



KEEPING TRACK

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YRRC NEWSLETTER # 213 Feb – Mar 2011 PRESIDENT’S MESSAGE by Doug Barnett

A Year in Review

I can't believe that my first year as Co-President has come and gone already. Time truly does fly when you're having fun, and it has been a fun year. We have made some changes in the past year and I would like to think that they were all for the better. We have also added a few new things to our club.

We started with our email blast thanks to my Co-President Bob Breighner. This is a weekly email that Bob sends out on Thursday or Friday to let you know what is going on as far as runs for the upcoming weekend. If you are not receiving these emails please checkout our website and add your name to the email list.

A facebook account was also added to the mix so that we could open up the lines of communication even more. If you love being on facebook please check us out the next time you log on.

We have redesigned our YRRC website thanks to our new web master Brandon Parks. Brandon has been a huge help to the club and has put in many hours updating the website and reviewing several parts of our club.

The club has added a trail runners section to our web page and with the help from Scott Newcomer some of you have been enjoying running the trails in York County. Scott has some nice ideas for all those interested in trail running so please keep checking that section of the website.

I would have to say that the biggest event of the year was the purchase of a chip timing system for the club. Brett Pfeifer has put in many hours of research on this subject and we believe that we have purchased a system that will help all race directors and race timers run their events in a more professional manner. Your club has thought long and hard about this purchase and it was not an easy decision to make. But I do believe that this system will benefit the club for many years to come.

Another successful part of this year has been the participation and support provided by you our members. Thank you for the time and efforts put forth by the

board members, race directors and many volunteers. We could not have a successful club without each of you. In addition, Thanks to each of you who take advantage of the activities we provide, it is just that participation that demonstrates our success.

I think that you will agree with me that we have had a very busy and productive year. I hope with a successful 2010 behind us we are now looking forward to the opportunities 2011 presents to continue to move our club into the future.

See you on the roads and trails
Doug Barnett

YRRC Board Minutes 12/6/10

Meeting Start 6:20PM

Attending:

Doug Barnett – President
Gretchen Walter – Secretary, Winter Series Coordinator
Margaret Moore – VP Newsletter, Winter Series Coordinator
Brett Pflieger – VP Race Activities Development
Karen Mitchell – Race Timing Coordinator
Hal Darr – VP Merchandise
Brandon Parks – Web Administor
Scott Newcomer – Trail Coordinator

Non Attending:

Denise Tushinghan – VP Membership (excused)
Dave Tushingham – Treasurer (excused)
Bob Breighner – Co-President (excused)
Bob Weikert - Club Equipment Manager (excused)

Treasurer Report:

· Reviewed income and disbursements. Strong balance in YRRC account.

Club Equipment:

· Bob Weiart inquired about putting a locking system on his barn.
· Finishing Boards are heavy and old. With chip timing would like to consider different boards

Merchandise:

· Sold \$143 of merchandise at White Rose Race Will continue to bring current merchandise to races.
· Trying depleting current stock of merchandise. Some unsold items will be given away at the last Winter Series race.

Newsletter:

· Revised newsletter feature includes race results. Still working on time restraints to mailing newsletter
· Membership information will be in future newsletter.
· Club members will vote as to whether they want to opt out of paper copy vs.

email. Renew membership on-line or by mail.

- Discussion on the benefits of joining as a paid member if we can get the newsletter on-line.

- Suggestion to make the newsletter a paid position for the editor.

Membership:

- Membership is 217 plus.

- Voted yes for on-line membership.

- Option for members to renew on line or via paper copy.

- Suggestion to send on-line and if the membership expires, to send a postcard.

Race Activity:

- Timing equipment has arrived. Brett purchased an additional tent and two tables for system.

- There will be a training meeting for those who will be operating the timing system. The club is still acquiring names for training.

- The club is in the process of testing out the system.

- The timing system is able to handle 5000 runners.

- The system can be upgraded with expanders to accommodate a wider span for runners to go through.

- Proposal to offer the Ladies White Rose to test out the race equipment. The timing for the race would be done at cost.

