



FOOTPRINTS



HARRISBURG AREA ROAD RUNNERS CLUB

SPECIAL ISSUE

February 2010

JOIN US FOR THE HARRC ANNUAL BANQUET



Where: Crossroads Café
9147 Allentown Boulevard
Grantville, PA

When: Friday, March 19
Social hour: 6:15 p.m.
Dinner Following

Cost: \$15

RSVP by March 12, and send checks payable to “HARRC” to:
Gary Grobman
3009 N. Second Street
Harrisburg, PA 17110

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Menu: (Buffet style)
salad

roast sirloin, baked ziti, baked chicken
steamed vegetables/oven roasted potatoes
cakes and pies
beverages

Door Prizes: Give your donations to Gary or Tadd
at any Sunday Club Run

Award Nominations: Send to Jim Collins
(c-jcollins@state.pa.us)

Awards are for:

*Male and Female Runner of the Year,
Male and Female Dedicated Runner of the Year,
and Member of the Year*

HARRC SCHEDULE OF SUNDAY RUNS AND EVENTS

The HARRC weekly club runs are informal and have no entry fee. The courses are accurately measured and the runs are timed. While some participants race for time, many use events as training runs. The race director of the day has the right to change the distance of the course as needed. This is a great way to meet new people, learn new running techniques and run with people who are as passionate about running as you are!

February 7 @ 8:30 AM
Mountain View 3 or 6 Miles

From the south, take I- 81N to Harrisburg Front St. exit. Go North Front St. to Linglestown Rd. Turn right, go through two traffic lights, then approximately ¼ mile past second light, turn left onto Laurel Wood Drive. Come all the way back to 4517 Laurel Wood. From the north, Take I-81S to Rt. 322 Lewistown exit, one mile to Linglestown exit. Turn right at the light, go ¼ mile to Laurel Wood Drive, and follow previous directions.

Race Director: Chris Gipe, (717) 421-5569

February 14 @ 8:30 AM
Quarter-Marathon or 3 Miles
Valentine's Day at East Pennsboro Middle School (EPMS)

From the east follow Route 81S across the George Wade Bridge and take the Enola Exit to Route 11/15. Make a right on 11/15 and take the first right at Valley Road. Continue on Valley past Central Penn Business College making a left on Enola Road. Turn right at the entrance to EPMS and park at the lower lot in front of the school. From the west follow Route 81S and take the Wertzville Road exit. Make a right on Wertzville Road crossing the Route 81 overpass to make a left onto Valley Road. Follow Valley for about a mile. Soon after passing Salt Road make a right onto Panther Parkway. Park in the lower lot in front of the school.

Race Director: Frank Crupi, (717) 728-8892

February 21 @ 8:30 AM
The Country View 5.6 Miles

From Harrisburg: Take I-81 North to the Paxtonia Exit onto Mountain Road. Turn left at the first traffic light (

Rt 22 Intersection.) Take Rt 22 for approximately 5 miles to right on Fairville Ave. Getty Mart is on the left. Take the 2nd left onto Sunset. Meet at the corner of Fairville and Sunset. From Hershey: Take Rt 39 North to Rt 22. Turn left at light. Take Rt 22 West for approximately 1 mile and turn left onto Fairville. Getty Mart is on the right.

Race Director: Mike Smith, ((717) 540-5456

February 28 @ 8:30 AM HACC 5 Mile Run (AGCS)
Meet at parking lot near gymnasium.

Race Director: Hap Miller, (717) 249-4521

From the North: I-81 South to Exit 67B. Follow signs for US-22 E/PA-230 E/Harrisburg/Cameron St and merge onto US-22 E. Turn Right at Wildwood Park Drive into the HACC campus, which is located across from the Farm Show parking lot.
From the South: Take exit 67A to merge onto US-22 E toward PA-230/Harrisburg/Cameron St. Turn right at Wildwood Park Dr. Turn right at Hacc Dr.

Note: For March races, visit <http://www.harrc.org> and click on "Sunday runs."

Race directors are urgently needed to manage HARRC Sunday runs. No experience necessary!

Contact: Michael Smith at: clubruns@msn.com

HARRC Board Meeting Minutes (Draft)
January 13, 2010

The January Board meeting was held at the Paxton United Methodist Church. Board Officers present were Tadd Morris, Jim Collins, Jim Vorhauer, Walt Greene and Gary Grobman. Members present were Rhonda Hakundy-Jones, Noelani and Blake Uhl.

President Tadd Morris called the meeting to order at 7:10 p.m.

Prior Meeting Minutes: Minutes from the November meeting were included in a special December newsletter which was posted on the club's web site. The only change was to add Walt Greene as Secretary in lieu of Jen Ney who was unavailable to be Secretary. Minutes were accepted as amended on a motion by Greene, seconded by Collins and approved.

Treasurer's Report: The outgoing Treasurer Joanne Caulfield was not available but provided Greene with her Treasurer Report and copies for each officer. Greene provided an explanation of all the major income and expenses. Incoming Treasurer Grobman indicated he and Caulfield will meet this month to finalize the transfer of duties and sign papers at the bank. The Treasurer's Report was accepted on a motion by Vorhauer; seconded by Jones and approved.

Membership Report: Membership is 184 compared to 177 reported in the November meeting. Post card renewal notices were mailed 25 August and 1 December to notify members of their membership expiration dates. The next post card mailing will be the beginning of February.

The current membership is now posted on the club web site. Also, a separate list of expired memberships for the period March through December 2009 is posted. My suggestion is that all Sunday fun run race directors make an announcement before the run that the HARRC web site has a list of current members and recent expired memberships. The lists will be updated bi-monthly.

The Membership Report was accepted on a motion by Jones; seconded by Vorhauer and approved.

