



KEEPING TRACK

President	Jan Workinger H:755-1856 Jan.Workinger@hillmangroup.com
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VP-Merchandise	Dave Tushingam H: 637-7706 ddtushingam@earthlink.net
VP-Newsletter	Denise Tushingam H-637-7706 ddtushingam@earthlink.net
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Secretary	Jack Goodwin H: 600-2282 runjack@verizon.net
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Race Calendar Coord.	Tom Schaffstall H:755-6806 Tschaffstall@aol.com
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Club Info Web Site: yorkroadrunners.com

YRRC NEWSLETTER # 195 February – March 2008 PRESIDENT'S MESSAGE by Jan Workinger

On December 28, 2007 The York Daily Record reported a local runner (and a good friend to many members of the York Road Runners Club), Gregg Cauller, is among five men who were chosen for induction into the York Area Sports Hall of Fame. Gregg and the other men will be inducted into the Hall of Fame on January 23rd at the York Area Sports Night. Gregg's plaque will be displayed at the Hall of Fame home, inside Insurance Services United at 224 N. George Street in downtown York. Gregg was a standout in cross-country and track at Millersville University. Gregg earned NCAA Division II All-American honors in 1981 and helped lead the team to its 1st National Championship. Since college, Gregg has been on a relentless terror - grinding out wins in more than 500 road race; including an astounding 42 in 1999. CONGRATULATIONS GREGG!!

I want to take this opportunity to thank the out-going Club Officers for their outstanding job in position(s) they held for many years.

Secretary....Jack Goodwin
Membership/Data
Coordinator....Mike Kehr
VP – President
Membership....Bobbi Kehr
Treasurer....Doug Moyer

These individuals were the glue that held the club together for many years - a result of their hard work. I will miss them and their dedication to the club. They helped me get thru my first year as your Club President without committing too many bumbling errors! The next time you see these individuals, please congratulate them on the fine job they did. Their passion and enthusiasm for the sport of running is remarkable!

PS: Please find enclosed in the newsletter a ballot for voting in new YRRC Officer's.

The 2007-2008 YRRC Winter Series:

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 has them on the web site for viewing. 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

Interesting information: (Source: Marathon Guide)

2007 saw a record number of marathon finishes in the USA, with a 2.3% growth in the number of marathon finishers from 2006 to 2007. More than 403,000 marathon finishing times were recorded in the USA in 2007 (while we are estimating that this number will become 407,000 when the dust settles) - an increase from over 397,000 finishes in 2006. With our estimates, the number of male finishers increased by 3.2%, while the number of female finishers grew by only 1.3% - the lowest rate ever. Continuing the trend which began in 2006, the gender gap has been widening, this year greatly, with men accounting for 60.5% of marathon finishes and women 39.5%. To further emphasize the loss of women to the sport, the average age of female participants grew, suggesting that the aging population of female marathoners was not being replaced by younger runners. On the other hand, the average age for male marathoners dipped slightly, meaning that younger men were helping to prop up the numbers and are showing support for the sport.

In keeping with historic trends, the fastest average age-group was men aged 40-44, with a mean finishing time of 4:21:00. Average times were just slower in the M35-39 age group (4:22:40) with more severe drop-offs to the other men's age groups. The women's fastest times were posted by 35-39 year-olds, who averaged a time of 4:51:30 for their finishes. Women 40-44 and 25-29 finished just slower.

Most amazing is that the top 30 marathons accounted for just 57% of all finishers compared to 71% of all finishers in 2006. Certainly the appeal of

marathoning and success of the sport is reaching further across to many events.

<http://www.marathonguide.com/features/Articles/2007RecapOverview.cfm>

There is lots of other good information in the report. Looks like marathoning is doing well around the country

Brett Pfeifer reported in the last newsletter the YRRC purchased RaceTrak Software. We tested the RaceTrak in the 2007 Winter Series and at the 2007 **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 brettpfeifer@yahoo.com or call home: 717-292-7878. The YRRC is still working out the cost of these services to Race Directors.

Some important dates to mark in your calendar for 2008 are:

The **YRRC picnic** date is August 3rd and will be held at the Perch Pavilion at the Lake Redman Boat Launch Area of William Kain County Park in Jacobus. The picnic will be held after the Bon Ton 5 Miler and a picnic lunch will be served starting at 11:00 a.m. and will end at 3:00 p.m. All food and drinks provided by the YRRC.

The **Poker Run 5K** will be held at John Rudy Park on May 19th at 5:45 p.m. Please bring a covered dish to share. The club will provide hot dogs and beverages. Small prizes will be awarded for best poker hands.

