



www.LVRR.org
Established 1993

July/August 2010 Newsletter

Vol. 26 Issue 4

President's Message

The membership has approved a new board to lead the club. Chris Garges and Jill Forsythe have joined the already established board. They bring a much needed youthful insight into the club's direction.

A high point for the club this year had to be at the July Summer Series when we presented seven highly qualified young people with a total of \$22,000 in scholarships. It truly shows the club's commitment to youth sports and fitness. Check out the articles pertaining to the scholarships. To be able to do this year after year is a testimony to the race directors who put on our numerous races. Our race fees are extremely reasonably priced, yet through the quality of our races we are able to attract large fields and generally sell out all of our major races.

It seems redundant newsletter after newsletter, but truth be told: we do better each and every month. Our seven-run Youth Series averaged over 400 youngsters for each of our races; the Summer Series set all-time records.



Winter Happy Hours will start in September keep an eye out for e-mails blasts. The next big club event

will be South Mountain 10 Miler & 5K, the most macho race in the valley, no post registration!

Keep cool and as always,
Good Running,
Neal

LVRR Board of Directors

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



Emmaus 4 Miler Scholarships

On July 7th, at the 3rd LVRR Summer Series 5K, three Scholarships were awarded to recently graduated Emmaus High School students. Each of the scholarships was a \$2000 award and was raised through proceeds from the annual Emmaus 4 Mile Road Race. This year's sellout race was held on April 11, 2010 and had 328 finishers.

The Ed Thompson Memorial Scholarship was given to Paolo Aranoff. Paolo will be attending the University of British Columbia this fall and is planning to study Economics. Paolo was a Lehigh



continued on page 3

RACE CALENDAR

September / October / November 2010

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, 6:00 p.m.

LVRR Prediction 5K Run

Lehigh Parkway, Allentown, PA

Contact: Neal Novak

610-4340-9133

www.lvrr.org

Saturday, 9/4/10, 9:00 a.m.

5K Race for Freedom/Ashley's Race

Allentown, PA

Contact: Deborah Moyer

610-657-6475

contact@5kraceforfreedom.org

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

Run With the Heroes 5K

Nazareth, PA

Contact: Ann Marie Szoke

610-841-6974

szoke@slhn.org

Saturday, 9/11/10, 5:00 p.m.

9/11 Heroes Run 5K

Lehigh Valley, PA

Contact: Eric D'Aguzzo

215-348-9080

911heroesrun@travismanion.com

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

Lehigh Valley Health Network Marathon for Via

(Marathon, Relay and ½ Marathon)
Allentown, PA

Contact: Gina Stano

484-893-5389

g.stano@vianet.org

Saturday, 9/18/10, 7:00 a.m.

Camelot for Children 5K

Whitehall, PA

Contact: Abby Schafer

610-791-5683

abbys@camelotforchildren.org

Saturday, 9/18/10, 10:30 a.m.

Catherine Boulay Foundation 5K

Allentown, PA

Contact: Sarah Blakeley

484-225-0623

catherineboulayfoundation5k@gmail.com

Sunday, 9/19/10, 9:00 a.m.

Show of Faith for Makaeya 5K

Bethlehem, PA

Contact: Stephanie Steward

610-703-7331

jamal129@gmail.com

Saturday, 9/25/10, 8:00 a.m.

Morning Star Rotary 5K

Bethlehem, PA

Contact: Tom Kolepp

484-241-1251

tkolepp@msn.com

Sunday, 9/26/10, 9:00 a.m.

Junior Firefighter 5K

Easton, PA

Contact: Bob Cameron

Triple7bob@rcn.com

Sunday, 9/26/10, 10:30 a.m.

Cadet Anthony Servero 5K

Allentown, PA

Contact: Elario Severo

610-882-3248

severoe@aol.com

Saturday, 10/2/10, 9:00 a.m.

Bethlehem YMCA Monster Mash 5K

Bethlehem, PA

Contact: Karen T. Sweeney

610-867-7588

karens@ymcabeth.net

Saturday, 10/2/10, 9:30 a.m.

9th Annual Northampton Boro 5K

Northampton, PA

Contact: Robert Weinhofer

610-502-2990

reccenter@rcn.com

Saturday, 10/2/10, 11:00 a.m.

Step Out Against Domestic Violence 5K

Allentown, PA

Contact: John Toner

610-797-0530 Ext 236

johnt@tuningpointlv.org

Sunday, 10/3/10, 9:00 a.m.

1st Annual Allentown Rotary 5K for Polio

Schnecksville, PA

Contact: Avery Smith

alizmith@gmail.com

Saturday, 10/16/10, 9:00 a.m.