General Announcements: None
Old Business and Updates:

1. HARRC renewed its membership with the RRCA for 2010, and provided an updated list of members and officers. The renewal cost was \$920.20 based on 162 households. A copy of the 2010 Certificate of Liability Insurance was provided to each officer.
2. The first of two TimeTech timers was recently serviced with new touch pads, and the second timer will be returned to the company in January for the same service.
3. The previously approved purchase of 500 standard race bibs will be purchased after the new Treasurer finalizes the transfer of funds. These race bibs are for general use and back up for area events.

New Business:

1. 2010 Officers.

The list of officers for 2010 which was approved in the November meeting was revised to add Walt Greene as Secretary since Jen Nye was unavailable. Greene made a motion to accept the revised list of officers for 2010; seconded by Vorhauer and approved.

2. HARRC and the IRS.

After a full and informative discussion of HARRC's legal status with the IRS, Grobman made a motion that HARRC should contact the IRS to resolve any legal status and tax issues, and to achieve full non-profit status under IRS code 501(c)(3); seconded by Collins and approved.

3. Constitution Amendments.

The proposed amendments to HARRC's

Minutes Continued on page 17

HARRC Sunday Club Run Results

HARRC Sunday Club Run

December 6, 2009

Race Director: Jim Collins

Good Hope 4 Miles

On this breezy Sunday morning, we had 20 runners stand at the start line to start the 4-mile run through the local neighborhood. It was a sunny morning but a little chilly due to the wind. A little ice was on the parking lot, but the course was clear.

Results:

1. Tadd Morris	28:21	(3 way tie)
1. Gary Grobman	28:21	
1. Tom Snedden	28:21	
4. Keith Evans	29:35	
5. Kelly Krutz	30:29	
6. Hap Miller	30:29	
7. Jon Palks	32:00	
8. Bill Auxer	32:48	
9. Dave Lebo	34:19	
10. Jeff Paladina	34:28	
11. David Resek	34:39	
12. Margie Lebo	34:57	
13. Mike Cassita	36:05	
14. Jen Nye	38:17	
15. Brad Colwell	38:17	
16. Mathew Oconnor	38:37	
17. Mike O'connor, Jr .	38:52	
18. Patti Adami	38:53	
19. Mike O'Connor	39:03	
20. Ed Miller	57:06	

HARRC Sunday Club Run

December 13, 2009

Race Directors: Jim Collins and Steve Whittle

Riverfront 5 miles

We were lucky to have Jim bring a timing clock for the running the 5-mile Riverfront course. The weather forecast for freezing rain came upon the ten runner's just when the event started and footing was slippery on the course and no fall downs were reported.

Results:

1. Jim Banyas	36:24
2. Kevin Nelson	38:40
3. Dave Lebo	39:17
4. Bill Auxer	41:45
5. Dave Resek	44:36
6. Jeff Paladina	47:15
7. Brad Bechtel	47:38
8. Marge Lebo (F1)	47:40
9. Hap Miller	49:08 T
9. Mike Cassata	49:08 T

HARRC Sunday Club Run

December 20, 2009

Race Directors: Steve and Debbie Whittle

HACC 5 miles (shortened to 3 miles)

Due to the bad snow storm we had Saturday, I had no idea how big of a turnout would attend. Luckily, four runners made the trip to HACC. Since Industrial Rd. was not in the best condition, it was best to stay within HACC's complex and a course of something around 3 miles was used.

Results:

1 Tom Snedden	23:06
2 Dave Lebo	29:36 (adjusted time
3 Marge Lebo	29:39 5 min late start)
4 Patti Adami	30:19

HARRC Sunday Club Run

December 27, 2009

Race Directors: The Smith Family

Christmas Poker Run - 5 miles AGCS

Fourteen people came to West Hanover Township for the 5-mile poker run. There was confusion on marking and only 4 runners completed the planned course. Sam Smith and Garrett Schock finished the course with a time of 36:40, Tom Sneddon and Gary Grobman finished next at 37:05. The remaining runners listed below are in finishing order but course was uncertain?

Results:

5 Mile - AGCS

	Time	Age
1. Sam Smith	36:40	16
1. Garrett Schock	36:40	16
3. Tom Snedden	37:05	62
3. Gary Grobman	37:05	57

3.5 Mile

	Time	Age
1. Tadd Morris	?	42
2. Keith Evans	?	31
3. Vickie Smith	?	51
4. Andy O'Donnell	?	63
5. Dave Lebo	?	51
6. Mike Cassata	?	63
7. Frank Crupi	?	58
8. Jeff Paladina	?	37
9. Mark Ondo	?	33
10. Steve Whittle	?	58

HARRC Sunday Club Run

January 3, 2010

Race Director: Jeff Palafina

Riverfront 2 or 5 Mile

In 19 degree weather, with a “feels like” temperature of 1 degree, and wind gusts of up to 35 mph, five escapees from the institution for the criminally insane showed up to run a “runner's roulette” 2 mile or 5 mile along Riverfront Park. Chris Gipe regained his sanity first and ended his self-inflicted torture after one mile with a time of 12:33. Fellow lunatics Brad Bechtel (19:50), Patti Adami (21:32), and Steve Whittle (21:55) ran for two miles (although one witness reported that a strong wind gust picked up Steve and carried him for a mile). North Pole Olympian Tom Snedden won the gold medal for the day by completing the 5-mile trek with a time of 39:29.

Note: Race times are approximate due to the freezing of the ink in the race director's pen and the frostbite in his fingers

HARRC Sunday Club Run

January 10, 2010

Race Directors: Steve and Debbie Whittle

HACC 5 Mile

I'll have to be more careful scheduling a run at HACC and not have it the same time the Farm Show is in session. Luckily, I was able to explain the situation and they let the runners in without being charged the \$10.00 parking fee. The course was the out and back from HACC to out on Industrial Rd and back. Temperatures were in the teens for these hearty souls!