The **Country Run I** will be held on June 9th at the York Water Company Employee Center on Hess Farm Road at 5:45p.m.

The **Country Run II** will be held on July 21st at the York Water Company Employee Center on Hess Farm Road at 5:45p.m.

Please bring a covered dish to share for both Country Runs. The club will provide hot dogs and beverages. We will run trails instead of the roads because of the concern of increasing traffic and no shoulders on which to run. Also, don't forget to bring swimsuits for swimming in the pool afterward!

Before ending, I need race day volunteers for the Winter Series Springettsbury 15k held on March 15th. If interested, please send me an email to jan.workinger@hillmangroup.com or call my home at 717-755-1856 before 9:00pm. I need at least 20+ volunteers to cover all intersections.

The YRRC Executive meetings are always open to our club 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. We start our meetings promptly at 6:30pm and finish at 9:00pm. Below are the YRRC meeting dates for 2008:

Feb 4th, April 7th, June 2nd, August 4th, Oct. 6th, and Dec. 1st. We start our meetings promptly at 6:30pm and finish at 8:30pm.

Well, it's been 1 year at the helm of the club, and I enjoyed every minute of it. I look forward to another year of fun and the challenges that lie ahead of me as President of the YRRC. I will always welcome your thoughts, idea's and concerns. One of the many things always on my mind is what more can I/we do to help promote running. Please keep in mind, it doesn't always have to involve running. That might sound odd...no running? But, possibly an event or outing that can involve more friends or family members that are non-runners. The camaraderie that comes within the running community can be extended to other interests, such as biking, hiking, a bus trip...etc. So many times, I see the same people of our functions. The YRRC has over 320 active members; I would like to see more of you at our outings. So, let's be creative....you all have a voice - let me hear from you.

Have a Safe and Happy New Year!

PS: Run safely....remember your reflective wear and flash light when running on the dark roads!

Best Regards,
Jan Workinger

YRRC EXECUTIVE MEETING
DECEMBER 3, 2007

The Committee met at the Wellspan Center on Indian Rock Dam Road. Attending were officers Jan Workinger, Doug Moyer, Dave Tushingham, Denise Tushingham, Tom Schaffstall, Brett Pfeiger, Jack Goodwin, Winter Series Race Coordinator Margaret Moore and Members at large Rosa Schaffstall and Wendy Petsch.

Committee Reports:

Secretary: Minutes from the October 2007 meeting were approved.

Treasurer: Balance as of November 30, 2007, \$12,152.20 and of that amount \$4,077.66 is being held for Parks & Recreation/ \$74.11 held for the Bon-Ton 5-Miler / \$407.38 held for the Panther Invitational/ \$1,809.23 Savings and \$5,783.52 Checking.

VP Membership: Current membership is 344 as of 12/3/07. Please remember to forward any change of address to the VP of Membership.

Merchandise: Dave is expecting good sales at the winter series events and is going to buy some merchandise in additional colors more suitable for ladies.

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: Tom Schaffstall is getting dates together for YRRC races.

Race Development: Brett installed the Race Trak software and trained Lynn Van Howe on loading the Winter Series information. The new software is working well.

Winter Series: Margaret reported that things are going well.

Old Business:

All winter series races will have a Medic 102 EMT present due to insurance requirements.

Jim Poster has come forward to direct the York Trail 10-miler race for 2008.

No additional donations were received for laptops.

New Business:

The election ballot will be included in the January/February newsletter.

Dave Tushingham is checking on moving our funds to a free checking account with a higher interest rate.

Wendy Petsch is looking into software that will assist with the editing of the newsletter.

We discussed updating the YRRC logo and membership application.

Discussed the club sponsoring college scholarships, but it was tabled until the next meeting. Dave Tushingham will look into some of the details.

Club Activities:

The **next Adopt-a-Highway** will take place on Saturday, JANUARY 12, 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.

2008 Calendar:

Executive Committee:

February 4, 2008

April 7, 2008

June 2, 2008

August 4, 2008

October 6, 2008

December 1, 2008

Newsletter deadlines:

February 29, 2008

April 25, 2008

June 25, 2008

August 29, 2008

October 31, 2008

December 29, 2008

Special Events for 2008:

Poker Run and covered dish – Rudy Park - May 19, 2008

Country Run I – Eyster's Machine Shop Pavillion (rail trail) - June 9, 2008

Country Run II – York Water Company Employee Center – July 21, 2008

Club Picnic – William Kain park boat launch – August 3, 2008

There being no further business, the meeting was adjourned at 9:00 p.m.

