

www.LVRR.org
Established 1993

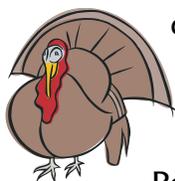
President's Message

Man, does someone remember summer, talk about a warp factor. We're into fall in a blink of an eye, but that only brings more fun. The Winter Happy Hours have begun, watch your e-mails for times and themes. South Mountain will probably be history by the time you get this but if past events are mirrored it turned out quite well.

The winter season will be upon us before you know it and that can only mean "The Dip in the Creek," held at our Club House at 10:00am., followed by our great New Year's Run and Party, always a super time. We usually have 70 to 120 runners depending on the weather and most come to Fire House #2 for the free party afterwards. The run starts at Emmaus Community Park at noon and Budd Coats graciously allows us to shower at the Rodale Fitness Center after the run.



The Park is used by any number of schools for x-country, your club has rented two port-o-lets just for the runners. Locks were placed on them and keys given to the coaches, so that when meets are held there are clean facilities for their use. This year as in many past your club has purchased



Thanksgiving turkeys for all the Park's and Recreational workers.

It is an expense, but the Board feels that we are quite fortunate to have an area such as the park and it is obvious to those who use it frequently that the people who maintain it take pride in their work. We are pleased to be able to offer a token of our thanks.

ATTENTION; for all of you who arrive in the Park after 4:30pm, Lights in the Park will be starting Thanksgiving time and you will need to come in and leave via the Police Academy.

I have written in the past that one of my goals was to establish a Scholarship Foundation to



insure that our gifts to talented Lehigh Valley runners could go on should for one reason or another the club falter or cease to exist. The club has the wear-with-all to accomplish this but at a recent board meeting my proposal was turned down. We have always gone by the majority rule and we will continue to do so, but it was a disappointment and I believe an improper decision, but you can't win them all.

Good Running,
Neal

RACE CALENDAR

November / December / January 2011

Saturday, 11/6/10, 9:00 A.M.
 1ST Annual Lehigh Valley Turkey Trot 5K
 Orefield, PA
 Contact: Kay Brooks
 610-395-4892
 kaybrookgreenhills@gail.com

Saturday, 11/13/10, 9:00 a.m.
 HTCC 5K Run
 Bethlehem, PA
 Contact: Robert Cepin
 610-317-8701
 recepin@hanorvertpw-cc.org

Sunday, 11/14/10, 9:00 a.m.
 South Mountain 10 Miler and 5K
 Hellertown, PA
 Contact: Nancy Hofmann
 610-264-9255
 nanhof@juno.com

Saturday, 11/20/10, 9:00 a.m.
 Running of the Nuts 5K
 Slatington, PA
 Contact: Robert Stettner
 610-767-7626
 wspa@ptd.net

Sunday, 11/21/10, 9:45 a.m.
 Fallen Leaves 7K & 1M Kids Run
 Bethlehem, PA
 Contact: Ed Eppler
 610-417-5260
 edwardeppler@juno.com

Thursday, 11/25/10, 9:00 a.m.
 4th Annual Pumpkin Pie 5K
 Nazareth, PA
 Contact: Karen A. Janis
 610-759-3440
 info@nazarethymca.org

Saturday, 11/27/10, 9:00 a.m.
 Historic Turkey Trot 5K
 Bethlehem, PA
 Contact: LoriAnn Wukitsch
 610-882-0450 Ext 10
 lwukitsch@historicbethlehem.org

Saturday, 11/27/10, 9:30 a.m.
 Habitat for Humanity 5K /1M Kid's Run
 Quakertown, PA
 Contact: Bill Tuszyński
 267-374-1631
 wtuszyński@verizon.net

Sunday, 11/28/10, 10:00 a.m.
 Celebrate Joan 5K
 Allentown, PA
 Contact: Dave Zamborsky
 202-422-3312
 celebratejoan@gmail.com

Saturday, 12/4/10, 10:00 a.m.
 Arthritis Foundation Jingle Bell 5K and .25M Kid's Run
 Bethlehem, PA
 Contact: Dave Edwards
 610-737-3616
 davee58@msn.com

Sunday, 12/5/10, 11:00 a.m.
 Shiver By The River #1 10K & 5K
 Jim Dietrich Park, Muhlenberg Twp.
 Reading, PA
 Contact: Sue Jackson
 610-779-6556
 sjackson.@fes.com

