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KEEPING TRACK

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VP-Race/Activities Development	Brett Pfeiger H: 292-7878 brettpfeiger@yahoo.com
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Secretary	Jack Goodwin H: 600-2282 runjack@verizon.net
Membership Data Coord:	Denise Tushingam H: 637-7706 ddtushingam@embarqmail.com
Race Calendar Coord.	Tom Schaffstall H:755-6806 Tschaffstall@aol.com
Web Master	Julie Bear H: 755-0419 rescuemal@aol.com

Club Info Web Site: yorkroadrunners.com

YRRC NEWSLETTER #194 December 2007-January 2008 PRESIDENT'S MESSAGE by Jan Workinger

Recently, I asked Brett Pfeiger to setup a Google Group for the YRRC. Join today and post what's interesting to you or other members. You might want to post a training run and are looking for others to join you, or post how your training run or race you did this weekend turned out. Posted anything you want...just keep it clean.

Here is the group's description:

The YRRC is dedicated to promoting running, racing, and healthy living in York County. The Club supports and sponsors over 20 races and events each year and prints six newsletters/year to keep you informed about upcoming events. So come on join the pack! See you on the roads!

----- Google Groups Information -----

You can accept this invitation by clicking the following URL:

<http://groups.google.com/group/yrrc/sub?s=aTgR7AgAAAC0vL9pUGGXPo5m0xu2am-w&hl=en>

Note: Access to the group on the web requires a Google Account. If you don't have a Google Account set up yet, you'll first need to create an account (no cost to you) before you can access the group. You can create an account at:

<http://www.google.com/accounts/NewAccount?service=groups2&dEM=Jan.Workinger%40hillmangroup.com&continue=http%3A%2F%2Fgroups.google.com%2Fgroup%2Fyrrc%3Fhl%3Den>

I have been asked recently by some of you - to post the contact information for the Delaware Bus to Boston, here it is. "Good Luck" to all you fast and fit runners!

Note: the group who organizes the bus usually sends the information out after the Holidays, but if you would like to guarantee yourself a seat; mail Doug White a check for \$100 payable to Delaware Sports Club. The address is: 16 Pine Grove Lane Hockessin, DE 19707. In addition to your name, address & phone #; include your e-mail address so it can be added to their list. You'll receive the information on the Delaware Bus to Boston once they have it ready.

Contact: Susan White, email: stwhite16@comcast.net

The 2007-2008 YRRC Winter Series update:

Are you ready to lace up your flats and race this Winter? The YRRC Winter Series has 8 awesome races scheduled for you to test your fitness, and your ability to move your body in the cold!

The 8 Races in the York Road Runners Club Winter Series are:

- Dec. 9, 2007 = **DOVER 10 MILER** – YRRC Winter Series #1,
1 pm, Dover, PA, Paul Makurath, 717 652-8633 (h)
- Jan. 6, 2008 = **SPRING VALLEY 5K** – YRRC Winter Series #2,
2 pm, Spring Valley County Park near Glen Rock, PA,
Tom Shepp, 717 792-3214 or Pete Klotz, 717 845-2856
- Jan. 19, 2008 = **DALLASTOWN WILDCAT 10K** – YRRC Winter Series #3,
12 noon, Dallastown, PA, Robert Breighner, 717 244-6865 (h)
- Feb. 2, 2008 = **ACCOMAC 8K** – YRRC Winter Series #4, 9am, Wrightsville, PA,
Dave Weitzel, 717 252-4544 (h)
- Feb. 16, 2008 = **SAGINAW 5K** - YRRC Winter Series #5, 9am, Saginaw, PA,
Jack Goodwin, 717 600-2282 (h)
- March 1, 2008 = **JACOBUS 5 MILER** – YRRC Winter Series #6, 9am, Jacobus,
PA,
Joe Myers, 717 252-1183 (h)
- March 15, 2008 = **SPRINGGETTSBURY 15K** – YRRC Winter Series #7, 9am,
York, PA, Jan Workinger, 717 755-1856 (h),
jan.workinger@hillmangroup.com
- March 30, 2008 = **INDIAN ROCK 10K** – YRRC Winter Series #8 (final) –
Award Presentations, 12 noon (new time), Tom and Rosa Schaffstall, 717 755-
6806 or tschaffstall@aol.com

A race application is included with the Newsletter....fill it out today and get registered! Or, down-load one from the club's web site located at:
www.yorkroadrunners.com

Dave Tushingam, VP-Merchandise, recently added 7 new fantastic items of running gear to the YRRC Merchandise arsenal. Julie Bear will have them added to the web site soon for viewing. In the meantime, please give Dave a call at 717-637-7706, or email at: ddtushingam@embarqmail.com to place your order(s)!

