



KEEPING TRACK

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YRRC NEWSLETTER # 206 DECEMBER – JANUARY 2009/2010 PRESIDENT’S MESSAGE by Jan Workinger

Thank-you for the opportunity to service.

The rigors and grind of my day-job keep me very busy and my work travel schedule has put a tremendous strain on me to keep going. Recently, I asked Denise Tushingam to prepare a ballot for the YRRC Newsletter #206 December/January for the election of YRRC Club Officers. I instructed Denise to leave my name off for a fourth term as President. I've spoken to many of you over the last few months of my desire to step down at the end of the year. After 10-years of service in the YRRC; the last 3-years as President, it's time to remove my "race bib" and cross the finish line on January 31, 2010. I know that sounds sort of "corny", but I couldn't think of anything else to say. I encouraged the current YRRC Officers to run for the office, but I want to extend the same offer to all of you - any one of you should consider the position; or the other YRRC Officers positions – you're all well qualified. None of you are any different than me or the other Officers....we all share a deep passion for running. It's time for new idea's and new input to drive the YRRC. Please find attached in the newsletter the ballot and please vote – don't be afraid to write-in a vote for yourself or someone else.

I'll be around for questions and concerns that may come up in 2010 if the YRRC Officers want my input - I'm not leaving York. I'll miss the meetings and working with all the YRRC Officers – they are a Great Team and I enjoyed being a part of this group – they all have done a remarkable job with their respective positions. Brett Pfeifer, VP- Race & Activities Development, and I still have some unfinished business. We're trying to bring a chip timing system to the YRRC. This is a large purchase/acquisition for the YRRC, but the payback could be quick

(with donor support) and is state of the art technology. We have many larger races asking for this service. This project would not have been possible without Brett's help and diligent research. More on this in the next YRRC newsletter.

I hope you all have a Safe and Happy Holiday Season with your family and friends.

Before ending, I need race day volunteers for the Winter Series Springettsbury 15k held on Saturday February 20th 2010. If interested, please send me an email to jan.workinger@hillmangroup.com or call my home at 717-755-1856 before 9:00pm. I need at least 20 volunteers to cover all intersections. Also, I'm looking for someone to take over this race. 2010 will be my last year to direct any race – at least for sometime. I need a well deserved rest. Hey - it's not that hard and it's a great way to break into race directing if it's your 1st time. Let me know ASAP, and I'll include you in my race day preparations so you can learn the ropes.

PS: you down load a Winter Series race application on the YRRC website at www.yorkroadrunners.com.

Run safely....and remember your reflective wear & ice cleats if needed! I'll see you on the roads and rail trail. Be sure to say hi.

Best Regards,
Jan Workinger

Chicago Marathon

Almost ideal conditions to run, 31 degrees at start and 41 degrees mid way, 43 degrees at the finish.....great course and well organized. I decided not to take my seeded corral near the front and start with the 5-hr group.....my buddy had to start their - not a wise decision on my part, it must have taken over 20-minutes just to get to the start line after the gun went off. Then, I had to navigate around people....terrible 1st 5k (3.1miles), it took me almost 30 minutes to run it. The next 3.1-miles were better, I picked up the pace to 25-minutes, however it was

still difficult to get around people - I did a lot of zigzagging across the streets.....I think I ended up running 27-miles instead of 26.2 at the end. The good news I finished in 3hrs:44min:31sec (8:30/mile pace), I was hoping for 3hrs:35min (my Boston qualifier). My finish place was 7,001 out of 45,000+ (I heard 47,000 ran but I'm not sure). I was 5,496 in overall men and 349th in my age group out of 2000+. I guess if I want to run Boston in April I need to look for another race in late November or early December. I'm in pretty good shape and fit, so I should find something in the next 4-6 weeks. I have a little pain in my left leg upper hamstring, hopefully with one week rest it will go away.

Regards,
Jan

LEGENDARY ULTRAMARATHONER VISITS YORK

joibrillhart@comcast.net

Running out of the Y on March 23rd, a bright and brisk morning for a not so brisk, slower than snail mail fiver on the Rail Trail, I was stopped by a dismounted biker at the Grantley intersection who began to question me on the location of the nearest mile markers.

As I hadn't seen him in over 20 years, it took me about thirty seconds to recognize him as Park Barner, probably the most accomplished but least remembered ultra runner our region has ever produced. He was in York on a mission from Sean Potts to officially certify the Bob Potts marathon course and I had caught him in the act.

While I hesitate to say we were ever running buddies, competitors, or anything more than running acquaintances, we ran in a bunch of the same races together, mostly from the mid 70's through the early 80's when the Harrisburg RRC was THE established regional club and many of the big running events were somewhere to the north. We chatted for about 30 minutes, reminiscing about runs and people from the Converse sneaker running shoe days. Park's rep was that of a mega ultra runner. He ran to and from work in Harrisburg from his Enola home, and with some regularity would leave on a Sunday morning for a 50-60 mile trainer maybe to Ship or Gettysburg and back. There were 2-3 other ultra guys, Nick Marshall comes to mind (and one woman, Sherry Horner), all in the

Harrisburg metro area, and over time several had held one or more ultra records along with a couple of long consecutive day running streaks amongst them, but Park was always the acknowledged top dog.

