



Out 'N Back

Chambersburg Road Runners Club

Notes from the President

Michael Hayduk

I hope this message finds you all in great shape despite the deluge of holiday over-indulgences of food and drink and late night festivities. Now that the New Year is here and your resolutions are still intact and in full force, I hope that one of them is to run the Chambersburg Half Marathon. This is our club's premier event of the running season and this year it will occur on Saturday March 10. Check out the CRRC website at www.chambersburgrrc.org for a race application and buckle down with your favorite training buddies to get ready for the best small town half marathon in the country. Also, I'd like to invite you to join our new Facebook page. Simply search for Chambersburg Road Runners Club and we will add you as a friend to our group.

I want to personally thank Johna, Mari, Amy, and Monique for the hard work and dedication in planning our terrific Holiday Social Event. We had over 50 club members and their guests show up for a night of fun and camaraderie. I have received several compliments on how much everyone enjoyed the evening. Again, many thanks to all those mentioned and those I may have omitted. In addition, thanks to all who donated a toy for our club's support of the U.S. Marine Corps annual Toys for Tots program. Your generosity will help make some child's Christmas morning a little

brighter this year.

Our club membership has just attained the mark of 235 members. I am looking forward to seeing fresh faces at our club meetings and as volunteers supporting our club races. Your involvement is especially helpful for our half marathon. There is much to be done to make this year's race even better than the highly successful event we held last year. Please consider attending our monthly club meeting (first Tuesday of every month at 7PM) at the Chambersburg Recreation Center. This is particularly important in January and February since that is the time when volunteerism is most vital due to the many tasks that are essential to the half marathon which is coming up fast in March.

Let me introduce a new opportunity to help a local institution grow. The Chambersburg YMCA recently purchased the old Coldbrook Elementary School. The YMCA is now conducting a fund raising drive to refurbish the school and create an additional venue for fitness classes, child care services, and other important family oriented fitness resources and services. The CRRC as well as individuals have provided financial support already to the tune of \$1000. We are trying to reach a goal of at least \$3000. I ask those of you who can afford it to write a check contributing towards this worthy goal. Please annotate on the check "CRRC".

Winter Issue 2012



The YMCA will pool all checks from club members into the overall CRRC gift. The intent of the CRRC support for this cause is to "give back" to our local community to benefit our youth and family fitness

and to gain recognition for our club's support to the YMCA and all the wonderful things they provide to our community.

Our weekly running program at the Chambersburg Boys and Girls Club with our Chambersburg Mayor Pete Lagiovane is still alive and well. We have been at this for three years now with the hope that introducing our love of running to these great kids will make it part of their life forever. Many of them have been engaged in this program for the entire three years we have been doing this. Finally, this edition has our 2012 Race Schedule and Training Schedule. There are lots of opportunities to get fit and compete. Let 2012 be the year you meet or surpass your individual running goals whatever your level of fitness is. Make it a year when you successfully compete against your most worthy running opponent – yourself.

Happy Trails and Happy New Year.

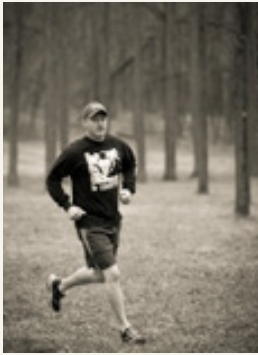


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Chambersburg Road Runners Club

Member Profile *by Kristen Pixler*

Running for Rich Secrest



At the end of the year it is a good time to reflect and consider the community around us. We might be a small town but the level and depth of talent in the

area is astounding. What is happening in Chambersburg to cultivate such a strong running community? It is not one organization or one person but Rich Secrest is definitely someone to note and thank for our local running culture.

Rich is a physical education teacher, a cross country coach, a race director, and running advocate. Rich explains, "My role in this community is to be a caretaker of the sport of running. Making sure that opportunities are available for the betterment of the sport and its longevity."

Rich Secrest grew up in Mercersburg, PA, on a family dairy farm. While in high school, he ran Cross Country for James Buchanan, before moving on to run for West Virginia University. During his collegiate career he was a Top Five Runner for West Virginia Uni-

versity and an IC4A Qualifier in 5,000 meter run and was on the Atlantic 10 All-Conference Cross Country Team. He also had his first taste of coaching during his undergraduate education. Rich began coaching non-varsity athletes while in school. "After having such a positive experience at the college level I knew I wanted to be a coach and teacher." Says Rich, "Growing up on a dairy farm, I always like to get into some sort of dirty work around the house. It keeps me honest."