The 7 new items are:

YRRC Hoodies (navy/black/maroon): \$25.00
New long sleeve running shirts YRRC embroidered (steel/black/navy): \$25.00
Stainless steel travel mugs: \$5.50
Running knit caps: \$7.00
Skull Caps: \$10.00
Compression Shirts (white/black/royal): \$25.00
Running Gloves: \$5.00/pair

In other news, Pete Klotz has directed the Keystone Games Cross Country race for three years and is stepping down. The YRRC has been a sponsor by providing the timing equipment. Pete nor the YRRC is under no obligation to find another race director, but we thought we would make an attempt to find one.

The Keystone Games (KSG) needs a new race director. The KSG organization does most of the work; the race director just has to find volunteers, pick-up the chute and timing equipment and mark the turns on the course. The race has been held at John Rudy Park.

If anyone is interested, please contact Pete.

Phone: 845-2856
e-mail: peter_klotz@comcast.net

Interesting site:

This one is in defense of the 90% who don't run a 3:30 marathon or anything close to it.

<http://completerunning.com/archives/2007/10/11/chicago-marathon-defending-slow-fat-poorly-trained-runners/>
www.athlinks.com

Brett Pfeleger reported in the last newsletter the YRRC purchased RaceTrak Software. We tested the RaceTrak in the Winter Series and at the **Double Creek Tour and Run**. Based on the outcome and positive results, the YRRC is moving forward to go "live" using RaceTrak for race timing. However, we still "need" more trained volunteers to operate RaceTrak. Brett is planning to conduct training classes in the near future; we want a minimum of 10 trained volunteers. Please contact Brett at brettpfeleger@yahoo.com or call home: 717-292-7878. The YRRC is still working out the cost of these services to Race Directors.

The York Hospital/Wellspring 2007 York Hospital Running Series.
(Dave Dill, Director, Rehab Medicine-York Hospital is the coordinator)

It's not too late to sign up, one race remains. The next race is the York White Rose 5-Mile Race on November 10th. Participants must register for each race separately. Registrations for individual races may be obtained at the series website, www.yhrunningseries.com. There is no separate registration to participate in the York Hospital Series. Participant's successful completion of one or more of the races will serve as an entry into the series.

York Hospital Running Series:

- York Habitat for Humanity's 4th Annual 5k Run/Walk – May 12th
- Double Creek Half Marathon and 5k – June 16th
- East Berlin 5k – July 7th
- The Bon-Ton 5 Miler and 1 Mile Run – July 22nd
- Shelly Miaki Memorial 5k – August 18th
- York Rail Trail 10 Miler – August 25th
- **York White Rose – November 10th**

Note: Clay Shaw is looking for course volunteers. If interested, please contact Clay directly for more details.

Clay Shaw
Sports/35 Photography
3035 Raintree Road
York, PA 17404
(717)764-1181
email: sports35_photogra...@yahoo.com

Pass the word.....thank you.

Lastly, I would be amiss to not mention the letter Matt Marcini wrote to the Editor in the YDC on October 23rd. "Why such anger at roadside runners?" Kudos to Matt...Matt wrote what we all have talked amongst ourselves about – and have experienced, but Matt took the time to express it! If you haven't read the article,

check it out on the YDR web site, just scroll back to October 23, 2007. With all the drivers talking on cell phones, eating with both hands and putting on make-up; plus the roads are getting even more congested – running has almost become “life and death”. We’re taking a risk or chance every time we go out for a run. Be safe out on the roads!

The YRRC Executive meetings are always open to our members and non-members to express ideas and/or concerns you might have. However, so that we can schedule time accordingly to hear your message, it’s always appreciated if you contact me ahead of time so we can schedule you into our meetings. Below are the YRRC meeting dates for 2007:

December 3rd. We start our meetings promptly at 6:30pm and finish at 9:00pm.
Run safely...
Best Regards,
Jan Workinger

YRRC EXECUTIVE MEETING OCTOBER 2007

The Committee met at Dave and Denise Tushingam’s residence. Attending were officers Jan Workinger, Doug Moyer, Dave Tushingam, Denise Tushingam, Tom Schaffstall, Brett Pfeleger, Jack Goodwin, Winter Series Race Coordinator Margaret Moore and Members at large Amy Strayer, Rosa Schaffstall and Wendy Petsch.

Committee Reports:

Secretary: Minutes from the August 2007 meeting were approved.

Treasurer: Balance as of September 30, 2007, \$11,946.55 and of that amount \$3,883.87 is being held for Parks & Recreation/ \$74.11 held for the Bon-Ton 5-Miler / \$717.38 held for the Panther Invitational/ \$1,802.07 Savings and \$5469.12 Checking.

