possible, please car-pool with friends and family. For a trail map: www.irontonrailtrail.org/IRTmap.htm



For more information visit our website:
www.pcflv.org or call 610-393-9215

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