



# FOOTPRINTS

Volume 1, Issue 4

Winter 2011



## President's Letter

As we close out another year it's a good time to reflect on the accomplishments of the Harrisburg Area Road Runners Club during 2011. We started out by reviving the printed newsletter, "Footprints," with J.R. Bishop as editor. We then decided to accept an offer by Brandon Parks, of U.S. Road Running, to be our Web Master and Web Developer. The new website put our membership database, maintained by Walt Greene, online and gave us the ability to keep interested runners

informed through a club e-mail list. J.R. Bishop became our Web Content Administrator and keeps all the information current. Tom Early had already started a Facebook page so we integrated it into the homepage on the website.

HARRC sponsored two official fee-based races this year. The **HARRC after Dark 7K** was held August 26th in Harrisburg and **HARRC in the Park 15K** was held at Pinchot Lake on October 2nd. Over 100 individuals volunteered their time to make these races successful. In addition, Marge Lebo led three **Pizza in the Park** runs at Wildwood Park this summer on weekday evenings. Marge is preparing two additional runs at Wildwood Park for December. Watch the website and e-mails for dates.

HARRC had a successful annual banquet in the spring and a pleasant club picnic in the fall. The club is supporting and promoting a Kids Running Series. An objective formula has been developed by Jerod Girton to select the next Runner of the Year recipients. Our Sunday runs have continued without interruption thanks to the efforts of many volunteer race directors and Mark Ondo. Walt Greene and Jim Collins used HARRC's timing equipment to provide finish line services to numerous local races. Treasurer Gary Grobman kept the books in order and Secretary Nikki Bell prepared the minutes of Board meetings, recorded Participation Points and helped to keep the club organized.

As you can see HARRC was very busy in 2011. A positive result is that the club membership has increased from 167 in January to 216 in October and our online mailing list has grown to 289 individuals. I would like to thank all who have contributed to this success.

*Brad Colwell, HARRC President*



*Steve "Bobby Flay" Whittle*

## The 2011 Annual Picnic

21 runners and their family and friends came out to Adams-Ricci Park on 25 September to enjoy a 3 mile run followed by hamburgers, hot dogs and an assortment of dishes. Several runners took the opportunity to enjoy running together with their families. Steve Whittle was the star of the post-run buffet, serving up hot dogs, hamburgers and good cheer. As Hap Miller pointed out, "The conversation never lags when you are among a group of runners."

Jim Vorhauer was pleased to note that this year's AGCS winners were all different than last year. Congratulations to the following AGCS Award Winners for 2010-2011: **Mary Lou Harris, Marge Lebo, Shelly Perry, Hap Miller, Tom Snedden, Frank Crupi, Mike Cover, Dave Resek, Tad Morris, and J.R. Bishop.**

Nikki Bell had compiled Participation Points throughout the year and certificates were given out to several members for their involvement with Sunday Runs, HARRC events and Board Meetings.

Congratulations and thanks to the following members for their activity:

**Steve Whittle, J.R. Bishop, Shelly Perry & Chuck, Brad Colwell, Frank Crupi, Chris Gipe, Mary Lou Harris, Marge Lebo, Mark Ondo, Mike Cassata, Gary Grobman, Rick Barbush, Tadd Morris, Mike Cover, Jim Collins, Hap Miller, Tom Snedden, and Debbie Whittle.**



## Harrisburg Marathon

**Four Decades of Running 26.22 Miles at Harrisburg, Pennsylvania**

*By Hap Miller*

Harrisburg Marathon: Four Decades of Running 26.22 Miles at Harrisburg, Pennsylvania

is a history of the marathon we've all known and loved for forty years.

Through interviews and articles written by well-known area runners, Hap Miller chronicles the story of the Harrisburg Marathon from its humble beginnings through its glory days, waning years, and its resurgence in the new millennium.

