



KEEPING TRACK

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YRRC NEWSLETTER # 209 June - July 2010 PRESIDENT'S MESSAGE by Doug Barnett

Youth Movement,

I have been around the York Road Runners Club a long time. During that time I have noticed that there are always the same people helping out at our events. Most of you have run the Accomac 8-K a few times. Have you ever notice that Joe(don't know his last name) has been helping out at the same spot in the race for several years. Now I always look forward to seeing Joe at his usual spot and yes he was there the year that it was two degrees and the hot chocolate froze on the table before the runners came back from the race to enjoy it. But this is a message to all the youth in our club. We need your help!

I think that it is great that we have so many young people involved in our club. I believe that in the coming years our club will grow even stronger because of the youth in our club. For that growth to happen, I believe that now is the time to get involved in the York Road Runners Club.

Trust me when I tell you that when you volunteer for a race the excitement and enthusiasm you put into the task is returned to you by the runners. You will be amazed how good helping out during an event makes the runners feel and how great you will feel when you are done that you added to their accomplishments. So the next time that there is a call for volunteers, grab your calendar, contact the club, and mark that event on your things to do list.

See you on the road and trails,
Doug B.

YRRC Minutes April 5, 2010
Meeting started 6:05PM

Attending Board Members:

Doug Barnett – Co-President
Bob Breighner – Co-President/Race Calendar Coordinator
Hal Darr – Merchandise Club Gear
Bob Weikert – Club Equipment Manager
Margaret Moore – Newsletter Editor, Winter Series Coordinator
Gretchen Walter – Secretary, Winter Series Coordinator
Brett Pfleiger – VP Race/Activities Development
Bob Breighner – Co-President/Race Coordinator

Non –Attending Members:

Dave Tushingam – Treasurer (excused)
Denise Tushingam – VP Membership (excused)
Julie Bear – Webmaster (excused)

Member at Large:

Ryan Myer

President:

- Doug Barnett voted to have the club donate \$250 to the Haiti Relief Fund to match donations from Springettsbury and Indian Rock races.
- Doug requested a donation to the Chuck Brumley Fund. Chuck who was a past YRRC president. The board voted to donate \$25.

Merchandise Club Gear

- Carol Darr has sold over \$100 of merchandise. Discussed what items sell best. Club merchandise will be sold at Flying Feet June sale.

Race Equipment

- Replaced road runners signs. There will be 15 new signs by the end of April.
- Bob Potts making mile markers for Bob Potts Marathon.

Race/Activities Development

- Brett Pfleiger displayed YRRC Archive page..
- Recognition from Tom Shaffstall for putting information of past presidents on website
- Wellspan no long interested in sponsoring YRRC chip timing.
- Doug and Brett met with OSS regarding the YRRC chip program. OSS has offered to contribute \$15,000 for equipment sponsorship. Officers discussed where to acquire additional funds required to have chip timing. And what could be done to cover the ongoing cost of running a chip timing system. There was discussion about an OSS running event.
- Discussion on reemerging the BonTon Race.
- Panther Invitational proposed date is September 14, rain date of September 24.
- Perrydale Cross-country Run, which was held on April 24 was a free event sponsored by Perry Dell Farm Store. Approximately 15 runners were in attendance at the 8k muddy race.
- John Rudy Count X-Country Alumni meet will be held at John Rudy Park the week before York County's.

- A Central graduate approached Bob Breighner and Doug Barnett about putting on a YAIAA Alumni track and field event this year. Looking to us for sponsorship. With a club tent set up and YRRX name on registration as main sponsor, we will help to donate initially to help promote the event.

New Business

- Tom Shaffstall inquired if Scott McCloskey could purchase our mailing list or email list. We don't sell email or mail listings. Tom also wanted to know if he could have a commercial stand at Indian Rock stand. We don't promote commercial advertising unless they are a sponsor of the Winter Series.
- Discussion brought up by Bob Weikert to have race directors only serve a few years. There would be a seminar offered to transition new race directors.
- Rita's Italian Ice would like to come to races and charge small fee for their ice. The club has no interest. Interest.

