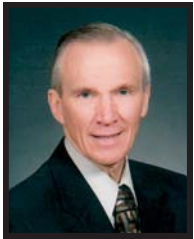




# FOOTPRINTS

Volume 2, Issue 1

Spring 2012



## President's Letter

HARRC continues to move forward in 2012. We now have three social media sites. Our Facebook site HARRC is administered by Tom Early and is used to push out information about the club, upcoming races, etc. Tom also administers our second Facebook site called HARRC Exchange which is an interactive site where runners can post running information or requests. Runners can use HARRC Exchange to post group runs, to seek running partners or travel companions or to express their running goals and accomplishments. Sheri Karan is administering a Twitter site called HARRC\_Exchange that is also interactive and is used the same way as the Facebook HARRC Exchange site.

The second annual Aspire Urgent Care and Family Medicine HARRC After Dark 7K is scheduled for August 17, 2012 at 7:00 PM. It will use the same course starting in Kunkle Plaza along Front Street in Harrisburg and run along the river. High quality technical t-shirts will be given to the first 130 to register. High quality trophies will be awarded in five year age groups up to 60+ for women and 70+ for men. Packet Pickup and race day registration will start at 4:00PM on August 17<sup>th</sup> at the East Shore YMCA at 701 North Second Street. Reduced price early bird registration is available online only at HARRC.org until March 31<sup>st</sup>. If you are able to volunteer to help with the race please contact me at [bradc262@comcast.net](mailto:bradc262@comcast.net).

The HARRC annual banquet is scheduled for March 10, 2012 at the West Shore VFW on the Carlisle Pike. Award winners will be announced for Male and Female Runner of the Year, Dedicated Male and Female Runner of the Year and Member of the Year. The cost is \$18.00 for ages 9 and older, \$9.00 for children ages 3 to 8 and children under 3 are free. Reservations can be made by sending a check payable to HARRC to Walt Greene, 431 Springhouse Road, Camp Hill, PA 17011.

HARRC sponsors an informal group run called the Tuesday Morning Gang every Tuesday at 8:30 AM. The gang meets at Wildwood Lake, North Pavilion, near Linglestown Road. Runners and walkers circle Wildwood Lake then everyone heads for breakfast at Mr. Deli on Linglestown Road. Attendance has been steadily increasing. If you would like to start a group run that meets at a regular place and time please send the information to [wm@harrc.org](mailto:wm@harrc.org) and it will be posted on the Group Run tab of HARRC.org and on our social media sites.

Are you interested in being a Race Director? HARRC is looking to sponsor additional races to benefit and promote the club. All of the resources of HARRC will be available to ensure a successful race, including the advice of experienced race directors. Contact [bradc262@comcast.net](mailto:bradc262@comcast.net).

*Brad Colwell, HARRC President* 

**Early-Bird Registration  
Available Online Only  
Until March 31**

## Announcing the 2nd Annual Aspire Urgent Care and Family Medicine HARRC After Dark 7K

To be held on Friday, August 17, 2012. Remember to visit [www.HARRC.org](http://www.HARRC.org) for Early Bird Registration (online only) and race updates!

**Don't forget to visit our Local Race Calendar at HARRC.org for more races!**

We list 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)!



## 2nd Annual Capital 10-Miler

**Benefiting Twelve  
Nonprofit Arts  
Groups Serving the  
Capital Region**

**LOCATION:** City Island, Harrisburg, PA

**DATE:** Sunday, April 1, 2012

**TIME:** 9:00 a.m.

**COURSE:** With a start and finish on City Island, this flat course traverses the Susquehanna Riverfront, the Capital Greenbelt, and crosses the Walnut Street and Harvey Taylor bridges.

**CHIP TIMING:** Will be provided

**PARKING:** Free parking available on City Island

**REGISTER ONLINE:** [capital10-miler.com](http://capital10-miler.com)

**REGISTER BY MAIL \*\*\***

Forms can be downloaded from the website [www.capital10-miler.com](http://www.capital10-miler.com) and are available at HARRC club runs.

