



FOOTPRINTS



HARRISBURG AREA ROAD RUNNERS CLUB

SPECIAL ISSUE

DECEMBER 2009

Special Notice: HARRC Board Meeting

The January Board meeting will be held at 7:00 p.m. at the Paxton United Methodist Church at 3550 N. Progress Avenue (Progress Avenue exit of Route 81, Paxton Church Road), on Wednesday, January 13.

The agenda will include the election of new officers and a vote on proposed changes to the HARRC Constitution.

At its last Board meeting, the HARRC nominations committee approved the following slate of officers for 2010, modified as a result of action taken via e-mail as a result of one nominee declining the nomination:

- President: Tadd Morris
- Vice Presidents: Jim Vorhauer, Jim Collins, Tom Earley
- Secretary: Walt Greene
- Treasurer: Gary Grobman

Proposed Changes to the HARRC Constitution

The HARRC Board will vote on amendments to the HARRC Constitution. As currently written, the HARRC Constitution provides that proposed amendments need to be published in the HARRC newsletter. This newsletter serves this purpose. In addition, the Board will also consider approval of a conflict of interest policy and a whistleblower policy. The following amendments will be offered:
Amendment 1.

Replace “Article 7: Dissolution” with the following:

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.

Justification: This language is required for HARRC to qualify as a 501(c)(3) tax-exempt organization.

Amendment 2.

Add the following new section at the end of Article 6: Finances.

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Section III: No part of the net earnings of the corporation shall inure to the benefit of, or be distributable to its members, trustees, officers, or other private persons, except that the corporation shall be authorized and empowered to pay reasonable compensation for services rendered and to make payments and distributions in furtherance of the purposes set forth in this Constitution. No substantial part of the activities of the corporation shall be the carrying on of propaganda, or otherwise attempting to influence legislation, and the corporation shall not participate in, or intervene in (including the publishing or distribution of statements) any political campaign on behalf of or in opposition to any candidate for public office. Notwithstanding any other provision of these articles, the corporation shall not carry on any other activities not permitted to be carried on (a) by a corporation exempt from federal income tax under section 501(c)(3) of the Internal Revenue Code, or the corresponding section of any future federal tax code, or (b) by a corporation, contributions to which are deductible under section 170(c)(2) of the Internal Revenue Code, or the corresponding section of any future federal tax code.

Justification: This language is required for HARRC to qualify as a 501(c)(3) tax-exempt organization.

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".

Justification: The current Constitution provides for two Vice Presidents; HARRC traditionally has had 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"

Justification: Currently, HARRC does not have a regularly published newsletter, although HARRC's current Constitution requires proposed changes to the Constitution to be published in the newsletter.

HARRC Meeting Minutes—November 11, 2009

The meeting was held in the Paxton United Methodist Church, Harrisburg.

Present: Board members: Tadd Morris, Jim Vorhauer, Joanne Caulfield, Walt Greene

Members at large: Jim Collins, Gary Grobman, Brad Colwell

Tadd Morris called the meeting to order at 7:21.

Prior Meeting Minutes: Minutes from the September meeting were amended to include presence of Frank Crupi and Gary Grobman. Minutes then accepted.

Treasurer's Report: The treasurer's report showed a balance of \$17,904 as of October 31, 2009.

Treasurer's report was accepted. Joanne Caulfield requested permission to reimburse Marge Lebo for gifts for winter series participants. Winter series benefits programs to benefit anti-Domestic Violence causes. Motion carried.

Membership Report: HARRC has a membership of 177. Membership report was accepted.

Discussion held regarding sending members dues notices, and whether to revise the membership renewal date to an annual basis. Decision was carried to maintain the current system and discuss an alternative method until 2010 when new officers will be in place.

General Announcements: None

Old Business: General discussion of Harrisburg Marathon, November 8, 2009, and the successful implementation by the East Shore YMCA.

New Business:

Officers: Nomination of officers was announced and passed:

President: Tadd Morris

Vice Presidents: Jim Vorhauer, Jim Collins, Tom Earley
Secretary: Jen Ney (subsequently learned Jen is unavailable)

Treasurer: Gary Grobman

HARRC continued membership in Road Runners Club of America: motion to renew from Walt Greene, seconded by Jim Collins. Motion passed.

Race bibs: Walt Greene requested approval to purchase 500 generic race bibs to have on hand for local races and club members who sponsor races. Motion by Joanne Caulfield, seconded by Tadd Morris, motion carried.

HARRC race devices: Walt Greene requested approval of sending the HARRC timing devices (handheld counters and display clocks) for repair and maintenance. Board approved.

There being no further business, the meeting adjourned at 8:21 p.m. The next meeting will be held at 7:00 p.m., January 13, 2010, at the Paxton United Methodist Church, 3550 Progress Avenue (Progress Avenue exit of Route 81, Paxton Church Road), Harrisburg.

