



NVRC NEWSLETTER September-October, 2007

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The mission of the Nittany Valley Running Club is to establish a sound, continuing program of youth and adult fitness, development, and competition for all age groups; and to conscientiously plan and prepare athletes for competition.

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Join the [NVRC Yahoo! Discussion Group](#)

The NVRC discussion group at Yahoo.com is the best way to get in on the local running buzz. Please stop by the site for the discussion group at <http://groups.yahoo.com/group/NVRC/>. Join the group. It's a great way to keep up-to-the-minute on local running, discussions on fitness, group runs, race chat, and much more.

Keep Current at the NVRC Website: <http://www.nvrn.com/>

NOTICE:

Please inform the Membership Secretary, Marty Klanchar, if you change your mailing address or email address. Marty can be contacted at i60@psu.edu If you would like to receive the paper version, which is still available, there is an additional \$12 annual premium to cover the cost of reproduction and postage. Once the premium is paid, Marty will notify the Newsletter Editor to start sending your Newsletter by mail.

SPECIAL NEWS:

- Our next club meeting will on Tuesday, October 2, at 6:30 PM at Highway Pizza at the Westerly Parkway Plaza.
- September 22: [Tussey mOU nTaiNBACK 50 Mile Relay and Ultramarathon](#).
- For details on all the other upcoming races, see our [Calendar!](#)
- The local running community is always in need of help at Club races and other events. If you'd like to help local running, check out the [Volunteers Needed](#) page on the Club web site at nvrn.com!
- The NVRC website has become *the* source for local running information. Keep in touch with the local running scene at nvrn.com

Message from the President

by Jerry Steffy

Here we are in another Fall season. Cross-country, Fall racing, the Tussey mOUntaiNBACK, the New York Marathon, Steamtown Marathon and many others. We are a running community and we go all over to run. If you have not been involved with the Tussey mOUntaiNBACK, that is one fun race! You can do the whole thing as an ultra, or do the race as part of a 2,3,4,..., up to an 8 person team. Or you can volunteer at check points, aid station, the start area, or the finish area. As you can see, there are many things you can do for the race this year. All of the races this fall could use help in those ways as well.

If you would like to see some great racing, you have that available also. The Spike Shoe Cross-Country race on September 29th at the Penn State White golf course across from Rec Hall is a great race, and you do not have to run around a lot to see the racers. On October 13 the State College High Invitational will be held at the State High South Building grounds and it also affords views with very little running around to see the race. Give these and other races a chance to grow on you . And if you're a beginning runner, or an experienced runner with a sense of adventure, the 17th Knights of Columbus State College Adventure 5K will be held on October 14th. It's the official Beginner's 5K of the Nittany Valley Running Club. There will be prizes and gifts to all first-time 5K competitors. There will also be some nice prizes for the speedy crowd. And there will also be Kids Races for the youngsters.

Have a great racing season this Fall!

- Jerry

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Newest Members

Kelly Hogan & Joe Schall
Alex Main
Stephanie Serriere
Jessica Wild

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Meeting Minutes

by Marty Mazur, Secretary

The August meeting of the Nittany Valley Running Club coincided with our annual picnic. The picnic was hosted by Christine Rice and the Bellefonte Road Raiders, the new, and very active contingent of the NVRC. The picnic was held in Governors Park in Bellefonte. Christine organized a potluck. Your Club Secretary couldn't make the

festivities: the Mazurs were celebrating their 25th Wedding Anniversary. But I heard tell that everyone had a great time despite the threatening weather. Actually, it was more than threatening. After everyone had found the venue and was safely under the pavilion, the picnickers were graced with a little horizontal, wind-driven rain. But after that was over, the picnic became a mud-fest a la Woodstock. It was 1969 all over again!

Not much business was discussed. We're saving that for the next meeting.

Next Meeting: October 2.

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Financial Report: by Dave Egger, Treasurer.