Mary Lou Harris  
Capital 10-Miler Event Director  
245 Green Lane Drive  
Camp Hill, PA 17011

**\*\*\* HARRC Members - \$5 discount on registration fee available ON PAPER APPLICATIONS ONLY**

**RACE DAY:** Sunday, April 1, 2012

**7:00-8:45am** ..... *PACKET PICKUP  
& REGISTRATION*

**8:15am** ..... *Walkers Start*

**8:30am** ..... *PRE-RACE WARMUP*

**9:00am** ..... *RACE START*

**11:00am—1:00pm** .... *Showers available at  
Fitness U*

**AWARDS:** Will be given based on registration. No duplicate awards will be given. Five-year age groups through age 65 & up. Rolling awards presentation.

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

*For more information and directions, contact*

Mary Lou Harris  
Capital 10-Miler Event Coordinator  
phone: (717) 877-1831  
email: [capital10miler@gmail.com](mailto:capital10miler@gmail.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).

### March

- 3/4—**Windsor Park 5 Mile**  
Race Director: Michael Oblender (717) 307-1352
- 3/11—**TBD - Check HARRC.org for updates**  
Race Director: Check [HARRC.org](http://HARRC.org) for updates
- 3/18—**Indian Creek 2 or 4 Mile (AGCS)**  
Race Director: Scott Morgan (717) 737-0434
- 3/25—**Colon Cancer 5K Test Run**  
Race Director: Marge Lebo (717) 566-6828

### April

- 4/1 (9:00 AM)—**Capitol 10 Miler - PAID EVENT**  
Race Director: Mary Lou Harris (717) 877-1831
- 4/8—**Blue Mountain Parkway 5K or 10K**  
Race Director: Doug Dietrich (717) 512-8514
- 4/15—**Charisma 4 Mile (AGCS)**  
Race Director: Brad Colwell (717) 234-6383
- 4/22—**Rossmoyne Business Center 3 or 6 Mile**  
Race Directors: Dorthy Minnick (717) 319-8717 and Amy Wimmersberger (717) 215-0684
- 4/29—**New Jersey 10K**  
Race Director: Rick Barbush (717) 671-9896 or email: [spearfish1@gmail.com](mailto:spearfish1@gmail.com)

### May

- 5/6—**Adopt-A-Highway 6K**  
Race Director: Wayne Smithers (717) 651-0698
- 5/13—**Good Hope 4 Mile**  
Race Director: Jim Collins (717) 599-6090
- 5/20—**Spring Hill 4 Mile (AGCS)**  
Race Director: Mark Ondo (717) 564-2906 or email: [ondo.mark@gmail.com](mailto:ondo.mark@gmail.com)
- 5/27—**Adams Ricci Park 5 Mile**  
Race Director: Frank Crupi (717) 728-8892

