



KEEPING TRACK

President	Bob Weikert	H:891-7985	rsbj24@suscom.net
VP-Membership	Bobbi Kehr	H:741-2117	rat@blazenet.net
VP-Merchandise	Jan Workinger	Jan.Workinger@hillmangroup.com	H:755-1856
VP-Newsletter	Denise Tushingham	ddtushingham@earthlink.net	H:637-7706
Treasurer	Doug Moyer	H:741-2520	moyer6@suscom.net
Secretary	Jack Goodwin	H: 600-2282	runjack@verizon.net
Membership Data Coord:	Mike Kehr	H:741-2117	rat@blazenet.net
Race Calendar Coord.	Tom Schaffstall	H:755-6806	Tschaffstall@aol.com
Web Master	Julie Bear	H: 755-0419	rescuemail@aol.com
Club Info Web Site: yorkroadrunners.com			

YRRC NEWSLETTER #188 December 2006-January 2007 PRESIDENT'S MESSAGE by Robert Weikert

I'm coming to the end of my term as President of York Road Runners. The past two years have been a very rewarding time for me and it's also been a busy time. I can't think of a nicer group of people to work with than runners. I hope everyone takes the time to vote for the current slate of candidates located in this newsletter.

More important than the club officers are the club members that continually step forward throughout the year and give their time as volunteers at the many club activities. Just last week the York Road Runners along with Wellspan/York Hospital sponsored and directed the 2nd Panther Invitational for middle school runners. It was a great success with thirteen school districts from York County sending runners. We had 83 female and 99 male finishers in their respective races. I would like to thank the following volunteers who gave of their time on that cold Monday afternoon to make the Panther Invitational a success:

Dr. Sam Columbo
David Dill- Wellspan
Jenny Foster
Jack Goodwin
Jeff Hines
Patti Stirk Hines
Joe Myers
Sean Potts
Nancy Rossi
Rosa Schaffstall
Tom Schaffstall
Marty Strine
Amy Touras
Dave Tushingham
Lynn Vanhouwe
Dave Weitzel
Jan Workinger

Members of Central York Varsity Cross Country Team

Also a **special thank you** to all the coaches and their assistants for the time and talent they give to the runners in our middle school cross country program of York County.

I hope to see all of you at this year's Winter Series Races!
Happy Running

YRRC EXECUTIVE MEETING
OCTOBER 2006

The Committee met at Bob Weikert's house. Attending were officers Doug Moyer, Bob Weikert, Denise Tushingham, Bobbi Kehr and Michael Kehr, Jan Workinger, Tom Schaffstall, Jack Goodwin, Winter Series Race Coordinator Gretchen Walter, Webmaster Julie Bear and Rosa Schaffstall member at large.

Committee Reports:

Secretary: Minutes from the August, 2006 meeting were corrected and approved.

Treasurer: Balance as of September 30, 2006, \$7,839.00 and of that amount \$2,570.19 is being held for Parks & Recreation / \$629.45 held for the Bon-Ton 5 Miler / (\$10.12) held for Panther Invitational / \$1,772.61 Savings / \$2,570.19 Checking.

VP Membership: Current membership is 314 as of 9/14/06. Please remember to forward any change of address to the Membership V P, . The membership application is currently being updated.

Merchandise: An order for new inventory was placed. The merchandise will be available for Winter Series sales.

Newsletter & Web Site: Items of interest and articles are always welcome. E-mail items for the newsletter to . The web page has been updated. Email items for publication on the club website to Julie Bear

Old Business:

- Ten schools signed up for the Panther Invitational to be held October 23, 2006.
- The Bulletin Board Project at Flying Feet is moving forward. Someone has been hired to begin the project.
- The final design for the Winter Series coaster was received and approved. The coasters have now been ordered.

New Business:

- The committee discussed putting together a set of Winter Series coasters to sell as a "proof set" and listing them for sale on the website. This discussion was tabled for now.
- The committee agreed to begin selling advertising space in the newsletter. Costs will be listed in the next newsletter.

There being no further business, the meeting was adjourned at 9:05 P. M

Next YRRC Executive Meeting: December 4, 2006 at 7:00 p.m. at Bob Weikert's home. 827 Locust Grove Road.

The next Adopt-a-Highway will take place on Saturday, January 27, 2007 at 8:00 a.m. For details, call Jack Goodwin at 600-2282 (H) or 718-2951 (W). All members aged 12 and over are welcome to volunteer.

YRRC would like to welcome our newest members:

Jan Gipe, Ana Gipe, Sue Heistand, Winni Painter, Sean Potts, Mary Jo Potts and Amy Touras

If you'd like your running accomplishments to be printed in an upcoming issue of the newsletter please either call or email Denise Tushingham.

- *Jan Workinger, Baltimore Half Marathon, he ran 1:45:04, finished 365 out of 3869*
- *Glen Engler, Hanover Half Marathon, he placed 3rd in the 55-59 age group*
- *Jody Reed, October 1, 2006 Portland Marathon 4:44:01 (fastest marathon in the last two years); October 8, 2006 Army 10-miler 1:40:06 (within minutes of all my 10-milers this year)*
- *Douglas Petsch, 1st 5k (age 12), The Great Pumpkin Chase 5K, 24:20*
- *Wendy Petsch, 1st marathon, Steamtown Marathon, 3:51:52*

YORK ROAD RUNNERS CLUB 2007 OFFICERS

President: Jan Workinger _____
VP: Membership: Bobbi Kehr _____
VP-Merchandise: David Tushingham _____
VP-Newsletter: Denise Tushingham _____
VP-Race/Activity Development: Brett Pfleiger _____
Treasurer: Doug Moyer _____
Secretary: Jack Goodwin _____
Membership Data Coord: Mike Kehr _____
Race Calendar Coord: Tom Schaffstall _____
Web Master: Julie Bear _____

Please write in any other person who may be interested and the position: _____

Mail to: YRRC, POB 2841, York, PA 17405

I want to thank all of the volunteers, sponsors, organizers and of course the runners whom participated in the Bon-Ton 5-Mile Race and 1-Mile Fun Run on Sunday July 23, 2006. Without your continued support and effort, we could not have this wonderful event. Through all of your contribution and hard work, we achieved our goal of making the Bon-Ton 5-Mile Race a premier event for York.