- Brett Pfleiger suggested how to make the timing affordable for York races. He put together a proposal sheet of costs to run the system and different costs for York, regional, next county and out of region.

Web Administrator:

- YRRC Facebook page has grown to 86 members.

- Equipment page is up and running.

- Any emails sent must be approved for mailing list.

- Discussed complications of website and how to simplify.

Winter Series:

- 345 runners registered as of 12/01/10. 320 of those registered are registered for the main races.

- Whoopi pies were a big hit at the Dover 10 Miler race. Kudos to Doug Barnett's wife for making the pies.

- Notify race directors to have them announce at each race that we are looking for a new director for the Springettsbury 15K and Spring Valley 5K races.

- Discussed on-line registration pros and cons for r for Winter Series.

Trial Runs:

- One person in addition to Scott showed for the first group run at Lake Redmond. Additional runs will be at Rocky Ridge in December & Pinchot in March. These are low-keyed runs.

- Discussion as to why Partners in the Park race is not a club race when the race was designed in dedication of a former runner who has passed on and the trail was named after. This race advertises for the club. Other than timer fee, a request was made for all other race fees to be waived.

- On the Rocks trail run is scheduled for August 20, 2011. Margaret Moul Home will be the full sponsor for the race.

New Business:

· Gretchen Walter inquired about a copy of YRRC Officer job descriptions and by-laws. Hal Darr will present a copy.

· Perridale Cross Country Run will be held the weekend of March 19.

Meeting Ended 9:00PM

RENTAL OF TIMING AND RACE EQUIPMENT

Attention Race directors: If you would like to rent YRRC timing or other race equipment, please note the following:

- 1) YRRC rents **timing equipment and an operator**, which includes a large display clock, a time machine, and an experienced operator. This is an electronic/manual system. Using the time machine, the operator will provide the race with a readout (similar to an adding machine tape) of the runners and their times as they cross the finish line. The race's volunteers will then use the readout to calculate the race results. Fee is \$110 for in-county races and \$145 for out-of-county races.

For additional information, please contact Karen Mitchell at runnerkmitchell@yahoo.com as far in advance as possible.

- 2) YRRC also rents **finish line chute equipment, mile markers, and result boards**. Equipment is now being stored with Bob Weikert, 827 Locust Grove Road, York, PA 17402. Race director must arrange to pick up and return the equipment. (Equipment pick-up is available on Thursday evenings only.) Fee for equipment is \$50 for in-county rental and \$60 for out-of-county rental.

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.

Coming soon: Fully electronic race timing at reasonable rates. Contact Karen Mitchell at runnerkmitchell@yahoo.com .

Healthy Eating for Runners

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 mgmrun@verizon.net.

Easy Hummus

1 15.5 oz can chick peas (garbanzo beans) drained
3 T. olive oil
½ tsp cumin (or to taste)
Juice of 1 lemon (or to taste)

Puree all ingredients in a food processor until smooth. Serve with pita wedges or veggies. It's that simple!

The Olympics in 776BC by Peter Klotz

One of the highlights of my recent trip to Greece was walking on the 2000 year old running track at Olympia. It was an exciting experience to walk past the Hall of Shame, thru the arch and onto the track. To a track runner like me, it was like finding the Holy Grail!

The track is a straight 192 meters and there are no turns, only a post that you run around and the track surface is either dirt or sand. At those early Olympics, there were only 4 running events: 192 meters, 384 meters (down and back), a distance race that could be anywhere from 1400 to 4800 meters and an armed race in which you ran 384 meters with a helmet, a shield and shin guards. (That I'd love to see! How about an exhibition event at the 2012 Olympics?)

The Hall of Shame was a row of 16 statues representing the 16 athletes who were caught cheating at the Olympics which were held every 4 years for 1200 years. That is only one cheater for every 18.75 Olympics! Contrast that with today where we have multiple drug violations every Olympics. In case you're wondering, the violations were for "influencing" the judges in non-running sports that were added to the Games in later years. The 16 pedestals that the statues stood upon are still there.