Results:

1. Tadd Morris	32:40
2. Tom Snedden	38:01 T
2. Gary Grobman	38:01 T
4. Bill Auxer	43:08
5. Jeff Paladina	43:24
6. Marge Lebo (F1)	44:35
7. Dave Resek	46:04
8. Brad Bechtel	46:12
9. Chris Gipe	47:43
10. Mike Cassata	48:27

HARRC Sunday Club Run

January 17, 2010

Race Director: Jim Collins

Good Hope 4 Mile Run

On Sunday morning, we had a forecast of rain. We had 13 runners line up to start the run and there was not a drop of rain. As Gary Grobman our over all winner was finishing the run, it started to drizzle. And by the time the last runner had finished, it was just a light rain. All in all, a good day for a run.

Results:

1. Gary Grobman	26:11
2. Tom Snedden	28:47
3. Keith Evans	30:25
4. Bill Auxer	33:34
5. Frank Crupi	33:40

6. JR Bishop	34:23
7. Merle Hersh	35:22
8. Scott Morgan	35:30
9. Margie Lebo	35:38
10. Jack Klein	35:41
11. Fred Shadel	36:04
12. Mike Cassita	37:05
13. Dave Resek	42:46

11. Brad Westhafer	48:11
12. Dave Lebo	48:43
13. Steve Whittle	49:41

HARRC Sunday Club Run
 January 31, 2010
 Race Director: Dave Lebo
 Italian Lake 3 or 6 Mile Run (AGCS)

HARRC Sunday Club Run
January 24, 2010
Race Director: Paul Moretz
Riverfront Park 2 or 5 Mile Run

Coldest race of the year!

Results:

As a first time race director, I was pleased to see so many come out on a cold January morning. With the temperature in the low 30s at the start of the race but little to no wind, it proved to be a great day for a run (Isn't that every day anyways). We had 17 participants; four for the 2 mile and a field of experienced and competitive men for the 5 mile. Gary Grobman got the win and like many of the others went out and ran some more.

Results:

2 miles

1. Tadd Morris	11:44
2. Al Redmond	16:11
3. Jim Collins	18:35

Debbie Whittle fun walk

5 miles

1. Gary Grobman	32:53
2. Don Bergan	33:58
3. Tom Snedden	36:09
4. Keith Evans	37:14
5. Alan Wrobel	39:54
6. Brad Colwell	40:28
7. Bill Auxer	42:22
8. J.R. Bishop	43:00
9. Mike Cassata	44:38
10. Chris Gipe	47:51

		age 3 mile	6 mile
1. Gary Grobman	57	19:20	39:15
2. Don Bergan	56	19:42	39:57
3. Tom Snedden	62	21:10	
4. Mike Cover	53	22:34	
5. Hap Miller	66	22:37	45:48
6. Paul Moretz	47	24:10	
7. Frank Crupi	58	25:15	50:50
8. Jack Klein	64	25:55	
9. Brad Bechtel	47	26:00	54:15
10. Jon Palks	60	26:20	51:25
11. Dave Lebo	51	26:35	
12. Mike Cassata	64	26:40	
13. Mark Ondo	33	27:33	
14. Brad Westhafer		27:42	
15. Chris Gipe	65	27:50	
16. Steve Whittle	58	29:15	
17. Jenn Ney	42	29:28	

HARRC Winter Series Results

11/28/09 Winter Series #1

Mother Nature apparently didn't tune into the Weather Channel this AM. While "decreasing winds" were promised on Channel 36, strong gusts prevailed along the Susquehanna. Swift times were run despite the adverse conditions. Tom Lin held a strong lead and took top honors in 18:27. Joshua Ciccolini captured second in 19:30 followed by fourteen year-old Sean Manning in 19:52. Running a Boston-qualifying Harrisburg Marathon, and taking first for the women in 22:27, was Jennifer Gerhart. Mei Gentry took second with 23:05 followed by Margaret Bambling in 24:01. Thanks to everyone's generosity, we're off to a great start with our donation to Domestic Violence Services of Cumberland and Perry Counties. Thanks to our volunteers for braving the elements and lending a helping hand – Steve and Debbie Whittle, Jenn Ney and Charles Laverty. Jim Collins provided his ever-expedient timing services. Thanks to Megan Earley and Frank Crupi for pitching in and tallying results. Culinary experts Diane Smith and the Whittles provided today's delicious cookies. If anyone is ever in need of directions to the Dunkin' Donuts on 2nd Street in Harrisburg,

Results:

1. Tom Lin age 29	18:27
2. Joshua Ciccolini age 21	19:31
3. Sean Manning age 14	19:52
4. Scott Pendleton age 14	20:11
5. Caleb Gatchell age 14	20:15
6. Chad Cooper age 38	20:23
7. Gary Grobman age 57	20:30
8. Sammy Smith age 16	21:07
9. Jay Ciccolini age 11	21:23
10. Truong Nguyen age 27	22:01
11..Ethan Gatchell age 13	22:03
12. Tom Covington age 46	22:18
13. Jennifer Gerhart age 38	22:27
14. Chuck Wells age 41	22:46
15. David Wenger age 42	23:03
16. Matt Gatchell age 38	23:03
17. Mei Gentry age 41	23:05
18. Jim Maffey age 16	23:33