## CURRENT 2011-2012 AGE GROUP CHAMPIONSHIP SERIES RANKINGS

		SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	TOT
F 60-64	PARKER, PATTY	6	0	7	0	0	0	0	0	0	0	0	0	23
	HARRIS, MARY LOU	0	0	0	8	4	0	0	0	0	0	0	0	22
F 55-59	HAYDEN, JESS	0	0	0	5	3	0	0	0	0	0	0	0	18
	COVER, REBECCA	12	0	0	0	0	0	0	0	0	0	0	0	17
F 50-54	PERRY, SHELLY	1	1	0	1	0	0	0	0	0	0	0	0	24
	LEBO, MARGE	0	3	0	0	0	0	0	0	0	0	0	0	8
F 45-49	SHADEL, KAREN	2	0	1	0	0	0	0	0	0	0	0	0	13
F 40-44	NEY, JEN	0	0	4	0	2	0	0	0	0	0	0	0	16
F 35-39	WENRICH, ELLEN	0	0	9	0	14	0	0	0	0	0	0	0	33
F 30-34	TINSLEY, STACEY	0	0	10	0	8	0	0	0	0	0	0	0	28
	SCHREFFLER, GREDDA	0	0	0	0	15	0	0	0	0	0	0	0	20
F 15-19	ANDERSON, KATE	0	0	0	2	0	0	0	0	0	0	0	0	7
M 70-74	COLLINS, JIM	0	1	0	0	0	0	0	0	0	0	0	0	6
M 65-69	CASSATA, MIKE	8	0	2	7	5	0	0	0	0	0	0	0	42
	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
	MILLER, HAP	0	0	1	0	0	0	0	0	0	0	0	0	6
M 60-64	CRUPI, FRANK	0	0	8	14	11	0	0	0	0	0	0	0	48
	WHITTLE, STEVE	5	2	5	4	1	0	0	0	0	0	0	0	42
	COLWELL, BRAD	0	0	3	0	7	0	0	0	0	0	0	0	20
	BARBUSH, RICK	1	0	0	3	0	0	0	0	0	0	0	0	14
	SNEDDEN, TOM	0	6	0	0	0	0	0	0	0	0	0	0	11
M 55-59	GROBMAN, GARY	17	7	0	17	0	0	0	0	0	0	0	0	56
	AUXER, BILL	13	0	14	13	0	0	0	0	0	0	0	0	55
	VORHAUER, JIM	11	0	13	12	0	0	0	0	0	0	0	0	51
	BERGAN, DON	0	0	18	0	0	0	0	0	0	0	0	0	23
	COVER, MIKE	16	0	0	0	0	0	0	0	0	0	0	0	21
	EGAN, BILL	0	0	0	0	10	0	0	0	0	0	0	0	15
	DANIELS, BOB	0	0	0	9	0	0	0	0	0	0	0	0	14
M 50-54	SHADEL, FRED	7	0	11	10	6	0	0	0	0	0	0	0	54
	LONG, RICK	0	0	0	0	13	0	0	0	0	0	0	0	18
M 45-49	MORGAN, SCOTT	10	0	12	11	9	0	0	0	0	0	0	0	62
	REMILLARD, STEVE	14	0	0	1	0	0	0	0	0	0	0	0	25
	ROTH, MIKE	15	0	0	0	0	0	0	0	0	0	0	0	20
	RESEK, DAVE	0	0	6	0	0	0	0	0	0	0	0	0	11
M 40-44	MORRIS, TADD	0	0	0	18	0	0	0	0	0	0	0	0	23
	DEMMELE, JIM	0	0	0	0	12	0	0	0	0	0	0	0	17
	BRAUND, JAY	0	0	0	6	0	0	0	0	0	0	0	0	11
	STOVER, DAVE	0	4	0	0	0	0	0	0	0	0	0	0	9
M 35-39	ONDO, MARK	0	0	16	15	0	0	0	0	0	0	0	0	41
	GIRTON, JEROD	0	5	15	0	0	0	0	0	0	0	0	0	30
M 30-34	ORLOSKY, MATT	0	0	0	16	0	0	0	0	0	0	0	0	21
	BISHOP, J.R.	4	0	0	0	0	0	0	0	0	0	0	0	9
M 15-19	LEBO, MATT	0	0	17	0	0	0	0	0	0	0	0	0	22

### 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)

Looking for more running groups?

Check out the

## Tuesday Morning Gang:

Informal runs

Tuesday 8:30 A.M.

Call Brad Colwell for more information

(717)234-6383.

## Member Spotlights



### Troy & Sheri Karan..... Web Content Administrators

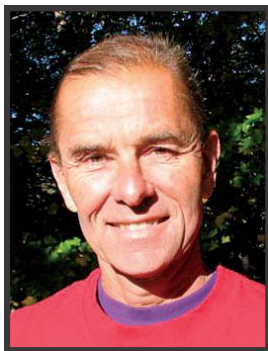
Troy and Sheri Karan reside in Dover with their three dogs and two children, and can usually be found hitting the roads around their house or at any of the local parks such as Pinchot or Rocky Ridge to get some runs in. Both Troy and Sheri have been running for about three years, and are looking forward to accomplishing some longer races in 2012, since focusing mostly on shorter distances over the past three years. In addition to running, Troy and Sheri enjoy cycling and hiking. When not outdoors, Sheri works as a child care provider at their home and Troy is a maintenance mechanic at Starbucks.



### Doug Dietrich..... Publicity Director

Doug's running started when he began training to become a jockey at Penn National Race Course. He ran to gain fitness and to lose weight to be able to win races and make weight at 106 pounds. When he joined the military in 1987, he ran to be able to pass the Army Physical Fitness Test and stay in shape for combat. After September 11, 2001 he decided to rejoin the military and needed to get back into shape, that is when he started participating in 5K races and was introduced to HARRC. He has participated in races in Afghanistan, ran in Iraq and several other countries. He has acquired several running injuries and is currently recovering from plantar and toe surgery.