Women's 5K Classic

Lehigh Parkway, Allentown, PA

Contact: Loretta Dodson

610-395-2438

ldodson@ptd.net

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

Valley Interscholastic Athletic Conference 2009 All-Star in cross country, and was a member of Emmaus High School's District qualifying 4 x 800 relay. He was also a member of the National Honor Society, graduating with a 3.56 GPA.

The Nicole Reinhart Memorial Scholarship was given to sisters Amanda and Brianna Faust. Both girls will be attending Quinnipiac University in the fall and both are enrolled in the six-year Physician's Assistant program.

Amanda was a member of the 3-time State Championship Cross Country team for Emmaus High School, individually medaling three

straight years at the state meet. Her highest finish was 19th in both her sophomore and junior years. She was also selected as a team captain for both her cross country and track teams. In track, she qualified for the PIAA State meet four years in a row, running the 4 x 800 relay her freshman, sophomore and senior years. Amanda also qualified for states in the 3200 in her sophomore, junior and senior years. Amanda was a National Honor Society member, graduating with a 3.99 GPA.

Brianna was also a member of the 4-time state qualifying, 3-time state championship cross country team. Brianna's best individual

State CC finish was in her junior year when she medaled, placing 25th. She was also an EHS team captain for her cross country team. In track, Brianna qualified and ran at states on the 4 x 800 relay in her sophomore, junior and senior years. She also qualified and ran the mile her senior year at states. Brianna was a member of the National Honor Society and graduated from EHS with a 3.90 GPA.



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Allentown, PA 18109

Route 145 & Spruce St.
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101 S. Main St.
Coopersburg, PA 18036

Lehigh Valley Scholarship Winners

The club awards four \$4000 scholarships for two male and two female senior high school runners for a total of \$16,000. Our 2011 scholarship awards will be maintained at this same level.

The awards were presented at the club's July 7th summer series race and interestingly enough by chance the race and awards were filmed by Service Electric channel 2 sports team and shown the next day on their 6 pm program.

Winners are: Gabrielle Cocco of Allentown Central Catholic who will be attending Loyola University and continue her running there, Hannah Fuller of Nazareth who will be attending St. Joseph's University majoring in Business Marketing and continuing her running career, Brandon Brzezinski of Wilson who will be attending Philadelphia Biblical University majoring in social work and David Strauss of Parkland who will be attending Bucknell University majoring in Chemistry and participating in the Pre Med program. All winners were present for the award presentation except for David who was out of state and his father accepted the award for him.

Many members may not know how the club's scholarship program works. The Scholarship Fund was established to assist local high school graduates with college expenses and is funded by LVRR races and through fund raising efforts of the club. This is one way the club gives back to the community.

Its purpose is to foster interest in the sport we love, and to demonstrate our commitment to youth running. By supporting young people who have demonstrated academic and athletic excellence, community involvement, and a strong interest in running, we are encouraging healthy, productive and disciplined lifestyles in these young adults who will be the leaders of the future.

Applicant eligibility and selection requirements are as follows. Applicant must be PA resident for the past two years, a graduating high school senior from either Lehigh

or Northampton counties, a member of their high school cross country or track team and must compete as an individual in running events. They must have a minimum 2.5 GPA as certified by their guidance counselor and be accepted at a 2- or 4-year college. Also the scholarships are based on extracurricular activities and community involvement including LVRR events. Two letters of recommendations are required, one from their cross country or track coach and the other from an individual not related to them, such as a teacher, employer, etc. An essay of about 250 words on how running has influenced their life and what the sport has meant to them personally. Also, an acknowledgement signed by a parent or legal guardian that collegiate athletic association regulations may prohibit the applicant from accepting the scholarship if they are attending college on an athletic scholarship.



Left to right:
Gabrielle Cocco,
Brandon Brzezinski, &
Hannah Fuller, three of
the four 2010 scholar-
ship recipients. Missing
from the photo is David
Strauss.

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**BEST WISHES TO THE
LEHIGH VALLEY ROAD RUNNERS!**

Aggressive Biker Warning

The LVRR Board of Directors would like to warn our members of an on-going problem with an aggressive bicyclist that uses the Little Lehigh Parkway paths and roads. The Board knows his name, address, and phone number because of previous incidents and has been in contact with both Greg Weitzel, Director of Parks and Recreation, and with the Allentown Police Department.

The individual biker is a male who is in his late 30's to mid 40's. He has very short hair, a stocky build, and rarely wears a bike helmet. He is usually riding very fast and often refuses to yield to runners. If comments are made, he will try to intimidate you by quickly stopping and getting directly in your face, or he will turn around and follow you – berating you for being on “his side of the path”.

