

KEEPING TRACK

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☞ **Club Info Web Site:** www.starinc.com/yrrc ☞

YRRC NEWSLETTER #173 JUNE – JULY, 2004 PRESIDENT'S MESSAGE, by Chris Young

Well, spring has sprung, and hopefully your running is in full swing. Several road races have occurred in the past few weeks, and the weather has been pretty good for the most part. If you get a chance, try to make it out to a local race to check out the runners, and if you are really ambitious, you could even volunteer to help! I know we hear it every year, but it still holds true that most race directors could use a little help. The club poker run is coming up on May 17 at Rudy Park, and depending on when your read this, I hope to see you there, or it was good to see such a good turnout. It always is a lot of fun, with a little running mixed in. The club will provide some snacks and drinks, and you supply a covered dish. We will also be awarding some small prizes to the runners who get the best poker hand over the course of the run.

The high school track season is also well under way. York County really produces some tremendously talented high school track athletes. I would strongly recommend that you try to get out and see some track action before it is too late. The county championship meet is held at Southwestern High School on Friday May 14th and the District meet is the following weekend at Shippensburg University. Those would be two of the best opportunities to see these athletes excel at their events. Nothing makes a person want to compete at their best more than a stadium full of cheering track fanatics!

With the summer months coming up quickly, be sure to follow the age-old advice for running in the heat. Make sure to stay hydrated, not just with water, but also your favorite sports drink. Try to run during the cooler parts of the day, early morning or late evening, and wear light colored and cool clothing. And hope for clouds on August 28th, this years running of the Rail Trail 10 Mile! It may seem like common sense, but even veteran runners can wilt under a hot sun.

Finally, I hope to see a lot of you out on the roads this summer, with all the races and club events on the schedule you should have no excuses not to make to at least one. It can be a lot of fun to race others, yourself and the clock, so get the racing and bug and come on out. You do not have to be a speedster, just enthusiastic, to have a god time. See you on the Roads.

YRRC EXECUTIVE MEETING

The Committee met at the home of Jack Goodwin at 7 pm on, April 12 2004. Attending were Officers Chris Young, Bobbie Kehr, Doug Moyer, Bob Weikert, Tom Schaffstall, Jack Goodwin, and Pam Paule. Members at large: Rosa Schaffstall, Mike Kehr and Jan Workinger.

Committee Reports:

Secretary: Minutes from the February meeting were approved

Treasurer: Balance as of March 31, \$10,846. Of this amount \$1,450 is being held for the Lady White Rose Race and \$3,693 Is held for County Parks and Recreation.

VP Membership: Current membership is 343 as of 3/31/2004. Please remember to forward any change of address to the membership committee.

Dry Goods: There was a discussion about adding new items to the items that the club has for sale. The Committee approved the addition of hats and lightweight jackets. Hats and headbands are still available, for \$5 each as well as Winter Series jackets, when prepaid for \$44, (see Robert Weikert of Jan Workinger).

Newsletter: Items of interest and articles are always welcome Deadlines for submission is as follows:

6/30/2004 for Aug./Sept.

8/31/2004 for Oct./Nov.

Old Business: Nothing was reported

New Business: The club will sponsor 2 events, (distance medley) for the York Suburban Relay in the amount of \$25.00 each. The group discussed the club website.

It was noted that currently fees for the use of timers and the clock by three groups are outstanding, follow-up calls will be made in an effort to collect the past due amounts.

Chris Young will check on Gift Certificates for the Poker Run.

York VoTech will make metal Frames for the YRRC races. Brewery Products will be donating directional and "runners on the road" signs to the club.

The next Executive Meeting will be held on June 14, 2004, at Jack Goodwin's house, 551 Findlay Street, York, Pa. 17402, (call for directions if needed).

The meeting adjourned at 8:50 pm. Minutes prepared by Jack Goodwin.

Upcoming Club Events:

May 17, 2004

Poker Run at John Rudy Park at 5:45 pm 5k run. Please bring a covered dish. Small prizes will be awarded for best poker hands.

June 16, 2004

Country Run I, held at the York Water Co Employee Center on Hess Farm Road; bring a covered dish, and there will be running and swimming at 5:45 pm.

July 25, 2004

YRRC club picnic to be held at the York Township, Community Center and Pool, on S. George St., York. The Club provides all of the food and drinks. Swimming and volleyball, from noon until 6 PM.

August 4, 2004

County run II held at the York Water Company Employee Center on Hess Farm Road; Bring a Covered dish and there will be running and swimming 5:45 PM

Thanks to all who participated in the 2004 YRRC Winter Series Especially the volunteers

Kathy Baker	Jeff Knaub	Dennis Suruvcik
Greg Baum	Pat Krout	Marianne Suruvcik
Marj Berra	Steven Krout	Elaine Vanhouwe
Barb Black	Betty MacLaughlin	Beth Vedders
Wayne Bair	Paul Makurath	Clyde Vedders
Robert Breighner	Denise Markle	Emma Vedders
Sheldon Brindle	Joe Myers	Bob Weikert
Sally and Steve Brown	Rosa Myers	Dave Weitzel
Corey Craver	Pamela Paule	Ronda Whitson
Nancy Ganther	Steve Perago	Bob Woods
Gary Golden	Kevin Pflaum	Karen Young
Mike Goodwin	Steve Piepmeier	Rodney Young
Theon "Fred" Hess	Jackie Potts	
Jeff Hines	Tim Potts	
Tim Ihrig	Vickie Redding	
Sue Joines	Pam Shaud	
Leroy Keeney	Tiffani Shaud	
Craig Kindig	Thomas Shepp	
Rose Kline	Marty Strine	

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FUN RUN

2nd ANNUAL MEMORIAL HOSPITAL AUXILIARY FIT 'N FUN 5K RUN & 1 MILE FUN RUN/WALK

SATURDAY • JUNE 5, 2004 (RAIN OR SHINE)

8:30 A.M. – 1 MILE FUN RUN/WALK • 9 A.M. – 5K RUN
SURGICAL CENTER OF YORK • 1750 FIFTH AVENUE, YORK
(LOCATED TO THE RIGHT OF MEMORIAL HOSPITAL)

Pre-registration fee before Friday, May 28th

5K Run: \$12
1 Mile Fun Run/Walk: \$7

Registration fee after the 28th or on Race Day

5K Run: \$15
1 Mile Fun Run/Walk: \$10

Race Day registration and packet pick-up begins at 7:30 a.m. behind the Surgical Center.
Both events will start behind the front entrance of the Surgical Center.

All participants will receive a t-shirt and goodie bag on the day of the race.

AWARDS

Cash prizes awarded to overall top three male and female finishers in the 5K Run: 1st Place, \$100; 2nd Place, \$75; and 3rd Place, \$50.
Ribbons awarded to overall top three male and female finishers in 5K Run in each division and overall top three finishers in 1 Mile Fun Run/Walk.

MEN'S/WOMEN'S DIVISIONS

13 and under; 14-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 and over. *(No duplication of awards)*

RACE DAY

Measured course run is held on paved streets • Professional timer • Complimentary refreshments
Award Ceremony and random drawings will be held following the race.

Parking is available at the Surgical Center and at the Victory Fire Company. Please enter through rear entrance on Sixth Avenue.

Mail Applications along with check to: Memorial Hospital Auxiliary, 325 South Belmont Street, York, PA 17403

Make checks payable to: Memorial Hospital Auxiliary *(Proceeds benefit Memorial Hospital Auxiliary)*

Please call Memorial Hospital's Community Relations office at 849-5492 for additional information.