Meeting adjourned at 8:16PM

The Perry Dell Mudfest Hal Dar

For years members of the YRRC club have tried to revive the original Jacobus Spring Thaw race. It was an early spring 10K run from Jacobus down to Lake Williams and back. As you circled the lake there were several soggy areas that would suck your shoes off. It was muddy and difficult but different and fun. But after 3 years the York Water Company and the parks department were no longer interested in staging the event.

Last fall, I was approached by Tom Perry of Perry Dell Farm/Store to put on a cross country race on the farm property. I was reluctant because I had just ended my 25 years of directing the Partners race. But the opportunity to provide the runners with a new/different race was too intriguing.

The YRRC board gave me the go ahead to have a trial race on April 24. This free event was a test of the course, facilities and directors. We learned that at 8 a.m. the ground is still frozen and hard. The cow manure was less pungent in the morning. The course is short and that runners can get off course easily.

Future plans are being made for the 7 or 8K muddy cross country race through beautiful aromatic farmland in April 2011. Save your old shoes and plan on entering when entries are available next winter.

The results from the 4/24/10 run:

Bob Breighner	30:08
Brett Pfeiger	31:11
Doug Barnett	31:16
Derek Breighner	31:37
Bob Wilt	35:32
Josh Breighner	35:40
George Hoffman	39:12
Eric Friedland	41:28
Brian Friedland	41:30
Dick Dietz	41:43
Patty Saikia	43:53
Hal Darr	44:47
Joe Griffen	46:58
Joe Heidler	47:02
Scott Zeigler	47:03

York County Senior Games Track Meet

Are you over 50 and want to run a 5K PR? Want to test your mile speed before the Glatfelter Mile? Then the York County Senior Games Track Meet may be for you. It will be held on Saturday, June 26th at the Central York High School track. It starts at 8:30AM before it gets too hot.

The meet runs in this order:

- 5K
- 100 meters
- 4x100 Relay
- 400 meters
- Sprint Medley Relay
- 1600 meters

The only requirements are that you be over 50 and a York County resident. There are men's and women's races and 3 deep medals in 5 year age groups. The entire meet costs only \$6 by May 28th. Apps are at Flying Feet and area

races. Or you can register after the 28th or at the meet for \$8. For information, call Pete Klotz, 845-2856.

What doesn't kill you....

By: Nancy Ann Rossi-Fogle

This year's 114th running of the Boston Marathon was an Anniversary of sorts for me. As many of you recall, I had the unfortunate adventure of ending up in the emergency room in Natick, MASS following my first run at Boston last April. This and other medical events made the last 12 months a little challenging. I never really liked the quote, "What doesn't kill you makes you stronger." I am not sure who coined this quote, but I have most often heard it from Jeff Hines and echoed by his lovely wife, my dear friend, Patti Stirk. I now use this quote more freely, because now having gone through some more pain and turmoil; I can embrace the lesson it offers. I think this quote means if you can come out on the other side of an accident, illness, injury, death, pain, and disappointment, you will actually become a stronger human being. I will go as far as saying, you will become a better, and more improved human being. Overcoming your life's biggest obstacles is intended to build us up, and encourage us to persevere beyond our wildest intentions. It also makes us draw upon our faith & belief systems, whatever that may be. With that said...here is how I have grown in 2009 as a runner, and as a person.

I stood on the starting line at Boston beaming with exhilaration. THIS WAS BOSTON, the oldest foot race in the history of the world. And here was I, a mother, a wife, a Counselor, a Coach, a peon in the scheme of life, amidst this transformational event. I felt emotional knowing that Ryan Hall, whom I very much admire, paved the way for me running this race on the very same ground just 30 minutes prior. I savored moments of photos and well wishings with my York running friends on the bus and now was my time to run this race set before me.

Though I typically make 3-tiered goals before marathons, I really was not aiming for anything special. I just wanted to have this experience be unbelievable. It was.

