

**CURRENT 2011 AGE GROUP
CHAMPIONSHIP SERIES RANKINGS***

SUNDAY CLUB RUN SCHEDULE

All Sunday Club Runs start at 8:30 A.M. unless otherwise noted. Please visit www.HARRC.org for directions or contact the Race Director if you have any questions. If you are interested in directing a Sunday Run, contact Mike Smith at (717) 540-5456 or via e-mail to: clubruns@msn.com.

	SEP	OCT	NOV	DEC	JAN	FEB	TOTAL
FEMALE 60-64							
HARRIS MARY LOU	9	5	0	0	8	6	48
FEMALE 50-54							
LEBO MARGE	4	0	8	4	0	0	31
COVER BECKY	0	0	0	6	0	0	11
FEMALE 45-49							
PERRY SHELLY	1	0	1	0	1	2	25
FEMALE 35-39							
KRUTZ KELLY	0	0	14	0	0	0	19
ONDO KRISTI	0	0	0	0	0	1	6
MALE 65-69							
MILLER HAP	0	0	13	13	0	12	53
GIPE CHRIS	5	1	4	1	3	1	45
KLINE JACK	10	3	9	2	0	0	44
REINKE JIM	7	0	6	0	0	0	23
MALE 60-64							
SNEDDEN TOM	18	13	21	13	15	0	105
COWELL BRAD	1	0	16	7	10	11	70
CASSATA MIKE	11	0	10	8	5	8	67
BARBUSH RICK	8	0	2	0	4	3	37
PALKS JOHN	0	6	12	0	0	0	28
O'DONNELL ANDY	0	0	15	0	0	0	20
MERCIK AL	2	0	3	0	0	0	15
MALE 55-59							
CRUPI FRANK	14	7	0	0	11	7	59
AUXER BILL	13	0	0	10	0	0	33
WHITTLE STEVE	3	2	1	1	1	0	33
WESTHAFFER BRAD	6	0	7	0	0	0	23
GROBMAN GARY	15	0	0	0	0	0	20
LONG RICK	0	0	0	0	0	13	18
DANIELS BOB	0	0	5	0	0	0	10
MALE 50-54							
COVER MIKE	0	0	20	5	14	14	73
MARTIN RICK	0	12	0	0	0	0	17
FALGOUST DAVE	0	0	0	3	0	0	8
MALE 45-49							
NELSON KEVIN	0	14	0	0	0	15	39
RESEK DAVE	0	4	0	9	6	0	34
BECTHAL BRAD	0	0	11	0	0	5	26
BROCK RON	12	0	0	0	0	0	17
MORETZ PAUL	0	0	0	11	0	0	16
NOBLE AL	0	0	0	0	2	4	16
SMITH MIKE	0	1	0	0	0	0	6
MALE 40-44							
MORRIS TAD	0	17	24	15	16	0	92
WEBER JERRY	0	8	0	0	0	12	30
REMILLARD STEVE	0	11	0	0	0	0	16
GARFINKEL BRAD	0	0	0	0	0	10	15
MALE 35-39							
LEITER FRANK	0	16	23	0	0	0	49
GIRTON JEROD	16	10	0	0	0	0	36
PALADINA JEFF	0	0	0	0	7	9	26
GAHR BRANT	0	0	17	0	0	0	22
MALE 30-34							
BISHOP J.R.	17	9	19	12	9	0	91
EVANS KEITH	0	0	22	0	0	0	27
ONDO MARK	0	0	18	0	0	0	23
MALE 15-19							
SMITH SAMMY	0	15	0	0	0	0	20
FALGOUST MATT	0	0	0	14	0	0	19

March

3/6—**Riverfront 2 or 5 Miles**
Race Director: J.R. Bishop
(717) 497-6975

3/13—**Yellow Breeches 3 or 6 Miles (New Run)**
Race Director: Jeff Paladina
(717) 514-4734

3/20—**Shanks Park 5 Miles (AGCS)**
Race Directors:
Steve and Debbie Whittle
(717) 566-6828

3/27—**Riverfront 2 or 5 Miles**
Race Director: J.R. Bishop
(717) 497-6975

April

4/3—**Capital 10 Miler (Paid event)**
Race Director: Mary Lou Harris
(717) 877-1831

4/10—**"New Jersey" 5 Miles (New Run)**
Race Director: Rick Barbush
(717) 671-9896

4/17—**The Charisma 4 Miler (AGCS)**
Race Director: Brad Colwell
(717) 234-6383

SAT. 4/23—**Country View 3.5 or 5.6 Miles (Saturday due to the Easter holiday)**
Race Director: Mike Smith
(717) 540-5456

May

5/1—**Adopt-A-Highway 6K**
Race Director: Wayne Smithers
(717) 651-0698

5/8—**Good Hope 4 Miles**
Race Director: Jim Collins
(717) 599-6090

5/15—**Poker Run 3.74 Miles (New Run)**
Race Director: Paul Moretz
(717) 774-4215

5/22—**Colbrook "Rails To Trails" 5 or 10 Miles (AGCS)**
Race Directors:
Steve and Debbie Whittle
(717) 566-6828

5/29—**Christian Seibert Park 5 Miles**
Race Director: Frank Crupi
(717) 728-8892



Retiree Running Group: Informal runs Tuesday 8:30 AM.

