



FOOTPRINTS

Volume 1, Issue 3

Fall 2011

President's Letter

The past three months have been mostly consumed by the planning of our new race, **HARRC after Dark**. This will be a 7-K race on Friday evening August 26th. It will start in Kunkle Plaza near Front and State Streets at 7 P.M. and run along the river finishing at River Front Park near Front and Forster streets. Over 40 club members have volunteered in some capacity to make this race successful. Some volunteers are taking on two or three tasks.

Aspire Urgent Care and Family Medicine and its running arm, **Team Aspire**, have signed on to be the major sponsor of the race. **Scotzin Brothers**, where you can find all your beer and wine making equipment, **Faulkner Buick-GMC** and **Karns Foods** are also supporting the race. **The Inside Track** is providing discounted gift certificates for the first three overall runners and first master, male and female, in the race. **Made to Keep** has designed the race T-Shirts.

Printed applications are being distributed and online registration is available. HARRC Members receive a \$10.00 discount. Packet pickup and walk-in registration will be available at the YMCA on Aug 25 and 26.

In other news, HARRC is going to use a new method for selecting the male and female **Runners of the Year**. **Jerod Girton** is our new

Runner of the Year Statistician and will use an age-graded formula to compare runners' times to the world records for their ages and distances for each run entered. For example - if someone runs the mile in 8 minutes and the world record is 4 minutes for their age, they would receive 50 points. If they ran the mile in 5 minutes they would receive 80 points. We will use each member's 15 best Sunday Club Runs and 5 best official races to calculate scores. The standings will be updated regularly on the club's website.

HARRC is also planning a 15-K trail race called **HARRC in the Park** for October 2nd at Gifford Pinchot State Park. **Frank Crupi** and **Tadd Morris** are directing the race. See the website for more details.

Last but not least, don't forget the **HARRC Annual Picnic** will be held on September 25th at Adams Ricci Park on Center Street in Enola. It starts with 5-K run at 1:00 P.M. Registration is not necessary. Just show up with a covered dish to share.

Brad Colwell,
HARRC President



HARRC AFTER DARK

RACE INFORMATION:

LOCATION: Kunkle Plaza, Harrisburg, PA
(The corner of Front and State Streets)

Showers will be available at the YMCA after the race.

ENTRY FEE: (HARRC members apply \$10 discount)

by 8/21/11\$30

from 8/22/11 until Race Day\$40

PAYMENT: Checks payable to HARRC

REGISTRATION:

BY MAIL (Applications available online):

Jeff Paladina

411 Valley View Circle

New Cumberland, PA 17070

ONLINE: www.HARRC.org

PACKET PICKUP AND REGISTRATION:

8/25/11 from 4:00 P.M. to 7:00 P.M.

8/26/11 from 4:00 P.M. to 6:30 P.M. (Race Day)

YMCA, 701 North Front Street, Harrisburg, PA

* T-Shirts not guaranteed for those registering after August 5, 2011.

AWARDS: Inside Track Gift Certificates to

Overall Male and Female Winners:

1st \$100.00

2nd \$75.00

3rd \$50.00

1st Master \$75.00



For more information contact:

Brad Colwell, Event Director

bradc262@comcast.net | 717-234-6383

We reserve the right to limit maximum registration number for the course. No pets or wheeled devices, please.

HARRC in the Park 15k Trail Race



We are planning to host our first official trail race at Gifford Pinchot State Park on 2 October 2011. **HARRC in the Park 15-K** will loop Pinchot Lake beginning at the Quaker Race Day Use Area and circling counterclockwise back to the start. The course itself will consist primarily of single track trail with occasional wider trail and a few road crossings. The course is characterized by changes in elevation as well as by both technical (rocks and roots) and non-technical (relatively clear) surfaces.