Prior to the Harrisburg Marathon moving to the riverfront, its predecessor, called the HARRC/Navy Depot Marathon, ran for at least two years in March of both '76 and '77. It was a 4 lap race around the Mechanicsburg naval depot (directed by a now retired depot exec Walt Greene, who incidentally is still, in his mid to late seventies, the director of the Harrisburg event!). But it wasn't just a marathon, it was also a nationally recognized 100 kilometer event too; you just had to run 10 laps instead of 4 (I remember doing the marathon one year was in wet snow and hyping out in my pre gortex high end running gear du jour - heavy grey cotton sweat pants and shirt - which weighed out at 8 pounds at marathon end) . I also recall that Park won the ultra that day in his event field of 14 or 15 runners and set a new American men's record (breaking his own, which he did several times) in a little over 7hrs 10 mins - do the math, it's sub 3 hour marathon pace! - , and that Sherry Horner may have set an American woman's record in the 100K event also - in some part due to the assumption that we all thought, which later proved valid, that no other American woman in our recorded memory - hey, this is pre Al Gore internet!- had ever even run at that distance, which was pretty cool!

But Park's best and personal favorite run, and the one for which he is still known in elite national running circles, was the Twenty Four Hour Distance Run, held on a track somewhere in southern California in 1979. Park ran an incredible 162 miles that day, and he tells me it still stands as the most certifiable 24 hour American record, and it is the record of which he remains the most proud. He also filled me in on a detail I'm not sure I needed to know, but because it's somewhat pertinent and as I am, if nothing else, a dutiful reporter for this rag, here goes: Park's pre race day practice was to juice fast for 24 hours. This was in marked contrast with his competitors but it seemed to serve him well. One of the principal reasons for it was his recognition of the time/distance/pit stop variable, and that pre race intestinal cleansing often meant no down time on the course. So he was more than a bit chagrined at 110 miles, to have a calling to waste, so to speak, precious minutes in the trackside crapper. Who knows what that record might have been? Although he now speaks in a wistful and reverent tone recalling the idyllic and peaceful post port-a-pot mental/physical Cloud 9 zone he was in while cruising those last 50 miles! What can we learn from this?

But my absolute best race memory of Park was one where he proved to us all that he wasn't just one of those nutso ultra zombies, that he was a true Renaissance runner as in fact, he could enter, run, and yes, even win in the sprints. It was August of '81, a hot steamy summer midday and we - Larry Delp and Leo "Steve" Keim , a running state trooper we thought we might need for security - were gathered in Steelton, then a gritty, funky, heavily multi ethnic mill town south of Harrisburg for the Steelton Trot and Brew, a 1.1 miler down the

main street, run in heats of 10 or 12, where runners passed through 5 taverns, downing a moderate size adult beverage cup in each, en route to the finish (what with the MADDers and the neo-prohibitionists today, it's really hard even to imagine how they ever pulled this off). Anyway, surprise of surprises, Park wins it from a field of about 250 entrants! If memory is correct he was 8 minutes and change. I recall he got a lot of post race ribbing about his victory during the traditional post race warm down lap. Coming clean finally in our reunion chat, he admitted that he had had an Irish coach, sort of a personal drinking trainer of the day, who for several weeks had worked with him while running and taught him how to breathe and clear his throat, and also had him drink a milk shake 30 minutes prior. Also more data than I really needed to know, but interesting nonetheless.

Park Barner, an unforgettable runner's runner.

RACE CALENDAR – NOVEMBER 2009 to JANUARY 2010

Contact Bob Breighner (rbreighner@selectmedicalcorp.com) for your race to be included

In addition to this listing, check out these websites for more lists of races:

York Road Races Calendar: http://www.yorkroadraces.com/info_about_races.htm
Flying Feet Calendar: <http://www.flyingfeet.com/events.htm>
Harrisburg Road Runners Calendar: <http://www.harrc.org>
Lancaster Road Runners Calendar: <http://lrrclub.org/localraces.htm>
Races to Run (Mid-Atlantic races): <http://www.races2run.com/>
Marathon Guide: <http://www.marathonguide.com/races/races.cfm>
Run the Planet: <http://www.runtheplanet.com/racesrunning/>
Runners' Advocate: <http://users.erols.com/runadvte/>
Pretzel City Sports: www.pretzelcitysports.com

NOVEMBER, 2009

- 7 **1st Annual Braille Awareness 5K+ 1 Mile Walk**, 8am (1 mile), 8:30am (5K), Shrewsbury Fire Department, <http://www.brailleawareness.com>, contact Molly Slenker at mollyford5@hotmail.com
- 15 **Zachary Clouser & Jeremy Wildasin Memorial 5K + 1 Mile Walk**, 2pm, Dover Area H. S., Dover, PA, contact Brett Pfeleger, 717 292-7878, brettpfeleger@yahoo.com
- 21 **First Macoby Run 5 Miler**, 9am, Greenlane, PA, D. Hettrick, 610-845-8205, www.macobyrun.com or www.pretzelcitysports.com
- 22 **Winter Series – Dover 10 miler, 1pm, (1 mile starts at 12:45pm) NEW START LOCATION – North Salem Church Elementary School. Doug Barnett 717-244-6637, dbarnett1961@comcast.net**
- 26 **YMCA Turkey Trot 5K**, 9am, York, PA, Karen Ruppert, 717 843-7884 x263 or