SUNDAY CLUB RUN RESULTS

*HARRC Sunday Club Run
May 10, 2009*

*Race Directors: Steve and Debbie Whittle
Conewago Trail Run 5 or 10 Mile Run*

After having a hiatus from using this course for a while a positive feedback was relayed and will consider keeping it a run to be used again sometime. Fifteen runners showed up and had an almost even split between the 5 & 10 mile distances. Some new faces also were there under favorable conditions on Mother's Day.

Results:

5 Mile:

1. Mike Bressi	34:34
2. John Matthew	37:37
3. Mary Matthew (F1)	38:57
4. Ken Matthew	38:57
5. Steve Remillard	39:00
6. Mike Roth	39:03
7. Kelly Henderson (F2)	41:49
8. Jim Collins	44:07

10 Mile:

1. Mike Cover	80:14
2. Frank Crupi	83:54
3. Dave Lebo	84:34
4. Jeff Paladina	89:30
5. Marge Lebo (F1)	91:39
6. Jen Ney (F2)	97:37
7. John Charlton	103:05

HARRC Sunday Club Run

May 17, 2009

Race Director: Chris Gipe

The Mountainview 5 Mile Run

Nine runners came out on a surprisingly cool, overcast Sunday, for a mountain "climb." This was a landmark event because it was the first time nobody, especially Gary Grobman and Frank Crupi, got lost on this course!! Also, not only did Ellen Wenrich win her age group, but she was also overall first female!

Results

1. Gary Grobman	37:07
2. Tom Snedden	40:38
3. Ellen Wenrich	41:41
4. Mike Covert	43:04
5. Jim Vorhauer	44:28
6. Frank Crupi	46:36
7. Jeff Paladina	48:08
8. John Palks	48:19
9. Steve Whittle	54:52

HARRC Sunday Club Run

May 24, 2009

Race Director: Joanne Caulfield

Assisted by: Cassie Colwell

The "New" Winding Hills 3 Mile Run

Truth in Advertising? It was Winding and it was Hilly. Gary Grobman was the first to arrive at the new course, despite logistical confusion. He was also the first to arrive at the finish line, among 10 runners, including our good friend Lee McMIndes! It was great to see Jim Collins have a remarkable run. Cassie Colwell was a welcome and capable assistant.

Results:

1. Gary Grobman	22:02
2. Frank Crupi	24:30
3. Jeff Paladina	25:21
4. Jim Collins	26:20
5. Marge Lebo	27:09
6. Mike Cassata	28:08
7. Jen Ney	29:22
8. Brad Colwell	29:23
9. Brad Westhafer	29:31
10. Lee McMIndes	32:46

HARRC Sunday Club Run

May 31, 2009

Race Directors: Tom Snedden and Patti Adami

The 'Scotzin Bros' 4 Mile Run

Results:

1. Gary Grobman	25:52	56
2. Tom Snedden	27:11	62
3. Mike Womelsderf	29:15	23
4. Frank Crupi	31:17	57
5. Ellen Wenrich	31:20	33
6. Jarrod Girlun	31:27	37
7. Jim Vorhauer	31:29	53
8. John Palks	31:55	59
9. Brad Colwell	32:29	60
10. Tom Early	32:44	48
11. Bill Auxer	33:04	55
12. Jeff Paladina	33:21	37
13. Megan Early	33:42	19
14. Jim Collins	33:51	68
15. Marge Lebo	35:27	48
16. Chris Gipe	38:06	64
17. Jen Ney	38:23	42
18. Bill Eagen	38:56	53
19. Steve Whittle	39:06	58

HARRC Sunday Club Run

June 7, 2009

Race Director: Frank Crupi

Assisted by: Charlie Laverty

Adams-Ricci Out and Back 5 Miler

Thirteen runners showed up for an out and back course out to Pinebrook punctuated with two sizable hills. The day, however, was beautiful if a tad warm by the end of the run. I patrolled with car to make sure the swifter runners didn't get lost but returned to the park to record the finishers. There was no problem with the "out" but the "back" posed some difficulties for a few runners. I learned that if I'm short on signs and arrows, road chalk works great as well. All appeared to have enjoyed the run despite some delayed appearances at the finish. First in for the men was Gary Grobman with a time of 38:52. Leading the women, Kelly Krutz turned in a time of 41:47 which is noteworthy considering the terrain. Many thanks again to Charlie Laverty for timing the finishers.

1. Gary Grobman	38:52
2. Kelly Krutz	41:47
3. Hap Miller	41:47
4. Tom Earl	42:34
5. Brad Colwell	43:13
6. Jeff Paladina	44:01

7. Chris Gipe	49:04
8. Mike Cassata	50:05
9. Erica Tindale	56:04
10. Jim Collins	56:05
11. Marge Lebo	56:16
12. Steve Whittle	56:16
13. Jen Ney	61:18

HARRC Sunday Club Run

July 5, 2009

Race Directors: The Smith Family

The "Country View" 5.6 Mile Run

Sixteen people came to West Hanover Township for a running of the Country View. Mike Cover was the race winner with a time of 42:37. Karen Young was the first female finisher with a time of 44:32.

