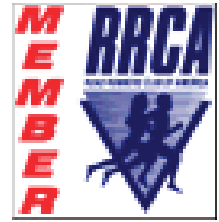




FOOTPRINTS



Online Issue #6

December 2010

Ladd, McGinnis Win Harrisburg Marathon Over Record Field

by Hap Miller

The 38th annual Harrisburg Marathon got under way at 6:30 a.m. sharp on November 14, with the starting of the walkers and a few runners who wanted an early start, with temperatures hovering near the freezing point. The main field of over 1,000 marathoners and relay runners took off at the starter's command at 8:30 a.m. The temperature did climb into the 40s and higher once the sun came out, making for ideal conditions for running a marathon and even a little warm toward the finish of the race. Lowell Ladd, 35, from Eagleville, PA, cruised to an easy victory in a time of 2:33:21. Runner-up Matthew DeBlander, 22, Duboistown, PA, finished a distant second in a time of 2:43:07, and Rick Lader, 25, from Sicipo Center, NY, finished third in 2:44:04. Ladd beat his winning time from 2008 by almost a minute. Rick Blood's course record of 2:21:38 (1981) was never threatened.

The top female finisher was Rachel McGinnis, 31, Parkesburg, PA, 3:06:10, with Kathleen Miller, 31, West Chester, PA, finishing second, in a time of 3:07:33, and Sarah Burns, 21, Annapolis, MD, came in third, clocking a 3:17:08.

Female age group winners: Regina Joyce, 53, Lynnwood, WA (First Master, 3rd woman overall) 3:16:58; Kelsey Lally, 19, Lebanon, NJ (19 & Under) 3:45:39; Kristin Green (20-24, 8th woman overall) 3:20:00; Kimmy Leathers (25-29, 5th woman overall) 3:18:27; Stephanie Book, Manheim, PA (30-34, 9th woman overall) 3:21:03; Lori Nuzzo, Bradford, PA (35-39, 10th woman overall) 3:22:49; Ailsa Drelick, Chalfont, PA (40-44, 7th woman overall) 3:19:02;

Marathon Continued on Page 2

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HARRC Seeks Nominations for New Officers

HARRC is seeking nominations for officers and other volunteer positions to serve for 2011, including:

- President*
- Vice President*
- Secretary*
- Treasurer*
- Newsletter Editor*
- Sunday Run Coordinator*

Send your nominations to:
gary.grobman@paonline.com
Deadline: January 15

Brettina Willson, Malvern, PA (45-49) 3:30:18; Sandy Melvin, Greenville, PA (50-54) 3:52:33; Mary LeClair, Dillsburg, PA (55-59) 5:31:31; Susan Thomas, Blain, PA (60-64) 4:33:34; and Ruth Liebowitz, 68, Brooklyn, NY (65 & Over) 4:56:44.

Male age group winners: Joseph Ewaskiewicz, 47, Millheim, PA (First Master, 8th overall) 2:46:53; Kyle Klaboe, 16, Harrisburg, PA (19 & Under) 2:55:33; Brandon Gillingham, Pittsburgh, PA (20-24) 2:56:18; Jason Kennedy, Honesdale, PA (25-29, 5th overall) 2:45:53; Brian Klick, Havertown, PA (30-34, 4th overall) 2:44:56; Barry Brill (35-39, 6th overall) 2:46:09; Greg Mendina, Navesink, NJ (40-44, 9th overall) 2:47:42; Matt Smith, State College, PA (45-49, 10th overall) 2:48:46; Lynn Danner, Etters, PA (50-54) 3:03:57; Douglas Masi, Neshanic Station, NJ (55-59) 2:58:55; Brit Kilbourne, Paradise, PA (60-64) 3:19:57; and William Recker, 65, Camp Hill, PA (65 & Over) 3:41:32.

There was a record number of 120 four-person relay teams that finished out of 122 starting teams. The team of Barber Shop Quartet won with a time of 2:39:20, finishing 2nd overall. The winning team members were: Andrew Groff, Eric Cray, James Pendleton and Donavin Stanley. There was also a record number of 59 walkers (this number may vary because some runners started with the walkers, adding a little confusion at the awards presentations). The first female walker was Isabella De La Houssaye, 46, 4:59:19, and the first male walker was Don Slusser, 59, Monroeville, PA, 4:52:19. Slusser was the Men Master's winner in 1994 (2:43:45). The youngest person to finish the marathon was 13-year-old walker Allie Hrabchak, 5:50:56, finishing 15th among the walkers. The youngest male was Kyle Klaboe, 16, Harrisburg, PA, 2:55:33, finishing 17th overall. Klaboe, a CD East Junior who just wrapped up his cross country season a week prior to the marathon, won the 19 & Under age group. The oldest person to finish was Bob Dolphin, 81, Renton, WA. Don