For awhile, I basked in the high five's of the amazing spectators to my left on the Boston Course. Shortly before the 10K of the marathon I started experiencing a pain in my upper chest right around my sternum, and my celebratory run came to an end. I couldn't help but think, "how did I pull something in my upper chest?" It was less than 2 miles later that I knew something was terribly wrong, and this marathon would be atypical. By mile 9, I formulated that I was going to finish this race. I did not want to be a DNF, and because it is a "point to point" race, I figure I needed to get to the finish line to get home. There was no turning back. My second plan was to stop at every mile

mark and hydrate. Though I knew my issue was not necessarily dehydration, I reasoned that a small break each mile might abate the pain in my chest.

Strangely, despite this pain, that I would rate about a 6 or 7 on a pain scale, my legs felt great, and my breathing was great. However other issues plagued me. My upper chest pain was shifting, and I knew I was going to have to use the bathroom. People who know me know that I do not shy away from bathroom talk. I think that all these elements are just a natural part of life. I also would much rather “do my business” in nature than in a portal potty. Before I hit Heartbreak I veered off and went to the bathroom behind a bush, then again around mile 22. In total, I stopped 16 times during that marathon. I took each mile like it's own little race and just said, “You just have to run this mile.” The water and encouragement at each water stop was my medication, and got me going again. Even well into the marathon I remember thinking, “gosh, my legs are really light today. It's too bad this pain is taking my breath away.”

One of my “saving graces” that helped me focus on anything other than the pain was a couple from Germany. The woman was 7 months pregnant, and ran with a shirt that was signed by 4-time Boston Winner, Bill Rodgers. The quote said something about running with her growing family. Her husband ran with a backpack and drank German beers along the way. Now THAT is commitment. I kept my eyes on the woman and at some point, ran right next to her. I shared with her that I too hoped to be pregnant any day now with my second child. We wished each other well, and after a few more miles, I knew that I needed to move along.

The real pain of this race came after I finished. I struggled for a good 45+ minutes finding my faithful friends, and was shivering partially from the blowing wind, and partially from the pain that seemed to intensify more since the running stopped. By the time I joined my friends and boarded the bus back to the hotel, I was in agony. I did not know if I was going to throw up or go in my pants. I was a hot mess. At one point Cathy Butler asked me how I was, and I responded, “not good.” The good news? A 3:51 with 16 stops along the way...not too shabby. In fact, 2 minutes faster than my slowest marathon.

As we walked into the hotel lobby, I knew I needed medical attention. Cathy rode with me to the local Natick Medical Center in an ambulance. This was where things got really tricky.

Since I drove up to Boston with Cathy, husband Rich, and Sheri Bullock, they needed to stay an extra night as I was forced to stay in the hospital after the physicians found blood in my stool. For some time, there was much debate on what was wrong with me. The first doctor thought I was diabetic, the second one thought I was just dehydrated, but was willing to do other testing. The third doctor was just unethical. On the second night when I was supposed to see a specialist for a colonoscopy and endoscopy, she cancelled it. The second evening there, I asked my nurse when the specialist was coming. She said my doctor had cancelled this appointment. I was confused and at this point, alone. My friends needed to return back to their families in York, and my husband and extended family slowly made plans to get to Boston.

The nurses helped me advocate for my needs (P.S. I love nurses!!) and that night I had the necessary colonoscopy and endoscopy testing. The results confirmed that I had a bleeding ulcer, Ischemia Colitis, severe anemia, gastritis, and a hiatal hernia.

The specialist told me that the doctor who cancelled the procedures lied about me. She told them that I cancelled them, that I did not have insurance, and that I needed to get back to my 4 children in York, PA. My only rationalization of this unethical behavior is that she thought she was doing me a favor by skipping the tests and trying to get me out of the hospital sooner??

My husband arrived on the third day and later that evening we returned to PA. To back up a bit, early in my hospital stint, the doctors asked me if there was any chance that I was pregnant. I said, "yes," as Dave and I were trying. They took a test, and it came out negative.