Doug is currently the Public Relations Director for HARRC, completing a MBA in Business Administration at Delaware Valley College, the Paddock Blacksmith at Hollywood Casino's Penn National Race Course, a 1st Lieutenant Infantry Platoon Leader in the Pennsylvania Army National Guard, and part owner of American Whitetail Hunting Club. His wife works at Penn National Race Course and their son is attending his second semester at HACC's Lebanon Campus.



# Runner Spotlight: John Hargreaves

“Colonel Mustard” is one of the many monikers that the subject of this profile is known to have used when registering for local races. He claims that it was to disguise the gradual slowing of his pace as he aged. Those who knew him would dispute that claim as most were still watching him from behind.

Of the fifty-five marathons that John Hargreaves ran he was the overall winner five times. His initial victory was at the first Tallahassee Marathon through the dirt, rattlesnake infested roads of the Apalachicola National Forest. He was also next to last in that race. Proving that it was no fluke he returned the following year and notched his second marathon win dominating an exponentially larger field. John ran the Harrisburg Marathon 12 times from 1978 to 1990. His average finish time at Harrisburg is 2:42:26 making him the fastest person who has ever run that marathon 10 or more times. He finished in the top 5 four times and the top 20 nine times ranking him among the very best to ever enter that race.

John has clocked about ten marathons under 2:40 and has a PR of 2:32. He has occasionally delved into ultra distances and has posted a fifty-mile time of 6:15. He ran the Goodwill Games Marathon in Seattle in 1990 finishing 47<sup>th</sup> of 3500. It was a brutally hot July race, which saw significant numbers of runners in the DNF category. John has done well in hot weather marathons. One of his victories was in the deservedly extinct New Jersey Summer Marathon, another July race. He recounts finishing the Atlantic City Marathon in 1980, another scorcher. Dehydrated, he was weaving from side to side on the boardwalk the final two miles. At the finish of that race he saw one of the casino patrons standing nearby with a beer that John quickly appropriated, explaining that he was in need of it far more than the gambler.

John began his running career in high school and has been running consistently for 45 years. Among his accomplishments is a streak of 11 ½ years without missing a day of running. All students at his high school were required to participate in three sports a year. John’s aversion to contact sports caused him to select running. He competed in track and cross-country in high school and college. Franklin & Marshall College in Lancaster, PA chose John as the school’s Outstanding

Senior Athlete. Many years later John was asked to return to his alma mater for induction into the F&M Sports Hall of Fame.

John usually brings home an age group award at shorter races. He has finished as the top American at many local events including the Carlisle Butt Crusher 5 mile, the Carlisle Moose 2 mile and the Air Guard 10K. John holds the 40-44 age group and masters record of 33:30 at the Summerfair 10K in Carlisle. In 1981 he ran the Capitol 5000 in Harrisburg in 15:16 and was 16<sup>th</sup> of 731 finishers. He returned to that race in 1984 and ran 15:54. John’s 33:15 at the Kipona 10K in Harrisburg was good for 15<sup>th</sup> of 1013 finishers. John also excelled at middle distances with a 1:13:11 in the 1987 Schaeffer Bros. Half Marathon in Carlisle.

After two rounds of back surgery John gave up marathons and began competing in triathlons. His training for these, besides the thirty miles a week of running, is 4000 miles a year of biking and seven miles a week of swimming. John works as a prison consultant and has been married for 33 years. He is past president of his church, volunteers at a food bank and has a large garden specializing in beets.



John Hargreaves enjoys running with the Tuesday Morning Gang, shown here at a post-run gathering at Mr. Deli and Mrs. Too! on Linglestown Road. Left side, front-to-back: Brad Colwell, Hap Miller, Chris Gipe and Steve Whittle. Right side, front-to-back: Andy O'Donnell, Tony Turchetti and John Hargreaves.

