



SPORTS



Girls on Run slate 5K

On Saturday, Nov. 23, nearly 400 Girls on the Run participants and hundreds of supporters will take to the streets of downtown New Hope and neighboring Solebury Township to run the fifth annual Girls on the Run Fall 5K, presented by the Tara L. Riedley Foundation.

The Girls on the Run 5K is the culminating event of a 10-week program in which 400 girls throughout Hunderdon, Bucks and Warren counties are learning and practicing life skills such as teamwork, leadership, goal setting, conflict resolution and healthy decision making while training to complete a 5K road race.

The Girls on the Run 5K is a 3.1-mile fun run open to the public. While runners will not be professionally timed or scored, there will be a timing clock at the finish. The race will begin at 9 a.m. on the main drive of the New Hope-Solebury school campus. Race registration is available at gothunderdon.org until Nov. 18 and on race day from 7:30 to 8:45 a.m. at the Upper Elementary School. Race T-shirts will be available on a first-come, first-served basis on race day.

Features of the event include: pre-race festivities, including "Happy Hair," an inspiration station, a family cheer zone, bib bedazzling and music; a Lollipop Dash, free for children ages 7 and under; and light post-race refreshments.

"Come out on Nov. 23 to support a worthy cause, enjoy a great race and have a fabulous time," Girls on the Run Race Director Sue Lehrer said.

Girls on the Run is a physical activity-based positive youth development program for girls in third through eighth grades. The program is delivered through an interactive curriculum that combines self-esteem enhancing lessons with uplifting workouts aimed to develop the whole girl — physically, mentally, emotionally and socially. Young girls are empowered with positive self-awareness and increased confidence; a sense of achievement by training for and running a 5K; and giving back to their community through a service project.

To help the program reach even more young girls, donate, volunteer or register to run in the 5K on Nov. 23, visit the website.

Bill Hahn: Motorsports News and Notes

Done deal

You don't have to wonder why or how Jimmie Johnson has won five NASCAR Sprint Cup championships. It's very simple: the 48 team is always prepared and they are in the right place at the right time.

Case in point, Sunday in the Advocate 500 at Phoenix. Johnson ran a less than stellar race, but fed on other drivers' mistakes and took a top-10 car to a third-place finish. The result of this right place at the right time calculation is that he widened his point lead on Matt Kenseth from seven to 28 points heading into the season finale at Homestead. If he finishes 23rd or better, he wins his sixth title. Done deal.

I had a great time at two of our area's big car shows. First was the annual Vargo Dragway show with the only thing missing, the actual drag racing. I wish it was still open. Then it was off to the 23rd annual Fall Roll Out in Riegelsville. A lot of fun plus my old pal, D.J. Chopper. A great weekend.

Horse show attracts plenty of interest



Vincenza Grilletto (St. John the Baptist School) spends a moment with her horse, Whisper a Tune.



Nicole Wolf (Central Bucks East) and Julia in the stable.

Heaven's Gate Farm in Pipersville hosted close to 300 college equestrians for an IHSA (Intercollegiate Horse Show Association) competition.

This type of show is unique as the riders do not ride their own horses, but draw numbers which had been previously assigned to horses that were brought by each of the teams as well as supplied by Heaven's Gate Farm. Flat work (walk, trot, canter) as well as jumping courses were held throughout the day.

Colleges that attended were: Lehigh, Rutgers, Bloomsburg,

Kutztown, Delaware Valley, East Stroudsburg, Scranton and Lafayette.

Recently, Heaven's Gate Farm started an IEA (Intercollegiate Equestrian Association) team that consists of junior and senior high school equestrians who train under Beverly Flynn, owner of Heaven's Gate Farm, and Cameron Fraatz. IEA teams allow for equestrians to earn credit for school sports letters as well as college scholarships. This team will compete locally and in surrounding states using the same method of drawing a number assigned to a horse that the college teams do.

Their first competition is scheduled for Dec. 1, with times and additional information on teams competing to be posted on the Heaven's Gate Farm website and Facebook.

Cameron Fraatz, a student at DelVal College, warms up a horse for a recent competition.



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Rugby clinic on tap

On Sunday, Nov. 17, the Doylestown Junior Rugby Club will hold its annual open practice/rugby clinic for the boys' U13 and U15 team and the high school girls' team. The open practice/rugby clinic will take place from 1 to 3 p.m. at the Maennerchor Field on Cold Spring Creamery Road in Buckingham Township, just off Swamp Road. Boys ages 11 to 15 and girls ages 13 to 18 are invited to attend and participate in the practice and to experience one of the fastest growing youth sports in the United States.

There is no fee and/or future obligation required to participate in the clinic. For information, send e-mail to drfcu15rugby@verizon.net or visit Doylestownjrugby.org.



Saving lives

Mark Schmoyer, 18, of Doylestown is the Central Bucks Family YMCA's lifeguard of the week. He is attending Cairn University in Langhorne, working towards a master's in counseling. Schmoyer said, "I became a lifeguard to follow in the footsteps of my brothers who lifeguarded at the Y. I find the job very rewarding; the community has been an invaluable aspect of working here."

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