Results:

5.6 Mile

1. Mike Cover	42:37
2. Jerad Girton	44:25
3. Karen Young	44:32
4. John Palks	45:18
5. Frank Crupi	45:45
6. Brant Garr	48:26
7. Jeff Paladina	48:29
8. Dave Lebo	49:24
9. Brad Colewell	49:24
10. Marge Lebo	51:25
11. John Charlton	52:52
12. Mike Cassata	53:30
13. Chris Gipe	55:10
14. Scott Rogers	55:30
15. Jen Ney	56:07
16. Steve Whittle	57:14

July 12: No results available

HARRC Sunday Club Run

July 19, 2009

Race Directors: Dave and Marge Lebo

"Run with the Colts" 5K

Today's adventurous crew "test-ran" the upcoming Run with the Colts 5K course slated for 9/5/09. Gary Grobman, coming off a fast finish at yesterday's East Berlin 5K, took first in 19:14. Jerod Girton captured second in 22:14 followed by Ultra-Marathoner Tadd Morris in 23:21. Taking first for the ladies, and placing 10th overall, was Megan Earley. The GPS group variation was minimal with distances ranging from 3.08 – 3.13. Following a unanimous vote, the course was deemed accurate and race-worthy.

Results:

1. Gary Grobman	19:14
2. Jerod Girton	22:14
3. Tadd Morris	23:21
4. Frank Crupi	23:36
5. Tom Earley	23:53
6. Brad Colwell	23:59
7. Paul Moretz	24:10
8. Jeff Paladina	24:26
9. Andy O'Donnell	24:55
10. Megan Earley	25:06
11. Jim Collins	25:39
12. Steve Remillard	26:19 (late start)
13. Marge Lebo	26:40
14. Patti Parker	27:19
15. Jenn Ney	28:10
16. Brad Westhafer	28:40
17. Steve Whittle	29:39
18. Melissa Hixson	30:07
19. Dawn Wagner	30:07
20. Aidan Moretz	37:35

Fun Run: Rebecca Robertson
Laura Baum

*HARRC Sunday Club Run
July 26, 2009*

Race Director: Dave Lebo

*Assisted by Gary Grobman and Debbie Whittle
Riverfront 2 or 5 Miles*

The Front and Forster location brought out 19 runners on a cloudy and rainy July morning. HARRC welcomed 1st time participant Megan Cline. Though not running the official event, former HARRC president Gregg Warner was spotted running around the 5 mile turn-around.

Results:

2 miles

Brad Westhafer 17:29

5 miles (AGCS) age

1. Tadd Morris	34:26	41
2. Tom Snedden	35:51	62
3. Jim Vorhauer	39:01	53
4. John Palks	39:42	60
5. Kelly Krutz	39:55	35
6. Hap Miller	39:55	65
7. Jeff Paladina	40:42	37
8. Mike Cover	41:32	53
9. Steve Remillard	41:32	43
10. Bill Auxer	41:37	55
11. Jim Collins	41:54	68

12. Becky Cover	42:20	53
13. Marge Lebo	44:02	48
14. Mike Cassata	44:51	63
15. Patti Parker	45:29	59
16. Jenn Ney	48:52	42
17. Steve Whittle	49:05	58
18. Megan Cline	56:38	32

August 2: No results available

HARRC Sunday Club Run

August 9, 2009

*Race Director: Andy O'Donnell
Meadows 5k*

Fifteen runners ran the annual Meadows 5k north of Hershey during muggy, high dew point weather conditions. We also had two ladies, Deb Whittle and Delores Miller, who did a fun walk (it was fun until it started to rain). Prior to the start, I reminisced about how the sky opened up five minutes into the inaugural event in 2007. Five minutes into this event, it too started to rain, however, it wasn't as bad this time around. Many thanks to Hap Miller and Kelly Krutz for arriving early with race equipment and helping me set it up. After the race, I ran the course to assist Hap and Kelly, who ran the course again, to pick up the directional arrows and mile marker cones. I felt like I was running in a sauna.

Results:

1. Mike Cover	21:46
2. Brian Abela	22:21
3. Brandi Berwager	23:06
4. Brad Colwell	23:22
5. Kelly Krutz	23:56
6. Hap Miller	23:58
7. Frank Crupi	24:31
8. Becky Cover	24:33
9. Jeff Paladina	25:36
10. Marge Lebo	27:31
11. Bill Egan	28:07
12. Dave Lebo	29:05
13. Jen Ney	29:19
14. Steve Whittle	30:57
15. Ed Miller	42:19

HARRC Sunday Club Run

August 16, 2009

*Race Director: Jim Collins
Good Hope 4 Miles*

This was one of those hot muggy summer days. With the weather conditions the way they were I did not expect too many runners. As it turned out I had 22 runners show up to attack the 4 mile course. We had one runner down here from New York, and he turned in a pretty good time. Jon

Palks was up from Maryland. He was supporting a nice set of fang marks in his ankle. He was bitten by a snake on a trail run. I guess that is a good reason to be leery of trail runs in the summer. The over all winner of yesterday's 4 mile run was Tom Snedden in a time of 27:28. The over all first place female was Brandi Berwager with a time of 29:10.