NITTANY VALLEY RUNNING CLUB
FINANCIAL REPORT September 14, 2007

	2002	2003	2004	2005	2006	2007
INCOME						
Dues	540	769	1,346	1,126	1,178	1,425
Interest	223	127	159	437	832	513
Apparel	0	60	0	0	80	826
Calendars	0	0	0	0	0	140
Other inc	25	35	100	100	50	3
Egg Hill	--	---	5,996	3,525	3,938	2,999
Arts Fest	9,516	8,087	10,006	11,196	11,377	10,977
½ marath	2,880	3,856	4,351	4,002	7,361	25
K of C race	1,418	1,637	2,067	1,813	2,323	0
Other races	0	0	89	2,423	0	311
TOTALS	14,601	14,571	24,114	24,621	27,140	17,219
EXPENSES						
Mbrships	126	930	985	1,908	1,196	0
Meeting exp	325	382	428	448	512	183
Grants(gen fds)	-	-	-	1,000	2,000	1,000
Other admin	884	706	966	591	989	657
Apparel	0	599	0	0	0	983
Calendars	0	0	0	0	0	490
Egg Hill	--	--	5,768*	3,753*	3,939*	2,999*
Arts Fest	7,200*	6,121	7,926	5,631	4,065	1,146
½ marath	3,607	3,636	3,585	4,503*	7,384*	0
K of C race	1,321*	1,685*	2,074*	1,854*	2,390*	0
Other races	58	169	0	2,273*	211	0
Newsletter	1,869	712	858	898	778	642
Youth Running	37	0	0	1,260*	1,300*	1,300*
TOTALS	15,427	14,940	22,590	24,119	24,765	9,400

*Includes grants

ASSETS on September 14, 2007

Checking	10,334
MM acct	19,292
Cash	0
Equipment	1,675
TOTAL	31,301

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Club News and Notes:

This Year's mOUntaiNBACk Will Be *Huge* – We Need Volunteers!
by Mike Casper

Here's the heads up on this year's Tussey mOUntaiNBACK 50 Mile Relay and Ultramarathon: it's going to be *HUGE* this year! There will be 91 teams and 80 ultras taking part. The field will dwarf that of previous years. The mOUntaiNBACK will again be the site of the USA 50 Mile Ultra Roadracing Championship and will feature a star-studded field of Ultra competitors.

Along with the big numbers is a big need for volunteers. If you've ever wanted to help out at a Club event, this is the one. It's the most volunteer-intensive race we put on. And, the camaraderie is great! If you can help out with the urgent need for volunteers by helping out at the race next week Saturday, or if you have a hot tip on someone you know who can help, call Mike Casper at 238-5918. Even if you can only be there for a few hours, your help will be greatly appreciated!

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NVRC-CRPR Youth Cross-Country Meets *by Marty Mazur*

The Nittany Valley Running Club, Centre Region Park and Recreation, and the State College Area School District are sponsors for cross-country races for Centre Region youth, ages 14 and under. The program began in Fall 1999, and we've had more than 100 kids participating each year. The meets are free. Each meet features a 2K race for kids 8 and under, a 3K for kids between 9 and 12, and a 4K race for kids 13 and 14.

The Centre Region Youth X-C schedule typically permits three or four meets a year on the State College High School XC on Saturday mornings in September or October. The [Fall 2007 schedule](#) has three meets. The first meet was on September 8, but there will be meets on October 6 and October 20. The State College High School course is adjacent to State College High School South Building, behind Welch Pool on Westerly Parkway.

For more information, go to the Youth Cross-Country web pages at http://www.nvrn.com/y_x-c_2007.html.

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NVRC Singlets Are In *by Marty Mazur*

The Nittany Valley Running Club singlet order has arrived. You can now make arrangements to pay for yours and get it from me. There was a little surprise: the singlets are \$1 cheaper than advertised! The price is \$26 for NVRC members and \$31 for non-members. You can pay by cash or by check (payable to "NVRC"). If you'd like to become an NVRC member and get \$5 back on your \$10 membership immediately, go to <http://www.nvrn.com/membership.html>, fill it out and give it to me when getting your singlet.

To those of you who didn't order one but want one, there will probably be a few left over after I send out the pre-orders. Drop me an email with size info if you want to get one.

Here's how to get your singlet:

- (1) If you're one of the noontime Rec Regulars, contact me and I can bring yours in.
- (2) If you prefer campus mail, send me the money (352 ARL) and I'll send you the singlet.
- (3) If you're out of town, I can mail it to you. Let me know. I'll get a postage quote and tell you how much to send me.
- (4) Arrange to pick it up from me at my house or somewhere else. Email me.

My email address is mxm14@psu.edu.