Rich is currently teaching in Washington County and coaching the Greencastle Cross Country Team. He is the race director for many events in the area including the Greencastle Antirrim Turkey Trot and the Martins Mill Covered Bridge 5-Mile Challenge. A few years ago, Rich created a non-profit organization, "Greencastle Flyers" to promote running and race events in the area. "We are in the middle of another running boom. Americans are entering running later in life and having great success. As a nation we need to participate in daily activity and provide a positive influence for our young people. The youth club movement is picking up steam around the country and will have a monumental influence on our participation levels."

As a coach, Rich is driven by the continuing possibility to improve his athletes running performance and is inspired by their personal dedication to a higher level of achievement. He understands the important role he plays in the community. He explains, "It means a great deal to have the opportunity to coach youth and high school athletes. Outside of my immediate family, coaches have had the most profound influence on my development as an individual."

Rich's main focus is to promote running in the area introducing new runners to the sport along the way, but he still has his own running goals. He is planning on working on his overall fitness over the winter and taking part in the Chambersburg YMCA's Pump and Run to get ready for the Spring Track season. Even though he had a microfracture injury that limits his intensity and volume, he plans to train for a marathon in the near future.

We could learn many lessons from Rich Secrest. So going into the New Year, take a tip from the coach, "Keep setting those personal goals and having fun. Go for it!"



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Running News *By Andy Mason masonandrew@verizon.net*

Fisler triumphs at 50-miler

Tim Fisler couldn't help but dream big when he toed the starting line for the ninth annual Can Lake 50-Miler on Oct. 8 in Canandaigua, N.Y.

"The goal was that if I could win it, that'd be cool, and if I could break 7 hours, that would be really great," said the 41-year-old from Chambersburg.

Those are quite some goals for a guy who didn't even begin running until he was 35 years old.

"I remember when I started running, there was a 3 1/2-mile loop I would do from my house, and it took me months and months before I could do it without walking," Fisler said.

But there he was six years later, chasing down race leader Daven Oskvig -- and his dream -- on the hilly paved roads around Canandaigua Lake in unseasonably warm weather.

"The first half of the race, his lead kept getting bigger and bigger," said Fisler, who trailed Oskvig by 10 minutes at Mile 25. "And the second half of the race, it kept getting smaller and smaller. I started seeing him around Mile 42 and that really lit the fire."

With 3 miles left, Fisler moved into the lead for the first time.

"For 47 miles I was chasing him, and



then my focus changed," he said. "I had to put distance between him and me. The pressure was now on me the last 3 miles."

Fisler didn't come close to cracking.

"With about a quarter-mile to go, I finally knew it was mine, it was my race," he said. "That was a pretty cool feeling. I'm not even sure I can put it into words."

He topped the field of roughly 80 runners in 6 hours, 55 minutes and 4 seconds (an average of 8:16 per mile) for the third-best time in race history. Oskvig, 34, of Amherst, N.Y., held on for second in 7:04:27.

"The heat was the big factor that day," Fisler said. "It got up to 81 degrees, and (Oskvig) was just cramping up really bad. I like the heat, and I think it worked in my favor because it helped

beat up the competition."

Fisler also was in the best shape of his life. Three weeks earlier he had placed second at the Gut Check 30K in Waynesboro in 1:55:23. He immediately followed that with his first 100-mile week of training.

After the race of his life at Can Lake, Fisler enjoyed two months of rest and recovery. Now he's ready to see what he can do in 2012. His goals include breaking 1:20 at the Shamrock Half Marathon in Virginia Beach in March and then dipping under 2:50 at the Boston Marathon in April.

His next ultramarathon likely will be the 50th annual JFK 50 Mile in November. Fisler has run the JFK three times, setting his previous 50-mile PR there in 2010 (7:38:12). He knows now he can run the fabled JFK even faster.

It's Fisler's pursuit of excellence that keeps him in the game.

"A guy interviewed me after (Can Lake), and I told him I was done (with ultramarathoning)," he said. "But I can't walk away from the JFK. I still have goals there. I still want to break 7 hours at JFK."