Results:

1. TOM SNEDDEN	27:28
2. BILL SCHROEDER	28:03
3. QUINN WASCO (12 YRS)	28:34
4. JEROD GERTON	29:05
5. MIKE COVER	29:08
6. BRANDI BERWAGER	29:10
7. BRAD COLWELL	30:31
8. JON PALKS	31:05
9. BRANT GAHR	31;18
10. JIM VORHAUER	31:20
11. JEFF PALADINA	32:10
12. FRANK CRUPI	32:43
13. JOHN CHARLTON	34:21
14. MARGIE LEBO	34:44
15. MIKE CASSATA	35:41
16. KRISTEN WILLIAMS	36:34
17. MARK ONDO	37:39
18. BILL EGAN	38:07
19. BRAD WESTHAFER	39:22
20. STEVE WHITTLE	40:14
21. JEN NYE	40:33
22. WALT GREENE	50:18

HARRC Sunday Club Run
August 23, 2009
Race Director: Marge Lebo
Timer: Josh Lebo
Wildwood Park 5K

Results:

1. Gary Grobman	20:31
2. Tom Snedden	21:50
3. Joann Williams	21:53
4. Kevin Nelson	21:54
5. Mike Cover	22:01
6. Jerod Girton	22:10
7. Dave Lebo	24:30
8. Frank Crupi	24:48
9. Matt Lebo	24:57
10. Tom Earley	25:05
11. Brant Ghahr	25:23
12. Kelly Krutz	25:25
13. Hap Miller	25:25
14. Jeff Paladina	26:01
15. Kyle Schaeffer	27:02
16. Marge Lebo	27:28

17. Mike Cassata	28:40
18. Scott Rogers	28:55
19. Mark Ondo	29:14
20. Bill Egan	29:52
21. Jenn Ney	30:03
22. Steve Whittle	30:11
23. Brad Westhafer	30:12
24. Patti Adami	30:41

HARRC Sunday Club Run
September 6, 2009
Race Director: John Charlton
Brightbill Park 5K or 5 Miles 5K

Results:

5K		
1.	Jon Palk	24:59:00
2.	Brant Gahr	25:23:00
3.	Patti Adami	29:58:00
4.	Brad Colwell	31:35:00
5.	Jack Klein	34:28:00
6.	Kelly Smith	34:34:00
7.	Gordon Kaslusky	34:39:00
8.	Brad Westhafer	34:45:00
9.	Scott Rogers	36:17:00

5 Mile		
1.	Gary Grobman	32:29:00
2.	Tom Snedden	35:52:00
3.	Mike Cassata	36:10:00
4.	Mike Cover	37:32:00
5.	Jim Collins	42:22:00
6.	Dave Lebo	43:21:00
7.	Chris Gipp	44:49:00
8.	Jen Ney	50:03:00
9.	Steve Whittle	50:04:00

? miles		
	Jeff Paladina	?
	Marge Lebo	?
	Patty Parker	50:54:00? 6 miles

September 13, 2009
 (no Sunday Run due o the Harrisburg 1/2 marathon)

HARRC Sunday Club Run
September 20, 2009
Race Director: Frank Crupi
HARRC Picnic 2 Mille Run - Adams Ricci Park

Ten picknickers circled Adams-Ricci Park on a lazy and late September afternoon following the blue walking path. Eight runners circled the one mile loop twice and two circled once. First in for the double loopers was a fully recovered Tadd Morris at 14:50. First in for the single

loopers was Marge Lebo at 9:52. Complete results follow below:

HARRC Picnic Twice Around the Park

Results:

- 1. Tadd Morris 14:50
- 2. Gary Grobman 15:01
- 3. Tom Snedden 16:18
- 4. Jeff Paladina 17:05
- 5. Hap Miller 19:34
- 6. Kelly Krutz 25:17
- 7. Betsy Miller 25:17
- 8. Ed Miller 29:33