VP Membership: ~~Current membership is 322~~ as of 7/17/07. Please remember to forward any change of address to the VP of Membership.

Merchandise: Dave has a very nice selection of running apparel to market this season.

Newsletter & Web Site: Items of interest and articles are always welcome. E-mail items for the newsletter to Kerry6@comcast.net mail items for publication on the club website to Julie Bear at rescuemal@aol.com.

Race Calendar: Nothing new to report

Race Development: Brett will hold more training session on the new Race Trak software after we receive or purchase laptops,

Winter Series: Going well per Margaret . Winter Series applications are out.

Old Business:

Working on ideas to sell the left over Winter Series Coasters, Tom Schaffstall is going to design and build a framed case or a holder for sets of coaster to market at club events.

The club received one monetary Donation to date for Laptops to use with the new Race Trak software

New Business:

Pete Klotz is seeking a Race Director to replace him at The Keystone Games

YRRC has an official site on Google Group

Jan will be checking into contracting an E M T medical staff that would cover all of the Winter Series events per our insurance needs.

Amy Strayer has volunteered to take over the position of club secretary replacing Jack Goodwin

Wendy Petsch has stepped forward to replace Denise Tushingam as the Newsletter Editor.

There will be a election for Club Officers for 2008 . ~~Ballots will be in the Newsletter~~

Club Activities:

- THANKS TO: MADI, JOSH AND JACK GOODWIN FOR HELPING WITH THE ADOPT-A-HIGHWAY IN OCTOBER.

The **next Adopt-a-Highway** will take place on Saturday, JANURARY 19, 2008 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.

There being no further business, the meeting was adjourned at 8:30 p.m.

The **next YRRC Executive Committee Meeting** will be held on December 3, 2007 6:30 at Wellspan / Indian Rock Dam Rd. facility.

Winter Series Update

Everything is falling into place for another good season of winter running. Applications for the Winter Series are now available in the newsletter, on the York Road Runners website and throughout the community. Get them while they're hot and register early. Remember, those registering early for the full series save money and will be rewarded with a headband from Ray Ricke. Early registration benefits you and helps make race day go more smoothly.

Despite early problems with gaining access to the Rail Trail for the Indian Rock 10K, Tom Schaffstall was able to work it out and we're now good to go with the same course as last year. Thanks, Tom, for all of your efforts.

A minor change in the registration rates had to be made this year. The series, however, is still a bargain at \$24.00 for 8 races. The increase was made in order to cover additional anticipated expenses that will be necessary to cover the costs of on site EMT's. It was learned that our insurance requires this service. Hopefully it is a service that none of you will require, but it will add assurances that any medical needs will be met at the Winter Series races.

If you have any questions regarding the series or any of the races, please feel free to contact any of the race directors or the series coordinators. Happy running!

Winter Series Coordinators,
Margaret Moore winterseries@verizon.net
Gretchen Walter runninggoddess1@yahoo.com

Response to article:

I read the recent newsletter article "Response to 'Young Runners' By: Nancy Ann Rossi-Fogle". I am a race director of a one mile race and I have always discouraged children under ten years of age to run this race. I have a Kiddie Quarter Mile Fun Run for those ten and under. If race directors would "adjust" their age group awards according to the race distance, then we would not see younger runners competing "over their head". Maybe 10k races shouldn't have a 14 and under category. A 5k race definitely should not award the "youngest" runner.

I don't know what the Road Runners of America guidelines are but maybe we as race directors can help to control the participation of young runners in longer distance races. I recently read in a national running magazine that a European or Asian child under 12 ran over 40 miles in a remarkable time. Why? And he has run marathons in record times too. Our children have fun running, it is play for them. Let's not make it work for them!

Judy Anttonen, Director, Millersville Mile for 20 years and a member of YRRC.

Doc and Judy in the Ville

"Never mind whom you praise; but be very careful whom you blame! "

Sport Massage Designed to Enhance Athletic Performance

Massage has become an integral part of the new athletic regimen from sports medicine clinics, to college training rooms, to professional locker rooms to Olympic training. Growing number of trainers believe that massage can provide an extra edge to the athletes who participate in high performance sports. Massage has become a necessary ingredient for a complete workout. More and more people are realizing that a complete workout routine includes not only the exercise itself, but also caring for the wear-and-tear and minor injuries that naturally occur with strenuous movement. The physiological and psychological benefits of massage make it an ideal complement to a total conditioning program.

Anyone who routinely stretches their physical limits through movement such as running, cycling, hiking, swimming, dancing, tennis and other racquet sports, strength training and aerobics can benefit from a massage. There are others who do strenuous activities in a day that is not normally classified as exercise. Examples are mothers with small children, gardeners, and others who use their bodies strenuously in their work.