19. Luke Schrader age 17	23:41
20. Youness Allali age 34	24:00
21. Margaret Bambling age 19	24:01
22. Megan Earley age 19	24:09
23. Brad Colwell age 61	24:34
24. Jeff Lorow age 30	25:03
25. Frank Crupi age 58	25:08
26. Bekah Rundall age 27	25:36
27. Joel Gatchell age 11	25:42
28. Garth Bambling age 39	25:55
29. Jeff Paladina age 37	25:59
30..Bill Eschenfelder age 28	26:00
31..Michael Eschenfelder age 61	26:02
32. Paul D'Elisa age 46	26:05
33..David Kostyal age 55	26:23
34. Sue Wright age 50	26:30
35. Chris Snyder age 45	26:31
36. Adam Elgart	26:57
37. Mike Cassata age 63	27:04
38. Eric Fisler age 41	27:14
39. Dave Falgoust age 52	27:19
40. Brad Bechtel age 47	27:26
41. Patricia Parker age 60	27:36
42. Jonah Ciccolini age 14	27:52
42. Bradley Kane age 37	27:54
43. Karen Verlin age 31	28:02
44. Michael Percherke age 48	28:26
45. Mary Eschenfelder age 15	28:29
46. Lorey Ciccolini age 42	28:36
47. James Donahue age 51	28:37
48. Jack Klein age 64	28:53
49. Alex Manning age 51	29:30
50. John Maffey age 45	29:30
51. Sarah Smith age 12	29:32
52. Dianne Showers age 53	29:33
53. Brad Westhafer age 57	29:38
54. Michelle Howe age 42	29:49
55. Jennifer Gentry age 13	30:22
56. Mark Eschenfelder age 54	30:25
57. John Heycock age 56	30:34
58. Tom Hain age 65	30:56
59. Sadie Smith age 9	31:15
60. Mike Smith age 48	31:19
61. Nicolas Gentry age 11	31:52
62. Steve Whittle age 58	31:54
63. Lloyal Hain age 56	37:16
64. Deb Schneider age 46	40:29
65. Rick Showers age 54	47:00

Winter Series 5K Race #2

1/2/10

Race Directors: Dave and Marge Lebo

On a day when even the most hard-core runner would be content to write "Day off" in their training diary, 32 of the area's most tenacious athletes took on the challenge of today's event. With wind gusts of 30 MPH on a snow-covered Riverfront Park, the wind chill factor was ten degrees. There was no drafting today for Sean Manning. The 14 year-old emerged first from the pack and took top honors in 21:11. Mike Farley captured second with 21:33 followed by Michael Womelsdorf in 21:59. For the women, Jennifer Gerhart continues her Series sweep and came in 6th overall with a strong 23:07. Mary Chu followed in 25:15 and Mei Gentry rounded out the top three in 25:41. With the tough weather conditions, a PR day it was not. However, everyone left with an age group award and the odds of coming away with a random prize was 2:1. Our sincere thanks to today's runners for coming out, braving the conditions, and supporting this event. All proceeds will be donated to DVS of Cumberland and Perry Counties. Once again our hearty group of volunteers came through. Thanks to: Jim Collins for his timing expertise; registration team of Steve Whittle, Charlie Laverty, and Jim Collins; course monitor Alex Manning; frozen-fingered tag-tearer Jenn Ney; and food coordinators Debbie Whittle and Diane Smith. Keep your fingers crossed (once they warm up) for a warmer day/less wind for Race #3 on January 23, 2010.

Results:\

1. Sean Manning age 14	21:11
2. Mike Farley age 17	21:33
3. Michael Womelsdorf age 23	21:56
4. Mark Correia age 16	22:32
5. Randy Lehman age 54	22:41
6. Jennifer Gerhart age 38	23:07
7. Ed Zendt age 48	23:42
8. Sam Smith age 16	24:02
9. Mary Chu age 27	25:15
10. Mei Gentry age 41	25:41
11. Kadee Liddell age 26	25:44
12. Nicole Koppenhaffer age 28	25:59

13. Paul Moretz age 47	26:42
14. Eric Fisler age 41	26:51
15. Bekah Rundall age 27	27:11
16. Mike Smith age 48	27:19
17. George Henning age 60	27:27
18. Colin MacNeill age 55	27:30
19. Mike Cassata age 63	28:35
20. Karen Correia age 51	28:40
21. Richard Lengler age 53	29:10
22. Brad Westhafer age 58	29:51
23. Patty Parker age 60	30:21
24. Jennifer Gentry age 13	31:18
25. Jim Donahue age 51	31:26
26. Mike Percherke age 48	32:01
27. Michelle Howe age 42	32:01
28. Diane Showers age 53	32:30
29. Steve Whittle age 58	34:27
30. Thomas Hain age 65	35:02
31. Lloyal Hain age 57	38:10
32. Rick Showers age 55	39:58

Winter Series 5K Race #3 1/23/10

Race Directors: Dave and Marge Lebo

Finish Line/Timing: Jim Collins; Jenn Ney

Registration: Jim Collins, Steve Whittle, Jenn Ney, Nancy Chavez, Charles Laverty

Results: Brad Colwell, Frank Crupi, Chris Wasko

Given the meteorologic challenge of the first two races, Mother Nature owed us one; and today she came through. We were blessed with sunny skies, temperatures in the 30's, and light wind along Riverfront Park. Brian Waters led the pack of 84 runners with a swift 17:14. Twelve-year-old running sensation Quinn Wasko took second with 19:19. Gary Grobman captured third in 19:25. It was a close women's race as Kathryn Stewartz (20:33) out-legged Jennifer Gerhart (21:01). Jill Hugus took third place in 23:00. Thanks to the generosity of all runners, we'll have over \$1000 to donate to Domestic Violence Services of Cumberland and Perry Counties. Donations will be tallied soon. Most notable at today's event was that 14-year-old runner Sean Manning, collected donations for DVS as a school community service project. Sean collected \$148 in donations and presented them to DVS

representative, Karen Shirey. We're all proud of Sean for his contribution and hard work. Thanks also to the following individuals and organizations for their generosity:

- Chad Krebs and the Harrisburg East Shore YMCA for allowing use of their facilities
- HARRC for financially backing this event over the years
- Volunteers Jim Collins, Steve Whittle, Debbie Whittle, Jenn Ney, Frank Crupi, Charles Laverty, Brad Colwell
- Diane Smith, Debbie Whittle and Steve Whittle for their culinary expertise
- Susan Pera of Cornerstone Coffeehouse for her generous donation of coffee airpots
- Lloyal Hain for random prize donations
- All runners for the generosity and being "good sports" for putting up with the weather for our first two events
- DVS for supporting our event and for being the wonderful organization that it is.