For directions: www.mhyork.org/hospital/directions.html



PLEASE PRINT. READ CAREFULLY. NO REFUNDS. RAIN OR SHINE.

EVENT *(please check one)* 5K 1 Mile

GENDER Male Female

Age on 6/5/04 _____

NAME _____
Last First MI

TELEPHONE () _____

ADDRESS _____

Age on 6/7/03 _____

SHIRT SIZE *(circle one)* S M L XL
(Register early — sizes limited)

In consideration of the acceptance of this entry to the Memorial Hospital Auxiliary Fit 'n Fun 5K and 1 Mile Fun Run/Walk, I waive all claims for myself, my heirs and assigns the sponsors, cooperating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in this race. I hereby give my permission to the media to use my name and/or picture in any newspaper, broadcast, telecast or any account of this event, without limitation, and without obligation to anyone to compensate me further therefor.

Signature

Date

Parent's Signature *(If Less Than 18 Years Old)*

RACE CALENDAR – MAY 14, 2004 to DECEMBER, 2004

Contact Tom or Rosa Schaffstall (tschaffstall@aol.com) for your race to be included in the next newsletter
(Note: BOLD/CAPITALIZED listings are YRRC supported races)

MAY 14...

- 14 23rd Harrisburg/Smith Barney Mile, 6pm, Harrisburg, PA, 717 6232-9622 or www.harrisburgmile.com/schedule.htm
 15 24th Run for Mental Health 5K, Torrance State Hospital, near Blairsville, PA, 724 459-4424 or gpalek@state.pa.us
 15 YORK HOSPITAL FETE 5K, 9am, York, PA, 717 851-2149 or www.wellspansecure.org/fete/run.html
 15 Sertoma 5K, Doylestown, PA, 215 348-2940 x1718
 15 24th Run for Mental Health 5K, Torrance State Hospital, Near Blairsville, PA, 725 459-4424 or gpalek@state.pa.us
 15 North Strabane Challenge 5K, 8:30am, North Strabane, PA, 724 941-1678 or www.eteamz.com/5kchallenge
 15 5K Dash for the Den, 9am, Lions Den Rec. Ctr., McAlistersville, PA, 717 463-3300
 15 1st Spring Fling Mile, 10am, Milton YMCA, Milton, PA, 570 742-7321
 16 LDAF Half-Marathon and 5K, 8am, Lewes, DE, 302 644-8952
 16 Dri Release Delaware Marathon / 4-Person Relay, 7am, Wilmington, DE, 302 65406400 or info@races2run.com
 16 25th Philadelphia Bar Association Charity 5K, 8:30am, Phila., PA, 215 567-2010 or mpokotilow@crbcp.com
 22 DUI Memorial Run 10K, 9am, Harrisburg, PA, Eric Fegley, efegley@padui.org or 717 238-4354
 22 OIW-MIA 5K, 10am, Tobyhanna Army Depot, Tobyhanna, PA, tumbleweed@prodigy.net
 22 Fitness 5K (Bench/Run), 9am, Quakerstown, PA, 215 536-8841 x27
 23 Poplar Spring Animal Sanctuary Run for the Animals 5K, 8:30am, Wheaton, MD, 301 625-9321 / PoplarSpringRun@yahoo.com
 23 MILLERSVILLE MILE, 6:30pm, Millersville, PA, Judy Anttonen, 717 872-8810 or MillersvilleMile.homestead.com
 22 Fitness 5K (Bench/Run), 9am, Quakertown, PA, 215 536-8841 x27
 29 Philip Ginder 5K, 9:30am, Summit Hill, PA, 570 645-6054 or mogorun@ptd.net
 29 4th 5K River Run, 8:30am, Wrightsville/Columbia, PA, 717 684-5249 or svce@parivertowns.com
 29 24th Black Moshannon YMCA 10K / 5K, 10am, Philipsburg, PA, 814 342-6296
 29 17th VAMC Lebanon Memorial 5K, 9am, Lebanon, PA, 717 272-6621 x6188 or DaveStrasz@med.va.gov
 30 7th Charlie Horse 20K Trail Run, 10am, Morgantown, PA, 610 582-4693 or www.sopbc.org
 30 Dahoga Dash 5K, 9am, Wilcox, PA, 814 965-5482 or lindfurni@alltel.net
 30 Run for Danielle 5K, 9am, Lewes, DE, 302 644-8952 or www.seashorestriders.com
 30 4th Bob Bridgman Memorial 5K, 8:30am, Mansfield, PA, www.geocities.com/bridgman5k/home
 31 Sue Wen's 5K, 8am, Rock Creek Elementary School, Rockville, MD, 301 353-0200
 31 5 Miler, 9am, Forty Fort, PA, 570 675-4400

JUNE, 2004

- 5 9TH RUN THE ROCK 5K, 8:30am, Glen Rock, PA, Glenn Engler, englergw@msn.com, 717 235-4129
 5 RUN FOR SIGHT 5K, 9am, Naylor's Vineyard, Stewartstown, PA, Don Scarborough, 717 993-6942
 5 8TH DOLLARS FOR SCHOLARS 5K / WALK, 9am, Northeastern H.S., Manchester, PA, Barb Cole, 717 266-0602
 5 Memorial Hospital Fit n Fun 5K, 9am, York, PA, 717 849-5492
 5 Red Rose 5 Miler, 8:30am, Lancaster, PA, 717 872-3769
 5 Moorestown Rotary 8K, 8:30am, c/o The Madara Co., Mt. Laurel, NJ, 856 235-6344 or www.runthisplanet.com
 5 27th Anthracite 4 Miler, Pittson, PA, 570 655-7782
 5 Warren County YMCA 10K, Warren, PA, 814 726-0110 or chris@warrenymca.org
 5 God's Country Marathon, 8am, Galeton, PA, godscountrymarathon@yahoo.com
 5 Fitness for Friends 5K, 8am, Westminster, MD, 410 848-3660 x227 or Nancy Kimble @ymcamd.org
 6 Rusty Rudder 10K/5K, Dewey Beach, DE, 302 654-6400 or info@races2run.com or www.races2run.com
 6 5th Eric M. Noonan 10K/5K, 1pm, City Island and R. F. Park, Harrisburg, PA, 717 486-7799
 6 Capital Crescent 5K, 7:45am, Capital Crescent Trail, Bethesda, MD, 301 353-0200
 6 Monroeville Classic 10K/5K, 8:30am, Monroeville Mall, Monroeville, PA, 412 823-9000
 12 Rick's Run 5K, 9am, Lewistown, PA, 717 258-2495 or www.jvstriders.com
 12 24th Shenandoah Coal Cracker 10K, 10am, Shenandoah, PA, 570 462-0389
 12 Laurel Highlands Ultra Challenge, 5:30pm, Laurel Highlands, Ohipyle State Park, PA, 724 832-1018
 12 Mt. Airy Flag Day 5K, 8am, Mt. Airy, MD, 301 829-9730 or Dstrayton@aol.com
 19 63rd PA State Laurel Festival 10K, Wellsboro, PA, 570 724-1926
 19 2004 Irv Zablocky Memorial 3.5 Miler, 8:30am, Muncy, PA, 570 584-5328
 19 The George Sheehan Classic, 8:30am, Red Bank, NJ, 732 988-7725 or www.sheehanclassic.org
 19 York Habitat for Humanity 5K, 8am, Dover, PA, 717 854-6169 or volunteer@yorkhabitat.org
 19 6th Victory 8.1 Miler, 8:30am, Harvey's Lake, PA, WYOVALSTR@aol.com
 20 LRRC Smith's Challenge 10K/20K (men), 10am, Lancaster Co. Pks., 717 394-7812
 20 Race Through the Mansion District 5K, 9am, Catasauqua, PA, 610 266-3599 or joeroughie@aol.com
 26 YORK CO. SENIOR GAMES TRACK MEET (must be a York Co. resident), 9am (start of 3,000 meter), Central York High School, York, PA, Pete Klotz, 717 845-2856
 26 Run for Peace 10K/5K, 8:15am, Church of the Brethren, Elizabethtown, PA, 717 367-7021 or www.puffenwv@etown.edu
 26 Independence Festival Half-Marathon / 5K, 8am, Ridgway, PA, 814 772-0096 or cabinurrun@usachoice.net
 26 2nd Crabber's Cove 4 Miler, Dewey Beach, DE, 302 654-6400 or info@races2run.com or www.races2run.com
 26 24th 5K for Cancer / Memory of T. Fox, 8am, 4 Sea. Hotel Georgetown, Washington, D.C., 202 944-9163/www.terryfoxdc.com
 27 7th Double Trouble 15/30K Trail Runs, French Creek State Park, Reading, PA, 610 779-2668 / rhornpcs@aol.com