We had a "Great Race" and perfect weather on Sunday. 408-runners participated in the 5-Mile Race and 1-Mile Fun Run, an increase of 19% over last year's 343-runners. The Bon-Ton provided some awesome door prizes for the random awards, and through the effort of Sue Weitzel-Joines with Brewery Products, we were able to award a fortunate runner an outstanding Grand Prize of (4) tickets to Busch Gardens or Water Country USA in Williamsburg, VA. Michelob Ultra provided this year's race "cool" signage and sharp looking commemorative drinking glasses, and ice-cold beer (for the over 21-crowd of course!). A new sponsor this year was York Hospital – Wellspan. David Dill, with Wellspan, worked very hard behind the scenes to help us grow the turn-out of runners by creating a new running series – The 2006 York Hospital Running Series – offering (6) road races that includes the Bon-Ton 5-Mile. We appreciate their support and the added excitement the new series brings to the running community.

I also want to thank Leslie Delp and Vicki Friedman from Olivia's House, and their outstanding staff for providing course marshals and registration volunteers. We couldn't get the Turkey Hill cow this year - but food and beverage coordinator, Frank Kempf, was able to work it out with Turkey Hill to allow Elam Riehl drive over to York a truck painted with a 'cow' filled with ice cold drinks! I want to thank Sue Krieger and her husband, owners of several Gold's Gym's in York County, for providing outstanding goodie bag stuffers and three 3-month memberships for Gold's Gym in the random award ceremony. Gold's Gym was also a new sponsor this year and I appreciate their support. Greg Baum, owner of Flying Feet Sport Shoes, provided some 'awesome' athletic wear for door prizes – Thanks Greg!

Kudos to Bob Rudy with Oldies 96.1 for keeping the spirit moving with music from 'The Greatest Hits of All Time'. Bob also lent his 'radio-voice' to help out with the awards ceremony. Also, a big thank you goes out to the girls from Rita's for the refreshing ice-cold treats. I want to thank Dave Pflaum for his work entering the pre-registered runners in the database and race day data entry. Dave's quick work on the computer enabled us to email the local newspaper's race day results within 24-hours! And a special thanks to Marty Strine for working with Springettsburg Township and the Springettsbury Police Department in securing a safe course for the runners. A big "thanks" goes out to Joe Myers and Gary Golden for working the finish line and the result boards. This is not an easy job, and these guys have it down to a science!

The Runner's World bags worked out great for all of the nifty "goodie-bag-items from our many contributing sponsors. Furthermore, I would like to thank Mary Kerr and Colleen Kirtland with the Bon-Ton for their continued support and hard work. Mary and Colleen worked many hours leading up to race day to make sure we had the support of the Galleria Mall and the many supplies needed for the finish line, registration and packet pick-up areas. Also, a special thank you goes out to Tim Grumbacher with Bon-Ton for his many years of support.

Post-race, the word on the paddock was the runners really enjoyed the atmosphere and the new open area venue this year, and the runners were very pleased with the course and the New 'wicking' t-shirts....ideal for running! From all accounts, I expect we can build on this year's success and expect to see 450-500 runners next year.

Following the race, the York Road Runners Club, organizers for the Bon-Ton 5-Mile Race, presented a check for \$4,000 from the proceeds of the race to Olivia's House, a York organization that helps children and teenagers cope with the death of a loved one. Without everyone's support, this generous donation could not have been possible. We sincerely thank you!

Mark your calendar and pass the word for next year's race slated for Sunday July 22, 2007. We hope you all can make it!

Thanks again for all of your support this year!

Best Regards,

Jan Workinger
Executive Director
The Bon-Ton 5-Mile Race

Save the Date – New Spring 5-K

The YWCA will be hosting the Race Against Racism on April 28, 2007. This 5K run/walk will be an opportunity to unite people of all races and demonstrate the YWCA's commitment to racial equality. Proceeds will support programs to eliminate racism. Please hold the date and look for further details.

*****NOTICE: The Summer Running Series results may be found at
<http://yhrunning.wellspan.org> *****



For the 30th York White Rose Run, it will mark 30 years of excellence. I have always strived to have the best runners and legitimate competition throughout the race, to promote running a sport as well as a social event. I feel that the race has a solid history, and it's a fun race that tours part of the city in a unique way. This year there are a few important changes, the race now starts at 8:30AM, that is a half an hour earlier than it's previous starting time. The race will be the final race of the 6 race 2006 York Hospital Wellspan Running Series. All races so far have shown a marked improvement upon their 2005 finisher totals. Many runners, nearly 50 have been to 4 or 5 of the series races so far, those people should contact myself with their Under Armour shirt size so that we may hand out the UA series participation shirts after the White Rose award ceremony at the Yorktowne Hotel. For standings for the age group awards see: <http://yhrunning.wellspan.org> I would encourage runners to participate in the event either as a runner or as a volunteer. I am also looking for additional sponsors in terms of cash to defray the costs, as well as products for door prizes, and runner consumption (i.e. food).

Looking back at the greatest White Roses, the mens race in 1992 when Keith Dowling and Steve Spence finished in nearly a dead heat at 23:37, with Dowling edging the US Olympian by a step. No one has run faster since. The 2003 womens race saw five women charging up

Market Street to the finish, with Tatyana Petrova, and Tatyana Chulakh finishing in 26:54 a step apart, and a step in front of another Russian, who had two seconds on the British gal, and three seconds on the Romanian woman. Those were the best finishes I could remember. It's always a race director's dream to have an exciting race, and have a well managed event (many thanks to the volunteers and sponsors) that allows every participant to enjoy themselves doing a sport that we obviously all love.

See you Nov 11, 2006....remember the new 8:30 AM start time :).



The York Road Runners has been asked by the Healthy Lifestyles Task Force of the Healthy York County Coalition for a representative to serve on this campaign. If you'd like to represent YRRC in this capacity please contact Denise Tushingam for more information.