During the days of recovery back in York, I remember talking to people about how run down and lousy I felt. ****The other feeling I experienced on my return home to Pennsylvania was appreciation to numerous York Road Runners. So many of you reached out to me with an email or a card to wish me well on my recovery. I felt extremely well supported by the running community and am thankful to you all for your kindness and love. Can't express in words how much it comforted me to hear from you...kinda' like a hug that knocks the wind of you. ;)** One or two people explained that I had endured a lot, and that it takes more time than I thought to recover. Shortly after that I remember thinking, "I know this tired, it's like no other. I am pregnant." 3 tests later confirmed that I do indeed know my body. When you do the math, I was in fact pregnant during the running of the Boston Marathon. One Gastroenterologist here in York theorized that because the organs don't like to have a lack of oxygen for even one second, that perhaps it was possible that Brock (my second born son ☺) was forming at the very moment that I experienced the bleeding ulcer.

This second pregnancy brought on painful carpal tunnel syndrome. People so often talk about how the second delivery of a child is easier, not so for me. Since I am a "slow dilator," I received medicine to "ripen my cervix." I was laboring in no time and asked for an epidural. I was no dummy! I learned the first time that you get no award for enduring the pain naturally, and everyone gets to go home with a baby. I wanted the strongest dose of an epidural allowed by law! I shared this with my nurse as I timed my contractions with my GPS running watch. She thought I was being absurd and said that we were not ready for an epidural, and that I could not have been dilated. She even took my watch from me (that has got to be one of the biggest runner violations!). An hour later I grimaced in pain and asked for the midwife to check me. Sure enough, I went from 0-5 centimeters dilation and was laboring. The nurse said my body's reaction put me in the less than 5% for those who received the medicine. It's like I achieved another record that I did not care to boast about. She did however apologize for not getting me an epidural an hour sooner.

After what I thought was excellent pushing (and my doctor agreed), Brock was having great difficulty coming out. Once his heart rate fell, we had to move to

a Cesarean Section. Now this is where I nearly passed out from the pain. I waited 45 minutes, which was 22 contractions, for the anesthesiologist to “tap off” the epidural.

By the time they wheeled me in the operating room for the C-Section, I was in another state of living. I became afraid (remember, it was about 38 hours since I slept or ate & the pain was bad), and asked my husband if I was dying. He laughed and told me I was not.

Like Blaze, Brock also had to seek attention from NICU because he was a “slow starter.” But other than that, he is a very happy & healthy boy. I relished in the fact that I was now the Mother of two beautiful boys. I was also looking forward to the carpal tunnel disappearing now that Brock had arrived. This was not the case. About 8 weeks later I took the Nerve Conduction Test (fun test...not really, quite shocking and when they dragged the pins through my hand and one broke, I was sweating as if doing speed workout in 90+ degree weather), the results concluded that I had severe carpal tunnel, and immediate surgery was recommended.

This is where it gets interesting...2 days before my carpal tunnel surgery, my older son (who just turned 4), kicked me in the face and broke my nose. The second it happened, I knew it was broken, having previously broken my nose. 10 days after my carpal tunnel surgery I had surgery on my nose. That now has first place in my pain journal for THE MOST EVER. It seems that when the doctor went in to fix my nose, there were so many breaks, curves, and imperfections that he had to “muscle” his way around a lot to straighten things out. Not sure why he told me this but he shared that when he had done that procedure in his office for a man, the patient cried like a little baby. I think this was my doctor’s attempt at empathy. The explanation of the procedure did explain my out of mind condition from the pain for 4 days. With my emergency C-Section, that equaled 3 surgeries in 3 months, with 2 casts, and 2 scars. And no, there is no award given for this, I checked. From Boston last year until this year, my husband has deemed April as a high accident & insurance month for me.

I sit here now fixed, mended, no casts, and nothing injured. I can honestly say that enduring these events has caused me to really increase my pain threshold, and to realize, “Hey, I really can bounce back from a lot.” It is somewhat empowering, and my hope is (ACTUALLY, I am making it my GOAL) that I become a better, stronger runner. I want my 40’s to top my 30’s performances in races. So yes, “What does not kill you does in fact make you stronger.”

In the hospital back in Boston, every nurse and doctor asked me how far along I got in the race before I had to drop out. “I finished,” was my only reply. Some did not believe me, and thought I was now hallucinating. I could only convince them by showing them the medal and explaining that you only got one when you finish a marathon. The staff encouraged me to keep it on throughout my stay in the hospital, as I had truly earned it.