This individual has had three reports made just in the last couple of months. If you have any problems with this sort of individual, the Allentown Police Department recommends the following:

1. Call the APD Complaint Desk at 610-437-7753 ASAP after the incident occurs and request that a copy of the report be sent to Capt. Daryl Hendricks. Capt. Hendricks has been working on this issue for the last two months.
2. Consider filing a complaint with the local magistrate. The closest office is District Court 31-1-06, located at 1501 Lehigh Street, Suite

104 (610-797-0906). This building is in the Parkway Shopping Center area, just north of the main entrance - facing 15th Street.

In addition, if you encounter any such action of a similar nature by any bicyclist, this should be reported to the police with as complete a description of the offending person as possible.

Running... The New Social Media by Mike Sosnowski

20 plus years ago I smoked my last cigarette, bought a bike and some running shoes and got busy. My sister, Michele Belisle, was a high school running stud with loads of friends and running partners and I said to myself “I want that”. Well, I got that...and more.

I believe Facebook, Myspace, LinkedIn have their place but nothing compares to going belly to belly with people to truly have meaningful relationships. Running has done that for us runners.

I walked on to Moravian's track team and my coach, Mark Will-Weber, said “Where have you been? I needed you”. That made me feel like a part of something. I still keep in touch with some of the guys on the team.

After finishing college, I started doing road races.

There were always a few guys that didn't mind punishing one another on tough workouts. We



all need that close friend to smack the blood-sucking horseflies off our backs.

Just when the race times started getting faster I said to my friend, Fran Gough, “Do you think I could do a marathon?” Fran said “Yeah, no problem...when?” I said “Marine Corp in October” which he promptly said “we need to get started today” ...because we were just finishing July. It wasn't pretty...but makes for a great story...and I have Franny to thank for that.

The stories we, as runners, have accumulated, shape us. Relationships are formed, character is built...oh, yeah, and good health is gained. When you reflect back on your time running, it's all positive stuff, isn't it?

I've since done countless 5k's, 10k's, trail runs, relays, beer runs, half marathons and a handful of full marathons. I can remember the names and faces of all those who ran with me. Relationships are formed and last a lifetime when you run together, suffer together and support each other. Running has rewarded me many times over and I thank every coach and friend who has shared their time with me...and want to give a special thanks to my sister, Michele for getting me started – Thanks, Sis!

So put this newsletter down, check your facebook later and hit the road with some friends. I'll be looking for you.

Good Running To You
Smilin' Mike

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



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LEHIGH VALLEY ZOO 5K & 1 Mile Family Walk

This year, August 29th, marks the second annual running of RUN WILD AT LEHIGH VALLEY ZOO 5K AND 1 MILE WALK. After considerable input from last year's runners the course has been completely changed. Gone is the out and back hill replaced by a significantly more beautiful, and flatter, run along the Jordan Creek.

Since last year the Jordan Creek Trail has been completely groomed and is now an ADA (Americans with Disability Act) approved trail with two crossings of the Jordan Creek. At the outlying end is the 150 year old Geiger's Bridge, a beautiful 1860-built covered bridge approximating in length that of the covered bridge crossing in Lehigh Parkway. The other crossing will be either crossing through the ankle deep water ford or the foot bridge, your choice.

What makes this particular 5K especially interesting is the finish—a complete loop through the Lehigh Valley Zoo. Registration, both online through Active.com and mail-in are running ahead of last year. So the event promises to have a great turnout.

The committee chose for this year's logo the kangaroo with a joey in her pouch as two kangaroos have given birth to joeys this year. The joeys are really quite a site to see as they climb out, walk around a bit, and climb back into mom's pouch head first and somehow manage to turn around and out pop their heads!

Also new this year is the seasonal display of American alligators and I must say they look better in the zoo than in the back yard! I attended college down in Louisiana and when visiting the beautiful home of students Benton and Alice Lackey, Cajuns who lived along

a Cyprus-boarded bayou in south Louisiana I was often warned to look before I walked along their bayou-bordered backyard. Especially at night as there could be an 8 to 12 foot alligator surprise lurking in the grass! Oh, did I forget to mention water moccasins, too!

Later this fall will be the return of the wolves too! The exhibit was closed after one of the three wolves died and a second was put down after being affected by a terminal illness. That left one wolf. Wolves are pack animals and as such do not do well alone. Funds were tight so the compassionate thing to do was transfer the remaining wolf to another zoo. Now, thanks to increased donations



like yours through this 5K and many other events, funds are such that the wolves will return!