Saturday, 12/11/10, 9:00 a.m.
 Christmas City Classic 5K
 Bethlehem, PA
 Contact: Rich Weaver
 610-787-0717
 Rw262@yahoo.com

Sunday, 1/2/11, 11:00 a.m.
 Shiver By The River # 2, 10K & 5K
 Jim Dietrich Park, Muhlenberg Twp.
 Reading, PA
 Contact: Sue Jackson
 610-779-6556
 sjackson.@fes.com

Sunday, 2/6/11, 11:00 a.m.
 Shiver By The River # 3, 10K & 5K
 Jim Dietrich Park, Muhlenberg Twp.
 Reading, PA
 Contact: Sue Jackson
 610-779-6556
 sjackson.@fes.com

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Hit the Bricks? Or the Trails?

I consider this past year to be my running revival. It's been many years of "road running", track workouts, interval training and hill repeats—all of the ingredients to running faster times. Many of you like to test yourselves in local races. I know how it is....because I was you.

I've since left the road, traffic and noise to head for greener pastures. No, actually it's mostly rocks, roots, downed trees and

creek beds. It requires greater attention and focus for safety's sake.



Have you ever stopped and thought – why am I doing this? Some of us run for social reasons. Some for competitive reasons. Others for health benefits or a combination of all of them. It may seem like I'm trying to pitch you on why you should hit the trails....well, I am.

Not too long ago, I invited my sister, Michele, to run the Half Wit Half with me. We drove down to the Pagoda in Reading and went to the back of the pack to run the race. It was painfully slow, but we chipped our way through the pack and had a great time. We experienced nature, good company and a little exercise. I won't even mention the time because it is not important although I continued to guess at what our splits were. The only thing I have to show for it is a funny tech shirt that shows an MRI image of a skull with

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Route 145 & Spruce St.
Walnutport, PA 18088

101 S. Main St.
Coopersburg, PA 18036

the word “vacancy” in the brain space – its one of my favorites. After we finished I happened to spot some information on a new event called “Labor Pain.” My sister asked if I had volunteered for the MRI image.

I continued talking about this event and convinced myself that I was able to do it. I ran into Bart Yasso and asked him if I could pull it off with the low amount of miles I was running. He assured me that the “vacancy” I had would pull



me through. After numerous attempts to recruit someone to join me, I

realized that I was alone. Then the next best thing happened. I learned that some local friends had formed a relay and would act as my cheering and support crew.

The event was a 12-hour endurance run. I had a concrete plan on how I could survive the 12 hours and cover 50 miles. My plan was shattered early when more experienced ultra guys and girls imparted wisdom to me. This is the time to laugh because it is like other areas in life when things don't go as planned – stay flexible and open minded. I consider the whole experience as the “Great Experiment.” There was time to reflect, talk to yourself, figure out nutrition and make decisions.

Just before the race got started some one asked me “what makes you think you can do this?” to which I responded “what makes me think I can't?” This experiment has given me a new level of peace and confidence in my life because I learned that endurance isn't about training, genetics or running gear... endurance is a decision.

What will you do?

Happy Trails,
Mike Sosnowski

Simple Fuel

There is no shortage of advice about how to fuel your runner's body. So what poses me to write this article? More information? No, less information.

I need to qualify this by saying that I like things simple and am frustrated by too much information. I run for the sheer enjoyment of running. I love the health benefits and the social aspect of it. And I am a chronic, under-trained mid-packer. But I also have been running healthy and strong for more than 10 years. I've run 5k's and I've run 100 milers. I am a healthcare professional, and I pursue solid nutrition information. Running has changed my life and I love the opportunity to help other people experience the same reward for their efforts.

So this may be for you and it may not be. But the good news for us simple people is, I have found, that it comes down to just two things: Natural Foods and Calorie Count.

Natural Foods

I had been running several years before I discovered trail running, ultra distances and a network of friends who helped me really challenge myself. As I added intensity, time and distance I was hearing a lot about how I had to fuel, how I had to eat, how many gels I should be taking in, how much sports drinks and electrolytes and salt pills, on top of the snacky candies, chips and soda at aid stations. Being new and scared, I did what they told me and for a couple years and it was ok. I achieved some really cool goals on the apron strings of my best friends. But as someone who cheers on the whole natural food, back to the earth movement, I wasn't happy with consuming what I call “crap” and “tech food”.