JULY, 2004

- 4 Ephrata Firecracker 5 Miler, 8:30am, Ephrata, PA, 717 738-1167
 5 21st Millinburg 5K, 9am, Millinburg, PA, 570 966-0785
 10 14th Spirit of Gettysburg 5K, 8am, Gettysburg, PA, 717 245-1373 or brushcam@dickinson.edu

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- 10 Elk County Classic 5K, 9am, Johnsonburg, PA, 814 776-2413 or bczappa@penn.com
- 11 Hoodlebug 5K, 6pm, Homer City, PA, 724 479-2667 or 479-9759
- 11 2nd Taco Toss Lighthouse 5K, Dewey Beach, DE, 302 654-6400 or info@races2run.com or www.races2run.com
- 15 Elizabethtown Twilight Trot, 6:30pm, Elizabethtown, PA, 717 367-6355
- 17 EBACC Summerfest 5K, 8am, East Berlin, PA, 717 259-8848 am or 259-0434 pm
- 17 Fresh Burst 5 Miler, 8am, Lititz, PA, 717 627-9473
- 17 Citizens Helping Citizens 5K, 9am, Indiana, PA, chogan@asmgt.com
- 18 Red Cross Lehigh River Relay – 23 team miles, East Riverside Park, PA, 610 865-4400 x259 or www.redcrosslv.org
- 18 5th Northbeach 5K, Dewey Beach, DE, 302 654-6400 or info@races2run.com or www.races2run.com
- 18 Woman's Distance Festival 5K, 8:15am, Union Mills Homestead, Union Mills, MD, 410 857-5427 or ljuda@ccpl.acar.org
- 24 Run for 65 Roses 5K, 8:30am, JHershey, PA, 717 657-1998 or kzeplin@aol.com
- 25 Run for Hope 5K, 9am, Core Creek Park, Langhorne, PA, 267 566-2637 / run_for_hope@hotmail.com
- 25 26th BONTON 5 MILER, 8am, (FR at 7:30am), York Galleria, Jan Workinger, 717 840-1802 or resOye9j@verizon.net
- 25 4th Winning Kick 5K, 9am, Reading, PA, Ron Horn, 610 779-2668 / rhornpcs@aol.com / www.pretzelcitysports.com

AUGUST, 2004

- 1 21ST MARKET STREET MILE, 6pm, York, PA, YMCA of York, Amy at 717 843-7884 x269
- 7 2nd Venus on the Half Shell 5K, Dewey Beach, DE, 302 654-6400 or info@races2run.com or www.races2run.com
- 7 Tom Ausherman 5 Miler, 8:30am, Chambersburg, PA,
- 14 Ox Trot 5 Miler, 9am, Bowmansville Memorial Park, Bowmansville, PA, 717 445-7608 or ssanger@epix.net
- 15 9th "Half Wit Half" Marathon, 9am, Reading, PA, Ron Horn, 610 779-2668 / rhornpcs@aol.com / www.pretzelcitysports.com
- 21 Tomato Festival 5K, Pittston, PA
- 22 Kowomu Trail 4 Mile Road Race (race day entries only), 8am, D. Herlocker, 410 848-8332 or dherlock@mcdaniel.edu
- 22 Hook O'Malley 5K, 10am, Scranton, PA, 570 346-1828
- 28 6TH YORK 10 MILER (on the rail trail), 9am, York, PA, Chris Young, 717 495-4019
- 28 Blue Ball 5 Miler, 8am, Blue Ball, PA, 717 354-9371
- 28 2nd BooksandCoffee 10K/5K, Dewey Beach, DE, 302 654-6400 or info@races2run.com or www.races2run.com
- 29 Stone Harbor Lions Club 10K, 8am, Stone Harbor, NJ, 609 967-9062 or www.stoneharborlionsclub.org
- 29 5th Amos Herr 5K Honey Run, 6pm, Landisville, PA, 717 898-8827 or www.info@herrhomestead.org

SEPTEMBER, 2004

- 11 28th Gary P. Lister Bottle & Cork 10 Mile/5K, Dewey Beach, DE, 302 654-6400 or info@races2run.com or www.races2run.com
- 12 Scranton Half-Marathon, Scranton, PA,
- 18 Run for Your Heart, 9am, Williamsport, PA, 570 322-5273
- 18 Shrewsbury YMCA Triathlon, 8am, Shrewsbury, PA,
- 18 East Petersburg 5K, 9:15am, East Petersburg, PA, 717 569-9282
- 18 Pretzel Twist 5 Miler, 8:30am, Lititz, PA, 717 626-5096 or active.com
- 18 11th Kensington 8K, 8:30am, Kensington, MD, 301 929-6083 or lisamyers@comcast.com
- 26 The Parkway Run 5K, 8:30am, Philadelphia, PA, 215 963-2706 or www.parkwayrun.com

OCTOBER, 2004

- 10 MINA MILLER MEMORIAL HEALTHY CHOICES 5K/1M, 10am, York Seventh Day Adventist Church, York, PA, 1 mile at 9:30am, Fern Beaven, 717 757-3079 or Riggs Leach, 717 246-2240
- 10 Delaware Distance Classic 15K, 8:30am, Wilmington, DE, 302 798-4179 or www.pcvrc.com
- 10 Steamtown Marathon, Scranton, PA,
- 16 Baltimore Running Festival: Marathon, Half, 4 person relay, 5K, 410 605-9381 or 1-800-487-0670
- 17 PARTNERS IN THE PARK 5K, 2pm, Rocky Ridge County Park, York, PA, Hal Darr, 717 741-3693
- 26 LRRC Conestoga Trail 10 Miler, 10am, Pequea to Holtwood, PA, 717 394-7812
- 31 8th Evansburg Challenges 10K Trail & 5K Road Race, 10am, Collegeville, PA, 610 631-1009 or compeer@rcn.com
- 31 17th Fall Trail Run 5 Miler, 1pm, Frances Slocum State Park, Kingston Twp., 474-5363 or WYQVALSTR@aol.com
- 31 Radnor Run 5 Miler, 8:30am, Plymouth Meeting, PA, 610 941-9595 or www.alapa.org/radnorrun