Primarily, this is a records book. There are breakdowns of field numbers both nationally and at Harrisburg for comparison. Each year includes all age group winners along with related data. There is also information on weather, size of field, and comments on each race.

All proceeds will go to the Harrisburg Area Road Runner's Club. A limited number of books will be printed. If demand is greater than supply, the books will be offered for distribution to individuals in the order which the reservations are received. The book will be offered to HARRC members at a discount.

The book will be available soon. You can reserve a copy by emailing: Hap Miller at [hap813@aol.com](mailto:hap813@aol.com).

# SUNDAY CLUB RUN SCHEDULE

All Sunday Club Runs start at 8:30 A.M. unless otherwise noted. Please visit [www.HARRC.org](http://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](mailto:clubruns@harrc.org).

## December

### 12/4—Good Hope 4 Mile

Race Director: Jim Collins (717) 599-6090

### 12/11—Mountain View 5 Mile

Race Director: Chris Gipe (717) 421-5569

### 12/18—Season of Giving - Greenbelt 3 or 5 Mile

(AGCS), Race Director: Steve Remillard (717) 379-2696

### 12/24—HACC 5 Mile (MOVED TO SATURDAY!)

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

## January

### 1/1—Hair of the Dog 4 Mile

Race Director: Mark Ondo (717) 564-2906

### 1/8—Run Like a King! Wildwood 3 or 7 Mile

Race Director: Paul Moretz (717) 599-6090

### 1/15—Allendale Run 4 or 8 Mile (AGCS)

Race Director: Shelly Perry (717) 763-1998

### 1/22—West Shore Neighborhood 5 Mile

Race Director: Frank Crupi (717) 728-8892

### 1/29—Italian Lake 3 or 6 Mile

Race Director: Mike Cassata (717) 561-8851

## February

### 2/5—Riverfront 2 or 5 Mile

Race Director: J.R. Bishop (717) 497-6975

### 2/12—Scotzin Bros. 4 Mile

Race Directors: Patti Adami and Tom Snedden (717) 737-0483

### 2/19—Riverfront 2 or 5 Mile (AGCS)

Race Director: J.R. Bishop (717) 497-6975

### 2/26—Greenbelt 3 or 6 Mile

Race Director: Mark Ondo (717) 564-2906



### Retiree Running Group:

Informal runs Tuesday 8:30 A.M.

Call Brad Colwell for more information

(717)234-6383.

## Volunteers Needed:

### Finish Line Team Operators and Inventory and Equipment Use Manager

We are seeking several volunteers to be responsible for assigned local timing events. Timers are compensated for their efforts. Also, we need a volunteer to be responsible for home storage of HARRC finish line equipment. Please email Walt Greene at [wcg254@comcast.net](mailto:wcg254@comcast.net) to volunteer.

