



SRRC UPDATE



NEWSLETTER OF THE SUSQUEHANNA RIDGE RUNNERS CLUB

ISSUE 1 - 2013



Susquehanna Ridge Runners Club; Looking back at 2012 and ahead to 2013...

As part of an annual tradition, SRRC Members planning to run the 2012 Boston Marathon and their guests gathered at Hoss's Restaurant in Shamokin Dam last April for a Pre-Boston Party where each runner received his or her club team singlet. Pictured above from left to right and shown wearing their official SRRC Boston team singlets are: **Dave Adams, Phil Krajewski, Barry Schaub, Bethany Daku-Treas, Mark Sullivan, Dan Kirk, and Doug Alter.** Missing from the photo are **Beatriz Benedit and Ed Hoffman** who were unable to attend the party.

The 2012 Boston Marathon saw record heat with temperatures soaring to as high as 92 degrees F along the course. Race officials sent out numerous mass e-mails and made public announcements warning of the dangerous race day scenario. And in an unprecedented move, the Boston Athletic Association even offered deferments to all runners in an effort to discourage anyone from attempting to 'race' rather than simply complete the distance.

To put into perspective how bad the conditions were, of the 7 club members who did start the 2012 Boston Marathon, all finished but only one re-qualified. (Two of our club members chose not to start; one due to an injury, the other taking the deferment.)

On April 15, 2013 the SRRC will be again represented by nine club members (7 men and 2 women) at the 117th Boston Marathon. And once again the club will be providing team singlets for those members. We wish them good luck...and cooler temperatures.

2012 was another very good year for the Susquehanna Ridge Runners Club. The 2012 SRRC Winter Series shattered all previous participation record numbers. We helped with and sponsored a few local races. Our summer funs run were well attended. Several club members ran their first marathons, some were first-time Boston qualifiers, others just happy to finish (one such story can be found on Page 3), while others (some of our older runners, in particular) were tearing up the roads setting new marks.

2013 looks to be a very exciting year for the SRRC. Some big changes are coming; there are new club officers and we will be launching a new club web site. So you can be a part of it all, included in this newsletter are a copy of the SRRC Membership renewal/application (on Page 4) and a 2013 Winter Series form (on Page 5).



CURRENT SRRC OFFICERS:

President: Mark Sullivan

phone: 570.374.7585

e-mail: runningcoach@verizon.net

Vice President: Bob Welby / 570.274.6400

Treasurer: Dan Weber / 570.743.8007

Secretary: Rose Weber / 570.743.8007

Activities Chairperson: Maggie Kurtz

Publicity Chairperson: Robin Sullivan

Race Chairperson: Betty Duncan



Submissions:

Send articles, race results, race photos, or any other items for the SRRC newsletter to: Robin Sullivan, Box 100, Freeburg, PA 17827, e-mail: runningcoach@verizon.net.

We can't print results if we don't get them!
Remember, it's your newsletter!

SRRC Club Notes:

UPCOMING EVENTS:

2013 SRRC Winter Series starts Sunday, January 27 at 2:00 p.m. in Selinsgrove, PA. Distances / dates are as follows:

- **5K (3.1 miles) / January 27**
- **5 miles / February 3**
- **2.5 miles / February 10**
- **6.5 miles or 1 mile / February 17**

All 2013 SRRC Winter Series races will be held on Sundays and all will begin at 2:00 p.m. (A copy of the 2013 race application is included on Page 5.)

Door prizes and refreshments are still needed for each event! Please help by collecting items for door prize drawings and/or by bringing a refreshment to share.

Volunteers are also needed. Please contact Mark Sullivan if you can help.
(e-mail: runningcoach@verizon.net)

Time To Renew SRRC Memberships

Susquehanna Ridge Runner Club Memberships expire at the end of each calendar year. Several club members renewed their memberships at the 2012 SRRC Holiday Party but most memberships have expired. (Please contact Mark or Robin Sullivan at 570.374.7585 or e-mail: runningcoach@verizon.net if you are unsure about the current status of your membership.)

For your convenience, a membership application and renewal form is included on Page 5 of this issue of **SRRC UPDATE**. (We did e-mail notices late last year. To reduce postage costs and to help keep memberships dues low, we try to avoid mailing out additional separate renewal forms and reminders.)