NOVEMBER, 2004

- 6 LRRC Mt. Hope Distance Classic 7 Miler, 10am, Mt. Hope, PA, Rt. 72, 717 653-2015 or Trailbuzzard@aol.com
- 7 AmeriHealth Ben Franklin Bridge Challenge 10K, 8:30am, Mellmawr, NJ, 856 428-1666 or www.active.com
- 13 28TH YORK WHITE ROSE 5 MILER FOR DIVERSITY, EQUALITY, AND NON-VILENCE, 9am, York, PA, Clay Shaw, 717 764-1181, or sports35_photography@yahoo.com
- 14 32nd Harrisburg Marathon
- 21 Turkey Trot, 1:30pm, Millersville, PA, 717 872-4627
- 21 Phila. Marathon or Rothman Institute 8K, 8am, Phila., PA, 215 685-0054 or www.philadelphiamarathon.com
- 25 95th "Run For The Diamonds" 9 Miler, 10:30am, Berwick, PA

Newest Members:

Amanda Kutchman, Dick Mansberger, Susan Bramlet and Family, David Chiaverini, Gary Lukacs, Carol Spangler, Jordan Dersch, Julieane Jablonski, John Tomasko, Debbie, Todd, Kyle and Adam Rutter, Larry Whetzel, A. Joseph Santiago, Patrick Cummins, Joe, Jake, Scott and Kathy Mokris, Robert Hendrix, Teresa Minnich, Theresa Fasano and Carol Lee.

Adopt-A-Highway Volenteers call

Jack Goodwin: 600-2282 home, office 845-3601, ext 256

The next date for cleaning the road will be Friday 5:30 pm, July 23, 2004.
We need 3 people to help. Fun and Great exercise.

A long time member, Oscar Fox, recently moved to Sewickley. He sent this letter

*Chris Young
President YRRC*

Dear Chris:

I wish to thank the officers, race directors, race volunteers, and members of the York Road Runners for many, many enjoyable running miles and events. Also, the friendships and support from so many will always be remembered.

It was time for us to move to the Masonic Village at Sewickley, PA, and after three weeks we are pretty well settled in and organized for a new phase of our lives.

*We always welcome company.
Best wishes to all,
Oscar*

*Oscar Fox
2435 Masonic Drive
Sewickley, PA 15143*



2004 SUMMERFEST 5K
Eighth Annual EBACC Summerfest 5K
8:00 a.m., Saturday, July 17, 2004

New Course
For 2004

3.1 mile race, run, or walk to help support the Fitness Center at the East Berlin Area Community Center.

Course: Starts and finishes at the EBACC, 405 North Avenue, East Berlin, PA. A flat course through the forest of East Berlin. Map on back.

Time: 5K begins at 8:00. Children's Fun Run begins at 8:45.
1-mile run begins at 7:30 - any age.

Registration: 5:00-6:00 p.m., Friday, July 16.
6:30-7:45 morning of the race.

5K and 1-mile Fun Run: Pre-entry: Postmarked by June 30 -- \$13 with T-shirt
\$8 without T-shirt
Post-entry: Postmarked after June 30 -- \$15 with T-shirt (if available)
\$10 without T-shirt

Children's Fun Run: \$8 pre-registration with T-shirt (guaranteed to all registrants by June 30)
Ages 2-12 \$3 race day registration (no T-shirt)

For the finest in athletic shoes and apparel...
Greg Baum's

Flying Feet
Sports & Shoes
1551 Mount Rose Avenue
York, Pennsylvania 17403

Race packets can be picked up at the Community Center on Friday, July 16, 5:00-6:00 p.m. or the morning of the race.

5K age brackets and plaque awards:

MALE: 14 & under (1) 15-19 (2) 20-24 (3) 25-29 (3) 30-34 (3) 35-39 (3)
40-44 (3) 45-49 (3) 50-55 (2) 56 and over (1) walker (1) Clydesdale-100 lb.+ (1)
Cash Awards: Overall 1st Place \$100 ☞ Overall 2nd Place \$75 ☞ Overall 3rd Place \$50

FEMALE: 14 & under (1) 15-19 (2) 20-24 (3) 25-29 (3) 30-34 (3) 35-39 (3)
40-44 (2) 45-49 (2) 50-55 (2) 56 and over (1) walker (1)
Cash Awards: Overall 1st Place \$100 ☞ Overall 2nd Place \$75 ☞ Overall 3rd Place \$50

All Children's Fun Run participants will receive an award. Complimentary drinks and snacks after events.

Random drawing for prizes after awards. No prize substitutions. Must be present to win.

Information: Community Center Phone 259-8848 (mornings). Ken Young 259-0434 (evening)

PLEASE NO SKATEBOARDS, HEADSETS, ROLLERBLADES, OR DOGS.

PLEASE CIRCLE MALE 5K RUN CHILDREN'S FUN RUN 5K WALKER
FEMALE 1-MILE RUN CLYDESDALE

NAME: _____ AGE (as of 7/17) _____ PHONE: _____

ADDRESS: _____ CITY, STATE, ZIP: _____

SHIRT STYLE (Circle One) SIZE (Circle One)
T-Shirt Adult Sizes: S M L XL XXL NONE
Children's Sizes: S (6-8) M (10-12) L (14-16)

I, the undersigned, hereby for myself, heirs, executors, and administrators assume all risks associated with participating in this event and do hereby release and discharge East Berlin Community Center, its board and members, race officials, sponsors, volunteers, and the Borough of East Berlin from any and all claims of liability for death, personal injury, damages or losses arising out of participation in this event. I agree to abide by all decisions of race officials. I certify that I am physically fit for this event.

Signed _____ Date _____
(Parent or guardian if under 18)

Checks payable to: East Berlin Area Community Center (EBACC)
Mail to: EAST BERLIN AREA COMMUNITY CENTER SUMMERFEST 5K
BOX 530 - 405 NORTH AVE.
EAST BERLIN, PA 17316

Category

Sometimes endings are just beginnings

By: Nancy Ann Rossi-Fogle

I left off my last article one race shy of a Winter Series. Ahh...Indian Rock—it's one of my favorite rocks now. Although I talked about the Winter Series and my experiences, I didn't really include my standings. I knew going in to this last race that I did not have to work really hard to win my age division (Thank you, Vickie Cauller for giving the little guys a shot in this series ☺). But truly, winning to me has never been about beating anyone else...it's always been about achieving the personal goals I set along the way. So why was it that I had such bouts of nervousness and frequent trips to the bathroom the day of this last race (we are talking double digits here—sorry, details are sometimes important in gaining perspective)? Perhaps my need to impress the people closest to me, my family, caused this pain.

My husband would not approve of me sharing this, as he is a very humble man, (I have asked him to proof-read my last two articles as he is a Language Arts Teacher, but not this one), but he was an amazing runner in his day. My husband is a sprinter, he ran for York Suburban and for Shippensburg University. He still holds records at York Suburban and has run a 10.7 in the 100 meter dash and a 21.8 in the 200 meter dashes respectively. Just two years ago he ran a 100 meter race without any training at all in 11.3. I think that is pretty darn good. Again, he will not be reading this article as he will just be furious that I will share this information with others. Why do I share it? Because I am so utterly proud of my husband, for many reasons, and although he will tell you that he already is, I want him to be proud of me too.