RACE CALENDAR – NOVEMBER 11, 2006 to JULY, 2007

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)

- 11 **30th YORK WHITE ROSE 5 MILER**, 8:30am, York, PA, Clay Shaw,
717 764-1181 or sports35_photography@yahoo.com
- 11 Danville Area Community Center 5K, 9:30am, Danville, PA, 570 275-3001
- 11 8th Veterans Day 5K, 9am, Summit Hill, PA, 570 455-0137 or
www.geocities.com/pvrfc
- 12 30th South Mountain 10 Miler / 5K, 9am, Bethlehem, PA, 610 264-9255 or
nanhof@juno.com
- 12 34th Harrisburg Marathon, 8am, www.harrisburgmarathon.com or
wcg254@comcast.net
- 12 2nd 5K Run, 2pm, Bloomsburg, PA, 973 945-1889
- 18 44th JFK 50 Miler, Boonsboro, MD,
- 18 Cape Henry 10 Miler, 8:30am, Virginia Beach, VA, www.capehenry.kalerrunning.com
- 18 CW Heller Market Street Races, 9am, Berwick, PA, 570 759-1426 or
www.runfordiamonds.com
- 18 Cranberry Crawl 5K/10K, 8:30am, Hains Point, Washington, DC, 301 292-1441
- 18 8th Fight for Life 5K, 9am, Apollo, PA, 724 568-2517 or dzukas@cancer.org
- 19 13th Philadelphia Marathon / 8K, 8am, Art Museum, 215 685-0054 or
www.philadelphiamarathon.com or info@philadelphiamarathon.com
- 19 33rd Muhlenberg Turkey Trot 10K, 11am, Laurel Run Park, Reading, PA,
610 929-1503 or www.muhlenbergtwp.com
- 19 Little Bennett's Revenge Cross-Country 5K, 9am, Clarksburg, MD, 301 353-0200
- 23 York YMCA Turkey Trot 5K, 9am, York, PA, cstrathmeyer@yorkcoymca.org
- 23 97th Run For The Diamonds 9 Miler, 10:30am, Berwick, PA, 570 759-1300 or
www.runfordiamonds.com
- 23 44th Atlanta Marathon, 7:30am, Half Marathon at 7am, 404 231-9064 or
www.atlantatrackclub.org
- 23 Harry C. Holland G-U-T-B-U-S-T-E-R: 8/4/2 Milers, 10am, Pittsburg, PA,
412 441-1776 or dspace304@aol.com
- 23 2nd SMT Turkey Trot 5K, 8am, New Cumberland, PA, 717 814-4157 or
MDPoohbear@aol.com
- 23 Turkey Trot 6K, 9am, State College, PA, www.deepsixracing.org/races.html
- 23 26th Newport Turkey Trot 10K, 9am, Newport, PA, 717 567-3158
- 25 Turkey Trot 5 Miler, 8am, Hollidaysburg, PA, 814 695-4467 or
Laurandt@holidaysburgareaymca.org
- 25 Delaware Open Cross-Country Championships, 10:30am, Wilmington, DE,
302 892-2829
- 25 17th Northern Central Trail Marathon & 2 Person Relay, 9:30am, Sparks, MD,
www.brrc.com or nctrailmarathon@gmail.com
- 25 Turkey Burnoff 5 Miler, 10am, Gaithersburg, MD, 301 353-0200
- 26 Dirty Bird 15K Trail Run, 10am, French Creek State Park, Birdsboro, PA, Ron Horn,
610 779-2668 or rhornpcs@aol.com or www.pretzelcitysports.com

DECEMBER, 2006

- 2 2nd Run Sober Drive Sober 5K, 9am, Camp Hill, PA, 717 795-1001
- 3 23rd Nittany Valley Half-Marathon, 10am, State College, PA, www.nvrn.com
Paul Makurath, 717 652-8633 () or 717 783-4253 (w)
- 3 The Deerslayer Trail Run: 7 / 3.5 / 2 Milers, 10am, Pittsburg, PA, 724 348-6012

- 3 15th Alvernia College 5K, 10am, Alvernia College, Greenway Terrace, Reading, PA,
610 779-3277 or Linda Christ at teachlc3@aol.com
- 10 **DOVER 10 MILER - YRRC Winter Series #1**, 1pm, Dover, PA, Paul
Makurath, 717 652-8633 (h) or 783-5253 (w)
- 10 Shiver by the River 10K & 5K - #1, 11am, Laurel Run Park, Reading, PA,
Sue Jackson, 610 779-6556 or www.pagodapacers.com or sjackson@gp.com
- 10 Las Vegas Marathon, 9am, CBS-TV
- 10 Jingle Bell Run for Arthritis 5K, 1pm, Lancaster, PA, 717 397-6271
- 10 26th Frostbite 5 Miler, 1pm, Duboistown, PA, 570 322-1577
- 10 Jingle Bell Jog 8K, 1pm, Rockville, MD, 301 353-0200
- 16 Christmas Caper 5K/10K, 8:30am, Hains Point, Washington, DC, 301 292-1441
- 17 Kris Kringle 5 Miler, 10am, Berks Ag Center, Reading, PA, Charlie Trayer,
610 780-0842 or www.pagodapacers.com
- 31 **DOUBLE DEUCE 2 MILER**, 11:55pm, York, PA, Karen Mitchell at
717 764-1181 and Ray Ricke at 717 755-5441
- 31 Twilight 5K Run, 5pm, Lakemont Park, PA, Hollidaysburg YMCA, 814 695-4467
or Laurandt@holidaysburgareaymca.org
- 31 First Night State College Resolution 5K, 6:30pm, State College, PA,
eggler@geosc.psu.edu

JANUARY, 2007

- 4-7 Walt Disney World Marathon Weekend, Florida, www.disneyworldmarathon.com
- 7 **SPRING VALLEY 5K - YRRC Winter Series #2**, 2pm, Glen Rock (83, Exit 8),
PA, Tom Shepp at 717 792-3214 (h) or Pete Klotz at 717 845-2856 (h)
- 7 Shiver by the River 10K & 5K - #2, 11am, Laurel Run Park, Reading, PA,
Sue Jackson, 610 779-6556 or www.pagodapacers.com or sjackson@gp.com
- 20 **DALLASTOWN WILDCAT 10K - YRRC Winter Series #3**, 12 noon, Dallastown,
PA, Robert Breighner, 717 244-6865 (h)
- 21 1st "CHILLY CHEETS" 7 Mile Trail Run, 10am, Reading, PA, Ron Horn,
rhornpcs@aol.com, www.pretzelcitysports.com, or 610 779-2668
- 28 Miami Marathon / Half-Marathon, 305278-8668 or www.INGMiamiMarathon.com

FEBRUARY, 2007

- 3 **ACCOMAC 8K - YRRC Winter Series #4**, 9am, Wrightsville, PA,
Dave Weitzel, 717 252-4544 (h)
- 4 Shiver by the River 10K & 5K - #3, 11am, Laurel Run Park, Reading, PA,
Sue Jackson, 610 779-6556 or www.pagodapacers.com or sjackson@gp.com
- 17 **SAGINAW 5K - YRRC Winter Series #5**, 9am, Saginaw, PA,
Jack Goodwin, 717 600-2282 (h)
- 25 4th "UGLY MUDDER" 7.25 Mile Trail Run, 10am, Reading, PA, Ron Horn,
rhornpcs@aol.com, www.pretzelcitysports.com, or 610 779-2668