Food and refreshments will be available at the finish and each finisher will receive a unique memento emblazoned with the race logo. **HARRC in the Park** is open to both runners and hikers although we ask participants to plan on finishing within three hours. Race start time will be 10:00 A.M.

sharp with the awards ceremony to be held at 12:30 P.M. Both overall and age group awards will be presented. Spectators will also be able to view the race from designated overlook points. Cost for the race is \$20 for pre-registered and \$25 for race-day participants, and there will be a \$5.00 discount for HARRC Members.

We believe that **HARRC in the Park** is destined to be a signature fall trail race in Central Pennsylvania. Please spread the word and we look forward to seeing you the first Sunday in October!

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 Mark Ondo at (717) 564-2906 or via e-mail: clubruns@harrc.org.

September

9/4—Shank Park 5 Miles

Race Director: Steve and Debbie Whittle (717) 566-6828

9/11—(Paid Event)Harrisburg Half-Marathon (8:00 A.M.)

<http://www.harrisburgymcaraces.com/halfmarathon.htm>

9/18—New Jersey Ave 10-K (AGCS)

Race Director: Rick Barbush (717) 671-9896

9/25—(1:00 P.M.) HARRC Picnic / Adams Ricci Park 5-K

Race Director: Frank Crupi (717) 728-8892

October

10/2—(Paid Event)HARRC in the Park 15-K

Race Director: Frank Crupi (717) 728-8892

10/9—Mountain View 5-Mile

Race Director: Chris Gipe (717) 599-6090

10/16—Good Hope 4 Miles (AGCS)

Race Director: Jim Collins (717) 599-6090

10/23—The Charisma 4 Miler

Race Director: Brad Colwell (717) 234-6383

10/30—Rossmoyne Business Park 2-, 4-, or 6-Miles

Race Director: Alan Worbel (717) 635-2058

November

11/6—Adopt a Highway 6-K

Race Director: Wayne Smithers (717) 651-0698

11/13—2011 Select Medical Harrisburg Marathon & Relay

(Paid Event) <http://www.harrisburgmarathon.com/>

11/20—Carlisle Army Heritage 2.5- or 5-Mile (AGCS)

Race Director: Hap Miller (717) 249-4521

11/27—Wear Your Oldest Race Shirt 3.17-Mile at Wildwood

Race Director: Marge Lebo (717) 566-6828



Retiree Running Group:

Informal runs Tuesday 8:30 A.M.

Call Brad Colwell for more information

(717)234-6383.

CURRENT 2011 AGE GROUP CHAMPIONSHIP SERIES RANKINGS

		SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	TOT
F 60-64	HARRIS, MARY LOU	9	5	0	0	8	6	0	0	9	6	0	0	73
F 50-54	LEBO, MARGE	4	0	8	4	0	0	0	0	6	4	9	0	65
F 45-49	PERRY, SHELLY	1	0	1	0	1	2	1	1	1	0	1	0	49
M 65-69	MILLER, HAP	0	0	13	13	0	12	4	0	11	9	20	0	117
	GIPE, CHRIS	5	1	4	1	3	1	0	0	0	0	4	0	54
M 60-64	SNEDDEN, TOM	18	13	21	13	15	0	0	0	0	0	22	0	132
	COLWELL, BRAD	1	0	16	7	10	11	0	1	0	17	0	0	98
	CASSATA, MIKE	11	0	10	8	5	8	6	0	0	0	0	0	78
	BARBUSH, RICK	8	0	2	0	4	3	2	5	0	3	0	0	62
M 55-59	CRUPI, FRANK	14	7	0	0	11	7	7	0	5	16	1	0	108
	WESTHAFFER, BRAD	6	0	7	0	0	0	0	4	4	1	0	0	47
	WHITTLE, STEVE	3	2	1	1	1	0	0	0	1	0	3	0	47
M 50-54	COVER, MIKE	0	0	20	5	14	14	0	0	0	18	23	0	124
M 45-49	RESEK, DAVE	0	4	0	9	6	0	0	0	3	0	5	0	52
M 40-44	MORRIS, TAD	0	17	24	15	16	0	0	0	14	0	25	0	141
M 30-34	BISHOP, J.R.	17	9	19	12	9	0	0	7	15	12	12	0	157
	ONDO, MARK	0	0	18	0	0	0	12	8	12	13	13	0	106

HOW IT WORKS:

HARRC has one AGCS Sunday Run a month (see schedule). Runners get one point for each person behind them as well as 5 points for participation. Race Directors of AGCS Sunday Runs receive one point plus five, unless they also run the course in which they are scored like the other runners. To be eligible for the Age Group Award at the end of the AGCS-year (September to August), runners must have run in at least six AGCS Sunday Runs.