Results:

1. Brian Waters age 27	17:14	23. Mark Sanders age 35	24:12
2. Quinn Wasko age 12	19:19	24. Sue Wright age 50	24:21
3. Gary Grobman age 57	19:25	25. Brad Colwell age 61	24:22
4. Chad Cooper age 38	19:34	26. Paul Moretz age 47	24:26
5. Sean Manning age 14	19:44	27. Jon Palks age 60	24:29
6. Michael Womelsdorf age 23	19:46	28. Jess Metz age 31	24:35
7. Kathryn Stewartz age 27	20:33	29. Kelly Henderson age 43	24:35
8. Jennifer Gerhart age 39	21:01	30. Bill Auxer age 56	24:38
9. Jay Ciccolini age 14	21:08	31. Carl Spangler age 50	24:48
10. Tim Spigelmyer age 44	21:09	32. Mieke Swanson age 37	24:54
11. Youness Allali age 34	21:41	33. Joseph Bishop age 32	24:57
12. Kyle Jury age 25	22:16	34. George Henning age 60	25:03
13. Dave Wenger age 42	22:39	35. Andy Kreiser age 44	25:10
14. Matthew Jadlocki age 27	22:48	36. Jennifer Gross age 31	25:11
15. Chris Wasko age 43	22:58	37. Jonah Ciccolini age 14	25:55
16. Jill Hugus age 23	23:00	38. Richard Lengler age 53	25:57
17. Mei Gentry age 41	23:09	39. Chris Snyder age 45	26:14
18. Frank Crupi age 58	23:06	40. Brad Bechtel age 47	26:17
19. Eric Fisler age 42	23:42	41. Brenda Barber age 35	26:21
20. Melissa Heister age 23	23:47	42. Mike Cassata age 64	26:41
21. Sam Smith (late start) age 16	23:55	43. Jennifer Gentry age 13	27:24
22. Teresa Welte age 25	24:04	44. John Richards age 38	27:35
		45. Sue Craley age 50	27:37
		46. Mike Percherke age 48	27:55
		47. Todd Miller age 39	28:09
		48. Pradeer Jadhav age 27	28:13
		49. Diane Showers age 53	28:15
		50. Lorey Ciccolini age 42	28:29
		51. Gary Stern age 58	28:33
		52. Nick Gentry age 11	28:39
		53. Michelle Howe age 42	28:41
		54. Miranda Hall age 32	28:48
		55. Francine Henderson age 38	28:50
		56. Ron Jadlocki age 63	28:59
		57. Alice Sanders age 36	29:34
		58. Julie Cagno age 33	29:43
		59. Francis Rego age 36	29:44
		60. Brianna Miller age 31	30:00
		61. Steve Whittle age 58	30:05
		62. Michael Unti age 40	30:32
		63. Karin Guerrini age 48	30:42
		64. Michael Radle age 28	30:43
		65. Kasie Lake age 24	31:00
		66. April Gill age 30	31:01
		67. Ranae Foust age 15	31:02
		68. Brad Westhafer age 58	31:16
		69. Nichole Peffley age 25	31:38

70. Edward Bianco age 58	33:09
71. Sharon Stroh age 44	33:55
72. Sam Stroh age 42	33:56
73. N. Clair Clawser age 64	34:16
74. Rick Showers age 55	34:30
75. Cindy Davis age 51	34:58
76. Stephanie Winters age 32	35:00
77. Teresa Stewart age 28	35:00
78. Stacia Talkington age 30	35:46
79. Kerri Owens age 41	35:48
80. Becky Krentz age 39	36:21
81. Misty Pack age 32	37:22
82. Erica Peterson age 28	37:23
83. David Butts age 52	37:50
84. Erika Swaney age 38	37:50

Tadd Morris Takes Reins of HARRC

Tadd Morris, 42, was unanimously elected President of HARRC at its meeting in January. In his 11th year as a HARRC member, Tadd previously served as Vice President. He is a national class trail runner who was the overall winner of last year's Dirty Bird 15K and Mt. Penn Mudfest trailruns, and also racked up an impressive number of overall wins on the roads, as well. He specializes in running races at distances ranging from 1500 meters to ultra-marathons. The 2000 HARRC Male Runner of the Year is as comfortable training barefoot as he is wearing the latest racing flats, or running on the trails, on the roads, or on the track at a speed that typically far exceeds his age-group peers. As of press time, he was not available for an interview for this newsletter article; he was probably unavailable because he was putting in a 20-mile training run in preparation for his next mile race.

Keeping On Track

by Gary Grobman, *Guest Newsletter Ed.*

Since 2007, I have been participating in Masters (35 and over) track and field competitions sponsored by the USA Track and Field Association (USATF). And I've enjoyed it. It is a departure from the usual 5K, 10K, and half-marathon road races that have become a perfunctory exercise (pun intended) in my life. There are aspects to the competition that are more fun than road racing, and limitations as well.

Among the advantages is the opportunity to compete, REALLY compete, against some of the best athletes in the world, include world record holders. Now, I have been in races with some classy runners who have been household names. But I don't really think Bill Rogers remembers that I raced against him because of the other 20,000 competitors who might have been in the race with us. And perhaps I caught a glimpse of him running by me the other way in a loop race. I waved to him; he didn't. On the other hand, I distinctly remember being on the track with a former USATF Master's Athlete of the Year Nolan Shaheed and talking some trash before he lapped me in the USATF 5K Outdoor National Championship in Spokane, Washington in 2008, running a staid and controlled 17:01 in the heat, shutting it down with a lap to go to conserve for his 1500 the next morning. At the age of 59! Among the more prominent names who compete at these meets are Joan Benoit Samuelson and Henry Rono. An occasional former Olympian will show up for kicks.