My brother and sister-in-law also attended this final race of the winter series, along with my four month old niece, who we are already sure will be an awesome runner. My brother was a sensational wrestler and pole vaulter. He also ran Cross Country and has done a half-marathon. My sister-in-law's nickname prior to her daughter Angelena (6 months old), was "the 95 pound wonder." She was very successful at running Cross Country in both high school and in College at Lebanon Valley. She was, and still is, a natural runner. She is like a shorter version of the long and slender Karen Mitchell, and they both make it look so easy.

Me? If I had to tell you my biggest accomplishment from an athletic standpoint, it would probably be "Coaches Award." While I have some degree of physical ability and have run some decent times in track (I'm actually a hurdler and coach this at Central York Middle School), Cross Country (I was fortunate to qualify for states with my team three out of my four years of high school...but it was the team that got me there) and played softball...I was always the one that had to work so much harder to just be "pretty good." This is my claim to fame. I strive hard for whatever I achieve and basically, I'm not the best at anything. But, I always try. Perhaps this is why I typically cheer for the underdog. I am the underdog. And according to Alfred Adler, it's not what we have but what we do with what we have that really matters. On a side note, I am an Adlerian Counselor by theory. Sometimes trying is just showing up. In the words of Joe Heidler regarding the Winter Series, part of the victory is in just showing up. Showing up I did. This is what I am good at. But this time, I came home with a lovely trophy to boot.

I am not very good at clarifying my pace. In fact, when Jan Workinger asked me what my pace was for the Springettsbury race, I was like, "Dah, I think it was somewhere around 8 minutes and like so-many seconds..." Lovely response, Nancy, you are so eloquent. You are so in-tune with your running. Honestly? I look at my watch, but I often really don't know that much about my pace. But I shall learn.

So, when I was trying to set a goal for Indian Rock, I went round and round. I knew I had to do better than 54 minutes, but could I really do better than an 8-minute pace on a 10K? I didn't really know. To me, the runner who just resumed "racing" after 14 years off, I really didn't know if I could do an 8-minute pace for six + miles. I kept changing my mind and finally settled for wanting to achieve better than 52 minutes.

The day of the Last Winter Series Race was so refreshingly like spring. I actually overdressed and had to remove some clothing while running (I did this at Spring Valley too, has anyone spotted a white turtleneck?). I made the chronic mistake of running the first mile too fast (honestly Clay...I'm learning, I'm learning). My rationalization was that I didn't know where the first mile was. Anyway, despite my forceful stomach contractions, I felt pretty good during this race. I was not at the mile mark before I spotted my new pal, "Dave." "Nancy?" he asked as I ran up along side of him. "Yeah, is that you, Dave?" Oh yes, this was my partner from Springettsbury. Here we were, running together again. I liked that feeling. Only, it didn't last as long. I felt strong and took some of the preliminary miles and hills perhaps a little too fast. It was not far beyond the three mile mark when Dave just coasted ahead of me....and stayed there. Nonetheless, I had so many of my running friends within sight. Clay passed me, and then Patti sauntered by me, soon Karen K. was ahead of me as well. But yet, it didn't seem that any one of them blew right on by me, as I was able to see them all ahead of me.

I was on track with my goal for awhile, but being not 100% sure of the exact course, I didn't know exactly where some roads would lead me. I was pleasantly surprised with about a mile to go that two gentlemen behind me discussed their time and that they were about right on an 8-minute a mile pace. I took the last hill in stride and was pleased to see the finish point. As I rounded the turn into the finish, I was thrilled to see the clock tick around 50:11. I distinctly remember smiling and thinking, "I just finished my first of hopefully many Winter Series'."

I knew from the standings that I finished first in my age category. As I listened at the awards ceremony, I was reminded of what Dave Weitzel had said to me once about accomplishment. It is success to help others achieve their goals. I know that runners like Bob Weikert and Jan Workinger agree that it is our duty to set the stage for those young upcoming runners as well. They are the future of the York Road Runners Club. I'm not a Karen Lam, Vickie Cauller or Dianna Golden. I cannot imagine running as many marathons as the "Karen's" have, nor having overcome the injuries and sicknesses of Jack Goodwin and Mike Kehr (hey guys, you made the newsletter! ☺). But what an amazing feeling to hear the names of 13-year-old Samantha Strine, who I presently have the pleasure of coaching in track, and 16-year-old Kelly Loser, who I assisted in coaching when she was in middle school. They both placed in their age categories. There is so much personal reward to come out and run races. Yet one of my greatest hopes is that I am continually modeling to others the potential we all have within ourselves to be and do our very best and maybe somewhere along the way, help others to do the same. I hope to be



NORTHEASTERN SCHOOL DISTRICT
DOLLARS FOR SCHOLARS

8th Annual 5K (3.1 miles)

Sponsored by
The Lumber Yard, McDonald's, and Community Banks

with additional support from Flying Feet Sport Shoes, Coca-Cola, & York Roadrunners.

June 5, 2004

5K Run/Walk - 9:00 a.m.

Run/Walk

- Race Day Registration begins at 7:30 a.m. on Saturday, June 5, 2004.
- Race Start and Finish are at Northeastern Senior High School, 300 High Street, Manchester, Pennsylvania.
- Course for race is wheel-measured, well-marked, flat and fast – split times at each mile.
- There will be course marshals and police assistance for traffic control in Manchester Borough.
- Baby joggers are allowed.
- Race Director is Wendy Griffith. For additional information, contact Wendy Griffith at 266-3250.

Pre-Registration

- Pre-registrations postmarked on or before May 21, 2004, are \$15.00 and include a T-shirt.
- Registrations postmarked after May 21, 2004, are \$15.00. (T-shirts will be offered while supplies last.)
- Mail registration form and money to: *Barb Cole, 308 Maple Street, Manchester, PA 17345.*
- **Make checks payable to Northeastern School District Scholarship Foundation.**
- Pre-registered runners may pick up their 5K Race packets at: Northeastern Administration Center, 41 Harding Street, Manchester, PA, on Friday, June 4, 2004, 8:00 a.m. to 4:00 p.m. or at the race on June 5.

Awards & Prizes

Men's and Women's Divisions

14 & under; 15 - 18; 19 - 24; 25 - 29; 30 - 34; 35 - 39; 40 - 44; 45 - 49; 50 - 59; 60 - over; wheelchair

- Prizes will be awarded to the youngest finisher.
- Awards will be determined by the number of participants in each age group. Medals will be awarded to 1st, 2nd, and 3rd place male and female finishers in each division.
- Prizes will be awarded to the top three overall male and female runners: 1st - \$100; 2nd - \$75; 3rd - \$50.
- Random drawings will be held after the race.

Registration Form

_____ Name _____ Home Phone _____
 _____ Street _____ City _____ State _____ Zip _____
 _____ Date of Birth _____ Age as of June 5, 2004 _____ Sex _____

Adult Shirt Size (circle one): M L XL

Registration Fee Enclosed: _____

I hereby certify that I am physically fit for this event. Furthermore, in consideration of this entry being accepted, I hereby, for myself, my heirs, executors and administrators, waive and release any claims I may have against the Northeastern School District Scholarship Foundation 5K Run, its officers, its sponsors or Manchester Borough. The Race Director reserves the right to reject an entry.

_____ Signature _____ Date _____
 _____ Parent's or Guardian's Signature if under 18 years of age _____ Date _____

Donations to the Scholarship Foundation for Northeastern's Dollars for Scholars are welcomed and can be mailed to the above address. I wish to contribute \$ _____ to Northeastern School District Scholarship Foundation.

leading our young athletes at Central York in our very first Cross Country Season in the history of York County this fall. Time will tell.

