



FOOTPRINTS

Volume 2, Issue 2

Summer 2012

President's Letter

I hope that everyone is enjoying running in this fabulous spring weather. HARRC continues to grow with 245 active members and 328 on our e-mail list. The HARRC Sunday Runs have attracted as many as 37 runners. I attribute this vibrancy to the 20 plus regular volunteers who tackle the numerous tasks necessary to keep the organization running and to dozens more who help out at the Sunday runs and the races that HARRC sponsors.

This issue I am going to discuss HARRC's finances. HARRC's finances are in good shape primarily because of a very successful 2008 Harrisburg Marathon directed by Joanne Cauffield. In 2009 the marathon was turned over to the YMCA. In 2009 and 2010 our balance dropped due to declining membership and to the fact that we sponsored no races. About half our membership fees pay for the club's insurance policy. We also donate money each year to the YMCA and the Special Olympics.

In 2011 our membership began to increase and we sponsored two races, HARRC after Dark and HARRC in the Park. The profit on the two races combined was about \$600.00. This however was not enough to offset the cost of a new timing clock and other operating expenses. You can view HARRC's checking balance at www.harrc.org under Files/Meeting Minutes. My goal for 2012 is that HARRC's finances at least break even. Here is how we plan to accomplish that.

The second annual Aspire Urgent Care and Family Medicine HARRC after Dark 7K will be held August 17th. Because we are trying to make this a first class race the high quality trophies and high technical T-Shirt premiums are more expensive than you will find at most races. We also purchased \$550.00 in overall prize gift certificates from the Inside Track at half price. We need about 75 competitors in the race to break even. As I look for the last few volunteers to help with the race I am actually encouraged that several have turned me down because they would rather run in the race. Please consider running or helping with the race and just as important please get the word out to all the runners you know.

Frank Crupi has again volunteered to direct the HARRC in the Park 15K on October 7th. We will have more information on that race in the next newsletter. To volunteer for that race please e-mail Frank at fcrupe@comcast.net. HARRC would like to add a spring race to our calendar but we need someone to step forward as the race director.

Hap Miller has written a book on the 39 year history of the Harrisburg Marathon. The Patriot News has given a copyright waiver for numerous photos used in the book with the condition that the profits go to HARRC, a non-profit organization. Hap has agreed to this and is thrilled to get this multi-year effort into print. See the separate announcement in this newsletter to purchase your copy.

Another way the club is looking to raise revenue is through our timing services. Walt Greene and Jim Collins have been providing these services to local races for many years. Our current price is \$120 with \$50 going to the operator. HARRC would like to hire one or two more operators for this equipment. If you know anyone who would like to earn \$50 for timing a race please e-mail Walt at wgc254@comcast.net.

Brad Colwell, HARRC President 

HARRC In The Park 15k Trail Race

HARRC in the Park 2012 will be held at 10:00 A.M. on Sunday, 7 October 2012, at Gifford Pinchot State Park, Lewisberry, PA. After last year's successful inaugural race, HARRC is again hosting this 15K loop of the lake starting at the Quaker Race Day Use Area off of Route 177. The course offers a variety of trail including mostly level single track interspersed with changes in elevation to keep it interesting. Registration will open in early May 2012 and will include a high quality short sleeve technical shirt guaranteed to the first 100 registrants.

Tadd Morris and I hope to see you on the morning of October 7th for the second running of HARRC in the Park! Happy Trails!

Frank Crupi, Race Director 



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

DATE & TIME: 7:00 PM, Friday, August 17, 2012

ENTRY FEE: (HARRC members apply \$10 discount)
before 8/10/12..... \$30
after 8/10/12 until Race Day \$35

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:

8/17/12 from 4:00 PM to 6:45 PM (Race Day)
YMCA, 701 North Front Street, Harrisburg, PA
* High quality technical short sleeve shirts
guaranteed to the first 130 runners to register.

AWARDS: Inside Track Gift Certificates to
Overall Male and Female Winners:

1st	\$100.00
2nd.....	\$75.00
3rd	\$50.00
1st Master	\$50.00

Age groups awards for: Male & Female in
each age group: 1-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, Female 60+,
Male 60-64, Male 65-69, Male 70+

For more information contact:

Brad Colwell, Event Director
bradc262@comcast.net, 717-234-6383

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

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.