- 717 292-5622 or kruppert@yorkcoymca.org
26 New Oxford Turkey Trot 5K, 8:30am, New Oxford, PA, South Penn Road Runners
26 Bulle Rock Turkey Trot 5K at the Residents' Club, Havre de Grace, Maryland.
www.bullerockturkeytrot.com
26 100th Berwick Run for the Diamonds, Berwick, PA, 10:30AM, 9 mile run,
<http://www.runfordiamonds.com/>

DECEMBER, 2009

- 6 Winter Series – Spring Valley 5K, 1pm, (1 mile starts at 12:45pm) Tom Shepp 717-792-3214
12 The Jingle Bell 5K Run/Walk for Arthritis, 10am, Commerce Center at TecPort Business Center, 3801 Paxton Street, Harrisburg, 17101. Race Director: Kelly L. Clemens 800-776-0746 or 717-763-0900 ext. 1015 717-763-0903 (fax)
kkulp@arthritis.org Website: <http://harrisburgjbr.kintera.org/>
19 Winter Series – Dallastown 10K, 12pm, (1 mile starts at 11:45am) Bob Breighner 717-244-6865, rbreighner@selectmedicalcorp.com
31 Double Deuce 2 Miler, 11:45pm, Red Lion, PA, Ray Ricke, 717 755-6199 or rickebrosauto@yahoo.com or Bob Breighner, 717 244-6865.

JANUARY, 2010

- 2 Winter Series – Accomac 8K, 9am, (1 mile starts at 8:45am) Amy Strayer 717-855-0406
9 Freezing Cold Hash Run (3 - 5 mile group trail run), 9:50am, Edison, NJ, Online registration: www.active.com; Kenneth Vercammen, Esq, (732) 572- 0500;
kenvnjlaws@verizon.net; www.njlaws.com/FREEZING_COLD_HASH_RUN.htm.
16 Winter Series – Saginaw 5K, 9am, (1 mile starts at 8:45am) Jack Goodwin 717-600-2282

FEBRUARY, 2010

- 6 Winter Series – Jacobus 5 miler, 9am, (1 mile starts at 8:45am) Joe Myers 717-252-1183
20 Winter Series – Springettesbury 15K, 9am, (1 mile starts at 8:45am) Jan Workinger 717-755-1856

MARCH, 2010

Winter Series – Indian Rock 10K, 12pm, (1 mile starts at 11:45am) Tom and Rosa Schaffstall 717-755-6806

YORK AREA ROAD RUNNERS CLUB
P.O. BOX 2841
YORK, PA 17405

PRESORTED STANDARD
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PERMIT # 412

RENTAL OF CLUB EQUIPMENT

Race Directors who have reserved the use of club equipment should follow these pick-up procedures:

Chronomix, clock and timer.

Call Flying Feet - 845-2833.

Mon., Tue., Thu., Fri. - 10:00 AM - 9:00 PM

Wed. 10:00 AM - 6:00 PM

Sat. 9:00 AM - 5:00 PM

Call at least 2 days in advance; *prompt return of equipment is appreciated.*

Chute Equipment, mile markers, and boards.

Equipment is now being stored with Bob Weikert, 827 Locust Grove Road, York, PA 17402. Please email all requests for equipment to yorkrunner@comcast.net at least two weeks in advance. Confirmation of availability will be done by return email. Bob's cell number is 891-7985.

Prices:

Use of club equipment: (Finish boards, mile markers, chute equipment)	\$50/*\$60
Fee for Chronomix, and/or clock	\$45/*\$60
Timer person:	\$65/*\$85
Race Application in Newsletter: (1 sheet, 2 sides)	
Out of County	\$30
York County Races	\$0

* OUT OF County rates

CLUB MERCHANDISE

Club gear is always for sale. Check out the new items at www.yorkroadrunners.com. Available are baseball caps, and much more. The ever popular YORK logo singlets may be purchased at Greg Baum's Flying Feet. If you have any ideas about what gear you'd like to see offered through the club, please contact Jan Workinger.

MEMBERSHIP RENEWAL INFORMATION

Your club membership expiration date is under your address on the mailing label of your newsletter. A reminder renewal post card is mailed to you the beginning of the month in which your membership is due to expire. You are allowed a grace period of 1 month after the month of expiration. Then, you are dropped from the membership roll. Please call Denise Tushingam 637-7706 if you have any questions.

Dues:	1 year	2 year
Individual	\$10	\$16
Student	\$6	\$10
Family	\$12	\$20

MOVING? CHANGING YOUR NAME?

Please call Denise Tushingam 637-7706 to inform the club of any changes. We like to keep you informed!