## 2012 HARRC Annual Banquet

To Be Held on March 10, 2012 at the Mechanicsburg VFW

The HARRC annual banquet is scheduled for March 10, 2012 at the West Shore VFW at 4907 Carlisle Pike in Mechanicsburg. Award winners will be announced for Male and Female Runner of the Year, Dedicated Male and Female Runner of the Year and Member of the Year. Random prizes will be given. The cost is \$18.00 for ages 9 and older, \$9.00 for children ages 3 to 8 and children under 3 are free. Beer and soda will be provided by HARRC. The speaker will be Richard M. Rayner, MD, Co-Owner, Aspire Urgent Care & Family Medicine.

Reservations can be made by sending a check payable to HARRC to Walt Greene, 431 Springhouse Road, Camp Hill, PA 17011.

Directions from Camp Hill: Go west on the Carlisle Pike and turn right after the Community Aid Store and before Midas Muffler. The VFW is back about 75 yards from the Pike.



At Cumberland Physical Therapy

Let us use our expertise in the areas of physical therapy and sports performance training to improve your running by incorporating the following:

- Running mechanics modification
- Running specific warm-up
- Personalized running-specific strength training program
- Proper running shoe recommendation
- Identify and correct causes of running injuries

For more information or to make an appointment contact us:

6375 Mercury Drive  
Mechanicsburg, Pa 17050  
717-591-3000

<http://www.cumberlandphysicaltherapy.com/sports-program>

Find more information at  
**[www.HARRC.org](http://www.HARRC.org)**

And connect with local runners  
at the HARRC Exchange:

**[www.facebook.com/pages/  
H-A-R-R-C-Exchange/217904608287741](http://www.facebook.com/pages/H-A-R-R-C-Exchange/217904608287741)**

## Your Ad Could Be Here!

*Footprints* is now open to advertisements to help support our club and community. Your advertisement in our publication will reach over 300 running enthusiasts in the Harrisburg, PA area and beyond. Ads start as little as \$15 per issue for a one-eighth page ad (the same size as this article).

To submit an advertising request or if you have a question, please email [jbishop4@comcast.net](mailto:jbishop4@comcast.net).

## The Results Are In...

- ▶ 48% of the US Road Runners surveyed like to run **between 5:01 and 8:00 AM** and another 29% like to run **between 8:01 and 11:00 AM**. What an awesome way to start the day!
- ▶ **Half marathons** (39%) edged out **5K races** (33%) as the favorite distance for US Road Runners.
- ▶ The number one fitness reason for runners of US Road Running vary widely. The top three reasons were to: **Get/Stay in shape** (27%), **Improve cardiovascular health** (18%), and **Manage stress** (14%).
- ▶ Of the US Road Runners polled, 50% of us get our running tips/advice from **other runners**... what a great way to make connections in the running community!

See more poll results at  
**HARRC.org!**



# Photo Finish

## An Interview with Shelly Perry

1. You're very active with family and youth basketball, please tell us a little about yourself.

I am married and have two beautiful daughters, 26 and 22 and a chocolate lab (dog). My husband retired this year and got his dream job... working at Hershey Links. I will be working full-time for many years to come as I worked part-time while my girls were young. I am a volunteer girls basketball coach or assistant coach for 7th, 8th, and 9th grade girls with CVYBA and Cumberland Valley High School. From mid-November through February, it is 7 days a week, 2 to 3 hours every day. The rest of the year is anywhere from 2 to 5 days a week. I enjoy watching the girls learn and play. We laugh a lot.

2. When did you start running and why?

As a result of deteriorating health, I started running during my walks in 2008, measuring the distance by the neighborhood houses. I spent many walks carrying Chuck until he was old enough to run. We'd run as many houses as I

could and walk until I could breathe again. Each day I would go home and record how many houses I ran. The day finally came that I could run the 3-plus mile route. I ran a 5K race with my oldest in Maryland in April of 2010. It took me over 52 minutes but I was pleased as punch that I did that time.

3. Where did you hear about HARRC and what was your first impression?

In June of 2010 I saw the "For the Participant" listing in the Patriot News and decided to try a run. Since Good Hope Middle School was a familiar place I choose that to be my trial group run and succeeded with a time of 55:07. Everyone was very supportive and I felt welcome. I've gone every Sunday that I have been in town since then. My latest Good Hope time was 45:00. I am very thankful that I was able to run with this group and meet all the nice, encouraging people I have.