McNelly, 90, Rochester, NY, who holds the record for the oldest person to finish at Harrisburg (87 in 2007), started the race, but had problems and did only 12 miles. Dolphin and Charlie Laverty, 83, Enola, PA, (2008) are the only other 80-year-olds to ever finish the Harrisburg Marathon. Jean Evansmore, Ellicott City, MD, 7:49:40, was the oldest female to finish. Evansmore is the second oldest woman to ever finish at Harrisburg, Mary Stubbs, 70, Latrobe, PA, set the record last year. There were 938 marathon finishers, a new record, breaking last year's record of 909. There were finishers from 26 states, Washington, D.C., and Canada.

Marge Lebo, 49, New Cumberland, PA, finished her 14th Harrisburg Marathon, the only other woman to finish at Harrisburg more times than the present female course record holder (2:44:00 in 1984) Caroll Myers, East Berlin, Pa, who has completed the course 22 times. Myers was the Women's Overall Champion 10 times. Park Barner, 66, Harrisburg, PA, 5:25:05, and Mike Ranck, 59, 5:22:55 are the only two people to finish all 38 Harrisburg Marathons. Ranck and Barner finished in the 824th and 828th positions respectively. Steve Craver, 46, Harrisburg, PA, ran his second Harrisburg Marathon in a time of 4:18:45, 30 years after his first one in 1980 at the age of 16, when he ran a 3:20:31. Marc Gillespie, 57, Rochester, NY, was in the process of a similar scenario, but he dropped out somewhere past the half-way point (13 mile time: 1:32:53). He was also running his second marathon at Harrisburg. His first was also in 1980 at the age of 27 (2:48:19).

See page 5 for a list of HARRC members who finished this year's marathon. My apologies if anyone was missed.

Draft HARRC Board Meeting Minutes—September 15, 2010

The September Board meeting was held at the Paxton United Methodist Church and was called to order by President Tadd Morris at 7:05 p.m.. Board Officers present were Tadd Morris, Jim Collins, Jim Vorhauer, Walt Greene, Gary Grobman, and members Mary Lou Harris and John Hargreaves.

Prior Meeting Minutes

The scheduled July board meeting was cancelled and rescheduled for September. Draft minutes from the May meeting were included in a special June online newsletter, which was posted on the Club's Web site. Minutes for the May board meeting were accepted on a motion by Collins, seconded by Vorhauer, and approved.

Treasurer's Report

Gary Grobman reported \$14,989.11 as the current balance of of 8 September. Grobman received a notice from the IRS that schedule B of the 2008 IRS tax return 990-N was missing. Although Grobman believed that the schedule was included with the filed return and lost, he faxed a copy to the IRS. The Treasurer's Report was accepted on a motion by Vorhauer, seconded by Collins, and approved.

Membership Report

Walt Greene reported that the club membership was 156 compared to 175 reported at the May Board meeting. Greene said he would review a list of expired memberships from the last few months and mail postcard reminders to renew. Greene will also use last known e-mail addresses for notification of expiration dates. The Membership Report was accepted on a motion by Collins, seconded by Morris, and approved.

General Announcements

HARRC Race Discounts: Morris reported that HARRC members who register for the Harris-

burg YMCA Half Marathon or the Harrisburg Marathon may take a \$5 discount off the entry fee. However, for this year, the discount applies to only one event, not two events. Board members expressed an interest in making the discount for HARRC members part of the entry form.

HARRC Magazine Profile: Morris said a local magazine is planning to do a profile on HARRC. He is in the process of getting information needed for the article.

Old Business—None

New Business

Staffing Board Members: The HARRC Board currently has seven members. Board Officers at the 13 January Board meeting approved seeking Board Members At Large to bring the total to nine. Morris said that Marge Lebo agreed to be a Board Member At Large. After a discussion, Collins made a motion to confirm Marge Lebo as a Board Member At Large, seconded by Morris, and approved. The Board has six Board Officers: Tadd Morris, Jim Vorhauer, Jim Collins, Tom Earley, Walt Greene, Gary Grobman, and now two Board Members At Large, Steve Whittle and Marge Lebo.