June

6/3—Colebrook 5 or 10 Miler

Race Director: Lee McMIndes (717) 466-6293

6/10—Shank Park 5 Mile

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

6/17—Italian Lake 3 or 6 Mile (AGCS)

Race Director: Al Redmond (717) 649-0857

6/24—Indian Creek 2 or 4 Mile

Race Director: Scott Morgan (717) 737-0434

July

7/1—Allendale at the Park 4 Mile

Race Director: Shelly Perry (717) 763-1998

7/8—Good Hope 4 Mile

Race Director: Jim Collins (717) 599-6090

7/15—Stony Creek 4 or 8 Mile (AGCS)

Race Director: Ellen Wenrich (717) 921-1919

7/22—The Bridges Run 4 Mile

Race Director: Dave Lebo (717) 770-2231

7/29—Meadows 5K

Race Director: Andy ODonnell (717) 566-6958

August

8/5—Adopt-A-Highway 6K

Race Director: Wayne Smithers (717) 651-0698

8/12—HARRC After Dark Practice Run 7k

Race Director: Brad Colwell (717) 234-6383

8/19—Spring Hill 4 Mile (AGCS)

Race Director: Mark Ondo (717) 448-6829

8/26—Good Hope 4 Mile

Race Director: Jim Collins (717) 599-6090

CURRENT 2011-2012 AGE GROUP CHAMPIONSHIP SERIES RANKINGS

	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	TOTAL
F 60-64 HARRIS, MARY LOU	0	0	0	8	4	9	0	0	0	0	0	0	36
PARKER, PATTY	6	0	7	0	0	0	0	0	0	0	0	0	23
F 55-59 COVER, REBECCA	12	0	0	0	0	14	0	0	0	0	0	0	36
HAYDEN, JESS	0	0	0	5	3	4	0	0	0	0	0	0	27
F 50-54 PERRY, SHELLY	1	1	0	1	1	1	2	0	0	0	0	0	43
LEBO, MARGE	0	3	0	0	0	6	0	0	0	0	0	0	19
F 45-49 SHADEL, KAREN	2	0	1	0	0	0	0	3	0	0	0	0	21
SCHNEIDER, DEB	0	0	0	0	0	3	3	0	0	0	0	0	16
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 FUTATO, MAGGIE	0	0	0	0	0	19	12	10	0	0	0	0	56
TINSLEY, STACEY	0	0	10	0	8	0	0	0	0	0	0	0	28
M 80-84 McMINDES, LEE	0	0	0	0	0	0	2	1	0	0	0	0	13
M 65-69 CASSATA, MIKE	8	0	2	7	5	5	0	0	0	0	0	0	52
GIPE, CHRIS	3	0	0	0	0	2	4	0	0	0	0	0	24
M 60-64 CRUPI, FRANK	0	0	8	14	11	24	14	0	0	0	0	0	96
SNEDDEN, TOM	0	6	0	0	0	22	16	0	0	0	0	0	59
COLWELL, BRAD	0	0	3	0	7	10	9	1	0	0	0	0	55
WHITTLE, STEVE	5	2	5	4	1	0	5	0	0	0	0	0	52
BARBUSH, RICK	1	0	0	3	0	0	0	0	0	0	0	0	14
M 55-59 VORHAUER, JIM	11	0	13	12	0	0	13	7	0	0	0	0	81
GROBMAN, GARY	17	7	0	17	0	0	17	0	0	0	0	0	78
AUXER, BILL	13	0	14	13	0	0	0	0	0	0	0	0	55
COVER, MIKE	16	0	0	0	0	25	0	0	0	0	0	0	51
M 50-54 SHADEL, FRED	7	0	11	10	6	13	8	5	0	0	0	0	95
LEBO, DAVE	0	0	0	0	0	0	7	6	0	0	0	0	23
M 45-49 MORGAN, SCOTT	10	0	12	11	9	15	1	8	0	0	0	0	101
REMILLARD, STEVE	14	0	0	1	0	0	0	0	0	0	0	0	25
M 40-44 MORRIS, TADD	0	0	0	18	0	26	0	0	0	0	0	0	54
DEMMELE, JIM	0	0	0	0	12	17	0	0	0	0	0	0	39
M 35-39 ONDO, MARK	0	0	16	15	0	20	11	9	0	0	0	0	96
GIRTON, JEROD	0	5	15	0	0	21	18	12	0	0	0	0	96
M 30-34 BISHOP, J.R.	4	0	0	0	0	1	0	0	0	0	0	0	15

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

Looking for more running groups? Check out the

Tuesday Morning Gang

Informal runs Tuesdays at 8:30 A.M. Call Brad Colwell for more information (717)234-6383.