I know that sugar and high-fructose corn syrup, chemicals and colorings are bad for you. They challenge your body. So if I'm out in the woods pushing myself to cover 100 miles in 30 hours, without sleep over 14,000 feet of elevation, why in the world would I also challenge my body to deal with bad “food”?

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**BEST WISHES TO THE
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On a 100k training run this summer, I struggled and was really cranky with nausea and bloating. As I walked and pouted out a few miles, I realized it was happening more often. I realized that feeling lousy was my limiting factor-- not fatigue or blisters or desire or cramps, but my belly. On that day, I had been trying to run on few calories, ended-up hungry and woofed down both "crap" and "tech" food about mile 40.

Calories

The other thing about these bad "foods" is that they are full of calories. Depending on your body size and your running course, you burn 100-150 calories per mile. That is not a lot of food. And in most circumstances you don't need to be replacing those calories while you run. On a short, intense run, your body will burn the sugar in your blood until you finish. A 5k is less than 500 calories. Most of us can't afford a Gatorade and a Power Bar after that. And that goey stuff in your dry



mouth sticks to your teeth and causes tooth decay.

On an endurance run, a properly trained body will burn fat, and we all have enough fat to run for a very long time. If you flood it with simple sugar calories it will burn-up those calories, with no nutrition to show and your body will look for more sugar. Avoid eating during your long run. Eat well through the day for the quality, natural building blocks to recover, repair and build your tissues. You can teach your body to burn fat and draw from reserves on your long run by doing it.

The cool thing about having your body trained to burn fat is that you don't need to eat and deal with digestion issues on your run and your body burns fat. Yeah!

The Test

My big race this summer was the Vermont 100 miler and it

was 3 weeks away from that belly-busting 100k training run. This time I was well trained, ready to taper and make my plan which had to include no belly-aches. I most definitely have enough fat to run for a very long time. But 100 miles is very long and I'd need fuel. And this is my success story of real food and low calories on a long run.

With a race start at 4am, I didn't make time for breakfast. I choked down a couple pieces of Standard Process protein bar (all natural, not your typical OTC sport bar) and a cup of coffee, took a picture with my crew and seeded myself right in the middle of the pack. It got warm fast and I drank a lot of water from my handheld bottle and refilled it a few times. My first calories came at mile 20 when my crew met me with in ice cold 8 oz bottle of 100% berry juice. I switched my water bottle for one with home-brewed peppermint tea and they pushed me off. I drank my tea and a lot of water until mile 30 when I got an 8 oz carton of cold OJ, a bottle of home-brewed ginger tea and another push off. Eventually I did hit the aid stations for a piece of potato and a peanut butter and jelly sandwich, since I got a hairy eyeball at the weigh-in station for weight loss. I like the SP bars so I started carrying and nibbling them on the trail to



A banner for Spine and Sport Chiropractic. The top part features the text "Spine and Sport Chiropractic" in a serif font, with the website "www.spineandsportchiro.com" below it. The middle part shows a collage of images: a hand holding a spine model, a person's head and neck, a person's face, and hands holding a disc. The bottom part contains the name "Laurie L Reinhart, DC", the address "6002 Chestnut Hill Road, Coopersburg, PA 18036", the phone number "484-347-4129", and the email "laurie@spineandsportchiro.com". The background is decorated with a pattern of blue and green squares.

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



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maintain my energy and stop weight loss.

While I didn't quite meet my goal of breaking 24 hours, I do know that the natural food and low calories worked for me. It was a really hot day, so while I consumed a lot of water and backed off my pace, 45% of the field dropped out with heat exposure, nausea and muscle cramps. My low calories and natural food saved me from nausea and bloating and I used the peppermint and ginger tea for insurance. The juice gave me fructose for quick energy and electrolytes and minerals to replace all I was sweating out and I had no muscle cramps. The bits of protein bars kept my slow burners going for dependable energy and no bonk. My "weight loss" was simply a result of a heavy weigh-in Friday night after I had spent the day hydrating and eating a little more salt than usual. I truly felt strong and healthy from start to finish.

Take Home

While my example may seem a little complicated, most people don't and I very seldom do run 100 miles on the mountains in high temps. What I hope you'll see is that in most running situations a well trained body is better off without all junk. Train your body, feed it well and natural and keep it simple.