## CURRENT 2011-2012 AGE GROUP CHAMPIONSHIP SERIES RANKINGS

	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	TOT
<b>F 60-64</b> PARKER, PATTY	6	0	0	0	0	0	0	0	0	0	0	0	11
<b>F 55-59</b> COVER, REBECCA	12	0	0	0	0	0	0	0	0	0	0	0	17
<b>F 50-54</b> LEBO, MARGE	0	3	0	0	0	0	0	0	0	0	0	0	8
PERRY, SHELLY	1	1	0	0	0	0	0	0	0	0	0	0	12
<b>F 45-49</b> SHADEL, KAREN	2	0	0	0	0	0	0	0	0	0	0	0	7
<b>M 70-74</b> COLLINS, JIM	0	1	0	0	0	0	0	0	0	0	0	0	6
<b>M 65-69</b> REINKE, JIM	9	0	0	0	0	0	0	0	0	0	0	0	14
GIPE, CHRIS	3	0	0	0	0	0	0	0	0	0	0	0	8
<b>M 60-64</b> CASSATA, MIKE	8	0	0	0	0	0	0	0	0	0	0	0	13
SNEDDEN, TOM	0	6	0	0	0	0	0	0	0	0	0	0	11
BARBUSH, RICK	1	0	0	0	0	0	0	0	0	0	0	0	6
<b>M 55-59</b> GROBMAN, GARY	17	7	0	0	0	0	0	0	0	0	0	0	34
COVER, MIKE	16	0	0	0	0	0	0	0	0	0	0	0	21
AUXER, BILL	13	0	0	0	0	0	0	0	0	0	0	0	18
VORHAUER, JIM	11	0	0	0	0	0	0	0	0	0	0	0	16
SHADEL, FRED	7	0	0	0	0	0	0	0	0	0	0	0	12
WHITTLE, STEVE	5	2	0	0	0	0	0	0	0	0	0	0	17
<b>M 45-49</b> ROTH, MIKE	15	0	0	0	0	0	0	0	0	0	0	0	20
REMILLARD, STEVE	14	0	0	0	0	0	0	0	0	0	0	0	19
MORGAN, SCOTT	10	0	0	0	0	0	0	0	0	0	0	0	15
<b>M 40-44</b> STOVER, DAVE	0	4	0	0	0	0	0	0	0	0	0	0	9
<b>M 35-39</b> GIRTON, JEROD	0	5	0	0	0	0	0	0	0	0	0	0	10
<b>M 30-34</b> BISHOP, J.R.	4	0	0	0	0	0	0	0	0	0	0	0	9

### 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](http://www.HARRC.org)

## Member Spotlights



### Walt Greene ..... Board Member, Membership Chair, RRCA Director, & Equipment Manager

Walt is a charter member of HARRC and has been an active member for over 37 years. He was elected to every officer position, President twice (1976 and 1997), Vice President (1998-2000), Treasurer (1976-1979) and Secretary (2009-2010). Walt's staff jobs included race director, membership chair, statistician, RRCA Liaison, and coordinator for finish line timing support. Walt started running in 1967 and has logged over 53,000 miles and has finished 66 marathons including the Boston Marathon 10 times.

Walt retired from the Navy and Federal Civil Service, but he continues to stay active with part time work for Enterprise Car Sales as a driver. Walt will turn 80 in 2012 and hopes to continue working part time and staying fit by walking and being an active HARRC member.



### Jim Collins ..... Vice President, & Finish Line Timing & Equipment Operator

Jim started running in the mid 1970's when he lived in the Los Angeles area. He started running to get into better physical condition and ran several 10Ks and one marathon in Los Angeles. When he moved from Los Angeles to Atlanta he took up martial arts. He spent over 15 years working out in martial arts and attained the level of black belt in two different styles during that time period. When he moved to Pennsylvania in 1998 he decided to start running again. He has had a lot of success and firmly believes that there is no other sport that can condition the body and mind like running. He is always preaching the benefits of running to young and old. He spends much of his free time supporting running in some manner. He has been HARRC president for three years and has now been Vice President for two years. He is part of HARRC's race timing team, which provides timing for local races.

Jim is a computer programmer by trade and has programmed mainframe computers for over 40 years. At 71 years old he still works at the department of public welfare as a computer programmer.



# Photo Finish

## An Interview with Dave Lebo

### 1. When did you start running and why?

I started running in college at Shippensburg in 1980. I took a Phys. Ed. class, "Fundamentals of Running" in my last semester before graduation. This was during the "running boom" of the '80s. Jim Fixx had recently written his Complete Book of Running. In the class, we started with a 2.5 mile loop on the country roads that surrounded the campus and we worked up to about 6 miles. It was a spring semester class, so we started running in January. In 1980 there was no such thing as "lycra." You could wear cotton sweats, and later nylon "double knit" sweat suits, but mostly we wore long insulated underwear under our shorts.

Our professor, Roger Goodling (who was also the basketball coach), instructed us to use tube socks as gloves in cold weather and then just use the ones you used for gloves on one day as socks on the next day. He reminded us not to reverse that rotation.