- 1. Marge Lebo 9:52*
 - 2. Brad Westhafer 10:23*
- *Once Around the Park

HARRC Sunday Club Run

September 27, 2009

Race Directors: Dave and Marge Lebo

Assisted by: Dave Falgoust

"Wear Your Oldest Race Shirt 3 or 6 Miler - Italian Lake

Today's event sent our crew rummaging through their stacks of running apparel to unearth their oldest race shirt. Finding the most vintage race shirt was Patti Adami, who sported her 1984 Harrisburg Marathon Shirt; an event that she finished with pride. Kelly Krutz also wore a 1984 race shirt – from the Carlisle Jim Thorpe Marathon; although we suspect this shirt may have been her Dad's (Hap Miller). Hap donned his 1988 Capital 5 race shirt. Paul Moretz rounded out our winners with his 1990 Harrisburg Marathon T. Although not a race shirt per se, Brad Colwell wore the "oldest" shirt – his Meadville High School T. Congratulations to our winners for not only hanging onto these articles of sports memorabilia, but also for actually still fitting into them. Today's event also brought out a group of runners from Harrisburg's Gold Gym. Welcome to all and we hope to see you at other club events. The race director apologizes for misspelled names. Being sleep-deprived from a late-night trek home from Happy Valley and still in shock from the Nittany Lions loss, the stats below may be off a bit. Thanks to Dave Falgoust for stepping in as calculator and spell-checker. Lastly, the HARRC glee club sang a rousing rendition of Happy Birthday to 18-year-old Matthew Falgoust, whom we impressed with our perfect pitch.

Results:

- 1. Gary Grobman 18:45
- 2. Tom Snedden 20:25
- 3. Michael Wormelsdorf 20:35 (9:41 late start)
- 4. Matthew Falgoust 20:53

- 5. Dave Lebo 22:52
- 6. Brad Colwell 23:00
- 7. Paul Moretz 23:05
- 8. Tom Earley 23:10
- 9. Al Redmond 23:18
- 10. Frank Crupi 23:20
- 11. Bill Auxer 23:22
- 12. Ann Wright 23:23
- 13. Jim Collins 23:53
- 14. Dave Falgoust 24:15
- 15. Jim Jacobs 24:22
- 16. Jody Southam 25:40
- 17. Kelly Krutz 26:15
- 18. Scott Krutz 26:15
- 19. Hap Miller 26:15
- 20. Chris Gipe 26:20
- 21. Mike Cassata 26:35 (3:40 late start)
- 22. Jack Klein 26:38
- 23. ?? 26:53
- 24. Brad Westhafer 27:10
- 25. Melissa Cuckovic 27:23
- 26. Jessican Morman 27:28
- 27. Leslie Weis 27:31
- 28. Jennifer Rhodes 27:32
- 29. Jenn Ney 27:33
- 30. Deb Stranger 27:35
- 31. Steve Whittle 27:40
- 32. ? Dietrick 28:00
- 33. Patti Adami 28:08
- 34. David Albeck 28:10
- 35. Joe Beth 29:10
- 36. Frances ? 29:17
- 37. Tyler Weaver 29:41
- 38. Aidan Moretz 30:05
- 39. Rob Jackson 30:56
- 40. Josie Ann Joseph 31:46
- 41. Chad Rhodes 35:21
- 42. James Rhodes 35:21
- 43. Brenda Petite 36:44
- 44. Lisa True 36:44
- 45. Diamond Novinger 42:00
- 46. Passion Bragg-Novinger 43:20
- 47. Jamie Novinger 43:20
- 48. Trish Falgoust 45:30

HARRC Sunday Club Run

October 4, 2009, 2009

Race Director: Brad Colwell

Charisma 4 Mile Run

Fifteen runners enjoyed a perfect 50 degree day for a run along the Conodoguinet Creek. Lee McMIndes travelled all the way from Florida to run with this elite crowd. Tom Snedden was first overall followed by Jerod Gerton and newcomer Keith Evans. Another first time HARRC

runner, Sarah Ballard, won the Women's division and finished fourth overall. Sarah was followed by Marge Lebo and Jen Ney in second and third.

Results:

1.	Tom Snedden	27:30
2.	Jerod Gerton	29:17
3.	Keith Evans	29:41
4.	Sarah Ballard	31:12
5.	John Palks	31:25
6.	Frank Crupi	32:03
7.	Marge Lebo	34:12
8.	Brad Bechtel	35:35
9.	Jack Kline	36:52
10.	Steve Whittle	37:32
11.	Brad Westhafer	38:34
12.	Chris Gipe	38:43
13.	Jen Ney	38:43
14.	Lee McMIndes	46:35
15.	Andy O'Donnell	46:35

HARRC Sunday Club Run

October 11, 2009

Race Director: Frank Crupi

Assisted by: Charles Laverty

Adams-Ricci Floribunda Five Miler

On the second day of Pumpkinfest on a cool and leafy morning speckled by sun, eleven runners assembled at Adams-Ricci Park for a slightly modified 5.1 mile course. As in last week's run at Charisma, runners meandered through Oyster Mill Road by the creek and then through the well-appointed houses of Country Club Drive. Unlike last week, the group faced the specter of ever-rising Magaro Road before finishing back in the park. In a replay of last week's men's top finishers, Tom Snedden was first at 39:13 followed directly by Jerod Girton at 39:45. Earliest in for the women and third overall was Mount Saint Mary's freshman cross-country runner Megan Early at 43:14. The second female back to the park was Patty Parker at 49:48. Many thanks to Charley Laverty who ably assisted me with the timing.