It is rare that there are more than a dozen competing on the track in a 5K or 10K, and for some reason, my medals from these meets seem to glisten more than my haul at road races. And I still get a thrill each year running in the same race as Frank Levine. Who is Frank Levine? Frank competes each year in USATF sanctioned events ranging from 400 meters to the 5,000. When I run in the Middle Atlantic USATF and Eastern Regional USATF Championships, it is not unusual for me to run in the same heat (both literally and figuratively) with Frank, who is 95 years young, and holds the world record for the 5K for his age group. And I beat him! As I look back on my running career, I think my best race ever oc-

curred on the track, chasing down a current age-group world record holder for a satisfying win in a 1500 meter final in July 2008. And she (Lorraine Jasper) was really fast, for an old lady.

It is easier to get in a rhythm running on the track. You know exactly how much you've got left to run before you finish. You are given splits every 400 meters outdoors and 200 meters indoors. You don't have to look down all of the time for potholes. And I've yet to get lost on a track course even once! You also know where your competition is at all times, as races are usually run by age groups, at least at the national level.

But there are some disadvantages. Running 25 laps around a 400 meter track in 95 degree heat can be a bit tedious. A typical road race 5K is part race and part festival. At track meets, there is no souvenir t-shirt or goody bag given out, unless you buy one when they are sold. There is no food. Registration can be expensive, particularly at the national level, although track clubs often subsidize registration fees.

The typical track meet competitor seems to me to be a bit more "serious" than those you might find at a 5K. While even the national USATF track and field competitions are "all comers" meets where anyone with the registration fee can simply show up and compete, few do who are not among the elite in their age groups. And it can be expensive to plan a trip to compete in a national track meet. In successive years, for example, I flew to Orono, Maine; Spokane, Washington; and Palo Alto, CA to compete in national championships of one kind or another.

Fortunately, we have two wonderful annual track and field opportunities not far from us—the Keystone Games and Pennsylvania Senior Games—which are held in late July in York, PA. I must say that even a mediocre runner can build an impressive track résumé by competing in these meets, as there is a paucity of competitors, considering the prestige of being able to brag about being the state champion. I think that these competitions are among the running community's best-kept secrets.

Proposed Changes to HARRC Bylaws

INTRODUCTION and PURPOSE

1. These bylaws constitute the code of rules adopted by the Harrisburg Road Runners Club, a nonprofit organization, for the regulation and management of its affairs. The purposes of the corporation are to promote the sport of running and jogging, to conduct athletic events and, further, to engage in any other lawful business purpose to be conducted on a not-for-profit basis. In carrying out such purposes, the corporation shall not exercise any powers not permitted to be exercised by an organization exempt under Section 501(c)(3) of the United States Internal Revenue Code of 1954.

MEMBERSHIP

2. The Corporation shall have no “members.”

DIRECTORS

3. **Definition of Board of Directors:** The Bylaws Changes *continued from page 1*

Board of Directors is that group of persons vested with the management of the business and affairs of this Corporation subject to the law, the Articles of Incorporation, and these bylaws.

4. **Qualifications:** Directorships shall not be denied to any person on the basis of race, creed, sex, religion, sexual orientation, or national origin.
5. **Number of Directors:** The Board of Directors shall consist of seven or more natural persons. The number of directors shall be determined from time to time by Resolution of the Board of Directors.
6. **Terms and Election of Directors:** The Directors shall serve one-year terms begin-

ning at the January board meeting, and ending at the January board meeting approximately one year thereafter, until they resign or are removed in accordance with the provisions of these bylaws.

7. **Procedure at Board Meetings:** The rules contained in the Handbook on Parliamentary Procedure (“Robert’s Rules of Order”) shall govern the meetings of the board of directors.
8. **Resignations:** Any Director can resign at any time by delivering a written resignation to the President of the board or to the Secretary of the Corporation. Resignations of directors shall become effective immediately or on the date specified therein and vacancies will be deemed to exist as of such effective date.
9. **Removal:** Any director may be removed at any time (with or without cause) by a vote of 4/5ths of the total number of incumbent directors (not counting vacancies or the director subject to the removal action) at a meeting of the board of directors properly called in accordance with the terms of these bylaws. Directors may be removed by a majority vote of the board of directors at a properly called meeting with a quorum attendance when he or she misses three consecutive regular meetings.
10. **Vacancies:** Vacancies can be created by resignations, removals, or an increase in the size of the board of directors. Vacancies on the Board of Directors can only be filled by a majority vote of the remaining Directors, though less than a quorum.
11. **Place of Director’s Meetings:** Meetings of the board of directors, regular or special, will be held at the primary place of business for this Corporation or at any other place within or without the Harrisburg metropolitan area as provided or such place or places

as the board of directors may designate by resolution duly adopted.

- 12. Meetings:** Board meetings shall be held at least four times each year. Special meetings of the Board of Directors may be called by:
- A. at least two-thirds of the Board of Directors
 - B. the President
 - C. the Secretary upon the written request of at least two-thirds of directors.
- 13. Notice of Board Meetings:** Notice of all board meetings shall be given to each board member no less than five (5) days prior to the meeting.
- 14. Waiver of Notice:** Attendance by a Director at any meeting of the Board of Directors will constitute a waiver of notice of such meeting except where such Director attends the meeting for the express purpose of objecting, at the beginning of the meeting, to the transaction of business because the meeting is not lawfully called or convened.
- 15. Quorum:** A third of the incumbent directors (not counting vacancies) shall constitute a Quorum for the conduct of business. At Board meetings where a quorum is present, a majority vote of the Directors attending shall constitute an act of the Board unless a greater number is required by the Articles of Incorporation or any provision of these bylaws. Attendance by conference call whereby all members physically present at a board meeting can hear any participant not physically present and vice-versa shall constitute being present for purposes of determining whether a quorum is present.
- 16. Self Dealing:** No director shall use confidential information gained by reason of being a member of the board of directors for personal gain to the detriment of the corporation.