River Rats Saturday Morning Runs

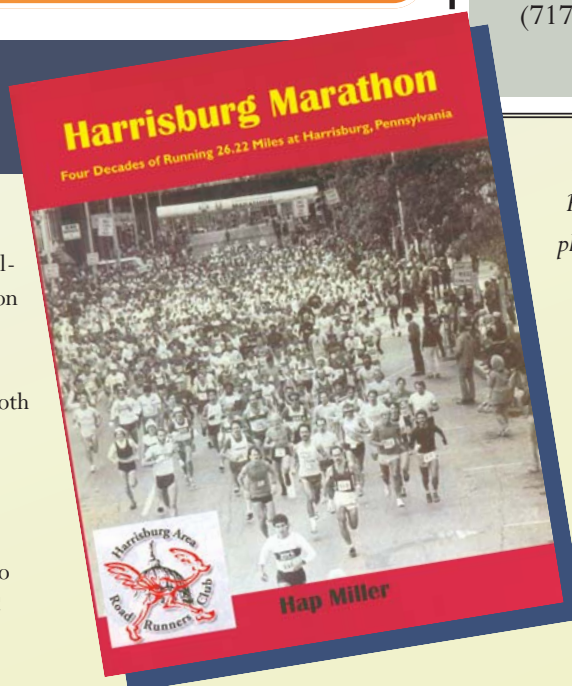
The River Rats usually run between 7:15 - 8:15 pace. We run every saturday at 7:30 from City Island. It will be 7:00am after Memorial Day weekend. Contact Matthew Sinopoli at sinopoli6@gmail.com.

Second Printing Planned For Harrisburg Marathon, by Hap Miller

Hap Miller's book, 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 thirty-nine 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 it's 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.

If you missed ordering the book last fall, you're in luck. Hap is looking forward to a second printing, so get your orders in now! All proceeds will go to the Harrisburg Area Road Runner's Club. The book will be offered to HARRC members at a discount. You can order a copy by emailing: Hap Miller at hap813@aol.com.



Front Cover: Patriot-News photograph of the start of the 1983 Harrisburg Marathon



ELITE ATHLETIC PERFORMANCE

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:

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- 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>

Destination: Main Street, USA

Have you ever dreamed of running up your town's Main Street as you are being cheered by thousands of adoring fans? How about running through a castle being greeted by the royalty of a Prince and Princess? I bet you never thought that stopping on the race course to have your photo taken with Buzz Lightyear, Captain Jack Sparrow and Princess Aurora could be so much fun.

If you've ever dreamed of dressing and racing as your favorite Disney character then this is your weekend! It only gets better as a Mickey, Donald or Goofy medal is placed around your neck as you cross the finish line. If this sounds like fun to you then RunDisney's flagship event known as Marathon Weekend is just the place for you!

RunDisney's Marathon Weekend includes going after a Donald Duck medal by traversing 13.1 miles from Epcot to the Magic Kingdom and back. The 26.2 Mickey medal earns you bragging rights of starting at Epcot and running through the Magic Kingdom to Disney's Animal Kingdom park, Disney's Hollywood Studios and finally journeying around Epcot's World Showcase as you race towards the finish line. Lastly for the true adventurer, the Goofy medal awaits that elite group that completes both the half and full marathon totaling 39.3 miles over two days.

Marathon weekend has a race and distance for everyone. Children's races include distances of 100M, 200M, 400M and 1 mile. There is also a family 5K that invites runners and walkers alike to enjoy the sights and sounds of Epcot. In recent years, Disney's Marathon Weekend has attracted over 55,000 runners participating in events all across the 47 square miles that makes up the vacation kingdom known as Walt Disney World. Marathon Weekend includes a race expo at ESPN's Wide World of Sports complex.