Call Brad Colwell for more information (717)234-6383.



Saturday Running Group: Informal runs Saturdays 8:30 AM.

Email Marge Lebo to get on the email list: run26mi@paonline.com

President's Letter

In January 2011 I agreed to accept the position of president of the Harrisburg Area Road Runners Club (HARRC). Saying "yes" in most volunteer organizations will get you officially elected without opposition, as I was at the January board meeting. I reviewed the list of past presidents of HARRC since its founding in 1974. Many of these past presidents and other officers are still active and contributing to the club. That is a prime example of the dedication and interest of those who are committed to the running community.

As a manager in my working career I would hire competent professionals who were skilled, had an aptitude for the type of work they were applying to do and had a great work ethic. That way they would enthusiastically accept assignments and not just for the pay. A volunteer organization like HARRC is also successful when the members are dedicated, committed and enthusiastic. Well if you look around at the 167 members of HARRC you will not find a more dedicated, committed and enthusiastic group of individuals. The dedication to running and achieving goals is unequalled in virtually any organization. The commitment to our sport can be seen as runners glide through cold, heat, rain, snow and ice to ensure they achieve their daily mileage. Their enthusiasm is evident in their license plates, e-mail addresses and the hats, shirts and jackets they wear.

This year I would like to see HARRC expand its membership, especially to younger

runners and I would like to ensure that HARRC is on solid financial ground going into the future. The first goal will be achieved by publicizing the activities of HARRC. The board just voted to bring back the printed newsletter *Footprints*. Our Sunday runs will be listed in the Sunday Harrisburg Patriot newspaper and we plan to get our club applications out to the running community through a variety of methods. The second goal will be achieved by conducting a HARRC sponsored race. The board has authorized the creation of a race committee that will decide when and where this race will be held.

Achievement of these goals will require the involvement of each member of HARRC. Our membership has a long tradition of service to the running community. We have a very talented base of individuals. Despite our commitments to work and family we find a way to support our chosen sport. We don't do this for pay. We actually pay for this privilege with a membership fee and by spending money on shoes, clothing, gas, and race entry fees. We are all dedicated to the advancement of our sport. If your time is limited we can find some small activity that will enable you to contribute. The involvement of everyone will make HARRC successful.

Brad Colwell,
HARRC President



ONE POINT FOR EACH PERSON BEHIND YOU SIX RACES
REQUIRED TO WIN, PLUS FIVE JUST FOR FINISHING.
RESULTS COMPILED BY JIM VORHAUER

* The AGCS is a friendly competition running from September through August of the following year.

Go to our website for complete Sunday Run results:

www.HARRC.org



Photo Finish

An Interview with Gary Grobman

1) How long have you been running, and what are some of your major accomplishments as a runner?

I started running long distance in 1979, while I was living in Washington, D.C. Among my major accomplishments have been a silver medal in the 10,000 meters and 5th place finish in the 5,000 at the USATF National Outdoor Masters Track and Field Championships in Spokane, WA in 2008, and bronze medals in the 5,000 and 10,000 road races at the National Senior Games in Palo Alto, CA in 2009. I am the current state champion in the Pennsylvania Senior Games in my age group at all distances from 800 meters to 10,000 meters on the track, and typically win the gold medal at these games and the Keystone State Games each year in the 1,500, 5,000, and 10,000. In 2008, I was designated a USATF Masters ALL-American in the 1,500 and 10,000 on the track, and met that standard for the 3,000 in 2009.

2) Are you working towards any current running goals or races in 2011?

I hope to compete in my sixth Boston Marathon in April. Last year, at the age of 57, I was the overall winner of seven local charity 5K races, and I would like to come close to that this

year. There is a lot of satisfaction sprinting to the finish line against some 17-year-old cross-country star and occasionally taking the victory. And I would like to return to competition at the Penn Relays, at which I competed last year for the Philadelphia Masters Track Club in a 4x400 relay race in which a team from Houston broke the world 55-59 age-group record in front of more than 20,000 fans.

3) What originally motivated you to start running with HARRC, and how long have you been running with us?

I started running to lose some weight, and then got hooked by the competition and social aspects. I started running with HARRC in 1983, when I moved here from the Boston area after completing a graduate school program. Both Boston and Harrisburg had a lot in common with respect to being first-class running environments.

4) What is your most memorable experience with HARRC?

My favorite moment was being selected as the 1988 HARRC Male Runner of the Year, at the annual banquet. I had brought my new girlfriend, now my wife, and she was quite impressed.