Such dreaming doesn't seem so big these days.



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Tips and Training

What to do in the offseason - by Jamie Borward

So many of you probably have just ended your season with a big PR or maybe you moved up in distance and tried something new like a marathon or an ultra. You are wondering what to do next. Your brain might be saying keep going hard find another race and drop another PR, but that might not be the best idea. Many of us might have been racing since mid spring or earlier, so finding another race after you're "A Race" could set you back from starting your next season off healthy and fresh. Your body needs a break at some point especially after a long race season.

Most of the triathletes I coach typically take 6-8 weeks off after their big race. Some is total rest and some is just doing other things to give your body and mind a break from training. Taking some time totally off from running or training is smart just to give your body

time to heal and get ready for the season to come. Doing other stuff in your offseason that gives your body a break from the pounding, but still works the cardio system, can be very beneficial. Some activities to try are: taking a spin class, mountain biking, hiking, trail running and swimming just to name a few. These will still work your cardio system but they will give you that much needed break both mentally and physically.

Spinning is a great way to build some cardio and anaerobic power in a short amount of time. Trail running will help build the lungs and the legs with less pounding than road running, as well as builds up leg strength. Swimming is a very low impact workout but burns the closest amount of calories to running.

For those of you who still have to run,

go out and do some easy runs with no real training in mind. Don't be afraid to gain a few pounds in your offseason. Now this doesn't give you an open invitation to hit every buffet in town and steal all the cookies at parties but gaining a few pounds can be beneficial when starting the base phase up too.

There is no true time table for how long you should take off a lot will depend on your season. Many things can affect that like how long your season was, the distance of your events if you were injured at any point or at the end as well. Obviously those who have been racing 5ks have less wear than those who did marathons. Those who finished with an ultra are in a whole different ball park as well. Your body will let you know when it is ready to start the serious training again too.

Tips and Training

Gear Buzz Around The Runner's Sole -By Rick Meyers

Another year is winding down and 2011 will soon be a distant memory. This means the excitement of a new year, new training, and new races are right around the corner! Races are abundant in any distance near and far; from extreme places to local road races;

from 1 mile to hundreds of miles. For as many races, recurring or anew, there are that many new products just about to hit the market; some good, some not so good. The big annual trade show happened in late November in Texas that showed retailers and dealers some

of the newest gadgets, shoes, apparel, accessories etc.

As far as gear for The Runner's Sole, we are looking at bringing in some new products. For one, apparel seems to be the weakest product that runners invest in, so we are bringing in Patagonia ap-



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Gear Buzz Around The Runner's Sole -By Rick Meyers

parel. This line is one of the top quality apparel lines in the running market. Their blends of materials are no match to other lines and the quality is unsurpassed. This line runs a little higher in retail price, but the longevity of the products will yield a high return, in terms of years for your investment. The North Face is another apparel line in high demand. TNF line is very high in quality and longevity with a bit higher retail price. Most of local runners are familiar with these two lines and we're excited to bring these lines in to keep our customers in the loop of quality products. Sugoi is a line that isn't as well known, but offers a great line of apparel. We're excited about this line because

Sugoi offers wonderful running apparel as well as cycling apparel. Pearl Izumi also offers unique running and cycling apparel that will be offered to our area. As most of you know, cycling is becoming a large activity within our local area and we've heard the requests of offering cycling apparel enough to honor those requests.

Nathan is a product line that I have first-hand observed runners using more often. The most popular Nathan product is the various vests. These vests are hydration packs with enough cargo space to carry supplies to last a 100 mile race. Amphipod is another hydration supplier that has been growing in popularity. Petzl is a supplier of various

lighting systems that looks exciting. Product research is a full-time job and I spend many hours per week researching and discussing new products with tech reps and other retailers. I try to offer the most trendy, useful, high quality/low price, products to our area as I can. Some will fail while others will flourish. I also like to hear from my customers about product interests that they may have, so drop me a line or share your leads for new products ideas and I'll follow up by doing the leg work to continue offering the best products to the best customers!

Until next time, run long, run strong, run well.

