

The Origins of the LVRR

Submitted by Fran Gough

Okay class sit down and we will get started with today's lesson dealing with "Ancient History". So where did the LVRR get it's start? Well it began back in the day before many of you were born....

It was 1972 when Ross Yates, Joe Duke, Ed Kay, Carmen Hagelgans and John Covert began the Lehigh Valley Athletic Association (LVAA). It was the original running club in the Lehigh Valley.

In 1977 Charlie Norelli got a few (5) folks together and formed the Emmaus Road Runners (ERR). Heidi Rodale, Neal Novak, Rick Heimbach, Frank Roberts and myself-Fran Gough were the first members of the ERR.

The two running clubs had a friendly, somewhat competitive relationship over the next sixteen years.

In 1993, the two clubs joined forces to become the Lehigh Valley Road Runners (LVRR). Taking the best from both the LVAA and ERR, one bigger and better running club was formed with a mission to promote distance running and racing in the Lehigh Valley. The LVRR logo is actually a combination of both former clubs' names. Obviously the LV comes from the LVAA and the RR comes from the ERR. The six runners comes from the original ERR logo (representing the 6 folks that began that club).

It was 1994 when the fledgling LVRR had the opportunity to "buy"/ lease the Club House (the White House) in the Lehigh Parkway. At that point the place needed a massive amount of work to bring it up to building code specs. The decision was made to repair the dilapidated building using volunteers' sweat equity and donations. It was almost a year later when the White House was essentially finished. And as they say-"the rest is history".

So class there's your lesson about the area's running clubs back in prehistoric times...

I would like to thank Carmen Hagelgans for his beta on the LVAA and Neal Novak for his intel on the ERR. This article was originally written in September, 2014.

Fran Gough is a retired high school science teacher and a member of ERR/ LVRR since '77. He was a pretty decent distance runner in the latter part of the last century.