5) You are currently the Club Treasurer. What are some of the duties involved with that position?

I pay the bills, keep the official books, serve as a board member, prepare the tax returns, and keep us legal with all of the government filings that may be required.

Is there anything else that you would like to share?

HARRC is an example of a typical volunteer-based, community organization in which a relatively few committed individuals, such as Walt Greene, Jim Collins, and Brad Cowell, donate a lot of their time so that HARRC can maintain a strong, vibrant running community. We never have too many volunteers, and there are many ways members can help--so I encourage everyone to volunteer a few hours and make the club stronger, and enhance its ability to serve the region's running community.

Volunteers Needed:

Inventory and Equipment Use Manager:

Full time volunteer responsible for home storage and use of HARRC finish line equipment.

Finish Line Team Operator:

Full time volunteer (2) responsible for assigned events involving numerous local events.

Please contact Walt Greene at 717-761-5178 or email at wcg254@comcast.net.

NEW

RENEWAL

MEMBERSHIP APPLICATION

Harrisburg Area Road Runners Club

NAME: _____ SEX: FEMALE MALE

ADDRESS: _____ BIRTHDATE: ___/___/___

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE NUMBER: _____ E-MAIL ADDRESS: _____

FAMILY MEMBERSHIPS: (indicate names, birthdates, sex)
_____/___/___ SEX: F / M
_____/___/___ SEX: F / M

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

MEMBERSHIP TYPE (Check One):	1 year	2 year
REGULAR	___ \$13.00	___ \$22.00
FAMILY	___ \$22.00	___ \$34.00
STUDENT (18 and Under).....	___ \$8.00	___ \$12.00

REMIT CHECKS PAYABLE TO:
HARRISBURG AREA ROAD RUNNERS CLUB
C/O Walt Greene
431 Spring House Road
Camp Hill, PA 17011

(signature) (date)

YES!

Check this box if you would like to be a volunteer. When the application is processed, we will call you about upcoming opportunities.

Here are just a few of the ways our members contribute to the Club:

- ⇒ Inventory and Equipment Use Managers
- ⇒ Finish Line Team Operators
- ⇒ Sunday Run Directors
- ⇒ Board Members

“An Elemental Marathon”

HARRC’s unbroken 37-year streak of regular Sunday morning runs was featured in the February 2, 2011 Patriot-News. Read the whole article online at www.HARRC.org.



The Harrisburg Area Road Runners Club is a proud member of the Road Runners Club of America



Harrisburg Area Road Runners Club
431 Springhouse Road
Camp Hill, PA 17011

On Your Marks... local race calendar

April

4/3 —Capital 10-Miler
www.capital10-miler.com
City Island, Harrisburg, PA
Contact: Mary Lou Harris
(717) 877-1831
capital10-miler@gmail.com

4/9 —St. Jude 5K Scramble
www.trainyardgym.com/stjude5k
Enola, PA
Contact: Maggie Wonsick,
(717) 728-1902
stjude5k@trainyardgym.com

May

5/14—Lower Allen Adventure Run
www.millsadventurerunning.com/LowerAllenParkAdvRun.html
Lower Allen Community Park
Mechanicsburg, PA
Contact: Mike Mills - (717) 918-4804
mikem@millsadventurerunning.com

5/14—Grain of Hope 5k/Fun Run
www.harrc.org/2011/Local%20calendar/GOH%20App.pdf
York, PA
Contact: Amy Thornton
(717) 332-1349
amae.thornton@gmail.com

June

6/4—5th Annual Colon Cancer Prevention 5K
Application online at HARRC.org and Active.com
City Island, Harrisburg, PA
Race Director: Marge Lebo
(717) 531-5164

Find more local races online at www.HARRC.org

HARRC Finish Line Services

The following equipment and services are available for local organized running events:



Display Clock	\$30.00
Hand held timer	\$30.00
Finish line set up and boards for finishing tear off tags	\$10.00
Club operator to set up and operate the equipment	\$30.00
Total Cost for Complete Finish Line Support	\$100.00

For more information and requests, contact Walt Greene at wcg254@comcast.net.

HARRC 2011 Board Officers

President..... Brad Colwell
234-6383
bradc262@comcast.net
Vice President Jim Collins
599-6090
Treasurer Gary Grobman
238-3696
gary.grobman@paonline.com
Secretary..... Vacant

HARRC Board Members At Large

Jim Vorhauer	Walt Greene
Marge Lebo	Tadd Morris
Steve Whittle	J.R. Bishop

Sunday Run

Coordinator Mike Smith
bus2hike@msn.com
Footprints Editor J.R. Bishop
jbishop4@comcast.net

Footprints will be published quarterly. If there are questions or concerns regarding this publication, please email J.R. Bishop.

Please send correspondence to:
Walt Greene
431 Springhouse Road
Camp Hill, PA 17011