Rick

Tips and Training

A New Kind of Running Goal for 2012?! -By Elyse Cook

The big question---“What should I eat the day of my big race?” The BIGGER question----“What have you been eating the weeks and months prior to your big race?” Your race day diet does have it's place of importance, however if you really want to give yourself the best opportunity of adding a new PR to your list of accomplishments in 2012, you need to be focusing your attention on your nutrition for the duration of your training, not just on race day or the few

days leading up to your big race. Eating in a manner that will positively influence your running is a full time job that should begin taking place well in advance of your race date. Although, it requires knowledge, time, preparation, planning and thought, the payoff for your investment can be both life and PR altering.

Think about your own practice...the majority of runners follow a “running

plan” when they are training for a specific race, whether it be a marathon, half marathon, 5K, etc. These running plans consist of a detailed schedule directing them as to how much and what type of running they should be doing on a daily basis for weeks or even months before a race. Runners then religiously record their running activities into a “running log.” Every time I observe this practice, I find myself wondering, “What could these runners achieve if



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they followed a nutrition plan and kept a nutrition log just like they follow a running plan and keep a running log?"

If I am being truthful, I really don't have to wonder much, because I have seen first hand what kind of an impact having and following a good nutrition

plan can have on an athlete's running. If you have read Andy Mason's article in this issue of the CRRC Newsletter, you too will have had the opportunity to see what accomplishments an athlete who is dedicated to incorporating good nutrition into his or her training plan can achieve.

As this New Year begins, and you commit your running goals to paper, I challenge you to add a goal of learning more about how to nutritionally fuel and stoke the fires of your running.

Questions For Dr. Pete -by Dr. Peter Holdaway

Plantar Fasciitis: "THAT NAGGING HEEL PAIN THAT JUST WON'T GO AWAY."

Plantar fasciitis, also know as heel spur syndrome is a common painful condition that many runner's will face over the course of their running life. It is an inflammation of the plantar fascia where it originates (begins) on the bottom of the calcaneus (heel bone). The fascia extends across the bottom of the foot and inserts into the heads of the metatarsals or long bones on the bottom of our foot. It is a tough band of fibrous connective tissue that plays a vital role in supporting the arch of the foot. It can become inflamed along its entire length but most commonly occurs at the base of the calcaneus. The pain is generally felt on the bottom inside of the heel. Common symptoms include pain in the heel or arch that occurs with the first steps in the morning and when getting up after resting or after driving a distance. It begins as an ache that goes away quickly with a

few steps but can progress to the point where it diminishes but stays present all day. Plantar fasciitis can progress to a sharp, persistent pain and even to debilitating pain. It will commonly cause pain during the first part of a run, then let up and allow you to finish the run. As symptoms progress it can increase in intensity during a run and stop you from finishing. It will often cause pain at the end of the run after the adrenaline in your body is gone. It can be frustrating as it will sometimes feel good for a day or more and then flare up again. Even with complete rest the symptoms can persist.

There are some symptoms that indicate that this may be a more serious problem. If the pain gets worse as the day goes on there is the possibility of a rupture of the fascia or a stress fracture of the calcaneus. If you experience burning

pain that goes from your heel to your toes or from your ankle into your heel and possibly into the toes, then you may have tarsal tunnel syndrome (like carpal tunnel in the hand) or entrapment of a nerve at the plantar fascia origin. These will require professional treatments by a physician.

Some of the common causes in runner's include: over training, weekend warrior activities,poorsneakerchoice or running too many miles in a pair of sneakers, a high arch foot with lack of cushioning, a flatfoot with uncontrolled pronation, direct injury to the fascia from a rock or other object, lack of flexibility anywhere from the hamstrings down to the calf muscles and into the small or intrinsic muscles of the foot, weak muscles or an imbalance of strength from one side to the other, unequal leg length, or a change in training regimen such as



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Questions for Dr. Pete – *continued*

adding speed work or hills. There are other causes but these are some of the most common in runners.

The key to curing plantar fasciitis is to begin treatment as soon as symptoms begin. In most cases, once plantar fasciitis starts it will continue to get worse and then it becomes harder to treat. There are some simple things that you can do on your own as soon as the symptoms begin. First evaluate your sneakers and make sure they are not too worn or the wrong choice for you. You should be able to get an evaluation at running specialty store or by a sports medicine physician or therapist.