Planned 10-Mile Event: Club member Mary Lou Harris discussed a planned 10-mile event to raise funds for a small number of arts organizations, and requested HARRC to be the designated sponsor and host. Harris said the plan would use the first year as a pilot event in the spring (late March). Board officers liked the idea of adding a 10-mile event to attract runners, but felt that the lead sponsor for hosting and organizing such a fund raising event should be one of the arts organizations. Following a discussion of ways to support the event, Board officers agreed to provide support with volunteers, free finish line support, and to help with the planning. Harris said she would present a proposal to one of the benefiting

Minutes continued on page 5

HARRC Age Group Championship Series (AGCS) Current Standings

			SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	TOT
FEMALE															
60-64	HARRIS	MARY LOU	9	5	0	0	0	0	0	0	0	0	0	0	24
FEMALE															
45-49	LEBO	MARGE	4	0	8	0	0	0	0	0	0	0	0	0	22
	PERRY	SHELLY	1	0	1	0	0	0	0	0	0	0	0	0	12
FEMALE															
35-39	KRUTZ	KELLY	0	0	14	0	0	0	0	0	0	0	0	0	19
MALE															
65-69	KLINE	JACK	10	3	9	0	0	0	0	0	0	0	0	0	37
	GIPE	CHRIS	5	1	4	0	0	0	0	0	0	0	0	0	25
	REINKE	JIM	7	0	6	0	0	0	0	0	0	0	0	0	23
	MILLER	HAP	0	0	13	0	0	0	0	0	0	0	0	0	18
MALE															
60-64	SNEDDEN	TOM	17	13	21	0	0	0	0	0	0	0	0	0	66
	CASSATA	MIKE	11	0	10	0	0	0	0	0	0	0	0	0	31
	PALKS	JOHN	0	6	12	0	0	0	0	0	0	0	0	0	28
	COWELL	BRAD	0	0	16	0	0	0	0	0	0	0	0	0	21
	BARBUSH	RICK	8	0	2	0	0	0	0	0	0	0	0	0	20
	O'DONNELL	ANDY	0	0	15	0	0	0	0	0	0	0	0	0	20
	MERCIK	AL	2	0	3	0	0	0	0	0	0	0	0	0	15
MALE															
55-59	CRUPI	FRANK	14	7	0	0	0	0	0	0	0	0	0	0	31
	WESTHAFFER	BRAD	6	0	7	0	0	0	0	0	0	0	0	0	23
	GROBMAN	GARY	15	0	0	0	0	0	0	0	0	0	0	0	20
	AUXER	BILL	13	0	0	0	0	0	0	0	0	0	0	0	18
	WHITTLE	STEVE	3	2	0	0	0	0	0	0	0	0	0	0	15
	DANIELS	BOB	0	0	5	0	0	0	0	0	0	0	0	0	10
MALE															
50-54	COVER	MIKE	0	0	20	0	0	0	0	0	0	0	0	0	25
	MARTIN	RICK	0	12	0	0	0	0	0	0	0	0	0	0	17
MALE															
45-49	NELSON	KEVIN	0	14	0	0	0	0	0	0	0	0	0	0	19
	BROCK	RON	12	0	0	0	0	0	0	0	0	0	0	0	17
	BECTHAL	BRAD	0	0	11	0	0	0	0	0	0	0	0	0	16
	RESEK	DAVE	0	4	0	0	0	0	0	0	0	0	0	0	9
MALE															
40-44	MORRIS	TAD	0	17	24	0	0	0	0	0	0	0	0	0	51
	REMILLARD	STEVE	0	11	0	0	0	0	0	0	0	0	0	0	16
	WEBER	JERRY	0	8	0	0	0	0	0	0	0	0	0	0	13
MALE															
35-39	BISHOP	J.R.	16	9	19	0	0	0	0	0	0	0	0	0	59
	LEITER	FRANK	0	16	23	0	0	0	0	0	0	0	0	0	49
	GAHR	BRANT	0	0	17	0	0	0	0	0	0	0	0	0	22
	GIRTON	JEROD	0	10	0	0	0	0	0	0	0	0	0	0	15
MALE															
30-34	EVANS	KEITH	0	0	22	0	0	0	0	0	0	0	0	0	27
	ONDO	MARK	0	0	18	0	0	0	0	0	0	0	0	0	23
MALE															
15-19	SMITH	SAMMY	0	15	0	0	0	0	0	0	0	0	0	0	20