MARCH, 2007

- 3 **JACOBUS 5 MILER - YRRC Winter Series #6**, 9am, Jacobus, PA,
Joe Myers, 717 252-1183 (h)
- 4 Shiver by the River 10K & 5K - #4, 11am, Laurel Run Park, Reading, PA,
Sue Jackson, 610 779-6556 or www.pagodapacers.com or sjackson@gp.com
- 17 **SPRINGETTSBURY 15K - YRRC Winter Series #7**, 9am, York, PA,
Jan Workinger, 717 755-1856 (h) or jan.workinger@hillmangroup.com
- 17-18 Shamrock Sportsfest Marathon/Half Marathon/8K, Virginia Beach, VA,
www.shamrockmarathon.com
- 24 The National Marathon & Half-Marathon, Washington, DC,

www.NationalMarathon.com

31 23rd Cook Forest Half-Marathon & 5K, 11an, Clarion, PA, 814 393-2081 or
jresch@clarion.edu

APRIL, 2007

1 INDIAN ROCK 10K – YRRC Winter Series #8 (final) – Award Presentations,
Tom and Rosa Schaffstall, 717 755-6806 or tschaffstall@aol.com

28 YWCA Race Against Racism 5K,

MAY, 2007

JUNE, 2007

2 33rd God's Country Marathon, 8am, Galeton, PA, www.godscountrymarathon.com

23 2nd Mooresburg Bicentennial 10K, 9am, Mooresburg, PA, 570 784-6699

JULY, 2007

15 32nd Sue Crowe Memorial / Arts Festival Races: 10K / 5K, State College, PA,

10.23.06 Panther Invitational
Girls Results

place	school	name	time
1	YC	Kady Schrann	12.17
2	CY	Emily Forrey	12.25
3	CY	Allison Jacobs	12.57
4	Dt	Brynna Krisher	13.14
5	CY	Courtney Peterson	13.15
6	YC	Taylor Falrey	13.26
7	Dt	Staci Stayer	13.33
8	SW	Amanda Hodgekinson	13.40
9	CY	Hayley Freeman	13.41
10	So	Danna Lehneis	13.42
11	So	Haley Garrison	13.42
12	NE	Misty Parshall	13.44
13	YS	Zoe Rehnberg	13.45
14	YS	Sara Wallace	13.46
15	YS	Elena Mingora	13.55
16	NO	Kaycee Kubisiak	14.01
17	CY	Rochelle Benkert	14.07
18	CY	Kelly Dvoryak	14.09
19	CY	Madi McSherry	14.13
20	EY	Karlee Kominsky	14.24
21	So	Chloe Mistovich	14.25
22	YC	Chelsea Frey	14.27
23	Do	Carrie Pfeiger	14.28
24	So	Gabrielle Houser	14.29
25	YS	Gretchen Foster	14.32
26	YS	Carly Bobb	14.34
27	CY	Jenna Taylor	14.36
28	So	Kelsey Judge	14.38
29	YS	Hannah Jones	14.39
30	Do	Emily Keller	14.40
31	CY	Marissa Fells	14.43
32	CY	Krista McGlinis	14.53
33	Do	Taylor Messner	14.54
34	CY	Elyse Lee	14.56
35	CY	Sammi Stoltzfus	14.57
36	NE	Julia Zelinski	14.59
37	Do	Erin Wetzel	15.01
38	Do	Robin Huntsberry	15.02
39	YC	Erica Reineberg	15.03
40	CY	Marissa Heilman	15.07

41	YC	Vicky Rizzuto	15.07
42	YS	Jodie Gotwalt	15.08
43	Dt	Tara Witman	15.08
44	YS	Allie Lackey	15.09
45	Do	Kendra Hilbert	15.10
46	SG	Paige Hurrell	15.11
47	Dt	Bethany Lillie	15.31
48	YS	Lauren Sauder	15.32
49	CY	Sarah Eline	15.33
50	Do	Sarah Spaulding	15.40
51	CY	Merideth Bolling	15.41
52	SG	Nicole Craver	15.44
53	So	Emily Bull	15.46
54	Do	Becky Schrum	15.56
55	EY	Chelsea Talbot	16.00
56	Do	Maddie Herman	16.01
57	EY	Haley McGuigan	16.04
58	So	Erica Klinedinst	16.05
59	So	Cayla Stiffler	16.07
60	CY	Khaddisha Arnold	16.09
61	CY	Holly Michaels	16.16
62	CY	Katie Shriver	16.18
63	SG	Sarah Legore	16.20
64	CY	Vivian Greene	16.21
65	EY	Alicia Detweiler	16.30
66	Do	Darby Sidesinger	16.33
67	CY	Tia Ritz	16.36
68	SG	Terynn Weaver	16.47
69	CY	Melissa Kratorel	16.51
70	YC	Kaitlyn Morrow	16.56
71	EY	Megan Smith	16.58
72	Do	Kylie Thomas	17.14
73	CY	Vic Aguilar	17.27
74	CY	Hannah Knepper	17.34
75	CY	Alexis Harrison	17.35
76	So	Lorraine Feinour	17.44
77	YC	Jadie Claudio	17.59
78	EY	Jessie Sabol	18.17
79	CY	Nichole Nicholson	18.48
80	YC	Maurreen Devlin	19.34
81	NO	Megan Elder	20.10
82	EY	Brandy Troup	20.54

points school

place

36	CY = Central York	1
	Dt = Dallastown	
160	Do = Dover	5
268	EY = Eastern	6
	NE = Northeastern	
	NO = New Oxford	
	SG = Spring Grove	
94	So = Southern	3
	SW = South Western	
	WY = West York	
109	YC = York Catholic	4
93	YS = York Suburban	2