Then stretch your Achilles tendon and your plantar fascia daily. Stretch after warming up and at the end of your runs. To stretch the fascia you can cross your leg and pull up on your toes until you feel the stretch in the arch then hold it for 30 seconds and repeat for a total of three times. You can also place a tennis ball or frozen water bottle on the floor and roll the middle part of the arch over this for 5 minutes. This should be done three times daily and is also a helpful stretch to do if you happen to have a sedentary job as it can be done while sitting at a desk. Anti-inflammatory medication can help but must taken at the proper dosage. For most people the dose needed to actually treat the problem and not the pain is 1800 mg of Ibuprofen daily divided into three or four doses or two Aleve twice daily. This needs to be done regularly for at least two weeks and not just when

there is pain. It is vital to contact your physician or podiatrist to make sure that it is safe to take this medication at that dose. These medications can interfere with high blood pressure medication, heart medication, and can cause stomach ulcers. Good over the counter orthotics such as Power Steps, Redi-Thotics or Superfeet, night splints or socks that can be worn while sleeping, topical pain relievers such as Biofreeze and deep tissue massage may also help.

If the above treatments do not alleviate the symptoms within 2-4 weeks then you should seek professional treatment. As a podiatrist we may treat plantar fasciitis with prescription strength anti-inflammatory medication, local steroid injections, tapings, laser treatments, custom orthotics, soft tissue massage and mobilization, exercises and stretches as well as advice on the proper sneakers for your foot through gait evaluation. Referral to a sports physical therapist may be ordered. X-rays and/or MRI's may be needed as well. Some experimental procedures such as injection of a platelet plug or the topaz procedure or cryotherapy have been used but the long term affects of these are not yet a certainty. Approximately 85 % of the time plantar fasciitis will resolve with one or a combination of one or more of the above treatments. There are 15 % that do not respond to treatments and may require surgical correction.

Plantar fasciitis in most cases is something you can run through. There may be a need for you to modify the amount of running, limit hills, limit speed work or other modifications of your training, however, it is generally safe to continue to run. Limitations are generally based on the severity of the symptoms. If symptoms are acute, last all day, if there is a lot of swelling or bruising around the heel or if you experience burning sensations or other pains that prevent you from running, then a more serious problem may exist which can not be run through. When in doubt consult a professional.

In conclusion, plantar fasciitis is one of the most common causes of heel pain in runners. It is easier to treat when symptoms first begin and then normally becomes harder to treat as time goes on.

As soon as symptoms begin, start with the stretches and the other treatments previously discussed. If you experience some of the more serious symptoms listed above or have to stop running, consult a professional. Without prompt treatment plantar fasciitis can be a frustrating nagging condition, that can last for many months and in some cases years. The key to recovery is to seek treatment early so you can run pain free. We have a sheet on stretching for plantar fasciitis available at our office. You can stop in at our Scotland Avenue office if you would like a copy.

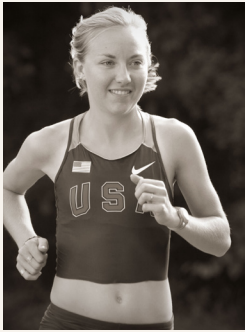


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Neely Spence *by Kristen Pixler*

The Road to the Olympic Trials



Neely Spence has had another busy season on her road to the Olympic Trials in June. She has had a record breaking season although she and the team have battled the weather all

fall. The weather this fall has proposed a challenge for the athletes but Neely continued her recording breaking performance throughout the season. Here are a few highlights from her fall semester.

- She recently competed in the USA Club Cross Country National meet, held in Spokane, Washington, where she placed second.
- She traveled to Mexico to compete in the Pan Am Games where she placed 8th overall. This may not have been the result she was hoping for, but her effort was no less courageous. Her blog written during the games shows her strength, depth and sacrifice. (<http://ship-raiders.com/sports/2011/10/19/NEELYPANAMBLOG.aspx>)
- Neely made history this season, becoming the first athlete to be awarded the PSAC Athlete of the Year for four consecutive years.

- The Shippensburg Women's Cross Country Team won the PSAC title and the Atlantic Region meet.
- She set a course record during the NCAA Atlantic Region Championship of 20:43. The previous course record was 20:59 set by Jessica Pixler of Seattle, at the NCAA Cross Country Championship her freshman year when she placed second.
- Neely won her final Cross Country NCAA title.