ONE POINT FOR EACH PERSON BEHIND YOU
PLUS FIVE JUST FOR FINISHING

SIX RACES REQUIRED TO WIN
COMPILED BY JIM VORHAUER

Marathon HARRC Member Results

Name	City	Time	Place	# at HB
Barner, Park	Harrisburg	5:25:05	828	38
Brindle, Cori	Mechanicsburg	3:18:56	79	2nd Age Grp
Burns, Michael	Mechanicsburg	3:23:26	107	1
Colwell, Brad	Camp Hill	4:07:46	481	6
Danner, Lynn	Etters	3:03:57	32	1st Age Grp
Garman, Michael	Enola	3:33:50	178	4
Grobman, Gary	Harrisburg	3:27:58	126	3rd Age Grp
Halke, Donald	Newport	4:16:51	548	17
Harris, Mary Lou	Camp Hill	4:39:51	694	2nd Age Grp
Honchar, James	Dillsburg	3:29:39	143	10
Howe, Michelle	Dillsburg	4:46:20	732	1
Jones, Kenley	Dillsburg	5:12:46	804	1
Lebo, Marge	New Cumberland	4:39:15	692	14
Miller, Hap	Carlisle	3:47:17	278	2nd Age Grp
Myers, Wendy	Elizabethtown	6:05:46	889	2
O'Donnell, Andrew	Hummelstown	4:42:01	709	28
Ondo, Mark	Harrisburg	5:32:48	854	1
Percherke, Michael	Enola	4:46:19	731	1
Pietras, Stacey	Mechanicsburg	4:23:23	603	2
Turchetti, Tony	Camp Hill	4:06:52	473	5
Webber, Jerry	Palmyra	3:48:21	289	6
Whittle, Steve	Hummelstown	5:47:22	872	10

Minutes *continued from page 3*

arts organization, Harrisburg Open Stage, to be the primary sponsor of the event.

Nominations for 2011 Club Officers:

Morris reminded the board officers that a slate of officers for 2011 should be available for the November Board meeting. Nominations are needed to fill vacancies that may occur if any of the current board officers and board members at large do not want to be considered for 2011.

There being no further business, Morris made a motion to adjourn the meeting. Vorhauer seconded the motion, and the meeting was adjourned at 8:48 p.m. The next meeting will be at 7 p.m. on 10 November 2010. The location of the next meeting will be posted on the HARRC Web site.

Have something to share
with your fellow HARRC
members in a future news-
letter?

An article, photo, race re-
sults?

E-mail to:

Gary Grobman
Acting HARRC
Newsletter Editor
gary.grobman@paonline.com

Race Results

Kid's Chance 5k October 24, 2010 City Island

Place Time BIB# Name SEX AGE

1. 19:08 191 GROBMAN GARY M 57
2. 19:38 104 MITZKAVICH PHILLIP M 51
3. 19:45 40 DWORAK KELLY F 48
4. 20:21 141 GHAZALI SALEH M 32
5. 20:34 144 STERNER ROBERT M 34
6. 20:56 70 HOOVER COLBY M 16
7. 21:24 SNEDDEN TOM M 63
8. 21:43 129 SANFORD JACOB M 18
9 21:58 108 OHM TRAVIS M 33
10. 22:12 33 CURRY JIM M 26
11. 22:16 HANLEN JOHN M 45
12. 22:22 94 LEISHER TYLER 9
13. 22:23 52 GLITZ JUSTIN M 10
14. 22:28 130 ROTDER MATTHEW M 26
15. 22:32 95 LOCKER KATELYN F 8
16. 23:00 198 SERIO PHIL M 26
17. 23:05 11 BECHTEL GRACE F 10
18. 23:06 12 BECHTEL JEFFREY M 42
19 23:10 54 GOODEN SHAWN M 36
20. 23:51 72 HOPPAUGH BILL M 43
21. 24:27 2 ADAMS KLAYTON M 10
22. 24:37 122 RINI GARY M 46
23. 24:40 32 CRIMMINS MICHAEELEAN F 24
24. 24:42 136 WALTERS BETH F 37
25. 24:53 96 MALDET MARK M 42
26. 25:14 166 WITMER STEVE M 51
27. 25:32 69 HOLMES NATHANIEL M 39
28. 25:35 123 ROE BRANDON M 12
29. 25:38 75 JANOVICH JEFF M 27
30. 25:41 98 MAZURKIEWICZ MARK M 39
31. 26:04 159 WELTMER ELYSE F 23
32. 27:23 160 WENGRENOVICH SCOTT M 24
33. 27:32 1 ADAMS AMANDA F 29
34. 27:34 135 LEBO MAJORIE F 49
35. 27:45 3 ANDERSON DEBORAH F 50
36. 27:46 150 TODD STEVE M 44
37. 27:48 178 GRAVESANDE AZIZA F 10
38. 27:59 184 KEVENGLOSKY? ERICA F 31
39. 27:59 187 SWOPE ALLEN M 57
40. 28:05 58 GRIESER KATELYN F 23
41. 28:06 59 GRIESER NATHANIEL M 24
42. 28:13 999 WHITE BILL M 54
43. 28:36 57 GRAVESANDE LYSSA F 39
44. 28:40 118 POTTER DOUGLAS M 55
45. 28:43 25 CARTER BRIAN M 33
46. 28:53 109 OHM KRISTON F 32