4. Do you have any advice for newer runners who want to join a running club but are afraid they're too slow or out of shape?

My advice for new runners is you are never too slow or out of shape to join a runners group. HARRC is a group of people who enjoy running with others. We are friendly, supportive and accepting. Do your best and you will get faster and more in shape. Pretty soon you don't feel awkward, you are not slow or out of shape.

5. What are your running goals for 2012?

I have exceeded my goals for this year, running the Gettysburg North-South Marathon and not coming in last. The Harrisburg Marathon was my second and last marathon until I stop coaching basketball for lack of training time. I love half's. Next year my goal would be to run under a 10 minute mile for the duration of the race. My health is the best it has ever been. My family is amazed at what I can do. I have Chuck and HARRC to thank.



## Volunteers Needed!

### Finish Line Timing Operators:

We are seeking several volunteers to be responsible for assigned local timing events. Timers are compensated for their efforts, \$50 per event. 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.

### Sunday Race Directors:

We're always seeking new race directors and new places for our Sunday Runs! No experience necessary!

If you are interested in directing a Sunday Run, contact Mark Ondo at (717)564-2906 or e-mail: [clubruns@harrc.org](mailto:clubruns@harrc.org)

Shelly Perry was the HARRC 2010 Robert Mahady Dedicated Female Runner of the Year

- 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	3 year (new!)
REGULAR.....	___ \$13.00	___ \$22.00	___ \$30.00
FAMILY .....	___ \$22.00	___ \$34.00	N/A
STUDENT (18 and Under).....	___ \$8.00	___ \$12.00	N/A

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

### March

3/18—Nikoli's Pizza

**Shamrock Showdown 5K**  
Mechanicsburg, PA  
Contact: Jeannette Magaro  
[miasnikolis@yahoo.com](mailto:miasnikolis@yahoo.com)  
(717) 919-2857

3/24—St. Margaret Mary

**5k Run/Walk**  
Harrisburg, PA  
Contact: Mike Hughes  
[mhuge@aol.com](mailto:mhuge@aol.com)  
(717) 234-7037

### April

4/1—Capital 10-Miler

City Island, Harrisburg, PA  
Contact: Mary Lou Harris  
[capital10miler@gmail.com](mailto:capital10miler@gmail.com)  
(717) 877-1831

4/7—US Road Running Movie

**Madness Half-Marathon**  
East Manchester, PA  
Contact: Brandon Parks  
[brandon@usroadrunning.com](mailto:brandon@usroadrunning.com)  
(717) 654-0052

### May

5/12—Miranda's Smile

**Pickle Chase 5k**  
Dillsburg, PA  
Contact: Kim Metzger  
[edandkim00@yahoo.com](mailto:edandkim00@yahoo.com)  
717-497-5427

HARRC's Local Race Calendar lists 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)!

### HARRC 2012 Board Officers

President..... Brad Colwell  
234-6383  
[bradc262@comcast.net](mailto:bradc262@comcast.net)  
Vice President ..... Jim Collins  
599-6090  
Treasurer ..... Brad Garfinkel  
880-7775  
[garf243@comcast.net](mailto:garf243@comcast.net)  
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

### Sunday Run

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

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

### Web Content

Administrators . Troy & Sheri Karan  
[tkaran71@comcast.net](mailto:tkaran71@comcast.net)  
[slk41@comcast.net](mailto:slk41@comcast.net)

Footprints Editor ..... J.R. Bishop  
[jbishop4@comcast.net](mailto:jbishop4@comcast.net)

Please send correspondence to:

Walt Greene  
431 Springhouse Road  
Camp Hill, PA 17011



## HARRC Finish Line Services

Complete Finish Line Support..... \$120.00

*Complete Finish Line Support includes:* Display clock, time machine (prints time and bib numbers), boards and spindles for collecting and posting tear off tags, finish line chute, and one experienced club operator to set up the finish line and to operate the equipment.

Rental Equipment Fee.....\$50.00

Special requests for renting one or more items without the services of a club operator will be considered on a case by case basis. Rental fees for the display clock and time machine are \$50 each.

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