Neely says, "I am pleased and feel con-

fidant in my fitness. I have been working with Doug Lentz of Results Fitness in Chambersburg, and he has implemented a great lifting and core routine which has certainly been a huge factor in my training the past year."

We all look forward to seeing Neely compete in June. We continue to send our best wishes and support to her, as she takes a road less traveled. Good Luck, Neely!





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Group Runs

What: Later Daily Morning Run

Where: YMCA, McKinley Street, Chambersburg, PA

Day/Time: Monday thru Friday at 7:45AM

Comment: Meet in lobby; easy run from 4-8 miles depending; call day before to confirm

Contact: Pete Fleury (631) 897-3849

What: Easy Sunday Morning Run

Where: St. Paul's United Methodist Church, Norland Avenue, Chambersburg, PA

Day/Time: Sunday at 9:30AM

Comment: Easy run from 5-8 miles depending; call day before to confirm

Contact: Pete Fleury (631) 897-3849

What: Sunday Afternoon Trail Run

Where: Caledonia State Park

Day/Time: Sunday 1:00PM

Comment: Open to all levels; meet at parking area north of Routes 30 & 233

Contact: Sara Boward (717) 816-8907

What: Speed Work

Where: Chambersburg YMCA, Chambersburg, PA

Day/Time: Thursday warm up at 5:45AM for session at 6:15AM

Comment: Open to all levels; meet in Chambersburg YMCA parking lot

Contact: Tim Fisler (717) 496-7431

What: Cumberland Valley Athletic Club Speed Work

Where: Hagerstown Community College, Hagerstown, MD

Day/Time: Wednesday at 8:30AM

Comment: Open to all levels; led by Mike Spinnler

Contact: Tim Fisler (717) 496-7431

What: Challenging Sunday Morning Run

Where: Williamsport High School, Williamsport, MD

Day/Time: Sunday 7:00AM

Comment: 1-3 hours 8 minute per mile or faster pace

Contact: Tim Fisler (717) 496-7431

What: Early Morning Daily Run

Where: YMCA, McKinley Street, Chambersburg, PA

Day/Time: Tuesday and Thursday, 5:00-6:00AM and Saturday 6:00-7:00AM

Comment: FaceBook page called YRATS

Contact: BrendaMiller(717)552-9771oremailatjttfmiller@yahoo.com or email Ralph Pisle at ralph@springrise.com or email Chuck Stone at chuckstone1955@yahoo.com



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DATE	DAY	TIME	EVENT	LOCATION	VENUE	SPON-SOR	POC	PHONE	EMAIL
3/10/2012	Sat	8:30	Half Marathon	Chambersburg, PA	Middle School	CRRC	Hayduk/ Fleury	860-7636 (631)897-3849	michaelhayduk@comcast.net
5/5/2012	Sat	10:00	Breast Care 5K	Chambersburg, PA	Library	CVBC	Monheim	496-5654	monheim4@comcast.net
5/12/2012	Sat	8:30	May Day	Chambersburg, PA	464 Gateway Ave.	CRRC	Fisler	496-7431	timfisler@mrisc.com
5/29/2012	Tue	19:00	Ausherman SS	Chambersburg, PA	Fallingspring	CRRC	Monheim/ Bierbower	496-5654 263-8220	monheim4@comcast.net
6/12/2012	Tue	19:00	Ausherman SS	Greencastle, PA	High School	CRRC	Monheim/ Bierbower	496-5654 263-8220	monheim4@comcast.net
6/26/2012	Tue	19:00	Ausherman SS	Waynesboro, PA	Middle School	CRRC	Monheim/ Bierbower	496-5654 263-8220	monheim4@comcast.net
7/7/2012	Sat	8:00	Tim Cook Mile	Chambersburg, PA	Middle School/ YMCA	CRRC	Monheim	496-5654	monheim4@comcast.net
7/10/2012	Tue	19:00	Ausherman SS	Mercersburg, PA	High School	CRRC	Monheim/ Bierbower	496-5654 263-8220	monheim4@comcast.net
7/24/2012	Tue	19:00	Ausherman SS	Shippensburg, PA	University	CRRC	Monheim/ Bierbower	496-5654 263-8220	tschul@embarqmail.com
7/28/2012	Sat	8:30	Ship Fair 5K	Shippensburg, PA	Fairgrounds	CRRC	Kessler	264-3775	blkessler@innernet.net
8/4/2012	Sat	8:00	Race for the Nation	Chambersburg, PA	Gateway Plaza	NOVA-DINE	Pereschuk	830-0051	chris.pereschuk@nova-dine.com
8/4/2012	Sat	8:30	Fred Kaley 5K	Greencastle, PA	High School	CRRC	Secrest	360-7557	richsecrest@hotmail.com
8/7/2012	Tue	19:00	Ausherman SS	Chambersburg, PA	Fallingspring	CRRC	Monheim/ Bierbower	496-5654 263-8220	monheim4@comcast.net
8/11/2012	Sat	8:30	Ausherman 5M	Chambersburg, PA	Marine Corps League	Ausherman	Ausherman	264-1848	jausher@pa.net
9/15/2012	Sat	10:00	Carrera 5K	Chambersburg, PA	Letterkenny Army Depot	CRCC	Lagiovane	658-4666	plagiovane@chambersburg-police.com
10/6/2012	Sat	9:00	Harmon 5K	Chambersburg, PA	Library	CRRC	Fleury	(631)897-3849	kpfleury67@comcast.net
11/10/2012	Sat	9:30	Dash for Drew 2M	Greencastle, PA	High School	CRRC	Taylor	360-4945	rtmt@pa.net
11/22/2012	Sat	9:00	Turkey Trot 5K	Greencastle, PA	High School	CRRC	Secrest	360-7557	richsecrest@hotmail.com