Brad Garfinkel (pictured above, with two longtime pals) completed the Goofy Challenge this year and has participated in RunDisney for five years in a row!

The expo includes vendors and demonstrations as well as world renowned speakers such as Olympian and Marathon Weekend host Jeff Galloway. As with any event that Disney hosts, they do it right! From the fireworks at the starting line for each and every corral to entertainment at every mile to Disney's characters complete with photographers spread throughout the course, this event is one right out of your favorite fairy tale.

Every inch of the course offers entertainment and surprises that are sure to captivate the child in all of us. RunDisney does it right with their dose of pixie dust and magic. Marathon weekend 2013 takes place January 10-13.

Contributed by Brad Garfinkel, HARRC Treasurer



Functional Strength Training for Running

Rich Harris, BS, CSCS, PTA

Director of Sports Performance

Elite Athletic Performance at Cumberland Physical Therapy

I am going to start out this article with a stunning discovery; running involves placing one foot on the ground at a time. Wow, what a revelation! Now that this has been cleared up let me refresh your memory to an article I wrote that appeared in the fall newsletter. The article I am referring to; "Running behind the times" stated that sports science research has demonstrated that strength training improves the economy of running. The stronger our muscles are the less energy is required to perform each stride and arm swing during the process of running thereby improving running performance.

Now with that knowledge lets refer back to my opening statement; running involves placing one foot on the ground at a time. So when you choose exercises to incorporate into your strength training program make sure these exercises are sport-specific. Sport-specific simply means the strength training exercise strengthens the same muscles used in running and uses movement patterns similar to running. And since we know that we run placing one leg on the ground at a time we should train our legs the same way. Now that's not to say that bilateral leg exercises such as the barbell squat or any variety of the deadlift aren't useful exercises because they are. They can serve as a valuable movements in improving lower extremity strength but they are limited because they aren't as sport specific as single leg exercises.

Remember sport-specific exercises have been proven to be the most beneficial. So performing any type of deadlift or barbell squat meets part of the definition of sport-specificity as it uses some of the same muscles used in running. However, it does not in any way mimic the movement patterns of running as we have established the fact the running involves placing one foot on the ground at a time. And by the way this doesn't mean that performing exercises with one leg at a time on a machine such as a leg extension, leg curl or leg press machine are any more valuable. They are **definitely** not!

First of all these exercises are not sport-specific because they involve sitting or lying on machines. Obviously this does not mimic movements involved in running at all. And research has also found that exercises where we are applying force to the ground with our feet translate into developing more strength in our lower extremities. Also machines recruit far less muscle fibers as you are only moving the weight in one plane of motion which is not at all how our bodies function. These machines are great for rehabbing injuries but not great at developing functional strength.

The exercises you should choose are single-leg or unilateral exercises. This classification of exercises meets the definition of sports-specific as they involve using one leg at a time as occurs in running and involves the muscles used in running. Single leg exercises should be the core of your strength training program. You should choose single-leg or unilateral leg exercises for training the quadriceps, glutes and hamstrings as they are the major muscles used to propel the body during running. Exercises for the quads and glutes include the static lunge, walking lunge, Bulgarian split

You should choose single-leg or unilateral leg exercises for training the quadriceps, glutes and hamstrings as they are the major muscles used to propel the body during running.

Inaugural



Silence of Mary Home

5k Run & Fun Walk

August 11, 2012 at 8:00 A.M.
Adams-Ricci Park, Enola, PA

Please join us on August 11th for our 1st Annual Run/Walk to benefit the Silence of Mary Home's The run/walk will be held at Adams-Ricci Park in Enola, PA (next to the tennis courts). There will be Prize money, awards, door prizes, T-shirts and refreshments at the 5K run/walk. For more information and directions please contact Bill Schuck at (717) 877-1193 or e-mail: silenceofmaryvolunteer@verizon.net.

"Providing a Christian family home for God's abandoned or neglected people of all ages and to support the community."

www.thesilenceofmary.org

squat and single leg squat. All of these vary in their level of difficulty so choose one that is appropriate for your level of strength. For hamstrings a one leg barbell or dumbbell deadlift are great for creating functional hamstring strength and are far more valuable than a sitting or lying leg curl machine.