Medals are just things...but the experiences I carry with me are the awards of my scars, including my C-Section, my hand/wrist surgery, and my imperfect nose (truthfully, it was always imperfect & one of my least favorite

things about myself). But these “badges” are truly that of honor now and are reminders to me that we can all endure so much more than we think. That rings true in running and in life. But we do it better with a little help from our friends. THANK YOU, YRRC RUNNERS, FOR CARRYING ME THROUGH ANOTHER JOURNEY and for teaching me more about the strategies of survival. I am better for these lessons and your support. I have just very recently returned to running and tomorrow I plan on joining my support system, Cathy & Sheri, for a run. I could not be more excited. If you see me on the trails, on the road, or at any races in the next few months, know that my smile is a genuine reflection of my joy for running, and my reunion with all of you. I am back... I am better.... and life is good..... ☺

RACE CALENDAR – April 2010 to December 2010

Contact Bob Breighner (rbreighner@selectmedicalcorp.com) for your race to be included. Note to Race Directors with Spring races, please get your information to Bob as soon as possible.

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/>
Runners' World Race Finder <http://www.runnersworld.com/cda/racefinder/>
Pretzel City Sports: www.pretzelcitysports.com

APRIL, 2010

- 10 Garden Spot Village Marathon and ½ Marathon, 8am, <http://gardenspotvillagemarathon.org>, Andrea Witkowski awitkowski@gardenspotvillage.org
- 10 Stroehmann Bakeries Walk Against Hunger (and 5K Run), 8:30AM, Along MLK Drive, race starts and ends at the Philadelphia Museum of Art. www.hungerwalk.org Alison Miller 215-430-0555 ext. 107
- 18 Dash for Organ and Tissue Donor Awareness, 5K/10K Race; 3K Walk, 8:30am registration opens, Lori Ray, Lray@donors1.org, 215.557.8090 Ext. 1152, www.donors1.org

- 24 **Josh Mottin Memorial 5K, 1pm one mile fun run & 1:30 -5k, John Rudy County Park, York, PA.** Contact Connie Wolfe @717-757-1562, jlmom8288@comcast.net
Website <http://int.cysd.k12.pa.us/mottin/>
- 24 **York YWCA Race Against Racism 5K, 9am, YWCA of York PA** Contact Bernadette Green @ 717-845-2631 bgreen@ywcaofyork.org Website: <http://www.ywcayork.org/news-events/lady-white-rose-run/>
- 24 **Clinton County Historical Society 5K Charity Run, 10am,** <http://www.clintoncountyhistory.com/5k.html>, Anne McCloskey, 570-748-7254 execdir@clintoncountyhistory.com
- 24 **American Lung Association - Fight For Air Climb, 9am at Hersheypark Stadium,** <http://lunginfo.org/stadiumclimb>, contact Derek Shaw at bdshaw@lunginfo.org or 717-541-5864 x55.

MAY, 2010

- 16 **Bob Potts Marathon and 5K, 6:30am,** <http://www.bobpottsmarathon.com/>
- 23 **23rd annual Millersville Mile – 6:30PM,** Contact: Judy Anttonen 717-872-8810, www.millersvillemile.homestead.com
- 23 **Maryland Half Marathon, 7:30 a.m.** www.mdhalfmarathon.com
- 23 **“Hear We Go” 5K Run/Walk. 9AM Nemours Mansion & Gardens, adjacent to Nemours / Alfred I. duPont Hospital for Children.** <http://www.runtheday.com/app/find> Shirley Morrison (302) 651-6839
- 29 **23rd Annual Memorial 5K Run, 9am, Lebanon, PA.** www.va5k.com, Race Director: Daniel Petley, OD, daniel.petley@va.gov
- 29 **Odyssey Half Marathon, Philadelphia, PA,** www.OdysseyHalfMarathon.com
- 29 **Anthracite Heritage Festival of the Arts 5K, 8:30am, Shamokin High School,** Contact: Sandy Winhofer 570-648-4675 e-mail - swinhofer@censop.com