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17th Annual Knights of Columbus 5K Will Be A Real Adventure *by Marty Mazur*

The 17th Annual Knights of Columbus 5K will be held on Sunday, October 14, 2007 at 2 PM. The race is the official Beginner's 5K for the Nittany Valley Running Club. Though runners of all abilities are encouraged to run, special recognition is given to runners who have never completed a race of 5K or longer. Our Beginner's Running Group, the "Wahoos", trains all summers, and those who haven't succumbed by October to the desire to do a 5K usually make the Knights Race their goal. And there are also special incentives for kids, young runners, and families to participate. There will again be free quarter and half-mile Kids Races for youngsters 12 and under. There will be compressed age groups for teens, so the 15 year-olds don't have to worry about beating 19 year-olds to get a ribbon. And there will be registration discounts for families.

Last year, Race Directors Marty and Vicky Mazur designed a new course for the old race. It takes in parts of the old course, which was run on streets in the Greentree section of State College, but it also tours the bike path through Orchard Park, parts of the State High Cross-Country Course, and trails and paths in Orchard Park.

For more information, see the Knights Race web pages:

<http://www.nvrun.com/kofc5k.html> .

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Weekend Group Runs – Cool Fall Mornings Mean Great Running! *by Marty Mazur*

The Nittany Valley Running Club has been holding Saturday morning group runs since the middle of July 2003. The group runs every Saturday morning at 8:30 AM. We most often meet in the warm-up area behind the bleachers of the main gym at Rec Hall, but sometimes choose a different departure point, especially in the Summer. Keep an eye on the Group Runs page on the NVRC web site (<http://www.nvrun.com/groupruns.html>), or

join the Yahoo! Discussion Group NVRC to get the current week's run plan. In addition, the Beginner's Running Group (The Wahoos - <http://nvrn.com/beginners-runs.html>) and the Bellefonte Road Raiders (http://nvrn.com/bellefonte_group.html) often have a group run on tap.

Though the weekend group runs attract a wide range of ability, they are not meant for novices. The group usually covers 6-12 miles at a 8-10 minute/mile pace, depending on the route, the conditions, and who comes. There is usually an option to go shorter, which some runners take, and an option for those who want a longer training run. The whole group is usually together for at least a few miles.

We are looking for an organizer for each of the Saturdays as we head into the nicest running season of the year. All it requires is for you to let us know, show up at Rec Hall on the appointed date, and choose a route. Email Marty Mazur at mxm14@psu.edu if you can help! Here's the schedule so far:

Group Run Schedule - Can You Organize One Of The Open Dates?

September 22	-- No Weekend Group Run! Volunteer at the Tussey mOU nTaiNBACK 50 Mile Relay and Ultramarathon!
September 29	-- Open
October 6	-- Open
October 13	-- Open

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NVRC and Bellefonte Road Raiders Efforts Appreciated in Herbstritt Event *submitted by Kim Gasper*

[Editors Note: Herbie's Home "Town Loop", is a 4-mile race and 16-mile non-competitive bike ride that takes in some of Jeremy Herbstritt's favorite training grounds. The inaugural running of the memorial event was on August 18. The results of the run are in the "At The Races" section below.]

This note of appreciation touched a chord in me. I asked for permission to pass it along. You may use it anywhere you like. Thanks. The writer preferred to remain anonymous.

In regards to the Herbie's Hometown loop First Annual Road race and bike event...

I have to tell you that this event was the best ever - in large part to the wonderful volunteers and organization. I was so impressed with the volunteers - you all were so friendly, encouraging, and helpful along the way. The level of road support was great - I never felt like I was out there all alone or worried about traffic while running or riding. I'm sure a lot of work went into this - it showed. I felt like I was a part of something more than running or biking - I didn't know Jeremy, but I felt the influence of what he meant to his family and community. I do so hope this event gave his family more strength to carry on. The power of love multiplies in amazing ways!

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The Running Life:

Hashers - Watch How You Mark Those Trails!

submitted by Morgan Wasikonis

Associated Press

Running Club Members Face Felony Charges

NEW HAVEN, Conn. –Two people who sprinkled flour in a parking lot to mark a trail for their offbeat running club inadvertently caused a bioterrorism scare and now face a felony charge. The sprinkled powder forced hundreds to evacuate an IKEA furniture store Thursday.

New Haven ophthalmologist Daniel Salchow, 36, and his sister, Dorothee, 31, who is visiting from Hamburg, Germany, were both charged with first-degree breach of peace, a felony. The siblings set off the scare while organizing a run for a local chapter of the Hash House Harriers, a worldwide group that bills itself as a "drinking club with a running problem."