Please take the time to renew your membership now. And, please provide us with all your current contact information. Members often move or change e-mail addresses and forget to update their information which can result in a lot of added work for us and additional expense for the club. If you have a new e-mail address, or updated contact information, please let us know by contacting: runningcoach@verizon.net.

In an effort to reduce printing and mailing costs as well as paper waste, we offer the club newsletter in an electronic format. The advantages of the e-newsletter include receiving your copy immediately; no waiting for it to arrive by mail. Best of all, it's in full color! If you have a hi-speed internet connection and would prefer to receive your newsletter electronically, please send an e-mail request to: runningcoach@verizon.net.

One of the many benefits Ridge Runner Club Members enjoy is discounts at local running specialty stores. SRRC Members receive a discount at Elite Feet, Inc. in Montoursville, PA and any of three Inside Track locations (Harrisburg, Mechanicsburg, and Lancaster). For store hours and directions, you can visit the Elite Feet, Inc. web site: <http://www.elitefeetinc.com>, or the Inside Track web site: <http://insidetrackpa.com>.

A new Susquehanna Ridge Runners Club web site will be up soon. We hope to eventually post an archive of past newsletters, a calendar of club events and local races, links to affiliate web sites, race results, training tips, and much more. If you are a club member and we have your e-mail address, you will receive an e-mail notification when the site is up. We will also continue to send regular e-mail notifications about any club-sponsored events.



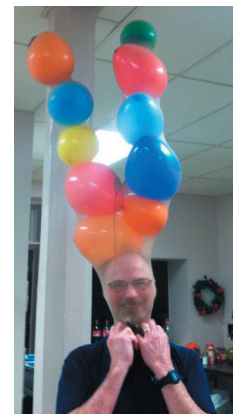
2012 Club Elections

In addition to that other political event which took place in November 2012, elections for club officers were held and two new club chairpersons were appointed at the SRRC Holiday Party on November 30.

Maggie Kurtz is the club's new Activities Chairperson and **Betty Duncan** will now be serving as Race Chairperson. The positions were formerly held by **Bob and Judy Miller** and we thank them for their years of service to the Susquehanna Ridge Runners Club.

Eventually we will be listing e-mails or phone numbers for all club officers and chairpersons both in the newsletter and on our soon-coming web site so you will be able to contact any of them directly.

And so you don't think our parties are all business, we have included a couple of pics from one of the games we played at the holiday party. Pictured below are club members **Graham Rogers** (left) and **Barry Schaub** (right) wearing balloon-stuffed pantyhose. (To fully explain why they are wearing the balloon-stuffed pantyhose would take more space than is available here.)



New Boston Tradition

With changes like a three wave start and the expo being held outside of town, there were fewer opportunities for SRRC Boston participants to see one another while in the city race weekend. So they decided to make their own. Several club members gathered on Sunday morning, April 15, 2012 for a pre-Boston Marathon group run. Pictured at left are: **Mark Sullivan, Doug Alter, Regina Hoffman, Robin Sullivan, Ed Hoffman, Beatriz Benedit, Bethany Daku-Treas, Dan Kirk, and Barry Schaub**. The run concept was well received and will become a new yearly tradition for our members.

SRRC MEMBERS' 2012 MARATHON RESULTS



With A Little Help From My Friends

On Sunday, December 2, 2012 a club member (with some help from a few other SRRC Members) was able to achieve a monumental goal; running his first full marathon.

Ross Smoker had planned to celebrate turning 50 by running his first 26.2 mile event at the Philadelphia Marathon on November 18, 2012, which happened to coincide with his birthday. In addition to being a club member, Ross is also an accomplished carver and a sponsor of our annual winter series. (His business is R.K. Smoker Waterfowl Carving.)

When the Philly Marathon filled and closed registration, Ross was left with a lot of training and no place to run. After some discussion of options, it was decided he would run the marathon distance locally. A course was measured from Middleburg, through Selinsgrove, north through Hummels Wharf and Shamokin Dam to Northumberland, over the bridges to Sunbury, back across the bridge to Shamokin Dam, and back to Selinsgrove.

(For an interactive map of the course go to: www.usatf.org/routes/view.asp?rID=497979.)