As for me and racing, the Winter Series greatly assisted this native Pennsylvanian in fully appreciating those cold, winter months. As winter turned into spring, I found myself building mileage and more importantly, building hope. I have so many goals for my running this year, among them my first marathon. Many of my personal goals simply involve running smarter, running longer, running stronger and then maybe, just maybe, running a little faster. I'm thrilled to be at the point where I finish a 10-mile run and instead of feeling sore and exhausted, I'm feeling renewed and exhilarated. My family has been wonderfully supportive, especially my sister and my mom, who is excited about putting up a shelf for my new awards. When I asked my husband (who by the way, is always pretty succinct with his words) how I really know that he is proud of me following the Winter Series, he responded that he buys me Gatorade each week, and that over time, I would realize how proud he is because he knew the completion of the Winter Series was just the beginning for me. This is true in life too... sometimes endings really are beginnings. I'm grateful for my new beginning.

RACE RESULTS, (Send your results to ppaule@choyork.org)

<i>Boston Finishers:</i>	<i>Time:</i>
<i>Kev Hawn, 45</i>	<i>3:30:22</i>
<i>Steve Miller, 52</i>	<i>3:31:12</i>
<i>Greg Myers, 50</i>	<i>3:33:37</i>
<i>Brian Kuntz, 51</i>	<i>3:43:33</i>

CHAMBERSBURG HALF MARATHON

March 20, 2004

3rd Overall/ 1st in age group - Pete(PW) Lobianco, Jr. - 25, Dover, PA --
1:16:11

Turkey Hill 10000 Road Race

April 4th, 2004

Hershey, PA

2nd Overall/ 1st in age group - Pete(PW) LoBianco, Jr - 25 - 34:59

Foot Stompin' Hip Hoppin' 5K:

April 10th, 2004

Shrewsbury, PA

2nd Overall/ 1st in age group - Pete (PW) LoBianco, Jr. - 25 - 16:53

Mt. Penn Mudfest

Ed Bender, 44 1:33:33



THE 9TH ANNUAL
RUN THE ROCK
 5 K RACE AND FUN RUN



WHEN: Saturday, June 5th, 2004 > Registration & Packet Pick-Up 7:30 am – 8:15 am > 5K & Fun Run Start 8:30 a.m.

WHERE: Glen Rock Park, less than one mile from the traffic light in Glen Rock – take Hanover Street to top hill. Course will be closed to traffic, is point-to-point.

NEW fast course: Down hill first 1/2 mile. Flat to Finish.

ENTRY FEE: All runners \$15.00, includes T-shirt if entry is postmarked by May 17. After May 17, fee is \$20.00.

Late entries not guaranteed T-shirt.

5K AWARDS: Special awards to the first three men and women overall. Age group awards to the first three male and female finishers in the following age groups: 13 & under, 14-19, 20-29, 30-39, 40-49, 50 & over. Awards and random drawings following the race.

A FAMILY EVENT: 1 mile FUN RUN with participation awards for all ages and Glen Rock Street Fair – 9:00 am to 4:00 pm

RACE DAY: Mile splits will be given on the 5K course > Shuttle bus service provided from finish area back to start > Refreshments at finish. Water at start, but none during race. > Race is run on Glen Rock Borough Streets and York County Heritage Rail-Trail > Restroom is available – No showers

MORE INFO: Call Glenn Engler (717) 235-4129 or E-mail: englergw@msn.com

Please read carefully and complete by *Printing* all information below:

CUT ALONG DASHED LINE

NAME: _____ BIRTH DATE _____ / _____ / _____ AGE _____ M / F

ADDRESS _____ CITY/STATE _____ ZIP _____

PHONE _____ EMAIL (optional) _____

NOTE: if email address is supplied you will receive race results via email free of charge

RACE: 5K / FUN RUN circle one

In consideration of this entry being accepted to the Run the Rock 5K & Fun Run, I waive all claims for myself, my heirs, and assigns against the sponsors, coordinating groups, and any individuals associated with the event, and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in this race. The race organizers reserve the right to reject any entry. I also hereby give my permission to the media to use my name and/or picture in any newspaper, broadcast, telecast of any other account of this event, without limitation, and without obligation to anyone to compensate me further therefore.

RUNNER'S SIGNATURE (Parent or guardian must sign if under 18): _____ Date _____

Please Circle appropriate Dollar Amounts

& T-shirt size (NO REFUNDS):

Race Fee:	\$15.00
Race Fee Late Entry:	\$20.00
Results mailing:	\$1.00
TOTAL (cash / check) \$	_____

Adult size:			
S	M	L	XL

Make checks payable to:
 Glen Rock Recreation Board
 P.O. Box 52
 Glen Rock, PA 17327
 Attention: Run the Rock

Check here if you have participated in all 8 previous RUN THE ROCK races, as a runner or as a volunteer.

OFFICIAL USE ONLY

ASSIGNED RACE # _____ Age Group: U-13 14-19 20-29 30-39 40-49 50+

PRIZES

- Random drawings for runners

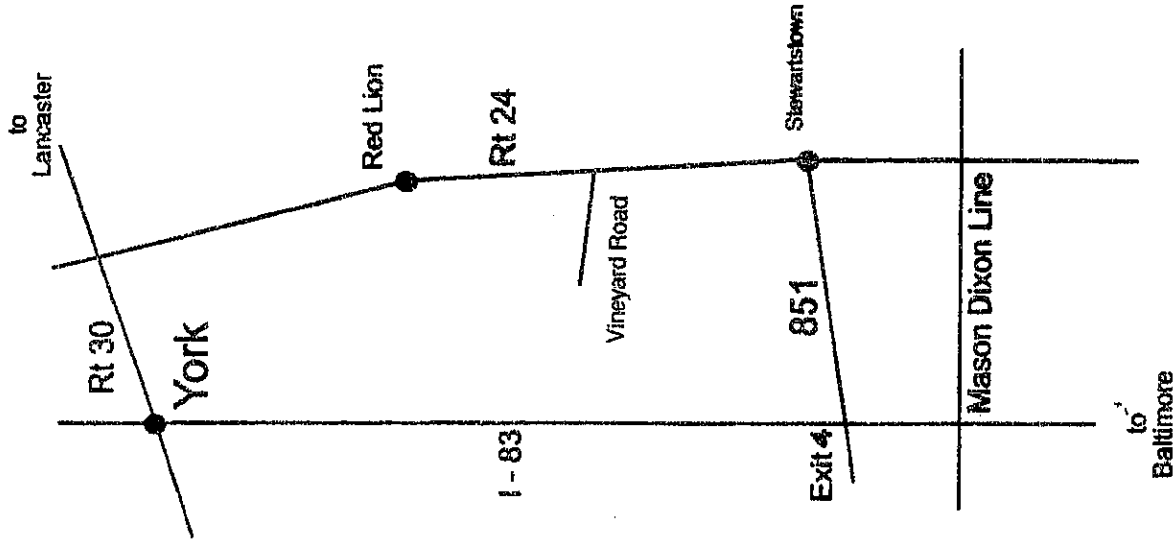
RACE ENTRIES

- Pre-entry (before 5/30/04) \$12.00 includes a specially designed T-shirt, \$8.00 without T-shirt
- Post entry (after 5/30/04) \$14.00 includes a specially designed T-shirt, \$10.00 without T-shirt
- Make checks payable to: Stewartstown Lions Club
- Mail entry forms and check to: Donald J. Scarborough P.O. Box 369 Stewartstown, PA 17363
- Inquiries: 717-993-6846 (day) 717-993-6942 (after 6:30 pm) ask for Don Scarborough