"Hares" are given the task of marking a trail to direct runners, throwing in some dead ends and forks as challenges. On Thursday, the Salchows decided to route runners through the massive IKEA parking lot. Police fielded a call just before 5 p.m. that someone was sprinkling powder on the ground. The store was evacuated and remained closed the rest of the night. The incident prompted a massive response from police in New Haven and surrounding towns.

Daniel Salchow biked back to IKEA when he heard there was a problem and told officers the powder was just harmless flour, which he said he and his sister have sprinkled everywhere from New York to California without incident. "Not in my wildest dreams did I ever anticipate anything like that," he said.

Mayoral spokeswoman Jessica Mayorga said the city plans to seek restitution from the Salchows, who are due in court Sept. 14. "You see powder connected by arrows and chalk, you never know," she said. "It could be a terrorist, it could be something more serious. We're thankful it wasn't, but there were a lot of resources that went into figuring that out."

Related article:

<http://www.newsday.com/news/local/wire/connecticut/ny-bc-ct--beerrun-arrests0824aug24,0,7713844.story>

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Running Routes:

by Marty Mazur

Mark Traband has been training furiously for this year's mOUUnTaiNBACK Relay. Mark, is a decent runner that has to take a lot of time off of running to care for the family horse

farm. Last year, Mark took part in John Sheakoski's mOUntaiNBACK Draft Challenge Relay, where teams are chosen for the mOUntaiNBACK from a pool, NFL draft-style. Mark was chosen last of the 24 runners that filled out six 4-person teams, but acquitted himself quite well and finished well above his seed. This year, Mark was chosen nowhere near last in a field of 42 runners filling out seven 6-person teams. And Mark will probably exceed expectations again this year. His secret? No secret! Just run the mountains! Mark has led several Weekend Group Runs in Rothrock State Forest, from 10 to 17 miles of grueling hills. Here's a 14.1 miler one from back in August. Try it and see if your Tussey times don't improve!

<http://www.runningmap.com/?id=18804> .

(Note: Mark's map shows only 11 miles. He did not retrace the final 3 miles back down to the Tussey parking lot from the crest on Laurel Run Rd.) Mark's run features the hills of Leg 1 of the mOUntaiNBACK (both directions) and Leg 2 in the reverse direction. (If the mOUntaiNBACK Relay were run in the reverse direction, the reverse Leg 2 hill would, without a doubt, be the toughest one.)

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At The Races:

[Editor's Note: We will usually include all results for NVRC-sponsored races. For races not sponsored by the NVRC, especially races with large attendance, we will include notable club finishers and a link to online race results. Race directors: Please submit your race results in a digital format. Use as simple a format as possible. Plain text (AKA "Flat-ASCII text") is preferred.]

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Colyer 4.7-Mile Race To The Lake Saturday, August 11, 2007 Centre Hall, Pennsylvania

Place	First Name	Last Name	Sex	Age	Town	State	Time
1	Judson	Brooker	M	20	Spring Mills	Pa	27:28
2	Greg	Dillon	M	43	State College	Pa	27:52
3	Matt	Smith	M	43	State College	Pa	28:14
4	Matthew	Brooker	M	16	Spring Mills	Pa	28:21
5	Jeff	Smucker	M	41	Woodward	Pa	28:56
6	Ben	Ingle	M	17	Tyrone	Pa	29:16
7	Brent	Noerr	M	28	Lewistown	Pa	29:50
8	Mark	Fedkin	M	37	State College	Pa	32:13
9	Amy	Prokop	F	37	Huntingdon	Pa	33:18
10	Scott	Brooker	M	43	Spring Mills	Pa	33:22
11	Peter	Kistler	M	15	Centre Hall	Pa	33:44
12	Robert	Boozer	M	52	Centre Hall	Pa	34:02
13	John	Lacombe	M	47	Reedsville	Pa	34:17
14	Terrence	Glunt	M	48	Bellefonte	Pa	35:07
15	Matt	Dixon	M	38	Port Matilda	Pa	36:02
16	Mike	Philippe	M	37	State College	Pa	36:16
17	Jane	Brooker	F	43	Spring Mills	Pa	36:41
18	Ellice	Steidle	F	23	Huntingdon	Pa	36:59
19	Amanda	Stitzer	F	32	Centre Hall	Pa	37:54
20	Will	Lush	M	14	Spring Mills	Pa	38:20
21	Ryan	Rodgers	M	27	State College	Pa	38:41
22	Christine	Rodgers	F	38	Bellefonte	Pa	38:42