10.23.06 Panther Invitational
Boys Results

place	school	name	time
1	SG	Matt Shenk	11.26
2	EY	Andrew Nicholas	11.29
3	SW	Mike Klecker	11.37
4	NE	Travis Wunsch	11.52
5	CY	Trent Landis	11.56
6	NE	Robby Trimmer	12.15
7	WY	Luke Stiffler	12.18
8	Do	Corey Smith	12.19
9	CY	Jordan Strine	12.21
10	Do	Danny Campisi	12.24
11	Do	Justin Geesey	12.26
12	Dt	Christian Kschak	12.28
13	YS	Austin McGowan	12.29
14	YC	Brian Kieber	12.30
15	YS	Gus Gotwalt	12.32
16	So	Ben Steines	12.33
17	So	Tyler Langrehi	12.36
18	SG	Andrew Rohrbaugh	12.39
19	Dt	Adam Gante	12.41
20	SW	Mark Dende	12.43
21	So	Isaac Spearman	12.44
22	SW	T. J. Stevenson	12.45
23	CY	Andrew Belnick	12.46
24	NO	Kyle Dayhoff	12.47
25	CY	Kevin Groff	12.48
26	Dt	Jeff Childress	12.49
27	SW	Jeremy Diehl	12.50
28	Dt	Grant Dube	12.51

29	Dt	Ben Weaver	12.53
30	So	Kyle Eldridge	<u>12.55</u>
31	CY	Grant Meckley	12.58
32	CY	Mason Gilbert	13.03
33	CY	Ian Moyer	13.05
34	CY	Matt Stanley	13.14
35	CY	Jimmy Dwyer	<u>13.15</u>
36	Dt	Shane Campbell	13.17
37	Do	Josh Grandstaff	13.23
38	YS	Carl Perina	13.23
39	EY	Logan Tooney	13.24
40	Dt	Zach Mohar	<u>14.27</u>
41	Dt	Conner Hoch	13.27
42	SG	Dalton Hall	13.29
43	CY	Eric Beiber	13.30
44	CY	Joel Culp	13.33
45	EY	Raleigh Koeberle	<u>13.39</u>
46	CY	Grant Hoffer	13.40
47	NE	Bryan Budjanec	13.41
48	SW	Ronnie Teufer	13.42
49	Dt	Brandt Witt	13.43
50	EY	Breian Eifert	<u>13.44</u>
51	SG	Ryan Thoman	13.48
52	Do	Justin Adams	13.54
53	EY	Ryan Bailey	13.55
54	Dt	Matt Lewis	13.57
55	SG	Jake Sturgis	<u>13.57</u>
56	CY	Jack Cardello	13.58
57	YC	Sam Arnold	14.00
58	NO	Mike Rebert	14.01
59	So	Colin Brainard	14.02
60	NE	Nate Slonaker	<u>14.03</u>
61	EY	Dom Maj	14.05
62	YS	Boyd Smith	14.07
63	CY	Cole Gentry	14.11
64	EY	Hunter Koeberle	14.23
65	So	Tyler Kernan	<u>14.27</u>
66	So	Laudon Bosley	14.29
67	Do	Dakota Taylor	14.31
68	CY	Andrew Schmidt	14.37
69	CY	Tijay Hildebrand	14.40
70	SG	Kyle Huber	<u>14.45</u>
71	So	Will Gervasio	14.50
72	Do	Alan Vivian	14.51
73	Dt	Keith Rosenberger	14.53

74	YS	John Willis	14.54
75	CY	Cameron Flemmens	14.57
76	NO	Cody Lentz	14.58
77	YS	Fred Gard	15.02
78	SW	Doug Petsch	15.04
79	CY	Dakota Stabley	15.09
80	CY	Sam Gladfelter	15.12
81	CY	Corey Meisenhetter	15.13
82	Dt	Andrew Zedowsky	15.16
83	CY	William Cox	15.18
84	So	Kevin Procepio	15.19
85	CY	Alex Greene	15.20
86	Dt	Jacob Ward	15.27
87	Do	Alex Miller	15.47
88	So	Rico Neal	15.52
89	Do	Devon Vogel	16.00
90	So	Thomas Michaels	16.02
91	YS	Matt Smith	16.09
92	EY	Ronald Minnier	16.12
93	CY	Doug March	16.14
94	No	Tyler Basom	16.16
95	YS	Jack Davidson	16.26
96	CY	Seth Corallie	16.47
97	CY	Zach Staley	16.48
98	YS	Joe Dellinger	16.52
99	YS	Peyton Engles	17.27

points	school	place
93	CY = Central York	1
114	Dt = Dallastown	2
118	Do = Dover	3
189	EY = Eastern	7
	NE = Northeastern	
	NO = New Oxford	
167	SG = Spring Grove	6
143	So = Southern	5
120	SW = South Western	4
	WY = West York	
	YC = York Catholic	
195	YS = York Suburban	8



York YMCA 5K Turkey Trot Race Information



START/FINISH

November 23, 2006 at 9 am

The race begins and ends at the YMCA at 90 N. Newberry Street in York. It is a flat fast paced 5k course run on city streets and the railtrail. Race starts promptly at 9:00 am

PROPER RAILTRAIL ETIQUETTE MUST BE OBSERVED.

WE DO NOT HAVE EXCLUSIVE USE OF THE RAILTRAIL.

AGE DIVISIONS

Male and Female (14 and under), (15-19), (20-29), (30-39), (40-49), (50-59), (60-69), (70 and up)

AWARDS

Overall (male and female) top three finishers

Prizes will be awarded to the top three male and female finishers in all age brackets.

Awards ceremony will be held in the York YMCA gymnasium following the race.

RANDOM DOORPRIZE DRAWING

Must be present to win.

REGISTRATION

Pre-Entry: Postmarked by November 13, 2006; \$15.00 with a Hat (\$10.00 without).

Post-Entry: Postmarked after November 13, 2006; \$20.00 with a Hat (\$15.00 without).

****Youth 14 and under run free without Hat (\$10.00 with a Hat).

The entry fee is non-refundable. Hats are subject to availability for first 300 entries.

Pre-race entry packet pick-up available November 20-22 at the YMCA of York Program desk.

Race Day entries: 7:30 am to 8:45 am at the York YMCA gym.

(* If paying at event correct change is appreciated!)

All proceeds benefit programming at the York YMCA.

We build strong kids, strong families, strong communities.

Parking available in York YMCA parking lot.

RACE DIRECTOR

Karen Ruppert, Fitness Director

York YMCA: 717- 843-7884 ext. 269 or kruppert@yorkcoymca.org

Please call for additional information

or

visit our website at www.yorkcoymca.org



ENTRY FORM FOR 2006 TURKEY TROT

Name _____ Age ____ male __ female __ dob ____/____/____

Please Print: Last _____ First _____

Address _____ City, State, Zip _____

Phone () _____ - _____ Email: _____

I know that running the YMCA Turkey Trot race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running the event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity and cold or slippery conditions of the race course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the race director, race officials and volunteers, any and all sponsors including, by not limited to YMCA of York & York County, the City of York, and York County, and all their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event.