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Contributors

Kristen Pixler



Kristen is the current newsletter editor for the CRRC. She has her Masters of Fine Arts in Photography from Virginia Commonwealth University and is an adjunct professor of design at Harrisburg Area Community College in the Web Design and Development Department. She is currently freelancing as a fine and commercial artist. Kristen is an avid athlete with varying interest from soccer to yoga and rock climbing. Running has been the constant throughout her life and has raced distances from 5k to marathon.

and even once ran a 2:50 marathon on a 200-meter indoor track. Andy is Assistant Sports Editor at The Herald-Mail newspaper in Hagerstown.

Andy Mason



Andy is a longtime running enthusiast and a racer of all distances, from 1 to 100 miles. He's run 2:44 at the Boston Marathon, 6:34 at the JFK 50 Mile

and even once ran a 2:50 marathon on a 200-meter indoor track. Andy is Assistant Sports Editor at The Herald-Mail newspaper in Hagerstown.

Dr. Peter Holdaway



Pete is a podiatrist with special interest in sports medicine. He is board certified by the American Board of Podiatric Surgery and American Board

of Podiatric Orthopedics and Primary Care. Member American Diabetes Association. Graduated from the Ohio College of Podiatric Medicine. Podiatric Surgical residency: Sheehan Memorial Hospital, Buffalo, NY. Private practice Chambersburg PA for the past 20 years.

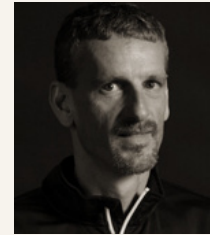
Elyse Cook



Elyse, who recently completed her first half marathon, is pursuing a Doctor of Science degree in Holistic Nutrition from Hawthorn University.

She is a director of patient services at Chambersburg Hospital and a spinning instructor at Gold's Gym. Fitness and nutrition are her passions.

Rick Meyers



Rick is an ultrarunner, owner of The Runner's Sole. He was formerly a Trauma ICU RN. Rick has turned his passion of running into his

business. With over 20 years of medical experience and over 100 running events of various distances, he provides injury prevention and running tips to his customers. Rick also coaches adult and youth runners to achieve their own running goals. Despite his busy day, he still finds time to run over 100 miles per week and has 10 ultramarathons scheduled for this year. To contact Rick email therunnerssole@embarqmail.com or to visit the store www.therunnerssole.com.

Jamie Boward



Jamie is the Owner/Head Coach of Mercury Endurance. He is a USA Triathlon Level 1 certified coach. He ran track for the All Marine

Track Team as 5000 meter specialist with a PR of 15:12.

Jamie opened Mercury Endurance in 2006 and has coached over 75 athletes world wide.