Incorporating massage in your conditioning program has many benefits. It helps you get into good shape faster, and with less stiffness and soreness. It helps you recover faster from heavy workouts, and relieves conditions that may cause injury.

What Happens When You Exercise?

Regular exercise increases vigor and promotes a general sense of well-being. If done in moderation, it can help relieve the effects of stress, and has been linked to decrease in psychological depression.

Regular exercise produces positive physical results like increased muscular strength and endurance, more efficient heart and respiratory functioning, and greater flexibility.

These positive physical changes occur as the body gradually adapts to the greater demands put on it by regular exercise. The body improves its functioning to meet the challenges placed on it.

Conditioning involve three steps or phases:

- Tearing Down Phase when one pushes the physical limits
- Recovery Phase - Important for the rebuilding phase and to obtain the full benefits of a conditioning program
- Buildup Phase - when the system adapts to the new demands placed on it.

The 'tearing down' phase of the adaptation process often involves stiffness and soreness, especially when the amount of movement is significantly increased from what the body has been used to in the past.

Delayed muscle soreness (24-48 hours after exercise) may be caused by any of a number of different factors. Some possible causes are minor muscle or connective tissue damage, local muscle spasms that reduce blood flow, or a build up of waste products (metabolites) from energy production.

Trigger points or stress points may also cause muscle soreness and decreased flexibility. These points are specific spots in muscle and tendons which cause pain when pressed, and which may radiate pain to a larger area. They are not bruises, but are thought by some to be small areas of spasm. Trigger points may be caused by sudden trauma (like falling or being hit), or may develop over time from the stress and strain of heavy physical exertion or from repeated use of a particular muscle.

Heavily exercised muscles may also lose their capacity to relax, causing chronically tight (hypertonic) muscles, and loss of flexibility. Lack of flexibility is often linked to muscle soreness, and predisposes you to injuries, especially muscle pulls and tears. Blood flow through tight muscles is poor (ischemia), which also causes pain.

Sports Massage Techniques

Each sport and athletic event uses muscle groups in a different way. Sports massage therapists must be familiar with each muscle, the muscle groups, and how they are affected by the specific movements and stresses of each sport. They also are trained in the appropriate uses of hydrotherapy and cryotherapy. Traditional western (e.g. Swedish) massage is currently the most common approach used for conditioning programs. It is frequently supplemented by other massage therapy approaches including deep tissue, trigger point work, and acupressure. Some massage therapists have special training in sports massage and greater experience working with athletes.

Sports massage therapy frequently includes the use of one or more of the following techniques:

Deep Swedish Massage

Muscle-specific applications of the standard effleurage, petrissage, vibration, and tapotement techniques.

Compression Massage

Rhythmic compression into muscles used to create a deep hyperemia and softening effect in the tissues. It is generally used as a warm-up for deeper, more specific massage work.

Cross-Fiber Massage

Friction techniques applied in a general manner to create a stretching and broadening effect in large muscle groups; or on site-specific muscle and

connective tissue, deep transverse friction applied to reduce adhesions and to help create strong, flexible repair during the healing process.

Trigger Point/Tender Point Massage

Combined positioning and specific finger or thumb pressure into trigger/tender points in muscle and connective tissue, to reduce the hypersensitivity, muscle spasms, and referred pain patterns that characterize the point. Left untreated, such trigger/tender points often lead to restricted and painful movement of entire body regions.

The Benefits of Sports Massage

Regular sports massage can:

Reduce the chance of injury, through proper stretching and event preparation, and through deep tissue massage;

Improve range of motion and muscle flexibility, resulting in improved power and performance;

Shorten recovery time between workouts;

Maximize the supply of nutrients and oxygen through increased blood flow;

Enhance elimination of metabolic by-products of exercise.

How Does Massage Help?

Recovery-Therapeutic massage helps the body recover from the stresses of strenuous exercise, and facilitates the rebuilding phase of conditioning. The physiological benefits of massage include improved blood and lymph circulation, muscle relaxation, and general relaxation. These, in turn, lead to removal of waste products and better cell nutrition, normalization, and greater elasticity of tissues, deactivation of trigger points, and faster healing of injuries. It all adds up to relief from soreness and stiffness, better flexibility, and less potential for future injury.

In addition to general recovery, massage may also focus on specific muscles used in a sport or fitness activity. For example, areas of greater stress for runners and dancers are in the legs, for swimmers in the upper body, for tennis players in the arms. These areas are more likely to be tight, lose flexibility, and develop trigger points.