BENEFITS

- 5K Run
- Stewartstown Lions Club Community Projects
- Boy Scouts
- Christmas Lights
- Gift Baskets for the Needy
- Beacon Lodge / Camp For The Blind

HOW TO GET THERE



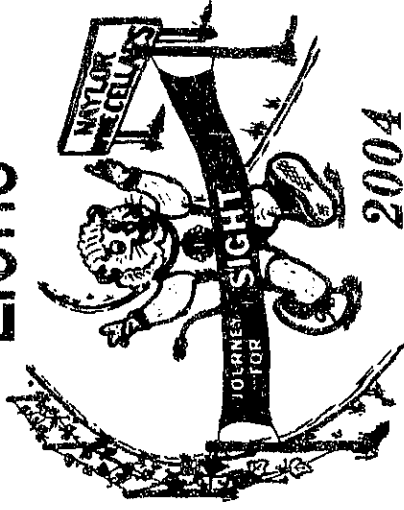
Stewartstown is located 1/2 mile north of Stewartstown off Route 24). Go 1/2 mile, on the right.

12th Annual

14

Stewartstown

Lions



5K RUN

Saturday, June 5th, 2004



Lions Journey for Sight

WHAT

5K Run

LOCATION

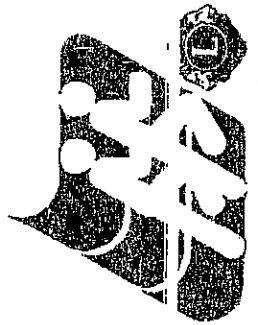
Naylor Wine Cellars
4069 Vineyard Rd.
Stewartstown, PA 17363

COURSE

5K Run: Accurately measured over rolling and scenic country roads surrounding Naylor's Vineyards.

GENERAL INFORMATION

Race to be held on opening day of Naylor's Spring Wine Fest. Toilets available. Plenty of parking. Refreshments at end for runners. Water stations for runners. Naylor's Wine Fest opens after conclusion of race, approximately 12 noon. Food concessions, craft displays, music and tours of the winery are open for everyone's enjoyment. Come and run to help others and have an enjoyable day. Best race bags and random prizes in the area.



RACE

- 5K Run registration (7:45 - 8:45 A.M.)
- 5K Run starts promptly at 9:00 A.M.
- Finish clock and electronic timing for 5K run
- Split times and each mile marked for 5K Run
- Awards presented as soon as possible after the race
- Down Hill Start/Down Hill Finish

RACE AWARDS

1st Male Over All	
1st Female Over All	
MALE AND FEMALE AGE GROUPS	
() = number of awards	
Youth (3)	10-13, 14-18
Open (3)	19-24, 25-29
Submasters (3)	30-34, 35-39
Masters (3)	40-44, 45-49
Vintage Masters (3)	50-59
Golden Masters (2)	60-69
(1)	70 & over

APPLICATION

Event

5K Run Male Female

Shirt Yes No

Shirt Size (circle size) S M L XL

Last Name

First Name

Age on 6/1/2004

Mailing Address

City, State and Zip Code

E-Mail Address

Phone Number

In consideration of your permitting me to participate in this event, on behalf of myself, my heirs, executors, administrators and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipalities in which the event occurs, or anyone connected with the event, their heirs, executors, administrators and assigns, for any and all injuries / illnesses which I may suffer as a result of taking part in this event. I grant my permission to use my name on any audio or visual recording for any lawful purpose.

Signature

Date

Parent's Signature (if under 18)

Make checks payable to: Stewartstown Lions Club
Mail to: Donald J. Scarborough, PO Box 369
Stewartstown, PA 17363

Deadline for pre-race registration: May 30, 2004

Northwest Savings Bank

Presents

The Inaugural York Habitat 5K Run/Walk



When: June 19th, 8:00am

Where: The race starts on Charles Lane in Dover. Park on Allan Lane

Why: Why not? Lace up your running shoe and start your summer off on the right foot! At the same time, support a local nonprofit that is making a difference in York by providing affordable housing to low-income families. All race proceeds go directly to York Habitat for Humanity.

Registration information: Advance registration (must be post marked by June 8th) \$15.00. Race day registration opens at 7:00am: \$20.00. T-shirts and other amenities will be provided for all advance registrants and while supplies last for race day entrants. Checks can be made payable to York Habitat for Humanity and sent to: York Habitat for Humanity/ P.O. Box 826/ York, PA 17405. If you have any questions please contact Genevieve or Pete at 717-854-6168 or volunteer@yorkhabitat.org

Last name: _____ First name: _____

Address: _____

City/State: _____ Zip: _____ Email: _____

Race: WALK or RUN Sex: M F Race Day Age: _____

Date of Birth: ___/___/____ Shirt Size: S M L XL

Phone: (____) _____ Best time to reach you A.M. or P.M. _____

Please don't forget to sign waiver on back of form!!!

Race Information: The Inaugural York Habitat for Humanity 5K Run/Walk is a flat out and back course starting on Charles Lane with a majority of the race on Butter Road. There will be at least one aid station at the halfway point. We race rain or shine!

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Awards: Awards will go to the top three male and female finishers in each age group

16-20; 21-30; 31-40; 41-50; 51-60 and 60 and over

Directions:

From the North:

Take 83 south to the PA-295 exit towards STRINESTOWN, exit #28, go 0.2 miles. Bear right on Old Susquehanna Trl/Susquehanna Trl, go 0.1 mi. Continue north on Old Susquehanna Trl. until you reach East Canal Road. Turn right on East Canal Rd and continue for about 2.4 miles. Turn Right on Mill Creek Road and continue about 1.6 miles. Turn Left on Butter Road (.1 miles) continue on Bull Road (.2 miles), and Turn Right on Butter Road (2 miles). Turn right onto Allen Lane and park in the field. Charles Lane (the race start, is the next street over).

From the East:

Take I-76 WEST - go 17.5 mi. Take the I-76 WEST/EXITS 23 - 1 exit towards HARRISBURG - go 9.9 mi. Take the Reading (US-222) exit towards Lancaster, exit #286 - go 1.1 mi. Reading Interchange becomes Colonel Howard Blvd/Spur Rd - go 0.3 mi. Turn Left to take US-222 South - go 15.2 mi. Take the US-222 South/US-30 West exit towards Lancaster/York - go 0.7 mi. Continue on US-30 West - go 27.0 mi. Continue towards PA-74/Dover/West York - go 0.3 mi. Turn Right on Carlisle Ave./Carlisle Rd - go 1.0 mi. Continue on Carlisle Rd - go 3.5 mi. Continue on Carlisle Rd - go 3.5 mi. Carlisle Rd becomes S Main St. - go 0.4 mi. Continue on N Main St - go 0.2 mi. Turn Right on Butter Rd - go 0.2 mi. Arrive at Allen Ln, Dover.

From the South:

Take the I-83 North. Take the Arsenal Rd/US-30 West exit, exit #21B - go 0.2 mi. Continue on Arsenal Rd - go 0.4 mi. Continue on Loucks Rd. - go 1.2 mi. Continue on US-30 West - go 0.8 mi. Continue towards PA-74/Dover/West York - go 0.3 mi. Turn Right on Carlisle Ave./Carlisle Rd - go 1.0 mi. Continue on Carlisle Rd. - go 3.5 mi. Carlisle Rd becomes S Main St. - go 0.4 mi. Continue on N Main St - go 0.2 mi. Turn Right on Butter Rd - go 0.2 mi. Arrive at Allen Ln, Dover.