47. 29:05 169 YANTIS WENDY F 33
48. 29:11 131 SCHUCKERS CARLY F 27
49. 29:18 120 PRINZ DESIREE F 31
50. 29:23 140 SMILEY SUSAN F 44
51. 29:50 80 KERNISKY KELLAN F 26
52. 29:51 81 KERNISKY MIKE M 28
53. 30:19 155 WALLACE RUSSELL M 56
54. 30:44 194 GOODEN MATTHEW M 12
55. 30:51 71 HOOVER EMILY F 22
56. 30:53 156 WALMER MARK M 53
57. 30:59 130 SAWYER HOLLY F 35
58 31:23 67 HOFFER SUZANNE F 37
59. 31:42 74 IRVINE SUZANNE F 41
60. 32:04 137 SHOEMAKER DOUG M 25
61. 32:32 13 BECHTEL KELSEY F 13
62. 32:33 195 FRIERS KELLY F 14
63. 32:34 14 BECHTEL MEGAN F 12
64. 32:34 106 NEAST STEPHANIE F 13
65. 33:44 186 NACE JANELLE F 29
66. 34:05 31 CREZNIC KATIE F 19
67. 34:05 61 HAHNER SARAH F 19
68. 34:38 142 SPANGLER TRACY F 27
69. 34:39 113 PEARSON ROBYN F 23
70. 35:24 183 HOPPAUGH AMANDA F 10
71. 35:31 4 ANTTONEN JUDY F 69
72. 35:44 16 BRENNEMAN ASHLEY F 25
73. 35:48 55 GOODING KATHY F 52
74. 35:51 116 PETERSON MEGAN F 23
75. 35:53 115 PETERSEN ANNE F 29
76. 36:50 102 MCGINNIS KATIE F 21
77. 36:57 76 JANOVICH LAURA F 28
78. 36:58 147 SWANEY ERIKA F 40
79. 37:00 199 CARABELLO CHRISTIAN M 8
80. 37:07 117 PHILLIPS SUSAN F 47
81. 37:33 200 CARABELLO ANDREW M 6
82. 37:41 125 RUNFOLO ZACHARY M 7
83. 37:43 127 CARABELLO SUSAN F 41
84. 38:41 119 PRINZ DAVID M 31
85. 38:48 90 KUNKLE NICHOLE F 33
86. 38:49 9 BAUMAN BRENT M 34
87. 39:03 34 DEITZ JEFF M 29
88. 39:10 65 HOFFER ABIGAIL F 10
89. 39:10 153 WALBORN HOPE F 9
90. 39:12 154 WALBORN NANCY F 43
91. 41:08 26 CASTNER ERIN F 27
92. 41:08 64 HERR STEPHANIE F 29
93. 41:16 BRADY MARIA F 43
94. 41:18 66 HOFFER COREY M 36
95. 42:21 87 KLICK RUSS M 65
96. 43:00 68 HOFFER MEGAN F 7
97. 49:14 128 HAWS COLLEEN F 51
98. 49:15 126 HAWS JONATHAN M 19
99. 50:11 139 GREO ANEISHA F 8
100. 51:24 138 GREO ISAIAH M 8

Jingle Bell 5K Road Race
December 11, 2010
Harrisburg

Award Winners:

FEMALE OVERALL

1. Katie Stewart 28 18:48
2. Jenna Flickinger 16 19:41
3. Jan Beck 34 20:04

MALE OVERALL

1. Micaiah Schlicher 16 17:12
2. Will Landis 18 17:15
3. Cole Nissley 14 17:46

AGE-GROUP RESULTS

(Age-group place/overall place/name/age/time)

MALE AGE GROUP: 13 and under

1. 10 Quinn Wasko 13 19:00
2. 55 Daniel Davis 13 22:20
3. 122 Jackson Tenny 11 25:16

FEMALE AGE GROUP: 13 and under

1. 58 Toni Feite 13 22:28
2. 121 JoLynn Harper 12 25:16
3. 132 Jessie Crawford 13 25:40