Over-training- Adequate recovery is also a major factor in avoiding the over-training syndrome. Over-training is characterized by irritability, apathy, altered

appetite, increased frequency of injury, increased resting heart rate, and/or insomnia. It occurs when the body is not allowed to recover adequately between bouts of heavy exercise. Therapeutic massage helps you avoid over-training by facilitating recovery through general relaxation, and its other physiological effects.

Trouble spots- You may also have your own unique trouble spots, perhaps from past injuries. A massage therapist can pay special attention to these areas, monitor them for developing problems, and help keep them in good condition. An experienced massage therapist can also compliment treatment received from other health care professionals for various injuries. You may also have your own unique trouble spots, perhaps from past injuries. A massage therapist can pay special attention to these areas, monitor them for developing problems, and help keep them in good condition. An experienced massage therapist can also compliment treatment received from other health care professionals for various injuries.

Three Areas of Sports Massage

Sports massage may involve prevention and maintenance programs, on-site treatment before and after an athletic event, and rehabilitation programs for those who are injured during the program.

Maintenance Massage

An effective maintenance program is based on the massage therapist's understanding of anatomy and kinesiology, combined with an expert knowledge of which muscles are used in a given sport and which are likely candidates for trouble. By zeroing in on particular muscle groups and working specific tissues, the sports massage therapist can help the athlete maintain or improve range of motion and muscle flexibility. The overall objective of a maintenance program is to help the athlete reach optimal performance through injury-free training.

Event Massage

Pre-event- Pre-event sports massage is given within the four hours preceding an event to improve performance and help decrease injuries. It is used as a supplement to an athlete's warm-up to enhance circulation and reduce excess muscle and mental tension before competition. It is normally shorter (10-15 minutes) than a regular conditioning massage, and focuses on warming-up the major muscles to be used, and getting the athlete in a good mental state for competition. It also improves tissue pliability, readying the athlete for top performance. Certain massage techniques can help calm a nervous athlete, and others can be stimulating. Pre-event sports massage is given within the four hours preceding an event to improve performance and help decrease injuries. It is used as a supplement to an athlete's warm-up to enhance circulation and reduce excess muscle and mental tension before competition. It is normally shorter (10-15 minutes) than a regular conditioning massage, and focuses on warming-up the major muscles to be used, and getting the athlete in a good mental state for competition. It also improves tissue pliability, readying the athlete

for top performance. Certain massage techniques can help calm a nervous athlete, and others can be stimulating.

Inter/Intra-event- Inter- and intra-event massage is given between events or in time-outs to help athletes recover from the preceding activity, and prepare for the activity coming up. It is also short, and focuses on the major muscles stressed in the activity. Inter- and intra-event massage is given between events or in time-outs to help athletes recover from the preceding activity, and prepare for the activity coming up. It is also short, and focuses on the major muscles stressed in the activity.

Post-event- Post-event sports massage is given after a competition and is mainly concerned with recovery. It is geared toward reducing the muscle spasms and metabolic build-up that occur with vigorous exercise. Recovery after competition involves not only tissue normalization and repair, but also general relaxation and mental calming. A recovery session might be 15 minutes to 1 1/2 hours in length. Post-event sports massage is given after a competition and is mainly concerned with recovery. It is geared toward reducing the muscle spasms and metabolic build-up that occur with vigorous exercise. Recovery after competition involves not only tissue normalization and repair, but also general relaxation and mental calming. A recovery session might be 15 minutes to 1 1/2 hours in length.

Article submitted by Terry Kelly, Certified Massage Therapist, Owner, and Operator of Mobile Massage of York.

Contact Information (717) 578-6550 or e-mail:
mobilemassageofyork@myabmp.com

Please welcome the following new members:

Sam Neff, Rebecca Lasky, Mike Mahoney, Andy Fisher, Carol, John, Adam, & Neil Katora, Ray and Holly Ricke, Bobbi and Matthew Stoakes, Andrew Puskar, Molly Rogers, Monica Atzert, and Andrew Allison

Please congratulate the following runners on their accomplishments:

Anita Hartman ran her first marathon in Baltimore on Saturday, October 13 in a time of 3:53:46, qualifying her for the Boston Marathon! Way to go, Anita !

