



KEEPING TRACK

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Club Info Web Site: yorkroadrunners.com 	

YRRC NEWSLETTER # 212 Dec 2010 - Jan 2011 PRESIDENT'S MESSAGE by Doug Barnett

YRRC Newsletter going green??

Two things that most companies and also most families are talking about lately are ways of saving money and going green. One responsibility as an YRRC officer is trying to save your club money. With all the means of communication that we enjoy now, most people read their newspaper on line. They also correspond with their friends through face book or twitter and of course we still have what some people view as the dinosaur of communication email. Also we will always have the pony express of communication, good old snail mail. Which brings me to the topic of the president's message? As a club we have always mailed our club members the YRRC newsletter. As you can imagine this is one of our biggest expenses that we have. As a way to save money we mail out your newsletter by the way of third class mail. This means that it can take several days to reach your home. During the last few YRRC meetings we have discussed the idea of putting the newsletter on line and doing away with mailing out a hard copy. I have to believe that just about everyone has access to a computer and many families have more than one computer in the home. This way you will have your information much faster that the way you receive it now. Our members will not be missing out on certain races that the date may have passed before your newsletter reaches your home.

We did not want to make this important decision before we asked your opinion on this topic. I realize that many of our members still like to have the newsletter in their hands and many do not enjoy reading several pages on line. So I would like to hear from our club. Do you want to go green and have your newsletter in a more timely fashion or would you like to keep things the way they are?? Please feel free to email Bob Breighner or myself with your thoughts.

See you on the road and trails,
Doug Barnett dbarnett1961@comcast.net
Bob Breighner bobbreighner@comcast.net

YRRC Board Minutes September 3, 2010

Meeting starts time: 6:15PM

Attending Board Members:

Doug Barnett – Co-President
Gretchen Walter – Secretary/Winter Series Coordinator
Dave Tushinghan – Treasurer
Bob Weikert – Club Equipment Manager
Hal Darr – Merchandise Club Gear
Margaret Moore – Newsletter Editor/Winter Series Coordinator
Brett Pflieger – VP Race/Activities Development
Karen Mitchell – Timer Coordinator

Guests:

Scott Newcomer
Clay Shaw

Non-Attending Members:

Denise Tushingham – VP Membership (excused)
Brandon Parks – Webmaster (excused)
Bob Breighner – Co-President/Race Calendar Coordinator

Merchandise:

- Setting up table at White Rose Race & other upcoming races to sell items.
- Merchandise will be given away at races as random prizes

Newsletter:

- Discussion on what direction YRRC is going with the newsletter
- Sample newsletters from other running clubs presented to brainstorm new ideas
- Joe Brillhart volunteered to compile race results for newsletter
- Cost to print/mail newsletter approximately \$1400 annually
- Discussion to put running photos and results in newsletter

- Coverage of runners of interest
- Karen Mitchell will help with the spotlight version of the newsletter
- President's message is to go green

Race Activities:

- Revamp the YRRC website
- Reviewed and discussed the advantages of joining the website
- Webmaster will create a spreadsheet with potential races in order to get race director.

Treasurer:

- No money put in account
- August timing fees paid
- If race directors do not pay bills then they will not be allowed to rent equipment
- Need to reevaluate cost of timing for out-of-state or substantial distances
- Discussion of providing a race director consulting fee
- CD is due. Treasurer will put into another CD account
- Paid for the Panther Invitational

Activities/Development:

- Chip Timing check received from OSS
- Working on equipment training and getting chip timing up and running
- Double Creek has signed on board to use clubs new chip timing system
- Discussion of charges for out of county chip timing
- Timer and clock cost will remain the same
- Karen Mitchell will provide information for race directors on timing

Equipment

- Greg Baum purchased an additional display clock and time machine.
- Discussion for club to purchase a new tripod
- All pick-up equipment will be on Thursday evening only at Bob Weikert's house

- Club needs to upgrade gear (easels, “runners on the road” signs, cones)

New Business:

- Scott Newcomer proposed a YRRC Trail Club. He is willing to take the lead. Scott’s first trail race this summer drew 103 runners. He is willing to have two training runs a month. Scott will post races on the website and information for the newsletter
- Proposed name for YRRC Trail Club “York Trail Stompers”;
- Discussion of starting up a beginners group again

Winter Series:

Application is posted on line. Paper copies are being distributed at local races.

Meeting adjourned 9:00pm

YORK TRAIL STOMPERS (YRRC RUNNING GROUP)

There is something new to offer to members of York Road Runners Club. A trail running group was voted in unanimously at the last board meeting. York Trail Stompers was born out of local trail runner Scott Newcomer’s passion for running trails. That passion and his willingness to share with other runners are sure to enhance the existing club with new ideas and new members. You now get two clubs for the price of one. Scott will lead members in scheduled runs on trails throughout the area. . The club recognizes trail running is quickly gaining popularity in the area and wants to offer members a new innovative way of enjoying an age old sport. The runs are open to runners of all abilities. Give it a try and you will find yourself challenged in that runner’s high exhilarating way. You will be stimulated by the beauty of our local parks. Negotiating single tracks with natural obstacles logs rocks and such will wake up the inner child in you as well as some muscles that have been forgotten.