23	Hanna	Runk	F	21	James Creek	Pa	38:47
24	Janelle	Stover	F	16	Rebersburg	Pa	40:16
25	Dan	Ingle	M	43	Tyrone	Pa	40:36
26	Hobart	Kistler	M	17	Centre Hall	Pa	41:23
27	Sunday	Wright	F	17	Rebersburg	Pa	41:53
28	Ally	Lush	F	16	Spring Mills	Pa	41:54
29	Shannon	Decker	F	17	Spring Mills	Pa	41:55
30	Nina	Sagran	F	47	Lemont	Pa	42:29
31	Binky	Lush	F	43	Spring Mills	Pa	42:30
32	Devan	Bechtol	F	16	Madisonburg	Pa	43:30
33	Randy	Loss	M	41	Millmont	Pa	44:16
34	Jeff	Davidson	M	41	Boalsburg	Pa	44:33
35	Mitchell	Schmidt	M	48	State College	Pa	44:39
36	Dawn	Comly	F	44	Port Royal	Pa	46:29
37	Pam	Heinrichs	F	17	Spring Mills	Pa	46:33
38	Kim	Nelson	F	47	State College	Pa	46:48
39	Dylan	Hall	M	17	Centre Hall	Pa	47:13
40	Allison	France	F	16	Centre Hall	Pa	47:54
41	Katie	McNitt	F	15	Centre Hall	Pa	48:01
42	Terri	McNitt	F	44	Centre Hall	Pa	48:03
43	Harold	Freeman	M	44	Centre Hall	Pa	48:05
44	Dennis	Strine	M	53	Centre Hall	Pa	48:36
45	M J	Kistler	F	49	Centre Hall	Pa	52:28

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Herbie's Home "Town Loop"
Saturday, August 18, 2007
Bellefonte, Pennsylvania
by Kim Gasper, Race Director

Under blue skies and a bright sun, 300 participants in the first annual Herbie's Hometown Loop paid tribute to Jeremy Herbstritt, a Bellefonte native and Penn State graduate who lost his life in the Virginia Tech shootings on April 16, 2007. The 4 mile run/walk which kicked off with a dove release and bell start by local race celebrity, George Etzweiler at 8:30 a.m. toured a course that Jeremy trained on frequently. It covered the perimeter of Victorian Bellefonte and included a steep climb up South Spring Street. Afterward, runners/walkers enjoyed an array of food and drinks donated by businesses in and around the community. Many participants donned their bike helmet and headed off for the 16 mile (non-competitive) bike ride at 10:30 a.m. which looped Jacksonville/Lyonstown Road twice and included a short loop through Parkview Heights.

In addition to the run/walk and bike ride there were many family-friendly activities taking place at the Bellefonte Middle School, including a kids' bike event, bike safety checks, fire truck tours, Ike the Spike, Eat-n-Park cookie decorating, seed planting, kids' games and a DJ entertaining the crowd.

The Herbstritt family was instrumental in the planning and organization of the event evident by the attention to detail. The intent was to honor their son/brother for the fun-loving and caring person he was and carry on the legacy he never had the chance to fulfill.

Each participant received a packet of seeds to plant their own gardens, reminiscent of Jeremy's passion for gardening. One of Jeremy's favorite pastimes after a hard run was indulging in some Bonfatto's "fire in the hole" chicken wings which were available after the run/walk. Jeremy often helped out his students who needed a ride after class and had no form of transportation. His family handed out Sheetz gas cards as part of the random

prize drawings. There were 32 trees donated and given away in honor of Jeremy and the 31 innocent souls who lost their lives that tragic day. All those who left the event took away a piece of Jeremy's life and were asked to continue his legacy and passion for life.

Bob Chandler, assistant track and cross country coach at Bellefonte High School, was the first male finisher in 23:04, and Amy Prokop of Huntingdon was the first female in 27:52. A special award, the Jeremy Herbstritt Memorial Award, was given in the 20-29 age group. Scott Stringer, a former Bellefonte cross-country and track standout was the recipient finishing 4th overall in 25:24.



