

# Move It!

## On Your Left!

From fun run to marathon, Road Runners set the pace.

Pam Waters

Running can be a solitary sport. Keeping pace with someone slightly faster is taxing; marginally slower, aggravating; and as any runner will tell you, chatting uses up valuable lung space. With a larger group of runners, however, it is easier to find someone with a similar pace and desire for conversation.

I recently joined about 20 members of the Harrisburg Area Road Runners Club on their Sunday Club Run. It was a 5-mile course starting at Shank Park in Hershey and following paved trails over hills towards Hummelstown and back. Every Sunday, the club sponsors a bare-bones race for any member

who shows up. Locations, distances and race directors vary.

Many members have had a hand in putting together larger races than the Sunday Club Runs. HARRC itself directed the Harrisburg Marathon for 36 years, but last year ceded control to the Harrisburg Area YMCA. This year's marathon is Nov. 14, kicking off from City Island at 8:30 a.m. (walkers are allowed to start at 6:30 a.m.).

Many club members still volunteer for the marathon; others run it each year. Marge Lebo, HARRC's director of publicity, has been a director for 17 years for a race series that benefits domestic

violence services. She also directs a June race for colon cancer prevention.

Mary Lou Harris plans to stage the Harrisburg area's first-ever 10-mile race in late March to benefit non-profit arts organizations in the area. With both running and the arts as her key interests, she would like to "get some cross-organizational work going" between Harrisburg's running and arts communities.

On this particular day, runners gathered at the start of the course, as race director Steve Whittle gave course directions. "On your mark," he said, "get set" and, with a loud blast on his duck call, he started the race. Participants ranged from beginners to ultra-marathoners, from those just out of college to grandparents, from human to canine. Some ran as part of a training regimen for an upcoming race. Others took up a more leisurely pace than usual in order to run with friends.

As we all took off down the path, Whittle remained behind with a stop watch, a clipboard and a trunk full of water, sports drinks and



Runners and walkers pound the pavement at a recent Sunday Club Run in Hershey and Hummelstown sponsored by HARRC.

snacks. I was nursing a hamstring injury, so I turned around well short of the 2.5-mile marker and crossed the finish line first.

The website shows my finish as a "fun run" without a time, but it lists times for every other runner. Frank Leiter ran the course in 34 minutes to take first place. It wasn't a particularly good time, he said, but according to Gary Grobman, who came in second, "If Frank shows up, he's going to win."

At the other end of the spectrum, Shelly Perry and Chuck, her black lab, finished in 1:05:06, to Perry's delight.

"I'm always going to be last," she said, "but that's OK. Did I do my best for that day? I'm okay with that."

Perry joined the club in June and listed motivation and camaraderie as the main draws for her. "I've been welcomed the whole way," she said.

HARRC: [www.harrc.org](http://www.harrc.org); the Harrisburg Marathon is Nov. 14: [www.harrisburgmarathon.com](http://www.harrisburgmarathon.com).

CENTRAL PENNSYLVANIA FRIENDS OF JAZZ  
Dedicated to Jazz since 1980  
CELEBRATING 30 YEARS OF JAZZ  
Embracing Tradition...Moving It Forward to Create New Legacies  
WWW.CPFJ.ORG

CPFJ proudly presents its  
2010 Fall Sunday Concert Series



~ October 17 ~  
Internationally renowned percussionist Poncho Sanchez

~ November 14 ~  
CD Release Party featuring Tim Warfield and his Organ Band

~ December 5 ~  
The CPFJ Military Big Band Holiday Gala!

All Concerts at the Hilton ballroom at 5pm.

For more info or to purchase tickets, log onto [www.cpfj.org](http://www.cpfj.org) or call 717-540-1010.

38 Years Young !

Dirty Joke Book  
Wine Lover's Gifts  
Campbell Pottery  
Fall Décor

Celebration Sale  
October 15 - 30

The Bare Wall Gallery  
712 Green Street, Hbg.

Phone 236-8504 <http://tbwdailydiary.blogspot.com/>