When doing these exercises keep in mind as with any exercise, technique is the most important element in performing any exercise and should never be sacrificed for weight. Another thing to keep in mind when performing barbell squats or any variety of deadlifts is that they can cause a great amount of stress to your lower back. However, single-leg exercises not only eliminate the stress to the lower spine they also incorporate other muscles of the hip and core which assist in maintaining balance and position throughout the entire range of motion of these exercises. Also for those that just hate strength training there is another added benefit. Being stronger is not only going to improve your

performance through improved running economy but it also is one of the best injury prevention strategies. The stronger our muscles and associated tissues are, the less likely they are to be injured. And the stronger the muscles around a joint, the more stable it becomes. So what are you waiting for? Hit the gym already!

If you have any questions or comments regarding this article, please email Rich Harris at: rdharris4@verizon.net



38th Annual HARRC Banquet

The 38th Annual HARRC Banquet was held on March 10th, 2012 at the Mechanicsburg VFW on the Carlisle Pike. Forty eight HARRC members and guests enjoyed an informative speech by Doctor Richard Rayner, Co-Owner of Aspire Urgent Care and Family Medicine. A special Lifetime Achievement Award was given to Walt Greene, a club founder and 38-year member.

There were a couple of changes to the five traditional awards this year. In 2011 the "Male Runner of the Year" was renamed the "Bruce Irvin Sr. Male Runner of the Year" in honor of longtime HARRC member and 16 year HARRC Treasurer Bruce Irvin Sr. Also, this is the first year that an objective age-graded formula was used to recognize the Male and Female Runner of the Year based upon their fastest 15 club runs and fastest 5 outside races.

The five annual awards were given as follows:

Bruce Irvin Sr. Male Runner of the Year: Mike Cover

Female Runner of the Year: Marge Lebo

John W. Kennedy Member of the Year: Brad Colwell

Robert Mahady Dedicated Male Runner of the Year: Frank Crupi

**Robert Mahady Dedicated Female Runner of the Year:
Mary Lou Harris**



Several other members were recognized at the Banquet and awarded certificates for their achievements. The certificate for "Most Improved Runner" went to Mark Ondo for his hard-earned improved finish times in the weekly runs. A large number of random prizes had no one leaving empty handed.

Credit for organization and coordination of the banquet goes to Jim Collins. Steve Whittle prepared the program and with his wife Debbie purchased the table centerpieces. Chris Gipe procured the awards. Award speeches were given by Becky Cover, Mary Lou Harris, Hap Miller, Mike Cassata and Patti Parker. The Masters of Ceremonies was Brad Colwell.



Top Right (from left to right): Walt Greene, Mike Cover, Brad Colwell, Marge Lebo, and Mary Lou Harris

Left: Ray Rizzo, Dr. Richard Rayner, Karen and Fred Shadel, and Scott Morgan

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

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

(signature)

(date)

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

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

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

June

6/2—Colon Cancer Prevention 5k
Run and Fun Walk

City Island, Harrisburg, PA

Contact: Marjorie Lebo

mlebo@hmc.psu.edu

(717) 531-5164

July

7/7—Carlisle Summerfair 5k/10k
Dickinson College Rush Campus

Carlisle, PA

Application form online at:

www.carlislesummerfair.org/

TenthDay/Run/

August

8/11—Inaugural Silence of Mary
Home 5k Run & Fun Walk

Adams-Ricci Park

Enola, PA

Contact: Bill Schuck

(717) 877-1193

8/17—HARRC After Dark 7K

Application online at HARRC.org

Kunkle Plaza, Harrisburg, PA

Contact: Brad Colwell

bradc262@comcast.net

(717) 234-6383

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!

HARRC 2012 Board Officers

President..... Brad Colwell
234-6383

bradc262@comcast.net

Vice President Jim Collins
599-6090

Treasurer Brad Garfinkel
880-7775

garf243@comcast.net

Secretary..... Nikki Bell
773-0159

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

Web Developer..... Brandon Parks
parks@brandonparks.com

Web Content

Administrator April Walsh
aprilwalsh1@comcast.net

Footprints Editor J.R. Bishop
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.