MALE AGE GROUP: 14 - 19

1. 4 Joel Zeigler 18 18:10
2. 5 Samuel Smith 17 18:42
3. 7 Mark Staver 18 18:50

FEMALE AGE GROUP: 14 - 19

1. 37 Elisabeth Schlicher 17 20:49
2. 53 Grace Davis 16 22:19
3. 54 mary Cooper 18 22:19

MALE AGE GROUP: 20 - 29

1. 8 Tim Haas 26 18:51
2. 15 william manley 26 19:57
3. 18 Peter Walsh 28 20:05

FEMALE AGE GROUP: 20 - 29

1. 56 Becky Mundy 29 22:21
2. 76 Kaytlen Robinson 23 23:37
3. 93 Elizabeth DeMatteis 21 24:12

MALE AGE GROUP: 30 - 39

1. 9 Jim Smiley 35 19:00
2. 11 Brian Kozicki 33 19:38
3. 16 John Cameron 36 20:01

FEMALE AGE GROUP: 30 - 39

1. 24 Carisa Kozicki 33 20:21
2. 38 Jennifer Gerhart 39 20:51
3. 63 Karen Crawford 39 22:46

MALE AGE GROUP: 40 - 49

1. 13 jose arcadi biboso 42 19:50
2. 14 Alan Flenner 46 19:56
3. 23 Nicholas Mistishen 47 20:19

FEMALE AGE GROUP: 40 - 49

1. 43 Lisa Robbins 48 21:45
2. 73 Jan Nicholas 44 23:27
3. 79 Becky Michaelian 47 23:42

MALE AGE GROUP: 50 - 59

1. 42 Rick Martin 54 21:37
2. 47 Bret Delone 51 21:51
3. 51 Peter Fox 52 22:13

FEMALE AGE GROUP: 50 - 59

1. 91 Ellen O'Connor 52 24:10
2. 98 Jill Benner 50 24:33
3. 154 Laura Larsen 53 26:13

MALE AGE GROUP: 60 - 69

1. 29 Bill Doherty 65 20:35
2. 52 Sil Simpson 60 22:14
3. 97 Bob Serafin Sr. 60 24:16

FEMALE AGE GROUP: 60 - 69

- 1 125 Patricia Parker 61 25:18
- 2 420 Linda Bender 60 34:34
- 3 489 Linda Eonoa 64 41:44

MALE AGE GROUP: 70 - 99

- 1 72 Jack Witcomb 73 23:17

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

Contact: Michael Smith
at: clubruns@msn.com

HARRC Sunday Run Results

October 3, 2010

Greenbelt 5 or 10 Mile Run

Race Director: Mary Lou Harris

We renamed this run the “Procrastinator 10-Miler” because some of us were surprised to learn we were too late to register for the closed-out Hershey Half-Marathon. So, on a gorgeous cool, sunny morning, we left City Island for a 4.2 mile (it was billed as a 5-miler - don’t ask) or a 10-mile run. Welcome to first-time HARRC Club Runners Tonya Tralka, Timmi Lesperance, and Tammi Miller. Come back again.

Results:

4.2-Mile

- | | |
|------------------|------------|
| 1. Tonya Tralka* | 33.42 (1F) |
| 2. Brad Colwell* | 33.50 |
| 3. John Palks | 36.03 |
| 4. Jack Klein | 37.38 |
| 5. Chris Gipe | 42.37 |
| 6. Steve Whittle | 47.05 |

A number of runners made some minor modifications to the course, but everyone found their way to the finish line.

*added another .8 for 5 miles at 40:30

10-Mile

- | | | |
|----|------------------|--------------|
| 1. | Tadd Morris | 1:13:58 |
| 2. | Marge Lebo | 1:28:58 (1F) |
| 3. | John Charlton | 1:48:23 |
| 4. | Timmi Lesperance | 2:02:39 |
| 5. | Tammi Miller | 2:03:46 |
| 6. | Shelly Perry | 2:09:10 |

Fun Walkers

1. Lynn Charlton
2. Debbie Whittle

October 10, 2010

Mountain View 3 or 6 Mile Run

Race Director: Chris Gipe

A smallish group of eight runners (and one canine runner!) showed up on a beautiful, sunny, fall morning for a 3- or 6-mile run over a hilly, but scenic, course. Runners were evenly split between the 3- and 6-mile distances. Tom Snedden said he was still recovering from his fractured ankle, but his speed is definitely returning—he ran this course a year ago, 10/25/09, in 22:38, and today in 22:21! Gary Grobman also showed that he isn’t getting older but better, as he ran the 6 miles on 10/25/09 in 45:18, and today in 42:46! Brad Colwell and Mike Cover ran the entire 6 miles together (I think they were holding hands at the finish!?!?!?).