RACE CALENDAR – NOVEMBER 17, 2007 to SEPTEMBER, 2008

Contact Tom or Rosa Schaffstall (tschaffstall@aol.com) for your race to be included in the next newsletter

(Note: **Bold /CAPITALIZED** listings are top quality York area races)

NOVEMBER 2007

- 17 2nd Runnin' Rover 5K, 9:30am, Easton, PA, 610 570-7707 or www.runracecalendar.soomshare.com
- 17 Iron Bridge 5K (trail), 9:30am, Lancaster Mennonite High School, Lancaster, PA, jay.charles@raymondjames.com
- 17 Run With Olympians 4 Miler, 9am, Philadelphia, PA, 215 599-0789 or cara@gptmc.com
- 17 Cape Henry Runfest 10 Miler, Fort Story, Virginia Beach, VA, www.capehenry.kalerunning.com
- 17 Somerset Turkey Trot 5K for Scouting, 10am, Somerset Area High School, Somerset, PA, 814 445-6213
- 18 Turkey Trot 5K, 1:30pm, Millersville – Penn Manor High School, 717 872-4627
- 18 Philadelphia Marathon and Rothman Institute 8K, 8am, Philadelphia, PA, 215 683-2060 or www.philadelphiamarathon.com
- 18 Pocono Family YMCA's 5K, 9am, Stroudsburg, PA, 570 421-2525 or www.poconoyymca.org
- 18 Mayberry 4 Miler, 9am, Runnymede Elementary School, Taneytown, MD, Race Day Entry ONLY, 410 374-5932 or runbob@juno.com
- 18 34th Muhlenberg Turkey Trot 10K, 11am, Laurel Run Park, Reading, PA, Karen Regenfuse, 610 929-1503 or www.muhlenbergtwp.com
- 22 **YMCA TURKEY TROT 5K**, 9am, York, PA, York and York County YMCA, Karen Ruppert, 717 843-7884 x269 or 292-5622 or kruppert@yorkcountyyymca.org
- 22 98th "Run For The Diamonds" 9 Miler, 10:30am, Berwick, PA, 570 759-1300 or diamonddrun@verizon.net
- 22 Pumpkin Pie 5K, 9am, Nazareth, PA, www.nazarethymca.org
- 22 27th Newport Turkey Trot 10K, 9am, Newport, PA, 717 567-3158
- 22 30th Turkey Trot 10K, 9am, Virginia Beach, VA,
- 22 3rd SMT Turkey Trot 5K, 8am, New Cumberland Borough Park, New Cumberland, PA, smtturkeytrot@yahoo.com
- 22 Carlisle Turkey Trot 5K/10K, 9am, Carlisle, PA, Peg Owen, 717 243-2525 or peglacko@wmconnect.com
- 24 Annunciation BVM Turkey Trot 5K, 9am, Annunciation BVM, Havertown, PA, www.abvmhavertown.com/5k.asp
- 24 Turkey Trot 5 Miler, 8am, Hollidaysburg, PA, 814 695-4467 or contactus@hollidaysburgareaymca.org
- 24 Northern Central Trail Marathon and Two Person Relay, 9:30am, Baltimore Road Runners Club, www.brrc.com or dcoolman@comcast.net
- 25 12th Arthritis 5K, 10:15am, Greater Scranton YMCA, Dunmore, PA,
- 25 Dirty Bird 15K Trail Run, 10am, French Creek State Park, Birdsboro, PA, Ron Horn, 610 779-2668, rhornpcs@aol.com or www.pretzelcitysports.com

DECEMBER, 2007

- 1 Burk Memorial 5K, 9am, Westminster, MD, 410 790-0957 or buzzmd@yahoo.com, Race Day Entry ONLY
- 1 2nd Santa's Cause 5K, 10am, Misericordia University, Dallas, PA, 570 956-8024
- 1 Bison Indoor T & F Meet, Bucknell University, Lewisburg, PA
- 2 16th Alvernia College 5K, 10am, Alvernia College, Greenway Terrace, Reading, PA, Linda Christ, 610 779-3277 or teachlc3@aol.com
- 8 Alice's Run and 5K Walk, Coatesville, PA, 610 643-9622 x 102 or www.ymcabwv.org
- 8 Jingle Bell Run for Arthritis, 10am, Harrisburg, PA, Kelly at 717 763-0900 or www.harrisburgjbr@kintera.org
- 9 **DOVER 10 MILER – YRRC Winter Series #1**, 1pm, Dover, PA, Dover Intermediate School, Paul Makurath (newly retired), 717 652-8633 (h) or p.makurath@yahoo.com CONGRATULATIONS, PAUL !
- 9 Frostbit 5 Miler, 1pm, Duboistown, PA, Lester Loner, 570 322-1577
- 9 Shiver by the River 10K/5K - #1, 11am, Laurel Run Park, Reading, PA, Sue Jackson, 610 779-6556, www.pagodapacers.com or sjackson@firstenergycorp.com
- 9 Dancer Dash 10K, F & M Manufacturing Company, Westminster, MD, Race Day Entry ONLY, 410 848-1792 or rgrlsal@comcast.net
- 9 Jingle Bell Run for Arthritis 5K, 1pm, Lancaster, PA, Granite Run Industrial Park, 717 397-6721
- 16 Kris Kringle 5 Miler, 10am, St. Joseph's Hospital, Reading, PA, Jason Manbeck, 610 413-7822 or kriskringle5miler@gmail.com or www.pagodapacers.com
- 31 **Double Deuce 2 Miler**, 11:50 pm, York, PA, Ray Ricke at 717 755-5441 or Karen Mitchell, 717 764-1181
- 31 Twilight 3 Miler, 5pm, Hollidaysburg, PA, 814 695-4467 or contactus@hollidaysburgareaymca.org
- 31 5th New Year's Eve 5K, 7pm, Bloomsburg Area YMCA, 570 784-0188 or www.bloomsburgymca.org
- 31 11th First Night 5K Resolution Run, 6:30pm, State College, PA,