Results:

1.	Tom Snedden	39:13
2.	Jerod Girton	39:45
3.	Megan Early	43:14
4.	Jim Collins	45:03
5.	Mike Cassata	46:11
6.	Brad Bechtel	46:16
7.	Jeff Paladina	46:48
8.	Jack Klein	49:02
9.	Patty Parker	49:48
10.	Steve Whittle	51:28
11.	Patti Adami	52:40

November 1: No results available

November 8: Harrisburg Marathon

For complete results, see:

<http://runhigh.com/2009%20WEB%20RESULTS/R110809AB.HTML>

HARRC Sunday Club Run

November 15, 2009

Race Director: Marge Lebo

Wildwood Park 5K: Which way is faster?

Today's event found our inquisitive crew wondering which way is faster around Wildwood Park – clockwise (hills to trail) or counter-clockwise (trail to hills). The conservatives ran the standard “trail first” route, while the “rebels” took off in the opposite direction. Sam Smith emerged first from the hills in 20:32, followed by Michael Womelsdorf in 21:09. The first rebel, and coming off a 3:45 Marine Corp Marathon, was Steve Remillard. Taking first for the women was Vickie Smith, followed by Boston-bound Patty Parker. While the runners were out on the course, the race director experienced a very “close encounter” with a wayward deer on the trail. Congratulation to today's runners who completed last week's Harrisburg Marathon and again took on the challenge of the Wildwood Park hills – Michael Womelsdorf, Gary Grobman, Frank Crupi, Patty Parker, Mary Lou Harris, Hap Miller, and Steve Whittle. The GPSers reported today's slightly longer distance as 3.14 – 3.21 miles. We also welcome new HARRC members Dave Resek, Kenle Jones, and Lordel Jones.

Results:

1.	Sam Smith	20:32
2.	Michael Womelsdorf	21:09
3.	Gary Grobman	21:22
4.	Steve Remillard	21:36
5.	Kevin Nelson	21:58
6.	Tom Snedden	22:09
7.	Jim Baynes	22:23
8.	Jerod Girton	23:08
9.	Mike Roth	23:55
10.	Frank Crupi	25:27
11.	Mike Smith	26:02
12.	Vickie Smith	26:23
13.	Brad Bechtel	27:52
14.	Dave Resek	27:52
15.	Patty Parker	27:57
16.	Mike Cassata	27:59
17.	Mary Lou Harris	28:33
18.	Mark Ondo	28:55
19.	Jack Klein	29:09
20.	Chris Gipe	29:37
21.	Brad Westhafer	30:19
22.	Hap Miller	30:33

- 23. Brad Colwell 30:33
- 24. Steve Whittle 31:11
- 25. Kenley Jones 36:21
- 26. Dave Lebo 36:43
- 27. Galen Bear 39:07
- 28. Loredel Jones 41:54

*HARRC Sunday Club Run
November 22, 2009
Race Director: Frank Crupi
West Shore Neighborhoods 5 Miler*

On a cool late November morning fifteen runners assembled outside of Sophia's on Market for the second running of the West Shore Neighborhoods route. As before, the course was an 'out and back' winding through Hampden Township streets and down Brentwater Road along the West Shore Country Club Golf Course to a turnaround along the Conodoguinet Creek. First in overall was newly elected HARRC President Tadd Morris at 30:38 followed by veteran runner Tom Snedden at 34:17. The first female finisher was running coach Vicki Smith who clocked a 39:51 with 2009 Winter Series honcho Marge Lebo coming in second at 44:23. Afterwards, GPSers advised me that the course was roughly a tenth of a mile short of five but it appeared that a good time was had by all nonetheless.

Results:

- 1. Tadd Morris 30:38
- 2. Tom Snedden 34:17
- 3. Rich Yanoski 34:49
- 4. Brad Colwell 37:51
- 5. Dave Lebo 38:09
- 6. Dave Resek 39:10
- 7. Bill Auxer 39:31
- 8. Vicki Smith 39:51
- 9. Mike Cassata 43:50
- 10. Marge Lebo 44:23
- 11. Steve Whittle 48:05
- 12. Mike Smith 48:25
- 13. Sammy Smith 48:25
- 14. Galen Bear 1:03:57
- 15. Patti Adami Fun Run

*HARRC Sunday Club Run
November 29, 2009
Race Directors: The Smith Family
Mountain View 5.6 Miles (AGCS)*

Fifteen people came to West Hanover Township for an AGCS running of the Country View. Dave Lebo was the race winner with a time of 45:12. Marge Lebo was the first female finisher with a time of 51:33.