Keith and Janet Moore came out to watch the start. Ross's wife **Sue**, sister **Jeri**, and nephew **Ben** served as mobile aid station volunteers. Club members **Dan and Rose Weber** ran along for some of the early miles. **Mark Cox** and **Doug Fessler** jumped in and ran the final 14 miles. While **Mark and Robin Sullivan** accompanied Ross for the entire distance which he completed in 5:05:29.

Congratulations, Ross! And, thanks to all the club members who supported him!



Pittsburgh Marathon (05/06/12)
3:45:00 **Joe Stoltz**, 4:03:59 **Cheryl Stumpf**

(We did our best, but could not locate pics for all marathons listed.)

Delaware Marathon (05/13/12)
3:39:42 **David Adams**

Pocono Marathon (05/20/12)
3:35:30 **Dan Kirk**, 3:43:49 **Bethany Daku-Treas**,
4:06:42 **Ed Hoffman**, 4:28:00 **Jeff Clark**

Ottawa Marathon (05/27/12)
2:45:06 **Mark Sullivan** 4th in division

North County Trail Run (08/25/12)
4:56:45 **Barry Schaub**

Lehigh Valley Marathon (09/09/12)
3:59:57 **Barry Schaub**

Erie Marathon (09/16/12)
3:25:36 **Phil Krajewski** 1st in a.g.,
3:53:14 **Rich Shiptoski**,
4:10:10 **David Adams**

Akron Marathon (09/29/12)
2:50:20 **Mark Sullivan** 1st in a.g.



MARK SULLIVAN
2:45:06



PHIL KRAJEWSKI
3:25:36



RICH SHIPTOSKI
3:53:14



DAVE ADAMS
4:10:10



DOUG ALTER
3:24:48



DAN KIRK
3:33:45



RICH SHIPTOSKI
3:47:54



ED HOFFMAN
3:55:15



JOAN MILLER
4:42:37

Steamtown Marathon (10/07/12)
3:24:48 **Doug Alter**, 3:33:35 **Dan Kirk**, 3:47:54 **Rich Shiptoski**,
3:55:15 **Ed Hoffman**, 4:42:37 **Joan Miller** 1st in a.g.

Freedom's Run Marathon (10/13/12)
3:35:34 **Bethany Daku-Treas** 2nd in a. g.

Baltimore Marathon (10/13/12)
2:53:54 **Mark Sullivan** 1st in a.g.

Richmond Marathon (11/10/12)
3:38:45 **Beatriz Benedit**

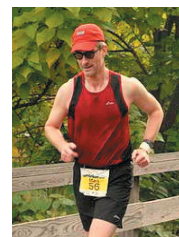
Harrisburg Marathon (11/11/12)
3:35:24 **Barry Schaub**

Philadelphia Marathon (11/18/12)
2:46:33 **Mark Sullivan** 3rd in a.g.,
3:26:41 **Phil Krajewski** 1st in a.g.

Northern Central Trail Marathon (11/24/12)
3:42:08 **Debra Long** 3rd in a.g.



BEATRIZ BENEDIT
3:38:45



MARK SULLIVAN
2:46:33



PHIL KRAJEWSKI
3:26:41



CLUB #771

ABOUT THE "SRRC"

Although named "**SUSQUEHANNA RIDGE RUNNERS CLUB**", this organization is open to all health and fitness enthusiasts. Membership includes walkers, bicyclists, duathletes and triathletes, and swimmers, as well as joggers and runners.

You need not be a road racer or serious, competitive athlete to join. Many of our members are simply "fun runners".

The "**SRRC**" caters to *all* members, offering a wide variety of yearly events where the social aspect of fitness is not overlooked. Most importantly, runners can find fellowship and training partners, and support for their personal fitness program.

Each year we have a winter series of races beginning in late January, we hold fun runs (on roads and trails) and club picnics in the spring and summer, a late summer half marathon, various 5K road races in the fall, an annual holiday party in December, as well as other special events. In addition, we provide technical support for area races. The **SRRC** also sponsors teams each year at The Boston Marathon.

Your membership entitles you to a reduced or free entry to club sponsored events, an award winning and informative club newsletter, **SRRC UPDATE**, listing upcoming races and events as well as club members' race results; discounts at *Elite Feet, Inc.*, a specialty running store located in Montoursville, PA, and free membership in the *Road Runners Club of America*.