YORK TRAIL STOMPERS HISTORY:

The York Road Runners Club adopted The York Trail Stompers at their Oct. 2010 meeting. The club recognizing trail running is the newest growing sport in York and neighboring counties.

Under the direction of Scott Newcomer a York trail runner and the club invites all runners of all levels to participate. Trails will vary in levels of terrain and difficulty so runners know what they can expect before hitting the trail. Scott is eager to

share his trail running passion with others and wants to learn about other runners experiences in return.

Trail Running Info:

If you are a new-be to trail running here are things you should be aware of.

- Feet will get wet at creek crossing
- No one clears the trails of the debris
- Bugs could be bad – (not winter time)
- Run on uneven surfaces all the time (Rocks)
- Expect to run hills on every run.
- Must pick your feet up or you will trip.
- Your Pace can be 1 to 3 minutes different due to the terrain
- Trail shoes do provide more stability and support than road shoes.

York Trail Stomper Web Page:

Running Schedule will be posted on <http://www.yorkroadrunners.com>

Trail Running Schedule until 2011

Date	Time	Location	Meeting Place	Terrain	Mileage
10/24/10	8:00 am	William H Kain County Park.	South George Street Parking Area	Most trails are double track with some technical single track sections and has creek crossing on Trail 5 & 7	3 miles for beginners. 9 miles for intermediate/expert Not running trail 5 & 7
11/7/10	8:00 am	Gifford Pinchot State Park	Conewago Day Area Parking lot	Mostly small rolling hills with some muddy areas on MDT sections	3 miles for Beginners 9 miles for intermediate
12/12/10	8:00 am	Rocky Ridge County Park	Front Parking Lot	Intermediate Climbs (Up and Down)	3 miles for Beginners 9 miles for intermediate/expert
1/5/11	8:00 am	William H Kain County Park.	South George Street Parking	Most trails are double track with some technical single	No beginners. 9 miles for intermediate/expert Running trail 5 & 7

			Area	track sections and has creek crossing on Trail 5 & 7	
1/19/11	8:00 am	Mason Dixon Trail	Shank Mere, Across the street parking lot	Extreme up & Downs from Shank Mere to Lock 10	No Beginners. Up to 16 miles. Running to Apollo county Park & back
2/6/11	9:00 am	Tentative Race at William H Kain County Park. Around Lake Redman & Williams	Lake Redman Activity Area	Double Track & Single Track & 2 creek crossings.	13 miles – 15 miles

**(The runs with beginner mileage will always complete the beginner course first then run the remaining mileage for the intermediate/expert run)

New Feature

Healthy Eating for Runners

A new feature has been added to your newsletter. As we all know, running involves more than putting in the miles. Good training also includes healthy eating. So, YRRC members, we are looking for your special recipes and food tips. To get them included in the newsletter, please submit them to mqmrn@verizon.net. First to be published are the Tushingham's with the following recipe:

Sweet Pepper and Bulgar (or Bulgur) Wheat Salad

- 1/3 c. olive oil (I use less)
- 1 onion, diced
- 1 red & 1 green pepper, diced

- 2 cloves garlic, chopped
- 1 (14.5 oz.) can diced tomatoes
- 2 c. bulgar wheat
- 1 1/2 c. water
- 1 1/2 tsp. salt
- 1/8 tsp. pepper
- 2 T. lemon juice

Saute onion, peppers, and garlic in oil for 5 min. Stir in tomatoes, bulgar, water; salt, and pepper. Bring to a boil, then reduce to med. low and cook well covered for 15-25 min. until most of the liquid is absorbed. Remove from heat and let sit 10-15 min. Chill, then stir in lemon juice.

Race Calendar

For the current race calendar, please go to www.yorkroadrunners.com. We will be working on returning this feature to your newsletter. Thank you.

New Feature (Actually, a return of an old feature)

The YRRC website is archiving old newsletters. They are truly treasures of the past. Prominent in the newsletters are race results. What a great way to check out the old timers and see how they did in their younger days. Over time, race results were no longer being submitted to the newsletter. Joe Brillhart took note and decided to do something about it. He has offered to be the race results coordinator for the newsletter. Runners will now have a forum for their individual results and race directors can submit their event results. All information can be submitted to Joe at joebrillhart@comcast.net.

**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:	\$50/*\$60
(Finish boards, mile markers, chute equipment)	
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!