JANUARY, 2008

- 1 Winfield Mile, 12 noon, Winfield, MD, South Carroll High School, Race day entry ONLY, 410 549-1873 or franpob@carr.org
- 6 **SPRING VALLEY 5K – YRRC Winter Series #2**, 2pm, Glen Rock, PA, (83, Exit8), Tom Shepp, 717 792-3214 or Pete Klotz, 717 845-2856
- 6 Shiver by the River 10K/5K - #2, 11am, Laurel Run Park, Reading, PA, Sue Jackson, 610 779-6556, www.pagodapacers.com or sjackson@firstenergycorp.com
- 19 **DALLASTOWN WILDCAT 10K - YRRC Winter Series #3**, 12 noon, Dallastown, PA, Robert Breighner, 717 244-6865 (h)
- 20 2nd Chilly Cheeks 7.25 Mile Trail Run, Reading, PA, Ron Horn, 610 779- 2668 or rhornpcs@aol.com or www.pretzelcitysports.com

FEBRUARY, 2008

2 **ACCOMAC 8K - YRRC Winter Series #4**, 9am, Wrightsville, PA,
Dave Weitzel, 717 252-4544 (h)

3 **Shiver by the River 10K/5K - #3**, 11am, Laurel Run Park, Reading, PA, Sue Jackson,
610 779-6556, www.pagodapacers.com or sjackson@firstenergycorp.com

16 **SAGINAW 5K – YRRC Winter Series #5**, 9am, Saginaw, PA,
Jack Goodwin, 717 600-2282 (h)

17 4th **Ugly Mudder 7.25 Mile Trail Run**, 10am, Reading, PA, Ron Horn, 610 779- 2668
or rhornpcs@aol.com or www.pretzelcitysports.com

MARCH, 2008

1 **JACOBUS 5 MILER – YRRC Winter Series #6**, 9am, Jacobus, PA,
Joe Myers, 717 252-1183 (h)

2 **Shiver by the River 10K/5K - #4**, 11am, Laurel Run Park, Reading, PA, Sue Jackson,
610 779-6556, www.pagodapacers.com or sjackson@firstenergycorp.com

15 **SPRINGETTSBURY 15K – YRRC Winter Series #7**, 9am, York, PA,
Jan Workinger, 717 755-1856 (h) or jan.workinger@hillmangroup.com

30 **INDIAN ROCK 10K (on the rail trail) – YRRC Winter Series #8 (final race /
awards presentations)**, 12 noon (new time), York, PA, Tom / Rosa Schaffstall,
717 755-6806 or tschaffstall@aol.com

APRIL, 2008

19 **LADY WHITE ROSE 5K**, 9am, YWCA of York, PA, Tara Neff,
717 845-2631 or tneff@ywcaofyork.org

26 **YORK YWCA RACE AGAINST RACISM 5K**, 9AM, YWCA of York, PA,
717 845-2631 or lbentz@ywcaofyork.org

26 **JOSH MOTTIN MEMORIAL 5K**, 1pm, John Rudy County Park, York, PA, Connie
Wolfe, 717 757-1562 or jlmom8288@comcast.net or
<http://int.cysd.k12.pa.us/mottin>

MAY, 2008

3 **Greater York Center for Dance Education 5k**, 8:30am, Rocky Ridge County Park,
York, PA, Margie Mitzel, 717 755-MOVE or msmitzel@aol.com

18 5th **Christiana Health Care System Delaware Marathon Running Festival**,
Wilmington, DE, 302 654-6400 or www.races2run.com/marathon

JUNE, 2008

26 **YORK YWCA LADY SPRINT TRIATHLON**, 8am, YWCA of York, PA,

JULY, 2008

AUGUST, 2008

SEPTEMBER, 2008

27 SPRINGETTSBURY 5K – “SATURDAY IN THE PARK”, 10:30am, York, PA,
David Wendel, Springettsbury Twp. Pks. & Rec., dwendel@Springettsbury.com