We invite you to join today and urge you to become an active member in an active club. Please complete, detach, and return the membership form below. For additional information, please call the number below.

SRRC MEMBERSHIP APPLICATION FORM

(PLEASE CAREFULLY PRINT ALL INFORMATION)

NAME: _____ SEX: MALE ☐ FEMALE ☐

ADDRESS: _____ BIRTHDATE: ____/____/____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: (____) _____ (HOME ☐ WORK ☐ CELL PHONE ☐)

E-MAIL: _____

(In an effort to reduce our impact on the environment, as well as help keep club operating expenses low, we ask you to provide us with an e-mail address so we can send you an electronic newsletter.)

TYPE OF MEMBERSHIP: ☐ INDIVIDUAL / \$10.00

☐ NEW ☐ FAMILY / \$15.00 (Other Family Members Names, Ages, etc.) _____

☐ RENEWAL ☐ STUDENT / \$8.00 (Students, please list school): _____

Make check payable to: "**SUSQUEHANNA RIDGE RUNNERS CLUB**"

*Memberships run from January 1 to December 31 of each year.

(Part of the Susquehanna Ridge Runners Club annual dues goes to the Road Runners Club of America to cover our club dues and insurance.)

Mail application to: ROBIN SULLIVAN, BOX 100, FREEBURG, PA 17827

For additional information call: 570-374-7585

WAIVER: I know running in and volunteering to work in club races and events can be potentially hazardous activities, I should not enter these activities unless I am medically able and properly trained. I assume all risks associated with participation in these activities. Having read this waiver and knowing these facts, and in consideration of the acceptance of my application for membership, I for myself and anyone entitled to act on my behalf, waive and release the Susquehanna Ridge Runners Club, The Road Runners Club of American, and all sponsors and all representatives from all claims and liabilities of any kind arising from my participation in these activities even though that liability may arise out of negligence or carelessness on the part of the persons or organization named in this waiver.

SIGNATURE: _____ DATE: ____/____/____

(Signature of parent or guardian if applicant is under 18 years of age)



2013 SUSQUEHANNA RIDGE RUNNERS CLUB



WINTER SERIES RACES

The 2013 Susquehanna Ridge Runners Club Winter Series races will be held over four consecutive Sundays. Each race starts at **2 p.m.** with registration opening at **12:45 p.m.** **PLEASE NOTE: NEW LOCATION FOR REGISTRATION!: Snyder County Senior Center, 8 North Water Street.** All races courses remain the same. Races will be run regardless of weather. For safety reasons, race courses may vary due to conditions.

RACE DATES, DISTANCES, LOCATIONS, & INFORMATION:

(NOTE: Registration for all events will again be at the Snyder County Senior Center located at 8 Water Street, Selinsgrove, PA. Directions: traveling south on Market Street in Selinsgrove, turn left on to Pine Street. Go one full block to Water Street and turn left again. The Senior Center is third building on the left. There is a parking lot directly across the street and public lots located a block north and a block south of the Senior Center. Parking is still available at the old race location at Pine and High Streets, behind the bank and across from the borough building.)

- * **JANUARY 27, 2013** - 5k (3.1 miles over mostly flat terrain, out and back) in Selinsgrove, PA.
- * **FEBRUARY 03, 2013** - 5 miles (through rural countryside with hills) in Selinsgrove, PA.
- * **FEBRUARY 10, 2013** - 2.5 miles (flat and fast, out and back) in Selinsgrove, PA.
- * **FEBRUARY 17, 2013** - 6.5 miles (through rural countryside with hills) or 1 mile (flat, out and back) in Selinsgrove, PA

AMENITIES: A specially designed sweatshirt for all who *pre-register* for all 4 events. There will also be numerous door prizes & refreshments! (YOU WILL NOT RECEIVE A SWEATSHIRT UNLESS YOU REGISTER FOR ALL 4 EVENTS AT OR BEFORE THE FIRST RACE.)