Results:

3-mile

- | | |
|---------------------------|-------|
| 1. Tom Snedden | 22:21 |
| 2. Jack Klein | 27:24 |
| 3. Brad Westhafer | 28:40 |
| 4. Shelly Perry and Chuck | 38:56 |

6-mile

- | | |
|------------------|---------|
| 1. Gary Grobman | 42:46 |
| 2. Brad Colwell | 53:02 |
| 3. Mike Cover | 53:02 |
| 4. Steve Whittle | 1:04:20 |

October 17, 2010

Carlisle Army Heritage 2.5 or 5 Mile Run

Race Directors: Hap Miller & Kelly Krutz

Thirteen runners and two dogs showed up for the Army Heritage Trail run on a very nice, sunny morning with a light breeze, a contrast to the previous day’s very windy conditions. Frank Leiter set a new course record for the five-mile run, breaking Tadd Morris’s record from April 2009 (32:09) with a sub six-mile pace, in a time of 29:38. Not to be outdone, 13-year-old Quinn

Wasko broke the one loop course record with a sub-seven pace of 17:24. The old record was held by another 13-year-old at the time, Sammy Smith, who set the record in October 2007 (17:55). Frank, Mike Cover, and Scott Morgan demonstrated a very steady pace, slowing down just a few seconds during their second loop, while Fred Shadel ran his second loop eight seconds faster. There were a few new faces in the small group: Kate Perry (Shelly's daughter), Robert Gardner, Fred Shadel, in addition to Gina Brown and Denny Lebo, from the Carlisle area. Welcome to all!

Results:

2.5 Mile

1. Quinn Wasko	17:24
2. Brad Westhafer	23:52
3. Kate Perry & Chuck	29:59
4. Robert Gardner	33:08
5. Shelly Perry	34:59
6. JR Bishop & Griffin	39:41

5-Mile

1. Frank Leiter	14:48/14:50	29:38
2. Mike Cover	18:13/18:27	36:50
3. Scott Morgan	19:21/19:25	38:46
4. Fred Shadel	21:54/21:46	43:40
5. Gina Brown	22:45/23:59	46:44
6. Steve Whittle	25:54/26:38	52:32

3 Mile Fun Run: Denny Lebo

October 24, 2010

Scotzin Bros. 4 Mile Run

Race Directors: Patti Adami and Tom Snedden

A beautiful fall morning to enjoy a good run followed by good Pumpkin Beer!

Results:

1. Kevin Nelson	29:02
2. Tom Snedden	29:16

3. Scott Morgan	29:45
4. JR Bishop	30:30
5. Frank Crupi	30:38
6. Brad Colwell	33:06
7. Andrew Morgan	33:29
8. Jim Reinke	33:39
9. Dave Resek	34:09
10. Kelly Krutz	34:33
11. Hap Miller	34:34
12. Mike Cassata	34:57
13. MaryLou Harris	35:33
14. Chris Gipe	38:05
15. Rick Barbush	39:25
16. Steve Whittle	42:13
17. Karen Shadel	42:13
18. Bob Daniels	44:31
19. Al Mercik	45:12

October 31, 2010

Shank Park 5-Mile Run

Race Directors: The Smith Family

A beautiful fall morning to enjoy a good run.

Results:

5-Mile - Age Group Championship Series

1. Tadd Morris	29:44	43
2. Frank Leiter	29:53	38
3. Sammy Smith	32:13	17
4. Kevin Nelson	34:49	45
5. Tom Snedden	35:32	63
6. Rick Martin	36:10	54
7. Steve Remillard	36:22	44
8. Jerod Girton	36:55	38
9. JR Bishop	38:03	33
10. Jerry Weber	38:32	41
11. Frank Crupi	38:54	58
12. John Palks	41:21	61
13. Mary Lou Harris	43:07	63
14. Dave Resek	43:27	48
15. Jack Klein	43:50	65
16. Steve Whittle	51:18	59
17. Chris Gipe	54:08	65

November 21, 2010
 Good Hope 4-Mile Run
 Race Director: Jim Collins

There were 14 runners who came out to challenge the 4-mile course. The weather was nice with no rain or snow to contend with. The course is a rolling hills course, nothing steep, but just enough to make for a good training run.