Imagine that you are competing in the 4.8K and walking thru the arch to the track and you are confronted by thousands of men and unmarried women sitting on the grassy banks on either side of the track. For some reason, married women

were not allowed. You, being an athlete, are naked, of course. You are also bare-footed. (Ouch!) You are also male since women were not allowed to compete until much later in history. To your right are the judges and to your left is the priestess of Demeter. She is the representative of the divine Demeter who was presumably too busy on Mount Olympus to watch the Olympic athletes in person. In front of you are the starting blocks. These are not at all like today's starting blocks. (See below.) These are heavy blocks of shaped rectangular stone and only a few inches stick up above the track surface. They are about 2 feet wide and stretch completely across the track. Two very straight grooves that are perpendicular to the direction of the race are cut into the blocks. These are about 8 inches apart and intended for your toes to push against at the start of the race. Now here is something very clever: the forward edges of the grooves are beveled so that you are less likely to stub your toe at the start. Remember, the Nike Shoe Company won't exist for 2746 years! (Besides, it would look odd to be naked except for your pair of Zoom Rival spikes.)



The lanes are defined by 3 feet tall wooden posts that are placed into square holes in the starting blocks. The lanes are about 3 feet wide and are marked on the track by colored dust. If you are running the 384 meter race, there is another post at the far end of the track that is placed in the middle of your lane. You are required to run around this post before running the second 192 meters.

The distance races were run a little differently than the 192 or 384 meter races. Just like today's track distance races, you are not required to stay in your lane and there is a mass start. But since the starting blocks were not easily removed after the start (as they are today), there had to be another way of marking the turns. Several meters in front of the starting blocks was a stone block with a post inserted into it. This marked the turn at the start end of the track. Another block and post marked the turn at the far end. The jostling among the runners at the turns must have been...dramatic. Your 4.8K race is exactly 25 lengths of the track so you have to make 24 of these high speed, small radius turns.



It is safe to say that you will not be timed with digital stopwatches or FAT (Fully Automatic Timing.) In fact, the finishing time is meaningless since the various

tracks were of different lengths. Delphi, for instance, is 177 meters long. A sundial isn't quite accurate enough anyway. (Although some of my training runs are so slow that a sundial might be appropriate.)

How was a false start detected? Simple: it wasn't. There were no pressure-sensitive starting blocks or instant replay. Instead, the Greeks used starting gates. They were similar to the gates that skiers use for their starts and did not allow any runner to false start. The gate was called a hysplex and consisted of several parts. The most obvious part was the rope that stretched across the track just in front of the starting blocks. The rope was attached to a post at either end of the blocks and this post could rotate in front of the blocks. The two posts were spring-loaded such that when the starter released the trigger, the posts and the starting rope slammed to the ground, thus letting the runners out of the blocks. It was a very elegant solution to a 2746 year old problem. Also, since there are no false starts, there are no disqualifications. (I love it!)

What do you receive if you win the 4.8K? Forget about money; these races are about honor and bragging rights and attracting women. The winner is given a crown of olive leaves and nothing more. No giant trophies, no gold-plated medals, just a simple crown of common olive leaves or an olive branch. (No endorsement contracts either.)

After your race, you can stroll about the facility outside the track---with your clothes on. There are beautiful buildings everywhere including the Temple of Zeus which contains one of the Seven Wonders of the World, the 12 meter tall ivory and gold-plated bronze statue of Zeus. You can check out the statues of previous champions that are scattered everywhere. You can visit the building where your fellow athletes are training. You can hang around the track and watch the tough guys in armor try to finish 384 meters without collapsing. (This is just like today where we runners wander over to the throwing areas and watch really big athletes attempt to throw heavy objects.) It is a given you will attend the banquet that ends the games and that is given to honor the participating athletes. Finally, you can head on home, knowing that regardless of how you finished, you performed well and you brought honor to both yourself and your family.

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

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Confirmation of availability will be done by return email. Bob's cell number is 891-7985.

Prices:

Race Application in Newsletter: no charge

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!