ENTRY FEE: \$29 entry fee (for non-**SRRC** Members) if pre-registering for all 4 races - only \$25 for **SRRC** Members! (You must pre-register on or before January 27, 2013 to receive a sweatshirt.) \$6 for each race if registering on race day - no sweatshirt. (We will try to once again accommodate requests for special sweatshirt sizes like 2XL, 3XL, and youth sizes. Please include requested size on entry but understand there may be an additional charge of approximately \$2 for larger sizes.)

SPONSORS:



INFORMATION: If you need additional information, if you would like to volunteer at one or all of the races, or if you would like to donate door prizes for, or bring refreshments to any of the race events, please call race director, Mark Sullivan at 570-374-7585. Note: those who volunteer in advance for all 4 events will receive a 2013 Winter Series sweatshirt.



ENTRY FORM: Complete entire entry form, detach, and mail with entry fee to: ROBIN SULLIVAN, BOX 100, FREEBURG, PA 17827



MAKE CHECKS PAYABLE TO: **SUSQUEHANNA RIDGE RUNNERS CLUB**



ENTRY FORM (please print)

NAME: _____ SEX: ☐ MALE ☐ FEMALE

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____ AGE: (on race day) _____

TELEPHONE: (_____) _____ SWEATSHIRT SIZE (Check one): ☐ Small ☐ Medium ☐ Large ☐ XL ☐ Other: _____

ENTRY FEE: (If entering all 4 races) ☐ \$29 / non-SRRC; ☐ \$25 / SRRC or ☐ \$6 each race / non-SRRC or SRRC Members (no sweatshirt)

WAIVER: In consideration of the acceptance of my entry, I waive all claims for myself, my heirs and assigns against the **SUSQUEHANNA RIDGE RUNNER CLUB**, all sponsors, and any individuals or municipalities associated with this event, and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am physically fit and have sufficiently trained for this event.

SIGNATURE (of participant): _____ DATE: _____

SIGNATURE OF PARENT OR GUARDIAN (if runner is under 18 years of age): _____

SRRC CALENDAR OF EVENTS:

***Sunday, January 27, 2013, 2 p.m.,** SRRC Winter Series 5K, Selinsgrove, PA; Contact: Mark Sullivan (570) 374-7585; e-mail: runningcoach@verizon.net - NOTE: NEW REGISTRATION LOCATION...See "SRRClub Notes" on Page 1 and race application on Page 5 for additional information and directions.

***Sunday, February 3, 2013, 2 p.m.,** SRRC Winter Series 5 Miles, Selinsgrove, PA; Contact: Mark Sullivan (570) 374-7585; e-mail: runningcoach@verizon.net - NOTE: NEW REGISTRATION LOCATION...See "SRRClub Notes" on Page 1 and race application on Page 5 for additional information and directions.

***Sunday, February 10, 2013, 2 p.m.,** SRRC Winter Series 2.5 Miles, Selinsgrove, PA; Contact: Mark Sullivan (570) 374-7585; e-mail: runningcoach@verizon.net - NOTE: NEW REGISTRATION LOCATION...See "SRRClub Notes" on Page 1 and race application on Page 5 for additional information and directions.

***Sunday, February 17, 2013, 2 p.m.,** SRRC Winter Series 6.5 Miles or 1 Mile, Selinsgrove, PA; Contact: Mark Sullivan (570) 374-7585; e-mail: runningcoach@verizon.net - NOTE: NEW REGISTRATION LOCATION...See "SRRClub Notes" on Page 1 and race application on Page 5 for additional information and directions.

Saturday, February 23, 2013, 10:30 a.m., Run For The Cookies 10K, Berwick, PA; Contact: Margaret Livsey (570) 759-1300; e-mail: diamonddrun@verizon.net.
(*denotes SRRC events)

SRRC Fun Runs will begin again in the spring. Dates, times, and locations will be announced. Be watching for details about the Hellbender Half Marathon in August and the Pineknoller Fall Fudge Run 5K in October; great events organized (respectively) by club members **Bob Welby** and **Bethany Daku-Treas**. And of course we will keep you updated regarding other area races and events like the 'Girls On The Run' races organized by club member **Cheryl Stumpf**.

For a complete listing of local and regional running events, check out the Runner's Gazette calendar or visit: <http://runnersgazette.com/>.

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SRRC Memberships expired on 12/31. If you have not yet renewed your membership for 2013 please do so soon!