Signature

Are you a YMCA Member?

_____ yes

_____ no

Co-Signature (Parent/Guardian must cosign if under 18 yrs of age)

ENTRY FEE

by 11/13 w/Hat (\$15) _____

by 11/13 w/out Hat (\$10) _____

**After 11/13 w/Hat (\$20) _____

**After 11/13 w/out Hat (\$15) _____

Youth under 14 w/Hat (\$10) _____

Total _____

Availability guaranteed for first 300 applicants.

Visa/MasterCard# _____

Expiration Date: ____/____/____

Please make checks payable to: YMCA of York

Mail to:

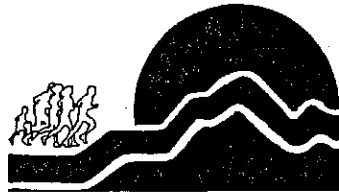
YMCA of York and York County

Attn: Karen Ruppert

90 North Newberry Street

York, PA 17401

RICKE BROS
Auto Sales



2006/2007 York Road Runners Winter Series

RICKE BROS., INC.
4449 Lincoln Highway, York
(717)755-6199
www.rickebrosauto@aol.com

MARTIN FOOT AND ANKLE
York, Shiloh, Hanover, Shrewsbury, Lancaster
(717)757-3537
www.martinfootandankle.com

Series Coordinator(s): Margaret Moore (717)843-4202 /winterseries@verizon.net
Gretchen Walter (717)542-5994 /runninggoddess1@yahoo.com

York Road Runners Club's Web Page: [//www.yorkroadrunners.com](http://www.yorkroadrunners.com)

- Sponsored by Martin Foot and Ankle Center and Ricke Bros. Auto Sales
- Consists of 8 races
- Participants assigned a race number at their first race and are responsible to Bring and Wear that same number to all races attended.
- Awards based on a point system received at each race. Awards given at the end of the series for most points received in specified age bracket.
- One mile fun runs at each event. Same awards system
- AWARDS: "NEW" 5 year age brackets up to age 70
- Commemorative gift for participants who complete or help with 5 or more races

<u>Date</u>	<u>Time</u>	<u>Race</u>	<u>Director(s)</u>	<u>Phone</u>
1. Sunday 12/10/06	1 pm	Dover 10 Miler	Paul Makurath	717-652-8633 (h) 717-783-4253 (w)
2. Sunday 01/07/07	2 pm	Spring Valley 5k	Tom Shepp Pete Klotz	717-792-3214 (h) 717-845-2856 (h)
3. Saturday 01/20/07	12 noon	Dallastown WildCat 10k	Robert Breighner	717-244-6865 (h)
4. Saturday 02/03/07	9 am	Accomac 8k	Dave Weitzel	717-252-4544 (h)
5. Saturday 02/17/07	9 am	Saginaw 5k	Jack Goodwin	717-600-2282 (h)
6. Saturday 03/03/07	9 am	Jacobus 5 Miler	Joe Myers	717-252-1183 (h)
7. Saturday 03/17/07	9 am	Springettsbury 15k	Jan Workinger	717-755-1856 (h)
8. Sunday 04/01/07	2pm	Indian Rock 10k	Tom & Rosa Shafstall	717-755-6806 (h)

All Winter Series Races will be held in moderately bad weather, which includes rain, snow, ice & cold temperatures. In case of severe blizzard or dangerous levels of ice, the race could be postponed for a week or canceled. If you are unsure, please check for a posting on www.yorkroadrunners.com or contact the race director or coordinator. All postponed races will be re-scheduled for the following week on the same day of the week and at the same time. We reserve the right to cancel races which are postponed more than once.

Cost: Applications mailed on or before 11/18/06: \$20.00 one time fee (for all 8 races)

Bonus: Free pair of running gloves (sponsored by Ricke Bros) for early registration (8 races)

After 11/18/06: \$28.00 one time fee

Same day registration: \$7.00 per race

Fun runs for the eight races: \$10.00 one time fee

Same day fun run \$2.00 per race

NOTE: No family will be charged more than a combined fee of \$50.00

TOTAL Cash or Check: \$ _____

In consideration of this entry being accepted to each and all of the above races, I hereby fore myself, heirs, executors and administrators waive and release any claims that I may have against the 2006/2007 York Winter Series, the York Road Runners Club, its officers, directors and race sponsors and cities, boroughs, townships, and parks involved with the races. I certify that I am physically fit for the events. The race organizers reserve the right to reject any entry.

PLEASE PRINT

Last Name: _____ First: _____

Address: _____ City/State: _____ Zip: _____

Sex: M/F Phone: (____) _____ Email: _____

Birth Date: ___/___/___ Age: ___ (on 12/01/06) Runner's Signature: _____

Parent or guardian must sign if under 18. _____

Mail applications and payments to: YRRC-Winter Series

c/o Lynn Vanhouwe (run.fast1@comcast.net.)

1200 Midland Avenue York, PA 17403

CUT HERE

More Details and a Printable race application will be posted on YRRC web page www.yorkroadrunners.com

Directions to Races from York, PA

Dover: PA Rt. 74 north to Dover; left (west) on Canal Rd; right on Intermediate Ave. Park at rear of Dover Intermediate School.

Spring Valley: I-83 south to exit 8 (Glen Rock); left (east) on Rt. 216 travel less than ¼ mile; right on Potosi Rd; follow Potosi Rd about 2 miles to Spring Valley Park; left on Crest Rd. to Equestrian Center on right.

Dallastown: Get off at Queen Street (Rt 74) South exit. Go approximately 4 or 5 miles to Dallas town. Go to the first traffic light (Turkey Hill on right) and turn right on Walnut Street. Stay straight on Walnut St. about ¼ mile. This road brings you in behind the school and to the stadium. Bear to the left at stadium (Between stadium and school:;) to parking lot.

Accomac: PA Rt.30 east to Wrightsville exit; (follow signs to Accomac Inn) left (north) on Cool Springs Rd; right (north) on Dark Hollow Rd; right (north) on Accomac Rd; park near Accomac Inn parking area.