JUNE, 2010

- 4 **Dallastown Great Strides 5K, 5pm,** website: www.teamshad.org Contact: Joe Klinedinst - Joseph.Klinedinst@dallastown.net, 717-578-7438
- 5 **Memorial Hospital Auxiliary Ladies 5K, 9am,** Contact: Krista Darr (e-mail: kdarr@mtb.com)
- 5 **18th Annual Journey for Sight 5K, 9am – run, 8:30am - walk,** at Naylor Wine Cellars, 4069 Vineyard Rd., Stewartstown, PA. Benefits Stewartstown Lions Club. Contact Don Scarborough at 993-6846 (days) or 993-6942 (evenings) or don@ddscarb.com
- 9 **2010 Pasta Run 5K Race and Kids Noodle Run, 6:30pm,** City Island, Harrisburg, <http://lunginfo.org/pastarun>, contact Derek Shaw at bdshaw@lunginfo.org or 717-541-5864 x55
- 19 **Double Creek Half-marathon (7am) and 5k (9:30am); and 30, 48, 63 mi bike tour;** N. Salem Elementary School, Dover; www.doublecreek.org; Race director - Walter Schradling wschradling@comcast.net 717-885-0953.
- 19 **Baltimore 10 Miler, 7:30am,** <http://www.baltimoretenmiler.com/>
- 27 **Baltimore Women’s Classic 5K. 8am,** Website <http://www.baltimorewomensclassic.com/> Contact: info@baltimorewomensclassic.com

JULY, 2009

- 4 **Liberty Day 10K, 8:15am,** Moul Field, W. Middle St., Hanover, PA. Contact South Penn Road Runners.
- 17 **20in24 Relay Challenge and Lone Ranger Ultra Marathon – 10AM,** Philadelphia, PA, Contact Cathryn Sanderson 215-772-1080 www.20in24.com or www.backonmyfeet.org.

- 24 Lebanon Area Fair 5K Run, 9AM, Lebanon Valley Exposition Center & Fairgrounds, 80 Rocherty Road, Lebanon, PA, Contact: George Youngs Jr. (717) 273-1760 or email youngs67@comcast.net

AUGUST, 2010

- 14 **Gene Gladfelter Memorial Mile, 8:30am, Website:**
http://www.shilohuccyorkpa.org/index.php?option=com_content&view=category&layout=blog&id=45&Itemid=58 Contact: Steve Harlacher at 717-495-5083.
- 28 **The Arc of York County's Rail Trail 10-Miler, 8am, Contact- Jim Poster, 846-6589,**
jposter@thearcofyorkcounty.org

SEPTEMBER, 2010

- 6 **Quarterback Club of York 5K**, 8:30am,
<http://www.qbclubofyork.wikispaces.com>. York, PA. Contact Barry Biesecker at 717 764-0334 and beastoftheeast1@comcast.net
- 11 Susquehanna Super Hike and Ultra Trail Run, 28.4 mile trail challenge, 7:00 AM, Otter Creek Campground, Airville, PA. Park at Pequea Creek Campground, Pequea, PA and transportation provided to the start. Contact: www.kta-hike.org ktaadmin@verizon.net or 717.238.7017.
- 18 **Trails for Tails Ultra 40 mile run and Team Relay** (up to 10 participants), 7am, Codorus State Park, Hanover, PA. <http://www.trails4tails.com/> Contact Kev and Faye Hawn hawnsrun@comcast.net.
- 19 **Woodrow Wilson Bridge Half Marathon**, 7:30am, begin at Mount Vernon home of George Washington and end at National Harbor resort in MD. www.wilsonbridgehalf.com. Steve Nearman 703-587-4321.

OCTOBER, 2010

- 9 **7th Annual Dr. Segro Memorial 5K**, 9am in Red Lion, www.rlasd.k12.pa.us (click on Links, then on Dr. Segro Memorial Site, then click on Race Application). Contact: David Anderson dlaaea@verizon.net or 717-880-2400.

NOVEMBER, 2010

- 25 **14th Annual YMCA Turkey Trot 5K**, 9am, York, Contact: Karen Ruppert 717-843-7884 ext 263, kruppert@yorkcoymca.org. website: <http://yorkcoymca.org>

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

PRESORTED STANDARD
U.S. POSTAGE PAID
YORK, PA
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!