From the East

From the West:

Take I-76 East. Take the US-15 exit towards Gettysburg, exit #236 - go 0.6 mi. Merge on US-15 South - go 6.6 mi. Turn Left on N Baltimore St - go 0.5 mi. Continue on S Baltimore St. - go 1.3 mi. Turn Left on Carlisle RD - go 5.2 mi. Continue on Harmony Grove Rd - go 6.9 mi. Turn Right on Carlisle Rd - go 0.2 mi. Carlisle Rd becomes N Main St - go 0.2 mi. Turn Left on Butter Rd - go 0.2 mi. Arrive at Allen

Dover

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk of running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of you accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge York County Habitat for Humanity and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in the event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, know or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign).

Participant signature: _____

Date: _____

Parent Signature (if necessary): _____

Date: _____



Fourth Annual
GENE GLADFELTER MEMORIAL MILE
Saturday, June 12, 2004 at 8:30 AM (Registration begins at 7:00 AM)
 Sponsored by the Shiloh UCC Young Adults Group
 All proceeds benefit the Greater Philadelphia Chapter of the ALS Association

Location: Shiloh United Church of Christ, 2251 Willow Road, Shiloh (York), PA 17404
 Race packet pick-up and finish line at Shiloh UCC parking lot one block west of route 74 in Shiloh
 Free babysitting/child care will be provided at the church.
 Please join us for great food, music and fun following the race.

Course: Point to point overall downhill course starting at Norman A. Trimmer Elementary on Brenda Road, turning right on Sunset Lane, then left on Bank Lane and finishing in the Shiloh UCC parking lot. Runners and walkers will be responsible for arriving promptly at the starting line for their heat.

Entry Fee:

Runners- Postmarked by May 28 th	\$12.00
Runners- Postmarked after May 28 th (or race day)	\$15.00
Walkers- Postmarked by May 28 th	\$ 8.00
Walkers- Postmarked after May 28 th (or race day)	\$10.00
Children's 1/4 mile Fun Run	FREE

Runners or walkers with at least \$30.00 in sponsors receive a free registration (see reverse)
 All pre-registered participants will receive a T-shirt (limited availability of T-shirts on race day).

Heats/Age Groups (with approximate starting times):

Walker's Heat: Non-competitive, open to individuals
 (8:30AM) of all ages and ability.

Race Heat #2: Females Age 13-19
 (9:20AM) Females Age 20-29
 Females Age 30-39
 Females Age 40-49
 Females Age 50-59
 Females Age 60 & Over

Race Heat #1: Males 12 & Under
 (9:00AM) Females 12 & Under
 Males Age 50-59
 Males Age 60 & Over

Race Heat #3: Males Age 13-19
 (9:40AM) Males Age 20-29
 Males Age 30-39
 Males Age 40-49

Children's Fun Run Ages 10 & Under
 (10:00AM)

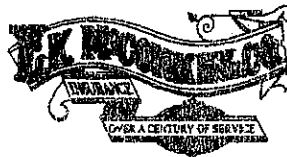
Awards: Overall Male \$100, Overall Female \$100.
 1st, 2nd, 3rd place in each age group category. 1st employee finisher from each corporate sponsor.
 There will be a special award for the most dollars raised from individual contributions.
 All children participating in the fun run must be registered before the run & will receive a prize.
 All walkers & runners will be eligible for door prize drawings.
 For race results, visit the Shiloh UCC web page at: www.shilohucc.net

Race Directors: Steve Harlacher 717-849-4040, e-mail: gladfeltermile@yahoo.com
 Brett Pfeifer 717-292-7878, e-mail: brettpfeifer@yahoo.com

SPECIAL THANKS TO OUR MAJOR CORPORATE SPONSORS !



THE STEWART COMPANIES



THE GRAHAM COMPANIES

Directions to Gene Gladfelter Memorial Mile:

From route 30 in York, take the PA route 74 north (Carlisle Road) exit near the West Manchester Mall. Follow route 74 north for 1.6 miles and turn left onto Willow Road. Shiloh UCC is located approximately 100 yards off of route 74. Parking is available in the Shiloh UCC parking lot, on Willow Road and on School Street.

Course Records: Men - Jim Lebo 4:21 (2001)

Women - Vickie Cauller 5:05 (2003)

In late summer of 1999, Gene Gladfelter, a member of the Shiloh UCC congregation, was diagnosed with ALS. Gene had been an avid biathlete and runner, competing in many local and regional races over the years and his diagnosis came shortly after competing in a 10 mile road race. In 2001, Gene lost his battle with ALS. Gene's courage and strength were our motivation for this race.

ALS (commonly known as Lou Gehrig's disease) is a motor neuron disease with progressive muscular atrophy resulting in severe impairment of mobility, speech, swallowing, and respiratory function. The mind remains intact and unaffected. Once thought rare, ALS is now considered fairly common, striking both men and women, generally between the ages of 40 and 75. Average lifespan, following diagnosis is two to five years. While recent research has shed light on possible causes of ALS, its cure remains a mystery. Proceeds from the Gene Gladfelter Memorial Mile will benefit the Greater Philadelphia Chapter of the ALS Association, specifically the ALS Clinic at Penn State's Hershey Medical Center which serves as a multidisciplinary clinic for the diagnosis and treatment of ALS. To date, our event has raised over \$18,000 for ALS.



Make check payable to "Shiloh United Church of Christ" and mail with this entry form to:
Shiloh United Church of Christ, 2251 Willow Road, York, PA 17404
(Pre-registration must be postmarked by May 28, 2004)

NAME: _____ AGE: _____

ADDRESS: _____ CITY/ZIP: _____

PHONE: () _____ MALE FEMALE (circle one) SPONSOR EMPLOYER: _____

EVENT: WALK/RUN/FUN RUN AMOUNT ENCLOSED: _____ SHIRT SIZE: S M L XL

In consideration of this entry to the Gene Gladfelter Memorial Mile, I waive all claims and liabilities for myself, my heirs and assigns, against the sponsors, Shiloh United Church of Christ, the ALS Association, West Manchester Township, Schaad Detective Agency, cooperating groups and any individual associates involved with the event and will not hold them responsible for any and all injuries or illness which may result from my traveling to and from and participating in this event. I further state that I am in proper physical condition to participate in this event.

PARTICIPANT SIGNATURE (PARENT IF UNDER 18): _____ DATE: _____

Use the form below to raise money and offset your entry fee! Participants raising \$30 or more receive a free entry fee. Runners or walkers receiving race contributions may list names and phone numbers below:

**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 at the York Water Company Distribution Center, and the contact person is Jack Goodwin. The address is 1801 Mount Rose Ave. Pick up and return must be done during regular business hours. Please call Jack at 845-3601 ext 256 to make your arrangements.

Prices:

Use of club equipment: (Finish boards, mile markers, chute equipment, Chronomix, and/or clock.)	\$20
Timer person:	\$40
Race Application in Newsletter: (1 sheet, 2 sides)	
Out of County	\$25
York County Races	\$0

DRY GOODS FOR SALE

Bob Weikert notes that club gear is always for sale. Available are baseball caps, etc. 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 Bob at 755-1286 or rsbj24@suscom.net.

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 Bobbi Kehr at 741-2117 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 Bobbi Kehr at 741-2117 to inform the club of any changes. We like to keep you informed!