The **next YRRC Executive Committee Meeting** will be held on February 4, 2008, 6:30 at Wellspan /Indian Rock Dam Rd. facility.

Submitted by Margaret Moore:

STEP UP –JOIN STAIR CLIMB TRAVEL TEAM IN MIAMI

The American Lung Association of Pennsylvania is looking for athletes who are up for the ultimate challenge – climbing 1,210 steps. Interested individuals will be part of the 2008 Stair Climb Travel Team event taking place April 10-13 in Miami, Florida. Participants will climb the 55 story Wachovia Financial Center with other nationwide teams on April 12. Proceeds from the 2008 Stair Climb go towards research and benefit those throughout Pennsylvania suffering from lung disease.

The Stair Climb Travel Team is a great way to build new friendships, take your athletic abilities to new heights, raise money to make an impact and have fun. To be eligible,

participants must be 18 years or older and raise the minimum amount which covers travel expenses and registration fees.

Involvement in the 2008 Stair Climb Travel Team is a great chance to travel to new places and join a team that wants to challenge themselves to new heights. Members will provide each other with advice on nutrition, training schedules and team camaraderie. Help and support will also be given by Travel Team staff members in raising funds for the 2008 event.

If you want the experience of a lifetime, become a member of the 2008 Stair Climb Travel Team today. For further information, contact Tracy Ingram at 800-932-0903 x20, or e-mail tingram@lunginfo.org, or visit <http://www.stairclimbmiami.com/>

****CLUB NEWS ** CLUB NEWS ****

Please Welcome Our Newest Members:

Dennis Goodwin, John Rohrbaugh, Elizabeth Goss. Steve Goss, Cody Hagen, Wes Hagen, Bobbi Stoakes and Family, Ray and Holly Ricke, Carol Katora, John Katora, Adam Katora, Neil Katora, Andy Fisher, Mike Mahoney, Rebecca Lasky, Sam Neff, Andrew Allison, Monica Atzert, Molly Rogers, Andrea Puskar, Ronald Teuffer, III, Mark Dende, Jeffrey Lander, Sheri Bullock

BALLOT FOR YORK ROAD RUNNERS CLUB 2008 OFFICERS

President:	Jan Workinger	_____
VP-Membership:	Denise Tushingam	_____
VP-Merchandise:	David Tushingam	_____
VP-Newsletter:	Wendy Petsch	_____
VP-Race/Activity Development:	Brett Pfeiger	_____
Treasurer:	David Tushingam	_____
Secretary:	Amy Strayer	_____
Membership Data Coordinator:	Robert Weikert	_____
Race Calendar Coordinator:	Tom Schaffstall	_____
Web Master:	Julie Bear	_____

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

Mail Ballot to: YRRC, PO Box 2841, York, PA 17405.

Trails for Tails

50 mile run

Sept. 13, 2008, 7:00am

Codorus State Park

Hanover PA

- 50 mile run on wooded trail, shore line, and some roads at Codorus State Park. This will be 6 laps of 8- 1/3 miles at the swimming pool area. Directions to the park can be found at www.dcnr.state.pa.us/stateparks/parks/codorus.aspx.
- Start/finish will be at Pavilion 1 on Swimming pool road. Parking, toilets, and water available. Limited aid, fat ass run.
- Course will be marked with surveyor's ribbons.
- Water will be available on the course around mile 4.
- No fee, but donations will be accepted for Animal Rescue Inc. Make checks to Kevin Hawn. Custom tee shirts for \$20 donation by August 29. Shirts as long as they last on race day.
- This will also be my 50th birthday run. Cake provided and will cut when I finish around 4:00 to 5:00 pm.
- All are encouraged to run the 50, but will gladly accept anyone to cover any distance.
- To register, send application to Kev Hawn, 2008 Yingling Drive, Spring Grove, PA. 17362.
- Questions? Contact Kev Hawn at hawnsrun@netzero.net or call 717-632-5062 before 9:00pm.

Name _____
Address _____
Email _____
Phone _____
Shirt size _____

RELEASE

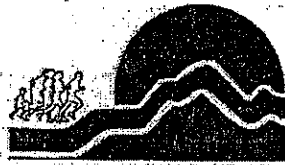
In consideration of the acceptance of this entry to the Trails for Tails 50 mile run I waive all claims for myself, my heirs, and assigns against the race sponsors or promoters for injury or illness which may result from my participation. I also give my permission for the use of my name and/or picture in any newspaper for any other account of this event. I further state I am in proper physical condition to compete in this race.