Perhaps next year's theme will be run for the wolves!

I hope to see you there on Sunday August 29th for a good run, free admission to the zoo all day, and memories to hold you till next year's event! Please visit our website at www.runwildatlv-zoo5k.com for more information and to register either online or by mail.

—John R. Hoffman Sr.

Youth Run Committee

The Board of Directors would like to extend a very grateful thank you to the following people who served on our Youth Committee. This year's series was by far the most successful in term of attendance and quality

Jill Forsythe

John Hofmann

Nancy Hofmann

Maryanne McCambridge

Christine McCorristin

Jill Miller

Lisa Miller

Pam Puskas

Marisol Sosnowski

Kelly Wilder

Loretta Dodson

Board Meeting Minutes -- 5/19

MAY 19, 2010

In Attendance: Loretta Dodson, Nancy Hofmann, Neal Novak, Brian Patterson, Carly Patterson, Laurie Reinhart, Mike Richardson, Brian Schaffer, Lloyd Trego, Gary Ward. Secretary's report was given and approved. Treasurer's report was presented and accepted. It will be updated to reflect the newest totals for the Scholarship Fund.

OLD BUSINESS

1. The grant monies have been disseminated to the Allentown Middle School running program and to the Women's 5K Classic. An invoice will be forthcoming to pay for the Emmaus High School logo on their athletic field.
2. The first Summer Series was a success.
3. During the summer months when the clubhouse is used heavily the Molly Maids will clean twice a month.
4. Mike will contact the pizza parlor

for the pizza party following the September Prediction Run. Run will be held on September 1, starting at 6:00 with the party to follow.

NEW BUSINESS

1. Board will put an emergency phone number on the inside of the kitchen window so members/runners will have a contact number if the house is not open and they have a special need to access the house.
2. Memberships are up to 348 households, which translates into over 500 members. We are the largest RRCA club in Pennsylvania. Members are being notified when their membership is ready to expire.
3. The Yoga workshop notification went out to members. There are still four spots left. Workshop will be held Sunday, May 23rd, from 1:00 – 4:00.
4. A motion was made and passed to grant \$1200 to Emrey Track and Field for the purchase of finisher ribbons.
5. A club picnic will be held at the clubhouse on Monday, May 31st to celebrate Memorial Day. Event is BYO food, drink and something to share.
6. Oil will be delivered this week. We prepaid for 530 gallons and have used 298 to date. We are looking for companies that offer competitive rates for prepaying for next fuel year.
7. The Emmaus Scholarship is traditionally one male and one female. This year two females have almost identical points. A motion was made and passed to give both females a scholarship for this year.
8. The board is looking for worthy organizations to grant money for promoting youth running.
9. Board elections will be held in June. There are 15 candidates. Selection Committee will meet and develop a slate as soon as possible and slate will be sent out with the newsletter. (Provision will have to be made for households with multiple adult members to have separate vote if requested.)
10. Clarification needs to be made

regarding lending timing equipment for non-club races.

Policy: At Board's discretion timing equipment can be lent out for use at non-club races. Club is no longer timing non-club races. Equipment pick-up and return need to be established in advance and coordinated with Neal or other responsible person.

11. New website is being developed. Carly will be chief administrator. Race directors and other officers will have access as needed.

June 16, 2010

In Attendance: Loretta Dodson, Nancy Hofmann, Neal Novak, Brian Patterson, Carly Patterson, Mike Reichenbach, Laurie Reinhart, Mike Richardson, Brian Schaffer, Mike Sosnowski, Bob Shively, Lloyd Trego, Gary Ward. Secretary's report was given and approved. Treasurer's report was presented and accepted.

OLD BUSINESS

1. Board will put an emergency phone number on the inside of the kitchen window so members/runners will have a contact number if the house is not open and they have a special need to access the house.
2. New Board slate includes Jill Forsythe and Chris Garges. Gary Ward and Lloyd Trego have resigned and are to be thanked for their service.

NEW BUSINESS

1. The Grant committee made a motion to donate \$100 to a Kids Duathlon event to benefit "The Caring Place" in Allentown. Motion was passed.
2. Scholarships were presented to Hannah Fuller of Nazareth, Gabrielle Cocco of Central Catholic, Brandon Brzezinski of Wilson, and David Strauss of Parkland.
3. Neal is investigating the formation of a foundation to manage the scholarship fund.
4. Jill Forsythe has asked for sponsorship money for her website. Her site has a large data base and would offer LVRR an opportunity to advertise the club and club events.

LVRR Inc.
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Allentown, PA 18105

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Name _____ Occupation _____ Birthdate _____

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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