Officials Get Ready To Start The Run



Then Came The Bike Ride



The Herbstritt Family Releases Doves

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Centre Region Youth Cross Country Runs
Saturday, September 8, 2007
State College Area High School Cross Country Course

Age 8 and Under (2 kilometer, 1.2 miles)

Place	Name	Sex	Age	Time
1.	Mitchell Etter	M	8	8:59
2.	Summer Shirey	F	8	9:59
3.	Ellie Strauss	F	8	10:14
4.	Amber Shirey	F	5	10:42
5.	Tolik Borisov	M	6	10:51
6.	Steven Etter	M	6	11:44
7.	Alex Mullen	M	5	14:19
8.	Mary Davis	F	7	15:04
9.	Katie Maquire	F	6	15:51
10.	Kaden Litzinger	F	5	16:46
11.	Carson Litzinger	M	3	16:59

Age 9 and 10 (3 kilometer, 1.8 miles)

Place	Name	Sex	Age	Time
1.	Jack Etter	M	10	12:11
2.	Natasha Fedkin	F	9	12:23
3.	Jon Cather	M	10	13:52
4.	Brooke Shirey	F	10	15:32
5.	Brian Quinn	M	10	16:11
6.	Tim Pavlov	M	9	16:23
7.	Matt Balogh	M	9	16:24
8.	Ryan Guide	M	9	18:03

Age 11 and 12 (3 kilometer, 1.8 miles)

Place	Name	Sex	Age	Time
1.	Will Cather	M	11	11:08
2.	Matt Beyerle	M	11	12:34
3.	Nathan Davis	M	12	12:38
4.	Katya Borisov	F	11	13:25
5.	Seth Balkey	M	11	13:34

Age 13 and 14 (4 kilometer, 1.8 miles)

Place	Name	Sex	Age	Time
1.	Nikita Fedkin	M	13	16:55
2.	Jason Doll	M	13	17:02
3.	Ivan Pavlov	M	13	17:03
4.	Anne Balogh	F	13	20:02

Photos, courtesy of Mark Fedkin



2K Start



Mitchell Etter, 2K Winner



3K Start



Will Cather, 3K Overall Best Time



4K Start

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Calendar:

[Penn State Home football games are also listed.]

2007

[Penn State Home football games are also listed.]

September 22. 8th Annual Tussey mOUntaiNBACK 50 Mile Relay and Ultramarathon. (Note Date Change!) Featuring USA 50 Mile Championships. Ultra starts 7 AM, first relay wave starts 8 AM. Casual and competitive runners welcome. Relay teams of 2-8 rotate through 12 legs of this scenic certified single-loop course on mostly gravel fire roads in Rothrock State Forest. Pre-race dinner, ultra aid stations, spectator venues, post-race party. Dri-release mOUntaiNBACK shirts to all runners. Team awards. Cash purse of \$3,200 to top three men and women open and masters (USATF member) ultramarathon finishers. Online and paper registration available. Entry deadline September 8. For complete details, visit: www.tusseymountainback.com. Preview the course over 8 Thursday evenings via the [mOUntaiNBACK Discovery/Training Series](#) (Jul. 26-Sep. 13).

September 22. Race Against Racism 5K Run / Walk. Penn State University Park Campus. More details to follow

September 22. 4th Annual Hollidaysburg Haul 5K and Kids Fun Run. 9 AM. The flat and fast course will start and finish at the Diamond (intersection of Allegheny and Montgomery Streets) in downtown Hollidaysburg. Cash prizes for course record breakers. For information contact Race Director Ethan Imhoff at (814) 695-3880 or email eimhoff@hollidaysburgpa.org.

September 22. Trimax Pocono Triathlon. 9 AM. Promised Land State Park, Greentown, PA. .5 mile swim / 10.64 mile bike / 3.5 mile run. Online Registration Closes 9/20/07. Contact: John Cressman, (610)780-8034, john@trimaxendurancesports.com. <http://www.trimaxendurancesports.com/Triathlons.html>

September 29. Cassville Oktoberthon 5K Run/Walk. 9 AM. Cassville Community Building, Cassville, PA. Held in conjunction with Cassville Oktoberfest. Runner and walker prizes. Door prizes include two weekend getaways; refreshments include homemade soups. Proceeds support Trough Creek Fire Company. [Application and driving directions](#). Registration \$15 by Sept. 25; \$18 after Sept. 25. Glenn Wright, 814-448-3230.