RICKE BROS
Auto Sales

2007/2008 York Road Runners Winter Series

Orthopaedic & Spine Specialists & RICKE BROS AUTO SALES

Orthopaedic & Spine Specialists
1855 Powder Mill RD, York, PA
(717)848-4800

Ricke Bros, Inc
4449 Lincoln Highway, York, PA
(717)755-6199

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

- Consists of 8 races and 8 fun runs
- 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 5 year age brackets.
- One mile fun runs at each event. Same awards system
- 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 12/09/07	1 pm	Dover 10 Miler	Paul Makurath	717-652-8633 (h) 717-783-4253 (w)
2. Sunday 01/06/08	2 pm	Spring Valley 5k	Tom Shepp Pete Klotz	717-792-3214 (h) 717-845-2856 (h)
3. Saturday 01/19/08	12 noon	Dallastown WildCat 10k	Robert Breighner	717-244-6865 (h)
4. Saturday 02/02/08	9 am	Accomac 8k (please carpool)	Dave Weitzel	717-252-4544 (h)
5. Saturday 02/16/08	9 am	Saginaw 5k	Jack Goodwin	717-600-2282 (h)
6. Saturday 03/01/08	9 am	Jacobus 5 Miler	Joe Myers	717-252-1183 (h)
7. Saturday 03/15/08	9 am	Springettsbury 15k	Jan Workinger	717-755-1856 (h)
8. Sunday 03/30/08	12 noon	Indian Rock	Tom & Rosa Schaffstall	717-755-6806 (h)

(Dates & Times Subject to Change)

***NOTE:** All one mile fun runs start 15 minutes prior to primary race start time.

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 in bad weather for a posting on www.yorkroadrunners.com, WGAL, 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 11/30/07: \$24.00 one time fee (for all 8 races)

Bonus: Free winter head gear for early registration (8 races)

After 11/30/07: \$30.00 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 \$60.00

TOTAL Cash or Check: \$ _____

In consideration of this entry being accepted to each and all of the above races, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against the 2007/2008 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 12/09/07) 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; LEFT (north) on Dark Hollow Rd; right (north) on Accomac Rd; park near Accomac Inn parking area. PLEASE CARPOOL

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 Cordorus 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.

York YMCA 5K Turkey Trot Race Information

START/FINISH

November 22, 2007 at 9 a.m.

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 a.m.

**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 12, 2007 \$15.00 with a Shirt (\$10.00 without).

Post-Entry: Postmarked after November 12, 2007 \$20.00 with a Shirt (\$15.00 without).

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

The entry fee is non-refundable. Shirts are subject to availability for first 400 entries.

Pre-race entry packet pick-up available Nov 21 (1-7 pm) 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.

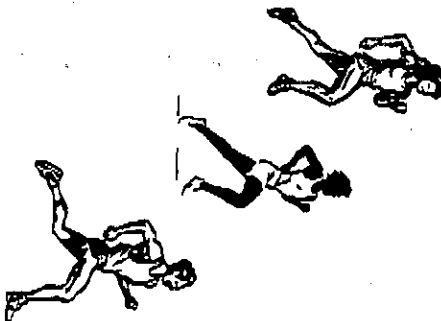
Parking available in York YMCA parking lot.

RACE DIRECTOR

Karen Ruppert, Fitness Director

York YMCA: 717-843-7884 ext. 289 or karpur@yorkymca.org

Please call for additional information or visit our website at www.yorkymca.org



ENTRY FORM FOR TURKEY TROT

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

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 but 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 _____

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

Payment Method

Cash _____
Check _____
Credit Card _____

ENTRY FEE:

by 11/12 w/ Shirt (\$15) _____
by 11/12 w/o Shirt (\$10) _____

**After 11/12 w/ Shirt (\$20) _____
**After 11/12 w/o Shirt (\$15) _____

Youth under 14 w/Shirt (\$10) _____
Total _____

Availability guaranteed for first 400 applicants.

Visa/MasterCard# _____
expiration date: ____/____/____

Please make checks payable to: YMCA of York

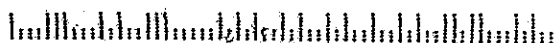
Mail to:
YMCA of York and York County
Attn: Karen Ruppert
90 North Newberry Street
York, PA 17401

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

PRESORTED STANDARD
U.S. POSTAGE PAID
YORK, PA
PERMIT # 412

Jan Workinger
130 Marble Ct
York, PA 17402

17402+4442-30 C087



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)	
Out of County	\$25
York County Races	\$0

* OUT OF County rates

Club Merchandise

Dave Tushingam 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 Dave at ddtushingam@earthlink.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!