OFFICERS

- 17. Roster of Officers:** The Corporation shall have a President, Vice President, Secretary, and Treasurer.
- 18. Selection and Removal of Officers:** All officers shall serve one-year terms. Officers shall be elected by the Board of Directors at the board's first meeting of the calendar year or as soon as practical thereafter. Officers shall remain in office until their successor has been selected. The Board of Directors may elect a single person to any two or more offices simultaneously, except that the offices of President, Vice President, Treasurer, and Secretary must be held by separate individuals.
- 19. President:** The President will perform all duties incident to such office and such other duties as may be provided in these bylaws or as may be prescribed from time to time by the Board of Directors. The President shall preside at all board meetings and shall exercise parliamentary control in accordance with Roberts Rules of Order.
- 20. Vice-President:** The Vice-President shall perform the duties of the President in the absence or unavailability of the President, or when the office of President is vacant.
- 21. Secretary:** The Secretary will keep minutes of all meetings of the Board of Directors, will be the custodian of the corporate records, will give all notices as are required by law or these bylaws, and generally, will perform all duties incident to the office of Secretary and such other duties as may be required by law, by the Articles of Incorporation, or by these bylaws.
- 22. Treasurer:** The Treasurer will have charge and custody of all funds of this Corporation, will oversee and supervise the financial business of the corporation, will render reports and accountings to the Directors as

required by the Board of Directors, and will perform in general all duties incident to the office of Treasurer and such other duties as may be required by law, by the Articles of Incorporation, or by these bylaws or which may be assigned from time to time by the Board of Directors.

- 23. Removal of Officers:** Any officer elected or appointed to office may be removed by the Board of Directors whenever in their judgment the best interests of this Corporation will be served. Such removal, however, will be without prejudice to any contract rights of the Officer so removed.

INFORMAL ACTION

- 24. Waiver of Notice:** Whenever any notice whatever is required to be given under the provisions of the law, the Articles of Incorporation, or these bylaws, a waiver of such notice in writing signed by the person or persons entitled to notice, whether before or after the time stated in such waiver, will be deemed equivalent to the giving of such notice. Such waiver must, in the case of a special meeting of members, specify the general nature of the business to be transacted.

- 25. Action by Consent:** Any action required by law or under the Articles of Incorporation or by these bylaws, or any action which otherwise may be taken at a meeting of either the members or board of directors may be taken without a meeting if a consent in writing, setting forth the action so taken, is signed by all of the persons entitled to vote with respect to the subject matter of such consent, or all directors in office, and filed with the secretary of the Corporation.

COMMITTEES

- 26. Appointment of Committees:** The Board of Directors may from time to time designate

and appoint one or more standing committees as it sees fit. Such committees shall have and exercise such prescribed authority as is designated by the Board of Directors.

- 27. Executive Committee:** The officers of the Corporation designated in these bylaws shall constitute the executive committee. The board of directors may, if it so chooses, appoint other persons to serve on the Executive Committee. The President shall act as chairperson of the executive committee. The Executive Committee shall have such authority as may be given to it from time to time by Resolution of the Board of Directors.

OPERATIONS

- 28. Fiscal Year:** The fiscal year for this Corporation will be the calendar year, unless the Board otherwise so designates by majority vote.

- 29. Inspection of Books and Records:** All books and records of this Corporation may be inspected by any Director for any purpose at any reasonable time on written demand.

- 30. Loans to Management:** This Corporation will make no loans to any of its Directors or Officers.

- 31. Execution of Documents:** Except as otherwise provided by law, checks, drafts, and orders for the payment of money of this Corporation shall be signed by at least two persons who have previously been designated by a Resolution of the board of directors, unless the Board by majority vote approves authorizing one person for this purpose in cases of payments for amounts of less than \$500 in the aggregate for any single purpose. Contracts, promissory notes, leases, or other instruments executed in the name of and on behalf of the Corporation

shall be signed by one or more persons who have been authorized and directed to do so by the board of directors. No contract shall be valid unless it is authorized or ratified by a properly adopted Resolution of the board of directors.

32. This Corporation shall have a conflict of interest policy consistent with the Sample Conflict of Interest policy of the Internal Revenue Service, which is included as Appendix I of these bylaws, and a whistleblower policy, which is included as Appendix II of these bylaws.
- 33. Dissolution.** Upon the dissolution of the corporation, assets shall be distributed for one or more exempt purposes within the meaning of section 501(c)(3) of the Internal Revenue Code, or the corresponding section of any future federal tax code, or shall be distributed to the federal government, or to a state or local government, for a public purpose. Any such assets not so disposed of shall be disposed of by a Court of Competent Jurisdiction of the county in which the principal office of the corporation is then located, exclusively for such purposes or to such organization or organizations, as said Court shall determine, which are organized and operated exclusively for such purposes.

AMENDMENTS

34. The Board of Directors may alter, amend, suspend or repeal these Bylaws at any regular or special meeting called for that purpose, except as restricted by the Pennsylvania Non-Profit Corporation Law of 1972, as amended.

PUBLIC STATEMENTS

- 35. Authority to make Statements.** No person, except for the President or staff authorized by the Board to do so are

authorized to make any public statements, whether written or oral, purporting to represent the official policy, position, or opinion of this Corporation, without first having obtained the approval of the Board of Directors.

- 36. Limitation on Statements.** Any person who is authorized to make any public statement, whether written or oral, purporting to represent the official policy, position, recommendation or opinion of the Corporation, shall first make it clear that he or she is representing the Corporation. Thereafter, throughout the entire presentation, he or she shall confine his/her presentation only to those matters which have been properly approved by the Corporation. He or she shall not at the same time present any statement purporting to represent any other firm, group, or organization or purporting to represent his or her own personal views.

INDEMNIFICATION

37. A director shall not be personally liable for monetary damages as such for any action taken, or any failure to take any action, unless the director has breached or failed to perform the duties of his or her office under section 8363 of the Directors' Liability Act (relating to standard of care and justifiable reliance); and the breach or failure to perform constitutes self-dealing, willful misconduct or recklessness. The provision of this section shall not apply to the responsibility or liability of a director pursuant to any criminal statute; or the liability of a director for the payment of taxes pursuant to local, State or Federal Law.