You can view all Sunday Runs and AGCS Results on our website at:

www.HARRC.org

HARRC Annual Picnic

September 25, 2011

Adams-Ricci Park



Mark your calendars!

The HARRC Annual Picnic will be held on Sunday, September 25th at Adams-Ricci Park in East Pennsboro Township. We'll start with a 5-K run at 1:00 P.M. hosted by Frank Crupi. Steve Whittle will bring the soda and hot dogs on behalf of the club. Bring your family and a covered dish to share! We will be awarding 2010-2011 AGCS Awards and this past year's Participation Points will be recognized.

Member Spotlight



Jerod Girton Runner of the Year Statistician

Jerod has been running since December 2008 when he got a new treadmill for Christmas. He ran cross country and track in high school but never took it seriously until the last few years. Now, even with a busy work schedule that involves travel to India, China, Mexico, and other regions of the world, he makes it a priority to get 4 to 5 days of running a week. "One of my biggest thrills is to run in places that few get to visit; last month I ran past the Angel of Independence Monument in Mexico City." Jerod is married to his lovely wife Jennifer and has two beautiful children, Lucas (10) and Carmen (9).



J.R. Bishop Newsletter Editor, Web Content Administrator

J.R. lives in Dillsburg and has been running with the club since January 2010. His initial reason for running was health-related, but since joining HARRC he's acquired several new reasons. He also enjoys running with his dog, Griffin. He had become very sedentary before meeting his wonderful wife, Melody, but she has taken his change of lifestyle well and is no longer surprised when she wakes up to find herself alone with their three cats. J.R. has worked in the printing industry for many years and is the current Newsletter Editor of *Footprints* as well as the Website Content Administrator of www.HARRC.org.

Find more at
www.HARRC.org



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

- **Active & Expired Member Lists**
- **Online Application/Renewal**
- **Board Meeting Minutes**
- **Newsletters**
- **Sunday Run Schedules**
- **Local Run Schedules**
- **Regional Race Listings**
- **Race Results**
- **Runner Spotlights**

...and more!



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

On Your Marks... local race calendar

September

9/11—15th Annual Harrisburg

Half Marathon

City Island, Harrisburg, PA

www.harrisburgymcaraces.com/halfmarathon.htm

9/30—Great Prostate Cancer

Challenge 5-K Run/ 1 Mile Fun Walk

City Island, Harrisburg, PA

Race Director: Cindy Nelson

(717) 724-4672

cnelson@urology.com

October

10/2—HARRC In The Park 15-K

Registration will be available soon at www.HARRC.org

Pinchot Park, Lewisberry, PA

Contact: Frank Crupi

(717) 728-8892

November

11/13—2011 Select Medical

Harrisburg Marathon & Relay

www.harrisburgmarathon.com

City Island, Harrisburg, PA

Contact: Chad Krebs

chad.krebs@ymcaharrisburg.org

DON'T WANT TO DRIVE LONGER THAN THE RACE YOU'RE

RUNNING

HARRC maintains a **Local Race Calendar** on our website, listing races within a 30-mile radius of Harrisburg. If you or someone you know is directing a race in the area, email wm@harrc.org and we'll post your race listing, PDF application and results!



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..... Nikki Bell
773-0159

runner@usroadrunning.com

HARRC Board Members At Large

Jim Vorhauer

Walt Greene

Marge Lebo

Tadd Morris

Steve Whittle

J.R. Bishop

Sunday Run

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

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