Results:

- 1. Dave Lebo 45:12 51
- 2. John Palks 46:12 60
- 3. Jeff Palidina 48:00 37
- 4. Marge Lebo 51:33 48
- 5. Mike Cassata 51:51 63
- 6. Dave Resek 51:52 47
- 7. Brant Gahr 54:20 35
- 8. Steve Whittle 56:19 58
- 9. Jen Ney 57:07 42
- 10. Andy O'Donnell 57:07 63

3.5 Mile

- 1. Gary Grobman 24:55 57
- 2. Tom Snedden 25:55 62
- 3. Keith Evans 26:59 31
- 4. Sammy Smith 40:49 16
- 5. Garrett Schock 40:49 16

Reminder:

Next HARRC Board Meeting

January 13

7 p.m.

**Paxton United
Methodist Church**

Spotlight

Comparing the Ph.D. Program to a Marathon

by Gary M. Grobman, Guest Newsletter Editor

In my Ph.D. program, the director always referred to his Ph.D. program as a marathon, not a sprint. As someone who was, and still is, a competitive runner at distances from 400 meters to the marathon, I often shared my irritation with that analogy.

Yes, I would concede, there are some things in common between this program and a marathon. It does help to keep a steady pace and not get too distracted and upset by minor, mid-course corrections and strategies in your plan to complete the event. One such common mid-course correction for me during both the Ph.D. program and the marathon was the uncontrollable urge to scurry as quickly as possible to the side of the road (or out of the classroom or dissertation proposal meeting) and spill my cookies.

Both running a marathon and getting a Ph.D. require no special talent and can be achieved by almost anyone who is willing to do the training and pay the “entry” fee. Marathons and Ph.D. programs can be competitive or noncompetitive. Running the marathon, runners can work together to provide the psychological support needed to finish—many runners who have met for the first time during the race will bond, run together, and share the triumph by finishing arm in arm. Or runners who are competing engage in tactics that try to break their competitors physically and psychologically, in order to be the first to cross the finish line. Some Ph.D. programs purposely isolate their students, discourage collaborations, and pit students against each other. Other programs, such as the one in which I taught, encourage group projects, and try to build a community among their student populations.

Both finishing a marathon and completing a Ph.D. program are significant, lifetime accomplishments, which convey bragging rights to those who complete them successfully. Only a limited number of people do so—although it isn’t clear whether this is because few people can or few people choose to because they know better (or perhaps because they have read this book). It is common to hear marathoners say that in a marathon, when they reach the 20-mile mark with 6.2 to go, they’ve just started the race. In the same way, completing your classwork and comprehensive exams is a significant milestone; it only gives you a hint about whether you will finish the program successfully, as the “race” to the finish has just begun when and if you reach the milestone of starting your dissertation.

And you could make the case that a Master’s program is a sprint in comparison.

My own experience is a salient validation of this point. I was in a mid-career Master’s in Public Administration program at the Kennedy School of Government, Harvard University. I could schedule any courses I wanted from the entire Harvard campus, provided at least four were offered by the Kennedy School. I had hundreds of courses to choose from each term, all of which would “count.” I needed just eight courses to graduate. School began in September. My graduation was the following second week of June. I hardly figured out where the bathrooms in my building were by the time I was presented with my sheepskin. I didn’t want this educational experience to end. But I knew in advance it could end, and could end with me receiving my degree if I scheduled and passed enough courses. I took 11 courses and sat in on parts of

others. I learned a lot of useful skills and met some really interesting people, both student and professors. Among my professors were the Democratic Party's standard bearer in the 1988 Presidential election, a speechwriter for Richard Nixon, and President Carter's Domestic Affairs Advisor. Some of my student colleagues had been cabinet members of national governments and were potential heads of state. And most important, of the 165 students in the program, 163 received their Master's degrees, as I recall.

In contrast, my Ph.D. program had no standard requirement for the credits needed to advance to the stage at which one was finished with classwork and ready to take comprehensive examinations. A candidate got to that stage when the doctoral committee agreed that it was time. There were required classes to take in the program, but they were offered infrequently, and there were many instances of students in the program being unable to even take one course that would "count." No one really could be sure how many courses were needed to pass. Other scheduling problems tended to stretch the time students would be in the program. And, unlike in my Master's program, it was my opinion that my colleagues tended to be all burned out losers, like I had become, with little future other than the hope that they might be able to jump-start their failing careers if they could only obtain a Ph.D. and start over. Most of my colleagues who were not burned out losers, and there were some, quickly realized that they would inevitably become that way if they didn't catapult themselves as far away from the program as possible and as hastily as they could. And for these, finding a way to leave the program with their dignity intact became a sprint, not a marathon.