Saginaw: I-83 north to exit 24 (Emigsville); right (east) on Rt. 238; straight across Rt. 181 (George St. Extended) onto Staraview Rd; at stop sign, left onto N. Sherman St. (Rt 24); at T intersection go right on Cordonus Furnace Rd; left on Saginaw Rd; once in Saginaw, bear right on Market St.; turn left onto Community United Methodist Church. (Only a block from river)

Jacobus: I-83 south to exit 14 (Leader Heights); right (west) on Leaders Heights Rd.; left (south) on George St.; into Jacobus where George St. becomes Main St.; right (west) on Church St. Park behind Christ United Methodist Church.

Springettsbury: Rt 30 east to Mt Zion Rd. exit; left at light, go under Rt 30; make right on Whiteford Rd, Springettsbury Park is on left (LOOK FOR SIGNS FOR THE RACE LOCATION:)

Indian Rock: From George St. at York Hospital; right (west) on Country Club Rd; right on Richland Ave.; left on Indian Rock Dam Rd; go 1 mile to Indian Rock Elementary School on left.

2006 YORK HOSPITAL RUNNING SERIES RACE NO. 6



White Rose Run

30th Anniversary
Running

5 Mile Race and
Fun Run

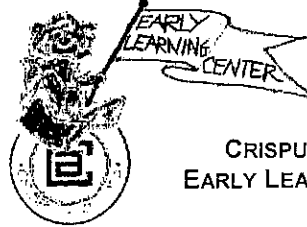
November 11, 2006
8:30 A.M.

Continental Square
York, Pennsylvania



York City Bureau of Parks & Recreation

RACE BENEFICIARY



CRISPUS ATTUCKS
EARLY LEARNING CENTER

THE COURSE

The race begins at Continental Square (at George & Market Streets) in downtown York, Pennsylvania. The course winds its way throughout the City of York, climbs to Farquhar Park, and finishes in front of the "old" York County Courthouse on East Market Street. All miles are marked and splits will be provided.

USATF Certification No. PA013030WB

REGISTRATION

EARLY ENTRY (Postmarked by 10/28/06):
\$20.00 with long-sleeved tee shirt
\$10.00 without tee shirt

LATE ENTRY (Postmarked after 10/28/06):
\$25.00 with long-sleeved tee shirt
(subject to availability of tee shirt)
\$15.00 without tee shirt

FUN RUN:
\$10.00 with tee shirt and FREE without

RACE DAY REGISTRATION:

Race day registration and packet pick-up will take place at Continental Square. Look for the signs.

Race day registration and packet pick-up will begin at 6:45 A.M. and will end at 8:20 A.M.

Race day registrants are not guaranteed a shirt.

PARKING INFORMATION

As of February, 2006, free parking on weekends is available in the Market Street Garage and along all City streets. See www.yorkcity.org for information.

AWARDS

THIS YEAR'S AWARDS CEREMONY WILL TAKE PLACE AT THE YORKTOWNE HOTEL AND WILL BEGIN AT 10:00 A.M.

Prize Money will be awarded to the top five men and women and top two master's men and women:

Overall		Masters	
Men & Women		Men & Women	
1st	\$500.00	2nd	\$400.00
3rd	\$300.00	4th	\$200.00
5th	\$100.00	1st	\$100.00
		2nd	\$50.00

A masters runner who finishes in the top five will receive the prize money from both categories.

Age Group Awards, excluding the top five men and women, will be awarded as follows:

Men: 11 & Under (1), 12-15 (3), 16-19 (3), 20-24 (3), 25-29 (3), 30-34 (3), 35-39 (3), 40-44 (3), 45-49 (3), 50-54 (3), 55-59 (3), 60-64 (3), 65-69 (2), 70 & Over (2)

Women: 14 & Under (2), 15-19 (3), 20-24 (3), 25-29 (3), 30-34 (3), 35-39 (3), 40-44 (3), 45-49 (3), 50-54 (3), 55-59 (2), 60 & Over (2)

York County Awards will be presented to the top man and woman and top master's man and woman from York County.

A random awards drawing will be conducted after the race (approx. 9:45 AM). Runners must be present and must have their race number to claim random awards.

RESULTS

Complete results and race photos will be provided in *Runner's Gazette*. All finishers will receive the December or January issue of *Runner's Gazette*.

Results also available at www.flyingfeet.com and www.yorkroadraces.com

DONATIONS

Please consider making a donation to the Crispus Attucks Early Learning Center. The center provides much-needed educational opportunities to children from all walks of life. Please enclose a separate check made payable to "Crispus Attucks" in an amount that is comfortable for you.

ACCOMMODATIONS

The Yorktowne Hotel combines York County hospitality, the finest rooms, and excellent food and is conveniently located near the start and finish lines. Call (800)233-9324 or visit www.yorktowne.com to make a reservation.

REFRESHMENTS

Post-race refreshments will be provided by Turkey Hill and donations from our sponsors.

SPONSORS

Each year, the White Rose Run is fortunate to receive generous corporate and community sponsorship. This sponsorship allows us to keep our entry fees affordable and allows us to make a donation to Crispus Attucks Early Learning Center. Please thank the sponsors you see listed herein by patronizing their businesses whenever possible.

RACE DIRECTORS

EXECUTIVE RACE DIRECTOR:

Clay Shaw (717)764-1181 (between 4 & 8 P.M.)
sports35_photography@yahoo.com

CO-RACE DIRECTOR:

Jan Workinger (717)840-1802

VOLUNTEER COORDINATOR:

Tom Shepp (717)792-3214

ENTRY FORM

I know that running the York White Rose Run is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running the event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity and cold or slippery conditions of the race course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the race, its sponsors, directors, and volunteers, the City of York and all their representatives and successors from all claims or liabilities of any kind arising from my participation in this event.

Name: _____
Address: _____
City: _____ State: _____
Zip: _____ Sex (M/F): _____ Age on Race Day: _____
Phone: _____
Signature: _____ Date: _____
Co-Signature: _____ Date: _____

	Price
<input type="checkbox"/> 5 Mile Race	_____
<input type="checkbox"/> Fun Run	_____
Total:	_____

Circle Shirt Size:				
S	M	L	XL	None

Make Check Payable & Mail to:
White Rose Run
3035 Raintree Road, York, PA 17404

Features of the YCHS

York Catholic

5K Race:

- Cash prizes will be given for 1st place in male/female categories.
- Trophies will be awarded to under 18 category
- T-shirts will be available for an extra fee of \$6. T-shirts must be pre-ordered by Nov. 5, 2006

High School

5K Run and Fun Walk

to benefit the York Catholic Student Council



- Door prizes will be drawn at the conclusion of the race

- Please return the completed registration and check paid to the following address

- York Catholic High School
601 E. Springettsbury Ave.
York, Pa. 17403

601 East Springettsbury Avenue

York, PA 17403

Saturday, November 18, 2006

9:00 a.m. shot gun starts

One mile fun-walk will begin at 9:15 a.m.