CERTIFICATION

I hereby certify that these bylaws were adopted by the Board of Directors of the Harrisburg Road Runners Club at their meeting held on _____, 2010.

Local Race Calendar

Feb 6, 2010, 9 a.m.

Saturday

York Road Runners Winter Series #6

5M run, 1M fun run

Jacobus, PA, York

Feb 13, 2010, 10 a.m.

Saturday

Hobo's Heartbreaker 10K & Kids Run

Cooks Mill United Methodist Church, south

Bedford County, Pa. (off PA Route 96)

Feb 14, 2010, 11 a.m.

Sunday

Shiver By The River

10K run, 5K run

Reading, PA

Feb 20, 2010, 9 a.m.

Saturday

York Road Runners Winter Series #7

15K run, 1M fun run

Springettsbury, PA

Feb 21, 2010, 2 p.m.

Sunday

Frozen Foot Winter Series #2

5K run

Elizabethtown, PA

Mar 7, 2010, 8 a.m.

Sunday

Buzzards Athletic Club Marathon

26.2M trail run

Dauphin, PA

Mar 14, 2010

Sunday

Frozen Foot Winter Series #3, 2 p.m.

5K run

Elizabethtown, PA

Apr 10, 2010, 8 a.m.

Saturday

Garden Spot Village Marathon

26.2M run, 26.2M relay, 26.2M walk, 13.1M run,

13.1M walk

New Holland, PA

Apr 18, 2010, 1 p.m.

Sunday

Race, Run, Ride & Ramble

15K run, 5K run

Shippensburg, PA

Apr 25, 2010, 8 a.m. 5k; 8:10 a.m. half marathon

Sunday

Lehigh Valley Half Marathon and 5K

13.1M run, 5K run, 1.5M walk, kids run

Allentown, PA

Reminder:

**Next HARRC Board
Meeting**

March 10

7 p.m.

**Paxton United
Methodist Church**

HARRC Minutes *(continued from page 3)*

current Constitution as published in the December 2009 Special Issue and posted on HARRC's web page, www.harrc.org, were discussed and presented in a motion by Grobman; seconded by all the officers and approved as follows:

Amendment 1- Replace "Article 7: Dissolution."

Amendment 2- Add a Section III at the end of Article 6: Finances.

Amendment 3 - (Changing the number of Vice Presidents from two to three).

In Article 5, Governing Body, Section 1, strike the word "two" and insert in lieu thereof "three".

Amendment 4- (relating to changing our charter/ByLaws):

Section 1, following the word "newsletter", add the words "and/or Harrisburg Area Road Runners Club Web Site, with at least two weeks notice before a vote may be taken on such amendments".

4. HARRC's Governing Body.

Another discussion pertained to the need for a governing body of Board Officers vested with the management of the business and affairs of HARRC in lieu of all the members. Grobman made a motion that HARRC work toward governance with six Board Officers and three additional Board members at large; seconded by Collins and approved.

5. Marathon Web Site.

The annual renewal notice for the Harrisburg Marathon web site hosting is due 21 January. HARRC's web master, Jones, met with the marathon race director, Chad Krebs of the YMCA. He agreed to continue the web site with YMCA man-

agement and cost responsibilities, and Jones would continue as the technical contact/ web master. Jones made a motion that HARRC transfer the marathon web site hosting (due now) and the domain name (due in November) to the East Shore YMCA, and to add Chad Krebs as the account manager. The motion was seconded by Morris and approved.

6. Donations.

There was a balanced discussion for and against continuing with the special end of the year donations to the Harrisburg Area M Special Olympics, the Harrisburg Area YMCA Annual Support Campaign, the New Cumberland Fire Department EMS, and the Domestic Violence Services of Cumberland and Perry Counties.

Morris made a motion that HARRC make the following donations and amounts:

\$1,000 to Area M Special Olympics,

\$ 750 to Harrisburg Area YMCA Annual Support Campaign,

\$ 300 to Domestic Violence Services of CC/PC.

The motion was seconded by Greene and approved with one opposed to the motion.

7. Annual Banquet and Awards.

It was agreed to have the banquet and annual awards. Details on the date and location will be posted on www.harrc.org.

Adjournment: There being no further business, Morris made a motion to adjourn the meeting and seconded by Collins at 9:25 p.m. The next meeting will be 10 March 2010 at the Paxton United Methodist Church.

Respectfully submitted,
Walter Greene,
Secretary

History of the Harrisburg Area Road Runners Club

The Harrisburg Area Road Runners Club (HARRC) was founded in 1974 by a few avid runners who wanted to share ideas and provide an organized running program to interest other people in running. An article first appeared in the April 21, 1974 edition of the Harrisburg Patriot-News announcing the formation of a new running club in the Harrisburg area. Our first run was held on June 9, 1974, a two mile run along Riverfront Park. From that humble beginning, HARRC has grown to be one of the largest running clubs in Pennsylvania! A major growth factor has been HARRC's appeal to runners of all abilities regardless of age, sex or weekly mileage.

MEMBERSHIP APPLICATION Harrisburg Area Road Runners Club

(Circle One) NEW RENEWAL

NAME(s) _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PHONE NUMBER _____

E-MAIL ADDRESS _____

SEX: FEMALE _____ MALE _____

BIRTHDATE _____

FAMILY MEMBERSHIPS: (indicate names, birthdates, sex)

MEMBERSHIP (Circle One):	1 Year	2 Years
REGULAR	\$13.00	\$22.00
FAMILY	\$22.00	\$34.00
STUDENT (18 and Under)	\$8.00	\$12.00

Print and Mail with a check payable to: HARRC

c/o Walt Greene
431 Spring House Road
Camp Hill, PA 17011

(signature) (date)

NOTE: MEMBERSHIPS EXPIRE AT THE END OF THE MONTH IN WHICH YOU JOINED, PLUS 30 DAYS GRACE. RESTRICTED DATA SHOULD BE SO INDICATED.