SIGNATURE

DATE

PARENT (IF UNDER 18)





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](http://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 Ava. 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.

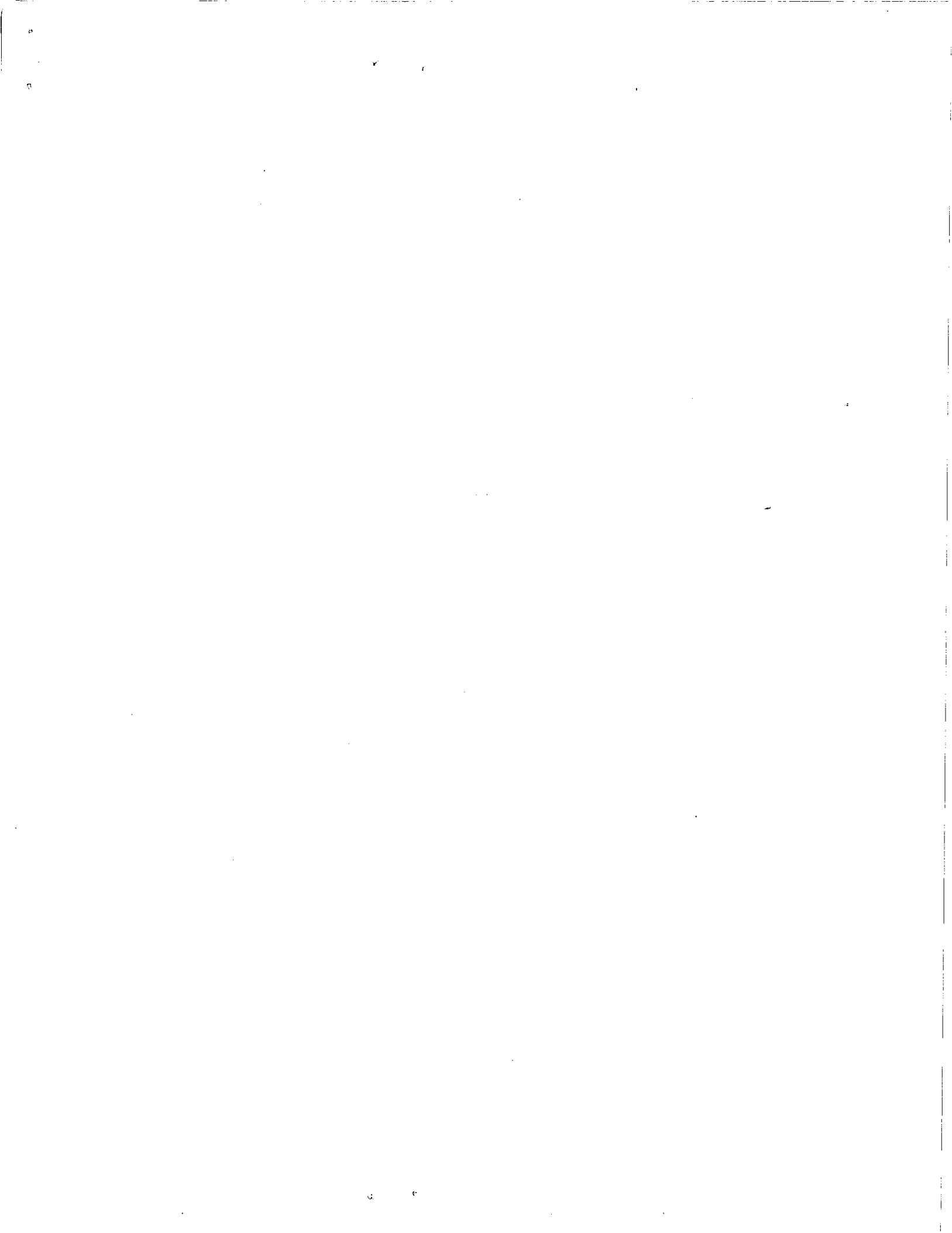
Accomac: PA Rt.30 east to Wrightsville exit; (follow signs to Accomac Inn) left (north) on Cool Springs Rd; LEFT (north) on Dark Hollow Rd; right (north) on Accomac Rd; park near Accomac Inn parking area. PLEASE CARPOOL

Saginaw: I-83 north to exit 24 (Emigsville); right (east) on Rt. 238; straight across Rt. 181 (George St. Extended) onto Starview 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 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

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 Tushingham 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 ddtushingham@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!