Looking forward to seeing you

Featuring a mostly paved course

Personal Info

Name: _____

Address: _____

Phone: (____) - _____

Gender (circle): male female

Age Group for 5k circle one

8-11 12-15 16-24 25-35

36-55 56-and over

Run-\$6.00 Walk-\$3.00

+T-Shirt optional \$6.00

S M L XL

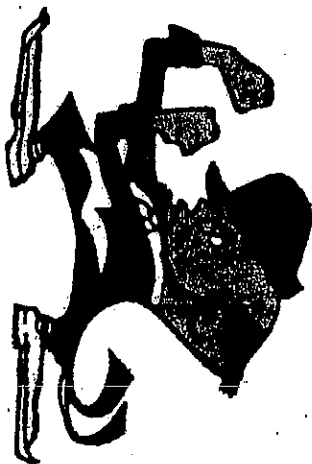
CIRCLE TOTAL \$3 \$6 \$9 \$12

YORK CATHOLIC

HIGH SCHOOL

5K Run

Fun-Walk

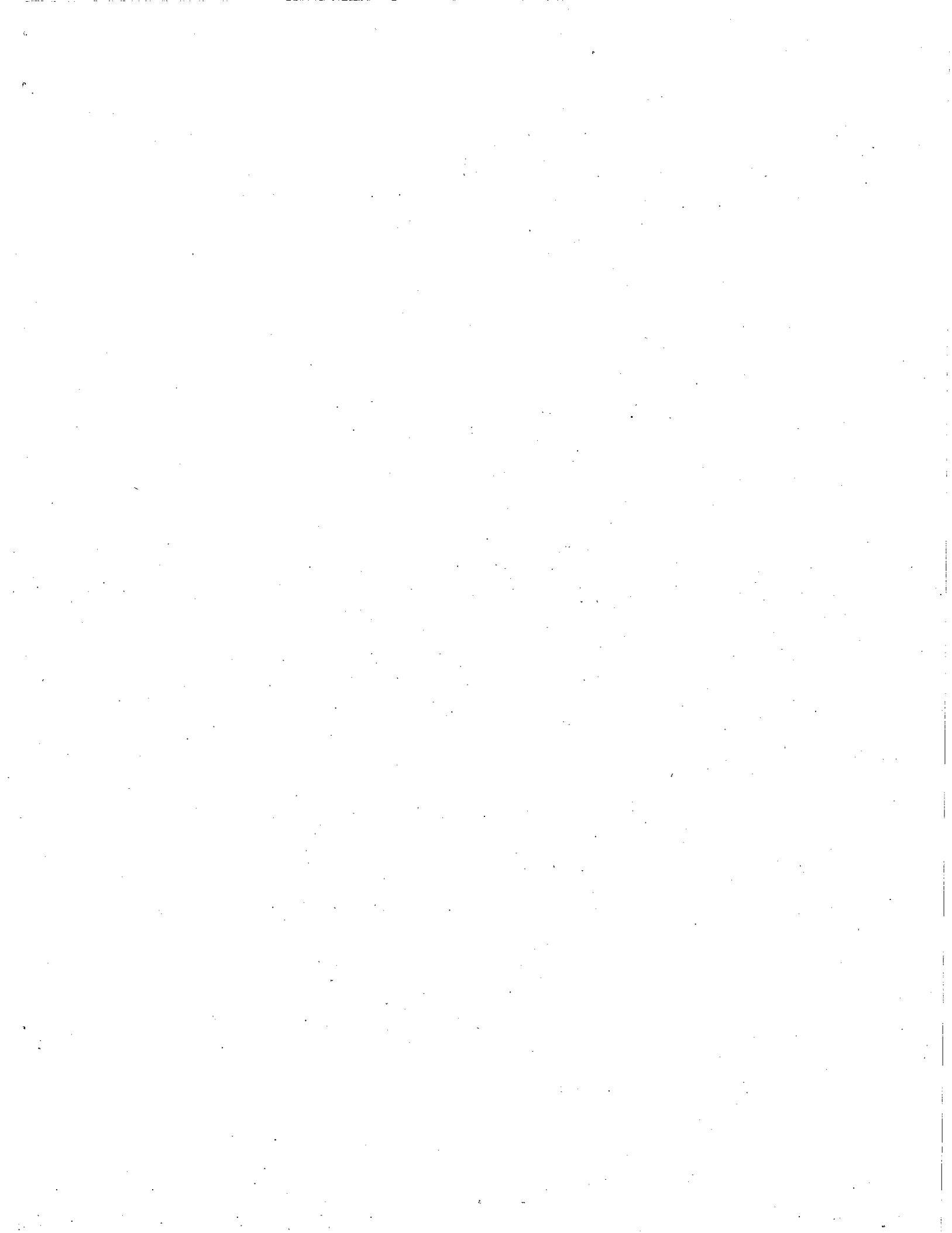


Waiver and Release

The undersigned in consideration of admittance to this activity does hereby for myself agree to release, waive , and forever discharge from all liabilities and further agree to indemnify, save, and hold harmless York Catholic High School, Student Council, and all administrators of this event from any loss, liability, damage, or costs which may be incurred due to participation in this activity.

I know that running a race is potentially hazardous activity. I verify that I am physically fit and have trained sufficiently for the race. I know that there may be traffic near or on the route and assume the risk in running near traffic. I also assume any and all other risks associated with participation in this event including, but not limited to falls, contact with other participants, the affect of weather, etc. .

Signature _____



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 718-2951 to make your arrangements.

Prices:

Use of club equipment: (Finish boards, mile markers, chute equipment, Chronomix, and/or clock.)	\$30/*\$40
Timer person:	\$45/*\$60
Race Application in Newsletter: (1 sheet, 2 sides)	\$25
Out of County	\$25
York County Races	\$0

* OUT OF County rates

Club Merchandise

Jan Workinger notes that 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 at jan.workinger@hillmangroup.com.

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!