September 30. Strike 3 ALS 5K. 11 AM. Intramural Building, Penn State University Park Campus. Race day registration begins at 9 AM. Registration fee: \$15 for adults, \$10 for kids 12 and under, by September 20. After September 20: \$20. [Application](#).

October 6. Penn State vs. Iowa.

October 6. Third Annual Walk With Jen Memorial 5K Walk/Run. 9:30 AM. Susquehanna University, Selinsgrove, PA. Race day registration at 8:30 AM. Race is to raise money for awareness and education of melanoma.

October 7. Penn State Dairy Science Club OsteoChallenge 5K Run Walk. 1 PM. Penn State Dairy Research and Education Center. Registration begins at 12:15. Participants are asked to raise at least \$15 for the National Osteoporosis Foundation. Individuals and clubs/chapters are encouraged to gather sponsors for this event. [Registration form](#).

October 7. Zeta Tau Alpha Breast Cance 5K. Details to follow.

October 7. 4th Annual Dam Half 1/2-Marathon Trail Race. 10 AM. Halfway Dam at R. B. Winter State Park, Mifflinburg, PA. Registration Fee: \$20 pre-registered, \$30 race day. [Application](#). [Web site](#).

October 7. Trimax Octobertest Trail Run. 9 AM. Blue Marsh Lake, Leesport, PA. 5K and 10K Trail Runs. Online Registration Closes 10/5/07. Contact: John Cressman, (610)780-8034, john@trimaxendurancesports.com. <http://www.trimaxendurancesports.com/Trailruns.html>

October 13. Penn State vs. Wisconsin.

October 13. 4th Annual Reeds Gap Fall Festival 5K Trail Run/Walk. 8:30 AM. Reeds Gap State Park. See [flyer](#) for more information.

October 14. 17th Annual Knights of Columbus State College Adventure 5K. 2 PM. Knights of Columbus Hall, 850 Stratford Drive, State College. More information as race time nears. The Knights of Columbus 5K is the official NVRC Beginner's 5K. While runners of all abilities run the Knights race because its relatively easy course helps ensure a good finishing time, we will have special incentives for beginners to run the race. If you're a beginning runner, start the [Couch-To 5K Program](#) outlined on our [Coaching Pages](#). For more informatio, including race application, course map, results of past races, visit the [Knights Race web page](#).

October 14. State College Area 5 mile CROP WALK. 2 PM. St. Andrew's Episcopal Church, 208 W. Foster Avenue. Registration begins at 1:30. For more information call 814-238-2906 or visit our website - <http://statecollegecropwalk.blogspot.com/>.

October 20. LHU Homecoming 5K Run/Walk. 9 AM. Lock Haven University, Lock Haven, PA. Race starts at LHU Football Field. Registration Fee: \$15 before October 12, \$20 afterward. [Application](#). Race day registration starts at Roger's Gym. FAST & FLAT COURSE - GREAT PR POTENTIAL! Kid's Fun Run. T-shirts to first 100 registered runners. Proceeds benefit LHU Track and Field and Cross-Country teams.

October 20. Trimax Really Fun Ridley Run. 9 AM. Ridley Creek State Park, Media, PA. 5K and 10K Trail Runs. Online Registration Closes 10/18/07. Contact: John Cressman, (610)780-8034, john@trimaxendurancesports.com. <http://www.trimaxendurancesports.com/Trailruns.html>

October 20. Scott Grugan Memorial 5K Run 1 Mile Walk and Quarter Mile Kids Fun Run. 9 AM. Huntingdon, PA. Registration: \$15 before September 29, \$18 afterward. Family rate: \$12 per family member for 3 or more members registering together. [Application](#). Proceeds will be split between the Scott Grugan Memorial Fund and the Huntingdon Health and Wellness Association to further promote healthy living in our community.

October 21. Steps to Safety 5K. 1:30 PM. Penn State White Golf Course. Benefits [Women's Resource Center](#). Details to follow. Online registration will be available later this summer.

October 21. Melissa Heydenreich Moxie-Thon 5K Run/Walk. 10 AM. IM Building, Penn State University Park Campus. A Race Against Leukemia. 5K run/walk, strollers & dogs welcome! Dress up in your best costume, as there will be prizes, and also for first and second place! Free food and drinks, and lots of fun! More details will follow later in the summer, including an online sign-up sheet. Contact Chris Lucas: CML5002@psu.edu or Frank Macinsky: FSM5004@psu.edu with any questions.