### 2. Do you have any advice on how to fit running into an already busy schedule?

There's an old adage that goes, "if you are too busy to run, then you are just too busy." I think a person can always make time to run if they try. Once it becomes a habit, it becomes pretty easy

to find time to run even if you are busy. When I first started running I had lots of free time and could run whenever I wanted. We'd go for long runs on Saturday and spend the rest of the day resting up, lying around just getting ready for the next one.

In the '90s when our boys came along, the schedule became tighter, but Margie and I would trade off and one would run, and one would be with the boys. I used to run at night because work was over and I didn't have the pressure of having to get back to the house to get ready. But for about the past 6-7 years I've run primarily in the morning. I like starting the day off that way and then find it works better with family dinner in the evenings.

If you are having trouble finding time to run, run in the morning. If your spouse doesn't run, chances are they are still in bed so they can be home with the kids while you run and everyone is happy. Now I'm in the third phase of time management in this regard, and that is the phase where the kids are essentially self-sufficient.

The only conflicts I do have are usually due to church activities. I love going to the Sunday Club Runs, but I also love singing in the choir at church so I have to trade off.

### 3. How does an active lifestyle affect your kids?

I think Margie and I running and staying active is definitely a great influence on our sons. I suspect they would be heavily into sports even if we didn't run, but it surely helps to reinforce the benefits and need to stay active to stay healthy. I also love the fact that the boys are integrated to

the Club and feel comfortable socializing with a variety of people of different backgrounds and age groups. Some of our most memorable family times have been at running events such as Josh's first 5K and his first Harrisburg Mile, and Matt has several age group awards from runs.

### 4. What is your most outstanding achievement in running so far?

I'm most proud of my 1989 Marine Corps Marathon when I ran 3:27:45. I struggle to just run an 8 mile training pace now, 22 years later. I'm also proud that I can say that I have run 12 marathons over the years. I would like to think that I have some "street cred" on Marathoning due to this breadth of experience.

### 5. What are your running goals for 2012?

Right now my goal is to get healthy. I am recovering from a pinched nerve, but another thing I've learned about running over the years is that you will eventually manage injuries. The neat thing is, you really never even consider *not* running. My running goals are: to continue to run at least 1000 miles a year, to run a half marathon without stopping, to run another marathon sometime over the next few years, and to enjoy the great friendships I've made through running and with HARRC members. I really can't remember any running I've done that was more fun than our current Saturday "Oatmeal Gang." I can remember going to Sunday Club Runs years ago and driving home being mad and frustrated at the poor finishing time I had. In hindsight, that seems so ridiculous. Today is all about *who* I'm running with, and not so much on how fast.



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

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

### December 31, 2011—The 29th Annual “Last Mile”

5 mile run, 1 mile walk, and Kid’s Fun Run

Duncannon Fire House, High Street, Duncannon, PA

Race Directors: Cindy Roney (717)582-8197 and Dave Harvath (717)834-5896



## 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](mailto: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
<b>Total Cost for Complete Finish Line Support .....</b>	<b>\$100.00</b>

For more information and requests, contact Walt Greene at [wcg254@comcast.net](mailto:wcg254@comcast.net).

### HARRC 2011 Board Officers

President..... Brad Colwell  
234-6383

[bradc262@comcast.net](mailto:bradc262@comcast.net)

Vice President ..... Jim Collins  
599-6090

Treasurer ..... Gary Grobman  
238-3696

[gary.grobman@paonline.com](mailto:gary.grobman@paonline.com)

Secretary..... Nikki Bell  
773-0159

[runner@usroadrunning.com](mailto:runner@usroadrunning.com)

### HARRC Board Members At Large

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

### Sunday Run

Coordinator ..... Mark Ondo  
[clubruns@harrc.org](mailto:clubruns@harrc.org)

Web Developer.....Brandon Parks  
[parks@brandonparks.com](mailto:parks@brandonparks.com)

### Footprints Editor &

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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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