Contributed by Laurie Reinhart, DC
www.spineandsportchiro.com

Board Meeting Minutes -- 8/26

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

Secretary's report was given and approved. Treasurer's report was presented and accepted. Two scholarship checks and two Grant Committee checks have not been cashed.

OLD BUSINESS

1. Prediction Run to be held September 1st. Only 25 RSVP's at this point. Pizza will come from Domino's.
2. It is recommended that the electrical box be moved from the damp basement to a spot upstairs in the kitchen. The estimate for this cost is \$1500. Joe Huegel will look at doing it.
3. A discussion was continued regarding the possibility of creating a foundation to manage the scholarship funds that are presently kept in the separate Scholarship Fund. Issues to consider include the fact that we would like to protect the Scholarship Fund money while still maintaining control over it. Another

issue is the cost of hiring someone to manage a foundation. Discussion included the fact that LVRR by-laws were changed with the purpose of protecting Scholarship Fund money should the club dissolve. Question was raised regarding a different solution.

4. Motion was made to set aside an amount of money to be determined for current LVRR scholarships, including Emmaus, to be drawn on only after dissolution of the club. Motion was seconded. Motion did not pass.

NEW BUSINESS

1. Parks Department needs to be contacted regarding next year's Kids Running Series events.
2. The JV Youth Run to be held at the Parkway on October 18th needs timing. Neal and Bob volunteered.
3. Is LVR going to provide portalets again for the Cross Country season events? Affirmative.
4. Race Directors should begin to develop notebooks of contacts and procedures.
5. Labor Day picnic will be held September 6th beginning at 2 PM. BYO food to grill and a dish to share.

6. Web Site is doing well. There were more than 2000 unique hits between 7/19 and 8/19.
7. Half Marathon finishers booklet has been compiled and looks wonderful.

Scholarship Winner Continues to Win

Sam Luff, former LVRR Scholarship winner from Emmaus High and Cornell graduate, continued to show the ability that won him our scholarship. The following is from a recent Pittsburgh Post-Gazette.

Sam Luff, 23 of Emmaus, Pa., won the men's 10K Great Race with a time of 30:34, tying his personal record. Luff ran in third position for most of the first half of the race as David-McCollam, 31 of Bridgeport, W.Va., built a large lead.

"I was like ' Either he knows what he's doing and I'm not going to beat him anyway or I'll eventually get close to him.' I was lucky I was able to reel him in," Luff said.

McCollam slowed down when the race got to Oakland, and second-place finisher Joey Zins, 31 of Indiana, passed him at about the three-mile split. Luff



made his move on Zins in the fourth mile of the race. "I felt really good over the first 5K, and I was like 'You're racing, it's supposed to start hurting now,'" Luff said. "So I started to make a move."

A record 14,000 people participated, breaking the previous record of 12,807 participants, set in 1987. Elite runners made up only a small fraction of the Great Racers.

2010 LVRR Prediction Run

On September 1st, the LVRR held its annual 5K Prediction Run to celebrate the end of our Wednesday night Summer Series. The event attracted close to 50 runners and an additional 60+ spectators. All who were there also enjoyed the post-race food which included Domino's Pizza, Wegman's salads, and various refreshments, all provided by the LVRR.

The Prediction Run is a uniquely different type of race in which the runners "predict" the time that they will take to run the 5K course. Their predictions are then recorded and the clock is placed in the "count down"

mode. The runners individually start when their predicted time reaches the clock time. Runners are also not allowed to wear any type of timing device to help pace them. In addition, the timing clock is turned around at the finish line, so only the judges can see the "countdown".



There are only two winners, the male and female who come the closest to "zero" on the clock. This year's winners each were given a \$25 gift certificate for the Aardvark Running Store. In theory, if everyone accurately predicts their time, all runners would cross the finish line at the same time but that never happens. This year's male winner was within 1 second and the female was within 5 seconds of their prediction.

If you didn't make the race this year, please consider it for 2011. It's a fun time to celebrate the end of summer. There is no cost to run this race - see how good you are in calculating your running pace.



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Phone: (Day) _____ (Evening) _____ Mobile: _____

MEMBERSHIP LEVEL (Please circle) \$20.00 INDIVIDUAL \$25.00 FAMILY

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

1. _____ 2. _____

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

Signature _____ Date: _____

Signature _____ Date: _____

Parent's Signature if under 18 years _____

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