October 21. Lion Ambassadors 5K. Details to follow.

October 27. Penn State vs. Ohio State.

November 3. Penn State vs. Purdue.

November 4. THON 5K. University Park Campus. Details to follow.

November 10. 4th Annual State College Health America Jingle Bell Run/Walk for Arthritis. 5K Run or Walk and Kid's Fun Run. Race starts at 10:00 AM on Penn State University Campus. Race Details, Application and Website will be posted closer to the event date. For more information, see <http://statecollegejbr.kintera.org>.

November 11. Harrisburg Marathon. 8:30 AM. City Island, Harrisburg, PA. For more details, visit the web site at <http://harrisburgmarathon.com/>.

November 11. Trimax French Creek Trail Run. 9 AM. French Creek State Park, Elverson, PA. 4.75 mi. and 9.5 mi. Trail Runs. Online Registration Closes 11/9/07. Contact: John Cressman, (610)780-8034, john@trimaxendurancesports.com. <http://www.trimaxendurancesports.com/Trailruns.html>

December 2. 24th Annual Nittany Valley Half-Marathon. 10 AM. Details to come.

December 8. 2nd Annual Polar Bear Run. Penn State University Park Campus. Details coming.

December 9. 27th Annual Frostbite 5 Mile Run. 1 PM. Duboistown, PA. Fee \$18 if postmarked by 11/26, guarantees a long-sleeve shirt, \$20 after 11/26. Race day 11 a.m.-12:45 p.m. Runner awards include Special Olympics, youngest, oldest, Clydesdale/Athena. Walker awards too. [Application](#). Proceeds support Lycoming County Special Olympics. Contact: Patty Loner, 570-322-1577 or Anne Pratt, 570-435-3229.

December 31. 11th Annual First Night State College 5K Resolution Run. 6:30 PM. State College. Details to come.

2008

March 8. 2nd Annual Faith Centre 5K Run/Walk. At the Bellefonte Middle School. Details to follow.

April 26. 2nd Annual Jeremy Herbstritt Memorial 5K Walk/Run. 10 AM. IM Building, University Park Campus of Penn State. A man with a zest for life and a passion for running, and a graduate of Penn State, Jeremy was among the fallen on April 16, 2007 at Virginia Tech. This event honors this remarkable man whose life continues to inspire others. Certified course. More details to follow.

October 11. 9th Annual Tussey mOUntainBACK 50 Mile Relay and Ultramarathon. Ultra starts 7 AM, first relay wave starts 8 AM. Scenic certified single-loop course on mostly gravel fire roads in Rothrock State Forest. Recreational and competitive runners welcome. Relay teams of 2-8 rotate through 12 legs of course. Pre-race dinner, ultra aid stations, spectator venues, post-race party, awards. Technical race shirt to all runners. Online and paper registration available. Entry deadline September 27. For complete details, visit: www.tusseymountainback.com.

Nittany Valley Running Club Membership Form

Name: _____ Phone (home): _____
Address: _____ Phone (work): _____
City / State / Zip: _____ e-mail: _____

New Member Renewal
 Individual Family (2 or more persons, same address)

Newsletter Preference: (Check one. Paper subscriptions are charged a premium!)
Paper _____ Electronic _____ (Be sure to supply your e-mail address!)

Membership Rates:

With Electronic Newsletter:

Individual Dues Annual: \$10; 5 Year: \$45; 10 Year: \$85

Family Dues Annual: \$15; 5 Year: \$70; 10 Year: \$135

With Paper Newsletter, Add \$12 Annual Premium: *Paper Newsletter not guaranteed after 2008.*

Individual Dues + Premium Annual: \$22;

Family Dues + Premium Annual: \$27;

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Willing to help work NVRC events \_\_\_\_\_

Would like to find a running partner \_\_\_\_\_

Pace: \_\_\_\_\_ (min/mile) Distance: \_\_\_\_\_ Intervals: \_\_\_\_\_

~~Areas of Interest~~

#### Road Racing:

5K or less  10K  Half marathon  Marathon or more

Track & Field

#### Seminars on:

Cross-training  Injury prevention  Beginners' running

Shoe selection  Nutrition  Training & peaking for races

Other \_\_\_\_\_

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Make check payable to Nittany Valley Running Club; please mail membership form to:
Attn: Membership, Nittany Valley Running Club, Calder Square, P.O. Box 10348
State College, PA 16805-0348