Results:

1. Frank Leiter	23:10
2. Keith Evans	26:55
3. Tom Snedden	27:58
4. Jerod Girton	29:29
5. J. R. Bishop	32:00
6. Brad Colwell	32:15
7. Bill Auxer	32:41
8. Jack Klein	34:15
9. Mary Lou Harris	34:24
10. Mike Cassata	34:28
11. Brad Westhafer	38:20

Fun Run participants:

Chris Gipe
 Steve Remillard
 Shelly Perry and her dog Chuck

November 28, 2010
 HACC 5-Mile Run (AGCS)
 Race Directors: Steve and Debbie Whittle

A cool November morning to end the month greeted our group of runners out for an out-and-back from the HACC parking lot with water, coffee, and Deb's monkey bread to enjoy at the end.

Results:

1. Tadd Morris	29:16	43
2. Frank Leiter	29:35	38
3. Keith Evans	34:25	32
4. Tom Snedden	35:18	63

5. Mike Cover	35:33	54
6. JR Bishop	37:47	33
7. Mark Ondo	41:12	34
8. Brant Gahr	41:24	37
9. Brad Cowell	41:49	62
10. Andy O'Donnell	41:58	64
11. Kelly Krutz (F1)	42:40	37
12. Hap Miller	42:41	67
13. Jon Palks	42:59	61
14. Brad Becthal	43:00	48
15. Mike Cassata	43:28	64
16. Jack Klein	44:35	65
17. Marge Lebo (F2)	45:49	49
18. Brad Westhafer	47:46	58
19. Jim Reinke	48:39	66
20. Bob Daniels	48:39	57
21. Chris Gipe	51:00	65
22. Al Mercik	51:06	63
23. Rick Barbush	51:06	63
24. Shelly Perry	1:10:06	50

December 5, 2010
 Green Lane 5K or 10K Run
 Race Director: Mary Lou Boschma Harris

A crisp and cool run through the snow flurries this morning, followed by hot chocolate as our reward. New HARRC member Rick Long joined us for his first club run. The course is rolling with minor hills and a scenic view over the Yellow Breeches Creek for 10K'ers.

Results:

5K:

1. Tom Snedden	20:36
2. Jack Klein	27.09

10K:

1. Bill Auxer	55.14
2. Rick Long	55:25
3. Mike Cassata	56:53
4. Patricia Parker	56:55
5. Mark Ondo	57.11
6. Shelly Perry	1:21:14

December 12, 2010
Riverfront 2- or 5-mile Run
Race Directors: J. R. Bishop and his dog Griffin

Eight runners arrived to enjoy today's 2- or 5-mile run along the Harrisburg Riverfront this cold, damp morning. Thankfully, Gary Grobman had the forethought to mark the 2 1/2-mile point and place water out on the course. We forgot to mark the 1-mile point, but it hasn't changed... ever... and Chris didn't report any problems finding it. Times were recorded by J.R. Bishop and his dog, Griffin. Thanks go to Mark Ondo and Chris Gipe for watching for runners coming in while Griffin insisted on taking a short walk to quality-check the course while runners were still out.

Results:

Two-Mile:

1. Chris Gipe 19:12

Five-Mile:

1. Tadd Morris	30:58
2. Keith Evans	34:08
3. Kevin Nelson	36:02
4. Mike Cover	37:38
5. Marge Lebo	46:08
6. Gary Grobman	46:22
7. Shelly Perry & Chuck	1:07:52

Fun Run: Mark Ondo

Non-Club Race Schedule

December 2 Sunday 11 a.m.
Shiver by the River
Jim Dietrich Park
Reading, PA
(find application on the Prezel City Sports Web site (<http://www.prezelcitysports.com>))

December 26 Sunday 11 a.m.
Kris Kringle 5 Mile Run
St. Joseph Medical Center
Reading, PA
(find application form on the Prezel City Sports Web site at: <http://www.Prezelcitysports.com>)

January 8 Saturday 9 a.m.
Accomac 8K
Accomac Restaurant
Wrightsville, PA
Contact: Joe McMaster (717) 487-7639

January 15 Saturday 9 a.m.
Saginaw 5K
Community United Methodist Church
Saginaw, PA
Contact: Kate Thompson (717) 873-5562

February 5 Saturday 9 a.m.
Jacobus 5 Mile
Christ United Methodist Church
Jacobus, PA
Contact: 717-801-8235

February 19 Saturday 9 a.m.
Springettsbury 15K
Springettsbury Park
Springettsbury, PA
Contact: Jan Workinger (717) 755-1856

March 5 Saturday 9 a.m.
Indian Rock 10K
Indian Rock Dam School
Indian Rock, PA
Contact: Jeff Georg (717) 757-0605

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, IN THE FOLLOWING YEAR, PLUS 30 DAYS GRACE. RESTRICTED DATA SHOULD BE SO INDICATED.