Dr. Grobman's Ten Differences Between a Marathon and a Ph.D. Program

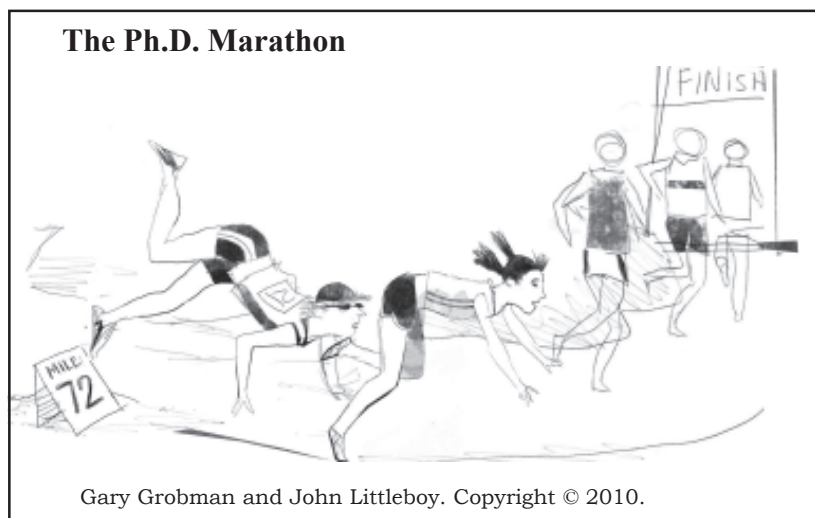
1. In a marathon, you pay your race fee upfront and receive detailed instructions about the course and amenities available along the route. If a marathon were administered like a Ph.D. program, you would make a small payment at the beginning of the race, and you would have no idea what the final costs would be for completing each segment of the race. As you passed each milestone, you would be required to make a payment based on whatever the market would bear, and if for some reason you weren't able to make that payment, you would be summarily removed from the race, even if you had only a mile to go to the finish.
2. In a marathon, when you get to mile 25, it would be quite unusual for the race directors to make a decision to lengthen the course to 30 miles because they don't quite think you are "ready" to finish the race or they've judged that you haven't expended enough energy to justify completion.
3. Marathon officials generally let you run the course unimpeded, rather than having the course monitors come out and try to trip you or otherwise knock you down so you can't ever reach the finish line.
4. In a marathon, the closer you get to the finish line, the less distance you have to go to complete the course. In a doctoral program, this is not necessarily the case!
5. In a marathon, all of the competitors run the same course, at the same time, under the same conditions, and get rewarded based on their effort. You don't win the race simply because you were physically attractive, because you brown-nosed the race director, or because the officials capriciously moved the finish line up or back a few miles

only for you to meet some political agenda. Women and men alike run the same distance. In many Ph.D. programs, women are asked to do more simply because they are believed by predominantly male faculty to be more easily exploited and because they are seen to have a higher threshold for pain.

6. In a marathon, the physical and emotional pain one suffers is usually temporary. In a Ph.D. program, the emotional scars almost never heal.
7. In a marathon, only a few people have died trying to complete one. This is not the case for students in Ph.D. programs, who die of old age, heart disease, cancer, and other maladies before they finish their programs, either triggered by or exacerbated by the stress of being in a program. And this list does not include those who died as a result of doctoral students “going postal” or inflicting fatal wounds upon themselves.
8. You can drop out of a marathon at any point for any reason with few consequences. Okay, perhaps you have wasted your entry fee, although you still get to keep the commemorative T-shirt, gorge yourself on Gatorade and energy bars, and revel at the post-race party. If things don't seem to go right, particularly at the beginning, you can

wait for the straggler bus and enter another marathon the following week. Dropping out of a Ph.D. program has more serious consequences. You've wasted years of your life and have virtually nothing to show for it—as the actual “educational value” (i.e., education that can be applied to making your real life decisions better) of typical Ph.D. level classes is typically only a fraction of comparable classes at the Master's level, if there is any educational value at all. It is difficult, if not nearly impossible, to be admitted to another Ph.D. program once you drop out of one.

9. You have a good chance of successfully completing your marathon once the gun goes off and you have made it to the start. It is not unusual for more than 95% of starters of a marathon to finish. This compares to well less than half of Ph.D. program “starters” in the social sciences successfully crossing the “finish line.” And finishing a marathon is mostly dependent on things within your control, such as your training, your diet, and your stick-to-itiveness. In a Ph.D. program, finishing depends on the good will of your faculty, the internal politics of the program, blind luck, and many other factors that you cannot control.
10. Running a marathon is fun.



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I could swear that the race application said this race was 26.2 miles when I started it...

The above is an excerpt from *Just Don't Do It: A Fractured and Irreverent Look at the Ph.D. Culture*, to be published by White Hat Communications (print edition) and Science and Humanities Press (Kindle Edition) in January 2010. ©2010 Gary M. Grobman. All Rights Reserved. Reprinted with permission from the author. For more information, visit: <http://www.phdculture.com>